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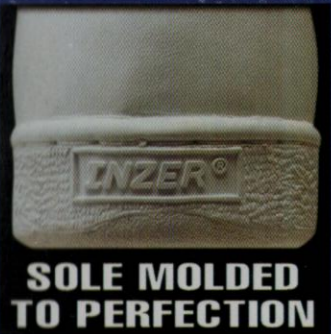
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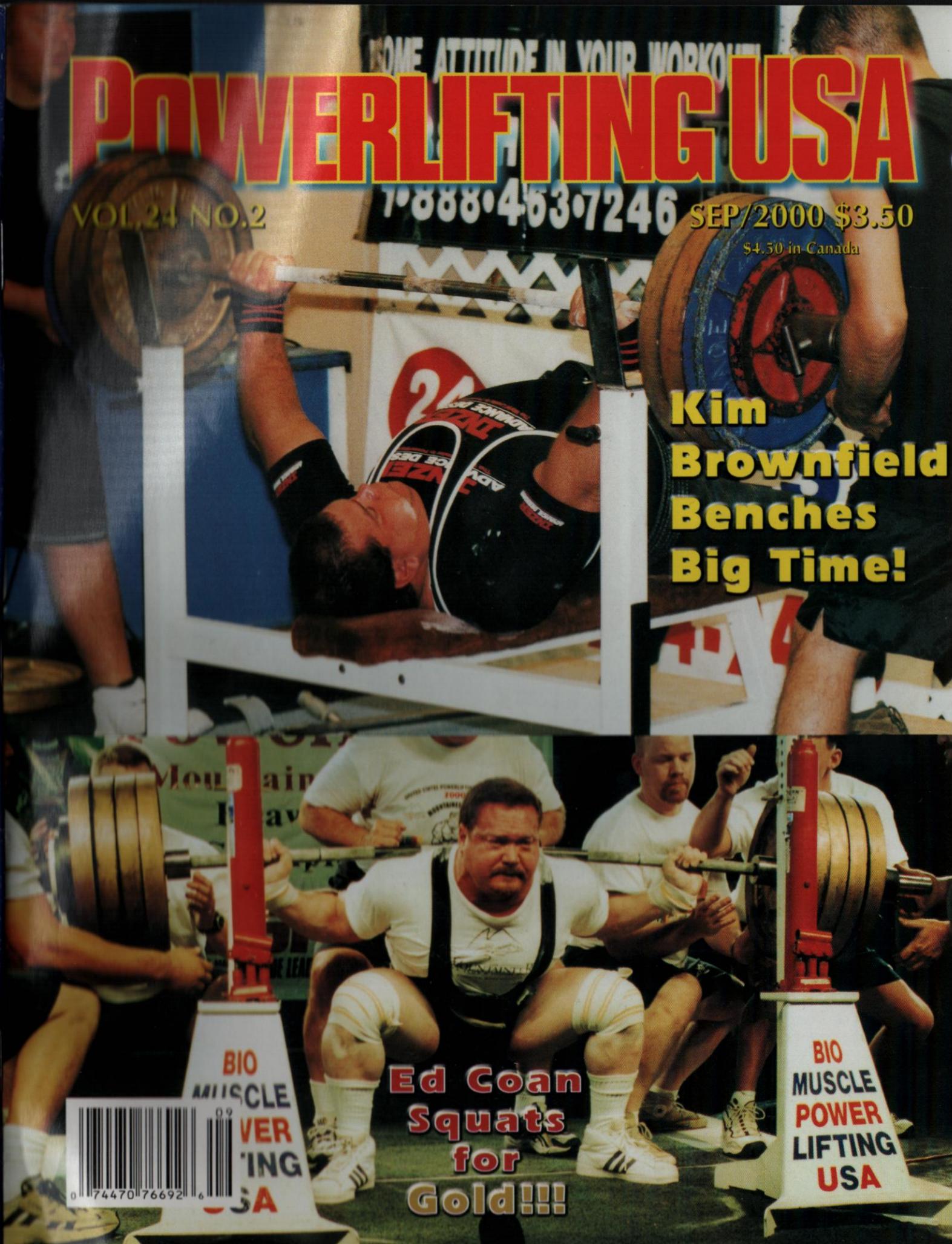
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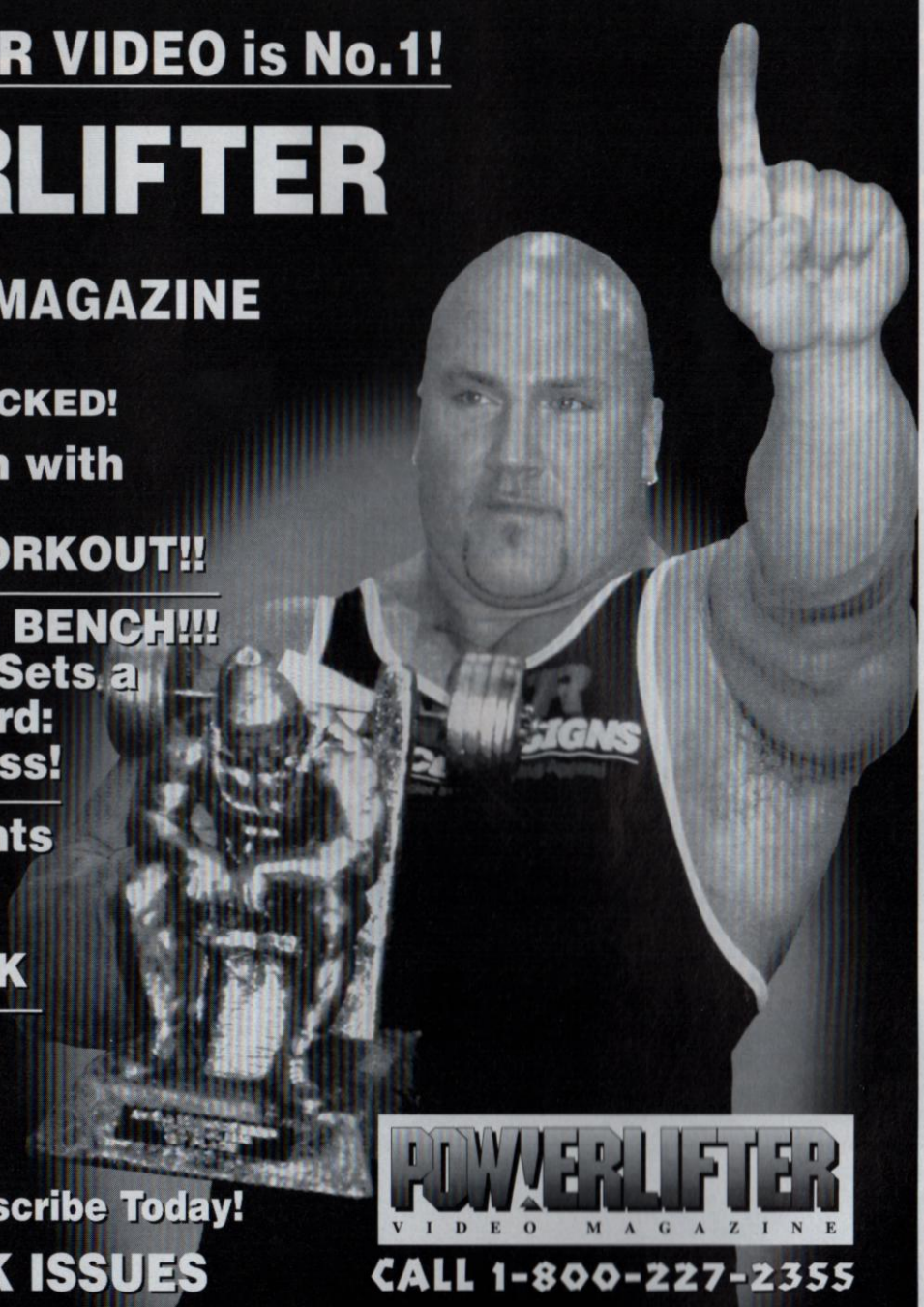
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ON THE COVER.... Kim Brownfield benched 612 at the WABDL Nationals (courtesy of Gus Rethwisch) and Ed Coan (below) won the \$10,000 prize at the Mountaineer Cup event (Burnell)

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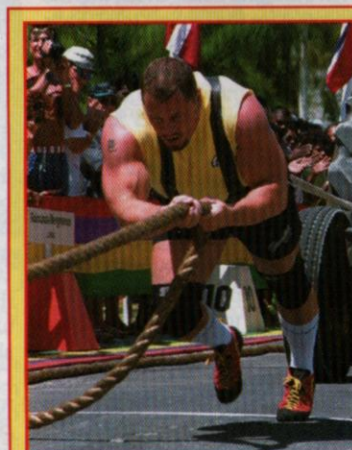
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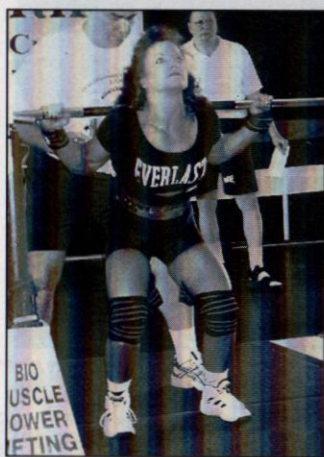
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The Mountaineer Race Track and Gaming Resort in Chester, WV is located about 50 miles from the Pittsburgh, PA airport. The USPF Seniors was staged at this location on June 24-25th and it was held in conjunction with the Mountaineer CUP II, an open tournament where a ten thousand dollar check was the incentive for the highest total. Fans came from near and far, with the draw of the great one himself - Ed Coan - who has the highest legit TOT in History - 2463 lbs. at a mere 242 bwt. The promoter was Nick Busick, a former law enforcement officer who may be best known for his portrayal of a pro wrestling heel called "Bully Busick" back in the early eighties. He quit the WWF afterwards to pursue other business ventures and to enjoy watching his kids grow up. Nick hit an 1818 TOT as far back as April '85 as a 242, and he could regularly bench in excess of 500 lbs. Nick's 18 year old son Bob is quite an athlete himself. He just graduated from high school, and at 6 foot, 235 lbs., he won the WV State High School Wrestling Championship. Last year he was a member of his school's undefeated football team that captured the AA Division State title. Nick is a great public relations man. He and his crew of diligent workers went far and above the call of duty to extend special courtesies to athlete and administrator alike. I should hope that everyone showed their appreciation by thanking Nick. His red carpet treatment made everyone feel like a V.I.P.

The competition was held right across from the race track. If you wanted to play the horses you could place a bet and cash in if you were lucky. TV monitors gave a clear view of the race itself, or you could look out the window and watch the race live. There was the gambling casino in the resort which featured nightly live entertainment. The bar offered free cokes to all the clients and customers.



Susan Rinn with 308 (Herb G.)

USPF Senior Nationals and the Mountaineer Cup No. 2

astold to Powerlifting USA by Herb Glossbrenner

The lifting events attracted a lot of PL celebrities, including: Vince Anello, many times Senior National & World Champ, who presented a free seminar peak performance. Vince brought his 81 year old mom as well as his African parrot, which he kept hidden away mostly due to the "no pets allowed" rule, but mostly because the bird has a broad vocabulary of expletives - taught by mom!. The big behemoth Willie Williams drove the 450 miles from the far end of the state and brought wife Christina to observe. At 161 she's officially done 300 this year. Coupled with Willie's 720, they make the strongest husband wife BP duo on the planet. Doug Furnas, who totaled 2400+ 13 years ago before embarking on a 10 year pro-wrestling career, was an hand to assist his old buddy Coan, as was Captain Kirk Karwoski - IPF World Champ and thousand pound squatter. What a surprise it was to see old friends Daryl Johnson and wife Toby, who is a top notch referee and Daryl, who was one of the very first Master lifters in the World to SQ 600 over the age of 60. On hand Sunday to watch the Cup were Westside Barbell Club's powerful duo, Rob Fusner and John "Chester" Stafford. Rob was fresh from his victory over Dave Bambo at the York Spectacular. There Fusner hit a fabulous 2335 TOT via 905, 700, 730. The cherubic Stafford hit a deep 875 SQ there and has officially BPed 585 and DLed 790! PL USA feature writer Marty Gallagher was on hand to support Coan. Late arriving was Peter Thorne, former USPF President, in the loudest Hawaiian shirt I've ever seen. Jan Shendow proved his resilience driving all the way from Utah. Enough rambling, on with the lifting!

USPF Senior Nationals: Women - Ann Leverett, perennial champ from Savannah, GA brought along teammates Amy Orellana, and red headed Linda Christopher. Ann wished she had flown instead of driven, as she found her back in quite a kink! Lightest in the meet at 96 lbs. Ann had no trouble SQing 270, but got stuck arising with 286. It was a good 165 BP for Ann, but 176 twice wouldn't cooperate. With two good DLs (325) she chalked up another National title with a 760 TOT. Amy Orellana captured the 105 class without opposition. She used a super close hand grip while SQing. Her 231 1st SQ was good.



Mike Danforth did everything well. (Herb Glossbrenner photograph)

Two tries at 259 weren't. A 275 2nd attempt DL gave her a victory. Susan Rinn from Texas powered through a 319 SQ, with a narrow stance, then tried 336, which didn't go. Her 220 BP, 2nd attempt, showed a reserve of power. A 303 pull assured her the 123 victory with an 843 TOT! Linda Christopher missed some big SQ & DL increases due to inexperience. She'll do much more in the future and got a nice runner-up finish here.

Men - Vladimir Rubin got the most out of the lifts he tried to take the 114s. Martin Siska was tall and lean as a sapling tree. He got a lot of family support, and was the 132 winner, but he able to won't remain in that class much longer. Robert Nosek, @ 141, was the sole 148 entrant. His SQ opener was a stumbling block. On a repeat it was good, and then he took a jump to 369 for a success. Three solid benches led to 275. He pulled 441 sumo style, and did 452 also, but beat the down signal, I believe. Mark Frankovich was too strong for Jeff Wohlfahet in the squat and deadlift. Jeff won the BP battle 248 to 242, but Mark won the 165 lb. class war 1080 to 992. Five contested at 181. Jerald Fisher of Topeka, KS needs major SQ work. His BP was his best event with 314. He finished in 6th. Two young marines stationed at Quantico, VA base slugged it out for the two higher positions. Steve Battista is Keith Garber's commanding officer who ORDERED Steve to do PL with him. Both men got 501 DL PRs. In 3rd was Matt McCas, at 175. He rode the crest of a great wave - a 9 for 9 day - 501 SQ, 352 BP, 523 DL, 1361 TOT. Max

Sullivan is a Coan discovery at Quads Gym in IL. Max, who bears an uncanny facial resemblance to LA Lakers superstar Kobe Bryant, pulled 500x5 on a dare the first time he ever touched a weight and

forgot about his bodybuilding ambitions. Max sailed right through all his lifts: 595 SQ, 402 BP, 606 DL - 1603 TOT. Mike Danforth of Maine was the outstanding lifter for the whole competition and won the 181s with a brilliant 10 times bodyweight performance. Mike was solid: SQing 639 and 672, but he rocked back on his heels with 688. He benched 418, then 441, and 452 as well, but they didn't give him the benefit of doubt on his last lift. Mike finished the day in a frenzy, pulling 644, 688, and finally a hard fought 705 - TOT 1818. His final lift I thought was the most impressive of the whole meeting!

The 198 class had the biggest entry list with 7. Striving to get a handle on the competition, Pat Tessaro, after SQing 617, leapt way up to 672 - missed - then went to 688. Unfortunately he severely injured his leg and was forced to withdraw. He was in a full leg cast, afterwards, limping around in a world of hurt. The brothers Magnone filled the two basement positions. Vince, the lightest (188) gave away a lot in the bigger lifts, but he outbenched his brother - so there! Bob Hayden used all 3 tries to justify his 551 opener. He was only 5 back of class leader Alan Haga following his big 424 BP. Haga dunked all 3 and had a big 628 under his column. Hayden's mere 479 DL ended his medal hopes. Haga delivered a 352 BP, and then pulled a 523 DL on his final effort TOT 1504. This assured 3rd. Joe Norman from Jacksonville, FL succeeded with 551 for his SQ opener. He risked two attempts at 584 that didn't bear fruit. Joe settled down and succeeded with

his remaining 6 lifts. With his 584 2nd DL he tied Haga's 1504 TOT, but Alan was in 2nd as lighter. With one last ditch effort Norman went to 595 - success. The 198 Winner proved to be Theodore Linn of Norfolk, VA. His 2nd attempt 595 SQ was followed by a risky miss at 655. Ted's 341 BP didn't distinguish him, but his pulling prowess certainly did. His 573 opener assured a medal, then 617 sealed his win. He followed this with 628 for a 1565 TOT.

At 220 James Thomas token lifted for fun and ended up in third place because he could. Jan Siska Jr. was listed as a guest, otherwise he'd have gotten the 2nd place that Thomas had. Chris Billings sacrificed two SQs with 650 and didn't try a 3rd. On top of his game was Jason Burnell of Hercules, CA. Jason missed only his SQ opener and had a fine day, registering a 705 SQ, 435 BP and 644 DL for a 1785 TOT. Jason seemed so pleased with his performance that he didn't mind losing an INTERNET BET with Tim "The Tiger" Bruner. At 242 William Fetty came just to bench. He put a 589 in his column, and even gave the big Sixer a one way ride. Robert Busick took time out from his driving duties to pick up 4th place. The lift-off between Lester Estevez and George Tsougaralis was a real barn burner. Evenly matched in SQ, George finished out 584 on a 3rd. Estevez took 573 for an opening lift. He gambled he could do 622, but that didn't transpire. The Greek taxed his limit with 396 and couldn't press 413. Estevez made up for his two wasted squat tries by ramming up 446. That put him 39 up going into the DL. Lester put all of his attempts in the affirmative column (600) - TOT 1620. Tsougaralis went for the silver medal on his final try. Actually there not medals for awards, but rather some attractive clock plaques. George forged into 2nd place by raising 633 perfectly.



Tom Manno locking out 622 lbs. (Herb Glossbrenner photograph)

Estevez got 3rd. Allen Barja came right out of the woodwork. He proved his three lift ability in a big way here! Barja got a fine 722 SQ. This set himself up for an monster BP. He did just that on a 3rd attempt with a crisply executed 600.7! Allen didn't stop there, as he ripped up all three of his deadlifts (656) - TOT 1978. At 275 Mike Brookman was just out there to have fun and get 3rd place. Randy Boyntan balanced out with a 1719 TOT. He was staying within spitting distance of leader Deron Rogers. Rogers hunked up all his SQs and got a big 738. He BPed 402. All Boyntan could muster in the DL was 600 so Rogers lifted 672, 711, and 727, which he delivered with authority - TOT 1868. The 308 class looked to be a sure thing for 303 lb. Keith Southwood. He dunked 666 and almost got 688. Keith worked his way up to a 3rd attempt 501 BP success and was sitting pretty. Coming right in on the limit, Tom Manno stirred the crowd with a 66 lb. SQ; a feather light formality. Then putting his beefy arms and massive chest to work Tom effortlessly shoved up his 600.7 BP opener.

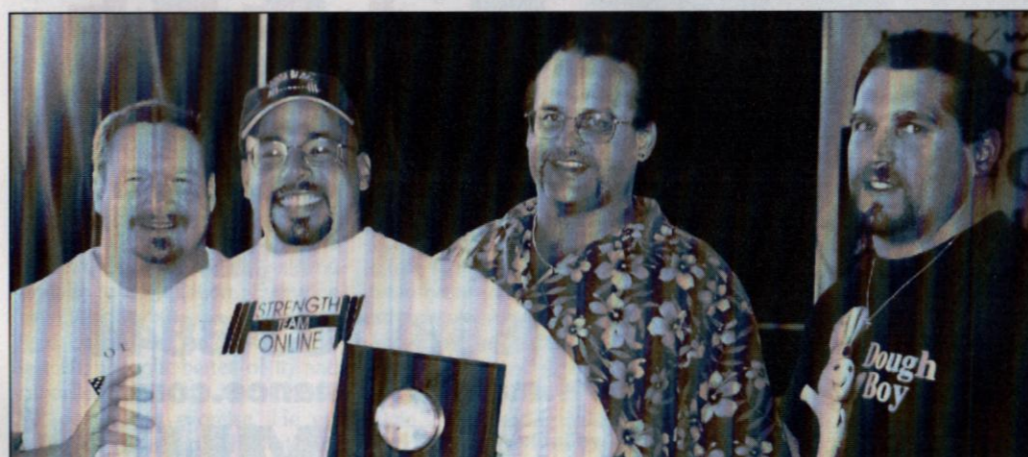
Someone must have slipped him some Kryptonite because big Tom couldn't quite lock out 622 on both tries. Then as part of the requirement, Tom came and pulled a token DL (253). This turned out to be Tom's lucky charm hoist. Southwood, the winner, came out and missed all three of 600 DL tries. MANNO IS USPF SR. NATIONAL CHAMP OF AIL THREE LIFTS. Is this amazing or what? In the SHWS, Tony Saunders, the biggest man of the two day event, decisively blew defending champ and boss hog Al Buono right out of the water in what must be considered a major upset. Tony and Al were both in the Mountaineer Cup, which I'll expand upon later. Tony is as friendly as a gigantic pound puppy and exudes an aura of piece and joy. A special thanks goes to meet emcee David Hale, 42, of Parkersburg, WV who did a splendid job keeping the audience enthused and informed. He's now doing Chiropractic School in Atlanta.

MOUNTAINEER CUP II: An 11 man field participated in this year's Mountaineer Cup II. It was a showcase of beef and brawn in

front of the ESPN cameras, a long awaited revival of PL on TV. Along with the nationwide attention, there was an even greater incentive. The winner would take home a huge cashier's check in the amount of \$10,000 for putting up the highest total at the right place and right time. The runner-up would receive a check for 2 grand. Two contestants were eliminated early. Art LaBare, 38, from Costa Mesa, CA has a lot of raw power and came in bigger than ever at 288. Art's used to the luxury of the Monolift and he had difficulty walking out of the racks setting up. The bar slipped from his back on his 760 opener and hit the deck with a tremendous thud. He steadied and blew away his repeat. To stay with his competition, Art jumped to a big 848 - less than his best - but he failed it. He powered up his 529 BP tries but a tad crooked and they were not accepted. Also failing to finish up was Yugoslav champ Milan Jovanovich, 30. In his hometown of Nish, PL is the #1 most popular sport. Back there, the former basketball player with a 31 PPG average is a National hero. He won the WPA World title early this year in Lancaster, PA. Milan got off to a quick start SQing 749 and 771, before getting pinned with 804. He BPed 463, but missed a PR 490. His 661 DL tapped his limit and he was out of the competition. The 9th place finisher, Tim Bruner, gave away a lot of weight to his competitors, scaling 253. Tim appeared to be in his best shape ever establishing a PR deep 755 SQ. He had 777 almost up too, but the spotters grabbed while he was still slowly grinding his way through his sticking point. He got his 3rd over but he'd already tapped his reserve. Tim got a 485 BP, and narrowly failed 496. In the DL, he opened with a light 661 and went to 705. He started his pull and aborted it, hobbling off and holding his side. He'd pulled a lat, and was walking more cockeyed than usual the rest of the stay. His TOT was 1901, but since he'd wanted 2000, we know Tim will not retire because his thirst remains yet unquenched.

NO. 8 on the totem pole was Alfred Buono. He's a 376 1/2 pounder with a frame conducive to squatting. Al had no trouble dunking 832 and 848. He made 871 as well but got 2Rs for his great effort. Big Al benched 518 & 529, but got stopped with 540. 633 was the most Al could handle in the pull. The two time Seniors champ was pushed down one notch by burly Brian Siders, 21, who came in at 303. The promising youngster had the day of his short career here. He

(article continued on page 74)



220 lb. Class Winner Jason Burnell with friends Ed Coan, Doug Furnas and Kirk Karwoski (Herb photo)

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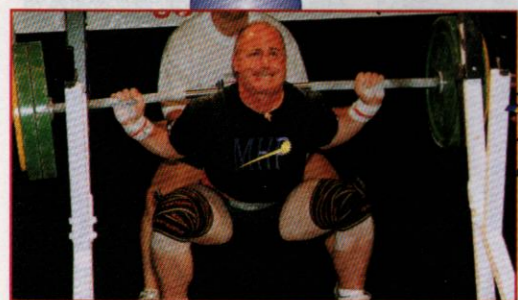
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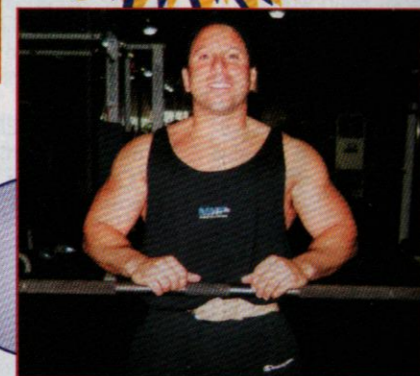
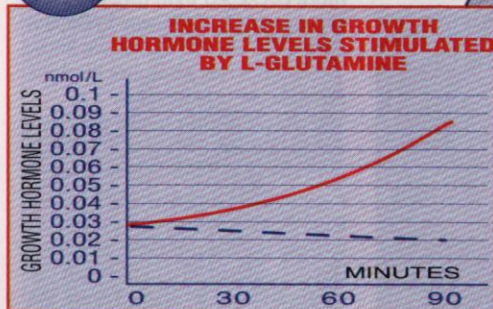
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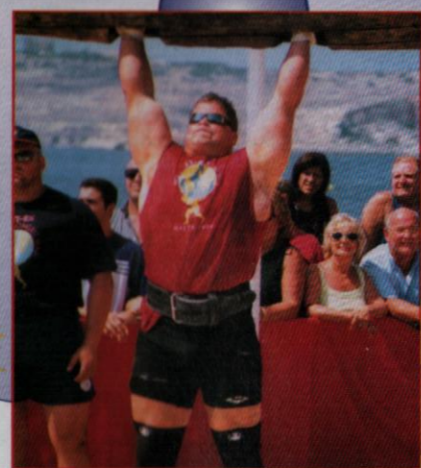


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APF Senior Nationals Pt. 2

as told to Powerlifting USA by Herb Glossbrenner



275 Class Winners ... (l-r) Robbins, Nichols, Levario. (Glossbrenner)

A heartwarming tribute took place at this meet when all the APF women paid homage to two of their recent dearly departed - Dawn Reshel and Tamara Grimwood. Both were trailblazers of the sport, reaching levels of excellence hitherto inapproachable. The unity of powerlifting family displayed itself with a moment of silence, all heads bowed a final farewell to two golden souls called home before their time. It was a moment to cherish.

242s - James Keller, 28, El Paso, TX is a Mary Ellen Jerumbo discovery. He switched over from bodybuilding to PLing and has been at it for just six months. His progress in such a short time reveals tremendous potential, and he is hooked on the sport. An opening 672 SQ showed effort. He stayed down twice with 705. Jim displayed good BP prowess with a 452 (2nd) and a strong try with 479. His 600 DL 2nd gave him a 1725 TOT and 4th place. Afterwards his eyeballs were red as cherries from the exertion. Matt Kroczaleski, 27, from Big Rapids, MI had, in early Oct., registered 725, 425, 660 for 1810 - a good result. He tacked no less than a whopping 152 lbs. on that result here. Matt began with 760 and squatted it easily. Next - 782 - a tad shy, and not approved. He then dipped into his "Polish Power" reserve and gave his final go - 810 - the works! He hit his depth and struggled up. This time 2 whites - good lift! Matt didn't slack up - BP: a success with 479 and 501 also, then he failed a final attempt with 507. He missed, but then made 650, which gave him a great 1962 TOT. He wanted to crash the 2000 barrier and went for 688. It didn't go, but he grabbed a well deserved bronze medal and made a big impression on everyone in his APF Sr. National debut. Paul Urchik, now 40, of Southgate, MI had his eyes set on his 4th Srs. title. He would not be denied. Paul had no problem hitting good depth with a safe 865 opener. Dennis Muratori, 34, of Huron, OH, began with 821 easily. Next he duplicated the 865 that Urchik lifted for his 2nd lift for 3 white lights. Urchik, despite the tie was lighter man, and had two left. He elected to try 903. It was difficult, but he sank it and stood for 2W. Muratori answered the challenge with the same 903 - his 3rd. With his wide hip lock stance he descended low, reversed gears and ground to completion. Everyone was cheering, but, no, only 1 white light. Urchik had chosen 936 for his last lift, thought better of it, and cancelled his attempt. Muratori had BP demons to exorcise. He escaped serious injury when at Calgary last Nov. 518 slipped and fell

full force on his chest. Today got his shirt seated well and smoked 474 and 507 and finally blew up 518, looking good for as much as 529. Urchik, much improved in the BP, got all 3, duplicating the PR he'd made 3 weeks earlier at a tune-up meet in Aurora, IL. Subtotals read: Urchik - 1449, Muratori - 1383. Both men subdued 683 openers in sumo-style. Muratori's stance was ultra wide. Paul's 722 2nd round pick gave him 2166 and the certain victory. Dennis ripped up 722, a 2nd attempt, for 2105 - a PR. He went for 755 on a final try. It was going up well until his hand popped loose. Counting the lifts Dennis almost got would have made this a real barnburner. Regardless, we have a strong USA 1-2 punch for the WPC Worlds.

