

STRONG LIFE

THE FUSION OF FAITH & FITNESS

The Official Online Magazine for RAW Powerlifters

ANIMAL!

**Russia's Andrey Malanichev
buries 1014 at RAW UNITY!**

Inside:

- * 2014 RAW Record Breakers Meet
- * 2014 RAW Unity Meet
- * Gaynor's History of Powerlifting, Part 5

MORE!

Volume 2, Issue 6
February 2014

2014 GOLD'S GYM OPEN & ALABAMA STATE CHAMPIONSHIPS

**Saturday, March 29, 2014
Sanctioned by R.A.W. United**



**Hosted by Gold's Gym
Enterprise, Alabama**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

**Entry Deadline: Saturday, March 8, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

2014 DETERMINED WARRIOR CLASSIC & TEXAS STATE CHAMPIONSHIPS

Saturday, April 5, 2014

Sanctioned by R.A.W. United



**Hosted by JD Wennermark's Olympic Gym
San Antonio, Texas**

DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united

Entry Deadline: Saturday, March 15, 2014
Meet Director: Jon Drummond
210-367-2302 or jonathan.drummond.3.ctr@us.af.mil

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Volume 2, Issue 6
February 2014

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Publishing Dates:

February, April, June, August, October, December

STRONG LIFE is the premier, on-line publication for raw powerlifters, and is offered free of charge to the powerlifting community through STRONG LIFE CHRISTIAN MINISTRIES, INC. (www.StrongLife610.org). From contest reviews to feature stories, training tips to nutritional guidelines, spiritual truths to behind-the-scenes fun, STRONG LIFE covers everything the strength community needs to know through high profile interviews, awesome photography, and intense editorial coverage.

The only publication of its kind, STRONG LIFE focuses on the positive influences that the world's strongest sport has on families and communities. Our mission is to honor God while showcasing the amazing talent, culture, and lifestyle of raw lifters.

Advertising proceeds from STRONG LIFE are utilized to support the Sava Tshontikidis Memorial Scholarship Fund, a college scholarship fund for high school seniors.





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2014 Teenage Championships (14-19)

Saturday & Sunday, April 5-6, 2014

Sanctioned by R.A.W. United



Hosted by **GIRLS GONE STRONG**
STRONG LIFE Training Facility
Melbourne, Florida

DOWNLOAD YOUR ENTRY AT:
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Entry Deadline: Saturday, March 15, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org

2014 Youth Championships (13-U)

Saturday & Sunday, April 5-6, 2014

Sanctioned by R.A.W. United



Hosted by **GIRLS GONE STRONG**
STRONG LIFE Training Facility
Melbourne, Florida

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ON THE COVER: EDITOR'S REVIEW

**“Commit your plans to the Lord and they will succeed.”
Proverbs 16:3**

WHAT'S INSIDE

When it comes to raw lifting, I am a purist at heart. Since the 1980s when I began running raw meets with Bob Gaynor and the late, great Al Siegel, I have trained and competed without any gear. There is no “taking the high ground” morality involved in my decision, just a personal desire to challenge myself against the weight. With that said,

you cannot deny the sheer AWESOMENESS of Andrey Malanchiev's 1,014 pound squat at RAW Unity 7. Not only did Andrey walk his squat out of the monolift, he buried the weight, came up with ease (wait until you see the video!), and was a gracious and humble ambassador of our sport throughout the weekend.



Andrey's 882 pound pull secured his All-Time record total at RAW Unity 7

For the past seven years I have wanted to announce at RAW Unity, but have always served on the platform as a loader or official. On Sunday morning the opportunity arose to MC the event, and I was able to witness first-hand Andrey's 1,014 pound squat and All-Time record total. Thanks to Eric, I can cross that one off the bucket list! Eric, Bob Gaynor, and I have worked together for the past seven years at RAW Unity, and it is both an honor and a pleasure to support Eric's contest each year.

R.A.W. United's second annual RAW Record Breakers Meet saw over 100 federation records fall in all age categories. Megan Lee

and Faryn Antenucci of Girls Gone Strong, Jennifer Cox of Sarasota Barbell, Danielle McNulty of Gold's Gym, and Edith Traina of the Florida RAW Dogs led the women's charge, shattering the record books and capturing their respective classes. On the men's side, Ty Conyers of the Florida RAW Dogs, Jacob Sundry of Elite Fitness, and Master's legends Jay Sutherland and Tony Conyers set a new standard in raw lifting! Many thanks to Bill Beekley and the folks at Westchase Recreation Center for hosting the event, and to all the R.A.W. United contest staff for working the event and traveling down to Port Saint Lucie to work the platform at RAW Unity!



Master's Champion Tony Conyers had an incredible day at the 2014 RAW Record Breakers Meet, going 550, 395, 630 in the 55-59, 165 pound class

In addition to coverage of both events, the February issue of STRONG LIFE includes Bob Gaynor's fifth installment in the history of powerlifting, an interview with 100% RAW lifter Gene Richards, and a host of new advertisers. Thanks to everyone that

contributed to the February issue of STRONG LIFE magazine!

Enjoy the Reading!
Spero



***Defying the Odds:
Bill Beekley and the Senior Division of the Florida RAW Dogs
Edith Traina, Trudy Daxon, Bill, Sarah Hand, Carmen Gutwirth, and Bonnie Thurston***



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THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at spero@stronglife610.org, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Crystal Dumdei of Sarasota Barbell for sending us the February 2014 photo for *The Strong Shot*!



GOTTA' LOVE HER
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JESUS ZONE: THE COACH AS A SHEPHERD

**“The Lord is my Shepherd; I shall not want.”
Psalm 23:1**

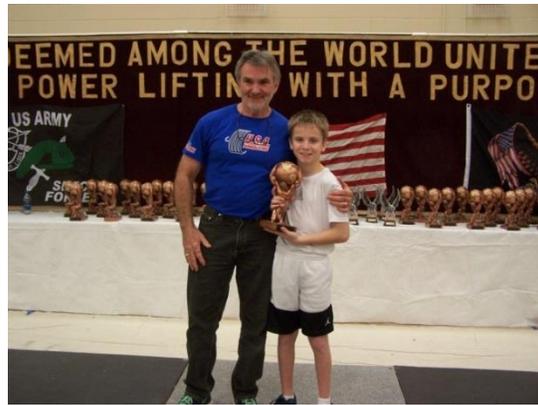
Coaching competitive lifters is a labor of love. It takes a great deal of time and dedication to work with strength athletes and, in the end it is a love for the sport and the lifters we train that drives us.

The admiration and respect that Bill Beekley and the senior ladies he trains share is

readily apparent any time you speak with them. Likewise, Ken Morris' team at Limitless Strength & Conditioning and the lifters at Erich & Kelsea Koenreich's Sarasota Barbell have a strong respect and friendship for each other that any outsider can observe.



**Keith Sunday (left) and his son, Jacob
Pat Currey (right) and his newest protégé, Christian Ferenic**



Scripture teaches a great deal about coaching through its lessons on leadership. In the 23rd Psalm, we learn not only about God's nature but also about His leadership. Both the Old and New Testaments utilize the term "shepherd" to illustrate leadership. The word communicates the love, nurture, intimacy, and spiritual care a godly leader provides. Psalm 23 describes the Ultimate Shepherd (God) performing several functions:

**The Lord is my Shepherd; I shall not want.
(God provides)**

**He makes me to lie down in green pastures;
He leads me beside still waters.
(God gives rest)**

**He restores my soul; He leads me in the
paths of righteousness for His name's sake.
(God confidently leads; He renews and
restores, He guides and directs)**

**Yea, though I walk through the valley of the
shadow of death, I will fear no evil; For You
are with me; Your rod and Your staff, they
comfort me.
(God protects, corrects, and comforts)**

**You prepare a table before me in the
presence of my enemies; You anoint my
head with oil; My cup runs over.
(God feeds and anoints)**

**Surely goodness and mercy shall follow me
all the days of my life; And I will dwell in the
house of the Lord forever.
(God loves and furnishes permanent shelter)**



***Trudy Daxon, Carmen Gutwirth, and Edith Traina of the Florida RAW Dogs
Jennifer Cox, Kelsea Koenreich, Erich Koenreich, Ashley Koenreich, Sara Flanagan, and Crystal Dumdei of Sarasota Barbell***

Coaches, whether knowingly or unknowingly, perform many of the same functions. And while none of us will ever model God's example perfectly, we will do well to follow the leadership guidelines He has provided for us.

