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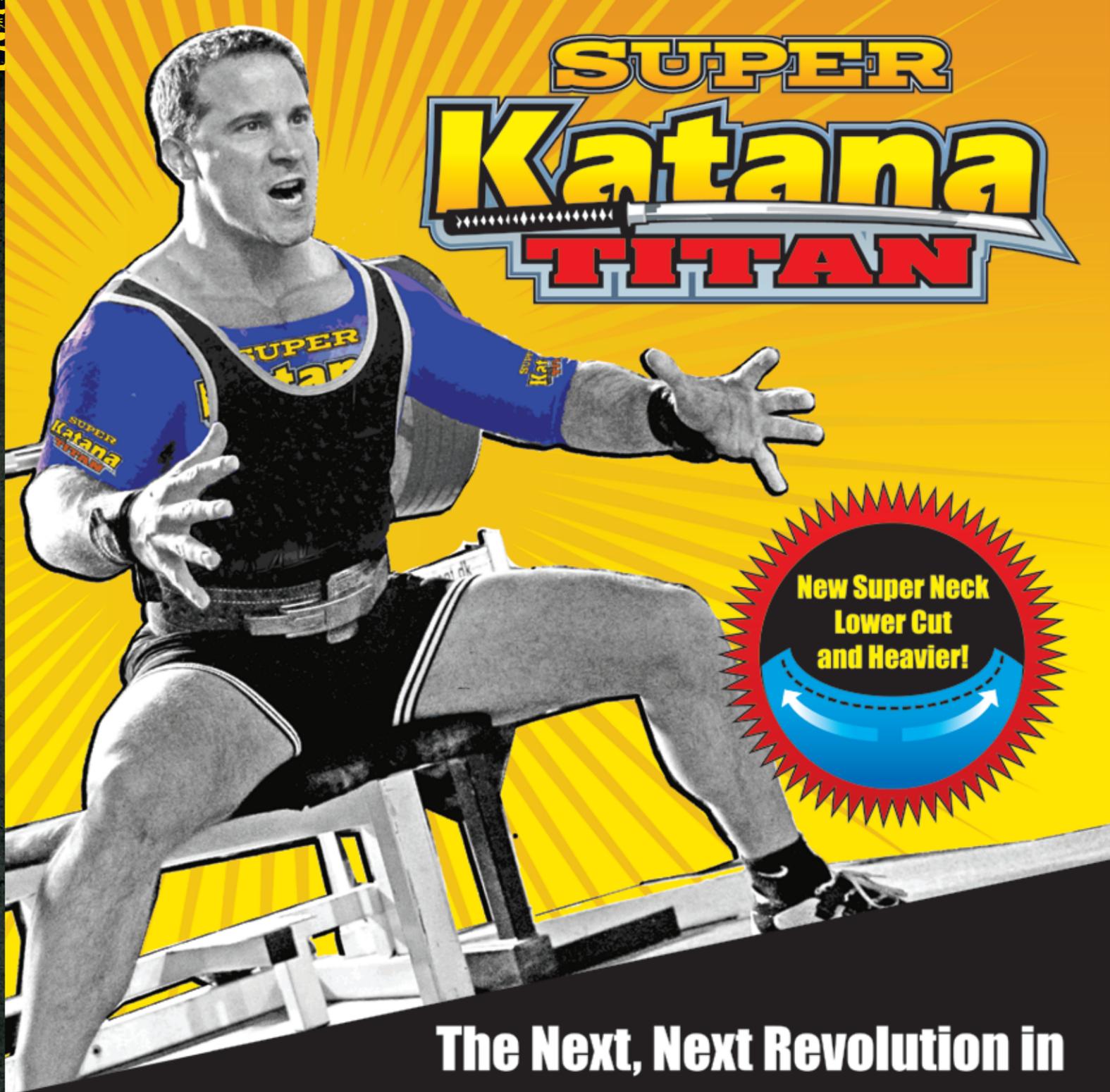


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Charlie Driscoll pulls a fierce DL at the 2010 WABDL Worlds in Las Vegas, Nevada
courtesy Mike Lambert/PL USA



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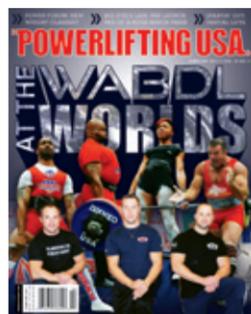
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 photos courtesy Mike Lambert/PL USA and CSS Photo



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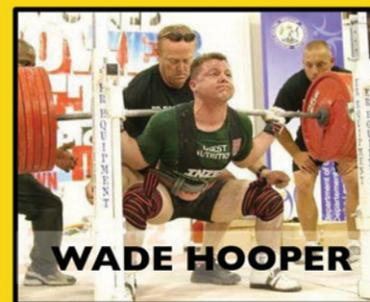
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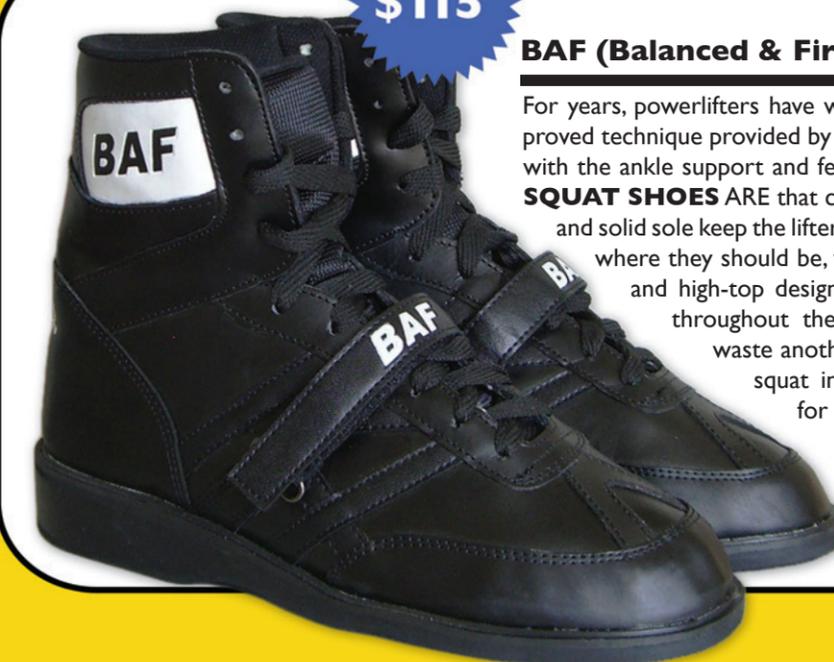
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2010 MHP AMERICA'S STRONGEST MAN

as told to Powerlifting USA by Steve Downs » photographs courtesy of Derek Weller/Musclesportsmedia.com

The 2010 America's Strongest Man contest—sponsored exclusively by MHP—was staged as part of the Mr. Olympia Weekend in Las Vegas September 24th and 25th. Ten of America's top strongman athletes competed on the Olympia Expo floor in front of hundreds of vocal fans. The event was presented by Dione Wessels and Mike Johnston of the American Strongman Corp.

The first event was the block press medley. Brad "The Wolverine" Dunn took an early lead in the contest, nailing 3 blocks in 37.33 seconds. First time ASM competitor Ryan Bracewell locked out the third block at 41.53 seconds to slide in behind Dunn. Several of the competitors tried the 315 pound 4th block without success. Last to compete was Poundstone, who moved quickly on 3 blocks, but was still behind Dunn's time. Then, after he motioned to the crowd to get on their feet, Poundstone picked up the previously 315 pound 4th block, placed it on his chest, leaned back and pressed. Up it went to lockout and the crowd roared.

The second event, the 950 pound yoke and 722 pound chain drag was a foot race with young guns Mike Jenkins and Andrew Palmer leading the charge, with Poundstone finishing third. On the 400 pound Hussefeldt stone, Marshall White dominated the field with a distance of 218 feet, with Jenkins finishing second with 147 feet and Poundstone third with 136 feet.

The 4th and final event of the day was a very heavy Atlas stone run. The stones were 20 feet apart, they weighed 330 pounds, 2 x 360, 390 and 420 pounds, and needed to be lifted to a 54-inch platform. Andrew Palmer was the only man to load all five stones and in a time of 32.12 seconds. Poundstone finished second with 4 stones in 26.57 seconds while Jenkins watched the 5th stone slide off the platform leaving him with 4 stones in 26.81 seconds and third place.

At the end of the first day, with four events down, the scoring tally was Poundstone with 35 points, Jenkins with 34 points and White with 25 points.

Day two of MHP's America's Strongest Man started with the Last Man Standing Max Log Press. David Hansen fought hard for a 400 pound press and almost locked out 410. Three athletes hit 390, including Dunn, White and Jenkins. But Poundstone crushed 410 and put 4 points between him and Jenkins.

The second event was the 330 pound farmer's walk and 800 pound frame medley. Mike Jenkins came roaring back with a time of 19.32 seconds to take the win, with Poundstone securing second with 22.18 seconds and Hansen third with 25.56 seconds.

The deadlift medley that featured a 900



Derek Poundstone was declared America's Strongest Man at the 2010 MHP competition



Brad Dunn put up 390 in the log press

pound frame x 1, 660 pound axle x 1, 720 pound barbell x 1 and car deadlift for reps was next. First year pro Ryan Bracewell grabbed the lead with 11 reps on the car. Poundstone tied for a share of first place. Matt Dawson, who had initially set the mark to beat with 9 reps on the car, shared second with Jenkins and White.

The final event was the Suicide Medley. The floor at the convention center was slippery and the 722 pound chain flew across it on day one; however, the 1025 pound sled was another matter. Each athlete moved swiftly carrying the objects to the sled, but then they hit the wall. With a drag distance of 75 feet the top man was Andrew Palmer with 47 feet, David Hansen had 45 feet and Marshall White pulled for 40 feet.

The final placings for the MHP America's Strongest Man was Poundstone with 70.5 points for his third ASM victory, Jenkins with 61 and White with 51. «



Marshall White placed 3rd overall



Mike Jenkins placed 2nd overall



JOE MAZZA – World Record Bench: 705 lbs. @ 165 lbs.

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PARTIAL LIFTS

as told to Powerlifting USA by Doug Daniels

Partial lifts like deadlift lockouts and half squats are very popular exercises that most powerlifters have used in training to improve their strength at various targeted weak points of the powerlifts. For example, if a lifter has trouble locking out their deadlift, they may use deadlift lockouts in their routine. The theory is lockouts will enable a lifter to overload that lagging part of his lift with a weight heavier than what he could normally use for a full range deadlift. The end result should be a more powerful lockout and a bigger deadlift. However, lifters sometimes fail to get desired results from this practice and don't have a clue as to why.

Let's start with one of the most popular partial moves: deadlift lockouts in the power rack. A training partner of mine had great power and explosion off the floor in his deadlift; however, he had a difficult time locking out the weight. In essence, his deadlift was limited to what he could lock out, which proved very frustrating. He chose to solve this problem with heavy lockouts in the power rack. Within a short time, his strength in partial lockouts improved and the weight he was able to lockout far exceeded his competitive poundage—but on contest day his deadlift lockout was not improved. Thinking back to watching him performing these lockouts in training, the reason was crystal clear to me. When setting-up to lockout the weight, he would position himself so that when he pulled, he was merely straightening his legs out until he reached the locked out position. He was quarter-squatting the weight, not even partial deadlifting at all. His torso was essentially erect and upright at the start of the pull so little upper back work was used in locking the weight out. To properly target his lockout, he should position himself so that his position during the partial lockout closely resembled his position during a competition pull from-the-floor deadlift. This may necessitate using much less weight and devoting more attention to proper pulling technique.

Partial squats can be approached similarly. The squat is a very complex movement and a partial squat may not resemble the flow and execution of the full squat. Because of this, the transfer of power developed from partial squats to competitive squats may not be as great as expected. The answer, in this case, would be similar to the deadlift above. Be sure your partial squats resemble that portion of the complete lift as closely as possible.

The same holds true for the bench press. During a complete bench press, the bar follows a certain path to completion. Ideally, the bar does not go straight up from the chest, but it rises at a slight arc to over the head at lockout. Pushing the bar from a position that is not along that arc, power transfer to the competition bench press, again, can be less than expected.

Due to heavier than usual weights, partial lifts can easily give a lifter a false sense of strength. This false sense of strength may also tempt a lifter take too heavy of an attempt in training which could easily result in injury. The tendons and ligaments may not be strong enough to support and handle such heavy weights on partials, especially if the difference in weight used is much greater than the weight used for a full lift. Work up gradually to heavy weights in partials and do not push your body's recuperative levels. I would also be sure to warm-up thoroughly before attempting heavy partials. The best time to do partials is after your full range reps. Confidence is important in powerlifting, but it must be balanced with a realistic and somewhat cautious outlook.

In order to continue adding weight to the partial lift, a lifter may lessen the range of movement even further, resulting in a partial-partial. A half squat with 400 may soon degrade to a quarter squat with 450. This will further lessen the positive transfer of the partial lift to the full range movement. The advantage of executing full range lifts to specification is the bar is always moved the same distance. A lifter can then easily compare one attempt or rep to another to measure true strength changes.

For lifters who have depth problems in the squat, this can accentuate the problem. A lifter may become less conditioned reaching proper

depth and have difficulty pleasing the judges at the contest. Many, if not most, lifters need as much technique work as strength work. A deficiency in a particular area of a lift may be a result of poor or inefficient lifting technique and not necessarily due to lack of strength. Chew on that one for a while.

As I mentioned earlier, the actual execution of the partial lift may vary greatly from the execution of that segment of the complete powerlift. That can cause the value of partial lifts to not be as great as expected. I'll repeat a sentence from a paragraph above: *A deficiency in a particular area of a lift may be a result of poor or inefficient lifting technique and not necessarily due to lack of strength.* Other assistance exercises may be more effective for shoring up weak spots in your lifts. Try shrugs or rows for deadlift lockout power. Close or shoulder width benches are great for improving tricep power for better bench lockouts. Close stance squats provide the most positive transfer to your regular squat if executed properly. Enhanced flexibility and improved ab and torso strength can boost all three of the lifts.

As you can see, I am not a big proponent of partials. Some may disagree with me on this, but if you've been using partials and not noticing improvement in your lifts at contest time, re-evaluate my theories versus your practices and see if they apply to you. «

A TRIBUTE TO THE FIRST LADY OF AAU NY POWERLIFTING MICHELLE ROGERS 1967-2010

It is with great sadness and a broken heart that I tell the powerlifting people the sudden passing of the love of my life, my best friend and wife of twenty-five great years, and co-chair Michelle Rogers at 43 years old on November 22, 2010. AAU NY has lost part of it's foundation. She will be missed by everyone whose lives she touched and that was so many. In a three week period of time I lost my beloved poodle Molly and my wife Michelle, and I felt my whole world was caving in as those two were my whole life. They were the reason I kept lifting even as I get older, and they are the reason I will keep lifting. Michelle always said if anything happens to me, "you keep lifting and running meets—that is our life." Michelle and I ran 34 meets together. She always ran the table flawless. The lifters loved her and even though she could never lift, she supported me and the lifters. So on February 12, 2011, we will honor Michelle with a sad but healing tribute meet. Many tears will be shed that day, but we will fight on through it to Honor Michelle, Mitchy and Saint Michelle—all names she went by. We will also pay tribute to Molly, as all the lifters loved her too—that was Michelle's baby and daddy's little girl. In closing, I will say I will love you, Michelle and Molly, forever; every living moment I have left will be to make you proud because you made me a better person. I will lift for you, love you and cherish you forever. Goodbye to my sweet angels. You are in my heart forever!

— Steve Rogers, AAU NY



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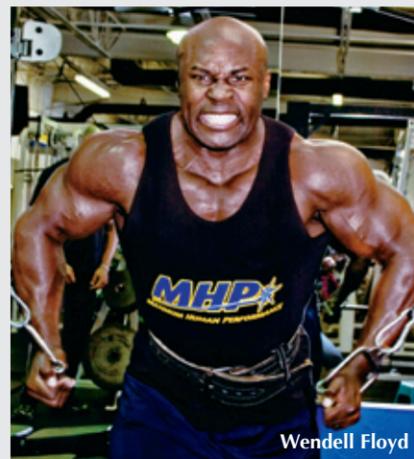
MHP strongman extraordinaire Brian Shaw won the World's Strongest Man Super Series world finals for the second consecutive year. Brian finished 2010 with a victory at the Strongman Super Series Swedish Grand Prix in early December to wrap up the Super Series crown, following a November win at the Jon Pall Sigmarrsson Classic in Iceland. He is the only American to ever win the Super Series twice.

"I had my best year ever in strongman in 2010," says the 6-foot-8-inch, 410 pound giant. "Thanks to my consistent use of great MHP products like *Up Your MASS*, *NO-BOMB*, *Dark Matter* and *Cyclin*, I was able to consistently get stronger and perform better as the year progressed. I look to do even better this year!"

Brian is now training for the MHP Arnold Strongman Classic, to be held March 4th-5th in Columbus, Ohio. He is the top American strongman on the competition circuit today.



Brian Shaw



Wendell Floyd

IFBB PRO WENDELL FLOYD JOINS TEAM MHP

MHP is proud to announce that IFBB Pro Wendell Floyd has joined Team MHP! Wendell is a rising star in the IFBB, having placed 3rd at Europa Battle of Champions and 5th at the Europa Super Show in 2010. He won the 2009 NPC Team Universe as amateur to win his IFBB Pro Card. Wendell is the owner of the NuBody Training personal trainer business in Marietta, GA.

The 5-foot-7-inch, 225 pounder is 39 years old and lists MHP's *NO-BOMB*, *DARK MATTER*, *BCAA 3300* and *PROBOLIC-SR* protein as his favorite bodybuilding supplements. "I am a longtime user of MHP supplements, so I am so happy to be a part of Team MHP as a sponsored athlete. Being involved with the brand is the final step I need to take my competition to the next level."

"MHP is excited to welcome Wendell as part of our team of sponsored pro bodybuilders," says Gerard Dente, MHP President. "Wendell had a great rookie season as an IFBB pro and we look forward to greater things for him in 2011."



2X WORLD'S STRONGEST MAN JOINS TEAM MHP!

Zydrunas Savickas Signs Exclusive Endorsement Contract With MHP

Two-time World's Strongest Man Zydrunas Savickas has officially signed an endorsement contract with nutritional supplement powerhouse MHP. Zydrunas has had a legendary strongman career, winning the World's Strongest Man title two consecutive years (2009-10), the MHP Arnold Strongman Classic title six consecutive times (2003-08) and the IFSA World Championships twice (2005-06).

The 6-foot-3-inch, 380 pound powerhouse has captured numerous world records in strongman events, won the 2008 World Log Lift Championships, was a two-time World Strongest Man Super Series winner and won the Lithuanian National Championship in powerlifting. He is also the organizer of the 2011 MHP World Log Lift Championship in Lithuania, and is a gym owner in Vilnius Rajonas, Lithuania. He joins MHP as the biggest name in strength sports on the planet.

"We are very excited to welcome Zydrunas to Team MHP," said Gerard Dente, MHP President. "I have had the pleasure of watching him win the MHP Arnold Strongman Classic title in past years and have always thought he'd be the perfect athlete to be associated with our brand. He truly is MHP Strong!"

"I am very happy to join MHP," said Zydrunas. "I feel they produce the best sports supplements in the world and are huge supporters of strongman."

Zydrunas Savickas with MHP President Gerard Dente



» Steve Downs, MHP Marketing Director; 973.785.9055; sdowns@maxperformance.com | For more information, visit www.MHPSTRONG.com

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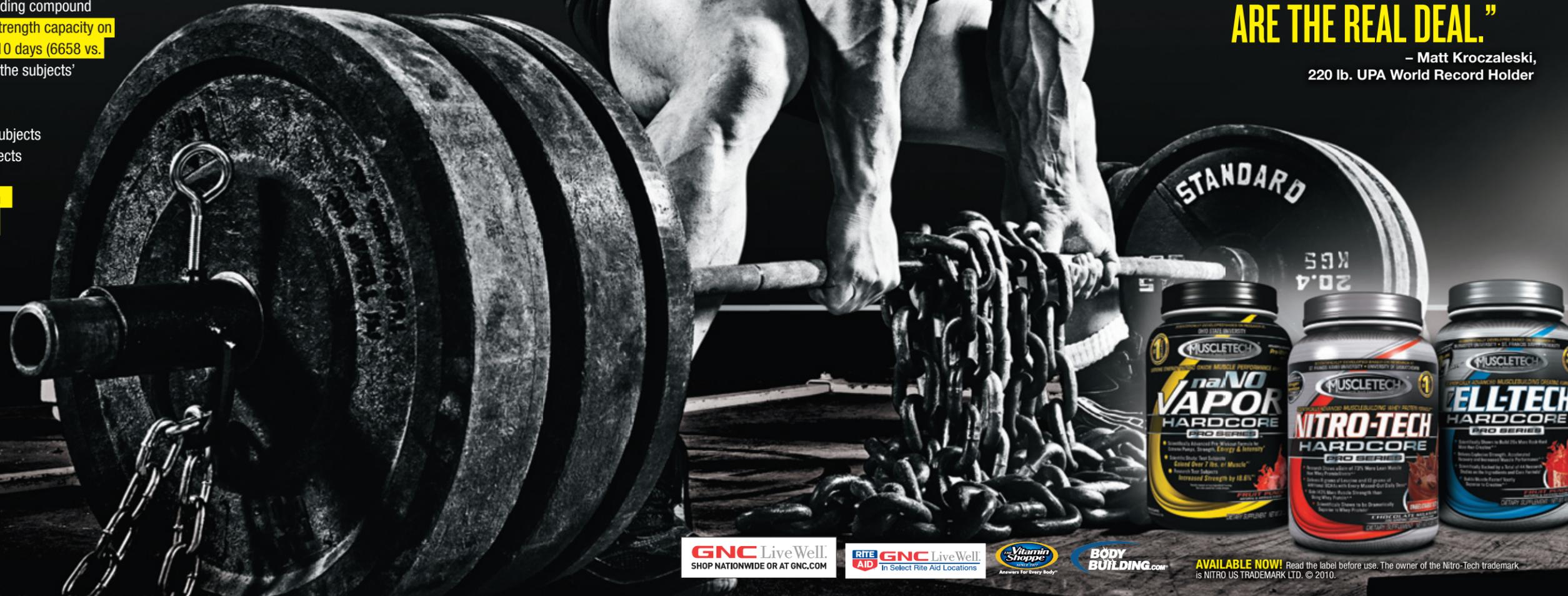
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as told to Powerlifting USA by Team MuscleTech



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JO JORDAN

as told to Powerlifting USA by Ben Tatar of Critical Bench

Thanks for the interview opportunity, Jo. Go ahead and tell us about yourself.

I'm 37 years old and was born in Alabama, but I grew up in an Army family, so I am from all over. I'm married to my high school sweetheart, Kim, and we have three beautiful daughters, Meredith, Lynsey and Norah, and we live in Oviedo, Florida. My job is that of a stay-at-home dad and I have been since 2004. It was an adjustment after being a retail manager for a while, but I have enjoyed every day of it.

Where do you compete and what are your best lifts?

I compete in the APF, IPA and SPF. My best lifts at 242 are a 970 squat, 650 bench and a 720 deadlift. At 275 pounds, I have squatted 1,003, benched 630 and pulled 650. I plan on being at 275 for a while, so the numbers there should get better here soon.

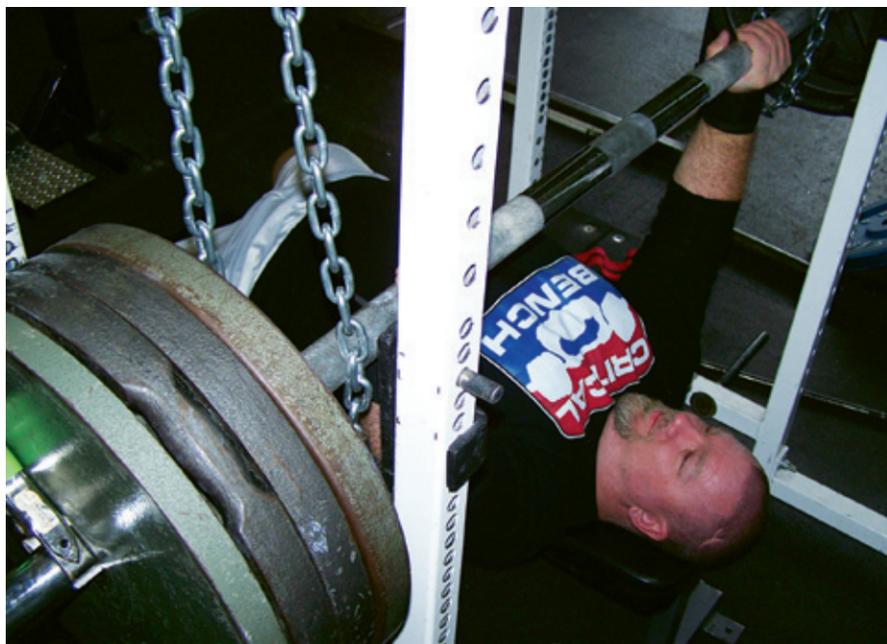
Tell us five things that you love about being a powerlifter.

1. The camaraderie between powerlifters or strength athletes in general.
2. Knowing that at the PTA meetings I'm the strongest SOB in the room. Ha ha.
3. Having people not want to sit next to me on planes.
4. Being able to lift heavy crap.
5. Having to take the collars off my shirts so they'll fit my neck.

Let's talk about your training. How do you set up your workouts and meet cycles?

Recently I have begun working with Jeremy Frey and doing block periodization. There are basically 3 blocks: Accumulation, Transmutation and Realization.

"The accumulation mesocycle focuses on the development of generalized abilities necessary for success in powerlifting. This mesocycle is also very important for increasing the potential working effect of the following block's mesocycle. Morphological changes (maximal strength, hypertrophy) of the active and supporting musculature and of the connective tissues, including the ligaments and tendons, will be of utmost importance during the accumulation block. The second block will be that of transmutation, in which the training load becomes more focused toward the special strength preparation needed for the sport of powerlifting. Fatigue will accumulate during this mesocycle as more workouts will be performed during the microcycles, and these training sessions will contain a higher volume and intensity than what was found in the accumulation mesocycle. This block will build upon the generalized traits developed in the accumulation block and transfer them in



Jo Jordan has benched 650 pounds at 242 pounds bodyweight

specific preparedness for the upcoming competition. The realization mesocycle is meant to be directed toward achievement of peak performance in competition. This block is traditionally referred to as the taper. Because this block begins under the influence of the accumulated fatigue of the previous transmutation mesocycle, restorative measures are very important, as is a reduction in the volume and load level of the workouts. During this stage, we will develop event specific technique and tactics as well as normalize the levels of special strength preparedness and special work capacity in the competitive exercises. During this block, the majority of work will be done with the competitive exercises as well as with the special development exercises, which serve to retain special strength." – Brendan Gonrig.

I've quoted Brendan here since he can explain it much more efficiently than I. My description would be much more like... "It's hard." Seriously, though, it has helped me recover faster. I'm less tired during and after a workout and I feel that I have become stronger overall and not just on the three lifts.

Brendan sounds like a smart dude. What would you say was the best and worst advice you were ever told.

The best advice I've been given is to 'listen to your body and follow your gut.' If you're in the

gym and feel like crap, the weight feels heavier than it should and everything hurts, then it's time to back off and let things regroup and heal. For the longest time I would just train heavy as long as I could and through some agonizing pain with the assistance of pain killers. In the end all I got was more messed up and ended up having to take a good six months off from any heavy squatting or pulling to let my lower back heal and there are still days it hurts, so it will always be a work in progress.

This brings me to the worst advice. "It's only pain, it'll go away. Just train through it." There's a difference between being hurt and injured. Hurt is something you can deal with and work around. Injured means that no matter what you do it's not going to get better unless you take a break. The trick is finding out which one is what you're dealing with.

You've had your fair share of being hurt as well as injured and you've battled back, which is great to see. Tell us about your training facility and atmosphere.

I train at Orlando Barbell and it's a very fun, but challenging, place. We all bust each others' balls constantly, push each other to go beyond what we think we are capable of and support one another in and out of the gym. They are like my family. I know I can depend on them to help me if I'm in need and I would do the same for them. For the most part it's fun and loose. Lots of

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NEW WEIGHT CLASSES

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.

This month's forum question deals with the existing weight classes in powerlifting. The IPF is in the process of adjusting their weight classes, I assume based on the distribution of competitors in today's powerlifting. The question for the panel is: "Does powerlifting need new weight classes?"

BOB GAYNOR: When I began to attend power meets in the '60s, there were 7 weight classes. Over the years the 242, 114, 220, 275, and in some federations the 308 or 319 classes, were added.

At one time the lower weight classes were highly populated. Today in Open Divisions the 114/123/132 lb. weight classes have very few, and in many cases no competitors. In these same meets most of the newer weight classes are highly populated.

I am not one who wants change just for the sake of change. I know it would be a tremendous undertaking, but I think as a minimum, an in-depth study using all federations should be done. I think the results would show a redistribution of the current weight classes may be needed. Unfortunately, with the current state of powerlifting this will probably be impossible to do. So, as with most things in our sport today, each federation will do what it wants to.

JON SMOKER: If the IPF is coming up with new weight classes to clean the slate of records, I'm wondering what took it so long. I really am surprised this wasn't done a long time ago when Olympic type testing was instituted. It only makes sense since the records are an amalgam of records set in different contexts, including no testing at all.

Do we need new weight classes here? Yes, in my opinion, having lifted at 132, 148, 165 and 181, the differences in these classes when it comes to making weight or trying to gain weight to get to the next weight class up, is a bridge too far. Because of this, boxing added new classes decades ago. However, we already have so many divisions and categories, such a move would only insure more people not having to compete with anyone. So maybe a super middleweight class of say, 173, would only make sense at a national meet where several lifters show up in each weight class. Of course, if the IPF comes up with new weight classes, the USAPL, for one, will have no choice but to follow suit.

And what about the 114-132 weight classes where a lot of meets have few, if any, competitors? They do make sense for women and 14-15 year olds, and I do see the top 100 is full for all these classes. Plus you've got a guy like Ken Snell who's lifted at an elite level for decades at 124, so I don't see why someone like him should be forced to move up in weight. So maybe the answer would be to have smaller meets do 132 and down on formula.

AL SIEGEL: At the present time I'm a little bothered by what the IPF is trying to do because of three areas that were/are being discussed at the present time:

1. New weight classes
 2. New standards for world records, which can only be set at world meets.
 3. Threats to members regarding suspensions for violating different rules.
- They have not given reasons for these changes, but it looks obvious that they are trying to make meets go faster by having less weight classes.

Why fix what is not broken? The ADFPA changed women weight classes for a few years, but wound up reverting to the original classes. I have seen heavier classes added at the top end in the IPF and eventually dropped.

Personally, I see no reason to go along with the new weight classes, especially at the heavier end of the list. The new IPF weight classes do not favor lifters in the United States, especially if they weigh over 220 pounds—a group that makes up a large percentage of our lifters. I will continue to use the old IPF weight classes, including the 114 lb. and the 319 lb. classes.

MIKE MCDANIEL: I don't feel powerlifting needs new weight classes. I can't imagine what situation the changes would improve or problems that would be solved. To me it would just result in additional fragmentation, and new records that wouldn't necessarily mean much.

RYAN CELLI: The weight classes have always been the same in the federations I've competed in since I started 22 years ago in 1989 in the 114 lb. weight class. To change them now seems odd. What do you do with the current records? They would never be able to be broken again if the weight class was no longer offered.

I can understand adding a weight class somewhere where there is a big jump, like between 242 and 275. I can even understand taking



Al Siegel raising a ruckus at the 1986 National Masters Championships after a successful lift

out a weight class if one was never getting any competitors, across the board, consistently over a long period of time. I don't believe either one of these examples are currently necessary.

Changing the current weight classes is not something the sport needs, in my opinion.

SPERO TSHONTIKIDIS: As a contest director, eliminating weight classes at the top end would make my job much easier. Moreover, as a records chair, I would also have less work to do. And as a 181 pounder, I would love to be able to carry the additional weight. With that said, however, I do not believe that changing the weight classes is a necessary move for the sport. Why is the need so great? It seems that the move will be a major disruption in the short term—qualifying totals, records, etc.—and will be a "bone of contention" among lifters in the long term.

MATT GARY AND SIOUX-Z HARTWIG: Powerlifting does not necessarily need new weight classes. However, Matt attended this year's IPF General Assembly Meeting in Potchefstroom, South Africa so we approach this issue with a different perspective. Matt

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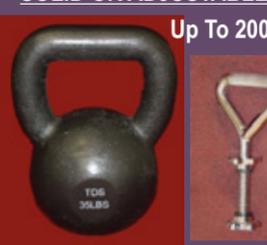
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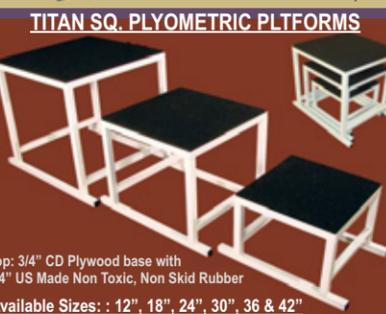
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WORKOUT OF THE MONTH: OVERCOMING DL PLATEAUS

as told to Powerlifting USA by Mark VanAlstyne, DC, PT, C.S.C.S.

All lifters have plateaus in certain lifts at different times. My plateau in the deadlift lasted nine years. Yes, nine years. I used to be one of those guys that thought deadlifters were born and not made. I was wrong.

I was lucky enough to meet Brad Gillingham some months ago at a strength and conditioning convention. I asked for his help. He assessed me and said I had powerful quads, but underdeveloped gluteal muscles. This finally helped me realize what was missing in my training. I discovered how my canvas squat suit acted as artificial glutes in the squat. I also discovered that I was not locking out my hips in the deadlift or the squat. In other words, I never contracted my glutes forcefully at the top of either movement.

It all started to make more sense when I analyzed how IPF lifters seemed to be, on average, better deadlifters than many (not all) of the lifters in multi-ply equipment organizations. The single-ply suits aid the gluteus maximus less and allow for deeper squats. The further below parallel the lifter squats, the more gluteus maximus activation. This means the multi-ply lifter needs to supplement equipped squats and deadlifts with raw exercises that utilize the gluteal musculature.

I discovered that it did not matter what assistance exercises I did, as long as I contracted my glutes hard at the top of the movement. I mixed in Romanian deadlifts, cable squats (facing the cable machine), low box squats, reverse hypers, and kettlebell swings.

Regarding equipment, if canvas suits act like artificial glutes, using them in the deadlift—especially sumo deadlifts—should help increase the power of the pull. I switched to an Inzer Leviathon squat suit, but I found that wearing it backwards really made the suit work better. Narrowing my sumo stance helped me get more pop out of suit.

I also switched my form and set up. I felt I was working too hard and taking too long to get to the bar. I analyzed many lifters on *You Tube* and discovered that Shawn Frankl's deadlift set up was simple and efficient, so I copied it. Study the best deadlifters and their form and experiment until you find what works for you.

Regarding the execution of the lift, don't concentrate on pushing the knees out or the feet into the floor. Think about getting your hips forward as fast as possible. This will speed your lift through the sticking point.

I am a sumo deadlifter, but do most of my training with a conventional form because I feel I can get a harder glute contraction at the top of the movement. I do the conventional deadlifts with the barbell plates sitting on a 3 to 6 inch platform. Aerobic steps work well as platforms.



Mark VanAlstyne pulling a nice DL with good form

Conventional deadlifters can pull off the floor for the first 5 weeks and then off of 3 inch blocks for weeks 7 and 8. They will suit up for weeks 10, 11, and 13.

Assistance work should focus on glute lock-out strength. Romanian deadlifts, cable squats, reverse hypers, low box squats and kettlebell swings are my favorites. Pick one per week and do 4 sets of 6-10 reps following your deadlifts.

This routine assumes a best deadlift of 545 pounds. The goal is a 600 pound meet deadlift. One-half inch diameter chains are used on weeks 4 and 5. They should be attached to the ends of the bar with no slack in the attaching chains, in other words, the 1/2 inch chain should be as close to the barbell as possible. Weeks 1 through 8 are raw; use only a belt.

Week 1: Conventional deadlifts off 3-inch blocks, 445 x 3 sets x 4-5 reps; assistance work
Week 2: Conventional deadlifts off 3-inch blocks, 455 x 3 sets x 4-5 reps; assistance work
Week 3: Do 4-6 sets of assistance work (pick 2 exercises)

Week 4: Conventional deadlifts off 3-inch blocks, 445+40 lb. chain x 3x3; assistance work
Week 5: Conventional deadlifts off 3-inch blocks, 445+60 lb. chain x 3x3; assistance work
Week 6: Do 4-6 sets of assistance work (pick 2 exercises)

Week 7: Conventional deadlifts off 6-inch blocks, 485x2x2; assistance work
Week 8: Conventional deadlifts off 6-inch blocks, 485x2x2; assistance work
Week 9: Do 4-6 sets of assistance work (pick 2 exercises)
Week 10: Sumo deadlifts (full gear) from floor, 535x2x3; conventional deadlifts (raw) off 3-inch blocks, 445x2x5
Week 11: Sumo deadlifts (full gear) from floor, 555x2x3; conventional deadlifts (raw) off 3-inch blocks, 455x2x5
Week 12: Rest
Week 13: Sumo deadlifts (full gear) from floor, 575x1x3; conventional deadlifts (raw) off 3-inch blocks, 465x2x3
Week 14: Rest
Week 15: Meet - 1st attempt 545; 2nd attempt 570; 3rd attempt 600

In closing, I would like to thank my lifting partners Scott Rowe, Mike Ferlito, Brian Adams, and Rheta West. A special thank you goes to my long time sponsor Inzer Advance Designs for their support. I feel they are the best apparel company in powerlifting and have always been very helpful and generous to me. Anyone who would like advice on routines or injuries can contact me through www.herculesgym.net. Put it to the attention of "Powerdoc." Good luck! <<

THE TWO WORLD'S STRONGEST MEN ARE MHP STRONG!

When the MHP Arnold Strongman Classic begins on March 4th in Columbus, Ohio, MHP will unleash the greatest strongman team on the planet to compete for top honors. Both the reigning 2010 World's Strongest Man, Zydrunas Savickas, and the runner up (by tie-breaker), Brian Shaw, will compete at the Arnold Classic representing Team MHP.

Zydrunas has had a legendary strongman career, winning the World's Strongest Man title two consecutive years (2009-10), the MHP Arnold Strongman Classic title six consecutive times (2003-08) and the IFSA World Championships twice (2005-06). The 6-foot-3-inch, 380-pound powerhouse holds numerous world records in strongman events and was a Lithuanian national champion in powerlifting. He joins MHP as the biggest name in strength sports.

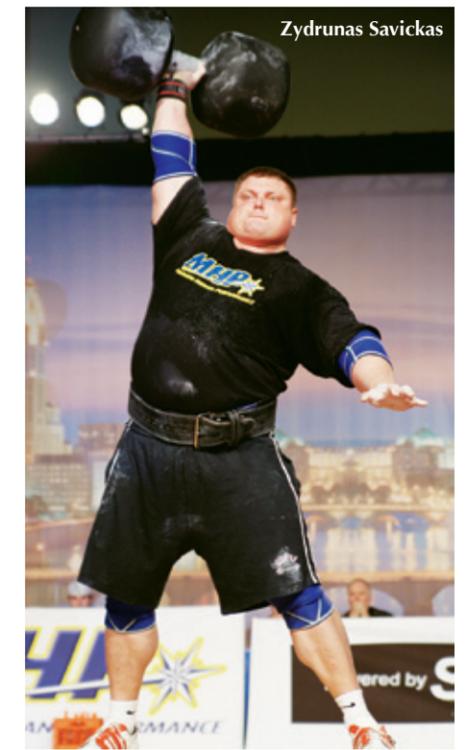
Shaw is by far the top American on the Strongman circuit today. At 6-foot-8-inches, 420-pounds, the "Mammoth" is also quite literally the biggest man in his sport! Brian is coming off a win of the World's Strongest Man Super Series title in December for the second consecutive year. The Colorado native also won the Los Angeles Fit Expo Strongman title in 2009 and was third that year at the World's Strongest Man.

"We are very excited to welcome Zydrunas to Team MHP and to see these two giants face off at the MHP Arnold Strongman Classic in March," said Gerard Dente, MHP President. "Brian has been tearing up the international circuit on his way to winning his second Super Series title. And Zydrunas beat him on a tie-breaker in South Africa to take his second World's Strongest Man title back in September. I can't think of a better spectator event than seeing these two supermen going head-to-head onstage at the Arnold Classic."

Along with Zydrunas and Brian, MHP's elite Strongman Team includes former World's Strongest Man Phil Pfister and world record holding powerlifter and strongman crossover Brian Siders. Pfister will not be competing at the 2011 Arnold Strongman Classic, but will instead be doing commentary at the event. Siders is healthy and will be challenging Savickas and Shaw for top honors in Columbus.

For more information about Zydrunas Savickas, Brian Shaw, MHP products or other members of Team MHP, visit MHPSTRONG.com.

