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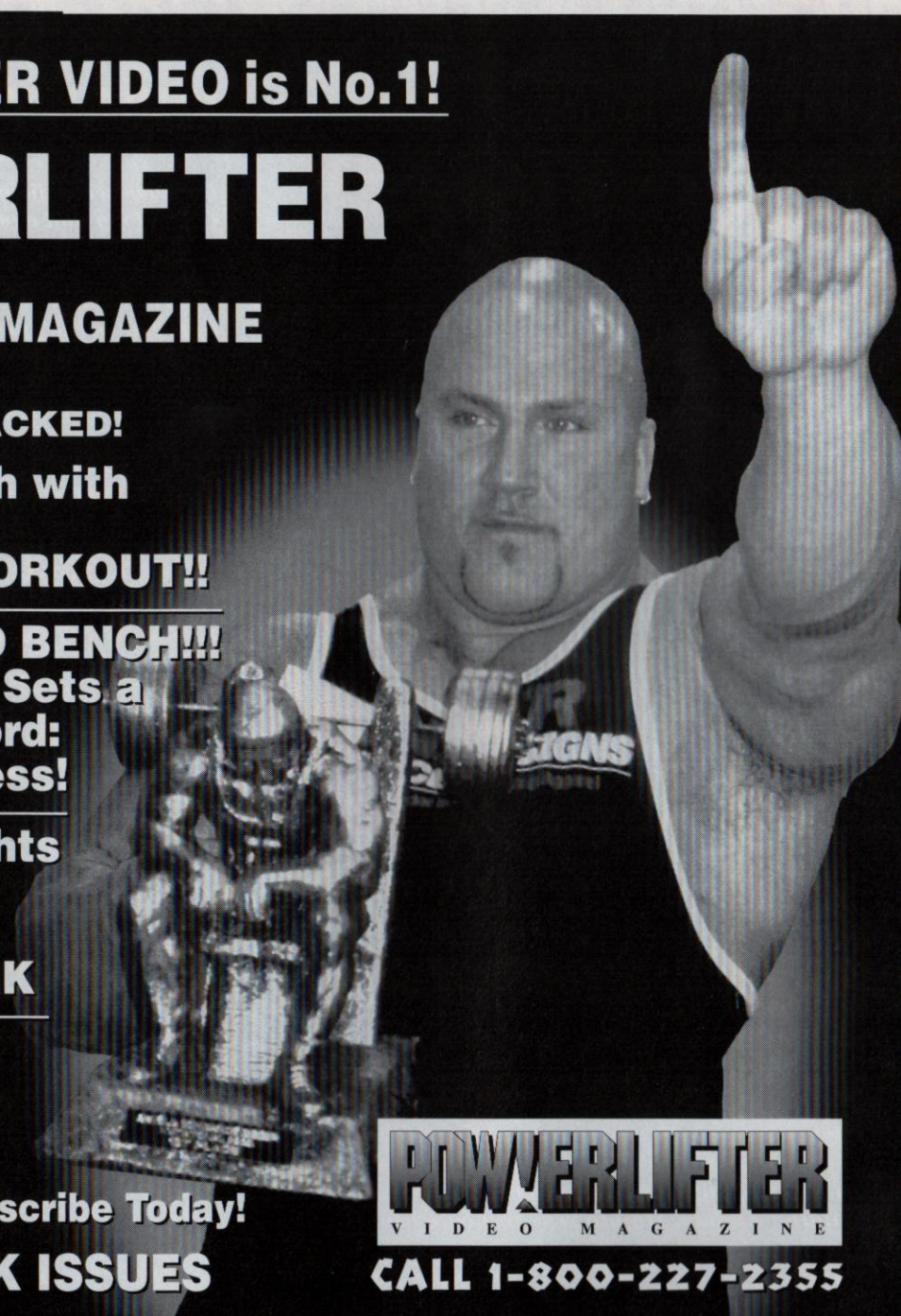
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*'...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success,....through their own love for the sport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

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## MUSCLE MENU

- Volume 24, Number 1 - August 2000 -

USAPL MEN'S NATIONALS.....Mike Lambert.....	6
AAPF NATIONALS.....	9
WADE HOOPER INTERVIEW.....Dr.Larry Miller.....	10
IPF WOMEN'S WORLDS.....Leslie Look.....	12
APF SR. NATIONALS, PT. I.....Herb Glossbrenner.....	14
APF NATIONALS.....Herb Glossbrenner.....	16
POWER SCENE.....Ned Low.....	17
BUILDING THE TORSO.....Louie Simmons.....	18
STRENGTH - WHAT IT REALLY IS.....Dave Tate.....	22
DR. JUDD.....Judd Biasiotto Ph.D.....	24
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....	25
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....	26
JOE ONOSAI INTERVIEW.....Derek Cope.....	32
TEAM LIFTING or FORCED REPS.....Doug Daniels.....	34
WORKOUT OF THE MONTH.....Brent Mikesell.....	35
WPO, WHAT'S NEXT?.....Kieran Kidder.....	36
WEAPON 13 (FINAL SAGA).....Rick Brewer.....	38
COMING EVENTS.....Mike Lambert.....	49
TOP 100 BANTAMWEIGHTS.....Mike Lambert.....	87

*ON THE COVER.... USAPL Men's Nationals Best Overall Lifter Dave Ricks, back spotted by Meet Director Dennis Brady.*

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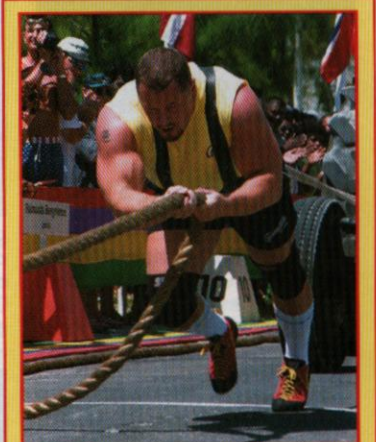
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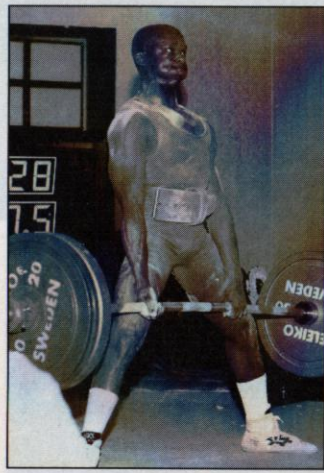


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Ervin Gainer unopposed at 114

This is the umpteenth time that meet director Dennis Brady has put on a competition at the Lincolnwood Radisson site (northwest of downtown Chicago), yet each contest seems to have fresh artwork/logos and even unique awards. This time he offered plaques with red, white, and blue suede inserts, just like you'd see on a powerlifting belt. He also had a set of those very clever ER racks, which got rave reviews. Sandy Brady did a great job of announcing, and although she and Dennis are divorced, they seemed to work together as well as ever.

In the 114 lb. class, Ervin Gainer of Indianapolis, Indiana, a premier strength athlete in a division where it's very hard to make weight, was unchallenged, but that shouldn't diminish his accomplishment of being the best flyweight in USA Powerlifting for the year 2000.

In the 123 lb. class, young Allen Whigham of Laurel, Maryland pushed up a 50 lb. advantage in the squat and deadlifted what Trey Cunningham (one of Billy Jack's boys down in Ruston, LA) missed, and that gave him an even greater final advantage than he had at subtotal time. He broke the 1200 barrier and posted nearly a 10 times bodyweight total. Enos Richard of Fort Hood, TX picked up 3rd spot over Sam Meadows of Ellettsville, IN who attempted some



123 lb. Winners Whigham, Cunningham, Richard, Meadows

## USAPL Men's Nationals

as seen by Powerlifting USA Editor Mike Lambert

masters record to no avail. An unfortunate casualty was Wil Taylor of Thornton, CO, who had a very difficult time making weight and this affected his lifting dramatically. He made a 402 squat with great difficulty, but 440 was simply way too heavy. He had to dump it and in the process he ended up falling backwards, striking his head on the lifting platform. As a precaution, officials kept him lying down for approximately 20 minutes until the paramedics could literally tape him into a stretcher and take him away. He gave a thumbs up signal on the way out and he did return to the meet later on.

In 132 lb. division, Tim Taylor of the United States Air Force did some-



Tim Taylor - his 10th consecutive national championship win.

thing that very few people have been able to do and that's win 10 consecutive national titles that led to IPF world team slots. Many times in the past he's had a fairly easy time of it, but Brandon Green has moved up to this weight class and he had a seven for seven day going before taking some unsuccessful big jumps in the deadlift to 606 for a national record and then to 650 in an attempt to challenge Tim for the top spot. Derick Edralin of Millilani, Hawaii picked up third spot. Justin Maile of Anchorage, Alaska was on hand to watch the proceedings, but he has suffered a partial patellar tear and is saving himself for the June World Championships. Had he not been injured, he planned to open in the squat with more than any of the lifters that did finish.

In the 148 lb. class, Jeremy Arias of Greeley, Colorado had the top squat and was explosive in the extreme with his first deadlift of 556, but he had to take it over. Jeremy is a well-rounded athlete and a brilliant new talent in this division, which is handy for future USA world team hopes. Mark Sigala of Lakewood,

Colorado has had great difficulty getting more than 3 or 4 attempts in at the national championships. He has an immaculate style on the deadlift, but all he could get was a 606 this time. That allowed a new player, Scott Layman of Bakersfield, CA, to get in the mix and he had a chance to win it all, but he blew out of couple of squat suits on the way. Rick Grayes of Tampa, FL was another great stylist in the deadlift and he was able to get fourth in a hotly contested division over Fernando Corpuz of Millilani, Hawaii. There was a pack of lifters just behind Nando. Foremost among them was Greg Simmons of Bloomington, IN with a 1394 total. Keith Scisney, one of five Colorado lifters in this class, held on to get the 8th place over Los Alamos, New Mexico's David Bracken. Lance Slaughter, a great bench presser, finished out the totalers in this division, when Christopher Hughes ended up limping off the stage (breaking a toe?) before getting a deadlift. Chris Mirabella, a possible factor, did not appear for the competition, as he was recuperating from a minor back injury.

Wade Hooper had been suspended by the USAPL prior to the competition, as a result of his participation in the WPO professional contest in Florida on May 20th. Following a good deal of controversy, he was reinstated at a special executive committee meeting held during the national governing body meeting of the USAPL on the Friday prior to the competition, pending the examination of IPF bylaws regarding amateurism. Despite all this, which could have worn any strong man, Wade was able to put up a pretty good total. He stood up with a 727 squat but it didn't make it past the red lights. Robert Eaddy, of Conway, SC, weighed in quite light (3 1/2 kilos under the class limit), and did some very solid lifting all around to finish up ahead of Jeff Holzbauer of Bloomington, IL, another well bal-



Jeremy Arias... very bright future

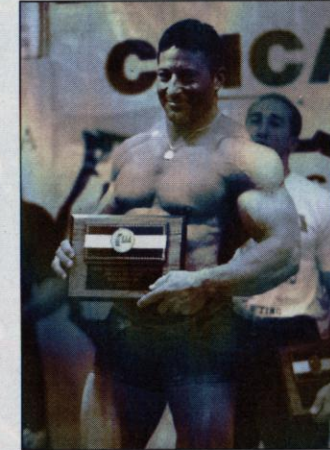
anced competitor. Matt Berry of Decatur, IL missed a few key attempts, otherwise he'd might have been in the hunt for third as well. Kenny Davis was originally entered in the lightweight division, but weighed in well over the limit and took 5th in the division. James Benemerito squatted well, but had difficulty getting a bench press in and then had balance problems in the deadlifts.

In the 181 lb. division, David Ricks conveniently found himself between assignments for the U.S. Navy. He will be taking a new position in Japan and moving his family over there, but he was able to training un-interrupted for this meet. His 688 miss in the squat was technical, and there's more there if he gets all three attempts. He just missed a 473 bench press, after a 699 deadlift, he asked the crowd, "Who's the Man?" Obviously, he is, because he went on to do a 744 for a Masters American record and a national record. His total of 1895 is very close to the amazing mark that Ray Benemerito posted not many years ago in this division. Dave was off right after the competition on a camping trip to upper Michigan to complete his son's work towards Eagle Scout status, quite an accomplishment for a young man of 15. In second place was the very thickly built Pat Beaumaster of Monticello, Minnesota, who got a state record in the bench press. Young Marcus Brandon, now in Atlanta, only made 4 attempts, but that was enough to stay ahead of Randy Perine of Bloomington, IN. Tim Stepney of Fort Hood, TX was entered, but did not appear. Eric Funakoshi of Hawaii was listed in the program as Eric Funakowski (hey, it's Chicago!). He actually ended up with 5 attempts in the squat, blowing a suit on his third attempt within the competition, but ended up with the repeats due to spotters grabbing the bar too soon and such, but he wasn't able to make any of his numerous attempts and had to take a shower early.

The 198s were a big class with big lifting. James McGlynn, a former USPF competitor, opened conservatively in each of the disciplines and then took some considerable jumps, and ended up doing a national record bench press of 518 on his third attempt. He posted a 1967 total and his only miss was a 738 deadlift which would have given him the magic 2000 number. James got started in the Marine Corps back in 1981, reading reports on Ed Coan in PL USA and has been at it ever since. He exhibited an amazing degree of muscularity and power that exceeded his proportions dramatically. A favorite in the division was Ray Benemerito of Landing, NJ. Ron Fernando watched Ray do some extremely explosive warm ups. He made a 705 squat comfortably, but 727 seemed almost painful on two attempts. Ray has never seen himself

### USAPL Men's Nationals / 8,9 JUL 00 / Chicago, IL

114 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
E. Gainer	385	443	443	270	286	292	672	454	451	479	1151
123											
A. Whigham	495	457	479	220	220	236	699	462	485	501	1201
T. Cunningham	402	429	440	225	242	253	683	457	479	504	1162
E. Richard	344	341	363	242	264	275	639	352	380	402	1041
S. Meadows	303	330	330	198	236	236	501	396	446	454	898
W. Taylor	402	402	440								
132											
T. Taylor	429	457	460	314	325	336	793	518	551	573	1366
B. Green	435	446	462	236	253	259	722	578	606	650	1300
D. Edralin	402	424	424	286	297	297	710	440	462	473	1184
J. Maile											
148											
J. Arias	518	551	573	325	347	347	920	556	556	644	1477
S. Layman	529	567	567	336	352	363	881	507	534	545	1427
M. Sigala	479	496	507	319	344	344	815	606	639	639	1421
R. Grayes	405	485	501	314	330	330	815	551	570	589	1405
F. Corpuz	504	501	534	374	391	402	903	490	504	501	1405
G. Simmons	485	542	512	308	325	330	837	529	556	567	1394
G. Page	504	501	534	344	319	336	837	540	570	570	1377
K. Scisney	507	507	545	308	330	341	848	490	512	534	1361
D. Bracken	462	462	405	284	286	303	749	485	501	507	1251
L. Slaughter	413	435	435	391	407	407	804	407	424	446	1229
C. Hughes	479	496	540	325	344	341	837	534	534	---	---
C. Mirabella											
165											
W. Hooper	661	694	727	418	446	446	1113	540	567	600	1681
R. Eaddy	534	573	595	330	358	374	931	545	578	606	1537
J. Holzbauer	540	540	567	341	352	363	920	540	573	589	1493
M. Berry	501	540	540	336	369	374	914	529	529	589	1443
K. Davis	468	490	490	352	352	363	854	534	556	556	1388
J. Benemerito	556	573	595	385	385	385	959	606	606	606	---
181											
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M. Brandon	600	620	620	402	407	440	1008	551	567	606	1576
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198											
J. McGlynn	655	722	744	451	507	518	1262	661	705	730	1967
R. Benemerito	705	727	727	479	490	507	1195	705	727	727	1901
R. Wagner	733	760	782	424	424	435	1206	639	661	694	1868
C. Terry	606	606	655	330	352	363	970	699	749	749	1719
M. Willett	644	644	611	380	402	443	1113	661	699	740	1714
E. Thomas	567	600	611	352	374	402	986	600	661	694	1681
G. Ferstler	551	600	639	344	341	330	970	600	622	740	1592
M. Mastrean	727	727	727								
220											
T. Harris	744	777	777	429	462	405	1240	749	777	780	2017
C. Zahagan	639	672	694	391	418	424	1096	727	755	760	1857
S. Gwainstra	639	661	683	435	451	468	1151	650	672	699	1851
Q. Frank	683	727	727	429	454	457	1140	639	683	746	1824
T. Succarotte	600	639	664	468	496	540	1135	650	650	---	---
H. Gerard	650	694	---	451	473	473	1102	628	672	694	1774
J. Bell	600	622	622	424	462	462	1047	650	672	705	1719
R. Lawary	611	639	---	402	440	418	1030	661	699	699	1692
S. Pincok	672	705	705	369	385	385	1041	639	672	672	1681
242											
J. Douglas	771	804	804	457	468	479	1283	672	699	716	2000
J. Jacobs	722	755	755	405	485	540	1207	672	710	727	1934
K. Stewart	705	733	---	523	540	554	1245	683	722	---	---
D. Gonzales	705	722	722	458	479	485	1190	639	661	677	1868
J. Cahill	600	633	664	402	418	429	1063	672	733	777	1840
S. Mann	677	722	749	440	462	462	1212	584	622	633	1835
P. Rhodes	655	683	683	501	529	551	1157	655	683	683	1813
C. Johnson	661	699	740	473	504	504	1173	600	622	633	1796
J. Planas	655	672	672	462	479	496	1168	589	647	647	1758
K. Howard	650	650	650	325	352	352	1003	650	705	744	1708
M. Edelstein	507	529	551	413	424	435	975	611	639	650	1625
B. Weston	749	749	749								
A. Molsny	672	672	672								
R. Ebner	705	705	705								
S. Cain											
J. Defoor											
R. Auxer											
275											
P. McGettigan	727	749	755	457	473	473	1212	777	815	815	1989
G. Higa	771	793	793	440	468	479	1251	664	661	683	1912
J. Robison	705	749	766	402	424	440	1190	644	688	705	1879
M. Kautz	722	749	749	440	457	462	1184	694	694	705	1879
P. Fletcher	705	710	727	462	405	485	1195	672	705	722	1868
W. Droesser	639	683	705	501	518	529	1223	600	622	633	1857
M. Anderson	740	710	744	385	440	418	1129	633	683	733	1813
B. Madvig	633	650	650	418	440	440	1091	639	672	672	1763
W. Hanna	611	650	650	407	435	435	1058	661	694	694	1719
M. Laussen	647	617	650	418	435	468	1052	617	655	677	1708
M. Hartle	617	664	680	473	504	504	1091	573	617	633	1708
S. Lade	672	705	727	435	435	454	1091	655	672	---	---
K. Weyrough	655	672	672								
N. Best	733	733	733								
K. Hayes	702	702	702								
M. Frizzell	672	672	672								
W. Croner	727	727	727								
SHW											
B. Gillingham	777	804	821	578	600	611	1432	777	824	826	2259
S. Culnan	760	804	824	529	529	554	1333	738	793	815	2127
D. Gaudreau	749	777	777	540	562	567	1317	664	661	699	1978
D. Hulslander	705	744	744	507	529	529	1234	644	688	699	1934
M. Ahlo	650	722	771	507	507	534	1306	551	573	647	1857
A. Wesolowski	705	705	749	363	402	443	1207	705	744	744	1813
V. Hatfield	733	744	755	529	540	562	1295	722	722	722	---
C. Callahan	722	722	722								
W. Likens	600	600	600								



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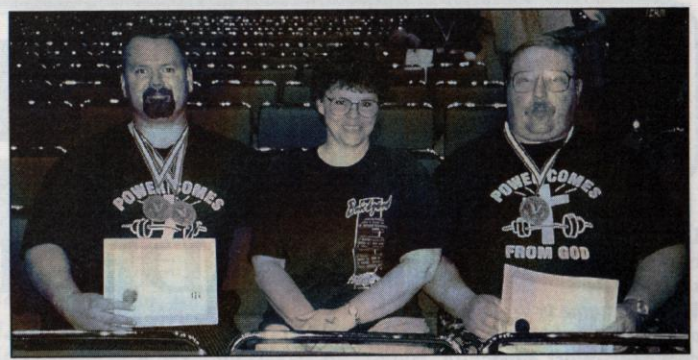
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**AAPF NATIONALS (Kg)  
 28-30 APR 00 - Dallas, TX**

BP NATIONALS	67.5				D. Damiano	170	102.5	187.5	460
WOMEN					75				
Juniors	82.5				L. Bevill	212.5	132.5	185	530
J. Licata	80				82.5				
Masters 45-49					J. Yu	145			
82.5					B. Johnson	132.5			
W. L. Cadavona	72.5				75				
Masters 50-54					D. Scherer	177.5			
SHW					J. Yu	165			
M. Clonce	55				D. Naughton	147.5			
TEEN 18-19					82.5				
75					N. Gorman	125			
L. Bevill	132.5				90				
90					T. Dickerson	155			
T. Orwoll	142.5				100				
JUNIORS					G. Foster	210			
Masters 40-44					210				
C. Kalbach	215				E. Ross	202.5			
M. Alkocco	215				K. Cofield	197.5			
H. Thomason	182.5				100				
OPEN					M. Hanlon	167.5			
56					M. Pack	165			
D. Radel	122.5				125				
67.5					M. Cain	245			
J. Yu	145				M. Frizzell	227.5			
P. Mueller	140				R. Eickstaedt	215			
J. Brubaker	122.5				215				
75					MASTERS 45-49				
E. Tillis	152.5				110				
S. Stephens	147.5				J. Hurtado	167.5			
C. Kinney	142.5				MASTERS 50-54				
T. A. Satterfield	220				110				
90					R. Harrison	152.5			
P. Thomas	190				125				
100					T. Wicker	170			
L. Jones	190				140				
110					T. Ekenberg	155			
S. Gissing	195				140				
M. Smith	187.5				D. Schlattman	172.5			
125					SHW				
T. Counts	235				K. Bivans	212.5			
T. Lie	165				J. Magee	210			
140					MASTERS 55-59				
Q. Aucoin	215				110				
SUBMASTERS					J. Hinson	135			
56					MASTERS 60-64				
J. Chavez	102.5				67.5				
TEEN 13-15					J. Scherer	112.5			
44					90				
R. Crowder	75	25	75	175	B. Bassman	137.5			
60					MASTERS 65-69				
C. Cooper	117.5	77.5	152.5	347.5	90				
90					B. Rosenfield	147.5			
J. Davis	235	127.5	205	567.5	1500				
100					M. Cain				
F. Lujan	177.5	112.5	177.5	467.5	75				
110					D. Naughton	208	147.5	102.5	458
E. Patton	160	132.5	172.5	465	90				
TEEN 16-17					L. Welch	287.5	180	287.5	755
100					100				
S. Wagner	272.5	157.5	240	670	P. McNeil	250	165	230	645
A. Voogt	157.5	127.5	172.5	457.5	R. Dixon	235	145	232.5	612.5
125					125				
F. Aspuru	272.5	177.5	240	690	R. White	320	190	322.5	832.5
140					S. Robyck	270	200	260	730
C. Collier	270	135	230	635	140				
TEEN 18-19					E. Rios	192.5	150	205	547.5
56					MASTERS 40-44				
R. Davis	95	80	135	310	60				
67.5					D. Harris	95	47.5	115	257.5
					75				
					M. Rivera	220	140	220	580
					M. Larsen	162.5	82.5	180	425
					82.5				
					R. Lynch	245	152.5	265	662.5
					R. Dexter	165	140	165	470
					100				
					S. Johnson	235	172.5	242.5	650
					M. Pack	230	165	230	625
					125				
					M. Frizzell	330	227.5	272.5	830
					140				
					F. Rucker	215	160	215	590
					150				
					M. Cain	300	25	282.5	827.5
					MASTERS 45-49				
					82.5				
					J. Mauldin	157.5	117.5	182.5	457.5
					110				
					W. Cracknell	245	155	255	655
					J. Hurtado	102.5	167.5	185	455
					125				
					G. Villanueva	245	155	237.5	637.5
					MASTERS 50-54				
					75				
					G. Santee	210	140	240	590
					C. Wodraska	237.5	120	230	587.5
					60				
					D. Solan	272.5	160	262.5	695
					100				
					D. Damiano	240	172.5	260	672.5
					110				
					R. Harrison	215	152.5	260	627.5
					D. Ward	215	147.5	227.5	590
					A. Wood	210	160	220	590
					125				
					D. Van Brocklin	247.5	160	200	607.5
					MASTERS 55-59				
					82.5				
					E. Angstrom	180	142.5	200	522.5
					L. Cramer	185	120	160	465



Mike Frizzell (left) and Dave Schlattman both won titles at the AAPF Nationals. Both are correctional officers in Illinois, who train at Scrappy's Gym. Dave's wife Wendie is seated between. (Mary Frizzell)



Winners... (l-r) Tony Conkle (65 yr. old 220 lb. class), J.M. Blakley, Chris Brigham (51 yr. old 105 lb. class), Dave Van Brocklin (51 yr. old 275 lb. class - world record squat). Photograph provided by Tony Conkle.



Left to right ... Wilma Cadavona, Betty Tenorio, and Chris Brigham all set numerous American and World records at the AAPF Nationals. Betty now has set 24 World and American records, and she is 70 years young! (Earl Davis photo)

90					R. Defelice	135	70	125	330
J. Rouse	227.5	177.5	252.5	657.5	67.5				
110					K. Demarest	172.5	92.5	165	430
J. Hinson	170	135	170	475	S. Fochler	130	60	137.5	327.5
140					SUBMASTERS				
C. Clonce	282.5	147.5	222.5	652.5	60				
MASTERS 60-64					R. Defelice	135	70	125	330
67.5					67.5				
R. Gidcumb	142.5	97.5	155	395	K. Demarest	172.5	92.5	165	430
75					MASTERS 40-44				
R. Flores	227.5	120	237.5	585	56				
90					P. Casper	127.5	72.5	140	340
B. Bassman	217.5	137.5	217.5	572.5	82.5				
110					T. Black	142.5	62.5	130	335
E. Davis	232.5	122.5	227.5	582.5	MASTERS 45-49				
MASTERS 65-69					60				
100					D. Alvarez	70	35	95	200
T. Conkle	195	95	195	485	90				
WOMEN					W. Cadavona	110	72.5	137.5	320
JUNIORS					MASTERS 50-54				
67.5					48				
A. Weinberg	130	60	137.5	327.5	C. Brigham	80	55	100	235
82.5					90				
J. Licata	125	80	152.5	357.5	K. Polansky	112.5	57.5	125	295
OPEN					MASTERS 70-74				
56					100				
P. Casper	127.5	72.5	140	340	B. Tenorio	87.5	47.5	122.5	257.5
60					(thanks to Radar Capehart for these meet results)				

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# INTERVIEW

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

## WADE HOOPER as interviewed for PL USA by Larry Miller



Wade was re-instated in time to lift at the USAPL Men's Nationals.

**LM:** Alright Wade, how about some background information about yourself?

**WH:** My name is Wade Hooper, I am 29 years old. I am a strength coach at West Ouachita High School in West Monroe, Louisiana. I am single and have been competing for 11 years and lifting for 17 years.

**LM:** How did you get involved in the sport of Powerlifting?

**WH:** I got involved in high school. It was popular in the rival high schools around the area and I was one of two members of our school's powerlifting team.

**LM:** Did you play any sports in high school?

**WH:** I played football and swam. My dad was a swim coach.

**LM:** How long have you been a strength coach?

**WH:** About 4 years now.

**LM:** What records do you currently have or have had in the past?

**WH:** I formerly held the IPF Men's open world squat record at 672 lbs., and still hold the Junior world record of 644 lbs at 148. I have won 2 USPF National championships and 3 USAPL National Championships. I have won an open (1996) and junior (1992) world championship. My biggest accomplishment in the sport to date was the 1996 worlds in Salzburg, Austria.

**LM:** What kind of experience has it been competing on a US team going to the worlds as opposed to competing individually?

**WH:** It is different every year as the feel of the team changes because you have one or two new members every year. It is a lot more fun being a part of the U.S. team, as opposed to lifting individually. This will be the 6th U.S. team that I have had the honor to be a part of, and although the faces have changed somewhat over the years, the goal of the team is the same - bring home the team title.

**LM:** Do you personally feel that when we send a team to the worlds we should send our individual national champions or should we field a team that has the best chance to win us a world championship?

**WH:** Well, being a coach and a lifter I can see two different scenarios. As a coach, you want to field the best possible team, however it falls. If you have 2 great lifters in one weight class, then those two go and you eliminate the weak link from the nationals. This will give the team a better chance

for more team points. On the other hand, I wouldn't want to be the National Champion that was removed from the team and left behind. There really is no good answer. I don't think we're at a level of significant depth that we can pick and choose outside of our national champions.

**LM:** Why do you think the Europeans are ahead of us?

**WH:** It is probably due to technique and government support. One thing I have noticed is that technically they are very sound. It is probably due to their Olympic lifting background. Once the Iron Curtain went down there were a great number of lifters that switched from Olympic lifting to powerlifting. There is also an issue of drugs and we don't know how prevalent it is but I don't think we will ever be able to get rid of it.

**LM:** Who are some of the lifters you have come to admire and respect over the years?

**WH:** There are quite a few. Dan Austin has been the one that I grew up reading about since he was in my weight class. I have had the pleasure of being on a world team with Dan on a couple occasions. Ed Coan is another lifter I have a lot of respect for. His lifting is way beyond his time. Ed has helped me greatly over the last couple of years

with my training. My workout partner Jeff Douglas is one of the guys I respect the most. He and I have been training partners for the last 8 years, and Jeff has played a big role in my personal success as a lifter.

**LM:** What remaining goals do you have?

**WH:** I would like to win another world title and after that I am not sure. Maybe win a little bit more money at the WPO and go back and compete at the Mountaineer Cup.

**LM:** What equipment do you use?

**WH:** For squatting and deadlifting, I use the Centurian from Titan. For benching, I use the Crain Mega Power Bench shirt. I also use the Inzer and am playing around with both to see which is the best for me.

**LM:** Since you brought up the point about making money, let's discuss whether or not amateur athletes should be allowed to make money. We spent quite a bit of time trying to reinstate you and the other two lifters who won money at the WPO meet in Florida.

**WH:** I really think that this was one of those situations that could make or break an organization. I am still trying to figure out the difference between an amateur and professional in today's world. Times

have changed and I think that USA Powerlifting finally realized it. I think that USAPL will be making some changes in the right direction. I would like to take this opportunity to thank you, Larry, and all of the NGB members who stood up and supported Tony Caprari, Beau Moore and myself on this issue.

**LM:** Was it your decision to lift at those meets based on some of our athletes going to Sweden and competing for prize money?

**WH:** Yes, based on the fact that some of our lifters had recently competed for and won prize money, I assumed that I could do the same. I didn't see it as an issue and I had no idea it was addressed in our by-laws.

**LM:** What are your views on the triple ply suits and shirts? Do you think these things are making a mockery of our sport?

**WH:** Last I checked, this was a strength sport. The goal is for the individual to lift as much weight as

and catching them, if they know when and where they will be tested. OMT is the only way to catch these lifters breaking the rules. I also think that every lifter should have a chance at getting tested throughout the year, not just the national championships.

**LM:** Can you think of any funny powerlifting situations that you've

encountered over the years?

**WH:** I have told this story plenty of times, but it still remains the highlight of my funnest and most embarrassing moments in this sport. This story dates back to when I was lifting for the Louisiana Tech Powerlifting Team. I was doing a squat exhibition for the team during half-time of the Lady Techsters play-off game. Well, I did more than exhibit proper technique on the squat that day. Standing at half court, my squat suit blew out on my third rep. I was only wearing a jock and had

to walk off from center court, baring all of myself, literally.

**LM:** Are there any final comments you would like to make Wade?

**WH:** I would like to personally thank Dr. Talton for all his help and support over the years. I could never forget my training partners Jeff Douglas, Keith Taylor, Jackle, and Char Gahagan. Without their help, I could never have come close to the level I am at today. I also have to give credit to my girlfriend Kim, who keeps calm and focused at meets.

**LM:** Were you happy with the final result?

**WH:** Yes, of course, I was allowed to lift.

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

**WH:** I train 4 days a week: Sunday - Squat and legs; Tuesday - Bench; Thursday - Deadlift and Friday - Light Bench and Triceps.

**LM:** What type of diet do you follow and what supplements do you take?

**WH:** Well, moving up to the 165s has really spoiled me on dieting. I don't have to watch what I eat right now. However, I still try to keep my protein intake to about 120-150 grams/day. I would say that my nutritional breakdown is 50-30-20, carbs, protein and fats. As far as supplements are concerned, Quest Nutrition supplies me with products that best suit my nutritional needs. I take Quest Creatine, Synergy, Whey protein and pyruvate.

**LM:** What are your views on lifters taking steroids and how do you think we can improve our drug testing?

**WH:** That would depend on what organization the lifter is competing in. I lift in organization(s) that do have rules against steroid use - the USA PL and IPF. However, that does not stop lifters from competing in the USA PL or the IPF and being loaded. It is kind of hard to test a lifter once or twice a year

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On May 20, 2000 Wade Hooper competed in the WPO Championships in Daytona Beach, Florida. Wade took home with him \$7,000.00 for his outstanding performance. Immediately following, there was a great deal of discussion as to whether or not Wade had violated his amateur status as a member of USA PL. At the time Wade's logic was that two fellow USA PL lifters, Brad Gillingham and Sean Culnan had competed for prize money in Sweden. Wade concluded that it would be all right for him to do the same. Because of the controversy going around on the internet, the EC of USA PL addressed the situation. They voted 6-0 to suspend Wade per some specific sections of our By-laws. I think that, as a whole, the EC did not want to suspend Wade. Current practices allow a vast majority of Olympic athletes to make money. I called Wade and asked him if he needed any help. Wade indicated that he would take whatever help he could get. I contacted a few members of the Executive Committee. I wanted to know if we were supposed to be following the USOC guidelines for drug testing only. Having been a past EC member, I was uncertain as to what we were supposed to be doing so I contacted my friend Andrea Sortwell past Secretary/Treasurer of USA PL. Andrea keeps every thing on file and has a great memory. Andrea referred me to our March 1st, 1997 meeting in Chicago where by we were to attempt some sort of merger with the USPF. Although the merger did not go through, we adopted a number of changes. Motion #13 which passed by a vote of 27-0, was to authorize our Law and Legislative Committee to adopt the USOC definitions and to bring our By-Laws into conformity with those of the USOC. This was never done. After reviewing our By-laws very carefully, I concluded that we were directed by our By-laws and the March 1st motion to follow USOC guidelines. I therefore contacted two higher-ups within the USOC. Both were surprised that we did not allow our athletes to win money. They also referred me to the USOC constitution, By-laws and the Ted Stevens Amateur Act. From what was told to me by the USOC and from what I read, our National organization could not be more restrictive than that of the international organization regarding membership. Therefore, if the IPF was not penalizing their athletes for winning money, USA PL would have to follow their lead. This was the path Wade decided to take. Upon a close review of our own By-Laws, Wade and I noticed a number of inconsistencies. One was the reference of our athletes being members. At the time of the WPO meet,

Wade was not a member of USA PL. I felt that the section of our By-laws which the EC used to suspend Wade would potentially penalize athletes that received free equipment from some of the equipment and clothing manufacturers. In all sincerity, I felt that had our Law and Legislative Committee followed through in March of 1997, we could have avoided this whole mess. I also felt that the athlete should not be penalized due to the organization not following through. Unfortunately this happens and as a past EC member, I am as guilty as anyone else. It is difficult to keep track of every motion that was ever passed within our organization. At the USA PL Nationals this past July when Wade was reinstated, current Law and Legislative Committee chairman, Lucian Gillis stood up and took the blame. I don't think that Lucian was the chair of that committee in March of 1997, but since our current By-Laws had addressed the issue of following USOC guidelines Lucian indicated that he was unaware of an urgent need to change our laws. I have a great deal of respect for Lucian to get up and say what he did since he was putting Wade's interests ahead of his own.

I was hoping that the EC would review their decision based on the information that Wade and I had sent to them prior to our July NGB meeting. I did not feel that we would be able to change any By-laws but only reverse the decision of the EC. As per our By-laws, the EC suspended the meeting so that they could hold a special meeting at which time they arrived at a solution that would allow Wade and the two other lifters, Beau Moore and Tony Caprari to compete for 2 months until they could review if the IPF was officially allowing it's athletes to compete for money.