As powerlifters, many of us tend to stay clear of utilizing the word "love" when we talk

about our great sport. But in the end, the most successful coaches – with success being defined as the establishment of a mutual respect and admiration between the coach and the lifter that lasts a lifetime – are those that genuinely love the athletes they train. NOTHING in the gym and NOTHING on the platform is as strong or as powerful as love.



Some of our lifters from the STRONG LIFE Training Facility in Melbourne, Florida



It wasn't a World Record bench press that raised our Lord Jesus Christ from the grave, and building the perfect body or nailing a PR in the squat will not afford anyone citizenship in the Kingdom of Heaven. Our

strength on the platform is meaningless when it comes to eternity – what truly matters is our faith in God and our love for each other.

Supplement company that is changing the way we take supplements!

PDG labs is an American based company that only wants to supply supplements to those who are competing in powerlifting and bodybuilding. This is not one of those sell out companies trying to market towards little kids and Seniors. We are not going to B.S you. Our products have zero fancy lables. But what we do have are the best supplements available for the price. We don't have a huge selection, because you don't need to be taking a million different supplements. What we do have is products that work! Our creatine is the best and we are proud to say it. What makes it different.



PDG Creatine is not powder, not liquid, not a pill. Instead it is in pure state that you can eat. But I need a carrier. That's just it since PDG Creatine has no corn, no gluten, non soy, non gmo, organic plant based sugar. The product gets absorbed as real creatine so you can use it in the muscle. Best of all its only 35.00 with shipping included. The only down fall to the product is we are running very low on supplies. Don't hesitate email today xxtralargemuscle@aol.com and buy a bottle for you and a friend. We also do wholesale orders for small businesses and we also offer other products. **Kim Clark world Record raw deadlift holder uses PDG labs Creatine for power. 2012, and 2013 world champion powerlifting and strict curl 100% raw.**



"I use super power Creatine when I lift. I had used other creatine's in the past that worked. But nothing worked as well as the PDG Labs creatine. My Deadlift went up 20 pounds just after 2 weeks, I went from 381 to pulling 401. I can't even believe how fast it worked. And it almost tastes like nothing with a little sugar taste".

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CALL FOR UNITY: 2014 RAW UNITY MEET

**"How good and pleasant it is when brothers live together in unity!"
Psalm 133:1**

This year's line-up at Eric Talmant's RAW Unity Meet included Russian World Record holder Andrey Malanachev, California's Dan Green, Texas' Jill Mills, Florida's Jenn Rotsinger, and Eric himself. Our contest review has numerous pictures and videos from the event – please take the time to check them out – especially Andrey's 1,014 pound squat!

For meet results from the three-day event, please click on the link below:

<http://www.powerliftingwatch.com/files/results/Raw%20Unity%20Meet%207%20results.xls>



**Watch Andrey Malanchiev's 1014 squat by
clicking the link below:**

<http://www.powerliftingwatch.com/node/27233>

Watch all of Andrey's lifts:

<http://www.powerliftingwatch.com/node/27245>



Dan Green (left) and Brian Hopper
Check out Dan's 783 squat, 501 bench, and 826
deadlift:

<http://www.powerliftingwatch.com/node/27230>



**Brian Hopper (right) and Friends
Check out Brian at RUM 7:**

<http://www.youtube.com/watch?v=SzAJQBR14Eg&sns=em>



MORE VIDEOS FROM RUM 7

Brett Benedix:

<http://www.powerliftingwatch.com/node/27257>

Phillip Brewer:

<http://www.powerliftingwatch.com/node/27226>

Shelly Cannon:

<http://www.powerliftingwatch.com/node/27250>

Tee Cummins:

<http://www.powerliftingwatch.com/node/27258>

Mark Greenstein:

<http://www.powerliftingwatch.com/node/27243>

Kyle Keough:

<http://www.powerliftingwatch.com/node/27244>

Joe Morrow:

<http://www.powerliftingwatch.com/node/27259>

Paul Nguyen:

<http://www.powerliftingwatch.com/node/27235>

Kevin Oak:

<http://www.powerliftingwatch.com/node/27238>

Tom Roselli:

<http://www.powerliftingwatch.com/node/27249>

Eric Talmant:

<http://www.powerliftingwatch.com/node/27265>

Jordan Wong:

<http://www.powerliftingwatch.com/node/27280>

MORE PICTURES FROM RUM 7



Lifters from the University of Central Florida



UCF Lifter Sammy Cohen



UCF lifter Sarah Cichorek



UCF's Lance Hickey (top) and Nate McCoolle (bottom)





University of Central Florida's Omaris Cooper





Jill Mills of Olympic Gym in San Antonio, Texas





Masters legend Steve Goggins (above) and Florida's Perry Ellis





*Ellen Stein, Jenn Rotsinger, and Jill Mills (left) and Kris Clark (right)
Jenn Rotsinger (blew) takes it into the hole*





***Band of Brothers
It's what RAW Unity is all about – bringing the world's greatest lifters together on a single platform***



**THANKS TO BUD LYTE & BMF SPORTS
FO THEIR SUPPORT OF STRONG LIFE!**

CONTEST REVIEW:
2014
RAW RECORD BREAKERS MEET

“Be strong in the Lord and the power of His might.”
Ephesians 6:10

Friday, Saturday, & Sunday, January 24-26
*Westchase Recreation Center * Tampa, Florida*

Many thanks to Bill Beekley, Dona Smith, Maria Pirone, and the Senior Ladies of the Florida RAW Dogs for hosting the second annual RAW Record Breakers Meet at Westchase Recreation Center in Tampa, Florida; to members of Westchase Recreation Center, STRONG LIFE Gym, Gold's Gym in Fort Myers, and the Florida RAW Dogs for spotting and loading; to Carmen and Danny Aguirre, Loma Amore, Bill Beekley, Tony Conyers, Larry Dromerhauser, Bob Gaynor, Tom O'Donnell, Jenn Rotsinger, Jack Stevens, Eric Talmant, Caryn Tshontikidis, and Andrew Yerrakadu for officiating; to Loma Amore, Bob Gaynor, and Eric Talmant for announcing and scoring; and to Edith “The E-Train” Traina and the Ladies Senior Division of the Florida RAW Dogs for just being so AWESOME!

More thanks to Sir Charles Venturella for the AWESOME sculptures; to Brigid and the folks at Sandpiper Sportswear for the AWESOME contest shirts; to Mike Roebuck and the folks at Good Impressions Printing for the AWESOME contest certificates; and to Bill Beekley and Larry Dromerhauser for helping to transport everything to the meet site and back home after we were done!

Most importantly, thanks to the countless Americans that wear our nation's uniform for defending our freedom and affording us the opportunity to compete on a Christian platform! And to our Lord and Savior Jesus Christ for the opportunity to live a STRONG

LIFE on earth and a life of praise and worship in HIS KINGDOM for all eternity!

To the lifting:

On the women's side, teenage lifters Megan Lee and Faryn Antenucci of Girls Gone Strong and Tampa's Anna Bolton captured Best Lifter honors on Saturday afternoon. Carmen Gutwirth of the Florida RAW Dogs, Danielle McNulty of Gold's Gym in Fort Myers, and Sara Flanagan of Sarasota Barbell took home top honors in the morning session on Sunday.