» Steve Downs, MHP Marketing Director; 973.785.9055; sdowns@maxperformance.com | For more information, visit www.MHPSTRONG.com



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EXTRAORDINARY MOMENTS IN TIME

as told to Powerlifting USA by Judd Biasiotto, Ph.D. » drjudd2@aol.com

"If my mind can conceive it, and my heart can believe it, I know I can achieve it." – Jesse Jackson

There is something I have to tell you. I cry easily. In fact, I cry at just about everything. I boo-hoed for a good ten minutes when Elliot said goodbye to E.T. in the movie *The Extraterrestrial*. I was moved to tears when Buster Douglas upset Mike Tyson for the heavyweight championship of the world only hours after his mother had died of a heart attack, and I still get choked up every time I hear Martin Luther King's "I Have a Dream" speech. People need to really listen to that speech. It's awesome. One of the most beautifully composed orations I've ever heard.

What moves me most though is when I see men and women push themselves beyond what others believe is their breaking point; when I see people succeed against the odds. I am not just talking about great men and women doing great things. Of course, that makes me cry also. As I said, I cry at everything. What I am talking about is when average or even below average human beings do extraordinary and marvelous things with their lives. When men and women push their brains and hearts to the farthest reaches of which they are capable. Such incidents really move me, not only to tears, but many times to action. They motivate me to be the best that I can possibly be.

Let me give you two magnificent examples of what I'm talking about. The first instance is Armando Galarraga's perfect game which was ruled 'imperfect.' Without question, this episode was one of the most gut wrenching and inspiring moments in recent sports history. Galarraga, a 28-year-old right-hander from Venezuela, was kicked around the minor leagues for eight years before the Tigers finally gave him a big-league chance in 2008. In all candor, Galarraga was struggling just to stay on the Tigers' major league roster. The Tigers had, in fact, cut Galarraga in the middle of spring training, only to bring him back to the majors because they needed an extra starter in the middle of May. He was certainly an improbable candidate to become the 21st pitcher in the history of major league baseball to throw a perfect game. Think about that for a second. Major league baseball has been around for more than a century. There have literally been hundreds of thousands of games played in major league baseball, and there have only been 20 perfect games pitched in the history of the sport. Just 20 men can lay claim to such a feat. And here was Galarraga, at best a journeyman, on the verge of becoming only the 21st pitcher to achieve perfection. This is a feat that is almost otherworldly.

As the game unraveled, Galarraga set down the first 26 Cleveland Indians batters without a single one of them even getting close to reaching first

base. The 27th hitter, Jason Donald, hit a routine ground ball to first baseman Miguel Cabrera. Cabrera fielded it cleanly and pitched the ball to Galarraga who ran over to cover first base. The ball and Galarraga easily beat Donald to the bag. Nevertheless, the first base umpire, Jim Joyce, ruled Donald safe. I was sitting on my couch watching that final call, and I was in total disbelief. It was an easy call...one that a little league umpire could have easily made, but it was utterly blown by Joyce. I was irate over the call, and I am not even a Tiger fan, and I had no idea who Galarraga was until that moment. The call was so absurd that you just wanted to scream, "Hell, NO!" Worse yet, it robbed Galarraga of what most likely would have been his greatest moment as a major league pitcher. I was ready to kick my television set in. I could feel Galarraga's pain. What should have been the final out of a perfect game became instead the most celebrated blown call in baseball this year, maybe in baseball history. Amazingly, Galarraga never even protested the call even though it was evident beyond a shadow of a doubt that Joyce had missed it. I looked at Galarraga's face and he was smiling. In fact, he looked as if he was on the verge of laughing, perhaps realizing the mortality of his moment...understanding that his rare shot at baseball prominence had been dashed by a horribly blown call.

What happened after the game was just as astonishing. Joyce, essentially in tears over his mistake, personally apologized for costing Galarraga his shot at immortality. "It was the biggest call of my career, and I kicked the (bleep) out of it," Joyce confessed to *The Associated Press*. "I just cost that kid a perfect game." It was rather moving that he expressed such remorse, but how could he not own up to his mistake. It was replayed a couple million times on television for the entire world to see.

Still, Galarraga, in a gesture of incredible sportsmanship appreciated Joyce's attitude and sentiment over the situation. "You don't see an umpire after the game come out and say, 'Hey, let me tell you I feel sorry for him,'" Galarraga told *The Associated Press*. "He felt really bad. He didn't even shower."

In retrospect, Galarraga's perfect/imperfect game was rather insignificant compared to the sportsmanship that he exhibited over the entire situation. There have been hundreds of thousands of players in major league baseball over the past century and I doubt seriously if 20 of them would have handled Galarraga's situation as "perfect," gracefully, and dignified as he did. His post-game performance was considerably more perfect than the game he pitched. It was absolutely awe-inspiring...overwhelming, breathtaking.

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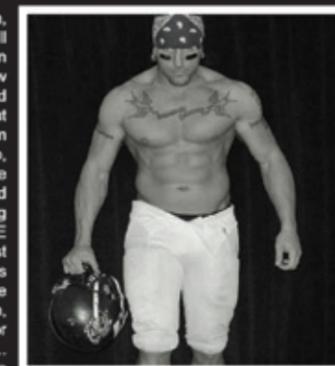


Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once 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 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 Herlehy - 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 field 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!"

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BACK TRAINING: THE LAUNCH PAD OF A HUGE BENCH PRESS

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

Greetings, fellow Ironheads, and welcome to *Big Evil's Lair*. This is the place to come if you want no nonsense training advice. The Big Evil hopes your training is moving forward and you're working hard and shooting for new PRs in the coming year. This month I wanted to cover a topic that plays a huge factor in creating the ultimate bench press. The Big Evil says that to create a huge bench press, one must spend a great deal of time working the upper back muscles. The Big Evil says it, so it is so.

In bench press training among the masses, I think there is a big misconception that the chest and tricep muscles are way more important than the upper back muscles as far as carrying most of the load during the bench press. Notice here the Big Evil says upper back muscles, as we are going to talk about the specific muscles that not only make up the upper back, but aid in our bench press as well. The Big Evil is not going to throw a lot of scientific terminology at you. If I did, I would then be Dr. Evil—I don't want to rule the world as the cycloptic character in the movie, just help you bench press more in it. We will discuss each muscle group and then the exercises that develop them the best for bench press power. The Big Evil will then discuss how all these muscles function together to perform the bench press.

Let's take a look at the specific muscles that make up the upper back when we are referring to bench pressing:

LATISSIMUS DORSI (LATS) These are the largest muscles of the back. The lats are attached to the upper end of the humerus with muscle fibers running down in a fan down the vertebral column and pelvic girdle. The lats function during the bench press is to stabilize your body during the lift. Think of your lats as the launching pad of the bench press. When you look at some of the biggest benchers in the world, take a look at their backs, they are as wide and thick as a house.

The Big Evil has gone over some of the best exercises to do for your lats in past articles, but it's worth going over again:

BARBELL BENT OVER ROWS In my opinion, this is the best overall back exercise for the bench press. If you think about it, this exercise is a mirror image of a real bench press. I suggest really loading the weights on here. Use lifting straps to help overload the lat muscles. There are, of course, different variations of bent over rows (such as doing them off a block), to increase the range of motion of the lift, which



to me is more like a bodybuilding exercise. I think you should perform barbell bent over rows with both feet on the ground and also rowing the weight to your stomach. Try to use good form, but don't be afraid to heave the bar a little to increase the weight on the bar. I think three of four sets with five to eight reps will work for you.

LAT PULL-DOWNS Always do lat pull-downs to the front, never behind the neck, as they put tremendous trauma on your delts when you perform them this way, which will hinder your bench press. The Big Evil says to use a bench press grip (just like the bent over rows) to mock your real bench press grip that you would use in a contest. No brain surgeon needed here. Lots of weight, and of course use straps so you can pile on the resistance. The Big Evil says to keep your reps in the six to eight range.

RHOMBOID (MAJOR, MINOR) TERES MAJOR, INFRASPINATUS, TRAPEZIUS AND ROTATOR CUFF The Big Evil grouped these muscles all together to show you exactly how they all work together and aid in your bench press. I think you will see after I explain the process of how these muscles interact with each other just how important a strong, developed upper back really is to a huge bench press. The Rhomboids (Major and Minor) originate on the spinal column and attach to the medial (middle) surface of the scapula. The Rhomboids function to bring the scapula in toward the spinal column, essentially squeezing the shoulder blades together when the Rhomboids of both sides are used at the same time. (Sounds a lot like your arch when you're bench pressing, doesn't it?) The Teres Major muscle originates on the outer (lateral edge) of the scapula and attaches to the humerus. The Teres Major muscles work

photos courtesy Jamie Harris

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BULLFARM PL CHAMPIONSHIPS: BOLTON'S BACK!

OCT 8, 2010 » Helsinki, Finland » as told to Powerlifting USA by Lasse Arkela



Petteri Tuomisto prepares for his squat (Lasse Arkela photos)

Mr. Andy Bolton ended his hiatus and gave powerlifting fans what they've been yearning for a while. After a long break, the champ climbed on the stage in the Bullfarm Powerlifting Championships on October 8th, in Helsinki, Finland.

Beforehand, the setting seemed that Bolton would have his hands full on that October night. First he would have a full on battle going for the biggest total against last year's winner Joonas Rantanen and his 1270 kg. total. Jani Murtoämäki, who did 407.5 kg. a week out in the competition, would give him a good contest in the bench press. And on top of those, the British deadlift world record holder had to take on Iceland's boy wonder, Benedikt Magnusson for the biggest deadlift.

THE SQUAT

Right from the start it was to make sure that the Finns weren't going show their hospitality towards their guest lifters from abroad. Joonas Rantanen opened the game with an easy 520 kg. against Bolton's 440 kg.

In the second round, Bolton rose to 455 kg., which he performed with no complaints, but after that Bolton decided to focus on the next event and gave in on the Finn. Rantanen still had two goes for the record; 552.5 kg. Joonas had no problems controlling the weight going down, but when it was time to get up, his strength wasn't there...yet.

I would assume that Iceland's Benedikt Magnusson's last warm up 250 kg. squat on the stage was just too lightweight for him, even though he only had knee wraps and a belt. His second attempt left no room for doubt; bar on the shoulders, two steps back and off we went! 380 kg. raw squat was done practically exhibition style.

Jani Murtoämäki's game was totally missing in the first event. Two unstable squats at 480 kilos and he walked away waving his hands and shaking his head, admitting that it was better to start focusing on his main event.

THE BENCH

In the speculations before the competition, the bench press was



Hands up for Bolton and his stunning 445 kg. deadlift

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MET-Rx® Launches "Warrior Workout" Contest Tied to Debut of "Spartacus": Social media driven video contest will award a walk-on role on a Starz® Originals series for a real-life workout warrior!

MET-Rx, the leader in sports nutrition, and the Starz® premium entertainment network have teamed up for the **MET-Rx Warrior Workout Video Contest**. The campaign calls for consumers to create a one minute video that portrays their inner warrior for a chance to win a walk-on role on a *Starz Originals* series. Whether it's weightlifting, yoga, running, powerlifting, or dancing, sports enthusiasts can create a video that shows their warrior within.

Individuals get an opportunity to show off their real life inspirational and challenging workout routines by submitting their videos to www.facebook.com/officialmetrx. One lucky winner will receive a walk-on role on a Starz® Originals series, a 5-day/4-night trip for two to the major city nearest the filming location, and a one-year supply of MET-Rx, awarded as quarterly shipments of selected products, valued at \$2,500. That means everything from the MET-Rx® Original Meal Replacement that revolutionized sports nutrition, to delicious Ready-to-Drink Protein Shakes and BIG 100 Protein Bars, to help feed their "inner warriors." The total approximate retail value of the grand prize will be \$12,500. Nine (9) runner-up prizes of a MET-Rx gym bag filled with MET-Rx selected products will also be awarded. The approximate retail value of each runner-up prize is \$100.

The campaign leverages the MET-Rx reputation as a leader in protein products, to amplify the unique and ambitious workouts of their customers. Within the MET-Rx Facebook page, people can share their own workout techniques, upload videos and even check out their favorite MET-Rx athletes and MET-Rx events. Additionally, MET-Rx consumers will be able to come back to vote for their favorite "Warrior Workout" and share the experience with their friends and family via Facebook.

According to Brand Director Patrick Cornacchiolo, "As a global brand, it's exciting for MET-Rx to utilize our social media platforms to become part of the customers brand experience. MET-Rx customers rely on digital tools every day to find new information on fitness, so the MET-Rx Warrior Workout Video Contest on Facebook offers an interactive, engaging way to feature the challenging workouts that MET-Rx consumers perform in their everyday lives and share them with their family and friends."

"The 'Spartacus' franchise celebrates strength and fitness—to say nothing of infectious storytelling—and so this 'Warrior Workout' contest fits right in with our brand," said Ferrell McDonald, SVP Marketing for Starz.

Deadline for video entries is March 15, 2011. For more contest information and for Official Rules, please visit www.metrx.com.

— Patricia Nelson, 631.200.7376, patricianelson@nbty.com

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RESULTS

IBSA WORLD CHAMPIONSHIPS

as told to Powerlifting USA by Peter Thorne, IBSA Vice President

Weeks before the 2010 IPF Men and Women's World Powerlifting Championships there was another world powerlifting championship. Both were listed on the IPF calendar. The "other championship" was the 2010 IBSA World Powerlifting Championships (International BLIND Sports Association). The IBSA event was held in Kahramanmaraş, Turkey. The IBSA World Powerlifting and Bench Press Championships competition was organized by IBSA General Secretary Mr. Mesut Dedeoglu. Secretary Dedeoglu and his tireless staff created an exceptional event. The operation was seamless from the pick up at the airport to the airport return. The always accessible Yasmine and Kerem headed up Mr. Dedeoglu's expert and tireless staff of guides and translators. They remained readily available throughout the event. The wonderful Turkey adventure started with a comfortable two hour drive across the Turkish countryside from Adana to Kahramanmaraş. Everyone was greeted warmly and perfectly assisted. The accommodations were excellent. The athletes were presented with a super venue and first rate equipment. The lifting platform was on a stage circled by banners and flags. Day one of the lifting began with a full house crowd of spectators. There were welcoming speeches from the Governor, Mayor, IBSA Secretary Dedeoglu and IBSA Powerlifting President Nezam Dodel. The national teams were introduced with music from a snappily uniformed band. Each nation came into the arena accompanied by the band's music. Every team was led to the hall by traditionally clad Turkish girls. Gala entertainment followed. A Turkish dance troop performed and we were treated to time honored Turkish singing. Mr. Dedeoglu's exciting opening events were followed by an equally exciting powerlifting competition.

It was the closest of competitions. Four powerful teams battled it out for the first place team championship. Perennial winners, Russia and Russia's arch rival, Ukraine, would have challengers this time. They would be challenged by powerful teams from Turkey and a powerhouse team from Iran. We would not know the championship's winning nation until the last deadlift hit the floor. In the end there would only be a few points between the four powerful teams. With that last deadlift it was the powerhouse team from IRAN who took the team championship gold.

Iran, with two points more than Russia, became team champions. Second place Russia was followed by Ukraine. Turkey was a close fourth. Venezuela and then Brazil rounded out the top six nations. The battle on the platform was hard fought. Yet off the platform this championship highlighted the friendship between nations. The entire event was a tribute to the goodwill shared by all the athletes. The IBSA Powerlifting's hard working President Nezam



Band playing for the athletes at the opening ceremonies (Peter Thorne photos)

Dodel declared "this was the best IBSA powerlifting championship ever." The lifting rules in the IBSA Powerlifting mirror IPF rules and with International IPF referees. The one rule exception allows the lifter's coach or handler to take the athlete to the bar and assist the competitor into position. The coach/handler leaves the lifting area until the lift is completed. Then he or she will return to the athlete and guide the athlete from the platform.

The Turkish people were great hosts. Each team had their own table at the hotel. Waiters were ready from early A.M. until late P.M. to promptly serve great and traditional meals to the participants. There is much to see, do and taste in Turkey. Everything was special—even the ice cream! "Dondura" is the famous ice cream of Kahramanmaraş. This ice cream is made from goat's milk and purple orchids. The ice cream hangs in the store like a country ham, sliced with a knife and served with a knife and fork. The explanation why it is so slow to melt would be another story. Ancient Turkey is filled with stories and discoveries.

Sightseeing tours were arranged by the meet director. Our tour included a visit to an ancient Hittite fort built in the 12th century B.C. Turkey's ancient and captivating history provides any guest an endlessly exciting visit. The 2011 IBSA World Games will be held in Antalya, Turkey April 1-10, 2011. Beautiful Antalya is located on the Mediterranean Sea. Many sports will be featured at these World Games. IBSA events include athletics, Judo, chess, swimming, and goal ball. For the first time the 2011 IBSA WORLD GAMES will include POWERLIFTING. The past three years IBSA Powerlifting has been growing fast and has become a popular sport among blind and visually impaired athletes. Powerlifting is the only strength sport in the IBSA World Games. IBSA General Secretary, Mr. Mesut Dedeoglu, is a strong and dedicated supporter of powerlifting. Secretary Dedeoglu again steps forward to organize and direct the 2011 World Games. Mr. Dedeoglu's dedication to IBSA athletes, his proven ability and the excellence of his staff guarantees the more than 2,000 athletes at the IBSA World Games will be provided a superior championship experience. «



Peter Thorne with some of the competitors from Trinidad & Tobago



Iran's Nezam Dodel at the Opening Ceremony



Brazil's hard working Claudia Nagata, team coach and referee



Peter Thorne presents plaque to IBSA General Secretary Mesut Dedeoglu



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QUESTIONS ANSWERED

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DEAR MAURO: I have been following your Metabolic Diet for almost one year and have seen excellent results. I have gained approximately 18 pounds of lean mass. However, I do have one question regarding carb intake. During the week I have increased my carb intake to around 100–120 grams per day on the average. Sometimes it will be down to 50 grams, but staying at that level all week tends to make me tired and sleepy. Is it best to keep the carb intake up at 100–120 per day or try and stay lower with one or two splurges during the week?

Also, sometimes on the weekends I will start out Saturday morning with pancakes and have a higher carb lunch. However, after that I don't feel hungry for a while and wind up eating only three meals a day on Saturday and Sunday instead of 5–6 meals. Is that normal?

Thank you,
Gabe

GABE: You're doing great on the diet and you've obviously found the carb level that works best for you at this time.

The Metabolic Diet is a phase shift diet that tries to take into account genetic differences that affect metabolism. Depending on your

ABSTRACTS

Obesity (Silver Spring). 2010 Sep 16. [Epub ahead of print]

THE EFFECTS OF CONSUMING FREQUENT, HIGHER PROTEIN MEALS ON APPETITE AND SATIETY DURING WEIGHT LOSS IN OVERWEIGHT/OBES MEN.

Leidy HJ, Tang M, Armstrong CL, Martin CB, Campbell WW. » [1] Department of Nutrition and Exercise Physiology, The University of Missouri, Columbia, Missouri, USA [2] Department of Foods & Nutrition, Ingestive Behavior Research Center; Purdue University, West Lafayette, Indiana, USA.

ABSTRACT—The purpose of this study was to determine the effects of dietary protein and eating frequency on perceived appetite and satiety during weight loss. A total of 27 overweight/obese men (age 47 ± 3 years; BMI 31.5 ± 0.7 kg/m²) were randomized to groups that consumed an energy-restriction diet (i.e., 750 kcal/day below daily energy need) as either higher protein (HP, 25% of energy as protein, n = 14) or normal protein (NP, 14% of energy as protein, n = 13) for 12 weeks. Beginning on week 7, the participants consumed their respective diets as either 3 eating occasions/day (3-EO; every 5 h) or 6 eating occasions/day (6-EO; every 2 h), in randomized order, for 3 consecutive days. Indexes of appetite and satiety were assessed every waking hour on the third day of each pattern. Daily hunger, desire to eat, and preoccupation with thoughts of food were not different between groups. The HP group experienced greater fullness throughout the day vs. NP (511 ± 56 vs. 243 ± 54 mm · 15 h; P < 0.005). When compared to NP, the HP group experienced lower late-night desire to eat (13 ± 4 vs. 27 ± 4 mm, P < 0.01) and preoccupation with thoughts of food (8 ± 4 vs. 21 ± 4 mm; P < 0.01). Within groups, the 3 vs. 6-EO patterns did not influence daily hunger, fullness, desire to eat, or preoccupation with thoughts of food. The 3-EO pattern led to greater evening and late-night fullness vs. 6-EO but only within the HP group (P < 0.005). Collectively, these data support the consumption of HP intake, but not greater eating frequency, for improved appetite control and satiety in overweight/obese men during energy restriction-induced weight loss.

Br J Nutr. 2010 Oct;104(7):1065-73. Epub 2010 May 26.

A HIGH EATING FREQUENCY IS ASSOCIATED WITH AN OVERALL HEALTHY LIFESTYLE IN MIDDLE-AGED MEN AND WOMEN AND REDUCED LIKELIHOOD OF GENERAL AND CENTRAL OBESITY IN MEN.

Holmback I, Ericson U, Gullberg B, Wirfalt E. » Department of Clinical Sciences in Malmö, Lund University, Malmö, Sweden. isabel.holmback@med.lu.se

ABSTRACT—The role of eating frequency in obesity development is debated. Therefore, we investigated the association between eating frequency, BMI and waist circumference (WC), as well as how eating frequency is related to diet composition and lifestyle factors. A subsample (aged 47–68 years) of men (n 1355) and women (n 1654) from the Malmö Diet and Cancer cohort was used for the present cross-sectional study. The daily eating frequency was calculated based on the number of self-reported eating occasions during an ordinary day. Regression analysis and ANOVA examined the associations between eating frequency, BMI and WC, while adjusting for potential confounders. The energy percentage (E%) from carbohydrates as well as relative fibre intake (g/MJ) increased with higher eating frequency; while E% from fat, protein and alcohol decreased. A low daily eating frequency was associated with smoking, higher alcohol consumption, and lower leisure-time physical activity. Eating three or fewer meals per d was also associated with increased likelihood of general and central obesity in men when adjusting for total energy intake, lifestyle and dietary factors. However, results did not reach statistical significance among women. The present study suggests that a high daily eating frequency is associated with a healthy lifestyle and dietary pattern in both men and women, and a reduced likelihood of general and central obesity in men. There is a need for prospective studies investigating the association between eating frequency, diet and body composition.

phenotype/genotype you can take longer to adjust to lower carbs in the low carb phase of the diet. Although many people can get into the fat burning mode on low carbs within a few weeks, it can take several months or more for

some, while a minority just don't function well, as in your case, without raising their carbs to a level where they seem to function optimally. I would still try to gradually lower the carb level over several weeks while in the low phase of

POWER NUTRITION Q & A

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

WHAT DOES THE POWER NUTRITION GURU EAT FOR BREAKFAST?

Q: I just wanted to drop you a quick e-mail to let you know I loved your series, "You got to be Freaking Kidding Me." It was out of this world and I loved every word. You had me on the floor with the grocery cart germs antics and then the prescription drug side effects in the following issue had me just about doubled over with stomach stitches I was laughing so hard. Great work on these articles. They were really informative and your hilarious writing style was truly a breath of fresh air. My question is about *Power Nutrition* breakfasts. I know some time back you did a series about breakfast ideas, but my question to you is what do you personally eat for breakfast? What do you eat when you are in a hurry? I always wonder what you eat during the day and breakfast was something that I have a hard time coming up with some good ideas. So what's the deal? What do you eat for breakfast? Thanks again for all the funny articles and please keep up the good work.

Sincerely,
Julie Park

A: Hi, Julie. It's great to hear from you. I am so happy to hear that you liked the last few articles that I put together. I try hard to be very informative and, yes, I can have a funny streak in me as well. Some people who know me well tell me that I should have gotten into comedy since I always come up with some funny comments on the cuff. Thanks for all the kind words as they mean a lot to me since I want to truly help lifters live a healthier, stronger, longer life.

So you want to know what I eat for breakfast, eh? Well, I'll tell you what—it isn't coffee and doughnuts. Nor does it include a quick grease-laden meal picked up at a drive-thru window. Nope, I need a good breakfast to keep me going strong all day long. Since I work 10–12 hour workdays, I have to make sure that I have the energy to sustain my activities. Plus, I also have to get my training session in on top of that. What I am going to do is give you some of my favorite breakfasts that I personally eat when I am in a hurry. I will also layout a quick outline of the food amounts as well as an approximate nutrient and caloric value as well. The reason why I say "approximate amount" is due to the fact that you may be using a different protein powder than me or a different brand of a specific food item. So, if you were ever to pop by my place first thing in the morning you would be witnessing exactly what I am about to discuss with you here. Enough of my babbling, let's get to the goods!

HOT QUINOA WITH FRUIT

Now, if you read my articles regularly, you will know that I wrote about a year and a half ago an article about quinoa. It might be close to two years ago, so don't quote me. This grain is one of my all time favorites. Not only is it high in complex low glycemic carbs, but it also has more protein than any other grain and is power packed with plenty of nutrients. What I like to do is make a pot of quinoa the night before and put it in the fridge. When I get up, I put anywhere from 1–2 cups of warmed quinoa in a big bowl. Then I will add in some blueberries, strawberries, and top it off with a handful of cashews. I don't drink milk anymore, so I use some almond milk instead and pour that over the mix. I just eat that with a spoon like a hot cereal. I also will whip up a nice protein shake with about 50 grams of quality protein and have that on the side. I am telling you, this will give you some of the cleanest energy you can imagine and will have you feeling good all day long.

RECIPE

- 2 cups of quinoa
- ½ cup of blueberries
- ½ cup of strawberries



Garry Frank stays healthy and strong by following nutritional advice from Anthony Ricciuto (Steven Notaras photo)

- ¼ cup of cashews
- 1 cup of almond milk
- 50 grams of protein shake – usually a time released blend of whey isolate, egg white and miscellar casein

NUTRIENT BREAKDOWN

- Calories: 650
- Protein: 57 grams
- Carbohydrates: 85 grams
- Fats: 19 grams

EGG WHITE OMELET WITH TOAST

I like eating my eggs and I do eat both whole eggs and whites as well. For this breakfast I usually have between 12–16 egg whites. For quickness I may just get the egg whites in the carton since it's much easier to just whip it into the pan. I will use extra virgin olive oil or organic virgin coconut oil to line my pan with. In my omelettes, I will line it with a slew of vegetables. I throw in peppers, onions, mushrooms, and baby spinach. I sometimes throw in some shredded low fat cheese as well. For the toast, no, I do not eat white bread. Since it has the nutritional value of table sugar, I will not eat it. Once you get used to eating darker whole grain breads you will wonder how you even ate the white stuff at all. I like a few different types of bread, such as an *Ancient Grains* or *Flax Bread*. But the best, which is my favorite, is *Ezekiel Bread*. I will have 2–3 slices of *Ezekiel Bread* with my omelettes. Sometimes I have the raisin version because it adds just enough sweetness to the meal.

RECIPE

- 16 Egg Whites

POWER NUTRITION »

- ½ cup of bell peppers
- ½ cup of onions
- ½ cup of mushrooms
- ¼ cup of low fat cheese
- 2-3 slices of *Ezekiel Bread*

NUTRIENT BREAKDOWN

- Calories: 745
- Protein: 79 grams
- Carbohydrates: 63 grams
- Fats: 9 grams

ENERGIZING SMOOTHIE

One of the things I like to have for breakfast sometimes is a smoothie. This isn't some kind of ice cream and fruit smoothie either, so for those of you who were getting all excited please tone down. Anyways, there are many health benefits to smoothies and I also like them when I am running late. I have a busy schedule and it always seems like just when I got everything organized for the day, another curve ball comes my way and screws up my time schedule. You will find smoothies fun, tasty, energizing and, most importantly, quick. I always have some type of breakfast, because no matter how busy I am, I will always have three minutes to make a kick ass smoothie even if I have to drink it on the way to work. There are hundreds of different smoothie recipes, but the following is one that I like to have in the morning to help give me a fresh start to my hectic day. First, I start off with some almond milk or some coconut water as the base. No, I don't use milk or yogurt in my smoothies. Next, I will throw in 1-2 cups of baby raw spinach. Okay, I know, I lost about 99% of the lifters reading this right here, but hold on to your panties for a second and hear me out. I know you must be thinking that this must be the nastiest tasting drink on the face of the planet. The good news is you are wrong—when you blend raw spinach it has almost no taste. Whew, I am glad some of you have now come back to reading the article. Now that you're back, please stay a while and don't ever try to run away again... ha ha!

I will also throw in a banana, some blueberries, and raspberries. Hold on, it's not done yet. I will throw in now 2 scoops of chocolate protein powder because you need a nice dose of protein first thing in the morning to fight off catabolism. Next on the hit list is some Greens powder. Settle down all you nutritionally challenged food anarchists. I know telling powerlifters to add some form of Greens powder (I love my Boku) to anything is like ripping out your teeth without an anesthetic. I know the only thing most lifters like green is their beer on St. Patty's day. You need the Greens in there for so many reasons that it's an article in itself, and I will explain another time, so stop your whining and throw it in already, eh! Now that you got that done we need to add in some fats. Oh yeah, I can just see all the mullet head lifters thinking that now is the time to blend up some ice cream or better yet some doughnuts into the mix. WRONG! You guys should know me by now, so get your head on straight—it has to be something your body can use to help improve its health, energy and performance. The way some lifters eat I think that they are actually trying to commit suicide, just on a slower more procrastinating scale. I will now throw in a tablespoon or two of natural peanut butter or a tablespoon of organic coconut oil. I will also grind a little sea salt in there to help bring out the taste. I squeeze in a small amount of fresh lemon juice to help give you that zing on your taste buds. Lastly, I will grate a small amount of fresh ginger making sure to use the larger end of the grater (make sure you peel it first) to keep out the ginger threads so they don't end up in your smoothie. Now I know many of you will not want to try this recipe, but give it a shot and once you see how good it makes you feel the rest of the day you will do it again. I guarantee it.

RECIPE

- 1 cup of almond milk (I like the chocolate version)
- 2 cups of raw baby spinach
- 1 banana
- 2 scoops of chocolate protein powder
- ½ cup of blueberries
- ½ cup of raspberries
- 1 scoop of Greens powder
- 2 tablespoon of natural peanut butter or coconut oil
- 1 small piece of shredded ginger

- 1 teaspoon of fresh lemon juice

NUTRIENT BREAKDOWN

- Calories: 650
- Protein: 60 grams
- Carbohydrates: 58 grams
- Fats: 20 grams

BROWN RICE MEDLEY

Another mix I like to have in the morning is brown rice. I love brown rice and eat it several times per week. I know you may find it weird how I have taken foods like quinoa and brown rice where most people consider these lunch or dinner foods served with some type of meat or fish and how I have converted them to be a breakfast food staple. Again, I heat up 1-2 cups of brown rice. I like to slice up a banana, throw in some blueberries, and a small handful of sliced almonds. I like to top this off with some cinnamon and a little bit of brown sugar. I then pour some almond milk, usually the vanilla one, this time on top, and eat it like a hot cereal. Of course, the breakfast wouldn't be complete without a nice source of protein, so I'll mix up another protein shake. This is a very simple and nutritious breakfast that only takes minutes to make. Many people complain to me that they don't have time in the morning to eat anything or if they do eat something it's usually full of sugar, fats and refined carbs. That's a great way to start your day off on a crappy note, and you will feel like crap all day long—that is my special guarantee to you. Like I mentioned before with the quinoa, since my time is of the essence I have a pot of brown rice in the fridge already made. This saves a lot of time and unless you have a chef living in your palatial estate who makes you whatever you like at your beck and call, then I suggest you follow my footsteps and make your food in bulk to make sure you always have something nutritious on hand.

RECIPE

- 2 cups of brown rice
- 1 cup of vanilla almond milk
- 1 cup of blueberries
- 1 banana sliced fine
- ¼ cup of almond shreds
- Cinnamon to taste
- Brown sugar to taste
- 2 scoops of protein powder

NUTRIENT BREAKDOWN

- Calories: 1100
- Protein: 65 grams
- Carbohydrates: 150 grams
- Fats: 25 grams

HEARTY MAN'S BREAKFAST

I just can see all the 300 pound powerlifters reading this article and shaking their heads like I just insulted their mothers or something. Come on, I know what some of the few ignorant lifters think of me when I try and teach them how to eat like a strength athlete instead of some gluttonous slob that works the ferris wheel at your local greaseball carnival. Yes, some of the breakfasts I have included are on the lighter side in terms of how it fills you up, but that is for a couple reasons. Remember, Julie asked what I eat for breakfast, not just some general breakfast ideas. Since I train in the morning, I need to have a breakfast that will fuel my training session, but at the same time not keep the blood lodged in my stomach trying to digest a hulking breakfast that sits in there like a ton of bricks, so I need to make sure it is well thought out. She also asked me what I eat when I am in a hurry. Since I work a long day and have numerous things on my daily agenda, more times than not I am a little rushed first thing in the morning. This is why I have covered some of the quicker meals that also digest more easily than eating a larger home-style breakfast that many of you may be used to eating. What about on my days off from the gym—do I eat the same? Nope, of course not, as I also like those hearty man breakfasts just like the rest of you. The only difference is that I care about not dying from cardiovascular disease at a young age, unlike many of you reading this that will wolf down buckets of pork fat for breakfast if they could only get their hands on enough of it.

So, I will now give you one of my mountain man breakfasts that I also like

to enjoy, usually once a week. It's hearty, nutritious and very filling. I start off with a three whole egg omelet loaded to the gills with vegetables. I also will have some steak with this meal. What did I just say? Steak? If you have read any of my recent articles about the beef industry, then you must think that I just had some type of split personality flashback episode right there. Well, no, that is not the case at all. You see, I do like the taste of beef, but what you have to remember is that the main problem with the beef industry today is the way it's handled: from how the animal is treated, housed, drugged out of its mind, the method of slaughter, the packaging and how it ends up on your plate. You see, beef in itself is not so much the problem as is all the dirty, filthy shenanigans that a lot of the beef farmers do to make a quick buck and then provide you with a horrible end product that is bad for your health. I like beef to be the way nature intended it to be. I don't think nature's plan was to feed cows other cows and make them cannibals. Naw, I don't think that is how nature planned things out. Nor do I think nature planned to make these cows endure disgusting living conditions so despicable that disease and germs are so widespread that unless they are loaded with astronomical amounts of antibiotics they would get sick and die from simply their horrible environment. Nor did nature plan out that these cows would be given all types of hormones, including steroids like Trenbolone Acetate (hey lifters, you know who you are) to help beef them up and make them meatier. Lastly, I don't think nature intended them to be constantly pregnant so that they can produce more milk, which by the way is loaded with all the hormones, antibiotics and who knows what else that they inject these poor things with. You see, I eat organic grass fed beef that is not laced with antibiotics, or injected with Trenbolone, or any other slew of growth factor hormones, and who graze in a field (like nature intended) and eat grass, not other dead cow and pig parts.

Now that I slammed the mainstream beef industry once again, let's get back to my breakfast. I'll have with my omelet about 6-8 ounces of lean, grass-fed beef, usually a flank cut since it's lower in fat. I will also have a nice glass of vegetable juice, which I juice myself, made from spinach, celery, radish, kale and some carrots. Oh yeah, I can't forget to mix some of my Greens powder in with that vegetable juice ensemble as well. I'll finish this off with a slice or two of *Ezekiel Bread* and now I am ready to start my weekend.

RECIPE

- 3 Omega-3 whole egg omelet
- 6 ounces of grass fed beef
- 2 slices of *Ezekiel Bread*
- 2 glasses of vegetable juice with Greens powder

NUTRIENT BREAKDOWN

- Calories: 630
- Protein: 72 grams
- Carbohydrates: 40 grams
- Fats: 18 grams

CONCLUSION

So, here you have it, folks. Just a few of the different breakfast that I have often. This is not all that I eat, as I have many more complex recipes that I like to prepare when I have time in the kitchen, but here are some of the quicker ones that I enjoy regularly. I hope this helped give you some ideas of breakfasts that you too can incorporate into your healthy nutrition program. Of course, you can adjust the serving amounts that I have included since some 123 pound female may find this way too much and, at the other end of the spectrum, a 400 pound behemoth might find it more like a snack. As you can see, you can eat healthy and yet fuel your workouts to become bigger and stronger. There are way too many lifters who think that if they eat clean, they will see their strength diminish before their eyes. This is not true at all and you can take my good friend Garry Frank as a prime example of that. IF YOU DON'T BELIEVE ME, JUST ASK HIM YOURSELF! Working with me he cleaned up his nutritional program to post new all-time record totals, meet after meet. So, if you think you have to eat like a slob to stay strong, you are dead wrong. You just have to provide your body with nutrient dense foods that will increase lean muscle tissue, fuel your intense training sessions, and help you recover for your next battle with the iron. Give some of these ideas a try and let me know your feedback as I love hearing from you. So, until next month, train hard, eat clean, and make sure you eat a power packed breakfast each and every morning! «

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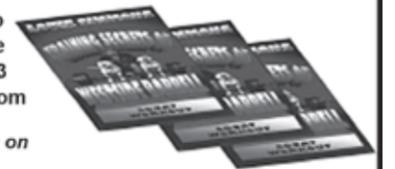
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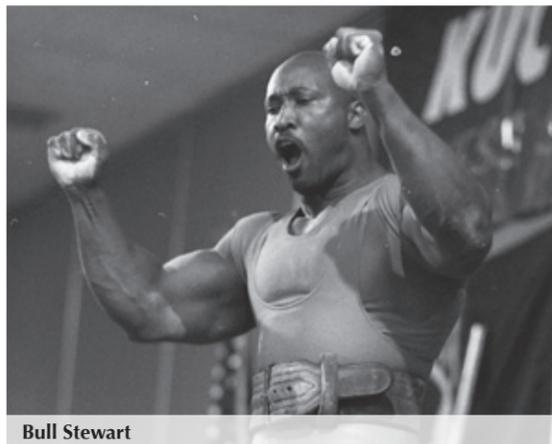


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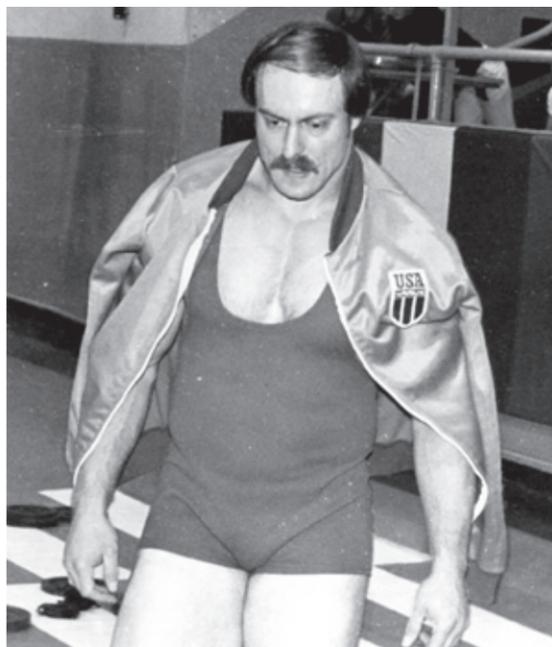


Shawn Culnan

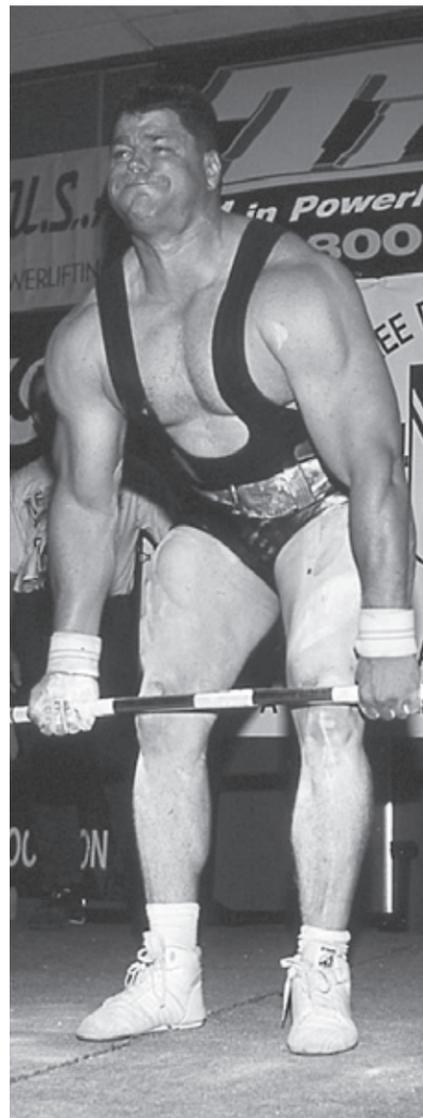
LIFTER	CLASS	KG	LB	MEET	LOCATION	YEAR
Mark Henry	125+	410	903	ADFPA Nationals	Wilkes Barre, PA	1995
Brad Gillingham	125+	400	881	Arnold Deadlift	Columbus, OH	2009
Brian Siders	125+	392.5	865	American Open	Scranton, PA	2007
John Kuc	125	388.5	856	Pennsylvania State	PA	1985
Shawn Culnan	125+	379	835	Albany Push/Pull	Albany, NY	1999
Randall Harris	125+	377.5	832	Arnold Deadlift	Columbus, OH	2009
Tony Cardella	125	375	826	Arnold Quest	Columbus, OH	2008
Mike Tuchscherer	125	375	826	IWGA World Games	Kaohsiung, Taiwan	2009
Bull Stewart	110	372.5	821	WDFPF Worlds	Chicago, IL	1996
Mark Phillipi	125+	372.5	821	ADFPA Nationals	St. Louis, MO	1996
Greg "Beetle" Lowe	125	372	820	Rockview SCI	Rockview, PA	2007
John Conner	125+	370	815	Kansas State	Hoisington, KS	2010
Pat McGettigan	125+	367.5	810	Viking Open	Chicago, IL	2001
Char Gahagan	100	365	804	Louisiana State	Gonzales, LA	2001
Mike Hedeleski	125+	365	804	Arnold Deadlift	Columbus, OH	2009
Travis Ruby	125+	365	804	Central USA	Cape Girardeau, MO	2003



Bull Stewart



John Kuc



Brad Gillingham



Gordan Lake squatting 750 at 198 at the SPF Brute Strength Gym Virginia Open (Stella Krupinski photo)

SPF BRUTE STRENGTH/VIRGINIA OPEN

OCT 23 2010 » Norfolk, VA

BENCH	198 lbs.	220 lbs.	242 lbs.	259 lbs.	308 lbs.
MALE	Junior	Master (40-44)	Master (45-49)	Submaster	Submaster
D. Smith	314	441	441	320	336
198 lbs. Open	—	—	—	—	—
G. Lane	—	—	—	—	—
242 lbs. Master (45-49)	—	—	—	—	—
F. Beckers	—	—	—	—	—
J. Turner	639	441	441	336	336
308 lbs. Master (40-49)	—	—	—	—	—
C. Tiller	—	—	—	—	—
Raw	—	—	—	—	—
181 lbs. T. Suiter	116	—	—	—	—
Push Pull	—	—	—	—	—
MALE	Junior	Master (40-44)	Master (45-50)	Submaster	Submaster
F. Beckers	—	—	—	—	—
Raw	—	—	—	—	—
165 lbs. Master (65-69)	314	408	722	—	—
H. Blowe	—	—	—	—	—
198 lbs. Junior/Open	—	—	—	—	—
T. Pearl	—	—	—	—	—
Junior	—	—	—	—	—
D. Harrison	320	529	843	849	—
Teen	—	—	—	—	—
W. Cresson	209	342	551	—	—
308 lbs. (45-49)	—	—	—	—	—
R. Dillard	502	744	1246	—	—
Powerlifting	SQ	BP	DL	TOT	—
FEMALE	Raw	Raw	Raw	Raw	Raw
114 lbs. T. Whitaker	259	127	265	651	—
148 lbs. L. Albright	187	176	281	644	—
J. Hinds	154	110	248	512	—
MALE	Raw	Raw	Raw	Raw	Raw
165 lbs. K. Polk	518	303	529	1350	—

BENCH	198 lbs.	220 lbs.	242 lbs.	259 lbs.	308 lbs.
MALE	Junior	Master (40-44)	Master (45-50)	Submaster	Submaster
S. Jimik	364	231	502	1097	—
P. Nguyen	441	287	573	1301	—
181 lbs. A. Banagan	408	298	430	1136	—
4th-DL-452	—	—	—	—	—
198 lbs. K. Duckhut	474	276	579	1329	—
Master (45-50)	—	—	—	—	—
T. Linn	535	287	584	1406	—
Submaster	—	—	—	—	—
M. Ferguson	441	342	335	1118	—
N. Bruce	391	265	502	1158	—
B. Woldanski	402	226	496	1124	—
R. Edwards	369	276	452	1097	—
Ru. Kirkpatric	369	276	452	1097	—
Ro. Kirkpatric	463	314	529	1306	—
242 lbs. Junior	—	—	—	—	—
A. Hall	502	342	601	1445	—
J. Hogan	331	226	425	982	—
4th-DL-441	—	—	—	—	—
J. Wahl	601	375	650	1626	—
259 lbs. G. Welch	408	325	502	1235	—
Master (60-64)	—	—	—	—	—
J. Judd	474	309	551	1334	—
E. Stine	402	309	441	1152	—
275 lbs. Junior	—	—	—	—	—
E. Guidry	573	369	739	1681	—
B. Gray	314	314	502	1130	—
G. Lake	601	436	733	1770	—
308 lbs. Master (40-44)	—	—	—	—	—
B. Weston	755	408	601	1764	—
C. Pack	474	331	457	1262	—

in; (look for him in March for redemption) Gordan Lake from South Carolina was a delight to watch, competing Raw and weighting in at 265. Gordan's third deadlift was a 733 lb. pull ending with blood pouring out of his nose and finishing with a 1770 total and receiving Best Raw Lifter. Spencer Jimick a 17 year old with a bodyweight of 162.5 pulled his first 501.5 deadlift. Jeff Turner of Virginia Beach, VA won Best Equipped Bencher with a 639 bench at a body weight of 257. Best Raw Bencher went to Chris Drummond of Tennessee with a 468 bench. Best female Lifter was Tina Whitaker of Norfolk, VA and Best Female Bencher Laskia Albright of Virginia Beach, VA. The strength show ended with Eli Guidry and Thomas Dillard showing casing their deadlift skills with both pulling over 700 lbs. A big thank you to all our sponsors Ken Anderson, Titan, VPX, Kinetic Health, Heartline Fitness, Dino Strength, HOP, DSD of Virginia Beach, VA. See what all hype is about and join us next time at Brute Strength Gym's Shamrock Powerlifting Meet scheduled for March 12, 2011.

