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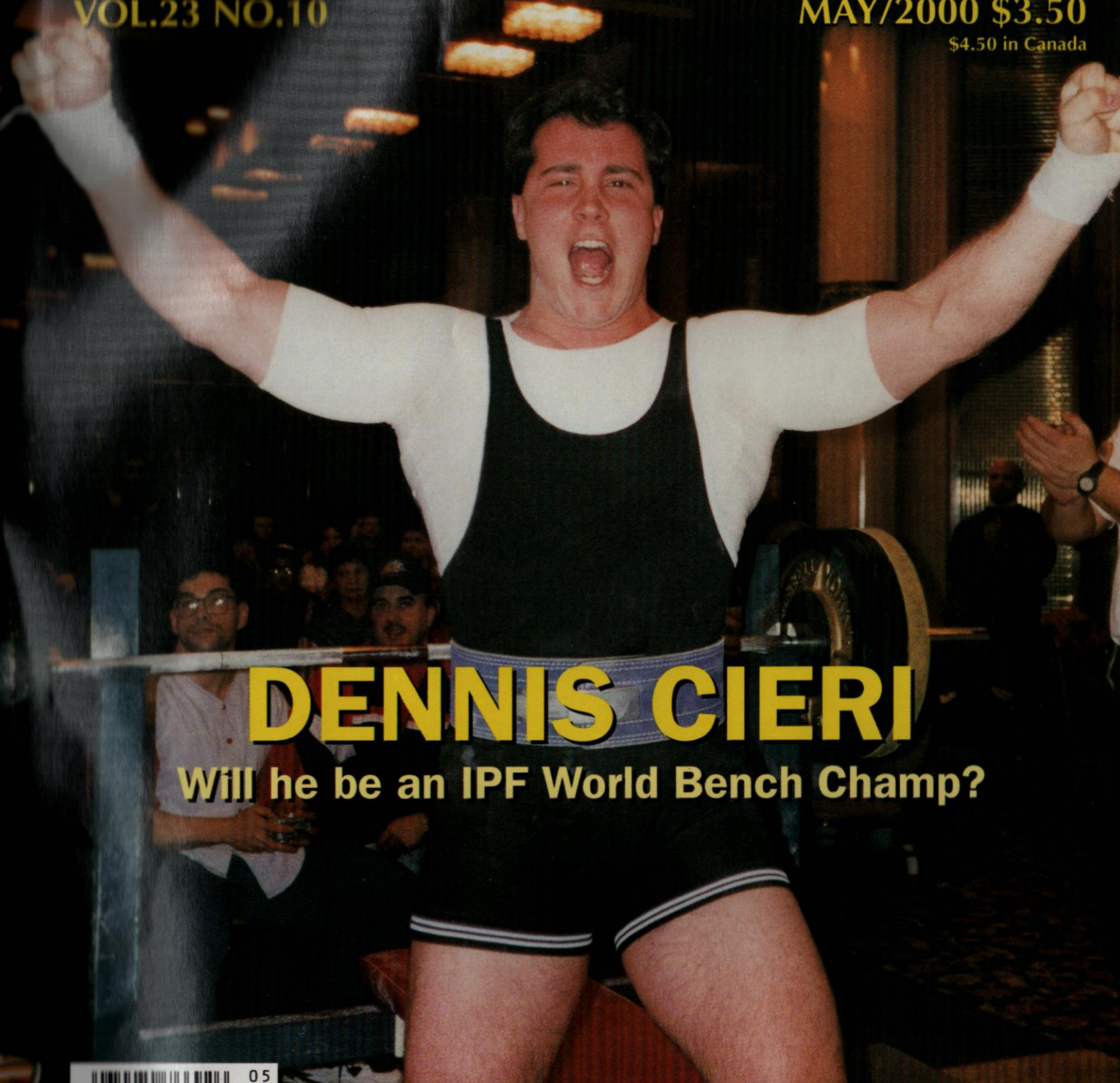
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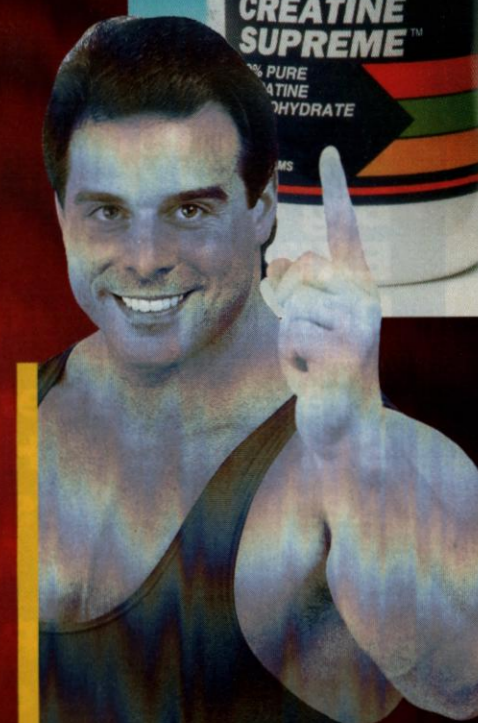
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ON THE COVER.... Dennis Cieri after a successful bench press

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# INTERVIEW

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

**Larry:** Dennis, why don't you give us some background information about yourself.

**Dennis:** I am 31 years old, married to my wife Marija for 2 years, and I work as a real estate developer and health club owner.

**Larry:** When and how did you get involved in the sport of powerlifting?

**Dennis:** I started weight training when I was 14 years old and I was always fairly strong in the bench press. When I was 18, I found a drug free bench press contest in Wilkes Barre and I won and enjoyed it especially since it was with the ADFPA and a drug tested meet.

**Larry:** How about the gym business?

**Dennis:** I was working out at a gym for the last 5 years and I really enjoyed it. It was mis-managed and it came up for sale. I put in an offer to buy it and they accepted. I took things over and we're in the process of turning things around. Actually, I am hoping to open up a second gym

## Dennis Cieri interviewed by LARRY MILLER



Dennis benching his way to a World Team Slot at the USAPL Bench Nationals

in the future, it's run by my wife, my dad and myself.

**Larry:** What is your height and weight. You appear to be on the tall side for a top bencher.

**Dennis:** I am 5'9" and off season I weigh 185 lbs., but I compete in the 181s. I tried the 198 lbs. class for a few years, but I just felt too heavy there although I lifted successfully. I didn't feel as healthy with the extra weight. Pound for pound, I am stronger in the 181 lbs. class.

**Larry:** What records do you hold?  
**Dennis:** I have the 198 lbs. American record with a lift of 545 lbs. In the 181 lbs. class I have the American record of 507 lbs. I also have the National record in this weight class with a 501 lbs. bench.

**Larry:** What goals do you have left?

**Dennis:** My goals keep on evolving and changing. When I first started competing, my goal was to bench press 400 lbs. which I did at age 19. Then I wanted a 450 bench which I did at 22. Then I wanted a 500 lb. bench which I accomplished around age 25. My next goal is to get the 181 lbs. world record and get a world title. As long as my bench continues to go up, that's good enough for me.

**Larry:** What do you feel you are capable of at 181?

**Dennis:** Well, I recently realized that you don't reach your prime in this sport (which you are an example of) until you reach your

late thirties and early to mid forties. So I am inspired by that and feel that I have a long way to go.

I don't like to limit myself to anything. I want to keep things open. I would like to break the triple body weight barrier at 181 lbs. I would also like to break the non-drug free record to prove that you can do just about anything without the use of steroids.

**Larry:** What type of training program are you on?

**Dennis:** Currently, I have a mixture of my old routine and I am trying to incorporate some new things. I also believe that a training program need to evolve and change over time. You have to be open minded and consider new techniques. In the past I have done bench press, incline bench press, flat dumbbell bench press and negatives. In my new routine I will eliminate incline

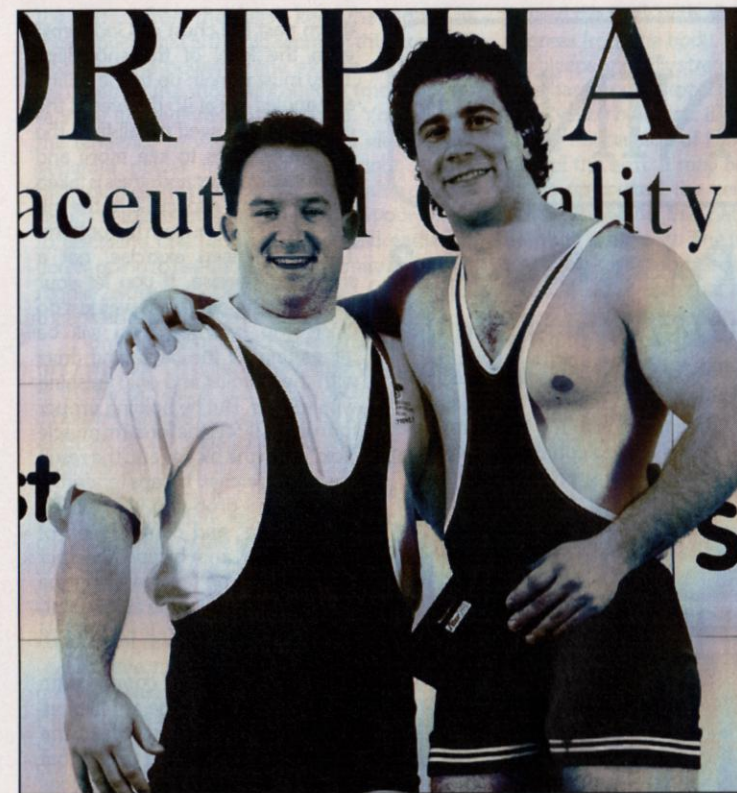
benches and do decline bench presses which is more similar to the competition bench press. I do my chest routine in one training session and I do shoulders and triceps together. I do about 6 sets for each body part and I increase the weight as I get closer to competition. On another day of the week, I will do back mid biceps with moderate weight. I may do legs once every other week or so. I am incorporating a lot of stretching into my routine including the chest and back especially to help me with my arch.

**Larry:** You have had a friendly bench rivalry with Joe McAuliffe over the years. How has that evolved?

**Dennis:** Joe is a great guy and it is great to have a friendly rivalry. We have pushed each other over the years. He is a phenomenal athlete and I am glad to know that he is still competing and trying to break my 198 lbs. record. If he does break my record then, of course, I will have to try and take it back. I would love to lift side by side Joe in the Nationals and hopefully the worlds.

**Larry:** Speaking of the Worlds, what was that experience like for you?

**Dennis:** I was very thankful just to get there and it was quite a



Friendly New Jersey Rivals ... Joe McAuliffe (left) and Dennis Cieri (right)

learning experience. I didn't do my best but I learned a lot and I will prepare better in the future. It is great to have lifters from all over the world get together and compete on one platform. It was amazing to see so many countries represented. The team experience was great. I had never experienced anything like that. Powerlifting has always been an individual sport. It was an enjoyable atmosphere and it was a privilege to be a part of it. I also learned that there are a lot of other strong people out there. I was rarely challenged in the U.S. and I wasn't expecting my competition to be nearly as strong as they were. I took that for granted in the past, but it won't happen again. Having been beaten will make me better next time. I am taking this as a valuable lesson. I didn't go with a cocky attitude expecting to win, but I didn't expect the level of competition to be what it was. Winning will be more meaningful because of the level of competition one faces.

**Larry:** What type of equipment do you use?

**Dennis:** I use the Inzer extra heavy duty blast shirt, a good pair of wrist wraps and a suede lever belt. I try not to use anything supportive prior to a contest. I want to make sure I'm getting stronger because of me and not my workout gear.

**Larry:** What are your views on

steroids and drug testing?

**Dennis:** If you take a step back and talk to the typical person on the street, he would assume that a sporting event is for healthy individuals regardless of the sport. Any sport involving drugs is contradictory to what the sport stands for. It is unimaginable to me to call yourself an athlete and then to take strength inducing drugs which are harmful, in order to perform better. It is hard for me to understand why anyone would consider taking drugs. I also don't have any respect for an organization which encourages the use of drugs by turning the cheek. It is a shame because it takes away from the sport.

**Larry:** Any stories over the years that come to mind?

**Dennis:** It has just been a wonderful experience to compete over the years. It has been a way for my family to come together and meet over the years. My family is spread out and they use

my bench press meets as a place to congregate. I have always found that the athletes in USA PL are very supportive of each other and a pleasure to lift with and against. There is a great sense of camaraderie. I remember times where I would give lifters, who forgot their equipment, mine to borrow and vice versa.

**Larry:** Who are some of the lifters over the years who have impressed you or impacted your lifting?

**Dennis:** When I was a teenager the man on top was Jim Stone. I was amazed that, at age 37 or so, he was breaking National and American records in the 181 lbs. class. He was an inspiration to me. One of the people that continue to inspire me is you. Joe McAuliffe also has given me a nice push and now that I have competed internationally, there is the Japanese lifter who won with a bench of 523 who has inspired me.

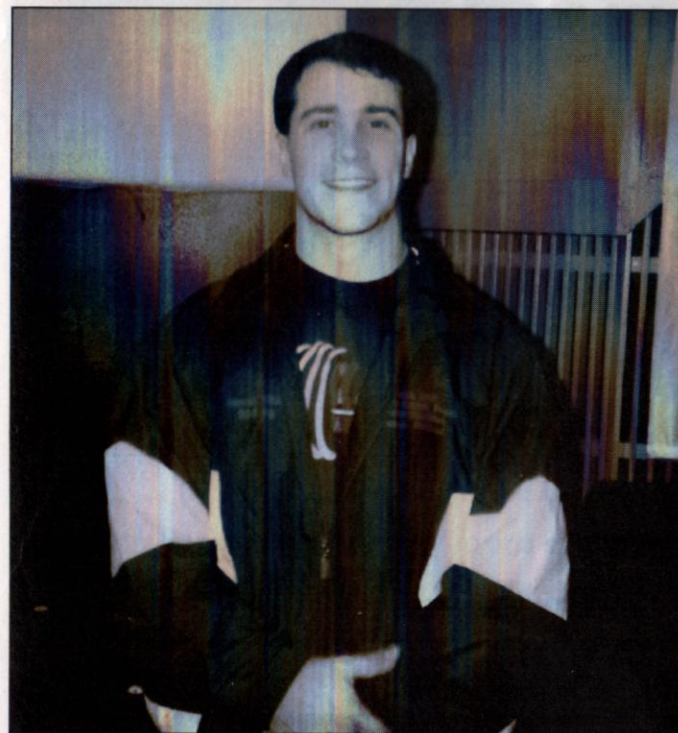
**Larry:** Speaking of the Worlds, you went for the win on your last attempt.

**Dennis:** I made a mistake. I didn't

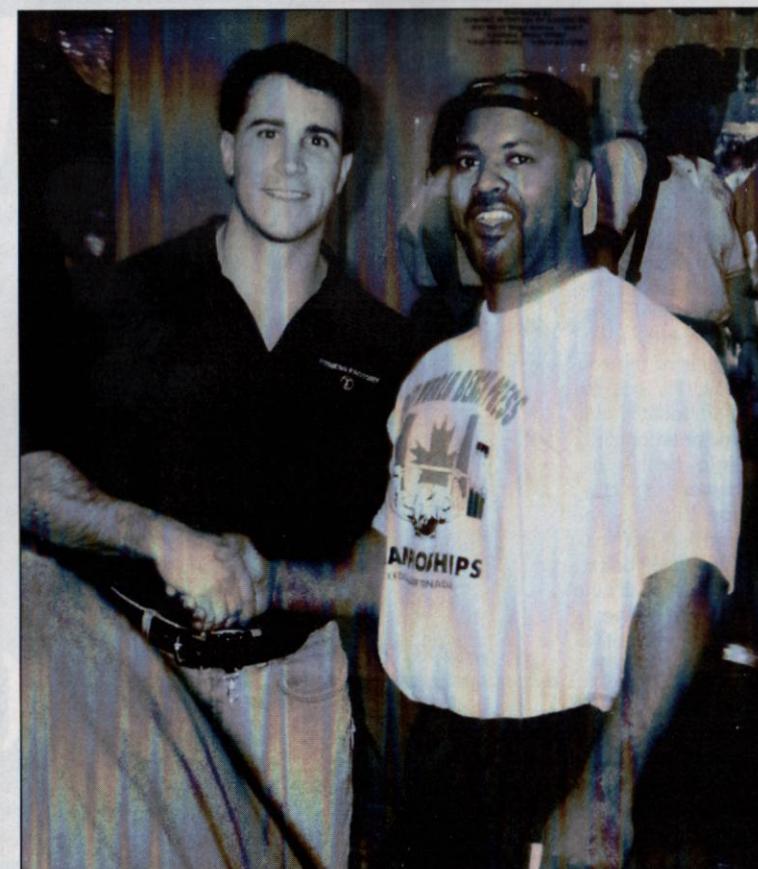
realize that I could have went for a place and then done a 4th attempt world record. Had I known that at the time I would of done that. It cost me a medal and the team points and I apologize to my team for that. I won't make that mistake again.

**Larry:** Any final comments you'd like to make?

**Dennis:** I need to thank my family for supporting me over the years and my wife that has put up with my traveling and training at night. That is probably why I bought a gym, so that I could tell my wife that 'I am working'. My dad has been with me at all my competitions. I would also like to thank the people that run USA PL. They do this not for the money, but because they love the sport. Those are the heroes of our sport. I'd love to see the sport unite with some common ground rules and move towards the Olympics. We can put man on the moon and split the atom, but we can't get a few powerlifting organizations together. Where there is a will there should be a way to bring us all together. If anyone wants to contact me they can reach me at: The Fitness Factory Gym, 15 Grand Ave., Third Floor, Palisades Park, NJ 07650 and they should leave a phone number so that I can call them back.



Dennis at the IPF Bench Worlds in Finland (photos courtesy Dennis)



Dennis shakes with World Team veteran Leonard McCormick in Chicago.

# TRAINING

## What Is A J.M. Press, Anyway? as told to Powerlifting USA by J.M. Blakley

golden point, as they had shared so many new ideas with me. At first only a few did the movement, but when those few began to see dramatic improvements, including Lou himself (benching an amazing 600 lbs. after umpteen years in the sport), most all then saw the value of the movement and include it in regular

rotation in their regime. I am both proud and flattered that they have deemed it with my initials and that I was able to contribute something back to the sport I love.

The movement is an amalgamation of a triceps extension or "French Press" and a narrow grip bench to neck although it resembles neither very well. To execute the movement, lie on the bench and take a narrow grip on an Olympic straight bar at the beginning of the outside knurling. Don't grip too close as this will change the angle of the forearm to the bar and not allow straight drive. Keep it a "narrow grip" not a "close grip". Take the bar at arm's length and put the elbows out to the sides at a 45 degree angle. A word of caution: Do not let the elbows "drift out" past 45 degrees from the midline of the body as this will place undue stress on the shoulder. Also, don't allow the elbows to "fall in" next to the body as this will shift the emphasis too much on the elbows and would be too similar to a regular triceps press (but not allow for the heavier loads that keeping a rigid 45 degree angle affords). HOLD A CONSTANT 45 DEGREE ANGLE!

This tension and compression of the soft tissue of the arm flexors is what determines how deep the motion will travel. The fact is that the bar actually stops several inches above the throat and is suspended there by keeping the elbows up and mashing the forearm on the biceps. This position exhausts the slack in the triceps tendon and the bar can not descend further toward the body. If you can bring the bar lower to touch the chin or throat then you have either dropped the elbows or flared them out to the sides past 45 degrees. In any event you should with practice, eventually find yourself in the proper position at the bottom with your elbows up and fixed at 45 degrees from the body, the triceps tendon fully stretched the forearm folded on the biceps, with the barbell hovering several inches above your chin, throat or the very tip-top of the breast bone (manubrium). You should find that it takes surprisingly little effort to hold the bar motionless here. That is because the weight is now supported by the triceps tendon (NOT the triceps muscle) and the compression of the arm flexors. It looks like it would be tough to suspend a weighted bar several inches above the body, but in truth, if you are in the right position, the support comes from leverage.

The rest is easy! Just extend the arms to full lockout with a couple hundred pounds! Well, maybe not exactly easy. But certainly simple. From a solid bottom position just drive the bar up to lockout concentrating on LIMITING the shoulder involvement and maximizing the punch from the triceps. ESPECIALLY at the onset of the drive from the bottom. Don't allow any force to be generated on the bar at

down past the chest or God forbid even the level of the shoulders! They must remain up to the ceiling and angled out at 45 degrees. If the elbows are allowed to fall then the shoulder begins to see more and more involvement and stress is taken off the triceps especially at the initiation of the drive from the bottom. This is a triceps exercise, not a shoulder exercise. If you let your elbows drop you may as well just do close grip benches. You will be generating all the beginning drive with the deltoids and only finishing with triceps. But by holding proper form you will feel the forearm muscle "fold" onto the biceps and the result is a fully stretched triceps tendon. If your elbows drop you will not feel this "folding" and compression of the forearm and biceps together nor the extreme tension along the triceps tendon over the elbow joint. If you don't feel it, your elbows are probably sagging.

down past the chest or God forbid even the level of the shoulders! They must remain up to the ceiling and angled out at 45 degrees. If the elbows are allowed to fall then the shoulder begins to see more and more involvement and stress is taken off the triceps especially at the initiation of the drive from the bottom. This is a triceps exercise, not a shoulder exercise. If you let your elbows drop you may as well just do close grip benches. You will be generating all the beginning drive with the deltoids and only finishing with triceps. But by holding proper form you will feel the forearm muscle "fold" onto the biceps and the result is a fully stretched triceps tendon. If your elbows drop you will not feel this "folding" and compression of the forearm and biceps together nor the extreme tension along the triceps tendon over the elbow joint. If you don't feel it, your elbows are probably sagging.

What exactly is a J.M. Press? The term was coined by George Halbert and Louis Simmons shortly after I began working out at the Westside. I had arrived there upon Lou's invitation hoping to improve my explosive power that all Westsiders are known for. I began a steady diet of chain work (and subsequently band work) there that has helped me tremendously. I found myself struggling to keep up with many of the boys on the exercises that required what I call super-human chest explosiveness, but found that I was very comfortable with exercises that relied on triceps strength. I realized then that my triceps strength was my forte. By comparing my modest efforts in the "chest drive" exercises with my exceptional performance in the "triceps" exercises with those of truly the world's best benchers, I knew just where my training had been lacking, and also where my training had been dead-on.

In truth, I had only done one exercise with stoic regularity and eventually I omitted all other movements for the triceps altogether. That movement was what is now called the J.M. Press and that movement alone I have to thank for my triceps strength. I full well know that the only reason I have been able to keep competing with these marvels of pectoral development and prowess is that my triceps strength has been able to compensate for my chest's shortcoming so much as to keep me in the hunt. My point: I believe in this triceps exercise so fervently that I credit much of my success to it. It's got me where I am today. I plan to put major amounts of work into developing chest power like Kenny Patterson and George have, and hope to balance my attack better, but I realize this will take years and lots of sweat.

I now do a few other exercises for triceps, but still rely on my mainstay. Those with a keen eye for self improvement at Westside also noticed my exaggerated triceps strength. I was happy to contribute to the Westside repertoire by sharing the source of my one

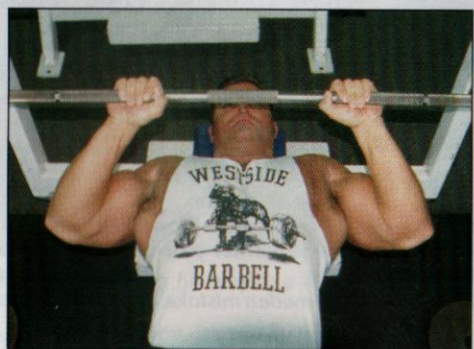


Photo #1: Elbows up and out at 45 degrees, narrow grip, bar descends toward chin or neck.

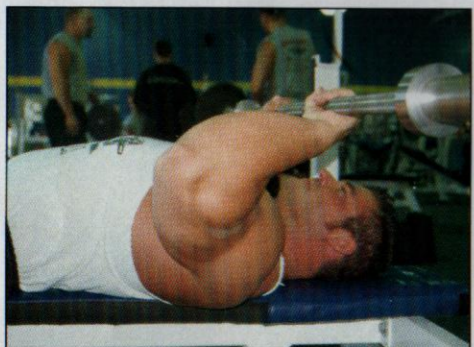


Photo #2: Note the elbows stay up, forearms "fold" onto biceps. Photo #3: (below) Wrong! Elbows have fallen & shoulder will be involved!



toward the neck with elbows up and fixed at 45 degrees from the body, folding the forearms on the biceps and fully stretching the triceps tendon. The bar should stop several inches above the chin. Not by holding it there with muscular force, but by the tension of the tendon and compression of the arm. It may be helpful to "cock" the wrists up toward the ceiling for stability here. Most people do this naturally but it serves to mention it any way. The motion is completed by punching the bar back up to arms length in the EXACT same path that it descended in a short sharp, clean stroke. Keep it light at first or you will suffer joint pain like fire on hot. (Believe that.) Amazing strength can accrue in a relatively short time so don't worry about a slow and light start.

Suggested work is 5x10 for 4 weeks then normal training of 3-4x6 off season and 3-4x3 in peaking for a meet. Good luck and good lifting!

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I think another important characteristic of a great athlete is that he believes in himself. In fact, I don't think - I know. The most consistent finding in sports-related research is the direct relationship between self confidence and success. Research has consistently shown that athletes who are confident think and act significantly differently from athletes who lack confidence. Confident athletes, athletes who believe in themselves, not only love to compete, they love to compete against the best. Athletes who are confident believe they can do anything - and often do. They never quit; they constantly see themselves as winners - never losers. If you look at the Larry Birds, the Michael Jordans, and Stephi Grafts you'll see people who have a powerful belief in their skills and themselves. These are people who can create magic - who work miracles.

Evander Holyfield is a prime example of what I am talking about. He is a man who has an unwavering belief in God and himself. This was never more evident than in the first Tyson - Holyfield fight. If you recall, Holyfield was an underdog in that fight. He struggled in the three fights he had prior to the Tyson fight and was still experiencing trouble with his heart. Tyson, on the other hand, was going through his opponents

# Dr. JUDD

## In Pursuit of Success, Pt. 10

SELF CONFIDENCE by Judd Biasiotto Ph.D.

like a hot knife through butter. Everyone they put in front of him he literally destroyed. Consequently, no one thought that Holyfield had a chance in hell of beating Tyson. Incredibly, when the fight was first announced the odds in Vegas were forty-five to one that Tyson would defeat Holyfield. Can you believe that? Forty-five to one. Of course, it didn't matter what Vegas believed; only what Holyfield believed. And Holyfield believed that he was going to win. In fact, Holyfield actually assured victory in a television interview a week prior to the fight. He said, "I know everyone thinks I'm washed up. That there is no way I can beat Tyson. But I guarantee you, I will win this fight. That's a promise. I know in my heart that I will beat Tyson!"

And you know what? Holyfield defied the odds and the critics by

knocking out Tyson in the eleventh round. It was one of the biggest surprises in boxing history. It documented what courage, determination, and belief can do. And Holyfield is just one of many great athletes and/or individuals whose beliefs transcended victory in a television interview a week prior to the fight. He said, "I know everyone thinks I'm washed up. That there is no way I can beat Tyson. But I guarantee you, I will win this fight. That's a promise. I know in my heart that I will beat Tyson!"

It goes like this: Conceive, Believe, and Achieve. It's simple but pro-

found. I'm sure most of you have conceived yourselves as being great at one time or another. I believe that's very important. I know when I was a little boy, I always saw myself as being great - actually AWESOME. In fact, I was always visualizing myself kicking Larry Holmes's butt or breaking Hank Aaron's home run record. I never had a problem conjuring up images of myself doing something spectacular.

The problem was that, in my heart, I really didn't believe I could reach such heights. There's a big difference between conceiving of yourself as being great and actually believing that you are going to be great. Once you believe - I mean really believe - that you can be great, achieving your goals is just a short step away. Belief is the magic elixir that can transform mediocrity into excellence. Believing opens the doors for success. It sends power and energy soaring when you need it most. Consequently, there is no telling what heights you can reach.

Have you seen the movie "Lorenzo's Oil"? If not, you have to. It is one of the most powerful, most gut wrenching movies you will ever see. It is a prime example of what the mind can accomplish when it is put to the task... that the mind's powers are truly limitless. It's a true story about a five year old boy named

Lorenzo Odone who is stricken with adrenoleukodystrophy. Adrenoleukodystrophy or ALD is an inborn error of metabolism that causes a degeneration of the brain. It only affects males who are 5 to 10 years of age. The progression of the disease is relentless and it is always fatal. If you have ALD you are going to die. At least that's what Lorenzo's doctors told his parents. "There is no hope" they said "it may be a year, it could be two, if he is lucky, but Lorenzo will die. Adrenoleukodystrophy spares no one."

Can you imagine how the Odone's must have felt when they heard that prognosis? A death sentence for their only child. Most parents would probably pack up their tent, go home and wait for their child to die. And you really couldn't blame them, not with that kind of prognosis, but not the Odone's. They said, "hell, no, we won't let our Lorenzo die, not without a fight." And boy, did they fight! While his wife Augusta took care of their little boy, Michaela went about the business of educating himself about ALD. When he first started researching the disease he knew as much about biochemistry as I know about quantum physics ... which amounts to nothing. But that didn't discourage him. Nothing discouraged this guy.

Every waking minute he had was dedicated to finding a cure for the disease. Every opportunity he got he spent in the library researching ALD. At night he would read about the subject until he fell asleep. He literally ate and slept at his desk. And guess what? In less than two years he discovered a therapy which halted the progress of ALD. In other words, he accomplished in two years what the entire medical profession couldn't do in more

than five decades. Not only did he save his son's life, but he also saved the lives of thousands and thousands of children. Think about that for a second. Here was an ordinary man who performed an extraordinary feat by putting to use the greatest gift God gave him... his mind. Michaela Odone's was not a prodigy. He was just an average man who had a purpose, firmness of mind, and the courage to persevere. Some people make their own miracles.

The magic of believing applies not only to physical performance but to every aspect of human behavior. All of our actions, feelings, behavior - our abilities are consistent with our conditioning and/or programming. In short, we tend to "act like" the type of person we conceive ourselves to be. Not only that, but we literally cannot act otherwise, even if we make a conscious effort to do so.

Obviously then, the way your brain has been programmed will go a long way in determining how successful you'll be in athletics, as well as in life. If you've been conditioned to believe you can, there's an excellent chance that you will. Conversely, if you've been conditioned to believe you can't - you most likely won't. In order to win, you must expect to win. If you talk to people who have achieved success, you will find that they are individuals of vision. Their success was in their mind before it ever materialized in reality.

Think about this, O.J. Simpson was only ten years old when he told Jim Brown, the greatest running back ever to play pro football, that one day he was going to break every record he had held. At the time Brown didn't know Simpson. He was just a skinny kid with a dream. Brown knows him now. George Herring was only seven years old when he told his parents that he was going to be the strongest man in the world. Cassius Clay was only eight years old when he told his mother he would one day become the heavyweight champion of the world. Neil Armstrong was 10 when he told his dad he was going to be a famous aviator. Robert Kennedy, while in grammar school, told his classmates that one day he would be the President of the United States. And here's something that will really blow your mind. In 1985 while performing in small comedy clubs for minimum wage, Jim Carey wrote himself a check for 10 million dollars for services rendered and dated it 1995. And you know what? The day before Thanksgiving, 1995, Carey signed a movie contract for, you guessed it, 10 million dollars. Isn't that great?

You know, it's interesting, but some of the greatest achievements in sports and life were performed by individuals who were too dumb to realize that what they did was impossible. Men with vision, men who believe, are the men who rule the world.

Let us be honest, we all have voices in our heads that undermine our faith and our abilities. But we have to work on trading in those negative voices for supportive, more realistic ones. As I said before, nothing is impossible if you believe in yourself. The greatest dreams that have been accomplished by men and women have been called impossibilities - and somebody has proved that the impossible was possible. Remember that through belief, you can do or become anything you want. You can go to the stars ... heck, you can go to new galaxies. Just put your mind to it; and watch the magic begin.



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"Wrap it up, I'll take it" is a lyric from an old song. For the powerlifter, the lyric could go, "wrap me up, I'll squat it". There is no doubt in my mind that knee wraps can make all the difference in the world when it comes to squatting. But as I have probably said in seemingly a zillion articles is you've got to use a technique or an item of lifting gear properly for best results and knee wraps are no different. Let's explore some finer points of using knee wraps.

Knee wraps of some sort have been around forever. Early wraps were really no more than medical wraps like the thin 'Ace' bandages you find at your local drug store. Maybe Ace knew lifters were using their products for squatting and later came out with a thicker bandage wrap called the 'Charlie Horse', which supplied more support than their regular wrap. Powerlifting entrepreneurs soon jumped into this unsatisfied market and currently there are a great variety of knee wraps made specifically for squatting of various thickness and design as you can see by browsing through this magazine. The choice offered to the lifter has greatly increased and so have the benefits of knee wraps.

I firmly believe that knee wraps can boost a squat a minimum of 10 pounds to 50 pounds or more. The incredible amount of support and spring they supply at the bottom of the squat can make the difference of a successful lift and becoming a mouse pad for a heavily loaded power bar. Add on top of that, a squat suit and tight belt and you can become a squatting machine.

Getting the most out of knee wraps starts with the technique used for wrapping. There are many ways to wrap but I have found a method that works best for the lifters that I have known and trained, and also through personal experience. Start wrapping 1 wrap's width below the knee and spiral upward until you are 2 wrap widths above the knee. It is important to wrap more above the knee because that is where the muscle is that will do the squatting. If there is any more remaining wrap length, spiral down. A good tip I picked up from some of Dr. Squat Fred Hatfield's work is to tuck the loose end of the wrap in on the front part of the leg above the knee with the end sticking up. This provides an extra 'illusion of depth'. We need every advantage we can get so try this out. It's also important to wrap with your knees locked out straight. Wrapping with your knees bent will result in less tightness and spring from the wrap at the bottom, which is critical. After you are finished wrapping, have a helper get you up

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Knee Wraps as told to Powerlifting USA by DOUG DANIELS

to your feet for the attempt. Again, there are many ways to wrap your knees. We have had the best results using this method. Don't be afraid to experiment with different methods and use the one you determine is best come meet time.

Training with wraps is next up. I would suggest not using them until you get to heavy sets of 5s, perhaps even 3s. Using knee wraps will decrease the workload on your squatting muscles during your training cycle. As the contest nears, you must acquaint yourself with your contest squatting techniques and lifting gear. I would not wear knee wraps until about 5-6 weeks prior a meet. Up until then, I would confine my squat gear to a thin belt at most.

Re-roll your wraps snugly after every attempt. This makes it easy to apply them the next time.

An interesting twist into using wraps would be to wrap tighter as the weights increase and reps decrease. Don't wrap as tight on the sets of 5s as you would for a heavy double or single. This way, you can keep a little something extra for later and add to your confidence, which is half the battle.

At a meet, I would suggest you add squat gear gradually as you warm-up. Start with just a belt. The next set, add loose knee wraps. Follow this with a squat suit with the shoulder straps down. Your final warm-up should be with full squat gear on. Also, wrap tighter as the

warm-ups progress. How many warm-up sets you do determines how fast you add squat gear during warm-ups. Give it some thought and planning before the meet for best results. I strongly suggest to not alter your wrapping method on the fly at a meet. You do not want any surprises on the platform, even a subtle change can effect your leverage and the execution of the lift. Don't try another brand of wraps at the meet because some lifter suggested it. Experiment with new brands during training, not while on deck waiting to lift. I would also not use brand new wraps at a meet. Break them with a few training sessions prior the meet.

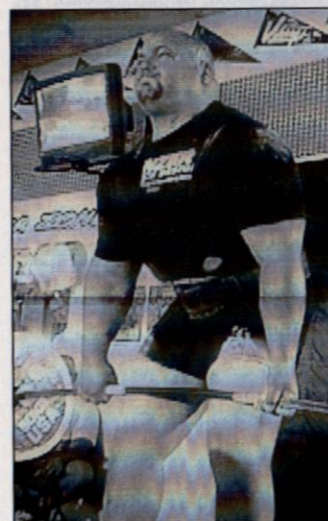
Buy a new set of wraps about twice a year and save the old ones for backups and bring at least two pair to a meet. You can use really old knee wraps for wrist wraps by cutting them to proper length. Nowadays, it seems wrap manufacturers are competing on the basis of thickness. I've found that too thick a wrap does not stretch very far or provide any spring at the bottom. As I wrote earlier, experiment with different brands, don't necessarily assume thicker is better.