275s - Five contested for this year's championship title. It is now necessary to qualify for the Worlds at the Seniors. There is no bye for defending World Champs. Defending 275 champ Jon Grove stayed away. Chris Taylor, 27, of Elmont, NY had finished 3rd last year @ 242 with a 2000 TOT. Smartly, he quit starving to make that class weight, and came in here heavier and bigger. Unfortunately, Chris's big tries wouldn't go. He SQ'd 672, but twice failed 722. In his pet lift, he opened with what he finished with last year - 617 - and easily pumped it. Two PR tries @ 656 wouldn't cooperate. Neither would his 688 DL attempt. A 1940 TOT had Chris chastising himself. Seems he'd spent too much time training his spemates and did not pay enough attention to himself. A tight struggle ensued between Ed Owens, a stocky black powerhouse and Noel Levario, 26, a Frantz team member from Elgin, IL. Ed had SQ difficulties and it took him three tries to register his 727 lift - and he hit his

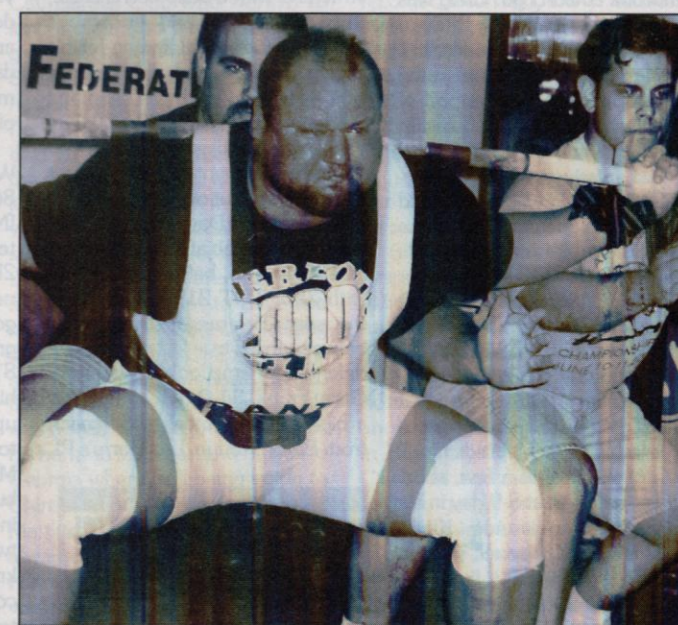
depth perfectly. Noel was a tad high on his big 810 opener, and was turned down for shallowness. He got credit on the redo and went to 865. Noel got the affirmative call, which left Owens with his work cut out for him. In the BP, Owens muscled up 501, while Levario was credited with a 507 on his second round. Noel, whose weakness is his DL, raised but 617, then couldn't elevate 661 on two tries. Owens, a good puller, had to repeat his 738 opener - a costly error. He went to 749 and got it up. It was a good lift, but left him 11 shy - 1978 for 4th place to Levario's 1989 for the bronze.

Shelby Robbins, 30, from Tuscaloosa, AL captured the runner-up position in this class for the second consecutive year. He also showed major improvement. Shelby's biggest chore was making

weight. He fired off three good squats in rapid order: 733, 815 and finally a PR 848! Shelby rammed up all his benches: 501, 545, then 562, with nary a doubt. He DLed 661 and 694 cleanly to TOT 2105 and establish two more personal bests. Having achieved his goal he eased up just enough on his final 705 pull. He's on the team.

Bill Nichols, 42, Naperville, IL returned to the national scene and took the Seniors title two years ago, taking over right where he'd left off a decade earlier. Bill's the maestro of using tight fitting equipment. With platform savvy and finely tuned skills, he uses great technique to get the most from his enormous strength. Testing his groove, Nichols began at 881, but it was a bit shallow. Knowing he needed more weight to get down, he went to 914 - good this time. A final lift with 953 was so precise and easy it prompted me to shout "981!", figuring he'd take an extra attempt outside the competition for a PR as well as a Masters WR. Bill wanted to save his strength; and focused on his BP. A 479 opener went, followed by a missed 501. He found his groove and it popped right up on a final effort. With his patented ultra wide dive style sumo DL he hit 705 & 749 perfectly. His final at 782 was out of position. Result: 2204. He's our hope to bring USA a gold medal this Fall in Vegas.

308 - Tom Skiver, 34, from Cadillac, MI, a 700 bencher tested his versatility and hit a 3rd attempt 705 SQ. He opened big in the BP - his bread n' butter lift - 650! Three times it started up strong, but lost momentum and stalled midway. Skiver is a surprisingly good DLer having done 766 officially, but we



Craig Gallo of Ann Arbor, Michigan mastered the 308 pound class.

The York Barbell Club is alive and kicking in the year 2000. Started in the 1920s by American entrepreneur and philanthropist Bob Hoffman, York quickly became a simultaneous force in fitness and athletics. Hoffman utilized his massive disposable income, a result of his financial success in the manufacture and production of oil burners in the 1920s, to bankroll his true passion: American Olympic lifting. He began making barbells as a side venture, a way to gainfully employ his nonpareil stable of Olympic lifters that competed for his team. With the founding of York Barbell in 1938, Hoffman established a "muscle empire" that flourishes to this day — though under a radically different corporate structure. Gone are the days of Grimek, Stancyk, Kono, Davis, Schemansky, Puleo, Garcy, March, Terpak, Dube, Bednarski and Stanko. After Hoffman's death in 1985, York went through some lean years, but fortunes revived under the leadership of Vic Standish and took a dramatic turn for the better in 1996 when York Barbell was purchased by Susquehanna Investment.

Ex-President Paul Stombaugh, according to York chronicler extraordinaire John Fair, outlined the corporate game plan a few years ago, "We want to re-establish York as a Mecca for weightlifting, powerlifting and bodybuilding." York in

THE BOB HOFFMAN STRONGMAN CHALLENGE & HALL-OF-FAME INDUCTION CEREMONY

as told to Powerlifting USA by Marty Gallagher

the year 2000, under the capable leadership of President Jake Burkhardt and Chief Executive Officer Walter Myers, is repositioned, resurgent, revitalized and renewed. One need only look at the impressive plant facility and immaculate corporate headquarters to understand that York Barbell will continue to be a major player in the worldwide fitness movement for the foreseeable future. On Sunday, July 16th, five men were inducted into the Powerlifting Hall of Fame: Rickey Dale Crain, Mark Chaillet, Fred Hatfield, Mac Richards and Doyle Kenady. A dinner had occurred the previous night and was followed by a series of speeches and good cheer and this elite group of powerlifting giants shared camaraderie, while their family and friends were on hand to offer accolades and applause. A bittersweet moment occurred when Doyle Kenady's widow, Nancy, gave an inspirational ode to Doyle that waxed from emotional to poetic and in the end not a dry eye remained in the house. Ruthie Shafer preceded Nancy with

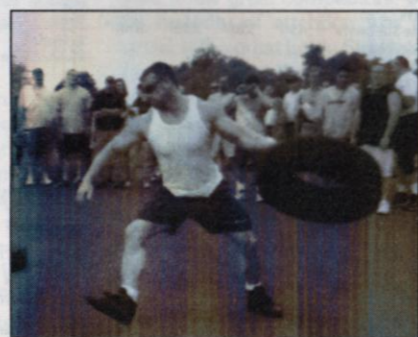
a reflective remembrance of her fallen coach that recounted his incredible ability to inspire and bring about improvement to those who heeded his iron advice.

On Sunday, the Bob Hoffman Strongman Challenge took place, and both male and female competitions were fiercely contested. Jill Mills, wife of powerlifting champion Milo Mills, dominated in the tire toss and the bar press. In the latter she blasted a staggering 200 pounds overhead. Jill weighed in at a lean and muscular 178 pounds and is one of the best female powerlifters in the world. She has bench pressed 340 and is jam-packed with gobs of functional, athletic muscle. Shannon Summers won the truck pull and Amanda Plescott captured the wheelbarrow walk, but when the dust settled Jill had easily captured the overall title. Congratulations Jill!



Jill Mills pressed 200 lbs. (Kelly)

The men's competition was di-



Vincent Cooke tossed the tire well. (Kelly)

vided into three divisions: under 199, 200-249, and over 250 pounds. In the below 199 pound division, Vincent Cook, lean and athletic, around 5'8" and weighing in at 196 pounds, totally dominated, winning every single event, the only strongman athlete to do so all weekend. This guy is the Royce Gracie of strongman competitions: he threw the tire 50.3 feet, the furthest of anyone in the competition regardless of size or division, and then pressed 260 overhead, more than anyone in his or the next higher division - and the 5th highest press regardless of bodyweight! In the 200 to 249 pound division, an anomaly occurred when Jim Duggan



Duggan pulling the truck (Kelly)



Hall of Famers ... front row, left to right, Vince Anello (1998), Rickey Dale Crain (2000), Ruthie Shafer (1998); back row, left to right, Mac Richards (2000), Bill Kazmaier (1998), Mark Chaillet (2000), Nancy Kenady (accepting for Doyle - 2000) and Dr. Fred Hatfield (2000). Photo provided courtesy Ellen Chaillet.

THE BOB HOFFMAN STRONGMAN CHALLENGE

Women 133 lbs. and above						
Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Mills	Jill	3 1.3 feet	64.25 feet	200 lbs.	12.88 secs.	37 pts.
P-Summers	Shannon	30.01 feet	93.6 feet	140 lbs.	82.5 secs.	34 pts.
Jacobson	Mary	1 8.6 feet	57.8 feet	120 lbs.	12.75 secs.	32 pts.
Plescott	Amanda	16.4 feet	60.5 feet	100 lbs.	10.98 secs.	31 pts.
Toms	Deborah	17.4 feet	51.5 feet	70 lbs.	20.70 secs.	26 pts.
Men's Divisions						
Men's 199 lbs. and below						
Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Cooke	Vincent	50.3 feet	16.78 secs.	260 lbs.	10.53 secs.	40 pts.
Petrides, Jr.	George	39.8 feet	19.38 secs.	240 lbs.	10.73 secs.	32 pts.
Klinger	Tony	45.1 feet	17.69 secs.	200 lbs.	13.3 secs.	28 pts.
Waller	William	39.4 feet	19.94 secs.	220 lbs.	11.05 secs.	26 pts.
Rosellini	Mike	30.7 feet	18.16 secs.	200 lbs.	10.64 secs.	25 pts.
Basile	Robert	33.8 feet	19.50 secs.	200 lbs.	11.37 secs.	23 pts.
Amadio	Anthony	32.9 feet	17.19 secs.	180 lbs.	13.69 secs.	22 pts.
Men's 200 lbs. - 249 lbs.						
Duggan	Jim	41.6 feet	17.97 secs.	220 lbs.	12.03 secs.	27 pts.
(tie-breaker, wheelbarrow walk for distance, Duggan won)						
Baldock	Kevin	45.5 feet	18.82 secs.	260 lbs.	12.37 secs.	27 pts.
Mann	Matthew	39.0 feet	16.50 secs.	220 lbs.	12.27 secs.	26.5 pts.
Van Bolt	Kevin	44.2 feet	17.81 secs.	180 lbs.	13.89 secs.	23 pts.
Skelly	Thomas	40.2 feet	18.53 secs.	240 lbs.	13.63 secs.	22.5 pts.
Brenneman	Butch	49.5 feet	19.15 secs.	240 lbs.	13.93 secs.	20.5 pts.
Brubaker	John	36.8 feet	17.97 secs.	200 lbs.	12.87 secs.	19.5 pts.
Zygula	Frank	38.2 feet	19.12 secs.	200 lbs.	11.87 secs.	18 pts.
Hull	Todd	51.3 feet	18.63 secs.	160 lbs.	74.6 feet	14 pts.
Toms, Sr.	Michael	32.4 feet	18.38 secs.	200 lbs.	14.81 secs.	12 pts.
Carson	Duke	29.7 feet	18.37 secs.	160 lbs.	20.53 secs.	7 pts.
O'Connor	Kevin	37.7 feet	18.97 secs.	160 lbs.	16.06 secs.	5 pts.
Men's 250 lbs. and above						
Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Sheedy	Paul	41.6 feet	16.22 secs.	340 lbs.	14.20 secs.	39 pts.
Mills	Milo	38.5 feet	17.56 secs.	260 lbs.	12.48 secs.	32.5 pts.
Parcolay	Bruce	34.1 feet	17.44 secs.	260 lbs.	22.80 secs.	24.5 pts.
Godack	Anthony	28.7 feet	18.18 secs.	300 lbs.	15.25 secs.	23 pts.
Petryszak	John	32.2 feet	17.94 secs.	280 lbs.	19.06 secs.	21 pts.
Ford	Brendan	29.5 feet	19.0 secs.	300 lbs.	18.37 secs.	19.5 pts.
Kulp	Greg	27.0 feet	17.78 secs.	200 lbs.	17.50 secs.	16.5 pts.
Ford	John	29.3 feet	18.56 secs.	160 lbs.	16.37 secs.	14 pts.
James	John	25.1 feet	19.50 secs.	240 lbs.	18.03 secs.	9.5 pts.
Tsourounis	Nicholas	23.8 feet	19.38 secs.	240 lbs.	23.07 secs.	5.5 pts.
Graver, Sr.	Thomas	19.7 feet	19.84 secs.	160 lbs.	26.98 secs.	0 pts.
Ratchoskie	Joseph	33.1 feet	17.91 secs.	220 lbs.	scratch	



Paul Sheedy in the wheelbarrow walk.

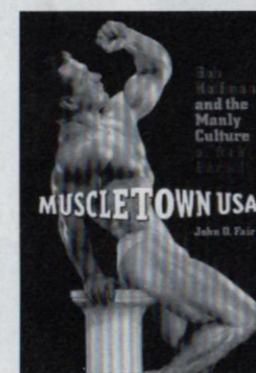
did not win a single event, but captured the overall title with his balanced performance. In the heavy-weight division former national powerlifter champion Paul Sheedy crushed the competition, winning the first three events outright: the tire toss, truck pull and 2 inch overhead bar press. Paul weighed 340 pounds and simply manhandled every apparatus placed in his path. He pressed 340 pounds; light-years better than anyone, the next best being 300 pounds. Milo Mills, the patriarchal half of the Mills & Mills strongman squad, walked off the lifting platform the previous day (2nd place), slept a few hours and then put in one hell of a showing on Sunday at the Strongman Competition. He won the wheelbarrow walk and took second place in the heavyweight division, this despite giving away 50-100 pounds in body-

weight to some competitors. Wow — take the rest of the week off Milo! Jill, give that man a serious back rub! What a husband and wife team these two make — does there exist a stronger duo in the country? We doubt it.

Overall the whole York Barbell 2000 Strength Spectacular weekend came off without a hitch. The lifting was timely and run with perfect practiced precision. Nary

a pause or deadspot. The Strongman segued seamlessly into the York Barbell Hall of Fame Induction Ceremony and put a fine ending day's festivities. Sunday got underway with the strongman (and woman) competition and the mood hit a high note at the bittersweet induction ceremony — it's always tough to honor a fallen warrior. The boys got psyched-up and revived the whole mood that afternoon. The event was finished off with an

excellent Olympic lift demonstration by Coach Leo Totten and some top Olympic lifters. The camaraderie was impressive and the organizational planning and execution flawless. All in all, the entire York Strength Spectacular must be considered one of the nation's premier events of its type. Kudos and Hosannas for the organizational wizards behind the whole event: Mark and Ellen Chaillet. See you next year . Marty Gallagher



The response to our offer of the book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing

as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations) Paperback edition is \$23.50 plus \$4 shipping and handling per book. (Hardbound version - \$65 plus \$4 S&H). Send orders payable to Powerlifting USA, Box 467, Camarillo, CA 93011.

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The scene is the World's Strongest Man Finals in Tangiers, Morocco in 1998. Under the baking sun the second event in the final is the Truck Pull. Three trucks are linked together making a combined weight of 20 tons and thirty long meters separate the start from the finish line. A great field of athletes had qualified to attack the trucks and they would finish the event in this order: 2nd Samuelsson, 3rd Kiri, 4th Ahola, 5th Zylstra, 6th De Bruyn, 7th Girard, 8th Pfister, 9th Veneberg and 10th Philippi.

The scene changes to a year later at the Valletta Harbor in Malta. One of the qualifying rounds is being contested and an event in the qualifiers is, once more, the truck pull. In this event the order of men finishing would be 2nd Girard, 3rd Vagadal, 4th Bowers, 5th Brown and 6th Dorer.

The subject of this article is the man who won those two truck pulls and who is, unquestionably, one of the best truck pull-

The Strongmen Interviews TORFI OLAFSSON by Derek Cope



Torfi Olafsson - a huge, but agile strength athlete

ers in the world as well as being a formidable all round strength athlete. Iceland's strongest man for 3

years, Torfi Olafsson is a huge man standing 6 feet 5 inches in height and weighing in at just under 400 lbs. With a chest well in excess of 60 inches and biceps that measure over 22 inches, Torfi is built for strongman events. What was Torfi's sport prior to competing in strongman events? Well, you may have already guessed it was powerlifting and Torfi has hit some huge poundages such as a 367.5 Kg (810 lb.) squat, a 230 Kg (507 lb.) bench and an excellent 372.5 Kg (821 lb.) deadlift.

In the interview conducted for *PL USA*, I asked initially how he trained the powerlifts prior to when he began competing in strongman events. In answer Torfi stated that he normally worked 12 week cycles and the repetitions would start at 5 reps and then gradually as the poundage climbed during the cycle the reps would drop down to 3s and 2s. He stated that in the off season the reps were sometimes increased to 8 in the bench press but, as a rule, he never went above 5 reps for the squat and deadlift.

Interestingly, in any 12 week cycle Torfi would only deadlift 3 times as he would become very stiff after deadlifting and wanted to avoid overtraining. This routine paid dividends for Torfi as he was able to win the I.P.F. Junior Worlds on two occasions.

Torfi's training has, by necessity, changed for strongman events. Torfi will now very rarely deadlift, but will employ snatch pulls and high pulls in his back routine along with power cleans. Lats are worked hard with lat pulldowns to front and rear along with seated rows.

This type of routine, where explosive movements are utilized, maintains Torfi's pulling power from the floor and follows the principle in previous articles in *PL USA* where athletes have increased their deadlift by employing varied exercises, distinct from the actual deadlift movement, in their routine.

In Torfi's preparation for strongman events the bench press is never worked, however, standing press, press behind neck, and incline bench pressing keep him strong and in condition for the events currently

contested in strongman contests that test upper body strength. An example of Torfi's upper body strength is that he can press 140 Kg (308 lbs.) for 6 to 8 reps from the front or behind the neck.

Squats are still worked in Torfi's routine but the rep structure has changed to a higher count of 6-8 reps. Although a belt is used, a suit and wraps are not employed, but Torfi can still hit 260 Kg - 280 Kg (573 - 617 lbs.) for 6 to 8 reps in this fashion. Another movement that Torfi uses to train his legs is one that is seen relatively rarely in gyms now and that is the 'step up' with 180 kg (396 lbs.) on his back for resistance.

Cardio-vascular fitness is a must for strongmen and Torfi does not overlook this aspect of his training. Cardio training is done four times a week. Walking and running is done on a treadmill and this work, coupled with exercise on a stepping machine, is done prior to his workout with the weights. Initially, Torfi felt tired with the extra cardio work, but he has now gotten used to it. In line with this cardio work, Torfi endeavors to eat as healthily as possible and never indulges in sweets or cakes.

The result of this training is that Torfi is competitive in strongman events in both static moves and events that require movement. Proof of this was Torfi's good 2nd place finish in the Maritime Medley loading event in Malta in the qualifiers. Torfi bested excellent athletes such as Brown, Vagadal, Dorer and Bowers - all men who were lighter in bodyweight than him and who possibly had an advantage in a speed event.

Torfi's goals for the future are to be competitive and to win at World's Strongest Man level, but Torfi has not forgotten his powerlifting roots and stated that he would enter masters powerlifting meets when the time was right.

In closing the interview I asked Torfi whether he would like to mention anyone and he stated that he would like to pay tribute to, in his opinion, the strongest man of all time. Although Torfi recognizes the many great names in strength athletics, he felt one man rose above all others and that was the great, late Jon-Pall Sigmarrson.

Torfi Olafsson has proved that he is in the top ten of strongmen in the world at present. As noted in this article, Torfi leaves no stone unturned in his preparation for strongman contests. With his fitness and strength levels increasing look out for this huge Icelandic strongman to climb up the rankings as he continues his quest to attain the title of the World's Strongest Man. Derek Cope

Labor Day already? Where did the summer go? If you're John Black, you might be asking where did the last quarter-century go, because that's how long Black's Health World has been around. And to celebrate that 25 years, and maybe head toward another 25 (or more) years, John is having a big party on the first Saturday after Labor Day - that means Saturday, September 9th. It'll be at Black's Health World, of course, in Cleveland, Ohio, and specifically it's at 11934 Lorain Ave. There will be food and music and a sports medicine clinic, and, of course, there will be powerlifting exhibitions.

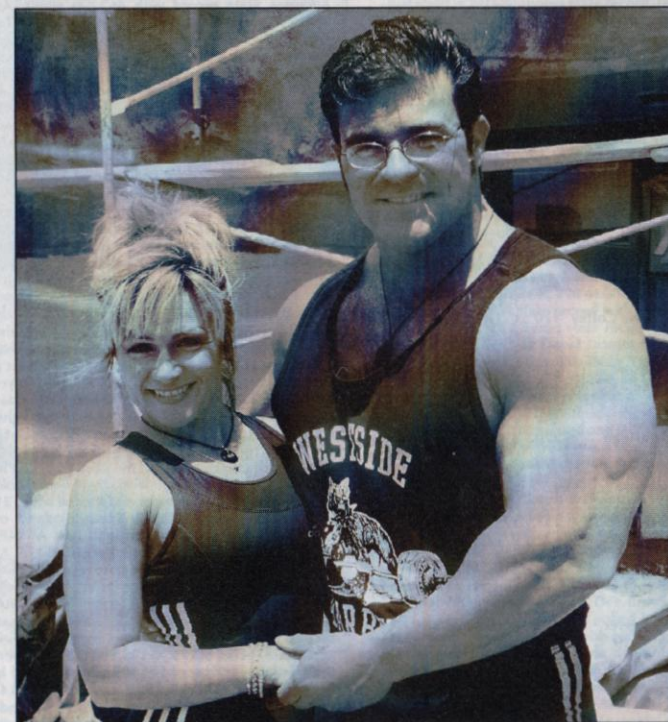
All of Black's Health World's lifters, and former lifters, and friends, are invited, and things should be under way from around 11 A.M. to around 7 P.M. For more info, or directions, or whatever else you need to know, call them at 216-252-1695.

J.M. Blakley was in Ohio for thirty-five years - his entire life - but he just moved out here to sunny Southern California. J.M. had been a fixture in Ohio, lifting at the Westside Barbell Club in Columbus, and competing in the first four Arnold Classic Bench Press contests.

We caught up with J.M. after he'd been out here only for a week, and made him get in the gym and show *POWERLIFTER VIDEO* what a J.M. PRESS is, and how you do it, and how many you should do, and all that, so in our next issue we'll have some great footage of that, so you can increase your tricep strength and boost your bench.

J.M. is setting up to do personal training, and he's got lots of experience and academic credentials in addition to his bench press prowess.

POWER SCENE



Charis Nawrocki & J.M. Blakley in front of Gold's Gym in Venice

ess. You can reach him at 213-470-4550.

While we were shooting J.M., we met his fiancée, Charis Nawrocki, and she just competed in powerlifting for the first time, at one of Bob Packer's meets in Fresno, California, and totaled 705 at 123. Charis is a "success" strength coach for EAS, and has modeled for L.A. Gear, but her main focus now is on

her Goddess Foundation, which aims to strengthen women physically, spiritually, and emotionally. We wish good luck to Charis and J.M., and we're always happy when Southern California gets a big-time powerlifter. We want more, so any other big-time powerlifters out there, the weather's great, and there are lots of meets.

One big-time powerlifter who

recently made it out here to California was Anthony Clark, but he was only here for a few hours, as he spoke to a church group and then gave a bench press seminar, which we of course videotaped for *POWERLIFTER VIDEO*. Anthony is back in action, and competing in Kieran Kidder's WPO meets in Florida.

And he's in our Volume Two of *SPECIAL EDITION of POWERLIFTER VIDEO* presents *THE BENCH PRESS*, which is now avail-



Anthony Clark answering questions after his benching seminar.

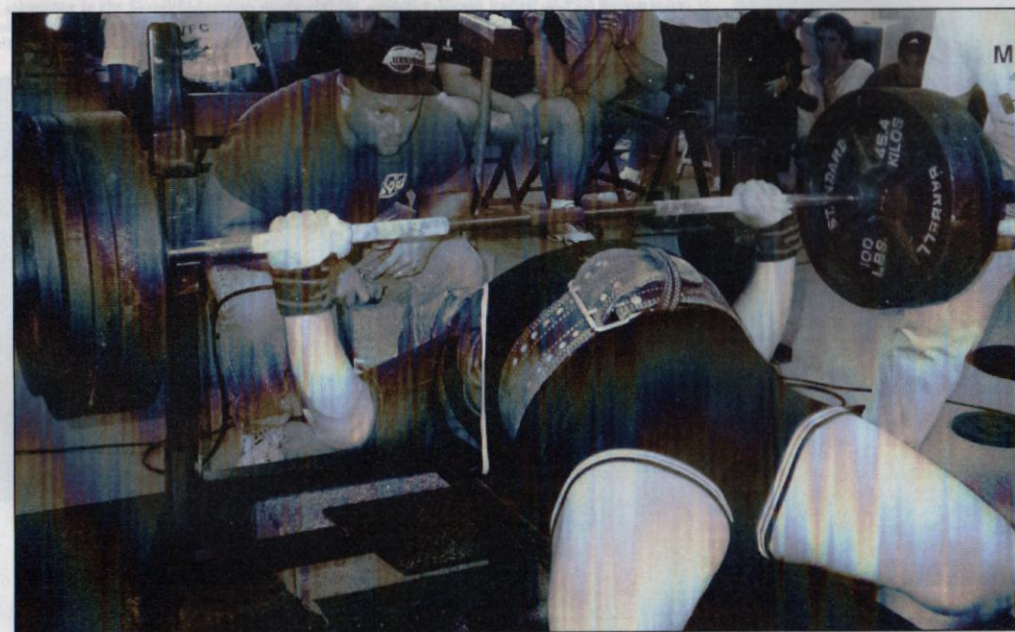
able, by calling 1-800-BARBELL. Anthony's joined by follow bench greats James Henderson, Chris Confessore, Scott Werner, and Tamara Grimwood, plus footage from the last two Arnold Classics with Glen Chabot, Willie Williams and Dave Waterman competing, and lots of technique and training tips. We got a great response to Volume One, and people have been asking when Volume Two is coming out. Well, it's out.

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Finally, a couple of months ago we chronicled the benching exploits of our loyal reader and *POWERLIFTER* viewer Mike Blake, as he aimed to hit the 500 lb. mark. Well, he did it! Way to go Mike! At the APA Mon Valley Fitness Bench Press Classic, he hit 470 on the first attempt, and then smoked 500.

But he didn't stop there. Feeling strong, Mike went for 507 on the third, and he made that, with three white lights. He felt so good, he went for 520 on his fourth, but that was a little too much, and he got three red lights. Anyway, congratulations, Mike, and what's the next goal?

To all our readers, we wish you a 500 lb. bench (or if you're already there, then we wish you a 600 lb. bench), plus a great Autumn lifting season. Be strong, and we'll see you on video. Ned Low



Mike Blake hitting a 500 pound bench. (All photographs are provided to PL USA courtesy of Ned Low.)

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World Powerlifting Organization

*** Important WPO™ News Flash ***

If you plan on competing in the remaining two WPO (TM) events this year, please read very carefully the following information. There are a number of changes that have been made in different areas of the WPO (TM) and I will explain them as extensively as possible.

- A. The Bench Bash for Cash weight classes are: Lightweight: 132-165, Middleweight: 166-220, Heavyweight: over 220
- B. Women's cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - \$3,000; 2nd - \$2,000; 3rd - \$1,000; 4th - \$500; 5th - \$250
- C. Men's under 220 lb. cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - \$3,000; 2nd - \$2,000; 3rd - \$1,000; 4th - \$500; 5th - \$250
- D. Men's over 220 lb. cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - \$3,000; 2nd - \$2,000; 3rd - \$1,000; 4th - \$500; 5th - \$250
- E. There will be \$1,000 cash bonus for any WPO (TM) World Records that are broken.
- F. There won't be any equipment checks, so there won't be any confusion for the lifters lifting in both the WPC and WPO (TM).
- G. If a lifter breaks a WPO (TM) World Record but their equipment doesn't meet the WPO (TM) equipment standards the lift won't count as a World Record. The lift will count towards the contest standings for the money.

