

» STARTIN' OUT:
CONTEST SPOTTING

» POWER FORUM: ARE
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AUGUST 2011 » VOL. 34 NO. 10

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MAKING IT HAPPEN

*Sarah Biddle, winner of the AAU Sullivan Scholarship, and Brian Shaw, dominator at this year's MHP Liberty Strongman Classic
courtesy Biddle and Randy McClure*



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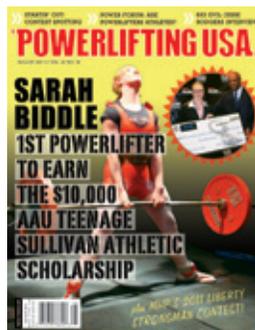
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ON THE COVER

With a winning combination of smarts and strength, Sarah Biddle is this year's AAU Teenage Sullivan \$10,000 Scholarship recipient. Congratulations, Sarah! photos courtesy Sarah Biddle



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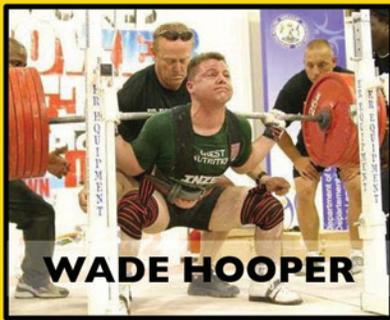
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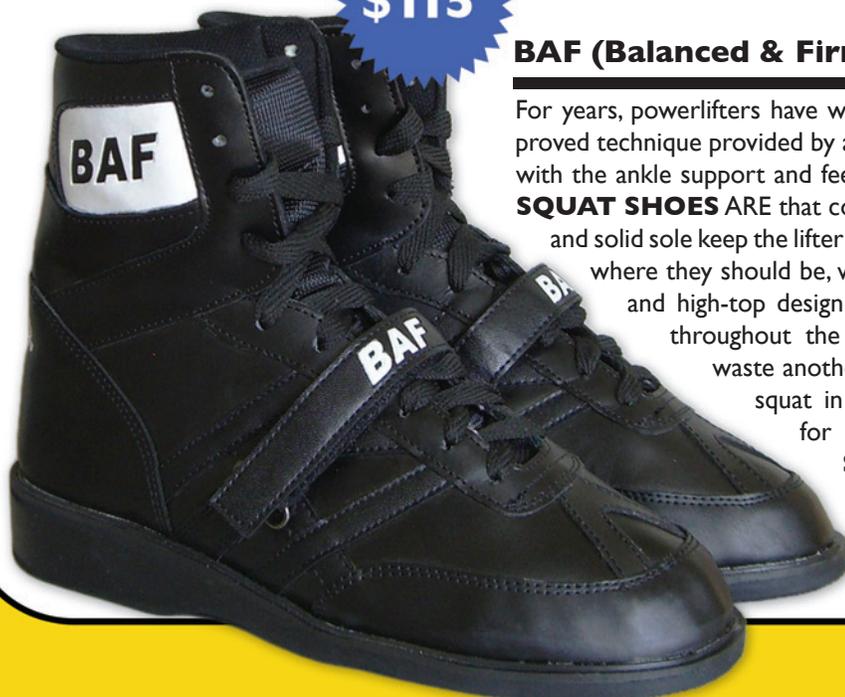
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VLAD ALHAZOV – World Record Full Squat: 1,250 lbs. @ SHW

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CAPITAL CLASSIC STRONGMAN CHALLENGE *as told to Powerlifting USA by Al Thompson*

Most times, when you read about a strength competition it is about all the hard work that goes into training. And once at the podium or attaining personal bests, the talk is always about how it was worth the effort.

Barry Perkins now understands the enormous task associated with putting on a quality event. Barry organized the MHP Capital Classic Strongman Challenge on March 26, in Herndon, VA. Thirty-six competitors took part in the event that was held at Perkins' new weekend training facility, The Edge 2.0, part of the Crossfit Reston workout center. Perkins' passion and work ethic was evidenced in the show. The overflow crowd that packed the Edge had fun watching the efforts put out by all the competitors, which featured men and women of all sizes and abilities putting in some inspiring performances.

"It's a great feeling watching all your hard work come together successfully," Perkins said after the event. "I was more nervous than any competition I've ever participated in. The preparation is immense if you want a successful show."

Callie Marunde, fitness model and personal trainer from Las Vegas—who is promoter of the Sin City Strongman Challenge—said she could not agree more. "It is much harder to promote than train for a show," said Marunde, who is married to World's Strongest Man finalist Nick Best. "Barry did a great job with the Capital Classic event, especially for his first time promoting!"

Winners of the MHP Capital Classic Strongman Challenge included Matt Makara (men's novice), Adam Bigbee (men's 200 lb.), Mike Lusby (men's 231 lb.), John Pietrolaj (men's heavyweight), Alicia Stoll (women's lightweight) and Kady Rohen (women's lightweight). All of the victors received MHP gift bags with supplements including Up Your MASS and Dark Matter. ☐☐

PODIUM RESULTS (points)

Men's Novice

1st – Matt Makara (72)
2nd – Jacob Ballard (65)
3rd – Brian Fletcher (65)

Men's 200 lbs.

1st – Adam Bigbee (29)
2nd – John Brooks (26)
3rd – Dustin Bayne (22)

Men's 231 lbs.

1st – Mike Lusby (38)
2nd – Luke Meredith (33)
3rd – Joe Tedrow (29)

Men's Heavyweight

1st – John Pietrolaj (28)
2nd – Jason Dayberry (20)
3rd – Tom Hennefeld (20)

Women's Lightweight

1st – Alicia Stoll (18)
2nd – Gretchen Alessi (13)

Women's Heavyweight

1st – Kady Rohen (19)
2nd – Madison Fox (10)
3rd – Mary Jacobson (9)



Madison Fox

Brian Fletcher



Adam Bigbee testing his strength with onlookers (L-R) Mike Lusby, Luke Merideth, Dustin Payne, and Tom Razzano (Nova Sports photos)



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

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ARE POWERLIFTERS ATHLETES?

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

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

This month's forum is dedicated to Al Siegel. Al was instrumental in the sport for over 30 years; he will be missed. This month's question is from an editorial that appeared in *Iron Man* about 40 years ago. It was: "Are powerlifters and Olympic lifters athletes, and should they be concerned about their appearance?" A lot of the editorial dealt with the definition of athlete. Most definitions included appearance. For this month, we asked our panel: "Are powerlifters athletes and should they be concerned with their appearance?"

BOB GAYNOR: I feel powerlifters are athletes, but I do feel some carry excess body weight. The great Russian super heavyweight Vasily Alexeyev did not look like an athlete, but I would not want to tell him he was not. As for powerlifters, we just seem to be getting bigger and bigger. Years ago the 148, 165, and 181 were heavily populated classes. Today these classes are small and the 220, 242, and 275 classes are large. I am in the minority, but I think powerlifters should be concerned about their appearance, if not for the sake of appearance, but for the sake of their health. Excess weight is not good for health and longevity.

MICHAEL TUCHSCHERER: Yes, powerlifters are definitely athletes. I think a problem that we have is that we don't think of ourselves as athletes. When you see yourself as an athlete, I think you care a little more. You pay attention to the little things a little bit more. You try a little bit harder. I think that's also why people work harder when a contest is approaching. They see the coming event and they are motivated to train harder. They are one step closer to seeing themselves as athletes and not just meatheads. Should they be concerned about their appearance? If you're a pure powerlifter, you shouldn't be concerned about appearance simply for appearance's sake. But things like muscle mass, body fat levels, etc. are good general health markers. If you're an athlete, then your purpose is to turn your whole body into a sport machine. You can't do that if you're pre-diabetic. I'm not saying to be overly concerned with health either, but a lot of people use powerlifting as an excuse to eat and look like crap. To me, that's just lazy and uncommitted. You don't have to be ripped, but like I said earlier, if you are a powerlifter, then you are an athlete. Be an athlete and not just another slob.



Ken Wheeler, a new contributor to the forum, is seen with Arnold at the 2006 WPO event in Columbus, Ohio

KEN WHEELER: Interesting question in light of the fact that some people think Nascar is a sport and their drivers are athletes. If that is true, how could anyone even question the fact that a powerlifter is an athlete? Who would seriously ask that? So, my vote would be yes, powerlifters are most definitely athletes of the highest grade. Second question: should they be concerned about their appearance? "Should" being the anchor to that question leads toward a negative response from me as appearance has nothing to do with our sport. Take away the "should" as it would directly relate to the sport and that changes it to an individual's per-

sonal preference and situation. It "should" be noted that there is a huge difference between fat and phat. Fat is not healthy at all, while phat, on the other hand, can increase leverages and help make one stronger—which is a good thing in powerlifting. (Now that this is in print, perhaps Lisa will believe me.) Seriously, I think body types have definitely changed over the past few years. Even the big horses in the sport are solid guys who carry 300+ very well. I'm not sure that it's because they are so concerned about appearance or simply because athletes know that they will be stronger, in better shape and possibly live longer if they take better care



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NOTLD: THE ANDY BOLTON CHALLENGE

as told to PL USA by Tom Eiseman

How strong are you? In order to test your strength, the ultimate challenge is the deadlift. A basic movement consisting of grasping a barbell in front of your body and holding on to it until you stand up. The bar remains at arms length. This feat of strength utilizes almost every muscle in the human body and to date, only two beings have pulled over 1,000 lb. in a sanctioned meet on a standardized weight set. The first person was Andy "The Jack" Bolton, from Leeds, England—in 2006 he stood up with 1003! Then in 2009, still unrivaled at 1000-plus lb., he pulled 1008.6 lb. In 2011, Benedikt Magnusson has become supreme by exceeding "The Jack's" biggest pull by 7 lb. with 1015 lb.

Last year, Andy Bolton traveled from the United Kingdom to do battle at the Night of the Living Dead deadlift competition (NOTLD), a competition designed by Alex Campbell to award the strongest man pound for pound in the deadlift by Schwartz Formula. The premise is to raise money for kids and inspire generations to dream big and get strong! The first extreme battle was over 8 years ago and the crowds, excitement and warriors have grown exponentially.

On October 22, 2011, the Warriors Of Deadlift will meet again in Bob Peoples' birthplace—the birthplace of the deadlift—to see who's the best deadlifter, by formula, in the world! This time the NOTLD will be awarding a championship belt that cost thousands of dollars. The show will be on Xtreme Power TV in over 60 million homes. The crowd will be wild and so will the music. But the craziest thing is who will be there! Last year's champion, Andy Bolton, came over from Leeds, England, to do battle and pulled 965 lb. on his third attempt. He won by the narrowest of margins, spoiling my 5 year reign.

Now listen to this: Andy Bolton, the first person on earth to deadlift over a 1000 lb., has issued his challenge: come down to Tennessee and see who is the biggest puller in the world!!! In addition, he will defend his title as the best by formula, in the world, in the tradition of the NOTLD!!!

Last year I was one point short, but this year, at 53 years of age I'm not wasting time! I promise to pull all to the limit! So come on down and see if Andy Bolton pulls 1016-plus this time and if Benedikt Magnusson or someone else on this planet can deadlift in Bolton's neighborhood! This time the cash prizes will be bigger and so will the competition, if that is possible!

On the men's side: Richard Hawthorne holds the WABDL world record at 132 with 610 and the 123 with 573. He currently has the highest ranking of any qualifier. Tom Martin will come from England to show the world how it's done. He has pulled 771 lb. at 181 lb. And at 23, he is getting stronger, fast. Orlando Green, the super

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2011 FT. LAUDERDALE STRONGMAN CONTEST

as told to Powerlifting USA by Joel Feinberg



Heath Allison, winner of the 230-pound-plus class (MHP photo)

The inaugural Fort Lauderdale Strongman Contest, held April 30th and hosted by The Playground Gym and co-sponsored by MHP, was a tremendous success! We ended up with 29 competitors including crossfitters, powerlifters, pro strongmen and weekend warriors. The winners of each of the four classes were awarded with \$500 cash, a custom trophy and an MHP gift bag filled with supplements such as Up Your MASS and Dark Matter, MHP t-shirt and more. Second place also received an MHP gift bag.

Heath Allison was the winner in the over-

230 lb. class. He won four of the six events and placed second in the other two, winning by only two points over Dana Timm. Nic Peterson was the under-200 men's winner while the 200–230 winner was Tony Montgomery. The women's open class was a tie between Michelle Japak and Michelle Kithcart.

All the athletes loved the event and we received many complements from the pro guys calling our event "one of the best events they've ever competed in." The Playground Gym is planning to repeat this event again in January. ☛

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ROB LUYANDO – World Record Bench: 947 lbs. @ 247 lbs.

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220 lb. UPA World Record Holder

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CONTEST SPOTTING

as told to Powerlifting USA by Doug Daniels



Even with a Monolift, Donnie Thompson's massive squat attempts, at the 2006 WPO Arnold Classic event, still require a minimum of 5 alert, caring spotters to insure the safety of everyone on the platform

There are many aspects a meet director must consider in planning and running a contest. One aspect that is overlooked until the contest starts is spotting. The number one goal for a meet director and the staff is to provide a safe competitive environment for the lifters, meet staff and audience. Everyone should leave in the same condition they came in. I'd like to cover a few ideas on what I think is a critical subject this month.

Good spotting requires common sense and alertness. On too many occasions, I have seen plates slide off each side of the bar during a lift because the spotters were not instructed properly on spotting each lift or focused on the task at hand. An avoidable accident could mean serious injury to a lifter as well as the spotters and others nearby.

Before we start talking about safe spotting practices, let's talk about the people who lift more weight than anyone else at the meet—the spotters themselves. At most meets, spotters usually consist of volunteers that belong to the host gym or are friends of the meet director. In many cases, this could be their first time spotting at a contest, let alone their first time dealing with some potentially big time weights. This makes it an absolute must that the lead spotter, meet director or official spend some quality time with the spotters going over what it takes to spot each lift prior to that lift beginning at the meet. Each spotter should have a clear understanding of his responsibilities for each lift. One spotter or loader should have the job of holding the measuring stick so the squat rack height can be set. Other spotters should have the job of adjusting the height of each squat rack in addition to moving the racks in or out depending on the lifter's preferences. Another thing to keep in mind is to make sure that plates are removed or added somewhat symmetrically on each side. If one side is being loaded or unloaded more quickly than the other, the bar could tip off the squat or bench rack. One spotter should stand in the

middle of the rack securing the bar and watching for this unsymmetrical loading. That same spotter should also check that the bar is loaded equally on each side after the collars are secured for the next attempt. The plates should be flush against each other and to the inner and outer collars. If possible, at multi-platform meets, it may be beneficial to not have the heavier weight classes be the first to lift. This would give the spotters time to get into the groove with the lighter weight classes, who usually lift lighter weights overall. As they progress in experience during the day, they will be more capable to spot the heavier weights safely.

Of the three powerlifts, the squat requires the most in the way of spotting. The spotters must devote their full concentration to the lifter from the unracking of the bar until it's safely back in the rack after the attempt. During a power meet, there are usually three spotters positioned around the squatter. For heavy attempts, you can see up to five spotters. In the case of three spotters, one should be behind the lifter and the other two will be positioned at each side of the lifter. All three should have their hands out and be ready to react instantly in case of trouble. The rear man is the leader of the spotting team and should be the most experienced spotter. The rear spotter should be ready to grab the lifter around the waist or grab the bar. The side spotters should be ready to grab the end of the bar or the weights, depending on how much room is available on the end of the bar. The lifter must do his part by staying under the bar and help walk it back to the rack. If the worst happens and the bar cannot be re-racked, the rear spotter should shout out 'drop it' and all spotters should get away quickly. If you use more than three spotters, add spotters to the side positions first. Don't go overboard on the amount of spotters, as too many can get in the way and create an unnecessary hazard. Any more than five creates an unnecessary unsafe condition.



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#110 HARDCORE LIFTER: HEALTHY BEAR!

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

I've been thinking about some of my old friends from various gyms and lifting feds. These articles are generally about an interesting hardcore gym, but this month we'll switch gears a bit to talk about a lifter. Yesterday, I benched at a small powerlifting meet, and although I didn't quite get my goal of 500, I had a great time. Best of all, my old friend Joe Newton returned as our meet announcer! He battled cancer and won (thanks to God), and we were so glad to have him back. We really missed him last year during his treatments for throat cancer. Hall of Fame lifter Malinda Baum returned to the lifting platform, on the mend from her cancer treatments, and she did great! I saw a ton of good old friends, as usual, but these two survivors were easily the highlights of the meet!

Some of my close friends have lost similar health battles, even after putting up a tremendous fight. In most cases, the results are totally out of our hands. When I miss a lift, it is totally my fault—and training can fix it. No amount of stamina or hard work can fix these health issues, but there is great value in the struggle. I am so proud of my friends—like the 165 pound phenom Tim Riffe—who seem to get more and more bad health news, yet they NEVER QUIT. My hat is off to Tim, Joe, Malinda, and all of you survivors who refuse to quit no matter the odds.

Remember Gym #97: *The WAR House*? We talked about Rob Kolberer from the WAR House, and I got quite a few emails about this lifting BEAR from the St. Louis area. Recently, his buddy Andy Bible has been hounding me to update y'all on Rob's health status. Rob's not a quitter, and the following info is from his lifting buddy Andy:

Rob has been competing in powerlifting for over 20 years. He is 44 years old, and has lived in St. Louis all of his life. He began his powerlifting career at Eagle Gym in St. Louis, when he began training with Willie Wessels. Rob has won national titles on the platform, and has competed all of his career at 275 and 308. In the late summer of 2008, he started becoming ill, but didn't really recognize the signs. His blood pressure was high (as with many powerlifters), but he also began throwing up here and there without reason. He took 2nd place at the 2008 UPA Masters Bench Only Nationals in DuBuque, and then began training for Worlds for that November.

Rob's training cycle started out with a bang!! He had benched 633 at Nationals, but was soon handling 700, mid 700s, then low 800s off of the boards. He did a bench-only demo at Applebee's restaurant in a small sub-

urb outside of St. Louis that fall. Rob threw up a cool 762 bench in front of the crowd and competitors at a strongman show hosted by Willie Wessels (of the NAS organization). His training seemed to be right on track, and he was on cloud 9. The sickness started kicking in a little heavier a couple of weeks after this though, and the downhill slide started.

Rob's creatinine levels were tested in 2007 during a routine physical examination. The doctor's office told him that his levels were high, and that this and his blood pressure problems were headed towards possible kidney failure. Rob, being the stubborn police officer and tough powerlifter he was, didn't believe that anything could take him down. He was indestructable.

Then five weeks before the 2008 World Championships in West Palm Beach Florida, his lifts began to fall, and his throwing up became nearly a daily occurrence. Thoughts of backing out of the contest entered his mind, but he wanted to shatter his national level performance by destroying 700-plus on the bench. The rest of us kind of had blinders over our eyes as well, because we preached and preached that he has come this far, and the training will pay off. He continued to pound away in the gym, now throwing up after heavy lifts, and in no time, the contest was here.

Rob and I arrived in Florida in mid November, and I knew he was ready. Spirits were up, and he was the same hardcore lifter I have always known. I was at the contest to help Rob. Once again, I got to hear him gnawing on beef jerky for the sodium bloat (kind of like a bulldog tearing into a large steak and trying to catch his breath from hyperventilating), and the grunts from him getting out of his chair or out of bed from a snooze. The CPAP breathing machine was hooked up and ready to go, and there was nothing left to do except to rest, eat, hydrate, and wait.

On contest day, Rob popped out of bed, drank some fluids, and threw up. Concerned, I asked him if he was okay. This was not pre-contest jitters, because Rob has competed at large shows for years. He looked at me while still on his knees, smiled, and said "I feel great." We got to the warm-up room, and the big guy was nailing all of his lifts to a "T." He even smoked a little over 700, knowing that he was going there regardless on his second attempt. Rob opened the show with a meager 584 in his loose shirt, just to get in the show. Second attempt came around, we switched out his shirt, and he took 704. He dumped that attempt right on his gut, and decided to

stay there for his third. (If his stubborn ass would have listened to me and taken 724, he would have smoked it!) His third attempt came, and he was battling so hard to get the weight down in the right groove that he again dumped it. Rob ended up with a 584 bench. Disappointed, he sat by watching the rest of the competitors in his weight class. Rob ended up winning the competition, as no one lifted more than him—although several tried.

When we arrived back in St. Louis, Rob decided to take a small break from the gym. This break would turn out to be much longer than anyone expected. Months went by, and he began throwing up multiple times per day. Finally, he took a trip to the hospital, and was shocked at the findings. When I arrived to visit him, he was standing in the corner of his room with an I.V. hooked up, wearing his jeans, black t-shirt, and steel toe boots (he refused to wear that "sissy" hospital gown). Rob informed me that his kidneys were shutting down. After his initial tests, the main doctor rushed to his room to see if he was okay. He couldn't believe that Rob was standing and talking like nothing was wrong. The doctor told Rob that his creatinine levels had reached a dangerously high 20. To put this in perspective, the doctor explained to Rob that he had a patient with a level of 12 that was in a coma. Level 15 was near the deadly zone. When Rob heard this, he was almost "proud" of his achievement. Rob looked at it this way: "It's gonna take a whole hell of a lot to kill me, and this ain't it." The doctors, still scratching their heads and wondering why he was not dead, monitored him for a few more days. When they realized that a 20 won't kill him for now, they released him and started the dialysis treatments immediately.

Dialysis is not an easy process for anyone, as most know. It is very taxing on the body, the immune system, and on the mind. The biggest battle with Rob and dialysis wasn't exactly the treatments, but what the health professionals were trying to accomplish. They kept pulling more and more weight off of him, and he was starting to get pissed. Here's a guy that has lived most of his life at 275–320 pounds, and they're trying to get him to 220. Rob didn't want to look like that—who wants to look like that? ...220 pounds? The thought made him wanna barf! Rob then was able to talk the staff into letting him try in-home dialysis, where he monitors himself. Although he may totally disagree with me, I think he cut corners to try to keep his weight on. This almost ended his life in early June 2009, when he was rushed to the

hospital with severe chest pains. Fluid build up began around his heart, and his creatinine levels reached a non-believable 39. I arrived to his room at the hospital later that evening, only to find him doped to the max on Dilaudid, and moaning in pain with every breath. The doctors said if he would have waited another 24 hours, he would have been a corpse. Miraculously, the doctors were able to stabilize him with back-to-back dialysis treatments. Rob was finally stable, coherent, and in a regular hospital room. It was then he realized how serious this was, and one of the most hardcore lifters was now humbled. He was again released from the hospital, and did treatments three times a week. It seemed like every other week he was back in the hospital for days at a time because something was always going wrong. None the less, dialysis would continue for a long time.

In the summer of 2010, Rob was shocked when Ann, a co-worker at his previous employer, called him to say that she was being tested for a possible kidney donation to him. A couple of months went by, and miraculously, they were a match. Rob and Ann went under the knife on August 5th of 2010, and he received his new kidney. He came out of the hospital on the 7th, weighing 185 pounds, yet feeling pretty good. He immediately established a set of goals: bench 315 raw, squat 500, and deadlift 400—all by January 1st of 2011. Weeks went by, and the weight began

to pour on. He was quickly at 220, then 240, 260, and 275. Suddenly, we had the old Rob back. His lifts were coming around much faster than he expected, so he decided to do a “come back contest,” bench only, on 11–20–2010, at Rick Hussey’s Big Iron Gym in Omaha, NE. Rob hit the platform that day around 295 pounds, and smoked 530 on his third attempt! Since then, (early December) he has squatted close to 600, deadlifted over 500, and is handling 600 on the bench; well exceeding his goals!

In the past two years, we’ve watched Rob go from an animal, to a sad dying man, to once again one of the toughest S.O.B.’s on the platform. Prior to the kidney failure, this guy would live for a hard slap in his face, head-butting a squat bar before his lift, and wanting to tear your head off if you stood in between him and the loaded bar prior to his lifts. Now, he’s more of a passive lifter, and a little more focused. He still gets fired up, but maintains control. But you can still look at him prior to a lift, and know that an inferno may erupt at anytime. It may be a while until he achieves his ultimate goal of benching 800 pounds, but to him that’s the easy part. The hard part has already passed.

Powerlifters are a different breed of people. Pain tolerances are much higher, aggression and attitude are normal, but, most of all, mental toughness and will-power make us “different.” No doubt in my mind that

Rob’s mental state and will-power saved him. The biggest feat of his life was not winning worlds, nationals, or squatting over a grand—but deciding to battle death, and winning.

Thanks again, Rick, for your ear on this story. It’s definitely inspiring for those that face great obstacles in life, and may normally choose the easy way out because that’s all they have known. After all, a once dead man is now competing again in the one sport he truly loves, and is very much alive now doing so.

May 2011, via Facebook: Hey, Rick, just an update on Rob Kolberer... he now has his body weight back to 305 pounds, and is taking 804 off of a 3 board on the bench—just 9 months after his kidney transplant! He’s a beast! Hope all is well!

Thanks to Andy Bible for the info on Rob, and congrats to Big Rob “The Bear” Kolberer on his resurrection! Thanks to Ann for her selfless kidney donation. My prayers are with both of you, as well as Tim, Joe, and Malinda. Congrats to all of you who have battled serious health issues over the past few years, no matter what the outcome. Win or lose, there is value in that brave struggle. We won’t always get our third attempts, and we won’t always survive our battles, but there is glory in never quitting. Never back down, and NEVER QUIT!

Next month, we’ll feature a well-known gym with quite a history. Email me at: rick@houseofpain.com ☞



Rob “The Bear” Kolberer lost tremendous amounts of weight during his dialysis treatments, but made an incredible comeback after a kidney transplant last summer (Rob Kolberer photos)

THE MIRACULOUS HEALING PROPERTIES OF OIL OF OREGANO: AN IN-DEPTH INTERVIEW WITH ROGER BAIRD PT. 4

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

Here we go with the fourth and final installment of this killer interview with Roger Baird. In the last couple issues Roger has touched on a wide range of benefits that this oil has to offer for different health conditions. With lifters being lifters, they wanted to know more about the performance benefits as well. You know me; I deliver the goods to all my readers—if you ask for it, I deliver it. This month, Roger will be laying out more health protocols for specific conditions as well as going into how it can benefit your training performance as well. See, I always come through for all my fans and do my best to bring you the leading experts in a wide variety of fields. So let's get to the last part of this series as I am sure you all are excited to see what Roger has in store for us today.

What about joint pain and injuries? Powerlifters lift heavy weight week after week and their joints take a beating. Can it help in this regard?

Oregano oil penetrates the skin easily. It is well known as an anti-inflammatory and as a pain killer. Joint pain is often caused by inflammation. Oregano oil will penetrate right down to the sinovial fluid in the joint, delivering a deep and powerful anti-inflammatory effect.

Apply the oil topically around the joint as often as necessary throughout the day. Take 2–3 drops under the tongue 2–3 times daily.

Can this help with different forms of arthritis?

All forms of arthritis involve inflammation of the joints, so oregano oil will work as well as anti-inflammatory drugs without the risk of ulcers and intestinal bleeding that those drugs incur. Its analgesic action will soothe arthritic joints.

A good diet with emphasis on sufficient vitamins, minerals and mucopolysaccharides is of paramount importance. Cherries are reputed to be very beneficial.

Apply the oregano oil topically as often as required. Take 2–3 drops under the tongue 2–3 times daily.

Can you tell us a little bit about the performance enhancing benefits of using Wild Oil of Oregano?

The first performance enhancing benefit that comes to mind is the effect that taking oregano oil has on blood oxygen levels. This is a direct benefit which can be easily understood for its value in enhancing performance.

More subtle are the longer term benefits of taking oregano oil. These would include:

1. Improved immune system which means all



Wild oregano growing in its natural habitat

body systems will benefit from being in better condition.

2. Parasite elimination which will improve organ function and overall body strength.
3. Elimination of harmful bacteria, making the body stronger.
4. Elimination of fungal infections which increase the body's energy levels.
5. Reduction of viral load and virus count, increasing energy.
6. Better digestion which results in better absorption of nutrients and creates a stronger body.
7. Organ detoxification which gives the body more energy.

What types of athletes have you noticed the most benefit?

I haven't conducted a thorough study of athletes and the effect of oregano oil. However I have had interesting feedback from runners and cyclists who have reported better times and increased endurance. I advise any athlete interested in improving performance to include oregano oil at the top of any supplement list. This is due to the ability of oregano oil to improve overall health. This translates to an improvement in performance.

What about its effects on oxygen uptake to working muscles?

Oregano oil has demonstrated its ability to increase blood oxygen levels. Muscles are fed oxygen via the bloodstream so naturally the muscles will benefit by increased blood oxygen levels. Athletes have noted improved performance in timed runs on foot and bicycle.

Can it help in muscle recovery between training sessions?

Oregano oil can help muscle recovery in a couple of ways. First it keeps the immune system primed. Muscle is damaged during exercise and the damaged cells need to be cleaned up. Fluid accumulates in the cells to allow immune cells, such as macrophages and neutrophils, to assist in the clean up. Unfortunately, the clean up crew's activities result in the accumulation of free radicals. Oregano oil is known to be a powerful antioxidant. It has an abundance of Rosmarinic acid, a powerful antioxidant which scavenges free radicals. Free radicals potentially can cause more muscle damage. Taking oregano oil before and after a workout will shorten muscle recovery time.

Can you overdose on Wild Oil of Oregano? Many lifters have that "more is better" syndrome and moderation is something I have to stress with them when taking different supplements.

It is possible to overdose on oregano oil. Two



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Photograph by hammerfitnessphotography.com

SHAWN FRANKL: POWERLIFTER TURNED BODYBUILDER

as told to *Powerlifting USA* by Erica Milstein

After years of powerlifting and a recent injury to his shoulder from heavy training, world record holder Shawn Frankl had an important decision to make: take a break from powerlifting to rehabilitate his shoulder or take an alternative route in his competition career. Instead of sitting on the sidelines waiting to heal, Shawn put his body to the ultimate test and switched gears to bodybuilding. "After all the years of powerlifting, I've added a lot of muscle and I began to wonder what my body would look like if I dieted and became leaner," Shawn says. This curiosity compelled him to transform his diet and exercise regimen to sculpt his body into the ultimate bodybuilding physique.

As a 3-time Powerstation Pro Powerlifting champion, Shawn holds the total world record at 2,630 lb. at 198 lb. and 2,715 lb. at 200 lb. Unfortunately, these impressive stats are meaningless in the bodybuilding world. He was forced to start from scratch in order to prove himself worthy of a bodybuilding title. For 20 weeks, Shawn endured a rigorous workout routine and diet.

Bodybuilding is not a matter of lifting heavy weights, but instead focuses on precision and reps. "While working out, I would pick a happy medium weight, do at least 5 sets, 20 reps and go until failure," Shawn says. He began his week by working on his chest and various ab exercises. Tuesdays consisted of shoulders and calves while on Wednesday he continued calf exercises along with back exercises. Thursdays and Sundays were off days dedicated to posing practice – which was a challenging new activity for Shawn. On Fridays, he did biceps, triceps and abs. The following day was dedicated to quads, doing squats every third week. The strongman still incorporated heavy weights and power movements into his bodybuilding workouts. He benched 400 lb. for 4 sets of 8 and deadlifted 585 lb. for 5 reps.

To kick off his workouts, Shawn took MHP's ISOFAST 50 for protein intake, A-Bomb to increase protein synthesis and build muscle and Glutamine-SR to optimize muscle growth and recovery. As the contest approached, he also supplemented with Activite, an enzyme activated multi-vitamin and DREN as a fat burning compound. "MHP's products are the best out there," he exclaims. "I have tried many different products before and MHP's are not only effective, but they taste great." As the show day neared, Shawn included MHP's XPEL natural diuretic to suck the water out so he hit the stage shredded and full.

Along with supplementation and working out, the 5-foot-6-inch muscleman cleaned up his diet by eating 6 balanced meals a day consisting of carbs, protein and fats. With the help of trainer Todd Smith, Shawn's diet was adjusted weekly according to his appearance. In the end, he weighed in at 190 rock-solid pounds and crushed the competition in the light-heavyweight class at the NPC Rock Solid 2011 championship.

Shawn's remarkable transformation did not come easily, but in the end, the reward was extremely fulfilling. This victory was dedicated to Coach Hussy, his powerlifting coach who recently passed away. He took on a difficult challenge, injury and all, and persevered to become the best in a completely different category—bodybuilding. «



Shawn Frankl competing at the Rock Solid Contest in Sioux City, Iowa, on May 28, 2011 (Doug Jantz photo)

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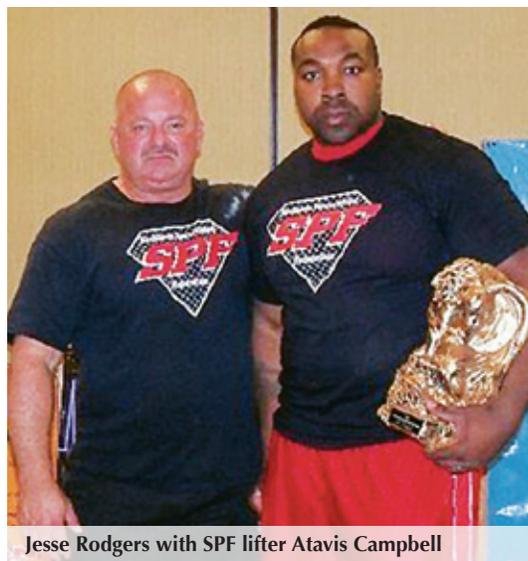
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JESSE RODGERS INTERVIEW

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

THE BIG EVIL SAYS:
BELIEVE TO
ACHIEVE!



Jesse Rodgers with SPF lifter Atavis Campbell

Greetings, fellow ironheads, and welcome. This month on *Big Evil's Lair* we have Southern Powerlifting Federation (SPF) president Jesse Rodgers. In the last three years, the SPF has emerged as the top multi-ply gear federation in the sport of powerlifting today. The SPF boasts an all star line-up of world-class lifters with all-time world records falling left and right at their tri-yearly Pro/Am meets. Westside Barbell, Big Iron Gym, Bad Attitude Gym and Super Training are just a few of the world famous gyms that compete in the SPF. As hardcore and bad-ass as the SPF lifting standards are, you will be glad to know that it is also about the most friendly meet atmosphere you will ever encounter. Where can you see mega superstars like Laura Phelps, Brent Tracey, Shawn Frankl or AJ Roberts helping and coaching beginning lifters. The bottom line in the SPF are big numbers and having a good time. This is what Jesse Rodgers and the SPF are all about. The more I talked to Jesse, the more I got to see just how pro powerlifting he really is. As far as Jesse is concerned, the lifter truly comes first. Let's get to the interview and see what makes the SPF tick. I now introduce to you Jesse Rodgers:

Jesse, welcome to *Big Evil's Lair*. It's great to have you here and, as you know, I am a big supporter of the SPF. Welcome aboard. Let's start with some basic questions about you. Tell the fans a little about Jesse Rodgers.

Well, thanks for having me here, Jamie. I'm 53 years old and originally hail from Henry County, KY. I've been living in Chattanooga, TN, now for about 26 years. I'm a certified K-9 trainer, but in reality being president of the SPF is a full time job for me. My beautiful wife Victoria and I have been together for 15 years. Victoria is

a tremendous help in the everyday running of the SPF and has helped with it since the very beginning—I don't think I could have done it without her.

As everyone knows, Jesse, behind every great man is a great woman. My Michelle has played the same role in most of my business ventures as well, so I can relate to the feeling. Well, how long have you been president of the SPF? Is it your creation as well?

The SPF was my creation, yes. The first SPF meet I ran was on June 26, 1998. This meet was actually a raw meet. As the years went on we have become known more for being a multi-ply gear federation. In reality, I love and encourage ALL forms of powerlifting. This is why the SPF was created; so powerlifters could have a place to compete where they know they were welcome, treated fair and, most of all, have a good time. Right now we run three Pro/Am meets a year (March, August and December). We even have a raw division on the Amateur day at some of the Pro/Am. Another avenue we have been working on is the promotion of the Teen and Women divisions. So, as you can see, we are always trying to grow and move ahead for all lifters in mind.

As we spoke of earlier, the SPF is well known as being the top multi-ply federation in the world. Why do you think that is?

Well, there's no question that the participation of Louie Simmons and Westside Barbell, Brent Tracey and the Cell Block Gym, along with the late Rick Hussey's Big Iron Gym and Mark Bell's Super Training in the SPF have elevated our status in the powerlifting community. Lifters like, Jason Coker, AJ Roberts, Dave Hoff,

Shawn Frankl, and Laura Phelps, to name a few, have set unbelievable standards with their multi-ply lifting. Not only do their lifts give up-and-comers something to shoot for, but their lifts are also mind boggling and entertaining as well, making the SPF the place to come to see the big boys and girls play.

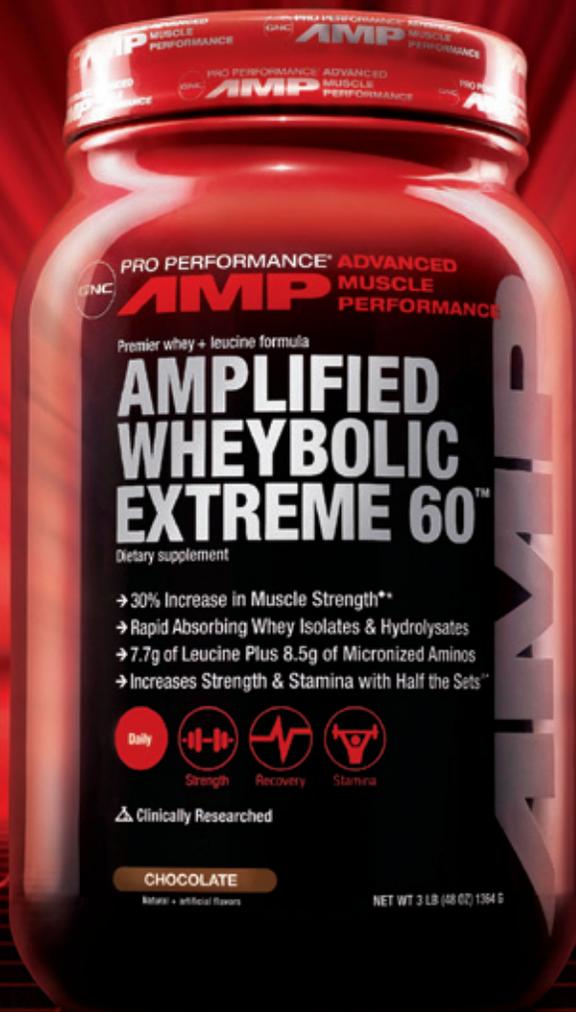
Tell us a little about your supporting crew or staff as you will of the SPF. Who are the people who help make the SPF work?

First off, I would like to say that I have been very lucky to have such a great cast of help in running the SPF. These are in no particular order, by the way. Wade Johnson is the SPF Chairman of the Board along with being my head judge at most the SPF Pro/Am meets and many more. Wade is a great friend along with being a great powerlifter himself. The legendary Joe Ladnier is the SPF Vice President. Joe is a legendary lifter and is highly respected in every powerlifting circle throughout the planet. Joe is a tremendous credit to the SPF and I'm proud to call him my friend. My wife Victoria runs a great score table along with a lot of the other things that are behind the scenes. Louie Simmons of Westside Barbell has been a tremendous asset to the SPF. Louie is one of the most respected names in the sport of powerlifting, if not the most respected name. Louie has brought the SPF to a higher level just by his association and, again, he is another great friend. Brent Tracey and Cell Block Gym have been with the SPF for at least 7 or 8 years and have been a HUGE asset and Brent is the one responsible for bringing Westside on board. Brent has been promoting SPF long and hard; also Mark Bell and Cara Westin of Super Training Gym in CA have been tirelessly running SPF



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SETH HIPPLY

as told to Powerlifting USA by Ben Tatar of Critical Bench

Tell Powerlifting USA readers about yourself.

My name is Seth Hipply. I am a sixteen year old student at Parkway High School in Mercer County, Ohio. As far as sports are concerned, I've played hockey since I was a little kid. I started playing football in the eighth grade, and, obviously, I love to lift. I am the oldest of five. When I was about five years old my parents and I moved to Haiti for some missionary work. We moved back to the U.S. when I was eight.

Seth, what is your height, weight and what are your best lifts?

I am 6-foot-1, 275 pounds and some of my best lifts in the bench are 425 for a single and 405 for 3, raw. Assisted I have done 500 in contest, but I just hit 525 for 3 on a 1 board in my new shirt. So far I haven't been in any sanctioned meets, but I plan to before I turn 17. I have been to two YMCA meets so far.

Note: Seth Hipply, has just performed a 575 lb. RAW 3 board press! WOW! Seth, your lifting so far has been phenomenal. Especially your 575 lb. raw 3 board press. Most excellent powerlifters who are your size and twice your age can't do that! Seth, were you always strong?

I have always wanted to be strong, but never really got serious about lifting until the summer of eighth grade when I started lifting with the varsity football coach, Ed Kuhn. After lifting for a couple of months, coach Kuhn saw some potential in my lifting and took me under his wing. He started training me before and after the football season. After he thought he had helped me as much as he could, he introduced me to my current lifting coach, Mike Wolfe. Before I got serious about my lifting, I had a small bench in my basement that I would mess around on. My mom would spot me.

What are your future goals?

Some of my goals for the end of high school are to have a 500 raw bench and a 650 assisted bench. For my squat I would like to have a 700 raw and a 600 deadlift. However, for my long term goals, I would like to hit 600 raw and a 900 assisted bench. For my squat I would like to have an 800 raw and a 700 deadlift. As far as my life goals, they will change according to how my lifts go.

Powerlifting USA readers, make sure to follow Seth as he attempts some of these goals in the UPA and SPF this fall. Seth, tell us about your training routine.

I do not really have a routine that is set in stone because I have to work around football lifting. However, on Saturdays I do heavy chest, which includes either boards or band. I normally use the shirt every Saturday. During the week I either do light chest on Wednesday or Tuesday and always have a heavy back day on Sunday. I get my squat and deadlift in on football workouts.

When you have all-star bench presser Mike Wolfe to coach you, that must help a lot. Seth, what are your top 10 tips to a bigger bench press?

My top ten tips for a bigger bench are:

1. Train your triceps regularly.
2. Keep your shoulders strong.
3. Train the wide grip bench press (because it hits you major chest muscles harder).
4. Keep your feet planted on the ground.
5. Train your back regularly.
6. Use variety in your bench routines.
7. Train with a partner who will make you push past your limits.
8. Do not bench more than two days a week.
9. Find the mental state that lets you lift your hardest (for me it helps to clear my head of any thoughts, only concentrating on the bar and then envisioning myself lifting it).
10. Use wrist wraps (this not only makes lifting safer, but it also keeps



At just 16 years old, Seth Hipply is benching well over 500 pounds!



Keeping his focus and dedication towards getting stronger, along with great coaching, is the secret to Seth's success as a lifter

your wrists inline with your forearms).

I would use these ten tips to increase any lift, just change up the details. For instance, for squatting substitute quadriceps for triceps and knee wraps for wrist wraps.

Seth, what goes on in your head before attempting a personal best?

Before I attempt a personal best, I pray. Then I clear my head of all thoughts except for that of the bar being pressed off of me. Then, if I get it, I praise God, and if I don't, I praise God, as well. If I miss, I thank Him for the abilities that He has already blessed me with.

What made you want to become a powerlifter?

My original inspiration was to be as strong as my dad, but after I saw how strong I was getting so quickly I just wanted to keep going.

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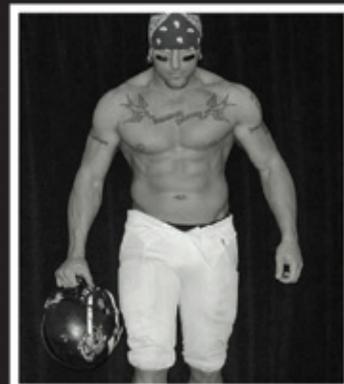
Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once every 10 days. My main training days are Monday, Wednesday, and Friday with Tuesday and Thursday being devoted to weak point training, cardiovascular training and last, but certainly not least, mobility work. I utilize the big multi-joint movements to build strength (rep ranges 1-5) while also using higher rep accessory work for hypertrophy and balance in my training (rep ranges 10-50).

Training Tips:

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

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

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



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SEPARATE FACT FROM FICTION AND GET RIGHT TO THE POINT: THERE ARE DOZENS OF DIFFERENT TYPES OF PROTEIN OUT THERE, BUT WHICH ONE'S RIGHT FOR YOU?

as told to Powerlifting USA by Six Star Pro Nutrition

Protein is arguably the most important nutrient for your body and is found literally everywhere in your system, from your muscle tissues to the enzymes that digest your food to your skin cells. Even within your blood, protein is there helping you become bigger and stronger, and it's absolutely critical to every single lift.

There are many different types of protein that come from different sources and contain different macronutrient profiles. From soy proteins to rice proteins to wheat proteins as well as different milk proteins, such as casein, there are multiple options out there. To further confuse the average Joe, each protein source is then further broken down into different types. Take whey protein, for example: you have the option between whey protein concentrates and whey protein isolates, which have slightly different levels of fat and sugar. The market is absolutely filled with protein supplements promising bigger gains in less time. So how do you know what's the best option, which will deliver the greatest results, and which one's right for you?

SOMETIMES IT IS ABOUT THE SIZE OF THE DOG IN THE FIGHT: FOR MASSIVE MUSCLE GROWTH, LOOK FOR PROTEIN WITH A HIGH BV

In order to give your body the protein fuel it needs for massive muscle growth, which is crucial for bigger lifts, it's all about finding which protein works best for you. And while everyone's body is different, there are things you can look for to find a quality protein that will work for you!

The key is to look for a protein source that has a high BV (biological value). The higher the BV, the better it's utilized by the body, and whey protein is considered by experts to have one of the world's highest biological values.

Regardless of which type you choose, you need a protein supplement with research-backed core ingredients that meet the muscle- and strength-building needs of a body builder like you. An excellent choice is Professional Strength Whey Protein Plus, part of the Elite Series line from Six Star Pro Nutrition™. Equipped with fast-absorbing, high-quality whey protein, Professional Strength Whey Protein Plus is scientifically formulated to help all levels of athletes achieve big gains, fast! And the best part is, Whey Protein Plus is available at your local Walmart, so it delivers

great results, is easy to find, and is available at a great price!

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In fact, in a six-week, double-blind study on 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in Professional Strength Whey Protein Plus gained, on average, more lean muscle than those using regular whey protein (8.8 vs. 5.1 lb.). And on top of that, subjects in the same study actually built 4 times the muscle than those taking a placebo (8.8 vs. 2.0 lb.)!

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Looking to enhance your strength and up your one-rep max? Professional Strength Whey Protein Plus can help. In the same six-week study mentioned above, the core ingredients were shown to help subjects add more bar-bending weight to their max bench—more than two times the weight of those taking regular whey protein to be exact (34 vs. 14 lb.)!

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REFERENCES:

Burke, et al. (2001). International Journal of Sport Nutrition and Exercise Metabolism, 11, 349-364. © 2011.



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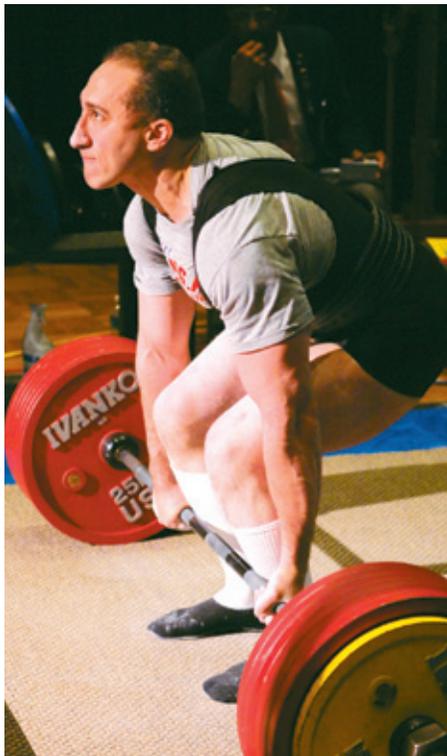


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CRAIG TERRY

Craig Terry, an exceptional powerlifter and especially remarkable deadlifter, passed away on June 11th, at the young age of 46. He had set many records and won many titles in powerlifting, and was always a factor on the national scene, usually in the 198 lb. class. He worked as a Psychologist Specialist for the Detroit Public School system and was also an accomplished martial artist in Judo.