Competing for the last time in the 12-13 year old age group, Megan posted record lifts across the board to include an easy (and impressive) 185 pound deadlift. Faryn buried a 205 squat and pulled 245 in the 148s to take her class, and Anna registered a strong 100 pound bench and 190 deadlift in the 123s. All three girls will be competing in the Teenage Championships on April 5-6 at the STRONG LIFE Training Facility in Melbourne, Florida. Other notable lifts by our youth lifters included Allie Henderson's 195 pound pull (12-13, 114s), Kimmaya Chisolm's debut meet with lifts of 155, 100, and 230 on a fourth attempt in the 16-17, 181s, and Dulcy Olson's breakthrough meet in the 14-14, 181s. Dulcy buried a 185 squat, nailed an 87 pound, PR bench, and gripped and ripped a 260 deadlift on her fourth attempt. Awesome lifting by all our young ladies!



Megan Lee buries a 122 pound record squat

The adults kept the momentum going on Sunday morning! Jennifer Cox of Sarasota Barbell posted huge numbers en route to her 605 total in the 123s, and teammate Ashley Koenreich took top honors in the 132s on lifts of 215, 120, and 275. Gold's Gym (Fort Myers, Florida) lifters Joann Andrews and Danielle McNulty went one, two in the 148s, with Joanne finishing just five pounds ahead of Danielle. Alexis Clark of Gorilla Bench also had an impressive debut, finishing with a 625 total in the 181s.

And, needless to say, the Senior Division of the Florida RAW Dogs (formerly known as the Deadlifting Grannies) had the crowd on

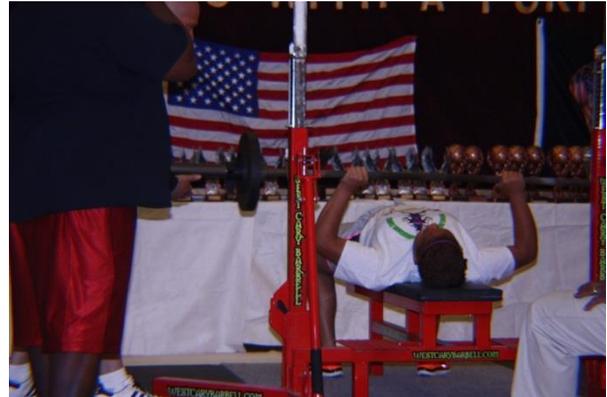
their feet all morning! Carmen Gutwirth posted record lifts across the board to finish with a 345 total in the 70-74, 148s, and teammates Bonnie Thurston and Sarah Hand rounded out the class. Edith "E-Train" Traina and Trudy Daxon went huge in the 165s, with Edith (90-94) pulling 140 pounds and Trudy (80-84) ripping a 155 pound deadlift. Not enough can be said about these ladies and their coach, Bill Beekley. Not only are they an inspiration to us all, but they are first-class ambassadors of our sport and exemplary role models for the young women competing in our ranks. Thanks to the team, and God Bless!



Seventh grader Valery Linkenhoker (left) and senior Genna Owen, both of Girls Gone Strong



Anna Bolton



Girls Gone Strong lifters Savannah Green (left) and Kimmaya Chisolm



Faryn Antenucci

Women's IRONMAN, No Belt

77	10-11	Savannah Henderson	82	40	125	247
	12-13	Anya Johnson	65	37	100	202
88	12-13	Megan Lee	122	70	185	377
105	40-44	Liz Johnson	95	70	115	280
	10-11	Sabrina Kirby	80	52	127	259
	12-13	Abby Mechachonis	80	52	120	252
114	12-13	Allie Henderson	127	77	195	399
	14-15	Savannah Green	135	67	150	352
	14-15	Anna Held	105	77	135	317
	12-13	Cassie Kirby	90	52	135	277
123	12-13	Valery Linkenhoker	125	67	175	367
132	16-17	Katy Morgan	157	67	195	419
	14-15	Brittany Barreiros	115	67	177	359
	20-24	Maggie Gokey	-	105	240	345
148	16-17	Faryn Antenucci	205	92	245	542
	16-17	Briana Barreiros	155	72	187	414
	70-74	Carmen Gutwirth	105	55	185	345
165	18-19	Genna Owen	172	87	230	489
181	14-15	Dulcy Olson	185	87	245	532
					4 th 260	
	12-13	Brettany Murdock	165	95	235	505
	16-17	Kimmaya Chisolm	155	100	215	470
					4 th 230	
198	12-13	Karly Hudson	142	67	210	419



Sarasota Barbell

Women's IRONMAN, Belt

77	10-11	Savannah Henderson	82	40	125	247
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Maggie Gokey

132	35-39	Carmen Soto-Aguirre	195	90	265	550
	16-17	Katy Morgan	157	67	195	419
	14-15	Brittany Barreiros	115	67	177	359
	20-24	Maggie Gokey	-	105	240	345
148	20-24	Danielle McNulty	230	135	270	625
	16-17	Faryn Antenucci	205	92	245	542
	16-17	Briana Barreiros	155	72	187	414
	70-74	Carmen Gutwirth	105	55	185	345
	70-74	Bonnie Thurston	45	65	150	260
75-79	Sarah Hand	-	47	115	162	
165	18-19	Genna Owen	172	87	230	489
	90-94	Edith Traina	-	47	140	187
	80-84	Trudy Daxon	-	25	155	180

181	14-15	Dulcy Olson	185	87	245	532
					4 th 260	
	12-13	Brettany Murdock	165	95	235	505
	16-17	Kimmaya Chisolm	155	100	215	470
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Women's RAW

77	10-11	Savannah Henderson	82	40	125	247
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88	12-13	Megan Lee	122	70	185	377
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105	40-44	Liz Johnson	95	70	115	280
	10-11	Sabrina Kirby	80	52	127	259
	12-13	Abby Mechachonis	80	52	120	252

114	12-13	Allie Henderson	127	77	195	399
	14-15	Savannah Green	135	67	150	352
	14-15	Anna Held	105	77	135	317
	12-13	Cassie Kirby	90	52	135	277



Jennifer Cox

123	25-29	Jennifer Cox	225	135	245	605
	14-15	Anna Bolton	150	100	190	440
	12-13	Valery Linkenhoker	125	67	175	367

132	25-29	Ashley Koenreich	215	120	275	610
	35-39	Carmen Soto-Aguirre	195	90	265	550
	16-17	Katy Morgan	157	67	195	419
	14-15	Brittany Barreiros	115	67	177	359
	20-24	Maggie Gokey	-	105	240	345

148	55-59	Joann Andrews	215	145	270	630
	20-24	Danielle McNulty	230	135	270	625
	25-29	Crystal Dumdei	210	95	290	595
	16-17	Faryn Antenucci	205	92	245	542
	16-17	Briana Barreiros	155	72	187	414
	70-74	Carmen Gutwirth	105	55	185	345
	70-74	Bonnie Thurston	45	65	150	260
	75-79	Sarah Hand	-	47	115	162
165	18-19	Genna Owen	172	87	230	489
	90-94	Edith Traina	-	47	140	187
	80-84	Trudy Daxon	-	25	155	180
181	20-24	Alexis Clark	240	110	275	625
	14-15	Dulcy Olson	185	87	245	532
					4 th 260	
	12-13	Brettany Murdock	165	95	235	505
	16-17	Kimmaya Chisolm	155	100	215	470
				4 th 230		
198	12-13	Karly Hudson	142	67	210	419

Best Lifters, Saturday Afternoon Session:

IRONMAN, No Belt Megan Lee, Youth
 IRONMAN, No Belt Faryn Antenucci, Teenage
 IRONMAN, Belt Anna Bolton, Teenage

Best Lifters, Sunday Morning Session:

IRONMAN, No Belt Carmen Gutwirth
 IRONMAN, No Belt Danielle McNulty
 RAW Sara Flanagan



**Best Lifters (from left to right):
 Sara Flanagan, Danielle McNulty, Carmen Gutwirth**



THIS PICTURE SAYS IT ALL!
Cassie (left) and Sabrina Kirby of Girls Gong Strong

On the men's side it was Tony Conyers on Saturday and Jacob Sunday on Sunday afternoon! Tony "guest lifted" and had an incredible day in the 55-59, 165s, going 550, 395, and 630. After lifting, Tony coached his son, Ty, while spotting and loading on Saturday afternoon and came back Sunday to judge. Tony is a true ambassador of the

sport, and we are blessed to have him compete in our ranks! Jacob, a high school junior, took top honors in the 198s with lifts of 505, 340, and 555 (as well as a successful, fourth attempt deadlift of 570 pounds)! Jacob is currently training for the Teenage Championships and is likely to continue to raise the standard in the teenage, 198s!