The APF has been getting a lot of phone calls regarding the actual criteria that will be enforced at the WPO (TM) Professional contest held in conjunction with the WPC World's in Las Vegas at the Plaza Hotel. I will encourage the lifters to contact Huge Iron Powerlifting secretary. Gail can be contacted at any time to accommodate any lifter's questions concerning WPO (TM) / APF Huge Iron contests. The purpose of this contest is to have additional contest footage for television, introduce the WPO (TM) to the other countries and test the waters for the woman's side of the WPO (TM). I realize that not every lifter will have a shot to be in contention for the money in Las Vegas and some lifters are upset, claiming that its not fair. I urge the lifter not to get caught up in what's fair and what's not. The money has to be distributed in this fashion because sponsors are giving just enough for the Bench Bash for Cash and the WPO (TM) contest in Vegas to finish the 2000 season. Next year is the big enchilada! As I mentioned before all of next year's WPO (TM) contests will be held at Universal Studios, Orlando, FL and there will be a significant amount of money at stake by weight class and Super Open class. Remember that there will be television cameras on site filming the massive assembly of men and women iron athletes in the heat of the competition so the World can see our sport and what we, as powerlifters, have to endure.

Also keep in mind that this is an opportunity for the lifters who didn't compete in the May 20th contest in Daytona to get a taste of the WPO (TM). Most likely as you are reading this the May 20th contest will have been aired on television and if you aren't fired up about the WPO (TM), I guarantee you will be after you see the show. It is awesome, to say the least. It is "in your face" type of television as they say in the business.

Ernie Frantz is going all out for this year's World competition. He is having state of the art technology in all areas of the competition and is working very hard to make this contest a success. He also realizes that the WPO (TM) is the future of powerlifting and invited me to incorporate a WPO (TM) contest with the WPC World's competition. Ernie thought Las Vegas would be a great venue for the WPO (TM) and I couldn't agree with him more! Like I said, Ernie knows the WPO (TM) is the only way to go and is behind me 100%, as I have always been supported Ernie and will continue doing so.

Starting in the year 2002, the APF will be the amateur gateway into the WPO (TM) to be considered a Professional Powerlifter. After the 2001 WPO (TM) season at Universal Studios, you must lift as an amateur in the APF to be eligible to qualify as a pr. Some people think that I am trying to overtake the sport by running my WPO (TM) contest around the same time as the National and World competitions. I can understand how a lifter could draw that conclusion in their minds, but that isn't my game plan. The big picture is a sister amateur organization that is a WPO (TM) affiliate where the new and aspiring young powerlifters will get their start and hopefully becomes pros and lift in the WPO (TM) where they can make a respectable living. That sister organization will be the APF, which in turn will make both the APF and the WPO (TM) prosper. So those lifters who have normally competed in the Senior Nationals in the past would want to compete for money in the future. It only makes sense that once you competed for money that you would continue to do so. Then that will open the door for the up and coming lifter and there will be a whole new breed of lifters competing as amateurs at the APF National and International level to one day compete with the BIG BOYS for the BIG MONEY! So no matter what, the APF and WPO (TM) will be considered the dominant force in powerlifting from a professional and amateur standpoint. Like I mentioned, Ernie is behind me 100% and together we will strive for ultimate success so powerlifting can reach its zenith! With all the positives happening in the APF / WPO (TM) you would be silly not to lift in Las Vegas or in future WPO (TM) contests for that matter. Until now our sport that we love is absolutely nothing in today's society, but that is coming to an abrupt end fast!

Sincerely Your WPO (TM) President, Kieran Kidder

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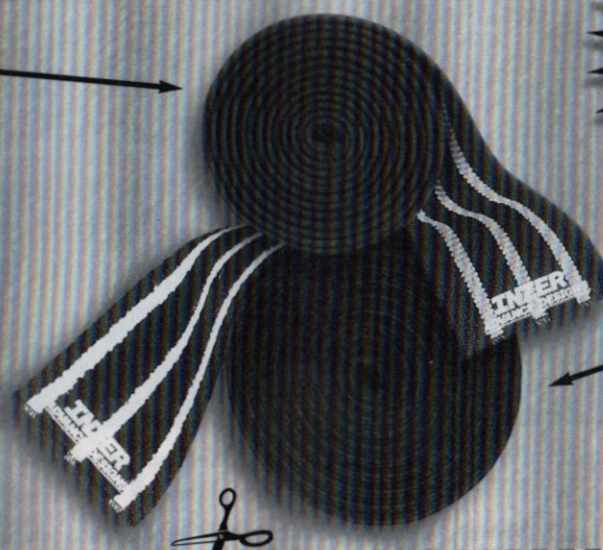
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What is good squat form? What does it take to develop a great squat? First you must develop the hips, hamstrings, spinal erectors, glutes, and abs. Without a strong posterior chain (the muscles on the back of the body), you will not sit back into the proper squat position. That's right. Sit back, never down. If the knees go forward in the yielding phase, they could hit the floor and the hips still would be above parallel.

TRAINING

How to Do the Squat

as told to Powerlifting USA by Louie Simmons



Chuck Vogelpohl uses perfect technique to squat 760 at 198. (Photograph provided courtesy of Louie Simmons).

I talk to strength coaches from major universities on how to squat. I tell them that we have 24 guys who have squatted over 800 and six over 900 by box squatting with a wide stance. Many times these coaches will reply, I like Olympic squatting. One reason I guess is that Olympic squatting is what they were brought up on. But why do powerlifters use a wider stance? Because you use more muscle, and isn't that what we're after on the sports field? Only a wrestler would find himself in the weakest joint angles of an Olympic squat. That's probably why there are no old, great Olympic lifters. Their joints are gone.

When a prominent pro-basketball coach said that Olympic squats were the best for his players and that a two-time bodyweight squat was all an athlete needs, I realized

that a weak coach can produce only weak players. This coach and many like him must have a huge library and a very small weight room. Take Ben Johnson, for example. He squatted 620 at about 200 pounds. That's three times bodyweight! Football players' careers are being shortened not by the competition but the fact that they are too frail compared to 10 years ago. I saw Brett Favre come out of the locker room and squat cold with the linemen using the same weight. That's like having five quarterbacks protecting your quarterback, and that's bull.

Let's get to squat technique, starting with the feet. They should be pointed straight forward. This forces the hip muscles into play. It is much harder to break parallel because the hip extensors and flexors are put in a very strong position

for flexion. Turn the feet outward slightly if you are not flexible or if you are very thick in the waist and upper thighs. If you see someone who walks with their feet turned outward, they have weak hamstrings.

As far as shoes go, Converse Chuck Taylors are best. Don't have \$100 shoes and a 10 cent squat.

When squatting, think about pushing your feet out, not down. This will ensure that the hip muscles are working correctly. Push your knees out the entire time, starting from when you are unracking the bar. You should feel this in the hips.

Next, start pushing the glutes to the rear as though you are searching for a chair that is too far behind you. Arch the lower back hard and keep the chest up. Lean forward as much as necessary to keep the bar over

your center of gravity.

To ensure correct bar placement, raise the chest and pull the shoulder blades together, to place the bar back as far as possible. This creates better leverage. However, if one carries the bar too low, it causes the lifter to bend forward, destroying leverage.

What stance should you use? Everyone should box squat with a wide stance, because this builds the all-important hip muscles. Thirty years ago, the great Jim Williams said to train as wide as possible and pull your stance in, to a point, to break parallel at meet time. If you watch a great squat technician, you will notice that he bends only at the hips, the knees don't go forward, and his back does not move.

While descending in the squat, never squat down. Always squat back! If you push the glutes back, the knees will not go forward. In fact, if you sit back far enough, the shins will be past vertical. This is only possible with box squatting. And it's important because this causes a great stretch reflex. Also, by forcing your knees apart, you are significantly increasing your leverage, by shortening the distance between the hip and the knee joint. If you pull your knees together, you increase this distance and create poor leverage. In addition, this is a sign of weak hip muscles.

After breaking parallel, you must first push against the bar. After all, the bar is what we are trying to raise. Unfortunately, you see many lifters who push with their feet first. This causes you to bend forward into a good morning position, which is opposite of what you are trying to achieve, in addition to being dangerous. When your back bends, you are likely to miss a squat or get injured.

Most people think of squatting as a multijoint muscular action. I see it as flexion of the spinal erectors and hip flexors and slight flexion of the knees. It's much like trying to jump onto a high box; you flex as much as possible in the beginning and hope you make it. Others push gradually through the lift, just enough to accommodate the external force that is being applied.

As far as equipment, in a meet, wrap the knees toward the inside. This means wrap one clockwise and the other counterclockwise. This

helps to stabilize them. Wear a suit that allows the knees to be forced outward and the glutes to be pushed out to the rear. Don't wear straps that are too tight. This will cause you to bend over. In training, wear a suit with the straps down and a belt. This will help the technical aspects of squatting. When someone must wear full gear for 3-4 weeks before a meet, their technical skill is low.

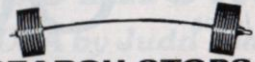
To summarize, build the posterior chain: calves, hams, glutes, lower and upper back. Strong abs are a must. They are what you lean on to descend and push off of to ascend. Out of our top 100 squatters, four use an upright back position. That means that 96% lean forward, with - of course - a great arch. While descending, the glutes move first and the head and bar move last. So in the concentric phase, the opposite happens. You must push against the bar first.

One workout per week must be devoted to speed (box squatting) and one for maximal effort, with a




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To all strength coaches: the next time you have your athletes do

Olympic squats, ask yourself why. The joint angles are not advantageous for the stretch reflex. If a lineman were to use that position on the field, he would easily be pushed backward. The Olympic lifts

require flexibility. There are many drills better suited to increase flexibility. Everyone thinks the Olympic lifts are so quick. While your clears at 60% look fast, so do our box squats at 60%. The athlete who can power clean 400 uses 240 (60%). The lifter who can squat 800 uses 480 (60%). Who do you really think would be faster and stronger? Compared to a powerlifter, an Olympic lifter can't squat with the Sunday paper. A kid that can hang clean 400 would look frail to an 800 squatter. And don't forget, in Olympic lifting, as the bar is raising, the lifter is lowering himself, making it appear that they are moving the bar at great speed. Olympic lifting is the biggest bust in the United States. We have not placed a single lifter on the A list, yet strength coaches still advocate the

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Let's set the scene: you're at the meet and taking your first squat attempt. As you descend, you feel your trusty old squat suit rip at the seams. After the spotters catch you and the bar is reset in the rack, your first thought is, where's your backup squat suit? Unfortunately it's still at home because you forgot to pack it along with your meet gear. Ripping your squat suit is a very possible occurrence and not having a backup suit could cost you the meet and blow all those long hours of training. Fortunately there are steps you can take to help make sure you have all the stuff you need to get the most out of the meet and your training. By developing a well thought out checklist of items and issues prior to a meet and going over them prior to leaving for the contest, a lifter can minimize the negative impact that unforeseen events can have on their meet results.

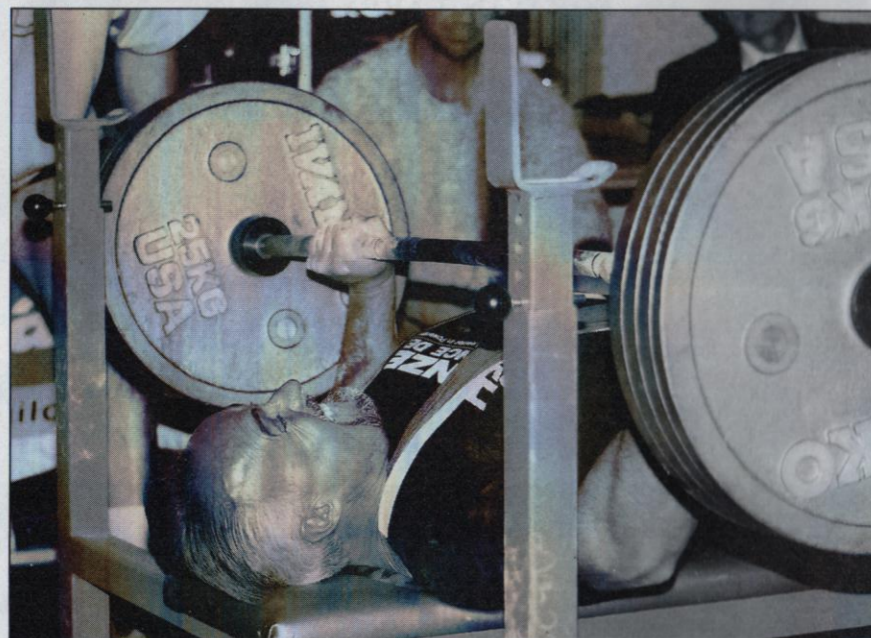
The first place to start is to review the contest application form. Check the date and time to be sure when the meet starts as well as when weigh-in is for the weight class you will lift in. Many weigh-ins are the night before, some are the morning of the meet and some offer both. A very important thing to notice and keep in mind is the time zone where the meet is being conducted. Potentially the meet could be on Central Time and where you live might be on Eastern Time. This is a problem here in Northwest Indiana where our corner of the state is sometimes one hour behind the rest of the state. You may want to call the meet director a few days prior to the meet just to check if the meet is still on. We were the victims of an unannounced cancellation of a meet a few years ago. We drove 150 miles to central Indiana to find that the contest was not going to take place. The meet director failed to inform us of that. We woke him up in bed to find out why the contest site was locked. This only happened once, but once is more than enough, and it may be worth your time to call in advance. Also, if there are any questions on directions or motels, the meet director should be able to help. While we're on the subject of motels, you may want to book a room in advance if you plan to stay the night before or after the contest. On another occasion, six of us went down to a meet, again in good old southern Indiana, only to

STARTIN' OUT

A special section dedicated to the beginning lifter

PRE-MEET CHECKLIST

as told to Powerlifting USA by DOUG DANIELS



Off Platform Planning is required to produce a big lift, like John Yokley's Bench. (Drake)

find there was a huge bowling convention in town that weekend. We were lucky to be able to get a conference room with cots and couches to sleep on. Learn from our experiences. (No, not all Indiana meets are like this!)

If the meet is sanctioned, remember to bring you membership card or money to purchase one there. Bring enough money to pay for your motel room, food and gas. A credit card is very helpful for trip expenses too.

Many lifters bring food and beverages to consume during the contest. As we all know, contests can sometimes seemingly last forever, so bring a cooler with fruit and Gatorade type drinks for starters. One word of advice on food; many lifters try to eat a big breakfast, high in carbs, etc., like pancakes. I would not eat anything for breakfast that you are not used to eating normally. Something out of the ordinary may wreak havoc on your digestive system during the meet, ruining the

effects of the training you have put in for the event. Food available at a meet may not always be the best. You may want to bring a sandwich or two. If your meet is at a motel or hotel with a restaurant, you may be able to get something there in between lifts. If you forget to address the food issue, you can either go a little hungry or risk eating what's available.

The most important thing to remember to bring to a meet is your lifting gear. It's critical that you have a backup for things like your squat suit, bench shirt, belt, and knee and wrist wraps. These items can tear while warming-up or lifting on the platform as noted in the beginning of this article. Not having a backup suit or shirt can spell disaster. A good tip is to wash your squat suits and bench shirts before the meet. This will not only make them more user-friendly, but will leave them just a bit tighter for the meet.

Most meets supply chalk for the platform. As the meet goes on, the

chalk tends to disappear. This can leave you without chalk for some of your attempts. I suggest bringing your own chalk in a Tupperware type container and keep it out of the view of the other competitors or it'll disappear too. Baby powder for your thighs in the deadlift and to apply under your bench shirt is great to have around. Again, keep it out of view in your gym bag when not using it.

Bring the shoes you will use for each lift. If you have a pair of squat shoes that you find are better for one type of lifting surface over another, bring these too. Just make sure that using a different shoe to better grip the platform will not upset your normal squatting pattern. Bring extra socks and underwear too.

Towels and toiletries can be valuable, especially if the meet area has shower facilities for after the contest. A warm-up suit can be comfortable between lifts to wear. Another T-shirt or two might be a good idea.

Icy Hot-type rubs may be brought along in case of injury and to lessen any pain or stiffness you may have or could develop. Aspirin or another pain reliever can be a lifesaver. The caffeine in some may also act as a slight stimulant to boot. Not all these items need to be brought into the meet area. You can keep them in your car or in your hotel room if the

meet is at a hotel.

If you are worried about forgetting your cell phone so you can make calls while in the on-deck circle, you're in the wrong sport, Jasper!

There are a lot of things for a lifter to remember to do and bring to a contest. Forgetting any one of them can not only result in anxiety, but can lead to missed lifts - as in the case of the lack of a spare squat suit. Be organized in your meet preparation. Don't let all that hard training and attention to diet go to waste because of a lack of planning. Developing a pre-meet checklist beforehand is a necessary part of your contest preparation. This checklist can be updated for the next contest on your schedule if you find you have missed something. Learn from your own experiences and the experiences of others.

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

"Death is a challenge. It tells us not to waste time ... It tells us to tell each other tight now that we love each other." - Leo F. Buscaglia

Let me tell you about my good friend Dave Pasanella. Without question Dave was one of the most powerful human beings to ever walk the face of the earth. By the time he was twenty eight, he had already won three national championships, and two world championships. At an incredibly muscular bodyweight of 275 pounds David had bench pressed 605 pounds, deadlifted 854 pound, and squatted a mindboggling 1030 pounds. He also set a world record total in the three powerlifts with an outrageous sum of 2458 pounds. Think about that for a second: superheavyweights can weigh in the neighborhood of 400 pounds and yet how many of them can touch the weight Dave lifted? That fact in itself gives David's lifting otherworldly status. Certainly he has proved that you don't have to be as big as an elephant to lift one. It was no big secret that David was America's hope for the future, a heavyweight who would dominate powerlifting for a decade to come. He was just that great.

I remember that after he won his second world title he became an instant celebrity. It seemed like everyone was constantly catering to him. He was featured in just about every lifting magazine in the coun-

Dr. JUDD

Embrace Life ... Now!

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

try. He acquired a ton of endorsements and sponsorships. Sports companies were continually sending him sweat suits and sneakers. He got opportunities to travel all over the world. He would walk into a gym and everybody would fall all over themselves just to talk to him. He had it all: money, prestige, and talent. He was literally the envy of every powerlifter in the country. And the way things looked, it was only going to get better. His future was just that bright.

Then one sunny afternoon on the way to the gym, David swerved to avoid another vehicle, drove off the road, and hit a light pole. The impact of the crash was not all that great, but he was killed instantly. I was later told that there wasn't a scratch on him. In the blink of an eye the strongest man in the world was dead, a frightening illustration that even the biggest and strongest branch of any tree can be broken. When he died it was very difficult for me, as it would be for anyone that says good-bye to some one they care about. When I got back from

his funeral I was totally wiped out. Nonetheless, David's death was a powerful reminder to me that God did not promise us anything. No one can protect us against death. It is the most inevitable part of life, and it will happen to all of us. No one is exempt from dying. Death is very democratic in that manner. All we really know is that some day death will come. That is an important lesson for all of us to learn.

Death is hard, but it is also a profound teacher. It teaches us that we don't have forever, that there is a limit. It teaches us how precious time is and how fragile life really is. It tells us to live now in the splendor of the moment, because tomorrow may never come. It teaches us to live our life fully ... NOW!

More importantly it teaches us to reach out, touch, and experience the people we love because they will not be with us forever. It teaches us to cherish the gifts that God has given us. It teaches us the beauty and excitement of being alive. As the saying goes: Today is the first day of the rest of your life. Embrace it.

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Below ... the late, great Dave Pasanella squatting at one of Gus Rethwisch's spectacular Hawaii contests. (photo by Ed Douglas)



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: How can I decrease catabolic activity in my body? Eric

DEAR ERIC: By "catabolic" we mean forces that break down muscle and use it for energy. When existing muscle is broken down, your body will lose its tone and may become flabby. The Metabolic Diet, accompanied by proper exercise actually results in the body producing higher levels of testosterone and IGF-1, anabolic hormones, and lower levels of cortisol, a hormone secreted by the adrenal glands that leads to catabolism. By increasing anabolism and lessening catabolism we insure that the body retains important muscle mass and tone while you lose weight.

It has been shown that the carb-loading phase of the diet results in decreased cortisol levels. In one experiment the hormonal effects of muscle carbohydrate loading manipulations followed by a carb poor diet were studied. Carb loading provided decreased levels of cortisol not only during the carb loading phase but also in the following carb-poor time period. Also the higher fat levels and red meat that are allowed in the diet both lead to increased levels of testosterone, the most anabolic hormone in our bodies. **Mauro Di Pasquale, B.Sc., M.D.**

DEAR MAURO: I'm currently about 210 with 15% bodyfat and would like to get up to 220 with 10% or below. I'm hesitant to try the low carb diet because the type of training that I use requires a lot of sets in a short period of time. It is a little more intense than the traditional powerlifting approach. What would you suggest Dr. Di Pasquale? I know you competed in powerlifting at the world level. Rick

DEAR RICK: It seems to me that you'd be most effective as a 198 pounder. While it's not that hard to decrease bodyfat while maintaining muscle mass it's a lot harder to gain any significant muscle mass while losing bodyfat. The body just doesn't work that way unless you're a beginner and/or genetically gifted. If you wanted to get to 220 lbs. and drop to 10% bodyfat you'd have to lose almost 11 pounds of body fat and gain over 20 lbs of muscle to hit 220 lbs at 10% body fat. That's not easy.

If you decide to go for the 198 lb. class then the best diet to follow is my new Metabolic Diet. I suggest you drop to around 200-203 lbs. and then drop the rest just prior to your competitions. You can get all the info you need to get started on www.AllProTraining.com, including sample 2 week diets. I suggest you start on the Assessment Phase of the diet and determine what level of carbs you need to maximize your muscle mass and decrease body fat. You should see some real differences in your body composition and while maintaining your strength within a few weeks.

If you decide to go up to the 220 lb. class then the Metabolic Diet is still

PUBLICATIONS BY MAURO G. DIPASQUALE, B.Sc., M.D. MRO, MFS. NEW FOR 1997 FROM CRC PRESS - AMINO ACIDS AND PROTEINS THE ANABOLIC EDGE - An in depth look at the effects of amino acids and proteins on muscle mass, strength and performance. This book is divided in two parts. The first part covers the physiological and pharmacological effects of proteins, amino acids and their derivatives while the second part discusses the practical applications; how to best use our present knowledge of these substances to increase the anabolic effects of exercise. To order call (800) 272-7737 or in Florida or outside North America call (407) 994-0555.

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for you. I would use the weekend carb-ups to dramatically increase your calorie intake while during the week. I'd keep the carbs low and the calories moderate. I'd climb to about 235 lbs. cycling your diet this way and then follow the Assessment Phase of the diet and drop your calories gradually during the week and dramatically, at least at first, over the weekend, until you hit around the 225 lb. mark or maybe a little less. At this point your body fat levels should be around 10-12 percent.

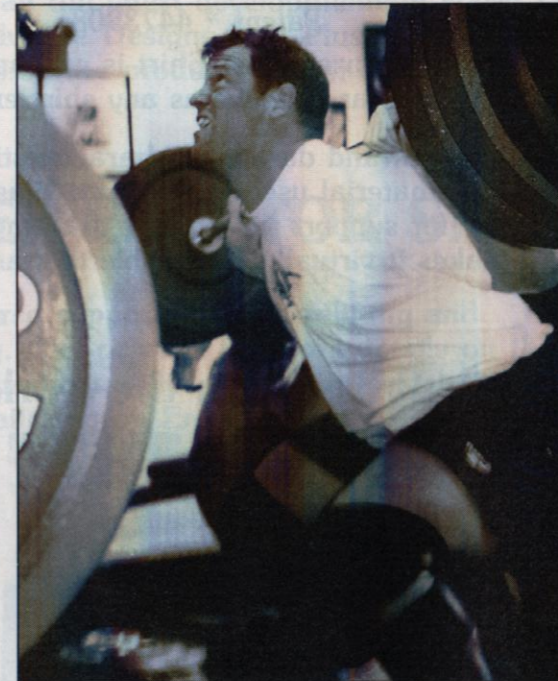
Whichever way you go I wish you the best of luck. **Mauro**

I was very late coming to the internet and remain somewhat aloof from it. I don't like technology in the extreme. While I enjoy the "modern conveniences", I've also lived at length without running water, a toilet, electricity, kitchen appliances, radio, and telephone and never felt the worse for it. I certainly enjoy our flush toilet and microwave, but see clearly where our culture is headed. Powerlifting, weight training, and strength training are, strongly entrenched on the internet. There are numerous sites that cater to those who want to read about the latest happenings in the sport of P.Ling and more that have debate forums, chat rooms, and the opportunity to either give or take opinions regarding every aspect of the activity.

At first glance, this access to information may seem like a windfall to those seeking improvement. After all, any additional information can be helpful and serve to push one's total upward. Before the age of computers, before the age of videotape, and before the advent of mass media

communication, an age that is perhaps only thirty to forty years in past, one had to seek out information the only way possible; they had to get off their ass and find it! There was no other way to learn about the training procedures of the better lifters. If you wished to know what men with experience were doing, you found out where they trained and you made it a point to get there. Allow me to give you some typical examples from my own history. One of the best competitive lifters in the New York City area in the mid 1960s was Joe Weinstein. He was a very strong 198 pounder who lived in Staten Island. He occasionally worked as a bouncer at the Silver Knight, a bar that was not far from where we lived. My training partner, Jack, and I would find out when Joe would be working at the bar, and make sure we were there. We would ask a hundred questions of this very nice and patient lifter and then use that information in subsequent workouts. Dennis Tinerino, who later won the Mr. America and Mr. Universe titles, would travel to the small storefront gym we trained at to seek informa-

More From Ken Leistner



Stephen Boyd, Pro Bowl Linebacker for the Detroit Lions, squats heavily for sets of 15-20 at Dr. Ken's facility in preparation for the opening of the 2000 season. (Leistner)

tion from Tony Pandolfo. This served as our opportunity to ask Dennis what the strong guys in Brooklyn were doing in their training. When Jack and I traveled to the Los Angeles area, we lived in Bill Pearl's Manchester Avenue gym before finding an apartment near the facility. As a football player who was interested in P.Ling, Bill advised me to seek the counsel of Bill West as well as Bob Zuer and his crew in Costa Mesa. Needless to say, that very weekend, we were sitting at Zuer's Gym, exposed to Tom Overholtzer and some of the other great lifters of the day. We later met Bill West at a contest held at the old Venice Beach Pavilion where his first words to me were "Hey, are you gonna lift today?" Watching Pat Casey bench press and George Frenn squat in Bill's Culver City garage would, as imagined, teach one an awful lot.

At various times, I drove or hitchhiked to York on Saturday mornings in order to watch our best Olympic lifters train and ask them as many training questions as I could think of. In every instance, the advanced lifters in York, at the

original Westside Club, at Zuer's, Pearl's, and the other gyms in both the N.Y. City area and in Southern California could not have been more accommodating. They were used to being asked questions and during their early stages of training, they used the exact same procedures to learn what brought them success. It wasn't only the advanced men who had that attitude. If we heard about someone who was lifting a lot of weight, we would find out who they were, get someone to make an introduction or otherwise let them know who we were, and eventually work our way over to their basement or garage gym where we would trade training information. Almost all the time, this also meant taking a workout with that person or group of

guys. There was great pleasure in not only talking about new techniques and training procedures, but actually trying them. When I owned the Iron Island Gym, on an untold number of occasions, I would answer a training question and then head over to the weights in order to demonstrate. On some Saturday afternoons, when many of the lifters were at the gym, there was enough demonstrating to constitute a real live workout! On more than one occasion, Ralph, who now owns and runs the gym, but who managed it at that time, would park himself under six hundred pounds or so, talk about squat technique, and then squat. I did the same (with much less weight) and we would then look at each other as if to say, "we're getting a bit old for this type of thing", but the point is that we learned, we "did", we passed the information on. I live on a main street in a busy town, the first over the New York City line. I train, rain or shine, hot or cold, with the garage door open which invites some to stop, pull over, and walk up the driveway. There is a lot to be said for actually watching someone train,

and then getting instruction, and then "doing it", as you've been instructed, under the watchful eye of another.

The internet generation, for lack of a better term are all individuals who are hell on wheels when it comes to talking about training. They know the theories; they know, by heart, the exact training routines of the various champions; they "know". Having met some of these individuals, they haven't yet "done" nor do they "do" on a regular basis. Yes, they talk the talk, but don't actually get around to doing much of the training they do so much talking about. I am not referring to the obvious braggadocio that is common fodder on the internet; "I squatted 700x10 for five sets one minute apart, do you think I should add leg curls to get my thighs from 31" to 36"?" No, I'm talking about a multitude of "trainees" who know much more than I ever will, more than Ralph will despite our combined eighty years in the game, but who don't actually train very much or very hard when they do get around to it.