» courtesy Stella Krupinski

WNPF LIFETIME GEORGIA

APR 10 2010 » Atlanta, GA

BENCH	165 lbs.	198 lbs.	220 lbs.	242 lbs.	259 lbs.	308 lbs.
MALE	Open Raw	Subs Raw				
Renfro	390	28	—	—	—	—
Bond	320	—	—	—	—	—
242 lbs. Open Raw	—	—	—	—	—	—
Porter!	405	—	—	—	—	—
Subs Raw	—	—	—	—	—	—
Porter	405	—	—	—	—	—
(50-59) Sp	—	—	—	—	—	—
Walker	320	—	—	—	—	—
275 lbs. (50-59) Unl	—	—	—	—	—	—
Simpson	400	—	—	—	—	—
SHW	—	—	—	—	—	—
Subs Raw	—	—	—	—	—	—
Roman	430	—	—	—	—	—
Lifetime	—	—	—	—	—	—
165 lbs. Open Sp	—	—	—	—	—	—
Albert!	405	—	—	—	—	—
220 lbs. (50-59)	—	—	—	—	—	—
(60-69) Raw	—	—	—	—	—	—
Dudley	300	—	—	—	—	—
BENCH for Repts	—	—	—	—	—	—
SHW	—	—	—	—	—	—
Subs	—	—	—	—	—	—
Roman	20	—	—	—	—	—
Powerlifting	SQ	BP	DL	TOT	—	—
FEMALE	Raw	Raw	Raw	Raw	Raw	Raw
132 lbs. Junior Raw	—	—	—	—	—	—
Tolbert	250	160	260	670	—	—
MALE	Open Raw					
123 lbs. Cohn	315	225	425	955	—	—
165 lbs. Subs Raw	—	—	—	—	—	—
Pollard	450	275	475	1200	—	—
198 lbs. Open Raw	—	—	—	—	—	—
Antoine	435	285	555	1275	—	—
(50-59) Raw	—	—	—	—	—	—
Wagner	400	320	450	1170	—	—
(50-59) Sp	—	—	—	—	—	—
Fuller	600	390	530	1520	—	—
220 lbs. Subs Raw	—	—	—	—	—	—
Stanley	—	—	—	—	—	—

»=Best Lifters. Another great meet for the WNPF. Although the meet was small this meet gave all the lifters the chance to show what they can do in front of a small crowd. Tee Meyers did a hell of a job keeping the spectators entertained and keeping the lifters motivated. Sheena Tolbert in only her second meet did an outstanding job, pushing up her numbers in most of her lifts and setting new state records. David Cohn lifting in his first raw meet almost totaled 1000 pounds and would have done so if he had made his last bench attempt, a great feat by someone in the 123 lbs. weight class. McCowan Pollard turned in another good performance in the 165 class hitting the 1200 lbs. mark. Brian Albert benched 405 pounds weighing 157 lbs. Brandon Antoine lifting in his second WNPF meet did well also pulling 555 lbs. on his last attempt. Rob Wagner competing in his first full meet went 9 for 9 and totaled 1170 lbs. Ron Fuller is back in the WNPF and he made a statement to all of the 198 lb. master 50-59 lifters by totaling 1520 lbs. Rocky Lanz weighed in at 194 lbs. and deadlifted 635 lbs. RAW. Bill "The Legend" Dudley hit a 300 pound bench in the masters over 60. Rick Padgett fired up as usual went 3 for 3 and dropped a lot of weight, weighing in at 209 lbs. and deadlifting 630 lbs. Mike Renfro made his opener at 390 lbs. and missed 420 and 435 because of the weight dropping down both times. Chris Griffin went 3 for 3 in the deadlift hitting 510 raw. Chad Braden went 3 for 3 and hit 600 lbs. on his final attempt. Chad used to weigh over 300 lbs. and now he is down to 219 lbs. and it was great to see him pull 600. Brian Bond came down from KY. To lift and did well in the 220 class, we hope to see Brian again. Bo Stanley lifting in his first meet bombed out in the bench but did make his deadlifts to place in the deadlift only. Dave Robertson did well qualifying for the USA Championships in July. Curtis Porter benched 405 just missing the 220 class in bodyweight and winning the best lifter award. Jim Walker squatted well and benched well also to win two awards in the masters 50-59 division. Derrick Balicki totaled 1500 and pulled a big 630 pounds to win the best lifter award in the RAW division. Jamie Davis the strongest man on this day totaled 1840 pounds. Joe Henderson the teenager from GA. did well in the teenage 17-19 raw division. Chris Simpson made a few mental mistakes and missed a few of his benches. Chris also entered the single ply division but had on a slightly open back shirt, open back shirts are only allowed in the multi ply division, just a note for future lifters in the WNPF. Daniel Roman Came up from Florida during spring break and decided to lift in this meet and he did well, stealing the show in the rep contest with 20 reps at 275 pounds. We hope to see all of you at the USA Championships which will qualify everyone for the WNPF & WNPF Lifetime Meet.

» courtesy WNPF

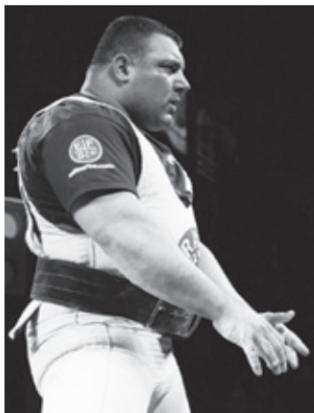
MEN'S 308 LB. (140 KG.) WEIGHT DIVISION » TOTAL

Total	X-Bwt	American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2670.0 (1211.1) *8.75X	Chuck Fought/85 8/24/08 (1080.0+715.0+875.0=2670.0 lb. @ 305.0 lb.) (Sharonville, Ohio) (IPA)
2.	2665.0 (1208.8) *8.77X	Paul Wenning/79 8/24/08 (1085.0+815.0+765.0=2665.0 lb. @ 304.0 lb.) (Sharonville, Ohio) (IPA)
3.	2662.1 (1207.5) *8.66X	Paul Childress/71 10/30/05 (522.0+315.0+372.5=1207.5 kg. @ 139.5 kg.) (Chicago, Illinois) (WPO)
4.	2650.0 (1202.0) *8.83X	Ashley "A.J." Roberts/85 8/22/10 (1100.0+770.0+780.0=2650.0 lb. @ 300.0 lb.) (Cincinnati, OH) (SPF)
5.	2607.0 (1182.5) *8.46X	Chris Janek/77 9/10/10 (492.5+330.0+360.0=1182.5 kg. @ 139.8 kg.) (Prague, Czech Republic) (GPC)
6.	2600.0 (1179.3) *8.44X	Aaron Lawrence/70 6/10/06 (1030.0+730.0+840.0=2600.0 lb. @ 308.0 lb.) (Stevensville, MD) (NPA)
7.	2600.0 (1179.3) *8.46X	Jonathan Bernor/75 2/17/07 (1110.0+780.0+710.0=2600.0 lb. @ 307.5 lb.) (Tribes Hill, NY) (APF)
8.	2562.9 (1162.5) *8.59X	Marc "Spuds" Bartley/68 11/4/06 (510.0+325.0+327.5=1162.5 kg. @ 135.4 kg.) (Lake George, NY) (WPO)
9.	2557.4 (1160.0) *8.62X	Greg Theriot/83 11/22/08 (455.0+340.0+365.0=1160.0 kg. @ 134.62 kg.) (Palm Beach, FL) (APF/WPC)
10.	2550.0 (1156.7) *8.33X	Anthony Bolognone/76 4/19/09 (1025.0+815.0+710.0=2550.0 lb. @ 306.0 lb.) (Columbus, Ohio) (IPA)
11.	2550.0 (1156.7) 8.26X	Matt Wilson/79 11/7/09 (1105.0+725.0+720.0=2550.0 lb.) (New Castle, Delaware) (APA)
12.	2550.0 (1156.7) *8.43X	Jake Anderson/86 8/22/10 (1050.0+685.0+815.0=2550.0 lb. @ 302.6 lb.) (Cincinnati, Ohio) (SPF)
13.	2525.0 (1145.3) *8.31X	Jim Hoskinson/65 8/16/08 (1075.0+745.0+705.0=2525.0 lb. @ 304.0 lb.) (Tempe, Arizona) (APF)
14.	2520.0 (1143.1) *8.17X	John Manly/63 2/23/08 (1020.0+730.0+770.0=2520.0 lb. @ 308.5 lb.) (Orlando, Florida) (APF)
15.	2520.0 (1143.1) *8.90X	Matthew "Shane" Hammock/87 8/22/10 (1040.0+725.0+755.0=2520.0 lb. @ 283.2 lb.) (Cincinnati, OH) (SPF)
16.	2513.3 (1140.0) *8.21X	Mike Brown/83 3/3/07 (487.5+320.0+332.5=1140.0 kg. @ 138.8 kg.) (Columbus, Ohio) (WPO)
17.	2502.2 (1135.0) 8.11X	Mark "JackAss" Bell/76 12/1/07 (455.0+360.0+320.0=1135.0 kg.) (Concord, California) (LUPA)
18.	2502.2 (1135.0) *8.18X	Mike White/76 6/28/08 (477.5+307.5+350.0=1135.0 kg. @ 138.8 kg.) (Kalamazoo, Michigan) (APF)
19.	2465.0 (1118.1) *8.87X	Luke Edwards/81 4/19/09 (1020.0+670.0+775.0=2465.0 lb. @ 278.0 lb.) (Columbus, Ohio) (IPA)
20.	2458.2 (1115.0) *8.09X	Scott Weech/85 12/4/05 (500.0+287.5+327.5=1115.0 kg. @ 137.85 kg.) (Jacksonville, Florida) (APF)
21.	2458.2 (1115.0) *8.03X	Craig Stutes/73 6/14/09 (487.5+320.0+307.5=1115.0 kg. @ 138.8 kg.) (Palm Beach Gardens, FL) (APF/WPC)
22.	2455.0 (1113.6) *8.20X	Zech Cole/84 1/20/08 (1040.0+660.0+755.0=2455.0 lb. @ 135.8 kg.) (Columbus, Ohio) (IPA)
23.	2452.6 (1112.5) *8.22X	Jeffrey Vaughn/77 12/2/07 (482.5+282.5+347.5=1112.5 kg. @ 135.4 kg.) (Jacksonville, Florida) (APF)
24.	2440.0 (1106.8) *8.71X	Charles Bailey/63 10/4/09 (1005.0+670.0+765.0=2440.0 lb. @ 280.0 lb.) (Nashville, Tennessee) (SPF)
25.	2436.1 (1105.0) *8.49X	Michael Askew/70 11/4/06 (465.0+320.0+320.0=1105.0 kg. @ 286.9 lb.) (Plano, Texas) (APF)
26.	2436.1 (1105.0) *7.94X	Scott "Hoss" Cartwright/69 6/16/07 (485.0+292.5+327.5=1105.0 kg. @ 139.2 kg.) (Concord, CA) (UPA)
27.	2425.1 (1100.0) *8.16X	Charles "Chas" Fay/80 12/5/09 (455.0+312.5+332.5=1100.0 lb. @ 134.85 kg.) (Jacksonville, Florida) (APF)
28.	2408.6 (1092.5) *8.46X	Greg Tillinghast/72 6/17/07 (427.5+342.5+322.5=1092.5 kg. @ 129.2 kg.) (Daytona Beach, FL) (APF/WPC)
29.	2403.0 (1090.0) *7.93X	Oan Basson/78 6/8/03 (462.5+305.0+322.5=1090 kg. @ 137.5 kg.) (Los Angeles, CA) (APF/WPC)
30.	2403.0 (1090.0) *7.90X	Scott Burgess/75 3/1/09 (460.0+295.0+335.0=1090.0 kg. @ 138.0 kg.) (Sacramento, California) (UPA)
31.	2400.0 (1088.6) *7.80X	Henry Thomason/79 6/6/10 (1055.0+715.0+630.0=2400.0 lb. @ 307.8 lb.) (Nashville, Tennessee) (SPF)
32.	2364.5 (1072.5) *7.70X	Clint Ewald/78 4/25/09 (410.0+327.5+335.0=1072.5 kg. @ 139.2 kg.) (Dubuque, Iowa) (UPA)
33.	2364.0 (1072.3) *8.35X	Jon Cole/43 10/28/72 (2370.0 lb. @ 283.0 lb., later weighed 2364.0 lb.) (Phoenix, AZ) (AAU)
34.	2358.9 (1070.0) *8.00X	Rob Fusner/75 11/19/00 (410.0+312.5+347.5=1070.0 kg. @ 133.7 kg.) (Las Vegas, Nevada) (APF/WPC)
35.	2355.0 (1068.2) *8.46X	Ricky Lahourcade/75 8/22/10 (905.0+700.0+750.0=2355.0 lb. @ 278.4 lb.) (Cincinnati, Ohio) (SPF)
36.	2355.0 (1068.2) *7.78X	John Morrow/72 7/24/10 (1005.0+675.0+675.0=2355.0 lb. @ 302.8 lb.) (North Myrtle Beach, SC) (APF)
37.	2354.5 (1068.0) *7.67X	Richard Coates/62 12/13/98 (435.0+290.5+342.5=1068.0 kg. @ 307 lb.) (Aurora, Illinois) (APF/WPC)
38.	2353.4 (1067.5) *8.41X	Jason Gibson/73 9/26/09 (432.5+332.5+302.5=1067.5 kg. @ 126.9 kg.) (Idaho Falls, Idaho) (APF)
39.	2351.0 (1066.4) 7.62X	Dan Kovacs/59 7/20/02 (900+650+801=2351.0 lb.) (Zanesville, Ohio) (IPA)
40.	2335.0 (1059.1) 7.57X	Glenn Russo/70 3/31/07 (960.0+850.0+525.0=2335.0 lb.) (Mastic Beach, New York) (APF)
41.	2330.0 (1056.9) *7.63X	David Barno/70-06 4/13/03 (960.0+570.0+800.0=2330.0 lb. @ 305.5 lb.) (Newark, Ohio) (IPA)
42.	2325.0 (1054.6) 7.53X	Brandon Lilly/82 12/5/09 (950.0+650.0+725.0=2325.0 lb.) (Nashville, Tennessee) (SPF)
43.	2313.0 (1049.2) *7.51X	Dave Waddington/54 6/13/81 (2325.0 lb. @ 308.0 lb., later weighed 2313.0 lb.) (Zanesville, OH) (USPF)
44.	2303.8 (1045.0) *7.82X	Chris Taylor/73 10/30/05 (395.0+342.5+307.5=1045.0 kg. @ 133.7 kg.) (Chicago, Illinois) (WPO)
45.	2300.0 (1043.3) *7.47X	Tom Skiver/66 10/13/01 (850.0+665.0+785.0=2300.0 lb. @ 307.8 lb.) (Clawson, Michigan) (APF)
46.	2300.0 (1043.3) *8.19X	Matt Moore/84 4/7/07 (955.0+620.0+725.0=2300.0 lb. @ 281.0 lb.) (Spokane, Washington) (APF)
47.	2300.0 (1043.3) *7.82X	Nate Harvey/78 8/1/09 (900.0+700.0+700.0=2300.0 lb. @ 294.0 lb.) (Rochester, New York) (IPA)
48.	2300.0 (1043.3) *7.60X	Treston Shull/85 8/21/09 (900.0+670.0+730.0=2300.0 lb. @ 302.8 lb.) (Sharonville, Ohio) (SPF)
49.	2298.3 (1042.5) *7.54X	Doyle Kenady/48-99 4/6/86 (385.0+247.5+410.0=1042.5 kg. @ 305.0 lb.) (Honolulu, HI) (USPF/APF/WPC)
50.	2295.0 (1041.0) *7.78X	Matt "Chevy" Lenigar 4/1/07 (900.0+660.0+735.0=2295.0 lb. @ 295.0 lb.) (Newark, Ohio) (IPA)

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



Charles Bailey is massively proportioned and muscular even at this bodyweight



Paul Childress hasn't competed that often, but when he does, it's a bigtime result



Matt Wenning has made some big moves up the all time ranking list lately



Jon Cole was decades ahead of his time, in a weight class he didn't even know existed



Marc Bartley was a warrior in WPO competition, before suffering a serious injury



Dan Kovacs has been a major factor in this weight class for quite some time

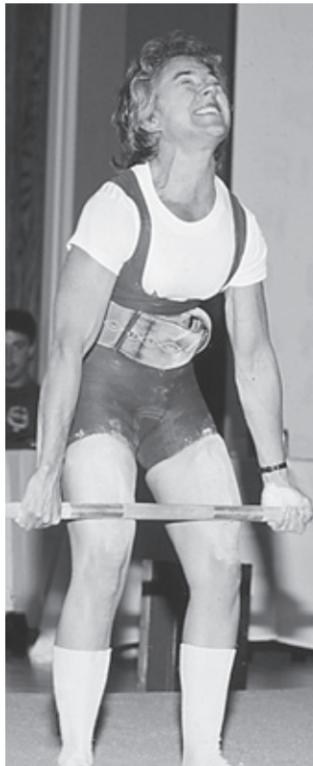
WOMEN'S 97 LB. (44 KG.) WEIGHT DIVISION » TOTAL

Total	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	799.2 (362.5) *8.27X	Ashley Hudson-Robbins/77 6/3/04 (150.0+70.0+142.5=362.5 kg. @ 43.85 kg.) (France) (USAPL/IPF)
2.	795.9 (361.0) *8.28X	Maggie "Sue" Streverze-Benford-Marino/57-09 11/21/91 (361.0 kg. @ 43.6 kg.) (Las Vegas, NV) (APF/WPC)
3.	793.7 (360.0) 8.18X	Elizabeth "Ann" Leverett/54 7/28/90 (135.0+77.5+147.5=360.0 kg.) (Pittsburgh, PA) (APF/WPC)
4.	775.0 (351.5) 7.99X	Elaine "Scraps" Kunkle-Grimwood/70 10/21/00 (320.0+145.0+310.0=775.0 lb.) (Lancaster, PA) (APAWPA)
5.	771.6 (350.0) *8.08X	Cheryl Jones/51 6/1/85 (137.5+75.0+137.5=350.0 kg. @ 43.3 kg.) (Vienna, Austria) (USPF/IPF)
6.	760.6 (345.0) *7.88X	Nancy Belliveau/53 6/1/85 (125.0+55.0+165.0=345.0 kg. @ 43.8 kg.) (Vienna, Austria) (USPF/IPF)
7.	750.0 (340.2) *7.73X	Carol Patterson/57 3/3/84 (250.0+155.0+345.0=750.0 lb. @ 97.0 lb.) (Redmond, WA) (USPF)
8.	749.6 (340.0) 7.73X	Marianne Del Castillo 7/14/89 (135.0+67.5+137.5=340.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
9.	744.1 (337.5) 7.67X	Judith Gedney/40 1986 (125.0+75.0+142.5=337.5/342.5 kg.?) (337.5 kg.) (ADFFPA)
10.	744.1 (337.5) 7.67X	Barbara Talmadge 1/26/95 (137.5+65.0+135.0=337.5 kg.) (Oklahoma City, Oklahoma) (NASA)
11.	744.1 (337.5) *7.85X	Barb Sieps/66 6/4/05 (135.0+67.5+135.0=337.5 kg. @ 94.8 lb.) (Detroit, Michigan) (APF/WPC)
12.	740.0 (335.7) 7.63X	Cheryl Anderson/75 4/29/06 (260.0+165.0+315.0=740.0 lb.) (Kasson, Minnesota) (USAPL)
13.	738.5 (335.0) *7.86X	Lesia Thomas-Oliver 4/5/86 (130.0+75.0+130.0=335.0 kg. @ 94.0 lb.) (Boston, MA) (ADFFPA)
14.	738.5 (335.0) *7.70X	Tina Carder/84 4/13/07 (127.5+72.5+135.0=335.0 kg. @ 43.5 kg.) (Killeen, Texas) (USAPL)
15.	727.5 (330.0) 7.50X	Shirley Scheffler/59 5/7/94 (110.0+57.5+162.5=330.0 kg.) (Chicago, Illinois) (ADFFPA)
16.	725.0 (328.9) *7.55X	Wanda Burnette/50 4/23/05 (255.0+180.0+290.0=725.0 lb. @ 96.0 lb.) (Charleston, SC) (APF)
17.	716.5 (325.0) *7.44X	Stephanie McMillian/79 4/15/00 (130.0+57.5+137.5=325.0 kg. @ 96.25 lb.) (CO Springs, CO) (USAPL)
18.	716.5 (325.0) *7.44X	Erin Dickey/84 11/8/05 (125.0+70.0+130.0=325.0 kg. @ 43.7 kg.) (Miami, Florida) (USAPL/IPF)
19.	716.5 (325.0) *7.39X	Kendra Miller/92 7/7/06 (130.0+67.5+127.5=325.0 kg. @ 44.0 kg.) (Miami, Florida) (USAPL/IPF)
20.	711.0 (322.5) *7.40X	Maria Pfister/84 4/13/07 (127.5+70.0+125.0=322.5 kg. @ 43.6 kg.) (Killeen, Texas) (USAPL)
21.	705.5 (320.0) 7.27X	L. Whiddon 10/4/87 (127.5+72.5+120.0=320.0 kg.) (Austin, Texas) (USPF)
22.	705.5 (320.0) *7.30X	Delcy Palk 1/30/88 (120.0+62.5+137.5=320.0 kg. @ 96.6 lb.) (Austin, Texas) (USPF)
23.	705.5 (320.0) *7.34X	Caitlin Miller/90 1/31/04 (125.0+62.5+132.5=320.0 kg. @ 43.6 kg.) (Omaha, NE) (USAPL/IPF)
24.	705.5 (320.0) *7.27X	Alyssa Cordova/87 4/1/06 (132.5+55.0+132.5=320.0 kg. @ 44.0 kg.) (Omaha, Nebraska) (USAPL)
25.	694.5 (315.0) 7.16X	Zindy Coss/68 2/27/99 (120.0+57.5+137.5=315.0 kg.) (Lincoln, Nebraska) (USAPL/IPF)
26.	688.9 (312.5) 7.10X	Claudia Valdiviez 7/26/91 (132.5+52.5+127.5=312.5 kg.) (Dallas, Texas) (USPF)
27.	685.0 (310.7) 7.06X	D. Taoy 10/14/89 (290.0+120.0+275.0=685.0 lb.) (Atlanta, Georgia) (USPF)
28.	683.4 (310.0) *7.05X	Beth Grater/58 5/14/94 (130.0+65.0+115.0=310.0 kg. @ 44.0 kg.) (Bronx, New York) (ADFFPA)
29.	683.4 (310.0) *7.11X	Cathy Solan/58 10/9/03 (117.5+60.0+132.5=310.0 kg. @ 43.6 kg.) (Regina Sask, Canada) (USAPL/IPF)
30.	680.0 (308.4) 7.01X	Robin Jewett 3/18/89 (285.0+130.0+265.0=680.0 lb.) (Portland, Maine) (USPF)
31.	677.9 (307.5) *7.09X	Griselle Ulfret/65 6/14/02 (112.5+62.5+132.5=307.5 kg. @ 43.4 kg.) (York, PA) (APF/WPC)
32.	672.4 (305.0) 6.93X	Gina/Ginger Lord 1/30/82 (110.0+52.5+142.5=305.0 kg.) (Nashua, New Hampshire) (USPF)
33.	672.4 (305.0) 6.93X	Imelda Fowler 10/10/92 (105.0+47.5+152.5=305.0 kg.) (San Luis Obispo, California) (USPF)
34.	672.4 (305.0) *6.98X	Alesha Summers/88 5/22/10 (112.5+72.5+120.0=305.0 kg.) (Cleveland, OH) (USAPL/IPF)
35.	666.9 (302.5) 6.88X	Tammy Martin 6/18/93 (117.5+65.0+120.0=302.5 kg.) (Greensboro, North Carolina) (USPF/IPF)
36.	665.0 (301.6) *7.00X	Lynne Fuller-Barlow/59 11/21/92 (240.0+150.0+275.0=665.0 lb. @ 95.0 lb.) (Whitman, MA) (USPF)
37.	660.0 (299.4) 6.80X	Linda Barnes/49 5/11/96 (225.0+150.0+285.0=660.0 lb.) (Erie, Pennsylvania) (AAU)
38.	660.0 (299.4) *6.80X	Vivianna Rodriguez 3/14/03 (255.0+135.0+270.0=660.0 lb. @ 97.0 lb.) (Killeen, Texas) (THSWPA)
39.	655.9 (297.5) *6.90X	Lori Okami 10/10/81 (102.5+70.0+125.0=297.5 kg. @ 95.0 lb.) (Honolulu, Hawaii) (USPF)
40.	655.9 (297.5) *6.80X	Joan Fruth/54 1/29/83 (107.5+60.0+130.0=297.5 kg. @ 43.74 kg.) (Chicago, Illinois) (USPF)
41.	655.9 (297.5) 6.76X	Marva Austin 1/30/88 (120.0+47.5+130.0=297.5 kg.) (Austin, Texas) (USPF)
42.	655.9 (297.5) 6.76X	Nadine Cohen-Baker/57 5/18/01 (102.5+60.0+135.0=297.5 kg.) (Bath, Maine) (APF/WPC)
43.	655.0 (297.1) 6.75X	April Delmore-Shumaker/67 12/9/89 (245.0+150.0+260.0=655.0 lb.) (Adel, Georgia) (USPF)
44.	650.4 (295.0) *6.70X	Barb Wedding 5/3/81 (112.5+45.0+137.5=295.0 kg. @ 97.0 lb.) (Cleveland, Ohio) (USPF)
45.	650.4 (295.0) 6.70X	Carol Solomon-Santandrea 3/18/83 (110.0+55.0+130.0=295.0 kg.) (Wurzberg, Germany) (IPF)
46.	650.4 (295.0) *6.70X	Tyler Garcia/91 4/3/09 (115.0+52.5+127.5=295.0 kg. @ 44.0 kg.) (Killeen, Texas) (USAPL)
47.	650.0 (294.8) *6.84X	M. LaFond 11/18/89 (250.0+135.0+265.0=650.0 lb. @ 95.0 lb.) (Hanover, Massachusetts) (USPF)
48.	645.0 (292.6) *6.72X	Cindy Russell 4/30/83 (255.0+115.0+275.0=645.0 lb. @ 96.0 lb.) (Ames, Iowa) (USPF)
49.	644.9 (292.5) 6.65X	Jamie Mock 10/1/83 (110.0+50.0+132.5=292.5 kg.) (Fort Scott, Kansas) (USPF)
50.	644.9 (292.5) *6.79X	Jeanna Pacyga 1/28/84 (105.0+55.0+132.5=292.5 kg. @ 43.1 kg.) (Austin, Texas) (USPF/IPF)

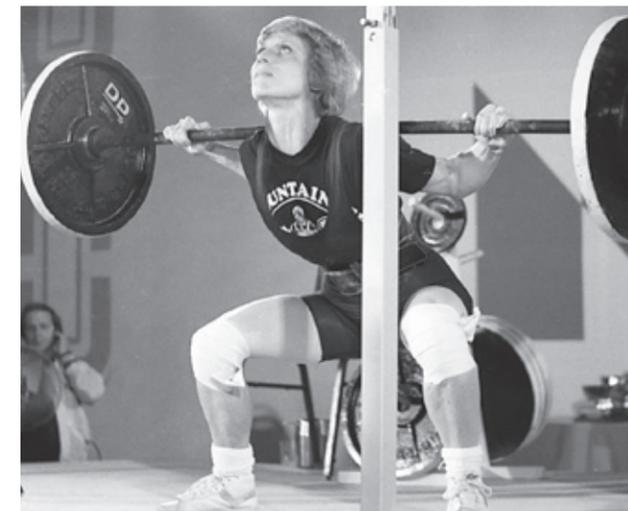
Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



Lori Okami was renowned as a benchler, but still has one of the biggest totals of all time



Ann Leverett has lifted at an incredible level for a long time



Joan Fruth was the 1st Women's World Champion at 97 pounds



Beth Grater (L) was very active in ADFPF women's powerlifting in the '90s and Barb Talmadge (R) put up some very high quality numbers in the 97 lb. class

THE RAGE

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



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

RAGE X

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



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

SEE MORE SELECTION AT INZERNET.COM

PHENOM

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



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

RADICAL DENIM

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



- The Radical Denim is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- 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

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

INZER
ADVANCE DESIGNS
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.

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$23.95



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

\$12.95



Beanies
Embroidered with two-color Inzer logo, available in black, grey, and red.

\$10.00



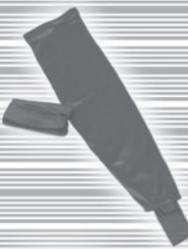
Hoodie
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

\$19.50



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

\$25.00



Suit Slippers
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.

\$19.95



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



Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.

\$5.95



Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00



Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

\$55.00



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

\$55.00



Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

\$12.95



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

\$12.50



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

\$16.50



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

\$17.00



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

\$22.00



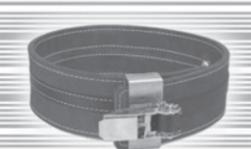
Forever Lever Belt 13MM
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

\$70.00



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 buckle.

\$70.00



PR Belt
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.

\$140.00



Forever Lever Belt 10MM
All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.

\$60.00



Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.

\$60.00



Power Belt Quality Economy
Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.

\$39.95



Max DL
The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

\$145.00



Lifting Singlet
Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

\$33.00



Z-Suit
The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

\$42.00



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

\$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.

\$38.00



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 muscle.

\$55.00



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

\$26.00

WNPF NJ STATES/ LIFETIME USA

JUN 27 2010 » Atlantic City, NJ

BENCH	181 lbs.			
FEMALE	(60-69)			
165 lbs.	Crawford	23		
<i>Open Raw Lt</i>	242 lbs.			
Thomas	190*			
MALE				
165 lbs.	Hawk	23		
(40-59) Raw	(40-49)	16		
Dement	225			
181 lbs.	Hawk	16		
SHW				
<i>Junior Raw</i>	<i>Open</i>			
Gitto	345			
198 lbs.	Mejias	12		
DEADLIFT				
<i>Open Unl</i>	181 lbs.			
Ross!	(60-69)			
(40-49) Unl	Crawford	440		
Ross	550			
(40-49) Raw	<i>Open Raw</i>			
Carr	245			
242 lbs.	Farinas!	460		
Open Raw	<i>Sp Olym</i>			
Franks	Crawford	400		
SHW				
<i>Open Sp</i>	<i>Open Raw</i>			
Franks	Mejias	545		
<i>Open Unl</i>	POWERCURL			
Hawk	198 lbs.			
(40-49) Unl	<i>Open</i>			
Hawk	Carr	150		
275 lbs.	(40-49)	150		
<i>Sp Olym</i>	Carr	150		
Crawford	242 lbs.			
SHW	<i>Open</i>			
<i>Open Raw</i>	Franks	200		
Mejias	SHW			
BENCH for Reps	<i>Open</i>			
FEMALE	Mejias	200		
165 lbs.	SQUAT			
<i>Open</i>	181 lbs.			
Thomas	<i>Subs Sp</i>			
MALE	Pagano	455		
Powerlifting				
FEMALE	SQ			
148 lbs.	BP			
(17-19)	DL			
McAllister	225	110	250	585
MALE				
165 lbs.				
Macksoud	285	255	460	1000
Grillo	295	225	430	950
198 lbs.				
<i>Open Raw</i>				
Canter	400	275	485	1160
Greenya	345	295	445	1085
<i>Open Sp</i>				
Rabish	365	250	455	1070
(50-59) Sp				
Znaczk	275	170	315	760
(70-79) Raw				
Tortorelli	140	115	235*	490
220 lbs.				
(17-19) Raw				
Hassoun	—	—	—	—
<i>Open Raw</i>				
Ennis	405	265	590	1260
Hoshemiyoan	400	280	500	1180
<i>Open Unl</i>				
Morris	600	225	625	1450
242 lbs.				
<i>Open Raw</i>				
Furman!	540	325	575	1440
Warriner	465	305	565	1335
(40-49) Raw				
Tortorelli	420	—	—	—
275 lbs.				
<i>Open Sp Lt</i>				
Adzima	420*	315*	480*	1215*
<i>Subs Sp</i>				
Adzima	420	315	480	1215
SHW				
<i>Subs Raw</i>				
Corri	460	305	400	1165



Competitors at the WNPF New Jersey State Championships (Troy Ford photo)

! = Best Lifters.
» courtesy WNPF

APF/AAPF GEORGIA STATE

SEP 11 2010 » Hiram, GA

BENCH	J. Miller	352		
Masters	DEADLIFT			
198 lbs.	148 lbs.			
T. Sisk	336			
220 lbs.	FEMALE			
J. Grizzle	352			
<i>Raw</i>	MALE			
165 lbs.	220 lbs.			
C. Levinge	264			
181 lbs.	165 lbs.			
J. May	270			
308 lbs.	165 lbs.			
C. Foster	402			
<i>Open Raw</i>	SHW			
165 lbs.	165 lbs.			
E. Patton	319			
SHW	Powerlifting			
FEMALE	SQ			
114 lbs.	BP			
S. Hunter	227	154	275	655
<i>Classic</i>				
?? lbs.	DL			
B. Medlin	336	165	424	925
SHW	TOT			
D. Brooks	363	203	369	936
<i>Teen Raw</i>				
114 lbs.				
J. Thrasher	154	92	214	462
148 lbs.				
T. Weimann	154	92	203	451
165 lbs.				
J. Govatos	374	325	473	1172
181 lbs.				
C. Koon	259	159	347	766
242 lbs.				
A. Waller	363	226	413	1003
MALE				
220 lbs.				
J. Edwards	424	270	440	1134
308 lbs.				
T. Teal	446	325	501	1272