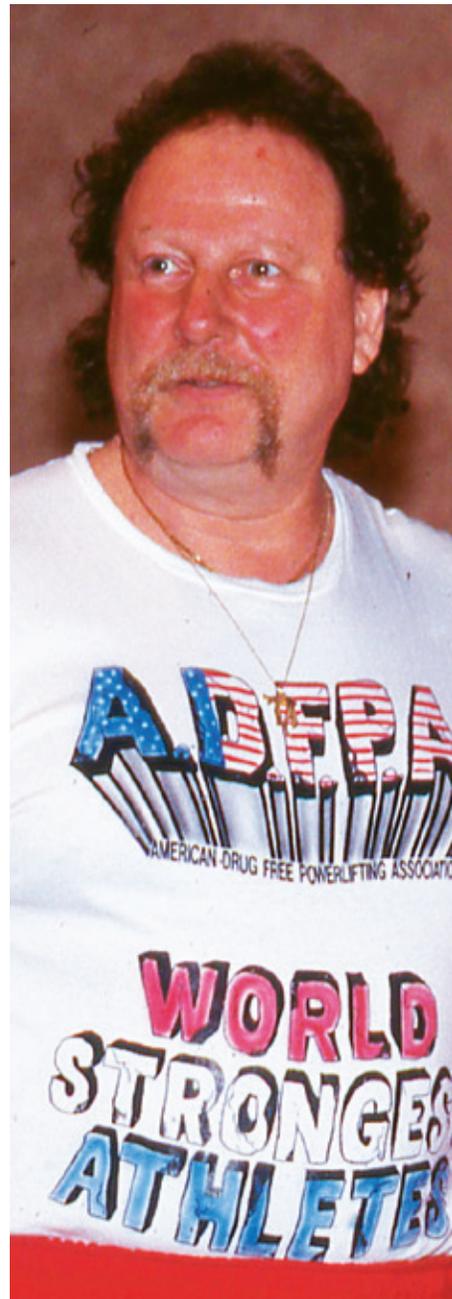
DONNIE SIMMONS

Donnie Simmons passed away on March 18, 2011, at the age of 65. He is survived by 8 sons and 2 daughters, 28 grandchildren, and one great-grandchild. Co-presiding at his memorial service was his good friend and powerlifting great Paul Wrenn. According to his son, Danny, "Dad was an avid enthusiast of Powerlifting and Powerlifting USA Magazine. He competed and trained many people in the sport. He set records in the ADFPA for squat, deadlift, and total. Dad lifted with and trained others until an injury and declining health forced him out. Still, he remained interested in the sport and high performance cars for the rest of his life.



GLENN MAUR

Glenn Maur was 62 when he passed away on July 11th, succumbing to the effects of long term health issues, according to his longtime friend Rich Abbott. Glenn was a prominent fixture during the golden days of powerlifting in California, posting highly ranked totals in weight classes from 242 lb. all the way down to 181 lb., and he had one of the best physiques in all of powerlifting. At the age of 32, he underwent multiple bypass heart surgery and left the competitive scene, although he continued to train, sometimes at a heavy level. Living in the Mesa, Arizona, he had recently been inducted into the California Powerlifting Hall of Fame.



AL SIEGEL

Al Siegel passed away on June 19th, 2011, at the age of 73. A multi-time world and national powerlifting champion, who directed many long running meets, he coached and trained many athletes, and was among the leaders of several national powerlifting organizations, including the ADFPA, ADAU, and AAU Powerlifting. Around 1996, Al introduced the concept of raw competition to the sport. A long time businessman in Clearfield, PA, he also had a career as a semi-pro football player and team owner. He is survived by his wife Brenda, sons Hal and Jay, and grandchildren Eva, Tyler, and Zachary.

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– Mike and Teale Adelman





USPA 2010 Lifters of the Year from left to right: Jeff Hunter, Nicki l'Anson, Liz Freel, Madison James, Rich Lopez, absent Ryan King (CSS Photo Design photo)

2010 USPA LIFTERS OF THE YEAR

The United States Powerlifting Association recently recognized the winners of the 2010 Lifters of the Year program at the California State Championships in Rancho Cucamonga, CA. Each of the winners received an impressive trophy, a restaurant gift certificate, and their entry fee waived at all USPA meets directed by the USPA President, Steve Denison.

The program was designed to give full power, bench only, and/or deadlift only lifters an equal chance to compete for prizes. Points were awarded for each meet entered, with a lesser number of points earned for each crossover event entered at the same meet. Excellence was rewarded by earning an additional ten points for each first place finish, and five and three points respectively for second and third place finishes. The winners were determined by the total number of points earned at the end of 2010.

The winners are:

- Madison James – Junior Female Lifter of the Year
- Ryan King – Junior Male Lifter of the Year
- Liz Freel – Open Female Lifter of the Year
- Rich Lopez – Open Male Lifter of the Year
- Nicki l'Anson – Master Female Lifter of the Year
- Jeff Hunter – Master Male Lifter of the Year

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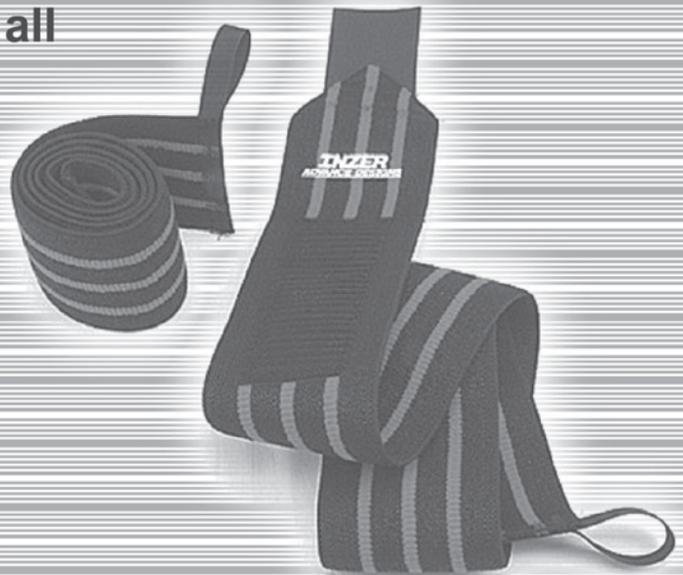


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LARRY PACIFICO... SIMPLY ONE OF A KIND

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

"It's hard to be humble when you're as great as I am." – Muhammad Ali

I have been around world class athletes my entire life. As a sixteen year old, I was hired by the Kansas City Royals Baseball Team as a sports psychologist-hypnotist. From that time until this very day, I was blessed to have the opportunity to not only work with some of the greatest athletes who ever walked the face of the earth, but to get to know them on a personal basis. A few of the athletes I've met over the years are George Bret, Larry Holmes, Muhammad Ali, Ray Knight, Nancy Lopes, Stanley Floyd, Lionel James, Mike White, Dan Land, Dan Gable, Yoshi Takie, and John Ellis. Believe me, that is just the very tip of the iceberg. I am not easily impressed and I am certainly not the type of guy who becomes star struck.

Looking back over my life, though, one athlete who stands out among the rest is Larry Pacifico. There are multiple reasons for my appraisal. First of all, Pacifico is one of the greatest powerlifters of all time. It could be argued that he is the greatest of all time. Rarely in the history of sports has one man dominated his sport the way Pacifico dominated powerlifting. During his amazing career, Pacifico won nine straight IPF World Powerlifting Championships from 1971–1979. That was at a time when powerlifting had only one federation and you had to beat the very best athletes in the world to win a world title. It might also be noted that he won those world titles by competing in three different weight classes—twice at 198 pounds, four times at 220 and twice at 242. During his 18 year career, Pacifico won a total of 102 competitions and set 54 world records. Amazingly, during his prime, Pacifico was defeating world class competition by more than 200 pounds at times.

Three time World's Strongest Man and two time superheavyweight IPF World Champion Bill "Kaz" Kazmaier once stated, "The first time I went to a powerlifting meet and saw Larry, he was pretty much...how would you say...a god in powerlifting. He could go to any class that he wanted to. He could pretty much lift whatever weight he wanted to. He was without question light years ahead of even the greatest lifters of his day." Kazmaier is not the only powerlifting great who holds Pacifico in high esteem. Four time IPF Powerlifting Champion and 1979 World's Strongest Man winner Don Reinhoudt said of Pacifico, "I look at Larry as an idol to all of us here... Larry will always be the legend of all time to us."

Perhaps a story told by Dr. Terry Todd in *Sports Illustrated* demonstrates the pure dominance Pacifico had over the sport. Todd writes: *Consider the following conversation between a U. S. television executive and Ray Nobile, a*

220-pounder from Scotland, which took place last November in Turku, Finland, before the world championships.

TV executive: "In the interview we'll ask you, 'What's your main ambition in lifting?' And you'll answer, 'To beat Larry Pacifico.'

Nobile: "Och, but ah canna' beat tha' Pacifico."

TV executive: "Hey, this is just for TV. Just say that's your ambition."

Nobile: "Ma main ambition is to not make a great fool of meself."

TV executive: "Look, just say it sort of jokingly."

Nobile: "Ay, it'll be a joke, all right, when ah say it and then he thrashes the arse off me."

TV executive: Silence.

Nobile: "Will this thing be seen in Scotland?"

TV executive: "No, only in the U.S. and Canada."

Nobile: "Well, let's get on with it then, though ah still feel a bloody fool."

That was just how dominant Pacifico was. Even one of the best lifters in the world thought he was a bloody fool for even suggesting that he had a chance to defeat the great Pacifico.

Still, Pacifico's aforementioned accomplishments are not the reason why I admire and respect him so much. In fact, the reason Pacifico stands out above the rest of the great athletes I have met has little to do with his athletic prowess. What makes Pacifico so special is that he is not only a world class athlete, but he is a world class person. You can trust me on this one, too; it is a lot harder to be a good person than a great athlete. Let me make my case.

First of all, Pacifico was extremely modest in victory. He typically sang the praises of his competitors even after annihilating them in competition and characteristically diverted attention away from his own performances, which was usually otherworldly, while praising others. Even when Pacifico was forced to address his own achievements, he was always quick to explain how other lifters such as Fred Hatfield, Vince Anello, Bill Kazmaier and Rickey Crain inspired and helped him to do well. It was never about Pacifico himself.

Another thing that stood out about Pacifico was that as great as he was, he was always open to corrective criticism. He never let his ego get in the way of learning something new or correcting his flaws. Actually, he welcomed corrective criticism from his coaches and teammates. As gifted as he was, he realized that he had some weakness; consequently, he welcomed corrective criticism, unlike a lot of great athlete who think they are too good to be critiqued. Now don't get me wrong; I am not saying he wasn't confident. If anyone was confident, it was Pacifico. He knew that he was two

or three levels above his competition; he just didn't throw it in everybody's face. I know what you are thinking, "When you are great, it is easy to be humble." That may be true, but I would have to say that most great athletes function more along the lines of Muhammad Ali who openly confessed that "It's hard to be humble when you're as great as I am." If anyone could have been a chest pumper, it was Pacifico, but he wasn't woven from that cloth. He remained humble while the world considered pride a virtue and defended conceit.

The thing that really set Pacifico apart was that he was not only humble in victory he was extremely gracious in defeat. If it is easy to be humble when you are great, it has to be hard to be gracious in defeat. Needless to say, Pacifico had very little practice handling defeat. However, there was one experience that exemplified the dignity he exhibited in defeat. It is a wonderful story about being gracious in the grip of failure and defeat.

Pacifico was competing to qualify for the world championships at the 1980 Senior Nationals in Madison, Wisconsin. It was basically a foregone conclusion that Pacifico would win the nationals and more likely than not the world title. If he was successful, which most prognosticators believed he would be, he would become the first man in the history of the sport to win ten world titles. It was no big secret that Pacifico wanted that title badly. The meet was televised on NBC Sportsworld, and Pacifico was the major topic of conversation throughout the telecast.

In the squat, Pacifico broke the world record with a ridiculously easy lift. He also did extremely well on the bench press and was well ahead of everyone going into the deadlift. However, because he had experienced a minor bicep tear in training, he opened up fairly light, at 683 in the deadlift. Let me rephrase that: he opened up light for him in the deadlift. For everyone else, 683 pounds would have been a significant endeavor.

All he had to do was make that lift to ensure his win and move on to the world championships. I was sitting on my couch watching the proceedings on television. Pacifico pulled the weight right to a locked out position, but right at the very top of the lift, he hitched ever so slightly. I can't even say it was a hitch. It was more like an infinitesimal transitory snag. The weight never really stopped; it went straight up. I was an international official at the time, and I would have passed that lift without question. Unfortunately for Pacifico, I wasn't judging. He received two red lights. I almost fell off my couch when I saw that. In his typical character and temperament, Pacifico did not protest the call. I looked at his face, and he was smiling slightly with a look of total disbelief, but he



Larry Pacifico had this deadlift turned down at the 1980 Senior Nationals in Madison, WI



Larry reads the section in the rule book about the 2.5 kilo rule with IPF official Dr. Lyle Schwartz

never said anything. In retrospect, it reminded me of when Armando Galargo was cheated out of his perfect game on the last play of the game.

For his second deadlift attempt, Pacifico jumped 2.5 kilos, to 688 pounds, and that lift was also turned down. Worse yet, in the rulebook, if you jumped only 2.5 kilos between 1st and 2nd attempts, you are not allowed a 3rd attempt. Apparently, Pacifico, his coaches and his team were not aware of the rule. Thus, Pacifico bombed out of the meet and consequently did not qualify to go after his dream of a 10th world title.

What transpired after the meet was just as astonishing. I figured that the press was going to be really hard on him. After all, he had been an overwhelming favorite to win the competition and not only did he bomb out of the meet he made a novice error in doing so. Still, I reasoned that he had a number of built in excuses for his poor performance... the bad call, his injury, and the strategic error by his coaches. I figured he would use those excuses to explain his performance.

Well, I was partially right. The press was pretty hard on him, but Pacifico handled the situation with such grace and dignity that he actually inspired me, and I am sure millions of other people who were watching the event. He took sole responsibility for the loss, the error in strategy and he never mentioned the poor call that went against him. Best yet, he gave his competitors all the credit that was due to them. He was so gracious in defeat that you couldn't help but admire him. Everyone talks about how great a winner Pacifico was, but in my opinion he was a great loser, too.

As previously indicated, Pacifico had a tremendous ego that was jam-packed with self-confidence. He used that huge ego to drive himself to become one of the greatest powerlifters of all time. However, the public and his fellow competitors never witnessed that ego. He kept it confidential and in-check. That is why I feel that among the very best of the best Pacifico is simply one of a kind.

POSTSCRIPT

Larry Pacifico was inducted into the York Barbell Hall of Fame on June 28, 1998. Larry currently owns his own gym and is a personal trainer in Dayton, Ohio. «



Larry being interviewed for NBC's Sportsworld by Tony Carpino

QUESTIONS ANSWERED

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

DEAR MAURO: *I think I've always been a mesomorph as I had more muscle than most guys my age without doing any exercise or even working. I got hooked on bodybuilding after looking at some muscle mags a friend let me borrow, and I couldn't believe the progress I've made in just over a year. Every one thinks I'm on steroids, but I don't even take any vitamins.*

I started training in earnest last year and put on a lot of weight—most of it muscle. Since I concentrated more on my upper body than my lower, I put on a lot of mass on my chest, shoulders and arms and got a lot stronger to the point that I'm considering doing some powerlifting as well as continuing on with my bodybuilding.

I'm not complaining except for the stretch marks. They're all over the place—especially in my pec-delt area and to a lesser extent my upper arms, biceps more than triceps. I've tried creams, lotions, and vitamins, but nothing helps, so I've backed off on my training, which I really didn't want to do.

Any advice on preventing them from getting worse when I get back into training again, which I'd like to do as soon as possible, and any advice on how to make the ones I've got less gross would really be appreciated.

Marv

MARV: I get a lot of emails about stretch marks, not only from bodybuilders and power athletes, but also from those who put on a lot of weight and want to lose the weight as well as the stretch marks. I also get emails from women who got stretch marks from being pregnant or want to prevent them during the pregnancy.

Stretch marks are tears in the skin that happen when it just can't stretch as fast as it needs to. The skin has some ability to stretch over time if it needs to without tearing. But if the process overwhelms the stretching capacity of the skin, then it tears and produces stretch marks. Some people develop stretch marks easier than others, but everyone has limits on how fast skin can stretch without tearing.

Stretch marks initially are red to purplish in color and eventually fade and blend in somewhat with the rest of the skin. The process usually takes several weeks to months before the stretch marks lose most of the red/pinkish color. You can read more about stretch marks in the InsideOut nutritional supplement product info on my site www.MauroMD.com, as well as in the article on stretch marks on my site; use the search function for articles to find it.

In this article, you can find my suggestions on how to deal with stretch marks including the use of InsideOut, a nutritional supplement I formulated to deal with skin problems including stretch marks. What I'd like to also help you with is how you can still train while at the same time preventing the stretch marks from getting worse.

The key, in your case, is to switch from a bodybuilding routine to a powerlifting one. The reason behind my suggestion is that bodybuilding routines are best for maximizing hypertrophy while powerlifting routines are best for maximizing strength while allowing a more modest amount of hypertrophy, a rate that your skin should be able to accommodate without further tearing.

First of all let me tell you what I experienced in my long powerlifting career. I found that by keeping to a more anaerobic routine, lots of sets, low reps, lots of time between sets, and heavy weights, I could get stronger without adding a lot of muscle mass. This allowed me to improve my lifts year after year while staying in the same weight class. I did gain some muscle, but made up for it by losing body fat until my body fat levels were in the low single digits.

On the other hand, when I decided I wanted to move up one or two weight classes I introduced some workouts with lighter weights, more reps, and less rest between sets. I found that I gained more muscle mass, but not a proportional amount of strength. For example, although I moved up two to three weight classes, and looked more massive with fat levels in the

higher single digits, my lifts didn't go up like I thought they would. I had a lot more muscle, but was only moderately stronger.

The reason behind this phenomenon is that strength training increases muscle size mainly by increasing the number of myofibrils in the muscle cells, which are the actual contractile elements made up of actin and myosin that are responsible for the strength in muscle. It's the increase of these myofibrils that result in a degree of muscular hypertrophy that is mainly strength related.

Doing powerlifting movements will develop these fibers and increase strength, but they won't produce large muscles, or at least not to the extent seen in elite bodybuilders. As such, this type of training is ideal for you right now as you'll be able to train hard, just differently than you have been. And you'll get your shot at powerlifting and maybe even competing if that's what you find you want to do.

Bodybuilding workouts, on the other hand, result in more hypertrophy because besides increasing the number of myofibrils in the muscle cells it also increases the sarcoplasm—the content inside the muscle cells that includes everything except the myofibrils. This fluid portion of the sarcoplasm is increased much more in aerobic type exercises than in the more anaerobic exercises used by those who train mainly for strength. This combination of myofibril and sarcoplasmic increase in size makes for a higher muscle mass, which is further increased by the increase in capillary density seen in the more aerobic bodybuilding routines. Although the muscle mass is significantly increased, the muscle is no stronger because of the increase in sarcoplasmic volume. For more information on this topic, see pages 49 and 50 of *Science and practice of strength training* by Vladimir M. Zatsiorsky, William J. Kraemer, published by Human Kinetics, 2006.

Most of the powerlifters that have bodybuilding type physiques incorporate significant amounts of bodybuilding movements into their powerlifting routines, periodized mostly into the first few stages of their training.

The bottom line for you is that you can still train hard and satisfy that iron bug while at the same time getting stronger by training the way powerlifters train. This won't worsen your stretch marks. Once the stretch marks fade, you can, if you want, include more of the bodybuilding routines over a longer period of time so that the skin will be able to accommodate the longer term increased muscle hypertrophy.

Best regards,
Mauro

DEAR MAURO: *Just to start off with, let me tell you that I read your column in PL USA*

NEWS FLASH!

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

To sign up for the monthly newsletter email Dr. Mauro at:
mauro@metabolicdiet.com

OR

Download the latest issue at
eliteperformancenewsletter.com

IPA NEW ENGLAND REVOLUTION

MAR 26 2011 » Johnston, RI

BENCH 198 lbs.

Master (45-49) Am
C. Sandbach 280*
Submaster Pro
B. Shaw 520*
220 lbs.

Master (40-44) Pro
S. Falcone 500*
308 lbs.
Master (40-44) Pro
A. Vale —

Open Pro
C. Scherza 750
4th-765*
Raw
123 lbs.

Open AM
P. Peang 225*
Submaster AM
P. Peang 225*
148 lbs.

Open AM
R. Diogo 325!
165 lbs.
Master (40-44) Pro
T. Priest 360!

198 lbs.
Police AM
S. Bisci 350*
Submaster AM
S. Bisci 350*
275 lbs.

Master (50-54) AM
B. Palumbo 390*
Open Pro
A. Hunt 455
308 lbs.

Open Pro
Full Power SQ
220 lbs.

Master (40-44) AM
J. Salvatore 275*
Master (40-44) Pro
K. Soucy 625*
485 610* 1720*

Open AM
D. Abbott 575* 520* 510 1605*
Submaster AM
M. LeBlanc 415* 295* 510* 1220*

242 lbs.
Masrer (40-44) AM
F. Mackinnon 485! 325* 525* 1335*
Open Pro
T. Thompson 560* 400* 580* 1540*

Submaster AM
J. Simons 440* 360* 450* 1250*
275 lbs.
Open Pro
C. Thomas 730* 515* 675* 1920*

Raw
165 lbs.
Junior AM
D. Metcalf 295* 210* 400* 905*

Open AM
D. Antonucci 425* 275* 540 1240*
Submaster Pro
T. Roselli 500! 345* 530! 1375!

198 lbs.
Junior AM
B. Rubadou 475* 305 525 1305*
S. Roy 445 320* 535* 1300

PoslRhinehart 285 205 400 890
Open AM
M. Rioux 420* 300* 500 1220*

Teen (18-19) AM
A. Mulcahy 275* 205* 420* 900*
220 lbs.
Open AM
W. Lomax 455* 300 510 1265*

J. Bernard 405 215 425 1045
242 lbs.
Junior Pro
D. Draper 455* 350* 550* 1355*

Open AM
M. Sullivan 480* 355* 625* 1460*
P. Marcotti 440 330 510 1280
Submaster Pro
M. Behrle 520! 345* 650! 1515*
275 lbs.

Master (40-44) AM
T. Clark 325* 300* 330* 955*
Open AM
C. Galvin 545* 405* 625* 1575*
308 lbs.
Teen (16-17) AM
N. DeCiantis 370* 270! 405* 1045*

V. Dizenzo 600*
DEADLIFT
198 lbs.

Master (45-49) AM
E. Difruscia 605*
Master (45-49) Pro
E. Difruscia 605*
242 lbs.

Junior AM
R. Pizzuti 650*
308 lbs.
Open AM
W. Tassone 505*
Raw
114 lbs.

Open AM
L. Cherne 200*
198 lbs.
Master (45-49) AM
E. Difruscia 605!

Master (45-49) Pro
E. Difruscia 605!
220 lbs.
Junior AM
C. Garceau 420

420
BP DL TOT
235* 405* 915*
485 610* 1720*
520* 510 1605*
295* 510* 1220*
325* 525* 1335*
400* 580* 1540*
360* 450* 1250*
515* 675* 1920*
210* 400* 905*
275* 540 1240*
345* 530! 1375!
305 525 1305*
320* 535* 1300
205 400 890
300* 500 1220*
205* 420* 900*
300 510 1265*
215 425 1045
350* 550* 1355*
355* 625* 1460*
330 510 1280
345* 650! 1515*
300* 330* 955*
405* 625* 1575*
270! 405* 1045*

242 lbs.
Police/Fire Open
A. Harper 475*
242 lbs.

CURL
MALE
Master (55-59)
242 lbs.
C. Coleman 180*
Open
220 lbs.

D. Miller 180*
*—Son Light Power Indiana State Records.
Best Lifter Bench Press: Aaron Harper. Best
Lifter Deadlift: Robert von Schwedler. The
Son Light Power Independence Day Open
Bench Press & Deadlift Championship was
held at Meat Heds Gym in Indianapolis,
Indiana. Thanks to owner Josh Brunner for
hosting this event and his promotion thereof.

In the raw bench press event we had two
new lady lifters, both of which set new state
record for their respective novice classes.
At 123 it was Tonya Turner with 145 while
Amy Hanson finished with 155 at 148. Brad
Davis showed plenty of potential at junior
275, taking the win there with 405. Another
newcomer, Juan Dodson, won at 40-44/242
with his opener of 405. Our best lifter was
Aaron Harper who finished with a new
personal best and state record of 475 and
the win at police/fire 242. We had two curl-
ers, both of which set new state records. At
55-59/242 it was Clifton Coleman with 180
while Dauss Miller matched that lift for the
win at open 220. In the deadlift competition
Sean Doyle broke the state record for the
novice 198 class with a solid 555 pull. Brad
Davis hit a strong 585 at junior 275, failing
with 605 only due to a slight hitch at the top
of the lift. Another newcomer, Ron Girt, did
well at 40-44/181, taking the win there with
his personal best 325. Taking best lifter hon-
ors was 58 year old Robert von Schwedler,
who won at 55-59/275 with his opener of
660. A 710 state record would have gone if
Robert hadn't lost his grip. In the open divi-
sion R.J. Dowdell guest-lifted at open 181,
finishing with 445. Josh Brunner, who had
been training to break the open 275 state
record, failed at the top three times with
710. But the big moment in the competi-
tion was coming up next, when Robert von
Schwedler and Josh Brunner would attempt
a new all-time SLP record in the 2-man
event. Though they had originally looked for
a 1400 pull, with Robert's injured hand they
decided just to break the record with 1250.
The first attempt was turned down when
Robert failed to lockout completely, but a
second attempt was completed to perfec-
tion! Thanks to my son Joey Latch and Juan
Dodson for doing a great job loading and
spotting and the my side judges Robert von
Schwedler and Josh Brunner and others who
helped out. See you again this fall!

242 lbs.
MALE
A. Harper 555
2-Man
275 lbs.
vonSchwedler
& Brunner 1250

DEADLIFT
MALE
Novice
198 lbs.
S. Doyle 555*
Junior
275 lbs.
B. Davis 585
Master (40-44)
181 lbs.
R. Girt 325
Master (55-59)
275 lbs.
vonSchwedler 660
Open
181 lbs.
R. Dowell 445
275 lbs.
J. Brunner —
Police/Fire Open
242 lbs.
A. Harper 555
2-Man
275 lbs.
vonSchwedler
& Brunner 1250

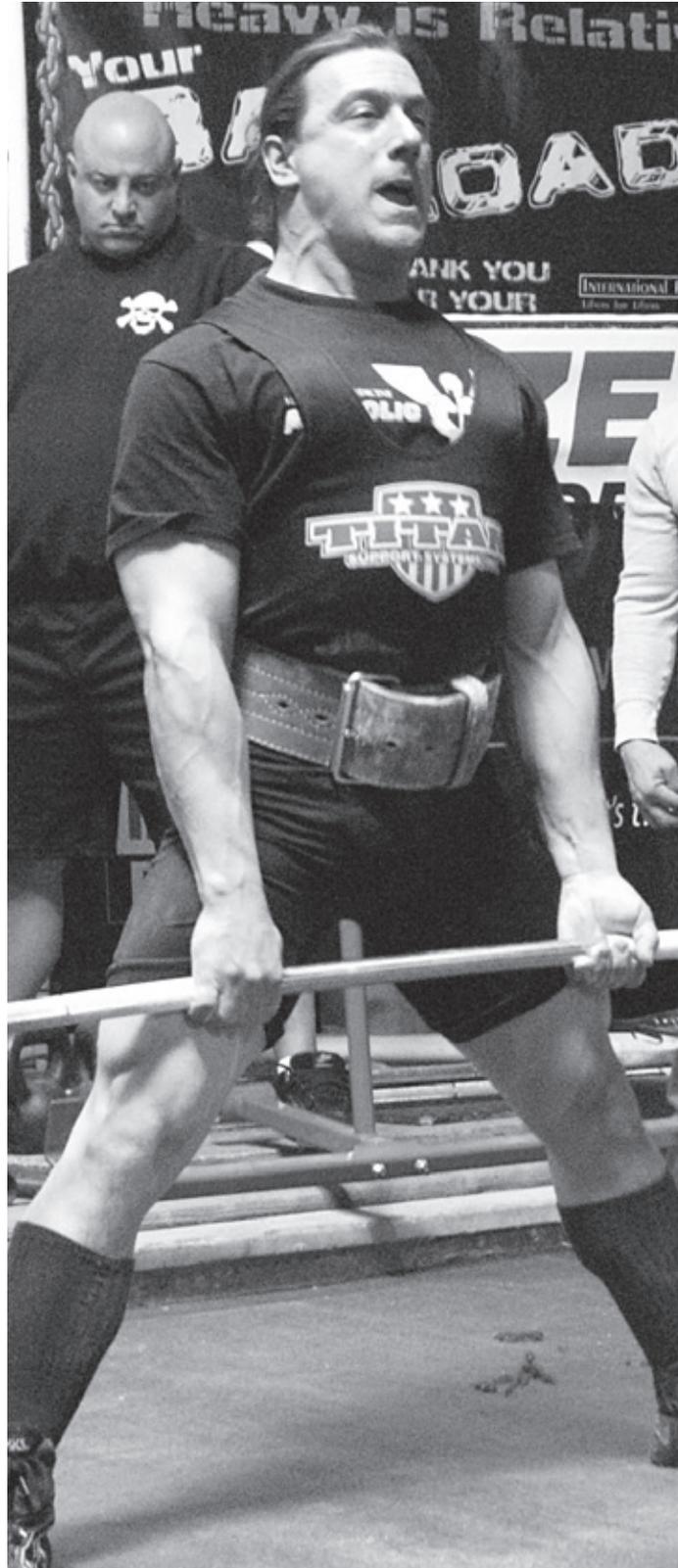
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MALE
Novice
198 lbs.
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275 lbs.
J. Brunner —
Police/Fire Open
242 lbs.
A. Harper 555
2-Man
275 lbs.
vonSchwedler
& Brunner 1250



Tom Roselli, bodyweight 157.8, went 500 345 530 1375 at the IPA New England Revolution event (Gene Rychlak Jr. photo)

» courtesy Gene Rychlak, Jr.

» courtesy Dr. Darrell Latch

RESULTS

IPA BARNO-NEWMAN/ MASTER/POLICE

FEB 19 2011 » York, PA

BENCH		Master/Police			
Barno-Newman		242 lbs.			
220 lbs.		Master (45-49) AM			
Submaster AM	B. Yoder Sr.	540			
R. Pugh	565	Master (40-44) Pro			
Raw	G. Murray	585			
165 lbs.		Raw			
Master ((55-59)) AM		198 lbs.			
B. Legg	185	Master (50-54) AM			
Police AM	K. Kohler	275*			
B. Legg	185	Police AM			
198 lbs.	S. Bisci	350			
Junior Pro	308 lbs.				
C. Geers	455*	Master (40-44) AM			
Submaster AM	R. Bothwell	475			
S. Bisci	350	Police AM			
220 lbs.	R. Bothwell	475*			
Open Pro	DEADLIFT				
G. Butia	485	Barno-Newman			
242 lbs.	Raw				
Open Pro	275 lbs.				
B. Bowlin	455	Junior Pro			
275 lbs.	G. Holodniak	600			
Open AM	165 lbs.				
A. King	555*	Police AM			
SHW	B. Legg	225			
Master (45-49) AM	Master (55-59) AM				
T. MacDonald	525	B. Legg	225		
Ironman	BP	DL	TOT		
Barno-Newman Classic					
165 lbs.		Teen (14-15) AM			
J. Parrish	260	350	610		
181 lbs.		Teen (14-15) AM			
Z. Rebolledo	240	375	615		
198 lbs.		Teen (16-17) AM			
R. Hydock	250	400	650		
308 lbs.		Open Pro			
J. Conley	700	600	1300		
Raw	165 lbs.				
Junior AM	P. Sierocinski	245	430	675	
Master (55-59) AM	B. Legg	185	225	410	
220 lbs.	Master (45-49) Pro				
D. Siegfried	440	585*	1025		
Master/Police Nationals	181 lbs.				
Master (55-59) AM	C. Portzline	195	230	425	
220 lbs.	Master (45-49) Pro				
C. Blough	475	665*	1140		
Master (60-64) AM	R. Harper	350	685*	1035	
Raw	242 lbs.				
Police AM	R. Ruskowski	300	500	800	
Full Power	SQ	BP	DL	TOT	
Barno-Newman Classic					
FEMALE		198+ lbs.			
Submaster AM		B. Smith			
	275*	185	265	725	
	4th-DL-275*	TOT-735*			
MALE		148 lbs.			
Teen (13-15) AM		B. Stoudt			
	185	135	275	595	
165 lbs.		Open Pro			
B. Crowe	675	475	550	1700	
220 lbs.	Police AM				

T. Hyland Jr	555	515	525	1595	Submaster	181 lbs.	
Open Pro		M. Dierolf		545	405	500	1450
275 lbs.		Open AM		S. Roskowski		600	425
Pro		J. Drumm		930	580	665	2175
Teen (13-15) AM		B. Devine		230	145	285	660
Raw		I. Wylie		420	315	535	1270
165 lbs.		Teen (13-15) AM		M. Kotopoulos		290*	250
Open AM		181 lbs.		Open AM		A. Miller	545*
I. Wylie		420	315	535	1270	220 lbs.	
M. Kotopoulos		290*	250	390*	930*	Teen (18-19) AM	
181 lbs.		Open AM		S. Christopher		400	335
Open AM		A. Miller		545*	330	585	1460
220 lbs.		Teen (18-19) AM		S. Hanna		390	310
Open AM		242 lbs.		Open AM		W. Beatty	335
W. Beatty		335	335	430	1100	275 lbs.	
Teen (18-19) AM		C. Beatty		460*	330*	510*	1300*
Master/Police Nationals		148 lbs.		Police AM		T. Kingure	445*
Police AM		T. Kingure		445*	240	425*	1110*
181 lbs.		Master (65-69) Pro		P. Mullaney		275	290
P. Mullaney		275	290	150	715	4th-BP-305*	
198 lbs.		Police AM		K. Campbell		415	315
K. Campbell		415	315	500	1230	220 lbs.	
Master (45-49) AM		R. Munn		535	390	500	1425
Police AM		J. Alessandro		705	455	625	1785
242 lbs.		Police AM		T. Albert		415	385
T. Albert		415	385	500	1300	275 lbs.	
Master (40-44) AM		G. Finley		505	350	560*	1415
G. Finley		505	350	560*	1415	4th-SQ-527* TOT-1437*	

*=IPA World Records.
» courtesy Gene Rychlak, Jr.

SLP TEEN NATIONAL/ OHIO OPEN

APR 2 2011 » Mansfield, OH

BENCH		308 lbs.	
FEMALE		F. Parker	
Ohio Open		Submaster	
Raw		C. Spencer	
Junior		365	
132 lbs.		Master (45-49)	
S. Friebe		275 lbs.	
105*		T. Mailloux	
Master (50-54)		455	
97 lbs.		Master (50-54)	
M. Leedy		75*	
Master (55-59)		R. Leedy	
114 lbs.		Open	
A. Dingus		120*	
148 lbs.		A. Werner	
D. Mitchell		165*	
Master (60-64)		M. Meadows	
148 lbs.		620*	
E. Haring		110*	
MALE		Ohio Open	
Ohio Open		Junior	
220 lbs.		B. Burgess	
H. Piper		335	
165 lbs.		C. Barney	
C. Barney		240	

B. Robbins	290	4th-300	Master (45-49)	J. Wells	485*	J. Danison	405	Master (50-54)	181 lbs.
D. Hardesty		280	W. Cyrus	315	4th-325	Master (55-59)	220 lbs.	L. Champer	265
L. Dallas		135*	4th-280	Master (60-64)	181 lbs.	P. Vega	205*	4th-220*	SHW
R. Snyder		280*	4th-300*	Master (65-69)	242 lbs.	M. Brown	380*	4th-385*	Police/Fire Junior
B. Burgess		515*	4th-525*	Master (40-44)	198 lbs.	P. Champer	300*	Teen Nationals	Teen (13-15)
B. Seitz		565	308 lbs.	T. Novitski	635	Master (50-54)	181 lbs.	T. Muir	405
T. Muir		405	Open	L. Worthy	270*	L. Dallas	235	198 lbs.	B. Seitz
B. Seitz		565	Teen Nationals	Z. Stewart	205	Teen (16-17)	165 lbs.	M. Harbour	—
M. Harbour		—	Teen Nationals Raw	Disabled (13-15)	132 lbs.	C. Harbour	135*	Teen (13-15)	198 lbs.
Z. Stewart		435*	Teen (16-17)	132 lbs.	A. Muir	275	165 lbs.	M. Harbour	540*
M. Harbour		540*	220 lbs.	S. Rogers	295*	Teen (18-19)	198 lbs.	A. Rodriguez	470
A. Rodriguez		470	Teen Nationals	Teen (13-15) GL	148 lbs.	L. Dallas	140* 20	*=Son Light Power National Records.	
Best Lifter Bench Press Raw Women:		Deb Mitchell.		Best Lifter Bench Press Assisted Men:		Mike Meadows.		Best Lifter Deadlift: Mason Harbour.	
Team Champions: Fit 1 & Dog Face Power.		The Son Light Power Teenage Nationals & Ohio Open Bench Press & Deadlift Championship was held at Fit 1 in Mansfield, Ohio.		Thanks to owners Mae and Roy Leedy for hosting this event.		In the SLP Ohio Open assisted bench press competition Heath Piper won at novice 220 with 335.		Faron Parker (named after famed country singer Faron Young) broke the national record at 308 with his first official 500 bench! Chris "Dog Face" Spencer won at submaster 242 with 365 while Terry Mailloux won at 45-49/275 with 455.	
Roy Leedy, our host, failed to get his opener of 420 in at 50-54/220, and bowed out of the competition.		Adam Werner also had problems with his opener, failing with 525 at open 242.		Our best lifter among the assisted lifters was Mike Meadows, who broke the national record at open 275		with 620.		For the raw lifters, newcomer Stephanie Friebe set the national record at junior women 132 with 105.	
Mae Nar Leedy broke the mark at 50-54/97 with 75.		Angie Dings got her national record at 55-59/114 with her personal best 120 while Deb Mitchell led all the women lifters with a new national record of 165 at 55-59/148.		Our final lady lifter was Ellen Haring, who broke the record at 60-64/148 with 110.		Deb was our best lifter.		In the men's division it was Brenton Burgess with 270, for the win at novice 181 while Caleb Barney won at junior 165 with 240.	
Brad Robbins took the win at submaster 181 with 300.		James Wells broke the national record at 45-49/308 with a solid 485 while James Danison finished second there with 405.		Don Hardesty broke the state record for the 50-54/181 class with 280 while Willie Cyrus won at 220 with 325.		Lester Champer won at 55-59/220 with 280.		In the 60-64 age group we had two new lifters, Pete Vega and Rex Snyder.	
Both finished with new national records for their respective classes.		Pete "Sparkles" Vega ended with 220 at 181 while Rex hit 300 for his final attempt at SHW.		Our best master lifter was Mike Brown who broke the national and state record for the 65-69/242 class with 385!		Our final raw lifer was Pete Champer, who set the mark for the police/fire junior 198 class with 300.		We had one curler in the form of Chad Trukovich, a man who holds the record for the fastest knockout in an AMA fight, five seconds.	
Chad broke the national record at submaster 220 with 200.		Moving to the deadlift event, Brenton Burgess broke the national record at novice 181 with 525.		Brian Seitz won both the 40-44 and open 198 class titles, finishing with 565.		Our biggest pull of the day came from Troy Novitski, who finished with 635 for his win at 40-44/308.		Theo Muir won at 50-54/181 with 405.	
Now for the teen national results.		In the assisted bench press competition, Logan Worthy broke the national record at 13-15/148 with 270, taking the win over Logan Dallas, who finished with 235.		Also at 13-15 was 181 winner Zach Stewart who won with 205.		Our only other assisted bench was Mason Harbour, who should have easily won the best lifter award.		However, Mason had some problems with his bench shirt, failing with his opener of 390 three times and was out of the competition.	
In the raw division Colin Harbour took the win at disabled teenage 13-15/132 with 95.		Colin didn't know he was going to lift in the meet until that day, so he was both nervous and excited to say the least.		The result of a stroke shortly after his birth, the kid never gave up.		Once told he would never walk, Colin has defied the odds and we all look forward to a complete healing of his body some day.		Because of Colin's inspirational lifting he was awarded the best lifter award among the teenagers!	
Jordan Grupenhof won at 13-15/198 with 255 while Shawn Rogers set the national mark at 220 with 295.		In the 16-17 age group Aleck Muir won at 132 with 190 while Collin Smith took the 181's with 215.		Josh Lehner got both an Ohio state and national record at 198 with 310 while Sean Sandoval rounded out the field at 220 with 220.		At 18-19/198 it was Aaron Rodriguez with 290.		Lone curler Logan Dallas won at 13-15/148 with 135.	
Logan also competed in the bench for reps competition, finishing with 20 reps with 140.		Both of Dallas' lifts were new national and state records.		For the deadlift event, Colin Harbour won again at disabled 13-15/132 with his second state record of the day, this time ending					

with 135. Zach Stewart broke the national record for the 13-15/198 class with 435. At 16-17 it was Aleck Muir with a new Ohio state record of 275 at 132. Mason Harbour, Colin's big brother, pulled an amazing 540 at 165 for a new national mark and the best lifter award! Sean Sandoval who at 220 with 430, another national record! Our final puller was 18-19/198 winner, Aaron Rodriguez, who finished with 470. The team award went to Fit 1 Power with members Mae Nar and Roy Leedy, Pete Vega, Rex Snyder, Don Hardesty, Angie Dingis, Terry Mailloux, Deb Mitchell, Ellen Haring, Caleb Barney, Mike Hicks, Willie Cyrus, Brenton Burgess and Josh Lehner. The second place team award went to The Dog Face Power Team from Heath, Ohio. Thanks to all those who helped with the judging, loading and spotting, the setting up and tearing down the lifting area. See you all again next year.

» courtesy Dr. Darrell Latch

SLP SAMSON GYM OPEN

JUN 25 2011 » Hamilton, OH

BENCH	R. Campbell	185
FEMALE	4th-190	
Open	DEADLIFT	
132 lbs.	FEMALE	
C. Schaeffer	225	Junior
MALE		123 lbs.
Junior	K. Conley	260*
181 lbs.	4th-270*	
J. Mangan	420*	MALE
<i>Master (40-44)</i>		Junior
275 lbs.	T. Haney	450
E. Tercyak	405	220 lbs.
4th-430	J. Donahue	550
<i>Master (55-59)</i>	J. Profit	520
242 lbs.	<i>Submaster</i>	
P. Zimmerman	420*	242 lbs.
Open		W. Beach
242 lbs.		710*
S. Schaeffer	—	SHW
<i>Raw</i>		S. Brooks
<i>Teen (18-19)</i>		685*
148 lbs.		<i>Master (40-44)</i>
K. Urban	160*	275 lbs.
198 lbs.	E. Tercyak	555
D. Adams	405*	<i>Master (45-49)</i>
220 lbs.		220 lbs.
J. Conn	370*	M. Taylor
198 lbs.		475*
J. Smith	325*	242 lbs.
220 lbs.		D. Elam
J. Donahue	350	500
<i>Master (40-44)</i>		4th-575*
198 lbs.		<i>Master (50-54)</i>
G. Cheesman	330	242 lbs.
308 lbs.		D. Jones
C. Allred	360	470
4th-370		<i>Master (55-59)</i>
<i>Master (50-54)</i>		165 lbs.
242 lbs.		Moorehead
M. Boy	415	310
<i>Master (55-59)</i>		242 lbs.
165 lbs.		R. Adams
Moorehead	200*	565*
<i>Master (70-74)</i>		<i>Master (60-64)</i>
198 lbs.		220 lbs.
		B. Bean
		600*
		<i>Master (65-69)</i>
		198 lbs.
		H. Hartman
		500
		Open
		275 lbs.
		S. Bake
		750*
		4th-440*
		Novice
		275 lbs.
		H. Drone
		395
		Submaster
		SHW
		B. Dowling
		705
		4th-730
		<i>Master (40-44)</i>
		275 lbs.

*=Son Light Power Ohio State Records. Best Lifter Bench Press: Daniel Adams. Best Lifter Deadlift: Steve Bake. The Son Light Power Samson Gym Open Bench Press & Deadlift Championship was held June 25, 2011 at Samson Gym in Hamilton, Ohio. A special thanks to owners Darris and Kathie Sparks for once again sponsoring this event. Thanks also to Inzer Advance Designs and Ken Anderson of Titan Sports for sponsoring

the competition. In the assisted bench press event Christina Schaeffer won at open women 132 with 225, just missing a new state record of 245 on her final try. Josh Mangan won at junior 181 with a new state record of 420. Ed Tercyak took the 40-44/275 class with 430 while Phil Zimmerman broke the state record for his class, 55-59/242, with 420. Scott Schaeffer, struggling with right shoulder problems, failed to get in his opener of 635 at open 242. Moving to the raw lifters, at 18-19 it was Kyle Urban, breaking his own state record at 148 with 160. Best lifter Daniel Adams hit a personal best and state record 405 @ 198 while Jordan Conn upped his record at 220 to 370. John Smith broke the state record at junior 198 with 325 while Josh Donahue won at 220 with 350. Gary Cheesman won at 40-44/198 with 330 while Chris Allred took the 308 class with 370. Mark Boy won at 50-54/242 with 415 while Michael Moorehead upped his own state record at 55-59/165 to 200. Our final lifter was Robert Campbell who finished with a new personal record at 70-74/198 with 190. In the deadlift event Katie Conley broke the state record at junior 123 with her personal best 270. At junior men Tim Haney won at 181 with 450 while Josh Donahue won over Joe Profit 550 to 520 at 220. For the submaster division William Beach came up from Kentucky, but was only able to get in his opener of 710, though it did establish a new state record there. Also getting a new state record was Shawn Brooks who pulled a new raw PR of 685 at shw. Ed Tercyak won again at 40-44/275 with 555. In the 45-49 age group Marc Taylor upped his own state record at 220 to 475 while newcomer Doug Elam pulled a 575 at 242 for the record there. Dale Jones won at 50-54/242 with 470 while Michael Moorehead won at 55-59/165 with 310. Also at 55-59 was Roger Adams who broke the state record at 242 with 565. Bob Bean pulled his first ever 600 deadlift with his win at 60-64/220, establishing a new state record there. At 65-69/198 it was Harry Hartman with 500. Our final lifter was also our best lifter, Steve Bake. Steve finished the day with a new PR and state record at open/275 with a great 750 pull. Thanks to my son Joey Latch and Bill Sellman for doing a great job of loading and spotting and to our side judges Darris Sparks and Paul Newton for doing a fantastic job along with our trophy girl Brittany Smith. See you all again here this fall!