Relative to training, we've developed a voyeuristic generation, a culture built upon the "knowing", having the information, but rarely if ever utilizing it. Self discovery comes from "doing", at all times. Trial and error is the key to growing stronger emotionally and physically, not knowing the "numbers" that the champs put up that month. We apparently have a generation of "non-doers", if one is careful to read the internet sites. Guys and gals make comments that are indicative of either an extreme naive or an absence of actual experience. When someone agrees with my philosophy and says for example, "Lou Simmons said such and such, and he is so obviously wrong", I chuckle. In many cases, the speaker has never tried to apply the principle Lou spoke of and/or has never trained doing anything like it. When Lou disagrees with me, or I disagree with Lou, or, on those occasions where we might agree on a point of training, if nothing else, we believe what we do because we've tried it, we've done it, and either it worked for us and those we train and train with, or it did not. The key is that Lou and I "did it" as did so many of the older lifters. Training is art and science, probably a lot more art and application. It is, as Kim Wood of the Cincinnati Bengals has labeled it, "a participatory art", an activity that one must do to clearly understand and learn from. While the internet might provide information, it isn't necessarily allowing many to participate fully, much to their disadvantage. **Dr. Ken Leistner**

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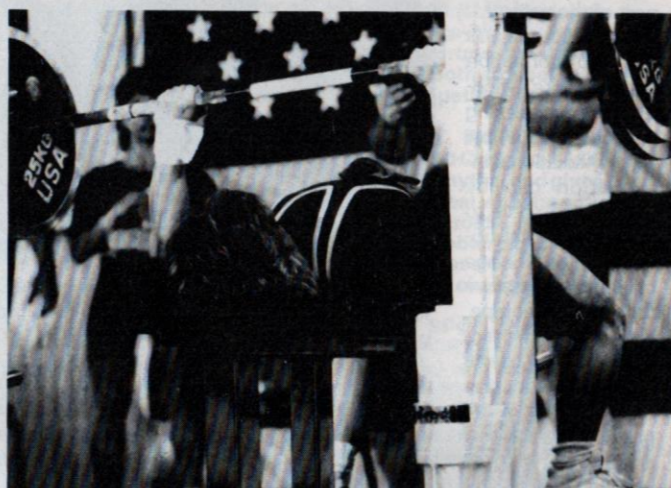
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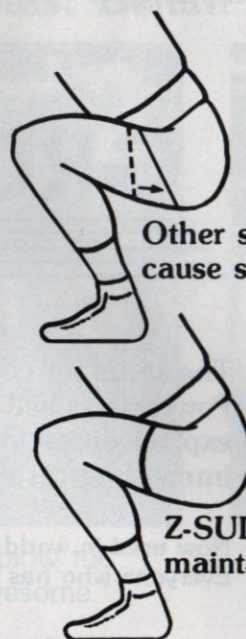
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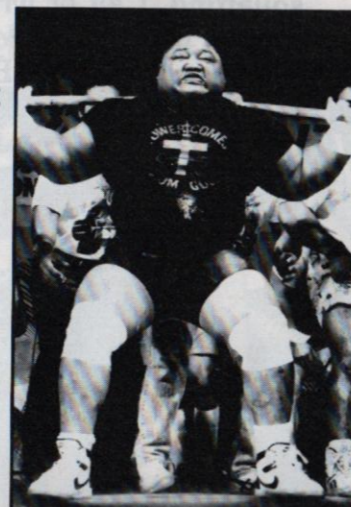


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WORKOUT of the Month

Rick Weil Bench Press



Rick Weil was a spectacularly successful bencher in the 165s and 181s back in the 1980s. Here is a reprise of his workout from the September 1985 edition of POWERLIFTING USA. (Lambert photo)

In this article I am assuming you have a 400 lb. bench press and are looking to maximize your potential in a ten week period. First of all, any lifter with a 400 lb. bench is definitely an experienced lifter. Therefore, I will assume your problem getting maximum gains might be a plateau, sticking point, or incorrect form. Heavy weight must be attacked with a positive attitude, yet with great preparation so as to minimize any chance of injury.

If you are having trouble handling heavy weight, then I recommend doing heavy negatives. After your bench workout assuming your last set is a single with 400, go on to 425-430 for a controlled negative rep - never more than 1 rep per set. 1 or 2 sets per workout is plenty. This will strengthen tendons and prepare you mentally for the day when you will be benching the heavier weight. The lighter the weight feels to you, the easier it is to concentrate on form. When I performed a 518 bench at the Mountaineer Open, I had previously done in training negatives with 570 and 600 lbs. controlled. Negatives also help the lifter who is stuck at a certain weight for a period of time or in other words, plateaued.

Sticking points come into play quite often with the experienced lifter. It can be very aggravating. There are four basic parts to the bench press, we will call them the

approach, the drive, the push, and the lock out. The approach is the part of the lift where you bring the bar down to your chest. This is important because done properly it sets up the rest of the lift for hitting the groove. Remember to stay very tight during the approach, do not relax at your chest. The negatives will help here.

When the clap is sounded, the drive part of the lift begins. Practice pause benching in the gym because good habits are hard to break as well as bad habits. Also, injury can come from sloppy form, so always train as if a judge is watching. If you are stuck at your chest, perhaps you are forgetting a very strong and important body part at your disposal - your BACK. Remember the

bench press is an upperbody exercise and your back is part of your upper body. Powerlifters generally have very strong lats, so why not use them? With 135 on the bar, practice using

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

your lats to drive the weight off of your chest. You do this by initiating a lat spread of sorts at the bottom of the lift. Trying is believing - it really works and with practice your lats will drive any weight off of your chest you would normally have been stuck with. Since powerlifters train their backs, only the lifters who strictly bench need to do special back exercises. I recommend doing lat pull downs and cable seated rows for building the muscles necessary for the drive part of the bench press. Those of you with strong backs need only to work the correct form, getting used to driving with the back.

The push is that part of the lift between the drive and the lockout. Momentum is obtained from the lats in the drive, then the front deltsoids must take control. Front deltsoids will move weight, so train them as a separate body part. Steep incline presses will isolate the front delt if the bar is kept in close to your face and driven back towards the uprights. Seated dumbbell presses are not only great for the delts, but also one of my favorite exercises. This is performed seated straight up driving the weight with palms forward. 3 sets of 5 reps on both of these exercises is plenty. Also, only train them once a week. That's right, once a week. I have trained this way for three years, each body part once a week and made maximum gains on every cycle. This type of training also keeps injury to a minimum.

Now we come to one of the most frustrating part of the bench press, the lockout. I have seen many lifters miss what appeared to be an

easy lift, right at the top. There are two reasons for missing a lift at lockout; fatigue, which can cause bad form, or not enough tricep strength. If your gym does not have a dip bar, tell the owner to get one. Weighted dips are the best exercise for lockout power available. Close grip benching puts too much strain on the wrists and hinders complete tricep movement. Doing weighted dips with heavy weight, however, will not guarantee a powerful lockout. Remember the other reason I stated for missing a lockout? Fatigue. I had pushed 3 sets of 3 reps with 285 lbs. in the weighted dips in training, yet I was having a lockout problem. After a lot of thought I realized my problem was not strength, but tricep fatigue. My triceps were pumping too fast. To correct this problem I dropped the weight on the bench after doing negatives, down to 405 and did reps until failure. By the time I could perform 10 easy reps, my sticking point was gone. Now, I am not saying you should drop to 405, but 80% of your maximum lift is a good place to start. For example the 400 lb. bench presser would start with 320 to 325 lbs. and try that for a week or two.

Here is a typical workout for the 400 lb. bencher, who is looking for a 430 lb. bench in a ten week time.

Remember to train only once a week, that is the secret to making 5 lb. jumps per week. Rest is very important as is diet, so keep all these things in mind during the 10 week period. You can do anything you set your mind to do. Never give up or say "I can't". Think positive and you will succeed.

WK	Bench Press	Negatives	BP to failure	Incline Press	Seated Dumbbells	Bar Dips	Tricep + Pushdowns
1	330x5x3	none	320*	225x5x3	75x5x3	3x5-	3 sets*
2	335x5x3	none	320*	230x5x3	75x3x5	3x5-	3 sets*
3	340x5x3	none	320*	3x5-	3x5-	3x5-	3 sets*
4	350x3, 400x1	425	325*	3x5-	3x5-	3x5-	3 sets*
5	355x3, 405x1	430	330*	3x5-	3x5-	3x5-	3 sets*
6	360x3, 410x1	435	330*	3x5-	3x5-	3x5-	3 sets*
7	365x3, 415x1	440	330*	3x5-	3x5-	3x5-	3sets*
8	370x3, 420x1	445	335*	3x5-	3x5-	3x5-	3 sets*
9	375x3, 425x1	450	335*	3x5-	3x5-	3x5-	3 sets*
10	380x3, 430x1						

* to failure. + with about 80-90 - with appropriate weight you can handle with good form

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One could argue that if powerlifting were to be represented by one man that man would be Ernie Frantz. After all, he has been training heavy since prior to powerlifting's inception, plus Olympic lifting and bodybuilding. He has done it all, but powerlifting is his true love. The sport has shaped his life and he, in turn, shaped the sport.

As a teen, I first became aware of Ernie through photos of him in *Powerlifting USA*. He was as powerful as he looked. Many bodybuilders look massive, but are relatively weak. Ernie had it all, thickness, definition and - most of all - the strength of a champion. Who can forget the classic shot of him deadlifting, veins popping out on his tattooed arms, his massive neck straining his necklace to bursting. This is what it was all about. He embodied the look that drew me to lifting weights in the first place.

Recently, I ordered Frantz's "Ten Commandments of Powerlifting" from Crain's Muscle World. The book, written in the early Eighties, promoted Frantz's emphasis of the basics. He trained four days per week, cycled his lifts, and focused primarily on the powerlifts. The old adage "If you want to get strong on the squat, then squat," could well have been said by Frantz.

Still, he has moved much iron since those days: he is now sixty five! I was curious to see if time had changed his approach to training. He seemed personable. I decided to call and see if he'd impart any insight to me over the phone.

We have a tendency to revere those champions we see in magazines. We think of them in the same realm as Hollywood celebrities, maybe even bigger. It is pleasant to find that many powerlifting greats are actually quite accessible. Our community is a small one.

Ernie generously conceded to an interview. I could tell he'd done this many times before and took it as a matter of course.

Though he admitted that change is always a factor, and that he per-

TRAINING

The Powerlifting Insights of Ernie Frantz

as told to *Powerlifting USA* by Marc Cavigoli



Ernie Frantz competing in the nationally televised World Series of Powerlifting held back in 1980

petually refines his training, he still maintains the basic tenets of the book.

Ernie trains with very heavy weights and low reps. His primary method of overload is negative reps. He believes that forcing muscles to handle weight beyond their concentric contraction potential acclimates them to a new work capacity. Though most of his training is very heavy he does believe in light days. These are used when his body has not recovered fully from a workout and residual soreness remains. For Ernie, "light" still means sets of five or six at near maximum effort.

Another application of light days would be in preparation for a max single. Several days prior to a new max he attempts about 75% to 80% to "test the waters." If the body feels

ready, he attempts his max as scheduled. Sometimes, however, if he feels strong on the prep day, he will max immediately.

Most of Ernie's coaching approach centers around tailoring a routine to a specific individual, and no two individuals have the same routine. Assistance work is kept to a minimum. Generally, one heavy assistance exercise is used per powerlift. This exercise is trained in a similar manner as the powerlifts with very heavy weights. Which exercise is chosen is contingent on the weak points of the individual lifter.

I asked Ernie how he developed such balanced hypertrophy since he de-emphasizes assistance work. Did he acquire this muscle from his bodybuilding days? He claims most

of it came from practicing the powerlifts themselves.

So committed is he to the bench, squat and deadlift that he trains them year 'round. Variety is provided by cycling weights, sets, and reps. Nonetheless, Ernie feels many of today's novice lifters are over anxious to begin cycling. Instead of jumping into inappropriate cycling, Ernie believes young lifters should focus on basic lifts in a traditional overload system. Cycling is best reserved for established lifters who are seeking to minimize stagnation.

With competitions, novices tend to be over eager as well. They set their sights on a national competition prior to cutting their teeth on local and regional meets. Ernie is quick to point out that patience is an essential component of powerlifting success.

Ernie provides further variety in his routine via subtle changes in stance, grip width, and form. These alterations are often chosen to surpass a particular weakness or sticking point.

At sixty five, Ernie realizes injury is an inevitable reality for anyone who has pushed themselves year after year. He has learned that impeccable form is the best deterrent to the specter of injury. Another facet to minimizing injury is maintaining muscle elasticity. This is sustained by thorough stretching once warmed up.

Lastly, Ernie believes that the proper use of equipment is instrumental to reducing risk of injury. At the present there is a movement to "purify" powerlifting by eliminating use of equipment. Equipment free competitions are called raw meets. Frantz feels that such lifting is very risky. He feels equipment that fits correctly not only prevents injury, it also increases the amount of weight the lifter is capable of handling. He sees no cheating in this. Rather, he equates this to a golfer using the best clubs he can afford. "You don't see a competitor in the PGA break a branch off a tree to hit the ball," Ernie points out. He feels the amount of weight you lift rather than what

type of equipment you wear is what concerns most people.

As the conversation continued, I raised the issue of anabolic steroids. In "Ten Commandments..." Ernie had been refreshingly candid about steroid use, but this was written in the early Eighties, prior to the media-spawned, steroid witch hunt. He doesn't regret his candor, but points out that in no way was he endorsing drug use. To the contrary, Ernie feels drug use should be strongly discouraged in young lifters. Young male athletes have an abundance of naturally produced testosterone. With all the nutritional products out there, young lifters should be "clean."

What Ernie does support is the right of the aging athlete to maintain his normal testosterone level once advancing age lowers the body's production. This, he feels, is no different than a woman supplementing with estrogen after menopause.

He also feels that there should be no significant difference in the training of a drug free athlete versus an enhanced athlete. He feels individual differences are more relevant to training protocol than a person's drug using status.

A unique component of Ernie's philosophy is that of fasting. There are about as many powerlifters who fast as there are fish on the moon.

Yet, Ernie believes in this so strongly, says he feels so well afterwards, that he routinely consoles his wife at the dinner table when she misses sharing food with him. Though he fasts only for twenty four hours, one day per month, the benefits are three-fold. First, it allows rest for the digestive track. This is a commonly overlooked element of recuperation. How many powerlifters eat like horses day in day out for years? Consider that protein, a nutrient we all stock up on, is a complex molecule to digest. The fast gives the gut a much needed a rest.

The fast also cleans out the body. When constantly metabolizing nutrients, waste builds up as fast as the body can eliminate it. The fast provides a quiet time in which waste and cell toxins can be cleared.

Finally, Ernie points out that the fast helps you establish a keen willpower. If willpower and powerlifting don't do hand in hand I don't know what does.

I've put this fasting idea to the test. I must agree with Frantz; it works. I felt great. It helps keep the bodyweight in control and I've never lost strength from a one day fast.

I asked Ernie about some of the elements of powerlifting that had changed since he wrote his book. For one thing, the once fledgling women's powerlifting movement

has come into its own. Ernie is very supportive of this. His wife was one of his most intense trainees. He thinks mixed gender training partners are a great way to work out and push each other to greater strength.

Another area of recent popularity is strongman competitions. He feels these are receiving popularity from powerlifters who seek fresh fields to conquer. He warns that many powerlifters incur injuries as a result of their tremendous strength coupled with insufficient exposure to the contested events. This is an endeavor that should be entered with caution and preparation.

The APF is perhaps the best symbol of Ernie's life's work. I asked him to tell me in a nutshell what the APF stands for. Ernie believes the APF is here first and foremost to represent the interests of the lifter. His current objective is to make the organization affluent enough to be able to sponsor lifters' plane tickets, hotel accommodations, etc. enabling talented athletes to showcase their abilities in national and international forums. Along with this he seeks full media and commercial endorsement so athletes can earn a living from their sport.

Because of powerlifting's fundamental nature, he feels it is the backbone of all sports and therefore deserving of such exposure. He hopes to see

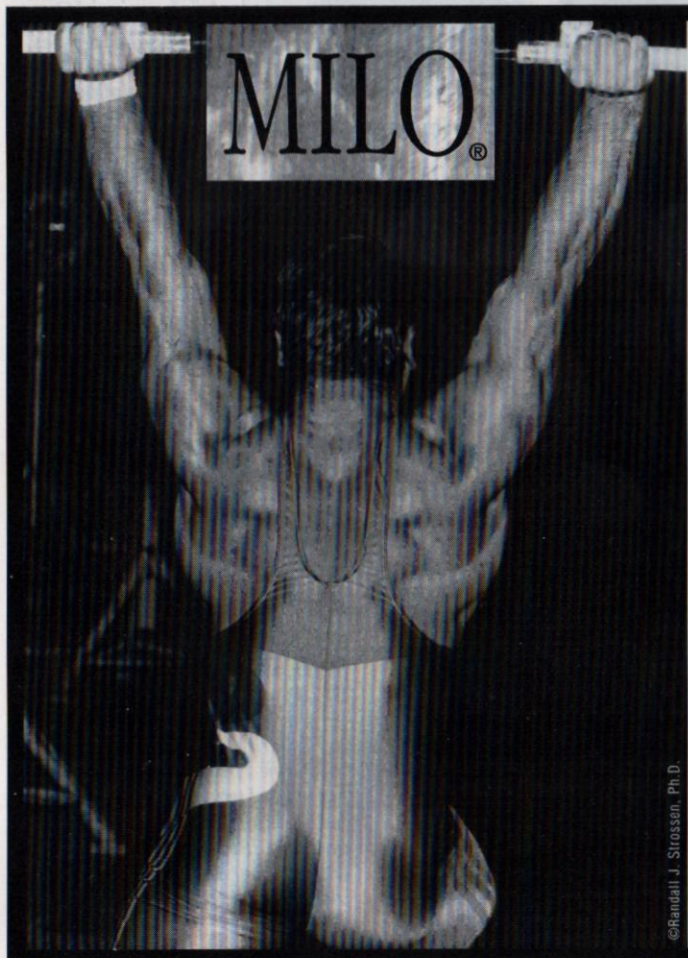
this in his lifetime.

Not only is powerlifting an elemental force that can revitalize any activity, it is a method of coping with life's stress. Frantz believes that the focus, discipline, and release that heavy training provide can to some extent counterbalance the stresses of a bad marriage, a hostile work place, or financial worry. In today's world, a panacea of this magnitude is not to be taken lightly.

So how has powerlifting affected Ernie personally? At age sixty five, Ernie trains very heavy for brief workouts. He is careful about including too many extraneous activities that may cut into his recuperation: water skiing, basketball, going out dancing, what have you. "Age does not limit strength if one manages one's lifestyle judiciously," he says.

Looking forward to his seventies, Ernie is excited about being active and staying strong. How many people do you know who look forward to their seventies? If that is what powerlifting can do for you, I'm glad I'm a part of it!

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INTERVIEW

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

LM: Susumu, let's start out with some background information: age, occupation, family, etc.

SY: I was born in 1950, and am married to Hisako. We got married in 1973. We have 2 children. My oldest is Eriko, who was a powerlifter in High School. She graduated from the University of Japan and is now working for an advertising company. My son, Yuta, studies music at the University and plays in a heavy metal band. I have been involved with powerlifting since 1976. I work as an architect for a large construction company, where I design building complexes.

LM: How did you get started in Powerlifting?

SY: Hisako and I were swimmers while we were in High School. I thought that we could improve our swimming by strength training, so I started to train with weights by myself. When I attended the University I trained with weights during the off season and I got very good results. After I graduated from the University, I concentrated on weight training at a gymnasium which was very popular with powerlifters. I then started Hisako with weights so that she could understand what I was doing.

LM: How did you get involved with the IPF and how did you come to be the coach for Japan?

SY: In 1984, I started a Powerlifting club, the "Powerhouse Weight Training Club" in Tokyo. We were training many young lifters. Our gym was able to win our Junior Nationals and our Nationals. Many of our lifters from Powerhouse qualified to lift at the Worlds. Therefore, I was selected as the coach. Twenty years ago our association was very small

SUSUMU YOSHIDA as interviewed for PL USA by Dr. Larry Miller



Susumu Yoshida... a powerlifting athlete, referee, coach, administrator, team manager, and great guy!

and they also needed a man who could speak English for contacting people outside of Japan. I then went to the Asian Championships where it was agreed that I would be General Secretary of the Asian Federation. Then I was sent to the IPF as the Asian Representative. After that, I became a member of the Executive Committee of the IPF.

LM: Is the sport of Powerlifting popular in Japan now?

SY: Compared to 20 years ago, yes, but compared to sumo wrestling or professional baseball, powerlifting is still very small. We have about 2,000 registered members, but we recently lost some due to the bad economy, which didn't allow for some of them to compete.

LM: Are there problems in Japan with the use of steroids?

SY: In 1986 we started drug testing in powerlifting and bodybuilding. I was involved in both federations with the doping committee. Since then we have administered over 300 tests and have had one

positive for ephedrine. I believe that in Japan the powerlifters are clean. In bodybuilding the results have been different. Our testing is only done at contests.

LM: How did you come to learn about the sport of Powerlifting?

SY: I went to the US as a lifter representing Japan in 1980 at the World Championships in Arlington and I finished 12th in the 100 kg. class. I was amazed with the power of the other lifters. I found a book written by Larry Pacifico which discussed his training cycle, which was quite different from our training. We were doing maximum singles every time we trained, 2-3 times a week. Therefore, I had many injuries in my shoulders and back. I began to understand peaking and off season training and Hisako and I used this method the following year with very good results.

LM: How did the Japanese develop some of the unusual techniques they use in the bench press?

SY: We learned that in the Bench Press a big arch was very impor-

tant to shorten the distance for the bar to travel. Gradually, we improved on our technique for the bench press.

LM: How do the Japanese view all of the different organizations within the US?

SY: Personally, I don't like all these federations. In Japan, we have only one federation. In the US there are many, many powerlifters. If all of these powerlifters joined one federation, then I think the Americans would become the number one country at the World Championships.

LM: What about the variety of equipment that we use?

SY: Equipment should all fall under one set of rules. I think everyone should follow the IPF guidelines since they are the biggest international organiza-

tionization.

LM: Do you think the IPF will maintain the status quo or do you think that there may be some changes down the road?

SY: The federation makes changes based on the opinions of many lifters. For example, many people think that the competitions are too long, so I guess that there may be some changes in reducing the number of weight classes. Some of the rules may be changed because they are too complicated. It is not easy to judge and it is not easy for the audience to understand. It should be easy for the spectators.

LM: Are there any additional comments you would like to make?

SY: I appreciate you taking the time to talk with me for an article in Powerlifting USA. I also need to thank Hisako for supporting me while I work for the Japanese federation, the Asian federation, and the IPF. I could not do so without her assistance. I would also like to thank the lifters at "Powerhouse"

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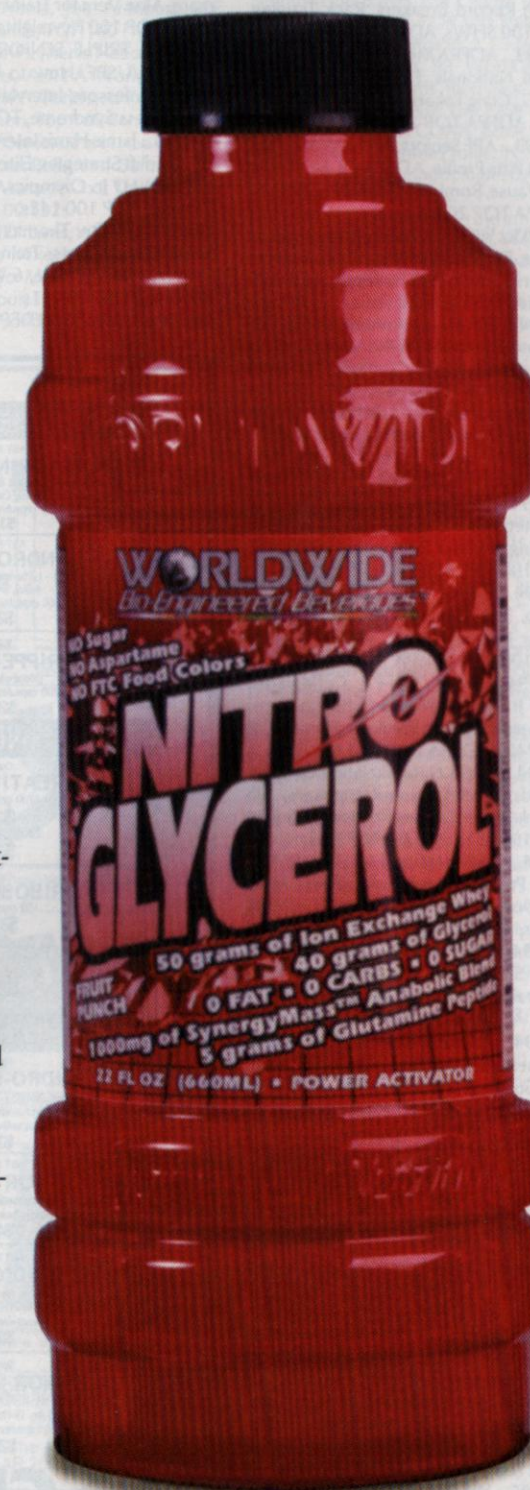
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23,24 SEP (new date), WABDL Budweiser Strength Festival (BP, DL) & WABDL BP/DL and Oregon State PL, Gus Rethusch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org(not.com!), gethomas@olympen.com
24 SEP (new date), USAPL Connecticut State Open Powerlifting, 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 Brewster, 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, APFL A.L.C. Push/Pull Classic (Burbank) Joe Avigliano, 818-846-5438
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7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817, clayton@blast.net
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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, Armoplaste 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 Luciano, 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)
20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (BDFPF)
21 OCT, APF/AAPF Power Station PL/BP, Nicholas, 5634 S. 107th East Ave., Tulsa, OK 74146, 918-459-5956
21 OCT (new date), AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764
21 OCT (new date), WNPF Palmetto Classic (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnurf@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, Halloween BP/DL (Gold's Gym, Sheffield, AL) Danny Dover 256-331-9105
28 OCT, USAPL Hudson Open (open, teen, master, women) Shawn Cain, 1040 192 Ave., New Richmond, WI 54017, 715-246-9363/3560 (not after 9pm)
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, gvhl@wirefire.com
28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submas-

ter, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net
28 OCT (tentative) NASA N. Carolina Regional (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, Halloween Classic BP and/or DL (teen, masters, submasters, women, open, raw) John or Kayleen Blackstone, Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840
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, wnurf@aol.com
OCT, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvhl@emww.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, WePumpUp.com IPA New York State Full Power and Bench Meet (all classes, m/f) Joe Giuliano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539
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, djslaga@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,

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3rd Place \$750	3rd Place \$750	3rd Place \$750
4th Place \$500	4th Place \$500	4th Place \$500
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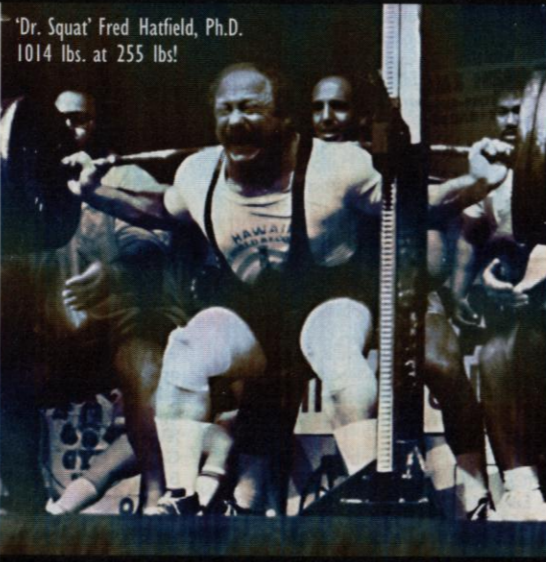
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10-12 NOV (new date), USPF U.S.A. Nationals Open PL/BP Championships (World Qualifier - Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, pwriftr@dl.net.com

11 NOV, USAPL Southeastern U.S. (open, women, submaster, master, BP, entry deadline 10/16/00) Mike Requa, Box 126, Moncks Corner, SC 29461, 843-761-7642

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

11 NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

11 NOV, AAU NC, VA, SC Regional (Henderson, NC) Ben Zak, Box 978, Grandy, NC 27939, 252-453-6116

11 NOV, AAFP 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 Day of Domination BP (Power Gym, Taylor, PA) Joe Moceyunas, 570-562-

3642 or Bob Granko 570-342-0668

12 NOV, USAPL Ohio PL & BP (open men & women, teen, raw men, women, masters, & men's police & fire) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King 440-439-5464

12 NOV, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729

12 NOV, Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan)

16-19 NOV, 2000 WABDL Drug Tested World BP/DL Championships (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@olypen.com

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

17-19 NOV, IPA Nationals (Colum-

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bus, 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, gvhl@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 Machulda, 4808 Cass, Omaha, NE 68132, 402-444-5596

18 NOV (new date), SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

18 NOV, Iowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

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

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

18 NOV, USAPL Great Alaska PL 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, I.H.M. 4th annual Holiday BP, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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@huntel.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 AAPF Michigan State PL, BP, DL, John Maddox, 17036 Arlington Ave., Allen Park, MI 48101, 248-642-2002 ext 105

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

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

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

9 DEC, 47th annual Iron Man BP/DL (Fresno, CA) Bob Packer, 559-439-4394 (d), 658-5437 (after 8 pm)

9 DEC (new date), USAPL Rhode Island State PL & BP (deadline 9/9/00) David Roderick, 126 Chestnut St., Rehoboth, MA 0 2 7 6 9 , DK705@mscnet.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-

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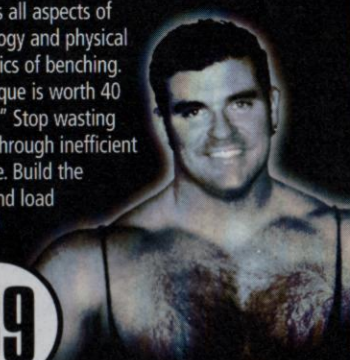
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985-3932, valifting@aol.com
10 DEC, WNPFL Eastern Regional BP Open & Ironman/woman (BP & DL) & USSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net
10 DEC, 8th ADAU Raw Drug Free Coal Country BP & DL Classic (separate meets - open, novice, submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net
10 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
16 DEC, AAU Planet Fitness Winter Doldrums 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

