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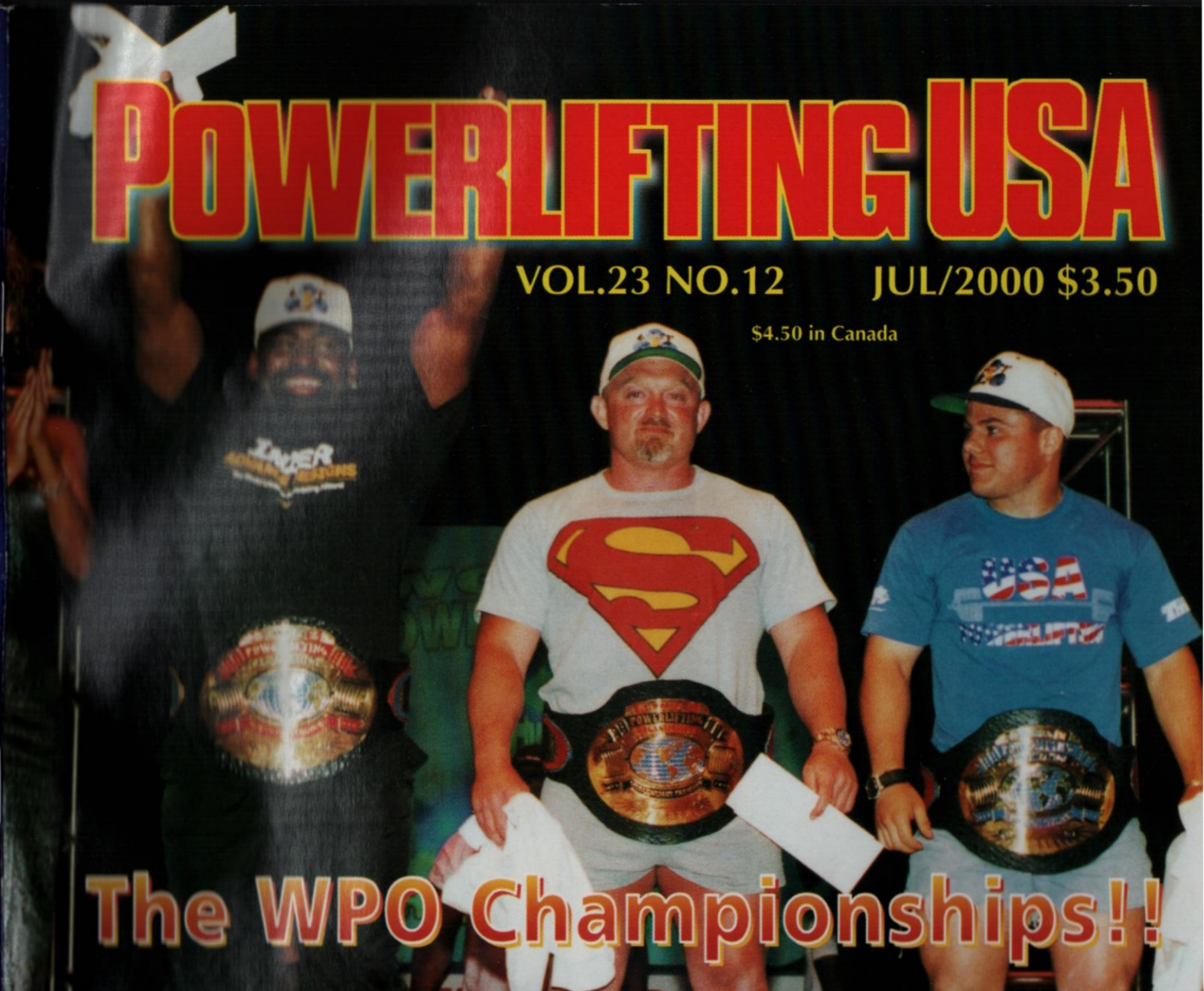
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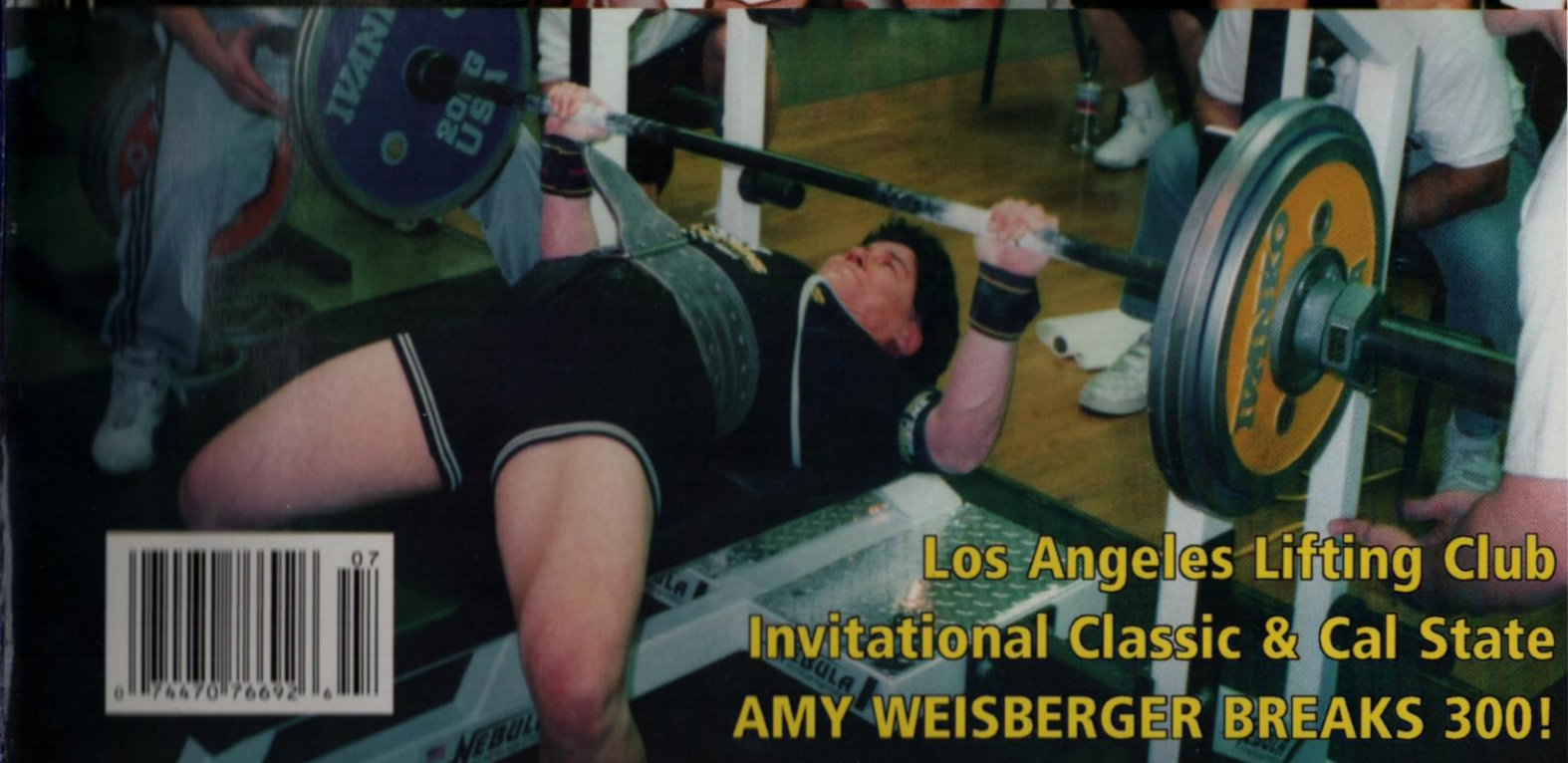
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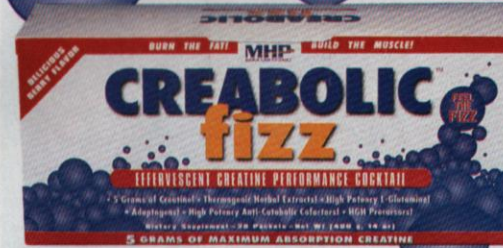
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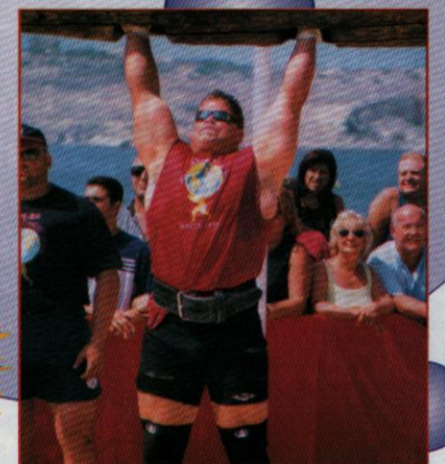
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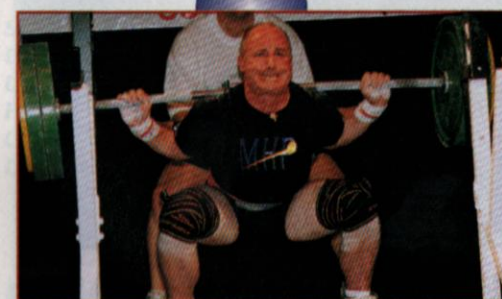
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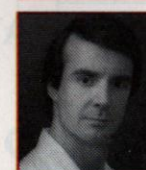
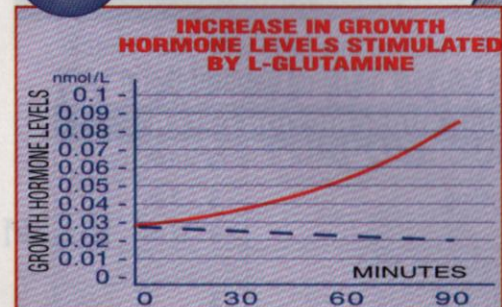
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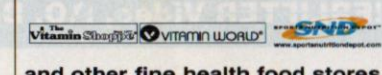
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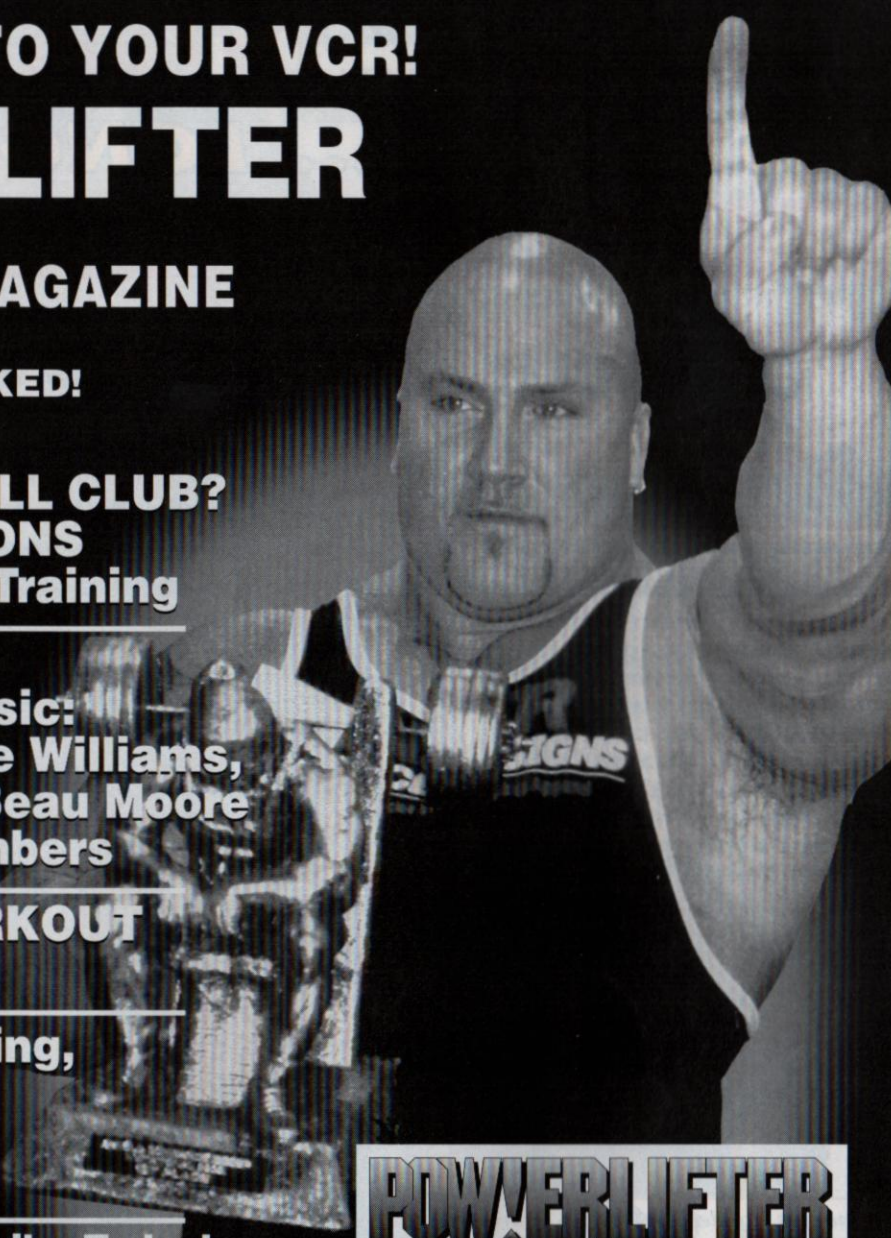
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ON THE COVER.... WPO winners Goggins, Kellulm, and Hooper and (below) Amy Weisberger cracks the 300 barrier.

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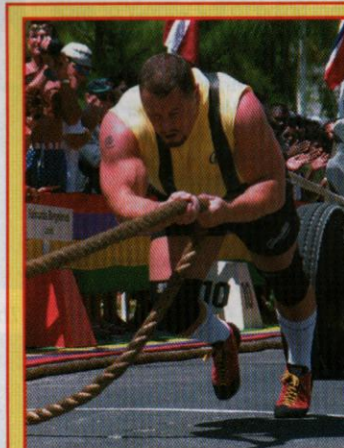
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Powerlifter Kieran Kidder has added meet director and powerlifting promoter to his credits. Kieran has launched his own professional powerlifting organization, the WPO, and Saturday, May 20th was to be the inaugural big WPO meet.

The event would be contested in all the weight classes with \$1,000 dollars going to the winner of each weight class. \$500.00 dollars was for 2nd place and \$250.00 for 3rd place. Then, Mr. Kidder created 3 Super classes, WPO Super Heavyweight (Over 198 lbs.), WPO Super Middleweight (166 to 198 pounds) and WPO Super lightweight, (165 pounds or less). Each of these winners would receive an additional \$5,000.00. There would be a bonus of \$1,000.00 for each world record. (World records were based on the list of powerlifting marks published in the Guinness Book of World Records) There was lots of opportunity for lifters to take home some big dollars, and 14 of the 17 finishers ended up with cash, with Jesse Kellum's \$9,000.00 being the biggest payoff.

The day before the contest it was apparent that this was going to be something special for powerlifting. Lifters stopped by Kieran Kidder's Huge Iron Gym to get their equipment checked and get themselves weighed in. The TV production company, Underdog Productions, was busy filming the lifters and recording interviews with the competitors. That evening Mr. Kidder hosted all the lifters and their friends at the Plaza Hotel. There the competitors, crew, and friends could visit and enjoy a magnificently catered evening.

Early Saturday morning the Peabody Auditorium opened up to the clang of iron as the theatre was being prepared for the event. A complete breakfast buffet was set up in the warm-up area starting at 6:30 am. It was open to all the lifters, helpers, officials, and their

## WPO CHAMPIONSHIPS

as told to Powerlifting USA by Peter Thorne



The Huge Iron Girls kept score.

friends. As the day wore on, the menu changed to a lunch buffet with plenty of roast beef, shrimp, and salads for all. If there were any challenges over the course of this meet, they could not be laid to anyone being hungry or thirsty.

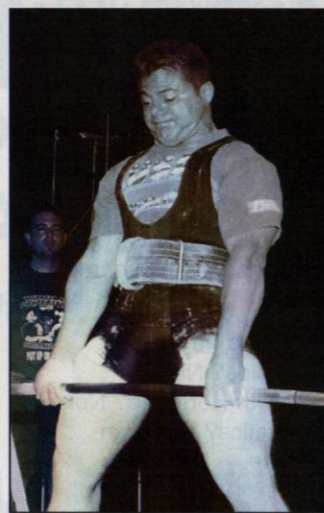
Now it was 10 a.m. and time had come for the powerlifting competition. Kieran Kidder's Huge Iron dancers started the event. With a dance and fitness performance, the beautiful girls started the show off with a bang.

There were two platforms for this contest. All lifters had to make their opener on the backstage platform before they could make their subsequent attempts in front of the audience. If the lifter did not make his backstage opener on the 2nd attempt, he was out of the contest. When the flight had finished backstage, the lifters could come to the front stage for the competition.

The lightweight men were first. TV announcer Paul Ryden and Kieran Kidder sat at adjacent podiums on the side of the stage providing the TV commentary and Russ Barlow did most of the live announcing. With music, smoke and pyrotechnics the lifters came on stage.

August Clark was the first lifter and he came on stage with the 429 pounds he squatted back stage. Even with an extra try (spotters touched the weights, invalidating one of his lifts) he had to settle for the 429. He tried a record bench but, like his squat, he had to settle for the 396 pounds he actually made. His 452 pounds in the DL gave him a 1,277 pound total, which gave him 2nd place in the 132 lb. class and \$500.00. Hennis Washington, the other 132 pounder and the class winner, hit 518 lbs on the squat, 297 lbs. in the BP, and 529 lbs. in the DL for a total of 1344.5 and \$1,000.00

Armed with helmet and shield,



Wade Hooper cashed in big time.

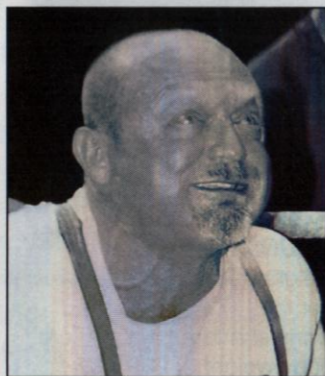
the 148 lb. "Gladiator" was Tony Conyers. Tony took two tries to get 603 lbs. in the squat. He benched 407 lbs. and then pulled a world record 699 3/4 lbs. DL for his check of \$2,000.00.

The winning 165 pound lifter was Wade Hooper. Wade went for a 4th attempt at a record 727 lbs. - 4th attempts do figure in the WPO totals. He made the lift for his first \$1,000. He added a 435 lb. BP and a 584 lb. DL for a 1747 total. Wade got the \$5,000 for the WPO Super Lightweight title, plus \$1000.00 for winning the 165s and another \$1,000.00 for a WR squat. Tony Caprari, at 19, is a look at the future. Tony is very focused and determined and has long range powerlifting plans and has a great supporter in his mother. Tony got 611 lbs. in the squat, a 363 BP, and a 666 DL for 1,642 lbs. and a check for \$500.00. Brian Schwab got \$250 for his 3rd place in the 165s posting a 540 SQ, 380 BP, 551 DL and 1471 total.



Tony Caprari .. in his pro debut

The WPO Super Middleweight division had three lifters competing. One man took it all. Jesse Kellum went 9 for 9, and took home the biggest check of all, \$9,000.00. Jesse opened in the squat with 766 lbs, then hit a WR 826 lbs. and then another WR of 848 lbs. He continued his winning ways in the bench, making a 551 opener, then 567, and finishing with 578 lbs. Just before the deadlift Jesse was asked if there were more records for him and he answered "God did not give me a deadlift." He proceeded to pull 633, 650, and 666 lbs. in the deadlift. (His all time best DL is 683 lbs.) The 198 lb. Kellum wrapped up the total with 2,094 lbs. There were two other lifters vying for the Super Middleweight title. Captain Curt, took the \$1,000 for the 181 lbs. class win with a 600 SQ, 402 BP, 650 DL and 1653 lbs. total. Mr. (Dondell) Blue was the 2nd place 198 lb. lifter and he picked up \$500.00 with a 666 SQ, 424 BP, 600 DL and 1691 total.



Jesse Kellum was the big winner

Then came the WPO Heavyweight Super Open Championship. Anthony Clark was making his return to three lift powerlifting competition after a long layoff and he weighed in at 340 lbs. Big Gary Frank, in quest of the 2,500 lbs. total, weighed in at 385 lbs. Another of the big guys, J. R. Hunt, looked really strong in the squats. Rick Lawrence, at 220 lbs., was the lightest of the group and at 275 lbs., 2nd lightest, Steve Goggins was relaxed and looking ready. There were five guys at 308 lbs., Mehan, LaBare, Moore, Grove and Robbins. These men would provide a lot of surprises. Big J.R. Hunt opened with 859 pounds and made it look easy. The judges might have agreed on the easy part, but they did not give it to him on depth. After two tries, the disappointed J.R. was out of the competition. Anthony Clark opened with 942 pounds. He took it quickly and dropped deep. On the way up he went forward on his toes and tipped to one side. The spotters had a job wrestling 942 pounds



Steve Goggins made a lucrative return to the competition platform.

back to the rack. On his second attempt the bar fell from his shoulders during his set up and Anthony Clark was out of the competition. Now all eyes were on Gary Frank who got himself a nice deep 914 lbs. in the squat. Gary hit 672 in the bench and just missed a strong attempt at a 705 lb. BP. Gary was still positioned for the 2,500 pound total. He had pulled a 950 lb. DL in training. All he needed was a 914 lb. DL for the coveted 2,500 pounds total mark. He opened with 881 lbs. and ripped it from the floor. It looked easy until he tried to get his shoulders back and his hips pushed in. It seemed like minutes as the bar just hung there, only inches from lock out. Then Gary shook his head and the bar went down. His second attempt was a repeat of the first one. He was so close, but this time the bar finally fell from his hands and the meet was over for him. There was a man ready for the big championship belt. That was the 275 lb. Steve Goggins. In the warm up room Steve took 800 lbs. for a



Al Mehan gets ready to squat 1008. (photos courtesy Thorne)

warm up. He lost it, and dumped the bar forward, scraping the skin off the top of his head. Steve seemed fine and unbothered by what could have been a serious accident. Steve gave away a lot on bodyweight, but that is all he gave away as he squatted 925 pounds. He pushed up 501 lbs. and completed an 804 pound DL. Steve tried a 1,003 squat and was close with a WR 859 DL. He finished with a 2,231 lb. total. Steve won the 275 lb. class and WPO Super Heavy Weight Championship with the meet's biggest total. With Underdog Productions documenting each lift, underdog Steve Goggins ended the day as the top dog. Steve wanted to thank Kirk Stroud, owner of Stroud's Gym in Dallas where Steve trains, for his coaching input. Goggins picked up \$6,000.00 and the WPO Super Heavyweight belt. The magnificent belts, similar to boxing's championship belts, were said to cost \$10,000 each.

There were five lifters in the hunt for the 308 lb. class win. Al Mehan, of Canada, was king of the squat. This 26 year old Canadian has only been lifting three years and he is really enjoying himself. His goal is an 1,100 pound squat within a year. He fired up an easy 903 lb. opener, then showed the crowd what a 970 lb. squat looked like. Finally, he them load it up to 1008 and took it up like an express elevator for a world record. He missed a 545 bench press (5 lbs. more than his personal best and settled for a 529 lb BP). He got his opener, 677 lbs., in the DL and missed two tries at his previous best DL of 705 lbs. He picked up first place in the 308 pound class (\$1,000) and a WR squat (\$1,000). He had the 2nd biggest total, 2,209 lbs., of the meet, just 22 pounds behind Steve Goggins.

Art Labare picked up \$500.00 with his 2nd place total, 2072 lbs.

WPO Championships					
20 MAY 00 - Daytona Beach, FL					
	SQ	BP	DL	TOT	
132	518	297	529	1344	
H. Washington	429	396	451	1227	
A. Clark Jr.	148	600	407	699	1707
A. Conyers	165	727	435	584	1747
W. Hooper	611	363	666	1642	
T. Caprari	540	380	551	1471	
B. Schwab	181	600	402	650	1653
C. Wright	198	848	578	666	2094
J. Kellum	666	424	600	1694	
D. Blue	220	633	551	584	1768
R. Lawrence	275	925	501	804	2231
S. Goggins	308	1008	523	677	2209
A. Mehan	870	540	661	2072	
A. Labare	705	644	705	1055	
B. Moore	788	496	738	2022	
J. Grove	722	551	683	1956	
S. Robbins					

Big Bencher. Beau Moore, picked up \$1,250 with a WR bench, 644

lbs, the biggest bench of the competition, plus a third place total in the 308 lb. class with a 2,055 lb. total. Jon Grove was 4th, followed by Shelby Robbins to round out the 308 pound finishers. Sherwin Pagtakhan tore his quadriceps on his squat attempt and could not continue.

With the lifting over, the Huge Iron girls were back on stage accompanied by smoke, fire and explosions. Then Kieran Kidder arrived with a fistful of checks to hand out to the lifters. The TV cameras were everywhere and we will watch for the announcement of

when and where this will be seen. This was a brave first start for the WPO made by a brave man who commits himself to putting professional powerlifting into the media.

After the event, everyone was invited to the Huge Iron Gym for an evening of R & R. There was a live band, a free flowing bar, and a copious supply of great food, as there was throughout the event. The gym was adorned by a vast number of lovely ladies, including Debbie Kruck, who greeted and visited with the powerlifting fraternity.

As we left Daytona, I think everyone is looking forward to the next Huge Iron event. To Kieran Kidder a big 'thanks' from the whole group.



Frank - good in the SQ - bombed in the DL



WPO Promoter Kieran Kidder presents Beau Moore his winnings.

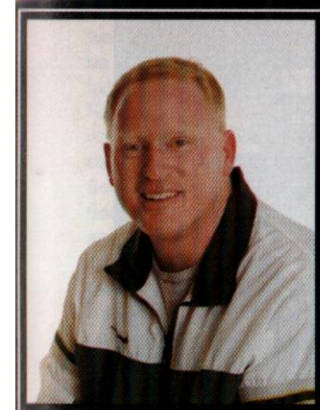
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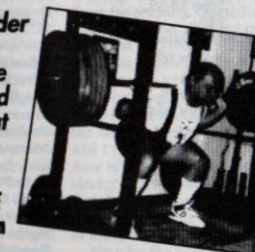
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This years USA PL Master's Nationals were held in Cleveland, Ohio. Approximately 120 lifters from as far away as Alaska and Hawaii made it a memorable meet. I prefer to start this article by thanking some very special people. The meet directors were Ed and Frank King and myself. Our families spent a great deal of time at the meet and the end result was some tired kids and adults. We appreciate all the help we received from our families and friends. We had a number of high school students help out with the loading. Our spotters included the infamous Eric Curry who will probably go to Men's Nationals and spot for Dennis Brady and Tom (horse) Knapik. Our number one sponsor for the meet was Lone Rasmussen and her husband who own ER equipment. Lone's equipment has been used at a number of national and IPF World contests and everyone from the lifters, referees and spotter/loaders love it. It is based on levers so it can't break and it has an attachment for the bench press which can be added to the squat racks in a matter of seconds. It is built to allow the lifters to come in wide without interfering with the rack. The rack can be switched from in to out in a matter of seconds without the spotters lifting any weights. The ER racks were one of the meet highlights. Bill Clayton

## USAPL National Masters as told to Powerlifting USA by Larry Miller



Larry Miller breaks Jim Rouse's long standing IPF Open Bench mark.

was our Technical Secretary and although Bill has been given the affectionate name of "Red light", I can tell you that Bill is a man of high character. Bill is as fair as anyone I have ever met and he is very sincere

and was extremely helpful to us. Johnny Graham, Bud Mucci, Al Seigel, Ruth Welding, Sue Hallen, Vince White, Bennie Brent, Kathy and Joe Marksteiner, Larry Maile, Mike Mooney, Greg Page, Mike Krasowski, Jim Waters and Mike Lloyd came in to judge. Brenda Seigel helped at the scorer's table for 2 days and I still can't understand why she couldn't find a more handsome guy than Al to marry. Al created some great trophies for the lifters.

From the time we received the bid for the Masters, we were a little bit nervous in running this particular meet. Based on some of the E-mails I had received, it was apparent that the master lifters had high expectations and were set in their ways. By

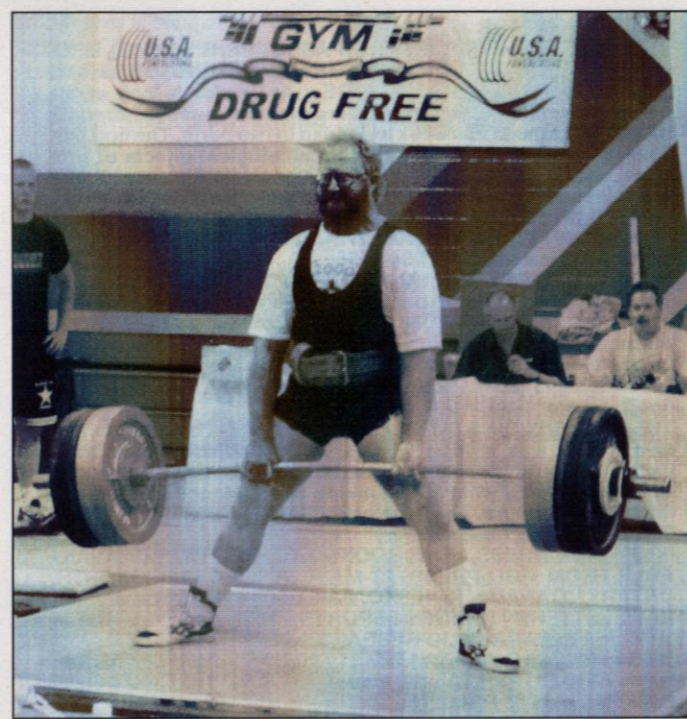
the time the meet ended we had received a great number of compliments. The master lifters are also very appreciative when you run a good meet. Johnny Graham received next years bid for the masters meet and you can rest assured that Johnny will run a great meet.

It's always nice to run a big meet because you get to see old friends and I had a few come in. Andrea Sortwell came in from Colorado on Sunday and Bull Stewart was also in attendance. I was going to say Ray Benemerito's little brother James was in, but James is looking pretty big as of late. We held the meet at the Bedford Heights Rec. Center in the Gymnasium which gave the lifters plenty of room to roam.

Since this was my first Masters meet, I did not know many of the competitors except by name and reputation. In the 123 lb. Wt. Class, there were 3 competitors in different age groups with each, D. Barleen, F. Higgins and A. Galant, totaling impressive numbers. Alex Galant set American Records across the board. In the 132 lb. Division, J. Corsello, I. Rosen, I. Burgess and T. Bishop won their perspective age groups. Ira Rosen set an American Record total of 480 kgs. In the 50-54 age group. T. Bishop hit a National Record deadlift of 170 Kg in the 60-64 division. I saw an old friend in the 148s - Lloyd Weinstein. I used to see Lloyd on a regular basis at Men's Nationals. Lloyd has been concentrating on the masters as of late and Lloyd had a National record squat with a 240 kg lift and a fine 632.5 total. Lloyd beat out A. Bridges for a spot on the world team but Arval did manage a national record bench of 167.5 kg. J. Pellegrino and I. Zwick won their age groups with I. Zwick setting an American record in the Bench with a lift of 117.5 kg. In the 65-69 age group, Robert Cortes posted a phenomenal 505 kg total.



One of the Co-Meet Directors - Ed King - shakes with Robert Cortes



Shawn Cain had the biggest deadlift of the meet. (photos by Miller)

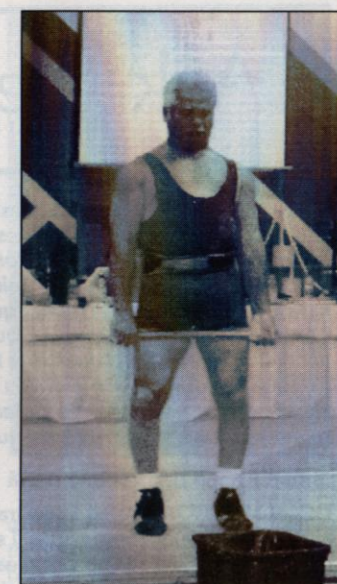
In the 165 lb. division there was a battle between two long time competitors for a world team spot. Last year's outstanding lifter, Mike Roy won his age division but was out totaled by A. Cayer 690kg to 670kg. Mike did set American Records in the Squat and total. I am not sure about anyone else but the highlight of the meet for me was breaking a 20 year old IPF bench press record. I did a 218 kg (480) bench on my final attempt which made the rest of a hectic weekend more than tolerable. I need to thank my training partners, Steve S., Frank, Steve P, Greg and Gary for their support. G. Bartotti and S. Alduenda won their respective age groups. The 181 lb class was filled with thrills. Dr. Larry Maile and Bill Scully battled for a world team slot with Bill edging Larry 707.5 to 702.5 kg. G. Zangl set a National bench record in the 40-44 age group with a lift of 195 kg. Age group winners were G. Beck, A. Menton, J. Kreuger, R. Lozano, and B. Cox. In the 50-54 age group, Jim Klostergaard set an IPF Master bench record with a lift of 186 kg. R. Lozano set an American Record Deadlift of 210 kg. Also in that age group, J. McDermott set an American and National Record in the bench with a lift of 152.5 kg. In the 198 lb class, G. Ferstler did some impressive lifting and out totaled M. Lohman 747.5 to 722.5. In the 45-49 age division, Larry Traub totaled 752.5 kg to earn a spot on the Masters World team. In the other age divisions, winners were A. Cristo, B. Bower, J. Herbein and C. Lee. J. Herbein got an American Record in the deadlift with a lift of 237.5 kg.

The 220 lb. Class had S. Roberts with one of the biggest squats of the day (310 kg.). S. Roberts totaled 785 kg to win the class over local lifter, Marc Terman. S. Rosenberg won the 45-49 age group. D. Clark

### USAPL National Masters 6,7 MAY 00 - Cleveland, OH (kg)

	SQ	BP	DL	TOT
123 (40-44)				
D. Barleen (45-49)	160	115	195	470
F. Higgins (50-54)	152.5	107.5	170	430
A. Galant (50-54)	150!	77.5!	170!	397.5!
132 (40-44)				
J. Corsello (50-54)	162.5	132.5	182.5	477.5
I. Rosen (55-59)	185	95	200	480!
R. DelGallo (55-59)	165	97.5	177.5	440
H. Shivaie (55-59)	160	95	185	440
D. Holzbauer (55-59)	145	100	177.5	422.5
M. Blaize (55-59)	130	62.5	152.5	345
I. Burgess (60-64)	140	95	165	400
T. Bishop (60-64)	135	77.5	170N	382.5
148 (40-44)				
L. Weinstein (45-49)	240N	145	247.5	632.5
G. Campbell (45-49)	165	107.5	197.5	470
A. Bridges (55-59)	222.5	167.5N	230	620
J. Pellegrino (60-64)	182.5	125	165	472.5
I. Zwick (65-69)	25	117.5!	2.5	167.5
R. Cortes (65-69)	170	117.5	215	505
D. Maier (65-69)	132.5	82.5	190	405
165 (40-44)				
A. Cayer (45-49)	247.5	165	277.5	690
G. Guthrie (45-49)	217.5	145	250	612.5
M. Roy (55-59)	275!	157.5	237.5	670!
D. Miller (55-59)	180	150	200	530
J. Marksteiner (55-59)	200	107.5	190	497.5
G. Reale (55-59)	145	135	175	455
L. Miller (50-54)	85	**218N85		388
G. Bartotti (55-59)	152.5	130	195	477.5
S. Alduenda (40-44)	225	140	237.5	602.5!
181 (40-44)				
B. Scully (55-59)	262.5	177.5	267.5	707.5
L. Maile (55-59)	265	187.5	250	702.5
D. Wiley (55-59)	267.5	162.5	257.5	687.5
G. Zangl (40-44)	200	195N	260	655

(50-54), D. Dienelt (55-59), and S. Chatis (60-64) were also winners in their age groups. D. Dienelt totaled 725 kg for a new American Record. The 242's had S. Cain out total the next closest lifter by 125 kg. Shawn has been around so long, you'd expect him to be lifting in the 60+ age group. Maybe he's been competing at Nationals since age 14. I am not sure what the story is but he has been around for quite a while. Shawn had the biggest deadlift of the day with a pull of 330 kg. Other age division winners were B. Phillips 50-54, R. Burnett (50-54), W. Morris (55-59), and R. Grisham (60-64). William Morris set an American Record in the bench with a lift of 182.5 kg. The 275 lb. Class had T. Weeks (45-49) out total M. Saunders (40-44) to earn a place on the Masters world team. Other age group winners were I. Obermark who set American records in the deadlift (275 kg) and total (702.5kg), and H. Hudson (60-64). The superheavyweights had B. Lee total 885 kg for an impressive win. He broke the American total record. B. McCune won the 50-54 age division and C. Clonce won his age division (55-59). It appeared as if every time C. Clonce went up to lift, he was breaking some sort of record. The end result was American records in the squat (272.5),



Stan Chatis - one of the best lifters

dead lift (220 kg), and total (640).

The meet's outstanding lifters were Alan Cayer (40-49) 114-181; Larry Traub (40-49) 198-SHW; Sam Alduenda (50-59) 114-181; Doug Dienelt (50-59) 198-SHW; Robert Cortes (60+) 114-181; Stan Chatis (60+) 198-SHW. Team Titan won the team trophy followed by Kings Gym, Alaska's Dream Team and Jim's Gym.

