





Nick Tylutki squatting at the USAPL Nationals

# CON-CRET THE FUTURE OF CREATINE





- Proven superior solubility (potency)
- Proven superior plasma uptake
- Unique Creatine Micro-Dosing® based on body weight
- No loading, no cycling, no side effects (no cramping, bloat, water retention, or GI issues)



www.con-cret.com

AVAILABLE AT:









### CON-CRET is free of banned substances. CON-CRET is patent pending.



# AS STRONG AS YO

# ...and twice as flexible





No Hydraulics - Fully Adjustable - Fits in Your Car



www.titansupport.com 800-627-3145

The World's First and Most Widely **Used IPF Certified Combination Rack** is Now Available in the U.S.A

Switch from Squat to Bench configuration in minutes! Adjust uprights to wide or narrow settings while the bar is still on the rack! Adjustable bench spot rack to protect lifters while benching maximum loads!

Delivered to Your Door!

# **MUSCLE MENU**

# **POWERLIFTING USA**,

September 2010 » Volume 33 » Issue 11

# **FEATURES**

# **49** BIG LIFTING AT THE IPA WORLDS, USPF NATIONALS, USAPL NATIONALS AND THE APF SENIORS

Ellen Chaillet gives us the inside scoop on the IPA Worlds, where lifting stars, like SHWs Donnie Thompson and Vlad Alhazov, moved incredible weight

Ted Isabella details the outstanding lifts made at the USPF Nationals, where records were broken and many new ones set

Mike Lambert of Powerlifting USA shares his shots from the USAPL Nationals and gives us some insight into the awesome lifts that were made

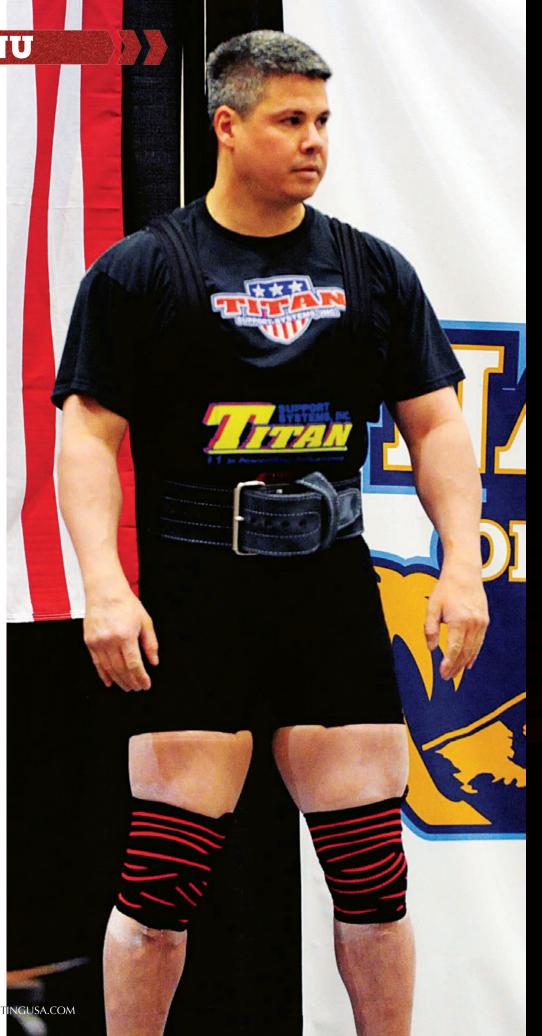
Scott DePanfilis describes the sites of Chicago and the impressive attempts he witnessed at the APF Seniors

# **82** OPTIMAL PRE-WORKOUT NUTRITION

Scott Mendelson of Infinity Fitness gives lifters strategies for rapid fat loss, muscle growth and optimal performance

# SCOTT WAITS AT THE USAPL NATIONALS

Scott Waits made a 738 SQ, 463 BP, and a 617 DL for a huge 1818 total in the 220 pound class courtesy Mike Lambert/PL USA



# PRO PERFORMANCE

# ROCK HARD A SECOND REPORT OF THE PROPERTY OF

THE HARDCORE FOUNDATION OF YOUR BODYBUILDING REGIMEN.

Building quality muscle takes planning, serious nutrition and dedicated training. Meet the new Hyperbolic Mass Gainer™ from GNC Pro Performance.

- Totally delivers muscle fuel for building mass as you train with 710 calories and 50 grams of fast-, mediumand slow-acting protein.
- Enriched with a blend of essential fatty acids and medium chain triglycerides for energy.
- 8 grams of fiber and a special blend of carbs for muscle protein synthesis.
- Packed with 23 vitamins and minerals and only 8 grams of sugar. It's the ultimate way to get to your ultimate size.

CONTROL CANC FOR PERFORMANCE COME FOR PETERMAN CONTROL FOR PETERMAN CONT



GNC PRO PERFORMANCE

HYPERBOLE MASS CAINER

EACH SERVING CONTAINS 710 CALORIES AND 80 OF FAST, MEDIUM & SLOW-ACTING PROTEINS FEATURES EFAS & MCTs FOR QUICK ENERGY PLUS 8 GRAMS OF FIBER SUITABLE FOR COLLEGIATE & SCHOLASTIC ATHLE CONTAINS NO CREATINE OR ADDED AMINO ACID

NET WT 5.38 LB (86.06 OZ) 2444 G



MSCA GNC IS A PROUD SPONSOR OF THE NATIONAL
Official Sponsor STRENGTH AND CONDITIONING ASSOCIATION (NSCA)

SCORE YOUR HYPERBOLIC MASS GAINER ONLY AT GNC AND GNC.COM.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# **MUSCLE MENU**

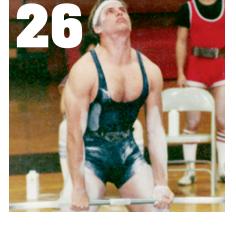












- **8 KATHERINE CLARK INTERVIEW** Ben Tatar
- 10 STARTIN' OUT: LIFTING BELTS 101 Doug Daniels
- 12 BIG EVIL'S LAIR: BASIC BP BATTLE PLANS Jamie Harris
- **16 POWER FORUM: DRUG TESTING** Bob Gaynor
- 18 HARDCORE GYM #100: OC STRENGTH CLUB Rick Brewer
- **22 POWER RESEARCH: nαNO VAPOR HARDCORE** Team MuscleTech
- **24 POWER NUTRITION FOR POWER VIXENS** Anthony Ricciuto
- **26** JUDD'S CORNER: TIM McCLELLAN PT. 1 Judd Biasiotto
- **28 IBP TAR HEEL STATE CHAMPIONSHIPS** Keith Payne
- 30 100% RAW WORLD CHAMPIONSHIPS Paul Bossi
- **34 ASK THE DOCTOR** *Dr. Mauro Di Pasquale*
- 35 POWER HISTORY: MEET FROM HELL 2 Ron Fernando
- **40 ALL TIME TOP 50: MEN 275 DEADLIFT** Michael Soong
- 41 ALL TIME TOP 50: WOMEN SHW DEADLIFT Michael Soong
- **70** COMING EVENTS
- 79 TOP 100 LIST: SHW CLASS
- **84** POWER PEOPLE
- **110 POWER PASSINGS**
- **112 POWER PHOTO OF THE MONTH** David Scarborough

#### ON THE COVER

Nick Tylutki totaled over 2000 lb. at the USAPL Nationals! photo courtesy Mike Lambert/PL USA



# **POWERLIFTING USA**

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine."

PUBLISHER Mike Lambert
EDITOR IN CHIEF Mike Lambert
CONTROLLER In Joo Lambert
STATISTICIAN Michael Soong
ART DIRECTOR Kelly Anglin
ADMINISTRATOR Priscilla Ramirez

**POWERLIFTING USA** (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA, and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

#### PRINTED IN THE USA

#### **SUBSCRIPTION RATES:**

USAaddresses, 12 issues	\$36.95USD
USAaddresses, 24 issues	\$67.95USD
First Class Mail, USA, 12 issues	\$60.00 USD
Outside USA, Air Mail, 12 issues	\$96.00 USD

#### **CONTACT US:**

PHONE 1.800.448.7693 or 805.482.2378 FAX 805.987.4275 EMAIL info@powerliftingusa.com

**EMAIL** info@powerliftingusa.com Advertising rates available upon request

#### WWW.POWERLIFTINGUSA.COM

© POWERLIFTING USA 2010. Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with Powerlifting USA.

# "POWERLIFTING USA."

SUBSCRIPTION FORM

#### CHECK ONE:

■ NEW ■ RENEWAL ■ ADDRESS CHANGE \*If address change, indicate previous address as well

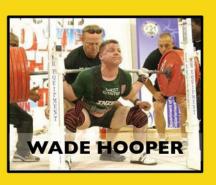
#### END TO:

Powerlifting USA | P.O. Box 467 | Camarillo, CA 93011

We accept: check, Visa, Mastercard, Discover, and PayPal Orders can also be made through www.powerliftingusa.com or by calling us at 1.800.448.7693

\*SEE ABOVE FOR SUBSCRIPTION RATES\*





# **SYNERGY 5X5**

The All-in-One Formula

\$70

Special!

- 35g Protein
- 25g Carbs
- 5g Glutamine
- 500% Vitamin C



0

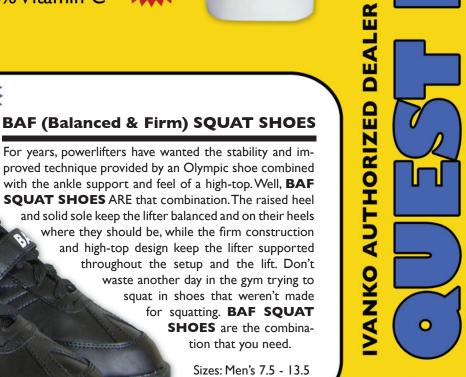
RITI

0

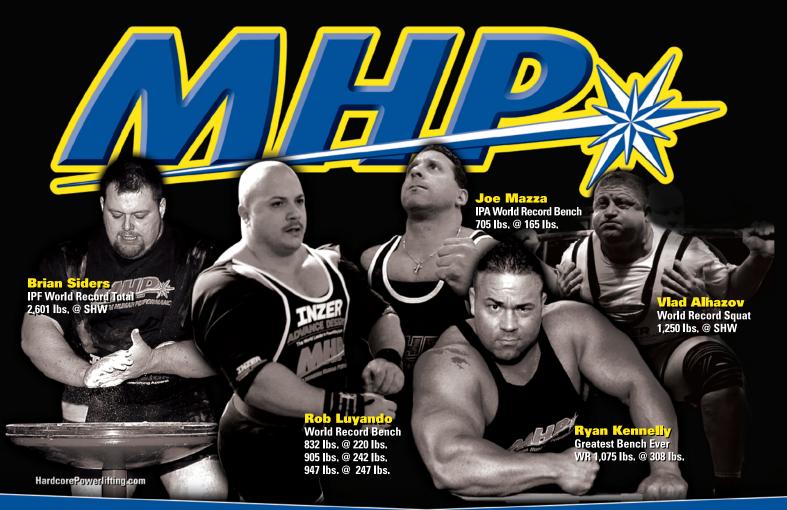
-8378

57

888







MHP dominates the powerlifting world with a team of the most respected world record holders. This elite group of athletes continuously breaks their previously set records time and time again to raise the bar and leave their competitors in the dust. What is it that fuels these strongmen to accomplish these unimaginable feats? The answer is simple — Our athletes use only MHP products to power their bodies and bring their lifts to unbelievable heights. MHP supplementation is the key to their continuous record-breaking feats of strength.



All-Time World Record Total



World Record "Raw" Bench



World Record Total



Shawn Frankl World Record Total



Joe Ceklovsky World Record Bench

# THE WORLD'S STRONGEST MEN ARE POWERED BY MHP.



Call Now or Go Online Today! 1.888.783.8844 • www.MHPSTRONG.com





# THEN THERE'S MHP STRONG!

### PREPARE FOR THE MOST INCREDIBLE WORKOUT OF YOUR LIFE!

Get ready for a completely new workout experience as you feel the power of DARK RAGE. Within seconds of drinking DARK RAGE, psychotropic factors and ergogenic energizers kick in to elicit an intense feeling of heightened euphoria and focus. When you enter the gym, you will feel the adrenaline pulsing out of your adrenal glands as the euphoria turns into a feeling of intensity, aggression and rage. You'll grab that iron barbell with total confidence and command as you begin an animalistic assault on your body for the best workout of your life.

From your very first rep, you will feel DARK RAGE'S EPO Blood Doping Technology force more blood through your hemovascular, nitric oxide-induced garden hose veins. A surge of raw power is triggered by the most advanced creatine matrix and cell volumizers, allowing you to lift more weight than ever before. Not only are you stronger, but your muscles are fueled and prepared to work harder and longer and fight through fatigue with beta-alanine and pH buffering co-factors so you can push yourself further, recover faster and grow bigger and stronger.

Prepare to enter a state of raw aggression, extreme intensity and explosive power known as a **DARK RAGE!** 

**EVERY GREAT WORKOUT BEGINS WITH DARK RAGE!** 











Follow us on Twitter!

Call Now or Go Online to Order Today! 1.888.783.8844 www.MHPSTRONG.com



# INTERVIEW

# KATHERINE CLARK

as told to Powerlifting USA by Ben Tatar of Critical Bench

#### Katherine, what powerlifting federation do you compete in? What are your best lifts?

I compete in the USAPL as a 56 kilogram (123 pound) lifter. My best meet lifts are a 167.5 kilogram/363 pound squat (Inzer Fusion suit and Inzer knee wraps), 92.5 kilogram/204 pound bench (Inzer Rage-X shirt and Inzer wrist wraps), 162.5 kilogram/358 pound deadlift (Inzer Fusion suit) and a 417.5 kilogram (920 pound) total. My best raw performance was at the Raw Unity Meet where I put up a 264 pound squat, 143 pound bench and a 352 pound deadlift.

#### Great numbers! When and how did you get started in powerlifting?

Back in 1997, when I was 17, I was lifting for fun at a gym in Florida. A couple of guys told me about a meet that Kieran Kidder was putting on, so I just showed up. No singlet, no wrist wraps, completely ill-prepared. I ended up winning bench-only. After that, I blew out my ACL and didn't compete again until 2006, and was a bench-only lifter until December, 2007.

#### Why did you choose to compete where you compete?

When I first wanted to enter a competition I typed "powerlifting meets" into Google. The USAPL's Northwest website (www.nwusapl. com) came up. I entered a meet and in no time was able to meet such powerlifting superstars as Pricilla Ribic and Leonetta Richardson. After getting their autographs I was hooked!

#### You looked up to them and now people are looking up to you. So, Kat, tell us, what are your top five powerlifting tips for other females?

- 1. Don't worry, you won't get huge.
- 2. Don't let anyone tell you that you can't do it!
- 3. Listen to your coach.
- 4. Set realistic goals—and don't give up until you achieve them.
- 5. Don't over-train! Sometimes a little rest is the best.

#### Very true. How does your family feel about vour powerlifting success?

They love it!! My Dad, RC, now competes in bench-only and when I watch videos with my mom, Sandy, she is the toughest internet judge out there!!! No one makes depth in her eyes!

#### It must be nice to have a family who is so supportive. Tell the Powerlifting USA readers some random facts about yourself.

I went to Washington State University on a track and field scholarship. I have a barbell tattoo on my lower back. I graduated from high school and got my associate degree in the same year. I have been in a defensive pistol shooting

photos courtesy Katherine Clark and Critical Bench



Katherine at the 2010 Arnold Classic



league since I was 21.

#### Very interesting. What adversities have you had to overcome in powerlifting to become the lifter you are today?

Eight days before the inaugural USAPL Raw Nationals in 2008 I found out I had a tumor in my spine that was actually eating away at the bone. It was hard to move on from that, especially with squats, because I was always worrying that my spine would just collapse. It hasn't vet. and I think lifting heavy has actually kept the tumor from getting a lot bigger. At least that's what I keep telling myself. It's still there...

#### Wow. That tells us that you're even more amazing and not only a strong lifter, but also a strong person. What's next? What would vou like to do in the future?

I would like to get a new PR total at IPF Worlds

Before attempting a personal powerlifting best, what is going through your mind? Ammonia. Lots and lots of ammonia.

# Kat, give us your powerlifting routine.

I do what Kevin tells me to do. And generally, I have to be held back a bit. I have a special



spot on the railing outside of Gold's Gym in Mukilteo, WA, where I throw-up on max-effort days. My nickname is "chunks." I can't believe I iust told vou that!

#### What motivates Kat to be the best?

My family, my team, my coach, and the fact that I will never, ever give up.

#### It's great that you have such a great support system. So, far in your powerlifting journey what has been your most hardcore, craziest moment and experience that has changed vou the most?

Favorite: seriously, every single time I'm on the platform is my favorite. There's something about every competition I can take away as a learning or growing experience. My biggest accomplishment was winning the USAPL Open Women's National Championships in the 56 kilogram class this year.

Most hardcore: it's a toss-up between my deadlift that took 11 seconds from start to finish at the Raw Unity Meet or after my third attempt in the deadlift at this year's Women's Nationals in Cleveland—not making it off stage before I started throwing up in my chalk bag. I left it all on the platform, literally.









1.888.783.8844





# THERE'S STRONG... THEN THERE'S MHP STRONG!

# The Biggest Breakthrough Ever in Protein!

PROBOLIC-SR's patented 12 hour Sustained Release Micro-Feed Technology and superior Critical Five Amino Acid Score (CFAAS) give you something no other protein can — a continual 12 hour supply of the most critical amino acids to stimulate muscle growth, increase strength, improve recovery and prevent catabolic muscle wasting! It is truly setting new standards in the bio-efficiency and anabolic effects of protein.

# Patented Technology Supplies Critical Amino Acids For up to 12 Hours! In order to achieve maximum muscle growth and strength, you must have an adequate supply of amino

acids to feed your muscles. Certain amino acids, called the Critical Five amino acids — glutamine, arginine and BCAAs (leucine, isoleucine and valine) — are more important than others for stimulating and supporting muscle growth.

**PROBOLIC-SR's** engineered protein matrix of whey, casein and Supro® soy protein isolate is precisely formulated to supply the absolute highest levels of these Critical Five amino acids. PROBOLIC-SR's protein matrix also provides a fast, medium and slow "release profile," which is further enhanced with the patented 12 Hour Micro-Feed Technology, making PROBOLIC-SR the most bio-efficient and anabolic/anti-catabolic protein available.

# STARTIN' OUT

# LIFTING BELTS 101

as told to Powerlifting USA by Doug Daniels

Cookies go with milk, pizza goes with beer and lifting belts go with lifters. Wherever you see one, you usually see the other. The majority of gym lifters wear a lifting belt of one kind or another. Like any other piece of lifting gear there are more effective ways of using them for max results. Effective use of a lifting belt use can improve results and safety, but conversely, misuse can have the opposite results. So with that in mind, let's get into a little Lifting Belts 101.

The oldest and most widely used type of lifting belt is the thin, narrow in front, wide in the back style that are sold at all local sporting goods stores. This type of belt may work for the average gym rat, but not necessarily for a powerlifter. Powerlifters tend to lean forward during their competitive lifts so they require more support in the front of the torso. Deadlifting mega legend, Lamar Gant, realized this years ago and wore a thin in front, wide in back style belt backwards so the support would be in the front of his torso. Belt makers saw a new untapped market and made belts that were the same width all around to meet powerlifters' unique needs.

Biomechanics 101 speaking, wearing a lifting belt allows the abdominal muscles to push against it during exertion. This aids in stabilizing the spine, the result is enhanced power, stability and support. The increase in intra-abdominal pressure also lessens pressure on the spinal disks, lowering chance of disk injury. As a sort of side benefit, this pushing action also works your abs in the process.

The down side of this is that frequent use of a belt hinders a lifter's abdominals to work and grow stronger. The better answer is to limit use of a belt to sets of three reps or less. This guideline allows your abs to develop on the lighter, higher rep sets while providing the lifter benefits on these heavy, low rep sets. This can also pay dividends in your life outside the gym. Many retail stores, like home improvement stores, require employees to wear quasi-lifting belts during work to 'protect' them while they are lifting and moving merchandise on the job. Some stores have found that numerous employees end up injuring their backs while off work. The reason is simple, wearing the belts at work substitutes for strong abs. When they lift or move objects off the job without belts, they have a greater tendency for injury due to underdeveloped ab strength.

I doubt the need to use a belt for the bench press as compared to the deadlift and squat as there is less pressure on the spine. A belt also restricts a lifter's arching ability which increases the distance a lifter must press the bar to lockout. But if you absolutely, positively must use a belt to bench, use a thin one, not a double or triple thick belt used for squatting. One justifiable use for a belt for the bench is to help keep your bench press shirt on securely. In this case, put the shirt on and loosely cinch the belt around your waist to better hold your shirt in place to prevent slippage.

I recommend not wearing a belt while doing assistance work like curls, pulldowns, shoulder and tricep work, etc. There simply is no need for it. Let your abs and other torso muscles support and stabilize your body during these exercises. They will get extra work and build strength that will come in handy.

Another issue is how tight to cinch the belt. The tighter the belt, the more support, but that too can have drawbacks. If cinched too tightly, it could result in breathing problems or elevated heart rate and blood pressure. Also, if worn too high above the waist, it could bruise or crack a rib. With this in mind, use common sense. If you are short of breath or are in pain, the belt is most likely too tight or worn too high. You may need two helpers to get a belt on tight. Have one helper pull on the belt and the other hold the lifter and fasten the buckle. To minimize and negative effects from wearing a tight belt, tighten the belt right before you take your attempt or set. Immediately after the set or attempt, loosen or remove the belt. Common sense is usually the right answer.

There are several types of belts. Most are made of leather, which is the best choice. Belts vary in thickness also. Some are single layered; others are double or even triple layered. Most belts come with buckles but some designs use a lever device to open and close. I suggest trying both to see



Anthony Harris wearing his belt with the buckle in the back at the '96 IPF World Championships (Lambert/PL USA photo)

what works best for you. I can't emphasize enough to not try any new gear for the first time at a contest. This advice also applies for tightness and belt placement around your waist. Use your competition gear and everything that goes with it in training so you know how it works to prevent any surprises. Bring a backup belt in case your main belt gets lost, stolen or breaks.

Powerlifting rules do not mandate a lifter's use of a belt, unlike a one-piece singlet or shoes. Generally rules limit the width of the belt to 10 centimeters and the thickness to 13 millimeters. This eliminates yard-wide-in-the-back belts worn at trendy health spas. Always check the rules of the organization you compete in beforehand to avoid problems with illegal equipment. It could be too late to come up with legal gear on meet day.

I hope this lifting belt 101 article has given you some useful tidbits to think about concerning belts. A lifting belt is a mainstay of a powerlifter's arsenal both in competition and training. Using it properly can mean higher totals and reduced chance of injury. But it is important to know when and how to use one. Strengthen your abs and torso muscles by not relying on a belt during your higher rep sets and assistance work. Of course, abdominal exercises like crunches still should be part of your training program. Combining the lifting belt with stronger torso muscles can improve your lifting results and safety and those two always go well together. ((

# THE MOST ANABOLIC BCAA FORMULAS

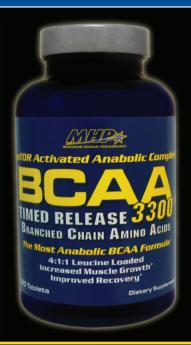


# **BCAA 3300 – POWERED BY TWICE THE LEUCINE!**

MHP's **BCAA 3300** sets a new standard in strength-building sports supplementation by providing the most highly anabolic branched chain amino acid complex in a timed release formula. **BCAA 3300** delivers a highly anabolic 4:1:1 BCAA ratio, making it far superior to all other BCAA products on the market that use a 2:1:1 ratio.

The newest scientific research reports that the amino acid leucine is the anabolic powerhouse due to its major role in activating protein synthesis and simulating 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 and strength enhancement. **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 to keep you anabolic and avoid catabolic muscle breakdown. This allows for a continual supply and maximum absorption and utilization of these critical aminos for superior strength and muscle building, anticatabolic muscle protection, energy production and recovery compared to conventional BCAA formulas.

MHP's **BCAA 3300** is the most sophisticated, advanced anabolic BCAA formula available and is a must-have for all serious powerlifters looking to up their lifting poundages to record-setting levels!



Available at:





Call Now or Go Online to Order Today!

1.888.783.8844 • www.MHPSTRONG.com



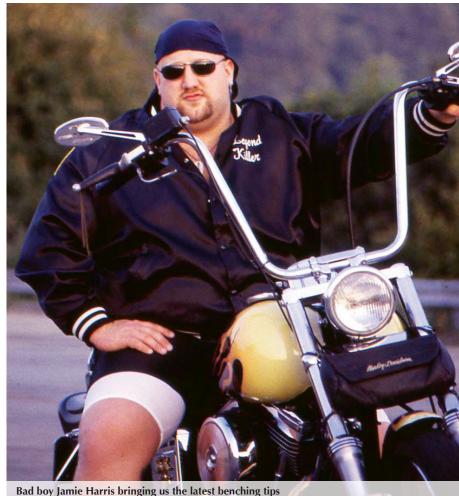
# BIG EVIL'S LAIR

# **BASIC BP BATTLE PLANS**

as told to Powerlifting USA by Jamie Harris, aka. Big Evil » www.bigevilslair.com

Last month we talked about mental preparation in getting ready for your battle against the iron. This month we are going to set up the basic blueprint of your training for your bench press goals. Keep in mind this program was created with the equipped lifter in mind. With that understood, I am going to make a statement here that is a bit bold. I feel that to really enhance your shirt performance you need to take time out during the year to do work without using the shirt and building tendon and ligament strength by doing an assortment of assistance exercises. In other words, work your ass off concentrating on building not only the larger muscle groups, but the small ones as well. Not only will this make your bench press stronger, but it will also decrease the chances of injury because you took the time to strengthen all the chinks in your armor (smaller muscle groups). Another point I would like to make is that this form of progressive overload is stressful on the body, but the way I set it up you will only be handling loads that will peak you out (85%-95%) at the very end of the program. So if you take your time and don't go overboard with increasing your weights too quickly, you should be fresh and ready to set some PRs by the end of the cycle. Here is a good rule of thumb: you should be using weights for your sets of five reps (described below) with a weight you can really struggle out for 6 reps. This gives you a "cushion" because one week you might feel strong, and the next week maybe not as strong. With this system you will be sure to get all your sets and reps, which I believe is important in this beginning phase of the cycle. Are you excited yet? Prepare to bench BIG EVIL STYLE! Let's get started.

Let's go into the Coming Events in PL USA and find a meet twenty weeks out. That gives us enough time to do a entire bench press cycle—ten weeks of prep with no equipment and ten weeks of equipment and a changing of some of the assistance work while you peak for the meet. Let's start by training two days a week. This month we will focus on the first five weeks of training of which the first day consists of the bench press itself and the tricep muscles which are very important in achieving a strong lockout, or the top end of your bench press. The second day will consist of assistance work that covers back, shoulders and bicep work. With every workout, I feel it is very important to stay warm throughout the session. Depending on the weather and time of year, you need to be very aware of this factor, because an unwarmed muscle is prone to injury. I would take a warm shower about a half hour before I got started, and then I would use Icv Hot on my pectoral insertion and my lower triceps at my elbows. I would then dress in layers with a t-shirt and sweatshirt. Keep the engine warm. Now that



but so, junio riario sinignig us are latest se.

we are warmed up and ready, here is the battle plan for the first five weeks.

**BENCH PRESS** I like to do the first five weeks with my feet up on the bench itself. This will really build stability in all the muscle groups (chest, triceps, front, rear deltoids and lats), which are the prime movers used in the bench press. I would take a slightly narrower grip than your bench shirt grip to protect your pectorals from over wear. Common sense would state that everyone's grip is different because of body size, structure and physical limitations, so let's just say take your grip in about an inch from your shirt grip. I would do three or four sets of five reps. I feel at this stage of the cycle that fives build a lot of basic strength. I would try and make minor weight increases as the weeks progress. I would also not take a handoff for the first five weeks, which will increase your lift off strength as the weight gets heavier as the

weeks progress. Also, no wrist wraps or lifting belt. Again, you want to build strength without your gear so when it comes time to put it on it will add to your strength and confidence levels. Work hard at this exercise. Your persistence at increasing your strength while performing the lift in this manner will pay off later on at the end of the cycle.

INCLINE PRESS This exercise is one of the key exercises to a bigger bench press, working the upper pectorals and front deltoids. The same set and rep scheme applies here as the bench press (three or four sets of five reps) as well as the grip of the bar, slightly more narrow then your bench shirt grip. The same applies here with your hand off. Go without one for the first five weeks. I like to take the bar to my upper pectorals, then stop it dead for a one count and then press the weight up. You must be very careful not to bounce the bar on this exercise

photos courtesy Bert Wagner page 88



THERE'S STRONG.

1,250 lbs. Squat

THEN THERE'S MAP STRONG:

# It's Good to be KING!

When it comes to testosterone, T-BOMB II is King! It takes seriously high testosterone levels to squat 1,250 lbs. That's why MHP Team Member Vlad Alhazov uses the "King of testosterone formulas" T-BOMB II. What makes T-BOMB II so powerful is its exclusive hormone manipulation compound, Optimone-5. This patent pending 5-stage complex manipulates your entire hormonal profile by cranking up testosterone 400% and destroying male-deadly hormones such as estrogen and DHT. It also crushes sex hormone binding globulin (SHGB), allowing for more of your testosterone to be "free" and bioactive to dock on your steroid receptors. Topping off this powerhouse Test formula is a proprietary 2nd Messenger Complex that enhances androgen receptor sites, allowing you to soak up and utilize even more testosterone.

"T-BOMB II — The King of Testosterone Formulas"



Call Now or Go Online to Order Today! 1.888.783.8844 • www.getMHP.com

















# MUSCIFIE Now that I'm on the Hardcore Pro Series line, I'm the strongest I've ever been. Matt Kroczaleski **UPA World Record Holder**

# ESTEPUPTO BAR-BENDIAG POUNDAGES

You may not possess Matt's inhuman ability to heave 810 pounds of dead-weight off the ground, but you do have the ability to build the raw strength and explosive power needed to better your lifts and blow past your own personal goals! It takes drive, dedication and premium supplementation... that's where MuscleTech® supplements come in.

#### Jack Up Muscle Size and Strength

Team MuscleTech™ has specifically designed the *Hardcore Pro Series* line of cutting-edge supplements with the hardcore powerlifter in mind: *naNO Vapor® Hardcore Pro Series™*, *Nitro-Tech® Hardcore Pro Series™* and *Cell-Tech™ Hardcore Pro Series™*. These power-packed supplements were formulated with key ingredients scientifically shown to trigger the explosive gains you want and they all have the real science to back it up.

As published in a prestigious scientific journal, one independent study with 31 weight-trained men showed that subjects using a key ingredient in *naNO Vapor Hardcore Pro Series* – an extreme energy nitric oxide performance amplifier – increased their

strength capacity on bench press by over 18 percent in a mere 10 days! Another study showed that subjects taking the core ingredients in *Nitro-Tech Hardcore Pro Series* – a powerful musclebuidling whey protein formula – packed on 73 percent more lean muscle than those using regular whey (8.8 vs. 5.1 lbs.) And if that wasn't enough, in a separate 28-day study, subjects

# The *Hardcore Pro Series* line is formulated with key ingredients shown to trigger the explosive gains you want!

taking the core ingredients in *Cell-Tech Hardcore Pro Series* – a scientifically advanced post-workout creatine formula armed with 100% more creatine per serving than other top brands – built significantly more rock-hard mass than those taking regular creatine alone (4.34 vs. 0.16 lbs.).

Prepare yourself for new, record-shattering PBs with the *Hardcore Pro Series* line today!

It's Not LIKE the Stuff the Pros Use. It IS the Stuff the Pros Use.







Squat: 1014 lbs. Bench: 707 lbs. Deadlifts: 810 lbs.











# POWER FORUM

# DRUG TESTING

The purpose of the forum is to have an open dialogue concerning our sport. The subjects will range from training, nutrition, equipment and powerlifting standards. Each month, a topic will be picked and 10 or 12 powerlifters—this includes administrators, judges and lifters, past and present—will express their opinion and possible steps for improvement. The panel will be from different backgrounds—raw, single-ply, multi-ply, tested/non-tested. With a well rounded panel we should be able to present all points of view. Hopefully the discussion will lead to improvement in our sport.

We would also like to involve our readers in this forum. If a reader has a subject they would like to see discussed, please submit to: Powerlifting USA, Attn: Power Forum, P.O. Box 467, Camarillo, CA 93011 or email it to bobgaynor@comcast.net with "Powerlifting USA Forum" as the subject. We would also like to have that reader include their opinion which will be included when their topic is discussed. As you will see, the current panel are all well respected members of the powerlifting community. If you would like to be included in future forums as a panelist, please email bobgaynor@comcast.net.

Drug testing has been part of powerlifting for almost thirty years. It has its supporters and its opponents, as you will see from the following discussions.

The call for testing began in the late 1970s. At that time there was only one powerlifting federation. It was discussed at numerous national meetings, but no progress seemed to be made. Names like Brother Bennett, George Hummel and John Kuc, among others, were proponents of testing.

After a few years of discussions with no progress, the ADFPA was formed and held its first National Championship in 1983. Some may say this new organization was premature because the IPF had instituted testing and it was only a matter of time before the U.S. would be forced to test.

There were numerous reasons folks wanted testing—level the playing field, health issues, and possibly a road to the Olympics.

The question for this month's forum is about drug testing. It is a two part question: 1. Has drug testing been good or bad for powerlifting? 2. In general, do you feel drug testing is effective?

SUZANNE "SIOUX-Z" HARTWIG-GARY: Drug testing has been positive by giving people a more level platform from which to compete. Overall, testing is effective, but it will only weed out some of the guilty parties. It will never be perfect, and not everyone will get caught. Wherever there's a test, there's a way to beat or circumvent the test. When you enter a drug tested competition, it does not insure that the playing field is level. It only insures that your competition (class winners and records breakers) are getting tested.

SPERO TSHONTIKIDIS: In my capacity as a contest director and federation leader, I believe drug testing has been good for Powerlifting. Although we will never develop a perfect testing protocol, drug testing does help to deter non-drug-free lifters from competing in tested divisions. Most athletes that choose to utilize strength inducing chemicals do so in an effort to get stronger faster. And, in most cases, their lifts and totals far surpass those of drug-free lifters. This ability to "level the playing field", as much as humanly possible affords both drug-free and non-drug-free athletes the opportunity to com-

pete in a fair manner.

With that said, I am also in favor of offering lifters both tested and non-tested divisions. Offering both tested and non-tested divisions gives lifters a choice without passing judgment, and this only serves to open our doors to all lifters, building camaraderie and mutual respect throughout the sport.

AL CASLOW: Personally, when it comes to sports I think we should be competing towards each other and more so in terms of skill, ability and work ethic. With that in mind, I do think we have kept the sport from more exposure and legitimacy by not testing. Testing would and CAN create a more competitive field. Though, I do like that drugs have allowed some who, in other words, would struggle and not be able to see "success" in their work, to see it. But, I think for the sake of integrity and for the component of legitimacy that drug testing should have been implemented from the beginning.

Do I think drug testing is effective? No, there are a few variables that will always stain drug testing. The biggest being human error, a lot of people neglect this aspect of drug testing. The smallest error can create false and/or positive for that matter. Obviously, another is the fact that some athletes will continue and be able to cheat the system. As long as people care and like drugs, there will always be ways around the testing and products to help them cheat. It's just the way it is unfortunately. The last is the political aspect of drug testing. Can anyone be trusted when financial benefits are introduced? I don't think so, too many agendas involved that can get skewed with money.

**RYAN CELLI:** I don't think drug testing in general has necessarily been good for powerlifting. It hasn't been a bad thing either, if it has deterred teenagers and others from using.

Drug testing hasn't got the sport into the Olympics or on television. I think these two things have always been the goal for anyone involved in the sport. Most of the competitions that have gotten television exposure, offered large cash awards, had the most sponsors, and had the best competition, have been the ones that did not drug test.

I don't feel testing is, or ever will be 100% effective. There will always be ways to beat the test; therefore, why test at all?



Dave Ricks has been on the IPF World Championship awards platform as a winner many times

**DAVID RICKS:** I have competed in untested meets early in my powerlifting career and now I prefer tested meets. I believe the use of performance enhancing drugs is a personal choice. But it is an uneven playing field when drug-free athletes are competing against others.

Just like the push in the Olympics and the professional sports there is a huge momentum to have all levels being drug-free. I think for the sport of powerlifting, it has helped the sport to provide an avenue for the drug-free lifter to compete fairly and compete at a national and world level.

I truly believe if you stay a natural athlete your longevity in this sport is much more improved. I just turned 51 years old and am a lifetime drug-free lifter, and my numbers speak for themselves.

photo courtesy Mike Lambert/PL USA page 90 **»** 

# "They Don't Think You're That Stupid, Do They?"

Did you ever notice that many supplement ads use juiced-up pro bodybuilders to pimp their products? We would <u>never</u> insult your intelligence like that...

 $\underline{\text{No}}$  roided- out bodybuilders.  $\underline{\text{No}}$  off-season "I look like I'm 8 months pregnant" before shots.  $\underline{\text{No}}$  about-to-turn-pro bodybuilders positioned as regular Joe's.  $\underline{\text{None}}$  of that crap in our ads to trick you.

Instead, we feature real people who have achieved <u>unreal results</u> by using our products along with their nutrition & rigorous training.

If you truly want to get <u>life-altering results</u> from your supplements, I strongly suggest you stop listening to guys on six-figure food & drug plans and start using what <u>smart</u> people 'round the world are doing to <u>transform</u> their bodies. There's a reason why we keep getting flooded with real before & afters & success stories. USPlabs products work!

Get on The Jack3d Stack™ today – You can thank me later.

Bes

# Jacob Geissler - CEO USPlabs

P.S. - Listen, USPlabs customers <u>work their tails off</u>. That's what separates them from the wanna-be's. So if you're a nancy-boy & are <u>scared</u> to work hard in the gym and eat right, <u>turn the page because you're not worthy</u>. But, if you have the desire to bust your ass & be dedicated - **no matter how close or far you are from your goals** - welcome aboard - you've found your home.

The Asteroid Stack plus Jack3d

The Jack3d Stack

The Jack3d Stack

Interpretation of the Condition of the C

New Flavor! Tropical Fruit Punch

Want to be featured in this ad?
Visit www.usplabsdirect.com/transformation
for more info on how you can be the next star

# Real People. <u>UnReal</u> Results!

# Matt Vinopal – Madison, WI





Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once every 10 days. My main training days are Monday, Wednesday, and Friday with Tuesday and Thursday being devoted to weak point training, cardiovascular training and last, but certainly not least, mobility of the pragues 1-5) while also using

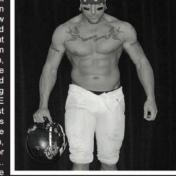
work. I utilize the big multi-joint movements to build strength (rep ranges 1-5) while also using higher rep accessory work for hypertrophy and balance in my training (rep ranges 10-50).

#### Training Tips:

- Have defined both short and long term goals.
- More is not better better is better.
- Progress slowly and measure your progress (always WRITE IT DOWN!)"

# Chad Heriehy - Pensacola, FL PRO FOOTBALL FREE AGENT & COMBAT VETERAN

"I am a U.S. Marine Corps combat veteran, Personal Trainer and Semi Pro football player/Pro football Free agent. I have been training since I was 12 yrs old. I am now 32 and achieving new goals...unexpected goals. If there has been a supplement out there...I've tried it and/or taken it. From protein, carbs, and weight-gainers to andro, tribulus, NO's, glutamine, glucosamine and multi-vitamins. Recently I stumbled across The Jack3d Stack. I was looking for something to help give me that EDGE on the fi eld and during training. The first time I tried it before my season opener was AMAZING! My explosiveness was off the charts! My closing speed, my explosion, was unlike I've ever experienced! So for the rest of the season...The Jack3d Stack... every game day & training session! We



won the championship and I was selected to the All-star Team. Thanks to those who turned me on to USPlabs Supplements... it honestly brought my game to another level and has gotten me scouted for the next level too!"

Want to know the best way to use these supplements & get personalized professional advice? Visit www.usplabsdirect.com/howtostack







© 2010 USPlabs, Ilc. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results may vary. Information in this ad should not be used as an indication or prediction of your individual results. Individuals are some of our most successful customers & followed a dedicated training & nutrition program and may have used other dietary supplements in addition to those illustrated. All examples are for illustration purposes only.

# HARDCORE GYM

# #100 OC STRENGTH CLUB

as told to Powerlifting USA by Rick Brewer of House of Pain » rick@houseofpain.com



The OC Strength Club team (OC Strength Club photos)

Okay, muscle-headz, I've got some good news for you! Gym-rats may outlive vampires!! It's true!! They may make fun of the strong guys in movies, and try to make us look dumb—and the fancy new gyms may shun our chalk and noise—but we are alive and well! Stronger than ever! In fact, we're growing bigger and more powerful every year, and we're not going extinct any time soon! Powerlifters are here to stay; thriving in small caves and training in hardcore gyms, hidden all over the world!

We've talked about 99 of these gyms so far; from Baghdad to Australia, in attics and garages, full of stupid-strong lifters too crazy to dismiss. And YES, there are more to come!!

We've been talking about the St. Louis, MO, area, and I had a good chuckle with Dione Wessels (of NAS Strongman) about the WAR Gym this past weekend. I'm still getting answers to my 'Where's Waldo?' challenge a couple of months ago! Hah! Last month we covered STP Gym, with 3rd generation cop Bill Mc-Donough—and I mentioned that we would visit Jose this month.

Jose Hernandez had been telling me about the gym he plans his Saturdays around, and what could be a more fitting location for the 100th gym than Southern California? Cali might be the home of modern bodybuilding, but CA is also the home of PL USA magazine—so we have to keep corners of the state guarantined for POWERLIFTERS!

Let's find out why Jose trains at Orange County Strength Club:

Southern California is a hotbed for trendy fitness clubs that don't to cater to the competitive powerlifter. With the advent of crossfit, and assorted kettlebell clubs. strength is permeating the country! But here in So Cal we still can't use chalk, do heavy rack pulls, or turn up the radio. Now, if you have ever fantasized about building an awesome gym, you were probably dreaming about OC Strength Club. (Actually, call me crazy, but none of my dream fantasies involve big sweaty

Fortunately, powerlifters have an alternative (to the shiny fitness clubs) thanks to Manny Sanchez! Manny's generosity and love of the sport has created the Orange County Strength Club, a top-notch private training facility in Fountain Valley, California, designed specifically for strength training. Whether you are a novice or world champion, lift raw, single-ply or multiply, OC Strength Club is loaded with the highest quality arsenal of equipment and a team of enthusiastic lifters offering each other motivation and support.

After becoming disenchanted with poor quality equipment and unsupportive staff at commercial gyms in the area, nine years ago Manny decided to build his own garage gym and called it Orange County Strength Club. He enlisted the help of his good friend Scott Marcenik for some ideas. In addition to being an experienced powerlifter, Scott is a talented engineer and craftsman. Rather than merely making suggestions, Scott engrossed himself in the major project. He spent numerous weeks designing and building a monolift, reverse-hyper, glute-ham raise, squat rack. benches and numerous other pieces of equipment. The quality and detail of his workmanship is very impressive. Every piece is made from heavy gauge steel, and is made to last a lifetime. (Just like Michael Jackson's coffin, or Dolly Parton's breasts. RB)

The gym is also loaded with plenty of weights, a variety bars, including the mastodon bar, two SSB's, buffalo bar, texas squat bar, texas bench bar, texas DL bar, rackable cambered bar, swiss bar, and farmers walk handles, every fat bar attachment, dumbbells up to 200 lb., jump stretch bands, chains, sled, prowler, 600 hundred lb. tire and kettlebells. If it's a quality-training item, OCSC probably has it, all in a two car garage.

Manny doesn't sell memberships because it's a private club. His objective is to bring together committed lifters who work hard individually, and as a team. Seeing lifters improve, regardless of their level of experience, is the heart of OCSC. Juniors, women

and masters train together in an environment of superb coaching and a no excuses type of attitude—if you don't like it, get out or get

Since we are located in the heart of the OC, we get a lot of visitors and vacationers. Several great powerlifters have trained here, such as the late Roger Estep, World Champs Terry McCormick and David Shaw, powerlifter Josh Bryant, Top 10 (242) Patrick Hakola, Tampa Barbell's Tommy Fannon, Scott "Anytime/Anywhere" Smith, and Supertraining's World Record Holder Scott Cartwright.

When it comes to the current crop of lifters, we have engineers, sheriffs, business owners, students, a chef, several loudmouths, and the normal malcontents. They include the Angry Coach Gary Garcia (7xx deadlift), inaugural WPO competitor Art La Bare, master lifter Jose Hernandez, Japan's Koji Inoue, John "The Technician" Dorsten, Ricardo "Champ" Costa, Filberto Toledano, American & world record holder Tanya Reed, master lifter Pat Harrity, junior 308 O'Neil Roussell, bench specialist Dennis Reaneau, master world record holder Mike Tronske and various up-and-comers. (Where there is smoke, there is usually fire, and there might be barbecue. Any gym that has this many competitors—not to mention all the lifters with nicknames-must be

In 2009, OCSC won the first place team award at the USPF California State Championships. In November 2009, OCSC lifters broke a total of ten world records at the WPF World Powerlifting Championships. In every venue, in every meet, the lifters of our club represent passion, strength, camaraderie, and a take-no-prisoners spirit.

Thanks to Ricardo Costa and Mike Tronske for all this cool info, thanks to Scott Marcenik for the quality engineering and steel work, and very special thanks to Manny Sanchez for making it all happen!!

www.ocstrengthclub.com Youtube Channel: ocstrengthclub

The name of next month's gym is hidden in this article! Keep lifting and eating, and keep dreaming about big sweaty men. Then come back next month to see what state we'll visit





O « PLUSA MAGAZINE 19

18 PLUSA MAGAZINE » SEPTEMBER 2010 » POWERLIFTINGUSA.COM

POWERLIFTINGUSA.COM «



#### A REVOLUTIONARY WAY TO GET A TOTAL STACK IN TWO EASY PAKS

With our new Pre-Post Training Pak, we've done the research for It's the latest in the breakthrough line of muscle performance you and stacked the perfect mix of products in customized paks so it's easy to maximize your time in the gym. Just take one pak before you work out and one immediately after. Together they provide pre-workout intensity and post-workout recovery to help you smash barriers and transform your hard work into hard muscle.

products from Pro Performance AMP - your one source for clinically tested training supplements using new ingredient technologies and revolutionary delivery systems to make your performance

#### PRE-TRAINING

The pre-training pak gives you more energy and greater endurance to help you get more from your workouts than ever before. Take it 30 to 60 minutes before hitting the gym.



#### AMPLIFIED MUSCLE IGNITER 4X

Enhances four phases of your workout, starting with a 300% pre-workout calorie burn.1 It also improves physical and mental intensity, provides antioxidant protection and extends cardio endurance by up to five minutes. 300% PRE-WORKOUT **CALORIE BURN** 

#### AMPLIFIED MAXERTION N.O.™

The first and only nitric oxide product clinically shown to delay muscle fatigue and boost intensity, giving you the power to push through the wall. In fact, it's been shown to improve physical performance by 20%.2

**IMPROVES PHYSICAL PERFORMANCE BY 20%** 

#### **POST-TRAINING**

The post-training pak gives your muscles the ingredients they need to refuel and recharge so you can get back to your peak levels of performance faster.



#### AMPLIFIED GLUTAMINE COMPLEX

Replaces the glutamine a good workout takes out of you. This post-training supplement combines superior micronized glutamine with Dual GE Amplifier™, a clinically studied sports antioxidant.

REPLENISHES **GLUTAMINE** 

#### AMPLIFIED CREATINE 189™

A cutting-edge solution, clinically proven to improve leg press results by 54 pounds with only 25% of the dose of ordinary creatine.3 This amplified formula also provides a 400% increase in dose efficiency to enhance athletic performance.4

#### **BIOCORE RECOVERY™ ENZYMES**

Features clinically researched BioCore Recovery Enzymes to help you push through muscle soreness after exercise.<sup>5</sup> Smash through the barrier of sore muscles and build a bigger, more powerful body.

HELPS YOU



50 healthy, untrained male volunteers were given Ampfified 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 Ampfified Maxertion N.O. had a 20% increase in PWCFT (physical working) and applications of refuge threshold) after four weeks of supplementation relative to the placebo group. An a randomized, double-blide directions study of 57 healthy young adult makes, subjects who took Ampfified Creating 199 containing 199 containing only 1.25 grans creatine significantly improved tip young adult makes, subjects who took Ampfified Creating 199 containing the subjects on five grams of creatine monohydrate improved by 52 pounds, and the placebo group demonstrated no significant improvement. In a clinical study of 17 healthy young adult make subjects, muscle biopsy results revealed that Amplified



way to get everything you need in two convenient paks. With GNC Pro Performance

AMP, you can bridge the gap between the athlete you are and the athlete you can be.

These statements have not been evaluated by the Food and Drug Administration. This product is 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. Ad: Arnell Photo: Arnell

CLINICALLY TESTED. PROVEN RESULTS. ONLY AT GNC.

INVEST IN YOUR PERSONAL BEST.

# POWER RESEARCH

# nano vapor hardcore pro series

Scientific Research Reveals Test Subjects increased Strength by 18.6%!

as told to Powerlifting USA by Team MuscleTech

What do you take before you go into battle with the iron? Any serious powerlifter knows that what you consume prior to your workout could make or break your session. That's why some of the world's most hardcore lifters, such as 220 lb. class world record holder Matt "Kroc" Kroczaleski, use the new naNO Vapor® Hardcore Pro Series™ formula. Each pre-workout dose Kroc slams back is engineered to ignite a fury of raw intensity powerful enough to fuel the most insane training session.

As one of the first powerlifting test subjects to experience this potent new pre-workout formula, we were anxious to hear about what effect it had on Kroc's training sessions. Would the countless hours invested into scientific research developing this formula translate into a phenomenal training session for a powerlifter in the real world? Well, to answer that question, take it from Kroc in his own words: "As I continued to train on naNO Vapor Hardcore Pro Series, I was breaking PBs and my strength levels were insane! I definitely recommend this stuff to every powerlifter." This was a confirma-

\*As I continued to train on this new formula, I was breaking PBs and my strength levels were insane!

tion for Team MuscleTech™ researchers who knew this could very well be the powerlifter's ultimate pre-workout formula.

Pre-Workout Powerhouse in the Gym What does it take to create the perfect pre-workout formula for a hardcore powerlifter? You want cranked energy and intensity to help get you in the right zone to destroy a big lift. You also want a formula that supports extreme muscle performance and amplified ATP muscle energy production. But most importantly, you want a formula that helps you increase your strength as you continue to train on it. So does your current pre-workout supplement do all these things? Chances are it doesn't. But rest assured, Team MuscleTech researchers considered all of these critical training elements when developing the new naNO Vapor Hardcore Pro Series

Our researchers invested countless hours scanning published, third-party studies in search of cutting-edge ways to create a powerful and

effective pre-workout formula. During this process, they put in tedious and sometimes monotonous work. As a result of their efforts, naNO Vapor Hardcore Pro Series is scientifically designed with a key ingredient that can crank your energy for more intensity, and another key ingredient that helps amplify ATP muscle energy production and even increase strength levels as you continue to train on it.

# Test Subjects Increased Strength by 18.6% in Just 10 Days!

Most regular pre-workout arginine-based formulas are really only designed to help you

"naNO Vapor Hardcore Pro Series is also available in a new super-concentrated pill."



get a pump in the gym. But what good is that for a powerlifter? You want a formula with key ingredients that crank your energy for more intensity and also help to increase strength fast. Because increasing strength is your primary goal as a powerlifter, Team Muscle Tech researchers infused naNO Vapor Hardcore Pro Series with a key ingredient that's actually shown in real scientific research to increase strength.

Here are the actual facts: In a 10-day, double-blind, placebo-controlled study, 31 subjects were divided into three groups (Selsby, J.T., et al., 2004). The test subjects using a

key ingredient in naNO Vapor Hardcore Pro Series increased strength capacity on the bench press by an average of 18.6 percent compared to baseline (6,658 vs. 5,613 J). This study is particularly relevant for powerlifters. Not only did they use weight-trained men for the study, but they measured the strength levels on a core powerlifting exercise – the bench press. The next time you lay under the bench press staring up at a fully loaded barbell, ask yourself if your body is loaded with this key strength-enhancing ingredient.

#### Now Available in a Super-Concentrated Pill!

Imagine being able to ignite the incredible training effects you feel from an advanced preworkout powder in a pill. Believe it or not, it's now possible. Team MuscleTech™ researchers bring you the naNO Vapor Hardcore Pro Series pill. Ingeniously designed with super disintegrants, each pill is loaded with rapid breakdown power that's ignited just minutes after consumption.

designed to increase strength, this could be the powerlifter's ultimate pre-workout formula.

It's engineered to go beyond the effects of a regular arginine pill by cranking your energy for amplified intensity and triggering a rush of nitric oxide for unbelievable muscle pumps. It's a training experience that's introducing powerlifters to a new standard for a hard-hitting pre-workout pill.

If your current pre-workout supplement isn't helping you get the job done in the gym, it's time to use a formula created from real scientific research. Whether it's the powder or the pill format, the new naNO Vapor® Hardcore Pro Series™ formula will change your workouts forever. Try it for yourself and feel what you've been missing out on. **((** 

#### REFERENCES

Selsby, J.T., et al. (2004). MG2 – Creatine Chelate and a Low-Dose Creatine Supplementation Regimen Improve Exercise Performance. Journal of Strength and Conditioning Research, 18(2), 311-315.



\* Subjects More Than Doubled the Strength-Building Results on Their Max Bench than Subjects on Whey Protein!

\* Scientifically Shown to Be Superior to Whey Protein for Building Strength!

\* Incredible-Tasting Shake Comes in 7 Amazing Flavors!

AVAILABLE AT:









PRO SERIES

Read the label before use. The owner of the Nitro-Tech trademark is NITRO US TRADEMARK LTD. © 2010.



# POWER NUTRITION FOR POWER VIXENS

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

Hey ladies, it's the Power Nutrition Guru coming at you with an information packed issue. This month I am going to change it up a little. I have been getting quite a few e-mails from the women of our sport complaining to me that I don't do enough women-specific topics. I do try to cover topics that are applicable to both sexes, but there are specific women's issues that need to be addressed as well. I apologize to all my Power Vixens out there who frequent the column. To make it up to you I am going to do a full column just for you. Oh boy, I can see all the male lifters turning the page—but you shouldn't. Most of you reading this have a wife or girlfriend and for sure you have a mother, so don't flip the page just yet because you are going to find out some informative tips that you can pass on to your better half. With that said, let's get to the heart of the matter and see what's in store.

#### HIGH GLYCEMIC CARBS – A WOMEN'S CARDIOVASCULAR NIGHTMARE

Oh boy, here I go and rain on your parade with the very first topic in my column. Believe me, I am sorry to be the bearer of bad news, but it is very important that I get the latest info from studies conducted all across the globe so that you can best take care of your health. There was a very interesting study conducted in Italy recently that involved close to 50,000 people. This study showed that women who derived a large percentage of their diet from high glycemic carbohydrates greatly increased their chances for heart disease. As you know, heart disease was considered a 'male disease' for a long time, but with women going into the work force and taking on new types of stresses not associated with past generations, women are now getting heart disease in larger numbers than in decades past.

For those of you unfamiliar with High Glucemic Index (G.I.) carbs, let me give you a quick refresher. High glycemic carbs are ones that raise your blood sugar and insulin levels very rapidly. They also help you crash shortly after, making you feel tired, irritated, and craving more carbs and sugars. These bad boys can cause fat storage like there is no tomorrow, and on top of it can help create the perfect scenario for insulin resistance. This is basically the early stages of Type II Diabetes. If eaten at the wrong times they can totally ruin your performance in the gym and on the platform. This is a subject for an entire article on its own, but for now I will cover the Italian study. This study not only showed that women who ate high glycemic carbohydrates as part of their regular diet showed



Good nutrition practices for women transcend international borders – South American champion lifter Christine Wender

a major increase in heart disease over those that did not consume them. In fact, it indicated that the women who ate low glycemic carbohydrates were almost immune from heart disease. Wow. what is this telling us? This shows the direct correlation between high G.I. carbs and how it is wreaking havoc on the cardiovascular health of women. Yet those women who ate low G.I. carbs as the majority of their carb intake had less than half the heart disease numbers when compared to the high G.I. carb group. Again, to give you a guick refresher one more time. high G.I. carbs are those that are usually white and refined in nature. To give you some quick examples: white bread, white rice, white pasta. pizza, white noodles, sugars, and just about any junk food or processed carb food. I know all you Power Vixens reading this right now want to whack me with their power belts, but don't get too feisty just yet.

There are also some other interesting tidbits from the study that I want to include as well because you will find them very intriguing. This study, by the way, was published in the Archives of Internal Medicine, which is another powerlifter favorite for sure (sorry for the sarcasm, I couldn't resist). The authors of this study came to the conclusion that it wasn't the overall quantity of carbohydrates that was consumed in the diet that was at fault for creating the heart disease, but it was the high consumption of high G.I. carbs that lead to the cardiovascular issues. What they are trying to say is that the heart disease related cases were not caused by eating a high carbohydrate diet, but it was a high intake of high G.I. carbs that is the true culprit for the

decline in their heart health.

If you have been a regular reader of my column for close to a decade, you know that I have recommended low G.I. carbs for many different reasons. I have talked in the past about how they are better for increasing your performance long term than wolfing down refined high G.I. carbs which will leave you tired and moody. I also talked about them in relation to your blood sugar health including avoiding insulin resistance—which is truly an epidemic in powerlifting circles I am sad to say. If I had a nickel for every lifter that is showing signs of insulin resistance I would give Bill Gates a run for his money, no kidding. The reason why this is so important is because of its relation to Type II Diabetes and, for women, cardiovascular disease as well. They are still doing more research in relation to high G.I. carb intake and how it affects men. I am sure the outcome will be similar in nature, but to what degree will be the question.

So, for all the ladies reading this, please take this to heart—literally, since cardiovascular disease and powerlifters seems to go hand in hand. If you think I am just exaggerating, look through the many back issues of *PL USA* over the last decade and I am sure you will count in the magazines dozens of lifters that have passed away much too early in life, many in their 30s and 40s, who had some type of cardiovascular incident. I know the majority of these early passings were men, but if you are familiar with the sport over the last couple decades there have been several top level female lifters who have also passed away much too young. As strength

photos courtesy Marcos Mendez page 92 »



# JUDD'S CORNER

# TIM McCLELLAN PT. 1

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

A candid conversation with one of powerlifting's greatest coaches on the state of powerlifting, performance enhancing equipment, his books and his future in business and sports.

Tim McClellan was by far one of the greatest coaches to ever step onto a lifting platform. During his coaching career, the lifters he coached won ten national team championships, four IPF junior world individual championships and two drug-rree team world championships. These lifters set over 100 American, world and national meet records. In 1988, he was appointed (a position he never even applied for) to coach the USA team at the world championships. That team won nine of ten weight classes at the world championships in England. Not surprisingly, he was again recruited as the head coach for the 1989 USA team. That team won all ten weight classes at the world championships in Chicago. He also coached and won numerous nationals titles at the ADFPA Men's Nationals, ADFPA Life Time Drug-Free Nationals, ADFPA Collegiate Nationals, and the USPF Collegiate Nationals. From 1986 through 1991, his Samson Drug-Free team was virtually unbeatable. Brother Bennet, the founder and President of the ADFPA, used to call McClellan the "drug-free trainer of champions." "Tim has a Midas touch with drug-free powerlifters," Bennet once confided in me, "I don't think there is another coach in the world who is as knowledgeable and as enthusiastic as Tim. He definitely has a knack for getting the most out of the lifters he coaches. I have literally seen him take mediocre lifters and turn them into world class athletes. Like I said, he has a Midas touch." I would have to concur with Bennet's assessment of McClellan. It's hard not calling McClellan one of the greatest strength coaches who ever walked the face of the earth. As indicated, his phenomenal career has been one long highlight film.

A pre-eminent sportsman, a prosperous entrepreneur, an author, a clean-living family man, and modest, down-to-earth flesh and blood coaching demi-god, Tim McClellan is simply one of the greatest figures in powerlifting history.

I guess the best place to start is at the beginning. How did you get involved in powerlifting? My high school football coach, Tom Filipovits, had a strength training program for football. I lifted under his guidance using the three powerlifts as a base. I was transformed from a 148 lb. second string wide receiver to a 200 lb. All-League offensive lineman in one year. I saw the power that could be achieved through appropriate strength training.



At Arizona State University, sometime in the 1980s, future NFL Hall of Famer Randall McDaniel and Skip McClendon, with Coach McClellan in the middle

# If I am not mistaken, Brother Bennet told me you also played college football.

Well, I went to East Stroudsburg State College where I played football and powerlifted. It was at this time I met Fred Glass who was already a national masters champion. He was forty-three at the time, and we were college kids and were fascinated by him. We thought he was as old as dirt, but he was so strong and he still competed in powerlifting and we wanted to figure out how he could do so. Little did we know that thirty years later he would still be competing, that he would still be older than dirt and he would have won over a dozen world masters championships. Freddie is the one who really got me

heavily involved in powerlifting. Between "Flip" and Fred, I was provided an education I could only term as a blessing. Add to that my internship with Keith "Jake" Boyer, and I was hooked forever.