I think that there are a few morals to this story. One, before we suspend an athlete, the situation should be very thoroughly investigated. A great majority of our athletes and many members of our EC do not know every rule as outlined within our By-laws. If we have rules that will jeopardize an athletes ability to compete, then we must be sure to inform the athlete, whether it be via our miniature rule book or a newsletter or some other means. We also need to get with the times. By bringing prize money into the sport, we may attract more athletes and sponsors. The only negative would be that it might attract more drug use.

It was nice to see Wade compete at the Nationals. He is a great lifter and just as nice an individual.

LARRY MILLER



I was the first to arrive in Buenos Aires, and expected to check out the local sites on my own. On the way to the elevator I heard two familiar voices ... Kirk Karwoski and Sioux-z Hartwig. Let the games begin! We perused the area, witnessed a mugging, and waited for the rest of Team USA to arrive. After two days of silliness with these two, most of the rest of the team arrived on the bus that took us to Pinamar, a South Atlantic beach resort, popular in the summer months. Our May stay there was during the Southern Hemisphere's fall, leaving the area quite unpopulated. Sioux-z, Kirk, Camille, and Sandy took advantage of beach 4-wheeling, while other lifters enjoyed horseback riding and shopping. Pinamar is approximately 320 km. south of Buenos Aires, but it was the shortest 5 hour bus ride in history. Many lifters from other countries were also aboard and it was a great time to catch up with old friends. Vladimir Bogachev was gracious enough to pop in some Russian competitions on the video. Was this a ploy to psyche us out? We looked, but were unable to decode the secret to their success. A date will soon be set for a Russian Friendship Invitational, and tips from these excellent athletes will surely be worth the trip.

Check in at the lovely Hotel Algeciras was assisted immensely by Team USA's physician, Camille D'Amato. She served as translator and did an excellent job taking care of not only our linguistic needs, but also everyone's aches & pains, multiple weigh-ins, photos, etc. Camille is training hard and has entered her first meet! She has hopes to eventually enter the international arena, but, if she came with us as a competitor, who would take care of me?

Opening ceremonies had Sandy Mobley and I standing up for the United States along with representatives from 20 other countries. 81 women were entered, and though these numbers were a little low for



Elena Yamskich - World Champ at 48 kgs. (photo by Leslie Look)

## IPF Women's Worlds as told to Powerlifting USA by Leslie Look



TEAM USA ... front row (l-r) Sandy Mobley, Sioux-z Hartwig; middle-lain Burgess, Ellen Stein, Harriet Hall, Linda Jo Belsito, Cathy Solan, Larry Maile, Leslie Look, Camille D'Amato; back - Mike Hartle, Deb Ferrell, Liz Willett, P.J. Couvillion, Kirk Karwoski (Sioux-z Hartwig photograph)

the IPF, they far surpassed any other "World Championship". That fact, combined with stricter drug testing, and firm rules is the reason the IPF exemplifies World competition.

44 kilos - lifting began Thursday with Svetlana Tesleva of Russia completely prevailing with a huge 425 kg., 10 x bodyweight total, easily breaking World Records in the bench press and deadlift along the way. Her World Record 95 kilo bench was so easy that she will definitely break it again in the near future. Chun-Ju Chen of Chinese Taipei attained the silver with a successful 8/8 performance to total 385. Chen's squat and deadlift are close to Tesleva, however, her subordinate bench press inflicted a 40 kilo deficit in her total. Finland's Vuokko



Lyudmyla Starova - 114lb. champ (photograph by Sioux-z Hartwig)



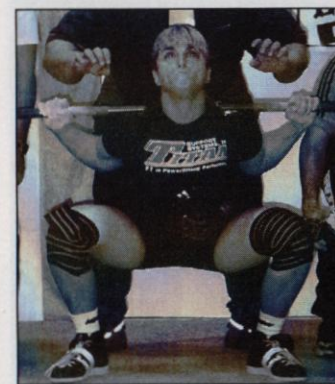
The TOP Two at 123 were Nelubova of Russia (left) in a Sioux-z Hartwig photo and Korte of Germany (right) in a photograph by her husband.

Raija Koskinen of Finland held her second place status finishing 4/9 with 162.5, 82.5, and 155. Raija completed all three squats and deadlifts, but was turned down by the referees for technical errors. When squatting, she looks directly at the ground and has quite a narrow stance. You can't argue with a World Record holder though. If all of Raija's attempts were successful, she would have been nipping at Elena's heels. Thanks to Raija for holding the bus back to Buenos Aires for our team! Without her we might all still be in South America. Bronze was awarded to Chinese Taipei's Hsin-Yi Chou, who went 6/8 with 365 and Christine Guingal of France followed for fourth with 140, 62.5, and 147.5 to finish with 350. Sioux-z Hartwig of the USA finished close behind in 5th, missing several attempts that would have boosted her placing. She vowed to use this as fuel for the upcoming U.S. Nationals.



Sioux-z Hartwig ... (by Hartwig)

52 kilos - Ludmilla Starova of the Ukraine was the only non-Russian to stand atop the podium. (We all know the Russian anthem by heart!) This victory was the closest of the contest as she and the Russian Irina Ayugina



9 for 9 - Ellen Stein! (Hartwig)

has a serious midsection! Chinese Taipei's Hsiao-Li Hsu and Germany's Birgit Fischer fought for silver to the last pull. Hsu was able to come back and make her missed 182.5 second attempt to win by 12.5 kilos. Fourth place Paivi Haapaja (Finland) and fifth place Hilda Dural (Venezuela) had a similar fight to the end, closing with 437.5, and 430 respectively. America's Ellen Stein achieved 6th with a personal best 9/9 performance to end with 155, 85, 182.5, for 422.5 breaking Master National Records in the bench, deadlift, and total. Ellen was a big help while the team got rack heights. She also ebulliently helped the IPF staff with weigh-ins. I think Ellen also broke an unofficial record for most suits checked in at an IPF contest. In seventh was Dutch Master lifter Aly Keizer who ended 8/9 with 410. Argentinean Monica Coronel finished 8th after a close call in the squats making only her third. Canadian travelmate to the US team, Kim Dennis, who had some trouble making weight and in the squat and bench, rounded out the class.

67.5 kilos - This class was host of the contest's Champion of Champions, Marina Kudinova, of Russia. Marina finished with an amazing 622 Wilks points and an outstanding 9/9 performance. Kudinova squat-



Linda Jo Belsito (Mobley photo)

both totaled 450 with Starova winning on bodyweight. Ayugina was the stronger squatter by 12.5 kilos and though she lagged a little in the bench, she was still the leader at subtotal. Bronze was taken by Swedish Riita Liimatainen who made only 1 squat and 1 deadlift, ending with 407.5. Mervi Sirkia of Finland and Bernadette Taillard of France battled for 4th and 5th places with 385 and 382.5, respectively. Stephanie Cornette of France ended just behind making all 9 attempts for 380. The young Venezuelan, Yolimar Cobos, rounded out the class finishing 7th with 355. The USA again did not have an entry in this class. It would help if one of our strong 52 kilo lifters could join us.

56 kilos - This class hosted a new Russian Champion, Valentina Nelubova, as Oksana Belova was absent. Only Sandra Korte and Sandy Mobley were repeat entries from last year. Nelubova sailed to an 8/9, 77.5 kilo victory, breaking World Records in the bench press on her 2nd and 3rd attempts with 128 and 132.5! This tremendous press added to a 180 squat and 175 deadlift lead to her 487.5 winning total. The next three places changed hands many times as the USA, Germany, and Chinese Taipei battled it out. Sandra Korte of Germany concluded her performance with 160, 77.5, and 172.5 for 410 to increase her placing from last year's 7th to this year's silver. Chinese Taipei's Shu-Ting Lin ended close behind with a 4/9 performance for bronze with 405 and Sandy Mobley of the USA was breathing down her neck with 402.5. Sandy was in second at subtotal and her last deadlift would have secured silver. Unfortunately, she twisted her back on her squats and has been fighting off lower back problems for most of her training cycle. Sandy's the quiet one on the team, who knows everything. If Sandy ever writes this article I'm getting a room at the other end of the hotel! Japan's Kumi Kobayashi, with the 2nd heaviest bench of the class at 110, closed with 397.5 for 5th.

60 kilos - Beautiful Irina Abramova powered through 2 World Squat Records to capture this class with 220, 110, and 212.5 for 542.5. Irina's focus didn't falter even after a sizable misload on one of her WR attempts. If she ever decides to retire from powerlifting she could definitely make some money selling abdominal training advice. This woman



ted World Records on both her second and third attempts with 237.5 and 242.5, benched 140, and pulled 212.5 to close with a huge 605. Ukrainian Lesia Guminska earned silver with 565. Argentina's most powerful female, quiet Irene Frangi, captured bronze for her home crowd going 8/9 with 222.5, 112.5, and 212.5 for 547.5. This moved her up a placing from last year. Inger Blikra of Norway also moved up a placing, adding to her total to finish 4th with 512.5. Tied with the same total, but with a heavier bodyweight by .1 kilo was 5th place Cecile Jamin of France. Sixth place went to Kazakhstan's Valida Iskandarova who finished close with 500. America's entry in this class was a last minute no show due to passport and travel difficulties.

75 kilos - Last year's gold medalist Elena Zhukova was nowhere to be found, leaving the door open for Russia's Tatyana Puzanova to claim victory with 237.5, 130, and 220 for 587.5. Next to her was Germany's Daniella Sell who simultaneously moved down a weight class and added 72.5 kilos to her total. After difficulty with the squats, Daniella went on to press a World Record bench on her second and third attempts to achieve 148. While warming up for the pull, her deadlift suit was stolen. She still managed a disappointing 227.5 to finish with a close second of 575. Bronze was battled for by the seasoned competitor Anne Stiklestad of Norway and Chinese Taipei junior Chiu-Hua Hsieh. Hsieh was the victor making one more attempt than the Norwegian going 6/9 for 547.5. Anne's performance was hindered by a ruptured disc in her back contributing to a 5/9 day and fourth with 535. Chinese Taipei also claimed 5th place in this class when the still younger Hui-Chi Chen ended with 465. Two Holland teammates, Mariet Spronk and Joke VanderMuelen took 6th and 7th place with 430 and 407.5. Argentina's Mariela Gimenez trailed for eighth with 390.

82.5 kilos - This class was home to some very powerful females. Last year's 75 kilo silver medalist, Anja Weizkowiak of Germany, moved into the 82.5s and added 20 kilos to her total, but could not overpower Russia's Elena Ignatenkova. Both lifters were 9/9. Elena broke World Records on her second and third attempt squats with 245 and 252.5 then went on to press 142.5 and pull 235 for an astounding 630. Anja, though the stronger deadlifter with 245, squatted 235, and benched 130 for 610. Viktoria Posmitna of the Ukraine attained third with 532.5 and was followed by a light Linda Jo Belsito of the USA. Linda had a perfect day making all 9 attempts for 450. At our Nationals Linda was



German Anna Weizkowiak (Look)

struggling with the passing of her family dog. Strangely enough, during warmups the mirror image of her pooch came in to the venue. Could this have been an omen? The Masters Worlds were held in Argentina in 1998. Many native lifters were pleased to see both Linda and Ellen return for this competition. Monique Hartle of Indiana/Canada ended fifth with 385.

90 kilos - Russian newcomer Irina Lugovaya's 9/9 performance dominated the class with a squat of 245, World Record bench of 163, and deadlift of 240 to end with a huge 647.5 kilo total, the most weight lifted by any woman in the entire contest. I, Leslie Look, of the USA took silver going 8/9, losing my grip on my last DL of 217.5 to end with 540. Although I took second in the class it must be mentioned that I was the gold medalist in the "phase ten" championship. We heavy girls have to keep ourselves out of trouble somehow during the lightweight days! Holy Ned, if you've never seen 5 heavyweight, overly competitive, anxious lifters play cards before a competition - it's a trip! I have to say, I really made out! The bronze medal was awarded to young Chia-Hui Tsai of Chinese Taipei who finished with 520. This strong junior lifter, like many other Taipei lifters, has an amazing arch and superior bench pressing power. She was credited with her opener of 120, and was called twice for insufficient pause and uneven extension with 127.5. In 4th place was new Masters superstar Harriet Hall. Harriet cleaned up with Masters World Records in the bench, deadlift, and total with lifts of 180, 125, and 207.5 for 512.5. One more successful squat attempt would have earned Harriet World Records across the board. Not bad for her first international competition! Argentina's Angela Martinez took 5th place for her home country with lifts of 207.5, 115, and 187.5

(article continued on page 76)



The first APF Seniors of the new millennium was held in the beautiful state of Michigan, June 10-11 at the Van Dyke Park Hotel & Conference Center, in Warren. Big Dan Defelice of the famous Motor City Barbell Club in Roseville directed this year's event. I must take off my hat to Dan who left no stone unturned to make this event a smashing success. With such great promoters as Larry Pacifico, Mark Chaillet and Gary Benford as Dan's role models for excellence of execution he left no doubt in my mind that this competition was far and away the best Seniors I've ever seen. The warmup area was spacious and within a few steps of the lifting area. An overhead projector kept the audience informed. A sign indicating both kilos and pounds made the weight on the bar instantly recognizable. I got all the computerized result printouts following each days lifting, thanks to Jim Hinze, the computer man of Motor City Barbell. Meet programs were free, listing all contestants with their age and hometown and a complete list of APF and WPC Men and Women's records. Big, carpeted, fit-together boxes comprised the victory platform. There were 200 unique meet T-shirts moderately priced at 15 bucks. They sold completely out at the close of the last day's lifting. The equipment looked new and of a superior quality. Ivanko weights were used, the obvious choice of champions in PL worldwide. Dan served as emcee for the meet and did a splendid job of keeping the crowd responsive. Theme music from the popular pro-wrestling superstars fired up the lifters and crowd alike in this top notch affair.

The ladies took center stage on Sunday morning, but I think it only proper to cover them first. There was a light turnout, 11, but they were the cream of the crop. 105 - Lynne Barlow, 40, of Turner, NE



Your Meet Director Dan Defelice

## APF Senior Nationals Pt. I as told to Powerlifting USA by Herb Glossbrenner



Lynne Barlow broke several records at 105.

came in at 104.2 lbs. She sliced through her attempts like a knife through hot butter. On a final SQ she executed a picture perfect 155.5 kg., which topped the record of Doris Simmons (341.7) set way back on July 28, 1990. Following a 171 BP opener; Lynne went straight for that record also, up to 187. Up it came, with hardly a waver. Denied by the judges 2-1, it was an unpopular decision with husband/coach Russ Barlow and others. On a repeat, a noticeable dip in the upward trajectory nullified the lift also. In the DL, Barlow put up 292, then 319, before missing her final try at 330. Her TOT of 833.3 indicates she MIGHT BE tiny, but she's MIGHTY!

At 123, the defending champ from last year was Nance Avigliano, 43, from Burbank, CA. Avigliano looked hard and muscular. An untimely pec tear and surgery had kept her from a deserved World title last year in Calgary. You'd never have known that from the way she lifted here. In the lighter weight categories with the rigors of making weight, etc., one usually improves lifts by small measures. Someone forgot to tell this to Nance. In order she ticked off all three SQs. As opposed to her 325 best from last year, Nance hit 341, 358, and finally a deep 374. This final lift was a new WPC Masters 40-44 World Record erasing the long standing lift set by Diane Frantz nearly two decades ago. She opened with a PR BP - 171 - and missed her groove. After an easy repeat, she topped that off with a great 182 - 2W - a lift she had to fight hard to complete. No slacking off in the DL for her. She opened with 363. Next up - 396 - with effort, a PR by 16. This boosted her TOT to a sky high 942, a full hundred more than last year. The result surpassed the former 40-44 WPC World Masters TOT record of 937 established by Diane Frantz way back on Mar. 28, 1981. She

took a stab at a 402 DL, but her hips came up - no lift. She's aiming to bust the one thousand pound barrier at the Worlds.

132 - Amy Weisberger, 35, Columbus, OH, came in as the favorite, having moved up to this category. Earlier this year she did 450 280 450 1180, the highest TOT in the World All-Time in any organization for women at bantamweight. Shortly thereafter she posted a whopping 292 bench press @ 123. Amy

let her weight creep too high. As a guest in April at the CA APF State Meet she popped a whopping 303 BP @ 141. You can't maintain a razor's edge indefinitely. Yo-yo'ing her weight took its toll. Here, her shirt didn't fit right, and she forgot her backup. Following a 413 SQ she'd stayed down attempting to dunk a PR 452. Then her BP problems surfaced. Her 264 went up, but it was uneven and was rejected. Subsequent increases were also out of sync. Even the best can have a bad day. No big deal for the 7 time WPC World Champ who will rise to greater accomplishments in the future. Amy's elimination opened the door for two hopefuls. Defending champ Vanessa Ware from Hilliard, OH had the feisty Melanie Diamond, 40, from Oceanside, NY, to contend with. Ware was expected to retain her title but ran into a SQ dilemma. Diamond took a huge early lead. Melanie nailed 386, then 402, before missing her 418 lb. last lift. Ware opened with a super conservative 330 and smoked it. Vanessa went to 374 which drew 3R due to a technicality. Confident of her abilities, Ware took 402 for her final lift. She appeared to be plenty deep, but the lift was denied because during the descent, she double



Nance Avigliano ... coming back

dipped. Vanessa could only trim the deficit 11 (from 72 to 61) by outbenching Diamond 237 to 226. Both were equal in the DL, doing 402 each. Diamond found 424 to be too much, while Ware's try with 429 went nowhere. It was an upset win for Melanie 1030 TOT to 970 for Ware.

148 - This class was a three way catfight. Every one of the terrific trio had won National or World Titles previously, but there was absolutely no doubt who was Queen of Queens. Mariah Liggett had a string of victories so extensive you had to research a couple of decades to uncover them all. Mariah took a year off from Seniors action last year and came in with 10 National titles. She's the "winningest" women's world champ in the WPC ever, with 13, and was favored to regain the title she'd forfeited, by her absence, last year to Nancy Dangerfield, 43, from St. Charles, IL. The other foe was Mary Ellen Jerumbo (formerly Warman), 43, from El Paso, TX. Mary, whose other forte is bodybuilding, was bigger, badder, buffer, and tougher than ever. All 3 lifters possessed one outstanding lift. For Mary it's the SQ (WR holder with 529 @ 132). Liggett has no peers when it comes to pushing prowess. Nancy has a bionic back, capable of an astounding pull (WR at 524.71). With husband Terry back on his feet again, Nancy had the time to get into top shape this year. She made all three SQs with power to spare: 391, 424, and finally a great 446 (3W). Liggett, with her usual calm approach began at 441, but got reds for depth. She was annoyed and went up to 474 - good lift. Jerumbo worked herself into frenzied intensity and put all her SQs deep in the hole and roared up like a runaway freight train: 468, 496, and finally a perfect 507. Liggett tried this same weight, but couldn't recover from her wide stance. Mary looked so strong I suggested she give the WR a go. On a 4th attempt she attacked 524.7 to eclipse Liggett's mark by one half kilo. Not to be this day, but it's a done deal next time with more training preparation. Dangerfield continued her run, elevating 3 BPs: 204, 220, then 226. Jerumbo, with a loose shirt and technique, secured 214 and 226 on brute strength alone. She failed inexplicably with 237. With some specialization and a custom fitted Inzer EHD:HP double ply, she's capable of a 275 right now. Liggett put distance between herself and the others, pressing powerfully 275, 292 and she almost had a PR 303. Both Jerumbo and Liggett struggled in the DL. All the better for Nancy. Mariah man-

aged 424, a 2nd round lift. 435 barely budged. Jerumbo got 396, then 418, but couldn't get 435. She'd done 450 a week before in practice to see where she was at. The winner looked to be Liggett who finished with an 1190 TOT. Jerumbo was done at 1151 - would that be 2nd or 3rd? Nancy assured herself a certain 3rd place with her 457 opener (1129). Next she went to 501, an incredible lift. It came up as easy as pie - 2W. One lift remained. Dangerfield needed 523 for victory, but to her the WR was all that really mattered. She gambled on a phenomenal 529. She gave it the works, but the powerful clutch of gravity kept it grounded. Here's is an anomaly. Jerumbo finished 3rd and didn't make the World Team. However, because she was 10 lbs. lighter than her competitors (138.66) she ended up winning the Women's Outstanding Lifter award according to the Reshel formula.

165 - Perennial queenpin Stephanie VanDeweghe was missing in action due to injury. This left two returnees from last year to decide who the new champion might be. Joyce Tacktil, 45, out of Oceanside, NY was 3rd last year (937 TOT), but was now vastly improved thanks to her coach Chris Taylor. Julie Scanlon, 24, of Glen Burnie, MD was runner-up last year and now honed in on the title. Tacktil dunked 374 on a 2nd attempt. She also got all 3 benches, up to a fine 248. Joyce hoisted her 402 2nd try DL for 1025. Scanlon ran away with the win, but got only her SQ and DL openers, 452 and 429. She upped her personal best BP on her final try - 308 - for 1190 and succession to Stephanie's crown.

Krista Ford of Decatur, GA was the only 181 entrant this year. With Julie Havelka absent Krista lifted conservatively. She made a nice 474 SQ, in perfect form, did a 226 BP as a formality, and raised her 457 2nd attempt DL to accumulate an 1157 TOT - small potatoes for her. Foremost on her mind these days is securing a berth on the USA Women's Olympic Bobsled team for 2002. Her goal is to become the first ever African-American woman to win an Olympic gold medal in bobsledding. Krista just signed a contract with Jackie Joyner Kersee's sports agency - Elite International Sports Marketing & Manufacturing Co. Maybe we'll be see a Krista Ford action figure out there in the future.

As a footnote, I'm told that 114 U.S. and World Champ Kim Sommers is retired. I was dismayed that top 181-198 lifter from Grand Rapids - Lynn Boshoven - did not show up in her home state to go for



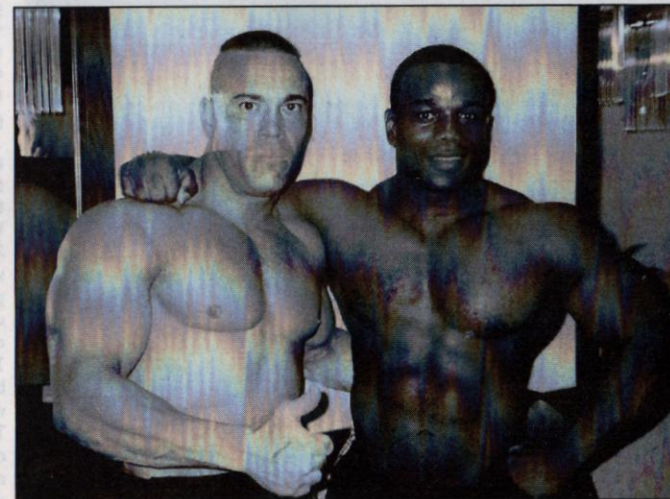
Angelo Berardinelli's 215 kg. bench press attempt was not passed.

a National Title that she's capable of winning.

Last year in Daytona Beach they pulled in 48 entries in the Men's division. This year there were but 40, and but one solitary entry in the first 4 bodyweight categories. That is truly sad. Tim Judge, 41, from Oak Harbor, OH shows up and keeps coming back. Because of this, he captured his third straight 148 lb. title. For the 3rd year in a row, he had only his own will and determination as an incentive, but the result is Tim's gain and every-one else's loss. Still, he put out his best ever performance: SQ - 507 on a 3rd - a successful repeat of a missed 2nd. He pressed up 325, and 358, with a near miss at PR 369 try. Tim DLed 490 on his 2nd try - TOT 1356 - and called it a day.

The 165 lb. class was loaded this year as opposed to two entries last year. With little previous competition, Angelo Berardinelli has been less than inspired since the spectacular 1865 TOT he achieved in Feb. 1998. When the occasion arises, Angelo will rise to the challenge, like early this year when he unleashed a monster 490 BP. He was able to easily capture his 5th Seniors title here without needing

to put up a remarkable performance. Angelo opened easily with 672 in his ultra-wide style. Two tries with 722 pinned him. His main objective was to win and qualify for another World appearance. His 424 BP opener was explosive. He got a big increase to 474 up, but it was crooked at lockout. He DLed 551, then 589 precisely, but missed a 606 attempt - TOT 1681. The return of Joey Almodovar, 34, Oceanside, NY, may provide the motivation that Angelo has been lacking. Joey has been sidelined the past two years, the result of a debilitating auto accident. He still has the heart and gets very serious when he mounts the platform. He's shredded to the max, and apparently was born lacking any fat cells in his body. He SQ'd 600 to begin, then double pumped his 633 and had to repeat it for a good lift. He was flawless in the BP posting a great PR 402 final try. In the DL, he was brilliant also - 584, then 611, though he did not complete his potshot at 628 - TOT 1647 - very good for the first pitstop on his comeback trail. He's on the USA World team now and could be much improved come November. Tom Lavelle, 33, from Cleveland, OH, had a splendid day,



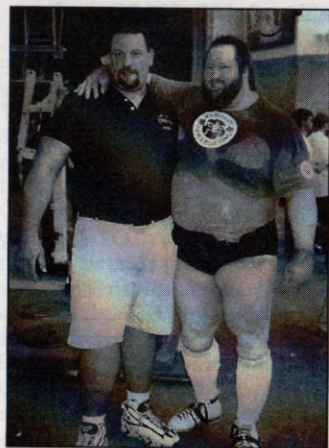
Power Bodies - Joey Almodovar and Arnold Coleman. (Herb photos)

finishing 3rd. His 606 SQ was deep and technically excellent. Tom looked great in the BP, popping a great 429, followed by a 441. His 452 was a hard fought gut buster. Unfortunately, Tom moved a foot, cancelling what was otherwise a great effort. No misses in the DL, and his final lift 562 gave him a 6-9 day and a 1609 TOT for the bronze! Snapping right at Tom's heels was newcomer Rich Salvagni, 22, from Goshen, IN. He had wily veteran Jon Smoker (a Hoosier original) in his corner coaching. Rich had a bit of skittishness in his first Seniors, taking a step before the signal on his 606 opener SQ. His repeat was a 2W success. Then he went up to 633 - a miss outright. In the BP - his specialty - he did 407 strongly, followed by a 435 miss then make. Rich pulled 556 with no problem, but 584 failed to yield. Bringing up the flanks were John Wood, 35, from E. China, MI in 4th. Newcomer Chad Rutledge, 22, from Geneva, OH was followed by 45 year old Lamar Gant lookalike (facially) Art Little of Detroit. Wood chastised his own performance, but did well for the shape he was in, hitting 7-9. Rutledge settled down after two SQ misses to make a 3W beautiful 589 3rd lift. He tagged 330 in BP and nearly pulled 611 in the DL, but it got too far out front - TOT 1482. Art Little had a truly horrendous day with 1383. He'd done a hundred more than that last year.

The 181s had but three contestants. Fabian Wambsgans forfeited the bronze medal early. The 52 year old from Dearborn, MI was unable to satisfy the judges on his 3 tries to subdue a 633 SQ and was gone. Training partner Paul Urchik protested the call, but it fell on deaf ears. Most 52 year olds couldn't roll that barbell across the platform, let alone squat with it. The silver and gold were still there for the taking. Joe Dougherty, 28, from Niagara Falls, NY, had an overwhelming foe to contend with - Arnold Coleman, 35, a personal trainer and genetic marvel from Blacklick, OH. Coleman is the 5th best 181er in US History with lifts officially done 10 AUG 1996 of 782 SQ, 523 BP and 677 DL for 1962. Arnold makes a national appearance only when the notion strikes him. He trained only three weeks on the powerlifts for this meet - yes, he's just that good. Feeling his way into it, his 650 opener was a bit shallow, but he sank it easily on a 2nd. Then, he did 705 just as effortlessly but it was ruled slightly high. In the BP, he blasted 501, then 512 after a warmup of 452. He raised 600 and 650 DLs so easily it was almost

(article continued on page 75)





**850 lbs. of beef on the hoof ...** (left to right) Co-Meet Director Gary Baum (400 lbs.) and participant Steve Brodsky (450 lbs.) Herb thinks one of these guys sat on his camera - which is one reason why we didn't get too many pictures from this contest!

The APF Nationals was held May 20-21 in a large facility donated by the city of Aurora, IL. The equipment utilized had seen a lot of years of use. The bench used for the competition had a large lip on the rack supports. Since there was no platform built into the bench, it required someone tall or one possessing powerful trapezius muscles to lift the bar up and over the lip. On a good note the bench surface was maximum width and hard, which gave solid support. As far as the press signals went no one was individually discriminated against - EVERYONE GOT A TWO TO THREE SECOND PAUSE on the chest before receiving the signal. I'm talking about after the bar is motionless. This continued up to the last session of the last day. By that time everyone was bitching so vehemently about this that a conference among the officials was held and judging became more normalized. I'm a firm believer in adherence to the rules, however it is possible to be too strict and look for the slightest possible minuscule violation. The SQ judging was super strict, but consistent and fair. I heard little complaining about this. The deadlift judging was very sloppy in some instances, while in other cases a gut busting good lift that should have passed wasn't. My vote for the best head judge for the BP in the meet was Maris Sternberg who gives signals the way they should be. The weigh-in times were strictly adhered to with no exceptions. Sunday lifters weighed at the facility. Everyone stood in a long line for a long time, waiting their turn.

Co-meet directors Jim Johnston and Gary Baum were friendly and cooperative to all the lifters. They had a nice weightboard with flip cards designating the current amount on the bar in both kilos and lbs., but no scoreboard or overhead projector. There were 159 participants competing, and I counted only four bombouts.

TEENS - only two lifters in the 13-15 teen division. Matt Schiff made huge jumps in his DL, but got them all (468) for 1008 & 1st @ 165. Russ Flanders went 8/9 to win at 220. In the 16-17 Brandon Matthews captured the 148 title unop-

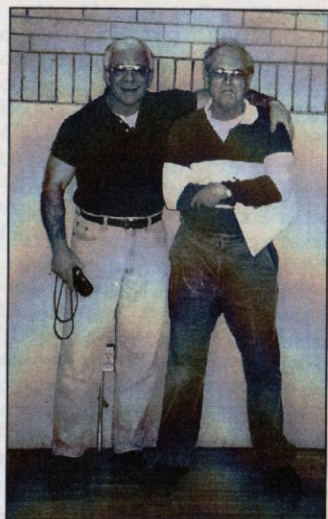
## A.P.F. NATIONALS

as told to Powerlifting USA by Herb Glossbrenner

posed. Ben Flanders, bro to Russ, got 2nd place. After flubbing his SQ opener, Eric Stone made no more errors - 1146 TOT. His 181 rival Kyle Kildow was 22 behind him going into the DL, but pulled out the win with a 462 DL for a 1157 TOT. Ed Simonic token lifted for 3rd this class. Robert Nosek had his way at 148 in the 18-19 bracket - leading to a fine 1113 TOT, a result of his 441 DL pull. From the get go it appeared to be a good matchup between Andrew Huey and Mike Jovanovic at 181. Michael, a Burbank High School Senior, got off to a rocky start, making a SQ 407 opener, but missing two tries at 429 on balance. Huey had the lead, but it evaporated. Arched like a bow, Mike distanced himself with a big 341 BP, a struggle to complete. With an 88 lb. lead, he watched Huey finish the day with a 468 pull for an 1151 TOT. Mike sealed the deal with his 501 opener and went on to complete a tough 2nd attempt PR of 529. Justin Fitz copped the 220s with huge DL increases - all good - 501, 562, and finally 600 for a TOT of 1499. An unfortunate knee injury in the SQ kept James Carroll from collecting gold. Distinguished by his red dyed Mohawk hairstyle, he was unable to continue when the spotters let him get crushed. Patrick Sparks was recipient of the best Teenage Lifter award. At 275 he SQ'd a big 699 and tried 738 to no avail. Following a big 479 bench opener, he took aim at a 502 BP record, missing it twice. He stroked 3 good deadlifts to 622 for a great 1802 TOT.

JUNIORS - Ray Miskell, 21, continues to ride a wave of improvement. The defending WPC World champ @ 123 improved his PR and APF State Record SQ from a month earlier by a whopping 66 lbs., smoking 341 on a 3rd. Ray got a 209 BP. With a shirt that fits, Ray'll do 231-242 right away! He hit a great 402 3rd DL for a big 953 TOT. His result was 314 lbs. better than his victorious sum-

last year. Hoosier Shane Dishman had the SQ heebie-jeebies, and only got a token one in, and then he hit a PR BP (369) and almost got 402! He won the 148s last year. The 198 class saw a great battle, pitting two up and coming stars: Mark Fanone of the Motor City Barbell Club of Roseville, MI, versus Mark Phillips, 20, from Douglasville, GA. Fanone, the AWPC world champ, did 633, 391, 562 for 1587 last year in Vegas. Phillips sat lower to get approval with 661 following his shallow opening try. He dared a record 702 try, but it wasn't to be. Fanone, with thighs like baby oak trees, cranked up 683 to take a 22 lb. advantage. Phillips pressed 352, but no more. Fanone increased his leading margin to 88 with a well executed 418. Phillips looked to have a chance to pull the fat from the fire. He nor anyone else dreamed how improved Fanone was in the DL. Phillips took 606, 650, and finally 672 for the long haul to a 1686 TOT. Fanone took the title outright with his 606 opener. Adding insult to injury, he next made 644, then duplicated Phillips' best lift of 672 for a barnstorming result of 1774! The pair will lock horns again at the WPC Worlds in November. Mark Placek outlifted Josh Murphy by 38 to take the bronze medal (1499 - 1460). All the remaining lifters in the Junior (20-23) division nabbed titles because no one contested them. Justin McShane had balanced lifts at 220 with a 622 DL final attempt for 1526. Jose Garcia looked mighty strong, but secured only 5 of 9 lifts. His 705 SQ, 462 BP, and 672 DL gave him an 1840 TOT @ 242. Jim Garza of Tulare, CA (Ray Miskell's training buddy) has been lifting only 3 months. He captured the 275s and is off to a great start in PL. Ross Aton's aggregate of 1675 captured victory @ 308. All this preliminary lifting set the stage for the leviathan from San Diego, CA - Aaron Ross. The defending WPC Junior World

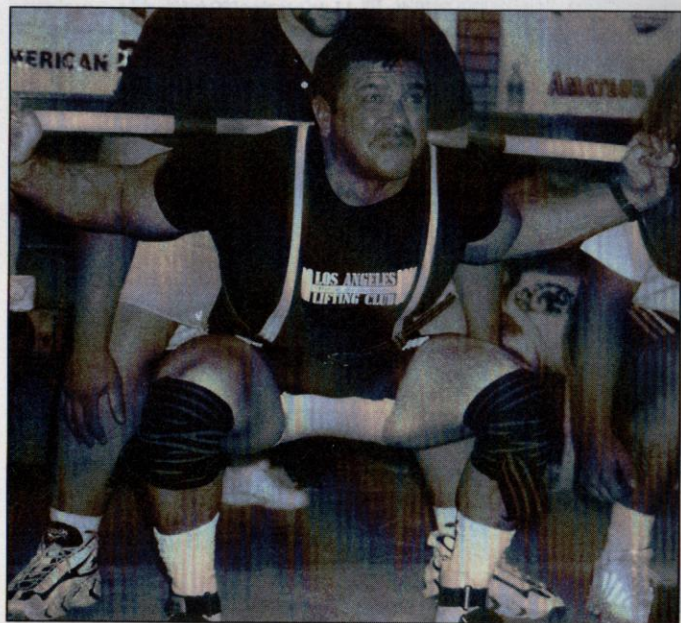


Joe Nickle (left) with Herb Glossbrenner. Joe thanks those who worked the meet, including Jim Johnston, Gary Baum, and especially the spotters, and judges.

Champ came in bulkier than ever @ 350. Aaron had his heart set on a 903 SQ & 2204 TOT and came mighty close. After SQing a 821 opener, he leapt right up to 400 kg. (881.8 lbs.), sank it, and ground right up. He wanted 909, and hit good depth but stayed down. Because of his increased girth his BP shirt didn't work. Aaron struggled with 523, and went to 562 - no soap. I busted his chops so he came back and fought it out on his 3rd try. Aaron is the oldest of fraternal triplets. His brother Darren HATES WEIGHTS and sister KAREN - BAKES CAKES! Ross paced himself in the DL, hitting 694 and 727 for a PR 2177 TOT. Then, it was up to 749, for the 1000 kg. TOT he wanted. It was real close, but Aaron ptered out at the top. He easily won the Best Jr. lifter award. I'm sure my good buddy will fulfill his dream and more at the WPC Worlds this Fall.

