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Alan Best proving he's got what it takes to make and break records  
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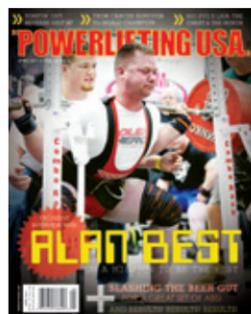
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**PLUS TONS OF RESULTS!!!**

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Alan Best squatting at the 2010  
Los Angeles Fit Expo  
*photo courtesy Mike Lambert/PL USA*



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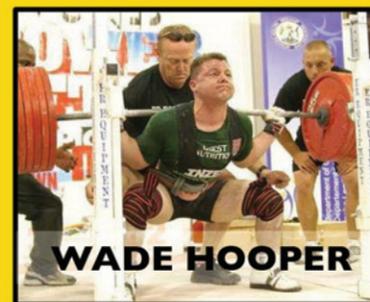
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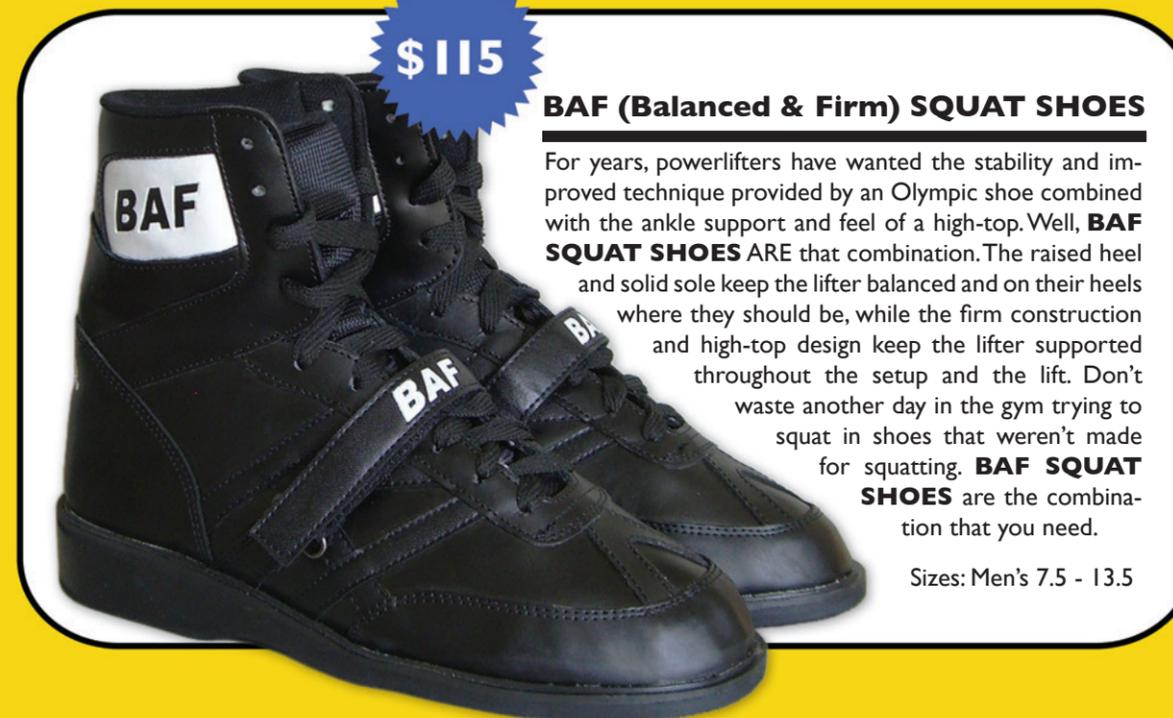


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# MHP'S POCKET POWERHOUSE: JAMES GOLBA

as told to Powerlifting USA by Steve Downs, C.S.C.S » photographs courtesy of Rick Lugo

In the world of sports, size typically matters most. Football linemen average well over 300 pounds and seem to get bigger every year. The 10 foot basketball rim almost appears too low as countless gigantic college and pro players dunk with amazing regularity. And in bodybuilding, the mammoth freaks who win Mr. Olympia today dwarf the physique champions of just 25 years ago.

Powerlifting is a bit different due to its adherence to weight classes. It is not uncommon to see middleweight monsters squatting or benching mind-numbing weights despite their diminutive size. But a world record holding 181-pounder is still not revered nearly as much as the superheavies who hold the top all time lifting records.

Yet even among these smaller stalwarts of powerlifting prowess, there are those who fight against greater adversity than just short stature. Take New Jersey strongman James Golba, for instance. He was born with dwarfism, which is defined as hip structure and torso length of an average sized man, but with shorter arms and legs. From the time he entered school he was told he was too short or too small to play sports. But "quit" isn't a word in James' vocabulary, so he persevered.

"It was very hard playing sports because I was always told I was too short to play," the 5-foot-2-inch Bloomfield, NJ native says. "I played basketball and baseball when I was younger and then in high school I competed in swimming and baseball. I didn't start lifting until my junior year because I was on the baseball team, but would never get in the game. I started lifting and quickly caught the 'heavy bug.'"

The more time he spent in the gym, the more he fell in love with bench pressing. There was nothing better than piling on weight and pressing it off his chest. No worries about height or size here—if he could press it, that's all the validation he needed. As he continued to excel under the iron, he decided to test himself. James saw a flyer at his gym for a bench meet in Pennsylvania and decided to take the plunge. Right out of the gate, he bench pressed 265 pounds and won his first contest. Best of all, he was judged fairly amongst everyone in his class, without any degradation regarding his stature.

When it was announced in Golba's high school that he'd won a bench press contest, lots of his classmates were very excited and supportive. He recalls that the assistant principal, Ron Miller, sought him out and convinced him to do full power meets. James followed the advice, which began a long association with the iron sport.

Despite his early success in the iron game, James realized that he needed guidance to realize his ultimate potential. He joined Pro



James Golba benching 325 pounds

Fitness Gym in Rockaway, NJ and became part of the Pro Fitness Powerlifting Team. Among the lifters on this squad were two national level competitors: Ray and James Benemerito. As it turned out, both these strongmen went to the same high school as James, so they took him under their collective wing and taught him the right training and competitive lifting techniques.

"After a while, though, I found that I needed to find a coach to help me really excel in powerlifting," James says. "Fortunately, I found the great Joe Carini and that's when my lifting strength really began to take off. Since working with Joe at Carini's House of Iron, I have won four consecutive New Jersey state powerlifting titles (2007–2010)."

While dominating the 148 lb. class in the Garden State—having won six state titles during his powerlifting career since 1996—the "Pocket Powerhouse" has posted some impressive lifts. His best competition squat is 418 pounds, he's benched 325 and his best pull is 408. Each week he trains squats on Monday, bench press on Tuesday and takes Wednesday off. On Thursday he pulls deadlifts and Friday is his favorite training day: "guns!" The 34-year-old takes the weekends off completely.

"I work for supplement company MHP and they have blessed me with great nutritional products to take my lifting to the next level," James says. "My favorite supplements are Active multi-vitamin, A-Bomb amino acid complex, NO-Bomb pre-workout nitric oxide booster and Releve joint formula. I also take Probiotic sustained release protein each day and Dark Matter anabolic activator after my workouts for full recovery.

"I've also been fortunate to find a great church (Agape Worship Center) that helps me with my spiritual and mental health. As a result,



James with a 408 lb. deadlift

I truly believe anything is possible, which has helped me excel in powerlifting. I've had many people tell me I was too short to do things well, but I've never let that hold me back. We all have adversity in life, but you can overcome anything if you truly believe it and work day in and day out to succeed." ☺

*Editor's Note:* To learn more about James Golba's competition history and the MHP nutritional supplements that power his success, visit [MHPSTRONG.com](http://MHPSTRONG.com).



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

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## REVERSE GRIP BENCH PRESSES

as told to Powerlifting USA by Doug Daniels



Anthony Clark benching with a reverse grip (Lambert/PL USA photo)

A few decades ago, the reverse grip bench press was regarded as nothing more than a novelty lift—but that was changed in the 1990s when the late, great Anthony Clark captured the imagination of the powerlifting world by challenging the 800-pound bench press mark while using a reverse grip bench press style in competition. In case you're wondering, the reverse grip bench is a bench press with your grip going the opposite way with your knuckles facing your feet; palms facing your head.

This style of the bench significantly alters a lifter's leverage and muscle involvement; the load lifted by the pecs decreases, while the triceps and delts take on more of the burden. The stabilizing muscles used to control the weight are called into action in an entirely different manner. I have always been a believer that in order to successfully lift a weight, you must first control or stabilize it. Since reverse grips are in reality a bench press, this increased stabilizing strength built doing reverse grips should spill over to your competition bench. In other words, the strength gained through reverses would have a high positive transfer to the regular bench.

Let's start by describing the correct execution of reverse grips. The feel of reverse grips is extremely different from the regular bench so extra care and patience should be practiced before moving into heavy weights. For one thing, spotters are an absolute must because if the weight falls, it will tend to drop on your face

and that's not a good thing for your face or the bar. A hand-off from an alert spotter is also a requirement. I also suggest getting close to the bench racks for a handoff. For the regular bench getting this close to the racks is not desirable as the bar would bump up against the racks, but for the reverse grip it's the way to go. The path of the bar to lockout tends to go straight up as opposed to the bar path of a regular bench that goes upwards in an arc from the chest towards over the head and shoulders.

Common sense should dictate starting out with lighter weights for safety reasons. You absolutely need to get accustomed to the unique feel of this exercise. As with any new exercise, if you start too heavy too soon, you risk injury. For increased safety you can do reverses inside a power rack with safety pins set to catch the bar in case of a mishap. I strongly suggest a thumbless grip over thumbless. A thumbless grip poses a greater risk of the bar falling out of your hands and onto your face or neck. Using a thumbless grip in any form of bench press is not a good idea! Bodybuilders during Arnold's hey-day popularized the thumbless grip claiming they got a better feel during the exercise. Let the bodybuilders keep their feel and use your thumb to hold the bar safely. It would be tragic to have all your training go to waste due to a wayward bar falling on you.

There are many ways to add reverse grips to your routine. I treat it as a substitute for close grip benches since both of these exercises de-

crease pectoral involvement in favor of the delts and triceps. Because of that, there is no need to perform both of these exercises in the same workout. I suggest 3–5 sets of reverse grips after your regular benches.

You can also experiment with various grip widths. I suggest not going narrower than shoulder grip or wider than your regular bench grip. The number of reps is up to you, but my suggestion is to have them coincide with where you are in your cycle. If you are doing 8 rep work sets, use 8s as your rep scheme for reverse grips, and so on.

Some weight machines, like Eagle, offer a seated bench machine that allows a lifter to do seated reverse benches in safe manner without a spotter. Reverse grips can also be done more safely on a Smith Machine, but since the bar is on a sliding rack, stabilizing power would not be built, which also applies to using the Eagle machine. However, in both of these scenarios your triceps will still get a good workout. I would not recommend using dumbbells for this exercise as controlling them would be too precarious.

Reverse grips provide the powerlifter with an excellent assistance exercise with high positive transfer of strength gains to the bench because they are benches—just performed with a reverse grip. As with any assistance exercise, never sacrifice proper exercise form for weight. If your bench press is stalled or in a rut, give reverses a try as your main assistance exercise. ◀

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## ALLEN BARIA

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

**Hey, Allen. Thanks for doing this interview. Please introduce yourself.**  
My name is Allen Baria. I am 39 years old, have a beautiful wife Cindy, a nine year old son Evan and five year old twin sons Andrew and Alex. I am from Charleston, West Virginia and I am employed as an operations manager for ThyssenKrupp Elevator.

**What are your current PRs?**

My best raw, paused bench lately has been 655, but I feel I can exceed that by several pounds soon enough.

**How long have you been powerlifting?**

I have competed on and off locally since my teen years. I took most of my twenties and my early thirties off due to the children.

**Tell us about your childhood and how you got into powerlifting.**

I grew up in a rural area, always splitting fire wood and working with my dad (I think my dad may have invented work). Dad is extremely old school, but he and Mom bought my first set of weights and a squat rack when I was in junior high school to help me strengthen for football and wrestling. Of course I had to lift by myself because none of my friends wanted to come to my house because Dad would invent work for them too!

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

A gentleman I still admire to this day and who lives in our area is Mr. Don Hundley. He has helped me for years with honest words and solid advice.

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

I saw Brian Siders bench 799 pounds like there was no weight on the bar!

**What is your advice for a novice lifter or to a lifter who is just starting out in powerlifting?**

Work with all of the training methods out there and then determine what works best for you. I have learned so much in the past couple of years from guys much younger than me.

**Which is your favorite lift?**

The bench is my best lift, but I like the squat the most.

**What are your current goals and when is your next meet?**

I am going to bench at the Olympia Bench Press Invitational on September 25th in Las Vegas. I hope to bench in the low to mid sevens.

**What are some of the challenges you face training as a powerlifter?**

Finding spotters, keeping training partners, interference with other scholastic sports, lack of a good hardcore powerlifting gym in the area... and my dad thinking up new work to be done instead of lifting weights.

**Tell everyone here the difference between someone who wants to look "pretty" and someone who does what we do? Like, what's the difference between a workout and a training session?**

The difference between a workout and a training session? I can't really tell the difference because I have always been sort of a hybrid. I have always trained like a bodybuilder, but used the weight of a powerlifter. For example, I've benched 500 pounds for 15 reps on a down set and behind the neck pressed 405 for reps. However, as soon as my bench or squat went down five pounds, any sort of diet aimed at looking good was out the window. I'd rather be a little fat and strong than ripped and wondering if my legs can carry me up a flight of stairs!

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



Allen at the 2010 Olympia competition in Las Vegas

I would recommend sitting in on a few hardcore training sessions at a reputable powerlifting gym like Westside or Super Training. The methodology and experience of the guys and gals training in those environments is extremely valuable to a young powerlifter. It has been my experience that most powerlifters are very approachable and seem to be genuinely nice folks. Also, the Internet is a great resource. I can find an answer for any question I might have, no matter how stupid.

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

I am driven about everything I do. I just have to spread my time so thin that some things take precedence over others. My wife gets really aggravated at my competitive nature and the fact that I am never satisfied with myself. If I miss a training session, then you know there was something more important going on. I just don't blow off training because I didn't feel like it. Outside the gym I manage crews of union elevator mechanics, installing new and modernizing old elevators. It is very hectic work and training is the absolute best stress reliever I have found.

**How has powerlifting made you a stronger person?**

It has given me a great deal of confidence in my ability to accomplish daily and long term goals.

**Do you have training partners? How have they helped? Tell us about them and who they are.**

I lift with two great guys: Scott Criser and Richard Fisher. Scott is a 40 year old Nurse Practitioner and powerlifter who has been at it for years. He's had several serious injuries over the years (such as ripping his left triceps completely off the bone), but remains incredibly strong. It has been his powerlifting knowledge and neurotic punctuality (that's an inside joke, I am always late for our workouts) that has benefitted me the most over the past two years. Richard began training with us several months ago and has brought both comedy and power to our sessions. He is as strong

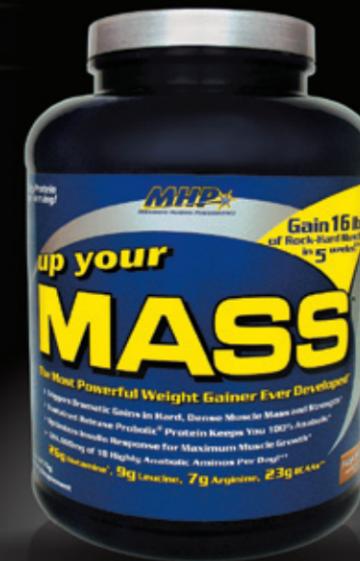


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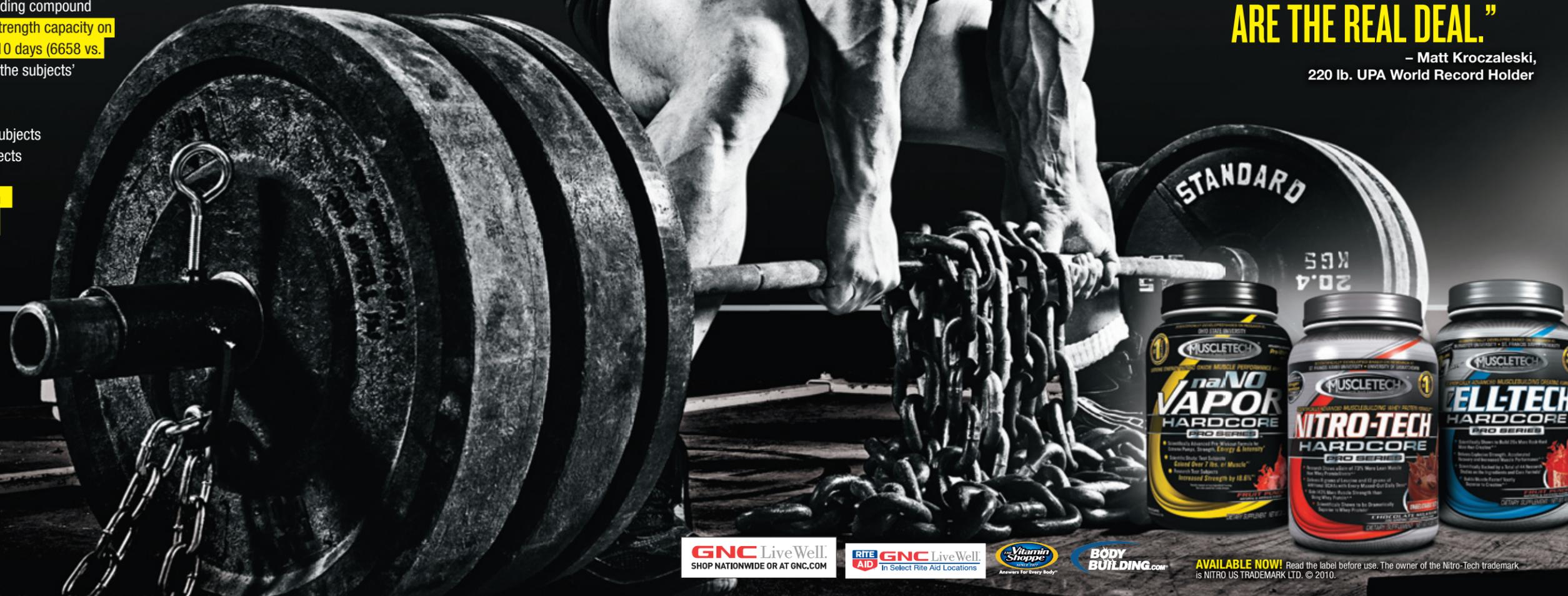
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# STRONGMAN TRAINING PLAYS ROLE IN PACKERS SUBER BOWL SEASON: VETERAN FOOTBALL WRITERS PRESENT MHP/POWERLIFTING USA ALL-NFL STRENGTH TEAM FOR THE 2010 SEASON

as told to Powerlifting USA by Al Thompson

The influence the "World's Strongest Man" TV show has had on the growth of the sport of strongman around the world is obvious. The influence the sport of strongman has had in relation to training methods used in many other sports is not as obvious, but almost as important.

Strongman's prevailing impact on training is probably most prevalent in American football. Many strength coaches—at all levels, including professional—have found the capricious movements of the sport a big help in their players' off-season programs.

"I use many strongman events as a way to change things up," Super Bowl champion Green Bay Packers strength and conditioning coach Mark Lovat said in a recent interview for *PL USA*. "It forces you to train in unpredictable patterns."

During the offseason, Lovat said he takes his players out of the weight room and puts

them through a variety of strongman events and movements. Lovat listed his favorite events:

- ▶ Tire Flip: Lovat said he does not know the weight of the tires, but said they were about 5 feet tall and 18 inches wide. Lovat said with a chuckle, "Tires flips can really make some of these guys gag."
- ▶ Sledge Hammer: pounding the tire with the sledge hammer is just one great upper-body movement according to Lovat.
- ▶ Sled pulls: plates only (no motorcycles or Hooters girls). Grip handles.
- ▶ Olympic lifting: not unlike a log clean and press movement. Lovat said he has his players throw the bar to simulate blocking or tackling.
- ▶ Tug-of-War Sled pull: Lovat will attach a rope to an obviously heavy sled to simulate a tug-of-war which is a great full body movement.

Lovat said he has his players use what he called a "ground based" program—meaning all

exercises are done exclusively with players on their feet. No seated leg press machines are used. Everything the Packers do is to "Match every body system used in football," Lovat said.

Every exercise, whether in the weight room or outside with the strongman disciplines, are done in time measurements that mirror "The energy systems used in football," Lovat said. "We don't run the mile. We go for power endurance. I want to match the times of plays in a football game."

That is why Lovat says he likes to turn to strongman. "It's great because it is a big total body movement," Lovat said. "You have to move big, heavy objects...it's awkward and we do it in a safe way."

Lovat has 12 years of coaching in the NFL under his belt, all with the Packers. After serving as an assistant for his first 11 years, Lovat—who earned his master's degree in exercise sci-

ence and performance enhancement in 2005—was promoted to strength and conditioning coordinator on February 15, 2010.

Lovat is the son of former Packers offensive line coach Tom Lovat. One area he has earned the respect of his players is the way he has made the weight room a place they can be themselves for real. The former high school and college baseball standout said he is aware he is one of the few assistants that sees every player on the whole roster frequently, especially in the off-season. Lovat said he is aware he can affect the spirit of the team.

"I need to be a steady influence," Lovat said. "The weight room is a safe haven for these guys. It's a place to escape, let out their frustration...no coaches, no media...they can spit, fart, whatever they want, and do not have to worry about it."

Packers nose tackle B.J. Raji said Lovat gets high grades from him in the mentoring department. "Even before we get actually down to football, off-season workouts are with him," said Raji, whose big plays throughout the play-offs helped the Packers earn the right to hold up the Vince Lombardi trophy. "He's shaping us and forming our mentality even before we put pads on. He's got the experience, so when we start playing ball, he knows when to back off and also knows when to push us so we can reach our potential."

And reach their potential, the Packers certainly did. The MHP All-NFL Strength team was based on how players shaped up not only as top players, but also how their use of strength and conditioning influenced their success in 2010.

This team was selected by NFL journalist of 23 years, Al Thompson, NFL Network analyst Brian Baldinger, and Steve Morris, football training guru and *PL USA* contributor.

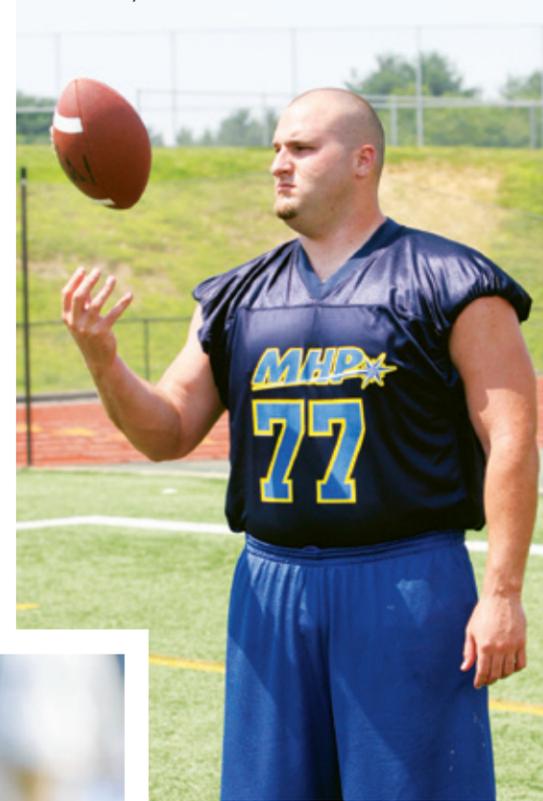
## OFFENSE

- Quarterback: Ben Roethlisberger - Pittsburgh Steelers
- Running Back: Chris Johnson - Tennessee Titans
- Running Back: Adrian Peterson - Minnesota Vikings
- Fullback: Peyton Hillis - Cleveland Browns
- Wide receiver: Roddy White - Atlanta Falcons
- Wide receiver: Calvin Johnson - Detroit Lions
- Tight end: Brent Celek - Philadelphia Eagles
- OL: Jake Long - Miami Dolphins
- OL: Chad Clifton - Green Bay Packers
- OL: Joe Thomas - Cleveland Browns
- OL: Steve Hutchinson - Minnesota Vikings
- OL: Nick Mangold - New York Jets
- OL: Mike McGlynn - Philadelphia Eagles
- OL: Chris Snee - New York Giants

## DEFENSE

- DE: Dwight Freery - Indianapolis Colts
- DT: Haloti Ngata - Baltimore Ravens
- DT: Kris Jenkins - New York Jets
- DE: Jared Allen - Minnesota Vikings
- DE: Julius Peppers - Chicago Bears
- LB: Ray Lewis - Baltimore Ravens
- LB: James Harrison - Pittsburgh Steelers
- LB: Brian Urlacher - Chicago Bears
- LB: Clay Matthews - Green Bay Packers
- LB: Lamarr Woodley - Pittsburgh Steelers
- S: Brian Dawkins - Denver Broncos
- S: Adrian Wilson - Arizona Cardinals
- CB: Derrel Revis - New York Jets
- CB: Nnamdi Asomugha - Oakland Raiders
- CB: Charles Woodson - Green Bay Packers
- P: Shane Lechler - Oakland Raiders
- K: David Akers - Philadelphia Eagles
- KR: Devin Hester - Chicago Bears
- Special Teams: Dan Connolly - New England Patriots
- Rookie of the Year: Offense - OL Bryan Bulaga - Green Bay Packers
- Rookie of the Year: Defense - Ndamukong Suh, Detroit Lions
- Strength coach of the year: Mark Lovat - Green Bay Packers

Mike McGlynn



Brent Celek



Chris Snee



Chad Clifton of the Green Bay Packers interviewed by Al Thompson on Super Bowl Media Day (Al Thompson/MHP photos)

FUTURE

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.

Our Forum panel this month was asked to look into the future. Where do they see powerlifting 5 to 10 years from now? Will there be positive changes, will there be less federations, who will be the stars of tomorrow?

**BOB GAYNOR:** I would like to say there will be tremendous growth in the sport...that records and championships will again mean something. I would like to say powerlifting will be televised on the major networks with large audiences.

These are the things I would like to say, unfortunately I do not believe these things will happen. Powerlifting has not made much progress in the last 25 years. The numbers are hard to come by, but there are probably no more competitive lifters today than there were 25 years ago. We have just divided the lifters among 20 or more federations.

Until the egos and the personal monetary gain are removed, I don't think powerlifting is going to make any progress. We have made National and World Championships almost meaningless. There is no consistency in the officiating from federation to federation. In 10 years we could have even more federations than there are today.

I have been involved in the sport all my adult life. I will continue to do so, but I would be hard pressed to recommend it to anyone. I hope I am wrong.

**RYAN CELLI:** Powerlifting is becoming more and more popular. I see it continuing in this direction, but at the same time, I think it has the potential to run itself straight into the ground. Powerlifting needs to unify and follow the rules for it to have a successful future.

All of the different federations are watering down the sport. Some of the lifts getting passed are downright absurd and nowhere near legal. This will only continue to hurt the sport and give it zero legitimacy in the future.

As a gym owner, I can tell you powerlifting is gaining popularity across all walks of life. Many newcomers to the weightlifting world seem to be taking up powerlifting by training the three lifts. Most of the ones I've encountered have no intentions of ever competing though. They say all the different federations, divisions, equipment and rules are confusing to them.

I think raw, single-ply, and multi-ply will all still be around in the future. I believe the raw and single-ply will be the most popular, as they

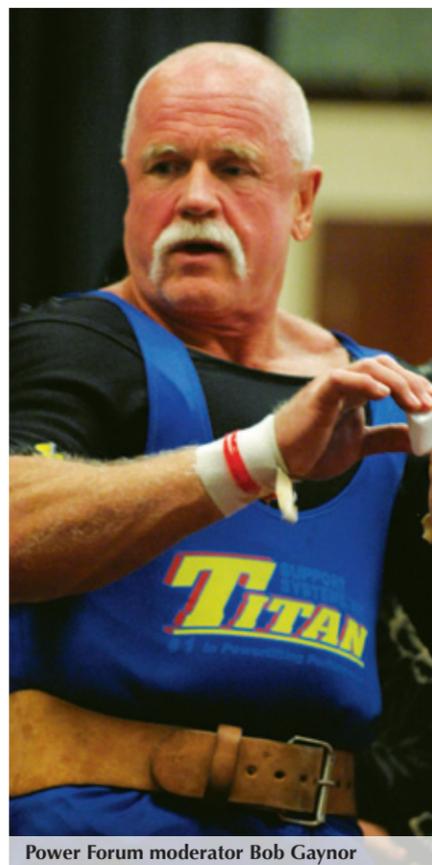
are more user friendly, less expensive, and not as time consuming as the multi-ply. I see more federations continuing to form. I also see the Russians dominating in the raw and single-ply feds.

**BRIAN SCHWAB:** I think the more things change, the more they stay the same. I believe raw, single-ply, and multi-ply will always exist, but the interest in the raw lifting may diminish back to where it was before the current increase. My thoughts on this are because of the fact that sponsorship money is required for any big sporting event. Since most companies outside of our sport don't care much about promoting themselves at our events, we're left with the powerlifting equipment companies. These companies aren't going to be overly interested in promoting themselves at events where their products aren't being used—which is completely understandable. From a marketing aspect, since the general public has no concept of powerlifting gear, they will always be more impressed by heavier weights being moved, regardless of what the lifter is wearing. I have never seen a bigger, or more interested crowd than at the WPO Finals at the Arnold.

As far as equipped lifts go, it seems that the big increases have leveled off since the equipment has changed. There may be some minor tweaks that can be made with the material, but I can't imagine they will be as drastic as some of the recent changes. This will cause lifters to resort back to optimizing their training to increase their lifts whereas now many increases are being made from maximizing the use of the gear. I hope that powerlifting will continue to gain popularity by the general public, but if it continues to be an underground sport I'm fine with that too.

**STEVE DENISON:** I think powerlifting will grow even more in the next 10 years if I have anything to do with it. It's all about our lifters, they are the customers. I think powerlifting will continue to grow in the high schools as well, especially in the South where it's strong.

I think we will continue to see big lifts in every category with raw, single-ply, and multi-ply. Raw will continue to grow. Single-ply will continue on an upward trend. Not sure about multi-ply. It has pockets of support all over the USA. We'll see how it continues to develop over the next 10 years or stagnate.



Power Forum moderator Bob Gaynor

There are lots of superstars coming onto the powerlifting scene now, and will be on the scene for the next 10 years with guys like Henry Thomason, Alan Best, Ryan Celli and Darren Matsumoto.

I'm biased, so I feel the USPA will have the strongest growth of any federation. I think there will be feds owned by individuals that will go by the wayside in the future when there is no one to take over operation of the federation when their leader retires or passes on. This will also happen with some of the other federations as well.

**RICKEY DALE CRAIN:** No change...perhaps a few small federations will drop by the wayside, but overall the same.

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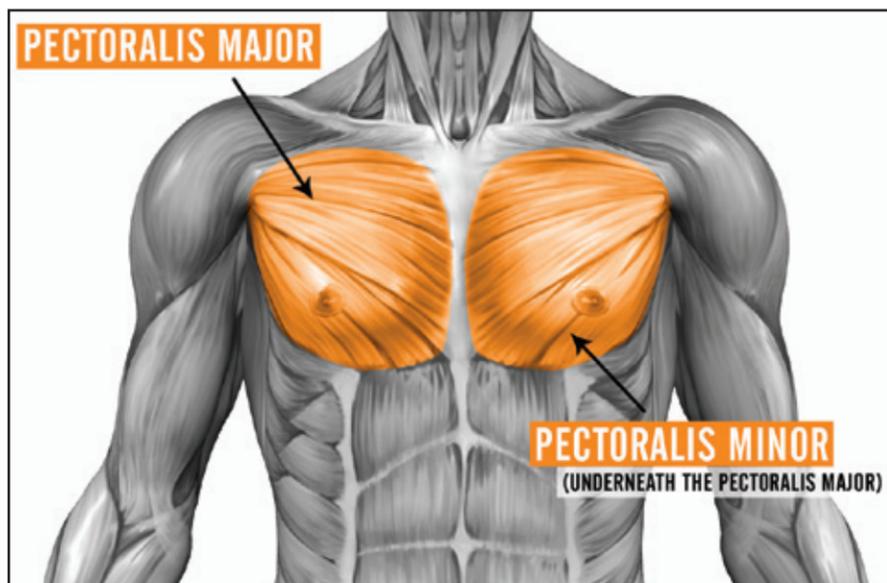


## THE CHEST AND THE BENCH PRESS: PECTORAL BLISS

as told to Powerlifting USA by Jamie Harris, aka. Big Evil » [www.bigevilslair.com](http://www.bigevilslair.com)

Greetings, Big Evil fans and welcome! In the past few months we have been discussing different muscles that make up your bench press. This month is no different, as the Big Evil is going to discuss how the chest, aka. pectoral muscles, play a major role in your bench press. Even though the pectoral muscles are important, they are not the most important muscles when it comes to bench pressing power. The belief that they are is a common mistake made by the novice lifter. The Big Evil says the triceps and the upper back muscles are the most important and that's why they were covered first in earlier issues. However, as in any link of a chain, the pectoral muscles development play an assisting role in the performance of your bench press. One of the major factors of strengthening these muscles is, of course, to make your bench press stronger, but another factor is keeping them injury free. I know, you are sick of the Big Evil being like your mother and trying to keep you injury free, but take it from experience—the bottom line is injuries will not only side line you from the sport, but can very well end your career altogether. This brings up the subject of the most dreaded injury in powerlifting: the pec tear. The pec tear has retired more lifters than social security. (I stole that line from a movie, by the way!) Depending on the severity of the tear, you can be out for a long while and really never get back to one hundred percent, if you can even get back at all. The Big Evil tore his in early 2001 and pretty much shelved me from pushing historic poundage's ever again. So listen up my minions, the Big Evil is going to show you some exercises you can do to strengthen your chest/bench press and keep you injury free. The Big Evil will first give you a brief anatomy lesson about the pectoral muscles, so listen up.

The pectoralis major is a thick, fan-shaped muscle, situated at the chest (anterior) of the body. It makes up the bulk of the chest muscles in the male and lies under the breast in the female. Underneath the pectoralis major is the pectoralis minor, a thin, triangular muscle which is situated at the upper part of the chest, beneath the pectoralis major. Both pectoralis major and minor insertion points range from the sternum to the clavicle and down to certain ribs of the ribcage. Both muscles end in a flat tendon, about 5 cm in breadth, which is inserted into the lateral lip of the bicipital groove of the humerus. The pectoralis major has four actions which are primarily responsible for movement of the shoulder joint. The first action is flexion of the humerus (as in throwing a ball side-arm). Secondly, it adducts the humerus (as when flap-



ping the arms.) Thirdly, it rotates the humerus medially (as occurs when arm-wrestling). Finally, it aids in deep inspiration (as in taking a deep breath before you take the weight out of the racks in the bench press). The pectoralis major is also responsible for keeping the arm attached to the trunk of the body. This is a pretty basic overview of the chest muscles, but it will serve our purpose in terms of understanding the chest muscles function in basic anatomy and when it comes to bench pressing. Let me make a point right here and say that when you're wearing a Inzer Rage X or a Phenom bench press shirt that it sort of acts as an artificial set of pectorial muscles. The bench press shirt has saved the careers of many of lifters who without a shirt would never be able to bench press again because of a pec tear. The Big Evil says that if you incorporate the following exercises in your workout, not only will they increase your bench shirt poundages, but will also keep you from getting hurt in the first place. Here are some of the Big Evil's favorites:

**WIDE GRIP BENCH PRESS** This exercise is very basic and self explanatory. The Big Evil says to take your grip with your index finger covering the rings (81 cm, which is the widest grip you can take in competition) and bring the bar down to nipple level. Eight sets of three reps is good here. Concentrate on keeping tight and giving your pecs a good stretch. I would recommend doing these in the off season and

be cautious not to go too heavy too quickly. It will amaze you after a few weeks of doing this exercise how full and thick your pecs will become from performing them.

**WIDE GRIP INCLINE PRESS** This is another exercise that I feel is overlooked today. The incline press works your upper pecs which play a big role in pushing a big bench press. The Big Evil also believes that when using a bench press shirt (even more so when you have the shirt riding lower on your chest and off your shoulders) that you are putting incredible strain on your upper pecs where they attach at your clavicle. It is a smart move to strengthen your upper pecs by using the incline press to enhance your shirt pressing ability. Again, eight sets of three is good here concentrating on keeping tight and stretching the upper pecs.

**CAMBERED BAR BENCH PRESS** This exercise and bar was made famous by the legendary Mike MacDonald who used it to press awesome numbers in the seventies and eighties. This exercise puts extreme tension on the pecs so be cautious. I would take a medium grip here because you will get plenty of stretch from just the long stroke of the movement itself. Again, eight sets of three reps here. The Big Evil says your pecs will be very fatigued after only a few sets of this exercise because they really don't bring other muscles in to play and because the stroke is almost double the length of a regular

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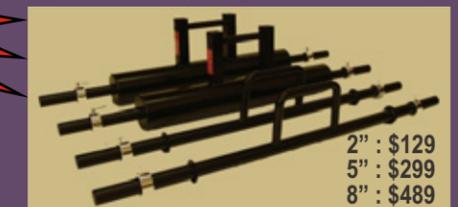
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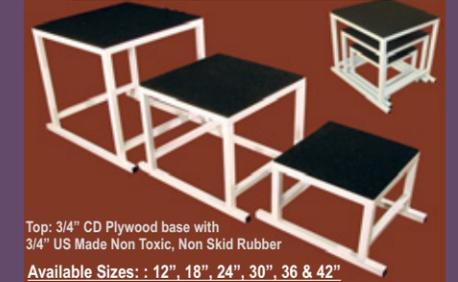
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# FROM CANCER SURVIVOR TO WABDL WORLD CHAMPION

as told to Powerlifting USA by Jill Meeker-Porter

Jill has been a National/American level athlete in seven sports and returned to powerlifting after 25 years. Jill is also a proud volunteer for the Lance Armstrong Foundation's LIVESTRONG Global Cancer Initiative and an inspirational speaker for schools, cancer hospitals, and other organizations.

Millions of people are diagnosed with cancer each year. Some receive treatment and continue living their lives; others are not so fortunate. I am a cancer survivor and one of the fortunate.

From an athlete's standpoint, it is devastating for someone who depends on knowing all they can about their body. An athlete's self image is usually defined by their contribution to their sport and the potential for fame, glory and honor. We endure tremendous strains to our minds and bodies and rise to the challenge in sacrificing a lot to achieve our goals. However, there is nothing "special" or "glorious" about getting cancer, coping with treatment and entering life afterwards.

I am one of those athletes affected by cancer. Up to this time, I was training to challenge a national tennis hard court singles title. When I heard the diagnosis, I was terrified, but encouraged when I learned mine was non life threatening. My life was thrown upside down with emotions ranging from frustration to fear of the unknown. As an athlete, I wanted to know I could continue training, maintain the great condition my body had finally achieved and compete nationally. Due to the location and size of my cancer, I was told radiation was the only option. I was blessed with meeting and working with Dr. Robert Behar, a world-renown cancer specialist, who would unknowingly protect my right shoulder area for future athletic endeavors. He ordered my individual treatment plan for 6 weeks (30 sessions) of radiation therapy once a day during the week with weekends off.

Side effects vary by patient. They began the second day and ranged from change in taste to severe muscle and mental fatigue and atrophy. Simple household chores and errands became extremely difficult and when my body finally succumbed, it put me in bed almost 24 hours a day the final two weeks (and the next three afterwards). I remember being in such a mental stupor that nothing seemed to matter except just lying there. Walking became difficult with balance issues. I'd move around the house holding on to walls and furniture, shuffling my feet in such a wide stance to stay up.

Training stopped for about four months. Then I started back to tennis, always seeing the national title as the goal. Strange physical affects began causing injuries and I was still unable to focus on one thought or sentence long enough for the necessary concentration. A major setback occurred when I ended up in emergency with what appeared to be a kidney stroke. This was thankfully a kidney stone, but one that was severe and took about a year after treatment ended to form, so also left behind some interesting effects. All the induced hospital drugs, plus injuries from such atrophy never allowed return to a sport I so loved. It was a tough decision to admit retirement, as I had just begun international ranking prior to cancer.

Since I have competed for decades at such high levels, determining what to do next—two years after treatment—became a challenge. I had been back in the gym doing strength training, so it seemed logical to go back to something I knew: powerlifting. Squats (and really deadlifts too, but I won't tell the doctors) are not allowed due to the loss of my tailbone from deadlifting wrong 28 years ago. I came back to lift heaviest right afterwards, but disc problems began so I was told 'wheelchair possibility vs. squatting'—a no brainer.

So, I now had a target and set my sights on local meets. I began training for bench only and submitted an entry to a WABDL meet at Monster Gym. Even with the "carrot" dangled out there, something seemed to be missing—intensity. Accidentally, I forgot something on my entry so I had



Jill with coach and mentor Tiny Meeker (Meeker-Porter photo)

to contact meet director Tiny Meeker. Within minutes by phone I told him I was also a Meeker (my maiden name) and we spent the next 45 minutes talking and setting time for me to begin training with him.

From Tiny's first training session with me, I have never looked back and my intensity and focus are beyond anything yet experienced in any sport. Tiny and I formed an instant bond (well, who couldn't do that with him) and even his training partners finally declared I am at least as hyper and energetic though about 20 years older. Three weeks of training with Tiny and I smashed the Texas State records in both bench and deadlift. Training has continued with no time off and, though brutal at times, I love it! My body is back to being more muscled than ever, my strength is unbelievable in all aspects and my outlook on life cannot be more positive and upbeat. Eight weeks after the first meet, I got my first world record bench and upped the state deadlift record again. Then Tiny trained me harder than ever with pounds, kilos, bands and chains of all sizes—raw, shirted, etc. I never ask the weight to this day and trust he knows how to push me forward. Six months from beginning this venture in May, WABDL Worlds became the most awesome sports event I have ever encountered. Three world titles, another world record, Best Lifter and owed ALL to Tiny Meeker and the always continued support of my loving husband, Michael.

It's now two and a half years and I know the "new me." From a personal and athletic perspective, this experience has been humbling, humiliating, embarrassing, and a learning process about myself. I can never say enough about finding this sport again, but what makes it so special is my relationship with Tiny. He has not only shown me the sheer joy, but is taking me to heights I could never have achieved without his help. Two hundred plus, here I come! «

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**GNC**  
LIVE WELL.

## #106 OLD SCHOOL GYM

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



Last month we went to Jared's, and I guess we shopped for a diamond ring. No no no—that is a different Jared. We went to Jared's Explosive Mechanics Gym in GA, and learned how he builds high school champions—one lift at a time. I know a little bit about high school lifters. A few days ago I was in Corpus Christi, TX for the USAPL High School Nationals. It was a great meet with some astounding lifts. My original intention was to tell you about some of these lifters; kids like Jesse Norris, Charles McDonald, Michelle Van Dusen, Veronica Gonzalez, and dozens more. Some of these lifters were so impressive, that it will take an entirely different article to cover it all. More info later.

Last month I told you that this next *Hardcore Gym* would be centrally located, and so we head back to Columbus, Ohio. No, not to Westside Barbell, but to Old School Gym! We started with the following text message:

*Hey, Rick. We have a 7,500 square foot gym at the Old School Gym—fully equipped with help from my friend Louie [Simmons]. We have a host of Westside lifters; some retired, some still active, that train at my place. I am also the co-founder and president of Musclepharm and big supporter of Westside and the Pro-Am the last two years. I love powerlifting and am making a run at 198 Elite—*

*that is currently is my goal. I built a gym for real lifters, and it fits your articles perfectly! We have everyone from Greg Jackson (best MMA trainer) to Louie Simmons visit us. This gym is a great place to train and it really is "old school;" my flooring is old coal miner belt line from a mine I use to work in. It don't get any more old school than that!*

— Cory Gregory

Of course this text message grabbed my attention right off; it has everything! He's tied in with some heavyweights, he is the president of Musclepharm, he is trying for Elite status in the 198s, and his gym has old rubber coal mining belts on the floor. Dude! Talk about a hardcore gym home-run!

**Where and when did the gym open?**  
OSG opened in 2004.

**The coal miner belts are nice touch; where and when did you work in a coal mine?**  
In Cadiz, Ohio. I worked six months in the summer of 2000 to help pay for my first business and one year of school, but I am a fourth generation miner.

**Tell us more about the gym.**  
Well me and my partner that own the gym

(Dustin Myers), have been lifting weights together since we were 15 years old. We have both competed in bodybuilding and powerlifting, and Dustin has also won the Golden Gloves. I have also been in all major mags for fitness modeling. We have pretty much done it all, and now with me being co-founder of Musclepharm, I have the insight on supplementation. We both have nutrition backgrounds anyway.

#### Old School Gym Details:

- Address: Old School Gym, 11091a National Road, Pataskala, Ohio 43062
- Website: www.oldschoolgym.tv
- Phone: 740.964.6662
- Powerlifting Meets: we host three meets per year; a full meet in February (details below), as well as the OSG Open, and a Push/Pull meet in the summer.
- Results: My meet numbers were 700/480/575 = 1755 at 208 (Cory Gregory)

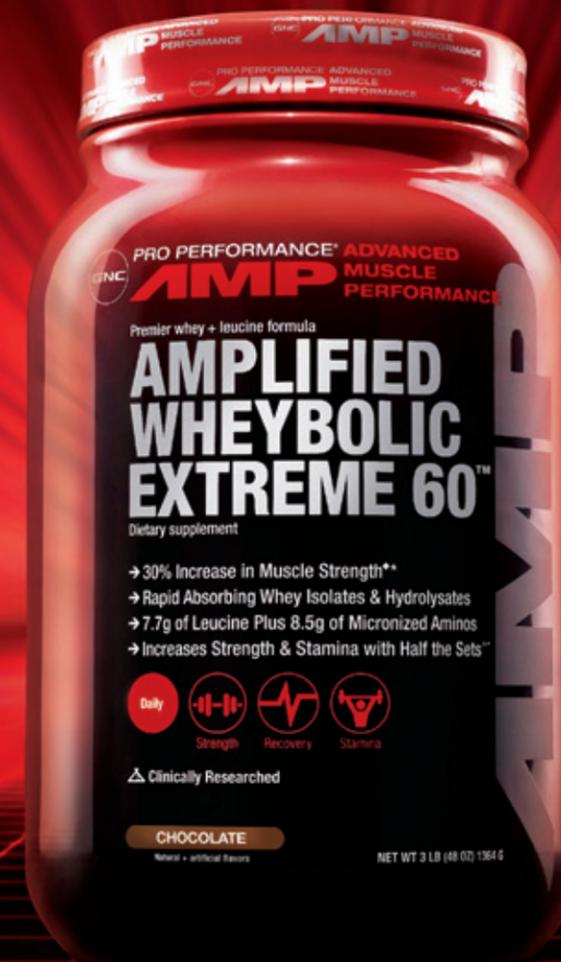
Other members numbers are listed below:

#### Equipped Lifters

- Joe Bayless: 1000/725/780 = 2505 at 258
- Shaun Henderson: 825/650/700 = 2130 at 285
- Josh Gutridge: 750 bench at 320
- Earl King: 700/585/550 = 1835 at 220
- Travis Williams: 675/605/620 = 1900 at 209

page 88 »

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LIVE WELL.