### What did you learn that was so significant?

From Fred I learned how to cycle the heavy lifts properly. Today when I coach I have a very meticulous system—very meticulous. From Flip I learned the value of supplemental exercises. Take the shoulder for instance; with seventeen muscles attaching in and throughout the shoulder joint, no one or two exercises is going to optimize the strength of the group. It has to

photos courtesy Tim McClellan page 96 »

# **OUEST NUTRITION**



BRIAN SIDERS

**JSF 5500** 

The Ultimate Joint Support Formula

BUILDING BLOCKS: Glucosamine X3 (2200mg) Chondroitin Sulfate (1200mg) Collagen (5000mg)

OTHER ESSENTIAL INGREDIENTS: MSM (2500mg) Manganese (40mg) White Willow (15mg)



Special! (2) JSF 5500 For only \$55.00 Savings of \$4.00

Quest Nutrition 3000 Mattison St. NW Duluth, GA 30096 770-495-0787 QUEST-NUTRITION.COM



#### MAINE GAMES/NEW BALANCE 2010 MALE ATHLETE OF THE YEAR

Michael Bazinet of Bangor takes top honors with fifth consecutive "Male Lifter of the Meet" award

**BANGOR, MAINE, August 4, 2010**—There is no getting around most people's first impression of Michael Bazinet. He's confident, professional, and he's solid as a rock-literally.

It's not hard to tell that he's a regular visitor to the gym by his massive chest, broad shoulders, and Popeye-like forearms, but if you expect to see him at one of the local fitness centers, pumping iron, you won't.

Now the co-owner of his own business, Creative Print Services, in Bangor, Michael also owns his own gym. It's privately operated, and the membership is extremely exclusive—only to members of his powerlifting club, Syndicate Powerlifting. Syndicate Powerlifting is a handful of like-minded athletes with one dedicated purpose: to be the best powerlifters in the state of Maine. "We are all long time friends comprised of area businessmen and we have powerlifted most of our adult lives," said Michael, who has been lifting for fitness for 20 years and competitively for the past six. "We have our own

facilities with state of the art equipment. We started the team to compete in local, national and world tournaments."

Michael was born in Bangor, and attended Bangor High School. He played football as a kid, and credits his coach, Gabby Price, as a huge influence in his life. "He took me under his wing and showed me what I was capable of with life lessons both on and off the field. Ask any man that has played for him they will say the same. I took up weight training during these years. I was never very coordinated or a gifted athlete, but this was something I could do well."

Each year at the Maine Games State Powerlifting Championships in Brewer, Michael puts on a benchpress show that is not only impressive, but sometimes hard to believe that so much weight can be pressed skyward by one person. Michael, now 44, routinely bench presses over 500 pounds, and has recently hit a personal training record of 606 pounds. At the 2010 Maine Games, he benched 529 pounds in the Men's Open and Male Masters (40-44 years) divisions of the 242-pound weight class, earning him two gold medals and the Male Lifter of the Meet award, all of which he proudly displays in his office.

888-932-7488

page 48 »

26 PLUSA MAGAZINE » SEPTEMBER 2010 » POWERLIFTINGUSA.COM

# IBP TAR HEEL STATE CHAMPS

APR 17, 2010 >> Winston Salem, NC

BENCH		S. Wh	itted	330
MALE		242 lk		
132 lbs.			r (50-5	
Teen (16-17)		M. Ra		315
P. Smith <b>181 lbs.</b>	150	J. Wya	r (55-5) and	500
Intermediate (	(24-34)		e Raw	300
M. Jackson		M. Ra	bon	315
<b>198 lbs.</b> <i>Master</i> (50-54		Open M. Ra	bon	315
T. Smith Novice Raw	280	308+		(24-34)
K. Dean	325	Raw		
Police/Fire/Mi	litary	R. Roy		500
Raw	205	DEAD		
<ul><li>K. Dean</li><li>220 lbs.</li></ul>	325	MALE 275 lk		
Master (55-59	) Raw			(24-34)
S. Whitted	330	Raw		(=)
Open Raw		L. Stul		505
Powerlifting	SQ	BP	DL	TOT
FEMALE 198+ lbs.				
Intermediate (	(24-34)	Raw		
	225	185	315	725
		4th-D	L-330	
MALE				
77 lbs.	Dave			
Youth (10-11) B. Lines	85	70	95	250
D. Lines	03	4th-D		230
88 lbs.		5	05	
Youth/Teen (1	2-13) R	?aw		
D. Bostian III	140	85	185	410
97 lbs.				
Youth (10-11) N. Comer	135	65	180	380
105 lbs.	133	03	100	300
Youth/Teen (1	2-13) R	?aw		
C. Howard		70	155	365
I. Rushton	110	80	145	335
114 lbs	4th-S0	Q-115	BP-90	
<b>114 lbs.</b> Teen (14-15)	Raw			
J. Delgado	225	115	275	615
Youth/Teen (1	2-13) R			
J. Johnston	75	65	115	255
132 lbs.	() D			
Master (50-54 J. Pacelli	275	230	320	825
Youth/Teen (1			320	023
B. Hall	140	110	195	445
148 lbs.				
Open				
R. Wess Teen (14-15)	450	290	475	1215
J. Vazquez	195	120	285	600
,. vazquez	1 ) )	4th-D		000
Teen (16-17)	Raw			
R. Bailey	255	165	315	735
R. Vazquez	245	155	320	720
165 lbs.	2 12) 0	2011		
Youth/Teen (1 Z. Carr	2-13) K 225	.aw 145	270	640
Z. Can		Q-235	DL-28	
S. Douglas	145	90	175	410
181 lbs.				
Intermediate (			. = =	0.5-
J. Quick	350	135	375	860
Master (50-54		220	405	955
D. Massucco Teen (16-17)		44U	403	933
T. Brown	270	215	450	935
	-	4th-D		
Youth/Teen (1				
J. Darr	105	85	185	375
220 lbs.	2 121 0	2014		
Youth/Teen (1	2-13) K	190	265	900





Greg Crotts squatted 645, benched 365, and deadlifted 630 for an Elite Raw total of 1640 in the 242s

	4th-S	Q-350			Open Raw					T. M
242 lbs.		•			G. Crotts	645	365	630	1640	308-
Intermediate (	24-34)	Raw			K. Nason	570	405	515	1490	Ope
K. Nason	570	405	515	1490	275 lbs.					C. M
Master (45-49	) Raw				Teen (16-17) Raw					
G. Crotts	645	365	630	1640	O. Vazquez	335	215	335	885	Crott
Novice Raw					308 lbs.					» res
J. Sweatman	455	315	470	1240	Master (45-49	9) Raw				Payn





**GET IT NOW!** 

Increases ATP resynthesis for enhanced strength

Scientifically developed based on research at



McMaster University and the University of Saskatchewan

J. Wooten 345 180 365 890

Rapidly Increases ATP Resynthesis for

# WORLD CHAMPS

OCT 17-18, 2009 » Las Vegas, NV » as told to Powerlifting USA by Paul Bossi

All the hype surrounding the 2009 100% Raw World Championships was definitely no let down. Las Vegas, Nevada or "Sin City" was the host town to this year's world championships and what a perfect location it was at the world famous Riviera Casino and Hotel. I must say, if you have never been to Vegas or never flown in at night into Vegas. I highly recommend it—the view of the city is absolutely beautiful. The staff at the Riviera was by far the most helpful and caring staff I have dealt with in coordinating a competition. They worked around the clock making sure we had everything we needed and that everything was perfect before and during the competition and I cannot thank them enough for an their help and patience.

A meet this size and across the country takes a lot of help and dedicated people to make it possible. I had guys bringing equipment from Arizona (Paul Gillott), and California (Raymond Cavileer) and brand new bars being shipped in from Weightlifter's Warehouse because we wanted the lifters to lift on the best equipment money can buy. The guys from Nebula brought down their brand new mono-lift platform, bench and deadlift helper for us to use—talk about helpful guys. These guys set up everything and stayed the entire meet to make sure there were no problems and then took everything apart for us as well, so a big thank you to Nebula. All the lifters loved their equipment, so I highly recommend purchasing some of their equipment. We had bought

• • • • •	• • •	• • • •	• • •	• • • • •	• •	• •	• • •	• •	• • • • •	• •
BENCH		308 lbs.		(55-59) P/F/M	Open	E. Tuthi	Ш	136	(14-15) Open	
FEMALE		(30-34) Open		P. Gillott	103		) P/F/M		R. Faderwisch	187
148 lbs.		D. Newton	330	(70-74) Open		M. Sori		131	(18-19) Open	
(55-59) Open	104	(45-49) Open	412	W. Falla	98		) Open	126	J. Powell	253
K. Okerund	104	R. Clasing Sr	413	Open	120	C. Del		136	(20-24) Open	250
<b>198+ lbs.</b> (45-49) Open		(55-59) S. Brown	363	E. Hatchell 181 lbs.	120	B. Pow	) P/F/M	143	L. Pototschnik (25-29) Open	330
K. Hawkins	_	Open -	303	(45-49) Open		Open	CII	143	S. Callahan	253
MALE		T. Campbell	_	D. Henson	115	T. Cam	pbell	_	C. Falkner	259
132 lbs.		DEADLIFT		(55-59) Open		242 lbs			(40-44) Open	
(14-15) Open		FEMALE		W. Deloney	109	(18-19			W. Devito	198
B. Henson	203	148 lbs.		198 lbs.			errowd	131	(45-49) Open	
148 lbs.		(55-59) Open		(16-17)		275 lbs			M. Robinson	347
(20-24) Open E. Sanchez	214	K. Okerlund 198 lbs.	60	T.Winterrowd (45-49)	114	(25-29) J. Woo		136	4th-SQ D. Morgan	<b>?</b> -366
165 lbs.	214	(25-29) Open		J. Winterrowd	136		Huge ) P/F/M		165 lbs.	
(55-59)		A. Suda	259	(50-54) Open	150		sing Sr		(16-17) Open	
D. Cain	242	198+ lbs.	200	J. Holeyfield	109	308 lbs		.50	Z. Reiner	270
(55-59) Open		(30-34) Open		220 lbs.		(30-34	) Open		(18-19) Open	
L. Lermuslaux	209	N. Jones	391	(30-34) Open		D. Nev		115	M. Brimmer	220
(70-74) Open		MALE		Powerlifting	SQ	BP	DL	TOT	(25-29) Open	
W. Falla	165	165 lbs.		FEMALE					J. Allcary	479
Open E. Hatchell	286	(55-59) D. Cain	264	<b>105 lbs.</b> (45-49) Open					(30-34) Open D. Devito	
D. Bingham	270	181 lbs.	204	K. Ryman	159	104	270	533	(55-59) P/F/M	Onen
181 lbs.		(55-59) Open		4th-SC					P. Gillott	220
(16-17) Open		R. Cavileer	451	Junior Open	•					4th-B
S. Downey	_	198 lbs.		K. Loring	121	88	226	435	(60-64) Open	
(35-39) Open		(30-34) Open		123 lbs.					D. Petro	424
S. Flanagan	_	J. Young	462	(30-34) Open	221	170	284	605	(70-74)	170
(45-49) Open D. Henson	363	P/F/M Open S. Thompson	501	M. Watts (45-49) Open	231	170	204	685	W. Fala 4th-SQ-	170
(55-59) Open	303	220 lbs.	301	K. Moore	237	165	318	720	(75-79) Open	-170
G. Miller	303	(35-39) Open		4th-SQ-					R. Cortez	275
198 lbs.		S. Katterie	402	132 lbs.						
(16-17) Open		242 lbs.		(25-29) Open					181 lbs.	
R. Payne	187	(45-49) Open		T. Hart	220	143	253	616	(16-17) Open	
(30-34) Open	266	J. Johnson	451	(20, 24) Open		4th-DL	-264		N. Woolster	330
J. Young (50-54) Open	266	(50-54) G. Greulich	413	(30-34) Open J. Graves	146	82	176	404	(18-19) Open M. LeMaster	418
J. Holevfield	325	275 lbs.	413	148 lbs.	140	02	170	404	A. Trail	410
(55-59) Open	323	(35-39) P/F/M	Open	(40-44) Open					(20-24) Open	
M. Hawkins	236	McMillian, Sr	650	C. Burnett	214	154	253	621	A. Campo	363
(60-64) Open		SHW			4th-BP	-160			(25-29) Open	
A. Fosler	259	(25-29) Open		MALE					B. Saalock	435
P/F/M Open	214	J. Newby CURL	551	<b>123 lbs.</b> (14-15) Open					(30-34) Open	226
S. Thompson <b>220 lbs.</b>	314	FEMALE		M. Berksen	237	187	338	762	G. Smith (30-34) P/F/M	336
(35-39) P/F/M	Open	198+ lbs.		(16-17)	237	107	330	702	S. Suda	303
M. Soria	319	(30-34) Open		R. Clark	275	226	347	848	(40-44)	505
(40-44) Open		N. Jones	109			4th-DL	-363		T. Rodrigues	468
C. DelMoss	286	MALE		132 lbs.					(45-49) Open	
(65-69) Open		132 lbs.		(12-13) Open	405		100		M. Jeffries	352
W. Hill	319	(14-15) Open		J. Jeffries	126	93	192	411	D. Hanson	347
P/F/M Open J. Smith	440	B. Henson E. Cassetta	77 87	(14-15) Open B. Harson	242	203	303	748	M. Sullivan (50-54) Open	
242 lbs.	440	148 lbs.	07	E. Cassetta	181	143	248	572	M. Newmann	_
(45-49) Open		(18-19) Open		(20-24) Open			5		(55-59) Open	
J. Johnson	336	J. Powell	82	J. Sine	347	231	413	991	M. Milton	303
(55-59) Open		(20-24) Open			4th-BP	-242 D	L-436		W. Delaney	253
A. Waldon	451	E. Sanchez	82	(55-59) Open					198 lbs.	
275 lbs.	0	165 lbs.		S. Morabito	126	148		533	(18-19) Open	
(35-39) <i>P/F/M</i> P. McMillan Sr		(55-59) D. Cain	98	148 lbs.	4th-SC	y-138	DL-277	′	R. Bairk (20-24)	_
1. IVICIVIIIIdii Sf	+10	D. Calif	20	1 40 103.					(2U-24)	

5) Open					J. Gonzales	451	352	534	1337
	187	143	248	578	(20-24) Open	F 40		600	1140
9) Open ⁄ell	253	231	303	787	Christopher E. Cieplinski	540	_	600	1140
4) Open	233	231	303	707	(25-29) Open				
otschnik	358	248	451	1057	C. Gallok	479	374	485	1338
9) Open					I. Gitasoa	424	281	479	1184
lahan	253	214	336	803	(25-29) P/F/M		210	FF1	1070
kner 4) Open	259	226	_	485	K. Dickhut (30-34) Open	402	319	551	1272
evito	198	_	308	506	J. Young	314	303	463	1080
9) Open					(45-49) Open				
binson	347	264	496	1107	J. Winterowd	407	259	451	1117
4th-SQ	-366				P/F/M Open			F.0.1	E01
organ	_	_	_	_	S. Thompson <b>220 lbs.</b>	_	_	501	501
os. 7) Open					(16-17)				
ner	270	209	380	859	T.Winterrowd	352	242	330	924
9) Open					(18-19) Open				
immer	220	209	330	759	J. Winterowd	518	303	540	1361
9) Open	470	210	F76	1274	B. Trall	_	_	_	_
ary 4) Open	479	319	576	1374	(25-29) Open P. Ngo	501	358	600	1459
vito	_	_	_	_	(30-34) Open	301	330	000	1433
9) P/F/M	Open				C. Smith	828	474	551	1853
ott	220	275	308	803	E. Tuthill	402	314	488	1204
	4th-BP	-281			(40-44) Open		0.55	44.0	0.54
4) Open	424	242	490	1156	C. Dahloss (45-49)	275	266	413	954
tro 4)	424	242	490	1136	R. Ortiz	435	380	501	1316
la	170	165	226	561	(50-54) Open	155	300	301	1310
4th-SQ-	176 B	P-171 I	DL-231		V. Palazzolo	474	385	501	1360
9) Open					(55-59) P/F/M				
rtez	275	192	369	836	B. Powell	55	325	402	782
os.		4th-DL	3/4		<b>242 lbs.</b> (25-29) Open				
7) Open					B. Cox	578	374	749	1701
oolster	330	237	314	881	J. Woolridge	418	330	606	1354
9) Open					(45-49) Open				
Master	418	275	512	1205	J. Johnson	446	358	451	1255
il 4) Open	_	_	_	_	(50-54) J. Eldermiller	463	347	501	1311
mpo	363	286	501	1150	4th-SQ		347	301	1311
9) Open	303	200	501	1130	275 lbs.	300			
lock	435	358	523	1316	(35-39) Open				
4) Open					E. Hart	496	385	529	1410
nith 4) P/F/M	336	253	380	969	(35-39) <i>P/F/M</i> P. McMillan		410	(50	1620
4) F/F/M la	303	253	380	936	308 lbs.	562	418	650	1630
4)	303	233	300	330	(40-44)				
drigues	468	286	606	1360	Vallaneuve	650	429	722	1801
9) Open					(55-59) Open				
fries	352	308	540	1200	S. Brown	451	363	551	1365
nson	347	363	402	1112	P/F/M Open	F70	425	F00	1602
llivan 4) Open			_		C. Larson SHW	578	435	589	1602
ewmann	_	_	_	_	(28-29) Open				
9) Open					J. Newby	501	_	551	1052
ilton	303	297	352	952	(35-39) Open				
elaney	253	242	319	814	J. Calson	369	380	407	1156
0). Open					(55-59) Open				
9) Open irk	_	_	_	_	J. Campbell » results and p	— hotos =	— are com	— tesv of	
4)					Paul Bossi		cour	ccsy or	

brand new Ivanko weights for this competition and used Eleiko's for the single-lift platform that Raymond Cavileer had supplied from California. Thank you to Dustin Newsome and Matt Soria of Las Vegas for supplying us with the warm-up room weights. Thank you to Larry Lermusiaux who played another major role in helping our federation in pulling this event off by assisting us with much help and storage with our equipment. Teresa lancaster and Mark Scheid did a wonderful job doing registration and working the head table for the entire weekend. And a huge thank you to Paul Gillott and his Scrap Iron Barbell Club from Prescott, Arizona, for all their help. This meet would have never happened if it were not for Paul Gillott who gave me the security of help. Paul brought John Dela-Cruz who was a judge for us, his lovely wife Sarah who helped Teresa at the head table all weekend and he supplied spotters and loaders for both platforms for the entire weekend. Judges were Dan Corridean, Paul Gillott, Elton Hart, Pat McMillan, John Dela-Cruz, Chad Larson, Paul Bossi, Bill Ray Powell, Tony Rodriguez, Ed Horwitz who also performed drug testing duties where we tested 25 lifters for this event. Shawn Kaiterale of Hardcore Powerlifting did some great announcing for us on day two for the deadlifts that I felt was the best ever announcing I have ever heard for a powerlifting event. He sounded like Michael Buffer doing the UFC fights. Shawn also sells awesome powerlifting t-shirts on Hardcorepowerlifting.com.

Other sponsors have made this event a huge success and we appreciate everything each does and we would like to recognize them as well. A huge thank you goes out to the folks at Bodybuilding.com for their help and advertising on their website and the wonderful shirts that they had supplied for the competition. They have been a wonderful sponsor for us since 2006 and we look forward to working with them for many more years to come. Bodybuilding.com posts our results, advertises our event and supplies our shirts and had giving us a huge banner that we hang at all meets I run—world, national or local. Ramsey Rodriguez from Tribustol, for the second year in a row had sponsored the Master World Championship belt and came to the event and ran a seminar on shoulder injury and prevention. Ramsey is a certified personal trainer and bodybuilder who has a passion for all power sports. If you ever get a chance to talk to him you will appreciate the time as he is an abundance of information. He gave out handouts on shoulder training to prevent injuries to the rotator cuff. If you were not able to stop by his table, go to our website and e-mail him as he will probably e-mail you this hand out. John Menzler from Hot Rod Coffee House sponsored the Heavyweight World Championship belt. You can check out his website on the RAW website and maybe support him and buy some coffee products. Shawn Suda was able to find us a sponsor for the lightweight World Championship Bert Henricos Carpet Company. Ironrhino Fitness supplied the female World Championship belt.

Ed Horwitz was there all weekend pulling multiple tasks doing such as judging, drug testing, platform manager, head table assistance, registration, weigh-ins, set-up and many more tasks. Teresa Seykora was there representing her company Josten's. They are the official 100% RAW ring company. They supplied 100% RAW World Championship rings, watches, pendants and participation rings for the lifters who did not win the championship but wanted a special piece of memorabilia from this event. Thank you to Mike Lambert from Powerlifting USA magazine for his advertising and magazines. PL USA is the only powerlifting magazine in the world and it is the best way to get your word out and promote any event you might have. Thank you goes out to Elizabeth City Trophy & Awards from Elizabeth City, NC, for their incredible awards. I think all the lifters really enjoyed the awards and the World Championship belts were a huge draw at the head table as many lifters were gunning to win that covenanted belt. My last thank you goes out to Fitness Warehouse of Elizabeth City, NC, for all your support throughout the year. If you are ever in Elizabeth City, NC, you need to stop by the Fitness Warehouse, the facility is outstanding. Your greeting will be memorable and the powerlifting room down stairs has all the equipment we used in the world championships. They had bought the equipment from Nebula and store all of 100% RAW Powerlifting Federation equipment there. Dan Corridean, the 100% RAW Rules & Regulation chairman, is the assistance manager there and does personal one on one powerlifting training as well as group training each weekend. Dan is a multi-time world champion himself with a 770 lb. deadlift, 675 squat and 455 fine day edging out Mike Burkeen from Arizona 848 to 760. The 132 lb. class lb. bench. He has about 10-15 lifters each weekend traveling in from as far as 2-3 hours away to get a professionally trained powerlifting workout in with the guys. The intensity in the room is like being on stage in front of hundreds of spectators. Each lift is video taped for review of technique and all lifters cheer for each other to get their max performance out. The ages range from







14 to 75 and all weight classes men and women come to lift on any given Saturday or Sunday.

Now when they say Vegas, the city that never sleeps, they were not kidding. Night after night I would find myself running into lifters at 4:00, 5:00, and 6:00 in the morning, gambling or walking around seeing the sights. I saw one lifter win a 5.000 dollar jackpot at about 3:45 AM, so I am sure he did not go to bed that day, but I think I would miss some sleep too for five grand. Then, on Monday, I watched one of our master lifters win a few thousand in poker, so after winning a world title and a few thousand bucks I guess it was a pretty rewarding weekend for him.

Day one lifters included all women and men up to 181 and for those of you who thought that women were weak, well guess again. In the 105 division, Kim Ryman pulled in a big 270 lb. deadlift to edge out junior lifter Krystine Loring who pulled in a nice 225 lb. deadlift of her own. I look forward to seeing more from her in the near future. The 123 class, although only two women competed, was probably the strongest woman's class I have seen in person. Michelle Watts from California, and Kelly Moore from Wisconsin put on quite a show with both ladies hitting elite status, Michelle hitting 673 lb. total and Kelly hitting a 722 lb. total. Kelly did pull 347 on a 4th which would have given her a 750 total at only 115 lbs. It's rare to see a woman make elite status when she's truly drug free and raw, but to have two in the same weight class was just incredible. Tonya Hart from California who was not too far off herself from elite status took the 132's with a 617 lb. total. Christie Burnett from Arizona just missed class 1 status but took the women's 148 class with a solid total of 622 lbs.

Moving on to the men in the 123 division Robert Clarr from Virginia had a saw Joshua Sine from Virginia dominate the division with 992 total which gave him master's status. The 148 lb. class had some impressive lifting as well lead by Mike Robinson from Illinois who pulled a big 495 deadlift and totaled with a masters status of 1107. Lance Poiotschnik of Maryland followed behind Mike with a very impressive 1058 class 1 status total. The 165's saw James Ai-

next page »

# 100% RAW WORLD PL CHAMPIONSHIPS >>

key of Vermont, lifting in honor of his younger sister deadlift and 1460 class 1 total, but had to settle for who recently passed away put up some huge num- 2nd today. Vito Paiazzolo from Illinois took 3rd on bers for this weight class. It takes a 1298 total to make elite and James did a 1377, nearly a hundred both men totaling very respectable class 1 totals pounds more than elite—just incredible. Another stand out lifter was master 60-64 David Petro-Roy. Deadlifting almost 500 pounds at 165 is good enough as it is, but to do it in the 60-64 division is just on a whole different level. David finished with an 1157 total which is a level 1 status. Third, fourth, and fifth place was a tight battle between ing the three, but it was young Zerak who came out included a great 606 deadlift. Master lifter James on top with a 859 total.

of the most contested weight classes of the meet. Brian Sealock from Iowa used his balanced lifting to put up the classes biggest total with a big 1317 master status total. Matt LaMaster from Arizona took second with a 1207 level 1status at only 18 years old. Michael Jefferies from Montana, another impressive master lifter took 3rd with a level 1 total being trained and coached by multi time world of 1201. Fourth place went to Anthony Campo from New York who also totaled level 1 with 1151. Finishing out the top five was Dan Henson from MA with some master's 45-49 records and a very nice 1113 total. What a first day of action—many state, national, and world records being broken, from top to bottom in each weight class, what more a lot of room to spare. can you ask for besides day two being just as good if not better.

Day two started off right where day one left off with another very competitive weight class from top to bottom, Chris Gallick who weighed in at a very light 185 won this very tough weight class on bodyweight with a 1339 class 1 total. Second went of his own. Big Chad hit a master's status total of to Jorge Gonzalez from Nevada with the same 1339 class 1 total but weighed in at 195. Kevin Dickhut from NC took 3rd with a nice 1273 class 1 total. Less than a hundred pounds separated the next five places in this crazy competitive division.

In the 220 lb. weight class we had big Chad and hit a 1653 elite status total, over a hundred great lifting Chad. On any other day Pierre Ngo from Nevada would have won with his big 600

bodyweight over Josh Winterrowd from Montana, of 1361. Making the top 5 was Ray Ortiz from Nevada with vet another class 1 total of 1317.

The 242 lb. weight class saw veteran lifter Brandon Cox have a big day posting a 1703 elite status total that included a huge 749 world record deadlift. Great job Brandon. Like most of the other weight classes it was a tight battle between the Zerak Renner from AZ, Robert Cortez from CA, and other finishers, Jamey Woolridge from Montana put Paul Gillott from AL, with less than 55 lbs. separat- up a nice class 1 total of 1355 for 2nd place which Eidenmiller just missing class 1 status came in 3rd Finishing off day one was no let down with one with a 1311 total. Another good master lifter John Johnson from California came in 4th with a very respectable 1256 total.

The 275 lb. weight class saw 2 great guys going at it on the platform after both men spent time judging the day before. Big Pat McMillan or "Pat The Mac" from Virginia in only his 3rd full meet champion Daniel Corridean put up police/fire/ military world records in all three lifts including the definitely top notch, as it should be at a world total. Pat just missed elite status but did make masters status with a big 1631 total. Elton Hart from California had two good day as well after coaching mounted on a glossy rosewood base. The team his lovely wife Tanya and judging most of the day two women making elite status, tough competition before hitting a very solid class 1 total of 1410 with silver, and bronze medals as well. We used Ivanko

> The 308 lb. class had long time veteran of raw lifting Dave Villeneuve looking strong as ever. Big Dave hit the meets biggest total of 1802 which included a personal best 722 deadlift for Dave. Chad Larson, another all around great guy who also helped judge put on a very fine performance 1603 and hit a personal best of 600 on a 4th in the

The SHW division ended up with just one lifter after a few bomb outs in the squat. With no one to push him big Joel Callison from Nevada took it Smith from Oklahoma hit a world record 628 squat easy and coasted his way to the world title with a fine 1157 total. Joel is a huge man weighing in at to seeing some huge numbers from him soon. What 100% RAW Powerlifting Federation. You can view a meet this was, with over 130 entries and a1most



Al, Tony and Pat

every weight class stacked top to bottom.

This is what powerlifting meets are about; the best lifters going at it head to head. The lifting was championship, and the awards were spectacular. We gave out these beautiful golden globes trophies stood over 5 feet tall and also had gold, and Eleiko plates or. the platforms with a Texas power and deadlift bar. I'd like to thank so many people so please forgive me if I forget anyone. My immediate staff, Teresa Lancaster, Mark Scheid, and Big Dan Corridean, Paul and Sarah Gillott for helping me plan, setup, judge, run, and clean up after the meet. Thanks to all the lifters who flew in from all over for putting on a great display of lifting and making this year's world championships such a deadlift. Master lifter Steve Brown from Oregon at a success, without all you powerful men and women very light 279 put up a 1366 for a 3rd place finish. putting in all the hours of hard work in the gym this would not have been possible.

We will be back in Las Vegas in October of 2010. We are working on a date at this time and hope to bigger and better this year even though that will be hard to beat. Visit our website at www.rawpounds more than the 1551 required to make elite, 370 and is a newcomer to the sport so look forward powerlifting.com for up to the date information on the state, national and world records, print off entry forms and membership forms as well as check out the schedule of what meets are coming up in your area. You can also view our awards section we you can purchase plaques for any records you have broke or set and just get a plaque to document your personal best lift from any of our event in the past. Check out forum as well where lifters share lots of valuable lifting information to each other. If you want to contact me personally my e-mail is rawlifting@aol.com and I personally reply to all e-mails. If you are interested in being a state chairman or meet director for 100% RAW please contact me and we can talk. We are always looking for more meet directors and state chairman positions are available. Thank you to everyone that helps make 100% RAW Powerlifting Federation what it is. You are only as good as the people that surround you and we have some outstanding people in this organization. None of this could have been possible without you. Thank you and I look forward in seeing you soon on a 100% RAW platform somewhere ound the country in 2010. «



903-236-4012 800-222-6897 INZERNET.COM

# IRONWRAPS

The most powerful, most popular, most effective knee wrap in the world!

- · Super tight, extreme rubber strand design for the super rebound.
- Gets tighter, easier, during the movement even when not wrapped to total tightness.
- · When wrapped to total tightness, generates the most energy and power of any wrap in the world.
- Smoke all your lifts with the Iron Wraps Z!

# IRON WRIST WRAPS Z

The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

- Provides excellent comfort and perfect support.
- . The best wrist wraps in the world make it the choice of champions worldwide.
- Strong grip Velcro straps fasten the Iron Wrist Wraps Z securely in place.
- The Velcro straps are wide for strength and long for generous adjustment advantage.
- Strong, durable and wide elastic thumb loops are secured in place with long lasting construction.



SEE MORE SELECTION AT INZERNET.COM



# **COMER HISTORY**

# **QUESTIONS ANSWERED**

by Mauro Di Pasquale, MD, MRO, MFS » mauro@metabolicdiet.com » www.metabolicdiet.com



Dr. Mauro Di Pasquale

DEAR MAURO: I am getting ready to start dropping weight for next season. The goal is to hit 285 before dropping into my weight class as needed. I am about 320 right now, but would like to drop my weight so that I keep most of my muscle mass and drop the excess body fat.

I've been on the mass phase of the Anabolic Solution for PL and it's helped me pack on the weight. I may have stayed on it a bit too long as I'm heavier than I wanted to get. I am about to start the cutting phase of the anabolic solution for powerlifters or would you suggest the radical diet instead.

I was also wondering about your new thermal product. I use lipoflush and ghboost when I diet. Would it be better to use the new product as well and why?

Hope to hear from you soon, Scott

SCOTT: I think I'd try the Radical Diet at first to get the initial 20 lb. off or so and then depending on how you do, go on to the Cutting Phase of the Anabolic Solution for PL. That's the progression I use for anyone wanting to lose any significant amount of weight over a relatively short period of time.

The new ThermoCell 35 can be used alone, but for best results it's meant to be used with LipoFlush for maximum effects. In your case the new Paradigm Combo, plus TestoBoost, along with the Radical Diet would give you the best results as far as losing body fat and maintaining muscle mass. Have a look at the info on the Paradigm Combo at http://www.mdplusstore.com/viewitem.asp?idproduct=256. You can view any of my products and books at www. MDPlusStore.com—just follow the links.

Mauro

**DEAR MAURO:** I started lifting as a pathetically scrawny 5'10" 120 lb. 15 year old. I lifted heavy, ate well, and grew leaps and bounds (from a natural lifter's standpoint).

Recently, I returned to running (something I originally did on the track team in middle school), I lost about 10 pounds of fat and I'm a highly defined 5'10-1/2" 175 lb. at age 33. I couldn't be more pleased with my V-taper and shape, though I have a problem which has plagued me from day one. I'm a terrible bench presser. I've tried many programs and methods, and my raw max is 270 lb. in training (perfect form) and 260 lb. in competition (I've only been to one meet, which was last year.) For reps, I can put up 200 lb. for 13.

As an individual with a science background and degree in biology, I've analyzed myself deeply with respect to lifting. I have very long upper arms. I can curl with the big guys—150 lb. perfectly strict. But the bench continues to plague me. I'm 33 years old now and my bench has been slow to progress over the last 18 years. My goal is to add 30 lb. and bench 300 lb. raw. I find gaining body weight is not particularly helpful and I've tried wide grip, close grip, etc. I noticed that my squat increased substantially when placing the bar lower on my back—apparently improved leverage. Doctor, I'd greatly appreciate any advice or help that you can offer. I do not use drugs, nor do I use supplements and prefer to avoid doing so.

Thanks for your GREAT column in Power-lifting USA. I read it religiously.

All the best, Jake

JAKE: My bench press was and continues to be the worst of my three lifts. While I squatted and deadlifted over 700 lb. as a middleweight, my best competition bench was 424 lb. While that's not a bad bench when you consider it was done raw, as I never used a bench shirt, it still wasn't up to par with the other two lifts, which were both done with only the use of knee wraps and a belt—no squat suit, deadlift suit, special shorts, or even tennis balls under the knees.

Even though my leverages were less than optimal, mainly because of my relatively long arms (great for the deadlift, but bad for the bench), I painstakingly built my bench up over 150 lb. over about an eight year period—finding out what worked and what didn't, until I became a decent bencher. In the end it was the assistance exercises, along with lots of flat benches, that allowed me to keep making steady, although somewhat slow, progress. The assistance exercise that helped me the most was the incline bench press, done at about a 30 degree angle with a shoulder width grip. In fact, in my workout area I had a bench set to that incline that was only used for that exercise. I also found dips, with added weight between my legs, and heavy bent over barbell rows useful. I worked up to 200 lb. weighted dips, 375 lb. for 3 reps in the incline bench, and 475 lb. for 5 reps in the bent over rows (using wrist straps).

When I was trying to get my bench up I trained best on a 10 day cycle benching every 5 days. I did heavy flat benches doing a total of 8 sets after warming up in declining sets working up to one rep max one day, and 5 days later I did incline bench presses 5 sets of 5, weighted dips 4 sets of 8, and bent over rows to a max 5 reps, then 5 days later I did the flat bench to max again and so on. I did this for 2 months or so then changed to a more conventional routine in order to maintain my strength levels. After about a month or so I went back to the 10 day cycle.

While I followed this routine fairly closely, it wasn't written in stone as I would make changes according to my competition schedule, injuries, etc. Sometimes I would toss in some other assistance exercises such as partial benches using boards on my chest, and various loading and unloading techniques with a workout partner. However, I never got the results from the other assistance exercises as I did with the inclines, dips, and bent over barbell rows. The point is that while the routine I followed may help you, you should experiment with other assistance exercises to find out which ones work best for you.

I know that you're against using supplements, but I did find them useful when I was on the 10 day cycles as they allowed me to work out harder and recuperate faster. In between I cut back on supplement use. At the very least, I would dramatically increase your protein intake when you're training the hardest.

I hope that this helps. Best regards, Mauro ((

# **NEWS FLASH!**

If you like getting the lastest 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

# HISTORICAL MEETS FROM HELL PT. 2 OF 3: The 1986 Junior Worlds

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



The USA team in India: from left, Brian Grant, Ty Stapleton, Joe Catalfamo; behind Joe is Jimmy Pegues, Ron Fernando with team award, Jim Cope; behind Jim is Richie Wenner, Howard Krieger, Todd Antinoro; and above Todd is Chris Boillot

The scene...a sultry, hot evening in Singapore, an exotic island city-state just off of the southern tip of the Malay Peninsula. A lot of things can and do happen in Singapore—some good, some bad, and some just plain weird. Three USA Powerlifting team members are lounging around the lobby of the Hyatt Regency after a hard training session in preparation for an important international powerlifting event to be held in India a few days later. The lifters and their coach were tired, but looking forward to another night of festivities in the Lion City. One of the lifters looks up.

Unnamed, for obvious reasons, lifter: "Hey Ron, I think that girl over there is looking at me. Look; the one with the long hair and silver dress. Jeez! She's smiling too! Dang, she is some looker. I ought to show her some good old-fashioned American hospitality." He waves at the girl and she waves back, winking at unnamed idiot lifter. The lifter grins like a chimp discovering a load of free bananas and unconsciously flexes his lats.

Ron Fernando: "Well, er... I mean, I don't think it's a good idea, dude...because, well, how do I put it?

Erik (Ruble), sitting with his feet propped up on an expensive marble table: "Don't waste your time. I doubt she's your type. Let's go eat. I'm starving!"

Unnamed (idiot) lifter: "Is that all you can think of, Ruble—food? You guys really are a bunch of wiseacres, you know that? So, you think I can't score? Huh! I think she likes my muscles 'cause most of these Singapore dudes are a bunch a skinny wimps. Watch and learn."

Ron and Erik both smirk as the unnamed idiot gets up and swaggers over to the girl, flexing his biceps as he walks. Girl smiles and motions him to sit down next to her, and then...about sixty seconds later, the unnamed idiot lifter returns, face beet-red in color and with a phony, pasted on smile. Talking through his clenched teeth, he stutters, "Why didn't you tell me that was a...a...a MAN?"

Ron Fernando: "Well, first of all you didn't ask me. Second of all, you wouldn't have believed it if I did tell you, especially from this distance. And, by the way, thanks for reminding me—I knew there was something I forgot to tell you fellows at the team meeting."

Unnamed idiot lifter: "What's that?"

Erik (Ruble): "Gaaaakkkkkk!"

Unnamed idiot lifter: "Thanks A LOT, Ron. I think I gotta puke." Erik (Ruble): "Can we PLEASE go and eat now?"

This then was one of the many "highlights" of a powerlifting journey that, for all of us, was part unbelievable, part weird, and totally unforget-table—the 1986 Junior Worlds in Cochin, Kerala, India—this month's "Meet from Hell." I was given the honor of being the one and only team coach, administrator, manager, expediter and, as we will see later, legal arbitrator. I was able to travel with a group of young men who, well, let's just say, never gave me one dull moment whatsoever. This is their story—a story of triumphs and screw-ups, guts and perseverance, and of victory

photos courtesy Ron Fernando next page »

## HISTORICAL MEETS FROM HELL PT. 2 >>

snatched from the jaws of defeat. All of which occurred in the mystic orient over a quarter of a century ago.

It all started for me a few months earlier when I was attending a sales training course for Xerox Corporation in Leesburg, VA. In those days, going to Leesburg for the big "X" meant one thing—you worked, ate and lived on campus. Totally isolated from the outside world in the middle of a Northern Virginia forest, the corporate warriors-in-training of the mid-eighties sweated out the intricacies of Local Area Networking, early PC Technologies and such in class, wearing full business suits as there was no corporate-casual in those days, and tried to keep cool in the 90 degree heat and equivalent humidity. Typically, after class was over they would hang out at the pool, bar or in my case, the gym, and try to avoid spending much time in the "living modules" as possible. Why? The rooms were apparently not designed to be luxurious, which I thought was a gross understatement. The evil powers at Xerox Corporate wanted folks to work, apparently, and not have drinking parties or similar in their rooms. The nerve of them!

I felt, like everyone else, that I was in some sort of cocoon and just used the room to sleep and shower. Most nights after class I'd head to the gym, go to the chow hall, kibitz with some of my classmates at the bar and then go "home" to complete my homework for the next day and get some much needed rack time. Communication then was pretty rudimentary, given today's massive array of technical options. Each of the tiny rooms had an old fashioned answering machine—you know, the kind that had a blinking light announcing the presence of new messages. One night, I got back, and the message light was blinking furiously. Well, since I was "between" girlfriends, didn't have kids then, and my parents were on some long distance cruise, I naturally was curious as to who was calling me at this hour and why. I pushed the play button and heard a professorial voice that sounded a bit like the announcer on *Masterpiece Theatre*.

"Good evening, Ron Fernando. This is Dr. Conrad Cotter, President of the United States Powerlifting Federation. Fred Hatfield and I want to talk to you about helping us at the upcoming Junior Worlds in India. Call me at..."

Huh? Junior Worlds? India? Well, I got on the horn and called back good old Dr. Cotter and was overjoyed to find out that because of my association with Fred Hatfield, I was now the "head coach" of the USA team going to some city I had never heard of in India. Plus, I was one of the youngest head coaches (at 31) to hold down this job.

"And Ron, the meet director is talking this meet up like it was the Olympics, Parade of Nations, Opening Day Ceremonies, first class facilities, the works. You guys are going to have a lot of fun. There is, however, a slight issue here," continued Dr. Cotter.

Uh-oh, here it comes. I knew it sounded too good to be true.

"You only have about half a team thus far."

"But with half a team, even if we got all first places, we'll never place, let alone win. Who are we gonna get to fill out the roster?" I asked him.

"That's your problem," he replied, "Which means, you have to recruit the rest of the team, and they had all better be prepared to pay about \$3500 for the trip, all told."

"I thought our way was being paid by the federation?" How naive I was in those halcyon years.

"The federation's flat broke. Those days ended about two years ago. We'll pay YOUR way, but that's all. We figure with all of the other work you have to do, it's an even exchange."

"Other work, Dr. Cotter—what are you referring to?" I asked him.
"I forgot to mention, Ron, we want you to fundraise; get sponsors for uniforms, belts, wraps, etc. and yes, one more thing. You also have to make all of the travel grangements, including the visa applications."

for uniforms, belts, wraps, etc. and yes, one more thing. You also have to make all of the travel arrangements, including the visa applications to India. In short, you have got to do it all. You had better be ready. I'll send you a list of names and numbers to get started. Fred said that you could handle this entire load. Can't you?"

"Er...well...sure. Yes, sir, I'd be honored—did Fred really say that (I'm going to kill him)?"

Suddenly, the lofty title of "USA head coach" fizzled away like a dish of ice cream freshly served in hell. Recruiting...fund-raising...travel

arrangements...uniforms...AND try and perform to USA Powerlifting standards—and somewhere along the way, work and pay my bills. Well, this was truly a dream come true for me—to represent the USA in power-lifting, so I decided to simply nut up and do the job the best I could.

So, upon my return to my then home base of Los Angeles, I put a full court press on every spare minute I had—during my lunch hour, on break, and especially at night. I burned up the phone lines all over the USA trying to fill the slots for our team and trying to make the other arrangements. Folks, I called my ass off. There were times—and I'll admit it now—that I neglected my work, but heck, it was for a much bigger cause than selling dumb old Xerox equipment. Ignoring the increasingly dirty looks from my boss, I pressed on, determined to make good. Wising up early after a few initial rejections, I honed my "pitch" by sneakily dropping names like Fred Hatfield and even (gulp!) Bill Kazmaier, and casually hinting around that one of them may come along as another coach, with the huge emphasis on the word "may." A big fat lie, obviously, but I was getting desperate—trust me on this one. The ones that rejected me simply didn't have the money necessary, or had heard some horror stories about amoebic dysentery, malaria and other tropical maladies that some of our lifters contracted while in India for the 1981 Worlds and were scared off.

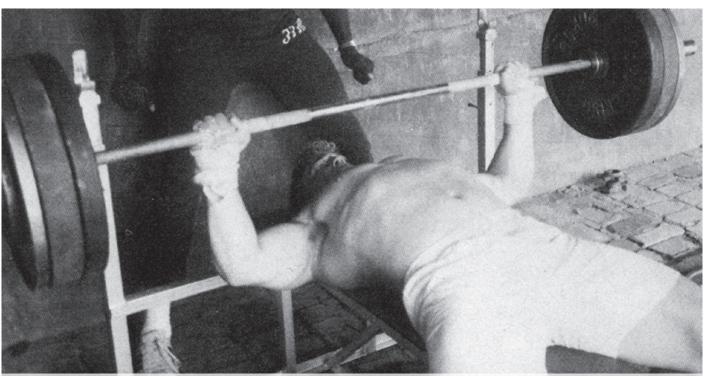
Even so, my calls didn't stop, and little by little the roster started to fill, although the looks of the roster spelled one simple word—R-O-O-K-I-E-S. No one ranked in the world standings, and there was absolutely no one with any international lifting experience. The only guys who had overseas travel experience were the three military guys. Everyone else hadn't set foot outside the USA—with the exception of the Arizona guys, some of whom undoubtedly had spent some drunken whoring and carousing weekends in Mexican border towns. That, my friend, did not count in my eyes. I was worried most on how my boys would react to the sights, sounds and food of Asia, and I told them to be prepared for the worst.

The final roster went like this: Brian "Boogie" Grant, an APF Junior National Champion from Tampa at 165 and a super bencher; Howie "The House" Krieger, another 165'er, this time from the early ADFPA and one hell of a squatter; Ty Stapleton, the Oklahoma wildman at 148; Arizona ADFPA stalwarts Chris Boillot and Rich Wenner at 148 and 198 respectively; Jim Cope at 181 who was actually recruited for me by Wenner; plus Army Sgt. Jimmy Pegues at 242 and Air Force airman Erik Ruble at 220, who were being sponsored by Uncle Sam, and a pair of mighty mites, "Little" Joe Catalfamo and Air Force jet mechanic "Tiny" Todd Antinoro, both at 114. Looking closer at the roster, there were still holes—no one at 123, 132, 275 or Superheavyweight. This was going to be a problem, and a huge one, but I would have to deal with it later. Okay, so I finally had my team. Now for the real fun part, getting their visas approved, organizing the travel, getting them uniforms, and for a few, getting them extra money for the trip. The travel arrangements were easier than I thought—in those days, no Expedia, Travelocity or Priceline, just the good old fashioned, corner travel agent. I figured that a group of eleven guys traveling to the other end of the world and back counted for some decent commissions, so I found one by the gym, and laid it out in

"You want this deal, then you gotta get us the best price possible to India and we need it all inclusive—meals included—but at the same time we need to travel in some sort of comfort. The last thing we need is to arrive all burned out and unable to lift. This isn't exactly a sightseeing tour, y' know."

Well, she came up with a brilliant idea. We would travel to India via Singapore, on probably the world's finest airline, Singapore Air, and included in the price for booking with S.A. was a free "Singapore Stopover"—a couple of nights and three days at a first class hotel, meal vouchers, and transport to and from Changi International Airport. Singapore Air is a government-owned airline and this was a sneaky, though wise, move on their part to stimulate tourism and the spending-like-drunkensailors of the almighty U.S. dollar (in those days, anyway). We would break up the long trip, have some time to train and work the last minute kinks out, and hopefully have some fun along the way before winging our way south to the steaming jungles and intrigue of India, land of mystery.

The visa process sucked. Plain sucked. Since we had U.S. passports,



Erik "Billy B.S." Ruble repping out in an outdoor, brick floor training facility in Cochin, India

getting in and out of Singapore was a breeze. India, however, was another kettle of fish altogether. You would think that a (then) impoverished country like India would want every tourist with every bit of available foreign currency in their pockets to visit and spend said foreign currency. That, my friend. would have been way too easy. Forms and questionnaires. "What is the purpose of your visit?" Calls to the Indian Consulate in San Francisco, who calmly informed me that they would have to "Consult the Minister of Sport" (in Bombay, now Mumbai) before they would approve our visas. Luckily, we didn't turn them in guite yet, so the travel agent and I concocted the simplest "purpose of visit" imaginable—tourism—though someone said that a bunch of guys who looked like us traveling for tourism in Asia could just as easily be a crew of mercenaries plying their trade. Anyway, all went well and the passports were stamped appropriately. I held on to them like the Crown Jewels of Britain, and now directed my efforts to rounding up uniforms, supplies and, in a couple of cases, plain hard cash for the team—some of who were desperately short of the funds to pay for the package deal the travel agent offered, which included hotel and meals in India. I was so fortunate to receive this sort of aid from John Inzer, Rick Crain and Bill Ennis, who provided cash, uniforms and equipment, all of which was gratefully accepted and gleefully used. Guys, again, even though this happened a long time ago, thanks again—vou don't know what your kindness meant to us so long ago in 1986.

Here and now, I'm going to say this: I had some pretty big names—guys like 275'er Ken Ufford, 198'er Rob Wagner and the great Steve Goggins reject my offer to join the team; guys who would later break some major records and, in Steve's case, many years later become the first human being to squat 500 kilos. Although their reasons at the time were sound, they really missed out and didn't see the bigger picture—the 3k that they would have had to come up with then gave all of them, and I mean ALL of these guys, over 25 years later some unforgettable memories—memories that all of us will carry to our graves. Whoever didn't go really missed out.

So my team of rookies was ready to go, and I was now getting daily progress reports of their training from them and their real coaches—guys like Tim McClellan, who coached Wenner, Cope and Catalfamo. One evening, Brian Grant called me and had some bad news; less than a week

to go and he just blew his back out pulling 600. It was too late to try and recruit some last minute warm body, and since Brian was still gung-ho to go, we came up with a strategy to keep him going and do some last minute rehab. Still, he spent the entire flight to Singapore with an ice pack practically glued to his back, and in a pain-killer induced daze.

The flight to Singapore was awesome—the beautiful flight attendants, the food, the cabin service (even in the cheap seats, which was all we could afford) was second to none. Everyone could more or less eat normally since we were all within a few pounds of our class limit. However, if I could have seen a few days into the future, I would have advised them then that they eat double and triple helpings just to hold their existing weight. Who knew though? We stopped over for a couple of hours at Narita Airport in Tokyo before heading to Singapore.

The Lion City—cosmopolitan Singapore—really was the best possible entry to Asia for the team, most of whom hadn't set foot outside the country. Sparkling air, modern buildings and streets so clean you could eat your breakfast off of them. There were modern shops and conveniences, and lots of reminders of home—the ubiquitous Kentucky Fried Chicken, Burger Kings and Mickey D's plus battalions of beautiful, dark-haired friendly girls (and a few who just looked like girls: see introduction)—all who could speak English and seemed to love Americans. The team, naturally, was enchanted beyond belief. This was Asia? Impossible. Slums? Diseases? Bad Water? Yeah, right. This was Asia—or so they thought. Reality was but three days away, but for now, everyone settled in to enjoy the sights and sounds of Singapore. I knew from past experience what lay ahead, but my boys were having fun, so why spoil it? Everyone was sporting their brand new USA warm-ups and causing quite a stir.

We trained at a local Gold's Gym located on the second floor of a large building, right around the corner from the Hyatt Regency—a beautiful hotel that the agent had booked for us. Once again, the food was outstanding, and although the equipment and bars at Gold's weren't up to IPF standards, we all had a couple of great workouts. Jimmy Pegues pulled 700 for reps on a smooth bar like it was made out of balsa wood, Erik Ruble toyed with a deep and easy 660 on the squat, with no belt by the way, and Boogie Grant, bad back and all, blasted up a triple with 405 on the bench press. All of the Singaporeans were duly impressed;

next page »

# HISTORICAL MEETS FROM HELL PT. 2 >>

all except one old man who came running up the stairs screeching curses in unintelligible Cantonese and hopping up and down like an enraged cricket. I thought his eyeballs were going to pop out of his sockets, he was that mad—and was he actually pointing at us?

"What's that all about?" I asked the gym manager (who was helping spot us), jabbing a finger toward the exasperated ancient.

"That Mr. Lee. He own Chinese restaurant below. He also own building we in. He say you breaking off pieces of ceiling dropping heavy weights and it getting in food of customers. He mad as hell. He want to call cops. He throwing you guys out," he explained.

"Tell him we're finished. We've been kicked out of better gyms, by he way."

The night before we were supposed to depart for India, I gathered everyone in my room and told the guys, "Listen, this was a nice stopover, but trust me when I tell you that the scenery will change big time in about 18 hours. Be prepared." I could hear snickers and guffaws along with the usual complement of rolled eyes. "Same old Ron, worrying when he shouldn't. What are we? A bunch of dumb kids? We can handle anuthing."

Those same snide comments and guffaws turned into bug-eyed, dumfounded shock when we hit the Bombay Airport. This is where we saw, in rapid succession, an aging sheik, probably seventy years old, resplendent in his robes and sporting a Methuselah like beard, getting off a Gulf Air flight from one of the Oil Emirates along with his six wives, the youngest being no more than a ghastly twelve or thirteen years of age, hordes and HORDES of beggars, some with missing limbs, and everywhere a pervading, disgusting stench, kind of like a horrid mixture of burnt rubber with human waste. The capper was actually seeing a real live (no pun intended) dead body, lying aimlessly in the parking lot with a small group of onlookers. Remember, this was all at around two in the morning, so all of our senses were being hyper-assaulted like the bunkers of Normandy on D-Day. We retrieved our luggage and almost got into a scuffle with a bunch of beggars who either were trying to help us or steal from us and made our way to the Indian Airlines flight to Cochin, still hours away. Everywhere we went people were staring at us, and not exactly like they wanted to be our bosom buddies. Think of the movie Slumdog Millionaire and I bet you get the idea what we were facing. Remember, this was 1986, not 2010, and our country had a rather frosty relationship with India. As a matter of fact, the Indians were pretty cozy with the then still powerful Soviet Union, and where WE were going was allegedly the hotbed of Indian Communism. Great! This was, as my boys had now found out the hard way, the real Asia.

We finally boarded Indian Airlines at about four in the morning in Bombay, flying south to Cochin. In stark contrast to the efficiency and charm of Singapore Airlines, the service, food and "ambience" of the Indian Airlines was, in a word, putrid. To be entirely fair, Indian Airlines was a state-owned domestic airline only and since it had no competition, it cared little for presentation, food or similar. In other words, take it or ride the bus with a horde of sweaty bodies, squawking chickens and no bathroom. Air India, however, is the international version and since their clientele is mostly either expat Indians from England or the USA or well-heeled business travelers, the level of service was far better—though nothing in our eyes could have compared to the royal treatment we got on Singapore Airlines.

The flight to Cochin (now, by the way, called Kochi, as Cochin—like Bombay, Calcutta and Madras—has been deemed nothing more than a colonial sobriquet bestowed upon the unwilling Indians by a bunch of stiff upper-lipped Brits and has been since renamed to sound more "Indian") was uneventful, though half of us found out that our seat belts didn't work, the tray tables were broken and the food was simply indigestible. Top it all off, Tiny Todd Antinoro, an Air Force jet mechanic, thought he saw oil leaking crazily from one of the starboard engines. The cabin attendants, in HUGE contrast to the smiling, lovely goddesses on Singapore Air had the demeanor (and appearance) of prison guards at a Supermax. One or two of us made a half-assed attempt to flirt with them, but after a few Gorgon-like stares and icy replies, gave up and simply tried to sleep, though the noise of the ancient Boeing 707 engines were deafening. I started think-

ing about Dr. Cotter's conversation with me many months earlier in the confines of the Xerox Training Center deep in the Virginia woods: elaborate welcoming committee...drummers and dancers...publicity... "Well, why not?" I thought. We were the U.S. team, and we had finally landed! The plane started its descent from the clouds and presented us with an unimaginable view—endless vistas of green, rolling jungle, bordered by the emerald-green foamy surf of the Arabian Sea. Cochin was then a small town on the Malabar Coast and was famed as the "Gateway to Kerala." Nothing like the teeming squalid slums of Bombay; Cochin was a port city that had huge freighters from every nation moving in and out of its docks, and a rich tradition of fishing and other seafaring trade. Now it is a huge hub of Indian commerce, what with the information technology boom, sharp spike in property prices and two decades of steady foreign investment, but twenty-six years ago it was a rather provincial, dull seaport town with fifty year old vehicles still tooling around town, bullock carts everywhere, and a population that had never seen the likes of a bunch of young, swaggering USA powerlifters. Our plane made the approach to the tarmac, and inexplicably, didn't land, but sped off again, gathering altitude like mad. We all remembered the leaking engine oil and waited for the worst. The "pilot" repeated this crazy maneuver three times, and by now some of us were silently compiling our last wills and testaments in our minds. What was going on? Thankfully we landed, and in (more or less) one piece. Well, we were supposed to have a large welcoming committee—drummers, photographers, a special bus, the works. I peered out of the plane and saw nothing but tired, cranky people.

Our "welcoming committee" consisted of three guys: one photographer, one surly local politico, and a tall, doughy individual that had the easy demeanor and appearance for all practical purposes of an Indian Jethro Clampett. "Jethro," as it turned out, was in actuality the affable (but wily) Mr. Pai—the meet director.

By now, we were bone-tired and already fed up with India, and I could see the look in my boys' eyes that said one simple thing—get me the hell out of here. Mr. Pai was, however, a decent sort of chap and after a few perfunctory photos arranged for our transportation to the hotel—which, as it turned out, wasn't even in the city proper, but on some remote island off the intercoastal and connected by one thin bridge which was usually teeming with traffic from about five in the morning until midnight; a seething tide of humanity, ancient vehicles, bullock carts and the ever present three wheeler auto rickshaws. The hotel was decent, although the staff treated us like illegal aliens. So, no welcoming committee (unless you count Jethro and his buddies), no drummers and now stuck out in the middle of nowhere on an island. Great. The hotel's food was reasonably palatable, but as we were on the "Western" food plan (translated: about half the spices used in the cooking) and the heat was like a living, breathing thing, that oppressed and enveloped us like a perpetual blanket from the moment we awoke, we all started to lose weight, and fast.

I think of these days with forty-eight hour weigh-ins and guys lifting at 165, but weighing 190, and I laugh. Every one of these guys was underweight—by a mile—and nothing I could do would help. They simply didn't have an appetite for the local grub, and most of us eventually caught some stomach ailment or another even though we took great pains NOT to drink anything but bottled water and pop. Once again, referring to Slumdog Millionaire, I distinctly remember the scene where the slum kids were refilling plastic water bottles form the local spigot, and hermetically sealing them with a solder gun to resell to the dumb tourists who were given the same advice about the water. I am now positive that we were actually drinking the local brew, and nothing terribly clean either.

The only one of us that strangely enough didn't lose a lot of weight was my roomie Boogie Grant, and for the simple reason that he, and he alone, had the foresight to cart along a whole extra suitcase crammed with canned goods, jars of peanut butter, and a variety of chow that enabled him (and me) to eat pretty well, and whenever we chose. Everyone else started looking like concentration camp survivors, despite our best efforts. Erik Ruble's weight dipped under 205 pounds, 242 pound entrant Jimmy Pegues' barely topped 220 and Tiny Todd Antinoro's weight dropped to a sickening 109 pounds.

I tried to tell them not only to eat, but to conserve their energy as

best as they could, but as usual no one listened. Over the span of the days leading up to the meet, these guys did the following: walked all over heck's half acre just wearing their shorts (which most of India viewed as a bunch of white guys tooling around in their underwear, resulting in even more goggle-eyed stares) usually in the broiling heat; organized a game of tackle football on the front lawn of the hotel, using a large coconut as a ball (Erik Ruble scored three touchdowns); wandered into a girl's high school and played full court basketball, once again in the searing heat (Jimmy Pegues slammed-dunked a few home, much to the girls delight).

Training? Forget it. As I mentioned, we were in the middle of an island. The one time we tried to go the local gym—a dirt floor encrusted job with rusting squat racks, wooden benches and bent bars—it took us a good hour each way to go, and by the time we got there we were so exhausted our workouts sucked. The gym, by the way, had no bathroom—which a few of us discovered the hard way. So, once again, I got on the hotel's ancient phone and called up our buddy, Mr. Pai.

"Dammit, Pai," I bitched, "How can you expect us to perform under these circumstances? We still have five days to go before we lift and we need to train."

"No problem, Mr. Ron. I'll send some equipment over; you can train right there in the hotel."

So, good to his word, "Jethro" Pai sent over a creaking Vauxhall truck, one that Fred Sanford himself would have rejected as "real junk," complete with yet another pair of rusty squat racks, a bench, a bar that had the consistency of Vaseline, and a bunch of weights, half of which were Olympic Bumper Plates. We set this mess up in the back of the hotel, right where the "dobi-wallahs" were washing (by soaking the clothes and beating them on a cement beam) and drying the hotel's laundry, under the shade of a coconut tree. The dirt area that we squatted and deadlifted in was a little rocky and really uneven, but somehow we managed. The boys lifted and actually had fun doing so, and did not bitch at all, which was a huge testament to their character. As I sit here in 2010 and write this, I think of some modern day powerlifters who would go postal if the Gatorade in the warm-up room ran low, or if the meet director was too much of a tight-ass by only providing one, not two, Monolifts (one for the warm-up room), or the special deadlift bar didn't have enough knurling, and then compare this to these kids twenty-four years ago, happily squatting in the broiling Indian sun, on an ancient bar that had probably been used by Eugene Sandow on a rocky dirt surface, and using dirt in place of chalk.