SUBMASTERS (33-39) - Mike Robinson looked sharp in winning the 148s. He established two National marks with 507 and 518 deadlifts. Michigan's Greg Ripley came on top of Bedford, IN's Steve Lumpe for 165 honors. Lumpe had SQ problems, needing all his tries to get a 451 on the board. Ripley secured 485 to go ahead. Steve's BP shirt was useless, but he muscled up 303 to 297 for Greg. Lumpe got all his DLs (to 457), but Greg outdid him with 462, and the Michigan lifter was champ with 1245.

Michael Pouliat got a 628 SQ going against Brian Vales @ 181. Vales struggled twice and failed at 595, then jumped to 611 - good! Mike pressed 402 while Vales made up 5 doing 407, but taking all 3 to make it again. After Brian finished with all 3 DLs (562), Mike put the championship on ice with a 600 opener, and won 1631 to 1581. Brent Tracey duplicated his 198 win from last year - TOT 1752. En route he posted two WR benches - 490, then 501. Tony Butson was runnerup to Brent with a 1647 TOT. Tim Weikert secured third. James Kegrice of El Cajon, CA would have surely medaled, but twanged his pec severely enough to retire from the meet. Chris



George Rada of the L.A. Lifting Club with his 2nd attempt 567 squat.

(article continued on page 73)

Winning the 2000 Arnold Classic Bench Press wasn't enough for Glen Chabot, even though it meant the cover of *Powerlifting USA* and big write-ups in *IRONMAN* and *MuscleMag* magazines. Glen wants to repeat as the Arnold champion in 2001, and go on to bench that elusive 800.

## POWER SCENE

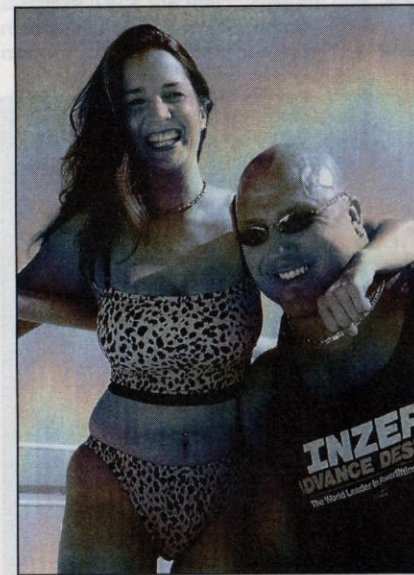
only does two meets a year, and why he does only two attempts at each meet.

As you can see, Glen also had a little time to visit the beach, which is something a lot of powerlifters do in the summertime here in Los Angeles, because Muscle Beach hosts a lot of powerlifting meets each summer. The most recent one was the annual bench meet, and Power Scene went out to cover the action.

To our surprise, we weren't the only magazine on the scene. Teagan Clive and Jerry Fredrick were already there, taking pictures and notes for an upcoming story in *IRONMAN*, so look for expanded powerlifting coverage there. It already has a monthly column on powerlifting written by Peter Thorne, and with its

coverage of the Arnold Classic and the Muscle Beach meet, it should be worth checking out.

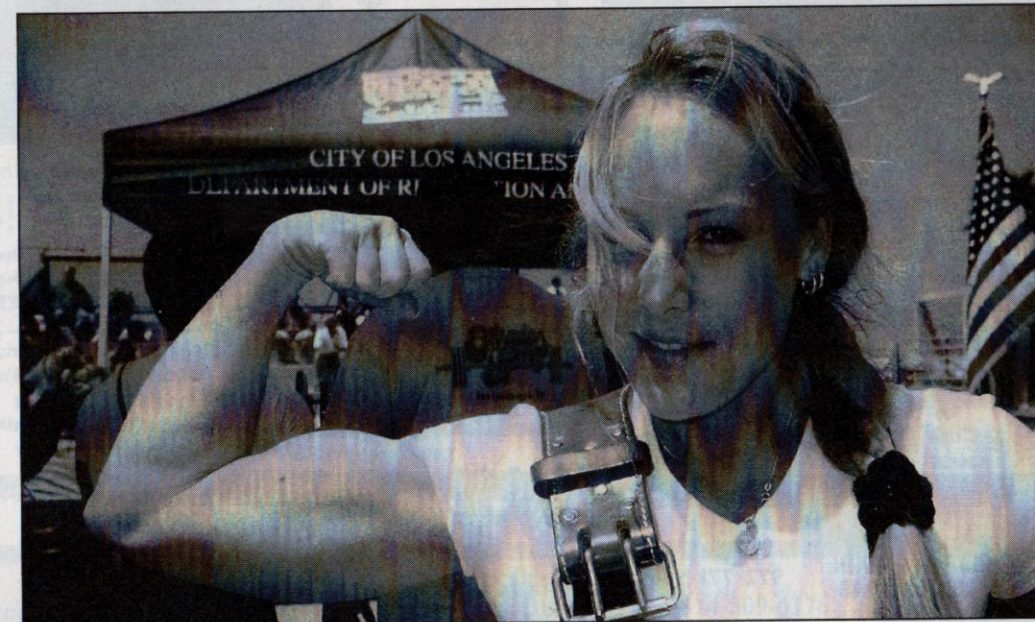
Anyway, back to the meet, where the usual assortment of terrific lifters and Venice Beach oddballs co-exist. Dr. Michael Ludovico was down from Northern California on vacation, conveniently scheduled to hit this meet, and he powered up 507 and 529, weighing only 219. Michael told us about the Palace



Glen Chabot beachin' with Jennifer Mann

We wanted to see what he does to build up that bench press number, and at Gold's Gym in Venice we watched as he showed the video camera what he was capable of. With the assistance of 600 lb. bencher Dave Fitzgerald, and hand-offs from bodybuilding champion (and 500 lb. bencher) Craig Titus, Glen gave a seminar on close-grip benching as he worked his way through sets of up to 500 lbs.

Gold's Gym in Venice has been the setting for many top bench pressers to show their stuff for *POWERLIFTER VIDEO*, starting with Anthony Clark's reverse grip workout in 1992's premiere issue, and since then Ted Arcidi, Chris Confessore, Scott Werner, Rachel Mathias, and Garry Frank have all lifted some pretty heavy iron for the cameras. Glen carried on that tradition nicely, and then sat down for an interview, where he talked about why he does more close-grip benching than regular benching, why he



Lisa Cynkin-Hardy showing her world arm wrestling championship arm (all photos courtesy of Ned Low)

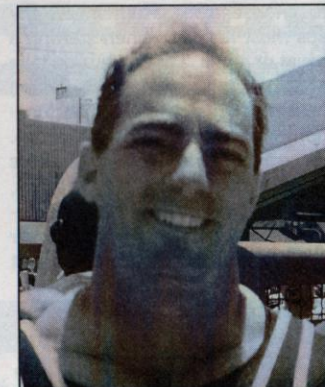
it can't be exactly the same), but it still sounds good, with no mirrors, lots of weights, and lots of attitude.

Dan Wagman hit his 402 opener, and Art Ramsey and Tom Manno hit benches well over 500, with Art posting a 551 and Tom a 584. Doing her first ever powerlifting meet was arm-wrestling champion Lisa Cynkin-Hardy. After training for four weeks at Gold's Gym in North Hollywood with powerlifter Kurt Elder, she hit a 121. Lisa won the 1990 Women's Amateur Worlds, and now is a pro arm wrestler. She says a huge difference between powerlifting and armwrestling is that you don't directly compete against another person in powerlifting, but we forgot to ask her if that was a good thing or a bad thing.

Next time we see her we'll ask, and in the meantime we'll be back next month with more of the good things of powerlifting. 'Til then, keep enjoying the summer, and stay strong. See you on video  
NED LOW



IM's Teagan Clive & Jerry Fredrick



Down South - Mike Ludovico

Gym in Burlingame where he trains, and he described it as a West Coast Westside (with apologies to Louie Simmons, because without Louie,



Dan Wagman at Muscle Beach



When the old Soviet training centers were turning out the greatest athletes in the world, there was one constant: the training of the torso, which included the spinal erectors, rectus abdominus, lats, and most importantly obliques.

If your torso is subpar, you are susceptible to injuries.

Let's start with the abs. Many lifters go by how the abs look. But more importantly is how well they work. If you are looking for a flat stomach and narrow waist, you are looking for an injury.

First try lying leg raises. Keep the reps between 6 and 12. Add weight to the ankles when possible. Pulling a weighted sled with the straps attached to each ankle will work the abs. You can try hanging leg raises, bringing the feet up to the bar that you are hanging from.

Here is another good ab exercise: Lie on the floor on your back. Place a light (5-20 pounds) medicine ball on your feet. With the legs straight lift the legs with the lower abs and hips and thrust the ball over your head to a partner standing by your head. He will then toss the ball back down to your feet. Do 10-15 reps.

Try weighted situps on a decline bench. For the advanced, do straight-leg situps with weight.

A Westside favorite is standing

# TRAINING

## BUILDING THE TORSO

as told to Powerlifting USA by Louie Simmons

ab work using a lat machine. Facing away from the machine, pull a tri-cep rope down to the back of neck, holding the two long ends against the chest. Inhale into the stomach, hold your breath, and bend over. On each rep, inhale maximally and force the hips forward. Start with high reps and light weight. But eventually work up as heavy as possible for 6-10 reps.

These are just a few ab exercises to choose from. Remember, the abs must flex first when starting a squat or a pull. That's why you take a gulp of air before back flexion begins. To teach proper ab function, lie flat on a bench, face up. Place a medicine ball or plate on the stomach, and using only the abs, raise the abs and hold for 6 seconds. This simulates pushing your abs out against your belt. Do not



Portrait of a Powerful Torso ... the one belonging to Mike Ruggiera, who just recently squatted 975. (photograph taken by D. Black)

suck in your abs when you lift! This is dangerous and could cause back injury. Yes there are many people who teach you to hold your abs in. Apparently they learned this from bodybuilders, who incidentally suffer many back injuries. If a ball has no air inside, it can't hold much weight. Blow the ball up with air and it can support very heavy loads. The same holds true for your abdominals.

Use weight, rubber bands, stability balls, etc., for your ab work. When one exercise becomes routine, start a new one and rotate every time its effectiveness is low-

ered.

I won't talk about rotational exercises for the powerlifter, but if you are a player on a field or court, you must do rotational work.

The obliques require a lot of work. Try one-arm dumbbell side press. If you look at pictures of the old-time lifters, you will see incredible development of their side muscles. Here are a few exercises for the obliques: side bends with dumbbells, side deadlift, one-arm

back has flexion, so do many good mornings with a bent back, but try to straighten the back on the way up. Arched-back good mornings build strength for the squat and in holding a sumo position.

For squatting strength, push the glutes to the rear and arch the back as much as possible when doing good mornings. The bar should travel only about a foot. This will teach you the start and finish of a squat. A longer range of motion will build good strength, but not necessarily good squat form.

For those of you who can't keep an arch while squatting, try sitting into a squat and have a partner place one hand on your lower back, or sacrum area, and the other hand on your upper chest. The partner will hold the lower back stationary and gently push back on the upper chest, to cause a super-arch in the lower and upper back. Start with light weight (95, 135, 185, 225 pounds). Hold each one for 15

seconds. This method was first used at the original Westside Barbell Club, in Culver City, CA. Bill "Peanuts" West used this for the deadlift. They were years ahead of their time.

Also try seated good mornings

on boxes of different sizes or straddle a bench, trying to touch your face to the bench. This exercise is not for the thick-waisted.

The combo good morning/squat is done by doing a bent over

good morning as far as you can go and then squatting the rest of the way down to parallel. To raise, extend the back, legs, and hips.

Paul Anderson used to do good mornings with his heels raised on 2x4s. He also used a 6 inch strap around his thighs that was connected from behind to the power rack. This exercise works the hamstrings and very low back. Start light, 1-5 reps for maximum strength, 6-12 reps for muscle building.

Deadlifts and cleans of various types are useful: box deadlifts, rack deadlifts, one-arm deadlifts, power cleans, power snatches, one-arm power cleans, one-arm power snatches. Do 1 rep for maximum strength and very high reps (12-20) for muscular conditioning. We believe in doing one or the other.

Squats using a variety of bars and boxes are beneficial to building the torso. These include squats off boxes of varying heights, front squats, Manta Ray squats, Safety Bar squats, one-legged squats with the back foot supported or

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one-legged deadlifts (builds glutes).  
Try squatting with the bar or dumbbells raised overhead. These exercises provide a lot of spinal erector work.

Lats can be worked with rows of all kinds: one-arm rows, two-arm rows with a barbell, two-arm rows with two dumbbells, chest-supported rows, long-pulley rows. Do lat pulldowns with a variety of attachments, and chins with weight using all three grips. With the exercises listed, bands and chains can be attached to make any exercise much more effective.

Here is how you might design a workout. Do a squat, a good morning, or a pull. Work up to a max single or triple (singles on squats and pulls, triples on good mornings). After the core exercise, do a lat and a lower back exercise and abs, including the obliques. Switch the core lift each week. Rotate the exercises for the lats, lower back, and abs. When your progress slows, just switch to a different group of exercises and progress will pick up again. There is no need to start over when you can switch exercises and continually raise your ability. It won't be long until you're at the top.

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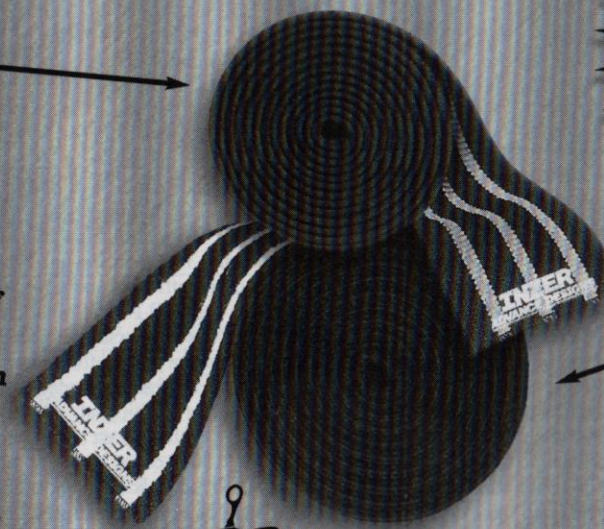
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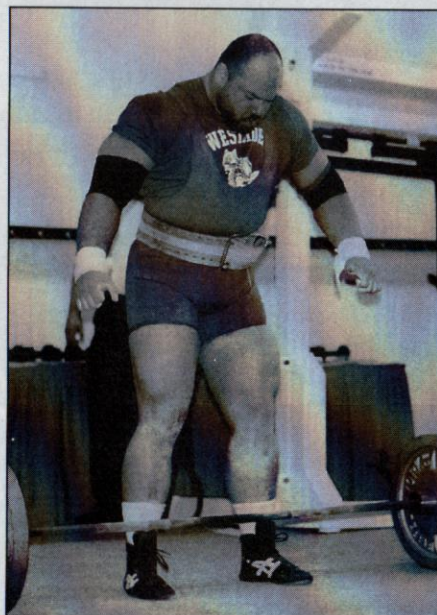
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# TRAINING

## STRENGTH - What It Really Is as told to Powerlifting USA by Dave Tate CSCS



Dave Tate gets ready to attempt a deadlift.

I recently returned from a consulting engagement with a Division 1 football program. I was contracted to review and provide insight on their strength training program. This university had one of the best facilities I had ever seen. They must have had 15 power racks, 15 power bench racks, 15 lifting platforms plus all the latest machines and dumbbells you would ever need. The first thing I thought was, "Man, you could really make a team strong here." At least that is what I thought until I looked up at the wall. They had a list of standard goals to be met by each position. The lineman's goals were to Squat 500 lbs., Bench Press 385 lbs., Incline Press 325 lbs., and Power Clean 300 lbs. I was first amazed at how low the numbers were for a lineman who weighs between 260 and 300 pounds, but - I thought - at least they had standard goals for each of them to strive for. This was fine until I looked further down the wall and saw a chart for all those who have reached this status. I stood in disbelief, as there were none listed. Now I was determined to figure out how this could be.

As I stood there in my disbelief, I overheard two people passing by that were in town for a coaching conference. They were also very amazed at these numbers. I was about to comment, when I learned that they were amazed for different reasons than myself. They thought the numbers were great! Now, I started to wonder "what is wrong with this picture?". After some thought, I figured out what it was. People need to begin to view strength for what it really is.

Strength training simply means the pursuit of being stronger. Somewhere down the line this theory has been lost. Many times there is too much emphasis placed on maintaining strength and not creating it. How can two people look at the same board and one be amazed at how low the numbers are and another amazed at how high they are? To answer this we must look at what I call the personal paradigms of training.

A personal paradigm is the way in which one sees the world behind their own eyes. I once heard this explained through the example of a "map" by Steven Covey author of "The Seven Habits of Highly Effective People." If you were to attend one of my seminars in Columbus, OH and I sent you a map titled Columbus, but it really was a map of Detroit, MI, the first thing that would

happen is that you would get lost and then backtrack to see if you missed a street. After getting lost again, you might give me a call and I would tell you to try harder, and that you should re-read the map. You would reply, "I have read the map, and can't find the streets." I would tell you to take your time and look at it more thoroughly. Well, you would head back out and once again get lost. This time you might head into a bookstore and buy the best motivation book on the market. Now you are fired up and head back out again only to get lost one more time. You see, the problem is very simple, no matter how hard you try or how motivated you get, you still have the wrong map. Until you change your current map, you will be lost. Most coaches and lifters underestimate what strength really is either because they have been viewing what strength is by using the wrong map, or the wrong set of definitions and standards.

In the field of strength training there really are no set definitions of what expectable levels of strength are for individual athletes. What counts are the personal definitions set by the lifters themselves, or the trainer, or the coach. Let me ex-

plain further. Let's assume you decided to hire a personal trainer or coach to train you for your next competition. Your current lifts are: Squat 700 lbs., Bench 450 lbs. and Deadlift 650 lbs. Unless this trainer has a certain degree of strength themselves they may feel impressed with your current level. How hard do you think you will be trained and on what level of knowledge would the training program be built on? This trainer may only be able to bench 300 lbs. and their best current client can only bench 350 lbs., so to him your 450 lb. bench is outstanding. It will make you feel great to receive all the praise from this trainer, but will it help you? Your current level of 450 lbs. may be far under what you are really capable of doing.

One standard goal I believe in for the squat, bench and deadlift that can be used for most power athletes and football players is the TOP 100 in Powerlifting USA. Now I understand that not every athlete is a powerlifter or even wants to be, but I also feel a college or professional football athlete should be able to at least break into the TOP 100 or at least come within 100 pounds of it. Another standard for reviewing the squat and bench press strength are the strength ratings compiled by Dale Harder in his book, "Strength & Speed Ratings" available from Crain's Muscle World. (See Tables).

Keep one thing in mind about powerlifting and please don't misunderstand my point. Powerlifting is a very small sport compared to others and is filled with a majority of athletes who were not good enough to play football, basketball, baseball or any other high profile sport past the high school level or those who are retired from those sports (past their prime). Yes, many lifters are suited for the sport, but not as many as one might think. Take a close look at many of your TOP 100 lifters. Only a small percentage of powerlifters are suited for the sport, most have average structure. This does not mean that powerlifters do

not train hard for what they have achieved. I believe they train harder and smarter than most coaches and trainers are currently training their athletes in terms of maximum strength development. Think about this for a minute and you will see my point. A Division 1 athlete has reached that level because of their genetic disposition and the hard work required to reach that level. They are the cream of the crop or some of the best athletes in the country. Now why is it that these best of the best athletes can't even come close to those powerlifters that were not regarded as the "best of the best" or "past their prime?"

Is it because the powerlifters have better facilities? Most train in garages, key clubs and local gyms while division one athletes train in multimillion dollar complexes complete with physical therapy centers and the best equipment money can buy. Better coaching? How many powerlifting coaches do you know of? I can think of about ten. Now how many strength coaches and trainers are there? There are about one or two strength coaches for every school, now including high schools, and thousands of Personal Trainers.

Why the difference in strength? There are a few reasons I can think of, but the one that comes to mind is the comprehension level. A powerlifter may think they are strong until they go to a local meet and find out they may not be as strong as they thought. So they head back to the gym and reevaluate the program and start back to work with a new definition of what strength is. Then when they build themselves up to a higher level and compete at their first national competition, and they find out again that they still are not as strong as they thought and need to change their definition of what strength is. The best lifters are the ones who are always in a constant process of trying to push it up to the next level, they are always redefining themselves. If you listen to these lifters you will almost never hear them say they missed a lift because they were not strong enough. What you will hear them say is that the bar fell out of the groove, the equipment didn't fit right, or they had one lagging muscle, but never that they were not strong enough. Being stronger is a forgone conclusion and is just a matter of putting it together. For a novice lifter, coach, or trainer, you will hear they were not strong enough or that they just don't have the strength potential or genetics. There are no "new definitions" being made.

Another reason for the strength difference is that many coaches and

trainers feel that a 400 pound bench press and 500 lb. squats are unnecessary for sports performance. I ask, is not all strength based on maximal strength? Plus, if you are spending time in the weight room should that time not be devoted to getting stronger? Why spend valuable training time just maintaining strength? It makes no sense to go into the weight room to work on maintaining strength when the same time could be spent on developing strength. I do understand that there are many components of fitness when it comes to the total development of the athlete and that maximum strength is only one of them. A training program for a client or athlete based solely on maximum strength development is a major mistake. You must also address flexibility, endurance, mobility, agility, speed and many other components. I believe these components need to be trained and are all affected by the total absolute strength you have. In other words, all things being equal, the stronger athlete will win.

So how then can you change your definition of strength?

1. As a powerlifter you must train with a group of other lifters. Having good training partners is a vital part of the process. Very few ever reach the top by themselves. You should try to get with a group of lifters who are stronger than yourself. This will reinforce the belief that it can be

done when you see it being done time and time again in the gym. I used to feel a 600 lb. bench was a big bench until 8 people in our gym (Westside Barbell) did it. Now it seems to be in reach for anybody who believes it can be done.

2. As a lifter you must compete: have you ever noticed the biggest attitudes are held by those who only lift in the gym? These lifters believe they are the biggest and best out there. Why is it that the lifters who compete at the highest levels do not possess these same attitudes? I believe it is because to compete at this level they have all been humbled many times and realize that there are many strong lifters out there and they are only one of them.

3. As a coach or trainer, you must work out. You would think this is a given, but it is not. There are many trainers and coaches out there who have the credentials on paper and wear them as well, but there are still far too many who only have credentials on paper. I wonder how you can teach strength if you have never possessed it in the first place. I overheard a top trainer giving training instructions to an 800 pound squatter on what he had to do to fix his technique. I would venture to guess that this trainer's best squat ever is around 400 lbs. Having done an 800 lb. squat I can tell you there is a big difference in what you have to do to squat 800 lbs. compared to 400 lbs. I am not saying

that all strength coaches and trainers need to squat 800 pounds, but they should at least know what it feels like to lift maximal loads. I was always brought up with the belief to never ask someone to do what you would not do yourself.

A second point about this topic is the value of respect. You will gain greater respect from your client and coach if you are practicing what you preach. This is best done if you have the opportunity to train with the client or team. Let them see the intensity you put into your own training and you will get the same intensity back. Come to Westside and view the intensity of the training. You will notice that Louie is right in there, banging away with us. Would that same intensity be there if he was not training? If you look at the recent success of Westside in the past five years, it directly relates to the time when Louie started his comeback. Think about it!

4. Check the PL USA TOP 100. As mentioned above, show your clients and athletes these lists. Let them know that they can reach the same strength level. Praise them for all personal records while encouraging and recognizing their potential to reach even higher goals. In comparison to the lineman's goals at the beginning of the article, the last numbers on the TOP 100 for the 275 lb. weight class last year were a 700 lb. squat and a 507 lb. bench. If this doesn't inspire the

athlete to strive for bigger numbers, let them know that the goals of a 500 lb. squat and 385 lb. bench would not even break the TOP 100 for the 165 lb. weight class. With this in mind, are those goals solid goals for a lineman weighing 275 to 300 pounds in a four year program?

5. Believe in yourself and act as if you do. This goes for both the powerlifter and coach. If you tell them to act as if they are the strongest team in the league or you act as if you are one of the Top 10 powerlifters, then you are on the right path. Act as if you do, means to do the same things they would do. Do they spend time in the gym training on solid programs? Do they research and read everything they can on strength? Do they have a positive attitude? Do they never skip workouts? Do they look to those who are better than them for guidance? Do you?

Vince Lombardi once said "I firmly believe that any man's finest hour - his greatest fulfillment to all he holds dear - is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious." Do you want to lie on the ground victorious or with your face down in the dirt?

Dave Tate, CSCS,  
Elite Fitness Systems

### Bench Press Ratings by Bodyweight

Body wt.	114	123	132	148	165	181	198	220	242	275	SHW
World Class	215	253	300	355	400	435	462	492	525	540	560
Natl. Class	175	230	275	340	380	420	450	485	515	529	540
College Star	160	180	200	250	300	330	340	350	375	390	400
Coll. Letter	140	155	180	200	250	275	300	315	320	340	350
HS Star	125	140	170	190	200	215	225	230	250	270	300
HS Letter	115	135	150	180	190	200	210	220	225	250	275
JH Star	90	100	135	160	180	190	200	210	220	230	240
JH Letter	80	90	115	130	150	170	175	180	185	190	200

### Squat Ratings by Bodyweight (thru August 96)

Body wt.	114	123	132	148	165	181	198	220	242	275	SHW
World Class	330	380	450	515	585	605	675	722	738	755	793
Natl. Class	270	325	385	501	556	600	655	698	710	730	775
College Star	235	300	350	425	470	500	545	570	585	615	640
Coll. Letter	205	265	310	375	405	425	460	470	480	490	500
HS Star	180	240	270	330	360	380	400	425	450	460	470
HS Letter	160	200	235	250	270	280	290	300	320	340	360
JH Star	135	175	200	220	240	250	260	270	280	290	300
JH Letter	115	150	165	180	190	200	210	220	230	240	250

Dale Harder, author of "Strength & Speed Ratings"



Let me tell you about my good friend David Brundage. At 6'5", 275 pounds of rock hard muscle, David is one of the biggest and toughest guys this side of the Mississippi. But just between you and me he is a real Teddy Bear. I am serious! He is a strange mix; big and powerful, yet kind and gentle - the kind of guy who could crush your head like a walnut, but who is too compassionate to kill a fly. That may sound crazy, but it is true. As big and tough as he is, that is how gentle and kind he is.

Let me say this too, that potentially David is one of the greatest athletes I have ever met. Over the years I have trained with some of the best athletes in the world and David has as much latent ability as any of them. He is perfectly proportioned with thick dense muscle and he has incredible quickness and agility for a big man. With minimal effort David could be playing in the NFL or lifting world class poundage in powerlifting or Olympic lifting. He is that gifted genetically. I am telling you the guy has world class written all over him.

Not only is he a great athlete he is also extremely intelligent, articulate, and artistic. Actually he is a first rate musician. More importantly though, he is a wonderful person. He is so gracious and so loving and so full of wondrous things to share. His entire life is one of good will, as

## Dr. JUDD

### A SLEEPING GIANT

as told to PL USA by Judd Biasiotto Ph.D.

I would like my life to be, and as I would hope that you would like your life to be also.

To put it briefly David has it all, brains, brawn, and temperament. In this world, he is as perfect as you could imagine, he has a magnificent body, a beautiful mind, and a loving disposition, but to hear David tell it you would think that he was the biggest, dumbest wimp who ever walked the planet. It is sad but true. Guys will walk up to him in the gym and say, "Man you are awesome!" And do you know what? David will say something like "Man, I'll never be any good." He won't give himself any credit. He will do the same thing when someone compliments him on his intelligence, or artistic skills. He is always putting himself down. To be honest it drives me crazy. This magnificent human being somewhere along the line got this idea that he is so much less than he really is. He is a giant among

men, yet he perceives himself as being substandard. The problem is, if he sees it that way then that is what he is.

I am just praying that one day he opens his eyes and sees things the way they really are. I'm hoping that he will recognize his true splendor and grandeur. And I am yearning for the moment that he perceives his potential to do wonderful and magnificent things with his life. When that happens a sleeping giant will emerge, I promise you that. You will behold a man that will reach out and touch the pinnacle of greatness. Unfortunately, that day may never come unless David changes his mindset. In order to reach greatness you have to believe that greatness is attainable. As Jesus Christ said, "As a man thinketh so is he". This is a law that we all need to comprehend.

Now let us be honest; we all have voices in our heads that under-

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

There is a very enlightening Indian fable that I love to tell. It is about a young brave who took an egg from an eagle's nest and put it in a chicken's nest. When the egg hatched, the eagle thought he was a chicken. As the eagle grew up among the chickens, he learned their way of life. He pecked the ground for food, scratched the dust, and made vocal sounds like the chickens he lived with. One day to look toward the sky and saw an eagle soaring above him. He flexed his wings and said to his mother, "I wish I could fly like that." "Don't be silly," his mother said, "you're a chicken; only eagles can soar so high in the sky." Feeling foolish and convinced that his desire to fly was futile, the eagle went back to scratching and pecking in the dirt. He had, for all practical purposes, become a chicken - because he believed he was a chicken. Never again did he question his role on earth.

It is all a matter of perception. When the eagle couldn't fly, it wasn't because he didn't have the natural ability, but rather because his belief was, "I am a chicken, and chickens can't fly." In order to fly, he needed to alter his perception of himself. He had to recognize his God-given abilities, and/or change his mindset concerning these abilities. He had to BELIEVE!

Although our perceptions of reality determine what we believe, what we believe determines what we are and will become. As human beings, we tend to act appropriately to what we believe to be true, regardless of what is actually true or false. In other words, we are a product of conditioning in much the same manner that a computer is the product of its programming. As they say in the science of cybernetics, "Garbage in, garbage out". It is that simple. With that in mind, we need to rid ourselves of negatives. Rid ourselves of words like can't, never, no, hopeless, and impossible. These are words for fools, not intelligent people. We need to erase such words out of our vocabulary. Never say never! Hopeless - nothing's hopeless ... impossible - nothing's impossible!

## 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 heard that if you eat carbohydrates along with protein, it impairs the digestion of protein. Several people have told me I should alternate a carbohydrate meal with a protein meal. What do you think? **Tom B.**

**DEAR TOM:** I've heard this kind of nonsense ever since I was a teen - "Don't eat carbs with protein, don't eat protein with fat, don't eat fruits with vegetables, and don't eat anything with anything else" - First of all, let me tell you that that's no way to live. You're so worried about what to eat with what, that it's hard to find the time and energy to do anything else. The next thing I want you to realize is that your digestive system is both tough and versatile. It can handle practically anything from baby food to pulverized rocks (although I wouldn't make a habit of the rocks - talk about something that's "heavy on your stomach"). And it's built to efficiently handle a wide variety of nutrients all at one time.

A recent study adds some fuel to my fire (*International Journal of Obesity*; 2000; 24: 492-496). Although it looks at combining foods while dieting, the conclusions of this study apply to the effect (or lack of effect) of eating different macronutrients at different times. In the study, researchers at the University Hospital in Geneva, Switzerland found that a diet in which different types of foods were consumed at different times of the day was no more effective than a standard low-calorie diet.

So much for those fad diets that recommend that people avoid consuming fat and carbohydrates in the same meal. I've always ridiculed diets that say you should eat a hamburger without the bun, and consume the bun or other bread later in the day. Now a new study suggests you might as well enjoy the whole burger in all its glory.

The researchers admitted 54 obese people to the hospital and divided them into two groups. One group was placed on a standard low-calorie diet (the balanced diet) while the other consumed a similar calorie diet, but avoided eating fat and carbohydrates in the same meal (the dissociated diet). The participants exercised for two hours daily. At the end of the six week program those on the balanced diet lost the same amount of weight as those on the dissociated diet. Both groups had a similar loss of bodyfat and an identical reduction in blood sugar, cholesterol and insulin levels. The bottom line here is that if weight loss is what you are after, it

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is not how you separate your food that matters, but what and how much you eat.

My advice is not to worry about whether or not your body can handle a variety of nutrients at one time. It can. Instead concentrate on eating a healthy diet, increasing your protein intake, exercising properly and using the most effective nutritional supplements. Your body will thank you for it.

Mauro Di Pasquale M.D.



**Awakening the Sleeping Giant Within...** On Saturday night, January 29, 2000 A.D., at the Ali Ghan Shrine Club Banquet Hall, Gary Shanholtz made not only Cumberland, Maryland and Allegany County history, but also Powerlifting history. Gary received one of the top awards, the Recognition Award, from the Dapper Dan Committee, for his 1999 A.A.U. World title as a 198 pounder, as a Master lifter (age 47), with 4 world records in his 32 years as a lifter. (photo by Glenn Murphy Jr.)

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Apr. '94 Powerlifting USA  
By LOUIE SIMMONS



I would begin this with "At the risk of causing some difficulty...", but there is no doubt that my following statements will cause "difficulty". Some lifters are going to be down-right over the top. I would like to state very definitively, that in my opinion, the worst thing that happened or could have happened to the barbell squat as an exercise, was making it a competitive lift. Before reflexively shaking one's head and assuming that once again, "Dr. Ken is stuck in 1956", give serious thought to some very obvious points. While I have in the past made similar statements regarding the squat and while others have made the point that the squat should no longer be a part of powerlifting competition (does everyone recall the infamous "Ban The Squat" article in *PL USA* by Hugh Cassidy?), I am referring to the effect that training for competition has had upon what should be the most important and effective exercise one can do.

This was brought to mind while I was adjusting a patient earlier this week. The gentleman is a good local lifter, competitive in his class in contests ranging from New Jersey through New England. He stated that the evolution of lifting equipment has finally reached the point of absurdity. This he decided, when

## More From Ken Leistner

he walked into his gym and made the observation that one of the lighter lifters had a suit that was so tight, made of material that was so intractable, that "the other guys had to hang him from the squat rack. They had him hanging from his straps to get him deep enough into the suit. Three or four guys just couldn't do it. He looked just like a provolone hanging in the Italian deli!" I cracked up at the imagined sight of this lifter, literally hanging off the squat rack, feet dangling in the air, trying to get into the lifting suit, and, yes, it brought to mind hanging meats and cheeses. We both expanded the conversation and I recalled clearly, that everyone who gave me lifting advice from 1960 on, always told me first and foremost that I had to squat. The squat meant a barbell squat, of course, as there were no available machines that mimicked the move-

ment. A hack squat was still done holding the bar behind the buttocks and the so called Hack Squat machine was just starting to come into vogue. A leg press referred to a vertical or what is today called an inverted leg press, but for those seeking the highest levels of strength, one built the program around the barbell squat. These were done as the original name suggested, "deep knee bends", by lowering oneself so that if possible, the hamstrings contacted the calves. While most could not get quite this low, what is now referred to as an Olympic squat (most powerlifters do "high bar" squats no lower than the depth they usually squat to with their usual stance) was standard procedure. Thus, it was expected that one would descend as low as their levels of flexibility, structural leverages, and previous injuries allowed. This was not, as is implied all over the

internet, a test of "manhood" with only the "real men" descending as far as possible, but "just the way it was done", no more and no less. It was understood that one would work "more" muscle tissue by going through the fullest possible, safe range of motion so everyone I knew tried to squat deeply. If you note the range of motion for most lifters in any gym, they squat only as low as they feel they need to in order to get three white lights. You very, very rarely attend a meet where a coach is yelling, "no, no, you're going too deep". If anything, the majority of the lifters either don't squat deeply enough to satisfy the judges or are concerned about getting enough appropriate depth in their descent. Training mimics competition. Training is done with shallow squats, meaning squats that may be contest legal, but often are not and certainly, fall far short of one's possible full range of squat motion.