At Heavy Hitters II – (L to R) Christine Babin, Kelly Picchione, Mike Gill, and Jen Servey (Don Gill photo)

## HEAVY HITTERS II JUL 24 2010 » Buffalo, NY

<b>BENCH</b>	<b>181 lbs.</b>		
<b>FEMALE</b>	T. Butera	335	
Master (50-54)	Submaster Raw		
<b>148 lbs.</b>			
C. Tibollo	140	E. Carter	375
<b>MALE</b>		J. Green III	350
Master (65-69)	<b>220 lbs.</b>		
220 lbs.		E. Carter	410
M. Scarpello	45	<b>DEADLIFT</b>	
Master (70-74)	<b>165 lbs.</b>	<b>MALE</b>	
165 lbs.		Submaster (35-39)	
J. Marshall	170	Raw	<b>308 lbs.</b>
Open Raw	<b>165 lbs.</b>	D. Diggs	425
165 lbs.			
E. Carter	305		
<b>Ironman</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
<b>FEMALE</b>			
Submaster (35-39)			
<b>148 lbs.</b>			
J. Servey	90	280	370
Open			
<b>132 lbs.</b>			
K. Picchione	165	350	515
<b>165 lbs.</b>			
C. Babin	115	190	305
<b>MALE</b>			
Youth (9-10)			
<b>98 lbs.</b>			
Q. Stevenson	30	85	115
Open Raw			
<b>198 lbs.</b>			
M. Mann	280	430	710
<b>SHW</b>			
N. Figura	365	515	880
Submaster (36-39) Raw			
<b>242 lbs.</b>			
M. Gill	420	675	1095
T. Feaster	325	500	825
Master (45-49) Raw			
<b>198 lbs.</b>			
G. Peak	325	385	710
Master (50-54) Raw			
<b>308 lbs.</b>			
T. Stevenson	225	400	625
Master (40-45)			
<b>132 lbs.</b>			
A. Jackson	335	450	785

Venue: Coca Cola field home of the Buffalo Bisons baseball team. 20 lifters competed and about 75 spectators watched the event. Many thanks go out to the lifters and their families and my staff: Mom Napora the cook, admissions Sharon Chase, loaders and spotters Kyle Chase, Tim Becht, Chris Weatherbee, judges the most honorable Chuck Wuest, Paget Becht, John Misiazczek, extra helpers, Anthony Zolnowski Jr., Thad Napora and assistant cook Kelly (glad to have meet you). Also the Buffalo Bisons for letting me hold this competition again, and most of all the queen of multi-tasking Paget Becht my wife, she is the best. Until next year, stay strong and health.  
» courtesy Mark J. Becht

## WNPF LIFETIME SC MAY 1 2010 » Greenville, SC

<b>BENCH</b>	<b>181 lbs.</b>		
<b>WOMEN</b>	(17-19) Raw		
132 lbs.	Stewart	275	
Open Raw	Open Raw		
Davis	90	Chaplin	205
<b>165 lbs.</b>			
Junior Raw	<b>198 lbs.</b>		
Hall	105	Johnson	300
<b>MALE</b>	Subs Raw		
148 lbs.	Mannino	275	
(40-49) Raw	(40-49) Raw		
Ford	270	McGregor	330
Thai	230	<b>220 lbs.</b>	

Junior Raw	Uhaa	300	Meyers!	715
Open Raw	Spinola	—	Junior Raw	Uhaa
(50-59) Raw	Caterisano	320	<b>POWERCURL</b>	220 lbs.
Open Raw	Daves	355	(50-59)	Caterisano
(40-49) Raw LT	Monroe!	390	<b>242 lbs.</b>	Graydon
(40-49) Raw	Johnson	355	Open LT	Monroe!
Junior Raw	Silverstein	325	(40-49)	Monroe
Chancellor	D. Diggs	275	(50-59)	Trull
<b>SHW</b>			<b>275 lbs.</b>	(40-49)
Junior Raw	Lee	395	Burnette	115
<b>BENCH for Reqs</b>			<b>SQUAT</b>	
<b>FEMALE</b>			<b>FEMALE</b>	
132 lbs.	Open		Hall	185
Open	Davis	28	<b>MALE</b>	
<b>MALE</b>			<b>198 lbs.</b>	(17-19) Raw
198 lbs.	Subs		220 lbs.	Johnson
Mannino	15		Junior Raw	Uhaa
Junior Raw	Uhaa	17	<b>275 lbs.</b>	
<b>DEADLIFT</b>			Junior Raw	Silverstein
181 lbs.	Novice Raw	395	Lee!	605
Imhof	198 lbs.			
(50-59)	<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>
<b>FEMALE</b>				<b>TOT</b>
132 lbs.	Open Raw			
Open Raw	Davis	145	90	175
<b>165 lbs.</b>	Open Raw	260	135	335
Open Raw	Medlin	260	135	335
<b>MALE</b>				
181 lbs.	(17-19) Raw			
Stewart	—	—	—	—
Open Raw	Chaplin	265	205	415
<b>198 lbs.</b>	(17-19) Raw			
Johnson	405	300	385	1090
Subs Raw	Mannino	450	275	475
<b>220 lbs.</b>	Junior Raw			
Uhaa	—	—	—	—
Subs Raw	Driver	—	—	—
(40-49) Raw	Visokay	435	260	445
(40-49) Sp	Greene	400	280	450
(50-59) Raw	Yeargin	510	340	600
(50-59) Raw LT	Graydon	315	250	440
<b>242 lbs.</b>	Open Raw			
Lake!	515	410	600	1525
<b>275 lbs.</b>	Junior Raw			
Chancellor	405	275	400	1080
Open Raw	Durham	440	345	540
<b>Open Unl</b>	Jacobi	—	—	—
!=Best Lifters. LT=WNPF Lifetime Lifters.				
Sp=Single Ply. Unl=Unlimited. Team				
Champs Powerlifting and Bench Press: Fur-				
man University.				
» courtesy WNPF				

# NEW PRODUCT: FATHEADZ EYEWEAR

## FATHEADZ INTRODUCES 24 NEW STYLES OF EYEWEAR FOR BIG NOGGINS

INDIANAPOLIS, NOVEMBER 1, 2010— Fatheadz Eyewear, the makers of oversized sunglasses and optical eyewear, launches its 2011 line today with 12 new styles of sunglasses and 12 new styles of optical glasses.

Designed and developed by Rico Elmore—a guy with a “fat head” himself—Fatheadz is the leading eyewear company offering shades and prescription glasses for those who are unable to wear average sized eyewear. Fatheadz also offers eyewear in standard and intermediate sizes.

“We’re thrilled to be offering a bigger variety—no pun intended—of shades for large-headed guys like me,” said Elmore, CEO of Fatheadz. “I know all too well how frustrating it is searching for eyewear that fits, and the selection tends to be limited. We want to give our customers a wide range of glasses styles, and plan to continue expanding our line.”

New shades include “Big Daddy” with a classic black frame and “The Law,” an aviator. New prescription glasses include “Stand” and “Soul,” contemporary styles all-new to the market. Fatheadz are priced from \$29.95 to \$79.95.

Fatheadz offers impact resistant and polarized lenses to reduce glare from reflective surfaces. Sunglasses are sold with a microfiber cleaning cloth or storage bag, and wired styles come with a hard-shell zipper case. Eyewear is available for purchase online at [www.fatheadz.com](http://www.fatheadz.com) and at Walmart Vision Centers.

**ABOUT FATHEADZ EYEWEAR**  
Fatheadz Eyewear makes oversized sunglasses and optical eyewear for individuals with larger heads, as well as eyewear in standard and intermediate sizes. Founded by a big-headed guy who searched 300 pairs of sunglasses and couldn’t find any that fit, Fatheadz has 24 different styles of eyewear available for purchase online. For media inquiries, please contact Ashley Jackson at 317.202.2280 x. 20 or email at [ashleyj@dittoepr.com](mailto:ashleyj@dittoepr.com). For more information, visit [www.fatheadz.com](http://www.fatheadz.com).

» Ashley Jackson | Dittoe PR for Fatheadz Eyewear | 317.202.2280, ext.20 | [ashleyj@dittoepr.com](mailto:ashleyj@dittoepr.com)



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# ABOVE AND BEYOND WHEY PROTEIN ALONE!

as told to Powerlifting USA by Team MuscleTech

Whey protein is a staple supplement for any serious powerlifter. We love whey protein for many reasons. Among them, we love it because: it has a high Biological Value (meaning the protein can be more efficiently used by the body than protein with a lower Biological Value) so it's ideal for times like in the morning, and before or after training; it delivers a good amount of naturally occurring amino acids; it's convenient and easy to take (as opposed to preparing whole food sources all the time); and if you get a good formula, the taste can be a real treat!

Let's face it, whey protein will forever be a staple in our nutrition and supplement programs. That'll never change. But as hard trainers, we want that extra push towards reaching our strength-building goals. That's why just over a decade ago, the Nitro-Tech brand was created. Ever since, we at Team MuscleTech® have grounded ourselves in creating this whey protein formula with all the great qualities of whey protein PLUS an added muscle-building ingredient.

Today, the Nitro-Tech brand has evolved into Nitro-Tech® Hardcore Pro Series®—the scientifically advanced strength-building whey protein formula.

“Let's face it, whey protein will forever be a staple in our nutrition and supplement programs. That'll never change.”

Featuring a scientifically advanced formula with core ingredients shown through a documented scientific study to build MORE muscle and strength than whey protein alone, Nitro-Tech Hardcore Pro Series was created specifically for the hard trainer aiming to pack on serious muscle. In a six-week study on 36 subjects with at least three years of weight-training experience, subjects using the core ingredi-

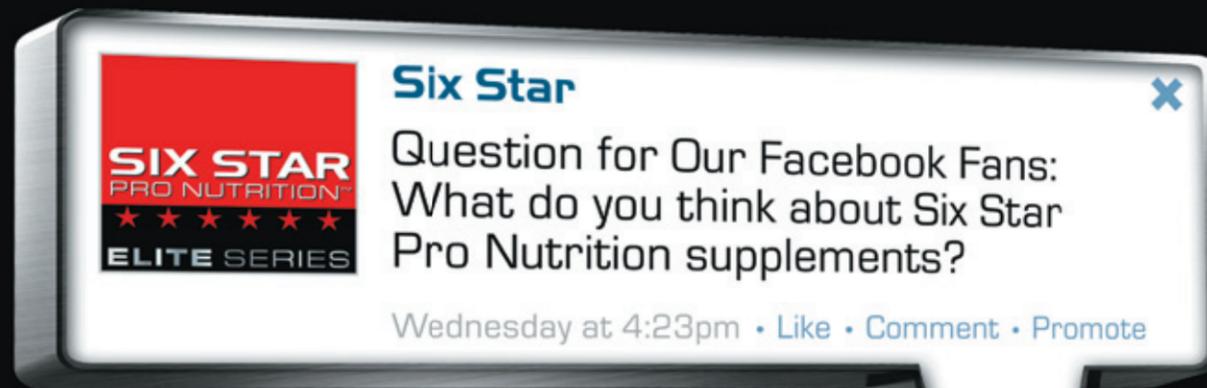


ents in Nitro-Tech® Hardcore Pro Series® packed on an incredible 73 percent MORE LEAN MUSCLE than subjects who took whey protein alone—that's 8.8 pounds gained by those taking Nitro-Tech Hardcore Pro Series core ingredients versus 5.1 pounds for those who took whey protein! And, in this same study, subjects taking the core ingredients in Nitro-Tech Hardcore Pro Series jacked up their bench press by MORE THAN DOUBLE the results achieved by subjects using whey protein alone (34 vs. 14 pounds)! Those results speak for themselves.

Nitro-Tech Hardcore Pro Series has even more to offer than those incredible study results, if you can believe it. For one, the whey protein delivers 11 grams of leucine and 13 grams of additional branched chain amino acids (BCAAs) per daily dose—we all know that BCAAs are building blocks of muscle and strength. To add to that, the whey protein in Nitro-Tech Hardcore Pro Series undergoes Tri-Phase Filtration Technology, which actually helps to reduce lactose and fat and ensures the whey protein is ultra-pure! This technology is only featured in the industry's truly premium supplements. Finally, to top this all off, Team

“...Nitro-Tech Hardcore Pro Series was created specifically for the hard trainer aiming to pack on serious muscle.”

MuscleTech flavor experts have personally ensured that each of the seven delicious flavors is absolutely mouth-watering. Why? Because we at Team MuscleTech® are hard-training athletes. We are invested in our industry, and our perpetual goal is to create supplements we ourselves love to take. So, trust us when we tell you—it's time to enhance your muscle and strength-building results with the powerful Nitro-Tech brand. «



“Love your products. Makes it easy for the guy on a budget to get good supplements.”

- Ted Gould from Sheldahl, IA

“I use Six Star Pro Nutrition supplements all the time. I've pretty much tried everything.”

- Kevin Warrington from Roseville, IL

“I have used most of your products and have seen awesome results! Thank you.”

- Albert Aguilar from Norwalk, CT

“Six Star Pro Nutrition products really work! I've noticed a big increase in strength.”

- Jason Crowe from Sacramento, CA



### Six Star Athlete Testimonial

“Since switching to Six Star Pro Nutrition supplements, I've noticed a big increase in lean muscle and strength!”

- Kenyatta Wilson, USA Powerlifting Military Nationals Powerlifting & Bench Press Champion

### Premium Supplements for a Smart Price

Six Star Pro Nutrition™ has quickly exploded onto the sports nutrition scene as a true fan favorite! What makes them so popular? They deliver supplements that work for an incredible value! Six Star Pro Nutrition supplements are designed to increase strength, enhance energy and improve lean muscle gains, which could definitely help jack up your lifts for a new PB! The people have spoken: Six Star Pro Nutrition is a premium brand available for a smart price. To find a Walmart near you, visit [SixStarProNutrition.com/locator](http://SixStarProNutrition.com/locator).



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**Walmart**  
Save money. Live better.



Picatinny participants who lifted at the 19th Annual Picatinny Army Arsenal Bench Press Championships (Fred Vogel photo)

## 19TH PICATINNY BP SEP 30 2010 » Picatinny, NJ

**BENCH 181 lbs.**  
**FEMALE**  
 R. Works 275  
 K. Falotico 165 J. Lowell 180  
 E. Williams 95  
**198 lbs.**  
**MALE**  
 J. Rivera 345  
 M. Kajor 130  
**220 lbs.**  
 Y. Chen 275  
 A. Ramos 225 S. McFarlane 345  
 A. Kong 205 C. Dupsis 340  
**165 lbs.**  
 T. Hughes 215  
 M. Bozelli 300  
**220+ lbs.**  
 S. Masonet 260 E. Adams 385  
 J. Scavone 260 B. Wade 255  
 M. Hollis 250 B. Klemens 250

Picatinny Arsenal, an army base, held its 19th annual bench press contest. In the women's division, Kelly Falotico took 1st place and won the women's best overall award with a 165 lb. bench. Falotico also won the best women's lifter at the NJ state meet (USAPL) in Princeton, on July 31, 2010. Erin Williams benched 95 to take 1st place in the 115 and under class. Williams almost got 105, but she moved her foot! In the men's division at 148 lbs., Yao Chen pressed 275 lbs. to win his class. Alex Ramos improved his bench from 205 last year to 225 lbs. this year. His father, who is a Lt. Colonel in the US Air Force was there to coach the 16 year old high school student. Alan Kong took 3rd place with a 205 bench. At 165 lbs., Mike Bozelli came out of nowhere to press 300 lbs. and take the best overall lifter in the men's division. Steve Masonet took 2nd place on bodyweight because Joe Scavone also benched 260 but had to settle for 3rd place. Mike Hollis took 4th place with a 250 lb. bench and took the best overall 40-49 age group award. I saw Mike bench 315 lbs. back in 2003, so we expect him to bounce back next year. At

181 lbs., Rob Waskis took 1st place with a 275 lbs. bench. Jeff "Pops" Lowell is still going strong at 67 years of age and benched 180 for a 2nd place. At 198 lbs., Joel Rivera did a powerful 345 bench to take 1st place. Mike Kajor lifting in just his second contest at 60 years of age took 2nd place. At 220 lbs., Stephen McFarlane benched an awe inspiring 345 lbs. to edge out Chuck Dapsis for 1st place. Dapsis lost ten pounds of bodyweight, but still lifted five pounds more than last year, with a 340 lb. bench. Fred Vogel took 3rd place with a 305 bench. This was Vogel's 55th powerlifting event. Tommy Hughes took 4th place with a 2215 lb. bench. In Queens, NY, a few months ago, Hughes clean & jerked 220 lbs., five pounds more than he benched which is unheard of! At the 220+ lb. class, young Eric Adams benched 385 for 1st place. Bob Wade took 2nd place with a 255 bench. Wade lives on a farm in Sussex County, NJ and he brought one of his pet chickens in a cage. After the awards were given out, Bob's chicken got loose! Bob chased the chicken all over the gym, but after five minutes he caught the chicken by the racket ball court! Bruce Klemens took 3rd place with a 250 lb. bench, barely missing 260 lbs. by a hair. Back in the 70's Klemens clean and jerked 365 lbs.! He can still easily deadlift 400 lbs. at 61 years old! Many thanks go out to Tom Carty who ran this meet, was the head judge, and helped me put on my bench press shirt! Thanks Tom! Kelly Falotico who helped put out the flyers and entry forms. Linds Pienkos did another great job keeping score of all the lifters. Brian Chase did a great job announcing for the contest. Cpl. Castor and his three other Marine Corp buddies did a great job spotting and loading the weights for the contest.

» courtesy Fred Vogel

## WNPF ELITE/LIFETIME/ AMERICA CUP JUN 26 2010 » Ephrata, PA

**BENCH 242 lbs.**  
**Subs Raw**  
 Leisey 110  
**181 lbs.**  
 (40-49) Raw  
 Sizer 170\*  
**MEN**  
**100 lbs.**  
 11-12 Raw  
 Fasnacht 90  
**198 lbs.**  
 (50-59) Sp  
 Evangelista 410\*  
**165 lbs.**  
 (40-49) Raw  
 Guido 225  
**220 lbs.**  
**Open Raw**  
 Hicks 320  
 Jensen 245  
**Open sp**  
 Seiger 480  
**Open Unl**  
 Ryan! 515  
 (50-59) Raw  
 Hicks 320  
**242 lbs.**  
**Open Raw**  
 Bray 405  
**Open Unl**  
 Hawk 500  
 (40-49) Unl  
 Hawk 500  
**SHW**  
**Open Raw**  
 Mejias! 550  
 (40-49) Sp  
 Peterman 390  
 (50-59) Raw  
 Katinowsky 305  
**BENCH for Reps**

Jensen 515  
 Bosley 150  
 242 lbs.  
 Johnson 130  
 Junior Raw  
 SHW  
 McGarrigle 500  
 Open  
 Meijas 185  
 (40-49)  
 (50-59)  
 Peterman 160\*  
**198 lbs.**  
 Katinowsky 140  
**Open**  
**SQUAT**  
 Colondrillo 155  
**181 lbs.**  
 Subs Raw  
 (50-59)  
 Kaminski 325  
 !=Best Lifters. Team Champions Powerlifting: 5th Street Powerhouse. Bench Press Champions: Ephrata Power Team. Deadlift Champions: Extreme Total Fitness.

## APA LION HEART TURKEY PP NOV 13 2010 » Clearwater, FL

**Push Pull BP DL TOT**  
**FEMALE**  
**110 lbs.**  
 S. Davidson — 205! 205  
**MALE**  
**Raw**  
**275 lbs.**  
 J. Zmyewskie 460! — 460  
 R. Pesteaski — — —  
**220 lbs.**  
 L. Barry 355! 550! 905  
**175 lbs.**  
 B. Keys 430! — 430  
 J. Crowell 275! 520! 795  
**220 lbs.**  
 S. Eastburn 365! — 365  
 Raw/Junior  
 C. Parker 400! 550! 950  
**185 lbs.**  
 D. Freitas 270! 375! 645  
 !=World Records. Venue: Lion Heart Fitness.  
 » courtesy Stephen Byer

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"LIGHT THE FUSE"  
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 ANABOLIC PRE-WORKOUT PRODUCT

Charlotte, NC – January 21th, 2011—Applied Nutraceuticals, Inc. has released the industry's first anabolic pre-workout powder called LIT-UP™, which stands for Lift Increasing Technology, just in time for the New Year's resolution fitness season.

Don Orrell, President and Co-founder of Applied Nutraceuticals, has extremely high expectations for the launch of this new product. "We expect this to be the next big thing in pre-workout formulations. Guys are growing weary of being so wired from their pre-workout drink that they can't eat for 3 hours after they train. With L.I.T.UP you can finish your workout and eat right afterward, which is the most important nutrient uptake window you have all day."

"Not only does L.I.T.UP provide the precise amount of crisp, smooth energy for a phenomenal workout, it contains a full clinical dose of D-Aspartic Acid, which has been proven to elevate testosterone and grow dense, hard muscle. No other pre-workout product can make that statement." Orrell said.

LIT-UP™ represents the future of pre-workout supplementation because it triggers dramatic increases in testosterone levels, greater neuromuscular strength, mind-muscle connection enhancement and increased libido; all of which lead to improved well-being and lasting muscular growth. LIT-UP™ focuses on yielding cumulative results, which is very different from any product in the current pre-workout product segment - in that it does not solely rely on powerful and often dangerous stimulants to deliver better workouts.

"This is a perfect product for those who are just starting out and need an extra kick to get them through their workouts as well as for those who are more experienced in the gym," explained Alyson Tagliaferri, marketing manager of Applied Nutraceuticals.

LIT-UP™ is also being recognized for its outstanding flavor. A smooth mix of cherry and citrus, LIT-UP™ is one of, if not the most delicious pre-workout product on the market. This will definitely become a staple product for both men and women alike, as well as for seasoned and beginning athletes.

» Don Orrell, 704.509.5999, info@appliednutraceuticals.com, www.appnut.com

## PHYSIQUE BODYWARE



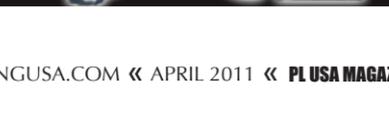
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**BOOK REVIEW**

**HOW A CHAMPION IS MADE** by Steve Cardillo

How a Champion is Made by Steve Cardillo is the new book by the famed weightlifting belt manufacturer (i.e. Cardillo Belts) who took his nephew, Peter Morel, under his wing when Peter's father passed away at a young age, and it documents how he trained young Peter to become a champion powerlifter and on to entrepreneurial success beyond that.

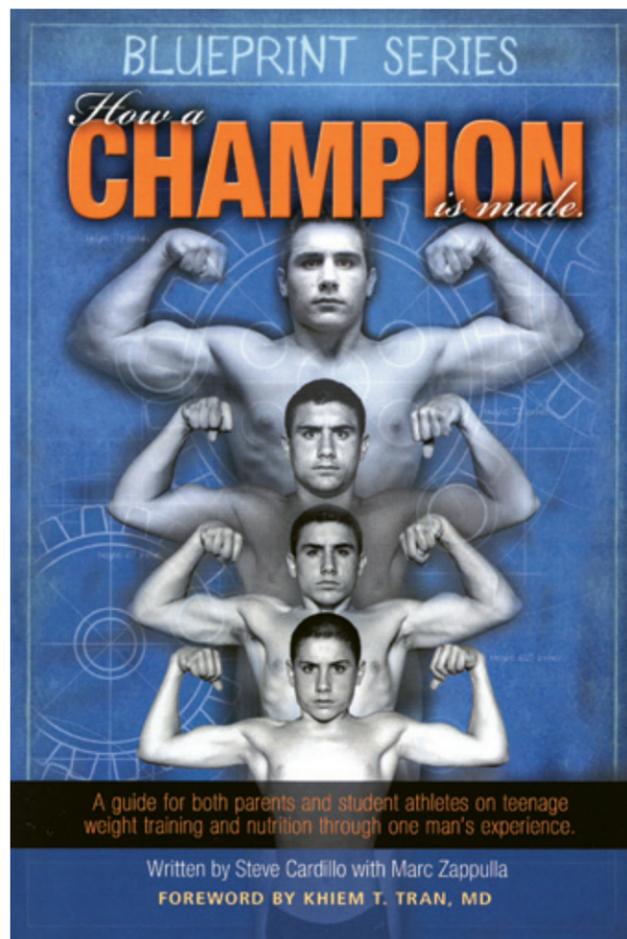
Uniquely compelling are the series of photographs Steve had taken of Peter at every stage of his development which make a profound visual statement about the transformative power weight training can have on an individual. A successful lifter, trainer, and businessman himself, Steve describes the "Cardillo Way" to train a young athlete and optimize his or her physical abilities as they progress.

Within the book are chapters like "The 10 Components of Success," the 5 "Myths about Weight Training," and "10 Rules of Gym Etiquette." The fundamentals of a sound lifting program are explained literally and photographically, but perhaps the most important concept the book reveals is that the lessons of the weight room are, ultimately, lessons for life beyond the weight room. No matter how far you go in your weight training or athletic career, the determination and rationale you use in achieving your lifting goals can and will transfer over to reaching your lifetime personal goals.

Peter, by the way, is President of the American Nutrition Center in Everett, Massachusetts—the most successful single standing sports nutrition and supplement store in the United States. Steve has had this project in mind for about 25 years, and during that time period he patiently put together assets and insights that no other book of this type can offer. Many exemplars of physical superiority beyond his nephew Peter are presented and examined.

For any father who wants to bless his son or daughter with the personal and athletic headstart that weight training can provide, this is the book to buy.

(ISBN-13 978-0-9843845-1-8)



**PRESS RELEASE: SELECT GNC PRIVATE LABEL PRODUCTS TO LAUNCH EXCLUSIVELY AT SAM'S CLUB – 400 SAM'S CLUB LOCATIONS TO CARRY TOP-SELLERS**

**Pittsburgh, PA, and Bentonville, AR – Feb. 28, 2011**—For the first time in a warehouse club, General Nutrition Centers, Inc. today announced that it will offer selected private label GNC products at Sam's Club locations. The offering will support Sam's Club's increased focus on health and wellness-oriented consumers through more robust offerings of natural supplements and sports nutrition items while increasing the visibility of GNC's specialty retailing brand with mass market customers.

Approximately 400 Sam's Club locations will launch two products in March:

- 2-pound container of GNC Pro Performance® AMP Amplified 100% Whey Protein (\$18.98)
- 1.7-pound bottle of GNC Total Lean™ Lean Shake™, a diet product (\$22.98)

Both products are popular sellers among GNC's customers and will provide a significant value to Sam's Club members who are focused on maintaining and enhancing their health. Throughout the year, GNC will rotate pallets of its top-selling items in select Sam's Club locations, focusing on robust and unique GNC private label formulas that will resonate with Sam's Club members.

"GNC is a global leader in specialty retailing of nutritional supplement products that address

the needs of health and wellness consumers," said Tom Dowd, EVP, Store Operations & Development for GNC. "This partnership with Sam's Club provides an excellent opportunity to introduce the GNC brands to consumers who may not be familiar with the quality and value of our products. Working with Sam's Club, we will introduce the mass market customer to the GNC brand and our strongest formulas at an attractive price."

"At the same time," Dowd added, "we are excited to work with Sam's Club to help them develop better offerings for their members. We believe that GNC's beneficial formulas and unique offerings will create excitement in the health and wellness area of these Sam's Club locations. We believe the result will help Sam's Club win over both the serious and educated supplement customer while increasing the visibility and reach of the GNC brand."

"At Sam's Club, we are committed to offering our members solutions that help them achieve their health and wellness goals," said Jill Turner-Mitchael, senior vice president, Sam's Club Health and Wellness. "Through this exclusive alliance with GNC, a leader in the nutritional products industry, our Sam's Club members will have access to this high quality brand of these

popular dietary supplements at a great value."

**ABOUT SAM'S CLUB:** Sam's Club, a division of Wal-Mart Stores, Inc. (NYSE: WMT), and the nation's eighth largest retailer and a leading membership warehouse club, offers superior products and services to more than 47 million members in clubs across the U.S., as well as in Brazil, China and Mexico. Members save an average of 30 percent over grocery and specialty retailers. To learn more about Savings Made SimpleSM, visit SamsClub.com, and look for Sam's Club on Twitter and Facebook.

**ABOUT GNC:** GNC, headquartered in Pittsburgh, Pa., is a leading global specialty retailer of nutritional products including vitamin, mineral, herbal and other specialty supplements and sports nutrition, diet and energy products. As of December 31, 2010, GNC has more than 7,200 locations, of which more than 5,800 retail locations are in the United States (including 903 franchise and 2,003 Rite Aid franchise store-within-a-store locations), and franchise operations in 46 countries. The Company – which is dedicated to helping consumers Live Well – also offers products and product information online at www.gnc.com.

**IRON WRAPS Z**

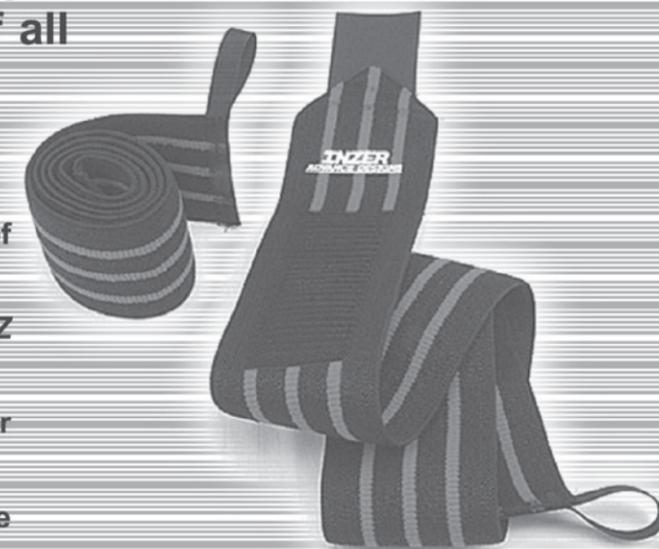
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## QUESTIONS ANSWERED

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

**DEAR MAURO:** I'm 46 and began powerlifting 6 years ago. Over that time I progressed steadily from 185 pounds to 250 pounds bodyweight (never drugs and on a vegetarian diet) and progressed to handle weights of over 600 pounds on the deadlift and squat and over 400 on the bench, all using just knee wraps and a belt.

Recently I developed a minute bone chip in my elbow and was x-rayed. The radiologist concluded I had degenerative joint disease from 'wear and tear' based solely on the presence of numerous osteophytes. He found zero loss in joint space. I have slightly less than normal ROM, but I have ALWAYS had this, even from a young man. My arms work smoothly with no crepitus whatsoever. I was blood tested for any other conditions and found negative.

Depressed at what the DJD diagnosis meant for my training, I wanted a more expert opinion, and saw an elbow surgeon who ran CT scans. The surgeon diagnosed that I did NOT have DJD, but merely 'bilateral periarticular osteophytosis' as a result of 'Wolff's Law' reaction to the heavy weights. These spurs cause clicking sometimes and can cause pain, but according to the surgeon the CT indicates that my cartilage was found 'intract.'

The surgeon was the only doctor who knew of this apparent non-arthritis weight-lifting-associated 'condition.' I would like to ask your expert view on just how common my condition is among people who handle heavy weights and why do most doctors not have a clue about it?

Thanks,  
Will

**WILL:** Your case is unusual, as most people with the changes you describe have associated pain and stiffness. Primary osteoarthritis of the elbow usually presents with osteophytes, but an intact joint space and cartilage. So by this criteria you would seem to have primary arthritis of the elbow, but what's perplexing is the lack of pain and stiffness. Regardless, the osteophytes that have formed can occur with the use of weights or any heavy manual labor. As far as Wolf's Law, it merely states that bone will adapt to whatever load it's subjected to—have a look at [http://en.wikipedia.org/wiki/Wolff's\\_Law](http://en.wikipedia.org/wiki/Wolff's_Law). It doesn't explain why you've formed osteophytes around your elbow joint when most people don't. It's quite likely that you have a genotype with a polymorphism that makes you susceptible to osteophyte formation around joints that have been mechanically stressed, such as from lifting.

I've seen a dozen or so cases of primary arthritis of the elbow over the last several decades, as it's not all that common. With the

lack of the usual symptoms it would be hard for most doctors to diagnose. It would have been an easier diagnosis if you had presented with the typical features: one of an arthritic process with osteophyte formation, little or no change in the joint space and cartilage, and some capsular contraction that limits ROM to variable degrees depending on the pathology present.

In the cases I've seen, more severe than what you're describing, most went on to surgery to remove the osteophytes and release any significant contractions. This was done mostly by arthroscopic surgery. In all cases, the ones operated on in this way went back to benching once they healed, progressing very slowly from light to heavier weights. Unfortunately, I haven't kept track of them so don't know how they did over the long term. (FYI, I've copied five abstracts of papers that you may find useful.)

In your case, since your elbows function pretty normally except for clicking and occasional pain, it might be worthwhile to try a nutritional supplement like my Joint Support for several months to see if it halts the osteophyte formation and even results in some regression. Let me know how things go.

Best,  
Mauro

**DEAR MAURO:** First, may I say how enormously grateful and indeed highly impressed that you have so generously taken the time to respond to my query. Your level of generosity is unheard of here in the UK as is your level of knowledge and experience—we would never get such kind consideration in our NHS system. I am TRULY indebted to you for your thoughts so far.

My gym life is so important to me that I genuinely do not know how I would cope if I ever had to give it up, which was exactly what the radiologist told me to do!—after he asked 'why anyone ever wants to lift weights I do not know.' I was furious about that "instruction" and I have to say that two years on, my elbows feel fine despite continuing with the weights!

Second, the information you offered is extremely helpful. I am an ex-medical student myself, specialising in zoonosis and epidemiology, and we were constantly 'taught' that arthritis/osteoarthritis is a condition diagnosable ONLY where cartilage is lost. To learn that that is incorrect is not entirely surprising (I was warned at med school that "in 10 years 50% of what you've learned will be found wrong!").

It is confusing though, if arthritis is something that in elbows can occur with cartilage intact—and the abstracts you kindly included certainly say that—then this seems to turn the usual definition of arthritis on its

head. From my understanding, arthritis in general, is something that follows the pathology of 1. cartilage damage, 2. roughened areas and osteophytes aggravating joint capsule/ligaments, 3. inflammatory responses damaging soft and hard tissues and so on in a downward spiral. But if cartilage (I guess the most important anatomical feature of a joint) remains intact in an elbow, then is the true condition not more periarticular, like a "degenerative capsulitis?" Am I talking total nonsense? Probably!

Certainly, in my own case I could not imagine smoother elbow operation. And from my x-rays/CT scan, the osteophytes seem to be located exactly where the "clicking" and rare discomfort occurs. For example, there is a fairly large, I should guess 4mm or so "claw-like" osteophyte on each radial head that seems to be positioned precisely under the annular ligament of radius, and when I rotate my forearm it makes a painless clicking sound. Certain weight-lifting moves cause pain, but only certain ones. Biceps curls with a straight bar are painful and it feels like it centers on that radial annular ligament/osteophyte zone. Pushing moves never hurt, even if I do close-grip bench with 440 pounds.

Your thoughts about genotype and polymorphism sound so sensible! You got me thinking, and I recall that my father's elbows always cracked/clicked whenever he would get out of a chair, even when he was in his 30s. The "clicking" he produces was not synovial gas bubbles or whatever as occurs in hands, I know those well! He never had pain or any complaints. I appreciate this elbow clicking happens to many people now and again, but it would fit that he may have passed a genetic osteophyte development trait to me too!

Once again, please know of my enormous thanks for your thoughts. I owe you! I shall order some of your Metabolic diet on Monday and I shall indeed report back on how I get on with.

Thanks, Mauro. You've been great!  
Will

**WILL:** Unfortunately conditions that aren't really arthritis are often lumped in under a broad arthritis umbrella. In your case, you obviously don't have the symptoms or pathology seen in true arthritic conditions such as osteo, rheumatoid, gouty, septic, etc. forms of arthritis. In fact, you could indeed call your problem a periarticular one rather than arthritic. And it may be that your condition may not progress to any significant disease, or at the very most require some surgery to remove any osteophytes that may be limiting motion or causing significant pain.

Best regards,  
Mauro ☺

## ABSTRACTS ON ELBOW ARTHRITIS

*J Am Acad Orthop Surg. 2008 Feb;16(2):77-87.*

### PRIMARY OSTEOARTHRITIS OF THE ELBOW: CURRENT TREATMENT OPTIONS.

Cheung EV, Adams R, Morrey BF. » Department of Orthopaedic Surgery and Sports Medicine, Stanford Hospital and Clinics, Stanford, CA 94305-5335, USA.  
**ABSTRACT**—In the elbow, as in other joints, primary osteoarthritis is characterized by pain, stiffness, mechanical symptoms, and weakness. But primary osteoarthritis of the elbow is unique in that there is relative preservation of articular cartilage and maintenance of joint space, with hypertrophic osteophyte formation and capsular contracture. Medical treatment and physical therapy may be initiated in the early stages of the disease process. Surgical treatment options include arthroscopic osteocapsular débridement, open ulnohumeral arthroplasty, distraction interposition arthroplasty, and total elbow arthroplasty. The potential for instability and loosening following total elbow arthroplasty in the setting of primary osteoarthritis limits the clinical application of this procedure. This patient population is generally younger than that recommended for total elbow arthroplasty, and their higher functional demands have limited the long-term success of this treatment option. The improvement in arthroscopic débridement techniques is perhaps the greatest advancement in the treatment of osteoarthritis of the elbow in recent years.

*J Hand Surg Am. 2009 Apr;34(4):761-8.*

### ELBOW ARTHRITIS: CURRENT CONCEPTS.

Kokkalis ZT, Schmidt CC, Sotereanos DG. » Department of Orthopaedic Surgery, Allegheny General Hospital, Pittsburgh, PA 15212, USA.  
**ABSTRACT**—The purpose of this article is to provide an update and analyze current management, treatment options, and outcomes of elbow arthritis. This article focuses on studies that have been published in the past 5 years. Nonoperative management may provide symptomatic relief in the early stages of the disease process for most patients. Surgical treatment is guided by disease etiology and severity, patient age, and functional demands. Arthroscopic or open synovectomy, debridement arthroplasty, and interposition arthroplasty are generally recommended for the young and active patient population, whereas for low-demand and elderly patients with end-stage painful arthritis, total elbow arthroplasty is considered a more suitable surgical option. Advances in arthroscopic techniques and implant design have led to substantial improvements in treatment of elbow arthritis.

*J Hand Surg Am. 2008 May-Jun;33(5):746-59.*

### SURGICAL OPTIONS FOR THE ARTHRITIC ELBOW.

Gallo RA, Payatakes A, Sotereanos DG. » Shoulder and Sports Medicine Service, Hospital for Special Surgery, New York, NY 10021, USA; august\_gallo@yahoo.com  
**ABSTRACT**—Elbow arthritis is a debilitating condition manifesting as a painful, stiff elbow. Surgical treatment is based on disease etiology, severity of degeneration, and patient age. Rheumatoid elbows with mild to moderate disease benefit from arthroscopic debridement and synovectomy, whereas capsular release and ulnohumeral arthroplasty can relieve painful elbows with early posttraumatic arthritis and osteoarthritis. Age and functional requirements are treatment determinants for moderate to severe arthritis. Rheumatoid, low-demand, and elderly patients are candidates for total elbow replacement; posttraumatic and osteoarthritic elbows in younger patients with considerable functional demands are treated with interpositional arthroplasty. Total elbow allografts and elbow arthrodeses are considered only in salvage situations.

*J Bone Joint Surg Am. 2006 Feb;88(2):421-30.*

### MANAGEMENT OF ELBOW OSTEOARTHRITIS.

Gramstad GD, Galatz LM. » Department of Orthopaedic Surgery, Washington University School of Medicine, Campus Box 8233, 660 South Euclid Avenue, St. Louis, MO 63110-1093, USA.

**ABSTRACT**—Primary osteoarthritis of the elbow is characterized by painful stiffness, mechanical symptoms, and the presence of hypertrophic osteophytes. Preservation of the joint space is common and may account for the good results that are usually achieved with nonoperative treatment and nonprosthetic arthroplasty. Elbow osteoarthritis typically affects middle-aged men who engage in strenuous manual activity. Open or arthroscopic capsular release and removal of impinging osteophytes are the primary surgical treatment options. The relative sparing of joint cartilage makes elbow osteoarthritis unique in this regard and amenable to this treatment. Arthroplasty is rarely indicated for primary osteoarthritis of the elbow and should be reserved for elderly individuals with low demands for whom other treatment options have failed.

*Bull NYU Hosp Jt Dis. 2007;65(1):61-71.*

### ELBOW ARTHRITIS.

Soojian MG, Kwon YW. » NYU Hospital for Joint Diseases, Department of Orthopaedic Surgery, New York, New York 10003, USA.

**ABSTRACT**—Patients with elbow arthritis typically present with complaints of pain and stiffness. Rheumatoid arthritis is the most common cause of elbow arthritis, followed by posttraumatic arthritis and primary osteoarthritis. Nonoperative management consisting of oral analgesics, intra-articular steroid injections, physical therapy, and splinting may provide symptomatic relief in the majority of patients. If these modalities fail, operative treatment is guided by the severity of disease as well as several patient-related factors such as age, activity level, and expectations. Total elbow arthroplasty can provide satisfactory results in the majority of patients with significant degeneration of the elbow. However, due to issues regarding prosthesis longevity, this procedure is generally avoided in young active patients. Other operative treatment options for such patients include arthroscopic or open synovectomy, debridement arthroplasty, and interpositional arthroplasty. As all of these operations may provide a satisfactory outcome for the appropriate patient, a thorough preoperative evaluation is essential in choosing the suitable surgical procedure for each individual patient.

## 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

### YOUR COLUMN ROCKS!

**Q:** Hi, Anthony. I just wanted to drop you some props on the last article about the smoothie recipes. Me being a 330 pound superheavy-weight lifter who does eat his fair share of junk food, I was kind of skeptical about incorporating some type of healthy smoothie into my plan. Well, my wife read the article too and she said it's time for me to lose some of the extra fat and maybe they could help me drop some of the flub. I started drinking your recommended smoothie recipe that you gave us in your breakfast article for my daily breakfast. I also started drinking the "Artery Scrubber" smoothie that you gave us in your last column before bed every night because my cholesterol has been out of control and I am on the brink of taking meds to help control this. I still ate everything else pretty normally as I usually do, but I did cut my junk food down some. It's not because I was actually trying to cut back, but I just wasn't craving it as badly as I normally do. I think the smoothies helped reduce my junk cravings; as crazy as that sounds, I think they actually did.

You really hit a spark with me on how you wrote in your *Pharmaceutical Side Effects* article about how Americans will eat tons of garbage and then, instead of taking responsibility for their health and beginning exercising and eating clean, they just go down to their doctor for some pills to help control it. This really hit a cord with me and I started thinking to myself that I don't want to be this type of person. I am supposed to be a strength athlete, not a "gluttonous slob" (one of your favorite terms), so I should start eating like one. Well, I have been doing this routine for the last 30 days and you know what, I have good news. I have dropped 21 pounds and my strength is actually going up, not down.

When I went to get my bloodwork done, my cholesterol was way down and my doctor asked what I was doing. I told him that I have been following your smoothie recommendations and he said keep doing it since he hasn't seen that much of an improvement without the use of cholesterol meds. He was actually proud of me, instead of breaking my chops as usual when I go see him. I now am a 308 pound class lifter, but for the next six months my goal is to get to be a 275 pound class lifter. I know if I keep up at this rate I'll be there in no time.

I just want to say thank you for all your really informative articles, but above that I want to thank you for motivating me to get off my fat ass and make a change. You inspired me over the last few issues and I have to give you the credit because if I didn't read your articles I would be in the same rut and not doing anything to change that. Just to let you know, my energy is at an all time high, my strength is solid and I have never felt better. Please keep up the great articles and you truly are a great addition to *PL USA* for not only educating us in an area where most of us are ignorant, but also for lighting a fire under us to

make change a reality.

Your friend in strength,  
John Petokovich

**A:** John, my man, I am so happy to hear the great news. That is truly fantastic. I am always happy to hear good news like you dropping some excess body fat and yet you are getting stronger. See, I told you that you don't need to carry all that extra fat around thinking that it will help you when it doesn't. Wow, 21 pounds is amazing in such a short period of time, and the fact that you didn't change too much else with your plan is really amazing. See, I told you in the last couple issues that once you start drinking my smoothies you will get addicted to them—especially when you see and feel how great your energy and strength is. I know you will make it into the 275 pound class in no time and I wish you the best success with that. Thanks for all the kind words. I put forth the energy I do with my articles because I want to make a lasting impression on the strength world by being the nutrition pioneer who taught a generation of lifters about eating foods that can make you stronger and healthier. You see, John, you don't always have to go the pharmaceutical route to improve your health. You proved that by dropping your cholesterol considerably without medication, just by good old holistic nutrition. You are what you eat, so if you fuel your body with high powered nutrient dense super foods you will feel and perform like a million bucks.

I know a lot of lifters harass me about eating clean and being strong, but remember you can talk smack about eating ten candy bars at one sitting or how you can drink twelve beers on a Friday night, or how you can eat fast food everyday, but sooner or later you will pay the piper and when he comes a 'knocking you will pay with your health, and that is a guarantee. It may sound cool (I don't know how) to some people that you load your body with pure crap, but in the end it is your long term health that will suffer. Well, actually, it's not just your long term health, it's also your children who will suffer because when you eat like a gluttonous slob (you're right, John, I love that term) their daddy will die twenty plus years sooner than he should have because he couldn't eat like an athlete and had to gorge on junk every waking hour. Yeah, it sounds 'real cool' about you eating a tub of ice cream and a bag of Cheese Bits every night when you're going in for a double bypass or you get a nice glucometer for your birthday gift because you just got diagnosed with Type II Diabetes. OK, enough ranting on the lifters that eat like crap. I'm sure they get the point.

John, I am super proud of you and if you need any help along your journey please drop me a line. It makes me happy to see a lifter motivated to better his health and performance because there are so many out there who don't care about

their health at all. It is one of the major turnoffs I have about the sport, but I can't say that I haven't tried hard to make a lasting impression and to make positive changes for our sport and lifters. So, keep up the good work and I know you will be hitting bigger numbers in the 275 pound class than you did as a superheavy. One thing I guarantee is that your heart health will be the most thankful in the end!

### FADE AWAY

**Q:** I have a question about scars and if there is anything I can do to help heal them so that they fade as much as possible. You see, I tore my patella tendon about four months back and the scar is pretty good size from the surgery. I was wondering if you had anything in your bag of tricks that you could pull out that may help make this appear a little less graphic. Is there anything natural I can apply to the scar that will help it fade away? I know that there are some expensive prescription creams that I can buy, but I was wondering if you knew of something more natural. Oh yeah, I loved your last couple articles. Man, you are one funny cat. Keep up the good work!

Sincerely,  
Tyrone Mosley

**A:** I am really sad to hear the bad news about your patella tear. Yes, any type of surgery will leave long deep scarring, that is for sure. I do have some natural tips to help reduce the intensity of the scar and a few tricks to help it fade out much faster. I am going to give you several different natural ways with topical oils to help heal the scar faster. Don't go and try and rub them on your scar all at once. Start with one or two of them and stick with it for at least twelve weeks minimum. One of the main things you really need to realize with scars and using natural means to help them fade is being patient with the treatment and also being persistent. So, if you do it for a few days then take off a week, then you do it for a few days and then forget for another three weeks, don't expect things to be noticeably different. If you apply the natural topical applications daily, which will usually be more than once per day, you will in some time notice a good difference in terms of the density and strength of the scar. I know how most lifters are—they are impatient—but trust me on this one, just keep working away on it and I am sure you will notice some major improvements in the next few months by implementing my ideas. OK, so now that we have that down, let's see what I can offer you in terms of helping you fade this bad boy away.

### TOPICAL PREPARATIONS

**1. Organic Raw Honey:** Organic raw honey has numerous different health benefits, but one of them is that it will help you reduce scar tissue. I know you may be thinking that I am some type

of nut telling you to rub honey on it, but take it from me—it works. I recommend you take 1 tablespoon of it and rub it into your scar for 1–2 minutes. Don't get the junk that you can get at your local grocery store, you need organic raw honey for it to work. This needs to be done twice daily.

**2. Vitamin E Oil:** You can use the straight Vitamin E oil or if you only have those gel caps that you buy by the bottle you can simply puncture it and rub it in. Vitamin E has numerous health benefits when taken internally, but it also can really help fade out scars. It's a cheap and natural way to help diminish that scar and all you have to do is pick up a bottle at the health food store. You can also do this 2–3 times daily as well.

**3. Vitamin K Creams:** Most of you aren't too familiar with Vitamin K, but no worries since I have an article coming up that I will be doing on it. You can find different Vitamin K creams at your local health food store. You can again rub this directly into your scar. Now some people respond to this treatment very fast while for others it takes more time to notice its effects. This should be done twice daily for best results.

**4. Flaxseed Oil:** Well, I am sure you have heard me write about flaxseed oil over and over again, so now you get another dose. Most of you know of its Omega 3 benefits and most lifters will either put some on their salad or throw a tablespoon of it in your protein drink. I bet most of you didn't know about its potent effects at helping reduce scars. I would rub this into your scar at least three times daily to get the most benefit.

**5. Extra Virgin Olive Oil:** Here is another oil that I have sung its praises for years, but most of you thought that it was only good on some whole wheat fusilli with a glass of red wine on the side. Oh well, you were wrong. Olive oil has many healing benefits and not just for your cardiovascular health. You will find that it also can help fade scars and another bonus is that many pregnant women and those that just gave birth should also use it generously on their tummies as it will help fade the stretch marks as well. Plus, you never know, maybe your newborn son will come out speaking Italian with a perfect Sicilian accent and sporting a Bensonhurst attitude right from the start!

**6. Organic Hemp Seed Oil:** Alright, don't get any ideas here, boys and girls. I am talking about organic hemp seed oil, not the stuff that has made Snoop Dog famous. That's right, I am talking about the oil you get from your health food store, not your shady street corner. I have talked about hemp seed oil several years ago and how some lifters were also putting this into their protein shakes to help increase their polyunsaturated fat intake. You can also rub this into scars as well, but please do not try and smoke this oil—you will only get sick. Oh yeah, by the way, there is no THC in here, so forget about it!

### NOW WHAT DO I DO?

So here are six different natural oils and Vitamin extracts that most of you just thought were good in your protein shakes or only useful on top of your salad. Well, I have mentioned time and time again that the health benefits of good fats like monounsaturated fats and Omega 3s have numerous applications for health. You see, by taking them in orally, your body gets a great dose of healthy fats and when you apply them topically to your skin you will get more of a localized effect. Now, what I would do is start off with two different natural methods here that have different effects. I have done a protocol with the Vitamin K cream and flax seed oil. *Don't mix the two together, but at separate times of the day apply them.* So one client would apply the Vitamin K first thing in the morning after her shower, and then again at bedtime. She would then apply the flaxseed oil twice per day in between those times about 8 hours apart. In about 16 weeks she noticed some major improvements with a surgery scar she had on her abdomen.

Another good protocol that I have seen work before my eyes is the organic honey and Vitamin E combo. These two also work very nicely in conjunction with each other as well. You could apply the Vitamin E oil in the same manner as I described with the Vitamin K. Then throughout the day you can apply the organic honey two to three times. I know some lifters will think this is stupid, but the proof is in the pudding and these protocols can make a big difference in helping reduce the strength of the scar. So, Tyrone, give these protocols a try and get back to me with the results. I love to hear how things work out and I am sure if you do this persistently you will notice a big difference.