Equipped
181 lbs.
R. Guevara 545 364 440 1371
R. Layman 523 275 50 1300
198 lbs.
Lichtenberger 733* 529 201 1763
B. Barger 622 413 622 1658
M. Steck 628 440 462 1570
A. Truslow 608* 154 540 1302
165 lbs.
J. Buchanan 418 330 462 1211
181 lbs.
J. Lewis 567 347 617 1531
220 lbs.
M. Lane 402 253 473 1107
D. Balicki 523 385 650 1559
Classic
181 lbs.
W. Waldron 545 347 600 1492
198 lbs.
C. Shaw 600 402 573 573
C. Lampien 529 303 589 1421
220 lbs.
M. Warren 562 375 573 1509
242 lbs.
J. Moore 551 385 551 1443
308 lbs.
B. McKee 600 363 573 1536
Equipped
308 lbs.
B. Ganey 451 352 429 1234
I've been the Georgia APF state chairman since 2002 and this was my 8th consecutive Georgia State Powerlifting and Benchpress Championship. I find it interesting that, over eight years. This?? meet is the same in many ways and also unique in others. I think there are many factors that influence these events and their participants including where and how the meet was advertised, word of mouth amongst individuals, previous involvement in the competition or federation and more recently economic conditions. For this 2010 contest, I began advertising on the internet and on the NGBB website about six months out and I received a ton of e-mails from lifters who were interested in either NOBB (from our daily updated video library) or the APF, which has been growing on the local level steadily for years. It seems that people

are being very selective in where they compete; they are choosing only 1 or 2 events per year to budget for and want to have a quality experience. It also seems that there has been a real increase in raw and classic style lifting. In previous years there might have been 2 or 3 lifters without bench shirts or squat suits and this year there were only about 10 out of 40 that used the lifting apparel to competition. In guessing this has as much to do with the expense associated with outfitting oneself with this "equipment as it does with personal agendas involving the ongoing equipped vs. unequipped controversy. Anyway, things might have swayed in one direction or another over the years by the one consistency is that there was a good turnout of lifters that had trained hard in the 3-lift and were excited to demonstrate their lifting talents on the APF Georgia platform! This years event was hosted in the new 17,000 sq. ft. Knuckle Up Fitness/NGBB 2 in Hiram. This facility is primarily a large square footage MMA school with a smaller version of NGBB?? in the rear of the building. This 800 sq ft powerlifting room became the warm-up room for the competition with two monolifts, two Forza benches and all the proper bars and plates to warm-up. The main lifting platform was in the center of this large facility under a professional lighting system (used for the MMA events) and complete with a fogger and loud, crisp sound system. There is a 20 foot backdrop behind the platform with a door cut in the center for each lifter to enter the stage and be showcased to the audience and plenty of room behind the back-drop for the lifters to sit and prepare after they had finished their warm-ups and between each attempt. A professional and hi-tech as this layout was, the spotters, loaders, judges, and efficient score. The table were really what stood out and made everything come together on this day for a memorable event. Beverly and Mike McDaniel (APF Vice President) made the long drive to Georgia to head up the judging, which was by the APF rule book to the letter, and a group of NGBB elite lifters took charge of the spotting and loading all day which resulted in no dropped

bars and injured lifters. I've had the state meet in three different locations in 8 years and this was the bench many ways and for many reasons. I will continue to use this facility to host the state meet one year as well as other powerlifting and strongman events. There were 40 lifters in the 2010 APF State Meet. The turnout was a mixture of men and women, teenagers and adults and open and masters. There were a lot of new faces and a lot of PR performances. I would like to mention a few lifters specifically though nearly everyone deserves to be showcased. These particular lifters, in my opinion, excelled on this day and/or did something extraordinary. Only a few lifters bombed out of the contest and it was due to technical issues with form or groove and not with missing weight due to lack of strength. The following lifters stood out for one reason or another and deserve to be mentioned. Eddie Patton-Gooch has done this contest on several occasions and is a very consistent and driven competitor. He usually does bench only raw. Last year, he was out of competition due to having shoulder surgery and he had to spend the year rehabbing the joint and building back both physical and mentally. In this contest, he entered both bench and deadlift only divisions and was able to exceed his personal bests in both. This is an awesome achievement and a noteworthy comeback for Eddie! In women's powerlifting, all three female competitor's lifted without equipment (suits and shirts) and all three shined. Sheena Hunter, recently transplanted in GA from Maine, has been competing in NPC bodybuilding and has been quite successful on stage. Sheena has always focused on the "big 3" and, though she began in bodybuilding, has always had her heart in powerlifting. This was finally her chance to get under the bar in a contest setting and officially acquire a powerlifting total. She didn't specifically train for the meet and was really just wanting to have fun, which she did. Her 655 total might not jump out as monumental in a world of super heavyweights and open competitions but at 123 lbs. and totally raw this is a great number to get Sheena on board in PL. Erika Medlin lives in Greenville, SC and drives each Sunday to train at NGBB. Erika is a lifting dynamo and is the walking definition of intensity. Like most successful lifters, she's very mental on meet day and won't accept defeat from fellow lifters or raw steel. Erika had an off day on the squat and is just beginning to focus on increasing her bench press (which is hard to believe since she squatted 336 and benched 165) but she comes alive when the "bar hits the floor". At only 181, she went 3 for 3 and pulled an awesome 425 gut buster (literally). This was probably the lift of the day at the GA State Meet and will most likely be remembered by all who were in attendance. The last of the three women was NGBB's Jenny Brooks (formerly Jenny Dangler). Jenny's heart and passion on the platform is as big as her awesome lifting. Since arriving in Georgia one year ago, Jenny has competed three times and does increasingly better each time but September 11th was her day; she made 7 out of 9 attempts and totaled a 70# PR total, ranking her Top 5 in raw women's lifting. This achievement, a 933 pound total, is even more astounding considering the fact that Jenny trained her entire cycle while being very recently married and working 2 jobs! We had five teenagers in the contest lifting raw and having a great time. These guys are the future of our sport and it's exciting to see them get bitten by the powerlifting bug. Alabama APF state chairman Buddy McKee,

an awesome lifter himself at this contest, coaches several of these young athletes and brought his Monster Barbell team to Georgia to show' off their stuff. Unbelievably two of these lifters were Josh Thrasher, only 12, and Tyler Weimann, only 13 years old. Instead of sitting on the couch playing video games, these guys are pumping iron and getting strong. Both guys pulled over 200 pounds and both totaled in the mid 400's. Even crazier was Chad Koon still only 14 years old and 181 pounds. Chad squatted a deep 259 then turned some heads over 347 pound deadlift! The future of powerlifting looks promising with guys like these. In Open Men's competition, there were many awesome performances. I was happy to see Roy Guevara, 42, back again this year. I think Roy has been lifting in my state meet for about five years now and when he's on he's on. Unfortunately, he bombed last year but it must have lit the fan because this year he was on his mark. His entire family was in the audience sporting "Team Guevara" t-shirts to watch him total a PR 1371 at 181. The biggest competition of the day was in the 198 APF open equipped division. There were 3 lifters, all very strong, and all masters age competing in the open. Michael Steck, 53, scrapped his way to third place with a 1570 total. Brian Barger, younger but still 41, had balanced lifting with a 622 squat and deadlift to total a respectable 1658 and take 2nd place honors. The man of the hour, and possibly the man of the entire meet, was likeable Mark Lichtenberger, a regular face at the APF Georgia each year. Mark came in undertrained and wasn't sure how things might feel. I'm guessing they felt pretty good because he called for an insane 733 on his final squat. This was no meaningless weight. Mark has been chasing this American Record held by the legendary founder of the APF Ernie Frantz for some time. He missed it last year. He shouldered up the barbell, took it deep enough to satisfy the McDaniel's watchful eyes, and dove it to lockout. Mark went crazy when the lights proved an attempt a success and bound forward and to his knees in joy. Mark, also 53, isn't a one lift wonder. He smashed a 529 bench and totaled 1763 for the win. Even with Marks mega-squat, Barger was only 100 pounds behind so could next year be the exciting rematch @ 198? Jamie Lewis is a physical specimen and a picture perfect powerlifter. As he was making weight to 181, he totaling that he wasn't specifically a powerlifter but rather an all around strength athlete. He competes raw and is strong from his first squat to his last deadlift. With nothing but a belt he squatted ??, benched 347, and pulled 617 for a ponderous 1531. W.C. Waldron also 181, wasn't directly competing with Jamie because of different divisions but he was well aware of Jamie's lifts and was using them as fuel for his own. WC, a Raw Unity Meet competitor and top ranked raw lifter had an off day on the squat and deadlift, which kept his total down almost 100 pounds but cranked out a big PR bench to match Jamie's 347. He still ended up with 1492 at 181. Another monstrosity on the platform this fall September day was NOBB satellite lifter from Alabama, Shaw. C.J. began training at NGBB a few years back when he was attending GA Tech. He was a thinner guy with a lot of heart and a long way to go at that time but persistence has paid off and C.J. has come into his own. A lean and now very muscular 198 lifter, C.J. decided to go for broke and opened his squats at triple bodyweight. He dunked it deep and easy but tweaked his quad and passed his next two lifts. On the bench, C.J.

went 3 for 3 ending with a double bodyweight 402 press. To cap off a perfect day and total 8 times bodyweight raw, he needed his 600 deadlift. His opener was pulled with ease. He grooved his 573 second to lockout for three whites and called for the magic number. C.J. set up in front of the weight and locked in for battle. He pulled. It cleared his knees, he threw his head back approaching lockout then gravity dealt him the evil blow and it popped from his grip at the very top! Nonetheless, he ended with an astounding 1576 total and a qualifying ticket to the prestigious RUM4 in January 2011. There were many other fantastic lifts and fantastic lifters. The meet went off without a single problem or injury. Some lifters thought the judging was "strict" because the McDaniel's judging by the book. They were looking for nothing excessive and every lifter can have confidence that they got a lift at the Georgia State Meet, they got a legitimate lift to be proud of. Thanks to all the guys at NGBB who volunteered their time to be on the platform laboring away all day and then to Beverly, Mike, Darrell and Glenn for judging the event. I welcome everyone back next year and hope to make it even better in 2011!
» courtesy Jon Grove

ADFPF RIVERSIDE QUALIFIER

DEC 11 2010 » DeGraff, OH

BENCH	DEADLIFT			
FEMALE	FEMALE			
198 lbs.	105 lbs.			
<i>Teen II</i>	<i>Teen II</i>			
E. Ervin	115	A. Hughes	155	
MALE	154 lbs.			
148 lbs.	165 lbs.			
<i>Master II</i>	<i>Teen III</i>			
Ali-Rodgers*	250	C. Schaffer	200	
<i>Open</i>	MALE			
Ali-Rodgers*	250	165 lbs.		
165 lbs.	<i>Teen II</i>			
<i>Master IV</i>	D. Davis	325		
R. Francis*	275 lbs.			
325	<i>Open</i>			
181 lbs.	R. Cairnes	530		
<i>Police/Fire</i>	<i>Master I</i>			
J. Shepard	340	R. Cairnes	530	
242 lbs.	SQUAT			
<i>Teen III</i>	MALE			
J. Holycross*	275 lbs.			
320	<i>Master I</i>			
275 lbs.	R. Cairns	505		
<i>Master I</i>	<i>Open</i>			
R. Cairns	225	R. Cairns	505	
<i>Open</i>				
R. Cairns	225			
Push Pull	BP			
FEMALE	DL			
115 lbs.	TOT			
<i>Teen II</i>				
L. Affanso	45	140	185	
148 lbs.				
<i>Teen I</i>				
T. Nichols	60	160	220	
154 lbs.				
C. Schaffer*	105	200	305	
165 lbs.				
T. Goings*	70	155	225	
198 lbs.				
<i>Teen II</i>				
E. Ervin*	125	200	325	
SHW				
<i>Teen III</i>				
K. Lauth	115	300	415	
<i>Teen II</i>				
S. Evans	90	185	275	
MALE				
123 lbs.				
<i>Teen II</i>				
M. Schaffer	115	250	365	

132 lbs.				
<i>Teen I</i>				
R. Davidson*	95	260	355	
148 lbs.				
<i>Teen II</i>				
D. Hildebrandt	165	305	470	
T. Easton	160	280	440	
<i>Teen III</i>				
C. Weeks	200	410	610	
165 lbs.				

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Arginine AKG, 150 gm	9.00
Citrulline, 100gm	11.50
Lipoic Acid Powder, 50 grams	9.00
Whey Protein 90% instant isolate, 24oz	19.75
Tribulus Ext. 45% 100gm	7.50
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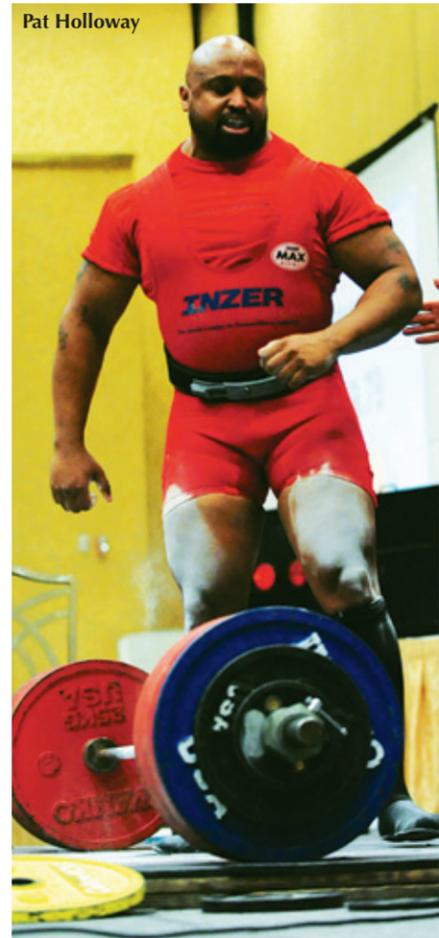
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DEADLIFTING

THE WABDL AT THE WORLDS

as told to Powerlifting USA by Gus Rethwisch » photos courtesy Mike Lambert/PL USA & CSS Photo

WABDL WORLD CHAMPIONSHIPS

NOV 16-21, 2010 » Las Vegas, NV » as told to Powerlifting USA by Gus Rethwisch

This was the 14th annual WABDL Worlds. In spite of the USA Powerlifting efforts—Rob Keller in particular—to intimidate USA Powerlifters from entering WABDL Worlds, we had 573 lifters—bodies, not divisions. Whether it be at the state level or international, they are afraid of WABDL and other federations taking their lifters, and their meets are at poor venues with two inch diameter tin plated medals. This year the blind lifters were targeted by Keller. Also the lifters from India were targeted by him and a person whom I won't name. In the past, it was the Guatemalan and Brazilian lifters. Cody Colchado, a blind lifter from Texas was told not to go to WABDL Worlds by Rob Keller. He said, "OK, pay my way or part of my way to Istanbul, Turkey [Blind World Championships], and I won't go to the WABDL Worlds." He was told, "Oh no, we can't do that." So Cody went to WABDL Worlds and when I presented him his 52 inch long, two inch diameter sword for best lifter and his 20 inch high silver loving cup that weighed eight pounds and his 14 ounce, four inch diameter medals, he was in tears with gratitude.

In the deadlift, world records were set by 23 lifters. In junior 105, Jerel Aaron Hilliger set a world record of 245.5. He's from California. In junior women, Linda Okoro, coached by John Hudson of the University of Houston Downtown, was unbelievable. At age 20, she pulled 463.8 at 148 lb., for a world record. She had 474.8 over her knees! She's been tested twice and passed and a year ago she was deadlifting 402. She has only been training for 20 months! In law/fire 56+ and 181 lb., Mike Harrison of Texas set a world record 485. Mike is also a relative newcomer to the sport. In master 40-46/275 and open 275, Patrick Holloway of Phoenix, AZ, had the highest deadlift ever over 40 with a world record 843 and 859 to his knees, weighing 265 and he passed his fifth drug test. Unlike USA Powerlifting by the way, WABDL pays for the lifter's drug test, \$73,000 worth since 1997. Patrick opened with 760 and jumped to 843 and 843 looked as easy as 760. Nine hundred is within his reach. Pound for pound he's the best dead-

lifter in the world over 220 lb., in any federation.

Other world records in the deadlift were set by Dean Kaneshiro of Honolulu, Hawaii, with 557 at 54-60/148, which was also high enough for the world championship in the open division. For a lifter over 50, Dean is as good as they come, maybe better than any of them. In 54-60/220, Kevin Fisher set a spectacular world record of 683.2. Kevin was pulling 650 to 660 four or five years ago. He keeps getting better with age. He also passed his drug test. In 54-60/242, Ron L'Huilier of Michigan is the WABDL webmaster. The WABDL website was voted the best lifting website in the USA. Check it out, wabdl.org. Ron is also a hell of a deadlifter! He got a world record 656.8 and broke one of Bud Davis' old records. His goal is 700 at age 60. In 61-67/123, Homi Shivaie ripped up a world record 385.7 after a two year absence from the platform. In 68-74/181, Dan Martin was fantastic and is the comeback lifter of the meet with a world records 526.8 after suffering a heart attack at the Worlds in Vegas in 2008. He had one artery that was 100% blocked and he was rushed to the hospital and a stent was inserted. He spent a week in the hospital and then no lifting for four months. How do you measure that with the guts meter? In 85-89/198, 88 year old Rodney Graves of Nevada pulled 225.7 for a world record.

In open 242, Kuliye Bakhtiyar of Azerbaijan set a world record 807.8 in a singlet! In open 259, Tom Emelander of Texas set a world record 767.1 and, of course, Patrick Holloway's 843 in master 40-46/275 carried over to open 275. What is there to say, maybe on his way to being better than John Kuc! Kuc hauled in 856 weighing about 260 in the ADFPA. In teen men 12-13/123, Kirby Winson of Minnesota set a world record 303. He also holds the world record in 12-13/97 at 236.7. In 14-15/super, James Goodfellow of Utah set a world record 435.2. He is coached by Manny Herrera. In 16-17/132, Justin Andrus of Louisiana set a world record 451.7. His father Nate was a 650 deadlifter at 181. In 16-17/220 William LaForge of Massachusetts set a world record 574.1, definitely a cut above his peers. In teen

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Edwin Manmano of Hawaii

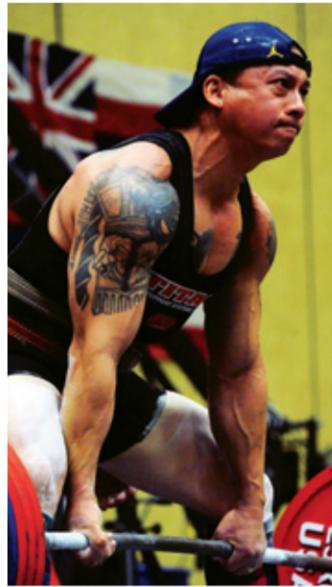


Kuliye Bakhtiyar of Azerbaijan set a record 808



Tom Eiseman pulled 716 at 187 lb.

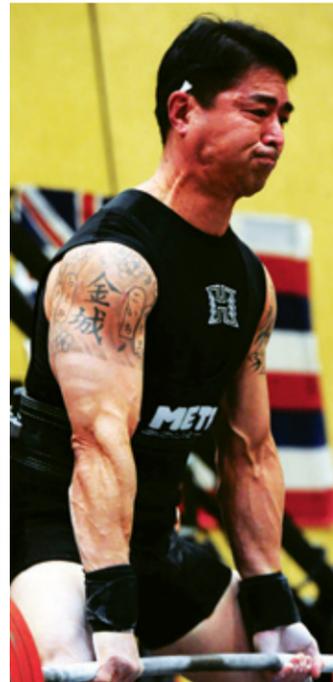
DEADLIFT	Junior	105 lbs.	123 lbs.	132 lbs.	148 lbs.	165 lbs.	181 lbs.	198 lbs.	220 lbs.	242 lbs.	259 lbs.	275 lbs.	308 lbs.	330 lbs.	350 lbs.	385 lbs.	425 lbs.	475 lbs.	525 lbs.	575 lbs.	625 lbs.	675 lbs.	725 lbs.	775 lbs.	825 lbs.	875 lbs.	925 lbs.	975 lbs.	1025 lbs.	1075 lbs.	1125 lbs.	1175 lbs.	1225 lbs.	1275 lbs.	1325 lbs.	1375 lbs.	1425 lbs.	1475 lbs.	1525 lbs.	1575 lbs.	1625 lbs.	1675 lbs.	1725 lbs.	1775 lbs.	1825 lbs.	1875 lbs.	1925 lbs.	1975 lbs.	2025 lbs.	2075 lbs.	2125 lbs.	2175 lbs.	2225 lbs.	2275 lbs.	2325 lbs.	2375 lbs.	2425 lbs.	2475 lbs.	2525 lbs.	2575 lbs.	2625 lbs.	2675 lbs.	2725 lbs.	2775 lbs.	2825 lbs.	2875 lbs.	2925 lbs.	2975 lbs.	3025 lbs.	3075 lbs.	3125 lbs.	3175 lbs.	3225 lbs.	3275 lbs.	3325 lbs.	3375 lbs.	3425 lbs.	3475 lbs.	3525 lbs.	3575 lbs.	3625 lbs.	3675 lbs.	3725 lbs.	3775 lbs.	3825 lbs.	3875 lbs.	3925 lbs.	3975 lbs.	4025 lbs.	4075 lbs.	4125 lbs.	4175 lbs.	4225 lbs.	4275 lbs.	4325 lbs.	4375 lbs.	4425 lbs.	4475 lbs.	4525 lbs.	4575 lbs.	4625 lbs.	4675 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Freddie Evangelista pulled 502



Josh Kubeck missed the WR 760



Dean Kaneshiro made 557 at 148



Gary Ferstler pulled 650 to win



Jerry Pritchett pulled in a singlet



Ryan Snelling placed 2nd



Kari Pontinen made 728 to win



Kevin Fisher pulled 683

18-19/97, Kyle Henderson of Washington set a world record 314. Other female world records in the deadlift were Anetta Replogle of Nevada who passed the drug test and pulled 403.3 in submaster 181. She was coached by Dan Martin. Nicole Cartwright of California in 16-17/165 pulled 325 for a world record. She is from Team V.I.P. from Vacaville, California, and is coached by Sanford Graves. Anna Knapski of Ohio is coached by Jeff Begue and she hauled in a 396.2 world record in 18-19/198 in her second contest. She will be in the 500 range in two years if she stays with it. In 61-67/181, Gayle Clawson set a world record 341.5 after battling health issues. She is from Arizona and is fit and tanned. She eventually wants 400. In 68-74/114 Betty Lafferty set a world record 214.7. Betty has gotten to the Worlds every year for the last five years. She lost her beach front condo twice due to hurricanes, but she went to the Worlds both years. She's been to the Worlds nine out of the last ten years and has set 21 world records. In 68-74/132, Sue Clark set a world record 270 at age 70. She is coached by John Tyree who had deadlifted 640 at 165 in his prime and now is into mountain climbing. In 80-84, Melicent Whinston, who is 84, pulled an amazing world record of 159.7.

Other notable deadlifts starting with **Class I:** Cole Falon, who is an ultimate fighter, set a Minnesota record 446.2 at 132. Dave Constantineau, the WABDL Wisconsin chair, pulled a state record 451.7 at 148. At 198, Brad Koyle pulled a Utah record 629.3. Brad Trains at Bud Davis' home gym in Spanish Fork, Utah. Bud's gym is the best deadlift gym I've ever seen. Bud himself has done 684 at age 66. At the meet, Bud had to settle for 650 at age 67. Harjit Kumar of India pulled an Indian national record of 661.2 at 275. Harjinder Kumar of India also pulled 661.2 at super for an Indian national record. The Fahrenfeld brothers, Kevin, Warren and Brian, all deadlifted 600 lb. Kevin hit 600.7, Brian hit 606.2 and Warren got 600.7. There has never been three brothers who deadlifted 600 in the same year or same decade, let alone the same meet. They all work out at Brian's gym, Premier Fitness in Nanuet, New York. The gym is a state of the art 30,000 square feet facility. They will hold their second WABDL meet on June 25, 2011. It is called the Tom Foley Bench Press and Deadlift Classic, named after a firefighter who lost his life in 9/11 at the Twin Towers.

In **disabled men**, Cody Colchado pulled 551 at 242. Cody is blind and has pulled a disabled world record of over 600 lb. Louis Campos Jr. pulled an Indiana disabled record of 578.5. In **junior men**, Jared Hazel set a Florida state record 534.5 at 165. Teddy Guerzon was second with a New York record 501.5. At 181, A.J. Mangum pulled 677.7. At last year's Worlds he set a world record 706 in junior 181. He wasn't quite on his game this year. He's a pure deadlifter. He only benches about 330. Robert Wells set a

Massachusetts record 551 in junior 181, but finished a distant fifth. Alizada Tabriz of Azerbaijan set a national record at 198 with 551. At 220, Ben Rice, who weighted 210, pulled a phenomenal 716 Washington record and tried a world record 751.7 that he got to his knees! Josh Kubeck of Wisconsin, who holds the world record in junior 275 at 756.1 pulled 716 but couldn't pull the world record 760.

In **law/fire 40-47/220**, Barron Stone set a Texas record 563.1. At 242, Lance Davis set a Utah record 562 and is coming back from serious back problems. Charles McFarland of Medford, Oregon, pulled 540 at 56+/198 for an Oregon record. In **law/fire open 242**, Robert Schledger of Arizona pulled 622.7 for a state record. In **law/fire submaster 181**, Dave Claroni of Maine hauled in a state record 474.8. In **law/fire submaster 198**, Nick Berri-man pulled an Oregon record 501.5. In **master 40-46/181**, Warren Fahrenfeld of New Jersey, beat Marchand Fleming of Oklahoma on bodyweight with 600.7. Marchand's 600.7 was an Oklahoma record. Eddie DiFruscia of New Hampshire beat a field of five at 198 with 611.7. At 220, Tim Sparkes of Arizona beat a field of four with 633.7. At 242, Roland Garza is like a locomotive as he starts out slow and just keeps building up speed. Two years ago he was at 550, now he's at 650 and a world champion. At 259, Terry Putnam is finding that 700 is a big deadlift. He opened with 633 and went right to 700, but missed both times. He's been after 700 for four years and with some serious rack work he will get it. In 40-46/259, Cassius Scott set a Louisiana record 551. He hasn't competed in WABDL in about six years.

At 308 in a field of five, Thomas Guiney of Oklahoma pulled 655.7 to win his second world title. Dean Munsey was second with 611.7. Dean has won six world titles in the past, plus he was an excellent strongman competitor. He makes high end kitchen cabinets for a living. Harjinder Kumar of India won the supers with 661.2. In **master 47-53**, Chet Mangra of New York won at 132 with a New York record 253.5. At 148, Dave Constantineau set a Wisconsin record 451.7. John Lee of Colorado was second with a state record 402.2. Kenny Lyons of Utah was third with a state record 363.7. Kenny is the WABDL state chair for Utah. At 165, Dave Felton of Wisconsin set a state record with 551 at age 50. At 181, Leamon Woodley, an Iraqi war veteran and retired from the U.S. Army got 633.7 for his ninth world title and an Oregon record. At 220, Dr. Steve Lemarie, a veterinarian was subpar with 661.2 but good enough for the world title. In July in Louisiana Dr. LeMarie set a world record with 703. At 242, Charlie Driscoll

of Iowa was huge with an Iowa record 766 at age 50. He passed his drug test and he will be going after Hall of Famer Jerry Capello's world record of 806.7. Anthony Ashley of Illinois was second with a state record 573. At 259, Bobby "House" Driskill of Alabama pulled 639.2 for his fourth world title. He works on the railroad repairing track. That's extremely hard work. I worked on the Milwaukee railroad with the same job right out of high school for a summer and it was an extremely hard job with lots of manual labor. We unloaded ties by hand from gondolas and shoveled rock for the track bed from La Crosse, Wisconsin to Milwaukee, Wisconsin six days a week for four months. Your hands were bleeding and wrapped with tape.

The WABDL Washington chairman Joe Mickelson pulled 551 to win 308 for a world title. Joe administers over 200 employees at a water company in the Seattle area. In **master men 54-60/148**, Dean Kaneshiro, as previously stated, won the open by beating this closest competitor by 50 lb. and set a world record 551 in the masters division. All things considered, he's a big time lifter and Hall of Fame candidate when he retires. In second place was Freddie Evangelista with 501.5, still a great lift especially when you consider Freddie is a bench specialist having set numerous world records in the bench press including a 435.2. In 54-60/148 and 440.7 in 47-53/148. Freddie's lift of 501.5 was an Oregon record. In third place was Chuck Wong of Minnesota who set a Minnesota record 462.7. Chuck is an avid elk hunter and makes yearly trips to Montana to elk hunt. He makes the best jalapeno elk sausage I've ever tasted. At 54-60/165, David Anderson out pulled his training partner David Felton with a big time 567.5 Wisconsin record. David Felton was the 47-53/165 champ with 551. The bigger story is that David Anderson beat the current world record holder Richard Cirigliano 567.5 to 540. Richard holds the world record with 602.9. At 181, Richard Hagedorn, who just had hip replacement surgery a little over a year ago, pulled 540 for a world title the second year in a row that he's won the Worlds. He pulled 551 last year just months out of surgery. At 198, Gary Ferstler pulled 650.2 to win the Worlds. He's won numerous IPF world titles. He tried 700 and came close, over his knees. In second place David Bertier set a California record 540. At 220, an aging gladiator Kevin Fisher set a world record 683.2 and passed his drug test. Kevin has been competing for 29 years and hasn't lost much. Ched Drechsel was second with a 551 Utah record. Chad's special interest in the past was to coach youth in football and weight training. Jim Curley was fourth with a

Colorado record 501.5. Harry Munro was third with 534.5. Harry is usually good for 560 or better, but not on this day. Randy Waldorf of Minnesota was fifth with a 479.5. Randy has a hardcore gym by the main railroad yard in the Twin Cities. He does a superb job coaching four ladies over 60 years of age. He coaches all ages and also coaches wrestling and martial arts for ultimate fighters.

At 242, as previously stated, Ron L'Huillier, the WABDL webmaster, was huge with a world record 656.8. In second place was Gary Stevens of Wyoming who lives in the shadow of the Grand Tetons and has bear, moose, elk, wolves, deer and cougar on his property. Gary pulled 523.5. In 54-60/275, Ted Stewart of Nevada pulled a state record 551 for the world title. In **master 61-67/123**, Homi Shivaie set a world record 385.7 at 121. That's more than triple bodyweight. Homi also coaches special Olympian lifters. At 148, Moses Timbal of Hawaii won the Worlds with a 424.2. Moses has vacation rentals in Hana, Maui with a view to die for, imagine the movie South Pacific. At 165, Dennis Johnson, who is 66, pulled 540 to beat out James Christian of Houston who pulled 424.2. James has competed in 12 WABDL World's and has won five titles. Dennis Johnson is from Wisconsin and weighed 198 at a meet in Fargo, North Dakota, and pulled 633 in 2002. Stefan Lemire of Utah was third with a 374.7 state record. At 181, my workout partner Jerry Shetka pulled 562 for the world title. He tried a world record 590 and had it to his knees and lost his grip. He plays competitive hockey and floods his yard every winter to form a skating rink to practice. In 198, Bob Hochstein set an Illinois state record with 578.5 to win his third world title. Ron Jones of Alabama was third an Alabama record 402.2. At 220, Al Williamson of Wisconsin won the World's with 440.7. Al has been competing since the very first powerlifting nationals in 1965, 45 years. At 242, Bud Davis pulled 650.2 at age 66. He has set over 25 world records. He has a great gym at his house and I stop by and train every chance I get. It's in Spanish Fork, Utah. Then I have the privilege to have coffee with Bud, Ed Acey and the crew at the One Man Band restaurant where they solve the world's problems. That restaurant has pictures of Frank Sinatra, Elvis Presley and Marilyn Monroe that I've never seen anywhere else. Bud's best deadlift is 684.2. Kenny Phillips of Oklahoma was third with a state record 402.2. Cliff Sandberg, who has severe arthritis in his back, still pulled 534 for second. As recently as three years ago, Cliff has pulled 644. In fourth place was Dr. Thomas Wright with a 374.7 state record. Dr. Wright chairs the Behavior Science department at Kansas State University and was a very good amateur boxer at one time. At superheavy, Alan Fraser of Nevada set a state record 413.2 for his first world title.

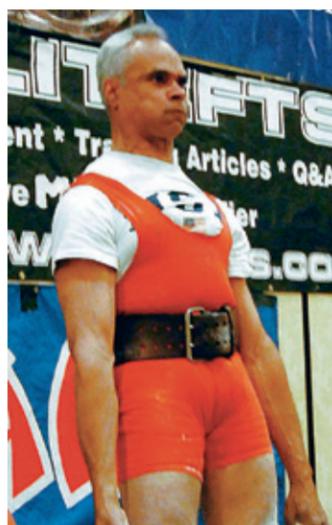
In **master 68-74/165**, Martin Montgomery finally got to finish a world



Barron Stone of Texas



Ecuador's Luzia Feraud made 2nd



Dennis Johnson pulled 540 at 66



Anetta Replogle did a record 403



Ana Catia Portilho Couto of Brazil



Dan Guches pulled 601



Harjit Kumar of India

competition. He won worlds with a national record 462.7. In the last year he pulled 500 at 61-67. Last year he showed up at the World's and had to leave before he competed because his pacemaker was acting up. The year before he passed out doing his first attempt and had to skip his second and third attempts. In second place, Ray Gandeza of Hawaii set a Hawaii record by elevating 440.7 with authority. At 181, Dan Martin came back from death with a world record 526.8 at age 70! Larry John was second with a California record 407.7. At 198, Jim Rouse won the World's with 462.7 with four contestants. At 220, Al Franke set a Nevada record with a 502.6. Robert Urrea, a medical doctor, was second with a California record 425.3.

In **master 75-79/165**, Bill Tinkler of Florida set a state record 303 for his third world title in a row. At 198, John Felten of Austin, Minnesota at age 78 pulled 374.7 for a Minnesota record and his second world title in a row. At 220, Richard Austin of Maine set a state record 352.5 at age 79 for his world title. At 242, Lou Corulli of Wentachee, Washington pulled a 319.5 for his sixth world title. In **master 80-84/165**, Joseph Cavness set a California record 181.7 for his first world title and at **85-89** Rodney Graves of Nevada pulled a world record 225.7 at 198 - the oldest lifter in the meet to pull a world record deadlift. There were 21 lifters age 68 or better. In **master women 40-46/97**, Elizabeth Cabe of Hawaii pulled triple bodyweight with 292 at 93 lb. She is trained by Craig DeSoto of Lahaina, Maui, who was a 640 deadlifter at 198 in his prime. Yuxin Hao of Ohio pulled 275.5 at 112 for a state record. At 132, Velma Panilasigui of Hawaii pulled 303 at 130. Elizabeth Siu and Velma are all trained by Craig DeSoto. They all have the potential for world records and are at triple bodyweight or close to it. At 148, Rachel Unson pulled 325 for her third world title. At 165, Ana Catia Portilho Couto of Rio de Janeiro, Brazil, set a Brazilian national record of 374.7. Luzia Feraud of Ecuador was second with an Ecuadorian national record of 330.5. At 181, Cathy Whitworth of Oregon won her first world title with a pull of 352.5. At 198, Michonne Berry of Illinois set a state record 303. The story again for the 40-46 age group were the three musketeers coached by Craig DeSoto: Elizabeth Cabe, Sui Whitehead and Velma Panilasigui, all with extremely high coefficients and pulling 300 at light body weights in their forties.

In **master 47-53**, Jeannie Morris at 123 pulled 214.7 for her fourth world title. At 132, Martha Godinez of Hawaii pulled 292 weighing 127 for her first world title. 20 years ago, at 132, she was squatting over 400. At 148, world record holder Jane McCubbin pulled 402.2. Her world record is 424.2, but on this day it was enough for her second world title. Beverly Anolin and Darnell Christe were second and third with very respectable pulls of 369.2 and 363.7 respectively. At 165, Josefina Jackson of Texas set a Texas record 303 on her way to her fifth world title. Ginny McHale of Colorado was second with a state record 253.5. At 181, Suzanne Spero of Massachusetts set a state record of 363.7 in her first meet, which is exceptional in her late forties. In second place was Iraci Fatima Fenner of Brazil who set a national record 264.5. At 198, Karen Campbell of Maine pulled 446.2 to beat Pamela Michaels-Olson who got 352.5. Pamela is a cancer survivor and just went through a divorce. She is a fighter and never gives up. Karen benched 402 and gave a world record 429 a good ride. She holds the world record with 424.2 weighing 186. She also passed her fifth drug test. In **master women 54-60** at 123, Karon Denniston of Michigan pulled 220.2 which is a Michigan record. At 132, Jill Porter of Texas pulled a state record 265.6. At 148, Lisa Flannery of California set a state record 236.7 in beating Marsha Goodman of Arizona who also set a state record 231.2. At 165, Jane Stabile of Massachusetts set a state record 352.5, a very commendable effort and successful pull. At 198 Margie Huston of Washington won her second Worlds with 297.5. In master 61-67/165, Dana Backiel pulled 264.5 to win her third world title. She's pulled 319 as recently as two years ago, but she has had back problems. At 181, Gayle Clawson pulled a world record 341.5 to beat Karen Harding of Massachusetts who got 303. Factoring in age, any pull of 300 is phenomenal. In master 68-74, Betty Lafferty, Sue Clark and Melicent Whinston all set world records as noted elsewhere in this article.

In **open men**, Dean Kaneshiro was the world champion at 148 with 551, which is very impressive sine he's 55 years old and his lift was a world record in master 54-60. At 165, Ryan Snelling's streak of six consecutive world championships ended with Erick Nickson's unbelievable world record of 716 that broke Edwin Manmano's record of 684.3 by 32 pounds.

Erick is from Indiana and said he really enjoyed his first WABDL World's. Ryan Snelling of Missouri was second with a 650 deadlift. He has competed in 13 consecutive world championships. At 181, Edwin Manmano of Hawaii was impressive with 694.2, weighing 176. He came fairly close with 733. Leamon Woodley, the x-Iraqi war veteran and retired army master sergeant, pulled 633.7 for second he has won four open world championships and finished second to Tom Eiseman on four occasions. At 198, Tom Eiseman opened with 716.2 weighing only 187, he had 777 to his knees. Tom is 52 and didn't compete in master. In second place was Matthew Marsiglia with 666.7. He had 722 locked out but lost his balance backwards before the down sign. Jared Wilsey of Tennessee was third with a 661.2 and 55 year old Gary Ferstler of Hawaii was fourth with 650 and a near miss at 700. At 220, Petri Hietamaki of Finland was the world champion with 694.2. He is a fierce competitor, a true viking. Dr. Steve Lemarie of Louisiana, who had set a world record in masters in July, with his first 700-703 to be exact, could only manage 661 for second. Tim Sparkes of Arizona was third with a state record 633.7. At 242 there were three bomb-outs. Kuliye Bakhtiyar of Azerbaijan deadlifted 807.8 in a singlet weighing 237. Kari Pontinen of Finland was the world champion with 727.5. In second was Antti Kousa of Finland with 683.2 and 56 year old Ron L'Huillier was third with a Michigan record 656.8. At 259, Tom Emelander pulled 767.1. The world champion was Bobby Driskill with 639.2 with Terry Putnam of Oklahoma second with 633.7. At 275, Patrick Holloway set a world record 843 and got 859 to his knees at 265. Patrick in a year will be the best drug free deadlifter of all time. I think John Kuc's 856 at 260 is the ADFPA and 870 at 242 in a non-drug tested meet make him the best of all time. Tom Eiseman's 772 weighing 187 at age 49 is right up there too. Brad Gillingham's 881 is very impressive but I believe he weighed 325 or so. At 308, Jim Nickerson set an Oregon record of 749.5. Jim may not reach 800 but he should get 772 or 777, which is very impressive drug free. At superheavy, Jerry Pritchett's strap on his deadlift suit broke in warm-up so he lifted in a singlet and pulled 755 and had 810 over his knees. With the suit, 810 would have gone. Patrick Holloway and Jerry train together and they have all of the strongman equipment in addition to the normal weights. They're both capable of 900 if they stick with it. Jerry is competing at the strongman contest at Fit Expo. Newcomer Paul Paldio of Massachusetts was second with 650.2 and Dave Forstner was third with 622.7. Dave, Patrick Holloway and Jerry Pritchett have all been tested at least four times. Patrick was tested at this meet and passed for the fifth time.

In **open women's**, there were no world records and only three state records. At 105, Colleen Loo of Hawaii pulled 292 for the world title. She is coached by Craig DeSoto as previously mentioned. Craig also coached Velma Panilasigui, Elizabeth Cabe and Siu Whitehead, all who pulled triple bodyweight or close to it. All four women won open world titles with impressive numbers. Elizabeth won 97 with 292, Siu won 123 with 303 and Velma won 123 with 303. At 148 Jane McCubbin of Wisconsin beat out five contestants with 402.2 and she is 48. At 181, Rebekah Schmidt who gutted out a 502.6 in Minneapolis on August 7th opened with 473.7 but wasn't close with 503.7. it's always tougher on the road to get an optimum lift. Master lifter Gayle Clawson was second with 341.5. Gayle is in the 54-60 age group. At 198, Karen Campbell of Maine was the world champion with 446.2 and she tried 474.8 and was very close. In second place was another newcomer up and coming Anna Knapski, who is only 18, who pulled an Ohio record 369.2.

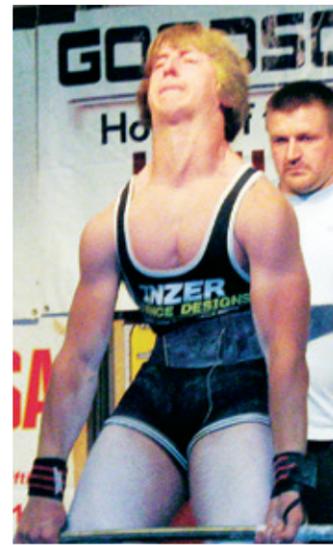
In **Special Olympian** 242, Brady Tanner pulled 540. Brady is American Indian and very proud of his heritage. He is extremely animated and is very entertaining to watch. In submaster men, Chansey McKendrick of Utah won with 440.7 at 165. He lost an eye and wears a patch over it and looks like an old west gunslinger, like in True Grit, only in better shape and faster looking. At 181, David Hansen of North Dakota, who is a new version of Bob Peoples, pulled 611.7. He's very slender with long arms and he works on a farm. At 198, Brad Koyle, coached by Bud Davis, set a Utah record and won the Worlds with 629.3. At 220, Jeremy Drecksel set a Utah record 607.3 to beat a field of three. At 242, Kari Pontinen of Finland beat a field of six with a 727.5 with his fellow Finlander Antti Kousa in second with 683.2. At 275, Harjit Kumar of India won the World's with 639.2. At 308, Jim Nickerson's 749.5 won him world titles in both open and submaster. Tom Klundby was second with a California record 640.3. At superheavy,



Martin Montgomery (R) - 463 DL



David Anderson of Wisconsin



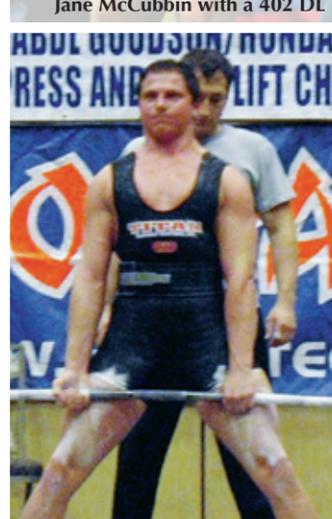
Teen Dylan Balk pulled 446



Jane McCubbin with a 402 DL



Ron L'Huillier made a big 657



Jake Garbush pulled 601 to win

next page »



The Iron Chamber Gym team made some nice records

Dave Forstner was the world champion with 622.7. He jumped to 700 and missed. He did 749 in 2003.