Squats were considered to be a great exercise, "great" because it was effective in stimulating not only increases in the muscle tissue size and strength of the involved hip and thigh musculature, but because it seemed to stimulate growth in one's overall body, in many muscular structures. Even Arthur Jones, developer of the Nautilus machines, many

times made the statement that squats, done with a barbell, "were a miracle machine" due to the potential gains one could accrue. For any athlete or lifter seeking to gain muscular bodyweight, the standard advice for decades was, "do high rep squats". This referred most often to sets of twenty reps, although the number twenty was neither set in stone, nor possessed of any magical qualities. Simply, full range barbell squats, done for reps in the fifteen to thirty range, stimulated growth if one was progressive in the weight increases and consistent over time. Their was no concern that "science" dictated that one did not "build strength" doing these higher rep sets. If you did them you understood that you not only became stronger in the involved musculature, but stronger overall. You stimulated tissue growth, not only in the involved musculature, but overall. You had the added benefit of a sustained period of induced deep breathing and an elevation in heart rate. The elevation in heart rate was sometimes extreme and over time, with consistent application of high rep squats, provided a number of health related benefits.

As an exercise used to prepare one for competition, a competition where one performed one maximal effort in the squat, training became

tailored to that outcome. Thus, when squats were done, in addition to limiting the range of motion, purposely limiting the range of motion, the reps rarely exceeded five in any set and most often, ranged from one to three. This was done to train more "specifically" for the competition squat. Unfortunately, using lower reps consistently mean utilizing heavier weights consistently. For many, this produced more exposure to risk of injury than the performance of higher reps with a relatively lighter weight. No benefits were received for stimulating the heart and lungs, relative to those seen with higher rep sets. With the advent of squatting attire, another variable was thrown in.

There are those like Rickey Crain who state that a lifter, if training heavily, and I'm paraphrasing here to make a point, should always wear some sort of support attire. This may mean and may range from the supportive undergarment to a lifting suit that may require one to three individuals to get into. It means a large, supportive belt and knee wraps to most. Certainly, if you are competing against others wearing the attire, you are at a severe competitive disadvantage if you don't and I believe one should either join the fray and dress appropriately, or go into the meet with



the understanding and acceptance that they're probably going to get their ass handed to them. If you are going to compete wearing the supportive attire, you certainly need to train in it, if not all of the time, certainly during enough of your training sessions to be able to know with some accuracy what you can do while wearing it and being comfortable while wearing it. This means many and, for some, almost all squat workouts are done in the supportive workout attire, in full or in part. I'm not making a case against the equipment at this time, but there is certainly more muscular stimulation if one does not wear a supportive suit, belt, wraps, and underwear.

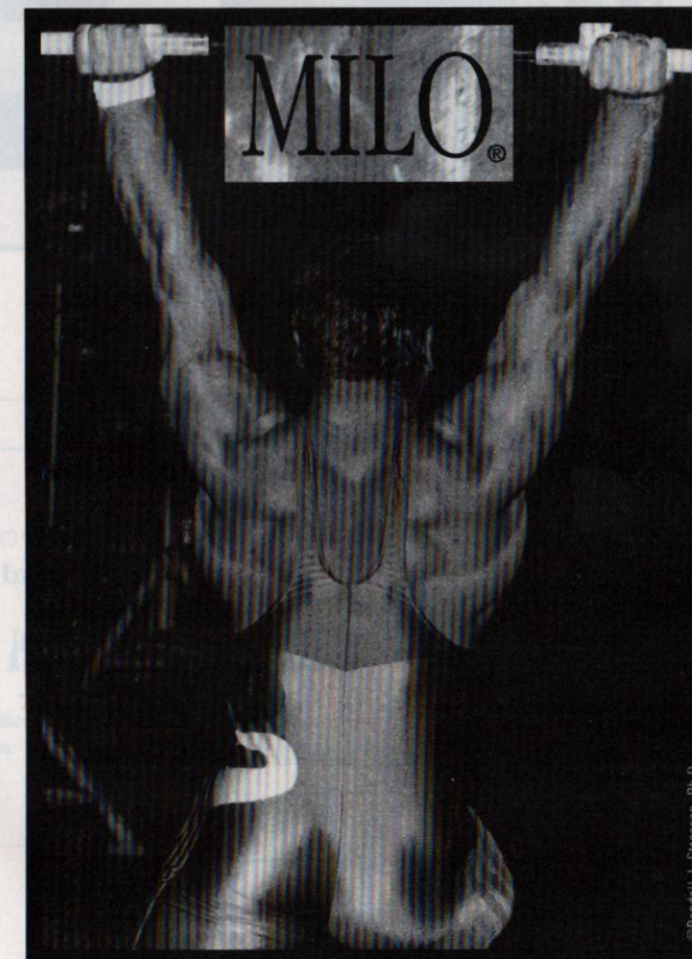
Where at one time, the deep knee bend was done as the most important and effective exercise in the gym, in any gym, it is now done for low reps, wearing supportive equipment, through a partial range of possible, safe motion. While a case can easily be made that a

competitive lifter must train like this, at least part of the year or while preparing for a meet, most non-competitive trainees, most with absolutely no intention, no aspirations, and no possibility of ever entering a powerlifting contest, have also adopted this exact mode of training. Extend this to the deadlift too, at least in terms of reps per set, sumo style lifting which was designed to improve leverages in order to lift "more" weight, and supportive equipment in at least the use of a belt. The deadlift too was used as an exercise, another effective one that worked "a lot" of muscle tissue. That was the purpose of including squats and/or deadlifts in any program. It was an opportunity to work large muscle groups with one exercise in a manner that would leave the trainee fatigued, but stimulated, at the end of the set. You don't see this anymore, or at least rarely, because everyone seems to train the squat and deadlift as if they were preparing for a contest, with low reps and leverage techniques designed to utilize more work, while perhaps not best stimulating the most growth or strength increase. Is there an answer? I can suggest a bout of high rep training part of the year, but most won't want to hear about it.

Dr. Ken Leistner



On Monday, April 24, 2000, Dr. Ken Leistner was presented an award by the Lakeview Youth Federation for his twenty five years of dedicated work with the organization that provides services to youth at risk in the Lakeview-Malverne communities. Dr. Leistner also received citations from the Tow Of Hempstead for "three decades of dedicated service to youth of the Tow Of Hempstead" based upon his many and various community oriented activities that has focused on the development and enhancement of adolescents. The presentations took place at the Derrick Adkins Classic Track and Field meet. From left to right are: Dr. Ken Leistner, Councilwoman D. Coolsby, LYF founder C. Nanton, Olympic Champion Derrick Adkins, Presiding Town Supervisor R. Guardino, and former college teammate of Dr. Ken - Councilman C. Fisher.



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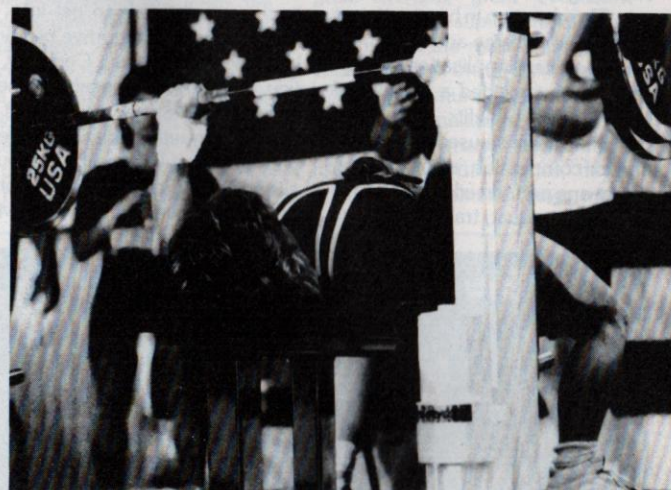
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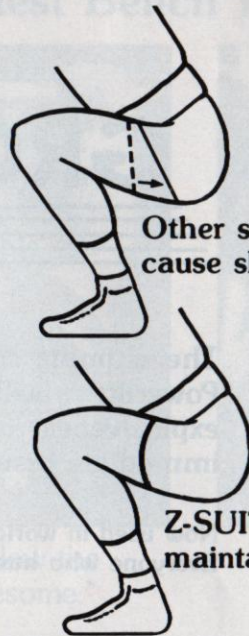
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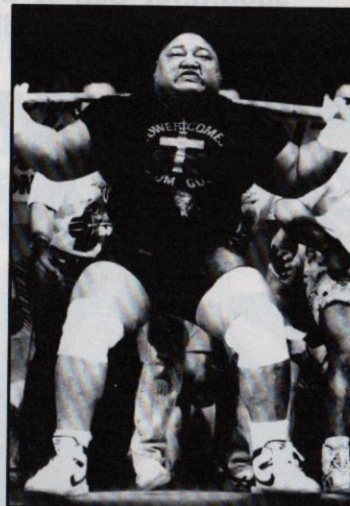


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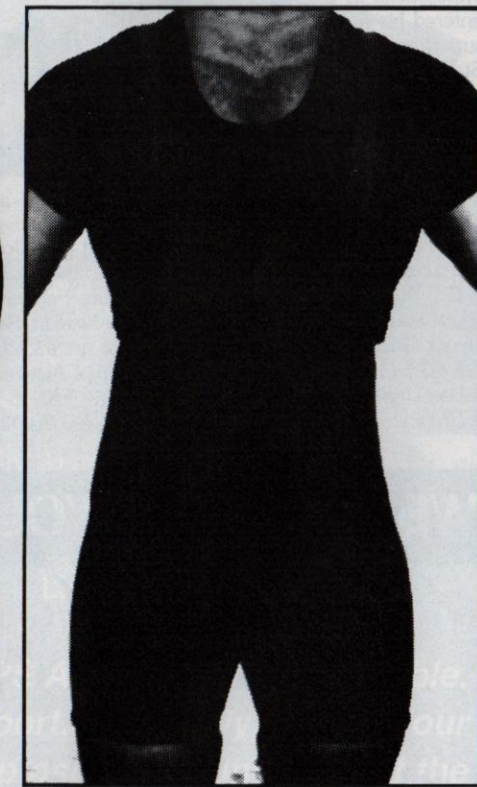
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One of the biggest men at the 1999 World's Strongest Man contest in Malta was the giant Samoan, Joe Onosai. At 6 ft. 4 1/2 in., Joe weighed in at an incredible 186 kg. (410 lbs.). Joe is the epitome of the gentle giant -- quiet and softly spoken out of competition but a fierce competitor on the powerlifting platform and in the strongman arena.

Like the majority of successful strongmen Joe has a very strong powerlifting background and, indeed, considers powerlifting to be essential in gaining the basic strength for strongman events. Joe has every right to speak with authority as his credentials in powerlifting are impeccable. In October 1993 Joe entered his first meet as a novice superheavyweight in the Hawaii State Powerlifting Championships and totaled an outstanding 1962 lbs. (890 kg.). By April of 1994, Joe had bumped that total up to 2061 lbs. (935 kg.) and in doing so won the American Drug Free Powerlifting Association's Lifetime Drug Free Nationals in Baltimore. In July of the same year Joe entered the A.D.F.P.A.'s Open Nationals and again won at superheavyweight via lifts of 777 573 705 for a 2055 lb. (932.5 kg.) total and defeated excellent lifters such as Vae Mafuli and John Binkowski in the process. This

## The Strongmen Interviews JOE ONOSAI by Derek Cope



Joe Onosai - a leader in football, powerlifting, and strength competition

result gave Joe the opportunity to lift at the World Drug Free Powerlifting Federation World Championships in September 1994 and Joe got a 2nd place to the Russian Sergei Alexeev via 777 534 688 = 2000 lbs.

Since that time Joe has increased

on all three lifts and now has lifts of Squat - 843 lbs. (382.5 kg.), Bench - 628 lbs. (285 kg.) and Deadlift - 722 lbs. (327.5 kg.). In the interview conducted for PL USA Joe stated that for powerlifting he uses peaking cycles comprising of 10 to 12 weeks in length. Encompassed within the cycle are three phases: a conditioning phase, followed by a strength phase, and ending with a power phase. Typically a cycle will begin with poundages that equate to 60% of his 1 rep maximum lift and then Joe will gradually work through the cycle and by the end of the 12 weeks will be handling poundages that equate to 90% of his 1 rep maximum.

Joe made the point that his training differs when preparing for strongman contests and said that he trains more like a football player than a powerlifter. Once more, Joe can speak with authority as in his senior year at college Joe was nominated Offensive Player of the Year with the University of Hawaii's football team and ended up playing for the Dallas Cowboys. While with the Cowboys he was side-lined with a bad neck injury and used powerlifting to rehabilitate himself. Football's loss was powerlifting's gain.

So what does Joe change in his training schedule when training for strongman events? Joe commented that he substitutes the incline press for the bench press as he feels that the incline press is more applicable to movements currently contested in the strongmen arena.

Regarding leg and back power Joe employs the power clean and high pulls to build explosiveness off the floor and can power clean poundages in excess of 400 lbs.

Although Joe rarely deadlifts off the floor, the deadlift is worked hard in the rack from different heights and, prior to the World's Strongest Man in Malta, Joe hit a 925 lb. (420 kg.) double from just above the knees. To train the grip Joe will work up in poundage as far as he can before using straps.

Interestingly, Joe's repetition range is dependent upon how he views a forthcoming strongman competition. If Joe feels that a contest is comprised mostly of power events he will employ heavy weights in his preparation for low repetitions. If he feels that a contest is comprised more of events demanding speed or explosiveness, Joe will use slightly higher repetitions in his preparation.

It is a fact that a number of events at World Strongest Man level require a competitor to display a good level of cardio-vascular fitness. Recognizing this, Joe uses sprints, shuttle runs, treadmill and bike work in his routine. In addition Joe trains hard at loading events and will race a training partner on loading to provide extra incentive. With the varied and amount of training that Joe does, overtraining can be a potential hazard but Joe recognizes this problem and knows his body now so that training intensity is backed off if he feels over-trained.

Regarding his diet Joe does not need to force feed to maintain his bodyweight and, in fact, would like to come down in bodyweight as he feels that his optimum bodyweight for strongman contest is around 165 kg.

Regarding the future Joe stated that as long as he feels he is competitive he will continue and yes, Joe still has ambitions in powerlifting; a goal of 700 lbs. in the bench press was mentioned in the interview and Joe definitely feels he has the ability to accomplish this goal.

Along with his training Joe keeps busy as a pastor in Hawaii and endeavors to help youngsters stay on the right path. To this end Joe will perform a strength exhibition and then, having won people's attention, will give a motivational talk. For his inspiration Joe mentions his wife Ann and his three daughters Talia, Careena and Shayna.

As far as being competitive, Joe Onosai has proved that he definitely is, with 3rd placings in both the I.F.S.A. Grand Prix in Hawaii and in Prague just prior to the World's Strongest Man in Malta. Joe is increasing with experience in every contest he enters and as he fine tunes his preparation even more you can be sure this huge, colorful competitor will be a factor in every contest he enters.

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One of the most memorable moments I have ever witnessed at a powerlifting meet was a team (2 man) deadlift event at the Badger Open in Wisconsin back in the early 80s. That event featured the team of a young Ed Coan and the legendary Ernie Frantz. That night they pulled up a two man deadlift of around 1300 pounds. That was the epitome of true team lifting. Both had to be similar in strength and size to not only coordinate the effort, but fit between the bar at the same time. A coach standing in front of them coordinated the pull off the floor so both human forklifts pulled at the same time and speed. No, this article is not about how you can train and compete in the 2 man team deadlift event, but it is about the most common team lifting discipline; forced reps.

Forced reps is one of the most popular training methods used by lifters of all types. Their use can add a new level of intensity and, hopefully, increased size and strength. However, many lifters stand to gain by re-evaluating their current forced rep practices.

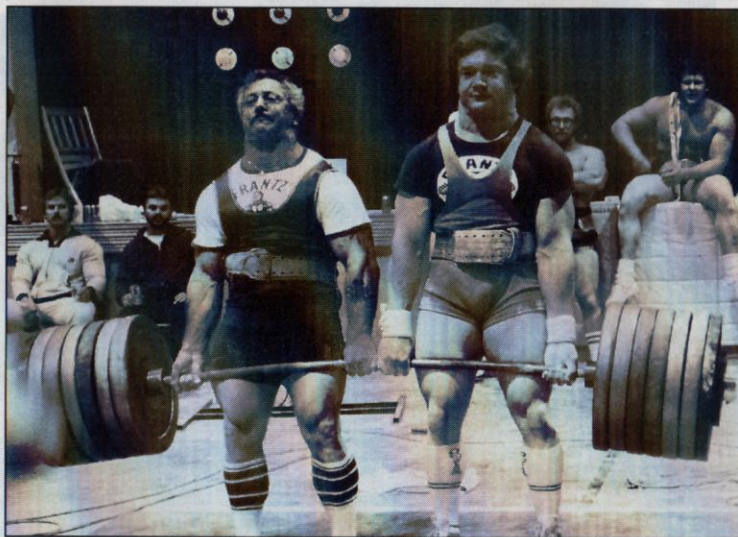
Last week at the gym, I heard some serious sounding straining and vocal encouragement from a couple of lifters who I will refer to as 'Hans' and 'Franz' (no relation to the aforementioned Ernie). Hans was pushing hard on a massive 185 pound bench while bridging up hard and high enough to get

WCV's Goldberg off of him. Meanwhile, Franz was shouting "It's all you" while upright rowing the 185 up and down for 3 reps. After racking the bar, Franz took his turn and Hans reciprocated with an equal "it's all you" while augmenting the set with his own upright rowing. After that set I thought they were done and would probably lumber over to the dumbbell rack to do some 15 pound dumbbell flies, but they continued on working their way up to 205, 225 and then finishing with 245. If enough wasn't enough, they did the same for a few sets on the decline bench. After the 185 pound bench set, each subsequent rep was completely missed with no push off the chest at all. Each jump in weight just resulted in Hans or Franz upright rowing more weight to get the weight off each other's chest. There was no bench work at all being done, and they looked like complete dorks and the sad thing was their traps weren't even good despite all that upright rowing. This is probably the extreme scenario for misuse of the forced rep method, but I'm sure most of our readership has seen

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Team Lifting or Forced Reps as told to Powerlifting USA by DOUG DANIELS



2 Man Deadlift - Ernie Frantz & Ed Coan - 1370 lbs. (Brian Palm photo)

similar displays of team lifting. Let's look at some common misapplications of forced reps and then some ways of using this method for better gains.

First, let's start out with a quick explanation of this principle. With forced reps, a lifter completes a rep of an exercise with a degree of extraneous assistance, usually from a training partner. For example, you may get 5 reps on the bench by yourself, but on the 6th one, you get stuck half way up. Your training partner would then grab the bar and help you just enough to complete the rep. Of course, more reps can be done after this initial failure with more help from your partner. By using this method, you can work past failure, adding intensity. The amount of assistance needed to can vary from a finger touch to an "all hands on deck" effort from every lifter in your gym.

In hopes to further increase the benefits of forced reps, some lifters take it to extremes that are not necessarily effective and may potentially prove to be injurious. Let's expand on the previous example. Upon failing on the 6th rep, the

lifter completes the rep with just enough help from his partner, but he continues on for more reps. With every additional rep, his training partner must lift more and more of the weight because of the lifter's rapidly declining strength level. This can continue until the partner is lifting the entire weight and effectively doing an 'out of position upright row' just like the Hans and Franz example earlier. This creates a potentially dangerous situation for both lifters. The lifter himself has less and less control of the bar and could easily get hurt. The helper must upright row the bar up from a bent forward position, which could also result in a muscle pull or back injury. This could result in the bar not getting back into the rack even with both lifters involved.

Another forced reps example involves using a weight over one's max to get some negative or eccentric resistance. A lifter with a max of 250 in the bench loads 275 on the bar for a forced rep set. The goal would be to lower the bar slowly and at least try to get the weight going off the chest and, with his partner's help, finish the rep. What

generally happens is the bar is lowered slowly at the start, but as it nears the midpoint of its descent, the sheer weight of the bar overwhelms the lifter and the bar crashes down to his chest. The press or "bounce" gets about 1 inch up and the helper must again upright row the bar up from a precarious position. The helper did far more actual work than the bencher. Some lifters believe that such sets can strengthen the muscles, ligaments and tendons so they can better handle max poundage on competition style lifts. There's a guy at my gym who routinely does this kind of stuff, but most gym members try hard not to be around when he needs help to force some reps. Perhaps he should train with Hans and Franz.

A better scenario would be use less weight, perhaps 100% or less of max. When lowering the weight, concentrate on lowering the weight evenly, from the top to the bottom. By doing this, you may develop more power right off the chest, in the case of the bench, instead of solely working the top of the lift. If you use too much weight, the bar will drop quickly at mid-point and the bottom portion of the lift will receive little work. The start of the lifts is an area where many lifters need the most improvement anyway.

A good rule of thumb is the 10% rule. That is never add more than 10% weight or reps in any one training session. By using too heavy of a weight for forced reps, you can easily injure yourself. Give your muscles, etc. time to acquaint themselves to the increased weight.

In addition, because of the intensity involved with forced reps, their use should be limited so as not to inhibit recuperation. Remember, recuperative ability varies from individual to individual. Some lifters might be able to push the level of intensity harder than most before they overtrain. If you resemble Hans and Franz or if you feel you are not getting the results your efforts deserve, reevaluate your use of forced reps. When you feel yourself not lifting any of the weight on a forced rep, stop the set. Keep your safety and the safety of your lifting team in mind. Don't try a set or rep with a weight that is just too heavy for both of you to lift. Consider getting an extra helper. If gym members scatter when you do your benches, or you hear the word 'dork' used when you come into the gym, reconsider your team play.

Remember, if you are not making progress, you need to evaluate your calorie intake, the amount of rest you are getting at night and the actual poundages you are using. If the poundages are being achieved easily on this program then do not alter them. However, if the poundages are too difficult then slightly modify them and lower the weight.

Doug's Web address: [members.aol.com/ddani12345/default.htm](http://members.aol.com/ddani12345/default.htm)

# WORKOUT of the Month

The following is a squat training cycle that should help a novice to intermediate powerlifter make some modest gains. It is written for a 600 pound squatter and numbers can be adjusted by multiplying percentages to your own max. Before I get into percentages and poundages, there are a few basic principles that I hold very dearly that are necessary in order to be a good squatter. First, back strength is essential to staying in position while squatting. In particular, lower back and erector strength. Second, your feet and glutes must be in line with the bar so all three points are pushing together. This is usually accomplished by widening your stance. Third, leg presses are not necessary, as there is no transfer of strength. Finally, don't spend a lot of time doing extensions and leg curls.

This training cycle is a 10 week progressive training cycle and should be done in the middle of the week in between your bench and deadlift workouts. I do not believe in training the deadlift and squat on the same day.

For the assistance exercises, some of these should be performed on your deadlift day and some on your squat day. Pick the ones that you like best to do after each deadlift and squat workout and make sure the assistance exercises are performed once per week. My reasoning for doing the Smith Machine squats is that I feel the specific movement needs to be trained and that the Smith squat is the closest movement to doing that. In addition, it takes added strain off so you don't have to balance the weight. The only drawback is - if you are a heavyweight like me - getting into the machine is less than fun.

Remember, if you are not making progress, you need to evaluate your calorie intake, the amount of rest you are getting at night and the actual poundages you are using. If the poundages are being achieved easily on this program then do not alter them. However, if the poundages are too difficult then slightly modify them and lower the weight.

**Week 1: Squats** 135x8, 185x5, 225x5, 315x5, 380x1 (on this set the minimum # of reps is 1 but you should try to get at least 3) Use

## Brent Mikesell's Squat Routine



Brent Mikesell is the newest member of the 1000 lb. squat club, hitting 1003 in two successive contests, and trying 1030. Astonishingly, he was recently asked to leave the gym he and his training partners have been working out in for - among other reasons - being "too strong" and "too aggressive" (B. Baertlein)

wraps on your last set ONLY. **Smith Machine Squats:** Do these following your squat work and get 2 sets of 5. These five reps should be easy at the 10 week period and become increasingly difficult towards contest time. To begin with go: 240x5, 260x5. **Assistance Exercises:** Reverse Hypers or Hyperextensions - 2 sets of 10, Adductor and Abductor Machine - 2 sets of 10, Heavy Seated Calf Raises - 2 sets of 8-10, Stiff - Legged Deads - 2 sets of 6. DO THESE EVERY WEEK EXCEPT THE LAST TRAINING WEEK.

**Week 2: Squats** 135x8, 185x5, 225x5, 275x5, 315x5, 390x1. **Smith Machine Squats:** 250x5, 270x5

**Week 3: Squats:** 135x8, 185x5, 225x5, 275x5, 315x5, 410x1. **Smith Machine Squats:** 260x5, 280x5

**Week 4: Squats:** 135x8, 185x5, 225x5, 275x5, 315x5, 365x1, 430x1. **Smith Machine Squats:** 270x5, 290x5

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**Week 5: Squats:** 135x8, 185x5, 225x5, 275x5, 315x5, 365x2, 450x1. **Smith Machine Squats:** 280x5, 300x5

**Week 6: Squats:** 135x8, 185x5, 225x5, 275x5, 315x5, 365x3, 470x1. **Smith Machine Squats:** 290x5, 310x5

**Week 7: BRIEFS ARE ON FOR ALL SETS. PUT SUIT ON FOR LAST SET ONLY WITH WRAPS. Squats:** 135x5, 185x4, 225x4, 275x4, 315x4, 365x3, 415x1-3, 510x1. **Smith Machine Squats:** 300x5, 320x5

**Week 8: BRIEFS ARE ON FOR ALL SETS / PUT SUIT ON FOR LAST SET ONLY WITH WRAPS. Squats:** 135x5, 185x4, 225x4, 275x4, 315x4, 365x3, 425x1-3, 550x1. **Smith Machine Squats:** 310x5, 330x5

**Week 9: BRIEFS ARE ON FOR ALL SETS / PUT SUIT ON FOR LAST TWO SET ONLY WITH WRAPS. Squats:** 135x5, 185x3, 225x3, 275x3, 315x3, 365x3, 435x1-3, 580x1. **Smith Machine**

**Squats:** 320x5, 340x5

**Week 10: THIS WORKOUT SHOULD BE NO LATER THAN TUESDAY OF THE MEET WEEK. BRIEFS ARE ON FOR ALL SETS. PUT SUIT ON AFTER YOUR 5th SET. WRAP LAST TWO SETS. Squats:** 135x5, 185x3, 225x1, 275x1, 315x1, 365x1, 445x1, 535x1, 610x1. **Smith Machine Squats:** None

**Meet Day:** 1st ATTEMPT: 570; 2nd ATTEMPT: 610; 3rd ATTEMPT: 625-635

If you are interested in a personal program or have training questions, you can e-mail me at [brent\\_mikesell@hotmail.com](mailto:brent_mikesell@hotmail.com) or [bmikesell@cvsd.org](mailto:bmikesell@cvsd.org) and we can work something out for a very modest cost. Best of luck to you and your training - and remember, if you're sitting on you ass dreaming of a big squat, someone else is sitting in the hole and actually doing it!!!

BRENT MIKESSELL



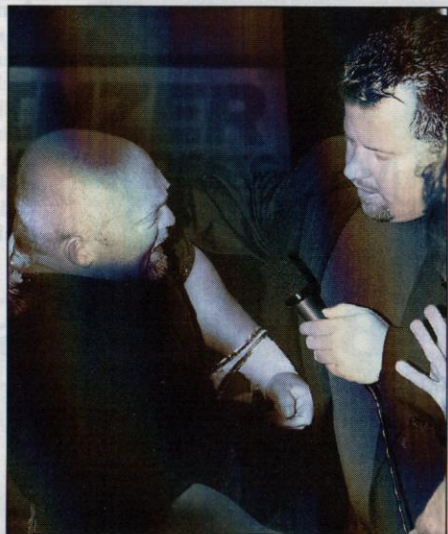
## WPO, What's Next?

If you haven't been convinced yet that the WPO is the real deal and the new era in professional powerlifting, let me bring you up to speed on how the WPO is rapidly evolving into first class professional sport. Since the May 20th contest there has been a buzz in the air because the first ever WPO show was such a huge success and is being perceived as an unprecedented event. Underdog Productions did a fantastic job to say the least; the stage area and lifting platform were dynamic. The pyrotechnics and smoke made it very exciting during world record attempts, the Huge Iron Dancers and Card Girls were hot, the lifters got what they were promised if they performed well (MONEY!!!), and most importantly the lifting was first rate and the judging very fair and consistent. These factors alone are governing the WPO's explosive interest and the phone is ringing off the hook down at Huge Iron. E-mail comes in every day from lifters around the World inquiring, what's next? I'll tell you what's next, WPO lifting will be aired on television this August/September on a major network. The September 9th WPO Bench Bash for Cash is getting unbelievable response due to the success of the May 20th contest. During the WPC World Championships in Las Vegas this November 9th-19th at the Plaza Hotel there will be a pro division incorporated into the WPC contest, sanctioned WPO. There will be cash prizes for both men and women's open classes for powerlifting only! There will be no Super Open division so the money will be distributed to the top three totals over 198, top three totals under 198 for men. As promised, because I am not a chauvinist and I don't make statements that I can't back up, there will be money for the women's open classes at some time in the WPO. That time is now! Five places will be given to the women for the top five highest totals in Las Vegas as well. I will disclose the denominations in the September issue of PL USA for both the Men and Women. The winners will be determined straight up - top totals for open men and women, no formula! There will be at least two cameramen on sight taping the day's lifting feats so it can be used for future WPO footage on television. You may only compete for the money if you are qualified in the men's or women's WPC open classes. This professional invite is open to all the countries, keep in mind you must be a WPC open powerlifter to compete in the pro division. There will be no pro bench press! If the lifter wishes to compete in the pro division all that will be required is the athlete purchase a WPO card for \$25.00. This will allow the lifter to compete for the WPC World Championship in their class, in addition have a shot at winning some decent money as well. The athlete will not have to lift twice in order to compete in the pro division; score will be kept for the pro division in conjunction with the WPC contest. That will wrap it up for the WPO 2000 calendar, and if you thought 2000 was good wait until 2001.

I will elaborate on the 2001 WPO lifting calendar at the end of this article,

but first I would like to comment on the immature people that have done nothing for the sport but keep it in the cellar where it has always been. It is unfortunate that there are still so-called political figure heads in the sport that find Professional Powerlifting infringes on their amateur federations. There have been a few lifters that were banned from USA Powerlifting Nationals this year, because they won and accepted money at the WPO contest May 20th in Daytona Beach. Believe me, this has nothing to do with some amateur/pro breach of contract, keep in mind that we pay to enter the contest we compete in no matter what the level of competition. This factor alone to me totally negates the sports authenticity and under no circumstance gives any federation the right to impose sanctions on any lifters no matter what the situation. I find it disappointing that some federation's political figureheads and lifters for that matter still find it necessary to talk despairingly about the WPO or me personally that don't even know me. The fact of the matter is the WPO is for real and either you're with me or you are not, because as I stated before nobody will get in my way and nothing will stop me from succeeding. These closed minded so called powers that be in certain federations that strangle the sport instead of let it grow are the very reason the sport is virtually unknown to the public. No matter how you slice it what I'm doing for this sport is long overdue and if I wasn't as fortunate as I am I would want nothing more but to be a professional powerlifter as my profession. I also would be 100% behind whoever was making the effort for the good of the sport. Sadly this is not the case for many heads of federations and some of the lifters too. All powerlifters are victim to the current format that has always existed in our sport. What I mean by that is no one knows any different because that is the way it has always been. The lifter pays to enter the contest, pays to travel to the contest, pays for all their food, pays for their lodging, and many other incidentals that other amateur and pro athletes never have to pay for in other sports. Do you think Joe Montana paid to play on Super Bowl against the Bengals? Do you think there wasn't a ham sandwich or whatever the hell Joe wanted at any given moment. If you dissect my sarcasm you will see that my point is a professional athletes get everything paid for and some amateur athletes as well.

Why shouldn't powerlifting at the highest level be the exact same way! That is what I am doing with the WPO making it a first class Professional sport just like any other where the athlete comes first period! If you are a lifter or a political figurehead in the sport and you are against my Professional Federation and me then you are in my view an antichrist of the sport. There are many rumors about the WPO contest on May 20th and they all stem from the greatest weakness of human emotion, jealousy!!! So what if there were only 20 lifters in the contest! They



Kieran Kidder interviews Jesse Kellum at the May 20th WPO Championships (P. Thorne)

were all elite lifters to say the least and the majority of them were very recognizable names in the sport, Jesse Kellum, Steve Goggins, Wade Hooper, Anthony Clark, and Gary Frank, Beau Moore, and Anthony Conyers just to name a few. Some did well, some did not, but at least all the lifters who participated had the guts to try something new and they will always be the first WPO powerlifting heroes that the world will see. Many other lifters said they were definitely coming, lifters who even came to the qualifier, but when it's time to PUT UP or SHUT UP for the big bucks a certain few didn't show. Regardless, I will hold a special place for all the lifters who came to support me and my venture for the good of powerlifting and made it an unbelievable first time event. The contest footage is spectacular, the clarity is unreal, and it makes a very entertaining production. One thing is for certain that the lifters who are in the show will be perceived in the American public's eye as the premier lifters in the world. In America it is said "you aren't anything to anybody unless you are on Television" and this is the exact reason that the WPO will be a legitimate Professional Sport in today's society. When the Smith Family turns on WPO Powerlifting after Sunday dinner and they see Jesse Kellum total what most heavyweights total at 198 lbs., witness a 700 lb. bench press or a 1000 lb. squat, see legitimate world records get broken by giant men, only then will powerlifting have reached it's pinnacle. At that time, nothing else will matter, because powerlifters will be perceived as Gods for moving insurmountable masses of steel that only individuals who possess superhuman strength can achieve and be appreciated by the entire free world!

It is understandable that people have reservations about trying something new for the first time. This fear that many people have is common in all facets of life and I, too, am guilty as well of fearing change. Maybe the upcoming 2001 WPO powerlifting series of contests might help the hesitant decide if they want to be part of the new era in powerlifting. There will be three major contests that will be

taped for television in 2001 and they will be held at Universal Studios in Orlando, FL. The money will increase substantially by weight class and Super Open class. The amounts will be as follows 1st place by class \$10,000, 2nd place by class \$5,000, 3rd place by class \$1,000, 132-SHW. The Super Open Titles for LWT, MWT, SHW, will be worth at least \$25,000 and could be as high as \$50,000 for each Title. It is almost certain that a major corporation will sponsor WPO and disburse large amounts of money to cover the huge dollar amounts that will be paid out to the athletes. Since the new venue is Universal Studios Orlando the likelihood of a big sponsor is almost a given. Underdog Productions is going full steam ahead and they have unbelievable rapport and contacts with the right people in the business. The

WPO is your best option to be perceived as the Iron Athlete you dream of being and make substantial money to cushion the lifter's personal expenditures. If you find it necessary to bash the WPO instead of embracing it then that will be your choice. I want to wish all powerlifting pessimists good luck and happy commiserating with each other because your negativity is the exact reason this sport has gone nowhere. As I said before "either you're with me or you are not" and if you're not, it is of no concern to me because the WPO is the real deal. The reality is when the American Public turns the television on and they hear a TV personality say "live form Universal Studios WPO Professional Powerlifting at its best" everything else will be insignificant.

Sincerely, your WPO president,  
Kieran Kidder

**WPO EQUIPMENT UPDATE.** Unfortunately, when the WPO rulebook was printed somehow the old format was printed instead of the new format and all the changes that were made were not printed. The end result was the majority of the rule changes that I made light of in *Powerlifting USA* did not get printed in the new WPO rule book. Even though we realized the mistakes before the contest, we didn't have enough time to have the rules reprinted for May 20th. None the less, we still enforced the rules and Russ Barlow, who is the WPO technical director, personally inspected every piece of equipment. Russ did a fantastic job and approving and disapproving equipment. These correct rule changes will be rectified and available to lifters at the Sept. 9th WPO Bench for Cash. The bench press shirt rules this September 9th are either double polyester or double denim with only one patch on the exterior of the shirt no bigger than 4"x4" or 8" in circumference. In the future pending on equipment technology advancement or regression there could be rule changes. The lifter will always be kept abreast of any situation that might arise in the WPO via [hugeiron.com](http://hugeiron.com) or PL USA.