A. Ezzell (45-49)	220	147.5	260	627.5	S. Roberts (45-49)	310	187.5	287.5	785
G. Beck (50-54)	227.5	150	272.5	650	M. Terman (50-54)	262.5	150	307.5	720
L. Everett (50-54)	217.5	135	250	602.5	M. DelSignore (45-49)	272.5	187.5	240	700
A. Menton (50-54)	222.5	147.5	217.5	587.5	S. Hey! (45-49)	220	160	232.5	612.5
J. Would (50-54)	205	130	220	555	S. Rosenberg (50-54)	240	150	245	635
J. Rizza (50-54)	227.5	95	210	532.5	J. Valpatic (50-54)	227.5	140	227.5	595
L. Emerson (50-54)	175	120	235	530	D. Clark (55-59)	250	171.5	292.5	715
J. Klostergard (55-59)	160	186*	172.5	517.5	M. Nichols (55-59)	167.5	112.5	222.5	502.5
D. Goldsmith (55-59)	175	155	172.5	502.5	R. Morton (55-59)	185	117.5	192.5	495
M. Rosenwald (55-59)	165	110	195	470	D. Dienelt (55-59)	261.5	175	287.5	725
I. Rosen (55-59)	185	95	200	480!	R. Rood (60-64)	240	162.5	240	642.5
R. DelGallo (60-64)	165	97.5	177.5	440	A. King (60-64)	217.5	142.5	262.5	622.5
H. Shivaie (60-64)	160	95	185	440	S. Chatis (60-64)	195	130	227.5	552.5
D. Holzbauer (60-64)	145	100	177.5	422.5	R. Anselm (60-64)	175	125	192.5	492.5
M. Blaize (60-64)	130	62.5	152.5	345	S. Cain (60-64)	290	210	330	830
I. Burgess (60-64)	140	95	165	400	R. Kolbeck (60-64)	270	175	260	705
T. Bishop (60-64)	135	77.5	170N	382.5	N. Crabbe (60-64)	247.5	200	250	697.5
148 (40-44)					E. Zimmerman (60-64)	267.5	150	250	667.5
L. Weinstein (45-49)	240N	145	247.5	632.5	G. Ferstler (45-49)	282.5	155	310	747.5
G. Campbell (45-49)	165	107.5	197.5	470	M. Lohman (50-54)	280	160	282.5	722.5
A. Bridges (55-59)	222.5	167.5N	230	620	R. Jones (50-54)	210	165	240	615
J. Pellegrino (60-64)	182.5	125	165	472.5	M. Licardello (50-54)	220	135	250	605
I. Zwick (65-69)	25	117.5!	2.5	167.5	D. Bertier (55-59)	155	137.5	227.5	520
R. Cortes (65-69)	170	117.5	215	505	W. Kellett (45-49)	155	135	192.5	428.5
D. Maier (65-69)	132.5	82.5	190	405	L. Traub (55-59)	275	170	307.5	752.5
165 (40-44)					A. Byas (60-64)	250	162.5	300!	712.5
A. Cayer (45-49)	247.5	165	277.5	690	R. Fye (60-64)	237.5	152.5	255	645
G. Guthrie (45-49)	217.5	145	250	612.5	P. Accordino (50-54)	220	161.5	235	617.5
M. Roy (55-59)	275!	157.5	237.5	670!	A. Cristo (50-54)	217.5	142.5	252.5	612.5
D. Miller (55-59)	180	150	200	530	D. Mansfield (50-54)	250	120	240	610
J. Marksteiner (55-59)	200	107.5	190	497.5	A. Bolden (45-49)	197.5	127.5	210	535
G. Reale (55-59)	145	135	175	455	M. Mooney (55-59)	182.5	100	187.5	470
L. Miller (50-54)	85	**218N85		388	B. Bower (55-59)	261.5	155	231.5	650
G. Bartotti (55-59)	152.5	130	195	477.5	T. Haggensmiller (60-64)	197.5	150	235	582.5
S. Alduenda (40-44)	225	140	237.5	602.5!	D. Johnson (60-64)	175	122.5	277.5	575
181 (40-44)					J. Vanosck (60-64)	192.5	132.5	195	520
B. Scully (55-59)	262.5	177.5	267.5	707.5	J. Waters (60-64)	170	107.5	215	492.5
L. Maile (55-59)	265	187.5	250	702.5	J. Herbein (60-64)	190	120	237.5	547.5
D. Wiley (55-59)	267.5	162.5	257.5	687.5	E. Fleischer (50-54)	165	125	191.5	482.5
G. Zangl (40-44)	200	195N	260	655	B. Groves (75-79)	185	95	170	450
					C. Lee (40-44)	115	105	152.5	372.5

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# 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:** I started a new training and nutrition program a month ago, and I'm seeing some results. I stopped eating fried foods, I cut back on bread and pasta, and no longer eat cheeseburgers, but I still like to have a couple of beers at night after I get home from work. Is there any harm in just having two or three beers every night? **Sam D.**

**DEAR SAM:** I know that you've heard a lot about how the moderate use of alcohol is good for you and your heart. But the simple truth is that alcohol can sabotage your bodybuilding aspirations. Several studies have shown that alcohol, even in moderation, can decrease your testosterone levels and as such can hamper the anabolic effects of exercise. As well numerous studies have shown that alcohol decreases protein synthesis. In one study using rats, acute alcohol intake decreased protein synthesis in muscle by as much as 75%. A recent study, reported in a recent issue of Alcoholism, Clinical & Experimental Research, showed that alcohol significantly impair protein synthesis up to 24 hours after use. As well, as if you haven't heard enough, alcohol can also decrease fat oxidation. So the problem with having a few drinks when you get home from work, besides the fact that most people don't usually stop at two or three, is that even in moderate amounts, it decreases your testosterone levels, impairs protein synthesis and decreases fat oxidation. Not only that but the alcohol, being absorbed quickly on an empty stomach, makes you doozy and you usually end up asleep on the living room couch. So much for the workout.

In all, after a few too many you're usually in a pretty sorry state physically and often mentally. And if what you want is a muscular hard body, drinking when you get home from work is not the way to go. That doesn't mean that you can't have an occasional drink or go and party once in a while. However, if you make it a regular event it can be counterproductive, and put a kibosh on your bodybuilding aspirations. **Mauro Di Pasquale M.D.**

**DEAR MAURO:** What's the difference between your Anabolic Diet and your Metabolic Diet? **Sylvia T.**

**DEAR SYLVIA:** The Anabolic Diet was meant for competitive bodybuilders so they could get down to very low levels of bodyfat while at the same time maintaining as much of their muscle mass as possible. As such it was set up to be a very low carb diet for 5 days of

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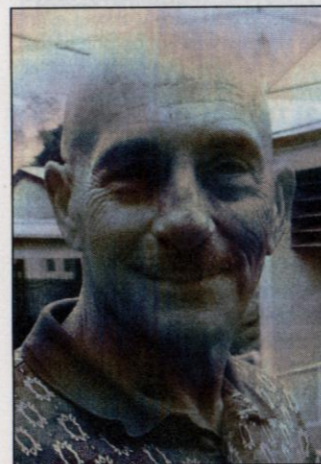
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the week and a higher carb diet (much more socially acceptable) on the weekends. I wrote *The Metabolic Diet* for anyone who exercises and wants to look good and perform better. *The Metabolic Diet* is not as restrictive with dietary carbs as the *Anabolic Diet*. In fact the idea behind the *Metabolic Diet* is to individualize the diet by finding the lowest optimum level of dietary carbohydrates.

**Mauro Di Pasquale M.D.**

34 years of competing in powerlifting? That's a lot of meets, not to mention entry fees. That's a lot of training cycles, and trips to the gym, and millions of pounds lifted in training. That's a lot of lots of things.

Jim Merlino started competing in powerlifting in 1966, and 34 years later he's still doing it. Wow! We met Jim recently at the Outback Steakhouse Mid-Cities Bench Press Open in Norwalk, California, and at age 62, he's still going strong - literally. At 181 lbs., Jim has PRs of 462 in the bench and 660 in the deadlift, and a 1662 total, and his current goals are to get down to the 165 lb. class and set records there.



**Jim Merlino ... 34 more years!!**

In June 1989, Jim hit a 402 bench at 181 in a USPF meet, setting a record in the 50-54 age group, and one year he went out to Hawaii to compete in one of Gus Rethwisch's big meets.

We asked Jim what he likes most about powerlifting, and he said what we hear year after year from powerlifters, that the best thing about powerlifting is the camaraderie of the sport. Jim, keep it up, and we wish you another 34 great years in powerlifting!

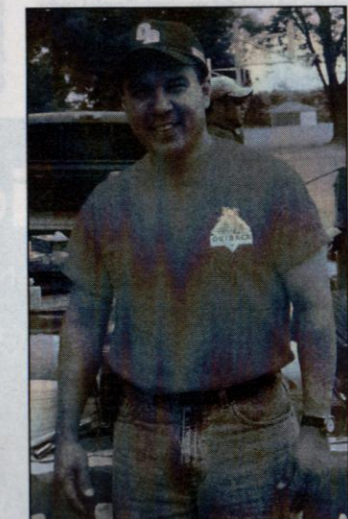


**Bernie Gagne and Bob Seibold.**

# POWER SCENE

While we were down at the meet in Norwalk, we saw some other lifters who've been doing this for a long time. Don and Fran Haley were sitting in the referee chairs, and Bernie Gagne was in the audience, rooting for his daughter, Vicky Hembree, who broke the 300 lb. barrier in the bench with a mighty 303. Bob Seibold was on hand to give a bench press seminar prior to the meet. Brian Meek was competing, and maintaining his title as the World's Strongest Lawyer. Chuck LaMantia was doing his usual great announcing job, and promising to be back on the lifting platform soon.

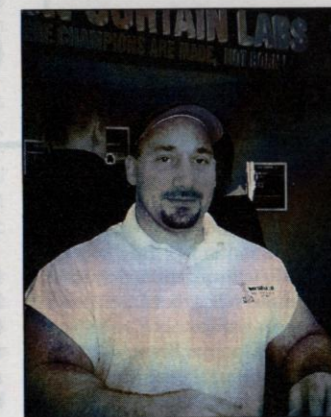
Outback Steakhouse was a big sponsor of the meet, and we always like to thank people and companies that financially support powerlifting. Rob Cazares of Outback was at the meet with his crew, feeding a lot of hungry lifters, and donating the proceeds to worthy causes in Norwalk.



**Rob Cazares at the meet's Outback Steakhouse food booth.**

One man who's hungry to get back to competition is Chris Confessore. We ran into Chris in February at the Arnold Classic in Ohio, where Chris was at the Iron Curtain Labs booth. He's looking to be back later this year, and at a lighter weight than when he temporarily retired, so look for Chris to return in the 198 lb. class.

Glen Chabot is hungry for some bench press records, and he's looking at his next two meets for those. Glen likes to hit only a couple of meets a year, and focus his training toward those specific meets. Next up is a Kieran Kidder WPO meet in Florida in the Fall, and then next

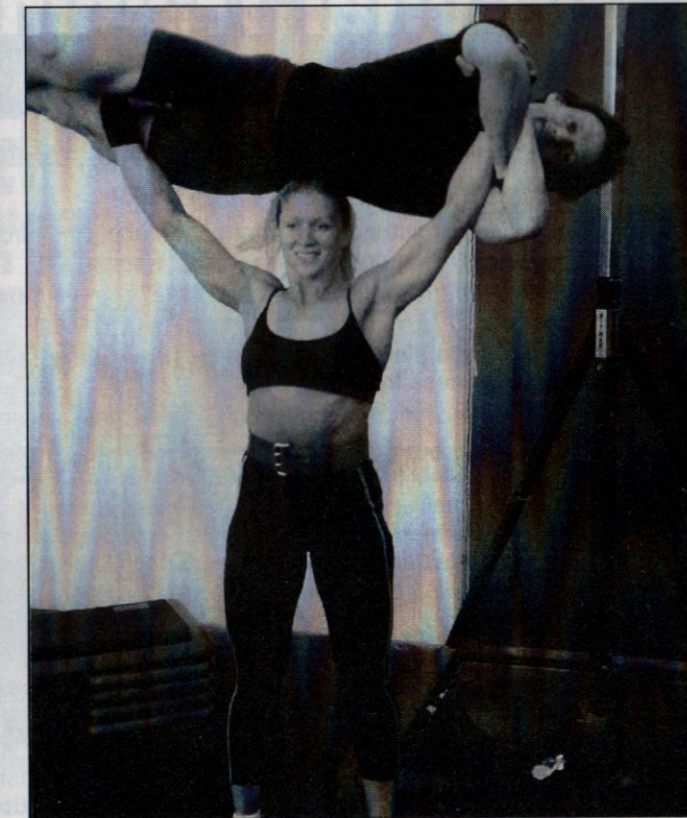


**Kristi Oakley and Glen Chabot**

women's bobsled team, and uses all three powerlifts in her training. That bobsled weighs 450 lbs. and she and her partner have to push it for up to 50 meters, as fast as possible. At 5'4" and 128 lbs., she has to rely on a lot of explosive strength to move that thing.

Up in Canada, where she works as a fitness director of Gold's Gym in Calgary, she probably doesn't have to do odd lifts, but down here in L.A. she tried her hand (and arms) at lifting The Human Barbell, aka Rob Gaskin. We captured the action as Rob was overhead.

Happy Independence Day, and we hope you're all having a great and strong summer. See you on video. **NED LOW**



**Kristi Lees holds Rob Gaskin overhead behind Gold's Gym/Venice.**

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My experiences with powerlifting began in 1983 as a hungry and easily influenced 14 year old high school freshman. I was a recovering anorexic and weighed in the 120s and was awed by other gym members who could move heavy iron. On Saturdays, I would ride my shaky ten-speed bicycle several miles to the gym solely to watch Rich Woods' All-American power team go through their grueling workouts. Although I spent most of my time loading, rolling wraps and assisting with squat suits, I took hundreds of mental notes on cyclic weight progressions, proper exercise form, motivational techniques and meet preparation. These priceless pieces of information allowed me to make progress and enjoy success while at the high school level. However, when in college, these methods began to falter and my progress halted. No matter how many times I would plan cycles and workouts, the meet results spoke the same year after year. Furthermore, injuries started to reduce my effectiveness on the platform. I became terribly discouraged because the sport I so dearly loved wasn't loving me back as it had in the early days. I was tired of getting the same results, but didn't know enough to try anything else until I acquired Carlton Snitkin's entire collection of *Powerlifting USAs*, dating back to

# STARTIN' OUT

A special section dedicated to the beginning lifter

## WISDOM as told to Powerlifting USA by KEVIN EIENE

1977. My wife questioned my interest in these relics, but I persevered and began to read old Ken Leistner columns, George Frenn's training tips and other tidbits from the old-timers. A foundation of knowledge began to form which has been synthesized over the past several years by the guru, Louis Simmons. Implementation of the new methods was gradual and the progress was now gradual, instead of flat. Later, I had the confidence in the new and threw out the old - and my performance paralleled. However, the greatest proof of progress has come through my six year stint as a coach of a high school powerlifting team where I applied many of these lessons to a larger number of research subjects.

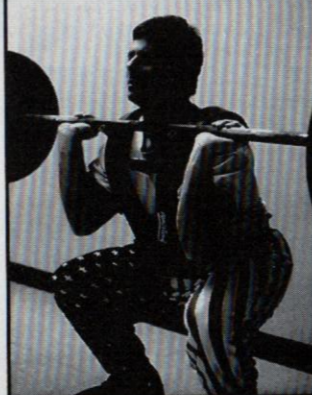
Even though many of my former lifters call to thank me for a great high school powerlifting experience, they have undoubtedly taught me more than I have taught them. These lessons been so helpful and so profound, they beg to be shared with a larger audience. Through my experiences, I have learned:

**1) The importance of keeping a detailed training log.** The importance of making sustained progress in powerlifting is not a guessing game nor a function of 'psyching', but rather the result of a carefully planned systematic application of weight progression(s) over a period of years. Few individuals have the innate cognitive ability to remember their precise PR of a

close stance squat off a 9 inch box accomplished three months prior, but such information is crucial to ensure progress. It is a complete waste of time to mini-cycle to a sub-maximal weight and think one is stronger than they were months before. One need not be so anal as to keep track of warm-up sets, but the actual max (and maybe a brief commentary regarding the actual execution) is an important datum upon which one plans subsequent workouts. In my coaching days, I simply had each athlete maintain their own folder with such information to be recorded at the end of each training session. Real simple, yet tremendously valuable. We never repeated work-outs, we always strove to break PRs in each workout even if the attempt was not on one of the three core lifts, but in a 'special exercise.'

**2) The importance of having fun in one's training.** Unless one is extremely driven by various internal factors (we called this having the 'Eye of the Tiger'), power training might be considered a bit boring. Furthermore, it is difficult to create a team atmosphere in such a highly individualized sport. There are no real opponents to sneer at, no audience to provide social gratification and no cheerleaders to provide encouragement. To combat these po-

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tential pitfalls, I arranged for 'fun' activities during the training sessions. These were simple things - rap music Mondays, Heavy Metal Wednesdays, 80s music Fridays, weighted push up contests at the end of workouts, intramural deadlift competitions, timed rest intervals, nickname - only days, team T-shirts, etc. All of these things were benign, yet created camaraderie and made a session of 10 sets of box squats much more tolerable. Most people, especially high schoolers, gravitate toward things that are fun and away from things that aren't. Powerlifting can be one of those things.

**3) Routines of the stars frequently do not help the average lifter.** Given the reality of Magruder's bench press prowess and Coan's squat and deadlift dominance, many novice lifters likely make the inference that they ought to do what these stars are doing to improve their own lifts. However, this line of reasoning is not always beneficial. What these stars of powerlifting neglect to mention is that they are likely biomechanically suited to their particular area of expertise, and it is also probably true that whatever they do to improve their lifts will work - because of their innate advan-

tages. Additionally, drugged athletes often fall under the same umbrella - they can literally do any core or assistance exercise and experience considerable hypertrophy. All too often, these studs do not have the opportunity to struggle to make gains and remediate their weak links. I'm convinced this is why Pat Riley is such an effective basketball coach. Although he did make it to the NBA for a less-than-memorable career, he learned the importance of basketball fundamentals because he had to work exceptionally hard to meet the NBA standards. His fantastic coaching record - across franchises - demonstrates how effectively he has applied his lessons. Another example is Roger Estep, who was powerlifting's poster boy in the late 70s and early 80s. He had a physique that defied description and made continual progress in his lifts despite a very average training regimen. What Roger fails to relate to his followers is that he was an all state athlete in two sports (football and baseball) in high school at a weight of 150. By anybody's standards, he was a fantastic athlete before he even entered a meet. Considering he God-given gifts, it probably wasn't too rocky a road on his way to the national title. Ohio's Westside Barbell Club understands this paradox and has devised training methods to work for all athletes not just the genetically gifted or the chemically accelerated. Furthermore, their coach has hard data to support his unconventional methods, not just anecdotal reports from superstars. There are no magic routines or se-

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cret exercises, but rather a sound set of training principles that are proven to work - given proper rest, nutrition, hard work and sacrifice.

**4) Some degree of cardiovascular training is needed.** Many powerlifters neglect this area of their training because tests of cardiovascular fitness are not a direct part of the platform experience. Although this is true in theory, one's level of cardio training does have an impact on their performance, but in an indirect manner. First, to truly benefit from 10 to 12 doubles of box squats, it is imperative that the rest intervals range from 45 to 60 seconds per set for weights in the 50% to 60% range. I have seen many lifters express bravado regarding their capabilities for such a workout, only to vomit by set six or to extend their intervals to 2 to 3 minutes by sets 10 and 11 - which are the most crucial of all the sets. One has to be able to work quickly and efficiently for percent training to be effective. Secondly, one's level of cardiovascular fitness is directly related to the

body's efficiency of recovery (removing waste products from the bloodstream). The stronger and more efficient one's heart and circulatory system, the more rapidly they can recover in between workouts. I am not a strong proponent of long distance running or hours on a Lifecycle to meet this need, but rather a strong supporter of sprints in the 100m to 250m range with rest intervals of 2 to 3 minutes or less. Not only does this method more closely correspond with the powerlifter's mentality, it will force the trainee to dig mighty deep to grind out the final 2 to 3 sprints. As a side benefit, sprinting is much less jarring than jogging and does wonders for hamstring and hip flexor development. Sled drags with short rest intervals are also an effective method of cardiovascular conditioning.

**5) The most important things are the relationships.** Lastly, but most importantly, we must remember that the most important part of the training and competing lifestyle are the relationships we cultivate. This is difficult for many to remember in a sport driven by objective measures of athletic performance and tangible awards. There are no trophies for kindness, there are no records for friends made and there are no contests for congeniality, but these are the things that really matter. This latter point was made evident by my late grandfather, who had virtually no athletic aptitude, but a people-centered heart and mind. The church was jammed with friends, co-workers, and family during his memorial service. He understood the value of the relationships and taught his thousands of well-wishers an important lesson on his final day. A true measure of a man does not center on the number of titles and trophies he has garnered, but on the number of lives he has touched.

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903 Kellum, J	27Oct96
220 lb. Class	
964 Coan, E	22Nov87
936 Urchik, P	18May97
909 Bailey, J	01Jun96
242 lb. Class	
1032 Goggins, S	01Jun96
1019 Coan, E	25Jul99
1004 Wessels, W	11Nov99
959 Urchik, P	11Apr98
930 Nichols, B	18Apr97
914 Karwoski, K	31Jul94
909 Leslie, C	16Jul95
903 Hatfield, F	04Apr87
903 Nestor, B	07Jul91
900 Susco, P	10Feb96
900 Simmons, L	21Nov99
275 lb. Class	
1030 Pasanella, D	28Mar89
1014 Hatfield, F	23Mar87
1010 Lowe, G	14Nov98
1003 Karwoski, K	23Jul95
985 Furnas, D	16Nov86
970 Nichols, B	08Feb98
964 Warman, S	07Aug93
960 Wohleber, D	12Dec82
936 Trevizo, R	07Feb99
931 Gallo, C	03Jul98
925 Florio, J	19Nov95
923 Barno, D	28Jun98
921 Isaac, T	03Jun89
920 Chaillet, M	25Jul92
912 Hackett, E	26Mar83
909 Waddington, D	07Feb82
909 Moran, L	04Dec82
903 Davis, J	07Feb87
903 Ward, G	18Nov87
903 Derrico, D	06Dec87
903 Hardridge, T	24Mar96
903 Kolberer, R	01Jun96
900 Wisner, J	06Apr96
900 Calfo, A	24Nov96
900 Bordon, D	15Nov97
900 Bailey, D	25Jun99
Superheavyweights	
1015 Clark, A	28Mar93
1010 Dimel, M	03May86
1008 Hanman, S	10Mar96
1003 Waddington, D	13Jun81
1002 Wilson, OD	16Feb89
1002 Passilo, M	30Oct99
1000 Moran, L	08Jul84
1000 Ware, J	12May90
981 Fely, D	12Feb82
973 Wrenn, F	12Jul81
975 Hechter, G	12Jun85
975 Isaac, T	Jun89
970 Young, C	11Dec88
970 Dirkson, R	27Apr96
970 Meehan, A	06Nov99
960 Taylor, L	01Dec90
959 Coates, R	13Dec98
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953 Warman, S	21Nov99
950 Kovacs, D	23Nov97
950 Waddle, T	05Dec99
947 Broudeur, P	10Jul86
947 Mikesell, B	16Nov99
942 Mersberg, J	29Feb92
942 Hill, H	29Oct93
942 Kidder, K	01Jun96
942 Nettles, D	05Jul98
936 Kennedy, V	17Oct92
936 Kolberer, R	11Aug96
935 Tate, D	25Jun99
935 Hunt, J. R.	20Nov99
934 Reinhoudt, D	10Apr76
931 Hall, M	26Feb89
930 Frank, G	25Jun99
926 Kazmaier, B	31Jan81

## At Century's End - the 900 Club

The TOP SQUATS compiled by Herb Glossbrenner

Below... Dave Waddington with the first 1000 lb. squat in competition. (copyright Dave Moore)



926 Chaillet, M	28Jun87
926 Karwoski, K	08Jul90
926 Ketchum, J	18Jan92
925 Nichols, B	08Aug93
920 White, J	31Aug75
920 Sicuro, J	94
920 Lewis, J	23Jul95
920 Hudson, T	21Nov99
914 Kenady, D	12Jul81
914 Wohleber, D	11Nov84
914 Stoten, B	06Nov94
914 Voronin, J	11Jul99
910 Patterson, R	19Nov89
910 Brodsky, S	25May97
909 Buchanan, J	16Mar86
909 Tuihalamaka, N	16Aug93
909 Masters, B	03Jul98
905 Kuc, J	09Nov72
905 Rethwisch, G	23Jan86
905 Romaniello, W	03May86
905 Larson, A	24Apr88
905 Pitts, G	27Mar94
905 Hearn, F	15Mar97
905 Doonken, K	03May98
905 Fusner, R	28Feb99
903 Jeffrey, R	03Jun83
903 Sanderson, R	13Nov83
903 Steinacker, R	17Feb85
903 Ward, G	18Nov87
903 Donat, J	06Dec87
903 McCain, D	06Mar88
903 Mitchell, G	26Jul92
903 Brice, T	11Jul93
903 Schott, T	93
903 Faamausilli, J	10Dec95
903 Pokrant, A	01Jun96
903 Sanders, A	14Nov98
903 Binkowski, J	19Dec99
901 Cole, J	28Oct72
901 Collins, H	27Nov93
900 Dempsey, B	05Nov95
900 Heusman, R	09Mar97
900 Ruggiera, M	21Nov99

The 20th Century has come and gone. As we embark across the threshold of a new millennium we can look back at the strength achievements our powermen have recorded for the history books. Jon Cole will be remembered as the founding father of the 900 CLUB. Those lifters appearing in two categories are: Coan, Urchik, Hatfield, Warman, Wohleber, Chaillet, Waddington, Moran and Kolberer. Only two lifters appear in 3 classes. Bill Nichols ranks 5th at 242, 6th @ 275, and 39th position at SHW. Kirk Karwoski is 6th at 242, rates 4th at 275,

and is 37th in SHW. Waddington was the first to be officially credited with 1000 in competition. The only red he got was a nosebleed. Joe White was the man who took the half ton for the first ride. He only got one white. Among our dearly departed are Lee Moran, who busted the one double zero barrier at the '84 USPF Srs. Pasanella a phenom, along with Dempsey and Doyle are legends departed. Altogether we have 15 performances by 15 different lifters to do 1000 or more in the top three categories - 242, 275, SHW.



Joe White with the first 1000 lb. attempt in competition. (Maldfield)

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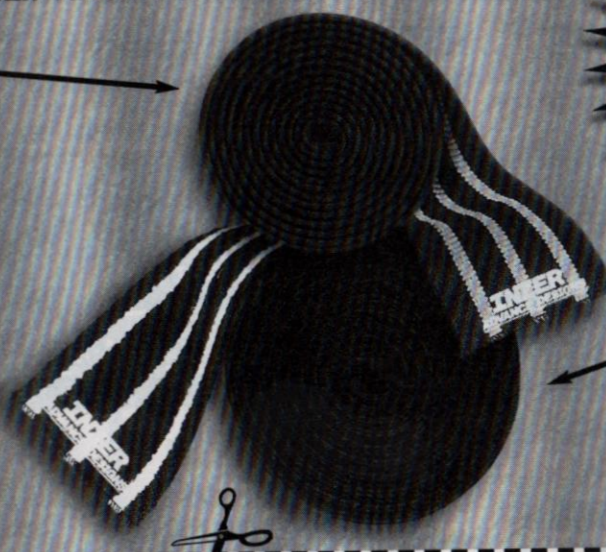
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# TRAINING

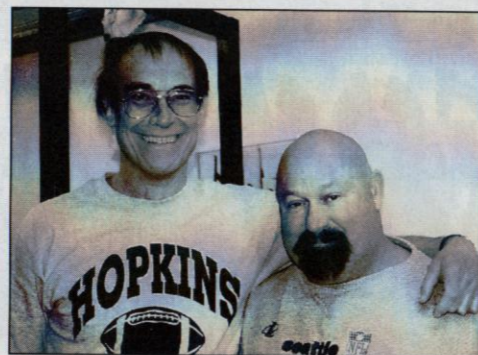
## Squatting in the 800s and 900s as told to Powerlifting USA by Louie Simmons

In 1971 I broke Tony Fratto's Junior National squat record with a 565. The next year in Dan Dewelt's *Powerlifting News* I made the Top 10 by squatting 540 and totaling 1540. I never dreamed of squatting 800, let alone 900, because a dream is just a dream.

Through constant experimentation at Westside Barbell, we have had 24

800 squatters, six over 900 and one 1010, by the incomparable Matt Dimel. Speaking of Matt, this is where the journey began. I will discuss how technology has changed an 800 squat from a shot in the dark to almost a joke. Enjoy the journey, but use only the method described later (with bands). Our methods have evolved since Matt's time.

Matt was the first to squat 800 at Westside. He accomplished this by using a method of box squatting at four levels per workout. After warming up on a box 4 inches above parallel, we did a single that was about 100 pounds more than a contest best. Then we would drop 50 pounds and squat 2 inches lower, by taking out boards, and do a single. Then we would again drop 2 inches more. Now we would be at parallel. We could do 50 pounds more at a meet than we could box squat at parallel. (For example, I did a 600 parallel box, 630 at a meet with no



Dr. Mel Siff (left), the author of *SUPER TRAINING*, visits Louie at Westside to discuss the science of strength. (Diane Black photograph)

equipment in 1973 at 181; 630 parallel box, 680 at a meet with junk equipment in 1978 at 198; 705 parallel box, 765 at a meet in 1980 at 220.) Then we would go 2 inches below parallel for 1-3 sets of 1 rep. This type of squat training stopped in 1983 after I suffered a second fracture of my fifth lumbar vertebra.

We realized that a better method must be used or others would suffer severe injuries. In addition, we noticed that we were very slow but had no idea why.

We found the answer from men we had never heard of before: Verkhoshansky, Siff, Zatsiorski, Ozolin, Baroga, Komi, Vorobyev, Medvedev, Bomp. But the first name without a face was A. S. Prilepin. He had done extensive research on loading, both intensity and volume. I had never considered such things, nor had anyone else at the Club, but I found very quickly that this was the key to everything.

We learned the value of the relationship between force and velocity, how to build speed strength and strength speed, and how to control proper volume at any level.

After my back injury healed, I resumed training, but no more progressive gradual overload. Now we would use one weight per workout because the data showed that there is a correct weight percent to train with on the dynamic day. We started the cycle with 70% of our 1 rep max on week 1 and went up to 80% by the end of the cycle. We did multiple sets of 2 reps, aiming for maximal force production (think speed).

Progress in the group started once again. The more lifters I introduced to the system, the lower the percent of a 1 rep max used became. Billy Masters and Angelo Berardinelli were using 60% of a 1 rep max and were making progress. So we tried it. A few years ago, Todd Brock, Kenny Patterson, and Eskil Thomasson made 804 quite easily by using 405-480 for 12-10 sets of 2 reps. An 800 squat was becoming routine among our lifters, but we didn't stop there.

Vladimir Zatsiorsky and others frequently talked about accommodating resistance (which is using special means

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to account for increased leverage as you stand up). By attaching chains to the bar, the load could be regulated to accommodate resistance. As the bar is lowered, the ends of the chain pile on the floor and the weight is reduced, enabling one to start the bar up quickly. As the concentric (raising) phase is completed, all the chain weight returns to the bar. The body can handle much more weight at the top of the movement because of improved joint angles. The use of chains moved our average squat to the mid 800's. But what was more astounding was that we were taking mid 500 squatters into the 800's in 2 years.

Dave Williams of Liberty University asked me to do some work with large, strong rubber bands made by Jump Stretch Inc. The bands had some added advantages we never dreamed of. First, they accommodate resistance more effectively than chains.

The resistance is evenly added to the bar as you stand up (i.e., progressive concentrics). Also they provide accelerated eccentrics (quick lowering). This is great for reversal strength, but can cause tremendous soreness (sometimes

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called delayed onset of muscle soreness, DOMS). With accelerated eccentrics and progressive concentrics, this method is phenomenal for speed strength and strength speed, depending on how much resistance is added

by the bands. A higher percent of weight and a lower percent of band tension results in speed strength. A high percent of band tension and a higher weight results in strength speed. We have found a combination that has

five men at Westside squatting in the 900's.

Science must play a large role in the development of special strength if you are to be successful. It is the central nervous system that must be addressed. The bands not only accommodate resistance but also increase muscle tension and almost completely eliminate the deceleration phase.

All squat workouts are performed with bands at Westside. The 900 squatters maintain an 810 squat, or 90% of 900, by using 405-455 with added band tension of 200 at the bottom (on the box) and 260 at the top. A 900 squat requires 260 pounds of band tension at the bottom and 375 at the top for 6 sets of 2 reps. The speed day must be accompanied by a maximal effort day 3 days later. Both days require core lifts and special exercises.

The Chinese say that you can give the keys to the universe to a million men and only one will open the door. Be the one!

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# WORKOUT of the Month

My name is Brent Howard. I have been an avid powerlifter since 1987. I have personal bests in the deadlift of 470 @ 148 and age 16, 530 @ 165 as a junior lifter, 540 @ 181, 635 @ 198, and I set a WABDL World Record of 705 lbs. at 220 in 1998. I have pulled triple bodyweight or better in five weight classes thus far, and my best pulls have not yet been attained. I have won 3 WPA World titles and a WABDL World title. John Inzer sponsors me with equipment and I train with Mike Danforth, Sandy Burke and Kenny Sprague at Ironside Gym in Wilton, Maine. I recently got honorably discharged as a Sergeant from 4 years of active duty with the United States Marine Corps, where *Semper Fidelis* means always faithful, and the same motto holds for the deadlift. You need to be faithful to your training and diet as well as rest and supplementation. Consistency is the key!

I have learned tips on pulling from such superstars of the sport as Ed Coan, John Inzer, Gus Rethwisch, Louie Simmons, and big Russ Barlow, but you can learn from anyone! Don't judge someone's knowledge by the size of their biceps, as some of the most knowledgeable lifters are not necessarily the biggest! This routine assumes a 500 pound deadlift max, and is similar to one I use to break my records. I am a medium Sumo puller, like Ed Coan and John Inzer, but this routine will work for conventional style pullers as well. As for equipment, I solely utilize Inzer's gear. I use the Z-suit, groove briefs, and the erector shirt. (Wait til you see the new style suit!!) Let's get pullin'!

**Week 1:** 135x5, 225x3, 315x1, top set (405x5 - first 4 weeks, use belt only, no baby powder on your legs until Week 6)  
**Week 2:** 135x5, 225x3, 315x1, top set (415x5).  
**Week 3:** 135x5, 225x3, 315x1, top set (425x5).  
**Week 4:** 135x5, 225x3,



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## SGT. Howard's SEMPER FI All American Deadlift Routine



Sgt. Brent Howard (USMC) with his WABDL National and World world record of 705 lbs. in the 220 lb. class at the 1998 WABDL World Championships. (photograph provided courtesy of Brent Howard)

135x1, top set (440x5).

**Week 5:** light week - no pulls!!!  
Arched back good mornings, heavy, 3 sets of 6 reps.

**Week 6:** 135x5, 225x3, 315x1, 365x1, and 465x3, add suit and erector shirt, if applicable.

**Week 7:** 135x5, 225x3, 315x1, 405x1, and 475x3, same equipment

**Week 8:** 135x5, 225x3, 315x1, 405x1, 490x2 - PR double!!! Add groove briefs for this new PR!!!

**Week 9:** 135x5, 225x3, 315x1, 405x1, and 500 for two explosive singles!!! (one, if tired or overtrained - use good judgement!)

**Week 10:** work up to opener ten days out from the contest, heavy assistance!

**Contest:** Warmups: 135x5, 225x3, 315x1, 365x1. Opener -

440, 2nd - 505 (new PR), 3rd - 520 (go for it!!!)

Assistance is one of the keys to success in any good training program. I recommend that immediately following the deadlift work, you do the following:  
- Stiff Leg Deadlifts: off a 100 lb. plate, legs slightly bent with belt on: 1 heavy set of 5 reps during Weeks 1 - 4, 1 set of 3 reps for Weeks 6 - 10.

- Hypers or Reverse Hypers (Reverse Hypers preferably), 3 sets, 6 - 10 reps, heavy.

- Barbell Bent Rows, off a 100 lb. plate, 2 sets of 5 reps, heavy with a thin belt.

- Weighted Chins, 2 sets of 6 to 8 reps.

- Chest Supported Rows or Frong Lat Pulls (alternate them) 2 sets of 8 - 10 reps.

- Barbell or Dumbbell Shrugs (alternate them) 2 sets of 10 reps  
- Heavy Ab Work - 6 sets minimum, twice weekly.

- On squat day, I do arched back good mornings, 3 sets of 6 reps.

This routine is not easy, but it will help you for sure!!! Eat 1 gram of protein per pound of bodyweight and don't skip meals. Also, creatine is good for most lifters, but use reputable brands. I truly hope you bust a new PR with this routine!!!

For a personalized routine, please send \$10 to Brent Howard, Box 3142, Holly Road, Farmington, ME 04938. Please include height, weight, age, goals, previous routine, and best set of 5 and best max single. Train Hard and Smart, and God Bless!!!

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DEVIL DOGS - OORAH!

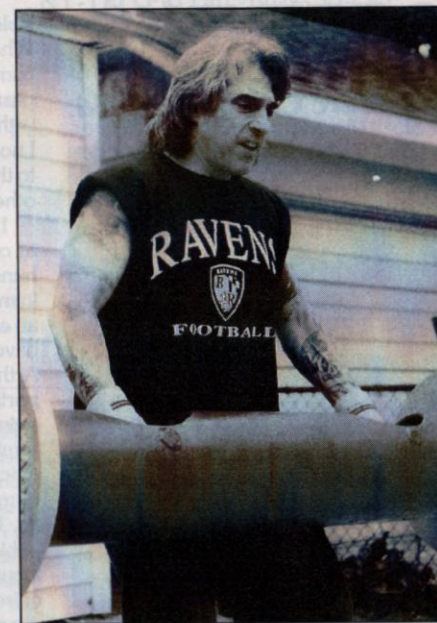
I have a newfound respect for those who compete in strongman contests. Having been around as long as I have, having competed as a powerlifter and a terrible Olympic lifter, and having done a lot of odd object lifting, it came as somewhat of a shock, that some of the "official" strongman events and implements could take my butt and kick it from one end of the garage, down the driveway, and back again. Let me give you the details.

As the grandson, son, and brother of ironworkers and welders, I was put to work early, doing a great deal of hard, physical work. I was in the shop at twelve, welding at thirteen, and generally responsible for hauling steel and related objects on weekends and school vacations from that time on. I spent various periods of time working as an ironworker and doing other hard, physical laboring jobs for many years thereafter. Stints as a lumberjack, oil rig roustabout, and slaughterhouse sweeper will give anyone a "taste" of hard and demanding work. As PL USA readers now, I've been training with weights, or the sewer caps and pails of cement that passed as weights in my formative training days, for over thirty nine years. I've used and advocated numerous "odd lift" devices in an attempt to make my workouts more enjoyable, and give stimulation to the musculature that is difficult to duplicate with a well balanced barbell, dumbbells, or machine supplied resistance. I am a believer that doing "almost anything", if it is done hard and consistently, will benefit one's development of strength and muscle tissue mass. If nothing else, I always enjoy every workout.

In order to up the intensity and have some fun, I often finish a workout, or for a change of pace, do a complete workout utilizing non-traditional, or odd lift type movements. I've been fortunate that my brother's shop often supplies the materials I need, but I made the decision to upgrade that end of my equipment line. We utilize selectorized machines, exclusively Nautilus, for the rehabilitation of my patients and for many trainees; we use the standard barbell and dumbbells for everyone; we use the odd objects, or as author Brooks Kubick brought to life in his book *Dinosaur Training*, "Dino Lifting", for many of our athletes and for work-hardening many of our rehabilitated patients. Let me state here that Kubick's book will give you a good perspective on training harder, a motivating tool for the lifter to seek not only alternatives to the competitive lifts in the off season, but a more positive mindset in all of his or her training ([www.dinosaurtraining.com](http://www.dinosaurtraining.com)). I took the plunge and purchased some "official" strongman equipment from Bryan Neese. For those who have

seen Bryan compete on television or on some of the strongman contest tapes, you are not dealing with a guy who is blank on the needs of the competitor. He is a very large, strong, muscular guy who has been making and supplying implements to many strongman contests across the United States. Did you ever watch a contest on television and wonder "where do they get that stuff from?" I know I did and the answer in many instances, is "From Bryan!"