Jacob Sunday (center) with dad, Keith, and Spero

Venice, Florida lifter Roman Roamanenko, Irish Iron's Kyle Mishler, and Gold's Gym lifter Danny Aguirre led the Saturday morning session – all took home Best Lifter honors and lifted incredibly well. Roman

lifted in the IRONMAN, No Belt category and went 430, 335, 550 in the 220s, while Kyle totaled 1385 with a belt in the 198s. Danny lifted RAW, and nailed record lifts of 465, 325, 540 in the Master's 181s.



***Best Lifters (from left to right):
Roman Romanenko, Kyle Mishler, Danny Aguirre, and Tony Conyers***

Below: Danny Aguirre



Kyle (coming back from a serious shoulder injury) and William Grazione both registered strong numbers. William, lifting for the first time with us since the birth of his daughter (congrats brother!), finished at 1357 to Kyle's 1385 total. Bill Holton and Michael Pucci battled it out in the 220s, with Bill's 1530 total edging Michael by fifteen pounds. Cranford

Roberts posted a strong 1465 total to take third. Florida RAW Dog James Jacobs took the 242s with a 1680 total and OIF veteran Donnie Kiernan's 1430 total was good for first in the 308s. Ray Weisenbarger, lifting with us for the first time, registered lifts of 500, 405, 550 to win the supers.



OIF veteran Donnie Kiernan

On Sunday morning, Ian Brown of the United States Navy (RAW), Jon Wisenbaker of the Florida RAW Dogs (IRONMAN Belt), Bryon Palombo of Hudson, Florida (IRONMAN No Belt), and Master's Champion Jay Sutherland (Master's RAW) lifted strong, capturing Best Lifter honors in their respective categories. While Danny Aguirre took top honors in the 181s on Saturday morning, Ian (445, 315, 525) and Jon (425, 295, 550) battled it out for second and third. Dustin Bledsoe, Devin

Palombo, and Jose Pena also lifted well in the 181s, with just 85 pounds separating second through fifth in the class. Bryon finished behind Tony in the 165, but nailed lifts of 375, 300, and 465 without a belt! Doug Phan dropped to 165 and pulled a record 550 pound deadlift to finish just ten pounds behind Bryon. Jay was flawless in the 132s, going 315, 200, 380 to shatter the record books!



*Best Lifters (from left to right):
Ian Brown, Jon Wisenbaker, Bryon Palombo, Jay Sutherland*

Youth (13-U) and teenage (14-19) lifters competed on Sunday afternoon. As mentioned, Jacob Sundeley rocked the platform, going 505, 340, 555 to win Best Lifter honors and the 198s. Jacob also gripped and ripped an impressive 570 deadlift on a fourth attempt! Jeremiah Fontaine of STRONG LIFE gym and Colton

Remley of the Remley family powerlifting dynasty joined Jacob at the Best Lifter awards ceremony. Jeremiah finished with a 695 total in the 148s, and Colton posted an 1105 total in his first meet since finishing the football season. Justin Cruz of STRONG LIFE gym finished behind Colton, reaching the 1000 pound mark for the first time.



*Best Lifters (from left to right):
Jeremiah Fontaine, Jacob Sundeley, and Colton Remley*

Youth lifters Ty Conyers, Christian Ferenic, and William Remley lifted extraordinarily well. Ty shattered the record books, going 150, 50, 160 in the 12-13, 77s. Christian, who is coached by Master's Champion Pat

Currey, pulled a record 140 pound deadlift in his R.A.W. United debut. And William, who gets consistently stronger in every meet, went 255, 145, 325 in the 12-13, 198s!



Ty Conyers

Congratulations to all the guys that competed at the 2014 RAW Record Breakers Meet! We look forward to seeing all our youth and teenage lifters at the Youth & Teenage Championships on April 5-6 at our

new STRONG LIFE Training Facility in Melbourne, Florida and all the adults at the Mike Witmer Memorial Open & Florida State Championships (also being held at the STRONG LIFE Training Facility in June).



Masters Champion Pat Currey and Christian Ferenic

Men's IRONMAN, No Belt

66	8-9	Nathan Johnson	40	27	75	137
77	10-11	Christian Ferenic	75	55	140	270
97	12-13	Ben Johnson	82	52	135	269
105	12-13	Jacob Kent	135	77	175	387
	12-13	Luke Nevins	115	85	150	350
132	50-54	Jay Sutherland	315	200	380	895
148	14-15	Jeremiah Fontaine	240	180	275	695
					4 th 302	
	14-15	Brendan Felts	200	140	290	630
	14-15	Juan Torres	215	107	245	567
	14-15	Brandon Cox	140	105	275	520
	14-15	Matt Johnson	122	90	175	287
	25-29	Thomas Gerhauser	-	225	-	-
165	20-24	Bryon Palombo	375	300	465	1140
	20-24	Casey Hayes	360	270	460	1090
181	14-15	Andrew Hung	220	135	245	600
	14-15	Kyle Fitzgerald	150	115	285	550

198	50-54	Spero Tshontikidis	415	240	515	1170
	20-24	Todd Priest	385	275	495	1155
	45-49	David Felts	350	300	400	1050
	16-17	Jeremy Hoffower	247	150	317	714
220	25-29	Roman Romanenko	430	335	550	1315
	30-34	Adam Chaykin	365	285	500	1150
242	35-39	Keith Hernandez	425	315	500	1240
	16-17	Colton Remley	375	230	500	1105
	16-17	Justin Cruz	340	230	430	1000
308	12-13	Sam Ader	165	125	275	565
SHW	25-29	Ray Weisenbarger	500	405	550	1455



Charlie Nelson

Men's IRONMAN, Belt

66	8-9	Nathan Johnson	40	27	75	137
77	12-13	Ty Conyers	150	50	160	360
	10-11	Christian Ferenic	75	55	140	270
97	12-13	Ben Johnson	82	52	135	269
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148	14-15	Jeremiah Fontaine	240	180	275	695
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	14-15	Matt Johnson	122	90	175	287
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165	20-24	Bryon Palombo	375	300	465	1140
	20-24	Casey Hayes	360	270	460	1090
181	20-24	Jose Pena	385	285	530	1200
	14-15	Andrew Hung	220	135	245	600
	14-15	Kyle Fitzgerald	150	115	285	550
198	25-29	Kyle Mishler	435	335	615	1385
	50-54	Spero Tshontikidis	415	240	515	1170
	30-34	Justin Prince	405	290	470	1165
	20-24	Todd Priest	385	275	495	1155
	45-49	David Felts	350	300	400	1050
	12-13	William Remley	255	145	325	725
	16-17	Jeremy Hoffower	247	150	317	714
220	25-29	Roman Romanenko	430	335	550	1315
	30-34	Adam Chaykin	365	285	500	1150
	25-29	John Doolittle	285	115	375	775
	60-64	Charlie Nelson	-	-	480	-
242	35-39	Keith Hernandez	425	315	500	1240
	16-17	Colton Remley	375	230	500	1105
	16-17	Justin Cruz	340	230	430	1000
	25-29	Andrew Sink	320	165	340	825
	14-15	Stone Kershaw	-	157	-	-
308	12-13	Sam Ader	165	125	275	565
SHW	25-29	Ray Weisenbarger	500	405	550	1455

Men's RAW

66	8-9	Nathan Johnson	40	27	75	137
77	12-13	Ty Conyers	150	50	160	360
	10-11	Christian Ferenic	75	55	140	270
97	12-13	Ben Johnson	82	52	135	269
105	12-13	Jacob Kent	135	77	175	387
	12-13	Luke Nevins	115	85	150	350
132	50-54	Jay Sutherland	315	200	380	895