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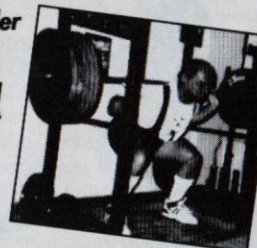
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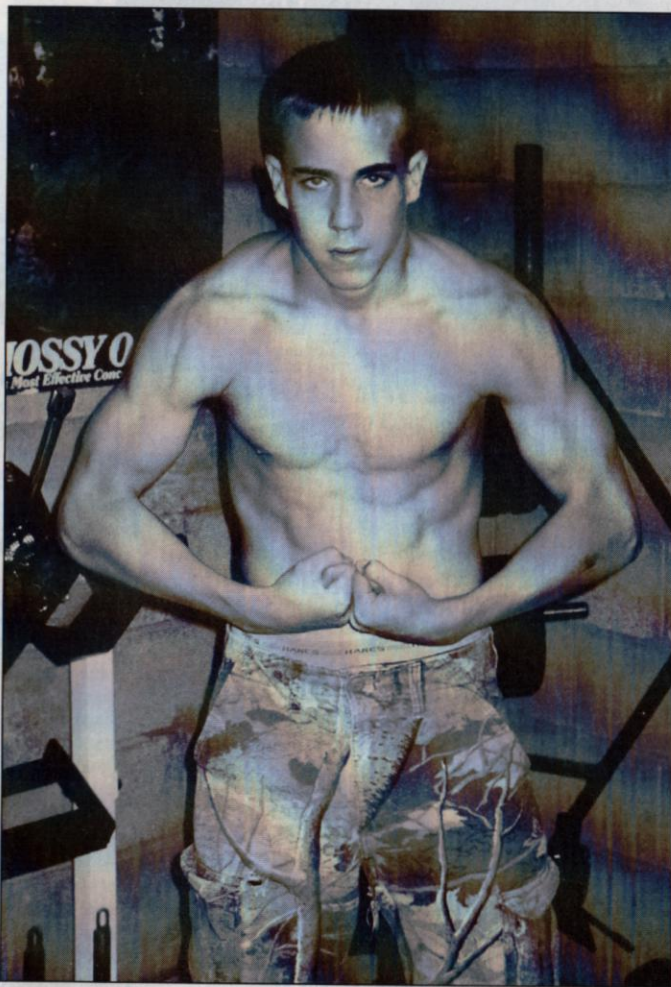
Last time I asked you, "What would be the ultimate physical limitation?" On 11/29/99, it began for lifter Colt Wynn. I got an e-mail from his dad (Rich Wynn) around Christmas 1999. With his permission, here is most of it:

My 14-year-old son, Colt fell from a tree stand while hunting on November the 29<sup>th</sup>. He broke his back and is now paralyzed from the waist down. It has been the toughest thing I have ever dealt with in my life. I won't go into a lot of details. Colt just started rehab. He has been a true pillar of strength and his spirit has never been broken. I'm very proud of him. As I watch him struggle in rehab the tears roll and my heart is ripped from my chest. He never gives up! Learning to sit up was a major victory. But every other day he still works out. Yes, with a broken back he lays in bed and does Dumbbell Presses, Flies, and Tricep extensions. He is now sitting up in his wheelchair doing curls as well. He loves to hunt and lift! The Rehab Unit asked me to bring in my dumbbells because they did not have dumbbells heavy enough to accommodate him! Needless to say he was very proud of that! Anyway I have ordered two of your sweat shirts for him because believe me rehab is the true definition of "The House of Pain." I have learned more about courage from Colt in the last month than I would have learned in a lifetime. He is my son and also my hero. And when people you know don't feel like working out - tell them to be thankful they can!

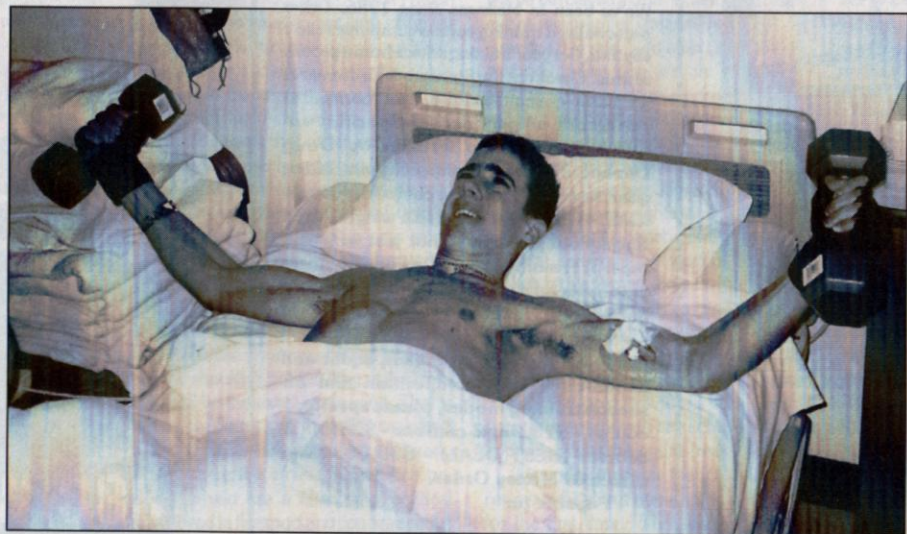
I think that might qualify as the ultimate physical limitation. I was inspired, and also intrigued to know more details. Rich told me of chatting with his son on 11/28/99, discussing the opening day of Ohio gun season. The next time he saw his son, Colt could not move his legs. The hospital was not prepared for their indomitable spirit:

While fighting a bladder infection and waiting for surgery Colt realized his upper body strength would mean everything when it came to rehab and getting on with this life. So he asked the Doctor about lifting weights. The Doctor told him it was a muscular movement, it would not effect the spl-

## WEAPON 13 (Final Saga): DESIRE (overcomes the ultimate physical limitation) as told by Rick Brewer, HOUSE OF PAIN



The "BEFORE" Picture ..... Colt, just starting to work out (9/18/99)



"the spirited workhorse" ... Colt doing flies in his hospital bed, prior to surgery (12/16/99)

nal column, and encouraged Colt to workout so he would be better prepared for rehab after surgery.

So we contacted the rehab unit and they sent a rehab nurse to Colt's room with a set of 10-lb.

dumbbells. The rehab nurse was going to advise us on a work out routine. Needless to say she was going to hold us back. And those 10 lb. dumbbells were the biggest the rehab unit had so we had to bring our own.

So we got started!! Yes, Colt was lifting with a broken back, before surgery. You would have enjoyed seeing the expression on people's faces when they would come to the room and Colt would be doing flies with a broken back, me in his face, and the yweat rolling. Rick, we have always been about intensity. We believe we can accomplish more in a half-hour of hard work than most guys that go in the gym and spend two hours. When I started working out with the boys I knew we had to keep it short and fun, but we had to go after it with a vengeance. The same thing applied in the hospital. Colt knows our style and he was ready to get after it. Needless to say the hospital personnel respected our work ethic and they were supportive. Our routine would consist of 3 sets per exercise. The first set would be a warm up set and the second and third set would be to failure. If Colt could do more than 12 reps for the last two sets we would move up in weight. If he could not do more than six reps for either set we would move down in weight. Less than six reps on either the second or third set would prove to be heavy. We kept records so we could chart his progress. Keeping track and setting new goals kept us motivated and allowed us to realize we were making progress. Colt worked out three days a week.

Colt's workout would start with flies, then dumbbell press and finish chest with a large rubberband (rehab furnished it) he would do three sets of flies with concentration on form with a very slow reps. Then we would move to triceps extensions (using dumbbells, lying on his back, like a skull crusher) then he would finish while sitting up in bed and doing a triceps push-up. He did not get a lot of range of motion but he got a great burn. We knew his triceps would be his

mode of transportation in the weeks to come. After triceps he would finish with curls. Three

sets to absolutely destroy the biceps. That was it! Never more than a minute's rest between sets and three minutes between body parts. We were that critical with times, it helped us stay focused. He progresses rapidly. I was really proud of his kick butt attitude. It may not sound like much but try it with intensity and the correct weight and you will agree it works. Oh! If you try it you can leave out the broken back part! (smile)

Finally it was time for surgery!! Colt's weight had dropped from 150 lbs to 120 lbs. Although he had dropped a lot of body weight he had worked to keep his strength up and his spirit was remarkable. Let's get on with this fight was Colt's attitude. He taught me more about courage in 7 weeks than I ever would have learned in a lifetime. I often say they broke his back but they never broke his spirit. I'm very proud to be his father!

Surgery was 11 hours total. The doctors repaired his back with two eight-inch rods, eight screws and a cross-link right at the break. The repair formed the letter H in his back. Colt will be in a back brace for three months and it will take more than a year for the bone to fuse and the

surgery to be healed. He can remove his back brace if he is lying down with support under his back. As in doing flies or dumbbell presses. So ten days after surgery it was time to start rehab and get back after the weights. And he got right back after it. Colt never dropped his head. He was determined to fight a good fight and he did just that! When he entered rehab they forecasted his release would be in the middle of February. If he worked hard maybe the first of February. Colt was released the middle of January. The rehab team and the Doctors referred to him as the spirited workhorse of rehab. They said he was unequalled to anyone they had experienced before. The Doctor said his early release was related to his spirit and his tremendous upper body strength, and by the time of his release he was pressing 50 lb. dumbbells. A great increase ton from the 25 lb. dumbbells he started with. He was curling 30 lbs when we left the hospital. He is gaining his weight back and still getting stronger.

Colt entered rehab the day after Christmas and was released on the 19<sup>th</sup> of January. Colt was back in school the 24<sup>th</sup> of January and he is doing well. At 14

years of age he has proven to be quite a young man. And Colt often tells his brother "when you think you are tired to do squats - be glad you can." You see Rich, Colt's older brother Adam won the Ohio High School Powerlifting Championships at 175 lbs., 16 years old as a sophomore last year and set a new state record and tied one. Adam benched 340 lbs, squatted 525 lbs and dead-lifted 485 lbs. Colt was hoping to compete along side his brother in this years competition. I'm telling you Rick, Colt may be sitting in a wheelchair but he stands mighty tall. And I often say when I grow up I hope I'm half the man he has proven to be.

Thanks, Rich, for sharing Colt's story with us. If it doesn't make us thankful for the blessings God has given us; something is wrong with us. Some of us are alive only because it is illegal to kill us. We talk instead of lifting. We whine instead of training. Other people just keep on lifting, getting stronger all the time. Even with a broken back.

Physical limitations (genetic or injury-related) are the MAIN excuse for not working out. Weak knees, bad back, etc. How many people have told you they would compete except for their knees /back, etc.

The last story I wrote for PL

USA had heartwarming stories about 3 different people who came back from serious injuries. Thomas Jefferson said, "Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances." I love this idea!

Arthur Ashe didn't powerlift, and he may not have even lifted weights for all I know, but he didn't whine either. He said, "You've got to get to the stage in life where going for it is more important than winning or losing." Even a tennis player can get something right every now and then.

What were the results of Colt's training? I can't say it better than Rich: He beat rehab by one month of the forecasted date. The rehab team referred to him as the spirited workhorse of rehab. Due to his spirit and his upper body strength he beat rehab by a month. Medically nothing has changed. He still feels nothing below his bellybutton. Our motto is: Prepare for the worst and pray for the best.

PS. Continue to send info about hard-core gyms. E-mail to: Rick@houseofpainironwear.com (or) houspain@flash.net or mail them to us at: HOUSE OF PAIN, P.O. BOX 333, FATE, TX 75132

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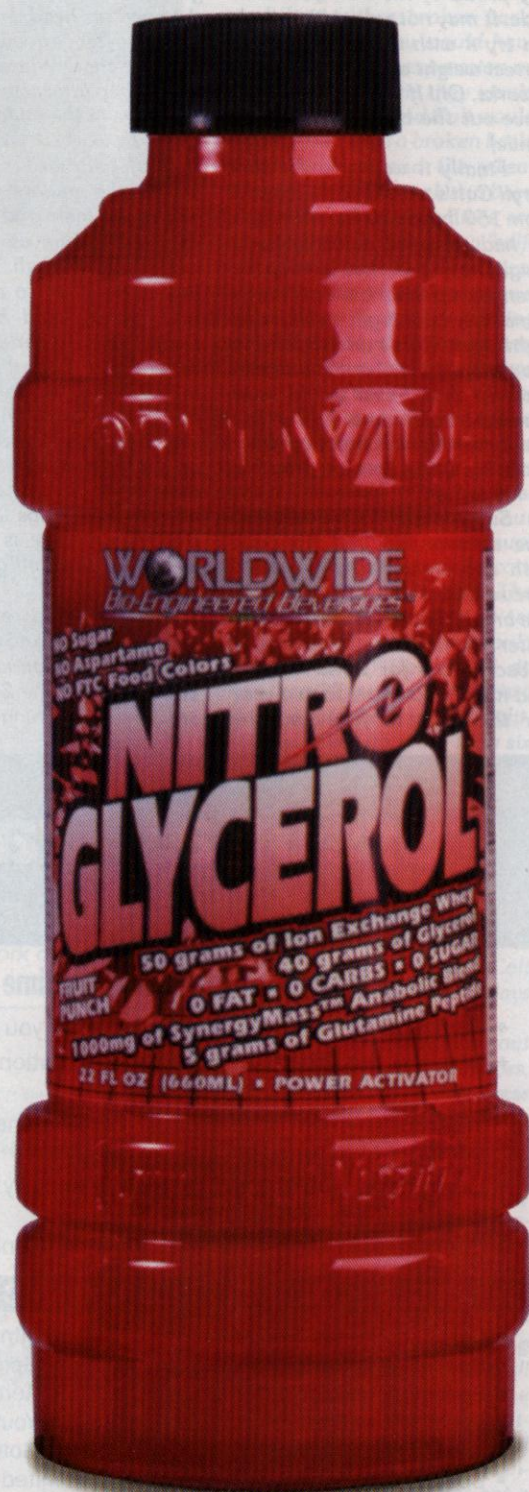
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EYES...**



## Ripped Force®

### THE PROFILE

#### WHAT

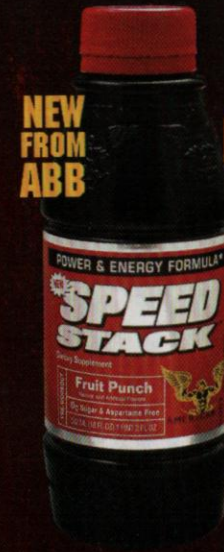
- Hyper-thermogenic formula
- 20 mg ephedrine
- 100 mg caffeine
- 250 mg L-carnitine
- 240 mcg chromium

#### WHY

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

#### FLAVORS

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



**NEW FROM ABB**

## 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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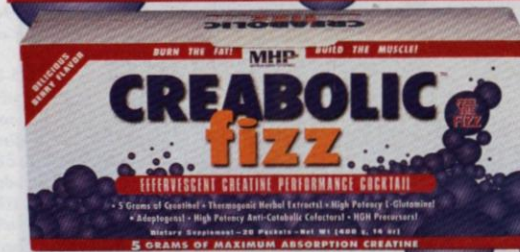
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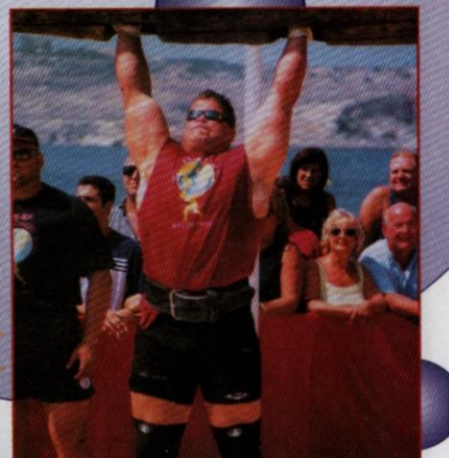
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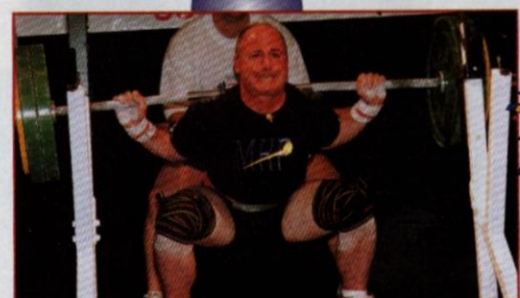
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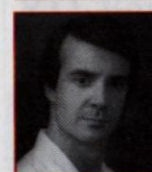
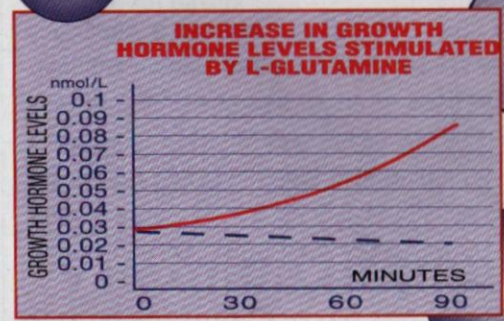


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 Age 41  
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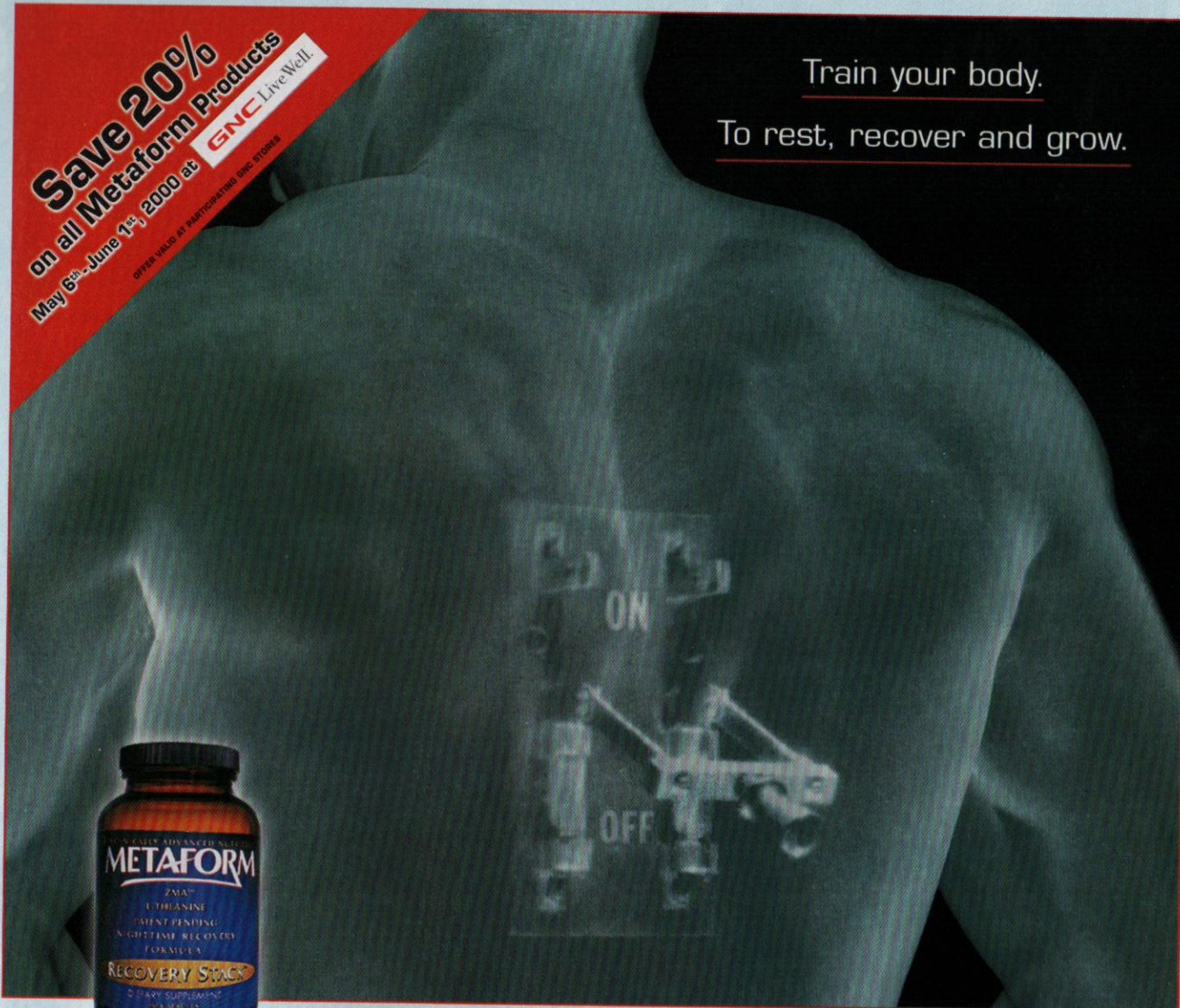
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# Coming Events

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

3-5 AUG, AAU Jr. Olympics, AAU High School National PL (raw - Orlando, FL) Gary Rodgers, 5824 Windmill Ct., Orlando, FL 32809, 407-856-7780 (hm), 836-8984 (wk), gbdodge@mpinet.net  
4th and 6th AUG, WABDL National Powerlifting Championships (Holiday Inn Select, Wilsonville, OR - 10 mi. south of Portland on I-5 - shuttle provided - double ply BP shirts & squat suits, single ply DL suits - no canvas shirts or suits) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net  
5 AUG, USAPL Biggest Bench on the Beach, Gary Howard, 410-723-2323 (Ocean City, MD)  
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@meltel.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  
5 AUG, Horseheads Pre-season PL Meet (high school students only - men/women) Bert Conklin, 104 Willow Dr., Horseheads, NY 14845, 607-796-2583 or Ed Patten 607-733-4997  
5 AUG, APA East Coast Open BP/DL (Maryland) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962  
5 AUG, USPF Barbee Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Corpus Christi, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.sequifitness.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, 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, jimlee@cyberhighway.net or Laurie Evans 775-738-4245  
5, 6 AUG, WABDL World Cup BP & DL & Strongman Contest (Portland, OR - Holiday Inn Airport) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net  
6 AUG, APA Georgia Open BP & DL (Macon, GA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com  
12 AUG, APAC/CPA CAN-AMBP (Some Cash Prizes, Northampton, MA) APA, Box 27204, El Jobean, FL, 33927, 941-697-7962, wpa50@hotmail.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@hntel.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 Denison 661-664-7724, pwrfltr@delnet.com  
12 AUG, Team Weber Strength PL (BP, Trap Bar DL) Bob Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695  
12 AUG, Max Flex BP & DL Nationals (all divs. - Chicago, IL) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760  
12 AUG, Greene Co. Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com  
12, 13 AUG, USAPL New York State, Sean Culnan, 12 Biscayne Blvd., Troy, NY 12182, 518-384-1100 x 525 (d), 237-0972 (e)  
12, 13 AUG, 2nd WNPFLifetime Drug Free Worlds (all events/divisions - Daytona Beach, FL) WNPFL, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
12, 13 AUG, AAU Raw Nationals (Kingston, MA - near Boston) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764  
12, 13 AUG, NASA World Cup PL, BP, PS (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513  
13 AUG, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
17 AUG, Old Settlers Days BP/DL Classic (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
19 AUG, 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

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**NOVEMBER 18 & 19, 2000 - NJ STATE POWERLIFTING CHAMPIONSHIPS. LOCATION: Morris County Area**  
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50315, 515-280-8275  
**19 AUG, APA Day of Judgment BP & DL & Strength Sports (Waco, TX), APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962**

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

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

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

**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 Slam Off Bench Press (unsanctioned - all organizations and lifting gear welcomed - teen, open, submaster, master - for men and women) Jeff Fleischer, 237 W. Cedar St., Gladwin, MI 48624, 517-426-0061**

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

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

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

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

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

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

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

sonlight@advancenet.net  
**27 AUG, WABDL 4th Alki Beach Classic BP & DL, Bull Stewart, 3913 S. Orcas St., Seattle, WA, 98118, 206-725-7894**

# WESTSIDE SEMINARS

## Columbus Dates

2000

- Oct. 21 Westside Seminar
- Oct. 22 Mastering the Bench 2001
- Jan. 13 Westside Seminar
- Jan. 14 Mastering the Bench
- Feb. 24 Westside Seminar
- Feb. 25 Mastering the Squat
- April 7 Westside Seminar
- April 8 Mastering the Bench
- May 26 Westside Seminar
- May 27 Mastering the Squat
- June 9 Mastering the Squat
- July 14 Westside Seminar
- July 15 Mastering the Bench
- Aug. 25 Westside Seminar
- Aug. 26 Mastering the Squat
- Oct. 6 Westside Seminar
- Oct. 7 Mastering the Bench
- Nov. 3 Westside Seminar
- Nov. 4 Mastering the Squat
- Dec. 8 Westside Seminar
- Dec. 9 Mastering the Bench

## On Site Seminars

- Albany, NY
- Jan. 27 Cutting Edge Sports Science
- Spring, TX
- Feb. 3 Powerhouse Gym
- Lock Haven, PA
- March 3 Lock Haven University
- Tallahassee, FL
- March 10 Fahey's Gym
- Lexington, SC
- April 14 Waites Fitness
- Ontario, Canada
- April 28 Good Life Fitness
- Tulsa, OK
- July 21 Eastside Gym

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**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 & Full Power (Hoquiam, WA - World Famous Clam Chowder) 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 (new date), Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429**

sonlight@advancenet.net  
**2-3 SEP, APA American Cup BP & DL & Powerlifting Nationals - WPA Junior, Teenage, Masters, & Submasters Worlds (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com**

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

**9 SEP, PPL Power-Mania "Drug Free" (PL, BP, DL) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA, 30906, 706-790-3806, pythongym@aol.com**

**9 SEP, Bench Press Competition, Greensboro, NC, Ben Holder, 336-274-2835**

**9 SEP, APF West Virginia Mountaineer Barbell Invitation, Mike Hill, 304-344-1928, or 727-2593 after 8 pm or Chad Miller, 304-344-9314**

**9 SEP, The Strength Beyond Iron Man (Paw Paw, MI) Mike Newell, 616-657-2036 or Aaron DiPrima 616-657-6698**

**9 SEP, 1st APF Strength Beyond BP, DL and Iron Man-Woman Championships (men/women: open, teen, jr., sub-**

master, master) Mike Newell, 708 Marcelletti, Paw Paw, MI 49079, 616-657-2036, Fool220@220.com

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

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

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

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

**16 SEP, WABDL Not Ready for Prime Time BP & DL (Deadline 9-2-00 - Houston, TX) Bob Garza, 281-820-5923**

**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**

**16 SEP, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/26) Spero Tahontikidia, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941**

**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 (revised date), USAPL Bench Press Nationals, Dr. Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 (8-10pm), www.usapl-nationals.com**

**16,17 SEP, Big Daddy's Push Pull, 650-757-9506**

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

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

**17 SEP, Police & Fire Nationals 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, 2nd Sci-Fit BP Meet, Joe Deverville, Georgia State Farmers Market, 2055 Eisenhower Pkwy, Macon, GA 31206, 912-750-7005**

**23 SEP, USPF Body Tech BP/DL, Howard Huddleston, 1224 N. Eastern,**

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

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

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

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

**23 SEP, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/26) Spero Tahontikidia, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941**

**23 SEP, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513**

**23 SEP, Big Three Classic (m/w - SQ/BP/DL - Detroit) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760**

**23 SEP, 2000 Beast of the East, Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201**

**23 SEP, USAPL Bench Press Nationals, Dr. Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 (8-10pm), www.usapl-nationals.com**

**23 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, 2nd Sci-Fit BP Meet, Joe Deverville, Georgia State Farmers Market, 2055 Eisenhower Pkwy, Macon, GA 31206, 912-750-7005**

**23 SEP, USPF Body Tech BP/DL, Howard Huddleston, 1224 N. Eastern,**

**23 SEP (new date), 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Jim Hinze, 33949 Curcio Ct., Sterling Hts., MI 48310, 810-264-1528**

**23 SEP, APA New England States PL & BP, APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com**

**23 SEP, NASA Kentucky Regional PL, BP & PS (Lexington, KY) Greg VanHoose, Box 58, Millwood, WV 25262, 304-273-2283, gvhl@wirefire.com**

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

**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 Rethuhsch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@olympen.com**

**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) Ron Breuster, Box 73, Norfolk, MA 02056 or Tim McDonald 617-727-8474, ext. 160**

**24 SEP, Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527**

**24 SEP, SLP Iowa State BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**

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

**30 SEP, NASA Ohio Reg. NASA, Box 735, Noble, OK 73068, 405-527-8513**

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

**SEP (new date), WNPFF East Coast PL (Philadelphia, PA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com**

**SEP, WNPFF Delaware (PL, BP, DL, SQ) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com**

**SEP, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075**

**1 OCT, Northern Illinois Open BP/DL (Richton Park, 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-**


**7 OCT (new date), 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823**

**7 OCT, Push/Pull on the River (1,500 Cash Giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922**

**7 OCT, USPF Law/Fire National PL (Clarksburg, WV) Tige Pratt, 304-622-7239 or John Messinger, 304-744-2475**

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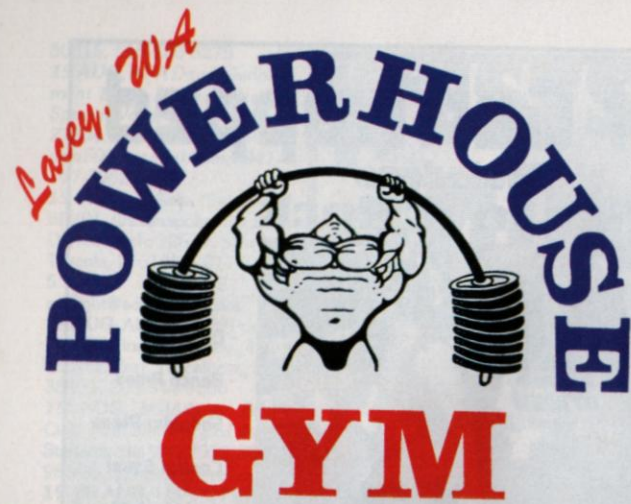
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- 7 OCT (new date), 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823**
- 7 OCT, Push/Pull on the River (1,500 Cash Giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922**
- 7 OCT, USPF Law/Fire National PL (Clarksburg, WV) Tige Pratt, 304-622-7239 or John Messinger, 304-744-2475**
- 7 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**
- 7 OCT, USPF Central California Championships (San Luis Obispo - National Qualifier) Gene Estrada, 805-544-0155**
- 7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817, clayton@blast.net**
- 7,8 OCT, USPF BP & DL Nationals (Shiloh Inn, Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475**
- 8 OCT, Northern Illinois Drug Tested Fall Classic DL/BP, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 Stephenson St., Freeport, IL 61032, 815-233-2292**
- 8 OCT, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/il/wpaapacpa**
- 8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**
- 8 OCT, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220**
- 14 OCT, APA Texas Cup Classic BP & DL & Strength Sports (Waco, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com**
- 14 OCT, Walker's Gym Bench Press (open, raw, men, women, teen, master, police, fire, military) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918**
- 14 OCT, 12th Annual Indian Summer Powerlifting Meet (with BP only division) Contact: Goshen Fitness, PO Box 92, Goshen, IN 46526-0092, 219-537-9329**
- 14 OCT, South Florida Benchoff and Monster Pull (open men, women, teen, masters BP and/or DL) Ironworks Gym, 1611 South, S.R. 7, N. Lauderdale, FL 33068, 954-974-9786**
- 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, daryltobey@aol.com**
- 14 OCT, Fall BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com**
- 14 OCT, NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com**
- 14 OCT, Flowertown Open Bench Press #2, Ammortate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434**
- 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, Judgement Day IV BP, Joe Luclano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115**
- 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)**





&



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**20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (BDFPF)**  
 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., Holbrook, 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**  
**22 OCT, CPA Quebec Championship PL & BP, Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466 (tel/fax)**  
**28 OCT, Topeka Powerlifting Summit, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326**  
**28 OCT, NASA Pennsylvania Regional PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, P.O. Box 58, Millwood, WV 25262, 304-273-2283, gvh@wirefire.com**  
**28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net**  
**28 OCT (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513**  
**28,29 OCT, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**  
**29 OCT, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488**  
**OCT, APA Southern States PL (TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com**  
**OCT, WNPF Fall Classic PL (NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com**  
**OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvh@emv.com**  
**4 NOV, USAPL Central USA PL & BP (Cape Girardeau, MO), Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1241 (8-10pm), www.usaplnationals.com**  
**4 NOV, 1st Applejack BP Open (men, women, teen, police, fire) Allan Davis, Phoenix Fitness, 333 Court St., Allentown, 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. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434**  
**4 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513**  
**4 NOV, X-treme Fitness Fall BP/DL Classic (Union, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**  
**4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com**  
**4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447**  
**4,5 NOV, Physique Magnifique Powerlifting Championships, 650-757-9506**  
**4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged - open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797**  
**5 NOV, APA CT Open Fall Classic BP/DL (drug tested and non-tested) Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com**  
**5 NOV, CPA Deadlift Championships and Unsanctioned Montreal Bench Press, Marcel St. Laurent, 457 7ieme Ave. N. #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466**  
**9-19 NOV, AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz, 800-537-5532**  
**10-12 NOV (new date), USPF U.S.A. Nationals Open PL/BP Championships (World Qualifier - Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, pwriftr@dlenet.com**  
**11 NOV, ADAU South Jersey Open BP/DL, Greg & Nichole Truast, 107 Birch Ave., Egg Harbor Township, NJ 08215, 609-407-1680**  
**11 NOV, 7th Ed Jubinville BP (men,**

**HUGE IRON Powerlifting Schedule  
 YEAR 2000**

**September 9, 2000 - APF Bench Bash for Cash. \$15,000 Total Cash Prize plus a Masters Division - \$2000, \$1000, \$500 by formula. In Conjunction with NPC Daytona Beach Muscle Classic (Bodybuilding)**

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

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

**July 21, 2001 - WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, Florida)**

**November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)**

**All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000**

**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, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488**  
**OCT, APA Southern States PL (TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com**  
**OCT, WNPF Fall Classic PL (NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com**  
**OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvh@emv.com**  
**4 NOV, USAPL Central USA PL & BP (Cape Girardeau, MO), Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1241 (8-10pm), www.usaplnationals.com**  
**4 NOV, 1st Applejack BP Open (men, women, teen, police, fire) Allan Davis, Phoenix Fitness, 333 Court St., Allentown, 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. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434**  
**4 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513**  
**4 NOV, X-treme Fitness Fall BP/DL Classic (Union, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**  
**4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com**  
**4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447**  
**4,5 NOV, Physique Magnifique Powerlifting Championships, 650-757-9506**  
**4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged - open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797**  
**5 NOV, APA CT Open Fall Classic BP/DL (drug tested and non-tested) Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com**  
**5 NOV, CPA Deadlift Championships and Unsanctioned Montreal Bench Press, Marcel St. Laurent, 457 7ieme Ave. N. #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466**  
**9-19 NOV, AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz, 800-537-5532**  
**10-12 NOV (new date), USPF U.S.A. Nationals Open PL/BP Championships (World Qualifier - Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, pwriftr@dlenet.com**  
**11 NOV, ADAU South Jersey Open BP/DL, Greg & Nichole Truast, 107 Birch Ave., Egg Harbor Township, NJ 08215, 609-407-1680**  
**11 NOV, 7th Ed Jubinville BP (men,**

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women - all age groups/wt. classes) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217

**11 NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, vshifflett@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 Rethuisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@olympen.com**

**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 (Columbus, OH) Elite Fitness, 1695 Itawamba Trail, London, OH 43140, 888-854-8806**

**18 NOV, USAPL Idaho State/Open, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035**

**18 NOV, PPL Georgia "Drug Free" State PL, BP, DL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com**

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

**18 NOV, 3rd Southern States BP/DL Classic, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324**

**18 NOV, Omaha Open, Keith Machukda, 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**

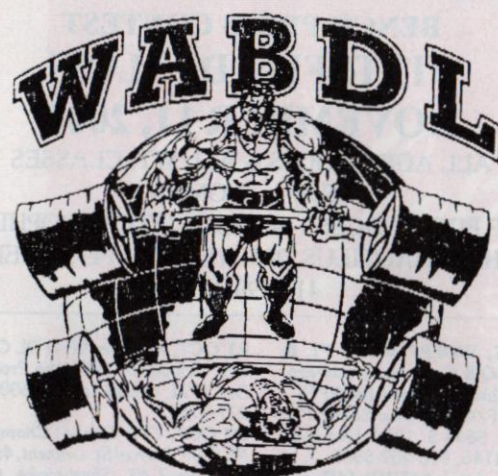


WABDL World Bench Press and Deadlift Championships, November 16-19, Nugget Hotel, Reno, Nevada. Call Gus Rethwisch at 541-389-0600 on how to qualify or get tickets and watch the most exciting and lifter-friendly event in the entire weightlifting world, or write to Gus Rethwisch at P.O. Box 5292, Bend, OR 97708. Fax 541-388-1122, new E-mail gethomas@olypen.com, WABDL website is www.wabdl.org.