» courtesy Dr. Darrell Latch

SLP SUPERMAN CLASSIC

JUN 11 2011 » Metropolis, IL

BENCH	S. Breen	605
FEMALE	C. Mabie	415
Raw	<i>Master (45-49)</i>	
Junior	220 lbs.	
220 lbs.	B. Stevens	600
A. Webb	200*	242 lbs.
MALE	K. Parrish	675*
<i>Disabled (45-49)</i>	<i>Master (50-54)</i>	
198 lbs.	220 lbs.	
C. Jones	425*	C. Evans
4th-440*		—
Novice	SHW	
275 lbs.	D. Reed	455*
H. Drone	395	<i>Police/Fire (40-44)</i>
Submaster	242 lbs.	
SHW	L. Edwards	575
Open	<i>Open</i>	
B. Dowling	705	220 lbs.
4th-730	T. Luke	625
<i>Master (40-44)</i>	242 lbs.	
275 lbs.	J. Lawson	600

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275 lbs.	<i>Open</i>	
P. Little	585	242 lbs.
K. Flick	500	D. Key
Raw		400
<i>Wheelchair</i>		275 lbs.
132 lbs.	J. Reese	405
H. Logsdon	220	DEADLIFT
242 lbs.	MALE	
Stubblefield	360*	<i>Novice</i>
Novice		198 lbs.
181 lbs.	J. Ellison	455
B. Wilson	245	242 lbs.
198 lbs.	Z. Moon	495
J. Ellison	365	4th-515
220 lbs.	SHW	
S. DeShields	370	J. Townzen
4th-380		585
242 lbs.	<i>Junior</i>	181 lbs.
Z. Moon	325	T. Nelson
<i>Junior</i>		500
220 lbs.	J. Hunziker	465
K. Hobson	265	4th-480
4th-275	242 lbs.	
242 lbs.	S. Stewart	450
J. Kaufman	375	<i>Submaster</i>
SHW		242 lbs.
J. Story	185*	D. Riston
<i>Submaster</i>		700*
242 lbs.	S. Solomon	585
D. Riston	510*	<i>Master (40-44)</i>
4th-525*		242 lbs.
<i>Master (40-44)</i>		M. Bolin
242 lbs.		565
M. Bolin	415	4th-585
		275 lbs.
		S. Breen
		675

*=Son Light Power Illinois State Records. Best Lifter Bench Press Raw: Danny Riston. Best Lifter Bench Press Assisted: Keith Parrish. Best Lifter Deadlift: Danny Riston. The Son Light Power Superman Classic Bench Press & Deadlift Championship was held June 11, 2011 at Metropolis, Illinois. Thanks once again to the Metropolis Chamber of Commerce for hosting this annual event. In the raw bench press competition we had two great wheel chair athletes, Heath Logsdon and Kevin Stubblefield. Both state record holders, Heath won at 132 with a strong 220. Kevin took top honors at 242 with a new state record of 360. Our only lady competitor of the day was Ashley Webb, who broke the state record for the junior 220 class with 200. For the men's novice division it was Ben Wilson at 181 with 245 while Johnny Ellison won at 198 with 365. Scott DeShields finished with 380 at 220 and Zach Moon took the 242's with 325. In the junior men's division Kyle Hobson won at 220 with 275 while

Jesse Kaufman hit 375 at 242 and Josh Story won at shw with 185. Josh's lift was a new state record. Best lifter Danny Riston got a new PR and Illinois state record with his win at submaster 242, finishing with 525! In the open division it was Doug Key at 242 with 400 and Jay Reese with 405 at 275. For the assisted lifters it was Casey Jones for the win at disabled 45-49/198 with a new state record of 440. Heath Drone won at novice 275 with 395. Big Bubba Dowling hit the biggest lift of the meet, 730 for his win at submaster SHW. Shawn Breen won at 40-44/275 over Chuck Mabie 605 to 415. Bruce Stevens just missed a triple bodyweight bench at 45-49/220, weighing in at 210. 630 was just a bit too much so Bruce settled with his opener of 600. Keith Parrish came close with 700 at 45-49/242 but finished with a new state record of 675. Curtis Evans was our only casualty of the meet, failing with his opener of 375 at 50-54/220. Dennis Reed hit a new state record for his class, 50-54 SHW with 455. Lloyd Edwards only got in his opener of 575 for the win at police/fire 40-44/242. In the open division Tired Luke also tried a triple bodyweight attempt with 660, but failed to lock it out, finishing with 625 at 220. Joey Lawson won at 242 with 600 while training partner Phillip Little won at 275 with 585. Kevin Flick placed second at 275 with 500. Keith Parrish was awarded the best lifter trophy among the assisted lifters. For the deadlift competition Johnny Ellison won at novice 198 with 455 while Zach Moon took the 242's with 515 and Justin Townzen hit 585 at shw. In the junior division it was Taylor Nelson for the win at 181 with 500 while Justin Hunziker won at 198 with 480 and Sean Stewart took the 242's with 450. Best lifter in the deadlift event was Danny Riston, who won at submaster 242 with 700. Shane Solomon finished second to Danny at 242 with 585. Mike Bolin, lifting in his first competition, finished with 585 at open 242. Shawn Breen, who also had a great day of lifting, pulled 675 at 40-44/275 for the win there. Thanks to my son Joey for doing a great job loading and spotting and to Shawn Breen and Curtis Evans for helping out. Thanks to our side judges Kevin Flick and Heath Drone, and especially to Jina Breen for serving as our head judge. Thanks also to Lex-Cee Breen for being our trophy girl. See you all again next year!

» courtesy Dr. Darrell Latch

MEN'S 114 LB. (52 KG.) WEIGHT DIVISION » BENCH



Mark Ferrera, above at the 1983 Junior Nationals in Charlottesville, VA, where he made the 281 lb. bench press that appears on this list. Mark represented Suncoast Gym, a powerhouse team of that era, coached by Dick Armatrout, out of Florida.

Bench Press	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 360.5 (163.5)	3.14X	Mike Booker/81 12/1/01 (163.5 kg., without a bench press shirt) (Laughlin, Nevada) (AAU)
2. 341.7 (155.0)	2.98X	Dustin Cichon/88 8/5/06 (155.0 kg.) (Oklahoma City, Oklahoma) (NASA)
3. 330.0 (149.7)	2.88X	Chris Hollyfield 10/16/92 (330.0 lb.) (Lakeland, Florida) (APF)
4. 325.2 (147.5)	*2.88X	Chuck Dunbar/57 7/7/84 (147.5 kg. @ 51.2 kg., without a bench press shirt) (Dayton, Ohio) (USPF)
5. 325.2 (147.5)	2.84X	Lyle Culp 9/23/00 (147.5 kg.) (Bend, Oregon) (WABDL)
6. 323.0 (146.5)	*2.82X	Joe Cunha/59 7/10/82 (146.5 kg. @ 52.0 kg., without a bench press shirt) (Dayton, Ohio) (USPF)
7. 321.0 (145.1)	2.79X	Doug McDonald 4/9/89 (320.0 lb., which later weighed out at 321.0 lb.) (Princeton, New Jersey) (ADFPA)
8. 320.0 (145.1)	2.79X	Jeff Grabowski 7/27/91 (320.0 lb.) (Hazelcrest, Illinois) (NASA)
9. 319.7 (145.0)	*2.80X	Harold Escobedo 6/5/82 (145.0 kg. @ 51.7 kg., without a bench press shirt) (Portland, Oregon) (USPF)
10. 319.7 (145.0)	*2.81X	Hung Tram Pham/74 12/3/04 (145.0 kg. @ 51.6 kg.) (Cleveland, Ohio) (USAPL/IPF)
11. 316.0 (143.3)	2.76X	Chad Ikei/71 4/7/91 (142.5 kg., which later weighed out at 316.0 lb.) (Waikiki, Hawaii) (APF/WPC)
12. 308.6 (140.0)	*2.71X	Erwin Gainer/66 7/9/04 (140.0 kg. @ 51.72 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
13. 303.1 (137.5)	2.64X	Kerwin Unten/68 12/10/95 (137.5 kg.) (Honolulu, Hawaii) (NSM)
14. 300.0 (136.1)	2.62X	Angelo Cruz 9/9/90 (300.0 lb.) (Park Ridge, Illinois) (ADFPA)
15. 300.0 (136.1)	2.62X	Boyd Honeycutt 5/19/91 (300.0 lb.) (Naperville, Illinois) (APF/WPC)
16. 298.7 (135.5)	2.61X	D. Jennison 12/12/98 (135.5 kg.) (Fresno, California) (USPF)
17. 292.1 (132.5)	2.55X	Joe Steinfeld/58 7/5/86 (132.5 kg.) (Chicago, Illinois) (USPF/IPF)
18. 292.1 (132.5)	2.55X	Clarence Fielder 7/7/90 (132.5 kg., without a bench press shirt) (Hollywood, Florida) (USPF)
19. 290.0 (131.5)	2.53X	Paul Bieber 11/8/80 (290.0 lb., without a bench press shirt) (Boston, Massachusetts) (USPF)
20. 290.0 (131.5)	2.53X	Mike Nelson 12/19/87 (290.0 lb.) (Omaha, Nebraska) (USPF)
21. 286.6 (130.0)	2.50X	Jim Caldwell 11/22/87 (130.0 kg.) (Dayton, Ohio) (APF/WPC)
22. 286.6 (130.0)	2.50X	Phil Hile/67-05 4/8/95 (130.0 kg.) (South Charleston, West Virginia) (USPF)
23. 285.0 (129.3)	2.49X	David Titus 4/12/93 (285.0 lb.) (Pensacola, Florida) (USPF)
24. 285.0 (129.3)	*2.49X	Tony Scheldrup/76 11/5/05 (285.0 lb. @ 114.4 lb.) (Hudson, Wisconsin) (USAPL)
25. 281.1 (127.5)	*2.48X	Mark Ferrera 6/4/83 (127.5 kg. @ 51.4 kg., without a bench press shirt) (Charlottesville, Virginia) (USPF)
26. 281.1 (127.5)	2.45X	Chad Wright/74 4/20/91 (127.5 kg.) (Dallas, Texas) (NASA)
27. 281.1 (127.5)	2.45X	Larry Benson 3/7/92 (127.5 kg.) (Asheboro, North Carolina) (USPF)
28. 281.1 (127.5)	*2.87X	Lenny Clark 7/24/95 (127.5 kg. @ ~98.0 lb.) (Boulder, Colorado) (ADFPA)
29. 280.0 (127.0)	2.44X	Gary Kucipak/55 6/17/78 (280.0 lb., without a bench press shirt) (Hudson, New York) (AAU)
30. 280.0 (127.0)	2.44X	Michael Sauers 11/11/78 (280.0 lb., without a bench press shirt) (Durham, North Carolina) (AAU)
31. 280.0 (127.0)	*2.52X	Jon Shorr/70 6/15/85 (280.0 lb. @ 111.0 lb.) (Detroit, Michigan) (USPF)
32. 280.0 (127.0)	2.44X	Anthony McCulley 8/26/89 (280.0 lb.) (Palatka, Florida) (ADFPA)
33. 280.0 (127.0)	2.44X	Viet Tran/76 2/4/95 (280.0 lb.) (Omaha, Nebraska) (ADFPA)
34. 280.0 (127.0)	*2.48X	Joshua Price 2/21/09 (280.0 lb. @ 113.0 lb.) (Knoxville, Tennessee) (SPF)
35. 275.0 (124.7)	2.40X	Bernie Miller/67 10/20/90 (275.0 lb.) (Charleston, South Carolina) (ADFPA)
36. 275.0 (124.7)	2.40X	Thomas Chaput/80 8/1/97 (275.0 lb., without a bench press shirt) (Charlotte, North Carolina) (AAU)
37. 275.0 (124.7)	*2.48X	David Cohn/75 4/14/07 (275.0 lb. @ 111.0 lb.) (Atlanta, Georgia) (WNPF)
38. 270.1 (122.5)	2.36X	John Padova 6/7/86 (122.5 kg.) (Dallas, Texas) (USPF)
39. 270.1 (122.5)	2.36X	Bobby Adams 2/17/88 (122.5 kg.) (El Tora, California) (USPF)
40. 270.1 (122.5)	2.36X	Phil Hile/67-05 7/15/89 (122.5 kg., without a bench press shirt.) (Las Vegas, Nevada) (USPF/IPF)
41. 270.1 (122.5)	2.36X	Randy Somma/71 4/1/90 (122.5 kg.) (Wilkes-Barre, Pennsylvania) (ADFPA)
42. 270.1 (122.5)	2.36X	Boyd Honeycutt 11/21/92 (122.5 kg., without a bench press shirt) (Wilkes-Barre, PA) (ADFPA/WDFPF)
43. 270.1 (122.5)	2.36X	Kelson Silva 6/11/05 (122.5 kg.) (Honolulu, Hawaii) (WABDL)
44. 270.0 (122.5)	2.36X	Gary Hunnicutt/57 5/17/80 (270.0 lb., without a bench press shirt) (Sacramento, California) (USPF)
45. 270.0 (122.5)	2.36X	Randall Kea/62 2/28/81 (270.0 lb., without a bench press shirt) (August, Georgia) (NSM)
46. 270.0 (122.5)	2.36X	Vinh Le 10/23/93 (270.0 lb., without a bench press shirt) (Represa, California) (FCI)
47. 270.0 (122.5)	*2.38X	Robbie Nieto 3/23/07 (270.0 lb. @ 113.4 lb.) (Houston, Texas) (THSPA)
48. 265.0 (120.2)	2.31X	J. Kahn 1/12/80 (265.0 lb., without a bench press shirt) (San Jose, California) (USPF)
49. 265.0 (120.2)	2.31X	Richard Williams 6/30/85 (265.0 lb.) (Rockport, Maine) (USPF)
50. 265.0 (120.2)	2.31X	Patrick Moore/69 4/18/87 (265.0 lb.) (Des Moines, Iowa) (ADFPA)

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

Records accurate as to my knowledge.



Joe Cunha, above at the 1982 Senior Nationals in Dayton, Ohio, where he made the 323 lb. bench press that appears on this list



Joe Steinfeld, above at the 1986 USPF Senior Nationals in Chicago, Illinois, where he made his 292 lb. bench press

WOMEN'S 114 LB. (52 KG.) WEIGHT DIVISION » BENCH

	Bench Press	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	319.7	(145.0)	*2.82X Janet Faraone/67 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC)
2.	259.0	(117.5)	*2.27X Ashley Awalt/83 10/1/05 (117.5 kg. @ 114.0 lb.) (Elgin, Illinois) (Bench America3)
3.	259.0	(117.5)	*2.29X Jill Darling/78 5/31/07 (117.5 kg. @ 51.38 kg.) (Thisted, Denmark) (USAPL/IPF)
4.	248.0	(112.5)	2.16X Mary Ryan-Jeffrey/60 4/2/89 (112.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
5.	248.0	(112.5)	*2.17X Jennie Hollier/80 9/17/05 (112.5 kg. @ 51.96 kg.) (Maryland Heights, Missouri) (USAPL/IPF)
6.	242.5	(110.0)	2.12X Heena Patel/72 11/3/07 (110.0 kg.) (Mesa, Arizona) (NASA)
7.	240.0	(108.9)	*2.11X Margaret Kirkland/63 10/13/07 (240.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)
8.	237.0	(107.5)	2.07X Dawn Baker/51 11/5/00 (107.5 kg.) (Canterbury, Connecticut) (APAWPA)
9.	235.0	(106.6)	2.05X Tracy Jo Beard 5/9/87 (235.0 lb.) (Saint Petersburg, Florida) (APF/WPC)
10.	231.5	(105.0)	2.02X Mary Ryan-Jeffrey/60 7/26/91 (105.0 kg., without a bench press shirt) (Dallas, Texas) (USPF)
11.	231.5	(105.0)	*2.03X Jennifer Maile/84 7/16/05 (105.0 kg. @ 51.7 kg.) (Duisburg, Germany) (USAPL/IPF)
12.	231.5	(105.0)	*2.06X Maura Shuttleworth/76 9/24/10 (105.0 kg. @ 112.6 lb.) (Las Vegas, Nevada) (USPF)
13.	230.0	(104.3)	2.01X Lisa James 8/29/99 (230.0 lb.) (Charleston, West Virginia) (APF)
14.	226.0	(102.5)	1.97X Susan Rinn/63 3/11/00 (102.5 kg.) (Dallas, Texas) (USPF)
15.	226.0	(102.5)	*2.00X "Sioux-Z" Hartwig-Gary/68 11/7/06 (102.5 kg. @ 51.3 kg.) (Stavanger, Norway) (USAPL/IPF)
16.	226.0	(102.5)	*2.09X Teresa Putchio/73 6/30/07 (102.5 kg. @ 49.1 kg.) (Willowbrook, Illinois) (AAPF)
17.	226.0	(102.5)	*2.01X Ita Pantilat/51 11/15/07 (102.5 kg. @ 112.4 lb.) (Anaheim, California) (WABDL)
18.	225.0	(102.1)	*1.91X Lynn Pitts/61 5/16/99 (225.0 lb. @ 113.0 lb.) (Northampton, Massachusetts) (APA)
19.	220.5	(100.0)	1.92X Kim Aanenson/70 6/11/05 (100.0 kg.) (Rancho Cordova, California) (WABDL)
20.	220.5	(100.0)	*1.94X Ren Yamashita/89 1/29/11 (100.0 kg. @ 113.4 lb.) (Los Angeles, California) (USPA)
21.	210.5	(95.5)	1.84X Hedy Miller/52 6/19/10 (95.5 kg.) (Salt Lake City, Utah) (WABDL)
22.	210.0	(95.3)	*1.83X Jean Forgatsch-Fry/86 8/21/09 (210.0 lb. @ 114.5 lb.) (Sharonville, Ohio) (SPF)
23.	209.4	(95.0)	1.83X Cheryl Finley 11/4/90 (95.0 kg.) (San Francisco, California) (USPF)
24.	209.4	(95.0)	1.83X Caroline Garcia 12/11/94 (95.0 kg.) (Oceanside, New York) (NSM)
25.	209.4	(95.0)	*1.83X Kim Sommers/65 7/4/98 (95.0 kg. @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC)
26.	205.0	(93.0)	*1.83X Shannon Parrish/62 4/12/03 (205.0 lb. @ 112.0 lb.) (Bangor, Pennsylvania) (IPA)
27.	203.9	(92.5)	1.78X Michelle Evis 11/10/84 (92.5 kg.) (Huntington, West Virginia) (USPF)
28.	203.9	(92.5)	1.78X Le N. Le 8/10/96 (92.5 kg.) (Venice, California) (USPF)
29.	203.9	(92.5)	*1.80X Yueh-Chun Chang/70 4/26/97 (92.5 kg. @ 112.98 lb.) (Lincoln, Nebraska) (USAPL)
30.	203.9	(92.5)	1.78X Valeri Tyree/73 11/16/00 (92.5 kg.) (Reno, Nevada) (WABDL)
31.	203.9	(92.5)	*1.85X Ashley Matherne/83 4/23/04 (92.5 kg. @ 50.1 kg.) (Omaha, Nebraska) (USAPL)
32.	203.9	(92.5)	1.78X Ambyr Reyes 11/16/08 (92.5 kg.) (Las Vegas, Nevada) (WABDL)
33.	203.9	(92.5)	*1.79X Suzanne Hedman/60 1/23/10 (92.5 kg. @ 114.0 lb.) (Anaheim, California) (USPF)
34.	200.0	(90.7)	*1.80X Donna McKinney/56 2/17/96 (200.0 lb. @ ~50.5 kg.) (Cleveland, Ohio) (ADFPA)
35.	200.0	(90.7)	1.74X Jacqueline Davis-Manzo/61 11/19/99 (200.0 lb.) (York, Pennsylvania) (IPA)
36.	200.0	(90.7)	*1.83X Barbara Goodman/60 8/18/01 (200.0 lb. @ 109.0 lb.) (Saint Petersburg, Florida) (APA)
37.	200.0	(90.7)	*1.75X Natalie Carr-Harrington/83 4/12/08 (200.0 lb. @ 114.25 lb.) (Columbus, Ohio) (IPA)
38.	200.0	(90.7)	1.74X Maria Davenport/80 7/12/08 (200.0 lb.) (Coeur d'Alene, Idaho) (Pride)
39.	198.4	(90.0)	1.73X Kelly 11/19/94 (90.0 kg.) (Des Moines, Iowa) (NASA)
40.	198.4	(90.0)	1.73X Jenny Macy 11/15/02 (90.0 kg.) (Reno, Nevada) (WABDL)
41.	194.0	(88.0)	1.69X Yuxin Hao/68 11/20/10 (88.0 kg.) (Las Vegas, Nevada) (WABDL)
42.	192.9	(87.5)	1.68X Linda Chicado-Shendow 10/2/82 (87.5 kg., without a bench press shirt) (Roy, Utah) (USPF)
43.	192.9	(87.5)	1.68X Mary Ann Price/51-05 4/9/88 (87.5 kg.) (Newport News, Virginia) (USPF)
44.	192.9	(87.5)	1.68X Lori Shope-Fisher 7/23/89 (87.5 kg.) (Columbus, Ohio) (APF/WPC)
45.	192.9	(87.5)	1.68X Jo Ann Kelly 1/7/95 (87.5 kg., without a bench press shirt) (Oklahoma City, Oklahoma) (NASA)
46.	192.9	(87.5)	*1.72X Heidi Carpenter 8/5/95 (87.5 kg. @ 112.0 lb.) (Galt, California) (AAU)
47.	192.9	(87.5)	1.68X Doris Simmons/52 10/27/95 (87.5 kg.) (Columbus, Ohio) (APF/WPC)
48.	192.9	(87.5)	1.68X Paula Kovalchik/53 4/29/01 (87.5 kg.) (Taylor, Pennsylvania) (USAPL)
49.	192.9	(87.5)	1.68X Donna Arndt 11/15/02 (87.5 kg.) (Reno, Nevada) (WABDL)
50.	192.9	(87.5)	*1.68X Amber Denmon/86 12/9/06 (87.5 kg. @ 114.5 lb.) (Beaumont, Texas) (APF)

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



Yueh Chun Chang was one of the stars of the American Drug Free Powerlifting Association back in 1992



Maura Shuttleworth is one of the great benchers in the USAPL, and anywhere else



Mary Ryan Jeffrey at the 1989 Hawaii Record Breakers event, where she made her top lift in the 114 lb. class

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



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.

- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

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



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.

- The combination of several new contours built into the pattern complement the already super RageX system.

- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

SEE MORE SELECTION AT INZERNET.COM

INZER **ADVANCE DESIGNS**

The World Leader in Powerlifting Apparel

PHENOM

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



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

RADICAL DENIM

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



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

ULTIMATE DENIM

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

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



Inzer Advance Designs 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



Camo T-shirts

Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

\$10.00



Tank Tops

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

\$10.00

Warm Up Pants

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

\$23.95



Hoodie

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

\$19.50

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



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

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

Stickum Spray

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

\$5.95



Meshback Lifting Gloves

Quality, standard leather workout gloves. Power-Surge.

\$4.95



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



Form-Foam™ Lifting Gloves

Custom gripping power and supreme stability control. Power-Surge.

\$12.95



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.

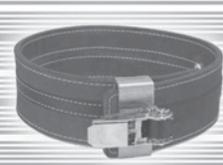
\$70.00



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 Belts™ are guaranteed forever!



Forever Buckle Belt 10MM

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

\$60.00



Power Belt Quality Economy

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

\$39.95



Max DL

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

\$145.00



Lifting Singlet

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

\$33.00



Z-Suit

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

\$42.00



Champion Suit

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

\$42.00



The Pillar

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

\$115.00



Standard Blast Shirt

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

\$38.00



High Performance HD Blast

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

\$77.00



Heavy Duty Erector Shirt

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

\$55.00



Heavy Duty Groove Briefs

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

\$26.00

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RESULTS

SLP WISCONSIN STATE/ROCKY RAUCH

APR 16 2011 » Delavan, WI

BENCH FEMALE	T. Purcell	295
275 lbs.		
Raw	Mawhinney	280
<i>Police/Fire (40-44)</i>		
97 lbs.		
E. Foulkes	60*	315*
<i>Master (40-44)</i>		
123 lbs.		
T. Ward	100*	300
181 lbs.		
P. Amborn	100*	355
<i>Master (45-49)</i>		
148 lbs.		
M. Colletti	170*	450*
<i>Open</i>		
123 lbs.		
T. Ward	100	
MALE		
<i>Novice</i>		
220 lbs.		
J. Haefl	185*	
P. Dufer	275*	165
<i>Master (40-44)</i>		
275 lbs.		
R. Gingerich	385	60*
<i>Master (50-54)</i>		
242 lbs.		
D. Glowacki	420	100*
<i>Master (65-69)</i>		
242 lbs.		
R. Fischer	385*	100*
<i>4th-405*</i>		
Raw		
<i>Novice</i>		
181 lbs.		
M. Trenkle	285	125*
220 lbs.		
P. Dufer	345	155*
275 lbs.		
J. Jarzynski	295	85
<i>Teen (13-15)</i>		
114 lbs.		
J. Laskowski	110*	145*
132 lbs.		
A. Morland	85	145*
148 lbs.		
S. Laskowski	160	
<i>4th-175</i>		
Junior		
148 lbs.		
C. Arellano	220	245*
181 lbs.		
A. Kirby	300	245*
198 lbs.		
M. Ritzert	300	
<i>Submaster</i>		
242 lbs.		
T. Noda	320	445*
<i>Master (40-44)</i>		
220 lbs.		
J. Wautelet	370	370
308 lbs.		
S. Calandra	320*	380
<i>Master (45-49)</i>		
198 lbs.		
R. Peil	280	370
<i>Master (50-54)</i>		
181 lbs.		
D. Wallden	260	270
<i>4th-275</i>		
198 lbs.		
M. Ward	350	720*
<i>4th-355*</i>		
220 lbs.		
D. George	305	720*
242 lbs.		

*=Son Light Power Wisconsin State Records. Best Lifter Bench Press Women: Maria Colletti. Best Lifter Bench Press Men: Chris Grimm. Best Lifter Curl: Josh Haefl. Best Lifter Deadlift: Brian Helgert. The Son Light Power Wisconsin State &

Rocky Rauch Memorial Bench Press, Curl, Deadlift Championship was held at Delavan Fitness Center in Delavan, Wisconsin. A special thanks to the owners and staff for once again hosting this annual event that celebrates the life of Rocky Rauch, a bodybuilder, powerlifter and trainer who touched the lives of so many who knew him. In the assisted bench press event Andrew Slawson set the Wisconsin state record for the junior 181 class with 275. Ron Gingerich won at 40-44/275 with 385. Dan Glowacki took the 50-54/242 class with 420. Richard Fischer broke the state record at 65-69/242 with a great 405 final attempt. For the raw lifters it was Emma Foulkes with a new state record for her class, 13-15/97 with 60. Tonia Ward, who last year was awarded her pro physique bodybuilding card, won at 40-44 and open 123 with a new state record of 100. Pam Amborn won at 40-44/181 with her state record of 100 as well. The best lifter among the ladies was Maria Colletti, who set the state mark at 45-49/148 with 170. Matt Trenkle won at novice 181 with 285 while Patrick Dufer hit 345 at 220 and Jake Jarzynski won at 275 with 295. For the 13-15 age group it was John Laskowski with a new state record of 110 at 114. Alex Morland hit 85 at 220 while Shawn Laskowski won at 148 with 175. Christian Arellano got a strong 220 at junior 148 while Andrew Kirby won at 181 with 300. Matt Ritzert took the 198's with 300. For the submaster 242 class it was Tom Noda for the win with 320. In the masters 40-44 age division Jim Wautelet won at 220 with 370. Sam Calandra set the state mark at 308 with 320. Ricky Peil won at 45-49/198 with 280. For the 50-54 age group it was Dave Wallden with 275 at 181 while Mike Ward hit a big 355 state record at 198. Dennis George won at 220 with 305. Terry Purcell won at 242 with 295 while Mo Mawhinney rounded out the field at 50-54 with his 280 at 275. Robert Murphy returned to competition after a few years off to break the state record at police/fire 40-44/198 with 315. Brian Helgert took the open 148 class with 300. Dan Zimmerman, who has put 75 pounds on his bench in the past year and a half, hit a big 355 at 181. Adam Staver won at 198 with 330 while best lifter Chris Grimm locked out a strong 450 state record at 275. We had ten curlers! At novice 220 it was Josh Haefl over Patrick Dufer 185 to 165. Josh, competing for the first time, also won the best lifter title among the curlers. At 13-15 it was David Aamodt with 60 while Shawn Laskowski hit 100 at 148. Ken Williams at 16-17/181 and Raymond Hood at 275 both finished with 105. Andrew Slawson hit 125 at junior/181 while Mo Mawhinney finished with 155 at 50-54/275. All of these winners established new state records for their respective classes. At 70-74/165, state record holder there and at 148, Richard Lee, won with an easy 85. Brian Helgert broke the state record for the open/148 class with 145. In the deadlift event Tonia Ward set the state record for the 40-44 and open 123 classes again with a new personal best 255. Jake Jarzynski got his state record at novice 275 with 445. Christian Arellano won at junior 148 with 370 while Mo Mawhinney hit 380 at 50-54/275. Best lifter Brian Helgert, lifting in his first deadlift meet, hit a big 405 at open 148. In our man/woman team of Paige Hood and Richard Lee, they finished with 270 at 148. The 2-man team of Ken Williams and Raymond Hood set the state record for the 16-17/220 class with 750. Thanks so much to all the loaders and spotters and to my great side

judges, Richard Lee and Bob Vivier. Thanks also to my helper at the table Tara DeLara and to Jennifer Rasmussen for all she does to organize and promote this event. See you all again next year.

» courtesy Dr. Darrell Latch

USAPL CALIFORNIA STATE

FEB 19 2011 » Santa Clarita, CA

BENCH FEMALE	K. Jordan	319			
Raw	D. Andrews	424			
275+ lbs.					
G. Tenove	407				
<i>(40-49)</i>					
181 lbs.					
C. Rivas	347				
220 lbs.					
G. Strassberg	—				
<i>(50-59)</i>					
242 lbs.					
K. Thunberg	363				
<i>(16-17)</i>					
242 lbs.					
R. Barreto	281				
<i>Open</i>					
181 lbs.					
C. Rivas	347				
198 lbs.					
J. McKay	363				
<i>Raw (60+)</i>					
220 lbs.					
Christiansen	402				
242 lbs.					
K. Thunberg	363				
275+ lbs.					
G. Tenove	407				
G. Dupas	385				
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
<i>(50-59)</i>					
148 lbs.					
B. Spann	187	—	281	468	
<i>Raw (50-59)</i>					
165 lbs.					
L. Bullock	127	105	176	407	
<i>(40-49)</i>					
115 lbs.					
D. Rakos	138	83	187	407	
132 lbs.					
M. Martin	165	110	215	490	
198 lbs.					
J. Cascadden	143	121	204	468	
<i>(16-17)</i>					
148 lbs.					
A. Ross	187	116	275	578	
<i>Open</i>					
115 lbs.					
A. Patenaude	193	99	297	589	
123 lbs.					
C. Genevier	165	94	209	468	
132 lbs.					
R. Benninger	160	99	187	446	
165 lbs.					
K. Miranda	160	121	231	512	
J. Yamamoto	66	105	231	402	
MALE					
<i>(50-59)</i>					
198 lbs.					
M. Koufos	440	281	484	1206	
242 lbs.					
W. Jandoc	644	479	556	1679	
275 lbs.					
J. Weeks	567	—	600	1167	
<i>(40-49)</i>					
275 lbs.					
M. Goodwin	551	528	556	1635	
<i>Junior</i>					
165 lbs.					
G. Darnell	402	248	429	1079	
181 lbs.					
V. Arulmoli	418	253	435	1107	
<i>Open</i>					

181 lbs.					
N. O'Brien	440	286	473	1200	
220 lbs.					
J. Aiello	—	—	—	—	
275 lbs.					
M. Goodwin	551	528	556	1635	
275+ lbs.					
R. Speno	776	—	611	1387	
<i>Out of State</i>					
198 lbs.					
R. Schuller	380	248	380	1007	
<i>Raw (60+)</i>					
181 lbs.					
J. Killin	336	209	418	963	
198 lbs.					
G. Tenove	231	160	319	710	
<i>(50-59)</i>					
165 lbs.					
J. Martin	253	204	407	864	
181 lbs.					
K. Schiessl	418	242	473	1134	
<i>(40-49)</i>					
165 lbs.					
D. Edelman	303	226	424	952	
181 lbs.					
S. Trell	286	275	325	886	
198 lbs.					
Montgomery	385	259	501	1145	
J. Couse	407	297	374	1079	
220 lbs.					
A. Funanilla	451	363	484	1299	
<i>Junior</i>					
132 lbs.					
K. Greene	259	154	286	699	
148 lbs.					
R. Peraza	347	193	358	897	
165 lbs.					
S. Robin	319	231	424	974	
181 lbs.					
S. Salomon	281	187	385	853	
181 lbs.					
M. Peraza	407	231	539	1178	
D. Bunhor	330	204	424	958	
S. Toth	314	220	424	958	
242 lbs.					
S. Riggsby	479	325	506	1310	
<i>(18-19)</i>					
165 lbs.					
K. Ransom	352	259	473	1084	
181 lbs.					
C. Martin	374	215	358	947	
242 lbs.					
N. Loporchio	501	314	573	1387	
<i>(16-17)</i>					
148 lbs.					
K. Martin	303	—	358	661	
275 lbs.					
T. Sage	517	347	506	1371	
<i>(14-15)</i>					
148 lbs.					
K. McKay	215	143	264	622	
165 lbs.					
M. Ross	253	138	303	694	
198 lbs.					
J. Dick	275	171	429	875	
<i>Open</i>					
148 lbs.					
L. Eisenhardt	374	198	429	1002	
165 lbs.					
T. Nguyen	248	165	314	727	
181 lbs.					
K. Schiessl	418	242	473	1134	
A. Piccioli	308	286	440	1035	
198 lbs.					
D. Jurgens	517	314	672	1503	
B. Gilbert	407	292	457	1156	
Montgomery	385	259	501	1145	
220 lbs.					
M. Adlam	275	198	402	875	
242 lbs.					
M. Ramirez	528	358	539	1426	
J. Gouig	435	363	512	1310	
275 lbs.					
F. Valdez IV	551	429	628	1607	
P. Russell	506	374	551	1431	

» courtesy Barb Bon

SLP SOUTHWESTERN MISSOURI OPEN

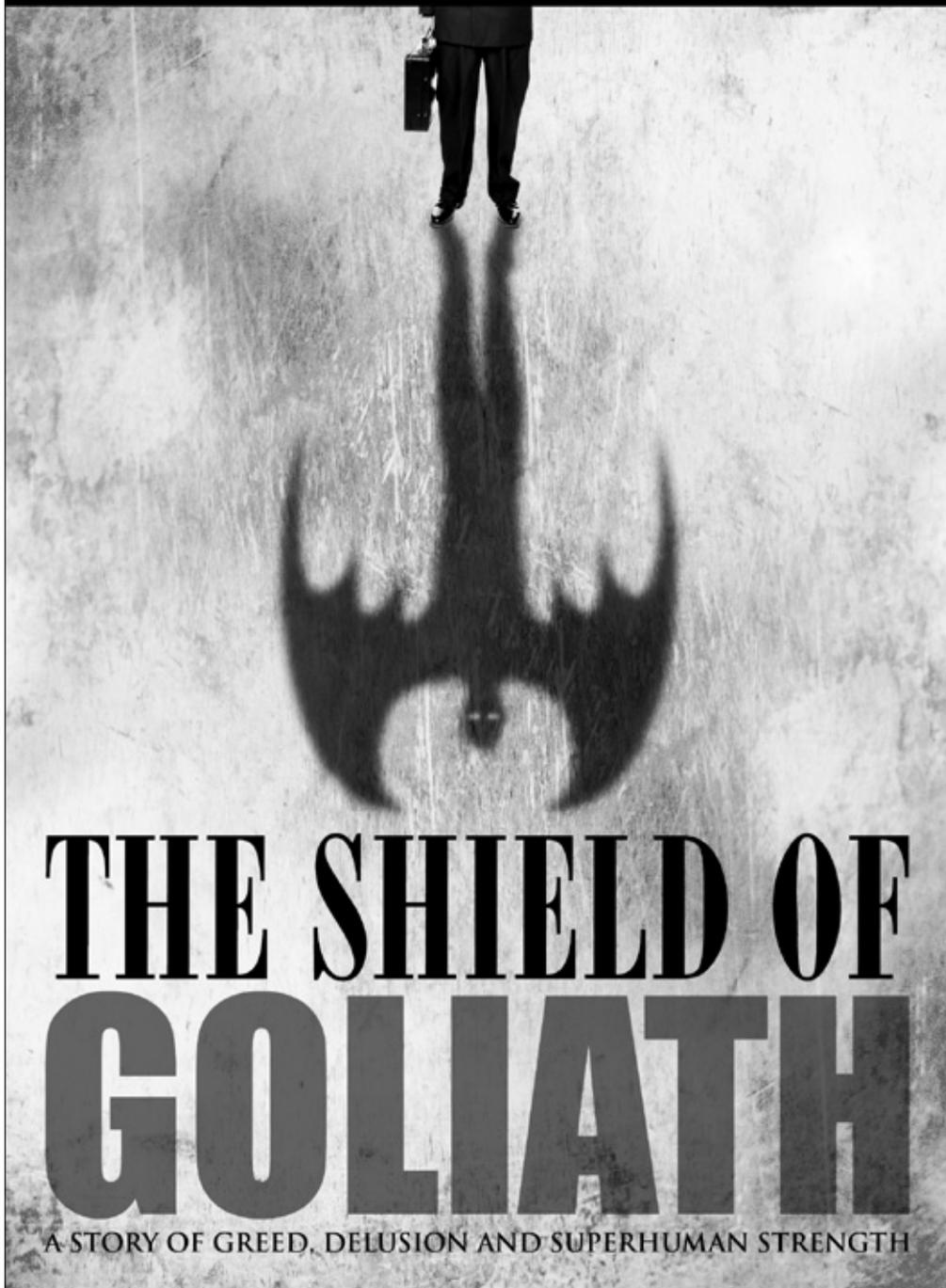
APR 30 2011 » Branson, MO

BENCH		220 lbs.	
MALE		M. Cantu	375*
Teen (13-15)		Master (40-44)	
308 lbs.		181 lbs.	
A. Lenox	405*	K. Baker	320*
Submaster		198 lbs.	
275 lbs.		T. Freund	320*
J. Humbyrd	605	Master (45-49)	
SHW		275 lbs.	
R. Morris	550*	K. Hauser	370*
Raw		Master (50-54)	
Novice		181 lbs.	
198 lbs.		M. Dillon	245*
M. Sullenger	300	Open	
220 lbs.		220 lbs.	
P. Dailey	325	M. Johns	350
275 lbs.		DEADLIFT	
C. Giblin	405	MALE	
Teen (13-15)		Novice	
308 lbs.		275 lbs.	
A. Lenox	275*	C. Giblin	570*
4th-315*		Teen (18-19)	
Teen (18-19)		308 lbs.	
308 lbs.		A. Yates	525*
A. Yates	335	4th-560*	
4th-345		Junior	
Junior		220 lbs.	
198 lbs.		N. Leadbetter	625*
K. Jones	225	Open	
242 lbs.		220 lbs.	
T. Horner	400*	M. Johns	475
Submaster			

*=Son Light Power Missouri State Records. Best Lifter Bench Press: Joe Humbyrd. Best Lifter Deadlift: Nicholas Leadbetter. The Son Light Power Southwestern Missouri Open Bench Press & Deadlift Championship was held at Anytime Fitness in Branson, Missouri. Thanks to owners Rich and Christina McDowell for once again hosting this event. In the assisted bench press division Austin Lenox broke the Missouri state record at 13-15/308 with 405. Joe Humbyrd broke the national SLP record at submaster 275 with 605. Randy Morris broke his own state record at submaster SHW with 550. For the raw lifters Matt Sullenger won at novice 198 with 300 while Pat Dailey took the 220's with 325. Colt Giblin won at 275 with 405. Austin Lenox set the raw state record at 13-15/308 with 315 while Aaron Yates won at 18-19/308 with 345. In the junior division Kenneth Jones took the 198 class with 225 while Ty Horner set the state record at 242 with 400. Mark Cantu broke the state record at submaster /220 class with 375, just missing a final attempt with 400. At 40-44 Keith Baker got a new PR and Missouri state record for the 181 class with 320. Tim Freund also finished with 320, taking the win at 198. Kent Hauser came from Indiana for the win at 45-49/275 and a new state record of 370. Mike Dillon got his state record at 50-54/181 with 245 while Matt Johns took the win at open 220 with 350. Joe Humbyrd was awarded the best lifter award. In the deadlift event Colt Giblin set the state record at novice 275 with 570. Aaron Yates got a new PR and state record at 18-19/308 with 560. Best lifter Nicholas Leadbetter pulled a big 625 state record at junior 220 while final lifter Matt Johns won at open 220 with 475. Thanks to my son D.C. Latch and Matt Clark for doing a great job loading and spotting and to Danielle Clark for taking some great pictures and serving as our trophy girl. A special thanks to our judges, Christina McDowell and Bob Dale, for doing a great job as well. See you all again next year!

» courtesy Dr. Darrell Latch

RON FERNANDO



RON FERNANDO'S EPIC TALE OF GREED, DELUSION AND SUPERHUMAN STRENGTH... ORDER YOUR COPY TODAY!

Ron Fernando's *The Shield of Goliath* is being sold through *Powerlifting USA's* online shop as a courtesy to Rosie Fernando, who helped make Ron's book a reality after his unexpected passing last December. All proceeds of the sale of *The Shield of Goliath* go directly to the Fernando family.

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Arginine AKG, 150 gm	9.00
Citrulline, 100gm	11.50
Lipoic Acid Powder, 50 grams	9.00
Whey Protein 90% instant isolate, 24oz	19.75
Tribulus Ext. 45% 100gm	7.50
Long Jack 100:1, 20gm	37.50
Yohimbe. 8% Yohimbine! 40 gm	7.75
Glutamine 300gm/1kg	9.90/27.95

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SARAH BIDDLE

WINNER OF THE 2011 AAU HIGH SCHOOL SULLIVAN AWARD

Sarah Faye Biddle, this year's recipient of the AAU High School Sullivan Award, received a \$10,000 check towards college tuition. The AAU presented this award to the nation's top high school senior male and female athletes. The winners were selected based on leadership, character, sportsmanship, academics and accomplishment in their sport.

Biddle of Servant Christian Academy in Morgantown, IN, is a multiple-time world champion powerlifter. She holds a combined 80 world, national and state records in 9 different weight classes—which is a first for any male or female powerlifter. One of her goals is to compete in the 2016 or 2020 Olympics. Biddle also holds the rank of major in the U.S. Air Force Civil Air Patrol and is a concert harp player. She plans to pursue a degree in surgical nursing as an ROTC cadet at Maranatha Baptist in Wisconsin.

(excerpt from USA Today)



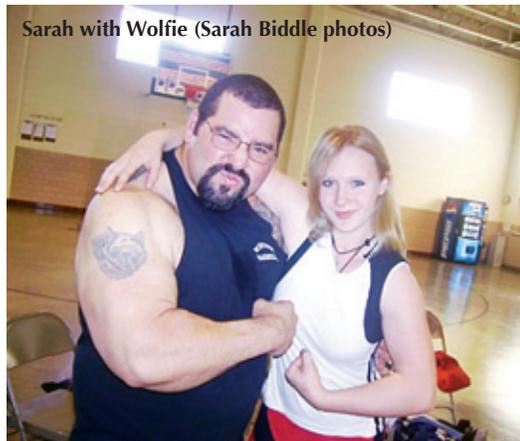


SARAH BIDDLE

WINNER OF THE AAU SULLIVAN AWARD



Sarah with Becca



Sarah with Wolfie (Sarah Biddle photos)

LETTER OF RECOMMENDATION FOR SARAH BIDDLE

Dear Nominating Committee:

I am writing on behalf of Sarah Biddle, a nominee for the Sullivan Award. I met Sarah when she attended one of Civil Air Patrol's most physically demanding National Cadet Special Activities for eight days in July 2009.

The Pararescue Orientation Course (PJOC) offers Civil Air Patrol cadets an introduction to the rigorous mission of the Air Force Pararescue and Survival career fields. Cadets receive instruction from active duty pararescuemen and survival instructors, and are expected to be in excellent physical condition to enable full participation in this strenuous training. Training takes place at 7,800 feet altitude in the remote Pecos Wilderness of New Mexico. Participants build shelters to sleep in, eat MREs, and live in very rustic conditions with pit toilets, no running water, and significant exposure to the elements. Each day starts with an extended physical training session, and many shorter sessions occur throughout the day. This is in addition to an all-day hike covering six miles and a 2,600 foot rise in elevation, and a second day spent traveling to a climb and rappel area for mountaineering activities.

Sarah Biddle distinguished herself during PJOC by successfully completing all graduation requirements and performing well on the graduation physical fitness test. The fitness test required a one mile run, sit-ups, push-ups, flutter kicks, and pull-ups—all at 7,800 feet altitude, after a physically and mentally strenuous week of training. Only 53 of our original 61 students earned the distinction of PJOC graduate in 2009. Each year, over 300 students apply for this course, and typically only about 20% are selected to attend, and even fewer graduate. This course attracts physically fit young adults seeking a challenge. To be among the PJOC graduates with this elite group speaks to Sarah's physical capability and fortitude.

After observing Sarah Biddle for a week in the rustic training conditions of PJOC, I believe she has the persistence and character to take on any variety of challenge, and achieve success. With 13 years experience and over 650 PJOC students, I believe Miss Biddle to be an eager, positive, and capable young woman. I encourage you to consider her a top nominee for the Sullivan Award.

You may contact me at [actual contact information removed for privacy] if you need additional information. I am an Air Force reservist who performs my primary duty with Air Force Research Laboratory, and serves Civil Air Patrol as an additional duty. Thank you for considering this request.

Sherry L. Riddle, Colonel, USAFR
Pararescue Orientation Course Administrative
Officer



2011 MHP LIBERTY STRONGMAN

as told to Powerlifting USA by Al Thompson » Randy McClure photos

Superman Brian Shaw continued his personal rampage through pro strongman ranks, breezing to a 13.5-point win over an elite lineup of top Americans at the 2011 MHP Liberty Strongman Classic. Considered number one in virtually every strongman corner of the world, Shaw won three of five events outright, recorded a tie for first in another, plus added a second-place finish to successfully defend his Liberty Strongman Classic title.

The first four events were held at the Wawa Welcome America!—the official July 4th celebration of the City of Philadelphia on the historic Benjamin Franklin Parkway in front of the iconic Philadelphia Art Museum. Over 500,000 people pack the Parkway each year to take in the day-long festivities, including the MHP Liberty Strongman Classic that is in its fifth year. Tens of thousands of fans checked out the strongman action that led off with a highly competitive 305 lb. log press. This clean press event was co-sponsored by *Bodybuilding.com*.

Shaw and newcomer Mike Jenkins, the runner-up at the 2011 MHP Arnold Classic, each nailed eight reps to share first place honors. Five competitors hit for seven repetitions, including Jason Bergmann, Josh Thigpen, Nick Best, Andy Vincent and Dan “He-Dan” Harrison.

Next up was the Sheraton Suites-Philadelphia Hummer Tire Deadlift. Shaw broke his own deadlift record from last year with a pull of 1,025 lb. The last man standing format event saw Bergmann—a Wisconsin native and World’s Strongest Man finalist in 2010—and Iceland’s Pall Logason tied for second, each pulling 975 on the mammoth apparatus. Nick Best from Las Vegas and a WSM finalist in 2010 hit an impressive 925 lb.

The third event, held in 90-degree tempera-

tures, was MHP Tire Flip & Sled Drag Medley. Easily the heaviest and most challenging discipline of the two-day competition, this event was won by Shaw. The big man successfully flipped the 974 lb. Michelin off road tire three times and dragged the 1,200 lb. sled—complete with a Philadelphia Police chopper mounted on it—60 feet in just 44:23 seconds. Coming in second was Houston’s Thigpen, a former World’s Strongest Man competitor, recording a time of 51:49. Vincent, also from Houston, came in third with a time of 57:05.

By this time the crowd was at its peak. Best and Jenkins, who hails from Harrisburg, PA, rocked the Parkway with an incredible two-man heat in the Medley that saw both elite competitors record an identical time of 1:04:10 and a tie for fourth. So packed was the Parkway going into the fourth and final event, an eight-foot link of bicycle fence had to be removed from each end of the competition area in an effort to relieve the pressure of the surging audience.

Icelander Logason talked about the mass of humanity on the Parkway. “I lifted in front of more people than when (rock band) Korn played in Reykjavik,” he said with a laugh. Logason, along with fellow strongmen John Conner (Kansas City, KS), Harrison (Houston) and local competitor Doug Kirby, went on a Philly sightseeing tour that included Mighty Mick’s Gym—one of the filming sites of the classic “Rocky” series. They then took turns running up the steps of the Philadelphia Art Museum striking the classic boxer’s pose at the top.

The final event on July 4th—the Basement Services 911 Arm-Over-Arm Truck Pull—was won by Jenkins with a time of 20:28. Big man Shaw finished second with a time of 20:39 and Mark Kimener, who hails from Virginia Beach,

placed third, carding a time of 21:00.

The Lakewood BlueClaws Atlas Stones Challenge was held the following evening, July 5th, at FirstEnergy Park in Lakewood, NJ, after the BlueClaws minor league baseball game. Although the 1,500 fans who stayed to watch the action were thoroughly entertained, the event results had no effect on the top eight in the standings, with Shaw finishing first in the event followed by Bergmann, Best and Thigpen. Also competing were Karl Gillingham, Jerry Pritchett and Lou Costa.

All in all, this was the strongest field in the five years of the MHP Liberty Strongman Classic. In addition, the event was vying for a Guinness Book of World Records for the most fans to ever see a strongman event. With perhaps 20,000 people witnessing the action in Philly, there’s a good chance that the contest will be recognized by Guinness. Stay tuned!

