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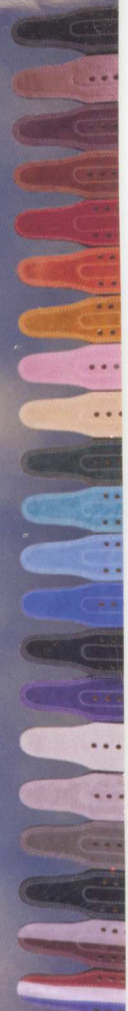
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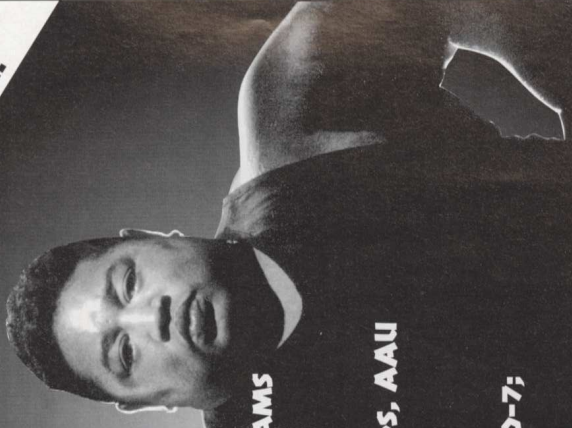
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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success,....through their own love for the sport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

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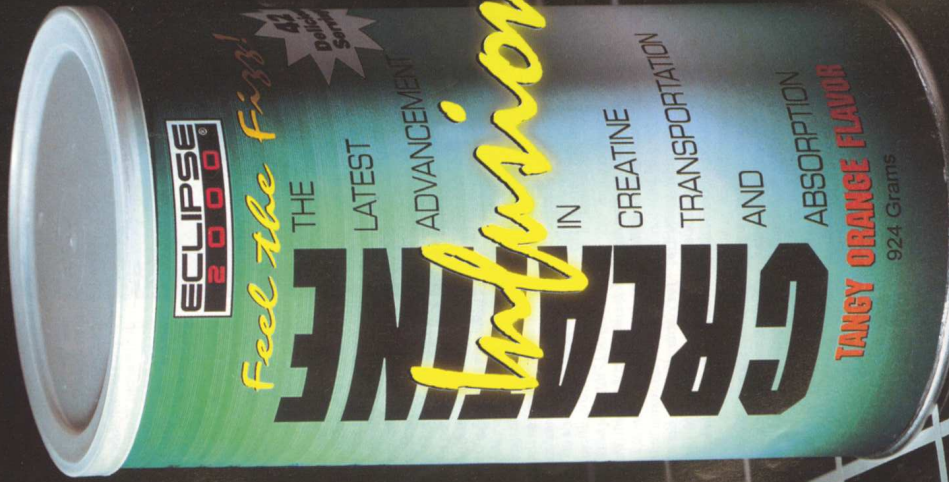


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INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

Dave Waterman as interviewed for Powerlifting USA by Mike Lambert

ML: How does it feel to be the best in the world, for all time, in two weight classes and a given lift?
DW: After all the time I put into this, it feels good to finally get some reward out of the many years of training and hard work along the way.

ML: What kind of arrangement do you have with sponsors like MetRX and Inzer?
DW: Inzer helps me out with the equipment. For my endorsement of their equipment, I get anything I want for free, which helps out tremendously. MetRX provides me with their nutritional products and some money, which helps out with my traveling expenses and everything else.

ML: What is your personal history and athletic background outside of bench pressing?
DW: I started out in baseball and the normal sports, like football. I was a high school football athlete and I did well with that. All through my career I won in everything I did. On my first baseball team as a minor league or ball we always did well and won our division. In my football career, we won our division in Pop Warner. In junior high it was the same thing, we were the champs there. In high school I went to the Carrier Dome in Syracuse, New York, for the high school championship. We won all the 14 games we played. I was the captain of the team. We never lost, so I carried that over into my weightlifting career after sports were over at the high school level. I was never going to be a college football star, so I put more of my time into weightlifting and I excelled at it. It's all your mind-set what you put into it, you get out and I was used to that, so it just carried over.

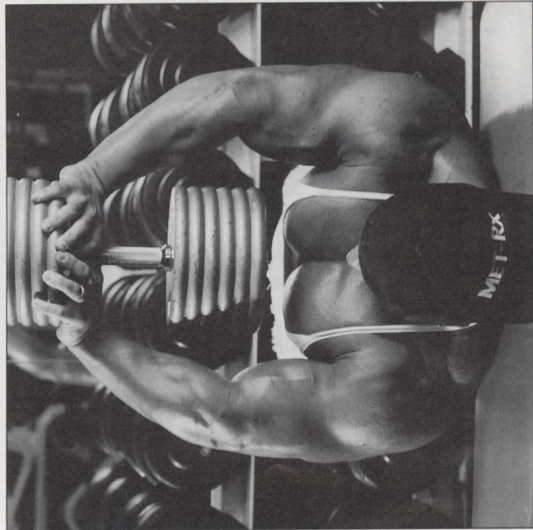
ML: Was there any person or event that inspired you to get into lifting weights?
DW: I had an older friend, Tony Saccola, who was in his 30s. He was a powerlifter who knew what he was doing, but he just didn't have the genetics to excel at it as much as I did. As soon as I started as a 16 year old, I already had a

Then came the bodybuilding movements like incline barbell press, just to pump the muscle. It's a combination of both, and it's working well, so I'm not going to change anything for a while. Everyone wants me to try to change what I do, but until it's broken, I'm not going to fix it. J.M. (Blackley) wants me to get rid of the polyester bench shirts and go with the denim, but it doesn't work for me so why should I waste time so he can catch up?

ML: Did you win the cash up there in Canada (at Ray Carey's World Tour meet on May 22nd)?
DW: Actually, I missed my third lift. I tried six and a quarter for a world record, and missed it, so Bobby Hickey took home the money, with a 720 at 277. He's strong. He just missed 740. I thought he was 308. If I had known he was that light I would have taken a different weight. I thought I had the meet won and I sat back until somebody told me one more lift, so it kind of threw me off a little. I didn't train too hard for that competition. The Louisiana meet (Reed Bueche's Biggest Bench on the River II on April 17th) was the one that I peaked out for. I hit that 620 pretty easy down there. I have a few months off now. I'm training for Kieran Kiddler's Bench Bash in Maine, August 8th. That's the one where I want to do something really good.

ML: What are some of your physique measurements?
DW: My shoulders are 55", chest 49", arms 19", waist is 31". I love the strength part of it, but also I started this out for looks and health reasons, so I'm never going to sacrifice those basic principles. I want to look good when I do this. I'm not going to put on 50 lbs. of bodyweight just to bench another 25 lbs. That's not my goal. That's not what I started this for and I won't do it. I'll always be in top physical condition because I like the look.

ML: How has your strength and development been of aid to you outside of lifting competitions?



Dave Waterman puts his incredible chest, delt, and arm development to work.

out yet. I'm only 27, so give me a couple more years and I might be in the 1980s for a while.

ML: Do you consider yourself a powerlifter with a bodybuilder's physique or a bodybuilder with a powerlifter's strength?
DW: I started out to put on muscle mass to begin with, so I started out as a bodybuilder, learning the basic movements, and the strength came naturally. Now I'm more of a powerlifter with a bodybuilder's physique, because I train for the strength first and the bodybuilding comes second. I incorporate both of them into my workouts. My first exercise is heavy weight - high resistance / low repetitions, then I do two more exercises per bodypart and they're both bodybuilding movements. So, it's easy on my joints. When I do heavy weights, it's very low in the repetitions - singles in the bench press. That's all I train.

ML: How much do you think you can bench press ultimately in the 1980s?
DW: I think 650 is an easy accomplishment for me because I'm not a full 198er. I'm competing in the mid 180s. If I go up to a full 198, I think 650 is easily in the realm. I don't think I'm topped

DW: I'm a registered nurse and we get a lot of big patients on the orthopedic floor with total hip and knee replacements. I get to ambulate most of the people, and my strength helps tremendously at work. I work with some great girls and I love my job.

ML: What are some of your best sets and reps in training?
DW: I train mostly singles. I don't use a bench shirt until about a month out. I train with my wife, Donna Waterman, mostly. For a training partner, she has really inspired me and given me a lot of support along the way. Because I don't have to worry if my partner is going to show up, she has really helped me to train. Occasionally, I'll get a spot from a couple guys in the gym. If I went to a raw competition, I'd win that hands down too. I do 550 for singles, no problem, without a bench shirt. Louis Simmons saw me do a 500 double with no shirt on at the Arnold Classic, and said that showed I had some good credentials. I like to feel the weight without the shirt. Then, when I put the shirt on, it gives me that much more stability and I feel that much better. I try to do reps without the shirt on, but the shirt does help, no doubt. On the front squatter-Smith machine I've done 405 lbs. for a single. I don't squat, but I obviously train my legs. I do heavy leg presses up to 3500 lbs. I had a bad accident 10 years ago, so I got 3 pins in my hip. That's one reason why I don't do three lift meets, because of my hip. I want to achieve what I can in the bench press. Then, when I've topped out and want to do something for fun, I'll do a bench lift meet. I'll squat 700 and I'll pull a three lift meet, there are going to be some surprised people, because I've never done it. Still, I've got a ways to go in bench pressing. I think my best strength will be in about 4.5 years, when I'm about 32-33. That's what I'm looking forward to.

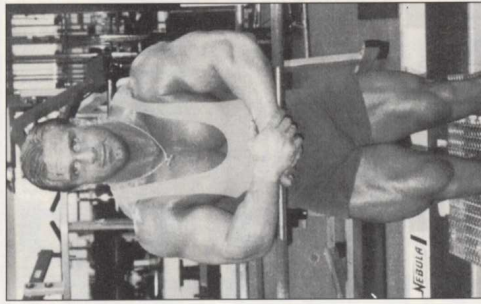
ML: How often do you train your bench press and how long are your sessions?
DW: I train every bodypart once a week. My bench press work out is pretty short, if I'm not using a shirt, I'll warm up with 135 for 4 and 225 for 6, 315 for 6, 405 for 4, then 500, 525, to 550 singles. If I think it's a little hard, I'll go to 525. I play everything by ear. I end up going about 3-4 singles. My bench goes up when I increase my triceps and shoulder work, so I push those a little bit more. The chest! Just kind of maintain week to week. My bench workouts are

no more than an hour, for my whole chest. I don't take a long time between sets. I train a little different than most people do, but it works. I put the maximum resistance on the chest - 85% single for my high rep, then I give it a week to heal. The big thing for me is training my chest, which is typically Saturday, I'll train my back on Sunday, shoulders on Monday, and triceps on Tuesday, so that gives me from my chest, shoulders, and triceps to heal. That makes a big difference for me because I go into my chest workouts at about 85% healed every week. It allows me to perform a little higher of a rep, which seems to work. That's the way I've been training for the last 5 years. It's a little different than Louie Simmons or other people think. It works for me, so I'm going to keep doing it.

ML: It seems like you're injury proof, or is it the way you train?
DW: I never push a 90% max. I haven't missed a rep in the gym on the bench press for about 4 years. That goes to show you, I really don't push it too hard. If I feel like there's a chance I might miss, I really don't take it. The one injury I have had is a slight shoulder injury in the last 6 months. Right before the Arnold Classic I hurt my shoulder a little and that's about it. Once in a while my elbow will act up. It's just inflammation, nothing major. I've had no major tears or anything like that. I'm thankful because it's tough to train hard and not have any injuries.

ML: What sort of diet and supplementation plan do you follow?
DW: I attribute most of my physique to MetRX Engineered Nutrition. I think they've contributed greatly to my physique. I follow a high protein, low carbohydrate diet, which keeps my weight down most of the time, which I like, so I can weigh in light to win the contest. I eat steak, hamburger, chicken, egg, and a lot of carbohydrates, moderate lower carbohydrates, moderate fat, make diet. The fat is burned not strong enough to burn 700 lbs. why even give it a try? I see these people who can't get the weight to their chest after two reps and the third time they get it down and they can't budge it. I'd rather know going out there that I have a legitimate shot at the rep. I have a legitimate shot at the rep.

ML: Years from now, what do you use the Extreme chocolate drink



Dave benched 620 in the 1980s back in April.

mix, which is my favorite. It's the high protein and low fat. I take two of those a day. I use Mass-Action Creatine by MetRX. That stuff is incredible. My strength has gone up greatly from using it, like when I broke my world record in Louisiana with the 620.

ML: Do you bench in the single ply shirt?
DW: Yes, I do.

ML: What might you bench in one of the more exotic shirts?
DW: The denim and the canvas shirts are made more for the heavier lifter. My big bench comes from my form on the bench and my big arch. If you've ever watched me bench, I've got a big arch. It comes from shoulder drive and chest drive together. When I put the canvas or the denim on I don't get the big arch because it's tighter on the back. So, I can't get the big arch, and it takes my bench totally away from me and I feel like I don't even know what I'm doing. I don't even know what I'm doing. I don't even know what I'm doing. I don't even know what I'm doing.

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ML: Years from now, what do you use the Extreme chocolate drink

hope people would remember most about Dave Waterman?

DW: I hope they remember I was a great strength athlete. I hope I have a pile of world records that they can look back on and say, hopefully, he was the best ever, or at least say he was one of the best ever and had a great physique combined with great strength. It's one of my fortes that I have a great look about me compared to most power athletes. If they can't remember me as the best, then maybe one of the bests, and I'll be happy with that because there's some great names out there.

ML: Who's the greatest bench presser of all time, excluding yourself?
DW: Obviously, right now you've gotta say Anthony Clark is the best bench ever. Now, do I believe if I weighed what he weighed could I bench more? I think I could. I don't think I'll ever weigh that much, so right now he's done the most weight consistently. If you look back at other names like Chris Confessore, I consider him to be one of the best ever, but I hear a lot of controversy about his lifts. I've only seen him bench press once, in Maryland, where he tried the world record 4 times, but couldn't get it. So, with what I've seen and what's been accomplished, I have to say that Anthony Clark's the best ever, right now.

ML: What's the biggest misconception the general public has about powerlifters?
DW: I would say that most people look at any kind of strength athlete or weightlifter and they think such people are stupid or muscle-heads, that they're not intelligent. I think they change that once they have a conversation with me because I am educated and because I am very knowledgeable about the sport, nutrition, and overall matters at my job. I think most people think that weightlifters and strength athletes are unintelligent and can't do anything else but lift weights and I think that's false.

ML: If you're open to doing seminars and lifting exhibitions, what's the best way for someone to get in touch with you?
DW: They can contact me at 4 Sunnybrook Lane, Utica, New York, 13502. I will be starting a web page in the future, and I do write individual programs. If anyone wants to write me a letter, I'll answer them all.

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Leslie Look's reflections on the 1999 IPF Women's World Championships in Thisted, Denmark.

Chinese Taipei. She and 3rd place finisher Anna-Liisa Pihlakala of Finland tied in the total, but Chen was lighter in bodyweight by .3 kilos, thus winning her the silver. Pihlakala, bronze medalist, has been lifting for over 20 years and is the newest member of the European Powerlifting Hall of Fame. This is definitely a tremendous accomplishment. Junko Kitamura of Japan finished 4th, with United States' Cathy Solan taking 5th. Cathy weighed in light at 93 pounds and explained that dieting isn't necessary for her. The heavier lifters were discussing this and we decided that we haven't weighed under 100 pounds since about the 4th grade. Zindy Coss also represented the U.S. in this category. Her opener squat of 259 looked easy, but she was unfortunately disqualified from the contest shortly afterward due to improper equipment. Zindy uses magnets to control inflammation; being new and not fully aware of the intricacies of the IPF rules she wore a back magnet on the platform. Instead of approaching the U.S. coaching staff, who were unaware of the magnet, Finnish coach Johan Westberg complained to the jury and Zindy was immediately disqualified from the entire competition. She hopes to return to the Worlds next year to prove her ability.

Much thanks goes out to Iain Burgess for his coaching assistance in this class. Iain flew all the way to Denmark to help coach the 97's on Thursday, only to fly back to America to lift at the U.S. Masters Nationals that Saturday. The Womens Worlds and U.S. Masters coincided due to the accommodation changes. Larry Maile, our Head Coach, had also planned to lift at the Masters, but decided to keep his commitment to the U.S. women despite the schedule change. The entire team is grateful to Larry for his dedication to us and his passion for the sport. Larry Maile is the best thing to happen to women's powerlifting since the belt!

105 pounds / 48 kilos - This class looked close on the board with Finland's Rajja Koskinen the clear leader after the opening and Russia's Elena Yamskich opening heavier in the bench and deadlift. Elena chipped away at the Finish lead with her flawless 9 for 9 performance. Her 209 bench press and 385 deadlift sealed up the win adding up to a World Record total of 937. Elena also serves as translator for the Russian team. We are thank-

ful for the friendships she has helped bond. Congratulations Elena Koskinen received the silver with Yuiako Fukushima (don't try to sound that name out!) with 859. The 2 Chinese Taipei lifters Yeh-Ying Chen and Fris-Yi Chou took 4th and 5th respectively, both totaling 810, with Chen being the lighter of the two. Finland's Laena Jokitalo took 6th with the U.S.A.'s Sioux-Z Hartwig in 7th. Sioux-Z missed 308 on her 2nd attempt squat, but came back victorious on her 3rd. This is not an easy feat at a World Championship in the bench press going 1 for 3 and finishing up with 314 in the deadlift going 5 for 9 and totalling 777. Despite several missed attempts, Sioux-Z added 22 pounds to her best Worlds total. The 105s was the first of the big classes with 13 lifters.

114 pounds / 52 kilos - First in this class went to 44 year old Danish lifter and returning champion Claudine Cognacq. The home crowd was notably proud of her 937 total. Second place was awarded to junior lifter Kuan-Ting Chen of Chinese Taipei with 876, and bronze to Bernadette Taillard of France with 859. Unfortunately, the United States did not have a representative in this class as National Champion Jackie Davis could not take the time off from work and last year's bronze medalist Yuet-



Two Powerful Chicks... SHW Liz Willett holds up Sioux-Z Hartwig



Above... Svetlana Tesleva receives her Gold Medal in the 97's, and Elena Yamskich receives hers at 105 below. (all photographs provided courtesy of Leslie Look).



nifer Rey and I were proud to stand for the United States in the traditional country representation. One hundred and four women from 23 different countries were officially ready to let the battle begin. If you are reading this and believe in any other "World Championships" I would recommend that you read that last sentence again. The IPF doesn't hold backyard World Championships, baby!

97 pounds / 44 kilos - Shortly after opening ceremonies the lightweighters were ready for action. Gold went to Russia's Svetlana Tesleva who was amazing, going 8 for 9, totaling over 9x her body weight, and breaking World Records in the bench (198), deadlift (367) and total (909). Jaws dropped at the ability of this petite package. She finished a full 100 pounds ahead of 2nd place finisher Chun-Ju Chen of

I am elated to have the opportunity to share my reflections on the 1999 IPF Women's World Championships with the Powerlifting USA community. Several factors contribute to the magnitude of the IPF experience...

1. travelling to new lands and experiencing local customs and traditions
2. bonding with staff and teammates that share your vision and drive
3. testing your own personal strength at the most well respected, strictest judged, and best drug tested platform ever
4. meeting exciting, phenomenally strong, intelligent sports people from around the globe and...
5. forming intense friendships that overcome time and distance

This year's competition was held in Thisted, Denmark. Thisted is a small town bordering the North Sea (home of Hans Christian Andersen's *The Little Mermaid*). The beach was located about a mile from where we were staying. Located on the beach were bunkers from World War II that served as amusement for some of our adventures. The second night there we walked to the beach and saw what could be called the eighth wonder of the world - four full moons!

The accommodations and venue were changed from a Hotel in Hansholm to Ty-Hallen holiday houses and the Vigso Ferte Center in Thisted because the original hotel had overlooked the fact that they double booked the powerlifting rooms with another function. The Danish Federation & meet director Jan Andersen did a splendid job reorganizing. The holiday houses were tidy camp-like buildings with 2 bed rooms, living room, 2 baths, and a full kitchen. The dietitians kept the local store in business because they could cook their own food to control weight. All lifters were pleased that scales, shuttle, and lifting information were waiting upon arrival.