For the best airline prices call Cheap Tickets at 1-800-377-1000. As of July 17th, prices round trip to Reno from New Orleans, Corpus Christi, Houston, Oklahoma City and Tulsa were \$230.00 - Portland and Los Angeles were \$125.00 - Seattle and Phoenix were \$175.00 and Dallas was \$250-300.00.

Why you should attend this event:

- 1) Nugget Hotel - (Huge - Two 26 Story Towers and almost 1700 rooms)
  - A) 45 minutes from Lake Tahoe, B) Indoor olympic pool with waterfalls, 11 Jacuzzis, Aspen Trees and Cherry Trees, C) Nine world class restaurants including a \$10 buffet that won The Top Hotel award in the country for quality food, D) Free 10 minute shuttle ride from the airport, E) 20,000 sq. ft. ballroom with a 1200 sq. ft. warmup area, F) A \$70 room rate for rooms that are extremely plush and a great view of the Sierra Nevada mountains.
- 2) Judging that's not unreasonably strict and not loose.
- 3) Judges are required to tell a lifter what he or she did wrong, so they can make adjustments.
- 4) Drug Testing - the 13 highest bench & deadlift coefficients for men and 7 highest for women - a total of 40 tests.
- 5) At least 10 lifters will bench 600# and possibly two or three will bench over 700#.
- 6) Trophies - very classy loving cups. 1st place cups weigh 6#. 2nd & 3rd are the same, but are a little smaller than 1st. 4th & 5th get beautiful plaques and 6th & 7th get 4" in diameter Niels Anderson sculptured medals.
- 7) A 100 page program with updated world and national records as well as Hawaii, California, Oregon, Washington, Texas, Oklahoma, Idaho, Arizona, Arkansas, Louisiana, Mississippi, Alabama, Georgia, Florida and North Carolina State Records. Also, pictures of all lifters who hold world records and a bio on them as well and, in order - by weight class and division, the name of every lifter and their hometown.
- 8) The lifting platform will be a huge 3 ft. high rock concert type stage with great lighting.
- 9) Gus Rethwisch - competed in the World's Strongest Man contest, the Strongbow Strongman Contest, has squatted 905 with a single ply squat suit, deadlifted over 800# in 12 contests including 865 without a deadlift suit or knee wraps and benched 523 without a shirt. Best total was 2281. Entered 12 National AAU & USPF meets from 1974-1985. Promoted 97 contests from 1977 to the present. Is the only promoter to have a 1/2 hour special on powerlifting on ESPN (1988). Is the only independent promoter to have a 1/2 hour special on a major network (CBS 1979). He has the highest attendance ever at a strictly powerlifting meet - 4,026 at the 1978 Hawaii Record Breakers in Honolulu. He wasn't the best powerlifter, but he paid his dues. He wasn't the best powerlifting promoter (Larry Pacifico and John Inzer are) but he puts on a good meet and learns from his mistakes. His main philosophy "If the lifter doesn't have a good experience, he won't be back."



433, Oskaloosa, IA 52577, 515-673-5240

**18 NOV, ADAU North American Raw BP Championships (teen, jr., sub-master, master, open) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695**

**18 NOV, 13th Elkhart Bench Press, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683**

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

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

**19 NOV (new date), USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**

**24-26 NOV, WDFPF World Single Lift BP & DL (nr. Como, Italy) Ivano Bianchi (WDFPF Italia)**

**NOV, 3rd Southern States BP/DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324**

**NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm**

**2 DEC, CPA Estrie Championship (Granby) Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466 (tel/fax)**

**2 DEC, USAPL Nebraska Sr. State (Omaha, NE) Tim Anderson, 1829 South St. #42, Blair, NE 68008, timanderson@hntel.net**

**2 DEC, USPF Seminole (OK) Meet,**

**Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689**

**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@surfsouth.com**

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

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

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

**3 DEC (new date), 3rd AAPP Michigan State PL, BP, DL, John Maddox, 17036 Arlington Ave., Allen Park, MI 48101, 248-642-2002 ext 105**

**3 DEC, APF/AAPP 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, wvilly@swbell.net**

**7-10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic)**

**8-10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited entries, deadline 11/1) Spero Tahontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941**

**9 DEC (new date), USAPL Rhode Island State PL & BP (deadline 9/9/00)**

**David Roderick, 126 Chestnut St., Rehoboth, MA 02769, DR705@mediaone.net**

**9 DEC, USAPL Blue Santa PL/BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964**

**9 DEC (new date), APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860**

**9 DEC, Mimi's Power Day BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**

**9 DEC, Robbins Fitness Advantage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200**

**9 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115**

**9,10 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com**

**10 DEC, WNPFF Eastern Regional BP Open & Ironman/woman (BP & DL) & USSSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, apower@baltimore.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@deanet.net**

**10 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**

**16 DEC, AAU Planet Fitness Winter Doll Drums Push/Pull (raw & equipped: teen, novice, open, masters) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrat@willnet.net**

**16 DEC, APA BP Nationals & WPA PLer Year Banquet (Lancaster, PA) APA, Box 27204, El Jo Bean, FL 33927, 941-697-7962, upa50@hotmail.com**

**16 DEC, USAPL 2000 Holiday Classic (national qualifier) Power Promotions, 23106 19th Dr. SE, Bothell, WA 98021, 425-486-5864, mtrupi@seanet.com**

**16 DEC, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com**

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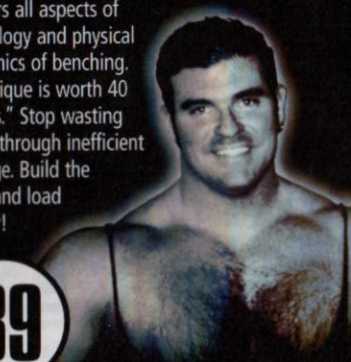
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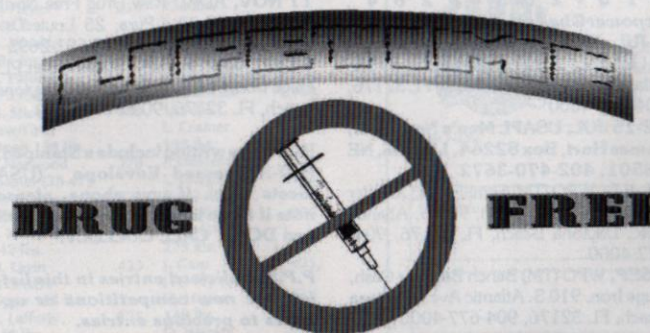
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## USAPL 2000 LIFETIME DRUG FREE NATIONALS

October 7 and 8



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CONTACT MEET DIRECTORS

Bill Clayton 908-496-4172, clayton@blast.net

John Corsello 973-366-2309, corsello@bellatlantic.net

Craig Safran, safrancopy@aol.com

**17 DEC (new date), WNPFF 3rd Sarge McCray BP/DL/IronMan Charity Event (Bordentown, NJ) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com**

**31 DEC, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net**

**DEC?? USPF World BP/PL (Corpus Christi, TX) Gary Pendergrass, 1415 E. Court St., Seguin, TX 78155, 830-372-3396**

**DEC, APF Southwest PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825**

**13 JAN, PPL Augusta Drug Free Open PL, BP, DL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com**

**19-21 JAN, USAPL Women's Na-**



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

## Peabody Auditorium - Daytona Beach, FL

### Cash Prize Breakdown

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

### Total Cash Prize \$15,000

Plus A Masters Division - \$2000, \$1000, \$500 by Formula

## World Powerlifting Organization™

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(904) 677-4000, 877-HUG-IRON, E-Mail: hugeiron@bellsouth.net, www.hugeiron.com

**nationals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485**  
**JAN, AAU Northern Virginia BP & Jr. Olympics Qualifier, AAUPCVA, 809 MosbyHollowDr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com**  
**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**  
**24 FEB, USPF Oklahoma State & Classic PL/BP/DL, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689**  
**FEB, AAU Home of the Champions Bench Press Classic (National Qualifier, Richmond, VA) AAU PCVA, 809 MosbyHollowDr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com**  
**10 MAR, APF Bike Week Bench Bash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000**  
**10, 11 MAR, 5th APF Michigan Sr. States/2nd APF Spartan Open PL & Ironman & Woman (Men/Women: open, teen, jr., submaster, master) Dan DeFelice, 10641 Voland, Roseville, MI 48066, 810-294-7055, www.apfmichigan.com**  
**23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, NZ, www.supergames2001.co.nz, info@supergames2001.co.nz**  
**24 MAR, NASA Police & Fire Nationals, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326**  
**MAR, USPF New Hampshire State & New England Open (Bedford, NH - open,**

women, teen, masters) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489  
**7, 8 APR, Power Palooza (PL, BP, DL - all div./wt. classes) Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823**  
**21 APR, WPO (TM) Qualifier (location tba), Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000**  
**28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams, Rt. 1, Box 149, Wewoka, OK 74884**  
**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, AAFP Florida State PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000**  
**12 MAY, USPF Collegiate Nationals (Beaver College - Glenside, PA - open to full time graduate and undergraduate college or university students) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net**  
**13 MAY, 6th USPF American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net**  
**18-20 MAY, APF Master, Submaster, Junior, Teenage Nationals, Russ Barlow, 175 Kennebec Tr., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180**

**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 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wplfg.org**  
**JUN, WNPFF American BP & DL Nationals (men, women, masters, junior, teen) Brian Washington, BOX 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net**  
**7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona 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, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636**  
**3 NOV, AAFP Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000**  
**17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000**  
**17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695**  
**1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000**

**P.S. when writing include a Stamped, Self-Addressed Envelope (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.**

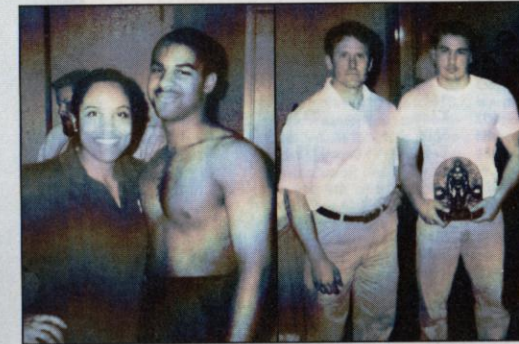
**P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.**

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### Southeastern Regional BP/DL 26 Feb 00 - Pensacola Beach, FL

BENCH	181 lbs.	200
MEN	M. Cook (50-59) 114 lbs.	135
Master (40-49)	B. Lafferty 230	DEADLIFT
114 lbs.	230	WOMEN
K. Snell 165 lbs.	320	Master (40-49)
M. Motes 395	395	114 lbs.
S. Scardina 181 lbs.	325	V. McNeely 235
D. LeSage 365	365	123 lbs.
T. Smith 300	300	S. Hayes 325
198 lbs.	300	181 lbs.
M. Godawa 325	325	M. Cook (50-59) 148 lbs.
E. Howard 380	380	A. Heitzman 250
T. Syverson 305	305	165 lbs.
242 lbs.	305	M. Hughes 255
H. Lavin 425	425	Submaster (34-39)
275 lbs.	345	T. Roberts 200
B. Butler SHW	430	S. Williams Junior (20-24) 325
D. Chase 430	430	148 lbs.
(50-59) 165 lbs.	280	P. Thompson 185
T. Williams Submaster (34-39) 132 lbs.	335	T. Collins 290
D. Tiffany 165 lbs.	250	Open 114 lbs.
J. Whibbs 198 lbs.	310	K. Snell 440
B. Geraghty 370	370	165 lbs.
J. Norwood Open 132 lbs.	330	M. Casano 500
D. Tiffany 165 lbs.	330	J. Huller 505
C. McMullen 340	340	T. Caprari 655
M. Motes 320	320	B. Greene 425
181 lbs.	340	C. Leal 510
B. Greene 265	315	C. Holston 550
D. LeSage 315	455	A. Hooks 525
C. Holston 460	460	Junior (20-24)
C. Thibodeaux 470	470	J. Murphy 480
J. Winters 242 lbs.	440	R. Lunsford 530
R. Ferr 450	450	198 lbs.
J. Montgomery Junior (20-24) 148 lbs.	215	J. Mobley Submaster (34-39) 420
T. Bennett 340	340	165 lbs.
C. McMullen 181 lbs.	380	J. Whibbs 350
R. Lunsford 198 lbs.	380	D. Belder 575
J. Mobley 220 lbs.	275	J. Raviota 455
J. Breedlove 275 lbs.	365	T. Bailey 475
D. Duke 325	325	Law/Fire 220 lbs.
Teen (13-15) 132 lbs.	190	T. Butler 565
T. Godawa 275 lbs.	375	E. Howard 450
J. Cam (16-19) 132 lbs.	200	Master (40-49) 440
G. Aucoin 210	210	K. Snell 440
D. Hayes 148 lbs.	280	E. Howard 450
D. Weekly 181 lbs.	280	J. Sullivan 405
181 lbs.	340	T. Syverson 500
A. Palombo 275 lbs.	340	D. Chase (50-59) 165 lbs.
J. Christian 460	460	181 lbs.
H. Strickland 460	460	L. Cramer 375
Law/Fire Open 198 lbs.	370	J. DeStefano 510
J. Norwood Master (38-47) 325	325	L. Langlinas (60+) 181 lbs.
M. Godawa (48+) 381	381	E. Williams 305
E. Howard 242 lbs.	425	Teen (13-15) 275 lbs.
H. Lavin 425	425	J. Cam (16-19) 132 lbs.
WOMEN Open 105 lbs.	135	D. Hayes 148 lbs.
B. Lafferty 148 lbs.	160	D. Weekly 310
T. Collins 160	160	181 lbs.
S. Harris 130	130	T. Caprari 655
Submaster (34-39) 165 lbs.	160	H. Strickland Master (50-59) 510
S. Williams 105 lbs.	120	181 lbs.
Master (40-49) 114 lbs.	90	L. Cramer (60+) 165 lbs.
A. Peterson 120	120	D. Dreyer 135
114 lbs.	150	181 lbs.
V. McNeely 123 lbs.	150	E. Williams 205
S. Hayes 150		

In teen men's deadlift the story was Tony Caprari weighing 174. He went 600, 635, 656 in conventional form. He's only 19 and wants to deadlift 700 at 165 as a teenager. His 656 was a teenage world record. Jordan Cam came in all the way from Medford, OR. He's only 15 and set a world record of 425 in (13-15) 275#. He's capable of 525, but he pulled a muscle on the 425. In teen (16-19) David Hayes of MS set a state record of 315# at 132. Daniel Weekly of FL did 310 at 148. Daniel was very helpful in making the meet run smoothly as well. Harold Strickland from FL pulled up a 510 at 275 for a FL state record and came close with 540. Outstanding lifter was Tony Caprari of Gulfport, MS. In submaster men J.P. Whibbs of FL set a state record with 350 at 165. Dan Belanger, the meet Director, who didn't sleep for two days, ripped up 575 at 181 for a FL state record. Joe Raviota of MS was 2nd at 181 with 455. Terry Bailey of AL did 475 at 220 Dan Belanger was outstanding lifter of submaster. In open men Ken Snell, the gentleman from FL pulled an amazing 440 at 114 at age 40 for a world record. He was named the outstanding deadlifter of the meet with Tony Caprari 2nd. Mike Casano of MS pulled in 500 at 165 for 2nd and the winner was James Huller who did 505. In open 181 Tony Caprari pulled 656. The world record is held by Olicio Filho of Brazil with 683, who is 55. Chris Leal was 2nd at 181 with 510 and 3rd was Bruce Greene from LA with 425. In 220 Jeremie Winters from NC did a state record of 580 and 2nd was Chip Holston of FL with 550 who came very close with 585. Antonio Hooks came very close with 585. Antonio Hooks of MS did 525 at 275. Most of the MS lifters were trained by the great Vinson Keyhea and they all had perfect deadlift form. The outstanding lifter in the open was Tony Caprari. In master men law/fire Ted Butler, 53, of AL set a world record with 566 in the 220s and tried 605! Emanuel Howard set a LA state record of 450 at 198# 48+. In master deadlift Ken Snell set a world record at 440 in master (40-46) 114. At 198 Emanuel Howard set a LA state record with 450 at 47-53 age group. John Patrick Sullivan did 425 at (40-44) 198. John also did some amazing strength feats by juggling bowling balls and other leaded balls weighing from 6-20#. In 220 (40-46) T.R. Syverson pulled a FL state record 500. In superheavy (40-46) David Chase set a FL state record of 550. In (54-60) 165 James Christian of TX tried for a world record of 495 but missed and had to settle for a 460. He currently is the world record holder with 485. Les Cramer of FL, who is 58 and has the world record for number of meets entered at 248, did a nice 375 at (54-60) 181, is a FL state record. Joseph DeStefano of FL pulled a state record of 510 at (47-53) 198 and Louie Langlinas of MS set a state record of 425 in (54-60) age group. Vinson Keyhea has done a fantastic job with Louie.



Left ... Sandra Hayes (325 DL @123) and her son David (315 DL @132) at the WABDL Southeastern Regional, and right ... Meet Director Dan Belanger with Tony Caprari (656 @174). Courtesy of Gus R.

Louie has only been training for 16 months and has lost 45# and feels fantastic. 66 year old Emory Williams of FL deadlifted 305 in the 181s (61-67). The outstanding lifter was Ken Snell. In the women's deadlift in masters (40-46) Vickie McNeely pulled a great 235 for an AL state record. Sandra Hayes who holds the world record of 331 at (40-46) 123 pulled an easy 325 and was outstanding lifter. Monica Cook of FL set a state record and a world record in (40-46) 181 with 251. Ann Hertzman of MS set a state record in (47-53) 148 with a fine 250. Marian Hughes who did a great job of scorekeeping set a world record at age 58 with tremendous 256 in (54-60) age group 165s. Sandra Hayes was outstanding lifter. In submaster women Tammy Roberts of FL pulled an even 200 at 123 to set a state record. Suzanne Williams of AL and trained by Submaster 275 world record holder Bob Vessels (733) almost got a world record of 325. In junior but had to settle for a state record of 325. In junior women Priscilla Thompson of FL set a state record with 185 in the 148s and Tina Collins of NC pulled a 290 in open women's 148s. Moving on to the bench press Ken Snell of FL set a world record of 230 in master (40-46) 114s. Mike Motes of FL set a state record of 320 in (40-46) 165. Sid Scardina of LA set a world record of 396 in 165 master (40-46) Darrell LaSage of LA set a state record of 36 in the 181s (40-46). Travis Smith of LA was 2nd with 300 in master (40-46) 198 Mike Godawa set a state record in LA with 325. In (47-53) 198 Emanuel Howard set a LA state record with 380. In (40-46) 220 Jr Syverson of FL set a state record with 305. In (47-53) 242 Howard Lavin the strongest Sheriff in the world did a 425 for a LA state record and just missed a world record of 445. In (40-46) 275 Bradley Butler of LA did a state record 345. In (40-46) super David Chase of FL set a state record of 430. In master (47-53) Thomas Williams of FL set a state record of 280 in the 165s. In (54-60) Les

Cramer put up 255 for a FL state record. In junior men Tim Bennett of GA did 215 at 148. Chris McMullen of FL did a state record 340 at 165. Ryan Lunsford of FL set a state record of 380 at 181. Jason Mobley did 275 at 198. He's from FL. Jason Breedlove of AL set a state record of 365 at 220. Daniel Duke of FL set a state record of 325 at 275. In teen bench (13-15) Travis Godawa did 190 at 132. At 275 Jordan Cam of OR set a world record with 376. He had also set a world record in Monterey, CA, in January 22 with 369. In teen (16-19) Garet Aucoin of LA set a state record with 200# in 132# class. David Hayes of MS did 210 at 132 to beat Garet Aucoin. Daniel Weekly of FL did 280 at 148#. Anthony Palombo of LA set a state record at 181 with 340. Howard Strickland of FL put up 460 in 275 for a state record. In open men's bench Darrell Tiffany did 330 at 132. Chris McMullen beat Mike Motes at 165. Darrell LaSage beat Bruce Greene 365 to 265. Both are from LA. There was a real battle in 220. Chip Holston of FL was 3rd with 455. Chris Thibodeaux of AL was 2nd with 460 and Jeremie Winters of NC won with 470. John Montgomery of FL was 4th with 450. In 242 Rob Ferr of LA won with 440. In submaster men Darrell Tiffany of AL set a world record with 335 at 132. J.P. Whibbs won at 165 with 250. Brian Geraghty of FL was 2nd at 198 with 310 and the winner was John Norwood of LA with 370 and a state record. In master men law/fire (40-47) Mike Godawa set a LA state record of 325 at 198. In 48+ Emanuel Howard set a world record of 381 at 198 and Howard Lavin set a LA state record of 425 at 242. In law/fire open John Norwood of FL did a state record of 370 in 198. In master women Ann Peterson, the former world record holder in the 105s at 115, did 120 for a personal best. The record is now held by Chicker Mehmedbaich with 126. She's from CO. Vickie McNeely of AL did 90# at 114 and Sandra Hayes hovered 150 at 123. Sandra is the world record holder at 154. Monica Cook did 100 at 181 and Betty Lafferty set a world record at 105 age group (54-60) with 136. She also holds the world record in 114 with 143. In submaster women Suzanne Williams of AL did 160 at 165#. In open women Betty Lafferty did 135 at 105. Tina Collins of NC did 160 at 148# and Sherri Harris of LA put up 130 at 181#. I want to thank Dan Belanger for doing a great job of directing his first meet. Thanks go out to Elma Thomas on the computer, scorekeepers, Marian Hughes and Marilyn Hughes. Photographer was Tom Patton. The judges were Bobby Hughes, Larry Tilley, Mel Ferguson and Joe Destefano. The expeditor was Greg Cooley and Chips Gynn supplied the weights along with Lee Hill McCoy. I want to thank our sponsors Twin Labs and Muscular Development and Chips Gym, Club Fitness and Advanced Computer Solutions. (thanks to Gus Retwisch for providing these meet results to Powerlifting USA)



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

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
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City				State
Zip				Area Code/Telephone
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F
Today's Date		Card Issued By		

Registration Fee \$15.00  
 Make checks payable to and mail to:  
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 P.O. Box 5292  
 Bend, Oregon 97708

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

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







WABDL Oregon State BP/DL  
12 Feb 00 - Salem, OR

DEADLIFT - Class-1	L. Vincent	286
198 lbs.	198 lbs.	
B. Evans	E. Cotton, Jr.	319
Master (38-47)	H. Neal	275
Law/Fire 220 lbs.	Class-1 198 lbs.	
J. Holloway	B. Evans	314
Open 308 lbs.	220 lbs.	
Law/Fire	J. Rhyne	386
R. Russell	J. Saichenberg	303
Submaster (34-39)	D. Jacobson	402
220 lbs.	242 lbs.	
G. Fraser	M. Sinner	374
275 lbs.	Law/Fire - 181 lbs.	
J. Fernandez	B. Duran	—
V. Shaw	198 lbs.	—
Teen (13-15) 97 lbs.	E. Sim	451
V. Brown	308 lbs.	—
S. Hudson	R. Russell	451
220 lbs.	Master (38-47)	—
K. Browne	Law/Fire 181 lbs.	—
(16-19) 148 lbs.	R. Cardwell	347
R. Braae	220 lbs.	—
R. Chu	J. Jones	352
148 lbs.	J. Holloway	363
S. Alexander	(48+)	—
165 lbs.	J. Rhyne	286
H. Allen	Open 148 lbs.	—
A. Woods	181 lbs.	—
181 lbs.	F. Evangelista	—
R. Ford	B. Duran	—
220 lbs.	198 lbs.	—
A. Williams	J. Clay	314
Open 148 lbs.	242 lbs.	—
F. Evangelista	D. Black	451
165 lbs.	275 lbs.	—
B. Berardy	G. Nelson	—
198 lbs.	Junior (20-24) 114 lbs.	—
J. Clay	L. Culp	253
220 lbs.	148 lbs.	—
T. Summers	R. Johnson	209
275 lbs.	T. Deitrick	281
J. Fernandez	165 lbs.	—
Junior (20-24)	G. Ramos	154
165 lbs.	198 lbs.	—
G. Ramos	J. Anthony	303
198 lbs.	P. Sims, Jr.	363
S. Manley	E. White	402
242 lbs.	220 lbs.	—
T. Osborne	S. Mickelson	352
Master (4-46)	242 lbs.	—
148 lbs.	T. Osborne	418
F. Evangelista	275 lbs.	—
(47-53) 165 lbs.	K. Jensen	391
G. Olson	Teen (13-15)	—
181 lbs.	97 lbs.	—
M. Stevens	S. Hudson	72
198 lbs.	V. Brown	—
J. Clay	148 lbs.	—
R. Ward	R. Chu	99
242 lbs.	165 lbs.	—
R. Nelson	R. Hughes	99
(54-60) 181 lbs.	220 lbs.	—
J. Papish	K. Browne	121
(61-67) 148 lbs.	242 lbs.	—
L. Vincent	C. Porritt	61
WOMEN	(16-19) 148 lbs.	—
Teen (13-15)	R. Braae	61
148 lbs.	165 lbs.	—
T. Ellingsworth	H. Allen	94
(16-19) 123 lbs.	A. Woods	104
A. Jaylo	181 lbs.	—
148 lbs.	R. Ford	159
J. Wallenbaugh	198 lbs.	—
Master (47-53)	J. Loomis	385
165 lbs.	220 lbs.	—
B. Heriford	D. Ruffini	77
Open 123 lbs.	A. Williams	159
K. Nikolaisen	275 lbs.	—
165 lbs.	C. Sacher	424
B. Heriford	286	—
BENCH	WOMEN (34-39)	—
MEN 148 lbs.	132 lbs.	—
Master (40-46)	J. Souders	121
F. Evangelista	198 lbs.	—
198 lbs.	S. Allen	203
J. Berrios	Open 123 lbs.	—
220 lbs.	S. Radcliffe	214
S. Beaudoin	132 lbs.	—
242 lbs.	S. Schuman	121
T. Allen	165 lbs.	—
275 lbs.	B. Heriford	165
D. Frosland	Master (40-46)	—
D. McCreary	L. Hageiganz	170
K. Sacher	(47-53) 165 lbs.	—
(47-53) 165 lbs.	B. Heriford	165
L. McAllister	(54-60) 132 lbs.	—
198 lbs.	S. Schuman	121
J. Clay	Teen (13-15)	—
242 lbs.	97 lbs.	—
J. Barrat	L. Garcia	55
R. Nelson	148 lbs.	—
(54-60) 220 lbs.	T. Ellingsworth	77
D. Tyner	199+ lbs.	—
242 lbs.	R. Malone	126
T. Bunce	(16-19) 123 lbs.	—
275 lbs.	148 lbs.	—
G. Nelson	—	—
(61-67) 148 lbs.	J. Wallenbaugh	55
	C. Hansen	192



Don Frosland Jr. with a WABDL World Record of 507 lbs. in the 40-46 275 lb. class. (courtesy of Gus R.)

This meet was held at the Quality Inn. It was a good location - one block from I-5, the main thoroughfare going through Oregon and Washington. About 85 lifters competed. First in Class-1 deadlift set an Oregon state record with 485 at 198. In open men law/fire Rick Russell pulled 644 at 308. He's the world record holder with 672. In submaster men Gordie Fraser pulled 567 at 220. Joe Fernandez pulled an Oregon state record at 275 with 705 and tried a world record of 734. Victor Shaw of Crescent City, CA pulled a 507 at 275 for 2nd. In teen men Stefan Hudson edged Vaughn Brown, both from the Washington School for the Blind, 143 to 104.5 in the 97s. Stefan set a Washington state record in the process. Keenan Browne also from the Washington School for the Blind pulled 330.5 only 70# from the world record. In teen men 148s Shawn Alexander came real close with a world record of 508 and had to settle for 473. Robert Chu was 2nd with 253 and Rick Braae did 176 for 3rd. At 165 Alex Woods beat Herbie Allen 253 to 176. At 181 Ryan Ford did 352 and Abe Williams did 297 at 220. Shawn Alexander was outstanding lifter. In open men Freddie Evangelista ripped up an Oregon state record in masters (he was in both divisions) with 468. Buck Beardy pulled 468 at 165. John Clay pulled 573 at 198. John is a VietNam Vet with the 82nd Airborne and now resides at the White City, Oregon VA domiciliary still suffering from the adrenaline rush of combat. His deadlift will improve considerably - he's a gamer. Tony Summers pulled a fine 562 at 220 and Joe Fernandez pulled 705 at 275 only 5# shy of the state record held by Sam Peckolt. Joe Fernandez was the outstanding lifter. In junior men Gabe Ramos won at 165 with 253. At 198 Steve Marley set a national record with 667 and was outstanding lifter. Travis Osborne won at 242 with 600. Steve Marley will do 700 before the year is over. He's coached very ably by Pastor Darwin Grimm. In master men Freddie Evangelista set an Oregon state record of 468 at 148. Gordon Olson set a world record at 165 with 551 in the (47-53) age group moving on at 181s Mick Stevens won with 407. At 198 John Clay set an Oregon State record with 573. He was only 27# shy of the world record held by Ted Butler of Alabama. Robert Ward was 2nd with 440. At 242 Roger Nelson just missed a world record of 612 and settle for 584. In (54-60) 181s class Jay Papish who has only been competing for a year did 501.5 for a national and state record. At (61-67) 148# Larry Vincent set an Oregon State record at 363. Larry Holds the world record bench with 286. Outstanding lifter was Gordon Olson. In the women's deadlift in teenage (13-15) in the 148s Tricia Ellingsworth deadlifted 198 for a Washington state record. In (16-19) Alana Jaylo pulled 143 at 123 for a Washington state record at 148 Julie Wallenbaugh pulled 143. In master women Betty Ann Heriford a tremendous fan of the sport - she goes to meets even when she's not lifting - pulled a fantastic world record of 286.5 to take the 165s. In the bench press in men's master Freddie Evangelista did a meager 225 due to injuries. He is a former world record holder with 380 at 165. Jim Berrios put up a fine 380 at 198. Steve Beaudoin pushed 523.5 at 220 and missed a world record of 545. Steve holds the

world record at 540. At 242 Todd Allen shoved 330.5 and at 275 Don Frosland Jr. set a world record of 507. I was very happy for Don. He's been aiming for the record for 5 years. He's self employed and owns the Furniture Clinic in Eugene, OR. He never complains and is always helpful. He's even gotten one sponsor. Newcomer Kurt Sacher pushed up a fine 479 but couldn't the judges agree to the validity of the lift. In master (47-53) Leonard McAllister did 352 at 165. Leonard holds the world record with 380. At 198 John Clay did 314. At 242 Roger Nelson put up 435 and a close miss at 451. Harold Barrat was 2nd with 253.5. In (54-60) 220 Darrell Tyner did 363 without a bench shirt. At 242 Terry Bunce lofted 330.5 and George Nelson opened with 573 and went to 600 twice and bombed out. Earl Cotton, Jr. set an Oregon state record of 319 at (61-67) 198 and Larry Vincent set 2 world records at (61-67) 148 with 281 and 286. Harlan Neal did 275.5 at 198 for 2nd to Earl Cotton. Outstanding lifters were Steve Beardo and Larry Vincent. In junior men Lyle Culp set an Oregon state record at 114 with a huge 275. At 148 Terral Deitrick beat Ross Johnson 281 to 209. At 165 Gabe Ramos from the Washington School for the Blind put up 154. At 198 Eric White from Tri Cities Washington smoked 402 to beat Paul Sims Jr. and John Anthony 402 to 363 and 303. Scott Mikelson did 352 at 220. Travis Osborne did a very respectable 418 at 242 and Kris Jensen put up 391 at 275. Outstanding lifter was Lyle Culp. In Class-1 bench Brad Evans set an Oregon state record of 314 at 198. David Jacobson set a state record of 402 at 220. Jim Saichenberg and Jack Rhyne were 2nd and 3rd respectively at 220 with 303 and 286. In open men law/fire Barry Duran bombed out. Ed Sim set a world record in law/fire submaster with 451. Rick Russell did 451 in open law/fire 308. In master men law/fire. Randy Cardwell who holds the world record in (40-47) 181 with 366 did 347 on this day. In 220 Jeff Holloway set 2 state records with 363 his highest to beat an old friend and my first workout partner back in Hawaii in 1973 Jeff Jones, who is making a comeback. Jeff settled for 352. In first at 220 48+ Jack Rhyne put up 286 for an Oregon state record. In open men John Clay did 314 at 198 Don Black, a 500# bench did 451 at 242. In teen men Stefan Hudson put up 72# in the 97# class. Robert Chu did 99 at 148. Ray Hughes did 99 at 165 and Keenan Braine did 121 at 220. All of these men are from the Washington School for the Blind and are a tremendous inspiration for everyone. Rob Pech does an excellent job of coaching them. Chris Porritt put up 61# at 242. In (16-19) Rick Braae, Herbie Allen, Alex Woods and Ryan Ford all from the Washington School for the Blind put up 61, 94, 104.5, and 159 respectively at 148, 165 and 181 classes. At 198 Jared Loomis put up a very respectable 385 at 198 and tried a world record 407. At 220 Abe Williams beat Devin Russini 159 to 77#. At 275 newcomer Cody Sacher put up 424 on his first meet. The outstanding lifter was Jared Loomis. In submaster women, Jerry Sounders, coached by Bull Stewart, put up 121 at 132 and Sharon Allen set an Oregon state record of 203 at 198. Sharon is shooting for a world record in her next meet on April 15 in Coos Bay, Oregon. In open

women Shelley Radcliffe put up 214 at 123 and was outstanding lifter. Sharon Schuman put up 121 at 132 and Betty Ann Heriford did 165 at 165. In master women (40-46) Lisa Hageganz set a world record of 176 in the 199+ class. Schuman did 121 at 132 (54-60) and Betty Ann Heriford did 165 at 165 (47-53). In teen women Lisa Garcia did 55 in the 97# class. Trisha Ellingsworth did 77 at 148 and Rachel Malone set an Oregon state record at 198+ with 143#. In teen women (16-19) Alan Jaylo put up 61# at 123 and Julie Wallenbaugh did 55# at 148. Christie Hanson did 192 at 148 for the win. I would like to thank Elma Thomas on the computer, Gary Thomas who conducted weigh-ins and was the scorekeeper. The spotter/loaders were Gustave Portel & Tony Montgomerie. The judges were James Warrington, Joaquin Diaz DeLeon, Dave Cheek, Christie Hansen and Terry Luches. The photographer was Brian Baerlein. The platform equipment was supplied by In-Shape Strength Equipment and York Barbell. Warm-up weights were supplied by Healthy Bodies. I would like to thank our sponsor Ron Coleman and Steve Blechman of Twin Labs and Muscular Development Magazine. Wes Kampen of The Powerlifting Superstore, John Inzer of Inzer Advance Designs, Lon Thomas of Thomas Distributing, Scott Safe of Safe USA, Rick Brewer of the House of Pain, Rick Crain of Crain's Muscle World, Brad Worten of All ProFitness, Don Buehl of Vital Food Shop, Rick Dunn of In-Shape Strength Equipment, Tim Isaac of JK Laboratories, Paul White of 24 Hour Fitness, Ken Adams of Skyline Ford, Neal Spruce of Apex Fitness & Nutrition, Bill Stevenson of American Bodybuilding, Marc Priebe of Marashi USA and Mike Lambert of PL USA. (courtesy Gus Rethwisch)

Northeast Raw Powerlifting  
26 MAR 00 - Albany, NY

88 lbs.	SQ	BP	DL	TOT
(14-15)				
B. Birchak	130	180	155	365
105 lbs.				
A. McGill	140	110	210	460
114 lbs.				
N. Birchak	190	160	245	595
C. Rippl-16	214	B. Minshew-50		
214		Masters (60+)		
C. Chapman	185	200	165	550
(14-15) 198 lbs.				
I. Russell	75	125	235	435
(16-17)				
B. Pawlak	205	185	300	690
D. Willard	225	200	400	825
220 lbs.				
J. Moran	155	175	290	720
M. Merhige	365	215	450	1030
(14-15) 242 lbs.				
E. Willard	205	165	235	605
275 lbs.				
J. Nelkatz	450	335	460	1245
(40-44) 114 lbs.				
S. Birchak	180	170	270	620
Open 165 lbs.				
K. Nautel	345	285	440	1070
(Thanks to Nick D. Beast for providing the results)				

2nd Wisconsin's Best BP  
01 Apr 00 - Independence, IN

WOMEN	A. Lyga	355
Teen 97 lbs.	S. Heathman	355
J. Docken	D. Draeger	285
114 lbs.	B. Jensen	155
J. Spenser	181 lbs.	—
123 lbs.	B. Wells	325
S. Flory	W. Small	325
132 lbs.	C. Schlessler	285
R. Niederkorn	J. Gegenfurtner	—
S. Gilberg	198 lbs.	—
165 lbs.	S. Schaefer	425
K. Burman	B. Wright	405
B. Robie	K. Reese	370
M. Bork	M. Amobia	365
Open 148 lbs.	C. Burmeister	345
M. Gardner	S. Coffey	305
220 lbs.	T. Jostad	265
Teen 114 lbs.		
T. Hilton	M. Nielsen	380
123 lbs.	B. Gray	355
J. Patzner	T. Takcott	355
S. Sacia	S. Schoh	335
132 lbs.	D. Weltzien	320
B. Hohmann	242 lbs.	—
148 lbs.	D. Glowacki	435
R. Papenfuss	J. Franco	435
A. Breitenfeldt	S. Becker	425
J. Cady	M. Brigham-47	203
B. Brenner	B. Fleisner	420
165 lbs.	B. Herber	375
M. Woestman	G. Klimek	350
M. Abts	308 lbs.	—
J. Koss	G. Woychik	540
D. Smeija	250 SHW	—
G. Strack	R. Campshire	340
T. Greytak	Submaster 181 lbs.	—
S. Todd	S. Hatella	315
C. Klimek	195 198 lbs.	—
B. Johnson	D. Dixon	285
J. Walek	170 220 lbs.	—
181 lbs.	J. Steffenhagen	300
C. Ruyle	J. Jacobs	325
G. Lindstrom	S. 242 lbs.	—
E. Sullivan	M. 410	—
Teen	D. Laehn	275
M. Tock	270 181 lbs.	—
J. Ward	T. Sullivan	390
N. Towner	B. Goldsmith	260
D. Boberg	C. Mattson	145
198 lbs.	198 lbs.	—
D. Milbrand	S. Kaminski	390
T. Baer	R. Dingfelder	300
C. Ritscher	J. Olson	275
220 lbs.	J. Dings	275
J. Young	220 lbs.	—
S. Adam	J. Tarmann	390
B. Todd	M. Gillette	360
242 lbs.	K. Polus	350
C. Husom	242 lbs.	—
P. Osborn	S. Cain	470
R. Dingfelder	D. Glowacki	435
275 lbs.	N. Emerson	425
J. Johnson	V. Rasmussen	325
Open 132 lbs.	G. Barum	280
D. Flath	275 lbs.	—
148 lbs.	R. Brodt	350
A. Myszka	Master (40) 275 lbs.	—
K. Mantzke	T. Pozanc	325
165 lbs.	308 lbs.	—
T. Stinson	J. Brust	500
	R. Sulton	300

Colorado/Best of the West  
4,5 Dec 99 - Denver, CO



Competitors at Wisconsin's Best Bench Press Contest... in a photograph supplied by Glen Woychik.