2011 MHP LIBERTY STRONGMAN CLASSIC FINAL STANDINGS:

Name	Points	Place
Brian Shaw	72.5	1
Mike Jenkins	59	2
Nick Best	57.5	3
Jason Bergman	54.5	4
Josh Thigpen	51.5	5
Karl Gillingham	44	6
Andy Vincent	39.5	7
Jerry Pritchett	35	8
Mark Kimener	34	9
Dan Harrison	32.5	10
Pall Logason	30	11
John Conner	27.5	12
Lou Costa	22	13
Doug Kirby	18	14
Kevin Neex		*Withdrew due to injury



Pall Logason



Mike Jenkins

CLASSIC



Mark Kimener



Nick Best



Brian Shaw



Jason Bergmann



Brian Shaw

TEN PROVEN TACTICS FOR ACCELERATING

FAT LOSS, MUSCLE GROWTH,

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

Blaze new trails with these proven tactics that go against common trends. Madness is the process of repeating processes that fail to work over and over again, yet many strength athletes are creatures of habit and resist change! Open your mind to making the right strategic changes to accelerate your rate of progress.

EAT 90 MINUTES BEFORE TRAINING FOR HIGH ENERGY AND RAPID BODY COMP

IMPROVEMENT: Sugar based sports drink makers would have you believe that all you need before activity is one of their drinks to support your needs. High sugar intake will temporarily spike blood sugar levels improving energy, but what comes up, must come down! The only way to prevent an energy crash will be to continue sucking down the sugar during exercise. Consuming these empty sugar calories is problematic especially if you are wanting to decrease body fat levels as high insulin levels during the workout will support rapid fat storage. Ideally, consume a balanced food meal 90 minutes before training, leaving plenty of time for adequate digestion and raw material absorption to support your goals. We suggest our clients experiment with various food sources to see how they react from several perspectives. The timing of this meal is universal, however the best food choices can vary based on many individual factors.

THE BEST PRE WORKOUT PLAN: 30 minutes before training, Amino Load with 100% MR and Muscle Synthesis as a NON sugar based energy drink which promotes increased performance by providing a powerful energy source to muscles with no caloric burden. Dr. Serrano's proprietary blend of amino acids can optimize insulin levels without the presence of sugar helping the muscles to grow at rapid rates. Amino Loading helps the body neutralize muscular discomfort during training allowing for highly intense training sessions with drastically reduced post workout soreness. The faster you recover, the faster your muscles will grow! Fat Reduce is also an excellent choice at this time to support razor sharp focus while supporting an ideal hormonal environment for training. More than just a RAPID fat loss supplement, Fat Reduce can improve rates of recovery as well as muscle growth through several pathways.

PRIORITIZE QUALITY OF CALORIES OVER QUANTITY: You are on the wrong track if the first thing that comes to mind when planning

your fat loss, muscle growth or performance plan is the number of calories. The approach of being caloric deficient for fat loss and surplus for muscle growth are over simplifications that leave out too many factors in the success equation. Not all calories were created equal and as a result they are not the determining factor of success when trying to gain muscle mass or lose body fat! Food choices, combinations of food, timing of meals, fat burning enzyme levels, hormonal status and more must all be taken into account. Does the body respond in the same way to a 100 calorie bag of low fat cookies as it would to 100 calories worth of lean organic steak? *Absolutely not* for several reasons. The "low fat snacks" can shoot up fat storing insulin levels while filling fat cells with materials that prevent utilization of stored fat as fuel. Why would you want to do that to yourself? Grass fed steak, on the other hand, is well digested when consumed with a fiber source and can support an optimal metabolic environment to support your goals. Leave the calorie counting and tedious measuring to the yo-yo dieting crowd who never makes long term progress. Focus your energy on consuming meals full of lean protein, fibrous vegetables and anabolic good dietary fats.

EAT WHAT NATURE INTENDED: We have evolved very little from a metabolic stand point since our caveman days, so only consume food choices that were around at that time! The body is best to equipped to digest foods that are naturally existing. Consuming many packaged goods is like putting soda in your car engine and expecting it to run well. The engine will not understand what to do with the fuel source and fail to even start. Get rid of refined foods such as bread, pasta, candy, cookies, etc. I know your next question: is whole wheat bread okay for most people? NO, in a majority of cases it is nothing but white bread with brown dye. Refined foods are missing many key nutrients and they increase body fat storage by offending the digestive system. A large percentage of the population do not react well to elements of refined foods as these allergies can show up as fatigue, difficulty with digestion, bloating, rashes and more. Your body will respond best to your hard work when there are no digestive distractions. Within an hour or two of a meal, if you find yourself sluggish or running to the bathroom, something is wrong with the food choices.

CONSUME THE RIGHT FATS TO BOOST

TESTOSTERONE: Dietary fat is not the enemy! The low fat agenda was poorly explained years ago, grouping all types of dietary fat into one category. Strength athletes should consider a good dietary fat intake of 25-35% of their total food intake. We use higher dietary fat intakes with our consultation clients on specific days as a part of macronutrient cycling strategies designed to surge testosterone levels, prevent metabolic staleness and boost body fat burning enzymes. GOOD dietary fats are crucial for natural testosterone production, fat burning and joint health. Avoid trans fats, fried foods and other bad fats like the plague! These artificial fats screw up fat cell function making the process of fat burning highly difficult.

CLEANSE YOUR FAT CELLS OR BE FAT FOREVER-

ER: Anyone who has consumed their fair share of bad fats, which are found in most packaged goods to preserve shelf life, should purge them by Fat Cell Cleansing with the Alpha Omega M 3. Saturating the fat cells with their preferred ratios of raw materials, developed by Dr. Serrano, helps to recalibrate the cell for the accelerated usage of stored fat as fuel. This process activates several fat burning mechanisms and can make the body respond more favorably to everything you eat helping to support muscle recovery and growth instead of body fat storage. Good dietary fat choices include extra virgin olive oil, grass fed beef, organically raised protein sources, cage free eggs, raw nuts, avocados and organic dairy products.

POST WORKOUT PROTEIN POWDER AND A BUNCH OF SUGAR PROVIDE TOO LITTLE, TOO LATE:

A combination of quickly digested proteins combined with a high sugar content following training to support muscle growth and recovery has been a common formula for years. These outdated methods were based on the assumption that the body needs to replace much more carbohydrate following exercise than what is actually needed. Research moves slowly, but the real world works fast! High sugar intake post workout may replace some glycogen, but also sends fat storing signals along with the ideal materials needed to fuel fat accumulation. Who would want that? You are much better off consuming your largest carbohydrate sources from real food during the 45-60 minutes following training. Consume Alpha Omega M 3 during the meals with the highest carb intake of the day to help the body force raw materials into

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RECOVERY & PERFORMANCE

THAT YOU NEVER THOUGHT OF - PT. 2

muscles instead of fat cells. Why all of this hurry to get in the sugar? To surge insulin levels—the body's most anabolic hormone—upward. This is a double edged sword for many reasons, typically leading to accumulation of muscle mass and body fat in an equal ratio.

Dr. Serrano's patient trials and research led him to the conclusion that the right combination of amino acids found within the 100% MR and Muscle Synthesis can optimize insulin levels post training, taking full advantage of the anabolic rush without spilling over raw materials that can be converted into stored fat. Post training is a vital opportunity to fill hungry muscle bellies with easily assimilated Amino Acids to support rapid growth and repair.

EATING THE RIGHT FOODS AT NIGHT MAKES MUSCLE SENSE: Conventional wisdom says you should not eat at night. These conventional rules are aimed at Joe average who overeats at dinner and does not train. Those training in the evening especially would be much better off consuming

two meals following training spread apart by a couple hours rather than one large feeding. Splitting up the food intake allows for a more consistent flow of raw materials throughout the critical time period following training. Eating dinner at 7 p.m. and breakfast at 8 a.m. the next morning is too long to go without food! Binging on junk food at night is not productive and can be prevented with well planned meals to tackle hunger and cravings. Cravings for junk food come from a combination of boredom, stress, inadequate sleep and bad habits. Crush cravings by sipping on the 100% MR and Muscle Synthesis Amino Loading Cocktail in the evening and get more of your muscles preferred building blocks to sustain you while sleeping.

THERE IS NO SUBSTITUTE FOR REAL FOOD: Relying on protein shakes and bars several times per day is a big mistake when wanting to improve body composition or performance. These tasty treats have their place in some situations, but they cannot outnumber or equal the

real food meals each day which include crucial nutrients that cannot be replaced. Consuming less than 3 or 4 solid food meals daily in favor of shakes or bars will leave you far short of your dietary fiber needs. The lack of fiber can make protein utilization difficult and lead to consistently elevated insulin levels which increase body fat storage and lower energy. Your doctor told you since you were a kid to eat your fruits and vegetables for good reason. They are both great sources of dietary fiber to keep you full, optimize digestion and to provide vital minerals/vitamins. Even a great multi vitamin cannot make up for the lack of certain food choices. Low sugar shakes and bars are portable and a decent option when traveling, for example, but do not crowd out real food! «

Email Scott@infinityfitness.com or call (614) 868-7521 to discuss your individual goals seven days per week. Ask for the "17 Rapid Fat Loss Tips" and "16 Massive Muscle Growth Tips" special reports.

TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

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A customized approach to nutrition, training and supplementation is the fastest path to success. How much progress have you really made in the last 12 months? Craving better results? Let's discuss your unique needs and goals right now. I am available 7 days per week to support client success Scott@infinityfitness.com. Ask for cutting edge the extreme crash diet for strength athletes -

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RESULTS



At 74 years, Fred Glass always turns in a winning performance, taking home the Professional Men's Master Best Lifter Award



Kevin Baughman pulled it all together winning the Professional Men's Open 242 lb. weight class with a big 2050 lb. total



Representing Azerbaijan, Namig Nafarov won both the 198 lb. Amateur Men's Open BP Only and Ironman divisions with a 475 lb. BP and 440 lb. DL



North Carolina's Beth Poplin posted some great numbers taking home the Professional Women's Open Best Lifter Award



A 700 lb. Submaster IPA Record BP won Doug Smithey the Professional Men's Open Best Lifter Award in the BP Only division



Tom Tretter, posted four Raw Amateur IPA records in the 242 teen 14-15 age division

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JUN 25-26 2011 » York, PA

BENCH		Z. Jafarov		395					
FEMALE		<i>Teen (15-16) Am</i>							
<i>Open</i>	E. Moyer	365							
132 lbs.									
	J. Faraone	340							
148 lbs.									
	<i>Teen (16-17) Am</i>								
	D. Hinkle	300							
165 lbs.									
	<i>Master (55-59)</i>								
	B. Legg	200							
	<i>Police Am</i>								
	B. Legg	200							
	<i>Master (60-64)</i>								
	T. Dement	240							
198 lbs.									
<i>Open</i>	N. Jafarov	475							
220 lbs.									
	<i>Submaster Pro</i>								
	J. Rovey	460							
242 lbs.									
<i>Open</i>	J. Gendreau	285							
	B. Legg	200							
275 lbs.									
<i>Open Am</i>	I. Giusti	355							
	K. Smith	430							
308 lbs.									
	<i>Junior Am</i>								
	T. Willow	380*							
	C. Mastin	402*							
Ironman									
MALE									
198 lbs.									
<i>Open Am</i>	N. Jafarov	475	440	915					
220 lbs.									
<i>Open Pro</i>	F. Perry	430	590	1020					
Raw									
165 lbs.									
<i>Junior Pro</i>	P. Sierocincki	275	490*	765					
198 lbs.									
<i>Junior Pro</i>	J. Ramazanov	260	450	710					
220 lbs.									
<i>Submaster Am</i>	M. Watson	170	425	595					
<i>Junior Pro</i>	J. Valiyev	350	550	900					
Open Pro									
	S. Abrahams	315	470	785					
Two-Lift									
	SQ	BP	TOT						
MALE									
Raw									
275 lbs.									
<i>Open Am</i>	K. Smith	660*	430	1090					
Full Power									
	SQ	BP	DL	TOT					
FEMALE									
132 lbs.									
<i>Open Pro</i>	B. Poplin	375	265	350	990				
<i>Master (40-44) Pro</i>	B. Poplin	375	265	350	990				
Raw									
114 lbs.									
<i>Open Am</i>	A. Kimmitz	185	125	245	555				
<i>Submaster Am</i>	A. Kimmitz	185	125	245*	555*				
181 lbs.									
<i>Master (45-49) Am</i>	M. Tierney	170*	90*	240*	500*				
MALE									
148 lbs.									
<i>Master (70-74) Am</i>	J. Wolff	315	125	395*	835				
165 lbs.									
<i>Master (70-74) Pro</i>	F. Glass	365*	105	370	840				
Teen (18-19) Am									
	J. Childress	280	240	410	930				
198 lbs.									
<i>Master (55-59) Pro</i>	P. Sutphin	600	320	535	1455				
<i>Open Am</i>	M. Gramuglia	440	320	520	1280				
220 lbs.									
<i>Open Pro</i>	D. Snyder	550	300	430	1280				
242 lbs.									
<i>Junior Am</i>	J. Mcadoo	485	375	475	1335				
<i>Open Pro</i>	K. Baughman	850	650	550	2050				
	Blankenship	820	500	680	2000				
	S. Green	730	470	740	1940				
	C. Nygaard	650	535	620	1805				
275 lbs.									
<i>Master (50-54) Am</i>	H. Skiba	755*	425	510	1690				
<i>Master (55-59) Pro</i>	J. Mattei	765*	50	610*	1425				
308 lbs.									
<i>Open Pro</i>	D. Hollis	830	675	675	2180				
SHW									
<i>Master (55-59) Am</i>	L. Jordan	525	320	440	1285				
<i>Master (55-59) Pro</i>	L. Jordan	525	320	440*	1285				
<i>Open Pro</i>	J. Conley	975	725	700	2400				
Raw									
165 lbs.									
<i>Junior Am</i>	Z. Yancura	295	265	410	970				
<i>Master (55-59) Am</i>	D. Kline	335	285	422	1042				
	4th-SQ-345* BP-290* DL-425*								
<i>Master (65-69) Pro</i>	P. Mullaney	225	285*	415	925				
	4th-DL-425*								
<i>Open Am</i>	I. Wylie	430	330	550	1310				
181 lbs.									
<i>Junior Am</i>	S. Rizzo	335	205	435	975				
<i>Open E Am</i>	L. Dyles	570*	375	560*	1505*				
<i>Open Pro</i>	L. Dyles	570*	375	560	1505				
198 lbs.									
<i>Open Am</i>	J. Hagy	425	250	470	1145				
	R. Boor	340	245	500	1085				
<i>Open Pro</i>	M. Gerardi	535	420	585	1540				
	M. Gunoluz	555	375	485	1415				
<i>Police Am</i>	J. Hagy	425	250	470	1145				
220 lbs.									
<i>Junior Am</i>	D. Dickinson	455	355	550	1360				
<i>Open Am</i>	C. Brightbill	550	260	600	1410				
	T. Conrad	335	250	450	1035				
242 lbs.									
<i>Teen (14-15) Am</i>	T. Tretter	440*	180	465*	1085				
	4th-BP-185*								
275 lbs.									
<i>Junior Pro</i>	C. Hepler	685*	520	605	1810*				
<i>Master (40-44) Am</i>	R. Ware	530	465*	715*	1710				
	4th-SQ-560*								
<i>Master (50-54) Am</i>	L. Bidelspach	400	250	430	1080				
<i>Open Pro</i>	C. Hepler	685	520	605	1810				
	K. Digiorgio	760*	435	150	1345				
* = IPA World Records. Best Lifters Full Power: Amateur Men's Teen-James Childress, Amateur Women's Open-Alison Kimmitz,									

Professional Women's Open-Beth Poplin, Amateur Men's Lightweight-Ian Wylie, Amateur Men's Heavyweight-Chuck Brightbill, Professional Men's Lightweight-Larry Dyles, Professional Men's Heavyweight-Joshua Conley, Amateur Men's Master-Jack Wolf, Professional Men's Master-Fred Glass. Best Lifters Bench Only: Amateur Men's Teen-Dillon Hinkle, Professional Women's Open-Janet Faraone, Amateur Men's Open-JoeDon Breda, Professional Men's Open-Doug Smithey, Amateur Men's Master-Duane Wray, Professional Men's Master-Scott Kuzma.

» courtesy Michael Soong

SLP NATIONAL BP/DL APR 23 2011 » Tuscola, IL

BENCH	148 lbs.
FEMALE	165 lbs.
Raw	G. Campbell 215
Police/Fire	D. Fouts 245
165 lbs.	Teen (18-19)
Grzeszkiewicz 165*	165 lbs.
MALE	K. Fitzgerald 310*
Teen (18-19)	Junior
275 lbs.	181 lbs.
Z. Knolmayer 455*	E. Daniel 345*
Master (50-54)	220 lbs.
181 lbs.	A. Acree 245*
B. Carlough 360	242 lbs.
Master (60-64)	A. Dunn 405*
181 lbs.	275 lbs.
R. Carlson 300*	M. Barnett 385*
Open	Submaster
198 lbs.	181 lbs.
J. Towsley 380	M. Diebert 305
Raw	Master (50-54)
Teen (16-17)	242 lbs.

J. MacBean 380	165 lbs.
Master (55-59)	N. Price 365
275 lbs.	Teen (16-17)
Peterson, Sr. 365*	198 lbs.
Police/Fire (40-44)	J. Thomas 560*
220 lbs.	Teen (18-19)
C. Barth 370*	198 lbs.
Open	S. Nuebert 450
198 lbs.	4th-460
Peterson, Jr. 325	Junior
242 lbs.	220 lbs.
J. Willoughby 315	A. Acree 465
275 lbs.	Submaster
M. Organ 425	181 lbs.
CURL	J. Sturtevant 435
MALE	Open
Junior	242 lbs.
181 lbs.	J. Willoughby 515
E. Daniel 150*	275 lbs.
DEADLIFT	M. Organ 540
MALE	4th-575
Teen (13-15)	

*=Son Light Power National Records. Best Lifter Bench Press: Zach Knolmayer. Best Lifter Deadlift: Jed Thomas. Team Champion: Iron House Powerlifting. The Son Light Power National Bench Press & Deadlift Championship was held at Son Light Power Gym in Tuscola, Illinois. Thanks to all the participants and their coaches along with the spectators who made this another memorable event. In the assisted bench press division best lifter Zach Knolmayer hit a big PR national record at 18-19/275 with 455, the biggest lift of the meet. Bill Carlough won at 50-54/181 with 360 while our oldest competitor, Richard Carlson, set the national mark at 60-64/181 with 300. Our final assisted lifter was Jeremy Towsley, who finished with 380 for the win at open 198. For the raw lifters our lone women's competitor, Renee Grzeszkiewicz, broke the existing national record at police/

fire 165 with 165. In the teenage men's 16-17 age group Gunnar Campbell won at 148 with 215 while Dustin Fouts took the 165 class with 245. At 18-19/165 it was Kameron Fitzgerald with a new national record of 310. At junior men Erich Daniel broke the national record for his class, 181 with a strong 345. Austin Acree won at 220 with 245 while Andre Dunn hit a big 405 national record at 242. Marc Barnett set the record at 275 with 385, a personal best for him. Matt Diebert won at submaster 181 with 305 while John MacBean won at 50-54/242 with 380, just missing a final attempt with 400. Doug Peterson, Sr. broke the national record at 55-59/275 with 365 while Chuck Barth did the same at police/fire 40-44/220 with 370. In the open division it was Doug Peterson, Jr. for the win at 198 with 325 while Jarrod Willoughby won at 242 with 315. Our final bencher was Matt Organ, who won at 275 with 425. In the curl event we had one competitor, Erich Daniel. Erich finished with a new national record of 150 at junior 181. Moving to the deadlift event, Nick Price won at 13-15/165 with 365. Our best lifter, Jed Thomas, broke the national record at 16-17/198 with 560! The kids only sixteen! Shayne Nuebert won at 18-19/198 with 460 while Austin Acree hit a big 465 PR at junior 220. Jason Sturtevant dropped down to the 181's, taking that class with 435. In the open division, Jarrod Willoughby won at 242 with 515 while Big Matt Organ hit a big 575 at 275. The team championship went to Iron House Powerlifting with members Bill Carlough, Jeremy Towsley, Doug Peterson, Jr., Doug Peterson, Sr., Nick Price, Dustin Fouts and Gunnar Campbell. Thanks to my son D. C. Latch and grandson Daniel Cordes for doing a great job loading and spotting and to my side judges Dennis Brown and Mike Burden. See you all again next year.

» courtesy Dr. Darrell Latch

WABDL TEXAS STATE FEB 19 2011 » Houston, TX

BENCH	198 lbs.
FEMALE	Law/Fire (40-47)
Single-Ply	J. Chaney 265*
114 lbs.	Teen (16-17)
Open	C. Yepes 386
A. Barajas —	Teen (18-19)
198 lbs.	C. Ramirez 391
Law/Fire (56)	220 lbs.
J. Aaron 1381*	Master (40-46)
Master (61-67)	M. Zerafa 331
J. Aaron 138*	Master (54-60)
Double-Ply	T. Epting 314*
132 lbs.	Open
Master (54-60)	C. Washburn 507
J. Porter 171	Special Olympian
Open	B. Lord 303*
J. Porter 171	Submaster (33-39)
MALE	C. Washburn 507
Single-Ply	Teen (18-19)
123 lbs.	J. Santoyo 358*
Teen (14-15)	242 lbs.
J. Jackson 132	Law/Fire (56)
132 lbs.	E. Scott 303*
Teen (12-13)	259 lbs.
J. Domilos 116*	Class I
148 lbs.	I. Conde 358
Master (40-46)	Master (47-53)
D. Smith 419*	K. Malone 612*
Teen (18-19)	Open
T. Banazak 259*	I. Conde 358
165 lbs.	275 lbs.
Class I	Master (40-46)
K. Pollard 227	M. Reynolds —
Junior (20-25)	Master (47-53)
K. Pollard 227	E. Doublin 601*
181 lbs.	308 lbs.
Master (61-67)	Class I
R. Roberts 254	R. McMichael 419

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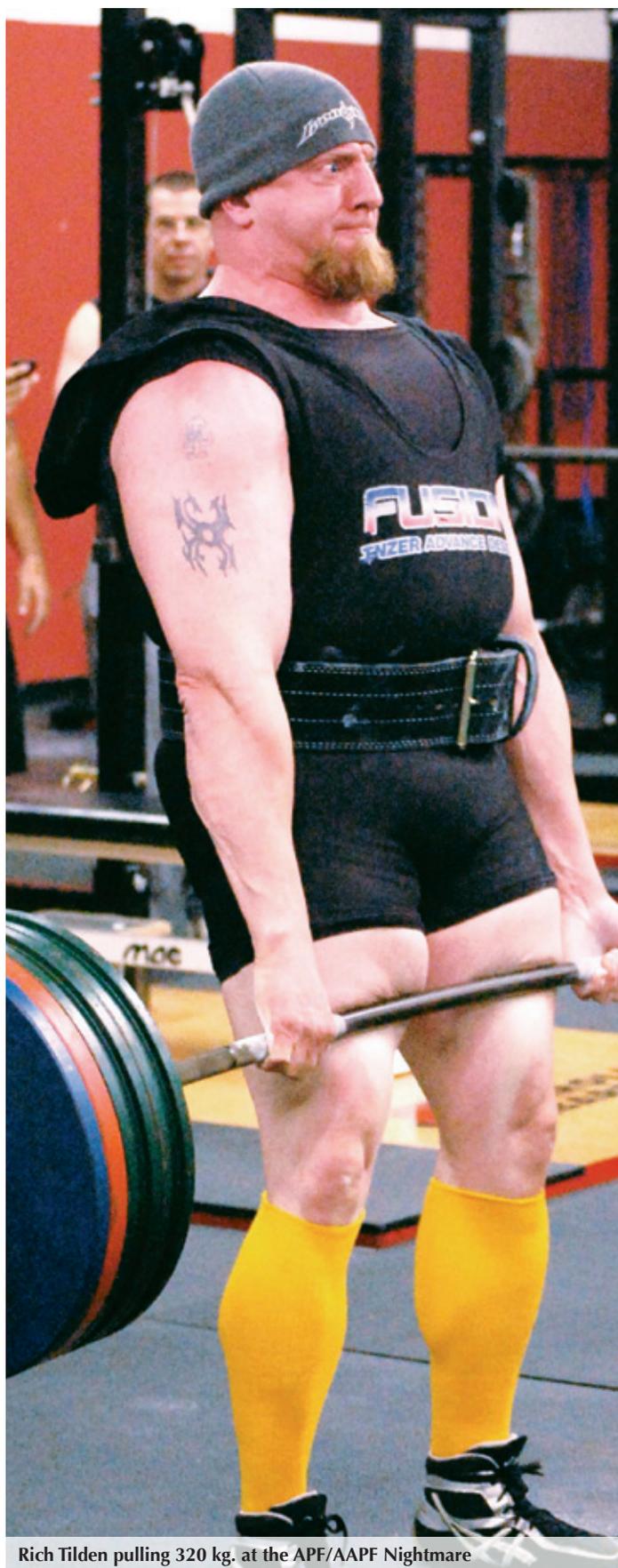
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Rich Tilden pulling 320 kg. at the APF/AAPF Nightmare

APF/AAPF NIGHTMARE OCT 30 2010 » Winterville, NC

BENCH	<i>Masters II Raw</i>		
MALE	T. Gold 275!*		
AAPF	<i>APF</i>		
148 lbs.	181 lbs.		
<i>Open Raw</i>	<i>Masters III Raw</i>		
T. Gold 275*	C. Walton	314!*	
Push Pull	BP	DL	TOT
AAPF	MALE		
165 lbs.	<i>Open Raw</i>		
<i>Open Raw</i>	B. Mixson	253*	424* 677
220 lbs.	<i>Open Raw</i>		
<i>Open Raw</i>	D. Vaughn	314*	517* 831
275 lbs.	<i>Submasters</i>		
<i>Submasters</i>	R. Tilden	121	705!* 826
Full Power	SQ	BP	DL TOT
FEMALE	AAPF		
165 lbs.	<i>Open Raw</i>		
<i>Open Raw</i>	Szczepaniec	253!*	143* 314!* 710!*
MALE	AAPF		
148 lbs.	<i>Teen (16-17) Raw</i>		
<i>Open Raw</i>	N. Graham	226*	171* 2455* 2852*
<i>Open Raw</i>	K. Pedersen	330*	270* 374* 974*
165 lbs.	<i>Open Raw</i>		
<i>Open Raw</i>	C. Hamill	242*	204* 303* 749*
181 lbs.	<i>Open Raw</i>		
<i>Open Raw</i>	D. Raymer	429*	314* 501* 1244*
<i>Masters I Raw</i>	M. Sanchez	292*	198 352* 842*
198 lbs.	<i>Open Raw</i>		
<i>Open Raw</i>	B. Dilda	451*	347* 462* 1261*
220 lbs.	<i>Masters I Raw</i>		
<i>Open Raw</i>	B. Dilda	451!*	347!* 462!* 1261!
<i>Open Raw</i>	D. Vaughn	473	314 517 1305
<i>Open Raw</i>	M. Evans	380	314 501 1195
<i>Masters VII</i>	T. Walters	286	138 286 710
242 lbs.	<i>Teen (13-15) Raw</i>		
<i>Open Raw</i>	L. Hill	402!*	292!* 501!* 1195!
<i>Open Raw</i>	Z. Leonardo	501	314 528* 1343*
<i>Open Raw</i>	S. Woolard	512*	319* 402 1233
308 lbs.	<i>Open Raw</i>		
<i>Open Raw</i>	A. Kicklighter	435*	308* 506* 1250*
220 lbs.	APF		
<i>Open Raw</i>	J. Walton	402	275 440 1118

Squat with a 115 kg. squat, set a NC State Record in the Bench with a 65 kg. bench and set a NC State and broke an American Record in the deadlift with a 142.5 kg. pull. This effort totaled 322.5 kg. which set a NC State and broke an American Record. We had four teenagers competing and all had awesome days. It is really refreshing to see the youth turnout increasing at the meets I have had over the last two years, they are our future of powerlifting. Luke Hill a 15 year old stood out at this meet in a big way. When he walked into weigh in on Friday I thought some high school football team had a freshman lineman being groomed for the Varsity squad. Come to find out he is home schooled and doesn't play football, his sport is powerlifting. Luke competed in the Teen 13-15 year old class and every lift and total set NC State and broke American Records. He had a 182.5 kg. squat, 132.5 kg. bench, a 227.5 kg. deadlift for a total of 542.5 kg. In the Men's Masters 90 kg. class Bryant Dilda had a similar day to Luke. Every lift and total set NC State and broke American Records. Bryant squatted 205 kg. benched 157.5 kg. deadlifted 210 kg. and totaled 572.5 kg. In the 110 kg. Open class there was a battle between two lifters, Skylar Woolard and Zachary Leonardo. Skylar set two NC State Records and Zachary set two NC State Records. Skylar set the squat 232.5 kg. and bench 145 kg. Zachary set the deadlift 240 kg. and total 610 kg. At the completion of the bench Skylar had Zachary by only 7.5 kg. and then Zachary came through with a pull of 240 kg. which bested Skylar's effort by 57.5 kg. giving him first place. The Best Lifter of the meet was Dustin Raymer who set NC State Records in all of his lifts and total. In the 82.5 kg. class he squatted 195 kg. benched 142.5 kg. deadlifted 227.5 kg. and totaled 565 kg. In push pull we had a big pull from Rich Tilden. Rich competed in the Men's Submaster 125 kg. class and pulled 320 kg. this broke the NC State and American Deadlift Records. In the Bench we had two Masters lifters that broke American Bench Records. In the 67.5 kg. class Thomas Gold pressed 125 kg. and in the 82.5 kg. class Charles Walton pressed 142.5 kg. In all we had a great meet and had a large crowd cheering on the competitors all day long. I would like to thank East Coast Barbell for holding this event at their facility and all who volunteered their time to make this event run smoothly. You don't know how important and appreciated your efforts are in putting on a successful meet.

» courtesy Eric Hubbs

SLP INDIANA OPEN BP/DL MAR 19 2011 » Indianapolis, IN

BENCH	S. Gomez 315	
FEMALE	SHW	
<i>Raw</i>	D. Sizemore 500*	
<i>Open</i>	4th-520*	
148 lbs.	<i>Junior</i>	
<i>Open</i>	H. Edwards 150*	132 lbs.
<i>Open</i>	4th-160*	K. Cianfoni 270
MALE	4th-280*	
<i>Master (50-54)</i>	Submaster	
165 lbs.	242 lbs.	
<i>Open</i>	M. McCarthy 290*	J. Brooks 385
<i>Open</i>	4th-300*	<i>Master (55-59)</i>
Raw	148 lbs.	
<i>Novice</i>	M. Evans 215	
165 lbs.	4th-220	
<i>Open</i>	M. Floyd 300*	198 lbs.
<i>Open</i>	4th-305*	B. McGill 240*
220 lbs.	4th-250*	

Master (60-64)	148 lbs.		
275 lbs.	L. Schmid	335	
T. Striverson	440*	Submaster	
Police/Fire Open	242 lbs.		
220 lbs.	J. Brook	525	
J. Edwards	405*	4th-540	
CURL	Master (40-44)		
MALE	220 lbs.		
Teen (16-17)	J. Ellis	520*	
181 lbs.	Master (55-59)		
D. McNeelan	110*	148 lbs.	
4th-120*	M. Evans	415	
Teen (18-19)	275 lbs.		
148 lbs.	vonSchwedler	705*	
L. Schmid	125*	Master (70-74)	
Open	181 lbs.		
148 lbs.	D. Vogler	425*	
M. Evans	110*	Open	
220 lbs.	148 lbs.		
A. Orwig	170*	M. Evans	415
DEADLIFT	242 lbs.		
MALE	J. Brunner	700	
Teen (18-19)			

*=Son Light Power Indiana State Records. Best Lifter Bench Press: Donald Sizemore. Best Lifter Deadlift: Josh Brunner. The Son Light Power Indiana Open Bench Press & Deadlift Championship was held at Elite Fitness in Indianapolis, Indiana. Thanks to owner Mike Ford for once again hosting this annual event and to his staff for their promotions of it. In the bench press division we only had one assisted lifter, Mike McArthur. Mike finished the day with a new Indiana state record in the 50-54/165 class with 300. Moving to the raw lifters, it was Heather Edwards with her win at open women's 148, breaking the state record there with her final attempt of 160. Mike Floyd set the state record at novice 165 with 305 while Selena Gomez won at 220 with 315. Our best lifter, Donald Sizemore, set the standard at SHW with a strong 520. Keegan Cianfoni got a big double bodyweight 280 state record at junior 132! In the 55-59 age group Mark Evans came up from Kentucky for the win at 148 with 220 while Bob McGill set the state record at 198 with 250. Ted Striverson returned to competition at the age of sixty-two, after a couple of years off, to break the state record at 60-64/275 with a solid 440. Our final bencher was Jamie Edwards, who broke the state record for the police/fire open 220 class with 405. For the curl competition it was Damian McNeelan for the win at 16-17/181 with 120. Luke Schmid won at 18-19/148 with 125. In the open division Mark Evans won at 148 with 110 while Andrew Orwig hit a big 170 at 220 for the win there. All of the curlers set new state record for their respective classes. In the deadlift event Luke Schmid won at 18-19/148 with 335. James Brooks won at submaster 242 with his personal best 540. Joe Ellis broke the existing state record for the 40-44/220 class with 520 while Mark Evans won at 55-59/148 with 415. Mark also won at open 148. The biggest pull of the day came from Robert vonSchwedler who pulled an amazing 705 for the win and new state record for the 55-59/275 class! And he doesn't even use a belt! Amazing! Dorrin Vogler was almost as impressive, as he pulled a 425 state record at 70-74/181! Our final lifter was Josh Brunner, who pulled a great personal best 700 for the win at open 242, in just his second competition! Thanks to my son Joey, Brad Davis and Andrew Orwig for doing a great job loading and spotting. Thanks also to Sarah Meyer for serving as our trophy girl. See you all again next year.

» courtesy Dr. Darrell Latch

SLP NORTHWEST ARKANSAS OPEN

JUL 16 2011 » Rogers, AR

BENCH	T. Hayes	385		
FEMALE	Master (55-59)			
Raw	220 lbs.			
Police/Fire Open	M. Lepitre	300*		
165 lbs.	Master (65-69)			
T. DeMier	185*	198 lbs.		
MALE	S. Webb	275*		
Teen (18-19)	198 lbs.			
148 lbs.	W. Smith	240		
R. Turner	260	Police/Fire (65-69)		
Police/Fire (40-44)	198 lbs.			
198 lbs.	S. Webb	275*		
K. Treadway	365	Open		
Open	275 lbs.			
181 lbs.	C. Packard	365		
M. Duncan	450	CURL		
Raw	MALE			
Novice	Master (60-64)			
198 lbs.	165 lbs.			
B. Long	385*	J. Kosarek	125*	
308 lbs.		DEADLIFT		
A. Price	405	FEMALE		
Teen (18-19)	148 lbs.	Police/Fire Open		
148 lbs.	R. Turner	245*	T. DeMier	275*
M. Baltz	235	MALE		
198 lbs.	M. Lincoln	315*	Novice	
M. Lincoln	315*	308 lbs.	A. Price	530*
Junior	165 lbs.	Master (40-44)		
M. Turner	370*	308 lbs.	S. Creech	500*
Master (40-44)	198 lbs.	Master (60-64)		
D. Barfield	335	165 lbs.	J. Kosarek	425*
Master (45-49)	220 lbs.			

*=Son Light Power Arkansas State Records. Best Lifter Bench Press Assisted: Mike Duncan. Best Lifter Bench Press Raw: Matt Turner. Best Lifter Deadlift: Joshua Kosarek. The Son Light Power Northwest Arkansas Open Bench Press/Deadlift Championship was held July 16, 2011 at Benton County Barbell in Rogers, Arkansas. Thanks to owner Tom Hayes for once again hosting this annual event. In the assisted bench press competition Riley Turner won at 18-19/148 with 260, this being his first meet. Kris Treadway won at police/fire 40-44/198 with his 365 opener, though he did lock out 400 on his final attempt, which was called for hip movement. Best assisted lifter was Mike Duncan, who won at open 181 with a personal best 450. For the raw lifters Tammy DeMier dropped down a weight class for the win at police&fire open 165 and a new state record there of 185. Newcomer Benny Long broke the state record at novice 198 with a strong 375 while Alan Price won at 308 with 405. In the 18-19 age group Riley Turner won over Matthew Baltz 245 to 235. Riley's lift was a new state record there. Manly Lincon also got a new state record for his class, 18-19/198 with 315. Our best raw lifter was Matt Turner, who finished with a new state record of 370 at junior 165. Darrell Barfield won at 40-44/198 with 335 while Tom Hayes took the 45-49/220 class with 385. Mike Lepitre broke his own state record at 55-59/220 with 300. At 65-69/198 it was Steve Webb over Win Smith 275 to 240. Steve's 275 was a new state record there as well as in the police/fire 65-69/198 class. Our final raw lifter was Chance Packard who won at 275 with his personal best 365. Our lone curler, Joshua Kosarek, set the state record at 60-64/165 with 125. In the deadlift event Tammy DeMier got her second state record of the day at police/fire open 165 with a solid 275 pull. Alan Price broke the record at novice 308 with 530 while Scott Creech did the same at 40-44/308 with 500.



Best Lifter Dustin Raymer with Eric Hubbs at the APF/AAPF Nightmare (Eric Hubbs photos)



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RESULTS »

Our best lifter in the deadlift event went to Joshua Kosarek who broke the state record at 60-64/165 with a smooth 425 pull. Thanks to Rocky DeMier and Gary McCloud for spotting and loading as well as serving as our side judges. Thanks also to Jessica Long for taking some great pictures of the meet. See you all again next year!

» courtesy Dr. Darrell Latch

LNPS NATIONALS

MAY 7 2011 » Tuscola, IL

BENCH	A. Lloyd	485*			
FEMALE	<i>Teen (16-17)</i>				
<i>Novice</i>		242 lbs.			
220 lbs.	D. Jones	460*			
S. Hodges	165*	308 lbs.			
4th-170*	S. Tolson	500*			
MALE	<i>Submaster</i>				
<i>Teen (16-17)</i>		181 lbs.			
308 lbs.	B. Edgcomb	365*			
S. Tolson	340*	<i>Open</i>			
CURL		181 lbs.			
MALE	D. Vigiano	470*			
<i>Submaster</i>		242 lbs.			
181 lbs.	C. Richardson	600*			
B. Edgcomb	140*	SQUAT			
DEADLIFT	<i>Teen (16-17)</i>				
MALE		308 lbs.			
<i>Novice</i>	S. Tolson	475*			
181 lbs.	4th-500*				
S. Hubbard	380*				
198 lbs.					
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
<i>Junior</i>					
165 lbs.					

C. Dougherty 95* 85* 135* 315*
MALE
Teen (13-15)
97 lbs.

J. Flowers 155* 85* 175* 415*
4th-SQ-175* DL-200*

Junior

181 lbs.

D. Vigiano 360 270 470 1100
Master (50-54)

220 lbs.

J. Dougherty 530* 325* 500 1355*

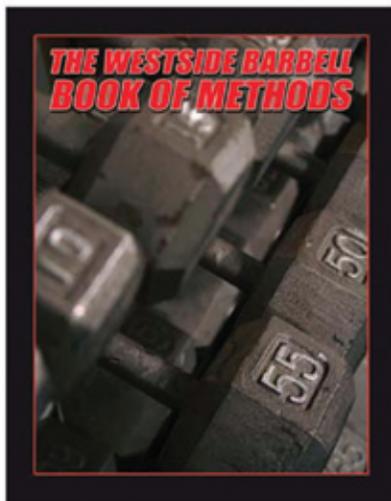
*=LNPS National Records. Best Lifter Powerlifting: John Dougherty. Best Lifter Deadlift: Adam Lloyd. The Lifetime Natural Powerlifting Society Nationals was held at Son Light Power Gym in Tuscola, Illinois. In the powerlifting event Casey Dougherty posted all new national records at junior women 165, finishing with a 95 squat, 85 bench and a 135 deadlift for a 315 total. Fourteen year old Jeremy Flowers also set all new records for his class at men's 13-15/97. Jeremy finished with a 175 squat, 85 bench and a 200 PR deadlift for a great 460 total. Dominique Vigiano returned this year with his win at junior 181. Lifting raw, Dominique got a 360 squat, 270 bench and a 470 pull for a solid 1100 total. Our final lifter was best lifter John Dougherty, who set new national records for his class, 50-54/220, in the squat (530) bench (325) and total (1355) to go along with his 500 pull. In the individual lifts, Spencer Tolson set the national record at 16-17/308 with his personal best squat of 500. We had one curler, Brian Edgcomb, who established the national record at submaster 181 with 140. For the bench press event newcomer Sherraun Hodges, daughter of legendary lifter

Chris Dejongh was Best Lifter Equipped BP Only with 716 lb. in the 198 lb. class at the UPA Iowa & Midwest Championships (Bill Carpenter photos)



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Mac Hodges, set the national record for her class, novice women 220, with a strong 170. Spencer Tolson continued his winning ways in the bench with another national record of 340 at 16-17/308. The deadlift event brought all new national records with each lifter. In the novice men's division Scott Hubbard won at 181 with 380 while Adam Lloyd took the 198 class with 485. Deon Jones hit 460 at 16-17/242 while Spencer Tolson struck gold again at 308 with 500. Brian Edgcomb won at submaster 181 with 365, his second record of the day. Then at open 181 it was Dominique Vigiano with 470 and Craig Richardson for the win at 242 with his 600 opener. Though Craig had officially won the best lifter award, he felt Adam Lloyd deserved it more, so awarded the trophy was given to Adam. Thanks to my sons Joey and D.C. Latch for doing a great job loading and spotting once again and to Tony Nixon and Keith Tolson for serving as side judges and helping in so many other ways. See you all again next year.

» courtesy Dr. Darrell Latch

UPA IOWA + MIDWEST CHAMPIONSHIPS

MAR 4-5 2011 » Dubuque, IA

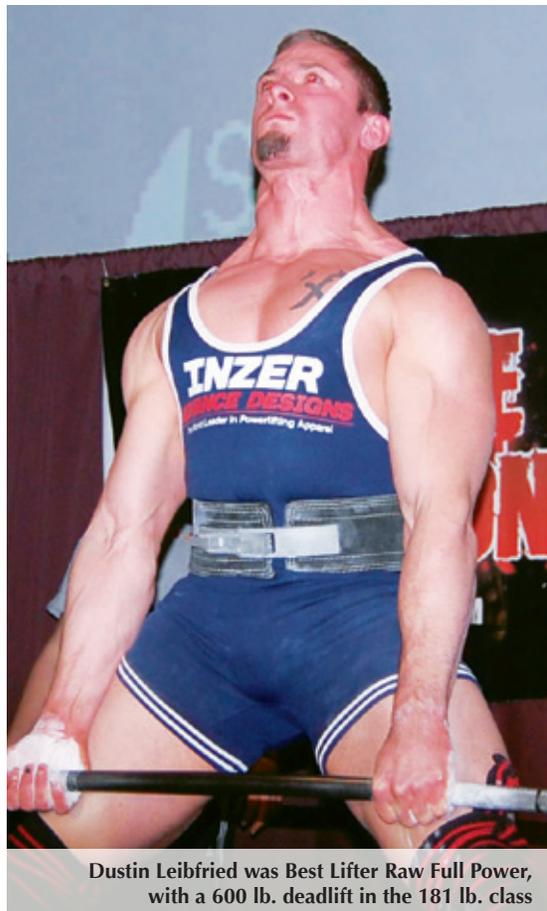
BENCH		<i>Open</i>			
FEMALE	A. Onder	—			
<i>Raw</i>		275 lbs.			
114 lbs.		<i>Open</i>			
<i>Open</i>	C. Hudson	705			
B. Hammond	121	M. Wilson	474		
MALE		D. Minks	573		
181 lbs.		308 lbs.			
<i>Junior</i>		<i>Master IV</i>			
R. Wagner	650	R. Ryan	—		
198 lbs.		SHW			
<i>Open</i>		<i>Junior</i>			
C. Dejongh	716	J. Alwerdt	573		
242 lbs.		<i>Raw</i>			
		J. Jolesch	430	601	1031
		275 lbs.			
		<i>Open</i>			
		L. Barilow	314	474	788
		220 lbs.			
		<i>Open</i>			
		J. Weipert	243	502	744
		242 lbs.			
		<i>Open</i>			
		B. Lutter	320	474	794
		275 lbs.			
		<i>Open</i>			
		J. Einertson	397	529	926



Bill Carpenter was Best Lifter Raw BP Only with 496 lb. in the 242 lb. class

Powerlifting	SQ	BP	DL	TOT
MALE				
198 lbs.				
Open				
H. Atwell	419	237	441	1097
220 lbs.				
Open				
K. Nadrchal	678	446	524	1648
275 lbs.				
Junior				
M. Neuendorf	805	557	623	1984
Open				
J. Edwards	788	639	639	2067
308 lbs.				
Open				
K. Frev	705	617	584	1907
Raw				
181 lbs.				
Master I				
S. Rieger	375	—	551	926
Open				
D. Leibfried	524	336	601	1461
Teen III				
D. Denson	—	—	—	—
198 lbs.				
Junior				
J. Stratton	551	347	518	1416
242 lbs.				
Master I				
M. Willing	480	353	573	1405
Open				
R. Holliday	485	276	463	1224
Teen II				
J. Notsch	—	—	—	—
275 lbs.				
Open				
L. Tigges	584	468	628	1681
308 lbs.				
Open				
B. Weber	606	408	606	1620
SHW				
Open				
E. Ficek	502	259	485	1246

» courtesy Bill Carpenter



Dustin Leibfried was Best Lifter Raw Full Power, with a 600 lb. deadlift in the 181 lb. class



Josh Edwards was Best Lifter Equipped Full Power at the UPA Iowa and Midwest meet

RESULTS

WESTMINSTER 6TH HALLOWEEN BP

OCT 30 2010 » Westminster, MD

The Westminster Family Center's annual Halloween Bench Press was held October 30th, with more than 40 contestants traveling from near and far to hoist heavy metal and raise money for Access Carroll and the Westminster Family Center. The event has been a family affair, Paul and Joe Kuegler are a father-and-son team from Finksburg. Stephen and Nick Gregori, a father-and-son team from Hurlock, have participated for a few years and were joined this year by grandfather Joe Gregori from Youngstown, Ohio. The event wouldn't be the same without Don Joy who this year participated with his son-in-law Harold Raines, and Grandson Calvin Raines. The standings for the unassisted (no bench shirt) divisions were (126 pound petite) Meghann Salafia lifted 185 pounds for first and Best Lifter in the Women's Division. In the Teen division (98 lbs.), Nicholas Gregori lifted 115 pounds for first in the SLW weight class; Joe Kuegler lifted 145 for first in the U123 weight class; Calvin Raines lifted 195 for second in the U165 weight class; Brandon McBride lifted 225 for first place in the U165 weight class Benjamin Fowler lifted 350 for first in the O198 weight class and Best Lifter in the Teen Division. In the Men's Open Division, Nick Hutson lifted 270 for first place in the U148 weight class; Doug Myers lifted 300 for second in U165; David Blattenberger lifted 385 for first in U165; Justin Muhl?? lifted 365 for first place in the U181; Timothy Gay lifted 360 for second

in U198; Mike Hodge lifted 385 for first in U198; George Ferrell?? lifted 365 for second in the U220; Sher?? Pensyl lifted 460 for first in U220; Jason Fitzpatrick lifted 255 for second in U242; Shawn Koontz lifted 390 for first in U242; Walter Cook lifted 350 for first in U275. In the Men's Submaster (35-39) Division, Michael Hodge lifted 245 pounds for second in the U165 weight class; Robert Cesario lifted 335 first place in U165; Gordon Carpenter lifted 320 for first in U181; Timothy Gay lifted 360 for first in the U198; Best Lifter in the Men's Open & Submaster divisions was David Blattenberger. In Men's Master (Over 40) Division Paul Kuegler lifted 290 pounds for second in the U165 weight class; David Blattenberger lifted 385 for first in U165; Jim Croft lifted 225 for second in U181; Gregory James lifted 300 first in the U181. Merritt Bender lifted 325 for first in U198; Harold Raines lifted 275 for second in U220; George Ferrell lifted 265 for first in U220; Raymont?? Wilson lifted 360 for first in U242; Glenn Finley lifted 340 for second in U275; Walter cook lifted 350 for first in U275; David Utermahlen lifted 255 for first in the SHW weight class. The Men's Master II (Over 50) Division had Ted Brooks lift 375 pounds for first in the SHW weight class. In the Men's Master III (Over 60) Division, Chuck Mulligna lifted 305 for first in U198. Brooke Blough lifted 260 for first in U220. In the Men's Master IV (Over 70) Division, Joe Gregori lifted 130 pounds for first in U198; Don Joy lifted 275 for first in U275 and Best Lifter in the Men's Master Divisions was Chuck Mulligan. The standing for the assisted (bench shirt) Divisions were Men's Open Division Stephen Gregori lifted 270



Meghann Salafia, at a petite 126 lb., was able to bench 185 for Best Lifter in the Women's Division at the Halloween BP event (S. Fulton photo)

for second in U148; Scott Zerbe lifted 395 for first in U148; Jacob Alderman lifted 375 for first in U181; Tony Burgess lifted 460 for first in U198; Randy Brooks lifted 400 for second in U242; Randy Robinson lifted 620 for first in the U242; Shawn Keene lifted 475 for first in U275; Jason D'Angelo lifted 500 for second in SHW; Mike McKee lifted 500 first in the SHW weight class. In the Men's Submaster (35-39) Division Jason D'Angelo lifted 500 for first in the SHW weight class; Best Lifter in the Assisted Men's Open and

Submaster Divisions was Randy Robinson. In the Men's Master I (Over 40) Division, Stephen Gregori lifted 270 for first in U148; Tony burges lifted 400 for first in U198; Randy Brooks lifted 400 for second in U242; Randy Robinson lifted 620 for first in U242; Shawn Keene lifted 475 for first in U275. In the Men's Master II (Over 50) Division, Scott Zerbe lifted 395 for first in U148; Best Lifter in the Assisted Men's Master's Divisions was Randy Robinson.