### FIRE RETARDANT CHEMICALS IN MY FAST FOOD?

**Q:** Hey, Anthony. I was talking with one of my buddies at the gym and he was talking about how fast food wrappers contain some type of chemical that is in fire retardants. Is this true or is this guy pulling my leg. He was teasing me because I eat at some type of fast food joint daily either for breakfast or lunch, but this didn't sound so motivating for me if this was true. I figured you would be the guy to ask, so I was wondering if you could give me some info on this interesting topic. Thanks for the response.

Bob Johnson

**A:** Well, you have one smart friend there because he is on the ball with his comments. Now I know what I am about to let you in on will be another shocker that I am sure 99.9% of you reading this are completely unaware of. You see the wrappers that are used in the fast foods that you love so much contain something called Perfluoroalkyls. Yeah, I know this sounds like a weird name, but hold on, let's take look at what it is and its purpose. Perfluoroalkyls is actually a synthetic chemical and, get this, it is used in carpets to help repel water and dirt. It is also a very important chemical compound used in fire fighting foams. Now, if



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you think that the sodium, nitrates and preservatives are the only things you have to watch out for when eating fast food, you've got another thing coming. You now get to look forward to having these wonderful synthetic compounds known as Perfluoroalkyls now leaching out of the food wrapper getting into your food and then you introduce this slew of chemicals into something even worse...that, my friend, is your bloodstream. Do I know how to rain on your fast food fiesta or what? I am sorry to break it to you, but look at this for a minute. If you remember, about six months ago I broke an interesting story about how fast food meats were of the lowest quality. In fact, so poor and loaded with E.coli that these meat companies were loading the meat down with ammonia. So, you basically get a whopping dose of window cleaner with your burger. Next, I am sure you read about how 80% of all the antibiotics produced in the United States are used on farm animals that we eat. Also that the living conditions of chickens and cattle are so poor and atrocious that farmers are mega-dosing their livestock to such an astronomical level just to keep them from dying from disease. Now that we have covered the meat part of your lunch I can go on and on about all the other horrible things in your fast food meal. Now even the wrapper you have the meal served to you in is made of some of the worst chemicals known to man, which will leach itself into that nice warm juicy burger and right into your unsuspecting bloodstream where these chemicals get to unleash their damage on your health.

**WELL DOCUMENTED SIDE EFFECTS**  
I know some of you think I am an exaggerator or I like to concoct stories, but do some research for yourself about these chemicals. The amount of side effects that are known from these fire resistant chemicals is astounding at best. Let's take a quick look at some of the more well known ones that have already been studied and documented. OK, did you know that this chemical can have a negative effect on your cholesterol level as well as your cardiovascular health? I bet you didn't know that one. You see, it's not just the saturated fat in that fatty burger clogging your arteries—you now have Perfluoroalkyls getting into your system that can also start adding to the damage as well. Nice, nothing like eating a heart buster burger with a little bit of fire repellent chemicals to help the old ticker perform even better. Yeah, that is what lifters need—like they can't ruin their cardiovascular health on their own. Now they have to get some extra help from synthetic chemicals too.

Next is the negative effect it can have on your sex hormones. Remember that story about the transgender fish...do I need to say anything more? Next on the list of nuggety goodness is that they have also been tagged in cancers of the prostate and bladder. They have been shown to cause damage to the liver as well. Wow, this all sounds so good, doesn't it? Now there is something else you need to know about these horrible synthetic chemicals from hell. You see, once these bad boys lodge themselves in your bloodstream, this is not a good thing. The reason for this is because they like to stick around not for a few weeks, or months, but for years. Yes, you heard that correct. These chemicals like to

sit around for years at a time. In fact, one study showed that after four years the amount still left in your bloodstream was only reduced by half the amount you ingested. Can you imagine that? After four long years the amount of that chemical that is still sitting around like an unemployed degenerate brother-in-law that leaches off your family (I am sure everyone has one of these in your family), 50% of it is still active and causing harm to your health. This way these carcinogenic chemical can wreak havoc on your body several years after you ingested it.

**CANCER BURGERS ARE JUST NOT WORTH IT!**  
This is not all that they can do to damage your health, but at this point there are still not enough long term studies to determine what else they can do to you. I have just scraped the surface on this topic, so you can look forward to more advanced information in future issues. I don't know about you, but if taking in this chemical is going to really help contribute to prostate and bladder cancer I think I'll take a pass. Plus the fact that they sit around in your bloodstream for numerous years at a time doesn't make me comfortable at all. So, yes, your friend is correct and the next time you go through that drive-thru, remember that you are ingesting a nice dose of fire repellants to help wash down that greasy burger that ultimately will cause health problems when it unleashes its carcinogenic tsunami on you!

**POMEGRANATE AND CANCER PROTECTION**  
**Q:** My question is about fruits and cancer. Is there any fruit out there that can help in this area? Have there been any recent studies out or any new information available? I don't read all those medical and nutrition journals like you so I was wondering if you had any interesting info in this regard. I like to keep up to date on what's new, so I make sure I read your column every month right after Louie's column (sorry about that) to keep me on the up and up. Hey, I really liked your "You Got to be Freaking Kidding Me" series. It was not only very educational, but had me laughing the whole time. Thanks again for all the nutrition insight because the powerlifting community really benefits from all your articles.  
Maria Costazi

**A:** Hey, Maria. It's great to hear from you. Thanks for writing in as I always love hearing from the power vixens in our sport. Thanks for the kind words about my articles. I am happy to not only educate you, but also entertain you all at the same time. I know for the large majority of you, nutrition is not the most interesting topic and you would much rather read an article about training or how to get more pounds out of your bench shirt. So, I try my best to make it interesting and when I can throw a little comedy in there to make it all go down nice, I do my best.  
In regards to your question, there are many fruits out there that can be beneficial for what you asked above. As I was scouring through my online journals I came across some interesting new info that you would love to hear about. A recent study conducted at the University of California, Riverside, showed some real promise with one of my all time favorite fruits...the pomegranate! Yep, I am a big pomegranate fan

and you should be too, for many reasons. What is so exciting about this study that was conducted in California is the fact that some components that are contained in this super fruit actually can inhibit the movement of cancer cells. What this means is that it can help prevent the cancer from spreading to other parts or organs of the body. I know maybe a lot of you lifters don't get all excited when you read something like this, but you should.  
The amount of cancer deaths is at an all time high and if you look around and do a count of just your personal family and friends I am sure you can name off not one, but several people, who have had cancer or currently do. This is a sad fact, so it is always best to try and prevent it as much as possible than just to try and figure out what to do when it hits. Some other prime information that was taken from this study is the fact that it showed that the compounds in this wonder fruit also weakened the cells' attraction to a very specific chemical signal. This may not sound that great to the layman reading this, but hold up and let me finish. This important chemical signal is the one that promotes the spread of prostate cancer to bone. This is some amazing news since prostate cancer spreading to bone is a common occurrence, especially in its advanced stages.

**MORE GOOD NEWS**  
Let's take a look at some other information from this groundbreaking study. When the pomegranate juice was applied to testosterone resistant cancer cells it showed that those cancerous cells that didn't die after the application showed decreased cell migration. This basically means that even the cells that didn't die off from the pomegranate juice application, it decreased the amount they traveled. Another very good point taken from this study is that they also increased the cancerous cell adhesion. This means that cancerous cells stayed in one specific area instead of breaking off. One very important piece of information is in regards to the testosterone resistant cancer cells. The reason why this plays such an integral role in this study is the fact that testosterone resistant cancer cells are the most likely to spread at an increased rate. So, now you can see why I got so excited reading this piece of information. The other good news is that these benefits are not simply confined to prostate cancer cells alone. Researchers believe that it may be applicable in many other forms as well. For the science buffs out there you may be wondering what actual compounds were responsible for such amazing news. There were four main compounds and they are conjugated fatty acids, Phenylpropanoids, Flavones, and Hydrobenzoic acids.  
The good news is that this is enough proof that you should start taking some pomegranate in on a daily basis. This powerful fruit has numerous other health benefits and that is why I have already planned out doing a full column on it in the near future. There is so much natural healing in the foods you put in your body and that is why I want you the lifters reading this to take advantage of it. So, until next month, train hard, eat clean, and please stay away from fast food because you do not want these fire resistant chemicals creating the perfect cancer environment inside your body. ☪

**BIGGEST BP ON THE RIVER XIII**  
**MAY 8 2010 » LA**

<b>BENCH</b>	<b>198 lbs.</b>	J. Norwood	330
<b>FEMALE</b>	<b>97 lbs.</b>	K. Millrany	645
C. LeBlanc	95	J. Albritton	415
<b>132 lbs.</b>		Masters (50-54)	
D. Deshotel	135	<b>165 lbs.</b>	
<b>165 lbs.</b>		S. Scardina	340
D. Timbs	250	<b>275 lbs.</b>	
<b>SHW</b>		B. Butler	345
H. Shields	—	Masters (60-64)	
<b>MALE</b>	<b>181 lbs.</b>	D. Cumberlow	340
<b>Teen</b>	<b>114 lbs.</b>	A. Sheen	230
R. Melancon	95	<b>198 lbs.</b>	
<b>132 lbs.</b>		E. Howard	315
N. Anzalone	180	R. Bienvenu	215
<b>148 lbs.</b>		<b>220 lbs.</b>	
C. Kennedy	175	V. Breaux	470
<b>165 lbs.</b>		Masters (65-69)	
W. Pearce	205	<b>181 lbs.</b>	
A. David	200	R. Greenlee	265
<b>198 lbs.</b>		Masters (75-79)	
A. Johnson	305	<b>181 lbs.</b>	
B. Arthur	250	D. Boyes	125
T. Timphony	240	Open	
<b>198 lbs.</b>		<b>165 lbs.</b>	
J. Pearce	225	J. Pohlmann	365
<b>220 lbs.</b>		<b>181 lbs.</b>	
C. Kennedy	425	L. Babin	330
B. Riche	405	R. Greenlee	265
<b>308 lbs.</b>		L. Deshotel	415
M. Trabona	330	J. Hill	315
<b>Juniors</b>	<b>148 lbs.</b>	S. Sullivan	315
M. Morgan	305	K. Millrany	645
C. Miller	245	M. Post	485
<b>198 lbs.</b>		V. Breaux	470
S. Sullivan	315	J. Clay	405
<b>220 lbs.</b>		<b>242 lbs.</b>	
D. Hernandez	365	D. King	450
J. Hill	—	A. Galloway	405
<b>SHW</b>		<b>275 lbs.</b>	
M. Stant	435	B. Butler	345
<b>Master (45-49)</b>	<b>165 lbs.</b>	M. Degavage	—
A. Clark	365	<b>SHW</b>	
Women's Cash Awards: 1st-Denise Timbs, 2nd-Danielle Oeshotel, 3rd-Chelsea LeBlanc. Open Pro: 1st-Tiny Meeker, 2nd-Harley Timbs, 3rd-Carlton James, Jr., A.J. Schroeder, Frank Caminita, Jonathan Stewart, Philip Maranto. Biggest Bench (No Formula): Tiny Meeker. Non-Pro Drawing #1: Dave Cummeow. Non-Pro Drawing #2: Corey Kennedy. Masters Cash 1st-Ken Milirany, 2nd-Vince Breaux, 3rd-August Clark. » courtesy Reed Burnette		B. Blazeovich	500

**SPF RECORD BREAKERS**  
**NOV 13 2010 » TN**

<b>BENCH</b>	<b>275lbs.</b>	D. Dibrell	545
<b>Raw</b>	<b>Supers</b>	C. Marsh	365
<b>MALE</b>	<b>181 lbs.</b>	Police/Fire	
C. Bouyer	425	<b>220 lbs.</b>	
A. Millsap	345	L. Cross	450
T. Harris	—	<b>Submasters</b>	
<b>109 lbs.</b>		<b>198 lbs.</b>	
A. Evans	395	C. Yates	395
<b>220 lbs.</b>		<b>220 lbs.</b>	
C. Holmes	460	C. Holmes	460
T. Hunter	440	<b>242 lbs.</b>	
<b>242 lbs.</b>		K. Dukes	480
T. Morgan	470	Masters (40-44)	
D. Webb	365	<b>181 lbs.</b>	
<b>259 lbs.</b>		J. Sneed	225
B. Batts	455		

<b>198 lbs.</b>		N. Dixon	—	<b>Supers</b>					
B. Williams	435	<b>275 lbs.</b>		S. Anderson	525	600	1125	<b>220 lbs.</b>	
<b>242 lbs.</b>		B. Pickett	525	<b>Submasters</b>				D. Bragg	410
C. Edalgo	510	Masters (45-49)		T. Hudgins	515	315	485	1315	1115
T. Morgan	470	<b>165 lbs.</b>		<b>Supers</b>				<b>308 lbs.</b>	
<b>259 lbs.</b>		C. Flowers	390	J. Crowder	610	555	1165	J. Smith	750
<b>242 lbs.</b>		<b>242 lbs.</b>		Masters (40-44)				Supers	615
D. Webb	440	D. Webb	440	<b>Supers</b>				Masters (40-44)	1840
Masters (60-64)		<b>198 lbs.</b>		J. Carter	540	600	1140	<b>181 lbs.</b>	
<b>198 lbs.</b>		L. Morris	400	<b>Multi-Ply</b>				G. Lewis	350
<b>242 lbs.</b>		<b>242 lbs.</b>		<b>MALE</b>				Master (45-49)	1075
R. Blackman	470	D. Webb	440	<b>220 lbs.</b>				J. Robinson	575
<b>DEADLIFT</b>		<b>259 lbs.</b>		J. Brown	650	580	1230	<b>Single-Ply</b>	680
<b>FEMALE</b>		J. Howe	405	<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>	<b>Teen (16-17)</b>
<b>Raw</b>		Masters (50-54)		<b>FEMALE</b>				<b>114 lbs.</b>	
<b>181 lbs.</b>		<b>242 lbs.</b>		<b>Juniors</b>				S. Kapoor	200
J. Anderson	305	<b>259 lbs.</b>		<b>132 lbs.</b>				<b>308 lbs.</b>	
<b>Submasters</b>		Z. Presley	360	S. Goodson	235	125	300	660	1935
<b>198 lbs.</b>		Masters (55-59)		<b>165 lbs.</b>				<b>242 lbs.</b>	
J. Davis	720	<b>242 lbs.</b>		J. Payne	345	215	330	890	1380
<b>MALE</b>		R. Venable	—	<b>Submasters</b>				B. Long	550
<b>Raw</b>		<b>259 lbs.</b>		<b>165 lbs.</b>				Masters (55-59)	
J. Payne	600	R. Williams	315	<b>Multi Ply</b>				<b>181 lbs.</b>	
<b>Submasters</b>		Masters (65-69)		<b>Teen (16-17)</b>				B. Tomkins	310
<b>220 lbs.</b>		<b>220 lbs.</b>		<b>123 lbs.</b>				Masters (60-64)	1050
C. Wooten	405	Masters (70-74)		<b>198 lbs.</b>				J. Elmore	430
4th-430		<b>242 lbs.</b>		<b>Juniors</b>				Masters (70-74)	1100
<b>181 lbs.</b>		G. Lambdin	—	<b>165 lbs.</b>				<b>259 lbs.</b>	
<b>242 lbs.</b>		<b>198 lbs.</b>		C. Barker	375	210	405	990	805
<b>Single-Ply</b>		<b>198 lbs.</b>		<b>MALE</b>				<b>181 lbs.</b>	
<b>Masters (40-44)</b>		W. Stover	480	<b>Raw</b>				M. York	550
<b>198 lbs.</b>		<b>Multi-Ply</b>		<b>Teen (16-17)</b>				<b>Juniors</b>	500
<b>259 lbs.</b>		Masters 65-69		<b>181 lbs.</b>				<b>242 lbs.</b>	
<b>259 lbs.</b>		<b>259 lbs.</b>		G. Cottrell	450	325	500	1275	1450
T. Chapala	325	<b>MALE</b>		<b>Teen (18-19)</b>				<b>198 lbs.</b>	
<b>Multi-Ply</b>		<b>220 lbs.</b>		<b>SQUAT</b>				<b>198 lbs.</b>	
<b>220 lbs.</b>		D. Lowe	540	<b>Raw</b>				S. Chapala	375
<b>181 lbs.</b>		S. Hickman	445	<b>Masters (40-44)</b>				<b>259 lbs.</b>	
<b>242 lbs.</b>		<b>308 lbs.</b>		<b>181 lbs.</b>				P. Maupin	825
<b>308 lbs.</b>		J. Williams	—	G. Lewis	350			660	675
<b>Submasters</b>		<b>220 lbs.</b>		<b>Multi-Ply</b>				480	725
<b>220 lbs.</b>		<b>BENCH Reps</b>		<b>Masters (45-49)</b>				<b>308 lbs.</b>	
<b>Juniors</b>		<b>275 lbs.</b>		<b>220 lbs.</b>				A. Shield	680
<b>220 lbs.</b>		B. Butler	345	<b>R. Pardue</b>	800			<b>Submasters</b>	580
<b>SHW</b>		M. Degavage	—	<b>Lbs. Reps</b>				<b>220 lbs.</b>	
<b>Master (45-49)</b>		<b>SHW</b>		200	14			<b>308 lbs.</b>	
<b>165 lbs.</b>		B. Blazeovich	500	<b>MALE</b>				<b>198 lbs.</b>	
<b>Submasters</b>				<b>198 lbs.</b>				G. Moody	700
<b>198 lbs.</b>				<b>242 lbs.</b>				Masters (45-49)	625
<b>242 lbs.</b>				<b>198 lbs.</b>				<b>165 lbs.</b>	
<b>308 lbs.</b>				<b>242 lbs.</b>				S. Alford	625
<b>308 lbs.</b>				<b>198 lbs.</b>				4th-BP-365	1480
<b>Submasters</b>				<b>275 lbs.</b>				<b>220 lbs.</b>	
<b>220 lbs.</b>				<b>308 lbs.</b>				R. Pardue	800
<b>198 lbs.</b>				<b>308 lbs.</b>				Masters (50-54)	1855
<b>198 lbs.</b>				<b>181 lbs.</b>				<b>198 lbs.</b>	
<b>242 lbs.</b>				<b>242 lbs.</b>				Lichtenberger	735
<b>165 lbs.</b>				<b>165 lbs.</b>				<b>242lbs.</b>	570
<b>220 lbs.</b>				<b>242 lbs.</b>				W. Welcheck	550
<b>242 lbs.</b>				<b>165 lbs.</b>				» courtesy Jesse Rodgers	530
<b>242 lbs.</b>				<b>242 lbs.</b>					1835
<b>242 lbs.</b>				<b>242 lbs.</b>					1565

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**Brian Siders is proficient in each of the powerlifts**



**Shawn Lattimer gives a new definition to the term "Big Man"**



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## MEN'S SHW (140+ KG.) WEIGHT DIVISION » BENCH

Bench Press	X-Bwt	American Powerlifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1074.8 (487.5)	*3.207X Ryan Kennelly/74 7/13/08 (487.5 kg. @ 152.0 kg.) (Dubuque, Iowa) (UPA)
2.	1025.1 (465.0)	*3.209X Scot Mendelson/69 11/22/08 (465.0 kg. @ 144.9 kg.) (Palm Beach, Florida) (APF/AVPC)
3.	1010.0 (458.1)	*2.85X Gene Rychlak/68 12/16/06 (1010.0 lb. @ 355.0 lb.) (Lake George, New York) (APF)
4.	942.5 (427.5)	Mike Womack/83 3/28/09 (427.5 kg.) (Dallas, Texas) (WABDL)
5.	931.5 (422.5)	*2.33X Harlan "Clay" Brandenburg/74 10/27/07 (422.5 kg. @ 181.7 kg.) (Kalamazoo, Michigan) (APF)
6.	925.9 (420.0)	*2.47X Garry Frank/64 11/18/06 (420.0 kg. @ 170.2 kg.) (Lake City, Florida) (APF)
7.	910.0 (412.8)	*2.46X Donnie Thompson/64 11/23/08 (910.0 lb. @ 369.7 lb.) (York, Pennsylvania) (IPA)
8.	910.0 (412.8)	*2.44X Robert "Tee" McCray/72 11/23/08 (910.0 lb. @ 373.7 lb.) (York, Pennsylvania) (IPA)
9.	909.4 (412.5)	*2.42X Robert Vick/74 5/17/08 (412.5 kg. @ 375.2 lb.) (Wisconsin Dells, Wisconsin) (WABDL)
10.	905.0 (410.5)	*2.38X Shawn T. Lattimer/76 5/12/07 (905.0 lb. @ 380.2 lb.) (Tribes Hill, New York) (APF)
11.	903.9 (410.0)	*2.00X Roy Bradshaw/67 2/7/10 (410.0 kg. @ 452.0 lb.) (Sacramento, California) (SPF)
12.	900.6 (408.5)	*2.90X Paul "Tiny" Meeker/71 11/17/07 (408.5 kg. @ 311.0 lb.) (Anaheim, California) (WABDL)
13.	860.0 (390.1)	*2.61X Anthony Bolognone/76 6/28/09 (860.0 lb. @ 329.6 lb.) (York, Pennsylvania) (IPA)
14.	859.8 (390.0)	*2.51X Mike Wolfe/75 3/3/07 (390.0 kg. @ 155.55 kg.) (Columbus, Ohio) (WPO)
15.	854.3 (387.5)	*2.76X Steve Wong/68 2/16/08 (387.5 kg. @ 310.0 lb.) (Los Angeles, California) (APF)
16.	845.0 (383.3)	*2.41X John Robinson/67 11/13/10 (845.0 lb. @ 350.0 lb.) (Piedmont, South Carolina) (UPA)
17.	841.1 (381.5)	James Crawford/74 7/17/10 (381.5 kg.) (Olympia, Washington) (WABDL)
18.	826.7 (375.0)	*2.53X Travis Rogers/68 3/3/07 (375.0 kg. @ 148.0 kg.) (Columbus, Ohio) (WPO)
19.	821.2 (372.5)	*2.18X Chad Aichs/72 11/4/06 (372.5 kg. @ 170.5 kg.) (Lake George, New York) (WPO)
20.	815.7 (370.0)	*1.54X Jeff Lewis/70 3/4/06 (370.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
21.	815.0 (369.7)	*2.09X Tony Barbaccio/72 5/22/10 (815.0 lb. @ 390.0 lb.) (Wildwood, New Jersey) (IPA)
22.	805.0 (365.1)	*2.09X Mike "Mule" Miller/68 4/17/04 (805.0 lb. @ 385.0 lb.) (New Brunswick, New Jersey) (APF)
23.	805.0 (365.1)	*2.44X Paul Ratsch/60 12/1/07 (805.0 lb. @ 329.75 lb.) (Kennewick, Washington) (APA)
24.	804.7 (365.0)	*2.54X Chris Cooke/74 9/25/04 (365.0 kg. @ 143.5 kg.) (Orlando, Florida) (WPO)
25.	804.7 (365.0)	*2.31X Brian Siders/78 6/24/05 (365.0 kg. @ 349.0 lb.) (Chester, West Virginia) (USPF)
26.	804.7 (365.0)	Douglas Gerona 7/14/07 (365.0 kg.) (Honolulu, Hawaii) (WABDL)
27.	804.7 (365.0)	*2.29X Jim Sheffield/60 9/20/09 (365.0 kg. @ 159.3 kg.) (Concord, California) (UPA)
28.	804.7 (365.0)	*2.37X Logan Lacy/88 2/6/10 (365.0 kg. @ 154.2 kg.) (Lenexa, Kansas) (APF)
29.	800.3 (363.0)	*2.52X Bill Gillespie/60 4/30/05 (363.0 kg. @ 318.0 lb.) (Lawrenceville, Georgia) (WABDL)
30.	800.0 (362.9)	*2.40X Joel "Cuban Bull" Toranzo/71 7/15/06 (800.0 lb. @ 333.0 lb.) (Riverhead, New York) (APF)
31.	800.0 (362.9)	*2.35X Terry Corwin/84 4/7/07 (800.0 lb. @ 341.0 lb.) (Spokane, Washington) (APF)
32.	800.0 (362.9)	*2.50X Jared Menne/76 12/8/07 (800.0 lb. @ 320.0 lb.) (Leesport, Pennsylvania) (IPA)
33.	800.0 (362.9)	*2.56X James Williams/73 10/17/09 (800.0 lb. @ 313.0 lb.) (Knoxville, Tennessee) (SPF)
34.	793.7 (360.0)	*2.50X Mark "JackAss" Bell/76 9/13/08 (360.0 kg. @ 143.9 kg.) (Concord, California) (UPA)
35.	785.0 (356.1)	*2.23X John Galligan/60 11/21/04 (785.0 lb. @ 352.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)
36.	780.0 (353.8)	*2.10X Anthony Clark/66-05 9/22/96 (780.0 lb. @ 372.0 lb., reverse grip) (Chicago, Illinois) (NSM)
37.	777.1 (352.5)	*2.28X Jonathan Bernor/75 10/30/05 (352.5 kg. @ 154.5 kg.) (Chicago, Illinois) (WPO)
38.	775.0 (351.5)	Ryan Desmond/71 2/27/05 (775.0 lb.) (Manchester, New Hampshire) (APF)
39.	775.0 (351.5)	*2.15X Ben Brand/80 8/23/09 (775.0 lb. @ 360.6 lb.) (Sharonville, Ohio) (SPF)
40.	771.6 (350.0)	*2.43X Chris Wiers/77 12/8/07 (350.0 kg. @ 318.0 lb.) (Westbrook, Maine) (APF)
41.	760.0 (344.7)	*1.90X Jamie Harris/71 10/19/96 (760.0 lb. @ 401.0 lb.) (Mon-Valley, Pennsylvania) (IPA)
42.	760.0 (344.7)	*2.35X Matt Wilson/79 11/18/07 (760.0 lb. @ 323.2 lb.) (York, Pennsylvania) (IPA)
43.	760.0 (344.7)	*2.24X John Sanders/68 12/8/07 (760.0 lb. @ 339.0 lb.) (Leesport, Pennsylvania) (IPA)
44.	760.0 (344.7)	*2.35X Curtis "The Brute" Dennis/80 3/15/08 (760.0 lb. @ 323.0 lb.) (Birmingham, Alabama) (SPF)
45.	755.1 (342.5)	*2.27X Beau Moore/66 10/10/04 (342.5 kg. @ 150.55 kg.) (Atlanta, Georgia) (WPO)
46.	755.0 (342.5)	*2.20X Tom Webster/85 1/27/07 (755.0 lb. @ 342.5 lb.) (Harrison Township, Michigan) (APF)
47.	750.0 (340.2)	*2.27X Travis Fletcher 4/1/07 (750.0 lb. @ 330.0 lb.) (Newark, Ohio) (IPA)
48.	749.6 (340.0)	*2.41X Brian Riley/66 9/27/03 (340.0 kg. @ 141.15 kg.) (Orlando, Florida) (WPO)
49.	749.6 (340.0)	*2.02X Matt Smith/74 11/4/06 (340.0 kg. @ 168.0 kg.) (Lake George, New York) (WPO)
50.	749.6 (340.0)	*2.35X David Saldivar/84 4/25/09 (340.0 kg. @ 144.8 kg.) (Dubuque, Iowa) (UPA)

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

## WOMEN'S 105 LB. (48 KG.) WEIGHT DIVISION » BENCH

Bench Press	X-Bwt	American Female Powerlifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	264.6 (120.0)	*2.52X April Delmore-Shumaker/67 9/25/10 (120.0 kg. @ 104.8 lb.) (Las Vegas, Nevada) (USPF)
2.	225.0 (102.1)	*2.16X Janet Faraone/67 12/21/02 (225.0 lb. @ 104.0 lb.) (Queensbury, New York) (IPA)
3.	220.5 (100.0)	*2.20X Cosette Fernandez-Neely/82 6/5/04 (100.0 kg. @ 100.0 lb.) (Rancho Cordova, California) (WABDL)
4.	215.0 (97.5)	*2.04X Jennifer Maile/84 5/23/03 (97.5 kg. @ 47.8 kg.) (Chicago, Illinois) (USAPL/IPF)
5.	215.0 (97.5)	2.03X Ashley Matherne/83 4/16/05 (97.5 kg.) (Baton Rouge, Louisiana) (USAPL)
6.	210.5 (95.5)	1.99X Lynne Fuller-Barlow/59 12/16/00 (95.5 kg.) (Turner, Maine) (APF)
7.	209.4 (95.0)	*1.98X Doris Simmons/52 7/28/90 (95.0 kg. @ 47.9 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
8.	209.4 (95.0)	*2.05X Jackie Davis/79 4/2/05 (95.0 kg. @ 46.26 kg.) (Jacksonville, Florida) (APF)
9.	209.4 (95.0)	*1.99X Margaret Kirkland/63 8/4/07 (95.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
10.	205.0 (93.0)	*1.95X April Delmore-Shumaker/67 1/23/11 (93.0 kg. @ 47.7 kg. without a BP shirt.) (Tampa, FL) (RUPC)
11.	203.9 (92.5)	1.93X Amorkor Ollenkang 3/21/92 (92.5 kg.) (Kansas City, Missouri) (NASA)
12.	203.9 (92.5)	1.93X Lupe Aguilar 11/5/99 (92.5 kg.) (Portland, Oregon) (WABDL)
13.	200.0 (90.7)	*1.94X Elaine "Scraps" Kunkle-Grimwood/70 11/20/10 (200.0 lb. @ 103.3 lb.) (York, Pennsylvania) (IPA)
14.	192.9 (87.5)	1.82X Jeanna Pacyga 11/25/88 (87.5 kg.) (Johannesburg, South Africa) (APF/WPC)
15.	192.9 (87.5)	1.82X Elizabeth "Ann" Leverett/54 12/7/96 (87.5 kg.) (Adel, Georgia) (USPF)
16.	192.9 (87.5)	*1.85X Paula Kovalchik/53 4/26/97 (87.5 kg. @ 104.25 lb.) (Lincoln, Nebraska) (USAPL)
17.	192.9 (87.5)	*1.85X Cheryl Anderson/75 6/27/09 (87.5 kg. @ 47.4 kg.) (Seattle, Washington) (USAPL)
18.	190.0 (86.2)	1.80X Lynn Pitts/61 9/7/91 (190.0 lb.) (Rutland, Vermont) (APAWPA)
19.	188.5 (85.5)	*1.79X Natalie Freed/85 11/19/07 (85.5 kg. @ 105.2 lb.) (Anaheim, California) (WABDL)
20.	187.4 (85.0)	*1.78X Lori Okami 4/1/84 (85.0 kg. @ 105.0 lb., without a BP shirt) (Honolulu, HI) (USPF/APF/WPC)
21.	187.4 (85.0)	*1.78X Maura Shuttleworth/76 9/2/06 (85.0 kg. @ 47.8 kg.) (Charlotte, North Carolina) (USAPL/IPF)
22.	187.4 (85.0)	1.77X Linda Barnes/49 12/1/07 (85.0 kg.) (Concord, California) (UPA)
23.	185.0 (83.9)	1.75X Tina Carder/84 11/5/05 (185.0 lb.) (Ruston, Louisiana) (USAPL)
24.	181.9 (82.5)	*1.82X Michelle Evis 5/3/81 (82.5 kg. @ 100.0 lb., without a bench press shirt) (Cleveland, Ohio) (USPF)
25.	181.9 (82.5)	1.72X Glynis Ramirez-Bierria/63 7/14/89 (82.5 kg., without a BP shirt.) (Las Vegas, NV) (USPF/IPF)
26.	181.9 (82.5)	1.72X Susan Rinn/63 11/7/98 (82.5 kg.) (Sequim, Texas) (USPF)
27.	181.9 (82.5)	*1.73X Amber Denmon/86 5/14/05 (82.5 kg. @ 47.7 kg.) (Round Rock, Texas) (APF)
28.	181.9 (82.5)	*1.74X Desiree Brown 11/20/05 (82.5 kg. @ 104.6 lb.) (Reno, Nevada) (WABDL)
29.	181.9 (82.5)	*1.75X Maria Pfister/84 8/2/08 (82.5 kg. @ 47.1 kg.) (Houston, Texas) (USAPL)
30.	181.9 (82.5)	*1.73X Yuxin Hao/68 6/13/09 (82.5 kg. @ 47.6 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
31.	180.0 (81.6)	*1.73X Ashley Hudson-Robbins/77 7/14/01 (180.0 lb. @ 104.0 lb.) (Marietta, Georgia) (USPF)
32.	180.0 (81.6)	*1.76X Renee Brown/81 12/3/05 (180.0 lb. @ 102.0 lb.) (Bay City, Michigan) (APA)
33.	176.4 (80.0)	1.67X Mary Ann Price/51-05 5/17/86 (80.0 kg.) (Newport, Virginia) (USPF)
34.	176.4 (80.0)	1.67X Janet Corder 9/19/87 (80.0 kg.) (Belpre, Ohio) (NSM)
35.	176.4 (80.0)	1.67X E. Vigue 10/10/93 (80.0 kg.) (Winslow, Maine) (USPF)
36.	176.4 (80.0)	*1.67X Nikki Williams/88 11/18/07 (80.0 kg. @ 105.4 lb.) (Anaheim, California) (WABDL)
37.	175.0 (79.4)	1.65X Judith Gedney/40 8/86 (175.0 lb.) (Milian, Illinois) (NSM)
38.	173.1 (78.5)	1.64X Christine Moorman/63 11/11/04 (78.5 kg.) (Reno, Nevada) (WABDL)
39.	172.0 (78.0)	1.63X Carin Fujisaki/59 11/11/04 (78.0 kg.) (Reno, Nevada) (WABDL)
40.	170.9 (77.5)	*1.68X Cheryl Jones/51 3/31/85 (77.5 kg. @ 102.0 lb.) (Lakeland, Florida) (USPF)
41.	170.9 (77.5)	*1.63X Tracy Jo Beard 4/22/89 (77.5 kg. @ ~47.5 kg.) (Orlando, Florida) (ADFPA)
42.	170.9 (77.5)	*1.63X Tracy Jo Beard 6/18/89 (77.5 kg. @ ~47.5 kg., without a BP shirt) (Chicago, IL) (ADFPA/WDFPF)
43.	170.9 (77.5)	*1.66X "Sioux-Z" Hartwig-Gary/68 3/13/93 (77.5 kg. @ 103.0 lb.) (Wilkes-Barre, PA) (ADFPA/WDFPF)
44.	170.9 (77.5)	1.61X Tammy Martin 10/10/93 (77.5 kg.) (Winslow, Maine) (USPF)
45.	170.9 (77.5)	1.61X Lori Ferrero 7/21/95 (77.5 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
46.	170.9 (77.5)	*1.61X Brenda Lemus/59 12/4/05 (77.5 kg. @ 48.0 kg.) (Jacksonville, Florida) (APF)
47.	170.0 (77.1)	1.61X F. Tarpley 11/22/86 (170.0 lb.) (Tampa, Florida) (NSM)
48.	170.0 (77.1)	*1.62X Beth Fisher-Street/65 11/21/92 (170.0 lb. @ 105.0 lb.) (Whitman, Massachusetts) (USPF)
49.	170.0 (77.1)	1.61X Delcy Palk 3/16/96 (170.0 lb.) (Salem, Oregon) (USPF)
50.	170.0 (77.1)	1.61X Terri Distaulo/62 11/12/00 (170.0 lb.) (Bedford Heights, Ohio) (USAPL)

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



**Yuxin Hao at the 2010 WABDL Worlds in Las Vegas**



**Judy Gedney has had an impact on this sport for decades, as a lifter and official, and still does!**



**Glynis Ramirez-Bierria came all the way from Alaska to compete in the 1989 USPF Women's Nationals in Las Vegas**



**April Delmore-Shumaker has come back to dominate the record books, as a master lifter!**



**Ann Leverett has been a major factor in the rankings of the 105 lb. class for many years**



**Sioux-Z Hartwig-Gary is among the best of all time in many lifts and weight classes**

# 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.

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**INZER**  
**ADVANCE DESIGNS**  
The World Leader in Powerlifting Apparel

**INZER**  
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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



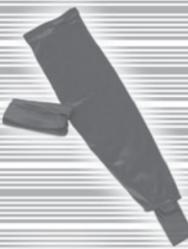
**Hoodie**  
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

\$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.

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**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



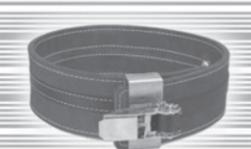
**Forever Lever Belt 13MM**  
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

\$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.

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**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

# GEORGE HUMMEL PT. 2

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

*A candid conversation with powerlifting icon George Hummel on the state of powerlifting, the American Drug Free Powerlifting Association, performance enhancing drugs, his powerlifting records and his future greatness in business and life.*

It's hard not calling George Hummel one of the greatest "drug free" strength athletes who ever walked the face of the earth. His extraordinary career includes several national and international championships that were posted while competing against heavily drugged athletes. Brother Bennett, the founder of the American Drug Free Powerlifting Association (ADFPA), once referred to Hummel as a lifting phenomenon: "George is the only drug free athlete I know," said Bennett, "who could consistently not only compete, but defeat even the best drugged athletes in the world. He is that gifted." Tim McClellan, former United States powerlifting coach, concurs with Bennett's assessment: "George was a lifting marvel. He put up numbers that I don't think many drug-free lifters even today can match." One thing that everyone who knows Hummel does agree on is that he is one of the nicest guys to ever have walked onto a lifting platform. The ultimate role model, Hummel is hard working, unassuming, quietly confident and extremely obliging and giving to others. "The ADFPA could not have a better ambassador than George Hummel," Bennett once confided in me. "He's not only a great lifter, but he is also a wonderful human being. We are blessed to have him as our leader and our example."

To reiterate what I said last month...a clean-living family man, a powerlifting innovator and leader, and a modest, down-to-earth flesh and blood powerlifting icon and role model, George Hummel is simply one of the greatest figures in powerlifting history.

**Why do you think you were so successful during your lifting career? You were competing against heavily drugged athletes and were more than holding your own. What was it that gave you that type of ability?**

As I alluded to earlier, I think my body is suited to lifting. My dad was a strong guy. When I was a young boy, he showed me how to exercise and get stronger...how to work hard and practice sports to get better. He was a great teacher. I grew up next door to the family farm where hard work was part of the daily routine and I would work at the neighbors' farms to earn extra money. It so happened that all the neighbor kids were older, so if I wanted to play or work with them, I had to put a lot into it.

By the time I got to high school I had developed sufficient strength to compete successfully in wrestling and gymnastics. However, the real natural ability became evident when I started powerlifting. At my first meet, weighing 130 pounds, with only three or four weeks of power training and instruction, I squatted over 300, benched 300 and deadlifted 400. I had never even seen an Olympic bar until then.

Through all the years, I kept in mind the story of the ancient strongman/farmer, who figured if he went out and lifted the young calf and continued to do so every day, as it grew, he

would be able to lift it when it was a full grown cow. I followed that example, trying to lift a little more every day, every week and every month. I got stronger as time went on and was usually pretty satisfied with my progress. I was never around any drugs or drug users until I got to the big powerlifting meets and was really shocked at what I saw.

**Brother Bennett once told me that you were the one person who was instrumental in convincing him to break away from the USPF and establish the ADFPA. Can you tell me a little bit about that?**

I believe it was the positive response from lifters that convinced us both to move forward with the idea of forming an organization that would provide a healthy alternative to the existing events. We all could see the growing separation between chemically assisted lifters and natural lifters. The idea was to form an organization that would sponsor fair, healthy competitions for those not willing to compromise their health by enhancing their performance with drugs.

**At the time, breaking away from the parent USPF organization was a bold and unprecedented move. There is no question that the separation of the ADFPA from the USPF opened the floodgates. Within no time, organizations sprang up throughout the country and today we have over 30 different powerlifting organizations in America alone. As a result, powerlifting is now experiencing extreme factionalism which many experts believe has significantly weakened the sport and could very well lead to**

**its destruction. Looking back do you have any reservations for making the move?**

I can understand why you would say that we started all the different factions that exist today, but ultimately people get the type of government or organization that they want. In the late 1970s and early '80s, the USPF did not seem to respond to the needs and requests of the grass roots lifters or the international organizations regarding the drug monitoring issue. The popularity and growth of powerlifting during this time was unprecedented. The number of powerlifters was growing as well as powerlifting's impact on athletes from other sports seeking to increase strength. I was approached on a regular basis by young athletes, parents and coaches for advice and direction. Many times the conversation turned to strength enhancing drugs. Establishing an organization for lifters to compete naturally provided a healthy direction for young lifters to follow. I have no reservations for making the move because of the many individual lives and futures that I believe were positively affected.

**If you don't mind me asking, what were some of the things that helped the most as an athlete?**

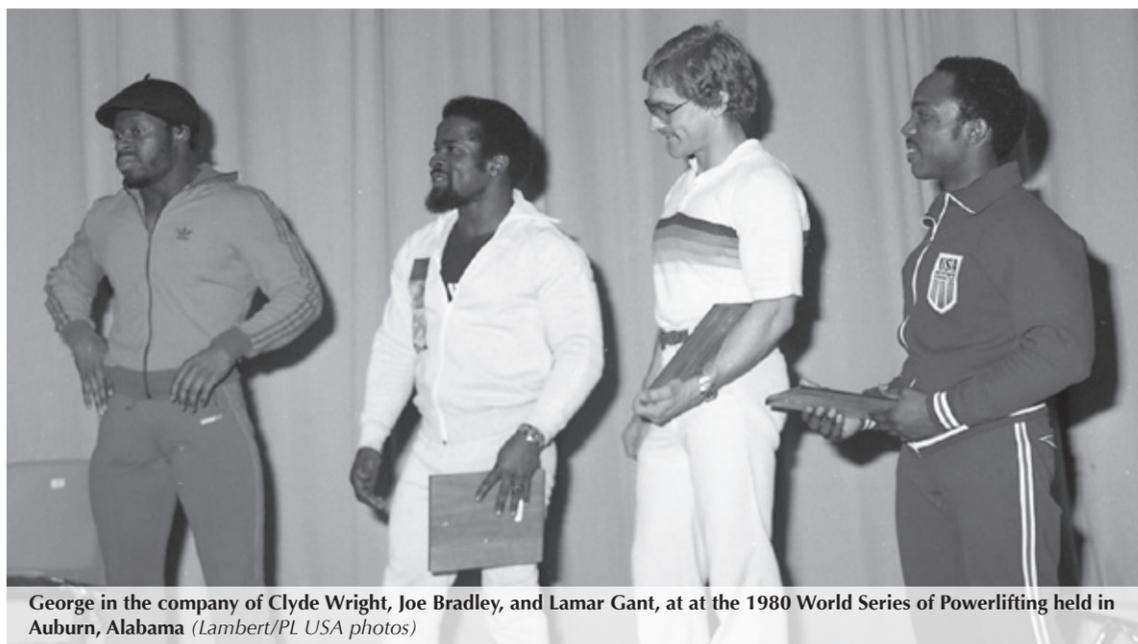
I think the main thing was intensity. Most people close to me would describe me as a very intense or strong willed person. I don't get involved with a whole lot of different things, but I choose to really focus on a few things that seem important to me. When I was in school and college, I concentrated on studies and training for sports. Later, with marriage, family and work, I had limited time for powerlifting training, so it was very specific, direct and intense.

**What are the most dramatic changes that you have seen in powerlifting since you have retired?**

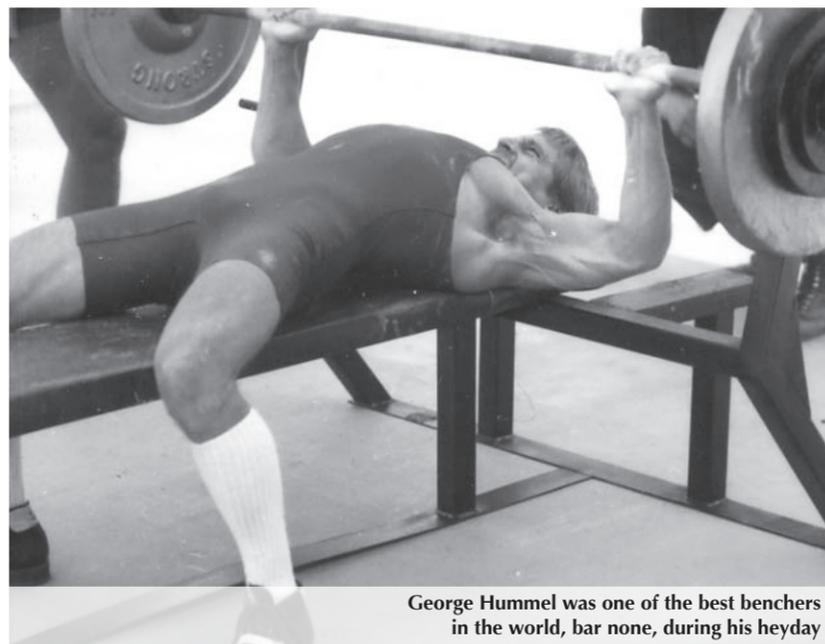
I honestly have a hard time relating to the incredible amounts of weight people are lifting today. I witnessed some amazing lifts years ago and just can't fathom how they've been surpassed by so much. The changes in lifting gear seem to have dramatically altered the sport. We used to wear knee wraps to stabilize and to protect, a belt to support and got a little help from the one piece suit. Today, the equipment seems to be a major part of the performance. It's much different today.