It was now finally time to lift. We took a peek at the official meet location, a cavernous auditorium that doubled as a movie theater for the endless array of Bollywood "fill-ums" (films). One problem—and it was a doozy—I hoped and prayed that the meet venue would be air conditioned. Surprise! It wasn't. We now were informed that "Sorry, no Parade of Nations. Sorry, no opening ceremonies. Sorry, no air conditioning." On and on... We now also got to know and meet some of the other teams, and became friends with the Brits and some of the Europeans. One guy in particular, who gathered his share of nosy stares from the puny Indians. was the elephantine and bearded Torfi Olaffson, all 6-foot-7-inches and 400 pounds of him, all the way from Iceland. Torfi, the eventual winner at SHW, also competed for years in strongman, and was on a lot of ESPN's broadcasts from locales the world over. Here, however, he was a wetbehind-the-ears young behemoth just trying to keep cool in the searing heat. I felt sorry as hell for him because at his size he must have felt like he was being slowly cooked over a grill. Pai got on the stage the first day and welcomed us all, and also apologized (again) for the (obviously) lousy conditions, the heat, the works and lamented that they were a poorly funded organization and did their best. Well, I thought, "Why the hell did they even bid on this if this was the best they could do?" A sauna bath for a meet, crap equipment, and as we were about to find out, some rather dubious rule bending. Oh well, Other international stalwarts included the great Nanda Telamanbanua of Indonesia at 123, who smashed several junior world records, including a huge 545 pull done in perfect sumo style. He is still ranked, years later, on the all-time top 20 for the 56 kilo class in the squat and deadlift. Astonishingly enough, the day after his victory, Nanda was back in the warm-up room, deadlifting with 500 for reps—all



while chain smoking filterless, nasty Indonesian cigarettes. Nanda started the Indonesian gold rush over the next few year by some talented lifters like Sengt, Sutrisno and Triharyanto, all who excelled in the squat and deadlift

Chest Dips Triceps Dips Toe Raises

deadlift. The host Indians were poised to win from jump and they knew it. Why? They had the huge advantage of no travel, no issues with food, language, heat, and best of all, they knew who was being entered from other countries weeks ahead of the meet. Remember the visa requirements? Well, part of them required me to submit in advance—and well in advance—our starting lineup. Pai was no dummy, despite his goofy outward appearance. It was dead-easy to stack the lineup and put Indian lifters in weight classes that would result an easy medal. Best example of this was the Indian SHW who garnered the Silver behind Olaffson with a flyweight-like 941 total. We made a major blunder on day one when Tiny Todd Antinoro bombed in the deadlift after being in the medal hunt at subtotal time. Depleted from his weight loss, he was unable to complete a deadlift with a weight that, under any normal circumstances, he would have five-repped. Poor guy; he was in tears after and all he could think about was how disappointed his hometown would be. I think they would have been proud at the valiant effort he put forward where, under normal circumstances, he should have been hospitalized. Little Joe Catalfamo nabbed the bronze medal behind a pair of Indians, both of whom looked like they were in their thirties. Remember, we had no one in the 123s or 132s, so the next day it was up to baby-faced Chris Boillot and Ty Stapleton, the Oklahoma Wildman to come through. Boillot got the bronze with a solid performance, especially in the squat. I felt certain that the Wildman could have beaten either Fredheim of Norway and possibly the great English deadlifter Des Dallen, but he too bombed in the bench press, with a weight that was HIGHER than his nominated attempt. We had nominated 314 for him, a paltry weight under, once again normal circumstances. Somehow, mysteriously, the scorer's table moved the weight UP to 325

page 102 »

# ALL TIME TOP 50



The late Bob Dempsey - gone far too soon



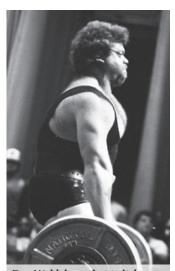
Pat McGetttigan – USAPL **Pulling Powerhouse** 

# MEN'S 275 LB. (125 KG.) WEIGHT DIVISION » DEADLIFT

ΙΛΙ	EN	5 27	2 TR	. (125 KG.) WEIGHT DIVISION » DEADLIFT
	Deadlif	t	X-Bwt	American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	904.0	(410.0)	*3.37X	Dan Wohleber/61 12/12/82 (900.0 lb. @ 268.0 lb., later weighed 904.0 lb.) (Sandusky, Ohio) (NSM)
	881.8	(400.0)		Steve Goggins/63 3/1/03 (400.0 kg. @ 120.45 kg.) (Columbus, Ohio) (WPO)
	865.3	(392.5)		Ed Coan/63 6/25/00 (392.5 kg. @ 110.8 kg.) (Chester, West Virginia) (USPF/WPL)
	859.8	(390.0)		Scott Warman/56 3/2/86 (390.0 kg.) (El Dorado, Arkansas) (USPF)
	856.0	(388.3)		John Kuc/47 5/11/85 (387.5 kg., later weighed 856.0 lb.) (Clifton Heights, PA) (ADFPA/WDFPF)
	854.3	(387.5)		Dave Pasanella/62-90 5/28/89 (387.5 kg. @ 124.8 kg.) (Rosemont, Illinois) (APF/WPC)
	850.0	(385.6)		Johnny Lampkin 8/82 (850.0 lb.) (FCI)
	850.0	(385.6)		Steve Wilson/54 6/12/88 (850.0 lb.) (Akron, Ohio) (APF)
	848.8	(385.0)		Terry McCormick/46 2/12/82 (385.0 kg. @ 273.9 lb.) (Honolulu, Hawaii) (USPF/IPF)
	848.8	(385.0)		Dave Shaw 4/1/84 (385.0 kg. @ 271.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
	848.8	(385.0)	3.08X	Mark Chaillet/57 6/29/86 (385.0 kg.) (Dayton, Ohio) (APF/WPC)
12.	840.0	(381.0)	3.05X	Charlie Driscoll 4/30/88 (840.0 lb.) (Anamosa, Iowa) (NSM)
13.	837.8	(380.0)		Phil Andrews/55 6/2/02 (380.0 kg. @ 261.0 lb., without a belt) (Laughlin, Nevada) (AAU)
	837.8	(380.0)		Jose Garcia/77 11/22/08 (380.0 kg. @ 112.5 kg.) (Palm Beach, Florida) (APF/WPC)
15.	835.0	(378.7)	3.03X	Tom Henderson 5/4/85 (835.0 lb.) (Des Moines, Iowa) (USPF)
16.	835.0	(378.7)	*3.09X	Dave Parks 10/18/86 (835.0 lb. @ 270.0 lb.) (Madison, Wisconsin) (USPF/APF)
17.	835.0	(378.7)	*3.14X	Chuck Vogelpohl/65 8/19/07 (835.0 lb. @ 265.8 lb.) (Franklin, Ohio) (IPA)
18.	832.2	(377.5)	*3.03X	John "Chester" Stafford/76 10/30/05 (377.5 kg. @ 124.4 kg.) (Chicago, Illinois) (WPO)
19.	830.0	(376.5)	*3.12X	Jon Cole/43 10/3/71 (835.0 lb. @ 266.0 lb., later weighed 830.0 lb.) (Phoenix, Arizona) (AAU)
20.	830.0	(376.5)	*3.25X	Andrew "Bull" Stewart/57 4/10/99 (830.0 lb. @ 255.0 lb.) (Orlando, Florida) (AAU)
21.	830.0	(376.5)	*3.09X	Kyle Gulledge/84 9/18/04 (830.0 lb. @ 268.5 lb.) (Overland Park, Kansas) (APF)
22.	826.7	(375.0)	*3.05X	John Gamble/57 1/9/82 (375.0 kg. @ 271.25 lb.) (Columbus, Ohio) (USPF/IPF)
23.	826.7	(375.0)	3.00X	Jay Piekut/56 2/27/82 (375.0 kg.) (Las Vegas, Nevada) (USPF)
24.	826.7	(375.0)	*3.01X	Tony Cardella/77 3/2/08 (375.0 kg. @ 124.6 kg.) (Columbus, Ohio) (USAPL/IPF)
25.	826.7	(375.0)	*3.10X	Michael Tuchscherer/85 7/26/09 (375.0 kg. @ 121.15 kg.) (Kaohsiung, Chinese Taipei) (USAPL/IPF)
26.	825.0	(374.2)	2.99X	Jason Patrick/72 11/8/08 (825.0 lb.) (Park Forest, Illinois) (APF)
27.	825.0	(374.2)	*3.03X	Stanley Efferding/68 11/8/08 (825.0 lb. @ 272.0 lb.) (Kennewick, Washington) (Pride)
28.	825.0	(374.2)	*2.99X	Chuck Fought/85 4/19/09 (825.0 lb. @ 275.5 lb.) (Columbus, Ohio) (IPA)
29.	822.5	(373.1)	*3.00X	Dave Barno 7/11/04 (822.5 lb. @ 274.5 lb.) (Shamokin Dam, Pennsylvania) (IPA)
30.	821.2	(372.5)	2.98X	Bob Dempsey/61-97 12/2/84 (372.5 kg.) (Glens Falls, New York) (USPF)
31.	821.2	(372.5)	2.98X	Doug Furnas/58 6/29/86 (372.5 kg.) (Dayton, Ohio) (APF/WPC)
	821.2	(372.5)		Bryan "Calvin" Smith 7/8/90 (372.5 kg.) (Hollywood, Florida) (USPF)
	821.2	(372.5)		Ron Dayton/74 6/8/03 (372.5 kg. @ 124.5 kg.) (Los Angeles, California) (APF/WPC)
	821.2	(372.5)		Michael Griffin/75 7/29/06 (372.5 kg. @ 270.0 lb.) (Beaumont, Texas) (APF)
	821.2	(372.5)		Patrick Holloway/67 10/31/09 (372.5 kg.) (Reno, Nevada) (WABDL)
	820.0	(371.9)		Greg "Beetle" Lowe/55 3/17/07 (820.0 lb. @ 256.0 lb.) (Bellefonte, Pennsylvania) (USAPL)
	815.7	(370.0)		Joe Clifford 3/1/86 (370.0 kg.) (Salt Lake City, Utah) (USPF)
	815.7	(370.0)		Lance Ross 2/16/89 (370.0 kg.) (Long Beach, California) (USPF)
	815.7	(370.0)		Pat McGettigan/70 5/20/01 (370.0 kg.) (Chicago, Illinois) (USAPL)
	815.7	(370.0)		Matt Brown/81 10/27/07 (370.0 kg. @ 250.8 lb.) (Plano, Texas) (APF)
	815.0	(369.7)		Milo Mills/67 6/17/00 (815.0 lb.) (York, Pennsylvania) (IPA)
	812.5	(368.5)		George Frenn/41-06 8/21/71 (812.5 lb. @ 244.0 lb.) (Los Angeles, California) (AAU)
	810.2	(367.5)		Brad Kretsch 12/3/88 (367.5 kg.) (Columbus, Ohio) (USPF/APF/WPC)
	810.2	(367.5)		Jason Lawson/75 6/5/05 (367.5 kg. @ 268.6 lb.) (Detroit, Michigan) (APF/WPC)
	810.2	(367.5)		Jeremiah Frey/81 3/22/09 (367.5 kg. @ 121.0 kg.) (Omaha, Nebraska) (APF)
	810.0	(367.4)		Walt Austen 12/20/97 (810.0 lb.) (Raleigh, North Carolina) (APA)
	810.0	(367.4)		Gabe Daniels/75 11/18/01 (810.0 lb.) (Columbus, Ohio) (IPA)

(\*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

**48.** 805.0 (365.1) 2.92X Eric Stuber 9/23/84 (805.0 lb.) (Sandusky, Ohio) (NSM)



Dan Wohleber – fast twitch muscle fibers on parade!



in the ADFPA



**49.** 805.0 (365.1) \*2.94X Jeremiah Myers/77 11/21/04 (805.0 lb. @ 124.1 kg.) (Shamokin Dam, Pennsylvania) (IPA) **50.** 805.0 (365.1) \*3.07X Greg Panora/80 1/20/08 (805.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)

Bull Stewart – ADFPA superstar for many years



Steve Wilson – number 8 puller of all time

#### WOMEN'S SHW (90+ KG.) WEIGHT DIVISION » DEADLIFT

<b>V V</b>	<b>O1-1</b>	LIA Y	JOIL	W (50° RG.) WEIGHT DIVIDION " DEMDENT
	Deadlift		X-Bwt	American Female Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	683.4	(310.0)	*2.80X	Becca Swanson/73 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)
2.	570.0	(258.5)	*2.28X	April Mathis/87 5/29/10 (570.0 lb. @ 250.0 lb.) (Tampa, Florida) (APF)
3.	567.7	(257.5)	*2.84X	Dawn Reshel-Sharon/55-00 12/1/89 (257.5 kg. @ 90.6 kg.) (Stone, England) (APF/WPC)
4.	565.0	(256.3)	*2.70X	Lisa Nawrocki/61 5/6/90 (565.0 lb. @ 209.0 lb.) (Lakeland, Florida) (NSM)
5.	565.0	(256.3)	*2.62X	JoLynn Arvin/67 2/8/98 (565.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF)
6.	545.6		*2.54X	Jessica Watkins-O'Donnell/80 3/7/09 (247.5 kg. @ 97.4 kg.) (Columbus, Ohio) (USAPL/IPF)
7.	540.1	(245.0)	*2.24X	Marlene Lewis 3/19/88 (245.0 kg. @ 241.4 lb.) (Philadelphia, Pennsylvania) (USPF)
8.	534.6	(242.5)		Carloss Lott 10/26/85 (242.5 kg.) (Hattiesburg, Mississippi) (USPF)
9.	530.0	(240.4)	*2.52X	Sue Meany 11/16/86 (530.0 lb. @ 210.0 lb.) (Maui, Hawaii) (APF/WPC)
10.	530.0	(240.4)	*2.64X	Cheryl Clodfelter/62 5/3/08 (530.0 lb. @ 201.0 lb.) (Fresderiksburg, Virginia) (IPA)
11.	529.1	(240.0)		Valerie Perry 6/19/92 (240.0 kg.) (Las Vegas, Nevada) (NASA)
12.	523.6	(237.5)	*2.55X	Lorraine Costanzo/54 6/1/87 (237.5 kg. @ 205 lb.) (Perth, Australia) (USPF/IPF)
13.	512.6	(232.5)	*1.52X	Liz Willett/72 3/4/05 (232.5 kg. @ 153.3 kg.) (Columbus, Ohio) (WPO)
14.	507.1	(230.0)		Wanda Sander/61 5/12/81 (230.0 kg.) (Honolulu, Hawaii) (USPF/IPF)
	501.6	(227.5)		Connie Price-Smith 2/15/98 (227.5 kg.) (St. Louis, Missouri) (USAPL)
16.	501.6	(227.5)		Talove Chaney 4/5/98 (227.5 kg.) (Dallas, Texas) (NASA)
17.	501.6	(227.5)	*2.16X	Harriet Hall/50 10/9/03 (227.5 kg. @ 105.4 kg.) (Regina Sask, Canada) (USAPL/IPF)
18.	501.6	(227.5)	*1.88X	Kayla Taueli/89 11/21/05 (227.5 kg. @ 267.4 lb.) (Reno, Nevada) (WABDL)
19.	501.6	(227.5)	*2.46X	Kym Allen 5/13/06 (227.5 kg. @ 92.42 kg.) (Turner, Maine) (APF/WPC)
20.	500.0	(226.8)	*2.10X	Karen Sizemore/64 4/12/03 (500.0 lb. @ 238.5 lb.) (Newark, Ohio) (IPA)
21.	500.0	(226.8)	*1.39X	Melissa Garrett/78 10/3/09 (500.0 lb. @ 359.0 lb.) (Nashville, Tennessee) (SPF)
22.	496.0	(225.0)	*1.76X	Machia Dudley/86 11/3/06 (225.0 kg. @ 127.7 kg.) (Lake George, New York) (APF/WPC)
23.	485.0	(220.0)		Juanita Trujillo/64 7/31/94 (220.0 kg.) (Houston, Texas) (USPF/IPF)
24.	479.5	(217.5)	*2.12X	Jan Todd/48 1/31/81 (217.5 kg. @ 226.0 lb.) (Columbus, Georgia) (USPF/IPF)
25.	479.5	(217.5)	*2.24X	Barbara Crocker/63 6/23/91 (217.5 kg. @ 214.0 lb.) (Salem, Oregon) (USPF)
26.	479.5	(217.5)		Susan Adkison/57 4/24/04 (217.5 kg.) (Lawrenceville, Georgia) (WABDL)
27.	479.5	(217.5)	*1.17X	Donna Myers 9/18/04 (217.5 kg. @ 411.4 lb.) (Rancho Cordova, California) (WABDL)
28.	475.0	(215.5)	*1.90X	Artelia Watson/67 8/7/04 (475.0 lb. @ 250.0 lb.) (Waukegan, Illinois) (APA)
29.	474.0	(215.0)	*1.89X	Annie McElroy/60 2/21/82 (215.0 kg. @ 113.54 kg.) (Auburn, Alabama) (USPF)
30.	474.0	(215.0)		Maris Sternberg/48 10/21/89 (215.0 kg.) (Crystal Lake, Illinois) (APF/WPC)
31.	474.0	(215.0)	*1.95X	Kristal McLellan/78 9/11/97 (215.0 kg. @ 110.1 kg.) (Bratislava, Slovakia) (USPF/IPF)
32.	474.0	(215.0)	*2.21X	Victoria Gagne-Hembree/61 6/2/02 (215.0 kg. @ 97.4 kg.) (Riesa, Germany) (USAPL/IPF)
33.	474.0	(215.0)	*2.36X	Jessica Porter-Work/86 1/31/09 (215.0 kg. @ 201.0 lb.) (New Martinsville, West Virginia) (USPF)
34.	468.5	(212.5)	*2.15X	Kireen Ellis 11/15/02 (212.5 kg. @ 218.2 lb.) (Reno, Nevada) (WABDL)
35.	468.5	(212.5)		Linda Schaeffer/60 6/30/07 (212.5 kg.) (Denver, Colorado) (WABDL)
36.	465.0	(210.9)	*1.77X	
	463.0	(210.0)		Jamie Johnson/85 4/16/05 (210.0 kg.) (Baton Rouge, Louisiana) (USAPL)
	463.0		*2.09X	Jessica Springer 6/18/05 (210.0 kg. @ 221.0 lb.) (Springfield, Ohio) (NASA)
39.	463.0		*1.83X	Michelle Gailey 6/18/05 (210.0 kg. @ 253.4 lb.) (Springfield, Ohio) (NASA)
	463.0	(210.0)	*1.70X	Rickeyma Ross/90 9/11/09 (210.0 kg. @ 123.5 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (USAPL/IPF
	460.0	(208.7)		Shelby Corson/67 4/13/96 (460.0 lb.) (Oakland, Maine) (ADFPA)
42.	457.5	(207.5)		Seilala Sua/78 12/7/02 (207.5 kg.) (Fresno, California) (APF)
43.	455.0	(206.4)		Rochelle Curry 11/14/87 (455.0 lb.) (Raleigh, North Carolina) (USPF)
	455.0		*2.02X	Ashleyu Hendrix 3/16/01 (455.0 lb. @ 225.8 lb.) (Killeen, Texas) (THSPA)
45.	451.9	(205.0)	*2.09X	Kristy Reske/77 6/4/05 (205.0 kg. @ 216.3 lb.) (Detroit, Michigan) (APF/WPC)
	450.0		*2.26X	Annette Bohach 10/18/86 (450.0 lb. @ 199.0 lb.) (Atlanta, Georgia) (NSM)
	450.0		*1.86X	Tamara Nansteel 12/17/94 (450.0 lb. @ ~110.0 kg.) (Okinawa, Japan) (NSM)
	450.0	(204.1)		Kim Ferebee/81 3/20/99 (450.0 lb.) (Pomfret, Maryland) (IPA)
	446.4		*1.93X	Sarah Greenup/82 4/12/03 (202.5 kg. @ 104.98 kg.) (Saint Louis, Missouri) (USAPL)
50.	445.0	(201.8)	*1.58X	Nancy Edelson/61 3/14/04 (445.0 lb. @ 282.5 lb.) (Clearwater, Florida) (USAPL)

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



Becca Swanson is bodacious in every category!

Wanda Sander – trained with

Vickie Gagne-Hembree



Greeley, Colorado



Annette Bohach - still on the list, after 24 years!!



Victoria Gagne-Hembree – great USAPL comeback



Liz Willett – tremendous former **USAPL** competitor

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!



- many benching styles.
- · Reinforced thicker neck. No cheap, flimsy "low profile neck" here. The thicker for explosiveness off the chest.
- The Round-Sleeve™ design is very
   SOLID SEAM™ technology. The user-friendly because it accommodates 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, neck on The Rage creates more support and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, • Stretchy-Back™ makes The Rage more has always been the forerunner of bench effective and easier to get into. It allows shirt technology and construction. The most the lifter to custom-fit on the spot by important thing the Solid Seam™ does is allowing the neck to be lowered down the eliminate the erratic bar wavering that body and the sleeves to be lowered down another's shirts cause. Instead of the the arms. The fitting adjustments allowed quarter-inch of open play between sleeve by the Stretchy-Back™ provide the effect and chest-plate the pinched commercial of an Open-Back but with a back that is parts of The Rage together making it so completely enclosed. The Stretchy-Back solid it might as well be welded together. fabric also breathes easier, creating The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

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

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



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

# RADOSANDANIN

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.

# 

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

SEE MORE SELECTION AT INZERNET.COM

 $\widehat{\ }$  SEE MORE SELECTION AT INZERNET.COM  $|\ |\ |\ |\ |\ |$ 

# ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



The World Leader in Powerlifting Apparel



#### Inzer Advance Designs Logo T-Shirts

This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

Camo I-shirts

Logo I-shirts

Logo

(2X-3X add \$2.00 4X-5X add \$4.00)





#### Tank Tops

Quality summer weight Tank Top with two color logo Comes i either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and



# Hoodie

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

\$19.50

# Gym Bag This large deluxe

embroidered gym duffel is easy to look at! Inzer logos and "Strongest Sport, Powerlifting" design Large compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"



\$25.00

#### Fitting Gloves

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

\$4.95

Embroidered with

two-color Inzer logo,

available in black,

grey, and red.

\$10.00

Elbow Sleeves XT e high te Elbow Sleeves XT have multiple applications to enhance the performance pleasure of competing and training for any athlet

\$55.00

#### Knee Sleeves XT

The high tech knee support advantage for and other athletes

## Power-Surge Red Line Wrist Wraps

Power-Surge, Double Red Line Competition Wraps Convenient wrist-cuff Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.



Strong support. Easy to wrap to full tightness.

Power-Surge

\$16.50

# \$12.50

Iron Wrist Wraps Z
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps



#### Iron Wraps Z The most powerful

most popular, most effective knee wrap in the world!

\$22.00



Forever Lever Belt 13MM

Forever Lever Belt 10MM

All the manufacturing quality and Lever Belt

action in a pliable 10mm thickness

The incredible propulsion of MAX

**DL** will give you the explosive starts

and super strong lockouts you need

extreme

deadlifting.

\$145.00

patented Lever for the most support possible

\$70.00

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

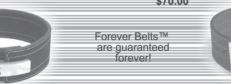
#### Forever Buckle Belt 13MM

The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller

required attire over your bench

shirt or for workouts.

\$33.00



Forever Belt quality in the 10mm choice

#### Forever Buckle Belt 10MM

Available in one or two prong precision buckle.





Lifting Singlet
Classic design lifting singlet The legendary Z Suit provides sports several finishing touches that make this singlet a oleasure to wear as minimun

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

\$42.00

#### Champion Suit Champion Suit has proven itself in

A big step forward in Powerlifting Belts! For the first

time ever a powerlifting belt provides you with the

power to fit yourself differently each set, precisely

Power Belt Quality Economy

Normally sold at much higher prices by others, this

quality power belt will provide years of great use at

how you need it. \$140.00

an unbeatable price.

\$39.95

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

\$42.00



#### The Pillar

The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

\$115.00

#### Standard Blast Shirt

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

#### High Performance HD Blast

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

\$77.00



Heavy Duty Erector Shirt

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

Heavy Duty Groove Briefs

Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

\$26.00





\$55.00

# 

Jersey Knit Short 50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos

\$12.95



Pullover Crewneck

Keep warm in

Supersweats

embroidered

two-color Inzer logo.

\$14.95

Crewneck with

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

Gym Chalk

Essential for

workouts and

competitions,

magnesium of

carbonate

block chalk.

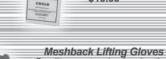
\$10.00

workout gloves. Power-Surge.

\$19.95



\$5.95



CHALK

BANYAYS

\$4.95





power and supreme stability control Power-Surge

\$12.95







# 



#### **APF FARGO OPEN**

JUN 12 2010					Open				
					D. Beakley 275 lbs.	524	336	485	13
BENCH MALE		Oper D. Le		705	Masters				
220 lbs.		Raw	VVIS	703	T. Lommen	507	419	634	15
Open		275 l	hs		Open	307	717	054	1
T. Kemper	479	J. Jah		413	C. Meiers	535	397	612	15
J. Nguyen	473		naster	113	308 lbs.	333	55,	0.2	
SHW	., 5	C. Ru		353	Junior				
Powerlifting	SQ	BP	DL	TOT	P. Weisbrod	524*	336*	639*	14
FEMALE	- \				Open				
Raw					P. Weisbrod	524	336	639*	14
148 lbs.					*=APF Record	ls. The I	Dakota	Barbell	Clu
Open					hosted its first	full por	werliftir	ng meet	in
E. Meiers	154*	77*	231*	463*	Fargo, North I	Dakota.	It was	sanction	ned
165 lbs.					the American	Powerli	ifting Fe	ederatio	n. l
Open					Fargo Open w				
K. Leither	303*	198	408*	909*	June every year				
P. Bosko-CAN	303	176	347	827	monolifts on s				
MALE					Militia bench,				
165 lbs.					and deadlift b				
Open	207	220	2.44	050	needed for a g				
B. Mayo	297	320	341	959	spotters! Mee				
181 lbs.					& Jason Ehlert				
Open T. Owons	451	215	451	1210	Surgery, Natu				
T. Owens	451 435	315 276	451 451	1218 1190	Cigarro, S& S School, Team				
J. Wang <b>220 lbs.</b>	433	270	431	1190	Barbell, Elite			,	
Open					Mike Caruso				
L. Huckle	606	408	573	1587	Benchers: Jess				
R. Hintz	568	375	612	1554	Highlights: Br				
B. Dewald	524	347	502	1372	equipped lifte				
242 lbs.					Mayo squatte				
Open					lbs. and dead				
F. Tekautz	502	320	601	1422	looked very e	asy and	if he h	ad a ha	ndl
275 lbs.					believe he wo	uľd hav	e squat	ited eve	n n
Open					with some en	courage	ment to	o take s	om
M. Johnson	804	501	733	2039	bigger jumps.	Tony O	wens a	nd Jame	es ۱
R. Goldstone	832	650	132	1615	went head to				
J. Franklin	407	336	501	1246	division. Jame				
308 lbs.					and second at				
Junior					would be lifting				
N. Boll	804	584	556	1946	day. James ha				
Open	000	F 4.C	720	2155	the 3rd attemp				
M. Caruso Raw	882	546	728	2155	James went or				
148 lbs.					deadlift 451 ll attempt but it				
Teen (13-15)					day. Tony hit a				
B. Lewis	204	138	276	601	lbs. but misse				
165 lbs.	204	150	270	001	came back an				
Open					which put hin				
C. Sunde	265	276	320	860	played it safe				
181 lbs.		5			deadlift which				
Open					Tony is only 2				
D. Hansen	364	265	584	1213	mens 181 lbs.				
A. Wilhelmi	408	314	468	1188	three lifters in				
K. Norman	369	259	474	1102	Dewald came				
M. Graber	336	248	457	1042	Dakota and so				
198 lbs.					pressed 325 II				
Open					Ryan Hintz ca				
M. Smith	457	325	474	1229	568 lbs. squat	, 375 lk	s. bend	ch and a	a hi
A Vordorbrugg	ton 40°	285	441	1124	612 squat Th				

242 lbs

ever deadlifted over 600 lbs. Ryan lifts out of the Pain Factory and might just pass up his coach as the biggest deadlifter in the gym. Ryan Huckle came out and squatted 506 lbs. a PR for him. He then threw up 408 lbs. and deadlifted 573 lbs. easily with a sumo stance. His performance was good enough for the win. Lee is only 20 years old and weighted in at a light 200 lbs. but won 639\* 1499\* up of one lifter. Frank Tekautz a founding member of the Team Freak show squatted 639\* 1499 an easy 502 lbs. He had some trouble Barbell Club getting depth on his last squat missing 523 bs. Frank benched 319 lbs. without a shirt sanctioned by but missed his third attempt. Frank ended ederation. The event put on in lbs. on two attempts. Frank hurt something on the last pull. The 275 lbs. division was included two ΓS bench, Metal packed with three strong lifters. John Franklin entered his first meet and looked far from an amateur going nine for nine on with excellent attempts, John squatted 407 lbs., benched 336 lbs and deadlifted 501 lbs Ryan hony Carlquist Goldstone of Twin City Barbell hit his hiropractic, LT second attempt with 832 lbs, on the squat. He also hit a huge bench of 650 lbs. which was the second biggest bench at the meet. Ryan hurt something during one of his TV. Best Lifters: bench attempts and had to token his deadlift with 132 lbs. Marshall Johnson was the winner of the 275 lbs. mens open. s. division. Brett Marshall went three for three in the squat nch pressed 320 finishing off with a huge 804 lbs. in single ply gear! He went on to bench 501 lbs. missing his third. The high light was the nad a handler I easy 733 lbs. sumo making it the biggest deadlift of the day. Marshall also hit his first and James Wang elite total and total over 2000 lbs. and were all in single ply gear. The 308 lbs. juniors d both his first has another up in comer to watch for in Nick Boll. Nick was in only his second full ooked as if Tony powerlifting meet and is only 20 years old. inst the wall on Nick hit 804 lbs. on his second squat in with 435 lbs attempt. He attempted 837 lbs. but couldn guite balance the bar out before the judge told the spotters to take it. Nick also bench wait another pressed 584 lbs. on his second bench squat of 451 attempt and took 600 lbs, for a ride on his third but just miss it at lockout. Nick boll deadlifted 556 lbs. to give himself a 1946 subtotal Tony lbs. total for the day. The big man of the n with 451 lbs. dead was Mike Caruso in the open 308. This would be Mike first powerlifting meet ever and what a meet to have. Strongman his main sport having placed second at the en 220 lbs. had Arnold in the amateur strongman division back in February but he loves lifting so he give powerlifting a shot. Mike smoked a 821 lbs, squat taking to the depths and coming back up with a problem. He dumped 843 lbs. on the spotter his second ch and a huge attempt coming up a little too fast and

getting off balance. No one was hurt but it was a scary moment but lucky for the rack savers. No one was sure if he try another attempt but he came back hitting a massive 881 lbs. on his third attempt! Mike benched 546 lbs. but missed 573 lbs. at lockout. He deadlifted an easy 728 lbs. and then jumped to 766 lbs. but missed when his form broke down at the top. Mike totaled the 220 mens open. The 242 lbs. was made 2155 lbs. in only his first powerlifting contest and received best lifter award for the day. The 220 lbs. bench only had two lifters going at it. Jason Nguyen bench pressed 473 lbs. and missed 500 lbs. at lockout which would have put him ahead if he had got it. Iason makes the occasional the day with a 600 lbs. deadlift missing 654 trip from his home in Sioux Falls down to Big Iron Gym to lift with the big dogs in Omaha, I sure with a little more training he will be doing reps with 500 lbs. Tom Kemper was the winner of the 220 lbs bench only division hitting 479 lbs, and sporting a six back you could see through his bench shirt. Tom narrowly missed 500 lbs, on his third attempt as well but the second attempt of 479 lbs. was enough to win it today. Tom Kemper also runs the NPC bodybuilding show in Fargo and competes in bodybuilding as well. The biggest bench of the day was SHW Dave Lewis out of Twin City Barbell. He opened 705 lbs. nailing it very easy. He jumped to 727 lbs. but the jump was a little too much as he missed his next two attempts. Everyone in the crowd was very impressed with your huge 705 lbs, bench! Look for Dave to hit something even bigger in October down at the Fall Classic in Montgomery, MN. Raw High Lights: Erin Meiers set APF records in the open raw 148 lbs. weight class. Records included a 154 lbs. squat, a 77 lbs. bench, a 231 lbs. deadlift and a 463 lbs. total. First meet and already setting records. In the women raw 165 lbs. open there was a two lifter battle going on. Kathy Leither and Pam Bosko both squatted 303 lbs. without equipment. Pam bench pressed 176 lbs. and Kathy benched 198 lbs. to be go up 22 lbs, at subtotal. It would all come down to the deadlift to see who would come ahead. Both are excellent deadlifters so the 165 lbs division was far from over Pam pulled 347 lbs, and missed a 369 lbs, on her third attempt. Kathy turned around and pulled a huge 408 to seal the win. Kathy lifters were all APE national records in the raw 165 open division. Congratulations to Kathy for setting APF national records in only her second full powerlifting meet. Pam will be back another day at full strength, Brennan Lewis was the lone teen at the meet coming in the teen 148 lbs. division. Brennan is coached by his dad David and his form on

Velocity

F6 - Fury

Super Katana

Super Centurion.

MaxRPM Wraps

-Woody Bands

Muscle Clamp

Lifting Belts

KettleBells

Grip Strength

Books & Dvd's

meet was excellent for such a young lifter. Brennan Squatted 204 lbs., bench pressed 138 lbs. and deadlifted 276lbs! A high school football coach in attendance asked if Ehlert. Thanks for understanding our we could some how get him to switch to our school so he could come play football for us. Brennan has a huge lifting future ahead of himself. Chris Sunde was the lone raw lifter in the 165 lbs. division. He squatted 265 lbs., bench pressed 276 and deadlifted 320 lbs. Chris could have deadlifted more but looked like he was fighting a back injury from the squat at the very end. Another lifter battle was going on in the 181 lbs. division between four lifters but only one would walk the winner. Andrew Wilhelmi was the leader at subtotal with 722 lbs, followed by David Hansen 629 lbs Kyle Norman 628 lbs and Matt Graber with 584 lbs. It all came down to the deadlift again for the winner. Andrew Pulled a PR with 468 lbs, but David came out and dropped the bomb with 584 lbs. to win the 181 lbs division! Matt Smith from Valley City took the 198 lbs. raw division with a 457 lbs. squat. 325 lbs. bench and 474 lbs. deadlift. Anthony Vorderbruggen entered his first meet in 10 years. Anthony could have entered the masters but wanted competition and did the open. Excellent day going 402 lbs. squat, 285 lbs. bench and 441 lbs. deadlift! Dave Beakely another lifter out of Winnipeg came down to compete in the raw 242 lbs. division. Dave was nursing a shoulder injury and wasn even sure he compete until two weeks before. Dave came and squatted a safe 524 lbs. on his third attempt. He also put up 336 lbs. bench which was down because of a shoulder injury. He came back did a 485 lbs. which was down from previous injuries. Dave Beakely trains out of the famous McDole Performance systems in Canada. Dave and Pam tell me that WPC Canada meets are coming some time in 2011 so watch out for meets. Craig Meiers is the husband of national record holder Erin Meiers also had a great meet. He squatted 535 lbs. squat. 397 lbs. bench, 612 lbs. deadlift all without equipment. He was in the running for the best raw lifter but was just edged out by a few points by another Tim. Keep going at it Craig! You are going to Challenge. We covered all ages and every put up a huge total once you get all your numbers together. Tim Lommen was the best raw lifter. He worked the 3rd shift the night before and came straight from work to his training for the American Record Breakthe powerlifting meet without even going to ers and then to the Mr. Olympia, both in sleep. That right he lifted in a full pulled off the best raw lifter award as well. Tim squatted 507 lbs., bench pressed 419 lbs., deadlifted 635 lbs. Paul Weisbrod set national APF records in the raw 308 junior & open divisions. A 524 lbs. squat, 336 lbs. bench, 639 lbs. deadlift, and a 1499 lbs. deadlift were all junior records. Paul broke a record then beat it again on his next attempt. Paul also competes in strongman and lifts out of Twin City Barbell in Minneapolis, Minnesota. Jesse Jahner put up the biggest raw bench of the day with his first meet and looked like he had 10 lbs. still left in the tank. Chadd Rude put up 353 came out and showed why Parkersburg lbs. bench on his second attempt in the 275 South wrestling team is on the top in WV lbs. subdivision. He attempted 380 lbs. on his third attempt but just came up short. Ehlert. Sponsors: Prairie Oral Surgery, Natural Health & Chiropractic, Skky Bar, S& U-14 softball Team for concessions. And

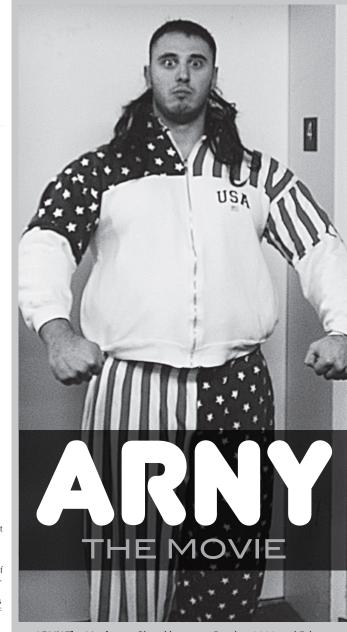
With out your help a powerlifting meet would not be possible. Also special thanks to our wives Jessica Carlquist and Erin obsession with powerlifting. » courtesy Anthony Carlquist

#### **USPF PATRIOT CHALLENGE**

JUL 10 201	0 » Po	rkers	burg,	wv
BENCH		198 l	bs.	
MALE			(16-17)	
242 lbs.		T. Rus		600
Open		Open		
R. Graham	440	J. St.C		347
Masters (50-5		Police		
R. Graham	440	J. St.C		347
275 lbs.			er (50-5	
E. Horton	385	P. Sut		523
J. Johnson	308	242 l		
Submasters			er (50-5	
J. Johnson	308	R. Ro		501
DEADLIFT		275 I	bs.	
181 lbs.		Subm		
Teen (13-15)		K. Ur	derwo	od 677
H. Blair	275			
Push Pull		BP	DL	TOT
114 lbs.				
Teen (13-15)				
L. Hill		132	248	380
148 lbs.				
S. Morris		165	308	473
M. Dixon		132	259	391
Teen (16-17)				
T. Richards		187	330	518
181 lbs.				
Teen (18-19)				
C. Richards		203	352	556
198 lbs.				
Teen (16-17)				
M. Sommervi	lle	187	385	573
308 lbs.				
Submaster				
A. Baria		633	595	1238
308+ lbs.				
Open				
T. Faulk		380	462	843
Thanks to eve	rvone v			

Thanks to everyone who came out to compete, watch, and help with this years Patriot one moved big weights. Allen Baria lifted unequipped in this meet and still put up huge numbers and used this meet to kick of September Titus Russell son of the Famous powerlifting meet without going to bed and WV deadlifter Brett Russell, made his USPF debut and put up some great numbers in the deadlift. Rocky Roach, a long time WV veteran powerlifter, came out of retirement to pull some big numbers himself under the ever watchful eve of Brett Russell, Paul Sutphin, Legendary WV power lifter, made his second platform appearance in a cpl months after he tried retirement from powerlifting, but powerlifting won out and he is back on the platform putting up awesome numbers. Long time BioMuscle lifters Rob Graham and Eddie Horton came out and 413 lbs. in the 275 lbs. raw open. This was put up great numbers in the bench. Several of Parkersburg younger and finest lifters wrestling. Thanks to Dave and Mary Jeffrey, Elsie Horton, Dan Lass, Courtney Stanley Meet Directors: Anthony Carlquist & Jason and to our spotter and loaders, Chris, Ricky, and Kenny. Thanks to the Orange Crush S Promotion, Shanley High School, Team BIG thanks to our sponsors; Ashley's Cus-Freak Show, Twin City Barbell, Elite Barbell, tom Screenprinting, BioMuscle, and Inzer Direct TV. Thanks to our sponsors and those Advanced Designs

that volunteer their free time to help us out. » courtesy Tim Cochran



ARNY The Movie was filmed between October 2009 and February 2010 in the Boston area. It is about a powerlifter/bodybuilder with a 1980s mindset, trying to succeed in the tough times of 2010. Paul DeSimone—who was accepted to film school at NYU in 2004, but chose to buy a gym instead—directed the film, and stars in it, along with a wide array of typical gym characters who will be very familiar to everyone in the Iron Game. The film has been screened three times already, twice in Boston and once in Gloucester, and now the AMC Theater in Woburn, MA, has scheduled two screenings for Columbus Day, October 11th, 10 AM and 11:15 AM.

They will also be bringing the film to the Arnold Classic Film Festival in Ohio this coming February. Advertising space in the beginning of the film is still available. DVDs will not be made available until all screenings of the film in theaters have taken place.

Paul says, "Everyone who works out should see this movie!" The film is basically PG-13; there is no swearing. Paul further states, "So far we have had three people laugh until they actually cried." If you want to get tickets for the Woburn showing, or inquire about advertising in the film, contact Paul at pauldesimone01@aol.com.

# MICHAEL BAZINET >>

Pound-for-pound, Michael has been named the strongest male lifter for the past five years at the Maine Games State Powerlifting Championships, in the bench press-only meet, claiming gold medals each time. But he's quick to point out that even in powerlifting, athletes don't get to the pinnacle of their sport without a lot of support. In Michael's case, he singles out family and training partners. "I have to thank my wife Kelly and my family for putting up with all my body aches and training schedule. Also my teammates: Greg Guernsey, Garrett Guernsey, Mathew Guernsey, Ben Smith, Tim Verrill, Rick Varney, Caleb O'Donald, Rick O'Donald, and finally my dad. No matter where our competitions are located, he has always traveled to support me. In this sport you cannot achieve goals without your training partners and family support, I am thankful for this. I would also like to thank our friend and former training coach Al Stork, of Winterport, for introducing us to the first Maine Games and the competitive world of powerlifting.

What does it mean to an athlete like Michael who was never the star on any of his sports teams to be picked as the 2010 Maine Games/New Balance Male Athlete of the Year? "I am truly humbled, I owe my success to my training partners they have always supported me and together our personal goals have been met. I am honored to represent the Maine Games. This is a very rewarding avocation for me; it allows me to spend time with lifelong friends and feel good about achieving personal goals. This confidence crosses over into my professional life knowing if I commit to something, anything is possible with hard work."

Because of the weight he routinely lifts, Michael is always one of the last athletes to compete. Since the Maine Games first offered powerlifting in 2005, he's been the athlete in the bench press-only meet that routinely attracts the most attention, and he rarely fails to produce record numbers.

"Our meet is perhaps one of the best attended powerlifting competitions in the country, with hundreds of spectators," said Maine Games executive director, Jeff Scully. "When Michael approaches the bench there is a feeling of electricity in the auditorium that few athletes generate."

In 2009, his company became the presenting sponsor of the Maine Games State Powerlifting Championships because Michael strongly believes that this annual competition is very important to the sport which he not only loves, but to which he devotes so much time, energy and effort. When the Maine Games offered its first State Powerlifting Championships in 2005, the sport was far less exposed to the genera population. "The Maine Games has brought good attention to an otherwise underground and under-recognized sport," said Michael.

Bazinet plans to continue lifting as long as his body lets him. "I lift to feel good and as a great form of stress relief." Powerlifters well into their 60s and even 70s have graced the stage at the Maine Games, so as long as he keeps working hard, he should be able to compete in this annual meet for many years to come.

The Maine Games is the Pine Tree State's official State Games. The non-profit organization is a member of the National Congress of State Games, which is part of the United States Olympic Committee's Multi-Sport Organizations Council. The mission of the Maine Games is to provide amateur athletes of all ages and abilities the opportunity to compete on a statewide stage, to practice good sportsmanship, and to develop healthy habits that can last a lifetime. To learn more about the Maine Games, log on to their website at www.mainegames.org.

» Jeff Scully, Maine Games Executive Director, jeff@mainegames.org, P.O. BOX 1811; Saco, ME 04072, 207.284.2003, www.mainegames.org





Phone 713.898.0927

We can save you money!
Beta-Alanine,300gm\$14.50
GABA, 100gm5.25
Peak ATP™ (pure), 20gm (80 days)22.50
Ribose, 200gm21.50
N-Acetyl L-Glutamine, 300gm18.50
Acetyl L-Carnitine, 100gm 8.50
CLA, 750mg, 100 gelcaps11.50
Creatine Mono. 99+%, Micronized, 1kg 15.00
Arginine base powder, 300gm12.00
Arginine AKG, 150 gm9.00
Citrulline, 100gm11.50
Lipoic Acid Powder, 50 grams 9.00
Whey Protein 90% instant isolate, 24oz 18.75
Tribulus Ext. 45% 100gm 7.50
Long Jack 100:1, 20gm37.50
Yohimbe 2% Std. Extract! 50gm 7.50
Glutamine 300gm/1kg11.85/29.75
Glucosamine Sulfate, 250gm9.50

Visit website for current specials & coupons Order toll free or call for catalog 800-777-1324

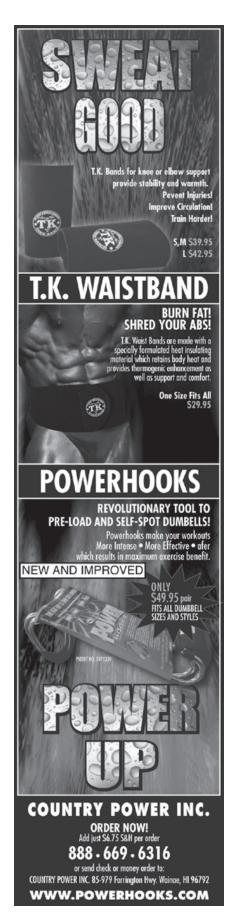
Visit our website for free shipping coupon! Secure online ordering & digital catalog:

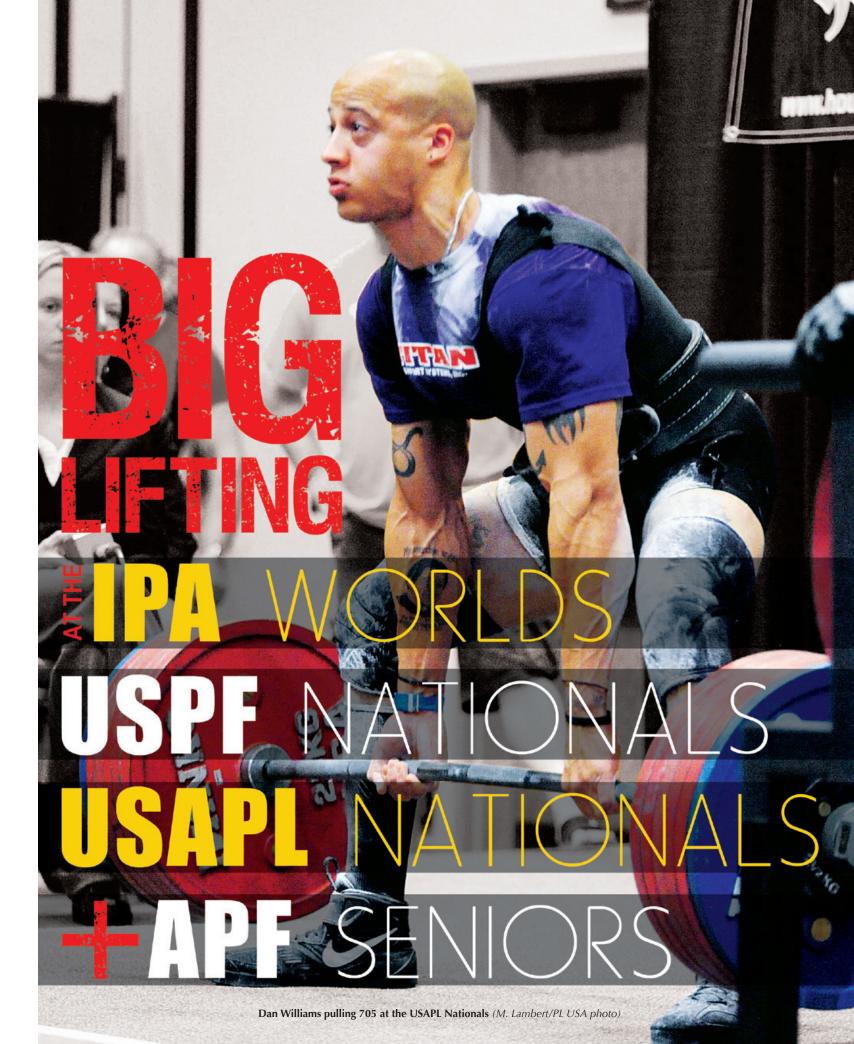
#### www.beyond-a-century.com

Hundreds of Products
Authenticity Guaranteed!
Beyond a Century ~ Greenville ME 04441
Since 1983

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!







# WORLD CHAMPIONSHIPS

JUN 26-27, 2010 >> York, PA >> as told to Powerlifting USA by Ellen Chaillet

V. Alhazov BP DL

Professional

Open

148 lbs

B. Legg **181 lbs** 

FEMALE

Amateui

Amateur		181 IDS.	200	ironman		BP	DL	101	
Teen (18-19)		V. Kotsaa	290	MALE					
165 lbs.	265	198 lbs.	205	Amateur Raw					
D. Doddy	365	K. Plumer	295	Open					
4th-380*		275 lbs.		181 lbs.		0.65	=0=	000	
Amateur Raw		C. Bothwell	470*	L. Dyles		365	525	890	
Teen (16-17)		Elite Amateur		Police					
181 lbs.		Open		181 lbs.					
A. Mccloskey	180	165 lbs.		V. Kotsaga		290	460*	750	SCHOOL SE
Professional		B. Crowe	500	Professional					or higher the
Master (40-44)		Professional		Junior					Samuel See
132 lbs.		Junior		148 lbs.					
J. Faraone	335	148 lbs.		M. O'Brien Jr.		450*	475	925	
Professional Ra	!W	M. O'Brien Jr.	450*	Open					Dealer A
Master (40-44)		Open		148 lbs.					
148 lbs.		148 lbs.		M. O'Brien Jr.		450*	475	925	
A. Kukurina	240*	M. O'Brien Jr.	450	Professional Ra	ıw.				BEST TO
Open		220 lbs.		Police					BHSSS
148 lbs.		J. Johnston	700	181 lbs.					
A. Kukurina	240*	242 lbs.		V. Kotsaga		290*	460*	750	THE PERSON
MALE		V. Dizenzo	730	Powerlifting	SQ	BP	DL	TOT	No. of Lot House,
Amateur		A. Paley	705	FEMALE					
Open		E. Korbe	555	Amateur					
198 lbs.		275 lbs.	555	Teen (16-17)					
T. Hensley	685*	V. Cook	700	114 lbs.					
242 lbs.	003	308 lbs.	, 00	S. Welcheck	250*	120	220	590	Debalasti
J. Breda	545	A. Vale	520	Amateur Raw	230	120	220	330	Clint
308 lbs.	545	SHW	320	Teen (18-19)					Cilit
Schwabenbau	610	Podshibyakin	605	148 lbs.					132 lbs.
Submaster	010	Master	003	C. LaBarre	165	95	200	460	M. Boon
SHW		242 lbs.		Teen (16-17)	103	93	200	400	165 lbs.
B. Ernst	615	(40-44)		181 lbs.					T. Betz
	013	/	720*		200	100	405	005	C. Koser
Master		V. Dizenzo	730*	A. McCloskey	300	180	405	885	
181 lbs.		(45-49)	705*	Professional					Teen (16
(65-69)	255	A. Paley	705*	Open					E. Ruth
T. Schull	255	275 lbs.		132 lbs.	2.45	2.45	250	0.40	Junior
198 lbs.		(45-49)	600	B. Poplin	345	245	350	940	165 lbs.
(40-44)	205	J. Bolt	600	Master (40-44)		2.45	250	0.40	D. Murph
R. Hummel	395	(40-44)	700*	B. Poplin	345	245	350	940	181 lbs.
(65-69)	205	V. Cook	700*	MALE					J. Petruzz 198 lbs.
J. Schmuck	285	SHW		Amateur					T. Tyson
<b>242 lbs.</b> (45-49)		(45-49)	(05	Teen (18-19)					
	475	Podshibyakin	605	198 lbs.	(05	220	F00	1425	Open <b>165 lbs.</b>
J. Utermahlen	4/3	(60-64)	C00*	S. Hann	605	320	500	1425	B. Greer
Amateur Raw		B. Lobins	600*	Junior					
Open		Professional Ra	.w	220 lbs.		FOF	FOF	1675	D. Anton
148 lbs.	200	Open		M. Bailey	665	505	505	1675	181 lbs.
B. Legg	200	220 lbs.	FOF*	Open					Z. Karpf
165 lbs.	275*	G. Butia	505*	220 lbs.		F.O.F.	F.O.F.	1675	198 lbs.
J. Manenkoff	375*	S. Tretyak	375	M. Bailey	665	505	505	1675	R. King
B. Greer	340	308 lbs.	400	S. Edmiston	730	510	550	1790	220 lbs.
181 lbs.	265	E. Daubert	480	Submaster					L. Creatu
L. Dyles	365	Master (65-69)		220 lbs.					SHW
220 lbs.		181 lbs.		W. Holder	660	430	680*	1770	J. Vessella
S. Tretyak	375	P. Mullaney	290*	Master					Submaste
242 lbs.		198 lbs.		220 lbs.					242 lbs.
B. Peterson	4.5	J. McNeil Jr.	287*	(45-49)					W. Spayo
Submaster		Police		R. Munn Jr	460	380	450	1290	Master (7
181 lbs.		181 lbs.		242 lbs.					165 lbs.
J. Baer	365*	V. Kotsaga	290*	(45-49)					P. Simon
275 lbs.		DEADLIFT		D. Stahl	615	530	515	1660	Master (5
C. Bothwell	470*	FEMALE		(50-54)					198 lbs.
Master		Amateur		W. Welcheck	550	425	525	1500	R. King
148 lbs.		Master (60-64)		275 lbs.					220 lbs.
(55-59)		148 lbs.		(55-59)					L. Creatu
B. Legg	200	C. Silverman	315*	J. Mattei	650	460	550	1660	Police
198 lbs.		MALE		308 lbs.					242 lbs.
(65-69)		Amateur		(45-49)					W. Spayo
C. Mulligan	300*	Open		S. Edmiston	730*	510	550	1790*	Amateur
220 lbs.		165 lbs.		SHW					Open
(65-69)		J. Volin	400	(55-59)					308 lbs.
LITAL	290	Amateur Raw		L. Jordan	525	275	400	1200	S. Edmist
J. Hall				Police					Master (4
ј. пан 4th-295		Open							
		Open 198 lbs.		220 lbs.					S. Edmist
4th-295			570*	220 lbs. R. Munn Jr	460	380	450	1290	S. Edmist Open
4th-295 <b>242 lbs.</b>	420*	198 lbs.			460	380	450	1290	Open <b>275 lbs.</b>
4th-295 <b>242 lbs.</b> (45-49)	420*	<b>198 lbs.</b> R. Ingravera		R. Munn Jr	460	380	450	1290	Open



Master (45-49)

Clint Koser performing a strongman challenge

M. Boone	165*	125*	250	540*	275 lbs.				
165 lbs.	103	123	230	3 10	B. Shuman	550*	425	575*	1550°
T. Betz	245	165	325	735	Professional	550	.25	5,5	.550
C. Koser	225	180	305	710	lunior				
Teen (16-17)		.00	303	,	132 lbs.				
E. Ruth	230	200	340	770	W. Dass Jr.	295*	170*	440*	905*
Junior	230	200	3 10	,,,	242 lbs.	233	170	110	303
165 lbs.					K. Baughman	760	610	505	1875
D. Murphy	365	245	480	1090	Open	700	010	303	1073
181 lbs.	303	2 13	100	1030	220 lbs.				
I. Petruzzi	400	350	550*	1300*	I. Howell	675	135	640	1450
198 lbs.	400	330	330	1300	308 lbs.	073	133	040	1430
T. Tyson	425	315	520*	1260*	S. Edmiston	730	510	550	1790
Open	723	515	320	1200	Master	730	310	330	17 30
165 lbs.					148 lbs.				
B. Greer	385	340	470	1195	(70-74)				
D. Antonucci	405	270	515	1190	F. Glass	380	100	350	830
181 lbs.	403	270	313	1130	220 lbs.	300	100	330	030
Z. Karpf	135	325	485	945	(45-49)				
198 lbs.	133	323	403	343	J. Howell	675	135	640*	1450
R. King	425	235	410	1070	(60-64)	073	133	040	1430
220 lbs.	423	233	410	1070	J. Cash	410	380	600	1390
L. Creatura	540	365	575	1480	275 lbs.	410	300	000	1330
SHW	340	303	3/3	1400	(55-59)				
J. Vessella	585	420	630*	1635	I. Mattei	650	460	550	1660
Submaster	303	420	030	1055	308 lbs.	030	400	330	1000
242 lbs.					S. Edmiston	730*	510	550	1790
W. Spayd	505	305	510	1320	Professional Ra		310	330	17 30
Master (70-74)		303	310	1320	Open	avv			
165 lbs.	,				181 lbs.				
P. Simon	275*	205*	325*	805*	D. Petrillo	560*	370	620*	1550°
Master (50-54)		203	323	003	198 lbs.	300	370	020	1330
198 lbs.	,				G. Rocheny	435	275	525	1235
R. King	425*	235*	410*	1070*	275 lbs.	433	2/3	323	1233
220 lbs.	423	233	410	10/0	K. DiGiorgio	700	410	610	1720
L. Creatura	540*	365	575*	1480*	S. Keating	505	420	415	1340
Police	340	303	3/3	1400	308 lbs.	303	420	413	1340
242 lbs.					D. Kovaks	(()	635*	825*	2125
W. Spayd	505*	305	510	1320	Master (65-69	665	633.	023	2123
Amateur Elite	303	303	310	1320	181 lbs.	,			
					P. Mullaney	240	290*	330*	860*
Open 308 lbs.					*=IPA Records				
	720*	F10*	FF0*	1790*					
S. Edmiston	730*	510*	550*	1/90*	Darilyn Doddy				
Master (45-49)		F10	FF0	1700	Lifter: Tim Her				
S. Edmiston	730	510	550	1790	Male Open Be				
Open					Grand Champ				
275 lbs.	CEO*	400*	755	1005*	Champion Fen				erali
S. Yard	650*	480*	755*	1885*	Male Deadlift	keps: C	lint Kos	ser.	

York Barbell Company welcomed crowds of strength enthusiasts to its hallowed halls June 26–27 for the 2nd Annual IPA Strength Spectacular. The growing event, presented and directed by Mark and Ellen Chaillet of Chaillet's Private Fitness, featured the IPA World Powerlifting and Bench Press Championships and the North American Strongman's national qualifier "Cradle of Iron" Strongman Show. An exciting weekend of lifting was in store for spectators and athletes alike.

Clearly the big attraction to the IPA World Powerlifting Championships was big Donnie Thompson who was determined to shatter his standing 2905 lb. all-time total record. Vlad Alzahov, powerlifting's SHW all-time 1250 lb. squat record holder, made his first lifting appearance in two years since his tragic knee injury. Rounding out the list of must-see big boys was Dan Kovacs who lifted Raw and proved that equipment doesn't make the man. We welcomed an impressive group of men and women lifters from Ukraine and Russia.

new Grand Champion Award won by the overall best Professional Man. Raw Professional Man and Professional Woman. Congratulations to the Grand Champion award winners whose hard work and dedication won them custom designed rings. Our Grand Champions were Kevin Baughman (Pro Men), Dan Kovacs (Raw Pro Men), and Beth Poplin (Pro Woman).

Many braved the intense heat to compete in the NAS "Cradle of Iron" Strongman Show on Sunday. This national qualifying event attracted some talented strongman athletes to York Barbell's records along the way. Dan's great performance the athletes clearly tested their strength, endurance, and ability to sweat the heat. Events includ-friend, Vadym Kotsaga made the journey for the ed a press medley, a frame carry, 18" deadlift, and third year to compete in the raw amateur and stones. Without the athletes and our sponsors, these events just simply wouldn't be the same. This year's sponsors' generosity went above and beyond. Thank you to York Barbell Company for their superb facility, CA, Weber Insurance Agency for its donation toward the Grand Champion Award rings, Iron Wolfe Barbell who provided the specialty squat, bench and deadlift bars used in competition, and Crazy Tomato for super food and everybody's continued support of the IPA.

The two day event started on Saturday with the IPA World Powerlifting and Bench Press Championships including teens, women and all men's weight classes through 198 lb. Full Power Women: Beth Poplin stole the Pro Women's show winning the best lifter award and the grand champion award for some fine lifting. Beth lifted in both the open and master (40-44) divisions. At a bodyweight of 129 lb., she squatted 345 lb., 7X her body weight. The women's teen division was exceptional to say the least. Anna McCloskey kept him from benching more than his token time and lifted raw. Lifting in the 181 lb. class didn't break any records this time, but did earn her the best lifter award in the Amateur Women's totaling 860 lb. Teen division for both the full powerlifting and

bench only divisions. At 114 lb. bodyweight and 16 years, Sarah Welcheck smashed the existing squat record with 250 lb. She gave 275 lb. a hearty try, but no luck this time. While only 16 year-old, Sarah is a veteran having lifted with the IPA in nearly every nationals and worlds since she was 13 years-old.

Teens: Scott Hanna posted some great numbers earning him the amateur teen best lifter award. Lifting in the 198 lb. class Scott's hard work in the gym definitely paid off. Nearly bombing in the squat, Scott pulled out a huge 605 lb. third attempt after missing 570 lb. twice. Scott finished with a 320 lb. bench, rounding out his day with a 500 lb. pull. The balance of the teen division lifted raw. Matthew Boone set some raw IPA records in the 132 lb. class with a 165 lb. squat and a 125 lb. bench. Great job! Competition was close in the 165 lb. raw teen class with Tyler Betz gaining a 25 lb. edge over Collin Koser to win the 165 lb. raw teen (14-15) class with a 735 lb. total. By watching Elijah Ruth's continued improvement it is apparent that Elijah is well coached by his This year the meet's best lifters competed for a dad Greg. At 17 years, Elijah lifted in the raw teen 165 lb. class earning white lights for eight of nine attempts. Good day, great meet Elijah!