I do not see any merit in using knee wraps for the deadlift. They would tend to make your knees lock out prematurely, limiting maximum contribution from your lower body. I've even seen knee wraps used in the bench press. That has to be the ultimate security blanket. Some lifters use wraps because their knees hurt. If this describes you, my suggestion is to find out the root cause of the pain. It could be the result of abusive training or lack of rest, which should be addressed. For lifters with genuine joint pain, they can enable them to squat more comfortably and safely, but seek to determine the cause of the pain and take steps to clear it up. Try products like Glucosamine, etc. Many people have gotten good results from its use.

The lifters who started out using the good old Ace bandage would hardly recognize the modern knee wrap. They can add a good amount of both poundage and safety to squatting. Experiment with different brands and types of wraps and wrapping techniques during your off season. If you are not using knee wraps to their fullest potential, you are giving your competitors an advantage. Watch this magazine for my Kevlar knee wrap line reinforced with extracted asteroid molecules (just kidding). This article is wrapped up, are you?

Doug's Web address:  
members.aol.com/ddani12345/default.htm

If you are an elite lifter and you are still contemplating whether or not you should compete in the May 20th WPO Professional Powerlifting contest in Daytona Beach, Florida, and you aren't sure if you should participate due to certain political restraints enforced by dominating federations that don't care about the lifter's well being, let me elaborate as to why the WPO is the only way to go. Without a doubt, the WPO is the NEW ERA in powerlifting greatness and will be second to no other federation. Let me shed some light on the latest, newest information pertaining to the WPO. Tremendous progress is all you need to know when talking WPO. I have an unbelievably dedicated group of people located in Orlando, FL. Their company is called Underdog Productions, and they are totally committed to my cause to make Professional Powerlifting a reality and expose the sport to the American public. They have impeccable credentials and twenty-



Gary Frank (above) was already qualified but lifted anyway at the March 18th qualifier, along with Angelo Berardinelli (above right) who benched a nice 490. (images taken from the video of the event, courtesy of Huge Iron)

APF FL Push-Pull WPO Qualifier 18 MAR 00 - Daytona Beach, FL				
	SQ	BP	DL	TOT
148 R. Batten	303			303
165 A. Berardinelli	722	490	567	1780
B. Schwab	529	391	534	1454
181 C. Warren	567	402	617	1587
198 D. Blue	611	429	622	1663
J. Calhoun	551	402		953
D. Marshall	567	424	650	1642
220 D. Jones	650	407	545	1602
R. Mann				
275 K. Gleason	622	540	622	1785
SHW D. Nettles	903	512	705	2121
Guest Lifters G. Frank	903		522	1526
A. Mehan	975	473	672	2121
B. Moore	622	644		1267

(thanks to Huge Iron Productions for the results)

## WPO - Final Message

I went with Underdog Productions because they are with me for the long haul and are dedicating their time and efforts not just for the May 20th contest, but for the future of the WPO. They are as anxious as I am to make Professional Powerlifting a reality and a recurring series of events year after year, so elite powerlifters can have their day in the sun and share the same spotlight that many other professional athletes experience. Just to recap some of the extra features that will be

five years experience in successful television producing. They have great rapport with the major networks and feel confident that one of them will want to air WPO powerlifting. UPN, who airs WWF Wrestling is one network that is eager to see the May 20th contest's finished product. I had mentioned in a previous issue of Powerlifting USA that a company from New York was originally going to produce WPO, but I changed my mind because I felt that they were too greedy.



World Powerlifting Organization (TM) May 20th, 2000 Prize \$\$\$ Distribution. In all weight classes 132 - SHW, 1st place wins \$1000, 2nd place \$500, 3rd place \$250. Lightweight Super Open Champion (132-165) - \$5000 plus W.P.O. (TM) Championship Title Belt; Middleweight Super Open Champion (166-198) - \$5000 plus W.P.O. (TM) Championship Title Belt; Heavyweight Super Open Champion (199 - over) - \$5000 plus W.P.O. (TM) Championship Title Belt. Bonus \$\$\$ Awards: \$250 to competitor that breaks individual world record lift within weight class; \$500 to competitor that breaks a total world record within weight class, \$1000 to competitor that breaks individual world record lift regardless of weight class, \$2500 to competitor that breaks total world record regardless of weight class

incorporated into the WPO Powerlifting Extravaganza that Underdog Productions has in store for May 20th. Platform #2, which is where the cameras will be shooting all the action, is going to be dynamic to say (article continued on page 66)



W. P. O.™  
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Membership Application



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# WORKOUT of the Month

## Gene Bell Squat Routine

Thousands of powerlifting enthusiasts find that training the squat is an intricate maneuver, which requires good awareness of the body position and coordination. There are a few variables that could have an effect on your training performance. In a short span of time, I increased my squat from the 600 lbs. range to the 800 lbs. range with room to improve. I feel that the procedure of squatting heavy one day, taking off 3 days, and coming back for some heavy leg presses is needed in the early stages for the contest training. As another example, you could work on increasing flexibility in the hip area and shoulder region, but most important is the desire to excel in the squat.

Let's say our hypothetical lifter performed a 600 lb. squat in his last contest and without a prolonged delay from training he wants to try my recommended routine. The target poundage on the squat would be between 620-640 lbs.

This training routine utilizes a few assistance exercises to work the related muscle groups. Remember, however, the key to success is to squat deep in training.

### Offseason Training

**Monday** - High Bar Squats: 135x8x2, 225x8, 315x8x3. Leg Curls: 100x8x3. Leg Press: 400-700 lbs.x8x3. Leg Extensions: 120x8x3. Calf Raises: 300-600 lbs.x10x6.

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

**Friday** - Leg Press 400-500 lbs.x10x3. Leg Curls: 100x8x3. Calf Raise: 300-600 lbs.x10x6.

### 12 Week Cycle

**Monday** (Heavy Day) - training gear is not used the first 4-6 weeks during the cycle. Concentrate on hitting the squats low in training.

**Friday** (Practice Form) - A few sets of low bar are performed, and heavy leg presses are performed during the first through the seventh week. The few sets of assistance exercise are added in for good measure.

**Week 1:** squat 135x8x2, 225x8x315x6x4, 360x4, leg presses 400x10x4.

**Week 2:** squat 130x10x2, 225x8, 315x8, 360x6x4, leg presses 450x8x4.

**Week 3:** squat 135x8, 225x8, 315x6, 360x8, 390x6x4, leg presses 480x8x4.

**Week 4:** squat 135x8, 225x8, 315x6, 390x4, 420x6x4, leg presses 500x8x4.

**Week 5:** squat 135x8, 225x8, 315x6, 400x4, 450x4x2, leg presses 530x8x4.

**Week 6:** squat 135x8, 225x8, 315x6, 405x2, 480x4x4, leg presses 560x8x4.

**Week 7:** squat 135x8, 225x8, 315x4, 420x4, 480x2, 515x2x2, leg presses 600x6x4.

**Week 8:** squat 135x6, 225x6, 315x6, 420x4, 500x1, 545x3x3.

**Week 9:** squat 135x6, 225x5, 315x5, 420x3, 500x1, 555x3x2.

**Week 10:** 135x6, 225x5, 315x3, 430x1, 520x3, 580x3.

**Week 11:** 135x5, 250x3, 360x2, 450x1, 520x1.

**Week 12:** CONTEST DAY: Warmups: 135x5, 250x3, 360x2, 450x1, 520x1, 1st attempt - 575, 2nd attempt - 615, 3rd attempt - 630-640.

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## SQUAT

620 Grimwood, T 21Oct93  
617 Reshel, D 13Jun92  
567 Byland-Rohal, T 16Jul88  
540 Boshoven, L 30 May 99  
518 Corson, S 16Mar91  
512 Brown, J 20 Mar99  
507 Trujillo, J 01Feb86  
501 Ford, K 10Jul99  
490 McKenzie, T 04Feb89  
480 Powell, S 08Oct88

10  
479 Sorenson, D 13Dec86  
473 Wood, J 21Nov87  
473 Sternberg, M 21Nov87  
473 Havelka, J 10Jul99  
468 Ojanen, B 21Apr96  
462 Gagne, V 12May81  
462 Young, D 14Dec91  
462 Look, L 28Feb99  
460 Williams, G 22Jun94  
457 Smith, L 29Jan84

20  
455 Butler, J 21May89  
455 Regan, C 13Oct90  
455 Bergman, K 28Mar98  
451 Dent, P 29Jan84  
451 Sandoval, M 18Jan87  
451 McDaniel, T 08May94  
450 Masonis, T 16Jan93  
446 Steenrod, V 07May95  
441 Robertson, S 28Jul90  
435 Johnson, J 29Jan84

30  
435 Murphy, M 26Jan85  
435 Noble, L 06Apr91  
430 Allen, K 11Jun93  
430 Preuitt, C 27Feb99  
429 Meany, S 05Aug84  
429 Chiaravalle, M 17Aug85  
429 Belsito, L 20Apr96  
429 Moore, K 20Apr96  
425 Spartano, P 06Mar97  
424 Kling, C 26Jan83

40  
424 Walls, P 14Jun86  
424 Rogus, L 13May92  
424 Conley, P 31Jul94  
421 Mackinnon, S 06Jul91  
420 Mecklenburg, M 28Feb87  
418 Wilcox, C 17Aug85  
413 Harrell, J 01Feb86  
413 Martin, C 18May96  
410 Ollennuking, A 22Mar97  
407 Ewing, L 03Nov96

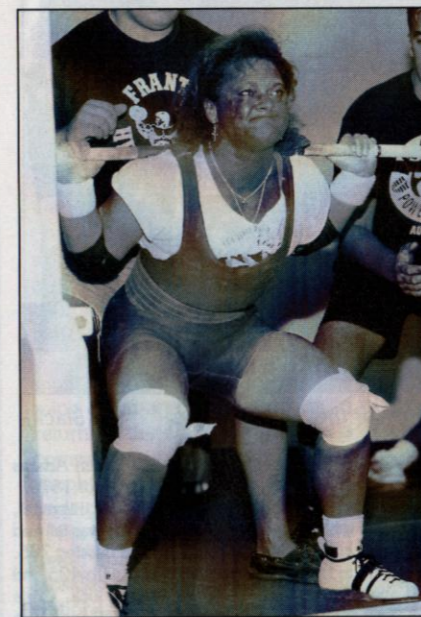
## BENCH PRESS

402 Grimwood, T 29May94  
363 Harrell, J 87  
328 Dewitt, D 20Apr85  
325 Allen, K 27Mar93  
325 Whitham, D 17Apr94  
325 Brown, J 20Mar99  
320 Boshoven, L 04Dec99  
319 Wood, J 21Nov99  
318 Sharon, D 13Jun92  
314 Byland, T 16Jul88

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314 Ford, K 06Nov98  
308 Havelka, J 14Aug99  
303 Verhagen, L 13Aug55  
303 Robertson, S 28Jul90  
300 Powell, S 08Oct88  
300 Regan, C 13Oct90  
300 Lenz, J 19Jun93  
295 Butler, J 21May89  
292 Steenrod, V 07May93  
281 Weyland, J 11Sep82

20  
281 Sandoval, M 19Jul86  
281 Corson, S 21Jul93  
281 Ojanen, S 21Jul96  
275 Stevans, C 02Dec89

## WOMEN'S TOP 50 ALL-TIME 82.5kgs. (181 lbs.) ranked by Herb Glossbrenner



Tamara Rainwater Grimwood dominated this ranking list, but tragically she passed away on Tuesday, April 5th, 2000. The following are the statements of Terry Grimwood's father at the services held for Tamara Rainwater Grimwood, provided to Powerlifting USA courtesy of Chris Confessore: Tamara Rainwater Grimwood, provided to Powerlifting USA "There's Angels Among Us" The Golden Girl traded in her Bench and Barbells early Wednesday Morning without a Sound ... What a Trade - A Pair of Golden Wings ... God Only Knows the Records She Can Set Now ... Tamara was a Work of God right from the Start ... The Beginning of an Angel ... She Knew What She Wanted and She Worked Hard Towards Her Goals ... A Super Charged Athlete Known Around the World by her Peers ... No Greater Tribute can ever be Achieved by any one Person than to have Respect from your Peers ... "Know How Sublime a Thing it is to Suffer and Be Strong" Tamara Rainwater Grimwood, an Angel in the Making, knew the word Suffer and how to be Strong - her Convictions Said it All ... "I Want to be the First Female Lifter to Bench Press 400 lbs." Belief, Conviction, Dedication - An Angel in the Making. The Golden Girl has Achieved all Her Dreams ... Now She is in Heaven Looking Down on All of Us ... So Look Up every once in a while and catch a glimpse of an Angel ... You can bet this special Angel will be watching and when You see that Golden Flicker of Sunshine, remember that is the Reflection from a Pair of Golden Wings ... Thanks Tamara for a Great Ride. We Will Miss You and We Will Never Forget Wednesday April 5, 2000 The Day You ...

Tamara Rainwater Grimwood - Traded Iron for Gold ... the Gold of an Angel ... (more on Tamara's passing appears on page 65)

## DEADLIFT

275 Kely, B 19Jun93  
270 Gagne, V 12May81  
270 Vjesalicu, Z 08Aug87  
269 Arvin, J 10Jun95  
260 Johnson, N 18Feb99  
259 Silvani, 29May94  
30  
255 Warner, J 19Nov95  
253 Smith, L 29Jan84  
253 Young, D 26Jul91  
253 Roberts, K 01Jun96  
253 Carson, P 21May99  
253 Perron, S 10Dec99  
250 Shepard, E 02Apr94  
248 Dent, P 29Jan84  
245 Young, C 27May89  
243 Steele, G 28Mar98

40  
242 Trujillo, J 01Feb86  
242 Walls, P 14Jun86  
242 VanDyke, K 21Apr91  
242 Isaacson, JK 19Apr97  
242 Kimoto, J 05Nov99  
240 Meaney, S 08Jun85  
240 Scanlon, J 06Apr97  
240 Bergman, K 28May98  
237 Batliner, S 06Apr86

237  
237 McKenzie, L 28Jul90  
237 Reshel, D 16Jul90  
237 Grimwood, T 20Nov94  
237 Sorenson, D 15Feb87  
237 Boshoven, K 17Mar90  
237 Byland, T Nov88  
237 Brown, J 26Apr98  
237 Gagne, V 12May81  
237 Young, D 14Dec91  
237 Meaney, S 08Jun85  
237 Masonis, T 16Jan93

500  
500 Allen, K 11Jun85  
490 Ford, K 10Jul99  
485 Trujillo, J 01Feb86  
475 Bergman, K 28Mar98  
473 Wood, J 21Nov87  
473 Powell, S 01Dec89  
470 Williams, G 22Jun94  
468 Steenrod, V 07May95  
463 Preuitt, C 27Feb09  
462 Sandoval, M 19Jul86  
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462 Look, L 31Oct91  
437 Griffin, L 07Feb81  
457 Dodd, L 26Jan85

1102  
1102 Coates, P 27Jul97  
1069 Weyland, J 11Sep82  
1096 Chiaravalle, M 17Aug85  
1091 Murphy, M 18Jan85  
1085 Johnson, J 29Jan84  
1080 Ewing, L 07  
1075 Coates, P 27Jul97  
1069 Dodd, L 26Jan85

1069  
1063 Conley, D 31Jul94  
1058 McDaniel, T 21Apr96  
1057 Wilcox, C 17Aug85  
1057 Swansen, R 19Jul97  
1052 Kling, C 26Jan85  
1050 Allen, W 21Dec96  
1041 Carson, P 03May98  
1036 Delvalmy, L 01Apr91  
1036 Moore, K 21Apr96  
1030 Griffin, L 07Feb81

455 Belsito, L 14Jun97  
451 Rodriguez, L 30Jan83  
451 Murphy, M 28Jan83  
451 Delvane, L 09Mar91  
451 Rogus, L 13May92  
451 Rogers, L 13May92  
450 Swanson, R 19Jul97

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450 Coates, P 27Jul97  
446 Chiaivaralle, M 17Aug85  
446 Harml, J 17Aug85  
446 Marquis, A 29Jan84  
446 Sternberg, M 22Nov87  
446 Corson, S 21Jul95  
445 Cook, J 17Dec96  
445 Moore, K 08Nov97  
441 Johnson, J 29Jan84  
441 Rose, D 25Feb90

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441 Ewing, L 07Feb97  
440 Roberts, K 19Jul98  
435 McKenzie, L 28Jul90  
435 Wonyetye, B 08Apr91  
435 Jacavo 24Aug91  
435 Sartwell, A 12Aug93  
435 Maile, J 27Apr97  
435 Havelka, J 10Jul99  
430 Allen, W 21Dec96  
429 Robertson, S 28Jul90

TOTAL  
1520 Grimwood, T 15Apr95  
1480 Reshel, D 16Jun90  
1370 Boshoven, L 30May99  
1339 Brown, J 20Mar99  
1330 Byland, T 09Nov85  
1284 Sorenson, D 13Dec86  
1284 Ford, K 10Jul99  
1234 Gagne, V 12May81  
1234 Trujillo, J 01Feb86  
1230 Powell, S 08Oct88

10  
1229 Corson, S 30Jun96  
1218 Young, D 14Dec91  
1207 Steenrod, V 07May95  
1201 Havelka, J 10Jul99  
1185 Allen, K 27Mar93  
1180 Masonis, T 16Jan93  
1179 Sandmal, M 19Jul86  
1179 Ojanen, B 21Apr96  
1173 Robertson, S 28Jul00  
1170 Bergman, K 28Mar98

20  
1165 Meaney, S 08Jun85  
1157 Look, L 28Feb99  
1155 Preuitt, C 27Feb99  
1151 Stermerg, M 22Nov87  
1151 McKenzie, L 04Feb89  
1140 Williams, G 22Jun94  
1133 Harrell, J 11Oct83  
1123 Butler, J 21May89  
1124 Smith, L 29Jan84  
1118 Regan, C 38Jul92

30  
1102 Dent, P 29Jan84  
1102 Rogers, L 15May92  
1102 Belsito, L 27Apr97  
1096 Weyland, J 11Sep82  
1096 Chiaravalle, M 17Aug85  
1091 Murphy, M 18Jan85  
1085 Johnson, J 29Jan84  
1080 Ewing, L 07  
1075 Coates, P 27Jul97  
1069 Dodd, L 26Jan85

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1069 Conley, D 31Jul94  
1063 McDaniel, T 21Apr96  
1058 Wilcox, C 17Aug85  
1057 Swansen, R 19Jul97  
1052 Kling, C 26Jan85  
1050 Allen, W 21Dec96  
1041 Carson, P 03May98  
1036 Delvalmy, L 01Apr91  
1036 Moore, K 21Apr96  
1030 Griffin, L 07Feb81

**IPA Westside Invitational  
20 Feb 00 - Columbus, OH**

WOMEN	SQ	BP	DL	TOT
123 lbs.				
A. Weisberger SHW	450	280	450	1180
K. Sizemore	500	360	400	1260
MEN 132 lbs.				
P. Hile	425	275	450	1150
165 lbs.				
A. McVanev	520	290	520	1315
M. Vallane	530	355	—	—
181 lbs.				
S. Cuevas	695	—	—	—
J. Dougherty	720	500	650	1875
M. Maxwell	660	355	540	1555
F. Wambsgans	650	285	630	1565
198 lbs.				
J. Adams	735	530	605	1870
S. Hershner	—	—	—	—
C. Vogelpol	760	4050	—	—
220 lbs.				
C. Young	725	440	660	1825
M. Hill	—	515	650	1900
D. Thompson	650	—	—	—
C. Maxwell	750	410	750	1910
C. Hammond	780	520	700	2000
242 lbs.				
B. Valentine	—	575	—	—
E. Owens	750	485	765	2000
E. Clark	—	—	—	—
S. Sullivan	—	570	—	—
P. Urchek	920	520	760	2200
D. Beversdorf	620	365	525	1510
275 lbs.				
D. Bailey	930	425	675	2030
J. Ritchie	750	600	650	2000
C. Taylor	715	615	660	1990
B. Fasner	880	660	735	2275
B. Meek	735	495	—	—
J. Toreazo	—	—	—	—
308 lbs.				
J. Harris	700	—	—	—
B. Youngs	760	—	—	—
D. Tate	850	—	—	—
D. Klein	—	—	—	—
J. Stafford SHW	—	—	790	—
T. Hutson	—	—	—	—
M. Ruggiera	955	505	765	2225
M. Smith	840	550	725	2115
J. Willoughby	840	405	700	1945
K. Heishuer	760	525	715	2000

(Thanks to Traci of Elite Fitness systems for results)

## WESTSIDE INVITATIONAL as told to Powerlifting USA by Louie Simmons



Rob Fusner was the Best Lifter for the Heavyweights. (D. Black)

Maybe next year we could field some 148's. Don't be scared.

There were two entries at 165: Al McVanev, who was not up to par after an unsuccessful attempt to make 148, and Mike Vallone. Mike opened with 475. Al countered with 520. Mike made 530 and missed at 560. Al could not negotiate 570 twice. Al made 290 in the bench to subtotal 810, while Mike jumped to a good lead with 355 to subtotal 885. Mike missed his 460 opening deadlift, while Al made 520 and missed 550. This gave him a 1315 total, a subpar performance for him but enough to win, after Mike jumped to 540 and missed twice.

Next up were the 181's. Sam Cuevas made a 630 squat, but he started out too high in the bench and bombed out with 445. The real battle was for second place. Mike Maxwell squatted deep with 660. Then Fabian Wambsgans made his opener of 650. Fabian benched 285 to Mike's 355, giving Mike the lead going into the deadlifts. Mike pulled 540 and missed twice with 570 to total 1555. Fabian went to work and pulled 630 on his second and missed 660 on this third, but the 630 put him into second place with a 1565 total.

First place in the 181's was no contest for Joe Dougherty. He went 3 for 3 in the squat, ending with a 720, and it was strong. He did a 505 second attempt in the bench and had a very close miss with 515. Joe looked just as strong in the deadlift, going 3 for 3 and ending with a 650 to total 1875. This made Joe the outstanding lifter for the morning session. It should be noted that Joe's best total was 1862 at 198 before today - quite an improvement.

In the 198's Sonny Kerschner came to bench only, and he did 410. This left only two competitors, both from Westside: Jeff Adams and Chuck Vogelpol. This marked Chuck's return after a 2 1/2 year absence due to a triceps tear and later disk surgery on his neck. After Chuck's 760 squat he had a 25 pound lead over Jeff, who did 735. In the bench, Chuck managed only 405, leaving the door open for Jeff's best lift. But, Jeff fell short of his best, making only his opener of 530. At this point, Chuck was 100 pounds behind. In this up to Jeff to be smart and Chuck to be strong. Jeff opened with 580. Chuck opened with 700, but missed. Jeff countered with 605 for a strong attempt. Chuck surprised everyone by jumping to 720, but he missed again. Jeff went to 625 to stay 5 pounds ahead of Chuck but missed, leaving the door open. But the weight would

not cooperate for Chuck, and Jeff Adams won the 198's with a P.R. total of 1870.

The 220's was a large class for this meet, with 5 men. Donnie Thompson was tall and lean, making a 650 squat and missing 705. In the bench he got 3 strikes with 425 and was out of the meet. Tough luck. Chris Young had dropped down to 220 and hit an 1825 total. Having made an 800 squat at 242, he managed 725 this meet and benched 440. Always a good puller, Chris did 660, to hit a 220 Elite total, before missing 710. Mike Hill and Charlie Maxwell battled it out for second place. Mike made a nice 735 opener in the squat, but that was all. Charlie likewise got only his opener, 750. Charlie started first in the bench with 410 and had a close miss with 420. Mike countered with a P.R. 515, to lead going into the deadlifts. Mike pulled a good 650, but Charlie's ace is the deadlift, and he smoked 750 to gain second place with a 1910 total. In first place was Chad Hammond, who, with international experience, made a strong 780 squat, a good 520 bench, and finished it off with an easy 700 deadlift to hit his first 2000 total. Great lifting, Chad.

In the 242's Rob Valentine came to bench. A week before the meet, he showed up at Westside. We showed him how to use a bench shirt correctly. His best was 490. At the meet he made a strong 575 and barely missed 600! Sean Sullivan also only benched and made 570 look easy. Dave Beversdorf was first up. He made 620, 365, and 525 to total 1510 in his first meet. Not bad, Dr. Dave. Ed Clark was up next and could not get 760 passed. Too bad, Ed. Ed Owens of nearby Zanesville was most impressive, doing a very deep 750 squat and 485 in the bench, with 505 being very close. But he excels in the deadlift, destroying 725 and 765, but missed 805. This was Ed's first two grand, and he had a lot left. The winner was, as expected, Paul Urchick. Paul's squats were very strong; he hit 880 and then 920, but lost his balance with a big 960. After a 520 bench and a close miss with 535, his subtotal stood at 1440. Paul is an all-around lifter and showed it with a 760 deadlift, to hit 2200. Great lifting.

In the 275's Joel Toranzo came to bench 700 but was a bit off on this day. His opener of 640 looked good, but 700 would not cooperate this time. Brian Meek came in from California and looked quite fit. He took one squat, 735, made his 495 opener in the bench, but surprisingly could not manage a 660 deadlift and was out. This was a competitive class. Chris Taylor squat-

ted 715 and benched 615. After pulling 660, he found himself in fourth place. Jimmie Ritchie made 2000 in his second full meet, but he had some big misses and had to settle for third place. Don Bailey has always been strong in the squat, coming up with a perfect 930. After a 425 bench and a nice 675 deadlift, he came in second with a 2030 total. In first place after a shaky start was Rob Fusner, who hit an 880 squat. He then benched a strong 660 and deadlifted 735 to post a 2275 total in only his sixth full meet. Rob earned the best lifter trophy in the afternoon session.

No one wanted to win the 308's. Bob Youngs got only a 760 squat and dropped out. Maybe he should have stayed. Jim Harris hit a nice 775 squat but bombed out in the bench. Dave Tate got only his opener of 850 in the squat, and after three misses in the bench was back in street clothes. Next up was Doug Klein, who started too high in the squat and after two misses passed his final. That's right, no one got through the 308's. On a good note, John Stafford (who came just to deadlift) pulled a very strong 790.

In the SHW's, Tony Hutson could not get 950 passed in the squat and was out. Jerry Willoughby hit a P.R. 840 in the squat, but could do no better than a 405 bench (he is still recovering from a triceps injury). Jerry deadlifted 700 for a 1945 total, gaining fourth place. Kevin Holshuer walked through the squats, going 3 for 3 and ending with 760. He added a 525 bench and a 715 deadlift to round out a 2000 total, for third place. Not bad for a guy who stands 6' 8", or better. In second place, Matt Smith made a P.R. 840 squat, an opener 550 bench, and a strong 725 deadlift to total 2115. Matt's total has increased 300 pounds in one year! Mike Ruggiera opened at 850, cut 925, went up to 955, and blew it away. He benched 505 and got an opener 765 deadlift to total 2225.

This was the third annual Westside Invitational. Dave and Tracey Tate did a great job organizing the meet, and Mark and Ellen Chaillet did a fine job of officiating. There are two ways to view a meet: as a spectator and as a competitor. Lifts may look high to a spectator, but may seem deep to a competitor. These opinionated spectators should be lifting, not criticizing. Sixty squats were passed and 34 were turned down. Sounds fairly strict to me. I recommend that you try the IPA. I think you will be very happy with it. (The APF got a bad rap when it first started as well.)

The next meet is in York, PA, at the finest lifting facility I have ever seen. So come and compete in the IPA.



Joe Dougherty - Best Lifter Litwts

Prize money for powerlifters - that has a nice sound to it. There are already a few meets that give out cash prizes, including the Arnold Classic, but nothing like what Kieran Kidder's new WPO is gearing up to give out. This May 20th, at the Huge Iron Training Center in Daytona Beach, Florida, will be the WPO's inaugural meet, and cash prizes totaling \$25,000 have been promised. Way to go, WPO!



The (May 20) WPO Pro Meet will be promoted by Kieran Kidder

Kieran's last big bench blast attracted the likes of Dave Waterman, Kenny Paterson, J.M. Blakley and Beau Moore, and this should be a great meet for lifters and fans. For more info, call 904-677-4000.

Out here in the west, Martin Drake is putting on a big AAU meet on June 3rd and 4th, and instead of his usual California locations, he's going to Nevada to host this one, in the town of Mesquite. Martin's meets are always well run and always have lots of lifters - those two things frequently go together - so, even though there's no prize money, call him for more info at 909-928-4797.

Right here in California, Chris Kostas and Steve Denison are running a bunch of USPF meets, and one of those meets will be May 6th



© Deep Tissue Center: Dan Rosales, Chuck LaMantia, Dan Varela

# POWER SCENE

in Norwalk, and our POW!ERLIFTER Video host Chuck LaMantia is helping organize and promote the meet. The Mid-Cities Bench Press meet will feature a free Power Seminar with Bob Seibold, who's benched nearly 600 pounds weighing only 198. Outback Steakhouse is sponsoring the meet, and Chuck will be doing his usual amazing announcing job, and you can get more info by calling Chris Kostas at 661-242-8116.

As we mentioned a couple of months ago, Chuck has been slimming down and is still on track to return to the lifting platform as a competitor in the next year. We caught up with Chuck when he was undergoing some rehab treatments at the Deep Tissue Center, and we heard from Daniel Varela and Dan Rosales about all the treatments options and technologies they have available for lifters to improve their health and lifting abilities. They put me on a machine that measures the dispersal of weight between my left and right feet, i.e., am I equally balanced between both sides or is there an imbalance? That's some-



Jan Gable... the former Jan Harrell

thing squatters would benefit from knowing about themselves.

We'll be doing a couple of segments with the Deep Tissue Center for POW!ERLIFTER Video; you can reach them in Norwalk, CA at 562-406-8847.

When POW!ERLIFTER Video got started eight years ago, one of the legends I'd heard about was Jan Harrell, who held the women's world record in the bench press, but had long left the powerlifting scene. Well, guess who walked into Gold's Gym here in Venice recently? Jan Harrell, who's now known as Jan Gable.

We had a chance to find out what Jan's been up to, and it turns out that after nine years in Oregon, she's just moved back to Southern California, and is doing personal training. She focuses on fitness, strength and conditioning, putting her clients through a combination of core strength enhancement, stretching, Olympic lifting, and work on the mental and emotional aspects of health.

Jan says she's "done" with powerlifting, given a torn meniscus, but in her time - 1984 through 1988 - she hit some great numbers, culminating in a bench of 384 lbs., and that was wearing a single-ply Inzer shirt, the most advanced one available back then.

Finally, there I was working out at Gold's one day and minding my own business when my friend Jerry Fredrick, a photographer for IRONMAN Magazine came by, and then Colleen Kelly came by, and they knew each other, and Jerry introduced me to her. I know she's not a powerlifter, but she is in the IRONMAN swimsuit issue and also in the swimsuit video, so that's good enough for POWER SCENE.

Colleen has a swim-

suit company, Colleen Kelly Designs, and they design - she's the designer, actually - sexy swim-suits. Colleen enjoys pushing the envelope for swim wear, and says that the racier the suit, the more popular it is. Her suits have appeared in *MuscleMag*, *Flex*, *Oxygen*, *Pump*, and *Ironman*, and she's constantly coming up with hot new suits.

You can check out her website at [www.sexyswimwear.com](http://www.sexyswimwear.com), or call for a catalog at 310-281-8601. And remember, 70% of the orders they get are from men.

Until next month, lift big, have fun, and we'll see you on video or right back here next month.

NED LOW



Colleen Kelly working out (Ned Low photos)

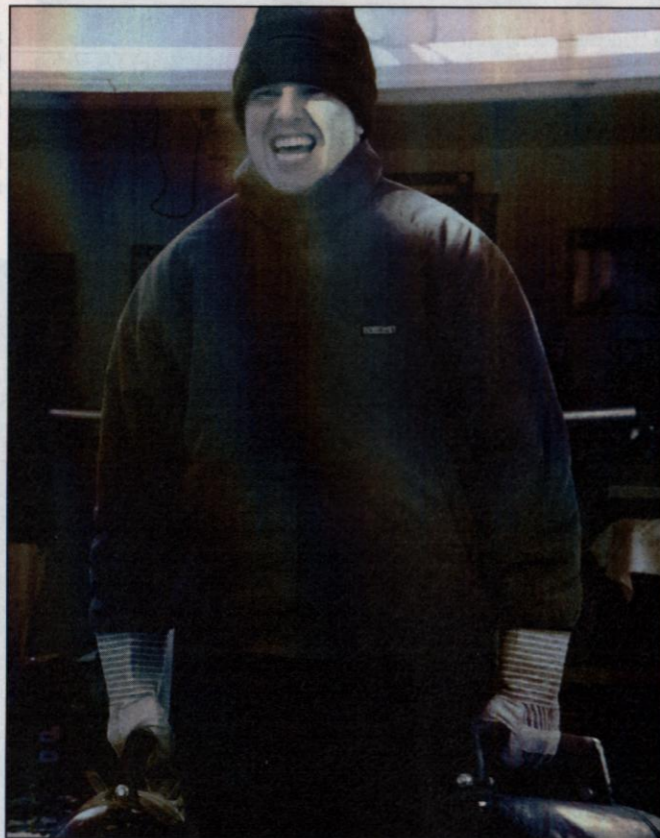


Colleen Kelly and one of her creations (image by courtesy of Iron Man Magazine)

I have lived most of my life in the New York City area, some of it in areas that would be considered to be "good neighborhoods" and others quite terrible. My work as a teacher, coach, ironworker, truck driver, and a number of other varied vocations often had me located in extremely dangerous parts of the metropolitan area. If there is one thing that the New York City area has, it is ethnic variety and all that comes with it. Having lived in and been active as a teacher and coach in a racially mixed neighborhood, and coming from a long line of immigrants, I have been exposed not only to a variety of cultural differences, but language differences. A positive part of living in an ethnically, racially, and culturally mixed area is that you have exposure to many learning experiences one would otherwise not have. Relative to language, even some of my older relatives would just slaughter the English language as they learned the words, but not the nuance of the expressions they would eagerly repeat at the drop of a hat. Each ethnic group has expressions and utilizes words in a manner unique to them. Thus, as one of my own relatives said at the funeral of a friend, "He was burialized really nice". With no disrespect intended, this left me in hysterics and nearly on the floor, especially since no amount of explanation could make him understand that he just wasn't using the words correctly. He had the meaning, but not the words. In another part of town, I was told that due to all of the drug trade, "getting funeralized around here happens all the time". Again, the meaning was very clear, although the use of the language somewhat suffered.

At this point in time, there has been a move afoot in powerlifting, to make the sport "complexified" as one of my trainees described it. I don't know if there is or has been any type of organized effort to make things more complicated than they have to be, but a reading of *Powerlifting USA* and some of the other muscle building publications would have you believe that one cannot become a state or local champion without first investing in a calculator, a truckload of nutritional supplements, and a hardware store's worth of assorted assistive equipment. There are many bright, innovative individuals in the sport of powerlifting. There are many who obviously spend a lot of time thinking about the lifts and ways to improve them. It would be absurd to understate how positive this is as this is the type of activity, the constant experimentation and attempts to incorporate new information, that propels any activity forward. However, there is

## More From Ken Leistner



Brian Saxton, tight end for the Atlanta Falcons, deadlifts 'bombs' in the snow and 40 degree wind chill of Dr. Ken's garage driveway.

a glaring negative to this also. Most lifters will be "average". I said this once before in an article and received what was literally hate mail, suggesting that I had no interest in seeing any lifter progress. This interpretation of my comments was more bizarre than some of the things guys were doing to improve their lifts at the time! The working definition of "average" in this case, is that more or less, most lifters will fall into a range of ability/results that will leave them either at, or a little bit above or a little bit below the average results of their class. This is just a statistical fact and no amount of complaining about it will alter this. If you take the Top 100 results for the past three years for a specific weight class and then ask Mr. Glossbrenner to provide you with all of the results for every meet run in that three year period for your weight class and you eventually calculate the average squat, bench press, deadlift, and total for that period of

time in your class, you will find that the majority of lifters were, well, average. This is not to say that you will be average, just that most lifters will be average.