**What recommendation would you give to those individuals who are running the sport?**

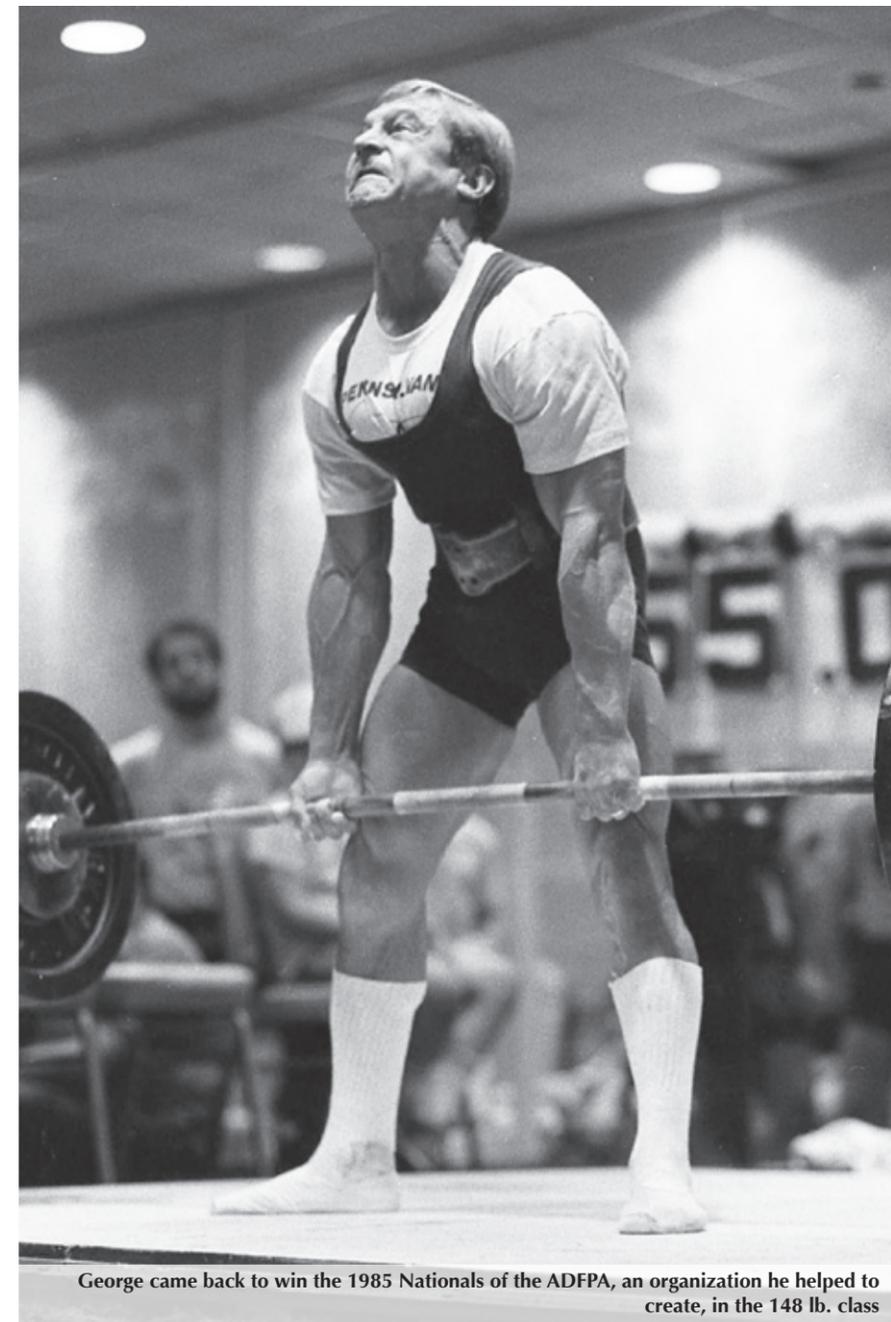
The ultimate leader is the Lord Jesus Christ who serves sacrificially, on behalf of others, while expressing the truthfulness of God. My recommendation is to follow Him and His example. We can achieve a lot in our own strength, but He can achieve much, much more in us, by the power of His Spirit. My advice to everyone is to open their minds and hearts to the kindness of God. He has extended His blessings to everyone through Jesus Christ. We don't have to do anything to earn them... Just accept and say thank you for all that He has done. Judd, it has been a pleasure talking with you....may God bless you and keep you. «



George in the company of Clyde Wright, Joe Bradley, and Lamar Gant, at the 1980 World Series of Powerlifting held in Auburn, Alabama (Lambert/PL USA photos)



George Hummel was one of the best benchers in the world, bar none, during his heyday



George came back to win the 1985 Nationals of the ADFPA, an organization he helped to create, in the 148 lb. class

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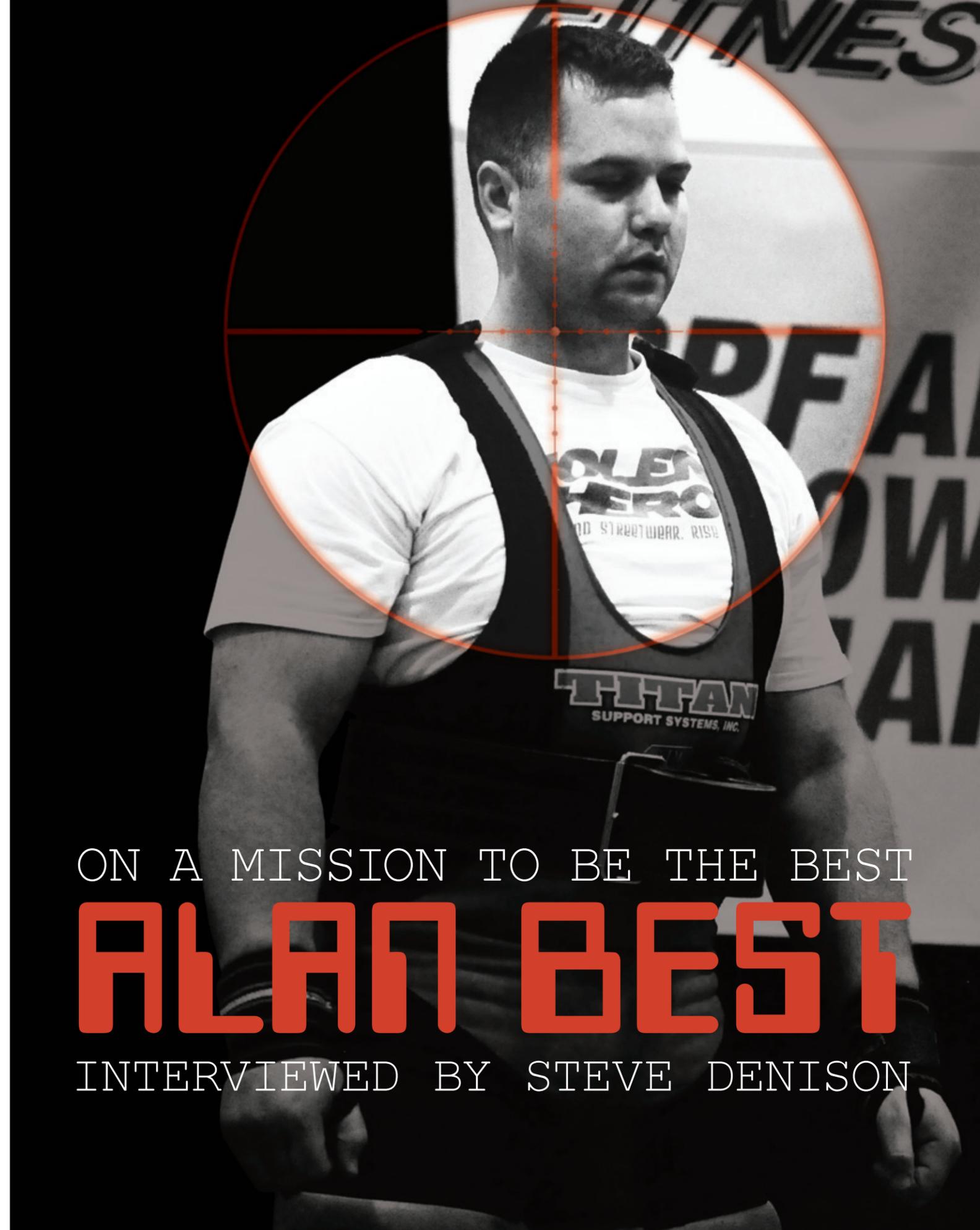
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ON A MISSION TO BE THE BEST  
**ALAN BEST**  
 INTERVIEWED BY STEVE DENISON

Alan with his older brother, Davis, who fought in Iraq at the same time



**Hi, Alan. Tell us a little about yourself.**

I am 27 years old; born August 25, 1983. I was born and raised in Santa Barbara, California. I attended Roosevelt Elementary School, Santa Barbara Junior High School, and Santa Barbara High School. After high school I joined the Marines and have moved to a few different places including Oceanside, CA, San Diego, CA, and Springfield, MO. I am currently living in San Luis Obispo, CA. For the last few years I have been a manager at Albertsons and now Spencer's Fresh Markets.

**How did you get started in powerlifting?**

How I got started in powerlifting is a weird series of events. After radiation treatment for Hodgkin's lymphoma, I noticed my lungs had become scarred. At the time I was a runner and had competed in the mile, two mile, and three mile. I was in love with running, but found it very hard, as my body could never get enough oxygen, and for the first year after treatment taking anything more than a two-thirds breath caused a fair amount of pain. So, I just quit everything, and it was only after nine months passed I grew bored of being normal and set out to find a new way of working out and "body-building" fit that need. Like everyone else I had no idea what I was doing and spent more time doing biceps and chest than anything else. From there I moved out to Missouri, where I started lifting at Ozark Fitness center where a man by the name of Joe Humbyrd watched me deadlifting one night and talked me into doing a little local Sonlight Power lifting meet. It was at that meet I met a man by the name of Clint Lowe, and he was nice enough to take me on as a

training partner. It was through him I was introduced to the sport of powerlifting and learned more in one year than most learn in ten.

**Who has been your main powerlifting influence?**

By far my biggest influence in this sport has been Clint Lowe and I would never have taken it this far without his support.

**What are your best lifts in competition?**

Best squat: 959  
Best bench: 674  
Best deadlift: 804  
Best total: 2436

**Where do you train?**

I train out of Estrada's Gym in San Luis Obispo.

**Tell us about your service in the Marine Corps.**

I joined the Marine Corps back on June 17th of 2001 and enlisted as a reservist with a 0311 MOS (rifleman). I was diagnosed with cancer at the end of boot camp, which forced me to stay on active duty for another nine months. After finishing the School of Infantry I was released from active duty for four months before being called up again. From there my unit was activated and we were stationed at Camp Pendleton for a few months before deploying to Kuwait where we waited until the President gave the order to enter Iraq. I was one of the lucky few that got to take place in the initial invasion of Iraq. After we had taken Baghdad, all Marines were to be pulled out of Iraq and the country to be turned over to the Army (but we all know how that went) so my unit was sent back to Kuwait

for a month before returning to the States. After this deployment I was just a regular reservist and worked my way up to E-5 and finished my last year as a Platoon Sergeant.

**Can you tell us about your fight with cancer?**

I have a very cold way of looking at cancer: you live or die—it's just that simple. I have seen that too many people let their cancer define their lives. I was diagnosed with cancer on August 30, 2001; five days after my 18th birthday. I still to this day thank a doctor by the name of Lt. Commander Taylor for running the needle biopsy twice after the first one came back negative and for saving my life because if it was in the civilian world most likely insurance would not have paid for the same test two days apart. We still joke about me telling my older brother I had cancer; we were in boot camp and sat down in the drill instructor's office where I said "I have cancer," to which he replied "Are you going to die?" And I responded with "Na, I don't think so." Bad story, but funny. After boot camp ended I began Chemotherapy, which consisted of me getting four different kinds of chemo every two weeks for a total of eight "rounds" (each round is a two week period). After the first chemo we noticed my red blood cells were not keeping up and they had dropped to on-sixth of normal ranges. The answer to this was blood doping with an agent called Neupogen and thanks to this drug I was able to continue treatment. Everything had been going well with treatment. I started losing my hair after the second treatment and had little to no problems until the fourth treatment. On the fourth treatment I threw up for the first

time; I wish I could say it was only once, but I was on so much anti-nausea medicine (which makes you extremely high) that my body lost it and I threw up every 10–15 min for the next 8 hours. I laugh at this now, but this was one of the worst things I have ever gone through and with a little luck I won't have to again. So before entering the fifth chemo, I spoke with my doctor and told him I did not want to take anymore anti-nausea medicine; his answer was a hypnotherapist. From this hypnotherapist I was able to learn in one session how to control the nausea without the use of drugs. After learning how to meditate and relax my body the rest of the chemo seemed to go off without a hitch. After finishing chemo I took 20 rounds of radiation therapy which took place over 30 days—and after chemo, radiation seemed like a walk through the park. I feel that cancer is one of the best things that has ever happened to me. I enjoyed the process of undergoing treatment and learning so much about my body and what it could endure. Plus, I like to think that this taught my body how to recover at an abnormal rate.

**What is your athletic background?**

Like everyone else, I started with soccer back in first grade and played that for a few years. Then in high school I started running track and cross country and continued to do that until I graduated.

**Who are the toughest competitors that you've gone against in powerlifting so far?**

This is a hard question to answer and I'm not sure the answer is going to go across well, but for the most part I only compete against myself. I enjoy lifting against other lifters, like Smith and Karabel, but at the end of the day if I win with a total I don't like I'm more pissed off than if I lost with the total I wanted.

**What are your predictions for your lifts in future contests?**

I don't like to predict numbers because I have a history of being very inconsistent, but before I leave this weight class I would like to hit a 2,500 pound total or something a lot closer than I've posted now.

**What contests are you currently focusing on?**

As of right now I'm hoping to be invited to the Fit Expo. I really enjoy this meet and lifting against everyone.

**Tell us about your training program.**

I have a weird training program that I wrote one day that I would like to think is more "old school" than anything else. I train four days a week with Monday being the squat, Wednesday bench, Friday deadlift, and Sunday overhead pressing and upper back. I hit movements like arms on Wednesday and Sunday, upper back on Wednesday and most of the time Friday as well as Sunday and abs two days a week. Monday is weighted abs and Friday is oblique or body weight abs. I rotate weeks between heavy reps and max effort movements, with little to no



Alan Best in uniform as a Lance Corporal

band or chain work. I like the way real weight feels, and I don't see how a band is going to make me stronger in real life.

**Who do you look up to in the sport?**

I have always looked up to those that lift at their full potential at meets. To name off a few: Karabel for his amazing squat, Smith for just being freaky strong and, of course, Dave Pasanella, which is the reason I started lifting in the USPF.

**Do you have any sponsors?**

I don't have any sponsors except my buddy Ian's site [www.violentheropowerlifting.com](http://www.violentheropowerlifting.com).

**Have you broken any records?**

I held a couple of Junior AAPF records back in 2006 with an 810 squat, 705 deadlift, and a 2,040-ish total at 242 when lifting at Junior Nationals. I broke the USPF California state squat and total record along with the USPF American

# ALAN BEST »



Alan doing the High Jump at a high school track meet



Alan with his SAW—Squad Automatic Weapon

total record at this last Mr. Olympia with a 959 squat and a 2,436 total.

**What federation(s) do you compete in?**  
I have been lifting in the USPF, but will follow

Steve Denison to his new federation, the USPA.

**Any last comments?**  
I just want to end by thanking all the great people around me for helping me throughout the

years. People like Dave from Supplement Direct, Steve Denison for putting on the best meets in the world, and all the people that train with or have trained with me—without their help and support I would never have made it this far. «

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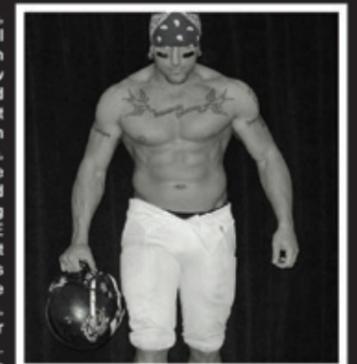


Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once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

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"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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# SLASHING THE

as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » [scott@infinityfitness.com](mailto:scott@infinityfitness.com) » [www.infinityfitness.com](http://www.infinityfitness.com)

Are you lean everywhere except your mid section? At times do you feel you have swallowed a basketball based on your profile in the mirror? You are not alone and a few proven steps can help you earn a great six pack and in the process exchange 10–20 pounds of body fat for 10–20 pounds of new muscle while making you more competitive in your weight class. After all, every additional pound of muscle contributes to a larger power engine!

I wish I had a penny for every time a strength athlete told me that they were lean everywhere except their gut and that all they needed to do was tighten up the diet “a little” and the problem would be gone. Well, that is not the case at all if you look around any gym or powerlifting meet in the country. The right techniques need to be put into place to achieve aggressive goals—you must deal with the ultimate cause of the problem. Belly fat storage is not by coincidence as the body has the highest

volume of storage receptors in the mid section for men and the legs for females. The belly and love handles are full of fat storage receptors that are activated by physical and emotional stress which are both in large supply of the daily lives of a majority of trainees. Throw in some sugar and refined carb sources and you have the perfect storm of body fat storage! The right moves will enable you to slash mid section body fat forever. Oh, and by the way, having a six pack just in time for summer is a nice bonus as well.

#### KEEPING FAT STORAGE HORMONES IN CHECK

You have likely seen references to the body’s most anabolic hormone insulin when reading articles about post workout nutrition advocating a big surge of insulin. While highly anabolic insulin also is a potent fat storage hormone that cannot be permitted to run wild, keeping levels optimized with proper nutrition, supplementa-

tion and rest is crucial for improving rates of fat loss and muscle growth. Elevated stress hormones—specifically cortisol—cause poor insulin sensitivity resulting in an over secretion of the powerful fat storing hormone insulin every time you eat. Amino Loading with 100% MR and Muscle Synthesis 30 minutes before, during, and again immediately after training can help to keep stress hormones in check while forcing the body to use more stored fat as fuel during exercise. The proprietary ratios of ingredients developed by Dr. Serrano based on years of research can also support accelerated muscular and neurological recovery crucial to the success of strength athletes who train at the highest levels of intensity.

#### HIGH ENERGY, FAT BURNING MEALS

Making sure that every meal has the right combinations of protein, good dietary fats and appropriate carbohydrate choices helps to

# BEER

# GUT

## FOR A GREAT SET OF ABS



support a fat burning hormonal environment. Carbohydrates appropriate for any time of day include green vegetables and beans. Most Americans are lacking adequate dietary fiber as vegetable intake has decreased over the years. Dietary fiber helps with the utilization of protein sources. Following workouts and around activity, non processed carb sources such as rice, potatoes, oatmeal and certain fruits, can be advantageous. Obviously, eliminating junk food is vital, but even good carb sources can support body fat accumulation if the timing is not correctly coordinated with activity. Consume a majority of your carbohydrate intake during the meals following training to help the body make best use of the raw materials. Taking Alpha Omega with your highest carb content meals can help the body push raw materials into muscles while starving fat cells. Consuming foods high in sugar—grains, pastries, cookies, bread, etc.—all lead to a release of sugar into your bloodstream. Insulin works by activating your cells to suck up excess sugar out of your bloodstream. Once inside your cells, sugar can be used for energy, with left over amounts being converted to body fat.

#### BUILDING UP METABOLIC AND HORMONAL MOMENTUM

Improving insulin sensitivity and other fat burning mechanisms takes some time, but after achieving these improvements your rate of progress will increase dramatically. Consider that excess body fat did not form over night; it takes a consistent effort executing the right tasks to resolve the problem. Dr. Serrano’s Alpha Omega M3 is a great tool for changing your fat burning fortunes through several pathways. Years of essential fatty acid research along with extensive patient trials prove that Alpha Omega is a powerful belly fat blasting tool. Do not mistake the Alpha Omega for a price club “fish oil” designed for general purposes. AO is built to be a fat burning juggernaut containing filtrated EPA/DHA, CLA, GLA, Vitamin E and Lecithin in perfected ratios that can not only lower fat storing hormones, but also torch stubborn stored garbage lodged in fat cells!

#### IT IS CALLED A BEER GUT FOR A REASON

Trade in your six-pack of beer for four to eight weeks so you can get the six-pack abs you really want. We are not talking about trading in

your cold brews forever, just long enough for the body to torch off body fat and following that time maintaining your lower body fat level is much easier than reaching that point allowing for alcohol consumption in moderation. All alcohol containing drinks stimulate fat storage since their components lower anabolic hormones. Beer is a triple whammy laying down the body fat since the hops ingredient sets of foods sensitivities while also providing a consistent stream of sugar to feed fat cells.

#### PREVENT FAT STORING SITUATIONS IN ADVANCE

Many people make bad food choices between meals due to boredom or low energy. Based on what we have established above, now you should understand the negative impact of a mid afternoon soda or bag of chips. Having good snacks available—such as a variety of raw nuts and portable protein sources such as organic jerky—is a key to success. Instead of sipping on a sugar based soda or sports drink, try Amino Loading with 100% MR and Muscle Synthesis between meals to increase energy and to support razor sharp mental focus. The right combinations of amino acids have been proven to combat mental and physical fatigue, making even the most difficult of tasks more tolerable no matter what type of work you do. Furthermore, Amino Loading makes the brain believe a great deal of food has been consumed and as a result metabolic rate increases, but there is nothing to burn except stored fat for a raging metabolism since the MR and MS have no caloric burden.

#### REDUCE LOWER BACK STRESS

Perhaps being lean and mean is not a priority to you, but do keep in mind that excess mid section body fat can cause tremendous problems for the lower back. Every pound of flab can put more pressure on delicate tissues which over time can contribute to a low back injury which is one of the quickest ways to bring a great career to a grinding halt. A big belly pulls the pelvis into a bad position, making the lower back take on more stress than what nature intended which can increase the risk of injury.

#### SLEEP YOUR FAT AWAY

A lack of restful sleep negatively impacts insulin sensitivity and other fat burning mecha-

nisms. A hard training adult needs 7 to 8 hours of high quality sleep every night to maximize their anabolic potential. Improved sleep patterns also result in less sugar intake and a better balance of daily energy according to our research. Take this easy step to support your goals by making time to sleep!

#### CARB LOADING ALTERNATIVES FOR RAPID FAT BURNING

Carb loading on certain days or meals is a common tactic for improving performance, but is not always effective when it comes to preventing growth of the beer gut! A big mental and physical lift comes from carb loading at times and this at least in part due to the increase caloric intake. An even better result can be earned by dietary fat loading. Yes that is right, Fat Loading! We are not talking about sucking down a bunch of fried lard. Rather, focusing on extra virgin olive oil, organic red meat choices, nuts, avocados, cage free eggs and other sources of dietary fat that rapidly increase anabolic hormone levels. Check out the next issue for the *Guide to Dietary Fat Loading* for optimal body composition and performance. «

Email [scott@infinityfitness.com](mailto:scott@infinityfitness.com) for your free copy of the “Fat Burning Tools” and “Physique Breakfast of Champions” special reports.

#### ABOUT INFINITY FITNESS

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## 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](mailto:Scott@infinityfitness.com). Ask for cutting edge the extreme crash diet for strength athletes -

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## SUMMER HEAT VI SEP 11 2010 » Rock Hill, SC

BENCH		FEMALE		MALE	
APF	B. Hill	473			
181 lbs.	Teen (17-19) Raw				
Open Raw	Z. Harmon	226			
S. Sanders	Master V Raw				
325!*	K. Harmon	347			
MALE	275 lbs.				
APF	Open Raw				
198 lbs.	J. Martin	424			
Open	K. Malchow#	804!*	517!*	600*	1921!*
Master V	S. McDaniel	573			
R. Blackmon#	Master III				
462!	K. Williams	501*			
220 lbs.					
Open					
Push Pull	BP	DL	TOT		
FEMALE					
AAPF					
148 lbs.					
Open					
S. Jeffries	105*	270*	374*		
MALE					
AAPF					
275 lbs.					
Master I					
R. Miller	429*	562*	991		
APF					
181 lbs.					
Teen (18-19) Raw					
N. Turner	281*	391*	672		
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
AAPF					
148 lbs.					
Open					
S. Jeffries					
Master I					
S. Jeffries					
198+ lbs.					
Open Raw					
A. Bell	303*	112*	341*	756*	
Teen (16-17) Raw					
A. Bell	303*	137*	341*	781*	
APF					
181 lbs.					
Open					
J. Todd	413*	319*	424*	1156*	
MALE					
AAPF					
115 lbs.					
Teen (13-15) Raw					
H. DuPont	94	66	154	314	
123 lbs.					
Teen (13-15)					
R. Hardee	121*	127*	253*	501*	
165 lbs.					
Teen (13-15)					
R. Hubbs	358*	242*	435*	1035*	
Teen (13-15) Raw					
L. Koontz	275*	165*	341*	782*	
181 lbs.					
Open					
S. Feeney	528			528	
Master I Raw					
M. Sanchez	259*	204*	347*	809*	
198 lbs.					
Teen (13-15) Raw					
J. Mace	198	154	275	628	
Open Raw					
A. Forbes	369	259	380	1007	
220 lbs.					
Open					
W. Kuenzel	600*	435	551*	1585*	
B. Hart	567	369	523	1459	
Master II					
B. Pittman	363*	385*	358*	1107*	
Master VII					
T. Walters	330*	154*	330*	815*	
Open Raw					
R. Basile	358*	314*	352*	1024*	
242 lbs.					
Special Olympics					
J. Elkins	325	253	363	941	
Junior Raw					

C. Enlow 457\* 319\* 462\* 1239\*  
Open Raw  
C. Enlow# 457\* 319\* 462\* 1239\*  
Submaster Raw  
S. Martinson 451\* 314\* 473\* 1239\*  
Master I Raw  
D. Grunstra 336\* 275\* 402\* 1013\*  
308 lbs.  
Open  
S. Metcalf 958\* 264\* 578\* 1800\*  
Master II  
K. Malchow# 804!\* 517!\* 600\* 1921!\*Special Olympics  
J. Myers 407\* 226\* 451\* 1084\*  
Open Raw  
A. Kicklighter 407\* 303\* 46\* 756\*  
APF  
181 lbs.  
Open Raw  
G. Crook 462\* 363 534\* 1360\*  
J. Winters 402\* 281 418 1101\*  
198 lbs.  
Open  
D. Hubbard# 683 528 600\* 1811  
Open Raw  
M. Spach 385\* 281\* 490\* 1156\*  
220 lbs.  
Open  
B. Hill 778 473 573 1824  
S. Griffin 435 352 418 1206  
Master I  
S. Maxson 688\* 473\* 683\* 1844\*  
308 lbs.  
Open  
S. Metcalf 958 264 578 1800  
Master I  
T. Nash 826 457 600 1883  
\*State of South Carolina or North Carolina Records. !=American Records. #=Best Lifters. Summer Heat VI "To Benefit South Carolina Special Olympics" Annual Host: American Legion Post 34. The sixth annual APF/AAPF Summer Heat event to benefit District 11 of South Carolina Special Olympics took place at the American Legion Post 34 in Rock Hill, SC. This is the fourth consecutive year that the American Legion has donated their facility for this benefit meet and without their continual support as well as the lifters it would be hard to make the donations we do each year. Special Olympics receive no government funding, no United Way monies, or any funds from the Joseph P. Kennedy Foundation. They rely on community and corporate neighbors to assist in providing support to the over 15,000 athletes with physical and intellectual disabilities in the State of South Carolina. Over the last four years with their support as well as local sponsors I have been able to donate over \$8,000 to our local district of Special Olympics. This event is the second largest fund raising event for our area behind only a golf tournament. That says a lot to all who participate each year. Four years ago at Summer Heat II I was fortunate to have two Special Olympian powerlifters compete in the meet. They came with their coach John Robinson and they put on a show for the fellow lifters as well as the crowd. They have become crowd as well as lifter favorites at this meet. John has been coaching Special Olympians for 14 years, and he introduced me to Jason Elkins and Brian Pittman. Having these two guys at the meet that I was putting on for their benefit as well as other athletes in our area gave me a stronger passion to raise money each year. From that day John invited me on to help train them and then about six months later another Special Olympian powerlifter Josh Myers joined us. They compete every



Russell Hubbs (L) and Kenny Malchow (R) at Summer Heat (Eric Hubbs)

year in this meet and help me set up and breakdown the event site every year. Josh Myers this year competed at the 2010 Special Olympics Nationals in Lincoln, Nebraska and earned four silver medals. Knowing that all the lifters and sponsors that participate each year help send him and others in our area of South Carolina to Nationals makes it all worthwhile. This year we had a fourth Special Olympian competing with us in the bench competition and his name is Zach Harmon of the Chesnee Power Team. Zach had an awesome day with a personal best raw bench of 225 lbs. Josh Myers bettered all his personal bests he set in Nebraska at this meet. He is really starting to see the results of training hard. Jason and Brian had good results as well. Jason as usual was the man to get the crowd going with his WWE impersonations after his lifts. On with the meet highlights. Since this meet fell on September 11th this year the American Legion Color Guard started the meet off with a presentation of colors that was an awesome tribute to all who were lost in the 9-11 disasters. We had some really big lifts this year in both the APF and AAPF meets and many of the lifters broke or set State Records during this meet. Please note the following weights are rounded down from kilo conversions. The APF highlights start with a raw lifter from South Carolina Shannon Culbertson Sanders who bettered her bench of 303 lb. last year with a 325 lb. bench. She is on the Powerlifting Watch Women's 300 lb. Unequipped Bench Press Hall of Fame list. In the men's division we saw Desi Hubbard reach Elite Level status at this competition. He did it with a 683 lb. squat, 529 lb. bench, 600 lb. deadlift for an 1812 lb. total in the 198 lb. weight class. Desi also took home the Men's Equipped Best Lifter Award. We also had Greg Crook competing raw, who had a great day in the 181 lb. weight class. He had a 462 lb. squat, 363 lb. bench, 534 lb. deadlift for a 1361 lb. total. In the Masters equipped division we had a strong outing from Steve Maxson of North Carolina. He lifted in the 220 lb. weight

class and totaled 1846 lbs. with a 688 lb. squat, 473 lb. bench and a 683 lb. deadlift. Ron Blackmon took home the Men's Equipped Best Lifter in the bench only with a 462 lb. bench at 64 years old. Now for some AAPF highlights. To start we had Kenny Malchow back lifting one year later after a major tear of his tricep at this meet last year. He trains with us at Ironman Barbell and he set the goal and stayed the course to return to the platform at the same event one year later. In the Masters II 308 lb. weight class, weighing 276, he set American Records in the squat, bench and total. He had an 804 lb. squat, 518 lb. bench, 600 lb. deadlift for a total of 1923 lb. in the equipped division. The bench was the event he tore his tricep on the year prior. This was the highest total of the meet and it earned him Best Lifter. We had a large showing from the teenagers this year at this meet. Thanks Travis Mash for bringing you Gym 365 teenagers down, they had great days and they are the future of powerlifting. In the teenage division we had fourteen year old Russell Hubbs competing after winning his second consecutive AWPC World Powerlifting Championship this summer. Even though he was right in the middle of his high school football season with Northwestern HS he went out and bettered his American and World Records he set at the Worlds in all three lifts. At a body weight of 161 lbs., he squatted 358 lbs., benched 242 lbs., deadlifted 435 lbs. for a total 1036 lbs. This was done in single ply gear and the total equaled 6.43X his bodyweight. He will be one to look for on the powerlifting scene for years to come. Will Kuenzel of Charleston, SC and a yearly supporter of this meet had great meet with a total of 1587 lbs. in the 220 lb. weight class. He squatted 600 lbs., benched 435 lbs. and deadlifted 551 lbs. I would like to thank all the Teams we had this year. They are as follows Mud Duck Barbell, Gym 365, Low Country Strength, Chesnee Power Team, and Ironman Barbell. Next year we will add Team competition to the event with this kind of turnout we had. There

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are a few people I would like to thank for their unyielding support over the last six years. Thank you to THE LIFTERS, Jim & Shirley Elkins, John & Susan Robinson, Zach Hubbs, Ron "Bubba" Brazell, Kate Taillon, Arthur Field, Phil Hardee, Troy Nash, Grant Austin, "Killer" Williams, Darrell "The International Heartthrob" Duggins, Donnie Thompson, Mark "Spud" Bartley, and the American Legion Post 34. If I have forgotten someone please accept my sincere apologies. Results supplied by Eric Hubbs, SC AAPF & NC APF/AAPF State Chairman.  
» courtesy Eric Hubbs

## WNPF/WCPF PAN AMERICANS FL FEB 6 2010 » FL

BENCH		WCPF	
148 lbs.	(17-19) Raw	148 lbs.	(17-19) Raw
Harris	235*	Harris	235
198 lbs.	(50-59) Sp	WNPF	
Wilcox	400*	275 lbs.	
(50-59) Raw		Open Sp	
Wharton	215	Suarez	465
220 lbs.	(50-59) Sp	(40-49) Sp	
Seda	255	Suarez	465
275 lbs.		DEADLIFT	
Open Sp		165 lbs.	
Suarez	465*	(40-49)	
		Conlin	455*
		220 lbs.	

165 lbs.		(40-49)	
Wharton	395	Conlin	125*
242 lbs.		220 lbs.	
(60-69) Raw		(50-59)	
Bucchioni	500*	Seda	120*
POWERCURL			
Powerlifting	SQ	BP	DL
WNPF		PC	
132 lbs.			
(40-49) Sp			
Soukup	325*	200*	325*
242 lbs.		850*	
(40-49) Raw			
Post	430	235	455
Open Raw			
Post	430	235	455
275 lbs.			
Open Raw			
Post	430	235	455
1420			
132 lbs.			
(13-16) Raw			
Benedix	250*	155*	300*
148 lbs.			
(13-16) Raw			
Benedix	300*	140*	330*
Burrill	135	110	250
(17-19) Raw			
Stanton	165	140	250
220 lbs.			
Open Sp			
Beasock	570*	375*	510
Richardson	460	370	500
(40-49) Raw			
Tillman	455*	285*	475*
242 lbs.			

(40-49) Raw  
Post 430 235 455 1120  
WCPF  
165 lbs.  
(40-49) Raw  
O'Brien 400 295 415 1110  
Open Raw  
Gejewski 435 285 475 1195  
198 lbs.  
Junior Raw  
Levine 485 320 500 1305  
Open Sp

Michael 450 275 415 1140  
Best lifter WCPF: Matt Levine. Best Lifter WNPF/WNPF Lifetime: Don Beasock, Fred Goldberg, Willy Wilcox & Sean Conlin. \*=National Records. Thanks to Brian Burrill and his staff for putting on the WNPF Pan-Americans & WNPF/WCPF Lifetime Florida State, another great meet for our three organizations. This was the first official WCPF event and some of our WNPF lifters crossed over into the new association and did well.  
» courtesy WNPF

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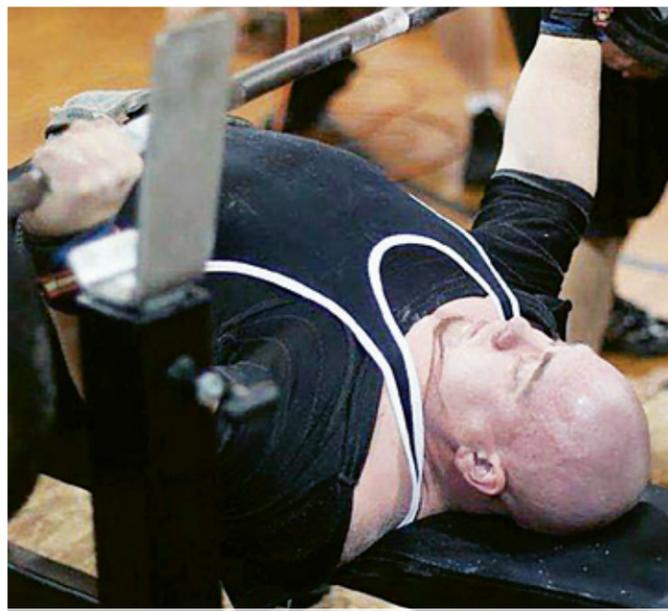
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Jimmy Kolb at APF/AAPF OH State – unreal benching at a very young age



Participants at the APC Hawg Farm event (Larry Hoover photo)



Best lifter Jon Elder at the Tony Conyers event (Tshontikidis photo)

## APF/AAPF OH STATE AUG 21 2010 » W. Lafayette, OH

BENCH		Open	
AAPF	J. Kolb#	760*	
308 lbs.			
Open		Submasters	
D. Wallace	410	J. Elick	600
Submasters			
S. Nail	385*		
220 lbs.			
APF		Open	
220 lbs.		J. Kolb	605
Powerlifting	SQ	BP	DL
FEMALE			TOT

## MALE

Masters (50-54) Raw		Open	
S. Prusnek	265*	200*	375*
840*			
Masters (50-54) Raw		Open	
K. Jenkins#	705	465	555
1725			
T. Nugent	225	345	745!
1313			
275 lbs.			
Raw Open		Submasters	
N. Cortad	225	420!	745!
1390			
J. Miller	500*	225*	560*
1285*			

## MALE

Masters (50-54) Raw		Open	
A. McVane	600*	380*	570*
1550*			
181 lbs.			
Teen (16-17)		Open	
B. Turquist	375!*	225*	500*
1100*			
198 lbs.			
Junior Raw		Masters (45-49)	
W. Schaid	360	270	390
1020			
L. Newman	600*	—	520*
1120			
220 lbs.			
Junior		Open	
J. Davis	315	—	385
700			
242 lbs.			
Open		Masters (45-49)	
K. Jenkins	705	465	555
1725			
275 lbs.			
Masters (45-49)		Open	
L. Newman#	820!*	550*	660!*
2030!			
! = American Records. * = State Records.			
# = Best Lifters.			

» courtesy Jessica Honabarger

## APC HAWG FARM SEP 11 2010 » Princeton, IN

BENCH		MALE	
FEMALE	165 lbs.	Submaster Raw	Master II Raw
L. Hooser	125	G. Mazones	305
Powerlifting	SQ	BP	DL
FEMALE	132 lbs.		TOT
Master I		Teen (13-15) Raw	
T. Morrison	160	160	215
535			
114 lbs.			
Junior		Open	
P. Smith	525	325	500
1350			
181 lbs.			
Open		Teen (18-19)	
G. Devers	675	440	615
1730			
220 lbs.			
Teen (18-19)		Open	
T. Myers	600	400	565
1565			

## Junior Raw

A. Simmons	570	305	525	1400
242 lbs.				
Teen (13-15) Raw		Master II		
J. Evans	200	150	250	600
J. Hughare	600	375	680	1655
308 lbs.				
Submaster Raw		APF		
C. Beck	570	430	600	1600

» courtesy Larry Hoover

## TONY CONYERS EXTAVAGANZA OCT 2 2010 » Tampa, FL

Powerlifting		SQ		BP		DL		TOT	
FEMALE	105 lbs.								
(10-11)		(14-15)		(16-17)		(18-19)		(20-24)	
A. Suarez	80	50	125	255					
4th-DL-135									
148 lbs.									
(14-15)		(16-17)		(18-19)		(20-24)		(25-29)	
M. Dudley	290	75	250	615					
165 lbs.									
(18-19)		(20-24)		(25-29)		(30-34)		(35-39)	
T. Stallings*	375	240	505	1120					
(18-19)									
L. Figueredo*	150	95	235	480					
4th-DL-250									

## MALE

Masters (50-54)		Teen (16-17)		Junior Raw		Masters (45-49)		Open	
T. Conyers	90	40	130	260					
148 lbs.									
(50-54)		(20-24)		(16-17)		(16-17)		(80-84)	
T. Conyers*	455	370	606	1431					
(20-24)									
W. Serrano*	—	290	—	290					
Guest									
E. Talmant	445	290	610	1345					
165 lbs.									
(16-17)		(16-17)		(16-17)		(16-17)		(80-84)	
G. Dudley	275	180	350	805					
C. Montilva*	240	175	325	740					
181 lbs.									
(16-17)		(80-84)		(80-84)		(80-84)		(20-24)	
R. Cutting*	215	180	335	730					
(16-17)									
B. Remley	—	240	—	240					
220 lbs.									
(20-24)		(16-17)		(16-17)		(16-17)		(18-19)	
M. Truman	450	300	550	1300					
(18-19)									
D. Murray	375	450	455	1280					
(16-17)									
J. Dudley	365	225	410	1000					
(55-59)									
C. Nelson*	—	—	485	485					
242 lbs.									
(18-19)		(45-49)		(40-44)		(40-44)		(40-44)	
J. Suarez	450	330	550	1330					
(45-49)									
R. Hoover*	500	290	500	1290					
(40-44)									
J. Jacobs*	—	—	705	705					
(40-44)									
A. Yerrakadu	—	—	650	650					
275 lbs.									
(20-24)		(45-49)		(20-24)		(45-49)		(20-24)	
J. Elder	635	385	680	1700					
(45-49)									
T. Mahoney	600	300	625	1525					
(20-24)									
T. Titus	485	300	550	1335					
(50-54)									
D. Poucher	—	350	575	925					
308 lbs.									
(40-44)		(40-44)		(40-44)		(40-44)		(40-44)	
E. Francis*	470	260	510	1240					
(40-44)									
* = Lifted Raw. Venue: Jackson Springs Recreation Center. "I can do all things through Christ who strengthens me." Philippians 4:13. The fourth annual									

Tony Conyers Extravaganza, held at the Jackson Springs Recreation Center in Tampa, Florida, introduced single and multi-ply lifters to R.A.W. United. Nonetheless, our host dropped from the 165s to the 148s and shattered the all-time raw deadlift record, pulling an incredible 606 pounds! Special thanks to Bill Beekley for securing the venue and setting up the main platform area; Tom O'Donnell, Kyle Mishler, Doug Phan, and Yanni Tshontikidis for spotting/loading; Jenn Rotsinger, Beau Moore, Tim Burns, Tom O'Donnell, and Bill Beekley for officiating; Dave Bates for live-streaming the meet of Powerlifting Watch; Sir Charles Venturella for the awesome eagle sculptures and Best Lifter cups; Glenn Nichols of JNG Enterprises and Tony Conyers for the contest shirts; and everyone previously mentioned for helping clean up the venue! Most important, thanks to our military heroes and our Lord Jesus Christ for making our great sport possible in the greatest country on earth! To the lifting! National Team member Taylor Stallings led the women's charge, totaling an impressive 1120 total in the 165s to capture Best Lifter honors! Taylor was shredded after dropping down from the 181s, and she nailed lifts of 375, 240, and 505 with plenty left in the tank. Taylor is quickly becoming a dominant force in women's Powerlifting, and we are honored that she will once again be representing R.A.W. United at the 2011 RAW Unity Meet! Teenage record holders Monique

Dudley and Leilani Figueredo continue to improve; Monique donned single-ply gear and totaled 615 in the 148s, while Leilani went raw and hit lifts of 150, 95, and 250 in the 165s. Ten year-old Anellys Suarez joined her brother Jorge on the platform, and set records across the boards with lifts of 80, 50, and 135 in the 105s. Tony's son Ty (8-9/66 pound class) competed in his first meet looking like a seasoned veteran on the platform. Ty shattered the record books, going 90, 40, and 130 en route to his 260 pound total. On the other end of the age spectrum, Bill Remley pushed an incredible 240 pound bench in the 181s and 80 years young! Bill has compiled an impressive career in our sport, and his ascension into the 80-84 year-old age group is likely to result in many long standing records! Matthew Truman and Devin Murray had an outstanding battle in the 220s, with Matt edging out the win; we hope to these tow return to the platform next month at the North Americans for a rematch! Master lifter Charlie Nelson (55-59) returned to the platform after a ten year hiatus and pulled a 485 pound deadlift with plenty more in the tank. Charlie is quite the crowd pleaser with his limitless energy and positive attitude, and we all hope he decides to compete at the North Americans! Jon Elder took Best Lifter honors on the men's side, posting the meet's largest total at 1700 pounds. Jon competed in the multi-ply division so he could bench on his toes, but actually lifted raw. Jon will be lifting at

## the North Americans and representing the federation at the RAW Unity Meet.

» courtesy Spero Tshontikidis

## SPF MEN'S FALL OPEN NOV 6 2010 » Sacramento, CA

BENCH		Open	
242 lbs.			
J. Laija	—		
SHW		Open	
Baumgarten	501		
J. Sheffield	—		
Powerlifting	SQ	BP	DL
TOT			
Multi-ply - Heavy		Multi-ply - Light	
T. Shull	953	711	739
2403			
E. Hart	744	551	606
1901			
B. Azevedo	353	408	502
1262			
A. Zavala	—	—	—
Single-ply - Heavy			
C. West	529	441	535
1505			
R. Cook	502	402	502
1405			
Raw - Heavy			
D. Speed	639	419	650
1709			
Bergschneide	524	364	540
1427			
A. Novella	474	292	628
1394			
B. Alex	623	—	—
623			
M. Nickerson	—	—	551
551			
Multi-ply - Midweight			
T. Pigeon	750	557	579
1885			
C. Rogers	645	502	601
1747			
D. Jolley	606	386	540
1532			
T. Grenon	—	—	579
579			
D. Labrie	—	—	—
—			
Single-ply - Midweight			
D. Bafus	557	364	562
1483			
Raw - Midweight			

P. Zajic	424	380	601	1405
K. Eaton	408	303	584	1295
C. Garner	391	309	529	1229
J. Ferris	358	204	452	1014

Multi-ply - Light				
G. Buffington	667	507	579	1753
R. Cove	645	424	584	1653

Raw - Light		Raw - Heavy	
C. Gallick	485	364	551
1400			
C. Croxon	452	276	540
1268			
B. McCloud	573	143	452
1168			
J. Nunes	353	287	457
1097			
T. Alexander	336	265	457
1058			
M. Minium	320	209	397
926			
G. Fischer	298	259	353
909			
S. Morabito	176	149	

# RESULTS

## USPA NORCAL PL NOV 13 2010 » Modesto, CA

<b>BENCH</b>	P. Rhoades Jr	463			
<b>FEMALE</b>	Master (40-44) Raw				
<b>132 lbs.</b>	D. Gottberg	314			
Master (50-54)	Master (65-69) Raw				
<b>148 lbs.</b>	G. Arrowood	105			
Master (50-54)	<b>275 lbs.</b>				
Open	J. Stanley	474			
K. Parnow	165	A. Aerts	474		
Master (40-44) Raw	Master (40-44) Raw				
<b>123 lbs.</b>	J. Smith	424			
Junior (20-23)	Master (50-54)				
W. Garcia	347	A. Aerts	474		
Junior (13-15) Raw	<b>308 lbs.</b>				
M. George III	204	Master (60-64)			
<b>165 lbs.</b>	Moormeister	518			
Junior (18-19) Raw	<b>308+ lbs.</b>				
A. Fite	375	Open			
<b>181 lbs.</b>	R. Lopez	226			
Master (60-64) Raw	Submaster Raw				
D. Cumberow	292	B. Harrison	281		
<b>198 lbs.</b>	Submaster				
Master (45-49)	R. Lopez	226			
B. Levering	452	<b>DEADLIFT</b>			
Master (40-44) Raw	Master (50-54)				
M. Thomas	364	<b>FEMALE</b>			
Master (50-54) Raw	Master (50-54)				
D. Harvey	243	<b>132 lbs.</b>			
Master (50-54)	<b>148 lbs.</b>				
D. Cannataro	353	Master (50-54)			
<b>220 lbs.</b>	K. Parnow	248			
Junior (20-23)	<b>165 lbs.</b>				
R. King	314	Master (45-49) Raw			
Open	C. Bowden	276			
C. Morton	364	<b>198+ lbs.</b>			
<b>242 lbs.</b>	Open				
Open	L. Lopez	270			

<b>MALE</b>					
<b>148 lbs.</b>					
Open Raw					
R. Loza	336	Submaster Raw			
<b>220 lbs.</b>	B. Harrison	446			
Junior (20-23)	<b>165 lbs.</b>				
R. King	441	Open Raw			
Open	J. Stanley	474			
C. Morton	463	Master (50-54) Raw			
<b>242 lbs.</b>	Open				
Open	P. Rhoades Jr	507			
P. Rhoades Jr	507	Master (45-49)			
Master (45-49)	C. Morton	364			
Open	F. Martinez	672			
Master (60-64)	Master (50-54)				
E. Cutburth	220	308+ lbs.			
242 lbs.	G. Cotterell	—			
Master (45-49)	<b>308+ lbs.</b>				
Open	Open				
F. Martinez	364	308+ lbs.			
R. Lopez	314	Open			
Submaster	R. Lopez	226			
314	Submaster				
Master (40-44) Raw	R. Lopez	226			
D. Fitzgerald	650	Master (40-44)			
Master (40-44)	D. Fitzgerald	441			
D. Fitzgerald	650	1091			
Master (45-49)	Open				
M. Bowden	623	601			
1224	<b>Powerlifting</b>				
<b>SQ</b>	<b>BP</b>				
<b>DL</b>	<b>TOT</b>				
132	248	380			
<b>MALE</b>					
<b>165 lbs.</b>					
Master (50-54)	J. Stanley	187			
Master (50-54) Raw	K. Parnow	248			
<b>181 lbs.</b>	Open Raw				
Open	A. Lee	303			
Master (45-49) Raw	G. Gonzales	287			
C. Bowden	276	491			
<b>198 lbs.</b>	Open Raw				
Open	M. Dusek	187			
Open		386			
		573			

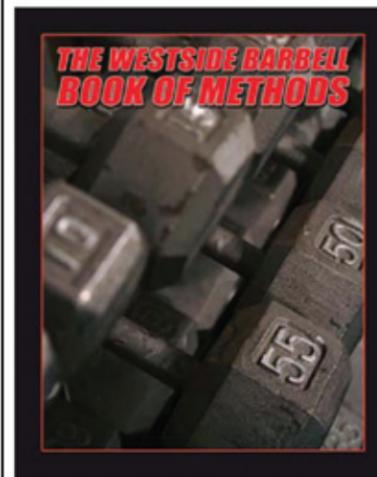
D. Harvey	441	Open			
Master (65-69)	S. Buckley	402			
B. Kinsey	336	617			
<b>220 lbs.</b>	G. McKinnon	325			
Junior (20-23)	Master (50-54) Raw	408			
R. King	441	733			
Open	D. Harvey	243			
C. Morton	463	683			
<b>242 lbs.</b>	Master (50-54)				
Open	D. Cannataro	353			
Junior (20-23)	Open	298			
R. King	314	650			
Open	C. Morton	369			
C. Morton	369	364			
Master (45-49)	J. Tremblay	601			
Open	601	391			
601	1593				
<b>242 lbs.</b>	P. Rhoades Jr	562			
Open	463	507			
P. Rhoades Jr	562	1532			
Master (50-54)	Master (50-54)				
T. Troy	—	276			
375	650				
Master (60-64)	R. Pagal	452			
R. Pagal	452	353			
452	1257				
<b>275 lbs.</b>	Open				
Open	D. Giorgetti	645			
320	617	1582			
<b>308 lbs.</b>	Open Raw				
Open	L. Allenger	524			
L. Allenger	524	424			
601	1549				
Open	A. Fuller	375			
A. Fuller	375	342			
446	1163				
Master (50-54) Raw	J. Angeli	452			
J. Angeli	452	413			
485	1350				

Meet Director/Promoter: Steve Denison. Thank you to Modesto Junior College for the use of their facility. Thank you to our score table: Meet Announcer: Steve Denison and Rolly Stevens. Meet Scorekeeper: Steve Matthews and Royena Cartwright. Bar Loading Program: Vet Club Volunteer. Master Score Sheet: Steve Denison. Thank you to our international referee: Steve Denison and Alan Aerts. Thank you to our national referee: Steve Matthews. Thank you to our state referees: Suzanne Hedman, Bonnie Aerts, Ron Moormeister, and John Deluca, New State Referee (97%). Thank you to our spotters/loaders: Troy Harris, Dustin, and Marz. Thank you to our sponsors: Team Alan and Bonnie Aerts, Inzer Advance Designs, Modesto Junior College Veterans Club. Powerlifting Best Lifter Master Women: Karen Parnow. Powerlifting Best Lifter Junior Men: Josh Puckett. Powerlifting Best Lifter Open Raw Men: David Moya. Powerlifting Best Lifter Open Men: Shawn Buckley. Powerlifting Best Lifter Master Raw Men: Jeff Angeli. Powerlifting Best Lifter Master Men: Ron Pagal. Bench Press Best Lifter Junior Men: William Garcia. Bench Press Best Lifter Open Men: Patrick Rhoades Jr. Bench Press Best Lifter Master Men: Ron Moormeister. Bench Press Best Lifter Raw Master Men: Dave Cumberow. Deadlift Best Lifter Master Men: Roy Taylor. Deadlift Best Lifter Master Women: Cathy Bowden. Deadlift Best Lifter Open Men: Shawn Buckley. Deadlift Best Lifter Open Raw Men: Jeff Stanley. Deadlift Best Lifter Master Raw Men: Jeff Stanley. Push Pull Best Lifter Open Men: Shawn Buckley. Push Pull Best Lifter Open Raw Men: Aaron Lee. Push Pull Best Lifter Master Men: Michael Bowden. First Place Team: Sonoma Power Team: 2693 points: Gayle Arrowood, Betsy Spann, Karen Parnow, Antonio Jimenez, Luis Hernandez, Shawn Buckley, and Antonio Machuca. Second Place Team: Black Ice Power Team: 1593 points: Ruben Loza, Jeffrey Stanley, Gustavo Gonzales, Michael Dusek, Dan Harvey. Third Place Team: Team Alan and Bonnie Aerts: 1362 points: Joel Christner, Ryan King, Chris Morton, Patrick Rose, Alan Aerts, Ron Moormeister, Rich Lopez. » courtesy Steve Denison