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PLer Year Banquet (Lancaster, PA) APA, Box 27204, El JoBean, FL 33927, 941-697-7962, wpa50@hotmail.com

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

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

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

31 DEC, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenent.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 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 Mosby Hollow Dr., 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 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com

2-4 MAR, Arnold Classic Bench Press Challenge, Classic Productions Inc., 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600

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 Voiland, 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

24,25 MAR, ADAU Great Lakes PL (men & women - all ages - all wt. classes) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

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

1 APR, Pittsburgh Area Monster BP and/or DL (men & women - all classes/ divs. - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Springwater

Ct. Moon, PA 15108, 724-457-2708

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

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, AAPF 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

13 MAY, 6th USPF American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

13 MAY, 6th USPF American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

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

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SEPT, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR

JUN, WNPF American BP & DL Nationals (men, women, masters, junior, teen) Brian Washington, BOX

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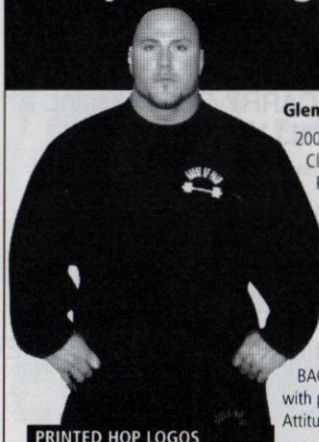
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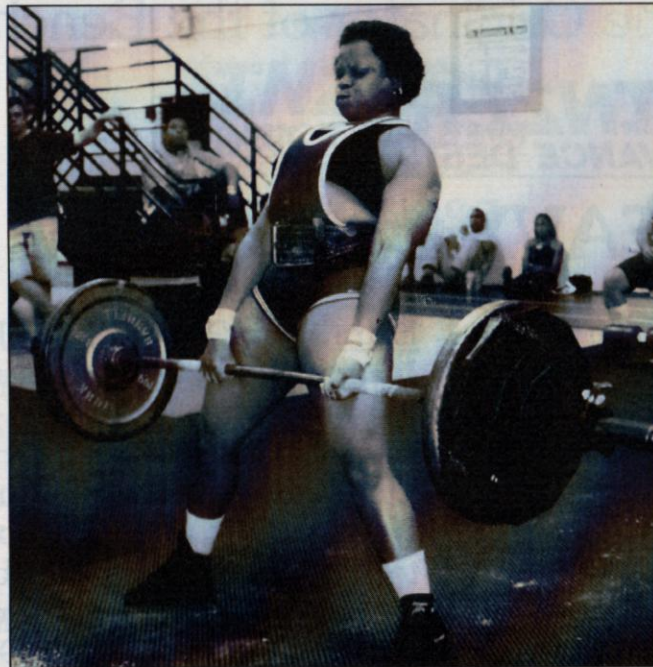
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BENCH	S. Rawlinson	350	
WOMEN	D. Lawrence	315	
Master 40+	R. Pope	305	
J. Sturniolo	242		
Grandmaster 60+	D. Magistrelli	410	
D. Mikoloski	M. Brown	405	
Under 148 lbs.	M. Gray		
R. Lucchesi	145	275	
Over 148 lbs.	S. Pagtakhan	600	
K. Roberts	J. Richardson	375	
J. Rhodes	165	DEADLIFT	
TEEN	WOMEN		
N. Denny	315	Master 40+	
J. Flemebaum	260	J. Sturniolo	260
J. Kisemore	235	Master 60+	
JUNIOR 20-23	D. Mikoloski	225	
C. Brennehan	445	TEEN	
C. Martin	D. Armstrong	415	
SUBMASTER 33-39	JUNIOR		
J. Snyder	C. Brennehan	650	
M. Gray	C. Martin	405	
MASTER 40-49	MASTER 50-59		
M. Sanders	400	W. Downey	460
S. Dokes	380	D. Junkins	360
M. Evans	385	MEN	
MASTER 50-59	OPEN		
S. Rawlinson	350	181	
W. Downey	330	M. Martin	405
D. Junkins	235	220	
MEN	G. Petrides	570	
OPEN	R. Pope	500	
148	D. Lawrence	420	
L. Saez	280	242	
181	C. Brennehan	650	
D. Morrissey	385	M. Brown	500
M. Martin	280	275	
198	S. Pagtakhan	715	
J. McVicar	450	SHW	
220	J. Sauter	700	

BEST LIFTER: Sherwin Pagtakhan (BP); Sherwin Pagtakhan (DL). Referee's: Wendy Edwards, Lester Maslow, Scott Taylor. Meet Coordinator: Julie Scanlon. Technical Assistant: Justin McShane. Special thanks to Gold's Gym for providing a great meet site and Julie Scanlon for coordinating a great event. Several records were set and some nice lifts registered. Big Sherwin Pagtakhan took home best lifter awards in the bench press with a 600 lift and the deadlift with a 715 pull. Junior lifter Chad Brennehan pulled a nice 650 junior record and got 685 all the way up when he lost his grip on the bar to a callous tear. He would have easily pulled 700 had it not been for the injury. A large crowd gathered to watch the event. The lifters enjoyed having Capt. Kirk Karwoski present to assist them. A great day was had by all. (Thanks to Scott Taylor for providing these competition results to PL USA).



Kathy Roberts deadlifted 430 lbs. with no equipment and won first place in the APA Glen Burnie Competition. (Courtesy of K. Roberts).

ASPHALT GREEN PL Contest 03 JUN 00 - New York, NY

BENCH	Master	Teen				
Open	181	114				
198	G. Galperin	S. Marrero	325	160	325	810
L. Amoroso	248	181				
D. Erbe	220	K. Rooney	254	143	270	667
242	P. Early	275				
R. McDaniels	353	S. Gilligan	325	221	402	948
F. Borrero	275	308+				
	J. Rowan	L. Labeur	540	243	463	1246
	S. Rabitz	342				
	308	105				
	B. Brauner	M. Bertoli	99	143	314	556
	441	Men				
	BP	Open				
Pre-Teen	DL	148				
114	TOT	V. Centauro	358	237	391	986
J. Monk	127	165				
		D. Kirschen	474	314	474	1262



Chris Brenneman (L) congratulates Sherwin Pagtakhan on his best lifter accomplishment at the APA Glen Burnie Meet (photo by Taylor)

ATTENTION ALL ADFPE LIFTERS ... It is time to register for the 2000 International lifting events. ADFPF membership is open to any ADFPA/USAPL members who want to lift in the WDFPF international events this year to be held in Antwerp, Belgium and Como, Italy (please refer to WDFPF schedule). The US Team will be chosen by the ADFPF's Board of Directors. For further information and/or membership application forms, please contact Regina Hackney, reginah61@hotmail.com or JudithGedney, Judith_Gedney@cmail.wiu.edu.*

181						
J. Montero	375	287	485	1147		
198+						
A. Heaphy	557	364	573	1494		
D. Schoen	325	226	430	981		
220						
F. Ramie	402	365	529	1295		
242						
F. Casillas	551		601	1152		
275						
R. Capoccia	606	375	568	1549		
Master						
148						
D. Corsi	365	270	469	1103		
242						
H. Siegel	380	243	402	1025		
275						
D. Pollio	623	143	546	1312		

TEEN & PRE-TEEN BEST LIFTERS: Total (Outstanding teen lifter) - Sergio Marrero with a coefficient weight of 800 lb. SQ=321 lb; BP=158 lb; DL=321 lb. **WOMEN'S OPEN BEST LIFTERS:** Total (Outstanding Female Lifter) - Michele Bertoli with a coefficient weight of 586; SQ=104 lb; BP=150 lb; DL=331 lb. **MEN OPEN BEST LIFTERS (Senior 13+):** Total (Outstanding Male Lifter) - Andrew Heaphy with a coefficient weight of 875 lb; SQ=326 lb; BP=Frank Borrero with a coefficient weight of 277 lb; DL=Andrew Heaphy with a coefficient weight of 335 lb. **MASTER BEST LIFTER:** Total (Outstanding Master Lifter) - David Corsi with a coefficient weight of 824 lb; SQ=Dan Pollio with a coefficient weight of 328 lb; BP=Bill Brauner with a coefficient weight of 222 lb; DL=David Corsi with a coefficient weight of 350 lb. Summer Classic 2000 Outstanding Lifter Award - Michele Bertoli. Michele's Deadlift of 314 lbs. is a new APA/WPA world record in the women's master division. 45-49 age group / 105 lb. weight category. (Thanks to George Bardis for providing these meet results).

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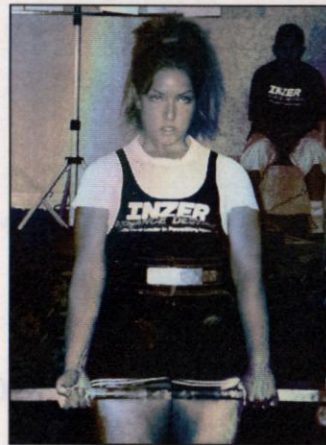
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Priscilla Sanchez- CA State Record; Jr. W16-17. (S. Denison)

Andrew Lopez*	248*	170*	242*	661*
148 lbs				
Steve Kato*	440	303*	402	1146
198 lbs				
Paul Kelley*	407	363*	512	1283
Michael Brown	352	286	485	1124
Men's Masters 40-44				
275 lbs				
Kenneth Scott	485	468	606	1559
Men's Masters 45-49				
220 lbs				
Ruben Arredondo	473	352	473	1300
242 lbs				
Delmer Brown	501	341	501	1344
275 lbs				
Gary Ridgeway	462	352	479	1294
Men's Masters 50-54				
242 lbs				
Steve Hallman	242	231	308	782
308 lbs				
George Brink**	611	402	777**	1791*
Men's Masters 54-59				
181 lbs				
Edwin Hill	132	275	264	672
Men's Masters 60-64				
275 lbs				
Danny Herrera*	402	369*	402	1173
Clinton Hallich				

* Denotes California State Record (Sanchez-Junior women (16-17) squat, bench, deadlift & total record; Cano-Junior men (13) squat bench, deadlift, & total record; Elliot-Junior men (20-23) squat and total record; Lopez-Submaster squat, bench, deadlift & total record; Kato-Submaster bench record; Kelley-Submaster bench record; Brink-Master deadlift & total record; Herrera-Master bench record. #Denotes American Record (Brink-Master 50-54 deadlift record. Best Lifter Women - Lisa Denison, Best Lifter Men- Light - Scott Layman, Best Lifter Men- Heavy - Jesse Branham. This year's USPF CA State Championships were held at the Best Western hotel in Bakersfield, CA. We had a well-run meet, and everyone had a great time. Our Special Olympic lifters, Matt Prinster and Kevin Ezell once again displayed their commitment and enthusiasm for the sport. They lifted very well and really had the crowd behind them. In her first full Powerlifting meet, sixteen year-old Priscilla Sanchez was very impressive setting state and personal records. A dedicated lifter, she left the meet and still managed to make it to her prom on Saturday night! Co-meet director, Lisa Denison won the women's 148 lb. class with a PR squat, deadlift and total. She also took home the Best Lifter award for the women. Mary Pennington won the 181s and continues to improve. Disa Hatfield had her team cheering her on as she won the 198 lb. class. Saturday's competition also included the Men classes 132 to 181. Andrew Lopez, the lone competitor in the 132 lb. submaster class struggled a little with the squat then came back and went 5 for 6 in the bench and deadlift, setting state records in the process. Scott Layman impressed the crowd with some monster lifts. Missing his first 540 lb. attempt in the squat, he came back and nailed his second to get in the meet. He ended the day with a 529 lb. deadlift, went home with the Best Lifter

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back view of dog appears on back of t-shirt

Light award and came back on Sunday to take the CA state referee test. Steve Kato won the submaster 148 lb. class and set a state record with a 303 lb. bench. Feeling a little under the weather didn't stop 13 year-old John Cano. He displayed incredible determination and went home with state records. The 181 lb. 55-59 class belonged to Edwin Hill. He inspired us all by going 8 for 9 in his first full competition. The men's 198 to 308+ class competition took place on Sunday. Michael Brown put up some big numbers in the submaster 198 lb.

class, but it was Paul Kelley who took home the win. Paul had a great day, setting a state record with a 363 bench. Lord Elliott had a 9 for 9 day and set state junior records in the 220 lb. class for the squat and total. John Bostick took second place in the 220 lb. class showing a true competitive spirit with an impressive 661 deadlift. Jesse Branham went for 705 on his third attempt in the squat but had to settle for 677. He took home the win for the 220 lb. class and Best Lifter Heavy as well. Ruben Arredondo won the 540 lb. 45-49 class with a 1300 total. Five lifters competed in the 242 lb. open class. Steve Landry took home the honors, with a fierce effort and his family cheering him on. UCLA strength coach, Darin Lovat made a comeback to the platform and lifted well, taking second place. Both Brad Trujillo and Bill McCaslin dropped a weight class since last year's state meet, and had good numbers to show for it. Kevin Westbrook had an 8 for 9 day and also lifted well. Delmer Brown won the 242 lb. 45-49 class and Steve Hallman took the 242 lb. 50-54 trophy. First time competitor, Andrew Austin took home the win in the 275 lb. class. We're looking forward to some big lifting in the future from this guy. Frequent bench press competitor, Kenneth Scott proved that he's got what it takes for a full meet too with a win in the 275 lb. 40-44 class. Clinton Hallich had trouble with depth on the squat, but we're sure to see him again. Making a comeback to three-lift competition, Danny Herrera set a state record with a 369 bench in the 275 lb. 60-64 class. After taking the CA state referee test on Saturday, Gary Ridgeway came back on Sunday and won the 275 lb. 45-49 class. Once again, "The legend of George Brink" (just kidding George) wowed the crowd with his outstanding lifting. He set state records in the deadlift and total. He set an American record in the 308 lb. master 50-54 class with a 777 lb. deadlift, and went for 804 on a fourth attempt but it was just a little too much for him. Huge thanks go out to our referees: Don Haley, Fran Haley, Vic Elliott, Ken Wheeler, Roger Bolton, Kevin Meskew, Steve Denison, Lisa Denison, Kelli La Mantia and Chris Kostas. Spotters/Loaders: Joe Jano, Warren Woolsey and Steve Elsondo. Scorekeepers: Krishna Kostas and Kelli La Mantia. We'd also like to thank those who helped out with the attempt board. Our deep appreciation goes to Chuck La Mantia for announcing with his usual crowd-pleasing style. Many thanks as well to our sponsor; Wheelers Fitness Equipment, Inzer Advance Designs, Wright's Power Promotions, Digital Disc Jockeys, Powerlifting USA Magazine, and LazerPro Engraving. Results - Steve Denison. (Thanks to Steve Denison for providing the meet results).

AAU Big Dawg BP
20 MAY 00 - Savannah, NY

RAW	319	SCOTT CARTER	400#
12-13	EQUIPMENT		
123	18-19		
RYAN MURRAY	65#	BILL BENNETT	250#
165	35-39		
Z. TOHAFIJAN	110#*	JOHN MURRAY	340#*
OPEN	181		
148	20-23		
JAMIE SYKES	200#	JON SMITH	285#
60-64	220		
181	50-54		
VERN DRATT	240#*	J. McCALLISTER	385#*
OPEN	220		
198	40-44		
JESSIE COTTRELL	335#*	W. CARROLL	395#
20-23	35-39		
198	242		
S. MCKENZIE	310#*	R. MURRAY	465#*
18-19	OPEN		
220	242		
TONY RYRKO	335#*	D. KINGWATER	455#
35-39	35-39		
242	319		
M. HANCOCK	400#	STEVE ROGERS	470#*
OPEN	275		
198			



Competitors at the May 20, 2000 AAU Big Dawg Bench Press Record Breakers: (Front Row: Left-Right) R. Murray, R.L. Murray, Z. Tohafijan, D. Murray, J. Murray, J. Sykes, B. Bennett. (Back Row: Left-Right) J. Cottrell, D. Kingwater, S. Carter, T. Ryrko, S. Rogers, J. McAllister, J. Wood, M. Hancock, S. McKenzie, V. Dratt, J. Smith, W. Carroll. (This photograph was provided to the POWERLIFTING USA by Michelle Rogers).

Women Asst.

129	205	110	250	565
P. DeHotman				
148				
T. Leonard	300	170	340	810
165				
S. McKinley	280	165	290	735
Susan Pike	350	160	425	935
181				
S. Sandvoss	315	125	340	780
220				
M. Barba	320	185	356	855
Mens Sub Masters Asst.				
D. Lindahl	350	320	435	1105
C. Peters	485	350	515	1350
Joe Ascani	570	370	600	1540
Joe Walsh	405	300	400	1105
S. Michelson	450	305	480	1235
G. Coughlin	550	360	600	1510
T. Mancini	555	430	475	1460
Men Masters Asst.				
D. Dwyer	310	160	400	870
W. Smith	500	330	475	1305
D. Mansfield	475	225	510	1210
B. Frost	135	310	225	670
T. Gazda	440	275	545	1260
WOW				
W. Andrews	450	310	600	1360
Men Masters Raw				
Ray Houle	400	250	485	1135
D. Dwyer	310	160	400	870
J. Barrows	330	280	515	1125

Bob Todt

340	230	430	1000
Don Levesque	320	180	420
B. Frost	135	310	225
D. Mansfield	475	225	505
W. Andrews	450	310	600
Men Open Asst.			
C. Peters	485	350	515
B. Micula	450	290	460
J. Ascani	570	370	600
AJ Bianchi	685	405	650
Jeff Dowst	475	390	540
S. Michelson	450	305	480
A. Monaco	560	420	525
R. Chance	550	340	580
D. Jeffers	630	365	580
T. Mancini	555	430	475
W. Andrews	450	310	600

Special thanks to the Massachusetts AAU, Larry Larson for all his help. Dennis Brenning for a wonderful job announcing and keeping things on the move. Last but not least Doug Hicks and Shaker Road School for the use of their wonderful facility. The 2nd annual New Hampshire State AAU 2000

Powerlifting Championship sponsored by Rob & Megan Dion and Executive Wellness Health Center, home of "The Steel Room", was glad to see the amazing participation and great camaraderie amongst our competitors. The meet slogan was "Lift Clean, Lift Heavy", and boy did they. We were happy to have 50 competitors in a wide range of classes for this full meet. Many rivalries were established and many old rivalries were challenged. With a crowd of 200 spectators the noise level for the competitors was outrageous. Many state records were set and some were broken. We had one horrible accident with a truly dedicated competitor Scott Knight who had a double knee blow out with a 710 pound squat. Scott is Nashua High Schools Strength Coach and dedicates many hours to helping young individuals from that area. We hope a speedy recovery for a great competitor. Andrews Gym of Nashua, led by Wayne Andrews, finally ousted the much revered Galaxy Gym of Laconia, led by Wayne McClay, for the first place team trophy with only a three-point split. AJ Bianchi from Clinton, MA weighed in at 218 and won the Men's Best Lifter Award with a massive total of 1700 pounds. Sue Pike from Wolfboro, NH weighed in at 150 and won the Women's Best Lifter Award with an incredible total of 935. We look forward to our future AAU meets here in New Hampshire, and hope to increase the sports popularity in New Hampshire, the Live Free or Die State. (Thanks to Executive Wellness Health Center for providing these competition results to the Powerlifting USA).

ASSOCIATION OFFICE COPY

> This is a membership application form. Complete all areas and return Part One to the address shown.
> For information on registration and program, call 1-800-AAU-4USA.
> AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

Regular Fee	"AB" Fee
20.00	23.50

Adult Athletes in the Following Sports:

Baseball, Basketball, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Taekwondo, and Weightlifting	20.00	25.00
Adult Athletes in the Following Sports: (Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling)	Not Available	25.00
Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate	20.00	Not Available
Adult Taekwon Do Athletes	30.00	35.00

MEMBERSHIP CHECK CATEGORY ONE: Youth Program Adult Program Added Benefit Yes No

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

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

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

Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address		Club Name	
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City	State	Zip	Area Code / Telephone
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Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
EIte Master I II III IV	IPF Cat 1 Cat 2 Nat State	Y N	Y N	Y N

Current Colleague	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

Registration Fee \$25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians: High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

In recognizing the need for drug-use detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

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AAU New Hampshire State
22 APR 00 - Concord, NH

AAU Teen Men	SQ	BP	DL	TOT
132				
A. McCann	210	115	315	640
148				
N. Dore	345	200	365	910
198				
C. Durso	420	250	360	1030
E. Marrama	495	335	525	1355
242				
B. Leuce	495	340	455	1290
G. Luvassur	450	220	440	1110
AAU Junior Men				
181				
A. Solomine	325	235	425	985
198				
J. Deal	405	275	530	1210
220				
R. Yee	555	385	655	1595
C. Frost	400	220	460	1080
275				
Jeff Joyce	700	370	575	1645

**WPNF North Am. BP/DL/IRONMAN
06 MAY 00 - Atlantic City, NJ**

Table with columns for Name, Age, Weight Class, and Lifts (Raw, Novice, etc.). Includes names like Bench Press, Women, 123, etc.

Table with columns for Name, Age, Weight Class, and Lifts. Includes names like Hunter Cherry, Bove, Witter, etc.



North American Team Champions- (front row- left to right) Cheryl Bethea, Earl Hunter, (Back row- left to right) John Mitsopoulos, Clyde Bethea (coach), Mike Risi Fernandez, Mike Lucky, Herman Patrick, James Capers, Gary Bragar.

Table with columns for Name, Age, Weight Class, and Lifts. Includes names like Rectify, 3rd-mans World Gym, 104 lifters, etc.

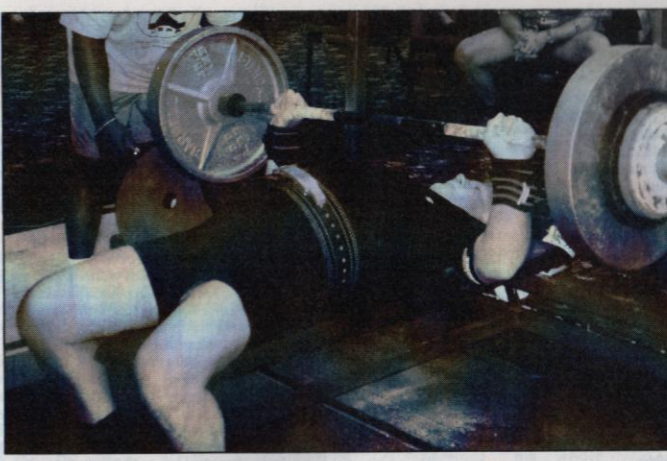
**Montana State High School BP
07 MAY 00 - Anaconda, MT**

Table with columns for Name, Age, Weight Class, and Lifts. Includes names like Jim Auer, Jason Messer, Clint Martin, etc.

Best Lifter under 165 pounds: Jarett Laden; Best Lifter over 165 pounds: Blake Johnson; Most Improved Lifter: Jason Messer; Most Weight Lifted: Eric Norton; Best Lifter over 165 pounds: Jarett Laden...

**WABDL TEXAS STATE (kg)
9 APR 00 - Houston, TX**

Table with columns for Name, Age, Weight Class, and Lifts. Includes names like M. Jackson, M. Standberry, T. Kocurek, etc.



Ken Anderson opens at 340 on his way to a world record 413 at 61-67, 242 lb.

Men's Law/Fire Open, at 198, Gregory Dillon set a Texas State Record with 252.5. At 220, Casey Smith set a Mississippi State Record with 297. He had, also, set one in Class I. At 242, Flip Silva Jr. put up 424 way shy of his state record of 462.

Texas State Record of 551, at 181, and John Mendoza tied the National record at 198 with 667 and, of course, set a Texas State Record. In Women's Law/Fire Submaster, Renee Oglesbee set a world record at 181 with 281.75.



Joe Cantu and Anthony Clark ... are at the WABDL Texas State Bench Press and Deadlift Championships.

World Natural Powerlifting Federation (WPNF) Membership Registration form. Includes fields for last name, first name, address, city, state, zip, age, sex, and registration fee (\$10.00 Special Olympics, \$15.00 High School, \$30.00 Adults).

WABDL Application for Registration form. Includes fields for last name, first name, address, city, state, zip, current classification, and registration fee (\$15.00).

USAPL North Dakota State 06 MAY 00 - Fargo, ND

Women's open	SQ	BP	DL	TOT
132				
Diane Siveny	270	160	315	745
165				
Jennifer France	210	165	275	650
Men's Open				
132				
Viet Tran	225	205	325	755
148				
Jake Suedel	300	215	390	905
Tom Coates	290	230	360	880
Bret Mayo	295	260	300	855
165				
James Bourgeault	440	300	485	1225
Michael LeMieux	350	330	465	1145
Paul Kadlec	275	245	355	875
181				
Benito Hibbert	505	345	535	1385
G. Donahue	405	275	455	1135
Maxton McCann	345	315	330	990
198				
Scott Wahlberg	450	405	450	1305
John Kearney	450	270	440	1160
Jeremy Holien	255	200	330	785
275				
Jason Parker	415	385	500	1300
Teenage				
148				
Jake Suedel (19)	300	215	390	905



North Dakota State Team Champions, the Minot Air Force Base, along with their coach, Gene Bell. (front l-r) Jeremy Holien, Tom Coates, Jennifer France, Diane Siveny, Micheal LeMieux (Back l-r) Maxton McCann, Tony, Jason Parker, John Kearney, Geoffrey Donahue, Gene Bell, James Bourgeault. (Richard E. Edinger).

conest was held in a former racquetball court. Surprisingly, the lifting area was adequate and the environment was conducive to lifting. With over 40 spectators, the place was rocking. A couple of times, I wanted to grab a smelling salt and lift. I want to thank all the support staff. Everybody that helped did a great job! Thank to the Sports Center for the use of their facility. A special thanks to Gene Bell. Gene, a powerlifting legend, helped set up and judged. More importantly, Gene brought 11 lifters from the Minot AFB, which ensured that the contest was a success. I want to thank Cory Grenz and Mark Rodacker, M.D. for spotting and loading. They did an excellent job and they had to put up with me. I was a little irritable, since I didn't sleep the night before the contest. Thanks to 2 time Collegiate National Champion Shawn Friday and Ann Schuler for judging. Once again, Ann did a great job helping me and did everything I asked her to do. Without her help, the contest could not have happened. 2 time World Champion Julie Schuk did an excellent job at the scorer's table. Thanks to Tom Hagenmiller for the use of his equipment. Last but not least, I want to thank Troy Weippert for all of his help and for the great job announcing. Troy helped me set up and did every job I asked him to do, including taking a 373 lb. lifter to MeritCare Hospital to get weighed in. Troy, were you crowded in the front seat of your car? In the ND State, in the Women's Open, Diane Siveny took first place in the 132s. She cruised, setting four state records for an impressive 745 total. Newcomer Jennifer France

captured first place in the 165s and set a state bench record. In the Men's Open, in the 132s, Viet Tran took first place. Teenager Jake Suedel took first in the 148s via his state record deadlift! Jake has potential in the sport. Newcomer Tom Coates took second, while chemist Bret Mayo took third. In the 165s, James Bourgeault, in his first powerlifting contest, captured first place with a solid 1225 total. Lean Michael LeMieux took second while former boxer Paul Kadlec took third. In the 181s, Benito Hibbert took first place with a 1385 total and also captured the two foot sculptured best lifter trophy! Mr. Hibbert went 8 for 9 with solid, clean lifts. He could eventually total over 1500 at 181s. Geoffrey Donahue took second while Maxton McCann, with a 9 for 9 performance, took third. In the 198s, zoo keeper Scott Wahlberg took first on a bad day. Scott is capable of a 1400 total, but he missed a 500 squat twice on depth. John Kearney took second, while newcomer Jeremy Holien took third. Jason Parker took first place in the 275s. What the Fargo Open lacked in numbers, it made up for it with the quality of lifting, especially in the heavyweight divisions. Speaking of quality, Gary Minnie, a police officer from St. Paul, MN, captured first place on the strength of his huge 680 squat and 460 bench press. Gary was also named best lifter! In the 275s, Craig Moeckly took first place with a 1360 total. His total did not reflect his true strength as he had 95 pounds in missed lifts. Craig employs the Jerry Jones' squat technique, i.e., slow descent. This style is still popular with lifters

in the Twin Cities, especially the big guys. In the SHWS, there was more beef than at the west Fargo Stockyards. Dr. Fred Clary weighed 309, Brad Anderson weighed 328, and Brian Oldham was too big to be weighed on the meet scale. Brian had to be taken to MeritCare Hospital, where he tipped the scale at 373. Brian took first place. Brian survived "B-52", scares in both the squat and deadlift, having to make his last lift in each to stay in the contest. Not to take anything away from Brian, but he may have benefited from a spotter getting in the way of the side judge on his third squat. This was Brian's first sanctioned contest. He has tremendous raw power! Once he learns proper technique and develops an "attitude" on the platform, he will instantly put on 100 pounds on his total. Dr. Fred Clary took second on the strength of his 700 pound squat and deadlift. Fred's 700 pound squat was solid and deep. My knees were practically touching the floor while spotting it. Big Brad Anderson took third place. Although Brad lifted in all three events, he primarily came to bench. Brad lifted raw in all three events and had at least 50 pounds more in both his squat and deadlift. Brad benched a state record of 520. This is quite impressive, considering Brad did not use a bench shirt, wrist wraps, or belt! These results are unofficial, pending the results of the drug tests. The following people were drug tested: Diane Siveny, Gary Minnie, Brian Oldham, Fred Clary, and Brad Anderson. Respectfully submitted by Rich Edinger, J.D. (Thanks to Richard E. Edinger for providing the results for this contest).



USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725
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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

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

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

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

Name: _____ Phone: _____ E-Mail: _____

Address / City / State / Zip Code: _____

Date of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Competing Divisions:	Membership Prices:
Open	Adult - \$40.00
Teen (14-19 yrs.)	
Junior (20-23 yrs.)	High School - \$30.00
Master (40 yrs. & up)	
Collegiate	Special Olympian - \$10.00
Military	
Police & Fire	Tax Deductible Donation
High School	
Special Olympian	\$ _____

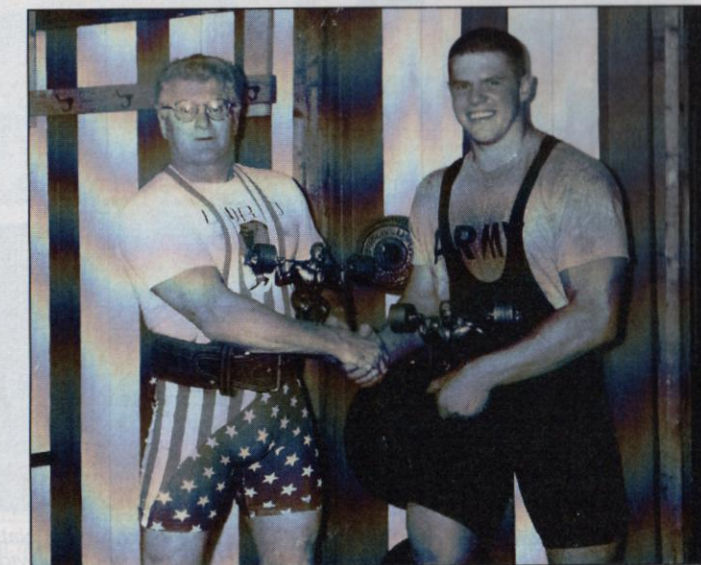
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• Logo T-Shirt = \$15.00 (Size _____ Qty. _____)	Credit Card: Visa - Master Card - Discover Exp. Date _____
• Rulebook = \$25.00 • Logo Patch = \$5.00	# _____
• Polo Shirt w/Logo - (s-x) = \$35.00 (xxl & up) = \$37.00 (navy - white) (Size _____ Qty. _____)	Credit Cardholder Signature _____
• Sweatshirts w/Logo - (s-x) = \$30.00 (xxl & up) = \$32.00 (navy) (Size _____ Qty. _____)	Check / Money Order # _____
• Logo Hats (denim - black - white) = \$15.00	Total Purchased: _____
• Referee Designation Polo w/Logo - (s-x) = \$30.00 (xxl & up) = \$32.50 Ref. Status _____ (Size _____ Qty. _____)	

Power Palooza II 1, 2 APR 00 - Leesport, PA

Submaster	Bench	360	250	160	350	760
S. Zakrzewski	130	220	260	165	340	765
R. Hall	120	C. Kalbach	210	145	240	595
Open	242	450	265	155	290	710
154	B. Nagle	410	Teen 16			
R. Hall	120	275	B. Johnson	230	155	315
Master 45-49	J. Doherty	430	J. Weisman	280	210	335
B. Raught	155	SHW	E. Koller	310	175	350
Teen 16-17	C. Eckroth	350	R. Weand	240	125	260
J. Wisniewski	95	J. Weidaw	E. Bohnenblust	250	160	345
Teen 18-19	G. Rychlak	330	S. Schaeffer	300	205	420
A. Bair	130	Law & Fire	N. Cosenza	235	140	275
MEN	J. Mazza	410	T. Noecker	200	110	260
Teen 14-15	M. McLead	445	S. Wyandt	Teen 17		
M. Bealer	240	DEADLIFT	D. Kratz	375	280	435
Teen 16-17	K. Bast	265	M. Yanocha	405	255	425
K. Bast	265	116	G. Amadio	250	150	300
J. Poole	265	T. Falcone	R. Brooks	245	185	285
C. Bell	345	Teen 16-17	C. Hoshauer	290	180	380
M. Tullio	195	A. Fegely	M. Vododian	370	240	350
C. Quirin	205	K. Ziegler	J. Boltz	350	185	400
Teen 18-19	J. Wentworth	380	T. Manno	335	225	365
B. Canfield	275	Teen 14-15	P. Cha	245	135	300
J. Wentworth	270	R. Delong	J. Cohn	285	150	370
F. Ammar	255	A. Cammauf	Light Teen 18-19			
P. Kivsky	210	Teen 16-17	P. Curley	340	260	415
Open	C. Bell	585	P. Crater	320	255	365
148	K. Bast	405	J. Kantner	330	160	350
R. Smith	275	N. Velazquez	K. Gelsinger	265	200	310
E. Kissinger	230	B. Schneider	T. Hare	240	190	365
165	A. Heck	370	Heavy	340	230	420
J. Mazza	410	S. Wyandt	J. Horning	310	175	360
J. Venner	330	M. Tullio	A. DeJesus	310	210	420
D. Pauley	270	Teen 18-19	A. Smith	350	210	420
Raw (Light)	J. Wentworth	380	B. Shoemaker	275	175	400
D. Pauley	270	J. Horning	C. Ganster	Open		
Submasters	Z. Peters	430	Open	114		
J. Venner	330	C. Martin	J. Gosling	380	295	425
Master 40-44	430	Open	123			
J. Doherty	410	R. Smith	B. Johnson	230	155	315
M. Nagle	310	Masters 40-44	R. Smith	350	275	350
M. Gerckens	290	P. Yoder	S. Kaiser	285	255	400
H. Green	315	B. Nagle	R. Baker	163		
B. Weidaw	290	P. Schwarze	R. Fernandez	480	250	480
P. Yoder	285	Masters 45-49	181			
T. Evangelista	370	P. Buchhoer	M. Lawrence	500	310	475
Masters 45-49	280	P. Eberhardinger	J. Boyer	505	275	475
R. Cavanna	225	Submaster	198			
P. Buchhofer	305	I. Fuentes	D. Wagner	530	355	530
Masters 50-54	305	Raw (Heavy)	T. Ernst	520	355	530
D. Ohler	325	C. Eckroth	J. Snyder	525	310	505
A. Rossi	380	P. Nagle	B. Rundle	475	285	540
Masters 55-59	380	J. Schwarze	J. Gonzalez	220		
J. Mitsopolous	195	Open	220			
T. Tullio	198	Raw (Heavy)	P. Grohowski	640	475	580
RAW	410	B. Trice	J. Holbert	555	400	610
B. Nagle	255	242	J. L. Ricks	500	300	570
P. Schwarze	450	C. Moyer	J. Keenhold	242		
Juniors	275	465	242			
C. Kalbach	450	275	M. Shirey	670	360	600
Open	181	S. Weber	J. Parrish	555	400	610
181	370	SHW	K. Michels	525	335	565
T. Ksanznak	365	C. Eckroth	SHW	700	420	720
P. Constantathes	365	C. Eckroth	M. Moyer	585	350	625
Full Meet			C. Eckroth	555	435	560
WOMEN	SQ	BP	DL	TOT		
Open						
104						
K. Sandt	165	110	200	475		
111						
S. Parrish	285	170	340	795		
116						
T. Falcone	245	145	345	735		
139						
M. Borzok	250	215	320	785		
K. Miller	225	145	250	620		
175						
D. DeFranco	275	175	330	780		
RAW						
Light						
R. L. Fiore	175	100	235	510		
Heavy						
J. Rinehart	215	130	300	645		
Law & Fire						
S. Piper	205	135	280	620		
Teen 16-17	245	140	2740	625		
A. Fegely	160	95	225	480		
J. Wisniewski	115	80	160	355		
K. Ziegler						
MEN						
Teen 13						
R. Knoll	175	125	270	570		
Teen 14-15						
D. Zachmann	455	260	490	1205		

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Power People



Bugs Bayer (seen at left - above) has been lifting weights for 42 years, and along with Andy Brown (right), they have become the first world champions from Dubois, Pennsylvania, after their performances at the AAU World Championships in Atlantic City, New Jersey last October. Andy won the 18-19 year old 181 pound class with lifts of 450 250 550 1250 and Bugs won the 50-54 year old 198 lb. class with lifts of 490 260 550 1300. According to Bugs "Our numbers maynot be as large as some other groups, but we are Raw and drug free". (Bugs Bayer)

ing such a diverse group ranging from the grizzled veterans to the wide-eyed newcomers was a pleasure. Each and every competitor handled themselves with poise and the camaraderie was clearly evident. Everyone left this event learning valuable lessons that I hope they use to succeed in this great sport. All first place and best lifters received beautiful sculptured trophies supplied by Don Len Inc. Top five lifters in each class/divisions received trophies. All teenage competitors that didn't place in their respective divisions, received beautiful medals. Two sportsmanship trophies were awarded. The first went to Schuylkill Valley's own Phil Yoder. Phil did double duty with spotting and loading plates and also coaching his students when their turn arose. The second went to Franco St. PA. Franco has been missed on the platform. But he volunteered his time to track meet results on a computer program he developed. As a result, the down time between the end of each day's lifting and the awards ceremony was kept to a minimum. Which was a delight to all the lifters. Two Grand Champions were crowned as the bench press portion went to 57 year old, John Mitsopolous, who pressed 380 lbs. at 198 lbs. bodyweight. The Full Meet champion was crowned. Jason Gosling walked away with the honors. Jason totaled 1100 lbs. at 112 lbs. bodyweight. Jason had problems with his footing during the squat and waited until his 3rd attempt to get a passing squat. But after that scare, it was smooth sailing for Jason. In closing I would like to thank all the spotters and loaders: Jim Parrish, Blaine Rundle, Justin Boyer, Travis Myer, Ben Heins, Chuck Hoshauer, Carl Moyer, Adam Keppley, Mike Hummel, Eric Walborn, Jed Horning, Dave Cyfers, and spotters Chris White and Dave Siefert. You all provided a valuable service! The head table: Christine Eisenhour, Pat Kennedy, Susan Zakrzewski, Judith Rinehart, Bill Brinton, Franco Stipa. Judges: Bob Hill, Andy Pierson, Mike Shirey, Jim Parrish, Bob Nagle, Dale Ohler, Fred Glass and his crew, Schuylkill Valley Students: Eric Walborn, Ben Heins, Liz Stays, Diane Richards, Jason Deeter, Amy Hain, Abbey Perez, Jill Romances, Sara Bobeck, Carrie Stork. These students volunteered their time to man the admission table, T-shirt sales and take photographs of the event. Finally, I would like to thank Phil Yoder, the Athletic Boosters and the staff and student body of Schuylkill Valley High School for putting forth a tremendous effort in hosting this event and making this show one to remember. See you all at the 4th Annual Potlton Invitational Power Challenge Oct. 7, 2000. Team Competition: Full Meet: 1st- Body Factory I; 2nd- Body Factory II; 3rd- Better Bodies; 4th- Berks County Prison; Bench Press: 1st- Kennedy's Gym. (Thanks to Gene Rychlak Jr., Meet Director, Judge, Competitor, for the meet results)

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The Lady Competitors from Iowa - at the USA Raw Spring Nationals (l-r) Diane Harper, Jeanne Christensen, Jo Phillips, Cindy Irons, Catherine Hopkins (photo provided courtesy Son Light Power Gym).

USA Raw BP Spring Nationals 08 Apr 00 - Tuscola, IL

WOMEN		Open 198 lbs.	
Submaster	J. Phillips	165*	
148 lbs.	MEN		
A. Davis	205*	Master (40-49)	330
165 lbs.		198 lbs.	
C. Hopkins	125*	B. Davis	330
Master (40-49)		J. McDonald	320
181 lbs.		J. McDonald	242 lbs.
C. Irons	145*	S. Markham	370
Master (50-59)		198 lbs.	
198 lbs.		275	
D. Harper	130*	K. Hess	300
Master (60-69)		Teen 165 lbs.	
165 lbs.		P. Cloe	160
J. Christensen	130*		

* National Record. Best Lifter Women: Anne Davis. Best Lifter Men: Butch Davis. The USA "RAW" Bench Press Federation Spring Nationals was held at Son Light Power Gym. A surprisingly small turnout still yielded some great lifting along with several new records being established. The submaster women's class saw the return of Anne Davis to competition after a year long layoff. Anne, who holds the open women's national record at 148, moved into the submaster's class, this being her last year to lift in that class. Anne got a strong 205 for a new national record there, before missing 210 for her final attempt. Catherine Hopkins also set a new national mark, lifting in the submaster 165

class. Catherine opened with an easy 125, but was unable to get a second attempt in. In the master women 40-49 division, feisty Cindy Irons finished with 145, another national record at 181. Diane Harper, who has been nursing an injured leg, continues to struggle with the bench, not able to push off with all her strength. Diane did hang in there, though, getting 125, then a "sloppy" 130 for a national record in the 198 master women 50-59 class. Another great inspiration in the competition was Jeanne Christensen, who took the 1.65 master women 60-69 class. Jeanne also established a new national record at 165 with her opener of 130. Jo Phillips won the open division with still another national record, this time at 198 with 165. Jo's only miss was for a personal best 170 final attempt. Jo, Catherine, Jeanne, Diane and Cindy are all trained by Vernon Phillips, trainer extra ordinaire. In the master men's 40-49 division Butch Davis took the 165 class with a strong 330. Butch then tried a 345 national record twice, both times coming close to lockout. It was great to see Butch back in competition after having hip replacement surgery last May. At 198 it was Joe McDonald with 320, though he did come close with 350 for his final attempt. Up next was Steve Markham who finished with a personal best 370 raw for the title at 242. Kurt Hess moved up to the 275 class where he captured still another title, ending with 300. The final competitor was teenager Payton Cloe who took the 165 title with 160. This fourteen year old has a lot of

potential and one we will definitely be hearing from in the future. Thanks to my son Joey and Dotti Hess for their help with the competition. (D. Latch)

USAPL MAINE STATE MILLENNIUM 22 APR 00 - Union, MA

TEEN 18-19		SQ	BP	DL	TOT
165	J. Oliveria	430	265	505	1200
148	E. Stewart	365	240	425	1030
181	J. Dearborn	340	190	330	860
Masters	K. Hibbard	250	150	275	675
165	Open				
148	M. Mackenzie	170	120	240	550
165					
K. Grant		225	140	270	635
181	D. Dow	275	155	325	755
S. A. Salletta		225	145	215	585
R. Morgan		180	135	310	625
MEN					
Open					
148					

(Thanks to USAPL for providing the meet results)

J. Roy	375	360	460	1195
L. Irza	285	270	340	895
165				
S. Beavpre	540	385	505	1430
J. Oliveira	430	265	505	1200
E. Lacerte	460	280	460	1200
D. Bragdon	435	215	435	1085
C. Gifford	290	220	360	870
S. Parker	275	190	400	865
181				
J. Kaplan	490	365	550	1405
M. Twitchel	430	330	515	1275
T. Morton	355	230	425	1010
198				
P. Leighton	540	400	540	1480
M. Michael	515	305	550	1370
M. Lloyd	495	335	495	1345
220				
M. Laliberte	590	380	540	1510
D. Emmons	540	380	580	1500
A. Czys	460	340	475	1275
242.				
M. Eugley	625	405	625	1650
G. Russo	625	435	520	1575
L. Reardon	570	375	520	1465
S. Mitchell	450	255	505	1210
275				
C. Clark	530	430	590	1550
M. Rainey	500	405	560	1465
SHW				
D. Egan	500	355	560	1415
Grand Masters				
220				
A. Ruban	535	355	550	1440
Police & Fire				
181				
T. Morton	355	230	425	1010
Submaster				
198				
J. Pettigrew	450	330	500	1280
148				
L. Irza	285	270	340	895
Masters				
220				
W. McGrath	385	305	450	1140
BP				

WOMEN		181
Bench	E. Parent	315
97	D. Babcock	285
L. Proulx	130	OPEN
114		
M. Mackenzie	120	148
165	J. Roy	360
K. Grant	140	L. Irza
181		270
S. A. Salletta	145	165
198	S. Beavpre	385
R. Morgan	135	M. Farrell
TEEN 18-19		220
181		
E. Moore	345	
E. Parent	315	
D. Babcock	285	
198		
P. Leighton	400	
M. Lloyd	355	
D. Groder	320	
J. Orcutt	275	
220		
J. Moses	340	
C. Kienzie	340	
242		
N. Doucette	450	
E. Hafner	390	
J. Guay	355	
390		
J. Boutot	445	
C. Clark	430	
K. O'Gorman	390	
S. Reardon	190	
C. Kienzie	340	

Pro-Fitness DL & Keg Lift 5 Feb 00 - Pikeville, KY

WOMEN		DL	Keg Lift
Master 132 lbs.		225	26
S. Conley			
Open			
S. Hyden		225	26
MEN Open Light 181 lbs.			
M. Roberts		455	27
Master 220 lbs.			
R. Burruss		525	27
Open Middle 220 lbs.			
J. Bevins		500	30
Open Heavy 242 lbs.			
C. Hicks		600	31
Master 165 lbs.			
C. Fields		500	35

The front lateral raise was substituted for the loading medley, due to rain and cold weather. This event is part of the Pro-Fitness Challenge Points Series which consists of 17 different MultiSport events held throughout the year. These events include powerlifting, strongman, running, biking, kayaking, climbing or any combination thereof. MultiSports on the web: www.multisports.net. (Thanks to Pro Fitness for providing the results)

9th NASA Powerlifting 18 Mar 00 - Kincheloe, MI

Pure	SQ	BP	DL	TOT
138 lbs.				
McCarthy	255	195	380	830
170.8 lbs.				
James	380	225	465	1070
Planes	365	275	390	1030
White	275	160	440	875
Will	190	185	-	-
187 lbs.				
Trent	485	320	550	1355
McDowell	365	290	350	1005
Sandoval	315	175	330	820
205 lbs.				
Suttile	-	-	-	-
227 lbs.				
Hurley	550	365	460	1375
Stevenson	510	335	505	1350
Yelle	300	240	340	880
Faulkner	545	-	-	-
Lewis	500	-	-	-
Fargo	145	470	-	-
Dozeman	-	-	-	-
Wilson	145	145	-	-
250.2 lbs.				
Mazzola	-	-	-	-
280 lbs.				
Ranne	550	325	525	1400
Burger	405	350	-	-
Submasters 227 lbs.				
Hurley	550	365	460	1375
Masters 1 - 227 lbs.				
Stevenson	510	335*	505	1350*

*-N.A.S.A. Michigan State Record. Meet Director: Jim Stevenson. Meet Coordinator: Dave Mastaw. Participation was down for this meet but, the performance of those who finished was a credit to our program. Jack McCarthy lifted alone in the 138 Pound Class and pulled a impressive 380 lbs. deadlift. Terry James, in only his second meet improved his squat, deadlift and total respectively to take first place in the 170 lbs. class. New lifter Mark Trent totaled 1355 in the 187's and was best lifter of the meet. My sometime workout partner Mike Hurley out totaled me by 25 lbs. to take first place in the 227 lbs. class. Red Fargo hit a big bench of 470 lbs. and a near miss at 490 Bill "TRUCK" Ranney put up some nice numbers for the win in the 280s and to let Burger know who is Boss. Thanks to the spotters and loaders for doing an excellent job. (Thanks to Jim Stevenson for results)

J. Thomas	210	110	285	605
Teen 18-19				
B. Burris	425	225	440	1090
Open/M1				
J. Thomas	445	230	510	1185
181				
Teen 14-15				
J.E. Michael	225			
Teen 16-17				
B. Passmore	420	225	430	1075
Novice				
E. Nickson				
Open				
J. Volek	585	305	600	1490
R. Maslan				
R. Perine				
Open/Sub				
M. Carey	465	290	365	1120
Sub				
J. Dalton	405	315	480	1200
198				
Teen 16-17				
W. Literal	450	265	520	1235
S. Davies	390	315	455	1160
C. Lindaas	440	250	440	1130
J. Flanagan	385	225	410	1020
Junior 20-23				
B. Johnson	445	270	475	1190
Open				
M. Willett	645*	400	665	1710
B. Barnes	580	345	650	1575
Master 2				
A. DeLong	300	165	350	815
220				
Novice				
D. Hall	450	285	450	1185
Teen 16-17				
D. Traub	485	290	575	1350
N. Haase	415	250	440	1105
Teen 18-19				
A. Schauble	500	300	570	1370
L. Lynch	420	250	560	1230
Open				
M. Swift	635	385	590	1610
J. Massey	600	375	650	1625
Sub				
R. Varner	485	375	535	1395
M40-44				
W. Lowey	525	350	625	1500
Master 1				
L. Hughes	405	230	425	1060
242				
Teen 14-15				
J. L. Pitts	365	230	425	1020
Open/Sub				
D. Ballard	700	400	700	1800
J. Newton	510	320	530	1360
Open				
J. Shoopman	600	400	650	1650
275				
Junior 20-23				
M. Wenning	640	400	605	1645
Open				
M. Hartle	650	485	635	1770
T. Smith	500			
319				
Open				
J. Chantler	600	360	615	1575
UNL				



Jim Stevenson squatting 510 lbs. at the Kincheloe NASA meet, as a master lifter 40-49 year old age group, and meet director. (Jim).

Open	S. Virgin	650	405	670	1725
B. Giffen	500	300	515	1315	
OPEN PL					
148					
Master 1					
S. Sheridan	270	115	320	705	
Open					
D. Bracken	500	295	485	1280	
165					
Novice					
O. Velarde	325	280	400	1005	

181	Open				
B. Brown		340	250	530	1120
S. Lawson		370	270	460	1100
198					
Open					
M. Johnson					

28th APA Flag Day BP/DL
14 JUN 00 - New Haven, CT

BENCH	SQ	BP	DL	TOT
181	308			
J. Steele	250	R. Rohmer	300	
N. Wellins	200	DEADLIFT		
S. Benecol	200	148		
220	J. Hovak#	325*		
T. Phillips#	319*	181		
242	J. Steele	400		
P. Canzarella	275	N. Wellins	200	
275	242			
M. Hogan	315	P. Canzarella	315	

- Best Lifter; * New Meet Record; Place: Fort Hale Park; Meet Director: Joseph Steele; Time: 2 hours; Head Judge: Joseph Steele; Side Judges: Neal Wellins, Andrew Bram and Mark Hogan; Announcer: Andrew Bram; Sponsors: World Gym Of Hamden and the City of New Haven's Park and Rec Department. The 28th Annual A.P.A. Elm City Flag Day Bench Press-Deadlifting Championships went very well with a total of eleven lifters taking part from two countries. There were two meet records set. In the Bench Press Division Ted Phillips won the 220lb class and was Best Lifter with a 319 lb. lift, that was a meet record. In the 308 lb. class 69 year old Ron Rohmer, lifting in his first meet since his heart attack six months ago, made good a 300 lb. lift. In the Deadlift Division John Hovak won the 148 lb. class and was Best Lifter with a 325 lb. lift. That was a meet record. John did all of this in his very first meet! I would like to thank all of the lifters for participating in this year's event. All of the entry fees were donated to the Veterans Memorial Hos-



John Hovak: winner of the 198 lb. class and Best Lifter at the APA Flag Day competition. (Joseph Steele)

pital in West Haven, CT. This year's contest was held to honor the Veterans and all of the people on the home front who manned the factories, farms, and seaports to support our country during World War II. This donation served as a small reminder that freedom burns brightly in the Elm City, New Haven. (Thanks to Joe Steele for the meet results).

USAPL Glen Mills Invitational
4 Mar 00 - Concordville, PA

MEN	SQ	BP	DL	TOT
HS Jr/Sr 114 lbs.				
K. Aris	145	55	145	345
K. Vang	145	55	145	345
C. McLean	145	55	145	345
123 lbs.				
A. Shakur	145	55	145	345
L. Evans	145	55	145	345
132 lbs.				
J. Panyasee	145	55	145	345
W. Bell	145	55	145	345

MEN	SQ	BP	DL	TOT
D. Scott	145	55	145	345
148 lbs.				
D. Rudolph	145	55	145	345
D. Wharton	145	55	145	345
F. Groce	145	55	145	345
165 lbs.				
K. Dean	145	55	145	345
B. Parker	145	55	145	345
181 lbs.				
G. McDowell	145	55	145	345
W. Rice	145	55	145	345
198 lbs.				
B. Beaver	145	55	145	345
M. Minor	145	55	145	345
R. Toyne	145	55	145	345
T. Robinson	145	55	145	345
220 lbs.				
M. Peterson	145	55	145	345
T. Bacon	145	55	145	345
S. Gray	145	55	145	345
242 lbs.				
M. Duncon	145	55	145	345
M. Fisaga	145	55	145	345
D. Richardson	145	55	145	345
SHW				
P. Carroll	145	55	145	345
O. Gullette	145	55	145	345
Master (40-44) 220 lbs.				
M. DeSignore	145	55	145	345
Master (55-59) 220 lbs.				
K. Hansen	145	55	145	345

(Thanks to USAPL for providing these meet results)

WHC Hawaii Push - Pull
13 MAY 00 - Waialua, HI

TEEN BOYS	BP	DL	TOT
123 lbs.			
Edwin Manmano 16	220	405*	625*
Calvin Garo 17	225	385	610
148 lbs.			
Sean "Ola" Silva 18	275*	410*	680*
Eric Garo 18	255	375	630
165 lbs.			
Stephen Vefano 17	335*	365	700*
Matt Mamizuka 19	225	315	540
181 lbs.			
Kevin Noneza 19	315	51*	830
220 lbs.			
Lono Manners 17	425*	485*	910*
Robert "Boy" Preston	315	440	755
220 lbs.			
Justin Tadina 18	350*	530*	880*
WOMEN MASTERS			
148 lbs.			
Miyako Yano 70	175*	155*	230*
Stacy Herron	145	250	455
Rowena Bagayao	145	250	395
MEN MASTERS			
132 lbs.			
Carlos Tantog	205	385	590
165 lbs. (50-55 yrs.)			

OPEN MEN	BP	DL	TOT
Allen Vidal 53	340	350	690
181 lbs. (55-59 yrs.)			
Larry Van Drel 57	120*	250*	370*
220 lbs. (70-75yrs)			
James Hiramoto 70	240*	405*	645*
242 lbs. (55-59 yrs.)			
Toe Preston 56	425	615	1040
NOVICE MEN			
148 lbs.			
Lyman Holess	270	345	615
Marnie Balubar	175		
165 lbs.			
Greydon Espinda	335	415	750
Gerald Madsen	205	470	675
181 lbs.			
Walter Enos	330	485	815
Todd Cossey	350	405	755
220 lbs.			
Kalani Davis	455	455	910
Matt Elenia	400	500	900
Jarius Aleka	365	465	830
Boogie Pactol	350	465	815
Michael Kreiner	270	500	770
242 lbs.			
Lincoln Barit	405	475	880
Jamar Aleka	350	500	850
Superheavy			
William Maxwell	350	380	730
John Taomalalal	315	315	630
OPEN MEN			
181 lbs.			

WOMEN	SQ	BP	DL	TOT
148-C				
A. HAMMILL	170	99	236	507
165-A				
H. NORDER	181	110	264	556
181-B				
E. BROWN	214	104	253	573
132# CLASS				
A&C				
MIKE KUHNS	275	214	214	705
148# CLASS				
CHRIS SMITH	225	165	275	666
D				
PAUL GRIFFITH	385	248	418	1052
A&C				
M. ALLGEIER	347	231	462	1041
C				
ITALO BONACCI	319	214	396	931
D				
R. DODSON	314	181	330	826
C				
M. MILANO	248	236	336	821
C				

ADAU PA States and Open PL
17,18 JUN 00 - Clearfield, PA

165# CLASS

JASON STAZER	319			
A&C				
A. HERSPERGER	336	281	429	1036
D				
JOHN KLEIN	248	209	358	815
C				
N. THEODOROU	303	203	303	810
181# CLASS				
A				
A. JOSEPH	407	330	479	1218
A&C				
K. ZAPPITELLA	319	259	457	1036
B				
GENE NATALE	292	170	429	892
198# CLASS				
A				
M. KERCHANSKY	490	336	540	1366
A				
STUART HOUGH	451	330	490	1273
A				
LESTER SMEAL	451	297	501	1251
A&C				
R. COZZA	391	303	556	1251
A,B,C,D				
BUGS BAYER	473	253	501	1229
C				
S. HUMMEL	281	181	424	914
220# CLASS				
B				
C. AMSTONE	440	325	451	1218

(Thanks to Dale Yashizu for providing these competition results)

165# CLASS

MELVIN HUFF	325	231	429	986
242# CLASS				
A&C				
RICK DAVIS	573	314	650	1537
B&D				
FRANK PANARO	529	325	644	1499
A				
KLINGENSMITH	534	385	529	1449
A&C				
TERRYJOHNSON	413	286	507	1207
A				
G. KNOWLES	402	319	462	1184
275# CLASS				
A				
RICK EMERICK	573	407	595	1576
A				
D. RAYBUCK	551	358	622	1532
A&C				
STEVE MALESKI	496	303	496	1295
319# CLASS				
A				
R. BLANCHARD	468	297	485	1251
A				
C. AMSTONE	363	225	402	992

Divisions Entered: A= PA Open State Championships; B= Open Championships from any state; C= PA Age State Championships; D= Age championships from any state. All tested lifters passed the drug test. The following American records were either broken or established: 1. Mike Kuhns-132# - 14 & 15-Bench Press-214.94#; 2. Paul Griffith-148#-50 to 54-248.01# Bench Press, 418.87# Deadlift and 1052# Total; 3. Italo Bonacci-148#-55 to 59-319.66# Squat and 217.15# Bench Press; 4. Russell Dodson-148#-60 to 64-314.15# Bench Press; 5. John Klein-165#-60 to 64-248.01# Squat; 209.43 Bench Press; Deadlift 358.24# Deadlift; and an 815# Total; 6. Frank Panaro-242#-45 to 49-644.84# Deadlift. Outstanding lifter honors in both the lightweight and heavy weight classes were extremely close: LIGHTWEIGHT Michael Aligeir 472.5K x.7432 - 351.16; Paul Griffith 477.5K x.7328 - 349.91; Anthony Joseph 532.5K x.6263 - 346.01; HEAVYWEIGHT Rick Emerick 715K x.5245 375.01; Rick Davis 697.5K x.5371 374.62; Matt Kerchansky 620K x.5975 - 370.38. (Thanks to Al Siegel for providing these meet results to PL USA).