The team had all arrived by Wednesday, May 19th around 4 PM. Paula Houston brought up the rear, in arrival time, although house #327 (Kirk Karowski, Sioux-Z Hartwig, Jennifer Rey, and Sandy Mobley) gets the award for the biggest flight screw up, arriving about 9 hours behind schedule. Eventually we were all settled in and ready to go for the official team meeting and opening ceremonies the next afternoon.

DAY 1 - Opening ceremonies were held at the venue and kept short but sweet with official words from IPF President Grahame Fong, Danish President Ole Andersen, and organizer Klaus Brostrom. Jen-

Chun Chang was absent from this year's National Championships. Last year she totaled 937. Makes you wonder doesn't it.

DAY 2 - 123 pounds / 56 kilos - Russia's Oksana Bolova dominated the class making a super easy 424 World Record squat on her third. It looked like an opener. She well broke this record again. She benched 248 with similar ease and was 6 for 6 going into the deadlift. Her wide sumo stance slipped on her opener to shake things up a bit. The Danish organizers quickly hauled out the vacuum to get any excess powder off the platform. She came back strong and made the 419 with ease on her 2nd attempt. She went on to pull 451 for a total of 1124. Finland took 2nd and 3rd with Eeva Niklander's 8 for 9 1025, and Pjipjo Savola's 5 for 9 992. Savola is quite tall for this class and a strong qualifier for this class and a strong contender. Perhaps with more successful attempts she can raise her placing next year. Laura Locatelli of Italy took 4th making only 1 squat, total 497. Sandy Mobley of the United States was hot on her heels taking 5th with 926. This was a personal best for Sandy, due greatly to her massive 198 pound bench press. Also a personal best by 17 pounds. She is consistently a good IFF performer, going 9 for 9 at last year's Worlds in Norway. Word has it that she got some benching tips from Jennifer Rey's big bench presser program.

132 pounds / 60 kilos - Russia had 2 entries in this class, incidentally they took gold and silver. When looking at Irina Abramova and Elena Fomina's opening attempts it seemed that these two would do serious battle. Abramova was ahead in the squat and deadlift, Fomina was the stronger bench. Keeping with Russian tradition, they both performed their lifts flawlessly. Abramova went 9 for 9, breaking World Records in the squat (473), deadlift (490), and total (1190). She edged out the 8 for 9 Fomina who ended with 462, 270 (World Record), and 424 for 1157. Ya-Ling Chen took 3rd from Chinese Taipei totaling 1080. With two Russians in your class, that's not too shabby! Heini Laitinen of Finland took 4th with 1052, and Chinese Taipei's Shiao-Li Hsu 5th. Hsu's 5th place was only 33 pounds behind that of her teammate Chen. Chen made 7 attempts while Hsu made only 4. I see a battle for that Taipei team slot next year! In 6th was Germany's lean Brigit Fischer who came close to a 440 deadlift. This girl's arms seemed to stretch like elastic. U.S.A.'s Jennifer Rey had some technical difficulties and ended in 7th going 5 for 9 totaling

Buenos Aires. Word from the U.S. Master lifters who traveled there last year is that it's a beautiful place. Inger Blikera of Norway had a strong day taking 5th going 8 for 9 with 1124. The U.S.A.'s Paula Houston took 13th. After missing a troubling 303 in squat warm ups, Paula came back to make lifts of 363, 198, and 308 on her opening deadlift Paula passed her 4th and 3rd attempts due to a hamstring strain.

165 pounds / 75 kilos - This class was home to some very strong Champions. Among them, Champion of Champions, Ukrainian phenom, Elena Zhukova with the best formula point total ever (615.25). Would this be considered a platform performance? She completely cleaned up, totaling a World Record 1400! She squatted a World Record 542 on her second attempt, but it was so easy she lost her balance and took a step before the rack command was given. She came back strong here because the head referee had given JRey the command before she was finished with the lift; forcing the side referee to give red was awarded another lift. That squat was one of the hardest pushes the powerlifting world has seen in a while. Jen decided not to spit into the wind and declined the do-over. She went on to bench 214 on her second and finished pulling her opener deadlift of 358. Aly Katzer (wife of Dutch PL President Hank Katzer), a strong master lifter from Holland, finished 8th.

DAY 3 - 148 pounds / 67.5 kilos - Marina Kudriova broke a World Record 2nd attempt squat with 508 on her way to win the gold with a 270 bench and 462 deadlift, totaling 1240. Italy's heavily muscled Antonietta Orsini was 44 pounds behind for the silver going 7 for 9 with 485, 253, 457, totaling 1196. Orsini was so thick we thought she was in the 165 or even the 181 pound weight division. Finishing just behind, for the bronze, was Ukrainian Larisa Ivanova, making only 4 of 9 attempts. She missed 2nd and 3rd attempts in both the squat and bench press. She was credited with 462, 259, and 462 to total 1184. In 4th was the lone Argentinian Irene Frangi. Frangi traveled to Denmark by herself to lift at the competition! She acquired assistance from both the German and U.S. teams and pulled out a gold medal deadlift performance with 473, after missing 462 on her second. Very gutsy. She was also awarded the meet's special "best lifter" award to reward her championer effort. In sure we'll be seeing her and many more Argentinians next year as the Women's Worlds will be held just south of

records in the deadlift and total with 535 and 1311. Wlazkowiak is a tall and lean. She got her start as a runner and weight event athlete in Track and Field. If you saw her on the street you might mistake her for a librarian. Ignatenkova had personal bests in the squat and bench press with 513 and 303. She pulled 496 to finish with a Russian total record. 4th place went to Chiu-Hua Hsieh of Chinese Taipei with 1174 and 5th to Monica O'Brien of Great Britain with 1036. The U.S.A.'s Andrea Sortwell finished 7th with a strong 237 on her 2nd attempt bench missing the American record attempt 3rd of 248. Her goal is to bring her bench to over 250 in the coming year. Her making weight stress seems to be a thing of the past. Andrea weighed in more than a pound under with only 20 minutes in the sauna. That must be some kind of record! Dutch friends Marlet Spronk and Joke VanderMuelen had great days going 9 for 9 and 8 for 9 finishing 8th and 9th. Also competing in this class was my Canadian roommate Monique Hatlie who finished 11th with a personal best in the bench press. Monique and her husband Mike as well as Camille D'Amato (Stouk-z Hartwig's chiropractor) were on hand to assist lifters of all nations with medical needs. Thanks for all the TLC. A friendly couple, Kathleen and Roger Houston accompanied Camille to Denmark. They checked out some sites and had their first exposure to powerlifting. Camille plans to start training with her returns to the States. Could she fill our open spot at 114?

DAY 4 - 181 pounds / 82.5 kilos - Natalia Rumyantseva repeated last year's gold medal performance, going 7 for 8. She was strong in the squats, making all 3

despite some leg trouble. Her 314 broke 9 World Records. Vladimir Bogachev, the Russian head coach and President of the Russian Federation, must be very proud of their accomplishment. I, Leslie Look, was overwhelmingly excited to take home the silver medal. It's been a long journey back. I don't think I can accurately describe my jubilation at medalling again in International competition. I finished with American records in the bench, deadlift, and total going 8 for 9 with 462, 231, and 468 for 1162. Since I'm writing this article I can take time to send out deserved thanks to some of the special people that help me out. Thanks to: my mom who has always been a pillar of support; my proud Nan; Pete Alantz at Titan Support Systems for sponsoring me at a shaky time when I really needed it; John Mathieu who stuck by me through thick and thin; Michael Kaiter who puts up with me and gives a great knee wrap; and Larry Maille who picked great numbers and made me feel like a Queen (I need that). The Bronze medal went to Finland's friendly faced Katarina Nokua who was ranked 2nd going into the deadlifts. Her lead slipped away despite an 8 for 9 day. She ended with 473, 220, and 435 for 1130. Inna Orbovets was back from the Ukraine after taking some time off. She was a silver medalist in the 181s in Canada at the 1993 Junior World Championships. She is a powerful bench opener of 248, it was enough to earn her a silver medal in the bench press. She finished 4th totaling 1091. Natasha Newbold of the Bahamas went 8 for 9 for 5th place with 1036 and Junior lifter Brenda VanderMuelen had a 9 for 9 day

giving them the best possible team

and took 6th breaking many Dutch Junior National Records. Brenda is the daughter of Joke and Ferry VanderMuelen who are Masters World Champions. Joke also lifted in this contest at 165, making them the only mother-daughter team in the contest. Several technical mess ups made this class a bit confusing to the frustration of the staff and lifter. It seems that a couple of workers at the table were a bit hung over. Save it for the banquet, guys.

Unlimited / 90+ kilos - The unlimited class has proven to have no limits to its depth and strength. The days of a shallow super class are over. At the national and international level these ladies are pushing some serious weight. At our own U.S. Nationals this class was one of the most well represented. These big, strong ladies are awaiting to behold.

Chia-Sui Lee of Chinese Taipei made a World Record squat of 615 on her 2nd attempt. She went on to try 628 on her third, but it wasn't there. She benched 336, and pulled support for Liz and the rest of the U.S. team. What a great guy! Hey Rich, how's that grand? Liz went 8 for 9, breaking personal bests right and left with easy lifts in the squat and bench press with 468 and 270. She is totally untrapped here! Larry Maille described her infinite potential best when he said, "Liz Willett is the next American powerlifting phenom." She deadlifted 429 for a total of 1168. Liz is just about the most positive, generous, enthusiastic person I have ever met. She cooked for the entire U.S. team almost every night (which is half the reason I think Andrea made weight so easy) and hosted the after meet party. What a sport! I'm so happy to have met my new buddy, Takking 6th was the U.S.A.'s Deb Ferrell with a fantastic 9 for 9 day. Her awesome bench pressing power earned her an American Record with 336. This effort also earned her a silver medal in the bench press. She tied Lee, the first place finisher in the class, in this event and beat her out for the medal by weighing in lighter. That is one huge bench press and something to be proud of. She squatted 407, and deadlifted 363 for a total of 1108. Deb is also a consistently strong representative for the United States at the Closing Ceremonies and banquet were held in the holiday house restaurant, buffet style, with a goodie party after water in the huge indoor tropical water center. Many countries dress up for this event. As usual, the Russian women were stunning. Our team looked great too. Jennifer Rey looked especially striking in her blue dress. (Hey, you don't have any friends named Linda

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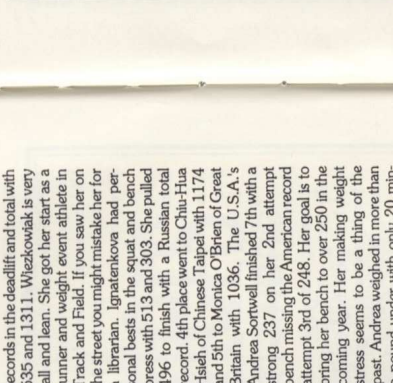
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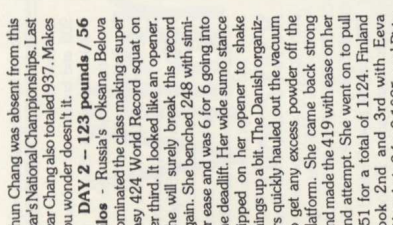
Silver Medal for the United States ... Leslie Look had a fabulous day.



Silver Medal for the United States ... Leslie Look had a fabulous day.



USA Team ... first row, left to right: Iain Burgess, Sandy Mobley, Cathy Solan, Stouk-z Harwig, Zindy Coss(?) , Paula Houston, Jennifer Rey, Larry Maille, back row, unidentified, Andrea Sortwell, Deb Ferrell, Liz Willett, Leslie Look, Michael Kaiter, Darin Richardson, Kirk Kanowski.



Jennifer Rey gets ready to pull.



Jennifer Rey gets ready to pull.



Deb Ferrell ... had a 9 for 9 day.

POWER PROFILE

The Lone Star state has produced a number of strength stars over the past years, but the subject of this article would not fit into the superstar category. The agility, ability, and versatility of this individual, however, does make him quite unique. If any strength star past or present could lay claim to being a DIVERSIFIED PROD-UCT then Austin's own TIM BRUNER is indeed the MAN! Tim was born October 14, 1959 and will turn the big "Four Zero" this year, and is the 3rd of four siblings (all male). His father worked for the CIA's AIR AMERICA. Dad's job took them to Thailand and Laos, where the breadwinner flew reconnaissance missions. Later they moved back and settled down in Austin, Texas where he lives today.



Tim squinting at the USPF Worlds. (Clossbrenner)

Tim Bruner - Texas Power Athlete

After that he buckled down and trained harder on all the lifts. The deadlift of course, was his favorite. By 1981 Bruner was a 165-er. He recorded bests of a 529 SQ, 330 BP, and 578 DL. By 1982 he'd graduated to the 181 lb. division. He posted top lifts of 578 SQ, 374 BP, and 600 DL.

Not only did Tim want to "do good", he wanted to look good too! He incorporated a lot of bodybuilding into his training curriculum. In 1988 he entered the Gold's Gym Classic bodybuilding contest and came in a surprising 2nd place. One week following that he WON a local meet: the Central Texas Open bodybuilding show. Everyone was wowed! He LIFTED STEADILY and WAS RIPPED and READY.

In 1989, after a dozen years of lifting competitively, Tim awoke to realize that he was age 30. The clock was ticking and Feather Time stands still for no one. Now a full fledged 198 pounder @ 6 feet tall, he possessed a strong, sturdy physique. On March 11 he captured the Texas State middle-heavy title. Tim hit lifts of 644 SQ and a 1642 total to rank among the Top 100 in PL USA. Finally!

He also hit bests of a 424 bench press and a 644 DL at this bodyweight. An unfortunate accident brought his progress to a screeching halt. If you've never been in Texas in the summertime you don't know the true meaning of "hot". It was muggy and sweltering. Tim decided to cool off, and went swimming at Hamilton Pool a local water establishment. Poised at the edge of one cliff (110 feet high) he made a reckless leap. It was a terrible wrenching jolt when he hit the water. He didn't allow his muscles to relax (had braced himself for the impact). It was the equivalent of jumping off a two story building barefoot onto concrete. His body was numb from his neck clear down to his toes. Somehow he managed to get to his car and drive home. That night as a result of his HE-

a detailed PL USA look at some of the best lifters in the world

ROIC LEAP he got ZERO SLEEP. He had pain all over. Unknown at the time, he'd broken some vertebrae in his lower back, and was lucky he hadn't killed himself. He thought back to only a couple of months earlier. He'd set a number of odd-lift world records at the All-Round strongman contest in his 30-39 age group in Plymouth Meeting, PA. Weighing 209 he'd done a right hand deadlift of 374 as well as a bench press (with feet in the air) of 363.8, a neck lift of 507, Right Hand Snatch of 154, Front Squat of 441, Zercher lift (squat with barbell held in the crook of the arms) of 435. Now, he was in pain all over and hobbled to see a local chiropractor. He helped some, but Bruner still had a lot of recurring pain. For the next year and a half he walked cockeyed, like a monkey. Tim was referred to a back specialist and underwent an MRI. This identified the seriousness of his injury. They wanted to operate and put steel pins in his back. The prognosis was grim. He was told that he'd walk like a chicken the rest of his life and WOULD NEVER BE ABLE TO LIFT AGAIN.

This bleak revelation prompted Bruner to desperation. He went to see Dr. Robert Meyers, a local chiropractor who specialized in athletic injuries. He treated Tim's condition without necessitating a dreaded knife. It was a long, tedious process that lasted nearly five years. Given the okay, Bruner returned to the weights. Training lightly at first, he slowly began to gain strength and mobility. The power gradually returned. His breaks knitted stronger than ever and the thick powerful musculature returned better than ever.

As a result of his fortitude and patience Bruner returned to the platform in 1994! Scrumptizers picked him for the USA team which was to compete at the Goodwill Games in St. Petersburg (formerly called Leningrad), Russia on August 6-7. Prior commitments made it impossible for him to go. The 1994 USPF Sr. Nationals were held in Houston, TX. Tim finished 8th in the 242 class on July 31. On 699 SQ, 411 BP, 639 DL - 1780 TOT. This result could have earned him the runner-up spot @ 220 to the icon - Ed Coan. Unfortunately, Tim missed making the 220 class. Having turned 35 that Fall, Bruner was now eligible for the

Sub-Masters category. He set his sights on establishing some USPF American Records in that division.

Thanks to the regular chiropractic care of Dr. Robert Meyer, Tim has been able to compete virtually pain free. At the USPF Texas State Championships on April 1, 1995 in Corpus Christi, Tim won the 220 Open division and established all personal bests. He went "Elite" for the first time, hitting 672 SQ, 457 BP, 699 DL for 1829 TOT. Tim repeated his State title win on March 6, 1996 in Austin. Before a home crowd he won the 275 title (weighing 243). "Bruno" Bruner managed 661, 468, 606 (look it easy) for 1736. His results won him the outstanding Submaster award. He wanted to set a National record for the BP and tried 474. It was close, but he couldn't quite lock it out. Later at a meet on June 1, he got his wish. There he pressed 479.5, with power to spare. Bruner traveled to Dayton, OH, on May 12 and modestly captured first place in the 35-39, 275 division weighing a mere fraction over the 242 limit.

Bruner's first big opportunity came in August. Lifting on the 18th in Ontario, Canada he won the gold medal in the IPF Pan American Championship. Tim outstripped his opponent, CAN'S T. Redgriff, by 154 lbs to win the title. He was the only member of the USA team to make all of his lifts without a miss. 639 SQ, 452 BP, 650 DL for 1741 TOT. A week later at the USPF Alamo Classic August 24th in Seguin, TX, he came in at 220 to win the Open division: 666, 463, 606 - 1736. It's easy to drop twenty some lbs. in a week if you live in Texas in the summertime. Bruner really turned it up a notch for the USPF Texas Cup



Neck Lifting at the All Arounnds (Bruner)

In a four part installment (SEP thru DEC '96 - PL USA) I wrote a series ENTITLED SUPERMEN OF THE CENTURY. It was a ranking list in all the weight categories of those who had competitively, officially done both the overhead (OL) lifts and the powerlifts. I got a phone call from Tim Bruner who informed me that he qualified for my list. In 1979, Tim won the Texas State title in OL, and after reading my SUPERMEN series he entered the 1997 Texas State Weightlifting Championships to officially qualify for my list. There finished 3rd @ 242, but achieved lifts of a 242 snatch and a 297 clean and jerk, having little time to practice them. Tim's latest exploits boost his 5 lift aggregate @ 242 to 2531 lbs., enough to establish him 11th All Time among the SUPERMEN OF THE CENTURY. In his 242 class. In fact, Tim believes that Austin, TX may very well be the undisputed SUPERMAN CITY OF THE CENTURY. Besides himself four others from there rank among the all time TOTALS for the combined 5 lifts: Dean Becker, Terry Todd, Joe Hood, and Mark Henry. Tim "Bruner" Bruner doesn't consider himself only a powerlifter, but rather a "POWER ATHLETE", excelling in a variety of strength and athletic endeavors! He has trophied in many different sports: swimming, diving, boxing, racquetball, tennis, track & field, bodybuilding, weightlifting and powerlifting. Among his proficiency in games of skill are: billiards, chess, pool, and darts. Some of the activities that Tim steers clear of are: bungee jumping, sky diving, spelunking, and mountain climbing.

Thank Herb for doing this story on him. He would like to thank Mike Graham for getting him started in the Iron Game. Tim deeply appreciates all the help from Patrick Carr and his brother Ted who've assisted him at the meets where he's set his records. He especially owes a debt of gratitude to his chiropractor Dr. Bob Meyer. Also he must mention John Inzer, whose generosity and contributions have immeasurably helped the sport into evolving to what Powerlifting has become today. Lastly and most importantly, he's very appreciative and indebted to his sponsors: LAMB'S TIRE & AUTO and SPORT & SUPPLEMENTS OF TEXAS. And thanks to GOheavy.com for not banning him yet.