Men's Lightweight: John Petruzzi, Junior 181

lb. class, won the amateur men's lightweight best lifter award the hard way—raw! John bested his competition with a 400 lb. squat, 350 lb. bench, and an IPA record 550 lb. dead. John missed his second bench attempt with 350 lb. and came back strong on his third attempt. Another super raw lifter, Dan Petrillo, took home the professional men's lightweight best lifter award breaking IPA front yard for a great event. The events in store for rewrote the record books with a 560 lb. squat and a 620 lb. pull, and a 1550 lb. total. Our Ukraine professional men's police divisions. Vadym didn't make any of his squats, but continued on in the ironman division breaking two IPA records in the 181 lb. class benching 290 lb. and pulling 460 lb. Ricardo Ingravera joined us just to break the IPA dead lift record in the 198 lb. raw amateur men's master (45-49) division. Ricardo opened with a master record of 495 lb, finishing with a 570 lb. record third attempt. A fourth attempt of 580 lb. just wasn't there for Ricardo. Philip Simon, Fred Glass and Patrick Mullanev owned the lightweight master division. The amateur men's master division best lifter award went to Philip Simon who at 71 years and 163 lb. broke four IPA records with a 275 lb. squat, 205 lb. bench, 325 lb. pull, rounding out a total of 805 lb. At all of 148 lb. and 73 years, Fred Glass took home yet another best lifter award for the Pro Men's Master division. While Fred didn't break any of his existbenched 245 lb., and pulled 350 lb. totaling over ing IPA records, he still had a great day squatting 380 lb., pulling 350 lb. Fred's injured shoulder never fails to impress. Anna dropped the gear this attempt of 100 lb. While Patrick Mullaney didn't take home a best lifter award, his lifting was stelher 300 lb. squat, 180 lb. bench and 405 lb. total lar. At 169 lb. and 65 years, Patrick smashed three IPA records benching 290 lb., deadlifting 330 lb.,

Men's Heavyweight: While everybody under-



Vince Dizenzo with a powerful 730 lb. BP



SHWs Vlad Alhazov (L) & Donnie Thompson (R)



Beth Poplin - totaled over 7x her bodyweig



Tim Hensley - a record 685 lb. BP

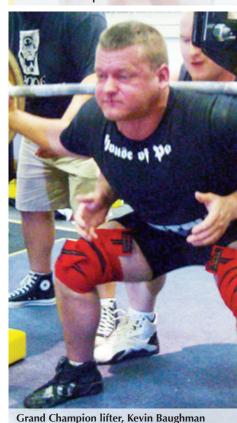
photos courtesy Ellen Chaillet/IPA

# IPA 2<sup>ND</sup> WORLD CHAMPIONSHIPS >>

stands and respects weight lifted pound-for-pound Donnie says he had a great training cycle, and of bodyweight, there's nothing like watching the big weights move under the power of three of powerlifting's most exceptional athletes; Donnie Thompson, Dan Kovacs and Vlad Alhazov. Donnie traveled from South Carolina to York Barbell Company determined to break his hard sought after goal of breaking his All-Time Total Record of 2905 lb. with a mind bending 3000 lb. total.



Dan Kovaks – impressive raw 825 DL



attempt was solidly strong, but earned him red lights for depth. Apparently as planned, Donnie jumped his second attempt to 1225 lb. He had a little difficulty setting up with the weight having to reset three times before taking 1225 lb. down for another strong attempt, but was called for depth again. To break Vlad Alhazov's All-time squat record of 1250, Donnie called for 1255 lb. on his third attempt. After supporting 1,100 plus pounds on his back 5 times, Donnie amazingly took 1255 lb. down with authority, completing the attempt, but was called for depth. Judges say his 1255 lb. squat was closest to legal depth. Donnie is a fine individual and an exceptional diplomat for the sport. We hope his threats to retire from powerlifting will be reconsidered. Dan Kovaks took off his gear and lifted im-

was in good shape to tackle the lofty goal. The

opened with a powerful 1,160 lb. squat. The

mountain of a man weighed-in at 374 lb. Donnie

pressively in the 308 lb. professional men's raw division. A fantastic day of lifting culminated with press. Tim opened unsuccessfully with 685 lb. a huge 825 lb. deadlift. Weighing in at 307.5, Dan squatted 665 lb., trying a fourth attempt IPA record of 728.6 lb. unsuccessfully. One of Dan's goals for this meet was to beat Ted Arcidi's 666 lb. raw bench. He came close with an impressive 635 lb. IPA record bench. Dan continued to prove he is an exceptional deadlifter pulling a huge 825 lb. Dan took 752.5 lb. on his opening attempt successfully breaking the IPA record. His second attempt with 800 lb. was equally impresout his day with a picture-perfect 825 lb. pull that upon completion the lift resulted in a tragic biceps tear for Dan. Dan is an exciting lifter to watch. He won the professional men's best lifter award and the professional men's open grand champion award. His intensity and demeanor is palpable. We wish him a speedy recovery.

We were proud to welcome Vlad Alhazov, All-Time Squat Record Holder (1,250 lb.), to his first meet in two years since his devastating knee injury. Weighing 333.4 lb., Vlad lifted raw and entered the deadlift only division. Vlad proved that he is on the track to a full recovery pulling 860 lb. Vlad is such an impressive lifter; we look forward to his posting big numbers again in the

At 214 lb., Will Holder's 660 lb. squat, 430 lb. bench and IPA record 680 lb. dead was submaster division and best amateur heavyweight lifter. At just 21 years and 239 lb., Kevin Baughman was honored for his superb lifting with Paley were as impressive to see as they were to the grand champion award for the professional men's division. Kevin has made such exceptional strength gains squatting 760 lb., benching a whopping 610 lb., pulling 505 lb. for an 1875 lb. total. Lifting legend James Cash made the trek squat with super 410 lb., benched 380 lb., and existing 665 lb. IPA record. Jim took 675 lb. on his second and third attempts, but he just didn't have enough steam left to finish the pull. Great lifting, Jim! Hope to see you break that record at the Nationals in November!

Bench Only Division: In the women's bench only division, Darilyn Doddy won the amateur women's teen best lifter award in the bench only division with a huge 380 lb. bench press. The 163 lb.19 year-old opened with an IPA record and never stopped. She took 345 lb. on her first attempt, followed by 365 lb. on her second attempt, missing a big 380 lb. on her third. She came back with a tremendous show of fortitude on her fourth attempt earning white lights and a new 380 lb. IPA bench record. We've been watching Janet Faraone since she was first breaking amateur records in the 105 lb. class with a 200 lb. bench in 2002. Janet continues to impress with a big 335 lb. bench at a bodyweight of just 127.5 lb. We were happy to welcome Anna Kurkurina back to York Barbell, Anna made the trip from Ukraine to post two new raw pro women's IPA records in the open and women's master (40-44) with a 240 lb. bench press.

Amateur 198 lb. Tim Hensley wowed the crowd with a monster 685 lb. IPA record bench He took 685 lb. again on his second attempt and was happy to see white lights and a new place in the IPA record books. Tim tried unsuccessfully to blast up 715 lb. for his third and fourth attempts. Chuck Mulligan broke an IPA record in the raw amateur master (65-69) division with a 300 lb. bench press. Chuck tried a fourth attempt of 310 lb., but just didn't have the power to finish. Vincent Dizenzo always has a tremendous bench press up his sleeve. At 242 lb., Vince opened with sive, breaking his newly set record. Dan rounded a Master IPA record 730 lb. bench in the pro division. Vince took 750 lb. out for a valiant try three times to break his newly set record, but the power just wasn't there. Vince's 730 lb. bench earned him a first place and the professional men's open best lifter award. Bill Lobin's superb performance smashed IPA records with every attempt. Bill opened with a record 560 lb., missed his second with 600 lb., and came back strong on his third attempt earning white lights, and a new record. Bill took 620 lb. for a fourth attempt, but was unsuccessful. Bill won his division and best lifter in the professional men's master division.

Vincent Cook bumped up a weight class to 275 lb. and benched a monster 700 lb. breaking the IPA record in the professional men's master 40-44 division. Vinny's third attempt with 760 lb. was met with red lights. Brian Crowe just missed breaking his own IPA elite amateur record in the enough to earn him 1st place in the 220 lb. men's 165 lb. class benching 500 lb. Brian came close with a fourth attempt of 520 lb. Our Russian friends, Alexander Podshibyakin and Andrey watch. Alexander is a mountain of a man weighing in at 351 lb. of solid muscle. Unfortunately, Alexander only got his opening bench of 605 lb. before missing his second two attempts at 630 lb. Andrey Paley stole the show with a 705 lb. bench from Ohio to break the IPA deadlift record in the at 237 lb. body weight. Andrey took 750 lb. and pro men's master (60-64) division. Jim finished his 755 lb. on his second and third attempts, with no luck. At only 219 lb., Jeff Johnston came close to opened with a 600 lb. pull determined to beat the breaking the existing IPA Pro Men's Open record with a huge 700 lb. bench. Jeff missed 715 lb. on his third attempt

Thanks to all our friends who tirelessly dedicate personal time volunteering to ensure only the best meets for IPA lifters. Thank You All! ((



# **USPF NATIONALS**

JUN 19-20, 2010 >> Warick, RI >> as told to Powerlifting USA by Ted Isabella

DENIGH		(70.7	4)		400 II				
BENCH FEMALE		(70-74 <b>220 lb</b>			<b>123 lbs.</b> A. Bullard	204	116	242	562
123 lbs.		B. Bra		204	MALE	201	110	212	302
B. Aerts	66	DEAD			165 lbs.				
Juniors (13-15) 148 lbs.		FEMA 123 lb			T. Roselli 198 lbs.	534	418	506	1459
M. James	143!	B. Aer		286	S. DiCataldo	655	457	650	1762
Masters (50-54	)		s (13-15	5)	220 lbs.				
123 lbs.	66	148 lb		286!	D. Haggett	683	534 424	716 606	1932 1674
B. Aerts MALE	00	M. Jan Maste	nes rs (50-5		A. Weinberg C. Ellis	644 567	501	551	1618
181 lbs.		123 lb	s.		Dankemeyer	_	_	_	_
Muscatella Jr. <b>220 lbs.</b>	402	B. Aer MALE		286	<b>242 lbs.</b> C. Pappillion#	771	644!*	721	2136
S. Dedrick	506	165 lb			D. Smiley	688	528	672	1888
R. Connell Jr.	506	T. Gue		501	J. Prusha	705	545	622	1872
242 lbs. T. Schmidt#	677!	198 lb	os. ndark#	567	P. Andrews 275 lbs.	595	451	661	1707
275 lbs.	6//:	308 lb		367	M. Menslage	611	451	650	1712
Bourgault Sr.	501	М. Но		617	308 lbs.				
Lazzaresc Jr. 308 lbs.	462	A. Aer	ts s (16-17	275	A. Aerts SHW	275	508*	275	1058
M. Houser	672	181 lb		,	L. Karabel	958	622	501	2081
A. Aerts	479	N. Sal		462*	Submaster				
Masters (40-44 <b>242 lbs.</b>	)	(18-19 <b>181 l</b> b			<b>165 lbs.</b> T. Roselli	534	418	506	1459
T. Schmidt	677		rakove	402	220 lbs.	334	410	300	1433
275 lbs.		(20-23			D. Brazil	606	502*	717*	1824
T. Cochran R. Scott	429	<b>198 lb</b> M. Tira		512	242 lbs. M. Lowe	462	374	551	1387
SHW			asters (3		Masters (40-44		374	331	1307
R. Cox	480!	220 lb		600	242 lbs.	600	E201	670	1000
(45-49) <b>220 lbs.</b>			renfeld rs (40-4	600	D. Smiley I. Prusha	688 705	528! 545	672 622	1888 1872
S. Dedrick	506	181 lb	s.	• /	275 lbs.	, 00	3.3	022	.0,2
275 lbs.	501	Fahrer 198 lb		600	M. Menslage (50-54)	611	451	650	1712
Bourgault Sr. SHW	301		renfeld	589	220 lbs.				
A. Fomaro	523!	275 lb	s.		T. King	501	325	501	1327
(50-54) <b>123 lbs.</b>		T. Coc (50-54		484	275 lbs. J. Dentice	506	407	573	1486
Huneycutt Jr.	220!	275 lb			308 lbs.	500	.07	3.3	
220 lbs.	FOCI	J. Den		600!	A. Aerts	275	473	275	1024
R. Connell Jr. 275 lbs.	506!	<b>308 lb</b> A. Aer		275	(55-59) <b>165 lbs.</b>				
LazzareschiJr	462	(55-59	9)		C. Tabulina	424	347	528	1299
308 lbs. A. Aerts	479!	<b>165 lb</b> C. Tab		5061	242 lbs. P. Andrews	595	451	661	1707
(55-59)	4/9:	220 lb		300:	(60-64)	333	431	001	1707
165 lbs.		K. Fish		677!*	242 lbs.				
C. Tabulina (65-69)	341!*	(60-64 <b>242 lb</b>			C. Stanley Junior (13-15)	584	385	650!	1618
242 lbs.		C. Sta		639!*	123 lbs.				
C. Tallman	475!	308 lb		F17I	O. O'Carroll	165	105	253	523
Powerlifting	SQ	D. Da <b>ВР</b>	llmeyer <b>DL</b>	517! <b>TOT</b>	(16-17) <b>114 lbs.</b>				
FEMALE	- \				I. MacPherson	226	116	259	600
123 lbs. B. Aerts	132	66	292	490	123 lbs. D. Jeffrey	336!	220	355!	911
148 lbs.	132	00	232	430	132 lbs.	330:	220	333:	911
L. Steele	402!	248!*	402*	1051!	C. Warner	303	187	341	831
165 lbs. L. Freel	402	336!	501!	1239	(16-17) <b>181 lbs.</b>				
Submaster	102	550.	301.	1233	N. Salois	380	215	468	1062
148 lbs.	402*	2.40	402*	1051	(18-19)				
L. Steele Masters (45-49	402*	248	402*	1051	165 lbs. J. Cassaro	341	248	402	991
132 lbs.					181 lbs.				
D. King (50-54)	242	138	352	732	L. Keaffer 275 lbs.	528	347	545	1420
123 lbs.					R. Moore	606	308	606	1519
B. Aerts	132	66	292	490	(20-23)				
(55-59) <b>132 lbs.</b>					<b>181 lbs.</b> M. Scohowski	462	391	585	1438
E. Stein	352	171	402	925	220 lbs.				
Junior (18-19) 105 lbs.					A. Weinberg *=American Re	644	424 !=\//orl	606	1674
K. Meredith	220	105	226	551	*=American Re #=Best Lifters.	cords.	:-vvOrl	u recol	us.
(20-23)					» results & pho	tos cou	rtesy Te	d Isabe	lla



Niko Hulslander and Lance Karabel chillin' between lifts

First and foremost, I must thank all my sponsors: Anderson Powerlifting, House of Pain, Ocean State Gym, Performance Nutrition, Bertucci's Restaurant, Legal Seafood Restaurant, Chelo's Restaurant and the Sheraton Providence Airport Hotel. The restaurants and the hotel gave all those involved with the USPF discounts on our food services, which was a great help to everyone's budget. With the great food we have in this area, it made for some good eating by the lifters. Without our sponsors and their annual and continued support, running meets like this would be difficult. Each year, with their support, we get to have a great national event for lifters to come to. I could not thank them enough. A big thank you goes out to all my judges and score keepers: Danny, Joanie, Lori, Colby and Robby; and my announcer Tony Steele, for their continued help in making our Nationals a success. I would like to give a huge thank you to all my spotters and loaders: Joe, Andrew and Dan, who have the hardest job of the whole weekend event. They did not miss a trick. We had a perfect two days of spotting and loading, with no mis-loads or mishaps. They did a tremendous job that weekend. Another big thanks to Bob Connell, Jr. for his continued help and support each year. With Bob's continued development of our new scoring & bar loading chart software, it made for a smooth running scorer's table, with quick and accurate updated information for all the flights and contest results. Bob, who is also the American Records Chairman, was able to immediately give out record certificates at the meet for those lifters who broke American records at the Nationals.

Unfortunately, we had a small turnout this year, but that did not stop us from having a great contest with a lot of laughs in the process of lifting heavy weights. We had a number of state, American and world records broken. I know last year there was a lot of confusion regarding USPF and WPF rule differences. However, that issue was resolved once I merged both the rule books together, for the most part. Once the merged rules were voted on, passed and updated, it made for an easier and less confusing rules briefing at the Nationals. All our lifters had no problems adapting to the changes of the USPF rules. Actually, I think the lifters thrived with the new balance in the rules, along with the small size and calmness of the meet itself

Here are some of the highlights of the Nationals. On our first day of lifting (Saturday, June 19) we started with all of our full powerlifting nationals. First up was our Senior Nationals Competition. In our men's divisions, we had a first time USPF lifter come to compete in the Senior Nationals, Sean DiCataldo. Sean is a Titan rep, so you know his equipment would be dialed in for this contest. He last competed in 2008, so upon his return



to competition he decided to come over from the USAPL to join us in the USPF. He lifted in the 198/90 weight class, opening up with a strong 290 kg. squat. His second attempt was a nice 297.5 kg., before passing on his kg. and finishing up with a 207.5 bench press. He finished out his day with an easy 280 kg. first attempt deadlift, followed by a nice 295 kg., but just missed with 315 kg. third attempt. He closed out his day with an even 800 kg. total. Welcome to the USPF Sean.

Our next lifter competitor, Dave Haggett, is a strong up and coming 220/100 class lifter. He is one of the top range raw powerlifters out there today, so when you add some gear, the numbers just get bigger. However Dave just was not feeling it on his squat. He just took his first attempt of 310 kg. and passed on his second and third. He made up for it in the bench press. He opened with 220 kg. first, followed by an easy 230 kg. and ending with a 242.5 bench which was 2-1/2 times his bodyweight. Nice job there. He capped off his day by ripping 282.5 of the floor for his first attempt. He then followed that up with a 310 kg. and then jumped to 325 kg. to finish off the deadlift. He totaled a sweet 877.5 kg. for the day. Just imagine if he was feeling that squat a little more. He could have possibly been looking at an easy 900 plus kg. total.

In the 242/110 class Chris Pappillion came looking for some numbers that day. He opened with a big 340 kg. squat, following that with a strong 350 kg. However, he just missed out on the 365 kg. third attempt. He will get that easy the next time. Chris followed that squat performance with a big bench performance. Starting with a 255 kg. opener, work to through 272.5 kg. on his way to 292.5 kg. bench, breaking both the American and World records in the process.

Alan Aerts was back in the 308/140 class looking to qualify for the Worlds. Alan was nursing a hamstring injury, so he could only take a token squat and deadlift, but he still bench a strong 230.5 kg. Alan also entered the Master's Nationals, so that nice 230.5 kg. bench also got him a new American Masters 50-54 bench record for powerlifting. Hopefully he will be able to heal up by time Worlds so he can get back to working that strong record opener of 167.5 kg. She continued to bump the record up with a deadlift he was developing.

Our SHW contender, Lance Karabell, came into the Nationals looking to improve on his 445 kg. (1003 lb.) squat he crushed at last years Worlds, along with pushing up his total. However things did not work out as planned. He had a little trouble with his first attempt of 412.5 kg., so he repeated that for his second. He got that without any difficulty, but when he Freel. Our CA girl came here looking for some numbers. Liz started her day went for his third attempt of 435 kg., things just did not look right. He still

moved the weight very well, but it did not look like the usual effortless lift that Lance does. What was not known to me and the rest of the people, at that time, was that Lance had injured his back during training, so it limited third. Sean continued his day with strong bench attempts with 185 kg., 195 him a bit. He made no excuses, for he did not tell me this until after he was done squatting and was warming up for the bench. I will tell you this, pretty impressive squat of 959 lbs., even with a little back issue. I would take that squat in a minute. He continued on with a 282.5 kg. opener in the bench, but I think the back was definitely in play after that. He unfortunately missed his second and third attempts with 297.5 kg. After that he played it smart with the deadlift and pulled a 227.5 kg. attempt to finish out his day. His total came out to be 945 kg., not exactly where he wanted to be, but he left it so he would not injure himself anymore. That is a smart lifter. Leave it to squat another day.

In our women's divisions, of the Senior Nationals, we had some nice lifting going on. In the 123/56 class, we had Bonnie Aerts back trying her best to lift with that pesky wrist injury she has. She did have one surgical procedure done before nationals and still showed up to lift. Bonnie was entered in both the Senior and Master Nationals this day. She had to take a token squat and bench due to that lovely wrist issue, but she still was able to pull an impressive 132.5 kg. deadlift with what all she was dealing with.

Our next outstanding female lifter was Lori Steele, lifting in the 148/67.5 class. Lori is a local New England bodybuilding and powerlifting champion who came to Nationals to do some damage. She also was entered in the Senior and Master Nationals Submasters division. She started her day with an easy 165 kg. squat opener, but she then had a little hiccup on her second attempt missing 175 kg. She bumped the weigh up a little for her third going for 177.5 kg, which went smooth and easy. Lori followed that up with a World and Submaster American record fourth attempt of 182.5 which was not a problem. Moving on to her bench, she opened with an un-challenging 102.5 kg. She followed that up with 107.5 kg. second and finished strong with 112.5 kg. third attempt. All three of her attempts were world records. She finished her day with ease pulling submaster American 175 second and 182.5 kg. third. But she was not done yet. She again tried to push it a little more with a fourth attempt of 187.5, but it just was not there. She finished up with a world and submaster American record total of 472.5 kg. Congrats.

Our next extremely impressive women competitor was our own Liz a little rocky. She was called on her first and second attempts in the squat

next page »

## **USPF NATIONALS >>**



with 182.5 kg. However, Liz being the pro that she is, she did not let that faze her. She came back and hit it strong on the third attempt to move on. I some easy pulling. Her 182.5 kg. opener went like butter. She then moved her way through 205 kg. on her way to a World records setting 227.5 kg. third attempt deadlift. She ended her record setting performance with another World record total of 562.5 kg. Not to bad at all.

In the Master Nationals powerlifting men's portion of the meet, we had some strong lifting by the old men of the group (just kidding about the men part). In the submaster 220 division we had Davon Brazil joining us from the west coast. Davon first year as a submaster started out with a good 260 kg. squat opener, followed by a second of 275 kg. Unfortunately his third his bench numbers of 217.5 kg., 222.5 kg. on his way to a submasters American record third attempt of 228.0 kg. He was not done yet. Davon continued on his record setting path with his first deadlift of 292.5, second of 312.5 and records setting third attempt of 325.5 kg. He tried to push the and 182.5 third record setting attempts. The records continued with her submaster record a little further with a fourth attempt of 335 kg., but it was not there. He still ended his day with two records and a total of 828.5 kg.

make up for his performance at the WPF Worlds and he did not disappoint. Jeffrey. Not our USPF President, but his son instead. Dave, who is 16, was He missed his opening squat, but repeated the 287.5 kg. attempt on his second, on his way to 312.5 kg. to start his day off good. He then moved on from WV and being overweight the night before, Dave made weight easily to the bench with a small problem with his opener of 230 kg., but he nailed the next morning during weigh-ins. He went right at the thing that day with that on his second attempt. He finished he bench with a masters world record of 240 kg. That put him in good company with Ed Coan who owns the other records in the age group and weight class. Dave finished the day with strong pulls of 287.5, 305 and 315 kg. to end his day with an 857.5 total. Congrats on the records Dave.

We next had our crowd favorite master lifter, Joe Dentice, who always comes to the nationals with his own powerlifting road show. Joe as always was lifting in the 50-54 275/125 division and looking to qualify for the World. Joe, at 51 years of age, along with his new hip had his usual fun day entertaining the crowd with his powerlifting road show performance. Joe opened his day with a 210 kg. squat, followed by a 230 second, but he just missed his third of 247.5 kg. He continued his road show with a 175 kg. first attempt in the bench. The second went smooth with 185, but Joe just missed his third with 187.5 kg. With the third act of his powerlifting road show, Joe started with an easy 240 kg. He then moved on to 260 kg., but the third act came to a close with a missed 277.5 kg. attempt. He finished the day with a 675 kg. total and a trip to England. Hail Caesar Joe.

In the masters 55-59 division in the 275/125 class we had Phil Andrew, 55, was back with us and in his new age group looking to post some numbers. He opened with a nice 240 kg. squat, but had a little problem on his second with 270 kg. Undeterred, he came back on his third attempt with the same weigh and nailed it. He opened with an easy 205 kg. bench, but then jumped to 222.5 kg, for his second and third attempts that did not go for him. His misses followed him into his opening deadlift, getting called on his 300 kg. attempt. He fixed that problem quickly on his second attempt with 300, but his next of 320 kg. did not want to go either. His still finished his day with an impressive 775 kg. total.

Our next old man lifter (ha ha), was Courtney Stanly, 64, lifting in the 60-64 age division for the last year, 242/110 class. He opened smooth and easy with 245 kg. squat on his way to a smoked 265 kg. second attempt. However, his third of 275 kg. did not go as well, get called on that one. Dealing with a bit of a shoulder problem, Courtney was still able to push out a 160, 170 and 175 kg. bench numbers. He had a small hiccup on his deadlift opener of 265 kg., but corrected that fast on his second with an easy same weight pull. His third attempt he jumped right to a master world record attempt of 287.5 kg. which was not a problem at all. Now the fun began for him, going for a fourth attempt of 295 kg. to push that record up even further. He smoked that one easily (I think he had a little more in the tank). He finished the day with a master world record total of 727.5. In our women's master nationals, we had two women competing in their first

In the masters 45-49 148/67.5 class we had Diane King joining us. She started off her squat with a nice easy 100 kg. opener, followed by and even know she was a little disappointed for she was looking for something bigger easier 110 kg. second, but her third attempt of 117.5 kg. fell a little short. in the squat. Liz made up for it huge in the bench press. She opened up big Nice try. She continue on into the bench with a 47.5 opener, 55 kg. second with a 135 kg, bench. Liz then worked her way through 145 kg, and then to and a nice jump to 62.5 kg, for her third. She capped off her first nationals a huge World record third attempt of 152.5 kg. She capped off her day with with strong opening deadlift attempt of 107.5, jumping to 130 kg. and even a bigger jump to 160 kg. to finish off with a total of 332.5. I think Diane was dancing around some world records there. We will have to check into

Out next first timer is Ellen Stein. She is another USAPL convert who decided to come to the USPF. Ellen was lifting in the master 55-59 132/60 class. She started her day with a masters American record attempt opener of 145 kg. squat. Her next attempt moved her up to a master world and American record attempt of 155 kg. She then bumped both those records a little higher with a third attempt of 160 kg. She continued the master world attempt of 287.5 kg, was not a go. That did not stop him from move through and American record setting pace with all three records breaking attempts in the bench of 70, 75 and then finishing with 77.5 kg. third. The records continued to come in the deadlift where she again started of with master world and American record opener of 160 kg., followed by a 175 second total of 420 kg. Nice why to start of your tenure with the USPF.

In the Junior Nationals we had a number of strong young lifters compet-In the master 40-44 242/110 division, were had Dave Smiley looking to ing here this year. We started this one portion of the nationals with Dave lifting in the junior 16-17 132/56 class. After a long, stuck in traffic ride up a 140 kg. opener in the squat. He then followed in the footsteps of both his parents (Dave & Mary Jeffrey) in setting a teenage world record with his second squat attempt of 152.5 kg. He next tried to move that up a bit with a 170 kg. third, but fell just short of that goal. He went after his bench attempts with an easy opener of 90, then 100 on his way to 105 kg. third. He

started out strong with his first deadlift of 140 kg. then went right to another teenage world record with his 152.5 second. The third attempt of 161 kg. just moved that record higher. Dave went for a fourth attempt of 166 kg. to improve that deadlift record a little more, but he was just out of gas. However, he still finished his nationals with another teenage world record total of 413.5 kg. It must be in the genetics.

We had another local RI lifter compete in the Juniors Nationals and setting some RI State records in the process. Nick Salois, 16, lifted in the Junior 16-17 181/82.5 class setting a RI state squat record of a 167.5 kg., then again with a 172.5 kg. attempt. He followed those records up with more in the deadlift with a record setting second of 207.5 kg. and then a third of 212.5 kg. Nice job, young man.

In the Junior 18-19 181/82.5 class, we had Lee Keaffer, 18, start off his day right with also. His opener in the squat was a teenage world record right off the bat, but when he tried to move the record up a bit with a second and third attempt of 250 kg., it just did not work out for him. He started out a bit rocky with the bench missing his 147.5 kg. first. He repeated that attempt, getting it on his second. He followed that up with another teenage world record third attempt with a successful 157.5 kg. bench. He continue with those record setting ways with more teenage world record setting attempts with a 240 kg. second and a 247.5 kg. third. He went for a little more in the deadlift with a fourth of 250 kg., but the gas gauge was reading empty. He still walked away with another teenage world record in his total of 645 kg. Fantastic job Lee.

Another junior 18-19 275/125 class lifter came for some teenage world records. Ryan Moore, 18, started right off with a 275 kg. successful teenage world record first attempt. Unfortunately, he fell short on his second and third with 295 kg. He then started with a teenage world record first in the bench with a 140 kg., but yet again fell short with his next two attempts with 172.5 kg. With the deadlift the trend seems to be continuing with a teenage world record opener of 275 kg. in the deadlift, followed by two missed attempts in the deadlift with 295 kg. He still came away with a record total of 690 kg.

In out next junior 20-23 division, we had Michael Srokowski lifting in the 181/82.5 class. Mike is another strong New England lifter from CT who came here for some numbers. He started his squat day off well with a 190 first and then 200 kg. second, but fell short in his third with 210 kg. He then went for it in his bench with a nice 165 kg. opener, following that up with a junior American record second attempt of 177.5 kg. bench. He missed moving that record up to 182.5 kg. unsuccessful third. He continued on his path for more records into the deadlift. His opener of 250 kg. put him in line for his next junior world record attempt with a successful 265.5 kg. pull. However, when he again tried to move this record up a bit, he fell short a little again. He still finished strong with a 643 kg. total.

On to our second day of lifting (Sunday, June 20) with our Bench Press and Deadlift Nationals, we had a number of lifters who just competed the day before, doing it again on Sunday. Here are a few of the highlight of this day. In the men's open bench press, we had a little battle of the bench going on in the open 220/100 class between Bob Connell Jr. and Stacy Dedrick. Bob was competing in the open and master 50-54 divisions, where as Stacy was also lifting in the open and master 45-49 divisions. Bob Robert started his day with a master world record opener of 218 kg., but came here looking to move up his RI state open and master bench record of 227.5 kg. while also breaking the master world and American record in the process. He started out his day with a nice 230 kg. opener that got him the state and masters world records, where as Stacy started out with 220 kg. Stacy then went on to a successful 230 kg. second, while Bob went for and got a 237.5 kg. second attempt. However, Bob was called on a technical error and was not given the lift. So now they both were tied in weight lifted. Then the both of them took a 240 kg. third attempt, which they both missed. Stacy won this battle, for he weighted 4 lbs. lighter than Bob, but Bob still got two of his records he was looking for. Who says bodyweight does not matter in this sport?

Our biggest bencher of the day in the open and master divisions was Torn Schmidt, 242/110 class. Torn also entered the master national bench 40-44 division. Torn was looking to better those bench records he already owned. He opened with a world and masters American record 292.5 kg. first attempt, for which he made look real easy. He followed that up by pushing the records even further with a 307.5 kg. second attempt which



Ellen Stein with her new fiancé Joe Dentice

was 2.9 times bodyweight. Torn then went after the USPF Open American bench records of 320 kg. with his third attempt of 320.5 kg. With this attempt, Torn was looking at 3x his bodyweight bench press. Torn pressed it off his chest with ease, but fell just inches short of his lockout to secure the open record. He still walked out of here with an impressive 2.9 X bodyweight bench and two records to boot.

The next biggest bencher of the day was Matt Houser. Matt, lifting in the 308/140 open class, came in with a strong 290 kg. opening bench, but was called on a technical error. He came back and lit that 290 kg. up again on his second, followed by an easy 305 kg. third. But he was not done yet. He went for a record setting 313 kg. fourth, but he just missed it. I am sure he will take that record down the next time he competes.

In the master national bench press, we had a number of strong benchers. Also in the master 40-40 group we had Robert Cox lifting in the SHW. was also called on a technical error. He came right back and got that record on his second attempt with the same weight. He then made a jump to 232.5 to push the record up more, but he just fell short of that. I am sure he will take that number down the next time.

Another SHW, Alan Fornaro, lifting in the master 45-49 division, started out the same way as Robert. He missed his record setting opener of 237.5 kg. He too came back and smoked his second attempt with that weight. Alan had to pass on his third however, but I know there is more in that

In the Master 50-54 division, we had another new-comer to the USPF Nationals. Boyd Huneycutt Jr., for those of you who do not know him, has numerous physical issues, but that does not stop him from competing as a bench presser. He was lifting in the 114/52 class and opened with a 97.5 kg. master world record bench attempt. This was almost 2X his bodyweight. He locked the weight, but was called on a technical error. He came right back and locked it out again with no problems this time, securing the record. He then moved that record up a bit more with 100 kg. third. He tried

next page »

# **USPF NATIONALS >>**



Kristen Meredith and Audrey Bullard with their 1st place awards



Tom Schmidt and his Titan sponsor Ken Anderson



Liz Freel pressing out a 1st attempt 297.6 BP

one more time to push the record up with a fourth of 105 kg., but he had reached his limit and would have to be satisfied with his third. So for those of you who bitch and complain about having a bad day in the gym or bad call in a contest, you just have to look at Boyd and say, no big deal, for he does not complain about anything and he has all the right to do so. He just lifts. Thanks for coming to nationals Boyd.

Also in the master 50-54 division, Alan Aerts was back the next day, working the bench press again and looking for some records. Alan delivered with a third attempt master world record of 215 kg. followed by a 217.5 fourth to push that single lift world record a little higher. Not too bad for lifting two days in a row.

In the masters 55-59 165/75 class we had another local RI lifter that has been competing for years, Cris Tabulina. Cris also lifted the day before doing the full power meet and was back the next day. It paid off great for him for his second attempt in the bench of 155 kg. earned him a RI state and masters American record.

Our next lifter, Clifford Tallman, was back and looking for a big day. Cliff was once again lifting in the masters 65-69 242/110 class. Cliff uncorked a strong opener of 215.5 kg. Right off the bat that scored Cliff a world and master American record. He then went for a little more with a second and third attempt of 220 kg., but it was just not his day.

In the junior national BP women's, we had an outstanding and extremely excited young lifter by the name of Madison James who is 15 years old, lifting in the juniors 1315 age group, 148/67.5 class. Right from the start, Madison opened up with a teenage world record of 57.5 kg. She then bumped the record up with a successful second attempt of 65 kg. Not being satisfied with that, she went up again to a 72.5 kg. third. Unfortunately, it was just not her day with that number. I joked with her father and her, saying that she needs to calm down a bit and control her excitement. That was some great lifting by her.

In the deadlift nationals, we had a lot of solid pulling being done by our lifters. In the open men's we had Teddy Guerzon lifting in the 165/75 class. Teddy is one of our young competitors who is showing some great strength in his pulls. His opener of 205 kg. was an easy pull, just as his second of 215 kg. He finished out the day with a 3X plus bodyweight third attempt of 227.5 kg. He has a promising future in this sport.

Our next lifter in the 198/90 class was Daniel Zimdahl. Here is another of our young competitors who is also pulling a 3X bodyweight deadlift. Daniel started his day with 242.5 kg., then moving up to a 3X bodyweight pull of 257.5 kg., getting that with ease. He then tried for a bit more with a 265 kg. third, but he just could not get the lockout. Still, he had a strong

In the master men's portion of the meet, we had even more triple bodyweight pulls coming from a number of our lifters. Two more came in our master 40-44 division. First up was Warren Fahrenfeld, in the 181/82.5 class, pulling an opener of 260 kg. which started him over 3X bodyweight. That led into his second pull of 272.5 kg. which got him almost 3-1/2X bodyweight. He was going to go for a third attempt of 275 kg., but he chose attempt of 210 kg., just 2.5 kg. off his record setting pace from yesterday, to pass on that attempt after.

His brother, Kevin Fahrenfeld, lifting in the 198/90 class, mirrored War-3X bodyweight. He went for a small bump up to 270 kg. for his third, but the lockout was not there.

In the master 55-59 we had our next lifter, Kevin Fisher, lifting in the 220/110 class. This was Kevin's first year lifting in this age group, so he was back to claim some new numbers. Kevin's first pull, a 265 kg. attempt, got the ball rolling setting a new master world record. His next attempt of 292.5 kg. set a master American record while pushing the world record higher. His final deadlift attempt of 307.5 kg. pushed both those records up even more. Not too bad, not too bad at all for a master lifter.

In the master 60-64 division, we had two more lifters going for some more record attempts. First up was Courtney Stanley, back from the previous days lifting, trying to set some individual lift records. Courtney started that task with his first attempt of 260 kg., which was a master world record. He then jumped to a 290 kg. second attempt, which now gave him a master American record also. He tried to finish his day with bumping up both those records with a 300 kg. third attempt, but the lockout was not there. He still walked away with some big numbers.

Our next master 60-64 lifter was Dave Dallmeyer, lifting in the 308/140 class. Dave had not competed in a very long time, but his friend, Kevin Fisher, talked him into it, so he joined us here at the nationals. He started his day with a nice pull of 210 kg. He then worked 227.5 kg. for his second on his way to a 235 kg. third attempt, which gave him a masters world record to boot. Good for him. I'm sure he is glad Kevin talked him into

On our women's side of the deadlift nationals, we had Bonnie Aerts back after her effort the day before to try and bump up her world record in the deadlift. She was back in the open and masters divisions, lifting in the 123/56 class again and still dealing with her wrist pain. She started her second day of lifting with a 120.5 kg. pull. She then moved up to a 125 kg. second, finishing out her day with a 130 kg. third—just short of her 136.5 kg. master world record. I know once she gets her wrist fixed after the worlds, that number will not even be a problem.

Our next female lifter was once again, Madison James, who competed in the deadlift nationals on top of the bench nationals. Madison was looking for more teenage world numbers. She started right off the bat with a 117.5 kg. first, giving her another single lift teenage world record. She then moved on the continue increasing that record with a 122.5 kg. second and a successful 130 kg. third. She still was not done with her pulls yet. She went for a fourth attempt of 133 kg. to cap off her day, but the lockout god did not help her on this one. However, she still walked away with a 130 kg. pull which was almost a 2X bodyweight deadlift. Not too bad for a 15 year

In men's Junior 16-17, we had Nick Salois back for a second day of lifting. Nick was not able to make weight for the 181/87.5 class like the day before, so he had to settle for the 198/90 class instead. It did not seem to matter to him, for he picked up right where he left off yesterday with racking up some records. He started this record run with a 170 kg. opener, the same as the day before. He then jumped to a 208 kg. which now gave him a new RI and Junior American record. He followed that up with a third putting his new record a little higher.

Well, that about sums up how our USPF Nationals went. Again, I want ren's opener with a 260 kg. pull. That gave him just under a 3X bodyweight to thank all the lifters for coming, all my help for doing what they do for me pull. That led to a successful 267.5 kg, second attempt putting him just over to make my competitions the great shows that they are, the USPF for allowing me to do what I love and a very, very special thanks to my wife, Amy, for putting up with all I do to put this kind of competitions on. I love you. ((



# The FIRST and ONLY of its kind, Nitro-Tech NOP-47 is the NEW pre-workout protein formula with vasodilating NOP-47!

The truth is out: You can't afford to overlook pre-workout protein supplementation. Taking protein before training can be very beneficial, as it makes amino acids readily available to your muscles during training! But not just any old protein formula will do. You need something with high-quality, leucine and BCAA-rich whey otein isolate, plus an additional cutting-edge advantage... You need NEW Nitro-Tech® NOP-47™!

Nitro-Tech NOP-47 is the first and only pre-workout protein formula available with the newly discovered vasodilating peptide NOP-47! NOP-47 is meticulously isolated and extracted from whey protein using the extremely resource-intensive Peptide Mining Technology. Because this process is so detailed and precise the NOP-47 peptide is very unique. In fact, you won't find it in any other sports nutrition supplement; it's only in Nitro-Tech NOP-47!

With 25 grams of protein delivering 5,000mg of scientifically researched NOP-47 as well as ultra-pure, rapid-absorbing whey protein isolate providing BCAAs (critical building blocks of muscle), Nitro-Tech NOP-47 is a truly revolutionary pre-workout protein formula. Add to that its additional key strength and musclebuilding agent and you've got a recipe for strength and muscle gains!

(noun) A rare whey protein hydrolysate (aka, an amino acid sequence) that is meticulously extracted from whey protein for its use as a cutting-edge vasodilating agent in NEW Nitro-Tech NOP-47!

- World's FIRST and ONLY **Pre-Workout Protein Formula** with Vasodilating NOP-47!
- Significantly Increase **Strength and Build Muscle!**

A VAI A TO SHOP NATIONWIDE OR AT GNC.COM











GET JACKED!

TRAIN

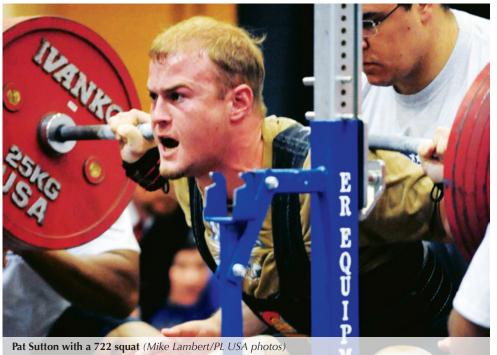
Facebook logo is owned by Facebook Inc. Twitter logo is owned by Twitter Inc. YouTube logo is owned by Google, Inc. Read the label before use. © 2010

# **USAPL NATIONALS**

JUN 18-20, 2010  $\gg$  Palm Springs, CA  $\gg$  as told to Powerlifting USA by Mike Lambert

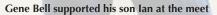
Meet Director Lance Slaughter put on a very classy event, hosted at the elaborate Palms Springs Convention Center (magnificently air conditioned on these very hot days in Palm Springs). Lance set up a live webcast and scoreboard for the competition. Some of the traditional big names were absent (Siders) and some bombed (Hooper), but there was a nice group of young lifters gaining the experience of lifting on the same platform with their heroes.

Tran's 1240 is world class for the Junior division, and Mike Kuhns was beaming all weekend after his great success at 132. Doc Holloway is still world caliber after moving up a weight class, even with only one successful deadlift. Derstine is another Junior who won the open as well at 165. Dan Williams was very impressive at a lean 181 lbs., especially with his 705 DL. Ian Bell might have challenged for the open 198 lb. title, if he had gotten more than his opener in the squat. Nick Tylutki went over 2 grand at 220, and Jonathon Krogman did the same at 242. Nick Weite hit 1000 kilos in the 275s, and Brad Gillingham won again, over another fast rising Junior competitor, Blaine Sumner. ((



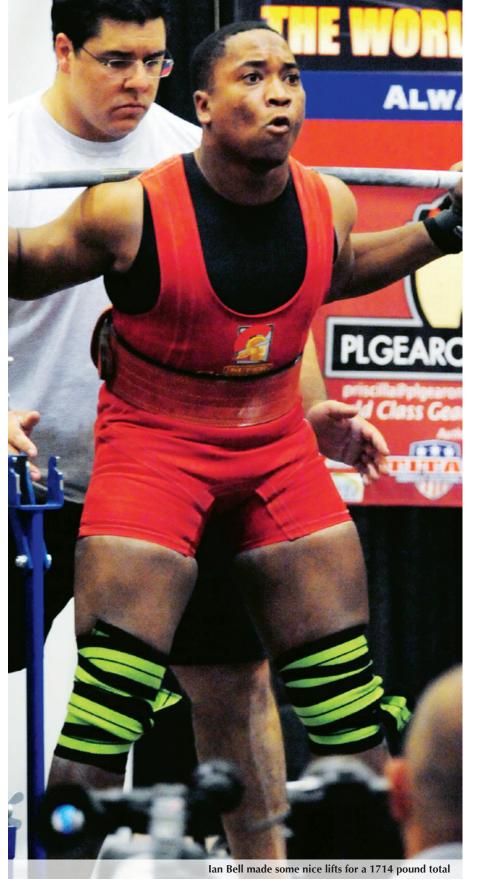
Sumner. ((												,		_					
114 lb. class	SQ	BP	DL	TOT	M. York	584	402	562	1548	A. lowett	512	341	507	1361	J. Douglas	793	534	683	2011
T1	•				Open					J. Gaethje					J. Betzinger	815	479	677	1973
Thomas Soto	347	176	396	920	M. Derstine	611	485	622	1719	Open					V. Gushterov	672	551	727	1951
T2					K. Douglas	650	363	671	1631	J. Walker	683	473	677	1835	M. Kalter	744	440	727	1912
Jordan Tyler	275	170	303	749	N. Walton	562	385	600	1548	A. Scolaro	677	451	688	1818	J. Thompson	617	490	644	1752
123 lb.					M. York	584	402	562	1548	E. Kasabuske	705	424	683	1813	B. Marum	644	501	589	1736
Junior					R. Spencer	562	341	600	1504	I. Bell	661	341	710	1714	T3				
Chris Tran	473	259	507	1240	T1					D. Jurgens	622	402	683	1708	P. Turner	705	512	545	1763
Wm. Garcia	275	325	363	964	C. McDonald	606	292	573	1471	L. Cohen	672	429	578	1681	275 lb.				
Open					L. D'Agostino	325	181	358	865	B. Rowe		385	562		Jr.				
Chris Tran	473	259	507	1240	T2					K. Hunt	606	402			R. Koons	705	496	699	1901
T. Charles	391	203	402	997	Z. Garza	567	336	534	1438	A. Parella	672	457			D. Balsdon	699	523	661	1901
T2					B. Song	374	253	374	1003	T2					J. Hernandez	622	446	628	1697
T. Charles	391	203	402	997	T3					I. Bell	661	341	710	1714	C. Jaramillo	650	385	562	1598
T3					C. Barilleaux	496	347	457	1300	T3					Open				
Eric Torres	435	303	488	1223	E. Garza	462	264	424	1151	C. Vickery	600	413	529	1543	N. Weite	826	584	793	2204
132 lb.					181 lb.					R. Irving	512	303	485	1300	P. Anderson	738	584	655	1978
Open		400	205	4.40.6	Jr.		404		4=44	Z. Goins	540				G. Soehner	755	507	650	1912
M. Kuhns	611	429	385	1426	S. Verbois	683	481	611	1714	220 lb.					R. Koons	705	496	699	1901
J. Bareng	501	363	501	1366	J. Cadiz	562	385	518	1466	Jr.		40=		4.500	A. Johnson	749	457	639	1846
Omar Valdez	253	154	303	710	B. Breider	523	481	523	1466	C. Favre	595	407	617	1620	N. Ward	749			
T1 Omar Valdez	252	154	202	710	M. Buttimer	534 573	374	523	1432	L. Jaimes	639	446	534	1620	G. Wagner	837			
	253	154	303	/10	B. Demeck	5/3				I. Boling	600	402	551	1554	K. Ramsey				
T3 Chris Nunez	406	2.41	463	1200	Open	(72	201	705	1760	Open	760	F10	727	2006	D. Barbeau T2				
	496 391	341 270	462 424	1300 1085	D. Williams N. Gutierrez	672 633	391 435	705 595	1768 1664	N. Tylutki	760	518	727 617	2006	Z. Perez	479	308	413	1201
D. Murphy	363	187	374	925	J. Rohr	628	380	644	1653	S. Waits P. Sutton	738 722	462 451	578	1818	T3	4/9	300	413	1201
M. Manley <b>148 lb.</b>	363	10/	3/4	923	B. Demeck	573	300	044	1655	M. Pratt	672	451 451	578 589	1752 1714	D. Lumley	584	407	529	1521
Open					W. Hooper	804				K. Gack	672	431	309	1714	K. Ramsey	304	407	329	1321
D. Holloway	628	380	567	1576	71	004				T2	072				SHW				
T2	020	300	307	1370	M. Wilson	418	231	451	1102	C. Allen	600	374	600	1576	Jr.				
J. Rupnow	451	347	529	1328	T2	410	231	731	1102	J. Duran	628	402	529	1559	B. Sumner	903	573	628	2105
C. Spencer	462	236	518	1218	J. Norris	705	369	628	1703	J. Cupo	529	341	462	1333	A. LeBlanc	766	490	644	1901
R. Oyler	429	264	479	1173	G. Longoria	523	341	523	1388	J. Johnson	323	571	402	1333	J. Cappelino	, 00	150	727	1301
J. Gonzales	462	270	424	1157	J. Monral	567	319	462	1350	T3					Open -			, ,,	
G. Truong	374	231	407	1014	T3	50,	5.5	.02	.550	P. Sutton	722	451	578	1752	B. Gillingham	837	551	826	2215
T3	5, .	20.			T. Schwebach	540	336	573	1449	C. Dziuk	622	402	595	1620	B. Sumner	903	573	628	2105
N. Laznovsky	545	292	523	1361	M. Thomas	424	248	485	1157	242 lb.	022	102	333	1020	J. Christus	749	518	650	1918
N. Handy	413	209	440	1063	198 lb.		2.0	.05	,	Jr.					A. LeBlanc	766	490	644	1901
165 lb.		200		.003	Ir.					M.Schamburg	688	529	611	1829	E. Goucherov	633	402	727	1763
Ir.					J. Walker	683	473	677	1835	P. Lynch	655	402	661	1719	J. Cappelino	333	.02	727	
M. Derstine	611	485	622	1719	C. Peterson	606	407	600	1614	Open	333	.02	٠٠.		T2				
K. Douglas	650	363	671	1631	B. Lewis	523	363	655	1543	J. Krogman	771	540	733	2044	A. Moe	490	248	462	1201
										,									







Wade Hooper managed to put up an 804 SQ



**60 PLUSA MAGAZINE »** SEPTEMBER 2010 **»** POWERLIFTINGUSA.COM

# **APF SENIORS**

JUN 6, 2010 » Chicago, IL » as told to Powerlifting USA by Scott DePanfilis



The	heautiful	Chicago	skyline	at night

DENICH		L Col		904	T. Krausiaa	702	FOC	FF1	1020
BENCH		J. Cok		804	T. Krawiec	782	506	551	1839
FEMALE		J. Pind		_	C. Randall	628	506	567	1701
Open			owsky	_	Z. Henson	705	402	551	1657
181 lbs.		J. Joh		_	A. Caslow	881	_	_	881
J. Mendelson	165	M. M		_	M. Manley	804	_	_	804
A. Yazell	149	242 ll			A. Vallone Jr	661	_	_	661
198 lbs.		J. Ber		732	198 lbs.				
A. McCloskey	248	T. Bar	tolomei	562	T. Toalston	705	501	639	1844
SHW		M. O	choa Jr	_	S. Kuderick	732	473	517	1723
R. Nutter	363	J. Praz	zak	_	J. Coker	_	804	_	804
4th-374		275 ll	bs.		C. Kiser	_	_	_	_
MALE		D. Le	wis	815	A. Hauss	_	_	_	_
Open		Z. Voj	prada	705	J. Thomas	_	_	_	_
123 lbs.		D. Mi	urphy	562	220 lbs.				
S. Galeck	231	J. Luc	as	539	G. Baggett	963	628	644	2235
148 lbs.		N. Ca	mpbell	308	C. Akers	952	672	606	2230
I. Plagov	176	J. Smo	olinski	_	A. Hauss	650	506	539	1696
S. Tamerius	_		ennesse	v —	M. Gottsch	622	391	501	1514
181 lbs.			yando	<i>_</i>	I. Soule	826	_	_	826
S. Craig	424	308 II			J. Rakowsky	_	_	_	_
198 lbs.		I. Hos	kinson	771	S. Wagner	_	_	_	_
I. Coker	804		rrison Ir	705	H. Fletcher	_	_	_	_
C. Gharib	567	J. Lac		501	M. Luckett	_	_	_	_
M. Choi	556		erholz	_	242 lbs.				
S. Saluzzi	451	SHW			I. Patrick	974	677	765	2417
M. Mulhearn	_	R. Vic	k	_	Z. Kroeger	859	589	716	2163
220 lbs.					J. Ehlert	952	424	683	2059
Powerlifting	60	BP	DI	TOT	O. Garcia	683	639		1954
		DP	DL	TOT			0.39	0.5.5	
	SQ	br	DL	101				633 705	
FEMALE	sų	br	DL	101	M. Johnston S. Diel	903	319	705	1927
	sQ	Dr	DL	101	M. Johnston S. Diel				1927 1883
FEMALE Open 132 lbs.	·	121			M. Johnston S. Diel J. Cook	903 705 925	319 628	705 551	1927 1883 1668
FEMALE Open 132 lbs. R. Carlsson	336	121	352	809	M. Johnston S. Diel J. Cook C. Holman	903 705	319 628 743	705 551	1927 1883
FEMALE Open 132 lbs. R. Carlsson M. Bennett	·				M. Johnston S. Diel J. Cook C. Holman R. Bowsher	903 705 925	319 628 743	705 551	1927 1883 1668
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs.	336 303	121 193	352 281	809	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs.	903 705 925 908	319 628 743 —	705 551 — —	1927 1883 1668 908
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga	336 303 407	121 193 226	352 281 413	809 776 1046	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia	903 705 925 908 —	319 628 743 — —	705 551 — — — 842	1927 1883 1668 908 — 2576
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin	336 303	121 193	352 281	809 776	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist	903 705 925 908 — 1051 925	319 628 743 — — 683 705	705 551 — — — 842 754	1927 1883 1668 908 — 2576 2384
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs.	336 303 407 402	121 193 226 231	352 281 413 374	809 776 1046 1007	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello	903 705 925 908 — 1051 925 903	319 628 743 — 683 705 655	705 551 — — 842 754 787	1927 1883 1668 908 — 2576 2384 2345
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin	336 303 407 402 528	121 193 226 231 374	352 281 413 374 429	809 776 1046 1007	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent	903 705 925 908 — 1051 925 903 875	319 628 743 — 683 705 655 600	705 551 — — — 842 754 787 672	1927 1883 1668 908 — 2576 2384 2345 2147
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy	336 303 407 402	121 193 226 231	352 281 413 374	809 776 1046 1007	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell	903 705 925 908 — 1051 925 903 875 754	319 628 743 — 683 705 655 600 666	705 551 — — 842 754 787 672 584	1927 1883 1668 908 
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs.	336 303 407 402 528 402	121 193 226 231 374 363	352 281 413 374 429 385	809 776 1046 1007 1332 1151	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick	903 705 925 908 — 1051 925 903 875 754 969	319 628 743 — 683 705 655 600	705 551 — — — 842 754 787 672	1927 1883 1668 908 
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe	336 303 407 402 528 402 617	121 193 226 231 374 363 402	352 281 413 374 429 385 457	809 776 1046 1007 1332 1151	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee	903 705 925 908 — 1051 925 903 875 754	319 628 743 — 683 705 655 600 666	705 551 — — 842 754 787 672 584	1927 1883 1668 908 
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary	336 303 407 402 528 402 617 578	121 193 226 231 374 363 402 391	352 281 413 374 429 385 457 424	809 776 1046 1007 1332 1151 1475 1393	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald	903 705 925 908 — 1051 925 903 875 754 969 804	319 628 743 — 683 705 655 600 666	705 551 — — 842 754 787 672 584	1927 1883 1668 908 
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship	336 303 407 402 528 402 617	121 193 226 231 374 363 402	352 281 413 374 429 385 457	809 776 1046 1007 1332 1151	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan	903 705 925 908 — 1051 925 903 875 754 969 804	319 628 743 — 683 705 655 600 666	705 551 — — 842 754 787 672 584	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs.	336 303 407 402 528 402 617 578	121 193 226 231 374 363 402 391 264	352 281 413 374 429 385 457 424	809 776 1046 1007 1332 1151 1475 1393 1167	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs.	903 705 925 908 — 1051 925 903 875 754 969 804 —	319 628 743 — 683 705 655 600 666 —	705 551 — — 842 754 787 672 584 —	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 —
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey	336 303 407 402 528 402 617 578	121 193 226 231 374 363 402 391	352 281 413 374 429 385 457 424	809 776 1046 1007 1332 1151 1475 1393	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning	903 705 925 908 — 1051 925 903 875 754 969 804 — —	319 628 743 — 683 705 655 600 666 — — 749	705 551 — — 842 754 787 672 584 — —	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 — —
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE	336 303 407 402 528 402 617 578	121 193 226 231 374 363 402 391 264	352 281 413 374 429 385 457 424	809 776 1046 1007 1332 1151 1475 1393 1167	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot	903 705 925 908 — 1051 925 903 875 754 969 804 — 1062 1007	319 628 743 — 683 705 655 600 666 — — 749 705	705 551 — — 842 754 787 672 584 — — — 760 754	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 — 2571 2466
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE Open	336 303 407 402 528 402 617 578	121 193 226 231 374 363 402 391 264	352 281 413 374 429 385 457 424	809 776 1046 1007 1332 1151 1475 1393 1167	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot G. Damminga	903 705 925 908 — 1051 925 903 875 754 969 804 — —	319 628 743 — 683 705 655 600 666 — — 749	705 551 — — 842 754 787 672 584 — —	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 — 2571 2466 2103
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE Open 148 lbs.	336 303 407 402 528 402 617 578 468	121 193 226 231 374 363 402 391 264 248	352 281 413 374 429 385 457 424 435	809 776 1046 1007 1332 1151 1475 1393 1167 248	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot G. Damminga C. Ewald	903 705 925 908 — 1051 925 903 875 754 969 804 — 1062 1007	319 628 743 — 683 705 655 600 666 — — 749 705	705 551 — — 842 754 787 672 584 — — — 760 754	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 — 2571 2466
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE Open 148 lbs. J. Mahoney	336 303 407 402 528 402 617 578	121 193 226 231 374 363 402 391 264	352 281 413 374 429 385 457 424	809 776 1046 1007 1332 1151 1475 1393 1167	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot G. Damminga C. Ewald D. Soppelsa	903 705 925 908 — 1051 925 903 875 754 969 804 — 1062 1007	319 628 743 — 683 705 655 600 666 — — 749 705	705 551 — — 842 754 787 672 584 — — — 760 754	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 — 2571 2466 2103
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE Open 148 lbs. J. Mahoney 165 lbs.	336 303 407 402 528 402 617 578 468	121 193 226 231 374 363 402 391 264 248	352 281 413 374 429 385 457 424 435 —	809 776 1046 1007 1332 1151 1475 1393 1167 248	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot G. Damminga C. Ewald D. Soppelsa SHW	903 705 925 908 — 1051 925 903 875 754 969 804 — 1062 1007	319 628 743 — 683 705 655 600 666 — — 749 705	705 551 — — 842 754 787 672 584 — — — 760 754	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 — 2571 2466 2103
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE Open 148 lbs. J. Mahoney 165 lbs. G. Reichert	336 303 407 402 528 402 617 578 468 —	121 193 226 231 374 363 402 391 264 248	352 281 413 374 429 385 457 424 435 —	809 776 1046 1007 1332 1151 1475 1393 1167 248	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot G. Damminga C. Ewald D. Soppelsa SHW L. Lacy	903 705 925 908 — 1051 925 903 875 754 969 804 — 1062 1007	319 628 743 — 683 705 655 600 666 — — 749 705	705 551 — — 842 754 787 672 584 — — — 760 754	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 — 2571 2466 2103
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE Open 148 lbs. J. Mahoney 165 lbs. G. Reichert L. Coronado	336 303 407 402 528 402 617 578 468	121 193 226 231 374 363 402 391 264 248	352 281 413 374 429 385 457 424 435 —	809 776 1046 1007 1332 1151 1475 1393 1167 248	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot G. Damminga C. Ewald D. Soppelsa SHW L. Lacy M. White	903 705 925 908 — 1051 925 903 875 754 969 804 — 1062 1007	319 628 743 — 683 705 655 600 666 — — 749 705	705 551 — — 842 754 787 672 584 — — — 760 754	1927 1883 1668 908 — 2576 2384 2345 2147 2004 969 804 — 2571 2466 2103
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE Open 148 lbs. J. Mahoney 165 lbs. G. Reichert L. Coronado 181 lbs.	336 303 407 402 528 402 617 578 468 — 573 479 501	121 193 226 231 374 363 402 391 264 248	352 281 413 374 429 385 457 424 435 — 501 556 451	809 776 1046 1007 1332 1151 1475 1393 1167 248 1420 1354 1354	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot G. Damminga C. Ewald D. Soppelsa SHW L. Lacy M. White J. Ewing	903 705 925 908 — 1051 925 903 875 754 969 804 — — 1062 1007 903 —	319 628 743 — 683 705 655 600 6666 — 749 705 545 — — —	705 551 — — 842 754 787 672 584 — — — 760 754 655 — —	1927 1883 1668 908 
FEMALE Open 132 lbs. R. Carlsson M. Bennett 148 lbs. D. Damminga T. Martin 165 lbs. S. Baldwin D. Doddy 181 lbs. Vandeweghe K. Cary Blankenship 198 lbs. A. McCloskey MALE Open 148 lbs. J. Mahoney 165 lbs. G. Reichert L. Coronado	336 303 407 402 528 402 617 578 468 —	121 193 226 231 374 363 402 391 264 248	352 281 413 374 429 385 457 424 435 —	809 776 1046 1007 1332 1151 1475 1393 1167 248	M. Johnston S. Diel J. Cook C. Holman R. Bowsher 275 lbs. J. Garcia A. Carlquist C. Mello M. Vincent M. Newell J. Grandick B. McKee Z. Freiwald A. Mehan 308 lbs. M. Wenning G. Theriot G. Damminga C. Ewald D. Soppelsa SHW L. Lacy M. White	903 705 925 908 — 1051 925 903 875 754 969 804 — — 1062 1007 903 —	319 628 743 — 683 705 655 600 6666 — 749 705 545 — — —	705 551 — — 842 754 787 672 584 — — — 760 754 655 — —	1927 1883 1668 908 

The Seniors took place in Chicago, Illinois, at the Sheraton Gateway Suites, about five minutes from O'Hare. Not a bad location, and only seventeen miles from the city. The last time I covered the Seniors was 2007 in Daytona Beach, Florida. Since the 2007 breakup of the WPO, I've been attempting to cover similar Pro venues, seeking the best of the best for my readers. It hasn't been easy; it's been expensive and sometimes disappointing, but there's so many "new" and amazing powerlifters that aren't receiving any exposure. It remains a challenge, to say the least. Chicago is a great location. Since the 1871 "Great Chicago Fire," the rebirth of the city has been nothing short of miraculous. It spurred Chicago's development into one of the most populous and economically important American cities, ncluding one of the country's leading fire fighting forces and, from my observation, one of the most beautiful city skylines, especially along Lake Shore Drive. As I walked the streets of Chicago, the hot, dry and windy June air reverberated a familiar mix of music, culture, and delicious restaurants. This city makes a fantastic powerlifting venue; one of my favorite cities to visit. I've been here just three times and being so busy at work; I needed a

I was looking forward to seeing some old friends, lifters and the next generation of inspiring competitors. It was great to see John Ewing, Greg Theriot, Mike White, Jason Coker, Jason Patrick, Corey Akers, Gregg and Debbie Damminga, and Jose Garcia who incidentally won best lifter award. Bench press extraordinaire 198 Jason Coker competed in the full meet; his back spot was none other than Scot Mendelson. After a 903 opening squat, which he buried, but was called "down-down" one too many times, Jason appeared exhausted. That first fatal attempt all but eliminated most of his confidence and energy reserves. Jason bombed out. His redemption came not on day-one of the event, but on day-two. At 198, Jason Coker benched 804 pounds for the best bencher award. I'm jumping ahead, sorry.