This being true, can the average lifter break through to the next level and be "above average"? Will it be worth the time and changes necessary to do so? How many of these above average lifters can then go forward and become "one of the best" or elite lifters? Obviously, not that many or the few "best" would then be average. Thus, what does the average lifter have to do to improve? The answer is the same as it was in 1965, 1975, 1985, and what it will be in 2005; they have to work on the three competitive lifts and in training, continuously, over a specific period of time, use more weight in those lifts for a given number of reps. Yes, it's really that simple. In powerlifting, more than in many other sports, consis-

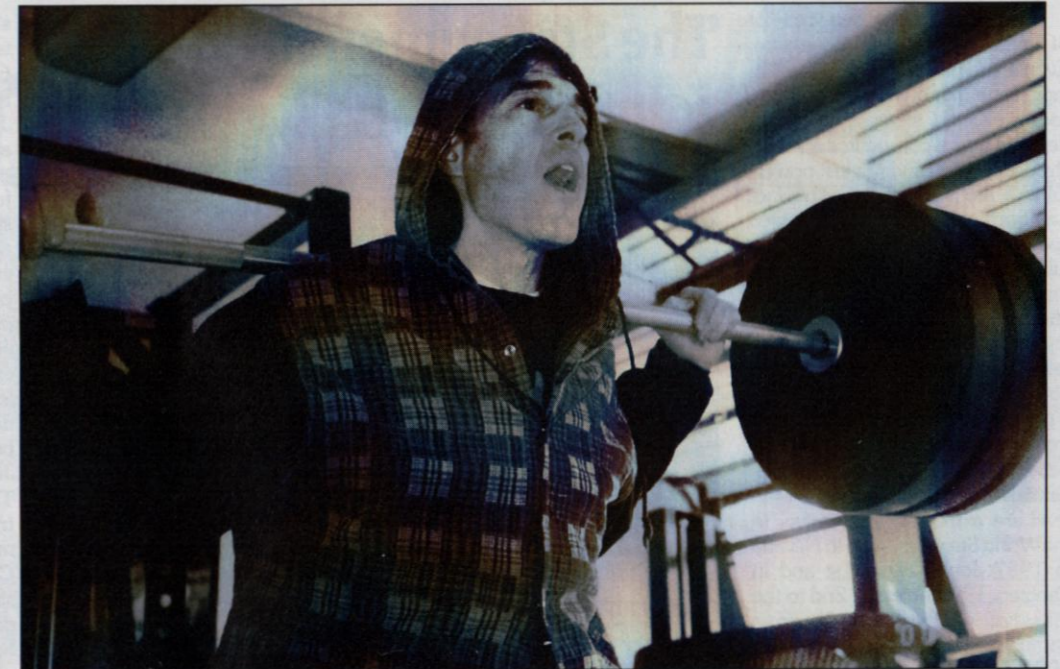
tency is a very important key. One has to be able to demonstrate increasing weight, in training, over time. For most of us, there is no other way, as obvious as this is, to improve. This is no way is meant to be disrespectful to those who place what is to me an inordinate importance on nutritional supplements; this is in no way disrespectful to those who believe that the thrust of training should involve assistance movements, alternate movements, or exercises that are not a squat, bench press, or deadlift. Simply put, if you pick up a typical copy of *PL USA* over the past two years or so, it is almost as if the emphasis is on many things other than getting into the gym and forcing yourself to squat, bench press, and deadlift more.

Think of it this way; you decide that triples are best for you, both physically and psychologically. You get excited about them you enjoy them they've proven to be a "good" number of reps that provide the type of heavy resistance needed to keep you "contest sharp" but not so heavy that you get drained doing them repeatedly. You decide to spend two years warming up, and then doing triples, one, two, or three sets in accordance with your particular training philosophy. You add weight consistently, and peak for your two or three meets per year. Afterwards, you cut back on the poundages, slowly build them up again, and train with determination in order to break the previous marks set prior to your last meet, or designated preparation period. You may use some carefully chosen assistance exercises, and perhaps not the same one constantly, but the emphasis on training remains on the three lifts. Over a two year period, do you think you would be stronger if you did this consistently? Would you be muscularly larger? Would your total improve? I would think "Yes" would be the answer for most. Now, however, it's almost as if the emphasis for too many lifters lies not on working hard on the three lifts, but on everything but the three lifts. I have no doubt that some of the new training ideas are very effective but for most, they are "supplemental", they are "in addition to" and only when it will not detract in training for the three lifts.

As a concrete example, two or three different companies offer a pulling sled. I bought one for the Iron Island Gym and one for our home facility from Nick Theodorou. It is fun to load up and pull and, without a doubt, it has helped to make the lower extremities (and upper when we pull by a special handle) stronger for our lifters and football players. However, this sled work is done after we squat, as an adjunct to the squat. We enjoy lifting granite and concrete rocks and my partially destroyed drive-

way is testament to this. However, we do this in addition to and only after the deadlifting for the week has been completed and in a manner that will not interfere with recovery for the next deadlift workout. Some of our guys and ladies use supplements, but they eat well first, train hard first, and then assume the supplement will contribute to their overall health and response to training. They don't believe that the supplement(s) will provide the impetus for improvement, just enhance the training if they do anything at all.

Place the emphasis where it belongs, on the squat, bench press, and deadlift. Do what you have to do to keep those lifts moving upward in training each month. When it's time to cut back, do so and build up again, only higher. Once you're doing that, you can look towards all of the other techniques that may prove to be helpful. I had a conversation with the great Olympic lifter Norbert Schemansky when I was a teenager, at one of the York Barbell Company picnics. I had a hundred questions, of course, but his blunt, to the point, no nonsense answers really opened my eyes in a way they had not been before. When asked how I could improve my press, he said, "Press!" When I asked him how to "squat more", he simply said



Dr. Ken squats with the garage door open, in the same 40 degree wind chill weather. (photos from Ken)

"Squat, just use more weight", with each answer punctuated with a touch of profanity and a glare that scared the hell out of me. You could read his thoughts, "Listen Peahead, if you want to be stronger in the squat, go into the gym stop looking for a miracle, put more weight on

your back, go down, and then force your skinny little ass back up and then do it again". If you've ever read anything about him, this is exactly what he did in becoming an Olympic champion and one of the all time greatest lifters this country has every seen. He worked very hard

on a few movements. Many of the powerlifting greats like Mike Bridges, Hugh Cassidy, and others followed suit. Yes, there are many things that can help but again, first things first, put your squat, bench press, and deadlift house in order.

Dr. Ken Leistner

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Strongman events require a lot of commitment from an athlete. Events such as squatting, deadlifting, stone lifting, overhead lifting, rock carrying, farmers walk, etc. demand that a competitor must be strong all round and not just powerful in a few movements. This fact was borne out when I interviewed Joe Onasai as he made the insightful comment that a successful strongman must be a hybrid of a powerlifter, weightlifter, and track athlete.

The description just made accurately describes the awesome Finn Jouka Ahola - a strongman that has a great reputation and is adding to that reputation every time he competes. Indeed, Jouka Ahola's credentials at World Strongest Man level are extremely impressive. In the World Strongest man in Nevada in 1997 Jouka came 1st and in Tangiers 1998 he came 2nd to the massive Swede Magnus Samuelsson. In Malta in September 1999 he was crowned once more the World's Strongest Man.

Just what type of training does Jouka Ahola do to achieve that level of consistency in competition at the highest levels? What sort of powerlifting background does Jouka have, what are his training lifts and how do they relate to strongman events? These questions were all answered by Jouka in the interview for PL USA conducted in the Dolmen Hotel in Bugibba, Malta prior to the World's Strongest Man final.

To begin with Jouka Ahola does come from a powerlifting background (did we expect anything less?) and has made some impressive lifts as a Junior which enabled him to place 2nd in the Finnish Junior Championships and 2nd in the Scandinavian Junior Championships. In 1993 he placed 5th in the I.P.F. Junior World Championships and hit excellent lifts of 280 170 295 to total 745 Kg at a bodyweight of 110.6 Kg.

During my discussions with Jamie Reeves (W.S.M. winner in 1989 and now one of the main organizers of the event) I asked Jamie what a lifter must be totaling in order to compete at W.S.M. level

## The Strongmen Interviews

### JOUKA AHOLA by Derek Cope



Jouka Ahola did some spectacular pulling at the World's Strongest Man in Nevada in 1997, underscoring his 800+ deadlift capability

successfully and Jamie said a lifter would have to total between 800 Kg - 900 Kg+.

Mentioning this to Jouka, he wholeheartedly agreed with that and estimated his current poundages in powerlifting to be Squat 360 Kg, Bench Press 220 Kg (no shirt), and deadlift 387.5 for a total of 967.5 Kg! To prove that these poundages are for real just check out the video footage, if you have access to it, of the deadlift event in Nevada 1997. Jouka won this event, beating some big pullers, and ended up with a staggering 435 kg in the silver dollar deadlift (the bar being around 1 inch below the knee).

For the finals in Malta, Jouka's projected goal for the deadlift in

training was 362.5 Kg x 3 and this goal was achieved in his final deadlift session. The poundage progression was as follows; 120 x 3, 162.5 x 3, 202.5 x 3, 242.5 x 3, 282.5 x 3, 322.5 x 3, 362.5 x 3. With this amount of deadlifting power Jouka is currently one of the very few men in the world to be able to pull 400 Kg off the floor and, in fact, Jouka stated that he deadlifted 402.5 Kg prior to traveling to Malta but graciously admitted that the lift was hitched and probably would not have been passed in a powerlifting competition. Interestingly, unlike some of his competitors, Jouka does not do any rack work and relies on his prodigious pulling power off the floor to aid him when in strongman competition.

A training tip that Jouka would like to share with PL USA readers is that Jouka has found the leg press (45 degrees) to be very helpful in aiding the initial pull off the floor. Whilst performing the leg press, Jouka will not bring his knees to his chest but presses from a position that mimics his starting position in the deadlift. The poundages that Jouka uses in this movement are simply incredible and during the interview I asked Jouka to repeat his poundages as I thought I had misheard him! The weight progres-

sion when Jouka trains the leg press is as follows: 300 Kg x 6, 400 Kg x 6, 500 Kg x 6, 600 Kg x 6 and 650 Kg x 3! Even more incredible is that Jouka does not use knee wraps to aid him in the movement.

With regard to Jouka's training for strongman events he will train specifically for each event and has access to all the apparatus that could be used at a contest in his own private gym. If an exercise has no direct benefit to a strongman event Jouka will simply not perform that exercise. An example of this philosophy is that Jouka will train standard back squat for overall power, but when cycling into a contest Jouka will switch to front squatting. The reason for the change is that front squat directly works the muscles that are initially used in the Cask Carry event. Jouka will not single out in the front squat, but still goes heavy to the tune of 220 Kg x 8 with no knee wraps and cites this movement in being instrumental in his success in the Cask Carry. However, it is not just prodigious leg and back strength that Jouka has. To demonstrate to the reader the versatility of strength that Jouka possesses it would be appropriate to state that Jouka won the log lift event in Tangiers in 1998 with 147.5 Kg. To train for this type of event Jouka will work military press and his poundage progression on a standard day in the military press is 100 Kg x 3, 120 Kg x 3, 140 Kg x 3 and 160 Kg x 3. His current bests are 136 Kg x 8, 166 Kg x 2 and 170 Kg x 1.

Another facet to Jouka's strongman training is his diet. Jouka possibly has the least body fat of the current top ten strongmen and his low amount of body fat is an advantage in events where cardio-vascular fitness is a factor. Jouka cites his optimum body weight as 123 Kg and his girlfriend ensures that Jouka eats healthily with plenty of rice, chicken, pasta, fish and steaks. Jouka avoids fatty foods and eats no puddings apart from yoghurt.

Finally Jouka would like to mention Jarmo Makela, Janne Virtanen and Jamie Reeves in being very helpful to him.

As for the future Jouka makes no predictions and will just take a year at a time. However, should he stay healthy, Jouka has many, many years of training in front of him and a lot of people look to Jouka as the dominant force in strongmen events for years to come.

When preparing for this interview I asked Jock Reeves, Jamie Reeves' brother, about Jouka and Jock stated that Jouka Ahola "is a class act both off and on the competitive platform". In closing I can think of no better tribute than that.

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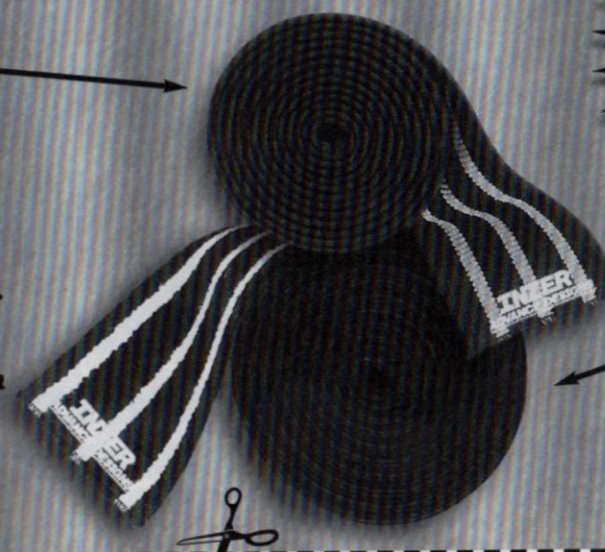
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Westside women have proven to be stronger as a group than those from any other gym. Six women have squatted or deadlifted more than 500 pounds. Mariah Liggett, the first woman at Westside, set many world records and won more world championships than any other woman. Other notable women from Westside are Doris Simmons, Laura Dodd, Sue Meany, Deb Sorenson, and Terry Byland. But only one has managed to become the strongest

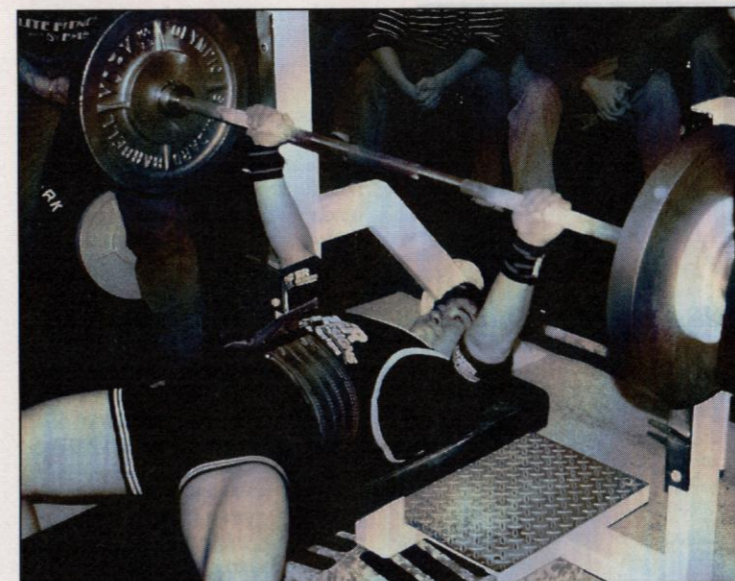
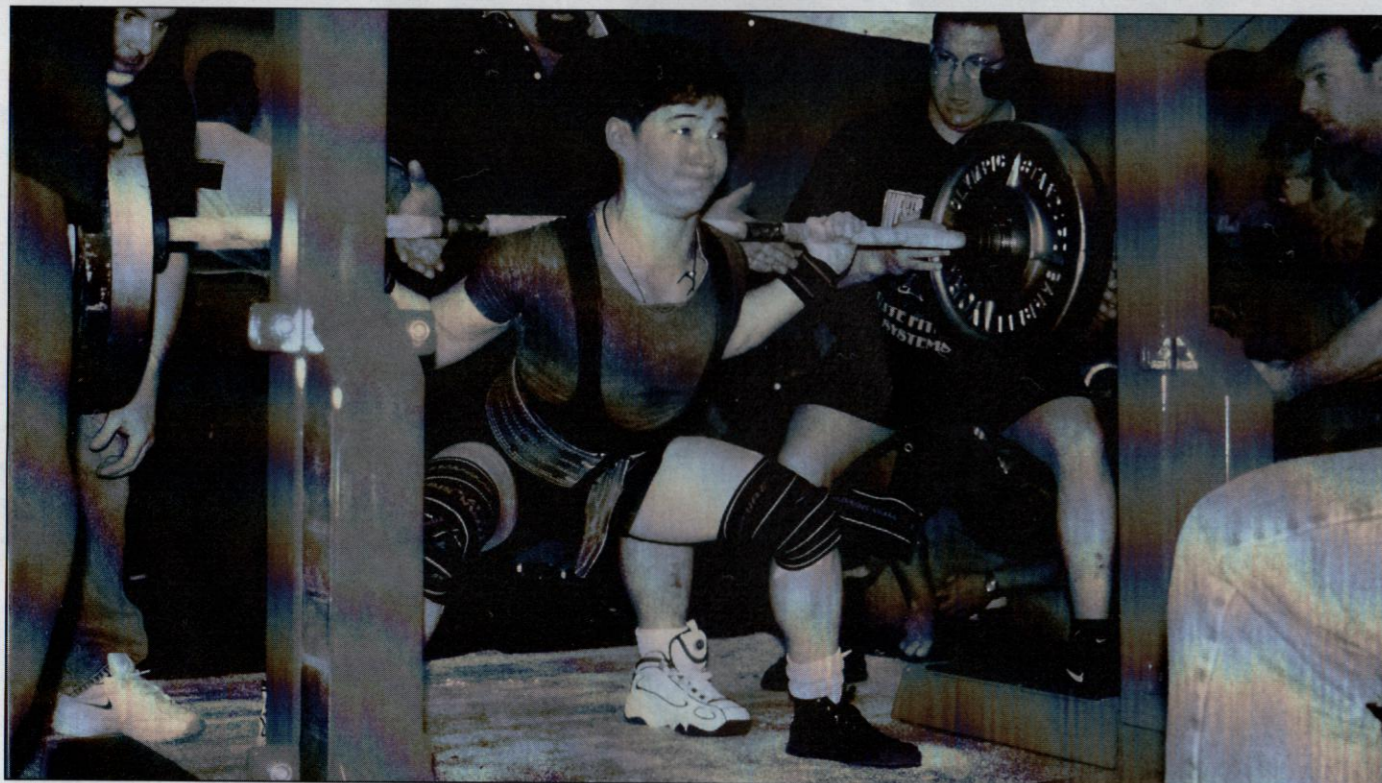
# TRAINING

## AMY WEISBERGER

as told to *Powerlifting USA* by Louie Simmons

not only the squat but also the deadlift.

The box squats are done with short rest periods between sets (45 seconds works best). Six sets are done when bands are being used. Eight sets are done when just bar weight is used. During Amy's mini-cycle, the weights ranged from 205 to 245, plus 40 extra pounds of tension at the bottom and 75 pounds of tension at the top with the bands. This loading was for 4 weeks. The



Amy Weisberger (opposite page, squatting 450, spotted by Louie Simmons) benched 280 at the Westside Invitational. (photos by D. Black)

cises for glutes, hamstrings, erectors, and lats, but never in the same sequence as on speed day.

For the bench press, Amy does speed work on Sunday using 8 triples with 50% of her contest best. Flex bands that contribute about 25 pounds of tension at chest level and 70 pounds at the top are used in 4-week waves. Then she switches to chains for 3 or 4 weeks. Chains are always used before a meet to eliminate the added eccentric work from the bands. After benching, Amy hits triceps very hard, training them longer than the speed benching (about 20 minutes). Lats are next, and delt raises are last. About 20 lifts out of 200 (about 10%) on the bench are done with a slightly heavier weight to check bar speed.



Amy seldom trains the deadlift

For GPP work, Amy will do a few extra workouts a week with sled dragging to raise her level of physical preparedness.

As you can see, men and women train the same at Westside. There is a test we all must pass: it's the test of time, and Amy certainly has passed that test as no woman has before.

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pound-for-pound woman to date - Amy Weisberger.

Both Carrie Boudreau and Vanessa Gibson have totaled 1151 at 123 pounds. These totals are the only ones by females that surpass a male USPF Elite total. But on February 20, 2000, also lifting in the 123s, Amy made a 450 squat, a 280 bench, and a 450 deadlift to total 1180, a world record. Amazingly, six days later she benched 286 and 292 for two more world records. This reflects the fact that Amy is not only very strong but also very fit.

How did Amy total 34 pounds over a male Elite? She uses a scientific approach to lifting. For squatting she employs box squats with Flex bands, which provide overspeed eccentrics and progressive concentrics. This increases

last 2 weeks was a de-loading phase: the bands remained the same, but the bar weight was reduced to ensure quickness.

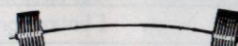
Special work played a great role in Amy's squat. She does sets on the Reverse Hyper machine 4 times a week, 2 heavy and 2 light. She also does sled work, lots of abs, pull-throughs, and glute/ham raises. No more than three exercises are performed in one workout.

At Amy's level of preparedness, she must switch core exercises each week on max effort day. She does a variety of good mornings - bent back, arched back, combo squat/good morning, straight leg, thigh-supported (Paul Anderson style) - to re-

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


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Over the last twenty two years I've seen more than several training routines. It always amazes me how many of these promote unbalanced development around the shoulder joint. While it is cliché to include rear deltoid work, most routines have little.

When discussing joint stability with my pupils at Iron Shark Barbell, I often use the example of an antenna with guy wires. If an antenna has several thick cables on one side to support it, but only a thin rope on the other side and the antenna is subjected to the high turbulence, which way do you think it will fall? Similarly, the shoulder joint when dislocated almost always moves in the posterior direction. Chronic problems also surface due to unbalanced development. This can take the form of impingement, or bursitis, tendonitis, or osteoarthritis with ensuing scar tissue.

To strengthen the rear deltoid, it has been argued that barbell rows are the best all around upper back exercise. The trouble I've always had with barbell rows is where does the drug free powerlifter fit them in to the work week? If squats and deadlifts are worked first on their respective days, each of these will exhaust the lumbar region. The lower back becomes tired enough that it will be a weak link during rowing, resulting in less than ideal upper back stimulation. I love the classic barbell row however, so I usually plug them in when I'm taking a break from deadlifts.

A second problem with barbell rows is the lower back can never support what both sides of the upper back working in unison can pull. This from a lifter whose deadlift was his strong point. The solution? One arm rows.

Perhaps the best of all rows are heavy one arm dumbbell rows. Both feet are planted on the floor and the free hand is propped either on the opposing knee or on a bench. The back should be kept reasonably flat to reduce risk of injury. The legs and hips function as springs absorbing the inertia of the descending weight when the arm becomes straight. This is particularly important for heavy work. Without this softness of the legs, the entire descending weight would have to be stopped by the tendons and ligaments of the back and arm... ouch! The movement is begun by shrugging the clavicle towards the spine a la Paul Kelso. To the uninitiated it looks like cheating but the re-

# TRAINING

## ONE ARM ROWS

as told to Powerlifting USA by Marc Cavigioli

sults are inarguable. In the past I've answered accusations of cheating with, "Give it a try, cheat all you want," no takers.

Using this style one can stimulate the upper back more fully than using a barbell. Following very heavy one arm dumbbell rows I usually get sore in the crook of my elbow, (lower biceps, brachialis and forearm extensors), the entire lat and rear delt. Additionally, the trap from top to the middle of the back get hit very hard. This is the ideal exercise to counterbalance heavy front delt work.

Perhaps the greatest challenge for heavy one arm rows is finding suitable dumbbells. After a biceps injury, I rehabbed with the gym's 150s for three sets of 21 reps. But, for the healthy athlete, the only solution is to pick up some bars at a scrap iron yard and convert them to dumbbells yourself. If money is not an issue or you're not handy with metal, IronMind Enterprises produces some real nice bars to choose from. Their catalog is ad-

vertised in PL USA.

I was lucky as my dad is a precision tool maker. He produced some monsters, one Olympic and one standard with which I could torture myself.

"Look at this guy!" a crusty, tattooed, bodybuilder in his fifties scoffed when I brought the bar to a gym. Once he saw how much iron was loaded on he suddenly became my friend, sidling up to me to glean some training advice.

Back in college, my friend Bob Marsh and I had a friendly rivalry going. Each weekend we would check in with each other as to how heavy we'd gotten. That darned twenty pound Olympic dumbbell wore a hole in my suitcase from being lugged back and forth on weekends. At the time, I'd do heavy sixes. The best I'd worked up to was 270 for two sets of six. For this weight I used Olympic 35 pound plates. Since my lumbar injury, (from stiff legged deadlifts), my best has been 245 for two sets of ten.

A word of warning: such heavy

weight puts tremendous strain on the biceps. Once injured, the biceps takes more time to recover than most areas, with over a year not being unusual. To reduce this risk, the biceps should be stretched with regularity by pronating the wrist, holding on to an upright and extending the straight arm behind oneself as far as is comfortable.

While heavy dumbbell work is outstanding, its severe nature will burn you out. Both Bob and I found the grueling twisting of the torso, the inability to breath, and the sore intercostals caused an eventual breakdown in the willingness to perform the movement. Alternatives are readily found. For years I pounded heavy one arm cable rows with up to three hundred pounds per arm. In this case, the legs are bent enough to allow the free hand to be propped on the opposing knee. The body must be offset on the seat so that the cable comes straight off the pulley. Don't try this one with a row machine that has a pulley at chest height. This inferior design puts undue strain on the lower back. Far better to use a rower with the pulley between the feet. A further variation is the standing one arm cable row.

In this position, spread the feet with the opposing foot well forward as a brace. The back foot is turned out somewhat. The back leg is bent into a crouch, the front leg only somewhat, and the free hand is again propped on the knee. Fifty percent of your seated one arm cable row weight is reasonable to expect.

I've even done heavy one arm rows off a T-bar row but this is trickier and shouldn't be attempted unless you are well seasoned on regular one arm rows. Such performance is also contingent on the design of the machine.

To be sure, you'll get amazed looks due to the weight you're handling with one hand. Perhaps the best of these stories was when I trained at UMASS in the mid eighties. I wore a bull-type nose ring before they were in vogue. I wasn't going to graduation so I wore my graduation gown to the weight room. May as well get some use out of it, I thought. I had chalk all over the black nylon and the mortar board tassel was swinging around as I hauled away.

You'll notice once you've gone very heavy with one arm rows, barbell rows will be even tougher on the lower back because the upper area becomes so strong. Two hand work on the cable becomes a

joke. If you can row the stack with one arm, sets of twenty reps are child's play with two hands. You'll find yourself disappointed with any stacks under 350. I've used 450 on an old, sticking, plate loaded machine.

Before I tore my back doing deadlifts, I barbell rowed 405 for sets of six. Since my injury, I've had to lighten up, but my proudest accomplishment since was 365 for ten followed by 315 for fifteen reps. I know this is fairly modest for you big guys, but at a bodyweight of 205, with a seven inch wrist, I'm little.

A problem you may encounter is that you inadvertently become the tester of gym machines. Rarely do some of these machines get used to their strength limit. There is real danger here. Always check the soundness of cables before starting.

Some time ago I was training in



Author Marc Cavigioli doing one arm rows



(photograph credit to Annette Chastain)

a Nautilus Fitness Center. The gym I attended at the time had closed and the members were suddenly out of a place to train. Working as usual, I loaded up the cable row in the free weight room. When the

cable snapped I was propelled backwards about six feet to land on my back, legs in the air. The tremendous crash died down and club employees rushed to express their concern. To be sure, all strength

training programs encompass risk, this one included. If you push your body to the limit over the course of years you will get injured, everyone does. The point is that equipment failure is one of the more avoidable forms of injury. Fortunately, the strength equipment at Iron Shark is beyond question. But, I look at unfamiliar equipment with a jaundiced eye. For me, heavy one arm rows have become the squats of the upper back. If I ain't doin' 'em, I ain't workin'. Strengthening the rear delts and lats should help improve deadlift lockouts, squat stability, and benching off the chest. If an improved total and injury protection is not convincing enough, one arm rows will add new thickness to the entire upper back region. Who in the iron game can say no to increases in both size and strength? Everyone knows what one arm rows are, but few take them to the limit. They sell themselves short. Will you?

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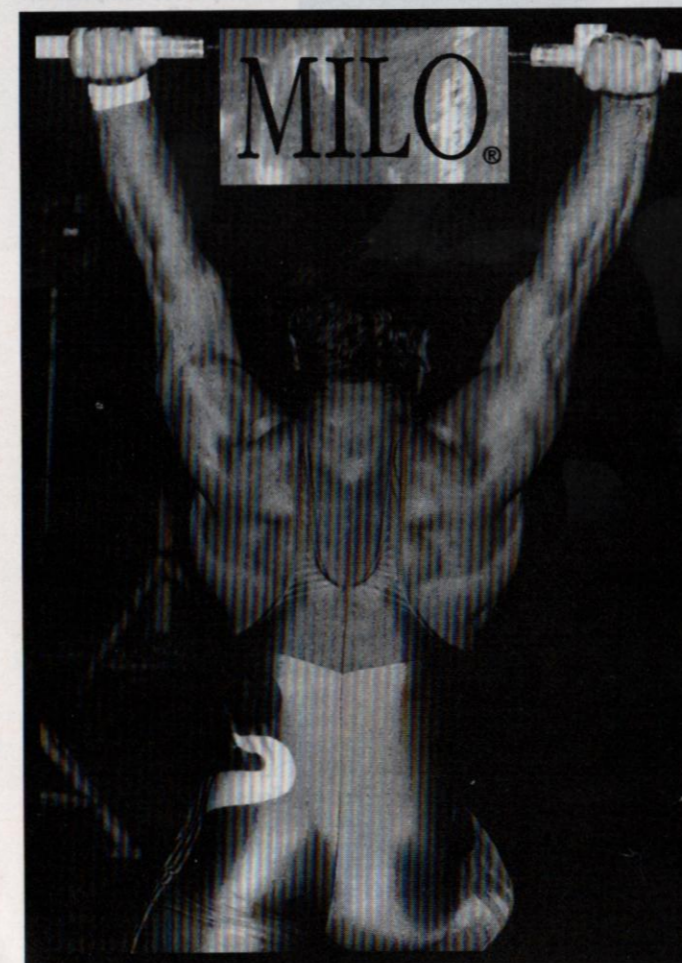
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# POWER PROFILE

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

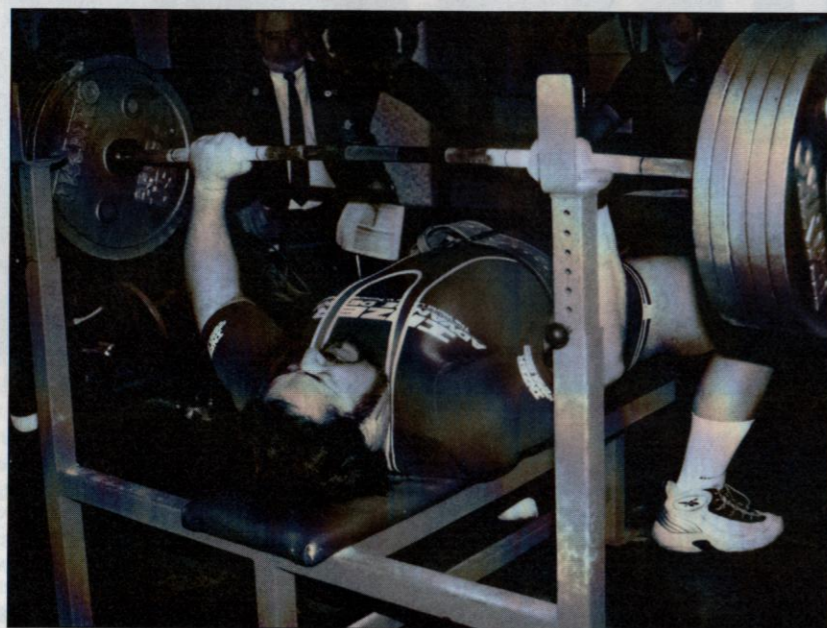
Tom Manno entered this world on February 19, 1958. Born in Rochester, NY, he weighed in at a robust 7 lbs., 4 oz. Tommy appeared to be a healthy boy, but at 2 years of age he developed spinal meningitis. This malady affects the central nervous system, causing rigidity of the limbs, and it was compounded by frequently occurring epileptic seizures. Young Tom's condition worsened. A priest was called to his bedside to administer last rites, but this turn for the worse took a miraculous about face. It wasn't his time. Although very ill he began to improve. Still bedridden, gradually his appetite improved. The symptoms of his condition eventually diminished and then went away completely. For his parents it was an answered prayer!

His father, a Korean War airplane mechanic had two sons, and Tom was the youngest. He had high hopes that Tommy would thrive in athletic endeavors as he had

done. These hopes were dampened when the doctors told him that Tom would always be small and weak. Well, the runt of the litter proved the experts wrong. He filled out to be a big kid for his age. When about 12, young Manno earned a modest little income on a paper route. An older teenage friend talked him into stopping by his home while delivering his route. This friend owned a weight set and encouraged Tom to give his barbell a heave-ho. On his very first try, Tom cleaned and pressed the whole works - a hundred pounds no less. By the time he was in the 8th grade, Tom Manno could press 150 lbs. above his head. His peers were astounded.

By then, they'd moved to Arizona. In his early teens, Tom had read of Jon Cole, who was known worldwide as a strength athlete (discus, weightlifting, powerlifting). This served as an inspiration for him in his own athletic exploits. He blossomed into a super athlete. During his high school years he played football. Tom not only made All-State, but was named to the All American High School roster as well. He became Arizona State champ in the shot put and won the state heavyweight wrestling cham-

## Tom Manno - Master Bencher as told to Powerlifting USA by Herb Glossbrenner



Tom Manno driving 600 at the AAU World Bench Press Championships (Drake)

ampionship as well. During his high school years, he could standing press 265 lbs.

Manno graduated from high school and went on to play football at the University of Arizona. He also got interested in Olympic Weightlifting and liked it. It was very beneficial for improving his throwing skills and explosiveness on the football field. As a 242 pounder he made lifts of a 297 snatch and a 374 clean and jerk, but not in competition.

Also about this time he met Brick Darrow at the famous Thorbecke's Gym in Phoenix. He saw people doing heavy power training and became intrigued with the very heavy weights that could be handled in simple, deliberate movements. He got the rare privilege and opportunity to train and throw with the renowned strongman Bruce Wilhelm. Bruce, an Olympian in W/L, and a two time winner of the "World's Strongest Man" competition, encouraged Tom to unleash his full potential and become the "best he could be!" Coincidentally, both Tom and Bruce had trained under the same coach at Arcadia High School - Pete Ansalmo!

During his college football days

at ASU, he got the rare opportunity to start in the 1979 Fiesta Bowl. What a rush to perform in front of a big crowd. At a 260 bodyweight, Tom could now do a 660 SQ, 450 BP, and 640 DL. Tom wasn't satisfied. He wanted to be a top dog. Although wrestling, admittedly, was his best sport he went on to further showcase his athleticism on the football field. In 1981 he played pro ball for the Dallas Cowboys and later he signed with the USFL Tampa Bay team. He liked football, but it was hard on his body. He took some time off to evaluate his goals and objectives. After a five month hiatus, Manno decided to specialize on the bench press. He had an overpowering urge to make a name for himself. He figured that by concentrating on one lift, instead of doing all three powerlifts, it would reduce the recuperation time from his heavy training. Not only that, he reasoned he could therefore participate in more competitions.

Tom turned 42 early this year. At 6' 3 1/2" and 308 lbs., he is one impressive rugged specimen. With his neatly trimmed "Hercules" beard, he looks uncannily like his boyhood idol - Jon Cole. A pair of 21" guns complete the picture for this persis-

tent proponent of prodigious pressing power. That's the best way I can describe Tom. I first met him at the USPF Bench Press Nationals in Bakersfield, CA in 1999 and was quite impressed by his soft spoken manner. Tom had some color pictures of him benching and winning a big title. He passed them out generously - a gesture of good will as well as a positive promotional effort.

Tom got married for the second time in 1992. He and wife Diane raised 4 kids together from his first marriage. This was also her 2nd marriage, and in this case the 2nd time seems to be a charm. Diane is one of his most ardent supporters and can always be seen at meets with him. To date Tom has won 12 National titles as well as 10 World Championships. He competes in several different organizations: USAPL, AAU, WPF, and NASA. Tom's conviction is to compete in drug

tested meets, which he feels helps give his performances more credibility. No question that he's come a long way from his first ever bench press competition as a high school sophomore, way back in 1973, where he lifted a winning 275 lbs.

He reached a lifetime goal in August '99 by posting a 600 lbs. lift for the first time at the NASA World Cup. Unfortunately the results of this competition weren't sent to PL USA, so when the MARCH 2000 edition of POWERLIFTING USA came out he was only listed 7th in the Masters Top 20 from a meet in January of 1999.

What about his training program? Manno works out 4 days a week. He does regular bench presses once a week. On the other days he does auxiliary work. One day he does close grip benches, triceps, and bicep work. A workout is also reserved for front and back overhead presses, shoulder and upper back work. This modern day "Hercules" has handled some might impressive training poundages. For instance, he's seated pressed 425 (in front) and done 390 for 3 reps as well as 335x5 in the press behind neck movements. No wonder this man possesses cannonball like deltoids,

horseshoe triceps and baseball biceps! Tom has never tried a maximum single in the press behind neck, but conservatively figures he could handle 370 with no problem. Tom never follows the same routine twice in succession. He steers away from traditional cycling routines, preferring to train instinctively. He's found the progressive peaking system works better for him. He's a strong advocate in the 3Rs - REST! REST! REST! He feels many lifters overtrain and don't allow themselves proper recuperative time. His plentiful recuperative time between his heavy workouts has helped drive his success. Manno believes the mental aspect has a great deal to do with continued improvement. He realizes that training without the boost of androgenic aids might take a little longer, but he's been around a long time and has been patient as well as persistent.