Weighting 250, Bruner is able to run 40 yds. in 4.6 seconds. He can flat footed box jump 60" (leaping up onto a box platform). Bruner enjoys playing all sports. He is still able to dunk a basketball. Tim frequently and the big fellow is amazingly quick and agile for 375 lbs. (even more so since pro-wrestling). He is good friend with Anthony Clark as well. Tim has accompanied Clark to the Arnold Classic and coached him everything he's won. Unfortunately, you couldn't make the trip in 1998 and 1999, and both times Anthony bombed. Some other feats of strength that Bruner has performed in the

outing on Nov 16th. Before a partisan crowd he really got inspired 683 SQ, 474 BP and 711 DL (S.M. AR) - 1868 TOT; all @ 242. His SQ, DL and TOT as a result ranked in that year's Top 100 ratings. His TOT moved him up to 28th overall in the 220 yearly ranking lists.

Now inspired, he cycled to hit an all time high at the USPF Texas State Meet April 12, 1997. Tim loves the reception and enthusiasm the delirious fans give him at these home town epics. Feeding off their frenzied cheers, he hit PRs: a 722 SQ, a terrific 501 BP and 683 DL for a barrier breaking 1906 aggregate @ 242. Once again he earned the Best Submaster accolade!

Bruner had once again qualified to participate in the USPF Sr. Nationals. This year they were held in the city of "Brotherly Love" Philadelphia, PA. Being a smart cookie, Tim went into the 275 division where he figured he had a good chance of winning the title. Bad luck reared its ugly head and smote the tenacious Texan. Tim Squad perfectly: 639, 683, and finally 705. He was in the driver's seat and looking good. Opening with a 462 BP, he felt a twinge in his deltoid and a knife-like pain shot through his shoulder and down his arm. He was unable to continue nor even raise his arm.

He was forced to take some time off to heal. He jumped back into action 10 months later for the USPF National Sub-Masters title, May 24, 1998, in Austin, TX. Competing in just howe in Austin in the 275s he did well for a comeback: SQ 705, 446 BP (still not back to capacity) and a new AR of 326 KG (718.7 lbs) - TOT 1870.61 Yds he won 1st place.

Tim's workout was featured in the AUG '98 edition of POWERLIFTING USA (p. 39) - geared toward a 700 lb. DL goal. Seguin on November 7th, Tim established more personal bests in winning his 275 class. He hit a 733 SQ, 462 BP, and 738 DL (actually 740.8 a new AVR record) for a 1936.8 TOT. As this is written his latest and most recent outing is his best. On March 16th of this year Tim hit D/L @ 242 for 1947.7 TOT! This came after his winning the USPF World Meet title Dec. 20, 1998 in Las Vegas. This is the same meet where Ed Coan established his stupendous 2463 TOT - the highest of all time! There, Bruno (@ 275) went 9 for 9 with 699, 441, 705, 1846, winning by a 159 lb. margin. He tried a 4th with a 727 DL USPF Submasters AR, but only muddled

Tim trying his hand at olympic lifting

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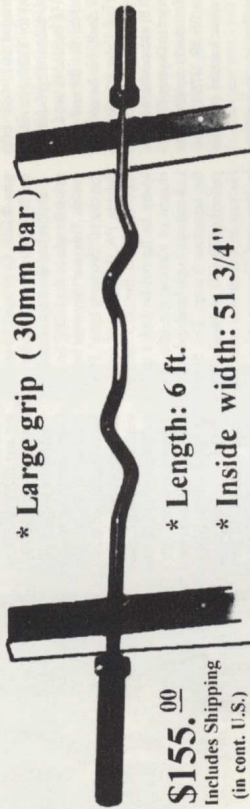
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Tim trying his hand at olympic lifting

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The Book - ED COAN: The MAN, The MYTH, the METHOD

HOT OFF THE PRESS - Ed Coan set the highest powerlifting total ever posted on December 19th, 1998. Ed Coan squatted 1003, bench pressed 573, and deadlifted 887 in posting an historic 2463 total. This book is a combination autobiography, competition chronology and training manual. Over 200 pages, it contains over 350 photos and includes comprehensive appendices. In addition to a detailed autobiographical section, every competition Coan has ever entered is photo essayed. Finally, a comprehensive training section outlines Coan's philosophy of strength training. His unique approach is discussed in intricate detail. Over 100 photographs allow the reader to analyze the technique of the greatest barbell technician in the world. Coan's approach allows you to custom design your very own training program, one that will revolutionize your approach to weight training. Do you want to exponentially multiply your strength and renovate your body simultaneously? Order Now! Authored by Marty Gallagher, feature writer for *Powerlifting USA*, *Muscle & Fitness*, *Flex*, *Iron Man Japan*, *Master Sport*, *Mito* and *Prime Fitness*, Gallagher is the editor-at-large for the *Parrillo Performance Press*. He is five-time national masters powerlifting champion and two-time world champion. Mike Lambert, editor-in-chief, *Powerlifting USA*, provides the competition photographs and Herb Glossbrenner, *PL USA* statistician, supplied a breakdown of every lift Coan has attempted in the past twenty years.

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Walk into Gold's Gym in Venice, California and you never know who or what you'll see. All sorts of top powerlifters come through for training and photo shoots. Over the years I've seen Ed Coan, Anthony Clark, Ted Aradi, Chris Confessore, Scott Werner, Rachel Mathias and many, many others working out at the Mecca.

Jimmy Pellechia did his 1015 lb. "assisted bench press" at Gold's. Joel "The Captain Bull" Toranzo, who's benched well over 600 pounds, made sure to stop by for a workout during his California vacation.



Jack Armstrong (above) & Rob Gaskin (middle) and Jason Conto (below) training at Gold's Gym.



POWER SCENE

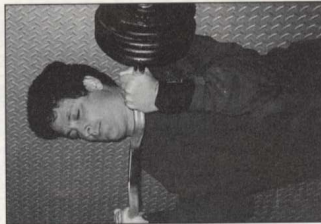
And then there are the other top athletes, and actors: Kobe Bryant, Flex Wheeler, Tom Platz, Gabrielle Reece, James Caan, Gregory Hines, Jean Claude Van Damme, and the Barbarian Brothers are all regulars, and occasional visitors include Michael Jordan, Scottie Pippen, Ted Danson, Hulk Hogan and Kevin Nash.

One day recently I came across former WWF wrestler Jack "Wildman" Armstrong and his team training for their upcoming strict curl contest at Venice's Muscle Beach. As you can see from the facial expressions, the training was intense, and it was great to see a six-person team training together, all

winning team as it posed with its Special Olympian with a 112.5 curl, and Jason Meyers, with a 140 at 166, Rob Gaskin with a 120 at 133, and the master himself, Jack Armstrong, with a 122.5 in the 50-59 class, were also first place finishers. Jason's father Art captured the



Dawn Riehl (left) and Jarritt Jamison (rt.) continue the team workout



Marital Artist — Robert Cabral



Gold's Nuggets won the team title at the Muscle Beach Strict Curl Contest (photos courtesy of Ned Low)

trophy. Also at Gold's: renowned marital artist Robert Cabral, founder of the world's first on-line marital arts and bodyguarding course. Robert has been featured in many marital arts magazines, and has provided bodyguard services to many top Hollywood names. For all you big, strong lifters who'd like to combine strength with some great self-defense techniques, check out his website at www.BeYourOwnBodyguard.com

Next month we'll have the comings and goings from the world of power beyond California, including coverage of the big York Barbell event in Pennsylvania. Till then, stay strong, enjoy that July 4th holiday, and we'll see you on video. Ned Low



Pan Am Powerlifting

Pan American Powerlifting Federation Men's Open Championships, Symposium and Congress, August 6th to 8th, 1999, Venue: Radisson Hotel O'Hare Grand Ballroom, 6810 N. Mannheim Road, Rosemont, IL 60018, USA. Phone: (847) 297-9464, Fax: (847) 297-8744. Free Admittance to the public for any of the following events: PAFPF Powerlifting Symposium; PAFPF Showcase to the Greatest Powerlifters of All Time; PAFPF Lifting, Demonstration and Sponsor Awards.

PAFPF Agency to be held on August 6, 1999 from 9:00 AM to 5:45 PM. Cutting Edge Information on Diet, Training and Nutritional Supplements. Presentations will be by some of the Top People in the World. The agenda for this symposium will be as follows. Please note that there may be some minor changes in the weeks to come. 9:00-9:30 - Introduction and Comments by Mauro Di Pasquale; 9:30-10:00 - History of Powerlifting - Further Inside Powerlifting by Terry Todd; 10:15-11:00 - Basic and Advanced Strength Training by Robert Wagner; 11:00-11:45 - Injury Prevention/Enhancing Strength by Michael Hardie; 2:15-2:30 - Nutrition for the Powerlifter - Introduction by Mauro Di Pasquale; 2:30-3:15 - Glutamine and Other Anti-Catabolic/Anabolic Agents by Jose Antonio; 3:15-4:00 - Effect of Macro-nutrients on Serum Testosterone and Cortisol - Tom Incledon; 4:00-4:45 - Maximizing the testosterone cortisol ratio through the use of nutritional supplements by Chris Street; 4:45-5:30 - Cutting Edge Research on increasing strength and lean body mass by Rehan Jellal; 5:30-5:45 PM - Putting it all together by Mauro Di Pasquale.

Meet Some of Powerlifting's All Time Greatest Lifters - 7 PM to 11 PM. A Tribute to The Powerlifting Greats in the Americas. Includes introductions, videos and question and answer sessions. The following have confirmed their attendance: Joe Bradley, Jimmy Moir, John Inzer, Rick Gaugler, Ernie Frantz, Walter Thomas, Tom Campbell, Fred Hatfield, Larry Pacifico, Terry Todd. There will likely be two or three more added to this list in the next several weeks.

Saturday August 7th - PAFPF Congress - 9AM to Noon. Introductory Congress: laying the foundation for the PAFPF. The interim PAFPF Executive Council consists of: President - Mauro Di Pasquale, M.D., Vice President - Bill Jamison, General Secretary - David Anderson-Tyrell, Treasurer - Bonnie Hicks. PAFPF Men's Open Championships - 1 PM to 10 PM. Weigh in 11 AM to 12:30 PM. Lifting begins 1:00 PM and continues into the evening to 10 PM. Sponsors displays and tables will be situated in the foyer adjacent and contiguous with the Grand Ballroom, the site of the competition.

Sunday August 8th - PAFPF Men's Open Championships Continued 10 AM to 5 PM. Weigh in 8 AM to 9:30 AM. Lifting begins 10:00 AM and continues until 5 PM. Banquet and Closing Ceremonies 6:30 PM to 11:00 PM. Sumptuous Buffet with drinks.

Drug Testing - Comprehensive Drug Testing will include the top three and one random lifter in every class. Up to half the lifters entered will be drug tested. This will be the most drug-tested meet in history. Sample collection will be done by CDT and sent to Quest Laboratories for analysis.

Attention All Spectators - Please mention the PAFPF in order to obtain the special low hotel rates that have been negotiated by the PAFPF for all those attending this special event. Special Hotel Rates for the PAFPF Events: \$75 USD for singles or double occupancy, \$20 rooms reserved for the four nights. In order to obtain this special price you must reserve

by July 13th, 1998 by contacting the Radisson direct. As well for the best air travel rates contact the official PAFPF Travel Agent: Ms. Robin Alexander on (805) 687-6261 For all there will be a free shuttle service between the O'Hare International Airport and the Radisson Hotel O'Hare.

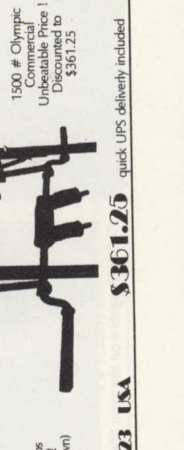
Attention Sponsors - If you would like to find out more about the PAFPF Entry-Level or Full Sponsorship packages then please call David Anderson-Tyrell at (203) 989-0831 or e-mail davidanderson-tyrell@msn.com for further details and answers to your questions.

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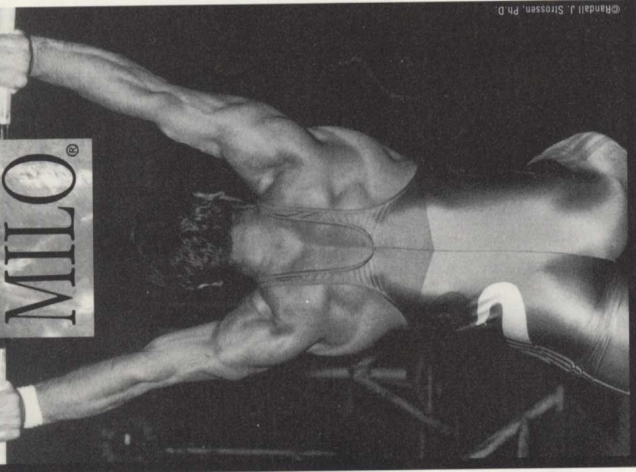
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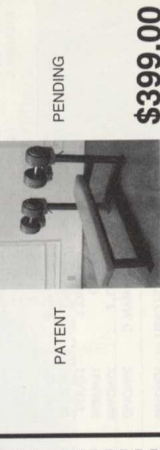
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WEAPON SEVEN: THE ROLE OF RANCOR IN POWERLIFTING!!! as told to Powerlifting USA by Rick Brewer



Young man have 5-7 pounds to spare at weigh-in! In 1985 Anthony Clark set the Texas high school Bench Press record of 500# in 1999 Tony lifted at a BW of 235! Needless to say, Tony shattered the 242# BP and TOTALL records in the process - moving the BP record up 65 pounds. And yes, they are really drug-free! Seriously, Tony offered to pay for his drug test at the USAFL Texas State meet!

Maybe intense hatred is unhealthy. Probably. But other great lifters have used this for adrenaline - Bill Kazmaier has said he envisioned horrible threats to his family before his platform attempts. It is a small step from this to RANCOR.

But it is a step. To really appreciate the difference you would have to meet Rancor Matt Maxfield. At the 1999 USAFL High-School State Championship he missed his 575 SQ opener, and missed his 2nd attempt. Before the 3rd attempt he pounded himself in the forehead with his fist to build up Rancor. He pounded until a golf ball sized head appeared on his forehead in tears, he kept pounding until it began bleeding. When he stepped onto the platform for his 3rd attempt, blood and tears streamed down his face as he focused his thoughts. What did he think of? Positive energy and mental lift-rehearsal, as advocated by Judd Biasotto in his great books?

NO. Matt imagined himself missing the 3rd attempt! He imagined the thoughts of his opponents and how they would exit if he failed. He thought how much he hated them for that. (Twisted, yes, but he made the lift. (Then he calmly walked over and asked me where he could get some ice.)

RANCOR. It's all the way out there, and it's something you haven't tried yet. Maybe you've tried everything else. If you need something different - here it is. It has been said that it is true insanity to continue doing the same thing - while expecting different results. A biblical way of putting this is, "Only a log returns to its vomit." (Proverbs 26:11)

Of course, utilizing hatred as a lifting tool may be like using a hatchet to kill a fly on your forehead. It works, but is the pain worth it? Only you can decide.

NEXT MONTH: On a lighter note, can POOH-BEAR put 10# on your bench? Rick Brewer

They train HEAVY, and it works! Matt deadlifts over 600# and totals 1500 in the 198s. Tony BPs 500 and totals 1700 in the 242s. (Both

They call this style of training RANCOR (literally - violent tilt or intense hatred). The name RANCOR was actually first applied by Joel Shibley, another talented Rockwell powerlifter. Joel coined the phrase in the pressure of dieting down to 165# for the High School State Championship a couple of years ago. Joel, Tony, and Matt caught fire and exponentially increased their training weights and efforts. RANCOR flourished, and continued even after Joel went on to the "hand of Billy Jack" (Louisiana Tech).

Tony and Matt now harbor an apparent hatred of all those around them, particularly people in the gym who train their mouth harder than any other body part. They store up the unhealthy negative

energy of this hatred and concentrate its power in their lifting. Lifting as THERAPY.

This is hard-core training as its own reward - not for the admiration of the opposite sex, not for bigger size or appearance, but for therapy. Since they RANCOR fuels their lifting, they actually seek out idlers to fuel their desire and performance. They hear voices. They imagine the weights are taunting them, calling them names - unprintable insults. This, too, fuels their Rancor and therefore their heavy-duty training. As mentioned on a HOUSE OF PAIN shirt (EYES); "insanity doesn't make you a bad person."

is their training really hard-core? It's just old-school basics with heavy weights (up to 200# dumbbells), loaded sleds, and a lot of desire. They do dumbbell presses off a stability ball with 135# DBs (try 135# for sets of 15 reps - Tony does!) They added one-arm DB rows to their D/L training and now go up to 200# DBs - yes, with these handle they weigh 215# - and these high schoolers shoot for 10 reps. Try it!

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Tony and Matt now harbor an apparent hatred of all those around them, particularly people in the gym who train their mouth harder than any other body part. They store up the unhealthy negative

Last month we heard from Sun Tzu, a Chinese general-strategist of 2500 years ago. This month we will consider his lesser known grandson, SUN PIN. Early in life, he mastered Sun Tzu's famous Art of War and showed great promise as a military commander. This was a time when all of China's "states" were at war with each other, and talented military tacticians were in great demand. SUN PIN's rival Fang Chuan feared and envied the greater talents of SUN PIN, and conspired against him.

SUN PIN was falsely accused of a high crime, and sentenced to mutilation; his feet were amputated and his face was branded. SUN PIN was banished from the court before his military career began! Options? SUN PIN could:

- A) Strike out at his rival Fang Chuan (difficult since crippled)
- B) Tuck his tail; forgive and forget
- C) Whine about "what could've been"
- D) Channel his anger; enter service of an opposing military faction as a military advisor

SUN PIN chose (D), and destroyed the elite forces of this enemy through superior tactics - ultimately causing Fang Chuan to commit suicide in shame and defeat. SUN PIN's forces became so proficient under his cunning direction and leadership that they were consid-

ered invincible in his time. An awe-struck observer wrote, "They eat people and cook the bones, the officers have no thought to turn outside (for advice/direction) - these are the troops of SUN PIN." (Jeffrey Dahmer, eat your heart out!)

SUN PIN had a healthy hatred, and it provided fuel to the smoldering fire which allowed him to triumph over the many adversaries facing a crippled commander. Remember SUN PIN, foolless and disguised, when you start to whimper.

Last month, I advised you to ignore others rather than risk being tricked. This month, consider looking at others with a healthy hatred. No, we are not recommending this to everyone - but we have observed its effectiveness particularly with a couple of local high school lifters: Tony Arterburn and Matt Maxfield.

Tony and Matt have honed hatred to a keen-edged powerlifting weapon. They employ "toxic-training" as a form of therapy for their psychological tendencies. Before you criticize them for the animosity and disdain of their fellow GEN-X'ers, you should laud them for choosing powerlifting as the outlet. Consider the "alternative therapy" chosen by the demotivated Colorado high schoolers of "Trench-Coat Mafia" fame who murdered their classmates and a teacher on April 20, 1999 in celebration of Hitler's birthday. Let's see if powerlifting is a preferable outlet.

They call this style of training RANCOR (literally - violent tilt or intense hatred). The name RANCOR was actually first applied by Joel Shibley, another talented Rockwell powerlifter. Joel coined the phrase in the pressure of dieting down to 165# for the High School State Championship a couple of years ago. Joel, Tony, and Matt caught fire and exponentially increased their training weights and efforts. RANCOR flourished, and continued even after Joel went on to the "hand of Billy Jack" (Louisiana Tech).

Tony and Matt now harbor an apparent hatred of all those around them, particularly people in the gym who train their mouth harder than any other body part. They store up the unhealthy negative

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If I'm going to talk to you about what it takes to be successful, I should start off by telling you what I believe success is: In America, most people equate wealth with success. If you have a lot of money it is assumed that you are successful in life. In fact, most Americans believe that there is a linear relationship between money and success. In other words, the more money you have the more successful you are. As the old saying goes money isn't everything, but it sure beats out whatever is in second place. With money, you can buy everything, or so we are lead to believe. I guess the real question is can money buy genu-

ine happiness? Well, let me put it this way - it can buy a lot more happiness than poverty. Who-ever said that money can't buy happiness probably never had any money. It's interesting to me that people who are always pointing out the trials and tribulations of being rich are people who would love to be wealthy. Perhaps Pearl Bailey said it best, "Money, I been poor and I been rich. And let me tell you, rich is much better." She will get no argument from me there. In fact, I would venture to say that in most cases having money is a rewarding experience. Let's be honest - money can bring you freedom, power, status and a bundle of wonderful material things. I do believe, however, that money isn't everything and there is a lot more to success than just being rich. When I was working in professional baseball, I was around some of the wealthiest people in the world and they were some of the most miserable people I have ever met. When I worked in the steel mills during my college vacations, I met some of the poorest people in the world. And do you know what? Many of them were extremely happy. Obviously, there is more to success and happiness than simply making money.

