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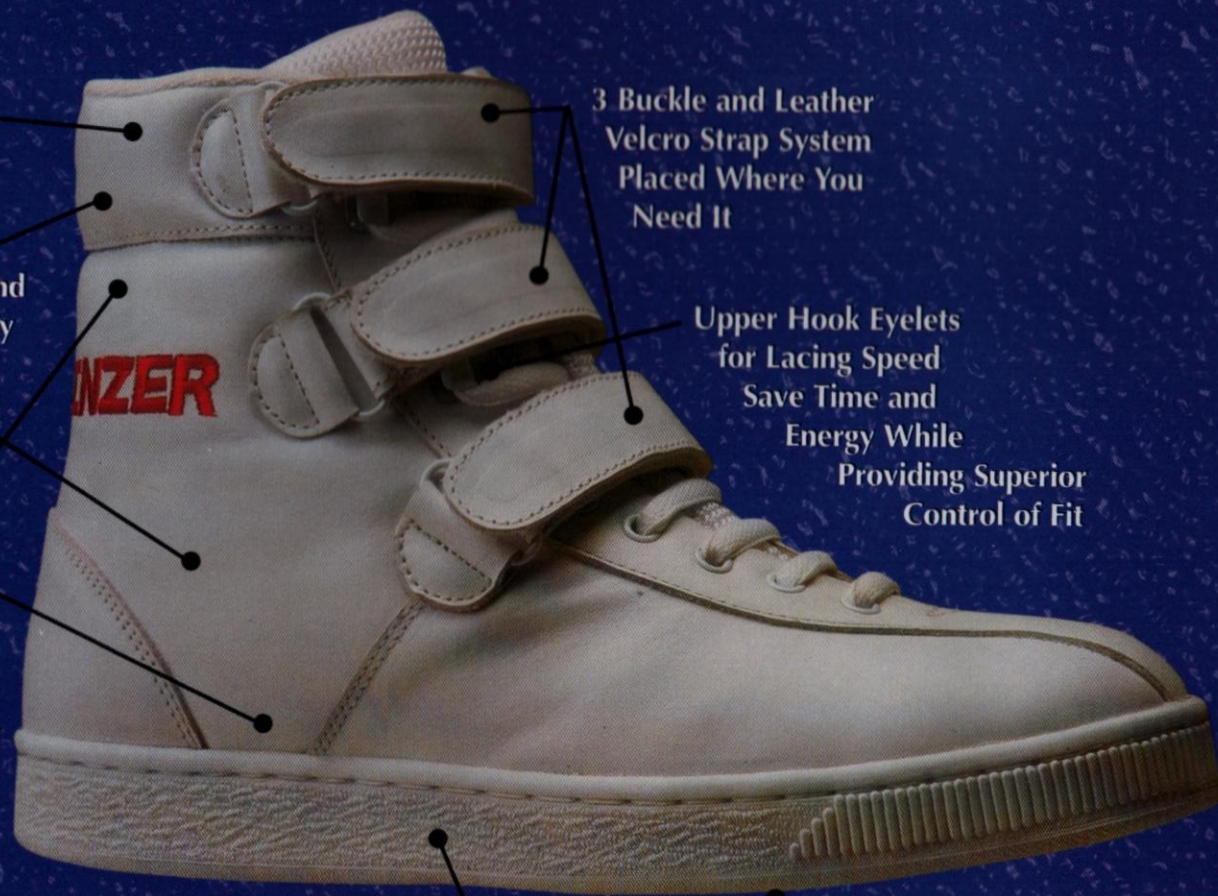
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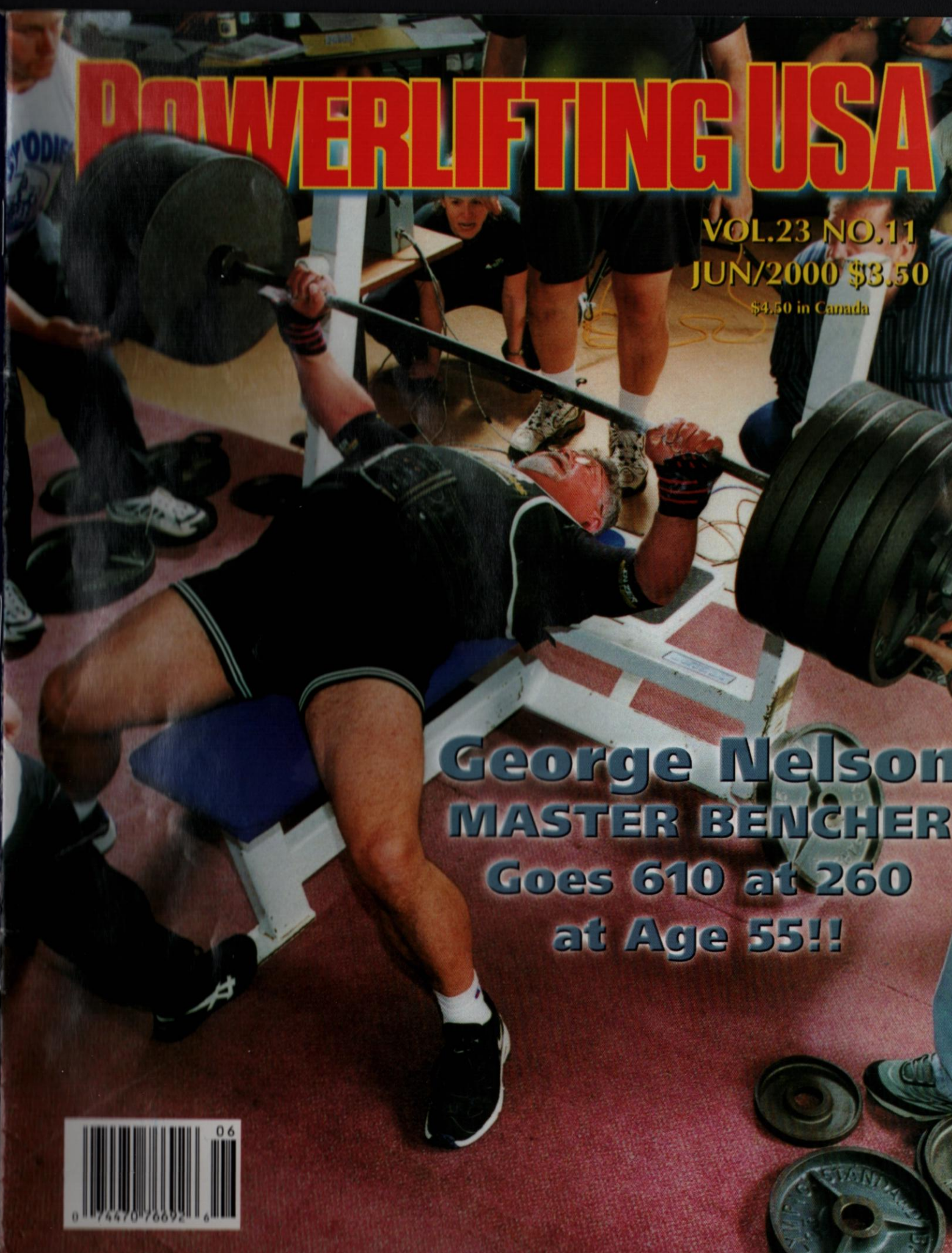
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ON THE COVER.... George Nelson crashing the 600 lb. barrier at the WABDL Oregon's Best Meet (p. 9) Brian Baertlein photo

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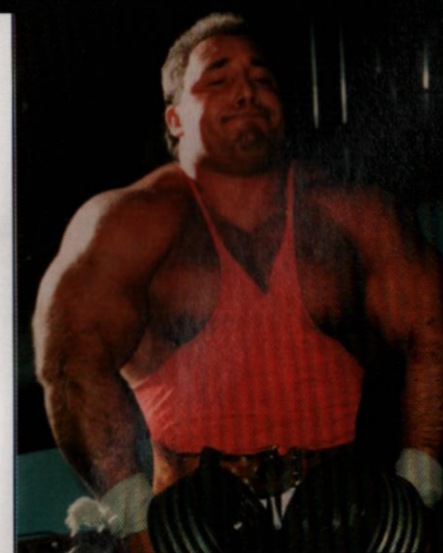


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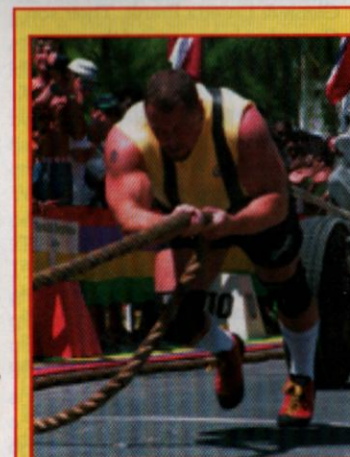
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# POWER PROFILE

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

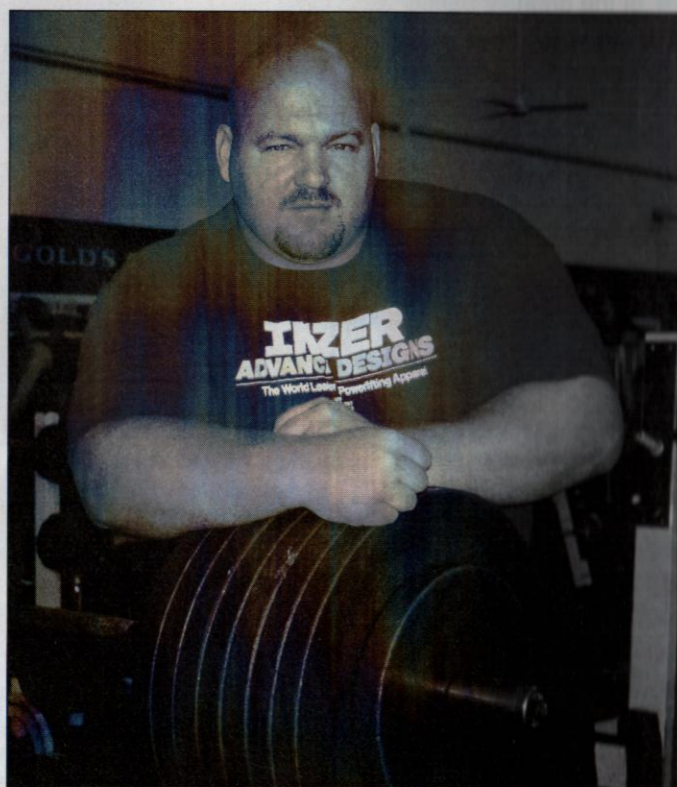
Berlin, WI's claimant to the mythical title of World's Strongest Man was born Dec. 20, 1964 to Glenn & Loretta Frank. Their son, Garry, has been around the powerlifting game for a while, but has emerged only recently as the major force among Superheavyweight contenders.

His father owned a bowling establishment, and as a kid Garry made the pins fly in all directions, but Garry was destined for other things. He was the middle child. His 3 1/2 year older brother, Tom, was All Wisconsin State in football. His other brother was 3 1/2 years younger. Garry was a big kid with a favorable genetic heritage. His dad had been a thrower and football player in his younger days at 6 feet tall and 275 lbs. Garry's paternal grandfather was a naturally strong man who had worked in a foundry. Grandpa had talent in the ancient sport of finger pulling. I'm not referring to the old junior high prank where some kid would ask you to pull his finger and ... well, you know how that one goes. Grandpa used to break the fingers of his challengers. Word spread far and wide, and pretty soon the list of would-be challengers dwindled. On the other hand his maternal grandfather worked at a feed mill and could lift up one side of the big feed scale higher than anyone. He's 6' 3" and still around - now pushing 90 years old.

Garry got involved in strength sports early on. At age 11 he was already putting the 8 lb. shot twice as far as the other kids his age. One of the kids challenged Garry to throw against his dad. After Garry out-tossed the grownup, there was no joy in Mudville. Garry grew like a weed. When he was in the 8th grade (age 14) he was already 5' 10" and 210 lbs. In fact, he reached his full height of 6' 3" before he entered high school. He had the athletic coaches drooling in anticipation. In high school he tossed the 12 lb. implement 66 feet plus. He flung the discus well over 190 feet. For his size, Garry was surprisingly quick. He sprinted 100 meters in 11.8 sec., ran the 100 yard dash in 10.5, and sprinted a 4.68 40 yard dash - all at 290 lbs. bodyweight. He garnered four Wisconsin State High School championships - two came in the shot put and two in the discus. These results put Frank on the High

## GARRY FRANK - SUPERHEAVYWEIGHT MILLENNIUM MAN!!!

as told to PL USA by Herb Glossbrenner



GARRY FRANK - an all around Superstar of the World of Strength.

School All-American roster, and later (1996) led to his induction into the Wisconsin High School Hall of Fame.

It won't surprise you to know that Garry got involved in lifting weights while he was in the 9th grade back in 1980. He then went to the Teenage Nationals in Powerlifting back on August 8, 1982 held in Gettysburg, PA. He was in the 16-17 age group, 242 lb. division. Garry came in 2nd to Ken Ufford, who became an exceptionally good powerlifter who hit a 788 DL @ 275 in 1984 and later pulled 820. Both youngsters weighed identically (235.46). Ken went 545, 358, 644 for 1548 to secure the win. Garry dunked 540, but missed tries with 573 & 578. The BP was then

Garry's Achilles Heel. He made a mere 275, missing twice with 286. Frank DL'd 617 (always his strongest event), but failed to complete two tries @ 650 - TOT 1432. In 3rd was Paul Immekus. Four and a half months later, Frank hit a 670 DL, good enough to make the PL USA Top 100 list for the first time. Before graduation in state high school competition, Garry upped his bests to a 705 squat, 350 BP, and a big 715 DL. Not only had he been the strongest teen in Wisconsin for 2 years (16-17 age group), but he was also now the strongest teenager in the country.

Garry attended college at Mississippi State on an athletic scholarship. He was a "blue chip" kid, and felt fortunate to have participated in

the "Bigger, Faster, Stronger" program implemented by Greg Shepard who became the strength Coach of the Utah Jazz pro basketball team. This program works with thousands of high schools, developing athletic hopefuls. Garry participated in both track & field and football during his college years. It was there that he added the explosive lifting movements of Olympic weightlifting into his strength training curriculum. He hit 440 lbs. in the power clean and handled 315-320 lbs. in the power snatch. Garry never did any overhead jerks nor did he enter any weightlifting meets, but he feels that with a limited amount of work he could have easily lifted over 400 lbs. above his head. In 1987 he won the NCAA (National Collegiate Athletic Association) National Championship, throwing the 16 lb. iron ball a distance of 69 feet 2 inches. Even today this is a world class performance. Later on, he transferred to Louisiana State University, and it afforded him the golden opportunity to throw in Europe over the summer for the Nike sponsored World Team. Garry was also on the Pan American squad.

I'm getting a bit ahead of myself, so lets back up a bit. Gary entered and won the National Collegiate PL Championships held March 24, 1985 at West Point, NY. He was still attending MS State at the time and came in weighing a rock solid 281. His opposition was one tough customer - John "The Rhino" Rienstra, a 286 lb. football standout from Temple Univ. He knew it would be no cakewalk and was prepared to fight. Although he squatted 755 and benched 396, he found himself 44 lbs. behind Rienstra at subtotal time. Garry made the come from behind heroic save and upset his competitor with his 2nd attempt deadlift. It took a big pull to get the job done - 782 lbs. This tied him with Rienstra at 1934, and Garry won the duel as lighter man. This was the eye-opening indication that he had a promising future in PL.

While in college Garry majored in kinesiology. This is the science dealing with the interrelationship of the physiological processes and the anatomy of the human body with respect to movement. Garry did well academically and was really thriving in his various athletic pursuits. In 1987, Frank had two outstanding power meets. Both came

in March 1987. On Mar. 7 at the El Dorado Open in Arkansas, he hit 843, 462 and 788 for a 2094 TOT. Two weeks later in Eau Claire at the Wisconsin State Championships he went 787 SQ, 502 BP (his first ever 500), and pulled a PR 792 DL to win the SHWs with a 2081 TOT.

In addition to this powerlifting and track and field exploits, Garry was a gridiron "gorilla" and plowed through his opposition like a steamroller. Pro scouts came to see him in action, and he got drafted by the Denver Broncos. Garry was in top shape strengthwise and decided to risk it all against the best. He entered the APF Junior National Championships held in Chicago, IL, April 23-24, 1988. The competition lineup was nothing short of incredible. Garry was a "sleeper" and his competitors didn't take him too seriously. Frank found himself in 5th position following the first two disciplines. He'd made an 850 SQ, then missed 900. He secured his 2nd attempt BP (510 - also a PR), but missed 520. Three weeks earlier, on April 3, Garry used the Region 6 Championships in Shreveport, LA as a tune-up. There he'd posted his best ever SQ (854), added a 485 BP, and hoisted his first ever 800 lb. plus DL (804) for 2143. It was much tougher here, but once again Frank found himself in the position to depend on his big DL to put himself on top. The 6' 7", 317 lb. deadlift specialist Gary Heisey registered the biggest pull of all time here. The way his 2nd attempt of 910 dangled on his gargantuan arms was awesome. At the time Garry thought to himself "I'll beat that one day down the road". Heisey did token lifts in the other tests and wasn't a threat for the title. There were 11 in his class. J. Bonus finished in 9th place with a 1900 TOT. Next in line was the 397 lb. Jean Donat at 1950. Steve Brodsky, the jolly giant, was 7th scoring 1975. Right above him was Presley who pulled 760 up to have 1980 and 6th. NY's Paul Sheedy finished with 2105 and 5th place. Fourth overall was Phoenix, AZ's Tim Isaac who hit 2125. Hoosier Art Larson tied big bencher Ken Fantano (Ken got 610 here) with a 2150 aggregate, and took runner-up as lighter of the pair. Frank trailed Larson, who led him by 105 lbs., going into the DL. Larson handled 685, but faltered trying 715 and 735. This left the door open for big Garry to win it all. He opened with 760 and it popped up like a cork in a rain barrel. To win he needed 800, and he went for it. His second attempt lift came right up with nary a hitch and he had the outright win - 2160 - a PR. Garry wanted to hit 2200, so he gave 840 a hearty tug. With nothing riding on



Garry handling huge iron in Gold's Gym during his visit to California

it, he didn't give maximum output - not today. In Powerlifting, this great competition was the biggest feather in his cap so far.

Thereafter, Garry Frank concentrated on his budding pro football career (which ended up stretching out for 15 years). He played a year for the Broncos, but Denver was looking for finesse and Frank's style of play was too physical. He was traded to the Atlanta Falcons and was there for 3 years. He frequently started, while serving as back-up to Bill Fralick. Garry met his future wife Theresa and they were married in 1989. Getting ahead of myself, today they have 2 kids: daughter Kristen (born 1993) and son Garry Alex Frank Jr., born in 1994. He was already playing tackle football at age 4 and seems destined to become a chip-off the "ole block".

Before his lifting career went into a state of flux when the demands of pro football kept him too heavily occupied year round, Gary made a huge total in 1989 at the Louisiana State Meet, where he squatted a massive 965 and totaled 2292. The results were never sent in to PL USA, but many heard of the big SQ on the grapevine and thought it must be a fluke. A decade

later we'd see that those lifts were no baloney!

Garry seemed invulnerable to injury, but that changed when in 1991 he tore the ACL in his right knee. The rehab takes about 8 months, but Garry healed fast, and five months afterwards he went to the state meet in Atlanta, GA and did 825 500 750 for 2075 and the win. He got the opportunity to play in the World League in Frankfurt, Germany in 1991-92, and crunched his football opposition playing full time in Canada in 1993-94. The pay was good and he was able to save a nest egg for a rainy day. He also played ball out of Sacramento, CA, but in 1993 he tore the other knee tendon. With "zippers" on each knee, Garry matter-of-factly gave up pro football on a full time basis in 1995 and took up his next position as a Civics teacher at Bishop Sullivan High School in Baton Rouge, LA. He returned to the competition powerlifting platform at the APF Texas State Meet, where he went 804, 573 (an all time best) and a 777 DL for 2155 @ SHW. Garry hit a near PR total late in 1997 at a meet in New Orleans, but again the results were never sent in to PL USA. His result was a good one 848 SQ, 600 BP (a big PR) and

804 DL for 2254. This was a precursor of big thing coming up in his PL future, which caught a lot of people by surprise. Going into his 3rd year as teacher at Bishop Sullivan H.S. Garry was the defensive coordinator for football and also their strength coach for PL, which is a varsity sport in the Louisiana High School system. His strength training expertise has turned their football squad into a winning enterprise. Garry can rattle off by memory a list of his kids lifting accomplishments. He works with 85 students and loves helping them reach their full potential. Of major note was a SHW who graduated last year doing a 1775 TOT. Among his current stellar performers include: a 242 (1620); 220 10th grader (1350), a Junior @ 198 (1380). There's a 181 lb. 10th grader with 1350, a 148er in 10th grade hitting 1200. Other standouts include a 132 lb. Junior @ 1100, a 9th grade 114er with a 700 TOT and a Freshman 123 pounder with a 920 TOT. Garry is strictly against drugs for kids. The school competes in USAPL meets exclusively. To show he practices what he preaches, he did the USAPL Louisiana State Championships in Alexandria on 19 July 1997. Garry hadn't done any lifting himself for 5 months. Still, he easily won the Supers and took the Best Lifter award in the Men's Open going 810, 460 (hurt shoulder) and 770 for 2040. You can be sure he was drug tested and passed with flying colors.

Here's the training program he has put together for his charges. He has them do 6 doubles at 80% with 45 seconds rest between sets. Then for 3 weeks, he has them work at 85%, doing 6 singles. The 5th week includes 4 singles with 2 minutes rest in between sets. The last week before the competition he has them work up to 2 singles with 5 minutes rest in between lifts. This method has produced good result for all his youngsters.

Now let's open up a can of worms and discuss Garry's record in National Powerlifting Championships. Most of the blame must rest on football. Football and Powerlifting mix like oil and water. You can do one, but not the other simultaneously. Football wrecks the body and - in Garry's case - the knees. His bomb scare began in 1995. Garry zeroed in Dallas at the APF Srs., shy thrice on his 843 SQ depth. Ditto at the 1996 APF Seniors in Atlanta. He was 307.9 bwt. there and bit the dust - shallow - with an 804 SQ. The APF Srs., again in Atlanta in 1997, saw Garry eliminated - once again for SQ depth. He entered the USAPL Seniors that same year in



Chicago and met a similar fate. The SQUAT BOMB dropped for the 5th and last time at the APF Seniors in Northbrook, IL. Garry was really feeling down in the dumps afterward. The scar tissue accumulated from his knee surgeries, plus tight hip flexors from all that gridiron whipping & big iron liftin' had taken its toll. I'd seen enough and gave Garry a pep talk in the lobby that evening following the competition. I must have struck a nerve when I told him that he was too good to keep washing out and needed to pull himself up by the boot straps and return in 1999 with a newfound fire and vengeance. Evidently, he took it to heart.

I saw Garry lift again at the Westside Invitational held in Elyria, OH on Feb 29, 1999. His opponents included Russ Barlow of Turner, ME a massive 300 lb. Master lifter. There wasn't a scale big enough to weigh Steve Brodsky, whom they guesstimated at about 425. Garry came in at a well distributed 370. At 34, he told me that

he'd taken to heart what I'd told him. He'd given up football altogether and concentrated on redeeming himself in the powerlifting world. I was shell shocked with his performance. He SQ'ed 870, BP'ed 700, and had 2355 following a "conservative" 785 D/ opener. Next he pulled 830, and busted the 2400 lb. barrier. A final try with a huge 900 cane knee high before stalling. Garry had also SQ'ed 910 but it was a tad high. The lifts he tried and almost got came to a mind boggling 2510.

At last, Garry Frank had revealed what his true capabilities were and it was mind boggling! Then, on June 25th last year, in York, at the Strength Spectacular, Garry hit 930, 650, 840 for 2420. This won the Men's Open Pro Division and topped runner-up Brodsky by a whopping 280 lbs. His 930 was called "not a maximum effort". His 650 BP was blown right up, but he missed his groove twice @ 705. He opened at a huge 840 DL, which he demolished. He came within a scant inch or so locking out his 2nd attempt 900 try. Garry told me that he's good for only two deadlifts on the

platform, and therefore he got his final 900 try just to his knees. The lifts he tried came to 2535! I talked Garry into lifting in the 1999 APF Seniors on July 11, 1999 in Daytona, FL. This would relieve him of the bombout bugaboo and give him his first ever Seniors title. It was also a qualifier meet for the WPC Worlds to be held in Calgary, Alberta, Canada later in November. At 368.7 in Daytona he did 832, 661, 859 (a PR) for 2353. At the WPC Worlds in Calgary on November 21st, Garry Frank became World Champion doing 843, 661, 848 for 2353. There he dunked 881 twice, but was denied it by the strict judges. His 2nd attempt 903 DL was almost up, but Gary feeds on the response of the crowd, and since the announcer didn't pump them up, 410 kg. had no significance, which may have contributed to the miss.

Garry would not compete again until the 21st Century. The time draws near for him to embark on his dream of crashing the 2500 barrier

for the first time. Ed Coan was primed to do that last December, but was sabotaged by a misload in Las Vegas. Garry still has the golden opportunity to become the first man in history to crash that barrier. He promised me that he would do that and more and very soon!

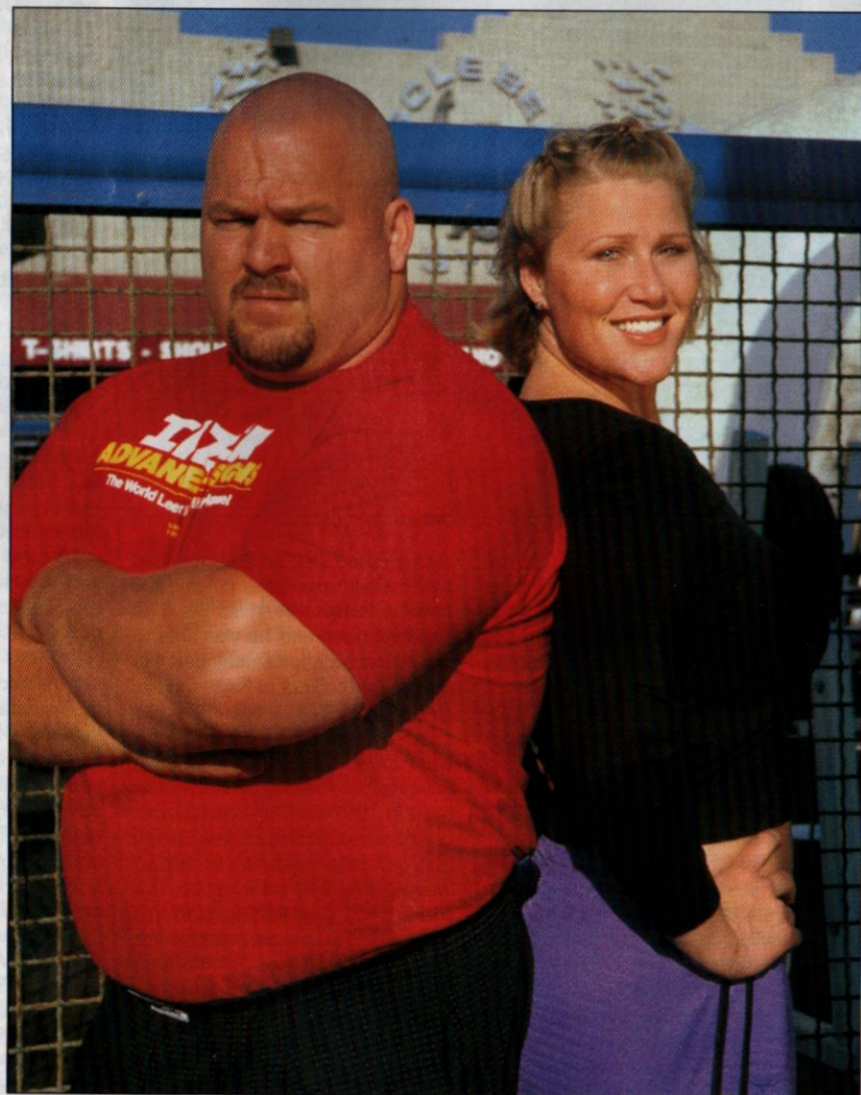
Garry is very aloof regarding his training methods, and didn't want to disclose some of the enormous weights he's handled in training. I begged him and this is what he revealed. Of course, his best official lifts in competition are 965 SQ, 700 BP, and 859.9 DL. That comes to 2525 in a total of best lifts. Gary's also worked the dumbbell press - a pair of 175s in the front press for 6-8 reps. He's handled 200 lb. dumbbells easily for 10s in dumbbell BP press. His best training powerlifts: 935x2 SQ below parallel in Jan 2000. He's done 1020 for a single two inches above parallel. He's half squatted 1050x2. (That's half way to parallel with the straps on his suit down). He's SQ'ed 870x2 with no suit and no wraps (raw). In the BP:

740x1 pause, 775 touch & go, and 680x1 raw (no shirt). He mostly does singles, but has done 600x8. In the DL - Garry's bread n' butter lift - he's made 825 for 6 singles in one workout with 45 seconds between each lift. He's done 820x2 raw (that's no suit, no wraps, no belt!) Garry never has had a grip problem. As proof of this he's done 905x1 in practice and held it in the finish position for 10 seconds. He never uses straps. He's singled more than this, but doesn't want to disclose it. In the partial DL, he's done 1000x3 with no straps at a position just above the knees in the power rack. Garry is working hard on his SQ to get deeper. With feet only 12 inches apart he's done 700x2, sitting with buttocks on his ankles. Garry feels that the DL is indisputably the king of lifts. It has always been his favorite lift. He thinks the number of good DLers has diminished today because there are no shortcuts and the lifters of today don't have as high a work ethic as they did 10 or 15 years ago. Frank

offers the following advice to up and comers: His keys to success are (1) integrity, (2) loyalty, and (3) perseverance.

In closing Garry wishes to thank a few of his major boosters: his current training partner Bob Phillips (2050 @ 275). He invited Bob to move to Baton Rouge in 1998. Phillips helps his boys in training. He appreciates Jim Zarling and thanks Tom Glenn who sponsored him when he won the '88 APF Junior Nationals. Garry credits Herb Glossbrenner as the catalyst for him to rise like the Phoenix from the ashes in the mythical fable. Most importantly, Garry gives a big thank you to John Inzer of Inzer Advance Designs for supplying him with such dynamic PL Equipment. Longview, TX is not so far from Baton Rouge. Garry plans to hook up with John for some deadlift training sessions this year. Now that will be something!

After training for and playing pro football for 10 years with 6 months of the year for football and PL training only during the off season, Garry Frank has at long last become a full time powerlifter. It appears that only the sky is the limit for him now. Good luck Garry, and may the force be with you!



Garry appeared on the FEB/2000 cover of PL USA with Jackie Hatten (Ned Low photos)

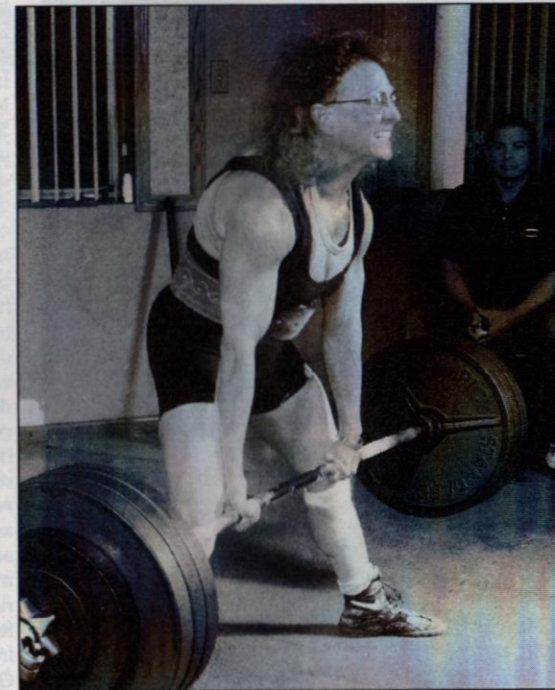
### WABDL Oregon's Best BP & DL 15 APR 00 - Coos Bay, OR

Deadlift	Women's Bench
Men's Class I	123
198	S. Radcliffe 225
D. Prince 460	S. Lauver 165
4th 490	148
Men's Open	E. Matthews 165
148	198
F. Evangelista 470	S. Allen 210
198	G. Mighell 100
D. Price 460	Women's Deadlift
4th 490	123
220	R. Hunt 305
S. Edmondson 655	132
4th 670	J. Walker 400
275	Men's Teen Bench
V. Shaw 520	114
SHW	13-15
R. Russell 700	S. Anderson 95
Men's Master	148
40-46	16-19
148	D. Grundy 225
F. Evangelista 470	13-15
275	M. Anderson 185
M. Ceccarelli 475	4th 195
47-53	198
123	16-19
L. Muth 395	J. Loomis 385
198	220
J. Clay 585	13-15
242	J. Davasher 250
R. Nelson 550	Men's Masters Bench
P. Markel 410	40-46
54-60	148
220	F. Evangelista 340
J. Young 575	198
61-67	B. Gray 335
275	220
K. Nicholls 431	J. Jones 355
Men's Open Bench	275
114	D. Fosland Jr. 460
L. Culp 295	M. Ceccarelli 405
4th 300	T. Elbert 385
165	47-53
D. Maddux 300	123
181	L. Muth 190
J. Picking 325	181
W. Sheaffer 310	L. McAllister 375
198	198
B. Love 390	R. Lauver 340
M. McDonald 315	T. Padgett 275
275	220
G. Nelson 610	Sekermestrovich 440
SHW	R. Otrema 335
R. Russell 450	242
Men's Novice Bench	R. Nelson 430
165	P. Markel 405
R. Sell 240	D. McCreary 375
181	54-60
J. Thomas 315	181
4th 320	J. McCamman 265
198	220
M. Stevenson 380	J. Young 375
B. Moore 350	275
J. Schrag 340	G. Nelson 610
220	61-67
D. Jacobson 405	148
B. Carr 385	L. Vincent 280
S. Mickelson 360	181
242	J. Rieth 190
Z. Hall 370	275
275	K. Nicholls 245
G. DeMetz 340	68-74
	198
	D. Fosland Sr. 235

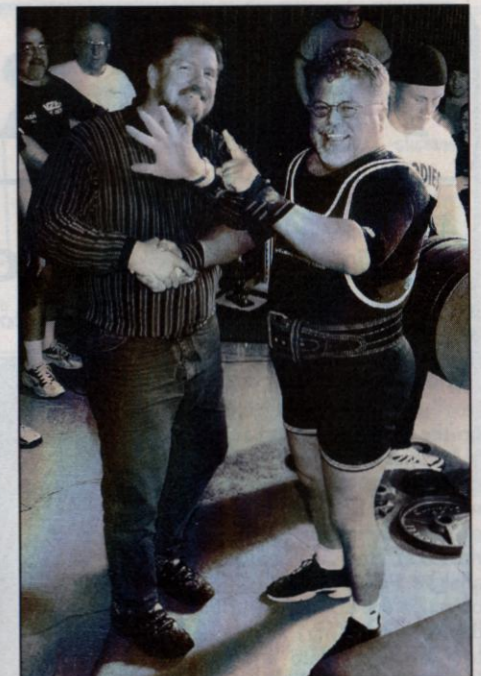
In men's deadlift in Class I, David Price set an Oregon State Record in 198 with 490#. In 275, Mario Ceccarelli pulled 475 for the Gold. In open deadlift, Freddie Evangelista set an Oregon State record with 470 in the masters 40-46 at 148#. Freddie competed in both open and masters. At 220, Scott Edmondson pulled an Oregon State record with 670 at 220. Victor Shaw pulled 520 at 275 and Rick Russell pulled 700 at Superheavy. In Master Men's deadlift, Larry Muth pulled 295 at 123. Phil Markel pulled 410 at 242 and Keith Nichols set a world record in 275 at 61-67 age group with 431. Mario Ceccarelli pulled 475 for a Washington State record in class I 275#. John Clay set an Oregon State Record with 585 at 198, 47-53. Roger Nelson pulled 550 at 242 47-563 and Jimmy Young came close with a world record 615 at 220, age group 54-60. Jimmy currently holds the record with 600. In women's deadlift, there were only two pullers and they were outstanding. In Submaster 123 Roberta Hunt set a World Record with 305, beating the old record by 30#. Then we came to Jo Walker, who pulled an unbelievable 400# weighing only 126 at 55 years of age! The best female deadlift in the world today, all things considered. In the bench - women 1st: Sue Lauver set a World Record of 165 at 40-46 123#. Shelley Radcliffe did 225# at 123# in the open. Ellen Matthews did 165 in open 148. In submaster 198 Sharon Allen set an Oregon State record with 210 and tried 221 for a World Record, but it wasn't there on this day. In master 68-74, 198+ Gloria Mighell set a World Record with 100#. It was Gloria's first meet at age

70! In Teen Men Bench, Scott Anderson put up 95# at 114# in age group 13-15. At 148 Michael Anderson set an Oregon State Record of 195 in 13-15 age group. At 220 Jason Davasher put up 260. In 16-18 Jarred Loomis did a quality 385 at 198 and tried a World Record of 410, but was unsuccessful. At 148, Dwyane Grundy pushed 225. In Class I bench, Robbie Sell put up 240 at 165 for an Oregon State Record. At 181, Jake Thomas set an Oregon State Record with 320. At 198, Michael Stevenson set an Oregon State Record with 380. Bob Moore was 2nd with 350 and Josh Schrag was 3rd with 340. At 220 David Jacobson did a 405 to beat Brad Carr, who did 385 and Scott Mikelson who did 360. At 242, Zack Hall set an Oregon State Record with 370 and Stephen Smith was 2nd with 315. At 275 Greg DeMetz set an Oregon State Record with 340. In Master 40-46, Freddie Evangelista did 340 at 148. Bill Gray did 335 at 198 for the win. At 220 Jeff Jones, who came in from Sparks, Nevada, did 355 at 275. Don Fosland Jr. beat Mario Ceccarelli 460 to 405. In master 47-53, Larry Muth did 190#

at 123#. At 181 Leonard McAllister set an Oregon State Record with 375 and tried a world record 405. At 198, Rob Lauver beat Ted Padgett 340 to 275. At 220 Bill Sekermestrovich beat Ron Otrema 440 to 335. At 242, Roger Nelson beat Phil Markel 430 to 405. Dave McCreary was 3rd with 375. In Masters 54-60, George Nelson became quite possibly the greatest bench in history - not just the greatest master bench in history - why. You figure it out - he's 55, weighs 260. He put up 600! and 610!! in perfect style. His butt stayed down, he paused perfectly, his head stayed down and his lockout was smooth. It's impossible for a man 55 to do that weight. He was wearing a



Jo Walker pulled a huge 400 weighing 126 at age 55 !!