During his heavy workouts he takes big poundage jumps. A typical workout might go something like this: 135x8, 225x2, 315x2, 405x1, 495x1, 535x5. Tom trains without using the bench shirt most of the time to build his basic strength. Three weeks out from a meet, he puts it on. Using the shirt some of his best lifts are as follows: 500x10, 545x5, 585x2, and 620x1. He's

handled 500 for 7 repetitions, RAW, and can handle 570x1 for one in this manner. Once, on a whim, Manno BPeD 315 for 28 reps in succession. As you might understand, he took plenty of down time after this high intensity excursion!

Tom Manno's supplementary keys for success include drinking lots of water to stay hydrated. He ingests Creatine as well as L-Glutamine and Ribose to keep a high level of ATP (energy) production. He's also a big believer in the benefits of glucosamine and chondroitin, which acts as a natural anti-inflammatory for joint soreness and helps promote healthy cartilage.

Tom is a humble man who extends his appreciation to those whose suggestions, ideas, confidence and support have helped him on his rise to the top. He lists his wife Diane as his biggest supporter. Manno also greatly appreciates his major sponsors, especially John Inzer of Inzer Advanced Designs from Longview, TX; First Chiropractic and Clearview 2000 - both of Phoenix, AZ; and Family Solution of Boise, ID. Tom is also grateful to PL USA for doing this feature story on him.

So - to the TOM MANNO - I say good luck, continued success, and - most importantly - GET EVEN STRONGER!

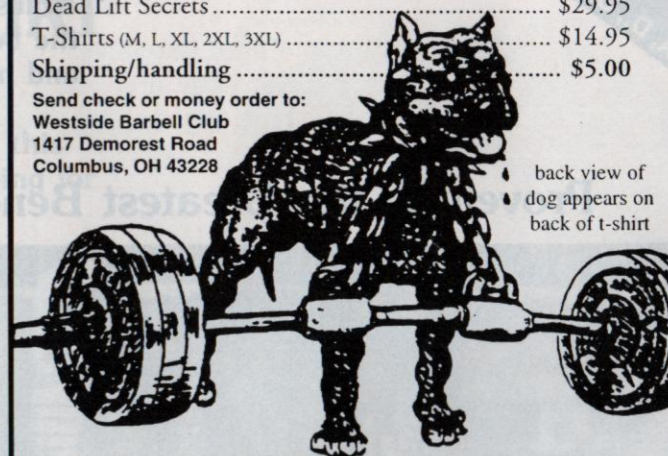
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J. Weber		
325		

Who would have imagined a little eastern Idaho community supporting powerlifting competitions? But that was three years ago. Eighty-five entries almost doubled our entries this time, and almost everyone said they'd bring more August 19 & 20th for the Third Annual Power & Bench meet. We are

most excited about doubling our teen entries (24)!!! Wyoming meet director Rick Wehrle agreed that for all the trouble we go through, if one more teen finds a discipline to enjoy, it's worth it. With this in mind, we would like to mention something about the YMCA character development program (CARING, HONESTY, RESPONSIBILITY, and RESPECT). We continue to hold powerlifting events because of the strong bonds that seem to form through people of all ages helping each other. The relationships that develop through having these events is worth all the time and effort spent in putting one of these events on. Powerlifters seem to love to help out the young up-and-comers; and that's what the Y is all about. We challenge ourselves to model caring, honesty, responsibility, and respect in all we do. Rick "Godfather" Angelo's son, "Big Joe" opened the bench press competition with some nice first time lifting. The standing room only crowd loved all the kids (under 13 yrs.). More chairs next time, guaranteed! When we break 100 competitors in August we'll have to re-locate to the Shihoh Inn, located on the beautiful Snake River. Patrick Ward of the "Ward Family Powerlifting Team" had some good lifts on his second visit to the 20'x14'x16" platform. Isley Filiaga had some great lifts and support from this family and friends from Provo, UT. Hopefully, Mr. Filiaga will entertain the crowd in August with some big exhibition lifts! Meagan Merchant got the Merchant family powerlifting with her emotional bench pressing. Annie Ward followed Patrick with an 88 lb. bench (100 lbs. will follow soon!) Priscilla Giddings (16 yrs.) came over to help and get some energy for her quest of a second world title in November in Las Vegas. She'll be training with her coach (Sunshine Higgins) in Idaho Falls all summer. A 400 lb. deadlift is on her agenda! Priscilla pulled 378 in Calgary, but the judges didn't pass it. Christine Rovnak benched 159 lbs. for first place, but she came and did the biggest female deadlift of the day, 336 lbs. The 378 lb. put her in the TOP 13 of 20 women in the March 2000 PL USA! "A 400 lb. deadlift should put her in the top ten, or a 430 lb. in the top five", says coach Linda Higgins!! Justin Richie, another newcomer, took best teen bencher with 275 lbs. in the 75 kg. class, Chris Meyer second. Allen Stone (Filiaga Powered) amazed the crowd with a 330 lb. bench for first in the 16-17 yr. 140 kg. class. Robert Ward kept the enthusiasm going for the Wards by benching a PR 303 lbs. Gary Brower (jr.) set and broke some Snake River records which impressed his father as well. His 281 lb. deadlift in the 14-15 yr. division will probably stand for quite some time. In the juniors 90 kg. Jason Finley benched 319 lbs. for first place, Cory Rasmussen second with 303 lbs. Eight women were competing for best female bencher awards. Donna Long benched a nice 121 lbs. for her first appearance on the platform. Karen Walker, Madeline Merchant, and Sherry Randolph weighed within ten pounds of each other. Sherry benched 137 lbs., Karen 132 lbs., and Madeline 121 lbs., and based on bodyweight, Sherry won best female bencher. Sherry then brought the house down with a successful 143 lb. fourth lift at 110 lbs. bodyweight. "If she benches 153 lbs. and deadlifts 303 lbs., she'll be in the TOP 20 of all U.S. Open Women!" says coach Linda. Karen had a bandage on her finger from surgery earlier in the week. These three will be some exciting benchers in August!! Dr. Shawn Merchant was the star of the Merchant family by winning the Novice 220 lb. class. Shawn had a strong 385 lb. shirt-less bench. Rob Anderson benched 358 lbs. for second, Mike Coelho 3rd, and Roy Woodvine 4th. John Cunningham (UT.), John Hernandez (ID.), and Craig Palmer (MI.) were head to head for the best male bencher of the day. Craig's 451 lb. bench won out, but John and Jon were real close!! Should be even closer in August, only Bill Leavens (Nv.) will have to be factored in as well! Rick Wehrle (Wy.) benched 418 lbs. for first in the 220s Jim Weber second. Dave "Head Case" Fortner did three easy lifts for first in the 242s. His 424 lb. bench should have been his second attempt. Watch Dave in August! Keith Kreminan just missed a PR 400 lb. bench and settled for 380 lbs. Gary Brower had the biggest bench of the day - 457 lbs. John Hernandez won best sub-master with a 446 lb. bench. Darren (Blackfoot, Id.) won the 242s with a 424 lb. bench. Andrew Scardino is happy just to be training again after having heart surgery last year!!! The senior Ward family member, Douglas, benched a smooth 341 lbs. for first in the 50-54 yr. division. Caleb Douglas "rushed" over from Casper, Wyo. to manage a 369 lbs. in the 50-54 yr. 220 division. The deadlift competition began with David Penny returning to the platform to increase



Adam "Born to Deadlift" Korenke with 501. (Higgins)

his record to 88 lbs. at 7 years old. The parents closely watch the youngsters so they don't strain anything. Sometimes I think the parents are straining more than the kids!!! David's dad, Keith, was the best male deadlifter of the day with 584 lbs. at 181 bodyweight. Heather Long, with a short training cycle, pulled 209 lbs. Adam "Born to Deadlift" Korenke (181) took best teen deadlifter with a PR 501 lbs. That inspired Adam to load the wagon and head south to Texas for the AAFP Nationals to qualify for the world championships. Tony Thiel jumped in at the last minute for first place in the

Novice 220 class with a 451 lb. pull, Jerry Fisher second with 407 lbs. John Hernandez pulled 501 lbs. for first in the 90 kg. division, Craig Enloe second with 446 lbs. Alan Leavitt (Blackfoot, ID.) was best sub-master, deadlifting 523 lbs. Doug Clayton (Wy.) won best master pulling 529 lbs. Christine Rovnak (Coeur d'Alene, Id.) pulled 336 lbs. for the biggest and best female deadlift of the day. Holly, Amy, Priscilla and Jim Leslie were monumental in helping at the announcer's table. Special THANKS to Jim Leslie (Whitefish, MT) for taking my call during the meet!!! You're hired, just don't bill me!!! Phil Colburn, Chris Cousin, Paul Blakeley, Chris "Fly Fisherman" Lempe, Rick Ochla, Jared, and Gary "CEO" Jones did superb jobs in platform management!!!! Phil and Chris should be competing on the platform in August!!!! Andy Anderson ("Mr. Coefficient"), Jim Heeding, Caleb Douglas, and Carl Levell did fair and consistent judging, and will all be competing next time!!! (Bruce Roberts was missed!) Jim will be looking to regain his AAFP world records in the 148s, his 465 lb. squat still stands though. Thanks to our generous sponsors!!!! Which include; Orthopaedics of Jackson (Drs. Rork & Champa - great knee and shoulder surgeons for athletes), Teton Outpatient Clinic (Brian Smith guarantees the best view for recovering), Anderson's Lumber (Ross and Dale), Mike Lambert & PL USA, Vernon Steel (Butch), 1st Street Welding, Outback Steakhouse (Dale), Snake Bite (Noreen), Brownstone (Michael), Stardust (Days Inn), Screen Graphics, Perkins (Great Muffins-Ace), Grand Teton Mall, Papa Kelsey's Dominos, and the YMCA for bringing us all together!!! Hope to see everyone August 19-20th for the 3rd Annual Snake River Powerlift & Bench Championships!!! Strongman Jim Yoronin says the word is out and more Texans and possibly Michiganders may be attending. Take Care, Michael & Linda Higgins, Gary "CEO" Jones! (this report by Mike & Linda)

"I am writing this letter to talk about the positives I see in the sport of powerlifting. The first thing is *Powerlifting USA*. This magazine dedicates itself to the lifters. It is always gratifying to the lifter to see his or her name in the results list. It is great to show your family and friends "Hey, I made a national magazine in lifting." That is a great feeling seeing how powerlifting a lot of weight is probably done by less than 5% of the country. Secondly, there is the meet directors who set up these meets and make them run as smooth as possible. It is a BIG responsibility to make the meet go. So thanks to the meet directors because without them there would be no records set or no personal bests. Also the referees who pass tests with their organization and volunteer to referee so state and/or American records can be set. They do this for the love of the sport. That brings me to the number of organizations in powerlifting. Every lifter has preference of what organization they want to lift in or maybe two that they lift in. No one organization dominates the sport of powerlifting. So that means there is a purpose for all, however, there are some that are drug-free and some are that are not. We know how difficult the drug testing has become with masking agents. It is not hard to beat the test anymore. In my opinion if an organization declares itself drug-free, you have to sign the drug free statement and (even at your expense or meet directors expense) take the test and pass it. Don't sue organizations over faulty testing, after all you have two chances. That is what ruins the sport. If you do use performance-enhancing drugs, then lift at non-sanctioned meet or with organizations that don't claim DRUG FREE. Be honest if you take drugs, lift where you are supposed to. If you are drug free, lift at drug free meets. Yes, we can all coincide, just be honest! I have worked hard to hold 4 to 5 meets a year in Central New York and I will continue to be a positive force in powerlifting. I hope that the AAU can bring back some kind of drug testing.

Train Drug Free, Steve Rogers,  
NYS AAU Power lifting Chairman

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In the March 2000 issue of *Powerlifting USA* we reviewed the very complex process of oxidative phosphorylation and how it can be controlled or manipulated to mimic some of the effects of physical exercise. If you can remember back to those very exciting high school biology classes (please, don't throw any tomatoes at me), then you will have an understanding of adaptation. Biological processes and entities have been created to adjust in a positive manner to stressors in their environment. A stressor can be either a mental or physical phenomenon which taxes the organism or process. To make the stressor less taxing or stressful, adaptation occurs. Basically, this means that the entity or process changes in a way so that it becomes better at dealing with the stressor. Yes, since physical exercise is a stressor, our bodies adapt or change so that it can handle the stress better in the future. The effects are obvious: increased muscle stores, better oxygen utilization, etc. Interestingly, we can stress our bodies in precise ways with certain chemical compounds. In the March 2000 *PL USA*, we saw how a chemical called Dinitrophenol (DNP) has been used to manipulate oxidative phosphorylation, the process by which the high-energy compound, ATP, is formed. Dinitrophenol actually makes your energy producing processes very inefficient so that your body has to work extremely hard and expend a great deal of calories just to meet its minimum energy demands. If you notice, this is very similar to what happens when you physically exercise. Like physical exercise, Dinitrophenol causes you to burn an abundance of calories. Another similarity is that they both act as stressors and cause the body to adapt. Thus, usage of DNP will cause your body to change in ways that will make it better able to utilize energy. Practically, this seems to mean things such as better oxygen utilization and stronger, harder, even larger muscles. Behold the reality of Chemical Exercise!!!

As I mentioned in the March

**"Not only does sodium usniate affect the entire body, but it does so 24 hours per day. Can you imagine physically exercising your body continuously day after day? Just as your body "gets in shape" with physical exercise so it does with chemical exercise."**

## The Reality of Chemical Exercise! as told to by Derek Cornelius, Syntrax Innovations

issue, the problem with DNP is multifold. First, it is not naturally occurring and thus cannot be sold as a dietary supplement. To make matters worse, it is difficult for the average person to locate a source of the raw material and obtain it. Finally, and most importantly, DNP can be quite toxic if used incorrectly. Basically, if you are a careful individual and know where to locate and buy DNP, then it might not be such a terrible idea for you to wisely use a small amount. My experience though is that very few people indeed have the knowledge to purchase and use DNP. My advice: leave DNP alone!!

Even though DNP might not be the perfect chemical for some people to use, I saw in it vast potential. I knew that DNP's limitations prevented it from having much of an impact but I was unwilling to just give up the project because of the phenomenal results that I had seen. After many days of pondering the situation, a friend recommended that I back away from the situation a little so that I could see the "forest". I had been looking at the DNP "tree" for so long that I couldn't see the big picture. He recommended that I do what I do best: find a naturally occurring compound which met the required criteria and which could be sold as dietary supplement. DNP is not naturally occurring and thus can not be sold as a dietary supplement. I started searching for compounds that would meet the criteria of being dietary supplements. The substance would have to be naturally occurring, have a high degree of safety, and act like a classical DNP type of uncoupler. About this time, I was researching a tea named Kombucha that has been used for weight loss for thousands of years. At the time, I couldn't understand why it was causing weight loss so I decided to research all of its ingredients. Amazingly, I discovered that this tea contains usnic acid - a compound I came across while looking at uncouplers. Sure enough, usnic acid is a potent classical uncoupler like DNP and readily occurs in Kombucha. Bingo! I had found a product that is naturally occurring and that is responsible for the weight loss properties of a tea that has been used for thousands of years.

Although many obstacles had been overcome, I still needed to find a readily available source of a highly concentrated Kombucha or even pure usnic acid. After searching, I found a source of pure usnic acid and its sodium salt in Brazil. With

this breakthrough, I was well on my way to introducing the weight loss product of the next millennium!

The last thing I needed to do was to test the sample of usnic acid and the sodium usniate to see how it worked in the real world. I hooked plenty of people up to a special machine I bought to measure metabolic rate and took a before and after reading. We found some very interesting results. We actually suspected the pure usnic acid to be superior to the sodium salt but the usnic acid did not work at all - no increase in metabolic rate. At this point I was a little disappointed and didn't expect much out of the sodium usniate. However, upon testing this salt we were all quite shocked. Surprise! Surprise! We saw exactly what we were hoping for - a distinct and noticeable increase in Basal Metabolic Rate (BMR)! Apparently, the sodium usniate is much more bioavailable and consequently much more potent. The results we saw would have made any pharmaceutical company working on uncoupling proteins cry as our discovery made nearly obsolete all of their hard labor.

Because it can be complicated I will explain again what happens when you uncouple oxidative phosphorylation. Oxidative phosphorylation is the mitochondrial process which oxidizes organic substrates such as pyruvate and uses the resultant energy to convert ADP into ATP - the high-energy molecule that the body uses for fuel. Basically the energy from the oxidation is funneled through many complex chemical reactions until finally ATP is formed. The chemical reactions are called coupling sites since they connect (or couple) the flow of energy with the flow of electrons in the chemical reaction.

Imagine with me for a moment many pipes attached end to end via valves. Now, imagine the pipe connected to a water supply. When the water is turned on it will flow through the pipe until it reaches a valve. As long as the valve is open the water will continue to flow. Closing the valve prevents the flow of water. Pay close attention now! Pick out a joint along the pipeline and imagine poking a hole in the pipe at this point. Water begins to flow through the hole and is wasted. To keep the same amount of water flowing through the pipe beyond the hole you would have to go back to the water supply and increase the flow. If you can understand this, you can understand what happens

with oxidative phosphorylation and uncoupling. The pipes are representative of chemicals, the water representative of energy and the valves representative of the electrons (energy) at which the chemical reactions occur. Basically, an uncoupler pokes a hole in the chemical pipeline (at the place of a valve/chemical reaction) allowing energy to escape and be wasted. To compensate for the wasted energy and reduced production of ATP, energy containing substrates such as pyruvate are oxidized at greater rates to free more energy to be used in the process (same as increasing the flow of water). For reference, an inhibitor is analogous to shutting off the valve - energy flow is halted or prevented. We are interested in the phenomenon of uncoupling and not of inhibition. Controlled uncoupling of oxidative phosphorylation can be a very positive thing while inhibition of this process usually brings disastrous results. Interestingly, most uncouplers in high dosages actually become inhibitors and cause toxic phenomenon.

Thus, as an uncoupler, sodium usniate makes oxidative phosphorylation inefficient. Normally this process is about 60% efficient; DNP steps in and makes the process only 50% efficient. As with any energy converting process, the energy which is not converted is wasted as heat - in this case body heat. To maintain its normal supply of ATP, the body steps up its production (metabolism). In this whole process an incredible amount of calories are burned! What's even better is that nearly all of these calories come from fatty acids: i.e. adipose tissue!

Being a classical uncoupler like DNP, sodium usniate will potentially exercise your body. Although the processes are quite different, sodium usniate and physical exercise have similar end results. Both drastically increase the metabolic rate as well as create a high demand for ATP. If the demand exceeds the ability of the mitochondria to produce ATP, exhaustion results. The process of "getting in shape" is actually the body's adaptive response to the demand placed upon it during physical exercise. Sodium usniate is like physical exercise because it too makes the body work harder to produce a sufficient amount of ATP to fuel its energetic requirements. In fact, sodium usniate places a higher demand on oxidative phosphorylation than exercise. Not only does sodium usniate affect the entire body, but it does so 24 hours per day. Can you imagine physically exercising your body continuously day after day? Just as your body "gets in shape" with physi-

(article continued on page 66)

# The Few, The Proud, The...

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**WNPF Ohio**  
6 Feb 00 - Youngstown, OH

BENCH ASSISTED	181 lbs. (55-57)	215!			
123 lbs. Lifetime	J. Misorski, Sr. (33-39)	290			
D. Radal	J. Kramer (33-39)	270			
148 lbs. Lifetime	J. Misorski, Jr. (33-39)	335!			
181 lbs. (17-19)	198 lbs. (40-44)	230!			
R. Kuti Jr. (33-39)	242 lbs. Lifetime	435			
J. Fiumara	S. Cooke (33-39)	435!			
198 lbs. Novice	S. Cooke (40-44)	365!			
J. Hillinski	M. Lyden	350!			
242 lbs. Lifetime	DEADLIFT	460!			
R. Vargo	RAW	515!			
275 lbs. (20-23)	Youth (9-10)	110!			
B. Karlovic	60 lbs.	55			
Lifetime	M. Misorski	365!			
J. Peshier	R. Deamicis, Jr. (14-16)	350!			
SHW (33-39)	C. Kovalesky	305!			
J. Wilson	165 lbs. Novice	275			
RAW	D. Snyder (33-39)	500!			
FEMALE	A. Sagermano	380!			
165 lbs. (40-44)	181 lbs. Lifetime	380!			
A. Kichy	J. Kramer (33-39)	380!			
148 lbs. (14-16)	J. Misorski, Jr. (55-59)	300!			
C. Kovalesky	J. Mosorski, Sr. (17-19)	370!			
Lifetime	198 lbs. (40-44)	280!			
A. Khalil	B. Misorski	265!			
D. Guerra	SQUAT	185!			
165 lbs. Lifetime	Raw	405!			
L. Tyler	181 lbs. Lifetime	210			
Novice	J. Kramer (33-39)				
D. Snyder	J. Misorski, Jr. (33-39)				
(33-39)					
A. Sangermano					
ASSISTED	SQ	BP	DL	TOT	
165 lbs. (17-19)	450	315	435	1200	
J. Wood	485	375	415	1275	
Open	385!	325!	405!	1115!	
N. Helcorelli	525!	360!	530!	1415!	
181 lbs. (40-44)	400!	315!	485!	1200!	
R. Kellish	440	360	505	1305	
198 lbs. Lifetime	420!	305!	405!	1130!	
D. Polis	455	310	4565	1330	
(40-44)	400	305	515	1220	
M. Johnson	135	380	135	650	
(45-49)	700!	585!	615!	1900!	
J. Phillips	505	360	450	1315	
220 lbs. (50-54)	405	350	425	1180	
D. Stellfox	500	355	520	1375	
242 lbs. Lifetime	610!	530!	630!	1770!	
M. Stas					
R. Druga					
(20-23)					
M. Jones					
275 lbs. Lifetime					
J. Peshier					
B. Pflueger					
R. Powell					
(33-39)					
T. Desantis					
Police/Fire					
N. Zupko					

**SHW Lifetime**  
J. Yoder 500! 380! 605! 1485!  
H. Kress (45-49) — — — —  
R. Graham 675! 365! 600! 1640!  
RAW 181 lbs. Lifetime  
J. Kramer 460! 330! 460 1250  
405 290 500 1195  
J. Misorski, Jr. 375! 335! 380! 1090!  
198 lbs. Lifetime  
D. Taylor 410 280 545! 1235  
(40-44)  
B. Misorski 330! 230! 370! 930!  
242 lbs. Lifetime  
B. Hennebert 440! 360! 600! 1400!  
275 lbs. Lifetime  
R. Rastette 660! 350! 580! 1590!  
I-State records. The WNPF Ohio championships once again proved to provide some fine competitors and lifting in the assisted divisions there were some huge totals and some good competition. In the 165 lbs. class Josh Wood and Nick Mercorelli turned in some fine totals and Bob Kellish came back to take the 181 lbs. class. In the 198 lbs. class Dave Polis set all new Ohio records in the lifetime division and fine totals were turned in the masters divisions by John Phillips and Matt Johnson who also set new records. Mike Stas took the 242 lbs. class with a fine total and Jeff Peshek turned in all new state records and the highest total of the day to win the 275 lbs. lifetime class. Tony Desantis took the submaster class and Mitch Zupko set all new state records to win the 275 lbs. Police and Fire division with the second highest total of the day. The superheavyweights also brought two fine lifters with Ron Graham and Jeff Vargo winning their divisions. In the assisted bench press some heavy weight was pushed up with Jef Peshek and Blaise Karlovic having the top two lifts. Paul Vargo followed close behind just missing 500 lbs. Joe Fiumara and Abbas Khalil had the two highest lifts in the lightweight classes. In the raw divisions lifters showed you can put up some fine totals without lifting raw. Mike McNinch turned in a fine total to win the 181 lbs. class with Jeff Kramer coming in a close second. John Misorski Jr. took the submaster class setting all new state records. Brad Hennebert and Rob Rastetter set all new state records on their way to winning their divisions and Don Taylor turned in a fine total in the 198 lbs. class along with Bill Misorski, in the raw bench press the top lifts went to Steve Cooke, John Misorski Jr. and Mark Lyden all winning their divisions. Other lifters put up some fine lifts and then turned pulled some strong deadlifts to go along with the bench. Youth lifters Ron Deamicis Jr. and Matt Misorski showed you never to young to start lifting and John Misorski Sr. showed that Jr. isn't the only one who push and pull some weight. Many new state records were set in the raw deadlift divisions. Team trophies were handed out to Firm Gym for raw powerlifting and Misorski's Gym took the raw deadlift and bench press. Both teams consisted of a great group of people and also some fine competitors. Special thanks to all the people who helped make this meet a success including my judges, spotters, and relatives, the boys from Sunstation Gym and all the lifters. (Ron Deamicis)

**Mason-Dixon Open BP/DL**  
12 Feb 00 - Calvert City, KY

BENCH	B. Adams	375
WOMEN	308 lbs.	
Master (50-59)	L. Green	450
C. Fuller	M. Stepheson	420*
MEN Teen	SHW	
P. Paff	M. Grant	650*
Junior	DEADLIFT	
A. Blalock	365*	
J. Greenwell	205*	
Submaster	Master (50-59)	
M. Lukens	C. Fuller	170*
Master (40-49)	Open	
C. Rainey	B. Book	250
400	MEN Teen	
335	P. Paff	325
Master (50-59)	4th	350*
B. Adams	Junior	
375	A. Blalock	565*
A. Buck	185*	375
Master (60-69)	J. Greenwell	375
M. Logsdon	Submaster	
235	D. Anguish	685
Police & Fire	Master (40-49)	
J. Ramey	132 lbs.	480
375*	Master (50-59)	
S. Holley	275*	440
148 lbs.	B. Adams	250*
H. Lee	A. Buck	
260	Master (60-69)	
181 lbs.	M. Logsdon	415*
W. Foster	400*	148 lbs.
4th	J. Wise	350
B. Davis	360	310
R. Lang	H. Lee	
290	230	
230	W. Foster	555
198 lbs.	D. Talley	405*
D. Goss	385	198 lbs.
K. Bolen	380*	475
220 lbs.	D. Anguish	685
D. Anguish	430	242 lbs.
425	J. Hall	
242 lbs.	K. Magnuson	640*
K. Magnuson	435*	605
J. Carter	370*	SHW
275 lbs.	M. Grant	775*
P. Stephenson	410*	



A PR 775 Deadlift for a Huge Michael Grant at the Mason-Dixon Open. (photo by Dr. Darrell Latch)

Butzer with 305. Butch Adams took the master 50-59 class with a strong 375, missing only his final attempt with a pr 400. Second place went to first-time competitor Allen Buck, an anesthesiologist from Nashville, Tennessee, who finished with 185. Marcus Logsdon took the master 60-69 class with 235. At sixty-four this man is one great lifter! Joe Ramey got a personal record 375 in his win at Police & Fire. In the open division Steve Holley took the 132s finishing with a personal best 275. Haywood Lee won at 148 with an easy 260. We had a full class at 181 with five lifters. Finishing on top was William Foster with a personal best 390. William then called for and got a fourth with 400, all at a 175 bwt! Second place went to Brad Davis who finished with 370. Ray Lang was third, ending with 360. Fourth place went to Wayne Maddix at 290 and fifth to Derek Talley who finished with 230. At 198 it was Darren Goss over Kevin Bolen 385 to 380. Kevin's 380 was a new personal mark for the 220s with 430 over Junior Hall's 425. Kristin Magnuson set a new personal record of 435 in his win at 242. Tommy Beshear also pr'd with 370 to finish in second place. Pat Stephenson's win at 275 brought with it a pr of 410 over Butch Adams' 375 on for second. Lee Green looked strong at 308, weighing in at 280 and posting an easy 450. Second place went to Mitchell Stephenson who got a new pr of 420. Last up was the big man, Michael Grant, all 332 lbs. of him! Michael opened with an easy 550, went to 600, then called for a new personal record 650 for his final attempt! And he got it, 650 lbs.! What a strong lift! For his efforts Michael received the best lifter award for the bench press competition. Moving to the deadlift competition master Women's winner Carolyn Fuller finished her day with a 170 personal record. This 52-year beauty shows a lot of potential! Another cutie, and a great lifter, is Beth Book, who took the open women's class with 250, just missing a personal best 275 for her final attempt. Both of these women are trained by David Anguish, owner of Showtime's Gym of Henderson, Kentucky. Patrick Paff looked strong in his teenage win finishing with a 350 pr fourth attempt. Adam Blalock got a prof 565 winning the junior class and coming close with 600. Second at junior was Joey Greenwell, getting just his opener of 375. David Anguish took the submaster class with a big 685, earning him best lifter honors for the lighter classes. Loren Betzer took the master 40-49 class with an easy 480. At master 50-59 Butch Adams led the way over Allen Buck 440 to 250. It was Allen's first deadlift competition. Marcus Logsdon continued to marvel the crowd with his at 60-69 by pulling a new personal record of 415 at a 154 bwt. and sixty-four years of age! Jeff Wise continued his winning ways at 148, pulling 350 to Haywood Lee's 310. Haywood was close with a pr 375 though. William Foster was the winner at 181, pulling an easy 555 to overpower Derek Talley, who got a new pr with 405. Kevin Bolen went 3 for 3 and 475 for the win at 198. Winning at 220 was David Anguish with 685. Kristin Magnuson took the 242s, as he did in the bench, with a pr 440. Second at 242 was Joe Carter with 605. Last to pull was, surprise! Michael Grant. Mike took the SHW class, again with a new pr, this time at 775. Michael was awarded the best lifter trophy for the heavier classes. Showtime's Gym won the team award with its members, Beth Book, David Anguish, Joey Greenwell, Carolyn Fuller, Patrick Paff, Jeff Wise, Derek Talley, Mike Lukens and Marcus Logsdon. Thanks to my son D. C. and to the others who helped spot load and judge. (Thanks to Dr. Darrell Latch for providing results)

**SCI-FIT MDA DL/BP**  
25 Sep 99 - Macon, GA

DEADLIFT	Novice 148 lbs.	225
T. Gunter	J. Harrison	185
Masters	T-Var	
L. Dacey	Novice 165 lbs.	335
J. Fair	D. Williams	
Teen	Novice 181 lbs.	365
J. Ridley	M. Counter	235
Novice 165 lbs.	O. Paul	220
D. Williams	Open 123 lbs.	220
Novice 181 lbs.	B. Burgamy	345
O. Paul	Open 148 lbs.	345
Novice 220 lbs.	W. James	225
J. Tabor	J. Harrison	225
Open 181 lbs.	Open 181 lbs.	
O. Paul	M. Counter	365
Open 220 lbs.	O. Paul	235
D. Bunn	Novice 220 lbs.	465
J. Roberson	R. Harrell	370
R. Harrell	J. Tabor	
Open 275 lbs.	Open 198 lbs.	345
J. Pelt	A. Richerson	345
Open 30 lbs.	Open 220 lbs.	
D. Fox	R. Harrell	465
BENCH	D. Bunn	420
WOMEN	J. Roberson	410
T. Gunter	Novice 242 lbs.	
Masters	C. Moen	330
L. Dacey	Open 242 lbs.	
J. Fair	C. Moen	330
Teen	Open 275 lbs.	
J. Ridley	S. Elmore	515
C. Johnson	Open 308 lbs.	
J. Harrison	D. Fox	470
Novice 123 lbs.	Open SHW	
J. Harrison	A. Davis	465



Best Lifter Stephen Elmore receives his award from Aron Crego at the Sci Fit DL/BP meet. (photograph courtesy of Joe Deverville)

**MCI Norfolk**  
25 Sep 99 - Norfolk, MA

148 lbs.	SQ	BP	DL	TOT
Sylvester	385	215	420	1020
165 lbs.	Lancelotte-BL	330	235	465
Fritz	350	205	465	1020
181 lbs.	Crook	455	340	530
LaFontant	450	335	510	1295
Bonilla	445*	250	530*	1225*
Serna	430	245	500	1175
198 lbs.	Onouho	485	360	550
Lopez	495*	300*	540	1335*
Cushing	475*	290*	455*	1220*
220 lbs.	Wise	500	360	590
Riley	475*	350*	575*	1400*
Murry	425	405	550	
1380	Garfield	475*	355*	550
Scibilia	385	330	500	1215
Carroll	355	325	505	1185
242 lbs.	Furtado	550*	325*	645*
Barretto	510*	310	565*	1385*
Springer	450*	350	500*	1300*
Larderle	440	260	460	1160
275 lbs.	Fontane-BH/MI	600*	450*	560*
Top Three Squat:	1. Fontanez 600 lbs., 2. Furtado 550 lbs., 3. Barretto 510 lbs. Bench: 1. Fontanez 450 lbs., 2. Murry 405 lbs., 3. T-Onouho 360 lbs. 3. T-Wise 360 lbs. Deadlift: 1. Furtado 645 lbs., 2. Wise 590 lbs., 3. Riley 575 lbs. BL - Best Lightweight, BH - Best Heavyweight, MI - Most Improved Lifter, * - Personal Best Lift, ! - Norfolk Power Team Record, T - tie, BWT - Body Weight. "WOW" what			

**A Cold Day In... Tuscola BP**  
15 Jan 00 - Tuscola, IL

WOMEN Lwt.	MEN
A. Borders 145*	Open 181 lbs.
Mwt.	B. Hutchinson 335
L. Metzgar 185*	Master (40-49)
	N. Smith 405
	Open 220 lbs.
	N. Smith 405



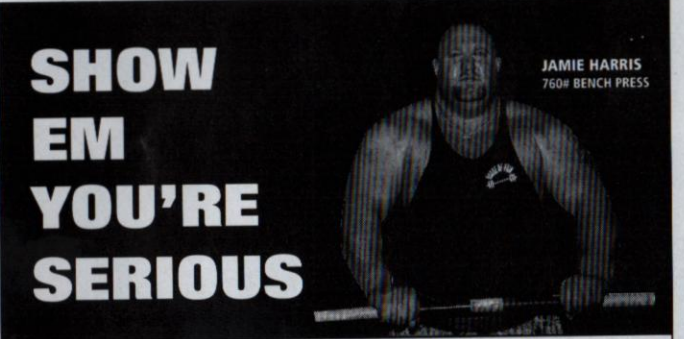
At the Cold Day in Tuscola BP Meet (left to right) Ann Borders PR'd at 145, while sister Laura Metzgar (kneeling) PR'd 185, and Benny Hutchinson continued his comeback. (photo courtesy Darrell Latch)

heavyweight in the competition, Mike Fontanez who also got personal bests across the board and broke his own Norfolk Power Team record with 450 lbs. on the bench, Raw as all our lifters were without s-suits, bench shirts or dead briefs. The only equipment used were Inzer knee wraps. Mike also had our top squat at the meet with 600 which went up easy on his third attempt he went 8-9 missed his third attempt on the bench for 460. I would especially like to thank Ed Cherubin and Mark LePage for working the table with me and the spotters and loaders Ed Kulingski and Dan Innis, Jose Marrero, Lamar Johnson, Mike Spring, Billy Tibbitts, Mike Mims and all other helpers. A special thank you to the Rec. Staff here at Norfolk and D.O.T. Mike Devine for supporting the Norfolk Powerlifting Team. (results from Charles Sanford)

**Tri-Fitness Millenium BP/DL**  
26 Feb 00 - Prince Frederick, MD

BENCH	275 lbs.	505
148.5 lbs.	Disantostenfano	405
T. Lewis	J. Watson	315
165 lbs.	W. Rawlings	385
J. Rinker	Master	300
K. Merrilat	P. Smith	350
181 lbs.	DEADLIFT	
J. Russo	315	Junior 165 lbs.
M. Klein	320	B. Litz
R. Jenkins	270	181 lbs.
198 lbs.	J. Russo	540
T. Getsinger	375	R. Jenkins
T. Reumont	350	198 lbs.
K. Matlack	305	T. Reumont
220 lbs.	K. Matlack	400
B. Koehn	405	220 lbs. Master
S. Rawlinson	370	S. Rawlinson
M. Levin	300	A. Pozda
Master	375	W. Wrabley
S. Dokes	405	R. Rope
R. Pope	315	242 lbs. Junior
242 lbs. Junior	T. Passamante	320
T. Passamante	260	G. Durham
S. McCraw	420	Master
G. Durham	315	A. Hubbard
		500
		Disantostenfano
		630
		P. Smith
		560

Bench Rating between Tom and Keith - Determined by body weight difference Tom 198 lbs., Keith 194.25 lbs. (Thanks to Tri-Fitness for results)



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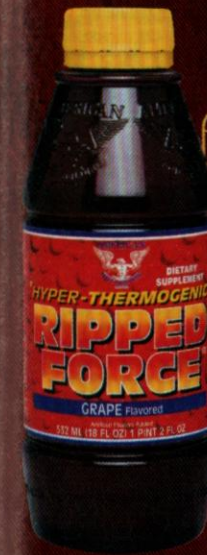
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  - Lemon Lime
  - Orange
  - Pink Grapefruit



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- Fruit Punch
  - Grape

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#### WHAT

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- 250 mg L-carnitine
- Added electrolytes - potassium, sodium and phosphorus

#### WHY

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- FLAVORS**
- Fruit Punch
  - Grape
  - Orange



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- Fruit Punch
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**Spring Invitational**

**8 May 99 - Concord, NH**

Masters (40-49)	SQ	BP	DL	TOT
J. Smith-182	475	270	520	1265
Open 165 lbs.				
C. Cegelis	480	325	570	1375
R. Morrill	300	190	390	865
Open 181 lbs.				
T. Fournier	425	275	480	1180
B. Rodriguez	375	320	450	1145
Open 198 lbs.				
J. Smith	475	270	520	1265
K. Newman	425	245	475	1145
J. Grullon	410	290	430	1130
R. Leone	350	250	400	1000
Open 220 lbs.				
T. Enquist	610	360	555	1525
M. Drouin	445	325	475	1245
Open 242 lbs.				
B. Macdonald	600	330	550	1480
F. Paulitz	400	310	525	1235

Meet Director: Jamie Fellows. Judges: Jamie Fellows, Mark Mauzy, Tyler Gate. Score Keeper: Paul Mancini, Rod Roy. (results from Superior Fitness)

**USPF Florida State**

**26 Feb 00 - Tampa, FL**

165 lbs.	SQ	BP	DL	TOT
Teen (16-17)				
W. Peer	315	225	355	895
275 lbs.				
M. Ramirez	225	340	405	970
Novice 148 lbs.				
M. Cleto	335	185	430	950
198 lbs.				
S. Wood	445	230	525	1200
J. Howe	365	315	405	1085
242 lbs.				
M. McLaughlin	440	315	500	1255
WOMEN				
Master (40-44) 148 lbs.				
H. Brown	180*	85*	205*	470*
165 lbs.				
J. Montgomery	275*	170*	365*	810*
Submaster				
198 lbs.				
J. Murrell	650*	390*	600*	1640*
D. Robertson	330	220	530	1080
220 lbs.				
B. Kelly	580*	325*	575*	1480*
Master (40-44) 220 lbs.				
P. Ryan	490	280	520	1290
L. Gnat	450	365	490	1220
242 lbs.				
P. Gnat	485	475*	605	1565
Master (45-49)				
181 lbs.				
J. Sansevere	425	300	445	1170
275 lbs.				
M. Brown	—	—	—	—
Master (50-54) 165 lbs.				
D. Pittman	405*	280*	545*	1230*
220 lbs.				
P. O'Brien	450	270	530*	1250
Open 181 lbs.				