Have you ever read the book *Quiet Desperation: The Truth About Successful Men* by Jen Harper? If you don't, pick yourself up a copy - it's a fascinating reading. The book focuses on men who have power, money and wealth, all the things that we assume yield success. Interestingly, few of these men were happy and most of them were miserable. Why? Well... as Harper points out, having power and affluence is not the same thing as having success. These guys had all the money, in the world but they lost sight of what is essential for health and happiness. They became addicted to making money and in so doing became enslaved to riches and the things that go with it. In the process they lost themselves. Instead of gaining time and freedom from their affluence, they lost those very

things. Instead of gaining the respect, esteem, and admiration that wealth can command, they forfeited it. In short, they cheated themselves out of the other things that make life so enriching and worthwhile.

This is not to say that money is bad or that it is the root of evil. The fact of the matter is that in itself money is neither good nor bad. There is nothing wrong with money or the desire to have money. In fact, money can be a great incentive for becoming successful. The point I'm trying to make is that money isn't all there is to being successful.

If money isn't the key to success, then what is? That is not an easy question to answer, but I believe Wyn Davis has the right notion. He says "Success means doing the best we can with what we have. Success is in the doing, not the getting - in the trying, not the triumph". We become successful when we push our heart and soul to the furthest reaches of which we are capable. It doesn't matter if you are closing a big business contract, competing at the World Championships, or just playing "Old Maid". If you do your very best, you will never be disappointed, no matter what the outcome. As Davis says, success is not in the getting - it's in the

Dr. JUDD

In Pursuit of Success, Pt. 1 as told to Powerlifting USA by Judd Biasotto Ph.D.

I'm sure you've heard of the Mickey Mantle. When I was a little boy, he was everyone's idol. He was a baseball phenomenon. Mantle had everything you would want in a baseball player: world class running speed, an arm like a rocket, incredible eye hand coordination and a awesome bat velocity. Best yet, he was a switch hitter, and man, could he hit. Not only did he hit for average, he hit with power from both sides of the plate. Believe me, he was a pitcher's nightmare. At the end of his career, he was inducted into the Baseball Hall of Fame. He was also selected as one of the top 25 baseball players of all time. Can you imagine that? What an accomplishment! Of all the athletes who ever played the game of baseball, Mantle was among the very, very best. Not only that, but he had more money than you could ever imagine. He had it all: money, fame, and prestige; but do you know what he said right before he died? In essence he said, "I'm ashamed of my career. God gave me all of these wonderful physical gifts and abused them. I drank, I hated out nights, and I never practiced hard. I have so many regrets, because I know that if I had done my best, I could have been so much better. Maybe I could have been the best of all time. Now I have nothing but regrets... Believe me I'm not a role model and I'm not a success. Look at my career to see what you should do. Right to his dying day Mantle felt that he could never make amends for the life he felt he had wasted; that was his cross to bear. This brilliant man who had the world in his hands for the taking, threw it all away, because he was too foolish to realize that true happiness comes from accomplishment, not amusement. There will always be that 'what if' that lingers about Mantle. What if he had applied himself, what contributions would he have made to this sport and his fellow man?

You know, in all the years that I've been in sports, one athlete stands out in my mind as being the greatest. No, it's not Muhammad Ali, Pete Rose, or Wayne Gretzky, although these guys

have certainly reached a higher plane of existence. What might surprise you is that you've probably never even heard of the guy I have in mind. His name is Kenny Hall, and his sport is boxing. He's never won a world championship, a national championship, or even a regional championship, but in my mind he's the greatest athlete I've ever come in contact with. Why do I feel that way? Well, the major reason I feel Kenny was the best of the best is that God put the very most out of what God gave him. Every time he went out, he performed at an optimum level both physically and mentally. He took every moment to the very limit - every moment. Best yet, he performed the same way in practice. He pushed himself to the ultimate point of possible development - that's "greatness". I don't care how important you are or how much money you have, there is no worse feeling than walking away from something knowing you could have done it better, wondering 'what if?' When you don't push yourself to your limit - you limit yourself, because you are not becoming all that you can become. There is no greater sin in life. The essence of life is to become all that you can become. When you fail at doing that, you fail at life itself. Like Robert Louis Stevenson said, "To be what we are, and to become what we are capable of becoming, is the only end of life". There is no doubt in my mind that success is attainable for each and every one of us, but it doesn't come without a price. Success means getting your hands a little dirty, struggling a little, suffering a little, and working a little. It means taking the responsibility for choosing and defining your own life. It means being the very best that you can be.

Over the next few months I am going to talk to you about some of my ideas of what it takes to be successful in sports and in life. Now don't get me wrong, I'm not trying to convert any one to my way of reasoning. And I certainly don't want to tell anyone how to think or conduct themselves. No one knows better than you what is best for you - if you do things my way, then you are not you... you become me. That's not my intention. I just want to share with you some of the things that I have learned along the way. There is an old saying, "Don't walk behind me, because I'm not a leader, and I'm not a follower. Walk with me, side by side, and then maybe we can share something beautiful and meaningful together." That's what I want to do. I want to walk with you and share some of my thoughts. That's all. Take the ideas you like home with you and leave the others behind. We might call this series of talks, "In Pursuit of Success". I'll see you then. Judd Biasotto Ph.D.



Dr. Judd Biasotto ... in pursuit of success

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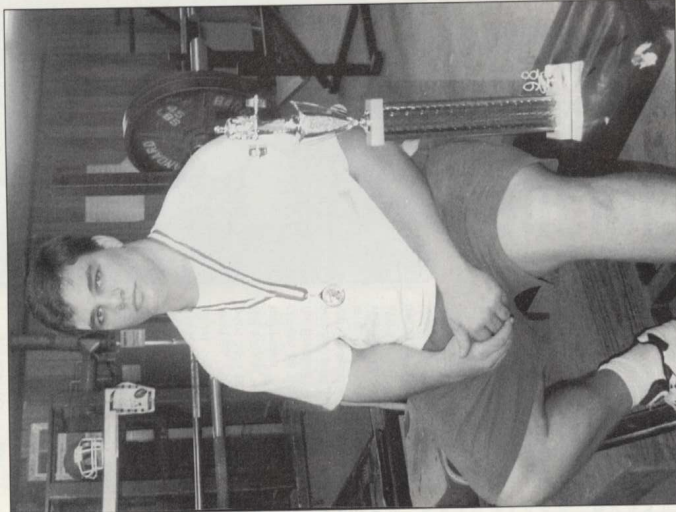
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INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

SCOTT DAVENPORT as interviewed for Powerlifting USA by Larry Kye



AAU lifter of the Month... Scott Davenport... (photo supplied by Larry Kye)

LK: Could you please tell us a little about yourself?

SD: My name is Scott Davenport. I am 18 years old and a senior at Clarendon High School in Clarendon, Arkansas. I've played football and thrown the shot put and discus since the seventh grade. I started lifting weights to improve myself in these sports. My first powerlifting meet was the AAU Arkansas State Powerlifting Championship during my junior year. In my very first meet I won the Heavyweight Division and was chosen the outstanding lifter for the University of Arkansas at Fayetteville in the fall where I have accepted a football scholarship.

LK: How did you get involved in powerlifting?

SD: I started lifting in the seventh grade to improve my football. Powerlifting meets didn't come into the picture until my junior year when Monticello High School Coach Greg Tiner sent me an invitation to lift in the AAU State Powerlifting Championship. At that meet, I set state records in the Bench (400 lbs.), Squat (535 lbs.) and the total poundage (1415 lbs.). The meet director was Mr. Larry Kye. He then put me on the Arkansas team in a dual meet against Mississippi. At that meet I finished 30 pounds short of beating the National Champ.

LK: What do you consider to be your greatest accomplishment?

SD: At this year's AAU State High School Powerlifting Meet held at the Little Rock Air Force Base, I was able to set three national records in my age group. I was able to squat 546 lbs. I missed an attempt at 429 lbs. and barely made it. I also deadlifted 556 lbs. beating my previous best by 31 lbs. That gave me a total of 1506 lbs.

LK: Why did you choose to compete in the AAUJPC?

SD: I got involved in the AAUJPC due to my contact with Mr. Larry Kye and Coach Greg Tiner. I also liked the meet's drug testing policy, which allowed the lifters to rely strictly on their physical abilities without the help of harm-

the lifter to be a member of just one organization. There are so many world records and national records, it seems it would be easier to keep up with just one set of records.

LK: The AAUJPC is leading the way with concepts such as Modified Conventional System, Wild Card Meets and most importantly RAW lifting. What is your opinion of these ideas and how do you think they will affect Powerlifting?

SD: The Wild Card meets are okay for the more experienced lifters, because they know of a few lifts in the warm-up area what their attempts are going to be, but for beginning lifters, I believe we need the three lifts on every lift. In the regular meets there isn't as much of a strategy. The Raw Meets are something that I really like. I would like to know that all my records are because of my strength and hard work and not just the quality of the shirt or suit that I'm wearing.

LK: What are some of your interests outside of the sport?

SD: During my spare time, I enjoy doing everyday teenage things. I like to watch television, play video games, and go to town with all my friends.

LK: What is your ultimate goal in Powerlifting?

SD: I would like to win my division at the National AAU High School Powerlifting Meet in Cabot. That will probably be my last meet for a while as I am about to start playing football for the Razorbacks.

WHOO PIGS SOOIE! It would be nice to go out on a high note. After my football days are over, I would like to continue my Powerlifting career.

LK: Would you like to make any final comments?

SD: I would like to thank Coach Tiner for initially getting me started in Powerlifting. I also want to thank Mr. Kye and Mr. Greg Blount for all of their help and encouragement. I would like to thank my father for spending all those hours out at the weight room after working all day. I would have never gotten all of my records and accomplishments if he weren't behind me 110%.

One of the things that many of my powerlifting colleagues disagree about and specifically disagree with me about is the use of cardiovascular conditioning as a definite part of one's training regimen. There are those, and some are very successful as powerlifters, who argue that anything that does not specifically contribute to the three competitive lifts should not be done. Anything that does not specifically contribute to the squat, bench press, and deadlift may detract either from those lifts or from the recovery between workouts.

Part of my "problem" relative to powerlifting and many other sports, is that the training for competition and the competition itself in that particular sport, does little to enhance cardiovascular fitness. To some, as noted earlier, this is not a matter of concern. Their concern is success on the platform, success in the gym as it will translate onto the platform, and success in the one thing they are giving their energies too. My perspective, one honed by age, is very different. While I fully understand an all-consuming passion to compete and succeed at a particular and specific athletic endeavor, I think it is foolhardy to completely ignore one's health. Of course, there are amounts of drugs, potentially dangerous, though legal, nutritional and herbal supplements, and diets reflecting ignorance of the most basic concepts related to sound nutrition is a common thread among lifters and wanna be lifters so perhaps my diting of "health" as an issue in the competitive arena is irrelevant. However, as Dr. Randall Strossen, the editor and publisher of MIO magazine has said to me more than once in conversation, "these big guys really need to do something about their health. At the rate it's going, strongman competitors are going to have the highest death rate, especially at a young age, even greater than that of powerlifting." Simply put, a lot of big and strong guys have passed away at a far younger age than the actual tables would have predicted. Most of these premature deaths have involved the larger competitors.

In my thirty plus years in powerlifting, it has been my experience that perhaps ninety five percent of all lifters give little or no thought to their cardiorespiratory health and of the heavier class lifters, literally none do. Their training centers around the three lifts and the standard assistance movements. Almost none use the squat and/or deadlift for high numbers of repetitions in any set and if they do, it is for a very brief, few week period only in the "off season". Again, this is

even more rare in the heavier class competitors. Thus, we are a sport of very little, very muscular individuals with little "health" related to the heart and lungs. As much as I don't view bodybuilding as a "sport" or "athletic event", it is true that a greater percentage of bodybuilders pay attention to their cardiovascular health than do powerlifters. The bodybuilders may bike and run, row and use the treadmill to "burn fat" or "burn calories", but they still wind up doing more cardio work than the typical powerlifter.

As one lifter told me, "I don't plan to run up to the platform and run back to my chair when I complete a squat. Why would I want to run anywhere at any time?" The answer of course, is to enhance health. While it is true that a certain percentage of lifters use anabolic drugs, it is also true that a percentage of them, as a direct result of their drug use, will have negative effects from the anabolic drugs on their lipid profiles. Low HDL cholesterol, the so called "good" or "protective" cholesterol, is very responsive to cardiovascular, steady state exercise completed three or more times per week. The most efficient way to elevate the HDL count is not through diet, but with exercise. The so called "bad" cholesterol, the LDL cholesterol, is more diet responsive, but with HDL counts of forty five or more being statistically protective against atherosclerotic heart and vessel disease, it is foolish to completely ignore the potentially positive effects of doing cardio type exercise.

Many lifters will not take out the home garbage during the two week period preceding a major contest. They will not do anything too "physi-

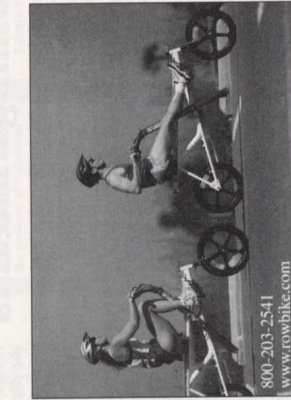
More From Ken Leistner

call" while in heavy training because they do not want to interfere with either gym performance or recovery from their workouts. I have always believed that one's training, one's powerlifting special training, would be enhanced if they were in improved cardiovascular condition due to better recovery ability.

The actual training and its simulation upon the system that results in muscular strength and tissue increases must be balanced with recovery from that stimulus. Recovery is improved, not diminished, with a sensible program of moderate, steady state exercise. Of course, few powerlifters believe this and more importantly, few want to believe this as many see cardio work as the antithesis of what a powerlifter should be doing and the antithesis of what a powerlifter "is". Should I point out that the typical lifter carries too much bodyfat and "inter-nally" is often no healthier than the average guy in the street?

For those who believe that some cardiorespiratory exercise can be beneficial, proceed with the proviso that "some" work is the compliment to one's lifting. This is not a call for two hundred forty two pound marathon runners! Also, many of the larger lifters should NOT utilize running or "jogging" as their mode of cardio work. Their size produces excessive joint stress while engaging in these activities. Viable alternatives include swimming and rowing and something brand new called "The Rowbike". Swimming is not available to everyone but if it can be used, it provides a means of exercise that is "easy" on the joints. A stroke can be used that does not negatively affect the shoulders. For those near the beach, at least in the warmer weather, walking in knee or waist deep water in the soft sand at the bottom of that water can be very demanding, yet not harmful to the joints in the low back or lower extremities.

Rowing is another exercise that most lifters can do without too much joint stress. Their are a number of



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moderately priced rowing machines present in commercial clubs and hard most widely used and seen version. Rowing can be done indoors no matter what the weather conditions may be and the pace, distance, time, and other variables that contribute to the efficacy of the workout can be controlled by the athlete so that boredom is avoided.

Cycling is yet another option. Rich Abbott, a very successful one hundred forty eight pounder who bounced between powerlifting and Olympic lifting for many years and did quite well with both, rode a bike for "fitness" purposes to this day, cycling in his passion. He is hard as stone into his status as a result of this. Pat Casey uses his bicycle for exercise and as a means of cardiovascular fitness and this all time great roughly pedals twenty five miles at a clip, a few times per week. Yes, and these two all time greats still lift also. Cycling too can be done indoors if the weather is uncooperative, using a stationary bike or stationary rollers on one's "outdoor" bike.

For those whose knees can't take cycling, there is the Rowbike. Scott Olsen is the guy who invented inline skates, also called rollerblades. An enthusiast and huge participatory activity grew around this development. His latest "invention" is the Rowbike which essentially, is a bicycle that one "rows" instead of pedals. It is not particularly difficult to master, is obviously easier on the joints of the lower extremities than a standard bicycle, and offers the option of both an upper and lower body exercise in one movement. That it can be done outdoors, especially in climates that permit it or seasonally in other parts of the country, is an added bonus. Inline bicycling more than once per week, more than three or four weeks consecutively because of my surgical repaired knees blow up badly. I always squat once or twice per week and find that cycling, when I can cycle, at times will stress the knees if done with twice a week squatting. The Rowbike prevents this as one "rows" with the upper body musculature, "pushes off" with the feet just as they would when using a standard stationary rowing machine. The cardiorespiratory benefits are tremendous and because more musculature is involved with the Rowbike, a briefer workout is still more intense and more beneficial than one completed on a stationary or outdoor bicycle.

It matters not what modality one chooses. It is important, in my opinion, that the lifter take a long look at his or her health and address it with the understanding that they are going to lift for years of their life, but they need to be alive in order to do so. Moderate and well chosen cardio type activity will enhance recovery from the squat or deadlift, will contribute to a healthier lipid profile, and, for most, will have a positive effect upon their lifestyle.

Dr. Ken Leistner

TRAINING

Overcoming Plateaus as told to Powerlifting USA by Louie Simmons

Your squat is going nowhere. No matter what you do it won't increase. What can you do? Well first, let's find the real problem. It can be several things: form, exercise selection, volume, and the development of special strength, i.e., starting, accelerating, eccentric, concentric, reversal, static, and of course absolute.

First let's talk about form. Box squatting is a must. Use a box that is slightly below parallel. Sit fully on the box, keeping all muscles tight, most importantly the abs and the obliques. By releasing only the hip muscles you are going from a relaxed state to a dynamic phase. This is one of the best methods of developing absolute strength as well as explosive strength. Lowering the bar produces a great amount of kinetic energy, which is stored in the body, resulting in reversal strength.

For box squatting, the form is the same as regular squatting. Before descending, the glutes must be pushed out to the rear. Because you are going to squat to the rear and not down, this sets up the body for a stretch reflex. Next, push the knees out to the sides. This accomplishes two things: it places much of the stress, or work, on the hips, and it will greatly increase your leverage in the bottom of the squat. By

lactic acid to build up. When you fight through this discomfort, you will produce the most growth hormone. Also, when you use maximal weights in the same exercise for more than 3 weeks, growth hormone production stops! This was validated at York University in Toronto, by Wusef Omar, a colleague of the renowned Tudor Bompa, with the help of top exercise physiologists.

On the dynamic day, after box



Todd Brock does glute/ham raises to push his squat up to 850. (Black)

we recommend Chuck Taylor shoes. The feet can be pushed out to the sides without the feet rolling over. When sitting on the box, it is possible, and desirable, for the shins to be past perpendicular. This places all the work on the vital squat muscles. This is impossible with regular squatting.

Train on a box with 50-60% of your best contest squat. A 500 pound squatter would start at 250 and jump 10 pounds a week for 6 weeks. Now the weight is 300 pounds. On week 7 drop back to 250 (50%) and a new wave. This is done for 10 sets of 2 reps for 4 weeks. Then drop to 8 sets. This will keep the bar volume relatively the same. The volume will change dramatically when you start the wave again, adding 3 or 4 special exercises that have not been used for a period of time.

The combination of changing special exercises and using short rest periods (about 60 seconds between sets) has proven to be most effective for producing growth hormone. The short rest will cause

squatting, select 2-4 special exercises to improve. Because all the muscles that squat are located in the back of the body, except the abs, select exercises for the spinal erectors, glutes, and hamstrings, such as back raises, reverse hyperextensions, pull-throughs, sled dragging, and calf/ham/glute raises.

The abs are very important for squatting, and we look at ab training very seriously. Because when you squat or deadlift, you are standing up, we do the majority of our ab work standing up. This is done on the lat machine. Face away from the machine, and pull a triceps rope down to the base of your neck. Hold the ends of the rope against your chest. Now bend over by forcing the abs to flex, downward into the hips. This is exactly how the abs are designed to work. The obliques are the most important ab muscles. When you flex a weight off the floor or start out of a heavy squat, it is the lower obliques that initiate the entire upward motion.