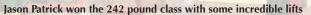
Officials: Mike and Beverly McDaniel, and APF President Garry Frank were the weekend judges. Garry was the head judge. When I mentioned earlier that the last time I covered Seniors was in 2007, it was also the last time seeing Garry Frank in competition. Things didn't work out for Garry. He wound up injuring his back, which he didn't have surgery for until recently. When your back or any part of your body is seriously injured, the entire nervous system begins to break-down. It's a long and painful struggle, especially when you're a powerlifter. Your very existence and lifestyle exceed all normal medical protocol. Your blood pressure is going to be higher, your blood and, more importantly, your liver is going to have a higher enzyme count, which measures current liver cell injury. As long as you have medical insurance, you've now become an easy up-sell for the medical industry. It's a crazy, expensive, time consuming journey, best to be avoided unless absolutely necessary. The doctor told Garry no more competitive squatting or deadlifting, but he didn't say he couldn't bench! Gary couldn't walk very well, and after hours of sitting, getting up and out of that tiny judges chair looked painful, although he makes every effort to appear like it's not. He will always remain the first contemporary powerlifter to exceed totals that were once thought impossible. Although he has bombed out on occasion, Frank has never been beat in competition.

Amy Jackson did an amazing job organizing this event, which ran like clockwork. Awesome spotters from Rudy Ruettiger's Gym: Dan Foreman, Michael Madrigal, Tyler Gannon, Jake Stockman, Keegan Roth and Zach Dolph, At one point, while 275 pounder Al Mehan, from Calgary, Canada, was attempting to squat 981 on his second attempt, the bar accidentally slid off his shoulders into the waiting hands of all five spotters. With the aid of two others, the bar was safely lowered to the floor, with no injuries amazing. Anyone remember the spotting during the 2006 APF Seniors in Vegas? Not so goods—that's all I'm saying.

Announcer: Jackie Stone, great voice. Ray Montell of Montell Imaging digital photography, and Jody Carpenter. Kieran Kidder did some announcing as well.

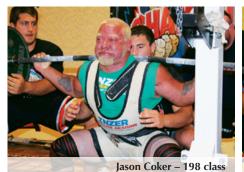
Day one: women and lightweight men, 148-198. For the women,







Some of the winners at the meet with their well-deserved medals







Stephanie Vandeweghe – 181 class

veteran 181 Stephanie Vandeweghe went uncontested. She totaled 670 kg (1477.1 pounds). The APF are still using Kilogramss—drives me nuts doing these conversions. The last time I saw Stephanie compete was during my first Senior National coverage in 1998 Daytona Beach, FL, at Huge Iron Training Center. I don't know if she was happy or upset when I told her. Her his weight class, but three bombed out. That left Thomas Krawiec with a numbers were 617, 402, 457.

There was a strong showing of women, and some new faces. 132 lb. Rita Carlsson totaled 809. Rita is 57—that's awesome! I wonder what her GP tells her when she goes for a physical... "You're going to get hurt lifting all that weight!" If they only knew the true benefits of weight training. 132 lb. Mandy Bennett, just 17, totaled 777 pounds. At 148, Debbie Damminga, "Super Mom" squatted 405, 225, and pulled 413 for a nice 1047.2 total. Deb and I are the same age. In the same weight class, Trish Martin totaled 1008.6 pounds. In the 165 class, Sonii Baldwin totaled 1,333.8 pounds, and 19 year old Darilynn Doddy totaled 1151.9 pounds. Stephanie around 220, Jason has broken the 900 bench barrier—crazy stuff! Another V had two other women in her weight class, Krystal Cary and Robyn Blankenship. Krystal, 25, totaled a big 1394.4 pounds, and Robyn went 1168.4 pounds, with a squat of 468 pounds, and pull of 435 pounds—awesome. The final competitor in the women's division was 198 lb. Anna McCloskey. An ambitious attempt with 523.5 pounds during the squat, but the judges said no.

Next up were the lightweight men's division. The event was running so efficient, some of the more seasoned competitors were still warming up when they were told it was time to squat. I was told they were at 600 warm-ups, but jumped right in at 800 plus openers. Not a good idea. I guess they should have arrived even earlier to start warm-ups. There were sixteen competitors, a solid mix of talent, but this flight had some pros in the mix. Michael Cartinian, 181 lb., who continues to amaze won the lightweight division with a 2243.2 total. Looking like a bodybuilder, Mike proceeded to squat 903, bench 688, and pull 650, all in a day's work. Mike guys have had great lifts in the past. Glenn had to have been excited, this went uncontested because his lifting buddy from Big Iron, 181 pounder Al Caslow, bombed in the bench, not the squat, although he had a tough time sinking that 881 opener. Hard to believe anyone could squat that much weight at 181. Al missed 523 in the bench. Most likely those squats did him 606 deadlift wasn't enough to take the win—a great battle. Andrew Hauss,

in. All together seven lifters bombed in the lightweight men's division disappointing. The lightest competitor was 148 pounder Jake Mahoney, just 22, but a nice 1422 total. Gary Reichert and Lupe Coronado, 165 lb., both totaled 1355.8 pounds. Mike Cartinian had six other competitors in nice 1840 total for second place, followed by Carson Randall, then Zach Henson. Carson totaled 17031, and 17 year old Zach totaled a super 1659 pounds. The only two survivors of the 198s were Ted Toalston, and Scott Kuderick. Ted went huge with a 1846 total and hit a 705 squat. Scott totaled 1725 pounds. He squatted a big 733 on his opener. The bench only division had its moment.

Jade Mendelson benched 165.25 pounds. She's just thirteen, and her dad, Scot Mendelson, couldn't have been prouder—we all were. Jason Coker, looking a little dismayed proceeded to bench 804, but when he was stand out bench performance came from 198 pounder Cyrus Gharib, with 567.5, and 198 pounder Moon Choi with 556.5 pounds.

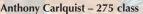
I think we ended the day around 3:30 pm. I couldn't believe the time; the sun was still out, and Chicago's best restaurants were about to be invaded! A lot of lifters, even in the bigger 308 and SHW divisions don't like leaving the comfort of the hotel. Even when the location is Chicago, it's Mc-Donalds, Denny's, Bob Evens, Olive Garden or Texas Roadhouse to watch the strippers, I mean waitresses. Did someone mention Hooters? Between Olive Garden or an authentic Italian restaurant in the north end like. Sapori Trattoria where the pasta is made from scratch—tough choice!

The buzz was on about day-two of the APF Seniors. We heard talk about an exceptional 275, and 308 class, a good mix of heavy hitters! In fact, nearly each weight class consisted of at least nine solid competitors. In the 220 class, Glenn Baggett and Corey Akers had a super battle. Both these was his second major win. Glenn lifts out of North Georgia Barbell. His numbers were 964.5, 628, and 644 for a 2237 total. Corey totaled 2232.5. Corey squatted 953 and took the sub-total when he benched 672, but a

next page »

# APF SENIORS >>









Michael Cartinian - 181 class



Glenn Baggett - 220 class



and Matthew Gottsch were the only other survivors in the 220 class, I'm not kidding. Andrew totaled 1697.6,

The 242 pound weight class winner was Jason

Patrick with 2419 pounds. I haven't seen Patrick lift in maybe four years. He looked phenomenal, and at 38, bigger than ever. He attempted 975.5 three times, and got it on his final attempt. That had to be exhausting. During the bench press Patrick went 677.75. He missed his opener, got it on his second attempt, and gave 722.5 a try, but no go. I like watching Patrick deadlift; a great technician. He began with 727 pounds, then 766, which would be his best effort. Jason's shoulder muscles looked ready to explode under all that pulling force. Second in the 242s went to Zak Kroeger. Zak also created a little bit of drama after missing his first and second attempt squat of 859, but like Jason, pulled it off on his 3rd. Zak benched 562, then two attempts with 589, and squeezed out his 3rd bench—great job! During the deadlifts 650, 683, and 716. Zak totaled 2166 pounds. Jason Ehlert, 242 lb., took third with 2061 pounds. Jason was also training in the judges seat throughout day-one. From Florida, Orlando Garcia shows great promise, and totaled 1956 pounds. We've watched Orlando compete at the APF Southern States, a consistent lifter. Mike Johnston, 242 lb., had some powerful squats and deadlifts, and if not for his 391 bench press, he would have placed much higher. Mike attempted 1003 twice during the squats, no go this time, 705, the third passed. Finally during the deadlifts, Greg but wow! Mike still totaled 1929 pounds without a big bench press number. Steve Diel, 242 lb., totaled 1885 pounds to survive the weight class, but others weren't so lucky. Jacob Cook, lifting out of Big Iron, has tons of potential, and from what Rick Hussey told me hasn't been powerlifting that long leading up to the competition. Jacob squatted 947, benched 744, but a first and third attempt pull of 705 was too ambitious this time out. Remember the name, Jacob Cook! Chris Holman, and Ross Bowsher also bombed out. Chris squatted 909; squats, with no knee wraps—just amazing power from what a shame he couldn't finish.

Remember 275 pounder Jose Garcia from the WPO days? Well, he competed on day-two, and was unstoppable Sunday. His numbers were 1051, 688, and Jose pulled 843 rib-cracking pounds. Jose attempted 859, which would have been a record, but not this time. Jose won the Men's heavyweight division. He totaled 2599.3 pounds. Matt Wenning, 308 lb., who has also reaped some pro status was leading Jose by 77 pounds at the subtotals. He squatted 1063, and benched 749, and would have won overall if his second bench of 804 pounds had passed—looked good to me. Matt looked discouraged, but kept his cool throughout. He attempted 865 pounds on his final bench, but was spent. During the deadlift, Matt pulled 688, and then 760, but 804 was just not in the cards, although I've seen him pull 800 in previous meets. Matt totaled 2567 pounds,

but 2622 would have been a sweet victory, this being his first Senior Nationals. Off to Finland to compete in the Worlds

In the 275 class, second place was Anthony Car-Iquist. He sunk one of the deepest opening squats of 925 pounds; a very strong back apparently. Anthony benched 705, and opened with a 727 deadlift, and went on to pull 755. He also gave 804 a pull, but ran out of steam. He totaled 2386 pounds. Christian Mello, 275 lb., (don't let the name fool you) totaled 2347 pounds. A consistent lifter, 27 year old Christian seems to take each lift methodically. I'm certain we'll see Christian continue to up his total in the future. Also 27, at 275 pounds, Mathew Vincent, lifting out of Hardcore Barbell in Baton Rouge, LA, totaled 2149.5. He began with an 876 squat, then a 600 bench, followed by a 672 deadlift. Mathew is another potential dark horse, he certainly has the tools to get the job done. Michael Newell, 275 lb., totaled 2006, and was the last lifter in this weight class to survive, the rest bombed out including, Buddy McKee, Jim Grandick, Zak Freiwald, and Al Mehan. All more than capable, but it just wasn't happening today.

In the 308 pound class, Matt Wenning, Greg Theriot, and Gregg Damminga were able to finish the meet. Greg is amazingly strong, and we've watched him turn into a world class powerlifter. He began with a 1008 squat, which he made on his second attempt, and tried 1030 pounds, but no go. Three bench attempts with had a very fast, explosive pull. He began with 755, and smoked it; 815 was next, but not today. Greg totaled 2469 pounds. Great job. Gregg Damminga totaled 2105.4 pounds. He had some squat depth issues, but managed to pull it all together for his third attempt at 903. A 545.5 bench and a 655 deadlift sealed the deal, nice work. The rest of the 308s and SHWs weren't so lucky. We lost Clint Ewald, Dain Soppelsa, Logan Lacy, and Mike White, who incidentally attempted 1080 this guy every time I see him compete. SHW John Ewing attempted 1082 pounds, could certainly handle the weight, but was called on depth, what a shame. I would have liked to have seen all these guys finish the meet.

I only caught some of the bench press competition, but there were certainly a lot of big names. Robert Vick, Dan Grauerholz, John Lacomb, Tommy Harrison Jr., Jim Hoskinson and of course, Rob Luyando who slimmed down to 275, and proceeded to bench 953 pounds; I thought he got his second attempt, but it was called nolift. I believe the biggest lift was made by David Lewis, 815 pounds, at 275 bodyweight, but Jason Coker at just under 220 pounds, pressed 804. Amazing! Funny, I still remember when a 700 bench was a big deal, but take a look at the results. I was glad to have been a part of the Nationals once again. We had a great time, and certainly a lot of talent in the APF. «

800-222-6897 903-236-4012 **PRBELT.COM** 

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

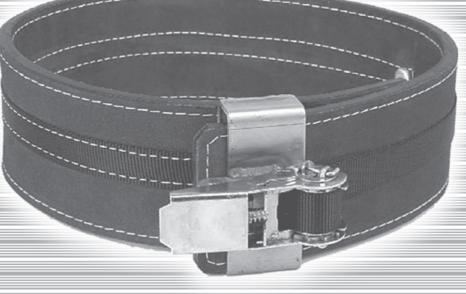
 Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



- 1. Just wrap the belt around your waist like any normal belt.
- 2. Place the leather end of the belt through the for assistance to get your belt tight. stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
- 3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
- Ratchet/tighten belt as desired.
- 5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet Very secure. The belt automatically locks until you safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by . Hand-crafted in the USA. Patent # 5,647,824 pushing out with your tummy or using your hands

- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need
- · Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- manually release it.

PRBELT.COM INZERNET.COM





#### **APC NATIONAL CHAMPIONSHIPS**

IUN 11-13 2010 » Bogart, GA

JUN 11-13 Z	010 »	Bogari, GA			1888		-
BENCH FEMALE 115 lbs. (55-59)		(20-23) D. Roberson <b>165 lbs.</b> (16-17)	281	SP.C		F	
S. Baker Raw	132	A. Castro 4th-204	193				
181 lbs. Open		181 lbs. Open					3
A. Rice MALE 198 lbs.	149	T. Hague <b>198 lbs.</b> (55-59)	341	Cleve Tatun – be	st raw	lifter	
(70-74) T. Sisk <b>220 lbs.</b>	330	R. Glenn (70-74) L. Baker	303 242	Special Olympians 97 lbs. (35-39)	BP	DL	TOT
(40-44) A. Williamson (50-54)	451	<b>220 lbs.</b> (40-44) K. Dean	264	C. Turner <b>132 lbs.</b> (20-23)	55	_	55
J. McDonald <b>242 lbs.</b> (45-49)	402	(65-69) C. Wooten <b>242 lbs.</b>	402	S. Tilly (40-44) I. Dewitt	99 77	242 209	341 286
K. Millrany (50-54)	628	(18-19) B. Wood	374	<b>148 lbs.</b> (60-64)			
B. Graham <b>275 lbs.</b> (35-39)	464	Open T. Morgan 275 lbs.	473	R. Williamson <b>165 lbs.</b> (40-44)	66	165	231
S. Parkhurst (45-49)	462	(40-44) J. Murphy	462	J. Hatch <i>Open</i>	94	182	275
T. Moon 308+ lbs.	589	4th-473 Open		M. McCuen Open	121	220	341
(18-19) T. Brown <i>Raw</i>	462	N. Maida 308 lbs. Open	506	A. Wilkins <b>181 lbs.</b> (40-44)	132	198	330
148 lbs.		C. Tatum	523	S. Smith	187	259	446



	5 60	ATACIST.
		I B
27	7.76	a to
	1 S.	
		1
EN	4	-8
Managas Brandon	host lifter	



	7	1992	-	1	To La			-
Marcus Brando	n – be	st lifte	r	Mary Toole	e – be	st fem	. raw l	ifter
en				T. Brown	562	462	484	1508
Geohaghan	165	325	490	Masters				
en				220 lbs.				
Gothe	160	215	374	(40-44)				
en				J. Schraub	672	352	600	1624
White	121	204	325	(45-49)				
3 lbs.				D. Chambers	622	380	506	1508
1-64)				(60-64)				
Woodward	94	215	308	M. Tyson	281	215	314	809
B+ lbs.				275 lbs.				
1-44)	405		405	(45-49)	2=4	0.54	400	4040
nchors	105	XXX	105	D. Rhodes	374	264	402	1040
lbs.				Open				
(-39)	405	0.04	205	148 lbs.	2=4	0.40	220	0.4=
Dewitt	105	281	385	S. Lovelace	374	242	330	947
en	1.40	227	200	181 lbs.	722	400	606	1740
Mathews	143	237	380	W. Walden	732	402	606	1740
2 lbs.				R. Dowdell	528	402	517	1448
I-23)	200	250	F.C. 7	198 lbs.	754	42.4	C 4.4	1022
Ries	209	358	567	B. Beanland	754	424	644	1822
en .	154	220	40.4	220 lbs.	E0.4	40.4	F01	1500
Gerasimou	154	330	484	Mathewson	584	484	501	1569
blbs.				242 lbs.	754	606	(72	2021
-49)	154	260	F22	M. Brandon	754	606	672	2031
Bateman 1-54)	154	369	523	Masters <b>181 lbs.</b>				
-34)				101 108.				

# LOUIE SIMMONS' PRESENTS

# **Training Secrets of Westside Barbell Club**

Now on Video and DVD!



Video	DVD
Squat Workout \$54.95	
Bench Workout \$54.95	\$59.95
Bench Press	
Secrets \$39.95	\$44.95
Squat Secrets \$29.95	
Deadlift Secrets . \$35.95	\$40.95
Special Strength, \$54.95	\$59.95
Reactive Method. \$44.95	\$49.95

Send Check or Money Order to:

Shipping/handling - \$6.00

Westside Barbell Club 3884 Larchmere Drive Grove City, Ohio 43123 www.westside-barbell.com





# www.westside-barbell.com

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

			r	-			0		
Marcus Br	andon	– best	t lifter		Mary Toole	– best	fem.	raw lif	ter
Open					T. Brown	562	462	484	1508
H. Geohaghan Open		165	325	490	Masters 220 lbs.	302	.02		.500
E. Gothe Open		160	215	374	(40-44) J. Schraub	672	352	600	1624
A. White 198 lbs.		121	204	325	(45-49) D. Chambers	622	380	506	1508
(60-64) O. Woodward 198+ lbs.		94	215	308	(60-64) M. Tyson <b>275 lbs.</b>	281	215		809
(40-44) T. Anchors <b>220 lbs.</b>		105	XXX	105	(45-49) D. Rhodes Open	374	264	402	1040
(35-39) E. Dewitt		105	281	385	148 lbs. S. Lovelace	374	242	330	947
Open D. Mathews		143	237	380	181 lbs. W. Walden	732	402	606	1740
<b>242 lbs.</b> (20-23)		1 15	237	300	R. Dowdell 198 lbs.	528	402	517	1448
C. Ries Open		209	358	567	B. Beanland 220 lbs.	754	424	644	1822
S. Gerasimou 275 lbs.		154	330	484	Mathewson 242 lbs.	584	484	501	1569
(45-49) B. Bateman (50-54)		154	369	523	M. Brandon Masters 181 lbs.	754	606	672	2031
F. Yarborough	60	116	220	336	(50-54)	F20	210	454	1210
Powerlifting FEMALE	SQ	BP	DL	TOT	R. Baker, Sr. (55-59)	539		451	1310
<b>114 lbs.</b> (55-59)					R. Lovelace 198 lbs.	501	336	457	1294
S. Baker <b>148 lbs.</b> (40-44)	231	133	292	656	(40-44) M. Driggers (45-49)	650	551	650	1850
M. Moodie 198+ lbs.	429	215	385	1029	J. Weaver (50-54)	606	330	562	1497
(40-44) J. Parkhurst	275	182	209	666	G. Hatfield (55-59)	639	464	528	1631
Raw	4th-DL	-242			S. Kylis	523 4th-SQ	380 -539	517	1420
<b>123 lbs.</b> (13-15)					(65-69) J. Rouse	462	303	479	1244
A. Bulmash 148 lbs.	209	143	275	628	<b>275 lbs.</b> (45-49)				
(20-23) M. Archer	215	94	231	539	G. Gordon (45-49)	705	501	501	1707
(40-44) B. Gordon	303	176	231	710	R. Tilson (50-54)	622	424	501	1547
<b>165 lbs.</b> (20-23)					T. Bowman <i>Raw</i>	782	479	672	1932
M. Walter (40-44)	187	105	253	545	Teen <b>165 lbs.</b>				
L. Hichkad (45-49)	297	121	314	732	(16-17) G. Schraub	418	209	380	1007
L. Cook	143	99 4th-DL	176 -209	418	(18-19) B. Olsen	429	286	539	1255
<b>198 lbs.</b> (20-23)					<b>198 lbs.</b> (16-17)				
M. Yakemovic 198+ lbs.	286	149	297	732	T. Reiff	407 4th-SQ	-418	462	1129
<i>Open</i> M. Toole	402	226	468	1095	P. Edmiston 308 lbs.	352	297	435	1084
J. Dingler MALE	352	193	319	864	(18-19) R. Bulmash	743	319	600	1663
Teen 242 lbs.					Juniors 220 lbs.				
(18-19) J. Schertz 308+ lbs. (18-19)	528	407	506	1442	(20-23) A. Walker B. Wolter <b>242 lbs.</b>	584 473	402 308	600 506	1585 1288

(20-23) J. Slack	501	264	501	1266	k th		
Submasters	501	201	301	1200	to		
198 lbs.					N		
(35-39)					tr		
K. Eubanks	435	303	523	1261	tŀ		
242 lbs.					S		
(35-39)					n		
J. Rowland	622	407	562	1591	Τ		
Open					S		
148 lbs.					S		
D. Callahan	347	231	446	1024	a		
"		4th-DI	453		a		
275 lbs.					Р		
D. Hoard	688	473	644	1806	S		
D.C. I	4th-SC	`	600	1600	e		
B. Scarborough		418	600	1602 1409	W		
M. Rawlins 308+ lbs.	600	297	512	1409	to R		
D. Johnson	705	407	633	1745	S		
The 2010 Ame					e		
National Powe					W		
Championship					re		
13, in Bogart, 0					В		
Champions: G					si		
Powerlifting Ch					6		
Equipped Powe	erlifting	Team (	Champi	ons:	b		
Ngbb Club Bes					Р		
Svetlana Baker.					W		
Press: Cleve Ta					1.		
Powerlifting: N					g		
Equipped Powe					W		
Best Lifter Men					5		
Marcus Brando					W		
Powerlifting: D					4 V		
of Champions:					Jc		
Laura Vickers for of the National					d		
					th		
ceremony. For several years now Al Hunter thand his spotter/loading crew from the							
Fitness Factory					1		
os ractory	jene						
		5 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -					
	Yo	our ne	w PR	is wa	iii		

kept the lifters of APC Georgia safe with heir excellent spotting. A special thanks o them for another great job at the APC Nationals. Thanks to all the judges who raveled great distances to help out. And hanks to all the countless people, lifters, spectators and others who come together to nake our contests the success that they are. Γhe contest started Friday morning with our special friends, the Special Olympians from avannah, Georgia. Thanks to Rhonda Lang and all the coaches who dedicate time and effort to these special people. Bench Pressing Friday afternoon brought out some spectacular bench pressing with both equipped and raw lifters. Chester Wooten, who is always outstanding and a pleasure to watch, had a raw bench for a GPA World Record of 182.5kg in the 65-69 class. Tom Sisk at age 74 was very impressive in the equipped division with 150kg. Cleve Tatum won men's best lifter with a GPA world record raw bench of 237.5kg and Svetlana Baker was best lifter in the women's division with a WUAP equipped world record 60kg. The Georgia IronDawgs won the pench press Team Championship award. with talent. The first flight on Saturday had 12 women lifters. Svetlana Baker had a world records as well in the equipped 52kg master 55-59 class. Michelle Moodie won women's best lifter honors in the 40-44/67.5kg equipped division also with WUAP world records. Not to be out done odi Parkhurst scored in the 90+/40-44 division with all WUAP world records. In 3-15/56kg class with all GPA raw world

Powerlifting raw and equipped were loaded sion had new talent with a number of Elite great day with personal records and WUAP and Bryan Beanland in the 90kg open class. and the Champion of Champions Dave Ariel Bulmash had a great day winning the full of equipment and an entourage to help in the USA.

# Paul Kelso's

# **POWERLIFTING BASICS** - TEXAS STYLE -

Since 1996 – The Game's Funniest Book!

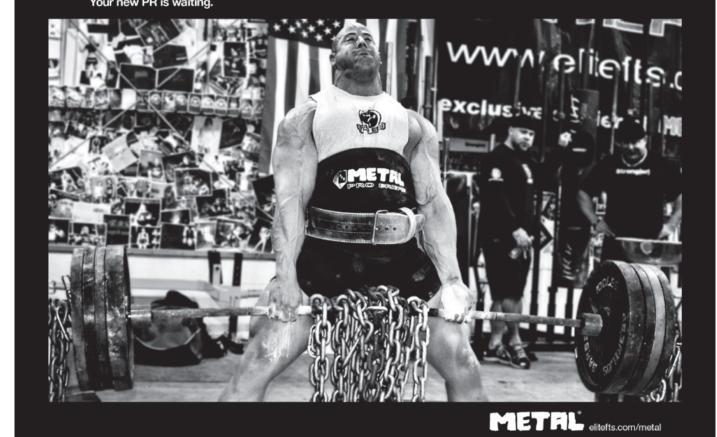
...join Lope and Lavonda in the "ultimate blend of hilarity and common sense"

\$14.95 plus s/h, from IronMind, Box 1228, Nevada City, CA 95959, 916-265-6725,

#### www.ironmind.com

records. The outstanding women's raw lifter this shirt legal, the answer, no, Well Darrell and winner of the women's best raw lifter came to lift weights, and so he did. In the was Mary Toole. The men's equipped divi-Totals. Joining the ranks of the APC Elite was W C Walden in the 82.5kg open class Marcus Brandon repeated as APC Elite also Pasanella Memorial Award. Congratulations winning equipped best lifter honors. The APC opened the raw division 2 years ago or equipped, are entitled to be on the team and the number of raw lifters is amazing, so to the WUAP World Championships in is the weight they lift. Raw lifting is bringing powerlifting back as a strength sport. Dar-Raw winners will be selected for the APC rell Hoard was not a raw lifter until June 13. team to the Global Powerlifting Alliance he raw women's division the youngest lady, He came to the APC Nationals with a bag Raw World Championships in December him put it on. He asked the question, is

process he broke four GPA raw world records just set four weeks earlier at the GPA Raw European Championships in Moscow, Russia. Darrell won raw best lifter honors Darrell. Winners of the APC Nationals, raw



165 lb.

Ouist

220 lb.

275 lb.

MT3R

181 lb.

123 lb.

165 lb.

J. Lopez

220 lb.

242 lb.

S. Wahl

275 lb.

132 lb.

198 lb.

B. Iones

220 lb.

MT3R-AD

J. Kucera

MT1R-AD

M. Maurei

MOR-AD

M. Vinopal

K. Kalka

 Kucera MSM-AD

275 lb.

242 lb.

MOR

198 lb.

220 lb.

275 lb.

K. Pfeiffer

M. Vinopal

T. Dequaine

E.Lilliebridge

C. Hartman

E.Lilliebridge

A. Taylor

308 ĺb.

L. Tigges

MM2

1/1/1

242 lb.

198 lh

I. Baker

165 lb.

198 lh

Adkins

N. Hansen

220 lb.

S Schneider

MO

P. Schultz

275 lb.

B. Saunders

E.Lilliebridge 606

A. Chirico

S. Wilson

M. Teijido

Schwebke

L. Barloon

<b>UPA IA</b> 6 MAR 27 20					G G A
Women	SQ	BP	DL	TOT	THE THE PARTY NAMED IN
165 lb.		406	220	=0.0	The second second
D. Lewis	275	126	330	733	
SHW					
M. Augustine	352	214	374	942	
MO-AD					
SHW					
N. Detman					
MSMR					
165 lb.					
S. Kenworthy	380	303	518	1201	
220 lb.					Ernie Jr., Eric, Ernie Sr. L
B. Molder	374	270	446	1091	Bob Weber, Bill Carpent
308 lb.					175
E.Lilliebridge	705	407	749	1962	275 lb.

1146

319 457

347 259 419 1036

308 231 336 876

374 303 473 1151

115 165 462

187 352 826

473 358 551 1383

440 325 578 1344

209 154 297 661

523 248 512 1284

523 385 633 1543

451 314 540 1306

440 325 578 1344

677 462 501 1642

705 1675

760- 2072

600 1642

749 1962

584

788 600 655 2044

672 501 617 1791

451 369 451 1273

617 518 606 1741

633

485 385

523 385

551

617

402 264

562 462

363

286

507

424

507

E.Lilliebridge 606 363 705 1675

E.Lilliebridge 804 507 760 2072

Schwickerath 325 225 402

-			
Ernie J	., Eric, E	rnie Sr. I	Lilliebridge
Bob W	eber, Bill	Carpen	ter

Ernie Jr., Eric, Ernie Sr. Lilliebridge, Bob Weber, Bill Carpenter										
275 lb.										
J. Edwards	749	606	622	1978						
Push-Pull										
MOR-AD										
220 lb.										
S. Sass		314	551	881						
MM1										
181 lb.										
S. Rieger										
MO										
242 lb.		600	617	1010						
M. Hobmeier		600	617	1218						
DL Only MSMR-AD										
308 lb.										
J. Raglae			523	523						
MOR			323	323						
275 lb.										
G. McMacker	2		738	738						
MM2			730	730						
242 lb.										
C. Driscoll			722	722						
MO			,	,						
242 lb.										
C. Driscoll			722	722						
Team Awards	: 1st - Te	eam We	eber. 2n	d - Team						
Carpenter, 3rd										
» results/pho										
		/	. /-							
*********	~ =	~==								

C. Driscoii		/22	/22	r. Dena III	200.	Disabled	
Team Awards	: 1st - Te	am Weber, 2nd	- Team	Master (54-60	)	M. Bonifield	347
Carpenter, 3rd	d Jakked	Hardcore Gym	١.	D. Cain	265	Junior (20-25)	
» results/pho	tos cour	tesy Bill Carper	iter	Master (68-74	)	J. Jawanda	485
				L. Joiner	209	Law/Fire (40-4	(7)
WABDL	CA	STATE		Master (75-79)	)	J. Tolle	_
MAR 30 20		~		G. Choi	121	Master (47-53)	)
MAII 30 ZC	)10 // C	JIIICO, CA		Open		J. Tovar	602*
BENCH		181 lbs.		D. Dejean	325*	D. Eldridge	364
FEMALE		Master (40-46	5)	Submaster (33	-39)	J. Presley	_
97 lbs.		S. Smith	110	A. Plna	347	Open	
Master (54-60	9)	Master (68-74		198 lbs.		J. Presley	_
P. RobInson	132!	G. Shupe		Class I		Teen (14-15)	
4th-135*		B. Meraz	74*	B. Butka	292	W. Bronaugh	215
114 lbs.		Open		Junior (20-25)		275 lbs.	
Master (40-46	5)	L. Barlow	149	R. Garcia	292	Law/Fire (56+)	)
J. Villegas	72	Submaster		Master (47-53	)	K. Tawzer	408
Master (54-60	9)	L. Barlow	149*	M. Basayne	320	Master (54-60)	
R. Dunbar	66*	198 lbs.		Master (54-60)	)	R. Carbo	513*
132 lbs.		Master (61-67	7)	B. Murphy	265	K. Tawzer	_
Junior		N. Fang	105	J. McBroom	231	308 lbs.	
M. Sutton	132	4th-107*		Master (61-67	)	Elite Open	
Master (47-53	3)	Super		D. Dilenelt	325	S. Wong	805
B. Hanson	133!	Master (47-53	3)	Teen (18-19)		Super	
S. Garcia	94	M. Tawzer	_	B. Manlon	336	Class I	
Master (61-62	7)	MALE		220 lbs.		C. Tawzer	441
L. Ford	45*	114 lbs.		Law/Fire (48-5	55)	Disabled	
Open		Teen (12-13)		G. Alves	446	A. Milusa	143
D. Garcia	94	C. Watts	149!	Law/Fire (56+,	)	4th-148*	
Teen (14-15)		4th-152*		D. Martinez	402	Open	
A. Pecktol	123*	K. Rothe Jr.	121*	Master (47-53	)	C. Tawzer	441
148 lbs.		132 lbs.		T. Coffman	358	DEADLIFT	
Master (40-46	5)	Teen (16-17)		Master (54-60	)	FEMALE	
B. Fuchs	116	M. Pina	215	G. Alves	446	123 lbs.	
Master (47-53	3)	S. Tisdale	198	D. Martinez	402	Master (54-60,	)
P. Presley	176	148 lbs.		L. Wyckoff	375	M. Graydon	231*
K. Soskiń	99	Class I		Master (68-74	)	132 lbs.	
J. Monson	83	J. Arnold	314	R. Urrea	287	Junior	
Open		Open		R. Ford	138	M. Sutton	309*
P. Presley	176	J. Arnold	314	Master (80-84	)	K. Phipps	270
165 lbs.		165 lbs.		E. Miranda	226	Master (47-53)	)
Master (47-53	3)	Class I		Open		D. Garcia	254
A. Carlson	105	J. Clower	231	W. Beavers	543*	Master (61-67,	)
Teen (14-15)		Disabled		R. Perez	540	L. Ford	132*

281 I. Houston

D. Veiga



**Best Equipped Lifter Phil Schultz** with Meet Director Bill Carpenter

281

226

231

487\*

204\*

380

513

T. Campbell

I. Houston

C. Gaytan

242 lbs.

Class I

S. Munoz

R. Exum

D. Strong

J. Hunter

259 lbs.

309 J. Hunter

386\* Disabled

518 Open

L. Birdsong

Law/Fire (40-47)

Master (40-46)

Master (47-53)

K. Engleman

Master (75-79)

Teen (16-17)

4th-292\*

Master (47-53)

4th-292

Master (61-67)

Master (68-74)

I. Gentolizo

T. English

A. Davila

H. Pina

Teen (16-17)

Teen (18-19)

S. Johnson

A. Urdiales

F. Dena III

B. Alvarez

K. Daniels

F. Dena III

K. Rothe

Master (40-46)

Master (47-53)

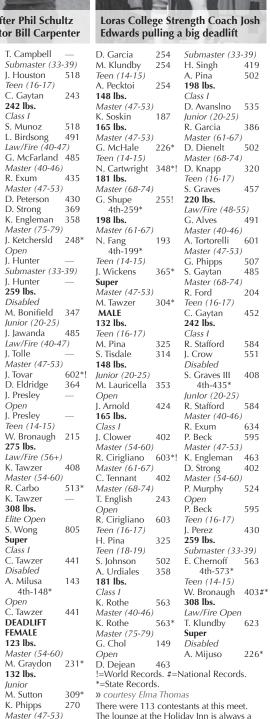
181 lbs.

Class I

C. Cox

Open

D. Veiga



good time for the lifters after the meet. In

the deadlift in class 1 Kenny Rothe pulled

563 1 at 181 for a PR. There were no state

records in that division. In disabled 242,



Sanford Graves III set a California state record 308.5 at 132. In master men, out of 16 contestants, there was only one state and one world record. The state record was 563.1 in master 40-46/181 by Kenny Rothe, and Richard Cirigliano set a world record 602.9 at 54-60/165, which was his 14th world record in 40-46, 47-53 and 54-60 all at 165 lbs. He's an amazing puller. He's been pulling between 601 and 628 since 2000 and always at 165. In master women, there were eight contestants. There were 32 est state records and one set a world record. Ginny McHale of Colorado set a state record Clay Tawzer won at super with 440.7 and a California record 304.1 in 47-53/198+. Michelle Gravdon got a California state 231.2 at 54-60/123. Nancy Fong got a 199.3 and bull dogging. In 12-13/114 Clayton at 61-67/132 and Gerda Shupe got a world record 259 at 68-74/181. She only weighed 168 and is 71 years old! At submaster 259. Fric Chernoff set a California record 573 and Sanford Graves III coached his Vacaville in teen 14-15/259, William Bronaugh set a team to first place in the team standings. with a huge 348.1. In 14-15/165, Nicole Cartwright set a world record with a huge 348.1. In 14-15/198, Jacqueline Wickens set 53/148. Gerda Shupe was, in my opinion, a Nevada record 364.5, which is a tremendous lift for a 15 year old girl. Moving onto a world record 137.7 bench at 68-74/181 the bench press, Dana Veiga set a California and a world record 259 deadlift. I want to record 292 in disabled 165. He also got credit for a master 47-53/165 record with the me the use of their home. I want to thank Nevada record for over 10 years. In master for setting up the warm-up benches and 47-53/259 Jaime Tovar set a California record weights. A big thank you to Larry Hansen 512.5 and passed the drug test. At 75-79/242 and Betty Hansen for selling tickets, pro-John Ketchersid set a California record 248. grams and t-shirts. Gary and Elma Thomas

In master women, 47-53/132, Betty Hansen set her first world record in double ply with 133.3. In master women 54-60/97 Pamela Robinson set a world record 135.5. Gerda to go along with her world record deadlift of 259. In open men, Adolfo Davila set a California record 487.2 at 165. He has been on the injured list for 1.5 years and is on the coméback trail. At 181, Dietrich Dejean set a Nevada record 325. At open 220, Will who got a very respectable 518 for third. 225.7 in master 47-53/165. Mary Tawser set what makes him worthy of mention is that he » story/photo courtesy Gus Rethwisch was a rodeo star being ranked in the top ten in the world consistently, in California roping Watts set a world record with 152 in his first meet. Hugo Pina in his first meet got a California state record 203.7 in 16-17/165. national record 403.3. In teen women 14-15/165 Nicole Cartwright set a world record outstanding female master bench pressers of the meet. Pamela did a world record 135.5 in 54-60/97 and Peach did a 176.2 in 47the outstanding lifter of the whole meet with thank Jim and Peach Presley for allowing

were on the computer. The judges were Jim Presley, Jody Woods, Sam Pecktol and Jim Shiffield. MC's were Jody Woods and Gus Rethwisch, I want to thank our sponsors Shupe set a world record 137.7 at 68-74/181 Rocky McCullough of Goodson Honda of Houston, Texas, Brian Welker of Welker Engineering, Grace Cloninger of House of Pain Nevada, Shawn Madere of GLC Direct, Jon Doyle of USP Labs, Neal Spruce and Odd Haugen of DotFit Vitamin Supplements and the best creatine on the planet, Alan thomas Beavers set a California record 543.3 with 20 of APT Pro Wraps, Ken Anderson of Anderfemale contestants overall in both bench and lbs. left on the platform. He narrowly edged son Powerlifting, Pete Alaniz of Titan Support deadlift. Out of the eight mater women, six Ray Perez who did a 540 and James Houston Systems, Mike Lamberts of Powerlifting USA Chet Groskreutz of IVanko and Keith Lem of CSS Photography.



in Chico, CA, holding his awards





446 314 485 1245 N. Cartwright —

# 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, or by phone at 1.800.448.7693.

11 SEP » NASA Wisconsin MSE Open (PS/PP/BP only) (Milwaukee, WI) » Brad Aldag, aldagb@msoe.edu, www.nasa-sports.com

11 SEP » Fitness Zone Bench Press Classic (Albans, VT) (non-sanctioned BP only, trophies for top 3 in each weight class, best lifter trophies for best male and female lifters, strongman exhibitions, professional arm wrestling, food, t-shirts, etc....it's going to be a fun time! \$50 entry fees) » James Aikey, 802.825.3495, jathepunisher@aol.com, www.fitnesszonevt.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.chips24hrhealth.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, 434.985.3932, valifting@aol.com, www.virginiapowerlifting.blogspot.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.wvuspf.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 WNPF 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 » APF/AAPF Tri State Record Breakers PL/BP (Sun Prairie, WI) » Ed & Joanie Taber, joani\_taber@yahoo.com, www.worldpowerliftingcongress.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., Llansamlet, Swansea) >> Ken Williams, 07970 625946, www.britishpowerliftingorganisation.co.uk, www.wpfpowerlifting.com

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

18 SEP » APA Nationals (Branson, MO) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com 18 SEP » 100% RAW East NY State Single Lift Championships (East Syracuse, NY) » Hunter & Wayne Claypatch, www.rawpowerlifting.com

18 SEP » UPA Indiana State Powerlifting Championship (best lifter receives a



(419) 551-7423

112 S. DEFIANCE STREET STRYKER, OHIO 43557

paid sponsorship to the UPA National) (Wheatfield, IN) at Hoffman's Barbell » 219.713.0774, www.upapower.com 18 SEP » USAPL WY State PL Championships (Gillette, WY) » Mark Hermann,

307.257.9500, www.usapowerlifting.com

18 SEP » NASA Tennessee Regional (Equipped & Unequipped BP/PS/PP) (Pickwick, TN) » www.nasa-sports.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 (Pfafftown, NC) at West Central Community Center, Keith Payne, 336.251.8704, keith@ironboypowerlifting. net, www.ironboypowerlifting.net

18 SEP » SLP Bodyworks Gym/Spears 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 WNPF All-Americans & 2nd WNPF Lifetime Pan-Ams (PL/BP/DL/ PC) (Port St. Lucie, FL) > wnpf@comcast.net, 812.204.2886

24 SEP » USPF Olympia Powerlifting Invitational (by invitation only) (Las Vegas, NV) at the Las Vegas Convention Center >> Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com

25 SEP » USAPL 2nd Annual Roadrunner Iron Wars (San Antonio, TX) » Wes Zunker, 13119 Regency Bend, San Antonio, TX 78249, 210.317.8245, www. usapowerlifting.com

25 SEP » APA Magnolia State Fall Classic (PL/PP/BP/DL; Raw & Equipped) (Fulton, MS) >> Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

25 SEP » USPF Olympia Bench Press & Deadlift Invitational (by invitation only) (Las Vegas, NV) at the Las Vegas Convention Center » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com

25 SEP » NASA Indiana Regional (Equipped & Unequipped PL/BP/PS/PP) (Kokomo, IN) » Job Hou-Seye, P.O. Box 565, Sheboygan, WI 53082, statechairman@ wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com

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 WNPF Penn. States & 2nd WNPF 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 » 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 » WNPF Can-Am Nationals (Rochester, NY) » Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net

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 WNPF Lifetime Drug Free Nationals (PL/BP/DL/PC) (WNPF sanctioned) (Bordentown, NJ) >> Troy Ford, wnpf@aol.com, 770.668.4841,

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

2/9 OCT » WNPF Palmetto Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

2 OCT » NASA Wisconsin State (Sheboygan, WI) at Sheboygan Falls YMCA » Job Hou-Seye, 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 OCT » USAPL Kansas State Championships (Gillette, WY) » Wayne herl, 3503 Chaumont, Hays, KS 67601, 785.639.1390, www.usapowerlifting.com 2 OCT » ADFPF Ottumwa Oktoberfest Record Breaker & International Qualifier (Ottumwa, IA) » Jason M. Weite, 620 N. Court, Ottumwa, IA 52501, 641.226.0075, bigjay\_67\_2000@yahoo.com, Robbie L. Saylor, 824 Filmore St., Ottumwa, IA 52501, 641.680.2190, ladymskati@yahoo.com, www.adfpf.org

pionship (also Multi-Ply Bash for Cash PL/BP on Oct. 3) (Nashville, TN) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

2-3 OCT » 100% RAW West Coast Single Lift World Championships (Las Vegas, NV) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com 3 OCT » Multi-Ply Bash for Cash PL/BP (in conjuction with the SPF/WBPLA World Championships) (Nashville, TN) at Hotel Preston » Jesse Rodgers, 7493 Tanva Dr., Harrison, TN 37341, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.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.aaupowerlifting.org

9 OCT » 100% RAW Virginia State Single Lift (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, valifting@ aol.com, www.virginiapowerlifting.blogspot.com

9 OCT » USAPL North Carolina State Championships (Shelby City, NC) » Allen Davis, 115 Lakeshore Dr., Kings Mtn., NC 28086, 704.482.5088, www. usapowerlifting.com

9 OCT » APF Southern Steel Barbell Push Pull (Oak Ridge, TN) » Paul Key, 615.448.5297, paulgkey@gmail.com, www.worldpowerliftingcongress.com, www.easttnsportexpo.com

9 OCT » (NEW DATE) NASA Nebraska Regional (Equipped & Unequipped BP/PS/PP) (Omaha, NE) » Job Hou-Seye, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com 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,

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, daye@usabodybuilding.net, www.uspfpowerlifting.com

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

16 OCT » ADFPF Michigan State & Open Record Breaker & Qualifier (Grand Rapids, MI) » Richard Van Eck, 269.521.4031, www.adfpf.org

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 » Supreme Fitness IV (100% RAW and AAPF sanctioned) (Brattleboro, VT) at Supreme Fitness >>> Bret Kernoff, VT\_Chair@rawpowerlifting.com, www. rawpowerlifting.com, www.vermontpowerlifting.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

2-3 OCT » SPF/WBPLA World Powerlifting and Bench Raw & Single Ply Cham17 OCT » APA East Coast RAW Championships (PL/PP/BP/DL) (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

22-24 OCT » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Atlantic City, NJ) at the Taj Mahal » mmasportsexpo.com 23 OCT » APF/AAPF Fall Classic & MN State Championships (Montgomery, MN) >> Scott Nutter, 952.215.2588, www.worldpowerliftingcongress.com 23 OCT >> USPF Central California Championship (San Luis Obispo, CA) >> Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com 23 OCT » USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv, www.wvuspf.com

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 » APA Barbee Classic (Corpus Christie, TX) » Scott Taylor, 356 Lake-

land Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.

23 OCT » IPA New England Power Challenge (Cranston, RI) » Gene Rychlak

# **APF/AAPF/WPC Schedule**

3-5 SEP. AWPC/WPC Raw Worlds

11 SEP, APF/AAPF Summer Heat VI

11 SEP, APF Georgia State Meet

11-12 SEP. APF/AAPF Tri State Record Breakers

18 SEP, APF Mississippi State PL Meet

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

9 OCT, Iron Warriors BP AAPF Raw & APF Equipped

9 OCT, Southern Steel Barbell Push/Pull

16 OCT, APF Orlando Barbell Classic

23 OCT, APF Wolverine Open

23 OCT, APF/AAPF Fall Classic & MN State Championships

30 OCT, APF/AAPF Rise of the DL/Beast of the BP

30 OCT, APF/AAPF Nightmare at East Carolina Barbell

1–7 NOV, WPC World Championships

20 NOV, APF/AAPF Push/Pull Competition

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

11 DEC, Israel Open Championships

11 DEC, APF/AAPF Golden State Meet

**DEC**, APF South Carolina Championships

**DEC**, Ontario Amateur Pro Championships

JAN 2011, Battle in Montreal

Dates subject to change Call 866-389-4744 for more information or go to our website: www.worldpowerliftingcongress.com

#### **COMING EVENTS >>**

Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@ vahoo.com, www.rvchlakpowersvstems.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 WNPF World Championships & International BP/DL

Championships (Guatemala City, Guatemala) >> Troy Ford, wnpf@aol.com, 770 668-4841. www.wnpf.net

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

30 OCT >> APF/AAPF Nightmare at East Carolina Barbell (Winterville, NC) >> Eric Hubbs, nettin\_fish@msn.com, www.worldpowerliftingcongress.com 30 OCT » Tournament of Shadows Halloween Bench Press & Deadlift Championships (Sleepy Eye, MN) » Brent Mielke, 109 Linden St. SE, Sleepy Eye, MN 56085, www.tournamentofshadowsbenchpress.blogspot.com

**30 OCT »** USAPL Anchorage Fall Classic (Anchorage, AK) **»** Ronnie Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907.345.7996, www.usapowerlifting.com 30 OCT » APF/AAPF Rise of the DL/Beast of the BP (Northbrook, IL) » Erv & Lea-

Ann Domanski, 847.347.7569, www. worldpowerliftingcongress.com

**30 OCT >>** Central Texas Strongman (North American Strongman Inc. membership required) (Temple, TX) at the Frank W. Mayborn Civic & Convention Center » Rendy & Christine DeLaCruz, 817.891.6261 or 817.713.7118, metroflexgvmftw@vahoo.com

30 OCT » WABDL Regional BP/DL Championship (Lakeland, FL) at All American Gym, 309 West Main St. » All American Gym. 863.687.6268, www. allamericangym.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, rcrain@allegiance. tv, www.wvuspf.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 keept 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.

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

com, sonlightgym@verizon.net

30 OCT » (TENTATIVE DATE) NASA Ohio Regional, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) » www. nasa-sports com

1-7 NOV » WPC World Championships (Mikaeli, Finland) » Minna & Ano Turtiainen, www.worldpowerliftingcon-

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.britishpowerliftingorganisation.co.uk, www.wpfpowerlifting.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, www.naturalbodybuilding.com 6 NOV » IPA Autumn Apocalypse (Wildwood, NJ) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo. com, www.rvchlakpowersvstems.com 6 NOV » WNPF/WNPF Lifetime World Tournament of Champions (Atlantic

City, NJ) > Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net 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, 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, www.apa-wpa.com 6-7 NOV » WCPF International Invitational Championships (Atlantic City. NJ) >> Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.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 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, www.rawunitymeet.com

6-7 NOV » 100% RAW Single Lift World Championships (Norfolk, VA) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com 7 NOV » Old School Iron Wars Full Powerlifting (100% RAW and AAPF sanctioned) (Burlington, VT) at the YMCA » Bret Kernoff, VT\_Chair@rawpowerlifting.com, www.rawpowerlifting.com, www.vermontpowerlifting.com

13 NOV » SPF Record Breakers PL Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

13 NOV » WNPF/WNPF Lifetime World Tournament of Champions (Rochester, NY) » Ron Deamicis, powerlt103@aol.com, 330.792.6670, www.wnpf.net 13 NOV » WNPF/WNPF Lifetime World Tournament of Champions (Atlanta. GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net 13 NOV » APA First State Power Frenzy (DE) » Scott Taylor, 356 Lakeland Dr. Lot 3,

Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com 13 NOV » USAPL RegionVI Championships (Pearl, MS) » Jim Battenfield, 601.665.7783, www.usapowerlifting.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, www.apa-wpa.com 13 NOV » USPF NorCal PL/BP/DL/PP Championship (Modesto, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com 13 NOV » IBP Battle of the Bench (Shelby, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net

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

13 NOV » NASA WV Regional (Equipped & Unequipped BP/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhepower.com, www. vhepower.com, 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, sonlightgym@verizon.net

13-14 NOV » WDFPF PL World Championships (Castleblayney Co. Monaghan, Ireland) >> www.adfpf.org

14 NOV » WCPF World Record Breakers (Atlanta, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496. adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

14 NOV » WNPF/WNPF Lifetime World Tournament of Champions (Youngstown, OH) » Ron Deamicis, powerlt103@aol.com, 330.792.6670, www.wnpf.net

14/20 NOV >> WNPF/WNPF Lifetime World Tournament of Champions (Merritt Island or Kissimmee, FL) >> Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net 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

#### **UPCOMING SLP COMPETITIONS**

4 SEP, SLP FL State Open BP/DL/Curl (Kissimmee, FL)

11 SEP, SLP TN State Fair Outlaw BP/DL (TN)

18 SEP, SLP Bodyworks Gym BP/DL (Dry Ridge, KY)

**25 SEP**, SLP National PL Championship (Tuscola, IL)

**26 SEP**, SLP Atlas Gym Open (Kenosha, WI)

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

www.sonlightpower.com sonlightgym@verizon.net

20 NOV » SPF Arkansas Christmas Classic PL Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

20 NOV » APF/AAPF Push/Pull Competition (Wheatfield, IN) » Ryan Rigdon, 812.391.9129, www.rigdonspowerpit.com, www.worldpowerliftingcongress.com 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, www.apa-wpa.com

20 NOV » NASA Colorado Regional, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) » 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, sonlightgym@verizon.net

20 NOV » USAPL Ohio PL/BP Championships (Bedford Heights, OH) » Ed and Frank King, 440.439.5464, www.usapowerlifting.com, www.kingsgymohio.com 20 NOV » USAPL Stars & Stripes BP & DL (Clarks Summit, PA) » Steve Mann, 127 Aumner Ave, Clarks Summit, PA 18411, 570.406.8422, www.usapowerlifting.com, www.purepowerlifting.com

20-21 NOV » IPA Sr. Nationals (York, PA) at York Barbell Co., 3300 Board Rd. » Mark Chaillet, 717.495.0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com 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, sonlightgym@verizon.net

27 NOV » NASA Oklahoma Boomer Classic (Equipped & Unequipped BP/PS/ PP) (Oklahoma City, OK) » www.

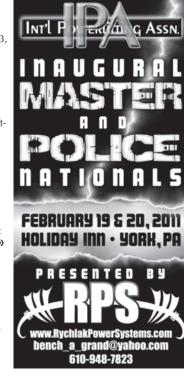
nasa-sports com NOV » IPA Autumn Apocalypse » Gene Rychlak Ir., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www. rychlakpowersystems.com

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

4 DEC >> SPF Luke Edwards Benefit Bash (Cincinnati, OH) at Sweatt Shop Gym » Jesse Rodgers, 7493 Tanya Dr., Harrison, TN 37341, 423.255.3672, rodgersmadmax@ bellsouth.net, www.southernpowerlifting com

4 DEC » NASA New Mexico Push-it Lift-it (PP/BP/PS) (Rio Rancho, NM) » Mike & Teale Adelmann, mike@liftinglarge.com, 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, www.apa-wpa.com

4 DEC » APA Winter Power Wars (Full Power, Push-Pull, BP only, DL



# THE NERENBERG WORLD CHAMPION **POWER COMPETITION**



Saturday, Nov. 13, 2010 Set World, National Zes State Records A nonprofit, public service agency dedicated to serving students of power.

Location:

WLOP HEADQUARTERS 7238 Painter Ave. Whittier, CA 90602 562.693.8005

Nerenberg World Champion Power Comp.

All Wt. Classes • All Ages • Trophies Awarded Elite, Masters, Amateurs, Youth Entry Fee: \$40.00 Per Event • Membership Fee: \$25.00 Make checks payable to: WLOP

Registration

Check In: 9:00 am Weigh In: 9:30 am Competition Starts:

Bench Press • T-Bar Strongman Pull • Strict Curl











RadianWitality

Health, Love, Power, and True Passion

Measured by:

power lifting, bodybuilding,

essays, epigrams and poetry.

For more info: www.nerenberginstitute.com



Dr. Arnold Nerenberg, Ph.D.

#### STREET PHYSIQUE - POWER SHRUGS - PUSH UPS

#### STREET PHYSIQUE How powerful do you look on the Street?

Power Presence No Posing

"Trophies and titles awarded "Mr. Universe Street Physique. For more info: www.worldlegionofpower.com **PUSH UPS** 

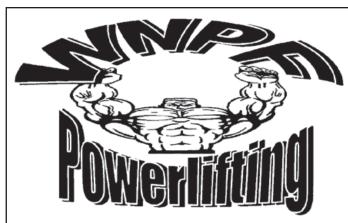
TYPES OF PUSH UPS: Most in 3min; 1 min; explosive; weighted; Most difficult.

**POWER SHRUGS** On Smith Machine

For more info: www.worldlegionofpower.com

Alvin Waldon, World Champion, Director of the Bench Press Division - Steven "Hollywood" Brown, World Champion, Director of the Oregan State Chapter
Captain Joel Fraker, Military Consultant

Name:	Phone #:		_ Age:	Weight:
Address:	City:		State:	Zip:
	d Legion of Power activities is potentially hazardous . I assume all risk for any injury resulting from my i.	Email: I'm competing in: Ben	ch Press Power P	Pull-Up T-Bar Pull
X (Participants Signature - Parent/Gardian	Date:Signature if participant is under 18 years old)	Street Physique		nups Shrugs
☐ Check here if already a WLOP n		*Wa wo	uld appreciate receiving s	your application by 10/15



#### **WORLD NATURAL POWERLIFTING FEDERATION**

**11 SEP**, 4th WNPF Jake the Hammer Classic & WNPF Night of Champions (Fitzgerald, GA)

**19 SEP**, 4th WNPF All-Americans & 2nd WNPF Lifetime Pan-Ams (Port St. Lucie, FL)

**25 SEP**, 19th WNPF Penn. States & 2nd WNPF Lifetime Penn. States (Ephrata, PA)

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

only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com

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

**4 DEC** » APF/AAPF Southern States Powerlifting & Bench Press (Jacksonville, FL) » Wayne Pullum, 904.374.5333, pullumsplatform@aol.com, www.world-powerliftingcongress.com

**4 DEC »** IPA 6th Annual Christmas Carnage (Boyertown, PA) **»** Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, 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 4 DEC » USPC December Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, 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, www.apa-wpa.com 4 DEC » (TENTATIVE DATE) NASA Missouri Regional, Equipped/Unequipped

PL/BP/PS/PP (Carthage, MO) » 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, sonlightgym@verizon.net

4 DEC » Elkhart Bench Press Classic (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com

**4 DEC »** 10th Annual Pocket Samson's Christmas BP/DL (all weight classes, divisions, and age groups) (Hanover, PA) at Club 2000, 28 Baltimore St. **»** Glenn Murphy, 410.634.9195, Kevin Bidelspach at Club 2000, 717.632.6009

**4-5 DEC »** USAPL American Open/Police & Fire Nationals (Philadelphia, PA) **»** Rob Keller, P.O. Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com

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

**5 DEC »** WPF British BP, DL Open Record Breakers, (Four Seasons, Trallwn Rd., Llansamlet, Swansea) **»** Ken Williams, 07970 625946, www.britishpowerliftingorganisation.co.uk, www.wpfpowerlifting.com

5 DEC » USPF Northern Cup BP/DL/PP (USPF Division II - Multi-Ply) (Man-

**Louie Simmons with Coach Dick Hartzell** 

Many thanks to all of our loyal customers, including West Side Barbell!

The "Rubberband Man" Dick Hartzell and Staff are here to serve you! Give us a call or check out our website to order FlexBands, Bases, Vertical Pipes, DVDs and other training accessories. Register today for one of our upcoming Training Seminars!

Jump Stretch, Inc. 1230 N. Meridian Rd. Youngstown, OH 44509 800-344-3539 \* 330-793-8712 www.jumpstretch.com



chester, NH) at the Courtyard Marriott **>** Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, 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.pikitup.com, al@pikitup.com

11 DEC » APF/AAPF Golden State Meet (Camarillo, CA) » Larry Pollock, 805.484.5553, info@bodytemplegym.us, www.worldpowerliftingcongress.com 11 DEC » Carroll County Christmas Classic (BP/DL/PP; all weight classes and divisions) (Sykesville, MD) at Athen's Health Club, 6000 Emerald Lane » Tom Freedman, John David, 410.549.3001, Glen, 410.634.9195

11 DEC » USPF San Diego Open PL/BP/DL/PP Championship (San Diego, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com 11 DEC » 13th WNPF Sarge McCray (PL/BP/DL/PC) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**11 DEC »** USPF Region 4 Open Championships (Parkersburg, WV) at the Patriot Fitness Center » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wvijspf.com

11 DEC » 100% Raw Christmas Classic BP, DL, SC (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapower-lifting.blogspot.com, valifting@aol.com

11 DEC » NASA West Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Hereford, TX) » 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, sonlightgym@verizon.net

11 DEC » WPC Israel Open Championship (Haifa, Israel) » Anna Marcus, annamarcus@rambler.ru, www.big-champ.com, www.worldpowerliftingcongress.com
12 DEC » WCPF Delaware Championships (Lewes, DE) » Troy Ford,
678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496,
adrian.locklear@hotmail.com, www.wnpf.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, www.apa-wpa.com

**12 DEC >>** WNPF Delaware Championships (BP/DL/PC) (Lewes, DE) >>> Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**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, 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, sonlightgym@verizon.net

**18 DEC »** NASA Illinois Christmas Regional, Equipped/Unequipped PL/BP/PS/PP (Flora, IL) **»** 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

**DEC** » APF South Carolina Championships (Columbia, SC) » Will Millman, 843.886.5366, shelter223@gmail.com, www.worldpowerliftingcongress.com **DEC** » Ontario Amateur Pro Championships (Ontario, Canada) » Bruce McIntyre, brucemcintyre@sympatico.ca, www.worldpowerliftingcongress.com

2010 » USAPL Raw Nationals (Denver, CO) » Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com

2010 » USAPL Police & Fire Nationals » www.usapowerlifting.com

2010 » USAPL Military Nationals » 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 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

**29 JAN 2011 »** USAPL High School/College Raw/NE USA PL Championships (Scranton, PA) **»** Steve Mann, 127 Sumner Ave., Clarkes Summit, PA 18411, 570.406.8422, 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, www.rychlakpowersystems.com 29-30 JAN 2011 » USPF American Powerlifting Cup Invitational and Los Angeles Fit Expo Bench Press and Deadlift Invitational (Los Angeles, CA) » Steve Denison, 661.333.9800, pwrlftrs@msn.com, www.powerliftingCA.com, www.thefitexpo.com

JAN 2011 » Battle in Montreal (Montreal, Canada) » Bruce McIntyre, brucemcintyre@sympatico.ca, www.worldpowerliftingcongress.com

#### STRENGTH TRAINING BOOK

"Z LAST BOOK YOU'LL EVER NEED ON STRENGTH TRAINING"
By Todd E. Bostrom

"This book will give you all you need to plan your quest for greater strength."