**USPF Fall Push Pull Lifters:** (left to right) Rod Roy, Aaron Stroud, and James "Chunk" Gagne. (photo provided courtesy of Jamie Fellows)

J. Weisaenbaker	535	340	580	1455	S. Marrero	325	160	330	815
V. Lysobey	525	325	460	1310	C. Mauro	245	155	320	720
P. Mello	455	315	375	1145	D. Lowry	200	150	265	615
198 lbs.					123 lbs.				
J. Krausse	525	315	550	1390	J. Pfeiffer	305	190	350	845
A. Bent	—	—	—	—	D. Kaye	225	150	250	625
242 lbs.					M. Sacco	165	105	265	535
J. Klasko	560	405	540	1505	132 lbs.				
J. Montgomery	545	405	520	1470	D. Dalay	380	220	375	975
1-Best lifter. *State record. I would also ask that thanks be mentioned to Joe Bell, Greg Jurkowski, Matt Seymour, Rick Grayes, Griselle Ufret, Hennis Washington Virgil Diaz And David Coleman for assisting with the meet. Thank you very much. (Thanks to Bill Beekley, Meet Director and Florida State Chairman for providing these contest results)					H. Ahmed	380	210	370	960
					W. Woods	285	190	350	825
					148 lbs.				
					V. Vo	415	275	430	1120
					J. Gomez	405	200	430	1035
					K. Hannah	340	205	405	950
					165 lbs.				
					M. Nardello	355	300	450	1105
					C. Moore	405	230	440	1075
					P. Schibell	410	245	415	1070
					181 lbs.				
					M. Crowley	370	315	480	1165
					M. McClintock	390	285	425	1100
					D. Shanks	430	260	405	1095
					198 lbs.				
					G. Green	505	305	505	1315
					M. Goncalves	450	280	475	1225
					A. Carrington	475	240	475	1190
					220 lbs.				

**USPF Drug-Free New Jersey HS**

**5 Mar 00 - Hammonton, NJ**

GIRLS	SQ	BP	DL	TOT
M. Sacco	165	105	265	535
C. Jones	165	100	250	515
K. Mosley	180	90	210	480
D. Roventini	145	100	195	440
D. Harris	160	100	230	490
BOYS 114 lbs.				

B. O'Brien	500	280	535	1315
D. Martire	470	325	470	1265
W. Gajdzisc	450	265	480	1195
242 lbs.				
T. Roesler	425	345	505	1275
R. Brown	420	240	465	1125
B. Burke	430	240	425	1095
275 lbs.				
F. Yost	435	255	450	1140
S. Gilligan	250	190	405	845
SHW				
L. LaBeur	550	235	450	1235
R. Goodheart	280	185	410	875

Some of the schools that were represented in this powerlifting championship: Atlantic City High School, Holy Spirit High School, Pleasantville HS, Vineland HS, Middle Township High School, Christian Brother Academy, Edgewood HS, Egg Harbor Township HS, Jackson Memorial HS, Lakewood Prep, Mater Dei HS, Ocean City HS, Paulsboro HS, Shawnee HS, St. Joseph Regional, Montvair, St. Joseph, Hammonton, North Valley Regional HS. TEAM AWARDS: 1st place: St Joseph High School, Hammonton, Coach Paul Sacco, 43 Points. 2nd place: St. Joseph Regional - Montvair, Coach Dan Polli, 30 points. 3rd place: Jackson High School, Coach Tony Bombaci, 26 points. 4th place: Middle Township High School, Coach Joe Trombetta, 18 points. 5th place: Ocean City High School, Coach Steve Lepoldt, 12 points. Many Thanks to Trophy Sponsor: Mr. Rick Sepe of Hammonton, New Jersey. (Thanks to Coach Paul Sacco for the results)

**NASA IL PL/BP/PS**

**22 Jan 00 - Fairview Hts., IL**

BENCH	227 lbs. M2	157.5
250.2 lbs. HS	D. Wilson	157.5
M. Stolz	MPURE	90
280 lbs. HS	D. Wilson	157.5
B. McKinnon	MPURE	137.5
138.8 lbs. JR	B. Zirkwibach	137.5
R. Prince	Novice	-125
280 lbs. Junior	P. Marks	160
M. Rose	280 lbs. SM1	205
187 lbs. M1	J. O'Neil	237.5
D. Rosenzweig	SM2	187.5
227 lbs. M1	P. Marks	160
M. Aydt	227 lbs. Teen	165
187 lbs. M2	B. Harrison	130
J. Wood	127 lbs. WM2	187.5
K. Lamb		47.5

**Power Sports Division**

CR	BP	DL	TOT	
187 lbs. CM1				
R. Fury	67.5	—	67.5	
154.3 lbs. CM3				
R. Lee	35	—	35	
170.8 lbs. C Novice				
J. Kennington	40	—	40	
187 lbs. C Pure				
R. Fury	67.5	—	67.5	
170.8 lbs. Novice				
J. Kennington	32.5	65	160	
187 lbs. Novice				
M. McCarter	50	97.5	190	
280 lbs. Novice				
J. Pink	42.5	77.5	170	
Powerlifting	SQ	BP	DL	TOT
127.8 lbs. HS				
N. Fryburger	65	35	80	180
170.8 lbs. HS				
J. Wagner	115	92.5	160	367.5
L. Hathorne	125	72.5	152.5	350
187 lbs. HS				
M. Britto	142.5	105	185	432.5
205 lbs. HS				
J. Stedman	185	120	217.5	522.5
K. Daniels	150	122.5	187.5	450
280 lbs. HS				
J. Langhoff	170	102.5	197.5	470
205 lbs. INT				
M. Replin	210	150	235	595
187 lbs. M1				
D. Winkler	247.5	167.5	250	665
M2				
K. Pickens	232.5	142.5	210	585
MPURE				
K. Pickens	232.5	142.5	210	585
205 lbs. MPURE				
M. James	250	2137.5	265	652.5
227 lbs.				
A. Barban	210	125	240	575
205 lbs. Pure				
S. Page	197.5	137.5	200	535
227 lbs. Pure				
D. Meadows	242.5	147.5	237.5	627.5
Teen				
J. Sanders	167.5	115	200	482.5
SHW Teen				
D. Staley	150	97.5	197.5	445
110 lbs. WHS				
O. Markham	80	37.5	100	217.5
119 lbs.				
R. Denton	80	50	110	240
127.8 lbs.				
A. Smith	-55	37.5	100	82.5

(Thanks to NASA for providing these meet results)

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**APF Central CA Open/Novice**

**11 Mar 00 - Fresno, CA**

BENCH	100 kg. Novice	160		
56 kg.	J. Vierra	160		
J. Gress	110 kgs. Open	65		
60 kg.	M. Lutz	185		
L. Puziffero	D. Shay	167.5		
MEN 67.5 kgs.	(40-44)			
Teen (13-15)	M. Lutz	185		
A. Contreras	(65-69)	35		
75 kgs.	E. Anderson	202.5		
G. Wiltshire	125 kg.	147.5		
90 kg.	M. Benton	200		
J. Boroff	140 kg.	160		
100 kg.	J. Wooner	205		
R. Ortega	L. Contreras	197.5		
D. Bradshaw	185 (45-49)	185		
P. Hyre	L. Contreras	167.5		
WOMEN	SQ	BP	D	TOT
52 kgs.				
C. Bulara	112.5	60	127.5	300
56 kg. Novice				
C. Nawracki	132.5	65	122.5	320
Open				
N. Avigliano	147.5	70	147.5	365
60 kg. Novice				
L. Puziffero	87.5	60	102.5	250
MEN 75 kg. Open				
G. Wiltshire	227.5	147.5	240	615
B. Separa	200	162.5	230	592.5
Novice				
B. Wheeler	160	97.5	165	422.5
82.2 kg. Open				
S. Velliquette	200	132.5	182.5	515
S. Ridyard	227.5	185	245	657.5
Novice				
E. McCafferty	205	145	220	570
R. Hatfield	150	97.5	162.5	410
R. McDonald	117.5	107.5	160	385
(55-59)				

**Full Meet:  
Squat,  
Bench &  
Deadlift**

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and  
Bonuses**

**\$W.P.O.\$**

**World Powerlifting Organization  
New Professional Powerlifting Federation**

**May 20, 2000**

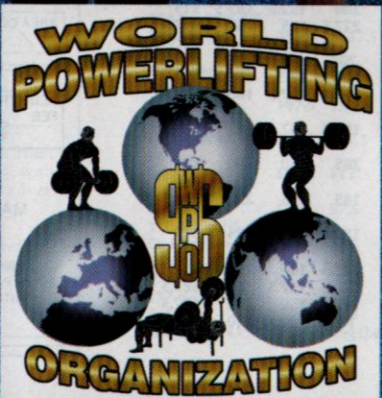
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## Coming Events

**MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably 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 people who may be interested in your competition.**

**4-6 MAY, "100% RAW" Elementary, Middle, High School & Collegiate National Championships (men & women, all wt. classes, limited entries, deadline 4/15) Spero Tshontikidis, 17506 Sabrina Terr., Derwood, MD 20855, 301-990-2874**

**6 MAY, (new name) IPA Southern Open PL & Eastern Bench Press contest, Fit by 4A's/Max Muscle, 501 Ashley Phosphate Rd., #149, N. Charleston, SC 29418, 843-767-4629 or Floyd Powe 843-851-1434**

**6 MAY, Hardcore Bench Bash (Selmer, TN) Garry Robinson 901-645-5980 (h), 901-645-1839 (cell)**  
**6 MAY (new date), ADAU 18th Drug Free New Jersey PL & BP/DL (all raw - open, teen, jr., sub., master, law & fire, novice, out of state) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695**

**6 MAY (new date), Biggest Bench On the River III (\$6000 cash giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922**

**6 MAY, WNPFF North American BP/DL and Iron Man (Atlantic City, NJ) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpff@aol.com**

**6 MAY, 17th Southern States Bench Press (open, over 40, women, novice, teen) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633**  
**6 MAY (new date), USPF Mid Cities BP & Free Power Seminar by Chuck LaMantia and Bob Seibold (Norwalk, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115**

**6 MAY, AAPF Florida State (drug tested) Huge Iron Prods., 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000**  
**6 MAY, USAPL N. Dakota St. PL & The Fargo Open (men, women, teen, collegiate, masters, sculptured trophies) Rich Edinger, Box 1295, Fargo, ND 58107, 701-293-7721**

**6 MAY, USAPL 4th Detroit Rock City Meet, Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866/616-5447**

**6,7 MAY (new date), USPF Virginia State Open & H.S. PL & BP (Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, www.powerandstrength.com**

**6,7 MAY, NASA WV State PL, BP, PS (Ravenswood, WV) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, gvhl@wirefire.com**

**6,7 MAY, USAPL National Masters (World Qualifier - Cleveland, OH) Ed or Frank King, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464 (9-5) or Larry Miller, 216-425-0912 (6:30pm-8:30pm)**

**7 MAY, APA Glen Burnie Open BP/DL (Glen Burnie, MD) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com,**

**941-697-7962**  
**7 MAY, 2000 USPF Reg. 4 & West Virginia State Bench Press, Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428, uspf@netassoc.net**

**7 MAY, AAU NE Regional World Qualifier, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729**  
**7 MAY, Hooter's Florida State Deadlift Championships, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268**

**7 MAY, Wisconsin State Bench Press, Muscles & Fitness, 2509 E. Washington Ave., Madison, WI 53704, 608-249-4227, Ford Sheridan**

**7 MAY, USPF Spring BP (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220**  
**13 MAY, USAPL Texas State, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964**

**13 MAY, USAPL Illinois High School State Meet & Open Qualifier, Tim Piper, WIU, Brophy Hall 221C, Macomb, IL 61455, 309-776-3337**

**13 MAY, USAPL Nattion's Capital Cup PL & BP, Steve DeBenedittis, Tower Fitness Club, 8000 Towers Crescent Dr., Sulte A-145, Vienna, VA 22182, 703-761-6094, towerfitness@arols.com**  
**13 MAY, USPF Maryland BP & PL (Colora, MD) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941**

**13 MAY (new date), USPF Alabama State PL, Southeastern Regional PL/BP, Alabama H.S. PL for Keys for PKU Foundation (open, class II, masters, women, h.s.) Jeff Green/Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438**

**13 MAY, APF/AAPF SW USA PL (Arlington, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488**

**13 MAY, USAPL Indiana State PL & Hoosier Open PL/BP, Greg Simmons, 100 E. Miller Dr. #29, Bloomington, IN 47481, 812-330-1012, gmsimmon@indiana.edu**

**13 MAY, Big Bench Shootout (deadline 5/1/2000 - men, women, teen, jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590**

**13 MAY, NASS SW USA & Texas Strongman Challenge (Arlington, TX - novice, open, teen, masters) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwilly@swbell.net**

**13 MAY, APF/AAPF Great Lakes PL, BP, DL (World Gym Elyria - men, women, pro/am, open, teen, jr., submaster, master, novice) Dave Hopkin 440-324-4313, Don Rothgery, 165 Alexander Dr., Elyria, OH 44035**

**13 MAY, APF California Strict Curl, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775**

**13 MAY (tentative), NASA Missouri State, NASA, Box 735, Noble, OK 73068, 405-527-8513**

**13 MAY, Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**

**14 MAY, USPF New Jersey High School Open BP & DL, Paul Sacco, 609-567-0046**

**19,20 MAY, WABDL Southern States BP & DL (Gadsden, AL - in conjunction**

with Willie Nelson/Beach Boys concert) Rich Hagedorn, 256-441-0143, FAX 256-441-7283

**20 MAY, USAPL Rocky Mountain States PL, Bill Davis, 1800 Garrett Way, Pocatello, ID 83201, 208-233-8035**

**20 MAY, USAPL S. Carolina State PL/BP, Ken Cushman, 127 N. Congress St. York, SC 29745, 803-684-5813**

**20 MAY, USAPL Northwest Regional Teen Championships, Paula Houston, 7805-C 196th S.W., Edmonds, WA 98026, 425-697-3878**

**20 MAY, King of the Beach Push & Pull (on Pensacola Beach) Chip Holston, 913 Gulf Breeze Pkwy #7, Gulf Breeze, FL 32561, 850-934-4734**

**20 MAY, USAF & Gold's Gym Armed Forces Day BP Challenge (men/women open, teen, submaster, master, law enforcement, military) Ed Miller - Gary Heim - Tom Kickline, Gold's Gym, Allenton, PA 610-797-6800**

**20 MAY, Heavy Metal Classic PL (Morris County area) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-629-9156, www.profitness.com**

**20 MAY, Baddest of the Bad Bench Press, Mike Farmer, 21 W. Clark Ave., Box 199, Milford, DE 19963, 302-424-5632**

**20 MAY, 4th Best on the Bench (touch 'n go) Gloria Knight-McNeill, Box 71425, Durham, NC 27722, 919-477-9467 or Willie Lynch 252-478-8191**

**20 MAY, APA 5th Mon Valley Fitness Center Classic BP/DL/BP reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, mvfc@dp.net**

**20 MAY, Training Center's 4th Annual Strongman Contest, John Green, 102 Beaver Ct. East, Bear, DE 19701, 302-**

322-0926, jsmith3287@aol.com

**20 MAY (tentative) NASA New Mexico State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513**

**20 MAY, WPO Pro Meet, Huge Iron, 910 S. Atlantic Ave. Ormond Bch, FL 32176, 904-677-4000**

**20 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**

**20 MAY, Blue Ridge BP/Curl Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com**

**20,21 MAY, APF Master, Teen, Junior, Submaster Nationals (Aurora, IL) Jim Johnston, 630-264-1571**  
**20,21 MAY (amended date), WNPFF Lifetime Nationals (Youngstown, OH - all divisions, wt. classes, age divisions - world qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm.**

**20,21 MAY, United States Intercontinental Championships, 650-757-9506**  
**21 MAY (new date), PA Assisted & ADAU PA St. Raw BP (Teen, jr., men, women, submaster, master) Bob Verner, 514 Loretto Rd., Pgh., PA 15217, 412-521-2620**

**21 MAY, Ambler Area YMCA Raw BP Open (Upper Dublin H.S., Ft. Washington, PA) Paul Felix, 215-657-8323, bpfelix@prodlgy.net**

**21 MAY, 2nd AAPF Metro Detroit Open PL, BP, DL, John Maddox 248-642-2002 or John Cuciurean 810-598-2417**

**21 MAY, Hard Core Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**



**2000 PRO FITNESS POWER LIFTING SCHEDULE**

**MAY 20, 2000 - HEAVY METAL CLASSIC - FULL MEET. LOCATION: Morris County Area**

**AUGUST 12, 2000 - NJ BENCH PRESS OPEN. LOCATION: Pro Fitness, Rockaway, NJ**

**SEPTEMBER 17, 2000 - POLICE AND FIRE NATIONALS - BENCH PRESS AND FULL POWER MEET. LOCATION: Holiday Inn, North Newark**

**NOVEMBER 18 & 19, 2000 - NJ STATE POWERLIFTING CHAMPIONSHIPS. LOCATION: Morris County Area**

**973-627-9156  
WWW.ProFitness.com**



# Westside ELITE FITNESS SYSTEMS Seminars

April 1 Columbus OH "Westside Seminar"

May 6 Columbus OH "Westside Seminar"

May 13 Carteret NJ "Westside Seminar"

June 3 Columbus OH "Mastering the Squat"  
"Mastering the Bench"

June 24/25 Columbus OH "Westside Seminar"  
"Mastering the Squat"  
"Mastering the Bench"

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Sports Scientist, Farmer University  
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- Chris Doyle  
University of Iowa, Head Strength Coach

July 8/9 Tamarac FL "Westside Seminar"

"Mastering the Squat"  
"Mastering the Bench"

July 16 Napa CA "Westside Seminar"

Aug 19/20 Columbus OH "Westside Seminar"  
"Mastering the Squat"

Oct 21/22 Columbus OH "Westside Seminar"  
"Mastering the Bench"

Registration is on a first come basis and limited in attendance.

To Register or for an event brochure or for hosting information contact:

Elite Fitness Systems \* 1695 Itawamba Trail \* London Ohio 43140

1\*888\*854\*8806

614\*309\*6176

1\*888\*854\*8806

24-28 MAY, IPF Women's Worlds (Buenos Aires, Argentina)

27 MAY, Tampa Bay Bench Blast (open, novice, submaster, master, teen, h.s., women) Tampa Bay Fitness Center, 1908 Martin Luther King Blvd., Tampa, FL 33603, 813-353-1908

27 MAY, APA Anthony Clark's Powerhouse Classic PL/BP (Spring, TX) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

27 MAY (tentative) NASA Teenage Nationals, NASA, Box 735, Noble, OK 73068, 405-527-8513

27 MAY, Max Flex BP/DL Classic (all divs. - Pierre, SD) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

28 MAY, Double Masters Invitational PL, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

MAY, APA St. Petersburg Open BP/DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

2,3 JUN, Ridgeville Strongman Challenge, Joe Goodhew, 108 E. 2nd St.,

Ridgeville, IN 47380, 765-857-2071

3 JUN, USPF South Texas (men & women - below class I, open, teen, BP, masters, submasters, juniors) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

3 JUN, YMCA BP/DL Wars (open, master, women, teen, police & fire, novice, special olympic) Brad Klingler, 40 Summer St., Kingston, NY 12401, 914-339-4865

3 JUN (new date), USPF California State Novice/Juniors (Frazier Park - Class II & below - open guest lifters welcome - 1/2 entry fee) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, or Steve Denison 661-664-7724, pwifitrs@dellnet.com

3 JUN (new date), Full PL or single lift meet, George Bards, Asphalt Green, 555 E. 90th St., NY, NY 10128, 212-369-8890 ext 243

3 JUN, APF Florida State Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

3 JUN, Central States Open BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W.

Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

3 JUN, WNPFF Raw Nationals & Drug Free Nationals (PL, BP, DL, SQ - Panama City Beach, FL) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpff@aol.com

3,4 JUN, WABDL Pepsi Northwest Regional BP & DL (Doubletree Hotel, Springfield, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

3,4 JUN, NASA Master & Submaster Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3,4 JUN, (new date) AAU Nationals PL & USA Raw Open & USA American BP (open, masters, submasters, law, military - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

4 JUN, USA Eastern States Open & High School BP/DL (Liberty H.S.) Tommie Buzzo, 12724 Chestnut Ln.

Rixeyville, VA 22737, 540-937-7377

4 JUN, Indiana Open II BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9-11 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779, jtruck52@hotmail.com

10 JUN, APA Palm Bay Open BP/DL (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

10 JUN (new date), WABDL Hawaii Invitational, (Honolulu, HI) Mike Saito, 808-373-5053

10 JUN (new date), Georgia Games BP & DL (Atlanta, GA) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

10 JUN, USPF Reg. III (men, class II, women, teen, master) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575

10 JUN, Firehouse Strongman/Woman Contest (open, police/fire) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (h), FAX 301-423-2965, grahambo@libertybay.com

10 JUN, 7th Miller's Ironhouse All Natural BP (open, raw, HS, teen, women, subs, master, grandmasters - sculptured awards) Miller's Ironhouse Gym, 218 Williams St., Cumberland, MD 21502, 301-777-0644, bemiller@hereintown.net

10 JUN, USPF U.S. BP, U.S. Arm Curl, U.S. Chin-Up, U.S. Strength Classic (all three) (men/women open, middle school, h.s., jr (19-23), submasters (35-39), masters, fire, police, special olympian, novice - all wt. classes) Glen Murphy Jr., Box 1013, Westminster, MD 21158, 301-759-4707, Mr. McKenna 800-444-7321

10 JUN, 18th USAPL Viking Open (open, women, teen, masters, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

10 JUN, Bearfest III (Eastside Gym, Tulsa, OK) Bear Smith, mvbear@pols.com

10 JUN, Immaculate Heart of Mary Festival 2000 BP & DL, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

10 JUN, New England Open Arm Wrestling (men, women, rt. hand - seated) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

10 JUN, APF Muscle Beach Venice Bench Press, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

10 JUN, Superman Celebration BP/DL Classic (Metropolis, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

10 JUN, AAU 5th Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou 610-258-1894

10 JUN, APF Calif. State BP (TBA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

10, 11 JUN, APF Sr. Nationals (Michigan) Dan DeFelic, 810-294-7055, ddefelic@mediaone.net, www.APFMichigan.com

10, 11 JUN, WDFPF Europeans PL & Single Lifts (Galway, Ireland) Anita Mahoney IDFFA

11 JUN, USAPL 1st annual Bench under the Big Top, Anthony Stropoli, 4915 Whipple Ave. NW, Canton, OH 44718, 800-351-0901

11 JUN, WNPFF Police & Fire Nationals, Paul Dunn, 162 Park Ave. #F-6, E. Orange, NJ 07017, 973-687-7308

11 JUN, APA Connecticut Open BP & DL, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@mdp.com

15-18 JUN (new date), York Barbell Strength Spectacular IPA World Cup & Bob Hoffman's Strength Challenge, York Barbell, 3300 Board Rd., York, PA 17402, Mark Chaillet, 800-358-9675

17 JUN (new date), USPF New England PL/BP & New Hampshire State Meet, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489

17 JUN (new date), 20th APF West Coast Open (all divs. & novice) Rick McClung, 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com

17 JUN (new date), AAU All-South Power Classic (PL, SQ, BP, DL - men/women - open, teen, jr., submaster, master) ESP+ Promotions, Box 704, Randleman, NC 27317, 336-672-1170, FAX 336-498-1875

17 JUN (new date), Pasco Power Team's King of the Bench (1/2 hr. North of Tampa, FL) Rick Lawrence, 727-942-7894 or Mike Marin 727-863-2228

17 JUN, L.S.T.A. Grant A Wish Charity Bench Press Contest (New Orleans, LA - Men, women, teen, masters, special olympics, policemen/firemen - sculptured trophies - free t-shirts to pre-registrants) Arrid C. Hansell, 504-471-2775, Fax 504-471-2784, e-mail hercules@aol.com

17 JUN, 1st annual YMCA Bench Press Championships (Downtown Y, Corpus Christi, TX) Bobby Morgan, Rt. 1 Box 828, Ingleside, TX 78362, 361-986-9244 or 882-1741

17 JUN, AAFP Police & Fire Nationals (qualifier for the AWPCC Worlds) Tony Pastorello, 702-655-0825

17 JUN, Mid Southern Open BP & DL, PC & Curl (Vilona, AR - near Little Rock - teen, jr., open, submaster, master) Dan Singleton, 1200 3rd St., Hot Springs, AR 71913, 501-623-6014

17 JUN, AAU Planet Fitness PL open, BP, Push/Pull (raw & equipped - open, women, teen, master, novice) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, gymrat@uolinet.net

17 JUN, USAPL Push/Pull BP/DL, Jody Woods, Box 163288, Sacramento, CA 95816, 916-431-5503

17 JUN, Power Mania 2000, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

17 JUN, AAFP Police & Fire Powerlifting Open (Drug Tested) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000, hugeiron@bellsouth.net

17 JUN (tentative) NASA West Texas Open (Amarillo) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 JUN, USA "RAW BENCH PRESS SUMMER NATIONALS (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17 JUN, Max Flex BP & DL (all divs. - Memphis, TN) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

17 JUN, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France

17, 18 JUN (additional day), WNPFF Youth, Teen, Jr. Submaster, Master Nationals & American Championships (Baltimore, MD) WNPFF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpff@aol.com

17, 18 JUN, 16th ADAU Raw Drug Free

11 JUN, APA Connecticut Open BP & DL, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@mdp.com

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17 JUN, USAPL Push/Pull BP/DL, Jody Woods, Box 163288, Sacramento, CA 95816, 916-431-5503

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17 JUN, AAFP Police & Fire Powerlifting Open (Drug Tested) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000, hugeiron@bellsouth.net

17 JUN (tentative) NASA West Texas Open (Amarillo) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 JUN, USA "RAW BENCH PRESS SUMMER NATIONALS (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17 JUN, Max Flex BP & DL (all divs. - Memphis, TN) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

17 JUN, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France

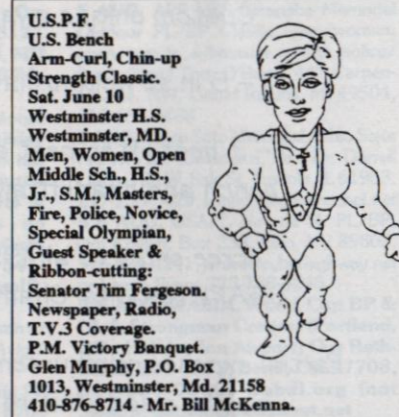
17, 18 JUN (additional day), WNPFF Youth, Teen, Jr. Submaster, Master Nationals & American Championships (Baltimore, MD) WNPFF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpff@aol.com

17, 18 JUN, 16th ADAU Raw Drug Free

No Boys Allowed Women, Men Submaster & Master (State/Out of State) and PA Open (no age groups) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

18 JUN (new date), Summer 2000 Push/Pull, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

18 JUN, 1st Iron House Open BP/DL Classic (Hoopeston, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, TX 61953, 217-253-5429



U.S.P.F.

U.S. Bench Arm-Curl, Chin-up Strength Classic. Sat. June 10 Westminster H.S. Westminster, MD. Men, Women, Open Middle Sch., H.S., Jr., S.M., Masters, Fire, Police, Novice, Special Olympian, Guest Speaker & Ribbon-cutting: Senator Tim Ferguson. Newspaper, Radio, T.V.3 Coverage. P.M. Victory Banquet. Glen Murphy, P.O. Box 1013, Westminster, Md. 21158 410-876-8714 - Mr. Bill McKenna.

18 JUN, NASS Thick Bar (2") Worlds (Hurst, TX - novice, open, teen, masters, women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wvilly@swbell.net

23-25 JUN, EPC European BP & PL (Waldmischel, Germany) Juergen Weinberger, +49-6204-969502

24 JUN, 1st annual Jay Mazola Memorial BP (to be held at Italian American Citizens Club, 90 Harbor St., Lynn, MA 01902) John Flynn, 978-535-1533

24 JUN, Florida State Push/Pull, Joe Bell, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

24 JUN, APA Eastern Texas Open, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

24 JUN, USPF North Jersey Drug Free High School Championships (Clifton, NJ) Ron Reuther, 973-684-7392 or 594-9400

24 JUN, Ozark Open II BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

24 JUN, Max Flex BP & DL Classic (all divs. - Denver) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

24, 25 JUN, USPF Srs/Mountaineer Cup, Nic Busick, Box 358 Rt. South, Chester, WV, 26034, 304-387-8354

24, 25 JUN, TWIN LAB WABDL National BP & DL (Holiday Inn Select N., Irving, TX) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net, Ken Anderson, 972-392-3132

25 JUN, Illinois Prairie State Games BP (State residents only - men, master, scholastic, women) Dana Rosenzweig, 629 Springwood, Belleville, IL 62220, 618-277-6022 (d), 236-2802 (e)

25 JUN, 6th APF Freedom Hill Outdoor BP & DL Classic (men/women: open, teen, jr., submaster, master) Dan DeFelic, 19641 Volland, Roseville, MI 48066, 810-294-7055 after 6PM please, ddefelic@mediaone.net, www.apfmichigan.com

25 JUN, Best of the Southwest BP and/or DL (natural, raw) Steve Swiak, McMurry, PA, 724-941-7270

25 JUN (corrected date), PL West Summer Benchfest, Sortwell Productions, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

25 JUN, World Gym Summer BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

JUN, USPF S. Jersey Open BP & DL (Wildwood, NJ) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

JUN, Texas/World Police Games (Austin, TX) TPAF, Box 2040, Abilene, TX 79604, 800-624-9752, 915-676-1545, FAX 915-676-5033

JUN, USAPL New England States Bench Press, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

JUN, ANPPC Drug Free High School Nationals (Boys: 13-15, 16-18) ANPPC, Box 1484, Mt. Vernon, IL 62684, 618-244-5775, anppc@aol.com

1 JUL, 100% Raw Summer Deadlift (open, women, masters, teen) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (h), Fax 301-423-2965, grahambo@libertybay.com

1 JUL (new date), Intl. Bavaria Cup DL (women, men, jr., master) Karl Greiner, Flurstr. 25, 84032 Landshtut, Germany, (0)871-77755

1 JUL, SLP NATIONAL BP/DL CHAMPIONSHIPS (Carmel, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

1, 2 JUL, IPA National Bench Press, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 878-0100 (gym)

3 JUL, Iowa/Midwest Open BP on the Square (Sigourney, IA - open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net

7-9 JUL (new date), USAPL Men's Natls, Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-56

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divs. - San Francisco, CA) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

**29,30 JUL (new date)**, WNPFL New Jersey (PL, BP, DL, SQ) WNPFL, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**29 JUL**, Summer Beast, (St. Mary's, PA) Ken Mountain, 814-834-9222

**JUL**, 7th Border Classic BP, Tito's Gym, 245 Fairfax, Brownsville, TX 778520, 956-504-3324

**JUL?**, NASA Illinois Regional, Lindell Smith, 508 E. 5th, Flora, IL 62839

**3-5 AUG**, AAU Jr. Olympics, AAU High School National PL (raw - Orlando, FL) Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874, rawpower@eds.com

**4th and 6th AUG**, WABDL National Powerlifting Championships (Holiday Inn Select, Wilsonville, OR - 10 mi. south of Portland on I-5 - shuttle provided - double ply BP shirts & squat suits, single ply DL suits - no canvas shirts or suits) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net

**5 AUG**, APFLA Lifting Club Summer Bench Blast (Burbank, CA) Joe Auligliano, 818-846-5438

**5 AUG**, AAU "Raw" Missouri State PL & Bill Clark Open, Dave DeForest, 6706 State Road J, Fulton, MO 65251, Kdefores@mail.coln.missouri.edu

**5 AUG**, Horseheads Pre-season PL Meet (high school students only - men/women) Bert Conklin, 104 Willow Dr., Horseheads, NY 14845, 607-796-2583 or Ed Patten 607-733-4997

**5 AUG**, APA East Coast Open BP/DL (Maryland) APA, Box 27204, El Jobean,

FL 33927, wpa50@hotmail.com, 941-697-7962

**5 AUG**, USPF Barbee Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Corpus Christi, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

**5 AUG**, Low Country Push/Pull #2, The Dungeon Gym, 2833-C S. Live Oak Rd., Moncks Corner, SC 29461, 843-761-5632 or Floyd Powe 843-875-1434

**5 AUG**, APF Muscle Beach Venice Push/Pull, V.B.A.C., 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

**5 AUG**, APF USS Escanaba Memorial Outdoor PL/BP Classic (men/women: open, teen, jr., submaster, master, police/fire/military) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488

**5 AUG**, Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**5,6 AUG**, USAPL Nevada St. PL/BP, Jim Kralich, Box 238, Elko, NV 89803, 775-934-4241, jimlee@cyberhighway.net or Laurie Evans 775-738-4245

**5,6 AUG**, WABDL World Cup BP & DL & Strongman Contest (Portland, OR - Holiday Inn Airport) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net

**12 AUG**, Body Factory Power Challenge BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

**12 AUG**, APA Thunder Bay Open BP/DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

**12 AUG**, N.J. Bench Press Open, Pro Fitness, 350 Route 46, Rockaway, NJ

07866, 973-627-9156, www.profitness.com

**12 AUG**, WABDL Regional World Qualifier, Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Dentson 661-664-7724, puriftr@delnet.com

**12 AUG**, Team Weber Strength PL (BP, Trap Bar DL) Bob Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695

**12 AUG**, Max Flex BP & DL Nationals (all divs. - Chicago, IL) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

**12 AUG**, Greene Co. Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

**12,13 AUG**, 2nd WNPFL Lifetime Drug Free Worlds (all events/divisions - Daytona Beach, FL) WNPFL, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**12,13 AUG**, AAU Raw Nationals (Kingston, MA - near Boston) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

**12,13 AUG**, NASA World Cup PL, BP, PS (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

**13 AUG**, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**17 AUG**, Old Settlers Days BP/DL Classic (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**19 AUG**, APA Texas State PL, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

**19 AUG**, Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**19 AUG**, Alabama APF Push/Pull, Robbins Fitness Adv., 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