What I have been discussing is correct exercise selection. I hope

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for the abs, low back, hamstrings, glutes, and hips.

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out of 10 workouts should be some kind of pull for a 1-rep max.

Alter the core lift, use 2-4 special exercises (glute/ham raise, reverse hyperextensions, pull-throughs). Raise special work for 3 or 4 weeks. This is the correct method to raise volume, with special work, not the classical exercises.

Note: Close to a meet, work on speed and raise special exercises

that has a 14 inch camber, which takes the upper back out and makes the mid to lower back work overtime. Two out of 10 workouts are some type of squatting on a variety of boxes, from 8 to 17 inches high and with a variety of bars or with the Manta Ray or front squat harness.

Do a 1-3 rep max in these special squats. Switch the core exercises every 2 weeks, again to maintain production of growth hormone. One

use chains or bands. Weight releases are useful for building reversal strength.

I have discussed the special day, Friday for squats. For the development of absolute strength, we have a max effort day, 3 days later. On this day, we never do regular squats. About 7 weeks out of 10 we do some kind of good mornings for a 3-rep max. We use special bars: Safety Squat bar, Buffalo bar, bent bars, and a special cambered bar

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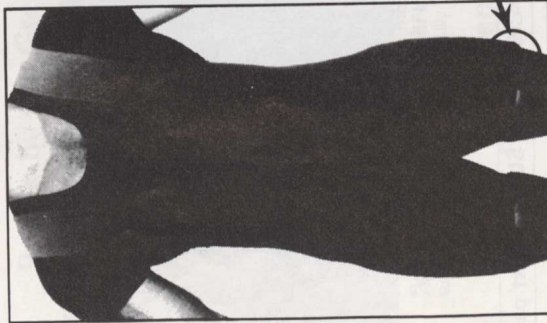
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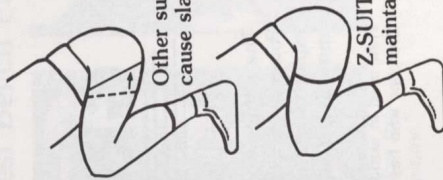


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Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Governman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

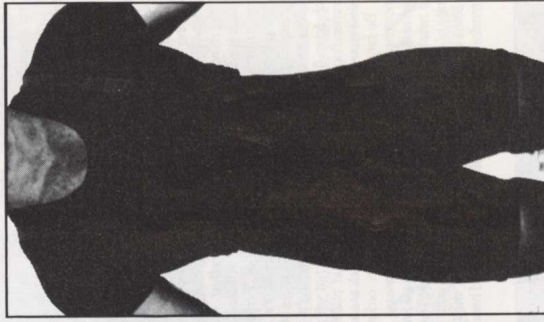
Jim Cash - World Champ

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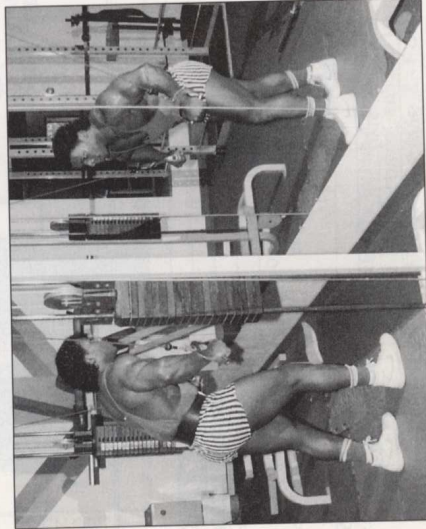
A special section dedicated to the beginning lifter

Assistance exercises are very important to progress in powerlifting. They can help us overcome weaknesses and improve strengths in certain parts of the three lifts, give our physiques more aesthetic qualities, while providing much needed variety into our routines - but sometimes we do not get the results we'd expect from our efforts. All those lat pull-downs did not increase our deadlift lockout, even though we increased the weight used by 25% since we started working on them. Something is not adding up.

The reason could be your exercise form. We generally start out with good intentions, properly performing assistance lifts with great attention to form, but in order to keep increasing the weight, we may add other muscles outside of the targeted ones or decrease the range of motion of the exercise. Many times both bogus weight enhancing methods are used. What often results is an exercise not even remotely resembling the original one.

Most exercises have standard cheating techniques shared by lifters worldwide. Let's examine some of the most popular assistance exercises and the cheating techniques most commonly used while performing them. While you're reading, step back and take an objective look to see if I'm describing your technique. (I'm not necessarily recommending the following exercises unless noted.)

By far, the most popular assistance exercise is the bicep curl. Out of all assistance exercises, the curl is the most affected by reducing the range of motion. The vast majority of lifters do not lower the bar to full extension. Many lifters justify this



Gene Howell, who squatted over 800 in ADFFA competition, concentrates on proper form. (photograph by Charles Glover was provided by Dennis Weis)

Incline bench presses work the upper pectorals and front deltoids. Because of the angle, the contribution from the pecs is decreased so less weight can be used than in the regular flat bench press. Invented lifters have overcome this situation. As the weight is pressed, they raise their butts and lower back off the bench, moving towards a regular flat bench. Hold on with flat benches! Maintain your position on the incline bench. Remember, the higher the angle, the less pec. A thirty degree angle may be best for upper pec stimulus.

Decline benches are said to overload the lower pec. Unlike inclines, some lifters claim that they can decline more than they can flat bench. The simple reason is they lower the bar below their chest, even on their bellies to lessen the range of movement. You do not need to be a physicist major to know that the less distance you need to move something, the easier it is. If you chose to do declines, lower the bar to your pec area.

These are just a few exercise examples. Just about every exercise has some standard technique of cheating. In most cases, what is required to rectify this is to drop the weight being used and start over again, learning and maintaining proper form. This can be a hard pill to swallow for some lifters. Being immaculate form, can be even deflating. I sound like a recordist, but sometimes (what's a recordist), the judges on the platform and the spectators at the meets do not care how much you can curl or shrug.

Another plus of better form is decreased chance of injury. Lifting weights properly comes with enough injury risk without adding to it by using improper form and too much weight. Machines offer less opportunity to cheat than do free weights, but good form must be on your mind when using them, since range of motion can be decreased on machines also. It is important to keep continual tabs on your exercise form. Increase the weight and reps only when you can do it with strength development. Oh edgeable watch your form. If you have some question on the best way to perform an exercise, consult a trainer at your gym or an experienced lifter. So, if your assistance exercises are improving but your competitive lifts aren't, take a step back and examine your training will be form fitting.

Doug's Web address: members.aol.com/ddaniels12345/default.htm

WORKOUT of the Month

The following workout is based on a person coming in with a 400 lb. bench press. If you train hard, see a 30 to 40 lb. increase. This workout involves training the chest once a week. I believe any more than that is counter-productive. My workout is short, with high reps and low repetitions. I bench with a wide grip, and place my middle finger on the outer ring of the bar. I use the Inzer Poly bench shirt, as well as wrist-wraps by Inzer. (which is a necessity).

For my assistance work, assume your chest workout is on Saturday; shoulders would be trained on Monday, and triceps on Tuesday. The 1st exercise should be heavy weight, with low repetitions for both bodyparts. The low repetitions add

Week 1 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 325 x 3, 380 x 3, 430 x 3. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 3 - 180 lbs.; Triceps - Close Grip Press - warmup, 3 x 3 - 215 lbs.

Week 2 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 335 x 3, 385 x 3, 435 x 3. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 3 - 190 lbs.; Triceps - Close Grip Press - warmup, 3 x 3 - 235 lbs.

Week 3 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 335 x 3, 385 x 3, 435 x 3. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 2 - 200 lbs.; Triceps - Close Grip Press - warmup, 3 x 2 - 250 lbs.

Week 4 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 345 x 2, 395 x 2, 445 x 2. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 2 - 210 lbs.; Triceps - Close Grip Press - warmup, 3 x 2 - 275 lbs.

Week 5 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 345 x 2, 395 x 2, 445 x 2. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 1 - 225 lbs.; Triceps - Close Grip Press - warmup, 3 x 1 - 295 lbs.

Week 6 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 300 x 1, 350 x 1, 400 x 1. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 1 - 220 lbs.; Triceps - Close Grip Press - warmup, 3 x 1 - 315 lbs.

Week 7 - Flat Bench - 135 x 6, 225 x 4, 275 x 3, 300 x 1, 350 x 1, 400 x 1. Assistance Work: Shoulders - Military Press to Front - warmup, 3 x 1 - 225 lbs.; Triceps - Close Grip Press - warmup, 3 x 1 - 295 lbs.

Week 8 - Meet Day: Opener #1 - 405 lbs.; #2 - 420 lbs.; #3 - 430 lbs.



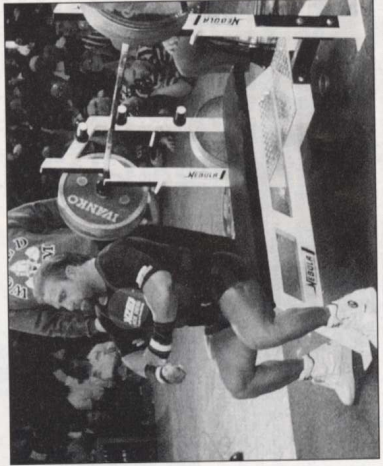
(modeled by Brianna)

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Dave Waterman Bench Press



Dave Waterman sets up for a bench attempt at the Arnold Classic.

maximum strength without taxing the joints. The order in which body parts are trained is a key factor. It is important that all 3 bodyparts be trained by Tuesday so your muscles have time to repair.

It is this workout that helped me break 9 World Records. To have a personal workout sent to you, please include your current maximums in each of the bodypart exercises listed above, along with a check for \$25 to: Dave Waterman, 4 Sunny Brook Lane, Utica, NY 13502. I will also include a FREE autographed picture!

Advice: Keep your protein up, train hard, and stay focused. Good Luck and stay strong!

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2nd Women's IPF Worlds as told to Powerlifting USA by Herb Glossbrenner



Dillard won again, but at 105!

1701. At this point Kali was in 2nd place (441 ST). Elwyn & Gingras were tied for 3rd at 429 each for the combined first two disciplines. Meanwhile Sue Roberts, the Australian pit-bull, clamped down tight and wouldn't let go. She made a 308 SQ & 154 BP, to ST 22 ahead of anyone else. The DL became the great equalizer. Bogias stopped @ 297 and had a 738 TOT. Her CAN teammate raised 308 (ten open!) to tie her on TOT, but was the heavier of the two. She made an ill advised increase to a big 336 - no lift - no medal. Elwyn wore sunglasses to reduce the glare from the TV lights and hauled up 314 to secure the silver medal in dramatic fashion. Roberts overpowered her 352 DL for an 815 TOT. She tried 363, a WR, outside the competition, but couldn't complete it. An 8-9 outing and yet another World title for the AUSSIE KAMIKAZE!

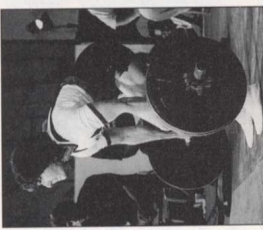
123 lb. class - HER DAY OF FAME - GAYLA CRAIN: Maria Collis, BRA, became the only girl on her team to earn a medal in these championships. Angela Rountree, AUS, was too far back to catch the American, but she matched the high-DL of the day - 352 - for a 777 to gain the silver medal.

Gayla Crain, the vivacious sister of Rickley Dale Crain of Shawnee, OK, had a tougher time getting on the team than she did winning the World title. At the USA Women's Nationals she'd been pushed to the limit by Diane Frantz, the mother of 3 and wife to the great Ernie Frantz, powerlifting's "Elite Master". Gayla had certainly earned her berth here the hard way!

Gayla was looking strong. She set a new WR SQ - 347 - and added a 170 BP 27 ahead of her Nationals subtotal. Crain led by a whopping 93 lb. margin over Rountree. On track to surpass her own WR TOT of 877, she was looking strong. She set a new WR SQ - 347 - and added a 170 BP 27 ahead of her Nationals subtotal. Crain led by a whopping 93 lb. margin over Rountree. On track to surpass her own WR TOT of 877, she was looking strong.



Eileen Todaro benched her way to a world record and title at 132.



Jennifer Weyland averted disaster and won the world title at 148

148 lb. class - SMILES 'N BLUSHES - WEYLAND CRUSHES! USA's Jennifer Reid-Weyland easily defended her 148 class World title against modest competition from the USA. Handling big weights on the platform was the easy part. Arriving in Hawaii some dude tried to snatch Jen's suitcase when he punched her nose she wailed him! More problems would befall her. Tall-Held Wittsch, AUS, used her shot-putting prowess to SHOVE ABOVE the British duo with a powerful 181 BP. Coupled ahead of them coming down the stretch, USA's Eileen Todaro had built a solid lead from the get-go. She got the jump on Heidi and Webb with a class leading 314 SQ. She extended her margin to 22 after pumping up a W/R 195 lb. bench press.

Now the bar went to the floor! BASS GRASPED 336, and pulled it up for a 799 TOT. Heidi lifted 341 to comfortably earn the runner-up overall position - 826 TOT! Todaro stormed 347 - a rousing success. Her 854 TOT made the 23 year old Nautilus Fitness Center manager the World Champion. Teen Donna Webb had waited to unleash a big surprise. She needed 358, the heaviest DL of this class, to steal the bronze medal away from Bass. Amazingly she did just that! Her 804 TOT stole the show, great for a 16 year old.

165 lb. class - JUDITH THE BRUTUS! It was a 3 way shoot-out: Judith Oakes, GBR; Pam Matthews, AUS and Hennie Grengman, SWE. USA rested their hopes on Terri Promei, an 18 yr. old student from Auburn, AL. I saw Terri SQ 418 at the Women's Nationals to break Bev Francis's WR by 33 lbs. and was amazed. Promei's 970 TOT there made her a strong

improvement over the 992 she'd made winning the World title in 1980. At the USA Nationals, Gagne had done 1184, setting WRs of a 446 SQ & a 485 DL - a 192 lb improvement over the 992 she'd

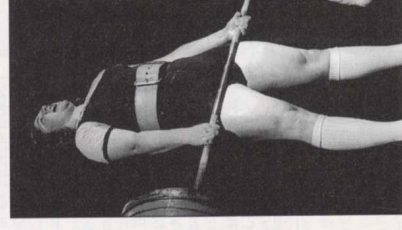
made winning the World title in 1980. At the Nationals she'd pulled a slow but perfect 501. The judges thought it went too slowly and denied it, otherwise she'd have made history by becoming the first woman to be credited with pulling 500.

It was an exciting match-up here. Vicki sat a WR, grinding out a 462. Moments later Francis had the World Record next to her name (474)! Gagne added 16 to her PR BP, and made 270 here. At this point Francis mighty pees began to flex, in a dazzling display of upper body strength. (She first and only woman to do over 300!). She obliterated that record on every attempt: 308, 319 and finally 330 - a mind-boggling lift. Who could match this today, sans shirt? Bev's audacious benching turned out to be the straw that broke the bionic back for Vicki Gagne! Subtotals: Francis (804), Gagne (733). A 71 lb. deficit seemed insurmountable.

Francis DLed 462, then missed 485. Her TOT was 1267 - the highest woman's aggregate ever. Gagne salvaged some glory for herself. On a second attempt she trimmed the lead to 33 by pulling an amazing 501! At last it was official - the 1st woman ever to do over 500!

TOT 1234, jubilant in her accomplishment, Gagne ordered 540 for her final try, going for 1273 and the win. Time ran out before she could try it. She gave it a go on a 4th, but the contest was over.

SHWT - WANDA - OVER-CAME A BRAHMA! At this year's USA Women's Nationals a virtual unknown had tied Jan Todd (1129) and beaten her by lighter bodyweight. Wanda Sander, a 19 year old California shot puffer, had earned her the right to be the USA hopeful in the final class at the Worlds. It would



Wanda Sander from the U.S.A.

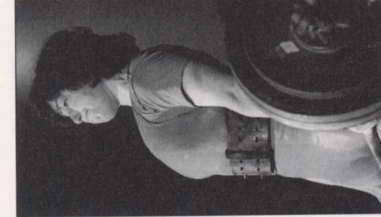
be a rough day because Wanda had another Australian "monster maiden" to contend with. Gale Mulhall was a rapidly rising female phenom from "Down Under", and she forged into the lead from the very onset - 473 SQ. Sander improved her Nationals best from 424 to 457. Right behind the pair was Jo-Ann Marshall, last year's runner-up. She faded to a distant 3rd place after that.

Sander BPed 248, while Mulhall extended her best to 38. Gale erased Turbyne's 265 WR with a powerful 270; then failed her 3rd @ 281! Mulhall pulled 462 and in doing so became the 3rd Woman (behind Francis & Gagne) to crash the 1200 total barrier (1207)! This left Sander with the monumental task of lifting 507 (going for 1212) to win. Just as she'd vanquished the great Jan Todd at the Nationals she was prepared to pull an upset once again. Up it came with a tremendous effort. The lift was good. She was a World Champion and now had the highest DL ever done by a female.

Francis, of course, won the outstanding lifter award, but the USA dominated the team competition winning 2 golds and 2 silver medals. Australia took 2nd with 2 wins, 4 runner-ups & a 3rd. Women's PL truly had taken hold.

2nd Women's Worlds 11, 12 May 81 - Honolulu HI

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COLEMAN USA	99	155	314
114 lbs.	SQ	DL	TOT
ROBERTS AUS	308	176	314
HOGAN CAN	253	143	253
GIACANGAS CAN	208	121	248
LEFRANS JPN	220	121	248
LEFRANS JPN	104	253	345
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132 lbs.	SQ	DL	TOT
TODARO USA	314	192	347
WITTECH AUS	308	176	314
BASS GBR	297	165	336
PULLONIA USA	286	154	330
YELSON USA	275	149	319
148 lbs.	SQ	DL	TOT
WELAND USA	374	231	424
CONNOLLY	275	183	358
FORENZANO	154	242	474
165 lbs.	SQ	DL	TOT
OAKES GBR	407	233	497
GRENGMAN	352	220	418
PROMEI USA	374	170	385
COOKSON	319	159	341
181 lbs.	SQ	DL	TOT
FRANCIS AUS	473	330	462
GAGNE USA	462	270	501
MARSHALL	440	240	450
MULHALL AUS	473	270	462
MULHALL AUS	230	286	396
AMROZINI	286	121	286



Judith Oakes from Great Britain

contender for this title. Francis (AUS) had done 1014 winning this category last year; but had moved up a class.

Promei got off to a disastrous start. Opening @ 374 was easy. She made a huge jump to 429, but she dumped it twice. Finishing with a 931 TOT left Terri in 4th place.

Oakes, the brawny Brit had TOTed 931 6 weeks earlier @ the GBR Championships. Pam Matthews (AUS) looked like a Bev Francis clone. Grengman's prowess exemplified what her country's male counterparts might expect from the female involvement. She powered up a 407 squat and got the early advantage. Matthews mustered 363, Grengman a 352. Oakes made a 203 BP. Her rivals narrowed the gap. Grengman pumped 220 and had 44 behind Oakes. Matthews had the highest lift - 225 - and was in the middle, 22 behind Oakes and 22 ahead of Grengman. In the DL, Matthews hoisted 407, equivalent to Judith Oakes' best. Final scores: Oakes - the champion (1019).

Mathews seemed a secure 2nd @ 997. Grengman's 418 was the highest lift. It gave her the bronze (992 TOT). She boldly went to 435 on her last attempt. She needed this lift to vault straight to victory (seeking a 1025 TOT!) It stalled. That's all!

181 lb. class - FOREVER BE - BEVERLY! Bev Francis (AUS) was bigger and stronger than ever. Defending champ Vicki Gagne (USA) was determined to give the Aussie a run for her money.

1980's silver medalist Gagne Gardner (AUS) topped her TOT 77 and finished 3rd w/793. She was lucky that one of the 165 also-rans hadn't seen an easy medal for plucking and moved up.