BILL KAZMAIER
World's Strongest Man '80, '81, '82
IPF World Champion Powerlifter '79, '83

Available on AMAZON.COM

JAN 2011 » USAPL HS/Collegiate Raw (Scranton, PA) » www.purepowerlifting.com, www.usapowerlifting.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, www.rychlakpowersystems.com

12 FEB 2011 » SPF Alabama State PL/BP Championship (Arab, AL) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
19 FEB 2011 » SPF Ozark Mt. Classic PL/BP Championship (Branson, MO) »
Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
19 FEB 2011 » APA Bench Press Nationals » John Micka, 601.297.5646, jg-micka@aol.com, Bobby Myers, 850.974.2880, alaqua-pits@netzero.net, www.ana-wpa.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, www.niagarapowerliftingclub.com 19 FEB 2011 » SPF Southern Regional, Full PL and BP (Robinsonville, MS) at Harrah's Casino Convention ») Jesse Rodgers, 7493 Tanya Dr., Harrison, TN 37341, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com 26 FEB 2011 » USAPL VA Open PL/BP/DL (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www. usapowerlifting.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, www.uspfpowerlifting.com 4 MAR 2011 » IPA Arnold Weekend Open (Full Power/BP/PP) (Columbus, OH) at the Courtyard Marriot, 2350 West Belt Dr. » Dan Dague, 614.554.8824, lexenxtreme@aol.com. www.lexenxtreme.com

5 MAR 2011 » SPF Ironman Classic PL/BP Championship (Nashville, TN) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com 5 MAR 2011 » IPA Arnold Weekend Open (Lexenxtreme Pro/Elite Coalition Multi-ply Meet - IPA Rules Apply/ Full Power/BP - Multi-ply only open to Pro and Elite level lifters) (Columbus, OH) at the Courtyard Marriot, 2350 West Belt Dr. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com 19 MAR 2011 » Renegade Natural Squat Meet (Cash prizes, 2 drug tested divisions - raw & equipped - formula will determine winner) (Harrisburg, PA) at Max Fitness » 717.512.8643. www.naturalpowerliftingusa.com

#### APF 57TH IRON MAN OPEN

POWERLIFTING & BENCH PRESS CHALLENGE (OPEN, MASTERS, TEENAGE, WOMEN, JUNIOR)

December 5th, 2009 in Fresno, CA

Mr. Iron Man & Ms. Iron Woman

Over 40 Mr. Iron Man

Entry blanks available at www.worldpowerliftingcongress.com

BOB & KIM PACKER CELL: 559.760.2970 OR AFTER 8 P.M. CALL: 559.323.3892

**UNCLASSIFIEDS** 

26 MAR 2011 » USPF Region 7 Championship Powerlifting Meet (Full Meet, SL Bench Press & Deadlift Meets) (AZ, CO, MT, NM, UT, WY) (Tombstone, AZ) at Cold Iron Gym, P.O. Box 814 » Danni Eldrigdge, brock5851@aol.com, www.coldirongym.com

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

**1-3 APR 2011 »** USAPL Collegiate National Championships (Scranton, PA) **»** Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiates.purepowerlifting.com

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

16 APR 2011 » APA Raw National Championships » John Micka,

601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaqua-pits@netzero.net, www.aparawnationals.webs.com

**28 APR - 1 MAY 2011 »** USAPL Men's Master Nationals (Atlanta, GA) **»** Greg Jones, 770.266.9258, www.usapowerlifting.com

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

21 MAY 2011 » USAPL 3rd Annual Orange County Powerlifting, Ironman and Bench Competition (Pine Bush, NY) » Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845.778.1884, frankjpanaro@gmail.com, www.ocpowerlifters.com 27 MAY 2011 » Andy Bolton Deadlift Challenge (Cleveland, OH) » Ty Phillips, 216.310.2283, 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

3-5 JUN 2011 » APC National PL/BP Championships (East Peoria, IL) » Stephen Parkhurst, 309.657.0963, parkhurst111@hotmail.com, www.american-powerliftingcommittee.com

10-12 JUN 2011 » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Denver, CO) at the Crowne Plaza Denver International Airport » 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

**24-26 JUN 2011 » WDFPF Single Event World Championships** (Muskegon, MI) at the L.C. Walker Arena **»** Richard Van Eck, 269.521.4031, Ron Madison, www.adfrof.org

19-21 AUG 2011 » USAPL Raw Nationals (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

26-28 AUG 2011 » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » mmasportsexpo com

man and more) (New York, NY) at the Hilton » mmasportsexpo.com 10 SEP 2011 » USAPL Deadlift and Push/Pull Nationals (Zion Crossroads,

VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com

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

19 NOV 2011 » USAPL Stars and Stripes BP/DL Championships (Clarks Summit, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiates.purepowerlifting.com

**10-11 DEC 2011** » USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com

**2011** » USAPL Bench Press Nationals (Orlando, FL) » Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com

# **MEET DIRECTORS:**

there are literally HUNDREDS of meets for the readers of *Powerlifting USA* to choose from each month. Put a display ad in *PL USA* to make **YOUR MEET** stand out. Call Mike Lambert at 1.800.448.7693 for details. We will even do the typesetting on your ad for FREE!!



NEW! Read Kelso's articles & books? Try...

### **JACK RUBY'S LAST RIDE**

— A Collection of Short Fiction —

> It's late November, 1963. As Feds and Mafia close in, why is Jack Ruby's driver playing "Ain't Misbehavin" on his clarinet?

Could a 108 year old Japanese lady fly away with a flock of cranes?

> Will an old writer take a \$60,000 dowry to wed a cute Asian weightlifter?

Paul knew Jack Ruby, among other wild characters, and has lived large outside the iron game. The eleven journal quality stories range from high seriousness to the naughty romp, drawing on the author's forays as a folksinger, soldier, teacher and journalist in the USA and Asia.

"Kelso is a terrific yarn spinner." – Mike Lambert, Editor, PL USA

#### **AVAILABLE NOW!!**

From: www.wheatmark.com or call toll free 1.888.934.0888 ext. 2

Also see: Amazon.com & other online booksellers

For powerlifting federation listings and applications, go to www.powerliftingusa.com/federations.php

3.00 per line per insertionFigure 34 letters & spaces per line

#### The Steel Tip Newsletter

from Dr. Ken Leistner is now available! All 36 issues have been compiled into one volume with NEW training material and commentary from Dr. Ken himself. For more details or to get your copy please visit: www.oldtimestrongman.com

or call 1.800.978.0206

## MONTHLY SPECIALS Call or E-mail

www.1500LB.com

#### Original

Safety Squat Bar Rackable Camber Bar XW Rackable Camber Bar Combo Bar Vari-T-Bar

#### MORE

Mono Lift (with) Sumo Power Rack Wide Base Rack Full Beam Power Hooks Zercher Harness & Power Pole

#### **Custom Work**

info@1500LB.com Crepinsek 831-637-0797

**POWERLIFTING USA BACK ISSUES** are available as far back as 1993 at www.powerliftingusa.com.

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Laud, Florida 33302

6400 SOLD AS OF MAY 1st!!!

# **KELSO'S SHRUG BOOK**

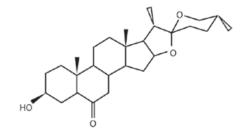
READ ALL ABOUT IT AT:

www.wheatmark.com

or other leading online booksellers

# WHAT IS THE BLUEPRINT?

"Definitely the best money I've EVER invested!"
- Blueprint Believer, A. Perschbacher of Clinton, IN



WWW. BODYBUILDINGSUPPLEMENTS. COM

# SLATER'S HARDWARE STONE MOLDS





For further information or to order Slater Strongman Stones please contact SLATER'S HARDWARE PHONE: 1-740-654-2204 FAX:1-740-654-2637 EMAIL: slaters@slatershardware.com www.slatershardware.com

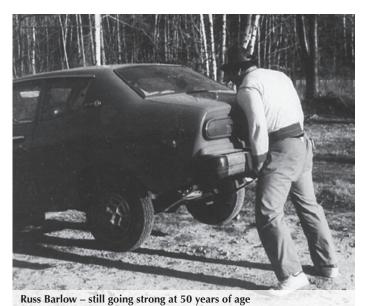
- \* Make spherical concrete stones continuously in a multitude of sizes.
- \*\* Easy to make, hard to break. Our molds are constucted of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.
- **★** Currently available in 8, 10, 12, 14, 16, 18, 20, 21 and 24 inch diameter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

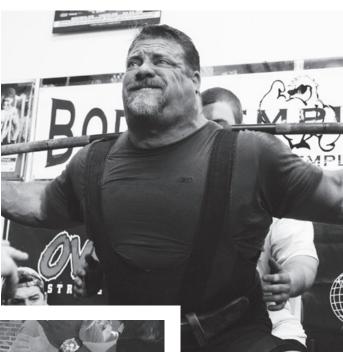
Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere PDA 104 Bangor Street Mauldin SC 29662 864-963-5640 www.fractionalplates.com

IRON MAN MAGAZINE – honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

#### GIFTOFSTRENGTH.COM

Own your copy today of "The Best of the Chest with Kathy Roberts." Kathy's complete bench workout is now available on DVD. Back workout DVD, "Attack the Back with Kathy Roberts," is also available. Giftofstrength® Services offers: Consulting; Personal Training: Professional Photography / Videography: Expert advice in training for all sports; Motivational Speaking; Coaching/Athletic Development/Mental Development; Promoting/Advising; Professional and Life Coaching Services (Real-time life experience with educational choices, career choices, life changing); Mentoring (Tennis, Weightlifting, Exercise, logging, Aerobics); Physical Fitness Consulting: Strength Conditioning and Exercise Improvement. Several workout routines are featured on YouTube at www. youtube.com/KathyRoberts1. Check out Kathy's website for up and coming Drug Free Powerlifters and Bodybuilders, professional tennis results and photos. If you'd like to link to this site, it must be reciprocated. Drug free websites only. If you'd like to advertise on this site, send me and email with your site location and contents and it will be reviewed. Reasonable rates are offered. Check it out for yourself today.







Brian Siders posted a huge single-

ply total, but did not compete at

the USAPL Men's Nationals

1 SNapFITA Tiny Meeker has the biggest bench with his 1047 pounder at the

**Biggest Bench on the River** 



Ken Ufford - still pulling strong after 30 years



Iim Hoskinson has been smashing bench press records regularly



Thad Coleman - a very big man

with some very big lifts

Ted Isabella – a very strong supporter of the USPF federation

Will you make the upcoming TOP 100 list for the 123 lb. class? Last time we ranked this class the minimum lifts to make that list were 340 lb. in the squat, 200 lb. in the bench press, 355 lb. in the deadlift, and 875 lb. in the total. Often those minimum lifts to make the lists go up from year to year, but not always. The time period for the next ranking of the 123 lb. class with be September 2009 through August 2010 and it will appear in our November 2010 edition. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of your lifting (or something completely different like you with the first fish you ever caught) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

#### For standard SHW/125+ kg. USA lifters in results received from JUL 2009 through JUN 2010

**DEADLIFT** 

854 Gillingham, B..7/26/09 848 Weirs, C..11/14/09

832 Siders, B..5/5/10

BENCH PRESS

#### **SQUAT** 1160 Cartwright..8/23/09 1125 Bolognone, T..12/5/09 1100 Wenning..8/23/09 1075 Brand. 8/23/09 1075 Janek, C..10/4/09 1055 Thomason, H..6/6/10 1050 Hoskinson, L.4/17/10 1035 Roberts, A.J..3/27/10 1019 Siders B 5/5/10 1008 Theriot, G., 6/6/10 1005 Bailey, C..10/4/09 1003 Karabel, L., 11/13/09 1000 Walker, C..10/24/09 975 Kidder, K..10/24/09 975 Wilkerson, R..6/6/10 970 Johnson, W.. 10/4/09 955 Metcalf, S., 5/1/10 953 Gibson, J..9/26/09 20 950 Lowe C 10/17/09 22 940 Bernor, I., 6/12/10 936 Coleman, T..3/20/10 910 Morrow, L.12/5/09 25 903 Hesser, A.J..8/1/09 903 Damminga, G., 6/6/10 26 27 903 Sumner, B..6/20/10 900 Harvey, N..8/1/09 29 900 Anderson, L. 12/5/09 900 Young, N..6/6/10 881 Weirs, C., 11/14/09 881 Caruso, M..6/12/10 33 876 Saldivar, D., 3/20/10 855 Jacobi..12/12/09

855 Kottwitz, ..6/6/10

850 Peshek, J..7/19/09

848 Bell. M. 11/13/09

845 Egnoto, E..8/1/09

843 Gillingham, B..7/26/09 837 Lade, S..1/30/10

835 Coricchia N 2/13/10

826 Rogers, W..8/22/09

826 Petrino, A., 11/14/09

825 Vale, A..11/22/09 825 Martino, J..2/13/10

821 Ginez, F..2/28/10 815 Barlow, R..8/8/09

805 Klein, A., 2/13/10

805 Davis, J..3/6/10

804 Boll, N. 6/12/10

804 Isabella, T..7/5/09 804 Turley, D..8/2/09

804 Grove, J..9/26/09 804 Ross, M..4/10/10

800 Aline, A..2/13/10 800 Catling, G..2/27/10

800 Ortiz, D. 4/25/10

799 Carpenter, W..8/22/09 782 Anderson, P..11/7/09

775 Cameron, P. 7/25/09

770 Bucilli, S., 11/22/09

766 LeBlanc, A..6/20/10

765 Flores 1 4/18/10

760 Lane, T..11/14/09

755 Del eon, L.8/22/09

755 Moore, B..9/12/09

750 Tutko, B..4/17/10

750 Brown, D. 4/17/10

750 Martin, C..4/17/10

749 Christus, J..6/20/10 749 Forestier, C..6/26/10

749 Butcher T 6/26/10

738 Folweller, M., 12/5/09

740 Vick, T..10/4/09

735 Bower, T..6/6/10

730 Smith, J..6/6/10

733 Shadid, K., 11/7/09

730 Johnson, D., 6/6/10

730 Edmiston, S..6/27/10 728 Leo, J..11/14/09

727 Cikana, B..12/12/09 722 Wood, M..10/17/09

716 Neal, M..7/26/09

716 Heath G 3/27/10

705 Smith, M., 11/7/09

705 Casciato, J..11/22/09 705 Milnes, K..2/13/10

722 Hulslander N 10/18/09

749 Cappelino, J..1/31/10

750 Underwood, G. 12/5/09

771 McLaughlin, T..10/17/09 771 Speno, R..5/30/10

800 Ufford, K..6/10

815 Harrison, D. 1/24/10

815 Rhodes, M..3/27/10

854 Bustillos, F. 11/7/09

850 Condo. Z..10/24/09 850 Watkins, T.J..1/16/10

35

38 39

53

54 55

58 59

82

84

1047 Meeker, T..5/10/10 865 Vick, R..5/15/10 855 McCray, R..1/30/10 840 Coker, S. 9/15/09 840 Key, P..12/5/09 837 Crawford, J..8/22/09 825 Bolognone, T..12/5/09 825 Williams, J..6/6/10 820 Dizenzo V 1/30/10 805 Womack..12/6/09 805 Roberts, A.I., 3/27/10 804 Wong, S..7/5/09 800 Hoskinson, J..3/13/10 799 Siders, B..5/5/10 793 Bell, M..11/13/09 775 Brand..8/23/09 771 Tillinghast, G..9/12/09 760 Smith, J..10/4/09 755 Gillespie, B..10/30/09 749 Wenning..6/6/10 745 Scherza, C..3/27/10 744 Rvan, R., 7/11/09 740 Janek, C..6/6/10 738 Harrison, T., 7/18/09 738 Jordan, S..10/30/09 733 Gibson, L.9/26/09 733 Weirs, C..11/14/09 730 Bernor, J..6/12/10 727 Bogart, J..1/9/10 717 Begue, J..7/18/09 715 Smith, M., 12//5/09 715 Thomason, H..6/6/10 710 Cartwright..8/23/09 705 Lopez, R..5/15/10 705 Theriot, G.,6/6/10 700 Peshek, J..7/19/09 700 Harvey, N..8/1/09 700 Hollis, D. 11/22/09 700 Pavlek, J..11/22/09 700 Lawson, J..3/27/10 694 Roberts, J..3/27/10 688 Mersberg, J..10/30/09 677 Coleman, T..3/20/10 675 Aline, A., 2/13/10 675 Kottwitz, J..6/6/10 672 Houser, M., 6/19/10 670 Bailey, C..10/4/09 670 Johnson, W., 10/4/09 665 Corticchia, N..2/13/10 661 Karabel, L..7/5/09 661 Aleaga, V..8/22/09 661 Gaudreau, D..9/13/09 661 Forstner, D. 6/22/10 660 Walker, C..10/24/09 650 Lane, H., 7/25/09 650 Anderson, J..12/5/09 650 Lilly, B..12/5/09 650 Morrow, J..12/5/09 650 Lindemuth, C..6/5/10 644 Leo, J..2/27/10 640 Young, N..6/6/10 639 Hudson, L.10/31/09 639 Petrino, A..11/14/09 635 Davis, A. 4/10/10 635 Kovacs, D..6/27/10 633 Koma, L.7/5/09 633 Cappelino, J..1/31/10 633 Bowden, B..6/12/10 630 Novitski, T..8/1/09 630 Beversdorf, D..8/16/09 630 Soppelsa, D..1/16/10 628 Shell, J..7/18/09 628 Alexander, E. 10/31/09 625 Roesch, S..4/18/10 625 Wilkerson, R., 6/6/10 617 Newark, S..9/13/09 617 Zawilinski, M..9/13/09 617 Cikana, B..12/12/09 617 Hofer, F..3/13/10 615 Ernest, B..6/27/10 613 Kaikaina, H..7/5/09 611 Hulslander N 10/18/09 610 Schwabenbauer..6/27/10 606 Skorupa, L.10/31/09 606 Johnson, K..6/5/10

605 Weaver, B., 6/5/10

600 Ray, J..7/25/09

600 Turley, D. 8/2/09

600 Powell, G..8/8/09 600 Dennison, J..8/8/09

600 Carpenter, W..8/22/09

600 Rogers, W..8/22/09

600 Carlile, L.8/22/09

600 Frey, K..10/17/09

600 Kidder K 10/24/09

600 Andre, A..12/12/09

600 Martino, I., 2/13/10

600 Eddy, J..2/20/10

600 Davis, I., 3/6/10

825 Koyacs, D. 6/27/10 820 Urbank, V.2/27/10 820 Moore, B..6/20/10 805 Walker, C., 10/24/09 805 Searcy, J..4/10/10 800 Wenning..8/23/09 800 Anderson, J..12/5/09 800 Ortmaver, T., 4/10/10 800 Janek, C..6/6/10 780 Ufford, K., 3/6/10 777 Phillips, D..6/20/10 775 Vick, J..6/6/10 770 Barbaccio, T..10/17/09 765 Bailey, C..10/4/09 760 Karabel, L..11/13/09 760 Roberts, A.J..3/27/10 755 Egnoto, A..8/1/09 755 Cartwright..8/23/09 755 Bolognone, T..12/5/09 755 Culnan, S..4/3/10 755 Theriot, G., 6/6/10 750 Haas, R..7/18/09 750 Nichols, D..7/19/09 750 Smith, M. 12/5/09 750 Smith, E..12/6/09 749 Lilliebridge, E..3/27/10 745 Nickerson, J..10/31/09 744 Pritchett, I., 10/31/09 744 Willis, B..5/30/10 738 Garcia, G., 7/5/09 730 Cahill, J..10/31/09 730 Bernor, L.6/12/10 727 Damminga, D..11/14/09 727 Coleman, T..3/20/10 727 Conner, J..4/3/10 727 Caruso, M..6/12/10 727 Cappelino, J..6/20/10 727 Gouchterov, E..6/20/10 727 Forestier, C., 6/26/10 725 Barlow, R..8/8/09 725 Lilly B 12/5/09 725 Gentry, J..2/20/10 725 Davis, I., 3/6/10 722 Dillard, T..9/10/09 722 Villenueve, D..10/18/09 722 Rell M 11/13/09 722 Eddy, J..2/20/10 720 Addenbrooke..11/22/09 710 Studevant, K..5/1/10 705 Welch, F., 7/5/09 705 Barientos, J..7/5/09 705 Hulslander, N..10/18/09 705 Harrison, D..11/13/09 705 Butcher, T..6/26/10 700 Harvey, N..8/1/09 700 Johnson, W., 10/4/09 700 Klein, A..2/13/10 700 Felton, J..3/13/10 700 Rhodes, M..3/27/10 700 Hamilton, S..6/19/10 699 Grove, L.9/26/09 699 Ross, M..4/10/10 694 Reich, K., 10/30/09 688 Gibson, J..8/1/09 688 Gralnik, T..10/17/09 685 Hoskinson, J..4/17/10 683 Mikesell, B..8/22/09 683 Damminga, G..11/18/09 683 Heath, G..3/27/10 680 Condo, Z..10/24/09 680 Henfling, R..12/5/09 678 Forstner, D. 6/22/10 677 Isabella, T..7/5/09 677 Anderson, P. 11/7/09 675 Hollis, D..11/22/09 675 Houser, M..3/6/10 675 McLaughlin, T..3/27/10 675 Bower, T..6/6/10 675 Baker R 6/12/10 672 Turley, D..8/2/09 672 Green, S., 10/3/09 672 Jacobs, B..5/22/10 672 Alm. B. 5/29/10 672 Sumner, B..3/20/10 670 Watkins, T.L. 1/16/10 670 Bess, G.3/27/10 666 Smith, M..11/7/09 665 Cameron, P..7/25/09 665 Madvig, B..10/31/09 665 Bacher, B., 2/13/10 665 Schultz, M..6/6/10 661 Dovle S 8/22/09 661 Erhardt, S..8/22/09 661 Thomason, H., 1/24/10 660 Vale, A..11/22/09 660 Moody, G., 4/10/10 656 Edinger, R..11/14/09

2705 Bolognone, T..12/5/09 2650 Siders, B..5/5/10 2645 Wenning..8/23/09 2625 Cartwright. 8/23/09 2600 Roberts, A.J..3/27/10 2600 Janek, C..6/6/10 2570 Brand 8/23/09 2505 Hoskonson, J..4/17/10 2475 Smith M 12/5/09 2468 heriot, G..6/6/10 2465 Walker, C., 10/24/09 2463 Weirs, C..11/14/09 2440 Bailey, C., 10/4/09 2414 Karabel, L..11/13/09 2400 Thomason, H..6/6/10 2400 Bernor, J..6/12/10 2364 Bell, M..11/13/09 2353 Gibson, J..9/26/09 2350 Anderson, J..12/5/09 2347 Lacy, L..9/12/09 2341 Coleman, T..3/20/10 2340 Johnson, W., 10/4/09 2325 Lilly, B..12/5/09 2300 Harvey, N..8/1/09 2281 Gillingham, B..7/26/09 2210 Morrow, J..12/5/09 2200 Wilkerson, R..6/6/10 2175 Kidder, K..10/24/09 2170 Peshek, J..7/19/09 2154 Caruso, M..6/12/10-2130 Davis, J..3/6/10 2125 Kovacs, D..6/27/10 2110 Corticchia, N., 2/13/10 2105 Watkins, T.J..1/16/10 2105 Damminga, G., 6/6/10 2105 Young, N..6/6/10 2105 Sumner, B..6/20/10 2095 Condo, Z..10/24/09 2090 Klein, A..2/13/10 2077 Turley, D..8/2/09 2075 Martino, J..2/13/10 2070 Moore, B., 6/20/10 2066 Petrino, A..11/14/09 2065 Rhodes M 3/27/10 2061 Carpenter, W..8/22/09 2055 Ufford, K..3/6/10 2055 Ross, M..4/10/10 2045 Aline, A..2/13/10 2044 Anderson, P.11/7/09 2039 Hulslander, N.10/18/09 2033 Cappelino, J..1/31/10 2020 Barlow, R..8/8/09 2020 Vale, A., 11/22/09 2017 Roberts, J..3/27/10 2011 Rogers, W. 8/22/09 2000 Hesser, A.J..8/1/09 2000 Smith, H..9/12/09 2000 Vick, J..10/4/09 2000 Ginez, F..2/28/10 1970 Hamilton, S..6/19/10 1965 Catling, G..2/27/10 1962 Cikana, B., 12/12/09 1962 Lilliebridge, E..3/27/10 1962 Forestier, C..6/26/10 1956 Butcher, T..6/26/10 1955 Flores, L.4/18/10 1951 Leo, J..11/14/09 1950 Cameron, P..7/25/09 1950 Kottwitz, J..10/4/09 1946 Harrison, D..124/10 1946 Boll N 6/12/10 1940 Bucilli, S..11/22/09 1930 Hilliard, P.4/18/10 1923 Speno, R..5/30/10 1918 Isabella, T., 7/5/09 1918 McLaughlin, T..10/17/09 1918 Christus, L.6/20/10 1915 Ortiz, D..4/25/10 1905 Tutko, B..4/17/10 1901 Cline, C..10/17/09 1901 Le Blanc, A..6/20/10 1896 Bustillos F 11/7/09 1895 Bower, T..6/6/10 1884 Wood, M., 10/17/09 1870 Brown, D..4/17/10 1865 Jacobi.. 12/12/09 1862 DeLeon, J..8/22/09 1860 Culnan, S. 4/3/10 1860 Moody, G..4/10/10 1857 Edmiston, S..8/2/09 1857 Green, S..10/3/09 1851 Neal, M..7/26/09 1851 Heath, G..3/27/10 1846 Smith, M..11/7/09

1845 Madvig, B..10/31/09 1840 Smith, J..6/6/10

1830 Underwood, G..12/5/09 1829 Shadid, K..11/7/09

1835 Alm, B., 5/29/10

**TOTAL** 

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



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, 1 and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plague with a clear cover. ready to hang. The certificate and display plague are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on, Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 8.25% tax)

#### NEXT MONTH >> TOP 114s

**CORRECTIONS:** Glen Buechlein indicates that he did not receive credit on the TOP 50 Bench Presses of All Time Ranking for the 242 lb. class, for his 725 bench done on 10/7/07 still the APF record for Masters 40-44 age group. Karen Campbell did not receive credit for her 418 bench press (8/22/09) on the All Time TOP 50 Women's rankings for the 198 lb. class. Darren Nemow's lifts of 617 402 650 1669 at 181 at the USAPL NE Regionals on October 18, 2009 were not reflected on our TOP 100 for that weight class. Chris Neal did not receive appropriate credit for his 530 lb. bench press on the TOP 100 for the 181 lb. class, completed at the SPF meet in Bolivar, TN on July 18, 2009 If you find errors in our articles, TOP 100/20 weight class rankings or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

**OUR POLICY:** If your lift is missing from an upcoming TOP 100/20 ranking, and it is our fault, we will issue you a free certificate documenting your achievement as well as a correction in a future issue. Send your corrections to PL USA Errors, Box 467, Camarillo, CA 93011

# **LOUIE SIMMONS' REVERSE HYPER MACHINE**









REVERSE HYPER

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SOUAT AND DEADLIFT?

#### **ULTRA SUPREME** REVERSE HYPER

\$2,594.00 includes Shipping This new reverse hyper works the complete back. Use it with table set straight for the same effect you get on all our everse hypers, allowing for dynamic strength development in the concentric phase, while serving as a rehabilitation mechanism in the eccentric phase by gently stretching and depressurizing the spinal column with spinal fluid and the low back muscles with blood. Use it with table ti down toward front and feel the stretch and decompression like never before into the complete thoracic area. When you tilt the machine down toward the rear it works like a 45 degree hyper highly stimulating the erectors and the gluts.

#### WWW.WESTSIDE-BARBELL.COM

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



# JUL 31 2010 » Tempe, AZ

BENCH 148 lbs. P. Jennas <i>Master</i>	298		vis er Raw	198
<b>275+ lbs.</b> M. Bowden	628	<b>275 ll</b> G. Kn	os.	364
Powerlifting	SQ	BP	DL	TOT
FEMALE 148 lbs.				
<i>Master</i> T. Laibe	226	138	303	667
<i>Open</i> T. Laibe	226	138	303	667
165 lbs.	220	130	303	007
Open Raw L. Crisswell	165	116	220	502
MALE 165 lbs.				
High School	225	4.40	202	
K. Laibe <b>198 lbs.</b>	226	149	303	678
<i>Master</i> D. Legarreta	496	309	507	1312
Open				
8. Laibe <b>220 lbs.</b>	601	369	524	1494
<i>Master</i> A. Barnes	628	413	529	1571
242 lbs.	020	113	525	13/1
O <i>pen</i> 3. Lenaburg	507	441	463	1411
Raw 1 <b>32 lbs.</b>				
Master	276	16=	2	022
. Bissen O <i>pen</i>	276	187	375	838
. Bissen 1 <b>65 lbs.</b>	314	248	435	998
Open				
N. Grant 1 <b>98 lbs.</b>	314	248	435	998
Open P. Thomas	206	221	E2E	1152
C. Townsend	386 347	231 231	535 413	992
2 <b>20 lbs.</b> Master				
И. Dirillo	375	259	424	1058
Open . List	408	364	441	1213
C. Turiano E. Cieplinski	402 375	276 276	463 474	1141 1124
A. Pietramale	375	292	402	1069
2 <b>75 lbs.</b> Master				
P. Leonard Open	540	303	623	1466
A. Shipley	540	386	628	1554
P. Leonard Z. Knight	540 430	303 265	623 452	1466 1146
Best Lifter Wor	nen O	pen Ra	w: Lesli	е
Erisswell. Best aibe. Best Lift				
Best Lifter Men	Open	Raw: /	Austin S	hipley.
Mass Power Ba				
utstanding ve hampionships				
varm-up area,	outsta	nding o	competi	tion
latform and b vere close to t	he con	npetito	rs provi	ding a
perfect compet				
ng fans were p ight at home.	Mass E	Barbell	is a clas	s act
all the way, a r	eal lift	ers gym	. There	were
several outstan raw portion of				
ohn Bissen (13	32 lb.)	establis	shed for	ır new
raw open recorecords in the	50-54	age div	ision. N	1aster
ifter Mike Diri	llo (22	0 lb.) e	stablish	ed
our new maste ategory. Paul				
he 275 lb. cla				

USAPL ARIZONA STATE Nick Grant (165 lb.) set a total of eight new state records, four in Jr raw division along with four in the raw open division. Jr lifter le Townsend (198 lb.) set four new state cords in the Jr raw division, while Jr lifter stin Shipley came away with six records the day and best raw lifter award. Leslie sswell took home best female raw lifter nile competing in her first ever contest. the geared division 15 year old Kolton be came away with four new state ords in the 165 lb. class while Theresa ibe established four new records in the -44 age group 148 lb. division, and also ing home the female best lifter award. ilo Laibe had a great day on the platform d was three Wilkes points away from nning the best lifter award. The Laibe's e an incredible group. They bring lifters. ney bring family. They bring fans. They ng energy, intensity, camaraderie and st of all have a great time doing it. Master er Asa Barnes was back in action in the 0 lb. 44-49 age group. Asa is a great lifter no I think inherited some great genes from father, lack Barnes was a legendary lifter d a tremendous squatter back in the days fore gear was hardly used. Asa came ay with 4 new state records and best er for the men. In the Bench only geared vision Mike Bowden came away with a 8 in the SHW class while Paul Jennas hit 297 at a body weight of 145 lbs. There ere two raw bench only competitors. Sean wis a 17 year bench only competitor ighed in at 129 lbs. while completing a 8 lb. bench press and 63 year old guest er Gene Knight grabbed a 363 lb. raw nch weighing in at 270. It was a great oup of competitors who competed hard d showed outstanding sportsmanship oughout the competition. I would like thank our two newest state referees', JD mpbell and Nate Noble, who took their this weekend. In addition, a special anks to Judges Bill Ennis who traveled er from California to administer the te referee's test, along with Eric Reed d Chelsi Mundy. Spotters, loaders, score ole all did an awesome job and a special anks to ID and Nanette from Mass Power rbell Club for hosting an outstanding mpetition. courtesy Rich Wenner

#### HYSICAL CULTURE UMMER BASH

Powerlifting	SQ	BP	DL	TOT
FEMALE	- 4		_	
Master				
181 lbs.				
L. Boshoven	555	250	515	1320
MALE				
Teen Raw				
165 lbs.				
S. King	360	170	365	895
Master Raw				
181 lbs.				
J. Smoker	500	_	_	500
220 lbs.				
M. King	415	_	_	415
T. Sheehan	455	350	_	805
Master				
220 lbs.				
J. Jeurink	600	320	450	1370

nat a better way to celebrate the holiday nn a powerlifting meet! This meet brought ne nice raw personal records from Steen King, Mike Smoker and Tim Sheehan. n Sheehan shows a strong return from oulder surgery. Lynne Boshoven held ck a little testing an old tricep injury and he 275 lb. class came away with three new was pleased with a strong easy day. raw records in the 40-44 age group. Jr lifter » courtesy Lynne Boshoven



#### Strategies for Rapid Fat Loss, Muscle Growth and Optimal Performance

# OPTIMAL PRE-WORKOUT

as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » scott@infinityfitness.com » www.infinityfitness.com

Each week presents a limited number of training opportunities where even a small increase in energy levels and raw material availability can add up to big improvements for both training performance and body composition transformation. Making the most of these sessions starts with consuming the right raw materials to set the stage for a great workout based on the specific goals. The pre-workout nutrition also has a huge impact on the hormonal environment during training and making necessary energy sources available for peak levels of performance. Sending the correct signals with food as well as supplementation will dramatically improve your rate of progress within 2–4 weeks with little extra time or effort invested.

#### SET YOUR MEAL TIMES – READY FOR WAR?

A meal consisting of real food sources three hours before training is ideal so there is

adequate time to digest before training, while bolstering energy sources. Timing, and amounts and types of food should all be adjusted accordingly until you identify what works best for your needs. Many trainees benefit from an additional smaller meal one hour before training to hit their daily food intake goals. Those training first thing in the morning on an empty stomach must pay close attention to the last feeding of the previous day to support training the next morning. Amino loading first thing in the morning primes the body for the early morning training session through multiple pathways. Loss of lean muscle mass is a common problem amongst those training first thing in the morning due to less than ideal hormonal conditions and 10-12 hours without food. Amino loading is highly anti-catabolic, helping to protect lean body mass and provide a ton of easily assimilated raw materials

#### SUGAR BASED SPORTS DRINKS WILL MAKE YOU FAT AND SLUGGISH

Most "sports drinks" are nothing more than soft drinks marketed to athletes with little to no benefit. The high sugar content creates the ideal scenario for accelerating fat storage by boosting several fat storage mechanisms. Initially there can be an increase in energy due the elevated blood sugar levels resulting from the intake of fast acting carb sources, however this will not last long as what comes up, must come crashing down!

# AMINO LOADING COCKTAIL FOR RAPID BODY COMP AND PERFORMANCE IMPROVEMENT

War Path Focus is crucial for pushing the boundaries of strength. Eliminating any and all distractions from the mission at hand is a matter of providing the brain with the right amino acid energy sources while keeping stress levels in

#### PACKING ON MUSCLE

#### **3 Hours Before Training:**

- ⇒ 6–10 oz. or equivalent to 40– 60 grams of protein, pending body size: a combination of protein sources including organic red meat, chicken, fish, seafood and eggs
- ⇒ 35–75 grams 25% of your daily carbohydrate intake: raw oatmeal, apples, oranges, pears, berries, cherries, strawberries and grapefruit
- ⇒ 1–2 tablespoons extra virgin olive oil or raw coconut oil, organic butter, heavy cream and 3 Alpha Omega
- ⇒ Optional 1 hour before training: 1 apple and 2 tablespoons of organic peanut or almond butter

#### SLASHING BODY FAT

×------

#### 3 Hours Before Training:

- ⇒ 6–10 oz. or equivalent to 40–60 grams of protein, pending body size: a combination of protein sources including chicken, fish, seafood and eggs
- ⇒ 35–75 grams 25% of your daily carbohydrate intake: green vegetables are the only source of carbohydrates
- ⇒ 1–2 tablespoons extra virgin olive oil and 3 Alpha Omega

# BOTH GAINING MUSCLE & LOSING BODY FAT

#### **30 Minutes Before Training:**

- ⇒ Start sipping on 2–4 scoops of 100% MR and Muscle Synthesis mixed together with water only
- ⇒ During training sip 2–4 scoops of 100% MR and Muscle Synthesis
- ⇒ Immediately post training sip 2–4 scoops of 100% MR and Muscle Synthesis

# 

check. The specific ratios of BCAA (100% MR) and Free Form Amino Acids (Muscle Synthesis) developed by Eric Serrano, MD, can have a dramatic impact on the competition total and body composition improvement through multiple pathways. As strength athletes, we focus on training, but rarely recovery. Amino loading reduces recovery time, allowing trainees to avoid over training. Remember optimal recovery is not only a matter of cutting down the time muscles are sore, but also facilitating rapid recovery of the nervous system which governs strength.

#### PACKING ON MUSCLE

Combining the right dietary fat, protein and carbohydrate choices before training will elevate insulin levels during exercise to boost the anabolic hormone profile. Insulin is the most anabolic hormone the body produces, but can

also store body fat efficiently. Having the right high quality food sources along with the Alpha Omega Essential Fatty Acid Complex can help to optimize the muscle building benefits of insulin while preventing body fat accumulation.

#### SLASHING BODY FAT

Focusing on leaner protein sources, a high dietary fiber intake and absence of other carb sources primes the system for fat burning during exercise. Do not be frightened by the absence of traditional carb sources as the body will adjust to using stored fat as fuel quickly. This metabolic shift will help you chip away at stored body fat levels around the clock. Amino loading with 100% MR and Muscle Synthesis are crucial in this situation since they are a readily available fuel source for muscles when carb intake is lowered and help to force the body into using more stored fat as fuel during training. ((



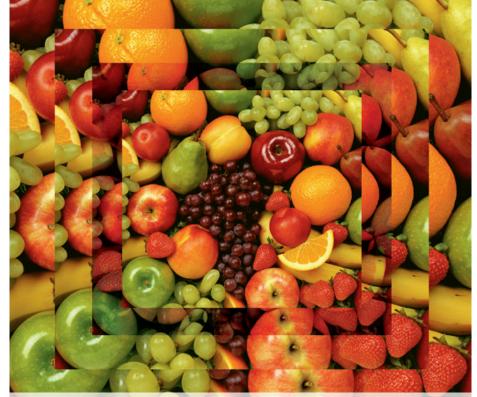
Scott Mendelson of Infinity Fitness

#### ABOUT SCOTT MENDELSON

Scott H. Mendelson, author of the 100% Fitness Solution E book and Director of Infinity Fitness is a highly regarded performance nutrition and training specialist. In addition to designing customized programs for his celebrity, weekend warrior and executive clients. Scott works daily with professional athletes from the NFL, NHL, MLB, MLS and NCAA. Scott has built an excellent reputation providing effective supplements, cutting-edge information and unmatched service to thousands of clients worldwide since 1999. Also the special assistant to Dr. Eric Serrano MD, Scott helps with the design of training, nutrition and supplementation trials to confirm the effectiveness of protocols and expand his expertise.

#### ABOUT INFINITY FITNESS

Infinity Fitness INC provides training, fitness, and nutritional information for educational purposes. It is important that you consult with a health professional to ensure that your dietary and health needs are met. It is necessary for you to carefully monitor your progress and to make changes to your nutritional and fitness program to enjoy success. Infinity Fitness does not employ dieticians or health professionals and assumes no responsibility or liability for your personal health and condition. For more information regarding our Limited Warranty for products and services, please see our disclaimer at InfinityFitness.com.



Good carbohydrates: apples, oranges, pears, berries, cherries, strawberries and grapefruit



Copyright © Infinity Fitness INC All Rights Reserved 2010. This document is provided by Infinity Fitness INC for general guidance only, and does not constitute the provision of health or fitness advice. The information is provided 'as is' with no assurance or guarantee of completeness, accuracy, or timeliness of the information, and without warranty of any kind, express or implied, including but not limited to warranties of performance, merchantability, and fitness for a particular purpose.

Email Scott@infinityfitness.com for 16 Massive Muscle Growth Tips and The Ultimate Six Pack Rapid Body Fat Burning Special Report

**82 PLUSA MAGGAZINE** » SEPTEMBER 2010 » POWERLIFTINGUSA.COM SEPTEMBER 2010 « **83** 

# POWER PEOPLE



At a recent SPF meet, AtLarge Nutrition lifter, Robert Wilkerson, made an insane 975 lb. raw squat, with only knee wraps and a belt to assist him (courtesy Chris Mason)

On May 22, 2010, Jeff Begue of Ohio benched 600.7 pounds at 239 pounds bodyweight at the WABDL Buckeye Hall of Fame Classic, making him the only lifter in powerlifting history to bench press 600 plus pounds in five weight classes. Jeff has made all of his benches in single-ply shirts.

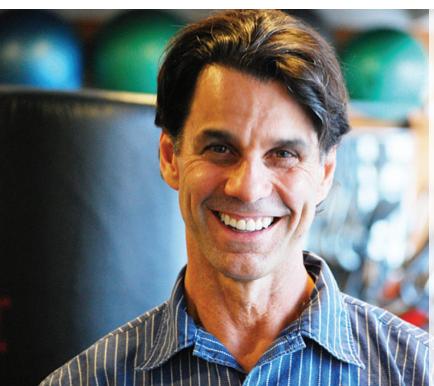
(courtesy Nick Tsangeos/Jeff Begue)





Gabrielle Brown (left) is the latest recepient of the NASA scholarship.
Gabrielle currently holds three American records and nine Illinois records. She competed and won at the High School Nationals (fresh/soph) division as an 8th grader. Making the presentation is her sister, Felicia, who was awarded the scholarship three years ago. NASA has been awarding scholarships to local powerlifters since 1995.

(courtesy Lindell Smith)



LEGACY GYM INTRODUCES NEW FITNESS TRAINING FOR KIDS! EXCLUSIVELY DESIGNED PROGRAM WILL HELP IMPROVE SKATEBOARDING, SURFING AND PADDLING PERFORMANCE

Los Angeles, CA, April 30, 2010-- Jon Jon Park, Founder of Legacy Gym announced today that it is flexing its muscles to help get kids into shape doing the sports they love. Its new program will help students increase core strength, integrated balance and coordination to enhance their performance in skateboarding, surfing, paddling and dry-land training.

Jon Jon has channeled his 30 years in health and fitness to develop an impressive collection of exercise and nutritional programs for his clients. From competitive athletes and actors to individuals aggressively pursuing weight loss and strength building to clients that use his onsite physical therapy as they recover from serious injuries, he is well-equipped to handle it all. Jon Jon's work with world-class athletes includes core strength, balance, flexibility and cardiovascular conditioning. Now, he wants to get kids moving: faster, stronger and better.

"We are proud to be helping kids develop an active and healthy lifestyle while having fun. With the help of our experienced and educated performance enhancement conditioning specialists, they will be better on the soccer field, on the tennis court, in gym class and on their skateboards and surfboards," commented Mr. Park.

For media inquiries, please contact Amy Levy Public Relations at 310.444.5250.



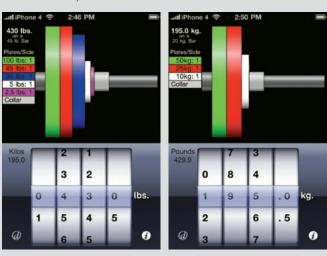
Young lifter, Hayden Spradlin, moved incredible amounts of weight at a NASA **Powerlifting Meet on July** 24th. The 65 pounder deadlifted 181.75 lb. and benched 77 lb. He started competing in powerlifting competitions last October. His first meet was with the Southern Powerlifting Federation, where he deadlifted 145, with a fourth pull of 165. On May 22nd of this year, at an Iron Boy Powerlifting meet he deadlifted 170 lb. Hayden was eight years old when he first saw Powerlifting USA magazine and decided that he was going to start lifting and get into the magazine. With his passion, strength and determination, and already ten trophies from only four events, this is just the beginning for Hayden's success in powerlifting. (courtesy Tamara Cornwell)



#### **NEW PRODUCT**

**BarzLoaded iPhone App** *by decaprio.com, LLC* 

**BarzLoaded** is intended for use at powerlifting meets. Dial in the weight and **BarzLoaded** displays the plates to load on each end of the bar and the weight converted from pounds to kilos. You can download **BarzLoaded** for your iPhone for \$0.99 on iTunes.



RESULTS KATHERINE CLARK >>

Experience that changed me the most: meeting my coach Kevin Stewart. I haven't been the same since!

#### An 11 second deadlift? Very cool! Who in the sport do you look up to?

I actually look up to anyone that lifts and competes. Powerlifting is a tough sport, and it takes a really hardcore individual to stick with it. Honestly, anyone who knows me has seen the t-shirts I get from meets—I have all the competitors sign it. I really love and look up to everyone.

#### What are the biggest mistakes you see other less accomplished powerlifters make in their quest for strength?

I don't like judging people like that, what works for me may not work for someone else, and

#### You are going to have a lot of friends based on your outlook. What is the best and worst advice you were ever told?

They are both actually from my teammate, Mike Todd. Best: "Try harder." Worst: "Don't worry, the weight will go down by itself, you just have to worry about the up."

Well, it seems like the try harder has been sticking with you. How do you want to be



Katherine Clark was the champ at the USAPL Women's Nationals in Ohio

#### remembered?

As someone who never, ever gave up... and someone who gave back as much as she could.

Well, Kat, keep doing great things. It has been great interviewing you for PL USA today. In closing, who would you want to thank? My coach, Kevin Stewart; my teammates; Team

Phoinix in Mukliteo, Washington; my parents, whom have always supported my goals; my friends that show up and cheer for everyone; EVERY powerlifter I've met, for being inspirations; my sponsors: Sunshine Corners Nutrition & Deli, Willies Tri-pro; and of course Critical Bench and Powerlifting USA magazine—thank

# **FREE REPORT**

#### www.criticalbench.com/plusa.htm

Here are some tips you can use right now to increase your max in the bench press and set a personal record.

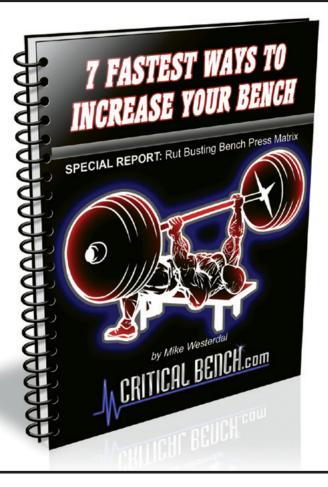
Implement some or all of these techniques next time you workout to bust through your own bench press rut and add pounds to your one rep max.

Full 12-Week Program Provided!

Free For Powerlifting USA readers Claim Yours Here for a limited time!



www.criticalbench.com/plusa.htm



#### **WABDL NORTHEAST** REGIONAL

4th-452!\*

APR 3 2010 » Portland, ME

BENCH		Master (54-60)	
			248!
FEMALE		D. Aliminosa	240!
97 lbs.		Open	
Master (54-60)		D. Aliminosa	248*
D. Aliminosa	102*	165 lbs.	
Open		Master (54-60)	
D. Aliminosa	102*	J. Stabile	347*
165 lbs.		181 lbs.	
Master (54-60)		Master (61-67)	
J. Stabile	172!*	K. Harding	276
198 lbs.		4th-308*	
Master (40-46)		198 lbs.	
K. Campbell	402	Master (40-46)	
	402		4621
Open		K. Campbell	463!
K. Campbell	402	Open	
A. Rosen	231*	K. Campbell	463!
MALE		A. Rosen	347
123 lbs.		MALE	
Teen (14-15)		123 lbs.	
	02*		
K. Carr	83*	Teen (14-15)	
165 lbs.		J. Carr	193*
Master (80-84)		148 lbs.	
I. Tuttie	127	Master (40-46)	
Open		T. Pica	402*
	127		402
I. Tuttie	127	165 lbs.	
Teen (14-15)		Master (80-84)	
T. Hill	149*	I. Tuttie	182*
181 lbs.		Master (85-89)	
Junior (20-25)		Archambault	353
	386*		333
R. Wells		4th-369!*	
Law/Fire Subm		Teen (14-15)	
D. Claroni	320*	T. Hill	226*
Law/Fire Open		181 lbs.	
D. Claroni	320	Junior (20-25)	
Master (40-46)		R. Wells	546*
			540
J. Maione	281	Law/Fire Open	
Master (54-60)		D. Claroni	474
D. Wentworth	204*	Law/Fire Subma	aster
Open		D. Claroni	474*
C. Peterson	342*	Master (40-46)	
	342		207
198 lbs.		J. Maione	397
Class I		Master (54-60)	
J. Wildes	375*	D. Wentworth	353*
Junior (20-25)		Open	
J. Wildes	375	C. Peterson	551*
	373	198 lbs.	551
Master (61-67)	221*		
A. Christo	231*	Master (40-46)	
Teen (14-15)		E. Oi Fruscia	623*
W. La Forge	237*	W. Fahrenfeld	551
Teen (18-19)		Master (61-67)	
B. Giernet	468*	A. Christo	502
	400		302
220 lbs.		4th-507*	
Elite Open		Open	
R. Marrama	_	E. O'Fruscia	623*
Open		Teen (14-15)	
M. Paluilis	265	W. LaForge	546!*
Teen (14-15)		220 lbs.	
	127*		
J. Scott	127*	Master (40-46)	
242 lbs.			562*
Law/Fire (40-4.	7)	J. Westleigh	551
C. Russo	_	4th-573*	
Master (40-46)		Open	
R. Goigano	546*	M. Paluilis	468
	540		
Open		Submaster (33-	
R. Goigano	546*	B. Fahrenfeld	573
M. Bissell	358*	Teen (14-15)	
259 lbs.		J. Scott	270
Teen (14-15)		4th-303*	
	254		
A. Adams	254	242 lbs.	
4th-275*		Class I	
308 lbs.		R. Golgano	468*
Law/Fire (48-5.	5)	Master (40-46)	
B. Tucker	441*	A. Bianchi	689*
			509
Master (47-53)		Open	
B. Tucker	441*	M. Bissell	573
Super		Teen (16-17)	
A. Fornaro	551*	M. McLean	320*
Open		259 lbs.	-
P. Paldino	_	Master (68-74)	
DEADLIFT	_		601
		F. Peterson	OUT
FEMALE		Teen (14-15)	
97 lbs.		A. Adams	424

competition, Irwin Tuttie age 82 bench and P. Paldino WABDL held the fourth annual Northeast Regional Bench press and DeadLift Championship, Saturday April 3rd at the Holiday Inn West, Portland, Maine, Over 60 lifters competed with 200 spectators in attendance throughout the daylong event. Ten world records were set along with fifty-one state records. New Hampshire's Donna Aliminosa set two world records one in the bench with a and deadlift, Matthew Bissell age 36, open 102.3 lbs. press weighing a mere 90.4 lbs. at bench, Mark Pauilis age 28, open bench 59 years old. Her second world record came. and deadlift, John Malonie age 42, open with her 248 lbs. deadlift. Donna's husband Andrew Christo also competed setting state records in both bench and deadlift. Andew 72, master deadlift, Cameron LaForge age weighs in at 196 lbs, and is 63 years old. Massachusetts set three world records starting masters deadlift. Best lifter awards went to with 87 year old Fred Archambault pulling Karen Campbell in open bench and open 369.2 lbs. at 158 lbs. body weight. Karen Harding's world record came in the deadlift with a pull of 308.5 lbs., she is 63 years old in honor of his good friend Brian Matchett and weighed in at 181 lbs. Cameron LaForge set a world record deadlift with 518 lbs. only to break it again on his 3rd lift with an incredible 545.5 lbs. pull. Cameron is only 15 years old and weighed in at 1981bs. Hard to believe this was Cameron's very first meet. Good job goes out to his trainer Joe Bianchi. Joe's brother Al Bianchi pulled a 688 for a Massachusetts state deadlift record. Maine was the last of the world record breakers. Karen Campbell broke her own world record in the 198 lb. class with a 462.7 lbs. deadlift. Karen also benched, not hitting her usual also set by the following lifters; Josh Carr, higher numbers, but did finish with a 402.25 lb. bench. Karen says that lifting is a lifestyle Tuttie, Rob Golgano, Dave Claroni, Billy for her and it shows. She is a lifetime drug free lifter, and has passed many drug tests. Aaron Adams 15 years old, weighing 253.8 record holders were Josh Carr, Jacob Hill, lbs., in his first competition pulled 452.8 lbs. 50 lbs. over his best lift to date. Aaron has John Westeigh, Karen Campbell, Dave only been training for four months. Aaron's a big boy pulling some big numbers. What a bright future he has in the sport of power lifting. Team competition was won by Stork's Power Lifting. Karen Campbell age 46, team LaForge and Bobby Wells. Massachusetts captain bench and deadlift team members are as follows, Jacob Hill age 15 bench and deadlift, Aaron Adams age is, bench and deadlift, Morgan McLean age 17 deadlift, Bobby Wells and Corey Peterson, Rhode Dave Claroni age 33 bench and deadlift, Rob Island had one state record holder in the Golgano age 41 bench and his first deadlift bench, Billy Tucker. New Hampshire's Donna

deadlift, Dave Wentworth age 59, bench and deadlift, James Wilde age 24, benched in the junior division. All members of Stork's Power Lifting took first place in their divisions and weight class. Bay State Powerlifting Team with trainer and captain, Al Bianchi age 42 Master deadlift, Rick Marroma age 27, elite bench open, Paul Paldino age 33, open bench and deadlift, Bobby Wells age 24, junior bench deadlift, Corey Peterson age 26, open bench and deadlift, Fred (Munch kin) Peterson age 15, teen deadlift and Karen Harding age 63, deadlift. Rob Golgano took best litter in open bench and Eddie DiFruscia took open deadlift. who passed away last year. Brian has lifted in my meets in the past; he will be missed in the powerlifting world. Master best lifter award went to Karen Campbell for both bench and deadlift, master men went to Rob Gorgano for bench and Al Bianchi in the deadlift. Best lifter award also went out to Bobby Wells in junior men bench and junior men deadlift. The teen men deadlift best lifter was Cameron LaForge with Bronson Giernet, who came all the way from Minnesota taking teen bench best lifter. Maine state bench records were Jacob Hill, James Wilde, Aaron Adams, Irwin Tucker, Karen Campbell, Arren Rosen - 2 ply bench, David Wentworth. Maine deadlift state Jacob Scott, Aaron Adams, Morgan McLean, Claroni, Rob Golgano, Irwin Tuttie, and David Wentworth. Massachusetts state record holders in the bench are Corey Peterson, Matthew Colleen Golgano who worked the scorer's Bissell, Allen Farnaro, Jane Stabile, Cameron deadlift state record holders are Paul Paldino. John Malonie, Al Bianchi, Fred Peterson, Karen Harding, Jane Stabile, Cameron LaForge,



Fred Archambault, 87, pulling 369

Aliminosa set her share of state records in both bench and deadlift, her husband backed her up with his own bench and deadlift state records. Eddie DiFruscia in the deadlift and Todd Pica topped off New Hampshire with his deadlift state record. New Jersey's state record holders would be the Fairenfeld brothers Kevin and Warren in the deadlift. New York had the third Fairenfeld brother Brian set a deadlift state record. I can't wrap up this story without mentioning Fred (Munchkin) Peterson, as his team mates lovingly call him This was Fred's 1st meet back after having two stints put in his heart and without any belt, wraps or deadlift suit at 72 years old pulled 600 lbs. At 70 years of age, Fred has pulled an amazing 700 lbs. He is truly an inspiration to us all. I would like to thank Gus Rethwitsch for driving from Minneapolis to M.C. the meet, you are the best! The Holiday Inn West in Portland and Maya Easterling for allowing us to put on the meet and my crew. World judge Mark Clevette, judges Kris and Nathaniel Boehmer, they called a great meet. Vicki Leathers on the projector, Jessica Trundy and table. Brain Beaupain and Sean Duffulmever the spotters and plate loaders. Harry Stork and Chuck Moran who worked the door and sold shirts, lastly Amie Clevett who took all the meet pictures. Thank you to all the lifters and fans for making this a truly memorable meet. » results courtesy Al Stork: photo courtesy Karen Campbell



#### BP BATTLE PLANS >>

because you can injure yourself very easily with the incline press—it is very precarious in nature. Just remember stop the bar dead and then press. Try to motivate yourself to increase weight every week. I remember when my training partners and I trained this exercise, we would get mighty competitive, which of course pushed us to new heights in the lift. All of us would choose a certain weight and rep challenge for that day and the war was on. Up for grabs was a paper Burger King crown from Burger King and we would fight tooth and nail every week to be the incline champ for the week. Not only was it a lot of fun, but also really made you work hard and motivate yourself to push your assistance work to a higher level.

**FLOOR PRESS** The set and rep scheme here is a little different from the bench press and incline press. Start with a lighter weight and working up in a pyramid type progression. Start with doing five reps and increasing weights and working down to sets doing triples and doubles and then a single. Again, no handoff. Take a grip where you touch the end of the smooth of the bar with your thumb and extend your thumb fully and grip the bar (this roughly puts your grip about three inches out from the smooth) which you can say would be about a medium grip. Again, each week keep trying to work up in weight and hit new PRs. Bring the bar down slowly and touch your triceps to the floor and then press upward. Again, do not bounce the weight at the bottom. Come to a dead stop, then press the weight up. This exercise builds incredible stability.

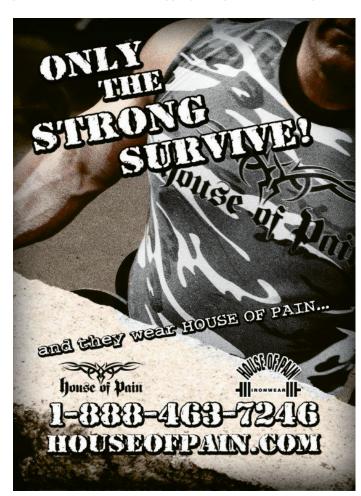
**DUMBBELL SKULLCRUSHERS (Tricep Extensions)** This is a great exercise that works mostly the lower head of your triceps, which is located more at the elbow which is very important in increasing your lockout strength. I like to do these exercises, lying on the floor which I believe makes the exercise safer because you can ditch the dumbbells easier in case your triceps give out after multiple sets. You will see this exercise is one tough mother and will not only build massive tricep strength, but will

build your ability to endure extreme muscle fatigue and build your mental toughness. This exercise calls for seven sets of eight reps with only a thirty second rest period between sets. Remember to keep your elbows tucked in and pointed toward the ceiling. Also remember to set the dumbbell flat against the ground between reps. Don't just lay one head of the dumbbell on the floor, you want to get a full extension. You will see very guickly that this exercise takes a lot of mental concentration and guts to complete. Again, try to increase your weights every week, but don't increase if you cannot complete all seven sets of eight reps correctly.

On all these exercises try to move fast between sets with minimal rest periods. This is the time of the cycle where we want to increase not only our base strength, but our overall conditioning as well. This whole workout should not take you any longer than one hour tops, depending on, of course, how many workout partners that you have. This is not the place for idle chat and screwing around either. Everyone is taking their turn loading, spotting and cheering each other on. Back in the day with our group, you would get thrown out if you were not 100% focused on getting stronger and helping your training partners get stronger. If you have one of these guys in your group, send them on their way. All they will do is bring down the intensity levels of the rest of the group. Even though you are not taking hand-offs on the lifts, that does not mean you should slack on spotting each other during the workout. Good spotting can mean the difference between just a missed weight or a catastrophic career-ending injury. Now get to work and declare war on the steel! Let's move on to assistance work.

The second day of training will cover basically back, shoulders and biceps. These are the best bench press assistance exercises you can do for strengthening those areas.

LAT PULLDOWNS I like to do these to the front because it protects your shoulders and it works the upper part of your back that is a prime



mover in the bench press. Of course there are other good exercises to use and we will use them later on in the cycle, but I think the lat pull down is a great starting point. I like to do three or four sets of ten reps. As always, try to increase the weight every week.

**DUMBBELL LATERIALS (Side, Front, Rear)** Do these in a superset fashion. Three sets of twelve reps should do the trick. The front and side laterals are self explanatory. For the rear laterals, use an incline bench and bring your arms up somewhere between the side and front level so when your arms are in a straight position, they will form a "V" shape. The position on the incline bench will really work your rear deltoids well. Again, another great stability exercise.

**BENT OVER ROWS** This is a really great upper back exercise! I like to do these standing off the floor with a medium grip. Row the bar to your belly and make sure you fully extend your arms at the bottom of the lift. Try to stay bent over when rowing and just visualize pulling your elbows behind your back. I would recommend four sets of ten reps. Although you want to keep your form strict on this exercise, don't be afraid to heave the bar. This exercise calls for a lot of weight to be used to get the best effects from it. I wouldn't be afraid to use straps to aid in your grip either, even though I said we are staying away from gear at this phase. We are working our back here, not our grip.