148	14-15	Jeremiah Fontaine	240	180	275	695
					4 th 302	
	14-15	Brendan Felts	200	140	290	630
	14-15	Juan Torres	215	107	245	567
	14-15	Brandon Cox	140	105	275	520
	14-15	Matt Johnson	122	90	175	287
	25-29	Thomas Gerhauser	-	225	-	-
165	55-59	Tony Conyers	550	395	630	1575
	20-24	Bryon Palombo	375	300	465	1140
	25-29	Doug Phan	340	240	550	1130
	20-24	Casey Hayes	360	270	460	1090
	20-24	Jon Leisner	300	300	455	1055
	20-24	Cody Christian	285	195	420	900
181	45-49	Danny Aguirre	465	325	540	1330
	35-39	Ian Brown	445	315	525	1285
	40-44	Jon Wisenbaker	425	295	550	1270
	25-29	Dustin Bledsoe	425	295	515	1235
	20-24	Devon Palombo	405	300	505	1210
	20-24	Jose Pena	385	285	530	1200
	18-19	Joshua Peterson	385	265	455	1105
	70-74	Nick Shriner	225	165	310	700
	14-15	Andrew Hung	220	135	245	600
14-15	Kyle Fitzgerald	150	115	285	550	
198	18-19	Jacob Sunday	505	340	555	1415
					4 th 570	
	25-29	Kyle Mishler	435	335	615	1385
	25-29	William Grazione	520	307	530	1357
	45-49	Dave Adams	355	315	525	1195
	50-54	Spero Tshontikidis	415	240	515	1170
	30-34	Justin Prince	405	290	470	1165
	20-24	Todd Priest	385	275	495	1155
	45-49	David Felts	350	300	400	1050
	12-13	William Remley	255	145	325	725
	16-17	Jeremy Hoffower	247	150	317	714
220	25-29	Bill Holton	540	390	600	1530
	25-29	Michael Pucci	555	415	545	1515
	30-34	Cranford Roberts	505	415	545	1465
	25-29	Roman Romanenko	430	335	550	1315
	30-34	Adam Chaykin	365	285	500	1150
	25-29	John Doolittle	285	115	375	775
	60-64	Charlie Nelson	-	-	480	-
242	40-44	James Jacobs	600	430	650	1680
	35-39	Keith Hernandez	425	315	500	1240
	30-34	Josh Cue	420	300	500	1120
	16-17	Colton Remley	375	230	500	1105
	16-17	Justin Cruz	340	230	430	1000
	25-29	Andrew Sink	320	165	340	825
	20-24	Brandon Haggerott	-	330	645	975
	25-29	Joel Kennedy	-	330	-	-
	14-15	Stone Kershaw	-	157	-	-

308	30-34	Donnie Keirnan	460	355	615	1430
	12-13	Sam Ader	165	125	275	565
SHW	25-29	Ray Weisenbarger	500	405	550	1455



Masters Champion Tony Conyers

Best Lifters, Saturday Morning Session:

IRONMAN, No Belt	Roman Romanenko
IRONMAN, Belt	Kyle Mishler
RAW	Danny Aguirre

Best Lifters, Saturday Afternoon Session:

IRONMAN, No Belt	Christian Ferenic, Youth
IRONMAN, No Belt	Brendan Felts, Teenage
IRONMAN, Belt	Ty Conyers, Youth

Best Lifters, Sunday Morning Session:

IRONMAN, No Belt	Bryon Palombo
IRONMAN, Belt	Jay Sutherland
RAW	Ian Brown

Best Lifters, Sunday Afternoon Session

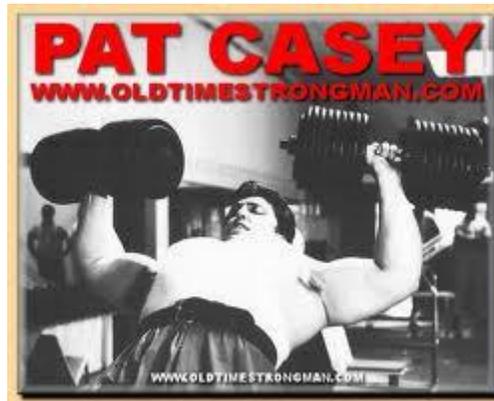
IRONMAN, No Belt	Colton Remley
IRONMAN, No Belt	Jeremiah Fontaine
RAW	Jacob Sunde

OLD SCHOOL: THE HISTORY OF POWERLIFTING, PART 5

Written by STRONG LIFE Treasurer Bob Gaynor

In the February issue of STRONG LIFE we will continue with Pat Casey, one of the early stars of powerlifting. Lifting at the 1966 LA Invitational, Pat squatted 805 and totaled 2035 for a new American Record. At the

same meet, Len Ingro set squat and total records at 165. John Kanter set a new total record at 198, and Enrique Hernandez set a new bench record.



Power rack training was getting a lot of publicity at this time. This was especially true in York publications. Wilbur Miller of Kansas, former deadlift record holder, supposedly did most of his training in the power rack using partial movements. Bill

March, a very good Olympic lifter from York, did a number of articles about developing his strength through the use of the power rack. I cannot verify this, but I was told that the only time March used the power rack was for the pictures used in the articles.



The Junior Nationals were held in Norristown, Pennsylvania that year directed by Jim Messer. George Crawford began his squat record breaking at this meet. Jim Messer dedicated his life to lifting.

Dallas, Texas. The meet saw forty-two lifters from twenty states. This number was down slightly from the previous year. Gene Devers repeated at 165, the only lifter to do so. Ronnie Ray and Bill Andrews exchanged places at 181.

The Seniors were held on September 3 in

Allan Lord made his Seniors debut in this meet. Allan was quite the athlete and went on to win National titles and set records. If

you looked at Allan you would think he was a long-distance runner or a swimmer, but never a powerlifter.



Bill "Peanuts" West

Also making their Seniors debut were Jerry Jones, Bill West, and John Kanter. Terry Todd finished second to Bob Weaver in what was to be his last Seniors appearance.

The records as of December 31, 1966, were as follows:

123

Squat	D. Moyer	465.25
Bench	E. Hernandez	273.00
Deadlift	M. Cross	468.50
Total	D. Moyer	1160.00

Squat	L. Mintz	
Bench	H. Brannum	328.00
Deadlift	B. Smith	556.00
Total	L. Mintz	1215.00

165

132

Squat	D. Moyer	476.00
Bench	E. Hernandez	289.00
Deadlift	J. Bojazi	518.00
Total	D. Moyer	1170.00

Squat	L. Ingro	503.00
Bench	W. Thurber	359.00
Deadlift	N. Harris	629.00
Total	L. Ingro	1400.00

148

181

Squat	W. Andrews	517.00
Bench	J. Kojigan	425.00
Deadlift	F. Gomes	626.00
Total	W. Andrews	1510.00

198

Squat	B. West	587.50
Bench	W. Seno	461.25
Deadlift	R. Frantz	643.00
Total	J. Kanter	1600.00

SHW

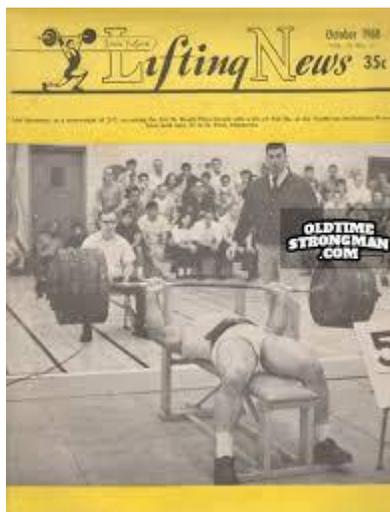
Squat	P. Casey	800
Bench	P. Casey	592
Deadlift	J. Robertson	745.50
Total	P. Casey	2035

The big news in 1967 was the addition of the 242 pound weight class. The Junior Nationals were scheduled for West Patterson, New Jersey and the Seniors back in York. Based on hosting two of the first three Nationals, one would think Mr. Hoffman

had accepted powerlifting.