At the USA Nationals, Gagne had done 1184, setting WRs of a 446 SQ & a 485 DL - a 192 lb improvement over the 992 she'd



Jennifer Weyland averted disaster and won the world title at 148

148 lb. class - SMILES 'N BLUSHES - WEYLAND CRUSHES! USA's Jennifer Reid-Weyland easily defended her 148 class World title against modest competition from the USA. Handling big weights on the platform was the easy part. Arriving in Hawaii some dude tried to snatch Jen's suitcase when he punched her nose she wailed him! More problems would befall her. Tall-Held Wittsch, AUS, used her shot-putting prowess to SHOVE ABOVE the British duo with a powerful 181 BP. Coupled ahead of them coming down the stretch, USA's Eileen Todaro had built a solid lead from the get-go. She got the jump on Heidi and Webb with a class leading 314 SQ. She extended her margin to 22 after pumping up a W/R 195 lb. bench press.

Now the bar went to the floor! BASS GRASPED 336, and pulled it up for a 799 TOT. Heidi lifted 341 to comfortably earn the runner-up overall position - 826 TOT! Todaro stormed 347 - a rousing success. Her 854 TOT made the 23 year old Nautilus Fitness Center manager the World Champion. Teen Donna Webb had waited to unleash a big surprise. She needed 358, the heaviest DL of this class, to steal the bronze medal away from Bass. Amazingly she did just that! Her 804 TOT stole the show, great for a 16 year old.

165 lb. class - JUDITH THE BRUTUS! It was a 3 way shoot-out: Judith Oakes, GBR; Pam Matthews, AUS and Hennie Grengman, SWE. USA rested their hopes on Terri Promei, an 18 yr. old student from Auburn, AL. I saw Terri SQ 418 at the Women's Nationals to break Bev Francis's WR by 33 lbs. and was amazed. Promei's 970 TOT there made her a strong

improvement over the 992 she'd made winning the World title in 1980. At the USA Nationals, Gagne had done 1184, setting WRs of a 446 SQ & a 485 DL - a 192 lb improvement over the 992 she'd

The Sheraton Waikiki Hotel in Honolulu, Hawaii was the location of the 2nd Women's Worlds. 46 proponents of female strength came to determine who would be World Champions in the 9 wvt. categories. 9 countries were represented in this 2nd event of its kind: USA, JPN, GBR, CAN, AUS, BRA, FIN, SWE & NOR. There were 18 returnees from the previous year's field of 37.

97 lb. class - WICKER - THE VICTORY! Defending WC Joan Fruth started too high (242) @ the USA Women's Nationals and Donna Malone-Wicker of Lafayette, IN outbalanced the others there to become the new US 97 lb. champ and earned the opportunity to lift here.

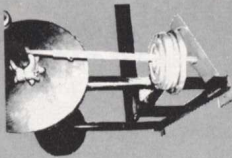
Newcomer Suzanne Smith, 15 captured the bronze with a 562 TOT. She beat out Colette Marennette (2nd last year). USA's Wicker had a tough time making weight, but got fitted into her "Miracle Suit" manufactured by her brother Pat. Donna had her competitiveness tested to the limits. Hisako Yoshida, JPN, was a formidable foe. Drained, Wicker SQed 236 and passed her 3rd BPed 99. The Nippon lass pulled 281 and was through. This left the door open for Wicker. With extreme effort she locked out 297.

114 lb. class - SUE ROBERTS! WHO CAN STOP HER? Sue Roberts (AUS) showed overwhelming dominance here in a landslide victory, repeating as world champion - having earned that distinction in 2 different wvt. categories. Sue Elwyn (USA) figured on placing higher by reducing to 114 - and did so, but she had a real fight on her hands to come up with the silver medal here. Sue had a badly injured back - and was game - but cautious! The two Canadians, Kall Bogias and Josie Gingras, were well prepared. They both out-squatted their American rival. Elwyn managed 253 - 5 up from her best at the Nationals. Gingras drifted back, registering a "mere" 121 BP. Bogias bridged the gap and surpassed her teammate with a sound 165 lift. Elwyn came roaring back establishing a new WR

105 lb. class - DILLARD HOT - KILLER SQUATI! Last year's 114 champ Terry Dillard (USA) did a switcheroo with Sue Roberts (AUS), and both ladies repaired their wins. Terry was far superior to the rest of the field. Canada earned both the silver and bronze medals with Denise Perez and Claudette Dione. Neither gal could surmount a challenge to the lowen, but they however provided their own bit of drama. Perez forged in front early on a 255 to 225 SQ, and almost got 308. Dione's best of the class 143 BP gave her the narrow lead. In the DL, Dione got 253, a do or die 3rd. Perez more than outdistanced her "SISTER LIFTER", raising 303 for a 666 TOT - 2nd place. DIONE "OWNED" the bronze with 622. Perez must be commended

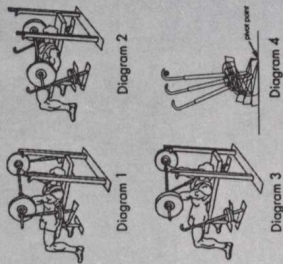
Donna Wicker pulled a winner. 105 lb. class - DILLARD HOT - KILLER SQUATI! Last year's 114 champ Terry Dillard (USA) did a switcheroo with Sue Roberts (AUS), and both ladies repaired their wins. Terry was far superior to the rest of the field. Canada earned both the silver and bronze medals with Denise Perez and Claudette Dione. Neither gal could surmount a challenge to the lowen, but they however provided their own bit of drama. Perez forged in front early on a 255 to 225 SQ, and almost got 308. Dione's best of the class 143 BP gave her the narrow lead. In the DL, Dione got 253, a do or die 3rd. Perez more than outdistanced her "SISTER LIFTER", raising 303 for a 666 TOT - 2nd place. DIONE "OWNED" the bronze with 622. Perez must be commended

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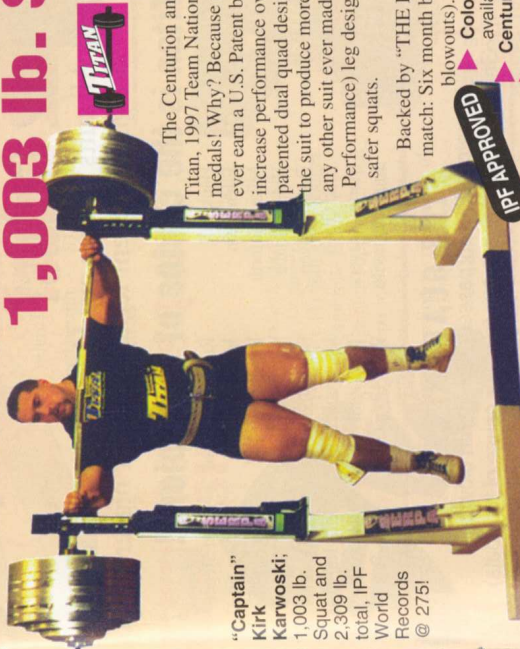
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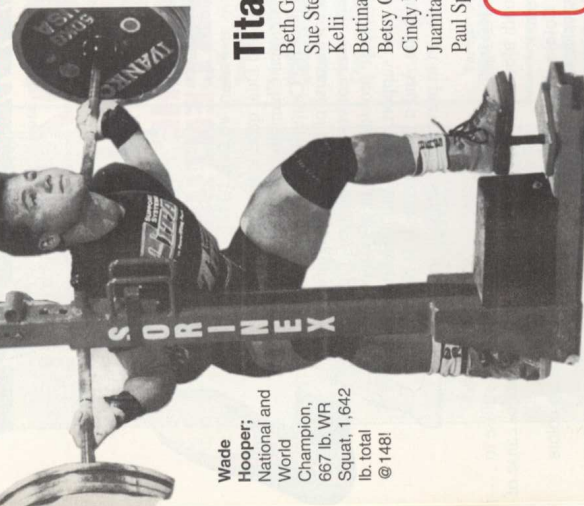
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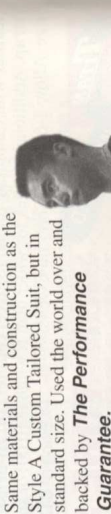
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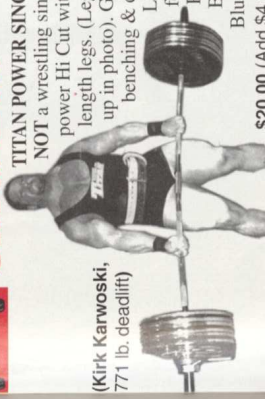


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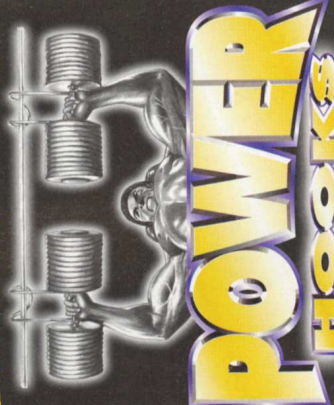
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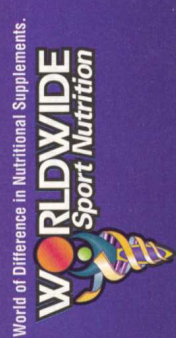
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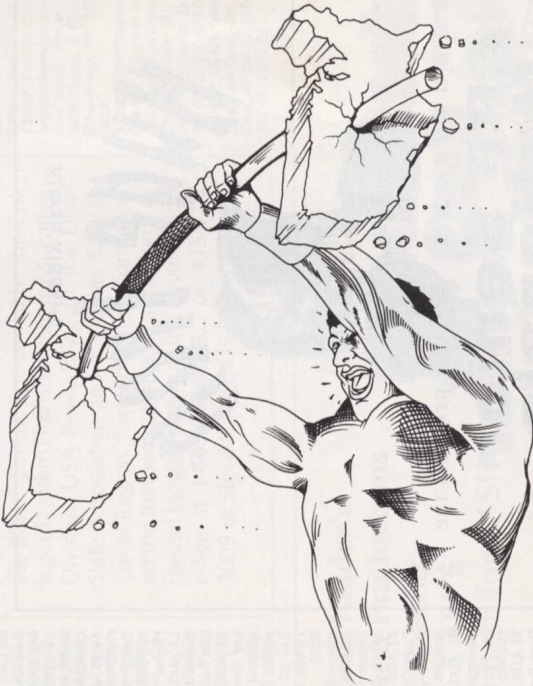


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5920 N. RIDGE
CHICAGO, IL 60660
773-561-9692**

- 142347, Fayetteville, GA 30214, 770-996-3418, wmp@aol.com
- 25 JUL, Georgia Games (Evans, GA) Python Gym, 2205 Lumpkin Rd., Augusta, GA 30906, 706-790-3806
- 25 JUL, Jungle Gym 1st Anniversary BP/DL Classic (Lindenhurst, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
- 30-31 JUL, Bend Summer Strength & Fitness Festival (women) and Strongest Man on the Planet (true strength events as opposed to endurance - 1st prize \$800) Gas Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600
- 31 JUL, North Dakota State Fair Bench Press (men, women, teen, master, submaster) Gary Chock, 1408 Debbie Dr., Minot, ND 58703, 701-838-3203
- 31 JUL, Midwest USA Open & Father/Son Raw BP/DL (Cameo, IN) Dr. Daniel Sorenson, 126 E. Lake, Tuscola, IL 69153, 217-253-5429
- 31 JUL, Anchor Ave. YMCA BP/DL (men, women, teen, submaster) John Kelpner, 410 Commerce Dr. Ft. Washington, PA 19034, 215-641-1245
- 31 JUL, Ino Midwest Open BP/DL (open, A Wayne Hammes, Box 433, Oklaheba, IA 52577, 515-673-5240, hammes@klski.net
- 31 JUL, AAU World Bench Press Qualifier for Hawaii, all Pacific Islands, and Asia Record Breakers, Keith Ward, 41-857 Kalaianolele Hwy., Waipaanalo, HI 96795, 808-259-5266
- JUL, MDSA Biggest BP/DL on the Beach (Spicer, MN) Darwin Jacobson, Box 1031, Willmar, MN 56201
- JUL, Border Classic Bench Press, Tim's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324
- 1 AUG, APF West Coast Open Tribute to Doyle Kennedy, Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600
- 6-7 AUG, AAU Jr. Olympia (Assisted/Open and RAW - Cleveland, OH) Jay Siegel, 814-768-9400
- 7 AUG, Central Alabama Summer Classic, Total Fitness, 32941 US HWY 280 #105, Childersburg, AL 35044, 256-378-7582
- 7 AUG, 2nd Horseheads Pre-Season Meet (Teen Men & Women), Bert Conklin, 104 Willow Dr., Horseheads, NY 14845, 607-796-2583
- 7 AUG, USPF Joe Corneilli Memorial Open BP/DL (Nutterfort, WV), Tige Pratt, 304-622-7239
- 7 AUG, Kansas & Missouri Police & Firefighters Open PL, Power Sports, James Duree, 1413 S. 55th, Kansas City, KS 66106, 913-596-7326
- 7 AUG, USAPL Summer Classic BP/DL, Sean Cuhlan, 12 Biscayne Blvd., Troy, NY 12181, 518-237-0972
- 7 AUG, Muscle Beach Push-Pull, Rec. & Parks, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
- 7 AUG, AAU BP/DL Meet (men/women open, teen, jr., submaster, master) American Eagle Gym, 12128 Firestone Blvd., Norwalk, CA 90650, 562-863-1308
- 7 AUG, 2nd Midwest Regional/Bench and Deadlift Championships (men/women open, teen, junior, submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-775-1974
- 7 AUG, Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
- 7 AUG, MDSA 3rd Paul & Debbie Ellering Fitness Center Open (Melrose, PL, BP, DL - Bordentown) NPU, Box

Coming Events

- (Chattanooga, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apa@evol.com
- 17 JUL, NPU Greenville Open (Greenville, SC - national qualifier) NPU, Box 142347, Fayetteville, GA 30214, nupuopen@aol.com
- 17 JUL, USAPL Push/Pull at the RAC (VA residents only) Games D- reactor, 711 C 5th St. N., Roanoke, VA 24016, 540-343-0987
- 17 JUL, USPF Bench BP (Angels, NY) Butch Murr, 716-655-1878
- Jr., submaster, master, novice - deadline 7/3/99) Louie LaPoint, 357 Roxbury St., Keene, NH 03431, 603-532-8699
- 17 JUL, USAPL California State B. Manny Villareal, 895 N. Bayshore W., San Jose, CA 95112, 408-275-6449
- 17 JUL, 3rd annual Florida Push/Pull (both lifts for total, in memory of Lawrence Morberg) Kuran Kildier, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3267
- 17 JUL, APF-SOCC (in Chubb Vista, CA) James Negrete, 619-401-1772
- 17-18 JUL, AAU New Nationals PL (all divisions) Tony Gurewicz, 303 Cannon Rd., Middletown, NJ 08830, 609-625-6407
- 18 JUL, Big Iron Open (Omaha, NE) Rick Hussar, 402-392-2446
- 18-19 JUL, USAPL Combarcher Summer State Games, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
- 24 JUL, USAPL California State BP (Vacaville) Manny Villareal, 895 N. Bayshore W., San Jose, CA 95112, 408-275-6449
- 24 JUL, Carbon County Push & Pull, Carbon County Travel Bureau, Box 1037, P.O. UT 84501, 800-842-9789
- 24 JUL, NASSA Tri-State Regional (Flora, IL) Smitty, 681-562-8473
- 24 JUL, Chief Wapello Days Iron Man Contest, Robert Slineaman, Box 883, Oakville, IA 52646, 319-756-4310
- 24 JUL, USPF NW Reg. 8 PL - National Qualifier (Shelton, WA) Anthony Camillo, 9430 Case Rd., SW #21B, Olympia, WA 98512, 360-754-2475/352-8618 or Ted DePoe 360-426-5973
- 24 JUL, ANPPC World Cup, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429
- 24 JUL, USAPL Summer Slam PL, Superior Fitness, Box 375, Belmont, NH 03220, 603-267-1213
- 24 JUL, USAPL U.S. Open BP & USAPL National Squat, John Shifflett, Box 941, Stenardsville, VA 22973, 804-985-3932, jahiff239@aol.com
- 24 JUL, USAPL Battle on the Beach Mike Lawrence, 117 W. South Blvd., Troy, MI 48098, 248-813-9866
- 24-25 JUL, USPF Sr. Nationals (NEW MEET SITE, Crouse Plaza, 14315 Midway Rd., N. Dallas, TX 75244, 214-630-8500) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460
- 24-25 JUL, NPU New Jersey Natural (PL, BP, DL - Bordentown) NPU, Box

- OK 74428, 918-473-1059
- 10 JUL, AAU Pennsylvania State Raw (SQ, BP, DL, or Total - open only) Al Segel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214
- 10-11 JUL, APF Men's/Women's Senior Nationals, Kieran Kildier, 116 W. Ocean Dunes Rd., Daytona Beach, FL 32118, 904-238-3527
- 15-18 JUL (new date), USAPL Men's Nationals & International Friendship Cup (St. Louis, MO) National Mig. (Th), Competition (Fr-Su), Mike Caswell, 15 Lakeside Dr., Lake St. Louis, Mo 63367, 314-625-1225
- 16-24 JUL, World Police & Fire Games, PO Box 19551, S-10432, Stockholm, Sweden, Tel +46 (0) 86731999, Fax +46 (0) 8151999, info@1999.awpfig.se, E-mail: info@1999.awpfig.se
- 17 JUL, WEPF & YMCA (Share the Care Charity Bench - Southwest YMCA - Louisville, KY - women, teen, master) Stiles Corum, 502-375-1067
- 17 JUL, Muscle Beach BP, Dept. of Rec. & Parks, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
- 17 JUL, Alabama Cup PL - open, high school, women, master, submaster (Eposito, Box 1549, Wetumpka, AL 35592, 205-695-9445/1839)
- 17 JUL, APA Chicksville Open BP/DL

MEET DIRECTORS...a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential. You will be

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Summer Bench Press Open & Record Breakers at Pro Fitness - Rockaway, NJ
16, 17 October 1999 - USAPL New Jersey State Powerlifting Championship

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9 OCT, NPU North Carolina National (2000 national qualifier) Ralph Peace 732, Pinkston St., Henderson, NC 27536, 252-438-6482 before 8 PM

2 OCT, WEPDF Superwoman National (PC, BP, DL - one or all three for total) Tyndalle Sports Center, Indianapolis, IN, 317-997-7556

9 OCT, USAPL Fall Invitational/Push/Pull Superior Fitness, Box 375, Belmont, NJ 08220, 603-267-1213

9 OCT, 3rd Potomac Invitational Power Challenge, men, women, submaster, master, teen, law/fire, jr Eugene Flycatcher, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

9-10 OCT, USAPL Open Ohio BP (women men & women and raw men & women men, master, teen - Saturday) & USAPL Deadlift Nationals (numerous divisions - Sunday) Ed or Frank King or Larry Miller, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-KING

16 OCT, Big River Classic NAPA BP & PL Regional, Darryl and Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, darryltohey@aol.com

16 OCT, USAPL 4th Palmetto Classic PL & BP (drug tested - Laurens, SC - women, men, jr., submaster, master, Honoree Pat, 801 Highway Ave., Florence, SC 29504, 864-369-9304, lark@car.com)

16 OCT, Bob Halfer Championship (South) 872 Indiana Ave, 210-699-0964

23 OCT, Greater Indianapolis Regional BP, DL Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-9622

23 OCT, NPU Alabama Open (Northport Civic Center) Pedro Hollingsworth, 3202 Bermuda Dr., Northport, AL 35473, 205-333-9952

23 OCT, Testosterone Showdown Curl, BP, DL Jim Piper WU, Brophy Hall 221C, Macon, IL 61455, 309-298-1781

23 OCT, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-9932, jshiff229@aol.com

24 OCT, Chicagoland Open BP/DL Classic, Dr. Darrell Latch, 126 W. Sale, IL 61953, 217-253-5429

30 OCT, AFF New England Open (Men, Women, Teen, Submaster, Master, Novice) AFF New Hampshire State Residents only - Men, 3418, unp@afsc.com

16 OCT, 8th NPU Lifetime Drug Free Nationals (raw & assisted) Fayetteville, NC NPO, Box 23247, 919-786-0733

16 OCT, NPU Lifetime Drug Free Nationals (raw & assisted) State, Pro, Raw, New Jersey 16.17 OCT, 350 Rt. 46, Rockaway, NJ 07866, 973-827-0156