# More From Ken Leistner



Dr. Ken Leistner gets set to lift a 216 pound metal "log" in the driveway of his garage gym. (this photograph taken by Kathy Leistner)

In addition to a well balanced pair of farmers walk implements, which our athletes also use for shrugs as they are more comfortable to handle when loaded than standard dumbbells and easier to load than a dumbbell bar if you are using in excess of 150-180 pounds, I bought some logs. Like the ones you see in contests, these are metal, 1/4" pipe with recessed, parallel grip handles and over eight inches in radius. For a small guy like me, this means trouble - which, of course, translates to a tougher and more productive workout. One does not "clean" the log to the shoulders, or at least, I don't, not being strong like the contest competitors are. I chose to deadlift it to a hang clean position, also not that easy because you are reaching in front of you for the "bar". Even after "cheating" and putting a York 20 kg. plate on each side allowing me to get my feet under

the log a bit, I still had to reach out in front for it. After bringing it to the hang position, I more or less did a quick hammer curl with the parallel grips and brought it to the shoulders. This is where the real fun began. Because of my small stature at 5'5" and change and 160 pounds, I was "wearing" the log. As Kathy said, as she came out to the driveway to photograph the disaster in the making, and get a good chuckle for the day, "the log is so big you can't see your head". I had difficulty getting a deep breath because the log was sitting in my mouth and on my chest. I had to tilt my head back excessively and get quite a bit of lay back to keep it balanced and in place. When you see guys like Bryan doing it, it looks almost easy. They're such large men (and being ten times stronger than me helps a lot too) that the logs sit on them and seem to fit pretty well. I felt as if I had a boulder to control. Thus, it was actually easier for me to

"clean" the log, press or push press it dependent upon the weight (at 216 on the log, believe me, I was definitely push/throw/pray pressing it), bring it down to "clean" again before the next press, and continued that for four reps on my top set. It may seem easier to just "clean" it once and do all the presses, but it was such a severe workout for my upper and mid back, as well as the respiratory muscles, that I opted again to "cheat" and give myself the additional work of "cleaning" each individual rep. More work, but - for me - easier work.

Did I have fun? Was I sore to the point that I was tender to the touch all through my upper and mid back regions? Was I huffing like a locomotive? Was this a great way to complete my usual workout? A resounding "yes" to all of those obviously answered questions. Many lifters may make the immediate statement that "I have no interest in strongman contests. I'm training to lift as a powerlifter, period!" It's a point well taken, but also incomplete. If using some of these implements can help to make one stronger and that strength can then be applied directly to the three lifts, you've just found a way to improve your lifting. For those who believe that there is a "sports specific" training philosophy and that nothing other than those movements that duplicate what is done

in competition apply, there is no need to go farther. At one time, an Olympic lifter did the three competitive Olympic lifts (when the overhead press was the first lift of the three performed in competition). Through the decades, components of the lifts were added to the three official lifts so that a thorough Olympic program may have contained overhead press, 60 or 80 degree seated presses, press lockout and starts, the barbell squat, front squat, power clean, power snatch, clean grip pull, snatch grip pull, and jerks from the rack. This may have been heresy at first, but it stuck. Powerlifters in the mid Sixties in many parts of the country did the three lifts and nothing else. As most powerlifters came from a bodybuilding background in the "old days", they easily added inclines with barbell or dumbbells, lat pulldowns, barbell row, leg press, and leg curl. Those that came from an Olympic lifting background, continued to do overhead pressing movements, power cleans and hang cleans and, often, front squats. Today, with the popularity of men like Lou Simmons and the perpetual popularity of, for example, Fred Hatfield, most lifters have no hesitation adding a myriad of assistance movements. However, these all utilize barbells, dumbbells, and the infrequently used machine exercise. Most have not been quick to adapt to the use of logs, stones, and farmers walk implements. It is an opportunity missed for many.

For those who have tried to finish their typical workout with ten consecutive lifts of a 220 pound stone, from the floor to the height of the top of a fifty five gallon drum you know how much the thighs and hips and low back scream to stop. If you want to strengthen the upper back in a manner that is difficult to do with the standard deadlift, row, and pull-down, try to "hang clean" an official sized metal log and do presses or push presses for sets of five. Lou Simmons has already sung the praises of sled pulling with a harness for added power in the hips and thighs and after doing shrugs and a few ninety foot walks with 220 pounds in each hand, tell me that your traps, scapulae retractors, and obliques have had a more intense workout. Buddy Morris, the strength coach at the University of Pittsburgh, has turned out some monster players over many decades. He made the statement that he likes his players to use many of these odd objects because they are effective in strengthening the "core muscles" of the body, the abdominal and low back regions, as well as the hips. For the competitive lifter or the recreational lifter seeking to become stronger, these are underrated and under-utilized items. (Bryan Neese is at: [b\\_neese@yahoo.com](mailto:b_neese@yahoo.com); Roger LaPointe has an array of granite stones at: [www.AtomicAthletic.com](http://www.AtomicAthletic.com); Rich Sorin has all kinds of "toys" [www.sorinex.com](http://www.sorinex.com); Iron Mind Enterprises has the harness and grip items [www.ironmind.com](http://www.ironmind.com))

Let's face it, none of us are getting any younger. When you sit back to reflect, life is but the blink of an eye. At some point all of us will come to the realization that we have passed our peak. For the fortunate, this comes with advancing age, the less fortunate arrive prematurely, due to a career ending injury. Lift long enough and you will face post-peak training and its challenges.

I ceased to be competitive when still young. At the ripe old age of twenty four, after repeated injuries. I tore the spinal erectors on the right side of my lower back. Though I'd been training for ten years and should have known better. I was stubborn and tried to bull my way through nagging back pulls.

Preparing for state championships, I was banging away on heavy sets of five in the deadlift. On my third rep, I collapsed. There was no warning. I was on the floor and couldn't move.

That night, my back spasmed. I could not move of my own volition. Only *Ativan* and muscle relaxers put me to sleep. For several days I used a walker to get around. I remember falling in the bathroom and being unable to right myself. I was a two hundred and twenty pound beetle on its back.

That was it. No more competitions. My deadlift had always been my forte, closely followed by the squat. At the time, a tear within the muscle belly was not repairable through surgery. Today, if I bend over, the torn lumbar appears as a crater. The muscle is gone and with it my functional strength. Sure, I can out-lift most people in commercial gyms. But what the hell is that?

It took me a long time to accept that I was finished competing. Believe it or not, I had to further re-injure my back before I was willing to capitulate.

#### CROSS TRAINING

I needed a way to vent my driven personality. I took up boxing. Everyone cross trains these days. But in those days boxers and lifters never mixed.

Boxing was a grueling workout. I could push myself to the limit. From the outset it was obvious I would never be a fighter. I was already too old and have limited athletic ability. My personality is such that I'll take three punches to get one in. But, I didn't go through six and a half years of college work to have my brains pounded to putty. I sparred occasionally, but trained with religious zeal.

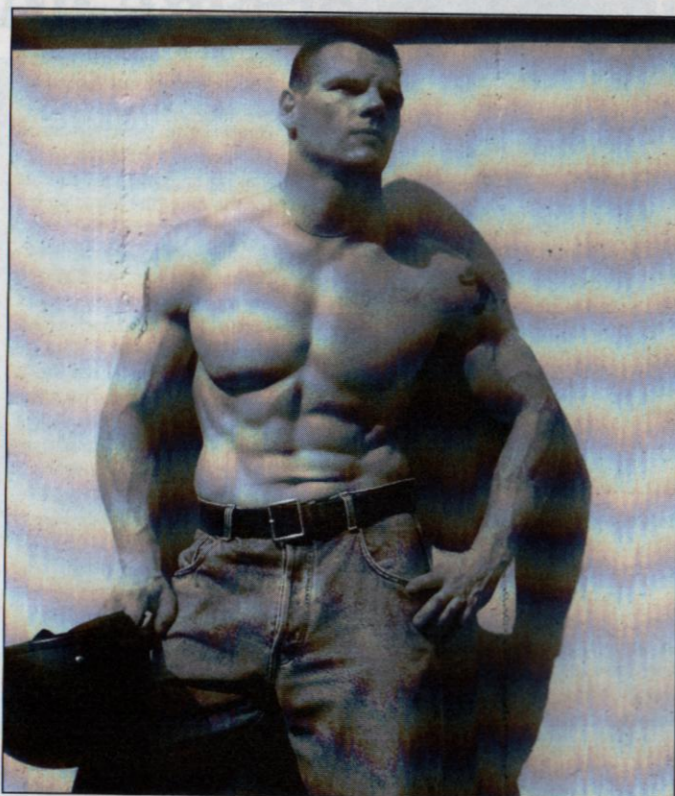
#### RE-DEFINING PARAMETERS

In time, I returned to aggressive

# TRAINING

## TRAINING BEYOND DIMINISHING RETURNS

as told to *PLUSA* by by *Marc Caviglioli M. Ed.*



*Marc Caviglioli has developed several methods to deal with injury*

lifting. I had to learn new ways to minimize risk. After re-injuring my back with ridiculously light 315 lbs. squats, I started from scratch with the empty bar. Reps I could do, so I began with sets of thirty with the empty bar.

When training with reps, keep in mind what is referred to as the Nebraska Formula. This formula predicts your maximum single based on reps and is deemed accurate for sets of up to ten reps. Beyond ten reps accuracy falls off. It is useful when calculating a projected max for competitions or planning a cycle on which to base your percentages. I've played around with it and am satisfied or its accuracy. It reads:  $\text{reps} \times .03 \times \text{the weight, plus the weight}$ . Thus if you can bench 300 x 5 you calculations would be  $5 \times .03 = .15$ . Multiply this by  $300 = 45$ . Finally, add 45 to 300 and you get

a protected max or 345.

These days, my training sessions at Iron Shark Barbell Club look more like a strength athlete's than a pure powerlifter's. At thirty six, my age manifests itself through increased recuperation time and reduced training volume. Still, my objectives are clear - maximum strength, peak performance.

Once you accept limitations due to age or injuries, you find new ways to go all out within your redefined parameters. Bear in mind, realistic appraisal of limitations is NOT avoiding hard training. To the contrary. Heavy doubles and triples are easy compared to heavy sets of twenty in the squat.

Training redesign should almost never comprise a shift to easier training. The objective is to channel maximum training aggression to new realms. A fresh focus is critical

to avoid training in the same old style only to receive a diminished return. For myself this has meant striving to combine the utmost in pure strength, along with respectable cardio-vascular output. If I can come close to my old training lifts at a lighter bodyweight while sustaining a demanding boxing routine, then I know I've out performed my old abilities.

Cross training is only one possible configuration or a new focus. When I accepted that powerlifting competitions were a thing of the past, I was liberated to experiment with alternative training approaches. I no longer had to constrain myself to the big three at the expense of all other strength pursuits.

I think other pursuits gain value as one becomes older. The fat two hundred and forty pound lifter I was in my early twenties was headed for an early heart attack. My injury may have been a blessing in disguise. Arthur Saxon talks about the importance of being able to run and swim. Bill Kazmaier, at a recent seminar, also talked of the importance of being able to run and swim, of maintaining one's athletic viability. For those of us no longer capable of the narrow super-intense focus powerlifting competition requires, we can diversify, maximize our strength while enhancing our all 'round abilities.

This may mean maxing for reps, maxing on new types of lifts or trying one's hand at strongman events. Though I know my back injury and limited genetics will inhibit me from ever being competitive in the strength game, unusual events are a fresh area in which to strive.

Some excellent books are available from Iron Mind, advertised in *Powerlifting USA*. Check out *Justa's*, *'Rock, Iron, Steel'*, *Jeck's*, *'Of Stones and Strengths'*, or *Kubik's 'Dinosaur Training'*. Strength can be defined many different ways. If you think you can no longer push yourself due to injury, you simply haven't looked around.

#### SPEED & TIME

Another possibility, for those who can no longer handle extremely heavy weight, is training for maximum power. Power is defined as force multiplied by distance divided by time. Its unit of measure is watts. For the purpose of calculation and comparison distance can be held as a constant of 1.

I prefer to modify the formula to  $\text{weight} \times \text{reps}$ , divided by time to complete the set. The result is an aberration that I find convenient for comparing performances. Increase your poundage, maintain your time

and you've increased your power. Conversely maintain your poundage, but decrease your time and power increases. In a simpler format, if you can reduce training time while maintaining the workload, you've increased your power output. This enhances strength-endurance and taps into fast and slow glycolytic energy pathways in the muscle.

Keeping time during sets allows two possible objectives. You can hold a contraction as the strongman do an ESPN, or maximize reps within a given time. Using the chronograph available on many cheap watches lends a whole new dimension for competing against either rivals or against yourself. You can time whole bodyparts or your entire workout. Talk about cardiovascular stress!

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possible within a given amount of time is a challenge. The speed lifting of Karl-Heinz Otto as detailed in Nov '97 of *PL USA* has put him in the Guinness Book of World Records; 225 for fifty reps in 36.7 seconds, 325 For ten reps in 7.1 seconds.

Nowhere is the value of strength-

endurance training more evident than in strongman events such as medley or keg loading. You might not be as strong a warrior as in your peak, but you might be a more formidable one.

#### TONNAGE

Measuring volume through tonnage moved is an old powerlifting device. My regular in shape heavy pulling workout averaged 35 tons in less than two hours. This is a measure of volume and is another way to compare output. I find such comparison valuable when planning a cycle or

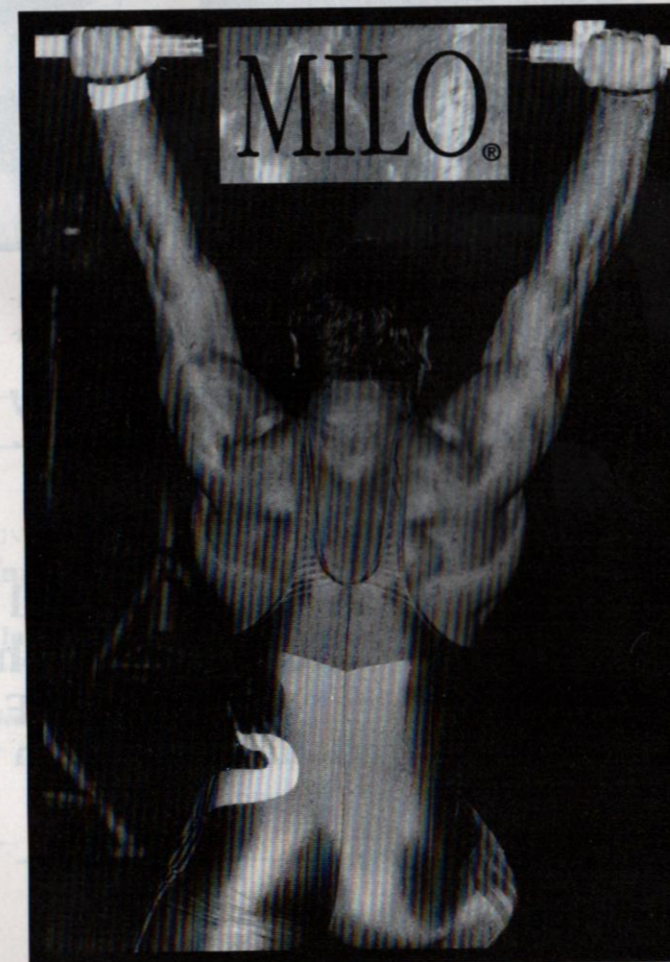
to avoid over training. If rehabilitating a soft tissue injury, I sometimes return to my pre-injury volume via many light sets. Holding tonnage constant, I then gradually increase weight until my strength is back. Using the high volume ensures that the area receives some stimulation, though one

may be forced to work light. Consult a physician before trying this yourself.

Some injuries do not allow for reps. Sixty one year old Fred Peterson is pulling almost seven hundred pounds in competition deadlifts. These are raw pulls without even a belt. He, too, has accumulated injuries. But his particular injuries are exacerbated by high reps. Consequently, his workouts are comprised of many low rep sets. Each person must discover for themselves how to maximize intensity without aggravating injuries or age related obstacles.

Keep in mind that much of the above training is more taxing than lifting heavy; sometimes extremely so. Kazmaier talked of running stadium steps with weights and pushing cars until his heart rate reached 245 beats per minute! (do not try this). You had better be in excellent physical condition before putting any of these ideas into practice. Everyone, but especially older athletes, should get a stress test and a physician's approval prior to embarking on strength endurance training. Even then, use common sense to guide you. Listen to your body. Stop before you over train or hurt yourself.

Most of all, stay aggressive and have fun!



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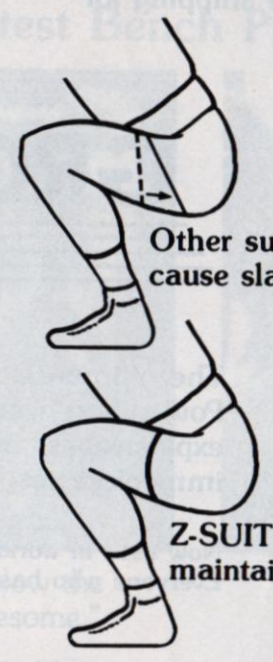
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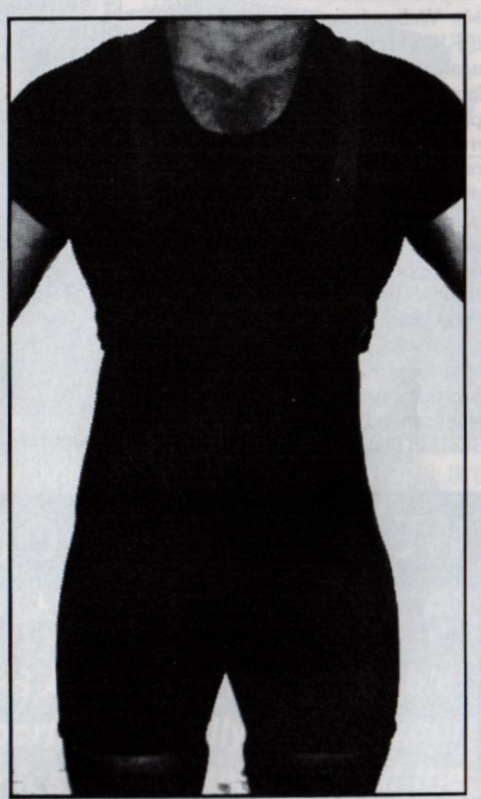
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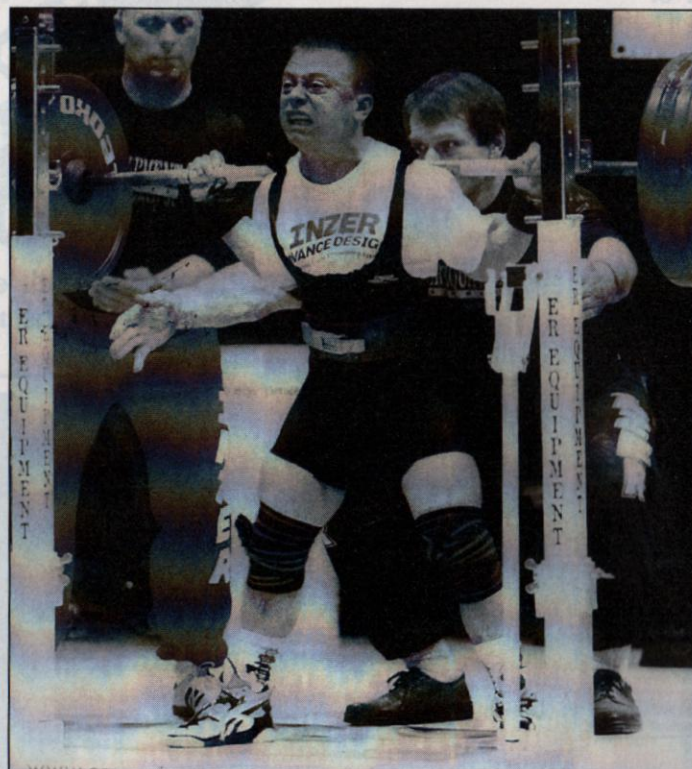
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Riesa, Germany hosted the EPF Men's European Championships on April 27 through 30th. Riesa is a city that is working to make itself into a top international sports hub. The huge Olympic sports complex provided powerlifting an excellent venue. The contest was well run and EPF administrators agreed that it was one of the best-run championships ever. The German spring weather was perfect for the championships.

President Arnulf Wahlstrom chaired the EPF Congress that was attended by representatives of twenty-three EPF nations. At the end of the EPF Congress, IPF President Norbert Wallauch was invited to speak and he answered questions. Mr. Wallauch announced that the IPF World championships will, once again, be held in America. Mr. Wallauch said that he was extremely pleased with the solid and unanimous support he received. Everyone, lifters, delegates and past and present officials appeared eager to support Mr. Wallauch. Mr. Wallauch said he was especially happy with the support of former General Secretary John Moody and former IPF President Heinz Vierthaler, both of whom were on hand in Riesa for the championships. Former General Secretary Arnold Bostrom was unable to attend, however, he instructed Swedish Powerlifting's General Sec-

## EPF European Championships as told to Powerlifting USA by Peter Thorne



Konstantin Pavlov (Russia) the winner at 56 kg. (photos by Bernd)

retary, Bjorn Bull, to convey his full support to Mr. Wallauch. Mr. Bostrom said he supported the great work done by Mr. Wallauch so far and is encouraged by his pledge to now move forward towards IOC recognition. The enthusiasm and harmony was apparent everywhere.

There was a brief ceremony preceding the lifting where Peter Thorne, on behalf of Inzer Advance Designs, provided President Wallauch the papers that ended a lawsuit and set aside all the legal tangles that have kept the IPF from the USA. Then President Wallauch again invited the USA meet directors to bid for an IPF World Championship. President Wallauch stated that the IPF community of nations is very enthusiastic about coming to a championship in the USA. The lifters, as well as the delegates, were very excited with the opportunity to compete in the USA. This has been a dream of administrators and lifters for a long time.

Now with the legal challenges ended, Norbert says he already is working on the long ignored issue of IOC recognition. He is already busy with related IOC meetings. General Secretary Heiner Koberich is at work collecting the IOC required protocols from the IPF regions. The procedure for IOC recognition is underway. He said "IOC progress reports will be issued to the nations."

Now came the time for the lift-

ing. The opening class offered no surprises as Poland's Stanaszek won the 3 man division with 570 kg. (1256 lbs.). He made 2 tries at a world record 278 kg. (612 lb.) squat. They drew 2 red lights each and he settled for his opener of 270 kg. (595 lbs.) in the squat. He tried another World record - 178 kg. (392 lbs.) in the bench press, but he was not able to complete the lift.

Perennial winner here and three times World Champion, Pavlov of Russia, set a Russian record and posted 610 kg. (1344 lbs.) for 25 more kg. than Roy Brandtzaeg of Norway and the 56 kg. class win.

In the 60 kg. class, Mikhail Andrukhin of Russia hit 650 kg. (1,432 lbs.) for 15 more kg. than Petrov of Bulgaria.

This time the 67.5 kg. class belonged to Poland's Olech. Olech set a world record in the squat with 312.5 kg. (688 lbs.) He posted a total of 755 kgs (1664 lbs.). His total was less than expected, as his lifts in the bench and deadlift were lighter than usual. He did total 50 kgs more than his 2nd place countryman, Wilczynski. He will be back to the 800 kg. mark for Japan. Meanwhile his rival, Kazakhstan's Alexi Sivokan competed in the Asian Games in Uzbekistan. There, Sivokan did a world record bench press 203 kg. (448 lbs.) and a world record total of 810 kg. (1786 lbs.) It should be a great match up when they compete against each other in Japan.

In the 75 kg. class, the first four lifters battled it out in the deadlifts. Furazhkin of Russia was leading 2nd place by 2.5 kgs after the bench press. He held onto his lead totaling 792.5 kg. (1747 lbs.) to get himself the gold medal. Starting the deadlifts in 4th place, Bazaev of the Ukraine, pulled 307.5 kg. (677 lbs.) and moved up to 2nd for the silver medal.

82.5 kg. class: It was Russia, Ukraine and Russia again, as Russia's Mor deadlifted and squatted 320 kg. (705 lbs.) for an 862.5 kg. total (1901 lbs.). Mor is solid in all three lifts. He is a former IPF Jr. World Champion and IPF Men's champion. Grabski of Poland, one of the favorites, could not get any of his squats passed and was out of the competition.

90 kg. class: Russia's Tarasenko is a Jr. World Champion. He is a newcomer to Men's open competition and another of the great young lifters coached by Sergei Ivanof. Andrey Tarasenko won handily finishing up with a 330 kg. (727 lbs.) deadlift and a 920 kg total (2,8028 lbs.) Peter Theuser of the Czech Republic was 2nd, beating Gecas of Lithuania. Coach Ivanof has a large group of young lifters who are setting records and winning gold med-

(article continued on page 50)

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Recently I read an article by Steve Gaugler in which he published his exercise diary describing the first seven days of his fitness program. The article reminded me of my first week of training for powerlifting. Consequently I went back into my old files and pulled out my training log for that week. I would like to share it with you. It is extremely interesting and enlightening. Here is what the diary says.

## Dr. JUDD

### Even God Rested on the Seventh Day by Judd Biasiotto Ph.D.

**DAY 1** - My coach is Fred Glass a former powerlifting world champion and coach of the world-renowned Surf Breakers powerlifting team. I really lucked out here. Not only is Fred a great coach, he is also one of the nicest guys you would ever want to meet. I never met a guy who is more kindhearted and compassionate.

Practice began at 7 P.M. sharp. We started out with five sets of squats. I had a little trouble with my form, but Fred said I did great for the first time. He is really a great coach. He is so positive and encouraging. Next we did five sets of bench presses and then we finished out with deadlifts. Deadlifts are really easy. All you do is pick the weight up to your knees. It's kind of weird that they would put a lift like this in competition. It is so easy to do. Actually pow-

erlifting seems a lot easier than I thought it was going to be. It seems crazy but you only do three reps per set. When I was in high school gym class we had to do as many as 20 to 25 sit-ups and jumping jacks per set. This is a lot easier than gym class and it's a lot more fun too. I think I'm really going to do great in this sport!

**DAY 2** - My back is a little stiff and my legs a little wobbly, but I'm OK. I'm really looking forward to training today.

Practice started right at 7 PM sharp. Fred is really organized and disciplined. I like that about him. He is really a great coach. We did supplementary exercises today - leg presses, "lat" pull downs, sit-ups, and crunches. We used pretty heavy weight on all

the exercises, even the sit-ups. It was a little tougher to day, but I got through it. Fred said I did good. He really motivates me. I feel like I'm really building some muscle. It makes you feel like a real man doing this heavy type of lifting. I definitely like this better than gym class.

**DAY 3** - My mother had to help me out of bed today. I skipped work and I spent the entire morning in a tub of Epsom salts. That made me feel a little better. Still I've been walking around the entire day like I'm trying to carry an ear of corn without using my hands. I'm not sure, but I think I might need a slight spinal readjustment. I'll probably loosen up once I start lifting.

Practice started at 7 PM sharp.

Unfortunately I was twenty minutes late. It really wasn't my fault. My arms and legs were so heavy I had trouble shifting gears in my car. Consequently, I used the turnpike to get to the gym so that I would not have to shift gears. Unfortunately the turnpike took me a good ten minutes out of the way. I think Fred was a little upset with me.

We did light squats, bench presses and deadlifts. True enough, the weight on the bar was lighter, but I think the air in the gym was a lot heavier because every lift felt like it was going to rip my spine right out of my back. Now I see why they call the deadlift the deadlift. This lift can kill you ... like dead even. I believe Fred was somewhat annoyed with me because I kind of moaned a little when I attempted each rep...

OK it wasn't a moan it was more like a little scream, but that was no reason for him to throw a fit. I did get through the entire "bleeping" workout though. Fred said I did OK. That was really "BIG" of him. I didn't get home until three in the morning. My parents were really upset. It wasn't my fault. My legs were so tired that I couldn't get my foot high enough to put it on the clutch pedal.

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# ED COAN

**DAY 4** - Both my mother and father had to help me out of bed today. My arms were so heavy that I couldn't even brush my teeth. No big deal! I don't brush them every morning anyway. After I sat in the tub for three hours my mother was nice enough to comb my hair and help me get dressed. I took off from work again. No big deal. I had vacation time coming. I do have this little problem though. I can't seem to sit down on the toilet any more. I get half way there and my butt cramps up. I hope this is not a lifelong condition. It's not easy hitting the target from this position and my mother is not too happy about cleaning up my mess. Of course, I would do it myself but I can't get my body down that far. I'm sure I have a disc problem and maybe a hernia or two. No big deal!

I left for the gym at 2PM so that I would be there at 7PM sharp. Fred was waiting for me right at the door. He is such an ass. I think he is a sadist. He is always saying, "No pain, no gain". What the hell is this - a lifelong activity or a life threatening one? We did supplementary exercises today. I don't remember what they were and I don't give a damn. I was in coma the whole time we

were doing them. I once read in a medical journal that when your body experiences excruciating pain your brain dumps out morphine which in turn decreases the body's pain. It's a lie. Either that or I'm mentally irregular when it comes to morphine production. I'm in so much pain my hair and fingernails hurt. Fred said that I have to suck it up if I'm ever going to be any good in the sport. Like I really give a damn about what he thinks.

**DAY 5** - I'm really pissed off this morning. I woke up to discover that I dreamt the whole night that I was working out. Now my brain even hurts. The only way I can brush my teeth today is by putting the tooth brush on the floor and move my mouth back and forth over it. No problem, I can go another day without brushing them. I think my mother is getting a little tired of my powerlifting career. She told me that from now on I should wait until I get the gym before I use the toilet. I took off work again today. This time it was an accident. I thought it was Sunday.

Practice started right at seven "FREAKING" o'clock PM. More squats, bench presses, and deadlifts. My back hurt just chalking

my hands up for the deadlift. After I finished deadlifting there was no doubt in my mind that major surgery was in my near future. All I could think about was how in the world did I get into this sport? Did I bump my head or something? And who in the hell invented this hoopla? Van Kraft of the German Third Reich? Fred said my squat depth was terrible and my deadlift form sucked. Who gives a (bleep)! I hate Freddie Glass more than any human being in the world or anywhere else for that matter. More than any human being has ever hated any other human being in the history of the world.

**DAY 6** - I slept in the tub last night. The only thing that got me through the evening was being cognizant of the fact that today I don't have to go to work or go to practice. Today is Saturday ... right? What keeps running through my mind is "They shoot horses, don't they?" I was so weak today that I didn't have the strength to use the TV remote, so I watched eleven straight hours of the weather channel.

**DAY 7** - I feel almost like a human being at the moment. Apparently the time off did me a

world of good. Thank the Lord I still have today off. I would go to church and thank Him personally, but I just woke up and it's four o'clock in the evening. Fred called me to find out how I was doing. He told me that he was really proud of me for "sticking" in there. He is not such a bad guy after all. You know this is nothing like gym class. You really have to be a man to powerlift. Maybe I'll do alright in this sport after all.

How do you like that? In all candor, after those first several days I was ready to put a gun to my head, but I know in my heart that if I wanted to be successful I would have to experience a little pain and frustration. That is the way it is with every endeavor in life. There is no free ride. Nothing in life that is worth having comes easy. A lot of people have this idea that life is all peaches and cream. That all they have to do is show up and everything is going to be beautiful and splendid. Someone forgot to tell them that life is also pain, hardship, despair, unhappiness and hard work. It's all a part of life. Life is magnificent, but it is not easy. In fact, it is God's greatest challenge to us. Once you learn to capture it's essence, though, then you can make real magic.

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At the 1998 "Battle of the Great Lakes" Guest Lifter, Mr. Deadlift, Vince Anello, captivated the audience with a 650 lb. lift. The National Powerlifting Hall of Fame Recipient and former World and National Champion really put on a show for us. Last year, at the "Battle of the Great Lakes II", Guest Lifter, Dr. Bench Press, Larry Miller astonished all with his incredible 450 lb. bench press at a bodyweight of 165 lbs. The multiple National Champion just missed locking out 500 lbs. These feats of strength are nothing new to you, and I and the rest of the powerlifting community, but they are, however, incredible sights for the youth of our society that idolize athletic achievement.

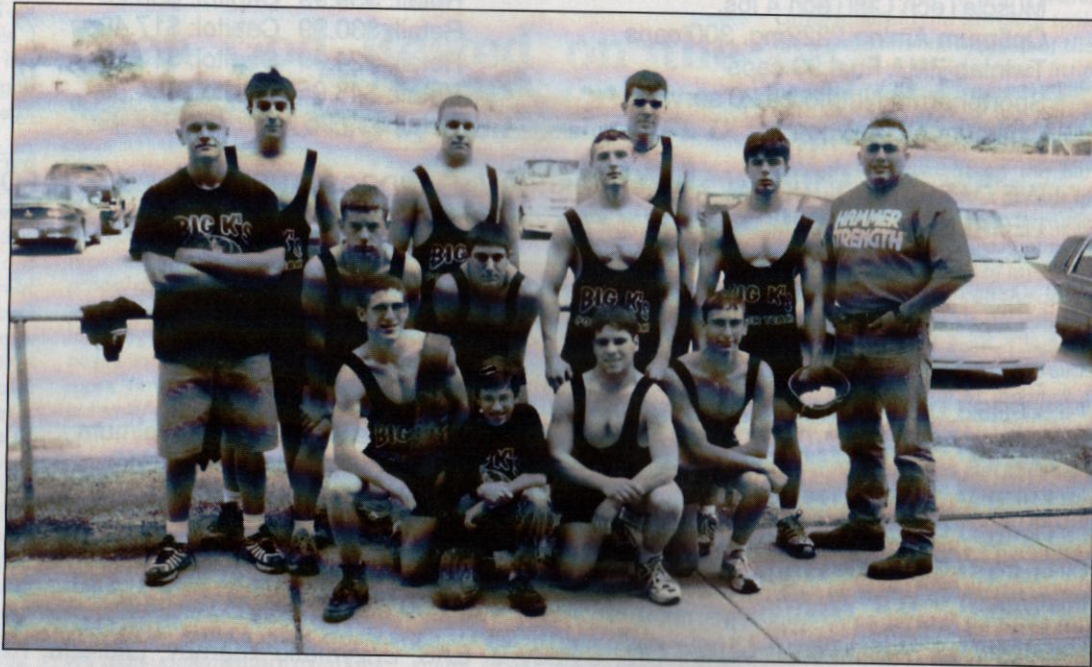
I would like to begin this article by extending a warm, heart-felt thank you to the many outstanding powerlifters that have been such a big influence on the lives of our youth. Your "Commitment to Excellence" is greatly appreciated. You stand very tall in the hearts of many. You are role models and heroes who inspire us to press on toward our

own personal goals. You are admired not so much because of your success, but rather because of the challenges or adversities you overcame to become successful. It is to you that I dedicate this article.

I found out early in my life about "Commitment to Excellence". I began weightlifting when I was in junior high. My father would train my twin brother Glenn and I every night. We had a simple weight room in our basement consisting of a bench, a chin-up bar, some old dumbbells, a neck harness and a standing calf machine my father made out of wood. We stuck with the three main lifts as a base and rounded it off with some assistance exercises. Our technique was somewhat sloppy, at first, but in time we learned to grasp the skills we needed to be successful. My father believed that strength combined with technique was the only true way of developing successful athletes. He was right because Glenn and I both experienced a great deal of success in football and wrestling at the high school and college level. Our road to success was not always smooth, but as we've all learned, through life, it's the ability to get up and try again following setbacks that builds character and determines the true measure of a man. My father was relentless in driving these values

## Powerlifters Make Great Role Models For Today's Youth

as told to Powerlifting USA by Gary "Big K" Kanaga



"Big K" with his Greatest Accomplishments ... His Athletes!! (kneeling, left to right) Aaron Egut, Andy Egut, J.J. Riou & Josh Papp. Middle Row (left to right) Vince Scalmato, Chris Ports, Pete Carnabuci, Anthony Scalmato, Adam Champion, Big K. Back Row (left to right) Chris Zack, Matt Salisbury and Ryan Pytel. (courtesy G. Kanaga)

home. He was not just building our bodies but also preparing our minds for the competition and challenges of life.

These lessons hit home my senior year of high school when my twin brother Glenn was diagnosed with cancer. Glenn was truly an inspiration during his hardfought battle against the deadly disease. He beat the odds and today is a cancer survivor! The type of courage, dedication, and compassion my father taught us as youth, Glenn was now experiencing as a young adult. I attribute Glenn's ability to overcome that incredible challenge because of the strength my father instilled in us through weightlifting.

My father and brother are my heroes. Many of us have heroes as well. They may be famous movie stars, athletes, CEOs, politicians or your "Everyday Joe", but one thing they share in common is their "Commitment to Excellence". Throughout my modest lifting career, I have observed many powerlifters make a sincere "Commitment to Excellence". They have a burning desire to become the greatest. They outwork their competition, whether in season or out of season. They are very determined and refuse to settle for anything less than their best. As a result of their hard work and perseverance, each one became

successful.

I grew up idolizing the giants of the iron field. Names like Anello, Kazmaier, Simmons, Kuc, Coan, Lain, Crain, Inzer, Williams, Black and Reinhoudt. These men helped make powerlifting the sport it is today. They led by example and were never too great to stop and give advice to your "Everyday Joe". These men were "True Champions" who loved their sport enough to give something back to it. Their "Commitment to Excellence" was passed on to the next generation of strongmen. Names like Hooper, Benemerito, Miller, King, Clark, Karwoski, and Stewart, just to name a few, all possess the special ingredients that make them successful as well. These men, in time, will pass the torch to the next generation of strong men. Names like Scalmato, Dimitris, Bertin, Egut, Lanzi, Ports, Carnabuci and Stenzel.

I encourage the seasoned powerlifter to the novice weightlifter; continue to share a few words of wisdom with our youth any time you can. Never stop reaching out to them. Give them your knowledge, advice, enthusiasm, training tips, or just a simple word of encouragement. Continue to teach them about hard work, sacrifices, and overcoming adversity. Your impact on their lives will be significant! If you truly

love this sport, you will enjoy teaching it to others. By helping them, you help yourself. No one makes it alone. I tell my athletes something I learned early in life. "You may be alone on the award stand, but there

are many people around you who helped shape and mold you into the successful person or athlete you are today". Records and awards will fade in time, but your "Commitment to Excellence", your courage; your dedication and compassion will last forever. Never forget, you were once in their shoes.

One of my greatest joys in life is my opportunity to reach so many of our youth through coaching. At the high school level I am a Head Wrestling and Powerlifting Coach. I love seeing athletes grow and improve everyday. Their successes are my successes. I laugh and cheer with them in victory and cry with them in defeat. There is no price that can take the place of knowing that you made a difference in a child's life! This, in its simplest form, is what my father instilled in me twenty-five years ago and we, as role models, are instilling in the athletes of today.