In the April edition of Muscular Development (MD), Bob Hoffman detailed the upcoming Men's Nationals and even talked about a possible International Meet. This would be done with other countries holding meets on the same day as our Nationals and combining the results. About half way through the article Hoffman revealed his true feelings about powerlifting. He proposed a rule change in the deadlift that would ensure powerlifting developed good Olympic lifters. He wanted the rule to read that the deadlift must be performed with a flat back.

There were more and more meets held throughout the country. The Scranton YMCA ran a power meet to celebrate its 100th birthday. The major players in Scranton were Lloyd Capwell, Father Gregory Strickland, Bob O'Leary (of BOSS Nutrition), and Jim Williams.



Mel Hennessey

The meets were becoming more organized and the lifting equipment was beginning to improve. The use of questionable attire, however, was getting worse. This varied greatly from area to area depending on the officials.

On March 25 of that year the "Big Lift" finally took place when Pat Casey benched 600 pounds. Casey weighed 330 pounds at the Western State Power Meet. Because of limited warm-up facilities, Pat had to do

some of his warm-ups on the stage. A 550 pound warm-up really fired up the crowd. Casey's first attempt was 575 pounds and then he did the 600. On a final attempt he did 615. On all of these lifts, Pat did not use a hand-off.

On April 29 in Pittsburgh, Bob Weaver went 540, 800, 770 for a new total record at 2040 pounds. At the same meet, John Dzurenko set a new American deadlift mark at 665 pounds in the 198s. Also lifting at that meet

were future champions Jack Keammerer and Jack Welch.

Tom Snelgrove of Toms River, New Jersey ran a Postal Meet between Great Britain and his Surf Breakers team.

At a February meet in New Jersey, Nate Harris deadlifted 630 pounds in the 165s for a new American record.

Mel Hennessey took to the 242 pound class and set a new bench record just about every time he touched the bar.

In 1967, York came out with adjustable squat racks, and Joe Weider's Muscle Builder magazine also began to cover powerlifting.

At this point, we had Iron Man, Muscular Development, and Muscle Builder magazines covering our sport.

One area where the judges were taking a really hard line concerned bridging or arching in the bench press. Almost any type of bridge or arch received a red light. Very different from today!

Sixty-eight lifters attended the two-day Junior Nationals held in West Patterson, New Jersey. Frank Bates was the meet director. Roman Mielec, Allan Lord, John Nuzzela, Gerald Smith, Tom Overholtzer, Joe Weinstein, Phil Christman, and George Pickett were the winners. Pickett later became a very good Olympic lifter.



Larry Pacifico

Doc Rhodes finished third in the 165s, Larry Pacifico finished second in the 181s, Hugh Cassidy finished third in the 242s, and Jim Williams finished second in the supers – all would get much better in the coming years!

The Seniors were held on September 2 in York. This was the Labor Day weekend and a single-day meet; the turnout was just forty-four lifters. Mike Cross got his first victory (he had lifted in the previous two Nationals). Allan Lord and Larry Mintz won the 132s and 148s, respectively. Gene Devers took his third consecutive title at 165. Ronnie Ray, with a big 450 pound bench, won the 198s by eighty-five pounds. George Frenn put on a great performance at 242. He walked back and forth across the stage talking to himself and the audience. Everyone appreciated the show! His 705 squat and 1815 total were both records.

Don Cundy won his first title at Super and attempted the first 800 pound deadlift. This lift was not successful, but he did make 780 for a new American record.

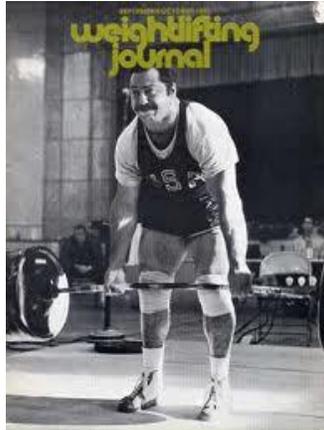
In China they have The Year of the Dog ... or Rat ... or whatever. The year 1968 became "The Year of the Wrap" in powerlifting because knee wraps came into play (it was called "bundling" back then). Squat performance increased dramatically. It was easy to tell who was or was not using excessive wraps. Many west coast lifters wrapped themselves in bedsheets.

The 1968 Juniors were held in Scranton on August 18-19, and the Seniors in Los Angeles on September 14-15.

Records continued to fall. Jesse Hurst of

Tulsa, Oklahoma deadlifted 640 at 181, and Gary Young deadlifted 726 at 242. Bill Thurber of Lawndale, California squatted 457, benched 355, and totaled 1300 for a new

American record in the 148s. Len Ingro squatted 526 at 165, and Tom Overholtzer squatted 567 at 181. George Frenn squatted 732 at 242 for a new American record.



George Frenn

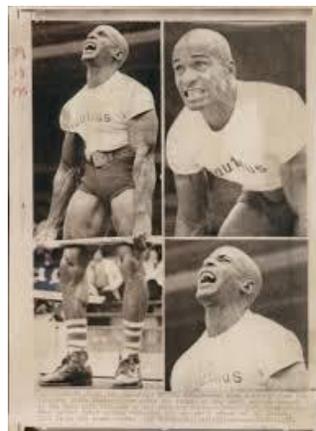
Pat O'Brien upped the American deadlift record to 650 pounds in the 181s. Allan Lord of Lewisdale, Maryland deadlifted 543 at 132, and John Dzurek of Rosemont, Pennsylvania squatted 621, deadlifted 688, and totaled 1665 at 198 for a new American record.

A National Collegiate Championships was added and the inaugural meet was held on May 11 at Michigan State University in East Lansing. Doc Rhodes and George Crawford were two of the winners.

The minimum age for competitors in a power meet was debated. The AAU enforced seventeen as the minimum age. By now, just about every state had its own list of State records. Meet, association, and regional

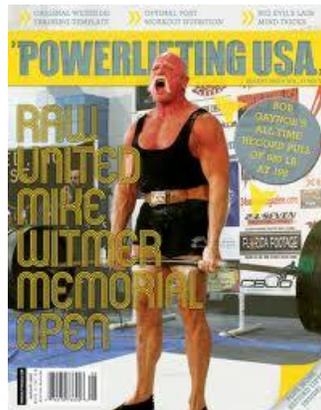
records were also being kept in many parts of the country. High schools were starting to have meets, but the minimum age kept them from being sanctioned.

Prison meets were becoming popular, and records were being set by prisoners. Don Blue and Robert Burnett held American records. I have nothing against prison meets and have officiated at more than twenty of them. What I have always been skeptical of was the enforcement of rules, weigh-ins, and equipment used. On many occasions I have been told by prison officials to be lenient in regard to the rules. Prisoners lifting in meets outside the prison system are different. I arranged to have Beetle Lowe lift in one of the National meets I promoted, but it was understood he had to follow the rules.



Don Blue

MORE TO COME IN THE APRIL ISSUE OF STRONG LIFE!



http://www.youtube.com/watch?v=tK6_DD8vAoE

*Bob Gaynor is the All-Time Masters Record Holder in the Deadlift
680 pounds @ 198
See the lift by clicking the link above!*

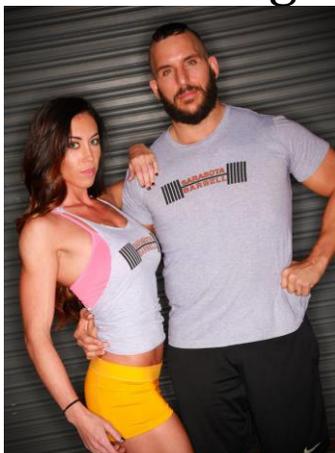
Bob currently serves as the Treasurer for STRONG LIFE and Chief Referee for R.A.W. UNITED



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SarasotaBarbell@gmail.com



POWER SPOTLIGHT: GENE RICHARDS OF 100% RAW

**"I will bless the Lord who has given me counsel."
Proverbs 16:7**

Gene Richards is one of the most impressive lifters I have ever met. A devoted Catholic living in the Boston area, Gene is a 76 year-old, 165 pounder. One would think Gene would be retired and relaxing in Florida. Instead he is the "super" of a 30-unit apartment building in one of the toughest cities in new England – Lynn, Massachusetts. Lynn has a reputation of being the city of sin. It overlooks Boston Harbor and shares the port with the largest city in Massachusetts. Gene still shovels snow, moves refrigerators, and trains at Gym Warriors in Peabody, Massachusetts. Don't let him fool you - Gene loves to make jokes constantly, pulling you in to lead you to another joke. I sat down with Gene three months prior to his next powerlifting competition.