16.17 OCT, AAU World (assisted/Unassisted) (Males Only) Tony Gaffney 609-625-6176, Steve Caldwell 609-625-8176

17 OCT, Southern Illinois Open Raw BP/DL Classic (Carbondale, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

17 OCT, CPA Quebec Championships, Marcel St. Laurent, 457 71eme Ave, Nord #1, JLE 252, 819-346-9466

19-24 OCT, IPF World Masters (South Africa)

23 OCT, APA Maine State PL (Leicester, ME) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, ops@euel.com

23 OCT, USPF Ohio Bench Press, Michael Cain, Box 148, Sandusky, OH 44870, 419-624-9251

23 OCT, 11th Indian Summer Meet, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

23 OCT, Power Station Bench Press

St. East, Tuscaloosa, AL 35401, 877-313-0946

6 NOV, 3rd Cadillac City Bench and Deadlift Classic (men/women/teen, submaster, master) Tom Skiver, 412 S. Mitchell, Cadillac, MI 49601, 616-715-1974

6 NOV, Mike Stone Memorial/Southeastern Championships (Tulahoma, TN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

6 NOV, PA NPL, B, 142347 Lancaster, PA 17301, 717-996-3418

6 NOV, USPF Teen Cup (open, teen, 40-49, 50, submaster) Squan Fitness, 1415 E. court, Seguin, TX 78155, 830-372-5396

7 NOV, CPA Canadian Deadlift Championships, Marcel St. Laurent, 457 71eme Ave, Nord #1, Sherbrooke, Quebec, Canada J1E 252, 819-346-9466

9-14 NOV, IPF Men's Worlds (Trento, Italy)

12-14 NOV, USPF Drug Testing & Ref St. & Reg. II PL/BP Meeting & Ref Clinic (open, teen, jr., submaster, master) & Reg. II Mtg. & Ref. Clinic Rob Keller, Box 829, Amber, PA 19002, 215-542-4941, rkh@Ballablanic.net

13 NOV, AAU North Carolina State Bench Press (Henderson, NC) Ben Zak, Box 93, Grandy, NC 27939, 252-453-6116

13 NOV, APA Texas State BP (Waco, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, ops@euel.com

13 NOV, USAPL Dungeness Power Works Fall Classic BP/DL (Three Rivers, MI) Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

13 NOV, Mid-South Touch 'n Go BP, Al Williamson, 800 N. Piggish Rd., Henderson, TN 38340, 901-989-0198

13 NOV, Iowa/Midwest Open BP/DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Okaloosa, IA 52577, 515-673-5240, hammes@kcdsl.net

Wormen, Teen, Jr., Novice, Submaster, Master - deadline 10/16/99) Lou LaPointe, 337 Rockbury St., Keene, NH 03431, 603-352-8890

30 OCT, 17th AAU Raw Central PA Open (open, teen, jr., submaster, master) Al Stegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214

30 OCT, APF Halloween Bench Wars, Open from Island Gym, 3465 Lawson Blvd., Oceanville, NY 11157, 516-594-9014

30 OCT, ANPC Nationals, Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

30 OCT, WFF-USPF World Teen/ Jr. (Philadelphia, PA) Box 829, Amber, PA 19002, 215-542-4941

30 OCT, WABDL World BP/DL Championships (Holiday Inn Airport, 2902 Bend, OR 97708, 541-889-0600)

6 NOV, APA Southeast Florida BP (Johns Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, ops@euel.com

6 NOV, Alabama Elite Powerlifting, Robbins Fitness Advantage, 421 15th

(Tulsa, OK) Nick, 918-459-5956

23 OCT, USAPL 13011 Bench Meet, Willie Maslin, 13011 Ocean Glade, San Antonio, TX 78249, 210-699-0964

23 OCT, Greater Indianapolis Regional BP, DL Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-9622

23 OCT, NPU Alabama Open (Northport Civic Center) Pedro Hollingsworth, 3202 Bermuda Dr., Northport, AL 35473, 205-333-9952

23 OCT, Testosterone Showdown Curl, BP, DL Jim Piper WU, Brophy Hall 221C, Macon, IL 61455, 309-298-1781

23 OCT, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-9932, jshiff229@aol.com

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23 OCT, USPF Ohio Bench Press, Michael Cain, Box 148, Sandusky, OH 44870, 419-624-9251

23 OCT, 11th Indian Summer Meet, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

23 OCT, Power Station Bench Press

Dr. Darrell Latch and Son Light Power Gym presents the following 1999 state fair bench press / deadlift competitions:

August 7 Ohio State Fair

August 15 Missouri State Fair

August 21 Indiana State Fair

August 22 Illinois State Fair

August 29 Kentucky State Fair

September 5 Du Quoin State Fair

September 11 Tennessee State Fair

*** all featuring a two-man, two-woman & man-woman deadlift competitions ***

For information call 217-253-5429.

2 OCT, AFF Iron House Classic, Matt Hersherberger, 301 Zanesville, OH 43701, 740-450-7714 after 4PM

2 OCT, USPF Deadlift Nationals & Region 6 Bench Press (Covington's Hotel, Olympia, WA - Anthony Clark guest appearance)

2 OCT, USAPL Fall Invitational/Push/Pull Superior Fitness, Box 375, Belmont, NJ 08220, 603-267-1213

9 OCT, 3rd Potomac Invitational Power Challenge, men, women, submaster, master, teen, law/fire, jr Eugene Flycatcher, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

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16 OCT, USAPL 4th Palmetto Classic PL & BP (drug tested - Laurens, SC - women, men, jr., submaster, master, Honoree Pat, 801 Highway Ave., Florence, SC 29504, 864-369-9304, lark@car.com)

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23 OCT, USPF Ohio Bench Press, Michael Cain, Box 148, Sandusky, OH 44870, 419-624-9251

23 OCT, 11th Indian Summer Meet, Jon Smoker, 30907 CR 16 West, Elkhart, IN 46516, 219-674-6683

23 OCT, Power Station Bench Press

Bob Garza, 9234 Beaver Bend Ct., Houston, TX 77037, 281-820-5923

25 SEP, Village Square Mall BP/DL (Eflingham, IL) Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

25 SEP (new date), Fall Bench Press Classic, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-9932, jshiff229@aol.com

25 SEP, NPU Delaware State (New Castle) NPU, Box 142347, Fayetteville, NC 28401, 704-777-0156

25 SEP, 3rd USA St. Mary's BP/DL, Todd Mountain, 499 Spence St., Cule 9222, 131 St. Mary's, PA 15857, 814-834-9222

25.26 SEP, USPF Submasters/ Masters Nationals (Men & Women - Buffalo, NY) Jiffrey Williams 148 Aprauit Dr., Amick, 26 Fifth Ave., Wilframville, NY 14221, 716-696-6900, gvaeserve.com

26 SEP, Bay State Correctional Center Meet (ages Anderson, Box 73, Norfolk, MA 02054, or Tim McDonald or Larry Greene, 617-727-8474, ext. 160

26 SEP, Iowa State Open BP/DL (Burlington) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

SEP, (new date), USPF Drug Testing Connecticut PL/BP (open, teen, jr., collegiate, submaster, master - Hartford Rob Keller, Box 829, Amber, PA 19002, 215-542-4941, rkh@Ballablanic.net

SEP, USAPL Drug Tested Delaware Open PL/BP (open, teen, jr., collegiate, submaster, master - Wilmington, DE) Rob Keller, Box 829, Amber, PA 19002, 215-542-4941, rkh@Ballablanic.net

25 SEP, WABDL Southern US BP/DL, 44575, 330-792-6670 after 3pm

18 SEP, USPF 17th Drug Free/ Tested (raw & assisted) New Jersey State PL & BP & DL, Joe Piva, 25 Louis Dr., Budd Lake, NJ 08728, 973-691-2695

18 SEP, Best of the East, Fred Van Der Veem, Box 279, Friesland, MD 21826, 410-742-9201, ves@cy.net

18 SEP, AAUPC National Bench Press (assisted/ open - RAW - men, women, all divs. & age groups - top 10 places) Joe's Gym, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

18.19 SEP, USAPL Nevada State (esp. olympians and out of state lifters welcome) Raal Lopez, 551 S. Juneau, Elko, NV 89801, 775-753-2374 or Wade Jensen 775-753-7161

18.19 SEP, USAPL Bench Press Nationals (men, women, teen, masters, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

19 SEP, USAPL Capital Classic Open, PG Plaza Community Ctr., Hyattsville, MD, John Mogavero 202-224-2124, Slip Gormley 301-552-1093

25 SEP, APA Palmetto Open BP/DL (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, ops@euel.com

25 SEP, SCFF Push/Pull, Joe Deversville, 2005 Eisenhower Pkwy, State Farmers Market, Macon, GA 32106, 912-739-7005

25 SEP, AAU Western U.S. Bench Press Championship (ringing final) Joe Woods, Box 431, 92888 Sacramento, CA 95816, 916-431-5503

25 SEP, WABDL Southern US BP/DL,

A.P.F.E.

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Meet Director: Kieran Kidder

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... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

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• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller • single or double prong • any color • made in USA • lifetime guarantee \$70.00

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Chalk — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00

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Marcel Riddick... Superheavyweight winner at the Pro Fitness meet



Ray Benemerito (rt) presents Dennis Cleri (ll) with his award at the Pro Fitness IRON MAN. (photos courtesy of Pro-Fitness)

USAPL Pro Fitness Ironman
20 Mar 99 - Rockaway, NJ

Table listing results for the USAPL Pro Fitness Ironman, including categories like Men's Open, Men's 181 lb, and Men's 275 lb, with names and scores.

USAPL Ohio State
11 Apr 99 - Bedford Hills, OH

Table listing results for the USAPL Ohio State, including categories like Women's 146 lb, Women's 181 lb, and Women's 220 lb, with names and scores.

USAPL Open BP
20 Mar 99 - Bowie, MD

Table listing results for the USAPL Open BP, including categories like Women's 146 lb, Women's 181 lb, and Women's 220 lb, with names and scores.

USAPL Midwest Open
3 Apr 99 - Omaha, NE

Table listing results for the USAPL Midwest Open, including categories like Women's 146 lb, Women's 181 lb, and Women's 220 lb, with names and scores.

USAPL Fire/Military National Bench Press meet

Table listing results for the USAPL Fire/Military National Bench Press meet, including categories like Women's 146 lb, Women's 181 lb, and Women's 220 lb, with names and scores.

Great Friends and Great Lifts

... left, is William Hawkins III, who has won titles in the USPF, NASAS, WNPFF, APA, AAU and the USAPL where he won 1st in the Masters and 2nd in the Law Enforcement division in the 275 lb. class at the USAPL Police/Fire/Military National Bench Press meet, and at right is Ed Brooks who has won titles in the NASAs, WNPFF, AAU and the USAPL where he took 1st in the open and 1st in the Law Enforcement divisions at the USAPL Police/Fire/Military National Bench Press Championships, where he also took Outstanding Lifter as a Superheavyweight. (photograph by Bonita Hawkins)

Table listing results for the USAPL Fire/Military National Bench Press meet, including categories like Women's 146 lb, Women's 181 lb, and Women's 220 lb, with names and scores.

Table listing results for the USAPL Midwest Open, including categories like Women's 146 lb, Women's 181 lb, and Women's 220 lb, with names and scores.

Masters (70-74) 220 lb. ... It was a huge success. It went very smoothly without a hitch. ... (Ed) that it was a beautiful meet. The meet had a lot of teenagers for a state meet but I love to see young kids getting into the sport. ...

... left, is William Hawkins III, who has won titles in the USPF, NASAs, WNPFF, APA, AAU and the USAPL where he won 1st in the Masters and 2nd in the Law Enforcement division in the 275 lb. class at the USAPL Police/Fire/Military National Bench Press meet, and at right is Ed Brooks who has won titles in the NASAs, WNPFF, AAU and the USAPL where he took 1st in the open and 1st in the Law Enforcement divisions at the USAPL Police/Fire/Military National Bench Press Championships, where he also took Outstanding Lifter as a Superheavyweight. (photograph by Bonita Hawkins)

USA Powerlifting membership application form including fields for Name, Address, Age, and checkboxes for membership options like USA Powerlifting membership, USA Powerlifting insurance, and USA Powerlifting equipment.

USA Powerlifting logo and contact information for the organization, including the address: 124 W. VanBuren St., Columbia City, IN 46725.

USA Powerlifting membership application form including fields for Name, Address, Age, and checkboxes for membership options like USA Powerlifting membership, USA Powerlifting insurance, and USA Powerlifting equipment.

USA Powerlifting membership application form including fields for Name, Address, Age, and checkboxes for membership options like USA Powerlifting membership, USA Powerlifting insurance, and USA Powerlifting equipment.

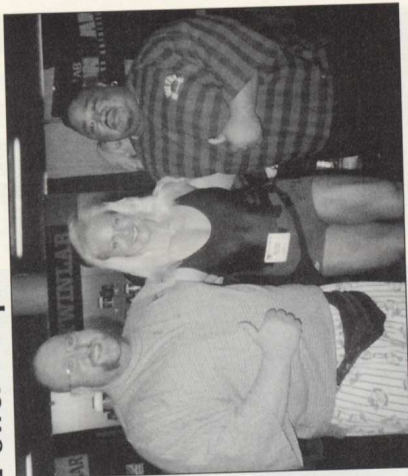
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Power People



Jamie Harris, Anita Ramsey, and Anthony Clark at the Arnold Classic, where Anita - an NPC Bodybuilding Competitor - was working the House of Pain ironwear booth.

It is two different worlds of competition really enjoy the powerlifters, my husband is one too. They are a lot more fun to be around."

Bryan DeJohns, Anthony Patonella, Herb Glase, Nancy Avigliano, Scorekeepers: Jay McVaugh, Patty Acosta, Ian Sheppard, Meet Director/Announcer: Joe Avigliano, Cheri and Matt McDaniel... (Detailed report of the event)

Dr. David L. Larry Blum with 555 lbs. Brian Meek... (Continuation of the event report)

APF LALC Push Pull Championship 17 April '99 - Burbank, CA RESULTS WOMEN 205 260 480 760 1035...

APF LALC Push Pull Championship 27 Feb 99 - E. Greenville, PA 114 lb. 145 205 400 665 1110...

APF LALC Push Pull Championship 14-15 Feb 99 - E. Greenville, PA 114 lb. 145 205 400 665 1110...

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APF LALC Push Pull Championship 14-15 Feb 99 - E. Greenville, PA 114 lb. 145 205 400 665 1110...

Registration form for International Powerlifting Federation, including fields for name, address, phone, and membership details.

Registration Fee: \$25.00. MAKE CHECK PAYABLE TO: APF, 62 S. BROADWAY, AURORA, IL 60505. ATHLETES, fill out card completely and mail with fee to: APF.

APPLICATION FOR REGISTRATION American Powerlifting Association

Last Name	First Name	Initial	Date of App.
Street Address	City	State or Province	
Country	Zip Code	Telephone Number	
Date of Birth	Age	Sex	Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927
Social Security Number	Registration Fee: \$20 High School Athlete: \$10		

I Certify that the above answers are correct

DKGiacoio did a great job on the door and also on the desk. Greg Sarno and Mike Collins did a great job working on the board today. Thanks to all the football teams from Elmira Free Academy and Notre-Dame and all the other loaders and spotters. Thanks to all the other members of the Elmira Free Academy who helped in the promotion of the meet. The trophies were again from Patrick Sporting Goods and were beautiful. Thanks especially to all the loaders and spotters who made this meet a great contest. Thanks finally to Southside High School for the use of the gym and to Powerlifting USA for publishing the date of the contest. In the Women's division, the girls had a great meet with a total of 290 lb. a strong bench of 100 lb. followed by Susan Blibler in the 123 lb. open class with a 155 lb. lift. At 148 lb. open Leslie Heywood set a record last year in the 123 lb. open class. In the men's open division, Tom G. Scarran (Superman) Byrnes came out with a 220 lb. bench, 330 lb. squat, and 430 lb. deadlift. He had a new born baby, 165 lb. Special Olympian Mark Willard was given a special award by Mike Scarran for his service to the sport. He had a 200 lb. bench, 285 lb. squat, and 430 lb. deadlift. He had a 340 lb. bench, 450 lb. squat, and 550 lb. deadlift. He had a 340 lb. bench, 450 lb. squat, and 550 lb. deadlift. He had a 340 lb. bench, 450 lb. squat, and 550 lb. deadlift. He had a 340 lb. bench, 450 lb. squat, and 550 lb. deadlift.

Mike Giardino's Biggest BP

13 Mar 99 - Pine City, NY

Weight	Open	Raw	Open
140	130	120	110
150	140	130	120
160	150	140	130
170	160	150	140
180	170	160	150
190	180	170	160
200	190	180	170
210	200	190	180
220	210	200	190
230	220	210	200
240	230	220	210
250	240	230	220
260	250	240	230
270	260	250	240
280	270	260	250
290	280	270	260
300	290	280	270
310	300	290	280
320	310	300	290
330	320	310	300
340	330	320	310
350	340	330	320
360	350	340	330
370	360	350	340
380	370	360	350
390	380	370	360
400	390	380	370

Bruce Bridges squatting at the Python Augusta Meet (Meyers)

Weight	Open	Raw	Open
335	325	315	305
345	335	325	315
355	345	335	325
365	355	345	335
375	365	355	345
385	375	365	355
395	385	375	365
405	395	385	375
415	405	395	385
425	415	405	395
435	425	415	405
445	435	425	415
455	445	435	425
465	455	445	435
475	465	455	445
485	475	465	455
495	485	475	465
505	495	485	475
515	505	495	485
525	515	505	495
535	525	515	505
545	535	525	515
555	545	535	525
565	555	545	535
575	565	555	545
585	575	565	555
595	585	575	565
605	595	585	575
615	605	595	585
625	615	605	595
635	625	615	605
645	635	625	615
655	645	635	625
665	655	645	635
675	665	655	645
685	675	665	655
695	685	675	665
705	695	685	675
715	705	695	685
725	715	705	695
735	725	715	705
745	735	725	715
755	745	735	725
765	755	745	735
775	765	755	745
785	775	765	755
795	785	775	765
805	795	785	775
815	805	795	785
825	815	805	795
835	825	815	805
845	835	825	815
855	845	835	825
865	855	845	835
875	865	855	845
885	875	865	855
895	885	875	865
905	895	885	875
915	905	895	885
925	915	905	895
935	925	915	905
945	935	925	915
955	945	935	925
965	955	945	935
975	965	955	945
985	975	965	955
995	985	975	965
1005	995	985	975
1015	1005	995	985
1025	1015	1005	995
1035	1025	1015	1005
1045	1035	1025	1015
1055	1045	1035	1025
1065	1055	1045	1035
1075	1065	1055	1045
1085	1075	1065	1055
1095	1085	1075	1065
1105	1095	1085	1075
1115	1105	1095	1085
1125	1115	1105	1095
1135	1125	1115	1105
1145	1135	1125	1115
1155	1145	1135	1125
1165	1155	1145	1135
1175	1165	1155	1145
1185	1175	1165	1155
1195	1185	1175	1165
1205	1195	1185	1175
1215	1205	1195	1185
1225	1215	1205	1195
1235	1225	1215	1205
1245	1235	1225	1215
1255	1245	1235	1225
1265	1255	1245	1235
1275	1265	1255	1245
1285	1275	1265	1255
1295	1285	1275	1265
1305	1295	1285	1275
1315	1305	1295	1285
1325	1315	1305	1295
1335	1325	1315	1305
1345	1333	1325	1315