We all want this tradition of success we experienced in powerlifting to continue to the next generation. What better way is there, then to encourage and support the youth of today. It is our responsibility as role models to leave them something behind. Let us give back to the sport that has given us so much. Let us continue to help our youth fulfill their dreams just as we fulfilled ours!

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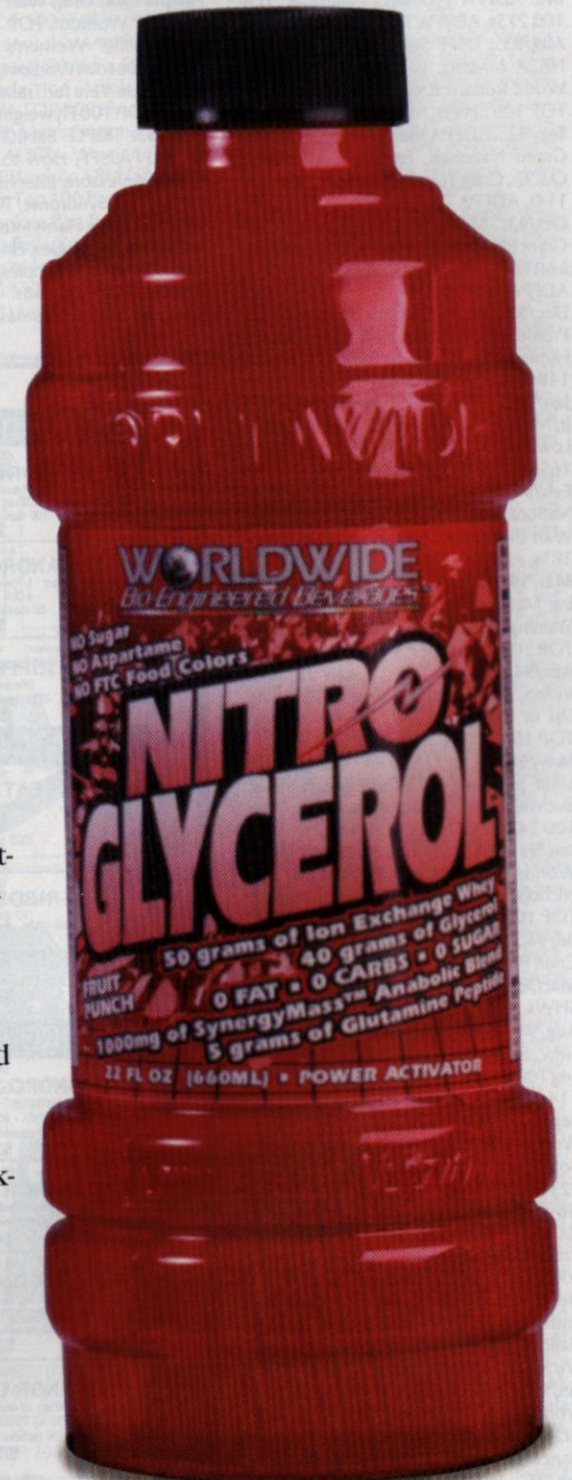
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**Jul/93...** Pro Powerlifting Debuts, Motor Cortex Control, Strategic Deadlift Initiative, ADFPA Women's Nationals, TOP 100 275s, ADFPA TOP 20 165s  
**Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
**Sep/93...** ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
**Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest/Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
**Dec/93...** WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s  
**Jan/94...** IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs  
**Feb/94...** Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s  
**Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s  
**Apr/94...** Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFL Worlds, TOP 100 220, ADFPA TOP 20 132s  
**May/94...** USPF/ADFLA Collegiates, 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  
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**Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s  
**Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s  
**Dec/94...** Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Women's, United We Stand, TOP 100 165s  
**Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s  
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lifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.

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**Jun/95...** Antonio Krastev, USPF Collegiates/Bench Nationals, Overtaining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

**Sep/95...** TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s

**Dec/95...** Walter Thomas Interview, IPF

World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

**Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

**Mar/96...** TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

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**Jun/96...** ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All Time Records, TOP 100 SHW

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als, "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 Glossbrenner "Responses 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

**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 Almadoro Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

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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.

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**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 Philipp 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 Benchings, Top 100 275s.

**Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

**Jul/98...** Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

**Aug/98...** USAPL Men's Nationals, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hamman, 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, WNPFL 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? Why?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

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**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.

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<b>Neoprene Bar Pad</b> w/ leathersette covering \$20.00	<b>The Organizer #500</b> (holds 1500 labels) \$9.95	<b>The Seven Pack #570</b> (holds 175 labels) \$3.95	These Items At No Charge - Just Ask For It! - Bumper Sticker - Crain's Muscle World, Ltd. Product Catalog			

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## Ripped Force®

### THE PROFILE

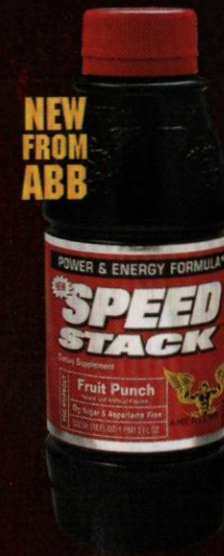
#### WHAT

- 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
  - Grape
  - Lemon Lime
  - Orange
  - Pink Grapefruit



## 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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Beast of the East BP  
15 Jan 00 - Ocean City, MO

Junior 148 lbs. R. Cohen Seniors 181 lbs. D. Pouchan 198 lbs. V. Dilieonardi 220 lbs. S. Welch 242 lbs. T. Hartka 275 lbs. J. Schroeder	210*	J. Schneider (50-54) L. Lindsay (40-44) J. Roberts (50-54) E. Boulinger (45-49) R. Kerber (50-54) M. Levin (40-44) M. Bradley	225 285 345 315 290 300 405
Best Lifter Over 200 - Hwywt.: Tom Hartleke, Senior Division. Under 200 - Ltwt.: David Pluchan, Senior Division. Junior Division: Richard Cohen, Master-Hwywt: Michael Levin. Master Ltwt.: Ed Bollinger. (Thanks to Gary Howard for providing the results)			

USAPL Midwest BP Classic  
29 Jan 00 - Oshkosh, WI

WOMEN Open 148 lbs. R. Wolfgram 198 lbs. J. Francis MEN Open 148 lbs. R. Schuelke 165 lbs. S. Heathman D. Parker 181 lbs. G. Zangl 198 lbs. R. Kell D. Wright 220 lbs. E. Klapps D. Schmidt J. Markham 242 lbs. D. Doan C. Alsteen S. Schoen 275 lbs. K. Bessler SHW R. Gries	165 210 250 340 300 435 425 415 430 400 350 370 480 425	MEN Master 148 lbs. D. Connor 165 lbs. D. Parker 181 lbs. R. Elkendier S. Berger W. Memenga J. Pitsch D. Thompson G. Sofakis D. Rabo 220 lbs. J. Markham 242 lbs. D. Zerne J. Schaub M. Hert	235* 300 315 235 0 330* 320 310 220 350 310 370 225
Best Lifter: David Doan, *-State Record. Meet Director: David Doan. Held at Oshkosh YMCA. (Thanks to USAPL for providing these meet results)			

USAPL Blacksmith Open & BP (kg)  
27 Nov 99 - Columbia City, IN

BENCH 67.5 kgs. Open Spl. Olympian J. Engle Spl. Olympian R. Sims 82.5 kgs. Spl. Olympian J. Chapman Master-I S. Hoffman 90 kgs. Spl. Olympian L. McCullough Master-I A. Hensley Master-II C. Lee, Sr.	122.5 52.5 77.5 120 105	R. Magers Novice P. Linville G. Homola J. Pierce Master-I J. Pierce 145 kgs. Open T. Slaughter 145+ kgs. Master-II C. Peterson	72.5 155 155 155 175 175 175 150
WOMEN SQ 60 kgs. Teen (16-17) S. Swagerty 67.5 kgs. Teen (14-15) M. Lehman 287.5 75 kgs. Open R. Welding 90+ kgs. Open S. Hallen MEN 67.5 kgs. Teen (16-17) C. Perdaris 75 kgs. Teen (16-17) N. Reimbold Junior J. Cecil Open D. Stump Master-I J. Marksteiner 82.5 kgs. Teen (16-17) A. Beeson Open Raw J. Sensenbaugh Open K. Cook Master-II R. Sowala 90 kgs. Novice B. Helst	102.5 112.5 117.5 140 150 125 160 212.5 230 192.5 220 162.5 195 155 155	DL 107.5 117.5 160 420 355 472.5 572.5 595 477.5 625 510 535 447.5 482.5	TOT 277.5 117.5 175 175 150 175 175 150 330* 320 310 220 350 310 370 225
Best Lifter: David Doan, *-State Record. Meet Director: David Doan. Held at Oshkosh YMCA. (Thanks to USAPL for providing these meet results)			

Master-I R. Jones J. Perdaris 100 kgs. Teen (18-19) A. Konstantopoulos Novice P. Linville Open J. Goodhew J. Massey C. Owens P. Linville Master-I J. Valpatic 110 kgs. Novice J. Newton Open J. Newton K. Slaughter 125 kgs. Open S. Godman 145 kgs. Open T. Slaughter 145+ kgs. Master-II C. Peterson	205 70 70 150	157.5 125 105 192.5	227.5 300 200	590 300
Best Lifter Awards: Women's Division: Ruth Welding. Junior Division: Adam Beeson. Master's Division: Robert Jones. Open/Overall: Joe Goodhew. Many Thanks to the dedicated Spotters, Loaders and Officials who made this meet a success. The				

bar never touched the floor going into the deadlift, which is a great assurance that the spotting was tight and safe for the lifters. We were blessed with many good officials who selflessly gave their time to advance the sport. Joe & Cathy Marksteiner's family came to lift, referee, expedite, spot/load, whatever was asked, with enthusiasm, and we even got a loaf of Cathy's delicious home made bread!

Gregg Magger, Doug Roush, Mel Knetter, Marcus, Tony, Liz, Cathy, Joe, Mike Huth, Steve Heck, Deb Wade, Sonny Runyon, and all the rest. Thanks to all of you who worked hard to put on a great meet. With Lifters ranging in age from 15 to 79, the competition was excellent and broad based. American Record Holder Charles Lee came to stay on top of his game while waiting to turn 80 so that he can set the American Records all over again. Ruth Welding and Sue Hallen, freshly returning from the Masters' Worlds in South Africa put up some impressive numbers, and staked out the battle for best lifter. Teen strong man Adam Beeson set a new American Record in the Bench Press while posting a total that speaks of his abilities to advance on to international competition in the future. Joe Goodhew may just have to keep that extra body weight on, if his numbers keep going up after taking Best Lifter with a new personal total record. We were happy to be able to give out the new USA Powerlifting Olympic Sized Medals as awards, which are awesome, and remind of our goal for Powerlifting to become an Olympic recognized

USAPL Maryland State  
11 Dec 99 - Laurel, MD

WOMEN		SQ	BP	DL	TOT
Open 105 lbs.	K. Mutart	165	99	215	479
Master (40-44)	K. Mutart	165	99	215	479
Open 114 lbs.	A. Dopkosky	236	137	242	617
123 lbs.	J. Long	203	143	192	539
132 lbs. Teen (16-17)	A. Bain	187	82	225	495
Open 165 lbs.	T. Burkin	236	132	319	688
165 lbs.	C. Boone	242	115	275	633
M. Dipalma-Selby	154	93	220	467	
Master (45-49)	S. Washington	148	121	187	456
198 lbs. Teen (16-17)	C. Vaughn	236	126	231	594
Open 198+ lbs.	M. Chase	314	181	341	837

MEN Open 132 lbs.

N. Park	352	181	418	953	
148 lbs.	C. Gafke	5007	303	523	1333
P. Griffith	501	231	408	1140	
V. Aybar	418	275	441	1135	
T. Burnett	297	275	408	981	
Master (50-54)	P. Griffith	501	231	408	1140
(55-59)	J. Lusk	347	215	352	914
Teen (14-15)	J. Lubel	270	154	336	760
Open 114 lbs.	L. Johnson (20-23)	303	203	363	870
123 lbs.	J. Long	203	143	192	539
132 lbs. Teen (16-17)	A. Bain	187	82	225	495
Open 165 lbs.	T. Burkin	236	132	319	688
165 lbs.	C. Boone	242	115	275	633
M. Dipalma-Selby	154	93	220	467	
Master (45-49)	S. Washington	148	121	187	456
198 lbs. Teen (16-17)	C. Vaughn	236	126	231	594
Open 198+ lbs.	M. Chase	314	181	341	837

V. Morris  
K. Moran  
Master (55-59)  
T. Fleming  
Teen (14-15)  
R. Panizari  
Open 198 lbs.  
J. Buftin  
C. Shepherd  
C. Oliver  
T. Getsinger  
B. Dopkosky  
M. Miller  
J. McPherson  
J. Edwards  
Master (55-59)  
D. Reamy  
Open 220 lbs.  
M. Gary  
D. Davidson  
Master (40-44)  
T. Clem  
Open 242 lbs.  
L. Willett  
Open  
L. Schott  
Master (50-54)  
J. Flynn  
L. Harrod  
(55-59)  
J. Payne

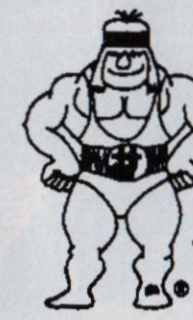
485	242	457	1184
440	231	396	1069
402	203	440	1047
259	132	286	677
600	347	734	1680
562	336	529	1427
512	347	551	1410
413	358	507	1278
485	303	490	1278
402	325	402	1129
226	341	452	1019
143	435	143	722
352	209	468	1030
523	319	589	1432
380	275	424	1113
501	319	501	1322
507	424	600	1532
551	341	606	1499
391	300	440	1162
396	270	452	1118
242	264	380	887

Teen (16-17)  
D. Hammersmith  
Open 275 lbs.  
G. Evans  
Master (45-49)  
P. Smith  
(50-54)  
C. Smith  
Open 275+ lbs.  
J. Sauter  
Thanks to Matt Holt, Jim Roberts, John Mogarver, Manha Serre, Christina Boone (my right arm and better half), Josh Geobbel, Tom Wiley, David Daniel and Smsoil, Brandon Carter, Mike Uhlman, and Vice-Principal Jones. Best Lifter Women Open: Anita Dopkosky; Best Lifter Junior Women: Amanda Bain; Best Lifter Master Women: Kathi Muttart. Best Lifter Men Open: Eric Holmes. Best Lifter Junior Men: Ben Holt. Best Lifter Master Men: Paul Griffith. Team Champs Men: MAC, Team Champs Women: BILT. (Thanks to USAPL for the results)

440	275	457	1173
562	270	584	1416
501	374	611	1487
451	352	479	1284
678	474	666	1818
451	325	407	1184
358	253	391	1003
341	192	341	876
402	275	451	1130
396	286	529	1212
347	214	424	1025
628	385	551	1565
551	374	507	1433
507	303	501	1312
589	402	573	1565
617	402	567	1587
551	457	507	1515
501	369	501	1371
666	490	633	1791
606	479	633	1719
653	435	584	1675
699	562	607	1863
633	501	672	1817

APF Spartan Open  
11 Mar 00 - Roseville, MI

MEN	SQ	BP	DL	TOT
Teen (16-17) 165 lbs.	341	192	341	876
B. Simonovich	341	192	341	876
Junior (20-23)	435	341	402	1177
M. Freeman	435	341	402	1177



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220 lbs.	P. Fought	573	341	551	1466
Submaster (33-39)	M. Southward	551	374	507	1433
Master (40-44)	J. Simonovich	611	303	562	1477
Master (45-49)	J. King	683	380	644	1708
Novice 148 lbs.	D. Campbell	451	325	407	1184
165 lbs.	W. Fox	358	253	391	1003
B. Simonovich	341	192	341	876	
181 lbs.	R. Brobst	402	275	451	1130
198 lbs.	M. Rewerts;	396	286	529	1212
C. Strange	347	214	424	1025	
Novice 242 lbs.	E. Covey	628	385	551	1565
M. Southward	551	374	507	1433	
J. Ford	507	303	501	1312	
275 lbs.	E. Turner	589	402	573	1565
SHW	J. Harris	699	562	607	1863
Open 165 lbs.	J. Simonovich	611	303	562	1477
R. Salvagni	551	374	507	1433	
220 lbs.	G. Scott	666	490	633	1791
C. Focht	606	479	633	1719	
M. Burrows	653	435	584	1675	
242 lbs.	J. Simonovich	611	303	562	1477
J. Simonovich	551	374	507	1433	
308 lbs.	J. Harris	699	562	607	1863
P. Bradshaw	633	501	672	1817	

Judges: Maris Sternberg, Dean Gilt, Joellen Gilt, Bob Spaulding, Best Lifter: Galen Scott. Team Champions: The Stables Power Team. This was the first APF Spartan Open ever held. It was in conjunction with the 4th APF Michigan Senior States Championships. I want to personally thank the Stables Power Team from Columbus, Ohio for bringing up their monolift and setting it up in the warm up room. Everybody really enjoyed having a second monolift. I now realize that I need another one for that purpose also. This meet got started by just having it for the out-of-state lifters. I will now have it every year with our state championships. The meet ran exceptionally long this time as we had over 80 lifters enter. We are negotiating to start running it 2 days in the future so we can get out at a reasonable time. There were people from Ohio, Illinois and Indiana who came out here and what fine lifting they did. There were many highlights on this day. John Simonovich made his return to the platform and had a nice 611 lbs. squat. It was nice to see Jeff King back on the platform too. The native Cleveland, Ohio made a nice 683 lbs. squat. Rich Salvagni posted his qualifying total for APF Senior Nationals this year. Rich hit a really impressive 457 lbs. bench in the process too. Best lifter Galen Scott was impressive with some very well balanced lifting in posting a 1791 lbs. total. Jim Harris and Paul Bradshaw battled it out for top honors in the 308 lbs. class with Jim coming out on top. Jim hit a nice 699 lbs. squat to go along with his impressive 562 lbs. bench. Paul had a very impressive 672 lbs. deadlift. That was it for this year and hope to see everyone next year also. Again many thanks to the guys at the Stables Power Gym for offering to bring up their monolift. God bless and train hard. Yours in Powerlifting (Thanks to Dan Defelice for results)

Super Bench 2000  
26 Feb 00 - Keene, NH

MEN	R. Kelly-208	365
Open 148 lbs.	(50-54)	
A. Colella	A. Colella-146	3151

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- 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](mailto:grahambo@libertybay.com)
- 1 JUL (new date), Intl. Bavaria Cup DL (women, men, jr., master) Karl Greiner, Flurstr. 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](mailto: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](mailto: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 Oregina, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
- 8 JUL, Bellot 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](mailto:craiglyb@worldnet.att.net)
- 8 JUL, APA Tennessee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, [wpa50@hotmail.com](mailto: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](mailto:sonlight@advancenet.net)
- 8 JUL, WNPf BP Nationals & DL Nationals (Charlotte, NC) WNPf, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpf@aol.com](mailto:wnpf@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, ANBA Sportsfest Women's Fitness Contest 2000 (national qualifier) Allan Davis, Mark Riggleman (deadline 7/1/00) 610-434-3324
- 9 JUL, Muscle Bound Fitness Push/Pull Open BP and/or DL, John or Kayleen 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](mailto: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
- 15,16 JUL (new date), IPA National 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, NASA WV Open PL, BP & PS (Buckhannon, WV) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, [guh1@wirefire.com](mailto:guh1@wirefire.com)
- 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](mailto: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 (Mono-lift, 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](http://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 Tshontikidis, 17506 Sabrina Terrace, Derwood, MD 20855, 301-990-2874
- 29 JUL, N. Dakota State Fair BP, Advanced Sports Kinetics, 710 5th Ave. SW, Minto, MD 58701, 701-839-3139
- 29 JUL, 9th Border Classic BP, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324
- 29 JUL, Fitness Zone's Bench Press Competition (open & raw [lt & hvj], 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, Box 4, Okotoks, Alberta, Canada TOL 1T0, 403-938-3067
- 29 JUL, Clinton Co. YMCA Open BP/DL Classic (Frankfort, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 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), WNPf New Jersey (PL, BP, DL, SQ) WNPf, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpf@aol.com](mailto:wnpf@aol.com)
- 29 JUL, Summer Beast, (St. Mary's, PA) Ken Mountain, 814-834-9222
- JUL, 7th Border Classic BP, Tito's Gym, 245 Fairfax, Brownsville, TX 778520, 956-504-3324
- JUL?, NASA Illinois Regional, Lindell Smith, 508 E. 5th, Flora, IL 62839
- 3-5 AUG, AAU Jr. Olympics, AAU High School National PL (raw - Orlando, FL) Gary Rodgers, 5824 Windmill Ct., Orlando, FL 32809, 407-856-7780 (hm), 836-8984 (wk), [gbdodge@mpinet.net](mailto: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](http://wabdl.org) (not .com!!), [gethomas@uswest.net](mailto:gethomas@uswest.net)
- 5 AUG, 3rd "Rothgery Powerlifting" Outdoor Summer Bash (BP and/or DL - open, novice, submaster, master, teen, women) Brian Rothgery, 440-365-8448 or Don Rothgery, 165 Alexander Dr., Elyria, OH 44035
- 5 AUG, 4th Fitness Guru Open, Fitness Guru, 41625 305th Ave., Melrose, MN 56352, 320-256-4412, [elling@metel.net](mailto:elling@metel.net)
- 5 AUG, APF Maine 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](mailto:Kdefores@mail.coin.missouri.edu)
- 5 AUG, Horseheads Pre-season PL Meet (high school students only - men/women) Bert Conklin, 104 Willow Dr., Horseheads,



**2000 PRO FITNESS POWER LIFTING SCHEDULE**

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

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

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

973-627-9156  
[WWW.ProFitness.com](http://WWW.ProFitness.com)



NY 14845, 607-796-2583 or Ed Patten 607-733-4997  
5 AUG, APA East Coast Open BP/DL (Maryland) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

5 AUG, USPF Barbee Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Corpus Christi, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.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, Sugarloaf Strongman/woman (Sybertsville, PA) Scott Major, 570-459-5885, Bob Thomas, 800-543-2497

5,6 AUG, USAPL Nevada St. PL/BP, Jim Kralich, Box 238, Elko, NV 89803, 775-934-4241

5,6 AUG, USAPL Nevada St. PL/BP, Jim Kralich, Box 238, Elko, NV 89803, 775-934-4241  
jimlee@cyberhighway.net or Laurie Evans 775-738-4245  
5,6 AUG, WABDL World Cup BP & DL & Strongman Contest (Portland, OR - Holiday Inn Airport) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!)

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@hunted.net

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

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 (Burbank, CA), Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Dentson 661-664-7724, purljtrs@dellnet.com

12 AUG, Team Weber Strength PL (BP, Trap Bar DL)

# WESTSIDE SEMINARS

July 8th  
Tamarac, FL  
"Westside Seminar"

July 9th  
Tamarac, FL  
"Mastering the Squat"  
"Mastering the Bench"

July 16th  
Napa, CA  
"Westside Seminar"

August 19th  
Columbus, OH  
"Westside Seminar"

August 20th  
Columbus, OH  
"Mastering the Squat"

October 21st  
Columbus, OH  
"Westside Seminar"

October 22nd  
Columbus, OH  
"Mastering the Bench"

To Register or for an event brochure contact:

## Elite Fitness Systems

1695 Itawamba Trail  
London, Ohio 43140  
800\*854\*8806

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 WNPFLifetime Drug Free Worlds (all events/divisions - Daytona Beach, FL) WNPFL, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpfl@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

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

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, 15th Drug Free Iowa State Fair BP/DL (natural, pure, novice, beginner, masters, submasters, womens, teen) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275

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

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

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, USAPL Florida State PL & DL (teen, master, women, open) Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804 after 4pm

19,20 AUG, AAPF/APF Snake River 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 Siam 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, WABDL Washington State BP & DL (Hoquiam, WA) Don Bell, 360-533-5711

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@willinet.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

(men, women, seated - rt. hand) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

9 SEP, APF Bench Bash for Cash (\$15,000 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, WNPFL Mid Atlantic Bp & Ironman/Woman (BP & DL) & USSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264

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

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

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

16 SEP, Midwest Class II BP/DL Open, Bryan Busted, 4519 S 24, Omaha, NE 68107, 402-558-5894

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



### A.A.U. RAW NATIONALS

August 12-13, 2000

www.kingsburyclub.com

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

Weight-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 Patena, Don Reinhoudt, and Ernie Hackett. Visit The Kingsbury Club website at

www.kingsburyclub.com for more information or to download the meet and/or dinner applications.

For information contact Larry Larsen at 781-767-0764

16 SEP, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/26) Spero Tahontikidis, 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, WNPFL 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 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, NASA Kentucky Regional PL, BP & PS (Lexington, KY) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, guhl@wvfire.com

23 SEP, ADAU "Shake the Lake" BP and/or arm wrestling (all ages, wt. classes) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

23 SEP, Rhode Island State PL & BP (deadline 9/9/00) David Roderick, 126 Chestnut St., Rehoboth, MA 02769

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 (new date), USAPL Connecticut State Open Powerlifting, Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372

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 Givens 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 SEPTEMBER, 2000 (new date) USAPL Connecticut State Open Powerlifting Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372

30214, 770-996-3418, wnpf@aol.com  
SEP, 2000 Mile High Push & Pull, Andree 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, 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, Flortown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

14 OCT, 4th Pottstown Invitational Power Challenge BP/DL, Eugene 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)

20 OCT, USPF Push/Pull (NHSP) Jamie

Fellows, Box 375, Belmont, NH 03220

14 OCT, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

14 OCT, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryltobery@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, Flortown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

14 OCT, 4th Pottstown Invitational Power Challenge BP/DL, Eugene 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)

20 OCT, USPF Push/Pull (NHSP) Jamie

Belgium) Wim Backelant (BDFPF)  
21 OCT, APF/AAPF Power Station PL  
BP, Nicholas, 5634 S. 107th East Ave.,  
Tulsa, OK 74146, 918-459-5956

21 OCT (new date), AAU World  
Bench Press (Boston, MA area)  
Larry Larsen, 155 Belcher St.,  
Holtbrook, MA 02343, 781-767-  
0764

21 OCT (new date), WNPF Palmetto  
Classic (Greenville, SC) WNPF, 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@wirefire.com

28 OCT, 18th ADAU Raw Drug Free  
Central PA Open (open, teen, jr., submas-  
ter, master) Siegel Engraving, 304 Daisy  
St., Clearfield, PA 16830, 814-765-3214,  
engrave@clearnet.net

28 OCT (tentative) NASA N. Carolina  
Regional (Fickory) NASA, Box 735, Noble,  
OK 73068, 405-527-8513

28-29 OCT, ANPPC NATIONAL  
DRUGFREE POWERLIFTING CHAM-

PIONSHIPS, 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, sub-  
master, master, BP only, DL only) Kirk  
Stroud, 372 E. Pipeline Rd., Hurst, TX  
76054, 817-268-3488

OCT, WNPF Fall Classic PL (NY) WNPF,  
Box 142347, Fayetteville, GA 30214,  
770-996-3418, wnpf@aol.com

OCT7, NASA W.V. Regional, Greg Van  
Hoose, 304-273-2283, or  
gvhl@emwv.com

4 NOV, USAPL Central USA PL & BP,  
Mike Cissell, 15 Lakeside Dr., Lake St.  
Louis, MO 63367, 636-625-1225

4 NOV, 1st Applejack BP Open (men,  
women, teen, police, fire) Allan Davs,  
Phoenix Fitness, 333 Court St., Allen-  
town, PA 18103, 610-797-6277

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. Charle-  
ston, 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/South-  
eastern USA PL (Carthage, TN) Dr. Dar-  
rell 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 - Lan-  
sing, 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, sub-  
masters, masters, law enf.,  
military, physically chal-  
lenged - open/raw - men/  
women - Mesquite, NV) Mar-  
tin Drake, Box 108, Nuevo,  
CA 92567, 909-928-4797

5 NOV, CPA Deadlift Champi-  
onships and unsanctioned  
Montreal Bench Press, Marcel St.  
Laurent, 457 7ieme Ave. N. #1,  
Sherbrooke, Qc., J1E2S2, 819-346-9466

9-19 NOV, AWPC Worlds, AWPC &  
WPC World BP, WPC Worlds (Plaza  
Hotel, Las Vegas, NV) Ernie Frantz,  
800-537-5532

10-12 NOV (new date), USPF U.S.A.  
Nationals Open PL/BP Champi-  
onships (World Qualifier - Burbank,  
CA) Chris Kostas, 1854 Pineridge  
Rd., Frazier Park, CA 93225, 661-  
245-0115 or Steve Denison 661-  
664-7724, puriftr@dienet.com

11 NOV, 7th Ed Jubinville BP (men,  
women - all age groups/wt. classes) Berk-  
shire 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, valifiting@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 Reth-  
wisch, Box 5292, Bend, OR 97708,  
541-389-0600; wabdl.org (not  
.com!), gethomas@uswest.net

17-19 NOV (new dates), WNPF  
Worlds (all events/divs. - Baltimore,  
MD) WNPF, Box 142347,  
Fayetteville, GA 30214, 770-996-  
3418, wnpf@aol.com

17-19 NOV, IPA Nationals (Colum-  
bus, OH) Elite Fitness, 1695  
Itawamba Trail, London, OH 43140,  
888-854-8806

18 NOV, NASA WV Regional PL, BP,  
PS (Ravenswood, WV) Greg Van Hoose,  
Box 58, Millwood, WV 25262, 304-  
273-2283, gvhl@wirefire.com

18 NOV, 3rd Southern States BP/DL  
Classic, Tito's Gym, 245 Fairfax,  
Brownsville, TX 77820, 956-504-3324

18 NOV, Omaha Open, Keith  
Machulda, 4808 Cass, Omaha, NE  
68132, 402-444-5596

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 Championships (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 Chal-  
lenge & 9th annual Biggest Bench, Jamie  
Bursell, 9170 Glacier Wood Dr., Juneau,  
AK 99801, 907-789-5997

18,19 NOV, World Championships  
of Strongmen (Nugget Hotel, Reno,  
NV) Gus Rethwisch, Box 5292, Bend,  
OR 97708, 541-389-0600,  
wabdl.org (not .com!),  
gethomas@uswest.net

18,19 NOV, N.J. State Championships  
(Morris County Area) Pro Fitness, 350  
Route 46, Rockaway, NJ 07866, 973-  
627-9156, www.profitness.com

19 NOV (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 77820,  
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, 270-826-8354

2 DEC, 17th Southeastern Cup, Buddy  
Duke, 201 N. Burwell Ave., Adel, GA  
31620, 912-896-3988 (d), 3989 (n),  
bduke@south.com

2 DEC, APF Southern States Open, Huge  
Iron Productions, 910 S. Atlantic, Ormond  
Beach, FL 32176, 904-677-4000

2 DEC, Son Light Winter Classic BP/DL,  
Dr. Darrell Latch, 126 W. Sale St. Tuscola,  
IL 61953, 217-253-5429,  
sonlight@advancenet.net

2,3 DEC, Los Angeles Lifting Club  
presents WEPOF Superman II (OL - 2  
Dec. PL - 3 Dec, combined or sepa-  
rate) Joe Avigliano, 818-846-5438

3 DEC, APF/AAPF Texas Powerfest  
2000 (Hurst, TX - juniors, novice, open,  
teen, submaster, master, BP only, DL only)  
Bill Holland, 300 W. Northern Ave.,  
Saginaw, TX 76179, 817-847-6082,  
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 en-

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(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 Championships (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 Chal-  
lenge & 9th annual Biggest Bench, Jamie  
Bursell, 9170 Glacier Wood Dr., Juneau,  
AK 99801, 907-789-5997

18,19 NOV, World Championships  
of Strongmen (Nugget Hotel, Reno,  
NV) Gus Rethwisch, Box 5292, Bend,  
OR 97708, 541-389-0600,  
wabdl.org (not .com!),  
gethomas@uswest.net

18,19 NOV, N.J. State Championships  
(Morris County Area) Pro Fitness, 350  
Route 46, Rockaway, NJ 07866, 973-  
627-9156, www.profitness.com

19 NOV (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 77820,  
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, 270-826-8354

2 DEC, 17th Southeastern Cup, Buddy  
Duke, 201 N. Burwell Ave., Adel, GA  
31620, 912-896-3988 (d), 3989 (n),  
bduke@south.com

2 DEC, APF Southern States Open, Huge  
Iron Productions, 910 S. Atlantic, Ormond  
Beach, FL 32176, 904-677-4000

2 DEC, Son Light Winter Classic BP/DL,  
Dr. Darrell Latch, 126 W. Sale St. Tuscola,  
IL 61953, 217-253-5429,  
sonlight@advancenet.net

2,3 DEC, Los Angeles Lifting Club  
presents WEPOF Superman II (OL - 2  
Dec. PL - 3 Dec, combined or sepa-  
rate) Joe Avigliano, 818-846-5438

3 DEC, APF/AAPF Texas Powerfest  
2000 (Hurst, TX - juniors, novice, open,  
teen, submaster, master, BP only, DL only)  
Bill Holland, 300 W. Northern Ave.,  
Saginaw, TX 76179, 817-847-6082,  
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 en-

tries, deadline 11/1) Spero Tshon-  
tikidis, 17506 Sabrina Terrace,  
Derwood, MD 20855, 301-990-  
2874

9 DEC, USAPL Blue Santa PL/BP, Willie  
Mastin, 13010 Ocean Glade, San Anto-  
nio, 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 Cucuirean 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 (Cama-  
rillo, 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,  
valifiting@aol.com

10 DEC, WNPF Eastern Regional BP  
Open & Ironman/woman (BP & DL) &  
USSA Power Curl, Brian Washington,  
Box 20042, Baltimore, MD 21284, 410-  
265-8264, ecpower@bellatlantic.net

10 DEC, 8th ADAU Raw Drug Free Coal  
Country BP & DL Classic (separate meets  
- open, teen, jr., submaster, master) Siegel  
Engraving, 304 Daisy St., Clearfield, PA  
16830, 814-765-3214,  
engrave@clearnet.net

10 DEC, Christmas for Kids BP/DL Clas-

sic (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, mtrupi@seanent.com

16 DEC, Christmas BP/Curl, John  
Shifflett, Box 941, Stanardsville, VA  
22973, 804-985-3932, valifiting@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 Champi-  
onships, 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 Ve-  
gas, NV 89109, 702-655-0825

19-21 JAN, USAPL Women's Na-  
tionals (all age divisions) Dr. Mike  
Hartle, 3835 W. Jefferson Blvd., Ft.  
Wayne, IN 46804, 219-456-8485

3 FEB, Ladies Night Out (women only  
- PL, BP, DL) Rick Hussey, 8902 Grant,  
Omaha, NE 68134, 402-392-2446

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

10 MAR, APF Bike Week Bench Bash,  
Huge Iron, 910 S. Atlantic Ave., Day-  
tona Beach, FL 32176, 904-677-4000

23 MAR - 1 APR, Supergames, Keith  
Schultz, Box 22266, High St.,  
Christchurch, NZ,

www.supergames2001.com

info@supergames2001.com

MAR, USPF New Hamp-  
shire State & New England  
Open (Bedford, NH - open,  
women, teen, masters)  
Dave Follansbee,  
www.usabodybuilding.com,  
865 Second St., Manches-  
ter, NH 03102, 603-626-  
5489

21 APR, WPO (TM)  
Qualifier (location tba),  
Huge Iron, 910 S. Atlan-  
tic Ave., Daytona Beach,  
FL 32176, 904-677-4000

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

12 MAY, APF Florida  
State PL, Huge Iron, 910  
S. Atlantic Ave., Daytona  
Beach, FL 32176, 904-  
677-4000

2 JUN, APF Florida State  
Open PL, Huge Iron, 910  
S. Atlantic Ave., Daytona  
Beach, FL 32176, 904-  
677-4000

8-16 JUN, 2001, World  
Police & Fire Games,  
Union Station, 39 Jack-  
son Pl. #300, India-  
napolis, IN 46225, 317-  
327-2001,  
222-2001wpg.org

7 JUL, APF  
Florida Push/Pull  
in Memory of  
Lawrence  
Monberg, Huge  
Iron, 910 S. At-  
lantic Ave., Day-  
tona Beach, FL  
32176, 904-677-  
4000

12-15 JUL,  
USAPL Men's  
Nationals,  
James Hart, Box  
82264, Lincoln,  
NE 68501, 402-  
470-3672

21 JUL, WPO  
(TM) Semi-Finals  
Qualifier (location  
tba) Huge Iron,  
910 S. Atlantic  
Ave., Daytona  
Beach, FL 32176,  
904-677-4000

8 SEP, WPO (TM) Bench Bash  
for Cash, Huge Iron, 910 S.  
Atlantic Ave., Daytona Beach,  
FL 32176, 904-677-4000

OCT 2001, WABDL World  
BP/DL Championships (Las  
Vegas, NV) Gus Rethwisch,  
Box 5292, Bend, OR 97708,  
541-389-0600, wabdl.org  
(not .com!),  
gethomas@uswest.net

OCT 2001, AAU Worlds  
(Mayaguez, PR) Nestor Gre-  
gory, PRPF, Las Villas Park  
Rd. 142, Ramey, Aguadilla,  
PR 00604, 787-890-4636

3 NOV, APF Southern States  
PL, Huge Iron, 910 S. Atlantic  
Ave., Daytona Beach, FL 32176,  
904-677-4000

17 NOV, 2nd annual WPO

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(article continued from page 32)

als. Coach Ivanof's lifters train under him in Vladimir, the ancient capitol of Russia.

The 100 kg. class was a battle all the way with only 2.5 kg. between first and third. Stiklestad of Norway pulled the biggest deadlift of his career to take the gold medal. He pulled 340 kg. (749 lbs.) for his winning lift. Ukhach blasted up a 240 kg. bench (529 lbs.) for 2nd place. Christofferson, also from Norway, had the biggest squat of the group with 357.5 kgs (788 \*lbs.) He matched Ukhach for total, however, he was 3rd by virtue of being the heavier lifter. Another of coach Ivanof's rising young stars, Nicolai Suslov, was not present. Suslov won the IPF Jr. World Championships and Men's World Championships in 1999. Suslov planned to be at the EPF Championships, but he was ill and unable to qualify. He is still a junior lifter and will be competing in the Jr. World Championships in Bulgaria in September.

110 kg. class: like the previous class, three men ended up with 5 kg. between 1st and 3rd place. In the end Sweden's Ljungberg pulled 360 kgs (793 lbs.) for a winning total of 960 kgs (2,116 lbs.) Ivanenko of the Ukraine was 2nd. Ivanenko is a master lifter and holds masters world records, yet he still competes in the open division as well. He jumped out in front with a 405 kg. (892 lbs.) in the squat. He gave up the lead in the bench and deadlift. Soloviov also of the Ukraine benched 255 kg. (562 lbs.), but his 955 kgs (2,105 lbs.)