» courtesy Shelly Fulton

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4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

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RESULTS

SLP HO-CHUNK NATION OPEN

MAY 21 2011 » Baraboo, WI

BENCH FEMALE	220 lbs.		
RAW	D. Leslie	435	
Open	CURL FEMALE		
242 lbs.	Teen (13-15)		
A. Palmer	97 lbs.		
4th-160*	C. Behrens	35*	
MALE	MALE		
Raw	Novice		
Novice	198 lbs.		
198 lbs.	P. Wex	135	
P. Wex	Junior		
Junior	198 lbs.		
198 lbs.	W. Thomas	155*	
W. Thomas	Master (45-49)		
Submaster	220 lbs.		
220 lbs.	D. Leslie	150	
R. Fry	Police/Fire		
4th-460*	198 lbs.		
Master (40-44)	B. Douglas	155	
308 lbs.	Open		
J. Grenz	198 lbs.		
470*	W. Thomas	155*	
Master (45-49)	DEADLIFT		
220 lbs.	MALE		
D. Leslie	Junior		
435	198 lbs.		
Master (60-64)	W. Thomas	475	
242 lbs.	Master (45-49)		
T. Turner	220 lbs.		
350*	K. Spirek	475	
4th-355*	4th-500		
Police/Fire	Master (50-54)		
198 lbs.	181 lbs.		
B. Douglas	M. Leitner	435	
295	Open		
4th-315	198 lbs.		
Open	W. Thomas	475	
198 lbs.	4th-460*		

*=Son Light Power Wisconsin State Records. Best Lifter Bench Press: Randy Fry. The Son Light Power Ho-Chunk Nation Open Bench Press & Deadlift Championship was held at House of Wellness in Baraboo, Wisconsin. Thanks to Joe White Eagle and the staff at House of Wellness and the Ho-Chunk Nation for once again hosting this annual event. In the raw bench press competition newcomer Ashley Palmer broke the existing Wisconsin state record for the open women's 242 class with 160. For the novice men it was Patrick Wex with the win at 198 with 295. Wayne Thomas took the win at junior and open 198 with 310. Randy Fry had his best day yet, breaking the state records for both the submaster and open 220 class with his 460 PR showing. Randy also won the best lifter award among the benchers. Big John Grenz had the biggest bench of the day, 470, taking the win at 40-44/308 with a new state record there. Dave Leslie continues to be consistent at 45-49/220 with his 435 showing, but placed second to Randy Fry at open 220. Terry Turner broke the state record at 60-64/242 with 355 while Brandon Douglas hit 315 at police/fire 198. For the curl event Chelsey Behrens established a new state record at 13-15/97 with 35. Patrick Wex and Brandon Douglas were guest lifters in this event, Patrick finishing with 135 at novice 198 and Brandon with 155 at police/fire 198. Wayne Thomas took the wins at junior and open 198 with 155, both new state records, while Dave Leslie finished with 150 at 45-49/220. Wayne Thomas was again a double winner in the deadlift event, taking the nod at junior and open 198 with 475. Kevin Spirek pulled a strong 500 at 45-49/220, the first time he had pulled that weight since he was 39.

Our final deadlifter was Mark Leitner, who finished with a strong 435 at 50-54/181. Thanks to my sons Joey and D.C. Latch for doing a great job loading and spotting and a special thanks again to our good friend Joe White Eagle for all he does to help out. See you all again October 29 for the SLP Northern Grand Nationals. » courtesy Dr. Darrell Latch

SLP BODY SHOP FITNESS OPEN

MAR 26 2011 » Mt. Juliet, TN

BENCH FEMALE	220 lbs.		
RAW	A. Wolf	145*	
Novice	Police/Fire (55-59)		
165 lbs.	220 lbs.		
A. Davis	A. Wolf	145*	
160*	4th-170*		
Submaster	Master (70-74)		
165 lbs.	275 lbs.		
Y. Covington	E. Lanier	70*	
155*	4th-160*		
Open	DEADLIFT		
181 lbs.	FEMALE		
T. Head	Novice		
325*	165 lbs.		
C. Atherton	A. Davis	275*	
125	4th-300*		
MALE	Submaster		
Teen (13-15)	165 lbs.		
148 lbs.	Y. Covington	300*	
L. Worthy	MALE		
270*	Novice		
Submaster	181 lbs.		
220 lbs.	M. Snyder	450	
C. Poore	4th-460		
—	198 lbs.		
C. Stinson	J. Neiman	340	
655	4th-350		
Open	220 lbs.		
308 lbs.	T. Clifton	580	
H. Timbs	275 lbs.		
775*	J. Stevens	460	
Open	Teen (13-15)		
198 lbs.	123 lbs.		
B. Butler	S. Hurley	245*	
—	Junior		
275 lbs.	Raw		
J. Dedmon	165 lbs.		
550	C. Blanchard	405*	
—	181 lbs.		
J. Jesse	M. Snyder	450	
308 lbs.	4th-460		
H. Timbs	Submaster		
775*	220 lbs.		
Junior	S. Wade	625*	
Raw	G. Patterson	500	
Novice	275 lbs.		
198 lbs.	C. Green	500	
J. Neiman	Master (40-44)		
345	275 lbs.		
220 lbs.	F. Phillips	600*	
T. Clifton	Master (45-49)		
420*	198 lbs.		
C. Wassell	R. Moore	500	
340	220 lbs.		
275 lbs.	A. Lynch	535*	
J. Stevens	4th-550*		
300*	Open		
Teen (13-15)	181 lbs.		
220 lbs.	C. Tucker	425	
K. Bishop, Jr.	4th-450		
145*	220 lbs.		
Junior	B. Woods	370	
165 lbs.	CURL		
T. Coats	MALE		
345	*=Son Light Power Tennessee State Records. Best Lifter Bench Press Men: Harley Timbs. Best Lifter Bench Press Women: Tiffany Head. Best Lifter Deadlift: Skip Wade. The Son Light Power Body Shop Fitness Open Bench Press & Deadlift Championship was held March 26, 2011 at Body Shop Fitness in Mt. Juliet, Tennessee. Thanks to Brian and Wendy Gardner		

*=Son Light Power Tennessee State Records. Best Lifter Bench Press Men: Harley Timbs. Best Lifter Bench Press Women: Tiffany Head. Best Lifter Deadlift: Skip Wade. The Son Light Power Body Shop Fitness Open Bench Press & Deadlift Championship was held March 26, 2011 at Body Shop Fitness in Mt. Juliet, Tennessee. Thanks to Brian and Wendy Gardner

for once again hosting this event. In the assisted bench press competition Logan Worthy set a new PR and Tennessee state record for the 13-15/148 class with 270. At submaster 220 Clint Poore failed to get in a lift with his shirt while Chris Stinson won at 275 with 655, just missing a final attempt with 705. Harley Timbs moved up to the 308 class, breaking the state record there with his 775 opener. Subsequent attempts with 825 and 850 failed to touch, even though Harley was able to lock them out! Harley also set the record at open 308. For the open classes, Brandon Butler failed at 198 while Jason Dedmon hit 550 at 275. Jack Jesse, who was making his return to competition after a serious motorcycle accident nearly four years ago, failed with his opener of 515 and bowed out of the competition. Great to have Jack back again. In the raw division, first-time competitor A.D. Davis hit a 170 state record for the novice women 165 class with 170. Yvonna Covington-Dearen broke the state record at submaster 165 with 160. Our best lifter among the ladies was Tiffany Head, who hit an amazing 325 at 172 for the win and state record at submaster 181. Second place at 181 went to Candie Atherton, who finished with 125. For the novice men it was Joey Neiman with 345 at 198 while Tommy Clifton won over Cayce Wassell at 220, 420 to 340. Tommy set the state record there as well. Jeremy Stevens broke the state record at 275 with 300. Kenny Bishop, Jr. set the state record for the 13-15/220 class with 145, this being his first meet. Tintsey Coats won at junior 165 with a great double body weight bench of 345. Clint Poore won at submaster 220 with 405 while Jeff Luna took the 275 class with 280. Steve Utterback failed to get in a good lift at 45-49/165 while Blaine Woods won at 50-54/220 with 370. In the curl competition A.J. Wolf won at 55-59/220 and the police & fire division with 145. This set the record for both divisions. Our final curler was Ernie Lanier, who broke the state record at 70-74/275 with 70. Ernie was the famous professional wrestler of bygone days, the "Executioner", who carried around a gigantic snake on his shoulders. For the deadlift event A.D. Davis set her second state record of the day at novice 165 with her first ever 300 pull! Yvonna Covington-Dearen equaled that weight, breaking her own state record at submaster 165. Markus Snyder won at novice and junior 181 with his new personal best 460. Joey Neiman won at novice 198 with 350 while Tommy Clifton took the 220 class with 580. Our final novice lifter was Jeremy Stevens who won at 275 with 460. Shawn Hurley got a new PR and state record at 13-15/123 with 245. In the junior 165 class it was Christopher Blanchard with a new state record of 405. Our best lifter was Skip Wade, who set the state record for the submaster 220 class with 625. Greg Patterson finished second there with 500. Chad Green also pulled 500 for the win at 275. Frank Phillips broke the state record for the 40-42/275 class with a strong 600 pull while Richard Moore won at 45-49/198 with a solid 500. Andrew Lynch, who had not competed in over twenty years, came back strong with a 550 state record for the win at 45-49/220. Our final two pullers were Chuck Tucker, who finished with a new PR of 450 at 181 and Colin Sadler, who pulled a strong 600 for the win at open 220. Thanks to our side judges and all of the loaders and spotters who helped out. See you all again next year! » courtesy Dr. Darrell Latch

WABDL SOUTHERN REGIONAL BP/DL

MAY 14 2011 » Houston, TX

BENCH FEMALE	105 lbs.		
Single-Ply	A. Rocha	121	
114 lbs.	Teen (18-19)		
Open	114 lbs.		
A. Barajas	127		
123 lbs.	Teen (14-15)		
M. Stuart	72		
132 lbs.	Junior		
A. Lewis	99		
Master (47-53)	148 lbs.		
K. Lee	121*		
Junior	Special Olympian		
148 lbs.	B. Lord	265*	
L. Banaga	165		
Teen (12-13)	Teen (16-17)		
K. Brashear	66*		
66*	Master (40-46)		
Teen (14-15)	T. Garcia	413*	
B. Ewart	127*		
165 lbs.	Master (40-46)		
Junior	M. Zerafa	—	
C. Robinson	116		
Open	Class I		
C. Robinson	116*		
181 lbs.	Master (40-47)		
Submaster	R. Cashdollar	303*	
F. Starks	116*		
198 lbs.	Master (47-53)		
Law/Fire (56)	J. Stewart	672*	
J. Aaron	127		
Master (61-67)	K. Malone	624*	
J. Aaron	127		
Double-Ply	Special Olympian		
123 lbs.	B. Friedli	127	
Master (54-60)	Teen (18-19)		
J. Porter	160*		
Open	H. Dillber	—	
J. Porter	160		
MALE	Class I		
Single-Ply	H. Limon	502	
114 lbs.	Law/Fire (40-47)		
Teen (12-13)	S. Ross	—	
C. Riney	110*		
123 lbs.	Open		
Junior (20-25)	H. Kumar	529	
J. Sanchez	254*		
132 lbs.	Submaster (33-39)		
Teen (14-15)	H. Kumar	529	
D. Schultz	154		
148 lbs.	Class I		
Master (40-46)	J. Solleder	265	
D. Smith	428*		
Teen (12-13)	Master (40-46)		
J. Domilos	—		
165 lbs.	Open		
Junior (20-25)	M. Craig	601*	
L. Perez	314		
Special Olympian	M. Salinas	430	
Z. Mickaels	127		
Teen (18-19)	198 lbs.		
B. Luangraj	270		
181 lbs.	Class I		
Law/Fire (48-55)	S. Kaufman	342*	
C. Becker	237		
Law/Fire (56)	Master (54-60)		
M. Harrison	331		
Master (61-67)	N. Garcia	496*	
R. Roberts	364		
198 lbs.	Law/Fire Open		
Law/Fire (40-47)	K. Gunter	546*	
D. Stewart	265*		
Master (40-46)	Master (47-53)		
D. Stewart	265		
Master (54-60)	M. Gibson	413	
T. Epting	254		
	Class I		
	K. Sayles	314*	

RESULTS

USPA CENTRAL STATES

JUN 25 2011 » Blue Springs, MO

BENCH					
FEMALE					
Raw					
132 lbs.	A. Minor	220			
Junior (18-19)					
Hendrickson		242 lbs.			
165 lbs.		Master (75-79)			
Open		H. Strange 209			
J. Foley		275 lbs.			
181 lbs.		Open			
Open		R. Luyando 838			
L. Cline		308 lbs.			
MALE		Master (45-49)			
Raw		D. Beversdorf 562			
123 lbs.		Open			
Junior (13-15)		D. Beversdorf 562			
T. Britton		308+ lbs.			
198 lbs.		Open			
Open		M. Womack —			
A. Eller		336			
220 lbs.		DEADLIFT			
Junior (16-17)		MALE			
A. Embrock		Single-Ply			
369		308 lbs.			
Master (40-44)		Master (45-49)			
M. Eubanks		331			
T. Tuttle		303			
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
Raw					
114 lbs.					
Junior (16-17)					
M. Lee	182	94	259	535	
132 lbs.					
Junior (20-23)					
R. Clephane	220	138	303	661	
MALE					
Raw					
148 lbs.					
Junior (20-23)					
M. Butler	402	265	413	1080	
Open					
C. Pike	204	—	—	204	
181 lbs.					
Open					
A. Caslow	540	353	650	1543	
Master (45-49)					
G. Salyer	320	220	424	965	
Submaster (35-39)					
C. Bartley	474	303	584	1361	
Brad Wilson		325 226 402 953			
220 lbs.					
Open					
M. Greeno	457	314	485	1257	
B. Rutledge		— 303 — 303			
242 lbs.					
Open					
D. Capps	457	347	551	1356	
275 lbs.					
Open					
B. Johnson	650	452	634	1736	
Submaster (35-39)					
T. Willingham	496	259	546	1301	
308 lbs.					
Junior (16-17)					
R. Cornelious	402	248	551	1202	
Open					
D. Phelps	650	331	628	1609	
S. Birdsong		672 — — 672			
308+ lbs.					
Open					
C. Rutledge	480	375	573	1427	
J. Davis		694 — — 694			
Single-Ply					
220 lbs.					
Junior (20-23)					
B. Hegert	766	507	634	1907	
275 lbs.					
Junior (18-19)					
J. Sanderson	595	369	507	1472	

308 lbs.

Open
J. Cox 562 518 518 1598
Thanks to our Central States Powerlifting Best Lifters. Women Raw: Rachel Clephane, Open Men Raw: Al Caslow, Open Men Single Ply: Brian Hegert. Thanks to our Central States Bench Press Best Lifters. Open Men Raw: Abe Eller, Open Men Single Ply: Rob Luyando. Meet Director & Promoter: Jay Shelton. Thanks to our score table help. Meet Announcer: Jay Shelton, Meet Scorekeeper: Jay Shelton. Thanks to all our Referees. Rodney Woods, National, Ed Finnell, National, Brad Manion, National, Ken Ufford, National, Steve Denison, International, Herb Strange, State, Becky Rich, new State Referee, Zeke Talbot, new State Referee.

» courtesy Steve Denison

SLP ARKANSAS EXTREME POWER

JUN 4 2011 » Arkadelphia, AR

BENCH		R. Land		360*
MALE		4th-370*		
Junior		Police/Fire		
275 lbs.				
C. Packard		325	B. Whitworth	405*
4th-340				
Master (40-44)		242 lbs.		
181 lbs.	J. Daugherty 335			
K. Baker		320*	DEADLIFT	
Master (50-54)		FEMALE		
242 lbs.		(13-15)		
A. Snow		260	97 lbs.	
4th-275		M. Adams 120*		
Master (55-59)		4th-125*		
220 lbs.	(45-49)			
M. Lepitre		285*	165 lbs.	
Master (65-69)		T. Shell 180*		
148 lbs.	4th-200*			
D. Carter		245	Open	
220 lbs.		105 lbs.		
B. Taylor		260	J. Black 150*	
Master (75-79)		4th-155*		
165 lbs.	MALE			
H. Hager		230	Novice	
Police/Fire Sub		132 lbs.		
198 lbs.	C. Adams 180*			
J. Shearin		330*	Master (40-44)	
4th-340*		242 lbs.		
220 lbs.	M. Erby 400			
M. Perry		—	Master (50-54)	
198 lbs.	242 lbs.			
K. Treadway		385*	Police/Fire (65-69)	
242 lbs.	Police/Fire (45-49)			
220 lbs.	A. Harris 400*			
* = Son Light Power Arkansas State Records.				
Best Lifter Bench Press: Kris Treadway. Best Lifter Deadlift: Albert Snow. The Son Light Power Arkansas Extreme Power Bench Press & Deadlift Championship was held at Arkadelphia Health & Fitness in Arkadelphia, Arkansas. Thanks to Kris Treadway for all his help in promoting this event. In the bench press competition Chance Packard won at junior 275 with a new personal best 340. Keith Baker upped his own state record at 40-44/181 to 320 with his win there. Albert Snow won at 50-54/242 with 275 while Mike Lepitre set the state record at 55-59/220 with 285. In the 65-69 age group David Carter won at 148, making just his opener of 345 while Bill Taylor won at 220 with 260. Harold Hager, who just turned 78, tied his own state record at 75-79/165 with 230. James Shearin took the police/fire submaster 198 class with a new state record of 340. Mike Perry, lifting at police/fire submaster 220 failed to get in his opener of 455. Best lifter Kris Treadway				

won at police/fire 40-44/198, tying the state record there with 385. Ronnie Land had a great day, finishing with a new state record of 370 at police/fire 45-49/220. In the open police/fire 275 class newcomer Brent Whitworth won with a new state record of 405. Our final bencher was 242 open lifter John Daugherty, who finished with 335. Moving to the deadlift event it was eleven year old Mikayle Adams with a new state record of 125 for the win at teenage women 13-15/97. Tam Shell also set a new state record for her class, 45-49/165 with 200. Then there was 103 pound Jessica Black for the win at open 105 with another state record of 155. All three of these women were competing for the first time. For the men, Christopher Adams won at novice 132, setting the state record with 180. Mike Erby broke the state record for the 40-44/242 class with 400. Our best lifter was Albert Snow, who won at 50-54/242 with 460. Our final puller was Al Harris, who set the state record at police/fire 65-69/242 with 400. Thanks to our side judges David Willis and Phillip Brewer and to John Johnson and my son Joey for doing a great job loading and spotting. Thanks also to Cheyenne Jester for serving as our trophy girl. See you all again next year! (Oh, and by the way, they gave me the Key to the City!)

» courtesy Dr. Darrell Latch

SLP IRON HOUSE OPEN BP/DL

MAR 12 2011 » St. John's, MI

BENCH		S. Olson		270*
FEMALE		Junior		
Raw		181 lbs.		
Novice		R. Logan 205		
181 lbs.	J. Handrinios 345			
C. Nethaway		140*	Master (40-44)	
198 lbs.	165 lbs.			
T. Draher		205*	F. Deming 225	
MALE		Master (45-49)		
Submaster		220 lbs.		
220 lbs.	D. Leslie 440*			
C. Wirtz		430	Master (50-54)	
Master (40-44)		148 lbs.		
242 lbs.	F. Bauer 250			
D. Currie		385*	308 lbs.	
Master (50-54)		R. Handrinios 500*		
148 lbs.	Police/Fire (45-49)			
F. Bauer		295*	198 lbs.	
198 lbs.		M. Olson 280*		
J. Peretick		385*	Open	
275 lbs.	220 lbs.			
T. Bennett		530	D. Leslie 440	
Master (65-69)		275 lbs.		
181 lbs.	T. Fontanesi 345			
B. Stoner		265*	308 lbs.	
4th-275*		R. Handrinios 500		
Open		DEADLIFT		
242 lbs.	MALE			
D. Armstrong		445*	Novice	
Raw		148 lbs.		
Novice		D. Golightly 430*		
148 lbs.	4th-450*			
D. Golightly		280*	165 lbs.	
165 lbs.	J. Lehigh 430*			
J. Lehigh		265	220 lbs.	
220 lbs.		M. Gorman 500*		
M. Gorman		315	E. Edmington 440	
G. Gopoian		295	4th-475	
4th-300		242 lbs.		
E. Edmington	285	L. Fulk 520		
242 lbs.	Teen (18-19)			
S. Fulk		310	165 lbs.	
L. Fulk		305	S. Olson 415*	
Teen (18-19)		4th-430*		
165 lbs.	Junior			

181 lbs.

R. Logan 385* F. Bauer 405*
220 lbs. 220 lbs.
J. Handrinios 500* Schoenebeck 640*
Submaster Open
198 lbs. 165 lbs.
Anglebrandt 575* P. Foster 405
M. Johnson 500 242 lbs.
Master (40-44) D. Armstrong 525
165 lbs. 275 lbs.
S. Losik 390* T. Fontanesi 550
4th-400* SHW
Master (50-54) B. Yarger 550
* = Son Light Power Michigan State Records. Best Lifter Bench Press Assisted: Tom Bennett. Best Lifter Bench Press Raw: Randy Handrinios. Best Lifter Deadlift: Neil Schoenebeck. The Son Light Power Iron House Open Bench Press & Deadlift Championship was held at Iron House Gym in Saint John's, Michigan. Thanks to owners John and Tracy Draher for once again hosting this event. In the assisted bench press competition Clinton Wirtz won at submaster 220 with 430, matching his best from last year. David Currie won at 40-44/242 with 385, coming off a shoulder injury of last year. At 50-54 it was Frank Bauer with a new Michigan state record at 148 with 295 while Jim Peretick did the same at 198 with 385. Tom Bennett, our best lifter for the assisted benchers, got in just his opener of 530 at 275, tweaking his shoulder in the process. Tom had hoped to go over 600 on this day. Bill Stoner broke the state record at 65-69/181 with 275 and David Armstrong won at open 242 with his state record lift of 445. For the raw lifters newcomer Colleen Nethaway broke the state record for the novice 181 class with 140. Lots of potential here. Also new and also full of potential was Tracy Draher, who won at submaster 198 with 205. This was also a new state record for the class. At novice men we had a full lineup. David Golightly broke the state record at 148 with 280. Jody Lehigh won at 165 with 265. Mike Gorman won the 220 class with his 315 bench over George Gopoian, who finished with 300 and Eric Edmington, who ended with 285. The two Fulk brothers, Larry and Scott, battled at 242, Scott taking the win with 310 to Larry's 305. Spencer Olson broke the state record for the 18-19/165 class with 270, our only teenage bencher. At junior it was Robbie Logan with 205 at 181 while John Handrinios got a new PR at 220 with 345. Frank Deming won at 40-44/165 with 225 while Dave Leslie broke the state record for the 45-49/220 class with 440. Dave also won at 220 open. Frank Bauer took the 50-54/148 class with 250 while Randy Handrinios, Sr. won at 308 with a new state record of 500. Randy had injured his shoulder warming up last year and was unable to get in a lift, so it was great to see him come back so strong. This year's raw best lifter, Randy is one of the best master benchers in the world. Michael Olson broke the state record at police/fire 198 with 280. At open Tony Fontanesi won at 275 with 345 while Randy won at 308. In the deadlift event David Golightly broke the state record at novice 148 with 450 while Jody Lehigh did the same at 165 with 430. Mike Gorman broke the state record at 220 with 500 while Eric Edmington finished second at 220 with 475. Larry Fulk took the 242 class with 520. Spencer Olson broke the state record at 18-19/165 with 430, his second state record of the day! For the junior division Robbie Logan won at 181 with 385 while John Handrinios hit 500 at

220. Both were new state records. Aron Anglebrandt broke the state record for the submaster/198 class with 575, taking the win over Matt Johnson, who finished with 500. Scott Losik now owns the state record at 40-44/165 with 400 as does Frank Bauer, who finished with 405 at 50-54/148. Best lifter Neil Schoenebeck, WABDL world champ in 2005 and 2008, broke the state record at 50-54/220 with 640. In the open division Pat Foster won at 165 with 405 while David Armstrong won at 242 with 525. Tony Fontanesi took the 275 class with 550 while Ben Yarger pulled the same at shw. Thanks to my son Joey Latch and John Draher for doing a great job loading and spotting and to our side judges, Brandon Gruesbeck and Kris Pappert for doing such a fine job. See you all again next year.

» courtesy Dr. Darrell Latch

ANPPC WORLD CUP JUL 9 2011 » Tuscola, IL

BENCH	Open				
198 lbs.					
Raw	T. Mustata	350*			
Open	G. Scott	405*			
220 lbs.	D. Ewen	280			
MALE					
master (50-54)	T. Nixon	505*			
242 lbs.					
CURL					
MALE					
Submaster	B. Edgcomb	130*			
181 lbs.	Master (40-44)				
Master (55-59)	J. McDonald	385*			
220 lbs.	Raw				
Teen (13-15)	E. Mosley	185*			
220 lbs.	DEADLIFT				
MALE					
Teen (13-15)	D. Collom	255*			
132 lbs.	Junior				
165 lbs.	S. McDonald	150*			
181 lbs.	Submaster				
Master (40-44)	B. Edgcomb	370*			
220 lb.	Master (40-44)				
242 lbs.	E. Mosley	335*			
Master (50-54)	220 lbs.				
242 lbs.	Master (55-59)				
MALE					
Submaster	J. McDonald	425*			
181 lbs.	SQUAT				
Master (60-64)	MALE				
198 lbs.	Submaster				
SHW	B. Stevenson	325*			
Master (40-44)	Police/Fire (40-44)				
220 lbs.	C. Barth	370*			
Powerlifting	SQ	BP	DL	TOT	
MALE					
Master (55-59)	M. Grimm	100*	55	185*	340*
132 lbs.					
MALE					
Junior					
275 lbs.	J. Breisch	900*	475*	650*	2025*
Master (50-54)	S. Willoughby	385	225	395	1005
220 lbs.	J. Dougherty	500*	300*	500	1300*
242 lbs.	G. Flood	365*	225	380*	970*
275 lbs.	T. Grimm	400*	300*	355*	1055*
Open					
220 lbs.	L. Owens	475	435	475	1385
242 lbs.	A. Giannosa	700	435*	560	1695

J. Willoughby 450 350 505 1305 **275 lbs.**
J. Breisch 900* 475* 650* 2025*
*ANPPC World Cup Records. Best Lifter Powerlifting: Jeff Breisch. Best Lifter Bench Press: Tony Nixon. Best Lifter Deadlift: Ernest Mosley. The All Natural Physique & Power Conference held its annual World Cup event at Son Light Power Gym in Tuscola, Illinois on July 9, 2011. The ANPPC, created by its founder in 1984, Angelo Petito, started out as the only purely drug-free organization which tested every lifter in its competitions. Though, due to economic restraints, testing has been less stringent, the ANPPC is still the eminent drug-free organization in existence. In the full power event we saw the return of Mary Grimm from last year's competition. Mary finished the day breaking all of her previous World Cup records except the bench, which she tied. Mary finished with a PR 100 squat, her 55 bench, 185 deadlift and a 340 total for the win at 55-59/132. Jeff Breisch hit the biggest total ever for the junior division, taking the win over Steve Willoughby at 275. Jeff posted all new World Cup records which included a 900 squat, a 475 bench and a 650 deadlift for a 2025 total! Steve finished with a 385 squat, 225 bench and a 395 pull for a 1005 total. John Dougherty moved up to the 220 class at 50-54 where he set new records in the squat (500), bench (300) and total (1300). John also pulled a strong 500 deadlift. At 60-64 Oklahoma's Gary Flood won at 242 with his 365 squat, 225 bench and 380 deadlift to finish with 970. All of Gary's lifts except the bench were new World Cup records for his class. Tom Grimm improved on all of his lifts over last year to establish new World Cup records at 60-64/275. Tom finished with a 400 squat and 300 bench and a 355 deadlift for a great 1055 total! In the open division Luke Owens, a gym owner out of Broken Arrow, Oklahoma, won at 220 open with a 1385 total. Luke finished with a 475 squat, a 435 bench and a 475 deadlift. At 242 it was Angelo Giannosa for the win over Jarrod Willoughby 1695 to 1305. Angelo finished with a personal best 700 squat, broke the World Cup record in the bench with 435 and pulled 560 for his total. Jarrod won 450-350-505 to complete his total. At open 275 was Jeff Breisch who set all new World Cup records with his 900-475-650-2025 total. The best lifter award went to Jeff as well. As for the individual lifts, Brian Edgcomb set the mark at submaster 181 with 265 in the squat. Brian also scored a World Cup record in the curl event with 130. Ernest Mosley set the record for the 40-44/220 class in the curl with 185. In the assisted bench press competition all three lifters set new World Cup records for their respective classes. At 50-55/242 it was Kevin Piper with 330 while Cozy Cozine finished with 525 at 275. This also tied the existing open record at 275. For the raw lifters Sherraun Hodges set the record at open 220 with 185 while Drew Collom did the same at 13-15/220 with 255. Kameron Fitzgerald broke the record for the junior 165 class with 270, after his 300 final attempt was turned down. Ernest Mosley finished with 335 at 40-44/220 while Kevin Piper hit 330 at 50-54/242. For the 60-64 age group, Brian McCormick finished with 300 while newcomer Bruce Stevenson ended with 325 at SHW. Both set new World Cup records with their

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lifts. Chuck Barth established a new World Cup record for his class, police/fire 40-44/220 with 370. For the open lifters Talib Mustata broke the record at 198 with 350 while Gilbert Scott won over Dave Ewen 405 to 280 at 220. Gilbert's lift established a new record there. Our final raw lifter was Tony Nixon, who was also our best lifter of the day. Tony finished with 505, missing just his final attempt with 525. For the deadlift event 11 year old Spencer McDonald set the mark at 13-15/132 with his personal best 150. Brian Edgcomb won at submaster 181 with 370 while Ernest Mosley hit a pr 500 at 40-44/220 and Joe McDonald finished with 425 at 55-59/220. All of the deadlifters set new World Cup records with their lifts. Thanks to my son Joey Latch, Darrell Kibler, Keith Tolson and Luke Owens for doing a great job loading and spotting and to Keith Tolson, Tom Carnaghi, Darrell Kibler and Jane Piper for doing a great job judging. See you all again this fall for the ANPPC Nationals!
» courtesy Dr. Darrell Latch

Open					
R. Hillyard	410				
275 lbs.					
Submaster					
M. Ferlito	—				
Masters (40-44)					
I. Bell	640				
SHW					
Ironman		BP	DL	TOT	
UNL					
198 lbs.					
Masters (40-44)					
M. VanAlstyne	550	605	1155		
Full Power					
UNL					
220 lbs.					
Open					
D. Diemert	685	470	610	1765	
D. Zahno	645	360	565	1570	
220 lbs.					
Masters (40-44)					
S. Hailey	750	—	550	—	
242 lbs.					
Open					
A. Williams	720	535	600	1855	
308 lbs.					
Open					
J. Basher	865	—	—	—	
Std					
275 lbs.					
Teen (13-15)					
Z. Gibson	285	235	335	855	
308 lbs.					
Open					
Abbruzzese	420	405	525	1350	
Single-Ply					
SHW					
Open					
E. Halvorsen	635	520	575	1730	
» courtesy Sandi McCaslin					

COMING EVENTS

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

5 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 National Powerlifting Championships (Phoenix, AZ)** »

Paul Gillott, az_chair@rawpowerlifting.com, www.rawpowerlifting.com

6 AUG » NASA Multi-State Regional (not a qualifier for the PRO meet)

(Equipped & Unequipped, PL/BP/PS/PP) (Milwaukee, WI) » Brad Aldag,

bdaldag@uwm.edu, 920.946.7192, www.nasa-sports.com

6 AUG » USAPL WV State Open BP & Ironman PL Champs (Charleston, WV) »

Doug Currence, 304.550.5064, www.usapowerlifting.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 » WNPFF 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.](http://www.nasa-sports.com)

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

10-14 AUG » AWPC/WPC Eurasian Championship (Raw & Equipped) (Kursk,

Russia) » Igor Umerenkov, wpc@wpc-wpo.ru, www.wpc-wpo.ru, www.worldpowerliftingcongress.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 Eulless Road, 817.268.3488

13 AUG » Wisconsin State Fair Open BP/DL Competition (WI) » Marvin

Worthington, 414.852.8811, mlwkmartin@sbcglobal.net

13 AUG » Northern Virginia Raw PL Meet (Centreville, VA) at Bull Run Regional

Park » John James, 703.475.9885, www.northernvirginiarawpower.com

13 AUG » WABDL Minnesota BP/DL Championships (Minneapolis, MN) at the

Marriot Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

13 AUG » WABDL West Coast 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 » 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, steve@purepowerlifting.com,

PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

20 AUG » IBP SC Powerlifting Championships (Taylors, South Carolina) » Keith

Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.com

20 AUG » 27th Annual Iowa State Fair Drug Free Bench Press & Deadlift Con-

test (Raw, Pure, Novice, Womens, Masters 1-3, Sub Masters, Teen, Beginners,

Best Lifters) (IA) » Jeff Baird, bairdzz@aol.com, 515.953.6833

20 AUG » SPF Powerstation 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, chailfit@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com

20 AUG » NASA Colorado Grand (Equipped & Unequipped PL/BP/PP/PS)

(Loveland, CO) » www.nasa-sports.com

20 AUG » SLP Indiana Sate Fair Outlaw BP/DL Championship (Indianapolis,

IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953,

217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

20 AUG » APF/AAPF Texas Challenge (Houston, TX) » Zach McVey, zachmcvey@hotmail.com,

281.557.2122, www.worldpowerliftingcongress.com

20 AUG » USAPL Alki Beach Classic (Seattle, WA) » Richard Schuller,

360.438.3321, www.usapowerlifting.com

20-21 AUG » APF Ultimate Raw Championships (Atlanta, GA) » Scott Sey-

mour, 678.776.3465, www.worldpowerliftingcongress.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 » **WPC Argentina National Championships (Rio Cuarto, Argen-**

tina) » Leonardo Cavaglia, powerlifting76leo@hotmail.com, www.aapowerlifting.com.ar, www.worldpowerliftingcongress.com

26-28 AUG » MMA & Sports Extravaganza (bodybuilding, boxing, strongman

and more) (New York, NY) at the Hilton » mmasportsexpo.com

27 AUG » USAPL Boston Open (Peabody, MA) » Eric Cordeiro, 617.797.6597,

www.usapowerlifting.com

27 AUG » USPA Hawaii State Push-Pull Championship (Raw/Single-ply) (Ho-

lolulu, HI) » Ata Edralin, nalomightymouse@yahoo.com, www.uspla.org

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

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. Lu-

cie, FL) » Brian Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org

28 AUG » 100% RAW Parlor City Championships (Owego, NY) » Wayne Clay-

patch, ny_chair@rawpowerlifting.com, www.rawpowerlifting.com

28 AUG » APF Ohio State Meet (Plainfield, OH) » John Blackstone, black-

stonesgym@yahoo.com, 740.502.4964, 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 » USAPL Alamo Classic Powerlifting (San Antonio, TX) » Willie Mastin,

210.699.0964, www.usapowerlifting.com

3 SEP » USPA Southern California Championship (Long Beach, CA) at Metro-

flex Gym » Steve Denison, 661.333.9800, steve@uspla.org, www.uspla.org

3 SEP » WPC OPO Wollongbar Gym Competition (Australia) » Ron Birch,

rbirch@hotmail.net.au, 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

3-4 SEP » **USAPL BP Nationals** (Orlando, FL) » Rob Keller, 964.790.2241,

www.usapowerlifting.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 Retro Raw (Columbia, MO) » Bill Duncan, 440.474.1071,

www.usapowerlifting.com

10 SEP » APF/AAPF Georgia State PL/BP Meet (Hiram, GA) » Jon Grove, iron_mover1@hotmail.com,

www.northgeorgiabarbell.com

10 SEP » APF Georgia State Meet (Kennesaw, GA) » Jon Grove, iron_mover1@hotmail.com,

www.worldpowerliftingcongress.com

10 SEP » 100% RAW IL State Powerlifting & BP Championships (Bloomington,

IL) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.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 » IPA Pennsylvania & US Armed Forces PL Championships (Lancaster,

PA) at the Lancaster AMVETS Post 19 » 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, rogersmadmax@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, 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 » WNPf Can-Am National Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11 SEP » WPF UK Open Championships (PL/BP/DL) (Morrison, Swansea, Wales) at the Old Barn Inn & Restaurant » Ken Williams, +07970 625946, www.wpfpowerlifting.com
16 SEP » King of the Beach IV BP/DL Contest (Pensacola Beach, FL) at Bamboo Willie's » Chip Holston, 850.304.9097, www.chips24hrhealth.com
16-18 SEP » World Kettlebell Championships (Nanuet, NY) at Premier Fitness » Brian Fahrenfeld, 845.920.0501, brianf@premierfitnessny.com, www.premierfitnessny.com
16-18 SEP » SPF/WBPLA World Championship (Knoxville, TN) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
17 SEP » APC Hawg Farm Open (Princeton, IN) » Larry Hoover, 812.753.3929, www.americanpowerliftingcommittee.com
17 SEP » 100% RAW Eastern National Championships (Scarborough, Ontario) » Barry McEvoy, bamcevoy@rogers.com, www.rawpowerlifting.com
17 SEP » Python Power League's Power-Mania (BP/DL/BP reps/PC/Pose Down) (Snellville, GA) » Tee "Skinny Man" Meyers, 706.513.7515, pythongym@aol.com
17 SEP » UPA Minnesota Powerman (Princeton, MN) » Jeff Adkins, barbell101@gmail.com, www.upapower.com
17 SEP » UPA Indiana State Powerlifting Championship (Wheatfield, IN) » Bryan Hoffman, powerlifter600@hotmail.com, www.upapower.com
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, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com
24 SEP » USPF 4th Annual AZ State Tom Eldridge Top Gun Championship Meet (Full Power, Single Lift BP/DL) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, Cold Iron Gym, 520.457.3955, coldirongym@aol.com, www.azuspf.com
24 SEP » USPF 1st Annual AZ State High School Championship Meet (Full Power, Single Lift BP/DL) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, Cold Iron Gym, 520.457.3955, coldirongym@aol.com, www.azuspf.com
24 SEP » ADFPF "Unequipped" Maryland BP Open & Single-Lift DL (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net, www.adfpf.org
24 SEP » USPC Power Curl Open Nationals (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
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 Turtaianen, ano.turtaianen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com
24 SEP » ADFPF "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
24 SEP » APA Lion Heart State Push Pull Meet (Clearwater, FL) at Lion Heart Gym » Stephen Byer, lionheartgym@tampabay.rr.com, 727.743.1515, www.apa-wpa.com
24 SEP » UPA Great Lakes Full Power & Bench (Mentor, OH) » Ty Phillips, gorillapitps@gmail.com, www.upapower.com
25 SEP » 100% RAW Supreme Fitness Challenge V (Brattleboro, VT) » Brett Kernoff, vt_chair@rawpowerlifting.com, www.rawpowerlifting.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
29 SEP - 2 OCT » AWPC/WPC World Cup (Raw & Equipped) (Ekaterinburg, Russia) » Dmitriy Chertushkin, wpc@wpc-wpo.ru, www.worldpowerliftingcongress.com
1 OCT » USAPL Roadrunner Iron Wars (San Antonio, TX) » Wes Zunker, 210.317.8245, www.usapowerlifting.com

APF/AAPF/WPC Schedule

10-14 AUG, AWPC/WPC Eurasian Championship
20 AUG, APF/AAPF Summer Bash
20 AUG, APF/AAPF Texas Challenge
20-21 AUG, APF Ultimate Raw Championships
26-28 AUG, WPC Argentina National Championship
AUG, APF Kalamazoo Carnage Meet
28 AUG, APF Ohio State Meet
1-4 SEP, AWPC Worlds (Equipped & Raw)
3 SEP, WPC OPO Wollongbar Gym Competition
10 SEP, APF Georgia State Meet
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
29 SEP - 2 OCT, AWPC/WPC World Cup
15 OCT, APF/AAPF Monster BP Championships
20-22 OCT, WPC Hungarian Raw Championship
29 OCT, APF/AAPF Rise of the DL, Beast of the BP
29 OCT, APF/AAPF Southern States
29 OCT, APF/AAPF Elite Barbell Fall Classic/MN State
OCT, APF Wolverine Open
5 NOV, APF Texas Cup Powerlifting Meet
12 NOV, WPC Swiss Championship
12 NOV, WPC OPO Age Titles
14-19 NOV, WPC World Championships (Equipped & Raw)
3 DEC, APF South Carolina Championships
10 DEC, APF/AAPF Alabama State Meet
10 DEC, WPC Metal Gym Christmas BP/DL
17 DEC, WPC Israel Open BP/PP
DEC, APF/AAPF Illinois Raw Power Challenge
DEC, APF/AAPF Invitational
DEC, WPC Ontario Pro Championships
DEC, WPC St. David's Celtic PL Meet

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

COMING EVENTS »

30 SEP » 100% RAW Single Lift World Championships (Las Vegas, NV) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
1 OCT » WNPFL Palmetto Championships (BP/DL/PC/Ironman) (Greenville, SC) » Troy Ford, wnpfl@aol.com, 770.668.4841, www.wnpfl.net
1 OCT » USPA Texas State Championship (Victoria, TX) at Pure Fitness Gym » Chris Pappillion & Steve Denison, steve@uspla.org, www.uspla.org
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
2 OCT » APA Green Mountain Fall Classic (PL/PP/BP/DL) (Fair Haven, VT) at Fair Haven Fitness » Jamie, capejam@hotmail.com, 802.265.3470, www.apa-wpa.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 » IPA Lexen Xtreme Fall Classic at the Xtreme Sports Fest (Full Power/BP/PP) (Columbus, OH) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
8 OCT » NPA Drug Free Nationals BP/DL (Freeport, IL) at Fitness Lifestyles » Duane, 815.233.2292, duanefit4life@aol.com
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
9 OCT » USPA San Jose Open PL Championship (Full PL, Raw & Single-ply) (Santa Clara, CA) at Wild Iron Gym » Marcus Wild, marcus@wildirongym.com, 408.613.5716, www.uspla.org
14-15 OCT » IBP Powerlifting Nationals (Greensboro, NC) » Keith Payne,

keith@ironboypowerlifting.net, www.ironboypowerlifting.com
15 OCT » EPF USA Nationals (Full Power/BP/Raw BP/Raw Push Pull) (Moutonborough, NH) at Galaxy Gym » Bill Durant, 603.762.3990, www.elitepowerlifting.com
15 OCT » Bad Boy Bench Press Meet (Raw & Equipped) (Harrisburg, PA) at Max Fitness » Bentz Tozer Jr., 717.512.8643, www.naturalpowerliftingusa.com
15 OCT » NASA KY Regional PL/PP/BP/PS Championships (Morehead, KY) » Greg Van Hoose, greg@vhpower.com, 304.273.3110, www.nasa-sports.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 » 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
15 OCT » APF/AAPF Monster BP Championships (Men/Women's Open Teen, Masters, Raw) (Sheboygan, WI) at Body Shoppe Fitness Center » Jan Van de Weghe, 920.458.9977, jvandeweghe@att.net, www.worldpowerliftingcongress.com
15 OCT » USAPL Florida Collegiate/University State Open BP/PL Championships (Tallahassee, FL) » Robert Keller, 954.790.2249, www.usapowerlifting.com
16 OCT » USAPL Southeastern USA Regional Championships (Tallahassee, FL) » Robert Keller, 954.790.2249, www.usapowerlifting.com
20-22 OCT » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com
22 OCT » USPA Central States BP/DL Fall Classic (BP/DL/PP, Raw/Single-ply/Multi-ply) (Blue Springs, MO) at Fitness 7 » Herb Strange, 650.796.8311, pierreontgr@msn.com, www.uspla.org
22 OCT » USAPL Columbia City Classic (Seattle, WA) » Richard Schuller, 360.438.3321, www.usapowerlifting.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@pikitup.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
22 OCT » SPF Brute's Halloween Howl PL/BP Meet (Raw, Single-ply, Multi-ply; PL/PP/BP) (Norfolk, VA) » Stella Krupinski, 757.893.9111, brando_waterfront@yahoo.com, www.brutestrengthgym.net
28 OCT » 100% RAW East Coast Single Lift Championships (Orlando, FL) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com
29 OCT » U.S. Raw Single Lift Championship (Wrist wraps & belt allowed) (BP/DL/Strict Curl/Bdywt. BP for Reps) (Runnemede, NJ) at the Runnemede Inn » Rob Marcellino, 856.340.5721, Shauna Marcellino, 856.340.2207, www.home.comcast.net/~marcellino
29 OCT » APF/AAPF Elite Barbell Fall Classic/MN State Meet (Montgomery, MN) » Scott Nutter, biggcat@hotmail.com, 952.215.2588, www.worldpowerliftingcongress.com
29 OCT » USPA 1st Annual Halloween Push/Pull (Sacramento, CA) » Al Garcia, 916.482.2868, www.uspla.org
29 OCT » USAPL Virginia State Meet (Mechanicsville, VA) at Atlee High School » Tricia Emrich, 804.503.8012, www.usaplvirginia.com
29 OCT » WABDL Regional BP/DL Championship (Lakeland, FL) at All American Gym » Ken Snell, 863.687.6268, www.allamericangym.com, www.wabdl.org
29 OCT » 100% RAW World Powerlifting Championships (Orlando, FL) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
29 OCT » NASA Missouri Regional (Equipped & Unequipped PL/BP/PS/PP) (Joplin, MO) » www.nasa-sports.com
29 OCT » SPF South Carolina State Championship PL/PP/BP/DL (N. Myrtle Beach, SC) at the North Myrtle Beach Aquatic and Fitness Center » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

AAU WORLD POWERLIFTING CHAMPIONSHIP, INTERNATIONAL PUSH-PULL + SINGLE LIFT CHAMPIONSHIP

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- BP
- DL
- Single Lift BP
- Single Lift DL
- Push-Pull



Judy + Steve Wood: 804.559.4624 | Jill Meads: 804.730.8810

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

29 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

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

29 OCT » APF/AAPF Southern States (Orlando, FL) » Brian Schwab, light-weightpower@aol.com, www.worldpowerliftingcongress.com

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

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

1-6 NOV » **WABDL World BP/DL Championships (Reno, NV)** at the Peppermill Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

5 NOV » USAPL West Cary Barbell Fall Festival of Power (Cary, NC) » Tom Simon, 919.943.6274, tsimon@westcarybarbell.com, www.carolinapowerlifting.com, www.usapowerlifting.com

5 NOV » APA Ironfest Challenge (PL/Strongman) (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alaquapits@netzero.net, www.apa-wpa.com

5 NOV » APA Ironfest PL/BP/DL (Raw & Equipped) (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alaquapits@netzero.net

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 » IPA Autumn Apocalypse (Township, NJ) at the Oceanside Wellness & Sport » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

5 NOV » APF/AAPF Texas Cup Powerlifting Meet (Waxahachie, TX) » Liz and Randy Nesuda, aptexas@yahoo.com, www.worldpowerliftingcongress.com