Author: So Gene, how many years have you been lifting weights and how many different gyms have you been to?

Gene: Only three.

Author: (Shocked) Only three; why?

Gene: YMCA, Worlds Gym, and Gym Warriors. At Worlds Gym I had a gym record of 1400 pound leg press at 148 and I did the hack squat at 1000 pounds for 1 single rep. My favorite of all the gyms is Gym Warriors because of the owner and the people who go there.

Author: How many people would you say you have helped train at some point in time? And please tell me some of the memorable ones.

Gene: Thousands – one kid had a heart murmur. I told him start doing breathing squats, bench press and pullovers with dumbbells. You take three deep breaths before each rep; (I am really looking at him trying to figure out this exercise) so for 1-10 reps he performed three deep breaths before each rep. After that you try and work it up to five deep.

Author: Every time I talk to you I learn something new!

Gene: Three waitresses - I made each lose 20 pounds in three months just from taking kelp. First month you use it three times a day, second month you use it two times a day, and third month is use it one time a day. And a quick way to find out how your thyroid is functioning is to take a thermometer and put it under your armpit. If your temperature is higher than 98 degrees it's high, lower than 98 degrees it's slow.

Author: Again you astound me. Tell me more about some of the people you have trained, and what your personal goals are?

Gene: My wife, Marion, and I started training 43 years ago. She was benching about 150 pounds at a bodyweight of 110 pounds when she was 40. Marion is 82 years old, but suffered a heart attack a few years ago so she doesn't lift any more.

Author: What are you looking for in powerlifting?

Gene: To be the world's best at my age in powerlifting. I compete raw, no equipment. And I don't want to use any equipment. My current numbers are 275 in the squat, 225 in the bench, and 360 in the deadlift. At 74, I got I got a 260 squat, 260 bench press, and 360 deadlift which was the American record.

Author: And how about the curl?

Gene: I can curl approximately 100 pounds, but we do the curl for fun. It's a bodybuilding exercise. I use both partial movement and full range of motion. In the squat, training the top of the lift is almost useless because you really are not doing much. But in the curl you can use partial movements to gain strength.

Author: What do you want to get out of this?

Gene: I want to be a role model for other senior citizens, to inspire them to participate in strength competitions. You see them doing all this cardio. What are they going to do, run marathons? It's time to do some weights, and not everyone needs to do heavy weights. You can do a variety of exercises as long as you're exercising.

Author: I know you do some weird stuff in lifting. Most people need a warm up, but I have seen you compete. You don't warm up at all, you literally go right into the lift. Can you explain that to me.

Gene: At my age if I warm up with a couple sets I will lose 30-40% of my strength. So I don't warm up; this way I can just walk up to my opener and get it. If I warm up I will not have anything left for my third attempt. They can see me on Facebook, "Old Man Gene Richards Fan Page."

Author: What supplement do you use and what supplements do you suggest for others?

Gene: I use pdg supplements test booster, creatine, and joint food. I also use a multi-vitamin and try proteins powders. I suggest isopure and whey cool. For seniors, I suggest B complex for stress, a multi-vitamin, joint food, and creatine. These are things that can help you in everyday life.

Author: How can lifters contact you if they have any questions?

Gene: They can send me a letter to or email pauldesimone01@aol.com with questions or comments: Gene Richards * P.O. Box 838 * Lynn, MA 01902



Author Paul de Simone accepting his award at the 100% RAW World Championships

The



119 Foster Street * Building 2, 4th Floor * Peabody Massachusetts 01960

Gym Warriors is a gym that supports bodybuilding, powerlifting, and strong man, and is home to some of the best deadlifters in the world. We have all the equipment for your needs. We also hold powerlifting competitions and bodybuilding competitions each year. We run several different sanctions for all types of lifters. Support the sport of powerlifting and join Gym Warriors today. We also offer a clothing line and diet and supplement programs. People from all genres fly in to train with Paul DeSimone, owner and founding father of Gym Warriors. Week end training sessions with this add are just \$150.00 for 3 sessions. You must print out this add and call 978-766-6280 or email pauldesimone01@aol.com and mention this offer (discmag).

WE only have top of the line equipment. Anyone who is a competitive powerlifter knows an elite rack, legend rack, king rack, and elite equipment is what it takes. We have elieko, pendelay, ivanko, and troy competition plates. Get a 4 day pass for only \$15.00 by mentioning the coupon code "powermag."

Don't hesitate - become a Gym Warrior today!



CONTEST SCHEDULE: ALL FEDS

**"If anyone competes as an athlete, he does not receive the victor's crown
unless he competes according to the rules."
2 Timothy 2:5**

2014

MARCH 2014

March 15

United States Open Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

March 29

GOLD'S GYM OPEN & ALABAMA STATE CHAMPIONSHIPS * R.A.W. UNITED

Gold's Gym * Enterprise, AL

Entry deadline: March 8

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

APRIL 2014

April 5

DETERMINED WARRIOR CLASSIC & TEXAS STATE CHAMPIONSHIPS * R.A.W. UNITED

Olympic Gym * San Antonio, TX

Entry deadline: March 15

Meet Director: Jon Drummond

Contact Info: jonathan.drummond.3.ctr@us.af.mil * 210-367-2302

April 5-6

Men's & Women's Teenage Championships, Ages 14-19 * R.A.W. UNITED

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: March 15

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 12-13

Boy's & Girl's Youth Championships, Ages 13-Under * R.A.W. UNITED

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: March 15

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 25-26

Pat O'Brien Memorial Men's & Women's Master's Championships * R.A.W. UNITED

Ages 40-Above

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, April 05

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 25-26

Lifting Without Limits Championships * R.A.W. UNITED

Open to disabled athletes of all ages

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, April 05

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

April 26

Maryland State Championships * R.A.W. UNITED

Westminster Strength & Conditioning * Westminster, MD

Entry deadline: Saturday, April 5

Meet Director: Kevin Prosser & Dan Corridean

Contact info: jkprosser@yahoo.com * 240-329-8187

bdan1745@aol.com * 240-417-2229

April 26

National Masters Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

MAY 2014

May 31/June 1

Mike Witmer Memorial Open & Florida State Championships * R.A.W. UNITED

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: May 10

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

JUNE 2014

June 14

American Challenge Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

JULY 2014

July 19

Maria Bucchioni Memorial Women's Championships * R.A.W. UNITED

Open to women of all ages

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, June 28

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

July 19

Eastern USA Open Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Powerhouse Gym * Woodbridge, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

SEPTEMBER 2014

September 19-20

Gary Gordon Memorial Armed Forces Championships * R.A.W. UNITED

FREE Contest for active duty personnel, reservists, guardsmen, and veterans

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, August 30

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

September 20

Mid-Atlantic Open Powerlifting & Single Lifts (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com

OCTOBER 2014

October 18-19

North American Championships * R.A.W. UNITED

STRONG LIFE Training Facility * Melbourne, FL

Entry deadline: Saturday, September 27

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

NOVEMBER 2014

November 14-15

STRONG LIFE Invitational * R.A.W. UNITED

Lifepoint Church * Palm Bay, FL

Entry deadline: Saturday, October 25

Meet Director: Spero Tshontikidis

Contact info: spero@stronglife610.org * 321-505-1194

DECEMBER 2014

December 6

Christmas Classic & Virginia State Single Lift (Bench, Deadlift, Strict Curl) * 100% RAW

Best Western, Zion Crossroads, VA

Meet Director: John Shifflett

Contact info: valifting@aol.com



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SPREAD THE WORD: THE STRONG LIFE ONLINE FAITH COMMUNITY

**“As iron sharpens iron, so one man sharpens another.”
Proverbs 27:17**

STRONG LIFE CHRISTIAN MINISTRIES serves as the umbrella company for five ministry programs that we offer to strength athletes world-wide. One of these ministry programs, the STRONG LIFE Online Faith Community, is our version of the “Power Church.” Beginning in March 2014, STRONG LIFE will post bi-monthly video messages and transcripts on our website (www.StrongLife610.org) that are available to anyone seeking to be inspired by God’s Word.