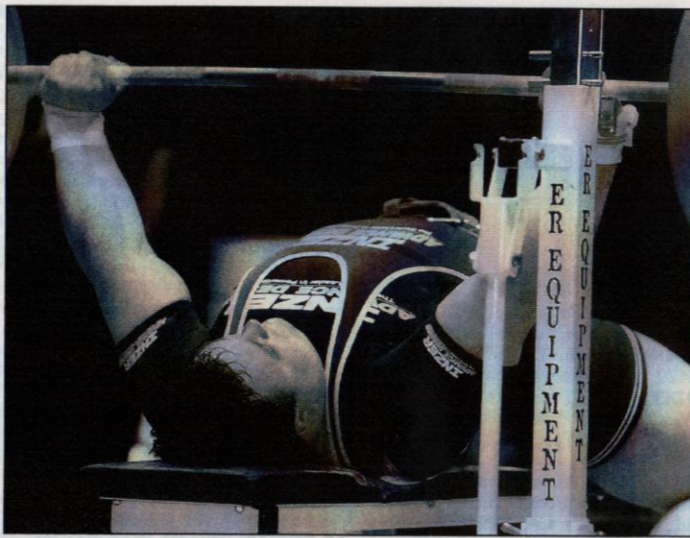
total was 2.5 kg short of second and he took the bronze.

125 kg. class: Russia added another gold as Podtynny did a 410 kg. (903 lb.) squat and then pulled 388 kg. (855 lbs.) for a world record deadlift, one of the oldest IPF world records. Lars Noren of Sweden had set that mark with 387.5 kg. in 1987. Podtynny's total was 1015 kg. (2237 lbs.). Muravliov of the Ukraine posted a 960 kg. total (2116 lbs.) for second and Sharliev of the Ukraine was 3rd.

125+ class was another gold for the Russians as Gurianov posted a 1035 kg. (2282 lb.) total. Gurianov may be another of the great lifters of the future. He has just completed his studies as a medical doctor. Now, with that work behind him, he feels he can devote more of his time and focus to his powerlifting. Savickas of Lithuania started out with 400 kg. (881 lbs.) in the squat and settled for a 985 kg. (2171 lb.) total and 2nd place. Victor Naleikan of the Ukraine took third. Victor looked very strong in his squats, but he had trouble getting white lights from the referees. It took him three tries to get his opener passed.

The Russians continued their dominance. There are a possible 72 points a team can theoretically get and Russia got all 72. Poland squeaked by Ukraine with 56 points for 2nd place. Ukraine took third with 53 points. The "Champion of Champions" was Andrey Tarasenko of Russia with 587.32 points Poland's Olech was very close with his point total of 587.01 Gurianov was third with 580.63 points.

A well-attended banquet took place at the venue on Sunday night. There was lots of food and refreshments that were enjoyed by all. The banquet was as well presented as the rest of the competition. Buses were parked outside. These were not local buses. The Russians have their own bus and the teams spend many hours and even days on this bus traveling throughout Europe. Mr. Arnulf Wahlstrom, EPF President, his staff and the meet director did a great job presenting powerlifting competition in a fine fashion. It was a



"Dr." Gurianov is quickly closing in on 600 lbs. in the bench press.

great championship. It was enhanced by the excitement of the lifters and representatives with the news that the IPF will return to the USA. The people who attended the Riesa EPF

Championships are looking for more powerlifting events to be held there in the future. I am sure that an IPF world championship will be held in Riesa at some point in the future.

#### Men's European Championships 27-30 APR 00 - Riesa, Germany (kg)

	SQ	BP	DL	TOT
114				
Stanaszek/POL	595	374	286	1256
Wzrola/POL	473	259	374	1107
Vith/DEN	341	264	380	986
123				
Pavlov/RUS	529	363	451	1344
Brandtzeag/NOR	512	281	496	1289
Nemeth/AUT	468	264	529	1262
Tinebra/FRA	457	281	451	1190
Fleming/GB	451	297	440	1190
Legard/FRA	429	253	485	1168
Kolovsky/SLO	418	248	462	1129
132				
Andrukhin/RUS	573	308	551	1432
Petrov/BUL	551	363	485	1399
Richard/GB	523	330	485	1339
Olech/POL	485	286	507	1278
Mihok/SLO	473	286	490	1251
Tronke/GER	485	308	352	1146
148				
Olech/POL	688*	358	617	1664
Wilczynski/POL	562	330	617	1510
ElBeghiti/FRA	573	303	611	1488
Sacco/ITA	573	308	606	1488
Batghekol/GB	534	275	600	1410
Airio/FIN	507	374	529	1410
Cray/GB	518	325	562	1405
Ruso/CZE	534	270	485	1289
Malsner/CZE	440	264	462	1168
Sidorov/RUS	551	402		
165				
Furazhkin/RUS	672	424	650	1747
Bazaeu/UKR	650	385	677	1714
Baranov/RUS	639	385	661	1686
Wegiera/POL	639	451	595	1686
Theys/BEL	595	413	606	1614
Joudgudis/LIT	617	385	595	1598
DIMarco/GER	595	374	567	1537
Skogly/NOR	556	363	611	1532
Berentsen/NOR	595	391	534	1521
Baroni/ITA	507			
181				
Mor/RUS	705	490	705	1901
Solovyov/UKR	710	496	661	1868
Nochnov/RUS	705	496	639	1840
Turesson/SWE	661	407	672	1741
Gandner/FRA	655	407	677	1741
Radoia/POL	672	402	650	1725
Andersson/SWE	617	440	595	1653
Brauer/GER	628	363	650	1642
Singh/GB	584	440	595	1620
Valentinsen/NOR	633	385	595	1614
Verbeke/BEL	595	308	661	1565
Schulz/GER	551	429	578	1559
Grossbeck/AUT	507	407	551	1466
Grabski/POL				
Ranons/LIT	617	352		
Sohman/FIN	589	391		
198				
Tarasenko/RUS	760	540	727	2028
Theuser/CZE	738	490	683	1912
Gecas/LIT	744	462	683	1890
Szymkowiak/POL	683	429	738	1851

Desachy/FRA	672	429	650	1752
Krokkee/HOL	672	485	595	1752
Colmbra/LUX	661	413	661	1736
Hornik/CZE	595	435	661	1692
Hausburg/GER	628	402	650	1681
Peters/FRA	639	402	628	1669
Ingersley/DEN	551	374	617	1543
Larsen/DEN	573	352	589	1515
Thornton/GB	661	429		
220				
Stiklestad/NOR	771	462	749	1984
Ukhach/UKR	766	529	683	1978
Christofferson/NOR	788	507	683	1978
Ceglarek/POL	727	451	727	1906
Kalter/HOL	694	424	727	1846
Rambow/GER	727	440	672	1840
Calderini/LUX	661	396	672	1730
Nugteren/NOL	633	457	633	1725
Haase/GER	595	485	617	1697
Kashov/BUL	496	325	529	1350
Neselius/SWE				
242				
Ljungberg/SWE	815	507	793	2116
Ivanenko/UKR	892	490	727	2110
Soloviov/UKR	815	562	727	2105
Arvai/HUN	727	518	749	1995
Pronier/FRA	744	457	766	1967
Molyarenko/RUS	749	507	705	1962
Mihok/CZE	755	485	705	1945
Henry/GB	771	479	683	1934
Pleskachvch/BEL	727	490	705	1923
Salmela/SWE	727	440	683	1851
Bache/NOR	716	440	639	1796
Sarik/CZE	617	473	683	1774
Kool/HOL	628	462	683	1774
Bongers/HOL	694	407	661	1763
Zimmerman/GER	716			
275				
Podtynny/RUS	903	479	855*	2237
Muravliov/UKR	826	518	771	2116
Sharliev/UKR	793	485	699	1978
Bowring/GB	722	540	683	1945
Krendl/AUT	777	435	705	1918
Wamsteeker/HOL	749	473	688	1912
Rydheim/NOR	733	435	716	1884
Dorner/GER	771	418	650	1840
Neele/HOL	688	440	650	1779
SHW				
Gurianov/RUS	870	595	815	2281
Savickas/LIT	881	529	760	2171
Naleikan/UKR	859	507	782	2149
Sedmik/CZE	793	551	749	2094
Wahlqvist/SWE	793	523	705	2022
Sommereth/NOR	782	468	738	1989
Kossen/HOL	749	512	688	1951
Dudkins/LAT	738	440	717	1906
Sorig/DEN	716	468	613	1818
Makela/SWE	782	518		
Orobets/UKR	859	485		
Teams: Russia 72, Poland 56, Ukraine 53, Norway 41, France 37, Great Britain 33, Sweden 30, Czech Republic 28, Holland 25, Lithuania 22, Germany 22, Austria 15, Denmark 12, Bulgaria 10, Slovakia 9, Luxembourg 8, Hungary 7, Italy 7, Belgium 7, Finland 5, Latvia 3, Belorussia 2. Best Lifter: Tarasenko 587.32, Olech 587.01, Gurianov 580.63.				

#### USPF Georgia State 25 Mar 00 - Forsyth, GA

Deep South BP				
165				
R. Barradas	405	220		340
J. Hargrove	315	D. Bailey		390
181		W. Bunkley		380
L. McCormick	500	242		410
C. Lowe	390	M. Webb		410
D. Scarboro	275	308		480
198		J. Jackson		480
T. Ward	355	M. Barnes		480
WOMEN				
A. Leverett	170	BP	DL	TOT
L. Wehr	320	145	320	7785
Teen 14-15				
T. McAfee 190	275	240	400	915
Teen 18-19				
P. Odum 147	325	220	340	885
Class II				
R. Barradas 165	450	405	550	1415
R. Thorton 181	515	365	540	1420
S. Raulerson 198	440	315	500	1255
J. Mock 220	445	350	475	1270
B. Gray 220	450	330	560	1240
Master				
B. Gray 219	450	330	460	1240
F. Shook 229	540	350	575	1465
R. Baker 195	505	405	550	1460
Open				
181				
M. Williams	475	250	575	1300
198				
R. Baker	505	405	550	1460
220				
B. Anderson	530	360	620	1610
M. Vickers	560	380	605	1545
275				
J. Rhyne	775	525	685	1985
S. Soper	700	420	580	1700
308				
J. Groves	825	545	785	2150
Police and Fire				
G. Boykin 209	450	310	555	1315

The 2000 Georgia State powerlifting and bench press meet was held on March 25, at the Holiday Inn in Forsyth, Georgia. The meet was hosted by Buddy Duke and South Georgia Fitness. This event featured 18 powerlifters and 16 benchers. A special thanks to all those who helped put on this meet, spotters and loaders (no weights hit the floor and the bars were loaded right the first time all day!!!!), the ladies at the table keeping everything added up and moving, and last but not least the judges - Ben and Nancy Parker from Marietta, Georgia and David Coleman of Jacksonville, Florida for a great job of judging and for all their help. The Best Overall lifter men's open was big Jon Groves with a 2150 total @ 308, the Best Overall Lifter men's class II was Robert Barradas with a 1415 @ 165. The best overall lifter women's open was Lynn Wehr with a 785 total. The Best Overall Bencher was L. McCormick who blew up 500 at 181. Trey McAfee won the teen 14-15 division, and he pulled 400 on his way to the win. Look out for this young man, who will have a good future in powerlifting. Also, keep an eye on Robert Barradas and Ray Thorton. Robert won the 165 class II with a 1415 total and Ray, competing in his first ever power meet, won the 181 class II with a 1420 total. Way to go, lifters!!! (thanks to Buddy Duke for results.)

#### USAPL Falcon Open & BP 12 Feb 00 - USAF Academy, CO

BENCH					
MEN 181 lbs.					
Teen					
C. Rippey	231	J. Onorato		485	
198 lbs.		J. Brown		364	
J. Marsden	248	275+ lbs.			
MEN 148 lbs.		R. Minshew		358	
L. Pettway	336	Master 181 lbs.			
C. Ikei	325	M. Miller		259	
181 lbs.		Master 220 lbs.			
R. Brooks	342	M. DeCesare		325	
198 lbs.		Master 275 lbs.			
J. Milam	309	R. Minshew		358	
WOMEN					
123 lbs.		SQ	BP	DL	TOT
C. Anderson	226	132	237	595	
132 lbs.					
B. Prince	259	143	259	661	
148 lbs.					
A. Culp	220	127	248	59	
181 lbs.					
E. Pasternak	314	160	292	766	
198 lbs.					
L. Schaefer	309	176	435	920	
MEN 148 lbs.					
C. Mirabella	1507	309	485	1301	
B. Bonner	535	303	551	1389	
J. Milam	430	309	468	1207	
220 lbs.					
J. Onorato	601	485	612	1696	
J. Martinez	408	347	535	1290	
275 lbs.					

#### FOR IMMEDIATE RELEASE: LIFETIME DRUG FREE NATIONALS RETURN!

Newark, NJ: Back by popular demand - the USAPL Lifetime Drug Free Nationals. This unprecedented competition combines strength and honor to deliver lifetime drug free powerlifters a meet they can call their own.

The competition will be held on October 7 and 8, 2000, at the Gateway Hilton Hotel in Newark, New Jersey. This prime location is perfectly situated to reach airports, train stations, and all major highways, easily and conveniently.

Already confirmed to lift are many of the nation's top lifetime drug free athletes. Meet directors Bill Clayton, John Corsello and Craig Safran bring years of experience as promoters to the table. According to meet director, Craig Safran, "The Lifetime Drug Free Nationals bring out the best of all worlds: top lifters, great competition, and, most importantly, no drugs."

Men and women who have met the qualifying totals are welcome to join in and lift among the premier athletes in the country. The Lifetime Drug Free Nationals boasts a rich history filled with lifters such as James and Ray Benemerito, Rob Wagner, Sean Culnan, Shawn Cain, Dave Ricks, Brad Olson, Jackie Davis, and dozens more. The meet will be run according to IPF rules.

For further information or to receive an application, contact: Bill Clayton (908) 496-4172, clayton@blast.net; John Corsello (973) 366-2309, corsello@bellatlantic.net; Craig Safran PO Box 289, Mount Freedom, NJ 07970, safrancopy@aol.com. Get an online application by logging on to <http://www.floodmap.com/lifetimes.html>

D. Gonzales	733	485	656	1874
J. Martinez	694	446	551	1691
Teen 220 lbs.				
J. Procell	452	237	457	1146
Junior 165 lbs.				
M. Willis	502	303	452	1257
Master 165 lbs.				
L. Coxsey	353	237	463	1053
Master 220 lbs.				
K. Rutledge	474	303	468	1240
G. Wagner	430	276	463	1179
J. Lynn	375	292	402	1069
R. Woodson	276	237	309	821
275 lbs.				
D. Gonzales	733	485	656	1874
J. Martinez	694	446	551	1691
WOMEN 132 lbs. Cadet				
H. Adams	160	110		

**9th New Castle Bench Press**  
5 FEB 00 - New Castle, PA

148	Masters 40		
C. Venturella	275	S. Russell	440
J. Rush	215	T. Macri	305
165	Masters 45		
P. Thake	325	B. Pochiba	485
181	Masters 50		
J. Oaks	450	B. Kolling	330
B. Bradshaw	300	Teen - LI WI	
198	B. Whiting	235	
B. Kolling	330	J. Shorts	160
F. Trott	260	C. Badger	145
220	Teen - MiddleWI		
B. Pochiba	485	B. Whiting	280
4th	500	A. Pannutti	265
R. Miller	480	G. Langer II	260
M. Karlovic	400	M. Russell	260
B. Goodemote	345	M. Tuscano	245
242	J. Knies	230	
P. Vargo	500	Teen - LI Hyy	WI
C. Saunders	405	C. Reilsodo	450
275	D. Frum	345	
M. Fraser	455	M. Rottman	245
J. McCollum	455	P. Mihaly	*
SHW	Teen - Heavy WI		
G. Goodrick	455	J. Cellante	375
Women	C. Schoy	370	
S. Baker	140	B. Penwell	330
R. Lucente	185	W. Kustra	325
M. Morack	180	E. Arrow	315
J. Cardella	110	R. Ray	305
Masters 35	N. Habuda	295	
F. Hammers	400	J. Mihaly	280
C. Venturella	275	A. Bulfone	245

This year's New Castle Bench Meet had over 45 lifters and a ton of action. Best lifter, John Oaks had a MONSTER bench of 450 @ 172 bdwt. 242 class winner Paul Vargo hammered up a clean 500 with room to spare. Teen Hwtw Chris Reilsodo also harbors enormous strength cranking a 450 @ 197 bdywt. Master guest lifter Dennis Marinkovic continues to battle gravity with benches in excess of 500 lbs, this particular day pumping 550! Master lifter Barry Pochiba, 45+ also won 220's with 485, and showed us a good 500 pounder 4th attempt. This continues to be a very competitive meet with a good turnout of women lifters and an excellent number of teen lifters. (results courtesy of C. Ullrich/Nu-Bodies Fitness, sent by Barry Pochiba)

**USAPL S. Dakota State**  
1 Apr 00 - Huron, SD

132 lbs.	SQ	BP	DL	TOT
Teen (16-17)				
J. Payer	236	214	275	727
148 lbs. Open Master-1				
M. Mason	485	275	440	1201
Teen (16-17)				
M. McLaban	203	154	325	683
165 lbs. Open				
B. Rilling	424	319	435	1179
(18-19)				
M. Eichstadt	402	259	418	1080
181 lbs. Open (16-17)				



**Legendary Pat Casey**  
**King of Powerlifters**  
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and training techniques

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**BOOK REVIEW - PAT CASEY, KING OF THE POWERLIFTERS BY BRUCE WILHELM** (reviewed by Dr. Ken E. Leistner) "I just received my copy of Pat Casey's booklet and it was a sharp and critical reminder of where I've been and where I could still go if I'm willing to work. It was difficult for me to read this forty four page full sized booklet and not wish for more. I know Pat, correspond with him regularly, and even when some note that he is the "greatest bench presser ever", it does not truly do him justice. Pat had presence, a commanding style that allowed him to walk into any room, and fill that space in a way that made you forget anyone else was there. Even in a gathering of powerlifting greats, Pat would, despite his quiet and somewhat withdrawn demeanor, dominate the place. His extreme modesty did not, despite Bruce's prompting, allow him to really talk about his place in powerlifting history. There is very interesting background material, references to the way Pat grew up and the early influences of Gene Mozee, Bill Pearl, and others. Pat talks about his typical programs, the exercises used, and gives good insight on how he responded to the things he tried. Bruce lays out rep by rep workouts and chronicles every one of Pat's contests and lifting exhibitions including warmups and official attempts. Some of the set by set accounts of a number of his workouts will make your jaw drop!

An interesting observation is Pat's honesty. Hugh Cassidy and I spoke about Pat a number of times, with Hugh sharing my highest regard for his abilities. Hugh also pointed out that the "California influence" probably held Pat back from other worldly lifts he might have made, due to what he felt was overtraining and doing too many exercises. Pat is very candid in addressing this, speaking about and describing in detail, his eight hour dip marathons (that is not a misprint), doing a hundred reps in some pressing movements, and other attempts to increase his bench press that may in the long run, kept him from a legitimate seven hundred pound attempt. That he accomplished what he did long before the era of drugs, shirts, suits, and supportive underwear makes his official lifts (he was the first man to squat 800 pounds, something that is forgotten when dreamily considering his astounding bench pressing feats) staggering and worthy of deep respect. I think Bruce did a good job giving the reader a sense of powerlifting history and a glimpse of how it was done when the only way to improve was through hard and consistent work. Pat's mental resolve was years ahead of his peers and a forerunner of what was to come in the sport. For those who want a piece of history and some insight to one of the all time greats, *Pat Casey, King Of The Powerlifters*, is for you. Can you tell I really enjoyed it and read it three times the first day I had it?

J. Donalan	170	126	203	501
198 lbs. Open (18-19)				
E. Wendel	540	330	633	1504
Open				
S. Hilton	529	352	551	1432
J. blindaver	473	396	512	1383
Teen (16-17) Open				
B. Hastings	281	192	413	887
220 lbs. Open				
C. Mitzel	518	407	523	1449
S. Junker	473	385	490	1350
Teen (14-15)				
B. Adams	259	165	286	837
275 lbs. Open				
J. K unzman	534	347	529	1410
Teen (18-19) Open				
T. Flights	363	259	440	1063
319 lbs. Teen (14-15) Open				
T. Spitzer	424	231	424	1080
SHW Master-1 Open				
B. Jacobson	766	319	666	1752
Teen (18-19) Open				
L. Conkey	534	374	600	1510
MEN Master-1 SHW				
B. Jacobson	766	319	666	1752
148 lbs.				
M. Mason	485	275	440	1201
Master-5 165 lbs.				
J. Ochs	315	214	380	981
WOMEN Open 148 lbs.				
R. Catron	286	159	402	848
123 lbs. Master-1 Open				
B. Howard	220	126	253	600
181 lbs. Teen				
L. Hallman	253	132	303	688
123 lbs. WOMEN Master				
B. Howard	220	126	253	600
181 lbs. Teen				
L. Hallman	253	132	303	688
K. Peterson	126	77	162	369
Teen (14-15) 198 lbs.				
A. Dyce	391	236	479	1107
J. Fiehs	341	308	424	1074
165 lbs.				
C. Larson	336	187	358	881
319 lbs.				
T. Spitzer	424	231	424	1080
132 lbs.				
L. Brummaier	198	126	281	606
148 lbs.				
C. Haberstick	203	132	242	578
220 lbs.				
B. Adams	259	165	286	837
Teen (16-17) 165 lbs.				
C. thurman	385	236	446	1069
123 lbs.				
J. Payer	236	214	275	727
165 lbs.				
J. Hanson	319	220	380	920
198 lbs.				
B. Hastings	281	192	413	887
181 lbs.				
C. Vandegerd	286	220	352	859
148 lbs.				
M. McLagan	203	154	325	683
181 lbs.				
J. Donalan	170	126	206	501
Teen (18-19) 198 lbs.				
E. Wendell	540	330	633	1504
SHW				
L. Conkey	534	374	600	1510
165 lbs.				
M. Eichstadt	402	259	418	1080
181 lbs.				
W. Anglin	330	253	407	992
275 lbs.				
T. Fiehs	363	259	440	1063
(Thanks to USAPL for providing the meet results)				

**Semper 2000 Raw BP/DL**  
2 Apr 00 - MCBH Kaneohe Bay, HI

FEMALE	BP	DL	TOT
114 lbs.			
E. Avillanoza	115	165	280
132 lbs.			
A. Brice	145	300	445
148 lbs.			
R. Plant	155	250	405
165 lbs.			
T. Bloom	0	250	250
MALE 165 lbs.			
E. Nadal	315	450	765
181 lbs.			
R. Favela	260	405	665
198 lbs.			
R. Tubbs	325	405	730
E. Yarbrough	345	550	895
A. Papaleo	310	500	810
220 lbs.			
D. Yamada	380	0	380
C. Wimbush	340	560	900
M. Kreiner	250	490	740
C. Terry	355	465	820
M. Harlow	385	520	905
242 lbs.			
R. Taylor	315	475	790
(Thanks to MCCS, Semper Fit Center, for results)			

**IPA Southern Open/E. Coast BP**  
6 MAY 00 - N. Charleston, SC

Bench Press				
Amateur				
198				
E. Bell	375			
Submaster				
181				
D. Scarborough	280			
Master 45-49				
242				
G. Abdon	420			
275				
R. Kent	350			
308				
J. Blackmon	475			
Pro				
220				
R. Lord	475			
Amateur	SQ	BP	DL	TOT
Teen 18-19				
Female				
114				
M. Frazer	160	100	225	485
Male				
181				
A. Leyva	435	285	475	1195
Junior 20-23				
165				
R. Ashe	285	365	380	1030
181				
J. Farrar	305			
Police				
275				
J. Powell	425	330	500	1255
308				
L. Stivender	500	405	500	1405
Mens Open				
181				
J. Gothe	490	330	520	1340
198				
K. Ferrara	675	355	630	1660
R. Rozzell	500	380	550	1530
220				
M. Bartley	630	410	575	1615
242				
J. Manley	585			
308				
L. Stivender	400	405	500	1405
Submaster				
181				
J. Gothe	490	330	520	1340
198				
K. Ferrara	675	355	630	1660
R. Rozzell	500	380	550	1530
220				
M. Bartley	630	410	575	1615
242				
J. Manley	585			
308				
L. Stivender	400	405	500	1405
Submaster				
181				
J. Gothe	490	330	520	1340
198				
K. Ferrara	675	355	630	1660
R. Rozzell	500	380	550	1530
220				
M. Bartley	630	410	575	1615
242				
J. Manley	585			
308				
L. Stivender	400	405	500	1405
Submaster				
181				

**International Powerlifting Association**  
"Lifting for Lifters"

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Last Name	First	Initial	New	Renewal
Street Address		City		
State or Province		Zip Code	Country	
Telephone	Date of Birth	Age	Sex	Pro _____ Am _____ Elite Am _____
Sign if above answers are correct. Parents sign if under 18 years.				Date
Registration Fee:	Adult \$25	High School and Special Olympics \$15		
Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.				
Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402				

J. Gothe	490	330	520	1340
R. Raymond	450	330	565	1345
308				
L. Stivender	500	405	500	1405
Master 40-44				
275				
A. Walker	500	415	500	1415
Master 50-54				
275				
D. Ricafrente	650	365	580	1595
Master 55-59				
275				

**9th Larry Frederick Jr. Memorial BP**  
4 Mar 00 - Lansdale, PA

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- Wrist Wraps** — heavy duty, full length with velcro and thumb loop ..... \$17.00

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USAPL Oregon State

18-19 Mar 00 - Medford, OR

WOMEN	SQ	BP	DL	TOT
56 kgs. Open				
Bechtold, J.	236	115	286	639
Hunt, R.	187	104	303	595
60 kgs. M1 (40-44)				
Frey, C.	192	110	231	534
M2 (45-49)				
May, J.	154	132	253	540
67.5 kgs.				
Jolma, J.	264	181	341	788
Gall, S.	225	170	341	738
75 kgs.				
Corns, P.	314	148	325	788
Dunn, R.	314	176	286	777
67.5 kgs. Teen (14-15)				
Enloe, M.	220	121.25	297	639
75 kgs. (14-15)				
Borelli, A.	303	209	352	865
Teen (18-19)				
Scheid, J.	429	264	413	1107
Miner, T.	330	203	440	975
82.5 kgs. (14-15)				
Mitchell, R.	352	203	418	975
90 kgs. (14-15)				
Butler, D.	253	176	418	848
Silva, F.	418	236	429	1085
100 kgs. (14-15)				
Heppner, N.	369	259	446	1074
Teen (18-19)				
Fenton, M.	385	264	501	1151
125 kgs. (14-15)				
Weston, B.	374	203	396	975
67.5 kgs. MEN M2 (45-49)				
Randazzo, J.	314	192	341	848
82.5 kgs. M1 (40-44)				
Wilson, T.	473	303	529	1306
Open				
Johal, G.	451	336	485	1273
Clark, S.	440	270	473	1184
90 kgs.				
Gall, S.	374	352	440	1168
M2 (45-49)				
McFarland, C.	435	259	490	1184
M3 (50-54)				
Smith, D.	275	187	352	815
Open				
Eller, K.	473	253	529	1256
Reyes, M.	485	325	440	1251
Breschini, S.	435	319	424	1179
100 kgs. M2 (45-49)				
Musto, M.	611	402	633	1647
Lopez, R.	485	352	501	1335

M3 (50-54)	418	286	485	1190
Johnson, D.	418	286	485	1190
M4 (55-59)				
Dienelt, D.	501	352	551	1405
Open				
Burnell, J.	699	413	661	1774
Richter, J.	611	374	595	1581
Pena, S.	501	407	473	1383
Cicero, P.	496	358	496	1350
Westcott, T.	501	319	507	1328
110 kgs. M1 (40-44)				
Capello, J.	573	418	683	1675
Open				
Romero, D.	424	402	523	1350
Kopla, T.	473	341	501	1317
Valentine, R.	374	336	385	1096
125 kgs.				
Jensen, W.	628	380	661	1669
Reece, D.	611	380	473	1466
Shaw, V.	429	468	518	1416
Landers, G.	523	336	545	1405
Mcgrath, J.	429	292	429	1151
Teen (16-17)				
Grover, C.	363	286	501	1151
125+ kgs. M2 (45-49)				
White, J.	462	292	462	1218
Open				
Munsey, D.	755	429	705	1890
Russell, R.	622	457	672	1752
Snider, A.	567	396	529	1493

Teams: Superior Gym & Fitness, Capello Powerlifting Co. Team, Strength Online, Jackson County Sheriff's, Elko Powerlifting Team, Big Island Powerlifting, Best Lifters: Best Master Saturday: Doug Dienelt, Best Open Saturday: Jason Burnell, Best Master Sunday: Terry Wilson, Best Open Sunday: Gurpreet Johal, Best Teen: Jake Scheid, Best Woman: Jodi Jolma, Champion of Champions: Doug Dienelt. (Thanks to USAPL for providing these meet results) What began five years ago as the USA Powerlifting Oregon State Championships have grown into a regional competition, pulling competitors from Washington, California, Nevada and, in 2000, from Connecticut. 63 lifters ventured to Oregon's beautiful Rogue Valley, and to Superior Gym & Fitness in Medford. Even the State of Hawaii was represented in the person of P.J. Couvillion, P.J., accompanied by the great lifter and strongman, Grant Higa, acted as Technical Secretary for the meet and made sure that it ran on time and at a clip that IPF veterans are familiar with. P.J. was recently appointed to the Technical Committee of the IPF, the



Andrew "Louie" Snider sets up for a big squat attempt under the watchful eye of Hawaii's P.J. Couvillion at the USAPL 2000 Oregon State Championships. (photograph provided courtesy of Mike Mooney)

only American to have held such a position. As is tradition at this championship, the heavier weight classes lifted on Saturday with the lighter men's open classes, most teens and the large flight of women lifters taking to the platform on Sunday. The 90 kg men's division, historically one of the largest at this meet, was sparser in 2000, although the 100 kg class was much larger than in previous years. Watching this meet over the years once could see the gradual up sizing of powerlifters. The 82.5 kg division was at one time the largest; then the 90 kg division bulged with competitors and lately the 100 kg division has begun attracting the largest number of lifters. The 90 kg Master divisions were whittled down by bomb-out-itis; however, Steven Gall, representing the Capello Power Company team, put in a fine performance in the 40-44 age group totaling 530 kgs., and breaking some Oregon records. Even more impressive was the lifting of Chuck McFarland in the 45-49 age grouping. Chuck, coming off of a three year competitive hiatus, totaled 537.5 kg, and shattered his divisions state records. Chuck is very active with disabled lifters and trains his son, Chad, a competitor we hope to see return to the platform in 2001. In the 50-54 age group a newcomer, Dave Smith from Medford, learned the competitive ropes during the meet and managed to take the First Place award for his grouping. In the 90 kg men's open division Oregonians were outnumbered by invaders from Nevada in the persons of Martin Reyes and Scott Breschini, both lifting for the excellent Elko Powerlifting Team, coached by Raul Lopez. It looked bad for Oregon when at sub-total time it's only native son, Kevin Eller, trailed the Nevada. Eller's star shown when the iron hit the floor, out-pulling Reyes by 40 kg, to make up the difference and inch ahead for the win. Breschini turned in a fine performance, but could manage only third place against Eller and Reyes. In the 100 kg class out of state lifters again dominated. In the Master 40-44 age class Mike Musto, a firefighter from Benicia, CA, turned in a fine performance that put greater and greater distance between himself and Raul Lopez with each lift. Raul, the Coach of the Elko (Nevada) Powerlifting Team, fought hard but just couldn't match the pace set by Musto. Local age grouping lifter David Johnson captured the 50-54 division the lifting sensation from California, Doug Dienelt, was unbeatable. Doug took a minimum number of lifts so that he could complete his practical test as a USAIPF State Referee; despite this, Doug totaled 637.5 kgs. and won Best Master Lifter for Saturday. Just three weeks after the Oregon meet Doug hit a USAIPF American total record at the USA Powerlifting California State Meet and is on track to beat that record at the 2000 USAPL Masters Nationals in Cleveland. Jason "Deepsquatter" Burnell made the 6 hour journey North with Dienelt to compete in the 100 kg Open class. "Deep" totaled 805 kgs. and bested his closest rival, James Richter from Oregon, by 87.5 kgs. Steve Pena, a blind athlete from California, took up the third position with Phil Cicero and Tim Westcott filling out the field. As usual, Jerry Capello waltzed in the 110 kg Master 40-44 class with the highest total in the entire weight grouping, 760 kgs. Jerry is the Coach of the Capello Power Company Team and all his lifters show the same dynamic approach to powerlifting. In the 110 kg Open Class David Romero from Nevada and the Elko Powerlifting Team returned to Elko with the First Place award with Jackson County Sheriff's Office Power-

lifting Team members Tyler Kopla and Rick Valentine accepting the second and third place awards. In the 125 kg class the Open division was loaded with five competitors, but as with other divisions out-of-towners dominated. Wade Jensen from Nevada garnered top honors with Dean Reece, Victor Shaw, Garth Landers, all the way from Connecticut, and Jeffrey McGrath following in sequence behind. At that weight Clint Grover, a teen from Idaho, won the 16-17 age division in easy style. Last year at this meet, Dean Munsey turned in USAPL's first 2,000 pound total to win the 125+ kg class. Dean lifted well in 2000 and handily won the Open class, but fell short of his 1999 total. Despite that Dean opened a wide lead over competitors Richard Russell and Andrew "Louie" Snider, which they could not close. In the end, it was Munsey, Russell and Snider in that order for the Open class. Jim White, from Oregon, captured the Masters 45-49 title for 2000. On Sunday the 82.5 kg Men, Teen and Women's divisions mounted the platform. The 82.5ers were greatly thinned by injuries and weight class changes; however, competition was intense. Terry Wilson, Coach of the Jackson County Sheriff's Office Powerlifting team struggled in the squats, but then found his way at last and turned in a State record performance. In the Open classification, newcomer Gurpreet Johal, coached by Jim Murphy sparked. Johal totaled 577.5 kgs. in his first meet, which was good for a comfortable win over Shawn Clark. In the men's 67.5 kg weight class Californian Joe Randazzo stood alone and turned in his usual, measured performance to win the Masters 45-49 age grouping. This year's meet produced a bumper crop of teenagers—most coached by local hero Sam Peckol. Sam coaches as many as 50 teens, competing in all sports in the Medford School District. In the 67.5 kg, 14-15 age grouping Mike Enloe captured First Place. In the 75 kg teen division, 14-15 age group, Alan Borelli walked to the podium to pick up his First Place award. In the 18-19 age group, Jake Scheid just kept building distance between himself and Tim Miner until the distance just couldn't be overcome. Jake totaled 502.5 kgs. in his first meet, won his age and weight class and became the proud owner of the Best Teen award for the meet. In the heavier teen weight classes Rick Mitchell captured First Place in the 82.5 kg, 14-15 age group. Dustin Butler walked away with the winner's award for the 90 kgs., 14-15 age group; Frank Silva matched the honors in the 18-19 age class. In the 100 kgs. Nick Heppner won First Place in the 14-15 age group, Mark Fenton in the 18-19 age group. Big Brian Weston captured the 125 kgs., 14-15, age class with a fine 402.5 kg total. This year's meet was particularly competitive for the women divisions. In the 56 kg Open division Jennifer Bechtold fought hard and managed a win over Roberta Hunt. In the 60 kg classifications, Colleen Frey captured first place in the Masters 40-44 division with Janet May taking honors in the 45-49 group. Jodi Jolma had a fine day, totaling 357.5 kgs. to just outpace hard charging Susan Gall. Finally in the 75 kg class perennial champion Patricia Corns used her deadlift to nudge Rhonda Dunn out for the Open class First Place honors. The meet directors wish to thank the many people who contributed to this year's meet: P.J. Couvillion, Joe Randazzo, Dennis Smith, Dan Guches, Jason "Deepsquatter" Burnell, Doug Dienelt, Terry Wilson, Kathy Mooney, Lisa Peckol, K.C. Pettigrew and probably the best crew of spotters/loaders this meet has ever had. Thank you to all. (report courtesy of Mike Mooney)

ADAU Great Lakes RAW  
25,26 Mar 00 - Erie, PA

WOMEN	SQ	BP	DL	TOT
123 lbs.				
M. Kelly	155	105	240	500
Master (40-44)				
M. Kelly-40	155	105	240	500
132 lbs.				
M. Matuszewski-32	195	120	360	675
148 lbs.				
D. Roman-49	235	150	285	670
K. Iszkula-17	225	120	300	645
4th				
S. Viljo-36	205	125	270	600
K. Blair-37	170	115	250	535
R. Moody-17	195	—	—	—
Teen (16-17)				
K. Iszkula-17	225	120	300	645
4th				
R. Moody-17	195	—	—	—
Submaster (35-39)				
S. Viljo-36	205	125	270	600
K. Blair-37	170	115	250	535
181 lbs.				
J. Jasper-23	260	165	330	755
MEN 123 lbs.				
C. Williams-15	320	200	355	875
Teen (14-15)				
C. Williams-15	320	200	355	875
132 lbs.				
J. Allgeier-20	300	200	400	900
D. Farkas-13	200	135	250	585
Teen (12-13)				
D. Farkas-13	200	135	250	585
Junior (20-23)				
J. Allgeier-20	300	200	400	900
148 lbs.				
Jason Stazer-18	285	200	400	885
Joe Tessitore-14	235	135	250	620
Teen (14-15)				
J. Tessitore-14	235	135	250	620
Teen (18-19)				
J. Stazer-18	285	200	400	885
165 lbs.				
J. Braca-37	480	360	630	1470
M. Catalano-21	515	345	540	1400
R. Cruz-39	475	300	475	1250
M. Skal-27	340	300	455	1095
A. Soety-33	275	250	460	985
K. Orth-17	305	250	425	980
R. Hutchison-59	305	235	365	905
G. Natale-16	275	165	400	840
A. Hesperger-17	275	—	—	—
Guest Lifter				
M. Spilina-13	250	190	275	715
Teen (16-17)				
K. Orth-17	305	250	425	980
G. Natale-16	275	165	400	840
A. Hesperger-17	275	—	—	—
Junior (20-23)				
M. Catalano-21	515	345	540	1400
Submaster				
R. Cruz-39	475	300	475	1250
Master (55-59)				
R. Hutchison-59	305	235	365	905
181 lbs.				
M. Clickett-27	500	370	500	1370
4th				
J. Joseph-29	405	315	475	1195
S. Christman-21	400	345	445	1190
D. Heintzel-39	360	275	500	1135
S. Fisher-43	355	255	465	1075
T. Dawley-43	380	245	450	1075
K. Zappitella-37	330	250	455	1035
H. Elasser-48	325	230	440	995
Submaster				
D. Heintzel-39	360	275	500	1135
K. Zappitella-37	330	250	455	1035
Master (40-44)				
S. Fisher-43	355	255	465	1075
T. Dawley-43	380	245	450	1075
Master (45-49)				
H. Elasser-48	325	230	440	995
198 lbs.				
G. Davis-28	475	340	580	1395
B. Bayer-54	500	250	550	1300
P. Kaufman-44	430	275	540	1245
J. Gannoe-15	405	215	450	1070
S. Wright-17	330	200	430	960
T. Heath-16	240	185	340	765
S. Loebach-23	315	—	—	—
D. Smith-42	—	—	—	—
J. Braun-24	—	—	—	—
Guest Lifter				
M. Rojas-16	330	225	400	955
Teen (14-15)				
J. Gannoe-15	405	215	450	1070