BICEP WORK Barbell curls, dumbbell curls, hammer curls, and preacher curls are all good. Pick two bicep exercises you like and do three sets of ten reps. You don't want to go too heavy—just enough to strengthen the muscles and get a good pump.

This is our basic battle plan for the first five weeks of your bench press cycle. Next month we will cover the next five weeks, where you will see some changes in some of the exercises. Also remember, this is a good time to start doing the mental exercises I talked about last month. The article from last month can be found at my web site WWW.BIGEVILSLAIR. COM. While you're there, check out this month's show featuring the awesome interview with Jason Coker who recently benched 903 pounds at 220 pounds. Also, tons of training tips, powerlifting news, trivia and surprises that will entertain you. And remember, I am here to help you with all your powerlifting needs. If you have any questions, please contact me through the contact link on my page. Until next month, God bless and BELIEVE TO ACHIEVE! ((





For more from the Big Evil, check out WWW.BIGEVILSLAIR.COM





**WADE HOOPER:** I do feel drug testing has been good for the sport and needs to continue. If we are to be taken seriously in the sporting community, then drug testing needs to play a vital part. How effective a drug testing program is completely dependent upon the organization implementing it. Of course, a good OMT program is a vital part of having a effective drug testing program. While we will never 100% get rid of illegal drugs in sports, it does not mean that we should not try to give every lifter a level playing field.

MIKE TUCHSCHERER: The system we have now—with several organizations, some tested. some not-fills a variety of needs. In this context, I think drug testing is good for powerlifting. It gives people a place where they can compete against other athletes who have decided to compete without the assistance of banned substances. I know I personally appreciate that opportunity.

That always brings up the question of whether or not testing is effective. Some people say that it's easy to beat the test. I don't really know how true that is. People get caught every year, so it must not be THAT easy. And, I really don't know anyone who does try to beat the test, so it seems pretty effective from where I'm sitting. But, even if it is not effective, that's no reason to stop testing. If the best isn't effective, make the test better—don't give up on it because a few get away with cheating.

You see, there is a reason testing is in place for Olympic sports. If you ask me, at least part of the reason is in the best interests of the athlete. Competitive people will always take things too far. Get a group of type-A guys playing two-hand-touch and it'll be tackle football before you know it. So if the IOC said, "Hey, anything goes," then you would have to be more extreme than the other guys if you wanted to make it to the podium. That's pretty much what has happened with pro bodybuilding, and frankly, I'm glad that I don't have to trash my body like that to compete at a high level. So by instituting a testing policy, it makes it an "arms race" between the testers and the cheaters rather than an "arms race" between the athletes. I'm personally thankful for that. So I'll sum it up. Testing in the context of the way it is now is a good thing for powerlifting. I personally think it's pretty effective at leveling the playing field or at least making it more level than it would otherwise be.

MICHAEL W. MCDANIEL: Overall, I believe drug testing has been good for powerlifting, and that testing is effective.

For federations with credible drug testing there's a corresponding group of competitors that prefer it. They may have chosen to not lift competitively otherwise. Within reason, anything resulting in a broader base of competitive lifters is good for powerlifting.

Drug testing effectiveness is variable depending on what goal it's measured against. Pertinent to a venue where drug-free lifters have an increased probability of a level playing field, it's effective. Pertinent to backing up personal

accomplishments with a subsequent drug test to prove the parameters of performance, it's also effective. Testing has also had limited (in total numbers, but highly significant per individual) success as a deterrent for drug use. Thanks for the opportunity to give input.

RICKEY DALE CRAIN: Good or bad is in the eye of the beholder. Good in "trying" to level the playing field, and perhaps an ulterior motive of helping the future health of powerlifting's athletes. Bad in the sense that it is one of the reasons for fracturing the sport. It should still be done, but I think many federations and individuals could have gone about it a bit more diplomatically than it has.

Of course, testing is effective, but not fair. There is still way too many politics involved in it, and some are slipping through the cracks. Some individuals have been found "guilty" of such with little or no recourse despite being told there is. With catch all phrases in the rules you can pretty much suspend anyone for anything on little notice; all in the name of cleaning up the sport. The testing is supposed to be done at random, but I think this has been misconstrued and misused in targeting certain individuals and countries. Since some supplement companies have been guilty of spicing up their supplements with drugs to enhance the saleability, you never know if it is the athlete or the supplement company in putting blame on the culprit. All in all it is a good thing, but I think some common sense must prevail in the application of it. Also, what is good for the goose is good for the gander, i.e. administrators and judges should be subject to the same random testing for all drugs, with the same penalties applying.

JON SMOKER: I think it's been great. Prior to the ADFPA, I felt there was no way to compete on a national level without taking them, with the possible exception of some of the very light weight classes. I've always seen an analogy between race cars and powerlifting. We're trying to soup up our bodies to do extraordinary things and what we use as fuel has a lot to do with it. And some racers want to go as fast as possible, knowing the risks, just like some lifters who juice; so I think it's good there are untested meets for lifters who want to take it to the limits. I know not everyone will agree with me on that last point, but let's face it, prohibition never works. As to those who try to cheat in tested competitions because they would be mediocre in tested meets, is there any lower form of scum crawling around in the powerlifting universe?

Has it been effective? It depends on the organization. Let's not kid ourselves; the IPF has the same problems as the Olympics and professional track and field (not to mention college and pro team sports)—it's a cat and mouse game where scientists who are trying to fine tune the tests compete with other scientists trying to come up with designer drugs and other means to beat the test, with the athletes bodies serving as their playing field. So then some athletes succeed because they have better insider information, while others don't or even flunk tests because their insider information was not so much. Lifters can't come in there junked, so the glass is half full, but on the other hand, I doubt very few IPF champions are squeaky clean from 148 and up—I'm not that naïve. I compete in AAPF and ADFPF meets because I think there is an attitude problem among the athletes to keep it clean, to lift within the spirit and intent of these organizations. I think there is a camaraderie and peer pressure that exists which makes a cheating outsider stand out. They both pick and choose who to test-it's not random which is a waste of tests and money, so that's another effective deterrent. And, I know for a fact that lifters do get caught. I can't speak for other associations, although I've heard some take urine samples and pour them down the toilet when no one is looking. And once again, is there any lower form of scum in the world of powerlifting promoters?

BOB GAYNOR: Has drug testing been good for powerlifting? That is a difficult question and you would get many different answers. I am not opposed to testing, and under the right conditions support it 100%. I don't think the overall effect it has had on powerlifting has been positive.

Lee

Lee

Bowers

Reiss

Breakfield

Breakfield

Open Raw Lt

220 lbs.

(40-49) Raw Lt

(50-59) Raw

(50-59) Raw It

Open

DEÁDLIFT

Open Raw

FEMALE

114 lbs.

407

407

661

The ADFPA was formed to have a tested federation. Brother Bennett always wanted one organization offering both tested and untested competitions. The success of the ADFPA caused many other individuals to begin forming their own organizations for whatever reason. If the ADFPA had not been formed, would these other federations (now somewhere around 25) have been formed? Drug testing would have happened. It was already being used in IPF competition. I truly believe that, indirectly, the success of the ADFPA (formed because of testing) led to the sorry state we have today, where records and championships mean very little. The reasons for testing—I guess the playing field has been somewhat leveled. No one really knows the health effects, and we are no closer to the Olympics than we were 30 years ago. Did we accomplish what we set out to do? Maube to some extent.

Is drug testing effective? I guess this is also how you view effective. We like to think it is, but then a Balco. Marion Jones or the total sport of cycling opens our eyes. It is kind of like a speed limit—some observe it, some don't. Of those that don't, some are caught, some are not. I guess you have to make that decision for yourself.

Unfortunately the sport of powerlifting does not have the financial resources to have a state of the art program full IOC screens at all meets. A much greater out of period testing program would greatly improve the effectiveness. There will always be substances that cannot be tested for, or successful masking agents. On this subject, you must make your own choice.

This concludes the discussion for the month. As you can see there is no one answer for just about any question.

If you have a subject you would like to see discussed, contact lambertplusa@aol.com or bobgaynor@comcast.net. If you would like to serve on the Forum Panel, contact bobgaynor@ comcast.net. (



451

661

Dantzler 148 lbs. (13-16) Lt Losey	88* 143*	(17-19) Raw Blaney <b>198 lbs.</b> (50-59) Raw	694		.KH	iched 560 rav ART BEN SSIC		R. Moore
MALE 165 lbs.		Reiss 242 lbs.	771*	DEC 5 2009	» Ell	khart, IN		<b>220 lbs.</b> A. Reed
Open Lt Martone 181 lbs.	363*	Open Raw Maltezos! Subs Raw	1365	BENCH Teens (16-17) 132 lbs.		C. Borntrager Open 242 lbs.	310	(50+) Team Champ Bend. Venue:
(13-16) Dantzler	187*	Killich SHW	1211	H. Trueblood 165 lbs.	150	R. Pettett Master	380	oh so close to ing. He misse
Open Dantzler *=WNPF Lifeti	187 ime Na	(40-49) Raw Stock tional Records.	1354 !=Best	E. Walsh 181 lbs. Z. Storms	260 260	198 lbs. J. Grzegorek 242 lbs.	198	he was out of enough energ he hit it perfe
Lifters. » courtesy WN	NPF			Novice 242 lbs.		M. Szweda 275 lbs.	405	a lockout. » courtesy Joi
to the state of the state of	1 1 2 2	The same of the sa	St. Street at	A CONTRACTOR OF THE PARTY OF TH				1000



ationals (Troy Ford photo)

N	CH	R. Moore —	198 lbs.	200
		(45+)	J. Peretick	390
		220 lbs.	(60+)	
		A. Reed —	181 lbs.	
er	310	(50+)	R. Cuny	235
		Team Champions: I	_ynch's Gym, S	South
		Bend. Venue: Steve	's Gym. Al Red	ed came
	380	oh so close to the 6	600 ĥe's been	pursu-
		ing. He missed the	first attempt b	ecause
		he was out of the g	roove. It waste	ed just
k	198	enough energy, so	that on his 2 no	dattempt
		he hit it perfectly b	ut he was just	short of
	405	a lockout	,	

on Smoker



athletes, we have to not only be strong, but we have to focus on our health as well. How can you be truly strong if you are a few short steps away from a major health ailment? Why are lifters dying of cardiac related diseases in many cases younger than the general sedentary American public? This should not be happening at all. Instead, we should have a longer life expectancy—not a shorter one—than those that think going for a 15 minute walk three times per week after dinner is considered an exercise program. I know you hear me rant and rave over and over in the pages of my column, but it's for a reason. I want those that read my column to take some valuable pieces of information each month that they can use and apply to their lifestyle. This way you actually get some benefit from it. If you took even 20% of the advice I give you and applied it to your healthier lifestyle I know you would have more energy during your day, you would improve your three lift total, you would recover from your training sessions faster, you would have less injuries and most importantly you would not be a victim of major health problems that reduce your quality of life and take you away from your family decades before it should happen.

#### TRANS FATS AND ENDOMETRIOSIS -THE DREADED LINK

One of the other things I have been preaching for years is to make sure you get in enough Omega 3 fats. Yes, I have been on the forefront trying my best to jam that nasty fish oil down your throats by the teaspoon without any mercy. Well, ladies, listen up, as you are going to like this next piece of information. I have also pushed that trans fats need to be totally eliminated from the diet and saturated fats need to be minimized and monitored. A new study was recently published just a few short months ago in the journal Human Reproduction. This study showed that the types and amounts of fats could affect the chances of getting Endometriosis. For all the dudes out there reading this wondering what the hell that is, hold on, I will help explain a little female gynecology to ya'. Oh boy, I can see all the hate mail coming in now with all those 300 pound Texans complaining how my column has turned into a Gynecology publication

Endometriosis is a condition when tissue from the uterus lining decides to take a little trip outside of the uterus. Then, it likes to wander off into another area of the pelvic cavity and placing itself there leads to severe pain. If you have known any woman that has had it or if you have suffered from it yourself, you know what I am talking about. Once it becomes displaced, this tissue can cause pelvic inflammation, but the worst is vet to come. As this continues it can cause scar tissue formation and painful adhesions as well. Now that we had the little Gynecology refresher course, let's get back to the study. This amazing study showed that women who consumed diets high in trans fatty acids increased their risk for Endometriosis by close to 50%! If that doesn't want to make you put down that fake coffee creamer, then I don't know what will. Let's get to the good news.

For those women who took in high amounts of Omega 3 fatty acids, like I have always recommended, they had close to a 25% reduction rate of getting it. So, what does this tell you? Load your body up with trans fats and your chances of getting slammed with this horrible condition skyrockets, but if you consume your healthy fats daily your chances decrease greatly. This study was conducted with over 70,000 women, so what's the take home message here? Cut out the garbage from your diet and get in plenty of high fat fish. You can find high amounts of Omega 3s from salmon, herring, trout, sardines, tuna belly, and other fatty cuts of fish. Plus, I have recommended in the past to take a fish oil supplement as well. From all the lifters I have worked with over the last decade for nutritional program design very few consumed enough fish in their diets. Taking in 2–3 teaspoons of concentrated fish oil daily can really make a difference in your health, in many areas, not just in combating Endometriosis. So, ladies, get in some high fat fish at least three times per week and supplement with a high quality fish oil supplement daily to help make sure this condition does not choose you as its next victim.

#### PREVENT OVARIAN CANCER NATURALLY

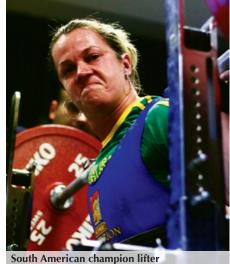
This little tidbit of info is going to really make your day. Two doctors who have conducted some interesting tests at the Brigham and Women's Hospital in Boston have evidence that by taking one very simple herb, it can cut your chances of developing ovarian cancer. That herb is none other than Ginkgo Biloba. This study took place with 600 ovarian cancer cases and close to 650 healthy matched controls. Their work has shown that for women that took Ginkgo Biloba for six months or longer had a 60% lower risk for developing ovarian cancer. Now the most preventative effect was very successful with women with non-mucinous ovarian cancer. The results that they found was that Ginkgo Biloba may help reduce the chances for this type of cancer by 65–70%.

You may be wondering what's inside Ginkgo Biloba that is causing these anti-cancer benefits? Well the main cancer fighter chemicals contained in Ginkgo Biloba are Ginkgolide A and B. These are terpene compounds and the most beneficial in protecting women from ovarian cancer. To make sure their findings were correct, laboratory studies were also conducted to see if all the data added up. What they found was that in vitro Ginkolide, even in small doses, caused ovarian cancer cells to stop growing in size. They are continuing new research as to why these compounds are having such a positive influence at inhibiting non-mucinous ovarian cancer cell growth so that future preventative applications can be developed. This is some great news in regards to preventing this form of ovarian cancer. As I have said many times before, it is best to prevent disease in the first place than to try and fix a major health problem once it has occurred. Ovarian cancer is one of the most deadly forms of cancer for women and one of the major problems in this regard is that the majority of cases are found in the late stages of the disease. Prevention is the best cure, so

for all the women reading this out there supplementing with Ginko Biloba could have some life saving benefits that are too good to not take advantage of.

#### **CONCLUSION**

There you have it, ladies, some prime information to help keep you healthy and strong. I try my best to bring all of my readers the information they want to know about and with all the e-mails coming in from the ladies of our sport giving me a kick in the pants for not doing enough women specific articles, I had to show a little love. The topics I chose for this column were chosen since they relate to women powerlifters so closely. Women lifters are known for loving their high G.I. carbs and devouring them like there is no tomorrow. The amount of questions about them I have had over the years from women lifters has been numerous, so bringing you the latest information on how they relate to your cardiovascular health was of great importance. Endometriosis is another health problem that affects tens of thousands of women and is more common than you think. So many women look to drugs and surgery to cure health problems, but if they only looked at what they are eating day in and day out they could prevent the problem from occurring in the first place. What you consume in your daily nutrition plan is so critical for your health and long term well-being, it would be stupid to ignore these facts only to suffer with health ailments that lower your quality of life. Ovarian cancer is truly a silent killer, and with the majority of women who are diagnosed with it they find it much too lateultimately leading to little chance for recovery. Just by taking a few capsules daily of an herbal supplement can decrease your chances by over 60% to not get this disease! I am sure all of you who are reading this will thank me later for giving you the knowledge to help fight this disease before it starts. I care about all our women lifters and if I can help influence even one person's life, then all my hard work was worth it. So, until next month, train hard, eat clean and do your best to keep disease away before it starts! ((



Elisangela de Carvalho

#### **SLP BODY SHOP FITNESS OPEN**

MAR 27 2010 » Mt. Juliet, TN

BENCH		220 lbs.	
MALE		C. Crook	345*
Submaster		Open	
308 lbs.		198 lbs.	
C. Stinson	590	T. Gordon	365
Open		220 lbs.	
308 lbs.		C. Herrera	415
J. Lawson	700*	SHW	
Raw		C. Poteete	500
Novice		DEADLIFT	
198 lbs.		MALE	
C. Tucker	315*	Novice	
220 lbs.		165 lbs.	
J. McCrory	335	M. Snyder	400*
Teen (16-17)		220 lbs.	
114 lbs.		J. McCrory	510
C. Nelson	170*	Submaster	
Submaster		308 lbs.	
198 lbs.		C. Stinson	585*
J. Thomas	260	Master (45-49)	)
Master (50-54	4)	198 lbs.	
181 lbs.		R. Moore	470
C. Smith	340	Open	
Master (60-64	4)	220 lbs.	
		C. Herrera	625
# C 11 1 . D	· ·	C D	

Best Lifter Bench: Jason Lawson. Best Lifter Deadlift: Colin Herrera-Sadler. The Son Light Power Body Shop Fitness Open Bench Press & Deadlift Championship was held at Body Shop Fitness in Mt. Juliet, Tennessee. this event and for all he did to promote the competition. In the raw bench press

event first-timer competitor Chuck Tucker broke the existing Tennessee state record for the novice 198 class with 315. Justin McCrory, also competing for the first time, won at 220 with 335. Caleb Nelson set the state record for the 16-17/114 class with 170. It was Jake Thomas for the win at submaster 198 with 260 while Charles Smith prevailed at 50-54/181 with a hard-fought 340. Also competing for the first time was sixty-four year old Chuck Crook, who broke the state record at 60-65/220 with a solid 345! For the open division Tony Gordon came up from Huntsville, Alabama to claim the title at 198 with an easy 365. Colin Herrera-Sadler, who is a trainer at Body Shop Fitness, won at 220 with 415. Our final raw lifter was C.I. Poteete, who lifted as a guest lifter in the open shw class, finishing with 500! In the assisted division Chris Stinson hit a strong 590 for the win at submaster 308 while Jason Lawson hit a big pr and state record 700 for the open 308 class, Jason was also awarded the best lifter trophy for the benchers. Moving to the deadlift event it was Markus Snyder for the win at novice 165, breaking the state record there with his personal best 400. Justin McCrory won at 220 with 510, even though he did lock out with 540, which was turned down for hitching. Chris Stinson broke his own state record at submaster 308 with a strong 585. Richard Moore got a new pr at 45-49/198 with his 470 final pull. Our final lifter, who was also the best lifter among the pullers, was \*=Son Light Power Tennessee State Records. Colin Herrera-Sadler, who finished with 625 at open 220. At the conclusion of the meet Randy Richey and the members of Omega Force presented a short program and witness to the crowd. Thanks to my son Joey Latch and Chris Stinson, Jr. for doing a great job loading and spotting and to Jade' Lawson for helping Thanks to owner Brian Gardner for hosting at the table and serving as our trophy girl. See you all again next year!

» results/photos courtesy Dr. Darrell Latch



2636 Jason Lawson with a PR 700 at Open 308



Best Lifter Colin Herrera-Sadler with a PR 625 DL at 220 Open



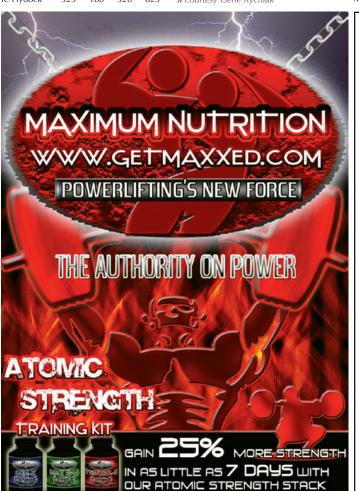


MAY 15 201	0 % D	l-b	N		198 lbs.	-,			
MAI 15 201	10 <i>n</i> P			ı,		450	225	400	1075
BENCH		275 lk	os.		Raw AM Junio	r			
Raw AM		CBo	thwell	465*	220 lbs.				
Teen (18-19)		AM P	olice		J. Doms	345	250	390	985
123 lbs.		275 lk	os.		Pro Open				
J. Mazza	150*	J. And	erson	550	220 lbs.				
Raw Pro Open	1	AM N	laster (	50-54)	T. Gale	805	620	620	2045
165 lbs.		275 lk	os.		AM Open				
J. Mazza	460*	J. And	erson	550*	220 lbs.				
275 lbs.		DEAD	LIFT		P. Miedema	585	375	515	1475
A. Ditillo	405	Raw A	1M		AM Open				
Raw AM Sub		Open			220 lbs.				
275 lbs.		165 lk	os.		C. Nyegaard	565	455	550	1570
C. Bothwell	465*	D. An	tonucci	570!	AM Submaster				
Raw AM Police	е				220 lbs.				
Ironman		BP	DL	TOT	W. Holder	660	370	645*	1675
Pro Junior					AM Open				
220 lbs.					242 lbs.				
S. Green		355	690*	1045	J. Dibble	720	520	570	1810
Full Power	SQ	BP	DL	TOT	AM Master (4:	5-49)			
Raw AM					242 lbs.				
Teen (14-15)					J. Dibble	720	520	570	1810
123 lbs.					Raw AM Maste	er (45-4	19)		
T. Hardardt	265	150*	310*	725	242 lbs.				
4th-SQ-2	285*	TOT-7	45*		P. DiLiberto	475	400	500	1375
AM Junior					AM Master (50	0-54)			
132 lbs.					242 lbs.				
W. Dass Jr.	325	195	430*	950	B. Schemel	234.5	560	155	550
Pro Open					1265				
181 lbs.					Pro Master (50	)-54)			
S. Larrisey	500	475	585	1560	275 lbs.				
AM Master (50	0-54)				B. Tozer, Jr	740	542*	560	1842*
181 lbs.					*=IPA World R	ecords.	Best Li	ifters Fu	ıll
P. Sacco	520	350	450	1320	Power AM: Jar	nes Dib	ble. Be	st Lifter	s Full
AM Teen (14-)	15)				Power Raw AN	1: Paul	DiLiber	to. Bes	t Lifters
181 lbs.					Full Power Pro	: Tim G	ale.		
R. Hydock	325	180	320	825	» courtesy Ge	ne Rych	ılak		
					,	,			

NASA	E.	TEXAS	S OPEN
TTTNT 10 0	010	W T1 7	rv

JUN 12 201				165 lbs.	33	Oper		23.
BENCH		B. Emerson	385	High School T. Baker	63		irrison E <b>ADLIF</b>	<b>2</b> 33
EMALE		Raw	303	Junior	03	FEM/		
165 lbs.		165 lbs.		T. Baker	63	165 l		
High School		Pure		MALE	03		naster II	
T. Baker	149	J. Perry	341	220 lbs.		J. Am		314
Junior	149	220 lbs.	341	Master I			ann aster P	
T. Baker	149	Pure		R. Avila	149	I. Am		ure 31
Raw	149	J. Fulton	402	242 lbs.	149	181 I		31
123 lbs.		242 lbs.	402					
				High School	1.42	Maste		2.4
Junior	105	Pure	425	Q. Thomas	143	P. Kro		24
T. Fabela	105	J. Rocker	435	Master I	204	MALI		
165 lbs.		275 lbs.		J. Rocker	204	220 l		
Submaster II	4.40	Int	472	308 lbs.		Maste		
J. Amann	149	C. Strybel	473	Master I		J. Par		42
Submaster Pu		Open		Push Pull		BP	DL	TOT
J. Amann	149	C. Strybel	473	MALE				
181 lbs.		SHW		198 lbs.				
Master III		Submaster II		Submaster I				
P. Kroken	88	C. Anderson	435	T. Nanny		347	435	782
198+ lbs.		DEADLIFT		275 lbs.				
Novice		MALE		Submaster II				
S. Elliff	110	308 lbs.		J. Fincannon		573	528	110
MALE		Submaster I		Powerlfting	SQ	BP	DL	TO
198 lbs.		J. Fabela	551	FEMALE				
Submaster I		PS BENCH		Raw				
T. Nanny	347	MALE		123 lbs.				
242 lbs.		148 lbs.		Junior				
High School		Junior		T. Fabela	193	105	248	545
Q. Thomas	501	E. Avila	248	Open				
275 lbs.		220 lbs.		T. Fabela	193	105	248	545
Submaster II		Master I		165 lbs.				
J. Fincannon	573	R. Avila	374	Submaster II				
Submaster Pul	re	PS CURL		J. Amann	259	149	314	721
J. Fincannon	573	FEMALE		Submaster Pu	re			
308 lbs.		148 lbs.		J. Amann	259	204	314	776
Master I		High School		181 lbs.				

55 C. Spirrison 237





Master III P. Kroken Pure	_	_	_	_	SHW Master I M. Mitchell 231	418	589	1239
P. Kroken	_	_	_	_	» courtesy Rich Peters	S		
MALE 132 lbs.								
Pure					LEBANON H	S		
P. Loftus	347	198	402	947	STRENGTH	CHA	LLE	NGE
198 lbs.					MAR 20 2010 » F	'resno	. CA	
Master Pure								
B. Frazier	600	424	608	1632	Push Pull	BP	DL	TOT
242 lbs.					FEMALE			
Open					(9th-10th Grade)			
C. Uphues	402	264	435	1101	105 lbs.	115	215	2001
Raw					E. Monk 4th-Bl	115	215	300!
<b>181 lbs.</b> Master II					132 lbs.	-125		
S. Kivela	352	286	429	1068	K. Strohm	75	165	240!
Power Sports	CR	<b>BP</b>	DL	TOT	(11th-12th Grade)	73	103	240.
MALE	CK	ы	DL	101	165 lbs.			
148 lbs.					S. Hummel	120!	180	300!
High School					4th-BI	P-205*		
Z. Bowen	88	138	176	402	MALE			
Master II					(9th Grade)			
D. Holland	110	209	429	749	220 lbs.			
181 lbs.					T. Weaver	215	300	515!
High School						P-225*	DL-315	;*
W. Gonzalez	99	182	259	539	Hwt.	2051	200	4051
220 lbs.					B. Conley	205!	280 L-315*	485!
Submaster Pur		220	454	0.41	(10th Grade)	4th-D	L-315"	
B. Brock <b>242 lbs.</b>	160	330	451	941	105 lbs.			
Master I					T. Hutz	105!	185!	290!
K. Romero	160	336	562	1057	132 lbs.	105.	105.	230.
Master IV	100	330	302	1037	C. Weit	150	245	395
L. Wile	94	121	242	457	165 lbs.			
275 lbs.				,	T. Price	185	375	560
Master Pure						4th-D	L-385*	
C. Bowen	149	418	424	991	198 lbs.			
2 PM 7 PM	400	14550	- Designation in	CHECK PARTY	THE RESIDENCE OF THE PARTY OF T	EN LEGISLATION OF	224500	Maria Parago

C. Ryan		_	420	420	198 lbs.		181 l	bs.	
,		4th-D	L-435*		K. Meistner	_	K. Ch	itty	40
(11th Grade)					220 lbs.		T. Roo		34
275 lbs.					R. Brewer	419	C. Sa	lazar	34
B. Stoever		275!	400	675	L. Fellers	380	C. To	rez	29
(12th Grade)					242 lbs.		220 I	bs.	
181 lbs.					D. White	402	G. Gr	een	45
K. Stumpf		270	360	630!	275 lbs.		R. Ne		40
		4th-D	L-400*		J. Roy	353	S. Le		_
275 lbs.					Open		275 I		
M. Logan		300	480!	780!	148 lbs.		D. Gi	esecke	44
0-	4th-B	P-315*			R. Sandoval	380	SHW		
*=Good 4th at	tempt f	or new	Lebano	n	165 lbs.		J. Hni	zdo, Jr.	46
County Record					R. Hervig	314	J. Bur		39
Records. Meet					Powerlifting	SQ	BP	DL	TO
you to the office					MALE	•			
and Dennis Va					Master I				
Nate Shelly, Andy Voydik and Bryan					165 lbs.				
Scorers: Victori					M. Nussell	402	325	402	113
9th-10th Grade	e: Eliza	beth M	onk. Be	st Lifter	198 lbs.				
Female 11th-12	2th Gra	ade: Sar	ah Hun	nmel.	L. Tamayo	468	386	474	132
Best Lifter Male	e 9th C	Grade: Ty	ler We	aver.	275 lbs.				
Best Lifter Male	e 10th	Grade:	tom Pri	ce.	J. Roy	601	353	535	148
Best Lifter Male	e 11th	Grade:	Brady S	toever.	Open				
Best Lifter 12th					181 lbs.				
Champions: N					C. Salazar	446	347	518	131
» courtesy John	n Mon	k Jr.			L. Jauregui	502	364	441	130
, , -		-			198 lbs.				
					J. Dickstein	424	276	502	120
APF FIR	EFI	GHT	ER		J. Jackson	325	353	380	105
OLYMPI	CS				220 lbs.				
IUL 10 2010		wisvil	le. TX		G. Green	540	452	606	159
	" ье	44 12 A 11	10, IA		Moczygemba	325	215	138	678
BENCH		220 lk	os.		275 lbs.				
MALE		J. Bye	rs	391	D. Giesecke	513	441	518	147
Master II		Maste			SHW				
198 lbs.		165 lk	os.		J. Burke	397	397	535	132
J. Sides	248	M. Nu	ıssell	325	R. Seyfried	474	342	507	132
M. Balanciere	243	J. Doo	lge	314	» courtesy Hea	ather 7	illingha	st	



#### TIM McCLELLAN >>

be hit in different ways. That combined with the education I pursued from researchers like Tom McLaughlin and Mike Stone, as a strength and conditioning professional, helped me to get a very definitive system for increasing strength. It was all just a lab for me.

#### What do you mean it was a lab?

I was fortunate to coach about two dozen of the best drug-free powerlifters in the world at that time. They were all at the top of their game, worldwide. They didn't use drugs, so drugs were not responsible for their gains. They all stayed in the same weight classes so gaining weight was not a factor. They were all near their peaks so it is not like they were genetic freaks who had never lifted weights before. I researched every program known to mankind and invented many of my own. The lifters were the guinea pigs. Whatever gains they made had to be a direct result of the programming. I feel really good about the gains I was able to help them achieve. When you can help guys like Bull Stewart, Ray Benemerito, Martin Beavers, Bill Schmidt, Rich Wenner and Joe Catalfamo get stronger, you have a reason to feel good about the education you have received.

#### Why do you think you were so successful during your coaching career?

Well, I really did things differently. I looked at

my athletes as being multi-dimensional. Let me explain. Although most of us are heirs to the Judeo-Christian ethic which states in principle that there is a linear relationship between hard work and success, that concept has all but lost its credibility in the field of sports. No longer can an athlete expect to excel simply by outworking everyone else. Today's athlete must supplement hard work with scientific means to be successful. It should also be noted that athletic performance is multi-dimensional. You have to look at athletic performance as a biological and psycho-sociological experience. An athlete's performance is not only affected by his body chemistry, but also by his psychological makeup and social environment. This begs the question which of the three systems, the physical, the psychological, or the social, gives the athlete his greatest chance for success. I always contended that it was all three of systems taken together. My major premise was that there was no single cause for athletic performance. Rather, performance was multidimensional and to disregard any of the aforementioned systems was setting yourself up for failure. I further contended that what an athlete needed was someone who could help him put all the systems together—to form an integrated whole—someone who could teach them to get the most out of his biological side, mental side, and social side. By doing exactly that, I was rather successful in helping athletes improve

their performance significantly. In hindsight, I think I was correct in my assessment.

#### That sounds like a pretty big undertaking.

Well, you are right—it wasn't easy. When I was actively coaching, I went to great pains to procure as much information as possible about strength training and powerlifting. I was involved in my Master of Science studies at Arizona State University at the time, so I tried to spend every minute I could reading and researching ways to enhance human performance. I read practically everything I could get my hands on; books about training routines, ergogenic aids, nutrition, biomechanics, etc. I searched the literature for experiments that dealt with any of these subject areas. I would spend countless hours after my classes with my professors. I also called or visited prominent coaches and athletes throughout the country. Through it all, I obtained a prolific amount of information that greatly enhanced my athlete's training and competitive performance. You have to understand too, that the athletes I was working with were all drug-free. Consequently, we were at a big disadvantage competing against those that were not. I am really proud to say that we were rather successful no matter who we competed against. Again, I contribute that to the fact that we looked at performance as a multi-dimensional behavior. Most other

Some amazing Samson Power Team lifters at the 1989 ADFPA Lifetime Drug Free Championships: bottom row, left to right, Joe Braca, Rich Wenner, Bull Stewart, Kevin Dittler, Bill Schmidt; middle row: Ray Benemerito, Brent Bozzelli, Joe Catalfamo, Ron Hoff, James Benemerito, Rev. Brad Olson, and Coach Tim McClellan; back row, Mark Girton

athletes were looking at performance from a strictly physical entity. Even today I believe a lot of athletes are still looking at performance from that standpoint—it is a mistake.

#### What kind of things did you look at?

Like I said, I looked at everything. Nutrition, psychology, learning of motor skills, sociology, kinesiology, biomechanics—I even looked at how colors and lighting affected performance. I wanted the very best for my athletes. I promise you I spent all of my free time learning as much as I could to help the lifters I was training. It was not an OCD approach. You know, OCD has such a negative connotation. I call it an OCE approach, as in Obsessive Compulsive Enhancement. It was not a disorder. It was a fully comprehensive approach that enhanced my life and the lives of those I coached.

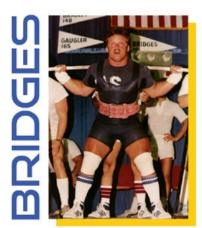
#### If you don't mind me asking, what were some of the things that helped your athletes the

A lot of things we did helped, but if I had to point to two things in which we were way ahead of other athletes it was nutrition and the study of learning with regards to biomechanics. We spent an inordinate amount of time in perfecting our skill level. Many of my lifters defeated guys who were a lot stronger than they were because they had perfect form. This did not

come from mere observation. It came through the study of excellence, like researching into the studies of Dr. K. Anders Erickson on how to learn. The competitors would be muscling up their weight with inadequate form, while my lifters were finessing their weight with perfect form. I felt we were successful because of knowing intricately how to teach so that learning could be optimized. It was at that time a weird blend of science meeting with knucklehead personalities. Nutrition was also a big factor. We took great pains to ensure that we ate the right way all year round. We literally ate for success well, Rich Wenner sometimes ate for only his pleasure—but as a whole we really did a good job of eating first what we needed to win, and then what was enjoyable. It was a science for us. You never saw any of my lifters carrying around extra fat. That was by design—not chance.

Before we go on, let me add one more thing to what we were doing differently than our competitors—psychology, or more specifically, sports psychology. There is a huge mental component when lifting maximum weight. Interestingly, whenever I ask athletes what percentage of their sport is mental they invariable will say seventy percent or more, yet very little, if any, of their time is purposely devoted to anything other than mere mindless physical work. In fact, I would venture to say that most athletes are not paying much, if any, attention to psychological

factors, nor do they know how to use psychology to enhance performance. Despite the fact that the majority of coaches and athletes that I talk to feel that the psychological aspects of sport is extremely important, they, more often than not, completely ignore this in training. They talk a lot about psychology, but they rarely practice what they preach. It is strange. Many of the world-class athletes I know train three to six hours a day for as many as six days a week. They push themselves to their physical limits and then return the following day for more. They won't drink and even abstain from going out if they deem it necessary in order to reach peak physical performance. They use any mechanical device they can find or afford that promises to increase performance. Nevertheless, during the 30 to 40 hours per week that these athletes are involved in the sport, usually not one hour is consciously spent preparing for the psychological aspects of the sport. I know of only a handful of athletes who use a systematic program for mental training. Thus, on the surface at least, there appears to be a great inconsistency between coaching philosophy and coaching practice. Obviously then, what makes psychology so important to an athlete is that it is a highly relevant and beneficial variable, but also a much neglected variable. That is another significant reason I believe we were so successful. We gave attention to this area. ((



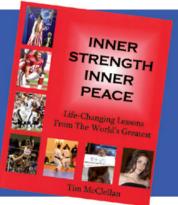




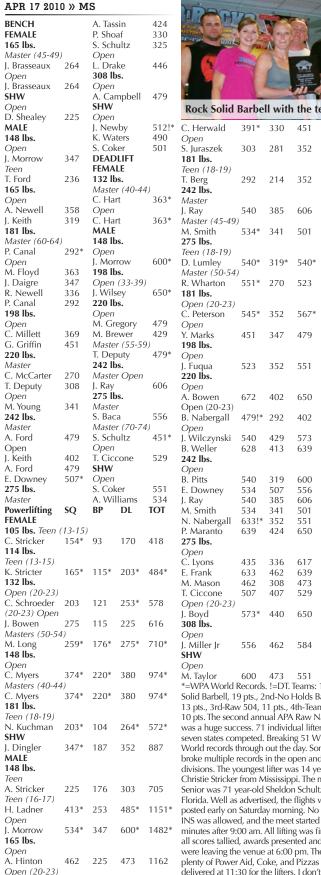
# WHAT MAKES THEM SPECIAL?

FIND OUT FROM A MAN WHO COACHED THEM ALL

WWW.STRENGTHANDPEACE.COM



#### **APA RAW NATIONALS**







ROCK SOIIG	Barbe	II WILI	i the t	eam aw	ard
C. Herwald	391*	330	451	1173*	anyon

303 281 352

292 214 352

534\* 341 501

540\* 319\* 540\*

551\* 270 523

545\* 352 567\*

451 347 479

523 352 551

672 402 650

479!\* 292 402

319

385

435 336 617

308 473

407

573\* 440 650

556 462 584

600 473 551

556

501

650

639

529

628 413

534 507

540

534 341

462

507

639 424

633 462

606

540 385

Deputy-Fl is the new owner of the Deadlift

record in the 220 master (55-59) class with a

eam aw	RAW 504
1173*	anyone went hungry through out the day! On
936	to the lifting. The following WPA World Records were set. Marsha Long-Al in the 132/50-54 class. Squat 259, bench 176, and
859	total 710. Carol Ann Myers-Fl in the squat 374, bench 220, and total 974, while competing in the open, and (40-44) 148 lb. class. She
1531	already owned the deadlift record in both classes. Carol Ann also won female Best Lifter in the warmen's Full Power Christia Sticker Ada
1376	in the women's Full Power. Christie Sticker-Ms set the world record squat in the 105 teen (13-15) with a 154 lb. Effort. Kayla Stricter-Ms
1361*	set all the records in the 114 teen (13-15) with lifts of, squat 165, bench 115, Deadlift 203, and a total of 484. Courtney Schroeder-Fl
1344*	broke the 132 Jr (20-23) Deadlift world record with a 253 lb. pull. Natalie Kuchman-Ms lifting
1465*	in the 181 teen (18-19) set squat 203, deadlift 264, and total 572 world. Jenny Dingler-Ga, of North Georgia Barbell set the SHW world
1278	record squat with a lift of 347 lbs. Jojo Brasseaux-Tn was the women's bench only
1427	Best Lifter. Christina Hart-Fl set the 132 master (40-44) and open record in the deadlift only, in route to winning women's deadlift only best
1724	lifter with a 363 lb. deadlift. Congratulations to all the ladies that competed! Now the men's
1173	full power. Hunter Ladner-Ms. 148 teen (16-17) squat 413, deadlift 485, and total 1151. Dink Lumley Ms. Looked very strong ir
1542 1680	the 275 teen (18-19). Setting world records in all lifts and total. Squatting 540, bench 319, deadlift 540, with a 1361 total. Malcolm
1443	Smith-Al. 242 master (45-49) with a squat of 534 lbs. Rich Wharton had a squat 551, and
1598	total of 1344, for the world record in the 275
1531 1377	master (50-54). Joe Morrow, always puts on a show for the audience. With the physique of a
1537 1713	bodybuilder, Joe was lifting in the open 148 class, squat 534, deadlift 600, and total of
	1482. That is a huge 10.36 times body weight total raw. Joe also won the men's full power
1388 1735	best lifter. Chris Herwald 165 (20-23) records in the squat 391 and total of 1173. Caleb
1245	Peterson 181/20-23 set records in the squat
1421	545, deadlift 567, and total 1465. Bart Nabergall 220/20-23 DT class world record in
1663*	the squat, with a lift of 479. Then Bart's brother Nate Nabergall broke the 242 open DT record
1603	in the squat, with a 633 lb. effort. A huge JC Boyd-Ms was actually training for a bodybuilding show, but still found the strength
1625	to break the squat 573 and total 1663 records. Patrick Canal La, set the new bench world
1st-Rock	record in the 181 master (60-64) division with
Barred,	a 292 lb. lift Eric Downey-La in the 242 open
m Boad,	had one of the largest benches of the meet
Nationals ers from	with his huge 507 raw bench. John Newby-from the Fort Walton Beach, Fl area
VPA	had the largest bench of the meet with a bench
ome	of 512 lb. in the open SHW DT division. The
d age	bencher that stole the show was Garrett Griffin-
ear-old most	La. Garrett tried but did not make weight. He was going to lift in the open 181 class, but at
tz from	the last minute had to move up to the 198
were	class. Garrett stepped on the scales looking like
walk La few	he was weighing in for a bodybuilding show, and barely missed making weight (183 lbs.)
inished,	Garrett didn't break any records, but did take
d lifters	home the men's Best Lifter award for the bench
nere was	only division! Imagine how strong this man
s 't think	could have been if he hadn't been depleted from trying so hard to make weight? Tom
Cumax	

lift of 479 lbs. And to the most senior lifter of the meet, Sheldon Schultz-Fl. Mr. Schultz is the proud owner of the 275 master (70-74) record with his pull of 451 lbs! Wow, sir. You definitely inspired me! I just hope I am still able to lift then. You are definitely an inspiration to many lifters! Joe Morrow-Ms has already won the full power best lifter, and now adds the deadlift only best lifter to his collection! The team competition was stiff. Four teams entered two from Louisiana (team Boad and Raw 504) one team from Mississippi. No. Holds Barred, and one from Florida, Rock Solid Barbell, There was a tie with NHB & g RSBB with Rock Solid Barbell owned by Carol Ann Myers winning the Team Championship. f The tie-breaker was Best Lifter points, RSBB had the men's and women's full power, and the men and women's Deadlift only best lifters on their team. Now the largest lifts of the meet. For the women. Carol Ann Myers had the largest n lifts across the board with 374, 220, 380, and a 974 total on only four attempts. For the men. Andy Bowen had the largest squat at 672 lbs. Weighing just 204, the largest bench was done by John Newby of Fort Walton Beach, Fl. The largest Deadlift of the meet was 650 lbs. shared in by four lifters. Jared Wilsey 198, Andy Bowen 220, Phil Maranto 242, and JC Boyd 275. And the largest total goes to Raw 504's Eric Frank. With a 1735 total as a light 275er. Now on to the last winner of the day. We had a 2010 APA raw nationals poster (18 by 24) signed by all the lifters and framed. The winning ticket holder was Jojo Brasseaux from the Volunteer state of Tennessee. Now for the most surprising lift of the meet. Many of you know Big Seth Coker as being a big, equipped bencher. Reputation well deserved. I am especially proud of Seth for stepping outside his comfort zone and doing a raw deadlift only division. Seth pulled an amazing 551 lbs. In his first deadlift meet! Congrats Seth! Seth is also part of the No Holds Barred Guy from Hattiesburg Mississippi. This is the best commercial gym I have ever seen. They cover all areas of strength and fitness. From general fitness, strongman. highland games, powerlifting, and bodybuilding! If you are ever in Hattiesburg, stop in and check them out at 427 Weathersby Rd. Owners: Tv Berry and John Micka, Lwould like to Thank all our help, and sponsors. Without all of you men and women, this meet would not have run so smoothly. Scorers: Amber Holmbeck, Ashley Gonsalves. Announcer: Chuck Laird. Judges: Bobby Myers, John Micka, Eric Hombeck, Ty Berry, h Amanda Micka, Jeremy Bailey. Loaders and Spotters: Jarvis Barnes, Billy Johnson, Lemichal Drake, Marcellus Campbell, Dink Lumley, Jake Impastato, Seth Coker. Sponsors: No Holds Barred Gym, BMF Sports, Titan Support Systems, MaxFit of Fort Walton Beach, Florida, e Powerlifting USA, and Powerlifting Today.com. Also Thanks to Team Boad, and Raw 504 for coming out to compete. These guys brought it! All are great lifters! In closing we would like to h thank everyone that trained so hard and came out to support the Second Annual APA Raw National Powerlifting, Benchpress, and Deadlift Championships! The next meet John









314

314

198 325 523

105 209

(Rich Peters photos)



# NACA DO NATIONALS

BENCH		Master I	
FEMALE		M. Laurel	314
132 lbs.		Master IV	
Master II		J. McDermott	286
M. Hetzel	198	Master Pure	
Master Pure		M. Laurel	314
M. Hetzel	198	Open	
220 lbs.		J. McDermott	286
Master II		181 lbs.	
A. McTighe	244	Master II	
Master Pure		R. Branch	347
A. McTighe	244	Master Pure	
Pure		R. Branch	347
A. McTighe	244	D. Petersen	303
Raw		Pure	
114 lbs.		R. Branch	347
Master I		198 lbs.	
K. Tate	105	Master I	
132 lbs.		R. Byars	503
Master I		Master Pure	
K. Hughes	187	R. Saffy	424
148 lbs.		Pure	
Novice		R. Saffy	424
E. Mileva	72	220 lbs.	
Submaster I		High School	
A. Rocha	160	A. Kizirian	402
Pure	=0	Master I	
E. Mileva	72	M. Cussins	523
198+ lbs.		J. Whitbred	473
Master I	72	B. Hawkins	418
L. Hintz	72	Master III	250
MALE		M. Sison	358
132 lbs.		Master Pure	F0.0
Master I	202	M. Cussins	523
J. Helms	303	J. Whitbred	473
148 lbs.		M. Sison	358
High School	100	Open :	F22
T. Cussins	182	M. Cussins	523
Junior T. Cussins	100	M. Bernardy	407
T. Cussins	182	Pure	F22
165 lbs.		M. Cussins	523

Open

M. Llamas

Push Pull

FEMALE

Submaster II

270

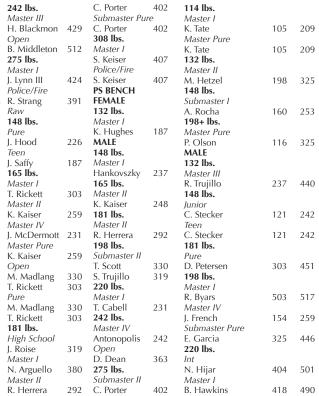
Open

BP

C. Claunch

DL

TOT





Hankovszky

R. Michael

99

C. MacNeilly 110 193 253 556

110 237 407 754

182 297



Rich Byars (L) and Nick Arguello (R) with their champion belts



	A CI	HAMPI		
<b>165 lbs.</b> High School				
E. DeRuiter	83	143	308	534
Master I	03	1 13	300	331
C. Brown	138	264	462	864
Master II				
K. Kaiser	165	248	374	787
Submaster I				
McClure Sr.	105	176	341	622
<b>181 lbs.</b> Teen				
T. Fossceco	121	182	380	683
198 lbs.	121	102	300	003
Int				
N. Dudik	154	270	435	859
Master III				
J. Lynn Jr.	138	231	275	644
Master Pure	4=6	220		0.50
T. Antill <i>Novice</i>	176	330	451	958
N. Dudik	154	270	435	859
Pure	134	270	733	033
T. Scott	209	330	462	1002
Submaster II				
T. Scott	209	330	462	1002
Youth				
J. Ornelas	77	154	253	484
<b>220 lbs.</b> Master I				
T. Cabell	187	231	473	892
242 lbs.	107	231	4/3	092
Teen				
C. Rodriguez	154	314	501	969
275 lbs.				
Submaster II				
C. Porter	176	402	501	1079
Submaster Pui		402	FO1	1070
C. Porter » courtesy Ric	176	402	501	1079

WABDL GOODSON
HONDA NATIONALS
3.5 T.D. 10.0010 D 1.0D

WABDL	GOC	DSON		Cunningham	303	Open	
HONDA	NAT	TONALS		Master (47-53)		B. Brizendine	551
MAR 13 201				R. King	436*	Open	
MAN 13 201	U // P	oriiana, On		Master (54-60)		C. Washburn	_
BENCH		Master (47-53)		P. Plush	348*	Submaster (33-	39)
FEMALE		K. Sandoval	286	Master (85-89)		B. Brizendine	551
97 lbs.		4th-303!*		D. Gibson	160!*	C. Washburn	_
Teen (16-17)		Open		Open		Teen (14-15)	
A. Norland	88*	A. Bowman	270	R. King	436	T. Torres	132
114 lbs.	00	198 lbs.	2,0	Special Olympi		220 lbs.	.52
Disabled		Master (61-67)		R. Castaneda	94*	Class I	
M. Lamm	66*	P. Robey	220	Teen (12-13)	<i>J</i> .	T. Canaday	380
Master (47-53)		Open	220	T. Zumwalt	88	Junior (20-25)	300
R. Nelson	127*	T. Snook	171	Teen (16-17)	00	N. Wilks	149
Teen (14-15)	127	Teen (18-19)	17.1	S. Green	303	Law/Fire Subm	
S. Aparece	77	T. Snook	171*	181 lbs.	303	R. Wells	386
123 lbs.	//	SHW	171	Class I			
Master (17-53)	1	Disabled			450*	Master (47-53)	518
			127	D. Thompson	452*	J. Nobllt	510
J. Imorl	132	U. Hagelganz 4th-132*	127	J. Winters	_	4th-529*	
Master (40-46)				Law/Fire Open	116	Master (54-60)	
R. Moore	160	Junior	1 - 4 +	R. Harris	446	G. Harris	474*
Master (47-53)		F. Akhtar	154*	Master (40-46)		Master (61-67)	2.40
N. Helms	121	Master (47-53)	4.40	D. Thompson	451	R. White	348
4th-126!		M. Huston	143	J. Riley	364	B. Hill	347
Master (61-67)		Submaster		Master (47-53)		Master (68-74)	
G. Camp	110!	M. Zumwalt	276!*	D. Walker	380	P. Goucher	248
Teen (14-15)		MALE		4th-407*		Open	
C. Ackley	94	97 lbs.		Master (54-60)		B. Hill	347
Teen (16-17)		Teen (16-17)		G. King	342	Submaster (33-	
D. Brown	116*	K. Henderson	143!*	Master (61-67)		S. Edmondson	545
L. Carey	94	114 lbs.		T. Camp	303	4th-226*	
Teen (18-19)		Special Olympi		G. Witzel	243	Teen (14-15)	
A. Wenzel	138*	D. Hammond	137	Master (68-74)		R. Beitkel	287
R. Talley	88	4th-143*		S. Numml	276*	N. Purcell	149
132 lbs.		Teen (16-17)		Master (80-84)		Teen (18-19)	
Master (47-53)	)	A. Tackett	110	N. Munly	171	J. Garbush	408
Montgomery	132!	D. Davidson	61	Open		242 lbs.	
S. Sutton	122!	132 lbs.		D. Soto	535*	Class I	
Teen (16-17)		Teen (18-19)		Open		B. Sanders	248
M. Sanders	110	Vasconcelles	220	R. Harris	446	B. Hafner	529*
148 lbs.		148 lbs.		Submaster (33-	39)	M. Landon	485
Master (40-46)	)	Class I		D. Seta	535!*	Master (40-46)	
T. Jacobs	215	B. Kunkel	314	Teen (12-13)		K. Doerfler	513
Master (47-53)	)	Master (54-60)		M. Timm	88	R. Garza	502
N. Huxley	_	Evangelista	421!*	Teen (16-17)		Master (47-53)	
Master (80-84)	)	Master (68-74)		G. Kelley	248	E. Macaulev	623!*
M. Whinston	66	D. Barden	276	K. Church	198	S. Genengels	375
Open		Master (85-89)		198 lbs.		M. Boardman	287
N. Huxley	_	A. Whinston	83*	Class I		Master (54-60)	
Teen (12-13)		Open		N. Berriman	485*	M. Landon	485
G. Rodriguez	88	Evangelista	421	D. Sugimoto	463*	Open	
Teen (14-15)		Special Olymp		D. Harris	287	K. Engelke	502
K. Riley	66	B. McRobert	88*	B. Burns	231	T. Bias	
165 lbs.		Teen (16-17)		Junior (20-25)	20.	Submaster (33-	39)
Master (47-53)	)	C. Green	121	D. Dennis	314	T. Bias	529*
S. Klocke	314!*	Teen (18-19)	121	Master (40-46)		Teen (14-15)	323
Open	J	T. Shepard	127	D. Sugimoto	463	T. Tingey	237
S. Klotke	314*	165 lbs.	127	Master (61-67)	103	Teen (18-19)	237
Teen (16-17)	517	Junior (20-25)		G. Holzinger	381*	B. Henry	220
T. Dotson	94	R. Segura	325	J. Seteta	364	259 lbs.	220
181 lbs.	J-T	Law/Fire Open	343	K. Schleif	220	Class I	
Master (40-46)	)	Crossen III	446	Master (68-74)	220	S. Rainey	579*
J. Wooldridge		Master (40-46)		D. Hawkins	281	Junior (20-25)	313
j. vvoolullage	234	waster (40-40)		D. Hawkiiis	201	junioi (20 <b>-</b> 23)	
		_		1	100 C 100	-	fel

Cunningham 303 Open



K. Church T. Baker Law/Fire Submaster 148 lbs. 198 lbs. Master (40-46 Class I B. Burns Crossen Jr. 4th-416\* M. Whinstoli Law/Fire Open S. Rainey N. Berriman 502 T. Chun Master (61-67) 4th-416\* G. Holz1nger 452 Submaster (33-39) Teen (12-13) K. Schleif T. Chun G. Rodrlguez 154 Teen (14-15) Teen (18-19) C. Summers B Seath 507!\* K Riley 127 T. Torres 275 lbs 165 lbs 220 lbs. Master (51-57) Law/Fire Submaster Class I G. Loss 502\* D. Backiel 281 R. Wells C. Henry Master (40-46) 435 Teen (16-17) Law/Fire (48-55) T. Dotson K. Doerfler D Bryant 353 181 lbs. Teen (14-15) Law/Fire Open Master (40-46) N. Purcell 424 A Larsen 402 Taylor Teen (18-19) Master (47-53) J. Wooldridge 397\* I. Garbush 242 lbs. F. Williams 336\* 424 Open Taylor Class I 529 I. Wooldridge 397 B. Wise G. Loss Submaster (33-39) 375 A. Bowman M. Landon Teen (14-15) S. Aumavae 722 B. Iovaux 308 lbs. Master (40-46) M. Eveland 198 lbs. Class I R. Garza 551\* Master (61-67) Master (47-53) T. Lundin P. Hobay 226!\* B. Joyaux lunior (20-25) B. Rizzed Master (54-60) Law/Fire (40-47) M. Landon T. Lundin 551\* F. Akhtar R. Nelson W. Orr-CAN 496# Master (47-53) Law/Fire (48-55) I. Anthony 452 MALE Master (40-46) R. Nelson W. Orr-CAN 496 Teen (14-15) Master (47-53) K. Henderson 287!\* T. Tingey B. Gillespie 114 lbs. Teen (16-17) Master (54-60) » results courtesy Elma Thomas 617!\* A. Tackett F. Hofer This was a huge event with 16 flights and D. Davidson 121 170 lifters. We finished the 16th flight F. Hofer 132 lbs. at 9:15 PM. Last year with 12 flights we Teen (18-19) B Gillesnie finished at 9:10 PM. Terry Luehrs was the Vasconcelles 380 head judge and I was the M.C. this year Teen (16-17) S. Thompson 353\* 148 lbs. and we made time. In the deadlift class 1, SHW Master (54-60) Bobby Burns set a Washington record 628.2 Junior (20-25) Evangelista 474 at 198. In class 1/259, Ben Seath ripped up A. Hathaway 402 Open a 622.7 Washington record and passed the Master (47-53) B Kunkel drug test. He also set a world record in teen I. Mickelson Evangelista 474 18-19 bench with 507. In disabled women. Teen (16-17) Michlle Lamm of Florida set a state record I. Mickelson 518 Sowers 115.5 at 114. In junior women 198+, Submaster (33-39) C. Green 270 Fatema Akhar set an Oregon record 226.8. Teen (18-19) F Zumwalt 535\* In law/fire 48-55/308 Richard Daniel Better DEADLIFT T. Shepard of Black Iron Gym set a Washington record FEMALE 165 lbs. 562 He is coached by Virginia Williams In master men 40-46, Roland Garza to a Class I 97 lbs. I. Fernandez 391 Teen (16-17. PR 677.7 at 259. He barely made it but 193\* Junior (20-25) A. Norland he didn't quit on it. Ed Williams of Idaho 114 lbs. set a state record 47-53/275 with 457.2 R. Segura Disabled Master (40-46) Tom Pennella made a return to the WABDI M. Lamm Cunningham 518 platform with a nice 611.7 at 40-46/259. In Teen (14-15) Master (68-74) master 68-74/165, Larry Vincent elevated 6. Aparece L. Vincent an Oregon record 369.2 at age 72. At 68-Teen (16-17) 4th-369\* 74/181, Sonny Nummi got an Idaho record R. Donnelly Special Olympian 385.7. Sonny was in the 220 class and got Teen (18-19) R. Castaneda 1213 diabetes and was taking insulin to control S. Stott Teen (16-17) a blood sugar level that was approaching C. Molenaar 4th-2363 400. He's a tough ex-logger and lost 40 lbs 123 lbs C. Nuckols and no longer takes insulin and is no longer Master (40-46) Teen (18-19) diabetic. In master women 40-46/148 Te resa Jacobs set a Washington record 416.5, 209 J. Fernandez 391 Teen (14-15) 181 lbs. a very high level pull. In 40-46/181, Jane C. Ackley 265\* Master (47-53) Woodridge set a Washington record 396.7. L. Woodley 634 Teen (16-17) Jennifer Taylor get a 424.2 and tried a world U. Carey 243\* Master (68-74) record 463.8 but couldn't quite lock it out. D. Brown 193 S. Numml Jennifer is from Oregon. At 61-67/198, Pat Teen (18-19) Robey set a world record 225.7 and in mas-A. Wenzel 232\* L. Woodley ter women 80-84/148, Melicent Whinston R. Tallev 215 Teen (12-13) set a world record 157.5 at age 83. In open 132 lbs M. Timm men 148, Barry Kunkel pulled 507. In open Teen (16-17) Teen (16-17) 308, Sean Erhardt pulled 705.2 but they 254 502\* M. Sanders S. Taylor weren't records. In teen men 14-15/242

375

502

231

468

573

480

474

678

474

480

562

XXX

440

4th-446\*

Teen (18-19)

4th-622

Junior (20-25)

Master (40-46)

Fernandez

Master (47-53)

Teen (18-19)

T. Pennella

S. Rainey

B Seath

275 lbs.

Class I

G. Loss

E. Williams

Teen (16-17)

M Ennerson

S. Mavhew

308 lbs.

R. Better

S. Frhardt

Teen (16-17)

4th-5013

Master (47-53)

J. Mickelson 546

J. Mickelson 546

M. Hackler

4th-485\*

4th-418\*

Law/Fire (48-55)

J. Fernandez 634

507

606\*

513

457

435

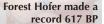
K. Morgan

Class I

S. Rainey

Taylor Tingey pulled 446.2 for a Washington record. In 16-17/97, Kyle Henderson set a world record 286.5. In 16-17/181 Steven Taylor set an Oregon record 501.5. In 16-17/275, Matthew Epperson set an Oregon record 485. In 16-17/308, Matthew Hackler popped a 501.5 Oregon record. In 18-19/259, Ben Seath set a Washington record 606.2. In teen women, Charlee Ackley set a Washington record 264.5 at 14-15/123. In 14-15/181, Megan Eveland est an Oregon record 248. In 16-17/97 Aunja Norland set a Washington record 192.7. In 16-17/123, Lizzie Carey set a Washington record 242.5. In 16-17/132, Mackenzie Sanders set a world record 278.8 and overall teen men and teen women had some great pulling especially in the lighter weight classes. Moving onto the bench press, there were seven state records set in class 1. David Thompson hit a 451.7 at 181 for an Oregon holds the world record in 47-53/242 with record. Nick Berriman got a 485 at 198 for a very respectable Oregon record and he had room to spare. Dennis Sugimotot got a 462.7 for a Washington record at 198. Bert Hafner raised the bar to 529 at 242 for Washington, Shawn Rainey made a comeback after a couple of years off with a very strong 578.5 at 259, which catapults him into the open division for future meets. Gene Loss got an Oregon record 501.5 at 275 and Tracey Lundin got an Oregon record 551 at 308. He also set the Oregon record at law/fire 40-47. Warren Orr of Canada set a national record 496. In master Helms set a world record in double ply men James Noblit set an Oregon record 529 in 47-53/220, lames has set about eight ery set a world record in double ply with Oregon records and is coming back from a 132.2. Diana Sutton had broken the record traffic injury. Ed Macauley was huge with a earlier in the day before lanet broke it.