WABDL President Gus Rethwisch helps George Nelson signify his accomplishment - breaking the 600 barrier! - (Baertlein photos)

double denim shirt. I've seen George do 545 with no shirt. He's the oldest man to do 600 by 5 years. He was drug tested and passed, for the fifth time. Moving on in masters 54-60, Jimmy Young did 375 at 220. Jerry McCamman did 265 at 181. In masters 61-67, Larry Vincent did 280 at 148. Larry is the current World Record Holder at 275. John Rieth put up 190 at 181. Keith Nichols put up 245 at 275. At 68-74, Don Fosland Sr. did 235 at 198#. In open bench, Lyle Culp set a world record in both Junior and Open with 300 at 114 to erase Hung Pham's record of 292 in both divisions. At 165 Delos Maddux did 300. At 181 Jayce Picking beat Wally Sheaffer 325 to 310. At 198 Bill Love did a nice 390 to beat Michael McDonald's 315. And as mentioned previously, George Nelson did 610 at 275. At Super, Rick Russell did 450 and he also set a world record in the deadlift in Law Enforcement/Fire with 700#. Byron Beebe was the meet director. There were 76 lifters. He did a great job. He carried on the tradition of WABDL meets being held in hotel ballrooms. The lifter checks into the hotel, sleeps there, eats there, weighs in and lifts there. Johann Proctor was the M.C. Rocky was the scorekeeper. The judges were Dave Cheek, Larry Muth, Christy Hansen, Kerry Long and Gus Rethwisch (results and report were provided courtesy of Gus Rethwisch)



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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.

If under 18, have parent initial \_\_\_\_\_ Signature \_\_\_\_\_



# POWER PROFILE

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

Duality intrigues me. Life's humorous and tragic lessons find me laughing and cursing at its ironic twists of fate. These are my thoughts as I stare deep into the Nevada desert night from my downtown Las Vegas hotel room. Uncertain whether to laugh or curse, I reflect on the irony of seeking a pensive solitude in "Sin City" where the creative inspiration can be found to write about a Christian minister's extraordinary story. Stop! Further reflection, I realize, borders on self-analysis. Fearing the outcome of an objective self-assessment, I immediately re-direct my thoughts home to Cleveland, Ohio and Black's Health World where the creative inspiration for this writing is truly found.

In the early 1970s as Cleveland's river and mayor's hair were ablaze, a tough, young street fighter and gang leader persuaded a few of his weightlifting buddies at Vince's Gym on the near west side to start training in his backyard. This ordinary event set aflame a passion that would engulf his life - ultimately bringing him and his friends international athletic prominence, a family, religious awakening and near death. As Cleveland's inferiority complex deepened, John Black Jr.'s backyard gym burned with confidence. Intense workouts developed a strength and arrogance among John Black's friends that became intent on conquering the national and international powerlifting world. By decade's end, John Black and his friends John Florio, Vince Anello, Jack Sideris, Bob Fortenbaugh were winning championship trophies and establishing themselves as some of the strongest powerlifters in the world. This core group eventually included Dave Schneider, Steve and Todd Wilson, Louie Simmons, Dan Wohleber, Hoss the Boss, and others.

Gregarious and intense, John Black's powerlifting team became known in the powerlifting community as "the Wild Bunch" for their

## Black's Health World

as told to Powerlifting USA by Roman Horodysky



John Black before the horrific accident at the '82 Juniors (Datnoff photograph). Black's Health World is celebrating it's 25th anniversary.

tournament exuberance and legendary, late-night, hell-raising escapades. Hard years of training and individual victories in the 1970s ushered in a decade that would bring international prominence to Cleveland's "Wild Bunch". While championships eluded Cleveland's major professional athletic teams, Black's team dominated the powerlifting world in the 1980s - winning or placing second in most of the decade's major tournaments.

Success in any realm warrants respectful acknowledgement. Often lying unseen below its surface are hard sacrifices and bitter setbacks - events that ultimately can shape or define a person's direction in life, if not the person itself. In early June 1982, John and his team

were in Portland, Oregon competing in the Junior National Championships. While attempting a 722 pound squat, John suddenly collapsed. His right knee cap tore off of his leg and the full weight that he attempted fell on him - nearly crushing him to death. Teammates and observers thought he was dead. Incredibly, he survived, but was confined to a wheelchair for eleven weeks after leaving the hospital. One year after this harrowing accident, John amazingly set a personal record in the very same lift that crushed him - exceeding the weight that he attempted in Portland.

In April 1997, triple bypass surgery nearly claimed John's life. In November of that year, he won another tournament in the Masters

division - 220 pound class breaking a world record with a 755 pound squat.

Near tragedy, ultimately followed by miraculous recovery and athletic victory, has become an almost regular occurrence in John Black's life. Stories and anecdotes abound leaving listeners amazed, even inspired. But for John, the real story can be traced back to 1978 after he won his first big tournament - the Bob Moon Memorial Tournament. "Riding home with my father, after winning my weight class and the meet's outstanding lifter trophy, I thanked God and was then overcome by a great feeling of emptiness. I thought to myself - I don't believe in God, yet I'm thanking him? How stupid is that? Until that moment, winning and becoming one of the strongest men in the world meant everything to me. Suddenly, I won and suddenly I felt complete emptiness. Everything I had worked for left me feeling that something was missing. My sister recommended that I go to church and soon I was reading the Bible and eventually I accepted Christ as my savior. That feeling of emptiness left me, replaced by a feeling of fulfillment. My life was re-directed from glorifying me to glorifying God."

John's faith inspired him to become active in the community. He, along with friend George Popovich, founded the Cleveland West Side Jaycees chapter in 1977. He also became a minister - pastoring his "Jesus Speaks" church and made it his life's mission to spread the Christian teachings to any who would listen. Among those who have listened are inmates and ex-inmates of prisons visited by John and his powerlifting team. John has held church services, offered messages of hope and inspiration, and has conducted clinics at over thirty prisons - receiving national accolades for his work with ex-inmates, drug addicts, and disadvantaged youth. John particularly emphasizes the importance of trying to positively influence youngsters. A Christian recreation center is being planned and John and his lifters periodically visit youth detention centers hoping to re-direct teens who may have lost their way.

Needless to say, John Black and his powerlifting buddies outgrew

(article continued on page 71)

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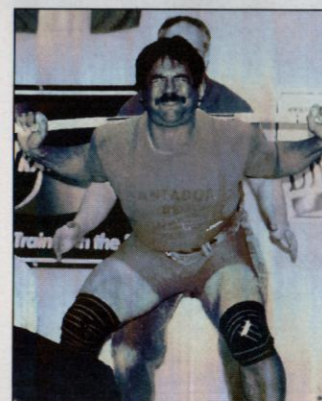
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The long awaited Pan American Powerlifting Championships took place at the Radisson O'Hare Airport Hotel. It was run by the PAFF, Pan American Powerlifting Federation. This is a new federation that is planning to organize powerlifting under the PAFF banner in North and South America. The President of this federation is Dr. Mauro DiPasquale. The PAFF General Secretary is fellow Canadian Mike Armstrong. Another Canadian Bill Jamison, who was the IPF North American Vice President, is the PAFF Technical Chairman. The PAFF Vice President for North America is Mike Overdeer, who is also USAPL President. Saul Salazar is the PAFF VP for South America. There will be Vice Presidents from the Caribbean states and another will come from Central America for a total of 4 PAFF Vice presidents. Hawaii's P. J. Couvillion was named Medical Chairman

Six nations competed in the first PAFF events. They were USA, Canada, Mexico, Columbia, Puerto Rico and the Bahamas. Dr. DiPasquale explained that many of

## PAPF Pan Am Championships

as told to Powerlifting USA by Peter Thorne



Armendariz ... one of the new Mexican lifters. (Peter Thorne)

the South American countries, whose participation had been announced, just did not have the financial resources for international travel. Dr. DiPasquale explained that, even though he personally paid for the rooms, the travel expense was just too much for the South American lifters. Next year the PAFF event is planned for Mexico and more of our Southern neighbors are expected to attend. For those who plan ahead, the 2002 PAFF Championships are slated for Puerto Rico.

The lifting was preceded by a day of seminars. Fortunately some lifters came early to the contest and attended the day long seminars. The PAFF took this occasion to honor members of the powerlifting community. Dr. DiPasquale set aside Thursday from 7PM to 11pm so that people could visit with Ernie Frantz, Larry Pacifico, Joe Bradley and Walter Thomas. These men were given plaques by the PAFF to honor their contributions to the sport of powerlifting. Terry and Jan Todd were supposed to be on hand too. It was said their cows broke loose and they



Jeff Butt of Canada (via Thorne)

had to go back to the range and round up the "little doggies".

Then came the lifting. Since there was no qualifying totals and the countries and lifters were at their first ever PAFF meet, the totals varied quite a bit.

In the WOMEN'S 44 kg. class there were two lifters and Velez of Puerto Rico posted a 250 kg. (551 lbs.) total to best Rios of Mexico.

WOMENS 48 kg. class had 4 lifters. This time it was Puerto Rico 1st with Caceros posting the winner with 275 kgs (606 lbs.) and Porras of Mexico was 2nd. Feliciano did not get any of her squats passed and Mexico's Reyes did not get any benches passed and both were out of the contest

WOMENS 52 kg. class - A class of three lifters. Gozales of Mexico posted a 295 kg total (650 lbs.) for 1st, Velez of Puerto Rico 2nd with 252.5 kgs (556 lbs.) and the third was



Keli - Women's BL. (Simmons)

Canadian, Diane Richard with 237.5 kgs (523 lbs.) total.

WOMENS 56 kg class. The first USA competitor was Keli. Keli holds IPF Masters World Records in the Bench, Squat, and Total. She set these records in Japan in 1995. This contest was Keli's return to powerlifting. She was the winner of her class and 'best female lifter' of the PAFF Championships. She was awarded with the 'best bench' too. Keli added to this with a 170 kg (374 lbs.) DL. That gave her a 420 kg total (925 lbs.). Allison of USA was 2nd with 355 kgs (782 lbs.) Cabrera of Puerto Rico was 3rd in this 3 lifter class.

Women's 60 kg class - with 6 lifters was the largest class. Angie Overdeer missed only one lift, her opening deadlift, and posted a 420 kg. (925) total for USA gold. Fernanda of Puerto Rico was 2nd. Fernanda had some technical challenges with the lifting but her huge strength was apparent and she can be a great competitor one day. Femia of the USA rounded out the top 3.

Women's 67.5 class - brought the 3rd straight gold to the USA as Rhonda Clark posted 422.5 kgs (930 lbs.) to eke out a 2.5 kg win over Nieves. It took the 'Best Deadlift' of the women's competition, 207.5 kgs (457 lbs.), to get the win. Nieves of Puerto Rico was 2nd and she had the 'best squat' of the women and headed into the bench with a 40 kg. lead. Nieves made an unexpected jump in her deadlift, from 162 1/2 to 182 1/2 kgs when she only needed 5 kg. to win the gold. Nieves seems to have exceptional strength and with a bit more international seasoning she will be a real force. Dennis of Canada was 3rd in this class of 4.

Women's 75 kg class: Vera of Mexico did not get her opener and was out of the contest. That left 3 lifters. When the lifting ended there was only 7.5 kilos separating first and 2nd and third. McIntosh of the Bahamas captured 1st with 367.5 kgs

(article continued on page 70)



# WORKOUT of the Month

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)

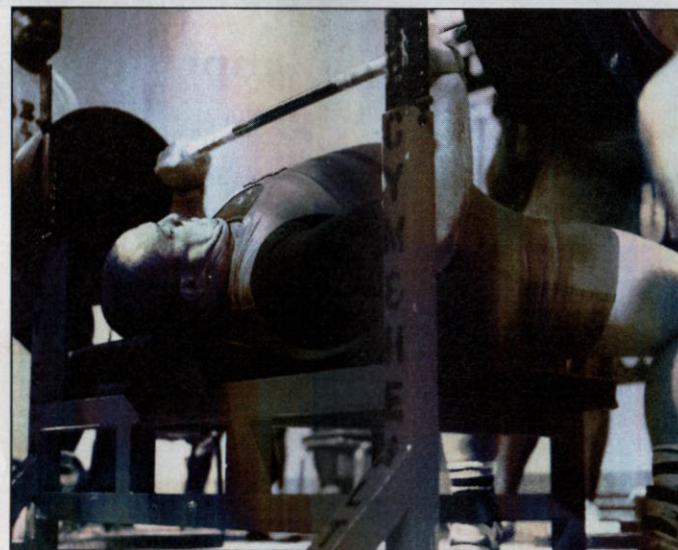
This program is intended for a lifter capable of a 500 lb. bench press. It is a 2 month program. The expected increase for this training cycle is 35 lbs. The trainee should start with one bench workout every 5th day. Only one exercise may be performed on any given day. No assistance work, other than cheat curls, will be performed because they only detract from this unique program.

I lifted according to this program for 2 years, and my bench went from 575 to 652. I benched once a week, squatted once every 7-9 days and did cheat curls once every 7-9 days. These were the only exercises I used.

Small weights and light workouts are bothersome and extremely useless. We will use very heavy weights in my program. In order to lift heavy singles in competition you must lift heavy singles in the gym, all the time! The repetitions, except warmups, will all be singles. Even if you feel you can do the weight more than once, do not do it. Doubles and triples and higher repetitions will not help at all.

With my workout you will not leave the gym all pumped up and sore, but we are not after soreness; we are after strength. The trainee

## Jeff Maddy's "RAD" Bench Press Routine



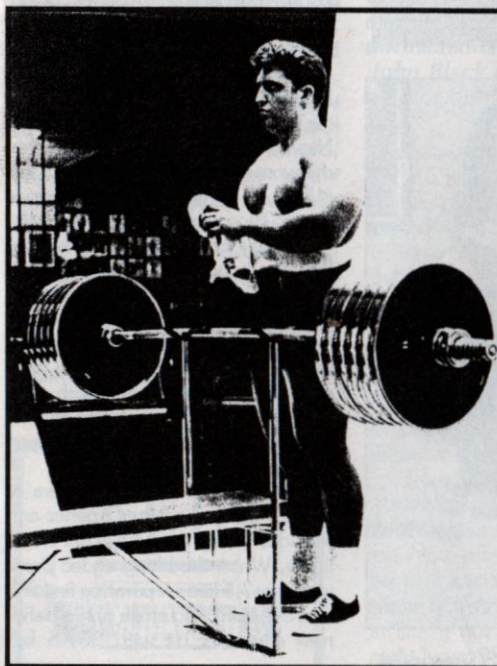
Jeff Maddy went on to bench press 700 lbs. (in Hawaii, above) after this Workout of the Month was first published in the August 1987 edition of Powerlifting USA. Recently, there has been a number of inquiries about this routine from those who had used it successfully in the past, but could no longer locate the information in their files.

## Legendary Pat Casey King of Powerlifters now reveals his training secrets and training techniques

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will find a tremendous urge to return to the gym. He will return healed, hungry, intense, and stronger.

I recommend long rests (10-20 min.) between all sets, even the warmups. Remember these important things. Do not stretch before working out; Do not do assistance work; Do not do more than 1 repetition a set, even if you can; Do not consider a workout ruined if you miss a lift or two; Do not do extra strict pauses, in the hole, even if you can.

I could not make this article complete without thanking Big Jim Williams and Paul Anderson for inspiration, motivation, and dedication.

**1st Workout (Sunday):** 285 for 1 set of 3 reps, 350x1x3, 425x1x1, 470x3x1, Max out\*.

**2nd Workout (Friday):** Same as first workout, 470x5x1, Max out.

**3rd Workout (Wednesday):** Same as first workout, 470x6x1, Max out.

**4th Workout (Monday):** 285x1x3, 350x1x3, 425x1x1, Max out, 480x3x1.

**5th Workout (Saturday):** Same as first workout, 480x5x1, Max out.

**6th Workout (Thursday):** Same as first workout, 480x6x1, Max out.

**7th Workout (Tuesday):** 285x1x3, 350x1x3, 425x1x1, Max out, 490x3x1.

**8th Workout (Sunday):** Same as first workout, 490x5x1, Max out.

**9th Workout (Friday):** Same as first workout, 490x6x1, Max out.

**10th Workout (Wednesday):** 285x1x3, 350x1x3, 425x1x1, Max out, 500x3x1.

**11th Workout (Monday):** Same as first workout, 500x5x1, Max out.

**12th Workout (Saturday):** 500x6x1, no max today.

**13th Workout (Saturday) - Contest Day:** 285x1x3, 350x1x3, 450x1x1, 1st attempt - 490, 2nd attempt - 520, 3rd attempt - 535.

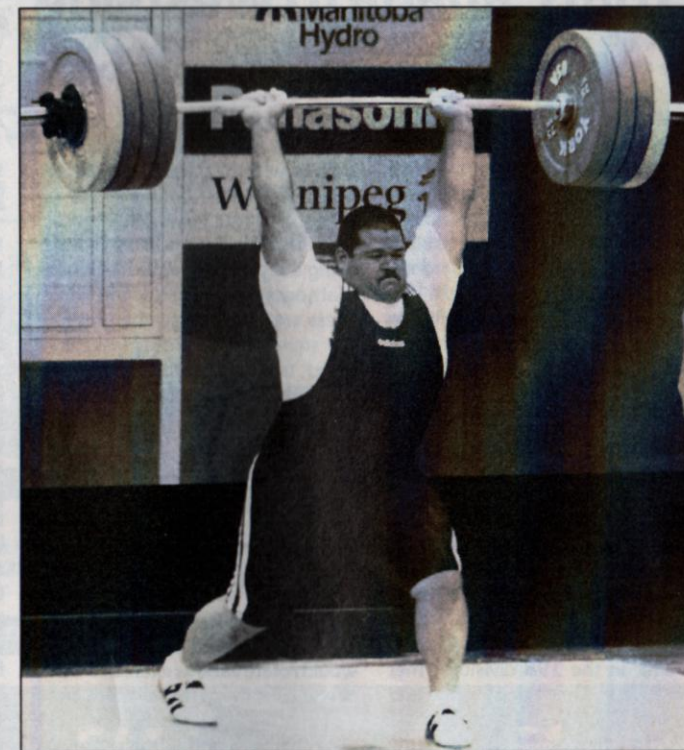
\* Max Out - means go for a P.R., do not do a negative, but try to make the lift. The max will be done for 1 set of 1 rep.

Any time you want to start a pissing contest, put powerlifters and Olympic lifters in the same room. The typical comments? You do it with technique not strength .... you have no athletic ability .... what we do takes coordination too, not brute power ... you guys don't even look like you lift weights ... anyone can do what you do after two weeks in the gym ... got enough wraps on? Many of the comments are worse and often it ends with both sides flailing around screaming, "I oughta kick your ass". I've seen this since I first became aware that there was a dichotomy in the iron sports, one that I saw "in person" in the early 1960s when powerlifting became an organized and then an officially recognized sport.

Although I'm making general comments in order to emphasize the point of this article, all of us are aware of the prejudices each side holds. The powerlifters don't feel that the Olympic lifters are strong, at least not as strong as them. They often don't see much obvious muscular development on many skilled Olympic lifters. While they understand that much technique is involved, they often feel slighted by the lack of respect shown by Olympic lifters and others for the technique and skills they need to forge in order to powerlift successfully. Many Olympic lifters see powerlifters as they did in 1964, as un-athletic lifting types without the skill, athletic ability, or dedication to do the Olympic lifts well. The amount of supportive gear is seen as a sick joke in an attempt to boost one's ego with huge lifts that one could not make without "artificial" aids. The powerlifter sees the equipment as a competitive equalizer, part of the sport, an injury preventative, and something that yes, allows them to lift more weight for their own gratification, the primary purpose of the sport. Within powerlifting itself, there is debate on the latter issue. However, the primary points of contention between the two factions, Olympic and powerlifters, would be less well defined if they realized that one sport has nothing to do with the other.

The only common denominators between these two activities are the use of the barbell, the fact that one has to be strong to do either one, and that one has to learn the skills of the specific lifts. Past that, there is no comparison, no basis for comparison and it is beyond me that this type of debate continues and has continued since the mid Sixties. An Olympic lifter must compete at two very clearly prescribed movements and there is a body of evidence that has indicated that success can be achieved following the dictates of that evidence. Powerlifters must do three completely different and non-related movements relative to Olympic lifters. Their training, while falling into many philosophies and theories, has nothing to do with the training done for Olympic lifting. There is also no "this is harder to do" argument to be

# More From Ken Leistner



Shane Hamman - one of the few strength athletes to have successfully bridged the gap between Power and Olympic Lifting. (Drake)

made. What is difficult for one, may not be difficult for another and there are many powerlifters who can and would do the Olympic lifts as well technically, as any Olympic lifter, with adequate practice. I am not saying that the Olympic lifts do not require more technical application and practice, but let's not forget that powerlifting, to the everlasting shock of the general public, takes quite a bit of skill to hone one's appropriate techniques and apply them to one's specific body type and leverage factors. You do not take Olympic lifting principles and apply them to powerlifting, or at least, it would be more counterproductive than productive to do so. You do not take powerlifting training principles and apply them to Olympic lifting for the same reasons. You can certainly take general physiological and psychological principles that related to muscle tissue stimulation and growth, organism recovery, and arousal for example, and apply them to either activity. You can also apply them to football or rugby but they would be general principles being applied specifically, not principles specific to the activity itself. And using football and rugby, although many observers think they are looking at a

similar activity, spend time with any pro or collegiate football team and watch them train, and then travel down to New Zealand and watch the All Blacks get ready for a season opener. I don't think you will see one thing that is similar relative to preparation.

The point being made, there is an obvious call for mutual respect between the lifting sports. I may not agree with or like to see all of the supportive gear, but I have to admit, I admire and respect the training it takes for guys and gals to lift any type of huge weight. If you squat 600 with no supportive gear or with everything you can get your hands on, you are still one very strong son of a gun in order to stand up with the weight, and then handle it in a squat. You have to respect that and for those who have put the years in, the type of dedicated training it takes for anyone to get to that point. Holding anything over 300 pounds over your head, no matter how you got it there, is close to a super human feat. You can talk all you want about "technique" but you again, have to be a fearless and strong mother to get that weight up there and hold onto it. And no matter how "skilled" you are, that type of lifting doesn't just happen,

you have to train extremely hard and consistently. So yes, mutual respect is demanded from all, for all.

For those interested in seeing good Olympic lifting and good powerlifting, there are many tapes on the market. Back in the "old days", the big excitement for powerlifters was a live glimpse of hammer thrower George Frenn. Whenever *Wide World Of Sports* was to televise an international track and field meet, the hope would persist that they would show the heavy events (which they most often would not do), show Frenn throwing (which they most often would not do), and then mention, just mention that George was "a powerlifter" and "a strong guy". That was the extent of powerlifting exposure and any type of visual you would be able to get on the sport. I know it's difficult for the younger lifters to grasp this, but the only way you could find out anything about the sport, until the coming of *Powerlifting USA*, was to travel to a gym one that you may have heard had "powerlifters training there", find out what time they trained, and then drove over to watch and hopefully get some answers to your many questions. That was it! Now, in any issue of *PL USA* and on the internet, there are numerous sources for contest tapes (such as the coverage shown by *POWERLIFTER Video Magazine* advertised here in *PL USA* or from Rickey Crain), instructional videos offering quality commentary and a variety of training ideas (such as those advertised by Lou Simmons and Ed Coan, again here in *PL USA* and elsewhere), and both old and recent contests. I often view the tape I have of the 1966 Los Angeles Championships, with Pat Casey making some of his huge record lifts and George Frenn squatting in a cast on his broken leg and many of the Westside and Zuver legends. Of course, this was a family movie belonging to Pat which was converted to tape and its dark, hard to glimpse at times, and if you don't know the lifters, can get lost pretty quickly. Yet, this gem is still very inspiring. For those who enjoy a more "homemade type" of tape, some very good California lifters, Paul Leonard and his garage crew, have a videotape of their lifting. This is a series of lifts from numerous workouts, using many of Louie's ideas and techniques, so if you want to see real guys lifting real (and very heavy) weights, doing box squats, deadlifts, floor presses, inclines, benching, etc, getting ready for real contests, with no pretenses or technical "dressing up" for the tape, you will like this. Contact Paul Leonard, 4302 Villa Grande Drive, Yorba Linda, CA 92886 or e mail at YLLEN1@aol.com for details. It is a good \$20.00 investment to see how it's really done. For those who Eke Olympic lifting and wish to see the best in training and/or in competition, contact Iron Mind via MILO or their site [www.ironmind.com](http://www.ironmind.com) for a large selection of lifting tapes.



I have been a subscriber to *Powerlifting USA* since 1993. I used to read the magazine cover to cover and whenever I came to the articles written by Louis Simmons I would skim over them, eventually to the point that I would not even read them any more. I would say to myself what people now say to me, that Louis Simmons is crazy, his training theories cannot possibly work, you need to feel heavy weight in training to handle it in a contest. Well, guess what! I was wrong and so are the people who even argue with me that Louis' theories do not work. Obviously there are exceptions who do lift heavy year round and are presently world champions, but that is what these champions are, the "exceptions." These lifters are often genetically gifted beyond the normal powerlifter. However, who is to say that these lifters would not become even greater if they changed to the Westside theories. I would bet money they would.

After failing to improve my total for over a year, I decided to give Louis Simmons' articles another look. I went back to all of my *Powerlifting USA* issues starting from 1993 and re-read them. The articles started to make a lot of sense as I began to understand why I would enter competitions and never lift as much as I thought I would based on my training: Squat: 520x5 reps in the gym and 530 in competition. Bench press: 340x3 reps in the gym and 340 in competition. Deadlift: 585x3 reps and 606 in competition. I was totaling in the low to mid 1400s for over a year in the 198 class. I had hit a plateau, was tired, frustrated, and often injured.

Two months later after putting Louis' theories into practice I went to a competition and bench pressed 370. That was a 30 lbs. increase in two months after going from 320 to 340 in two years! In only 18 months my total went from 1480 to 1801 at the same bodyweight of 198, and 26 months later I totaled 1890 at 220 when I competed at the 1999 WPC Worlds. In just over two years I put 410 lbs. on my total.

The secret to my rapid improvement is directly related to BAR SPEED. The lighter I train on speed day the stronger I get. For example, when I used to set a bench press goal of 365, training with 340 x 3 reps did not produce the desired 365 in a contest as

# TRAINING

## From Canada to Westside as told to PLUSA by Andrew Dexter

it was impossible to exert 365 lbs. of force with a 340 lbs. bar. I could only exert enough force to bench 340 lbs. three times. By training with 185 lbs. however, I was able to exert 365 lbs. of force because the weight was light enough to do so. An analogy Louis once told me explained this concept well. When you change gears on a car for optimal speed, you do not shift in the red line zone. Why? Because over time you will blow your engine. For optimal speed therefore one should shift gears at a lower RPM. Your nervous system is much like the motor of the car, red line it with heavy training over a long period of time and you will blow your own personal engine!

In 1998 while at the WPC World Championships in Austria as a junior lifter in the 198 division I met Matt Zweng. I had heard of him and knew he used Westside's theories. I looked at him and thought "How does this guy lift so much more than me at the same bodyweight?" He told me that he trained at even less than 55% of his 1 rep maximum in

all the classical lifts; in fact, he used closer to 45%. For example, he trained with 225 for 9 sets of 3 to bench 500, and only 365 for 10 sets of 2 to squat 800. At this time, while training for the Worlds, I was using the exact same bar weight as Matt on speed day. Yet my bench press was 60 lbs. less than his and my squat was 170 lbs. less. I decided to take Matt's advice and decrease my percentages also. For the whole year of 1999 I trained with no lighter than 205 lbs. and no heavier than 225 lbs. for 9 sets of triples. I followed my speed bench work with 2 heavy exercises for the triceps, 4 sets of lat, shoulder, and bicep work. Sure enough, I bench pressed my first 500 lbs. easily. Remember, 205 lbs. is only 40% of 500 lbs. On maximum effort days I would rotate various exercises week to week. Some of my favorites were bench press with chains, floor press with chains, 3 and 4 board presses with bands, and hanging band presses out of the squat cage. This last exercise simulates the bench shirt very well. My accessory work

was identical to that of speed day, 2 heavy triceps exercises, 4 sets of lats, shoulders, and biceps.

I applied the same theories to my deadlift. I used to train with heavy triples every week. As I stated before 585 x 3 reps produced a 606 competition deadlift. I now deadlift every third week, and pull only 8 singles. I also use flex bands around the bar to give extra tension at the lockout position, and use weights as light as 315 and no heavier than 405. Training the deadlift with two to three hundred pounds less gave me an increase of just over 100 lbs. on my previous competition best. I went from a 606 to a 717.

Dragging weights has been very important to my increased strength in the deadlift. I drag weights in a unique way so that I can overload the glute and hamstring muscles. Face away from the sled so that the weights you are dragging are behind you. Bend over so that your back is parallel to the ground. Grab the ends of the towing rope in your hands and walk bent over. The position you walk in is the same as the start of the pull-through, hands between the legs and down by your ankles. I walk about 100 feet at a time resting about 3 minutes between each trip. I complete 4 trips for a total distance of 400 feet. I finish with one cool down trip where I attach the towing rope to my belt and walk in a normal fashion with the weights dragging behind me. The final trip covers a distance of 200 feet. This dragging is very important for GPP (General Physical Preparedness) work.

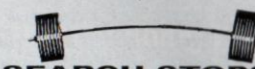
Here is an example of how important dragging weights has been to my training. In August of 1998 my deadlift was 640 at 198 after using Westside's theories for 1 year. Yet, in November of 1998 after only 3 months of dragging I made an easy 672 at the same bodyweight. Some of my favorite exercises on max squat days were good mornings with the cambered bar or buffalo bar, wide stance sumo deadlifts, low box squats, and my personal favorite, close stance Manta Rays off a high box. This last exercise simulates the motion of a conventional deadlifter as the erectors are placed under a lot of stress.

The Reverse Hyper has been of tremendous benefit to me also. Pulling a deadlift of 640 at

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198 made me think I had a reasonably strong back, until I first tried the Reverse Hyper! I couldn't even do 100 lbs. on the Reverse Hyper without falling apart. Now I use anywhere from 350 to 400 lbs. for reps. I have done 400 lbs. for 25 reps before. If you want to become a better deadlifter, you must drag weights, do heavy Reverse Hypers, and tons of heavy ab work.

Is it possible to train too light? I don't think it is. If your strength on maximum effort days continues to increase, then your bar speed on speed day is most likely adequate. If you start to stall on max effort days and fail to improve, then perhaps you should think about training with lighter percentages on speed day. Decreasing your percentages will allow you to produce more force on the bar and also train your body to become more explosive. Many of Louis' articles recommend training at 55% of one's maximum. I agree that this is a good percentage to use as a guideline; however, one has to realize that there are too many other variables to consider. For example, if you were to take 10 men and have them train their bench presses with 55% of their contest maximums, one lifter would still have the greatest bar speed. This would most likely be because of their greater amount of fast twitch

fibers. When I trained at Westside, George Halbert was the most explosive bench presser I had ever seen. To this day, he still is. I am not composed of a tremendous amount of fast twitch fibers, so I knew that if I followed Matt's advice (using percentages lighter than 55%) I could create the same bar speed as someone like George.

Remember to keep an open mind and never let your ego take control of your lifting. If I had never listened to Louis and quit deadlifting heavy every week, I would have never added over 100 pounds in only 2 years. If I had never listened to Matt Zweng's advice on training with decreased percentages on speed day I would have never benched my first 500 pounds. If I had never witnessed George bench press, I would have never known that I had to become more explosive. My goal is to become the WPC World Champion in the 220 class, and I believe I will do it because I never let my ego get in the way. If that means lifting less weight in the gym to produce greater competition lifts, than so be it. I am not there to impress anybody in the gym, only on the lifting platform.

Thank you to Louis for giving me the opportunity to learn at Westside. It was the smartest decision I ever made.

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Picture your grandmother in a thin-strap cotton tank top; without a bra. For those of you who don't still go to family reunions looking for dates, picture someone else's granny. (White cotton tank top.) OK. Enough of that visual!

Circumstances are what you make of them. It's ok for your old granny to wear a tank top without a bra. (We give her a little leeway for being a grandmom.) Just look the other way. But, if you think SHE LOOKS GOOD, that is not ok. Not OK at all!

Circumstances are what you make of them. Last month, we looked at Sir Ernest Shackleton - adrift on the ice at the South Pole - but still calm and resolute. Then we saw Ryan Snelling in Missouri, training without high-tech / new equipment - but still training, and getting stronger. What limitations do you face?

I have long been fascinated with the idea of Louie Simmons's 1200 square foot gym - which turns out all these monsters: proving that desire is more important than equipment or environment (as mentioned last time). I've always intended to go visit Louie when I'm in town for the Arnold Classic, but never seem to make it. Only 1200 square feet ...

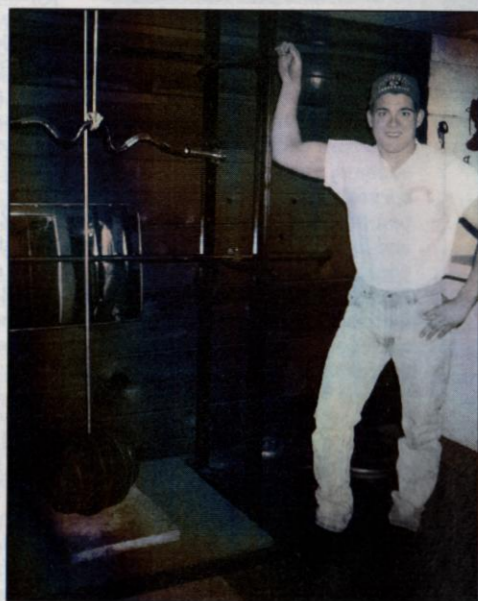
Imagine my surprise when I discovered someone training in a space only 10% of that! That's right training in a 125 square foot space! Serious lifters take notice - anything is possible!

Gerald Coles and I were discussing the merits of different knee-wrap styles (by email) when he mentioned that his Maria was his training partner. This is rare at his strength level, but not unheard of - Ronnie Coleman and Vickie Gates train together - so I worked my mind around it.

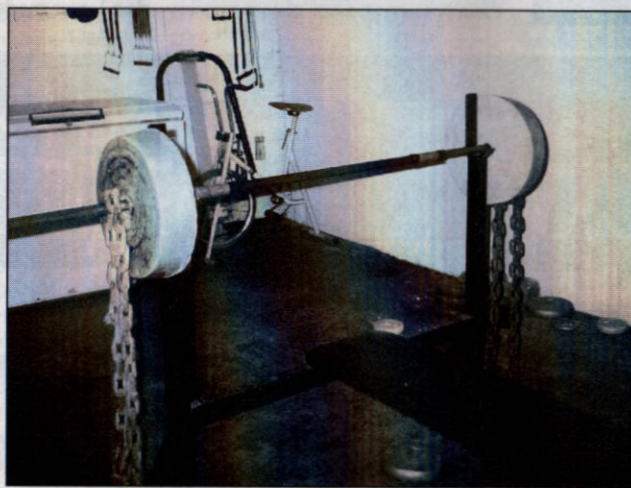
Then Gerald mentioned the dimensions of their workout area! I'll let him explain:

You should also know that our gym is 12 1/2 X 10 with a small 5 X 5 storage area adjoining it. The gym area has a power rack, a pulldown & seated rowing

## WEAPON 13 (Contd.): DESIRE for Training Partner and/or Space as told by Rick Brewer, HOUSE OF PAIN



Here's what Ryan Snelling trains with in Missouri. If he can do it, why can't you? (Snelling)



machine, an adjustable bench, two dumbbell racks going from 10s to 100s in 10 pound jumps, and various plates and collars hanging on wall plate holders. To save space we use 2 1/2 pound magnetic platemates to make "5s" dumbbells (e.g. 45, 55, 65, etc.). In the storage area we have Maria's squat racks, which we put in the gym when we squat (I use the power rack); a rack of dozen 45 pound plates (if we're both doing heavy singles on the same day we use them all), and assorted equipment (e.g., trap bar, ez curl bar, leg extension/curl attachment, etc.). For deadlifting and squat-

ting we use two bars, for benching we use one. It's hardcore, but it gets the job done.

Some people will say there's not enough training space for working out, especially for two people. The 12 1/2 X 10 filled with equipment isn't much space for two people, but if you develop a set of small routines for staying in sync with one another (e.g., helping each other change plates, knowing where to stand when the other person is doing a lift, knowing where to put your knee wraps when the other person is seated on the bench wrapping, etc.) there's plenty of space and you're assisting rather than obstructing the other lifter. One advantage of the limited space is that the gym always rocks from the encouragement we give one another and enthusiasm of most of our workouts.

Speaking of rocking with encouragement, I know they even occasionally have family members come to watch and yell! Too cool.

Some people are like enthusiasm sponges - they seem to suck the life out of you every time you are around them. Then, there

are people who LIVE. Just like Gerald and Maria overcame the spacelimitation, they routinely overcome the time continuum. When Gerald Coles e-mailed me about a recent squat workout - it fired me up!

One more thought about potential training obstacles: time. We have very, very busy lives as full-time writers. For example, when I finished my last book a few months ago, working to meet a deadline, I worked 32 days straight except for a single day off, but still made (not found) the time to work out. Granted I wasn't lifting at peak levels, but I still

lifted fairly heavy relative to my strength and workout plans.

Friday, we both had the squat workout from hell. I had missed a week in my cycle, was tired from all the work, didn't really feel like working out, but never let it be said that I sensibly reduced poundage because I was fatigued, distracted, etc. I was scheduled for 360 and 360 1 dld x5x3x3x2x2. Maria did about the same with 180. I was amazed that I did 5 on the first set because when I did my last warmup, 340x\*1, I felt like the bar was going to crush me. I was supposed to do about 19 total reps but followed Maria's sound advice and reduced the goal to 15. My form was about as bad as it's ever been! By the time we got to the 5th set it was almost 7 p.m. and we both wanted to get be hell out of the gym (a feeling that rarely happens). A Jack Daniels afterward helped my recovery!