Outstanding Lightweight Male: Joe Braca and Outstanding Female: Michele Matuszewski. (photograph courtesy Al Siegel)

Teen (16-17)	330	200	430	960
S. Wright-17	330	200	430	960
T. Heath-16	240	185	340	765
Master (40-44)				
P. Kaufman-44	430	275	540	1245
D. Smith-42	—	—	—	—
Master (50-54)				
B. Bayer-54	500	250	550	1300
220 lbs.				
J. Emiling-36	475	375	560	1410
W. Ruiz-40	450	315	580	1345
T. Braca-37	480	325	550	1355
G. Lewis-30	460	350	525	1335
K. Carlucci-40	460	300	560	1320
M. Magyar-16	475	265	540	1280
R. Eckhart-27	370	360	540	1270
M. Schmidt-45	515	300	45	

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## AAU Kansas State Raw/"OZ" Meet 15 APR 00 - Osawatomie, KS

High School	SQ	BP	DL	TOT
123				
M. Johann	220	160	300	680
132				
K. Miller	245	155	290	690
165				
A. Smith	370	305	430	1105
J. Sevy	370	200	400	970
J. Webber	275	205	340	820
181				
J. Renz	335	225	445	1005
B. Blackman	300	230	405	935
198				
C. Abbott	290	185	345	820
A. Rayne		210	360	570
220				
C. Cook	375		500	875
275				
K. Meyer	135	210	375	720
Women				
148				
R. Campbell	115	85	215	415
Men				
148				
T. Druell	165	245	345	755
181				
B. Doster	485	295	525	1305
J. Helzer	365	295	430	1090
R. Comitz	285	285	355	925
J. Stockman	335		400	735
198				
S. Wade	315	220	410	945
K. Lattin		340		
220				
B. Cass	600	410	700	1710
R. Minardi	415	250	515	1180
S. Griggs	370	320	420	1110
J. Pemberton	315	270	430	1015

## 275 B. Holmes 380

Submasters	SQ	BP	DL	TOT
165				
D. Gilley	405	285	535	1225
220				
M. Medina	435	350	500	1285
242				
G. Renz	360	285	470	1115
40-44				
T. Fletcher	400	450	850	
R. Fitzgerald	375	280	445	1100
45-49				
198				
C. Wade	395	305	505	1205
50-54				
W. Murphy	380	215	400	995
55 plus				
242				
F. Ortolani	300			

## Norwegian Championships 31 Mar-02 Apr 00 - (kgs.)

56 kgs.	SQ	BP	DL	TOT
67.5 kgs.	230	115	220	565
B. Astad	235	127.5	215	577.5
J. Roland	225	117.5	217.5	560
N. Reikvam	200	115	210	525
G. Ineberg	190	115	180	485
J. Billit	165	95	185	445
75 kgs.				
T. Skogly	250	152.5	280	682.5
F. Berentsen	265	165	230	660
A. Kirketeig	245	130	247.5	622.5

## D. Brovold 255 117.5 240 612.5

O. Ssamberg 82.5 kgs.	222.5	132.5	230	585
J. Kjos	272.5	150	302.5	725
S. Valentinsen	285	157.5	280	722.5
G. Bedin	295	130	272.5	697.5
B. Andersen	250	145	277.5	672.5
G. Gregersen	260	160	240	660
G. Johannessen	250	160	240	650
P. Vilnes	240	152.5	250	642.5
R. Olsen	215	152.5	252.5	620
K. Olsen	235	122.5	230	587.5
90 kgs.				
M. Arnesen	295	180	305	780
O. Bjornsen	300	210	250	760
R. Hagen	270	155	280	705
G. Hove	250	172.5	265	687.5
F. Fjogstad	265	152.5	255	672.5
G. Korvald	255	150	262.5	667.5
P. Nilsen	245	145	230	620
R. Kaashagen	230	122.5	—	—
100 kgs.				
E. Stikkestad	345	190	345	880
H. Larsen	315	170	290	775
G. Gasland	280	167.5	300	747.5
O. Kompelien	280	167.5	282.5	730
T. Omland	275	150	275	700
S. Simonsen	250	150	270	670
R. Johansen	230	150	230	610
R. Hanseen	—	—	—	—
110 kgs.				
C. Christoffersen	360	217.5	325	902.5
S. Davidsen	345	200	330	875
T. Taksdal	312.5	205	295	812.5
J. Hoyset	310	170	320	800
A. Randen	315	170	310	795
P. Sjol	315	155	305	775
I. Merli	280	170	315	765
S. Hove	290	170	280	740
T. Kristensen	270	165	265	700

## G. Oksendal 125 kgs.

T. Rydheim	340	175	320	835
R. Morterad	332.5	175	310	817.5
G. Evensen	292.5	180	300	772.5
V. Heigesen	285	165	285	735
A. Bernsen	300	152.5	270	722.5
125+ lbs.				
G. Sommerseth	350	205	345	900
O. Dahl	300	190	310	800
E. Lillebo	280	130	320	730
WOMEN 52 kgs.				
A. Mathiesen	145	62.5	145	352.5
56 kgs.				
M. Skaksrud	130	75	130	335
60 kgs.				
S. Lund	170	82.5	165	417.5
N. Bjornstrom	142.5	60	150	352.5
T. Brovold	92.5	47.5	105	245
67.5 kgs.				
I. Bilkra	195	95	205	495
H. Hille	180	65	182	425
T. Fostervold	135	77.5	142.5	355
A. Saeba	150	55	140	345
L. Engnes	100	50	120	270
75 kgs.				
I. Hakonsen	190	90	195	475
R. Engeland	147.5	92.5	162.5	402.5
E. Jensen	155	72.5	150	377.5
B. Arnsten	50	82.5	100	232.5
82.5 kgs.				
A. Silkestad	227.5	97.5	200	525
H. Hugal	172.5	75	155	402.5

## Dungeon Gym "Raw" Bench Press 27 FEB 00 - Galt, CA

RAW BENCH	S. Gonzales	300	
Men	242		
Youth (8)	M. Peterson	405	
M. Knight (60)	55 C. Daniels	385	
Youth (11)	B. Allen	345	
T. Knight (114)	95 275		
Cpen	M. Knight	530	
181	Men (Master 40-44)		
B. Taylor	315	242	
J. Smith	275	C. Daniels (238)	385
198	275		
D. Thompson	350	M. Knight (260)	530

## Pro-Fitness SQ & Farmer's Walk 15 Jan 00 - Pikeville, KY

WOMEN	SQ	Fwalk	DB
Master	242		
S. Conley	155	504	50
Open			
S. Hyden	145	340	50
MEN Open 181 lbs.			
R. Woofler	180	187	125
242 lbs.			
L. Stapleton	295	527	140
Master			
R. Burruss	455	450	140
Guest			
D. Fields	455	110	125
J. Allen	600	Spotter/Official	
DB=Weight of dumbbells used. This event is part of the Pro-Fitness Challenge Points Series which consists of 17 different MultiSport events held throughout the year. These events include powerlifting, strongman, running, biking, kayaking, climbing or any combination thereof. MultiSports on the web: www.multipoints.net. (courtesy of Pro-Fitness)			

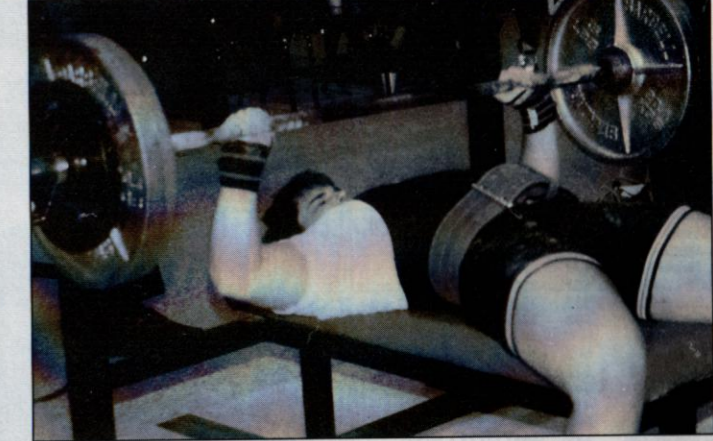


Best Lifter at the WNPF South Carolina Natural was **Anthony Davis**, seen above in a Robert Burchett photo, deadlifting 625.

## WNPF South Carolina 25 Mar 00 - Greenville, SC

BENCH	(60-69)	470		
WOMEN				
114 lbs.	Open			
(20-23) Raw	McSwain	620		
Highbaugh	135* 242 lbs. (40-44)	605*		
Open Raw	Davis	605*		
Highbaugh	135* Novice Raw	400		
SHW	Mauldin	400		
(14-16) Raw	SQUAT			
Pole-Summers	WOMEN	245*		
Lifetime Raw	(14-16) Raw	355*		
Pole-Summers	245* Pole-Summers	355*		
MEN 132 lbs.	Lifetime Raw	355*		
(20-23)	Pole-Summers	355*		
Nelson	250 MEN			
148 lbs.	220 lbs.			
(20-23) Raw	(14-16) Raw	415*		
Greer	270			
165 lbs.	Police/Fire/Milit	225		
(20-23) Raw	Graves	225		
Elrod	310 Novice Raw	300		
(20-23)	Gardner	300		
Elrod	350 220 lbs. (14-16) Raw	290		
Barfield	315 Stanley	290		
(17-19) Raw	Lifetime Raw	330		
Wright	270 DIXON	330		
Open Raw	(33-39)	450		
Wright	270	450		
181 lbs. (20-23)	(40-49)	305		
McClain	325 Crain	305		
Lifetime Raw	(60-69)	280		
Martinez	365 Branham	280		
Lifetime	Police/Fire/Milit	450		
Davis	385 Kelley	450		
198 lbs. Lifetime	242 lbs. Open	555*		
Greene	Kelley-BL	555*		
(20-23)	Monroe	420		
Coffman	Lifetime	555		
(20-23) Raw	Kelley	555		
Open Raw	(40-49) Raw	345		
Pagan	425 Moore	345		
(40-49) Raw	(40-49)	375		
Caterisano	Davis	375		
(50-59) Raw	(50-59) Raw	275		
Summers	Summers	275		
225	Police/Fire/Milit	275		
DEADLIFT	Summers	275		
WOMEN	Novice Raw	300		
(14-16) Raw	Mauldin	300		
Pole-Summers	355* 275 lbs. (20-23)	500		
Lifetime Raw	Lee	500		
Pole-Summers	(20-23) Raw	430		
MEN	Stewart	430		
165 lbs. (60-69)	Lifetime	500		
Blondin	400* Lee	500		
Lifetime Raw	Open	500		
Rijos-Soto	585 Lee	500		
181 lbs.	(40-49) Raw	405		
Guest	Davis-BL	625		
D. Fields	220 lbs. (14-16) Raw	455*		
J. Allen	Stanley	455*		
WOMEN	SQ	BP	DL	T
80 lbs. Youth (9-11)				
Curry	90*	45*	135*	270*
SHW (14-16) Raw				
Pole-Summers	355*	245*	355*	955*
Open Raw	355*	245*	355*	955*
Pole-Summers	355*	245*	355*	955*
MEN 100 lbs. Youth (12-13)				
East	95	75	155	325

114 lbs. Youth (12-13)				
Curry	185*	90*	225*	500*
132 lbs. Youth (12-13)				
Wade	185*	105*	185*	475*
165 lbs. Open Raw				
Yeargin	490*	290	560*	1340*
(20-23)				
Tillman	400	325	475	1200
181 lbs. Lifetime				
Davis-BL	500	385	625	1510
198 lbs. Lifetime				
Greene	470	315	535	1320
(33-39)				
Greene	470	315	535	1320
220 lbs. Youth (12-13)				
Caraway	255*	160*	335*	750*
(14-16) Raw				
Stanley	380*	290*	455*	1125*
Lifetime				
Anderson	500	300	470	1270
Graydon	400	275	440	1115
Open				
McSwain	570	420	620	1610
Brown	550	390	550	1490
(33-39)				
Wade	615	450	600	1665
242 lbs. (40-49)				
Davis	500	375	605*	1480
SHW (14-16) Raw				
Yates	360*	320*	420*	1100*



Matt Sartain with a 295 BP in the Teens at the WNPF Alabama Open

## WNPF Alabama Open 18 Mar 00 - Northport, AL

SQUAT	242 lbs. Open	470		
Novice Raw				
Lewis, G.	315	470		
40-49 Raw	Submasters	450		
Lewis, G.	Molay, R.	450		
BENCH	Police/Fire/Military	470		
MEN	Molay, R.	450		
114 lbs. Open	272 lbs. Open	475		
Atchley, T.	Vaughn, M.	475		
220 lbs. Novice	DEADLIFT			
Conner, R.	242 lbs. Open	760		
405	Davidson, D.	760		
MALE	SQ	BP	DL	TOT
181 lbs. Teen (17-19)				
Caprari, T.	*600	360	*650	1610
Open				
Caprari, T.	*600	360	*650	1610
198 lbs. Junior				

**2nd APF Alabama Spring Classic**  
18 Mar 00 - Tuscaloosa, AL

	SQ	BP	DL	TOT
D. Pkley-105	237	95	240	572
C. Swift-159	187	115	255	557
A. Pullen-160	452	290	480	1222
C. Roney-161	362	225	450	1037
D. Hagan-165	477	320	470	1267
A. Machristle-177	512	310	510	1332
J. Wright-179	507	275	510	1292
J. Sullivan-181	277	340	325	942
R. Howell-188	477	287	540	1300
C. Elliot-192	581	300	450	1332
C. Woosley-195	137	135	500	772
L. McCormick-195227	275	300	802	
R. Heath-196	407	385		
P. Tracy-198	602	315	580	1497
T. Butler-206	527	350	600	1477
J. Fulmer-214	592	350	550	1492
J. Dunn-215		380		
L. Wright-216	602	345	550	1497
D. Dover-219	622	410	670	1442
S. Lee-219	407	305	455	1167
H. Davis-219	432			
P. Watson-220	547	365	525	1437
G. Barber-220	135	485	135	752
B. Thornton-226	552	340	560	1452
J. Sanders-228	732	410	525	1667
McCormack-232	427	275	480	1182
R. Harrison-236	537	335	575	1445
Gudmundsson-237	632	380	550	1562
J. Green-239	622	340	675	1637
D. Montz-240		320		
D. Tracy-240	602	300	540	1442
B. Putnam-264	422	300	480	1202
P. Savage-265	502	320	450	1272
R. Flournoy-273		405		
B. Phillips-275	702			
T. Babcock-275	672	425	540	1637
D. Lee-289	552	385	510	1447
C. Savage-292	622	385	535	1442

The second APF Alabama Spring Classic, held and directed by Shelby Robbins at Robbins Fitness Advantage, was a great success! Thirty-eight lifters in two flights made for a pretty long day of lifting, and there were a number of first-time competitors. Twenty-seven lifters were new to the American Powerlifting Federation - we hope they are glad to be new members! Donna Pkley, a teacher from Baton Rouge, LA, competed at 105 lbs. bodyweight, and finished her first meet with a 572 lb. total. Donna won her weight class, and also took home Women's Best Lifter! Charity Swift, at 20 years old and 165 lb. bodyweight, won her weight class with a 557 lb. total. In the amateur men's division, Daniel Hagan took first place in the 165s with a total of 1267. Andrew Machristle won the 181s with a total of 1332. With a 1497 total, Paul Tracy, of Dynabody gym in Muscle Shoals, AL, won the 198s. Also a Dynabody lifter, Danny Dover took the 220s with a big 1702 total, and took the Amateur Best Lifter. Brett Thornton from Reform, AL, won the 242s with a total of 1452. Ty Babcock, a first time lifter training under Coach Robbins won the 275s with a 1637 total. Shane Lee, a doctor from Marion, AL, won the Police/Military/Fire



**Richard "Spanky" White goes 540 319 540 1399 to win the Masters 40-49 division at the Maine State Open (photo courtesy Russ Barlow)**

and was also named PMF best lifter, with a total of 1167. In the Open Masters class, Jeff Sullivan won first place and best lifter, with a total of 942. For the Amateur Masters, Leonard McCormick won the 198s with a total of 802. Leonard was most proud, however, of being the only post-bypass surgery lifter competing! Ted Butler, at the age of 53, won the 220s with a total of 1477, and a big 600 deadlift. Ted was also named Masters best lifter. Rex Hanison took the 242s by storm with a 1445 total, and is headed to Texas for the AAFP Nationals. In the Amateur bench only division, Jimmy Dunn won first place in the 220s with a 380 press. Robert Flournoy took first in the 275s with 405. Gene Barber won the Amateur Masters Bench division in the 220s and was also the best lifter in the bench division, with a big 485 lbs. press. Gene also took a fourth attempt with 500 and barely missed it! Jason Sanders won the open 242s with a total of 1667, including a big 732 squat. Darrell Lee took the open 308s with 1447. Head judge Shelby Robbins, currently ranked second in the world in the 275s, really "geed into the lifts". A coach at heart, Robbins seemed to enjoy judging the meet as much as the lifters enjoyed competing! Commentator Sandy Ellis did a terrific job as always, and a very special THANKS to the spotter/loader team for an injury-free meet, and for a misload free competition! Last but not least, we would like to thank all of the lifters and the spectators. A meet is truly great when you have the perfect combination of lifters who really fire up a crowd,

and spectators who really participate, cheering on the competitors! We were thrilled to see lots of familiar faces, and equally excited to make new friends in the sport! A final thanks to the staff of PL USA, without whom we would not have such a great opportunity to advertise meets and share the sport with such a wide variety of lifters! Robbins Fitness Advantage will host three more meets during the year 2000: August 19th, The Alabama APF/AAPF Push/Pull Competition, October 14th, The Alabama APF/AAPF Powerlifting Championship December 9th, RFA Bench Press Competition. Call Shelby or Tracy Robbins toll free for information: 1-877-313-4946! (Thanks to Tracy for results)

**Maine State Open**  
01 Apr 00 - Bath, ME

	SQ	BP	DL	TOT
<b>MEN</b>				
<b>AAPF</b>				
B. Boyle 252	705	440	578	1724
T. Goode 172	518	336	496	1350
C. Wiers 292	529	512	600	1642
J. Wagner 157	468	220	391	1079
J. Guay 232	479.5	319	534	1333
J. Beyer 229	462	281	540	1283
J. Scholl 216	451	308	479	1239
J. Yates 183	407	236	462	1106
J. Keith 164	330.5	253	402	986
J.R.				
S. Blanchard 198	534	402	578	1515

	SQ	BP	DL	TOT
<b>Master (40-49)</b>				
R. White 170	540	319	540	1399
D. Magoon 220	666	440	573	1680
C. Burgess 196	600	380	600	1581
M. Toderico 226	529	330	523	1383
J. Demille 172	325	231	369	925
<b>Master (50+)</b>				
D. Austin 226	551	341	462	1355
R. DelGallo 128	380	214	380	975
A. Carr 179	407	314	418	1139
<b>Open 132 lbs.</b>				
R. DelGallo	380	214	380	975
D. Osgood	319.5	225	385	931
C. Nassar	143	303	721	721
<b>Open 165 lbs.</b>				
T. Hockridge	440	253	468	1162
R. Pushard	402	303	473	1179
J. Wagner	468	220	391	1079
J. Keith	330.5	253	402	986
<b>Open 181 lbs.</b>				
R. White	540	319	540	1399
T. Goode	518	336	496	1350
C. Kanavas	440	314	479	1234
<b>Open 198 lbs.</b>				
G. Sotirakos	529	418	567	1515
J. Leighton	534	374	534	1443
J. Connors	578	253	529	1361
J. Pelletier	451	264	485	1201
J. Yates	407	236	462	1106
A. Dunn	402	253	451	1107
<b>Open 220 lbs.</b>				
D. Magoon	666	440	573	1680
B. Howard	617	352	710	1680
D. Goode	600	440	617	1658
J. Scholl	451	308	479	1239
D. Herbert	363	264	391	1019
<b>Open 242 lbs.</b>				
S. Smith	672	462	644	1779
S. Burke	578	374	606	1559
D. Harrington	551	391	600	1543
J. Guay	479	319	534	1333
J. Bever	462	281	540	1283
<b>Open 275 lbs.</b>				
B. Boyle	705	440	578	1724
P. Orino	661	451	611	1724
<b>Open 308 lbs.</b>				
T. Frost	551	385	573	1509
<b>Open SHW</b>				
J. Minnaugl	804	518	705	2027
<b>Teen</b>				
D. Osgood 131	319	225	385	931
J. Higgins 168	424	319	473	1217
T. Hockridge 163	440	253	468	1162
C. Nassar 128	275	143	303	721
D. Geis 219	369	198	347	914
C. Morin 236	374	236	380	991

	SQ	BP	DL	TOT
<b>WOMEN</b>				
<b>Open 132 lbs.</b>				
A. Farrell	314	165	303	782
<b>Open 165 lbs.</b>				
L. Jacunski	242.5	121	253.5	617

Team: Ultimate Fitness. Best Lifter Female: Amy Farrell. Best Lifter Male: Billy Mimwaugh. I would like to thank everyone who supported this year's APF Maine Millennium Powerlifting Championships. Again the contest was a great success attracting 49 quality lifters from throughout New England. A special thanks to my partner Shane McKenna, the people of Hyde School, Andy Connors, Beau Boyle, Richard Austin, Wes Littlefield, Scott Worthing, John Gornelvicz, Richard Barlow, Russ Barlow Sr., Claudia, "Iron" Mike Scott, the spotters and loaders from Universe Gym, my table Norm Guay, Erica Guay, Lynne Barlow, Michelle Curtis, Chad Curtis, Nick "the Stick" Dulac, Scott DePanfilis for his video and Web site services & Dan Levasseur for the great sound. Remember to stay hard core. (Thanks to Russ Barlow for results)

**APF Bike Week BP/DL**  
4 Mar 00 - Orlando Beach, FL

	SQ	BP	DL	TOT
<b>BENCH</b>				
<b>Junior/Teen</b>				
R. Kelly	187.5	E. Martin	142.5	
C. Charron	135	<b>DEADLIFT</b>		
M. Hollingsworth	142.5	<b>Junior/Teen</b>		
R. Koch	102.5	R. Koch	177.5	
<b>WOMEN</b>				
<b>Open</b>				
D. Lynes	92.5	<b>WOMEN Open</b>		
B. Birdwell	85	D. Lynes	162.5	
P. Noble	67.5	P. Noble	125	
<b>Masters (46-49)</b>				
J. Callahan	182.5	L. Russell	255	
<b>MEN</b>				
<b>Open 181+ lbs.</b>				
C. Curt	187.5	<b>MEN Open</b>		
S. Esquenaldo	115	C. Curt	287.5	
<b>198+ lbs.</b>				
A. Vellake	237.5	D. Eldridge	272.5	
E. Rectenwald	217.5	E. Martin	247.5	
J. Keene	207.5	J. Callahan	240	
D. Eddy	212.5	S. Esquenaldo	170	

**BENCH: Best Female Lifter: Debbie Lynes. Best Male Lifter: Anthony Vellake. DEADLIFT: Best Female Lifter: Debbie Lynes. Best Male Lifter: Capt Curt. (Thanks to Huge Iron Productions for results)**

**USPF National HS/Jr./Collegiate**  
8 Apr 00 - Ft. Hood, TX (kg)

	SQ	BP	DL	TOT
<b>High School Men</b>				
<b>114 lbs.</b>				
J. Ledden	87.5	37.5	102.5	227.5
<b>123 lbs.</b>				
J. Garcia	162.5	102.5	162.5	427.5
M. Gillette	157.5	77.5	170	405
J. White	102.5	42.5	130	275
<b>132 lbs.</b>				
J. Ortega	192.5	107.5	215	515
C. Stalter	90	42.5	107.5	240
<b>148 lbs.</b>				
M. Gauna	217.5	135	222.5	575
J. Munoz	202.5	117.5	235	555
B. Dewes	200	85	237.5	522.5
J. Hanger	152.5	72.5	170	395
K. Sharikas	117.5	67.5	165	350
<b>165 lbs.</b>				
J. Guerrero	235	147.5	255	637.5
T. Charles	190	100	227.5	517.5
P. Chancy	185	107.5	185	477.5
K. Clabon	182.5	117.5	175	475
M. Krivensky	160	112.5	195	467.5
J. Niles	152.5	115	192.5	460
M. Applegate	150	97.5	177.5	425
<b>181 lbs.</b>				
R. Alaniz	237.5	155	232.5	625
J. Smith	220	137.5	192.5	550
C. Lund	205	130	205	540
C. Runnels	197.5	125	172.5	495
<b>198 lbs.</b>				
R. Krumm	212.5	145	227.5	585
C. Ramos	137.5	80	155	372.5
<b>220 lbs.</b>				
J. Campbell	272.5	147.5	282.5	702.5
R. Berman	137.5	112	157.5	407
<b>242 lbs.</b>				
M. Huddleston	247.5	190	240	677.5
K. Doss	267.5	115	277.5	660
C. Morse	272.5	142.5	242.5	657.5
E. Canales	230	127.5	222.5	590
C. Brooks	202.5	122.5	222.5	547.5
<b>275 lbs.</b>				
K. Hunt	310	192.5	272.5	775
<b>308 lbs.</b>				
R. Jones	320	170	245	735
<b>SHW</b>				
F. Achtsam	352.5	185	275	812.5
M. Benitez	240	137.5	197.5	575
<b>High School Men</b>				
J. Ledden	87.5	37.5	102.5	227.5

	SQ	BP	DL	TOT
<b>123 lbs.</b>				
B. Edgar	112.5	60	130	302.5
J. White	102.5	42.5	130	275
<b>132 lbs.</b>				
C. Stalter	90	42.5	107.5	240
<b>165 lbs.</b>				
J. Niles	152.5	115	192.5	460
B. Holstein	135	67.5	152.5	355
<b>220 lbs.</b>				
R. Berman	137.5	112	157.5	407
<b>Junior (16-17)</b>				
<b>114 lbs.</b>				
R. Grimes	95	62.5	125	282.5
<b>132 lbs.</b>				
P. Pham	152.5	95	182.5	430
J. Rivera	155	90	167.5	412.5
<b>148 lbs.</b>				
C. Ramos	227.5	117.5	207.5	552.5
D. Lopez	165	82.5	190	437.5
J. Hanger	152.5	72.5	170	395
K. Sharikas	117.5	67.5	165	350
<b>165 lbs.</b>				
B. Nash	207.5	110	212.5	530
M. Krivensky	160	112.5	195	467.5
M. Applegate	150	97.5	177.5	425
C. Mowroy	112.5	92.5	170	375
<b>H. Hinojosa</b>				
<b>181 lbs.</b>				
J. Milam	272.5	150	215	637.5
M. Palmer	205	102.5	222.5	530
J. Smith	220	137.5	192.5	550
C. Runnels	197.5	125	172.5	495
<b>198 lbs.</b>				
B. Peters	182.5	112.5	182.5	477.5
G. Ramos	137.5	80	155	372.5
<b>220 lbs.</b>				
J. Chovanec	217.5	145	227.5	590
<b>242 lbs.</b>				
C. Morse	272.5	142.5	242.5	657.5
M. Huddleston	247.5	190	240	677.5
C. Brooks	202.5	122.5	222.5	547.5
M. Etheredge	25			25
<b>SHW</b>				
E. Greenlee	272.5	147.5	272.5	692.5
<b>High School Women</b>				
<b>97 lbs.</b>				
S. Etheredge	225	147.5	237.5	610
<b>105 lbs.</b>				
T. Shumaker	72.5	45	100	217.5
S. Stanciff	65	30	72.5	167.5
T. Timm	55	30	70	155

**APPLICATION FOR REGISTRATION**  
American Powerlifting Association

Last Name	First Name	Initial	Date of App.
Street Address			
City			
State or Province			
Country			
Zip Code			
Telephone Number			
Date of Birth	Age	Sex	Mail and make checks payable to
APA			



**25th USPF West Virginia  
25 Mar 00 - Institute, WV**

SQUAT	Open 148 lbs.	WOMEN	Teen (16-17)	4th-BP-600*
181 lbs. Collegiate	451*	181 lbs. Collegiate	380	518
A. Kwitkowski	451*	181 lbs. Collegiate	236	407
220 lbs. Master (50-54)	451*	181 lbs. Collegiate	462	562
D. Hall	512*	181 lbs. Collegiate	1078	1487
Law/Fire		181 lbs. Collegiate		
Master (45-49)	518*	181 lbs. Collegiate		
J. Rubenstein	518*	181 lbs. Collegiate		
Law/Fire Senior		181 lbs. Collegiate		
J. Rubenstein	518*	181 lbs. Collegiate		
Senior		181 lbs. Collegiate		
D. Haught	501	181 lbs. Collegiate		
M. Hartzell	407	181 lbs. Collegiate		
275 lbs.		181 lbs. Collegiate		
Master (45-49)	705*	181 lbs. Collegiate		
J. Messinger	705*	181 lbs. Collegiate		
308 lbs. Collegiate		181 lbs. Collegiate		
B. Siders	683*	181 lbs. Collegiate		
Seniors	683*	181 lbs. Collegiate		
DEADLIFT		181 lbs. Collegiate		
165 lbs. Senior	325	181 lbs. Collegiate		
J. Haught	325	181 lbs. Collegiate		
181 lbs. Collegiate	468*	181 lbs. Collegiate		
A. Kwitkowski	468*	181 lbs. Collegiate		
198 lbs.		181 lbs. Collegiate		
Master (55-59)	468*	181 lbs. Collegiate		
D. Blosser	468*	181 lbs. Collegiate		
220 lbs. Law/Fire		181 lbs. Collegiate		
Master (40-44)	451*	181 lbs. Collegiate		
B. Reynolds	451*	181 lbs. Collegiate		
Master (50-54)	501*	181 lbs. Collegiate		
D. Hall	501*	181 lbs. Collegiate		
Law/Fire Senior		181 lbs. Collegiate		
J. Rubenstein	501*	181 lbs. Collegiate		
Law/Fire		181 lbs. Collegiate		
Master (45-49)	501*	181 lbs. Collegiate		
J. Rubenstein	501*	181 lbs. Collegiate		
Senior		181 lbs. Collegiate		
D. Haught	545	181 lbs. Collegiate		
275 lbs.		181 lbs. Collegiate		
Master (45-49)	600	181 lbs. Collegiate		
J. Messinger	600	181 lbs. Collegiate		
Law/Fire Senior		181 lbs. Collegiate		
T. Pratt	628*	181 lbs. Collegiate		
308 lbs. Senior	672*	181 lbs. Collegiate		
B. Siders	672*	181 lbs. Collegiate		
Collegiate	672*	181 lbs. Collegiate		
B. Siders	672*	181 lbs. Collegiate		
DEADLIFT		181 lbs. Collegiate		
148 lbs.	407	181 lbs. Collegiate		
Master (40-44)		181 lbs. Collegiate		
D. Horton	407	181 lbs. Collegiate		
BENCH		181 lbs. Collegiate		
WOMEN		181 lbs. Collegiate		
148 lbs. Master (45-49)	SQ	BP	DL	TOT
J. Franck	248	99	242	589
181 lbs. Senior/Master (55-59)				
S. Pack	270*	214*	319*	803*
MEN 123 lbs. Teen (14-15)				
C. Gillispie	132	110	242	484
132 lbs. Teen (14-15)				
J. Vaughn	303	181	358	869
Teen (16-17)				
J. Poling	209	220	325	754
148 lbs. Teen (14-15)				
A. Houser	209	170	292	671
165 lbs. Junior				
C. Hinchee	363	297	418	1078

**4th-BP-600\***  
J. Orr 518  
SHW Teen (14-15)  
G. Davis 231  
Z. Blouir 198  
N. Billiter 214  
231 314 759

\*-State record. Upon starting to pen the summary of this year's contest I felt a sense of privilege and honor in being able to write an article that I would not be ashamed to sign my name to. Because of the pride and integrity that the USPF here in W.Va. has exhibited over the past 25 years it makes me proud to know that high quality lifts done by top notch competitors and judged by officials with unquestionable integrity were again done in the best of facilities. Thanks to all our fine competitors, judges, and help at our contest, it is all for you and about you that the USPF remains so successful. Before this year's contest was to begin we here in W.Va. felt it was time to recognize some of the outstanding individuals who through their efforts over the years have made the USPF and powerlifting in general here in our state the great success it has been. To honor these most deserving individuals we started the USPF Powerlifting Hall of Fame and had our first class of inductees present to be acknowledged and honored. Among the legends here in our state was Vince White, Frank White, Herb Fitzsimmons, Mr. Bill Kyle, Luke Iams, Kenney Wooddell, John Bayliss, Jack Pack, Don Hall, Don Hundley, and Ernie Nagy who is now deceased. These individuals are our history, our heroes, and our mentors. We acknowledge them as our greatest powerlifting asset here in W.Va. and thank them for all they have given us. Our Women's Division was light on competitors, but heavy in quality. Jan Franck returned this year to produce another solid performance. Sue Ann Pack is unquestionably amazing, as her lifts get better with age and she proved it with four new State and American Records. Our Teenage Division was packed with high quality performances by our future stars. Maybe some of these young men are already stars as the results reflected some great lifting. It is great to see these young competitors compete under strict meet conditions and perform at a high level. Congratulations to each and everyone of them, we look to each of you as our future and our insured survival as a sport. Curt Hinchee was solid at 165 Junior and showed a lot of power and potential. At 181 Adam Kwitkowski worked hard to post good lifts his squat and deadlift are new state collegiate single lift records. Our Master 45-49 winner, Richard Fortson, is always strong and his total reflects it. Harold Franck proved his record breaking potential as a Master lifter is no fluke, he improves each time he hits the platform. At 198 Alan Haga put in a good performance in the Junior Division and is capable of more and his upcoming performance at the USPF Senior Nationals will prove it. Our 198 Senior and Submaster champion was Jerry Kerwin. Jerry is a class act and it is great to have him back. Toney Pauley was our Law/Fire Champion at 198 Senior and has the smoothest lifting style I have ever seen, there is no question about the quality of his lifts and his four new state records prove it. Mike Weiss was back to improve on his Law/Fire Sub-Master records and like his training partners Tige Pratt and Jon Orr show great improvement and unlimited potential. Dave Haught and William Carnell battled it out for the 220 Junior title Dave

came out on top with William pushing him hard. Scott Criser came out in the Senior Division and cruised to his second USPF state title with some fine lifts. Jim Rubenstein has taken up residency at the Holley Strength System and he is off and running at his new 220 class. Jim rewrote the Law/Fire record books in the Senior and Master 45-49 Divisions and looks strong for the future. To say Don Hall is a survivor would not be fair to this fine gentleman. He is the only individual in our state to have competed in all 25 of our State Championships and he gets better each time out. Don had limited training for this contest yet was still outstanding. If certain pretenders want to label themselves the best Master lifter ever in W.Va. they should not base it purely on poorly executed lifts done under less than acceptable judging and conditions at poor quality meets. Come take a look at Don Hall - he gets my vote as the class act that every lifter should aspire to be. Wouldn't you agree Paul? In the 242 Juniors we welcomed a new outstanding young competitor and star in John Baria. John demolished the records in borrowed equipment for the most part and should be a bright spot for us for years to come. Chris Phillips lifts were also great and he too shows great potential and we hope to see him back next year to claim a title. Ron Harbert was back this year to assault the bench records and assault he did. His 518 will replace Randy Scott as the top 242 bench presser. Mike Highfield claimed a new bench record in the Master 50-54 age group on the way to another state title. In the 275 Junior Division Tim Burns was outstanding. Tim chooses to lift RAW and still is outstanding and strong. Anthony Spencer took the Senior title with some fine lifts. Tige Pratt gained some revenge with his victory in the Law/Fire Seniors over last year's winner Tim Burns. There is becoming one of those yearly rivalries that makes powerlifting interesting. Tige improves each time out and looks to be off and running, his new deadlift record will be hard to ever touch. Harold Scott will no doubt improve with experience and his Master 40-44 title will inspire him to work hard. John Messinger had what he considers a bad day at Master 45-49. The one bright spot was a new Master 45-49 bench record. At 290 plus pounds Brian Siders has given notice that the sky is the limit. Brian's ability to squat huge weights was hampered by technical problems that will be solved immediately. His 600 pound 4th attempt bench was actually his third because he missed taking his first attempt due to a blown shirt on his last warm-up. His deadlifts were strong and a better choice of attempts would have produced an even better total. Look for Brian to assault the 2000 pound total barrier at the USPF Senior Nationals to be held by Nick Busk: this June in Chester, W.Va. Thanks to all of our competitors in our single lift contests for your great performances. Your efforts don't go unnoticed and we certainly appreciate you coming and putting on a great show. Thanks to the Kyles - Mr. Bill Kyle, Butch and Dave, Frank White, Vince White, John Bayliss, Greg VanHoose, Ken and Thresa Wooddell, Rick Yates, Jon McClure, Aaron Hill, Joe Daugherty, Jason Winters, Andy Johnson, John Witt, Rick Harper, Jay Monic, Kenney Bolar, Dave Selby, Dan Hall, John and Rhonda Hall, Jill, Jordan and Morgan, Dave Jeffrey, our sponsors, W.Va. Rehab Center. Special thanks to Don Brotherton and Press 2.1 for your excellent work in running the contest. You all make it happen. (Results submitted by John Messinger)



**West Virginia's USPF Powerlifting Hall of Fame Inductees (seated, left to right) Mr. Bill Kyle, Vince White, John Bayliss, Don Hall, Don Hundley, Herb Fitzsimmons, Jack Pack, Mike Highfield - accepting on behalf of Mr. Ernie Nagy, Kenney Wooddell, Frank White, and (both standing) accepting his award from Dave Jeffrey is Luke Iams. (this photograph was provided to POWERLIFTING USA by courtesy of John Messinger)**