<b>MALE</b>					
<b>148 lbs.</b>					
Open Raw					
D. Moya	402	226			
502	1130				
R. Loza	276	171			
336	783				
Submaster Raw	B. Harrison	314			
281	446	1042			
Master (40-44) Raw	S. Morabito	165			
154	331	650			
<b>165 lbs.</b>	Master (50-54)				
Open	J. Stanley	336			
187	474	998			
Open Raw	J. Christner	160			
165	353	678			
Junior (18-19)	J. Puckett	441			
281	424	1146			
Junior (20-23)	C. Tremblay	320			
259	358	937			
<b>181 lbs.</b>	Junior (18-19)				
Open	B. Carter	424			
276	441	1141			
Open Raw	G. Gonzales	369			
287	491	1146			
Open	J. Simmons	568			
402	573	1543			
Submaster	L. Hernandez	375			
364	413	1152			
Open	A. Jimenez	474			
402	441	1317			
<b>198 lbs.</b>	Junior (20-23)				
Open	C. Gonzales	243			
298	353	893			
Open	S. Buckley	656			
402	617	1675			
Master Men: Michael Bowden. First	A. Machuca	562			
358	601	1521			
Master (50-54) Raw	B. Pacheco	513			
452	502	1466			
Open	T. Eriksen	524			
380	474	1378			
Open Raw	G. McKinnon	397			
325	408	1130			
Open	D. Harvey	281			
243	441	965			
Submaster	M. Dusek	281			
187	386	854			
Open	B. Pacheco	513			
452	502	1466			
Master (50-54) Raw	D. Harvey	281			
243	441	965			
Open	Master (50-54)				
D. Cannataro	347	353			
298	998				

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## USPA 1ST CENTRAL CALIFORNIA OCT 23 2010 » San Luis Obispo, CA

<b>BENCH</b>	Master (50-54)				
<b>MALE</b>	A. Aerts	485			
<b>220 lbs.</b>	<b>308+ lbs.</b>				
Junior (18-19)	Submaster				
K. Wilson	—				
Junior (20-23)	R. Lopez	—			
R. King	353	<b>DEADLIFT</b>			
Open	<b>123 lbs.</b>				
S. Dedrick	535	Open			
375	B. Aerts	298			
Master (45-49)	Master (50-54)				
S. Dedrick	535	B. Aerts	298		
<b>242 lbs.</b>	Master (50-54) Raw				
Submaster	L. Castellanos	259			
M. White	502	<b>MALE</b>			
Master (45-49)	<b>181 lbs.</b>				
C. Dedrick	353	Open			
Master (50-54)	L. Camassa	502			
J. Hunter	485	<b>220 lbs.</b>			
Master (60-64)	Junior (20-23)				
P. Rose	187	R. King	474		
<b>275 lbs.</b>	Open				
Open	C. Morton	441			
R. Magni	—	<b>198 lbs.</b>			
<b>308 lbs.</b>	Master (40-44)				
Open	G. Soto	551			
A. Aerts	485	P. Tapia	502		
<b>308+ lbs.</b>	<b>242 lbs.</b>				
Open	Submaster				
R. Lopez	—	M. White	650		
<b>308 lbs.</b>	<b>308+ lbs.</b>				

Open	D. Fitzgerald	678			
R. Lopez	408	Submaster			
Master (40-44)	R. Lopez	408			
<b>Push Pull</b>	<b>BP</b>				
<b>DL</b>	<b>TOT</b>				
353	590	942			
<b>MALE</b>					
<b>181 lbs.</b>					
Open	B. Kiraly	540			
<b>198 lbs.</b>	J. Escobar	375			
Open	D. Aldrich	408			
J. Clinard	292	441			
<b>220 lbs.</b>		733			

# RESULTS

## WABDL FLORIDA REGIONAL

OCT 30 2010 » Lakeland, FL

BENCH FEMALE		MALE	
97 lbs.	Chinchur Sr. 405	148 lbs.	Open
(12-13)	308 lbs.	Open	148 lbs.
A. Dudds 80*	(68-74)	148 lbs.	Open
114 lbs.	80*	148 lbs.	Open
(54-60)	80	148 lbs.	Open
N. Georges 80	Submaster	148 lbs.	Open
MALE	S. Latour 475	148 lbs.	Open
148 lbs.	475*	148 lbs.	Open
Open	DEADLIFT	148 lbs.	Open
J. Webster 345	97 lbs.	148 lbs.	Open
Submaster	(12-13)	148 lbs.	Open
R. Kelly 315*	A. Dodds 130*	148 lbs.	Open
165 lbs.	105 lbs.	148 lbs.	Open
(12-13)	(12-13)	148 lbs.	Open
Junior	B. Chinchor 160	148 lbs.	Open
Chinchoe Jr. 305	114 lbs.	148 lbs.	Open
(47-53)	(54-60)	148 lbs.	Open
J. Hamilton 295	N. Georges 210*	148 lbs.	Open
181 lbs.	123 lbs.	148 lbs.	Open
(80-84)	(47-53)	148 lbs.	Open
B. Remley 240*	K. Snell 370	148 lbs.	Open
220 lbs.	165 lbs.	148 lbs.	Open
(47-53)	Junior	148 lbs.	Open
R. Russ 300	Chinchur Jr. 495	148 lbs.	Open
(75-79)	181 lbs.	148 lbs.	Open
J. Yong 290*	Submaster	148 lbs.	Open
242 lbs.	C. Brawley 470	148 lbs.	Open
(14-15)	198 lbs.	148 lbs.	Open
J. Graham 405!	(40-46)	148 lbs.	Open
Open	V. Boynton 410	148 lbs.	Open
T. James 525*	220 lbs.	148 lbs.	Open
Law/Fire Submaster	(47-53)	148 lbs.	Open
Schrank 470*	R. Russ 440	148 lbs.	Open
Law/Fire (48-55)	(61-67)	148 lbs.	Open
P. Conn 385*	J. Durenberry 510	148 lbs.	Open
D. Duncan 470*	242 lbs.	148 lbs.	Open
Law/Fire Open	(14-15)	148 lbs.	Open
Schrank 470*	J. Graham 480*	148 lbs.	Open
(47-53)	Class I	148 lbs.	Open
P. Conn 385	J. Bennett 610*	148 lbs.	Open
275 lbs.	Law/Fire Submaster	148 lbs.	Open
Open	G. Schrank 520*	148 lbs.	Open
T. Nash 490	Law/Fire Open	148 lbs.	Open
Submaster	G. Schrank 520*	148 lbs.	Open
T. Nash 490*	Law/Fire (48-55)	148 lbs.	Open
M. Williams 375	D. Duncan 440*	148 lbs.	Open
(47-53)		148 lbs.	Open

! = World Records. \* = State Records. Coordinator: Louis Baltz. Best Lifter Bench Press: Tim James. Best Lifter Deadlift: Jeremy Bennett. Team Trophy: Hargrove-McBride-Chinchor. The WABDL Regional Bench Press and Deadlift Championships got underway at the All American Gym, starting with ten year old Ally Dodds benching a state record 80 lbs. to win the 97/12-13 division. Nancy Georges came back and benched 80 lbs. on her third attempt in the 54-60 age group and took first place. Fifteen year old Jonathan Graham pushed up an impressive 405 lbs. to set a new world record in the 14-15 age group for the win. In the open division, Jonny Webster benched over double bodyweight by pushing up 345 lbs. to win the 148 lb. class. Tim James put out an impressive 525 lb. state record to win the 242 lbs. class and earned a well deserved best lifter award for the bench press. Tom Nash won the 275 lb. class with 490 lbs. and Scott Latour won the super heavyweight class with a 475 lb. bench. Tim Chinchor Jr. benched a nice 305 lbs. to win the 165 junior division. In the submaster division, Ryan Kelly benched an impressive 315 lb. state record to win the 148 lb. class. Tom Nash benched a state record 490 lbs. to win the 275 lb. class and Williams came in second with a 275 lb. bench. Scott Latour set a state record with 475 lbs. to win the super heavyweight class. In law/fire submaster 242 lb. division,

Schrank benched a state record in the law/fire open division. His 470 was also a state record in the law/fire open division. Conn won the law/fire 48-55 age group with a state record 385 lb. bench. Dave Duncan took second place with a 470 lb. bench. In the 47-53 age group, James Hamilton won the 165 lb. class with a 295 lb. bench. Reggie Russ came back on his 4th attempt and got 300 lbs. to win the 220 lb. class. Patrick Conn took first in the 242 lb. class with 385 lbs. and Tim Chinchur won the 275 lb. class with a nice 405 lb. bench press. Ed Hargrove benched a world record 345 lb. to win the 308/68-74 class. Great job, Ed! Johnny pushed up a state record 290 lbs. in the 220 lb. class to win the 75-79 age group. The Godfather of powerlifting, Bill Remley, benched 240 lbs. in the 181 lb. class which gave him first place in the 80-84 age group. The deadlift started with Ally Dodds pulling a state record 130 lbs. in the 97/12-13 age group. Nancy Georges went 3 for 3 in the deadlift and pulled an impressive 210 lb. state record in the 114 lb. class for first place in the 54-60 age group. Billy Chinchur won the 105 lb. class with a 160 lb. deadlift in the 12-13 age group. Jonathan Graham pulled an impressive 480 lb. state record in the 242 lb. class to win the 14-15 age group. Tim Chinchur Jr. deadlifted a very impressive 495 lbs. in the 165 lb. junior division. In the class 1 division, Jeremy Bennett deadlifted a huge 610 lb. state record in the 242 lb. class. This lift earned him the best lifter award for the deadlift. Carson Brawley won the submaster 181 lb. class with a nice 470 pull. Gordon "The record setter" Schrank pulled 520 lbs. to set state records the law/fire open and submaster divisions in the 242 lb. class. Lifting in his first meet, Van Boynton pulled a nice 410 lbs. to win the 198 lb. weight class in the 40-46 age group. Ken "Can't quite comeback" Snell only pulled his wimpy opener to embarrass himself further wit 370 lbs. in the 220 lb. class. Jim Durnshery pulled an amazing 510 lbs. in the 61-67/220 class. Special thanks to Louis Baltz, the All American Gym, Michelle and Little Louie Baltz, Junk Yard Dogg, Dan Jonas, Johnny "The" Best, Steve Beck, Steve Mann, B.J. Stigall, Gus Rethwisch and all the lifters, coaches and spectators who make these meets possible. A very special thanks to Mike Lambert for supplying Powerlifting USA magazines for all the lifters and all his support to the great sport of powerlifting.

» courtesy Ken Snell

## NASA NEW MEXICO STATE

SEP 25 2010 » Albuquerque, NM

BENCH FEMALE		MALE	
220 lbs.	Master II	181 lbs.	Open
Raw	M. Butkovich 275	181 lbs.	Open
198+ lbs.	Master V	181 lbs.	Open
Int	M. Butkovich 275	181 lbs.	Open
M. Keen 187	275 lbs.	181 lbs.	Open
Pure	Master Pure	181 lbs.	Open
M. Keen 187	K. Williams 319	181 lbs.	Open
MALE	Pure	181 lbs.	Open
Raw	D. Whitlow 385	181 lbs.	Open
181 lbs.	PS BENCH	181 lbs.	Open
High School	MALE	181 lbs.	Open
K. Williams 165	181 lbs.	181 lbs.	Open
Novice	Master Pure	181 lbs.	Open
J. Cool 303	R. Hotz 176	181 lbs.	Open
Submaster Pure	PS CURL	181 lbs.	Open
J. Cool 303	MALE	181 lbs.	Open
198 lbs.	181 lbs.	181 lbs.	Open
Master I	Master II	181 lbs.	Open
L. Marker 259	R. Hotz 121	181 lbs.	Open

198 lbs.		MALE	
Master II	G. Schuster 105	198 lbs.	Master II
220 lbs.	Master II	198 lbs.	Master II
Master II	G. Schuster 391	198 lbs.	Master II
M. Butkovich 143	Master Pure	198 lbs.	Master II
Master V	G. Schuster 391	198 lbs.	Master II
M. Butkovich 143	220 lbs.	198 lbs.	Master II
PS DEADLIFT	Master II	198 lbs.	Master II
Push Pull	B. Richardson 336	198 lbs.	Master II
FEMALE	BP DL TOT	198 lbs.	Master II
Raw	99 244 344	198 lbs.	Master II
181 lbs.	Master III	198 lbs.	Master II
Master III	E. Vaughn	198 lbs.	Master II
E. Vaughn	99 244 344	198 lbs.	Master II
MALE	220 lbs.	198 lbs.	Master II
220 lbs.	Submaster I	198 lbs.	Master II
Submaster I	A. Wolf	198 lbs.	Master II
A. Wolf	275 lbs.	198 lbs.	Master II
Police/Fire	275 lbs.	198 lbs.	Master II
M. Christian	— — —	198 lbs.	Master II
Raw	— — —	198 lbs.	Master II
220 lbs.	220 lbs.	198 lbs.	Master II
Master IV	220 lbs.	198 lbs.	Master II
J. Koch	182 248 429	198 lbs.	Master II
Powerlifting	SQ BP DL TOT	198 lbs.	Master II
FEMALE	Raw	198 lbs.	Master II
Raw	181 lbs.	198 lbs.	Master II
181 lbs.	Pure	198 lbs.	Master II
Pure	J. Hinzman 165	198 lbs.	Master II
J. Hinzman	110 270 545	198 lbs.	Master II
Submaster Pure	J. Hinzman 165	198 lbs.	Master II
J. Hinzman	110 270 545	198 lbs.	Master II
220 lbs.	220 lbs.	198 lbs.	Master II
Master II	B. Richardson 264	198 lbs.	Master II
B. Richardson	55 336 655	198 lbs.	Master II
198+ lbs.	Int	198 lbs.	Master II
Int	M. Keen 314	198 lbs.	Master II
M. Keen	187 292 793	198 lbs.	Master II
Pure	M. Keen 314	198 lbs.	Master II
M. Keen	187 292 793	198 lbs.	Master II
MALE	181 lbs.	198 lbs.	Master II
181 lbs.	High School	198 lbs.	Master II
High School	K. Williams 308	198 lbs.	Master II
K. Williams	165 308 782	198 lbs.	Master II
Open	T. Duran 374	198 lbs.	Master II
Open	319 429 1123	198 lbs.	Master II
198 lbs.	Master II	198 lbs.	Master II
Master II	E. Duran 413	198 lbs.	Master II
E. Duran	308 479 1200	198 lbs.	Master II
Pure	D. Torrez 699	198 lbs.	Master II
Pure	446 545 1690	198 lbs.	Master II
220 lbs.	Open	198 lbs.	Master II
Open	B. Long 644	198 lbs.	Master II
B. Long	451 501 1596	198 lbs.	Master II
Raw	165 lbs.	198 lbs.	Master II
165 lbs.	Junior	198 lbs.	Master II
Junior	D. Coffeen 341	198 lbs.	Master II
D. Coffeen	215 402 958	198 lbs.	Master II
181 lbs.	Int	198 lbs.	Master II
181 lbs.	A. Schendel 402	198 lbs.	Master II
A. Schendel	286 573 1261	198 lbs.	Master II
198 lbs.	Master I	198 lbs.	Master II
Master I	K. Edwards 402	198 lbs.	Master II
K. Edwards	264 545 1211	198 lbs.	Master II
Master Pure	Master Pure	198 lbs.	Master II
Master Pure	K. Edwards 402	198 lbs.	Master II
K. Edwards	264 545 1211	198 lbs.	Master II
Master I	Master I	198 lbs.	Master II
Master I	M. Hunter 303	198 lbs.	Master II
M. Hunter	242 413 958	198 lbs.	Master II
Master Pure	Master Pure	198 lbs.	Master II
Master Pure	M. Hunter 319	198 lbs.	Master II
M. Hunter	242 413 974	198 lbs.	Master II
242 lbs.	Master I	198 lbs.	Master II
242 lbs.	S. Adams 358	198 lbs.	Master II
S. Adams	264 385 1007	198 lbs.	Master II
275 lbs.	Open	198 lbs.	Master II
Open	D. Whitlow 606	198 lbs.	Master II
D. Whitlow	385 600 1591	198 lbs.	Master II
308 lbs.	Submaster I	198 lbs.	Master II
308 lbs.	C. Reinhardt 396	198 lbs.	Master II
C. Reinhardt	286 528 1211	198 lbs.	Master II
Power Sports	CR BP DL TOT	198 lbs.	Master II
MALE	198 lbs.	198 lbs.	Master II
198 lbs.	Master I	198 lbs.	Master II
Master I	L. Marker 116	198 lbs.	Master II
L. Marker	259 341 716	198 lbs.	Master II
Master Pure	Master Pure	198 lbs.	Master II
Master Pure	L. Marker 116	198 lbs.	Master II
L. Marker	259 341 716	198 lbs.	Master II
Novice	Novice	198 lbs.	Master II
Novice	L. Marker 116	198 lbs.	Master II
L. Marker	259 341 716	198 lbs.	Master II
220 lbs.	220 lbs.	198 lbs.	Master II
220 lbs.	Master IV	198 lbs.	Master II
Master IV	J. Koch 94	198 lbs.	Master II
J. Koch	182 248 523	198 lbs.	Master II
Master Pure	Master Pure	198 lbs.	Master II
Master Pure	J. Koch 94	198 lbs.	Master II
J. Koch	182 248 523	198 lbs.	Master II
275 lbs.	Master III	198 lbs.	Master II
Master III	K. Hardy 143	198 lbs.	Master II
K. Hardy	341 325 809	198 lbs.	Master II
» courtesy Richard Peters		198 lbs.	Master II

## USAPL SO CAL REGIONAL

NOV 7 2010 » Sacramento, CA

BENCH		MALE	
Single-Ply Light	L. Richardson 325	198 lbs.	Master II
Single-Ply Light	K. Buffington 187	198 lbs.	Master II
Raw Light	Raw Light	198 lbs.	Master II
M. Watts 176	M. Watts 176	198 lbs.	Master II
Powerlifting	SQ BP DL TOT	198 lbs.	Master II
Multi-Ply Heavy	Phelps-Sweatt 733	198 lbs.	Master II
Multi-Ply Heavy	248 529 1510	198 lbs.	Master II
Phelps-Sweatt	D. Shealey 430	198 lbs.	Master II
D. Shealey	220 402 1053	198 lbs.	Master II
Single-Ply Heavy	Single-Ply Heavy	198 lbs.	Master II
Single-Ply Heavy	N. Stern 518	198 lbs.	Master II
N. Stern	270 507 1295	198 lbs.	Master II
275 lbs.	A. Morris 386	198 lbs.	Master II
275 lbs.	243 342 970	198 lbs.	Master II
275 lbs.	J. Brown 270	198 lbs.	Master II
275 lbs.	243 325 838	198 lbs.	Master II
275 lbs.	Single-Ply Light	198 lbs.	Master II
275 lbs.	S. Hedman 369	198 lbs.	Master II
275 lbs.	231 342 942	198 lbs.	Master II
275 lbs.	G. Blackwell 364	198 lbs.	Master II
275 lbs.	243 331 937	198 lbs.	Master II
275 lbs.	T. Getty 243	198 lbs.	Master II
275 lbs.	132 276 650	198 lbs.	Master II
275 lbs.	Raw Heavy	198 lbs.	Master II
275 lbs.	C. Manhart 204	198 lbs.	Master II
275 lbs.	121 276 601	198 lbs.	Master II
275 lbs.	Raw Light	198 lbs.	Master II
275 lbs.	Weisberger 325	198 lbs.	Master II
275 lbs.	254 380 959	198 lbs.	Master II
275 lbs.	V. Traugot 331	198 lbs.	Master II
275 lbs.	204 347 882	198 lbs.	Master II
275 lbs.	J. Diss 276	198 lbs.	Master II
275 lbs.	154 375 805	198 lbs.	Master II
275 lbs.	M. Froley 292	198 lbs.	Master II
275 lbs.	165 320 777	198 lbs.	Master II
275 lbs.	M. Watts 243	198 lbs.	Master II
275 lbs.	176 303 722	198 lbs.	Master II
275 lbs.	Koh-Banerjee 193	198 lbs.	Master II
275 lbs.	94 220 507	198 lbs.	Master II
275 lbs.	L. Beck 165	198 lbs.	Master II
275 lbs.	94 220 480	198 lbs.	Master II
275 lbs.	L. Lindhorst 149	198 lbs.	Master II
275 lbs.	94 231 474	198 lbs.	Master II
275 lbs.	The first ever Women's Pro Open was an amazing meet. Many lifters got PRs or set records. We all were excited to see so many exceptional athletes in one place! The best lifters received a total of \$4000 in cash and division winners took home prizes valued at \$1000s more. Laura Phelps-Sweatt had a huge 733 squat and was best lifter multi-ply. She took home \$1000. Nicolai Stern was best lifter single-ply, beating lightweight powerhouse Suzanne Hedman by only four coefficient points, to take the \$1000 prize. Nicolai refused to accept the prize money, donating it back to the meet as sponsorship for next year's Women's Pro Am! Amy Weisberger won the Best lifter money of \$1000 in the raw category, after barely missing two attempts at an all time 148 record bench of 125.5 kilos. In bench only, Leonetta Richardson took the \$500 with a huge 325 single-ply bench in the 148s. Michelle Watts took home \$200 for her 176 raw bench weighing in at only 120 pounds! And finally, Dana Shealey took home \$300 and prizes for the gutsiest lifting performance any of us have ever seen! Dana squatted 429, benched 220, and deadlifted 402 while lifting with a prosthetic leg. I couldn't be happier or more excited about the first ever Women's Pro Meet and I am looking forward to an even bigger meet next year. Look for the date to be announced in the next few weeks! Thank you to all who helped support this meet.	198 lbs.	Master II
275 lbs.	» courtesy Cara Westin	198 lbs.	Master II

## USAPL SO CAL REGIONAL

NOV 6 2010 » Santa Clarita, CA

BENCH FEMALE		MALE	
Open Raw			

## RESULTS



James Crawford III busted up an 841 BP (c. Crawford)



Freddie Evangelista - 148 lb. record lift (c. Evangelista)

**WABDL GREAT NORTHERN BP/DL JUL17 2010 » Olympia, WA**

## BENCH

## FEMALE

## Single-Ply

## 97 lbs.

## Teen (12-13)

## Stanfield

## 105 lbs.

## Master (40-46)

## Moorman

## 143

## Master (47-53)

## Kosak

## 127

## Open

## Moorman

## 143

## Master (47-53)

## Ruff

## 193

## Master (61-67)

## Walker

## 117!\*

## Camp

## 116!\*

## Open

## Moorman

## 160

## Bennett

## 105

## 132 lbs.

## Luehrs

## 193\*

## 148 lbs.

## Junior

## Larsen

## 132

## 165 lbs.

## Master (47-53)

## Klocke

## 316!\*

## Master (80-84)

## Whinston

## 72

## 4th-74\*

## Open

## Klocke

## 316\*

## Bennett

## 154

## 198 lbs.

## Junior

## Herrera

## 172\*

## Law/Fire (40-47)

## Open

## Moorman

## 143

## Master (47-53)

## Kosak

## 127

## Open

## Moorman

## 143

## Master (47-53)

## Ruff

## 193

## Master (61-67)

## Walker

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## 148 lbs.

## Junior

## Larsen

## 132

## 165 lbs.

## Master (47-53)

## Klocke

## 316!\*

## Master (80-84)

## Whinston

## 72

## 4th-74\*

## Open

## Klocke

## 316\*

## Bennett

## 154

## 198 lbs.

## Junior

## Herrera

## 172\*

## Law/Fire (40-47)

## Miller

## 149

## 4th-154!\*

## Master (40-46)

## Miller

## 149

## 4th-154

## Scheuer

## 369

## Teen (14-15)

## Noffsinger

## 259\*

## Teen (16-17)

## Miller

## 187

## 220 lbs.

## Class I

## Berriman

## 524

## 4th-540\*

## Disabled

## Dinsmore

## 287

## Junior (20-25)

## Prasad

## 204

## Law/Fire (48-55)

## Reynolds

## —

## Law/Fire Submaster

## Berriman

## 524

## 4th-540\*

## Master (85-89)

## Whinston

## 84\*

## Open

## Evangelista

## 435

## Teen (14-15)

## Fleming Jr.

## 204

## 165 lbs.

## Junior (20-25)

## Dolph

## 314

## Master (61-67)

## Jameson

## —

## Master (68-74)

## Goucher

## 248

## Submaster (33-39)

## White

## 204

## Master (85-89)

## Edmondson

## 558

## 4th-562\*

## Open

## Crosen III

## 480

## Teen (12-13)

## Klocke

## 316!\*

## Garcia

## 402

## Law/Fire Open

## Larsen

## —

## Master (47-53)

## Pugh

## —

## Open

## Rogers

## 612\*

## Larsen

## —

## Submaster (33-39)

## Aumavae

## 722

## Lundeen

## 457

## Master (47-53)

## Fleming

## 623\*

## Mickelson

## —

## Open

## Mickelson

## 507

## Zumwalt

## —

## Submaster (33-39)

## Miller

## 281

## 4th-303\*#!

## Master (40-46)

## Miller

## 281

## 4th-303

## SHW

## Master (47-53)

## Curry

## 215

## Master (54-60)

## Huston

## 303

## Teen (18-19)

## Hathaway

## —

## Master (47-53)

## McGlothlin

## 325

## Place

## 667\*

## Open

## Crawford III

## 841!\*

## Submaster (33-39)

## White

## 204

## Edmondson

## 558

## Scheuer

## 369

## Teen (14-15)

## Noffsinger

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## Crawford III

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## Submaster (33-39)

## White

## 204

## Edmondson



# COMING EVENTS

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

**1-3 APR** » **USAPL Collegiate National Championships** (Scranton, PA) » Steve Mann, [steve@purepowerlifting.com](mailto:steve@purepowerlifting.com), 570.309.6316, [www.2011collegiates.purepowerlifting.com](http://www.2011collegiates.purepowerlifting.com)  
**1-3 APR** » **APF/AAPF Raw Nationals & AAPF Nationals** (West Palm Beach, FL) » Kieran Kidder & Amy Jackson, 630.896.7309, [amyjackson@aol.com](mailto:amyjackson@aol.com), [www.worldpowerliftingcongress.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**2 APR** » 21st Annual Weightlifting Unlimite BP (Winchester, VA) at the Eagles Club » Bud, 540.533.7479, Randy, 304.283.6059, [mugbench650@yahoo.com](mailto:mugbench650@yahoo.com)  
**2 APR** » ADAU Great Lakes Powerlifting Championships (Erie, PA) » Joe Orenge, 814.833.3727, [joesgymerie@live.com](mailto:joesgymerie@live.com), [www.adaurawpower.com](http://www.adaurawpower.com)  
**2 APR** » Raw & Drug Free Single Lift (SQ/BP/DL) Championships (Erie, PA) » Joe Orenge, 814.833.3727, [joesgymerie@live.com](mailto:joesgymerie@live.com), [www.adaurawpower.com](http://www.adaurawpower.com)  
**2 APR** » SPF Georgia State PL/PP/BP/DL (Peachtree City, GA) at Explosive Mechanics » Jesse Rodgers, 423.255.3672, [roddersmadmax@bellsouth.net](mailto:roddersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**2 APR** » Elite PL Record Breakers BP/PP/Raw BP (Keene, NH) » Bill, 603.762.3990, [www.elitepowerlifting.com](http://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](mailto:seanzilla@hardcorepowerlifting.com), [www.hardcorepowerlifting.com](http://www.hardcorepowerlifting.com)  
**2-3 APR** » **WPC Nationals (Czech Republic)** » Dan Dvorak, [dan.ironpower@gmail.com](mailto:dan.ironpower@gmail.com), [www.czeckpowerlifting.cz](http://www.czeckpowerlifting.cz), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.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](mailto:naturalpowerlasvegas@yahoo.com), [www.aausports.org](http://www.aausports.org)  
**2-3 APR** » **NASA High School Nationals** (Equipped/Unequipped, PL/BP/PS/Power Press) (Oklahoma City, OK) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**3 APR** » **100% RAW Master Nationals (Burlington, VT)** » Bret Kernoff, [vt\\_chair@rawpowerlifting.com](mailto:vt_chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.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](mailto:vecks4@verizon.net)  
**5-10 APR** » **AWPC/WPC East European Championship** (Chelyabinsk, Russia) »

Vladimir Chadkov, [www.wpc74.com](http://www.wpc74.com), [www.wpc-wpo.ru](http://www.wpc-wpo.ru), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**8 APR** » **IBP Raw Bench Press Championships** (Greensboro, NC) » Keith Payne, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net), [www.ironboypowerlifting.com](http://www.ironboypowerlifting.com)  
**8-9 APR** » **APF High School Nationals (Alexandria, LA)** » Garry Frank, [bulldogbr@bellsouth.net](mailto:bulldogbr@bellsouth.net), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**9 APR** » 100% RAW Quaker Classic (Salem, OH) » Paul Bossi, [pres@rawpowerlifting.com](mailto:pres@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
**9 APR** » **APA Northwest Coast RAW Championships (Full Power)** (Sacramento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**9 APR** » **APA Ironsport Power Classic (Glenolden, PA)** » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**9 APR** » **WPC PL Finnish Nationals (Juva, Finland)** » Ano & Minna Turtiainen, [ano.turtiainen@gometal.com](mailto:ano.turtiainen@gometal.com), [www.gometal.com](http://www.gometal.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**9 APR** » **USPA Indiana State BP/DL Championship (BP/DL; Raw/Single-ply)** (Indianapolis, IN) » Carl Lamb, [carl@ustoc.org](mailto:carl@ustoc.org), [www.uspla.org](http://www.uspla.org)  
**9 APR** » **IBP Tar Heel State Powerlifting Championships (Greensboro, NC)** » Keith Payne, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net), [www.ironboypowerlifting.com](http://www.ironboypowerlifting.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, [roddersmadmax@bellsouth.net](mailto:roddersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://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, [roddersmadmax@bellsouth.net](mailto:roddersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://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, [irondawgpower@yahoo.com](mailto:irondawgpower@yahoo.com), [www.americanpowerliftingcommittee.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://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](mailto:rcrain@allegiance.tv)  
**9 APR** » **NASA Ohio State (Equipped/Unequipped, PL/BP/PS/PP)** (Springfield, OH) » [www.nasa-sports.com](http://www.nasa-sports.com)  
**9 APR** » **USPA Hawaii State PL Championship (PL/BP/DL; Raw/Single-ply)** (Honolulu, HI) » Ata Edralin, [nalomightymouse@yahoo.com](mailto:nalomightymouse@yahoo.com), [www.uspla.org](http://www.uspla.org)  
**9 APR** » **APF Full Power Championships (Lindenhurst, NY) at All Natural Gym** » Shawna Mendelson, [smendelson2010@hotmail.com](mailto:smendelson2010@hotmail.com), 516.993.6378, [www.worldpowerliftingcongress.com](http://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.northernvirginiaarawpower.com](http://www.northernvirginiaarawpower.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](mailto:brian.burritt@comcast.net), [www.uspla.org](http://www.uspla.org)  
**10 APR** » **WNPF 23rd Nationals (BP/DL/PC/SQ) & Ironman 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](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)  
**16 APR** » **USAPL Dave Martin Memorial Qualifier** (Bloomington, IN) » Greg Simmons, 812.330.1012, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**16 APR** » **RAW United Mid-Atlantic Open (Hagerstown, MD)** » Spero Tshontikidis, 220 W. Silverthorn Lane, Ponte Vedra, FL 32081, 321.505.1194, [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://www.rawunited.org)  
**16 APR** » **SPF Carolina Classic PL/PP/BP/DL** (Ashville, NC) at Biltmore Fitness » Jesse Rodgers, 423.255.3672, [roddersmadmax@bellsouth.net](mailto:roddersmadmax@bellsouth.net), [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**16 APR** » **WNPF Florida State & Raw National Championships** (Merritt Island, FL) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)  
**16 APR** » **WABDL Northeast Regional BP/DL Championship** (West Portland, ME) at the Holiday Inn » Al Stork, 207.223.5945, [www.wabdl.org](http://www.wabdl.org)  
**16 APR** » **USAPL Richmond Open (Mechanicsville, VA)** » Tricia and Gary Emrich, 804.605.5135, [vastatechair@usaplvirginia.com](mailto:vastatechair@usaplvirginia.com), [www.usaplvirginia.com](http://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](mailto:sonlightgym@frontier.com), [www.sonlightpower.com](http://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](http://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](mailto:hudsonj@uhd.edu), [www.wabdlcollegiate.info](http://www.wabdlcollegiate.info)  
**16 APR** » **APF/AAPF Texas Classic** (Austin, TX) » Greg & Heather Tillinghast, 940.783.1468, [apftexas@yahoo.com](mailto:apftexas@yahoo.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**16 APR** » **APA Raw National Championships** » John Micka, 601.297.5646, [\[micka@aol.com\]\(mailto:micka@aol.com\), Bobby Myers, 850.974.2880, \[alacqua-pits@netzero.net\]\(mailto:alacqua-pits@netzero.net\), \[www.aparawnationals.webs.com\]\(http://www.aparawnationals.webs.com\), \[www.apa-wpa.com\]\(http://www.apa-wpa.com\)  
\*\*16 APR\*\* » \*\*NASA Iowa State \(Equipped/Unequipped, PL/BP/PS/PP\)\*\* \(Des Moines, IA\) » \[www.nasa-sports.com\]\(http://www.nasa-sports.com\)  
\*\*16 APR\*\* » \*\*USAPL Richmond Open \(Mechanicsville, VA\)\*\* » Tricia & Gary Emrich, 804.559.1430, \[www.usapowerlifting.com\]\(http://www.usapowerlifting.com\)  
\*\*16 APR\*\* » \*\*NASA West Virginia State \(Equipped/Unequipped, PL/BP/PS/PP\)\*\* \(Ravenswood, WV\) » \[www.nasa-sports.com\]\(http://www.nasa-sports.com\)  
\*\*16 APR\*\* » \*\*APF/AAPF California State Championships\*\* \(Chatsworth, CA\) » Scot Mendelson, 818.399.0905, \[www.worldpowerliftingcongress.com\]\(http://www.worldpowerliftingcongress.com\)  
\*\*16 APR\*\* » \*\*SPF USA Southern Open BP/DL Championship Bash on the Beach\*\* \(St. George Island, FL\) » Tim Whitehead, 850.653.5800, \[eastpointearl@yahoo.com\]\(mailto:eastpointearl@yahoo.com\), \[www.southernpowerlifting.com\]\(http://www.southernpowerlifting.com\)  
\*\*16-17 APR\*\* » \*\*IPA Powerpalooza 13\*\* \(York, PA\) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, \[bench\\\_a\\\_grand@yahoo.com\]\(mailto:bench\_a\_grand@yahoo.com\), \[www.rychlakpowersystems.com\]\(http://www.rychlakpowersystems.com\), \[www.ipapower.com\]\(http://www.ipapower.com\)  
\*\*16-17 APR\*\* » \*\*WPF British Championships & International Open Championships \(PL/BP/DL\)\*\* \(Bath, Somerset, UK\) at the University of Bath » Greg Ashford, +07540 997411, \[www.wfpowerlifting.com\]\(http://www.wfpowerlifting.com\)  
\*\*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, \[www.upapower.com\]\(http://www.upapower.com\)  
\*\*23 APR\*\* » \*\*100% RAW Southeastern Regionals \(Estero, FL\)\*\* » Paul Bossi, \[pres@rawpowerlifting.com\]\(mailto:pres@rawpowerlifting.com\), \[www.rawpowerlifting.com\]\(http://www.rawpowerlifting.com\)  
\*\*23 APR\*\* » \*\*NPA Drug Free PL Nationals \(Freeport, IL\)\*\* at Fitness Lifestyles » Duane, 815.233.2292, \[duanefit4life@aol.com\]\(mailto:duanefit4life@aol.com\)  
\*\*23 APR\*\* » \*\*APA Lone Star Championships \(PL/PP/BP/DL\)\*\* \(McAllen, TX\) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, \[scott@apa-wpa.com\]\(mailto:scott@apa-wpa.com\), \[www.apa-wpa.com\]\(http://www.apa-wpa.com\)  
\*\*23 APR\*\* » \*\*USAPL AZ Open PL Championships \(Peoria, AZ\)\*\* » Rich Wenner, 480.688.7336, \[rich@usaplaz.com\]\(mailto:rich@usaplaz.com\), \[www.usaplaz.com\]\(http://www.usaplaz.com\), \[www.usapowerlifting.com\]\(http://www.usapowerlifting.com\)  
\*\*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, \[masspowerbarbellclub@gmail.com\]\(mailto:masspowerbarbellclub@gmail.com\), \[www.usapowerlifting.com\]\(http://www.usapowerlifting.com\)  
\*\*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, \[sonlightgym@frontier.com\]\(mailto:sonlightgym@frontier.com\), \[www.sonlightpower.com\]\(http://www.sonlightpower.com\)  
\*\*23 APR\*\* » \*\*Girls Inc. of Omaha Open Push/Pull \(Women Only\)\*\* \(Raw & Equipped\) \(BP/PL/PP\) \(Omaha, NE\) » Emily Mwaja, 402.457.4676, \[emwaja@girlsincomaha.org\]\(mailto:emwaja@girlsincomaha.org\), \[www.girlsincomaha.org\]\(http://www.girlsincomaha.org\)  
\*\*23 APR\*\* » \*\*USAPL Nebraska State Championship \(Lincoln, NE\)\*\* » Bill Sindelar, 402.986.1784, \[www.usapl.com\]\(http://www.usapl.com\)  
\*\*23 APR\*\* » \*\*NASA Oklahoma State \(Equipped/Unequipped, PL/BP/PS/PP\)\*\* \(Oklahoma City, OK\) » \[www.nasa-sports.com\]\(http://www.nasa-sports.com\)  
\*\*28 APR - 1 MAY\*\* » \*\*USAPL Men's Master Nationals\*\* \(Atlanta, GA\) » Greg Jones, 770.266.9258, \[www.usapowerlifting.com\]\(http://www.usapowerlifting.com\)  
\*\*29-30 APR\*\* » \*\*APF Raw Nationals & APF Single Ply Nationals\*\* \(Orlando, FL\) » Kieran Kidder & Amy Jackson, 630.896.7309, \[amyjackson@aol.com\]\(mailto:amyjackson@aol.com\), \[www.worldpowerliftingcongress.com\]\(http://www.worldpowerliftingcongress.com\)  
\*\*30 APR\*\* » \*\*100% RAW Henderson Open \(Henderson, NC\)\*\* » Paul Bossi, \[pres@rawpowerlifting.com\]\(mailto:pres@rawpowerlifting.com\), \[www.rawpowerlifting.com\]\(http://www.rawpowerlifting.com\)  
\*\*30 APR\*\* » \*\*USAPL MS State Championships \(Vicksburg, MS\)\*\* » Jim Battenfield, 601.665.7783, \[www.usapowerlifting.com\]\(http://www.usapowerlifting.com\)  
\*\*30 APR\*\* » \*\*USPA Santa Barbara Open \(PL/BP/DL, Raw & Single-ply\)\*\* \(Santa Barbara, CA\) at the Earl Warren Showgrounds at the SB County Fair » Kevin Fisher/Steve Denison, \[steve@uspla.org\]\(mailto:steve@uspla.org\), \[www.uspla.org\]\(http://www.uspla.org\)  
\*\*30 APR\*\* » \*\*SPF Ohio State PL/BP Championship\*\* \(Columbus, OH\) » Jesse Rodgers, 423.255.3672, \[roddersmadmax@bellsouth.net\]\(mailto:roddersmadmax@bellsouth.net\), \[ajroberts1234@gmail.com\]\(mailto:ajroberts1234@gmail.com\), \[www.southernpowerlifting.com\]\(http://www.southernpowerlifting.com\)  
\*\*30 APR\*\* » \*\*WPC East Switzerland Push/Pull Raw Championship\*\* \(Lienz, Austria\) » Billinger Christian & SPCO, \[info@powerlifting.ch\]\(mailto:info@powerlifting.ch\), \[www.worldpowerliftingcongress.com\]\(http://www.worldpowerliftingcongress.com\)  
\*\*30 APR\*\* » \*\*WNPF Georgia State Championships\*\* \(Atlanta, GA\) » Troy Ford, \[wnpf@aol.com\]\(mailto:wnpf@aol.com\), 770.668.4841, \[www.wnfp.net\]\(http://www.wnfp.net\)  
\*\*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, \[sonlightgym@frontier.com\]\(mailto:sonlightgym@frontier.com\), \[www.sonlightpower.com\]\(http://www.sonlightpower.com\)  
\*\*30 APR\*\* » \*\*SSA Imperium \(Full Power/Ironman/Single Lift\)\*\* \(Tribes Hill, NY\) » Iron Asylum Gym, 518.829.7990, \[www.ironasylumgym.com\]\(http://www.ironasylumgym.com\)  
\*\*30 APR\*\* » \*\*NASA New Mexico State \(Equipped/Unequipped, PL/BP/PS/PP\)\*\* \(Gallop, NM\) » \[www.nasa-sports.com\]\(http://www.nasa-sports.com\)  
\*\*1 MAY\*\* » \*\*APA Southwest Florida RAW Championships \(PL/BP/DL/PP/Overhead press/Curl\)\*\* \(Arcadia, FL\) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, \[scott@apa-wpa.com\]\(mailto:scott@apa-wpa.com\), \[www.apa-wpa.com\]\(http://www.apa-wpa.com\)](mailto:jg-</a></p></div><div data-bbox=)

**1 MAY** » **WPC Portugal National PL Championship (Portugal)** » Sandro Jose Eusebio, [sandroeusebio@hotmail.com](mailto:sandroeusebio@hotmail.com), [www.wpc-portugal.com.pt](http://www.wpc-portugal.com.pt), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**1 MAY** » **WNPF Southeastern Championships** (Greenville, SC) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, Adrian Locklear, [wnpfpower@aol.com](mailto:wnpfpower@aol.com), [www.wnfp.net](http://www.wnfp.net)  
**6-8 MAY** » **WPC Hungarian Equipped Championships** (Eger City, Hungary) » Peter Kerecsenyi, [hungarianpowerliftingcongress@gmail.com](mailto:hungarianpowerliftingcongress@gmail.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**7 MAY** » **100% RAW MN State Championships** (Little Falls, MN) » Luis Algarin, [mn\\_chair@rawpowerlifting.com](mailto:mn_chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
**7 MAY** » **AAU Oklahoma State & High School State PL Championships (PL/BP/DL)** (Sapulpa, OK) » Danny Berry, 918.695.3823, [danny@oklahomaaupowerlifting.com](mailto:danny@oklahomaaupowerlifting.com), [www.aupowerlifting.org](http://www.aupowerlifting.org)  
**7 MAY** » **APA/WPA Northwest Spring PL Championship** (Portland, OR) at the Northwest's Premier Strength Training Gym » Rudy Kadlub, 503.314.8014, [rakadlub@gmail.com](mailto:rakadlub@gmail.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**7 MAY** » **APA Northwest Spring PL Championship** (Portland, OR) » Scott

## APF/AAPF/WPC Schedule

**1-3 APR**, APF/AAPF Raw Nationals & AAPF Nationals  
**2-3 APR**, WPC Nationals  
**5-10 APR**, AWPC/WPC East European Championship  
**8-9 APR**, APF High School Nationals  
**9 APR**, WPC Finnish Nationals  
**16 APR**, APF/AAPF California State Championships  
**16 APR**, APF/AAPF Texas Classic  
**29-30 APR**, APF Raw Nationals & APF Single Ply Nats  
**30 APR**, WPC East Switzerland Push/Pull  
**1 MAY**, WPC Portugal National Championship  
**6-8 MAY**, WPC Hungarian Equipped Championship  
**7 MAY**, WPC Israel North Open BP Championship  
**14-15 MAY**, APF Master/Teen/Jr. Nationals  
**14-15 MAY**, WPC Canadian Pro/Am Equipped Nationals  
**14-15 MAY**, WPC Austrian Nationals  
**21 MAY**, APF/AAPF 3rd Annual Carolina Classic PP  
**21 MAY**, APF/AAPF Bulldog BP/DL  
**28 MAY**, APF Gulf Coast  
**MAY**, APF/AAPF Washington State Championships  
**11 JUN**, WPC CPF High School/CPF Raw Pro Nationals  
**11-12 JUN**, APF Senior Nationals  
**12 JUN**, WPC CPF Raw Amateur Nationals  
**19 JUN**, WPC OPO Nationals  
**25-26 JUN**, APF/AAPF Chicago Summer Bash 8  
**25 JUN - 2 JUL**, WPC European Championships  
**23 JUL**, APF/AAPF South Carolina Open  
**20 AUG**, APF/AAPF Summer Bash  
**AUG**, APF Kalamazoo Carnage Meet  
**AUG**, AWPC/WPC Eurasian Championship  
**1-4 SEP**, AWPC Worlds (Equipped & Raw)  
**3 SEP**, WPC OPO Wollongbar Gym Competition  
**10 SEP**, AAPF Summer Heat VII  
**19-21 SEP**, WPC Argentina Championships  
**24 SEP**, APF/AAPF EPC Summer Heat PL Meet  
**24 SEP**, WPC Finnish BP Championships  
**29 SEP**, WPC Swiss German Push/Pull Championships  
**20-22 OCT**, WPC Hungarian Raw Championship  
**OCT**, APF Wolverine Open  
**OCT**, APF/AAPF Rise of the DL, Beast of the BP  
**5 NOV**, APF/AAPF Southern States  
**12 NOV**, WPC Swiss Championship  
**12 NOV**, WPC OPO Age Titles  
**14-19 NOV**, WPC World Championships (Equipped & Raw)

*Dates subject to change*  
Call 866.389.4744 for more information  
or go to our website:  
[www.worldpowerliftingcongress.com](http://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](mailto:ocpowerlifters@gmail.com)

Pine Bush Firehouse State Route 52 Pine Bush NY 12566

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

# COMING EVENTS »

Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**7 MAY** » NASA Wisconsin Regional (Equipped/Unequipped, PL/BP/PS/PP) (Sheboygan, WI) » www.nasa-sports.com

**7 MAY** » WPC Israel North Open BP Championship (Israel) » Anna Marcus, anna.marcus@caol.co.il, www.big-champ.com, www.worldpowerliftingcongress.com

**7 MAY** » USPA Southwest Regional Championship (PL/BP/DL/PP, Raw & Single-ply, Multi-ply BP) (Phoenix, AZ) » Tim Sparkes & Tracy Garcia, www.uspla.org

**7 MAY** » IPA Championships of the Virginias (Gore, VA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

**7 MAY** » Biggest Bench on the River XIV (\$3000 cash for Pro Division) (New Roads, LA) » Reed Bueche, 225.718.2646, rbueche28@yahoo.com

**7 MAY** » WABDL Buckeye Hall of Fame Classic (Canton, OH) at the Pro Football Hall of Fame » Don Miskinis, 216.272.9409, www.wabdl.org

**7 MAY** » AAU Oklahoma State and High School Powerlifting Championships (Sapulpa, OK) at the Super 8 Hotel » Danny Berry, 918.695.3823, danny@oklahomaaapowerlifting.com, www.aapowerlifting.org

**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@pikitup.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.net, 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

**8 MAY** » WNPf Upstate New York Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**14 MAY** » USAPL New England Open PL Championships & Bay State BP/DL/PP Championships (Westwood, MA) » Michael Zawilinski, 781.706.4009, mike@ironrevolution.com, www.usapowerlifting.com

**14 MAY** » NASA Kentucky State (Equipped & Unequipped PL/BP/PP/PS) (KY) » www.nasa-sports.com

**14 MAY** » NASA Indiana State (Equipped & Unequipped PL/BP/PP/PS) (Kokomo, IN) » www.nasa-sports.com

**14 MAY** » APA 3rd Annual Lion Heart Sunshine State Raw Push-Pull (Clearwater, FL) » Stephen Byer, 727.743.1515, Lion Heart Gym, 11203 49th Street N, Clearwater, FL 33762, lionheartgym@tampabay.rr.com, www.apa-wpa.com

**14 MAY** » IPA Bench on the Boards (Wildwood, NJ) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

**14 MAY** » AAU Night of Champions III (Assisted & Raw, BP/DL) (Utica, NY) » Dave Kingwater, 315.723.2296, drdave@kingwaterchiropractic.com, www.aapowerlifting.org

**14 MAY** » USAPL Twin Ports Raw Open (Duluth, MN) » Joe Warpeha, 651.485.7353, www.usapowerlifting.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** » SPF Guerrilla Squad Barbell Classic PL/PP/BP/DL (Richmond, KY) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

**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, apftexas@yahoo.com, www.worldpowerliftingcongress.com

**14-15 MAY** » **WPC Canadian Pro/Am Equipped National Championship (Montreal, Canada)** » Bruce McIntyre, brucemcintyre@sympatico.ca, www.worldpowerliftingcongress.com

**14-15 MAY** » **WPC Austrian Nationals (Austria)** » Heidi & Gabi Buhl, heinz.buhl@gmx.at, www.worldpowerliftingcongress.com

**15 MAY** » SPF California State Championships (Sacramento, CA) at Super Training Gym » Mark Bell & Cara Westin/Super Training Gym, riotbarbie@hughes.net, www.southernpowerlifting.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** » APF/AAPF Bulldog BP/DL (Dillon, MT) » Phil Turner, 406.683.4663, pulln\_4gold@yahoo.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

**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, frankjpanaro@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 MAY** » **WPA Raw World PL Championships (PL/BP/DL/PP) (Portola, CA)** » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**21 MAY** » IPA 2nd Annual South Jersey Rumble (Paulsboro, NJ) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

**21 MAY** » Spring Fling BP (Eldersburg, MD) at the Athens Health Club » Tom Friedman, 410.549.3001

**21 MAY** » WABDL Northwest Regional BP/DL Championships (Medford, OR) at the Ramada Inn » Dan Guches, 541.890.3258, Sam Pecktol, 541.210.2026, www.wabdl.org

**21-22 MAY** » **NASA Bench Press Nationals** (Equipped/Unequipped BP/Power Sports BP) (Denver, CO) » www.nasa-sports.com

**22 MAY** » WPA Dnepropetrovsk Region Championship (Dnepropetrovsk, Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**22 MAY** » **WPA Gear Equipped World PL Championships (PL/BP/DL/PP) (Portola, CA)** » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.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 » Vasilii 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** » NASA West Texas State (Equipped & Unequipped PL/BP/PP/PS) (Hereford, TX) » www.nasa-sports.com

**28 MAY** » APF Gulf Coast (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com

**28 MAY** » Legends Drug-Free BP/DL Championships (Six events: BP, BP reps, DL, Ironman, Power Curl, The Posedown) (Snellville, GA) » Tee “Skinny Man” Meyers, Fitness 19, 3555 Centerville Hwy, Snellville, GA 30039, 706.513.7515, pythongym@aol.com

**28 MAY** » Pure Athletic Power Mountain Festival BP (Raw) (Bluefield, WV) » Donnie Robbins, all4athletes@live.com, 573.727.6937, www.pureathlet-icpower.com

**28 MAY** » USPF Muscle Beach PL Championships (PL/BP/DL/PP) (Venice, CA) at the Venice Recreation Center » Joe Wheatley, 818.246.2872, joesmusclebeach@yahoo.com, www.musclebeachvenice.com

**28 MAY** » ADAU Raw Power Pennsylvania State Powerlifting Championships at the Kumite Classic/Pittsburgh Fitness Expo (Pittsburgh, PA) » Nick Vlastic, 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, joesmusclebeach@yahoo.com

**MAY** » APF/AAPF Washington State Championships (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.com, www.worldpowerliftingcongress.com

**2-5 JUN** » WPF European Championships (PL/BP/DL) (Limerick, Ireland) at Kil-murray 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, parkhurst11@hotmail.com, L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com

**4 JUN** » 100% RAW NC American Challenge (Barco, NC) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com

**4 JUN** » 100% RAW NC State PL Championships (Currituck, NC) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com

**4 JUN** » 100% RAW NV American Challenge (Las Vegas, NV) » Fred Gutierrez, nv\_chair@rawpowerlifting.com, www.rawpowerlifting.com

**4 JUN** » 100% RAW NY American Challenge (Johnson City, NY) » Wayne Claypatch, ny\_chair@rawpowerlifting.com, www.rawpowerlifting.com

**4 JUN** » 100% RAW Mid Atlantic PL Championships (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

**4 JUN** » APA Longhorn Open (PL/PP/BP/DL) (McAllen, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**4 JUN** » NASA Missouri Grand (Equipped & Unequipped PL/BP/PP/PS) (Joplin, MO) » www.nasa-sports.com

**4 JUN** » IPA South Philly Push/Pull (Philadelphia, PA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

**4 JUN** » USAPL 9th Annual Big K's Powerlifting Championship (Cleveland, OH) » Gary Kanaga, 440.429.1028, www.bigkspowermeets.com

**4 JUN** » **WABDL Push-Pull National Championships (Phoenix, AZ)** at the Sheraton Crescent » Gus Rethwisch, 503.901.1622, www.wabdl.org

**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** » **WNPf 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, jjrsmoker@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 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com

**11 JUN** » 100% RAW AZ American Challenge (Prescott, AZ) » Paul Gillott, az\_chair@rawpowerlifting.com, www.rawpowerlifting.com

**11 JUN** » 100% RAW MD American Challenge (Marlowe Heights, MD) » Dan Corridean, www.rawpowerlifting.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.