**19 AUG**, MidAtlantic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

**20 AUG**, Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**26 AUG**, 10th Endless Summer BP, Goshen Fitness, Box 92, Goshen, IN 46527, 219-537-9329

**26 AUG**, USAPL Power Surge 2000 PL & BP, Michelle James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, michelle@bbc.net

**26 AUG**, 5th Granite State Open BP or DL (men, women, teen, jr., submaster, master, novice - deadline 8/12/2000) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**26 AUG**, APF Iron Warrior 2000 "Festival of Strength" Iron Pentathlon, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

**26 AUG** (tentative) NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

**26 AUG**, Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**27 AUG**, USAPL/IPF East Coast Deadlift (men/women - open, masters, submasters, jr., teen, police/fire, military, special olympians, novice) Jacqueline Davis, John Gengo, 1190 Washington Green, New

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**27 AUG**, DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**27-28 AUG**, AAU North American PL/USA BP (youth, teen, jr., novice, open, submasters, masters, law enf., military - open/raw - men/women - Moreno Valley) M. Drake, Box 108, Nuevo, CA 92567, 909-928-4797

**2 SEP**, USAPL 2nd Labor Day PL & BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

**2 SEP**, APA American Cup BP, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

**2 SEP (new date)**, Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**9 SEP**, 1st APF Strength Beyond BP, DL and Iron Man-Woman Championships (men/women: open, teen, jr., submaster, master) Mike Newell, 708 Marcelletti, Paw Paw, MI 49079, 616-657-2036, Fool220@220.com

**9 SEP**, East Coast Classic Arm Wrestling (men, women, seated - rt. hand) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**9 SEP**, APF Bench Bash for Cash (\$10,000 total cash prize) & NPC Daytona Beach Muscle Classic, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

**9 SEP**, Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**9 SEP**, Pound for Pound Nationals (men/women SQ/BP/DL - Kansas City) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

**9 SEP**, USAPL Michigan Hall of Fame meet, Dick Van Eck, 616-521-4031

**9 SEP**, USPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489

**10 SEP**, WNPFL Mid Atlantic Bp & Ironman/Woman (BP & DL) & USSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264

**13-17 SEP**, 2000 IPF Jr. Worlds (Kau-Hsiung, Taiwan)

**15-16 SEP**, USAPL Bench Press Nationals, Dr. Mike Cissell, 1296 Henke, Lake St. Louis, MO 63367, 314-561-1242

**15-17 SEP**, ADAU National SQ, BP, DL (separate contests - all ages / wt. classes) Joe Oregina, 4460 W. 26th St., Erie, PA 16506, 814-833-3727

**16 SEP**, Rotty's Southern Indiana SQ/BP/DL Classic (Paoli, IN), Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

**16 SEP**, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/26) Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

### HUGE IRON Powerlifting Schedule YEAR 2000

**May 6, 2000** - AAPF Florida State Powerlifting Contest (Drug tested)

**May 20, 2000** - First Ever WPO Professional Contest, \$25,000 total cash prizes

**June 3, 2000** - APF Florida State Open Powerlifting Contest

**June 17, 2000** - AAPF Police & Fire Powerlifting (Drug Tested)

**July 15, 2000** - APF Florida Push/Pull for Total In Memory of Lawrence Monberg

**September 9, 2000** - APF Bench Bash for Cash. \$6,000 Total Cash Prize In Conjunction with NPC Daytona Beach Muscle Classic (Bodybuilding)

**November 11, 2000** - AAPF Southern States Powerlifting Championship (Drug Tested)

**December 2, 2000** - APF Southern States Open Powerlifting Championship

All meets at Huge Iron Training Center unless otherwise noted  
910 South Atlantic Avenue, Daytona Beach, FL (904) 677-4000

16 SEP, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513  
 16 SEP, Big Three Classic (m/w - SQ/ BP/DL - Detroit) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760  
 16 SEP, 2000 Beast of the East, Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201  
 16,17 SEP, Big Daddy's Push Pull, 650-757-9506  
 17 SEP, 2nd Deadlift on the River, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683  
 17 SEP, Police & Fire Nationals BP/ BP (Holiday Inn, N. Newark, NJ) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com  
 17 SEP, Wisconsin Open II BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 23 SEP, St. Mary's (PA) Power Day, Ken Mountain, 814-834-9222  
 23 SEP (new date), WNPFF Georgia BP/ DL/IronMan (Atlanta, GA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
 23 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 23 SEP, Max Flex BP & DL Classic (Buffalo, NY) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760  
 23,24 SEP (new date), WABDL Budweiser Strength Festival (BP, DL, Strongman 234 & below, 235 & above) & WABDL BP/DL and Oregon State PL, Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net  
 24 SEP, Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527  
 24 SEP, SLP Iowa State BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 30 SEP, APFLA.L.C. Push/Pull Classic (Burbank) Joe Avigliano, 818-846-5438  
 30 SEP, NASA Ohio Reg. NASA, Box 735, Noble, OK 73068, 405-527-8513  
 30 SEP, Ozark Open III BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 SEP, USAPL Connecticut State Open, Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372  
 SEP, WNPFF Delaware (PL, BP, DL, SQ) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
 SEP, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075  
 1 OCT, Northern Illinois Open BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 5-8 OCT, WPF World BP & PL (Graz, Austria) Carl Smith, Tel/Fax +43-316-817683 or camith@netway.at  
 7 OCT, 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19461 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm, ddefelice@mediaone.net, www.apfmichigan.com  
 7 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 7 OCT, USPF Central California Championships (San Luis Obispo) Gene Estrada, 805-544-0155  
 7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ

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07970, 973-724-7817, clayton@blast.net  
 7,8 OCT, USPF BP & DL Nationals (Shiloh Inn, Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475  
 8 OCT, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/fl/wpaapcpa  
 8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 8 OCT, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964  
 14 OCT (new date), WNPFF Palmetto BP/DL/IronMan (Greenville, SC) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
 14 OCT, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryl@tobey@aol.com  
 14 OCT, Fall BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com  
 14 OCT, NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com  
 14 OCT, Flowertown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434  
 14 OCT, 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rycklak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823  
 14 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513  
 14 OCT, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 14 OCT, APF/AAPF Alabama Championships, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200  
 15 OCT, Chicagoland Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)  
 20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (BDFPF)  
 21 OCT, PPL Georgia State PL, BP, DL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com  
 21 OCT, 9th USPF Muscle Beach Venice Special Olympics Power Lift-off (invitation only) Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775  
 21 OCT, NASA Iowa Regional (Des Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513  
 21 OCT, Max Flex BP & DL Classic (all divs. - Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760  
 28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net  
 28 OCT (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

28,29 OCT, ANPPC NATIONAL DRUGFREEPOWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 29 OCT, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488  
 OCT, AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764  
 OCT?, NASA V.V. Regional, Greg Van Hoose, 304-273-2283, or gvhl@emwv.com  
 4 NOV, USPF Texas Cup Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Austin, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com  
 4 NOV, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434  
 4 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513  
 4 NOV, Mike Stone Memorial/Southeastern USA PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com  
 4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447  
 4,5 NOV, Physique Magnifique Powerlifting Championships, 650-757-9506  
 4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged - open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797  
 9-19 NOV, AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz, 800-537-5532  
 11 NOV, 7th Ed Jubinville BP (men, women - all age groups/wt. classes) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217  
 11 NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com  
 11 NOV, AAU NC, VA, SC Regional (Henderson, NC) Ben Zak, Box 978, Grandy, NC 27939, 252-453-6116  
 11 NOV, WNPFF East Coast BP/DL/IronMan (Lancaster, PA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
 11 NOV, AAPF Southern States (drug tested) Huge Iron, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000  
 11 NOV, SLP Kentucky State BP/DL (Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 11 NOV, Max Flex BP & DL USA Championships (all divs. - Denver, CO) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760  
 12 NOV, USAPL Ohio PL & BP (open men & women, teen, raw men, women, and masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King 440-439-5464  
 12 NOV, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729  
 12 NOV, Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

2 5 3 - 5 4 2 9  
 sonlight@advancenet.net  
 14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan)  
 16-19 NOV, 2000 WABDL Drug Tested World BP/DL Championships (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net  
 16-19 NOV, WNPFF Worlds (all events/divs. - Atlanta, GA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
 17-19 NOV, IPA Nationals (Columbus, OH) Elite Fitness, 1695 Itawamba Trail, London, OH 43140, 888-854-8806  
 18 NOV, Iowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240  
 18 NOV, ADAU North American Raw BP (teen, jr., submaster, master, open) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
 18 NOV, 13th Elkhart Bench Press, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683  
 18 NOV, USA "RAW" BENCHPRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 18 NOV, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau,



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 August 12-13, 2000  
 www.kingsburyclub.com  
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 (All Women will lift on Saturday) Friday: 6-7:30 PM, Saturday: 7-8:30 AM  
 All Classes (Male) - 198 Pounds Through Super Heavy: Saturday: 5-6:30 PM, Sunday: 7-8:30 AM  
 Lifting Schedule: Lifting will start at 9:30 sharp on both days. Awards: First through Fifth - All Division. Also: There will be a buffet dinner offered to lifters and guests on Aug. 12th that will feature guest speakers Ken Patena, Don Reinhoudt, and Ernie Hackett. Visit The Kingsbury Club website at www.kingsburyclub.com for more information or to download the meet and/or dinner applications. For information contact Larry Larsen at 781-767-0764

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 18,19 NOV (new date), USPF U.S.A. Nationals Open Championships (Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724  
 18,19 NOV, World Championships of Strongmen (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net  
 18,19 NOV, N.J. State Championships (Morris County Area) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com  
 19 NOV, SLP Missouri Regional "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 24-26 NOV, WDFPF World Single Lift BP & DL (nr. Como, Italy) Ivano Bianchi (WDFPF Italia)  
 NOV, 3rd Southern States BP/DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324  
 NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02388, 781-447-6714, 8-10pm  
 2 DEC, 17th Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n), bduke@surfsmith.com  
 2 DEC, APF Southern States Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000  
 2 DEC, Son Light Winter Classic BP/DL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 2,3 DEC, Los Angeles Lifting Club presents WEPOF Superman II (OL - 2 Dec, PL - 3 Dec, combined or separate) Joe Avigliano, 818-846-5438  
 3 DEC, APF/AAPF Texas Powerfest 2000 (Hurst, TX - juniors, novice, open, teen, submaster, master, BP only, DL only) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillly@swbell.net  
 3 DEC, WNPFF 3rd Sarge McCray BP/DL/IronMan (Bordentown, NJ) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
 7-10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic)  
 8-10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited en-

tries, deadline 11/1) Spero Tshontikidis, 17506 Sabrina Terrace, Derwood, MD 20855, 301-990-2874  
 9 DEC, USAPL Blue Santa PL/BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964  
 9 DEC (new date), APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860  
 9 DEC, 3rd AAPF Michigan State PL, BP, DL, John Maddox 248-642-2002 or John Cuciurean 810-598-2417  
 9 DEC, Mimi's Power Day BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 9 DEC, Robbins Fitness Advantage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200  
 9 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115  
 9,10 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com  
 10 DEC, WNPFF Eastern Regional BP Open & Ironman/woman (BP & DL) & USSSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net  
 10 DEC, 8th ADAU Raw Drug Free Coal Country BP & DL Classic (separate meets - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net  
 10 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
 16 DEC, USAPL 2000 Holiday Class (national qualifier) Power Promotions,

23106 19th Dr. SE, Bothell, WA 98021, 425-486-5864, mtrupi@seanet.com  
 16 DEC, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com  
 31 DEC, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , sonlight@advancenet.net  
 DEC?? USPF World BP/PL (Europe) Rob Kaller, Box 829, Ambler, PA 19002, 215-542-4941  
 DEC, APF Southwest PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825  
 19-21 JAN, USAPL Women's Nationals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485  
 10 FEB, ADAU Drug Free Raw 13th East Coast Classic & Raw BP Meet, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
 23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, NZ, www.supergames2001.co.nz, info@supergames2001.co.nz  
 MAR, USPF New Hampshire State & New England Open (Bedford, NH - open, women, teen, masters) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489  
 28,29 APR, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464  
 5 MAY, ADAU 19th Drug Free New Jersey Raw PL & Raw BP/DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
 8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org.  
 12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672  
 OCT 2001, WABDL World BP/DL Championships (Las Vegas, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net  
 OCT, AAU Worlds (San Juan, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636  
 17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
 P.S. when writing include a Stamped, Self-Addressed Envelope for the meet director to return an entry. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.  
 P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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One Heavyweight Champion

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Mountaineer Race Track and Gaming Resort

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(Mountaineer Cup I Champion - Confirmed) - Vladimir Ivanenko (Mountaineer Cup

I runner up - Confirmed) - Art LaBare (Confirmed) - Rich Coates (Confirmed) - Jamie

Reeves (tentative) - Milan Jovanovich (Confirmed) - Chris Cook (Confirmed) - Randy

Boyton (Confirmed) - Sly Crumbley (Confirmed)

## TTS "Vince Anello" Certification Seminar - June 23, 2000

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ALSO

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June 24 - 25, 2000

Mountaineer Race Track & Gaming Resort

### Contact Information:

#### USPF Seniors 2000

http://www.uspf.com  
David Jeffrey  
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Parkersburg, WV 26102  
304-489-2733 fax  
304-489-2428 voice  
email [uspf@netassoc.net](mailto:uspf@netassoc.net)

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email [bull18@ovnet.com](mailto:bull18@ovnet.com)

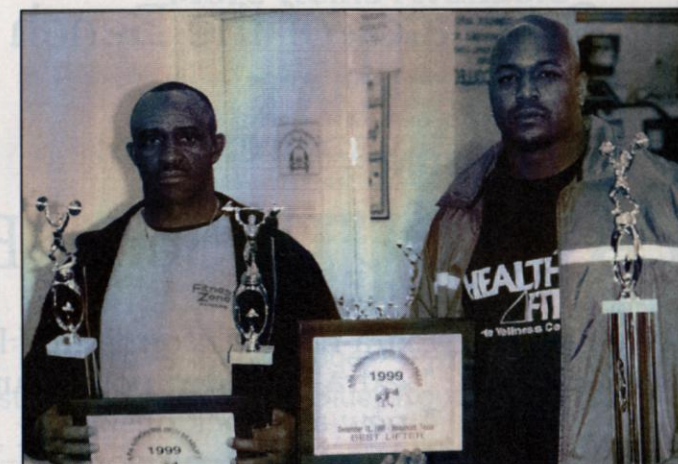
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### APA Longhorn BP/DL 18 Dec 99 - Beaumont, TX

BENCH	DEADLIFT
Submaster	Submaster
T. Hobson-178 295	T. Hobson-178 398
Master (40-49)	Master (40-49)
P. Lofranzi-315 bmb	D. Cole-198 709*
MEN 181 lbs.	181 lbs.
W. Davis 329	T. Hobson 398
T. Hobson 295	198 lbs.
198 lbs.	D. Cole 709*
J. Mendoza 343	J. Mendoza 662j
C. Dwight bmb	242 lbs.
220 lbs.	B. Koch 560
J. Thierry 448	

\*-Best Lifter. \*-State Record. j-Junior Record. Special thanks to World Gym of Beaumont, TX for providing a great meet site and to the referee's and spotters for doing an excellent job. Highlights of the day were the 662 WPA Junior world record deadlift by John Mendoza (age 21) in the 198 class and the 709 Texas Record by 43 year old Donnie Cole who won the 198 class. (courtesy of APA)



Donnie Cole (left) and Joe Thierry (right) won Best Lifter honors at the APA Longhorn Open, and Donnie set a Texas State Masters record with his deadlift of 709 lbs. at 198. (photo courtesy of Scott Taylor)

### USPF Southern Cup 4 DEC 99 - Adel, GA

WOMEN	SQ	BP	DL	TOT
WN 132 lbs.				
Nelson, L	255	125	275	855
Butler, S	260	155	320	735
MEN Open 148 lbs.				
Cook, R	325	160	345	830
165 lbs.				
Endress, S	235	140	250	625
198 lbs.				
James, C	380	175	350	905
WO 105 lbs.				
Orellana, A	255	105	300	860
132 lbs.				
Brown, K	315	140	400	855
165 lbs.				
Shuman, L	260	150	320	730
220 lbs.				
Been, R	400	195	385	980
MEN 148 lbs.				
Graves, R	495	325	560	1380
Brooks, C	440	360	480	1280
Southwood, T	435	290	440	1165
Jefferson, G	0	0	0	0
165 lbs.				
Eaddy, R	590	355	690	1535
Davis, K	450	265	555	1270

181 lbs.									
Warren, C	570	400	660	1630	Haley, J	715	445	740	1900
Bennett, J	550	360	640	1550	Boynton, R	670	465	580	1715
Baker, R	500	335	525	1360	Soper, S	655	410	560	1625
198 lbs.					Demott, J	605	370	565	1540
Blue, D	630	390	605	1625	Dye, J	500	385	585	1470
Herrera, S	625	400	525	1550	Marlin, E	425	315	580	1320
Hayden, B	575	375	510	1460	O'Donnell, T	675	145	255	1075
Norman, J	525	370	570	1435	308 lbs.				
Roberson, J	0	0	0	0	Anderson, M	835	450	655	1950
220 lbs.					Rogers, D	750	400	730	1880
Bell, J	625	460	656	1740	Rhyme, J	730	505	610	1845
King, M	690	325	675	1690	Fernandez, M	750	400	650	1800
Anderson, B	350	630	1630		Jurkowski, G	700	430	650	1780
Key, C	500	460	540	1500	Southwood, K	676	500	600	1775
Garland, T	580	370	525	1475	Beechuk, B	705	450	600	1755
242 lbs.					Master-1 165 lbs.				
Jacobs, J	770	485	730	1985	Davis, K	450	265	555	1270
Griffis, J	640	405	585	1630	181 lbs.				
275 lbs.					Pittman, D	450	300	530	1280
Crumbley, S	760	480	665	1905	Baker, R	500	335	525	1360
					Pullum, W	480	320	525	1325

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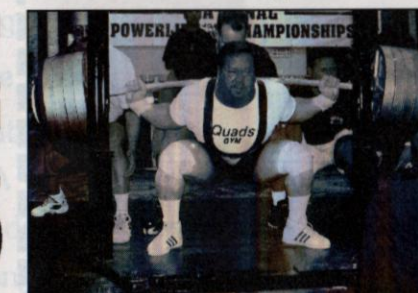
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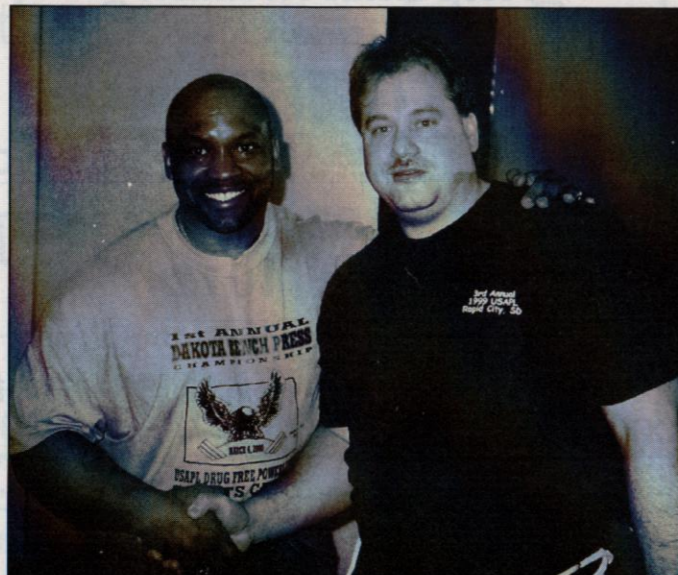
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Open 123 lbs.	M. McCann	300	
D. Siveny	160		
MEN		T. Weippert	400
Open 148 lbs.	J. Kearney	280	
B. Mayo	270		
165 lbs.	M. Bjornjeld		
R. Landrum	330		
M. LeMieux	310		
181 lbs.	SHW		
B. Hibbert	320		
G. Donahue	310		
198 lbs.	Teen 148 lbs.	170	
S. Wahlberg	400		
	Masters (40+)		
	Haggenmiller-55	325	
	M. Rognlien-49	365	
	T. Nelson-43	345	
	L. Franek-61	225	

The Minot Air Force Base won the team competition. The results are unofficial, pending the results of the drug tests from Quest Diagnostics in San Diego, CA. The following lifters were tested: Scott Wahlberg, Terry Nelson, Benito Hibbert, and Ryan Landrum. Drug-free powerlifting is back in North Dakota! The first annual Dakota Bench Press Championships was a success. I directed this contest because I felt obligated to give back to the sport. I am grateful that Dave Parish, Paul Rohde, and Pete Rohde, all ADFPA Collegiate All-Americans, got me started in drug-free powerlifting back in 1986. And now it was my turn to give back to the sport. The contest was tailored for the lifter. For their \$38.00 entry fee, the lifters got a meet T-shirt, sculptured trophy, over 20% of the lifters were drug tested, and free beer, nachos, and pizza after the contest! The bench press and the platform had non-slip surfaces to help the lifters achieve their best. In addition, the pre-registered lifters got some media publicity. I was on Fargo's own 24 hour sports radio station, KVOX, on two separate occasions promoting the contest. I think it helped as I got at least 5 spectators "off the street." During the contest, there were over 50 spectators. Before I get to the coverage of the meet, I want to give thanks to the sponsors and all of the support staff. First and foremost, I want to thank Doug Duran from the Sports Center for sponsoring the contest. Without Doug's financial support and without the use of his facility, the contest would have never happened. I want to thank Richard D. Varriano, Attorney at Law and former University of Colorado football star, for paying for some of the drug tests! Thanks goes out to Mark Grothe and Gene "the Machine" Bell for judging. Gene also helped me set up and brought 8 lifters from the Minot AFB, which ensured that the contest was a success. Gene is a nice and humble man. You would never know that he was an 8 time IPF World Champion. Thanks to Cory Murray and Dean Rodacker for spotting and loading. Dean is an experienced nursing assistant at MeritCare Hospital in Fargo, who helped observe and collect the urine samples. I want to thank July 1981 PL USA cover man Paul Whitney for announcing the contest. Paul did an excellent job. Thanks goes out to Cory Greuz from the Sports Center for helping set up and buying me beers afterwards. I want to thank Derrick from KVOX for having me on to promote the contest. Ten minutes of radio time goes a long way in promoting the



**Congratulations from multiple world champion Gene Bell to Troy Weippert on his first 400 lb. bench press at the USAPL Dakota Bench Press Championships. (photograph taken by Rich Edinger)**

sport! Thanks goes to my training partner, Troy Weippert, for helping me with pre-contest preparations. Last, but not least, I want to thank Ann Schuler. Ann did a great job helping me and did everything I asked her to do and more. Without her help the contest would not have been a success. Now, on to the lifting. In the teenage division, in the 148s, Mark Gorde lifted 170 for first place. This was Mark's first contest so he wasn't used to the technical aspects of the lift. But he has potential. He is a very good high school wrestler, having placed 2nd in the state in 1998 and 6th in the state last year. In the Masters Division, 55 year old Tom Haggenmiller took first place with a very impressive 325 bench. Tom was good for another 5 to 10 pounds. The guy does not look a day over 40. Tom is one of the best master lifters in the country and a fun guy to be around. Tom was impressed with the free beer and pizza at Playmaker's and like the rest of us, enjoyed his time in Fargo. In second, Mike Rognlien, a registered nurse, benched 365. He had two very close attempts at 380. He was good for 378, it was that close! In third place, former Terry Nelson benched an easy 345. 61 year old Larry Franek benched 225 without a shirt to take 4th place. This was Larry's first contest. He has a lot of potential in the sport. He missed 245 twice on technicalities. With proper training, he should be able to do at least 275 in no time. In the Women's Open, Diane Siveny was very impressive.

She benched 160 for first place in the 123s. In the Men's Open, we had some very impressive lifting. In 148s, Bret Mayo, the senior chemist at the ND State Crime Laboratory, benched a solid 270 for 1st place. In the 165s, Ryan Landrum benched 330 for first place. Ryan is from the Minot AFB and finished 3rd for overall best lifter. Ryan's teammate, Michael LeMieux, finished 2nd with a 310. This was Ryan's first contest. In the 181s, Benito (Tony) Hibbert benched 320 to take first, which is quite impressive considering it was his first contest. Geoffrey Donahue finished a close second with a 310. In the 198s, Scott Wahlberg, a zoo keeper from Minot, ND, benched an easy 400 to take first place and best lifter in the contest! He barely missed 420 on his 3rd attempt. On this day, he probably could have gotten 415. Tonico Beope placed 2nd with a 305 bench and Maxton McCann placed 3rd with a 300 bench. In the 220s, long time veteran, Troy "that was so easy" Weippert, joined the 400 pound bench press club with a PR of 400. Troy missed the lift on his second for raising his butt. But he came back to get it on his third. Now, Troy wants to lose his "arch" and go back to 198s. In second place, John Kearney benched 280. In the 275s, Mark Bjornjeld bombed out with 430. This was Mark's first contest with the "start" command and I think it effected him. In the SHWs, 316 pound Brad Anderson withdrew from the competition during warmups. These results are unofficial, pending the

results of the drug tests. The following people were drug tested: Scott Wahlberg, Terry Nelson, Benito Hibbert, and Ryan Landrum. Weippert and Haggenmiller were not tested since they were recently tested in other USAPL contests. (Thanks to Rich Edinger, J.D., Sanction #3-00-3, for results)

**USAPL Montana State**  
12 Feb 00 - Helena, MT

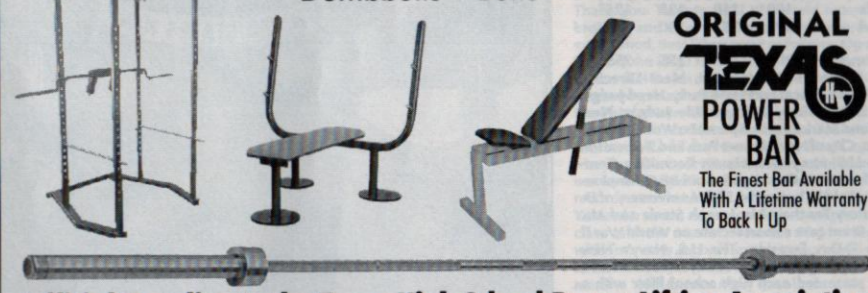
WOMEN		SQ	BP	DL	TOT
Heavy					
H. Oxford	310	175	350	835	
K. Carlson	210	135	270	615	
P. Fenner	210	160	265	635	
242 lbs. Teen 15					
A. McLaughlin	385	275	450	1110	
MEN Open 148 lbs.					
J. Hunt	315	275	400	990	
165 lbs.					
D. McCarthy	500	310	470	1280	
S. Martinez	350	275	430	1055	
Master					
D. McCarthy-42	500	310	470	1280	
181 lbs.					
S. Miller	625	355	550	1530	
220 lbs.					
T. Saunders	565	400	565	1530	
M. Casey	505	345	535	1385	
Master					
H. Smith	325	3310	365	1000	
242 lbs.					
C. Carlin	680	405	680	1765	
J. Peredo	410	315	420	1145	
A. McLaughlin	385	275	450	1110	
Master					
V. Starkel-76	250	290	325	865	
275 lbs.					
E. North	660	400	645	1705	

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**Battle of the Bench 2000**  
19 Feb 00 - Colfax, IL

BENCH		176-200 lbs.	
150-Under	T. Dennis	270	
M. Hochstetler	B. Swanson	265	
J. Watkins	M. Meyer	255	
N. Blake	K. Daniels	250	
N. Jensen	K. Myer	210	
K. Nievelt	J. Anderson	200	
E. Bell	P. Riggelman	195	
R. Windle	P. Carter	185	
J. Milton	C. Massey	180	
M. Jensen	201-225 lbs.	110	
C. Helregel	E. Joop	260	
J. Hulen	J. Stedman	245	
151-175 lbs.	J. McClure	200	
N. Zehr	B. Swan	195	
M. Britton	226-UNL	330	
Z. Morrison	J. Lindsey	300	
E. Sedgwick	J. Wagner	300	
J. Wagoner	J. Nichols	285	
J. Higgins	B. Lange	260	
B. Price	J. Prunty	255	
L. Hawthorne	J. Langhoff	225	
B. Simonovich	M. Stoltz	215	
	D. Hickman	180	

The first annual Battle of the Bench took place at Ridgeview High School. The event brought 41 competitors from six schools. The schools represented were Deer Creek-Mackinaw (Dee-Mack), Fieldcrest, Heyworth, Lexington, Paxton-Buckley-Loda (PBL), and Ridgeview. Awards were given 1st through 3rd in each weight class and in the team division. Dee-Mack got out to an impressive start, winning the top three spots in the 150 & under class. Mark Hochstetler (220) 1st, Jesse Watkins (205) 2nd, Nick Blake (200) 3rd. The 151-175 lb. class was a three way split with Dee-Mack again taking the top spot with Noah Zehr benching 245, followed closely by Ridgeview's Matt Britton 240, and Zach Morrison of (PBL) with 235. Fieldcrest scored its first team points of the day by taking 1st in the 176-200 lbs. division with Travis Dennis finishing with a lift of 270 lbs., just edging Blake Swanson of (PBL) at 265, and Brady Meyer helped Ridgeviews cause by taking 3rd with a strong 255 lbs. press. The 201-225 class saw Fieldcrest continue to add to its team total with Eric Joops 260 lbs. 1st place finish. Josh Stedman (only a sophomore) in the helped secure Ridgeview a top three-team finish with a 245 lbs., 2nd place effort. Jason McClure put Heyworth on the board with a 200 lbs. 3rd place finish. The 226 unlimited saw the biggest lift the day with Josh Lindsey benching an incredible 330

lbs. without the aid of a bench shirt. Lexington's Jared Wagner and teammate Jeff Nichols rounded out the top three in unlimited class with lifts 300 and 285 respectively. Dee-Mack used a strong start to earn 1st place honors in the team division. Fieldcrest took advantage of its two 1st place finishes and claimed second in the team division. Ridgeview relied on consistency with three top three finishes in three different weight classes to take home the third place team trophy. I congratulate all athletes and coaches competing in Ridgeviews first annual Battle of the Bench. Next year we will be adding the squat and deadlift and hopefully a junior varsity division. I would like to thank my meet staff Mr. & Mrs. Stedman, Mr. & Mrs. Langhoff, Mr. & Mrs. Daniels, Todd McVey, Ken Gatewood, Guy Carlton, Athena Stedman, Dave Merritt, Gary Driscoll, Tim Weldon, and my beautiful and extremely patient wife Stacey Biggiam. Thank You Powerlifting USA! (Thanks to Randy Biggiam for providing PL USA with these results)

this meet, has to be considered a measure of success, because after 10 years, all of the records are pretty decent. For example, Robert Burke, was after a record set by none other than Craig Tokarski, when he made a great 560 at 275, even though he still made a great 560 at 275, even though he missed with 582.5. Perennial CBPL star, Al Reed, was ever so close with a 460 which would have also been a PR at 198. And crowd-pleasing George Lealiifano, gave a great effort at 520, but settled for a good 510 at 242. Shawn Rowton has been just at the fringe of some great benching for several years now and while he still left some of his strength in the gym once again, he was still able to salvage a great 482.5 at 220 for his first ever meet record. One of these days he'll put it all together at a meet and probably get the 220 CBPL record and a lift well up the top 100 rankings. How many lifters can have an off day and still come away with a PR, top 5, CBPL record lift? Not many, but then Rich

Salvagni is a one-of-a-kind lifter in Indiana. He thought he was good for maybe 470, but had to settle for a 452.5. I'll be working with him on the other 2 events for this years APF Seniors, so we're both pretty excited about that. Just 27, I look for him to do some incredible lifting at 181 as his career progresses. Mike Johnson of Elkhart came in looking stronger and bigger than I've ever seen him and made a great 430 at 220. Angel Cancel was also up in bodyweight and hit 3 good benches, finishing with 315 at 198. And teenager Justin Lantzer made a great 300 weighing only 158. Lifting in his first meet was one of the new owners of Goshen Fitness, Mark Harris, who discovered what everyone would like to in their first meet; that he lifts better on the platform than in the gym, getting a 300 at 181 and beating his gym best by 15 pounds. And Howard LeMaster put on an exhibition of pure Masters strength, muscling up a 3 80, wearing only a tank top. (courtesy of Jon Smoker)

**10th Winter BP Classic**  
19 Feb 00 - Goshen, IN

Natural 148 lbs.			
N. Shackelford	310		
165 lbs.			
R. Salvagni	452.5	J. Lantzer	300
181 lbs.		Masters 242 lbs.	
M. Schroen	290	H. LeMaster	380
198 lbs.		Masters (45+) 220 lbs.	
A. Reed	430	T. Horvath	245
220 lbs.		Novice 165 lbs.	
S. Rowton	482.5	J. Lantzer	300
M. Johnson	430	G. Mendez	225
242 lbs.		181 lbs.	
G. Lealiifano	510	M. Harris	300
Open 198 lbs.		198 lbs.	
S. Rowton	315	T. Swinehart	340
220 lbs.		220 lbs.	
S. Rowton	482.5	R. Lopez	235
275 lbs.		242 lbs.	
R. Burke	560	A. McFarlane	315*
		D. Williams	

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**41 of the Athletes Who Competed in the Ridgeview High School 1st Annual Battle of the Bench. (Laura Stedman photo courtesy Biggiam)**



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**Conditions Of Membership:** As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.  
(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

**SIGNATURE:** \_\_\_\_\_ **If under 21 yrs., Parent Initial:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Prior Reg. #** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address / City / State / Zip Code:** \_\_\_\_\_

**Date Of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **U.S. Citizen?** \_\_\_\_\_ **USAPL Registered Club Represented:** \_\_\_\_\_

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Master (40 yrs. & up)		(navy - white) (Size _____ Qty. _____)	Check / Money Order # _____
Collegiate	Special Olympian - \$10.00	•Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00	<b>Total Purchased:</b> _____
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Police & Fire	Tax Deductible Donation	•Logo Hats (denim - black - white) = \$15.00	
High School		•Referee Designation Polo w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.50	
Special Olympian	\$ _____	Ref. Status _____ (Size _____ Qty. _____)	

**2nd APA D-Day Bench Press**  
13 Jun 99 - New Haven, CT

148 lbs. (13-15)	1st	2nd	3rd	Best
B. VanAl	165	180	191	191*
165 lbs. (18-19)				
E. Brown	155	200	215	225
181 lbs.				
S. Garcia	100	110	125	125*
C. Soulet	50	75	100	100
275 lbs.				
P. Canzanella	200	—	255	255!