**WABDL CA State BP/DL  
22 Jan 00 - Monterey, CA**

WOMEN	198 lbs.	369
Masters (40-46)	451	407
A. James	451	407
165 lbs.	451	407
M. Jacobsen	451	407
M. Ivers	451	407
181 lbs.	451	407
L. Fuesi	451	407
Class I - 148 lbs.	451	407
J. Rodriguez	451	407
Open 114 lbs.	451	407
A. James	451	407
165 lbs.	451	407
M. Jacobsen	451	407
181 lbs.	451	407
L. Fuesi	451	407
MEN		
Teen (13-15)		
M. Minahan		
198 lbs.		
B. Leier		
275 lbs.		
Jordan Cam		
Teen (16-19)		
181 lbs.		
N. Balesrieri		
198 lbs.		
P. Davi		
M. Roberts		
K. Vornatz		
308 lbs.		
Z. Peterson		
Junior 165 lbs.		
T. Tom		
198 lbs.		
M. Saito		
P. Davi		
220 lbs.		
C. Randazzo		
275 lbs.		
C. Erhardt		
Law/Fire		
Masters (38-47)		
275 lbs.		
A. Clayton		
Masters (48+)		
308 lbs.		
D. Lamar		
J. Krachunis		
Open Law/Fire		
165 lbs.		
J. Sermeno		
181 lbs.		
A. Agamao		
E. Kuskie		
242 lbs.		
T. Burns		
308 lbs.		
M. Ahlo		
F. Nelson		
SHW		
T. Lualemala		
R. Russell		
Submaster (34-39)		
165 lbs.		
S. Ward		
K. Peelman		
M. Arguelles		
181 lbs.		
A. Agamao		
198 lbs.		
A. Planchon		
S. Ughe		
242 lbs.		
R. Kitani		
275 lbs.		
V. Shaw		
308 lbs.		
G. Haynes		
M. Ahlo		
SHW		
G. Niualliku		
Masters (40-46)		
198 lbs.		
K. Kenemoto		
220 lbs.		
C. Warrick		
242 lbs.		
M. Lutz		
M. Moore		
G. Stevens		
275 lbs.		
P. Andrews		
R. Sanchez		
308 lbs.		
S. Brown		
L. Contreras		
R. Goodman		
Masters (47-53)		
198 lbs.		
R. Tsutsui		
308 lbs.		
D. Lamar		
Masters (54-60)		
165 lbs.		
M. Timbal		
297		
K. Gardner		
181 lbs.		
M. Sperling		
220 lbs.		
J. Muddy		
Masters (61-67)		
148 lbs.		
L. Vincent		
209*		
198 lbs.		
P. Wilson		
242 lbs.		
E. Anderson		
Class I - 148 lbs.		
M. Montoya		
N. Erbe		
165 lbs.		
T. Tom		
181 lbs.		
K. Nakamura		
E. Kuskie		
220 lbs.		
S. Garnett		
SHW		
T. Lualemala		
Open 132 lbs.		
K. Unten		
148 lbs.		
L. Blas		
209		
J. Yoshimuro		
436*		
S. Ward		
K. Peelman		
413		
181 lbs.		
J. Jones		
198 lbs.		
M. Saito		
429		
P. Davi		
407		
M. Ludivico		
J. Shura		
446*		
P. Hyre		
S. Pena		
380		
242 lbs.		
R. Kitani		
545		
S. Ahlo		
501		
T. Burns		
M. Lutz		
391		
B. Yamana		
562		
T. Clark		
512		
R. Magni		
352		
S. Wong		
622		
4th		
Fabrice		
L. Contreras		
429		
Guest Lifter 181 lbs.		
P. Camazzaro		
429		
DEADLIFT		
WOMEN		
Teen (16-19)		
132 lbs.		
S. Roseby		
292		
4th		
Masters (40-46)		
105 lbs.		
S. Zadbura		
209		
B. Fruzyrna		
165 lbs.		
M. Ivers		
363		
MEN 148 lbs.		
Teen (16-19)		
341		
C. Woodby		
314*		
M. Peabody		
165 lbs.		
352		
J. Cricchio		
319		
N. Pardo		
181 lbs.		
R. Garabel		
440		
198 lbs.		
P. Davi		
600*		
308 lbs.		
Z. Peterson		
473		
148 lbs.		
S. Kabat		
424		
242 lbs.		
T. Hunt		
507		
Law/Fire		
Masters (38-47)		
275 lbs.		
A. Clayton		
440*		
Masters (48+)		
308 lbs.		
D. Lamar		
534		
Law/Fire		
Open 165 lbs.		
181 lbs.		
J. Sermeno		
424		
E. Kuskie		
308 lbs.		
M. Ahlo		
551		
SHW		
R. Russell		
661		
4th		
672		

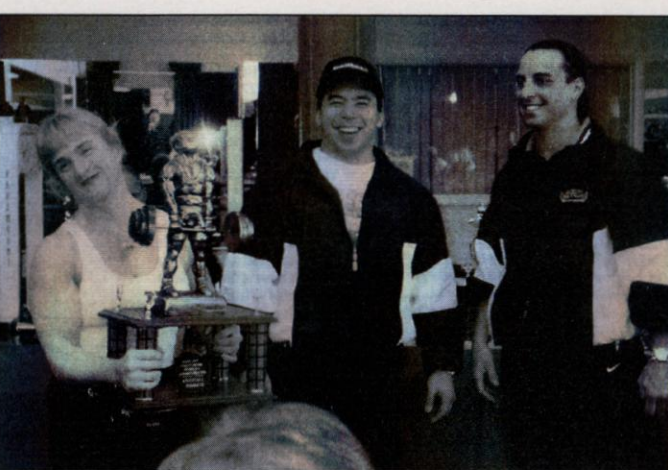
Heavyweight world record. Larry Vincent broke the Masters (61-67) 148 lbs. class with a 275 lbs. bench. In the Masters (40-46) 275 lbs. class Phil Andrews broke the World Record with a 503 lbs. bench. Jason Yoshimuro of the Hawaii team broke the Open 165 lbs. record with a 446 lbs. bench. Steve Wong of the Iron Society broke the Open 308 lbs. world record with a 661 lb. bench. In the deadlift Michelle Ivers took the 1st place in the Women's Masters division (40-46) 165 lb. weight class with a 363 lbs. deadlift. Michelle won Champion of Champions honors for the women in the deadlift. Phil Davi took 1st place in the teen (16-19) 198 lbs. class with a world record pull of 600 lbs. which beat his old record of 589 lbs. That 600 gave him best lifter for the Teen/Junior divisions. Phil Andrews took 1st in the Masters (40-46) 275 lbs. class with a 738 lbs. deadlift. He took an attempt at the record with 806 lbs. but couldn't quite get it up. Phil won Best Lifter recognition for the Open division.

**ProFitness IronMan (kg)**  
18 Mar 00 - Rockaway, NJ

BENCH	C. Neal	197.5		
MEN	Masters			
Open 132 lbs.	B. Phillips	182.5		
C. Ly	C. Rizzo	195		
148 lbs.	D. Chevalier	215		
A. DellaRovere	J. Jacobs	137.5		
165 lbs.	M. Anderson	145		
B. Lykes	B. Hargenrater	182.5		
181 lbs.	DEADLIFT			
R. Leonard	MEN			
J. Montero	Open 148 lbs.			
S. Adjibade	A. DellaRovere	187.5		
198 lbs.	181 lbs.			
B. Burritt Sr.	S. Adjibade	260		
C. Noriega	198 lbs.			
T. Jones	D. Picard	240		
220 lbs.	T. Jones	222.5		
T. Jackson	B. Burritt Sr.	197.5		
242 lbs.	C. Mahan	195		
D. Robinson	220 lbs.			
L. Saviano	C. Slaybaugh	288.5		
D. Newmow	J. Rosinski	280		
J. Rosinski	D. Newmow	280		
275 lbs.	SHW			
F. Vogel	J. Weiss	305		
SHW	WOMEN			
J. Weiss	Open			
WOMEN	B. Grater	105		
Open	L. Hirschberg	102.5		
L. Hirschberg	Master			
B. Grater	E. Stein	180		
Master	Special O			
E. Stein	V. Yarnall	140		
J. Montero	Junior			
Teen	A. Cassiere	227.5		
R. Eisenring	MEN			
Special O	Submasters			
V. Yarnall	D. Picard	240		
Submasters	Masters			
D. Robinson	J. Weiss	175		
Record Breaker	R. Leonard	227.5		
B. Grater-96	SQ	BP	DL	TOT
E. Stein-131	65	105	225	
M. Anderson-147	25	85	180	290
J. Jacob-162	25	145	25	195
B. Lykes-163	25	137.5	25	187.5
J. Weiss-184	25	167.5*	25	217
B. Phillips-212	25	25	175	225
D. Chevalier-218	25	182.5	25	232.5
C. Rizzo-225	25	216	25	265
R. Eisenring-226	25	195	25	245
C. Neal-235	25	228.5	25	277.5
L. Saviano-242	25	197.5	—	—
J. Weiss-286	25	210*	25	260
		182.5*	305	512.5

**Ellen Stein** accepts her Best Overall Lifter trophy from former World Champion Ray Benemerito and Meet Director Joe Morreale. Ellen is the 2000 National Women's Open and Masters Champion and she won 1st place trophies for both the bench press and deadlift at this meet, and her 85 kg. bench and 180 kg. deadlift were also USAPL Masters American records. Ellen would like to thank her sponsors: Powerbar, Inzer Advance Desiggnns, and Titan Support Systems.

class. Nineteen year old Richard Eisenring added emphasis to the record breakers division by throwing over 500+ lbs. in the bench press and taking home the best bencher award. In the deadlift division, Shane Adjibade, Dave Picard and Charles Slaybaugh all lifted exceptionally well. Shane's bench and deadlift are strong, but he needs to manage his time a little better in the future. The women's division was excellent. Ellen Stein continues to improve and impress. Beth Grater, on the comeback trail, qualified for lifetimes, and Lauren Hirschberg lifted well and was psyched and fun to watch. The usual large group of coordinators deserves thanks for making the meet a success. Rather than listing them individually and missing someone, I just want to thank them all, they know who they are. One exception would be Charles Schroeder, NYS chairman, who continues to travel down to NJ and gives his time generously and deserves our thanks. Written by Bill Clayton. (Thanks to USAPL for providing these competition results)



**USAPL Virginia Open**  
29 Feb 00 - Charlottesville, VA

FEMALE	SQ	BP	DL	TOT
105 lbs. Open				
K. Ryman	220	110	280	610
123 lbs. Open & (55-59)				
S. Abrams	195	105	250	540
165 lbs. Open				

**USAPL Gator Invitational**  
18 Dec 99 - Baton Rouge, LA

WOMEN	SQ	BP	DL	TOT
105 lbs.				
S. Campanile-20	200	105	220	525
132 lbs.				
B. Freeman-20	165	95	205	465
148 lbs.				
A. Ratcliff-19	220	100	260	580
165 lbs.				
J. Valence-22	260	155	285	700
181 lbs.				
N. Griffin-18	275	125	250	650
MEN 165 lbs.				
J. Comardelle-19	395	315	420	1130
181 lbs.				
B. Schexnaydre-19560	320	550	1430	
D. Brewer-19	450	265	510	1225
198 lbs.				
B. Luminais-21	400	265	450	1115
S. Arnold-18	405	265	445	1115

**USAPL Great Duck III Qualifier**  
5 Mar 00 - Beltsville, MD

MEN	SQ	BP	DL	TOT
Open 242 lbs.				
B. Foster	460	295	560	1315
M. Cary	475	290	555	1320
Masters (45-49) 275 lbs.				
B. Phillips	525	370	655	1550
Juniors (20-23) 181 lbs.				
G. Benton	425	240	480	1145
WOMEN Open 132 lbs.				
R. Lovelace	425	90	180	465
A. Sadeghzadeh	195	90	180	465
Juniors (20-23) 123 lbs.				
A. Styles	155	75	150	380
148 lbs. (18-19)				
M. Tan	240	95	175	510
(20-23)				
C. Kautson	235	95	180	510

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• Polo Shirt w/Logo - (s-xl) = \$35.00 (xod & up) = \$37.00 (navy - white) (Size _____ Qty. _____)	• Sweatshirts w/Logo - (s-xl) = \$30.00 (xod & up) = \$32.00 (navy) (Size _____ Qty. _____)	• Logo Hats (denim - black - white) = \$15.00
• Referee Designation Polo w/Logo - (s-xl) = \$30.00 (xod & up) = \$32.50	Ref. Status _____ (Size _____ Qty. _____)	

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(16-17)  
Z. Hawkins 325 210 370 905  
(20-23) & College  
J. Fravel 545 350 525 1420  
(35-39)  
J. Foster 425 255 485 1165  
242 lbs. Open  
J. Demchak 580 345 605 1530  
D. Johnston 485 360 525 1370  
J. Heltzel 405 270 455 1130  
(18-19)  
D. Lowe 455 290 455 1200  
(55-59)  
J. Gourley 505 260 550 1315  
(Thanks to Meet Director John Shifflett for providing these contest results to POWERLIFTING USA)

**USAPL Gator Invitational**  
18 Dec 99 - Baton Rouge, LA

WOMEN	SQ	BP	DL	TOT
105 lbs.				
S. Campanile-20	200	105	220	525
132 lbs.				
B. Freeman-20	165	95	205	465
148 lbs.				
A. Ratcliff-19	220	100	260	580
165 lbs.				
J. Valence-22	260	155	285	700
181 lbs.				
N. Griffin-18	275	125	250	650
MEN 165 lbs.				
J. Comardelle-19	395	315	420	1130
181 lbs.				
B. Schexnaydre-19560	320	550	1430	
D. Brewer-19	450	265	510	1225
198 lbs.				
B. Luminais-21	400	265	450	1115
S. Arnold-18	405	265	445	1115

**USAPL Great Duck III Qualifier**  
5 Mar 00 - Beltsville, MD

MEN	SQ	BP	DL	TOT
Open 242 lbs.				
B. Foster	460	295	560	1315
M. Cary	475	290	555	1320
Masters (45-49) 275 lbs.				
B. Phillips	525	370	655	1550
Juniors (20-23) 181 lbs.				
G. Benton	425	240	480	1145
WOMEN Open 132 lbs.				
R. Lovelace	425	90	180	465
A. Sadeghzadeh	195	90	180	465
Juniors (20-23) 123 lbs.				
A. Styles	155	75	150	380
148 lbs. (18-19)				
M. Tan	240	95	175	510
(20-23)				
C. Kautson	235	95	180	510

Thanks to the Maryland Athletic Club, Beltsville, Maryland for hosting this qualifying meet. Also, I want to thank Dennis Reamy, Maryland State Chairman, Marsha Serre, Michael Sichelman, James Bufkin, Jim Roberts, Tom Wiley, and Joe Souther for which without their effort this meet would not have been possible. (Thank you to John Mogavero, Meet Director, for providing these meet results)

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Glen is wearing LONG-SLEEVE BIGTOP over BAGGY PANTS, with plenty of Attitude.

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High School			
Special Olympian	\$ _____		

**NASA PA State PL/BP/PS**  
18 Mar 00 - Pittsburgh, PA (kgs.)

BENCH	250.2 lbs. BPM1	WOMEN	175.5	157.5
154.3 lbs. Int.	M. Wigglesworth	N. LeGrand	115	155
J. Thomas	205 lbs. BPM2	P. Fortenberry	155	
227 lbs.	G. Woods	Teen	137.5	
T. Backman	187 lbs. BPNovice	C. Otto	205	
205 lbs. Jr.	T. Ashbrook	J. Carlson	220	
M. Aldridge	SHW	(40+) Master	355	
138.8 lbs. M1	W. Clouthier	R. Hoyt	310	
S. Zerbe	PS CURL	S. Van DeBoe	310	
187 lbs.	187 lbs. Clnt.	T. Ware	295	
J. Alcott	R. Gregory	T. Cochran	280	
280 lbs.	154.3 lbs. CJr.	G. Larrabee	240	
B. Krasinski	J. Lawrence	(50+) Master	52.5	
250.2 lbs. M2	187 lbs. CM1	J. Otto	410	
J. Descutner	250.2 lbs.	P. Heller	300	
154.3 lbs. Novice	M. Wigglesworth	C. Scalzo	250	
J. Thomas	187 lbs. CMPure	(60+) Master	70	
187 lbs. Novice	D. Junkins	J. Yong	400	
G. Ferrell	SHW	Special Olympics	57.5	
D. Carmack	T. Ashbrook	N. Cafaro	220	
187 lbs. PN	277 lbs. CSM			
I. Martini	T. Storks			
250.2 lbs.	PS DEADLIFT			
R. Moore	138.8 lbs. DLHS			
187 lbs. Pure	J. Samol			
M. Taylor	187 lbs. DLInt.			
187 lbs. SM1	R. Gregory			
G. Ferrell	DLM1			
SM2	J. Alcott			
M. Taylor	205 lbs. DLMS			
280 lbs. Teen	F. Woiewodski			
L. Ryan	DLNovice			
PS BENCH	F. Woiewodski			
138.8 lbs. BPHS	315 lbs.			
J. Samol	D. Bonacci			
154.3 lbs.				
S. Dorazio	80			
280 lbs. HS	SQ	BP	D	TOT
L. Ryan	147.5	172.5	255	575
205 lbs. Int.	217.5	127.5	215	560
D. Lawrence	227 lbs.			
T. Parsons	205	182.5	200	587.5
154.3 lbs. Jr.	J. Lawrence	205	112.5	182.5
J. Alcott	187 lbs. M1	145	110	195
280 lbs.	B. Krasinski	262.5	202.5	290
B. Krasinski	250.2 lbs. M2	250	167.5	322.5
R. Harper	187 lbs. MPure	137.5	105	172.5
D. Junkins	205 lbs. Novice	217.5	127.5	215
D. Lawrence	R. Helfst	177.5	142.5	205
227 lbs.	J. Jones	210	145	210
J. Jones	SHW	250	195	215
D. Carmack	205 lbs. PN	207.5	135	215
250.2 lbs.	D. Smiley	182.5	252.5	675
R. Moore	205 lbs. SM1	300	172.5	272.5
205 lbs. SM1	E. Wise	167.5	145	237.5
J. Alessandro	227 lbs.	165	1002.5	165
E. Wise	T. Stocks	210	142.5	205
227 lbs.	170.8 lbs. SM2	177.5	142.5	205
T. Sherbondi	205 lbs.	250	172.5	290
205 lbs.	R. Helfst	138.8 lbs. WM3	45	40
R. Helfst	280 lbs.	D. Mikloski	92.5	177.5
P. Vargo	187 lbs.	PS Full Meet		
138.8 lbs. WM3	187 lbs.	CR	BP	DL
D. Mikloski	Novice			
PS Full Meet	B. Kimble	132.5	137.5	207.5
187 lbs.	(Thank to NASA for providing these meet results)			

**Pine Tree State BP**  
18 Mar 00 - Bath, ME

WOMEN/Open 165 lbs.	R. Roy	369
A. Gibbs	220 lbs.	
Master (40-44)	R. Compton	391
132 lbs.	Open 181 lbs.	
P. Gellinas	D. Bellrose	437
MEN 198 lbs.	S. Dumroser	435
Teen (18-19)	220 lbs.	
R. Roy	369	
Submaster (33-39)	R. Compton	391
198 lbs.	SHW	
R. Depencier	K. Schofield	424
308 lbs.	M. Johns	330
T. Conquest	242 lbs.	
SHW	R. Bois	364
D. Taylor	148 lbs.	
Master (45-49)	L. Gomez	226
220 lbs.	308 lbs.	
R. Compton	391	
B. Daddio	T. Conquest	364
AAPF 198 lbs.	SHW	
(Thanks to L. Barlow for providing these results)	D. Taylor	364

**1st Sarasota Bench Press**  
1 Apr 00 - Sarasota, FL

WOMEN	115	155
N. LeGrand	115	155
P. Fortenberry	155	
Teen	137.5	
C. Otto	205	
J. Carlson	220	
(40+) Master	355	
R. Hoyt	310	
S. Van DeBoe	310	
T. Ware	295	
T. Cochran	280	
G. Larrabee	240	
(50+) Master	52.5	
J. Otto	410	
P. Heller	300	
C. Scalzo	250	
(60+) Master	70	
J. Yong	400	
Special Olympics	57.5	
N. Cafaro	220	

everyone who made this meet possible. Thanks go out to Paul Yoder, owner of The Gym in Sarasota, Ellen Dean, Burt Rosenfield, our platform manager and head judge, Judges Troy King and Paul Yoder, spotters and loaders Randy Ryzdzinski and Dan Hogan who did a terrific job! All the lifters who entered, Budweiser, Hoveround, Siesta Key Chiropractic, B&B Pest Control, Randy Silva owner of Athletix Fitness of Bradenton, and last but not least my wife Jan. (Meet results submitted to POWERLIFTING USA by meet director Steve Binkowski)

**USAPL Maine Holiday Classic**  
11 Dec 99

WOMEN	181 lbs.	295		
M. Roy	165 lbs.	355		
D. Babcock	295			
E. Parent	280			
L. Irza	260*	242 lbs.		
J. Guay	350			
G. Morgan	350*	275 lbs.		
B. Bruno	305	B. Bruno	430	
S. Reardon	180			
G. Morgan	350*			
Open 181 lbs.				
R. Pushard	405	SQ	BP	DL
	250	455	1110	

**USAPL Michiana Championships**  
12 Feb 00 - Niles, MI

114 lbs.	SQ	BP	DL	TOT
E. Behn	110	80	185	375
123 lbs.				
A. Hall	215	160	235	610
S. Kazmi	175	125	240	540
R. Ditman	155	115	200	470
J. Bourne	225	105	275	605
T. Carroll	180	165	235	580
M. Travis	135	115	250	500
K. Irwin	135	115	200	450
C. Weand	100	135	200	435
E. Schuelke	110	70	145	325
148 lbs.				
B. Canarecci	235	225	300	760
J. Kujawa	235	175	340	750
T. Ashley	225	200	250	685
A. Retana	205	180	295	680
J. Elliot	195	150	250	595
C. Palmer	185	165	225	575
M. Myrick	175	110	275	560
A. Naughton	100	135	225	460
165 lbs.				
R. Locey	260	225	365	850
S. Beckman	275	205	355	835
J. Janewski	275	175	320	770
Z. Pegura	220	185	300	705
T. Pritchard	200	150	300	650
181 lbs.				
P. Hess	275	245	350	870

USAPL Maine Holiday Classic 11 Dec 99

WOMEN	181 lbs.	295		
M. Roy	165 lbs.	355		
D. Babcock	295			
E. Parent	280			
L. Irza	260*	242 lbs.		
J. Guay	350			
G. Morgan	350*	275 lbs.		
B. Bruno	305	B. Bruno	430	
S. Reardon	180			
G. Morgan	350*			
Open 181 lbs.				
R. Pushard	405	SQ	BP	DL
	250	455	1110	

USAPL Minnesota State  
19 Feb 00 - Hermantown, MN

WOMEN	SQ	BP	DL	TOT
Junior (20-23) 114 lbs.	185	150	230	565
M. Shuttlesworth	185	150	230	565
Teen (16-17) 132 lbs.				
J. Campbell	185	95	285	565
148 lbs.				
P. Sharp	200	120	255	575
165 lbs.				
B. Peterson	200	105	230	535
198 lbs.				
L. Stroschein	185	95	205	485
MEN Junior (14-15)	235	135	300	660
J. Youngren	235	135	300	660
165 lbs.				
M. Marispini	225	215	305	745
198 lbs.				
D. Seelye	360	240	470	1070
220 lbs.				
J. Stevens	370	230	370	970
242 lbs.				
J. Shaw	375	260	405	1040
Junior (16-17) 132 lbs.				
J. Miller	245	140	310	695
T. Cooper	55	180	145	380
148 lbs.				
M. Lohman	295	215	380	890
S. Knapp	280	200	385	865
M. Paavola	210	185	300	695
165 lbs.				
K. McDonald	325	205	405	935
M. Paavola	250	185	365	800
181 lbs.				
E. Walberg	280	205	385	870
198 lbs.				
B. Wedel	325	250	420	995
E. Oehler	315	245	405	965
242 lbs.				
J. Anderson	310	235	450	995
275 lbs.				
L. Harju	405	215	450	1070
Junior (18-19) 132 lbs.				
T. Gardner	320	205	375	900
165 lbs.				
S. Tanski	295	175	415	895
198 lbs.				
Q. Eastridge	315	215	515	1045
Junior (20-23) 220 lbs.				
D. Tully	480	340	585	1405
275 lbs.				
M. Browers	500	315	550	1365
Master (40-49) 148 lbs.				
C. Wong	335	190	400	925
165 lbs.				
P. Baer	405	285	455	1145
198 lbs.				
M. Crozier	400	255	500	1155
220 lbs.				
J. Todd	510	325	485	1320
242 lbs.				
B. Hudyma	635	430	580	1675
R. Kolbeck	615	400	585	1600
275 lbs.				
D. Rgnotti	565	380	600	1545
SHW				
D. Patrow	705	405	590	1700
Master (50-59) 181 lbs.				
S. Reid	440	280	530	1250
198 lbs.				
D. Hawkinson	380	300	450	1130
220 lbs.				
T. Hagenmiller	465	320	545	1330
B. Mozis	325	240	475	1040
Novice 148 lbs.				
C. Wong	335	190	400	925
165 lbs.				
T. Cina	300	225	370	895
198 lbs.				
M. Crozier	400	255	500	1155
D. Hawkinson	380	300	450	1130
275 lbs.				
R. Day	525	385	500	1410
Guest Lifter 275 lbs.				
S. Johnson	500	385	560	1445
(Thanks to USAPL for providing these meet results)				

**One KILOGRAM equals 2.2046 Pounds**

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

D. Teter	280	205	360	845	242 lbs.	380	300	475	1155
D. Davis	205	185	320	710	M. Berkley	365	225	400	990
J. Lambrecht	225	100	245	570	L. Farley	175	165	300	640
198 lbs.					J. Alexander	365	245	450	1060
A. Johnson	280	250	360	890	R. Schildhouse				

(this article continued from p. 13)

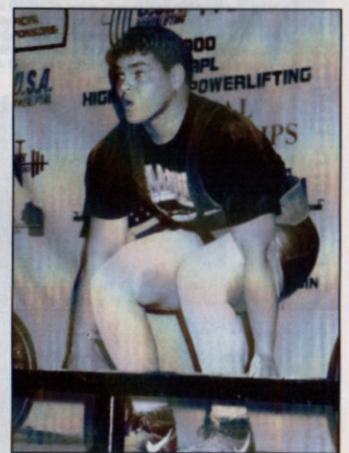
Table listing names and scores for various categories like Junior Varsity, 220 lbs. Varsity, 242 lbs. Varsity, etc.

REPORT: 374 of the Best Young High School Powerlifters from across the nation came to compete for individual and team titles in the Varsity and Junior Varsity Divisions. Additionally, this national meet was deemed an IPF qualifier for the 2000 Junior National Team, and it brought out some heavyweights...

for powerlifting, there was a "live" internet feed that brought the 3 day competition out to folks who couldn't make the trip up to Wisconsin. First reports are that reception was a bit rough on the video and audio "on line" viewing, but as USAPL President Mike Overdeer was heard to say of this first time broadcast of a national meet "it's another example of how far we've progressed as an organization and restates the growing popularity of our sport."

of 487.488. This "Mighty Midget" is a '98 and '99 member of the Junior World Team and looks to be a shoe-in for the spot this year. In the heavyweight category, best lifter went to Sara Greenup of Nebraska with a Wilks formula total of 421.566. Sara was also a '99 Junior National Team Member and her numbers here all but guarantee a repeat for 2000 team honors. In the 181 division, Katie Ford Has posted a junior division total that is highest in the nation to date and in January at Women's Nationals she posted the highest total nationwide for the junior division in the 165s. She is a '98 and '99 Junior National Team Member and with these numbers she'll have a good chance to repeat in 2000.

of staff, booster club and volunteers. Neenah HS and the state of Wisconsin should be proud of this flawlessly run meet. Shawn Cain and Bob Morton worked tirelessly to keep organization on the busy platforms. Also special thanks to all the USA Powerlifting personnel who traveled to Wisconsin to lend a hand judging and officiating: Mike Overdeer, Larry Maile, Dennis and Sandy Brady, Joanne Reif, Monte Lofing, State Chair Bruce Sullivan, Rick Fowler, Freddie Higgins, and-of course-Gerry and Pat from Louisiana. Walter Thomas refereed all weekend, and looked like he could still win a world title. James Hart, on crutches, was busy all weekend refereeing and helping young people. Special thanks to the Neenah HS Audio/video Department for assisting Jim Ford with videography and their internet feed. Todd Miller and his video team worked like professionals. Sandy Perron, of Minnesota, just off of knee surgery, was there to help the Alaskan Team and was quick in getting starts to Brad and Tony for internet readers. We know Sandy will be ready by bench nationals as she is a premiere bench!



Bishop Sullivan High School Senior Joseph DiVincenti won the 242s (Varsity Division). His coach is WPC World Superheavyweight Champion Gary Frank, who states: "This program is only two years old at Sullivan and operates in a shared weight facility. Yet, due to a strong work ethic, these kids have performed very well over such a short period of time. I know the young kids would do well and the older boys were ready to win, but overall the trip exceeded my expectations. Each sport builds strength, confidence and the knowledge it takes to win. The Sullivan powerlifting successes this year at the regional, state and national level should feed into our upcoming football season. Approximately 70% of our lifters are on the football team. I want to build on today and continue to grow for tomorrow so that one day we become the dominant program in the state."

NASA Ohio State High School 26-27 FEB 00 - Springfield, OH (kg)

Table listing lifters, their weights, and scores for various categories like Boys 9-10th Grade, Girls 9-10th Grade, etc.

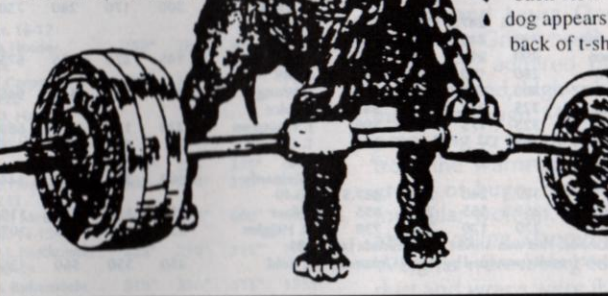
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back view of dog appears on back of t-shirt

Table listing names and scores for various categories like Briner, Haddix, Lock, etc.

Table listing names and scores for various categories like Glaspell, Girls Junior, Benz, etc.

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**Finnish Championships (kg)**  
26,27 Feb 00 - Laukaa, FIN

WOMEN	SQ	BP	DL	TOT
44 kgs.				
V. Viitasari*	135	75	162.5	372.5
A. Prinkkala	137.5	65	152.5	355
48 kgs.				
R. Koskinen*	178	84	157.5	417.5
I. Vaalakorpi	125	62.5	130	424.4
V. Arpala	85	75	120	280
52 kgs.				
L. Jokitalo	160	75	165	400
M. Sirkia	140	90	160	390
M. Vartiainen	75	37.5	75	187.5
56 kgs.				
E. Nikander	162.5	110	170	442.5
R. Hassinen	140	70	165	375
60 kgs.				
P. Savola	170	87.5	190	447.5
S. Malmberg	130	75	140	345
67.5 kgs.				
P. Haapaja	177.5	90	185	452.5
M. Koskinen	160	90	150	400
K. Karvonen	150	87.5	150	387.5
R. Pihlaja	—	—	—	—
P. Kumpulainen	—	—	—	—
75 kgs.				
J. Koski	115	70	135	320
82.5 kgs.				
K. Blinnikka	155	90	165	410
L. Rosback	130	75	150	355
K. Koskelo	105	82.5	120	307.5
90 kgs.				
K. Nokua*	220	95	180	495
90+ kgs.				
M. Suominen	—	—	—	—
MEN 56 kgs.				
T. Haaparanta	170	92.5	137.5	400
60 kgs.				
M. Kytola*	220.5	115	220	555
A. Kurjenkallio	190	130	180	500
T. Bjorkgren	170	117.5	185	472.5
82.5 kgs.				
S. Sohlman	267.5	167.5	310	745
K. Kehanen	257.5	157.5	295	710
K. Huttunen	270	172.5	265	707.5
M. Parviainen	250	162.5	280	692.5
T. Salranen	235	160	260	655
J. Narhi	210	180	237.5	627.5
J. Kyntaja	250	162.5	—	412.5
H. Nystrom	245	160	—	405
90 kgs.				
H. Malinen	295	197.5	315	807.5
J. Sohlman	297.5	195	300	792.5
T. Avola	270	195	297.5	762.5
H. Hagfors	270	182.5	295	747.5
P. Heikkinen	267.5	187.5	285	740
T. Kohtamaki	260	170	260	690
T. Landstrom	265	160	250	675
60 kgs.				
M. Kytola*	220.5	—	—	—
67.5 kgs.				
J. Airio	235	170	245	650
S. Nieminen	210	140	265	615
A. Sirvio	230	157.5	227.5	615
T. Heiskanen	205	115	240	560
K. Lundsten	197.5	130	200	527.5
A. Oksanen	210	135	—	345
M. Lindholm	215	—	—	215
75 kgs.				
P. Antilla	270	157.5	272.5	700
P. Nyssonen	255	170	272.5	697.5
M. Parviainen	260	170	265	695
A. Saastamoinen*	235	157.5	260	652.5
M. Turpeinen	—	—	—	—
H. Hakala	—	—	—	—
100 kgs.				
P. Rantanen	310	210	330	850
P. Asikainen	300	202.5	310	812.5
H. Winter	285	195	302.5	—
A. Rajala	300	190	290	780
T. Jalonen	280	210	285	775

T. Blomberg	280	170	290	740
R. Kannisto	260	185	270	715
J. Niskanen	—	—	—	—
110 kgs.				
J. Ranta	330	197.5	330	857.5
T. Paavilainen	300	205	325	830
J. Martikainen	325	185	320	830
J. Ihalainen	310	187.5	310	807.5
J. Kuuseva	300	240	—	540
M. Smura	285	—	—	285
125 kgs.				
O. Lehto	337.5	247.5	337.5	922.5
T. Nummisto	325	210	307.5	842.5
E. Jantunen	290	210	280	780
P. Salonen	280	190	290	760
T. Kohstinen	300	180	270	750
H. Heinila	325	217.5	—	542.5
J. Laitinen	325	175	—	500
K. Vilppola	305	—	—	305
M. Helen	—	—	—	—
125+ kgs.				
K. Aho	322.5	240	325	887.5
K. Kallinko	352.5	265	290	907.5
J. Alastalo	270	170	290	730

**USAPL Zumbro Valley Open**  
29 APR 00 - Kasson, MN

WOMEN	SQ	BP	DL	TOT
97				
C. Anderson	70	105	150	325
M. Shuttlesworth	175	155	215	545
132				
A. Simons	270	200	290	760
181				
H. Harn	300	170	280	750
148				
E. Alter	145	275	255	675
40-49				
C. Wong	340	195	410	945
Novice				
J. Youngren	225	140	315	680
T. Cooper	55	195	225	475
165				
J. Reinardy	500	280	660	1440
40-49				
P. Baer	424	320	450	1195
D. Higgins	350	295	425	1070
181				
T. Reid	450	350	560	1360

\*Record made. This was Anna-Liisa Prinkkala last competition! (results provided by Heikki Orasmaa)

B. Hanson	500	300	510	1310
J. Chiodo	440	315	450	1204
40-49				
G. Grahn	380	270	475	1125
50 plus				
S. Reid	445	290	500	1235
Novice				
J. Cooper	405	235	405	1045
198				
N. Tylutki	575	320	620	1515
M. Rodacker	620	275	610	1505
S. Lindquist	555	340	575	1470
B. Reibelung	510	295	520	1325
S. Friday	135	385	540	1060
40-49				
J. Backstrom	435	315	440	1190
50 plus				
D. Hawkinson	350	350	440	1140
220				
T. Engeldinger	500	275	465	1240
40-49				
D. Moore	570	370	475	1415
J. Todd	525	275	490	1290
C. Dobblergere	430	205	480	1115
50Plus				
P. Markert	325	215	370	910
Novice				
B. Getchell	450	385	540	1375
R. Leiberg	465	330	555	1350
J. Adamski	455	350	500	1305
E. McGowan	415	275	450	1140
N. Armstrong	375	250	420	1045
B. Kennedy	110	180	240	530
242				
J. Cahill	655	420	790	1865
M. Edelstein	600	425	675	1700
T. Vaudrin	475	365	545	1384
40-49				
B. Hudyma	655	435	615	1705
G. Steele	550	370	630	1550
C. Horkey	505	315	600	1420
R. Waldorf	475	335	535	1345
50 plus				
J. Miller	600	405	580	1585
B. Omondson	405	255	510	1170
Novice				
D. Horn	550	325	535	1410
C. Cardenas	500	350	530	1380
J. Stevenson Jr.	325	245	360	930
275				
B. Madvig	700	450	715	1865
A. Holley	620	425	540	1585
S. Born	550	370	615	1535
J. Murphy	560	350	590	1500
40-49				
D. Rgnontl	600	390	650	1640
M. Gordon	145	500	600	1245
Novice				
A. Beaudet	475	425	450	1350
M. Becker	490	225	605	1320

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The 2000 USAPL Zumbro Valley Open was again held at K-M High School in Kasson, Minnesota. There were fifty five lifters and all did a fine job. Some outstanding lifters for the day were: Brad Madvig, James Cahill, Dan Rgnontl, Brian Hudyma, Hailey Harn, and Nick Tylutki. I would like to thank my refs: Rick Stanius, Keith Hare, Shawn Cain, Angela Simons, Brad and Karl Gillingham, Mike and Charlie Bradford, Eric Alter and Scott Safe; Spotters and Loaders - Archie Langdon, Dean Tiounga, Mike Tully, Scott and Jeff Rerndt, Jan Monson, Jerry Unger, Sid Reid and Ari Silkey. Thanks to Dennis Green for your hard work. Thanks to Scott Safe of SAFE USA for all of your work and great announcing. Thanks to Karl and Wade Gillingham for their extra help. Jim and Marlene Cougdon and Curt and Tess Johnson worked hard all day; my wife Dawn and daughter Hailee for your great efforts. Without all these great people, a meet just cannot be run. Again, thank you lifters and a giant thanks for all who helped. (thanks to Steve Johnson for providing these results to PL USA)



**Christina Williams** benched 300 at the West Virginia Open and was close to locking out 315. The wife of Willie Williams, one of the first men to bench 700, she hopes to make 350 at 165, before moving up to 181, where she hopes to bench 400. In her first meet, back in 1995, she benched 125. (photograph provided courtesy of Willie Williams)