WOMEN	SQ	BP	DL	TOT
Teen Light				
J. Sullivan-19	407	270	474	1151
S. Cassidy-15	319	214	352	887
R. Sanford-19	358	259	496	1113
C. Uecker-19	402	286	451	1140
M. Moss-19	297	192	341	832
R. Levay-19	231.5	226	374	832
N. Ferrington-19	214	143	264	622
B. Sodini-19	259	198	297	755
J. Berrezzini-19	253.5	170	363	788
Junior (20-23) Light				
H. Espinoza#-22	518	341	523	1383
N. Sawruk-22	418	330	501.5	1251
M. Garand-22	424	253.5	451	1129
M. Harden-21	314	248	385	948
D. Burk-22	275	231	369	876
Junior (20-23) Heavy				
I. Vien*21	600	380	600	1581
J. Hodgson#-23	600	402	562	1565
J. Sennett-20	451	347	479.5	1278
Submaster Light (36-39)				
R. Clark	606	325	578	1510
T. Rickett	474	407	474	1355
C. Mison#	325	269	474	1068
M. Rutledge	336	248	429	1014
Submaster Heavy (36-39)				



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## VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00







**USPF South Texas  
03 JUN 00 - Seguin, TX**

DEADLIFT	Teen			
148	165			
M. Davis	45	J. Niles	121	
BENCH		J. Cohen	127.5	
WOMEN		242		
148		S. Etheredge	155	
M. Davis	45	Open		
MEN		165		
Masters 40+		G. Gutierrez	182.5	
148		C. Brocato	110	
J. McCallum	110	181		
165		D. Shattuck	190	
C. Brocato	110	198		
B. Buryanek	85	J. Trujillo	152.5	
181		J. Garcia	122.5	
D. Bell	145	220		
220		C. Nightingale	227.5	
E. Molina	170	E. Wright	182.5	
242		E. Molina, Jr.	165	
E. Smith	152.5	242		
R. Jackson	177.5	M. Blankley	232.5	
P. Anderson	165	R. Purdy	220	
275		R. Jackson	177.5	
D. Brooks	142.5	275		
M. McDaniel	195	P. Guerrero	150	
Submaster 35-39		308		
198		L. Polk	255	
E. Wilkinson	215	A. Sultzer	212.5	
J. Campbell	165	SHW	275	
		S. Woelk	262.5	
MEN				
Open		SQ	BP	DL
165				TOT
C. Brocato	185	110	202.5	497.5
181				
E. Luna	267.5	165	245	677.5
K. Shelby	185	137.5	205	527.5
198				
B. Shaw	287.5	182.5	287.5	757.5
A. Nowak	265	172.5	275	712.5
R. Sanchez	257.5	165	252.5	675
242				
J. Fowler	302.5	192.5	297.5	792.5
L. Mistic	300	182.5	270	752.5
M. Blankley				
J. Rangel				
275				
M. McDaniel	300	195	285	780
308				
A. Sultzer	300	212.5		512.5
SHW				
F. Lopez	320	227.5	295	842
Submaster 35-39				
181				
T. May	227.5	120	227.5	575
J. Wood	170	115	205	490
K. Fox	127.5	120	160	407.5
198				
B. Shaw	287.5	182.5	287.5	757.5
B. Hurt	237.5	157.5	245	640
220				
R. Nesuda	250	165	262.5	677.5
242				
E. Hernandez	167.5	117.5	205	490
SHW				
G. Stokelin	250	195	250	695
Teen				
123				
P. Dattner	107.5	82.5	145	335
B. Edgar	127.5	72.5	122.5	322.5
165				
J. Niles	152.5	121	206	479.5
R. Patek	110	77.5	142.5	330
181				
J. Milam	250	152.5	210	612.5
M. Sharkey	230	130	242.5	602.5
J. Guillot				
198				
J. Grass, Jr.	182.5	117.5	205	505
A. Figueroa	127.5	102.5	145	375
242				
S. Etheredge	232.5	155	257.5	645
S. Daniels	240	105	217.5	562.5
Masters 40-49				
165				
C. Brocato	185	110	202.5	497.5
181				
S. Tighe	180	117.5	205	502.5
198				
J. Grass	210	125	185	520
220				
G. Pendergrass	205	165	205	575
242				
L. Mistic	300	182.5	270	752.5
275				
M. McDaniel	300	195	285	780
E. Aiello	205	115	215	535
SHW				
J. Wilson				
Masters 50+				
181				
S. Sampson	170	110	182.5	462.5
198				
B. Johnson	275	120	235	630
242				
E. Smith	265	152.5	250	667.5
275				
E. Surell	317.5	182.5	250	750

D. Brooks	215	142.5	215	572.5
308				
C. Wahl	155	97.5	180	432.5
Below Class I				
148				
D. Smith	120	92.5	145	357.5
165				
C. Brocato	185	110	202.5	497.5
R. Guevara	167.5	130	185	482.5
181				
B. Kempto	222.5	140	232.5	595
K. Jones	202.5	157.5	235	595
A. Jefferson	200	97.5	237.5	535
A. Torres	182.5	102.5	150	435
198				
B. Hurt	237.5	157.5	245	640
C. Matthews	245	160	232.5	637.5
E. Rocha	210	162.5	242.5	615
220				
L. Scarrantino	272.5	140	237.5	650
M. Candia	170	125	205	500
S. Weaver	250	165	225	640
M. Rivera	210	142.5	262.5	615
J. Leos	227.5	145	227.5	600
D. Hughes	195	172.5	230	597.5
J. Morales	187.5	142.5	230	560
J. Rangel	180	130	182.5	492.5
V.R. Pereto				
275				
M. Burget	262.5	227.5	320	810

E. Aiello	205	115	215	535
308				
G. Gibbs	257.5	182.5	227.5	667.5
WOMEN				
Masters 40+				
123				
T. Tighe	90	47.5	120	257.5
148				
J. Cowan	130	82.5	160	372.5
D. Linnartz	87.5	47.5	95	230
165				
I. Gutierrez	105	47.5	107.5	260
Novice				
114				
D. Gagliardi	92.5	55	112.5	260
123				
B. Coody	110	67.5	125	302.5
H. Ross				
132				
K. Harris	102.5	47.5	130	280
S. Ammann	90	42.5	137.5	270
148				
C. Anderson	112.5	82.5	150	345
S. Wurz	107.5	75	145	327.5
M. Gonzales	127.5	62.5	127.5	317.5
165				
G. Moore	110	67.5	125	302.5
181				
S. Ayala	137.5	57.5	130	325
Open				
132				

N. Candela	127.5	55	107.5	290
E. Hardy	97.5	52	107.5	257.5
148				
J. Richards	120	62.5	142.5	325
181				
B. Priest	205	160	227.5	592.5
Submaster 35-39				
123				
L. Demmon				
Teen				
148				
J. Richards	120	62.5	142.5	325
BEST LIFTERS: Open Men: Barry Shaw; Below Class I: Mike Burget; Masters Men: Ernie Surell; Teenage Men: Justin Milam; Submaster Men: Barry Shaw; Bench Masters Men: Mike McDaniel; Open Women: Bonny Priest; Bench Women: Bonny Priest; Squat Women: Bonny Priest; Deadlift Men: Barry Shaw; Bench Men: Lance Polk; Squat Men: Barry Shaw. (Thanks to Seguin Fitness for the results).				

**USAPL Iron Lion Classic  
18 MAR 00 - State College, PA**

WOMEN	SQ	BP	DL	TOT
97 lbs.				
R. Snyder	145	120*	175	440
123 lbs.				
C. Winkelbech	130*	85*	260*	475

148 lbs.				
C. Dawson	125	90	175	390
Collegiate				
S. Barr	205	140	245	590
M. Ilgen	160	90	240	490
MEN Open				
123 lbs.				
S. Snyder	375	225	410	1010
148 lbs.				
B. Koval	135	270	145	550
181 lbs.				
J. Clabaugh	375	255	390	1020
198 lbs.				
T. Dawson	245	340*	405	990
M. Malozi	485	300	475	1260
M. Mastrean	725	385	655	1765
242 lbs.				
J. McElwee	550	400	550	1500
P. Johnson	660	460	620	1720
275 lbs.				
W. Droesser	640	480	650	1770
SHW				
D. Hulslander	750	535	635	1945
Collegiate				
123 lbs.				
J. Finklestein	280	165	375	820
132 lbs.				
M. Smoinski	300	205	400	905
198 lbs.				
T. Brown	450	310	—	disq
D. Soliman	465	300	535	1275

State record. This contest was primarily setup in the state of Pennsylvania to replace several other USAPL contests that lifters were planning on qualifying at. Even though this was just a qualifying contest many lifters showed with some very good numbers. Some highlights of some good lifts included Ruth Snyder a 97 lbs. powerhouse came and left her mark breaking the state record on her way to a 440 lbs. total, while taking away best lifter in the female class. Another dominate female lifter was master Carol Winkelbech. She broke master state records in every event and finished with a 475 lbs. total in the 123 lbs. weight class. In the event several Penn State and Pittsburgh students qualified from USABLE Collegiate Nationals. Those qualifying from Pittsburgh included Dan Soliman, Jeffery Searle and Marc Smoinski. Those qualifying from Penn State included Erik Steiner, Sarah Barr and Jeff Finklestein. The Open Men's class ended up being quite a spectator friendly event. The meet had four lifters squat over 600 and two over 7! The best lifter in the Men's division Mike Mastrean at the 198 lbs. class totaled his way to an easy 1765 lbs. total. The big boy of the contest Dennis "Niko" Hulslander showed up with gear! This 340 lb. man packs a punch without equipment, but now for the

**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.

first time Niko is going to wear gear. He did a personal best Squat of 750 and respectable 1945 total. You can tell he is still trying to feel his way in the gear, but I can see great things in the very near future. I would like to thank The Penn State Powerlifting Club, Titan Support System and Musclemag International for sponsoring this contest. I would also like to thank Al and Brenda Siegel for your participation in this event it was greatly appreciated and I hope we can work together with future endeavors. I would also like to thank Fred Glass for judging the contest as well. Good Luck to everybody at your National contests! (courtesy USAPL)

**USAPL Capital City Push/Pull  
25 MAR 00 - Lansing, MI**

BENCH	319 lbs.	
198 lbs.	Buchin, J.	425
Teen (14-15)	Masters (55-59)	220 lbs.
Harrison, A.	345	335
16-17	242 lbs.	
Outman, J.	325	Master (70-74)
Submaster 181 lbs.	315	Korpal, L.
300	300	Master (80-84)
Benton, T.	300	165 lbs.
198 lbs.		Merrell, R.
65		Teen (14-15)
Hemenway, J.	315	165 lbs.
Horn, D.	310	Glezman, R.
445		Submaster 181 lbs.
Open 148 lbs.	330	Mumaw, J.
540		Open 165 lbs.
165 lbs.	285	Bazzi, T.
490		Vasquez, E.
440		Gallagher, B.
400		Spencer, M.
235	181 lbs.	Ostrowski, M.
635		Mumaw, J.
540		Fabiano, B.
500		Johnston, J.
325	198 lbs.	319 lbs.
530		Sharm, P.
530		Dawe, R.
430		Ostrowski, M.
380		198 lbs.
425		Kenney, B.
425		Jones, A.
615		220 lbs.
565		McLaren, D.
565		Jones, C.
585		Farago, J.







# PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s  
**Jul/93**... Pro Powerlifting Debuts, Motor Cortex Control, Strategic Deadlift Initiative, ADFPA Women's Nationals, TOP 100 275s, ADFPA TOP 20 165s  
**Aug/93**... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
**Sep/93**... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
**Oct/93**... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
**Dec/93**... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s  
**Jan/94**... IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.  
**Feb/94**... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s  
**Mar/94**... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s  
**Apr/94**... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s  
**May/94**... USPF/ADFFA 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  
**Jul/94**... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
**Aug/94**... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.  
**Sep/94**... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.  
**Nov/94**... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.  
**Dec/94**... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Women's, United We Stand, TOP 100 165s.  
**Jan/95**... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.  
**Feb/95**... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.  
**Mar/95**... Women's TOP 20, Don Reinholdt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s  
**Apr/95**... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work

Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.  
**May/95**... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s  
**Jun/95**... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95**... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sep/95**... TRIPLE SENIORS ISSUE ADFPA/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.  
**May/96**... James Henderson Benches 705 in a T-shirt, Brobdignagian Biathlon, Louie Strengthens the Torso, Preventing Catabolism, Reverse Hypers, TOP 100 275s  
**Jun/96**... ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All Time Records, TOP 100 SHW  
**Jul/96**... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, 'Chain Reactions' by Louie Simmons, Rob Wagner, TOP 100 114s  
**Aug/96**... ADFPA Men's, APF Sr. Nationals, 'Ban All Equipment', Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.

**Sep/96**... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.  
**Oct/96**... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner 'Responds to the Response', TOP 100 148s  
**Nov/96**... APF Can-AM, Clark benches 780, James Henderson says 'Face Me', Tribosin, 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, Joy Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo  
**Apr/97**... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.  
**May/97**... Dream Team Pt. 1, Kick Start

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.  
**Jun/97**... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
**Jul/97**... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
**Aug/97**... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s  
**Sep/97**... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.  
**Oct/97**... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, TOP 100 Lwts.  
**Nov/97**... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gau-

gler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.  
**Dec/97**... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s  
**Jan/98**... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s  
**Feb/98**... WABDL Worlds, IPFBP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s  
**Mar/98**... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage  
**Apr/98**... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.  
**May/98**... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Fo-

cused Benching, Top 100 275s.  
**Jun/98**... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on 'Researching Resistance', 10 Keys to Success, AAU/PC/WDFPF Split, TOP 100 SHWs.  
**Jul/98**... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.  
**Aug/98**... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane 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, WNPF 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  
**Mar/99** ... Back to the Future the L.A. Lifting Club, Doyle Kenady Tribute, Concentrated Force, TOP 20 Women, Teen, Masters, Stretching Your Limits.  
**Apr/99** ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.  
**May/99** ... LA Tech Program, 'Sir Guggulo', The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.  
**Jun/99** ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, 'Choking', TOP 100 SHWs  
**Jul/99** ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s  
**Aug/99** ... The Rubber Band Man, the 'Muscleman USA' book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
**Sep/99** ... USAPL Men's Natls, APF SRs, Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s  
**Oct/99** ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
**Nov/99** ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.  
**Dec/99** ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s  
**Jan/00** ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s  
**Feb/00** ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s  
**Mar/00** ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons  
**Apr/00** ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
**May/00** ... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
**Jun/00** ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.  
**Jul/00** ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.  
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(article continued from page 13)

to end with 510. She attempted a pull for bronze but gravity kicked in. Holland's Brenda VanderMeulen broke National Junior National records on her way to a 9th place with 440. She and her mom, who lifted in the 75s, were coached by her dad, Ferry, who looks like he's training for fitness these days. DelaRosa-Payre represented Trinidad & Tobago for her country's first international experience. Unfortunately, squat depth was a problem and she did not total. We hope she'll be back to try again.

90+ kilos - These large ladies were spearheaded by Russia's Anastasia Pavlova. Anastasia was also my partner for water ballet after the banquet! Her 2 1/2 kilo victory over Chinese Taipei's Chen-Yeh Chao was spectacular. It was an emotional 1st time gold for Pavlova who went 9/9 with 265, 152.5, and 225 for 642.5. Chao made all of her attempts, passing her third bench to end with 255, 170, and 215 for 640. She is certainly an amazing lifter, and still holds the title of biggest IPF bench by a woman with



Harriet Hall smashed the world masters marks. (Sandra Mobley)



Leslie Look - trying to absorb some of those big bench vibes from Larry Maile and Chen Yeh-Chao. (photograph provided courtesy Leslie Look)



178.5. USA's Lizbeth Willett dominated for bronze, adding a whopping 50 kilos to her total, with PRs across the board and an amazing 9/9 performance breaking American squat and total records in the process. Lizzy, it was an honor to wrap your knees. Argentinean children came in droves to cheer for her and get autographs. Thanks for being a great roomie Liz! I definitely benefited from your positive energy! After you live with someone for a while they say you start to act like each other. By the end of 9 days I was smiling and walking with a bounce in my step... Liz was swearing like a trucker! Maybe I can bench more now! 4th place Katarina Nokua of Finland moved into the supers but had difficulty with the squats, making her opener 215 on her 3rd attempt. She went on to bench 105 and pull 190 to end with 510. She plans to lift in the 90 next year and has plans to stomp me. USA's Deborah Ferrell finished seventh, taking token a squat and deadlift to compete purely in the bench. She is scheduled for knee surgery and was having some shoulder difficulty before the meet. Still, she sure can bench, lifting 160 on her second. Hang in there Deb. It sure would be nice to grab that title of biggest bench ever by a woman!

The team point calculations delivered top honors to Russia, who again attained the most points available with a perfect score of 71. Chinese Taipei was second with 52 points. The US team was a close third with 44, the most scored by any US women's team since 1996.



Ready for the Banquet... (left to right) Camille D'Amato, Sandy Mobley, and Suzanne "Sioux-z" Hartwig. (courtesy of Hartwig)

Our team has some steadfast and loyal followers who deserve much praise and thanks. Larry Maile was an excellent Head Coach who chose perfect numbers and is a great people manager. His guidance has certainly benefited the US Women's program more than words allow for. P.J. Couvillion again served as our loyal referee, allowing us the bronze team placing with all his hard work. He sacrificed an opportunity to referee at the World's Strongest Man competition to help us out. Kirk Karwoski is always a great morale booster and is a super hands-on helper. Kirk, you're not only a legend in men's powerlifting, you're also becoming one in women's powerlifting! Mike Hartle and Iain Burgess were there for unwavering assistance and were elemental to our team's success. Special thanks to German coach Frank Mueller who assisted with some extremely tight bench shirts.

The IPF has several loyal people that consistently make these contests superior. Heiner Koberich travels the globe to attend championships and graciously provides up to the minute stats for just about everyone. Thanks for your efficiency and accuracy! John Stephenson is also an IPF workaholic, who puts in overtime assuring our federation's integrity. He was carrying with him an extremely buff picture of himself as a bodybuilder. You looked great, but we're glad you made the switch. The South American hospitality showed all the lifters was especially congenial from the extra efforts of Argentinian President Jose Puentes, to spotters like Willy, George (Hor-Hay), and Andres and hotel staff like Katrina. Thank you so much for your patience and hard work. Congratulations to all the strong ladies that competed. The IPF has stringent regulations and expectations, it

is an honor to contend. We look forward to next year's battle in the Czech Republic.

IPF Women's Worlds (kg.)					
24-28 MAY 00 - Buenos Aires, ARG					
	SQ	BP	DL	TOT	
-44					
Tesleva (RUS)	162.5	95	167.5	425	
Chen (TAI)	157.5	65	162.5	385	
Viljasaari (FIN)	137.5	70	157.5	365	
Kitamura (JAP)	115	77.5	117.5	310	
Solan (USA)	105	52.5	127.5	285	
Teran (VEN)	110	47.5	122.5	280	
Vicenti (ARG)	90	40	95.0	225	
-48					
Yamskich (RUS)	155	97.5	175	427.5	
Koskinen (FIN)	162.5	82.5	155	400	
Chou (TAI)	137.5	60	167.5	365	
Guingal (FRA)	140	62.5	147.5	350	
Hartwig (USA)	137.5	70	137.5	345	
Guillaume (FRA)	122.5	65	150	337.5	
Leo (VEN)	100	45.0	130	275	
Ameigelas (ARG)	100	55	117.5	272.5	
-52					
Starova (UKR)	160	100	190	450	
Ayugina (RUS)	172.5	90	107.5	450	
Lilimainen(SWE)	150	87.5	170	407.5	
Sirkia (FIN)	142.5	87.5	155	385	
Taillard (FRA)	152.5	72.5	157.5	382.5	
Cornette (FRA)	150	82.5	147.5	380	
Cobos (VEN)	140	65.0	150	355	
-56					
Nelubova (RUS)	180	132.5	175	487.5	
Korte (GER)	160	77.5	172.5	410	
Lin (CHI, TAI)	145	95	165	405	
Mobley (USA)	155	87.5	160	402.5	
Kobayashi (JAP)	147.5	110	140	397.5	
Wang (AUT)	130	85	152.5	367.5	
Noguera (VEN)	140	60	145	345	
Lloyd (AUS)	122.5	77.5	135	334	
Lockhart (ARG)	110	62.5	145	317.5	
Molina (ARG)	110	55	120	285	
Feraud (ECU)	105	60	105	270	
-60					
Abramova (RUS)	220	110	212.5	542.5	
Hsu (TAI)	182.5	100	182.5	465	
Fischer (GER)	170	85	197.5	452.5	
Haapola (FIN)	175	82.5	180	437.5	
Duran (VEN)	160	95	175	430	
Stein (USA)	155	85	182.5	422.5	
Ketzer (HOL)	155	85	170	410	
Cornel (ARG)	160	82.5	162.5	405	
Kim (CAN)	127.5	70	145	342.5	
-67.5					
Kudinova (RUS)	242.5	140	222.5	605	
Guminska (UKR)	230	115	220	565	
Frangi (ARG)	222.5	112.5	212.5	547.5	
Blikra (NOR)	200	105	207.5	512.5	
Jamin (FRA)	205	100	207.5	512.5	
Iskandarova(KAZ)	200	100	200	500	
Sloep (HOL)	155	100	157.5	412.5	
Kalkova (CZE)					
-75					
Puzanova (RUS)	237.5	130	220	587.5	
Sell (GER)	200	148	227.5	575	
Hsieh (TAI)	215	125	207.5	547.5	
Stikstad (NOR)	220	115	200	535	
Chen (TAI)	185	110	170	465	
Spronk (HOL)	155	95	180	430	
Meulen(HOL)	155	87.5	165	407.5	
Gimenez (ARG)	150	85.0	155.0	398	
-82.5					
Ignatenkova(RUS)	252.5	142.5	235	630	
Wiezkiowiak (Ger)	235	130	245	610	
Posmitna (UKR)	212.5	115	205	532.5	
Belsito (USA)	170	90	190	450	
Hartle (CAN)	147.5	90	147.5	385	
Deakin (AUS)	170				
-90					
Lugovaya (RUS)	245	163	240	647.5	
Look (USA)	215	115	210	540	
Tsai (TAI)	210	120	190	520	
Hall (USA)	180	125	207.5	512.5	
Martinez (ARG)	207.5	115	187.5	510	
Orobets (UKR)	202.5	115	185	502.5	
Alarcon (BRA)	197.5	110	190	497.5	
Fedorova (KAZ)	180	90	180	450	
Meulen (HOL)	167.5	110	162.5	440	
90+					
Pavlova (RUS)	265	152.5	225	642.5	
Chao (TAI)	255	170	215	640	
Willett (USA)	237.5	142.5	205	585	
Nokua (FIN)	215	105	190	510	
Schaefer (HOL)	180	125	177.5	482.5	
Alvarado (VEN)	210	85	150	445	
Ferrell (USA)	85	160	85	330	
Team: 1. Russia -72; 2. Chin. Taipei -51; 3. US. America -44; 4. Germany -35; 5. Ukraine -34; 6. Finland -31; 7. France -29; 8. Venezuela -28; 9. Argentina -27; 10. Holland -25; 11. Norway -14; 12. Japan -13; 13. Sweden -8; 14. Canada -8; 15. Kazakhstan -8; 16. Austria -5; 17. Brazil -4; 18. Australia -3; 19. Ecuador -1; -; Trinidad & Tobago -0. 4th Attempts - Tesleva, Svetlana -170. Champion of Champions: 1. Kudinova -622.78; 2. Abramova -611.18; 3. Tesleva -605.71.					



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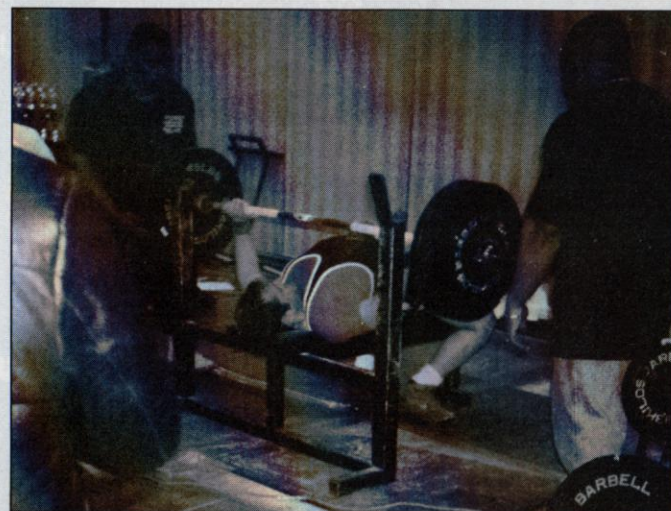
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Novice Raw	Fetzer	500*
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(17-19) Raw	242 lbs. Novice	580*
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Daberkow	(40-49)	540*
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SQUAT	275 lbs. Open	655
181 lbs.	Poitevien	560
Alongi 430	(40-49)	625*
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Fetzer	280	625*
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Joe Alongi narrowly missing lockout of 390 at the WNPF New York State IronMan Championships. He settled for 365 and 1st place in the 181 lifetime drug free division. (by Fran Leone, courtesy Alongi)

SHW (17-19) Raw	—	—	—	—	—
Maggiore	—	—	—	—	—
Best Lifters: Davle Tolve, Bench; Warren Fahrenfeld, Deadlift. *—WNPF American Record. T-Tied WNPF American Record. Team Champions: Team Torque, Deadlift. Thanks to all the lifters that made this meet a success. We had 45 lifters. Our biggest turnout in New York since 1993. We will be back some time in October for the New York State Championships. Team Torque brought out the most lifters with at least 15 members. Thanks to the old timers Paul Buchbauer & Joe Alongi for coming to NY to free some space for the lifters in New Jersey the next day. It was good to see Amil Bruneau from CI, an Old WNPF member from 1992. There were many old ADFFA lifters in the audience observing the meet which was good. We hope to have a bigger turnout in October and even more fun. Look for the WNPF to return to Connecticut in 2001. (Thanks to WNPF for these results)	—	—	—	—	—

**Miami County Powerlifting**  
18 MAR 00 - Paola, KS

MEN	SQ	BP	DL	TOT
123 lbs.	—	—	—	—
M. Johann	280	170	330	780
132 lbs.	—	—	—	—
K. Miller	270	170	245	685
Y. Zhan	225	205	250	680
148 lbs.	—	—	—	—
S. Crabtree	375	265	420	1060
165 lbs.	—	—	—	—
J. Sevy	470	230	430	1130

132 lbs.	270	170	245	685
K. Miller	—	—	—	—
165 lbs.	—	—	—	—
J. Sevy	470	230	430	1130
E. Elwood	200	170	300	670
198 lbs.	—	—	—	—
A. Rayne	365	215	390	970
220 lbs.	—	—	—	—
N. Sifuentez	285	195	295	775
Master-A	—	—	—	—
198 lbs.	—	—	—	—
K. Lorkett	450	315	500	1265
220 lbs.	—	—	—	—
B. Steventon	525	315	440	1280
M. Muntzel	415	310	450	1175
Master-B	—	—	—	—
198 lbs.	—	—	—	—
C. Wade	425	315	485	1225
E. Steventon	300	210	350	860
R. Brooks	140	140	250	530
220 lbs.	—	—	—	—
R. Zohn	425	345	450	1220
T. Tush	280	230	325	835
242 lbs.	—	—	—	—
M. Farney	630	350	600	1580
WOMEN	—	—	—	—
123 lbs.	—	—	—	—
C. Anderson	235	125	245	605
A. Croley	130	65	180	375
132 lbs.	—	—	—	—
K. McGowan	225	160	315	700
L. Williamson	225	120	265	610
148 lbs.	—	—	—	—
L. Hauldren	205	95	250	550
HWT	—	—	—	—
A. Ollenuking	350	210	330	890
J. Buckaloo	205	165	315	685
R. Stevenson	175	90	195	460

BEST LIFTERS: Open Men - Best Squat: Brandon Cass; Best Bench: Keith Parish; Best Deadlift: Brandon Cass; Best O/S Lifter: Brandon Cass; Teams: 1st G&L Gym, 2nd K. State. Open Women - Best Squat, Bench & O/S Lifter: Amorkor Ollenuking; Best Deadlift: Krista McGowan. High School-A Men - Best Squat: Chase Wood; Best Bench, Deadlift & O/S Lifter: Jesse Hongson. High School-B Men - Best Squat, Bench, Deadlift & O/S Lifter: Jordan Sevy; Team 1stG&L Gym. Master-A - Best Squat: Brian Steventon; Best Bench, Deadlift & O/S Lifter: Kevin Lockett. Master-B - Best Squat, Deadlift & O/S Lifter: Mike Farney; Best Bench: Randy Zohn. (Thanks to Greg Barnett for providing these results)

**Summer Beast BP/DL**  
31 Jul 99 - St. Mary's, PA

BENCH	J. Grosser	475
WOMEN	SHW	—
Amateur	T. McKnight	450
P. Sampell	J. Wilson	385
M. O'Donnell	T. Young	310
J. Johnson	Pro 275 lbs.	—
Submaster	N. Gadola	525
L. Evers	J. Petroporlas	390
Masters	SHW	—
D. Mountain	B. Dougherty	575
FEMALE Teen	S. Lewis	505
P. Sampell	Amateur	—
S. Feile	Submasters	—
90	M. Wolcott	505
MALE Teen	J. Howell	385
J. Lorenzo	J. Clark	300
R. Wellner	B. Borsia	300
T. Smith	J. Wilson	385
MEN Amateur	T. Doritty	240
148 lbs.	Pro Submasters	—
J. Thomas	J. Patroporles	275
J. Simpson	Masters	—
165 lbs.	B. Pochiba	450
C. Barkley	J. Neale	305
J. Clark	DEADLIFT	—
B. Brosa	Tiny Tot/Jr.	—
T. Dority	S. Mountain	30
181 lbs.	S. Meacham	60
T. Meacham	A. Uplinger	60
J. Uplinger	T. Mountain	90
J. Neale	R. Herzog	110
198 lbs.	D. Meacham	110
C. Dworek	C. Seeker	140
J. Alessandro	P. Aumiller	155
220 lbs.	T. Aumiller	175
B. Pochiba	MEN	—
T. Wagner	Amateur	—
D. Brandenstein	181 lbs.	—
C. Shields	J. Pillar	375
242 lbs.	198 lbs.	—
M. Watts	J. Mell	425
D. Detsch	308 lbs.	—
275 lbs.	G. Scarnati	450
M. Wolcott	Pro 198 lbs.	—
505	J. Sweikert	550

The St. Marys Bench and Deadlift was a big success from the bench to the tiny tot deadlift, which was a real fun event for all the kids. I would like to thank all the lifters and wish them the best of luck in the future and we look forward to seeing you at the next meet. (Thanks to Ken Mountain of St. Marys Health & Recreation for providing these results)

**Son Light Power Illinois State**  
26 Mar 00 - Joliet, IL

BENCH	A. Bramer	360
MEN 181 lbs.	242 lbs.	—
Teen (3-15)	N. Kirikiris	380
N. Mezera	275 lbs.	—
(16-17) 148 lbs.	P. Kletz	575
J. Stefanski	SHW	370
4th	J. Jarzynka	—
181 lbs.	DEADLIFT	—
S. Gargano	MEN 181 lbs.	—
220 lbs.	Teen (13-15)	—
J. Winker	N. Mezera	405
Junior 198 lbs.	4th	415
J. Lucadano	(16-17) 148 lbs.	—
275 lbs.	J. Stefanski	385
J. D. Morial	4th	390
J. Dombroski	(18-19) 220 lbs.	—
235	T. Hollendonner	560
WOMEN	4th	570
Junior 132 lbs.	Junior 181 lbs.	—
M. Zapcheuk	B. Thompson	545
Submaster	242 lbs.	—
148 lbs.	T. Coniglio	585
A. Borders	275 lbs.	—
165 lbs.	D. Morial	585
L. Metzgar	J. Dombroski	445
C. Hopkins	J. Dombroski	—
Master (40-44)	Junior 132 lbs.	—
181 lbs.	Submaster	205
C. Irons	198 lbs.	—
Master (50-54)	165 lbs.	—
198 lbs.	C. Hopkins	305
D. Harper	4th	315
Master (60-64)	Master (60-64)	—
114 lbs.	114	—
C. Clark	C. Clark	225
165 lbs.	J. Christensen	275
J. Christensen	4th	285
Open 198 lbs.	Open 198 lbs.	—
J. Phillips	J. Phillips	330
MEN 181 lbs.	JEN 220 lbs.	—
Submaster	Submaster	—
L. Banks	E. Maroscher	650
198 lbs.	Master (40-44)	—
L. Porfilio	198 lbs.	—
220 lbs.	M. Schapiro	500
M. Chellino	Master (45-49)	—
E. Maroscher	198 lbs.	—
Master (40-44)	J. Metzgar	500
T. Widner	Master (50-54)	—
308 lbs.	181 lbs.	—
K. Earley	H. Ruhser	425
Master (45-49)	Open 181 lbs.	—
242 lbs.	J. Espinoza	450
B. Blackman	220 lbs.	—
308 lbs.	E. Maroscher	650
M. O'Brien	G. Cabrera	600
Master (50-54)	A. Bramer	565
181 lbs.	T. Rohrs	550
H. Ruhser	242 lbs.	—
Master (60-64)	N. Kirikiris	600
275 lbs.	D. Maciariello	590
J. Marsala	275	—
Open 181 lbs.	R. Keyes	620
J. Espinoza	Teams	—
390	Maroscher Power 34	—
Lionel Hill	Chellino Power 30	—
198 lbs.	Powerline Gym 19	—
C. Richards	220 lbs.	—
450	T. Rohrs	375