\*-State Record. !-Heaviest Lift. Meet Director: Joseph Steele. Place: Fort Hale Park. Head Judge: Joseph Steele. Time: 1 hour. Side Judges: Neal Wellins and Mark Hogan. Sponsors: World Gym of Hamden, City of New Haven Park and Recreation and the U.S. Navy New Haven Recruiting Command. The APA D-Day High School BP Championships was held to honor the 55th Anniversary of D-Day. History Teachers Mr. Joseph Steele and Mr. Andrew Bram gave a short lecture on World War II and the D-Day Invasion. The U.S. Navy's New Haven Recruiting Command's Petty Officer Osvaldo Rosado presented each high school lifter with a Navy Flag, water bottle and key ring. There was two new state records set. Richard Altieri's youngest lifting son Bryan VanAlakerk set a new state record with a 191 lbs. lift in the 148 lbs. class, 13-15 age group. Sal Garcia set a new state record with a 125 lbs. lift in the 181 lbs. class 13-15 age group. Paul Canzanella won the Heaviest Lift Award with a 255 lbs. lift. (thanks to Joe Steele for providing results)



55th D-Day Anniversary was commemorated by Chris Soulet (left - second place, 181 pound class) and Petty Officer Osvaldo Rosado (at right, USN) presenting the class with the United States Navy flag. (photograph was provided courtesy of Meet Director Joe Steele)

**APA Maryland BP/DL**  
18 Dec 99 - Glen Burnie, MD

BENCH	242 lbs.	
WOMEN	D. Roberts	405
Open	L. Wright	360
D. Spiegel-123	170	275 lbs.
B. Barnowich-109	195	S. Pagtakan!
Over 40		575*
J. Stuniolo-125	130	DEADLIFT
Over 60		WOMEN Open
D. Mikolosi-143	90	B. Barnowich-109
Submaster		205
E. Wise-198	335	(40+)
Master (50-59)		J. Stuniolo-125
D. Junkins-181	230	260
MEN 148 lbs.		(60+)
L. Saez	280	D. Mikolosi-143
C. Taylor	250	210
E. James	225	Submaster
181 lbs.		E. Wise-198
M. Martin	300	440
W. Powell	265	Master (50-59)
198 lbs.		D. Junkins-181
L. Maslow	365	365
		181 lbs.
		W. Powell
		450
		198 lbs.
		L. Maslow!
		640*
		R. Munn
		565
		275 lbs.
		S. Pagtakan
		700

!-Best Lifter. \*- State Record. Referees: Justin McShane, Wes Golden, Scott Taylor. Special thanks to Julie Scanlon for all the help she provided making this a successful and extremely efficient meet. Also, special thanks to Justin McShane and Wes Golden for a great job officiating and to Gold's Gym of Glen Burnie, MD for providing a great meet site. (thanks to the APA for these results)

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Registration Fee: \$20 High School Athlete: \$10			
Parents Initial	I Certify that		
if Under 18 yrs.	the above answers		
	are correct		
	X		

**APA Eastern BP/DL/CR**  
4 Dec 99 - Wallingford, CT

BENCH	242 lbs.	
WOMEN	B. Crowley-178	500
Formula	A. Bruneau-231	505
D. Slaga-146	210*	198 lbs.
M. Melillo-142	115	J. Landrette-55
Junior		320
J. Matla	375	198 lbs.
Submaster		375
B. Swanson-191	470	J. Matla
P. Porcelli-273	480	220 lbs.
A. Murray-216	425	315
Gosselin-224	400	P. Bouchard
Master (40-49)		400
A. Bruneau-231	400	Open 220 lbs.
M. Hogan-252	335	A. Murray
G. Bardis-260	315	425
Master (50-59)		Drug Tested
R. Cole-217	1420	242 lbs.
J. Landrette-171	1320	J. Milauski
C. Frost-193	315	445
G. Beals-192	240	J. Gosselin
Drug Tested		400
123 lbs.		Open 242 lbs.
V. Pichay-115	230	400
Open 123 lbs.		Drug Tested
V. Pichay-48	230	275 lbs.
Drug Tested		480
148 lbs.		375
G. Larson-46	300!	T. Toland
		405
		Drug Tested 308 lbs.
		M. Gorton-40
		380
		DEADLIFT
		WOMEN
		(Formula)
		D. Slaga-146
		385*
		M. Melillo-142
		230

\* designates a new Connecticut State record. ! designates a new Masters record. The Drug Free Best Bench Lifter Award was presented to Pete Porcelli. The Open Best Bench Lifter Award was presented to Bruce Swanson. Best Deadlift Lifter Award was presented to David Corsi. Special thanks go out to Donna Slaga for all the effort she put into making this event a huge success. The meet was run very fast and efficiently with the help of Donna's computerized score keeping. Donna also took digital photos of the lifters as they performed their lifts. The meet was held at World Gym of Wallingford, Connecticut. Special thanks to the loaders and referees for doing a great job. We look forward to the next meet in Wallingford which should take place in July, 2000. (Thanks to Scott Taylor, APA President, for providing the results)



Lester Maslow (right) was Best Lifter award winner in the deadlift event and Sherwin Pagtakan (left) was Best Lifter in the Bench Press at the APA Maryland Open (photograph provided courtesy of Scott Taylor)



Bench Press Best Lifters at the APA Eastern USA competition, (left) Bruce Swanson and (right) Pete Porcelli. (Scott Taylor photograph)



Big Daddy Says He's Back! ... John Ford, after 2 years off and 7 invasive surgeries, he had this 815 on the way to completion for a new master (40-44) IPF World Record. (photographs courtesy of John Ford)



Russ Goodman comes out of retirement with an easy 430 bench press

**IPA CA Power & BP**  
12 Feb 00 - S. San Francisco, CA

BENCH	165 lbs.	
WOMEN	M. Squires	350
Open 165 lbs.	B. Ridolfi	320
M. Jacobson	235	181 lbs.
Master		G. Dubelle
M. Jacobson-44	235	310
BOYS 148 lbs.		198 lbs.
Teen		B. Ryan
H. Blake-14	215	220 lbs.
220 lbs.		M. Lamarque
P. Davi-18	385	Submaster
Juniors 165 lbs.		275 lbs.
S. Costillo-21	300	M. Clark-34
P. Rodriguez-23	275	270
181 lbs.		SHW
J. McCullough-21	210	G. Nikalka
242 lbs.		405
C. Smith-21	405	Master 198 lbs.
Law		K. Kanemoto-41
F. Nelson	475	465
MEN Open		220 lbs.
132 lbs.		D. Smith-56
R. Hall	235	435
148 lbs.		275 lbs.
M. Montoya	255	R. Rossi-54
WOMEN		305
SQ		308 lbs.
Open		L. Contreras-46
J. Yuster-182	265	420
MEN 165 lbs.		P. Belcher-46
G. Chin	430	410
198 lbs. Master		SHW
K. Kanemoto-41	660	R. Goodman-46
220 lbs. Open		430
M. Lamarque	500	BP DL TOT
Submaster		
B. Stiles-39	420	265
242 lbs. Open		135
T. Hunt	550	285
V. Garcia	315	360
J. Ford*	815	385
Submaster		1175
D. Shay-37	540	370
		1155
		470
		530
		1500
		515
		1420
		1010
		1865
		500
		1410

Master  
R. Carbo-44 525 350 475 1350  
G. Stevens-44 485 290 550 1325  
J. Ford-44 485 290 550 1325

This event was sponsored by Physique Magnifique Gym, Big Daddy Productions, Inzer Advanced

Design Power Apparel. Forty powerlifters and bench pressers gathered for this event. With California State records being established, and a large number of world and national records being broken. Before the competition started there were a couple of items presented to Mr. Art Ramsey and to the gym owner Jim Wilson. Big Art Ramsey was presented with the John (Big Daddy) Ford Annual Award for dedication to the Sport of Powerlifting. Big Art has done his best to keep new blood in our sport and is continuously there to help anyone who needs a hand. We as athletes appreciate Art's type of dedication and love for the sport. Speaking for lifters everywhere, we thank you Mr. Ramsey and god bless you and yours. To Mr. Jim Wilson the owner of Physique Magnifique a man that soon will be breaking into the realm of pro body building, with a top fifteen finish in the USA Championships, and national champion. He is well on his way. Jim and his wife, also a top ranked amateur bodybuilder herself, have welcomed powerlifting into their gym and into their hearts. The Pacific Power Outlaws presented Jim with a portrait



Art Ramsey being presented the John (Big Daddy) Ford Award for Dedication to the Sport of Powerlifting. Left - right: Big Daddy, Mary Jacobson & Art

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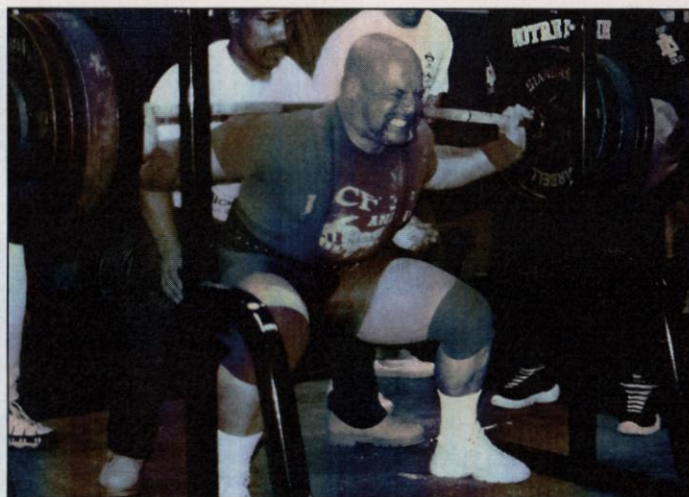
Last Name	First	Initial	New	Renewal
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State or Province		Zip Code	Country	
Telephone	Date of Birth	Age	Sex	Pro _____ Am _____ Elite Am _____
Sign if above answers are correct. Parents sign if under 18 years.				Date

Registration Fee: Adult \$25 ~ High School and Special Olympics \$15  
Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.  
Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402



**The Last Deadlift of the Millennium ... Dr. Darrell Latch pulls 450 at 11:59:59 CST on 12/31/99.** (photo courtesy of D. Latch)

master men 50-59. Wally Strosnider came all the way from St. Louis with his girlfriend Nancy, who was taking pictures of everyone and everything. Wally had a team of about ten guys, but all of them had to work because of the millennium "scare". So Wally not only lifted and won the 220s, he also took the team award! It had been nine years since Wally had lifted in one of my competitions so we had a great time getting out the old competition results and newspaper clippings to look at. Wally has had to drop some weight since being diagnosed with diabetes so he was happy with his 400 attempt. We had a great time visiting and lifting together and Nancy made it even more fun. After the benches left we went home and came back about 11:30 for the deadlift competition. I tried on my deadlift suit, which still didn't fit (I thought I had lost some weight) so it took me even longer to warm up. As the clock was ticking down I only made it to a 450 warm-up, locking out one second before midnight! Then my son Joey and grandson Daniel wanted to lift so I reloaded the weights for them. In the process, my twelve year old son Joey pulled a personal record 200 for the win in the heavyweight youth division while eight year old Daniel pulled a pr 100 in his first competition. Hey, we had fun, what else can I say! Oh, yes, and just in case you didn't realize it, the giant burning meteorite didn't get us after all! (results courtesy Dr. Darrell Latch)



**Sal Mazzola squatting 650, a Michigan NASA State Masters record, at the NASA Kinross meet.** (photograph provided by Jim Stevenson)

the kidnapping of Tee Young took place just one week earlier. It turned out to be a good battle between three real strong guys who all lifted raw. Big Drain edged Russ-Bey on body weight to place first in the squat and deadlift. "Bull" Herrick was one of three people who set a Michigan N.A.S.A. state record with a pull of 630 pounds in the Junior Division. On Sal Mazzola's first crack at the squat, he dragged the rack halfway across the platform and once he returned, he was met with three reds and shades of March once again. He repeated the 605 with true confidence and then commenced with a solid 650 for a N.A.S.A. Masters Record. We need not forget the people who were out in that hot sun all day. They are: Al Hartford, Chuck Sacks, Martin-Bey, Gary Robinson, Billy Pearson, Brown-Bey, Williams-X, Mike Clark, Gary Baublitz, Mark Treado and "Paz" who helped me with my equipment. They all helped make this meet a real success. (Results provided to PL USA by Tex Stevenson)

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### The Last One BP/DL Classic

31 Dec 99 - Tuscola, IL	
BENCH	242 lbs.
181 lbs.	D. Latch
380	Master (50-59)
220 lbs.	L. Clark
400	Youth - Hwywt.
DEADLIFT	J. Latch-12
200*	Master (50-59)
Youth - Lwt.	D. Latch
100*	D. Latch

### Iron Den Record Breakers BP/DL

18 DEC 99 - Glens Falls, NY	
BENCH	275 lbs.
114 lbs.	B. Crawford
450	701*
181 lbs.	P. Carey
230	230
400	N. Johnson-179
260	260
DEADLIFT	J. Latch-12
200*	4th
198 lbs.	D. Ives-46
400	400
515	170
400	J. Cahill
320	220 lbs.
625*	D. Laplant-51
560	H. Greenholtz
500	D. Sherwood
440	M. Plude
370	K. Collyer
275	242 lbs.
600	D. Smith
520	J. Miller

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### Finnish Bench Championships (kg)

11,12 Mar 00 - Muurame, FIN

WOMEN	
Junior 17 yrs.	Jappila, J 162.5
67.5 kgs.	Rajala, E 155
Karvonen, K 155	Sirvio, A 145
85	Nieminen, S 145
75 kgs.	Mononen, V 145
Levanen, M 55	Erola, V 185
Junior 20 yrs.	Parkatti, A 165
48 kgs.	Lampila, P 162.5
Tolvanen, A 45	Friis, J 160
56 kgs.	Leino, J 150
Vartiainen, M 37.5	Riekkinen, J 140
60 kgs.	Hallfors, H 140
Eleinen, E 65	Savola, H 140
75 kgs.	Lammishvu, P 140
Koski, J 72.5	82.5 kgs.
Junior 23 yrs.	Heinonen, T 215
52 kgs.	Laako, K 212.5
Jarvela, M 55	Rantakallio, J 207.5
56 kg	Tuononen, J 200
Hirvonen, P 67.5 kgs.	Niskanen, A 187.5
92.5	Laukkanen, P 180
Kumpulainen, P 80	Huttunen, K 167.5
75 kgs.	Sairanen, T 162.5
Blinnikka, K 90	Vanhama, T 160
82.5 kgs.	Narhi, J 160
Roebach, L 77.5	Saarenmaa, V 160
Open 48 kgs.	Silanen, J 160
Koskinen, R 93	90 kgs.
Viltsaari V 80	Heiskanen, J 210
Arpala, V 90	Ruokonen, T 207.5
52 kgs.	Tammisto, P 205
Kivinen, P 72.5	Kliskinen, K 195
40 kgs.	Avola, T 195
56 kgs.	Renfors, K 180
Nikander, E 102.5	Borgma, J 180
60 kg	Hopla, K 180
Laitinen, H 90	Joensuu, H 175
Savola, P 85	Hayrinen, H 175
Malmberg, S 85	100 kgs.
67.5 kgs.	Korhonen, J 220
Rantamaki, M 87.5	Heino, S 217.5
Pihlaja, R 60.5	Jalonen, T 212.5
75 kgs.	Rantanen, P 210
Kivimaki, K 105	Karjalainen, P 210
Liimetainen, J 80	Turpeinen, T 205
Jussila, M 60	Keinanen, J 205
90 kg	Keikkila, J 202.5
Nokua, K 95	Patova, M 200
90+ kg	Palmros, K 185
Saksa, S 115	Kannialo, R 185
82.5 kg	Kopola, H 180
Jarvenpaa, S 115	Lyytikainen, A 230
Perala, T 95	Ahtalainen, J 225
Heikkala, S 90	Pelkonen, J 220
Koskelo, K 82.5	110 kgs.
Hatanpaa, T 115	Kuuseva, J 230
Master I 48 kgs.	Salokannel, M 225
Knutars, A 55	Heiskari, J 220
56 kgs.	Tuomainen, J 215
Hermansson, P 75	Leppakangas, P 210
67.5 kgs.	Vilppola, K 205
Malassu, I 70	Kemppi, J 202.5
Master II 48 kgs.	Kopola, H 195
Turunen, S 50	Korpi, V 190
56 kgs.	Tuutti, J 190
Kumpuniemi, E 65	Kinnunen, P 185
Heikkinen, V 75	Heino, P 185
MEN	Savonen, K 185
Open 52 kgs.	125 kgs.
Pentti, T 100	Kunnari, M 240
Kinnunen, M 97.5	Suuronen, T 215
Niemi, P 56	Heikkala, P 212.5
56 kgs.	Raty, T 205
Kliski, J 122.5	Jantunen, E 200
60 kgs.	Mattila, K 190
Vatanen, N 142.5	Tiainen, A 190
Toivomaki, P 140	Kallinki, K 190
Kurjenkallio, A 130	125+ kgs.
Rimpi, P 122.5	Kortesalmi, M 252.5
67.5 kgs.	Aho, K 250
Korva, A 182.5	Lehto, O 240
Veid, K 172.5	Renlund, K 227.5
	Saateala, P 195

### 5th Hillside Open

4 Mar 00 - Succasunna, NJ

WOMEN	
under 148 lbs.	J. Meyer 180 90 230 500
over 148 lbs.	L. Hollis 260 145 300 705
MEN 103 lbs.	C. Ribe 150 95 190 435
114 lbs.	M. Haggerty 190 120 235 545
G. Dodd 170	105 210 485
K. Grandstaff 100	95 185 380
123 lbs.	C. Irving 185 125 240 550
132 lbs.	C. Clark 185 125 285 595
S. Megill 175	115 180 470

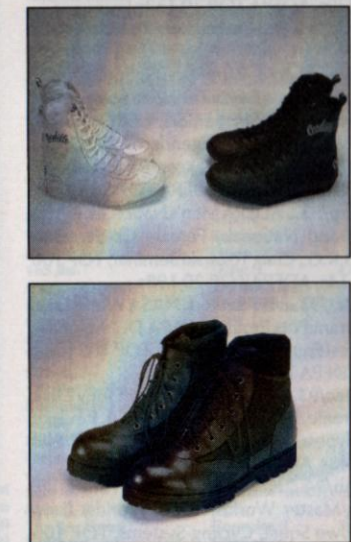


T. Rajkumar	300	205	385	890
W. Wilson	245	200	355	800
F. Walter	235	155	380	770
S. Crabbe	240	170	310	720
K. Tally	205	195	305	705
E. Popson	205	145	270	620
B. Westfall	215	130	240	585
J. Shubeck	145	-	-	145
165 lbs.	J. Glamann	280	235	405
200	A. Santino	325	215	305
180	J. Keenan	185	105	255
181 lbs.	K. Bryant	390	230	440
1060	G. Ribe	335	260	440
1035	R. Adler	210	190	275
675	T. Montgomery	-	245	350
595	198 lbs.	-	-	-
G. Lindsey	455	305	425	1185
J. Laquna	325	235	350	910
J. Stoffers	300	300	300	900
D. Miller	285	260	335	880
M. Sobczak	240	170	305	715
J. Phillips	200	135	260	595
J. Sexton	380	315	400	1095
220 lbs.	P. Pete	375	295	400
1070	R. Hoffman	175	325	350
850	E. Buck	235	175	350
760	242 lbs. Over 242 lbs.	-	-	-
S. Neindorf	405	260	495	1160



**Tim Rajkumar took the "Best Deadlift" trophy with this 385 pound effort, while Jon Glamann cheers him on at the Hillside Open.** (photograph provided courtesy of Meet Director Pastor Pete Amerman)

### New Product



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Considering that he is only a freshman in High school, he has quite a future in the sport. In the 220s, meet director "Pastor Pete" Amerman went head to head with young upstart John Sexton. It came down to the final deadlift to determine the final placement. Pastor Pete moved into first place with a 400 lb. deadlift on his second attempt. When John tied with 400 on his third attempt, he won with a 1095 to Pastor Pete's 1070. Third place finisher Richard Hoffman took the "Best Bench" trophy with a 325 bench press. Steve Neindorf had the highest deadlift of the day (495), and a 1160 total to win the over 242 lb. class. The spirit of the meet was tremendous! Lifter were cheering for their competitors as well as their own teammates. We heard an inspiring message from World Blind Powerlifting Champion Dave DeNotaris. He spoke about his struggle with losing his sight, and being told that he couldn't take gym class until one gym teacher turned him on to powerlifting and he went on to become a champ! He spoke to the audience about not focusing on what you do, but on what you can do, and do it to the best of your ability to the glory of God! The team trophy was won by Hillside's "True Strength Club". Second place went to First Presbyterian's "True Strength Club". Third place went to Calvary Christian Academy. (Thanks to Pastor Peter Amerman for providing results)



**May/93...** NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s  
**Jul/93...** Pro Powerlifting Debuts, Motor Cortex Control, Strategic Deadlift Initiative, ADFPA Women's Nationals, TOP 100 275s, ADFPA TOP 20 165s  
**Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
**Sep/93...** ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
**Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
**Dec/93...** WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s  
**Jan/94...** IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.  
**Feb/94...** Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s  
**Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s  
**Apr/94...** Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFF Worlds, TOP 100 220, ADFPA TOP 20 132s  
**May/94...** USPF/ADFP Collegiates,

## PL USA Back Issues

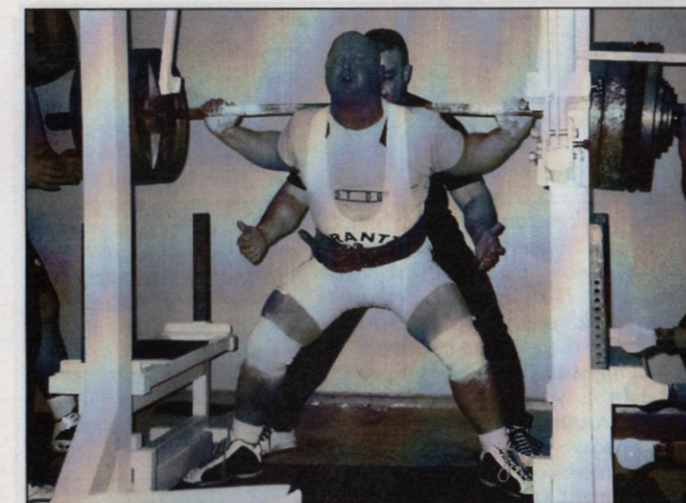
USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s  
**Jun/94...** NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s  
**Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
**Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.  
**Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.  
**Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.  
**Dec/94...** Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Women's, United We Stand, TOP 100 165s.  
**Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squat, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.  
**Feb/95...** World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.  
**Mar/95...** Women's TOP 20, Don Reinholdt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood

Bench Routine, TOP 100 220s  
**Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.  
**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s  
**Jun/95...** Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sep/95...** TRIPLE SENIORS ISSUE ADFPA/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.  
**Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
**Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
**Mar/96...** TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.  
**Apr/96...** Big Bench Press News, PL vs. Pro Wrestling, the "Unknown" Strength Coach, "Casey's Club" - 600 lb. Benchers, Lifetime Nationals, TOP 100 242s.

**Jun/96...** ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine Records, TOP 100 SHW  
**Jul/96...** AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s  
**Aug/96...** ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.  
**Sep/96...** USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.  
**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glosbrenner "Responds to the Response", TOP 100 148s  
**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s  
**Dec/96...** Pler Tony Leiato in the Olympics, IPF World Masters/Jrs., Louie Simmons on Special Strengths, Yuri Spinov Interview, TOP 100 181s.  
**Jan/97...** IPF & WPC Worlds, Step by Step Training by Louie Simmons, Rejecting Rejection, 20 Greatest Lifters, Early Training Good or Bad, TOP 100 198s  
**Feb/97...** Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s  
**Mar/97...** TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo  
**Apr/97...** Clark Benches 800 - Waterman

## ANPPC Central USA Powerlifting 5 Mar 00 - Tuscola, IL

BENCH	Master (65-69)	275 lbs.	255
Teen 181 lbs.	J. Luallen	Open 198 lbs.	385
N. Young	420	T. Carnaghi	220 lbs.
Master (40-44)	380	M. Chellino	540
D. Burlingame	SQ	BP	DL
MEN	TOT		
Teen 181 lbs.	490	310	500
R. Shaffer	490	310	500
Master (40-44)	220 lbs.	380	645
D. Burlingame	675*	380	645
Master (55-59)	260	225	280
B. Griffith	4th	300	
Open 165 lbs.	465	375*	455
W. Phillips	490	300	490
T. Corona	505	505	
181 lbs.	615	300	575
P. Turnbow	198 lbs.	770	385
T. Carnaghi	540	320	540
B. Finch	220 lbs.	775*	540*
M. Chellino	675	380	645
D. Burlingame	275 lbs.	645	1700
J. Beatty	645	445	675
E. Marquez	415	220	405



Best Lifter at the Central USA Meet: Mark Chellino squats 775 (Latch)

Griffith, lifting in just his second full meet. Bill had a great day with all new pr's, squatting 260, benching 225 and pulling 300 for the first time ever. Bill's ten for ten day of lifting gave him a 890 total. In the open division, 165 lb. class winner Wade Phillips broke the existing record in the bench with a great 375 effort on his final attempt. This along with his 465 squat, and 455 deadlift gave Wade a 1295 total, all of which were new personal records for him. Second at 165 was Tony Corona, who went eleven for eleven on the day. Tony got two new personal marks when he squatted and deadlifted 505 each. Tony totaled 1280 for the meet, but his two pr's helped him finish with 1310. Pauly Turnbow also had a perfect day of lifting, and it was his first competition! Pauly started with a great 615 squat, followed by a 300 bench. He then finished the day with a strong 575 pull for a 1490 total at 181. Great job, Pauly! At 198 it was once again Tom Carnaghi finishing with a 1755 total, and runner-up for best lifter. Tom had an off day starting with his squats, managing only 770. He looked strong with his 385 bench, but failed to lockout 400. Then this was Eduardo's first competition and he lifted in style, getting a 415 personal record squat, 220 bench and a 405 deadlift. Nice job, Eduardo! In the bench

who also had a disappointing day. Benny only got his opening squat of 540, missing 570 and 600 on depth. Benny finished with a 320 bench and a 540 deadlift for a 1400 total. Next time out he'll total over 1500, though! The big lifter of the day was Mark Chellino, winner of the open 220s and best overall competitor. Mark came to lift; and lift he did! 775 national record squat, 540 national record bench, 590 personal record deadlift and 1905 national record total! Mark's only miss came on his last bench of the day with 565. Great job, Mark, you deserved it! Second at 220 was Duane Burlingame with his master's record 1700 total. Big John Beatty returned for the title at 275. John, who has been competing in strongman competitions and has put on about twenty pounds in the past year, will compete in his first professional show in June. John pr'd 645 in the squat, pr'd 445 in the bench and pulled an easy 675 deadlift for a 1765 total. John even gave 755 a ride halfway up before stalling. That 755 was the heaviest deadlift ever attempted in ANPPC history! Eduardo Marquez was second at 275 with a pr 1040 total. This was Eduardo's first competition and he lifted in style, getting a 415 personal record squat, 220 bench and a 405 deadlift. Nice job, Eduardo! In the bench

press competition, Nick Young looked great, finishing with 420 for the teenage 181 title. That's quite a lift for a teenager! John Luallen, age sixty-eight, took the master 65-59 title with 255, just missing a 265 pr for his final attempt. Tom Carnaghi took the open 198 class with 385 while Mark Chellino's big 540 won at 220. Carnaghi's Power Team took team honors, with Hardcore Gym of Chicago, Illinois as runner-up. Thanks again to all the helpers, lifters and spectators for their support! (Thanks to Dr. Darrell Latch for providing these contest results)

## Rothery Halloween Classic BP/DL 30 Oct 99 - Elyria, OH

BENCH	Master	420
148 lbs. Open	Knisley, K	475
Stisser, A	290	Open
165 lbs.	Shaw, T	275 lbs. Open
Master-Natural	240	Washington, L
Mesas, H	360	4351
Open	360	DEADLIFT
Mercorelli, N	330	148 lbs. Natural
Teen	330	St. Peter, C
Straub, T	0	Open
181 lbs. Beginner	0	Stisser, A
Riemschneider	0	475
Master	0	165 lbs.
Hector, G	0	Master-Natural
Open	0	Mesas, H
Gonzales, L	0	181 lbs. Beginner
Submaster	360	Riemschneider
Bishop, B	360	425
198 lbs. Open	440	Open
Robinson, A	440	Gonzales, L
Open	410	560
Cheers, D	410	Submaster
Submaster	335	Bishop, B
Degroff, P	335	565
220 lbs. Beginner	320	198 lbs. Submaster
Berry, A	320	Degroff, P
Submaster	350	515
Rice, B	350	220 lbs. Open
242 lbs. Beginner	300	Walz, D
Flynn, R	300	535
THANKS: Powerlifting USA, Dave Hopkins (Owner of American Fitness aka The Meet Site), Judges: Jamie Schupbach, Pat Keenan, Todd Straub, and Don Rothery. Spotter/Loaders: Chuck St. Peter, "A Big Guy from the Crowd", Mike Flanigan, Todd Straub, and Don Rothery. Announcer-Brian Rothery. Helpers: (Big) Don Rothery, Renee Rothery, Cathy Rothery, Maggie Rothery and everyone who showed up and of course anyone that I forgot to mention. Visit us at <a href="http://rotherypowerlifting.homepage.com/">http://rotherypowerlifting.homepage.com/</a> (Thanks to Don Rothery for providing these contest results)		

## Southern Illinois BP/DL 26 Feb 00 - Effingham, IL

BENCH	SHW	450*
165 lbs.	E. Yingt	560*
D. Phillippe	295	380*
181 lbs.	P. Cloe	260*
E. Teran	300*	145
198 lbs.	J. Junior	250
T. Reese	C. Davis	300
G. Catron	410	300
220 lbs.	D. Minks	260*
M. Hahn	325*	270*
C. VanTress	450	4th
242 lbs.	415*	Master (40-49)
C. Price	380	B. Walker
M. Luster	275 lbs.	S. Markham
T. Wilson	470*	Master (60-69)
S. Kellerhals	335*	J. Luallen
DEADLIFT	380*	165 lbs.
Junior	400*	C. Davis
D. Minks	500	380*
Master (40-49)	400*	4th
G. Catron	300*	198 lbs.
E. Teran	325*	B. Hutchinson
148 lbs.	350	430
J. Dinaso	350	525
		275 lbs.
		S. Kellerhals
		485*

1-Guest Lifter. \*-Personal record. Best Lifters: Bench Press - Bob Walker, Deadlift - Clint Van Tress. Team Champions: Insane Turnkeys. The Southern Illinois Bench Press/Deadlift Championships were held at the Village Square Mall. We had a good turnout and a great crowd watching this event. A special thanks to mall manager Joanne for her continued support of the sport. In the bench press competition Doug Phillippe once again took the 165s, though he only got his opener of 295. Doug was close with 310 twice but just couldn't quite get the help from his shirt he needed. At 181 it was newcomer Ed Teran for the win with a personal best 300. A fourth attempt with 315 failed to lockout. Tom Reese returned to competition after several years with an easy win at 198. Tom got his opener, an easy 410, only to miss his last two attempts with 425. Second at 198 was Gary Catron, the owner of Iron House Gym of Hoopston, Illinois. This was Gary's first competition and he did well, getting all three of his lifts, ending with a personal best 325. Mark Hahn looked strong in his win at 220, finishing with 460 after missing that weight for his second attempt. Clint Van Tress was

second with 450, missing 465 on his final attempt for the win. Charles Price posted a personal record in his win at 242 with 415 on his second attempt. A final attempt with 425 was just a little too heavy on this day. Milton Luster was second at 242 with an easy 380, but struggled twice with 400. Milton looked good for 420-425 but just couldn't quite find his groove. Tim Wilson took the 275s with a personal best 470, even coming close with 500. That 500 isn't far off, Tim! (And this was Tim's first competition!) Scott Kellerhals was also lifting in his first meet and did quite well, ending with a pr 335. Scott was also close with a 350 final attempt. Guest lifter Earl Yingt showed lots of potential with a

great 450 pr. Lifting for the Insane Turnkeys powerlifting team, Big Earl almost locked out 480 for a fourth attempt! Payton Cloe won the teenage class with 145. At the age of thirteen, Payton seems to be following in his Dad and Uncle Mark's footsteps. Corey Davis was the winner of the junior class with a 250 bench, weighing in at 165. Corey missed a pr of 270 twice. Dustin Minks was second with 300 @ 273, tying his personal best. Dustin also came close with a pr 315 for his final attempt. Tom Reese also won the submaster class with his 410 opener. Second place went to Clarence Michl who had a great day! In his first competition, Clarence went 4 for 4 with two new personal records ending with

270. The master 40-49 class had two great lifters, both of which had great days also. Taking first was the indomitable Bob Walker who finished the day with another personal record of 560 at a 255 bwt. Bob then called for 600, which he actually made a good effort with. A little too much weight for now, but within six months you can bet Bob will be joining the 600 lbs. bench press club! Bob won best lifter honors for the competition. Steve Markham got three new personal records to end with 380, all within a bench shirt! Great lifting Steve! John Luallen got a new pr at 260, lifting in the master 60-69 class. This was only John's second competition, who continues to improve in strength and form. In the deadlift competition Dustin Minks took the junior class with a strong 500. His only miss was a pr attempt with 525. At master 40-49 Gary Catron was the winner over training partner Ed Teran 400 to 300. Gary's 400 was a personal best, as was Ed's 300, though Ed did come back and get a fourth attempt with 325. Jim Dinaso continues to struggle with his deadlift, though he did pull an easy 350 for the win at 148. Jim failed with a pr 370 twice, though he certainly does have the strength to pull even more. At 165 it was Corey Davis who went 4 for 4, finishing with a personal best of 400. Poor ole Benny Hutchinson spotted and loaded for the bench but still pulled a 430 at 190 for the win at 198. But that's good for him; he's still growing. Clint Van Tress switched to sumo (is that a real deadlift?) because he was having some back problems, then pulled 525 for the win at 242 and best lifter! Scott Kellerhals took the 275s with 485, another personal best for him. The team championship went to the Insane Turnkeys, consisting of Clarence Michl, Mark Hahn, Earl Yingt, and Milton Luster. Thanks to Susie, Joey, Benny and Tom for their help. (Thanks to Dr. Darrell Latch for providing results)



The INSANE TURNKEYS were the Team Champions at the Southern Illinois BP/DL meet: left to right - Milton Luster, Clarence Michl, Mark Hahn. (Darrell Latch)

600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.  
**May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.  
**Jun/97...** J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
**Jul/97...** Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
**Aug/97...** Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s  
**Sep/97...** USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.  
**Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, TOP 100 Ltws.  
**Nov/97...** U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.  
**Dec/97...** Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s  
**Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds,

World's Strongest Man Qualifiers, Best IPF Women, TOP 198s  
**Feb/98...** WABDL Worlds, IPFBP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s  
**Mar/98...** Mark Phillippe Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage  
**Apr/98...** Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.  
**May/98...** Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benching, TOP 100 275s.  
**Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.  
**Jul/98...** Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.  
**Aug/98...** USAPL Men's Nationals, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.  
**Sep/98...** APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s  
**Oct/98...** "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons,

John Neighbour, TOP 100 148s.  
**Nov/98...** A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.  
**Dec/98...** IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s  
**Jan/99...** WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPFF Worlds, Jerry Tancil, TOP 100 198s.  
**Feb/99...** WPC Worlds Pt. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
**Apr/99...** The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.  
**May/99...** LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.  
**Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs  
**Jul/99...** Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s  
**Aug/99...** the Rubber Band Man, the "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

**Sep/99...** USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s  
**Oct/99...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
**Nov/99...** Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.  
**Dec/99...** IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s  
**Jan/00...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s  
**Feb/00...** WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s  
**Mar/00...** USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons  
**Apr/00...** Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
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NASA Power Sports Nationals  
6 Feb 00 - Nashville, TN

SQUAT	170.8 lbs.	DLMP 250.2 lbs.	210	
R. Sutton	125	K. Phillips	210	
280 lbs.		DLP 227 lbs.	272.5	
T. Mack	147.5	D. Anguish	272.5	
P. Paff	105	D. Anguish	272.5	
SHW		250.2 lbs.		
J. Bryant	180	E. Cross	185	
SQMP 250 lbs.		DLTeen 205 lbs.		
K. Phillips	200	D. Talley		
SQAT 170.8		280 lbs.	165	
C. Dargin	205	G. Bryant	165	
SQSM 205 lbs.		DL WJR 127.8 lbs.		
B. Dickens	195	B. Book	110	
227 lbs.		138.8 lbs.		
D. Anguish	227.5	C. Fuller	72.5	
R. Dilworth	272.5	BENCH		
E. Cross	195	BP INT 205 lbs.		
280 lbs.		J. Hall	165	
W. Johnson	266	BPJR 170.8 lbs.	77.5	
SQWINT 101.4 lbs.		BPM1-315 lbs.		
W. Cross	65	W. Ferguson	155	
SQWJR 127 lbs.		BPM2-227 lbs.		
B. Book	77.5	S. Caldwell	165	
CURL		SHW		
CINT 205 lbs.		B. Rakestraw	157.5	
J. Hall	75	BPM3-280 lbs.		
CJR 170.8 lbs.		M. Logsdon	97.5	
R. Sutton	52.5	J. Jenkins	100	
CM1-138.8 lbs.		BPM4-154.3 lbs.		
G. Landess	42.5	J. Heizelman	75	
CM2-250.2 lbs.		BPM5 315 lbs.		
L. Dorsey	50	K. Phillips	147.5	
CM3-170 lbs.		315 lbs.		
J. Jenkins	50	W. Ferguson	155	
CM4-154.3 lbs.		BPNT		
J. Heizelman	30	W. Ferguson	155	
CMP 250.2 lbs.		BPP 119 lbs.		
K. Phillips	70	S. Petrencak	120	
CP 119 lbs.		154.3 lbs.		
S. Petrencak	57.5	R. Davis	165	
205 lbs.		205 lbs.		
J. Hall	75	C. Poore	192.5	
Cteen 138.8 lbs.		J. Hall	165	
N. West	37.5	315 lbs.		
170.8 lbs.		W. Ferguson	155	
C. Brady	42.5	BPPN 250.2 lbs.		
CWM2-138.8 lbs.		M. Wigglesworth	160	
C. Fuller	20	280 lbs.		
DEADLIFT		C. Brutscher	92.5	
DLINT 170.8 lbs.		BPSM 205 lbs.		
W. Yates	125	J. Forren	147.5	
205 lbs.		227 lbs.		
J. Greenwell	172.5	J. Ritzler	160	
DLJR 170.8 lbs.		170.8 lbs.		
R. Sutton	170	C. Brady	82.5	
280 lbs.		M1-250 lbs.		
T. Mack	137.5	M. Petty	147.5	
DLM1-138.8 lbs.		MP-280 lbs.		
G. Landess	160	L. Goins	205	
Power Sports	CR	E. Carlson	160	
HS 138.8 lbs.		BP	DL	TOT
D. Evans	55	97.5	192.5	345
170.8 lbs.				
C. Hires	45	90	132.5	267.5
227 lbs.				