5-6 NOV » **AAU World PL Championships International Push/Pull & Single Lift Championships** (Kissimmee, FL) in Osceola Heritage Park » Judy Wood, 804.559.4624, Jill Meads, 804.730.8810, vapowerlifting@aol.com, www.aapowerlifting.org

5-6 NOV » USAPL Georgia & Southern States (Dalton, GA) » Josh Rohr, strongerisbetter@yahoo.com, www.usapgeorgia.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 » USPA 1st Annual Sampson's Gym Fall Classic (PL/BP/DL/PP, Raw & Single-ply) (Port St. Lucie, FL) » Brian Burritt, bburritt@scvl.com, 812.204.2886, www.uspla.org

6 NOV » 100% RAW Old School Iron Wars IV (Burlington, VT) » Bret Kernoff, vt_chair@rawpowerlifting.com, www.rawpowerlifting.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 Marriot Hotel » David Jeffrey, matofficial@yahoo.com, www.wppowerlifting.com

12 NOV » NASA WV Regional PL/PP/BP/PS Championships (Ravenswood, WV) » Greg Van Hoose, greg@vhepower.com, 304.273.3110, www.nasa-sports.com

12 NOV » PRPA Clash for Cash (Kenner, LA) at the Crowne Plaza » Jake Impastato, jraw504@gmail.com, www.raw504.com

12 NOV » 100% RAW Gobbler Open (Johnson City, NY) » Wayne Claypatch, ny_chair@rawpowerlifting.com, www.rawpowerlifting.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

UPCOMING SLP COMPETITIONS

6 AUG, SLP WI State Fair Outlaw BP/DL (West Allis, WI)

14 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO)

20 AUG, SLP IN State Fair Outlaw BP/DL (Indianapolis, IN)

21 AUG, SLP Illinois State Fair BP/DL (Springfield, IL)

27 AUG, SLP KY State Fair Outlaw BP/DL (Louisville, KY)

Son Light Power

122 W. Sale St., Tuscola, IL 61953

217.253.5429

www.sonlightpower.com sonlightgym@frontier.com

12 NOV » WPC OPO Age Titles (Melbourne, Australia) at ESP Gym » Ron Birch, rbirch@hotmail.net.au, www.worldpowerliftingcongress.com

12 NOV » SPF Record Breakers (Gatlinburg, TN) at Glenstone Lodge » Jesse Rodgers, 423.255.3672, rogersmadmax@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

18-19 NOV » UPA Power Weekend (Dubuque, IA) » Bill Carpenter, bcarpenter@upapower.com, www.upapower.com

19 NOV » USAPL Stars and Stripes BP/DL Championships (Single Lift) (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

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

19 NOV » **USA RAW BP Federation World Championship** (Tuscola, IL) »

Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

19 NOV » USAPL Ohio State BP/PL Championships (Arnold qualifier) (Bedford Heights, OH) » Ed King, 440.439.5464, www.usapowerlifting.com

19-20 NOV » **WNPF 4th Lifetime World Cup & WNPf USA vs. The World Cup** (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear,

wnpfpower@aol.com, www.wnpf.net

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

20 NOV » SLP Meat Heads Open BP/DL/Curl 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

20 NOV » SLP Michigan State BP/DL Championship (Saranac, MI) »

Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

30 NOV - 4 DEC » **USPA IPL World Powerlifting Championship** (PL/BP/DL, Raw & Single-ply) (Las Vegas, NV) at the Golden Nugget » Steve Denison,

steve@uspla.org, www.uspla.org

30 NOV - 5 DEC » **Global Powerlifting Alliance World PL/BP Championships** (Atlanta, GA) » L.B. Baker, 770.713.3080, www.globalpowerliftingalliance.com

3 DEC » APA Fair Haven Fitness Winter Power Wars (Fair Haven, VT) at Fair Haven Fitness » Jamie, capejam@hotmail.com, 802.265.3470, www.apa-wpa.com

3 DEC » APF/AAPF South Carolina Championships (Pelion, SC) » Will Millman, shelter804@gmail.com, www.worldpowerliftingcongress.com

3 DEC » USAPL Southside Winter Classic (Anchorage, AK) » Ron Burnett, 907.345.7996, www.usapowerlifting.com

3 DEC » **WNPF 1st World Cup BP/DL Championships** (Must be PRE-QUALIFIED for this meet) (Tbilisi, GA) » Troy Ford, wnpf@aol.com, 770.668.4841,

Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

3 DEC » NASA High Desert Holiday Classic PL/BP/PS (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, 505.891.1237, www.liftinglarge.com

3 DEC » IPA Christmas Carnage (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

3 DEC » 11th Annual Pocket Samson's Christmas Classic BP/DL and Strength Challenge Championships (All wt. classes/divisions, strongman/strongwoman) (Eldersburg, MD) at the Athens Gym » Glenn Murphy Jr., 302.331.8719, Athens Gym, 410.549.3001

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

6 AUG, WNPFA 3rd U.S. Open Championships (Kissimmee, FL)

10 SEP, WNPFA 4th Jake the Hammer Classic (Fitzgerald, GA)

11 SEP, WNPFA Can-Am National Championships (Rochester, NY)

24 SEP, WNPFA 23rd Lifetime Nationals (Bordentown, NJ)

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

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

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

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

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

10 DEC » IBP Carolina Christmas Classic Push Pull (Taylors, SC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.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, www.apa-wpa.com

10 DEC » WPC Metal Gym Christmas BP/DL (Finland) » Ano & Minna Turtiainen, ano.turtiainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com

10 DEC » USPA Ironman PL Championship (Multi-ply only) (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org

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

10 DEC » 100% RAW Virginia State and Christmas Classic PL/BP/DL Championships (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

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

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

10-11 DEC » APA 32nd Annual West Coast Open (Raw & Equipped) (Newport, OR) at Big Bears Gym » Rick McClung, 541.961.3845, bigbearsgym@hotmail.com, www.apa-wpa.com

10-11 DEC » APA 32nd West Coast Open PL Championships (Newport, OR) at the Oceanfront Hallmark Resort » Rick McClung, 541.961.3845, bigbearsgym@hotmail.com, www.themusclestudio.com

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

11 DEC » USAPL MA and RI Open BP/PL Championships (Johnson, RI) » Eric Cordeiro, 617.797.6597, www.usapowerlifting.com

17 DEC » USAPL Southside Classic (San Antonio, TX) » Wes Zunker, 210.317.8245, www.usapowerlifting.com

17 DEC » WPC Israel Open BP/PP (Israel) » Anna Marcus, anna.marcus@caol.co.il, www.big-champ.com, www.worldpowerliftingcongress.com

17 DEC » USPA Norcal Open (PL/BP/DL/PP, Raw & Single-ply) (Modesto, CA) » Steve Denison, steve@uspla.org, 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, sonlightgym@frontier.com, www.sonlightpower.com

DEC » WPC Ontario Pro Championships (Canada) » Bruce McIntyre, bruce-mcintyre@sympatico.ca, www.worldpowerliftingcongress.com

DEC » WPC St. David's Celtic PL Meet (Canada) » Bruce McIntyre, bruce-mcintyre@sympatico.ca, www.worldpowerliftingcongress.com

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

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

28 JAN 2012 » USAPL 10th Annual NE USA Collegiate/High School Championships (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, 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, 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, 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

20-21 APR 2012 » UPA Power Weekend (Dubuque, IA) » Bill Carpenter, bcarpenter@upapower.com, www.upapower.com

APR 2012 » USAPL 30th PL Pennsylvania State Championships (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

APR 2012 » APA Raw National Championships (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alaqua-pits@netzero.net

22 JUL 2012 » WPC CanAm Bench Press Championships (Romulus, MI) at the Detroit Metro Marriott » Joe Smolinski, canamborderwar@yahoo.com, www.michiganapf.com, www.canamborderwar.htm

25-26 AUG 2012 » USAPL National BP Championships (Palm Springs, CA) » Lance Slaughter, lanceoslaughter@yahoo.com, 310.995.0047, www.usapl-ca.org

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

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

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

MEET DIRECTORS:

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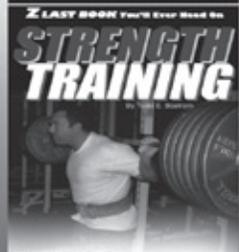
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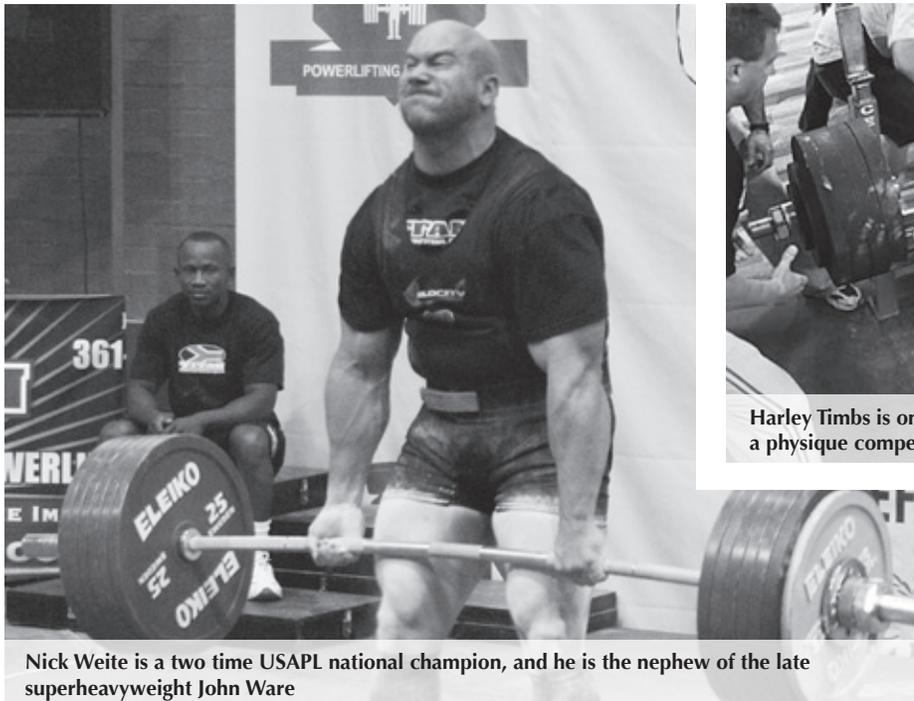


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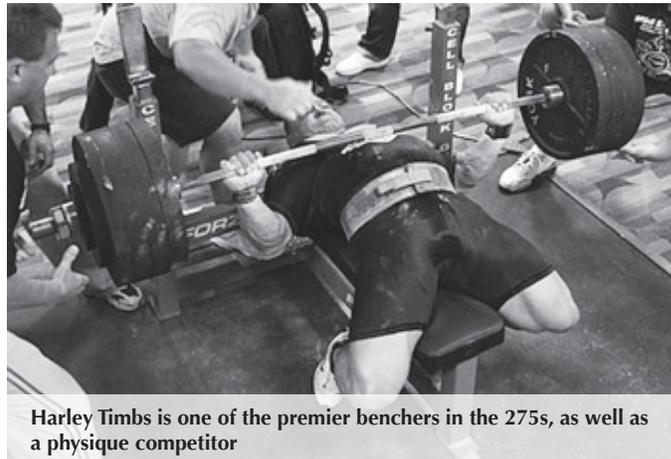
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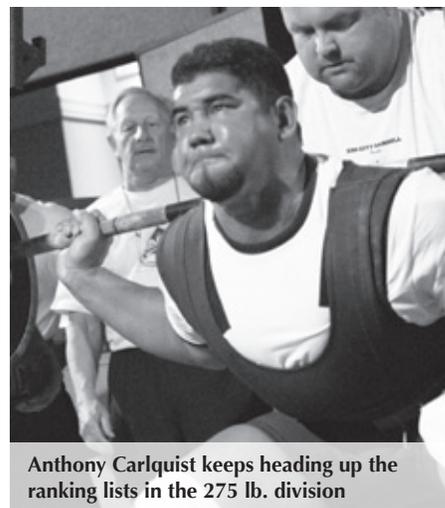
TOP 100 PHOTOS



Nick Weite is a two time USAPL national champion, and he is the nephew of the late superheavyweight John Ware



Harley Timbs is one of the premier benchers in the 275s, as well as a physique competitor



Anthony Carlquist keeps heading up the ranking lists in the 275 lb. division



Joe Humbyrd (L) and Rich McDowell (R) are both top ranked benchers. Rich has competed at the Olympia Bench Press competition, and Joe is the man who introduced April 2011 coverman Alan Best to the sport of powerlifting.



Sam Aumavae is a many time record buster in WABDL World competition

Will you make the upcoming TOP 100 list for the 114 class? Last time we ranked this class the minimum lifts to make that list were 290 lb. in the squat, 165 lb. in the bench press, 310 lb. in the deadlift, and 750 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 114 class will be July 2010 through July 2011. 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 dunking a basketball) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

For standard 275 lb./125 kg. USA lifters in results received from MAY 2010 through MAY 2011

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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 SHW

CORRECTIONS: Dave Beversdorf's 650 bench press was not listed on the TOP 100 for the SHW class. Desi Hubbard's lifts of 683-529-600-t1813 were not reflected on the most recent TOP 100 for the 198 lb. class. Stephen Lemarie should have been credited with a 703 deadlift on our ranking of the TOP 100 in the 220 lb. class. Ken Millrany was listed with a 660 lb. bench press on the TOP 100 for the 220 lb. class, however, he did a 705 at George Herring's meet in Atlanta in December 2010.

OUR POLICY: If your lift is missing from an upcoming TOP 100/20 ranking, and it is our fault, we will issue you a free certificate documenting your achievement as well as a correction in a future issue. If you find errors in our articles, TOP 100/20 weight class rankings or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

SQUAT

- 1 1180 Vogelwohl, C..3/5/11
- 2 1115 Hoff, D..3/6/11
- 3 1053 Garcia, J..6/6/10
- 4 1015 Bailey, C..6/6/10
- 5 1008 Griffin, M..12/11/10
- 6 1005 Estevez, L..10/30/10
- 7 1003 Tillinghast, G..8/7/10
- 8 1003 Johnson, M..3/19/11
- 9 1000 Mount, S..10/2/10
- 10 1000 Joyce, J..12/4/10
- 11 1000 Robinson, J..3/6/11
- 12 970 Grandick, J..6/6/10
- 13 959 Bell, M..5/23/10
- 14 959 Best, A..9/25/10
- 15 959 Mello, C..4/17/11
- 16 930 Drum, J..2/19/11
- 17 925 Carlquist, A..6/6/10
- 18 920 Tooley, J..3/6/11
- 19 914 Fredette, C..11/13/10
- 20 903 Brown, M..8/7/10
- 21 903 Lawrence, M..5/7/11
- 22 900 Moose, J..6/6/10
- 23 900 Douglas, R..8/20/10
- 24 900 Hakola, P..8/20/10
- 25 900 Crawford, B..12/11/10
- 26 900 Payne, J..2/26/11
- 27 881 Mastrean, M..5/1/11
- 28 880 L'Italian, S..10/30/10
- 29 880 Stiefel, D..11/21/10
- 30 880 Baggett, G..12/11/10
- 31 876 Carlile, J..5/1/10
- 32 876 Vincent, M..6/6/10
- 33 875 Matney, B..5/1/10
- 34 870 Bowsher, R..3/6/11
- 35 865 Arroyo, P..3/5/11
- 36 860 Shackelford, J..1/29/11
- 37 850 Caton, K..3/6/11
- 38 850 DeBoer, D..3/6/11
- 39 848 Weite, N..3/12/11
- 40 843 Damminga, G..3/18/11
- 41 837 Wagner, C..6/20/10
- 42 832 Goldstone, R..6/12/10
- 43 830 Nascimben, D..3/6/11
- 44 830 Fields, B..4/9/11
- 45 825 Roush, M..8/20/10
- 46 825 Maupin, P..11/13/10
- 47 820 Newman, L..8/21/10
- 48 820 Bodenbender, T..10/30/10
- 49 820 Burke, M..3/5/11
- 50 810 Ditillo, A..8/20/10
- 51 810 Edwards, J..4/17/11
- 52 807 Bowman, T..11/21/10
- 53 804 McKee, B..6/6/10
- 54 804 Grant, S..7/17/10
- 55 804 Christie, M..8/21/10
- 56 804 Ramsey, K..9/4/10
- 57 804 Neundorff, M..3/4/11
- 58 804 Turner, P..4/1/11
- 59 804 Pillado, J..4/9/11
- 60 804 Braswell, T..4/9/11
- 61 802 Salierno..5/10
- 62 800 Swank, M..11/6/10
- 63 800 Stuchiner, M..3/5/11
- 64 800 Prince, E..3/6/11
- 65 780 Halter, L..10/28/10
- 66 775 James, D..3/6/11
- 67 775 Breen, S..3/26/11
- 68 770 Billing, B..10/28/10
- 69 766 Lilliebridge, E..4/17/11
- 70 765 Tuchscherer, M..11/7/10
- 71 765 Yard, S..11/14/10
- 72 765 Strelvel, B..3/6/11
- 73 765 Tozer, B..3/19/11
- 74 755 Smith, M..5/8/10
- 75 755 Newman, B..5/23/10
- 76 755 Newell, M..6/6/10
- 77 755 Soehner, G..6/20/10
- 78 755 Cardwell, M..3/19/11
- 79 755 Fritz, A..5/1/11
- 80 750 Grant, L..10/30/10
- 81 750 Irbay, W..2/12/11
- 82 750 Parker, B..3/6/11
- 83 750 Clark, E..3/6/11
- 84 749 Johnson, A..6/20/10
- 85 749 Ward, N..6/20/10
- 86 749 Kahle, R..8/10
- 87 749 White, L..9/25/10
- 88 749 Gholson, A..4/9/11
- 89 749 Christensen, T..4/30/11
- 90 744 Smith, D..6/26/10
- 91 744 Hart, E..11/6/10
- 92 738 Anderson, P..6/20/10
- 93 738 Lanier, J..4/16/11
- 94 735 Obradovic, J..7/10/10
- 95 735 Skiba, H..1/29/11
- 96 733 Collins, B..5/1/11
- 97 733 Gonzales, D..5/1/11
- 98 733 Dobbins, S..5/15/11
- 99 730 Lower, C..6/6/10
- 100 730 Thomas, C..3/26/11

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- 880 Hoff, D..3/6/11
- 854 Bell, M..5/23/10
- 830 Dizenzo, V..10/23/10
- 815 Lewis, D..6/6/10
- 815 Timbs, H..12/4/10
- 777 Parnell, P..11/18/10
- 770 Hoskinson, J..2/19/11
- 755 Grandick, J..3/6/11
- 750 Crawford, B..12/11/10
- 744 Baria, A..9/25/10
- 728 Dublin, E..8/28/10
- 727 Stewart, J..7/31/10
- 720 McDowell, R..5/1/10
- 716 Bogart, J..5/15/10
- 715 Bailey, C..6/6/10
- 728 Aumavae, J..11/18/10
- 715 Bailey, C..6/6/10
- 705 Carlquist, A..6/6/10
- 705 Voprada, Z..6/6/10
- 705 Donlick, M..12/11/10
- 705 Hudson, C..3/4/11
- 700 Cook, V..6/27/10
- 700 Roush, M..8/20/10
- 699 Vincent, M..8/7/10
- 699 Emelander, J..12/5/11
- 694 Lane, H..5/30/10
- 690 Hakola, P..8/20/10
- 683 Garcia, J..6/6/10
- 683 Douglas, D..5/21/11
- 680 Douglas, R..8/20/10
- 677 Underwood, K..7/10/10
- 677 Zolak, G..3/19/11
- 677 Hoekstra, S..3/27/11
- 675 Wood, T..7/31/10
- 675 Malgrem, P..11/6/10
- 675 Maupin, P..11/13/10
- 675 Shackelford, J..1/29/11
- 672 Ryan, R..7/31/10
- 672 Christie, M..8/21/10
- 672 Best, A..9/25/10
- 672 Stewart, B..3/12/11
- 666 Newell, M..6/6/10
- 665 Maxwell, J..7/31/10
- 661 Griffin, M..12/11/10
- 661 Stave, P..3/19/11
- 661 Pappillon, C..4/16/11
- 660 Weaver, J..9/11/10
- 655 Mello, C..6/6/10
- 655 Edwards, J..7/31/10
- 655 Stinson, C..3/26/11
- 650 Szymanski, D..5/10/10
- 650 Goldstone, R..6/12/10
- 650 Narikyo, S..6/27/10
- 650 Snyder, J..8/31/10
- 650 Miller, R..10/28/10
- 650 Swank, M..11/6/10
- 650 Holloway, J..11/18/10
- 650 Costa, R..4/30/11
- 650 Lawrence, M..5/7/11
- 645 Chun, T..7/17/10
- 645 L'Italian, S..10/30/10
- 645 Arroyo, P..3/5/11
- 645 Tooley, J..3/6/11
- 640 Bell, L..4/30/11
- 639 Erickson, J..7/31/10
- 639 Begue, J..11/18/10
- 633 Turner, P..4/1/11
- 630 Jordan, J..10/30/10
- 630 Robinson, J..3/6/11
- 628 Crossen Jr, J..11/18/10
- 625 Humbyrd, J..5/1/10
- 625 Moose, J..6/6/10
- 625 Ditillo, A..8/20/10
- 625 Estevez, L..10/30/10
- 625 Stiefel, D..11/21/10
- 625 Payne, J..2/26/11
- 623 Malone, K..5/14/11
- 622 Iramona, A..6/27/10
- 622 Klinger, B..8/31/10
- 622 Higgins, R..2/26/11
- 620 Saviano, L..7/10/10
- 620 Meadows, M..4/2/11
- 617 Smolinski, J..5/9/10
- 615 Baggett, G..12/11/10
- 611 Plaso, M..5/22/10
- 611 Rogers, B..7/17/10
- 610 Vogelwohl, C..8/20/10
- 606 Hubbs, E..5/10/10
- 606 Murphy, J..11/18/10
- 606 Welch, J..11/18/10
- 605 Loudermilk, K..5/14/11
- 605 Moon, T..6/7/10
- 605 Bodenbender, T..10/30/10
- 600 Garcia, F..6/5/10
- 600 Carlile, J..6/26/10
- 600 Bott, J..6/27/10
- 600 DeBoer, D..8/20/10
- 600 Fredette, C..10/3/10
- 600 Burke, M..3/5/11
- 600 Weite, N..3/12/11

DEADLIFT

- 843 Garcia, J..6/6/10
- 843 Holloway, J..11/17/10
- 826 Weite, N..3/5/11
- 825 Hoff, D..6/6/10
- 825 Tuchscherer, M..6/20/10
- 805 Francis, M..11/6/10
- 805 Vogelwohl, C..3/5/11
- 804 Best, A..9/25/10
- 804 Brown, M..12/11/10
- 788 Mello, C..6/6/10
- 777 Muro, G..9/25/10
- 777 Johnson, M..3/19/11
- 777 Dermody, B..4/11
- 777 Lilliebridge, E..4/17/11
- 771 Ward, N..6/20/10
- 770 Douglas, R..8/20/10
- 770 Carter, J..2/19/11
- 766 Emelander, J..11/17/10
- 760 Pillado, J..4/9/11
- 760 Hedlesky, M..4/16/11
- 756 Kubeck, J..5/15/10
- 756 Carlquist, A..6/6/10
- 755 Yard, S..6/27/10
- 755 Griffin, M..12/11/10
- 755 Eucker, B..3/5/11
- 750 Billing, B..10/28/10
- 750 Payne, J..2/26/11
- 750 Dale, B..3/12/11
- 749 Cox, B..6/12/10
- 749 Tawalt, C..9/3/10
- 745 Cooper, 6/26/10
- 745 Cortad, N..8/21/10
- 744 McMacKen, G..7/31/10
- 744 Thompson, G..4/9/11
- 744 Pappillon, C..4/16/11
- 740 Bailey, C..6/6/10
- 740 Robinson, J..3/6/11
- 738 Bell, M..5/23/10
- 738 Guidry, E..10/23/10
- 735 Grandick, J..3/6/11
- 733 Lake, G..10/23/10
- 733 Higgins, R..2/26/11
- 725 Bake, S..6/26/10
- 725 Estevez, L..10/30/10
- 725 Maupin, P..11/13/10
- 725 Caton, K..3/6/11
- 722 Hartranft, G..6/12/10
- 722 Stevens, P..1/9/11
- 722 Weller, B..4/16/11
- 720 Hakola, P..8/20/10
- 716 Strong, R..3/5/11
- 710 Harris, M..10/28/10
- 710 Hodges, J..1/29/11
- 710 L'Italian, S..10/30/10
- 705 Holmes, C..11/6/10
- 705 Ellis, P..11/7/10
- 705 VonSchwedler, R..3/19/11
- 700 James..5/10
- 700 Obradovic, J..7/10/10
- 700 Bowsher, R..8/20/10
- 700 Kenner, T..11/6/10
- 700 Bowman, T..11/21/10
- 700 Garrett, H..2/12/11
- 700 Ledlitka, K..2/26/11
- 700 Cuestic, B..5/21/11
- 699 Koons, R..6/20/10
- 699 Bellon, S..9/25/10
- 699 Ferris, M..10/23/10
- 699 Diamond, P..1/29/11
- 688 Petty, N..4/9/11
- 685 Shackelford, J..1/29/11
- 685 Tooley, J..3/6/11
- 683 Soderqvist, L..8/28/10
- 683 Poitevien, E..9/25/10
- 683 Soehner, G..10/10/10
- 683 Dunn, J..4/23/11
- 680 Bolin, J..9/11/10
- 680 Elder, J..10/2/10
- 677 Lepine, N..5/15/10
- 677 Higgins, L..6/20/10
- 677 Hobmeier, M..7/31/10
- 677 Christie, M..8/21/10
- 677 Benter, J..1/11
- 677 Meyers, T..3/26/11
- 677 Martinez, F..3/27/11
- 675 Rial, N..7/24/10
- 675 Pappas, J..7/31/10
- 675 James, D..3/6/11
- 675 Thomas, C..3/26/11
- 672 Vincent, M..6/6/10
- 672 Droesser, W..3/19/11
- 672 McFadden, K..5/1/11
- 670 Allocco..7/31/10
- 666 Moore, R..5/16/10
- 666 Shipley, A..6/26/10
- 666 Tillinghast, G..8/7/10
- 665 Constant, J..6/12/10
- 665 Wood..7/31/10
- 665 Baggett, G..12/11/10
- 665 Drumm, J..2/19/11

TOTAL

- 2805 Hoff, D..3/6/11
- 2585 Vogelwohl, C..8/20/10
- 2578 Garcia, J..6/6/10
- 2550 Bell, M..5/23/10
- 2470 Bailey, C..6/6/10
- 2440 Grandick, J..3/6/11
- 2436 Best, A..9/25/10
- 2424 Griffin, M..12/11/10
- 2385 Carlquist, A..6/6/10
- 2370 Robinson, J..3/6/11
- 2355 Estevez, L..10/30/10
- 2350 Douglas, R..8/20/10
- 2347 Mello, C..6/6/10
- 2331 Johnson, M..3/19/11
- 2310 Hakola, P..8/20/10
- 2275 Payne, J..2/26/11
- 2250 Tooley, J..3/6/11
- 2248 Weite, N..3/12/11
- 2230 L'Italian, S..10/30/10
- 2225 Billing, B..10/28/10
- 2225 Maupin, P..11/13/10
- 2220 Shackelford, J..1/29/11
- 2215 Brown, M..8/7/10
- 2188 Lawrence, M..5/7/11
- 2175 Moose, J..6/6/10
- 2175 Drumm, J..2/19/11
- 2160 Baggett, G..12/11/10
- 2160 Caton, K..3/6/11
- 2154 Christie, M..8/21/10
- 2150 Crawford, B..12/11/10
- 2149 Vincent, M..6/6/10
- 2140 Stiefel, D..11/21/10
- 2125 Joyce, J..4/30/11
- 2100 Roush, M..8/20/10
- 2094 Arroyo, P..3/5/11
- 2083 Turner, P..4/1/11
- 2075 Ditillo, A..8/20/10
- 2075 Swank, M..11/6/10
- 2072 Pillado, J..4/9/11
- 2066 Edwards, J..3/4/11
- 2061 Higgins, R..2/26/11
- 2060 DeBoer, D..3/6/11
- 2055 Bowsher, R..8/20/10
- 2055 Carlile, J..8/10
- 2050 Fredette, C..11/13/10
- 2040 Nascimben, D..3/6/11
- 2033 Mastrean, M..5/1/11
- 2030 Newman, L..8/21/10
- 2017 Lilliebridge, E..4/17/11
- 2015 Tuchscherer, M..6/20/10
- 2006 Newell, M..6/6/10
- 2000 Bodenbender, T..10/30/10
- 2000 Yard, S..11/14/10
- 2000 Prince, E..3/6/11
- 2000 Breen, S..3/26/11
- 2000 Fields, B..4/9/11
- 1984 Neundorff, M..3/4/11
- 1978 Anderson, P..6/20/10
- 1978 Braswell, T..4/9/11
- 1962 Cardwell, M..3/19/11
- 1955 Obradovic, J..7/10/10
- 1951 Newman, B..5/23/10
- 1950 Bowman, T..11/21/10
- 1945 Wagner, G..12/4/10
- 1945 Gholson, A..3/9/11
- 1940 Kahle, R..8/10
- 1940 Irbay, W..2/12/11
- 1940 McFadden, K..5/1/11
- 1935 Stuchiner, M..3/5/11
- 1923 Hedlesky, M..4/16/11
- 1923 Collins, B..5/1/11
- 1920 Thomas, C..3/26/11
- 1915 Strelvel, B..3/6/11
- 1912 Soehner, G..6/20/10
- 1912 Ramsey, K..9/4/10
- 1912 Thompson, G..4/9/11
- 1910 Harris, M..10/28/10
- 1910 James, D..3/6/11
- 1901 Koons, R..6/20/10
- 1901 Balsood, D..6/20/10
- 1901 Hart, E..11/6/10
- 1901 Droesser, W..3/19/11
- 1900 Burke, M..11/21/10
- 1896 Salierno..5/10
- 1896 Fritz, A..5/1/11
- 1890 Lomangino, F..4/1/11
- 1884 Grant, S..7/17/10
- 1879 Christensen, T..4/30/11
- 1875 Ellis, P..11/7/10
- 1873 Gonzales, D..5/1/11
- 1870 Smith, M..11/6/10
- 1870 Mattei, J..11/21/10
- 1868 Meyers, T..3/26/11
- 1868 Weller, B..4/16/11
- 1868 Dobbins, S..5/15/11
- 1855 Malgrem, P..11/6/10
- 1851 White, L..9/25/10
- 1846 Johnson, A..6/20/10
- 1846 Hoard, D..12/5/10
- 1842 Tozer, B..5/15/10

RESULTS

GPA WORLD CHAMPIONSHIPS DEC 3-5 2010 » Jonesboro, GA

BENCH		115 lbs.		148 lbs.		165 lbs.		181 lbs.		198 lbs.		220 lbs.	
Rank	Name	Rank	Name	Rank	Name	Rank	Name	Rank	Name	Rank	Name	Rank	Name
	A. Williamson		A. Williamson		A. Williamson		A. Williamson		A. Williamson		A. Williamson		A. Williamson
72	C. Wooten	72	C. Wooten	72	C. Wooten	72	C. Wooten	72	C. Wooten	72	C. Wooten	72	C. Wooten
275	D. Roberson	275	D. Roberson	275	D. Roberson	275	D. Roberson	275	D. Roberson	275	D. Roberson	275	D. Roberson
374	E. Head	374	E. Head	374	E. Head	374	E. Head	374	E. Head	374	E. Head	374	E. Head
4th-402		4th-402		4th-402		4th-402		4th-402		4th-402		4th-402	
	T. Morgan		T. Morgan		T. Morgan		T. Morgan		T. Morgan		T. Morgan		T. Morgan
275	R. Tripp	275	R. Tripp	275	R. Tripp	275	R. Tripp	275	R. Tripp	275	R. Tripp	275	R. Tripp
418	Dumitna-ROU	418	Dumitna-ROU	418	Dumitna-ROU	418	Dumitna-ROU	418	Dumitna-ROU	418	Dumitna-ROU	418	Dumitna-ROU
	C. Foster		C. Foster		C. Foster		C. Foster		C. Foster		C. Foster		C. Foster
231	L. Hewitt	231	L. Hewitt	231	L. Hewitt	231	L. Hewitt	231	L. Hewitt	231	L. Hewitt	231	L. Hewitt
330	T. Hague	330	T. Hague	330	T. Hague	330	T. Hague	330	T. Hague	330	T. Hague	330	T. Hague
319	R. Glenn	319	R. Glenn	319	R. Glenn	319	R. Glenn	319	R. Glenn	319	R. Glenn	319	R. Glenn
	D. Deline		D. Deline		D. Deline		D. Deline		D. Deline		D. Deline		D. Deline
	W. Watts		W. Watts		W. Watts		W. Watts		W. Watts		W. Watts		W. Watts
	D. Deline		D. Deline		D. Deline		D. Deline		D. Deline		D. Deline		D. Deline
	C. Tatum		C. Tatum		C. Tatum		C. Tatum		C. Tatum		C. Tatum		C. Tatum
	D. Wagoner		D. Wagoner		D. Wagoner		D. Wagoner		D. Wagoner		D. Wagoner		D. Wagoner
	F. Lagunas		F. Lagunas		F. Lagunas		F. Lagunas		F. Lagunas		F. Lagunas		F. Lagunas
	K. Eubanks		K. Eubanks		K. Eubanks		K. Eubanks		K. Eubanks		K. Eubanks		K. Eubanks
	D. Overbay		D. Overbay		D. Overbay		D. Overbay		D. Overbay		D. Overbay		D. Overbay
	J. Rouse		J. Rouse		J. Rouse		J. Rouse		J. Rouse		J. Rouse		J. Rouse
	L. Baker		L. Baker		L. Baker		L. Baker		L. Baker		L. Baker		L. Baker
	C. Pearce		C. Pearce		C. Pearce		C. Pearce		C. Pearce		C. Pearce		C. Pearce
	B. Hinkle		B. Hinkle		B. Hinkle		B. Hinkle		B. Hinkle		B. Hinkle		B. Hinkle
	B. Conner		B. Conner		B. Conner		B. Conner		B. Conner		B. Conner		B. Conner
	J. Edward		J. Edward		J. Edward		J. Edward		J. Edward		J. Edward		J. Edward
	D. Chambers		D. Chambers		D. Chambers		D. Chambers		D. Chambers		D. Chambers		D. Chambers
	C. Oliver		C. Oliver		C. Oliver		C. Oliver		C. Oliver		C. Oliver		C. Oliver
	Mathewson		Mathewson		Mathewson		Mathewson		Mathewson		Mathewson		Mathewson
	K. Cox		K. Cox		K. Cox		K. Cox		K. Cox		K. Cox		K. Cox
	M. Rawlins		M. Rawlins		M. Rawlins		M. Rawlins		M. Rawlins		M. Rawlins		M. Rawlins
	B. Wolter		B. Wolter		B. Wolter		B. Wolter		B. Wolter		B. Wolter		B. Wolter
	C. Allen		C. Allen		C. Allen		C. Allen		C. Allen		C. Allen		C. Allen
	Spinardi-ARG		Spinardi-ARG		Spinardi-ARG		Spinardi-ARG		Spinardi-ARG		Spinardi-ARG		Spinardi-ARG
	D. Hoard		D. Hoard		D. Hoard		D. Hoard		D. Hoard		D. Hoard		D. Hoard
	Scarborough		Scarborough		Scarborough		Scarborough		Scarborough		Scarborough		Scarborough
	R. Paden		R. Paden		R. Paden		R. Paden		R. Paden		R. Paden		R. Paden
	J. Anderson		J. Anderson		J. Anderson		J. Anderson		J. Anderson		J. Anderson		J. Anderson
	D. Johnson		D. Johnson		D. Johnson		D. Johnson		D. Johnson		D. Johnson		D. Johnson
	Michelle Moodie		Michelle Moodie		Michelle Moodie		Michelle Moodie		Michelle Moodie		Michelle Moodie		Michelle Moodie
	Men Kyle Scott		Men Kyle Scott		Men Kyle Scott		Men Kyle Scott		Men Kyle Scott		Men Kyle Scott		Men Kyle Scott
	Submaster: Francisco Lagunas		Submaster: Francisco Lagunas		Submaster: Francisco Lagunas		Submaster: Francisco Lagunas		Submaster: Francisco Lagunas		Submaster: Francisco Lagunas		Submaster: Francisco Lagunas
	Bench Women: Dana Tripp		Bench Women: Dana Tripp		Bench Women: Dana Tripp		Bench Women: Dana Tripp		Bench Women: Dana Tripp		Bench Women: Dana Tripp		Bench Women: Dana Tripp
	Bench Men: Eric Head		Bench Men: Eric Head		Bench Men: Eric Head		Bench Men: Eric Head		Bench Men: Eric Head		Bench Men: Eric Head		Bench Men: Eric Head
	Men: Kevin Eubanks		Men: Kevin Eubanks		Men: Kevin Eubanks		Men: Kevin Eubanks		Men: Kevin Eubanks		Men: Kevin Eubanks		Men: Kevin Eubanks
	Mauro Spinardi		Mauro Spinardi		Mauro Spinardi		Mauro Spinardi		Mauro Spinardi		Mauro Spinardi		Mauro Spinardi

4th-SQ-248		DL-303	
248	M. Jones	226	341
484	F. Lagunas	391	523
451	K. Eubanks	325	530
468	D. Overbay	270	468
303	J. Rouse	286	424
330	L. Baker	242	308
517	C. Pearce	314	556
501	B. Hinkle	358	501
418	B. Conner	226	512
473	J. Edward	259	473
539	C. Oliver	369	622
512	Mathewson	363	512
528	K. Cox	374	528
551	M. Rawlins	297	495
501	B. Wolter	303	517
600	C. Allen	352	584
782	Spinardi-ARG	462	716
721	D. Hoard	473	650
562	Scarborough	248	506
551	R. Paden	424	479
639	J. Anderson	435	633

her existing world records with a squat of 80 kg., bench press 51 kg., deadlift 127.5 kg., and total 258.5 kg. in the 55-59 age category. Ariel Bulmash, coached by her dad Dr. Nelson Bulmash, competed at 56 kg. in the 13-15 age category setting new world records with a squat of 112.5 kg., 62.5 kg. bench, 130 kg. deadlift for a total of 305 kg. earning her best lifter honors for teenage women. Gail McCarty of Florida, competing after a long lay off, had a great day in the 60 kg. 55-59 age category with a squat of 75 kg., bench press of 47.5 kg., deadlift 107.5 kg. and total 230 kg. Aleisha Archie of North Carolina in the 16-17 age category 67.5 kg. weight class took a 4th attempt for a world record squat of 75 kg., bench 52 kg. and a 4th attempt world record deadlift of 122.5 kg., total 245 kg. New comer Jessica Jeffords had a good day in the 67.5 kg. open ladies class with a squat of 62.5 kg., bench press 52.5 kg., deadlift 120 kg. and total 235kg. Michelle Moodie of Illinois, coached by James Rouse, had all world records in the 40-44 age category 67.5 kg. weight class with a 130 kg. squat, 72.5 kg. bench and a 4th attempt deadlift of 147.5 kg. totaling 345 kg. to win best lifter of the women's division. In the 75 kg. class 16-17 age category Davona Dulla had a squat of 62.5 kg., bench 62.5 kg., deadlift 137.5 kg. for a total of 262.5 kg. Lisa Hichkad, Mother of four, entered the master 45-49 and open categories in the 75 kg. weight class winning both with a squat of 132.5 kg., bench 55 kg., deadlift 145 kg., total 332.5 kg. followed by runner up LuAnn Cook in the 45-49 age category 75 kg. weight class who had a squat of 78 kg., bench 45.5 kg., deadlift 100 kg., total 223.5kg. Carol Walker of Florida in the 75 kg. weight class 55-59 age category had a squat of 95 kg., bench press 40 kg., deadlift 105 kg. on a world record 4th attempt for a total of 235kg. Melanie Yakamovic in the 90 kg./20-23 class had a squat of 137.5 kg., bench 82.5 kg., deadlift 142.5 kg., total 342.5kg. Tressie Vance, coached by her Dad James Rouse, finished the ladies day with a squat of 112.5 kg. on a 4th attempt for a world record, bench 87.5 kg., deadlift 132.5 kg., finishing with a total of 330 kg. Teenage men had Kyle Scott winning best lifter in the teenage men's division with a squat of 197.5 kg., bench 130 kg., deadlift 227.5 kg., total 555 kg. in the 18-19 age category 67.5 kg. weight class. T.J. Conner won the 82.5 kg. weight class 18-19 age group with 4th attempt world record squat of 200 kg., bench 137.5 kg., deadlift 207.5 kg., total 537.5 kg. Andrew Halverson from North Carolina won the 13-15 age group 90 kg. weight class with a squat of 112.5 kg. on a 4th attempt for a world record, bench 75 kg., and a world record 4th attempt deadlift of 137.5 kg., total 305 kg. The junior men had two lifters. Mike Jones in the 90 kg. weight class won with a squat of 112.5 kg., bench press 102.5 kg., deadlift 155 kg., total 375kg. Followed by C.J. Allen who won the 125 kg. weight class with a squat of 272.5 kg., bench 160 kg., deadlift 265 kg., and total 697.5 kg. Best lifter honors went to Francisco Lagunas with the lighter bodyweight in the 90 kg. weight class with a squat of 220 kg., bench press 177.5 kg., deadlift 237.5 kg. for the winning total of 635 kg. bench press division. Dana Tripp won the ladies division 40-44 age group 52 kg. weight class with 32.5 kg. total which also won her best lifter honors in the women's division. Divale Roberson won the 20-23 age category 67.5 kg. weight class with 125 kg. Eric head won

the 67.5 kg. open class with 170 kg. finishing with a world record 4th attempt of 182.5 kg. Eric of the USA won best lifter honors on body weight over Dan Dumitnache of Romania in the 75 kg. weight class who finished with a world record 190 kg. bench. Russ Tripp won the 75 kg./40-44 division with 125kg. Lincoln Hewitt won the 82.5 kg. weight class 13-15 age group with 105 kg. Trey Hague won in the 82.5 kg. open category with 150 kg. R. Garry Glenn won the master 90 kg./55-59 age category with 145 kg. In the 100 kg. weight class Andy Williamson won the 45-49 age category with 145 kg. followed by Chester Wooten who continues to amaze with a 185 kg. bench press at the age of 68 to win the 65-69 age group. Teenager Dylan Wagoner won the 16-17 age group 110 kg. weight class with 185 kg. Also in the 110 kg. weight class was Chris Emerick who won with 4th attempt 205 kg. world record. Rounding out the 110 kg. class was Todd Morgan winning the 40-44 age group with 200 kg. In the 140 kg. open division Cleve Tatum made an easy 227.5 kg. bench for the open win. Chris Foster finished the 140 kg. class with a win in the 40-44 age group with 185kg. Two final competitors in the 140+ kg. weight class finished with 215 kg. for Wayne Watts in the 45-49 age group and Dave Deline won the 55-59 age group with 85 kg. Dane Callahan lead off the final day on Sunday winning the open 67.5 kg. weight class with a 4th attempt world record squat of 182.5 kg., bench 107.5 kg., deadlift 207.5 kg. with the winning total of 485 kg. Dan Dumitnache of Romania, in the open 75 kg. weight class, started a good day with squat 305 kg., bench 190 kg., but ran into trouble when he could not complete the deadlift. Gary Brown of the USA in the 75 kg. weight class 55-50 age category had a squat of 160 kg., bench 122.5 kg., deadlift 182.5 kg., total 465 kg. Rounding out the 75 kg. class was Danny Thompson in the 60-64 age group with a squat of 142.5 kg., bench 82.5 kg., deadlift 162.5 kg., total 387.5 kg. In the 90 kg. Weight class open division Chris Pearce had a 235 kg. squat, 142.5 kg. bench, 252.5 kg. deadlift for the winning total of 630 kg. Brian Hinkle finished with 227.5 kg. squat, bench 162.5 kg., deadlift 227.5 kg. for 617.5 kg. to claim the silver medal. Brandon Conner had a squat of 190 kg., bench 102.5 kg., deadlift 232.5 kg. for the bronze medal win of 525 kg. Kevin Eubanks had a great day on a bum knee in the masters 40-44/90 kg. weight class with a 205 kg. squat, 147.5 kg. bench, 4th attempt world record deadlift of 255 kg. for the winning total of 597.5 kg. which also won for him the best lifter honors in the master age group. In the 90 kg./50-54 age group Danny Overbay had a squat of 212.5 kg., bench 122.5 kg., deadlift 212.5 kg. for the winning total of 547.5 kg. Ageless James Rouse, in the 65-69 age group 90 kg. weight class, had a world record squat of 137.5 kg., bench 130 kg., deadlift 192.5 kg. for a total 460 kg. To round out the 90 kg. weight class in the 70-74 age group L.B. Baker had a squat of 150 kg., bench 110 kg., deadlift 140 kg. for a total of 400 kg. In the 100 kg. open weight class Cardell Oliver had a 245 kg. squat, bench 167.5 kg., deadlift 282.5 kg. for the winning total of 695 kg. In the silver position was David Mathewson with a squat of 232.5 kg., bench 165 kg., deadlift 232.5 kg., total 630 kg. Joey Edwards won the 100 kg. 40-44 group with a squat of 215 kg., bench 117 kg., deadlift 215 kg., total 547.5 kg. A battle

in the open 110 kg. weight class was won by Kevin Cox with a squat of 240 kg., bench 170 kg., deadlift 240 kg., total 650 kg. The silver medal was claimed by Matt Rawlins with a 250 kg. squat, a 135 kg. bench, a 225 kg. deadlift, and a 610 kg. total. In the bronze was Blade Wolter with a 227.5 kg. squat, 137.5 kg. bench, 235 kg. deadlift and a total of 600 kg. Some of the weight lifted here brings to mind equipped totals of the not to distant past. It appears that raw lifting is bringing out the real strength of most athletes. An example follows in the 125 kg. open weight class. Mauro Spinardi of Argentina displayed brute strength with a 355 kg. squat, 210 kg. bench, 325 kg. deadlift, for a world record total of 890 kg. to win the 125 kg. open division. Mauro also won best lifter open men and champion of champions of all lifters. Darrell Hoard of the USA was not far behind with a PR squat of 327.5 kg., bench 215 kg., deadlift 295 kg., for the silver winning total of 837.5 kg. Brandon Scarbrough was in good company to win the bronze medal with a squat of 255 kg., bench 112.5 kg., deadlift 230 kg., total 597.5 kg. Joshua Anderson of the USA had a great day to win the open 140 kg. weight class with a squat of 290 kg., 4th attempt world record bench of 202.5 kg., deadlift 287.5 kg., total 775 kg. In the 140 kg. master 40-44 age group Robert Paden won with a 250 kg. squat, 192.5 kg. bench and a 4th attempt world record deadlift of 227.5 kg., total 660 kg. When a 4th attempt is taken for a world record it is not included in the total. So concludes the first annual Global Powerlifting Alliance Raw Powerlifting Championships. The Global Powerlifting Alliance is the only World Organization dedicated to Raw Powerlifting. We have two bids for the 2011 World Championships and one firm bid for 2012. Decisions will be made before Jan 1, 2011. We hope to see all of you next year and following years.