Best Lifter BP: Pete Kletz. Best Lifter DL: Eric Maroscher. The Son Light Power Illinois State Bench Press/Deadlift Championships was at World Gym. A special thanks to World Gym owner Dwight Steadman and his staff for hosting the competition. Also thanks to Mark Chellino, Craig Richards and Richard Auxer for their help judging, loading and spotting throughout the day. (Especially to you Richard, who spotted and loaded the whole competition!) In the bench press competition, Nick Mezera took the teenage 13-15 class with 215, weighing in at 181. At 16-17, Jake Stefanski was strong at 148, finishing with 220, then a 225 fourth attempt PR. Sam Gargano took the 181 class with a solid 300 @ 178. The final lifter in the 16-17 age group was Jeremy Winker who won at 220 with an easy 305. Jeremy officially set his high school bench press record at this competition. Congratulations, Jeremy! In the junior men's class Jon Lucadano got all three of his attempts, finishing with 370 for the win at 198. Dan Modall took the 275s with a strong 415, just missing a fourth with 440. Second at 275 was Jason Dombroski with 235. Moving on to the women's competitors, newcomer Michele Zapcheuk ended with 115 at a 132 bodyweight for the win in the junior women's class. At submaster it was Ann Borders with two new PRs on the day, including a final attempt of 155. Laura Metzgar continued her undefeated streak by winning the 165s and pressing 165. Second at 165 was Catherine Hopkins with 120. Cindy Irons won the master women's 40-44 age group at 181 with a strong 135. Diane Harper, suffering from a leg injury, was unable to get her opener of 145, lifting in the master women's 50-54, 198 class. At 60-64 Connie Clark, lifting in her first competition, took the 114 class with her opener of 80. Jeanne Christensen won at 165 with 135. Here we have two ladies, past sixty years of age, just starting out in the sport, doing great and serving as a great



The Maroscher Power Team ... (left to right) Jim Metzgar, Dr. Darrell Latch - promoter, Keith Earley, Eric Marsocher, Brian Thompson, Walt Podlesak, Tim Hollendonner at the Illinois State Bench/Deadlift Championships. (photograph provided courtesy of Dr. Darrell Latch)

example to everyone else. I think that's fantastic! In the open women's class, Jo Phillips won at 198 with a strong 165. Jo is the wife of Vernon Phillips, who is responsible for the training and encouragement of most of the women who lifted on this day, including Jo, Catherine Hopkins, Cindy Irons, Diane Harper and Jeanne Christensen. Boy, I've sure got a lot more respect for that man! (To put up with five cranky wo ... ) Hey, look here, in the men's submaster 181 class Leroy Banks wins again with a strong "raw" 405. Has this guy ever been beaten? At 198 it was Lance Porfilio, getting only his opener of 405, but still good enough for the win. Mark Chellino had a good day with the second largest press of the day, ending with 545. Mark easily took the submaster 220 class with Eric Maroscher second at 385. Eric had some problems, taking all three attempts to get what is usually an easy opener. In the master men's 40-44 class Tim Widner had a perfect day at 220 finishing with 410 for the win. Keith Earley took the 308 class (putting on a little weight, Keith) with a great personal best 420. At 45-49 Barry Blackmon got a strong 380 on his second attempt before failing with 400 for the win at 242. Mike O'Brien took the 308 class, weighing only 280 but only getting his opener of 440. Harry Ruhser came all the way from Iowa to capture the master 50-54 181 class, getting all three of his lifts and finishing with 325. Then at 60-64 was Joe Marsala, a great guy and a great lifter with an even greater attitude. Joe finished the day with a new personal record of 250 while capturing the 275s. Good job, Joe! In the open division Jesse Espinoza returned to competition after a year or so layoff to take the 181 class with a strong 390, Craig Richards, the "Thin Man From Lockport" had an even greater day, finishing on top of the 198s with a personal best 450 at a 192 bwt! Of course, all of

"Thin Man's" success would be due to his great coaching and training buddies Will Saranczak, Jeff Jarzynka and Mark Chellino! You think he could do that on his own... not! Todd Dohrs had a good day at 220, taking that title but getting only his opener of 375. Second place at 220 was Andy Bramer with 360, missing 375 for the win on his final attempt. Nectar Kirikiris looked strong at 242, taking that title with 380 with a near miss with 400 on his third attempt. Pete Kletz put on quite a show at 275, finishing with an easy 575 for the win and best lifter honors. Pete went for a personal best 600 on his final attempt but even with all the energy coming from the crowd and fellow lifters, Pete seemed to be just a little out of the groove. I bet the next time he'll blow that weight away! Last up was Big Jeff Jarzynka who had been nursing a shoulder injury, getting only his opener of 370 for the win at SHW. Jeff, who has been a strongman competitor for the past two years, is usually a 500 plus bench. In the deadlift competition Nick Mezera won his second title of the day with his win at teenage 13-15, 181 class. Nick pulled a strong 405, following that with a great 415 fourth attempt. Jake Stefanski did the same with his win at 16-17, 148. At a 144 bwt. Jake was successful with a 385 third and a 390 fourth attempt. Now that's great pulling for both of these young lifters! At 18-19 Tim Hollendonner was even more impressive! At a 203 bwt. This 19 year old pulled 560 then a 570 fourth for the win at 220! Wow! Then up stepped Brian "Elvis" Thompson who actually out-pulled Tim by formula with a pr 545 @ 177, taking the 181 junior men's class in style! Both of these young lifters are Eric Maroscher proteges... what else! Tony Coniglio looked strong at 242 with 585 for the win. Tony only weighed in at 226. Dan Morjal also won his second title of the day with a big 585 pull at 275. Second place went to training partner Jason Dombroski who finished with 445. In the junior women's division Michele Zapcheuk continued her winning way in her first competition with 205 @ 132. Catherine Hopkins took the submaster women's 165 class with a great 315 PR fourth attempt. Connie Clark went three for three at 114 in the 60-64 master class finishing with a personal record 225. Our other 60-64 lifter, Jeanne Christensen, took the 165s with another pr fourth with 285. In the open women's class Jo Phillips got only her opener of 330 for the win at 198. Great lifting, all you ladies! Best lifter in the deadlift competition, Eric Maroscher, pulled a personal best 650 for the win at submaster 220. Eric also took the open 220 class. In the master 40-44 division Mitch Shapero won at 198, though only pulling his opener of 500. Jim Metzgar opened with an easy 500 for the win at 198 in the 45-49 division but stalled twice at 540. Jim has really improved in the past year, and could have easily gotten his 540, but was just a little out of the groove on this day. Still a great pull at 198! Harry Ruhser took the 50-54 class with an easy 425 at 181. In the open division Jesse Espinoza won again at 181, pulling a smooth 450 to lockout. Second to Eric Maroscher at 220 was Geno Cabrera with a great 600 pull weighing in at only 218! Third place went to Andy Bramer with 565, followed by Todd Rohrs with 550. Nectar Kirikiris only got his opener of 600 but that was good enough for the win at 242. He was followed by Domenic Mariariello who finished with 590. Rob Keyes took the 275s for a new Wisconsin state record of 620. Maroscher Power team took team honors with Chellino Power team second and Powerline Gym of Chicago Heights third. Thanks again to everyone who helped out and to the lifters and the spectators. (Thanks to Dr. Darrell Latch for providing these contest results)

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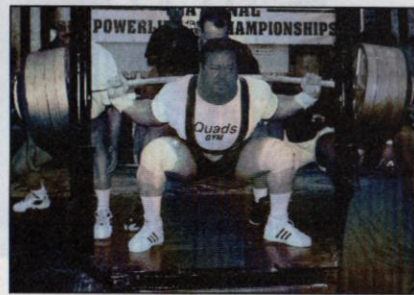
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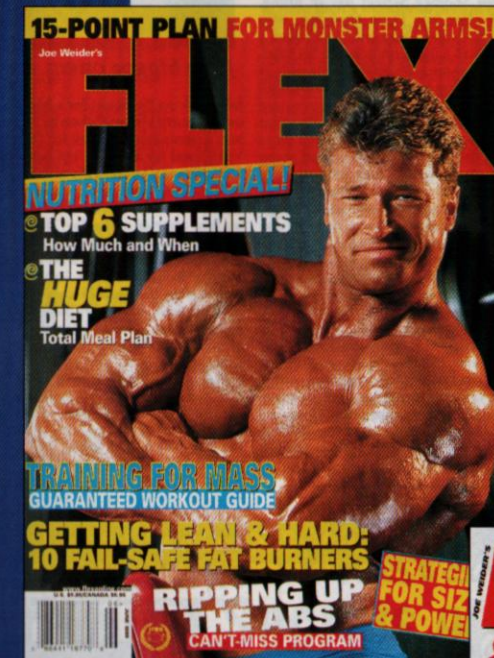
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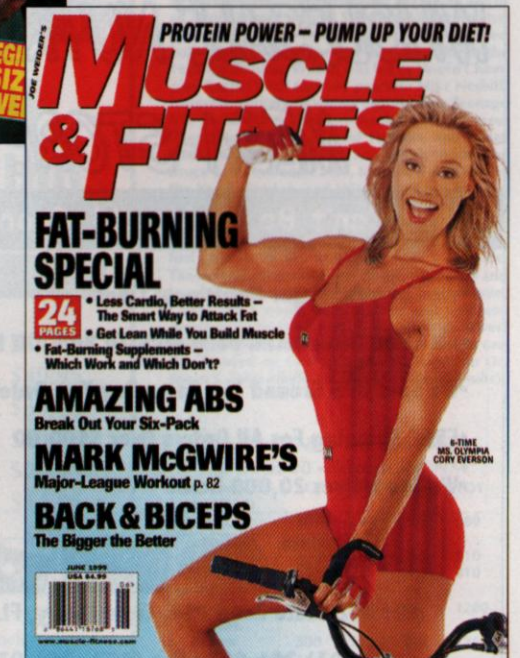
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**Son Light Power National Drug-Free  
1,2 Apr 00 - Tuscola, IL**

BENCH	J. McGee	470			
MEN	Open 220 lbs.	380			
Master (50-54)	J. Carter	380			
308 lbs.	275 lbs.				
E. Coates	B. Saunders	405			
370	4th	415			
SHW	BP	DL	TOT		
Teen (18-19)	242 lbs.	260	425	1010	
A. Stark	325	450			
4th					
Submaster 220 lbs.					
D. Silver	475	275	500	1250	
242 lbs.					
J. Newton	570	345	560	1475	
Master (40-44)	165 lbs.				
M. Rivera	525	350	525	1400	
198 lbs.					
D. Newman	560	420	540	1520	
220 lbs.					
D. Burlingame	630	390	655	1675	
242 lbs.					
R. Thomas	315	190	410	915	
Master (45-49)	132 lbs.				
G. Landess	230	180	355	765	
4th	250				
275 lbs.					
L. Readman	400	275	525	1200	
4th	540				
Master (50-54) SHW					
J. Magee	850	470	600	1920	
Master (55-59)	242 lbs.				
F. Porter	470	295	475	1240	
Police & Fire 220 lbs.					
D. Hall	500	300	480	1280	
242 lbs.					
J. Newton	570	345	560	1475	
Open 198 lbs.					
D. Newman	560	420	540	1520	
220 lbs.					
J. Carter	680	380	630	1690	
D. Burlingame	630	390	655	1675	
242 lbs.					
K. Hudson	400	345	425	1170	
4th	425	365	450		

Best Lifters: Master Men - John Magee; Open Men - Joe Carter. The first annual Son Light Power National Drug-Free Powerlifting Championship was held at Son Light Power Gym. A special thanks to all the judges, spotters and loaders who helped

with the competition, including Dr. Robert Middleton, Linda Middleton, Susan Latch, Paul Kohlbecker, Daniel Moutria and David Bragg. In the powerlifting competition, lone teenager Al Stark captured his first national title in the 18-19 age group of the 242 class. Al did great, getting all three of his squats, plus a fourth, ending with 375, which was a personal record for him. In the bench Al finished the day with 260, along with a 450 deadlift for a 1085 total. Al's deadlift and total were also new PRs for him. In the submaster division Darrell Silver took the 220 class with all new personal marks. Going nine for nine, Darrell squatted 475, benched 275 and pulled 500 for a great 1250 total. Joe Newton also had a great day of lifting, competing in both the 242 submaster and police & fire division. Joe also had a perfect nine for nine day with all new personal records, capturing both titles. Joe squatted 570, benched 345 and deadlifted 560 for his all time best 1475 total. Moving to the master men 40-44 we had four competitors. At 165 the winner was Manuel Rivera who finished with a 525 squat, a 350 bench and a 525 deadlift for a 1400 total. Manuel also went nine for nine for another perfect day of lifting. Taking the 198 class was Dave Newman, who finished with a 560 squat, a 420 bench and a 540 pull to make his total. Dave's only misses came with his final attempts in the squat with 590 (due to depth) and the deadlift of 555, which would have been a new personal record for him. Dave Burlingame took the 220 class posting a new personal record in the bench press with 390 on his final attempt. Duane had some problems in the squat, making only his opener of 630, but finished up with the biggest deadlift of the meet with 655. Duane's 1675 was also good enough for second place in the open 220 class. At 242 it was Rick Thomas with a personal record 315 squat, a 190 bench and a 410 pr deadlift for a 915 pr total and the win. Rick got all three of his squats and deadlifts, missing only his last two attempts in the bench with 200. Gary Landess captured the 132 title in the 45-49 age group making every lift he attempted. Gary's biggest accomplishment was his pr squats of 230 and 250 (fourth attempt) which were more than deep! Gary followed that with a 180 bench and a strong 355 pull for a 785 personal record total! Also in that age group was 275 winner Larry Readman. Larry also had a good day of lifting with a 400 squat and a 275 bench. Larry purposely



John Magee opens with 430 en route to the Master Best Lifter honors

laid back on the squat for a big pull, which he got on his fourth attempt when he locked out 540! This was a new personal mark for Larry and gave him a 1215 total for the day. Up next was the big guy, John Magee winner of the master men 50-54 group of the SHW class. John opened with 730 in the squat, then nailed 800 before getting a big 850 for his final attempt of the day. That 850 was good and deep and would have passed anywhere! Then in the bench John settled with an easy 470, before missing the lockout with 500 for his final attempt. By the time the deadlift came around John was a little bit tired, so he only pulled his opener of 600. But that gave John a big total of 1920 which was good enough for best lifter honors in the master's competition. Another great favorite was Frank Porter, who will have turned 59 by the time you read this. Frank is a great competitor and a great lifter who competed on this day even though he was just in the middle of his training cycle. Frank finished the day with a 470 squat, 295 bench and a 475 deadlift for a 1240 total and the win at 242, master men 55-59. Frank's only miss of the day came with his final attempt on the bench with 310. In the police and fire division Derek Hall won the 220 class with his greatest day of lifting ever. With all new PRs, Derek squatted 500 for the first time, benched 300 for the first time, and pulled 480 for a big 1280 total for the win. Both Derek and training partner Joe Newton (the notorious Bumble-

bee Brothers) did great; Joe taking the 242 class to go with his win at submaster. In the open division Dave Newman captured the 198 class with his 1520 total, mentioned earlier. There was a real battle at 220, with Joe Carter finishing out on top of Duane Burlingame 1690 to 1675. Joe finished the squat with a strong and deep 680 to Duane's 630. In the bench Duane out-lifted Joe 390 to 380. And in the deadlift Duane out-lifted Joe 655 to 630. But it was the squat that decided the title and gave Joe the win in the total by a mere fifteen pounds. Joe also received the best lifter trophy for the open men's competition. Kevin Hudson had a great day also, posting all new personal records, even hitting all three of his fourth attempts for a big 1240 total. Kevin squatted 425, benched 365 and pulled 450 for his record setting total. In the bench press competition Big Ed Coates came all the way from southern Missouri to win the master men 50-54 title at 308. Ed finished with a personal best 370, just missing the lockout with 380. John Magee took the shw title with 470 in the same age group. Joe Carter took the 220 open title and it was Brad Saunders for the win at 275. Brad got all four of the attempts he took, the last three being new PRs, to finish with 415 and the title. Great lifting and a great time had by all. I am proud of these lifters in the way they helped and encouraged each other, the great lifting they all did, and the fun we all had. See you all next year! (results by Dr. Darrell Latch)



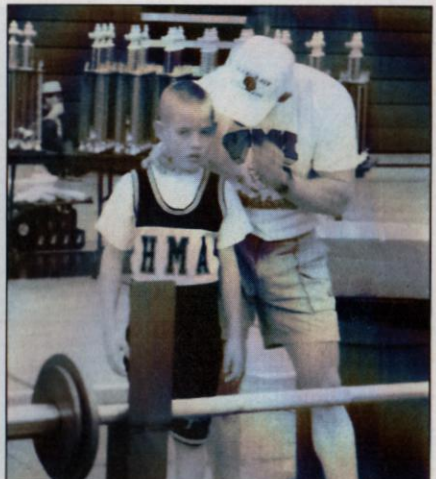
Joe Carter locks out 630 on the way to a 1690 Best Lifter total in the 220s at the Son Light Power Nationals. (photo courtesy Darrell Latch)

**RAW Eastern Regionals  
6 FEB 00 - Stevensville, MD**

BENCH	J. Jacoby	300			
148 lbs. (16-17)	275 lbs. (25-29)				
L. Patchell	C. Elliot	500			
(30-34)	DEADLIFT				
R. Murphy	198 lbs. (20-24)	460			
325	M. Carpenter	460			
198 lbs. (35-39)	242 lbs. (40-44)				
M. Palladino	G. Bartholomew	665			
220 lbs. (45-49)					
D. Lhota	365				
WOMEN	SQ	BP	DL	TOT	
66 lbs. (8-9)	60	35	90	185	
M. Ogelthorpe	77 lbs. (8-9)				
77 lbs. (8-9)	55	35	100	190	
T. Coghill	88 lbs. (8-9)				
88 lbs. (8-9)	65	45	95	205	
E. Tshontikidis	(16-17)				
(16-17)	75	55	150	280	
J. Eckert	97 lbs. (40-44)				
97 lbs. (40-44)	90	75	185	350	
M. Cahill	105 lbs. (18-19)				
105 lbs. (18-19)	80	60	155	295	
P. Williams	114 lbs. (14-15)				
114 lbs. (14-15)	135	105	160	400	
S. Lhota	120	75	175	370	
G. Welsh	123 lbs. (14-15)				
123 lbs. (14-15)	155	80	215	450	
K. Sharp	105	70	160	335	
S. Gilberg	132 lbs. (14-15)				
132 lbs. (14-15)	110	95	190	395	
S. Frederick	120	55	210	385	
L. Syphax	(16-17)				
(16-17)	140	95	255	490	
A. Eury	V. Sharp	150	95	230	475
18-19	(18-19)				
175	110	225	510		
C. Lhota	120	80	220	420	
N. Bodani	(45-49)				
(45-49)	55	125	260	440	
J. Sturmiolo	148 lbs. (14-15)				
148 lbs. (14-15)	130	65	180	375	
N. Levinson	105	70	155	330	
T. Antigone	(16-17)				
(16-17)	155	95	305	555	
A. Sira	(65-69)				
(65-69)	90	90	210	390	
D. Mikolowski	165 lbs. (14-15)				
165 lbs. (14-15)	165	100	225	490	
R. Kraft	140	85	200	425	
A. Seales	181 lbs. (16-17)				
181 lbs. (16-17)	155	100	235	490	
K. Whitaker	198 lbs. (14-15)				
198 lbs. (14-15)	240	115	270	625	
S. Bowser	(16-17)				
(16-17)	135	100	240	475	
N. Mitchell	MEN 77 lbs. (8-9)				
MEN 77 lbs. (8-9)	100	50	145	295	
Y. Tshontikidis	(12-13)				
(12-13)	55	40	100	195	
S. Fahey	88 lbs. (8-9)				
88 lbs. (8-9)	65	50	120	235	
J. Cahill	55	40	90	185	
J. Reeves	4th-DL-100				
(12-13)					
E. Saunders	120	80	185	385	
(14-15)					
D. Hudson	85	55	120	260	
97 lbs. (12-13)					
A. Armstrong	125	85	225	435	
114 lbs. (40-44)					
G. Murphy, Jr.	270	190	320	780	
123 lbs. (12-13)					
T. Lyons	140	100	245	485	
(14-15)					
J. Shelton	125	75	205	405	
132 lbs. (14-15)					
B. Barksdale	90	95	190	375	
148 lbs. (14-15)					
M. Nesbitt	240	180	320	740	
D. Sylvester	(16-17)				
(16-17)	195	155	270	620	
R. Hughes	195	165	255	615	
P. Gemma	145	155	280	580	
S. Slabaugh	(18-19)				
(18-19)	145	85	255	485	
D. Cruz	250	145	315	710	
165 lbs. (12-13)	145	90	195	430	
C. Balance	(16-17)				
(16-17)	250	200	370	820	
B. Wooley	250	205	350	805	
J. Johnson	230	175	400	805	
M. O'Connell	235	155	280	670	
J. Cropps	(18-19)				
(18-19)	250	155	355	760	
R. Passon	(30-34)				
(30-34)	400	340	540	1280	
J. Audia	(40-44)				
(40-44)	435	340	515	1290	
J. Polak	(55-59)				
(55-59)	225	65	315	605	
H. Dudley	181 lbs. (14-15)				
181 lbs. (14-15)	225	215	405	845	
J. Pierce	(18-19)				
(18-19)	250	200	420	870	
Z. Corey	245	205	345	795	
A. Henry	(25-29)				

M. Martin 360 305 375 1040  
S. Ogelthorpe 310 180 420 910  
D. Junkins 315 230 385 930  
198 lbs. (16-17)  
M. Brewster 330 210 400 940  
M. Blanchette 225 230 365 820  
T. Borque 250 165 315 730  
(30-34)  
D. Bellantoni 505 330 575 1410  
(35-39)  
J. Siegler 440 330 540 1310  
(40-44)  
S. Tshontikidis 445 300 570 1315  
(45-49)  
B. Cahill 420 305 560 1285  
(50-54)  
T. Smith 400 275 580 1255  
220 lbs. (14-15)  
T. Johnson 300 215 400 915  
(16-17)  
M. Walker 405 325 560 1290  
R. Sturgill 360 225 450 1035  
G. Connelly 325 170 350 845  
(30-34)  
J. Deigan 585 400 625 1610  
L. Loganbill 475 310 525 1310  
(35-39)  
C. Machin 600 360 670 1630  
242 lbs. (16-17)  
B. Workman 385 205 410 1000  
N. Catterton 330 225 410 965  
F. DeFeo 300 205 425 930  
S. McCalister 255 220 375 850  
275 lbs. (14-15)  
K. Cole 225 265 300 790  
(40-44)  
P. Gisondi 590 385 725 1700  
J. Bechtel 500 350 535 1385  
319 lbs. (40-44)  
J. Sheets 400 315 605 1320

An outstanding weekend of lifting took place at first event sanctioned by Redeemed Among the World, Incorporated, or "RAW." RAW is a sports ministry headquartered on the East Coast that is dedicated to the growth of teenage powerlifting. RAW offers both youth and adults drug-tested powerlifting competition at the Regional, National, and International levels. The goal of RAW, Inc. is to teach young athletes the importance of: (1) developing a personal relationship with God, (2) respecting their parents, (3) working to their academic potential, (4) serving and respecting others, and (5) being a positive role model both on and off the competitive platform. Simply stated, RAW, Inc. is an organization for lifters who want to be a part of a spiritually-based powerlifting organization established to serve America's youth. Our 2000 contest schedule is listed in this month's edition of PL USA under "100% RAW." First, thank you to Mrs. Clarice Sharp of Danville, Virginia. Mrs. Sharp's daughters, Katie and Vicki, lift for Chatham, Virginia's Hargrave Military Academy. Over the years, Mrs. Sharp has been instrumental in promoting teenage powerlifting on the East Coast through her generous financial support. Mrs. Sharp not only donated all of the platform equipment utilized by RAW, but also helped us start up the organization without going into debt. We are truly blessed to have such a wonderful person in our corner, and I thank God for all of her support! Special thanks and congratulations to our newly established Board of Directors and contest staff! Thanks to Todd and Trish Boehm of Marlboro Spine & Sports for medical support; Alan and Teresa Kelly of Kelly Sports for videotaping; Jerry Shockley of Virginia Polygraph for drug testing; Graham Bartholomew of Waldorf, Maryland for everything (announcing, scoring, judging, spotting, loading, ENCOURAGING, and pulling an awesome 665 pound deadlift!); Dave Lhota, Wardell Sewell, Mike Sansalone, Paul Griffith, Tom Wiley, Joe Sauter, Ben Bonnas, Jason Anderson, Debbie Burke, Paul Bossi, Carl Elliot, Clay Draud, Bryon Sofonowski, Caryn Tshontikidis, Rich DeFeo, Rick Dryden, Bryce Wergeland, and everyone I forgot for your help on the platform; Kent Island High School (especially Bryon Sofonowski, Tom Dillard, Alphonso Sorrell, and Greg Cheers) for allowing us to host the Regionals on Maryland's Eastern Shore; my wife, Caryn, for all of her love and support; and, most importantly, THANK YOU, LORD, FOR MAKING REDEEMED AMONG THE WORLD A REALITY! Megan Ogelthorpe of the "Gym & Junk Power



This is what R.A.W. is All About ... Coach Clay Draud works with first-time lifter Steve Fahey at the Eastern Regionals (photograph provided courtesy Dr. Spero Tshontikidis)

Team" from Virginia Beach, Virginia, led the women's charge as the outstanding lifter in the KIDSTRONG division. Island Power Team's Alina Sira was the outstanding Teenage Lifter (Stevensville, Maryland), and "Gym & Junk" Maureen Cahill was the outstanding Master lifter. Congratulations to all the women who competed at the Regionals, and to all of our record setters! On the men's side, "Wilson Powerlifting's" (Washington, D.C.) Yanni Tshontikidis was the outstanding KIDSTRONG lifter. "Elizabeth City Elite's" (Elizabeth City, North Carolina) Adrain Armstrong captured the Youth honors, and Indian Lake, Pennsylvania's Matthew Walker, a member of the "Thunderbird Power Team," was the outstanding Teenage lifter. The "Missing Link's" John Audia (White Plains, New York) took the open honors, and Waynesboro, Pennsylvania's John Polak was the outstanding Master lifter. Congratulations to all the men who competed at the Regionals, and to all of our record setters! Several teams competed at the Regionals. Wilson Powerlifting captured both the Women's title and the Mixed title in the Teenage division. Wilson was led by World Champion Rachel Kraft and 148 pounder Mike Nesbitt. Hargrave Military Academy captured the Teenage title in the Men's Division thanks to wins by new lifters Steven Fahey, David Hudson, and James "Duke" Shelton. Virginia's Gym & Junk, coached by Bruce and Maureen Cahill, took the Mixed title in the Youth division, and DOCS GYM, led by Masters Champion Doc Junkins, took the Mixed title in the Open division. Finally, New York's Missing Link put on quite a show for our youth in winning their first (and surely not their last!) RAW Men's title. Thanks and congratulations to all the coaches and teams for their participation! On a final note, Caryn and I would like to thank and welcome everyone for their support of powerlifting's newest sports ministry, and we pray that our hearts can stay focused on God's Kingdom! (Thanks to Dr. Spero S. Tshontikidis for providing these results)

**LOUIE SIMMONS PRESENTS**

## Training Secrets of Westside Barbell Club

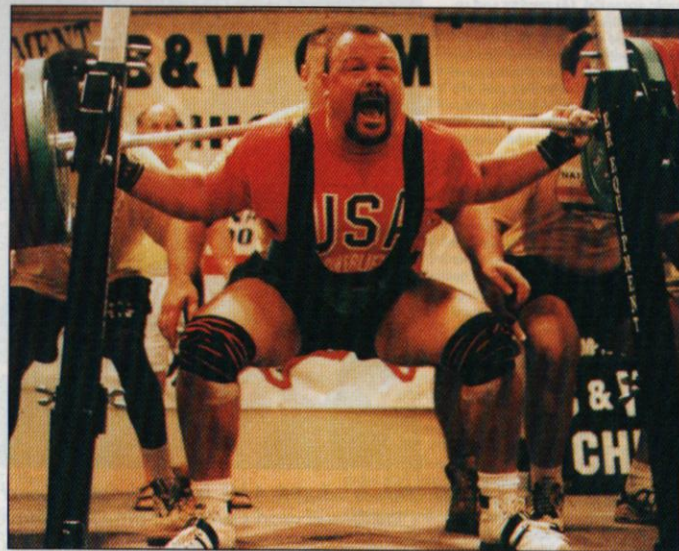
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back view





Jeff Douglas roars as he completes an 804 squat in the 242s.

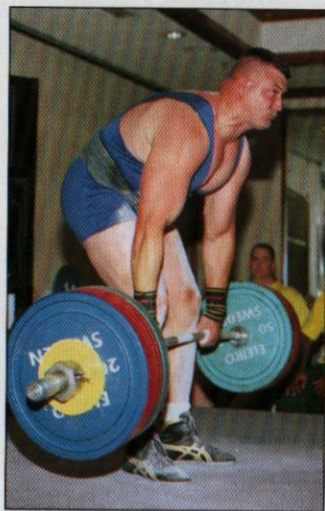
(article continued from page 7)

son of Philadelphia had lots of lumps in all the strong places, and finished just behind Colin. California's John Planas made a solid looking debut to USAPL Men's Nationals competition and Ken Howard, who didn't use any supportive shirts or suits, finished out the finishers, except for Mitch Edelstein, who was lifting very conservatively, as if he didn't want to break something. Ray Ebner was not able to satisfy the judges on any of his 705 squat attempts. Willie Croner was entered here, but weighed in up a weight class. Shawn Cain was entered and present, but he had pulled a groin muscle two weeks before and was trying to save his best shot for the World Masters team. John Defoor apparently was injured and did not appear and Richard Auxer also did not appear.

In the 275 lb. division, Pat McGettigan of Blue Mounds, Wisconsin showed some improvement in the squat, but really came to get a national record deadlift of 815 lbs., with which he came close with on two occasions. Grant Higa of Renton, WA, was next up in the class and with a couple more attempts on the board he could have put a little more pressure on Pat. This large class was divided into 2 flights, and Jeff Robison rose from the ranks of the second flight to end up in third place off some very powerful squatting and a little less bodyweight than Mike Kautz, from Dixon, CA. Paul Fletcher was just five kilos back and Wayne Drosser was just 5 kilos back of Paul. One notch further back was Mike Anderson, a former USPF champion, followed by Brad Madvig of St. Louis Park, Minnesota. Wade Hanna of Lansing, Michigan tried a Michigan state record deadlift of 694 twice, but missed it. Just back of Wade was the performance of Mark

Lausen, a cohort of Dennis Bracken back in Los Alamos, New Mexico, and that was the same total as USAPL Executive Committee member Mike Hartle. Scott Lade of DePere, Wisconsin, could not get a deadlift past the judge's rigid scrutiny. Having grip trouble in the deadlift was Kurt Weyrough of Elkhorn, WI and Nick Best had depth problems in the squat. Kelvin Hayes insisted that he "had" his massive opening squat of 782 lbs. but he stumbled and struggled with it twice and then passed his final shot at it. Neither Mike Frizzel of Graymont, IL, with a patched up squat suit, nor Willie Croner, weighing 116.1 kilos, found the knack to get a squat on the scoreboard.

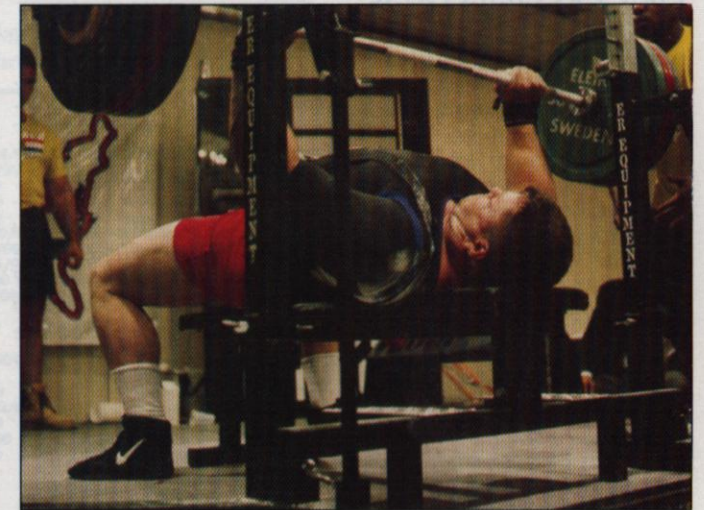
In the SHWs, Brad Gillingham of Minnesota, Minnesota had a spectacular day, making all three squats



Pat McGettigan came to deadlift

under world class standards of judging, and he opened with an easy 578 bench press before jumping to a weight that's been a little bit of a bug-a-boo for him - 600 lbs. - making that and a perfectly fine 611. He opened easily with a 777 deadlift, mysteriously missed 821 on a technical judgement, and then conservatively went up to 826 on his 3rd try and made it easily. He had hoped to take a shot at a deadlift in the 848 to 854 range, and bump his PR in the total up another notch or two. Brad will shortly be going to Akita, Japan to demonstrate his powerlifting prowess at the World Games Festival (held three years prior to the World Games) and he'll be able to scout out the territory of the next Men's World Championships in advance. Brad is very pleased with his conversion to the hook grip,

which changes the pulling movement for the better, as there's no twist involved. It took him a while to get over the pain of using the hook grip, but after he saw some former Iron Curtain athletes using it, and made the gradual changeover, he's found it to be quite an asset. Shawn Culnan was hanging tough with Brad and was celebrating his 821 squat attempt, shouting out "How About THAT!!", not immediately realizing that it had not been accepted by the judges. Even though he went on to miss a 551 bench and an 815 deadlift, he still had a quality 965 kilo (2127 lb.) total. Dan Gaudreau of Elizabeth, Colorado, who looks very much like Beau Moore, had a tough day with only 4 attempts to the good, but he was easily in third place over Dennis Hulslander from Stuartstown,



Brad Gillingham crashed through the 600 lb. bench press barrier

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PA, who made all 3 deadlifts and exulted in the moment. Another impressive lifter was Malcolm Ahlo of Ewa Beach, Hawaii, whose 771 squat was deep, and fast, and very impressive. He was able to finish up ahead of Abdul Aziz Wesolowski, who had moved up from the 275 pound class, and who missed a Michigan state record deadlift 744 twice. Van Hatfield of Utah had problems everywhere, missing his first two squats, then getting his final on a repeated attempt to stay in the contest, but then he only got one bench press and after that he couldn't get a deadlift passed. Cory Callahan of Roswell, Georgia ran into depth problems in the squat, and didn't get a lift on the board. Wade Likens of Girard, Ohio likewise had trouble with a 600 lb. squat.

As far as the major distinctions at the meet: Larry Maile was awarded the Billy Jack Talton "Coach of the Year" award; Johnny Graham received the Brother Bennet award; Best Squat was by Rob Wagner; Best Bench Press was by Brad Gillingham; Best Deadlift was by David Ricks and in the Best Lifter Overall category; 3rd place was Brad Gillingham; 2nd place was James McGlynn; and 1st place was David Ricks. In the team competition, Team Hawaii was third; Team Indiana second; and Team Quest was first place. As many of the team members gathered up for the presentation of the first place team award, Jeremy Arias surprised everybody by doing a back flip. Hopefully, that is the way we'll be able to celebrate our performance at the Men's Worlds in Japan this November.

Administratively, Mike Overdeer was re-elected President of USA PL and Dan Lark was re-elected an Executive Committee member. Ray Benemerito was voted on to the Executive Committee, and elected to Athlete's Reps positions were Pat Anderson, Shawn Cain, Brad Gillingham, Leslie Look, and Larry Miller.



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