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- 1997 WPC Men/Women Worlds - Blackpool, ENGLAND - 4 tapes
- 1997 IPF World Powerlifting Championships - Prague, CZECH - 1 tape
- 1997 APF Revuechone So. West Regionals - Dallas, TX - 2 tapes
- 1997 APF Men/Women Senior Nationals - Atlanta, GA - 2 tapes
- 1997 APF Cite State Powerlifting / Open - Tulsa, OK - 2 tapes
- 1997 APF Masters / Teenage / Junior Nationals - Saint Louis - 2 tapes
- 1997 ADPPA Women Nationals - Lincoln, NE - 2 tapes
- 1997 USAPL Teenage/Junior Nationals - Saint Louis, MO - 2 tapes
- 1997 ADPPA National Masters - Lincoln, NE - 2 tapes
- 1997 ADPPA National High School Championships - Alexandria, LA - 3 tapes
- 1997 ADPPA Midwest Bench Press - Rapid City, SD - 1 tape

1998

- 1998 WPC Bench Press / Powerlifting Worlds - Graz, AUSTRIA - 7 tapes
- 1998 WABDL National Bench Press - Irving, TX - 1 tape
- 1998 USAPL National High School Championships - Lincoln, NE - 3 tapes
- 1998 USAPL Lifetime Nationals - Saint Louis, MO - 2 tapes
- 1998 USAPL Saint Louis High School Championships - Chicago, IL - 1 tape

1999

- 1999 USAPL Saint Louis High School Championships - Chicago, IL - 1 tape
- 1999 APF Senior Nationals - Chicago, IL - 2 tapes
- 1999 APF Southwest USA Powerlifting - Dallas, TX - 1 tape
- 1999 APF/AAPF Cite State - Stillwater, OK - 1 tape
- 1999 APF Teenage/Junior/Submaster/Master Nationals - Daytona, FL - 2 tapes
- 1999 AAU Men/Women Senior Nationals - Annsata, CO - 2 tapes
- 1999 WOPFF World Powerlifting - Omaha, NE - 2 tapes
- 1999 WABDL National Championships - Irving, TX - 2 tapes
- 1999 USAPL Women Nationals - Lincoln, NE - 2 tapes
- 1999 USAPL Teenage/Junior Nationals - Lincoln, NE - 2 tapes
- 1999 USPF Men/Women Senior Nationals - Dallas, TX - 2 tapes
- 1999 USAPL Men National Championships - Saint Louis, MO - 3 tapes
- 1999 WABDL Bench Press / Deadlift World Championships - Portland, OR - 3 tapes

2000

- 2000 Texas State High School Championships - Fort Hood, TX - 2 tapes
- 2000 USPF Oklahoma Open / Bench Press / Deadlift - Oklahoma City, OK - 1 tape
- 2000 USAPL Teenage / Junior Nationals - Fort Hood, TX - 2 tapes
- 2000 USAPL Women National Powerlifting Championships - Fort Hood, TX - 2 tapes

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YMCA BP - DL WARS
03 JUN 00 - Kingston, NY

BENCH	OPEN IRONMAN		
M. Harris	400		
Masters Ironwoman	Police/Fire Ironman		
198#	S. Bower	315	
M. Carlson	185	275	
MEN	Open Ironman		
Master	J. Regan	345	
132	Masters 60-64		
B. Coisson	B. Newell	295	
148	319		
Teen	Teen 18-19		
D. Cease, Jr.	M. Kryzak	430	
Open	Masters 45-49		
D. Gambino	F. Dini	520	
R. Salinas	250	DEADLIFT	
Iron Man	WOMEN		
R. Nodar	240	Masters Ironwoman	
165	198#		
Open	M. Carlson	280	
S. Glick	300	MEN	
Masters	148 Ironman		
R. Cseh, Sr.	240	R. Nodar	340
181	181		
Open Ironman	Open Ironman		
M. Geraghty	360	M. Geraghty	450
Masters 40-44	198		
P. Carroll	340	Open Ironman	
R. Cseh, Jr.	265	J. Johnson	480
198	E. Goralewski</		

Franklin Health & Fitness BP/DL
09 Apr 00 - Franklin, IN

BENCH		J. Hannon	255*
WOMEN		242 lbs.	
Master		J. Ramey	315
V. Cook	105*	DEADLIFT	
Open		WOMEN	
J. Stamper	180	Master	
4th	185*	V. Cook	175*
D. McKnight	125*	MEN	
H.R. Pedigo	150	Junior	
Teen (13-15)		D. Apple	365*
Z. Clark	200*	4th	410*
4th	220*	Master (40-49)	
Junior		J. Kemna	525
N. Harris	315	148 lbs.	
W. Cobb	225	D. Harding	405*
Submaster		165 lbs.	
P. Linville	410*	C. Stroud	450*
Master (40-49)		S. Lawson	435*
J. Kemna	280	4th	455*
P. Ketchum	295*	181 lbs.	
4th	305*	M. Johnson	570
Master (60-69)		S. Mendel	505
J. Rupe	350	4th	525
J. Richards	270	242 lbs.	
148 lbs.		J. Ramey	480*
D. Harding	255*		



Rotty's Gym of Paoli, IN. (l-r) Dustin Apple, Steve Hawson, Mark Johnson, Wes Jones, owner/coach-David Harding. (Son Light Gym).

* Personal record. Best Lifter BP: Paul Linville. Best Lifter DL: Mark Johnson. The Franklin Health & Fitness Spring Bench Press/Deadlift Classic was held at the gym. Once again an enthusiastic crowd was on hand the cheer on the lifters. A special thanks to owners Damien Katt and John Pedigo for their continued support of the sport of powerlifting. In the bench press competition master women's winner Vicki Cook competed for the first time, finishing with a personal best 105. Great way to start your powerlifting career. Vicki! In the open division Julia Stamper returned to competition after a couple of years, stronger than ever. At a bodyweight of 132 Julia finished the day with 180, followed by a personal record 185 fourth attempt for the win. Second place went to Darla McKnight with 125. This was Darla's first competition also where she also set a new PR. Third place went to defending champion Heather Pedigo who had not really been training for this competition but still did well with 150, just missing her final attempt with a pr of 160. Zach Clark took the teenage mens

13-15 division with two new personal records, 200 and a fourth at 220. Nicholas Harris won the men's junior class with a strong 315, missing 330 twice. Second place went to William Cobb, who finished with 225. All three of these young lifters were competing for the first time! The biggest lifter of the day (and best lifter) was submaster men's winner Paul Linville. Paul got a great pr with 410 on his second attempt, just missing a 420 third. At master men 40-49 Jerry Kemna got 280 at a 180 bwt to edge out Pete Ketchum for the win. Pete weighed in at 215, getting 295 then 305 on a fourth attempt. Both were personal bests for Pete. Big Joe Rupe, weighing in at 205 (and built like a bulldog!), ended with a strong 350 for the win at master 60-69. If Joe ever gets used to his bench shirt, 400+ will be history! Second place at 60-69 went to Joe's

boss, county Sheriff J.D. Richards who finished with 270. Both of these men are in the right profession, 'cause only an idiot would mess with either one of them. At 148 a real battle took place with David Harding and Justin Harmon going head to head, both ending with personal bests of 255. Both lifters weighed the same at weigh-in, so both re-weighed after the competition, with David being the lighter of the two. Jason Ramey took the 242s with 315 to finished out the bench press competition. In the deadlift competition Vicki Cook continued to shine with a PR 175 for her second master's women title. Vicki has the strength to pull 200 (which she missed on her final attempt); all she needs is a little more experience and work on her form. Dustin Apple had some problems getting started but then went on to pull 365 and a fourth with 410 for the win at junior men. Both were PRs for Dustin. Jerry Kemna again won the master 40-49 class with an easy pull of 525. Jerry then came close twice with a pr 600. David Harding took the 148 open class with a pr 405 on his second pull. David actually locked out 415 for his final attempt but was called for hitching. Chris Stroud won at 165 over Steve Lawson 450 to 435, even though Steve came back for a successful fourth attempt with 455. Both lifters posted new PRs on the day. Mark Johnson, winning at 181, pulled a smooth 570, also taking best lifter honors. The most Mark had ever pulled in competition was 585, so he gave 600 a try, just missing the lockout. Steve Mendel seemed to be having some problems with his pull on this day, needing three attempts to get his opener of 505. Steve went onto pull a 525 fourth, but just seemed out of the groove. Jason Ramey won his second title of the day with a personal best 480 to take the 242 title. Thanks to John and Damien for helping with the competition, as well as Tim Dale and Rick Hall for loading and spotting. A very special thanks also to my little trophy "girls", Brittany Katt, Lauren Katt, Alaina Katt for their help. See you all again in the fall! (By Dr. Darrell Latch)

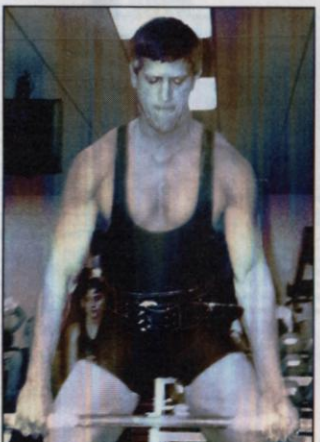
10th Annual Weightlifting Unlimited
01 Apr 00 - Winchester, VA

Female		Open	
J. Robertson	165	242 lb. Wt. Class	
Sharon Davis	120	Allen Hicks	510
Brenda Ramey	125	Butch McDonald	475
Gloria Carter	135	Mike Willis	455
Megan Tingler	155	Danyl Dyke	425
Teenage		Open	
Ryan McMillan	390	275 lb. Wt. Class	
Mike Gorman	325	Peley Cropp	535
Micky Tingler	370	Larry Short	470
Vernon Haines	280	Darryl Vega	415
T.J. Patton	275	Buck Carmack	345
Stephen Waite	200	Submasters 35-39	
Open		Lloyd Roberts	500
148 lb. Wt. Class		Walter Cook	460
Frank Lupis	335	Mike Bennett	410
Brian Rouzer	240	Cliff Richards	480
Codie Gustines	150	Darryl Vega	415
Brett Maness	110	Masters 40-49	
Open		Carl West	460
165 lb. Wt. Class		Butch McDonald	470
Clay McFarland	350	Frank Lupis	335
Rockie Fraley	340	Larry Short	470
Thomas Comfort	255	Randy Mongold	370
Open		Rudy Shiley	340
181 lb. Wt. Class		Buck Carmack	345
Carl West	460	Masters 50-59	
Steve Battista	320	Frank Nelson	360
Steve Berman	0	Jim Harman	310
Open		Barry Shafer	340
198 lb. Wt. Class		Masters 60-69	
Travis Brown	475	George Waymack	370
Mike Bennett	410	Nick Barolomes	295
Brian Miller	380	Lt. Raw Division	
Jeff Gibson	310	Terrance Gray	340
Open		Julian Anderson	305
220 lb. Wt. Class		Steve Battista	320
Gary Allen	470	Keith Garber	230
Randy Robinson	440	Heavy Raw Division	
Ruby Shiley	340	Travis Brown	425
Dave Gibbs	335	Tripp Spaur	325
Adam Herman	310	Joe Hoskins	275

On April 1, 2000 the 10th Annual Weightlifting Unlimited Bench Press Championship was held in Winchester, VA at the Eagles Club. We had 64 lifters. Carl West was the best overall lightweight lifter. Bodyweight 173 with a bench of 460 lbs., and had 480 lbs. at the top but could not lock it out. The best overall lifter in the heavyweight was Petie Cropp with a bodyweight of 248 lbs., with a bench of 535 lbs. Top four places in each division were awarded all sculptured trophies. I would like to thank the following people who have helped for the past 10 years. John Shifflett and William Thacker from Standardsville, VA who also has put on some great meets in VA. Roger Ernst from Richmond, VA, Dave Marchette from Inwood, WV, Bud Drummond, Bill Gross, and Billy for helping the spotters. All the members of Weightlifting Unlimited Bench Press Club. Hope to see everyone again next year. Thanks to all for coming this year. (Thanks to Meet director: Randy Brooks for results)

4th Western New England Open BP
04 DEC 99 - Keene, NH

BENCH		244	
148		J. Flynn	475
N. Pillai	245	175	
165		C. Brien	350
P. Solo	310	198	
181		C. Kienzle	345
C. Brien	350	245	
F. Quirk	320	P. Delamare	380
M. Farrell	215	Master 40-44	
198		170	
R.J. Pursell	435	F. Quirk	320
G. Soliraizos	415	211	
J. Ascani	380	P. Thomsen	345
C. Kienzle	345	170	
220		M. Farrell	215
J. Dowst	400	Master 55-59	
P. Thomsen	345	165	
242		P. Solo	310
R.J. Delamare Jr.	460	P. Clarke	220
275		Teen	
J. Flynn	475	148	
B. Tucker	460	N. Pillai (BL)	250
308		255	
Jackman	530	S. Pearl	230
Novice		WOMEN	
195		100	
C. Kienzle	345	L. Proulx (BL)	130
211		114	
P. Thomsen	345	M. Dodge	115
Novice		170	
M. Farrell	215	100	
Submaster 33-39		L. Proulx	130
197		Master	
R.J. Pursell	435	193	
		T. Lucas	175



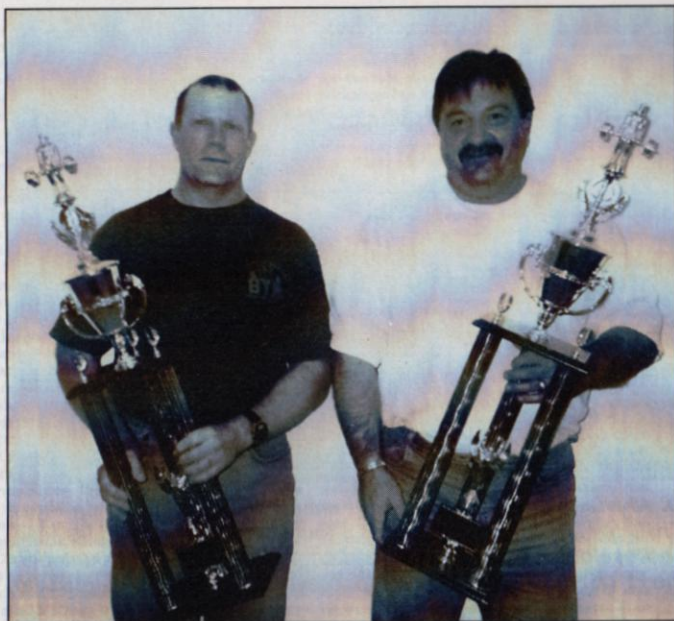
Steve Lawson about to lockout a pr 455. (Franklin Meet photos are courtesy of Son Light Gym).

Director of this competition was Louie LaPoint. Head Judge was Joe Romano. Side Judges were Bill Durant, Jim Supry. Spotters, Loaders were Jerry Boucher, Ron Dion. (Thanks to Louie LaPoint for providing these contest results to Powerlifting USA).

Effingham Open BP/DL Classic
22 APR 00 - Effingham, IL

BENCH PRESS		275	
SPECIAL OLYMPIC		Tim Wilson	450
Teenage Men		Police & Fire	
Neal Frost	55*	Earl Yngst	470
Junior Men		4th	490*
Eric Kanitz	115	Master Men 60-69	
Submaster Men		Darrel Sidwell	190*
Jerry Flexter	95	4th	200*
Master Men 40-49		DEADLIFT	
Jerry Thorman	85	SPECIAL OLYMPICS	
Master Women 40-49		Teenage Men	
Doris Scott	70*	Neal Frost	105*
123		Junior Men	
Josh Weaver	145	Eric Kanitz	300
SHW		Submaster Men	
Greg Hager	180	Jerry Flexter	205
OPEN ATHLETES		Master Men 40-49	
Teenage Men		Jerry Thorman	225
Matt VanBruaene	280*	Master Women 40-49	
Submaster Men		Doris Scott	150*
Roy Grathler	350	123	
Master Men 40-49		Josh Weaver	205*
Bob Walker	540	SHW	
Bob Demejan	355	Greg Hager	350
4th		365	OPEN ATHLETES
181		181	
Rob Furey	360	Rob Furey	460
198		198	
Jerry Poole	405	Dan Gill	535
Dan Gill	315	Benny Hutchinson	420
242		242	
Ed Clark	530	Ed Clark	550
4th		555*	Teenage Men
		Matt VanBruaene	350

* personal record. Best Bench Presser- Bob Walker. Best Deadlifter - Dan Gill. The Effingham Open Bench Press/Deadlift Classic was held at the Village Square Mall in Effingham, Illinois on April 22, 2000. A special thanks to mall manager Joanne for her continued support of the sport of powerlifting. This event was a special one in that we had several special olympic athletes competing on this day. Many of these great athletes have competed for years and it was great to see some of our old friends again. I want to take this time to commend the great effort and service Lindell and Mabel Smith have given over the years to the special olympic athletes in Illinois. Much of their success can also be attributed to Bob Walker, who a number of years ago first started this effort years ago in southern Illinois. Thank you, all three of you, for all the love you have shown us over the years. In the bench press competition we'll begin with our special olympians. In the teenage class Neal Frost was lifting in his first competition. Weighing in at just a little over 100 lbs., this thirteen year old finished with a personal best 55. Junior class winner Eric Kanitz finished with 115. Eric is a great young athlete with a lot of potential. Jerry "Smiley" Flexter won at submaster, getting all three of his attempts to finish with 95. Jerry has been competing for several years with numerous state and national titles to his credit. Jerry Thorman is another seasoned veteran who is also a multinational champion. Lifting in the master 40-49 class, Jerry finished with 85. Master women's winner Doris Scott had a perfect three for three day, as did Jerry, to finish with 70. This was a new personal record for Doris, who also has been competing for several years. Josh Weaver competed for the first time, weighing in at 115, to take the open 123 class. This guy was built to be a lifter! Josh finished with 145, just missing 160 for his final attempt! The last lifter in this division was big Greg Hager, who took the superheavyweight class with 180. Greg has been out of competition for a while, but shows great strength and ability. In the open classes, Matt VanBruaene got a new personal record for his win in the teenage class with 280. This was Matt's second competition. Roy Grathler took the submaster class with 350. Roy's only miss was his third attempt with a pr 375. Bob Walker easily won the master 40-49 class with his opener of 540. 565 was close but not quite in the groove. Bob still was able to capture the best lifter title, weighing in at 252 just nudging out Ed Clark for the title. Second at master 40-49 was Bob Demejan who got 355 on his third attempt and 365 for his fourth. Both were personal bests, this being Bob's first competition. In the open weight classes, Rob Furey once again took the 181 class with 360, missing his pr 390 twice. Jerry Poole, in his first competition, won at 198 over Danny Gill (who?). Jerry looked strong, getting all of his lifts in and ending with a 405 personal best. Danny only got 315, but what can you expect from a guy about to turn FORTY, married to a much younger, beautiful wife. Ed Clark had a great day of lifting with a 530 third attempt for the title at 242. Ed went on to lock out a great pr 555 for his fourth attempt, which would have given him best lifter for the day. Tim Wilson is another fine lifter who took the open 275 class with a strong 450. Two attempts with a personal best 475 were just short of lockout. Big Earl Yngst got a big pr with his fourth attempt of 490 to win the police & fire class. Lifting 'raw', this guy is good for 550 with a shirt! The last lifter of the day was



Best Lifters at the Effingham Open (l-r): Danny Gill (DL), Bob Walker (BP). (Photo provided by courtesy of Son Light Power Gym)

65 year old Darrel Sidwell. This was Darrel's first competition ever and the little guy did great finishing up with a fourth attempt pr of 200. Not bad for a guy who weighs less than 150! In the deadlift competition let's begin again with the special athletes. Neal Frost got a personal best 105 in his win of the teenage class. This was Neal's second win of the day and his second personal record. Great lifting, Neal! Eric Kanitz got a big deadlift with 300 to take the junior men's title. Eric almost got 320 on his fourth attempt. Jerry Flexter took the submaster class with 205, weighing in at 148. Jerry's another one of those positive guys you just like to be around, always smiling! Jerry Thorman went three for three in his win at master 40-49 to finish with 225. Good pulls, Jerry! Doris Scott continued her great day of lifting with her win at master 40-49. Doris completed a perfect day of lifting with a personal best 150. Josh Weaver took the 123 open

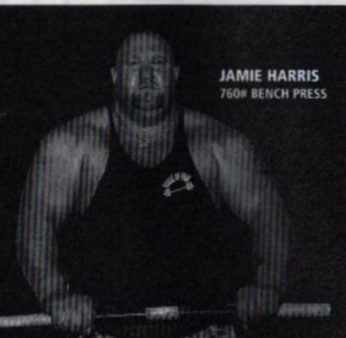
class with a pr 205. Lots of potential there! Greg Hager continued his win at SHW, finishing with a big 350. This guy is strong! In the open classes, Rob Furey pulled 460 for the win at 181. Rob just missed a pr 500 at the lockout. At 198 it was Danny Gill with 555. (Guess he had to avenge his loss to Jerry in the bench!) Danny's pull at a 198 bwt. Gave him best lifter honors for the competition. Benny Hutchinson was second at 198 with 420. Weighing in at 193! (I remember when he was 165) the boy just keeps getting fatter! Ed Clark won at 242 with 350. Normally a 600+ puller, Ed came to see where he was at and work on his technic. Last was Matt VanBruaene, winner of the teenage title. Matt finished with a great 350 pull at a 181 bwt. Thanks especially to Benny Hutchinson and my son Joey for their help and to everyone else who helped make this another fun competition. (Thanks to Dr. Darrell Latch for providing these contest results)

Millennium BP/DL Championships
08 Apr 00 - Plymouth, MN

BENCH		SHWT				
HIGH SCHOOL		K. Sartin	510			
123		"SPECIAL" GUEST LIFTER:				
T. Toso	117	242				
132		R. Willis	355			
M. Harris	130	DEADLIFT				
181		HIGH SCHOOL				
J. Axness	245	T. Toso	190			
275		T. Toso				
J. Galvin	360	181				
N. Kuvaas	225	J. Axness	340			
WOMEN		275				
		J. Galvin	505			
		150	N. Kuvaas	350		
		WOMEN				
		125	123			
		K. Gnerre	335			
		Masters (40-49)	148			
		181	148			
		S. Harris	300	K. Faddler	270	
		Masters (50-59)	OPEN			
		275	181			
		R. Schubert	370	J. Ferris	465	
		OPEN	198			
		198	M. Sorenson	600		
		K. Boelter	300	220	A. Horbach	405
		220	B. Anderson	430		
		N. Hintze	390	242		
		C. Nelson	365	T. Mendoza	600	
		275	275			
		A. Beaudet	430	A. Beaudet	480	
		R. Schubert	370	SHWT		
		308	K. Sartin	600		
		K. Weispfenning	500			

THE GYM of Plymouth, Minnesota hosted the Minnesota Powerlifting Federations 2000 Millennium Bench/Deadlift Championships on Saturday April 8, 2000. In the bench press competition there were 19 competitors. The most notable worthy standouts were Tina Tosa (123 High School) who went 2 for 3 and shows a lot of potential. Ron Schubert (275 Masters 50-59) who went 3 for 3 and made all the lifts look easy. Gregg Weispfenning (308) and Kim Sartin (SHWT) who both opened at over 500 pounds successfully. In the Deadlift competition there were 13 lifters. Deadlift standouts were; Josh Galvin (275 High School) who made 3 easy lifts. Brenda Gnerre (123 Women's) who easily made a third attempt at 335! Mike Sorenson (198 Open) who smoked a 600 on a 2nd Attempt. A special thanks to Jerry Jones, Doug Moore, Jim Cahill - who did a awesome job of judging. Brad Madvig and "The Tick" for loading and spotting. Mike Mitchell (M.C.) and Jim Yungner (Gym Owner) (Thanks to Jerry Gnerre for providing the results of this meet to the Powerlifting USA).