In **submaster women**, Melissa Klundby of California pulled 314 at 132 for her first world title. At 148, Tracy Garcia set an Arizona record 308.5 to win her world title. At 165, Marlana Da Silva Hensing of Brazil won her first world championship with a national record 352.5. At 181, Anetta Replogle of Nevada set a world record 403.3 and passed her drug test. She is trained by Brent Howard, Dan Martin and Robert Harris. In teen men in the **12-13 age group**, Trevor Ogden of Hawaii won the 97 lb. class with 181.7. At 105, Nathan Amburgey of Ohio set a state record 155.3 on the way to his world title. At 123, 13 year old Kirby Winson of Minnesota was huge with a world record 303. At 148, Tony Waldorf, at age 12, coached by his grandfather Randy, set a Minnesota record 253.5. At 165, Gaven White of Arizona set a state record 281.

In **teen men 14-15**, Josh Carr of Maine set a state record 270. At 165, Dylan Balk, who holds the world record with 481.7 had to settle for 446.2 and missed a world record attempt. Jacob Hill of Maine was second with a state record 325. At 220, Jacob Scott of Maine set a state record 352.5. At 308, Alex DeSoto, who weighed in at 302 at age 14, set an Arizona record 446.2. He's big now and when he grows up he's going to be a monster. At super, 6'4" 333 lb., James Goodfellow of Utah set a world record at 15 with 435.2. In **teen men 16-17/132**, Justin Andrus of Louisiana was huge with a world record 451.7, and he only weighed 127. He was 57 lb. from four times his bodyweight! At 148, James Windham of Louisiana set a state record 407.7. Brandon Jones of Hawaii was second with a state record 341.5. At 165, Nick Mendizabal of California won the World's with 363.7. At 198, Jacob Webb of Arkansas set a state record with 424.2 to win his first world title. Patrick Junkun of New York was second with a state record

363.7. At 220, William LaForge of Massachusetts set a world record 574.1. He's a fierce competitor with a "kill" attitude on the platform. At 242, Jose Perez of California was the world champion with 468.2. At 275, the world champion was William Bronaugh with a California state record of 413.2. In **teen men 18-19**, Kyle Henderson of Washington did a triple bodyweight world record in the 97 lb. class with 314. Triple bodyweight for him would have been 282 since he weighed 94 lb. So he was 32 lb. past a triple bodyweight lift. Jesus Sanchez of Texas won at 114 with 303. At 148, Nick Tsangeos of Ohio won the Worlds with 418.7. At 165, Roy Arispe of Texas was a cut above with a Texas record 502.6 for his first world title. He beat Judd Sato III of Hawaii who got a state record 457.2. There was a field of six in 18-19/165. At 181, Jesse Lynn Jester of Kansas is a prodigy in the making. He pulled a state record 551 weighing 178. He's only 18. Buster Litton of Nevada was second with a very respectable state record 529. At 198, Jake Garbush of Washington pulled 600.7 for the world title. At 220, Matt Phipps set a Nevada record 562 to beat a field of four. At 308, Dean Crowell of Hawaii set a state record 600.7 to win his first world title.

In **teen women 14-15/123**, Gabriela Damasceno of Brazil set a national record 198.2. At 132, Alexandra Pecktol pulled a 264.5 for her second world title. She competes in both basketball and soccer when she's not lifting. At 148, Ali Miskinis set an Ohio record 238.9 for her fifth world title. In **16-17/114 women**, Cheyenne Tavares of Hawaii set a Hawaii record 281 for her sixth world title. At 123, Mercedes Castillo of California set a state record 220.2 to edge Deborah Brown of California who did 214.7. At 148, Amanda Hesterman set a California record 242.5 to win her first world title. At 165, Nicole Cartwright set a world record 325 to win her second world title. At 198, Jacqueline Wickens of Nevada set a state record 369.2. She just missed a world record 403 in Pahrump, Nevada back in August. If she

pulls 400 at 17 she will join Kayla Taueli as the only 17 year old women to pull 400. In **teen women 18-19/105**, Angela Rocha pulled an above average 259 for her second world title. At 123, Lizzie Carey of Washington won the World's with a state record 248. At 148, Sarah Biddle of Indiana set a state record 319.5 to win her fourth world title in WABDL. She has set world records in multiple federations in ten weight classes since 2000: 88 lb., 97 lb., 105 lb., 114 lb., 123 lb., 132 lb., 148 lb., 165 lb., 181 lb. and 198 lb. At 165, Tasha Dotson of Washington won her first world title with 270. At 198, Anna Knapski of Ohio set a world record 369.2 to win her first world title. It was only her second contest and she has only been training for six months. At 198+, Sasha Martinez of Texas beat a field of four with a 402.2 dead.

Outstanding lifters in the deadlift were in master men 75+, Richard Austin of Maine with 352.5, at 220, Sue Clark in master women 61+ with 270 at 132, Dennis Johnson in master 61-67 lightweight with 540 at 165, Dan Martin in master 68-74 with 526.8 weighing 174.8, Donnie Miskinis in disabled with 451.7 at 165, and Bud Davis in master 61-67 heavyweight with 650.2 weighing 230. That was Day One. Best lifters for Day Two were Cole Falon in class one lightweight with 446.2 at 131.4 and Charles McFarland in master law/fire with 540 at 194.6. On Day Three the best lifters were Gary Ferstler in master men 54-60 middleweight with 650.2 at 197.5, Keith Huffer in master men 54-60 heavyweight with 540 at 251.4, Dean Kaneshiro in master men 54-60 lightweight with 541.1 at 148 and 551 on a fourth. Harjit Kumar was best lifter in Class One heavyweight with 661.2 at 263.2, Robert Schledger in law/fire open and submaster with 622.7 at 240. In master women 54-60 Jane Stabile was best lifter with 352.5 at 151.4 and Brad Koyle in middleweight class one with 629.3 at 196.6. On Day Four, the best lifters were Elizabeth Cabe in open women

lightweight with 292 at 93.6 lb., Charlie Driscoll in master men 47-53 heavyweight with 766 at 239, Jane McCubbin in master women 47-53 with 402.2 at 143.2, Kari Pontinen in submaster men with 727.5 at 236.8. In open women heavyweight the best lifter was Rebekah Schmidt with 473.7 at 172.2 and Leamon Woodley in master men 47-53 lightweight was best lifter with 633.7 at 179.6. On Day Five, Elizabeth Cabe was best lifter in master women 40-46 with 292 at 93.6, Eddie DiFruscia in master men 40-46 middleweight with 611.7 at 193.4, Warren Fahrenfeld in master men 40-46 lightweight with 600.7 at 175.8 were best lifters. In both master men 40-46 heavyweight and open men heavyweight, Patrick Holloway was best lifter with an incredible 843.2 at 265. In junior men heavyweight Josh Kubeck was the best lifter with 716.2 at 274.4. Erick Nickson was incredible with 716.2 at 165 for best lifter in open men lightweight. In junior men middleweight, Ben Rice was best lifter with 716.2 (and won the Capello award) and Kuliyeve Bakhtiyer was best lifter in open middleweight with 807.8 at 233 in a singlet. On Day Six, Justin Andrus was best lifter in teen 16-17 with 420.9 at 129.4 and a 451.7 on a fourth. In teen men 12-15 Dylan Balk was best lifter in 12-15 with 446.2 at 161.6, Jake Garbush in teen men 18-19 lightweight with 600.7 at 192.2, A.J. Mangum in junior men lightweight with 677.7 at 174.2 were best lifters. In teen women 12-15 Alexandra Pecktol was best lifter with 264.5 at 128.4. In teen men 18-19 heavyweight Matt Phipps was Best Lifter with 562 at 203.2, Angela Rocha in teen women 18-19 with 259 at 105.2 and Cheyenne Tavares in teen women 16-17 with 281 at 113.4 were best lifters. There were ten lifters that pulled 700 and two did over 800.

I want to thank our sponsors Goodson Honda and Rocky McCullough of Houston, Texas, Brian Welker and his wife Denise of Welker Engineering, Alan Thomas of APT Pro Wrist Wraps and other weightlifting sup-

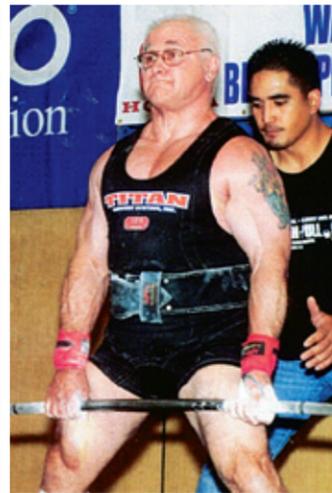
WABDL WORLDS »



Wisconsin's Dave Felton and Dave Constantineau both set records



Karen Campbell pulled 446



Al Franke set a NV record at 503



Betty Lafferty – record 215



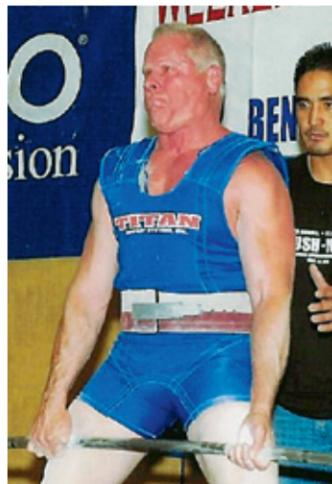
Jerry Shetka – 562



Bud Davis pulled 650 at 66



Gayle Clawson did 342



Bob Hochstein – 579 at 198 lb.

William LaForge of MA



Justin Andrus – 452

port gear, Ken Anderson of Anderson Powerlifting Pete Alaniz of Titan Support Systems, Shawn Madere of GLC 2000, makers of great joint support, Jon Doyle of USP Labs makers of joint support vitamins and other great supplements, Neal Spruce and Odd Haugen of Dot-Fit, a great overall supplement company, Mike Lambert of *Powerlifting USA* magazine, the bible of the sport, Chet Groskreutz of Ivanko Barbell, Keith Lemm of CSS Sports, the official meet photographer, Grace Cloninger of House of Pain West, Kevin Bartholomew of Ben E. Keith Beers and Camille Luprete with her specialized lifting shoes. The masters of ceremonies were James Greene, Jody Woods, Gus Rethwisch and Don Miskinis.

The judges were Dana Backiel, Brent Biddle, Kristian Boehmer, Dave Edmondson, Ron L'Huillier, Terry Luehrs, Don Miskinis, Jim Presley, Mike Saito, Jim Sheffield, Jody Woods and Jim Snodgrass. The warm-up room computer facilitators were Jocelyn Ronolo, Brant Bishop, Don Miskinis and Lavonna Furtado. The scorekeepers were James Greene, Lavonna Furtado, Christie Luehrs and Diana Sutton. Elma Thomas was on the computer. Gary Thomas was the weigh-in room supervisor. The weigh-in room staff were Brent Biddle, Diana Biddle, Karen Campbell, Matt Marsiglia, Jim Noblit, Dennis and Rebekah Schmidt, Al Stork, Dianna Sutton and Austin Webb.

The spotters and loaders were the best ever: Neil Hissick, Travis Topel, Troy Pia and Keoni. The bar loader program was done by Diana Biddle, Margie Huston and Sarah Biddle. Setting up the lifting platform and warm-up areas were Joe Fernandez, Al Stork and Karen Campbell and Gus Rethwisch. Trophies were organized by Jim Presley and Troy Pia. Security was provided by Troy Pia and Al Stork. Tickets and door control were Lisa Leong, Karen Campbell, Teresa Rethwisch, Kristian Boehmer and Al Stork. In the deadlift competition, 2 lifters flunked their drug tests, and 12 passed. Also, it's a possible first at a Gus Rethwisch meet, there was some music accompanying some of the lifting attempts in the competition. In 2011 The World's are at the Peppermill in Reno, November 1st through the 6th.

I want to thank Al Stork, Karen Campbell, Neil Heissick, and Travis Topel who loaded the trucks with equipment. Al Stork canceled his plane ticket to Bangor, ME and we left Las Vegas in the truck at 8 PM, through Tonopah at midnight. The next day we were stuck at Donner Pass for 2 hours, and another 1 hour delay in the Columbia Gorge, but I made it home for Thanksgiving. «



The University of Houston Downtown powerlifting team

RESULTS

IPA CT BATTLE OF CHAMPIONS

JUL 24 2010 » Hartford, CT

BENCH		DEADLIFT		
Am		Am		
198 lbs.		242 lbs.		
Submaster		Submaster		
B. Shaw	—	J. Lynes	525*	
Raw Am		275 lbs.		
123 lbs.		Submaster		
Master (45-49)		R. Zingo	505	
F. Bongiorno	175!	Raw Am		
165 lbs.		165 lbs.		
Open		Master (70-74)		
J. Manenkoff	370*	M. Glatt	350!	
Pro		198 lbs.		
220 lbs.		Master (55-59)		
Submaster		B. Willoughby	400!	
B. Holloway	505*	220 lbs.		
242 lbs.		Open		
Open		Wasniewski	680!	
A. McCloskey	600*	Pro		
275 lbs.		242 lbs.		
Open		Open		
V. DiZenzo	800*	A. McCloskey	670	
Ironman		BP	DL	TOT
Raw Am				
123 lbs.				
Master (50-54)				
L. Stiegler		135!	225!	360!
242 lbs.				
Open				
T. Valberg		365*	590*	955
P. Marcotti		315	500	815
Am				
198 lbs.				
Submaster				
S. Guerrieri		285*	445*	730*
Raw Pro				
275 lbs.				
Junior				
J. Kniska		390*	625*	1015
Full Power	SQ	BP	DL	TOT
132 lbs.				
Raw Am				
Open				
L. Fredericks	310!	250*	410!	970!
165 lbs.				
Am				
Master (65)				
C. Ryan	400!	135*	400*	935*
Raw Am				
Open				
D. Antonucci	415*	270	550*	1235*
Raw Pro				
Submaster				
P. Bosko	300!	180!	350!	830!
T. Roselli	460!	340!	490!	1290!
181 lbs.				
Am				
Master (50-54)				
P. Sacco	485*	330*	470*	1285*
Raw Am				
Open				
U. Megwalu	355*	235*	470*	1060*
198 lbs.				
Raw Am				
Teen (18-19)				
B. Kawas	345*	265*	405	1015*
220 lbs.				
Am				
Open				
C. Moran	650*	455*	550*	1655*
G. Sosa	610	450	540	1600
Raw Am				
Master (50-54)				
L. Creatura	555!	375!	580!	1510!
Open				
L. Creatura	555*	375*	580	1510*
J. Fusaro	540	350	600	1490
J. Armstrong	405	205	485	1095
Teen (18-19)				
J. Fusaro	540!	350*	600*	1490!
242 lbs.				



Brendan Stote squatted a whopping 800 lb.! (Lisa Pankiewicz photos)



Melvin Glatt came out of a 20+ year retirement to deadlift 350 lb. at 71 years

Am				
Submaster				
A. Pecka	560*	—	—	—
Pro				
Master (55-59)				
Montebault	750	405*	515*	1670
4th-SQ-800!				TOT-1720*
Pro				
Open				
A. McCloskey	780*	600*	670*	2050*
275 lbs.				
Am				
Submaster				
N. Rial	610*	390	675*	1675*
308 lbs.				
Pro				
Open				
M. Rhodes	750	600*	760*	2110*
B. Stote	800*	535	710	2045
J. Flores	775	545	680	2000
Raw Am				
Open				
E. Hubbard	500*	335*	735!	1570*
SHW				
Am				
Open				
K. Luca	580*	430*	550*	1560*

Records. (Records verified). IPA CT State Powerlifting Championships at Europa Battle of Champions Fitness Expo: Along with my wife Ame, it was a pleasure to host the 2nd Annual Connecticut State Powerlifting Championships in Hartford, CT at the Connecticut Convention Center as part of the Europa Battle of Champions Fitness Expo presented by Ed and Betty Pariso. A lot of time and hard work went into this year's event, and 38 competitors lined up to wage war with the iron. A bonus this year was that I was able to award prize money to the best of the meet. Many thanks to our generous benefactor who donated the cash. The breakdown of the payout was three \$1,000 prizes to three Best lifters, and four \$500 prizes to the biggest lifts of the meet. Those winners were: Best Amateur Full Power: Carlos Moran \$1,000. Best Pro Full Power: Anthony McCloskey \$1,000. Best Bench: Vincent DiZenzo \$1,000. Biggest Squat: Brendan Stote 800 lbs. \$500. Biggest Bench: Vincent DiZenzo 800 lbs. \$500. Biggest Deadlift: Matt Rhodes 760 lbs. \$500. Biggest Total: Matt Rhodes 2,110 lbs. \$500. Our sincerest thanks to all who came to

compete, watch, spot/load and judge. Without you, there would be no meet. We were saddened to hear about the passing of David Ginenthal a few weeks prior to the meet. David was registered to compete at this meet. I remember talking to him on the phone and David telling me despite his bout with cancer, he was determined to compete. Unfortunately David succumbed to his illness, we honored his legacy and his contributions to the sport. My wife and I have donated his entry fee to charity in his name. Rest in peace David. On a brighter note, Melvin Glatt, our eldest competitor came out of a 20+ year retirement to deadlift 350 lbs. at 71 years young. Anthony McCloskey benched 600 lbs. as a 242 lb. 19 year old. We also welcomed a walk-in from the other meet that was to be held at the Expo, but cancelled due to lack of entries. Lori was one of our two female competitors, the other, Pam Bosko traveled from Winnipeg, both setting IPA World records in their class. Many of our Raw lifters broke or set new IPA World Records, and all helped to fill up the newly recognized IPA Connecticut State Records. » courtesy Gene Rychlak, Jr.



Vincent DiZenzo was the overall best bencher of the meet with an insane 800 lb. BP

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First thing when waking:

⇒ Amino load with 2 scoops of 100% MR and 2 scoops Muscle Synthesis

20–30 minutes later start eating/drinking:

- ⇒ Coffee or green tea
- ⇒ 4–8 jumbo cage-free eggs; half whole and half whites with mixed vegetables; cook with organic butter – no trans-fats included in sprays
- ⇒ 1–2 chicken sausage links or 2 strips turkey bacon
- ⇒ 1/2 cup raw oatmeal and 1/2 cup berries; carb content may need to increase if breakfast is directly following a training session
- ⇒ 3 Alpha Omega M3

**Note: adjust all food choices to avoid allergy conflicts*

which is a clear indication that metabolism is operating at a high level. This metabolic acceleration also correlates to a reduction in body fat and increase in lean muscle mass for our clients.

GET UP A FEW MINUTES EARLIER AND GET COOKING!

The biggest obstacle to a good breakfast is time to prepare for most people. Get up 20 minutes earlier so you have time to cook accordingly. The improved energy resulting from a proper breakfast will increase your productivity for the rest of the day saving you time. Many clients will prepare double portions of food in the morning to bring to work for lunch which also saves time and money while ensuring the right food choices are always available instead of the dreaded drive through!!!

HAVING TROUBLE LOSING BODY FAT AND FEEL SLUGGISH ALL MORNING?

Despite eating a breakfast full of good food choices every morning do you still feel lousy? You could be experiencing a food allergy. A strategic food rotation is one of the first things we do with new clients to kick start improvements in body composition and energy. The less time the body spends fighting metabolic distractions the better! A food allergy is not always so obvious like those people who swell up after eating peanuts. Symptoms can include bloating, fatigue, joint pain, runny nose and difficulty losing body fat. Eating the same things every morning for months on end can be the culprit. Dairy based shakes in particular are highly concentrated and can set off food allergies, take notice of how you feel after eating each meal and this is a strong indication of how your body is reacting to specific food sources. When is the last time you shook up your breakfast choices? Even if you are not displaying major problems it is a good idea to eliminate foods you have been eating daily for at least a month. An easy tool for improving energy and all aspects of performance is increase hydration levels. Start Every morning off with plenty of water and continue drinking throughout the day between and with meals.

GET AN ANABOLIC START TO EVERY DAY

The first thing you should do when waking is to Amino Load with 100% MR and Muscle Synthesis to provide quickly utilized raw materials to hungry muscles. The long overnight fast

Breakfast is, without a doubt, the most important meal of the day as it sets the pace of hormones and other metabolic factors for the next 24 to 48 hours, making this meal a great opportunity or a kick start to your downfall. In other words, what you eat for breakfast will impact how the body responds to everything else consumed that day. Hormones govern progress and must be accounted for no matter what your goals may be. Following the overnight fast, the first things you put in your mouth must send anabolic signals to improve your rate of fat burning, muscle growth and recovery. A breakfast made up of solid foods from proteins, good dietary fats and specific carbohydrate choices do the job. The macronutrient percentages of food choices should be adjusted based on the individual needs and goals.

IS YOUR BREAKFAST SENDING FAT STORING SIGNALS?

A traditional approach to breakfast, including juices and quick carb sources such as cereal, waffles and pancakes, are a quick path to high body fat levels and low energy. Refined foods shoot up blood sugar as well as fat storing insulin which will cause an energy crash shortly thereafter. The wrong choices at breakfast not

only stimulate fat storage and low energy at that time, but can make the body over secrete fat storing hormones for the rest of the day. While better than nothing, protein based shakes have their limitations as well since they lack fiber and other critical elements only found in solid foods.

SIZE MATTERS

Reviewing thousands of diet journals each year, we are shocked to see how little some strength athletes eat at breakfast despite having a large amount of lean muscle and ambitious performance goals to support. The average person may eat dinner at 7 P.M., wake up at 6 A.M., eat a small breakfast or nothing at all before eating a large lunch around noon. One small meal to cover the 17 hour gap between dinner and lunch is not going to cut it! A lack of proper nutrients over this time period will support a highly catabolic environment. You cannot expect your body to fire on all cylinders mentally and physically with little fuel. One barrier to eating an adequate breakfast is a lack of time in the morning or appetite, but this will change as you gradually increase the amount of quality food choices consumed at breakfast. Within 7 to 14 days of starting a proper breakfast routine our clients begin to wake up with a greater appetite

FAT BURNING MEAL OF THE DAY



can put your body into a muscle wasting - fat storing condition. The scientifically engineered ratios of amino acids developed by Dr. Serrano based on years of research, hormonal blood profiles and patient trials turn on the Anabolic switch and can keep it activated all day if you play your cards right. This quick drink first thing when waking is a unique opportunity since the empty stomach conditions can help to support a high rate of utilization without any digestive interference from food. Ideally eat within 30 minutes of waking which provides plenty of time for the Aminos to be absorbed and this will have a dramatic impact on improving your energy levels, but if you must wait longer to eat the Amino Loading buys you a couple hours if needed before your system will turn to a catabolic status.

PUTTING IT ALL TOGETHER

Using a couple different protein sources at breakfast is helpful with body comp by providing a more diverse array of nutrients. Cooking with

organic butter is best especially if using high temperatures instead of cooking sprays have a high amount of trans fats which can screw up fat cell function. Avoid these sprays and other low fat cooking aids like the plague. Carb intake is activity dependant and may not be needed in significant quantities at breakfast unless you are training first thing in the morning. Dietary fiber from vegetable sources and certain fruits are very important for proper digestion.

MAXIMIZING THE FAT BURNING BENEFITS OF TRAINING FIRST THING IN THE MORNING

Trainees who workout first thing in the morning on an empty stomach are even more dependent on breakfast as this becomes the post workout meal as well. Eating right before training in the am can cause some digestive complications bringing on sluggishness or stomach upset pending the trainees individual needs. Amino Loading with 100% MR and Muscle Synthesis optimizes the body for exercise by

providing tons of raw materials to fuel muscles while forcing the body to use more stored fat as fuel during exercise. The sports drink consistency of the Amino Loading Combo goes down easy unlike thick protein shakes. Immediately following exercise take another wave of the 100% MR and Muscle Synthesis to accelerate the repair process while keeping catabolic hormones in check. Try to eat 30 minutes after the training session according to the example below. Those trying to gain lean body mass may want to increase both the size of the meal as well as the carb content making this into the largest meal and carbohydrate feeding of the day. Using the Alpha Omega essential fatty acid complex at this time helps to force more raw materials into muscles instead of fat cells through several pathways. «

Email scott@infinityfitness.com for the "Belly Fat Slashing" and "Physique Breakfast of Champions" special reports

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 -

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RESULTS

IPA NEW YORK STATE

AUG 7 2010 » Rochester, NY

BENCH	R. Satta	320
FEMALE	<i>Pro</i>	
<i>148 lbs.</i>	220 lbs.	
<i>Open</i>	<i>Open</i>	
R. West	D. Epolito	565*
MALE	<i>Submaster</i>	
<i>Am</i>	C. Hoplight	585*
123 lbs.	242 lbs.	
<i>Master (50-54)</i>	<i>Submaster</i>	
F. Bongiorno	M. Ferlito	525*
198 lbs.	SHW	
<i>Master (45-49)</i>	<i>Submaster</i>	
M. Becht	J. Miller	475*
220 lbs.	<i>Raw Am</i>	
<i>Master (45-49)</i>	181 lbs.	
D. Sterling	<i>Teen (18-19)</i>	
<i>Open</i>	T. Dunsmoor	315*
Oudovikine	DEADLIFT	
<i>Submaster</i>	<i>Raw Am</i>	
Oudovikine	181 lbs.	
242 lbs.	<i>Master (60-64)</i>	
<i>Master (50-54)</i>	B. Upholt	340*

Ironman

FEMALE

Am
148 lbs.
Police

E. Smith 145! 290* 435*
Pro
132 lbs.
Open

J. Faraone 355! 360* 715*
MALE
Pro
242 lbs.
Open

A. Newman 400 660* 1060
Raw Am
165 lbs.
Open

K. Sawyer 305 395 700
198 lbs.
Junior

M. Mann 290 435 725
Open
M. Mann 290* 435 725
Powerlifting

SQ **BP** **DL** **TOT**
FEMALE
Elite Am
165 lbs.
Open

B. Fineis 535* 355* 445! 1335!
Raw Am
97 lbs.
Open

K. Asenato 135! 105! 240! 480!
Raw Am



Extraordinary Strength – Janet Faraone, Rheta West, and Brooke Fineis-Curry at the IPA New York State event (Gene Rychlak Jr. photo)

198 lbs.
Open
A. Williams 205! 115* 250! 570*

MALE
Am
165 lbs.
Teen (16-17)

J. Johnson 550* 365! 445* 1360*
181 lbs.
Open

A. Deinhardt 425 280 510* 1215
198 lbs.
Master (45-49)

R. Heit 470* 325 450* 1245*
220 lbs.
Submaster

K. Dean 715* 445 565 1725
Pro
181 lbs.
Master (40-44)

VanAlstyne 720* 530* 600* 1850*
Open
M. House 525* 465 550 1540*

220 lbs.
Open
T. Corradino 620* 425 585* 1630*

J. Trunzo 500 225 510 1235
242 lbs.
Master (40-44)

G. Kiblin 700* 475* 565* 1740*
Open
M. Botticelli 765* 500* 585 1850*

MALE
Am
M. Botticelli 765* 500 585* 1850*

308 lbs.
Open
N. Harvey 850 700 710* 2260

SHW
Open
E. Jaskulski 800 635 665 2100*

Raw Am
132 lbs.
Teen (16-17)

C. Merkle 135* 115* 330! 580*
148 lbs.
Teen (14-15)

B. Morrison 190 150 275 615
165 lbs.
Open

A. Hollenbeck 515! 325* 635! 1475!
181 lbs.
Junior

K. Suffoletto 315* 230* 415* 960*
Master (50-54)
M. Hollenbeck 275* 195* 350* 820*

Open
A. Miller 445* 300 505 1250*
Open
Christopher 365 315 500 1180

Open
S. Spinosa 335 280 445 1060
Submaster
A. Rosario 425! 345* 575! 1345!

Teen (18-19)
J. DiMezza 430* 300 525! 1255!
198 lbs.
Junior

N. Sereni 350 250 450 1050
220 lbs.
Junior

P. Sawicki 430* 305* 515* 1250*
Junior
K. Nelson 335 230 465 1030

Master (45-49)
D. Stacey 450* 320* 405* 1175*
Master (55-59)
D. Tracy 245* 185* 315* 745*

Police
P. Ray 400! 375* 500! 1275!
275 lbs.
Police

M. Scala 450! 365! 550! 1365!
*IPA NY State Records. !=IPA World Records.

» courtesy Gene Rychlak, Jr.

WNPF MARYLAND PL

MAY 16 2010 » Baltimore, MD

BENCH
114 lbs.
(13-16) Raw

Lewis 85
181 lbs.
Open Raw

Ramsey 365
198 lbs.
(50-59) Raw

Lee 305
SHW
220 lbs.
(40-49) Raw

Mejias! 560
DEADLIFT
220 lbs.
Open

Shakarian! 565
Powerlifting
123 lbs.
(13-16) Raw

Camarca 230 115 235 580
220 lbs.
(13-16) Raw

Pepper 275 170 300 745
275 lbs.
Open Raw

Bush! 525 370 630 1525
Popp 350 200 350 900
SHW
(17-19) Raw

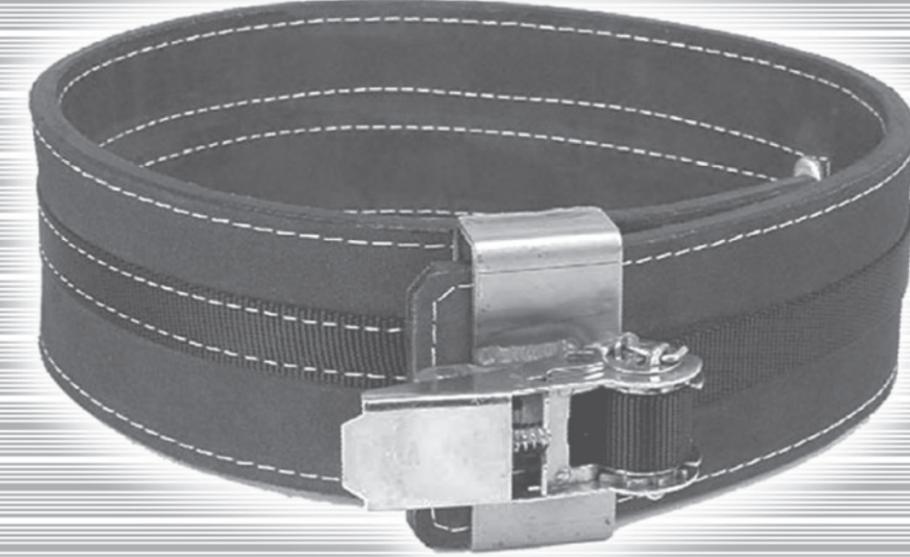
Everngam 405 225 450 1080
!=Best lifters. Team Champs: Hartford Barbell Club.

» courtesy WNPF

PR BELT

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!



HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the 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.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by 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 for assistance to get your belt tight.
- 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.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

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ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



Dave Scwab was Best Lifter at the Lexen Fall Classic (Dan Dague photo)

LEXEN FALL CLASSIC OCT 23 2010 » Hilliard, OH

Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
Raw				
S. Toalston	185	140	300	625
Submaster Raw				
Christensen	200	120	230	550
132 lbs.				
Raw Teen				
Y. Martinez	250	135	—	385
V. Bolben	—	115	—	115
148 lbs.				
Junior				
C. Barker	350	185	360	895
198 lbs.				
Raw				
J. Beckwith	—	140	390	530
Pro				
181 lbs.				
Master Open				
Anastassia	525	345	425	1295
4th-BP-360				
Open				
M. Henry	510	365	470	1345
198 lbs.				
Open				
L. Jaskiewicz	465	335	505	1305
MALE				
Am				
148 lbs.				
Junior				
R. Stover	540	365	495	1400
Open				
N. Fedor	350	235	375	960
Open/Teen				
J. Ford	260	165	260	685
Teen Open				
Vandermolen	440	165	400	1005
Open				
L. Dallas	240	220	335	795
181 lbs.				
Junior				
B. Scott	570	135	525	1230
Master				
S. Herrick	455	365	430	1245
Master Raw Open				
M. Strain	300	240	405	945
198 lbs.				
Open				
B. Viets	465	280	555	1300
J. Enright	450	295	455	1200
S. Umberger	—	—	625	625
Raw Master				
J. McNeill	—	250	—	250
Raw Teen				
B. Tunquist	405	235	525	1165
Teen				
H. Williams	500	315	525	1340
220 lbs.				
Open				
D. Thompson	1165	—	—	1165

J. Kolb	—	725	—	725
Master				
J. Pfeiffer	415	340	400	1155
P. Sengos	740	440	620	1800
Open				
J. Deutsch	565	455	565	1585
S. Pomeroy	515	350	520	1385
D. Massey	525	335	500	1360
Raw Teen				
J. Taylor	400	275	510	1185
Teen Open				
Underwood	660	365	510	1535
242 lbs.				
Master				
M. Majer	—	—	605	605
Open				
S. Diel	725	620	555	1900
Raw Open				
C. Sias	400	290	575	1265
Submaster				
S. Arnold	755	580	580	1915
275 lbs.				
Master				
L. Halter	780	415	560	1755
Open				
C. Rother	665	450	555	1670
A. Holmes	—	500	600	1100
J. Breda	635	—	—	635
308 lbs.				
Master				
C. Young	—	—	—	—
Raw				
J. Doran	—	435	—	435
SHW				
Master Open				
M. Woods	—	—	405	405
Pro				
198 lbs.				
Master Raw				
Zimmerman	—	265	—	265
4th-BP-270				
Open				
D. Thomas	615	365	500	1480
J. Russo	—	480	650	1130
220 lbs.				
Master				
J. Woodridge	500	315	465	1280
C. Dworek	—	585	—	585
Open				
J. Pacifico	860	565	655	2080
Augie	830	560	660	2050
J. Jones	800	525	615	1940
R. Messmer	525	465	500	1490
E. King	—	—	—	—
Raw				
P. Helber	525	325	550	1400
M. Foulk	365	275	425	1065
M. Whalen	—	335	500	835
Master				
J. Ford	625	335	540	1500
T. Nugent	285	315	—	600
G. Scott	—	605	—	605
Open				
M. Johnston	1000	450	750	2200
J. Wendler	650	405	705	1760
D. Wess	—	500	550	1050
275 lbs.				
Master				
S. Mount	1000	—	660	1660
D. Goble	—	—	—	—
Master Raw				
J. Smith	—	450	625	1075
Open				
Jerry O.	735	520	700	1955
M. Harris	675	525	710	1910
B. Billing	770	415	750	1935
Open Submaster				
R. Miller	—	650	—	650
308 lbs.				
Open				
D. Schwab	875	600	750	2225
SHW				
Open				
D. Thompson	1165	—	—	1165

Raw
D. Muncey 405 315 135 855
» courtesy Dan Dague

APF/AAPF ELITE CLUB QUALIFIER FEB 13 2010 » Kennesaw, GA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Masters				
165 lbs.				
S. Baldwin	573	369	473	1415
MALE				
Teen Raw				
242 lbs.				
H. Pooser	551	330	551	1431
Teen				
198 lbs.				
T. Baggett	347	171	352	870
Juniors				
132 lbs.				
S. Lovelace	325	226	314	864
Masters				
198 lbs.				
R. Baker	606	385	534	1525
T. Sisk	325	352	369	1046
242 lbs.				
R. Potts	683	55	600	1338
275 lbs.				
T. Bowman	749	—	—	749
Open				
181 lbs.				
C. Waldron	683	396	644	1723
308 lbs.				
I. Grove	903	584	716	2202

North Georgia Barbell took a blast from the past and promoted a small, APF sanctioned inter-club competition. This event was hosted at the newly remodeled NGBB training facility and provided the 10 lifters with top quality equipment (specialty SQ, BP and DL bars, Monolifts, Forza benches, etc) as well as three card holding APF judges and a fantastic atmosphere to lift heavy PR weights. The two primary objectives on this day were a) to provide a full power (no single lift competitors or events) lifting event for some of the clubs up and coming lifters and b) to allow any NGBB athlete a venue to post a qualifying total for the upcoming APF Senior Nationals in June. There was no entry fee and no awards or trophies which kept costs down for all involved in the current economic environment. Over all, the meet had a very diverse line-up of competitors, only 10 deep, but consisting of lightweights, heavyweights, teenagers, masters and even a female competitor. Sonji "Shorty" Baldwin, 42, has been an all-time top ranked female competitor at 165 for several years with a 400+ bench press to her credit and several squats over 500. Unfortunately, she hadn't really put all her talents together and the big PR total had eluded her until this day when she went 8 for 9 with a 1416 total. Awesome job, Shorty! The whole gym is proud. Speaking of proud, we also had huge performances by two of NGBB's youngest and fastest rising lifters. At age 16, Hunter Pooser, already a veteran of many powerlifting contests, picked up where he left off. This 235 pound powerhouse had only been 16 for a few days but lifted man sized weights with the aid of only a lifting belt; he totaled 1432 in 8 out of 9 successful attempts! Similarly, 14 year old Tyler Baggett dominated nearly every weight he touched on this day, breaking some AAPF American records along the way. Tyler's father, Glenn, is currently climbing the all-time rankings at 220 in the APF and his mother, Tracy, is also a top caliber lifter so his dominant presence on

the platform is no surprise! NGBB had a master's lineup of four of the best Jiffers in the sport today in their respective age and weight divisions. The youngest of the group, 52 year old Ronnie Baker, had big, balanced lifts capped off by a 534 deadlift to total 1526 at 198 just shy of his lifetime best. Next, veteran Georgia power lifter Richard Potts decided to step back on a competitive platform after a 15 year absence. Potts goes back to early '80s YMCA Nationals and has lifted along side such legends as Larry Pacifico and Mike Bridges. This battle scarred veteran took a token bench due to shoulder tendonitis but still rocketed a deep 682 squat in knee wraps only and pulled a steady 600 to finish off the meet. It was a real treat to see him lift. Tom Bowman, 54, has the physique of a top bodybuilder and is bull strong. Tom's greatest enemy on the platform is himself as he struggles to get comfortable with modern lifting suits and shirts. It's ironic how some of the seasoned lifters are so strong without the gear yet have trouble displaying it due to a desire to master the lifting apparel and lift in the modern equipped competitions. Tom squatted 749 without effort and missed 810 due to technical difficulties. He could probably squat 700x10 with wraps and a belt and he'll be untouchable when he finally learns the gear. Last, but certainly not least, is the ageless Tom Sisk. Tom is 73 with a solid "six-pack" and a garden hose-like vein in his biceps. He's become a force in the bench pressing arena in the last few years with a 300 lb. raw lift at 198 and a 337.5 equipped world record lift at 198 as well. Tom chose this club event to debut his talent in the other two disciplines and proved as dominant with his leg and back power as he is with his upper body. Dr. Sisk, a retired child psychologist, squatted a single attempt at 325 to conserve energy. He vaporized yet another bench record of 352 and had 363 shy of lockout by 1" on his left arm. Last., he showed he could deadlift with the best by pulling 3 out of 3 attempts and ending with an easy 369. In open men's powerlifting, Scott Lovelace traveled from Virginia to compete in his first full meet. His father, Bob Lovelace, has been rewriting the record books for years in nearly every major federation. Bob's list of state, national and world records takes two full pages to list, which is one achievement to be proud of. On this day, however, Bob was more proud of seeing his own son squat, bench and deadlift his own way into the record books than of anything he's done. Young Scott, a 23 year old Junior lifter, weighed in at 132 and set numerous state and national records. His drive and tenacity on the platform was unrivaled on this day and his final deadlift, a record 314 pounds, was fought to completion with such heart it was deemed the lift of the meet. Awesome job, Scott! W.C. Waldron is a fast rising force in the open men's powerlifting arena. He displays his body power in raw lifting events, like his recent outing at the 2010 Raw Unity Meet, as well as some equipped events, like this one. A student of both powerlifting and of strength, we is a lifter who trains intelligently with his mind yet allows his primal instincts to take over on the platform as he manhandles weights at a bodyweight of 175 lbs. that would be challenging for men 100 lbs. heavier. At this meet, we borrowed some hand me down suits and shirts so he could post a qualifying total for the upcoming APF Seniors. With no training in gear, we lifted his way to only a few pounds shy of a 10 times bodyweight total and pulled an impressive raw 644

dead lift. He should be a definite competitor in the June Chicago meet. The heaviest lifter in the meet was the owner of NGBB, Jon Grove. Jon weighed in at exactly 300. Jon, like we, hadn't spent much time getting used to his fitting apparel, but still had a fun meet while qualifying for Seniors. Jon went 5 for 8 attempts and totaled exactly 1000 kgs./2202 lbs. As seen above, this first ever APF/NGBB "club contest" was small but chock full of elite level talent at every age, weight and gender level. Everyone had a great time. Judging was on the mark and every lift was performed safely with excellent spotting and loading. I'd like to thank every individual who helped but it was a gym event and nearly everyone in the gym took part. Thank-you for making this a fun and memorable contest.
» courtesy Jon Grove