## UPCOMING SLP COMPETITIONS

**2 APR**, *SLP Teenage Nationals & OH Open (Mansfield, OH)*

**9 APR**, *SLP National Raw BP/DL (Sallisaw, OK)*

**16 APR**, *SLP Wisconsin State BP/DL (Delavan, WI)*

**23 APR**, *SLP National BP/DL (Tuscola, IL)*

**30 APR**, *SLP Southwest Missouri Open (Branson, MO)*

**Son Light Power**

**122 W. Sale St., Tuscola, IL 61953**

**217.253.5429**

**www.sonlightpower.com sonlightgym@frontier.com**

wnpf.net

**11 JUN** » **WPC CPF High School/CPF Raw Pro Nationals (Waterloo, Canada)** » Bruce McIntyre, brucemcintyre@sympatico.ca, www.worldpowerliftingcongress.com

**11 JUN** » North American Ironman Championships (BP/DL/Strict Curl/Single Lift/Ironman) (Raw) (Runnemede, NJ) at the Holiday Inn » Robert Marcellino, 856.649.3458, Brian Potts, 856.776.3330, www.liftingmeetnj.freehostingnoads.net

**11 JUN** » WABDL Rocky Mountain Regional BP/DL Championships (Salt Lake City, UT) at the Hampton Inn » Ken Lyons, 801.690.4467, www.wabdl.org

**11 JUN** » RAW United UPF Challenge (Orlando, FL) » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org

**11 JUN** » 1st Annual North American Iron Championships (BP/DL/SC/Ironman BP/DL, raw) (Runnemede, NJ) at the Holiday Inn » Rob Marcellino, 856.649.3458, Brian Potts, 856.776.3330

**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\_taber@yahoo.com, www.worldpowerliftingcongress.com

**12 JUN** » 100% RAW NH American Challenge (Derry, NH) » Bret Kernoff, nh\_chair@rawpowerlifting.com, www.rawpowerlifting.com

**12 JUN** » **WPC CPF Raw Amateur Nationals (Waterloo, Canada)** » Bruce McIntyre, brucemcintyre@sympatico.ca, 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** » Wolfgang's 4th Annual Raw BP/DL Competition (Richmond, VA) at Wolfgang's Gym » Wolfgang's Gym, 804.276.0405, www.wolfgangsgym.net

**18 JUN** » 100% RAW NE American Challenge (Omaha, NE) » Ed Horwitz, ne\_chair@rawpowerlifting.com, www.rawpowerlifting.com

**18 JUN** » NPA Drug Free America's Cup BP/DL (Freeport, IL) at Fitness Life-styles » Duane, 815.233.2292, duanefit4life@aol.com

**18 JUN** » WABDL Great Northern BP/DL Championships (Olympia, WA) at the Red Lion Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

**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

**18 JUN** » APA Bluegrass State Open (PL/PP/BP/DL) (Louisville, KY) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**18 JUN** » 3rd Annual Lower Bucks Family YMCA Natural BP Competition (Fairless Hills, PA) » Michael Linder, 215.949.3400 ext. 68

**19 JUN** » **WPC OPO Nationals (Australia)** at the Allisonville Leisure Center » Ron Birch, rbirch@hotmail.au, www.worldpowerliftingcongress.com

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

**25 JUN** » USAPL Summertime Push-Pull & BBQ (Santa Clarita, CA) » Adam Johnson, usapl.ca@gmail.com, 701.610.1205, www.usapl-ca.org

**25 JUN** » USPA Central States Open Championship (Raw & Single-ply) (Kansas City, MO) » Jay Shelton & Rodney Woods, jayshelton74@yahoo.com, rodwood1967@yahoo.com, www.uspla.org

**25 JUN** » **Elite PL Nationals PL/BP/Raw BP** (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com

# COMING EVENTS »



**WORLD NATURAL POWERLIFTING FEDERATION**

**10 APR, WNPFA 23rd Nationals & Ironman Nationals & 600 lb. DL Challenge (Bordentown, NJ)**

**16 APR, WNPFA Florida States & WNPFA Raw Nationals (Meritt Island, FL)**

**30 APR, WNPFA Georgia State Champs (Atlanta, GA)**

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

**25 JUN »** USPF Sooner State Summer Games (PL/BP/DL) (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv, www.soonerstategames.org

**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) at Premier Fitness - 430 Nanuet Mall South » Brian Fahrenfeld, brian@premierfitnessny.com, 845.920.0501, www.premierfitnessny.com, 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

**25 JUN - 2 JUL »** WPC European Championships (Czech Republic) » Dan Dvorak, czechpowerlifting@gmail.com, www.worldpowerliftingcongress.com

**1-3 JUL »** WPA International Iron Games on Red Cave (BP/Overhead press/Strict curl) (Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**1-3 JUL »** USPA Raw National Championships (Open & Masters, Raw BP/DL) (Port St. Lucie, FL) » Brian Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org

**1-3 JUL »** USPA Single-ply & Multi-ply National Championship (PL/BP/DL; Multi-ply/All divisions) (Costa Mesa, CA) at the Hilton Hotel » Steve Denison, steve@uspla.org, www.uspla.org

**2 JUL »** 2nd Annual I.E.L.L. Bench Bash (Rancho Cucamonga, CA) at 8580 Miliken Ave. » Dr. Sam Graham, sammy40@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.aapowerlifting.org

**9 JUL »** USAPL Sunflower State Games (Topeka, KS) » Wayne Herl, 785.639.1390, www.usapowerlifting.com

**9 JUL »** APA New Jersey Open Summer Bash (PL/PP/BP/DL) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**9 JUL »** NASA West Virginia Open (Equipped/Unequipped, PL/BP/PS/PP) (Ra-

venswood, WV) » www.nasa-sports.com

**9 JUL »** NASA Youth Nationals (PL/PS/PP) (Ravenswood, WV) » www.nasa-sports.com

**9 JUL »** SPF Sweatt Shop Classic (Cincinnati, OH) » Laura Phelps Sweatt, 419.704.9172, AJ Roberts, ajroberts1234@gmail.com, www.southernpowerlifting.com

**9 JUL »** WABDL National BP/DL Championships (Nashville, TN) at the Preston Hotel » Ken Millrany, 931.308.4224, Gus Rethwisch, 503.901.1622, www.wabdl.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 »** 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 »** NASA Grand Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com

**9-10 JUL »** ADAU Raw Power National Powerlifting Championships (Open) & Single Lift (SQ/BP/DL) National Championships (Clearfield, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com

**10 JUL »** IPA Lexen Xtreme Summer Slam State Meet & Police Battle for the Badge (Full Power/BP/PP) (Columbus, OH) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

**10 JUL »** APA 24th Annual Nutmeg State Open (Wallingford, CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**10 JUL »** WABDL Sonny's 7th Annual Push-Pull Championships (Honolulu, HI) at the Hawaii Convention Center » Mike Saito for meet issues, 808.221.0129, Jocelyn Ronolo for entry issues, 808.387.8776, www.wabdl.org

**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 »** WNPFA 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 »** AAU Teenage Nationals (Sapulpa, OK) at the Sapulpa High School Gym » Danny Berry, 918.695.3823, danny@oklahomaapowerlifting.com, www.aapowerlifting.org

**16 JUL »** APA New England Regional Record Breakers Championships (Monolift Utilized) (Peabody, MA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

**16 JUL »** AAU Teen Nationals PL/BP (Sapulpa, OK) at the Super 8 Hotel/Sapulpa High School gym » Danny Berry, 918.695.3823, danny@oklahomaapowerlifting.com, www.aapowerlifting.org

**16 JUL »** NASA South Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com

**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 »** WNPFA 13th USA Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**23 JUL »** Pro Louisiana Bodybuilding, Figure, Men's Fitness, Bikini and Raw BP Championships (Over \$15000 in prizes) (Kenner, LA) at the Crowne Plaza Hotel » Ricco Impastato, 504.442.0678, www.prolouisiana.com

**23 JUL »** IPA Connecticut State Championships @ Europa Supershow (Hartford, CT) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

**23 JUL »** APF/AAPF South Carolina Open (Pelion, SC) at American Muscle, Fitness and Strength » Will Millman, shelter223@gmail.com, www.worldpowerliftingcongress.com

**23 JUL »** WABDL Midwest Regional BP/DL Championships (Madison, WI) at the Crowne Plaza Hotel » David Constantineau, 920.737.2505, Gary Gulseth, 608.576.2075, www.wabdl.org

**23 JUL »** Cardinal Strongman Challenge II (Davidson, MI) » Aaron West, awest@mistrongman.com, 810.931.8952, www.mistrongman.com

**23 JUL »** ADFFP "Unequipped" Larry Garro Memorial Bench & Deadlift (Rose-

dale, MD) at Exile Fitness » Brian Washington, 410.265.8264, brian@usbf.net

**23 JUL »** USPC Larry Garro Memorial Power Curl (Rosedale, MD) at Exile Fitness » Brian Washington, 410.265.8264, brian@usbf.net

**23 JUL »** 7th Vermont State Raw BP Championship (South Burlington, VT) » Richard Poston, 802.999.7845, www.aafvt.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, joemusclebeach@yahoo.com

**30 JUL »** 100% RAW Western Canadian Nationals (Calgary, AB, Canada) » Adam Price, ab\_chair@rawpowerlifting.com, www.rawpowerlifting.com

**30 JUL »** 100% RAW Eastern USA Open (Woodbridge, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

**30 JUL »** NASA Tri-State Regional (All NASA classes; proceeds go to Flora High School cheerleaders) (Flora, IL) » Smitty, 618.662.3413, lesmitty@bsspeedy.com, www.nasa-sports.com

**30 JUL - 1 AUG »** AAU JR Olympic Games (New Orleans, LA) at the Ernest N. Morial Convention Center » www.aajrogames.org, www.aapowerlifting.org

**30 JUL »** USAPL AZ State Championships (AZ) » Rich Wenner, 480.688.7336, rich@usaplaz.com, www.usaplaz.com, www.usapowerlifting.com

**30 JUL »** WABDL Southwest Regional BP/DL Championships (Dallas, TX) at the Crowne Plaza Hotel » Alex Calvo, 817.403.3525, www.wabdl.org

**30 JUL »** USAPL Virginia State Single Lifts Championships BP/DL/PP (Stanardsville, VA) » John Shifflett, 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 »** WNPFA Drug Free Nationals (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**5 AUG »** USPA 3rd Annual Baddest Bench at the Big Show! (Multi-ply, BP only) (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org

**5-6 AUG »** USAPL State Games of America (San Diego, CA) » Lance Slaughter, lanceoslaughter@yahoo.com, 310.995.0047, www.calstategames.org/sga-home.html, www.usapl-ca.org

**6 AUG »** 100% RAW NV State Championships (Las Vegas, NV) » Fred Gutierrez, nv\_chair@rawpowerlifting.com, www.rawpowerlifting.com

**6 AUG »** USPA Rocky Mountain Regional PL Championship (Raw, Single-ply, Multi-ply; PL/BP/DL) (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org

**6 AUG »** IPA New York State PL Championships (Rochester, NY) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

**6 AUG »** UPA Ultimate Powerlifting Challenge (Raw & Equipped, Pro & Amateur, cash prizes) (Ithaca, NY) » James Howell, jh198@hotmail.com, 607.379.0200

**6 AUG »** PRPA Louisiana Raw BP Championships (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com

**6 AUG »** WNPFA 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) (OKC, OK) » www.nasa-sports.com

**10 AUG »** 100% RAW National Powerlifting Championships (Phoenix, AZ) » Paul Gillott, az\_chair@rawpowerlifting.com, www.rawpowerlifting.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 Sierra Nevada Open (PL/BP/DL/PP; Raw & Single-ply) (Grass Valley, CA) » Steve & Karen Matthews, srmatthews\_2000@yahoo.com, www.uspla.org

**13 AUG »** WABDL Capitol City Classic BP/DL Championships (Sacramento, CA) at the Marriott Hotel Rancho Cordova » Jody Woods, 916.524.0914, www.wabdl.org

**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 »** WNPFA 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 »** 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 »** SPF Powerstadium Pro/Am (Cincinnati, OH) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

**20 AUG »** WABDL Great Lakes Regional BP/DL Championships (Lansing, MI) at the Causeway Bay Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

**20 AUG »** USPA Mid Cities Bench Press (Lakewood, CA) » Chuck LaMantia, ckclama@aol.com, www.uspla.org

**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 »** WNPFA 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 State 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

## WABDL TOM FOLEY BENCH PRESS & DEADLIFT CLASSIC

Premier Fitness  
430 Nanuet Mall South  
Nanuet, NY 10954

**SATURDAY, JUNE 25, 2011**

This meet is held in memory of FDNY firefighter and powerlifter Tom Foley of Rescue 3. Tom was tragically killed in the World Trade Center 9/11 Terror Attacks. Proceeds raised from t-shirt sales will be donated to the Thomas J. Foley Memorial Scholarship Fund. T-shirts will be available at the meet.

This is a World Championship Qualifier: the top three finishers in every weight class of every division qualify for the World Championship in 2011 in Las Vegas, NV.

**For additional information contact:** Brian Fahrenfeld, Premier Fitness 845.920.0501 or brianf@premierfitnessny.com

**Applications available at:**  
www.premierfitnessny.com & www.wabdl.org

# COMING EVENTS »

**27 AUG** » APA South Carolina Summer Bash (PL/BP/DL/PP/Overhead press/Strict Curl) (Florence, SC) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com  
**27 AUG** » USPA Treasure Coast Classic (PL/BP/DL; Raw & Single-ply) (Port St. Lucie, FL) » Brian Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org  
**AUG** » AWPC/WPC Eurasian Championship (Raw & Equipped) (Kursk, Russia) » Igor Umerenkov, wpc@wpc-wpo.ru, www.wpc-wpo.ru, www.worldpowerliftingcongress.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** » WPC OPO Wollongbar Gym Competition (Australia) » Ron Birch, rbirch@hotmail.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** » USAPL Wyoming PL/BP Championships (Gillette, WY) at the Recreation Center Field House » Bill Collins, billcollins\_4@q.com, 307.687.7402, www.usapowerlifting.com  
**10 SEP** » NASA Multi-State Regional (Equipped/Unequipped, PL/BP/PS/PP) (Milwaukee, WI) » www.nasa-sports.com  
**10 SEP** » IPA Pennsylvania State PL Championships (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com  
**10 SEP** » SPF Southern Regionals (Arab, AL) at Fitness Factory » Jesse Rodgers, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.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, aldagb@msoe.edu, www.nasa-sports.com  
**10 SEP** » WNPF 4th Jake the Hammer Classic (BP/DL/PC) (Fitzgerald or Tifton, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**10 SEP** » WNPF Night of Champions (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 Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com  
**10-11 SEP** » RAW United Gary Gordon Memorial Armed Forces Championships (Jacksonville, FL) » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**11 SEP** » WPF UK Open Championships (PL/BP/DL) (Morrison, Swansea, Wales) at the Old Barn Inn & Restaurant » Ken Williams, +07970 625946, www.wppowerlifting.com  
**16-18 SEP** » SPF/WBPLA World Championship (Knoxville, TN) » Jesse Rodgers, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.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  
**19-21 SEP** » WPC Argentina PL/BP Championships (Cordoba, Argentina) » Leonardo Cavaglia, powerlifting76@hotmail.com, www.worldpowerliftingcongress.com  
**22-25 SEP** » WUAP World PL/BP Championships (Atlanta, GA) » L.B. Baker, 770.713.3080, lbaker@ironrawdawg.com, www.americanpowerliftingcommittee.com  
**24 SEP** » APF/AAPF EPC Summer Heat (Portland, OR) at the Elite Performance Center » Chris Duffin, 971.404.3046, www.worldpowerliftingcongress.com  
**24 SEP** » WPC Finnish BP Championships (Hyvinkaa, Finland) » Ano & Minna Turtiainen, ano.turtiainen@gometal.com, www.gometal.com, www.worldpow-

erliftingcongress.com  
**24 SEP** » ADPPF "Unequipped" Maryland BP Open (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net  
**24 SEP** » USPC Power Curl Open Nationals (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net  
**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  
**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  
**29 SEP** » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com  
**30 SEP** » 100% RAW Single Lift World Championships (Las Vegas, NV) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.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.aapowerlifting.org  
**8 OCT** » NPA Drug Free Nationals BP/DL (Freepport, IL) at Fitness Lifestyles » Duane, 815.233.2292, duanefit4life@aol.com  
**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** » RAW United Tony Conyers Extravaganza (Raw/Single-Ply) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 220 W. Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**8 OCT** » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com  
**15 OCT** » NASA Kentucky Regional (Equipped & Unequipped PL/BP/PS/PP) (Moorehead, KY) » www.nasa-sports.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  
**20-22 OCT** » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com  
**22 OCT** » IPA Lexen Xtreme Fall Classic (Full Power/BP/PP) (Columbus, OH) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com  
**22 OCT** » RAW United Rev. Milton Simmons Memorial Open (Hagerstown, MD) » Spero Tshontikidis, 220 W. Silverthorn Lane, Ponte Vedra, FL 32081, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**22 OCT** » IPA/RPS Power Challenge: Boston (N. Attleboro, MA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com  
**22 OCT** » USPF 14th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv  
**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** » 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** » 100% RAW World Powerlifting Championships (Orlando, FL) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com  
**29 OCT** » NASA Missouri Regional (Equipped & Unequipped PL/BP/PS/PP) (Joplin, MO) » www.nasa-sports.com  
**29 OCT** » USAPL Open (AZ) » Rich Wenner, 480.688.7336, rich@usaplaz.com, www.usaplaz.com, www.usapowerlifting.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, rodgersmadmax@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  
**NOV** » WNPF 5th All-American Championships (Pt. St. Lucie, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**1-6 NOV** » WABDL World BP/DL Championships (Reno, NV) at the Pepper-mill Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org  
**5 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  
**5 NOV** » APF/AAPF Southern States (Orlando, FL) » Brian Schwab, light-weightpower@aol.com, www.worldpowerliftingcongress.com  
**5 NOV** » IPA Autumn Apocalypse (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com  
**5-6 NOV** » NASA Arizona Regional (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com  
**5-6 NOV** » AAU World PL Championship (3-lift), International Push-Pull & Single Lift Championship (Kissimmee, FL) » Judy & Steve Wood, 804.559.4624, Jill Meads, 804.730.8810, vapowerlifting@aol.com, www.aapowerlifting.org  
**5-6 NOV** » NASA Masters & Sub Masters Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com  
**6 NOV** » APA 24th Annual Bay State Open Championships (PL/PP/BP/DL) (Northampton, MA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com  
**6 NOV** » SPF Women's Pro/Am (Sacramento, CA) at Super Training Gym » Mark Bell & Cara Westin/Super Training Gym, riotbarbie@hughes.net, www.southernpowerlifting.com  
**9-13 NOV** » WPF World Championships (PL/BP/DL) (Palm Beach, FL) at the Marriott Hotel » David Jeffrey, matoffical@yahoo.com, www.wppowerlifting.com  
**12 NOV** » USAPL Southern California Regionals (Santa Clarita, CA) » Adam Johnson, usapl.ca@gmail.com, 701.610.1205, www.usapl-ca.org  
**12 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  
**12 NOV** » NASA Colorado Regional (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com  
**12 NOV** » NASA West Virginia Regional (Equipped/Unequipped, PL/BP/PS/PP) (Ravenswood, WV) » www.nasa-sports.com  
**12 NOV** » WPC Swiss PL/BP Championship (Raw & Equipped) (Sierre, Switzerland) » Cina Serge, info@powerlifting.ch, www.worldpowerliftingcongress.com  
**12 NOV** » WPC OPO Age Titles (Melbourne, Australia) at ESP Gym » Ron Birch, rbirch@hotmail.com, www.worldpowerliftingcongress.com  
**12 NOV** » SPF Record Breakers (Gatlinburg, TN) at Glenstone Lodge » Jesse Rodgers, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com  
**12-13 NOV** » WNPF 20th WNPF World Tournament of Champions (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**14-19 NOV** » WPC World Championships (Equipped & Raw) (Riga, Latvia) » Raivo Chiapas, tomass@hello.lv, www.worldpowerliftingcongress.com  
**15-20 NOV** » USPA World Single-ply and Multi-ply Championship (Las Vegas, NV) » Steve Denison, steve@uspla.org, www.uspla.org  
**19 NOV** » NASA Kansas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Sa-

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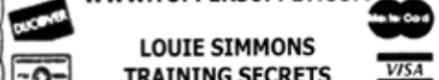


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**19 NOV** » USAPL Stars and Stripes BP/DL Championships (Clarks Summit, PA) » Steve Mann, [steve@purepowerlifting.com](mailto:steve@purepowerlifting.com), 570.309.6316, [www.2011collegiate.purepowerlifting.com](http://www.2011collegiate.purepowerlifting.com)  
**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, [sonlightgm@frontier.com](mailto:sonlightgm@frontier.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**19-20 NOV** » IPA National Powerlifting Championships (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, [chailfit@yahoo.com](mailto:chailfit@yahoo.com), [echaillet@aol.com](mailto:echaillet@aol.com), [www.chailletsprivatefitness.com](http://www.chailletsprivatefitness.com), [www.ipapower.com](http://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, [sonlightgm@frontier.com](mailto:sonlightgm@frontier.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**3 DEC** » IPA Christmas Carnage (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com), [www.ipapower.com](http://www.ipapower.com)  
**3 DEC** » 11th Annual Pocket Samson's Christmas Classic BP/DL (All wt. classes/divisions) (Eldersburg, MD) at the Athens Health Club » Glenn Murphy Jr., 410.634.9195  
**3 DEC** » USPA Georgia Winter Open PL Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, [stevegoggins@netscape.net](mailto:stevegoggins@netscape.net), [www.uspla.org](http://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, [sonlightgm@frontier.com](mailto:sonlightgm@frontier.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**3 DEC** » WNPf Ralph Peach Memorial (Henderson, NC) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)  
**4 DEC** » WPF British Open BP & DL Record Breakers Championships (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, +07779 322717, [www.wppowerlifting.com](http://www.wppowerlifting.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@pikilup.com](mailto:al@pikilup.com), [www.adaurawpower.com](http://www.adaurawpower.com)  
**10 DEC** » WPA Single Deadlift Tournament "Unlimited Deadlift" (Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)  
**10 DEC** » WPC Metal Gym Christmas BP/DL (Finland) » Ano & Minna Turtiainen, [ano.turtiainen@gometal.com](mailto:ano.turtiainen@gometal.com), [www.gometal.com](http://www.gometal.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**10 DEC** » USPA Ironman PL Championship (Multi-ply only) (Fresno, CA) » Bob Packer, [wheelersfitnessfresno@gmail.com](mailto:wheelersfitnessfresno@gmail.com), 559.322.6805, 559.760.2970, [www.uspla.org](http://www.uspla.org)  
**10 DEC** » 100% RAW Virginia State and Christmas Classic PL/BP/DL Championships (Zion Crossroads, VA) » John Shifflet, 186 Happy Hollow Road, Ruckersville, VA 22968, [valifting@aol.com](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
**10 DEC** » USPA Camp Pendleton Open (Raw/Single-ply) (Camp Pendleton, CA) » Steve Denison, [steve@uspla.org](mailto:steve@uspla.org), [www.uspla.org](http://www.uspla.org)  
**10 DEC** » APF Holiday Festival of Strength (Camarillo, CA) » Scot Mendelson & Denise Pollock, [mendysbench@gmail.com](mailto:mendysbench@gmail.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**10 DEC** » WNPf 14th Sarge McCray Championships (Bordentown, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://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](http://www.usapowerlifting.com)

**11 DEC** » WNPf East Coast Championships (Location TBA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)  
**17 DEC** » APF Tampa Barbell Meet (Tampa, FL) » Tommy Fannon, [tfannon@gmail.com](mailto:tfannon@gmail.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**17 DEC** » WPC Israel Open BP/PP (Israel) » Anna Marcus, [anna.marcus@caol.co.il](mailto:anna.marcus@caol.co.il), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**17 DEC** » USPA Norcal Open (PL/BP/DL/PP, Raw & Single-ply) (Modesto, CA) » Steve Denison, [steve@uspla.org](mailto:steve@uspla.org), [www.uspla.org](http://www.uspla.org)  
**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, [sonlightgm@frontier.com](mailto:sonlightgm@frontier.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**DEC** » APF/AAPF Illinois Raw Power Challenge (Chicago, IL) » Eric & Jackie Stone, 630.677.4358, [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**DEC** » APF/AAPF Alabama State Meet (Gadsden, AL) » Buddy McKee, [mastermonster@comcast.net](mailto:mastermonster@comcast.net), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**DEC** » APF/AAPF Invitational (Aberdeen, WA) » Don Bell, 360.532.8339, [flex@techline.com](mailto:flex@techline.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
**2011** » USAPL Bench Press Nationals (Orlando, FL) » Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, [www.usapowerlifting.com](http://www.usapowerlifting.com)  
**3 MAR 2012** » Lexen Xtreme Pro/Elite Coalition (Full Power/BP; Multi-ply) (TBD) » Dan Dague, 614.554.8824, [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com), [www.lexenxtreme.com](http://www.lexenxtreme.com)  
**4 MAR 2012** » IPA Lexen Xtreme International Open (Full Power/BP/PP; All Divisions) (TBD) » Dan Dague, 614.554.8824, [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com), [www.lexenxtreme.com](http://www.lexenxtreme.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](http://www.usapowerlifting.com)  
**25-26 AUG 2012** » USAPL National BP Championships (Palm Springs, CA) » Lance Slaughter, [lanceoslaughter@yahoo.com](mailto:lanceoslaughter@yahoo.com), 310.995.0047, [www.usapl-ca.org](http://www.usapl-ca.org)  
**AUG/SEP 2012** » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, [www.worldpowerliftingcongress.com](http://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@pikilup.com](mailto:al@pikilup.com), [www.adaurawpower.com](http://www.adaurawpower.com)  
**NOV 2012** » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

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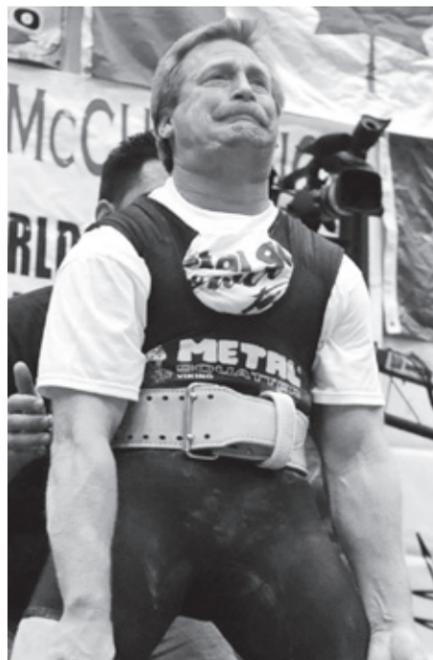
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POWERLIFTING USA coverperson – Brian Fahrenfeld



From the Great Pacific Northwest – Dan Guches at the WABDL Worlds

Will you make the upcoming TOP 100 list for the 220 lb. class? Last time we ranked this class the minimum lifts to make that list were 650 lb. in the squat, 515 lb. in the bench press, 622 lb. in the deadlift, and 1653 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 220 lb. class will be March 2010 through March 2011 and it will appear in our June 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 shot of you with your first car) to Powerlifting USA, PO Box 467, Camarillo, CA 93011 or e-mail it to [lambertplusa@aol.com](mailto:lambertplusa@aol.com) (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.



Brian Tincher has broken the 2000 barrier – a world class performance



Rudy Ruettiger started competing in 1971 and has the very first issue of POWERLIFTING USA ever published and hasn't missed an issue since. He still runs Rudy's Gym in Joliet, IL.



Mike Cartinian leads the way in the bench press by a huge margin



AAU star Tony Rodriguez with his record setting 617 at the AAU Worlds (c. Martin Drake)



The USAPL's Dan Williams has done some magnificent deadlifting in the 181 lb. class

For standard 181 lb./82 kg. USA lifters in results received from JAN 2010 through JAN 2011

SQUAT

- 1 910 Caslow, A., 8/20/10
- 2 903 Cartinian, M., 6/6/10
- 3 805 Tincher, B., 8/20/10
- 4 804 Manley, M., 6/6/10
- 5 804 Hooper, W., 6/20/10
- 6 782 Krawiec, T., 6/6/10
- 7 740 Huffman, H., 6/6/10
- 8 733 Bozelle, J., 3/27/10
- 9 733 Waldron, W.C., 6/12/10
- 10 725 Harrod, A., 3/20/10
- 11 725 McElroy, J., 10/30/10
- 12 722 Williams, D., 11/7/10
- 13 720 Van Alstyne, M., 8/7/10
- 14 710 Benedix, B., 5/9/10
- 15 710 Bavetz, M., 8/20/10
- 16 705 Bell, B., 3/27/10
- 17 705 Henson, Z., 6/6/10
- 18 705 Norris, J., 6/20/10
- 19 705 Cagnolatti, D., 7/18/10
- 20 700 Sands, D., 2/13/10
- 21 700 Piermattei, F., 4/18/10
- 22 700 Coleman, A., 8/20/10
- 23 700 O'Malley, S., 10/30/10
- 24 683 Verbois, S., 6/20/10
- 25 683 Adkins, J., 7/31/10
- 26 680 Hohman, Z., 3/10
- 27 675 Devers, G., 9/11/10
- 28 661 Meche, S., 4/17/10
- 29 661 Vallone, A., 6/6/10
- 30 650 Summerville, D., 7/24/10
- 31 650 Domanski, E., 7/31/10
- 32 645 Hanley, M., 1/30/10
- 33 639 Hollenbeck, A., 1/29/11
- 34 637 Merchant, S., 10/10
- 35 633 Gutierrez, N., 6/20/10
- 36 630 Garland, T., 2/27/10
- 37 630 Land, J., 2/27/10
- 38 630 Long, J., 3/10
- 39 628 Randall, C., 6/6/10
- 40 628 Rohr, J., 6/20/10
- 41 628 Conway, B., 11/20/10
- 42 622 Williams, R., 4/17/10
- 43 620 Saloman, A., 11/13/10
- 44 617 v.d.Weghe, S., 6/6/10
- 45 617 Steil, A., 7/31/10
- 46 617 Miclon, D., 11/13/10
- 47 615 Morrison, L., 6/6/10
- 48 610 Romeo, M., 5/8/10
- 49 606 Kuehn, G., 1/30/10
- 50 606 Winchester, M., 4/17/10
- 51 606 Ruettiger, R., 7/17/10
- 52 606 Breider, W., 1/29/11
- 53 605 Fisher, B., 3/10
- 54 605 Perez, S., 5/10
- 55 600 Ramirez, E., 3/10
- 56 600 Garcia, J., 3/10
- 57 600 Polk, C., 3/10
- 58 600 Loncharich, M., 4/17/10
- 59 600 Fleming, M., 6/19/10
- 60 600 Little, B., 8/20/10
- 61 590 Ehrenberg, S., 10/10
- 62 585 Wilson, J., 3/10
- 63 585 Dyles, L., 5/1/10
- 64 585 Santos, S., 10/10
- 65 584 Ferguson, T., 2/6/10
- 66 584 Ingram, W., 4/17/10
- 67 584 Davis, J., 11/6/10
- 68 580 Murphy, J., 3/10
- 69 580 Cozby, R., 3/10
- 70 580 Haynie, T., 3/10
- 71 580 McCloskey, A., 4/18/10
- 72 578 Demeck, B., 3/21/10
- 73 578 Ducharme, B., 3/10
- 74 578 Plunket, T., 4/17/10
- 75 575 Horein, S., 5/10
- 76 575 Curtis, G., 10/30/10
- 77 573 Acosta, T., 1/10
- 78 573 McCloud, B., 11/13/10
- 79 573 Caceres, A., 1/11
- 80 570 Scott, B., 7/10/10
- 81 570 Walker, V., 11/13/10
- 82 570 Richardson, E., 11/10
- 83 567 Pascual, J., 3/20/10
- 84 567 Cary, K., 6/6/10
- 85 567 Monral, J., 6/20/10
- 86 567 Lewis, J., 9/11/10
- 87 567 McMasters, L., 11/6/10
- 88 567 Simmons, J., 11/13/10
- 89 565 Naughton, D., 2/20/10
- 90 565 Longoria, G., 3/10
- 91 565 Johnson, K., 6/6/10
- 92 565 Labat, P., 11/13/10
- 93 562 Hobaica, A., 1/10
- 94 562 Epelbaum, G., 1/10
- 95 562 Williams, J., 1/30/10
- 96 562 Cadiz, J., 6/20/10
- 97 560 Hatthcock, T., 3/13/10
- 98 560 Ward, T., 3/10
- 99 560 Petrillo, D., 6/27/10
- 100 560 York, M., 12/12/10

BENCH PRESS

- 755 Cartinian, M., 6/6/10
- 584 Linerud, D., 6/19/10
- 578 Wagner, R., 1/11
- 575 Tincher, B., 8/20/10
- 551 Thurman, D., 4/1/10
- 551 Marinis, N., 5/9/10
- 551 Cagnolatti, D., 7/18/10
- 551 Narolsky, V., 10/16/10
- 550 Land, J., 2/27/10
- 540 Caslow, A., 8/20/10
- 534 Soto, D., 3/13/10
- 534 Mamola, A., 8/31/10
- 530 Van Alstyne, M., 8/7/10
- 525 Harrod, A., 3/20/10
- 520 Lewis, T., 11/21/10
- 512 Ciupinski, M., 1/9/10
- 512 Daniels, K., 3/20/10
- 512 Naughton, D., 7/17/10
- 510 Phelps, L., 3/27/10
- 510 Coleman, A., 8/20/10
- 507 Krawiec, T., 6/6/10
- 507 Randall, C., 6/6/10
- 505 Garland, T., 2/27/10
- 501 Adkins, J., 7/31/10
- 501 DeMatteo, J., 8/31/10
- 500 Magnotta, J., 1/30/10
- 500 Bavetz, M., 8/20/10
- 496 Ammerman, B., 8/10
- 495 Crowe, B., 5/29/10
- 485 Lenius, D., 5/15/10
- 480 Huffman, H., 6/6/10
- 480 Morrison, L., 6/6/10
- 480 Harder, J., 8/20/10
- 475 Brewer, P., 4/10/10
- 475 Masters, A., 2/5/10
- 475 Larrisey, S., 5/15/10
- 473 Bennett, S., 5/27/10
- 470 Summerville, D., 7/24/10
- 468 Ryan, M., 5/15/10
- 465 House, M., 8/7/10
- 462 Ruelan, M., 7/24/10
- 457 Bozelle, J., 3/27/10
- 455 Stinson, T., 4/17/10
- 455 Piermattei, F., 4/18/10
- 451 Thompson, D., 3/13/10
- 450 Mazza, J., 4/10/10
- 446 Harris, R., 3/13/10
- 446 Beck, C., 4/3/10
- 446 Meche, S., 5/27/10
- 445 Kuphal, J., 11/20/10
- 440 Hill, J., 1/10
- 440 Button, J., 2/6/10
- 440 Brite, L., 4/17/10
- 440 Johnson, B., 4/24/10
- 440 Agaran, D., 6/27/10
- 440 Arguello, N., 8/10
- 440 Devers, G., 9/11/10
- 435 Lee, J., 2/13/10
- 435 Hillyard, R., 2/2/10
- 435 Ingram, W., 4/17/10
- 435 McGraw, M., 4/24/10
- 435 Romeo, M., 5/8/10
- 435 Gutierrez, N., 6/20/10
- 435 Cencich, T., 12/5/10
- 430 Bouyer, C., 1/23/10
- 430 Carone, V., 8/20/10
- 430 EGIL, R., 8/22/10
- 430 Sparks, D., 11/6/10
- 430 Keys, B., 11/13/10
- 429 Breider, W., 1/29/11
- 425 Johnson, K., 6/6/10
- 425 Hatthcock, T., 6/19/10
- 424 McDougal, J., 1/10
- 424 Griffin, G., 1/10
- 424 Bell, B., 3/27/10
- 424 Munoz, A., 4/17/10
- 424 Low, A., 4/10
- 424 Craig, S., 6/6/10
- 424 Matsumoto, K., 6/27/10
- 420 Johnson, R., 2/27/10
- 420 Hamer, T., 3/10
- 420 Fichter, D., 11/13/10
- 418 Loncharich, M., 4/17/10
- 418 Labat, P., 4/17/10
- 418 Verbois, S., 6/20/10
- 418 Medelez, V., 7/17/10
- 418 Muscatella, A., 8/14/10
- 418 Williams, D., 11/7/10
- 418 Cunningham, J., 12/10/10
- 418 Byars, R., 1/11
- 413 Hobaica, A., 1/10
- 413 Ruettiger, R., 7/17/10
- 413 Conner, C., 8/31/10
- 413 Blindauer, J., 8/31/10
- 410 Saloman, A., 11/13/10
- 407 Walker, D., 3/13/10
- 407 Garcia, R., 6/26/10
- 407 DeLaPaz, J., 7/10/10
- 407 DelaPaz, J., 7/10/10
- 407 Domanski, E., 7/31/10

DEADLIFT

- 727 Williams, D., 11/7/10
- 705 Manmano, E., 6/27/10
- 699 Terry, C., 10/23/10
- 688 Tertiski, A., 1/23/11
- 677 Lane, M., 1/10
- 677 Mangum, A.J., 11/18/10
- 675 Caslow, A., 8/20/10
- 666 Acosta, T., 1/10
- 664 Norris, J., 9/2/10
- 661 Hollenbeck, A., 1/29/11
- 650 Cartinian, M., 6/6/10
- 650 Epelbaum, G., 1/23/11
- 645 Tincher, B., 8/20/10
- 644 Sadv, R., 1/10
- 644 Waldron, W.C., 2/13/10
- 644 Rohr, J., 6/20/10
- 644 Amen-Ra, N., 7/16/10
- 644 Woodley, L., 7/17/10
- 639 Reid, T., 1/10
- 633 Garofalo, R., 7/16/10
- 630 Braca, J., 10/23/10
- 630 Artur, C., 11/10
- 628 Hansen, D., 5/15/10
- 628 Adkins, J., 7/31/10
- 622 McDougal, J., 1/10
- 622 Steil, A., 7/31/10
- 622 Williams, R., 11/6/10
- 620 Petrillo, D., 6/27/10
- 617 Hobaica, A., 1/10
- 617 Meche, S., 4/17/10
- 617 Winchester, M., 4/17/10
- 617 Lewis, J., 9/11/10
- 617 Rodriguez, T., 10/9/10
- 617 McMasters, L., 11/6/10
- 615 Devers, G., 9/11/10
- 611 Kiraly, B., 3/27/10
- 611 Verbois, S., 4/17/10
- 611 Paltzer, G., 6/12/10
- 610 Mask, K., 1/29/11
- 606 Dorsten, J., 3/27/10
- 606 Bozelle, J., 3/27/10
- 606 Conway, B., 4/17/10
- 606 Favela, Z., 6/5/10
- 606 Koyle, B., 6/19/10
- 606 Domanski, E., 7/31/10
- 606 Perryman, V., 1/11
- 605 Harrod, A., 3/20/10
- 605 White, E., 6/26/10
- 605 Bavetz, M., 8/20/10
- 602 Merchant, S., 10/10
- 600 Button, J., 2/6/10
- 600 Blindauer, J., 2/27/10
- 600 Fleming, M., 3/13/10
- 600 Bell, B., 3/27/10
- 600 Hollars, T., 3/10
- 600 Grasl, C., 6/6/10
- 600 Fahrenfeld, B., 6/19/10
- 600 Baker, M., 6/20/10
- 600 Van Alstyne, M., 8/7/10
- 600 Davis, J., 11/6/10
- 600 Saloman, A., 11/13/10
- 600 Verbois, R., 11/13/10
- 600 Petrucci, J., 11/13/10
- 600 Richardson, E., 11/10
- 595 Horein, S., 5/10
- 595 Szymanski, D., 6/12/10
- 595 Gutierrez, N., 6/20/10
- 595 Clark, R., 10/16/10
- 590 York, M., 12/12/10
- 589 Felton, D., 5/15/10
- 589 Srokowski, M., 7/16/10
- 585 Larrisey, S., 5/15/10
- 585 Schohowski, M., 6/19/10
- 585 Ridings, E., 9/18/10
- 584 Loncharich, M., 4/17/10
- 584 Ingram, W., 4/17/10
- 584 Kley, G., 5/15/10
- 584 Zanetti, L., 5/30/10
- 580 Hatthcock, T., 3/13/10
- 580 Ligouri, L., 4/24/10
- 580 Wright, A., 2/5/10
- 580 Jackson, S., 5/10
- 578 Anglebrandt, A., 1/15/11
- 578 Murchison, C., 11/6/10
- 575 Raya, M., 3/6/10
- 575 Eurie, S., 5/10
- 575 Morrison, L., 6/6/10
- 575 Rosario, A., 8/7/10
- 575 McElroy, J., 10/30/10
- 573 Benedix, B., 1/10
- 573 Marshall, J., 1/10
- 573 Guches, D., 2/6/10
- 573 Greene, L., 3/10
- 573 Schwelbach, T., 6/20/10
- 573 Hansel, A., 7/16/10
- 573 Schendel, A., 9/25/10
- 573 Conner, C., 10/23/10
- 573 Simmons, J., 11/13/10
- 573 Yourkosi, J., 12/4/10

TOTAL

- 2243 Cartinian, M., 6/6/10
- 2125 Caslow, A., 8/20/10
- 2025 Tincher, B., 8/20/10
- 1868 Williams, D., 11/7/10
- 1855 Harrod, A., 3/20/10
- 1850 Van Alstyne, M., 8/7/10
- 1840 Krawiec, T., 6/6/10
- 1818 Cagnolatti, T., 7/18/10
- 1815 Bavetz, M., 8/20/10
- 1813 Adkins, J., 7/31/10
- 1796 Bozelle, J., 3/27/10
- 1755 Coleman, A., 8/20/10
- 1750 Huffman, H., 6/6/10
- 1741 Waldron, W.C., 6/12/10
- 1730 Bell, B., 3/27/10
- 1730 Devers, G., 9/11/10
- 1725 Norris, J., 9/2/10
- 1714 Verbois, S., 6/20/10
- 1708 Meche, S., 4/17/10
- 1705 Piermattei, F., 4/18/10
- 1703 Randall, C., 6/6/10
- 1695 Garland, T., 2/27/10
- 1695 Land, J., 2/27/10
- 1675 Hollenbeck, A., 1/29/11
- 1670 Morrison, L., 6/6/10
- 1664 Gutierrez, N., 6/20/10
- 1664 Domanski, E., 7/31/10
- 1658 Henson, Z., 6/6/10
- 1653 Rohr, J., 6/20/10
- 1645 Summerville, D., 7/24/10
- 1642 Benedix, B., 5/9/10
- 1641 Merchant, S., 10/10
- 1635 McElroy, J., 10/30/10
- 1631 Williams, R., 11/6/10
- 1631 Conway, B., 11/20/10
- 1630 Saloman, A., 11/13/10
- 1625 O'Malley, S., 10/30/10
- 1603 Loncharich, M., 4/17/10
- 1603 Ingram, W., 4/17/10
- 1603 Breider, W., 1/29/11
- 1600 Romeo, M., 5/8/10
- 1598 Tertiski, A., 1/23/11
- 1595 Hanley, M., 1/30/10
- 1595 Harder, J., 8/20/10
- 1592 Hobaica, A., 1/10
- 1592 Steil, A., 7/31/10
- 1585 Hohman, Z., 3/10
- 1576 Button, J., 2/28/10
- 1570 Fleming, M., 6/19/10
- 1565 Kuehn, G., 1/30/10
- 1565 Acosta, T., 1/10
- 1560 Larrisey, S., 5/15/10
- 1559 Davis, J., 11/6/10
- 1554 Naughton, D., 7/17/10
- 1550 Johnson, J., 6/6/10
- 1550 Petrillo, D., 6/27/10
- 1543 Reid, T., 1/10
- 1543 Winchester, T., 4/17/10
- 1540 Simmons, J., 11/13/10
- 1540 House, M., 8/7/10
- 1537 Johnson, B., 4/24/10
- 1535 York, M., 12/12/10
- 1532 Lewis, J., 9/11/10
- 1532 Miclon, D., 11/13/10
- 1530 Hatthcock, T., 3/13/10
- 1526 McDougal, J., 1/10
- 1526 Epelbaum, G., 1/10
- 1526 Kiraly, B., 5/29/10
- 1526 McMasters, L., 11/6/10
- 1521 Demeck, B., 3/21/10
- 1521 Paltzer, G., 6/12/10
- 1521 Ruettiger, R., 7/17/10
- 1515 Lane, M., 1/10
- 1515 Ferguson, T., 4/17/10
- 1505 Perez, S., 5/10
- 1505 Horein, S., 5/10
- 1505 Labat, P., 11/13/10
- 1504 Clark, R., 12/5/10
- 1500 Long, J., 3/10
- 1500 Dyles, L., 5/1/10
- 1500 Verbois, R., 11/13/10
- 1493 Credle, Z., 12/13/10
- 1490 Carone, V., 8/20/10
- 1488 Ducharme, B., 3/10
- 1482 Terry, C., 10/23/10
- 1477 v.d.Weghe, S., 6/6/10
- 1477 Grell, B., 12/4/10
- 1475 Perez, R., 3/10
- 1471 Williams, J., 1/30/10
- 1471 Greene, L., 3/10
- 1470 Ramirez, E., 3/10
- 1470 Haigwood, J.C., 3/10
- 1470 Curtis, G., 10/30/10
- 1466 Cadiz, J., 6/20/10
- 1465 Peterson, C., 4/17/10
- 1465 Pichardo, S., 5/10
- 1465 Little, B., 8/20/10
- 1460 Ehrenberg, S., 10/10
- 1460 Murchison, C., 11/6/10
- 1460 Walker, V., 11/13/10

PL USA Top 100 Achievement Awards



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

NEXT MONTH » TOP 198s

**CORRECTIONS:** Brian Siders was listed with a 632.5 kilo bench on the All Time USAPL/ADFP 300 kg. bench press list in our January edition, but actually it was 362.5 kg./799 lbs. On the All Time USAPL/ADFP 400 kg. squat ranking, in our December 2010 edition, Henry Thomason's 903 at the 2010 USAPL Texas State meet was not considered. Dean Whitney's lifts of 476 squat, 485 deadlift, and 1179 total at 148, from the APF National Masters meet, were not reflected on our TOP 100 list for the 148 lb. class. Robert Granko Jr.'s bench press of 365 from the Iron Boy Powerlifting meet of November 13, 2010 was not listed on our ranking of the 165 lb. class.