When reading these weights, keep in mind that they are middle-aged recreational lifters - who squat deep and train hard. Gerald weighs about 180 if memory serves me, and Maria weighs a lot less! As for equipment, they wear belts and knee wraps. Comfortable knee wraps, such as "redlines" over their pants, or their new favorites - Inzer A wraps. I only mention it because it is obvious they could wear more supportive gear (Inzer Z wraps, for example) if they wanted - but they are "recreational lifters."

A wise man (Robert Savage) once said, "You can measure a man by the opposition it takes to discourage him." True enough. Do you let limitations such as a lack of training partner, or distance to the gym discourage you?

If you can't find a training partner, look in your house. If you can't find a place to train, look in your house. If you can't find your shoes, look in your house. (Whoops, how'd that slip in?)

We've looked at overcoming limitations in: time, equipment, and training partners. What else can DESIRE overcome? What would be the ultimate physical limitation? OK, besides being comatose.

Think about it, then next time - we'll look at it. Until then, Stay Strong.

P.S. I was talking with Mike Breslin (TX) about hardcore gyms, and decided to collect information for a future series. If there is a hardcore training spot in your area, e-mail info / strange insights / comments to me at houspain@flash.net or Rick @ houseofpainironwear.com. Or mail them to us at: House of Pain, P.O. Box 333, Fate, TX 75132

Hot fun in the summertime! It's June, it's summer, and all powerlifters should be out having fun. Or in the gym having fun. At least that's the opinion of POWER SCENE.

Lot of powerlifters are going to be having fun in Pennsylvania from June 15 to 18, when York Barbell puts on its third annual York Strength Spectacular. This year's event will include the IPA World Championships, the Bob Hoffman Strongman Challenge (which is a tire toss, overhead bar press, truck pull, and wheel barrow walk), a strength seminar with Louie Simmons, and induction ceremonies for the York Barbell Hall of Fame. This year's inductees are Rickey Dale Crain, Mark Chaillet, Fred Hatfield, Mac Richards, and, posthumously, Doyle Kenady.

The event runs from Thursday through Sunday, and tickets are only \$8 for adults and \$5 for kids. And you can also get a two-day ticket for \$12, or a four-day ticket for \$20. The strength spectacular is held in the town of York (hence the company's name?) and you can get more information by calling York barbell toll-free at 800-358-9675. Everything we heard last year about this event, from the IPA meet itself to the strength contest and seminars, was terrific, so if you're anywhere in the area, check it out.

(Yes, POWERLIFTER Video will probably have footage, but you can go to the Strength Spectacular and still get the video too.)

Also in Pennsylvania is one of our most loyal readers and views, Mike Blake, and now that he's in his 50's, well, he's NOT slowing down. Actually his numbers are going up -

# POWER SCENE



Kevin Jordan (back row, second from left) and the gang at the Lighthouse gym.

- his bench press numbers that is. Mike recently smoked 485, and soon maybe we'll have a picture of Mike hitting 500 (yes, he has to hit 500 before we can have a picture of it, but that's not too far away the way Mike has been moving up.) So Mike, keep it up, you're an inspiration to all bench pressers.

Out here in California, someone who should be an inspiration to all lifters, or even anyone who does projects around the house, is San Pedro's Kevin Jordan. We went to videotape Kevin for a Coach's Corner segment, and he was there with his whole gang of lifters, and we got our first look at the Lighthouse, Kevin's gym in a garage. Very impressive. Kevin spent about a year getting it together, plus about \$15,000, and lots and lots and lots of hours.

It's got a squat cage, a bench

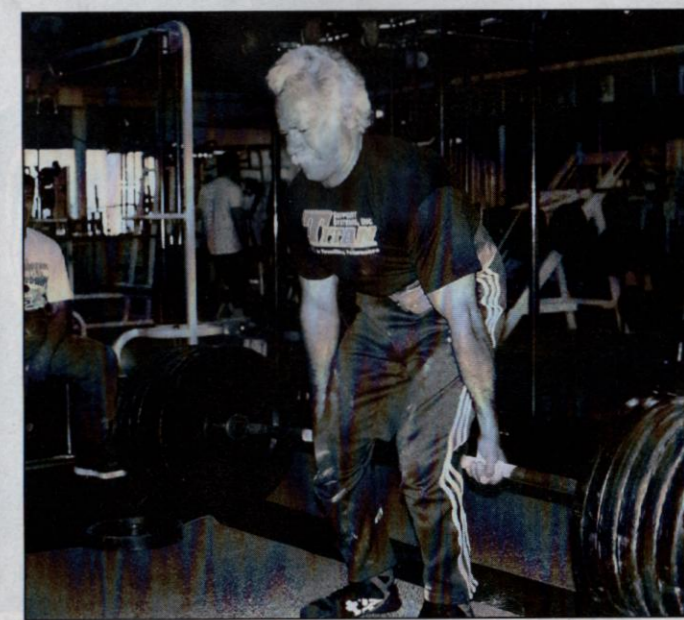
press, a deadlift area with bar, a dumbbell rack, a lever row, a leg press, a lat machine, a preacher curl, a clean, modern bathroom, and an office where chiropractor Dave Lewandowski can work on lifters right before, during, or after workouts.

And Kevin's not even finished - he'll be adding a reverse hyper machine, and a video screen so lifters can watch their training lifts immediately after doing them. Maybe if they place the screen properly, the lifters can even watch themselves as they lift, but that might be a big distracting.

One of the gang of lifters was Masters champ Sam Alduenda, whose training we covered in our current issue of POWERLIFTER



Mike Blake's 485 lb. bench after a hand off from Mick McFarland.



Sam Alduenda does a "reverse deadlift". (photos courtesy N. Low)

Video. Sam does something I've never seen anyone else do - reverse deadlifts. You can see from the picture (or video) what that is. It must work for Sam; he's hit a 540 weighing only 162, and did that at age 57.

It's nice to see Sam, at age 57, and Mike Blake, at age 53, still competing and getting better every year. Unfortunately, for two other lifters I had the pleasure of getting to know through producing our video series, both of them world record holders, that wasn't to be for them.

Dawn Sharon died, from renal cancer, at age 45 recently. Tamara Rainwater-Grimwood died recently at age 36. Both women had been incredible lifters, and both were a joy to talk with when I was on the phone with them.

I met Tamara at a meet at New York's Iron Island Gym a few years ago, and she and her husband Terry were very kind and helpful whenever I asked for their help with this column or for the video series.

It's been said by many people many times that we should enjoy what we've got and what we're doing and who we're doing it with, because we never really know just how much time we have left, or how long our friends and loved ones have left. These two women, who both had so much energy and spirit, dying at such early ages, just brings this message close to home for many powerlifters.

'Til next time, stay healthy, and enjoy and appreciate what you've got. NED LOW



After having returned from my second IPF Bench Press Worlds, I have done some thinking and it has become increasingly obvious to me that we as Americans are doing something wrong. It appears as if we are not making gains in our benches compared to the rest of the World. I know that some of the lifters in the U.S. may be putting up some bigger benches than those seen in Vaasa, Finland where the Bench Worlds were held, but you have to compare apples to apples. First of all, single ply polyester shirts are permitted. No denim or canvas or velcro, or double and triple ply shirts are allowed. Even repairs to shirts are carefully scrutinized. The IPF meet is also drug tested and full screen IOC tests are done.

Each month I read the articles in *Powerlifting USA* like the rest of you. I occasionally read the *Workout of the Month* to see what routines are out there but unless you are seriously over training, I don't believe that you will make tremendous gains by following another lifter's program. Instead, I think that most lifters will make significant gains if they take the time to analyze their bench technique. I was very impressed with the Japanese team

# TRAINING

## THE BENCH PRESS: Putting All the Pieces Together as told to *Powerlifting USA* by Larry Miller

which finished second to Hungary this past year at the Bench Worlds. Some members of the Japanese team look like they have barely picked up a weight, but when it comes to technique, they are the kings of the hill.

I want to start out by discussing our bench shirts. The one thing that irritates me the most is the fit of the bench press shirts. Think of your shirt as if it were your tuxedo or dress for your wedding. You go in, get sized, try the garment on and then the alterations begin. I have never heard of someone getting the perfect fitting tux or dress off the racks. Odds are, your bench shirt

will not fit perfectly either. I remember trying on my bench shirt for Susumu Yoshida, the Japanese coach. With all my experience I thought the shirt fit well, but he informed me that I needed to take it in. Well, he was right, because when I took it in, I had trouble getting the bar to my chest. When you order your shirt from the manufacturer, make certain that the sleeve is long enough to fit within an inch of your elbow. You can alter a bench shirt from the elbow to the underarm by pinching off the seam and you can pinch it in the underarm area on the side closest to the pecs. Pinching the shirt along the triceps will keep

the shirt from pulling up your arms. Pinching the shirt on the pec side will add resistance to the bar going to your chest. I have my local tailor do some alterations and I have "Titan Support Systems" do some also. You are probably best to go to the manufacturer so as not to jeopardize your warranty. Also make certain that your bench shirt doesn't throw you out of your groove. Bench shirts are designed differently and you should attempt to find a shirt that doesn't tend to pull you out of your groove.

I don't know of anyone who can bench more with their feet on the bench than they can with their feet on the floor. The next question is how to maximize your feet while you bench. As I've stated before, you must first have good shoes so that your feet will not move when you drive with them. I have never seen any one use as much leg drive as I do, although, one of my training partners is pretty close. I can usually tell how much leg drive a lifter is using by how much their body moves during sets of high reps. When I do sets of 8 repetitions, my feet drive me 4-6 inches back into the bench. You can position your feet out in front of you, or you can move them

underneath. I have found the best shoes for gripping are either sandpaper or scuba shoes.

Over the next few months I will again attempt to increase the arch in my back. Anytime you can shorten the distance the bar travels, you will add pounds to your bench. You should firstly move your grip out to the maximum width. Before placing an object underneath your back to increase your arch, I would consult your physician or chiropractor. The arches that the Japanese lifters exhibited were unbelievable and when you watch them, you think, "If I only had to lift the bar 4 inches, I could do that much weight". The Japanese increase the diameter of the object under their backs until they reach their maximum arch.

When you increase your arch, you must then re-evaluate at what point the bar contacts your chest or abs. Again, you are trying to shorten the distance that the bar travels, so locate the highest point on your

chest/abs during your arch. A lifter who keeps their elbows out at 90 degrees rather than in at a 45 degree angle is not going to benefit from an arch. You must also make certain that you maximize your breathing when you bench so as to inflate your lungs maximally which will in turn expand your chest cavity. You should take your maximum breath through your nose before you get the lift off. Have you ever tried breathing in and out while walking back with the weights while you squat? Well, don't make the same mistake on the bench. Everyone should be able to hold their breath from the time they get the lift off until they receive the rack signal.

I recently went to see a local Chiropractor, Dr. George Heathcote, for my carpal tunnel problem. He ran some tests and showed me how weak I was in certain positions. He made the necessary adjustments and 2 days later I had one of my best workouts ever. I passed this information along to Chiropractor Mike Hartle who told me that he always has his Chiropractor wife, Monique, adjust him prior to lifting, to allow his muscles and nerves to work maximally.

Lifters are always looking for secret exercises or routines to improve their bench. There aren't too many things out there that will turn

the average bencher into a world class bencher. There is no substitute for hard work and intelligent weight training. When you think about it, a good fitting bench shirt should move the bar off your chest. For most individuals the problem is half way up, from the chest to lock out. Over the years, I've seen many articles, on power rack lockouts, board presses and floor presses and other exercises emphasizing the second half of the bench press - I've tried them all, but I never liked starting with the bar half way up my chest. I couldn't tell if I was in my groove or not. I have found the "Jump Stretch" rubber bands to be a fantastic tool for training the second half of the bench. By adding rubber bands, I can have 250 lbs. at my chest and lock out 450. The bands also develop explosive strength like nothing else.

It seems as though most athletes, no matter what the sport, will eventually get into a rut. The problem is how to get out of it. I usually know when I am doing something wrong because my shoulders will bother me. For me, I either like to go back and look at old video tapes of me benching and/or I will visualize the bench at night with my eyes closed before I go to bed. You can visualize yourself doing the lift over and over again as you lay in bed

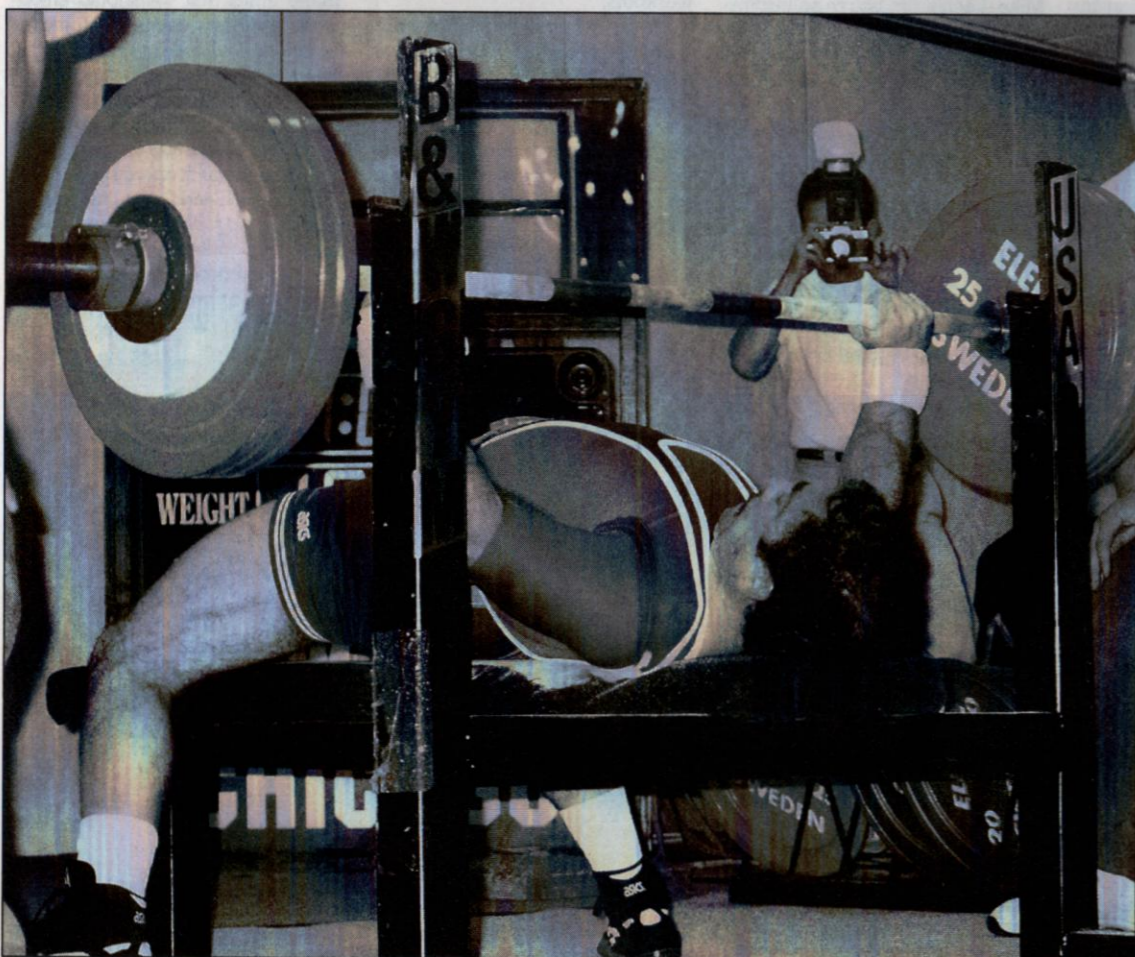
with your eyes shut. You should visualize every aspect of the bench including your set up, waiting for the signals, etc. I tell lifters that the most important part of the bench to focus on is where the bar contacts your body. Once you get the lift off and receive the start signal, all your energy should be focused on where to bring the bar down to your chest. Don't let the bench shirt pull you out of your groove. If you are an inch above or below your normal contact point, there is a good chance you will miss the lift.

Every top lifter has a program that works well for them. I am no different. Aside from the rubber bands, I have not changed my program much over the last 5 years. Most of my gains have come from changes in my technique. I would like to offer my opinion on intensity training and some assistance exercises. I like doing 3 sets of 8 reps after a good warm up. I do my heaviest set of 8 reps first which is usually between 355-365. I must then drop down to 340-355 for my second set of eight reps and then down to 330-340 for my third set. Each time I hit 8 reps in any set, I add five pounds the following week. This way I am always trying to achieve a PR on each set. Benching 360 or so for 8 reps allows me to use a relatively heavy weight and

move it quickly. There is also less risk of injury. Over the years after recording thousands of workouts I was able to estimate my maximum bench based on my sets of eight repetitions. For those of you who will do three sets of the same weight for whatever number of repetitions, I don't think you're getting the maximum out of your workouts.

A great bencher years ago told me to do decline bench presses. Since then, I have passed this along to a number of great benchers and they, in turn, have found it to be quite valuable. The decline bench allows you to use a heavier weight than you can on the flat bench. I have done 405 for 8-10 reps on the decline. I also like to do weighted dips and heavy close grip benches, but don't bring the hands too close together. I prefer doing exercises that allow me to go through a full range of motion.

Every lifter, no matter how good, needs to evaluate and re-evaluate their bench on a regular basis. You need to make adjustments and see where they take you. Whenever I go to a contest which features great lifters, I always watch and analyze what they are doing. I usually discuss things with them and decide if I should incorporate some of their ideas. Hopefully, I have given you some ideas worth considering.



There are many technical issues to consider when Larry "Dr. Bench Press" Miller presses up a competition rep.

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If one had to identify the key point at a meet, it's got to be getting your first successful squat passed. This is because more bomb-outs occur during the squat than the other two lifts combined. Generally, if a lifter gets a squat on the board, the prospect of bombing is greatly reduced. There are several infractions that can earn those dreaded red lights. Among them are failure to rise with the weight, racking the bar too soon, holding the bar too low on the back, and the most common, failure to reach optimal depth. In this article, I'll discuss the last infraction; depth. Before I do, proper depth is defined most commonly as; the lifter must bend the knees and lower the body until the top surface of the legs at the top point is lower than the top of the knees. Now that the technical part of this article has been taken care of, let's proceed.

By far the best way to insure good squat depth is to practice squatting to proper depth in every training session on the majority of every sets and reps you do. This type of repetition will make hitting proper depth feel routine. Top NFL

# STARTIN' OUT

A special section dedicated to the beginning lifter

## HOW LOW CAN YOU GO

as told to Powerlifting USA by DOUG DANIELS

punters practice punting the ball endlessly to make punting in the heat of a game with helmets and shoulder pads rushing at them second nature. This is also true for powerlifting; practice makes perfect. There is a definite feel at the below parallel point of the squat. You should memorize that feel and know by practice and experience when it has been reached. Too many lifters seem to search for that low position while on the platform.

This hesitation usually results in a red light. I would not necessarily sink to the bottom on the first few reps of your first warm up set. Allow a rep of two to stretch out to the low position with actual weight. After that, all reps should be low.

You can witness the high squatting phenomenon virtually every time you go to the gym. Most lifters start squatting to good depth on those light warm-ups, but as the weight gets higher, so do the squats. Eventually those full squats become full stoops. If you can't do it in the gym, how do you expect to do it at a meet? Have you read that expression before in many of my articles? It's also important to have a knowledgeable and impartial training partner to judge your depth in the gym. A powerlifting novice or yes-man judging your squats is not what you want. Get unbiased and accurate feedback on your depth and technique. Don't wait for this type of analysis on the platform.

All that attention to training is just one part of getting a good squat in. What you do at the actual contest is also important. Your warm-ups prior your meet attempts are keys to success. Perform all your warm-ups to contest specs. Be sure to perform your last 1-2 warm-up sets wearing the exact squat gear with the exact tightness of the belt and knee wraps. This will not only help you get into the groove for the meet, but will prevent any surprises from occurring. This will carry over to proper depth on the platform. You will get into a squatting groove as well as building confidence.

I have seen lifters use a partner standing next to him to tell them when he is low enough. In this case the partner would observe the lifter's depth and say 'lower, lower' until the desired depth is achieved. At the bottom, he would then shout 'up' signaling the lifter that he is deep enough and should rise up. I do not support this procedure as it puts the lifter in a precarious situation with less ability to stay tight and come up solidly out of the bottom.

The lifter also tends to shake and hesitate on the way down, expending a lot of energy and exposing him to an increased chance of injury. This would be similar to a broad jumper waiting for a partner to tell him he is at an optimal point ahead of the foul line and when to jump; it ain't gonna work. You have to know yourself when you are low enough. This is what all your training is supposed to do.

Inefficient technique also contributes to not getting low enough. In order to get proper depth, some lifters tend to lean forward excessively, thinking this helps matters. What it does is just the opposite. This results in raising their hips and butt that produces the opposite of what they want; a high squat. Sink back into the squat and keep the back as upright as possible. I was guilty of this, so I know.

Flexibility is extremely important in getting low in the squat. Too many lifters ignore this in their training. It takes time to increase your hamstring and hip flexibility so be patient, but work it 3-4 times a week, if not daily. There is no need to achieve the flexibility of an Olympic gymnast, but results can come quickly. Remember to continue to work flexibility throughout the year because the old saying; 'if you don't use it, you'll lose it', holds true. A side benefit is decreased chance of injury. Increased flexibility may also enable you to change your squat stance to a more efficient style.

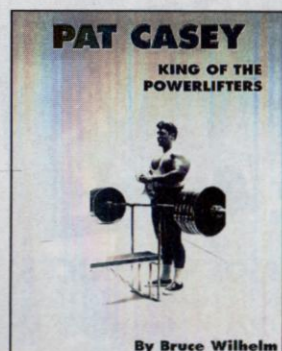
A final tip is not to change any part of your squat gear at a meet. Don't let anyone convince you to switch to another set of knee wraps or squat suit because 'they're what so-and-so uses'. Changing anything, no matter how minor it may seem, can greatly effect your perspective of proper squat depth. There is a certain feel to the squat below parallel. Training and warming-up in your contest gear will accustom you to that depth and feet. Go with what you've trained with and test the latest and greatest stuff during your next training cycle. Be flexible, not gullible.

Successful squats usually means success with the other two lifts that follow. Have a hard time getting those squats passed, and your confidence really takes a hit and confidence is key to just about any kind of effort. Failing to get any squats passed leads to a premature return home. In most people's minds the phrase 'how low can you go' flashes a red light of warning, but in squatting it can mean white lights for you.

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

**For Review** .... there's a new book out, written by a legend of the Iron Game about another legend of the Iron Game. Olympic Lifting great and former World's Strongest Man contest winner Bruce Wilhelm has wanted to write a book about one of his favorite powerlifters, Pat Casey, for a long time, and finally took the plunge, though he didn't realize how tough the task would be. Not that Pat was a difficult subject for Bruce to work with, as he gave willingly of both personal and training information that he has held close for decades, and he (along with Gene Mozee and Leo Stern) provided the great photos in the book. Back in the days when Pat started his climb to the top of the mountain, the branches of the Iron Game had not yet grown so far apart and it was, therefore, appropriate that physique icon Bill Pearl should write the foreword to the book, since Pat's path and his (and many other early stars of strength) had crossed many times. There have been some exceptional articles written about Pat Casey over the years, but much of what you will find in this book is material that will be news to many of his fans. Not only are there those inspiring photographs (several with profound historical significance), but Bruce's interview with Pat brings out insights into his early life and motivations to get into lifting that are very compelling to read. Equally interesting is the discussion of Pat's philosophy of training, as well as the extensive history of his competitions, and a revealing, selected list of some of his greatest workouts. Pat Casey was the first man alive to bench

press more than six hundred pounds, to squat over 800 pounds, and to total over 2000 pounds, but more than that, he's a man of principles, which he adhered to then and he adheres to now. Like Arnold, or Kazmaier, or Tommy Kono - he is a distinctively great athlete, and this book will reveal to its readers just why that is so. (copies may be obtain for \$15.95 plus \$4.50 shipping and handling from Bruce Wilhelm Exercise Equipment, Box 2269, Daly City, CA 94017)



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# POWER PROFILE

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

Fred is one of those rare people pop psychologists used to refer to as 'milk and cookie people.' They are a treat to be around. Peterson is any lifter's treat. If conversing with him about weights and strength, you'd better set aside a few hours. With sixty one years of accumulated knowledge he regales you with anecdotes of amazing feats from some of the iron game's best. When we trained in the same gym it was not unusual for me to get home an hour late. The time was gobbled up in post workout, locker room story swapping.

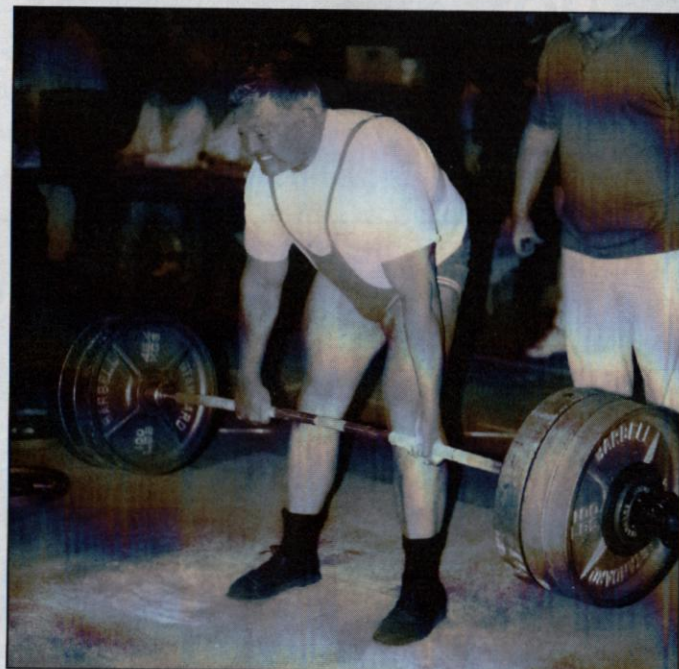
Amazing feats are familiar ground for Fred. Prior to powerlifting he was a gymnast. In the Fifties he was one of few men alive capable of a one arm planche. This is a maneuver on the parallel bars in which the gymnast holds his body totally horizontal with one hand. Known for his strength on the rings he was capable of feats such as the iron cross and inverted iron cross. He weighed about one hundred and sixty pounds and could do a chin-up with a one hundred seventy pound person hanging from his legs. He could do three chin-ups using only one arm! The winner of many races up the gymnasium ropes, Fred could climb half way up with a person hanging on him. For dips his best single was with two hundred and fifty pounds around his waist. During this time he also tried a max bench press. This was prior to any sort of consistent lifting, yet he managed a cheat rep with four hundred pounds.

By chance he was challenged to deadlift a loaded bar in the weight room. Having never deadlifted before, he managed to pull it up. The weight on the bar, four hundred and eighty five pounds. These feats were performed almost fifty years ago, and time has a way of subduing even the strongest man. It must have forgotten Fred, because he is hardly subdued nowadays.

His interest having been piqued by the astonishment of those who saw him deadlift, Fred started doing a few odd lifts. For years he trained on and off, testing himself on various lifts. It wasn't until the late Eighties when Fred began to train for powerlifting in earnest. He was in his late forties the, but up to the present, he has not stopped improving.

Currently, his five foot six inch

## FRED PETERSON - Renaissance Man by Marc Cavigioli



Fred Peterson pulling 670 at nearly 60 years of age (Marc Cavigioli)

frame is covered with 235 pounds of muscle. His best competition lifts are 460, 360, 683. In training he is currently squatting around five hundred pounds, though most of his best lifting has been in competition. One look at Fred and you know he is a deadlifter. His waist is short and his outstretched arms span six feet four inches from finger tip to finger tip. This enabled him to pull 683 at sixty one years of age, raw, no creatine, lifetime drug free, and NO BELT!

He currently holds the AAU, raw, 242 pound National and World record in the grand master class for each lift. Other recent accomplishments include winning the Deadlift Nationals in both ADFPA and AAU and the ADFPA Nationals in '93. Such is his humility that he had to go look at his trophies to remember what titles he'd won. But Fred is truly proud to be capable of totaling 1500 pounds in the 242s at sixty one years of age.

His only competition in the record books comes from Bill Hartman who did pull 733 at sixty one years of age. Fred is chasing the

Big Seven. If he can pull it after he turns sixty two on May third of the new millennium, he will be the oldest person on record capable of such a weight. In addition, he is possibly the only person alive who can execute this with no belt, supplements, or lifting equipment.

Had Fred competed in the 1999 IPF World Masters (age fifty and above), he would have placed third, but then you have to consider his advanced age, raw status and lack of a belt.

Why does Fred train and compete raw? For one thing, he doesn't need equipment, he usually wins while lifting raw in the open class. As well, Peterson takes pride in lifting all that iron by himself, naked as it were. He has nothing against those who use equipment, but feels records and competitions should be categorized as raw or otherwise.

In the same vein, while he has never used anabolics, he has no moral objections to steroid use, provided meets be classified as drug tested or open.

To look at Peterson's training protocol is to take a step thirty years

backwards in time. He trains almost exclusively on the powerlifts. Whatever rare assistance work he does, is executed so as to closely simulate the competitive lifts. He trains all three lifts on the same day, twice per week. Indeed, an extended recovery period is his only concession to age, yet his geriatric training program would whip most young men.

Each workout is at near maximum weight. The only time Fred eases back on poundage is if he feels he has not recovered from his last session.

To give an example, 'light' would mean 600-630 on his deadlift. Normal training entails many heavy sets of few reps. Six reps are the most he will do these are seldom done and only as light warm-ups. Most warm-up sets are in the three rep range and work sets are limited mostly to singles. He seeks full recovery between sets and thus takes significant rest.

Fred is committed to low reps in part because of past injuries. More importantly, he cites the *Sports Medicine Journal* stating, according to this literature review, that cross training, (and - in his opinion - high reps), tends to promote endurance fiber proliferation which dominates over strength fiber development. That's why he makes sure his training is specific to competition.

Ironically, for one who is devoted to specificity, he has begun swimming to rehabilitate arthritis in his shoulder. In a week's time he was capable of a solid hour of continuous breast stroke. Though once a Physical Education major and Water Safety Instructor with excellent stroke mechanics he attributes this ability to his work with weights.

Scientific readings are the norm for Fred, a holder of five Masters degrees and a college professor of math, physics, and cellular biology. His training routine is comprised of practical experience and scientific knowledge - a unique blend in any gym.

Still, it takes more than scientific knowledge to pull 683 at sixty one. So what's his secret?

Though he born with slim hips, accounting for his comparatively modest squat, he was gifted with a strong back. He makes the best of his genetic gifts through an unor-

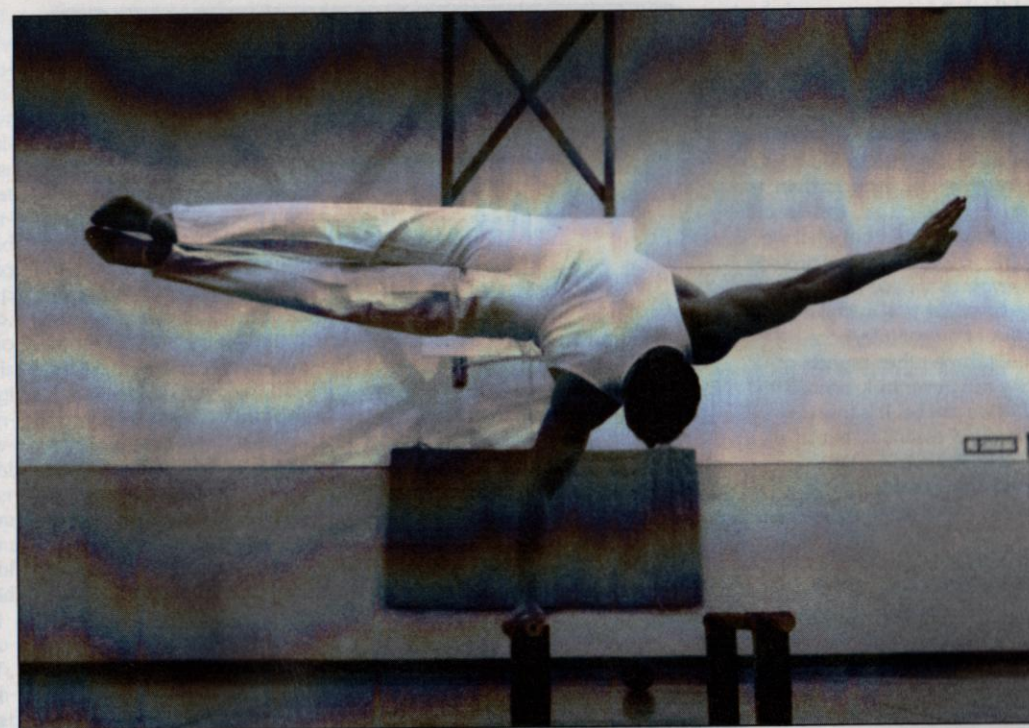
thodox deadlift form. He quotes Louie Simmons as saying, the best deadlifters have the worst form.

**Secret #1:** When preparing to pull, Peterson does not line his feet up evenly. Because his left hand is supinated he feels he needs more room and pulls better if his body is about one and a half inches canted back on his left side. Thus, his left shin is an inch and a half farther from the bar than his right shin.

**Secret #2:** Fred uses the risky, rounded back deadlift to get the bar off the floor. He begins with his back hunched and his shoulder, rotated forward. He feels this improves his leverage and keeps the bar close to his body.

**Secret #3:** To enhance the above, Fred watches the bar in the initial stages of his pull. His eyes stayed glued until the bar passes the knees, whereupon he looks up, flattens his back, and rotates his shoulders backwards. In gymnastics he learned that where the head goes - the body goes. Tilting his head back late in the lift is his ace in the hole for the lockout. He feels if you look up in the beginning you run the risk of having nothing left at the top.

Before a crop of young lifters rush out to try this form, bear in mind the round back deadlift is notorious for generating injuries. It



Fred Peterson performing a remarkable one arm planche, when he was 23 years old! (courtesy Peterson)

is a form that, though perhaps productive for a genetically unique individual, is so risky no one would recommend it.

Another risky element to Fred's deadlifting is the bar's distance from

his body. Over the entire rep there is space between him and the bar. Most people agree that bar drift is counterproductive and even dangerous. For Fred, it feels natural. He knows his form looks bad. Many times has he been advised to keep his hips low, the bar close, and his back flat. Peterson listens to others and appreciates their concern, but continues with his own form. He is a strong believer in listening to oneself and selecting what works for you rather than trying to emulate others who have been successful. He sees many falling into this trap. He feels those who become great do so because they have the guts to follow their instincts. He believes we must all find our own way. Is it any wonder he has educated himself so fully?

Perhaps his final secret is to avoid bodybuilding. He sees such activity as a form of cross training, a non-specific energy drain. He feels this is the greatest mistake of novices. Rather than training to develop size and strength, they perform finishing routines aimed at shaping and toning, like competitive bodybuilders.

One thing Fred does recommend is lifting in a group. He thrives with training partners and feels they are essential to sustaining motivation.

"I need gyms and people", he told me. "If I go alone I'll at least connect with someone at the gym". His dependable entourage includes Ed Fafard, Steve Gardner, and Al and Joe Bianchi. He wanted to

make mention of them because he feels their support has been crucial to his success. Additionally, Fred has received the red carpet treatment from Bay State Gym of Worcester, Massachusetts, and is very appreciative of their support.

Not so crucial to Fred are elements of diet and rest. He does not watch his diet; he eats whatever he wants. Nonetheless, his cholesterol is low, a fact he attributes to genetics. Nor does he require large amounts of sleep. He is a light, restless sleeper who believes sleep is more critical to mental than physical recuperation. However, he is quick to point out that he may be unique in these areas. "Many people need to be significantly more conscientious of nutritional and recuperative strategies than I presently am".

One cannot help wonder - if such a blase approach at sixty one still yields such iron bending results - what would he have been capable of in his youth?

Certainly, Fred's talents are many. At his age, his presence alone is a contribution to the sport. He is an inspiration for the rest of us as we age. Yet Peterson has been inspiring since he was young, from his outlandish strength on the rings to his outrageously educated mind. His abilities herald him as a renaissance man. A renaissance man who can boost your total is a "milk and cookie" person in my book.

Marc Cavigioli M. Ed.  
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I think it is in every man's best interest to be a total human being. An individual who is not just physically developed, but one who is intellectually, socially, and spiritually developed as well. I know that as athletes we tend to focus more on the physical aspects than the latter. I believe that this is only natural because most of what we do requires extreme physical prowess.

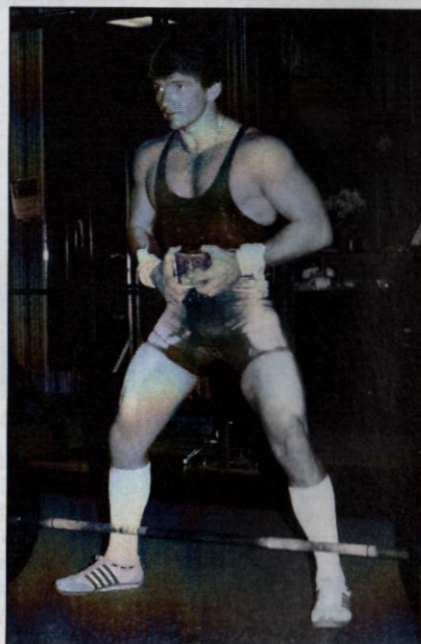
However, to ignore the other aspects of life is a mistake of significant magnitude, because without these other aspects of life we can never truly become all that we can be. It is true that the body is essential, but it is only essential because it carries around the greatest gift that God has given us - brain.

The human mind is a miracle. It is limitless. One can only guess its potential. Believe me, the powers of the brain are literally beyond human comprehension. Brain researchers estimate that even prodigies don't use more than a fraction of their brain's potential. "If man used the full potential of his brain," says Dr. Stephan Berhard, a leading neurophysiologist, "he would most likely cross the parameters of mortality, he would become Godlike." Think about that. What a gift God has given us this mind of ours. Yet we don't even use it.