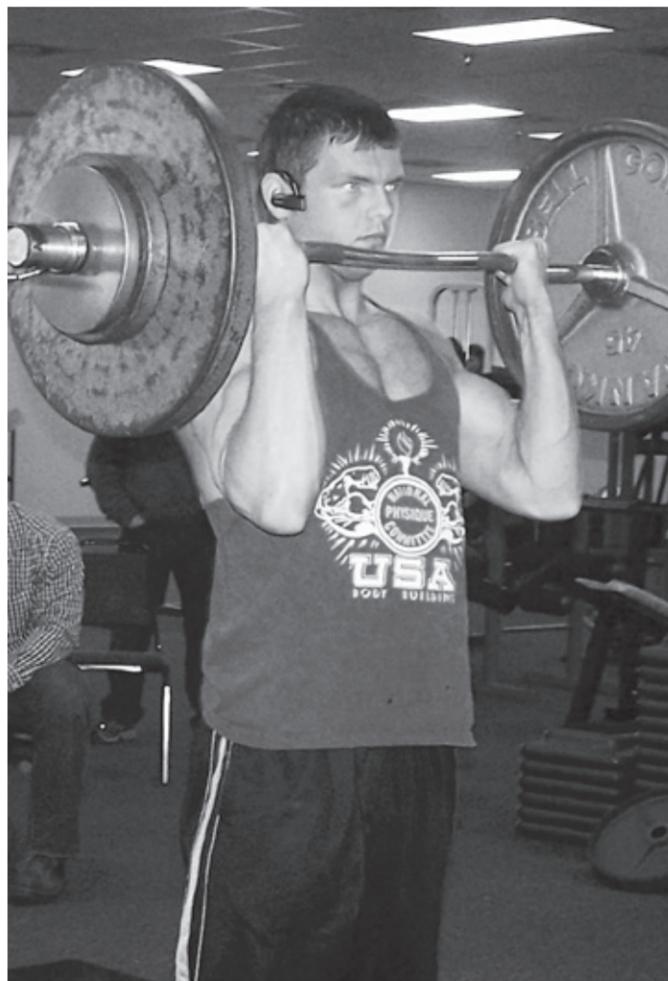
USAPL VMI CLASSIC DEC 4 2010 » Lexington, VA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
132 lbs.				
Open Raw				
S. Samad	209	143	226	578
Collegiate				
A. Camper	264	127	242	633
181 lbs.				
Equipped				
M. Elswick	402	187	314	903
MALE				
132 lbs.				
Collegiate				
C. Nelson	281	154	330	765
148 lbs.				
Collegiate Raw				
A. Bowers	352	253	451	1057
165 lbs.				
Open Raw				
O. Egekwu	402	259	501	1162
Collegiate				
A. Cregar	270	198	303	771
D. Waters	402	275	402	1079
181 lbs.				
Collegiate				
C. Gibson	358	248	451	1057
Master (65-69) Raw				
P. Miller	253	187	358	798
Collegiate				
B. McDonald	407	314	424	1145
P. Van Steyn	424	303	429	1156
Junior Open Raw				
L. Hishgman	462	325	473	1261
198 lbs.				
Collegiate				
M. Radi	424	297	413	1134
J. Kinder	402	259	424	1084
Collegiate Raw				
H. Brecht	352	259	363	974
Collegiate				
J. Rivas	—	—	528	528
Collegiate Raw				
C. Ek	—	336	—	336
220 lbs.				
Master (45-49) Raw				
T. Mitchell	418	303	424	1145
Collegiate				
B. Jardine	402	303	633	1338
Junior Open Raw				
B. Bostick	523	352	600	1475
Master (50-54) Raw				
D. Currence	573	380	633	1585
Collegiate				
B. Ashooh	501	413	473	1387
275 lbs.				
Master Raw				
B. Baisert	402	303	600	1305
SHW				
High School Raw				
C. Smith	418	297	325	1040

Open Raw
J. Shuman 501 369 600 1470
Raw
A. Minciro 451 347 534 1332
» courtesy Bill Meers & Jay Johnson

WNPF YOUTH NATS/ AMERICAN CUP MAR 27 2010 » Philadelphia, PA

BENCH	Toms!	225*
FEMALE		
148 lbs.		
Junior Raw		
Meade	90	385
181 lbs.		
Open Raw		
Kennard!	150*	250
MALE		
165 lbs.		
(40-49) Sp		
Raw		
(60-69) Raw		
McClelland	225	475
181 lbs.		
(50-59) Raw		
Catram		



Domenique Vigiano ties the SLP state record with 160 @ Jr./198 at the Ultimate Fitness Open (Dr. Darrell Latch photo)

trophy for the event. In the curl competition Dominique Vigiano tied the existing state record at junior 198 with 160, while Robert Stienkemeyer broke the state record at open 242 with 200. This represented a new personal best for Robert by twenty pounds. Dominique Vigiano also won the junior/198 class in the deadlift with 450. For the open classes, Steven Francis pulled just his opener of 620 for the win at 242, while Charles Taylor won at 275 with 585. Steven was awarded the best lifter trophy for the deadlift event. Thanks to Zach and his staff for doing a great job loading and spotting, setting up and tearing down the platform. And to everyone else who helped in any way. See you all again next year!
 » courtesy Dr. Darrell Latch

SPF FALL MADNESS PL/BP NOV 6 2010 » TX

BENCH	242 lbs.		
Raw	B. Bassman 350		
FEMALE	Multi-Ply		
181 lbs.	MALE		
K. Perez 275	220 lbs.		
MALE	J. Coker 805		
164 lbs.	<i>Masters (70-74)</i>		
P. Brewer 460	242 lbs.		
242 lbs.	B. Bassman 350		
C. Ricketts 365	DEADLIFT		
308 lbs.	Raw		
A. Davis 650	<i>Teens (16-17)</i>		
<i>Masters (45-49)</i>	165 lbs.		
242 lbs.	A. Collins 200		
T. Viola 395	<i>4th-215</i>		
<i>Single Ply</i>	Multi-Ply		
MALE	<i>Masters (60-64)</i>		
198 lbs.	308 lbs.		
C. Gharib 625	T. Ekenberg 630		
<i>Masters (50-54)</i>	STRICT CURLS		
198 lbs.	<i>Masters</i>		
T. Mata 350	198 lbs.		
<i>Masters (70-74)</i>	T. Mata 140		
BENCH Reps	Lbs.	Reps.	
308 lbs.			
A. Davis 300 33			
<i>Masters (50-54)</i>			
198 lbs.			
T. Mata 195 23			
Push Pull	BP	DL	TOT
FEMALE			
Raw			
<i>Juniors</i>			
242 lbs.			
S. Gonzalez 185 350 880			
MALE			
Raw			
<i>Masters (40-44)</i>			
165 lbs.			
R. Baca 205 455 660			
<i>Masters (55-59)</i>			
275 lbs.			
R. Duncan 525 530 1055			
<i>Multi-Ply</i>			
<i>Masters (60-64)</i>			
308 lbs.			
T. Ekenberg 445 630 1075			
Powerlifting	SQ	BP	DL
TOT			
D. Martinez 335 180 325 840			
M. Perez 320 135 235 690			
<i>Unlimited</i>			
<i>Open Raw</i>			
S. Gonzalez 330 180 335 845			
<i>Open</i>			
A. Riojas 340 155 300 795			
MALE			
<i>Open</i>			
S. Donegan 600 400 555 1555			
T. Wright 540 410 600 1550			
275 lbs.			
<i>Teen</i>			
A. Guerra 450 245 375 1070			
A. Torres 480 — — 480			

*=Son Light Power Missouri State Records. Best Lifter Bench: Charles Taylor. Best Lifter Deadlift: Steven Francis. The Son Light Power Ultimate Fitness Open Bench Press & Deadlift Championship was held at Ultimate Fitness in Kennett, Missouri. Thanks to Zach Parr for hosting this competition. In the raw bench press event first-time competitor April Hill broke the existing Missouri state record for the women's junior 220 class with a strong 185. Fannie Taylor, multi-state record holder from Tennessee, set the state mark at 55-59/148 with 180. Fannie will be sixty next year and is still going strong! For the novice men it was Solomon Whitchurch at 165, setting the state record there with 315. Gary Curry broke the state record at 198 with 350 while Danny Riston did it at 242 with 470! I teased Danny about being a "sandbagger", but this kid has some real potential! Great form as well! Newcomers Danny Watson and training partner Jeremy Downing both won their respective classes at police & fire, both setting new state records with 250! In the open division another first-timer, Brad Bullard, won with 335. We also had two assisted lifters, Justin Stratton, who won at open 181 with 385 and Charles Taylor, who took the open 275 class with 570. Charles was also awarded the best lifter

308 lbs.				
T. Dove 550 425 550 1475				
<i>Submasters</i>				
198 lbs.				
K. Kirkland 485 340 585 1410				
<i>Masters (45-49)</i>				
242 lbs.				
D. Haymaker 450 350 575 1375				
<i>Single Ply</i>				
<i>Masters (45-49)</i>				
242 lbs.				
B. Black 525 350 430 1305				
<i>Multi-Ply</i>				
<i>Teens (16-17)</i>				
198 lbs.				
J. Elich 425 370 400 1195				
<i>Juniors</i>				
275 lbs.				
M. Smith 705 515 650 1870				
<i>Open</i>				
220 lbs.				
A. Korenke 745 445 655 1845				
242 lbs.				
J. Brinkley 800 480 700 1980				
275 lbs.				
M. Swank 800 650 625 2075				
<i>Masters (45-49)</i>				
275 lbs.				
E. Bustillos 790 465 625 1880				
» courtesy Jesse Rodgers				

APA BORDER DUEL CHAMPIONSHIPS SEP 11 2010 » McAllen, TX

BENCH	J. Huerta 370		
FEMALE	242 lbs.		
198 lbs.	<i>Submaster Raw</i>		
<i>Master Raw</i>	C. Smith 360		
E. Flores 90	<i>Open</i>		
MALE	J. Ramirez 395		
148 lbs.	308 lbs.		
M. James 149	<i>Submaster Raw</i>		
<i>Open</i>	A. Mims 405		
132 lbs.	DEADLIFT		
M. Asp 331	<i>Unlimited</i>		
198 lbs.	<i>Teen</i>		
N. l'Anson 254	FEMALE		
<i>Master (40-44)</i>	97 lbs.		
198 lbs.	<i>Open</i>		
N. l'Anson 254	E. Guerra 220 100 235 555		
<i>Master (40-44)</i>	105 lbs.		
MALE	<i>Open</i>		
<i>Junior (13-15) Raw</i>	S. Cruz 210 110 235 555		
165 lbs.	G. Gonzales 155 60 185 400		
Z. Smith 132	114 lbs.		
181 lbs.	<i>Open</i>		
S. Nejad —	C. Herera 230 110 280 620		
<i>Junior (18-19) Raw</i>	F. Sanchez 165 70 185 420		
181 lbs.	<i>Open</i>		
S. McCray 265	A. Perez 220 — — 220		
<i>Junior (16-17) Raw</i>	148 lbs.		
198 lbs.	<i>Submaster Raw</i>		
B. Moores 243	C. Alvarado 250 120 255 625		
<i>Open Raw</i>	<i>Open</i>		
148 lbs.	C. Tristen 225 110 240 575		
Desenganio 276	181 lbs.		
198 lbs.	<i>Open</i>		
J. Santos 353	D. Martinez 335 180 325 840		
242 lbs.	M. Perez 320 135 235 690		
A. Manso 276	<i>Unlimited</i>		
275 lbs.	<i>Open Raw</i>		
G. Dupas 380	S. Gonzalez 330 180 335 845		
<i>Submaster Raw</i>	<i>Open</i>		
165 lbs.	A. Riojas 340 155 300 795		
M. Reep 369	MALE		
<i>Master (40-44) Raw</i>	165 lbs.		
165 lbs.	A. Guerra 450 245 375 1070		
F. Santos —	A. Torres 480 — — 480		
242 lbs.			
J. Smith 441			
<i>Master (60-64) Raw</i>			
181 lbs.			
L. Liberio 292			
242 lbs.			
W. White 424			
<i>Junior (18-19) Raw</i>			
A. Manso 276			

181 lbs.				
<i>Junior Raw</i>				
R. Achoa 435 280 475 1190				
308 lbs.				
E. Canales 335 240 335 910				
<i>Teen</i>				
198 lbs.				
<i>Submaster</i>				
J. Montez 480 425 505 1410				
<i>Open Raw</i>				
A. Dixon 405 240 465 1110				
<i>Open</i>				
J. Saldana 655 — — 655				
242 lbs.				
J. Pillado 830 580 725 2135				
<i>Master Raw</i>				
J. Sullivan 555 — — 555				
<i>Master</i>				
H. Molina 475 — — 475				
308 lbs.				
<i>Junior</i>				
S. Cornell 680 450 425 1555				
<i>Open Raw</i>				
J. Veliz 600 360 560 1520				
SHW				
<i>Open</i>				
K. Morrison 530 315 500 1345				
» courtesy Scott Taylor				

USPA CAMP PENDELTON OPEN DEC 11 2010 » Camp Pendleton, CA

BENCH	<i>Single Ply</i>			
FEMALE	<i>Junior (20-23)</i>			
<i>Open Raw</i>	275 lbs.			
D. Douglas 661	<i>Open</i>			
M. Balina 116	181 lbs.			
<i>Single Ply</i>	R. Garcia 386			
<i>Junior (13-15)</i>	C. Rivas 380			
148 lbs.	198 lbs.			
M. James 149	D. Taylor 375			
<i>Open</i>	275 lbs.			
132 lbs.	D. Douglas 661			
M. Asp 331	A. Aerts 468			
198 lbs.	308+ lbs.			
N. l'Anson 254	R. Lopez —			
<i>Master (40-44)</i>	<i>Submaster</i>			
198 lbs.	308+ lbs.			
N. l'Anson 254	R. Lopez —			
<i>Master (40-44)</i>	<i>Master (45-49)</i>			
MALE	165 lbs.			
<i>Junior (13-15) Raw</i>	M. Laurel 320			
165 lbs.	181 lbs.			
Z. Smith 132	C. Rivas 380			
181 lbs.	<i>Master (50-54)</i>			
S. Nejad —	D. Taylor 375			
<i>Junior (16-17) Raw</i>	275 lbs.			
198 lbs.	A. Aerts 468			
B. Moores 243	<i>Master (60-64)</i>			
<i>Open Raw</i>	308 lbs.			
148 lbs.	<i>Moormeister</i>			
Desenganio 276	518			
198 lbs.	DEADLIFT			
J. Santos 353	<i>Single Ply</i>			
242 lbs.	<i>Junior (13-15)</i>			
A. Manso 276	148 lbs.			
275 lbs.	M. James 287			
G. Dupas 380	<i>Open</i>			
<i>Submaster Raw</i>	198 lbs.			
165 lbs.	N. l'Anson 364			
M. Reep 369	<i>Master (40-44)</i>			
<i>Master (40-44) Raw</i>	198 lbs.			
165 lbs.	N. l'Anson 364			
F. Santos —	MALE			
242 lbs.	<i>Junior (13-15) Raw</i>			
J. Smith 441	165 lbs.			
<i>Master (60-64) Raw</i>	Z. Smith 259			
181 lbs.	<i>Junior (16-17) Raw</i>			
L. Liberio 292	220 lbs.			
242 lbs.	W. White 424			
W. White 424	<i>Junior (18-19) Raw</i>			
A. Manso 276				

165 lbs.	J. Schoof 463			
<i>Junior (20-23) Raw</i>				
308 lbs.	K. Kjellby 590			
<i>Open Raw</i>	J. Stover 568			
198 lbs.	J. Mendoza 397			
<i>Master (45-49) Raw</i>				
220 lbs.	J. Dean 502			
J. Stover 568	<i>Master (40-44) Raw</i>			
242 lbs.	J. Smith 463			
R. Garcia 535	275 lbs.			
<i>Single Ply</i>	R. Garcia 535			
<i>Junior (20-23)</i>	198 lbs.			
Push Pull	J. Dorsten 595			
FEMALE				
<i>Single Ply</i>				
<i>Open</i>				
165 lbs.				
B. Heriford				
198 lbs.				
N. l'Anson				
<i>Master (55-59)</i>				
165 lbs.				
B. Heriford				
198 lbs.				
N. l'Anson				
<i>Master (40-44)</i>				
198 lbs.				
N. l'Anson				
<i>Master (40-44)</i>				
MALE</				

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.

5 FEB » USA Raw BP Federation Spring Nationals and SLP Illinois Open BP/DL Classic (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
5 FEB » USAPL Minnesota State Open (Elk River, MN) » James Cahill, 763.784.2521, www.usapowerlifting.com
5 FEB » USAPL ID Open & State HS Championships (Nampa, ID) » Steve Rayborn, 208.850.9766, www.usapowerlifting.com
5 FEB » 10th Annual IBP Regional Push Pull Championships (Statesville, NC) » Keith Payne, keith@ironboypowerlifting.com, www.ironboypowerlifting.com
5 FEB » NASA Arizona State Mike Morris Memorial (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com
6 FEB » APA Southeast Coast Raw Championships (PL/BP/DL/PP) (Arcadia, FL) » 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 FEB » APF Southern Steel Barbell Meet (TN) » Paul Key, paulkey@gmail.com, www.worldpowerliftingcongress.com
12 FEB » West Virginia High School BP/DL State Championships (South Charleston, WV) at South Charleston High School » John Messinger, 304.744.2475 or 304.766.0352
12 FEB » USPA NW Spring Powerlifting Open (Raw & Single-ply) (Portland, OR) » Ben Brizendine, ben@havemoxie.com, www.uspla.org
12 FEB » SLP Brickyard Open BP/DL Championship (Milwauke, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
12 FEB » SSA CandyAzz Classic (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com
12 FEB » NASA Missouri State (Equipped/Unequipped, PL/BP/PS/PP) (Joplin, MO) » www.nasa-sports.com
12 FEB » ADFPF 3rd Annual Cabin Fever Challenge (Rockland, MA) at the Holiday Inn » bigironpowerlifting@comcast.net, 781.294.4201, www.bigironpowerlifting.com, www.adfpf.org
12 FEB » WABDL National Collegiate BP/DL Championships (Houston, TX) at the University of Houston » Dr. John Hudson, 713.223.7902, 217.377.4640, HUDSONJ@UHD.EDU, www.wabdlcollegiate.info
12 FEB » 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 » SPF Alabama State PL/BP Championship (Arab, AL) » Jesse Rodgers,

rogersmadmax@bellsouth.net, www.southernpowerlifting.com
19 FEB » APF/AAPF Orlando Barbell Florida State Championships (Orlando, FL) » Brian Schwab, lightweightpower@aol.com, www.worldpowerliftingcongress.com
19 FEB » APA Fair Haven Fitness Winter Classic (Full Power/Ironman/BP/DL/Bodyweight for Reps) (Fair Haven, VT) at Fair Haven Fitness » Jamie, 802.265.3470, www.apa-wpa.com
19 FEB » WABDL Texas State BP/DL Championships (Kingwood, TX) at Monster Gym » Tiny Meeker, 832.423.7662, pmtiny705@aol.com, www.wabdl.org
19 FEB » USAPL CA State PL/BP Championships (Santa Clarita, CA) » Adam Johnson, 701.610.1205, www.usapowerlifting.com
19 FEB » USAPL California State PL/BP Championships (Santa Clarita, CA) » ajohnson@velocitysp.com, 701.610.1205, www.usapl-ca.org
19 FEB » SPF Longhorn Classic PL/PP/BP/DL (Plano, TX) at the Holiday Inn Express » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
19 FEB » PRPA Louisiana Open Raw PL Championships (Clash for Cash Qualifier) (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com
19 FEB » APC Illinois State and Midwest Open PL/BP Championships (Raw & Equipped, APC National Qualifier) (East Peoria, IL) » Stephen Parkhurst, 309.657.0963, parkhurst111@hotmail.com, www.americanpowerliftingcommittee.com
19 FEB » ADAU Raw Power Emmanuel Championships (Johnstown, PA) » Jim Alicardi, 814.241.3052, paworkout@aol.com, www.adaurawpower.com
19 FEB » WNPf All Raw World Tournament of Champions (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
19 FEB » USAPL Valley of the Sun Classic Push/Pull (Scottsdale, AZ) at Bishop Training Facility » Rich Wenner, rich@usaplaz.com, PO Box 2862, Tempe, AZ 85280, www.usapowerlifting.com
19 FEB » SLP Bluegrass Open BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
19 FEB » USPA 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, www.uspla.org
19 FEB » 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, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
19-20 FEB » USPA Raw Men's & Women's Master's National Championships (Port St. Lucie, FL) at the Civic Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org
20 FEB » WNPf All Raw World Tournament of Champions (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
20 FEB » APF/AAPF 2nd Annual Ohio Cup (West Lafayette, OH) » John Blackstone & Dave Clement, 740.502.4964, dac6932@yahoo.com, www.worldpowerliftingcongress.com
25-26 FEB » USAPL AL State PL/BP Championships (Gulf Shores, AL) » Daryl Haskew, 251.928.6987, www.usapowerlifting.com
26 FEB » USAPL Albany Strength PL Championships (Albany, NY) » John Payette, 518.443.1703, www.usapowerlifting.com
26 FEB » SPF Ozark Mountain Classic PL/PP/BP/DL (Branson, MO) at Anytime Fitness » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
26 FEB » WNPf All Raw World Tournament of Champions (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
26 FEB » SLP Arkansas State Open BP/DL/Curl Championship (Benton, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
26 FEB » NASA East Texas State (Equipped/Unequipped, PL/BP/PS/PP) (Tyler, TX) » www.nasa-sports.com
26 FEB » USAPL Aggie Showdown (Texas A&M, TX) » Kayla James, 254.223.2991, www.usapowerlifting.com
26 FEB » APA Bench Press Nationals » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alacqua-pits@netzero.net, www.apa-wpa.com
26 FEB » USAPL Virginia Open PL/BP/DL/Ironman (Raw & Assisted) (Zion Crossroads, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
26-27 FEB » USPA West Coast Open (Raw/Single-ply/Multi-ply) (Concord, CA) » Steve Denison, steve@uspla.org, www.uspla.org
27 FEB » WPF Welsh Open Championships (PL/BP/DL) (Morrison, Swansea, Wales) at the Old Barn Inn & Restaurant » Ken Williams, +07970 625946, www.wfpowerlifting.com
27 FEB » 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.usfpowerlifting.com
27 FEB » SLP Ultimate Fitness Open BP/DL/Curl Championship (Kennett, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
3-6 MAR » Arnold Sports Festival (Columbus, OH) » Matt Lorz, 614.443.1877, mattlorz@rrcol.com, www.arnoldsportsfestival.com
4-6 MAR » 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
4-5 MAR » UPA Iowa & Midwest PL Championship (Dubuque, IA) at the Grand River Center » Bill Carpenter, 563.599.1390, bcarpenter@upapower.com, www.upapower.com
5 MAR » IBP Northeastern Carolina Bench Clash (Warrenton, NC) » Keith Payne, keith@ironboypowerlifting.com, www.ironboypowerlifting.com
5 MAR » NASA Colorado State (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com
5-6 MAR » USAPL WA State Championships (Olympia, WA) » Richard Schuller, 206.280.8122, www.usapowerlifting.com
5-6 MAR » SPF Ironman Classic PL/BP (Pro/Am type meet) (Knoxville, TN) at the Days Inn » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
6 MAR » WPF England Open Championships (PL/BP/DL) (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, +07779 322717, www.wfpowerlifting.com
11-12 MAR » USAPL WI High School State Championships (Eau Claire, WI) » Joel Hornby, 715.852.6763, www.usapowerlifting.com
11-12 MAR » USAPL South Dakota BP/PL Championships (Rapid City, SD) » Nicole Craig, 605.390.8288, www.usapowerlifting.com
11-12 MAR » WABDL Nevada State BP/DL Championships (Special Event: Police vs. Fire Dept. team competition) (Pahrump, NV) at the Pahrump Nugget Hotel & Casino » Gary J. Miller, 775.209.4916, www.wabdl.org
12 MAR » APF/AAPF Bulldog BP/DL (Dillon, MT) » Phil Turner, 406.683.4663, www.worldpowerliftingcongress.com
12 MAR » NASA Georgia State (Cartersville, GA) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
12 MAR » USPA California State Multi-ply BP & Bakersfield Biggest Bench (Raw/Single-ply) (Bakersfield, CA) » Edward Dudley-Robey, doctorbench@aol.com, www.uspla.org
12 MAR » USPA Midwest Regional Championship (PL/BP/DL) (West Plains, MO) » Jay Shelton, jayshelton74@yahoo.com, www.uspla.org
12 MAR » USPA Raw Mid-Atlantic Open (Raw) (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org
12 MAR » Drug Free Single Event Canadian Championships (Equipped, Unequipped, Raw) (Taber, Alberta, Canada) » Randy Sparks, 403.223.2479, rsparks@telusplanet.net
12 MAR » Beast of the Northeast BP/DL Ironman (Warren, PA) » Carl Seeker, 814.706.2321, seeker4@verizon.net
12 MAR » SPF Brute Strength Gym Shamrock PL/BP Meet (Raw/Multi-ply; PL/PP/BP) (Norfolk, VA) » Stella Krupinski, 757.893.9111, brando_waterfront@yahoo.com, www.brutestrengthgym.net, www.southernpowerlifting.com
12 MAR » WNPf 8th Tennessee State Championships (Cleveland, TN) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
12 MAR » SLP Iron House Open BP/DL Championship (St. John's, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
12 MAR » AAPF 15th Annual Frank Kostyo Memorial Powerlifting Championship (Lakeland, FL) at All American Gym » Ken Snell, 863.687.6268, www.allamericangym.com, www.worldpowerliftingcongress.com
12 MAR » NASA Georgia Open & High School State (Equipped & Unequipped PL/BP/PP/PS) (Dalton, GA) » www.nasa-sports.com
12 MAR » Walker's Gym Bench Press Classic (Raw, Open, All Weight Classes) (Hopewell, VA) » Walker's Gym, 220 E. Broadway, 804.458.7918
13 MAR » New Jersey Drug Free High School Championships (High School Only) (Hammonton, NJ) » Coach Paul Sacco, 609.567.0846
13 MAR » SLP 7th Street Gym Open BP/DL Championship (Clinton, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
19 MAR » APF/AAPF Garth Heckman Benefit Meet (Apple Valley, MN) » Scott Nuter, 952.215.2588, bigcat@hotmail.com, www.worldpowerliftingcongress.com
19 MAR » 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

19 MAR » NASA Tennessee State (Equipped/Unequipped, PL/BP/PS/PP/Counts) (Pickwick or Savannah, TN) » www.nasa-sports.com
19 MAR » SLP Indiana Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
19 MAR » Elite PL Spring Break Bash Pull/Power & Single BP/DL/PP (Peabody, MA) at Gym Warriors » Paul D., 978.766.6280, xxtralargemuscle@aol.com, www.elitepowerlifting.com
19-20 MAR » APF/AAPF Illinois State Championships (Dekalb, IL) » Dick Zenze and Bruce McCord, maswldchamp@yahoo.com, www.worldpowerliftingcongress.com
20 MAR » Exile Barbell Association "No Bullsh*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead's Gym » Mike Wolfe, 419.953.9009, exilebarbell@yahoo.com
20 MAR » WNPf Youth-Teen-Junior-Subs-Masters Nationals & American Open (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net
26 MAR » USPF 36th Annual West Virginia State PL Championships (PL/BP/SQ/DL) (South Charleston, WV) at South Charleston High School » John Messinger,

APF/AAPF/WPC Schedule

12 FEB, APF Southern Steel Barbell Meet
19 FEB, APF/AAPF Orlando Barbell FL State Champs
20 FEB, APF/AAPF 2nd Annual Ohio Cup
12 MAR, 15th Annual AAPF Frank Kostyo Meet
12 MAR, APF/AAPF Bulldog BP/DL
19 MAR, APF/AAPF Garth Heckman Benefit Meet
19-20 MAR, APF/AAPF Illinois State Meet
MAR, APF/AAPF Michigan State Meet
1-3 APR, APF/AAPF Raw Nationals & AAPF Nats
2 APR, APF/AAPF California State Championships
16 APR, APF/AAPF Texas Classic
29-30 APR, APF Raw Nationals & APF Single Ply Nats
14-15 MAY, APF Master/Teen/Jr. Nationals
21 MAY, APF/AAPF 3rd Annual Carolina Classic PP
MAY, APF/AAPF Washington State Championships
11-12 JUN, APF Senior Nationals
25-26 JUN, APF/AAPF Chicago Summer Bash 8
JUN, WPC European Championships
20 AUG, APF/AAPF Summer Bash
AUG, APF Kalamazoo Carnage Meet
1-4 SEP, AWPC Worlds (Equipped & Raw)
10 SEP, AAPF Summer Heat VII
OCT, APF Wolverine Open
OCT, APF/AAPF Rise of the DL, Beast of the BP
NOV, WPC World Championships (Equipped & Raw)
10 DEC, APF Holiday Festival of Strength
DEC, APF/AAPF Illinois Raw Power Challenge
DEC, APF/AAPF Alabama State Meet
DEC, APF/AAPF Invitational
AUG/SEP 2012, AWPC World Championships
NOV 2012, WPC World Championships

Dates subject to change
 Call 866.389.4744 for more information
 or go to our website:
www.worldpowerliftingcongress.com

Orange County Powerlifters Presents

2011 Orange County Powerlifting Bench Press Ironman Championship

Saturday May 21st 2011

Contact: Frank Panaro (845)778-1884 ocpowerlifters@gmail.com

Pine Bush Firehouse State Route 52 Pine Bush NY 12566

www.ocpowerlifters.com

COMING EVENTS »

304.744.2475 or 304.766.0352, www.uspf.net

26 MAR » USAPL Kansas Heavy Metal Open (Hoisington, KS) » Wayne D. Herl, 785.639.1390, www.usapowerlifting.com
26 MAR » ADFPF “Unequipped” Dumbarton “The Pit” Bench & Deadlift (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net
26 MAR » USPC Dumbarton “The Pit” Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net
26 MAR » USAPL Alaska State PK Championships (Anchorage, AK) » Ron Burnett, 907.345.7996, www.usapowerlifting.com
26 MAR » Drug Free Midwest Open BP/DL/Curl Championships (Freeport, IL) at Fitness Lifestyles » Duane, 815.233.2292, duanefit4life@aol.com
26 MAR » SPF Arkansas State PL/PP/BP/DL (Russellville, AR) at Back2Basics Gym » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
26 MAR » SLP Body Shop Fitness Open BP/DL/Curl Championship (Mt. Juliet, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
26 MAR » NASA Kansas State (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com
26 MAR » 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 Eldridge, brock5851@aol.com, www.coldirongym.com
26 MAR » USPA California State PL Championship (Full Power; Raw/Single-Ply) (Rancho Cucamonga, CA) » Steve Denison, steve@uspla.org, www.uspla.org
26-27 MAR » USPA Raw Beau Moore Classic (Raw) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org
26-28 MAR » USAPL High School Nationals (Corpus Christi, TX) » Hector Munoz, 361.813.9691, www.usapowerlifting.com
27 MAR » USPA California State BP/DL Championship (Raw/Single-Ply) (Rancho Cucamonga, CA) » Steve Denison, steve@uspla.org, www.uspla.org
MAR » APF/AAPF Michigan State Meet (MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com
MAR » Elite PL March Madness BP/Raw BP (Meredith, NH) at The Fitness Edge » Bill, 603.762.3990, www.elitepowerlifting.com
1-3 APR » USAPL Collegiate National Championships (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiates.purepowerlifting.com
1-3 APR » APF/AAPF Raw Nationals & AAPF Nationals (West Palm Beach, FL) » Kieran Kidder & Amy Jackson, 630.896.7309, amy@jackson@aol.com, www.worldpowerliftingcongress.com
2 APR » SLP Teenage Nationals & Ohio Open BP/DL (Mansfield, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
2 APR » 21st Annual Weightlifting Unlimate BP (Winchester, VA) at the Eagles Club » Bud, 540.533.7479, Randy, 304.283.6059, mugbench650@yahoo.com
2 APR » ADAU Great Lakes Powerlifting Championships (Erie, PA) » Joe Orenzia, 814.833.3727, joesymerie@live.com, www.adaurawpower.com
2 APR » Raw & Drug Free Single Lift (SQ/BP/DL) Championships (Erie, PA) » Joe Orenzia, 814.833.3727, joesymerie@live.com, www.adaurawpower.com
2 APR » SPF Georgia State PL/PP/BP/DL (Peachtree City, GA) at Explosive Mechanics » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
2 APR » Elite PL Record Breakers BP/PP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com
2 APR » MHP’s Kings of the Bench V & Clash of the Titans IV at the Ronnie Coleman Classic Expo (Wraps & Belts Only, Cash Prizes) (Mesquite, TX) » Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com

2-3 APR » AAU 2nd Annual Nevada State and Southwest Regional Championships (meet capped at 100 lifters, Qualifier for the AAU Nationals & Worlds) (Las Vegas, NV) at the Imperial Palace Hotel/Casino » Team Natural Power Las Vegas, naturalpowerlasvegas@yahoo.com, www.aausports.org
2-3 APR » NASA High School Nationals (Equipped/Unequipped, PL/BP/PS/Power Press) (Oklahoma City, OK) » www.nasa-sports.com
3 APR » 12th Pittsburgh Monster BP/DL Meet (Men, Women, All Classes, Cash Prizes) (Pittsburgh, PA) at the PA Airport Crowne Plaza » Mike Barravecchio, 152 Dover Dr., Moontownship, PA 15108, 412.264.9996, vecks4@verizon.net
8-10 APR » USAPL Collegiate Nationals (Scranton, PA) » www.purepowerlifting.com, www.usapowerlifting.com
9 APR » SPF North Myrtle Beach Classic PL/PP/BP/DL (N. Myrtle Beach, SC) at the North Myrtle Beach Aquatic and Fitness Center » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
9 APR » SPF Quest for Ultimate Glory PL/PP/BP/DL (Lynnwood, WA) at Local’s Gym » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
9 APR » APC Georgia State Open PL/BP Championships (National Qualifier, Raw & Equipped) (Athens, GA) at the Holiday Inn Express » L.B. Baker, 770.713.3080, irondawgpwr@yahoo.com, www.americanpowerliftingcommittee.com
9 APR » SLP National Raw BP/DL Championship (Sallisaw, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
9 APR » USPF 47th Annual Oklahoma State Meet (PL/BP/DL) (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv
9 APR » NASA Ohio State (Equipped/Unequipped, PL/BP/PS/PP) (Springfield, OH) » www.nasa-sports.com
9 APR » USPA Hawaii State PL Championship (PL/BP/DL; Raw/Single-ply) (Honolulu, HI) » Ata Edralin, nalomightymouse@yahoo.com, www.uspla.org
9 APR » APF Full Power Championships (Lindenhurst, NY) at All Natural Gym » Shawna Mendelson, smendelson2010@hotmail.com, 516.993.6378, www.worldpowerliftingcongress.com
10 APR » Northern Virginia Raw PL Meet (Centreville, VA) at Bull Run Regional Park Shelter #2 » John James, 703.475.9885, www.nothernvirginiarawpower.com
10 APR » USPA Florida State (Port St. Lucie, FL) at the Port St. Lucie Civic Center » Brian D. Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org
10 APR » WNPf 23rd BP/DL/PC/SQ Nationals & 600 lb. DL Challenge for Cash (Open to any drug-free lifter that can DL 600+ lb.) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
16 APR » SPF Carolina Classic PL/PP/BP/DL (Ashville, NC) at Biltmore Fitness » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
16 APR » WNPf Florida State & Raw National Championships (Merritt Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
16 APR » WABDL Northeast Regional BP/DL Championship (West Portland, ME) at the Holiday Inn » Al Stork, 207.223.5945, www.wabdl.org
16 APR » USAPL Richmond Open (Mechanicsville, VA) » Tricia and Gary Emrich, 804.605.5135, vastatechair@usaplvirginia.com, www.usaplvirginia.com
16 APR » SLP Wisconsin State BP/DL Championship (Delevan, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
16 APR » WABDL FL State Bench Press and Deadlift Competition (Lakeland, FL) at All American Gym » Ken Snell, 863.687.6268, www.allamericangym.com
16 APR » WABDL National High School BP/DL Championships (Houston, TX) at the University of Houston » Dr. John Hudson, 713.223.7902, 217.377.4640, hudsonj@uhd.edu, www.wabdlcollegiate.info
16 APR » APF/AAPF Texas Classic (Austin, TX) » Greg & Heather Tillinghast, 940.783.1468, aptexas@yahoo.com, www.worldpowerliftingcongress.com
16 APR » APA Raw National Championships » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaqu-pits@netzero.net, www.aparwnationals.webs.com
16 APR » NASA Iowa State (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com
16 APR » USAPL Richmond Open (Mechanicsville, VA) » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com
16-17 APR » WPF British Championships & International Open Championships (PL/BP/DL) (Bath, Somerset, UK) at the University of Bath » Greg Ashford, +07540 997411, www.wfpowerlifting.com
16-17 APR » UPA PL/BP National Championship (Sandwich, IL) at Best Western Timber Creek Inn and Suites Convention Center » Byron Hicks, 630.913.4491, www.upapower.com
23 APR » USAPL Arizona Open PL Championships (Peoria, AZ) at Mass Power Barbell Club » Rich Wenner, PO Box 2862, Tempe, AZ 85280, Mass Barbell, 623.825.7818, masspowerbarbellclub@gmail.com, www.usapowerlifting.com

23 APR » SPF Guerrilla Squad Barbell Classic PL/PP/BP/DL (Richmond, KY) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
23 APR » SLP National BP/DL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
23 APR » Girls Inc. of Omaha Open Push/Pull (Women Only) (Raw & Equipped) (BP/PL/PP) (Omaha, NE) » Emily Mwaja, 402.457.4676, emwaja@girlsincomaha.org, www.girlsincomaha.org
23 APR » USAPL Nebraska State Championship (Lincoln, NE) » Bill Sindelar, 402.986.1784, www.usapl.com
23 APR » NASA Oklahoma State (Equipped/Unequipped, PL/BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com
28 APR - 1 MAY » USAPL Men’s Master Nationals (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com
29-30 APR » APF Raw Nationals & APF Single Ply Nationals (Orlando, FL) » Kieran Kidder & Amy Jackson, 630.896.7309, amy@jackson@aol.com, www.worldpowerliftingcongress.com
30 APR » WNPf Georgia State Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
30 APR » SLP Southwest Missouri Open BP/DL Championship (Branson, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
30 APR » SSA Imperium (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com
30 APR » NASA New Mexico State (Equipped/Unequipped, PL/BP/PS/PP) (Gallup, NM) » www.nasa-sports.com
30 APR » USPA Las Vegas Open (PL/BP/DL; Raw/Single-ply) (Las Vegas, NV) » Steve Denison, steve@uspla.org, www.uspla.org
APR » WNPf Upstate New York Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
1 MAY » WNPf Southeastern Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net
7 MAY » ADAU Raw Power 32nd Annual Power Day Classic (BP/DL; Open divisions) (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitul.com, www.adaurawpower.com
7 MAY » SPF Mayfest PL/PP/BP/DL (Atmore, AL) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
7 MAY » IBP NC State Youth/Teen PL Championships (Statesville, NC) » Keith Payne, keith@ironboypowerlifting.com, www.ironboypowerlifting.com
7 MAY » Lifetime Natural Powerlifting Nationals (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
7 MAY » NASA Tom Manno Western State Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com
14 MAY » WABDL Southern Regional BP/DL Championships (Kingwood, TX) at Monster Gym » Tiny Meeker, 832.423.7662, pmtiny705@aol.com, www.wabdl.org
14 MAY » WNPf Western PA Championships (Beaver Falls, PA) » Ron Deamicis, powerl103@aol.com, 330.792.6670, www.wnpf.net
14 MAY » WNPf (APF Pro Wrist Straps) Maryland State Championships (Baltimore, MD) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
14 MAY » PRPA RAW504 Invitational (Clash for Cash Qualifier) (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com
14 MAY » IPA Maryland BP Championships (Westminster, MD) at the Westminster Family Center, 11 Longwell Ave. » Scott Bixler, 443.789.9452, www.ipapower.com
14 MAY » NASA South Texas State (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com
14 MAY » SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
14-15 MAY » APF Master/Teen/Jr. Nationals (TX) » Greg & Heather Tillinghast, 940.783.1468, aptexas@yahoo.com, www.worldpowerliftingcongress.com
15 MAY » WNPf North American Championships (Richmond or Virginia Beach, VA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
20-22 MAY » USAPL Women’s Nationals (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com
21 MAY » Ford’s Gym Backyard BP/DL Competition (Madison, WI) at Ford’s Gym Warehouse » Ford Sheridan, ford@fordsgym.com, www.fordsgym.com
21 MAY » APF/AAPF 3rd Annual Carolina Classic Push/Pull (Cramerton, NC) » Eric Hubbs, nettin_fish@msn.com, www.worldpowerliftingcongress.com
21 MAY » Elite PL Out of School Siam Full Power & Single BP/DL/PP (Peabody, MA) at Gym Warriors » Paul. D., 978.766.6280, xxtralgemuscle@aol.com, www.elitepowerlifting.com

UPCOMING SLP COMPETITIONS

5 FEB, USA “Raw” BP Federation Spring Nationals & SLP Illinois Open BP/DL Classic (Tuscola, IL)

12 FEB, SLP Brickyard Open BP/DL (Milwaulkee, WI)

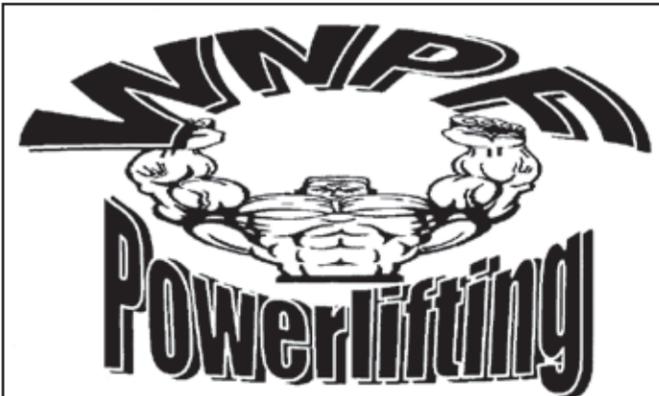
19 FEB, SLP Bluegrass Open BP/DL (Louisville, KY)