Norfolk Postal Senior Powermeet

27 Mar 99 - Norfolk, MA

Weight	Open	Raw	Open
148 lb.	138	128	118
153 lb.	143	133	123
158 lb.	148	138	128
163 lb.	153	143	133
168 lb.	158	148	138
173 lb.	163	153	143
178 lb.	168	158	148
183 lb.	173	163	153
188 lb.	178	168	158
193 lb.	183	173	163
198 lb.	188	178	168
203 lb.	193	183	173
208 lb.	198	188	178
213 lb.	203	193	183
218 lb.	208	198	188
223 lb.	213	203	193
228 lb.	218	208	198
233 lb.	223	213	203
238 lb.	228	218	208
243 lb.	233	223	213
248 lb.	238	228	218
253 lb.	243	233	223
258 lb.	248	238	228
263 lb.	253	243	233
268 lb.	258	248	238
273 lb.	263	253	243
278 lb.	268	258	248
283 lb.	273	263	253
288 lb.	278	268	258
293 lb.	283	273	263
298 lb.	288	278	268
303 lb.	293	283	273
308 lb.	298	288	278
313 lb.	303	293	283
318 lb.	308	298	288
323 lb.	313	303	293
328 lb.	318	308	298
333 lb.	323	313	303
338 lb.	328	318	308
343 lb.	333	323	313
348 lb.	338	328	318
353 lb.	343	333	323
358 lb.	348	338	328
363 lb.	353	343	333
368 lb.	358	348	338
373 lb.	363	353	343
378 lb.	368	358	348
383 lb.	373	363	353
388 lb.	378	368	358
393 lb.	383	373	363
398 lb.	388	378	368
403 lb.	393	383	373
408 lb.	398	388	378
413 lb.	403	393	383
418 lb.	408	398	388
423 lb.	413	403	393
428 lb.	418	408	398
433 lb.	423	413	403
438 lb.	428	418	408
443 lb.	433	423	413
448 lb.	438	428	418
453 lb.	443	433	423
458 lb.	448	438	428
463 lb.	453	443	433
468 lb.	458	448	438
473 lb.	463	453	443
478 lb.	468	458	448
483 lb.	473	463	453
488 lb.	478	468	458
493 lb.	483	473	463
498 lb.	488	478	468
503 lb.	493	483	473
508 lb.	498	488	478
513 lb.	503	493	483
518 lb.	508	498	488
523 lb.	513	503	493
528 lb.	518	508	498
533 lb.	523	513	503
538 lb.	528	518	508
543 lb.	533	523	513
548 lb.	538	528	518
553 lb.	543	533	523
558 lb.	548	538	528
563 lb.	553	543	533
568 lb.	558	548	538
573 lb.	563	553	543
578 lb.	568	558	548
583 lb.	573	563	553
588 lb.	578	568	558
593 lb.	583	573	563
598 lb.	588	578	568
603 lb.	593	583	573
608 lb.	598	588	578
613 lb.	603	593	583
618 lb.	608	598	588
623 lb.	613	603	593
628 lb.	618	608	598
633 lb.	623	613	603
638 lb.	628	618	608
643 lb.	633	623	613
648 lb.	638	628	618
653 lb.	643	633	623
658 lb.	648	638	628
663 lb.	653	643	633
668 lb.	658	648	638
673 lb.	663	653	643
678 lb.	668	658	648
683 lb.	673	663	653
688 lb.	678	668	658
693 lb.	683	673	663
698 lb.	688	678	668
703 lb.	693	683	673
708 lb.	698	688	678
713 lb.	703	693	683
718 lb.	708	698	678
723 lb.	713	703	693
728 lb.	718	708	698
733 lb.	723	713	703
738 lb.	728	718	708
743 lb.	733	723	713
748 lb.	738	728	718
753 lb.	743	733	723
758 lb.	748	738	728
763 lb.	753	743	733
768 lb.	758	748	738
773 lb.	763	753	743
778 lb.	768	758	748
783 lb.	773	763	753
788 lb.	778	768	758
793 lb.	783	773	763
798 lb.	788	778	768
803 lb.	793	783	773
808 lb.	798	788	778
813 lb.	803	793	783
818 lb.	808	798	778
823 lb.	813	803	793
828 lb.	818	808	798
833 lb.	823	813	803
838 lb.	828	818	808
843 lb.	833	823	813
848 lb.	838	828	818
853 lb.	843	833	823
858 lb.	848	838	828
863 lb.	853	843	833
868 lb.	858	848	838
873 lb.	863	853	843
878 lb.	868	858	848
883 lb.	873	863	853
888 lb.	878	868	858
893 lb.	883	873	863
898 lb.	888	878	868
903 lb.	893	883	873
908 lb.	898	888	878
913 lb.	903	893	883
918 lb.	908	898	878
923 lb.	913	903	893
928 lb.	918	908	898
933 lb.	923	913	903
938 lb.	928	918	908
943 lb.	933	923	913
948 lb.	938	928	918
953 lb.	943	933	923
958 lb.	948	938	928
963 lb.	953	943	933
968 lb.	958	948	938
973 lb.	963	953	943
978 lb.	968	958	



CHICAGO'S GARY GARAY won both the Master-1 and Pure divisions of the bench press at the April 3 NARA Illinois State Championships in Springfield. The Vietnam veteran pushed up attempts of 330.5 and 347 pounds before just missing at 363.7 pounds. (Smitty photo)

BENCH			
	PS CLUB	PS Pure	PS Pure
Faulner	5401	310	6801
Faulner	5405	3401	575
Faulner	5410	375	401
Faulner	5415	401	1035
Faulner	5420	435	1035
Faulner	5425	470	1035
Faulner	5430	505	1035
Faulner	5435	540	1035
Faulner	5440	575	1035
Faulner	5445	610	1035
Faulner	5450	645	1035
Faulner	5455	680	1035
Faulner	5460	715	1035
Faulner	5465	750	1035
Faulner	5470	785	1035
Faulner	5475	820	1035
Faulner	5480	855	1035
Faulner	5485	890	1035
Faulner	5490	925	1035
Faulner	5495	960	1035
Faulner	5500	995	1035
Faulner	5505	1030	1035
Faulner	5510	1065	1035
Faulner	5515	1100	1035
Faulner	5520	1135	1035
Faulner	5525	1170	1035
Faulner	5530	1205	1035
Faulner	5535	1240	1035
Faulner	5540	1275	1035
Faulner	5545	1310	1035
Faulner	5548	1345	1035
Faulner	5551	1380	1035
Faulner	5554	1415	1035
Faulner	5557	1450	1035
Faulner	5560	1485	1035
Faulner	5563	1520	1035
Faulner	5566	1555	1035
Faulner	5569	1590	1035
Faulner	5572	1625	1035
Faulner	5575	1660	1035
Faulner	5578	1695	1035
Faulner	5581	1730	1035
Faulner	5584	1765	1035
Faulner	5587	1800	1035
Faulner	5590	1835	1035
Faulner	5593	1870	1035
Faulner	5596	1905	1035
Faulner	5599	1940	1035
Faulner	5602	1975	1035
Faulner	5605	2010	1035
Faulner	5608	2045	1035
Faulner	5611	2080	1035
Faulner	5614	2115	1035
Faulner	5617	2150	1035
Faulner	5620	2185	1035
Faulner	5623	2220	1035
Faulner	5626	2255	1035
Faulner	5629	2290	1035
Faulner	5632	2325	1035
Faulner	5635	2360	1035
Faulner	5638	2395	1035
Faulner	5641	2430	1035
Faulner	5644	2465	1035
Faulner	5647	2500	1035
Faulner	5650	2535	1035
Faulner	5653	2570	1035
Faulner	5656	2605	1035
Faulner	5659	2640	1035
Faulner	5662	2675	1035
Faulner	5665	2710	1035
Faulner	5668	2745	1035
Faulner	5671	2780	1035
Faulner	5674	2815	1035
Faulner	5677	2850	1035
Faulner	5680	2885	1035
Faulner	5683	2920	1035
Faulner	5686	2955	1035
Faulner	5689	2990	1035
Faulner	5692	3025	1035
Faulner	5695	3060	1035
Faulner	5698	3095	1035
Faulner	5701	3130	1035
Faulner	5704	3165	1035
Faulner	5707	3200	1035
Faulner	5710	3235	1035
Faulner	5713	3270	1035
Faulner	5716	3305	1035
Faulner	5719	3340	1035
Faulner	5722	3375	1035
Faulner	5725	3410	1035
Faulner	5728	3445	1035
Faulner	5731	3480	1035
Faulner	5734	3515	1035
Faulner	5737	3550	1035
Faulner	5740	3585	1035
Faulner	5743	3620	1035
Faulner	5746	3655	1035
Faulner	5749	3690	1035
Faulner	5752	3725	1035
Faulner	5755	3760	1035
Faulner	5758	3795	1035
Faulner	5761	3830	1035
Faulner	5764	3865	1035
Faulner	5767	3900	1035
Faulner	5770	3935	1035
Faulner	5773	3970	1035
Faulner	5776	4005	1035
Faulner	5779	4040	1035
Faulner	5782	4075	1035
Faulner	5785	4110	1035
Faulner	5788	4145	1035
Faulner	5791	4180	1035
Faulner	5794	4215	1035
Faulner	5797	4250	1035
Faulner	5800	4285	1035
Faulner	5803	4320	1035
Faulner	5806	4355	1035
Faulner	5809	4390	1035
Faulner	5812	4425	1035
Faulner	5815	4460	1035
Faulner	5818	4495	1035
Faulner	5821	4530	1035
Faulner	5824	4565	1035
Faulner	5827	4600	1035
Faulner	5830	4635	1035
Faulner	5833	4670	1035
Faulner	5836	4705	1035
Faulner	5839	4740	1035
Faulner	5842	4775	1035
Faulner	5845	4810	1035
Faulner	5848	4845	1035
Faulner	5851	4880	1035
Faulner	5854	4915	1035
Faulner	5857	4950	1035
Faulner	5860	4985	1035
Faulner	5863	5020	1035
Faulner	5866	5055	1035
Faulner	5869	5090	1035
Faulner	5872	5125	1035
Faulner	5875	5160	1035
Faulner	5878	5195	1035
Faulner	5881	5230	1035
Faulner	5884	5265	1035
Faulner	5887	5300	1035
Faulner	5890	5335	1035
Faulner	5893	5370	1035
Faulner	5896	5405	1035
Faulner	5899	5440	1035
Faulner	5902	5475	1035
Faulner	5905	5510	1035
Faulner	5908	5545	1035
Faulner	5911	5580	1035
Faulner	5914	5615	1035
Faulner	5917	5650	1035
Faulner	5920	5685	1035
Faulner	5923	5720	1035
Faulner	5926	5755	1035
Faulner	5929	5790	1035
Faulner	5932	5825	1035
Faulner	5935	5860	1035
Faulner	5938	5895	1035
Faulner	5941	5930	1035
Faulner	5944	5965	1035
Faulner	5947	6000	1035
Faulner	5950	6035	1035
Faulner	5953	6070	1035
Faulner	5956	6105	1035
Faulner	5959	6140	1035
Faulner	5962	6175	1035
Faulner	5965	6210	1035
Faulner	5968	6245	1035
Faulner	5971	6280	1035
Faulner	5974	6315	1035
Faulner	5977	6350	1035
Faulner	5980	6385	1035
Faulner	5983	6420	1035
Faulner	5986	6455	1035
Faulner	5989	6490	1035
Faulner	5992	6525	1035
Faulner	5995	6560	1035
Faulner	5998	6595	1035
Faulner	6001	6630	1035
Faulner	6004	6665	1035
Faulner	6007	6700	1035
Faulner	6010	6735	1035
Faulner	6013	6770	1035
Faulner	6016	6805	1035
Faulner	6019	6840	1035
Faulner	6022	6875	1035
Faulner	6025	6910	1035
Faulner	6028	6945	1035
Faulner	6031	6980	1035
Faulner	6034	7015	1035
Faulner	6037	7050	1035
Faulner	6040	7085	1035
Faulner	6043	7120	1035
Faulner	6046	7155	1035
Faulner	6049	7190	1035
Faulner	6052	7225	1035
Faulner	6055	7260	1035
Faulner	6058	7295	1035
Faulner	6061	7330	1035
Faulner	6064	7365	1035
Faulner	6067	7400	1035
Faulner	6070	7435	1035
Faulner	6073	7470	1035
Faulner	6076	7505	1035
Faulner	6079	7540	1035
Faulner	6082	7575	1035
Faulner	6085	7610	1035
Faulner	6088	7645	1035
Faulner	6091	7680	1035
Faulner	6094	7715	1035
Faulner	6097	7750	1035
Faulner	6100	7785	1035
Faulner	6103	7820	1035
Faulner	6106	7855	1035
Faulner	6109	7890	1035
Faulner	6112	7925	1035
Faulner	6115	7960	1035
Faulner	6118	7995	1035
Faulner	6121	8030	1035
Faulner	6124	8065	1035
Faulner	6127	8100	1035
Faulner	6130	8135	1035
Faulner	6133	8170	1035
Faulner	6136	8205	1035
Faulner	6139	8240	1035
Faulner	6142	8275	1035
Faulner	6145	8310	1035
Faulner	6148	8345	1035
Faulner	6151	8380	1035
Faulner	6154	8415	1035
Faulner	6157	8450	1035
Faulner	6160	8485	1035
Faulner	6163	8520	1035
Faulner	6166	8555	1035
Faulner	6169	8590	1035
Faulner	6172	8625	1035
Faulner	6175	8660	1035
Faulner	6178	8695	1035
Faulner	6181	8730	1035
Faulner	6184	8765	1035
Faulner	6187	8800	1035
Faulner	6190	8835	1035
Faulner	6193	8870	1035
Faulner	6196	8905	1035
Faulner	6199	8940	1035
Faulner	6202	8975	1035
Faulner	6205	9010	1035
Faulner	6208	9045	1035
Faulner	6211	9080	1035
Faulner	6214	9115	1035
Faulner	6217	9150	1035
Faulner	6220	9185	1035
Faulner	6223	9220	1035
Faulner	6226	9255	1035
Faulner	6229	9290	1035
Faulner	6232	9325	1035
Faulner	6235	9360	1035
Faulner	6238	9395	1035
Faulner	6241	9430	1035
Faulner	6244	9465	1035
Faulner	6247	9500	1035
Faulner	6250	9535	1035
Faulner	6253	9570	1035
Faulner	6256	9605	1035
Faulner	6259	9640	1035
Faulner	6262	9675	1035
Faulner	6265	9710	

USAFL Wisconsin High School
13 Mar 99 - Wisconsin Rapids, WI

BOYS	SQ	BP	DL	101
B. Beilly	250	140	265	675
M. Natrop	230	140	265	655
S. Ransborg	200	110	260	570
T. Howe	185	135	250	570
C. Stashak	190	120	235	545
C. Underbach	300	205	330	530
R. Cockingberg	300	205	340	845
M. Beasley	275	180	350	805
J. Stewert	280	175	335	835
D. Kunt	280	175	335	760
D. Kunt	275	155	315	745
K. Riccio	260	135	345	740
C. Vanderthoven	280	150	335	735
A. Stuphan	265	130	325	720
S. Vrang	200	140	—	—
132 lbs.	355	180	405	940
N. Canach	340	175	360	875
S. Draper	285	195	375	855
D. Spener	270	205	330	805
R. Hines	280	195	330	795
B. Joak	290	155	335	780
R. Haney	290	155	335	775
T. Staroba	235	150	355	775
A. DeCroat	255	160	330	745
R. Seebuck	275	175	315	765
A. DeCroat	255	160	330	745
S. Roehl	250	150	320	705
M. Vanzantzen	225	135	295	655
142 lbs.	375	215	420	1020
A. Sticket	375	195	470	1015
C. Conner	360	210	395	965
C. Conner	360	210	395	965
J. Evertart	340	225	385	950
C. Opabile	345	220	375	925
M. W. Mann	340	190	375	905
C. Seebuck	310	190	365	865
J. Set	320	210	345	850
F. Dorst	260	205	355	820
C. Stegling	310	175	335	820
D. Meyer	310	175	335	820
D. Meyer	310	175	335	820
J. Marsch	325	—	—	—
153 lbs.	430	295	450	1080
K. Schooley	430	295	450	1080
R. Bremer	380	240	390	1010
P. Larabell	380	240	390	995
B. Beck	370	235	385	955
J. Schuler	340	210	360	955
J. Schuler	340	210	360	950
J. Elberner	365	175	370	910
J. Dalmon	305	200	365	895
M. Alad	320	165	350	845
D. Flaby	320	—	—	—
J. Poch	315	—	—	—
165 lbs.	460	320	485	1175
J. Rasmussen	460	320	485	1175
C. Royfe	425	260	425	1130
N. Vogan	390	275	440	1105
J. Pachall	435	210	435	1080
M. Jackson	390	220	425	1060
D. Overstreet	385	225	410	1020
S. Garfate	410	225	385	1020
D. Molkenlin	415	200	415	985
J. Rapley	360	215	400	975
T. Williams	360	215	400	975
J. Shala	350	220	385	950
L. Bushmaker	350	220	385	950
J. Munro	360	185	400	945
A. Reich	355	205	380	940
K. Knapper	350	260	320	895
S. Orment	315	—	—	—
181 lbs.	490	300	440	1230
A. Rice	490	300	440	1230
J. Peterson	440	230	450	1120
C. Hicks	425	250	430	1105
J. McMahon	460	200	445	1105
B. Kissinger	415	230	425	1070
B. Gillard	380	210	425	1015
J. Sampson	340	160	470	975
J. Albanese	365	—	—	—
A. Roblin	380	—	—	—
M. Sanchez	—	—	—	—
J. W. Franchart	—	—	—	—
K. Smith	—	—	—	—
J. Hagborn	565	310	535	1410
J. Vanderho	555	290	525	1320
V. VanZile	555	290	525	1320
J. Maccoux	485	265	470	1220
S. Henfies	—	—	—	—

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M. Kery	132	—	—	—
J. Anderson	310	165	315	790
J. Vanandel	250	110	280	640
L. Anderson	210	95	265	570
A. Hebar	220	100	240	560
J. Hines	185	95	250	530
A. Hermanson	185	90	245	520
E. Blind	205	90	225	520
J. Schuppe	180	85	250	515
B. Walckuhn	195	100	200	515
K. Schwelzer	195	95	225	515
M. Callien	175	95	225	495
L. Herra	190	80	220	490
A. Dorn	175	95	220	490
A. Meyerhoier	155	100	215	470
A. Birt	170	90	200	460
A. Verboomem	160	65	230	460
M. Lord	160	65	230	455
T. Jacob	200	—	—	—
A. Kriese	310	—	—	—
R. Niederkorn	—	—	—	—
142 lbs.	270	140	340	750
J. Strub	270	130	320	735
N. Hartman	265	105	305	675
K. Hansen	240	115	305	660
J. Engel	270	115	285	650
M. Balke	205	110	240	555
M. Dahmeren	190	100	215	505
M. Weyenberg	200	75	260	495
S. Mason	200	90	180	470
J. Roehl	—	—	—	—
153 lbs.	295	170	370	825
J. Todd	255	110	305	670
H. Metzke	235	130	275	640
S. Beckin	240	100	290	585
R. Gaurier	195	120	245	560
J. Schif	200	105	230	555
A. Marvin	210	80	235	525
S. Olsod	165	90	265	510
L. Cich	175	100	185	460
C. Borchardt	320	120	375	715
M. Gschick	255	120	300	675
S. Schuetz	240	110	285	635
A. Knidmaler	220	105	255	580
E. Ball	225	80	230	535
181 lbs.	330	160	350	840
S. Hollins	285	115	325	725
M. Borchart	250	130	305	715
J. Marsh	250	150	300	690
R. Hitz	210	115	265	635
D. Vanderaender	240	110	270	620
C. Krueger	—	—	—	—
198 lbs.	270	130	280	680
M. Deida	275	105	245	625
A. Dabyl	265	135	325	725
A. Cook	240	145	325	710

TEAMS: Division 1 (enrollment 900+) BOYS - Wisconsin Rapids 05, Racine 22, Division 1 GIRLS - Kaukauna 16, Division 2 (enrollment 899 less) BOYS - CET 61, Phillips 25, Sun Prairie 49, Phillips 36, Brillion 15; CET 7; (Thanks to Tony Bielo and Peg Brehm for providing PL USA with these results)

Benchfest '99
3 Apr 99 - Rainville, AL

BENCH
J. Patton 310
M. Phillips 325
E. Brown 540
S. Stewart 160
M. Phillips 325
M. Phillips 220
B. Willerson 242
J. Dawson 375
M. Phillips 600
Overall Best Bench Presser: M. Phillips (Thanks to Brian's Gym for providing these results to Powerlifting USA)

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Louie Simmons



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(actual size)

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