You know, we are the greatest country in the world, but we are by far one of the most uneducated countries in the world. Which is really crazy because we have the greatest educational opportunities on earth. Our data banks are cram-packed with the most advanced scientific information available to man and we have the technology to access that information at a moment's notice. We have everything in America, the best schools, the best libraries, the best scientific equipment ... the best of everything. In short, our educational opportunities are futuristic compared to other countries. And do you know what? Most Americans don't give a damn. They are worried more about who is going to win the Super Bowl than they are about educating their own children. That's sad, because intelligence is one of the most important aspects of being human. It gives us the capacity to participate in the ideas and feelings of others. This unique human characteristic permits us to move outside of ourselves and discover and comprehend the wonder and magic of others from within. It gives us the capacity for understanding, passion, drive, compassion, forgiveness, empathy, tenderness, and love. When you are intelligent your entire

# Dr. JUDD

## In Pursuit of Success, Pt. 11 INTELLIGENCE by Judd Biasiotto Ph.D.



Dr. Judd Biasiotto ... in pursuit of success.

One thing that a lot of athletes don't understand is that the body serves the mind. It's not the other way around. If you have a strong mind, your body will follow. In fact, there is considerable research in the field of psychomotor development, which has revealed a linear relationship between the knowledge an athlete has about his sport and how well he performs. In short, the more information extended to an athlete about the demands of his sport, the more likely it is that he will excel. Because of this fact, coaches in the Eastern Bloc countries, mainly the Russia, Czech Republic, and East Germany, require that their athletes engage in intellectual training. Coaches in these countries will frequently assign readings to their athletes; at other times discussions are held and lectures are given by authorities who

discuss the psychological or physiological ramifications of the activities in which the athletes are engaged. Also, athletes are frequently exposed to training films in which their own movements are analyzed and compared to those of more proficient performers around the world. These programs have consistently shown that athletes who use intellectual training methods perform significantly better than athletes who didn't receive such training.

I know this was true of my career. There were a lot of athletes who had greater physical prowess than me - athletes who should have beaten me easily, but never could. Let's be honest, at best I had the body of an eleven year-old stamp collector. There is no way I should have been able to beat some of the guys that I did. It was my intelligence that saw me through. When I was competing, I went to great pains to procure as much information as possible about my sport. I read practically everything I could get my hands on - books about training routines, ergogenic aids, nutrition, etc. I also called and visited prominent coaches and ath-

letes. I looked for every little edge. I looked at everything that I thought could enhance my performance. I studied bio-mechanics, hypnosis, biofeedback, sports medicine, etc. I even looked into how music, lighting, and colors affected performance. In short, I played the game above my shoulders, and for me it paid off. And here is a news flash! I'm just an ordinary guy. Anything I can do, you can do, too, and some of you can probably do it better. As I said before, if you're willing to work hard, and use your intelligence, you can be or do anything you want in life. Yes, you can fly if you believe you can. The mind is limitless.

Larry Bird - who was definitely not genetically gifted, but who developed into one of the greatest basketball players of all time - is another prime example of what I'm talking about. Charles Jones, the all-star forward for the Portland Trail Blazers, once told me that Bird had the least physical talent of anyone in the NBA, but was the greatest player he ever faced. "Bird was incredibly slow," said Charles, "but he was always there. He couldn't jump worth a flip, but he always got the rebound. He couldn't dribble, but he would go right by you. He was an enigma. I hated playing against him and so did everyone else. He could make you look real bad with his 'pitiful self.' How did Bird do it? How did he reach such heights with such limited physical ability? He worked his butt off, of course, but he also played his game about his shoulders. He was an extremely intelligent athlete.

Former Senator Bill Bradley is another example of what can be accomplished through hard work and intelligence. Believe it or not Bradley was even less gifted than Bird when it came to basketball. In fact, next to Bradley, Bird looked like Michael Jordan. Physically speaking, Bradley was terribly flawed. He was slow as molasses, extremely awkward, and his vertical jump was almost nonexistent. In fact, the standard joke in the NBA at the time was that Bradley could jump about as high as an elephant. Let me tell you though, few men in the history of the NBA have ever played the game better. He was an extraordinary shooter, a ferocious rebounder, and a marvelous play maker. Like Bird, Bradley got the very most out of what God gave him. How? Once again, intelligence and hard work.

Intelligence sits at the core of excellence and the will to excel sits at the core of intelligence. Intelligence holds the key to success at many levels. At the elite level... well, it just may be the most important

ingredient. As mentioned research has consistently shown that athletes who are intellectually prepared for the demands of competition perform significantly better than athletes who are not knowledgeable about their sport. In other words, it's brains not brawn that many times will make the difference between being good and great. Sports isn't just "pumping up" your body, you have to "pump up" your brain too. Wasn't it Plato, the founding father of sport, who said, "ninety percent of sports is half mental"... or was that Yogi Berra? Anyway it is not the arithmetic or who said it that is important, it's the concept. If you want to be great in sports or any other field of endeavor you have to use your brain. Let me read to you what Ted Turner the owner of CNN and the Atlanta Braves said about this very issue. He said:

"I have never met a great entrepreneur, entertainer, musician, artist or athlete who was dim-witted. The people who stand at the top of their field are by and large the most astute and judicious. In the main they are the brain power of their establishments. Which seems to suggest that intelligence is the primary prerequisite for success in every discipline."

Turner is right you know. In order to reach the top in any field of endeavor you have to have brain power. We should always be reaching out, experimenting, learning, and growing. The pursuit of wisdom is a life-long activity. Each day we should learn something new about the world, and in so doing we will never again be the same. Personally, I want to continue to learn all my life. The more knowledge I obtain, the more of a person I become, and the more I become, the more I can give to others. The more I have to offer people, the nearer I can get to them. Then maybe, just maybe, something amazing and marvelous can transpire between us. For me that is the essence of life.

I really like John Wooden's philosophy of learning. He says "You should learn as if you are going to live forever and live as if you are going to die tomorrow." Like Wooden suggest we should always be learning, striving to acquire information and seeking understanding with the idea that we are immortal and that we will need a great deal of knowledge and wisdom to sustain us through eternity. At the same time living life as if we were going to die tomorrow: with pleasure, immediacy, and the right priorities. Never stop learning!

Judd Biasiotto Ph.D.

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Squat		
633	Reshel, D	15Mar85
560	Boshoven, L	10May97
557	Corson, S	18Jun93
556	Costanzo, L	08May88
501	Trujillo, J	18Jan87
501	Avey, N	21Apr96
501	Tarter, K	31May86
500	Sternberg, M	15Nov86
500	Swanson, B	03Apr99
496	Scopacasa, T	08Feb98
(10)		
480	Arvin, J	12Nov95
479	Look, L	23Feb95
474	Meaney, S	09Mar86
468	Reagan, C	30Jun90
457	Mckinnon, S	01Feb92
451	Turbyne, A	27Jan80
451	Bohach, A	24Sep83
452	Detraglia, J	30Apr94
450	Allen, K	28Mar98
446	Sanders, W	83
(20)		
446	Leifeman, J	03Mar97
441	Crocker, B	25Feb90
435	Sorenson, C	21Apr85
435	Pryor, D	17May92
430	Fauer, K	10May95
430	Phelan, J	20May95
429	Mitnik, S	06May84
429	Noble, L	05Nov83
425	Fowler, K	25Feb95
424	Rose, D	02Sep99
(30)		
424	Russow, J	15Apr94
418	Devaney, L	24Feb90
418	Walls, P	09Jun90
418	Conley, P	02Apr94
413	Johnson, M	29Jan84
413	Eisenberg, E	24Aug96
413	Day, J	03Apr98
413	Overstreet, M	10Jul99
410	Vegso, E	14Feb98
407	Lott, C	Mar86
(40)		
407	Martin, C	21Apr96
407	Moore, K	25Jan98
405	Saldana, M	26Mar94
405	Hembree, V	24Oct99
403	Clark, P	Jul89
402	Ostroff, N	22May83
402	McElroy, A	14Dec85
402	Pledger, S	02Nov96
402	Jones, V	07Dec96
402	Manion, G	27Apr97
(50)		
Bench Press		
390	Allen, K	26Apr97
384	Harrell, J	11Jul87
350	Sharon, D	02Nov92
332	Poston, D	26Apr85
330	Boshoven, L	27Apr96
323	Arvin, J	11Feb96
303	Nawrocki, L	22Oct88
303	Corson, S	18Jun93
300	Regan, C	01Dec90
300	Kepley, B	04Dec93
(10)		
290	Swanson, B	20Nov99
286	Costanzo, L	31Jan88
286	Johnson, M	17Apr99
286	Hembree, V	21May99
270	Meaney, S	09Mar86
270	Shulz, J	13Oct90
270	Ringer, T	02Mar91
270	Barber, N	15May99
264	Day, J	03Apr98
260	Sternberg, M	18Apr87
(20)		
258	Turbyne, A	27Jan80
255	Fauer, K	25Feb95
253	Cataldo, L	8May99
250	Barbee, S	23Oct99
250	Pole-Summers	7Dec99

## WOMEN'S TOP 50 ALL-TIME

90 kgs. (198 lbs.) ranked by Herb Glossbrenner



Dawn Reshel-Sharon dominated this ranking list, as Tamara Rainwater-Grimwood did last month's ranking, and just as tragically, she has passed away. Her husband Asher Sharon has written the following to us about Dawn's passing "I would like to let you know at this time that my wife Dawn (Dayah) Sharon-Reshel passed away on Sunday, March 26 @ 6:57 pm @ St. Michael Hospital in Milwaukee after 11 month long battle with Renal (Kidney) Cancer. Greg and I were at her bed side as she passed away to another realm. Dawn and I met through Powerlifting and our life journey expanded from there." An obituary appeared in the *Milwaukee Journal Sentinel* on April 10th. It started out "Dubbed the world's strongest woman, Dawn Reshel Sharon wasn't accustomed to losing. But the six-time women's world powerlifting champion spent the last year of her life in a fight she would not win. Sharon died of renal cancer March 26 at age 45." The article goes on to describe how Greg Reshel (her former husband) and Dawn met while students at Creighton University in Nebraska, and how they moved to Milwaukee where Dawn put her biology degree to work as an animal rehabilitator, and while looking for a way to stay active, she tried a deadlift, and pulled 275 at 106 bodyweight, on her first ever try. As shown in this list, she went on to make many of the highest lifts in history for a woman. A memorial service was held for her on April 2nd. According to Greg Reshel "It was extraordinary. Everyone had a chance to speak, to say what they felt from the bottom of their hearts ... to pay tribute to the great spirit that she was."

248	Look, L	23Feb95	Deadlift
248	Sandoval, M	31May87	604
245	Roberts, K	23Oct99	575
242	Sander, W	83	530
242	Trujillo, J	18Jan87	520
(30)			
242	Crocker, B	25Feb90	512
240	Vegso, E	14Feb98	510
236	Bohach, A	24Sep83	501
236	Conley, P	02Apr94	500
236	Overstreet, M	17Nov99	473
235	Sale, N	13Dec97	
235	Carroll, R	19Jul98	473
231	Kaanapu, J	16Sep95	473
231	Scopacasa, T	Osfes98	473
231	Sabin, K	25Apr98	470
(40)			
231	Weber, V	24Jun98	462
231	Ferry, R	13Nov98	462
231	Look, L	23May99	461
226	Tarter, K	26Apr85	446
225	Dantsuka, M	07Nov92	446
225	Faller, K	10Jul94	
225	Johnston, A	19Apr97	446
225	Carroll, R	06Dec97	441
225	Fendrick, T	15Mar98	441
225	Norley	13Jun99	435
(50)			
433	Eisenberg, E	27Apr97	
435	Moore, K	25Jan98	
430	Phelan, J	20May95	
430	Vegso, E	14Feb98	
430	Hembree, V	24Oct99	
(30)			
429	Overstreet, M	10Jul99	
424	Mcelroy, A	14Dec85	
424	Welch, V	31Jul92	
424	Scopacasa, T	08Feb98	
420	Magrini, D	14Oct85	
418	Devaney, L	24Feb90	
418	Crocker, B	26Jul91	
418	Fifield, A	17Mar94	
418	Conley, D	02Apr94	
418	Cataldo, L	8May99	
(40)			
418	Hunter, S	5Jun99	
415	Schaefer, L	5Dec99	
413	Regan, C	07Apr84	
413	Mckenzie, T	31Jan88	
413	Martin, C	21Apr96	
410	Helm, M	12May90	
410	Sabin, K	27Mar99	
407	Rose, D	01May88	
407	Pryor, D	17May92	
405	Dantsuka, M	07Nov92	
(50)			
1564	Reshel, D	15Mar83	
1430	Boshoven, L	29Oct93	
1339	Costanzo, L	31Jan88	
1330	Arvin, J	12Nov95	
1315	Allen, K	26Nov97	
1284	Corson, S	21Jul94	
1262	Meaney, S	09Mar86	
1250	Swanson, B	3Apr99	
1201	Look, L	25Feb95	
1190	Sternberg, M	10Sep89	
(10)			
1184	Trujillo, J	18Jan87	
1179	Turbine, A	27Jan80	
1162	Tarter, K	20Apr83	
1160	Nawrocki, L	22Oct88	
1151	Bohach, A	24Sep83	
1151	Sander, W	83	
1131	Scopacasa, T	08Feb98	
1146	Avey, N	21Apr96	
1140	Crocker, B	25Feb90	
1140	Regan, C	30Jun90	
(20)			
1117	Hembree, V	24Oct99	
1102	Sorenson, C	01Dec84	
1090	Fauer, K	10Jun93	
1085	Lott, C	Mar86	
1083	Rose, D	02Sep89	
1080	Phelan, J	20May93	
1080	Vegso, E	14Feb98	
1073	Fowler, K	25Feb98	
1074	Conley, P	02Apr94	
1058	Prior, D	17May92	
(30)			
1058	Overstreet, M	10Jul99	
1052	McClellan, K	12Mar95	
1047	Detraglia, J	30Apr94	
1041	Cataldo, L	8May99	
1036	Griffin, L	21Feb82	
1030	Eisenberg, E	25Apr97	
1030	Moore, K	23Jan98	
1030	Day, J	03Apr98	
1023	McElroy, A	14Dec83	
1023	Butts, L	07Apr90	
(40)			
1025	Martin, C	21Mar96	
1019	Noble, L	03Nov83	
1019	Welch, V	31Jul92	
1014	Fifield, A	21Aug93	
1003	Waters, C	09Mar86	
1000	Schulz, J	13Oct90	
1000	Pole-Summers	14May99	
997	Walls, P	09Jun90	
997	Foster, H	30Jun96	
992	Manton, C	27Apr97	
(50)			

## Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

**DEAR MAURO:** My question is on actual performance vs. perceived performance. For example, if you could in theory use 100 lbs. on an exercise for a maximum of 6 reps, and instead of being able to do 6 reps you can only do 4 for the day, because of not enough recovery between workouts, or dehydration leading to reduced enzyme activity, or improper nutrition, etc, will you still build the same amount of muscle as if you could have done that 7th repetition that same day? Does actual performance have to increase or can muscle be built even if performance is actually less than the last training period, but effort is still maximal?

Thanks so much for any thoughts you have on my question. I haven't seen it addressed before. **Ted**

**DEAR TED:** Training before you've recovered enough will not result in any significant gains because you're basically overtraining. With the overtraining your hormonal status will be counterproductive for gains in muscle mass and strength. As well, since the muscles won't have recovered from the microtrauma of the workout, you'll be more prone to injuries.

Bottom line is that you have to give your body a chance to recover and you have to have the right training program before you can make consistent gains. All The Best, **Mauro Di Pasquale MD**

**DEAR MAURO:** I coach high school wrestling and this year I have had several other athletes from other sports wanting to work out with me. Currently it has only been wrestlers and football players. Last week one of the baseball players asked me if he could work out with me this summer. I have helped some of the other baseball players out before, no big deal. However, this one is an outstanding pitcher. He is in the 11th grade and he pitches in the 90 mph range. For example the last game I attended several pro scouts were present and the first three innings he pitched an average of 94 mph and the last four innings at 91 mph. Not only can he pitch well he knows how to play the game. I know how to lift for wrestling, football, Powerlifting, Olympic lifting, and bodybuilding, not baseball. Do you have any suggestions? (reading material, advice, anything, please) Also, some boxers have stopped by for some help; any advice on this would be appreciated. **Tom E.**

**DEAR TOM:** This question is right up my alley since I'm now the President of a new Internet startup company that's been set up to help coaches and athletes train and excel in specific sports. AllProTraining.com is in the business of providing anyone with a professionally integrated and highly effective approach to training. At

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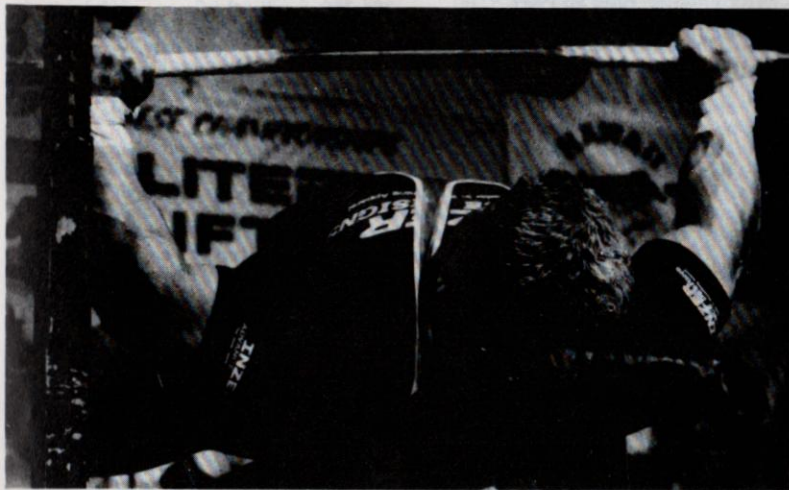
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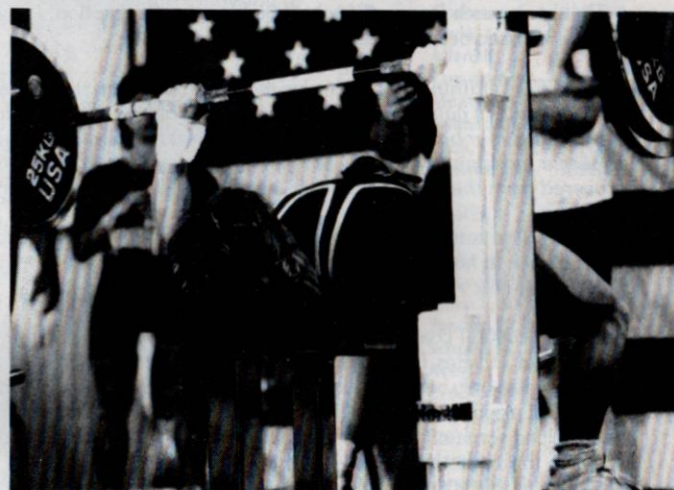
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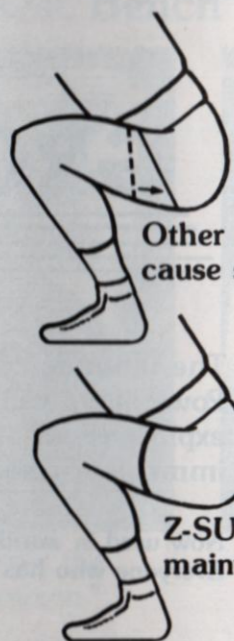
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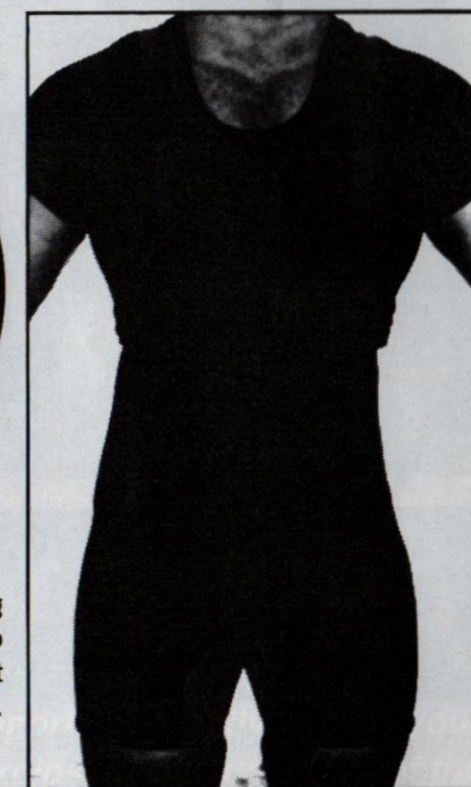
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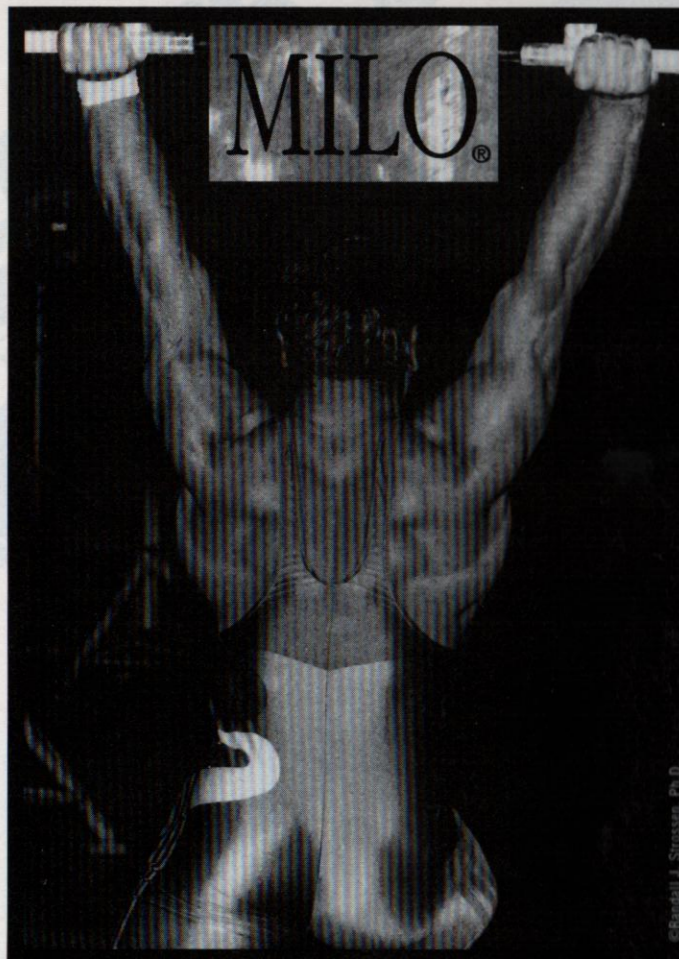
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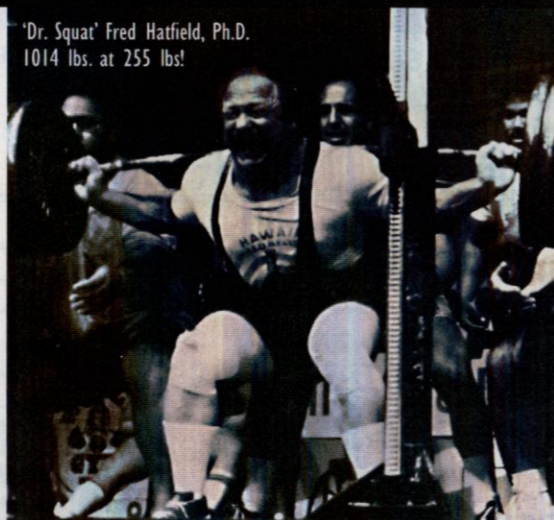
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Across the board both the experts in sports psychology and the champion athletes themselves agree that the mental state necessary for optimal performance is best described as "relaxed concentration". Athletes say they do their best and have peak experiences not when they are wildly striving to push ahead, but rather when an almost eerie sense of calm and total control overtakes them which they often describe in what might be interpreted as religious terminology. The words "calm" and "control without effort" keep popping up in many of our greatest athletes' recollections of their own most highly regarded exploits. Of course, there are also other odd accounts of savage battles fought in frenzy or extreme duress, but by far the top players who have achieved feats that defy our belief and ignite our awe and respect seem to hold to the idea that when they had breakthroughs in their sport the predominant feeling was "effortless", "flowing", and "relaxed".

Psychologists tell us about the "motivation curve" which describes how with increased motivation, we see an increase in performance.

This is probably what you would expect because common sense says that the more you want something, the harder you will work for it and the better your results. But the truth about the motivation curve is that it is shaped like an upside-down letter "U". As motivation increases, performance increases UP TO A POINT after which any further increase in motivation results in a DECREASE in performance! This means, of course, that you can try too hard. Over motivation is commonly referred to as "choking" or "tanking". Any Little Leaguer will remember the words of their coach ringing in their ears as they walk back to the bench after a strike-out: "Don't try to kill it, just meet the ball." We are all too familiar with over trying.

The goal is to find balance between not trying hard enough (acting as if you don't care) and getting so worked up that you can't seem to do anything right. The consistent champions know how to balance right on the bubble of the inverted "U" and can generate steam if they are flat or cool down if they are frazzled.

#### KNOW WHAT YOU NEED

The first step to finding the optimal motivation level is self awareness. You must learn (often by the painful trial-and-error method) how to recognize your level of stimulation. NO ONE can teach you this or assess it fully correctly for you. A wise coach

# TRAINING

## Don't ALWAYS Try Harder as told to Powerlifting USA by J.M. Blakley



J.M. Blakley is a student of all aspects of benching

can often be trusted in the early stages of your development, but after a certain point you must learn to trust only yourself. The better you get, the less you can rely on outside evaluation - you just won't show it like a beginner. You will be the only one who really knows what you need. And that will probably only come after many lessons. But rest assured that the more you pay attention and note the stimulation level with the result the sooner you will learn. Evaluate your condition honestly and frequently. Be aware!

After accurately evaluating your state, decide if you need more or less. This is a real point of blockage for most lifters. They automatically assume they always need more. More is the common logic answer to lifting heavier weights, but it very frequently leads to the drop-off side of the motivation curve. Lifters will consistently make this mistake over and over without ever even considering the alternative - to calm down and focus! It's always more ephedrine, more desire, more rage, more psyche, more, more, more. They make the false assumption that they don't have enough of whatever. They may need less!

#### USING ADJUSTMENT TECHNIQUES

Since this discussion deals with over-motivation, I will leave the specific methods of increasing drive for

another time. Also this area is more well traveled by most athletes anyway. I will only mention that listening to very energetic, pounding music on headphones and visualizing a powerfully executed lift in your head over and over have been very successful for many.

The focus of this commentary is in dealing with trying too hard. It is often uncomfortable for athletes in such an intense sport as powerlifting to accept the idea that their performance may improve if they learn to "back off". It is admittedly difficult to

recognize when this is appropriate and when it isn't. But mature athletes not only know their own bodies well, they also learn to know their psychological stimulation states well. It just takes time to become aware. The trouble is, most athletes have never even imagined that they may be over-motivated! When is the last time you heard someone complain because they "wanted it too much"? But the truth is evident when an inexcusable "choke" occurs. The athlete could have been the clear winner, but is left with a confusing defeat and no explanation. There is such a thing as too much desire for all of us. So recognize it and deal with it!

#### USING THE AUDIO SHIFT

One simple technique for dealing with stress and over-stimulation is again, music. Music has powerful emotional effects and can help take off the edge. I often use both very intense music and what I call "smooth" or "low tide" music at the same time depending on my level between attempts. You can really learn to fine tune your selections. For taking off the edge I personally find that slow, repetitive, cyclical, instrumental music with very pronounced bass drum beats (like the slow pounding of a hammer) gives me a feeling of unhurried, solid, relentless, certainty without speeding up my thoughts. This helps me concentrate on one thing at a time. Sometimes, when I

feel rushed, I can have a tendency to let my thoughts run quickly from one idea to another (e.g., set up higher on my arch - follow the groove of the shirt a little lower - stiffen my arms at the bottom - jump the bar off the chest in the first four inches with all you've got - don't slow the drive in the middle - kick the triceps in earlier - etc., etc., etc.) which can lead to a feeling of being overwhelmed by trying to do everything just right. Or even worse it can lead to centering on negative thoughts that run from one doubt or criticism to another in a destructive downward spiral. Both scenarios are self defeating and go on right inside your own head. Using music to slow my thought process down and center me, lets me think about one thing I want to correct at a time and really examine it then move steadily to the next, leaving the first behind. This way I don't feel like I'm burdened by all my shortcomings or all the fine details of trying to be perfect. I can focus on a technique that I want to improve or correct each in its own time. All by simply setting the "mood" with music that makes me feel powerful and confident and relentless like waves pounding the rocks at the shore - they won't ever stop and they don't ever rush - they just keep coming! I think music is one of the easiest and most accessible tools you can use to help center you. One word of caution: be careful not to choose music that is boring or sedative in nature. You can overdo it.

You must find your own level. You must do this work yourself but be aware of what feels right to you and don't be afraid to experiment. The calming music I use can put me into a trance-like external appearance, but in my mind the intensity is like a swirling pool of energy building and gathering force at its own pace to be released at the appropriate time! I'm certainly not about to doze off! There must be an underlying intensity to the music no matter what it's speed or meter. March to your own drummer! Feel your way.

#### BREATH ATTENTION

Another way to center yourself and bring your energy into line is breathing. All martial arts and most forms or theater arts all teach breath control. I will not belabor this point. There are scores of books and probably hundreds of techniques offered by everyone from Buddhist monks to marriage counselors to public speaking coaches. The fact is that everybody and their brother knows of the benefits of breath control even if by another name. All the sports psychologists swear by it. Athletes who use it don't know how they ever got by without it. My point is that you need to explore this no matter how far-out it may seem to you. You can bet your competition will.

What breath control actually offers is up to interpretation. I don't suppose to bring spiritual enlightenment to the powerlifting community although some forms of yogic breathing are designed to do just that. My purpose is to exploit the connection between the body and the mind and use breathing to quiet and focus the mind and emotions. This fact (the mind and body are connected) was first popularly entertained by Benson's Progressive Relaxation Method in which he reasoned that if mental stress could make the body tense, could the exact reversal also be true? He designed methods of relaxing the body to relieve mental tension. Thus the idea of using physical techniques to affect mental states gained popular modern attention. For centuries the ancient martial artists and meditation gurus have used similar methods, but for reasons of spiritual significance. Nevertheless the connection is clearly established. We don't have to begin with any religious premise to use these methods for our own reasons - they work even if you just want to use them for such un-pious reasons as getting a few pounds on your total! Don't be put off by the overlap into spiritual connotations - just take it for what it is... a way to use the body to center and focus the mind.

Many techniques exist which work well. I will introduce one of my favorites here. If this doesn't suit you, don't give up on the concept - it's too valuable - just consult another source for another method that may fit your personality better. Try again.

My favorite method deals with concentrating on your breathing so intently that other thoughts have no room in your mind. This is one-point meditation. You think about one thing so clearly and totally that no other thought or concern can occupy your consciousness. This is a brief, welcome escape from the stress and chaos and distraction during a meet. It is very freeing to just for a few minutes or even seconds to simply "drop everything" and re-group. This gives you distance from the situation and helps you to avoid being "caught up" in the frenzy and excitement which can trigger even more adrenaline and just compound the problem of over-motivation. This acts as a time-out and lets you re-start at your correct pace. If things are going wrong, it cuts you away, providing a break in the loop to stop the error. If things are going well, it lets you gather and build your resolve and pool your resources after letting loose and going all out on the prior attempt.

It provides time to make adjustments and above all it promotes clear thinking when you end the technique and get back to business.

This technique was introduced to me as the "Hunza Holiday". This is loosely named after a group of nomadic tribesmen who will on occasion simply stop absolutely everything they are doing and take several seconds or minutes to clear their mind of all thoughts. This is part of their culture and religion, so it is not considered rude to just stop talking mid-sentence for a moment or to stop working or cooking or counting a monetary exchange or walking or whatever to perform the rite. The interested party assumes that after a minute the conversation will resume and waits patiently without being irritated. A sharp contrast to our fast paced lifestyle! But the Hunza tribesmen recognize the need for concentration and focus in their entire life. They are acutely aware of internal stresses and use this break which is best translated as "vacation" or "holiday". This implies that the world is still going to be there, with all its problems and concerns upon cessation of the rite, and this is not viewed as running away from the world or ignoring it, but only serves to attain proper attitude and mental

perspective for attacking the business of life. Maybe we Americans would call it "getting a grip"!

To perform the technique in its simple form take just 120 seconds and commit to stop thinking about what you are doing. Resolve to not think about what you will do next, either. You must drop the past away as well as let the future remain distanced ahead. You must keep only the present in mind - ONE BREATH AT A TIME! Concentrate so keenly on the inhalation of air that no other thought can penetrate. Breathe in and say "IN" or count the breaths - "ONE", "TWO", etc. Breathe out and say "OUT" or count again. Hold to the thought of the air filling your lungs so tightly that at that moment NOTHING ELSE EXISTS for you. This may sound like it would take a supreme amount of concentration, but, in fact, it is relatively easy. Almost everyone can maintain several seconds of concentration (about 6 seconds) and with practice a full minute is certainly within everyone's reach. The key is to realize that you can be fully centered on your breath. This is different from blocking thoughts out. You don't have to block anything... if you just totally fill your attention with your breathing, you will let other thoughts passively go unnoticed.

This is the simplest method of clearing the mind - to occupy it so strongly that the details and distractions fall away. Have you ever been so engaged in a sporting event or activity that you had cut your hand and not even noticed the cut or the pain until a teammate or friend asked how you did it or remarked that you were bleeding? This is testament that we all have the ability to concentrate on one thing fully enough such that minor disturbances are not noticed until our focus relaxes. We can do it.

During this time of breath attention I also try to sit perfectly still and motionless. This stone-like stillness helps me feel solid and grounded and heavy yet surprisingly relaxed. I let all tension go from all the muscles and act as if I were sort of paralyzed, feeling the weight of my body. This is not a soft jelly-like feeling of helplessness, but rather a firm, solid sense of chosen stillness and rest. It only lasts a moment then I turn my attention to the details of competition, but the adjustment in perspective is startling. I always feel keener and more tuned in, as well as relaxed after, I perform the drill. Chances are you will too.

This technique helps settle the inappropriate adrenaline rush that you don't need between lifts and lets you conserve your power for when you really need it - during the lift! It gets rid of that scattered, hurried feeling and replaces it with a calm purposefulness.

#### LESS MAY BE MORE

It's very good to have powerful desires and to be driven to excel, but occasionally our overwhelming desire can hinder us from the very object of our wishes. It is a known fact that over-trying can impede performance. A seasoned athlete knows his body and his mental states well. By evaluating the mental state, an aware athlete can either add intensity or quell excess excitement. One easy method of "firing down" is to listen to accommodating music that has an affinity within the particular athlete's personality. Another way of adjusting the attitude and refocusing the mind is to concentrate on the breathing so clearly and totally that all other thoughts are by omission excluded. This has the effect of centering the mind and calming the body as the link between them is axiomatic. It is important to remember that there is more than one way to skin a cat and that the maxim that 'more is better'

is not always correct. The next time you feel challenged and are sensing that things are getting away from you or that it's just too crazy or you feel like you are trying to talk yourself into doing something you honestly feel you can do, but for some reason can't seem to grip it, try backing off and refocusing. If you think you might choke, that's ok - it just means you really want it, but over-trying probably won't do anything but compound the problem. All athletes face this dilemma at some point or another. Chances are the more driven you are, the more you need to experiment with these techniques. Finding and maintaining the right mental state is one of the most challenging and fascinating aspects of peak performance. Don't be discouraged if at first you can't seem to find your "flow". In time and with practice it will evolve for you. But you must be diligent and disciplined and develop awareness. A wise man once said "Know first thyself."

# Bench Better!

J.M. Blakley's  
"Building the Perfect Beast"  
Competition Bench Press Technique

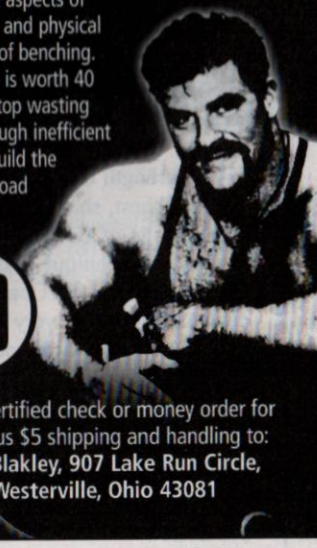
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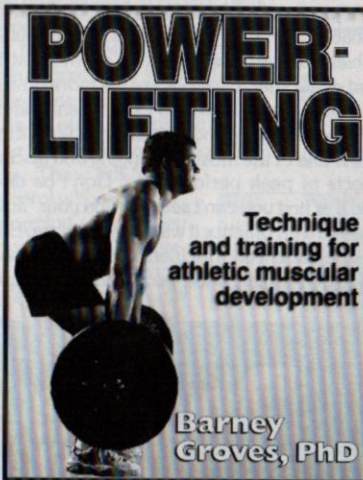
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Finally! The man who posted a stunning 2463 total in 1998, and recently squatted 1019 is showcased in "**ED COAN: The Man, The Myth, The Method.**" Written by champion powerlifter and renowned author Marty Gallagher, it's a 190-page tour de force of fascinating biography, competition chronology and training advice direct from Ed Coan. Gallagher enlists two of the best in the business; Mike Lambert, editor-in-chief of *Powerlifting USA*, provides the competition photographs and Herb Glossbrenner, PL USA statistician, presents a complete breakdown of every lift Ed has attempted in the past twenty years.