622 record BP



both set bench press world records

622.7 world record in 47-53/259. He also 595 and is fast establishing himself as one of the best master benchers in WABDL. Forest Hofer was outstanding with his first 600 bench. He got a world record 54-60/308 with 617.2. Freddie Evangelista set a world record at 54-60/148 with 420.9 at age 56. Freddie has set 20 world records since 1999 at 181 and there were no other records set. Rocky McCullough and Goodson honda and has passed four ddrug tests. Ed Macau- Ben Brizendine put up a 551 at 198. In sub- of Houston, Texas, Brian Welker of Welker ley has passed two drug tests. Dick Gibson set a world record at 85-89/165 with 159.7. 534.5 and was done with 551. In submaster Dick is coached by Don Frosland Ir. who had a couple of WABDL records a few yeas 275.5 at 198+. Melissa, Janet Montgomery, Jon Doyle of USP Labs, Mike Lambert and back. In master women 47-53/123, Nan with 126.7. AT 47-53/132, Janet Montgom-

Diana had put up 122.2. Sheri Klocke and her training partner Kelli Sandoval both set world records and are the only two women in Oregon to ever bench 300. Sheri got a 314 in 47-53/165 and Kelli put up 303 at record 110 at 61-67/123. In open men, Danny Soto got a Washington record 534.5 master 181, Danny Soto seta world record Nan Helms, Diana Sutton and Gloria Camp all set world records and are coached by Terry Luehrs. In teen men 16-17/97 Kyle Henderson set a world record 143.2 and in 18-19/259 Ben Seath set a world record 507. I want to thank Joe Fernandez,

Freddie Evangelista, Kelli Sandoval, Sheri Klocke, Jennifer Taylor, James Crawford III. Trov Pia, Nate Hee, Jordan Fernandez, The judges were Donna Delleree, Terry Luehrs, Gustavo Warrington, Don James, Dana 47-53/181, Gloria Camp pushed up a world Baciel, Gary & Elma Thomas were on the computer, Jennifer Taylor and Gary Thomas were the score keepers. The sponsors were Engineering, Alan Thomas and APT Prolifting Gear, Shawn Madere of GLC Direct, women Melissa Zumwalt set a world record Neal Spruce and Odd Haugen of Dot Fit Powerlifting USA, Pete Alaniz of Titan Support Systems. Ken Anderson of Anderson Powerlifting, Chet Groskreutz of Ivanko Grace Cloninger of Hop West, and Keith Lem of CSS Photo Design. » courtesy Gus Rethwisch

# Lock, Load, Lift

If you're not using IronMind Lifting Straps, you're probably not lifting as much as you could be.



Chosen by the world's strongest men! 5 styles: match the right lifting straps to your lifting requirements.

#### SHORT & SWEET

- 18", no loop
- 1-1/2" wide
- classic style for Olympic weightlifters; short for bailout

#### BLUE TWOS™

- 23-1/4", loop at one end
- 1-3/4" wide
- · extra length/width; for bigger wrists, thicker bars



#### STRONG-ENOUGH™\*

- 21-1/4", loop at one end
- 1-1/2" wide
- · top pro strongman choice best general purpose



#### \*named the official lifting strap of the World's Strongest Man contest in 2008

#### SEW-EASY™

- 18", closed loop
- 1-1/2" wide · weightlifters of all types; easy



#### BLACK AND FOURTH™ • 25-1/4", loop at one end,

- 2" wide
- · even more length/width; for large wrists 2" thick ba



15% discount on 6 pairs or more; perfect for clubs and teams, coaches contests and ovms



onMind Enterprises, Inc., P. O. Box 1228, Nevada City, CA 95959 USA • t – +1-530-272-3579 • f – +1-530-272-3095 • sales@ironmind.com • www.ironmind.com

#### HISTORICAL MEETS FROM HELL PT. 2 >>

and despite all of us yelling and cussing up a storm, the Jury of Appeals ( with no Americans on the panel) politely told us "sorry." Ty, nervous as hell, missed the lifts and was out. A wake-up call to all of us. We now could NOT afford any more slip-ups, and certainly no more "base hits." It was swing for the fences or go home empty handed. Boogie Grant started the U.S. gold rush at 165 by blasting up a junior world record in the bench press and, torn back and all, deadlifting enough to win the overall gold. Howie the "House" Krieger used his giant quadriceps to squat his way to a bronze ahead of Germany's Huffart and Great Britain's Jackson, and narrowly behind the Aussie Pollard. So now we had some momentum going into the light heavyweights. Jim Cope, our last minute fill in performed like an old pro at 181 and simply obliterated the competition and, weirdly enough, was only 5 kilos or so behind his training partner, Rich Wenner at 198, who also won gold ahead of the courageous Brit Roy Martin, who threw caution to the wind after a paltry deadlift opener and went for the win, only to have the bar slip from his fingers. By now the heat had graduated from bad to horrible. Wenner's winning deadlift saw him standing in a massive puddle of his own sweat—it was that bad.

Erik Ruble by now had earned the unenviable nickname of "Billy B.S. for his never ending pranks, practical jokes and penchant for getting into all sorts of trouble. I was furious when I saw the team playing "coconut football" and was not surprised in the least when I found out who had

## THE LOUIE SIMMONS **HOME REVERSE HYPER**

No Reverse Hyper in Your Gym? That's OK! Keep this One at Home... Just don't tell anyone! Let everyone Else Wonder How Your Squat and Pull got so Good...So Quickly!

Designed by Louie Simmons. American Made. 5356,359 and 6,491,607b2 United States Patents





- Holds up to a 360 lb. individual - Up to 150 lb. Bar Weight (weights not included) - Pendulum Roller for a Smooth Motion

\*Rehab your back & build core strength in just 5 minutes a day\*

plus \$99 for UPS Shipping (shipped anywhere in the Continental USA)

Call Ron Fernando to Order 630-566-9171

High School/University Institutional Purchase Orders Accepted \*We sell all of Louie's Gym Quality Reverse Hyper Models\*



www.therapyhyper.com

organized it. He, however, became the undisputed star of the show by breaking two junior world records and hoisting the biggest total of the meet, even ahead of the gargantuan Torfi Olaffson. Our final entrant, the taciturn "Black Goliath" Jimmy Pegues (as the local news hacks dubbed him) at 242 easily beat his British rival with the biggest pull of the meet. When the dust settled, the Indians had sneaked by us by four points—before the final drug testing—because of the aforementioned SHW total of 941. an amount most women these days at 148 can do. Well, we thought (then) that we lost, although we won the most gold medals and prepared ourselves to go home, but NOT before we had one last fling in our adopted city of Singapore. I thought that things were all over with finally, and we could all relax. After all, what could possibly happen at this point?

Sometime in September 1986, Hyatt Regency Hotel, 2:00 AM— (Sound of phone ringing) Ron Fernando: "Hello, who is calling at this time of night?"

Little Joe Catalfamo: (Meekly) "It's me... Joe."

Ron Fernando: "Joe, I'm afraid to ask, but just where are you calling me from, anyway?

Little Joe: "From the Hospital. The cops are gonna take us to jail... we...we got in a fight at a strip joint and...and...HELP US PLEASE!" Ron Fernando: "Who's 'we,' anyway?"

Little Joe: "You know, the usual gang—Billy B.S., Ty, Chris, Tiny Todd, Jim Cope and me."

Ron Fernando: "Okay, very funny; now let me go back to sleep, guvs. don't quit with the pranks. do vou?"

Little Joe: "I'm serious, Ron. Please help us; there's blood everywhere.

Ron Fernando: (To roomie Boogie Grant) "Get up, those little \$%#@s are in deep doo-doo again and we gotta get their butts out of one huge sling. Call a taxi." (To Joe) "Where was Pegues and Wenner? How come you didn't take those two big goons along for protection?"

Little Joe: "Pegues was sleeping and Wenner didn't show for some weird reason."

Boogie Grant: "I'm gonna kill those idiots."

Later on, after one HELL of a sales pitch to the local constabulary, our lads were back safe and sound at the Hyatt—though not worse for wear. Singapore is not a place you want to get arrested in, but since the fighting had been in self-defense, the cops let us all go. Apparently, they went to one of the local "exotic dance parlors" and had attempted to dance with the talent, not knowing that their surly (and armed) boyfriends were lurking in the audience. Well, a rip-roaring rumble broke out that carried into the street and beyond, and although my boys got bloodied, they also beat the stuffing out of their opponents, who outnumbered them by a country mile. If Jackie Chan had been there with a camera, it would have been funny, but there was the Oklahoma Wildman with a busted up eye, Tiny Todd with a swollen nose and the gang leader himself, Billy B.S., aka Erik Ruble, with a bloody scalp. The mysterious Richie Wenner was finally discovered in his room with yet ANOTHER one of the strippers who had another boyfriend on the warpath. I summarily dismissed the girl and got the boys ready for the long trip home. I was seething. Coconut football and walking around socially conservative (but hot) India in their underwear was one thing—barroom brawling over a bunch of hookers in Singapore was guite another.

"Heads will roll," I threatened (not really meaning it), "I hope no one finds out about this...I'm going to tell Dr. Cotter; he'll be really ticked." On and on and on I ranted.

"Let's take a vow never to speak about this to anyone again," said Jim Cope on board the plane going home (as he nursed his wounds). The rest meekly gathered their stuff, and got on the plane.

Well, when I got home I was exhausted and a little disappointed, but a couple of weeks later I had some good news (for once). A message on my answering machine from coach Tim McClellan congratulating me on our team title! It seemed that Satayamutrthy, one of the thirty-something looking Indians had been loaded to the gills with Stanazol and guite naturally flunked the drug test. World Champions! Not exactly the way we wanted it. but winners nonetheless.

#### **EPILOGUE**

The months and years rolled by. I went on with my life and unfortunately lost touch with most of the guys. Suddenly, almost magically, here we are, twenty-four years later. Life for all of us marched on—wars, recessions, elections and competitions. Jobs, wives, girlfriends and businesses won and lost. Highs and lows. Life, the great cosmic stew we all simmer

All of us now are a lot older, a little heavier, a little less wild and graying around the temples. Some of us have kids and high profile careers. Others have settled into a more sedate life. NONE of us will never, ever forget that magical time in September, 1986, when a young man of thirty-one and his even younger teammates flew across the ocean and experienced unbelievable adventures in the Mystic Orient. May those memories never, ever fade and may our friendships stay always strong. To my "boys"—this one was for you!

#### **YOUR 1986 WORLD CHAMPION** USA JUNIOR TEAM

Brian "Boogie" Grant is still living in Tampa, married to Virginia, his long time girlfriend, and is still a highly sought after personal trainer and gym owner.

"Little Joe" Catalfamo is married with twin boys living in New Jersey as a very successful Hartford Insurance professional.

Chris Boillot, still capable of a 600 pound squat and deadlift at 165, is co-owner of Michaels Creative Jewelry in Scottsdale. He is an exotic car buff and a real estate mogul.

Ty Stapleton, "The Oklahoma Wildman," bench pressed a huge

541 at 198 in the mid '90s. He is the owner of a successful medical imaging company in Oklahoma with his wife. Rick Crain claims he can still press 500 at 198 (if he trained seriously)!

Rich Wenner is Director of Olympic Sports Preparation at Arizona State University in Tempe. Arizona. He is in his twenty-third year at ASU. Rich has been instrumental in developing NBA basketball players Jeff Pendergrass and James Harden. He is still active in the Masters 100 kilo classification and is married and with kids (his daughter just graduated

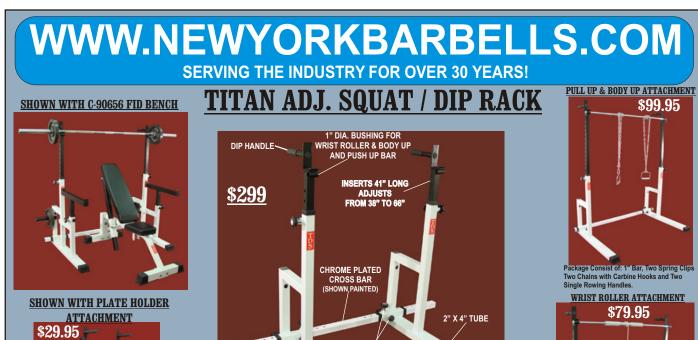
**Jim Cope** is in his nineteenth year as Sergeant at the Phoenix Police Force. He was instrumental in arresting Salvatore "Sammy the Bull" Gravano, former right hand man to John Gotti and famed mob informant and breaking up a huge Arizona based ecstasy ring. He is married with kids.

Erik Ruble aka Billy B.S. is a Lieutenant in L.A. County Sheriff's Department. He developed anti gang strategies in L.A. county and is the five-time winner of the grueling "Toughest Cop Alive" contest, consisting of running, swimming, pullups, bench press and obstacle course. He is feared by the gangs in L.A. and is married with kids.

Jimmy Pegues is a Command Sergeant Major in the U.S. Army, and entering his thirtieth year of active duty.

Howie "The House" Krieger is a financial services professional in Florida. He is still capable of a huge squat.

"Tiny Todd" Antinoro is not so tiny anymore at 170 pounds. He is married and living in upstate New York. ((





Rack can be used for SQUAT, DIP, BENCH PRESS, INCLINE PRESS. MILITARY PRESS. WRIST ROLLERS & **ADJUSTABLE CHAINS** 

Package consist of Bar with Two Spring Clamps Wrist Roller with Carbine Hook & Oly. Weight Pr

New York Barbell of Elmira, Inc. **UNBEATABLE PRICES & QUALITY** 

160 Home St., Elmira, NY 14904 Tel: 800-446-1833 Fax: 607-733-1010 Email: info@newvorkbarbells.com

**102 PLUSA MAGAZINE »** SEPTEMBER 2010 **»** POWERLIFTINGUSA.COM



RED BRI				Burke	365	181 lbs.	225
CHAMPI				242 lbs. Mitchell	420	Brechue Johnson	235
FEB 20 2010	) » Lev	viston, NY		Robinson	385	198 lbs.	
BENCH		Holly	205	Seefeldt	330	Maluchnik	285
FEMALE		181 lbs.		Killough	280	220 lbs.	
148 lbs.	115*	Ferchen	340*	Schurr	275	Devoe	300
Servey <i>Raw</i>	115*	Sokolov Tomarchio	280 265	Haggffl 275 lbs.	_	Police/Fire Submaster (35-	.39)
132 lbs.		Antone	240	Smith	425	242 lbs.	-33)
Picchione	160	Piekarec	235	Pullyblank	400	Henderson	315
Submaster (35-	-39)	Kellner	210	308 lbs.		Police/Fire	
148 lbs.	2004	198 lbs.	240	Hall	450*	Master (35-39)	
Musser Wozniak	200* 120	McCoy	310 280	<i>Master (50-59)</i> <b>165 lbs.</b>		148 lbs. DiGoire	260
vvozinak Master (50-59)		Dlugosz Vitello	250	Camarre	185	165 lbs.	260
132 lbs.		220 lbs.	230	181 lbs.	.05	Tripi	275
Tibollo	125	Cody	275	Brascoupe	185	198 lbs.	
148 lbs.		Siwy	250	198 lbs.		Reynolds	365*
Blair <b>165 lbs.</b>	135	308 lbs. Smith	255	Wohleben Bushiero	300 275	220 lbs. Burke	265
Drury	95	Junior (20-23)	255	220 lbs.	2/3	242 lbs.	365
Police/Fire	55	132 lbs.		Campbell	285	Dinicolantoni	325
Open (24-34)		Kane	175	Master (60-69)		Kulp	275
114 lbs.		148 lbs.		181 lbs.		Mangan	250
Wilcox	120	Del Zappo	250	Kirsch	235	Police/Fire	
165 lbs.	115	Stover 181 lbs.	220	<b>198 lbs.</b> Gajkowski	235	<i>Master (50-59)</i> <b>242 lbs.</b>	
Zell <b>MALE</b>	115	Reyes	330	220 lbs.	233	Ballentine	245
132 lbs.		198 lbs.	330	Scarpello	270	Police/Fire	2 13
Owens	210	Ubiles	375*	242 lbs.		Master (70+)	
165 lbs.		Sullivan	350	Hendricks	320	242 lbs.	
Patterson	265*	Eckert	300	Master (70+)		Teixeira	130
Greene	230	220 lbs.	205	165 lbs.	100	Military	
<b>220 lbs.</b> Epolito	585*	Sheffer Catlin	385 380	Marshall Police/Fire	180	Master (40-49) <b>242 lbs.</b>	
Adams	465	O'Caliaghan	365	Open (24-34)		Killough	280*
Submaster (35-	-39)	Open (24-34)			Lifter b	y Division. I the	ought
148 lbs.		148 lbs.		last year's Red I			
Jackson <b>220 lbs.</b>	315*	DeBarbieri 165 lbs.	245	we reached 105			
Zahno	_	Carter	320	\$11,000 for our lies. I didn't thin			
Master (40-49)		181 lbs.	320	that milestone t			
198 lbs.		Hickey	355	take into consid			
Becht	350	Baes	225	several patriot of			
242 lbs.	425*	198 lbs.	400	own, raised add			
Kiblin <i>Master (50-59)</i>	435*	Lewis Alvarez	400 355	Tom Schmidt. E Judge" Teixeira			
275 lbs.		Gallaghan	325	\$2,200 of the \$			
Zarambo	370	242 lbs.		To date we have			
Police/Fire		Newman	485*	local military tr			
Open (24-34)		Dmman	455	the past six Red			gest
SHW Zee	550*	308 lbs. Hall	450	surprise came for Deputy Sheriff (			nnt
Police/Fire	330	SHW	430	officer and men			
Master (40-49)		Gund	_	Deputy Sheriff I			
181 lbs.		Submaster (35-	39)	Chris Wilson w	as this	individual who	tried
Fretschlag	275	148 lbs.	045	to hand me, ba			
Raw <b>97 lbs.</b>		Hillman 181 lbs.	215	event, a large d			
Newman	70	Carter	360	honor of Andre a former memb			
Vincent Jr.	50	Shanklin	350	Air Force's 107t			
Youth (11-12)		198 lbs.		away a little ove			
97 lbs.	0.5*	Lewis	400	friend to those t			
Pude Teen (15-16)	85*	Carter 220 lbs.	375	department. The to accept this d			
132 lbs.		Greene	365	edging this achi			
Steinman	35	242 lbs.	303	in attendance. \			
148 lbs.		Wroten	365	long enough for			
Cody	235	275 lbs.		about Andrew a			
Cancilla D-1-	190	Gill	440	comradery to h			
Bolz <b>220 lbs.</b>	180	Springer 308 lbs.	295	he raised \$4,50 our cause. The			
Wolf	275	Fair	460*	louder than I ha			
Antone	245	Master (40-49)		Over the past th			
Teen (17-19)		148 lbs.		fellow Deputy S	Sheriff's	s Team are respo	onsible
132 lbs.		LaMancusa,Sr		for over \$8,600			
Krug 148 lbe	140	DiGoire 165 lbs.	260	the past 6 years			
<b>148 lbs.</b> Little	225	Camarre	310	were responsible donated by their			
Kreiger	220	181 lbs.	5.0	who have done			
Schrader	195	Cronkhite	300	new and return			
165 lbs.		198 lbs.		our troops. That	nks to \	√ictoria Spanba	uer
Kibat	260	Carr	325	who has volunt			
Connors	230	220 lbs.		and sing the Na	uonal	Anunem. Also s	becigi

365 **181 lbs.** 

American. Thanks also to Troy Ford, president of the WNPF/WCPF, for sanctioning our event and offering a one time event card for those who only compete once a year. By sanctioning, we are able to help get our competitors the national recognition nany of them deserve and worked hard for. Many new WNPF and WCPF records were either broken or set at this years event and we congratulate you all for your accomplishments. But lets get to the new record 115 competitors that have helped us grow into one of the largest bench press only events in the United States today and possibly the largest bench press event for charity in the world. In the women's raw division. Kelly Picchione made mince meat out of her 160 lb. bench press to win the 132 open class Submaster winner Denise Musser, pressed 200 lb. for a new WNPF submaster 148 lb. NYS record. Denise also took Outstanding women's raw lifter honors. Second place went Micelle Wozniak with a fine 120 lb. bench press. You're never too old for bench pressing and we had three young ladies in the 50-59 age division to prove that. Colleen Tibollo continued her winning ways bench pressing 125 lb. to win the 132 lb. class. Ingrid Blair didn't have any trouble with her 135 lb. press to win the 148 lb. class and Marie Grury looked real strong on her easy looking 95 lb. bench press to win the 165 b. class. Robo-cop-ette Allene Wilcox bench pressed more than her body weight to win the Police/Fire 114 lb. division with a great 120 lb. press and helped her Buffalo Law Dawgs Team to a first place finish in the Police division. Another Police/fire division winner was Kristine Zell of the Niagara Falls Police Team, Officer Zell seemed to have an easy time with her 115 lb. bench press to win the 165 lb. class. Jen Servey won the assist submaster 148 lb. class with a 115 lb. press and took the Outstanding woman's assist lifter award. Almost a fourth of our competitors were male teenage and under raw bench pressers 255 lb. press to win the SHW title. The and they all had great numbers that they should be proud of. Starting with youth 10 years and under, we have Dustin Newman. with an outstanding 70 lb. bench press to win the 97 lb, class. He was closely followed by Russel Vincent who had a 50 lb. press. Huntei Pude set a new WNPF state record of 85 lbs to win the youth 11-12 year old 97 lb. class. Pude was also honored as the Outstanding youth bench presser. Teenage 13-16 age group lifters are growing in number every year at the Red Brick event, Joshua Steinman is a returning competitor who has gotten stronger every year. This year, competing in the 132 lb. class, he took first with a 135 lb. bench press for a new raw WNPF state record. In the 148 lb. raw class, Alec Cody set a new WNPF state record with a 235 lb. press and the win. Second went to Marshall Cancilla with 190 lb. and close behind him in third was Anthony Baly with a 180 lb. press. Sean Sullivan with his 350 lb. effort followed by Wolf set a new WNPF state record in the 13-16 age group with his outstanding 275 lb. bench press to win the 220 lb. class. Second place went to another great teen lifter, Maxwell Antone who had a 245 lb. press. In the teen 17-19 age group raw lifters. Jordan King set a new state record with a 140 lb. press to win the 132 lb. class. age division we have John DeBarbiori The 148 lb. teen class was hotly contested with Ernie Little's 225 lb. press edging out for a new WNPE state record. Edmond.

thanks to Chris DiDonna Sr. and his VFW

Post 917 Army Cadets for assisting Miss Spanbauer in the opening ceremony. These young cadets showed great discipline and maturity. Another reason to be a proud



Deputy Sheriff Chris Wilson (right) surprised Meet Director Dennis Brochey (left) with a donation in the amount of \$4500, that he raised in honor of Andrew Hoelzl

Ian Kriger's 220 lb. effort. Right behind them, in third was Steven Schraeder with a 195 lb. press. Adam Kibat set a new state record with his 260 lb, bench press to win the teen 165 lb. class. Second went to Joseph Connors with a 230 lb. press followed by returning competitor I. Francis Holly with a 205 lb. press. Watch out for Holly at next years event. At the rate he's improving, I wouldn't be surprised to see him in the 275-300 lb. range. 181 lb. class winner and new WCPF state record holder, Adam "the Phenom" Ferchen was again our Outstanding male teenage lifter after benching his raw 340 lb. He was followed by another returning competitor. Vladimir Sokolov who had an improving 280 lb. press. Third went to Nicholas Tomaechio with 265, forth was Zachary Antone with 240 lb. fifth, right behind Antone was Kyle Piekaric with a 235 lb. press and in sixth with a strong and easy looking 210 lb. press was Nick Kilner. Another WNPF state record was set by Derrick McCoy with a 310 lb. press to win the 198 lb, class for these older teenagers. Second went to Brett Dlugosy with what looked like an easy 280 lb. bench press for him and third went to Stephen Vitello with a strong 250 lb. press William Cody did very well by winning the teen 220 lb, class with a 275 lb, press. Close behind him in second was Tyler Siwy with a 250 lb. press. Big teen lifter, Nolan Smith set a new WNPF state record with a junior 20-23 class not only had many returning competitors but a few new ones. Eddie Kane is a returning competitor who I first met last vear at Red Brick VI. I talked him into competing last year and I'm glad to see he was bitten by the powerlifting bug. Eddie did great last year in the 123 lb. class and did even better at this years Red Brick moving up to the 1321b class and winning with a new WNPF state record of 175 lbs. Mike DelZappo pushed up 250 lb. to win the 148 lb. junior division with Mike Stover right behind with a 220 lb. press for second. Matthew Reves went uncontested in the 181s but I'm sure he would have been hard to beat as he had a great 330 lb. raw bench press for his win. The 198 juniors all had outstanding numbers with body builder great. Victor Ubiles pushing up 375 lbs breaking both the WNPF and WCPF state records. Second place went to Chris Nick Echert's 300 lb. press for third. The 220 junior was really close with Blaine Sheffer breaking the WNPF state record with his 385 lb. press. Right behind and I mean right behind was Douglas Catlin with 380 lbs for second and Derek O'Caliaghan with a 365 lb. push for third. Going to the open 24-34

winning the 148s with a fine 245 lb. press



Three time Red Brick Team Champions, Lockport Powerlifters, swept away the competition at this year's event (Dennis Brochey photos)

Carter benched a new WNPE state record these older guys could win or compete with his 320 lb. raw bench press to win, as closely with competitors half their age. Paul expected, the 165 lb, class. In the 181 lb. Mancuso Sr. is one of these guys. Paul is class. Brett Hickey didn't seem to have any relatively new to the sport, only competing trouble pushing his 355 lb. WNPF state for a few years. But Paul, under the record for first while John Baes looked like leadership of Tom Schmidt, has improved he had plenty left in him with his 225 lb. press for second. Albert Lewis is a and set a new WNPF state record. He was guaranteed winner is almost any meets he enters as this years Red Brick was no challenged by Anthony DiGoire who took a exception. Lewis turned in a great 400 lb. close second with 260 lb. 49 year young, raw bench press to win the open 198 Ralph Camarre doesn't look his age or lift division. Second went to Wesley Alverez the kind of weight a man his age would be capable of lifting. Ralph won the masters who had a nice 355 lb. press followed by Cory Gallaghan with a good looking 325 lb. 165 lb. class with a great 310 raw bench press for third. Body builder and personal press and also help the Lockport trainer great, Aaron Newman had the best owerlifters win this years team Patriots raw bench of the day with a 485 lb. press Trophy. Dave Cronkhite, president of the and gave 500 a good ride to win the 242 lb. Lockport Powerlifters and great supporter of division for a new WCPF state record. This our U.S. Troops, had an off day for him but press also gave Newman the best heavy still set a new WNPF state record in the weight lifter award. Second went to Michael masters 181 lb. class with a 300 lb. bench Oroman who may have taken second place press for his win. Michael Carr won the but he also had an outstanding raw press of masters 198 class with a great 325 lb. raw 455 lb. Gentleman loe Hall should be ress that looked pretty easy for him to do. playing pro football somewhere. He is big. Michael Burke went uncontested to win intimidating but a real friend to almost the masters 220 division with a 365 lb. everyone there, loe always leaves extra on press but I would find it hard to believe the floor and his easy 450 lb. press was there is another local 220 master raw bench proof of that. See you next year in Buffalo. presser stronger. James Mitchell won again loe. The submasters 35-39 division is always but not without some good competition. full of great lifters showing no signs of Mitchell competing in the 242 masters letting down as they get older. Thomas had an impressive 420 lb. press but was Hillman set a new submaster state record in followed by Stacy Robinson who turned in the 148 lb, class with a 215 lb, bench press a 380 lb, effort for second. Third went to for his first place trophy. Frnest Carter Fric Seefelt with a good 330 lb. followed squeezed out a 360 lb, raw state record to by U.S. Guards strongman, Eric Killough win the 181 lb, class but was chased by with a 280 lb. press. Robert Schurr was right Jerome Shanklin who posted a 350 lb. press behind Killough for fifth with a strong 275 for second. Here I go again speaking of the lb. press, Salamanca strongman, Bill Smith. legendary Al Lewis. Not only did he pick on set a new WCPF state record of 425 lb. to the younger kids for a first in the open win the masters 275 division but he too division but he also competed in the had competition as Mark Pullyblank was submasters and of course received another right on his heels with 400 lb. effort. Here's first place trophy. His 400 lb. WNPF submaster state record gave him a win over only won the open class but also the masters 308 with a WNPF state record of 450 another local legend in Edward Carter. Carter fought hard and turned in a nice 375 lb. Moving along to the raw masters 50-59 lb. raw press for second. 220 lb. submaster age division, we have Nicholas Camarre winner, James Green III, mustered up 365 winning the 165 lb. class with a WNPF state lb. for his win as expected from him. Thank record of 185 lb. Isaac Brascoupe also set you Mr. Green for returning to show your a new WNPF record in the 181 lb. class support to our troops. Calvin Wroten should with a raw bench press of 185 lb. Michael have gone 5 lb. more as he tied the WNPF Wohleben won the masters 198 lb. division state record with his 365 lb. to win the 242 with a 300 lb. bench press but not without a Owens walked away with a new state lb. submasters. Sorry Calvin that the tie push from Philip Bushiere who took second doesn't get you into the record books but I'll with 275 lb. Dave Campbell did well in bet you'll be back to break it for sure next winning the master 220 class with a 220 lb. time. Mike Gill set a new WCPF 275 bench press. We were honored to have six submaster state recordwith 440 lb, press individuals, 60 years and older, compete followed by Jason Springer who had an easy at this years Red Brick. All of them with time with his 295 lb. press for second. Big outstanding numbers. In the masters 60-69 age group, Arthur Kirsch turned in a great man, Willie Fair was impressive in winning the SHW submasters with a WCPF state 235 lb. bench press to win the 181 lb. class record of 440 lb. Not to criticize our great and set a new WNPF state record. Andrew open class competitors but to compliment Gajkowski at 68 years young and a strong

our great many masters group winners.



Stacey Zahno and daughter Lauren volunteered again this and watched father Dan



Kenny Anderson banner. Kenny, plus APT Pro Gear, both donated items for the basket auction, which helped them raise \$14,100 for the WNY Military

in a great 235 lb. press also for a new WNPF state record. Fellow Lockport Powerlifter. Michael Scarpello also did well as he too set a WNPF state record of 270 lbs to WCPF state record of 315 lb, to win the win the 220 lb. masters class. Another big man Steven Hendricks was outstanding in greatly as shown with his raw 275 lb, bench winning the masters 242 lb, division with a with a 350 lb, bench press to win the 198 press to win masters 40-49 age 148 lb. class 320 lb, WNPF state record. In the 70-79 age lb, class, Gary Kiblin looked great with his as he also set a WNPF state record of 180 lbs to win the 165 lb. class. Moving on to the police/fire open division we have Austin Brechue winning the 181 class with a 235 lb. press. Kevin Maluchnik did very well with his 285 lb. bench press to win the 198 b. class. Niagara County Deputy Sheriff Correctional Team member, Joseph Devoe, won the 220 closs with a 300 lb, raw press. Devoe was also this years outstanding Deputy Sheriff winner. In the police/fire submasters, we have Kevin Henderson benching 315 lb. to win the 242 lb. class. Anthony DiGoire won the 1481b class with lb. bench press. Philip Tripi also established a new WNPF state record in the masters 40-49/165 lb. class with a 275 lb. press. Outstanding raw police/fire division award winner, Jay Reynolds, set a new state record with his 365 lb, press to win the 198 lb. dass. Michael Burke was awesome with his attempts in winning the 220 lb, dass with a 365 lb. press. Burke also set a new WNPF state record. In the 2421b dass, Anthony Dinicolantinio is hard to beat as he posted a new state record of 3251bs. Second was John Kulp who had a 2751b press followed by Patrick Morgan who had a 250 lb, press for third. In the police/fire masters 50-59. Robert Ballentine pushed up 245 lb. to win the 242 lb. class, lumping up to the police/ fire master 70+ division for the really, really old guys, we have John "the Judge" Teixiere another legend as we have Joe Hall who not winning the 242 lb. class with an improving and returning sponsors, the individuals who 130 lb. bench press for a new state record. John was also responsible for raising \$700 for our troops and their families. Thanks ludge, Military Outstanding Lifter Award winner Eric Killough took honors winning the 242 lb. military division with a 280 lb. bench press. We didn't have a great many competitors in the men's assist division but their bench press numbers were. leffrey record after winning the teen 132 lb. class with a 210 lb. bench press. Alex Patterson won the Outstanding teen assist award with his new WNPF state record of 265 lb. in the sible for the support we give our troops. I 165 lb. class. Second went to Jaron Greene who posted a 230 lb. press. In the Open As- have all done. I hope to see you all again sist, we have Tonawanda Barbender, Dave Epolito not only winning the 220 lb. class with a WCPF state record 585 lb. press but also winning the Outstanding Lifter Award. 600 is next for this guy. Following Dave was here for you because you are there for us. member of the Lockport Powerlifters, turned Brian Adams who posted a 465 lb. bench » courtesy Dennis Brochey, Meet Director

press and is also knocking on the 500 lb door. Submaster Andre Jackson went uncontested but fought like he did as he set a new 148 lb. class. In the Masters 40-49, we have Mark Becht breaking the WNPF state record group. Tonawanda Barbender team member. 435 bench press to win not only the 242 lb John Marshall always leaves with extra to go class but to receive the Outstanding Masters Assist Award. Gary, Tom Schmidt is doing something right as you keep getting stronger and stronger every year. In the Masters 50-59 Assist we have another Tonawanda Barbender coached by Tom Schmidt. Larry Zarambo won the 275 lb. class with a fine 370 lb press. Larry will be at 400 by next years Red Brick if not sooner. In the police/ fire assist division. Tim Zee is not only one tough cop with the Border Patrol and a great football player but also a great bench presser Lee pumped out a 550 lb. bench press and gave 600 a good ride to win the open SHW class. He also set a new WCPF state a WNPF state masters 40-49 record of a 260 record and won the Outstanding Police/Fire assist award. Eric Fretschlag won the Police/ Fire masters 40-49 division with his 2751b press in the 181 lb. class and I expect he will be doing 300 by next year if not sooner Congratulations to the Lockport Powerlifters for again winning this years Patriots Trophy. They were challenged closely by the Tonawanda Barbenders who took second. third went to Body Sculture by Newman and forth to a great bunch of young guys, Granny's Gym Team. In the Police Division. The Andrew Horlzl Team Trophy went again to the Buffalo Law Dawgs, Second went to the Niagara Falls Police Dept Team and third to the Niagara County Deputy Sheriff Correctional Team. The high school division Freedom Trophy went to Grand Island's Island Ironment, Finally at this time, I have to say thanks to all the competitors, our new on their own raised money for our troops and their families but most of all to my Niagara Powerlifting Club team mates and friends. Bob and June Petrie, their kids (my other grand kids), Sam and Becky Petrie, Peter Olson, Matt and Karen Schmipf, Tom Delorimiere, Patrick Dick, Johnny Elsberry, Ron Demecius, Matt House, Nick Figura, Dan and Stacy Zahno, Sean Hailey, Craig Hoplight, Dave Cronkhite, Tom Schmidt Mike Kenney, "the Judge" Teixeira, Troy Ford and the WNPF/WCPF, Steve Rogers AAU. All the above plus many more are responcannot thank you all enough for what you at Red Brick VIII scheduled for February 19, 2011 at the Connecticut St Armory in Buffalo, N.Y. To our troops and their families: As the bottom of our banner reads "We are

		SH CHAM Bath, ENG	PS	Open D. Tanner 308+ lbs.	551		er (40+)		D. Hickman 132 lbs.	237	132	308	677
BENCH		198 lbs.		Master (45+)		198	urphy <b>lbs.</b>	618	Master (40+) A. Seabright	297	187	314	798
MALE		Master (40+)		R. Fricker	396	Mast	er (45+)		Open				
148 lbs.		R. Preston	462	DEADLIFT		G. N	icholas	584	A. Lawson	176	88	242	506
Master (45+)		Teen (15-19)		MALE		Mast	er (55+)		148 lbs.				
G. Dowers	330	T. Hatton	341	165 lbs.		M. P	hillips	468	Open				
Master (45+)		220 lbs.		Open		242	lbs.		J. Law	308	143	314	765
R. Montana	314	Open		S. Davies	330	Junio	or		165 lbs.				
165 lbs.		J. Adams	385	181 lbs.		J. Joh	n	656	Master (40+)				
lunior		242 lbs.		Junior		Ope.	n		S. Davies	297	248	330	875
R. Marczuk	303	Master (45+)		F. Vaughan	579	A. C	hrzsazcz	706	198 lbs.				
Open		T. Brown	534	Master (45+)		G. Jo	nes	606	Teen (15-19)				
R. Truscott	462	Master (55+)		P. Beniston	506	308+	- lbs.		K. Buechel	319	204	330	853
S. Davies	226	N. Wilding	374	Open			er (45+)		MALE				
181 lbs.		Open		A. Eghoyan	551	R. Fr	icker	595	148 lbs.				
lunior		S. Wajncetel	639	Powerlifting	SQ	BP	DL	TOT	Master (70+)				
A. Brain	386	Teen (15-19)		FEMALE					B. Evans	220	77	264	562
F. Vaughan	308	J. Keys	_	115 lbs.					165 lbs.				
Open		275 lbs.		Open					Junior				
A. Eghoyan	396	Master (45+)		K. MacKay	231	99	275	606	S. Whittall	462	286	462	1211
Master (45+)		P. Edmonds	484	123 lbs.					Master (40+)				
P. Beniston	385	308 lbs.		Master (45+)					M. King	462	281	451	1195

an 45+) on	396 385	Master (45+) P. Edmonds 308 lbs.	484	K. MacKay 123 lbs. Master (45+,	231	99	275	606	S. Whittall  Master (40+)  M. King	462 462	286 281	462 451
		<b>CR</b> <sub>1-800-2</sub>	72-0	N 2		.cra	in.ws	1 2	T P	egia	nce.	S tv
RICK'S	PICKS		TING" y Dale Cra	in Line	"XTREMI DEADLI by Rickey \$29.95	FTING	in I	PO TE D'	OWERLIFTING CCHIQUES VD RDC	SPE ny 2 iten		
		TIME CLOCK 2.	Liniment oplicator 33 oz. \$15.00 for \$24.	Chalk (8-2 oz. Blod 1 lb. \$12.00 2 lbs. fo	or 🗀	-	Smelling 2 oz. b 1 for \$6 4 for \$	g Salts ottle 5.00 or	ORDEI CRAIN & I TOI			AR
E	CRAI	CRAIN Logo T-Shirts \$12.99 each or 2 for \$20.00 (and up)	A docu	er Unlimited mentary DVD on Powerlifting.	A Uniqu	ie Histor ting the lifters, nes, its of	y Wall Cha	meline art \$2 <sup>9</sup> inticated's inting Timel any of Power	11011	5 lb \$5	Prote 4.99 e or 2 f \$79.0	or
	<ul> <li>Mike Br</li> <li>Mike Br</li> <li>Mike Br</li> <li>Mike Br</li> <li>Mike Br</li> </ul>	te BRIDGES SERIE: or \$2 ridges #001 The Bridges #002 The Scridges #003 The Dridges #004 Mentaridges #005 "Up Clidges #006 Beginn	24.95 eac ench Pres quat eadlift I Muscle lose"	h s • Bill • Rid • The • Dou	Pearl & D k Weil's - ' e Serge Re ug Hepbur ug Hepbur gio Oliva 8	ave Drag The Bene edding St in Anator in Might,	per Semin th Press ory my of Stre Muscles &	ngth	on - \$29.95 eac World's Most Powe World's Fastest Lift Larry Pacifico's Tra Bodybuilding Leger	rful Lift - - The Si ining DV nds	natch	an .
Be	eanie or 2.00 or		A	2 for \$ "Larger sizes CRAIN Workout Protes	PANTS 0° and up ea or 65.00° a available. Call	(S-XXL ach and up for prices, the highest of	)		and MANY \$29.9! 1974 IPF USA vs E 1981 IPF Men's W 1981 IPF Women's	other oeach ngland - orlds - 4 l Worlds -	DVD DVD's 1 DVD	s
		ower Bar \$2	79.00 99.00	bar you will ever us OKIE P OKIE D Weightlifting	<u>«'</u> ower iB eadlift l	Bar	\$499.00 \$369.00	0	1982 IPF Men's W 983 IPF Men's Maste 1983 IPF Men's W 1983 IPF Women's 1984 IPF Men's W 1986 IPF Men's W 1987 IPF Men's W	er Worlds - 1 Worlds - 1 Worlds - 3 Jorlds - 4 1 Jorlds - 5 1	DVD DVD DVD DVD's DVD's	
	ectors of band	& FITNESS BAND  The starty vary  For remain the same.	#2 Ri #3 Bi #4 Gre #5 Bia #6 Bis #7 Re	rpie (5-35 lb) \$2 ed (10-50 lb) \$2 ue (25-80 lb) \$3 en (50-120 lb) \$ ck (60-150 lb) \$ ie (70-170 lb) \$5	\$8.00/pr 18.00/pr 7.00/pr 6.00/pr 45.00/pr 54.00/pr 54.00/pr 54.00/pr 05.00/pr damentals .95	• Spo	de @ 60 lbs rt @ 80 lbs iner @ 100 l	**1 @ - #1 @ - #1% - #2 @	1987 IPF Pan Am 0 1987 IPF Women's I for a catalog of our of ND CAPTAIN OF C 140 lbs	Worlds - complete CRUSH (	1 DVD list of DV	.S 5

www.crain.ws rcrain@allegiance.tv 1-800-272-0051

Master (50+) D. Webb 380 275 451 1107 181 lbs. lunior A. Brain 484 1399 Master (40+) P. Fishlock 501 275 501 1277 Master (45+) 574 385 506 1465 P. Beniston Master (45+) A. Shipman 484 352 396 1233 Master (65+) S. Sandhu 286 187 297 771 Open A. Eghovan 551 396 551 1497 N. Hinde 440 242 440 1123 Teen (15-19) J. Phippard 358 220 501 1079 198 lbs. Master (45+) D. Drurv 661 396 573 1629 G. Nicholas 528 292 584 1404 Master (65+) D. Clements 352 264 407 1024 Open 440 330 551 1321 S. Knight R. Martin 429 336 506 1272 Teen (15-19) 330 220 418 969 A. Jones Master (40+) L. Hough 462 303 396 1162 220 lbs. lunior A. Peters 429 253 512 1195 Master (45+) J. Boyer 528 358 484 1371 Master (60+) K. Williams 506 319 517 1343 I. Kristensen 661 517 694 1872 374 220 429 1024 R. Brown 242 lbs. . Hill Gelesthorpe 539 457 551 1547 Master (40+)D. McCarroll 606 363 595 1563 Master (50+) H Whale 506 451 484 1442 Master (55+) T. Rook 440 297 528 1266 A. Chrzsazcz 716 407 706 1829 W Tinkler 539 314 512 1365 275 lbs. lunior 132 462 573 1167 L Gellately Master (40+) 595 380 661 1635 M. Eager Master (50+) D. Belcher 528 341 528 1398 Master (55+) H. Davidson 418 275 440 1134 Open M. Aslakhano 815 S. Heaton 617 732 1833 Williamson 672 484 639 1795 P. Stevenson 418 1784 J. Connell 573 462 573 1607 308 lbs. 661 440 D. Evans 628 1729 D. Tanner 495 551 617 1663 308+ lbs. Master (45+) R. Fricker 617 396 595 1607 D. Gladwell 683 473 606 1762 Head Referee Flights 1-3: Bob Cambell INT. Left Referee Flights 1-3: Hamish Davidson NAT. Right Referee Flights 1-3: David Carter Int. Head Referee Flight 4-5: Dean Drury INT, Left Referee Flight 4-5: Dave Tickle INT. Right Referee: David Carter INT Venue: University of Bath, Bath, England.

This was again, a very slick run national from Dundee, North and South Wales and championships run by Greg Ashford, Meet Lands End, shaping up for selection for the Director and his excellent crew at the Uni-2010 European and World Championship. versity of Bath, Somerset on 24th and 25th The high caliber of lifting was excellent. There was an array of 90 lifters from aged April. We witnessed first class adjudication by the Referees and administration of these 16 to 73 traveling from all over the GB, championships. With lifters from all over using the best equipment, enabling them the UK, traveling far a field from Dundee, to break over fifty records amongst them. North and South Wales and Lands End, With all these great lifter performances, shaping up for selection for the 2010 Euthe British Team will be a formidable force ropean and World Championship. With 90 to combat the athletes at the forthcoming entries, the high caliber of lifting was to be 2010 European Championships in Akureyr expected. Kaiya Buechel nineteen years of Iceland on 24th to 26th June; and the World age broke World records on all her lifts. She Championships in University of Bath, Bath, IPA SOUTH PHILLY now has a collection of records. In this is England on the 3rd to 7th November. Many only her second year out, what an achieve- of the lifters have since e-mailed, text, ment? Allison Seabright Master class 60 kg telephoned and wrote to the BPO to exbroke world record bench press and dead press how "fabulous" the BPO 2010 British lift and lifted the best female lifter award Championships were run so professionally with 423 points, besides refereeing and MC with dedication and commitment from all those below involved. Therefore, a very big the next day. Deb Hickman came through with European records and Sue Davies got thank you to all those below who gave up a British record bench press. Arwyn Brain their time and talent to help in these chambroke European and British records on pionships. Meet Director: Greg Ashford. Bench press to lift the 82.5 kg junior class

and won overall best junior lifter award. loe Phiippard, Frankie Vaughan and Jack

John all got junior world record dead lifts. Master lifters Phil Beniston, Dean Drury

and Ken Williams scooped up many indi-

lifter award with 518 points over Dean's

512 points. We were treated to a bag full

of World, European and British records in

all categories. Ever-green Barry Evans now

aged 73 won the 67.5 class Master class in

his now fiftieth year of lifting. Sam Sandhu

at 69 broke British and European record

tensen's was left to battle against himself

in the 100kg class. He pushed for record

attempts on each lift and was just to be edged for the best lifter award by Maibek

with 526 points. Probably the most exciting

class lifting was with 5 lifters battling for the

125kg Open class, but Maibek Aslakhanov

370 kg squat clearly won him the title. He

Shield for Champion of Champions title

also won the Annual Brian Smith Memorial

with 538 points: and the Nick Luffman An-

nual Memorial Trophy for best squatter with 214 points over Dean Drury 192 points.

Tanner equipped big bench proved that his

application on squats and dead lift made

Dave champion. On the Single lift bench

press Robert Preston 215 kg and Sebastian

record bench presses tussling for the overall

best bench presser which went to Sebastian with 170 points against Tony Brown's 144

points and lifted the overall best bench

presser award. There were single lift dead

lift records broken by Paul Murphy 282.5

Artur Chrzsazcz 320.5kg. Artur lifted the

best overall dead lift award with his dead

lift with 189 points. With all these great

athletes' performances, the British Team

will be a formidable force to combat the

Championships in Akureyri, Iceland on

athletes at the forthcoming 2010 European

223rd to 26th June; and the World Champi

onships at the University of Bath, England

on 3rd to 7th November. Report: This was

again! a very professionally run national

championships by Greg Ashford, Meet

Director and his excellent platform crew

at the University of Bath, Somerset on 24th

and 25th April. We witnessed first class ad-

judication by the Referees and administra-

tion of these championships. With athletes from all over the GB, traveling far a field

Jack John 298 kg, Richard Fricker and

with 180 points, Geraint Nicholas 262.5kg,

Wajncetel 290 kg treated us to big World

A two way battle in 140 kg class between

Dave Evans unequipped and Duncan

with greatly improved style Jakob Kris-

vidual records, but Ken got the best Master

Platform Crew: Chris Wall, Tony Hayes, Brendan, Stuart, Alex, Joe, Gary. Wayne Derbyshire. Master of Ceremony: Allison Seabright, Carlton White, David Carter. Technical Officer: Bob Campbell. Referees: Allison Seabright, Dean Drury, Dave Tickle, Hamish Davidson, Mark Eager. Marshall's: Jacqui Tickle, Mo Green, Dale Drury. Scoreboard: Justin Read. Photos: Dave & Lee Tuckett. University of Bath: Staff. » courtesy David Carter, BPO President

# PUSH/PULL

IUN 5 2010 » Philadelphia, PA

, , , , , , , , , , , ,	· //	,	
BENCH		275 lbs.	
Raw AM		B. Dufor	340
Teen (18-19)		Pro Raw Open	
198 lbs.		275 lbs.	
M. Esche	315*	V. Mallace	5003
Raw AM		Pro Submaster	
Master (40-44	4)	308 lbs.	

Pro Master (40-44) AM Open 242 lbs. B. Weaver R. Rozek DL Ironman TOT 198 lbs. N. Blundi 365\* 425 790 Raw Am Open 220 lbs. I. Palantino 325\* 585\* 910\* Pro Raw Open 242 lbs. E. Surez 405\* 540\* 945\* Raw Open 308 lbs. N. Henderson 310 460 770 Pro Open SHW 650 625\* 1275\* C. Lindemuth

J. Ammerman 585\* **DEADLIFT** 

\*=IPA Pennsylvania State Records, Best Bench: Chris Lindemuth, Best Deadlift: Roman Rozek. » courtesy Gene Rychlak, Ir.

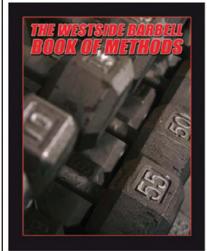




#### THE WESTSIDE BARBELL BOOK OF METHODS

Finally Westside presents THE BOOK OF METHODS.

236 pages full of training advice. A collection of information thru experimentation of some of the greatest lifters, Olympic sprinters and NFL Players. A must for anyone who wants to reach the top.



#### The Book Of Methods retails for \$49.95

plus \$7 shipping & handling in the U.S.

**GET** YOUR COPY NOW!!!

#### www.westside-barbell.com

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

#### NASA W. TEXAS STATE Novice

JUN 5 2010		.AA:	<b>3 3</b> 1.	H. Coffman	204	138	264	606	
BENCH		Maste	er I		148 lbs.				
FEMALE		L. Ma		259	Novice				
165 lbs.		220 I			M. Vaguera	457	264	_	721
Submaster Pur	e	Maste	er I		165 lbs.				
D. James	226	T. Ga	rcia	429	Junior				
MALE		Maste	er II		C. Fowler	341	182	424	947
148 lbs.		R. Mi	chelotti	253	242 lbs.				
Novice		275 I	bs.		Master II				
VanLaningha	303	Maste	er I		F. Bennett	380	_	_	380
M. Vaguera	264	M. N	elson	314	Pure				
Open		SHW			F. Bennett	380	_	_	380
VanLaningha	303	Novi	ce .		Raw				
Pure		Manz	anares	468	105 lbs.				
VanLaningha	303	Open	1		High School				
Teen		Manz	anares	468	C. Jones	116	72	160	347
VanLaningha	303	Subm	aster Pu	ıre	165 lbs.				
C. Dean	248	Manz	anares	468	Novice				
165 lbs.		Raw			L. Criswell	242	132	264	639
Master III		MALI	E		198 lbs.				
G. Gallagher	259	198 l	bs.		Master I				
181 lbs.		Maste			L. Marker	226	259	341	826
Master III		L. Ma	ırker	259	Master Pure				
J. Werner	303	Maste			L. Marker	226	259	341	826
198 lbs.		L. Ped		182	220 lbs.				
Push Pull		BP	DL	TOT	Novice				
FEMALE					R. Huseman	347	253	468	1068
165 lbs.					Power Sports	CR	BP	DL	TOT
Submaster Pur	e				MALE				
D. James		226	319	545	198 lbs.				
MALE					Master I				
148 lbs.					L. Marker	121	259	341	721
Teen					242 lbs.				
C. Dean		248	253	501	Master I	4 = 4	204		446
198 lbs.					N. Eddins	171	391	606	1167
Master I		0.50	2.44		Master II	4.50	202	100	064
L. Marker		259	341	600	J. Moody	160	303	402	864
275 lbs.					275 lbs.				
Police/Fire		202	F.0.1	702	Master III	122	227	274	7.40
R. James	60	292	501	793	T. Jonas	132	237	374	743
Powerlifting	SQ	BP	DL	TOT	Open	1.42	202	FO1	026
FEMALE					R. James	143	292	501	936
148 lbs.					» courtesy Ric	n Peter	S		

#### TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

Amino Loading with 100% MR and Muscle Synthesis is a sure fire method for reducing body fat, increasing lean body mass and accelerating recovery. Dr. Serrano's scientifically engineered ratios can bypass digestive hang ups transporting critical fuel sources to hard working muscles within minutes. Protein powders are too little- too late! You deserve the most powerful tools available to make every oz of hard work pay off!





A customized approach to nutrition, training and supplementation is the fastest path to success. How much progress have you really made in the last 12 months? Craving better results? Let's discuss your unique needs and goals right now. I am available 7 days per week to support client success **Scott@infinityfitness.com**. Ask for cutting edge the extreme crash diet for strength athletes -

614 868 7521 | www.infinityfitness.com



100% MR™, Muscle Synthesis™, Muscle Synthesis Powder™, Amino Loading™, Fat Reduce™, are Trademarks of Superior Supplements and Training LLC, OHIO USA. These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

# WWW.NEWYORKBARBELLS.COM

**SERVING THE INDUSTRY FOR OVER 30 YEARS!** 

CL-95810 BIO SEATED MILITARY PRESS



Bi Angular Arm Movement to Duplicate **Natural Motion** 

C82626-WP **GLUTE & HAM STRING MACHINE** 

Extra Wide Diamond Toe Plate for Foot Support Adjustable Horizontal & Vertical Slide Special Contoured Seat, Front & Rear Hand Grips



C-PRO92580 TITAN POWER RACK-96"

\$749

3" X 3" X 11 Gauge Steel Tube Construction Self Locking Jumbo Steel Pins Self Locking Jumbo "J" Hooks Front Deep Knurled Chinning Bar

PLATE RACK-\$2

**KETTLE BELLS SOLID OR ADJUSTABLE** 

POWER LIFTING BELTS

\$44.95 XS, S, M, L, XL & XXL

½" Thick Top Quality Leather Soft Suede Lining & Padded Back

for increased Support.



Im5634 WEIGHTED VEST 50 lb.



\$199.95

**SPECIAL POWER LIFTING BARS** 



(IM-0260-0) MEGA TRICEP CURL BAR - 86" LONG-\$199 (IM-0250-O) MEGA BOW BAR - 92" LONG-\$199 (IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$169

POWER RACK # C92563



**UNBEATABLE PRICES & QUALITY SINCE 1974** 

**MEGA SHRUG BAR** 



1000 lb. Capacity Deep Knurled for Better Grip \$249 1.25" Dia. Steel Bar - Knurled & Chrome Plated Plates, Stand & Collars are not included

**BENCHES, CALF MACHINES** DUMBELL RACKS, LAT MACHINES PLATE HOLDERS, POWER RACKS SMITH MACHINES. PLATES HEX DUMBELLS, BARS, **WEIGHT SETS STRONGMAN EQUIPMENT AND MORE!!** 

FARMER'S WALK - 2" & 5"





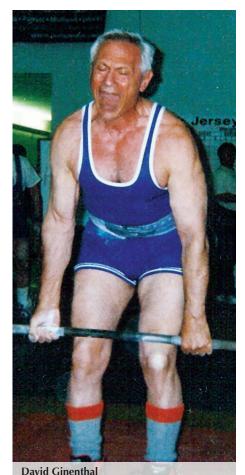
Call for Special Discounts for **Government & military orders** 

**New York Barbell of Elmira, Inc.** 

15,000 Square Ft. Showroom Open to the Public

160 Home St., Elmira, NY 14904 Tel: 800-446-1833 Fax: 607-733-1010 Email: info@newyorkbarbells.com

# POWER PASSINGS



**DAVID GINENTHAL** 

March 19, 1929 - June 27, 2010

Dave was a husband, father, grandfather, dance instructor, town councilman, plumber, teacher, and community volunteer who also found time to be a powerlifter.

In addition to building his own house, Dave took up powerlifting in his fifties and lifted competitively until age 80, winning numerous Best Master Lifter awards along the way. Always studying and innovating, Dave built various contraptions to aid in training and through his research brought the idea of chain training to Louie Simmons in the early 1990s. In 1993, Dave joined the Missing Link powerlifting team and was a fixture at ADFPA, USAPL, AAU, ADAU, 100% Raw, and WNPF meets. Dave put on a good show, shouting, "I got it! I got it!" while making big lifts and he always took time out to help the young lifters just starting out.

Later in life, Dave did not let cancer or Alzheimer's slow him down and was featured on the CBS Evening News where he credited his active life with reducing his symptoms. Dave finally succumed to stomach cancer on June 27, 2010, at age 81. Dave is survived by his wife Audrey of 57 years, a son and a daughter, and four grandchildren.

– Jeff Deigan



Holger Kutroff (photo courtesy Sean Katterle)

#### **HOLGER KUTROFF**

July 13th, 2010

Well known German strongman and powerlifter, Holger Kutroff, passed away from a heart attack during a squat workout on July 13th, 2010. Only 41, he was a national hero in Germany, who was frequently asked for his autograph while he would be walking down the street. Many time German National Champion, he also placed notably in WPC, WPO, and other international competitions, as well as winning the overall title at the MHP Clash of the Titans, and he was also an accomplished team coach.

He leaves behind his wife Martina (32) and young son Marco (6).



Martina Kutroff with son Marco (photo courtesy Gordon Santee)



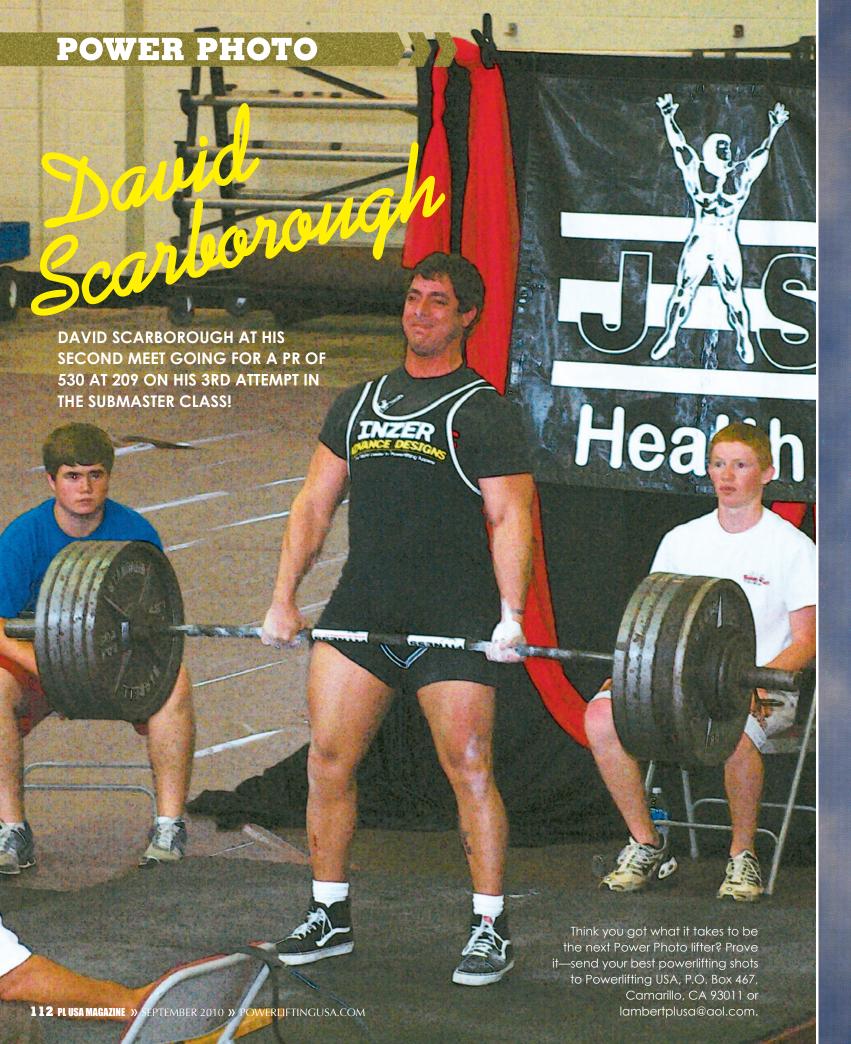
## **RUTHI SHAFER**

August 16th, 2010

Ruthi Shafer passed away on August 16th, 2010, from a heart attack. She is survived by her daughter Andrea Rose Martinez Shafer. Donations to the Andrea Shafer Benefit Fund are being accepted, in care of Sun Trust Bank, www.suntrust.com, 2021 North Locust Avenue, Lawrenceburg, TN, 931-766-1363.

In her heyday as a powerlifter, Ruthi set IPF records that stayed on the books for many years. She was IPF Champion of the World in 1982 and 1983 at 132 pounds, including Best Lifter awards, and followed that up with titles at 148 pounds in 1984 and 1985.





# INZER ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTE IM MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

13mm lever belt \$68 13mm buckle belt \$70 10mm buckle or lever belt \$58 Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

• Highest quality suede provides non-slip surface.

• Not bradded. High compression riveted. Will never come loose.

New, closer prong holes for more choice in precise fitting.

WE MAKE POWER GEAR A SCIENCE

· ZINC PLATED STEEL BUCKLE.

• TONGUE LOOP

RIVETED NOT SEWN.

Lockstitched with

CORROSIVE RESISTANT,

• SAME RIVETS AS USED ON

HI-DENSITY NYLON.

THE SPACE SHUTTLE.

1-800-222-6897

# POWER SHOE

# maximize your leverage o stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding
Around Ankle and
Throughout Body
of Shoe

1747:

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover 3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets
for Lacing Speed
Save Time and
Energy While
Providing Superior
Control of Fit



SOLE MOLDED TO PERFECTION

INZER

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

#### INZER POWER SHOE \$119.95

Available in solid white with scarlet red logo, Solid black available soon, Sizes 4 1/2 - 15 **All-Direction Traction Bottom** 



The World Leader In Powerlifting Apparel P.O. Box 2981 • Longview, Texas 75606 800-222-6897 • 903-236-4012