**OUR POLICY:** 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 Events Dept, PO Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

# RESULTS

## USAPL/FAF FLORIDA POWERLIFTING

DEC 11-12 2010 » Ft. Myers, FL

BENCH		275 lbs.	
<b>FEMALE</b>			
<b>115 lbs.</b>			
M. Henry	110	J. Hernandez	286
S. Roth	83	Master (50-54)	
<b>148 lbs.</b>			
M. Henry	110	F. Galloway	226
S. Roth	83	Police/Fire/Military	
<b>181 lbs.</b>			
M. Henry	110	D. Sanson	358
S. Roth	83	Master (55-59)	
<b>198+ lbs.</b>			
M. Henry	110	K. Ergan	501
S. Roth	83	S. Regan	501
<b>220 lbs.</b>			
M. Henry	110	Raw	
S. Roth	83	Master (50-54)	
<b>242 lbs.</b>			
M. Henry	110	K. Van Doren	385
S. Roth	83	Master (75-79)	
<b>275 lbs.</b>			
M. Henry	110	B. Lee	237
S. Roth	83	Master (70-74)	
<b>299 lbs.</b>			
M. Henry	110	R. Nussear	176
S. Roth	83	W. Bauer	176
<b>325 lbs.</b>			
M. Henry	110	Master (75-79)	
S. Roth	83	B. Tinkler	176
<b>351 lbs.</b>			
M. Henry	110	J. Valo	253
S. Roth	83	Master (65-69)	
<b>377 lbs.</b>			
M. Henry	110	D. Parsons	352
S. Roth	83	Master (70-74)	
<b>404 lbs.</b>			
M. Henry	110	M. Paugh	358
S. Roth	83	E. Kocher	226
<b>430 lbs.</b>			
M. Henry	110	Raw	
S. Roth	83	Master (55-59)	
<b>456 lbs.</b>			
M. Henry	110	S. Mann	413
S. Roth	83	Master (60-64)	
<b>482 lbs.</b>			
M. Henry	110	D. Trubey	187
S. Roth	83	Master (70-74)	
<b>508 lbs.</b>			
M. Henry	110	D. Parsons	226
S. Roth	83	Master (50-54)	
<b>534 lbs.</b>			
M. Henry	110	E. Kocher	204
S. Roth	83	Open	
<b>560 lbs.</b>			
M. Henry	110	M. Campbell	231
S. Roth	83	Master (50-54)	
<b>586 lbs.</b>			
M. Henry	110	Raw	
S. Roth	83	Master (55-59)	
<b>612 lbs.</b>			
M. Henry	110	J. Mulrain	341
S. Roth	83	Collegiate	
<b>638 lbs.</b>			
M. Henry	110	E. Lundy	270
S. Roth	83	D. Young	253
<b>664 lbs.</b>			
M. Henry	110	Master (50-54)	
S. Roth	83	Master (65-69)	
<b>690 lbs.</b>			
M. Henry	110	C. Venable	132
S. Roth	83	Master (50-54)	
<b>716 lbs.</b>			
M. Henry	110	Raw	
S. Roth	83	Master (55-59)	
<b>742 lbs.</b>			
M. Henry	110	B. Moore	539
S. Roth	83	Master (70-74)	
<b>768 lbs.</b>			
M. Henry	110	DEADLIFT	
S. Roth	83	FEMALE	
<b>115 lbs.</b>			
M. Henry	110	Master (70-74)	
S. Roth	83	Master (50-54)	
<b>141 lbs.</b>			
M. Henry	110	N. Georges	215
S. Roth	83	Master (50-54)	
<b>167 lbs.</b>			
M. Henry	110	M. Henry	165
S. Roth	83	S. Roth	165
<b>193 lbs.</b>			
M. Henry	110	Master (50-54)	
S. Roth	83	Master (50-54)	
<b>219 lbs.</b>			
M. Henry	110	J. Kocher	121
S. Roth	83	Master (70-74)	
<b>245 lbs.</b>			
M. Henry	110	J. Kocher	121
S. Roth	83	Master (50-54)	
<b>271 lbs.</b>			
M. Henry	110	Raw	
S. Roth	83	Master (55-59)	
<b>297 lbs.</b>			
M. Henry	110	K. Van Doren	385
S. Roth	83	Master (65-69)	
<b>323 lbs.</b>			
M. Henry	110	C. Bolander	110
S. Roth	83	Master (40-49)	
<b>349 lbs.</b>			
M. Henry	110	F. Shannon	319
S. Roth	83	Master (65-69)	
<b>375 lbs.</b>			
M. Henry	110	C. Venable	132
S. Roth	83	Open	
<b>401 lbs.</b>			
M. Henry	110	Raw	
S. Roth	83	Master (80-84)	

M. Henry	165	220 lbs.	Master (60-69)
S. Roth	165	Master (55-59)	D. Young
<b>148 lbs.</b>			
Master (50-54)			
P. Toti	121	242 lbs.	F. Shannon
Master (70-74)			
J. Kocher	121	Master (65-69)	B. Tinkler
<b>198 lbs.</b>			
Master (60-64)			
D. Reiss	198	148 lbs.	Master (50-54)
<b>198+ lbs.</b>			
Master (55-59)			
P. Busacca	281	165 lbs.	Master (75-79)
<b>MALE</b>			
<b>148 lbs.</b>			
Master (50-54)			
K. Van Doren	385	181 lbs.	Master (60-64)
<b>165 lbs.</b>			
Master (75-79)			
S. Mann	413	242 lbs.	D. Sanson
<b>MALE</b>			
<b>148 lbs.</b>			
Master (50-54)			
B. Tinkler	286	181 lbs.	Master (60-64)
<b>181 lbs.</b>			
Master (65-69)			
D. Parsons	352	242 lbs.	D. Parsons
<b>165 lbs.</b>			
Master (70-74)			
S. Mann	413	BP	DL
<b>MALE</b>			
<b>105 lbs.</b>			
Master (70-74)			
J. Schmidt	66	160	226
<b>115 lbs.</b>			
Master (50-54)			
E. Beck	66	116	182
<b>141 lbs.</b>			
Master (55-59)			
N. Georges	77	215	292
<b>132 lbs.</b>			
Master (50-54)			
E. Lundy	270	83	165
<b>242 lbs.</b>			
Master (65-69)			
C. Venable	132	99	215
<b>275 lbs.</b>			
Master (50-54)			
F. Galloway	226	110	198
<b>198 lbs.</b>			
Open			
J. Wilson	325	171	281
<b>275+ lbs.</b>			
Master (70-74)			
J. Campbell	363	66	160
<b>DEADLIFT</b>			
<b>FEMALE</b>			
<b>115 lbs.</b>			
Master (70-74)			
N. Georges	215	77	215
<b>132 lbs.</b>			
Master (50-54)			
P. Toti	121	110	198
<b>148 lbs.</b>			
Master (50-54)			
M. Henry	165	110	198
S. Roth	165	110	198
<b>198 lbs.</b>			
Master (50-54)			
D. Reiss	198	171	281
<b>198+ lbs.</b>			
Master (50-54)			
P. Busacca	281	171	281
<b>MALE</b>			
<b>165 lbs.</b>			
Master (50-54)			
K. Van Doren	385	204	385
<b>181 lbs.</b>			
Master (50-54)			
D. Parsons	352	226	352
<b>181 lbs.</b>			
Master (65-69)			
E. Kocher	226	204	226
<b>115 lbs.</b>			
Master (70-74)			
M. Rowe	—	242	242
<b>MALE</b>			
<b>132 lbs.</b>			
Master (80-84)			
R. Herrick	198	286	484
<b>198 lbs.</b>			
Master (50-54)			

253	275	528	253	275	528
<b>220 lbs.</b>					
Master (55-59)					
E. Lundy	374	242 lbs.	F. Shannon	319	402
Master (55-59)					
D. Young	275	242 lbs.	Master (40-49)	512	611
<b>148 lbs.</b>					
Master (65-69)					
C. Venable	303	242 lbs.	S. Pares	512	611
<b>148 lbs.</b>					
Master (50-54)					
B. Tinkler	286	242 lbs.	Master (60-64)	248	286
<b>181 lbs.</b>					
Master (55-59)					
S. Mann	413	242 lbs.	Open	132	303
<b>148 lbs.</b>					
Master (75-79)					
B. Tinkler	286	242 lbs.	F. Shannon	451	319
<b>181 lbs.</b>					
Master (50-54)					
K. Van Doren	385	242 lbs.	Collegiate	275	556
<b>165 lbs.</b>					
Police/Fire/Military					
D. Sanson	358	242 lbs.	Raw	451	429
<b>148 lbs.</b>					
Master (50-54)					
D. Trubey	187	242 lbs.	Master (50-54)	204	385
<b>165 lbs.</b>					
Master (60-64)					
E. Kocher	226	242 lbs.	165 lbs.	248	369
<b>220 lbs.</b>					
Master (65-69)					
C. Venable	303	242 lbs.	148 lbs.	363	231
<b>BP</b>					
<b>DL</b>					
<b>TOT</b>					
66	160	226	363	231	407
<b>115 lbs.</b>					
Master (50-54)					
E. Beck	66	116	182	363	231
<b>141 lbs.</b>					
Master (55-59)					
N. Georges	77	215	292	407	270
<b>132 lbs.</b>					
Master (50-54)					
E. Lundy	270	83	165	407	270
<b>242 lbs.</b>					
Master (65-69)					
C. Venable	132	99	215	407	270
<b>275 lbs.</b>					
Master (50-54)					
F. Galloway	226	110	198	407	270
<b>198 lbs.</b>					
Open					
J. Wilson	325	171	281	407	270
<b>275+ lbs.</b>					
Master (70-74)					
J. Campbell	363	66	160	407	270
<b>DEADLIFT</b>					
<b>FEMALE</b>					
<b>115 lbs.</b>					
Master (70-74)					
N. Georges	215	77	215	407	270
<b>132 lbs.</b>					
Master (50-54)					
P. Toti	121	110	198	407	270
<b>148 lbs.</b>					
Master (50-54)					
M. Henry	165	110	198	407	270
S. Roth	165	110	198	407	270
<b>198 lbs.</b>					
Master (50-54)					
D. Reiss	198	171	281	407	270
<b>198+ lbs.</b>					
Master (50-54)					
P. Busacca	281	171	281	407	270
<b>MALE</b>					
<b>165 lbs.</b>					
Master (50-54)					
K. Van Doren	385	204	385	407	270
<b>181 lbs.</b>					
Master (60-69)					
P. Currey	374	297	435	407	270
<b>181 lbs.</b>					
Master (70-79)					
J. McDermott	55	275	143	407	270
<b>198 lbs.</b>					
Raw					
Teen (13-15)	360	160	315	407	270
<b>MALE</b>					
<b>275 lbs.</b>					
Masters (60-64)					
J. Davis	705	170	300	407	270
<b>259 lbs.</b>					
Masters (60-64)					
J. Robinson	500	170	300	407	270
<b>BP</b>					
<b>DL</b>					
<b>TOT</b>					
160	315	475	280	500	780

253	275	528	253	275	528
<b>220 lbs.</b>					
Master (50-59)					
A. Byas	506	330	606	1442	506
<b>220 lbs.</b>					
Collegiate					
M. Krill	451	369	506	1327	451
<b>242 lbs.</b>					
Masters (45-49)					
J. Larsh	380	352	495	1228	380
<b>242 lbs.</b>					
Open					
F. Shannon	451	319	402	1173	451
<b>242 lbs.</b>					
Collegiate					
C. Orozco	661	418	628	1707	661
<b>275 lbs.</b>					
Master (40-49)					
F. Shannon	451	319	402	1173	451
<b>275 lbs.</b>					
Open					
F. Shannon	451	319	402	1173	451
<b>275 lbs.</b>					
Collegiate					
F. Lomangino	275	556	275	1107	275
<b>275+ lbs.</b>					
Collegiate					
C. Berry	451	429	451	1332	451
<b>123 lbs.</b>					
Raw					
B. Lee	248	237	308	793	248
<b>148 lbs.</b>					
Collegiate					
L. Torres	363	231	407	1002	363
<b>181 lbs.</b>					
Open					
D. Nouven	253	143	303	699	253
<b>154 lbs.</b>					
Open					
T. Chance	264	160	363	787	264
<b>198 lbs.</b>					
Collegiate					
M. Yates	358	292	479	1206	358
<b>220 lbs.</b>					
Open					
A. Loreto	501	330	639	1470	501
<b>220 lbs.</b>					
Collegiate					
J. Pederson	407	248	517	1173	407
<b>220 lbs.</b>					
Open					



Allen has been ripping up the USPF record book

as he wants to be on any given day. I have yet to see a weight challenge him, which leads me to believe that he's a professional sandbagger! Just kidding—I owe these guys a tremendous amount of respect and gratitude for tolerating me!

What are your workouts like? How are they set up? What training meth-

**odology do you follow?**

Until recently, I trained like a bodybuilder. I would go by feel and work what wasn't sore that day. I would always use heavy weight, but would only work one body part a day. I still hang on to that a little, but have since incorporated exercises that work for me into a variation of the basic Westside template.

**What do you think attributes to a big bench these days?**

Gear. There are guys out there that are getting ridiculous poundages out of a single-ply shirt.

**What are the benefits you see as a powerlifter from implementing ideas from bodybuilding?**

The systematic strengthening of auxiliary and stabilizer muscles gained from bodybuilding is critical to heavy multi-joint lifting, in my opinion.

**What recommendations would you make for someone wanting to get stronger in all 3 lifts?**

Constant strengthening of the weakest muscles involved in each lift. Variations of reps and weights, bands, chains, isometrics, time under tension—try it all and decide what works best for you.

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

Competition drives us all. As men, we compete for everything every day. I can't stand for someone to tell me that I can't do something, so my mindset during training is always pretty much "in your face!"

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

Yes, I am finally actually training like a powerlifter!

**Do you think using bench shirts/gear is cheating?**

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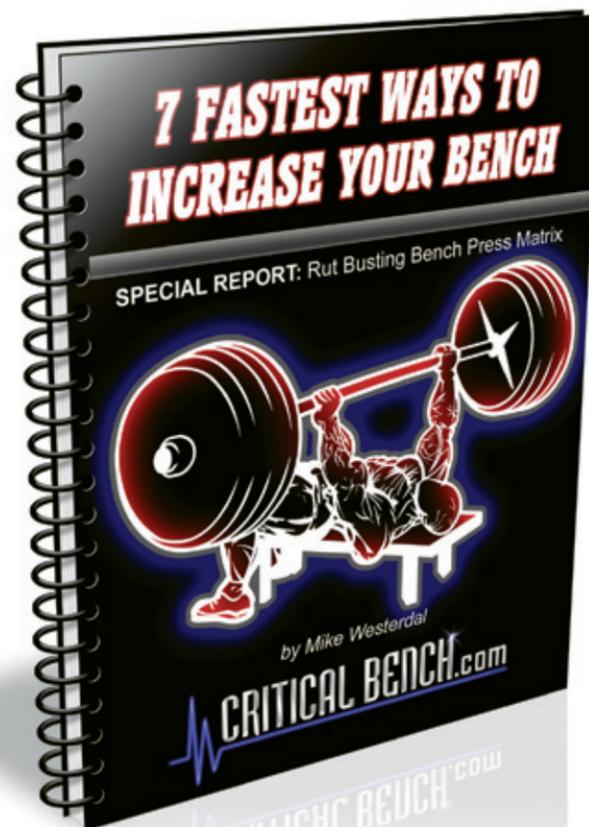
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It's not cheating if everyone is on the same playing field. I do believe that raw benching should determine who's the strongest overall. As far as I am concerned, Mendy's raw record is the only mark I'm concerned with. I believe this because there will certainly be a more powerful single-ply shirt out tomorrow. Soon they'll add three hundred pounds to your max if you can touch and then there will be a better one next year, and so on and so forth. Perhaps we can construct a single-ply shirt of aramid fiber since it just surpassed the spider web for tensile strength per diameter. I think you get my sarcasm!

**What is your view on training in equipment and learning to use it?**

I am not very good in the gear, but since that is what we use to compete I do my best to facilitate. However, it also seems that what I am just learning, everyone else has known for years!

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

I believe strength training has evolved considerably since I have been lifting. Ideas about how to train, when to train, what to eat, when to eat, and how much rest to get all play a huge role in our evolution as athletes. The gear also plays a huge role as well. Of course, Ryan, Shawn, and Jeremy are all superhuman! Compound this with evolved training, good nutrition

and gear, their genetic ability and a drive to be the best has set them apart from us mere mortals!

**Do you think the standards have gone up in the sport?**

If you are talking about the gear, absolutely. If you are talking about the judging, then absolutely not. I have seen some very questionable benches get three whites in some feds, especially the belly benches. I personally would like to see the sternum marked on all competitors. The bench is supposed to land at the lower pec not the middle ab!

**What is your nutrition like now?**

Despicable. I am a human garbage disposal. I do, however, get my daily allotment of protein in all of my gluttony. That's usually 300-400 grams per day.

**What changes do you see you can make in order to get to the next level?**

Eat better, train harder, smarter, and safer.

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

I would like to thank God for blessing me with my family and health, my wife for her continual support of my childish needs to compete, my parents for the genetics to do what we do, and Critical Bench for taking the time to listen to all my nonsense! ☺

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## FUTURE »

**AL SIEGEL:** The potential superstars of 2021 are the 8 to 12 year old lifters who are competing today. Raw, single-ply and multi-ply will all continue with raw having the biggest following. Some feds will grow and others will fall by the wayside, but more will appear to replace them. Above all, in 2021 I will compete along with Eve, my 14 year old grand-daughter, in the same meet.

**AL CASLOW:** Tough question. Right now powerlifting lacks competitiveness. The lack of an annual system has really destroyed participation. It will only get worse in the upcoming years. Unless a federation takes up rank, whether it's single-ply or multi-ply, the participation annually will decrease. The sport needs a competitive agenda, otherwise international competitions are just another meet. Powerlifting is hardly what it was when I first entered in 2006, and I only see it getting worse. A sport with nothing but individual fulfillment will not survive. Every competitive individual loves recognition, and of course winning. The sport in the next ten years is hardly going to be improved, unless we suddenly have something that has never happened between execs.

**SPERO TSHONTIKIDIS:** Not real sure how to respond to this one. Here's a short one: From

a raw perspective, I see the genre gaining more and more momentum. Similar to geared lifting, it is also likely that further advances will result in more supportive knee sleeves and wrist wraps for federations that allow their use.

**JON SMOKER:** Making predictions about powerlifting is a risky business because it remains so fluid. It would have been hard to predict where we are today 10 years ago. I don't see the factions in the sport changing a bit. Some associations will cease to exist, but there will be plenty of others to step up and take their place. I think we will start to see the limits of what a lifter can get out of gear short of someone putting a cantilever inside a shirt or suit. They can only be made so strong, tight and thick. However, like steroids, I think at the end of this decade, only a small fraction of lifters will be using gear. We have already seen that lifters are suffering injuries that wouldn't happen raw. Someone breaking a bone in their arm bench pressing would rarely happen with a raw lifter, for example. Also gear is expensive, and I also see a lot of mentors to young lifters coming up, are teaching them raw is the way to go. All of which presents the IPF with an interesting dilemma: It's interested in getting powerlifting into the Olympics, which is why they changed the weight classes, so it seems

the next step would be to ban gear; however, it gets donations from gear manufacturers. But if I'm on the Olympic committee that makes these decisions and I know little about powerlifting, I'd only have to take one look at lifters in gear to come to the conclusion the sport is ridiculous, a joke. And the army of spotters it takes to spot a geared up lifter squatting? I'm going to say, no way—I can't even see the lifter. So with all this in mind, I'm going to make a bold prediction: that by the end of this decade, at the very least the IPF will have a Raw World Championship if they haven't banned gear altogether.

**BOB BENEDIX:** I think powerlifting is going to split into two segments, raw becoming the biggest part. People are flocking back to see real muscle lifting big weights. There always will be geared lifting, but as more gear has been added, more injuries are occurring. Hopefully we all can unite under one organization like RUM! «

-----  
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](mailto:lambertplusa@aol.com) or [bobgaynor@comcast.net](mailto:bobgaynor@comcast.net). If you would like to serve on the Forum Panel, contact [bobgaynor@comcast.net](mailto:bobgaynor@comcast.net).

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## THE CHEST AND THE BENCH PRESS »



bench press.

**WIDE GRIP DECLINE PRESS** The decline press mocks the form of a competition bench press whereas the decline slope itself mocks the lifter's arch so the lifter can work the groove of the bar placement and work the lower pecs as well. Again, index finger on the rings and eight sets of three reps will do the trick.

**DUMBBELL PRESSING** The Big Evil says that all the above exercises except the cambered bar press can be performed with dumbbells as well as a barbell. The Big Evil also says to just mix them up and switch them around every few weeks. Dumbbells will provide a better stretch than barbell movements, so use lighter weights and higher reps (maybe three sets of ten reps) and concentrate on getting some blood into the muscle.

There you have it—a very simple and basic menu of exercises, yet very effective in increasing chest power. As every month, the Big Evil encourages rest, nutrition, and deep tissue therapy along with plenty of ice. Again, we have covered this topic extensively in past articles so there is no need to go over them all again. The Big Evil says to give this program a try in your off season because, of course, when you're training in your bench press shirt you will need to be focused on peaking in your gear. The Big Evil says it to be true, so it is so.

This month on the show, as every month, we are going to have more exciting world record holding guests, and hold on to your hats folks, the Big Evil's return to the platform is also on the show this month! I'm sure my loyal minions would like to know how the Big Evil fared, so check it out at [WWW.BIGEVILSLAIR.COM](http://WWW.BIGEVILSLAIR.COM) to find out. Again, I would like to thank all of you guys for tuning in every month to support the show. Until next month, find a dream, hold onto it and shoot for the stars. *Believe to Achieve!* «

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**Raw Lifters**

- Josh Cremens: 380/335/495 = 1210 at 197
- Brandon Moxley: 440/325/535 = 1300 at 275
- Eric Berger: 350/335/455 = 1140 at 290
- Gerry Hammond: 470/225/450 = 1145 at 175
- Pete Sinicropi: 500/335/600 = 1435 at 196
- Renato Sinicropi: 340/300/500 = 1140 at 161
- Ben Schafer: 365/225/465 = 1055 at 174
- Nick Showman: 475/310/575 = 1360 at 215
- Josh Hachat: 445/305/500 = 1250 at 220
- Jason Daniel: 400/265/425 = 1090 at 220
- Garrett Carter: 385 bench at 205
- Adam Rice: 225/275/450 = 950 at 275

**Detail your connection to these Ohio things:**

- Pro-Am: one of sponsors for events
- Muscledpharm: co-founder and Senior President
- Louie Simmons: Louie is on my advisory board and has been a huge supporter of MP since day one. My bullet proof product helps with his sleep and recovery, and he was sold that we are a real company. I also have another Columbus guy, Dr. Eric Serrano, as my chief formulator and advisor.

**Are Buckeyes poisonous?**

I don't know. (My question stemmed from the very early years of the Arnold Classic, when the Columbus reps gave sponsors and vendors a little basket of Buckeyes. In those days, these

female Columbus reps were clearly hired for their looks because when I asked them if the Buckeye was technically a fruit or a nut, they answered: 'I don't know. Don't eat them; they may be poisonous.' Really!?!? RB)

**How is your gym different from other gyms?**

We have a great hardcore atmosphere, and a no-nonsense mentality; hence the name Old School Gym. Even though we have set up the gym in this manner, we actually have a very big personal training business for women's weight loss. Many general athletes, and just normal non-competitors, also train at OSG. We just let our members know that we don't care what you wear, and if you're a beginner or a world champ you're welcome at OSG as long as you bring no drama.

**How is Muscledpharm different from other supplement companies?**

Muscledpharm is extremely different because of the leadership; myself and my partner Brad Pyatt. Brad played four years in the NFL, and ran a 4.23 40. We are both consumers first and foremost, and both of us are still in the gym on a high level. We understand what the consumers need. We recognized the hole's in the industry, and we are bringing out properly dosed, effective and safe products, with the correct scientific backgrounds. We have the highest certifications

from our manufacturer. We also signed a two year deal with Oklahoma University; they are doing all our clinical trials over the next 24 months. We have people who have helped us since day one, and advised us how to make the best products in the industry; these include Dr. Serrano, Louie Simmons, Paul Dillett, and Greg Jackson, to name just a few.

**Last minute update (2/15/11):** Rick, hell yeah. Well, this might be cool: I just had a meet there Sunday. Louie (Simmons) helped spot, and I went 1755 at 208 and Joe Bayless totaled 2505! – Cory (Both numbers are now listed above. RB)

Thanks, Cory, for telling us about your Old School Gym and Muscledpharm!! I still love the coal mining belts on your floor, and those coal miner t-shirts you are working on look way cool! I hope to come train there when the HOUSE OF PAIN crew is in Columbus next year for the Arnold Classic!

Well, readers, our time is up this month, but come back next month. I'll give you a project for your local gym, tell you about a travel-related disaster as well as sunnier climates!

Email gym info, as well as training tips to help me bench 500 this Summer: rick@house-ofpain.com «

**WNPF OH CHAMPS**

FEB 20 2011 » Youngstown, OH

BENCH	DEADLIFT		
275 lbs.	198 lbs.		
(55-59) Unl	Lifetime		
B. Brammer	S. Files	530*	450*
<b>Iron Man</b>	<b>BP DL TOT</b>		
Single-Ply			
220 lbs.			
(60-64)			
J. Phillips		365*	490*
<b>Powerlifting</b>	<b>SQ BP DL TOT</b>		
Single-Ply			
165 lbs.			
(40-44)			
A. McVane		600*	375*
<b>198 lbs.</b>			
(45-49)			
D. Noebe		535	410
<b>242 lbs.</b>			
Open			
N. Mazur		615*	365*
<b>275 lbs.</b>			
(45-49)			
L. Newman		780*	560
<b>SHW</b>			
(50-54)			
R. Luklan Sr.		650*	540*
<b>Raw</b>			
181 lbs.			
(20-23)			
M. Lyden		385*	320*
<b>220 lbs.</b>			
(17-19)			
B. Stana		425	275*
<b>Raw</b>			
242 lbs.			
(20-23)			
B. Ericsson		475	325

T. Jackowski	525	340	610*	1475
<b>Open Raw</b>				
T. Baker	485*	335*	500*	1350*
<b>UNL</b>				
<b>SHW</b>				
(45-49)				
J. Peshak	800	55	610	1465
*=State Records.				
» courtesy WNPF				

**USPA MIDWEST REGIONALS**

MAR 12 2011 » West Plains, MO

BENCH	DEADLIFT		
275 lbs.	198 lbs.		
(55-59) Unl	Lifetime		
B. Brammer	S. Files	530*	450*
<b>Iron Man</b>	<b>BP DL TOT</b>		
Single-Ply			
220 lbs.			
(60-64)			
J. Phillips		365*	490*
<b>Powerlifting</b>	<b>SQ BP DL TOT</b>		
Single-Ply			
165 lbs.			
(40-44)			
A. McVane		600*	375*
<b>198 lbs.</b>			
(45-49)			
D. Noebe		535	410
<b>242 lbs.</b>			
Open			
N. Mazur		615*	365*
<b>275 lbs.</b>			
(45-49)			
L. Newman		780*	560
<b>SHW</b>			
(50-54)			
R. Luklan Sr.		650*	540*
<b>Raw</b>			
181 lbs.			
(20-23)			
M. Lyden		385*	320*
<b>220 lbs.</b>			
(17-19)			
B. Stana		425	275*
<b>Raw</b>			
242 lbs.			
(20-23)			
B. Ericsson		475	325

T. Jackowski	525	340	610*	1475
<b>Open Raw</b>				
T. Baker	485*	335*	500*	1350*
<b>UNL</b>				
<b>SHW</b>				
(45-49)				
J. Peshak	800	55	610	1465
*=State Records.				
» courtesy WNPF				

Teen S. Kiddy 575 450 600 1625  
State Chair & Meet Director: Jay Shelton.  
» courtesy Steve Denison

**USAPL S. LOUISIANA QUALIFIER**

FEB 18 2011 » LA

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
97 lbs.				
L. Middleton	210	65	185	460
J. Fereday	160	75	190	425
<b>105 lbs.</b>				
H. Dunne	205	100	225	530
J. Cartagine	205	90	205	500
<b>115 lbs.</b>				
M. Nunez	225	105	200	530
S. Vogel	190	110	200	500
A. Wolserfer	155	90	195	440
<b>123 lbs.</b>				
L. Deniger	275	150	230	655
E. Oteri	165	65	185	415
<b>132 lbs.</b>				
H. Hesper	280	115	270	665
<b>148 lbs.</b>				
R. Miller	240	145	300	685
H. Park	215	100	225	540
<b>MALE</b>				
115 lbs.				
M. Oakes	320	175	315	810
A. Babb	235	150	250	635
<b>123 lbs.</b>				
R. Restivo	250	175	315	740
L. Duncan	275	175	280	730
<b>132 lbs.</b>				
E. Labat	305	205	330	840
» courtesy Barb Born				

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Thanks to ISSA for the continued support and advice that helps me and so many others to be successful in the fitness industry. DAVID PRICE, ISSA-CFT

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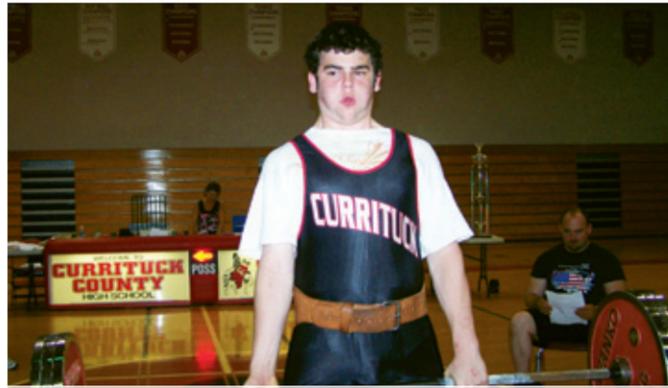
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## 100% RAW AMERICAN CHALLENGE

JUN 12 2010 » Currituck, NC

BENCH		Youth (10-11)	
<b>FEMALE</b>	K. Vasquez 88	<b>97 lbs.</b>	
Open/Youth (6-7)		Youth (12-13)	
C. Eckard 33	A. Proudfoot 71	<b>105 lbs.</b>	
<b>97 lbs.</b>		Teen (12-13)	
Open/Youth (8-9)		J. Lewis 82	
B. Algarin 88	J. Lewis 82	Teen (14-15)	
Youth (8-9)		Paternoster 31	A. Hickerson 88*
Paternoster 31	A. Hickerson 88*	<b>105 lbs.</b>	
Open/Teen (16-17)		Open/Jr (20-24)	
L. Trail 82	R. Marcellino 170	<b>114 lbs.</b>	
<b>114 lbs.</b>		Teen (18-19)	
Youth (10-11)		M. Hodges 93*	
B. Dowdy 71*	M. Hodges 93*	<b>123 lbs.</b>	
<b>123 lbs.</b>		Open	
Open/Teen (12-13)		S. Groce 192	
C. Byrnes 54	T. Osborn 143	C. Kleitz 137	
Master (40-44)		Open/Teen (16-17)	
S. Wisdom 104	B. Cartwright 143*	<b>132 lbs.</b>	
<b>132 lbs.</b>		Open	
Open		L. Monroe 137	B. Atkerson 137
L. Monroe 137	B. Atkerson 137	J. Bowers 71	Teen (14-15)
Open/Junior (20-24)		C. Kleitz 137	
H. Stewart 66*	Teen (16-17)	D. Moorhead —	
Open/M (50-54)		S. Groce 192	
K. Wescott 159*	T. Osborn 143	C. Gray 253*	
Teen (12-13)		Open/Teen (18-19)	
J. Bowers 71	B. Cartwright 143	A. Grantham 253*	
<b>148 lbs.</b>		Open/Jr (20-24)	
Open		D. Boone 424*	
K. Duncan 154	V. Alvarado 281	Open/Jr/L/F/M	
T. Wallace 126	V. Edwards 281	C. Ballance 297*	
Open/Teen (18-19)		Open/M (50-54)	
K. Amerson 137*	R. Mayer 231	F. Wescott 292*	
Teen (14-15)		Teen (14-15)	
K. Duncan 154	N. Paternoster 99	D. Atkerson 209	
M. James 110	B. Purcell 88	T. Earl 198	
M. Glanville 82*	Teen (14-15)	N. Kody 192	
Junior (20-24)		T. Roberts 281	
T. Wallace 126	Z. Kurchten 170	Master (45-49)	
Master (45-49)		C. Kruchten 314	
N. Hubbard 143	T. Infinger 126	Z. Renner 231	
<b>165 lbs.</b>		Master (50-54)	
Open		D. Moorhead —	
T. Steadman 214	V. Alvarado 281	Teen (18-19)	
L. Delay 122	A. Grantham 253	J. Vanallen 264	
Open/Jr (20-24)		A. Marceca 203	
B. Mizelle 99*	A. Marceca 203	W. Deloney 286	
Junior (20-24)		Master (70-74)	
T. Steadman 214	S. Sinathy 264	P. Hubbard 231	
(30-34)		P/F/M	
L. Delay 122	J. Tripodi 308	C. Daisey 297	
<b>181 lbs.</b>		Master (45-49)	
Open/M (40-44)		M. Nicastro 264	
T. Walker 231*	V. Edwards 281	Master (40-44)	
<b>198+ lbs.</b>		C. Livolsi 319	
Open		W. Lewis 253	
K. Sharp 176	A. Zehr 374	Open	
A. Lynn 159	J. Tripodi 308	D. Cieri 529	
Junior (20-24)		C. Rexrode 396	
K. Sharp 176	P. Gillott 286	A. Simpson 391*	
A. Lynn 159	M. Wong 281	C. Walter 391	
Master (40-44)		M. Valero 391	
J. Malone 126	C. Byrnes 281	A. Dickey 388	
Master (45-49)		G. Stillman Jr 358	
K. Hawkins 132	T. Yee 275	C. Baldwin 352	
<b>MALE</b>		K. Harbaugh 341	
66 lbs.		J. Holleyfield 330	
Youth (8-9)		J. Collazo 220	
T. Corriveau 55	L. Proudfoot 143	P/F/M	
Youth (8-9)		D. Morgan 236	
M. Algarin 82	T. LaMaster 132	Master (65-69)	
<b>88 lbs.</b>		Open/Teen (16-17)	
Open		K. Meyer 187*	
K. Sharp 176	R. Clark 259*	Master (70-74)	
A. Lynn 159	Open/M (40-44)	J. Collazo 220	
Master (40-44)		P/F/M	
J. Malone 126	D. Morgan 236	A. Campo 325	
Master (45-49)		K. Nelson 325	
K. Hawkins 132	J. Garner 214*	D. Dibble 314	
<b>MALE</b>		C. Mulligna 308	
66 lbs.		G. Noble 275	
Youth (8-9)		K. Gibson 259	
T. Corriveau 55	D. Dobson 176	D. Storm 242	
Youth (8-9)		R. Prior 165	
M. Algarin 82	J. Dalton 314	J. Moore 214	
<b>88 lbs.</b>		Open/Teen (16-17)	
Open		C. Kruchten 314	
K. Sharp 176	P. Baird 314	S. Brinkley 220*	
A. Lynn 159	S. Proudfoot 308	Open/Junior	
Master (40-44)		M. Wilson 275*	
J. Malone 126	A. Trail 303	Open/Jr/L/F/M	
Master (45-49)		T. Harris 297	
K. Hawkins 132	B. Bennett 165*		

A. Meinhardt 126*	J. Lina 292	N. Glines 330*	K. Mattson 374	M. Smith 286	K. Coughlin 402	(25-29)	Teen (14-15)
Teen (18-19)	D. Szymanski 292	Open/L/F/M	M. Robb 358	<b>275 lbs.</b>	D. Bunch 314	J. Tripodi 134	T. Wilson 115
M. Wong 281	J. Jazwinski 286	K. Dickhut 330*	J. Madden 330	Open	Master (50-54)	Master (40-44)	B. Becker 93
(25-29)	W. Deloney 286	Open/(30-34)	G. Woodbury 236	K. Hutchinson 440	M. Madigan 424	R. Garner 93	Teen (16-17)
J. Tripodi 308	T. Roberts 281	R. Massey 369*	Master (55-59)	D. Eddy 396	M. James 391	Master (45-49)	S. Brinkley 121
(30-34)	K. Pohlmann 281	S. Freeman Jr 385*	C. Perry 374	M. James 391	A. Davie 512	J. Leavitt 99	Junior (20-24)
R. Yee 275	R. Ordonez —	Master (55-59)	M. McDonald 264	B. Cox 385	C. CURL	Master (55-59)	A. Henchy —
Submaster (35-39)	F. Ferrante —	Teen (14-15)	M. Hawkins 248	Frederickson 341	<b>FEMALE</b>	P. Gillott 104	(20-25)
T. Goad 231	Open/Teen (16-17)	T. Wilson 203	Master (60-64)	E. Horvitz 325	<b>66 lbs.</b>	Master (65-69)	T. Travis 154
Master (40-44)	Williamson 225*	B. Becker 192*	C. Toney 275	C. Demoss 259	Open	J. Ferris 90	(30-34)
C. Byrnes 281	Open/Jr (20-24)	Teen (16-17)	<b>242 lbs.</b>	V. Maldfield 220	C. Eckard 18	P/F/M	A. Dickey 154
Master (55-59)	G. Pike 292*	C. Baldwin 352	Open	Open/Jr (20-24)	(Age 5 & Under)	P. Gillott 104	Master (45-49)
P. Gillott 286	Open/(20-25)	R. Poland 259	J. Franks 468	C. Betts 358*	S. Algarin 17	<b>165 lbs.</b>	P. Albright 148
Master (65-69)	D. Nelson 308*	Teen (18-19)	K. Dulmer 440	Open/Sub/L/F/M	(Ages 6-7)	Open	K. Harbaugh 143
J. Ferris 198	Open/M (45-49)	N. Markowitz —	S. Baglio 435	McMillan Sr 418*	C. Eckard 18	A. LeBrun 143	J. Holleyfield 126
P/F/M	N. Grantham 242*	Junior (20-24)	W. Mudrack 424	Open/(50-54)/L/F/M	<b>97 lbs.</b>	C. Kozub 121	Master (55-59)
P. Gillott 286	Open/Master	N. Glines 330	B. Carter 418	R. Clasing Sr. 407	Open/youth (8-9)	D. Boone 121	Montgomery 101
(50-54)	L. Nash 292*	G. Noble 220*	C. Campbell 413	Junior (20-24)	B. Algarin 46	G. Dickerson 121	R. Murray 99
Open	N. Apseloff 330	A. Henchy —	R. Thomas 413	G. Hartanft 451	<b>105 lbs.</b>	Z. Renner 121	Master (65-69)
Open/Master	D. Henson 325	(25-29)	Wedemeyer 396	C. Betts 358	Open (16-17)	D. Morgan 121	W. Farrell 121
(60-64)	C. Livolsi 318	A. Campo 325	N. Arbia 396	(25-29)	L. Trail 38	C. Gray 121	Master (70-74)
Teen (12-13)	D. Sylvester 292	(30-34)	D. Moell 385	M. James 391	<b>114 lbs.</b>	D. Atkerson 104	B. Dahlmaer 126
B. Torvino 264	Z. Wilson 176	A. Dickey 388	J. Jenkins 380	B. Cox 385	Youth (10-11)	Teen (14-15)	J. Moore 99
M. Nicastro 264	Teen (14-15)	R. Massey 369	C. Tallman 380	Submaster (35-39)	B. Dowdy 110*	D. Atkerson 104	P/F/M
J. VanAllen 264	C. Peele 170*	G. Stillman Jr 358	B. Muretta 380	Master (40-44)	<b>123 lbs.</b>	T. Earl 93	Montgomery 101
J. Stallworth 253	Teen (18-19)	Submaster (35-39)	L. Petry 363	Master (40-44)	Open/M (50-54)	J. Dilley 82	<b>220 lbs.</b>
D. Morgan 236	A. Trail 303	C. Walter 391	C. Hightower 363	D. Eddy 396	H. Trail 44	Teen (16-17)	Open
Z. Renner 231	D. Szymanski 292	K. Nelson 325	E. Tuthill 358	C. Demoss 259	<b>132 lbs.</b>	C. Gray 123	C. Campbell 170
N. Kody 192	E. Hymey —	Master (40-44)	J. Koeferl 258	Master (45-49)	Open/(12-13)	Z. Renner 121	J. Madden 156
D. Moorhead —	Junior (20-24)	D. Cieri 529	J. Johnson 358	E. Horvitz 325	J. Bowers 38	G. Dickerson 121	M. Robb 154
J. Dalton 314	J. Dalton 314	C. Rexrode 396	B. Ruebush 330	Master (50-54)	<b>148 lbs.</b>	J. Stone 99	G. Pehl 148
M. Franks 314	M. Franks 314	R. Freeman Jr 385	T. McKeever 324	Frederickson 341	Open	Junior (20-24)	B. Trail 126
J. Lina 292	J. Lina 292	S. Wisdom 356	M. Smith 286	Master (55-59)	T. Wallace 83	A. LeBrun 143	Teen (14-15)
G. Pike 292	G. Pike 292	Master (45-49)	D. Rodriguez 275	K. Hutchinson 440	K. Duncan 66	D. Boone 121	Z. Lund 104
(25-29)	J. Jazwinski 286	J. Albright 325	J. Carey 253	B. Feeney 325	Teen (14-15)	Master (45-49)	Teen (18-19)
Open/Jr (20-24)	K. Shannon 236	Master (50-54)	J. Wingender 225	Master (65-69)	K. Duncan 66	C. Kozub 121	B. Trail 126
J. Jazwinski 286	Submaster (35-39)	K. Harbaugh 341	J. Miller —	R. Plummer 281	Junior (20-24)	D. Morgan 121	Junior (20-24)
(35-39)	P. Baird 314	J. Holleyfield 330	Open/Teen (16-17)	V. Maldfield 220	T. Wallace 83	P/F/M	C. Campbell 170
Master (55-59)	R. Phillips 248	Master (55-59)	A. Baldwin 275*	Master (70-74)	<b>165 lbs.</b>	D. Morgan 121	A. Aronstam —
Open/M (50-54)	R. Ordenez —	J. VanAllen 396	Open/M (50-54)	G. Lawrence 259	Open/Jr (20-24)	<b>181 lbs.</b>	(25-29)
F. Wescott 292*	Master (40-44)	R. Murray Sr. 248	L. Corbin 341*	Police/Fire/Military	B. Copeland 59	Open	G. Pehl 148
Teen (14-15)	Master (40-44)	Master (60-64)	Open/M (65-69)	V. Maldfield 220	<b>MALE</b>	A. Rosario 151	Master (40-44)
D. Atkerson 209	S. Proudfoot 308	V. Morris 242	I. Brooks 275*	<b>308 lbs.</b>	<b>66 lbs.</b>	M. Wilhelm 151	D. McEwan 123
T. Earl 198	T. Roberts 281	Master (65-69)	Teen (16-17)	Open	Youth (10-11)	J. Dalton 137	C. Daisey 123
N. Kody 192	Master (45-49)	C. Mulligan 308	B. Ruebush 330	J. Gunther 540*	H. Caden 22	A. Trail 22	Master (50-54)
Teen (16-17)	C. Kruchten 314	D. Betten 248	R. Rowe 292	C. Larson 424	Williamson 115	Williamson 115	K. Mattson 159
N. Apseloff 330	Z. Renner 231	W. Farrell 209	A. Baldwin 275	D. Corridean 424*	W. Deloney 110	W. Deloney 110	J. Madden 156
M. Franks 314	M. Harris 297	Master (70-74)	B. Dahlhamer 253	B. Igoe 363	Open/Teen (12-13)	Open/Teen (12-13)	M. Robb 154
Master (50-54)	L. Nash 292	C. Campbell 413	J. Moore 214	J. Griffin 314	Z. Wilson 93	Z. Wilson 93	G. Woodbury 106
D. Moorhead —	D. Goble 231	N. Arbia 396	M. Shepard 358	Open/Junior (20-24)	Teen (14-15)	Teen (14-15)	P/F/M
Teen (18-19)	Master (55-59)	P/F/M	K. Cole 336*	C. Cole 336*	R. Marcellino 73	R. Marcellino 73	J. Franks 184
J. Vanallen 264	W. Deloney 286	J. Holleyfield 330	G. Distin 336	(30-34)	Teen (16-17)	Teen (16-17)	L. Petry 159
A. Grantham 253	Master (70-74)	Master (55-59)	D. Corridean 424	A. Hickerson 44*	N. Williamson 115	N. Williamson 115	D. Moeller 143
A. Marceca 203	Master (70-74)	Open/M (50-54)	K. Dulmer 440	Master (45-49)	Teen (18-19)	Teen (18-19)	<b>242 lbs.</b>
W. Deloney 286	Master (70-74)	Open	L. Petry 363	B. Barthel 314	A. Trail 122	A. Trail 122	Open
Master (70-74)	Master (70-74)	Open	C. Perry 374	Master (50-54)	(20-25)	(20-25)	A. Baldwin 139
P. Hubbard 231	P. Hubbard 231	Open	C. Perry 374	Master (50-54)	J. Dalton 137	J. Dalton 137	E. Tuthill 137
P/F/M	P/F/M	Open/Junior	T. Valberg 369	B. Igoe 363	Master (18-19)	Master (18-19)	M. Smith 132
A. Rosario 319	A. Rosario 319	J. Pierce 303*	M. Robb 281	E. Tuthill 358	M. Hodges 66	M. Hodges 66	Friedrichsen 104
R. Phillips 248	R. Phillips 248	Teen (18-19)	B. Trail 281	Master (60-64)	<b>123 lbs.</b>	<b>123 lbs.</b>	Teen (16-17)
<b>198 lbs.</b>	<b>198 lbs.</b>	Open	C. Toney 275	J. Griffin 314	S. Groce 104	S. Groce 104	Teen (16-17)
Open	Open	Open/Junior	J. Koeferl 358	P/Majias 562	B. Atkerson 77	B. Atkerson 77	Master (45-49)
D. Cieri 529	D. Cieri 529	J. Pierce 303*	Master (45-49)	T. Jensen 424	J. Penn 99	J. Penn 99	Junior (20-24)
C. Rexrode 396	C. Rexrode 396	Teen (18-19)	W. Mudrack 424	P. Majias 562	Teen (16-17)	Teen (16-17)	N. Arbia 160
A. Simpson 391*	A. Simpson 391*	Open	C. Hightower 363	M. Madigan 424	S. Groce 104	S. Groce 104	Master (45-49)
C. Walter 391	C. Walter 391	Open	J. Prendergast 292	K. Coughlin 402	T. Osborn 49	T. Osborn 49	Master (45-49)
M. Valero 391	M. Valero 391	Open	B. Trail 281	J. Robinson 115	<b>132 lbs.</b>	<b>132 lbs.</b>	Junior (20-24)
A. Dickey 388	A. Dickey 388	Open	C. Toney 275	D. Bunch 314	Teen (16-17)	Teen (16-17)	N. Arbia 160
G. Stillman Jr 358	G. Stillman Jr 358	Open	J. Koeferl 358	D. Bunch 314	Open/Teen (12-13)	Open/Teen (12-13)	Master (45-49)
C. Baldwin 352	C. Baldwin 352	Open	Master (45-49)	P. Majias 562	M. Wilhelm 151	M. Wilhelm 151	Junior (20-24)

# RESULTS



Kristi Amerson of NC



Gregory Hartranft pulled 722 lb!