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# TITAN HI-PERFORMANCE

## 1,000 lb + WORLD RECORD SQUAT!

### TITAN THE CENTURION

Patent #5,046,194

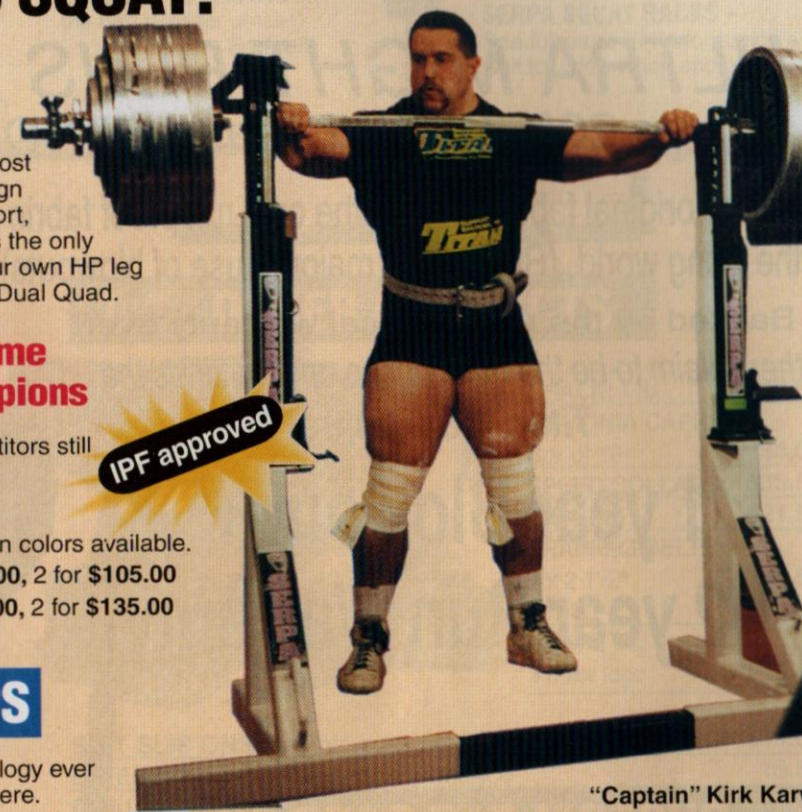
The ultimate in Hi-Performance (HP) gear! The Centurion is the most technologically advanced suit in the lifting world! Our unique design provides a harness system within each suit to produce more support, safety and performance that any other suit ever made! **Proof?** It's the only suit design ever granted a **U.S. Patent!** Each suit also features our own HP leg design to prevent leg slippage. Also available in Custom Tailored Dual Quad.



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"Captain" Kirk Karwoski

1003 Squat & 2309 TTL @275, IPF World Re

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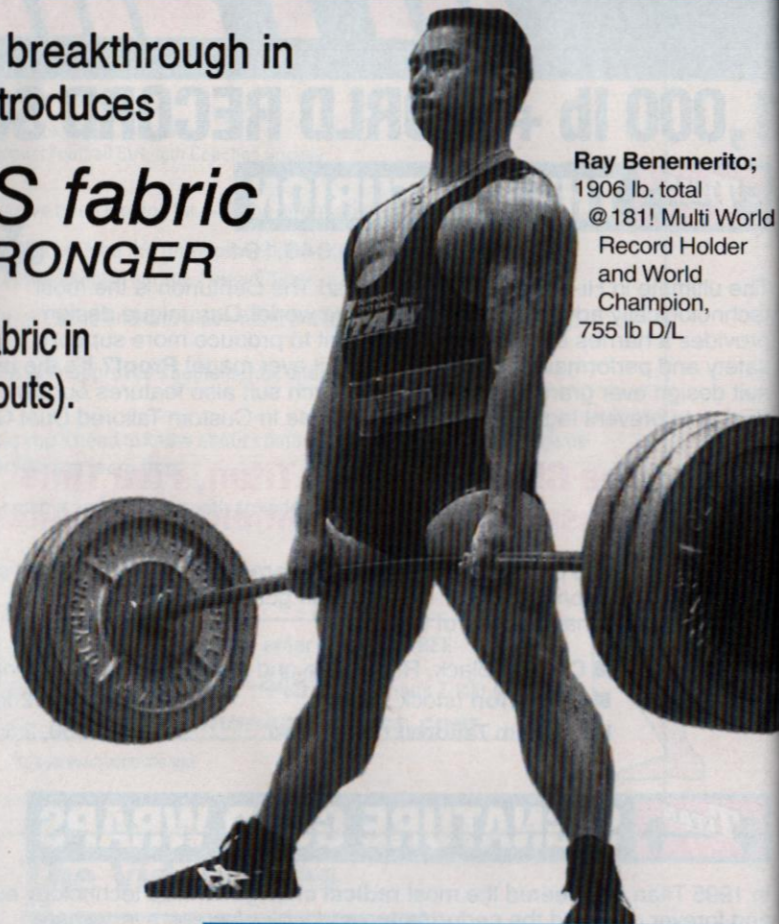
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1906 lb. total  
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and World  
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Increase your explosive power off the floor! Used by greats such as Ray Benemerito and Gene Bell.

■ Colors: Black, Royal Blue & Red.  
..... \$47.00 each

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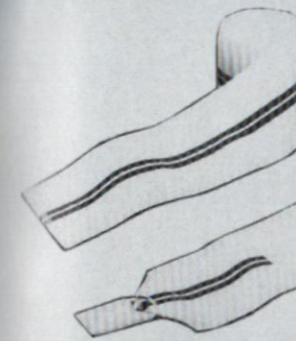
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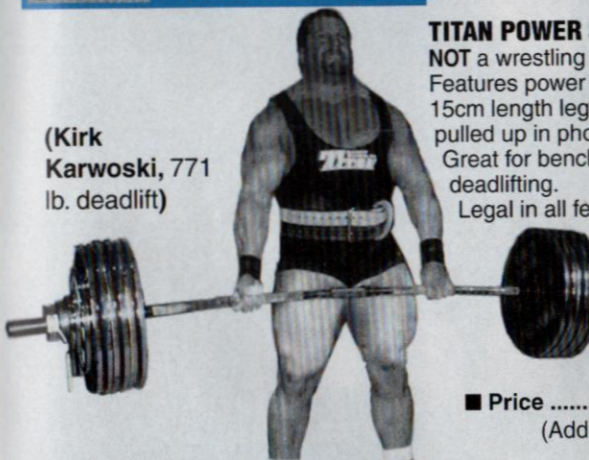
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**CONTENDER:**

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(Kirk Karwoski, 771 lb. deadlift)

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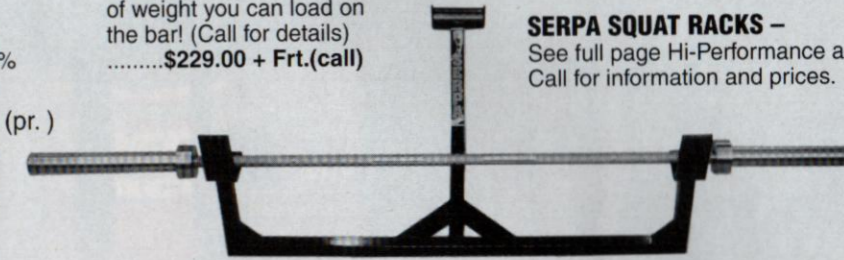
All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.

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Male <input type="checkbox"/> Female <input type="checkbox"/>					
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# FIRE IN YOUR EYES...



## Ripped Force®

### THE PROFILE

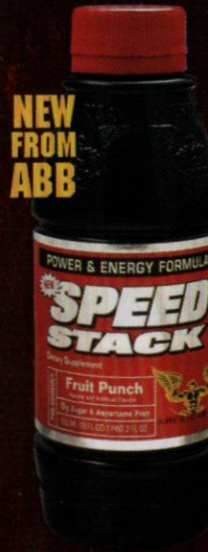
#### WHAT

- Hyper-thermogenic formula
- 20 mg ephedrine
- 100 mg caffeine
- 250 mg L-carnitine
- 240 mcg chromium

#### WHY

RIPPED FORCE® is the original hyper-thermogenic pre-workout and fat mobilizing sports drink. RIPPED FORCE® delivers power and energy when it's needed most, and includes 23 grams of energy packed complex and simple carbs for a total energy drink.★

- FLAVORS**
- Fruit Punch
  - Orange
  - Grape
  - Pink Grapefruit
  - Lemon Lime



## Speed Stack™

### THE PROFILE

#### WHAT

- Power and energy
- Only 5 calories
- 24 mg ephedrine
- 11 mg synephrine
- 200 mg caffeine
- ASPARTAME FREE

#### WHY

When you need maximum physical and energy with minimal calories, SPEED STACK™ delivers!★ SPEED STACK™ contains a powerful amount of ephedrine, synephrine and caffeine with only 5 calories. This awesome tasting drink is 100% aspartame free.

- FLAVORS**
- Fruit Punch
  - Grape

# REQUIRES IGNITION



## Extreme Ripped Force™

### THE PROFILE

#### WHAT

- Extreme hyper-thermogenic formula
- 24 mg ephedrine
- 200 mg caffeine
- 250 mg L-carnitine
- Added electrolytes - potassium, sodium and phosphorus

#### WHY

EXTREME RIPPED FORCE™ contains a synergistic formula that combines a maximum amount of ephedrine and caffeine for energy and fat mobilization.★ EXTREME RIPPED FORCE™ also provides L-carnitine, guarana extract, electrolytes and energy packed complex and simple carbs for maximal short and long term energy.★

- FLAVORS**
- Fruit Punch
  - Grape
  - Orange



## Inferno™

### THE PROFILE

#### WHAT

- Thermogenic and mass
- 20 mg ephedrine
- 23 g whey protein isolate
- 75 mg caffeine
- 239 mg L-carnitine
- 160 calories

#### WHY

When your body and mind need protein and energy but can't afford slamming down extra calories look no further. INFERNO's powerful combination of 23 grams of quality whey protein isolate and powerful thermogenic agents delivers exactly what you need!

- FLAVORS**
- Fruit Punch
  - Grape

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97 lbs.				
Hoffman, S-11	220	120	220	560
Docken, J-10	185	90	190	465
Johnson, B-9	130	75	165	370
105 lbs.				
Polley, A-12	160	—	—	—
Hitchcock, A-10	200	100	265	565
Polley, A-12	170	80	255	505
Dietsche E-9	185	95	220	500
Leehe, K-12	165	95	235	495
Palmer, M-10	170	95	215	480
Lanzi, K-9	155	95	210	460
114 lbs.				
Fromolz, B-12	195	95	320	610
Anderson, A-11	220	115	260	595
Marsh, J-11	235	85	275	595
Macardy, A-10	195	110	220	525
Armagost, J-11	225	105	190	520
Pashouwer, M-11	200	110	200	510
Johnson, N-10	185	80	235	500
Martwick, J-12	185	85	220	490
Ackmann, B-10	195	85	205	485
Mitchler, J-10	135	85	240	460
Netzel, J-11	165	90	205	460
Somers, L-11	165	90	200	455
Oess, E-12	150	85	220	455
Reinert, A-10	140	80	205	425
123 lbs.				
Rude, T-11	280	160	300	740
Neuville, J-11	235	105	310	650
Melcher, D-11	235	100	250	585
Biedermann, K-12	240	80	250	570
Walterman, E-11	210	115	235	560
Fory, S-11	250	90	215	555
Schantz, N-10	210	80	255	545
Czapinski, J-11	200	85	250	535
Davidson, M-10	205	110	215	530
Swanson, L-12	200	90	235	525
Wolff, J-10	185	95	245	525
Bushmaker, K-10	190	100	225	515
Lewis, M-10	205	80	230	515
Proctor, K-12	185	110	210	505
Baer, L-9	205	85	200	490
Johnsrud, S-12	195	105	180	480
Fraust J-11	170	80	225	475
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132 lbs.				
Guiney, J-11	340	160	325	825
Niederhorn, R-11	340	160	325	825
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Balcer, R-11	230	155	270	655
Hornes, E-11	230	95	295	620
Gilberg, S-12	230	120	250	600
Hermans, A-12	220	105	260	585
Blind, E-10	225	95	260	580
Brock, A-11	205	100	260	565
Balsis, M-12	210	80	270	560
Main, R-10	215	105	235	555
Matthews, K-11	210	105	240	555
Urban, T-10	220	115	335	670
Ford, A-11	200	100	235	535
Christianson, M11185	95	245	525	
Mayne, N-11	200	95	190	485
Ebeling, M-10	160	90	225	475
Verboom, A-10	155	60	230	445
142 lbs.				
Weyenberg, M-12	200	85	—	—
Anderson, J-12	330	185	310	825
Hartman, N-12	320	155	315	790
Rieth, R-12	270	120	305	695
Hemp, K-12	250	130	305	685
Jensen, N-9	250	115	280	645
Wickliffe, K-11	260	130	250	640
Glenn, J-10	250	120	260	630
Raehl, J-11	255	90	280	625
Hetzell, N-11	275	125	220	620
Fayerweather, L-11	200	120	250	570
570				
Emmott, L-9	200	115	235	550
Ecker, S-10	220	90	235	545
Schulze, S-12	225	80	240	545
Hawkins, C-10	205	95	230	530
Dahl, J-11	200	100	225	525
Rolloff, A-9	220	80	215	515
153 lbs.				
Mankiewicz, A-11	300	135	315	750
Engel, J-12	280	125	280	685
Mertzig, H-11	250	150	280	680
Flanagan, K-11	280	130	260	670
Musch S-11	265	125	275	665
Tishuk, D-11	265	135	260	660
Wilson, N-12	245	100	290	635
Proctor, E-11	250	120	250	620
Schiff, J-10	225	120	255	600
Schmidt, A-10	225	110	255	590
Jurgens, L-10	205	115	245	565
Leibold, L-11	190	95	275	560
Mason, S-11	235	105	205	545
Armatsko	215	80	250	545
Cich, L-10	185	105	220	510
165 lbs.				
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Gauerhe, R-11	300	115	295	710
Nault, J-11	255	110	275	640
Berman, K-12	265	130	240	635
Fulton, K-12	220	120	275	615
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181 lbs.				
Veldien, K-11	255	115	320	690
Klein, J-10	255	115	290	660
Kummer, A-9	225	100	290	645
198 lbs.				
Hood, M-12	310	155	300	765
Hintz, R-12	280	165	310	755
153 lbs.				
HWT				
Sweet, K-9	—	—	—	—
Yetter, L-10	275	145	290	710
Riblich, J-12	230	145	310	685
Grajeck, S-11	290	115	275	680
BOYS 114 lbs.				
Hilton, T-11	270	155	340	765
Schomers J-11	225	180	295	700
Bowman, R-10	235	145	315	695
Steinmetz, S-9	250	140	275	665
Liederbach, C-10	240	145	275	660
Hanson, B-10	190	155	305	650
Bagnal, E-9	200	140	275	615
Dyneck, R-9	115	315	255	570
Neusimal, J-9	150	110	250	510
123 lbs.				
Howe, T-11	185	—	—	—
Krzewina, T-9	265	175	295	735
VanSchvndel, K-9	255	160	315	730
Gulsvig, M-10	270	150	305	725
Wargowsky, A-12	270	160	295	725
Sacia, S-9	240	155	320	715
Welhauser, M-11	230	110	315	655
Stashek, C-10	200	135	290	625
Klima, J-9	235	100	265	600
132 lbs.				
Beasley, M-10	340	210	445	995
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Steinmetz, M-10	330	185	370	885
Kuri, D-10	325	165	370	860
Janak, B-12	280	200	345	825
Behnke, S-11	300	185	320	805
Komperud, E-11	305	165	335	805
Lloyd, J-12	250	190	350	790
Guckenberg, S-11	280	175	325	780
Klapp, Justin-11	300	155	300	755
Black, B-9	300	140	315	755
Halverson, J-11	250	145	350	745
Melby, J-9	255	155	325	735
McMahon, T-10	265	130	275	670
142 lbs.				
Diedrich, D-11	—	—	—	—
Maresch, J-11	395	235	400	1030
Weber, J-11	380	195	405	980
Opahle, G-12	355	230	385	970
Gansch, N-12	350	200	405	955
Reedy, P-11	350	195	399	935

Villers, N-11	365	250	405	1020
Zeratsky, K-11	365	250	405	1020
Rappley, J-11	370	215	425	1010
Albanese, J-11	375	205	430	1010
Adler, S-11	345	210	455	1010
Karow, J-12	360	210	420	990
198 lbs.				
Borchardt, D-11	375	—	—	—
Vandelo, J-12	540	310	550	1400
Krzykowski, B-12	500	260	515	1275
Urban, J-11	490	285	490	1265
Mildbrand, D-12	440	350	440	1230
Berg, R-12	425	220	520	1165
Mahutqa, A-12	420	235	510	1165
Roeig, R-11	450	260	450	1160
Groth, M-11	390	235	500	1125
Knepper, K-11	450	215	430	1095
Dobratz, B-11	420	230	440	1090
Maccoux, N-10	400	260	415	1075
Douglass, D-11	350	235	450	1035
Weiss, M-11	375	255	405	1035
Komassa, B-9	375	220	380	975
220 lbs.				
Emmott, J-11	615	280	535	1430
Matson, D-11	500	280	540	1320
Hiles, J-11	540	235	475	1250
Carlson, N-12	465	285	470	1220
Jagodzinski, J-10	505	225	485	1215
Rico, L-11	455	245	505	1205
Collins, C-10	450	290	450	1190
Elio, C-12	375	355	425	1155
Todd, B-12	500	220	425	1145
Duda, J-12	415	280	695	1140
Holtz, B-12	380	260	500	1140
Moe, A-12	455	300	375	1130
Martin, N-10	425	190	500	1115
Ostermann, J-12	405	260	450	1115
Pena, C-11	425	215	450	1090
Young, L-10	430	230	425	1085
Cardozo, J-9	450	215	415	1080
Grissman, K-11	385	215	475	1075
242 lbs.				
Schaff, S-12	570	300	515	1385
Parpart, G-12	525	295	515	1335
Alitz, C-11	500	285	495	1280
Rankin, J-12	390	370	460	1220
Kiriaki, C-10	240	435	480	1190
Osborn, P-10	530	185	405	1185
Haas, D-12	450	255	430	1135
Bone, P-10	455	220	435	1110
Kender, N-11	425	250	425	1100
Hahn, J-12	425	210	430	1065
HWT				
Renquin, J-12	450	—	—	—
Bilskeper, J-11	480	—	—	—
Nguyen, D-12	585	345	525	1455
Goldberg, S-12	505	325	470	1300
Vanzile, T-11	505	325	470	1300
Patel, R-12	450	235	550	1235
Mantsch, T-11	505	250	450	1205
Gudgeon, S-11	605	315	525	1445
McCone, J-12	475	265	440	1180
Coppersmith, K11	375	240	500	500
Hendrick, C-12	420	225	450	1095
Richardson, R-12	420	250	415	1085
McKone, R-11	405	235	420	1060
(Thanks to USAPL for providing these meet results)				

**USAPL Rama 4th Fall Classic  
13 Nov 99 - Willow, AK**

Open 132 lbs.	SQ	BP	DL	TOT
F. Francisco	75	45	87.5	207.5
Teen 148 lbs.				
R. Willis	—	—	—	—
G. Nosbisch	127.5	70	147.5	345
J. King	120	75	140	335
Teen				
G. Nosbisch	127.5	70	147.5	345
J. King	120	75	140	335
Open 165 lbs.				
E. Mendez	182.5	122.5	197.5	502.5
D. Emmott	175	122.5	197.5	495
Open 181 lbs.				
D. Little	175	125	182.5	482.5
Master				
R. Mack	925	75	140	307.5



# Westside ELITE FITNESS SYSTEMS Seminars

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CONTRAST AND OTHER SHOCK METHODS  
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THE MAXIMUM EFFORT METHOD  
GPP AND SPP

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Sports Scientist, Former University Professor and co-author Super training

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"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"

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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17,18 JUN (additional day), WNPf Youth, Teen, Jr. Submaster, Master Nationals & American Championships (Baltimore, MD) WNPf Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@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  
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, USAPL Henderson County Midsummer Classic (full meet, open to everyone, all age & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354  
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 Springfield, 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 DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6PM please, ddefelice@mediaone.net, www.apfmichigan.com  
25 JUN, Best of the Southwest BP and/or DL (natural, raw) Steve Stwiak, 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, Flustr. 25, 84032 Landshut, Germany, (0)871-77575

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

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 Nats, Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

7-9 JUL, ADAU Nationals (PL - men & women - open, submaster, master, junior, teenage) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 JUL, Beloit Riverfest BP (APF/AAPF & Raw - no organization membership - no bench shirts - men/women: open, teen, jr., submaster, master) Craig Hansen, 1629 Trainer Rd., Rockford, IL 61108, 815-227-0935, craiglyb@worldnet.att.net

8 JUL, APA Tennessee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

8 JUL, WNPf Western PA (Blackhawk H.S. - Beaver, PA - PL, BP, DL - open to all drug free lifters) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

8 JUL (new date), ANPPC WORLD CUP, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 JUL, WNPf BP Nationals & DL Nationals (Charlotte, NC) WNPf, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnppf@aol.com

8 JUL, NASA AZ State, NASA, Box 735, Noble, OK 73068, 405-527-8513

8 JUL, Allentown Sports Festival BP/DL, Fred Glass, 811 N. Jordan St., Allentown, PA 18102, 610-770-9333

8 JUL, 7th Eastern OK BP (Eufala, OK - pro, open, novice, teen, jr., masters, women) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059

8 JUL, Max Flex BP & DL Classic (Ft. Lauderdale) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

9 JUL, Muscle Bound Fitness Push/Pull Open BP and/or DL, John or Kayleen

## W.P.O.™ Bench Bash For Cash - September 9, 2000

Peabody Auditorium - Daytona Beach, FL

### Cash Prize Breakdown

Lightweight	Middle Weight	Heavyweight
1st Place \$2,500	1st Place \$2,500	1st Place \$2,500
2nd Place \$1,000	2nd Place \$1,000	2nd Place \$1,000
3rd Place \$750	3rd Place \$750	3rd Place \$750
4th Place \$500	4th Place \$500	4th Place \$500
5th Place \$250	5th Place \$250	5th Place \$250

Total Cash Prize \$15,000

### World Powerlifting Organization™

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#### A.A.U. RAW NATIONALS

August 12-13, 2000  
www.kingsburyclub.com

Location: The Kingsbury Club, 186 Summer St., Kingston, MA 02364

Weigh-ins: All Classes up to and including 181 Pounds: (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 Patera, 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

Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740-543-6577

15 JUL, Region 8 Championships, Anthony Carillo, 414 E. 4th Ave., Olympia, WA 98501, 360-754-2475 or 556-2688

15 JUL, APF Lone Star Classic BP (teen, master, submaster, novice, open) Marvin Meinstein, 2080 W. Bewick, Ft. Worth, TX 76109, 817-924-4310

15 JUL, APA Nutmeg State Open BP/DL (Wallingford, CT) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

15 JUL, The Training Center's Summer Bench Press (open men/women - New Castle, DE) 302-328-5438

15 JUL, USPF Beach Bench Press (Angola, NY) Butch Murr, 716-652-0183

15 JUL, New England's Strongest Man/Woman (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

15 JUL, APF Muscle Beach Venice Deadlift, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

15 JUL, APF Florida Push/Pull for Total in Memory of Lawrence Monberg, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

15 JUL (tentative) NASA East Texas Open (Kilgore) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 JUL, Max Flex BP & DL Classic (Seattle) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

15 JUL, USPF East Beach PL (natural, open, master, women, teen & strongest high school team in the county - Santa Barbara, CA - National Qualifier) Kevin Fisher, 805-963-3439, Fax 805-963-8740

Bench Press, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 583-8648

16 JUL, USPF Summer Slam (NHSP) J. Fellows, Box 375, Belmont, NH 03220

22 JUL, USAPL Apple Push 'n Pull, Liz Panter, 1710 E. 16th St., Idaho Falls, ID 83404, 208-529-8600

22 JUL (new date), Independence BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

22 JUL, Hawaii State Pull/Push & World Bench Press Qualifier, Keith Ward, 41-857 Kalaniana'ole Hwy., Waimanalo, HI 96795, 808-259-5266

22 JUL, USAPL 3rd BP & DL Battle on the Beach (Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-616-5447

22 JUL, NASA Tri-State Natural (Monolift, no entry free for spec. olympians, PL, BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1pm CST

22,23 JUL, USPF Georgia Games, Life University, 1269 Barclay Circle, Marietta, GA 30060, www.georgiagame.org, David Hall, 678-290-1882

28-30 JUL (new date), "100% RAW" Nationals (men & women, all age groups/wt. classes, limited entries, deadline 7/1) Spero Tahontikidis, 17506 Sabrina Terrace, Derwood, MD 20855, 301-990-2874

29 JUL, Fitness Zone's Bench Press Competition (open & raw [It & huy], women, teen, masters, police & fire, team) Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252

29 JUL, CPC Canadian PL & BP Championships (world qualifier for top 2 in each division) Bruce Greig,

Bench Press, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 583-8648

16 JUL, USPF Summer Slam (NHSP) J. Fellows, Box 375, Belmont, NH 03220

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BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1pm CST

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29 JUL, Fitness Zone's Bench Press Competition (open & raw [It & huy], women, teen, masters, police & fire, team) Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252

### 15TH ANNUAL IOWA STATE FAIR DRUG FREE BENCH PRESS DEADLIFT CONTEST

### 8TH ANNUAL IOWA STATE FAIR LAW ENFORCEMENT & FIREFIGHTERS BENCH PRESS CONTEST

### SATURDAY, AUGUST 19TH

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## 2000 MEN'S NATIONALS

July 7 - 9, 2000

\$35.00 entry includes free shirt

Custom unique awards

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1 - 3 best lifter, best squat, bench and deadlift awards

Free entry to all 1999 USAPL National Champions

Partial expense reimbursement to all weight class winners and overall 3 best lifters

All returning National Champions to be out-of-contest tested prior to meet

Minimum top 3 in all weight classes to be tested

## 18th Annual Viking Open

Saturday, June 10th

Men, women, masters, junior and teen divisions  
Spectacular sculptured viking awards  
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Urinalysis testing  
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29 JUL, Clinton Co. YMCA Open BP/DL Classic (Frankfort, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

29 JUL, Max Flex BP & DL Classic (all divs. - San Francisco, CA) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

29,30 JUL (new date), WNPFF New Jersey (PL, BP, DL, SQ) WNPFF, 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

JUL7, 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) Gary Rodgers, 5824 Windmill Ct., Orlando, FL 32809, 407-856-7780 (hm), 836-8984 (wk), gbdodge@mpinet.net

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, APF Matne State Push/Pull (outdoors - men, women, master, submaster, teen) and APF Pine Tree State Open, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

5 AUG, APF L.A. Lifting Club Summer Bench Blast (Burbank, CA) Joe Avigliano,

818-846-5438

5 AUG, AAU "Raw" Missouri State PL & Bill Clark Open, Dave DeForest, 6706 State Road J, Fulton, MO 65251, Kdefores@mail.coin.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 1, open, teen, BP, master, submaster, jr. - Corpus Christi, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguifitness.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 Reth-

wisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net

12 AUG, APF USS Escanaba Memorial Outdoor PL/BP Classic, Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net

12 AUG, USAPL Nebraska BP (Columbus, NE - open, teen, women) Tim Anderson, 1829 South St. #42, Blair, NE 68008, timanderson@hunte.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 Denison 661-664-7724, pwriftr@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, USAPL New York State, Sean Culnan, 12 Biscayne Blvd., Troy, NY 12182, 518-384-1100 x 525 (d), 237-0972 (e)

12,13 AUG, 2nd WNPFF Lifetime Drug Free Worlds (all events/divisions - Daytona Beach, FL) WNPFF, 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, 8th Drug Free Iowa State Fair Law Enforcement & Firefighters Bench Press (natural, masters, submasters, women) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275

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

19,20 AUG, AAPF/APF Snake River

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PL/BP (Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6 PM, 208-523-0600) apf\_id\_mhiggins@yahoo.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, Northern Michigan Slam Off Bench Press (unsanctioned - all organizations and lifting gear welcomed - teen, open, submaster, master - for men and women) Jeff Fleischer, 237 W. Cedar St., Gladwin, MI 48624, 517-426-0061

26 AUG, APA Thunder Bay Open (Ferg's Sports Bar - St. Pete, FL) Stephen Highnote, 54th Ave. Gym, 727-521-6162

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 Windsor, NY 12553, 914-569-0457

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, AAU Planet Fitness Midwest Regional Championships (PL, BP, Push/Pull - AAU World Qualifier, Raw & Equipped Divs., teen, open, women, submasters, masters, police & fire) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrate@willnet.net (entry forms available in MS Word or Lotus Word Pro)

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  
**3 SEP**, King Fitness Pound for Pound Championships (most reps and tonnage - Hazlett, NJ) Ryan Vella, for past results www.kingfitnessgym.com, 732-335-0911

**9 SEP**, The Strength Beyond Iron Man (Paw Paw, MI) Mike Newell, 616-657-2036 or Aaron DiPrima 616-657-6698  
**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 (m/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**, WNPFF 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 Cisell, 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 Tshtonikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

**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**, USAPL Connecticut State Open, Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372

**17 SEP**, WNPFF Falls Natural (Niagara Falls, NY - PL, BP, DL - raw & assisted) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**17 SEP**, 2nd Deadlift on the River, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

**17 SEP**, Police & Fire Nationals

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**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**, 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**, Bay State Correctional Center Meet (guest lifters welcome, 4 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056 or Tim McDonald or Larry Giuens 617-727-8474, ext. 160

**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**, APF L.A.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

**30 SEP**, APF L.A.L.C. Push/Pull Classic (Burbank) Joe Avigliano, 818-846-5438

**30 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 csmith@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 - National Qualifier) Gene Estrada, 805-544-0155

**7,8 OCT**, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 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**, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

**14 OCT**, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean

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**14 OCT**, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryltobey@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, Armoplate 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 Rychlak, 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 (new date)**, WNPFF Palmetto Classic (Greenville, SC) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**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**, NASA Pennsylvania Regional PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, P.O. Box 58, Millwood, WV 25262, 304-273-2283, gvhl@wtrefire.com

**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 DRUGFREE POWERLIFTING 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**, WNPFF Fall Classic PL (NY) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**OCT**, AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

**OCT?**, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvhl@emmw.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 Cham-

pionships (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

**5 NOV**, CPA Deadlift Championships and unsanctioned Montreal Bench Press, Marcel St. Laurent, 457 Tieme Ave. N. #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466

**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**, 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

**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

**17-19 NOV (new dates)**, WNPFF Worlds (all events/divs. - Baltimore, MD) 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 (new date)**, SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

**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**, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801, 907-789-5997

**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,

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**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 (new date)**, USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) 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 02382, 781-447-6714, 8-10pm  
**2 DEC**, USAPL Kentucky State/Blue Grass Open PL & BP (all ages & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-326-8354  
**2 DEC**, 17th Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n), bduke@southsouth.com  
**2 DEC**, APF Southern States Open, Hume 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, DI only) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, willy@swbell.net  
**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 entries, 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 Cucucrean 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**, WNPf 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, tene, 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 Classic (national qualifier) Power Promotions, 23106 19th Dr. SE, Bothell, WA 98021, 425-486-5864, mtrupt@seanent.com  
**16 DEC**, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com  
**17 DEC (new date)**, WNPf 3rd Sarge McCray BP/DL/IronMan Charity Event (Bordentown, NJ) WNPf, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**31 DEC**, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
**DEC?? USPF World BP/PL (Europe) Rob Keller, 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, 222.2001wplfg.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, wabd.org (not .com!), gethomas@uswest.net  
**OCT 2001**, AAU Worlds (Mayaguez, 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.**

**2nd WNPf Natural Northeastern 12 MAR 00 - Bordentown, NJ**

BENCH ONLY	FEDEROWICZ	380			
123	ERB	335			
14-16 RAW	JOHNSON	330			
GIAMBALVO	40-49				
132	GLENNEY	350			
OPEN	POLICE RAW	410*			
FOLKEN-BL	TANKE				
148	NOVICE RAW	350			
OPEN RAW	PARRY				
HENDERSON	GUEST LIFTER	500			
40-44 RAW	WRIGHT				
HENDERSON	275				
165	50-59				
17-1 9 RAW	DOLTON	415			
WRIGHT	POLICE RAW				
LIFETIME RAW	GREEN	405			
JOSEPH	NOVICE RAW				
AUMENTA	LUNA	300			
LIFETIME	SHW				
SANFILIPPO	LIFETIME RAW	375			
DEWALT	HILDERLEY				
OPEN	40-49 RAW	420			
SANFILIPPO	SEMMONS	375			
JOSEPH	HILDERLEY	350			
DEWALT	SULLIVAN				
33-39	POLICE RAW	495			
SAN FILIPPO	LOPEZ	375			
LEE	DEADLIFT ONLY				
33- 39 RAVV	165				
ALPERT	17-1 9 RAW	310			
NOVICE RAW	WRIGHT				
SIEGER	LIFETIME RAW	245			
181	JOSEPH				
20-23 RAW	OPEN RAW	335			
WALLACE-BL	JOSEPH				
OPEN RAW	181	400			
WALLACE	OPEN RAW	260			
ROBINSON	ROBINSON	500			
LIFETIME RAW	OPEN	400			
WALLACE	EISEMAN-BL	650			
POLICE RAW	50-59				
REEVES	CONWAY	330			
198	POLICE				
LIFETIME	CONWAY	550			
CARRICUTO	198	350			
OPEN RAW	LIFETIME				
NEAL	CARRICUTO	400			
33-39	33-39	415			
HANDLIN	SANDERS	220			
SANDERS	220	340			
50-59	LIFETIME				
KANE	POINSETT	635			
220	242				
20-23	33-39RAW	410			
HOWELLS	ERB	505			
OPEN RAW	JOHNSON	500			
BROWN	NOVICE RAW	395			
RAWLS	PARRY	320			
LIFETIME	HARRIGAN	500			
LIFETIME RAW	275	350			
RAWLS	OPEN				
40-49 RAW	MOYERS	320			
RAWLS	SQUAT ONLY				
40-49	181	375			
HORVATH	NOVICE RAW				
50-59 RAW	ROBINSON	370			
DAVIS	198				
NOACE	33-39	320			
HOWELLS	SANDERS				
POUCE	242	410			
HORVATH	NOVICE RAW	375			
242	DURAND				
LIFETIME	40-49 RAW				
GUZIK	DURAND	385			
33-39 RAW					
WIGGINS	SQ	440			
POWERLIFTING	BP				
WOMEN	DL				
123	T				
NOVICERAW		215*	110*	270*	595*
PIPPERT BL					
132		225	115	285	525
40-49 RAW					
DUNCAN		180*	11 5*	280*	575*
148					
40-49					
CRAFT		415	295	465	1175
MEN					
148		395*	295*	420	1110*
LIFETIME		345	310	455	1110
GRANATO		450	235	495	1180
165		350	310	445*	1105
20-23 RAW					
PETRILLI		500	395	535	1430
LIFETIME					
ZIMMERMAN		485	325	465	1175
33-39		370	260	500	1130
BELLE					
33-39RAW					
ALPERT					
181					
OPEN					
WARSHANY					
OPEN RAW					
GRUCELLA					
ROBINSON					

40-49	MAXWELL	525	260	520	1305
50-59	CONWAY	450	235	550	1235
POLICE	CONVAY	450	235	550	1235
CONVAY	198				
33-39	SANDERS	465			
40-49	HATTEN	505	205	540	1250
40-49 RAW	PARRY				
DEAMICIS	POLICE RAW	400	270	520	1190
DEAMICIS	DEAMICIS	400	270	520	1190
220	OPEN				
COX-BL	675	410	600	1685	
40-49	ZNACZKO	350	270	460	1080
MENENDEZ	33-39 RAW				
KLIEFOTH	QUINN	635*	345	565	1545*
QUINN	KOCHY	440	380*	520	1340
LIFETIME RAW	KLIEFOTH-BL	635	345	5*65	1545
KLIEFOTH	KOCHY	440	380	520	1340
242					
LOPEZ	20-23				
DEADLIFT ONLY	BOWMAN	535	385	580	1500
165	NOVICE RAW				
17-1 9 RAW	PARRY	405	350	500	1255
WRIGHT	3e-39				
LIFETIME RAW	ELLEN	545			
JOSEPH	SULLIVAN				
OPEN RAW	LIFETIME RAW				
JOSEPH	GOMES	550	385	650*	1585
181	SEIFERT	550	345	555	1450
OPEN RAW	40-49 RAW				
ROBINSON	GOMES	550*	385	650*	1585*
OPEN	POLICE RAW				
EISEMAN-BL	SEIFERT	550	345	555	1450
50-59	50-59 RAW				
CONWAY	THORNBURGH	275*	150*	315*	740*
POLICE	20-23				
CONWAY	WALTERS	510	370	465	1345
550	LIFETIME				
198	MULLEN	575	450	*650	1675
LIFETIME	OPEN RAW				
CARRICUTO	WIGGAND	480	380	540	1400
510	BROOKS	445	315	505	1265
33-39	OPEN				
SANDERS	MOYERS	675	405	650	1725
220	242				
LIFETIME	CHIAVACCI	550	470	605	1625
POINSETT	50-59				
635	50-59				
242	50-59				
33-39RAW	SMMONS	500*	385*	515*	1400*
410	SHW				
ERB	LIFETIME				
JOHNSON	EDWARDS	400	230	400	1030
NOVICE RAW	OPEN RAW				
PARRY	REGHETTI	585	385	670	1640
HARRIGAN	50-59				
275	EDWARDS	400	230	400	1030
OPEN	50-59				
MOYERS	EDWARDS	400	230	400	1030
SQUAT ONLY	650				
181	*. NEW WNPf AMERICAN RECORD, BL- BEST LIFTER, TEAMS- POWERLIFTING 1ST PLACE-KODIAK, BENCH PRESS- MANS WORLD GYM, 2ND-TEAM RECTIFY 82 LIFTERS, 2 NO SHOWS, 8 OTHERS WENT TO THE NY POWERLIFTING MEET THE DAY BEFORE AND WE THANK THOSE GUYS.				