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to work out. Erect 10 panels and the walls are up. (Or have the dealer build it.) A company spokesperson said, "It was carefully designed for ease of construction." Of course, check your zoning regulations. For additional information, write to: Dept. B, Eagle's Nest Homes, 205 Eagle's Nest Drive, Canton, Georgia 30114, 800-579-1079. Eagle's Nest has 400 dealers world-wide.

C. Hunter	60	122.5	210	392.5	154.3 lbs.				
M. Richardson	55	117.5	210	382.5	J. Meekins	65	137.5	232.5	435
P. Paff	40	76	152	26750	M2-187 lbs.				
INT 170.8 lbs.	42.5	70	125	237.5	H. Ruhser	60	137.5	180	377.5
205 lbs.					205 lbs.				
J. Greenwell	12	80	172.5	297.5	J. Gamache	52.5	110	195	357.5
JR 154.3 lbs.	42.5	65	145	252.5	250.2 lbs.				
S. Lancaster	170.8 lbs.				L. Dorsey	50	82.5	142.5	275
R. Sutton	52.5	77.5	170	300	M3-170.8 lbs.				
187 lbs.					M. Logsdon	47.5	97.5	165	310
D. Rose	70	155	205	430	MP 187 lbs.				
205 lbs.					H. Ruhser	60	137.5	180	377.5
A. Howard	70	160	225	455	205 lbs.				
227 lbs.					L. Hogan	57.5	125	170	352.5
J. Meuth	67.5	122.5	182.5	372.5	227 lbs.				
SHW					J. Page	70	187.5	187.5	445
J. Bryant	55	115	182.5	352.5	250.2 lbs.				
M1-138.8 lbs.					K. Phillips	70	147.5	210	427.5
G. Landess	42.5	80	160	282.5	280 lbs.				
					E. Carlson	60	165	100	325
					Nat 187 lbs.				
					E. Spence	55	122.5	195	372.5
					227 lbs.				

J. Ritzler	62.5	160	210	432.5
250.2 lbs.				
D. Berkley	75	175	240	490
Pure 170.8 lbs.				
C. Dargin	75	155	-250	
187 lbs.				
B. Boyer	72.5	162.5	235	470
D. Rose	70	155	205	430
E. Spence	55	122.5	195	372.5
227 lbs.				
J. Ritzler	52.5	160	210	432.5
250.2 lbs.				
D. Berkley	75	175	240	490
SM 187 lbs.				
E. Spence	55	122.5	195	372.5
205 lbs.				
B. Dickens	60	152.5	205	417.5
J. Forren	65	147.5	182.5	395
227 lbs.				
D. Anguish	77.5	155	280	512.5
K. Austin	70	162.5	232.5	465
250.2 lbs.				
R. Dilworth	82.5	195	272.5	550
E. Cross	55	140	205	400
280 lbs.				
D. Connors	82.5	165	242.5	490
W. Johnson	65	162.5	255	482.5
M. Lukens	90	160	215	465
Teen 127.8 lbs.				
D. West	25	47.5	105	177.5
138.8 lbs.				
N. West	25	47.5	105	177.5
154.3 lbs.				
S. Lancaster	42.5	65	122.5	230
170.8 lbs.				
C. Brady	42.5	82.5	145	270
WINT 101.4 lbs.				
W. Cross	22.5	35	92.5	150
WM2-138.8 lbs.				
C. Fuller	20	27.5	72.5	120
WP 101.4 lbs.				
W. Cross	22.5	35	92.5	150
127.8 lbs.				
B. Book	27.5	47.5	110	185
138.8 lbs.				
C. Fuller	20	27.5	72.5	120
(Thanks to NASA for providing the meet results)				



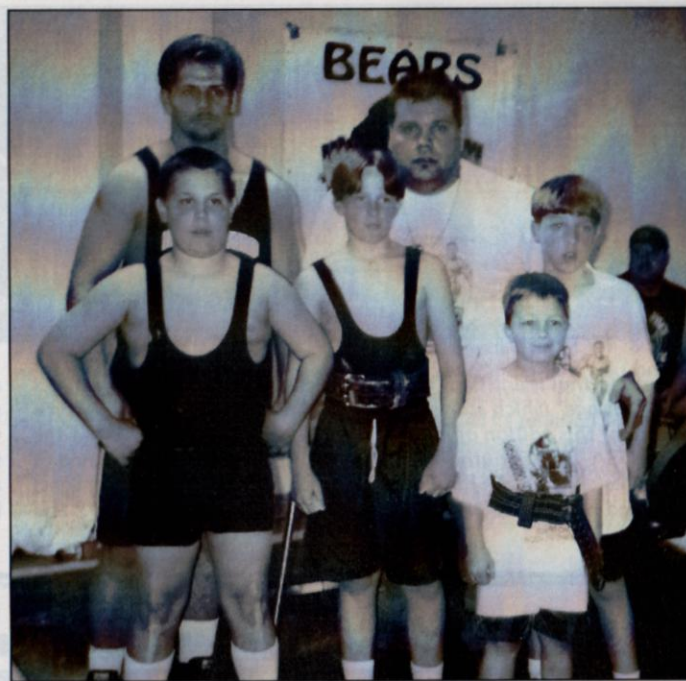
From the Oswego State Bench Meet: (left to right) Head Judge Tom Schrader, Best Lifter Travis Rogers, Meet Director and Judge Frank Paino (courtesy of F. Paino)

Oswego S.U. Open BP  
6 Feb 00 - Oswego, NY

WOMEN		M. Ferlito		
C. Bishop	160	275 lbs.		
MEN 123 lbs.		D. Distin	470	
P. Cary	260	J. Becker	350	
132 lbs.		SHW		
M. Kristoff		T. Rogers	620	
148 lbs.		T. Bruce	500	
V. Nellis	315	L. Haley	440	
R. Clark	285	Teen (coeff.)		
T. Crews	260	T. Madison	221	
T. PaFumi	230	J. Dern	181	
165 lbs.		R. Rycko	181	
J. Roberts	390	T. Mann	176	
R. Earle	350	N. Barnes	149	
B. Farnham	285	T. Cook	143	
198 lbs.		Master Light		
M. Mothersell	365	V. Nellis	248	
J. Stanka	320	J. Collazo	246	
R. Darling	315	Master Heavy		
220 lbs.		D. Ascenzi	232	
D. Eddy	400	R. Francis	231	
J. Cuyler	395	J. Becker	189	
C. Trust	305	Team		
242 lbs.		Misfits	1014	
D. Kingwater	450	Fulton YMCA	999	
R. Francis	430	Fitness&Health	790	
B. Bacon	400			
Pound x pound Best Lifter: Travis Rogers (310.12 coeff.). Meet Director Frank Paino would like to thank all the judges and lifters for a fine day of lifting! Hope to see everyone again next year. (Thanks to Frank Paino for providing the results)				

WABDL Oklahoma BP/DL  
4 Mar 00 - Muskogee, OK

DEADLIFT		C. Crossland	220
Developmental		181 lbs.	
52 lbs.		T. Frizell	180
K. Brownfield-8	130	Open 165 lbs.	
83 lbs.		L. Bradham	380
C. Roberts-10	160	M. Dotson	360
97 lbs.		S. Surber	315
C. Hart-12	200	181 lbs.	
123 lbs.		R. Moore	385
C. Pinson-11	175	198 lbs.	
Teen 181 lbs.		G. Warrington	510
M. Bivin	375	L. Clouse	400
C. Foreman	350	220 lbs.	
198 lbs.		D. Roysse	425
G. Edwards	450	242 lbs.	
M. McLaughlin	425	R. Buffington	410
242 lbs.		275 lbs.	
K. Foster	405	J. Nelson	400
308 lbs.		308 lbs.	
S. McDaniel	555	B. Briggs	445
Novice 181 lbs.		SHW	
B. Berry	450	T. Dodd	410
220 lbs.		Junior 181 lbs.	
M. Romero	575	J. Stillee	335
J. Harland	400	R. McKeefe	335
275 lbs.		B. Stidham	315
R. Mayes	495	198 lbs.	
WOMEN		J. Burnett	405
123 lbs.		220 lbs.	
C. McKeefe	215	D. Bates	395
181 lbs.		J. Harland	350
T. Frizell	275	242 lbs.	
Junior 181 lbs.		R. Myers	455
B. Dotson	480	Submaster	
R. McKeefe	475	165 lbs.	
220 lbs.		M. Dotson	360
R. Mullins	650	198 lbs.	
D. Bates	600	L. Clouse	400
C. Bogart	585	220 lbs.	
242 lbs.		J. Jackson	480
R. Myers	525	D. Chesmore	420
308 lbs.		242 lbs.	
K. Tunnell	540	M. Hamby	420
Masters 181 lbs.		R. Bullington	410
J. Snodgrass	420	275 lbs.	
242 lbs.		R. Elliot	415
J. Duckett	320	J. Nelson	400
Submasters		308 lbs.	
220 lbs.		K. Tunnell	375
J. Jackson	575	SHW	
275 lbs.		J. Manion	445
J. Nelson	475	Novice 148 lbs.	
Open 181 lbs.		C. Donohoo	280
R. Moore	535	165 lbs.	
220 lbs.		B. Lee	285
R. Mullins	650	M. Fraley	225
308 lbs.		R. Herendeen	--
B. Briggs	640	181 lbs.	
BENCH		S. Blackwell	295
Developmental		B. Berry	290
97 lbs.		T. Birkhead	255
C. Hart	90	198 lbs.	
123 lbs.		D. Marchant	350
C. Pinson	95	220 lbs.	
Teen 132 lbs.		M. Romero	450
J. Forehand	250	J. Harland	350
N. Perkins	175	242 lbs.	
148 lbs.		M. Hamby	420
K. Hamby	235	K. Adams	340
165 lbs.		275 lbs.	
J. Tefertiller	225	R. Mayes	395
R. Putnam	--	R. Farr	375
J. Buckner	--	T. Davis	330
181 lbs.		SHW	
B. Ives	315	R. Richter	--
J. Mulliniks	300	Masters 132 lbs.	
198 lbs.		A. Young	305
G. Edwards	305	181 lbs.	
M. McLaughlin	255	J. Snodgrass	275
220 lbs.		T. Hrasch	255
D. Morrison	350	198 lbs.	
242 lbs.		R. Weaver	360
S. Campbell	335	M. O'Field	335
308 lbs.		L. Essex	335
S. McDaniel	350	P. Radmilovich	330
123 lbs.		242 lbs.	
C. McKeefe	90	A. Hall	405
148 lbs.		J. Duckett	220
J. Turic	170	275 lbs.	
165 lbs.		R. Hood	500
L. Blackburn	285	A. Webb	410
M. Welch	245	F. Shockley	390



The Future of Oklahoma Powerlifting... (left to right) Clayton Pinson, C.J. Hart, Kaylon Brownfield, Chasin Roberts; behind the youngsters are Richard McKeefe - owner of Rock Hard Gym in Eufala, OK and junior powerlifter, and Kim Brownfield (photograph courtesy of Kim Brownfield)

Warrington was as usual very strong with a fine lift of 510 lbs. weighing only around 190 lbs. Ryan Myers continues to be impressive with a 455 lb. bench at age 20. The crowd of 502 people total was very supportive of the lifters. Rick Mullins, of Muskogee, along with Randy Moore and Bryan Briggs were very impressive in the deadlift with great lifts and state records accomplished in nothing more than a single. In closing I would like to thank the best two spotters in the world today (yes I said the best, I will match them up with anyone) Larry Cavin and Mitch Parker of Muskogee and Eufaula respectively. I would also like to thank District Attorney Phil Cozzoni for officiating the meet and Gus Rethwisch for coming down and helping us out. I still am a firm believer our lifters could match up with any drug free lifters in the world today. Also thanks to Powerlifting USA for giving us great coverage. Thanks Mike Lambert. (Thanks to Kim Brownfield for providing results)

A Fund has been established on behalf of Tamara Rainwater Grimwood to cover the expenses associated with her passing. "Please, we need your help! Your kind and generous contributions can be made payable to "Tamara Grimwood Outreach Foundation", 717 Market Street, PMB 399, Lemoyne, PA 17043"



## Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

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NOTE: All WABDL-sanctioned meets will be subject to drug testing.  
In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

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(the article by Derek Cornelius entitled "The Reality of Chemical Exercise" is continued below from where it started on page 36)

cal exercise so it does with chemical exercise. It is for this reason that all of the DNP experimenters felt stronger, healthier and more vital upon ceasing its usage.

The great thing about a high quality sodium usniate is that it has other health benefits besides its ability to exercise the body. First, it has incredibly strong antibiotic activity. This is actually very important because your body can actually become slightly more susceptible to infections when you exercise - even chemical exercise. As a strong antibiotic, sodium usniate will greatly boost your body's ability to fight infection. This is especially beneficial for those who chronically deal with bacterial infections like bronchitis or strep throat. Some of you might be concerned with sodium usniate negatively affecting the beneficial bacterial flora in the gut. Don't! In the beginning this was also my concern but upon closer examination, I realized that only harmful bacteria are affected and not the beneficial ones.

The other beneficial effect of sodium usniate is that it has potent anti-carcinogenic properties. To put it in simple terms, cancer cells are much more susceptible to uncouplers than normal cells. Indeed, the metabolism of the cancer cells increases which might not seem that beneficial at first. However, their metabolism increases so much that they basically die of exhaustion.

Thus, with sodium usniate, we have an ideal compound for chemical exercise. Not only will it greatly increase your metabolism and cause significant fat loss but it will also assist your immune system and help prevent and destroy cancer. Next time I will discuss how to make this supplement even more effective with some appetite suppressants and thyroid hormone degradation products.

Chemical Exercise: The future is here!

(the article that is entitled "WPO Final Message" which started on page 13 of this edition of Powerlifting USA, and is authored by WPO President Kieran Kidder, is continued here to the right)

the least. There will be pyrotechnics and fireworks on World Records and huge third attempts. Alone, the lifter will emerge through a ring of smoke and electrifying bring lights as they approach platform #2 and

are embraced by an adrenaline pumped audience. The moment will be the lifter's and his alone, for they will be the sole focus of the audience's attention as they perform the lift at hand. The Huge Iron

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Dancers are awesomely talented. The card girls are as gorgeous as ever! The WPO Super Open Title Belts are done! There will be WPO commercials aired in various areas of the country where powerlifting is popular. Billboards promoting the WPO will be all over Central Florida Highways enticing passing motorists to come to the Peabody Auditorium in Daytona Beach to witness the greatest show on earth. Never before has a Meet Director / President of a powerlifting federation gone to such great lengths to market powerlifting to the American Public as I have.

Just to inform readers on some of the lifters that will be participating in the WPO on May 20th, they will include Gary Frank, Anthony

Clark, Jesse Kellum, Angelo Berardinelli, Beau Moore, and Al Mehan - who squatted 975 at the WPO qualifier March 18th, 2000. I spoke to Ed Coan at the Arnold Classic in Columbus, Ohio and he expressed interest in the WPO. He will not be able to compete due to the unfortunate incident that happened in Las Vegas. However, we have received many calls from elite powerlifters expressing their interest in the WPO.

If you have ever lifted in a Huge Iron contest at the state, National, or International level you are already aware that I have the best equipment money can buy: Ivanko Platform weights and warm-up weights, Pasanella bars, Okie deadlift bars, 4 Monolifts, state of the art computerized scoring, TV moni-

tors, you name it - I got it. Don't pay any attention to any insignificant people's opinion and oversights about my venture or me. My meets are run flawlessly and I have the most professional people working in conjunction with me. There has been negative information on the Internet about me, and I find it humorous. These frightened little boys, whoever they may be, are just jealous because they can't compete with me, and they don't care about the sport's well being. Let's face it, when powerlifting is finally being aired on television, the sport will have reached its zenith. If you are a meet promoter or lifter and have something against powerlifting reaching its full potential and being recognized as a legitimate profes-

sional sport, so powerlifters can make a living and be perceived as heroes, then you don't care about the sport!! Unfortunately, this destructive I-ME thinking exists in the minds of some meet directors and political figures heads in different federations, and is the sole factor in why the sport has gone absolutely nowhere in its entire history. The difference between them and me is, I'm a lifter - for the lifter, not a federation against the lifter. My life-long quest for powerlifters to be perceived as premier athletes supersedes my ego, and will ultimately govern the WPO's success. This is not the case in the current old school mindset that has kept the sport in the cellar. There will be no unproductive political head-butting that exists in most federations due to ego clashing and what I call the everyone wants to be a Chief without being an Indian syndrome. There are too many people and egos for federations to work towards one common goal from a political standpoint, similar to this country's government. In the WPO there is only one Chief, me! The fact of the matter is I hold all the cards, because I have been blessed. I am a very wealthy man and have nothing to lose and am using my good fortune for the well being of the sport that I love. Because I am in control of the WPO is exactly why I will prevail, there will be no inside or outside interference politically speaking. I will spare no expense for the success of the WPO. I am dedicated to this cause and absolutely nobody will get in my way or stop me from achieving my goals in any way, shape, or form!! I used to feel guilty about the wealth I have obtained, but now I realize God put me in this position for a reason. I adamantly believe that this is my divine calling to make Professional Powerlifting a reality. The elite lifter has no other recourse to obtain their rightful status as Legitimate Iron Athletes in the current situation the sport is in today. The harsh reality is that no matter what federation a lifter is in, he or she is only lifting for themselves, because the sport has become such a joke that it has lost its legitimacy. So, let's take our sport back, via the WPO, this is it, the time is now!! I need your support!! If you are an elite lifter who cares about powerlifting, there should be no question in your mind that the WPO is the only way to go. If I was not as fortunate as I am I would want nothing more but to make a living as a professional powerlifter. Because first and foremost that's what I am, a powerlifter who cares about powerlifting and everything else is secondary!! Sincerely, Kieran Kidder, WPO President

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**Outstanding Lifters at the AAU Arkansas State High School Meet:** (left to right) John Johnson (heavyweight), Jennifer Goodwin (middleweight), Kim Morris (lightweight), Richard Rogers (lightweight). (Kye)

AAU Arkansas High School Meet 26 FEB 00 - LRAFB, AR (kg)				
MALE	SQ	BP	DL	TOT
114 lbs.				
B. Ramm	72.5	65	100	237.5
E. Clift	82.5	65	95	227.5
123 lbs.				
G. Burkhardt	97.5	60	117.5	275
132 lbs.				
C. Reed	120	60	160	340
D. Lamabert	102.5	67.5	157.5	327.5
G. Butcher	92.5	60	157.5	309.5
C. McKnight	90	72.5	137.5	300
J. Allison	80	57.5	105	242.5
148 lbs.				
R. Rodgers	192.5	107.5	177.5	477.5
J. Kulbeth	110	62.5	145	317.5
E. Bateman	112.5	72.5	127.5	312.5
D. Joshua	115	65	125	305
P. Hoist	80	65	137.5	282.5
C. Cain	97.5	65	137.5	282.5
J. Wilson	97.5	—	—	—
C. Gesterling	77.5	70	110	257.5
J. Bradley	90	67.5	97.5	255
J. Star	62.5	50	82.5	195
165 lbs.				
B. Watkins	142.5	90	180	412.5
S. Carpino	145	90	170	405
S. Carter	155	75	162.5	392.5
M. Gatter	132.5	75	155	362.5
A. Heathwalt	102.5	92.5	150	345
C. Powell	90	67.5	110	267.5
B. Hobbs	90	70	—	—
181 lbs.				
D. Johnson	195	102.5	200	497.5
Treylan	177.5	102.5	182	462
J. Plyer	162.5	92.5	165	420
O. Moss	145	92.5	162.5	400
N. Denson	137.5	107.5	152.5	392.5
T. Bratton	125	82.5	167.5	375
R. Shankel	130	95	145	370
J. Jones	122.5	87.5	155	365

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WOMEN 97 lbs.				
M. McRae	42.5	25	52.5	120
114 lbs.				
K. Morris	62.5	35	105	202
123 lbs.				
B. Peterson	57.5	35	85	177.5
132 lbs.				
J. Coleman	65	32.5	72.5	170
J. Barnes	47.5	27.5	70	145
148 lbs.				
L. Harris	77.5	45	110	232.5
J. Tucker	45	27.5	75	147.5
165 lbs.				

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CHECK ONE: Youth Program      Adult Program      Added Benefit      Yes      No

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I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature      Parent/Guardian Signature

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M. Padgett	200	J. Mazza-163	400	M. Lessir-211	410
198 lbs.					
WOMEN (Formula)	SQ	BP	DL	TOT	
M. Borzok	245	225	295	765	
C. Ramiriz	215	145	285	645	
K. Miller	210	150	250	610	
J. Rinehart	215	120	280	615	
Teen					
P. Curley	340	240	400	980	
198 lbs.					
MEN Open	470	250	495	1215	
S. Larrisey	165 lbs.				
J. Haines	415	340	495	1250	
C. Colondriuo	360	290	530	1180	
198 lbs.					
L. Ernfact	540	410	565	1515	
J. Snyder	515	300	530	1345	
B. Rundle	465	290	530	1285	
B. Kiskn	460	250	480	1190	
T. Groman	615	315	—	930	
220 lbs.					
J. Holbert	540	415	540	1495	
T. Skelly	550	385	550	1485	
J. Kienhold	465	295	505	1265	
A. Parrillo	455	310	405	1170	
242 lbs.					
J. Edgerton	440	320	440	1200	
T. Parrish	—	400	630	1050	
275 lbs.					
R. Pineer	640	470	650	1760	
SHW					
C. Eckroth	600	375	615	1590	
M. Miller	605	470	480	1555	
Master					
P. Eberhardinger	—	—	220	220	

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**USAPL Top Gun BP (kg)**  
13 Feb 00 - Moosic, PA

<b>WOMEN</b>		
Teen (15)	P. Shannon	200
J. Myers-103	R. Magas	185
Lifetime (40)	Lifetime	
L. Carvey-114	J. Gonzalez-25	137.5
Master (40)	B. Harashinski-28	165
L. Carvey-114	Master	
Teen	Zimmerman-47	115
123 lbs. Teen	Teen	
A. Heydt-15	B. McDade-16	120
B. Krajnax-14	220 lbs. Open	
148 lbs. (14-15)	C. Fredricks	160
S. Gavini	J. Plummer	215
(18-19)	M. Andrews	165
S. Thomas	Lifetime	
165 lbs. Open	J. Plummer-38	215
M. Mazurkiewicz	B. Grippo-38	190
B. Less	M. Serra-34	107.5
Lifetime	Master	
B. Less-47	J. Gismond-46	221
R. Burnette-48	Junior	
Master	C. Turel-20	155
B. Legg-47	242 lbs. Open	
R. Burnette-48	P. Green	227.5
Teen	J. DeFoor	215
J. Gianotti-17	J. Cleary	175
181 lbs. Open	E. Harnor	182.5
R. Clark	Lifetime	
D. Adams	K. Kurpel-39	182.5
E. Dean	J. Cleary-41	175
Lifetime	Master (45-49)	
Schoackhammer	B. Tomasotti	142.5
E. Dean-35	R. Davies	172.5
Master (50-54)	M. Gavini	172.5
J. Nealis	(40-44)	
(55-58)	J. Cleary	175
J. Monk	275 lbs. Master	
181 lbs. Teen	J. Sullivan-45	187.5
J. Wo-17	Teen	
Junior	M. Kowalski-17	155
V. Cusumano-22	319 lbs. Master	
198 lbs. Open	J. McCarthy-50	182.5
B. Lehman	150	

\*-PA State record. 1-Father & Son Team. Meet Directors: Joe Moceynas & Bob Granko. (Thanks to Bob Granko for providing these contest results)

**Mid Virginia BP/SC**  
15 Jan 00 - Stanardsville, VA

<b>BENCH</b>		
148 lbs. Open	242 lbs. Open	520
S. Zerbe	A. Hicks	480
165 lbs. Open	K. Pigini	365
R. Farley	D. Pullen	345
M. Wilson	L. Utz	345
181 lbs. Teen	275 lbs. Open	555
R. Stokes	P. Cropp	
198 lbs. Open	STRICT CURL	
G. Ferrell	165 lbs. Open	145
J. Bach	B. Edwards	135
198 lbs. Teen	R. Farley	135
M. Gorman	(40-49)	
220 lbs. Open	B. Edwards	145
S. Morris	198 lbs. Open	145
D. Gross	J. Bach	145
(40-49)	220 lbs. Open	140
S. Morris	R. Biser	140
(50-59)	275 lbs. Open	170
J. Smith	J. Smith	170

(Thanks Stanardsville Barbell Club for the results)

**NASA Iowa State**  
19 Feb 00 - Des Moines, IA

<b>BENCH</b>			
170.8 lbs. Teen	R. Rhiner	177.5	
G. Matge	NOV 138.8 lbs.	117.5	
SM2-187 lbs.	205 lbs.		
W. Denning	R. Rhiner	177.5	
J. Swank	250.2 lbs.	212.5	
J. Heather	A. Allen	212.5	
227 lbs.	M2-227 lbs.	170	
L. Goodwin	L. McAnally	170	
SHW	M1-SHW		
J. Brandy	L. Toomey	192.5	
SM1-187 lbs.	JR 138.8 lbs.	117.5	
B. Whitt	W. Hillshiem	117.5	
S. Kuch	INT 170.8 lbs.	150	
205 lbs.	D. Phillips	150	
R. Rhiner	227 lbs.		
Pure 138.8 lbs.	M. Gerhardt	177.5	
B. Whitt	HS 170.8 lbs.	90	
W. Hillshiem	L. Weber	90	
154.3 lbs.	CURL		
B. Albert	SQNOV		
170.8 lbs.	205 lbs.	202.5	
D. Phillips	R. Cuccl	202.5	
205 lbs.	SQV		
J. Thompson	170.8 lbs.	25	
	G. Rakes	25	
Powerlifting	SQ	DL	TOT
Y 170.8 lbs.	40	92.5	187.5
G. Rakes			
WSM2-127 lbs.			



Robert Granko Sr. (right) presents a first place award to Outstanding Bench Presser Jeff Plummer (left), winner of the 220 lb. class with a 473 bench at the USAPL Top Gun Bench Contest

S. Andrews	150	75	132.5	357.5
C. Engel	92.5	80	120	292.5
WSM1-187 lbs.				
T. Marks	100	47.5	115	262.5
WNOV 138.8 lbs.				
T. Thom	95	52.5	102.5	250
WM1-127.8 lbs.				
G. Stapleton	87.5	35	107.5	230
Teen 227 lbs.				
R. Parker	165	127.5	182.5	475
SM2-138.8 lbs.				
K. Shoneider	185	67.5	182.5	435
170.8 lbs.				
D. Classon	97.5	52.5	112.5	272.5
280 lbs.				
C. Frazier	210	122.5	222.5	555
SM1-170.8 lbs.				
C. Smith	240	147.5	237.5	625
187 lbs.				
B. Maynard	182.5	150	220	552.5
205 lbs.				

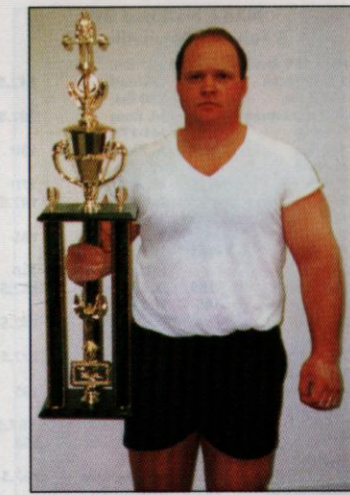
J. Madsen	237.5	170	225	632.5
205 lbs.				
S. Drake	285	192.5	277.5	755
Pure 187 lbs.				
J. Morschewitz	237.5	172.5	247.5	657.5
205 lbs.				
J. Madsen	237.5	170	225	632.5
J. Thompson	-310	220	0	0
280 lbs.				
D. Shuck	227.5	177.5	287.5	692.5
R. Kirchner	235	180	250	665
R. Bruggman	195	165	230	590
NOV 170.8 lbs.				
C. Smith	240	147.5	237.5	625
205 lbs.				
J. Madsen	237.5	170	225	632.5
R. Clark	197.5	155	207.5	560
250 lbs.				
B. Fidler	205	152.5	237.5	595
280 lbs.				
C. Frazier	210	122.5	222.5	555
NAT 280 lbs.				
W. Hammes	312.5	205	295	612.5
Mpure 280 lbs.				
W. Hammes	312.5	205	295	612.5
M3-227 lbs.				
D. Shaw	267.5	142.5	267.5	677.5
J. Iles	190	165	210	565
M2-187 lbs.				
D. Rhodes	275	145	272.5	692.5
M1-250.2 lbs.				

E. Ohnemus	250	145	227.5	632.5
JR 127.8 lbs.				
J. Garring	107.5	62.5	140	310
INT 170.8 lbs.				
E. Rebhuhn	147.5	152.5	205	485
T. Olivar	165	110	202.5	477.5
227 lbs.				
E. Hoopes	272.5	180	285	737.5
315 lbs.				
R. Belmaster	237.5	172.5	255	665
HS 138.8 lbs.				
S. Seymour	145	102.5	200	477.5
205 lbs.				
J. Steger	192.5	127.5	265	585
Power Sports	CR	BP	DL	TOT
RAW BPNOV 187 lbs.				
D. Doobay	-	150	-	150
205 lbs.				
J. Nelson	-	147.5	-	147.5
BPPURE 187 lbs.				
E. Smith	-	162.5	-	162.5
D. Doobay	-	150	-	150
BPWINT 110 lbs.				
S. Rodeen	-	45	-	45
CM1-205 lbs.				
K. Randell	85	-	-	85
CSM 227 lbs.				
D. Phillips	-	-	202.5	202.5
DLWINT 110.2 lbs.				
S. Rodeen	-	-	75	75
M1-170.8 lbs.				

R. Broen	57.5	110	182.5	350
SM 280 lbs.				
D. Conners	85	170	245	500
Teen 154.3 lbs.				
J. Hitchner	22.5	35	70	127.5

**Wisconsin Open BP/CR**  
12 Mar 00 - Burlington, WI

<b>BENCH/MEN</b>		
Teen (18-19)	R. Eckert	320
M. Strom	242 lbs.	
A. Michelson	310	350*
315	K. Hudson	360*
Junior	A. Stark	260*
S. Corbett	315*	275 lbs.
4th	G. Powell	430
Submaster	B. Saunders	405
D. Walker	500	SHW
R. Eckert	320	R. Campshore
Master (40-49)	STRICT CURL	
C. Wellbank	340	Lightweight
D. George	320	M. Strom
181 lbs.	R. Fell	90
M. Glade	275	Middleweight
198 lbs.	J. Deltrich	135
J. Deltrich	300	S. Corbett
D. Rabe	225	Heavyweight
220 lbs.	D. Walker	170
D. Walker	500	K. Hudson
D. Pitel	400	4th
		185*



Best Lifter in the Bench Press at the Wisconsin Open was David Walker with a 500 lb. effort in the 220 lb. class. (by Dr. Darrell Latch)

\* - Personal record. Best Lifter: Bench Press - David Walker. The Wisconsin Open Bench Press/Strict Curl Championships were held at Creative Energy Ironhouse Gym. A special thanks to David Walker and his wife Jeanne for their help in organizing this event. Also thanks to Roger Strom and Jeff Ketterhagen for their help spotting and loading throughout the competition. In the bench press competition Mike Strom took the teenage class with 315 at a 173 bwt. over Aaron Mickelson who finished with 310 @ 186. Mike's only miss was a pr third attempt with 340. Aaron also failed at his final attempt at a new pr of 315. Sean Corbett got two new personal records in his win of the Junior class, finishing with a fourth at 325. Going four for four, Sean also pr'd his third attempt with 315. David Walker had a great day of lifting winning both the submaster and open 220 class along with best lifter honors. David was lifting to raise money for the Muscular Dystrophy charity and had secured a number of sponsors who were paying him for each pound he lifted. David didn't disclose the amount his wife Jeanne and he raised, but said it was very successful and we are always glad to hear about such good causes. David opened with an easy 460 then failed on his second attempt with 500 before coming back and getting the same on his third. Second place in the submaster class was Ryan Eckert, who also finished third in the open 220 class. Ryan only got his first two attempts but still finished with a strong 320. Chris Wellbank took the master 40-49 class over Dennis George 340 to 320 in a close one. Chris weighed in at 241 to Dennis 218. In the open classes, Michael Glade captured the 181 title with a strong 275, weighing in at just 171. At 198 it was John Deitrich getting only his opener with 300 for the win. Second place went to Dave Rabe, also with just a second of 225. In the 220 class Dana Pitel ended up in second place behind David Walker, getting an easy 400 on his second attempt. Dana was close with a 410 twice. Kevin Hudson had a big day of benching, going four for four with three new personal records on the day. Kevin went 335-345-350-360 and just kept getting stronger! Second at 242 was eighteen year old Al Stark who also got a personal best on the day, finishing with 260. Guy Powell took the 275s with a big 430, missing only his final attempt with 470, which would have been a new pr for him. Second at 275 was Brad Saunders with 405. Brad had a little problem with his shirt and had to have all three of his attempts to get his opener. Big Rusty Campshore got only his opener of 330, but that was good enough for the superheavyweight title. In the strict curl competition each lifter had to curl their weight only once, but in perfect form, which then was formulated for placing. In the lightweight class (under 181) Mike Strom got all three of his attempts to finish with 140 @ 173 for the win. Second place went to Richie Feil who had to settle with just his opener of 90 at a bwt. of 166. In the middleweight class (199-220) John Deitrich came out the winner over Sean Corbett, 135-130. John came in at 198 while Sean weighed in ten pounds heavier. David Walker also took the heavyweight (over 220) class in the curl. David finished with 170 @ 220 over Kevin Hudson, who curled the same but at a 228 bwt. Kevin came back and made an easy 1.85 for his fourth attempt. Then just for fun the crowd (which by the way was great!) pushed Kevin and David to do even more! Eventually, after seven attempts, David got 200 to Kevin's 195! Great job boys! Thanks again to all the lifters, helpers and to the crowd for their support. (from Darrell Latch)

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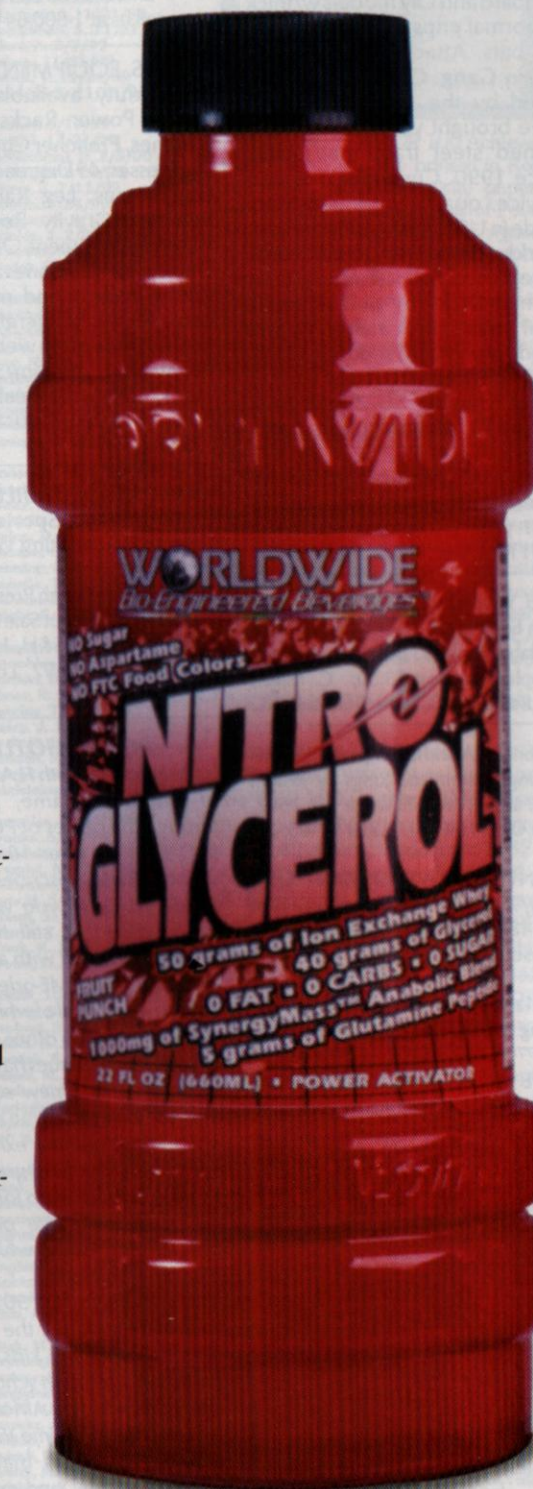
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