» courtesy L.B. & Svetlana Baker



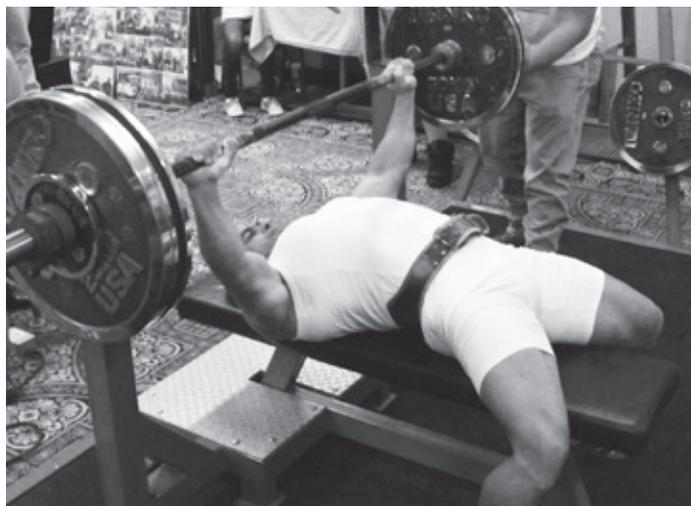
Joshua Anderson of the USA



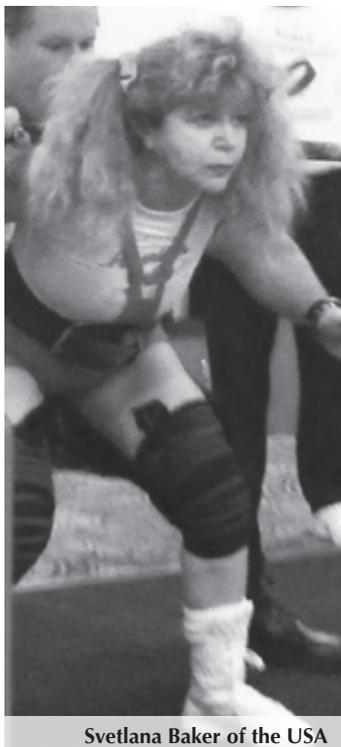
Darrell Hoard of the USA



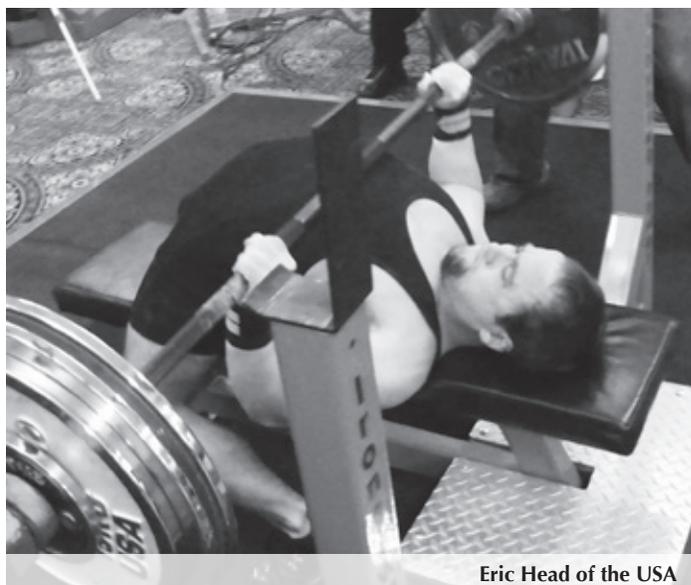
Mauro Spinardi of Argentina



Dan Dumitnache of Romania



Svetlana Baker of the USA



Eric Head of the USA

RESULTS

SLP MICHIGAN OPEN JUN 18 2011 » St. John's, MI

BENCH	R. Smith	315
FEMALE	<i>Master (50-54)</i>	
Raw	275 lbs.	
Submaster	R. Zimmerman	375
148 lbs.	308 lbs.	
A. Ebaugh	100	505*
<i>Master (45-49)</i>		
114 lbs.	220 lbs.	
B. Barrett	100*	335*
MALE	<i>Master (70-74)</i>	
Novice	198 lbs.	
242 lbs.	B. Pearce	145*
J. Soule	385*	<i>Open</i>
275 lbs.	148 lbs.	
D. Soule	385*	275
<i>Teen (13-15)</i>		
220 lb.	D. Golightly	275
A. Floate	240*	300
<i>4th-255*</i>		
Submaster	R. Handrinos	505
242 lbs.	DEADLIFT	
T. Fontanesi	FEMALE	
385	<i>Open</i>	
J. Conley	275 lbs.	
475*	R. Johansen	230*
Open	<i>4th-240*</i>	
SHW	MALE	
J. Thurlow	<i>Novice</i>	
600*	275 lbs.	
Raw	D. Soule	475*
Elite Junior	<i>Teen (13-15)</i>	
148 lbs.	148 lbs.	
V. Denis	175*	200
Novice	J. Naert	200
220 lbs.		
J. DesVoignes	355	4th-210
242 lbs.	275 lbs.	
S. Munford	255	<i>Teen (18-19)</i>
SHW	181 lbs.	
J. Ebaugh	S. Olson	460*
<i>Teen (13-15)</i>	220 lbs.	
148 lbs.	C. Thum	465*
J. Naert	100	<i>Junior</i>
<i>4th-120</i>		
275 lbs.	198 lbs.	
C. Kindlle	225*	J. Handrinos
<i>Teen (18-19)</i>		510
220 lbs.	220 lbs.	<i>Master (40-44)</i>
C. Thum	385*	M. Gorman
Junior		510
198 lbs.	165 lbs.	<i>Master (45-49)</i>
J. Handrinos	R. Fox	440*
335	<i>Master (50-54)</i>	
Submaster	275 lbs.	
198 lbs.	R. Zimmerman	520
J. Chowhan	350*	<i>Open</i>
<i>Master (40-44)</i>		
220 lbs.	148 lbs.	
M. Gorman	315	D. Golightly
<i>Master (45-49)</i>		470*
165 lbs.	220 lbs.	
	G. Gopoian	450

*=Son Light Power Michigan State Records. Best Lifter Bench Press Assisted: Jeff Thurlow. Best Lifter Bench Press Raw: Randy

Handrinos. Best Lifter Deadlift: David Golightly. The Son Light Power Michigan Open Bench Press & Deadlift Championship was held June 18, 2011 at Iron House Fitness Center in St. John's, Michigan. Thanks to owners John and Tracy Draher for hosting this event. In the assisted bench press competition Jacob Soule broke the Michigan state record at novice 242 with 385. Dennis Soule finished with that same weight at 275 for the state record there. Andrew Floate broke the state record at 13-15/220 with his personal best 255. For the submaster division it was Tony Fontanesi for the win at 242 with 385 while Joe Conley took the 275 class with a new state record of 475. Our final assisted lifter was also our best lifter, Jeff Thurlow. Jeff won at open SHW with a new state record of 600. In the raw division Victor Denis broke the state record at elite junior 148 with his 175 final attempt. Victor, who is autistic, is an inspiration to us all. Alyssa Ebaugh, lifting in her first competition, won at submaster 148 with 100. Becky Barrett, also a first-timer, won at 45-49/114, setting the state record with 100. For the novice men Josh DesVoignes won at 220 with 355 while Steven Munford won at 242 with 255. Jerome Ebaugh broke the state record at SHW with an easy 405. We had two brothers lift at 13-15, Josh Naert and Cory Kindlle. Twelve year old Josh won at 148 with 120 while Cory set the state record at 275 with 225. Our third teenager was Chad Thum, who broke the state record at 18-19/220 with 385. John Handrinos won at junior 198 with 335 while Joseph Chowhan set the mark at submaster 198 with 350. Mike Gorman won at 40-44/220 with 315 while Ron Smith took the 45-49/165 class with 315 as well. At 50-54/275 it was Ray Zimmerman with 375, just missing 400. Best lifter Randy Handrinos won at 50-54/308 and open 308 as well, posting a new state master record with 505. Tom Denis took three attempts, but finally got in his state record opener of 335 at 55-59/220. Our oldest competitor, 72 year old Bill Pearce, set the state record at 70-74/198 with 145. In the open division it was David Golightly at 148 with 275 and George Gopoian for the win at 220 with 300. Moving to the deadlift competition, it was Rachel Johansen with a gutsy 240 state record final attempt for the win at open 123. Dennis Soule got his second state record of the day at novice 275 with his 475 pull. Josh Naert finished with a new personal record at 13-15/148 with 210 while brother Cory Kindlle set the state record at 275 with 375. Spencer Olson broke the state record at 18-19/181 with 460 while Chad Thum got his record at 220 with 465. John Handrinos hit 510 at junior 198

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while Mike Gorman finished with that same weight at 40-44/220. Robert Fox broke his own state record at 45-49/165 with a strong 440 pull while Ray Zimmerman won again at 50-54/275 with a solid 520. Best lifter in the deadlift competition, David Golightly, finished with a new state record of 470 with his win at open 148. Our final puller was George Gopoian, who finished with 450, leaving much more on the platform. Thanks to my son Joey Latch, Jerome Ebaugh and John Draher for loading and spotting and to Jerome and Mr. Naert for serving as our side judges. See you all again next year.
» courtesy Dr. Darrell Latch

SLP OAKLAND CLASSIC

JUN 5 2011 » Oakland, TN

BENCH	<i>Open</i>	
MALE	242 lbs.	
<i>Master (45-49)</i>	B. Hanna	440
242 lbs.	MILITARY PRESS	
A. Cristler	MALE	
550*	<i>Master (45-49)</i>	
Open	242 lbs.	
242 lbs.	R. Gray	165*
T. Hamilton	530	<i>Novice</i>
Raw	242 lbs.	
Novice	R. Gray	165*
220 lbs.	<i>Open</i>	
J. Chism	360	242 lbs.
275 lbs.	B. Hanna	265*
C. Huff	455*	R. Gray
<i>4th-465*</i>		165
Teen (13-15)	CURL	
105 lbs.	MALE	
D. Hanna	<i>Novice</i>	
65*	242 lbs.	
Junior	J. Heigel	200*
275 lbs.	DEADLIFT	
E. Smith	375	FEMALE
Submaster		<i>Master (40-44)</i>
220 lbs.	123 lbs.	
S. Kelly	320	Pt Henley
<i>Master (40-44)</i>		320*
220 lbs.	MALE	
R. Farley	<i>Novice</i>	
385	181 lbs.	
<i>Master (45-49)</i>	R. Atkinson	475
181 lbs.	M. Ballard	300*
M. Ballard	300*	K. Stegall
<i>Master (55-59)</i>		500*
220 lbs.	242 lbs.	
J. Coll	355*	C. Runnels
<i>4th-365*</i>		300*
242 lbs.	<i>4th-325*</i>	
T. Itterly	350*	<i>Junior</i>
275 lbs.	275 lbs.	
M. Webb	405*	E. Smith
<i>4th-415*</i>		650*
		J. Cooper
		500
		<i>Master (40-44)</i>

Open
J. Holub 500*
4th-510*
220 lbs.
S. Lovitt 600
242 lbs.
T. Hamilton 580
4th-600
2-Man
275 lbs.
Wilkinson/Henley 965*
A. Crisler 670*
*=Son Light Power Tennessee State Records. Best Lifter Bench Press: Andrew Cristler. Best Lifter Deadlift: Andrew Crisler. The Son Light Power Oakland Classic Open Push Pull & Press Championship was held June 5, 2011 at 24/7 Fitness in Oakland Tennessee. Many thanks to Tom Itterly for all his help organizing and promoting this competition. In the raw bench press event Justin Chism won at 220 with 360 while Clayton Huff set the state record for the 275 class with 465. Dalton Hanna set the state record for his class, 13-15/105 with 65. In the junior division Elisha Smith, state record holder at 242, moved up to 275 to finish with his personal best 375. Steve Kelly won at submaster 220 with 320 while Rick Farley took the 40-44/220 class with 385. There was quite a battle at 45-49/181, with both Marcus Ballard and Michael Curland finishing with a new Tennessee state record of 300. Marcus won out over bodyweight. At 55-59 Joe Coll broke his own state record at 220 with 365 while Tom Itterly did the same at 242 with 350. Our final lifter in that age group was Mike Webb, who set the state record at 275 with 415. In the open division it was Billy Hanna with 440 for the win at 242. For the assisted benchers best lifter Andrew Crisler set a new PR and state record for the 45-49/242 class with 550. Trey Hamilton won at 242 open with 530. In this competition we also had a military press event. Robert Gray set state records for the 45-49 and novice 242 classes with 165. Robert also placed second in the open division behind Billy Hanna, who finished with a new state record of 265. In the curl event, lone competitor Joshua Heigel set the state record at novice 242 with 200. Moving to the deadlift event Pat Henley broke the state record at master women 40-44/123 with a strong 320. Richard Atkinson hit 475 at 181 while Kevin Stegall broke the record at 198 with 500 in the novice division. Corbin Runnels broke the state record for his class, 13-15/242 with 325. In the junior division Elisha Smith broke the state record at 275 with 650 while Jonathan Cooper finished second with 500. Joe Holub broke the state record at 40-

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44/220 with 510 while John Brandon won at 242 with 405. It was Richard Moore for the win at 45-49/198 with 520 while best lifter Andrew Cristler broke the state record at 242 with 670. In the open division Swep Lovitt won at 220 with 600 while Trey Hamilton rounded out the field with 600 at 242. We did have a 2-man team consisting of James Wilkerson and Jeff Henley who pulled a new state record of 965 for the open/275 class. They could have pulled more but that was all the weight we could get on the bar! Thanks to my side judges Larry Runnels and Will Davis for doing a great job and to my son Joey Latch and others who helped with the loading and spotting. See you all again October 1 for the SLP Tennessee State!

» courtesy Dr. Darrell Latch

SLP PLATINUM FITNESS OPEN

MAY 14 2011 » Tulsa, OK

BENCH	R. Rodich	150*
MALE	4th-155*	
<i>Submaster</i>	<i>Open</i>	
275 lbs.	181 lbs.	
K. Loudermilk	605*	165*
<i>Master (45-49)</i>	4th-170*	
275 lbs.	DEADLIFT	
M. Lewis	365*	FEMALE
<i>Master (50-54)</i>	<i>Open</i>	
198 lbs.	181 lbs.	
Radmilovich	280	C. Gavra
<i>Open</i>	4th-300*	275*
242 lbs.	MALE	
S. Trotman	550	<i>Novice</i>
<i>Raw</i>	165 lbs.	
<i>Novice</i>	J. Meade	435
148 lbs.	198 lbs.	
A. Xiong	215	J. Goddard
<i>Teen (16-17)</i>	4th-485	465
181 lbs.	242 lbs.	
R. Rodich	250	D. Hatheway
4th-255*	SHW	450
<i>Teen (18-19)</i>	G. Bread	360*
275 lbs.	4th-385*	
C. Hankins	385*	<i>Junior</i>
<i>Junior</i>	181 lbs.	
308 lbs.	K. Daugherty	455
M. Simpson	425*	<i>Master (45-49)</i>
<i>Submaster</i>	275 lbs.	
220 lbs.	M. Lewis	405*
R. Thomas	400*	4th-425*
242 lbs.	<i>Master (50-54)</i>	
S. Orrick	465	242 lbs.
<i>Master (45-49)</i>	J. Murphy	450*
198 lbs.	<i>Master (55-59)</i>	
R. Rodich	350*	220 lbs.
242 lbs.	W. Warren	350*
K. Miller	340*	<i>Open</i>
<i>Master (65-69)</i>	198 lbs.	
220 lbs.	D. Law	405
W. Smith	235	4th-425
4th-240	242 lbs.	
CURLS	S. Trotman	525
MALE	275 lbs.	
<i>Teen (16-17)</i>	M. Dalpoas	535
181 lbs.		

*=Son Light Power Oklahoma State Records. Best Lifter Bench Press: Kevin Loudermilk. Best Lifter Deadlift: Kevin Daugherty. The Son Light Power Platinum Fitness Open Bench Press & Deadlift Championship was held at Platinum Fitness in Tulsa, Oklahoma. Thanks to owners Jim and April Parham for once again hosting this event. In the assisted bench press event best overall lifter Kevin Loudermilk hit a new state record 605 for the submaster 275 class with his win there. Kevin is just back from neck surgery of last year and is looking for his first 700 bench later this year. Mark Lewis broke the state record at 45-49/275 with his PR 365 while

Paul Radmilovich won at 50-54/198 with 280. Our final assisted lifter was Steven Trotman, who hit a strong 550 at open 242. For the raw lifters it was Anderson Xiong for the win at novice 148 with 215. Reid Rodich broke the state record for the 16-17/181 class with 255 while Cody Hankins established a new state record at 18-19/275 with 385. Michael Simpson set the mark at junior shw with 425 while Ron Thomas hit a new state record for the submaster 220 class with 400. Steve Orrick won at 242 with the biggest raw lift of the meet, 465. In the 45-49 age group Roger Rodich broke the state record at 198 with 350 while Ken Miller did the same at 242 with 340. Our final raw lifter, sixty-nine year old Win Smith, won at 65-69/220 with 240. We had two curlers, both of which established new state records for their respective classes. Reid Rodich finished with 155 at 16-17/181 while Brandon Turner, last year's national overall lifter, won at open 181 with 170. In the deadlift event, first-timer Cecilia Gavra broke the state record at open 181 with 300. For the men we had four novice lifters. At 165 it was Joe Meade with 435 while Jimmy Goddard won at 198 with 485. Daniel Hatheway took the 242 class with 450. Our final novice lifter set the state record for his class, SHW. Gene Bread finished with 385. Kevin Daugherty pulled a solid 455 at a 171 bwt. for the win at junior 181 and the best lifter award. Mark Lewis got his second state record of the day at 45-49/275 with his personal best 425. James Murphy also got in a new state record for his class, 50-54/242, finishing with 450. At 55-59/220 it was Walter Warren with another state record of 350. In the open division Don Law won at 198 with 425. Steven Trotman guest-lifted at 242, finishing with 525 while Mike Dalpoas won at 275 with 535. Thanks to my side judges, Jim Parham and Luke Owens, who did a great job. Thanks again to Pam Lewis who took some great pictures and to my son Joey Latch, James Murphy and others who helped with the spotting and loading duties. See you all this fall at the nationals!

» courtesy Dr. Darrell Latch

USPA CENTRAL MAINE PP/BP

JUN 18 2011 » Bangor, ME

BENCH				
<i>Single-Ply</i>				
308 lbs.				
<i>Master (55-59)</i>				
M. Socoby	441			
Push Pull		BP	DL	TOT
181 lbs.				
<i>Single-Ply</i>				
198 lbs.				
<i>Open</i>				
D. Jackson		226	353	579
242 lbs.				
<i>Master (40-44)</i>				
D. Palmer		303	452	755
<i>Multi-Ply</i>				
181 lbs.				
<i>Open</i>				
D. Cyr		529	584	1113
198 lbs.				
<i>Open</i>				
K. Johnson		513	573	1086

Meet Director: Rob Meulenberg. Thanks to the Silo Barbell Club. Master Score Sheet: Rob Meulenberg. Thanks to our Referees: Rob Meulenberg, National, Louie Morrison, State, Paul Dosen, State. Thanks to our spotters & loaders: Josh Gottlieb, Jeff Melmed, Jason Godin.

» courtesy Steve Denison

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WOW!! THE \$5000 CASH & THE UPC BELT IS STILL UP FOR GRABS IN ATLANTA
WHO WILL BE THERE? WHO WILL WIN? WHO WILL TAKE THE LEAD?
WHO WILL WIN THE UPC BELT AT ATLANTA? WHO WILL WIN THE UPC BP BELT?
IT ALL HAPPENS IN ATLANTA

Current Standings to win The Ultimate Powerlifting Championship Belt
AFTER 2 SHOWS
Wikies Totals and Leaders from Show 1 RUM 4 & Show 2 ABF EUROPA Orlando

Mens Overall #1 Scott "superman" Weech 1087 points #2 Perry "styling" Ellis 1011 points #3 Tony Conyers "the legend" 1004 points #4 James "Showboat" Jacobs 911 points #5 Jason McEroy 890 points #6 Tom Rossell 885 points
Tom Rossell is going on Scott Who will win in Atlanta and New Orleans

Womens Overall #1 Taylor Stallings 1018 points #2 Ann Vanderbush 866 #3 Jenn Rotinsinger 865 points After one show #4 April Mathis 585 points #5 Iryna Piatrovich 479 229 points #6 Sony Baldwin 465 181 points
Ann and Iryna are right on the back of Taylor - Iryna wins April comes in 1 and is already in 4th place

Bench ONLY #1 Al Davis 162,806 points #2 Jeremy Hoorstra 156,853 points #3 Phillip Brewer 153,639 points #4 Greg Doucette 152,231 points #5 Verry Special Michael Hummel 137,38425 points
Big Al Davis is in 1st place and is going on Scott Who will win in Atlanta and New Orleans

Who will take the lead in Atlanta? WHO WILL WIN THE UPC BP BELT?

Deadlift ONLY #1 Richard Hawthorne 230 291 points #2 Jared Wilsey 195 719 points #3 AJ Loretto 180 096 points #4 Young 11yo Zach Seymour 166 267 points #5 Doug Phan 164 499 points The deadlift is wide open Come to Atlanta and NOLD Tenn and win it.

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ARE POWERLIFTERS ATHLETES? »»

of themselves.

JON SMOKER: This is kind of a variation on the old question, "Are powerlifters athletes?" and what I've found over the years is that most of all the really elite powerlifters had excelled in at least one other sport. Pacifco was a very good athlete—it's in his genes—look at what his son's been able to accomplish. A lot of very good ex-football players have excelled at powerlifting, as well as ex-Olympic lifters, especially in European countries. As we all know, that sport requires exceptional athleticism. At the '76 Olympic games, athletes from various sports were tested for reflex speed and the lifters came out on top. I, on the other hand, was a pretty good athlete and that's pretty much the level I attained in powerlifting. The fact that I've been able to set a lot of Master records has far more to do with longevity genes than athletic ones.

As for appearance, that's incidental to what a powerlifter is trying to accomplish. While there have been some very good powerlifters with classic, athletic physiques—like Rick Gaugler and Roger Estep—probably the more prototypical powerlifter has been built more like a refrigerator because a thick (not fat) waist helps in the squat and deadlift from a more muscle fibers engaged perspective, and better leverage, particularly in the squat. The more solid muscle I put on, the better my squat became pound for pound because my leverage kept getting better. So, I would say any powerlifter should be concerned about their appearance from the standpoint that fat will not help them lift more. If you look in the mirror and see fat around the waist, you need to seriously think about dropping down a weight class. You're just handicapping yourself against trim lifters in your weight class. Which brings us to supers. Again, especially in the squat, any kind of extra weight around the middle, will help them with leverage. As Alexeyev got fatter, his world records kept increasing; he knew what he was doing, that the extra weight acted as more ballast. And while he certainly didn't look like a Greek statue of an athlete, he was one of the best ever. Proving once again, appearances can be deceiving because, on the other hand, we've all known bodybuilders who tried powerlifting and weren't all that much.

DAVE RICKS: Of course powerlifters are athletes. They have to put in countless weeks of training in preparation for a contest. Also, if they have to drop body weight to compete in a certain weight class, then they have to be very aware of their nutrition. Due to the natural benefits of long weeks of training, a powerlifter's appearance will take care of itself. To increase the level of performance, a powerlifter's body will develop a more muscular appearance. For the male powerlifter this is not a problem, but for the female powerlifter it might be considered a bit less female according to some people's standards.

MIKE MCDANIEL: My answer is yes, with cor-

responding levels of athleticism and competition matching that of other sports except for not having a professional level/structure.

AL CASLOW: Powerlifters are absolutely athletes. Everything involved in the sport is physical and mental. The subtle advantages pathetically are that of coordination and natural ability—items defining and separating athletes in all sports. As for appearance, it's a yes and no answer for me. Yes to the degree of manageable health; no in terms of direct relation to strength. This is a personal issue though, far too independent to suggest right and wrong. Personally, overweight is never an option.

WADE JOHNSON: Of course they are athletes. Appearance? They aren't bodybuilders. They are trying to lift the most weight. Looks are secondary to weight lifted.

SIOUXZ HARTWIG-GARY: Bob, I could answer this in two words: yes and yes.

STEVE DENISON: Powerlifters are athletes. It is up to the individual if he or she wants to be concerned about their appearance. Some powerlifters are concerned about their appearance and try to keep themselves fit. Others don't care about their appearance, but more about how much weight they are putting up in training and competition. One reason to be concerned is if your overall health is being compromised by being overweight. Many lifters hate doing cardio, but will watch their protein intake and overall calories to stay in somewhat decent shape. It is all up to the individual, but I personally think powerlifters should be concerned about their appearance. Being strong and having a decent appearance at the same time is a good thing for the individual and for promoting the sport as well.

RYAN CELLI: I would consider powerlifters

athletes. It takes speed, strength, coordination and mental toughness to powerlift. It's too bad we don't get paid like professional athletes. I think powerlifters should be concerned about their appearance, as some of the all-time best have had incredible physiques. Unfortunately, some get caught up in more is better when it comes to body weight. This isn't always true! Yes, there is a correlation between strength and body weight, but I think being too heavy and carrying too much body fat can hinder your strength gains. Add some cardio work, eat clean, and do some bodybuilding movements and watch what happens!

BRIAN SCHWAB: According to Webster's Dictionary, an athlete is defined as: *A person trained or gifted in exercises or contests involving physical agility, stamina, or strength; a participant in a sport, exercise, or game requiring physical skill.* According to this definition, powerlifters are definitely athletes, and I agree. Anyone who trains themselves to perform to the best of their ability in a given activity that requires physical skill, and in our case strength, should be considered an athlete. Since ESPN "The Worldwide Leader in Sports" shows poker, pool tournaments, curling, bowling and others that require far less physical skill than powerlifting—we are definitely athletes. I think powerlifters should be concerned about their health, but not necessarily their appearance. Having a better appearance isn't going to make a better powerlifter, but being healthy will increase longevity in the sport. «

This concludes the discussion for the month. I find it interesting to hear other lifter's points of view. Hopefully some day powerlifting will find some common ground on all subjects. If you have a subject you would like to see discussed, contact lambertplusa@aol.com or bobgaynor@comcast.net. If you would like to serve on the Forum Panel, contact bobgaynor@comcast.net.



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strong man was invited to compete with only one week's notice. He pulled 815 lb. weighing 223 lb. last year to take third. Then only 6 months later, he pulled 865 lb. to take second to Benedikt Magnusson. Eriek Nickson, on the WABDL World Championships in 2010, nearly pulled 750 lb. at 165 lb. and added 32 lb. to the existing world record with a 716 lb. pull! Ryan Snelling will be back to pull 4.5 times body weight.

The women's competition is amazing and it is shaping up to be an extremely close battle! Kimberly Walford has the highest qualifying Schwartz formula score with her 507 lb. deadlift. She is followed closely by the super strong Taylor Stallings who has the biggest pull of the qualifiers so far at 518. Next, is Jennifer O'Neil. She is trained by the legendary Gerry McNamara from Ireland and she is coming from Ireland to grace the NOTLD stage with her power. She is less than two points from Taylor Stallings in the rankings! Ms. O'Neil pulled 484 at a body weight of 148! Cheryl Anderson is a USAPL National champion and WABDL world champion and world recorder holder in the deadlift! She will be bringing her newest fan, one year old Spence! That's right, she could very well win it only a year after giving birth and taking nine months off from training! Rheta West rounds off the top five women with a highly impressive 457 lb. pull at a body weight of 148! She has powerlifted for four years and she is already one of the top female lifters in the U.S.

This is the website: www.nightofthelivingdeadlift.blogspot.com. Check it often to keep updated and make sure you get there—because I feel sorry for you if you miss this historic showdown!!! Andy Bolton's gauntlet is delivered to powerlifters, especially Benedikt Magnusson, all strongman competitors, weightlifters, football players, anyone who thinks they're strong. Come down to Tennessee and let the battle begin. «

This will be the greatest deadlift competition ever and here are some more of the unbelievable line-up for NOTLD:

1. Richard Hawthorne 610 @ 132 (496.91)
2. Andy Bolton (England) 1008 @ 350 (488.38)
3. Tom Eiseman 772 @ 181 (479.72)
4. Tom Martin (England) 772 @ 181 (479.72)
5. Eriek Nickson 715 @ 165 (475.90)
6. Markus Williams 647 @ 146 (472.64)
7. Orlando Green 865 @ 230 (471.33)
8. Carlos Rijos 700 @ 165 (465.92)
9. Jeremy Scruggs 546 @ 127 (463.17)
10. Brandon Cass 825 @ 222 (455.73)
11. Chris Jenkins (Wales) 774 @ 198 (453.64)
12. Doc Holloway 620 @ 148 (452.23)
13. Ryan Snelling 665 @ 162 (449.07)
14. Thomas Land 805 @ 242 (432.04)
15. Drew Sheffield 805 @ 247 (430.03)
16. Vincent Urbank 840 @ 298 (427.39)
17. James "Pitbull" Searcy 870 raw @ shw (425.17)
18. Nick Roman 800 @ 256 (424.32)
19. Jason Davis 720 @ 198 (421.99)
20. Dave Schwab 815 @ 285 (420.38)
21. Rob Hanners 625 @ 165 (418.00)
22. Chris Dellafave 750 @ 220 (415.88)
23. Derek Wilcox 665 @ 181 (413.23)
24. John Bostick 727 @ 210 USPF Olympia (412.21)
25. Darren Dorn 700 @ 198 (410.27)
- Damon Mayers 689 @ 195 (407.61)
- David Hansen 655 @ 181 (407.02)
- Rich Sadiv 694 @ 198 (406.75)

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deadlift competition

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- Mark Ferris 750 2 242 (402.53)
- Jason Milligan 605 @ 170 (393.67)
- Robert Dale 750 @ 269 (393.60)
- Willis McCoy 535 @ 148 (390.23)
- Brian Kiraly 622 @ 181 (388.19)
- Steve Coyne 555 @ 158 (382.56)
- Mitch Edelstein 700 @ 229 (382.06)
- Charlie Conner 570 @ 172 (372.84)
- Charlie Lyons 680 @ 230 raw (370.53)
- Anthony McCloskey 705 @ 227 (385.06)
- Chris Lindemuth 710 raw @ 308 (357.63)
- Nicholas Ledbetter 640 @ 223 (352.90)
- Jack Monroe 601 @ 199 (351.16)
- Jed Lee 518 @ 165 (344.78)
- Nick Tsangeos 446 @ 148 (325.31)
- Jason Revis 520 @ 180 (324.38)
- Wayne Stover 500 @ 181 SPF Feb, 2011 (313.81)
- Zack Seymour 237 @ 78 (303.43)
- Adam Sizemore

Below is a list of the women as of July 13, 2011:

1. Kimberly Walford 507 @ 147 (398.86)
2. Taylor Stallings 518 @ 163 (377.78)
3. Jennifer O'Neil (Ireland) 484 @ 148 (376.02)
4. Cheryl Anderson 353 @ 105 (367.29)
5. Rheta West 457 @ 148 (357.69)
- Rebekah Schmidt 502 @ 171 (353.41)
- Sandra Sebastian 467 @ 162 (341.94)
- Rhonda Clark 462 @ 164 (335.32)
- Anna McCloskey 455 @ 177 (312.40)
- Jennifer Payne 370 @ 165 (267.51)

Many other strongman competitors may show up. Here is a brief list of strongman competitors that didn't appear on the above list, but are going to do their best to be there:

- Derek Poundstone
- Nick Best
- David Hansen

CONTEST SPOTTING »

One note before I move on; I've noticed that as the squats proceed, the racks tend to get pushed forward because of all the re-racking of the bars after attempts. In some cases, the base of the racks could start to come off the platform and create another hazard possibly tipping forward. The spotters as well as the head judge must watch for this. If the racks end up too far forward, the spotters should immediately reposition the rack before the next attempt. Also the racks may become uneven; if this is the case, the spotters must reset the racks before the next lifter takes his attempt.

The bench press also requires a great deal of attention. If the bar drops during the lift, it will fall directly on the lifter. At a national meet I attended, a 500-pound plus lift fell right out of the lifters hands and crashed on his chest. The spotters reacted quickly and immediately took the bar off the lifter's chest and re-racked the weight. Luckily the lifter was not hurt. If there is only one spotter, he should be stationed in the middle, between the racks. If you have two, have one stand on one side and the other spotter should provide hand-off spotting coverage. After the lifter has the bar in position to lift, the middle spotter should step to the empty side and assume that side's spotting duties. With three spotters, one stands in the middle, while the other two man one side each. The important thing after the attempt is to get the bar safely back in the rack. Be careful not to get the lifter's fingers caught between the rack and the bar. As with any lift, make sure the collars are tight before each attempt. The spotters must not touch the bar until the referee indicates or the bar starts to drop. Also make sure there are no weights or collars on the floor that could create a tripping hazard. Make it a requirement to always have all unused plates put back in the plate racks after the bar is loaded and before the lifter steps on the platform to take his attempt.

The deadlift does not require a great deal of spotting, but has its unique needs. Due to extreme exertion, a lifter could black out during or after his attempt. If this happens, the spotters should be ready to grab him

before he falls. Anything can happen, so be alert. As with the other lifts, keep the lifting area free of tripping hazards. If there is no weight change between attempts, the spotters should check if the collars are tight. When the bar drops to the floor the collars could loosen, which could make the weights shift during the next attempts. Another duty is for the spotters to be sure the bar is lined up parallel with the lifting platform before the lifter gets on the platform.

Spotting is important in the warm-up room as well. In this case, there are usually not assigned spotters and loaders. My suggestions for the platform apply here also. This will require team work and camaraderie between lifters. The same common sense and alertness is a necessity.

Some spotters may feel the need to wear a lifting belt, but only if it does not restrict your movement and slow your reaction time. I do, however, suggest spotters wear steel toed boots or shoes during the squat. These provide an extra level of protection to your feet in case the bar falls. They do not make your feet impervious to harm, but they can make the difference in degree of injury.

One last detail is keeping the lifting platform free of chalk and baby powder which could create a tripping or slipping hazard. Moist towels can be used between rounds or flights to clear the platform up. Please allow time to dry. Also a wire brush is needed to take off the accumulation of chalk on the knurling of the bar. One spotter should have this assignment and keep the brush off the platform at a convenient location.

When you come down to it, spotting or lifting safety is no more than common sense and being alert. Just like safety on the job, if you're alert and think a little in advance, you can greatly decrease the chance of a lifter, spotter or even a spectator suffering an unnecessary injury. The number one goal for a meet director and the staff is to provide a safe competitive environment for the lifters, meet staff and audience. Making that goal the number one priority will help insure a good contest experience for all. «

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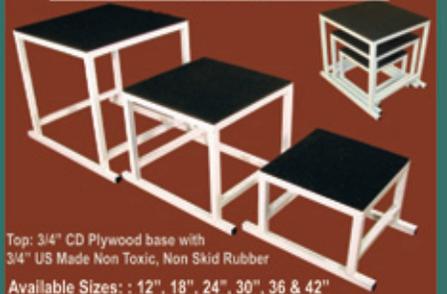
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Oregano oil should be taken at suggested dosages which, after dilution with olive oil, range from 1–6 drops up to 5 times daily. Normal dosages are much lower and will generally achieve desired results.

Can you tell us some of the symptoms to watch out for?

I don't think we have to worry here about symptoms of oregano oil toxicity as I seriously doubt that your readers will attempt to drink oregano oil by the bottle! Oregano oil is strong stuff and should be treated with respect and attention to taking recommended dosages.

You should always start off with low dosages of oregano oil and drink lots of pure water throughout the day. This is not because the oil is dangerous, but because it is so effective. Many people have undetected infections. When oregano oil kills pathogens, the die off leaves toxins in the blood. These toxins can cause a Herxheimer reaction, otherwise known as a "healing crisis." Symptoms include headache, flu like symptoms, fatigue, etc. If this should occur, reduce oregano oil intake and drink plenty of water to flush out toxins.

What about the use in children? How would this differ in dosing?

Infants and young children under 7 years old often object to the strong taste of oregano oil. To avoid having to chase them around and engage in wrestling matches, it is wise to introduce the oil as a topical solution. A drop or two on the soles of the feet will work well. Oregano oil will penetrate the skin and enter the bloodstream.

For colds and chest congestion, place a few drops on a cloth or tissue and place near the pillow at night. Dilute a drop or two in more olive oil and use as a chest rub.

A few drops placed in a cool mist machine also works well. You can add oregano oil to liquid soap to make a safe and gentle antimicrobial soap during flu season.

For earaches, dilute the oil 1:1 with more olive oil and apply around the outside of the ear. Do NOT put the oregano oil in the ear canal.

Many older children will willingly take the oil once they see how well it works. The taste can be tamed by adding to a teaspoon of honey or maple syrup or adding a few drops to juice, lukewarm consomme, smoothies, etc.

Oregano oil is a great disinfectant to be used on cuts, scrapes, insect bites, puncture wounds, animal bites, burns, etc. Take a bottle with you when camping or hiking.

Can you give us some treatment protocols that readers can start using right away?

Average recommended daily dosages would be 3 drops 3 times daily under the tongue. This will help keep the immune system in top shape.

For muscle and joint pain, carpal tunnel, arthritis, athlete's foot and other skin conditions, oregano oil can be applied topically several times daily.

Back pain is often a result of kidney problems. People taking oregano oil internally have noticed their back pain disappear after days or weeks. Take 3 drops 3–5 times daily under the tongue.

Reduce cavities and gum disease by using a drop on your toothbrush. Take 2–3 drops under the tongue, allow saliva to gather and swish around in the mouth for a minute or two.

For a sore throat, add a few drops to water and gargle or add 2–3 drops to a tsp. of honey and swallow.

For bladder infections and UTIs, take 3 drops 3 times daily and drink lots of water. Apply oil topically over the bladder area below the belly button.

For acne and pimples, apply a small amount with a cotton swab to the pimple(s). Take 3 drops 3 times daily under the tongue. This treatment also works for boils.

Candida infection: There's an epidemic of Candida infection. Thrush, toenail fungus, eczema, adult acne, bloating, fatigue, allergies, asthma and more are all symptoms associated with it. You must eliminate sugar and refined flour products from the diet, as these are the foods it thrives on. Drink lots of water while taking the oregano oil to help flush toxins from the body. Start low and slow with 2 drops twice daily under the tongue. Watch for signs of a healing crisis. If you are feeling fatigue or other symptoms, cut back and drink lots of water. Candida infection can take months to treat. Slowly increase your dosage by a drop or 2 a day. Stop when you think you have reached an optimum dosage. Do not exceed 6 drops 5 times a day.

Another critical part of the Candida puzzle is that it binds with mercury in the body. This makes it almost impossible to get rid of completely and why it may reoccur. Mercury toxicity can come from seafood, the environment, broken "green" fluorescent light bulbs, and much more. However, the most common source is "silver" fillings, aka. mercury amalgams.

If you have these, it is advisable to have them removed by a competent holistic dentist. The old fillings should be taken out in the largest pieces possible to prevent outgassing of the mercury. Both patient and dentist should be breathing oxygen to avoid breathing mercury vapor. After the procedure, a good detox regimen is recommended to rid the body of mercury. This could include homeopathic heavy metal detox remedies, fresh cilantro, chlorella, clay baths, ingesting clay, etc. This will take some time, but the rewards will be worth it. Mercury toxicity is implicated in kidney, lung, mouth, colon and brain disorders.

How about for the following conditions: colds and flu, dandruff, toe nail fungus, internal parasites, gingivitis, allergies, food poisoning and joint pain?

Cold and flu: Start taking 2 drops every hour

at the first sign of symptoms. Drink water throughout the day. Usually this will stop the infection and you'll be fine the next day. If the cold or flu has settled in, take 3 drops every 4 hours. Place a few drops on a tissue and place it by your pillow at night to ease respiratory congestion and help clear sinuses. If you have a sore throat, add a few drops of oregano oil to water and use as a gargle. For children, add a drop to a tsp. of honey.

Dandruff: Add 5–10 drops of Wild Oil of Oregano to your regular portion of shampoo. Wash and leave on scalp for a couple of minutes or more. Rinse out. Before bed, apply a few drops directly to scalp and massage into scalp. If your scalp is sensitive, dilute the oregano oil with more olive oil to prevent a heat sensation. Wash out in the morning, if necessary.

Toe nail fungus: This is often a sign of internal Candida infection, so both external and internal treatment is required. Wash and dry the area. Apply oregano oil directly to the affected area. If possible, leave feet open to the air. If not, wear clean cotton socks. Apply the oil 2–3 times daily. Take 3 drops under the tongue 3 times daily. Avoid sugars and refined flour products and alcoholic beverages because they feed the fungus.

Internal parasites: The best time to treat internal parasites is before breakfast. Take 5 drops of Oregano oil with a glass of water. To amplify the effect, add raw garlic and cayenne pepper. If you prefer, add the ingredients to an empty gel cap to avoid the taste. This "bomb" will greatly reduce the numbers of parasites. Take another 3 drops of Oregano oil 3 times daily half an hour before meals and before bed. Continue this treatment until you are clear of parasites.

Gingivitis: Apply oregano oil directly to infected gums with a clean finger or a cotton swab. Do this twice daily upon rising and before bed. Three times over the course of the day put 2–3 drops under the tongue, let saliva gather and then swish around in the mouth for a minute or two before spitting out. Use a drop of oregano oil on your toothbrush when cleaning your teeth.

Allergies: If you have an allergy to the mint family, test first to see if you are allergic to oregano. Do this by placing a drop of oregano oil on the inside of your elbow and cover it with a bandage. Remove the bandage after 24 hours. If the skin is red, you are allergic to the oil and should not use it.

To treat allergies, you may take 3 drops under the tongue 3 times daily. Hold the oil under your tongue for a minute or two and let the vapours travel into your sinuses by breathing in. You may also inhale vapours straight from the bottle as often as necessary throughout the day. Put a few drops of oil on a tissue and place by the pillow at night.

Food poisoning: Take 3 drops 3 times daily.

Avoid sugar and solid foods until symptoms clear up.

Joint pain: Apply oregano oil topically to the affected area. Do this as often as required to reduce inflammation and kill pain. Try this for bursitis and arthritis as well.

Unusual skin growths: Apply oregano oil topically directly to growth. Reapply as often as you like. Many growths will vanish leaving no scar.

Insect bites: Reduce swelling and itching by topical application on bites. Oregano oil also acts as a bug deterrent so they will be less likely to bother you if you are “wearing” it.

Burns, scrapes and cuts: Apply to skin to reduce pain of burns and to prevent infection and speed healing for cuts and scrapes, dog bites or what have you.

Venomous bites: Apply immediately to wasp, bee, spider or snake bites. Reapply every half hour. Seek immediate medical attention. Oregano oil neutralizes venom.

Splinters: Oregano oil applied topically to a splinter will loosen it overnight or more rapidly, allowing easy extraction while preventing infection at the same time.

Now, not all oil of oregano is the same. Can you explain to us what to look for when buying it so that we don't get ripped off?

We know our own product which is *Hedd Wyn Essentials Wild Oil of Oregano* and can vouch for its safety and efficacy and highest quality ingredients. We use only certified organic ingredients. This insures that the correct species of therapeutic, high Carvacrol wild Mediterranean Oregano is used in the distillation process. It also insures that there is no chemical contamination of the plant material and that the facilities where distillation is done have been inspected and held to the highest standards of quality control. The certification ensures that the containers used for storing the oil meet organic certification standards as well as the facility they are stored in.

The olive oil we use to create our finished product is certified organic, cold pressed extra virgin olive oil. Each bottle of the finished product receives treatment with a patented technology which increases the “life force” energy in the product. This amplifies the healing properties and makes the oil more compatible with the human body and all friendly flora within the body.

Pure oregano oil is caustic and will burn the skin. To avoid causing harm and to make the oil safe and effective it must be diluted with an edible oil such as olive oil. Through testing and feedback from health practitioners, the ratio we use is 1 part oregano essential oil to 4 parts olive oil. This mixture is safe for both internal and external use.

Can you tell us a little bit about your company?



Creator of Wild Oil of Oregano, Roger Baird

Hedd Wyn Essentials is a family based business located on beautiful Denman Island, which is on the inside passage between Vancouver Island and the west coast of British Columbia. We have been producing *Wild Oil of Oregano* for the last 12 years. We are passionate about producing the highest quality natural health products sourced from the best raw materials available on the planet. We have been a supplier of wildcrafted and certified organic essential oils for over two decades. We are focused on *Wild Oil of Oregano* because so many people with diverse health challenges respond so well to it.

Can you touch on the manufacturing of your Wild Oil of Oregano?

The manufacturing process involves blending the oregano essential oil and the olive oil. Once blended, the mixture is bottled and labeled. The full bottles are then given a special energetic treatment before being shipped. We use a patented technology that increases the “life force” energy of the product. This raises the frequency of the oil, enhancing its healing qualities and making it more compatible with the human body and beneficial flora within the body.

What about its raw sources?

We source our oregano essential oil from Turkey. We buy only certified organic oregano oil with the highest Carvacrol levels available. We source our certified organic olive oil from a local importer. Up until now, we have been getting extra virgin, cold pressed, low acidity Greek olive oil.

What is the Carvacrol content in your products? How does this differ from other products currently on the market?

The Carvacrol content in our oregano essential oil is, and has been over the last 5 years, in the range of 80–85%.

Carvacrol levels on other products vary widely from 40% and upwards. Some manufacturers

make exaggerated claims of Carvacrol levels as a marketing gimmick. The highest Carvacrol levels available for a wild oregano oil over the last 5 years has been between 80–85%. If you see a higher value it could mean several things:

- It could be a farmed oregano which is not as therapeutically beneficial.

- The manufacturer is using false information.

- The manufacturer is using an adulterated oil that has artificially high levels of Carvacrol.

There are some distillers who are happy to provide adulterated oregano oil and know several tricks to raise Carvacrol levels. The problem with that is if Carvacrol is added to increase Carvacrol percentages in the oil, then other phytochemicals must be removed to allow room. This is done by heating the oil and causing the most volatile compounds to boil off while adding Carvacrol. The result is an adulterated oil that may be missing the compounds that are beneficial to your health.

We believe in using the product as nature designed it. Our oil is certified organic and is steam distilled from wild harvested oregano collected in the Mediterranean on mountainous terrain where the soil is rich in minerals and the environment is pristine.

Carvacrol is caustic. Due to oregano oil's high Carvacrol content, it is necessary to dilute it for safety reasons. This is usually done by adding olive oil or another edible oil.

Some manufacturers go to extremes in releasing products that are actually dangerous. Their mentality is that stronger is better. While that may apply to lifting weights, it is not true in the field of natural remedies. Unfortunately, it is often the marketing department which is responsible for this careless approach. Many health product companies have little or no knowledge about essential oils. Essential oils are highly concentrated plant extracts. In the case of oregano oil, it takes 100 pounds of dried leaf to make 1 pound of oil. If you don't dilute the oil properly it can harm you.



Wild oregano leaves before being compressed to extract the oil

We have a 20 year history using a wide variety of essential oils. Our mission is to provide people with the highest quality, safest and most effective product available on the market. To this end we blend 1 part oregano essential oil to 4 parts extra virgin olive oil.

We have found this is the safest and most effective concentration for most people and most conditions. This has been verified independently by practitioners who use muscle testing in their practice to determine what product will work best for their patients. We have had several such practitioners ask us why our product tests so much better than similar products on the market.

We know that the reason for this is the quality of ingredients, the ratio of oregano oil to olive oil and the patented treatment that increases “life force” energy in the oil.

What sizes does your products come in and how long does a bottle last?

There are four sizes. We only sell the two largest sizes on our website. The small sizes are 10 ml or 1/3 ounce and 15ml or 1/2 ounce. The two largest sizes are 30 ml or 1 ounce and 50 ml which is 1 2/3 ounces. A 30 ml bottle has about 900 drops. If you took 9 drops daily, the bottle should last about 3 months.

What is the Shelf life on a bottle?

Shelf life is dated 6 years from date of manufacture. As long as the olive oil is fresh before mixing it with oregano essential oil, the product will last indefinitely once mixed. This is due to the powerful antioxidant activity of the oregano essential oil.

Do you guarantee your products?

We offer a 90 day money back guarantee.

Can you share with us some testimonials from

your product?

I would be happy to. Here are a few:

Oregano is “Full Spectrum Anti-biotic” and Cures Other Ailments: The reason I use *Wild Oil of Oregano* is that pharmaceutical antibiotics are toxic for me; this is an alarming situation to be in because I also have a lowered immune system due to 30 years of environmental illness and multiple chemical sensitivities. Oregano oil was prescribed by a doctor who is also a naturopath, in Dec. 2003. I was sent to see this man by the dentist, as antibiotics were needed to rid me of a sinus infection and abscessed jawbone. The GP said oregano oil was a powerful full-spectrum antibiotic and would start to work right away and two hours after initial dose; pain was much reduced and gone by the fourth day. After two weeks, the sinus infection and bone abscesses were gone—without adverse reactions for me! Since then, I’ve effectively used oregano oil as a quick and safe antibiotic, as a disinfectant directly on wounds, and as a control for chronic roseacea. There have been unexpected results from using oregano oil. My 24 year Candida problem is nearly gone, and my immune system is much stronger. I trust oregano oil as a powerful ally against disease.

—Robin H.

Superior Product for People and HORSES:

We have been using *Wild Oil of Oregano* for about two months, and I must say that it has been one of our most wise and cost efficient decisions we’ve made. We use it with toothpaste to brush our teeth, we put it on scrapes, we use it for disinfecting the carpet and couch (we have pets), we use it on our horses daily (we mix it with some aloe vera lotion and use it on the joints as well as the scrapes they get, and also on the horses because of ringworm and other fungus). The list goes on and on, but I will

simply say that I am so thrilled to have come across this product, and that I share this with everyone. Actually, I just came on to the website so that I could print out some information for my father-in-law because he also has race horses and would benefit from using *Wild Oil of Oregano*. Thank you for putting out such a superior product that not only does what it says it will, but goes beyond.