**From the WNPf ...** The WNPf has made several changes recently to its schedule. The 2000 WNPf Worlds will be held in Baltimore, Maryland instead of Atlanta, Ga. on Nov. 17-19. We expect a total of 12 to 15 countries to attend. This will be the biggest showing of international competition since the WNPf started its world championships back in 1992. We are also hosting our 2nd WNPf Lifetime Drug Free International Cup in Daytona Beach, Florida on August 12-13, all lifters at this competition must be drug free for life. The Bench & Deadlift Nationals has been moved to Charlotte, NC on July 8th. The Youth, Teen, Junior, Submaster & Masters Nationals will be held in Baltimore, Md. on June 17-18. We added the American Powerlifting Championships to this meet on June 17-18 for open lifters also. The Raw Nationals and Drug Free Senior Nationals is being held in Panama City Beach, Florida on June 3rd, only the first 85 lifters will be taken for this championship. Ron Deamicis is hosting the Lifetime Drug Free Nationals in Youngstown, OH on May 20-21. Paul Dunn is hosting the Police-Fire-Military Nationals in Newark, NJ on June 11. All of these meets are qualifiers for the 2000 World Championships and all lifters must qualify. We want to announce that Brian Washington is the new WNPf Maryland State Chairman along with Zachary Rhodes. Brian has two meets lined up in Baltimore this year and Brian has the full support of the WNPf. Many thanks to Pedro Hollingsworth and Ron Deamicis for their recent successful events. And thanks to the many lifters that come to WNPf meets to have fun. We hope that we can do more and more to continue to have your support.



WE HAVE SOME OF THE BIGGEST STATE AND REGIONAL EVENTS IN NEW JERSEY AND THIS ONE WAS BIG. THERE WERE OVER 200 PEOPLE IN THE AUDIENCE CHEERING ON ALL 82 LIFTERS. ALL N.J. MEETS WILL BE TWO DAYS FROM NOW ON TO CUT DOWN ON THE NUMBER OF PEOPLE IN THE ROOM. WE THANK EVERYONE FOR THE SUPPORT LIFTERS AND SPECTATORS AND WE HOPE TO IMPROVE ON SOME ASPECTS OF THE WNPf MEETS IN NEW JERSEY. WE WOULD LOVE TO HEAR COMMENTS OR SUGGESTIONS FROM ALL WNPf LIFTERS. (WNPf)

G. Edwards	55	-	-	55
DLHS				
G. Edwards	-	-	-	182.5 182.5
154.3 lbs. DLMS				
J. Phillips	-	-	-	215 215
205 lbs. JR				
A. Howard	65	160	227.5	452.5
T. Tucker				
380				
Powerlifting	SQ	BP	DL	TOT
205 lbs. HS				
G. Edwards	155	135	182.5	472.5
280 lbs. JR				
H. Thomason	345	182.5	272.5	800
227 lbs.				
D. Barringer	250	160	272.5	682.5
205 lbs. PN				
G. Edwards	155	135	182.5	472.5
170 lbs. SM2				
T. Myhand 155	137.5	160	452.5	
205 lbs. SM2				
C. Barnett	195	157.5	200	552.5
250 lbs. SM2				
T. Neal				
Teen				
J. Shop				
(Thanks to NASA for providing these meet results)				

NASA Arkansas PL/BP/PS (kg)  
 8 Jan 00 - Ft. Smith, AR

BENCH	227 lbs. SM1				
250 lbs. JR	E. Turner	182.5			
B. Donnell	250 lbs. SM2	177.5			
205 lbs. M2	T. Ward	187.5			
L. McLean	170 lbs. SM2	160			
Power Sports	T. Myhand	137.5			
205 lbs. BPHS	BP				
G. Edwards	DL				
CHS	TOT	105	105		

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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, RestPause, 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/Womens, United We Stand, TOP 100 165s

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, 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 Reinhardt, 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

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"-600lb. Benchers, Lifetime Nationals, TOP 100 242s.

Jun/96... ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All Time 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 Leitao 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

### Apex Gym Open BP/DL 13 Feb 00 - Rockford, IL

BENCH WOMEN	198 lbs.	415
M. Fagan	D. Newman	335
MEN Teen	T. Coduto	285
M. Spradling	T. Harding	260*
Police & Fire	A. Bramer	370*
S. Ziccarelli	T. Moe	410
Master (40-49)	242 lbs.	315*
D. Newman	K. Hudson	415
W. Haas	D. Soper	325
165 lbs.	275 lbs.	
M. Pacha	B. Saunders	350
K. Hedrich	335 SHW	405*
M. Copot	M. O'Brien	300
DEADLIFT	198 lbs.	460
WOMEN	M. James	575
A. Wagner	4th	600
MEN	J. Tarquini	550
Submaster	D. Newman	530
B. Hollifield	500*	220 lbs.
Master (40-49)	A. Bramer	570
D. Newman	A. Reisetter	530
S. Coogan	540	242 lbs.
165 lbs.	T. Roesch	630
M. Copot	500	500*
M. Pacha	465*	275 lbs.
K. Hedrich	460*	B. Saunders

\* - Personal record. Best Lifters: Bench Press - Dave Newman; Deadlift - Mike James. The Apex Gym Open Bench Press/Deadlift Classic was held at Apex Gym. Thanks again to owner Mimi Fagan for her continued support of the sport. In the bench press competition Mimi took the open women's class with a strong 160. A final attempt with a pr of 175 failed to lock out. Mike Spradling took the teenage men's class with a new pr of 260. The sixteen year old weighed in at 160. Sal Ziccarelli looked strong with his 410 win in the police & fire class. At master 40-49 it was Dave Newman with 415 @ 197. This earned Dave best lifter honors for the competition. Second place was ally Haas who could only manage his opener of 325, weighing in at 218. Turning to the open classes, Mike Pacha finished first in the 165 class with a strong 350. Second at 165 was Ken Hedrich who finished with 335. Matt Copot was third with 300, getting only his opener. Dave Newman also captured the open 168s, with Tony Coduto second, followed by Tom Harding in third place. Tony's 335 was a personal record for him. Tom was only able to get his opener of 285. Andy Bramer took the 220s with a personal best 370 over Tom Moe, who also got a pr with 315, this being Tom's first competition. Kevin Hudson had a few problems on



Best Lifters at the APEX Gym Open Bench Press/Deadlift Classic were Dave Newman (left) for the bench pressers, and Mike James (right) for the deadlift. (photograph provided by Dr. Darrell Latch)

this day, getting only his opener of 335. This was still good enough for the win, though. Second place went to Dave Soper who finished his first competition with a pr 325. Brad Saunders continues to improve his bench, taking here the 275s with a personal best 405. Big Mike O'Brien had the biggest lift of the meet with 460, winning the open 308 class. In the deadlift competition Andrea Wagner won the open Women class with a great 300 pull! This was her first competition and Andrea had only been deadlifting two weeks! Barry Hollifield got a pr with 500 as he captured the submaster title. Dave Newman pulled 530 in his win over Stuart Coogan for the master men's 40-49 title. Stuart, weighing about twenty pounds more than Dave, pulled 540 for second. Matt Copot pulled a big 500 for the win at 165, just missing a pr of 535! Second

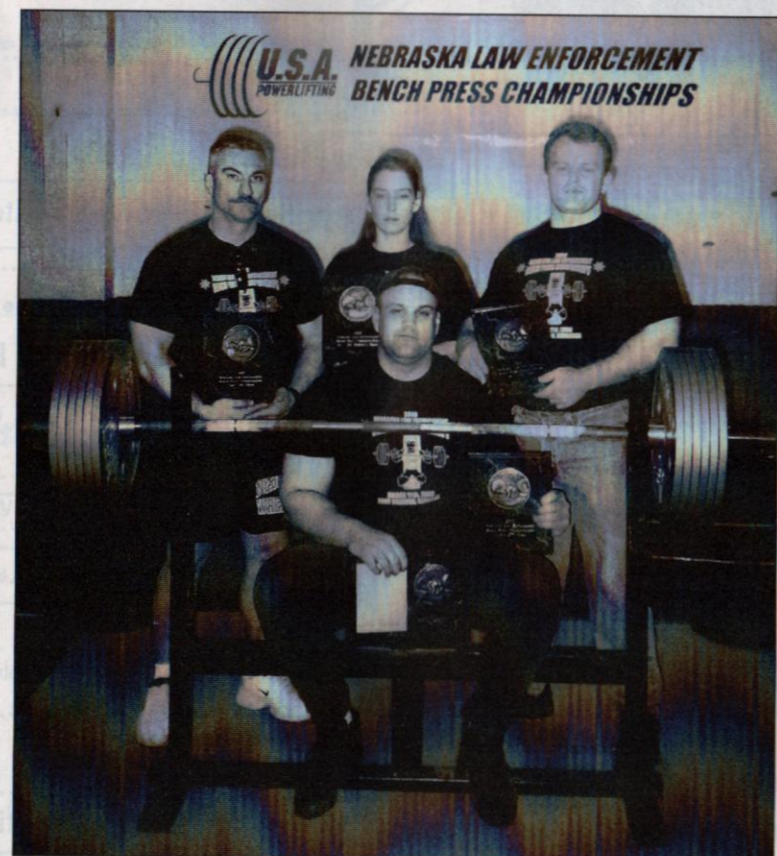
### USAPL Southeastern US Meet 29 Jan 00 - Moncks Corner, SC

BENCH	275 lbs.	J. Ashe	—
Open 165 lbs.	352	SHW	451
E. Pryor	457	K. Wimpey	385#
242 lbs.		Submaster	242 lbs.
S. Eakins		E. Hinton	385#
		SQ	BP
MEN	SQ	BP	DL
Open 132 lbs.	264	220	308
J. Stacy	319	259	314
148 lbs.			892
T. Dover	600*	352	573*
165 lbs.	474	325	501
R. Eaddy	385	314	451
M. Stanley	55	281	55
J. Tillman			435
D. Wilson			435
181 lbs.			
J. Adams	474	330	573
J. Goethe	418	319	501
P. Childs-16	3691	1871	5071
B. Simmons	253	231	336
198 lbs.			821
G. Jones	584	402	644
R. Shaw	429	325	512
220 lbs.			1631
M. Bevins	501	413	617
T. Crosby	529	363	578
J. Singleton-16	3031	2971	4511
242 lbs.			1052
E. Hinton-35	534#	385#	611#
T. Kennedy-22	5341	3851	5671
C. Osborne	275	226	424
SHW			925
D. Carswell	716	523	600
J. Coan	628	413	650
C. Thomas	534	336	523
Submaster 181 lbs.			1394
J. Goethe	418	319	501
242 lbs.			1240
E. Hinton	534#	385#	611#
Master (40-44) 198 lbs.			1532#
R. Kelleit	347	292	418
275 lbs.			1058
R. Brose	600	374	622
Master (45-49) 181 lbs.			1598
S. Lassiter	374#	231#	402#
Master (50-54) 275 lbs.			1008#
E. Surell	655#	402	529
Best Lifter for the first session: R. Eaddy. Best Lifter for the second Session: G. Jones. * - Open State Record. 1 - Junior State Record. # - Submaster/ Master State Record. Meet Director: Mike Requa. (Thanks to USAPL for providing these meet results)			1587

### USAPL Nebraska Law Bench Press 11 Mar 00 - Ft. Calhoun, NE

WOMEN	J. Brazda-29	336
123 lbs.	242 lbs.	
R. Anderson-24	94*	R. Donscheski-40
Open 165 lbs.		D. Bees-29
S. Marshall-47	275!	S. Blair-32
181 lbs.		275 lbs.
Z. Simones-26	325	R. Giessehnan-36
B. Scherer-38	308	SHW
198 lbs.		T. Lamb-36
M. Elbert-31	1325	SubMasters
220 lbs.		Giessemann-36
T. Anderson-27	468*	Masters
		S. Marshall-47

\* - Nebraska Police & Fire State Record. 1 - Nebraska Masters State Record. 1st Place Team: Washington County Sheriff's Department, 26 points. 2nd Place Team: Bellevue Police Department, 24 points. This was the first year for this meet. The meet was held at the Fort Calhoun Community Center. There was a small turnout, but the lifting was fierce and several State records were broken in the process. The meet was sanctioned by USA Powerlifting. The only female competitor was Brenda Anderson from the Washington County Sheriff's Office. This was Brenda's first meet and she did well setting a Nebraska Women's Police & Fire Record in the 123 lbs. class. In the men's division, Scott Marshall was the lone 165 lbs. lifter. Scott broke his own state record in the Master's 45-49 age group with a 275 lbs. bench. In the 181 class, Zeb Simones who also competes in bodybuilding took first for Bellevue Police with a 325 lbs. bench. Ben Scherer missed making weight in the 165 class by only a few pounds and had to compete in the heavier 181 class. Ben took 2nd with a 308 bench. Ben is a Captain at the Washington County Sheriff's Department and currently holds the State Police & Fire record for the 165 lbs. class. The only 198 lbs. competitor, from Bellevue Police Department, Sergeant Mark Elbert, lifted a 325 pound bench and just missed a 358 lbs. lift. In the 220 lbs. class, Tim Anderson took 1st and the biggest bench of the day with a 468 bench. Tim is also with the Washington County Sheriff's Department. Like Ben Scherer, Anderson missed the 198 class by a couple pounds and had to lift in the 220 class. Tim's 468 lbs. bench was a new State Police & Fire Record and broke the old record by 23 pounds. Anderson also holds the state bench record in the 198 class with a 455 lbs. lift. Second place went to John Brazda of Bellevue with a lift of 336. Fremont Police Officer, Roger



Team Champions at the USAPL Law Enforcement Bench Press Championships included Tom Lamb (front), and Ben Scherer, Brenda Anderson, and Tim Anderson (back, left to right) of the Washington County Sheriff's Department

Donscheski, who benched 440 lbs. for a new State Police and Fire record and a new State Master 40-44 record, dominated the 242 class. Look for Roger at this year's Bench Nationals in St. Louis. Second place went to Bellevue's Derek Bees with a lift of 363. This was Derek's first meet and he just missed making a 396 lbs. lift. Third place went to Pierce County Sheriff's Deputy Scott Blair who was also competing in his first meet. Ron Giessemann from Fremont Police broke the 275 lbs. class record with a 407 lbs. lift. In the Super Heavy Weight class, Lieutenant Tom Lamb, of the Washington County Sheriff's Department, blasted up a 418 bench to break the old state Police & Fire record by 18 pounds. The team competition was a very close battle. The difference between the two top teams was only two points. The Team Champion was Washington County Sheriff's Department with 26 points followed by Bellevue Police with 24 points. Special thanks should go out the Washington County Sheriff, Terry W. Hoerner, who helped sponsor the meet and the Washington County Team. The meet director and Nebraska USA Powerlifting State Chairman, Tim Anderson, would like to thank The Fort Calhoun School District, for use of the Community Center. Tim would especially like to thank James Hart, Mike Taylor, Mark Kempf, Jesse Kempf, Tanya Rosenkrantz, Shannon Nelson, Jamie Keatts, and Ron Ruhs for all their help. Next year's meet is currently being planned with a few changes. The meet will be re-named the Nebraska Police & Fire Bench Press Championships and is being planned to be held in Fremont, Nebraska. The meet will be open to law enforcement officers and firefighters. If you would like to help, sponsor or compete in next years meet contact Tim Anderson at 402-426-0665. (Thanks to Tim Anderson, Nebraska State Chair, for providing these results)

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 Lwts.

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, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi 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 National's, 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 "Muscle 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

May/00... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

LIST THE ISSUES YOU WANT (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA.



**AAU Planet Fitness Push/Pull**  
18 Mar 00 - Burlington, IA

<b>BENCH</b>			
<b>WOMEN</b>			
148 lbs.			350
A. Nolan	160	E. Coates	350
<b>MEN</b>			
165 lbs. Raw			
N. Hamman	275	Master-3 Asst.	
M. Perez	2301	E. Coates	
P. McDowell	315	Master-1	115
J. Yalke	375	198+ lbs.	
242 lbs. Raw			420*
J. Martin	225	A. Beauchamp	
<b>MEN Open</b>			
132 lbs. Raw			
R. McClaren	2601	K. Samberg	2751
<b>Master-2 Raw</b>			
G. Landless	170	BP	DL
<b>WOMEN 148 lbs. Raw</b>			
C. Bowen	75	225	300*
<b>MEN Open 148 lbs. Raw</b>			
S. Lynch	265	4501	715
<b>Master-1 165 lbs. Raw</b>			
K. Hamman	300	4851	785
R. Broeg	240	380*	620
<b>198 lbs. Open Raw</b>			
D. Denisar	390	475	865
<b>242 lbs. Raw</b>			
D. Fisher	430	550	980
<b>Master-1 275 lbs. Raw</b>			
N. Cozine	385	555*	940

all the way here from California. Harry and his wife put a great deal of work into training my TOTALLY green officials. The training went on into the wee hours of the night on Friday. And continued at the meet on Saturday. I also want to thank my wife Penny, and daughter Misty Broeg for their invaluable help on the computer and the cards. Mike Nollen was our meet expediter and did a tremendous job. Our four spotter/loaders were Bob Bartlet, Jason Yacko, Roger Gibbs, and Chris Brown. These are the people who made this meet happen. And there just is not enough words to express my thanks to Paul Armstrong (Planet Fitness owner) and Holly Banks (his manager), for not only allowing me to use their equipment and facility. But under such a difficult time for them, to close the gym while the meet went on, was a tremendous gesture on their part. (Thanks to Roger Broeg for results)

**AAU Raw Teen St./Albemarle Open**  
18 Mar 00 - Elizabeth City, NC

<b>BENCH (Overall)</b>			
242 lbs.			405
D. Pendergast			
114 lbs.			370
D. Bright	95	W. Williams	370
E. Saunders	90		
A. Armstrong	85	C. Elliott	500
O. Swain	80	E. Murphy	315
K. Howlroud	80	L. King	315
R. Lee	75	T. Gibson	160
J. Reeves	45	319 lbs.	
<b>123 lbs.</b>			
B. Simpson	400		
D. Curtis	300		
K. Cole	250		
C. Edgerton	135	SHW	
T. Lyons	120	A. Ange	375m
<b>132 lbs.</b>			
L. Mabinton	225	123 lbs.	
T. Thorne	185	L. Perkinson-17	130*
M. Wilaby	145	148 lbs.	
M. Franklin	145	J. Zak-23	
E. White	120	165 lbs.	
C. Thorton III	70	D. Luff-13	
<b>148 lbs.</b>			
D. Moore	275	K. Blech-18	
B. Zak	260	SHW	
T. Thorne	185	E. Owens-14	135
C. Clay	180	MEN 123 lbs.	
J. Barnes	180	(12-13)	
D. Sylvester	180	C. Edgerton	135
M. Wilson	180	(18-19)	
M. Bowser	160	J. Morris	220
T. Williams	155	(40-44)	
M. Hinton	135	J. Curcio	150*
M. Bowser	135	132 lbs. (18-19)	
T. Williams	130	M. Wilaby	145
S. Hankinson	125	148 lbs. (12-13)	
J. Bowser	95	J. Barnes	180
T. Decker	75	(16-17)	
<b>165 lbs.</b>			
J. Ross	165	B. Beach	155
J. Moore	245	Open	
S. Mitchell	235	B. Zak	260
J. Weaver	205	165 lbs. (16-17)	
N. Delodge	200	(17-18)	265@
D. Nelson	185	C. Ballance	200
J. Tiller	165	D. Bright	107
C. Ballance	150	D. Sutton	120
D. Sutton	120	181 lbs. Open	315@
D. Bright	115	K. Robertson	315
181 lbs.		S. Mitchell	235
R. Young	235	(35-39)	
R. Ross	330	R. Young	235
K. Robertson	315	(40-44)	
M. Thompson	315	J. Gordon	400
R. Melton	285	E. Freethy	275
J. Spencer	280	I. Johnson	185
R. Young	235	J. Paltz	275
C. Carter	225	J. Pierce	225
J. Banks	225	S. Young	130
198 lbs.		220 lbs.	
D. Floyd	365	C. Johnson	340
L. Cohens	360	J. Perry	390
V. Armstrong	350	D. Pittman	265
A. Cabarrus	310	G. Holzmilller	225
198 lbs.		B. Freethy	250
D. Floyd	365	M. Lucas	315
L. Cohens	360	J. Hood	200
V. Armstrong	350	A. Brooks	160
A. Cabarrus	310	275 lbs.	
198 lbs. Open		E. Murphy	475
I. Johnson	300	L. King	350
E. Freethy	275	(55-59)	315
J. Pierce	235	D. Young	375
T. Bell	230	S. Young	205
J. Gordon	220	242 lbs. Open	
G. Landless	145	220 lbs.	
Gary traveled all the way from		D. Pendergast	405@
Indianapolis, IN just to qualify for the Nationals in		W. Williams	370
NV. Gary lifted in the 132 lbs. division and pulled		J. Young	375
an American Record 350 lbs. From there we move		C. Johnson	340
into the dynamic zone. Explosive Rex McClaren		D. Young	375
benched 260 RAW in the 132 lbs. division for a new		C. Johnson	340
RAW open American Record. He then followed up		C. Johnson	340
with a 450 lbs. deadlift, which, also was an Ameri-		D. Pittman	285
can Record. Then came m'y competition. Kevin		G. Holzmilller	275
Hamman who did a RAW 300 bench press in the		B. Freethy	255
Masters-1 165 lbs. division and followed up with an		M. Lucas	315
American Record pull of 485 lbs. I will finish this		J. Perry	390
long string of American Records with a tremen-		J. Hood	200
dous pull by WPC and WDFPF world champion		A. Brooks	160
Noble (Cozy) Cozine. Cozy pulled 555 for a new		380*	
RAW American Record in the Masters-1 in the 275		SHW Open	
lbs. weight division. Our team trophy went to the		BP	DL
Black Iron Powerlifters from Galesburg IL. My		TOT	
MANY thanks to the AAUPC for sending Harry			
Halverstadt (National Chair) and his wife Nancy,			

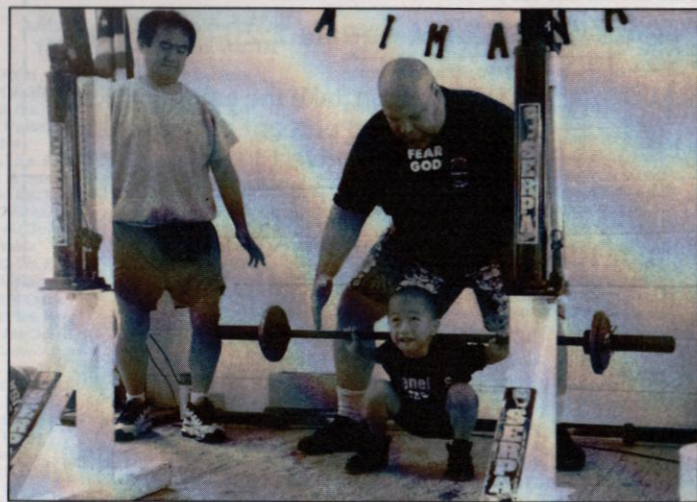


At the AAU Planet Fitness Push/Pull ... starting in the rear, from left to right, Harry Halverstadt, Paul Armstrong, Roger Broeg, Holly Banks, Roger Gibbs; middle row, left to right, Nancy Halverstadt, Kelly Samberg, Rex McClaren, Scott Lynch; front row, Cynthia Bowen, Amber Nollen, Noble (Cozy) Cozine, Dave Fisher (courtesy R. Broeg)

R. Lee	130	75	165	370	T. Thorne-17	205	185	300	680
J. Reeves	85	45	130	255	M. Franklin-14	185	145	280	610
123 lbs.					E. White	125	120	245	505
T. Lyons	155	120	265	540	C. Thorton III-8	95	70	115	280
L. Mabinton	225	123 lbs.			148 lbs.				
T. Thorne	185	L. Perkinson-17	130*		D. Moore-16	300	275	300	875BT
M. Wilaby	145	148 lbs.			C. Clay-13	265*	180*	380*	825*
M. Franklin	145	J. Zak-23			E. White	125	120	245	505
E. White	120	165 lbs.			D. Sylvester-14	230	180	360	770
C. Thorton III	70	D. Luff-13			M. Wilson-15	220	160	300	680
148 lbs.		K. Blech-18			M. Hinton-13	160	135	265	560
D. Moore	275	SHW			S. Hankinson-13	175	125	240	540
B. Zak	260	E. Owens-14	135		C. Clay	160	135	175	470
T. Thorne	185	MEN 123 lbs.			T. Thorne	215	185	405	795
C. Clay	180	(12-13)			D. Sylvester	230	180	360	770
J. Barnes	180	C. Edgerton	135		M. Wilson	220	160	330	680
D. Sylvester	180	(18-19)			M. Hinton	160	135	265	560
M. Wilson	160	J. Morris	220		S. Hankinson	175	125	300	540
B. Beach	155	(40-44)			T. Williams	155	130	250	535
M. Hinton	135	J. Curcio	150*		M. Bowser	150	135	175	470
M. Bowser	135	132 lbs. (18-19)			J. Bowser	115	95	210	420
T. Williams	130	M. Wilaby	145		T. Decker	95	75	145	310
S. Hankinson	125	148 lbs. (12-13)			165 lbs.				
J. Bowser	95	J. Barnes	180		J. Moore	330	245	380	955
T. Decker	75	(16-17)			N. Delodge	300	200	385	885
165 lbs.		B. Beach	155		J. Ross	250	265	315	835
J. Ross	165	Open			D. Nelson	250	185	340	775
J. Moore	245	B. Zak	260		J. Weaver	260	206	305	770
S. Mitchell	235	165 lbs. (16-17)			J. Tiller	185	165	350	730
J. Weaver	205	(17-18)	265@		C. Ballance	255	150	320	725
N. Delodge	200	D. Bright	107		D. Bright	165	115	275	555
D. Nelson	185	D. Sutton	120		D. Sutton	165	120	240	525
J. Tiller	165	181 lbs. Open	315@		181 lbs.				
C. Ballance	150	M. Thomas	315		K. Robertson	315	315	405	1035
D. Sutton	120	S. Mitchell	235		J. Spencer	340	280	370	990
D. Bright	115	(35-39)			R. Melton	205	285	390	880
181 lbs.		R. Young	235		C. Carter	275	225	300	800
R. Ross	330	(40-44)			198 lbs.				
K. Robertson	315	J. Gordon	400		J. Gordon	400	220	455	1075
M. Thompson	315	E. Freethy	275		E. Freethy	275	275	430	980
R. Melton	285	I. Johnson	185		R. Melton	205	285	390	880
J. Spencer	280	J. Paltz	275		C. Carter	275	225	300	800
R. Young	235	J. Pierce	225		J. Paltz	275	205	405	885
C. Carter	225	S. Young	130		1290*BT				
J. Banks	225	220 lbs.			L. King-18	350	315	455	1120
198 lbs.		C. Johnson	340		T. Gibson-14	150	150	315	635
D. Floyd	365	J. Perry	390		319 lbs.				
L. Cohens	360	D. Pittman	265		D. Curtis-17	325*	300*	500*	
V. Armstrong	350	G. Holzmilller	225		1290*BT				
A. Cabarrus	310	B. Freethy	250		K. Cole-15	275*	250*	315*	850*
198 lbs. Open		M. Lucas	315		Open 198 lbs.				
I. Johnson	300	J. Hood	200		E. Freethy	275	275	430	980
E. Freethy	275	A. Brooks	160		Junior (20-23) 148 lbs.				
J. Pierce	235	(40-44)			T. Williams	155	130	250	535
T. Bell	230	275 lbs.			181 lbs.				
J. Gordon	220	E. Murphy	475		C. Carter	275	225	300	800
G. Landless	145	L. King	350		220 lbs.				
Gary traveled all the way from		T. Gibson	150		C. Johnson	340*	300*	480*	1120*
Indianapolis, IN just to qualify for the Nationals in		242 lbs. Open			Master (40-44)				
NV. Gary lifted in the 132 lbs. division and pulled		220 lbs.			J. Moore	330	245	380	9551
an American Record 350 lbs. From there we move		D. Pendergast	405@		G. Holzmilller	225@	275@	325@	825@
into the dynamic zone. Explosive Rex McClaren		W. Williams	370		B. Freethy	250*	225	315	820
benched 260 RAW in the 132 lbs. division for a new		J. Young	375		WOMEN 148 lbs.				
RAW open American Record. He then followed up		C. Johnson	340		J. Zak-23	150*	120	215	485*
with a 450 lbs. deadlift, which, also was an Ameri-		D. Young	375		165 lbs.				
can Record. Then came m'y competition. Kevin		C. Johnson	340		D. Luff-13	105	80*	155*	340*
Hamman who did a RAW 300 bench press in the		D. Pittman	285		K. Belch-18	115	70	150	335
Masters-1 165 lbs. division and followed up with an		G. Holzmilller	275		198 lbs.				
American Record pull of 485 lbs. I will finish this		B. Freethy	255		E. Owens-14	120	135	250	505
long string of American Records with a tremen-		M. Lucas	315		m - Meet Record, * - State Record, @ - Assisted Lift.				
dous pull by WPC and WDFPF world champion		J. Perry	390		1 - Best Lifter, 1 - Top Master, River-Roads Middle				
Noble (Cozy) Cozine. Cozy pulled 555 for a new		J. Hood	200		School once again hosted the AAU Teen State				
RAW American Record in the Masters-1 in the 275		A. Brooks	160		Championships, and as always Paul Bossi and				
lbs. weight division. Our team trophy went to the		380*			his staff held a terrific meet. The meet was two plat-				
Black Iron Powerlifters from Galesburg IL. My		SHW Open			forms, had 90 lifters (83 raw), 8 teams, and I think				
MANY thanks to the AAUPC for sending Harry		BP							
Halverstadt (National Chair) and his wife Nancy,		TOT							

everyone had a great time. I want to start by thanking our judges of Ricky Young, John Gordon, Dave Baldof, Carl Elliott, Jennifer Zak, Paul Bossi, Romona Gilbert, and our unofficial Head Judge, the one and only Pete Gilbert. I also want to thank our table help of Charmaine Lyons, Dreamer Lyons, and Little Bethy Lyons. Finally I want to thank the REAL brains and power behind the meet, Kim Godfrey, and - in my opinion - the best announcer and organizer in the NC AAU, Dawn Nelson. I also want to thank the lifters because it's not the size of the meet, or the amount of weight lifted, but the attitudes shown by the athletes, and everyone had a great attitude. My unofficial sportsmanship award goes to Ricky Young who always brings a fine team, helps judge, load plates, and is a real joy to talk with. Well on with the meet: As always we divide the divisions into two year increments, but my goal is to recognize the top lifters in each weight class, and any special lifts. The top total in the 77 class was 225 by Jamie Reeves. Eptward Saunders squatted a state record 120, benched a record 90, and totaled a record 410 to be the top lifter at 88 for the second straight year. In the 97 pound class Adrian Armstrong pulled a state record 220 to set the total record with 440 for his first overall title and outlast Robert Lee who was a mere 15 pounds behind. At 114 he had another great matchup but Demetrius Bright would total 435 for first. Kevin Howlroud would be close with 410 in second, and in third was Oren Swain. At 123 Timmy Lyons was unopposed, but he still posted a solid 540 total for the title. Joshua Morris pushed a solid 220 for top bench honors in the class. "Cactus" Jim Curcio benched 150 for a masters state record. Larry Mabinton was very impressive as he broke three meet records, and two state records were enough to earn him a 785 total and the top spot in the 132 class. Larry's teammate Tarmon Thorne was also impressive with a 680 total. In the 148 class 16 year old Darnell Moore totaled 875 to join Eptward Saunders as the second overall two time state champion, and win the best teen lifter light award. As impressive as Darnell is, I believe the lifter that will eventually end his streak is new lifter Cordette Clay. Cordette swept all the state records in his class, totaled a whopping 825 and he's only 131 New Lifter Travis Thorne gained a lot of attention as he pulled a (18-19) state record 405 for a record 775 total. 1999 overall champion Matt Wilson finished fifth overall. John Moore defended the pride of the masters lifters, as his 955 was the top total at 165 and earned him the best master lifter award. In the teen division Nathan Delodge pulled a state record 385 to capture the top spot with an 885 total over Johnathon Ross who totaled 835. Donny Nelson pulled a (16-17) 340 state record for the third highest total by a mere five pounds over Nathan Weaver. At 181 Kyle Robertson had a 4-9 day, but his 1035 total was still the top performance of the class. Joey Spencer would finish second overall for the second straight year with a very impressive 990 total. Master lifter Rocky Ross looked very strong as he hit an assisted 330 bench. Johnathon Gordon dominated the 198 class with a 1075 total, and became the first AAU lifter to be the top lifter in his weight class for three straight state championships. Johnathon was also named teen athlete of the year. The real battle was for the second highest total, as Jeremy Paltz and Ivory Johnson would alternate state records, but in the end Jeremy would finish with 895, 10 pounds over Ivory, who was 20 pounds ahead of a very strong Jeff Pierce. David Floyd again showed why he's one of the top benchers in the nation as he benched as assisted state record 365, but Lamar Cohens was close behind with 360 and in third with a masters state record was Victor Armstrong. This was probably the most talented 220 class I've seen, and Jabar Perry led the group with a state record 390 squat and a state record 1050 total. The second highest total was set by Daryl Pittman, who set two state records on his way to a 995 total. In the Jr division Chad Johnson broke all 4 state records, in the masters powerlifting Bill Freethy broke two records, and Greg Holzmilller broke one. In the bench we once again had a great matchup as both lifters only got one lift passed, but in the end Kinta Mallery out benched David Young 380 to 375. Last year David Young was named pound for pound the best raw master's bencher in NC, and he's well on his way to repeating the feat in 2000. At 242 the top bencher was David Pendergast who benched 405. Willie Williams also had a great performance as he hit a 370 masters state record. We had a major upset in the 275 class, as most of us expected Lorenzo King to win his third straight state title. First time competitor Eddie Murphy stole the show by breaking all 4 state records on his way to a 1290 total, and best lifter heavy award. Not had for his first powerlifting meet! Lorenzo King still performed well with a 1120 total. Carl Elliott benched a raw 500 for the top bench in the class, and the best lifter award. At





**Chace Akina, age 4, bodyweight 41 lbs., squatting 44 lbs. (K. Ward)**

stepfather, made it a family of lifters, but Keoki at 11 years and 69 lbs. squatted 115 lbs. making him best youth squat and he went deep. Sunday school teacher Margie Matsumura, at 75 years, totaled 420 lbs. I wonder how many grandmas can do that! Isaiah Hildaky, who's always on high honor roll did out total his Sunday school teacher. Johnathon Aualoa - Ellis didn't make honor roll but he did some big lifting. Terry Hildaky, who's a year younger than his brother Isaiah out lifted him, but doesn't outlift him at school yet - he only made honor roll. Kyle "the pile" McMahon age 9 and 187 lbs. will put anything he runs into a pile, just ask his father & Asst. Coach Kevin McMahon, Kyle squatted 187 lbs. at 9 years old, yea he's going to be big, but he has a bigger heart. In the 1st flight bench only Mr. Escher at 85 years benched 110 lbs. - not bad for a great grandfather, how's yours? Big mana Arthur pushed up almost 200 lbs. Anolani Badua and Ashley Hicks from Mariknoll school heard Kaizer and Waimanalo schools were showing up so they backed out, but so did the boys Brinin Komini,

Christian Miller from Mariknoll school, well, Coach John start training now - there's always next year - oh - and work on fear. Flight 3 started with Waimanalo's own bad girl Kryste Ventura at 13 years deadlifted 253 lbs. Yea, the homestead girls rule Waimanalo. Followed by "sexy" Camela Baqui, mother of Chance, Katrina, and Keoti Akina at 33 and 103 lbs. she deadlifted 292 lbs. "raw". Just what all moms should do. Master Sgt. and body-builder Angela Wynn Brice show why the US Marines are looking for a few good men; they already got a few good women. Angela, keep it up! Speaking of power, Travis and Ryan Kaneshiro show up with their coach and father, former big time lifter Derrick Kaneshiro. Travis put up big numbers for 14 years, but his brother Ryan was awesome taking best squat, bench, deadlift for teenage. Anthony Camacho made his day-benched with his father Anthony and put up good numbers. Eric Rosenberg and RJ Rosenbaum battled it out in the military 181. Eric got a big bench and RJ got even a bigger deadlift. Two of the Marines finest.