In addition to the Online Faith Community, our other four ministries include:

1. **R.A.W. United** is our company’s powerlifting ministry and is the conduit that brings lifters into the STRONG LIFE family.
2. **The Sava Tshontikidis Memorial Scholarship Fund** is a college scholarship that high school seniors

can apply for annually. Our inaugural recipients will be awarded at the Youth & Teenage Championships on April 5-6 at our new STRONG LIFE Training Facility in Melbourne, Florida.

3. **The Gary Gordon Memorial Armed Forces Championships**, established in honor of Medal of Honor recipient Gary Gordon, is a FREE contest for veterans and those currently serving; the contest is now in its eighth year.
4. **STRONG LIFE Magazine** is a free, online publication for raw lifters that focuses on the fusion of faith and fitness.

In the event that you would like additional information concerning STRONG LIFE and the ministry programs we provide, please feel free to contact us at spero@StrongLife610.org or 321-505-1194.



Dulcy Olson, shown here ripping a 260 pound record deadlift, is the spiritual leader of Girls Gone Strong and will be a mainstay in STRONG LIFE’s Online Faith Community

2014 Maryland State Championships

**Saturday, April 26, 2014
Sanctioned by R.A.W. United**



**Hosted by Westminster Strength & Conditioning
Westminster, Maryland**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

Entry Deadline: Saturday, April 5, 2014

Meet Directors:

**Dan Corridean * 240-417-2229 * bdan1745@aol.com
Kevin Prosser * 240-329-8187 * jkprosser@yahoo.com**

THE STRONG SHOT

RAW lifters are encouraged to send their best picture to *The Strong Shot* at spero@stronglife610.org, and all featured lifters will receive a free shirt from STRONG LIFE magazine. Congratulations to Andrey Malanchiev for sending us the February 2014 photo for *The Strong Shot*!



1014 POUND SQUAT!
ENOUGH SAID!
ANIMAL STRONG!

2014 Pat O'Brien Memorial Masters Championships

**Friday & Saturday, April 25-26, 2014
Sanctioned by R.A.W. United**



**Hosted by STRONG LIFE GYM
Lifepoint Church
Palm Bay, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

**Entry Deadline: Saturday, April 5, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

2014 Lifting Without Limits Championships

Friday & Saturday, April 25-26, 2014

Sanctioned by R.A.W. United

OPEN TO DISABLED ATHLETES OF ALL AGES



**Hosted by STRONG LIFE GYM
Lifepoint Church * Palm Bay, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

Entry Deadline: Saturday, April 5, 2014

Meet Director: Spero Tshontikidis

More Information: 321-505-1194 or spero@stronglife610.org

CHAIRMEN'S CORNER: ALL FEDS

**"Be strong in the Lord and the power of His might."
Ephesians 6:10**

R.A.W. UNITED

NEW VENUE:

As our members are aware, we recently lost our long-standing venue at Jackson Springs Recreation Center as a result of Hillsborough County's decision to charge \$1300.00 per day to rent their facilities. God, however, has a habit of opening doors when others are slammed in our faces.

With that said, we are STOKED to announce that the newly opened STRONG LIFE

Training Facility will be moving a few doors down from our current 1480 square foot floor space into a huge 5000 square foot space for future contests and training.

We are currently adding meets in Georgia, Pennsylvania, and Virginia, and will update everyone once venues and dates are finalized.

Our revised contest schedule is as follows:



Date	Contest	Location	Deadline
JAN 25-26	RAW RECORD BREAKERS MEET	Tampa, FL	JAN 04
MAR 29	GOLD'S GYM OPEN & ALABAMA STATE CHAMPIONSHIPS	Enterprise, AL	MAR 08
APR 5	DETERMINED WARRIOR CLASSIC & TEXAS STATE CHAMPIONSHIPS	San Antonio, TX	MAR 15
APR 5-6	2014 R.A.W. UNITED TEENAGE & YOUTH CHAMPIONSHIPS (14-19)	Melbourne, FL	MAR 22
APR 25-26	2014 PAT O'BRIEN MEMORIAL MASTER'S CHAMPIONSHIPS	Palm Bay, FL	APR 05
APR 25-26	LIFTING WITHOUT LIMITS (Disabled Athletes of all ages)	Palm Bay, FL	APR 05

APR 26	MARYLAND STATE CHAMPIONSHIPS	Westminster, MD	APR 05
MAY 31 – JUN 1	MIKE WITMER MEMORIAL FLORIDA STATE CHAMPIONSHIPS	Melbourne, FL	MAY 10
JUL 12	NORTHEAST CHAMPIONSHIPS	Hagerstown, MD	JUN 21
JUL 18-19	MARIA BUCCHIONI MEMORIAL WOMEN'S CHAMPIONSHIPS	Palm Bay, FL	JUN 28
SEP 19-20	GARY GORDON MEMORIAL ARMED FORCES CHAMPIONSHIPS	Palm Bay, FL	AUG 30
OCT 18-19	NORTH AMERICAN CHAMPIONSHIPS	Melbourne, FL	SEP 27
NOV 14-15	STRONG LIFE INVITATIONAL	Melbourne, FL	OCT 25



Lifters from the STRONG LIFE Training Facility at the 2014 RAW Record Breakers Meet



MANY THANKS TO

**DAVE BATES & JOHNNY
YASQUEZ**

OF

www.powerliftingwatch.com

FOR THEIR SUPPORT OF

STRONG LIFE!

2014 Mike Witmer Memorial Open & Florida State Championships

**Saturday & Sunday, May 31 – June 1, 2014
Sanctioned by R.A.W. United**



**Hosted by GIRLS GONE STRONG
STRONG LIFE Training Facility
Melbourne, Florida**

**DOWNLOAD YOUR ENTRY AT:
www.StrongLife610.org/r-a-w-united**

**Entry Deadline: Saturday, May 10, 2014
Meet Director: Spero Tshontikidis
More Information: 321-505-1194 or spero@stronglife610.org**

**PRAYER & PRAISE:
PRAISE REPORTS
&
PRAYER REQUESTS
FROM THE RAW COMMUNITY**

**“So I say to you, ask, and it will be given to you; seek, and you will find;
knock, and it will be opened to you.”**

Luke 11:9

In the December issue of STRONG LIFE we asked for prayer for Patricia O'Brien and her family. Patricia's husband, Pat, a World Champion lifter, passed away on July 26. On April 26 we will be hosting the 2014 Master's Championships in Pat's honor, and are pleased to announce that Patricia will be joining us on the competitive platform!

PRAYER REQUESTS:



Please pray for R.A.W. United lifter Eric Ostling's dad who is in the hospital with mobility issues; his legs are not functioning properly and doctors are trying to figure out what is going on.

Please pray for Sarah Crane's family and the Elkhart, Indiana community. Sarah went to be with our Lord after a valiant battle with Stage 4 Colon Cancer. Learn more about this courageous young woman at www.sarahstrong.org.

Please pray for Lucy Gallo. Lucy is a second grader at the West Melbourne School for Science; Lucy lost her dad, Air Force veteran Scott Gallo, and she's struggling.

Please pray for Ruth McRae. Ruth is Tony Conyers' mom; Ruth has been hospitalized, and Tony greatly appreciates your thoughts and prayers.

Please pray for Jason Wright. Jason is a Maryland State Trooper that is recovering from knee surgery.

Please pray for the brave men and women serving on the front lines defending the freedoms we cherish as Americans.

Please send your Prayer Requests to **STRONG LIFE** at
spero@stronglife610.org



PUT ON THE FULL ARMOR OF GOD!

“Finally, my brothers, be strong in the Lord and the power of His might. Put on the whole armor of God that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”

Ephesians 6:10-13



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