—Miriam B.

Sleep Apnea, Asthma: Years ago, I was diagnosed with severe sleep apnea. I stopped breathing while I was sleeping every two minutes. It put huge strain on my body. It didn’t help that I am also a bit overweight, asthmatic and allergic to my pet. I began to sleep 10 hours to get the 7 or 8 hours of sleep recommended by doctors. And I was still tired during the day. I even bought one of those expensive \$1500 sleep apnea machines that harnesses to your face. I felt like I was in a bad episode of an alien movie. Well, as you could imagine, the mask only lasted a whole two days. But my friend had purchased some of your *Wild Oil of Oregano* and asked me to try it. A few drops under my tongue and I never had a better sleep. No loud snoring, no sleep apnea and I wasn’t tired during the day anymore. I would recommend your oil in a heart beat. In a sense, I feel it has given back my life and put a bounce in my step. Thank you very much!

— Joe

Clears up “Strange” Rash: Ten years ago I was diagnosed and treated successfully for chronic myelogenous leukaemia (through the very destructive process of a bone marrow transplant). Although I am (happily) in remission, the last decade has been difficult due to a plethora of long term side effects—high blood pressure, low energy, insomnia, susceptibility to just about every viral, bacterial infections under the sun. The list goes on and on. Recently, a friend suggested oil of oregano to try on a strange rash that has appeared on my face every spring and fall for the last ten years. I have used cortisone, different essential oils topically, homeopathic tinctures (which I’ve used very successfully for other ailments) many herbal teas, fasts and food elimination, but nothing was working. This past fall, the rash began to spread all over my face outside of its regular localized area. Within days of taking the *Hedd Wyn Wild Oil of Oregano* internally under the tongue, the rash just simply disappeared! My energy levels and what I’ve heard of as “brain fog” began to dissipate. My blood pressure has since began to normalize and I am sleeping more soundly than I have in a very long time. I don’t know if I’m feeling better emotionally because of these clear ups or if the oil is having that affect too! Finally, I am beginning to feel like the young, 31 year old woman I am and not a chronically ill person with a compromised immunity! I am happy to be alive and even more happy to be ACTIVELY alive! Many thanks, keep up the good work!

— Jeannie C.

More IBS Success!: I was somewhat sceptical

about *Wild Oil of Oregano* whilst researching its uses on the Internet. I changed my mind once I found the Hedd Wyn website and read some of the testimonials. I suffer from IBS and it can get really bad on occasions with not one week passing without symptoms of bloating and/or painful abdominal spasms. I decided to give it a try and ordered my first bottle. I started taking the oil of oregano immediately and after about two weeks my symptoms reduced. I have now had no symptoms for over one and a half months and counting. It is the longest period of time I have gone without any symptoms since the IBS started. I can't tell you exactly how the oil works, but I know for sure that it has done something. I'm nearly finished on the first bottle and will no doubt order another from Hedd Wyn before it runs out.

– Chris

Sinus, Gingivitis, Headaches, Muscle Pains etc.:

Hi, I have tried various brands of oil of oregano and I have to tell you that yours is the best. I have used your *Hedd Wyn Wild Oil of Oregano* to treat quite a few conditions and I have been amazed by the results. It has improved my sinus condition, gingivitis, headaches, muscle pains, coughs, sore throats, etc. I could go on and on—my list is endless!! The taste is definitely superior to other brands and it is also more effective. I have recently heard that oil of oregano will help to diminish scars if applied directly to the skin, so I am hoping that my scars will fade as I continue using your product. Thank you for making available this fantastic product that has helped me immensely as I continue on the journey towards good health.

– Margaret K.

Cold Sores Go Away: This product has proven to me to be a safe and fast working relief from the terrible cold sores I experience. My cold sores often form at those most inopportune times and hold me hostage to feeling insecure and embarrassed at the unsightly bump on my lip. Using oil of oregano has been a saving grace! As soon as I get the tingle of a cold sore I apply a drop onto my lip. I apply it 3–4 times daily. My usual medication, prescribed from a general practitioner, worked over a 5–7 day timeline (so really the virus just runs its course). With oil of oregano my last few cold sores have only been present for days, they have decreased in size and heal without any mark. Truly a great product!

– Trish Lansley

Periodontal Disease: I have been using *Hedd Wyn Wild Oil of Oregano* for three years now. I have periodontal disease and my periodontist keeps asking me if I am taking any antibiotics because he can't believe the condition of my gums, and I don't remember the last time I had a cold.

– Guido S.

Squamous Cell Cancer: I first started using this product five or six years ago. I confess to a degree of skepticism at first; how could one herb have so much efficacy over such a broad

spectrum? Gradually, as I experienced its incredible healing power, it became the backbone of my home medicine kit. I am pushing 87 years and am very fair skinned. As children, when summer came, we would compete to see who could stay in the sun the longest without burning. As a result, in my later years, I became a veritable walking skin cancer factory!

Some time ago, a particularly nasty patch of squamous cell cancer developed on the inside of my right leg, just above the ankle. It was too large to simply excise and suture, and necessitated a graft which the surgeon took from my groin. I thus had two good sized wounds to look after. Each time the dressings were changed, I coated the area with *Wild Oil of Oregano* and was surprised how quickly they healed with no problems at all. However, prior to the ankle area clearing up, another small cancer developed about ½ inch away from the larger patch. It could not be cut out because there was not enough skin in this area to have a suture hold. I thus decided to try to remove the tumor with *Wild Oil of Oregano*. In this I was completely successful. Subsequently, I removed two more tumors from my left arm the same way. I found it was necessary to saturate the tumor with *Wild Oil of Oregano* and then keep it covered with a band aid or dressing.

I clean my teeth night and morning with the product (a few drops on my toothbrush) and have converted my dentist. In the event of colds, flu, Candida, etc. where fairly large amounts are indicated, I administer it via small gelatin capsules that hold about a full dropper.

– E.S.H.

Wow, those were some interesting testimonials from a wide variety of conditions. Where can readers finally get in on the action as well as read more testimonials?

Please see our website, www.WildOilOfOregano.com and click on "Testimonials" in the upper left corner.

Where can readers contact you directly?

Email is the best way to reach me at wildoregano@gmail.com.

Thank you so much, Roger, on such an interesting and informative interview. Mike Lambert and I would like to thank you for helping bring such great information to the lifting community. Do you have any closing thoughts or anything you would like to mention?

Thanks, Anthony, for giving me the opportunity to share this information with you and your readers. Although we have covered a fair amount of territory in this interview, I would encourage readers to try using oregano oil for just about any health issue. This is especially true of hard to treat, long standing health challenges. Just remember to go slowly and start with low dosages. You may be amazed at your results.

Hippocrates, the father of modern medicine, had these wise words, "Let food be thy medicine." We have seen how poor diet is often the cause of disease. White sugar and chemicals used in processed foods are killers. By choosing whole foods and getting a little help from the

powerful oregano herb, you can go a long way in improving your health and living a life free of disease. The result of improved health is improved strength and energy which you'll be able to measure in your performance.

CONCLUSION

Now this amazing series has covered just about everything you could want to know about *Wild Oil of Oregano*. I really pushed the envelope on this one because I want you, the readers, to be able to really learn not only the science but also the application behind what I am trying to convey to you. That is why interviews can be so much fun—its not just me blabbing info at you point by point. Since many of you have given me such positive feedback from my past interview series, I knew this would be a hit. I have gotten tons of feedback about this series with many positive comments which makes all the effort that Roger and I put forth on this project well worth all the blood, sweat and tears that we both shed to make this happen. I hope that you all didn't just learn something from this comprehensive series, but also apply it to your health regimen. So, until next month, train hard, eat clean, and let the healing power of oil of oregano work its magic on you!

If you have any questions please feel free to email me at: Aricciuto@NutritionXP3.com. Or if you would like to find out more about Roger's *Wild Oil of Oregano* you can check out his website at: www.wildoilforegano.com. Or email him at: wildoregano@gmail.com. «

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JESSE RODGERS »

meets now for some time and I consider them a big part of the backbone of the SPF. All in all it takes a great support team to make a federation run well and this is why I think we have been so successful. We are all on the same page and have the same ideas as to what we want the SPF to be. Our lifters come first; without them we have no federation.

Tell us who your biggest inspiration was as far as starting the SPF goes? Who did you pattern the SPF after?

I have always been a big follower of Ernie Frantz and the APF. I have always thought that Ernie Frantz and the APF had the right idea in terms of running a federation well. Along with that I was always in awe of Ernie as a lifter.

If someone was interested in becoming a SPF meet director or state chair, how would they be able to get a hold of you?

We are always looking for new members to spread the word. Of course, the SPF is a southern based federation, but we are looking for meet directors and state chair persons as we spread across all the U.S. If you would like to run an SPF meet or become a state chair you can contact me at rogersmadmax@bellsouth.net and we can get you set up.

Well I'm glad that you have given the fans of Powerlifting USA magazine the chance to learn more about you and the SPF. I would just like to say that I really am impressed with what you are doing and I am honored that you could take time out to talk with me today. Is there anything you would like to say in closing?

Yes, thank you Jamie for giving me the chance to express myself. Remember folks, the SPF is for the biggest lifter, the SPF is for the smallest lifter and every other lifter in between. The SPF is about camaraderie and

having fun and lifting the biggest weights possible. I'd like to thank again the above mentioned people who make the SPF what it is today and every single lifter out there that has ever lifted in the SPF.

Thanks again, Jesse, and good luck and I hope to see the SPF grow even more successful in the coming years. Thanks again for coming on. Believe to Achieve! «

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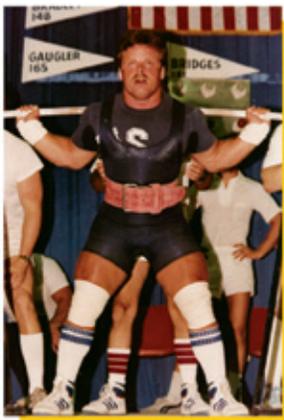
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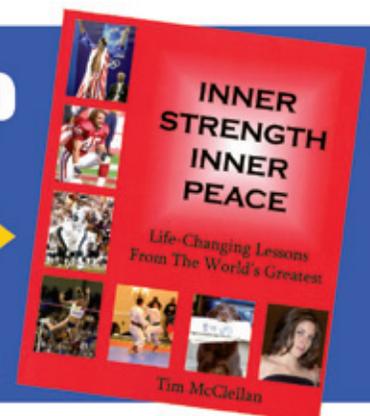
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SETH HIPPLY »

What is your favorite thing about lifting?

I love the feeling of breaking a plateau and making a lift I haven't been able to hit in forever.

What supplements do you take and what does your diet consist of?

I take whey protein after lifting sessions and take creatine a couple days before max out sessions. As far as diet, I really eat anything that I have access to, but I try to get as much protein as possible.

Being so much stronger than the other teens must be a unique experience. How does it feel to be so strong around everyone else?

I like being seen as a super strong teen when I'm just walking around Celina. When you're a strong teen, there comes a lot of responsibility because a lot of the younger kids are looking up to you.

What is the hardest part about being a powerlifter?

The hardest part about powerlifting is not getting discouraged when you're not getting stronger. This is hard for me because I am at the point where gains are slow to come.

What is it like for you being so strong?

I love the feeling of being strong, but with the strength that I have it takes even more strength to be humble and not be too cocky.

Well, Seth, you're very honest, very humble. Congratulations on your powerlifting. You've attained tremendous strength at a very young age. We wish you all the best ahead! In closing, who would you like to thank?

I would like to thank my Lord, Jesus Christ, for gifting me with this ability, coach Kuhn, my mom (who spotted me when I first started lifting at home), my dad, my current lifting coach Mike Wolfe, Brandon Moorman, and Jordan Gross. «



Seth Hipply is an incredibly strong teen!

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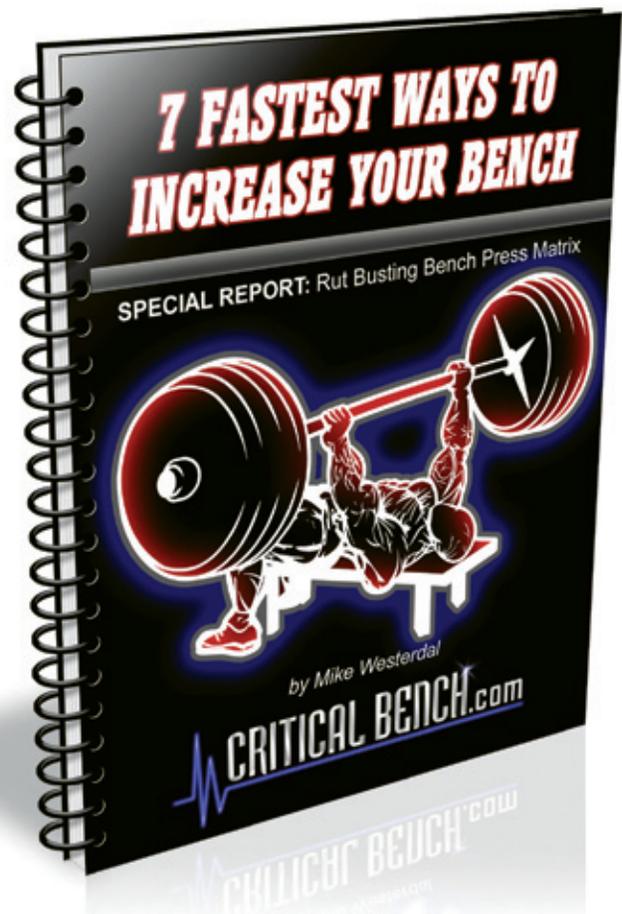
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ASK THE DOCTOR »

religiously and it's the first thing I read in every issue.

Last week, I read your information on nutritional supplements in your Elite Performance Newsletter and I agree with your take on the ridiculousness of the nutritional supplement ads that use heavy steroid users as models for their supplements. It's a joke and a con job when they try to make you believe that they got their results from using the supplement line that's being hyped as the reason for their massive physiques and strength, when instead it's their use of 1,000 mg to 5,000 mg a day of steroids and countless other hormones and drugs that made them that way.

I also understand your take on trying to maximize your natural potential by using targeted nutritional supplements and that their use will improve your body composition and performance but won't come close to provid-

ing the results from massive use of hormones and other drugs.

Lately, however, there seems to be this big nitric oxide craze. Everything I've read on nitric oxide seems to point to the effectiveness of these supplements in doing just about everything such as allowing you to exercise longer and harder, put on more muscle, have more endurance and so on.

Also, many of the products that are being heavily hyped in the magazines and on the Internet are based on large amounts of arginine and other amino acids, and more recently on nitrates and nitrites, to dramatically up the levels of nitric oxide in the body. The people I've talked to that use these nitric oxide enhancer products say they work, as they use them before training and feel it gives them more of a pump and better workouts.

What's your take on these nitric oxide enhancers that seem to have become the

number one selling supplement for many of the big supplement companies?

Hank

HANK: There's loads of literature on the beneficial effects of nitric oxide (NO or NOx) on increasing blood flow to muscles and other parts of the body secondary to the dilating effect of nitric oxide on blood vessels. And there's also lots of studies showing that the use of large amounts of L-arginine increases nitric oxide levels, and also that the intake of nitrites and nitrates also significantly increases nitric oxide levels, perhaps even more than large amounts of L-arginine since the mechanisms of nitric oxide production between them are different. But while upping levels of nitric oxide will give you a better pump while you're working out, and may even allow you to experience less fatigue, there's a very dark side to these supplements, at least for anyone that is looking to increase muscle hypertrophy, enhance body composition, and improve athletic performance.

First of all, let me say that I'm not against the use of arginine in nutritional supplements, as it has several useful effects. If used in lower doses, studies have shown that it does not increase nitric oxide, but still has beneficial effects on protein synthesis, the immune system, increasing growth hormone levels, increasing insulin sensitivity, and serving as substrates for other amino acids, creatine, and polyamines. And it's been shown that in higher doses, and especially if combined with nitrate/nitrite, it increases NO formation and facilitates vasodilation, improves sexual functioning, and helps keep you cool during exercise. But now here comes the dark side. Excessive production of nitric oxide, whether through the exogenous use of one or more of arginine, and nitrates/nitrites can result in a lowering of endogenous testosterone production since nitric oxide inhibits Leydig cell steroidogenesis. (See citations and abstracts).

So while dramatically increasing nitric oxide in the body has some benefits, and provides more of a pump when training giving the impression that it's a potent ergogenic aid, its detrimental effects on testosterone makes the use of nitric oxide supplements containing one or more of large amounts of L-arginine, L-arginine precursors, nitrates and nitrites counter productive for muscle hypertrophy, body composition and athletic performance.

It's because of the counter productive effects of increasing nitric oxide levels in the body that TestoBoost, my testosterone boosting supplement, only contains 100 mg of arginine. And ditto for all of the other supplements in my supplement line, including Resolve, my pre-workout primer, that contain L-arginine (none contain nitrites or nitrates) also contain levels that don't appreciably affect NO.

It's also worthwhile mentioning that D-aspartate works opposite to NO as far as its effects on testosterone production. And again, that's why my TestoBoost version IV (the new version of TestoBoost that was released in May of 2011 (see the detailed info on my new site www.MauroMD.com), has virtually no effects

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on NO production, but contains high levels of D-aspartate to help maximize your endogenous testosterone production.

FYI, I've included several citations and abstracts from the medical and scientific literature

on nitric oxide and d-aspartate. I think it's important to provide this information as well as my own thoughts and comments so you can better evaluate all the claims being made by companies hyping all the many benefits of their nitric oxide

enhancers and also see some of the literature on the beneficial effects of D-aspartate on testosterone production. Hope this info helps.

Best,
Mauro «

ABSTRACTS ON NITRIC OXIDE

Mol Cell Endocrinol. 2002 Aug 30;194(1-2):39-50.

NITRIC OXIDE POTENTLY INHIBITS THE RATE-LIMITING ENZYMATIC STEP IN STEROIDOGENESIS.

Drewett JG, Adams-Hays RL, Ho BY, Hegge DJ. » Department of Pharmacology, Physiology and Therapeutics, University of North Dakota School of Medicine and Health Sciences, 501 North Columbia Road, 58203, Grand Forks, ND 58203, USA. james.drewett@uc.edu

ABSTRACT—This study tested the hypothesis that nitric oxide (NO) inhibits the rate-limiting catalytic step in steroidogenesis, cytochrome P450 cholesterol side-chain cleaving enzyme (CYP11A1), independent of soluble guanylyl cyclase (GC-S) stimulation. To assess CYP11A1 activity, pregnenolone levels were quantified in murine adrenocortical Y1 cells in the presence of the 3beta-hydroxy-Delta(5)-steroid dehydrogenase inhibitor, 2alpha-cyano-17beta-hydroxy-4,4,17alpha-trimethylandrost-5-ene-3-one. The NO donor, (Z)-1-[2-(2-aminoethyl-N-(2-ammonioethyl)amino)diazen-1-ium-1,2-diolate(deta nonoate)], inhibited vasoactive intestinal peptide-, forskolin- and 22alpha-hydroxycholesterol (22HC)-facilitated pregnenolonogenesis in the absence of GC-S activation and in the presence of a GC-S inhibitor, 1H-[1,2,4]oxadiazolo[4,3-a]quinoxalin-1-one (ODQ). CYP11A1 was also heterologously expressed in monkey COS7 cells. Deta nonoate inhibited 22HC-facilitated activity of the over-expressed enzyme in the absence of GC-S activation and in the presence of ODQ. The NO-independent, GC-S agonist, 1-benzyl-3-(5'-hydroxymethyl-2'-furyl)indazole did not inhibit steroidogenesis. The IC(50) for effects of free NO on CYP11A1 was potent and in the 0.4-2 microM range. These results support the hypothesis that NO inhibits the rate-limiting enzyme in steroidogenesis independent of GC-S activation.

Theriogenology. 2007 Jan 15;67(2):249-54. Epub 2006 Sep 22.

D-ASPARTIC ACID AND NITRIC OXIDE AS REGULATORS OF ANDROGEN PRODUCTION IN BOAR TESTIS.

Lamanna C, Assisi L, Vittoria A, Botte V, Di Fiore MM. » Department of Life Sciences, Second University of Naples, via Vivaldi 43, 81100 Caserta, Italy.

ABSTRACT—D-Aspartic acid (D-Asp) and nitric oxide (NO) are two biologically active molecules playing important functions as neurotransmitters and neuro-modulators of nerve impulse and as regulators of hormone production by endocrine organs. We studied the occurrence of D-Asp and NO as well as their effects on testosterone synthesis in the testis of boar. This model was chosen for our investigations because it contains more Leydig cells than other mammals. Indirect immunofluorescence applied to cryostat sections was used to evaluate the co-localization of D-Asp and of the enzyme nitric oxide synthase (NOS) in the same Leydig cells. D-Asp and NOS often co-existed in the same Leydig cells and were found, separately, in many other testicular cytotypes. D-Asp level was dosed by an enzymatic method performed on boar testis extracts and was 40+/-3.6 nmol/g of fresh tissue. NO measurement was carried out using a biochemical method by NOS activity determination and expressed as quantity of nitrites produced: it was 155.25+/-21.9 nmol/mg of tissue. The effects of the two molecules on steroid hormone production were evaluated by incubating testis homogenates, respectively with or without D-Asp and/or the NO-donor L-arginine (L-Arg). After incubation, the testosterone presence was measured by immunoenzymatic assay (EIA). These in vitro experiments showed that the addition of D-Asp to incubated testicular homogenates significantly increased testosterone concentration, whereas the addition of L-Arg decreased the hormone production. Moreover, the inclusion of L-Arg to an incubation medium of testicular homogenates with added D-Asp, completely inhibited the stimulating effects of this enantiomer. Our results suggest an autocrine action of both D-Asp and NO on the steroidogenetic activity of the Leydig cell.

Med Hypotheses. 2000 Oct;55(4):310-3.

IS STEROID DEFICIENCY THE CAUSE OF TOLERANCE IN NITRATE THERAPY?

Panesar NS. » Department of Chemical Pathology, the Chinese University of Hong Kong, Shatin, New Territories, Hong Kong. nspanesar@cuhk.edu.hk

ABSTRACT—The award of the Nobel Prize in Physiology and Medicine for 1998 bears witness to the 'explosive' field of nitric oxide (NO), and who would have thought the explosive nitroglycerin owed its therapeutic effectiveness to this little molecule? NO is also involved in causing penile erection, which has brought sildenafil to the aid of patients with erectile dysfunction. However, emerging evidence in animals and in vitro studies indicates that NO also inhibits steroidogenesis, which may have repercussions in humans. The decrease in androgen secretion may impact on secondary sexual characteristics, including penile size. The tolerance to the nitrate therapy in angina, characterized by volume expansion and not due to sodium retention, may also be related to steroid hormone deficiency. Decreased cortisol secretion may impair water excretion, resulting in volume expansion. Impaired aldosterone secretion would cause hyponatraemia with resultant raised renin. I hypothesize that continuous therapy with nitrates and sildenafil will result in diminished levels of steroid hormones with predicted sequelae.

Biol Reprod. 2010 Sep;83(3):434-42. Epub 2010 May 12.

TESTOSTERONE-INDUCED MODULATION OF NITRIC OXIDE-CGMP SIGNALING PATHWAY AND ANDROGENESIS IN THE RAT LEYDIG CELLS.

Andric SA, Janjic MM, Stojkov NJ, Kostic TS. » Reproductive Endocrinology and Signaling Group, Department of Biology and Ecology, Faculty of Sciences, University of Novi Sad, Novi Sad, Serbia.

ABSTRACT—Testosterone, acting as a systemic and local factor, is one of the major regulatory molecules that initiate and maintain testicular function. In the present study, different experimental approaches were used to evaluate the role of testosterone in regulation of the nitric oxide (NO)-cGMP pathway in Leydig cells derived from normal and hypogonadotropic male rats treated with testosterone for 24 h and 2 wk. Real-time quantitative PCR and Western blot analysis revealed increased inducible NO synthase (NOS2) expression followed by increased NO secretion from Leydig cells ex vivo after continuous treatment with testosterone for 2 wk in vivo. The cGMP-specific phosphodiesterases Pde5, Pde6, and Pde9 were up-regulated, whereas PRKG1 protein was decreased after a 2-wk testosterone treatment. Induction of Nos2 and Pde5 in Leydig cells was blocked by androgen receptor antagonist. In experimental hypogonadotropic hypogonadism, expression of NOS2 was significantly reduced, and treatment with testosterone increased NOS2 expression above control levels. PDE5 protein level was unchanged in hypogonadal rats, whereas treatment of hypogonadal rats with testosterone significantly increased it. In contrast, hypogonadism and testosterone replacement reduced PRKG1 protein in Leydig cells. In vitro treatment with testosterone caused gradually increased Nos2 gene expression followed by increased nitrite and cGMP production by purified Leydig cells. In summary, testosterone up-regulated NO signaling via increased NOS2 expression and contributed to down-regulation of cGMP signaling in Leydig cells. Thus, testosterone-induced modulation of NO-cGMP signaling may serve as a potent autocrine regulator of testicular steroidogenesis.

RESULTS



Best Lifter Open Women at the USPA Nationals, Liz Freeland (CSS photo)



David Douglas got a 700 on July 2nd and then backed it up with a 738 lb. bench press the next day at the USPA Nationals (David Douglas photo)

USPA NATIONAL CHAMPIONSHIP JUL 1-3 2011 » Costa Mesa, CA

BENCH		R. Lopez	—
FEMALE		<i>Open</i>	
<i>National</i>		M. Bowden	661
114 lbs.		R. Lopez	—
<i>Junior</i>		<i>Military National</i>	
L. Chow	88	242 lbs.	
132 lbs.		<i>Master Army</i>	
<i>Master</i>		R. Cox	331
G. Arrowood	128	<i>Master USMC Vet</i>	
148 lbs.		J. Chaaban	551
<i>Junior</i>		<i>Master USN Vet</i>	
G. Fulbright	265	B. Evans	408
<i>Master</i>		275 lbs.	
K. Parnow	171	<i>Master USMC Vet</i>	
T. Ryan	143	D. Reneau	728
198 lbs.		<i>Open USMC Vet</i>	
<i>Master</i>		D. Reneau	728
T. Marquez	149	308 lbs.	
198+ lbs.		<i>Master Army Vet</i>	
<i>Submaster</i>		Moormeister	524
S. Bower	331	<i>Open USMC</i>	
Western Multi-Ply		D. Douglas	739
198 lbs.		<i>Western Multi-Ply</i>	
<i>Junior</i>		165 lbs.	
J. Mendelson	—	<i>Open</i>	
198+ lbs.		M. Daisa	441
<i>Open</i>		198 lbs.	
M. Mendelson	292	<i>Junior</i>	
MALE		C. Larson	—
<i>National</i>		275 lbs.	
148 lbs.		<i>Master</i>	
<i>Open</i>		K. Tawzer	430
M. Kinsell	353	308 lbs.	
<i>Submaster</i>		<i>Open</i>	
M. Kinsell	353	S. Mendelson	—
165 lbs.		308+ lbs.	
<i>Master</i>		<i>Open</i>	
J. Merlino	226	C. Tawzer	441
198 lbs.		DEADLIFT	
<i>Master</i>		FEMALE	
R. Lozano	386	<i>National</i>	
H. Packer	154	123 lbs.	
J. Sanchez	149	<i>Master</i>	
<i>Open</i>		B. Aerts	271
A. Fregoso	309	<i>Open</i>	
220 lbs.		B. Aerts	271
<i>Master</i>		132 lbs.	
S. Dedrick	507	<i>Master</i>	
H. Fritz	386	G. Arrowood	254
J. Bostick	—	C. Marinos	204
<i>Open</i>		<i>Open</i>	
S. Dedrick	507	A. Pearson	265
J. Bostick	—	148 lbs.	
242 lbs.		<i>Master</i>	
<i>Master</i>		T. Ryan	287
J. Chaaban	551	L. Castellanos	276
J. Hunter	535	B. Spann	276
B. Evans	408	N. Navarrette	220
<i>Open</i>		D. Nelson	220
J. Chaaban	551	L. Adam	215
<i>Submaster</i>		Open	
M. White	540	L. Castellanos	276
275 lbs.		B. Spann	276
<i>Master</i>		198 lbs.	
D. Reneau	728	<i>Master</i>	
G. Witcher	441	T. Marquez	270
S. Hoekstra	—	198+ lbs.	
<i>Open</i>		<i>Submaster</i>	
D. Reneau	728	S. Bower	474
S. Hoekstra	—	MALE	
308 lbs.		<i>National</i>	
<i>Master</i>		148 lbs.	
Moormeister	524	<i>Junior</i>	
A. Aerts	463	G. Fulbright	435
<i>Open</i>		181 lbs.	
A. Aerts	463	<i>Master</i>	
308+ lbs.		R. Taylor	441
<i>Junior</i>		198 lbs.	
L. Dedrick	408	<i>Master</i>	
<i>Master</i>		D. Foster	551
M. Bowden	661	P. Tapia	502

RESULTS »

M. Langston	573	424	606	1604	B. Kiraly	540	402	584	1527
J. Dentice	468	402	540	1411	L. Smith	424	336	491	1251
T. Edison	474	408	485	1367	<i>Open USN</i>				
R. Garcia	452	402	441	1295	J. Pascual	601	—	535	1135
B. McEwen	408	270	408	1086	<i>Submaster USAF</i>				
M. Grein	353	292	419	1064	R. Garcia	480	375	452	1306
<i>Open</i>					<i>Submaster USMC</i>				
P. Tabone	601	480	601	1681	E. Julien	402	265	463	1130
K. Wassman	562	430	628	1620	198 lbs.				
M. Langston	573	424	606	1604	<i>Master USAF Vet</i>				
R. Garcia	452	402	441	1295	B. Kinsey	303	187	353	843
308 lbs.					<i>Open USMC</i>				
<i>Master</i>					S. Kim	430	331	441	1202
B. Meek	562	380	502	1444	J. Mendoza	303	270	441	1014
<i>Open</i>					R. Jones	358	259	342	959
D. Douglas	535	700	672	1907	220 lbs.				
308+ lbs.					<i>Junior USN</i>				
<i>Master</i>					C. Hale	408	265	419	1091
S. Cartwright	1009	—	—	1009	<i>Open USAF</i>				
<i>Open</i>					B. O'Brien	612	524	645	1780
S. Cartwright	1009	—	—	1009	<i>Open USMC</i>				
<i>Military Single-Ply</i>					J. Haley	524	320	601	1444
132 lbs.					<i>Open USN</i>				
<i>Open USMC</i>					D. Tice	529	402	502	1433
K. Molinaro	358	243	353	953	275 lbs.				
148 lbs.					<i>Master USAF</i>				
<i>Open USMC</i>					T. Edison	474	408	485	1367
Desenganio	331	331	513	1174	308 lbs.				
165 lbs.					<i>Open USMC</i>				
<i>Master USAF Vet</i>					D. Douglas	535	700	672	1907
F. White	452	320	518	1290	<i>Western Multi-Ply</i>				
<i>Open USAF Vet</i>					220 lbs.				
F. White	452	320	518	1290	<i>Open</i>				
<i>Open USMC</i>					G. Pirkig	772	617	617	2006
M. Reep	424	419	485	1328	A. Mohr	766	485	661	1912
181 lbs.					T. Grenon	683	485	584	1753
<i>Open USAF</i>					S. Bartlett	667	502	562	1731
D. Thurman	424	364	474	1262	242 lbs.				
<i>Open USMC</i>					<i>Master</i>				

K. Wheeler	750	347	557	1653	<i>Open</i>									
K. Wheeler	750	347	557	1653	<i>Open</i>									
J. Mancini	733	—	—	733	275 lbs.									
<i>Master</i>					T. Rodenburg	342	276	507	1124					
<i>Open</i>					<i>Open</i>									
A. Gallagher	931	728	705	2364	D. Randa	805	402	667	1874					
J. Schraw	705	386	601	1692	R. Manley	639	430	601	1670					
308 lbs.					<i>Open</i>									
<i>Open</i>					B. Newman	904	645	711	2260					
R. Lee	805	650	551	2006	308+ lbs.									
<i>Open</i>					M. Folweiler	816	—	—	816					
National Powerlifting Best Lifters: Open					Women: Liz Freel. Master Women: Suzanne Hedman. Junior Men: Brady Jones. Open Men: Jonathan Bareng. Master Men: Howard Myers. Military National Powerlifting Best Lifters: Open Men: Ben O'Brien. Master Men: Fulton White. Western States Powerlifting Best Lifters: Open Men: Andreas Gallagher. Master Men: Ken Wheeler. National Benchpress Best Lifters: Master Women: Karen Parnow. Open Men: Dennis Reneau. Master Men: Ron Moormeister. Military National Benchpress Best Lifter: Master Men: Ron Moormeister. National Deadlift Best Lifters: Open & Submaster Women: Shanrekia Bower. Master Women: Bonnie Aerts. Open Men: Jason Kelske. Master Men: Roy Taylor. National Team Awards: 1st Place: Team Mana from Hawaii. 2nd Place: Team California. 3rd Place: Team Nevada. Military National Team Awards: 1st Place: US Marine Corps. 2nd Place: US Air Force. Meet Director & Promoter: Steve Denison & Shelley Denison. Thanks to our score table help: Meet Announcer: Chuck LaMantia. Meet Scorekeeper: Kelli laMantia, Tom Miller. Master Score sheet: Steve Denison. Bar Loading Program: Kelli laMantia, Lauren Miller. Thanks to all our Referees: Alan Aerts, International, Gordon Santee, International, Ken Wheeler, International, Lisa Wheeler, International, Jim Merlino, International, Kevin Meskew, International, Joe Dentice, International, Ron Scott, International, Scott layman, International, Bob Packer, International, Bonnie Aerts, National, Jose Hernandez, National, John Deluca, State, Tom Miller, State, Louie Hernandez, State, Mike Tronske, State, Darren Matsumoto, State, Ron Moormeister, State, John Bostick, State, leonetta Richardson, State, Steve Bloom, new State referee (taking practical), Jon Bareng, new State referee (taking practical), Donna Bareng, new State referee (taking practical), Keith Mitchell, new State referee (taking practical). Thanks to Our Spotters & Loaders: Tom Moormeister, Fri-Sun Charlie Scholz, Fri-Sat, Jeff Santoro, Fri-Sun, Hani Jazayrli, Fri, Chris Orcutt, Sat-Sun, Brady Jones, Sun, Matt Troxell, Sat-Sun.									

<i>Teen II Raw</i>					R. Pierce	—			
B. Gray	149				275 lbs.				
181 lbs.					<i>Open</i>				
<i>Open Raw</i>					C. Pappillion	661			
N. Keller	303				S. Carradine	650			
198 lbs.					308 lbs.				
<i>Teen II Raw</i>					<i>Master III Raw</i>				
J. Firth	314				R. Thelin	364			
220 lbs.					<i>Open Raw</i>				
<i>Master II</i>					D. Dees	320			
M. Gleason	—				DEADLIFT				
<i>Master II Raw</i>					MALE				
R. Hunka	303				181 lbs.				
<i>Open Raw</i>					<i>Master III Raw</i>				
R. Hunka	303				M. Dobrovolski	402			
<i>Teen III Raw</i>					220 lbs.				
W. Enis	—				<i>Teen III Raw</i>				
242 lbs.					W. Enis	452			
<i>Master II</i>					<i>Master II</i>				
D. Moser	—				D. Zachary	507			
<i>Master II Raw</i>					275 lbs.				
D. Moser	408				<i>Open</i>				
<i>Open</i>					C. Pappillion	744			
Powerlifting	SQ				BP				
FEMALE					DL				
105 lbs.					TOT				
<i>Open Raw</i>									
S. Cooper	182	—	—	182					
114 lbs.									
<i>Teen II</i>									
V. Springer	231	121	209	562					
<i>Teen III</i>									
H. Wilie	187	77	231	496					
123 lbs.									
<i>Junior</i>									
P. Fabela	270	127	270	667					
<i>Open</i>									
C. Ewing	320	160	287	766					
P. Fabela	270	127	270	667					
<i>Teen III</i>									
M. Butler	66	83	187	336					
132 lbs.									
<i>Teen III Raw</i>									
I. Neumann	165	110	226	502					
198 lbs.									
<i>Open Raw</i>									
K. Collins	231	110	259	601					
MALE									
114 lbs.									
<i>Teen I</i>									
A. Ellis	187	99	243	529					
<i>Teen I Raw</i>									
Z. Nussell	143	88	182	413					
132 lbs.									
<i>Open Raw</i>									
G. Hunter, Jr.	215	160	347	722					
165 lbs.									
<i>Junior Raw</i>									
M. Esparza	364	259	435	1058					
<i>Teen I</i>									
B. Harper	430	347	485	1262					
<i>Teen III</i>									
R. Borman	353	165	342	860					
181 lbs.									
<i>Master I</i>									
M. Nussell	408	331	386	1124					
<i>Master I Raw</i>									
D. Vochem	358	209	375	942					
<i>Open Raw</i>									
Z. Favela	—	—	—	—					
<i>Teen II</i>									
C. Batts	408	220	419	1047					
198 lbs.									
<i>Junior</i>									
E. Kubicek	—	419	—	419					
<i>Junior Raw</i>									
D. Fisher	424	314	513	1251					
<i>Master I</i>									
A. Ortiz	634	452	502	1587					
<i>Master III Raw</i>									
M. Marshall	419	265	457	1141					
<i>Open</i>									
G. Denny	573	353	474	1400					
<i>Teen II</i>									
M. Ackley	402	176	397	976					

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BENCH	165 lbs.			
FEMALE	<i>Submaster Raw</i>			
148 lbs.	R. McGill	160		
<i>Teen II</i>	MALE			
A. Swisher	114 lbs.			

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220 lbs.				
Master I				
K. Young	535	502	502	1538
Master III Raw				
C. Garcia	766	—	—	766
Master IV Raw				
K. Hopper	270	149	320	739
Master VII Raw				
R. Smith	215	176	325	716
Open				
B. Longmire	650	—	—	650
J. Allen	—	—	—	—
Open Raw				
B. Rinehart	463	342	149	953
S. Sarnella	524	386	623	1532
Submaster Raw				
B. Rinehart	463	342	149	953
242 lbs.				
Master III Raw				
R. Lubojasky	408	259	463	1130
B. Terrell	502	—	—	502
Master V				
R. Eckley	369	182	364	915
Open				
S. Tomlin	750	480	639	1868
R. Pierce	882	—	—	882
Teen III				
D. Howard	—	298	562	860
275 lbs.				

Open					
D. Bergman	639	435	606	1681	
T. Mattson	606	502	546	1653	
G. Barber	—	480	—	480	
D. Banning	—	—	—	—	
Open Raw					
B. Connolly	529	397	551	1477	
Submaster					
D. Banning	—	—	—	—	
308 lbs.					
Open					
R. McMichael	474	—	502	976	
» courtesy APF/AAPF					
USAPL DELLS HS SUMMER CLASSIC					
JUL 9 2011 » Wisconsin Dells, WI					
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
Varsity					
97 lbs.					
S. Rattunde	205	90	245	540	
S. Alexander	135	60	205	400	
S. Rattunde	150	60	160	370	
105 lbs.					
K. Kettlewell	180	85	210	475	
M. Erickson	130	70	185	385	

114 lbs.					
S. Hernandez	300	110	300	710	
M. Peterson	205	120	240	565	
A. Braumel	205	90	215	510	
123 lbs.					
D. Beil	300	120	265	685	
Kutchenriter	275	130	240	645	
Houseworth	250	115	240	605	
132 lbs.					
A. Herried	240	105	250	595	
148 lbs.					
M. Vandaver	315	200	260	775	
T. Houy	255	115	260	630	
M. Emery	260	115	240	615	
D. Sebold	245	120	230	595	
N. Amundson	235	120	235	590	
165 lbs.					
L. Winters	265	95	300	660	
T. Houy	290	95	245	630	
A. Ward	265	115	250	630	
C. Kiesling	240	110	235	585	
181 lbs.					
T. Podboy	260	135	330	725	
H. Thums	295	125	275	695	
E. Rice	195	105	260	560	
198 lbs.					
M. Knight	255	—	265	520	
198+ lbs.					
D. Steffen	205	115	225	545	

MALE				
114 lbs.				
T. Schilling	310	155	320	785
A. Seebrock	185	90	185	460
132 lbs.				
N. Stemo	420	160	370	950
K. Golz	185	115	195	495
148 lbs.				
A. Trinidad	475	240	425	1140
J. Steinhorst	405	200	405	1010
C. Adamczyk	415	200	375	990
M. Jasurda	290	150	405	845
J. Fabar	235	200	275	710
165 lbs.				
J. Dunbar	410	165	430	1005
J. Hill	290	140	320	750
181 lbs.				
A. Eigner	415	215	465	1095
S. GeLanin	420	255	405	1080
C. Happel	—	250	405	655
R. Kallas	205	90	200	495
220 lbs.				
D. Ambroch	440	230	410	1080
275 lbs.				
Christensen	350	205	385	940
275+ lbs.				
A. Askow	660	370	530	1560
Skormaroske	520	270	460	1250
» courtesy Brian Kenney				

RESULTS



Brittany Beschta – 319 SQ



Paula Houston – 358 SQ



Best Lifter in the Master I division, Souix-z Hartwig-Gary



Best Open Lifter, Priscilla Ribic



CiCi Smith – 418 DL



USAPL WOMEN'S NATIONALS

MAY 20-22 2011 » Atlanta, GA

Powerlifting FEMALE	SQ	BP	DL	TOT
97 lbs.				
<i>Junior</i>				
A. Summers	253	149	270	672
<i>Teen I</i>				
C. Haase	160	99	231	490
<i>Teen III</i>				
P. Lloyd	165	94	209	468
105 lbs.				
<i>Cueat</i>				
A. Levered	270	171	308	749
<i>Master I</i>				
K. Ryman	226	116	281	622
<i>Master III</i>				
B. Burns	154	99	193	446
<i>Open</i>				
A. Summers	253	149	270	672
<i>Teen II</i>				
S. May	270	165	275	710
A. Guzman	242	105	248	595
T. Gifford	220	66	231	517
<i>Teen III</i>				
J. Sullivan	264	105	281	650
114 lbs.				
<i>Master I</i>				
S. Hartwig	369	220	352	941
T. Cutrona	253	165	286	705
<i>Master II</i>				
J. Kingsley	226	143	308	677
<i>Master III</i>				
M. Laurence	94	66	182	341
<i>Open</i>				
S. Hartwig	369	220	352	941
J. Najera	281	187	358	826
T. Cutrona	253	165	286	705
C. Johnson	182	127	259	567
<i>Teen II</i>				
V. Cardenas	143	149	248	539
<i>Teen III</i>				
H. Schlicht	270	110	303	683
123 lbs.				
<i>Master I</i>				
D. Snow	303	193	347	842
<i>Master II</i>				
M. Sobotka	215	154	281	650
<i>Open</i>				
R. Lopez	385	226	391	1002
K. Clark	369	215	385	969
D. Snow	303	193	347	842
E. Stevenson	—	165	275	440
<i>Teen I</i>				
M. Coggin	231	105	270	606
B. Housworth	237	110	253	600
<i>Teen II</i>				
L. Galdones	204	127	253	584
E. Stevenson	—	165	275	440
<i>Teen III</i>				
T. Franks	253	132	281	666
132 lbs.				
<i>Junior</i>				
B. Beschta	319	193	352	864
<i>Master I</i>				
T. Kemper	303	176	330	809
J. Mach	275	154	292	721
L. Rodriguez	220	154	281	655
<i>Master II</i>				
R. Carlsson	286	121	314	721
A. Kemmerer	193	138	281	611
<i>Open</i>				
J. Thompson	402	330	418	1151
R. Carlsson	286	121	314	721
Y. Young	182	149	308	639
<i>Teen II</i>				
S. Rogers	352	193	308	853
L. Crockrell	253	105	281	639
148 lbs.				
<i>Master I</i>				
T. Crawford	297	149	336	782
C. Daniel	281	171	314	765
<i>Master II</i>				
D. Bryant	341	182	347	870
Marksteiner	325	198	303	826
M. Spano	275	143	330	749
<i>Open</i>				
A. Hitchcock	473	264	479	1217
L. Okoro	347	193	468	1007
B. Crawford	347	176	385	908
L. Braverman	374	209	297	881
B. Anderson	319	209	325	853



Jennifer Thompson made a nice 402 lb. squat



Marsha Serre with a 325 DL



Alyssa Hitchcock with a 473 SQ



Kat Clark preparing to bench

Marksteiner	325	198	303	826	R. Massey	352	176	303	831
M. Spano	275	143	330	749	198 lbs.				
<i>Teen II</i>									
A. Pins	303	121	314	738	K. Hower	—	215	341	556
V. Robison	264	143	292	699	<i>Master II</i>				
<i>Teen III</i>									
B. Crawford	347	176	385	908	J. Arnow	404	292	391	1087
J. Dodel	341	176	275	793	<i>Open</i>				
K. Nicholson	270	132	319	721	J. Arnow	404	292	391	1087
165 lbs.					T. Henderson	402	182	407	991
<i>Master I</i>					M. Solis	325	209	314	848
C. Smith	407	264	418	1090	K. Hower	—	215	341	556
R. Clark	385	204	462	1051	<i>Teen II</i>				
S. Bohlen	325	176	341	842	T. Johnson	275	132	380	787
<i>Master II</i>					<i>Teen III</i>				
P. Houston	358	220	369	947	M. Solis	325	209	314	848
D. Marts	347	209	330	886	<i>Youth</i>				
<i>Master III</i>					M. Sorto	226	94	253	573
G. Moore	325	187	341	853	198+ lbs.				
M. Serre	242	110	325	677	<i>Master I</i>				
<i>Open</i>					M. Baum	352	259	369	980
P. Ribic	479	314	528	1321	<i>Master II</i>				
C. Smith	407	264	418	1090	S. Hallen	385	242	341	969
L. Richardson	358	286	391	1035	N. Edelson	226	132	385	743
K. Lambert	363	237	341	941	J. Koenig	187	160	330	677
S. Bohlen	325	176	341	842	<i>Open</i>				
<i>Teen II</i>					L. West	479	275	435	1189
A. Andrews	402	220	374	996	J. Morales	413	264	308	985
S. Kuehl	374	187	336	897	M. Baum	352	259	369	980
M. Arce	303	160	352	815	S. Hallen	385	242	341	969
<i>Teen III</i>					<i>Teen II</i>				
S. Pomrening	358	215	385	958	S. Fretwell	446	242	385	1073
M. Butler	363	154	319	837	Montgomery	402	176	363	941
181 lbs.					K. Jones	347	187	347	881
<i>Master I</i>					<i>Teen III</i>				
L. Styrlund	363	270	413	1046	E. Segovia	451	231	352	1035
Chaszczewicz	270	127	308	705	J. Morales	413	264	308	985
<i>Master II</i>					J. Stewart	369	149	418	936
L. Hawkins	132	138	270	539	Best Lifter Open: Priscilla Ribic. Best Lifter Teen/Junior: Alesha Summers. Best Lifter Master I: Sioux-z Hartwig-Gary. Best Lifter Master II: Paula Houston. Best Lifter Master III: Gail More. Best Team Open: Team Titan. Best Team Master: Phantom Warriors. Best Lifter Team Combined: Phantom Warriors.				
R. Hackney	220	149	286	655	» results courtesy USAPL and photos courtesy George Mart and Christy Newman				
<i>Open</i>									
L. Blyn	446	358	424	1228					
L. Styrlund	363	270	413	1046					
L. Hawkins	132	138	270	539					
<i>Teen II</i>									
V. Garcia	402	182	358	941					

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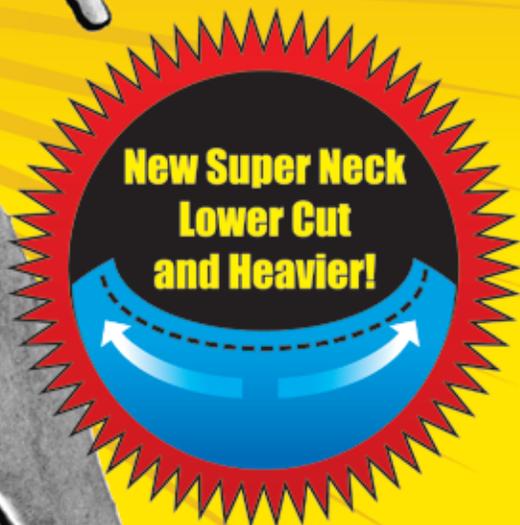
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