Lenord Ventura, also a high honor roll student, had a good day, his sister lifted and Mr. Ventura spotted and loaded. Newcomer Ken Wilson had fun at his first meet - lucky his mother's a chiropractor. Ken is also Asst. Coach of our challenged bench press team, "Yes" mom, ya better stay in the chiropractic business. In the bench only Brandi Hirai, the medical student, showed up with a cast on her leg, and still managed a 209 bench. Brian Ishikawa at 165 and asst., whom I forgot in the trophy presentation, easily pushed 281 up. Flight 3 consisted of all assisted gear lifters starting with Koa Chun lifting with his father Wade Chun. Both are from Puunene, Maui. Koa is coached by his father and this young man has been lifting for a while, just like his father. Representing the US Army was Sgt. Whitehead, one lean, mean, machine - he squatted 2.5x his bodyweight and almost tripled his bodyweight in deadlift. Kirk Nakamura and Carl Cairns faced off. Carl got a little better in deadlift, but Kirk (from Team Maui) came out on top. Jeff Baker and Ken Baker were supposed to face off, but Ken never showed up, so Jeff who had a strong day and went it alone. Now Waimanalo's own Wayne "home town buttee" Kaaloo was coached by his wife and daughter. Moses Timball came all the way from Hana, Maui on that long road, but everyone does it at least once. The road to Hana, Moses Bradda, keep showing up at the meets. Also, from Maui was a young man named Kyoshi Koki, only 67 years old, who had a big bench - 275 lbs. Retired law enforcement officer from Kaneohe, Wilbur Kaimikami got the best squat and our prayers really go out to him - he's an incredible man. In the bench only assisted with gear Todd Cossey from Milliani, Oahu had the 181 all to himself. Kenneth Raines forgot to show up, but his coach Sonny Ronolo did a big time bench at 75 years - 293. Sonny's never met a bench press contest he didn't like - well, we will see at Windward Mall what happens. Flight 4 consisted of all open and master "raw" lifters, those not requiring gear. Donald Crowder won the 220 military class - he enjoyed himself sometimes too much - followed by another fine young Marine, and Captain of Marine Team, Abreham Papaleo, who says someday soon he's really going to deadlift 500 lbs. The 220 open Nolan Nip had it all to himself with big numbers. The 220 masters had Michael Harlow and Maui's Mark Stachiewicz going back and forth on squat and bench, but the Deadlift Commander Harlow took charge. Craig "deadlift" Desoto, 50 years and 220, had a big deadlift of 567 raw. Craig is Captain of Team Maui, and if you're in Lahaina, Maui, see Craig and just maybe he'll

take you rafting. Also from Maui, Polo Castro Boxer / Powerlifter always travels with a hair dryer and a pretty lady from the House of Pain. Hawaii's biggest raw lifter was Greg Payne, hoping for a 2000 pound total raw, but ended up a little short. Greg Travis with his son Monty. In the raw bench only Randy Kawagata at 165 pushed 314 - he's also from Maui. From Olivet Baptist church came Sid Somera and also from Olivet Baptist church was Dean Yamata, lifting for the Lord. Finally, Mr. Bench Press himself, drug free and raw, who has done triple bodyweight, Doug Ortiz is the real deal. The First Baptist Church of Waimanalo would like to thank everyone who helped make this possible along with Olivet Baptist Church. After the trophy presentation Chris Kostas asked Krishna if she would marry him and, due to the number of and spectators, she didn't want to embarrass him, so she said yes. We married them the next day "amen." (Thanks to Keith Ward & Keneke's for the results)

**AAU Bay State Gym Meet  
27 Feb 00 - MA**

WOMEN	SQ	BP	DL	TOT
Master 97 lbs.				
M. Souza-46	160	70	225	455
114 lbs.				
J. Shear-50	205	115	290	610
123 lbs.				
S. Elywn-32	135	135	135	405
Open 148 lbs.				
A. Amberling	135	135	405	675
MEN Master 148 lbs.				
R. Sullivan-54	405	315	375	1095
S. Shocket-55	135	135	135	405
198 lbs.				
B. Eisenman-47	185	185	360	730
242 lbs.				
M. Sieminski-42	135	135	135	405
R. Sullivan-54	405	315	375	1095
275 lbs.				
D. Brennick-42	420	300	440	1060
Open 132 lbs.				
E. Kupperstein	445	265	565	1275
165 lbs.				
D. Moses	435	280	455	1170
319 lbs.				
B. Lynch	605	360	615	1580

I would like to thank Bay State Health & Fitness for their ongoing support of AAU powerlifting. Also the judges and loaders, they are always very important. Most of all I would like to thank the lifters, without them there is no sport. (from Larry Larsen)

**In Memory .....**



**Joseph Ruocco ...** "It is with great sorrow that I report that on March 6, 2000 the powerlifting world lost a fellow lifter. My dear friend and dedicated training partner was tragically killed in a skiing accident on the slopes of Camelback in Pennsylvania. Joe, who would have been twenty-nine on March 11th, leaves behind his wife, Suzanne, and their twenty-two month old daughter, Gabriella. Their second child is due in June of this year. Joe was always there for me, whether it was for a spot, knee wrapping, or putting on my suit and bench shirt. He got me through so many contests. He was the calm in the wave of my storm. I always felt safe when Joe was with me and his spirit is still very much alive in the gym where we trained. It feels good to know that I will always have a powerlifting angel who will see me through my future workouts and contests. The Joseph Ruocco Memorial Trust has been established in his honor and contributions may be sent to: The Joseph Ruocco Memorial Trust, P.O. Box 98, Martinsville, N.J. 08836" (Obituary courtesy of Women's IPF Masters World & USAPL National Champion Ellen Stein of Brooklyn, New York)

**USAPL 29th Hawaii State  
18 Dec 99 - Honolulu, HI**

WOMEN	SQ	BP	DL	TOT
97 lbs. Open				
N. Southchack	170	110	231*	512
105 lbs.				
C. Baqui	198	99	287*	584
114 lbs.				
C. Ford	176	93	220	490
123 lbs.				
M. Lopez	242	99	275	617
132 lbs.				
L. Anzai	198	137	264	600
148 lbs.				
L. Villegas	275	121	275	672
181 lbs. Junior				
J. Kimoto	137	220	391	749
MEN 132 lbs. M-5				
C. Tantog	319	192	385*	898
132 lbs. Open				
D. Edralin	407	286	462	1157
148 lbs. Open				
G. Yoshimoto	402	336	440	1179
F. Corpuz	490	380	457	1328
Teen-1				
A. England	187	110	253	551

Open 165 lbs.	600	369	523	1493
Q. Guzman	418	391	507	1317
A. Iramina	407	303	485	1190
K. Prevey	402	259	424	1085
C. Delacruz	143	319	402	865
B. Ishikawa	55	507	55	617
C. Couvillion				
Master-8	55*	292*	55*	402*
S. Ronolo				
Open 165 lbs.	507	341	-	-
S. Lau				
E. Funakoshi	573	429	617	1620*
Teen-1				
L. Ventura	275	203*	385*	865*
Open				
K. Lacy	inj	-	-	-
198 lbs. Master-1				
G. Fenster	573	341	688*	1603
Junior				
E. Lima	402	330	418	1151
Teen-2				
J. Teixeira	391	275	402	1069
Open 220 lbs.				
E. Ho	407	242	374	1025
Master-4				
R. Ha	314*	297*	314*	925*
Open				
A. Acome	-	-	-	-
242 lbs.				
T. Harris	804*	479	782*	2066*
S. Aho	540	501	551	1592
S. McShane	534	501	540	1576
275 lbs.				
B. Vierra	622	4002	473	1499
J. Owens	512	424	523	1460
275+ lbs.				
T. Lelalo	832	600*	733	2166*
M. Ahol, Jr.	705	507	567	1780
Master-1				
L. Kamaka	551	451	501	1526
Master-2				
K. Ward	402	363	440	1207
Open				
R. Shepard	650	-	-	-
J. Mensberg	-	-	-	-
*Hawaii State Record. †American Record. (Thanks to USAPL for providing the meet results)				

**USAPL Mass Open High School  
11-12 Mar 00 - Taunton, MA (kgs.)**

WOMEN	SQ	BP	DL	TOT
Teen (14-15) 123 lbs.				
T. Avylla (16-17)	85	-	-	-
C. Farland 148 lbs. (16-17)	70	37.5	85	192.5
B. Sullivan 182.5+ (16-17)	75+	40+	67.5+	
165 lbs. (16-17)				
M. Moniz (18-19)	85	47.5	105	-
S. Staples 198 lbs. (16-17)	87.5	42.5	105	235
A. Perry 95* 52.5* 107.5* 255*				
MEN Teen (14-15) 114 lbs.				
B. Puccio 107.5*+ 65*+				
137.5*+ 310*+				
123 lbs. (14-15)				
J. Kachmanky 95 60 137.5* 292.5				
K. Horigan 82.5 65 110 257.5				
(16-17)				
J. Simonson 100 62.5 132 295				
132 lbs. (14-15)				
A. Ray 110 72.5 117.5 300				
C. Wicks 77.5 50 100 227.5				
132 lbs. (16-17)				
J. Souza 120 75 135 330				
S. Nixon 112.5 45 125 282.5				
D. Barbosa 90 57.5 110 257.5				
148 lbs. (14-15)				
J. Swanson 125 80 155 360				
Z. Botel 100 75 140 315				
J. Castanino 100 62.5 130 292.5				
(16-17)				
P. Fitzgerald 165 115 190 470				
J. Heagney 170+ 100+ 175+ 445+				
S. Crogan 122.5 82.5 160 365				
K. Pendlebury 127.5 82.5 152.5 362.5				
F. Gracia 105 65 120 290				
(18-19)				
S. Quiet 125 82.5 175 382.5				
T. Imbeau 102.5 70 160 232.5				
165 lbs. (14-15)				
M. Dorsey 172.5*+ 95 160				
427.5				
B. Vicente 142.5 92.5 162.5 397.5				
J. Boucher 125 60 160 345				
D. Cormier 127.5 75 135 337.5				
P. Kane 120 70 142.5 332.5				
K. O'Malley 100 75 145 327.5				
S. Holzer 110 70 142.5 322.5				
J. Zexter 97.5 57.5 132.5 287.5				
M. Diette 82.5 65 115 262.5				
(16-17)				
J. Rego 192.5 127.5*+ 197.5				
517.5				
J. Gazda 172.5 100 212.5 485				

B. Webber 62.5 97.5 185 445				
K. Burke 157.5 97.5 182.5 437.5				
T. Bartlett 150 87.5 192.5 430				
K. Macarick 142.5 92.5 160 395				
A. Kerwin 132.5 87.5 172.5 392.5				
S. Kentwell 130 87.5 172.5 390				
R. Shea 135 95 157.5 387.5				
A. Kramer 115 90 182.5 387.5				
B. Taylor 117.5 85 145 347.5				
P. Martins (18-19)				
D. Chiasson 110 87.5 115 312.5				
C. Tosti 157.5 102.5 185 445				
181 lbs. (14-15)				
F. Dzerkacz 227.5* 112.5* 227.5*				
567.5* (16-17)				
D. Sanchez 235* 137.5 232.5 605*				
M. Caputo 220+ 100 207.5+				
527.5+				
M. Malvesti 190 110 225 525				
J. Fannon 165 102.5 200 467.5				
R. Kent 167.5 92.5 197.5 457.5				
M. Milani 160 92.5 182.5 435				
M. Teixeira 150 87.5 195 430				
S. Moynihan 165 87.5 162.5 415				
G. Saltalamacchia 140 77 145 362				
(18-19)				
A. Kennedy 142.5 102.5 190 435				
S. Bourmazian 137.5 87.5 155 380				
198 lbs. (14-15)				
N. Koshinsky 160 97.5+ 197.5+ 455+				
R. Germaine 82.5 67.5 137.5 287.5				
(16-17)				
C. Koulopoulos 205 117.5 272.5* 595				
S. Babcock 155 115 200 482.5				
D. Nelson 182.5 115 182.5 480				
M. Parker 150 72.5 150 372.5				
A. Sousa 142.5 85 142.5 370				
G. Clarke 112.5 77 - -				
K. Hanson 105 65 - -				
C. Letikowitz 175 - - -				
220 lbs. (14-15)				
B. Quinn 160 100 190 450				
(16-17)				
D. Anderson 202.5 100 252.5 555				
J. Guillet 205 117.5 225 547.5				
D. Bosh 200 132.5* 210 547.5				
K. Fernandes 200 115+ 185 500				
M. Winsper 190 105 195 490				



J. Silva 172.5 80 160 412.5				
M. Hanoud 142.5 90 170 402.5				



**USPF Kentucky PL/BP**  
26 Feb 00 - Pikeville, KY

BENCH (18-19)	220 lbs.	350		
Open	D. Anderson			
WOMEN	Submasters			
Teen (16-17)	181 lbs.			
165 lbs.	J. Little	335		
R. Gibson	120	Open 198 lbs.		
MEN	A. Hampton	325		
Teen (14-15)	220 lbs.			
181 lbs.	R. Gibson	275		
T. Charles	300	308 lbs.		
(16-17) 181 lbs.	H. Blackburn	455		
D. Hall	335			
MEN	SQ	BP	DL	TOT
Teen 148 lbs.				
C. Newsome	315	230	380	925
198 lbs.				
L. Luster	235	245	315	795
WOMEN Open 132 lbs.				
S. Hyden	175	110	245	530
Submaster 123 lbs.				
K. Burchett	205*	125*	235*	565*
Masters 148 lbs.				
S. Conley	175*	100*	230*	505*
MEN Open 165 lbs.				
D. Fields!	600*	325	550	1475
181 lbs.				
M. Roberts	500	325	455	1280
T. Kidd	450	300	500	1250
198 lbs.				
C. Phillips	365	280	455	1100
220 lbs.				
E. Crum!	600	450	650	1700
J. Bevins	500	350	565	1415
242 lbs.				
J. Kidd	550	385	595	1530
C. Hicks	550	375	600	1525
275 lbs.				
C. Stalker	250	235	450	935
308 lbs.				
J. Allen	725*	500*	675*	1900
SHW				
M. Branham	850*	145	145	1140
Submasters 220 lbs.				
W. Jones	425*	335*	455*	1215
275 lbs.				
L. Cross	650*	420*	650*	1720
Masters 165 lbs.				
D. Fields!	600*	325*	550*	1475
220 lbs.				
R. Burruss	515*	335	560*	1410
SHW				
M. Branham	850*	145	145*	1140



**Don Fields broke his own USPF Kentucky State record of 573 lbs. in the squat with 600 at this year's state meet. He also holds Kentucky state total records of 1752 at 198, 1650 at 181, and 1537 at 165, and he currently competes in multi-sport events. (photographs courtesy Don Fields)**

of a competition shirt. Casey Newsome looked impressive with a bodybuilder's physique and also lifted very well without the aid of equipment posting a total only 88 pounds below the state record. Considering who his dad is, you can expect to see Casey on both the bodybuilders stage and the lifting platform for years to come. The women's division saw Kathy Burchett returning to the platform after 12 years, a local lifter that has held various state records in the past, she now owns all of the submaster records in the 123 class. Suzanne Hyden shows great promise as a 132 class lifter as she easily pulled 245 off the floor even though she couldn't grip the bar due to fresh stitches in one of her fingers. Sandra Conley continues to improve in the Masters division with records in both the 132 and 148 classes. Only two existing open state records were broken in this meet and one of those was the 165 class squat record of 573 lbs. which has held since the 1987 KY state meet. Don Fields broke his own record by 27 pounds to record an even 600 pounds in the open and the masters divisions. Fields is also the KY State Chairman for the USPF, a personal trainer and multi-sport endurance competitor. This meet was exactly 7 days before Fields entered and won a 4 race series in

USCF road bicycle racing and follows 2 years of competition in adventure racing, triathlon, duathlon, mountain bike and kayak racing. The SHW record also fell to the same person who established the previous mark of 832 back in 1992. Mike Branham, another masters lifter, squatted an easy 850 to record the heaviest squat to date in a Kentucky USPF meet, 900 would have gone also but for a badly strained brachialis tendon that wouldn't allow Mike to set up the lift. The men's open saw the 308 class records established by Jim Tom Allen, an accomplished strongman competitor, who also posted the highest total in the meet, 1900 even. Other records were established in the men's submasters class by KY State Trooper, Lynn Cross in the 275 class with a 1720 total and also by Wesley Jones in the 220s. The Masters division saw Randy Burruss, a successful bodybuilder turned powerlifter, break his own masters records in the 220 class with a 1410 total. Overall the quality of the meet was very high, with so many (older) lifters returning to the platform to break or establish records. The judging was carried out by well qualified and tested officials, David Willett, Jeff Ford and Pernell Little, all competitors and judges with no less than 15 years of experience each. Next year the KY State Meet will combine with the Pikeville Open and the YMCA Open Bench press, to be held the last Saturday in February, 2001. For more information on KY powerlifting, strongman & multi-sport events, contact Pro-Fitness MultiSports @ 606-886-8604 or www.multisports.net. (Thanks to MultiSports for providing these contest results)

**USPF WV HS Powerlifting**  
4 Mar 00 - Parkersburg, WV

	SQ	BP	DL	TOT
Junior 114 lbs.				
J. Shrewsbury	121	82	209	413
A. Weaver	137	126	225	490
J. Brezinski	148	99	253	501
123 lbs.				
C. Gillispie	126	104	236	468
132 lbs.				
J. Vaught	275*	192*	352*	821*
148 lbs.				
S. Moore	176	170	303	650
J. Honaker	231	143	303	677
J. Ernest	259	148	303	710
D. Waller	314	203	341	859
J. Wingfield	270	192	—	—
J. Putzulu	181	143	275	600
J. Natali	170	203	303	677
J. Blatt	319	192	330	843
M. Poling	225	181	314	722

181 lbs.				
S. Blatt	336	176	336	848
N. Haynes	—	—	—	—
198 lbs.				
E. Whitaker	192	187	—	—
R. Crawford	187	181	314	683
A. Houser	303	308*	424	1036
220 lbs.				
A. Bennett	154	154	314	622
275 lbs.				
S. Casto	292	264	369	925
B. Knight	303	220	341	865
308 lbs.				
M. Underwood	385	270	413	413
SHW				
N. Billiter	—	—	—	—
L. Davis	176	176	275	628
WOMENS 105 lbs.				
M. Sall!	154	77	181	413
114 lbs.				
A. Crickard	99	88	187	374
S. Coleman	121	71	198	391
S. Windland	143	82	242	468
165 lbs.				
J. Phillips	—	—	—	—
181 lbs.				
C. Beal	214	115	242	573
MEN Senior 132 lbs.				
J. Hoops	187	148	286	622
A. Phillips	253	214	380	848
148 lbs.				
J. Poling	187	220	319	727
J. Ernest	275	192	347	815
R. Edens	275	154	336	766
165 lbs.				
E. Antolini!	391	231	435	1058
A. Brown	330	220	374	925
B. Towne	347	236	413	997
E. McClusky	198	176	396	771
J. Boston	319	198	407	925
H. Moye	358	314	380	1052
181 lbs.				
E. Moles	325	231	446	1003
B. Chapman	297	264	281	843
D. Parker	314	242	402	959
R. Turpin	308	187	424	920
J. Bennett	369	308	380	1058
E. Cox	391	259	485	1135
198 lbs.				
J. Meisterhans	209	154	319	683
J. Jeffries	231	314	396	942
I. Nuchols	281	242	407	931
B. Sims	325	170	385	881
J. Buskirk	292	225	473	992
D. Darnell	424	303	451	1179
K. Smith	319	203	441	865
220 lbs.				
J. Knopp	374	225	396	997
242 lbs.				
J. Winter	473	319	451	1294
R. Ernest	402	281	418	1102
J. Blankenship	325	209	407	942
275 lbs.				
A. Johnson	523	352	529	1405
J. Boyd	540	303	507	1349
G. Phillips	292	203	336	832
E. Mitchem	214	192	325	733

\*-WV High School record. !-Best Lifter. Parkersburg South 1st Place Women's Team; Pikeview High 1st Place Men's Senior Team; Pikeview High 1st Place Mens Junior Team. (Thanks to Parkersburg South High School for providing the results)

**USPF Oklahoma State/Classic**  
26 Feb 00 - Shawnee, OK

165 lbs.	SQ	BP	DL	TOT
R. Dale	—	365	—	365
181 lbs. Junior				
J. Talton	435	335	450	1220
M. Crouch	400	215	435	1050
P. Segura	—	—	—	—
198 lbs.				
H. Lehman	—	400	—	400
Submaster				
H. Lehman	400	400	450	1250
220 lbs. Master				
C. Caputo	480	370	580	1430
L. Cox	—	365	—	365
Submaster				
F. Richartz	505	315	550	1370
242 lbs. Junior				
C. Lavalley	225	235	330	790
Master				
R. Henshaw	540	375	515	1430
D. Cook	—	405	—	405
275 lbs.				
J. VanWinkle	—	510	—	510
G. Knight	—	325	—	325
SHW Junior				
S. Williams	540	375	500	1415
Master				
C. Clonce	575	305	460	1340
Open BENCH				
R. Wolf	—	440	—	440

\*-National Masters Record. Team Winner: Crain's Muscle World, Ltd., Shawnee, OK. (Rickey Crain)

**Abdon's Open Bench**  
25 Mar 00 - Moncks Corner, SC

MEN		WOMEN	
Teen 165 lbs.		132 lbs.	
Kent, J.	150	Alkman, S.	105
181 lbs.		123 lbs.	
Hunt, L.	270	Fusco, S.	170
Masters (50-54)		MEN	
220 lbs.		Open 242 lbs.	
Conway, D.	290	Thompson, D.	405
Open 198 lbs.		Teen 148 lbs.	
Bartley, M.	385	Browning, S.	170
220 lbs.		Junior 181 lbs.	
Lord, R.	—	Duval, C.	260
Master (40-44)		Open Pro 242 lbs.	
SHW		Smith, J.	530
Betzer, L.	320	Master (55-59)	
242 lbs.		308 lbs.	
William, S.	440	Blackmon, J.	430
Submaster 308 lbs.		Open 308 lbs.	
Stivender, L.	385	Thomas, J.	440
Master (55-59)		198 lbs.	
242 lbs.		Wilson, S.	—
Arthur, L.	420	220 lbs.	
Junior 165 lbs.		Coker, J.	370
Ashe, R.	330	198 lbs.	
Open 165 lbs.		Ferrara, K.	—
Boley, J.	235	Teen 148 lbs.	
		Friedland, J.	185

**USAPL New Millennium BP/ CA DL**  
19 Feb 00 - Los Altos Hills, CA

165 lbs. Novice		Master-1	
S. Dias	347	L. Gray	88
181 lbs.		Master-3	
Teen (14-15)		114 lbs.	
B. Whelpy	176	C. Brigham	121
220 lbs.		DEADLIFT	
Teen (16-17)		Teen (14-15)	
R. White III	286	181 lbs.	
242 lbs. Junior		B. Whelpy	314
T. Hunt	341	198 lbs. Teen (18-19)	
Open 148 lbs.		J. Crites	473
J. Shapiro	253	220 lbs. Teen (16-17)	
165 lbs.		R. White III	451
M. Hara	473	242 lbs. Junior	
F. Mulhair	297	T. Hunt	523
181 lbs.		Open 148 lbs.	
J. Jones	374	J. Shapiro	363
198 lbs.		165 lbs.	
K. Kanemoto	451	F. Mulhair	468
220 lbs.		198 lbs.	
M. Ludovico	501	K. Kanemoto	534
J. Tremblay	385	220 lbs.	
S. Pena	358	J. Tremblay	600
242 lbs.		275 lbs. Master-1	
S. Silver	446	M. Venning	551
L. Vargas	358	Submaster	
275 lbs.		R. Kitani	556
Submaster		Master-2	
R. Kitani	562	J. Randazzo	341
W. Sink	259	Master-3	
L. Tirri	—	H. Shviale	451
148 lbs.		181 lbs. Master-4	
Master-3		S. O'Neill	473
H. Sniviac	225	198 lbs. Master-1	
Master-4		D. Bertier	479
181 lbs.		L. Reali	485
S. O'Neill	286	Master-3	
198 lbs.		D. Cummerow	347
Master-1		220 lbs. Master-3	
D. Bertier	275	D. Imrie	207
Master-3		Master-4	
D. Cummerow	369	D. Dienelt	600
220 lbs.		242 lbs. Master-1	
Master-4		G. Stevens	523
D. Dienelt	391	275 lbs. Master-1	
242 lbs.		A. Clayton	4











**USAPL Illinois St./Great Rivers Open  
18 Mar 00 - Harrisburg, IL**

BENCH	275 lbs.			
Illinois State	Masters (40-44)		400	
Open 148 lbs.	G. Walker			
I. Zwick	260	SHW		
198 lbs.	Masters (50-54)			
L. Edwards	350	D. Schlattman	375*	
SHW	198 lbs. Teen (18-19)			
R. Perrine	405	F. Warpera	320	
148 lbs.	Great Rivers			
Masters (60-64)	198 lbs.			
I. Zwick	260*	T. Bennet	340	
198 lbs.	SHW			
Submasters	R. Perrine		405	
C. Gardner	325	198 lbs.		
	Masters (40-44)			
	R. Vitely		300	
Illinois State	SQ	BP	DL	TOT
WOMEN 97 lbs. Teen (14-15)				
M. Mfuzyamba	125*	65*	165*	355*
105 lbs. Teen (14-15)				
S. Denbow	115*	65*	125*	305*
132 lbs. Teen (14-15)				
K. Sands	140	75	195*	410
148 lbs. Teen (14-15)				
R. Buchholz	110	70	175	355
165 lbs. Teen (14-15)				
T. Denny	130*	75*	170*	375*
M. Carr	120	65	155	340
181 lbs. Teen (14-15)				
C. Gibbons	120*	80*	215*	415*
198 lbs. Teen (14-15)				
C. Keener	125*	65*	200*	390*
114 lbs. Teen (16-17)				



Right to Left: Suzanne Motsinger (coach & meet director), Debbie McIntosh, Melanoe Motsinger, Heather Burroughs. (S&M photos).



Chelsea Keener set Illinois records for the 198 lb. class (14-15) in SQ, BP, DL, and total for the S&M Fitness Power Team. (S&M photo)

A. Jackson	150	85	240	475	D. McIntosh	205	115	235	555
123 lbs. Teen (16-17)					165 lbs.				
S. Hobson	160	90	205	455	D. Vick	180	90	220	490
B. Alecci	120	90	180	390	181 lbs.				
132 lbs. Teen (16-17)					C. Martin	355	195	370	920
C. Sweat	170	90*	230	490	198 lbs.				
148 lbs. Teen (16-17)					K. Golish	145	75	210	430
A. Crank	125	65	180	370	198+ lbs.				
S. Hill	125	65	175	365	A. Long	170	90	215	475
165 lbs. Teen (16-17)					Great Rivers				
K. Stevers	125	80	235	440	114 lbs.				
181 lbs. Teen (16-17)					M. Denton	200	80	260	540
A. Thomas	140	75	205	420	148 lbs.				
A. Ethridge	125	65	150	340	M. Motsinger	135	65	205	405
198 lbs. Teen (16-17)					Illinois State				
K. Golish	145*	75*	210*	430*	MEN 148 lbs.				
198+ lbs. Teen (16-17)					M. Rollings	400	225	425	1050
A. Smith	160*	90*	230*	480*	165 lbs.				
132 lbs. Teen (18-19)					B. Stanley	390	235	465	1090
B. Bushmire	250*	105*	245*	600*	198 lbs.				
148 lbs. Teen (18-19)					J. Janek	475	330	500	1305
S. Bowles	145	70	215	430	275 lbs.				
198+ lbs. Teen (18-19)					M. Frizzell	725	470	575	1770
A. Long	170*	90*	215*	475*	SHW				
WOMEN Open 97 lbs.					J. Huber	550	350	500	1400
M. Muzyamba	125	65	165	255	220 lbs. Teen				
105 lbs.					K. Hunt	500	215	460	1175
J. Gedney	240	130	280	650	148 lbs. Masters (60-64)				
114 lbs.					I. Zwick	45*	260*	45*	350
A. Jackson	150	85	240	475	242 lbs. Masters (55-59)				
123 lbs.					W. Allen	350*	265*	510*	1125*
H. Burroughs	130	85	165	380	275 lbs. Masters (40-44)				
148 lbs.					M. Frizzell	725*	470*	575*	1770*

**IL State Police & Fire**

165 lbs.				
B. Stanley	390*	235*	465*	1090*
198 lbs.				
M. Carwyle	435	325	470	1230
275 lbs.				
W. Hinkle	450	275	460	1185
Great Rivers				
Open 181 lbs.				
D. Hinton	450	280	460	1190
275 lbs.				
E. Williams	410	250	460	1120
275 lbs.				
M. Frizzell	725	470	575	1770
220 lbs. Masters (40-44)				
D. Book	515	310	450	1275
*-Illinois State Record. Best Lifters Men: Nuke Frizzle; Women: Judy Gedney; Men's Team: Scruppies Gym; Women's Team: S&M Fitness Power Lifting Team. Judges: Rick Fovirler, Steve Corum, Judy Gedney, Tim Piper, Pan Oayne, April Horning, Scott Dearing and Mark Molsinger. Spotters: Brandon Reynolds, Brandon McIntosh, Adam Watson. Platform: Captain Rick Dearing. Officials: Tom Foster, Amy Wiltzer, Harvey Slayton and Larry Marcom. Tech Support: Adam Dennison, Kenny Thomas, Neda Djuric, Vedrana Bajasic, Tonya Chavis, Drajana Banjac, Gorica Gramatikova and Marco. Special thanks to Robert Hudnell, Butch Melvin and Melvin Hall for helping wrap 24 first time lifters. Thanks to Paines Gym and S&M Fitness for Equipment. Meet Directors: Mark and Suzanne Molsinger. Meet was held at Southern Illinois College. (Thanks to S&M Fitness for results)				

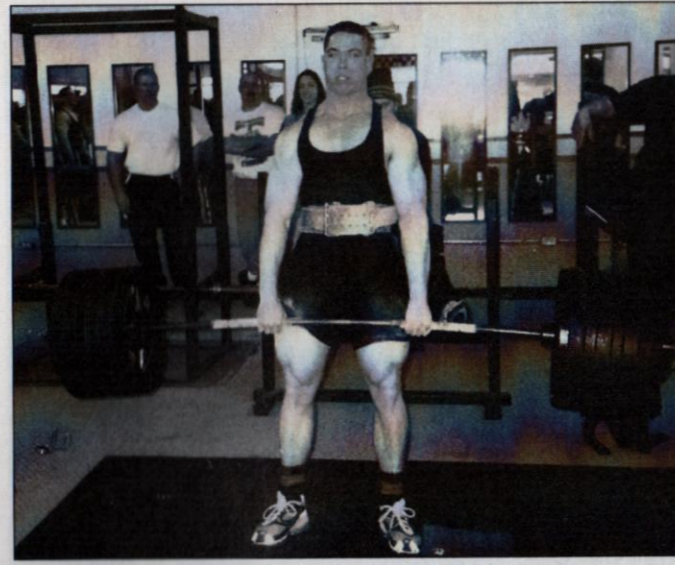


Maju Muzyamba (90 1/2 lbs. from Zambia) set Illinois 14-15 records

**Ozark Open BP/DL  
29 Jan 00 - Poplar Bluff, MO**

BENCH	198 lbs.		
MEN Teen	Z. Aleya		500*
T. Moore	245	181 lbs.	
J. Tiedleton	190*	R. Cline	275
Junior	198 lbs.		
J. Troutman	370*	R. Coggins	340
Master (50-59)	220 lbs.		
L. Kirby	355	K. Parrish	430
165 lbs.			
C. Ellsworth	245	K. Hahn	460*
DEADLIFT	L. Young		365
Teen	WOMEN		
J. Stratton	450	Master (60-69)	
D. Brown	445*	S. Miller	155*
J. Bradsher	700	Master (60-69)	
4th	725*	D. Miller	225
		Guest Lifter	
		J. Troutman	530

\* Personal record. Best Lifter: Kevin Hahn. The Ozark Open Bench Press/Deadlift Classic was held at the Coliseum Health & Fitness. Thanks to Dave and Shirley Miller for once again hosting this annual event. We had a fair turnout, considering the weather and the slick roads, which I will mention more about later. In the bench press competition Teenage winner T. J. Moore was lifting in only his second competition, but still got an impressive 235 @ 140. This was a new personal record for T. J. Second in the teenage class was Josh Tiedleton who was lifting in his first competition. Josh did well, though, finishing with a pr 190. In the junior division Jeremiah Troutman had a great day, winning that class with a personal best 370. Jeremiah was close with a 400 fourth attempt, just failing to lockout. Up next was a very special lifter, Lonnie Kirby. Lonnie has been competing for about three thousand years, and in the past six months or so has been making a comeback from open heart surgery. At fifty-two Lonnie can still give the younger lifters a run for their money. Lonnie's third attempt was an EASY 355 and 370 would have gone except for difficulties during lift-off. Still at 219 bwt., that's not too shabby for THE GREAT ONE! In the open classes Chris Ellsworth took the 165s with a strong 245. A final attempt with a pr 255 stopped just short of lockout. Ronnie Cline got only his opener of 275, but that was good enough for the win at 181. Ronnie missed 305 twice. At 198 it was Ricky Coggins, finishing with 340 for the win. Ricky was close with a pr final attempt of 350 but was just



Jake Bradsher PRs 725 for 1st in the Junior Men category at the Ozark Open, weighing only 216. (photo courtesy of Dr. Darrell Latch)

short of lockout. Keith Parrish also lifted well, taking the 220s with an easy 430. Two attempts with 440, however failed at lockout. Kevin Hahn has been struggling for some time now with his old shirt, so it was good to see him with a good new one. This was the first time he had used the shirt, so of course, it's not yet "set", but Kevin still managed three new pr's, the win at 242, and the best lifter trophy with a great 460 @ 228. Kevin WILL get 500 with this shirt before long! Second at 242 was Larry Young, who's also going to be a "good one", getting just his opener of 365 but coming close with a pr 405 twice. In the deadlift competition Justin Stratton out-pulled Dave Brown 450 to 445 to win the teenage division. Both men were also close in bwt., Justin 158 to Dave's 163. This being Dave's first competition, Justin's experience showed through, making three perfect pulls, with twenty pounds left in him. In the junior men's division, one of the nation's top pullers came out to strut his stuff, Jake Bradsher. What a great puller! Jake took four attempts, making each one just as strong as the last, ending with a personal best 725 at a 216 bwt! That would place Jake at No. 8 on the current 100 list for the 220s! At 198 Zach Aleya won with a perfect 3 for 3 day, finishing with a pr 500 @ 190. We had one women competitor, the co-owner of the gym, Shirley Miller. This was Shirley's first competition, and at the tender age of 62 she showed no fear of the weight, going 3 for 3 and ending with a personal best 155. Keep training girl! Husband Dave (who's the ugly one of the family) took the other master title with his opener of 220, dropping out because of some back pain. Guest lifter Jeremiah Troutman looked strong with a final attempt of 545 to finish out the day. Thanks again to Dave and Shirley. (Thanks to Dr. Darrell Latch for results)

R. Bourciau-44	515	360	500	1375
F. Borowski-56	400	250	420	1070
Open				
G. Jones-23	135	-	-	-
132 lbs. Open				
T. Smith-36	405	215	415	1035
D. Portier-19	-	200	-	200
148 lbs.				
T. Hoerner-22	635	335	615	1585
S. Legendre-20	370	226	425	1020
165 lbs.				
S. Stuart-26	516	375	505	1395
G. Luce-32	500	280	535	1316
B. Robbins-21	545	310	345	1200
D. Cagnolatti-26	426	320	425	1170
J. Shurley-19	415	235	460	1110
C. Gallo-21	430	240	420	1090
Master				
J. Rhodes-47	415	285	450	1130
C. Calix-25	0	275	0	275
Master				
D. Dreyer-78	0	135	0	135
WOMEN Master 148 lbs.				
A. Heitzman-49	190	80	230	500
165 lbs.				
T. Magendie-19	205	115	180	500
181 lbs. Master				
M. Harrison-43	550	305	585	1420
Open				
D. Cifre-28	640	300	560	1400
R. Lunsford-24	550	340	500	1390
D. Belanger-39	500	335	650	1385
D. Hardin-19	425	290	500	1215
Master				
J. Wold-52	450	265	485	1200
Open				
R. Radler-30	405	326	465	1185
B. Luminis-21	360	260	460	1080
J. Matta-19	370	246	430	1045
Master				
B. Calihan-61	350	225	425	1000
Open				
B. Greene-28	0	250	455	705
H. Brown-18	0	240	0	240
E. Gray-38	350	-	-	-
J. McGrew-29	-	-	-	-
198 lbs. Open				
S. Lemarie-37	550	330	550	1430
Master				
D. Kernion-54	430	240	410	1080
B. Gex-40	390	245	405	1040
Open				
C. McFarland	380	255	380	1015
Master				
L. Landnais-54	365	225	410	1000
R. Jinkins-56	0	275	475	760
J. Klastergaard-51	330	380	0	710
D. Pruitt-26	445	0	0	445
B. Beason-25	0	440	0	445
E. Sallee-26	0	365	0	365
Master				
M. Duncan-41	0	320	0	320

**1st West Lafayette Classic BP  
20 Feb 00 - W. Lafayette, OH**

165 lbs.				
Teen Raw				
W. Garza	275	B. Clum	270	
Teen Open		Submaster		
W. Garza	325	B. Dotson	380	
Open		Raw Submaster		
W. Garza	325	B. Dotson	380	
181 lbs. Teen		R. Clement	205	
A. Hicks	240	M. Lahna	370	
Raw		Open		
J. Wilson	215	R. Young	530	
Open		242 lbs. Raw		
J. Dotson	380	J. Custer	330	
198 lbs. Raw		Master		
J. Ridenbaugh	390	K. Knisely	400	
D. Casania	275	275 lbs. Teen		
220 lbs. Teen		J. Brown	370	
K. Crlow	280			

**Canadien de Souleve de Terre  
07 Nov 99- Montreal, CAN**

DEADLIFT	181 lbs. Junior		
WOMEN	E. Plante		440
148 lbs. Junior	Open		
N. Coderre	225*	D. Lafond	420
MEN 165 lbs.		198 lbs. Sub	
T(18-19)		S. Hebert	415*
K. Bernatchez	345*	M(50-54)	
Submaster		M. Sadouski	400*
C. Dallaire	615	242 lbs. Open	
Open		S. Grenier	700*
C. Dallaire	615		

\*-Canadian Records. 1-Quebec Records. Head Referee: Lise Landry. Side Referees: Richard Taylor, Marcel St. Laurent. Best Women: Nancy Coderre. Best Men: Claude Dallaire. (from Marcel St. Laurent)

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(article continued from page 11)

(810 lbs.). Perez of Puerto Rico 2nd and Welding of USA 3rd.

82.5 Women: again 4 women competed with USA's Linda Cataldo winning and posting a 457.5 kgs (1008 lbs.) for a 75 kg. (165 lbs.) win over Canada's American domiciled, Monique Hartle. Monique tied with USA's Newman. Hartle, the lighter lifter, got the silver. Hartle was only 1/2 kg. over the class weight and with the loss of 500 grams she might have competed in the 75 kg. class, where her total would have won.

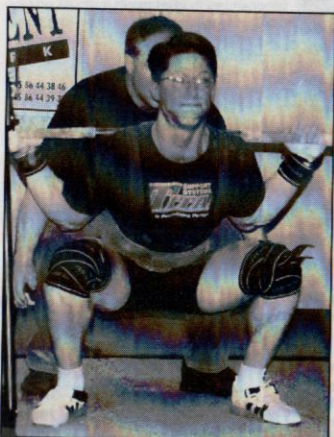
There were two 90 kg Women. Geneva Williams of the USA hit 462.5 kgs (1019 lbs.) for the win over Newbold of the Bahamas. And in the 90+ kg class it was all Sue Hallen of USA beating Puerto Rico's Leclerc with her 432.5 kgs (953 lbs).

Lifters in 5 countries competed in the women's events. When the women's lifting was over the USA Women were Number 1 behind a lively and loud 2nd place Puerto Rican team. 3rd place went to Mexico while Canada came out ahead of the team from the Bahamas.

The Men's 56 kg Class had one lifter, Julio Rodriguez of Columbia. Julio is another strong lifter from the South of us who, with more experience, may be a force in the future. His last deadlift, 187.5 kg. showed great determination.

Men's 67.5 kg. class: Colorado's Keith Scisney's bounce on the bottom of his opening squat cost Scisney the lift and eventually the loss by 2.5 kgs. America's Simmons out-pulled Scisney by 22.5 kgs. The winning deadlift gave Greg Simmons a total 625 kgs (1377 lbs.) for the gold medal. Mills, a master lifter, took 3rd place. Mills gets the Pan Am record for the deadlift for the Bahamas, and took the bronze.