26 FEB, SLP Arkansas State Open (Benton, AR)

Son Light Power
122 W. Sale St., Tuscola, IL 61953
217.253.5429
www.sonlightpower.com sonlightgym@frontier.com

21 MAY » WNPf Pan-Am Championships (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
21 MAY » SLP Ho-Chunk Nation Open BP/DL Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
21 MAY » Suffolk Special Olympics Powerlifting Meet (Suffolk, VA) at Lakeland High School » Rob Kelly, robkelly@spsk12.net
21 MAY » 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, frankpanaro@gmail.com, www.ocpowerlifters.com
21 MAY » USPA Patriot Games Powerlifting Challenge (PL/BP/DL/PP; Raw/Single-ply) (Santa Maria, CA) » Steve Denison, steve@uspla.org, www.uspla.org
21-22 MAY » NASA Bench Press Nationals (Equipped/Unequipped BP/Power Sports BP) (Denver, CO) » www.nasa-sports.com
22 MAY » St. Petersburg Powerlifting Federation International Power Show Super-Cup of Titans (St. Petersburg, Russia) at the Gymnastic Hall of the Military Institute of Physical Culture » Vasily Muminov, +7.812.292.31.38, powerlifting@mail.ru, www.powerliftingfed.spb.ru
22 MAY » USPA Military National Championship (PL/BP/DL/PP; Raw/Single-ply) (Santa Maria, CA) » Steve Denison, steve@uspla.org, www.uspla.org
22 MAY » Exile Barbell Association “No Bullsh*t” Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead’s Gym » Mike Wolfe, 419.953.9009, exilebarbell@yahoo.com
27 MAY » Andy Bolton Deadlift Challenge (Cleveland, OH) » Ty Phillips, 216.310.2283, gorillapitps@gmail.com
27-29 MAY » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (King of Prussia, PA) at the Valley Forge Convention Center » mmasportsexpo.com
28 MAY » ADAU Raw Power Pennsylvania State Powerlifting Championships at the Kumite Classic/Pittsburgh Fitness Expo (Pittsburgh, PA) » Nick Vlasic, monsters_unlimited@msn.com, www.pghfitness.com
28 MAY » USPF Muscle Beach PL Competition (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joemusclebeach@yahoo.com
MAY » APF/AAPF Washington State Championships (Aberdeen, WA) » Don Bell, 360.532.8339, flex@tecline.com, www.worldpowerliftingcongress.com
2-5 JUN » WPF European Championships (PL/BP/DL) (Limerick, Ireland) at Kilmurray Lodge Hotel » Shane Brodie, +087 120 3002, www.wfpowerlifting.com
3-5 JUN » APC National PL/BP Championships (World Team Qualifier, Raw & Equipped) (East Peoria, IL) » Stephen Parkhurst, 309.657.0963, parkhurst111@hotmail.com, L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com
4 JUN » 100% Raw VA American Challenge (BP/DL/SC) (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
4 JUN » USAPL Elite National Championships (Ephrata) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
4 JUN » USAPL North Carolina State PL Championships (Charlotte, NC) » Jennifer Thompson, 704.408.8794, www.carolinapowerlifting.com
4 JUN » SLP Arkansas Extreme Power Open BP/DL (Arkadelphia, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
5 JUN » SLP Oakland Classic Open Push/Pull/Press (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
5 JUN » The Summer Push/Pull Meet (Elkhart, IN) » Jon Smoker, jjrcsmoker@

COMING EVENTS »



19 FEB, WNPF All Raw Tournament of Champions
(Atlanta, GA)

20 FEB, WNPF All Raw World Tournament of Champions
(Youngstown, OH)

26 FEB, WNPF All Raw World Tournament of Champions
(Bordentown, NJ)

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

hotmail.com
5 JUN » WNPF (TNT Ironwear) New Jersey State Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
10-12 JUN » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Denver, CO) at the Crowne Plaza Denver International Airport » mmasportsexpo.com
10-12 JUN » USAPL Men's Open, Teen, Jr. Nationals » Jim Battenfield/Paul Fletcher, 505 Ridgcrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com
11 JUN » SLP Superman Classic BP/DL Championship (Metropolis, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
11 JUN » WNPF Ironman Nationals (BP/DL) & Single Lift Nationals (Biloxi, MS or New Orleans, LA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11-12 JUN » USPA Raw Mike Witmer Memorial Open (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org
11-12 JUN » NASA USA Nationals (Equipped & Unequipped PL/BP/PP/PS) (Springfield, OH) » www.nasa-sports.com
11-12 JUN » APF Senior Nationals (Sun Prairie, WI) » Ed & Joani Taber, joani_

APRIL 9, 2011

APF FULL POWER CHAMPIONSHIPS

All Natural Gym - Lindenhurst, NY

SHAWNA MENDELSON
516.993.6378 | smendelson2010@hotmail.com

taber@yahoo.com, www.worldpowerliftingcongress.com
17-19 JUN » SPF Nationals PL/PP/BP/DL (Gatlinburg, TN) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
18 JUN » NASA East Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Tyler, TX) » www.nasa-sports.com
18 JUN » SLP Michigan Open BP/DL Championship (Ionia, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
24-26 JUN » USPA Men's & Women's Open/Junior/Master National Championship (PL/BP/DL; Single-ply) (Anaheim, CA) » Steve Denison, steve@uspla.org, www.uspla.org
24-26 JUN » WDPF Single Event World Championships (Muskegon, MI) at the L.C. Walker Arena » Richard Van Eck, 269.521.4031, Ron Madison, www.adfpf.org
25 JUN » Elite PL Nationals PL/BP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com
25 JUN » SLP Samson's Gym Open BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
25 JUN » WABDL Tom Foley BP/DL Classic (Nanuet, NY) » Brian Fahrenfeld, Premier Fitness - 430 Nanuet Mall South, www.wabdl.org
25-26 JUN » APF/AAPF Chicago Summer Bash 8 (Burr Ridge, IL) at the Quality Inn & Suites » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.chicagopowerlifting.com, www.worldpowerliftingcongress.com
29 JUN » USPF Sooner State Summer Games (PL/BP/DL) (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rrcrain@allegiance.tv, www.soonerstategames.org
JUN » WPC European Championships (Czech Republic) » Dan Dvorak, czechpowerlifting@gmail.com, www.worldpowerliftingcongress.com
2 JUL » 2nd Annual I.E.L.L. Bench Bash (Rancho Cucamonga, CA) at 8580 Miliken Ave. » Dr. Sam Graham, sammyg40@hotmail.com
2 JUL » NASA 4th of July Spectacular (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com
8-10 JUL » AAU National BP/DL/PP Championships (Raw/Single-ply), AAU National Equipped PL & North American Raw Powerlifting (Las Vegas, NV) at the Tropicana Hotel and Casino » Martin Drake, PO Box 108, Nuevo, CA 92567, 310.953.5030, naturalpower@earthlink.net, www.aupowerlifting.org
9 JUL » USPA Mid Cities Bench Press (Lakewood, CA) » Chuck LaMantia, ckc-clama@aol.com, www.uspla.org
9 JUL » USAPL Brute Strength Stars & Stripes (Virginia Beach, VA) » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com
9 JUL » USAPL Wisconsin Dells Summer Classic "HS Only" Meet (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com
9 JUL » NASA Grand Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com
9 JUL » ANPPC World Cup PL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
9 JUL » USAPL Brute Strength Stars and Stripes (Norfolk, VA) » Tricia and Gary Emrich, 804.605.5135, vastatechair@usaplvirginia.com, www.usaplvirginia.com
9-10 JUL » ADAU Raw Power National Powerlifting Championships (Open) (Clearfield, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com
10 JUL » WPF All Comers Open BP Challenge (Alfreton, Derbyshire, UK) at the Atlas Workout Warehouse » David Sawyer, +07728 547531, www.wpfpowerlifting.com
10 JUL » WNPF 2nd High School National Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
15-16 JUL » UPA Iron Battle on the Mississippi (Dubuque, IA) » Bill Carpenter, 563.599.1390, bcarpenter@upapower.com, www.upapower.com
16 JUL » USPA Maryland Open (Raw/Single-ply) (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org
16 JUL » SSA National PL Event (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com
17 JUL » Exile Barbell Association "No Bullsh*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead's Gym » Mike Wolfe, 419.953.9009, exilebarbell@yahoo.com
17 JUL » WNPF 13th USA Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
23 JUL » ADFFF "Unequipped" Larry Garro Memorial Bench & Deadlift (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net
23 JUL » USPC Larry Garro Memorial Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net



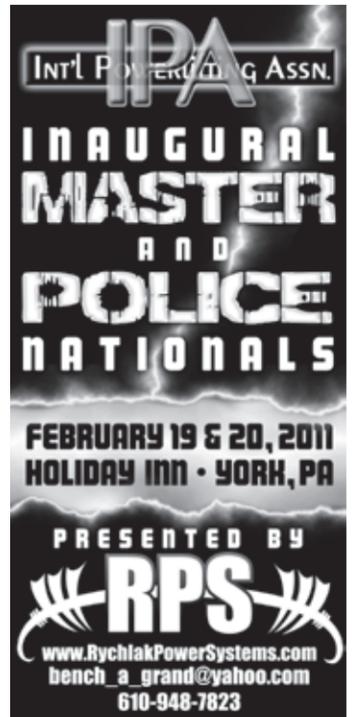
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23 JUL » 7th Vermont State Raw BP Championship (South Burlington, VT) » Richard Poston, 802.999.7845, www.aafvt.com
23 JUL » NASA South Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com
23 JUL » SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
23 JUL » USPF Muscle Beach Lift-Off State Championship (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com
30 JUL » USAPL Virginia State Single Lifts Championships BP/DL/PP (Stanardsville, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
30 JUL » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
31 JUL » WNPF Drug Free Nationals (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
6 AUG » PRPA Louisiana Raw BP Championships (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com
6 AUG » WNPF 3rd U.S. Open Championships (Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
6 AUG » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
6-7 AUG » NASA World Cup (Unequipped, PL/BP/PS/PP) (Denver, CO or OKC, OK) » www.nasa-sports.com
12-13 AUG » ISA World Championships at the Europa Supershow (Full Power/BP/DL/SQ & Open/Novice/Police & Fire/Teen/Jr/Sub Master/Master) (Dallas, TX) » Kirk Stroud, 416 W. Bedford Eules Road, 817.268.3488
13 AUG » USPA NW Summer Powerlifting Open (PL/BP/DL; Raw/Single-Ply) (Portland, OR) » Ben Brizendine, ben@havemoxie.com, www.uspla.org
14 AUG » WNPF 20th International (SQ/BP/DL/Reps) Championships (Philadelphia or Lancaster, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
14 AUG » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
19-21 AUG » USPA Multi-ply National Championship (PL/BP/DL; Multi-ply/All divisions) (Concord, CA) » Steve Denison, steve@uspla.org, www.uspla.org
19-21 AUG » USAPL Raw Nationals (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com
20 AUG » APF/AAPF Summer Bash (Chatsworth, CA) » Scot Mendelson & Denise Pollock, 818.399.0905, www.worldpowerliftingcongress.com
20 AUG » IPA Raw National Powerlifting Championships (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com
20 AUG » USPA Hawaii State Push-Pull Championship (Raw/Single-ply) (Honolulu, HI) » Ata Edralin, nalomightymouse@yahoo.com, www.uspla.org
20 AUG » WNPF North Carolina State Championships (Asheville or Charlotte, NC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
20 AUG » NASA Colorado Grand (Equipped & Unequipped PL/BP/PP/PS) (Loveland, CO) » www.nasa-sports.com
20 AUG » SLP Indiana Sate Fair Outlaw BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953,

217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
21 AUG » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
26-28 AUG » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » mmasportsexpo.com
27 AUG » United We Stand BP/DL Championships (All Classes, Raw & Equipped) (New Castle, PA) » Charles Venturella, 724.654.4117, sircharles148@peoplepc.com
27 AUG » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
AUG » APF Kalamazoo Carnage (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com
1-4 SEP » AWPC Worlds (Equipped & Raw) (Idaho Falls, ID) » Mike & Linda Higgins, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com
3 SEP » NASA 4th Annual Texas State Cookout & Championship (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com
3 SEP » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
3 SEP » USPF Muscle Beach West Coast Classic (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com
4 SEP » SLP Building Bodies Open BP/DL Classic (Rockledge, FL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
10 SEP » AAPF Summer Heat VII (Rock Hill, SC) » Eric Hubbs, nettin_fish@msn.com, www.worldpowerliftingcongress.com
10 SEP » NASA & MSOE Multi-State PL Regional (Milwaukee, WI) at MSOE Kern Center, 1245 N. Broadway » Brad Aldag, 920.946.7192, aldag@msoe.edu, www.nasa-sports.com
10 SEP » WNPF Night of Champions & 4th Jake the Hammer Classic (BP/DL/PC) (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
10 SEP » SLP Tennessee State Fair BP/DL Championship (Nashville, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
10 SEP » USAPL Deadlift and Push/Pull Nationals (Zion Crossroads, VA) » John Shifflet, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com



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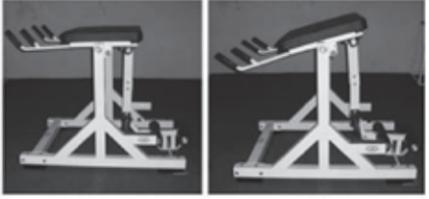
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10-11 SEP » USPA Armed Forces Championships (Raw/Single-Ply) (Tampa, FL) at the MacDill Air Force Base » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org

11 SEP » WPF UK Open Championships (PL/BP/DL) (Morrison, Swansea, Wales) at the Old Barn Inn & Restaurant » Ken Williams, +07970 625946, www.wfpowerlifting.com

17 SEP » USPA Dirty South Open Powerlifting Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

17 SEP » Elite PL King of the Bench BP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com

17 SEP » NASA Tennessee Regional (Equipped & Unequipped PL/BP/PP/PS) (Counts, TN) » www.nasa-sports.com

17 SEP » SLP Bodyworks Gym Open BP/DL Classic (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

22-25 SEP » WUAP World PL/BP Championships (Atlanta, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com

23 SEP » USPA Olympia Powerlifting Invitational (Single-ply only) (Las Vegas, NV) » Steve Denison, steve@uspla.org, www.uspla.org

24 SEP » ADFPF "Unequipped" Maryland BP Open (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net

24 SEP » USPC Power Curl Open Nationals (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net

24 SEP » USPA Olympia BP/DL Invitational (Single-ply only) (Las Vegas, NV) » Steve Denison, steve@uspla.org, www.uspla.org

24 SEP » WNPf 23rd Lifetime National Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

24 SEP » SLP National PL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

24-25 SEP » USPA Raw Men's/Women's/Teenage/Junior National Championships (Port St. Lucie, FL) at the Civic Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org

24-25 SEP » RAW United Boys & Girls National Championships (Port St. Lucie, FL) at the Civic Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

25 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, sonlightgym@frontier.com, www.sonlightpower.com

SEP » WNPf Can-Am National Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

1 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, sonlightgym@frontier.com, www.sonlightpower.com

1 OCT » Ashtabula Bench Press Championships (Ashtabula, OH) at 263 Prospect Road (Rt. 20) » Lonnie Anderson, 440.964.3013, anderson1142@yahoo.com

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

7-9 OCT » AAU World BP/DL/PP Championships (Raw/Single-ply) and AAU International Powerlifting (Las Vegas, NV) at the Imperial Palace Hotel and Casino » Martin Drake, PO Box 108, Nuevo, CA 92567, 310.953.5030, naturalpower@earthlink.net, www.aupowerlifting.org

8 OCT » WNPf Palmetto Championships (BP/DL/PC/Ironman) (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

8 OCT » SLP Indiana State Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

8 OCT » USPA Tony Conyers Extravaganza (Raw/Single-Ply) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org

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

15 OCT » SSA Asylum Power (PL/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com

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

15 OCT » WNPf Alabama Natural PL Championships (Montgomery or Birmingham, AL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

15 OCT » SLP Western Nationals Open & Oklahoma State BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

21-23 OCT » WNPf 20th World Championships (PL/BP/DL) (Republic of Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpf-power@aol.com, www.wnpf.net

22 OCT » ADAU Raw Power 29th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com

22 OCT » USPA Central California Open (Raw/Single-ply) (San Luis Obispo, CA) » Steve Denison, steve@uspla.org, www.uspla.org

22 OCT » USPA Raw Northeast Regionals (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org

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

22 OCT » ANPPC National Powerlifting Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

29 OCT » SPF South Carolina State Championship PL/PP/BP/DL (N. Myrtle Beach, SC) at the North Myrtle Beach Aquatic and Fitness Center » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

29 OCT » 7th Annual Westminster Family Center Open Bench Press (Westminster, MD) at 11 Longwell Ave. » Scott Bixler, 443.789.9452

30 OCT » SLP Open Northern Grand National BP/DL/Curl Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

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

OCT » APF/AAPF Rise of the DL, Beast of the BP (Northbrook, IL) » Erv & Lea-Ann Domanski, elbell6@hotmail.com, www.worldpowerliftingcongress.com

OCT » WNPf 5th All-American Championships (Pt. St. Lucie, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

4-6 NOV » USPA Raw World Championships (Port St. Lucie, FL) at the Civic

Center » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org

5 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, sonlightgym@frontier.com, www.sonlightpower.com

5-6 NOV » WNPf 20th WNPf World Tournament of Champions (Atlantic City, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

5-6 NOV » NASA Masters & Sub Masters Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com

9-13 NOV » WPF World Championships (PL/BP/DL) (Palm Beach, FL) at the Marriot Hotel » David Jeffrey, matofficial@yahoo.com, www.wfpowerlifting.com

12 NOV » USPA Norcal Open (Raw/Single-ply) (Modesto, CA) » Steve Denison, steve@uspla.org, www.uspla.org

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

12 NOV » SLP Kentucky Muscle BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

12 NOV » WNPf 20th WNPf World Tournament of Champions (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

15-20 NOV » USPA Men's & Women's Single-ply and Multi-ply World Championship (Las Vegas, NV) » Steve Denison, steve@uspla.org, www.uspla.org

19 NOV » NASA Colorado Regional (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com

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

19 NOV » USA RAW BP Federation World Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

19-20 NOV » IPA National Powerlifting Championships (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.chailletsprivatetfitness.com, www.ipapower.com

20 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, sonlightgym@frontier.com, www.sonlightpower.com

NOV » WPC World Championships (Equipped & Raw) (Riga, Latvia) » Raivo Chiapas, tomass@hello.lv, www.worldpowerliftingcongress.com

3 DEC » USPA Georgia Winter Open PL Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

3 DEC » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Memphis, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

3 DEC » WNPf Ralph Peach Memorial (Henderson, NC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

4 DEC » WPF British Open BP & DL Record Breakers Championships (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, +07779 322717, www.wfpowerlifting.com

4 DEC » ADAU Raw Power 19th Annual Coal Country Classic (BP/DL/SQ) (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com

10 DEC » USPA Camp Pendleton Open (Raw/Single-ply) (Camp Pendleton, CA) » Steve Denison, steve@uspla.org, www.uspla.org

10 DEC » USPA Support the Troops Military Cup (Raw/Single-Ply) (Melbourne, FL) at The Gym » Spero Tshontikidis, 2300 Avacado Ave. Suite E, Melbourne, FL 32935, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org, www.uspla.org

10 DEC » 100% Raw Christmas Classic Single Lifts/BP/Strict Curl (Stanardsville, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

10 DEC » APF Holiday Festival of Strength (Camarillo, CA) » Scot Mendelson & Denise Pollock, mendysbench@gmail.com, www.worldpowerliftingcongress.com

10 DEC » WNPf 14th Sarge McCray Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

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

11 DEC » WNPf East Coast Championships (Location TBA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

17 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,

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sonlightgym@frontier.com, www.sonlightpower.com

DEC » APF/AAPF Illinois Raw Power Challenge (Chicago, IL) » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com

DEC » APF/AAPF Alabama State Meet (Gadsden, AL) » Buddy McKee, mastermonster@comcast.net, www.worldpowerliftingcongress.com

DEC » APF/AAPF Invitational (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.com, www.worldpowerliftingcongress.com

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

23-25 MAR 2012 » USAPL High School Nationals (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com

AUG/SEP 2012 » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com

3 NOV 2012 » ADAU Raw Power 30th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com

NOV 2012 » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, www.worldpowerliftingcongress.com

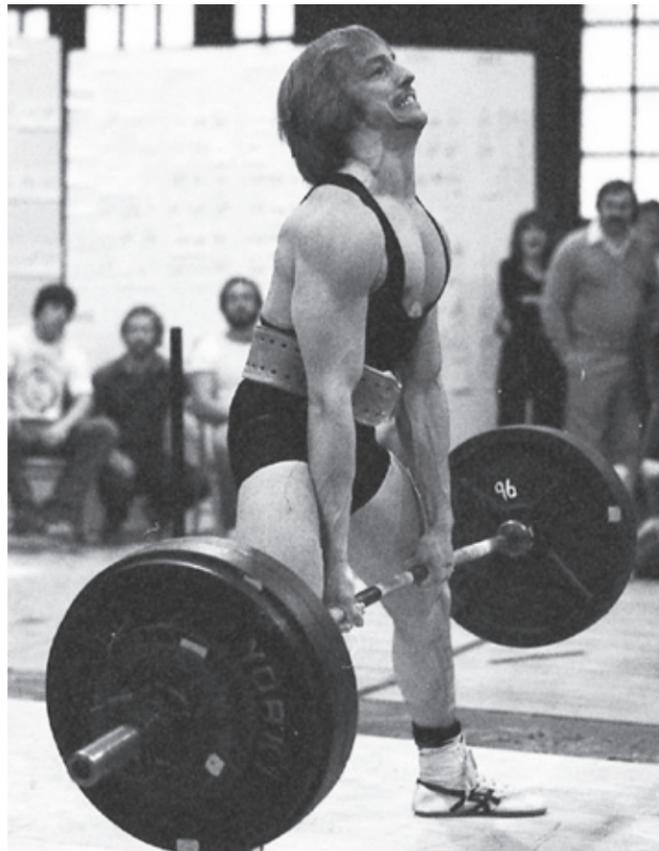
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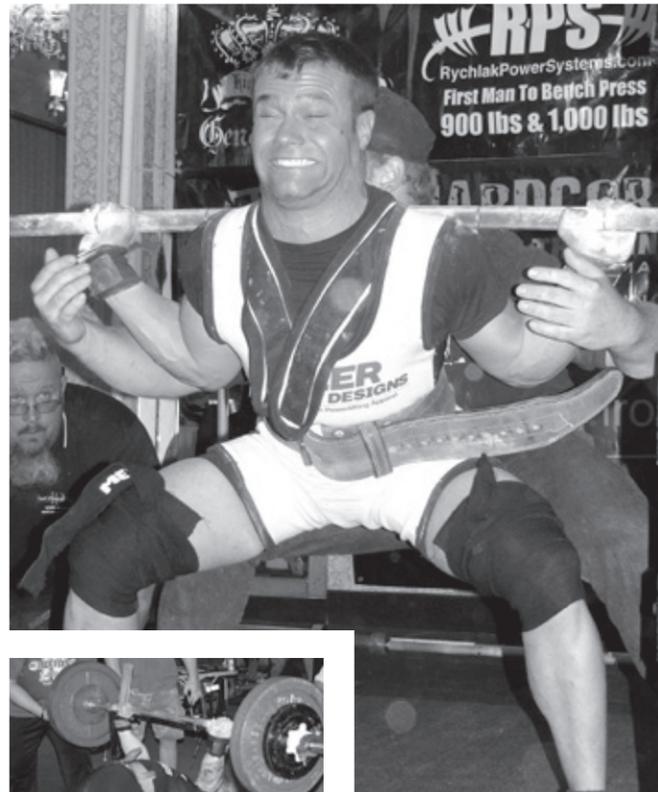


Willis McCoy is making a big name for himself in WABDL competition



Jim Warner – pulling himself up the TOP 100s for almost 30 years

Will you make the upcoming TOP 100 list for the 181 lb. class? Last time we ranked this class the minimum lifts to make that list were 560 lb. in the squat, 402 lb. in the bench press, 560 lb. in the deadlift, and 1420 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 181 lb. class will be January 2010 through January 2011 and it will appear in our April 2011 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 you lifting (or something out of the ordinary, like a mug shot) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplus@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.



Rheta West – trying a 319 BP as a female competitor

Mike O'Brien – only 22 years old and already dominating the IPA record book and the TOP 100 list



Tony Conyers with his all time record 606 raw deadlift in the 148s

For standard 148 lb./67.5 kg. USA lifters in results received from NOV 2009 through OCT 2010

SQUAT

- 1 680 O'Brien, M., 4/17/10
- 2 635 Willis, W., 3/10
- 3 630 Anderson, M., 8/20/10
- 4 628 Holloway, D., 6/20/10
- 5 620 Nunez, I., 3/10
- 6 606 Layman, S., 11/7/09
- 7 595 Copeland, T., 3/10
- 8 578 Bilfancione, R., 12/5/09
- 9 573 Mahoney, J., 6/22/10
- 10 562 Laznovsky, N., 8/30/10
- 11 560 Hackett, L., 12/5/09
- 12 560 Beckman, A., 3/10
- 13 556 Matsumoto, D., 11/14/09
- 14 551 Broussard, M., 4/17/10
- 15 540 Stover, R., 7/18/10
- 16 535 Almgren, A., 3/10
- 17 534 Morrow, J., 4/17/10
- 18 523 Tepper, S., 11/7/09
- 19 520 Irby, T., 3/10
- 20 520 Norman, K., 3/10
- 21 507 Westwood, L., 12/5/09
- 22 507 Nelson, J., 1/30/10
- 23 505 West, R., 11/21/09
- 24 501 Dear, J., 4/17/10
- 25 501 Spencer, C., 9/27/10
- 26 500 Murray, C., 3/10
- 27 500 Brown, L., 3/10
- 28 500 Marshall, R., 3/10
- 29 500 Webre, P., 3/10
- 30 500 Sanders, T., 3/10
- 31 500 Gonzalez, A., 3/10
- 32 500 Caffey, J., 3/10
- 33 500 Borzok, M., 7/13/10
- 34 496 Hackaspker, R., 1/10
- 35 490 Ford, C., 3/10
- 36 490 Simmons, G., 9/27/10
- 37 485 Torres, D., 3/10
- 38 485 Amyett, D., 3/10
- 39 485 Mackay, M., 3/10
- 40 480 Mata, M., 3/10
- 41 480 Sides, D., 3/10
- 42 480 Armstead, K., 3/10
- 43 480 Cogdill, K., 3/10
- 44 480 Harris, A., 3/10
- 45 475 Garza, M., 3/10
- 46 475 Maley, M., 3/10
- 47 473 Miller, J., 1/30/10
- 48 470 Avilez, O., 3/10
- 49 470 Butler, R., 3/10
- 50 470 Jones, D., 3/10
- 51 470 Salinas, R., 3/10
- 52 468 Sato, B., 12/6/09
- 53 465 Walker, T., 3/10
- 54 462 Kang, A., 12/09
- 55 462 Gonzales, J., 7/10/10
- 56 460 Newby, M., 3/10
- 57 457 Hafkemeyer, L., 4/17/10
- 58 457 Matson, A., 5/22/10
- 59 457 Rupnow, J., 8/30/10
- 60 455 Foddrill, B., 1/30/10
- 61 455 Fridiley, S., 3/10
- 62 455 Apolinar, S., 3/10
- 63 455 Starling, B., 6/6/10
- 64 455 Conyers, T., 10/2/10
- 65 451 Warner, Jim., 11/28/09
- 66 451 Sheaffer, K., 12/09
- 67 451 Tores, L., 4/17/10
- 68 450 Gonzalez, J., 3/10
- 69 450 Atherton, K., 3/10
- 70 450 Smith, D., 3/10
- 71 450 Wallace, E., 3/10
- 72 450 Salas, N., 3/10
- 73 450 DeVore, B., 3/10
- 74 450 Dodge, G., 3/10
- 75 450 Solis, J., 3/10
- 76 450 Martinez, J., 3/10
- 77 450 Wess, R., 4/17/10
- 78 440 Cervantes, A., 3/10
- 79 440 Robinson, W., 3/10
- 80 440 Simpson, G., 3/10
- 81 440 May, C., 3/10
- 82 440 Outerbridge, D., 3/10
- 83 440 Sei, C., 3/10
- 84 440 Warner, Jacob., 4/17/10
- 85 440 Vandermolen, 10/23/10
- 86 435 Breault, J., 12/5/09
- 87 435 Osuma, D., 12/12/09
- 88 435 Pichardo, E., 12/12/09
- 89 435 Bamber, L., 3/10
- 90 435 Keathley, W., 3/10
- 91 435 Molina, R., 3/10
- 92 435 Divin, Z., 4/17/10
- 93 430 Johnson, J., 1/30/10
- 94 430 Leal, J., 3/10
- 95 430 Brown, J., 3/10
- 96 430 Lopez, A., 3/10
- 97 430 Green, K., 3/10
- 98 430 Davis, T., 3/10
- 99 430 Eitel, R., 3/10
- 100 425 Garza, L., 3/10

BENCH PRESS

- 605 Harmon, K., 6/19/10
- 501 Unten, K., 6/27/10
- 460 Smith, J., 3/27/10
- 451 DeSimone, N., 9/24/10
- 450 O'Brien, M., 6/26/10
- 440 Broussard, M., 4/17/10
- 435 Evangelista, A., 7/17/10
- 430 Albert, B., 6/6/10
- 430 Elmore, J., 6/6/10
- 424 Matsumoto, D., 11/14/09
- 400 Irving, J., 3/14/10
- 400 Nelson, J., 10/30/10
- 395 Zerbe, S., 10/30/10
- 390 Byrnes, C., 4/10/10
- 385 Anderson, M., 8/20/10
- 380 Layman, S., 1/23/10
- 380 Holloway, D., 6/20/10
- 380 Sandoval, R., 7/18/10
- 380 Bareng, C., 8/14/10
- 380 Hadad, J., 8/31/10
- 375 Borzok, M., 11/21/09
- 375 Nunez, I., 3/10
- 375 Hughes, D., 5/1/10
- 375 Varquez, M., 9/11/10
- 374 Tepper, S., 11/7/09
- 370 Conyers, T., 10/2/10
- 369 Hafkemeyer, L., 4/17/10
- 365 Stover, R., 4/17/10
- 365 Gause, B., 8/22/10
- 363 Westwood, L., 12/5/09
- 360 Willis, W., 3/10
- 360 Hackett, L., 8/20/10
- 352 Wong, T., 6/27/10
- 352 Petrencak, S., 8/31/10
- 350 Beckman, A., 3/10
- 350 Paige, 7/17/10
- 347 Morrow, J., 4/17/10
- 347 Rupnow, J., 6/20/10
- 347 Mahoney, J., 6/22/10
- 345 Mata, M., 3/10
- 345 Buck, N., 4/17/10
- 345 Webster, J., 10/30/10
- 341 Kunkel, B., 2/6/10
- 341 Simmons, G., 9/27/10
- 336 Hackaspker, R., 1/10
- 335 Brown, 5/10
- 335 Kim, P., 6/6/10
- 336 Nahorniak, E., 8/14/10
- 330 McLaren, R., 3/13/10
- 330 Butler, R., 3/10
- 330 Mickey, S., 3/27/10
- 330 Risenhoover, B., 5/30/10
- 330 Arnold, J., 8/14/10
- 330 Maurigui, M., 8/28/10
- 325 Moore, C., 3/6/10
- 325 Miller, L., 4/1/10
- 325 Burris, R., 5/26/10
- 325 Golba, J., 7/31/10
- 325 Campbell, B., 8/21/10
- 325 Locklear, K., 8/31/10
- 320 Copeland, T., 3/10
- 320 Ford, C., 3/10
- 320 Edwards, V., 7/24/10
- 319 VanLaningham, S., 1/10
- 315 Spikes, J., 11/14/09
- 314 Osuma, D., 12/12/09
- 315 Johnson, J., 1/30/10
- 315 Fridiley, S., 3/10
- 315 West, R., 8/7/10
- 315 Kelly, R., 10/30/10
- 314 McCoy, T., 11/7/09
- 314 Cordoba, A., 12/12/09
- 314 Yager, B., 3/6/10
- 314 Pellegrino, J., 4/1/10
- 314 Frasier, S., 4/17/10
- 310 White, B., 3/20/10
- 310 O'Grady, S., 4/17/10
- 310 McCoy, W., 7/18/10
- 308 Tripodi, J., 11/7/09
- 308 Tripodi, J., 11/7/09
- 308 Miskinis, D., 5/22/10
- 308 Fox, R., 6/19/10
- 305 Butterhof, J., 3/27/10
- 304 Nguyen, R., 7/31/10
- 303 Greenman, T., 11/7/09
- 303 Richardson, L., 11/7/09
- 303 Knight, E., 11/28/09
- 303 Sato, B., 12/6/09
- 303 Divin, Z., 4/17/10
- 303 Bates, L., 4/24/10
- 303 Aldag, T., 9/11/10
- 300 Foddrill, B., 1/30/10
- 300 Tsangeos, N., 5/22/10
- 300 Thompson, 5/10
- 300 Helgert, B., 8/7/10
- 300 Stone, B., 8/20/10
- 297 Irwin, R., 1/23/10
- 297 Jenmas, P., 1/31/10
- 297 Bamber, L., 10/23/10
- 295 Atherton, K., 3/10
- 292 Joseph, M., 11/14/09

DEADLIFT

- 611 Holloway, D., 11/21/09
- 606 Conyers, T., 10/2/10
- 600 Morrow, J., 4/17/10
- 578 Broussard, M., 4/17/10
- 573 Bilfancione, R., 12/5/09
- 555 Irby, T., 3/10
- 545 DeSimone, N., 9/24/10
- 535 Thompson, 5/10
- 534 Molina, S., 4/17/10
- 529 Layman, S., 11/7/09
- 529 Rupnow, J., 6/20/10
- 525 O'Brien, M., 4/17/10
- 525 Hackett, L., 8/20/10
- 523 Laznovsky, N., 8/30/10
- 523 Phillips, J., 7/16/10
- 523 Simmons, G., 9/27/10
- 520 Warner, Jim., 11/28/09
- 520 Norman, K., 3/10
- 518 Spencer, C., 6/20/10
- 525 Brown, L., 3/10
- 514 Bareng, C., 8/14/10
- 512 Matsumoto, D., 11/14/09
- 510 Nunez, I., 3/10
- 510 Smith, D., 3/10
- 510 McCoy, W., 7/18/10
- 507 Nelson, J., 1/30/10
- 507 Kunkel, B., 2/6/10
- 507 Oller, C., 3/27/10
- 507 Miskinis, D., 5/22/10
- 501 Sato, B., 12/6/09
- 501 Cardenas, W., 2/6/10
- 501 David, D., 3/20/10
- 501 Hitchcock, A., 5/22/10
- 501 Mahoney, J., 6/22/10
- 500 Leal, J., 3/10
- 500 Burgos, J., 7/3/10
- 500 Anderson, M., 8/20/10
- 496 Kang, A., 5/15/10
- 495 Beckman, A., 3/10
- 495 Stover, R., 7/18/10
- 490 Irwin, R., 1/23/10
- 490 Ford, C., 3/10
- 490 Divin, Z., 4/17/10
- 490 Jacobs, J., 9/27/10
- 485 Foddrill, B., 1/30/10
- 485 Hackaspker, R., 1/10
- 485 Gonzalez, Joe., 3/10
- 485 Granderson, D., 3/10
- 485 Ladner, H., 4/17/10
- 485 Cattell, B., 4/17/10
- 485 Rosario, 5/10
- 485 Reichert, G., 7/30/10
- 480 Aviles, O., 3/10
- 480 Flores, S., 3/10
- 479 Wilson, D., 1/10
- 479 Hazel, J., 2/20/10
- 479 Torres, L., 4/17/10
- 479 Oyler, R., 6/20/10
- 475 Mapp, K., 2/28/10
- 475 Hopkins, G., 2/28/10
- 475 Nelson, D., 2/28/10
- 475 Bostic, C., 2/28/10
- 475 Walker, K., 3/10
- 475 Gonzalez, B., 3/10
- 475 Wess, R., 4/17/10
- 475 Lawson, J., 4/17/10
- 473 Tepper, S., 11/7/09
- 473 Hafkemeyer, L., 4/17/10
- 473 Frasier, S., 4/17/10
- 473 Bamber, L., 6/5/10
- 470 Mata, M., 3/10
- 470 Carpenter, J., C., 3/10
- 470 Cervantes, A., 3/10
- 468 Westwood, L., 12/5/09
- 468 Santee, G., 3/27/10
- 465 Maley, M., 3/10
- 465 Howard, 5/10
- 462 Tripodi, J., 11/7/09
- 462 Barnum, D., 2/6/10
- 462 Mead, S., 6/26/10
- 462 Dubiel, N., 10/23/10
- 460 Murray, C., 3/10
- 460 Atherton, K., 3/10
- 460 DeVore, B., 3/10
- 460 Lu, S., 3/10
- 460 Pham, B., 3/10
- 457 Tran, K., 2/13/10
- 457 Matson, A., 4/17/10
- 457 Warner, Jacob., 4/17/10
- 457 Mallipudi, R., 7/31/10
- 457 Flagg, D., 10/6/10
- 455 Graham, W., 3/10
- 455 Cockran, D., 3/10
- 455 Brown, J., 3/10
- 455 Brown, J., 3/10
- 455 Lewis, 5/10
- 455 Frasier, 5/10
- 451 Cordoba, A., 12/12/09
- 451 Bryant, A., 12/09
- 451 Bateman, B., 3/16/10

TOTAL

- 1635 O'Brien, M., 4/17/10
- 1576 Holloway, D., 6/20/10
- 1570 Broussard, M., 4/17/10
- 1515 Anderson, M., 8/20/10
- 1504 Layman, S., 1/23/10
- 1500 Tepper, S., 4/24/10
- 1493 Matsumoto, D., 11/14/09
- 1482 Morrow, J., 4/17/10
- 1475 Nunez, I., 3/10
- 1432 Bilfancione, R., 12/5/09
- 1432 Conyers, T., 10/2/10
- 1421 Mahoney, J., 6/22/10
- 1415 Hackett, L., 12/5/09
- 1405 Beckman, A., 3/10
- 1405 Willis, W., 3/10
- 1400 Stover, R., 7/18/10
- 1400 Nelson, J., 10/30/10
- 1372 Laznovsky, N., 8/30/10
- 1365 Irby, T., 3/10
- 1365 Copeland, T., 3/10
- 1355 Simmons, G., 9/27/10
- 1339 Westwood, L., 12/5/09
- 1328 Rupnow, J., 6/20/10
- 1317 Hackaspker, R., 1/10
- 1300 Hafkemeyer, L., 4/17/10
- 1295 Ford, C., 3/10
- 1295 Mata, M., 3/10
- 1289 Spencer, C., 7/24/10
- 1285 Norman, K., 3/10
- 1273 Sato, B., 12/6/09
- 1260 Borzok, M., 11/21/09
- 1260 Thompson, 5/10
- 1250 Murray, C., 3/10
- 1240 Foddrill, B., 1/30/10
- 1240 McCoy, W., 7/18/10
- 1235 Avilez, O., 3/10
- 1230 Brown, L., 3/10
- 1229 Divin, Z., 4/17/10
- 1225 Duenges, M., 4/24/10
- 1220 Butler, R., 3/10
- 1215 Wess, R., 4/17/10
- 1212 Kang, A., 12/09
- 1212 Hitchcock, A., 5/22/10
- 1212 Phillips, J., 7/16/10
- 1207 Torres, L., 4/17/10
- 1205 West, R., 11/21/09
- 1205 Gonzalez, Joe., 3/10
- 1205 Atherton, K., 3/10
- 1205 Almgren, A., 3/10
- 1205 Jones, D., 3/10
- 1200 Osuma, D., 12/12/09
- 1200 Garza, M., 3/10
- 1200 Torres, D., 3/10
- 1200 Webre, P., 3/10
- 1200 Marshall, R., 3/10
- 1200 Smith, D., 3/10
- 1200 Fridiley, S., 3/10
- 1195 Irwin, R., 1/23/10
- 1195 Leal, J., 3/10
- 1185 Cordoba, A., 12/12/09
- 1184 Oller, C., 3/27/10
- 1180 Armstead, K., 3/10
- 1180 Sides, D., 3/10
- 1180 Cogdill, K., 3/10
- 1179 Bates, L., 4/24/10
- 1173 Gonzales, J., 7/10/10
- 1173 McLaren, R., 3/13/10
- 1173 Matson, A., 4/17/10
- 1173 Oyler, R., 6/20/10
- 1173 Jacobs, J., 9/27/10
- 1168 Frasier, S., 4/17/10
- 1168 Bamber, L., 6/5/10
- 1165 Maley, M., 3/10
- 1165 Sanders, T., 3/10
- 1165 Salinas, R., 3/10
- 1165 Osuma, 5/10
- 1162 Dear, J., 4/17/10
- 1160 Gonzalez, A., 3/10
- 1160 Amyett, D., 3/10
- 1157 Molina, S., 4/17/10
- 1157 Hadad, J., 5/16/10
- 1155 Johnson, J., 1/30/10
- 1155 Garza, L., 3/10
- 1151 Ladner, H., 4/17/10
- 1150 Carpenter, J., C., 3/10
- 1146 Warner, Jacob., 4/17/10
- 1145 Graham, W., 3/10
- 1140 Garza, J., 3/10
- 1140 Cervantes, A., 3/10
- 1140 Wallace, E., 3/10
- 1135 Salas, N., 3/10
- 1135 Gomez, R., 3/10
- 1135 Frasier, 5/10
- 1135 Golba, J., 7/31/10
- 1135 Stone, B., 8/20/10
- 1130 DeVore, B., 3/10
- 1129 Breault, J., 12/5/09
- 1129 Goncalves, T., 4/17/10
- 1125 Cockran, D., 3/10
- 1125 Harris, A., 3/10

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NEXT MONTH » TOP 165s

CORRECTIONS: Jamie Shell's 810 bench press in the 275 lb. class was not reflected on the All Time TOP 50 (3/26/2007). Dylan Karr (correct spelling) was not credited with a 335 bench press on the TOP 100 for 148s prior to this month's listing. Buddy Nichols lifts of 800 515 635 1950 were not reflected on the TOP 20 Masters Rankings in the 220 lb. class for 2009. Mark Plaso's bench press of 611 was not credited on the TOP 100 for the 275 lb. class.