Tierney Wallace of NY



William Lewis placed 3rd in the DL

C. Lyons 154	R. Fratezi 242	Junior (20-24)	T. Valberg 567	McMillan Sr 661
C. Demoss 137	K. Duncan 203	R. Mayer 424	A. Danis 507	M. James 578
G. Lawrence 104	Teen (14-15)	<b>148 lbs.</b>	R. Phillips 501	D. Eddy 540
(25-29)	M. Glanville 264*	Open	G. Pehl 462	Frederickson 507
B. Cox 159	K. Duncan 203	J. Tripodi 485	Master (40-44)	J. Penn 501
(35-39)	T. Wallace 275	T. Yee 424	A. Badger 446	Open/50-54/L/F/M
B. McEwan —	Master (40-44)	R. Clark 374	Rossato-ITA 352	Master (50-54)
Master (40-44)	Master (40-44)	R. Garner 325	M. Robb 584	Junior (20-24)
C. Demoss 137	M. Berbert 308	D. Johannsen 319	C. Staley 500	G. Hartranft 722
Master (45-49)	Master (45-49)	Teen (14-15)	J. Madden 490	(25-29)
C. Lyons 154	N. Hubbard 287	M. Grasso 363	Master (60-64)	B. Cox 749
J. Penn 99	Master (50-54)	T. LaMaster 259	C. Toney 473	(35-39)/L/F/M
Master (50-54)	R. Fratezi 242	R. Prior 297	T. Harris 451	McMillan Sr 661*
R. Clasing Sr. 159	<b>165 lbs.</b>	Teen (16-17)	Master (50-54)	Open
Master (55-59)	Open	A. Meinhardt 325*	L. Nash 374*	D. Lamoreaux 600
B. Borofsky 126	T. Steadman 303	D. Johannsen 319	T. Hendron 352	G. Distin 600
Master (65-69)	B. Copeland 231	K. Meyer 314*	D. Goble 303	R. Thomas 595
V. Maldfield 84	B. Mizelle 220	B. Bennett 275*	Master (55-59)	M. Baugham 523
Master (70-74)	Junior (20-24)	Teen (18-19)	B. Seaver 341	C. Campbell 507
G. Lawrence 104	T. Steadman 303	R. Clark 374*	Master (60-64)	Frederickson 507
P/F/M	B. Copeland 231*	(25-29)	R. Powell 451*	R. Clasing Sr. 352
R. Clasing Sr 159	B. Mizelle 220*	J. Tripodi 485	Master (70-74)	K. Dulmer 496
V. Maldfield 84	<b>198+ lbs.</b>	(30-34)	P. Hubbard 300	J. Johnson 496
308 lbs.	Open	T. Yee 424	L/F/M	E. Tuthill 490
Open	K. Sharp 336	Master (40-44)	A. Rosario 540	C. Hightower 462
D. Newsom 143	A. Lynn 297	R. Garner 325*	R. Phillips 501	J. Carey 429
J. Griffin 132	J. Malone 253	<b>165 lbs.</b>	Open/Teen (14-15)	R. Clasing Sr. 352
(30-34)	Junior (20-24)	Open	Friedrichsen 402	V. Maldfield 330
D. Newsom 143	K. Sharp 336	J. Stallworth 451	Teen (16-17)	<b>308 lbs.</b>
Master (60-64)	A. Lynn 297	Z. Renner 435	C. Rexrode 540	Open
J. Griffin 132	Master (40-44)	J. VanAllen 429	Junior (20-24)	A. Baldwin 512*
P/F/M	J. Malone 253	D. Boone 424	D. Dibble 501	Junior (20-24)
J. Griffin 132	<b>MALE</b>	B. Torvinen 418	M. Valero 501	G. Distin 600
<b>SHW</b>	<b>66 lbs.</b>	D. Atkerson 385	C. Campbell 507	C. Larson 622
Open	Youth (10-11)	A. Grantham 330	(30-34)	W. Lewis 600
J. Callison 143	C. Hale 99	W. Lewis 303	C. Campbell 507	W. Lewis 600
P. Mejias 128	<b>88 lbs.</b>	M. Nicastrò —	E. Tuthill 490	W. Lewis 600
D. Bunch 110	Youth (8-9)	G. Kim 385	R. Thomas 595	W. Lewis 600
Submaster (35-39)	J. Byrens 92	Open/Teen (16-17)	Master (45-49)	W. Lewis 600
P. Tomkins 139	J. VanAllen 429	D. Sylvester 468*	C. Hightower 462	L/F/M
(30-34)	K. Vasquez 236	Open/Jr/L/F/M	J. Carey 429	C. Larson 622
D. Bunch 167	J. Oms 132	N. Glines 644*	Master (50-54)	<b>SHW</b>
Master (40-44)	<b>105 lbs.</b>	Open/L/F/M	D. Lamoreaux 600	Open
J. Callison 143	D. Atkerson 385	K. Dickhut 573*	L. Corbin 551	Submaster (35-39)
Master (45-49)	J. Dilley 325	Teen (14-15)	J. Johnson 496	P. Tomkins 429
P. Mejias 110	M. Kahan 209	B. Becker 413*	Master (65-69)	Master (40-44)
Master (65-69)	R. Marcellino 181	Teen (16-17)	I. Brooks 424*	J. Callison 479
C. Hellickson 44	Teen (14-15)	S. Brinkley 523	<b>275 lbs.</b>	Master (45-49)
<b>DEADLIFT</b>	A. Hickerson 121*	R. Poland 435	Open	T. Dillard 716*
<b>FEMALE</b>	Junior (20-24)	N. Markowitz 385	B. Cox 749	D. Bunch 501
<b>66 lbs.</b>	R. Marcellino 181	Junior (20-24)	G. Hartranft 722	Master (65-69)
Youth (5 & Under)	Master (40-44)	C. Ballance 512	The 2010 100% RAW Powerlifting	C. Hellickson 203
S. Algarin 37	M. Kahan 209	R. Cross 479	Federation American Challenge was the first	
Youth (6-7)	<b>114 lbs.</b>	D. Sylvester 468	National Championship of its kind, eight	
C. Eckard 44	Open	D. Boone 424	meets held during the first two weeks in	
D. Hain 225	M. Hodges 236	Submaster (35-39)	June to determine the Nation's Strongest	
Open/Youth	D. Hain 225	M. Nicastrò —	unequipped lifters. The eight locations	
B. Algarin 176	Teen (16-17)	Master (40-44)	(Johnson City, NY, Omaha, NE, Prescott,	
<b>105 lbs.</b>	D. Hain 225	W. Lewis 303	AZ, Barco, NC, Pitman, NJ, Las Vegas, NV,	
Open/Teen (16-17)	Teen (18-19)	Master (45-49)	Gordonville, VA, and Burlington, VT) drew	
L. Trail 181	M. Hodges 236*	Master (70-74)	some 300 lifters from over 20 states. Ages of	
<b>123 lbs.</b>	Open	J. Collazo 352	competitors ranged from lifters nine and	
Teen (12-13)	B. Cartwright 314	<b>181 lbs.</b>	under to 73 years old. All lifters placing first	
C. Byrnes 103	C. Kleitz 281	Open	in the Open bench press division received a	
Master (40-44)	B. Johns 275	D. Szymanski 595	free National Championship plaque,	
S. Wisdom 248	B. Atkerson 248	A. Rosario 540	warm-up suit, and free admission into the	
<b>132 lbs.</b>	Teen (12-13)	T. Rodriguez 540	2010 Single Lift World Championships in	
Open	B. Atkerson 248	A. Trail 529	Virginia Beach, Virginia (November 6-7th).	
L. Monroe 117	Teen (14-15)	T. Roberts 523	BENCH Women's 123# Class & Under:	
H. Stewart 187*	C. Kleitz 281	J. Penn 501	Minnesota's Beth-el Algarin (97#) won first	
J. Bowers 170	Teen (16-17)	K. Pohlmann 468	place in both the open and 8-9 year-old	
Teen (12-13)	B. Cartwright 314*	J. Jazwinski 418	division. Her successful fourth attempt of	
J. Bowers 170	B. Diaz 236*	Rossato-ITA 352	90.3 lbs. established a new World Record	
Junior (20-24)	D. Daeges 325	D. Daeges 325	for her respective age category. Beth-el's	
H. Stewart 187	B. Johns 275	Open/M (45-49)	father, Louis Algarin, will be taking the	
(25-29)	<b>132 lbs.</b>	N. Grantham 407*	position of Minnesota State Chairman	
L. Monroe 259	Open	Teen (14-15)	starting this fall, and we greatly look	
Master (50-54)	P. Mayer 424	D. Daeges 325	forward to the upcoming events which he	
C. Khoury 203	V. Alvarado 402	C. Peele 308*	will host. Adrienne Paternoster of New York	
<b>148 lbs.</b>	Youth (10-11)	Teen (16-17)	finished second in the (8-9) division with a	
Open	B. Purcell 192	Williamson 424*	31.9 lb bench press. 47 lb. Chloe Eckard	
M. Berbert 308	Paternoster 137	Teen (18-19)	(Arizona) won her respective 66# class with	
T. Wallace 275	Teen (16-17)	D. Szymanski 595	a 33 lb. lift. Arizona's Laurel Trail was the	
M. Glanville 264	V. Alvarado 402	A. Trail 529	only entrant into the 105# division. Her	

successful second attempt of 82.6 lbs. established a new American National Record in the (16-17) division. Laurel also currently holds the National record for her age in the 97# class. Bryce Dowdy (North Carolina) placed first in the (10-11) 114# class with a National record of 71.6 lbs. In the 123# class Vermont's Shannon Wisdom won the (40-44) division with a lift of 104.7, while Chelsi Byrnes (New York) won the (12-13) division with a 54 lb third attempt. Women's 132# Class: A total of five women entered the 132# division. First place in the Open was North Carolina's Kelly Wescott who successfully lifted 159.8 lbs. on her second attempt before missing 165.3 on her third. Wescott also placed first in the Master's (50-54) division. Second place in the Open was Laura Monroe (New York) who was only able to register her opening attempt of 137.7 lbs. Also placing first in their respective divisions were Jordan Bowers (AZ) (12-13) and Holly Stewart (NC) (20-24). Connecticut's Courtenay Khoury placed second in the Master's (50-54) division behind Kelly Wescott. Khoury's best lift was 110.2 lbs. Women's 148# Class: Six women competed in the 148# class. First place in the Open was 15 year-old Kaitlyn Duncan of Pennsylvania. Duncan's 154.3 lb. bench press was good enough for a World Record in the (14-15) division. Second in the Open was Kristi Amerson (NC) who benched 137.7 lbs., and third was Tierney Wallace (NY) who finished with 126.7. Both Amerson and Wallace also placed first in their age categories: Amerson (18-19) and Wallace (20-24). Although Kaitlyn Duncan placed first in both the Open and (14-15), two other women entered the competition in her respective age category. California's Madison James placed second with a 110.2 lb. lift, while Marrena Glanville (NC) placed third with a lift of 82.6 lbs. Nona Hubbard of New Hampshire won the Master's (45-49) division with a successful lift of 143.3 lbs. Women's 165# Class: First place in the Open and (20-24) went to Arizona's Tara Steadman. Tara's successful third attempt of 214.9 lbs established a new Junior World Record, and also clinched the meet's best female lifter award. Second place in the Open was Laura Delay (VT). Laura, who normally competes in the 148# class, is a certified 100% Raw official, and assists in many of our federation's meets in New England. Third place in the Open and second in the Junior was Brittany Mizelle (NC). Women's 181# and Up: Tammy Walker (NC) won first place in both the Open and Master's (40-44) division. Her successful fourth attempt of 236.9 lbs. also established new National and World Records in both divisions. LaToya Parris had previously held the Open record at 235 lbs. There were no entrants into the 198# class, but four women entered the 198+ class. First place in the Open and Junior division was Nebraska's Kacie Sharp. Kacie's successful second attempt of 176.3 lbs. established a new Junior National Record. Amber Lynn (NY) placed second in the Open and Junior divisions with a lift of 159.8 lbs. Jacquelyn Malone (MD) placed first in the Mater's (40-44), and Kristina Hawkins (AZ) won the (45-49) division. Men's 114# Class and Under: 66# Tyler Corriveau (VT) and 77# Matthias Algarin (MN) both placed first in the youth (8-9) division. Maryland's Aaron Brooks established a new World Record in the 88# (8-9) division with a successful fourth attempt of 99.2 lbs. Aaron, who only

weighed 86 lbs., is also a national champion wrestler. Kamryn Vasquez (NE) placed first in the 88# youth (10-11) division. Andrew Proudfoot (NY) was the only entrant into the 97# class, but his successful second attempt was good enough for a national record in the (12-13) year old division. Three lifters entered the 105# class, with all winning their respective age categories. Jakob Lewis (MD) placed first in the (12-13) division, while Ashton Hickerson (VA) won the teen (14-15) division. New Jersey's Robert Marcellio placed first in both the Open and Junior division. Although Robert was only able to successfully lift his first attempt of 170.8 lbs., the weight was still good enough for a junior world record. North Carolina's Martin Hodges was the only lifter to compete in the 114# class. Hodges, who only weighed 108 lbs., competed in the teen (18-19) division. Men's 123# Class: Seven lifters competed in the 123# class, with five entering in open. Arizona's Scott Groce placed first in both the open and teen (16-17) division with a lift of 192.9 lbs. This lift was good enough for a world record in his age category. Second in the open was Trey Osborn (also from Arizona), and third was Brady Cartwright (NC). Both Osborn and Cartwright lifted 143.3 lbs., but Osborn weighed four pounds lighter. Osborn and Cartwright also placed second and third in the teen (16-17) division. Fourth place in the open went to New York's Cody Kleitz who lifted 137.7 lbs. Had Kleitz been successful in either his second or third attempt at 143.3 lbs., he would have placed second in the open, his bodyweight was lighter than both Osborn and Cartwright. Kleitz also placed first in the teen (14-15) division. Bryce Atkerson (AZ) placed fifth in the open division. Men's 132# Class: The 132# class hosted nine lifters, with three benching over twice their bodyweight. First place was very close, and was determined by bodyweight, as both Vincent Alvarado (NE) and Vance Edwards (NH) successfully lifted 281 lbs. First place went to Alvarado, who weighed 131.0 lbs., compared with Edward's 131.2 lbs. Alvarado's lift of 281 lbs. was also a world record in the teen (16-17) division. Third place in the open was Delaware's Sinath Sam. Sam was successful in all four lifts, and ended with a master's (40-44) world record of 270 lbs. Rob Mayer and Josh Riley both lifted 231.4 lbs., and placed fourth and fifth in the open. Mayer's lift was a junior national and world record. Nicholas Paternoster (NY) placed first in the youth (10-11) division, while Zach Kruchten (VA) won the (14-15) division. Men's 148# Class: Twelve lifters entered in the open 148# class. First place was New York's Adam Zehr who lifted 374.7 lbs. Zehr's lift broke the previous open national and world record held by James Love at 365 lbs. Zehr also holds the open national and world record's in the 123# and 132# Class. Second place in the open was Justin Tripodi (NY) who lifted 308.6 lbs. Third place was Paul Gillott (AZ) who set a new master's (50-54) world record of 286.6 lbs. Gillott holds many records with our federation, and served at the event director for the AZ American Challenge. Fourth place was Massachusetts' Michael Wong. Wong set a new national and world record in the teen (18-19) division with a lift of 281 lbs. Placing fifth was Christopher Byrnes (NY) who also lifted 281 lbs. Byrnes has lifted 314 lbs. with our federation in the past, but his lift of 281 lbs. was still good enough for first place in the

master's (40-44) division. Sixth place was Maryland's Tony Yee, seventh was Robert Clark (VA), and eighth was Jason Leavitt (VA). All placed first in their respective age categories. Men's 165# Class: Seventeen lifters competed in the open 165# class. First place was Virginia's Nicholas Apseloff who lifted 330.6 lbs. Apseloff's lift established a new teen (16-17) national and world record. Apseloff also holds several records in the 181# class. Second place in the open was Daniel Henson (MA). Henson has been competing with our federation since 2008, but this was the first time he lifted in the 165# class (he normally competes at 181#). Although, the weight loss appeared to have affected his bench, his 325.1 lbs. lift was still good enough for a new master's national record. Third place in the open was Chris Livolsi (NY), and fourth was Chris Balance (NC). Fifth place went to Fred Wescott. Fred, along with his wife Kelly, has been lifting with our federation since very early on. His 292.1 lb. bench press also placed him first in the Master's (50-54) division. Men's 181# Class: 23 lifters entered the open 181# division. This lift was good enough for a world record in his age category. Second in the open was Trey Osborn (also from Arizona), and third was Brady Cartwright (NC). Both Osborn and Cartwright lifted 143.3 lbs., but Osborn weighed four pounds lighter. Osborn and Cartwright also placed second and third in the teen (16-17) division. Fourth place in the open went to New York's Cody Kleitz who lifted 137.7 lbs. Had Kleitz been successful in either his second or third attempt at 143.3 lbs., he would have placed second in the open, his bodyweight was lighter than both Osborn and Cartwright. Kleitz also placed first in the teen (14-15) division. Bryce Atkerson (AZ) placed fifth in the open division. Men's 132# Class: The 132# class hosted nine lifters, with three benching over twice their bodyweight. First place was very close, and was determined by bodyweight, as both Vincent Alvarado (NE) and Vance Edwards (NH) successfully lifted 281 lbs. First place went to Alvarado, who weighed 131.0 lbs., compared with Edward's 131.2 lbs. Alvarado's lift of 281 lbs. was also a world record in the teen (16-17) division. Third place in the open was Delaware's Sinath Sam. Sam was successful in all four lifts, and ended with a master's (40-44) world record of 270 lbs. Rob Mayer and Josh Riley both lifted 231.4 lbs., and placed fourth and fifth in the open. Mayer's lift was a junior national and world record. Nicholas Paternoster (NY) placed first in the youth (10-11) division, while Zach Kruchten (VA) won the (14-15) division. Men's 148# Class: Twelve lifters entered in the open 148# class. First place was New York's Adam Zehr who lifted 374.7 lbs. Zehr's lift broke the previous open national and world record held by James Love at 365 lbs. Zehr also holds the open national and world record's in the 123# and 132# Class. Second place in the open was Justin Tripodi (NY) who lifted 308.6 lbs. Third place was Paul Gillott (AZ) who set a new master's (50-54) world record of 286.6 lbs. Gillott holds many records with our federation, and served at the event director for the AZ American Challenge. Fourth place was Massachusetts' Michael Wong. Wong set a new national and world record in the teen (18-19) division with a lift of 281 lbs. Placing fifth was Christopher Byrnes (NY) who also lifted 281 lbs. Byrnes has lifted 314 lbs. with our federation in the past, but his lift of 281 lbs. was still good enough for first place in the

master's (55-59) division. In second place was New York's Troy Valberg, who lifted 369.2 lbs. Valberg also placed first in the junior division. Mark Robb (VA), John Probasco (NE), Michael Spezzano (NY), and Chris Daisey (DE) placed third through sixth. Spezzano placed first in the master's (40-44) division, while Daisey placed second. Massachusetts' Ken Mattson's lift of 374.8 lbs. placed him first in a very competitive master's (50-54) division. Coming in second place was Mark Robb (VA) who lifted 358.2 lbs., and third was Jeffrey Madden (MA) who lifted 330.6 lbs. Men's 242# Class: 28 competitors lifted in the Open 242# class, with the first three places all coming from the NY American Challenge. First Place was Pennsylvania's John Franks who lifted 468.4lbs. Frank's competed in the 2009 World Bench Press Championships last year and placed second in the Open behind our federation's president, Paul Bossi. Second place went to Kris Dulmer (NY) with a lift of 440.9 lbs. Dulmer competes both in the 220 and 242# class, and is arranging a competition in Syracuse, NY to be held in mid-September. Iowa's Jason Hillman place first in the open with a lift of 319.6 lbs. In second place was Adam Rosario (NY) who also lifted 319.6 lbs., but weighed slightly more than Hillman. Rosario was unsuccessful with his third attempt of 341.7 lbs. Mark Franks (NC), Josh Dalton (VA), Chris Kruchten (VA), and Pat Baird (NE) all lifted 314.1 lbs., and placed third through sixth respectively. Scott Proudfoot and Donny Nelson (NC) both lifted 308.6 lbs. Proudfoot was unsuccessful with his third attempt of 319.6 lbs., which would have placed him in a three-way tie for third. New Hampshire's Peter Hubbard (who compiles our federation's master's rankings) placed first in the master's (70-74) division with a lift of 231.4 lbs. Hubbard currently holds the record in that age and weight with a lift of 255.7 lbs. Men's 198# Class: Although a total of twenty-five lifters entered the open 198# class, the division was dominated by former IPF World Champion Dennis Cieri (NJ). Cieri was successful with his second attempt at 529.1 before narrowly missing 540.1 on his third attempt. This lift established a new open master's (40-44) national and world record. The previous open record was 525 lbs., which Cieri had done back in 2006. Second to seventh place were all very close, and were separated by only 11 pounds. Chad Rexrode (VA) placed second with his lift of 396.8 lbs. Third, fourth, and fifth place were accomplished by Anthony Simpson (NC), Chris Walter (NE), and Mario Valero (NY) who all lifted 391.2 lbs. Valero was unsuccessful with his third attempt of 407.8lbs. Arizona's Andy Dickey placed sixth with a lift of 388 lbs., while Virginia's Sylvester Freeman was seventh with 385.8 lbs. Other notable lifts were done by Jim Van Allen (NY), Chuck Mulligan (MD), and Bob Dahlhamer (MD). Van Allen only entered the master's (55-59) division, but his 396.8 lb. bench press would have placed him very high in the open division. Van Allen won the overall Mater's II American Challenge award. Mulligan's lift of 308.6 lbs. established a new national and world record in the master's (65-69) division. Dahlhamer placed first in the master's (70-74) division with a lift of 253.5 lbs. Men's 220# Class: Ten lifters entered the open 220# class, with Craig Perry (VA) emerging as champion. Perry successfully lifted 374.8 lbs., and also placed first in the

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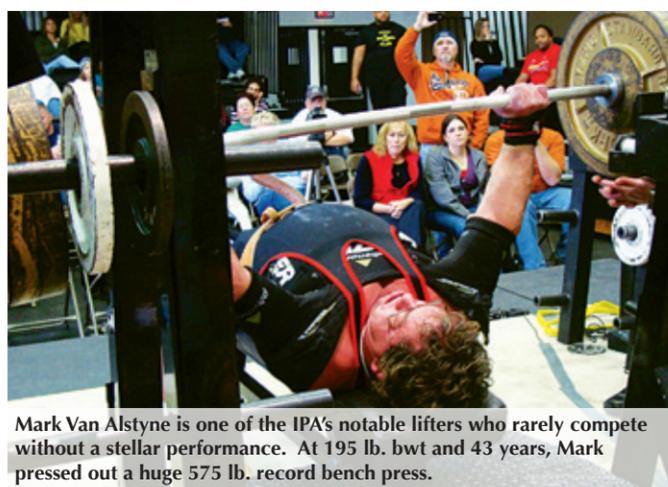




Spanning the ages, our two youngest competitors Sarah Hunt (9 years on left) and Gabby Reyes-Cooke (11 years) flank our oldest lifter, Fred Glass at 73 years – all set and broke IPA records with incredible performances



Robert Thompson (248 lb. bwt) left a distinctive mark on the Raw Amateur Men's 275 lb. Teen (16-17) division erasing all the existing records with a 455 lb. squat, 390 lb. bench press, and a 600 lb. deadlift



Mark Van Alstyne is one of the IPA's notable lifters who rarely compete without a stellar performance. At 195 lb. bwt and 43 years, Mark pressed out a huge 575 lb. record bench press.

## IPA NATIONALS NOV 20-21 2010 » York, PA

BENCH		181 lbs.		200		405		895	
<b>MALE</b>		Master (45-49)		N. Gonzales		340		255 440 1035	
Amateur		K. Stauffer		360*		Malachefski		325 215 435 975	
165 lbs.		Teen (14-15) Raw		K. Regan		300		J. Hall	
C. Raines		220		220 lbs.		315		210 375 900	
Teen (16-17) Raw		B. Mose		310*		181 lbs.		Teen (16-17)	
181 lbs.		J. Rovoy		455		Mastrandren		340 250 370 960	
Master (55-59)		T. Lewis		505		275 lbs.		Teen (16-17)	
4th-520*		4th-515*		470		308 lbs.		R. Coletti	
198 lbs.		V. Mallace		510		Teen (18-19)		J. McAlpine	
Master (40-44)		D. Bailey		470		Amateur Teen Raw		148 lbs.	
B. Ross		580*		575*		SHW		Teen (14-15) Raw	
VanAlstyne		575*		198 lbs.		Open		T. Newcomb	
Open		VanAlstyne		575		198 lbs.		Teen (16-17) Raw	
198 lbs.		T. Russell		350		Am Teen (16-17)		B. Mose	
Teen (16-17)		242 lbs.		705		308 lbs.		C. Koser	
Amateur Open		D. Hess		430		DEADLIFT		E. Ruth	
Open		V. Cooke		750		198 lbs.		275 lbs.	
SHW		S. Hannah		500		Teen (16-17) Raw		R. Thompson	
Master (60-64)		B. Lobins		565		Amateur		165 lbs.	
Professional Raw		A. Klein		660		Open		Kemper, Jr	
Ironman		BP		DL		TOT		275 lbs.	
Amateur		198 lbs.		Open		T. Davis		650 455 530 1635	
Open		D. Thompson		285 540 825		308 lbs.		Master (40-44)	
242 lbs.		R. Harper, Sr.		355 630 985		Open		P. Hilliard	
Master (60-64)		D. Hess		430 620 1050		SHW		G. Underod	
Open		Master (65-69) Raw		D. Parsons		150* 280* 430*		Master (55-59)	
150*		280*		430*		165 lbs.		L. Jordan	
Pro Open		D. Blankenship		525 630 1155		Amateur Raw		550* 280 400 1230	
Full Power		SQ		BP		DL		TOT	
FEMALE		Amateur		97 lbs.		Open Raw		L. Dyles	
Teen (11) Raw		Reyes-Cooke		75* 55 115 245		220 lbs.		Junior Raw	
105 lbs.		Open Raw		S. Hunt		130* 70 175 375		C. Williams	
S. Hunt		130*		70* 175* 375*		242 lbs.		530* 405* 605* 1540*	
Teen (14-15) Raw		S. Hunt		130*		Open Raw		C. Dellafave	
123 lbs.		225 110 240 575		148 lbs.		Professional		308 lbs.	
Teen (16-17)		V. Breuer		200 110 265 575		Open Raw		N. Henderson	
198 lbs.		K. Klink		200 110 265 575		220 lbs.		465 330 500 1295	
Open Raw		N. Miller		350* 260* 365 975		Open		F. Glass	
Professional		E. Grimod		330 200 330 860		148 lbs.		325 95 355 775	
Submaster		E. Grimod		330 200 330 860		Master (70-74)		220 lbs.	
MALE		Amateur Teen		114 lbs.		Open		P. Helber	
114 lbs.		Teen (14-15)		A. Baletto		210 145 250 605		675 400 600 1675	
123 lbs.		Teen (16-17)		N. Papa		300 180 375* 855*		242 lbs.	
Teen (16-17)		N. Papa		300 180 375* 855*		105 lbs.		Junior	
A. Belli		355 295 425 1075		148 lbs.		Open		K. Baughman	
148 lbs.		Police		A. B. Fields		725 500 645 1870		725 640 600 1965	
SHW		Teen (16-17)		T. Applegate		290 200 405 895		165 lbs.	
Teen (16-17)		N. Gonzales		340 255 440 1035		181 lbs.		Teen (16-17)	
Malachefski		325 215 435 975		181 lbs.		Teen (18-19)		J. Hall	
315 210 375 900		181 lbs.		Teen (16-17)		Mastrandren		340 250 370 960	
275 lbs.		Teen (16-17)		R. Coletti		285 275 405 965		308 lbs.	
Teen (16-17)		J. McAlpine		600 415 550 1565		Amateur Teen Raw		148 lbs.	
T. Newcomb		250 170 350 770		275 lbs.		Teen (16-17) Raw		B. Mose	
390* 310* 500* 1200*		C. Koser		275 165 417 857		275 lbs.		E. Ruth	
255 190 360 805		275 lbs.		Teen (16-17) Raw		R. Thompson		455* 390* 600* 1445*	
308 lbs.		Kemper, Jr		545 300 540 1385		308 lbs.		Open	
T. Davis		650 455 530 1635		308 lbs.		Master (40-44)		P. Hilliard	
715 580 600 1895		Open		G. Underod		775 525 585 1885		SHW	
Submaster Raw		Joshua Held		475* 375* 500* 1350*		Best Lifter Bench Amateur Men's Teen: Titus Russell. Best Lifter Bench Amateur Men's Open: Darren Hess. Best Lifter Bench Professional Men's Open: Vincent Cooke. Best Lifter Bench Amateur Men's Master: Thomas Lewis. Best Lifter Bench Professional Men's Master: Bill Lobins. Best Lifter Full Power Amateur Men's Teen: Anthony Belli. Best Lifter Full Power Amateur Women's Teen: Victoria Breuer. Best Lifter Full Power Amateur Women's: Nicole Miller. Best Lifter Full Power Professional Women: Elaine Greenwood. Best Lifter Full Power Amateur Men's Lightweight: Michael Kemper, Jr. Best Lifter Full Power Amateur Men's Heavyweight: George Underwood. Best Lifter Full Power Professional Men's Heavyweight: Vincent Cooke. Best Lifter Full Power Amateur Men's Master: Patrick Mullaney. Best Lifter Full Power Professional Men's Master: John Mattei.		» courtesy Ellen Chaillet	



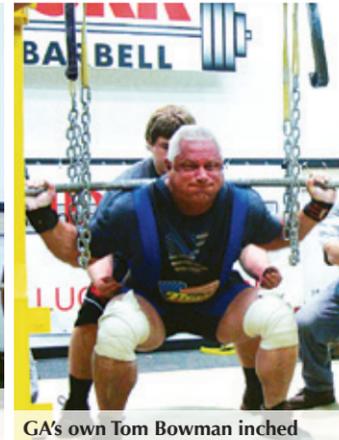
A 2185 lb. total and a 750 lb. BP won Vincent Cooke two Best Lifter Awards (E. Chaillet photos)



John Mattei won the Professional Men's Master Best Lifter Award with four new IPA records



Switching gears from bodybuilding, Nicole Miller proved she's as accomplished as a powerlifter breaking all the IPA records in the unequipped 198 Women's Open division



GA's own Tom Bowman inched past an existing hard earned IPA squat record rewriting the books with an 807.5 lb. squat

Master (55-59)	L. Jordan	550*	280	400*	1230*
Professional Raw	181 lbs.				
Master (65-69) Raw	P. Mullaney	300	300	400	1000*
242 lbs.	K. Nicholls	—	85	205	290
Master (40-44) Raw	M. Stephens	235	80	265	580
Open Raw	S. Rogers	335	195	290	820
275 lbs.	E. Stevenson	295	185	255	735
Open Raw	A. Caudill	150	90	190	430
308 lbs.	S. Brandt	175	105	230	510
165 lbs.	J. Dodel	355	195	300	850
181 lbs.	S. Figueroa	—	85	235	320
UNL	K. Hower	535	205	305	1045
S. Stephens	400	190	325	915	
C. Alexander	315	165	330	810	
C. Johnson	275	115	320	710	
MALE					
Fresh/Soph	114 lbs.				
J. Flores	275	125	260	660	
132 lbs.	H. Spencer	275	—	275	550
148 lbs.	R. Gold	275	215	350	840
165 lbs.	K. Brock	335	175	360	870
Open	R. Oyler	460	—	480	940
148 lbs.	D. Caufield	200	105	285	590
165 lbs.	J. Paradis	375	300	445	1120
P. Barner	400	245	400	1045	
P. Young	375	230	375	980	
D. Pooley	315	175	405	895	
R. Ciaro	365	—	435	800	
N. Petersen	225	205	300	730	
T. Ruff	—	225	365	590	
181 lbs.	A. Nakashima	405	245	455	1105
198 lbs.	J. Norris	675	350	620	1645
A. Fletcher	430	235	435	1100	
FEMALE					
Fresh/Soph	97 lbs.				
C. Bishop	170	90	195	455	
123 lbs.	A. Hillman	190	85	175	450
198 lbs.					

## USAPL IDAHO STATE & HIGH SCHOOL FEB 5 2011 » Nampa, ID

BENCH	H. Huwa	250			
MALE	181 lbs.				
Raw	D. Winslow	315			
165 lbs.	198 lbs.				
T. Gabriel	265	S. Aberman	315		
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
Fresh/Soph	97 lbs.				
C. Bishop	170	90	195	455	
123 lbs.	A. Hillman	190	85	175	450
198 lbs.					

275 lbs.	C. Dinibulo	440	390	470	1300
114 lbs.	UNL				
123 lbs.	K. Belknap	555	300	510	1365
A. Moe	600	270	490	1360	
Raw	220 lbs.				
M. Hopkins	375	275	440	1090	
242 lbs.	T. Anderson	450	295	560	1305
J. Regis	435	410	445	1290	
» courtesy Barb Born					

## NASA GILMER OPEN JAN 8 2011 » Gilmer, TX

BENCH	FEMALE				
FEMALE	80 lbs.				
123 lbs.	Open	P. Garner	66		
Junior	Teen	P. Garner	66		
P. Fabela	127				
MALE	PS DEADLIFT				
242 lbs.	MALE				
Open	220 lbs.				
R. Durham	501				
305 lbs.	Master II	J. Parsons	462		
Submaster II	407				
M. Achusin	407				
Raw	165 lbs.				
Open	305 lbs.				
I. Gingery	105				
198 lbs.	Submaster II	M. Achusin	584		
High School	PS CURL				
N. Rhame	154				
220 lbs.	MALE				
Master Pure	198 lbs.				
G. Garner	336				
Open	275 lbs.				
G. Garner	336				
PS BENCH	Open				
Push Pull	R. Durham	132			
BP	DL	TOT			
MALE					
123 lbs.	Open				
Junior	K. Gingery	61	83	204	347
P. Fabela	127	253	380		
165 lbs.	K. Gingery	61	83	204	347
Open	242 lbs.				
I. Gingery	105	226	330		
305 lbs.	High School				
Open	S. Williams	77	116	231	424
PS CURL	MALE				
198 lbs.	181 lbs.				
Submaster I	Submaster I				
L. Kelly	501	402	501	1404	
Open	Power Sports	CR	BP	DL	TOT
R. Durham	132				
FEMALE					
132 lbs.	Open				
Open	K. Gingery	61	83	204	347
Junior	Teen				
P. Fabela	K. Gingery	61	83	204	347
242 lbs.	High School				
S. Williams	77	116	231	424	
MALE					
181 lbs.	Submaster I				
Submaster I	C. Roberts	143	292	457	892
220 lbs.	Open				
S. Moore	176	325	562	1062	
High School	Venue: Power Quest Gym.				
T. Baker	270	143	297	710	
» courtesy "Big Willie" J.T. Hall					

## WABDL SONNY'S 6TH HAWAII

JUN 27 2010 » Waikiki, HI

BENCH		Master (47-53)	
<b>FEMALE</b>			
Single-Ply			
105 lbs.		C. Vause	182*
Junior			
198 lbs.		L. Mansanas	482*
C. Loa	154*	Class I	
Open			
C. Loo	154	Junior (20-25)	
114 lbs.		C. Leval	518*
Open			
K. Len	182*	Master (40-46)	
Teen (16-17)			
K. Len	182!*	Class I	
Teen (18-19)			
J. Okimura	—	B. Kahele	463
123 lbs.		Junior (20-25)	
Master (40-46)			
S. Whitehead	94	N. Olaivar	424
Open			
S. Whitehead	94	Master (47-53)	
132 lbs.		K. Raines	—
Master (40-46)			
V. Panlasigui	132	J. Woods	502
Open			
L. Perezza	77	Master (54-60)	
Open			
V. Panlasigui	132	S. Lee Jr.	309
148 lbs.			
Master (40-46)			
J. Perezza	143	Open	
Open			
J. Perezza	143	Submaster (33-39)	
165 lbs.		J. Kelly	—
Master (40-46)			
C. Nasser	138	K. Dacuyucy	513
Open			
C. Nasser	138	T. Reich	226
181 lbs.		4th-253*	
Teen (12-13)			
R. Kuahane	116!*	Law/Fire Submaster	
198 lbs.		T. Gibson	402*
Junior			
K. Bagayas	149	Master (40-46)	
SUPER			
Open			
Master (54-60)		S. Narikiyo	650*
Double-Ply		S. Arnett	623*
SUPER			
Law/Fire Open			
J. Kimoto	303!*	308 lbs.	
Open			
J. Kimoto	303*	Junior (20-25)	
<b>MALE</b>			
Single-Ply			
148 lbs.		A. Nacapuy	397*
Class I			
T. Wong	353	A. Kukahiko	424
Elite Open			
K. Unten	502	Master (40-46)	
Master (61-67)			
M. Timbal	226*	Master (47-53)	
165 lbs.		J. Mersberg	—
Class I			
B. Biroan	369	Open	
Junior (20-25)			
J. Bagayas	265	Master (40-46)	
Master (40-46)			
G. Nabeshima	314	Double-Ply	
Master (80-84)		M. Godinez	265*
B. Grubbs	—	Open	
Open			
B. Biroan	369*	Teen (14-15)	
Teen (14-15)			
J. Woods	187	220 lbs.	
Teen (18-19)			
V. Pactol	276	Junior (20-25)	
181 lbs.		Class I	
Class I			
K. Matsumoto	424	Master (47-53)	
Master (40-46)			
K. Daniels	—	G. Sutton	



Kerwin Unten is truly one of the elite bench pressers in the history of WABDL. (CSS photo)

SUPER		M. Godinez 265*		Teen (14-15)		220 lbs.		G. Balboa 485		A. Kukahiko 468	
Law/Fire Open				Open				Law/Fire Submaster			
H. Kaikaina 314*		V. Panlasigui 314*		4th-341*		165 lbs.		N. Olaivar 601*		A. Ramos 755!*	
Open				Class I				Teen (18-19)			
H. Kaikaina 314*		D. Criste 342		A. Low 480		J. Bagayas 364		D. Silva 661*		A. Ramos 755*	
DEADLIFT				Junior (20-25)				SUPER			
D. Criste 342		D. Criste 342!*		J. Woods 650		J. Woods 650		J. Woods 650		A. Ramos 755*	
FEMALE				Open				Class I			
V. Aleaga —		D. Criste 342!*		J. Bagayas 364		D. Silva 661*		J. Woods 650		A. Ramos 755*	
Single-Ply				Master (61-67)				*State Records. #=National Records.			
97 lbs.		K. Bagayas 220		Gandeza Sr. 457		J. Woods 650		Convention Center. There were 48			
Master (40-46)				Teen (14-15)				contestants at this event. After the event			
E. Cabe 303!*		SUPER		M. Vintero 601		D. Georges 606*		was over, there was a luau with great			
Open				Master (47-53)				local food on the beach by Ala Moana			
J. Mersberg —		S. Arnett 209		D. Preston 342		D. Georges 606*		Shopping Center. If you're from the			
E. Cabe 303*				4th-365*		D. Georges 606*		mainland, this is a can't miss event. The			
B. Biroan 369		4th-214*		V. Pactol 402		D. Georges 606		Hawaiian pageantry is at it's finest. In			
Crawford III 739				Teen (18-19)		D. Georges 606		the deadlift, there were three world records.			
J. Bagayas 265		MALE		D. Georges 606		K. Oacuyucy 551		Andy Ramos in law/fire submaster pulled			
Crawford III 739				Submaster (33-39)		D. Georges 606*		755 at 397 lbs. Dean Kaneshiro pulled			
G. Nabeshima 314		Single-Ply		M. Vintero 601		D. Georges 606*		540 in 54-60/148. He has set multiple			
148 lbs.				Open		D. Georges 606		world records in 47-53/148 and 165 lbs.			
Master (80-84)		181 lbs.		D. Georges 606		D. Georges 606		and now 54-60/148 and 165 lbs., more			
R. Oshiro 237*				Submaster (33-39)		D. Georges 606*		than ten world records. In 97/40/44,			
B. Biroan 369*		132 lbs.		Open		D. Georges 606*		Elizabeth Cabe pulled a 3030 more than			
Class I				Teen (16-17)		D. Georges 606*		a triple bodyweight deadlift. Impressive			
J. Perezza —		198 lbs.		Teen (14-15)		D. Georges 606*		state records were set by Jacob Valmoja			
S. Whitehead 276				4th-580*		D. Georges 606*		409.9 in class 1/132. Bradley Borrero			
Teen (14-15)		259 lbs.		Teen (14-15)		D. Georges 606*		in junior 220 with 578.5. Nate Olaivar			
J. Perezza —				Open		D. Georges 606*		went on to beat Bradley's state record			
J. Woods 187		132 lbs.		Teen (18-19)		D. Georges 606*		with one of his own 600.7. Troy Gibson			
Law/Fire (40-47)				Class I		D. Georges 606*		set two Hawaiian state records in both			
V. Pactol 276		132 lbs.		Law/Fire Open		D. Georges 606*		» courtesy Gus Rethwisch			
G. Shibao 457!*				Law/Fire Submaster		D. Georges 606*					
Teen (18-19)		181 lbs.		Open		D. Georges 606*					
G. Shibao 457				Teen (18-19)		D. Georges 606*					
V. Pactol 276		181 lbs.		Teen (18-19)		D. Georges 606*					
Law/Fire Open				Teen (18-19)		D. Georges 606*					
G. Shibao 457		181 lbs.		Teen (18-19)		D. Georges 606*					
Class I				Teen (18-19)		D. Georges 606*					
K. Matsumoto 424		181 lbs.		Teen (18-19)		D. Georges 606*					
Master (40-46)				Teen (18-19)		D. Georges 606*					
K. Daniels —		181 lbs.		Teen (18-19)		D. Georges 606*					
G. Sutton 424*				Teen (18-19)		D. Georges 606*					

law/fire open and law/fire submaster in the 259 lbs. class. He pulled 600.7 in both categories. In open 181, Edwin Manmano was very impressive with an almost four times bodyweight lift of 705, 713 would have been a quadruple bodyweight deadlift. In open 220, Davey Silva pulled a Hawaiian record 661.2. Andy Ramos pushed a 755 in open superheavy. He also pulled a world record 804 at a meet in Hawaii on August 29, 2009 that is a world record in submaster and law/fire open. He also passed his drug test. Siu Whitehead set a state record 281 at 119.8 in open. In submaster 242, Keoki Dacuyucy ripped up a 580.7 Hawaiian state record. In teen 14-15/148 and 165 lbs. Toe Preston's son's Taz at 148 and Devin Vance at 165 pulled 341.5 and 365.9 respectively for Hawaii state records. Toe goes back a long way in Hawaii lifting, having competed in my record breakers in the late 1980s and the Hawaii state championships that I put on from 1980-1995. Velma Panlasigui pulled an impressive 314 at 129 for a Hawaii state record and Darnell Christie pulled a 341.5 state record in submaster 148. In the bench press there were four world records: Gilbert Shibao rammmed up 457.2 for a world record in law/fire 40-47/259 in double-ply; Julie Kioto locked out a 303 in law/fire open super, Reydel Nane Kauhane pushed 115.5 in teen women 12-13/181 and Kayla Hewlen popped 181.7 in teen 16-17/114. Other impressive benches were Kerwin Unten 50.5 in elite open 148. Kerwin holds the world record with 518. Louie Mansonas set a state record 481.7 in class 1/198. Arthur Tupuola set a Hawaiian record 584 in junior 308. Aaron Irumina put up a great looking perfect form 622.7 in master 40-46/259 and he gt the open 259 record until Sadao Ross Narikiyo beat it with 650.2. Brad Biroan set a Hawaii record in open 165 with 369.2 and Amado Nacapuy set a Hawaii record 396.7 in teen 18-19/308. Jocelyn Ronolo goes to extreme lengths to make sure this meet is perfect in every aspect. She is ably assisted by Kim Saito on the computer who always is right on with the meet results. Her husband Mike is the WABDL state chairman and he knows the rules and enforces them fairly. He will be inducted into the hall of fame in novemer at the World's at the Las Vegas Hilton. Jocelyn had a big crew to help her. Craig DeSoto helped in many ways. Arnold and Leona Perezza gave me a place to stay while I was in Hawaii for eight days. They also were responsible for the luau at Ala Moana Park after the event. They stay up most of the nigt prior to the events cooking the food both for the staff lunches and the luau. Arnold and Leona's sons Kaipo and Kaleo and her nephew Kirk Ronolo and Randy Kauhane helped bring all the equipment to the event. The emcee was Gus Rethwisch. Judges were Donna Delleree, Ray Verdonck, Larry Akiyama, Martha Godinez, Gave Aio and Mike Saito. Lisa Leong was Jocelyn's girl Friday who did a little bit of everything. Jocelyn's husband helped with door control. Jocelyn's daughter LaVonna Furtado was the scorekeeper and is very efficient. Inzer Advance Designs donated about \$600 in equipment and was the main sponsor. Kimo Ah Quin III was the platform manager.

## USAPL VA OPEN

FEB 26 2011 » Zion Crossroads, VA

BENCH		J. Self 358	
<b>148 lbs.</b>			
Open			
C. Platt	132	198 lbs.	
Open			
Raw		242 lbs.	
Open			
K. Self	165	242 lbs.	
Open			
K. Self	165	242 lbs.	
Open			
J. Leavitt	261	242 lbs.	
Open			
B. Straub	336	242 lbs.	
Ironman			
MALE			
Raw			
181 lbs.		242 lbs.	
Open			
P. Miller	176	242 lbs.	
Open			
C. Amstone	363	242 lbs.	
UNL			
Open			
A. Mineiro	413	242 lbs.	
Powerlifting			
SQ	BP	DL	TOT
K. Ryman	231	121	264
College			
B. Conley	160	116	242
Open			
A. Camper	253	116	314
Raw			
123 lbs.		242 lbs.	
Open			
E. Trubic	110	72	193
132 lbs.			

Open		L. Clancy 209		121		264		595									
A. Alas		154		110		215		479									
<b>165 lbs.</b>				<b>242 lbs.</b>				<b>501</b>									
Open				Open				Open									
T. Artis		275		171		363		809		402		281		402		1084	
198+ lbs.				198+ lbs.				198+ lbs.				198+ lbs.					
Open				Open				Open				Open					
D. Currin		275		143		330		749		523		341		606		1470	
MALE				MALE				MALE				MALE					
132 lbs.		132 lbs.		132 lbs.		132 lbs.		132 lbs.		132 lbs.		132 lbs.		132 lbs.		132 lbs.	
College				College				College				College					
C. Nelson		308		176		352		837		352		275		308		936	
148 lbs.				148 lbs.				148 lbs.				148 lbs.					
UNL				UNL				UNL				UNL					
(16-17)				(16-17)				(16-17)				(16-17)					
C. Poland		473		336		336		1145		385		303		534		1222	
Open				Open				Open				Open					
A. Mineiro		484		402		512		1398		424		187		451		1062	
» courtesy USAPL				» courtesy USAPL				» courtesy USAPL				» courtesy USAPL					

## SPF MARCH MADNESS

MAR 20 2011 » Sacramento, CA

BENCH		Hvy. Multi-ply	
<b>MALE</b>			
Lt. Raw Police			
220 lbs.		SHW	
Open			
P. Cox		193	
Powerlifting			
SQ	BP	DL	TOT
FEMALE			
Crossfit			
Hvy. Raw			
SHW		SHW	
Open			
K. Powers		265	
Lt. Raw			
165 lbs.		165 lbs.	
Open			
Jun van Luen		226	
Lt. Single-Ply			
T. Getty		276	
Lt. Raw			
L. Lindhorst		176	
MALE			
Crossfit			
Lt. Raw			
220 lbs.		220 lbs.	
Open			
D. Hester		402	
Hvy. Raw			
SHW		SHW	
Open			
T. Campitelli		408	
Lt. Raw			
220 lbs.		220 lbs.	
Open			
H. Richmond		529	
C. Ramos			
441		320	
G. Sinigaglia			
375		369	
R. Halley			
430		314	
M. Rothbardt			
435		254	
M. Robbosa			
331		226	
L. Cox			
226		187	
R. Lira			
364		—	
Hvy. Raw			
SHW			
Open			
L. Nash		391	
R. Bunch III			
363		226	
J. DeHenzel			
330		231	
J. Oswald			
292		253	
B. Lewis			
352		248	
Z. Robb			
388		220	
N. White			
363		275	
C. Kallander			
286		204	
C. Rexrode			
495		385	
Armed Forces			
H. Lee		297	
College			
C. Ek		446	
Open			
V. Snitkovsky		418	
College			
J. Greene		308	
220 lbs.			
Open			
J. Randal		876	
M. Wild			
722		546	
D. Jolley			
661		474	
B. Clark			
617		463	
D. Thompson			
—		—	
» courtesy Cara Westin			



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CHUCK VOGELPOHL SQUATTING 1,180 AT THE IPA  
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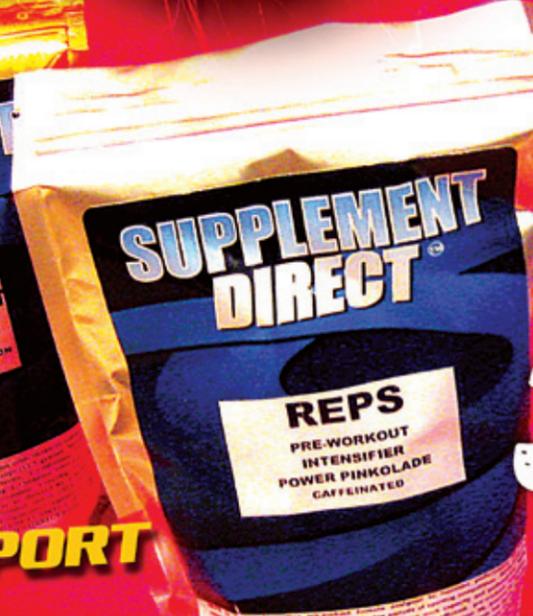
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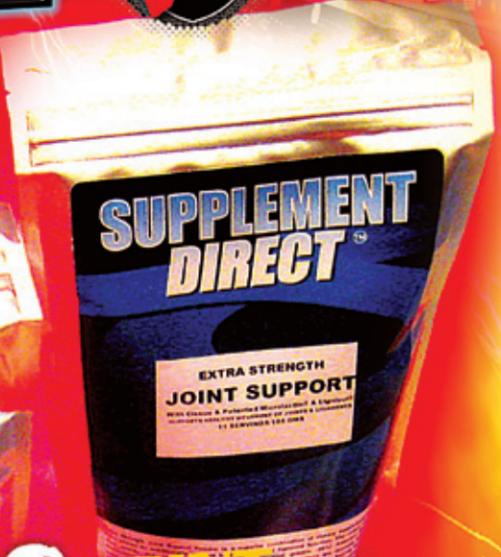
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