The 3 man 75 kg. class featured former world record holder Wade Hooper. It was reported Wade was sick at the meet. He only made 3 lifts and posted a 740 kg. total. However,



Greg Simmons won in a close battle and he provided this photo.

in this competition, it was enough for an 82.5 kg. win over the next best lifter and it won Wade the award for the 'best squat' of the men's competition. Canada's Marshall took the silver medal, Medina of Mexico was 3rd.

Six lifters competed in the 82.5 kg. class. Canada got its 1st gold medal of the competition when Jeff Becker posted 747.5 kgs (1,647 lbs.) winning over USA's James Benemerito by 12.5 kg. Willet of the USA took 3rd, just 2.5 kg. behind James. Willet had the winning deadlift in his hands and most of the way up but he could not finish the 688 pound effort.

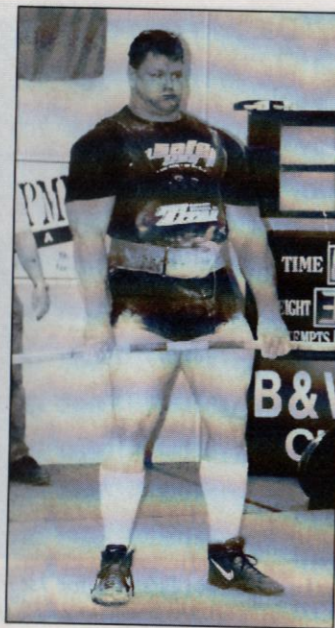
Robert Wagner led the three men of the 90 kg. class. His 797.5 kg. (1758 lbs.) was 97.5 kg. ahead of Canada's Jeff Butt. Jeff Butt is a meet director, promoter and Canadian Champion lifter. Robert Wagner is an IPF veteran of many championships and sought after coach and speaker. Rob took it a bit easy as he was recovering from a major injury last year and a small injury a few weeks ago. PAPP's South American Vice President, Saul Salazar of Columbia, had third all to himself

The 100 kg. class belonged to 24 year old Char Gahagan. Young Char pulled a huge 350 kgs (771 lbs.) deadlift and missed a third attempt try for 804 lbs. His 2nd DL won him 'Best Deadlift' of the contest and 835 kg (1840 lbs.) total. That was enough for a 35 kg. win over Canada's Tom Nichols, who in turn was ahead of countryman Mackenzie. Nichols turned in a 210 kg (462 pounds) bench.

7 lifters contested the 100 kg. men. Canadian Ralph Celio went 7 for 9, posting an 835 kg. (1840 lbs.) total for a 15 kg win over countryman Griffin. Mark Griffin broke the Canadian record with 230 kg. (507 lbs.) in the bench press and barely missed 529 lbs. Nieves of Puerto Rico was third beating Samper of Columbia, who missed his last two deadlift tries for the bronze medal.

Initially the Hispanic contingent was very upset with the calls in the squat. It appeared they were not familiar with the IPF standard. It looked for some time that a minor revolution was brewing. They were ready to believe that they were being judged more harshly than their northern counterparts. Soon it became apparent that the judges were making strict calls, evenly, for all the lifters. Several bomb outs by North Americans brought this point home. USA's Jeff Douglas and Sean Culnan were two of the casualties in the squat, both men not able to get deep enough for the refs.

The 125 Kg. Men saw USA's Pat McGettigan posting 897.5 kgs (1979 lbs.) for the win. It looked like there might be trouble for McGettigan too, as it was only on his third try at the squat that he got the white lights that



Best Lifter for the Boys - was Big Brad Gillingham. (Greg Simmons)

kept him in the meet. He only made one bench, but he pulled 367.5 kgs (810 pounds) in the deadlift for the gold. Moreno of Columbia was second. This Colombian is clearly a very strong man, described by one official as "pure country strong." Moreno is another lifter who, with technical training, will be a real warrior in the future. The Colombians see him as their future world champion. Nazarov of Canada was third in the 5 man field.

125+ Men's: three of the big boys went at it. None of the three made their openers. After the squats were over Sean Culnan was out. Big Brad Gillingham got one squat in, at 352.5 kgs (777 lbs.). Bettancourt of Columbia was still in after the squats too. The bench was also judged as strict. Brad got his opener 260 kg. (573 lbs.), then he went after the 272.5 (600 lbs.) he has been looking for. He blasted up the 600 pounds to lock-out. It looked like an easy lift, but the judges ruled there was no pause. He returned for yet another try and again he locked it out strongly. To many it appeared paused and a good lift, but the referees did not agree. Brad was visibly upset with the call. He came back to the deadlift with a vengeance. 352.5 kgs (777 lbs.), then 370 kgs (815 lbs.), and finally 382.5 kgs (843 lbs.) were done with his new double overhand 'hook grip'. Perhaps he learned this from Russian lifter Maxim Podtynni who has pulled 864 lbs. with the hook grip. It was a win for Brad and overall 'Best Lifter' and the 'best Bench' awards. The Pan Am team winner was USA. Canada slipped past Columbia for 2nd place and Mexico, Puerto Rico and the Bahamas finished in that order.

At the end of the contest there was a PAPP banquet and time to relax and chat. It was Chicago's good

cooking and then 'good byes' until next year. Next year the Mexican hosts are sure to provide 'comida' that is 'mucho flavorosa' and 'adios amigos' will replace the 'good byes' of Chicago.

#### PAPP Pan An Championships 6-9 APR 00 - Chicago, IL (kg)

WOMEN	SQ	BP	DL	TOT
44 kg				
Velez PUR	97.5	50	127.5	275
Porras MEX	80	50	90	220
52 kg				
Gonzalez MEX	110	50	135	295
Velez PUR	95	37.5	120	252.5
Richard CAN	97.5	50	90	237.5
56 kg				
Kelii USA	155	95	170	420
Allison USA	147.5	67.5	140	355
Cabrera PUR	110	72.5	150	332.5
60 kg				
Overdeer USA	157.5	97.5	165	420
Fernanda PUR	147.5	82.5	167.5	397.5
Femia USA	147.5	85	157.5	390
Garcia PUR	137.5	45	155	337.5
Cervantes MEX	120	55	150	315
Torez MEX	80	45	140	265
67.5 kg				
Clark USA	137.	77.5	207.5	422.5
Neives PUR	177.5	80	162.5	420
Dennis CAN	137.5	75	145	357.5
Fernandez MEX	105	40	120	265
75 kg				
McIntosh BAH	137.5	85	145	367.5
Perez PUR	142.5	62.5	157.5	362.5
Welding USA	130	75	155	360
Vera MEX				
82.5 kg				
Cataldo USA	175	107.5	175	457.5
Hartle CAN	150	90	142.5	382.5
Newman USA	142.5	95	145	382.5
Haywood CAN	110	65	125	300
90 kg				
Williams USA	180	92.5	180	462.5
Newbold BAH	182.5	100	160	442.5
90+ kg				
Hallen USA	167.5	115	150	432.5
Leclerc PUR	110	85	155	350
Women's Teams: USA 72, Puerto Rico 60, Mexico 51, Canada 30, Bahamas 21. Best Lifter Overall: Kelii USA 494.17. Best Squat: Norma Nieves PUR 190.17. Best Bench: Kelii USA 111.77. Best Deadlift: Rhonda Clark USA 215.48				
MEN	SQ	BP	DL	T O - TAL
56 kg				
Rodriguez COL	140	100	187.5	427.5
67.5 kg				
Simmons USA	230	145	250	625
Scisney USA	245	150	227.5	622.5
Mills BAH	195	135	250	580
Summers CAN	190	130	212.5	532.5
75 kg				
Hooper USA	307.5	190	242.5	740
Marshall CAN	230	172.5	255	657.5
Medina MEX	215	140	210	565
82.5 kg				
Becker CAN	270	180	297.5	747.5
Benemerito USA	265	190	280	735
Willet USA	265	167.5	300	732.5
Gomez MEX	250	150	290	690
Leung CAN	225	142.5	262.5	630
Tores MEX	195	135	170	500
90 kg				
Wagner USA	297.5	200	300	797.5
Butt CAN	250	187.5	262.5	700
Salazar COL	255	165	270	690
100 kg				
Gahagan USA	310	195	350	855
Nicholls CAN	285	210	325	820
Mackenzie CAN	295	175	285	755
Armendariz MEX	250	140	275	675
Ramos MEX	230	160	210	600
110 kg				
Celio CAN	330	200	305	835
Giffin CAN	300	230	290	820
Nieves PUR	272.5	150	282.5	715
Samper COL	280	155	270	705
Esparza MEX	245	155	220	620
Marlon MEX	180	170	190	540
Douglas USA				
125 kg				
McGettigan USA	325	205	367.5	897.5
Moreno COL	320	190	315	825
Nazarov CAN	300	170	290	760
O'Halloran CAN	285	185	255	725
Gomez MEX	200	100	220	520
125+ kg				
Gillingham USA	352.5	260	382.5	995
Betancourt COL	270	150	220	640
Culnan USA				
Teams: USA 72, Canada 60, Colombia 45, Mexico 40, Puerto Rico 8, Bahamas 8. Best Lifter Overall: Brad Gillingham USA 553.51. Best Squat: Wade Hooper USA 219.52. Best Bench: Brad Gillingham 144.63. Best Deadlift: Char Gahagan 214.13.				

(article continued from page 10)

John's backyard gym years ago. One of his goals has always been to own a health club that would serve the community's health needs. This goal was realized in 1975 when John opened Black's Health World at West 104th St. and Western Ave. Five years later, Black's Health World moved to its current spacious location at 11934 Lorain Ave.

Walking into Black's Health World, you can feel the atmosphere. The feeling is positive. The appearance is genuine and honest. As you walk in, sitting immediately to your right at a counter that doubles as a coffee bar, you're likely to see and hear Black's massage therapist Bill Baatz. Visually impaired, Bill's sharp wit and excellent sense of humor leaves one laughing or contemplating the notion that vision may actually impair one's ability to truly see reality.

It's always "up time" with ever-youthful staff member Don. His shirt reads "up time, enjoy and share" which accurately describes his philosophy of living. Greg Kelly and Linda Champion are rich reservoirs of health and fitness knowledge. Both are certified fitness instructors through Dr. Fred Hatfield's certification program with individual athletic successes and setbacks in

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At the '82 Seniors in Ohio, with John Black in a wheelchair, the Black's Health World team prevailed. Among the team members are (front row, left to right) Doug Heath, Jack Sideris, John Black with the fabulous team championship award; back row, left to right, Dave Schneider, Rick Tuller, Steve Wilson, Mike Reidel (?), Denise Black, Vince Anello, John Florio, Hoss the Boss, Dave Waddington, Tim Wilson.

their backgrounds. Obviously impressed with Greg's knowledge and often following the 6'3", 220 pound instructor is his tiny peppery doggie named Muffin. Irony flashed through my mind one evening as Greg showed me some martial arts techniques. In a split second's time, I was on the floor at Muffin's eye level, pleading for mercy. Muffin was happy to see me - tail wagging excitedly. What fun. A merciful Greg Kelly allowed me to live.

Saturday is, for me, the most fun day of the week at Black's Health World. This is the day John Black trains me in the power lifts and it is also the day when most of the power guys show up. Saturday regulars include John Florio, Angelo Berardinelli, Joe Dougherty, A.J. Henderson, Len Mintus, Joe James, Dan Zenisek, Mark Burrows and others. Fabian Wambsgans makes it in from Detroit every few weeks, while Joe Dougherty drives in from New York to lift with his buddy Angelo Berardinelli, the world champion 165 pounder. Although these big lifters push some big weights, I find them very approachable and willing to answer any questions I may have regarding technique or approaches to lifting. Couple this with the intensity and expertise of John Black and it makes Black's Health World an environment very conducive to growth.

Behind every great man, it is said, is a great woman. For the last twenty-five years or so a great part of Black's Health World, and of course John Black's life, has been his wife Denise. Denise Black was integral in organizing and promot-

ing bodybuilding events sponsored by Black's in the 1980s. Particularly of note is the work that she has done in promoting the benefits of weight training as a form of exercise for women. Recently, much of her time has been devoted to her family and daughters Brittany, 13, and Taylor, 6.

The gym itself can be described as a "real" gym. The large hardwood floor, free weights, bicycles, and leg machines gives one the correct impression that this is a place to work out. At Black's Health World, trendy pretensions are supplanted by genuine concerns for its members, fostering a feeling of belonging and camaraderie among its members.

Seemingly hundreds of trophies fill a massive trophy case offering members inspiration or a historical perspective of the "Wild Bunch's" powerlifting triumphs. But, it is the leg workout room that best embodies the spirit of this gym. Covering the walls in this area are photographs past and present of power-

lifters and members alike. It is a nostalgic walk that takes one from John's backyard gym to Black's Health World today. Today's members are proudly emphasized in these photographs underscoring the point that Black's Health World is about people with shared goals and a sense of community.

Knowing that a February snow storm awaits me in Cleveland, I decide to soak in my final minutes of spring-like Las Vegas with a walk from the strip to McCarron Airport. With the bright neon lights behind me as I walk, my mind flashes back to a Saturday in September at Black's Health World. I was gearing up for my workout when a squirrel scurried past my feet. For the next couple of minutes, John Black, a couple of members and I attempted to chase it out the back door. The squirrel found its way out and I closed the door smiling - that it may return someday - and thinking that all of God's creatures are welcome at Black's Health World.

Welcome.

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4th Roy Begley Memorial BP  
25 Mar 00 - Monroe, MI

WOMEN		J. Mosson	295
L. Anderson	145	200 lbs.	
B. Wolfe	150	E. Straub	450
M. Wagner	105	R. Williams	415
D. DePelsmaeker	105	D. Sniderski Jr.	405
J. Miscuk	95	T. Marino	380
Teen Light		S. Dennis	385
B. Trombley	340	R. Loniecki	350
M. Calvin	340	J. Duvall	305
G. Masserant	280	225 lbs.	
B. Sherdian	215	R. Beaudrie	440
Teen Heavy		A. Craig	350
D. Collins	370	D. Mehregen	275
A. Konyh	310	E. Taylor	315
C. Pelke	300	250 lbs.	
Masters		J. Pizzo	460
B. Bushey	460	T. Trombley	445
K. Calender	325	M. Carroll	440
D. Masserant	330	S. Favreau	415
150 lbs.		275 lbs.	
T. Murawski	305	T. Kane	510
T. Drake	265	T. Pearch	365
N. Vollmer	200	D. Lemmons	375
175 lbs.		SHW	
J. Carlson	320	J. Allen	505
M. O'Brien	310	G. Smallwood	470
		J. Casey	405

I would like to thank all the lifters for participating in this year's event. Your contributions made this the most successful event in the last four years. We raised over \$8,000.00 for MDA, that's \$2,000.00 more than last year! Which brings out total to over \$17,000.00. Many meet records were broken this year. Special thanks goes out to world champion arm wrestler Karen Cooley, who helped with making our raffle successful. She is one of the nicest people you could ever meet. I would also like to thank world powerlifting champion Paul Urchick who took time to give us a great display of power by deadlifting 700 lbs. He had 730 lbs. up and going, but could not finish. Not bad for rushing straight to the contest after working a full day. Thanks Paul! It was great to see our women's division take off this year. There were 5 competitors with Laurie Anderson not only winning but also getting the meet record. The teen light division was very competitive as Brad Trombley and Matt Calvin not only battled for first but also took 4th attempts at the meet record. Brad managed to snag the record from Matt by benching 145 lbs. over bodyweight. In the teen heavy division Dan Collins was just unstoppable. He benched 154 lbs. over bodyweight for a meet record Bill Bushey benched very strong in the masters division with a 450 lbs. bench at 50 years young. Tony Murawski bettered his own record by getting 305 in the 150 lbs. division. John Carlson won at 175 with a 305. The 200 lbs. division record set in 1997 was beat or tied by 4 lifters. Erik Straub got the final record of 425. Rob Beaudrie repeated once again at 225 this time bettering his own record to 440 lbs. The 250 lbs. division had all four lifters beating the meet record that was set in 1997, with top honors going to Jack Pizzo. The 275 lbs. class was won by Tim Kane with 475 lbs. Tim was very close on a 4th attempt at 510 lbs. that would have tied the record set last year by Blaise Karlovic. The supers were won by Jessie Allen who managed a meet record 450 lbs. Jessie was unable to get his 3rd attempt at 505. He should be geared up for a 500+ next year. The top fundraiser once again was Steve Favreau with \$1600.00. Steve has competed every year and has raised more than \$3500.00. Laurie Anderson, Kenyon Calender, & Joe Duvall also deserve honorable mention. Each raising over \$400.00. Special thanks also goes out to the following: MDA Canton, MI office, Powerhouse Gym of Monroe, Frenchtown Square Mall, and Tim Kane of the Lincoln Park Powerhouse. Next year there will be an over 50 masters division added. So if anyone knows of some over 50

lifters let them know. There is also a possibility of a deadlift division next year. This event was definitely the most competitive one to date. We look forward to swing you again next year and good luck in your training. Don't forget to check out the web site for previous event results, powerlinks to other sites and much more at [www.angelfire.com/mi2/roybegley](http://www.angelfire.com/mi2/roybegley). (Thanks to Tom Pearch for the results)

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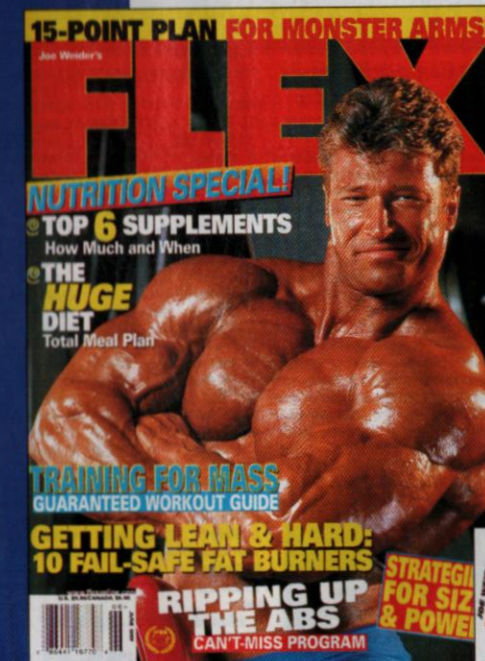
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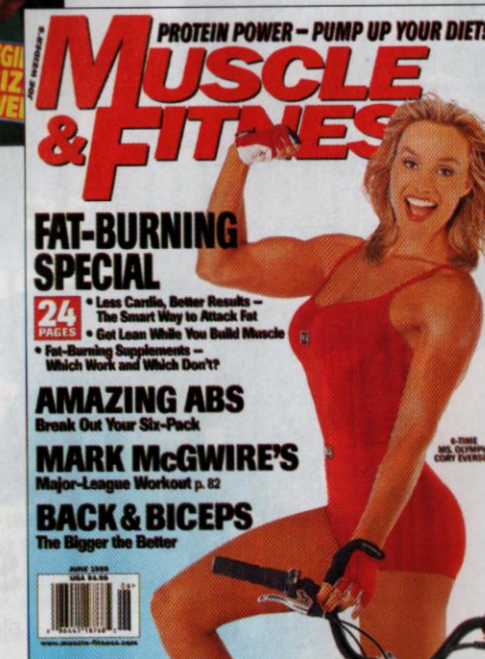
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**7th Augusta Drug-Free PL**  
15 Jan 00 - Augusta, GA

BENCH	220 lbs. (68+ & PFM)			
LADIES	M. Branham	285		
132 lbs. (33-39)	Open			
D. Reid	100*	G. Campbell	470	
148 lbs. (47-53)		275 lbs. (40-46)		
A. Lowen	100*	J. Smith	435	
181 lbs. (61-67)		DEADLIFT		
D. Rumbold	90	198 lbs. Open		
MEN 165 lbs. (40-46)		J. Burgreen	565	
D. Hamby	395	220 lbs. (68+ & PFM)		
198 lbs. (PFM)		M. Branham	460	
D. Gurth	315			
LADIES	SQ	BP	DL	TOT
114 lbs. (33-39)				
L. Nickles	135*	115*	160*	410*
132 lbs.				
S. Walker	230*	100*	260*	590!
(40-46) Novice				
T. Hentges	160*	115*	166*	400*
MEN 165 lbs. (14-16)				
J. Martin	215	160	225	600
(17-19)				
W. Waldren	-	275	515	-
198 lbs. Open				
J. Burgreen	480	355	665	1400!
220 lbs. (40-46) Open				
B. Bridges	385	320	415	1120
242 lbs. (33-39)				
R. Green	550	460	660	1550
Novice				
M. Warren	460*	445*	565*	1470*



**Augusta Best Lifters:** (left to right) Jason Burgreen (Best Male Lifter), Sandra "Cocoa" Walker, Tee "Skinny Man" Meyers (Meet Director), Greg Campbell (Heaviest Bench). Photograph courtesy of the Python Power League

is killin' folks! We'd like to thanks to Stax, Powerhouse, Canton, Irmo and any other lifters that came to our meet. We hope you had a great time and will come back in April! (results courtesy PPL)

**NASA Ohio State PL/BP/PS (kgs.)**  
11 Mar 00- Springfield, OH

BENCH	205 lbs.			
170.8 lbs. Int	D. Hopkins	152.5	250.2 lbs.	
J. Elick	-152.5	250 lbs.		
187 lbs.		212.5	280 lbs.	
D. Rohrer	162.5	170.8 lbs. SM1		
227 lbs.		-165	315 lbs.	
J. French	140	227 lbs.		
170 lbs. Jr.		S. Lee	182.5	205 lbs. SM2
J. Hixan	-190	C. Smith	155	D. Rothgery
205 lbs. M1		170.8 lbs. SM2		M. Downs
D. Hopkins	152.5	T. Minnear	177.5	154 lbs. Teen
R. Jordan		R. Jordan	157.5	L. Dodson
SHW		187 lbs.		J. Thomas
E. Nicholson	152.5	250 lbs.		187 lbs.
205 lbs. M2		D. McDaniel	200	J. Thomas
P. Wilder	147.5	250.2 lbs.		205 lbs.
J. Combs	-110	I. Thomas	212.5	J. Blake
227 lbs.		187 lbs. Teen		127.6 lbs. Wint
D. Miller	165	A. Solomon	165	T. Knox
250 lbs. M3		PS BENCH		154.3 lbs. WM1
W. Monroe	-	250.2 lbs. BPInt		P. Carter
S. Curley	165	T. Davis	182.5	WMPure
205 lbs.		205 lbs. BPM1		P. Carter
H. Yakel	122.5	T. Buyer	145	138.8 lbs. MNov
187 lbs. MP		J. Combs	-110	S. Geus
S. Curley	165	BPM2		127.8 lbs. WPure
187 lbs. MP		B. Engleman	155	L. Lowery
D. Harvath	172.5	BPMP		WSM2
R. Peters	145	T. Boyer	145	L. Lowery
170.8 lbs. Nat.		BPP		PS Full Meet
T. Huffer	-190	H. Dales	122.5	170.8 lbs. M1
187 lbs.		250.2 lbs.		S. Tharp
D. Rohrer	162.5	T. Davis	182.5	M2
154.3 Nov.		CURL		B. Parker
R. Maynard	105	187 lbs. CM1		205 lbs.
R. O'Neal	107.5	T. Villa	70	J. Combs
D. Rohrer	162.5	205 lbs. CM2		57.5
C. Maynard	107.5	J. Combs	57.5	170.8 lbs. CM3
205 lbs.		J. Klein	37.5	
M. LaBuda	170	B. Batlinger	70	
227 lbs.		227 lbs.		
S. Quintan	142.5	R. Jordan	60	
SHW		DEADLIFT		
J. Weaver	170	205 lbs. DLM2		
154.3 lbs. Pure		M. McGonagle	182.5	
J. Murphy	175	J. Combs	137.5	
J. Hixon	-190	170.8 lbs. DLSM		
187 lbs.		P. Green	230	
D. Rohrer	162.5			
138.8 lbs.				
Int				
S. Edwards	142.5	92.5	157.5	392.5
D. Rohrer	195	162.5	207.5	565
227 lbs.				
D. Clayton	250	187.5	227.5	665
170 lbs. Jr.				
J. Hixon	207.5	-190	2005	222.5
205 lbs.				
A. Stillman	202.5	127.5	195	525
170 lbs. M1				
S. Tharp	160	137.5	190	487.5
205 lbs. M1				
R. Adams	205	130	210	545
M. Soter	160	37.50	145	342.5
187.00 M2				
L. Donahue	152.5	117.5	152.5	422.5
205 lbs.				
P. Wilder	205	147.5	212.5	565
M. McGonagle	197.5	115	182.5	495
154.3 lbs. M3				
R. Dodson	157.5	77.5	182.5	417.5
H. Rome	145	92.5	172.5	410
170 lbs.				
J. Klein	150	92.5	182.5	425
205 lbs. MP				
M. Poling	240	155	227.5	622.5
G. Krouse	185	-145	-	40
280 lbs.				
A. Wooten	232.5	160	212.5	605
187 lbs. Nat				
D. Rohrer	195	162.5	207.5	565
138.8 lbs. Nov				
S. Edwards	142.5	92.5	157.5	392.5
170.8 lbs.				
T. Mounts	187.5	130	210	527.5
187 lbs.				
D. Rohrer	195	162.5	207.5	565
205 lbs.				
L. McClellan	182.5	152.5	182.5	517.5
G. Krouse	185	-145	-	40
227 lbs.				
R. Anderson	215	182.5	237.5	635
170.8 lbs. Pure				
T. Perkins	295	152.5	227.5	675
187 lbs.				
D. Rohrer	195	162.5	207.5	565
D. Rothgery	303.5	175	260	738.5
205 lbs.				
M. Poling	240	155	227.5	622.5

L. McClellan	182.5	152.5	182.5	517.5
M. Matos	267.5	172.5	237.5	677.5
250 lbs.				
J. Bayles	310	195	-	505
280 lbs.				
E. Hampton	322.5	227.5	250	800
170.8 lbs. SM1				
M. Poland	170	125	217.5	512.5
187 lbs.				
S. Hunt	210	187.5	215	562.5
D. Hopkins	152.5	250.2 lbs.		
J. Hoskinson	290	210	245	745
I. Thomas	212.5	155	237.5	605
R. Gilmore	212.5	155	237.5	605
P. Green	-165	315 lbs.		
S. Marcum	317.5	222.5	272.5	812.5
S. Lee	182.5	205 lbs. SM2		
D. Rothgery	303.5	175	260	738.5
M. Downs	295	160	282.5	737.5
T. Minnear	177.5	154 lbs. Teen		
L. Dodson	122.5	77.5	150	350
J. Thomas	165	-142.5	-	22.5
205 lbs.				
I. Thomas	205	125	250	580
J. Blake	205	125	250	580
127.6 lbs. Wint				
T. Knox	80	52.5	110	242.5
154.3 lbs. WM1				
P. Carter	105	62.5	145	312.5
WMPure	105	62.5	145	312.5
P. Carter	105	62.5	145	312.5
138.8 lbs. MNov				
S. Geus	52.5	40	80	172.5
127.8 lbs. WPure				
L. Lowery	95	62.5	97.5	255
WSM2				
L. Lowery	95	62.5	97.5	255
PS Full Meet				
CR	BP	DL	TOT	
H. Dales	122.5	170.8 lbs. M1		
250.2 lbs.				
S. Tharp	55	137.5	190	382.5
M2				
B. Parker	45	95	135	275
205 lbs.				
J. Combs	57.5	-110	-	-52.5

**USPF California State BP**  
4 Mar 00 - Frazier Park, CA

BENCH	242 lbs.			
Special Olympian	N. Simon	402		
M. Prinster-121	148	K. Westbrook	292	
D. Tucker-143	137	275 lbs.		
K. Ezell-275	159.5	K. Scott	457	
Open 165 lbs.		D. Herrera	385	
S. Ward*	413	Masters (40-49)		
198 lbs.		(Formula)		
C. Cowell	363	J. Lawrence*1-148	352	
L. Claggett	-	K. Scott-275	457	
220 lbs.		Masters (50-59)		
D. Johnson	330	E. Hill-181	264.5	
		Masters (60+)		
		D. Herrera*1-275	385	

\*-California State Single Lift Record (Steve Ward-Submaster bench record, Jim Lawrence-Master 40-44 bench record, Dan Herrera-Master 60-64 bench record.) 1-American Single Lift record (Jim Lawrence-Master 40-44 bench record, Dan Herrera-Master 60-64 bench record, Best Lifter MEN Open Light-Steve Ward, Best Lifter MEN Open Heavy-Ken Scott). Referees: Victor Elliott, Lisa Denison, Don Haley, Fran Haley, & Jack Hughes. Spotters/Loaders: Chris Kostas and Ian Roos. We thank you all very much for all their hard work and help. Thanks to Chris Kostas and Krishna Roos at the score table for all their efforts to make the meet successful. We also would like to thank our sponsors Wheelers Fitness Equipment, Inzer Advance Designs, Wright's Power Promotions, and Powerlifting USA Magazine. Thanks to the Principal of Frazier Park High School for providing such a great venue. And of course, thanks to all the fine lifters who came to our meet and for their performances. Also thanks to Kern County Special Olympics and the three fine lifters that performed on this day. It was an outstanding meet. (courtesy Steve Denison)

**Auglaize/Mercer YMCA Bench Press**  
26 Feb 00 - Celina, OH

Teen	J. Decaminada	340
M. Williamson	315	198.5-220.25 lbs.
C. Nowak	260	M. Bell
J. Simpson Jr.	240	R. Hite
Open 132-148 lbs.		P. Lynch
M. Hunter	295	220.5-242.5 lbs.
T. Douce	195	A. Miller
149-165.25 lbs.		242.75-275.5 lbs.
J. Bowers	260	B. Smith
165.5-781.75 lbs.		308+ lbs.
Y. Demosthenes	350	R. Houseworth
M. Sperry	345	Masters
182-198.25 lbs.		J. Telljohn
J. Simpson Sr.	380	
Teams: 1st Joe Decaminada & Ben Smith, 2nd Matt Williamson & Chris Nowack, 3rd Joey Simpson Sr. & Joey Simpson Jr., Best Lifter: 1st Mike Hunter, 2nd Joey Simpson Sr. (results from Josh Sherman)		

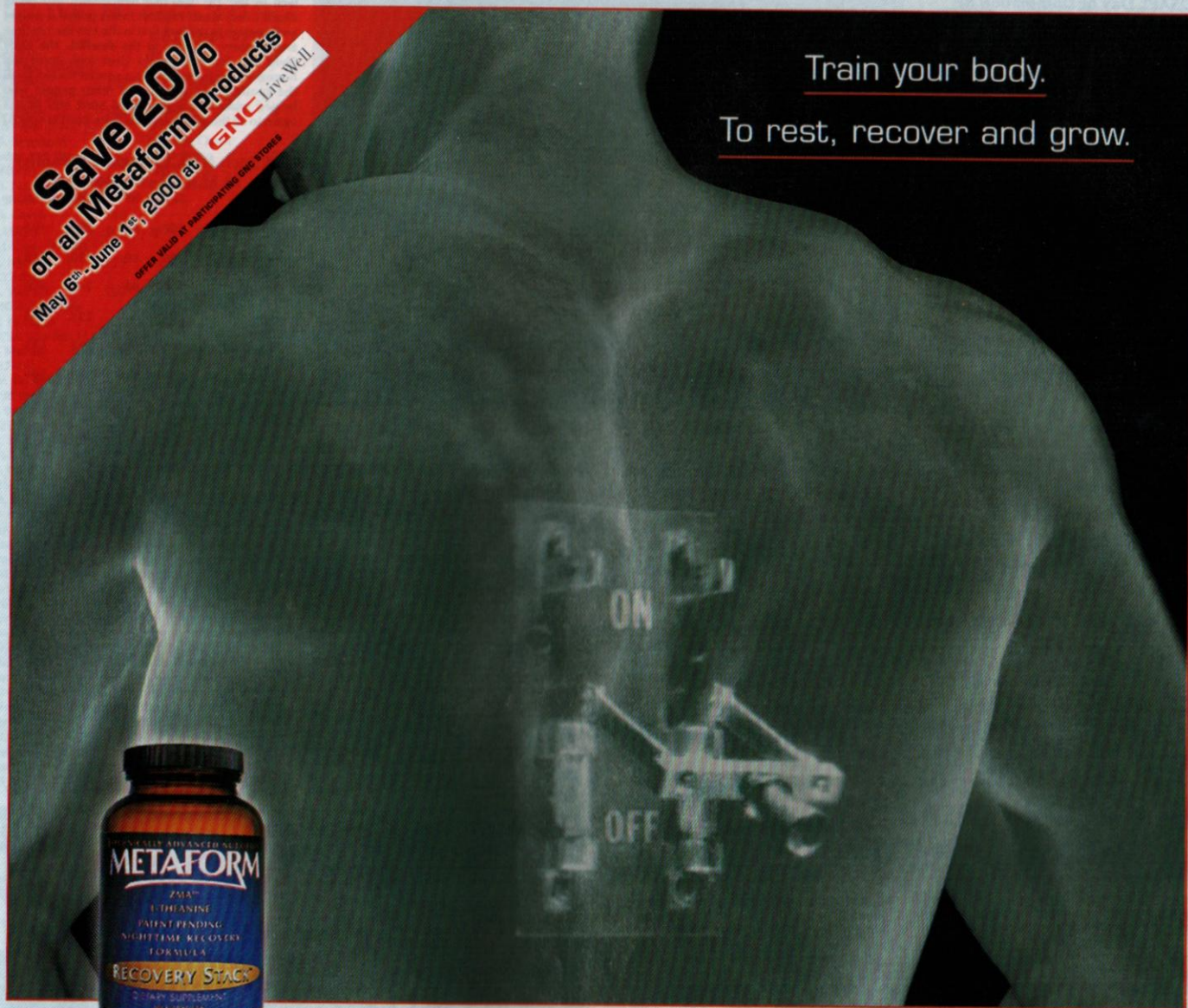
**USAPL Day of Domination BP**  
07 Nov 99 - Moosic, PA (kg)

MEN				
Teen 132 lbs.		V. Cusumano-22	130	
A. Heydt	77.5	M. Quarto-23	125	
WOMEN		Master		
Teen 148 lbs.		T. Scopelliti-47	117.5	
S. Dolson	77.5	J. Nealis-49	150	
Master		R. Jeffords-52	107.5	
S. Zakrzewski-37	65	Open 198 lbs.		
165 lbs.		C. Zupko-36	177.5	
Master (45-49)		C. Dickey-31	165	
B. Rought	80	D. Polak-29	130	
(50-54)		Lifetime		
P. Kennedy	-	C. Zupko-36	177.5	
198 lbs.		D. Polak-29	130	
Master (40-44)		B. Harashinski-28	167.5	
I. Vanorden	57.5	Junior		
M. Mariconis	92.5	R. Calvey-21	152.5	
Master		J. Johnson-23	170	
Open 148 lbs.		Master		
G. Teeter	122.5	A. Wurz-68	112.5	
M. Anderson-44	140	B. Gelheiser-43	157.5	
Lifetime		C. Zimmerman-46	120	
G. Teeter-35	122.5	Open 220 lbs.		
Teen		J. Plummer	210	
J. Wentworth-18	80	M. Pascoe	165	
R. Canfield-18	127.5	Lifetime		
C. Oskins-17	92.5	M. Plummer-37	210	
S. Thomas-19	120	M. Ascoe-28	165	
Master (40-44)		Teen		
M. Anderson	140	B. Dowlin-19	150	
Open 16				



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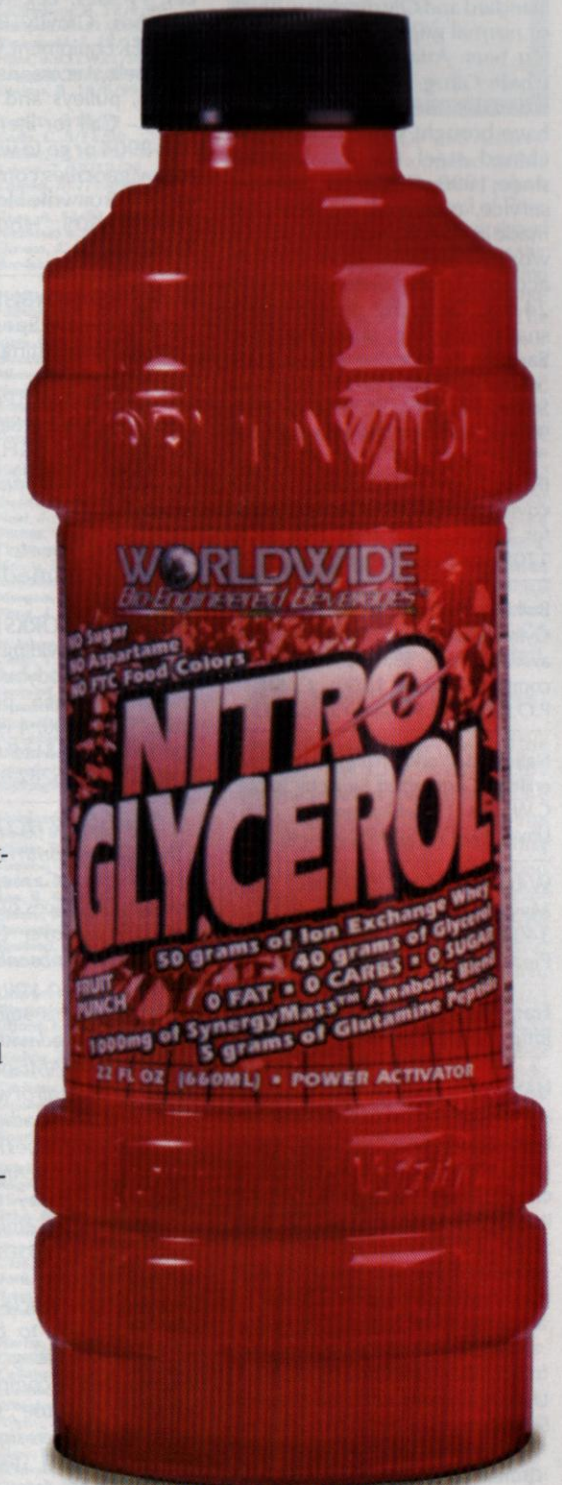
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