**4th WV Open**  
29 Jan 00 - New Martinsville, WV

Bench Press	50-54	Jr. 16-17	A. Houser	250*	285*	400*	935*
114			LE				
Junior H.S.			J. Carpenter	420*	325*	460*	1195*
M. Sisler	135*	Submaster	D. Haught				
132		B. Krupinski	D. Howell				
Soph. H.S.		Open	Novice				
J. Poling	205*	M. Bryan	K. Wade	275*	235	375*	885*
50-54		40-44	J. Henthorn	205	250*	335	785
K. Wooddell	265*	M. Bryan	242				
148		M. Savoia	W. McComas	700*	470*	680*	1850*
Frosh H.S.		FF Open	Jr. 14-15				
C. Shaffer	155*	D. Wamsley	M. Fijalkowski	225*	230*	315*	770*
Soph H.S.		242	45-49				
A. McDiffitt	150*	R. Harbert	J. Rubenstein	510*	330*	515*	1355*
165		T. Shaw	T. Shaw	510	275		
C. Boram	275	Submaster	J. Simone	575*	460*	575*	1610*
Submaster	380	R. Perkins	LE/FF				
B. Marsell	300*	45-49	A. Spencer	405*	310*	435*	1150*
165		K. Heller	* WV Open Powerlifting Record. The 4th annual				
Soph. H.S.	270*	D. Peluchette	Powerlifting Super Bowl Saturday WV Open State				
M. Anderson		55-59	Powerlifting Championships were a huge success.				
Sr. H.S.	240*	J. Jahns	The event was held in New Martinsville, WV and				
S. Wamsley		P. Mirandy	was promoted by W.Va Powerlifting Hall of Famer				
20-23 Novice	370	370	Luke Iams. The field of 60 lifters had several				
M. Snider	265	275	notable lifts. Kenny Woodell won a state				
55-59		K. Burgess	championship in a fourth decade with a double				
K. Samples	210*	J. Simone	bodyweight lift of 265 lbs. in the 132 lb. class. Sub-				
181		40-44	Master Bob Marsell had his 1st double bodyweight				
40-44/ Open	380*	K. Burgess	lift with a 300 lbs. at 148. 43 year old Doctor Jerry				
J. O'Loughlin		S. Ward	O'Loughlin took time off from delivering babies to				
198		Novice	bench 380 lbs. in the 181 lb. class. Gary Combs,				
A. Robinson	420*	F. Kolski	who is recovering from rotator cuff surgery, benched				
D. Lewellyn	410	385	400 lbs. in the 198 Masters 40-44 division. Christina				
J. Fanell	390	T. Hogan	Williams, coached by W.Va's Strongest Man				
Jr. 18-19	300*	Women	Willie Williams benched 300 lbs. in the 165 lb.				
D. Dent		165	class. Other impressive lifts were Andy Robinson's				
Jr. 20-23	300*	C. Williams	bench of 420 lbs. in the 198 lb. class, Bob Krupinski's				
C. Swihart	350	300*	bench of 450 in the 220 submaster class, Ron				
Novice		Deadlift	Harbert's bench of 515 lbs. in the 242 lb. class, and				
R. Rush	340	148	Warren McComas' total of 1850 in the 242 lb.				
Submaster	320*	Jr. 14-15	class. As always, nobody's lift is more important				
J. Falgout		C. Shaffer	than the next, and each participant did their best.				
380		198	Many thanks to the judges, loaders, and other				
K. Crites	275	Jr. 20-23	support people. (results courtesy Kenny Woodell)				
40-44 Law Enf.	470	C. Swihart					
G. Combs	400	220					
40-44		D. Haught					
M. Modesitt	375	555					

USAPL 4th Frank Kostyo Memorial  
1,2 Apr 00 - Lakeland, FL

WOMEN	SQ	BP	DL	TOT
132 lbs. Teen (14-15)				
L. Folsom	215*	85*	250*	550*
J. Doyle	185	100	200	485
148 lbs. Teen (16-17)				
D. Joyner	240	105	270	615
Master (40-44)	123 lbs.			
C. Barnes	145*	60*	210*	415*
165 lbs.				
D. Allen	155*	105*	245*	505
Master (45-49)	97 lbs.			
D. Alminosa	190*	95*	225*	510*
Open 97 lbs.				
G. Ufret	195*	135*	290*	620*
123 lbs.				
K. Stoker	205*	90*	250*	545*
198 lbs.				
A. Leason	295*	125*	280*	700*
198+ lbs.				
K. Sabin	415*	250*	415*	1080*
MEN Teen (14-15)	114 lbs.			
A. Jameson-Lee	225*	100*	285*	610*
A. Holmes	210	150	250	610
148 lbs.				
S. English	275*	190*	280	745*
C. Trevor	240	165	315*	720
M. Garcia	230	150	300	680
165 lbs.				
R. Donahay	275	200	380	855
Teen (16-17)	148 lbs.			
R. Elias	355	220	370	945
M. Jameson-Lee	320	155	405*	880
181 lbs.				
G. Folsom	325	175	370	870
B. Howard	450*	315*	455*	1220*
UN				
J. Spitz	550*	335*	600*	1485*
Teen (18-19)	220 lbs.			
S. Lakey	480	345*	500	1325
Junior (20-23)	198 lbs.			
J. Howe	405*	350*	460*	1215*
220 lbs.				
D. Hicks	580*	355*	525*	1460*
Open 114 lbs.				
K. Snell	380*	230	465*	1075*
123 lbs.				
S. Beasley	145	110	205	460
148 lbs.				
R. Grayes	515	320	570	1405
T. Constantine	405	250	415	1070
165 lbs.				
S. Snell	530	320	560	1410
181 lbs.				
M. Brandon	600	415	545	1560
B. Strickland	600	360	560	1520
D. Nelson	500	315	510	1325
198 lbs.				
D. Kouf	575	355	620	1550
J. Wisenbaker	535	360	570	1465

J. Lynch	560	300	540	1400
T. Edwards	505	330	500	1335
T. Schembri	400	400	425	1225
J. McManis	410	310	450	1170
220 lbs.				
J. Bell	625	480	685	1790
J. Vlnang	665	425	580	1670
N. Callahan	575	430	625	1630
B. Kelly	585	340	575	1500
M. Nichols	530	330	540	1400
242 lbs.				
J. Jacobs	725	510	700	1935
D. Ingemi	600	375	600	1575
C. Sarvis	6585	415	550	1550
J. Montgomery	550	405	525	1480
M. Bunn	475	270	500	1215
275 lbs.				
G. Jurkowski	625	430	700	1755
B. Haines	580	405	530	1515
UN				
T. Mahoney	795	460	660	1915
C. Callahan	715	525	635	1875
Master (40-44)	114 lbs.			
K. Snell	380!	230	465!	1075!
165 lbs.				
S. Snell	530*	3200*	560*	1410*
220 lbs.				
B. Beekley	600	355	625	1580
G. Larkins	515	325	535	1375
P. Ryan	530	290	510	1330
242 lbs.				
D. Jonas	515	325	450	1290
UN				
M. Wetzel	620	455	640	1715
Master (45-49)	198 lbs.			
V. Donofrio	515	375	525	1415*
Master (50-54)	148 lbs.			
S. Johnson	480*	305*	550*	1335*
181 lbs.				
D. Hunt	425	250	515*	1190
198 lbs.				
B. Tinsley	350	300	405	1055
Master (55-59)	148 lbs.			
D. Whitney	435*	250*	530!	1215*
165 lbs.				
J. Brogan	470*	280*	485*	1235*
J. Wilson	310	180	340	830
Master (60-64)	165 lbs.			
B. Player	365	305	395	1060
198 lbs. (65-69)				
B. Remley	425	285	425	1135
(60-64)				
L. Hatcher	405	260	425	1090
Master (65-69)	220 lbs.			
T. Trevor	430	230	500	1160
Master (70-74)	165 lbs.			
D. Thompson	185	140	250	575
181 lbs.				
C. Everett	315*	235*	405*	955*
E. Foran	200	200	300	700
Qualifiers 198 lbs. Open				

J. McGlynn 625 410 645\* 1680\*  
UN Master (50-54)  
M. Battles 225 225 225 675  
\* - Florida State record. I - USAPL American record.  
Best Lightweight Lifter: Rick Grayes. Best Heavyweight Lifter: James Jacobs. Best Female Lifter: Griselle Ufret. 1st Place Team: All American Gym. 2nd Place Team: Jacksonville Bolles High School. Special thanks to Marcobay construction, City of Lakeland Parks & Recreation Dept., Junk Yard Dogg, Pat Rhoton, Roy Richardson, Amp Stevens, Griselle Ufret, Tom & Ellen Trevor, Bart Quinn, Tom O'Donnell, Johnny Best, BJ Stigall, Tina Beasley, Randy Dey, Jerry Williams, Justin Allen, Louis Baltz and the All American Gym. This meet had over 70 lifters from Georgia, Louisiana, and Florida. Several FL State records were established in the Women's competition with Griselle Ufret setting four of them and taking Best Female Lifter honors. Lori Folsom took 1st place with competition from Louisiana's Jennifer Doyle. Kim Stokes did some nice lifting in her very 1st meet. Diane Allen set some personal best lifts which were all state records. Karl Sabin had her best lifts ever setting 4 FL state records. In the men's teenage division, Alex Jameson-Lee won on bodyweight with a state record deadlift. Stephen English did some fine lifting in the (14-15) division with a state record total despite Corey Trevor pulling a state record 315. Robby Donahay, living in the huge (and getting larger) shadow of his dad, pulled a nice 420 deadlift, but was turned down because his knees were not locked. In the (16-17) year old division, Ross Elias from Louisiana did some impressive lifting to win the 148s and best Max Jameson-Lee who pulled a nice 405 state record deadlift. Glenn Folsom did some nice lifting in his 1st meet. Jason Spitz deadlifted a super 600 lbs. state record deadlift and Scott Lakey benched a state record 345 lbs. in the 220 (18-19) division. In the junior division Jason Howe and David Hicks each established state records in their classes respectively. In the open division, Ken Snell pulled an over 4 times bodyweight 465 deadlift in the 114 lbs. class. Scott Beasley lifted some personal bests to win the 123 lbs. class. Rick Grynes did some fine lifting to win the 148s and the best lightweight lifter award. Steve Snell went 8 for 9 and had some personal best lifts to win the 165s. In the 181s Georgia's Marcos Brandon, who was overweight for the 165s, won the 181s with some fine lifts. Brian "opener" Strickland tried a new meet training tactic after his bench press, but it didn't work to pull the 605 he needed to win. Dwayne Kouf won the 198s with a nice 620 deadlift in the highly contested class. Joe Bell had some outstanding lifts to win the 220s. Joe almost pulled a 700 deadlift. Julian Ulvang did an impressive 665 lbs. squat to take 2nd. Nelson Callahan, one of the crazy Callahan brothers, took 3rd place with some fine lifts. Mark Nichols was impressive lifting in his very first meet.

## Power People



Above ... Ron Muskat and his daughter Taline Muskat both competed at last year's AAPF Michigan State Championships. It was Ron's first competition, and he placed 2nd in the 50-54 age group. Taline competed as a junior lifter and won her class along with the Best Women's Lifter award. Wife Patty Muskat doesn't lift, as she had a kidney transplant several years ago, but she cheers her family on and takes photos (incl. this one) and videos of their competition. Ron says "Our family has really enjoyed powerlifting and especially the people we've met who have been so friendly and supportive."

In the 242s James Jacobs lifting was just too much, especially for his competitors. James is one of the best and he proved it by out totaling his nearest competitor by over 300 lbs. and winning the best heavyweight lifter award. It was a close second with Dave Ingemi beating Craig Sarvis by 25 lbs. Greg Jurkowski deadlifted 700 lbs. to win the 275s and Big Tom Mahoney was 5 lbs. shy of squatting 800 lbs. to win the superheavyweight class. Cary Callahan had an impressive 1875 total to take 2nd. In the masters division Ken Snell set 3 American records. His 465 lbs. deadlift was the USA highest of all time. Dean Whitney set an impressive 530 lbs. deadlift American record for his age group in the 148s. Sherman Johnson set 4 state records to win his age group in the 148s. Joe Brogan had his best day ever in the 165 (55-59) division setting 4 state records in the process. Jerre Wilson did a personal best squat to take 2nd. Steve Snell set 4 state records to win his age group in the 165s. Bill Player managed to win the (60-64) 165s despite some trouble on the platform. Duffy Thompson had some nice personal best lifts to win the 165s (70-74) division once Earl Foran who lifted raw. Vince Donofrio set a new state total record to win the 198 (45-49) division. Lifting in his first meet on short notice and an illness, Bill Tinsley was just 10 lbs. shy of setting a new state bench record in the 198 (50-54) division, to take first place. Lamar Hotcher won the 198 (60-64) division and World Champion Bill Remley won the (65-69) division. The 220 (40-44) division had 3 entries. Bill Beekley had some impressive lifting with a 600 lbs. squat and 625 lbs. deadlift to win first place. Greg Larkin and Patrick Ryan took 2nd and 3rd respectively. Despite having health and injury problems, Tom Trevorah took first in the 220 lbs. (65-69) division. Dan Jonas had some of his personal best lifts to win the 242 lbs. (40-44) division. Myles Wetzel, who came from Alabama, did some nice lifting to win the superheavyweight class in the (40-44) age group. James McGlynn just did his opener to qualify for the Open Nationals as did Moses Battles to qualify for the Masters Nationals. Thanks to all the lifters and volunteers for making this meet a success year after year. (thanks to Ken Snell for results and report)



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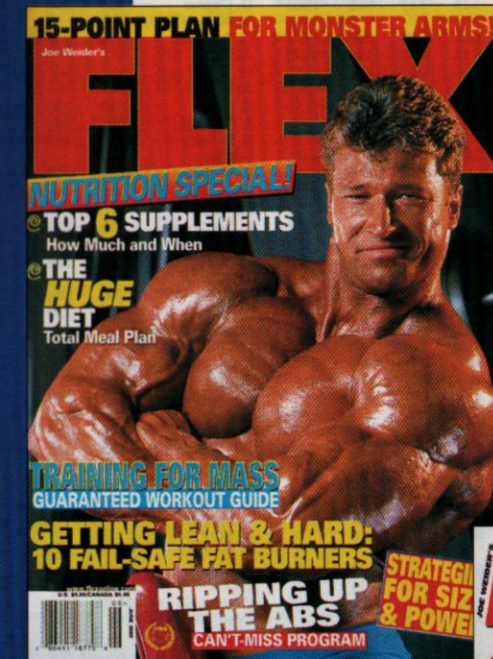
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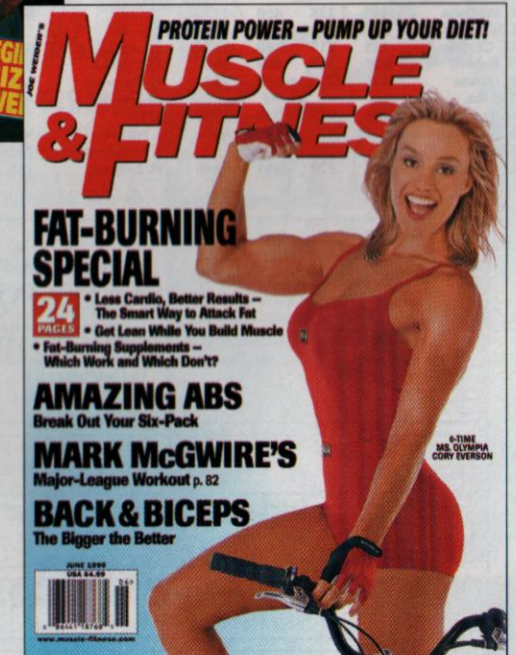
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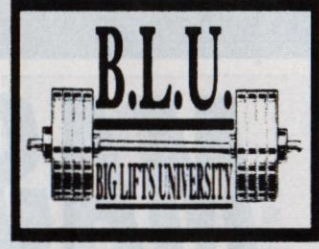
**USPF New York State**  
26,27 Feb 00 - Corning, NY

<b>BENCH WOMEN</b>	Submasters			
123 lbs.	165 lbs.			
M. Woodard 140	K. McNiel 370			
148 lbs.	181 lbs.			
L. Heywood 200	W. Cruz 375			
220 lbs.	J. Vasile 370			
M. O'Donnell 205	C. Graham 405			
M. Carlson 170	275 lbs.			
D. Hadley 145	M. Wolkott 505			
Teen 148 lbs.	Masters (40-44)			
T. Benda 190	165 lbs.			
165 lbs.	R. Parrington 320			
R. Babbitt 210	J. Gianrione 280			
J. Clabaugh 250	181 lbs.			
220 lbs.	S. Cramer 375			
J. Edwards 370	220 lbs.			
Open 165 lbs.	W. Carroll 380			
R. Parrington 320	242 lbs.			
181 lbs.	B. Townsend 410			
J. Chervas 350	D. Harding 340			
R. Hilliard 220 lbs.	275 lbs.			
E. Conway 445	D. Depew 360			
J. Carr 410	Masters (45-49)			
D. Kuhn 405	275 lbs.			
T. Liberatore 400	K. Johnson 506			
D. Eddy 380	Master (50-54)			
A. Wilmot 242 lbs.	220 lbs.			
R. Bord 425	S. Shales 370			
E. Dibari 420	Masters (55-59)			
	275 lbs.			
	O. Henneman 355			
	Masters (60-64)			
	165 lbs.			
	R. Cseh 225			
	SQ	BP	DL	TOT
123 lbs.				
S. Cunningham 105	90	185	380	
132 lbs.				
K. Vangalder 160	120	220	500	
148 lbs.				
A. Gardner* 275	140	290	705	
A. Day 220	0	255	0	
220 lbs.				
J. Krebs 150	160	270	580	
C. Regan 220 lbs.				
Teen 114 lbs.				
D. Gentry 185	95	225	505	
132 lbs.				
J. Miller 290	215	350	855	
148 lbs.				
R. Nisek 385	285	410	1080	
S. Abbott 220 lbs.				
165 lbs.				
T. Madison 390	335	450	1175	
J. Wisneski 350	275	425	1050	
M. Gervais 425	215	380	1020	
R. Babbitt 385	210	400	995	
B. Danna 335	215	380	930	
198 lbs.				
M. Furman 480	315	530	1325	
J. Bocko 180	120	300	600	
220 lbs.				
C. Dzouch 480	330	530	1340	



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R. Kiser Submasters 148 lbs.	550	405	630	1585
P. Dircanico 165 lbs.	450	300	435	1185
K. McNiel 181 lbs.	450	370	450	1270
A. Yvars 198 lbs.	540	305	580	1425
J. Castello 220 lbs.	440	310	495	1245
D. Mandell 220 lbs.	450	340	500	1290
M. Harrison 220 lbs.	440	345	490	1275
J. Howell 242 lbs.				
P. Kropp 500	360	515	1375	
M. Kodya 450	350	385	1185	
Masters (40-44) 181 lbs.				
S. Cramer 480	375	480	1335	
198 lbs.				
D. Herbst 370	340	550	1260	
A. Funaro 605	455	640	1700	
R. Harvey 505	260	540	1305	
M. Acarisi 330	270	400	1000	
275 lbs.				
D. Depew 530	360	535	1425	
Masters (45-49) 148 lbs.				
D. Brochey 310	235	335	880	
165 lbs.				
M. Kohberger 181 lbs.				
G. Beck 560	350	600	1510	
T. Pirozolo 490	280	575	1345	
D. Jackson 400	300	440	1140	
198 lbs.				
W. Sedorus 410	265	465	1140	
J. Marshall 220 lbs.				
M. McDonald 300	335	325	960	
242 lbs.				
K. Otis 580	385	570	1535	
275 lbs.				
D. Crans 410	240	430	1080	
P. Bocko 275	230	365	870	
Masters (50-54) 148 lbs.				
B. Wittman 280	230	260	770	
181 lbs.				
J. Hopkins 400	265	475	1140	
K. Turi 350	260	395	1005	
L. Indelicato 350	200	415	965	
198 M. Sheehan 505	340	600	1445	
T. Schoneman 285	240	420	945	
242 lbs.				
O. Thomas 520	390	470	1380	
C. Buzzetti 425	340	450	1215	
Masters (55-59) 181 lbs.				
G. Fosmire 500	300	485	1285	
198 lbs.				
R. Doll 205	165	330	700	
Masters (60-64) 181 lbs.				
J. Collazo 385	285	400	1070	
R. Furman 375	290	530	1195	
220 lbs.				
S. Chatis 440	315	510	1266	



Masters (70-74) 123 lbs.  
J. Libertore 275 165 380 820  
\*-Best Female Lifters, I-Best Male Lifters. The Year 2000 USPF New York State Championships were a huge success with nearly 140 lifters. While 15 lifters bombed out, 29 NY State records were broken including the single record set by Don Reinhardt almost 30 years ago. John Nickless missed 940 on his first attempt but came back on his third to get three white lights. Shirley Cunningham was in fine form to set all 4 state records. Bencher Mark Wolcott proved himself with a record 505 in the 275 class. Kevin Johnson, Olin Henneman, Robert Cseh, Anthony Funaro, Gary Beck, George Fosmire, Juan Collazo, Richard Furman, Stan Chatis and the amazing Joe Libertore all set new state records. The judging was questionably strict, especially on day 1, angering a number of lifters. However, most lifters proved themselves with deep squats and obvious pauses in the bench. A very special thanks goes out to all of those who helped make this meet do-able regardless of the number of lifters and only 24 hours in a day. A big thanks to Pam Shurt, Doug and Wendi Canfield, Lanora Conklin, Tow Cowulich, Scott Cramer, Terry Decker, Linda Finch, Mike Giardina, Mary Johnson, Mike and Kara Maloney, Earl Mensch, Mike Moser, Marty Hayes, Jim "Big Arms" Palmer, Kim Patten, Nick and Dan Santarone, Tim Sweeney, The Big Gary Taylor, Karen Vaughn, Mark and Betty Sheehan, Dawn Walrath, Joe Wilkins, and Tim "Big Back", Mary Beth and Tim "Big Back", Mary Beth, and Stephanie Williams. To all of you - THANKS A TON! - Ed Patten/John Comerski. This event was sponsored by: Club Nauticus, El Monte Inn, Tops Friendly Markets, Advantage Sports & Fitness, DeClement's Restaurant, World Kitchen, Coming Community College Recreation, Dan Yager Trophies. State Championship Team: Club Nauticus. (Thanks to Ed Patten for providing these results).

**Walker's Gym BP Classic**  
4 Mar 00 - Hopewell, VA

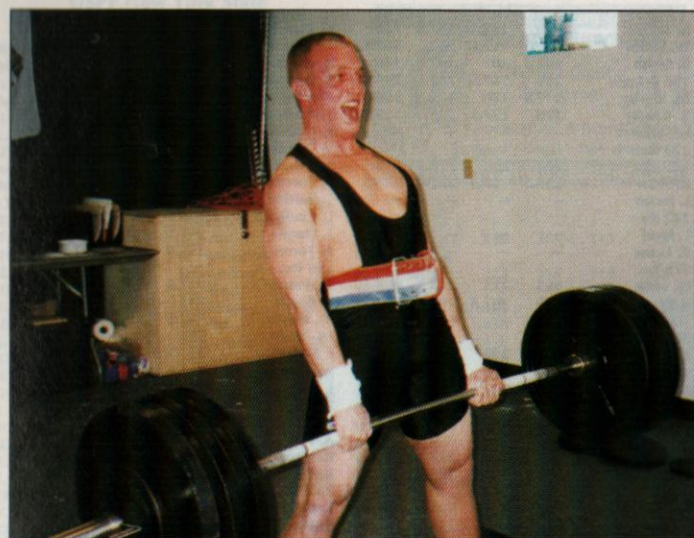
RAW MEN 181 lbs.	C. Long 315
A. Tignor 395	SHW B. Sandy 400
H. Vigo 385	Military 198 lbs.
A. Lyons 425	D. Curtis 330
J. Krauss 410	WOMEN 0-130 lbs.
T. Russell 395	T. Cooper 110
S. Wright 365	T. Cooper 110
D. Curtis 330	OPEN MEN 0-148 lbs.
T. Holden 275	W. O'Bier 200
220 lbs.	220 lbs.
D. Ward 375	165 lbs.
M. Vasco 300	J. Brandon 260
L. Mason 260	181 lbs.
B. Miller 242 lbs.	J. Bates 300
A. Roberts 370	J. Thompson 315
275 lbs.	220 lbs.
H. Cross 440	K. Smith 420
Teen 165 lbs.	P. Gilmore 415
B. Cloninger 225	275 lbs.
K. Harris 200	P. Battle 4256
T. Carter 85	SHW
Master (40-49) 165 lbs.	G. Nimmo 575
B. Bayes 175	Master (40-49) 181 lbs.
198 lbs.	M. Baker 360
C. Kindervater 210	J. Alston 320
220 lbs.	220 lbs.
C. Long 325	R. Jones 395
M. Vasco 300	242 lbs.
275 lbs.	K. Phillips 390
B. Rideout 375	275 lbs.
SHW G. Englehart 345	I. Gilmore 460
(50-59) 242 lbs.	(50-59) 181 lbs.
R. Brown 350	L. Cooper 220
(60-69) 120	K. Phillips 175
J. Miller 120	Military 220 lbs.
Police 165 lbs.	J. Augenstein 375
A. Luellen 305	Police 220 lbs.
B. Bayes 175	R. Jones 395
198 lbs.	C. Long 325
C. Kindervater 210	275 lbs.
220 lbs.	220 lbs.
J. Harper 320	I. Gilmore 460

We'd like to thank all the gym members that helped set-up, load, spot and judge. (from Barry Walker)

**USPF Texas State**  
11 Mar 00 - Dallas, TX (kg)

BENCH WOMEN	275 lbs.	192.5	147.5	102.5	140	390
123 lbs.	J. Davis 137.5	T. Thomas 127.5	V. Tyree 122.5	L. Livingston 148 lbs.	148 lbs.	148 lbs.
F. Walker 70	B. Wright 122.5	T. Lucas 308 lbs.	J. Ash 177.5	M. Luna 165 lbs.	137.5	75
G. Moore 198 lbs.	132.5	A. Terry 185	C. Gonzales 175	S. Shurina 125	80	137.5
S. Barbee 132.5	A. Terry 185	C. Gonzales 175	S. Shurina 125	80	137.5	342.5
TEEN 165 lbs.	Open 148 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.	165 lbs.
J. Niles 105	S. Weingust 155	S. Shurina 125	80	137.5	342.5	342.5
242 lbs.	181 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.
M. Etheredge 167.5	A. Terry 185	S. Barbee 165	132.5	182.5	480	480
M. Johnson 147.5	C. Gonzales 175	Teen MEN 114 lbs.	75	37.5	92.5	205
275 lbs.	V. Viola 150	S. Tillman 132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.
S. Etheredge 140	220 lbs.	C. Nightgale 212.5	T. Justice 102.5	7010	160	332.5
Submaster 132 lbs.	T. Derry 200	R. Johnson 182.5	165 lbs.	100	72.5	137.5
P. Nguyen 122.5	T. Derry 200	R. Johnson 182.5	165 lbs.	100	72.5	137.5
165 lbs.	P. Kemp 147.5	J. Niles 152.5	105	185	442.5	442.5
B. Veazey 137.5	D. Flunker 147.5	N. Gunnip 140	105	195	440	440
220 lbs.	242 lbs.	T. Justice 50	35	97.5	182.5	182.5
D. Moritz 187.5	B. Dismukes 202.5	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.
275 lbs.	J. McCullough 162.5	J. Hammon 162.5	275 lbs.	275 lbs.	275 lbs.	275 lbs.
J. Stewart 265	275 lbs.	275 lbs.	275 lbs.	275 lbs.	275 lbs.	275 lbs.
SHW T. McKinney 222.5	B. Leadbetter 205	S. Etheredge 225	140	240	605	605
J. Davis 192.5	J. Davis 192.5	Submaster 148 lbs.	148 lbs.	148 lbs.	148 lbs.	148 lbs.
Masters 148 lbs.	308 lbs.	A. Ellis 160	115	205	480	480
S. Weingust 155	T. Meeker 255	181 lbs.	181 lbs.	181 lbs.	181 lbs.	181 lbs.
J. McCallum 102.5	L. Polk 245	T. May 227.5	125	227.5	580	580
181 lbs.	H. Gray 215	198 lbs.	198 lbs.	198 lbs.	198 lbs.	198 lbs.
D. Bell 135	SHW T. McKinney 222.5	T. Glawe 260	150	260	670	670
242 lbs.	222.5	C. Beall 205	127.5	227.5	560	560
M. Breslin 145	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.	220 lbs.
WOMEN SQ BP DL TOT	B. Shaw 287	167.5	271.5	732.5	732.5	732.5
Teen 132 lbs.	J. Vasquez 270	175	282.5	727.5	727.5	727.5
J. McMillan 97.5	R. Nesuda 272.5	167.5	280	720	720	720
165 lbs.	F. Richards 237.5	137.5	260	635	635	635
B. McMahon 127.5	242 lbs.	242 lbs.	242 lbs.	242 lbs.	242 lbs.	242 lbs.
Novice 123 lbs.	B. Moore 240	165	272.5	677.5	677.5	677.5
R. Hensley 97.5	42.5	127.5	267.5	275 lbs.	275 lbs.	275 lbs.
132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.	132 lbs.
K. Phillips 107.5	77.5	142.5	322.5	S. Williams 252.5	190	260
N. Candela 115	62.5	112.5	290	308 lbs.	308 lbs.	308 lbs.
148 lbs.				C. Bryant 220 lbs.	220 lbs.	220 lbs.
M. Gonzales 11510	60	125	300	Open 148 lbs.	148 lbs.	148 lbs.
C. Anderson 165 lbs.				M. Duhon 197.5	130	227.5
G. Moore 110	62.5	112.5	285	J. Barfield 185	115	227.5
G. Norton 102.5	45	112.5	260	165 lbs.	165 lbs.	165 lbs.
Masters (40+) 114 lbs.				T. Riffe 220	137.5	245
T. Tight 80	45	117.5	242.5	S. Gallegos 212.5	140	220

R. Morris 300	162.5	257.5	720	G. Garrison 165		
W. Smith 205	112.5	250	567.5	165 lbs.		
S. Smith 102.5	60	182.5	345	K. Jones 200	147.5	225
198 E. Luna 280	167.5	257.5	705	E. Swarvar 165	122.5	192.5
M. Rigby 217.5	170	272.5	660	181 lbs.		
R. Kearby 170	127.5	205	502.5	J. Thaxton 192.5	155	240
R. Sanchez 242 lbs.	242 lbs.	242 lbs.	242 lbs.	R. Ohland 212.5	135	222.5
220 lbs.	220 lbs.	220 lbs.	220 lbs.	W. Smith 205	112.5	250
T. Derry 260	200</					



The Best Deadlifter Award at the Southeast Iowa Open was presented to Mike Moore, who pulled a 530 pounder weighing 186, and that effort also earned first place in the 18-19 Teenage Men category, in the 198 lb. class (photograph provided courtesy Dr. Darrell Latch)

SE Iowa Open BP/DL  
20 Feb 00 - Burlington, IA

BENCH	198 lbs.	530
MEN 132 lbs.	M. Moore	530
Teen (13-15)	Submaster	
B. Millage	E. Mendez	500
(18-19)	J. Estrada	500
T. Holschlag	Master (40-49)	405*
198 lbs.	K. Haines	410*
M. Brown	4th	330
Junior	R. Dexter	340*
J. Mast	4th	340*
Submaster Lwt.	Open 165 lbs.	
B. Mixer	S. Bryant	275
E. Mendez	Open 198 lbs.	340
Submaster Hwywt.	E. Mendez	330
T. Hays	B. Mixer	385
4th	Open 220 lbs.	
J. Estrada	475*	385
DEADLIFT	J. Estrada	420
MEN 198 lbs.	Open 242 lbs.	
Teen (16-17)	C. Cozine	445*
A. Beauchamp	Master (40-49)	445*
(18-19) 132 lbs.	K. Haines	500
T. Holschlag	Open 198 lbs.	
	E. Mendez	500
	Open	
	J. Estrada	500

\* - Personal record. Best Lifters - Bench Press: Tobey Hays; Deadlift: Mike Moore. Team Champions: Mid West Iron Power Team. The Southeast Iowa Open Bench Press/Deadlift Championships were held at Summer Street Athletic Club. A special thanks to Brent Mixer for his help in organizing this event. In the bench press event, teenager Brandon Millage started the competition. Lifting in the 13-15 age group, Brandon finished with a personal best 200 at a 132 bwt. In the 18-19 age group, 1998 AAPF national champion Tony Holschlag captured the 132 title with 225, just missing a pr 240! Mike Brown took the 198 title finishing with a strong 350 @ 186. Jerry Mast took the junior men's title with 300, missing only his final attempt with a personal best 315. The twenty year old weighed in at 177. With four submasters lifting, I divided them into two divisions. Taking the lighter division was Brent Mixer, weighing in at 190 and pressing 330. Brent actually came really close with a pr 350 on his final attempt. Eddie Mendez was close behind Brent, getting 340, but at a 198 bwt. Tobey Hays, lifting in his first competition ever, literally destroyed the heavy class, and for that manner, everyone else who benched. At a 232 bwt. Tobey got his third attempt of 455, then blew away a fourth attempt with 475, both new personal marks for him. Naturally, Tobey was awarded best lifter for the competition. Jeff Estrada was second with 385, with his only miss at a personal best 405. Kurt Haines, a fairly new competitor to the sport, dominated the master men 40-49 class with a 405 pr, followed by a 410 pr fourth attempt. Kurt weighed in at 211. Second at master was Rick Dexter who had a great day, leaving with a 340 personal record which he got on his fourth attempt. Maintaining a 178 bwt., Rick just keeps getting stronger! In the open class Shawn Bryant took the 165s with a strong 275,

weighing in at a light 158. At 198 Eddie Mendez got back at Brent Mixer, outlifting him there 340 to 330. Jeff Estrada took the 220s with his strong 385, and Cozy Cozine won at 242 with 420. Cozy, the current WPC world master's (40-44) bench press champion at 275, went on to try a pr with 450, and even though he certainly has the potential, fell short of the lockout this time. In the deadlift competition first-time competitor Asa Beauchamp looked strong with a 405 pr at a 197 bwt. Asa is being coached by Cozy Cozine, so watch out for this guy in the future. Teenage winner at 132 (18-19) was again Tony Holschlag with a great pull of 365, all at a bwt. of 124! Mike Moore continued his winning ways at 198 (18-19) along with best lifter trophy for his 530 pull at 186! At submaster the battle rages on! Training partners Eddie Mendez and Jeff Estrada were at it again. Both ended with 500, but Eddie triumphed due to the lighter bodyweight! Kurt Haines pulled for the first time in competition, coming away with the master title and a pr of 445. Eddie took the 198s and Jeff the 220s to round out the field. The team trophy went to Mid West Iron Power Team of Quincy, Illinois, coached by Kevin Moore, with members Mike Moore, Tony Holschlag, Jerry Mast and Toby Hays. Thanks also to Kevin Moore, Brent Mixer, Cozy Cozine and my wife Susan for helping with the loading, spotting and judging. You did a good job Susie! (Thanks to Dr. Darrell Latch for results)

USAPL Dakota Open PL  
6 Feb 00 - Rapid City, SD

MEN	SQ	BP	DL	TOT
Open 132 lbs.	369	220	446	1036
S. Hansen	214	94	319	628
M. James				
148 lbs.				
S. Stinson	490	3008	529	1328
165 lbs.				
V. Rodriguez	369	297.5	529	1195
M. Herman	407	308.5	451	1168
L. Tucker	314	236	374	925
181 lbs.				
A. Hahl	451	341.5	501.5	1295
B. Reim	479.5	264	457	1201.5
M. James	380	259	451	1091
S. Friday	143	363	562	1069
B. Lane	314	209	446	970
198 lbs.				
E. Wendel	457	314	633	1405
S. Junker	413	385	479.5	1278.5
M. Gorecki	424	270	479.5	1173
D. Brecht	4007	286.5	429	1124
220 lbs.				
T. Weppert	551	391	578.5	1521
242 lbs.				
578.5	358	562	1499	
501.5	396	512.5	1410	
275 lbs.				
R. Edinger	611	385	639	1636

B. Collins	600	435	551	1587	T. Fleihs	303	270	418	992
G. Williams	501.5	462	540	1504.5	J. Hansen	231	187	303	722
B. Eldredge	451	341.5	451	1243.5	Master-1 (40-44)	275 lbs.			
T. Fleihs	303	270	418	992	G. Williams	51.5	462	540	1504.5
319 lbs.					Master-2 (45-49)	148 lbs.			
J. Long	622	391	600	1614	S. Hill	385	225	402	1014
R. Lane	529	347	606	1482.5	198 lbs.				
M. Lambert	507	380	501.5	1388	M. Forecki	424	270	479.5	1173
Teen-1 (14-15)	198 lbs.				242 lbs.				
J. Flihs	286.5	286.5	424	997.5	M. Berg	578.5	358	562	1499
319 lbs.					319 lbs.				
T. Spitzer	385	192	418	997.5	R. Lane	529	347	606	1482.5
J. Anderson	225	181	4007	815.5	Master-3 (50-59)	319 lbs.			
198 lbs. M. Burkman	181	187	314		M. Lambert	5070	380	501.5	1388
683					Master-5 (60+)	132 lbs.			
165 lbs.					T. Bishop	264.5	170	347	782.5
F. Lepe	203	148	248	600	WOMEN 132 lbs. Teen-3				
148 lbs.					M. James	214	94	319.5	628
M. Brobeak	170	121	242.5	496	Best Lifter Heavy: Rich Edinger, Wilks 423.13. Best Lifter Light: Sterling Stinson, Wilks 469.14. Best Lifter Overall Male: Sterling Stinson, Female: Michelle James. Best Master Lifter: Mike Berg. 1st Place Team: The Flex Complex, 2nd Polish Power House, 3rd Team Fargo. Total Contestants: 39, Women: 1, Men: 38. Division Totals: Master Men 40-49 (M40) 5, Master Men 50-59 (M50) 1, Master Men 60+ (M60) 1, Men (MEN) 25, Teenage Men 14-15 (TM1) 7, Teenage Men 16-17 (TM2) 3, Teenage Men 18-19 (TM3) 3, Women (WOMEN) 1, Total: 46. (Thanks to USAPL for providing these results)				
J. Romero	137	115.5	264.5	518					
A. McAuley	132	99	187	418					
Teen-3 (18-19)	198 lbs.								
E. Wendel	457	314	633	1405					
275 lbs.									



D.D. Nichols does 500 in memory of Heath Clifton to begin the meet at the Heath Clifton Memorial Y2K Muscle Power Bash. (photo provided courtesy of Dr. Darrell Latch)

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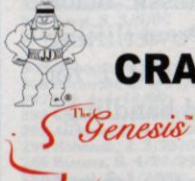


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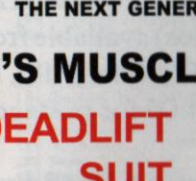


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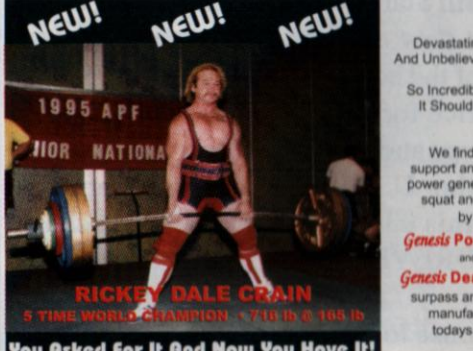


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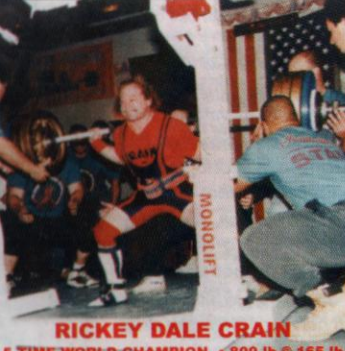
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