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. 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.

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D.D. Nichols with a State Record 275 lb. curl in the 275 lb. class/45-49 in Benton, AR (Dr. Darrell Latch photo)

SLP AR STATE OPEN
FEB 27 2010 » Benton, AR

BENCH	Open		
MALE	198 lbs.		
Raw	P. Brewer 450*		
Novice	4th-470*		
220 lbs.	220 lbs.		
J. Adcock, Jr. 355*	Z. Lemons 445*		
4th-365*	4th-450*		
Teen (13-15)	242 lbs.		
220 lbs.	B. Cotter 425*		
M. Everett 235	CURL		
Junior	MALE		
181 lbs.	Teen (18-19)		
C. Adcock 295	165 lbs.		
220 lbs.	R. Nichols 135		
A. Barr IV 355*	Master (45-49)		
Master (40-44)	242 lbs.		
242 lbs.	D. Nichols 275*		
S. Erwin 385	Master (50-54)		
Master (50-54)	220 lbs.		
220 lbs.	K. Lee 160*		
K. Lee 340*	DEADLIFT		
M. Lepitre 305	Teen (16-17)		
Master (65-69)	148 lbs.		
165 lbs.	D. Mote 280*		
D. Carter 260*	Junior		
242 lbs.	181 lbs.		
J. Turner 340	C. Adcock 365		
Master (75-79)	4th-380		
165 lbs.	Submaster		
H. Hager 200			

242 lbs. B. Koch 555*
R. Brown 605* Open
Master (65-69) **220 lbs.**
198 lbs. J. Massey 425
K. Jordan 335* **242 lbs.**
Police/Fire (45-49) B. Cotter 530
242 lbs.
*—Son Light Power Arkansas State Records. Best Lifter Bench: Phillip Brewer. Best Lifter Deadlift: Roy Brown. The Son Light Power Arkansas State Open Bench Press & Deadlift Championship was held at Express Fitness in Benton, Arkansas. Thanks to owner D.D. Nichols for hosting this event and for everything he did to promote the competition. In the bench press event all of the lifters were raw. For the novice 220 class it was Jerry Adcock, Jr. for the win and a new personal and Arkansas state record of 365. Marshall Everett won at 13-15/220 with 235. In the junior class it was Cory Adcock with 295 at 181 while Austin Barr IV set the state record at 220 with 355. Dr. Scott Erwin won at 40-44/242 with 385. For the 50-54 age group it was Kurt Lee, from Indiana, over Mike Lepitre 340 to 305. Kurt's win also gave him a new state record for the class. At 65-69 David Carter was competing for the first time, finishing with a new state record of 260 at 165. Jim Turner won again at 242 with an easy 340. Then at 75-69/165 it was the notorious Harold Hager with 200. In the open division, best lifter Phillip

Brewer moved up to 198, weighing just 182, to finish with a new state record of 470! Zachary Lemons did just as well at 220 with a big 450. Our final bencher was 242 winner, Brett Cotter, who tied the existing state record with 425. In the curl event Reid Nichols, straight out of a cast with a broken hand, won at 18-19/165 with 135. Reid is the state record holder there. D.D. Nichols won at 45-49/ 275 with a big state record 275! D.D. had planned on trying 300 but had some minor shoulder problems and didn't want to chance it. Kurt Lee won at 50-54/220 with a new state record of 160. For the deadlift event Drew Mote broke the state record at 16-17/148 with a solid 280 pull. Cory Adcock won his second title of the day at junior 181 with a personal best 380! Roy Brown broke the state record at submaster 242 with 605, capturing the best lifter award as well. Then at 65-69/198 it was Ken Jordan with a new state record of 335. Bruce Koch came all the way from Texas to break the state record at police/fire 45-49/242 with a strong 555 national record final pull! In the open classes John Massey won at 220 with 425 while Brett Cotter took the 242's with a great 530. Thanks to D.D. Nichols, Reid Nichols and Marshall Holloway for doing a great job spotting and loading and to Teresa Lee for taking some great pictures of the meet. A big thank you goes out to Tonya Nichols as well, who did all the weigh-ins and for all she did to help the competition run so smoothly. See you all again next year!
» courtesy Dr. Darrell Latch

148 lbs.	L. Harris 330	170	405	905
165 lbs.	E. Shelton 450	350	505	1305
			4th-DL-525	

MALE				
148 lbs.	N. Early 315	255	360	930
181 lbs.	T. Pearl 400	235	470	1105
198 lbs.	K. Hennington 440	305	575	1305
220 lbs.	M. Menjivar 505	350	560	1415
242 lbs.	A. Rogers 440	415	480	1335
275 lbs.	B. Bittle 575	455	500	1530
SHW	J. Lee 400	285	425	1110
242 lbs.	Masters (40-44)			
	R. Storment 555	295	545	1395
			4th-BP-300	

220 lbs.	D. Shirley 680	560	540	1780
220 lbs.	Masters (40-44)			
	D. Shirley 680	560	540	1780

220 lbs.	D. Shirley 680	560	540	1780
220 lbs.	Masters (40-44)			
	D. Shirley 680	560	540	1780

220 lbs.	D. Shirley 680	560	540	1780
220 lbs.	Masters (40-44)			
	D. Shirley 680	560	540	1780

» courtesy Jesse Rodgers

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NOV 6 2010 » Freeport, IL

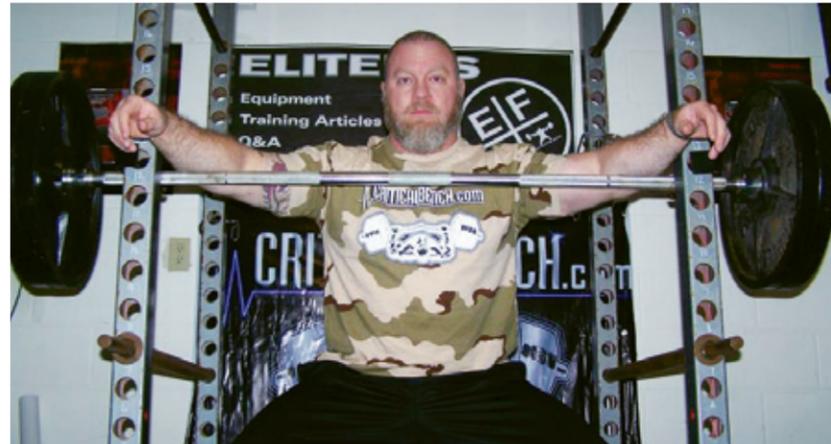
BENCH	Novice			
181 lbs.	H. Robbins 410			
Novice	T. Voss 365			
198 lbs.	N. Condor 417			
T. Voss 255	Masters (70-74)			
H. Robbins 190	148 lbs.			
198 lbs.	R. Lee 260			
N. Condor 300	(40-46)			
220 lbs.	220 lbs.			
J. Meiers 375	D. Leslie 405			
Open	(54-60)			
198 lbs.	220 lbs.			
N. Condor 300	S. Coogan 520			
220 lbs.	Masters (40-46)			
J. Meier 375	Open			
M. Lawrence 350	165 lbs.			
Multi-Ply	308 lbs.			
Masters (45-49)	D. Leslie 410			
220 lbs.	H. Robbins 410			
M. Hachett 375	DEADLIFT			
4th-380	MALE			
220 lbs.	Novice Teen			
R. Sanchez 600	SHW			
4th-610	N. Condor 418			
Push Pull	SHW			
Raw	A. Miller 490			
Novice				
220 lbs.	R. Hood 380			
J. Trent	Best Lifter Bench Press: Dave Leslie. Best Lifter Deadlift: Richard Lee. The N.P.A. Nationals had lifters from three states this year. Every lifter but one lifting raw which was Coogan. We had four first time lifters getting their feet wet in this great sport of ours and are already hungry for the next meet. There were a few lifters that backed out the day before the meet so our meet was smaller than we anticipated. We gave out three foot tall trophies, best lifter trophies and runner up best lifter awards which were MP3 players, gift cards and wraps. Thank you to Titan Support and Powerlifting U.S.A., also all that helped out. Till next time do something to help make the world a better place for our children. Our next bench press/deadlift event will be March 26, 2011 Drug Free Midwest Open Bench Press-Deadlift-Curl Championship Fitness Lifestyles 641 W. Stephenson St., Freeport, IL 61032, (815) 233-2292, email: Duanefit4life@aol.com . Next full meet date not set yet. Wish you and your loved ones a nice Thanksgiving. Take care. » courtesy Duane			

181 lbs.	255			
H. Robbins 190	N. Condor 417			
198 lbs.	Masters (70-74)			
N. Condor 300	148 lbs.			
220 lbs.	R. Lee 260			
J. Meiers 375	(40-46)			
Open	220 lbs.			
198 lbs.	D. Leslie 405			
N. Condor 300	(54-60)			
220 lbs.	220 lbs.			
J. Meier 375	S. Coogan 520			
M. Lawrence 350	Masters (40-46)			
Multi-Ply	Open			
Masters (45-49)	165 lbs.			
220 lbs.	308 lbs.			
M. Hachett 375	D. Leslie 410			
4th-380	H. Robbins 410			
Push Pull	DEADLIFT			
Raw	MALE			
Novice	Novice Teen			
220 lbs.	SHW			
J. Trent	A. Miller 490			

MALE				
165 lbs.	D. Lawton 200	340	540	
220 lbs.	J. Rogers 560	550	1090	
181 lbs.	Masters (40-44)			
242 lbs.	R. Brown 405	605	1010	
	4th-BP-615			
Powerlifting	SQ	BP	DL	TOT
Raw				
Teen (18-19)				
148 lbs.				
M. Lovell 285	205	340	830	
181 lbs.				
P. Jimenez 325	225	500	1050	
242 lbs.				
J. Erstine 300	305	450	1055	
FEMALE				
148 lbs.				
S. Rogers 350	235	500	1085	
Juniors				



Jo Jordan pulling 705 at the Pro/Am (left) and ready for some serious training (right)



loud, angry music and we joke around, give each other a hard time and just talk trash in general. However, when a meet is coming up it becomes a little more intense. There are certain numbers that need to be hit or reps that need to be achieved. So even though we still have a good time the atmosphere is a lot more serious.

Could you share with us a really hardcore moment, a funny moment and moment that has changed you thus far in your powerlifting journey?

Hardcore moment – at one particular meet I had missed my opener of 903 and then got it on my second. I had intended to squat a grand at this meet, so figured *what the heck* and I went for 1,003 on my third attempt. A difference of 100 pounds from one attempt to the next is something I had never done or advise anyone to do. After descending with the weight and getting the up call I stalled ¾ of the way up and had to show some testicular fortitude as I struggled through it and finally stood up. It was a good lift and my one and only 1,000 pound squat thus far.

Funny moment – At AWPC Worlds a while back, myself and my handlers had missed hearing my name as the next bencher. We were frantically trying to set my shirt, wrap my wrists and get to the bench before the clock ran out. After taking the handoff and bringing the bar down I was watching the clock above me instead of the bar. Luckily the bar hit the right spot on my chest and I got the press call. As a conditioned response I pressed it to lockout and got the lift, but never actually watched the bar touch. I do know that there was one second left on the clock when I did get the call. We all let out a sigh of relief and joked about it in the back, but it's not something I hope to ever do again.

A moment that changed me – I'd have to say when my friend Bob Youngs was diagnosed with Leukemia. It made me realize that you can't take today or tomorrow for granted. It's not guaranteed. He has made a remarkable recovery, which also showed me that if you have the will to overcome and the support of family and friends that anything is possible. Bob is an

amazing person to me.

What fires you up?

AC/DC and squatting. Squatting fires me up because you get to handle a lot of weight that would crush most people. The feel of your blood pressure rising, blown capillaries, blood shot eyes, etc. It really gets me going when someone hits a big squat or sets a new PR. It makes me want to train that much harder and put more weight on the bar. I have the most fun while squatting.

What makes Jo Jordan happy?

Seeing my girls and my wife happy. If they are sad or hurting it tears me up inside and I can't help but feel like I should fix it. Sometimes I can by a hug, a lollipop, lending an ear or just snuggling on the couch and watching *Hannah Montana* or *The Suite Life* (with my girls, of course). Luckily, the fixable things have outnumbered the non-fixable ones. So as long as they're happy, Daddy is happy.

What makes Jo Jordan different from everyone else?

When I was four I had what some would call a near death experience. I had gotten into a power substation and climbed up one of the poles. As I reached down to help a friend up I lost my grip and started to fall. I reached out and grabbed whatever I could, but it happened to be a 40,000 volt powerline that I latched onto. I hung there for a couple of minutes until some construction workers that happened to be on their lunch outside heard me screaming. They jumped the fence and got me down by using a 2-by-4. I had second and third degree burns over ~85% of my body and had to spend two weeks in the hospital. I still have scars on my head, right hand and right shoulder. My mother even still has the shirt I was wearing that had to be peeled off of me. I was lucky.

Oh man, that is insane! You're here for reason, Jo. You survived and have a great future. Speaking of the future, what are your upcoming goals?

As of right now my goal is to finally total 2,400.

After that it will of course be 2,500, 2,600 and so on. I will most likely be staying in the 275 class where I am most comfortable and won't have to drop the 18 pounds—I used to make the 242s. So I'm a bit excited about that. However, benching three-times my bodyweight is something I've been shooting at for a couple of years now and would love to accomplish this within the next year.

How do you see the future of powerlifting?

It's going to keep growing, people are going to continue to get stronger and gear is going to keep improving. I look forward to it and I'm up for the challenge.

Tell us something random that you never shared with public before.

When I go to bed I sometimes listen to Enya to calm my nerves and help me sleep better.

What is your advice for strong people who want to be super strong?

Stay consistent with your training. Just because you're strong doesn't mean it will stay that way. Slacking off just because you've reached a particular goal is going to do nothing but set you back and you'll be playing catch-up again. Also, don't be afraid to try something new. If what you've done in the past isn't working any longer, don't be afraid to reach out to other lifters to find out what they are doing different and how it works for them. Chances are that it may benefit you too.

What shirt do you use and what is it like?

I wear a Metal Ace shirt. It's almost like wearing a neoprene dive shirt. Ha ha. It's pretty thick material that is very supportive throughout the movement and has a great deal of pop off the chest. Took me some time to get used to it, but it's finally coming around.

How have the shirts changed over the past five years?

They've become thicker, more supportive, tighter, more explosive and more expensive. It's the way most sports progress though. Baseball bats have become lighter, better designed and

engineered. Same thing with tennis rackets. It's the nature of the beast. Whatever is going to help people excel in their chosen sport.

What are your favorite exercises for a bigger bench press, squat and dead?

Bench press – Close grip bench, close grip floor press vs. chains, reverse band bench, DB row, band tricep extensions.

Squat – Box squat vs. chains or bands, GHR, reverse hyper, band leg curls, SS Bar suspended GM's.

Deadlift – DL vs. bands, GHR, Reverse hyper, Pull through, °45 back extension.

What does your wife and family think of your powerlifting?

My wife thinks I'm a bit crazy wanting to get under the weight that I do, but she supports me 100% and has gone out of her way to make sure I'm able to compete in certain meets or attend training sessions that simply can't be missed. She tolerates the long hours I spend in the gym and even though she still gets pissed at me from time to time about all of it, she has never said I need to stop or quit and has even talked me out of quitting a time or two.

My daughters think it's great. They'll watch my training videos and tell me I'm strong, scream encouragement at meets and tell their teachers and friends about how much weight I

lift. They are my biggest fans and I never want to disappoint them in any way.

How do you want to be remembered?

As a person that had a good sense of humor and was willing to help out in any way he could. Someone that loved his family and friends and respected those that returned the respect.

What do you think of the people involved in the sport of powerlifting?

I think they're great. I have met amazing people from all over with a lot of different backgrounds that can all come together in one venue and just enjoy being there and having fun. Powerlifters are very giving and approachable. Willing to share ideas and training methods or just share stories with. All in all I enjoy spending time with powerlifters more than I do most any other group of people.

Switching gears, what supplements do you take?

- Biotest Supplements:
- Anaconda
 - Surge Workout Fuel
 - Surge Recovery Fuel
 - Metabolic Drive
 - Flameout
 - Curcumin
 - Z12

Supplements from AnabolicSecrets.com.

If you could be any kind of animal what kind of animal would you be?

An eagle. They are majestic, powerful, swift and respected.

What do you like doing away from powerlifting?

I enjoy watching cartoons with my daughters and going to the movies with my family. My girls are what my world revolves around. So as long as I'm doing something with them, I'm usually happy.

In closing, is there anything you would like to say or anyone who you would like to thank?

I'd like to thank my sponsors, *CriticalBench.com*, *EliteFTS* and *APT Pro Wrist Straps*. They have all been amazing to work with and have helped me more than they'll ever know.

My wife and children for tolerating me being gone so much, and for being so supportive and loving at the same time. I'd be nothing without you.

My training partners for all of your help and patience over the years. I'd never be where I'm at without all of you at OBB.

Last, but not least, Jeremy Frey for all of his assistance and guidance with my training. It's greatly appreciated! ☺

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SPECIAL REPORT: Rut Busting Bench Press Matrix

by Mike Westerdal

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listened to statements of fact and opinion. He saw the statistical percentages showing the distribution of lifters throughout the weight classes. He also learned of the IOC's stance on how it views powerlifting. He then shared all of the information with me.

One of the primary objectives of the IPF is to get powerlifting into the Olympics. If that is ever to happen, powerlifting has to clean up its act. One of the ways that can be done is to streamline the weight classes, thereby increasing the quality and intensity of competition as well as making it more viewer-friendly. Currently, powerlifting has as many or more weight classes than any other sport (boxing, weightlifting, wrestling, etc.). Too many weight classes waters down the competition. If powerlifting ever makes it into the Olympics, the IPF is its only hope. Accordingly, the IPF and its affiliates should do everything in their power (within reason) to help facilitate that effort. A restructuring of the weight classes is one step in that direction. Therefore, we support this move.

AL CASLOW: No, the addition or change in weight classes is not needed and certainly a change is not necessary. Not sure the motives or issue the IPF believes they are solving with the weight classes either? I have read the statement, but it still does not demonstrate reason enough to perform an overhaul on weight classes, especially when considering the history,

records, and balance throughout the sport. Chalk it up as another IPF brain fart.

WADE JOHNSON: I don't feel the need to change at all. I can see the classes for pro style stuff, but the individual classes, not at all.

MIKE TUCHSCHERER: At first I was not a fan of the new classes. It kills a lot of tradition and removes the living history that the record books provided. And, it further fragments the sport of powerlifting in the U.S. by adding one more variable between federations. All this in the name of increased competition that I wasn't very sure would manifest in reality. Then I started looking at the competition in the new 120 kg. class. Certainly tougher overall than the old 125 class. And, if I were to move up to SHW, that's tougher as well. So there's still plenty I don't like about it, but at least it does what they said it would do.

STEVE DENISON: I don't feel that powerlifting in general needs new weight classes. More than anything it needs fewer weight classes to create more competition. But if the IPF feels like they need new weight classes then that's their prerogative to make that change. Nobody else outside of their organization should care. It is one organizational change that will not affect anyone or any other organization outside the IPF. I'm sure lifters will get used to it in time,

much like they did when the IWF changed weight classes years ago. «

This concludes the discussion for the month. I find it interesting to hear other lifter's points of view. Hopefully some day powerlifting will find some common ground on all subjects. 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.



Steve Denison was a long term supporter of the USPF, but now heads the USPA

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OCT 1993	DEC 1994	DEC 1998	JAN 2001	FEB 2003	NOV 2005	2008	2010
1994	1995	1999	FEB 2001	MAR 2003	DEC 2005	JAN 2008	JAN 2010
JAN 1994	JAN 1995	FEB 1999	MAR 2001	APR 2003	2006	FEB 2008	FEB 2010
FEB 1994	FEB 1995	APR 1999	APR 2001	MAY 2003	JAN 2006	MAR 2008	MAR 2010
MAR 1994	MAR 1995	MAY 1999	MAY 2001	AUG 2003	APR 2006	APR 2008	APR 2010
APR 1994	APR 1995	JUN 1999	JUN 2001	SEP 2003	MAY 2006	MAY 2008	MAY 2010
MAY 1994	MAY 1995	JUL 1999	JUL 2001	OCT 2003	JUN 2006	JUN 2008	JUN 2010
JUN 1994	JUN 1995	AUG 1999	AUG 2001	DEC 2003	JUL 2006	AUG 2008	JUL 2010
JUL 1994	JUL 1995	SEP 1999	SEP 2001	2004	AUG 2006	SEP 2008	AUG 2010
AUG 1994	SEP 1995	OCT 1999	OCT 2001	JAN 2004	SEP 2006	OCT 2008	SEP 2010
		NOV 1999	NOV 2001	FEB 2004	OCT 2006	NOV 2008	OCT 2010
		DEC 1999	DEC 2001	MAR 2004	NOV 2006	DEC 2008	NOV 2010
		2000	2002	APR 2004	DEC 2006	2009	DEC 2010
		JAN 2000	JAN 2002	JUN 2004	2007	JAN 2009	2011
		FEB 2000	FEB 2002	JUL 2004	JAN 2007	FEB 2009	JAN 2011
		APR 2000	MAR 2002	AUG 2004	MAR 2007	MAR 2009	
		MAY 2000	APR 2002	SEP 2004	APR 2007	APR 2009	
		JUN 2000	JUN 2002	OCT 2004	MAY 2007	MAY 2009	
		JUL 2000	JUL 2002	NOV 2004	JUN 2007	JUN 2009	
		AUG 2000	SEP 2002	2005	JUL 2007	JUL 2009	
		SEP 2000	OCT 2002	JAN 2005	AUG 2007	AUG 2009	
		OCT 2000	NOV 2002	FEB 2005	SEP 2007	SEP 2009	
		NOV 2000	DEC 2002	APR 2005	OCT 2007	OCT 2009	

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Most of us would like to think that we would have reacted the same way when after having his perfect game taken away, Galarraga hugged Joyce, and said, "Nobody's perfect." Yeah, most of us would like to think that, but the truth is that few, if any, of us would have been so noble. I know that I would love to say that I would have. I will say this, though, Galarraga's example has inspired me to try and be a better sportsman and more importantly a better person, and I am sure it has done the same for others.

Now I know this next selection is going to surprise you a little, but this moment in time was absolutely awe inspiring. It was Susan Boyle's first appearance on "Britain's Got Talent." If you have never witnessed the performance, you just have to. It is one of the most riveting presentations you will ever see. Every time I watch it I get chills all over my body and tears literally come to my eyes. It is not just the fact that this woman has a magnificently gifted voice, but she also had the courage and daring to follow her dreams and make them happen. At the age of 47, she entered the "Britain's Got Talent" competition. She certainly didn't look like a promising singer. She was overweight, dressed rather commonly, and was not very well groomed. She certainly didn't look like a singer with professional aspirations. In her interview, she confessed that she had never been married

and had never been kissed in her 47 years... facts that substantiate the unlikelihood of her becoming a star singer.

When she walked on stage, it was obvious that the entire audience thought that she was going to make a fool of herself. They were snickering and laughing at her. Even the judges were frivolously and viciously mocking her appearance. It was quite obvious that everyone was against her. Simon Cowell, who was the head judge of the talent show, asked her what her dream was. She said, "I want to be a professional singer." Everyone in the audience laughed out loud. Simon then asked her why her dream hadn't worked out after all these years. To which she answered, "I have never been given the chance before, but here is hoping all that will change tonight." Then Simon asked, "Who would you like to be as successful as?" To which she answered, "Elaine Page or someone like that." When she said that, the cameras scanned the audience and the people there were rolling their eyes and laughing disrespectfully at her. Finally, Simon asked her, "What are you going to sing for us tonight?" Quite appropriately she said, "I am going to sing, 'I Dreamed a Dream' by Les Miserables." To which Simon responded, "That is a mighty big song for you to sing, but go ahead."

When this woman started singing, you could have heard a pin drop throughout the

entire place, and then all of a sudden, the entire place erupted in spontaneous applause. The camera panned to Simon, and his eye brows rose significantly, and then the camera turned to Amanda Holden, the judge sitting next to Simon, and her mouth dropped wide open. Within literally moments after Boyle started singing, she had the entire audience standing on their feet applauding. The more she sang, the louder the audience applauded. She had the entire audience in a frenzy. There was so much passion and enthusiasm in the place you could have cut it with a knife. The entire presentation was spellbinding...extraordinary. Perhaps, Holder summed Boyle's presentation up best when she said, "I am so thrilled because I know that when you walked out here everybody was against you. I honestly think that we were all being very cynical and I think that is the biggest wakeup call ever. And I just want to say [it] was a complete privilege listening to that. It was absolutely inspirational...incredible, mind-blowing. Without a doubt [it was] the most extraordinary shock we ever had."

Holden was right. It was one of the most incredible performances you would ever want to witness. It is literally that moving, but don't take my word for it; see it for yourself. Just go to YouTube and type in 'Susan Boyle's first performance Britain's Got Talent.' I promise you it will give you instant inspiration. Don't miss it! «

CARINI FOOTBALL STARS MAKE PRO BOWL!

Strength coach, former powerlifter and longtime MHP proponent Joe Carini is proud to announce that two of his top athletes have been named to the 2011 NFL Pro Bowl. NY Giants players Chris Snee (#76) and Shaun O'Hara (#60) were chosen to play in the annual all-star game on January 30th in Hawaii.

"I am so proud of Chris and Shaun in making their 3rd consecutive Pro Bowls," says Carini, owner of Carini's House of Iron in Pine Brook, NJ. "They are hard workers year-round and it showed on the field each Sunday."

Snee, widely considered the NFL's Strongest Man with a 605 lb. bench press, was chosen as a starter at guard. Training partner O'Hara was named as backup at center for the Pro Bowl, despite missing several games during the regular season with injuries. Both players train with Carini in the offseason to develop strength and power that helps them on the gridiron.

"I recommend MHP products to all my players because they work!" adds Carini, who's worked with numerous pro athletes at his hardcore training facility. "They've always helped me tremendously and my guys swear by them, too!"



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BACK TRAINING »



with the Rotator Cuff muscles to stabilize the shoulder joint and works with the lat muscles to pull the humerus back. (Wow! Even more back stability and support!) Hold on, there is even more upper back support coming your way. The Trapezius (trap) muscle is a long, trapezoid-shaped muscle that runs down the upper section of the spinal cord, originating at the base of the skull and attaching down in the middle to lower back. The function of the Trapezius muscle includes scapular elevation (shrugging up) and more importantly for bench pressing, scapular adduction (drawing the shoulder blades together). All right, the Big Evil is taking his lab coat off and putting his pocket protector away. It doesn't take a genius to see what I'm getting at. As with bench press form, which we will go into deeper in further articles, we are taught to squeeze our shoulders together and "sit back on our lats." This shortens the range of motion of the lift and gives you a more secure base to push the weight from. What a coincidence that these same muscles we are talking about were created to aid your body in completing this very same task, which is stabilizing your upper body. Now, just imagine how strong your bench would be once you developed these muscles to a higher level? What is a higher level you ask? The Big Evil himself has done 585 on bent over rows and over 400 on lat pull-downs while benching 650 plus without gear. I am sure there

For more from the Big Evil, check out WWW.BIGEVLASLAIR.COM

are many guys out there who can do more than that, but that should give you a starting point you need to shoot for. Now how to develop these other muscles, you ask the Big Evil? Remember, we are not bodybuilders, we are not interested in doing isolation work, so doing some basic exercises will cover working all these muscles at the same time. The Big Evil says try some of these:

SEATED ROWS Perform these with a closer grip. There are many different attachments to choose from. Choose one that brings your grip in close and row the bar to your stomach. Try to increase the weights every week. The Big Evil says three to four sets and eight to ten reps will work the best.

SHRUGS I like the Trap Blaster from Triton Industries. I think this bar makes shrugging heavy weights more efficient and safer, along with just having a better feel. Take a look at their web site at www.gorillatrapblaster.com. With the Trap Blaster you can load enormous amounts of weight on the bar and really hit your traps hard.

BENT OVER DUMBBELL LATERALS This exercise really nails your rear delts. There are tons of exercises you can do for the rear delts/rotator cuffs, such as band work or other variations of the bent over lateral. The Big Evil says to be very careful when working the rear delts and just go

heavy enough to flush the muscle with blood, thus using high reps with minimal amounts of weight. This muscle is very prone to injury, so take great care to not use weights that you can't complete for at least the ten rep range.

This should cover your back training for bench press assistance work—no tricks, no smoke and mirrors, just hard ass work! That's how the Big Evil likes it, and so should you if you want to increase your bench press. Give these exercises a try and no doubt you will see not only a big increase in your bench press strength, but your stability will increase as well. You will notice you will be able to keep your arch tighter and with less effort because your back muscles will be conditioned and your arch will almost seem effortless. Now get to it and don't come back here until your back is as wide as a barn door.

Onward to the show: *Big Evil's Lair* proudly welcomes General Nutrition Centers as a sponsor of the show. GNC has come out with a tremendous new line suited for the demanding nutritional needs of a powerlifter. Check them out at www.GNC.com. This month on the show we feature female powerlifting superstar Laura Phelps-Sweat. Laura has bench pressed over 500 pounds and squatted over 700 pounds at only 181! AMAZING LIFTS! Tune in to see how Laura trains her lifts in an in depth interview with the Big Evil himself. Check it out at www.bigevilslair.com. Until next month, *Believe to Achieve!* «

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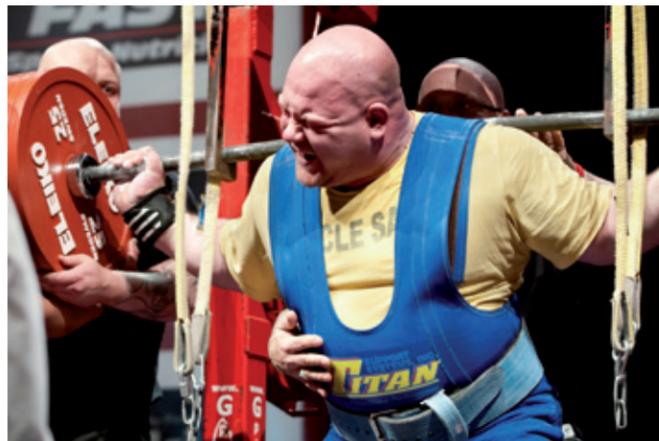
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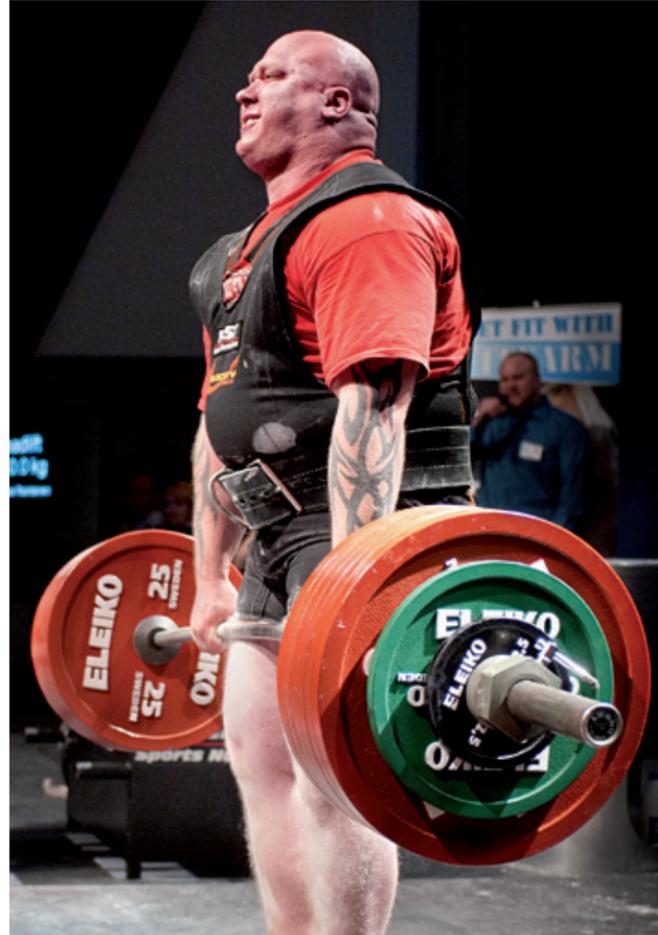
Murtomäki dissatisfied and frustrated after failing his squat

all Murtomäki's game. After a disappointing performance in the squat, Murtomäki showed why he was the first European member of the 400-kilo club. Opening lift at 390 kg. got approval from all the three judges. To the second lift, this Finnish bench specialist ordered a stunning 410 kilos. Jani came just a fraction of an inch away from a complete lift. He had to go all in for the last attempt...and he did. Inch by inch the bar rose from his chest.

"Is that enough," Murtomäki shouted out loud after locking his elbows and waiting for the "rack" command...that he didn't hear he first time it was given.

In the bench it seemed pretty obvious that Mr. Bolton wanted to have a complete competition in his little comeback. Successful lifts at 310 kg. and 330 kg., and a failure at 345 kg., weren't anything special when talking about an elite lifter like Andy Bolton.

Joonas Rantanen was determined to give his best shot to break his total record, 1270 kg., from last year. That needed perfect lifts in all three events, including the bench. During the opening lift (360 kg.) Rantanen had difficulties in bringing the bar to his chest, but managed to complete it with no complaints from the referees. The second try at 380 kg. was a lot easier, on the way down also, got also three white lights, despite the slight falling towards the uprights. On the third, Rantanen was knocking on the doors of the 400-kilo club, but they remained closed since the bar fell towards his face.



Joonas Rantanen finishing his second attempt, a 350 kg. deadlift

THE DEADLIFT

The most anticipated event in this competition was the deadlift. When you have two of the world's very best lifters going head to head, there's a whole lot of entertainment in the air! Both men, Bolton and Magnusson, decided to open up with 410 kg. Enormous weight for the rest of us, but starters for these two giants.

First up was Benedikt who calmly approached the bar, picked it up with no problems and even had some time to smile for the photographers before lowering the bar back to the floor. Following that, Bolton performed a similar lift, but with a bit more serious expression on his face.

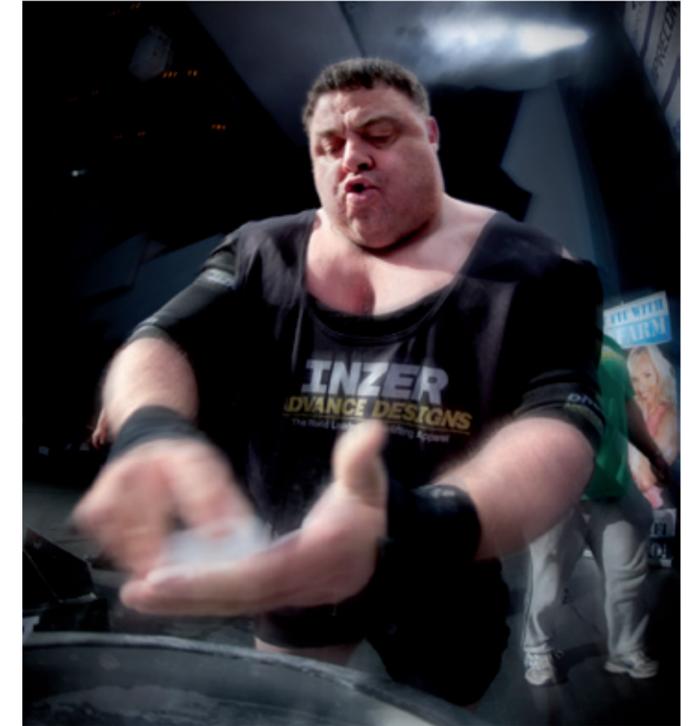
For the second lift Magnusson asked for a mind blowing 442.5 kg.! I have to emphasize that the Icelandic teddy bear was using just his belt. Determined to lift the bar, he walked up to the chalk bin, stroked both hands into it and started his furious dance around the bar. Eyes, big like saucers, were filled with pure insanity as he gripped the bar and pulled it up to the complete position, 3-0!

The opening lift took its toll and Bolton decided to skip the second round and go for even more on the third; 445 kg. was loaded to the bar. Bolton approached the bar and picked it up, followed by a massive roar. The current world record holder showed what he was made of.

The huge deadlift show, put up by Bolton and Magnussen, a bit overshadowed the other bad-ass deadlifts made by the Finnish lifters—the first of them, Joonas Rantanen, made 350 kg. on his third lift. That sealed his second consecutive victory in the Bullfarm Championships with a world-class 1250 kg. total. Andy Bolton's huge deadlift gave him the silver medal. The bronze medalist, Juha Someroja, deserves attention; 1130 kg. total made by Juha is awesome on any scale, but when you realize that he just weighed 108 kg., it makes it worthwhile. «



Juha Someroja gets an approval from the referee for his 350 kg. lift



Chalk to the hands as Bolton gets ready for bench press

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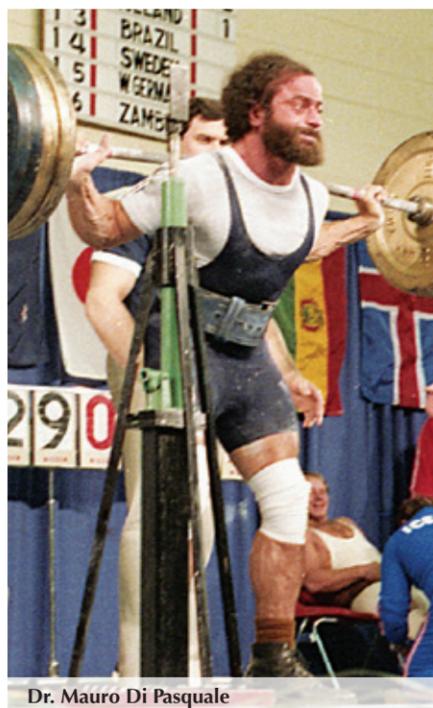
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Dr. Mauro Di Pasquale

the diet until you get under 80 grams per day, maybe only dropping 5 grams of carbs or even less a week from your present 100–120 grams. Doing it very gradually would allow for some epigenetic changes to take place, improving your use of fats as a primary fuel, that may not take place if you drop the carbs suddenly.

Taking in only three meals a day isn't really a problem. There is still quite a bit of controversy as to whether several meals a day is better than three meals a day. An example of this is two recent studies where one study says three is best for losing weight, and the other says that those who eat more frequently don't gain weight or body fat as readily. FYI: I've included the two abstracts (page 34). As you'll note in the second abstract, the authors state that "there is a need for prospective studies investigating the association between eating frequency, diet and body composition." How true.

As far as those wanting to know the best meal frequency for improving body composition and performance, it all depends on the kind of diet you're on and the size of the meals. If you're on one of my phase shift diets, most of the food eaten takes much longer to digest and be absorbed than someone who's continuously on a high carbohydrate diet but eats the same number of calories. The fat adaptation that takes place on my diets allow for better and longer post prandial nutrition so it's not necessary to eat more than three times a day, although you can also do well eating more often.

Unfortunately, there are many variables to consider as far as the best eating frequency, including the dreaded post absorptive catabolic phase that many athletes try to avoid by eating at least every three hours. However, eating larger meals three times a day is likely just as effective in allaying catabolism as eating smaller

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meals more frequently since it takes longer to assimilate the larger meals and thus nutrients are provided to the body for longer periods of time than when smaller meals are eaten.

It's confusing and there's more to be said (for example comparing "slow" and "fast" proteins and their effects on protein synthesis and catabolism, when consumed alone or when consumed with a fair amount of dietary fat), which I will be doing in an upcoming Elite Performance Newsletter, which by the way can be downloaded from www.ElitePerformance-newsletter.com.

The bottom line as this point is that it's okay for you to just eat three meals a day on your higher carb phase. Keep up the good work.

Best regards,
 Mauro

DEAR MAURO: First off, it is an honor to be talking to you. Your research has been

very helpful to me in helping to achieve my dreams of becoming a professional football player. But let me save you time and ask my question. I have seen countless "sample" workout programs for football players and all are quite conflicting. One has me doing ten to fifteen reps a set while the other is preaching one reps to five reps. I am a lineman and I need power and strength, but also need to be quite quick. In your intellectual opinion, what type of program should I be following?
 Darren

DARREN: Go for the strength in your weight training (low reps and heavy weights) and the quickness when training on the field. Trying to obtain sports related skills by altering weight training routines, increasing reps, using weights to mimic sport actions, etc., just doesn't work.

Best,
 Mauro ☺

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