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15 Apr 00 - Lima, OH

WOMEN OPEN		
105	M. MIRON	220
165	T. TROYER	230
165	C. LEE	
MEN OPEN		
132	T. DOUCE	220
132 (13-14)	E. SWEPSTON	210
165 (17-19)	M. HUNTER	315
165 (17-19)	B. WHIPPS	315
181 (15-16)	J. SIMPSON JR.	270
181 (15-16)	K. SHEPARD	265
181 (15-16)	J. BOWERS	270
205	S. RACHEL	270
240	181 (17-19)	
245	R. CASTLE	285
245	B. IRONS	181
245	198 (13-14)	
215	L. EHRMAN	365
220 (15-16)	M. SPREEY	360
300	D. CRAMER	198
275 (15-16)	M. MANNIS	420
265	K. ARGABRIGHT	380
220	148 (40-49)	
155	L. WILLIAMS	415
242 (40-49)	J. THOMAS	390
350	B. MCCOLLROW	380
340	R. MANNIS	275
320	R. HARDESTY	450
275 (40-49)	D. DICKE	370
450	SHW (40-49)	540
455	D. STUCK	455



D. Ahr benched 540 at the 2nd annual Charles Lee Bench Press Challenge, however, since it was a touch and go meet and (as seen above) elbow wraps were allowed, these lifts will not be counted in the PL USA TOP 100 rankings. (photograph provided courtesy Lee)

320	J. BERGREN	250	385	955
480	D. MCCANN	275	525	1280
450	J. BOUKAL	325	515	1290
405	B. MILLER	300	500	1205
335	D.J. SATTERFIELD	300	430	1065
MASTER I (40-49)				
405	T. GRINDSTAFF	275	3 85	1080
58 5	J. ANDERSON	345	550	1480
MASTER II (50+)				
480	R. CHARTIER	265	500	1245*
365	C. TONEY	275	500	1140
NOVICE				
410	T. YOUNG	310	435	1155
WOMEN OPEN				
335	K. GRANDICK	170	370	875
230	J. COX	155	265	650
SUB-MASTER				
305	S. BRESSMAN	185	290	780
MASTER I (40-49)				
250	V. BONAR	145	225	620
NOVICE				
230	J. COX	155	265	650
MEN: OPEN				
430	S. AUXIER	310	500	1250
WOMEN OPEN				
465	C. THOMPSON	385	575	1425
420	J. GRIESS	350	530	1300
590	K. PARRISH	435	570	1595
600	J. KING	425	540	1565
260	D. BAILEY	200	305	765
235	D. RATH	165	250	650
255	L. MALCOMBE	180	345	780
305	N. KRAMER	225	305	835
250	E. IBARRA	175	310	770
290	G. ACON	255	390	935
275	A. SCOTT	220	330	825
590	K. PARRISH	435	570	1595
600	J. KING	425	540	1565

Nebraska State and Midwest Open
29 APR 00 - Omaha, NE

WOMEN OPEN			
255*	J. STUCK	450	181
198	B. SWANSON		
325	L. HAUGER		
465*	R. WILLIAMS		
475	R. HECK		
425	R. WILLIAMS		
490	A. WILSON		
465	T. HOLZAPFEL		
275			

R. ROSTERMAN NOVICE			
415	R. EVERETT DEADLIFT	465	
280	T. GILBERT		
275	B. BRATETIC		
325	C. LANDRIE		
242	J. NUSSER		
235	T. CARNES		
475	J. TEXLER		
620	T. ACERS		
315	J. LOFTMAN		
350	S. BRICLEY		
465	T. HOLZAPFEL		
430	M. REINIG		
275			
160	Z. BAUMEL		
105	T. RICE		
260	V. TRAN		
170	TJ. HERNAN		
315	J. HATCHER		
470	M. WILL		
300	S. STICKNEY		
300	U. KANTO		
315	P. HORNIG		
370	B. SIMET		
335	K. GRANDICK		
250*	N. FULLMER		
430	S. AUXIER		
420	J. GRIESS		
830*	D. PEARSON		
480	C. OMAR		
445	J. McGRATH		

R. EVERETT DEADLIFT			
280	T. GILBERT		
275	B. BRATETIC		
325	C. LANDRIE		
242	J. NUSSER		
235	T. CARNES		
475	J. TEXLER		
620	T. ACERS		
315	J. LOFTMAN		
350	S. BRICLEY		
465	T. HOLZAPFEL		
430	M. REINIG		
275			
160	Z. BAUMEL		
105	T. RICE		
260	V. TRAN		
170	TJ. HERNAN		
315	J. HATCHER		
470	M. WILL		
300	S. STICKNEY		
300	U. KANTO		
315	P. HORNIG		
370	B. SIMET		
335	K. GRANDICK		
250*	N. FULLMER		
430	S. AUXIER		
420	J. GRIESS		
830*	D. PEARSON		
480	C. OMAR		
445	J. McGRATH		

MEN: OPEN				
430	S. AUXIER	310	500	1250
465	C. THOMPSON	385	575	1425
420	J. GRIESS	350	530	1300
590	K. PARRISH	435	570	1595
600	J. KING	425	540	1565
260	D. BAILEY	200	305	765
235	D. RATH	165	250	650
255	L. MALCOMBE	180	345	780
305	N. KRAMER	225	305	835
250	E. IBARRA	175	310	770
290	G. ACON	255	390	935
275	A. SCOTT	220	330	825
590	K. PARRISH	435	570	1595
600	J. KING	425	540	1565

USPF SPRING CLASSIC BP-DL
29 APR 00 - Seminole, OK

BENCH			
115	S. Jo WJB		
125	J. Caputo JB		
240	T. Stack OB		
180	D. E. Sea JD		
185	B. Pratt JB		
230	D. Neil MB		
400	R. Dale OB		
370	J J Talton JB		
420	H. Lehma OB		
280	J. Brando JB		
275	C. Poun MB		
230	M. Allison MB		
275	R. Richard OB		
420	H. Lehma SB		
365	L. Cox JB		
375	C. Caput MB		
370	S. Murphy MB		
235	B. Columb JB		
275	C. Lavall JB		
325	T. Porte JB		
385	J. Park MB		
450	P. Mounkes OB		
450	D. Cook SB		
415	R. C Talton MB		
345	G. Knight MB		
435	R. Wolf SB		
155	A. Hembre JD		
175	R. Lee C JD		
265	J. Caputo JD		
400	T. Stack OD		
265	D. E. Sea JD		
415	B. Pratt JD		
500	JJ Talton JD		
525	4th JDR		
415	C. Poun MD		
535	H. Lehma OD		
565	R. Richard OD		
535	H. Lehma SD		
570	C. Caput MD		
370	C. Lacall JD		
420	B. Columb JD		
585	T. Porte JD		
555	P. Mounkes OD		
555	D. Cook SD		
625	R. C Talton MD		

NOTE: WOB-WOMEN OPEN BENCH PRESS; WJB-WOMEN JUNIOR BENCH PRESS; OB-OPEN BENCH PRESS; JB-JUNIOR BENCH PRESS; SB-SUB MASTER BENCH PRESS; MB-MASTER BENCH PRESS; OD-OPEN DEADLIFT; JD-JUNIOR DEADLIFT; SD-SUB MASTER DEADLIFT; MD-MASTER DEADLIFT. (Thanks to Rickey Crain for results)

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takes a lot of people to run a powermeet and run it well, and spotters as well as loaders almost never get the credit they deserve-but thanks to all who helped out - Good job. 132 - This class had Jordan competing with himself - with no one contending. He chased the record books, with a 400 opener that was very easy. One could not anticipate misses at 425 on both his 2ND and 3RD attempts, but after doing a nice 440 in training all he has to do is zero in on a day to put it all together. Along with a fine 250 bench and easy 430 deadlift, (narrowly missing 450), Jordan put up a 1080 total for keeps. 148 - Jones also did a walk through in his weight class - moving up from the 132s from last year. This guy has put on mountains of quality muscle! His 500 squat was effortless, feeling out his new weight class he has a lot of room to grow. A 335 opener on the bench was laughably easy and had 365 within one inch of lockout before stalling. This little dynamo has already done 375 in training which makes him one of the best benchers in the country, drug free. Finishing off his day, he deadlifted 500 with power to spare also - so one can only imagine the next chapter in this man's book, a 1335 total and only weighing 141 - watch what happens next. Taylor in his first meet showed plenty of drive and is a brute strong. With more experience he will be very rough in the future. 165 - For the second time, Holmes hit an Elite total with some pounds left off the platforms. After sinking his opening attempt of 575 and second attempt at 625 he passed his 3RD to do some deadlifting, a very strong 350 bench and 975 subtotal set the stage for his per lift, after a strong start with 600, 625 was very stubborn and did not cooperate on the 2ND and 3RD attempts. But a 1575 elite total goes fine along with someone that could just as easily win a bodybuilding contest and a class acting gentleman to boot. Good job Tray. Henderson was not in the same room with Holmes at the total lome but enjoyed the lifting, and putting up his own personal best in the total, gave him a taste of what it's all about. He will be there next year with more to talk about. 181 - Just when you think you have it all figured out, how to train, how to diet, how to sleep, here comes a guy that plays basketball, sings, dances, and goes to school full time and then walks over and totals Elite at 181! Well however you slice it, the man came in this day to take command, weighing 174. Browns's 625 opener was a smoker, his 655 2ND attempt was coming up as well but then an unexplainable lean to the left, left us wondering if there was an injury, but no, on a 3RD attempt he dunked this monstrous weight and powered right up with it, ending with 325 on bench (with plenty left). He opened with a raw (No suit) 635 deadlift, two attempts at 665 for bit Elite total (with suit). It seemed to be misgrooved but came so very close, and no doubt will prevail with a lot more from this package, a 700 right Tupac? Davis and Starks were neck and neck all day, with Davis coming out on top getting his class 1 total and having fun doing it. His 550 deadlift was not a limit and seems to have tons of room to grow. Davis has internal glow and a calm demeanor that makes you think he's not even in the meet, but will soon be a force to look for on his way to Elite status. Mr. Starks a gentleman as well will go far with more time and training. 198 - Nickalson did not have a good day - having

pulled 700 in training. He had to take all three on the squat to keep from bombing, an opening bench and 1st attempt dead gave him a 1570 total for the win. Garcia was tied in the squat with Nickalson but lost ground in the bench 300 vs. 345 and again in the deadlift 600 for Garcia to Nickalson's powerful back for a 1475 class I total and a nice finish to some very good PR records that shows a lot of heart. Jenkins also making his meet debut took 3 attempts to get a squat in but made a really easy 500 to stay in the meet, and what makes this even more unbelievable is that Mr. Jenkins (Tank), is an amputee on one of his legs from the knee down. Totally unbelievable at the speed in which he comes up with these weights - along with a powerful 350 bench he started deadlifting at 500 with a slight twist obviously favoring the one leg but pulls it strongly with his 575 2ND and 600 3rd also pulled strongly with his patented twist but never-the-less made these lifts with a lot of respect. Rows always comes into a meet intense and beating those PRs to raise his total higher. His 600 squat was easy but did not find favor with the judges until his third attempt, only getting openers on his bench and deadlift. There is a lot more in this quiet man that we call Quadzilla. 220 - After missing the last couple of meets Hunt (C-Rock) had a nagging injury that seems to have healed in all the right places. An easy 550 squat and close miss at 600 shows that he is back. A 415 bench was not a problem but 435 stalled about half way, a strong 575 deadlift gave the rock a 1540 total to go along with a nice platform presence that he showed when he was spotting / loading on the meets he missed. Both are work but winning is more fun. Richardson showed good respect for the higher caliber lifters and has good benching power, lifting raw in his first meet. He has a lot to learn and in fact will be there to prove it next year. 242 - A classic battle with two giants all the way to the end just as it should be. Master lifter Pace took control in the squat with a very low and easy 650. Williams took 600 for a ride for 3 white lights while Pace attacked 675 and 700 for close misses on his 2ND and 3RD attempts respectfully, but Williams came raring back in the bench hitting 440 to Pace's 385. This kept the subtotals within 5 pounds of each other with Williams now leading 1040 to 1035. In the deadlift Pace opened with a brute strong 600, Williams uncorked a 650 effort just as easy. Pace countered with a steady pull of 665 to force Williams to go for the win, a miss on a 2ND attempt with 700 left Williams in the hole. Pace put more pressure on Williams with another 3 white light success with 675. Pace finished the day with a 1710 total that should give him a good ranking in the masters list, so with Williams' back against the wall. He came back with a new attitude to pull that 700 for a PR and the win. Nice going to some very competitive athletes. 275 - Carl did not have any competition but big LA put on a show all day with only 5 attempts, starting with a 725 squat that was both deep and explosive. Next on to a huge 770 - equally deep and equally explosive, passing his third LA went on to bench 450 and 475, both very easy. Taking a token deadlift of 675 a 1920 total is the first steps to bigger and better things because he certainly left a lot behind this day, 2000 for sure in the future. Thanks go to Greg Watson for sponsoring the

meet and judging two platforms all day and making it all happen! Thanks for Robert Bethel for results. Special thanks go out to all of the audio and video crew (Freeman Gunner, Feltus, Johnson.) Special Thanks to the Set up and Clean up crew (Gage Matthews, Wilson, Bulllow, McRenolds, Willis, Becton, Jackson Newmont). Special thanks to the spotters and judges as well (Davis, Harris Martin, Duke, Lesurp, Hughes, Hopson, Wilson, Booker, Smith, Pryer, Slater Peterson, Wormely). (Thanks to Robert Bethel for providing the results).

USAPL JOE FYDA OPEN
30 APR 00 - Bedford, OH

Grand Master	SQ	BP	DL	TOT
242				
J. Fyda	140	90	190	420
Master				
D. Miller	140	90	190	420
Grand Master				
173				
B. Cox	140	90	190	420

SCI Meet
9 Jan 00 - Waymart, PA

132 lbs.	SQ	BP	DL	TOT
Smolinski*	355	210	400	965
148 lbs.				
Gomez	450	280	500	1230
Hoang	365	250	425	1040
Vasquez	335	245	385	965
165 lbs.				
Peterson	430	315	500	1245
Dale	325	300	455	1080
Huang	350	-	450	800
181 lbs.				
Muhammad	450	330	420	1200
Benzie	350	260	435	1045
198 lbs.				
James	575	360	575	1510
Soliman*	565	330	570	1465
Talet	530	-	600	1130
Welcome*	-	370	-	370
220 lbs.				
Olmo	540	360	620	1520
Fitten	505	375	550	1430
Searle*	490	325	515	1330
275 lbs.				
Rittenhouse	500	340	530	1370
SHW				
Moore	405	335	460	1200

*-Outside Community Lifter. Best Lifter-heavy: Darryl James. Best Lifter-light: Victor Gomez. Honorable Mention: Michael Olmo. Activities Manager Jerry Matous and Activities Specialist Robert Pegula would like to thank the following people for their help in making this meet a success: Referees: Mike Welcome, Scott Pentasuglio, Robert Lawless and Claude Welcome. Announcer: Wilson Harvey. Spotters/loaders: Michael Williams, Jose Diaz, Thad Hampton, Frank Sanfilippo and Lamont Jamison. Video Camera: Joel Duprey, Andre Pabon, Fred Hightower. Scorekeeper: Hector Maldonado. Thanks to all the lifters who participated. (Thanks to Robert Pegula for providing these meet results to the Powerlifting USA).

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2000 Powerlifting Classic
20 MAY 00 - Danville, IL

132	SQ	BP	DL	TOT
JORDAN	400	250	430	1080
148				
JONES	500	335	500	1335
TAYLOR	500	320	475	1295
165				
HOLMES	625	350	600	1575
HENDERSON	365	200	410	1055
181				

**AAPF Michigan State
12 DEC 99 - Michigan**

BENCH WOMEN	198			
Masters 45-49	360			
D. Ahrens	105*	J. Swirple	405	
Submasters 33-39	145*	C. Cadotto	242	
K. Tesnovich	145*	B. Nassar	375	
Open	148			
T. Delamilleure	115	B. West	365	
MEN		DEADLIFT		
Teen 18-19				
L. Crescentini	260*	Submaster 33-39	270*	
Junior 20-23	330	K. Tesnovich	132	
J. Johnston	330	Master 75-79	65*	
Submaster 33-39	355	J. Merrell	165	
J. O'Brien	375*	Teen 18-19	181	
Master 40-44	430*	L. Maclin	198	
T. Delamilleure	365*	550*	425	
M. Morefield	365	S. Tracy	220	
L. Crews	280	Master 45-49	400*	
W. Crescentini	280	J. Hurtado	600	
Master 45-49	365*	Master 75-79	670*	
J. Hurlado	440*	R. Merrell	665	
Master 50-54	315*	Open	242	
R. Ingram	315*	165	475	
M. Varwig	315*	C.J. Champine	410	
Master 55-59	355*	181	475	
S. Skavery	90*	L. Patrick, Jr.	540	
Master 75-79	90*	220	730	
R. Merrell	90*	640*	475	
Open	181	M. Szudarek	450	
181	440*	C. Cadotto	308	
R. Ingram	440*	P. Stratakis	810*	
POWERLIFTING WOMEN	SQ	BP	DL	TOT
Junior	230*	110*	270*	610*
T. Muskut	290*	140*	315*	745*
J. Spittal	180	100	220	500
L. Walsh	325	150*	270*	745*
Submaster 33-39	325	150*	270*	745*
R. DeFelice	75*	75*	145*	295*
K. Tesnovich	185*	95*	245*	525*
Master 50-54	185*	95*	245*	525*
S. McPhail	240	100	285	625
Master 55-59	185*	95*	245*	525*
P. Wexelberg	181			
Open	405	330	440	1175
148	660*	460*	570	1690*
L. Fortin	490	370	580	1440*
181				
P. Wexelberg				
MEN				
Junior				
J. Johnston				
Submaster 33-39				
R. Johnson				
C. Verda				
S. Tracy				

year's State Meet was a great success with almost 60 lifters competing, and numerous new state records being broken. I enjoyed watching the ten women lifters. They were very impressive. Especially Renata DeFelice who was lifting quite well despite her recent discovery that she has multiple sclerosis. Other big lifts of the day belonged to John Zemmin and Paul Stratakis. John benched an incredible new state record 630 pounds and came close with 660. Big Paul Stratakis squatted a monstrous new state record 810 pounds. Paul injured his leg after that huge squat which bothered him later in the deadlift. You only have to look at the incredible numbers those master lifters pushed. Ben Creech (71), Roger Merrell (80), and Josie Merrell (77) go to show that you can be involved in this sport for a long time. These people keep getting stronger every time I see them. I do apologize for the delay in posting these results. I am a certified public accountant and got tied up during tax season. This will not happen next year. Good luck to every one. I hope you all get bigger totals next year. (results from John Maddox).

**AAPF/APF South West USAPL
13 MAY 00 - Dallas, TX (kg)**

AAPF RESULTS WOMEN	SQ	BP	DL	TOT
60				
Novice				
N. Moore	77.5	47.5	105	230
Teen 15-16				
T. Pellman	92.5	52.5	115	260
Masters 45-49				
S. Byars	97.5	45	115	257.5
MALE				
Novice				
110				
M. Watson	247.5	177.5	255	680
Teen 13-15				
52				
G. Hernandez	62.5	47.5	105	215
60				
R. Morris	110	65	112.5	287.5
67				
C. Cooper	125	80	167.5	372.5
75				
K. Hill	120	82.5	152.5	355
100				
F. Lujan	175	115	197.5	487.5
110				
E. Patton	177.5	145	170	492.5
Teen 16-17				
75				
J. Whiteside	142.5	102.5	155	400
82.5				
C. Stafford	175	112.5	192.5	480
90				
J. Bider	257.5	152.5	222.5	632.5

Photos in PL USA ... you are welcome to submit them - of yourself, a PL friend, or an interesting person you've come across. Black & white or color, print or slide, is fine as long as it is sharply focused and properly exposed, and we need identification of both the subject and the photographer. Send to Box 467, Camarillo, CA 93011. (we pay for those shots we publish)

110	M. Austell	200	127.5	205	535
Teen 18-19					
56					
R. Davis	100	77.5	137.5	315	
75					
D. Serach	160	87.5	175	422.5	
L. Bevull	200	137.5	175	512.5	
82.5					
C. Carrier	187.5	125	205	517.5	
R. Rodriguez	220	120	230	570	
90					
L. Atkins	242.5	155	237.5	635	
125					
B. Rushing	230	142.5	217.5	590	
Juniors					
75					
B. Aven	127.5	107.5	197.5	432.5	
82					
A. Abeyta	230	125	225	580	
Open					
82					
A. Abeyta	230	125	225	580	
100					
L. Jones	300	197.5	282.5	780	
125					
B. Foreman	245	165	320	730	
Masters 50-54					
100					
B. Sims	205	130	205	540	
APF RESULTS					
MEN					
Novice					
82					
K. Taylor	162.5	117.5	180	460	
100					
E. Causey	237.5	165	230	632.5	
125					
J. Duke	282.5	187.5	200	730	
Juniors					
110					
J. Rowland	230	152.5	192.5	575	
125					
H. Thomason	382.5	185	300	867.5	
Open					
67					
B. Marolto	207.5	140	192.5	540	
75					
D. Contreras	280	185	257.5	722.5	
90					
J. Jackson	310	182.5	235	727.5	
125					
J. Duke	282.5	187.5	260	730	
Submasters					
82					
K. Taylor	162.5	117.5	180	460	
100					
R. Freeman	197.5	165	215	577.5	
R. Hardy	282.5	180	250	712.5	
BENCH					
AAPF					
Teen 18-19					
74	M. Green	177.5			
L. Bevill	137.5	90			
Teen 13-15					
90	R. Bell	107.5			
J. Davis	137.5				
Open					
125	DEADLIFT				
M. Martin	215				
Submasters					
67	S. Ashcraft	127.5			
K. Gasparovic	67.5	100			
100	D. Fernandez	167.5			
S. Ashcraft	97.5	75			
Masters 50-54					
125	L. Bevill	175			
C. Patterson	165				
Masters 80-84					
67	APF				
J. Heizelman	70	R. Green	207.5		
APF					
Open					
90	M. Farha	282.5			
M. Lozano	175	Submasters			
100					
M. Green	177.5	B. Hochhalter	172.5		
125					
T. Counts	237.5	100			
Submasters					
100	J. Dickson	175			

(Thanks to Kirk Stroud for providing the results).

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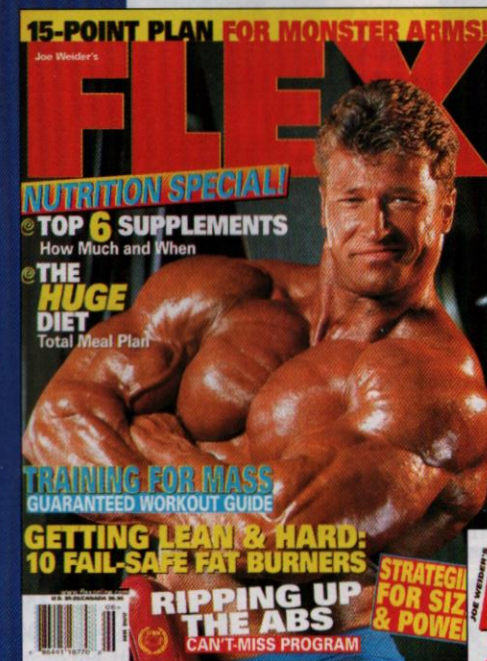
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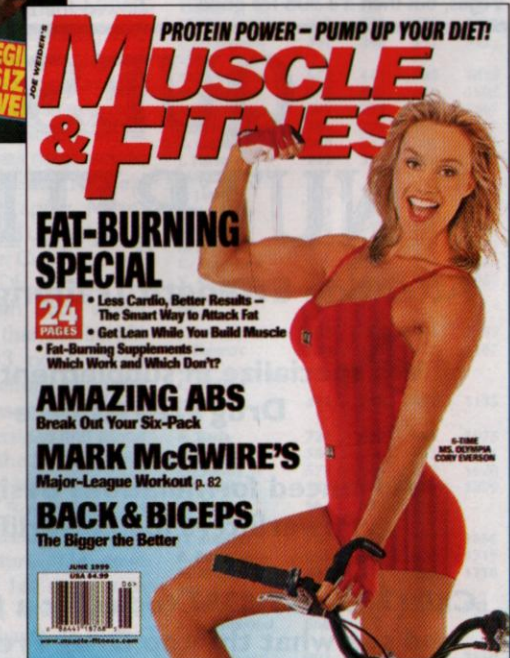
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SIGNATURE _____

(article continued from page 7)

got a 722 SQ but didn't receive credit for his two completed tries with 766 - presumably due to depth. What a bencher this big boy is: 567, 606, and then a great 622. His momentum carried him through with a 694 2nd attempt success in the DL - TOT 2011. This gave him 7th position, beating out Buono by virtue of lighter bodyweight. In 6th place was the fast rising Alabaman Shelby Robbins. Shelby usually lifts reduces to the 275s. He finished runner-up at the APF Seniors two weeks earlier, and made the WPC World team. With no reason to do make weight here, he came in at a whopping 305. At this weight Robbins has 33" inch thighs and an upper torso that would make any mountain gorilla proud. Shelby used the suicide drop SQ style, bouncing off the bottom with his huge legs - and 804 was toast! He gave 826 a good rebound also, but didn't quite follow through. In the BP, he forgot the different USPF start signal, and though he zapped 529 like a broomstick, it was no lift. He went straight to 551 and destroyed it - 3W. A PR 567 try was within scant inches of success. Shelby opened with 705 - a PR - and rocked back on his heels, then settled down, came back, and blew it away - 2061 TOT. He'll drop back one more time to 275 for Vegas, but then it's 308 for good -



Scott Smith was at his biggest: bodyweightwise, strengthwise, and paydaywise. (Jason Burnell photo)

then WATCH OUT!

The 5th place finisher was a real crowd favorite. He's 5'10" - 381.4, and with an official 2143 on the books in late 1998, Tony Saunders bears striking resemblance to his late great hero Paul Anderson. He's known to his friends and followers as big "DADDY SQUAT" and showed the reason why here. He

has a jovial, warm outgoing personality that endears him to everyone he meets. He opened higher than anyone except Coan - a big 903. He dumped the first one over his head and it hit the deck with a thunderous boom. Another try was not low enough, they said. With his back to the wall, Saunders forced his mighty shoulders under the pon-

derous apparatus and descended deep - deep - deeper. Then he slowly came up. This time GOOD! Tony rode the crest of his ovation through the remainder of his lifts. He knelt before the bench and prayed before launching up his 523 BP. His 683 sumo style DL came right up, and he pulled 705 just as easily, maybe an inch from lockout

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Wade Hooper (165 lb class) - 727 lb squat



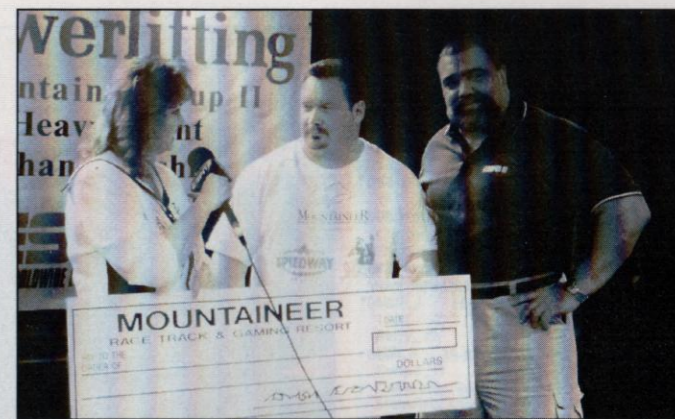
Charr Gahagan (220 lb class) - 800 lb deadlift

- TOT 2110. This gave him the USPF win, as well, over Mr. Buono. The 4th place finisher was none other than Ukrainian Vladimir Ivanenko who weighed in at 241.4 lbs. Vladimir had some bona fides coming in. He'd won 2 silvers, a bronze, and 1st place gold at 242 in the IPF World Championships. It was there he SQed 916 to bust the IPF WR of Kirk Karwoski by one half kilo. Ivanenko made an 892 2nd attempt SQ good, but missed a huge 926. Vladimir got a 507 BP following two misses to stay alive. Ivanenko, a Master lifter, pulled 749 on his list try for 2127 TOT, not far from his PR of 2160! Finishing in 3rd place in this year's competition was Viktor Naleykin, 47, a stocky (300.7 lbs) 5' 7 1/2" powerhouse hailing from the Ukraine. Viktor took home the money at the first Mountaineer Cup last year. Since the economy in UKR is the pits (average monthly income equivalent of 30 US dollars) this will keep him and his family fed for years. His career started as a WLeR back in 1981 at Kiev where he hoisted 369 in the snatch and elevated 468 overhead in the clean & jerk. In 1994 he became IPF World Champ @ 275 with 2116 TOT. Then in 1997 he won the Super-heavyweight gold (2193). Viktor had two roadblocks standing in his path if he was to become the Cup Champ again. Let's showcase the two Americans who offered his primary opposition: Scott Smith, is a former IPF BP WR holder at 242. Early last year he became APF National bench press champ, hoisting a remarkable 650 to win that event at 242 sans shirt. At last year's USPF Sr. Nats Scott severely injured his shoulder pinning himself beneath the SQ bar. That caused nerve damage in his hand and made the recovery process slow and tedious. The torn shoulder muscle is now healed and Scott came in at his

lifetime biggest 271.3 lbs. and he sure looked it. The primary player in this three way dance was Ed Coan, the 36 year old phenom from Evergreen Park, IL. Ed has been in the game for 20 years. To make a long story short - his meteoric rise began in 1983. As he ascended through the categories, he left in its wake a cataclysm of shattered records. His list of titles and achievements could fill a book and, in fact, it does: THE MAN, THE MYTH, THE METHOD a biography by Marty Gallagher and it's available from Coan Quest, INC. With the highest recorded PL TOT in History in his name (2463), Ed strives to reach the barrier that no one has ever broken - 2500 lbs. Injured last December, Ed has spent the last 6 months rehabilitating for another assault on his goal. Only weeks before this event did the scar tissue in his leg break up. Ed appeared confident and ready. He came in @ 244, his first ever venture into the 275 lb. wt. category. Both Smith and Coan are built along the line of cement mixers. Scott motored through his SQs like a machine pre-programmed to do so: 793, 832, and finally a perfect 859. Naleykin began with 859 - no problem! He took 903 deep and arose for 2W but got pinned with a 926 try. Coan picked 920 to start off; took it rock bottom - a characteristic trait - and stood right up. Then it was up to 964 for a 2nd attempt that went just as easy. He was pacing himself, wanting to avoid injury. He picked 992 for his final lift; 27 less than the 1019 I'd seen him manhandle at last year's USPF Seniors. He stepped back, and set himself, but before he could start the lift, he got struck with severe abdominal cramps. He wisely aborted the try, and was assisted back into the SQ stands. In the BP: Naleykin posted 496, then 518, but couldn't finish off 529. Coan



Tim Bruner won the long-running "internet bet" with Jason Burnell



Ed Coan collects \$10,000. Nick Busick at right (Herb Glossbrenner)

began with 556, then pushed up 573, a weight equal to his best - perfectly. He tried 584 a PR, but couldn't lock it out. Smith exhibited three perfect powerful strokes: 595, 622, and finally a mighty 633 - executed in perfect form - 3W. Subtotals going into the final lift read: Coan (1537), Smith (1493), Naleykin (1421). Scott continued his string of successful lifts hoisting 677, 727, and finally 744. His TOT was 2237 - by far his best ever - and he was the only man to make all 9 of his attempts. The stout Ukrainian lifted 749, and 793, and was certain of no less than third place. Now a bit of controversy reared its head. As heavier man to Smith, Naleykin needed 821 to total 2243 and beat the Smith. However, 810 was loaded. Viktor came out and pulled it strongly looking good for more. Due to the language barrier, miscommunication or whatever, he hadn't lifted what was necessary to gain 2nd place. Naleykin felt he'd been dealt a rotten apple. Meanwhile, Coan wrapped up first place and the Mountaineer Cup first place title with his 804 DL opener. He backed this up with 865, which looked no different than his first lift. His TOT was 2403, not his best, but far beyond the efforts of mortal men. He was presented the 10 thousand dollar oversized first place check. Smith won the \$2,000 2nd place prize. Viktor Naleykin won nothing this year. Smith felt bad about these circumstances and made a kind good gesture. He gave Naleykin \$500 of his own prize money out of the kindness and generosity of his heart. Is that a gesture of a true sportsman or what? It was a stellar presentation. It will air later this summer on the ESPN Network. Thanks to promoter Nick Busick. He extended kindness, generosity, and good will to everyone far and above what anyone could possibly have expected. On behalf of myself and all the athletes and officials, my heartfelt thanks for his unselfishness and

devotion to the greatest strength sport of all - powerlifting! The word "politics" doesn't appear in Nick Busick's dictionary. Word has it that next year's Mountaineer Cup may be in Reno, NV. See you then!

USPF Senior Nationals Y2K 24,25 JUN 00 - Chester, WV

WOMEN	SQ	BP	DL	TOT
97				
A. Leverett	270	165	325	760
105				
A. Orellana	231	99	275	606
123				
S. Rinn	319	220	303	843
L. Christopher	176	121	204	512
MEN				
114				
V. Rubin	198	104	275	578
132				
M. Siska	220	115	275	622
148				
R. Nosek	369	275	441	1085
165				
M. Frankovich	363	242	452	1080
J. Wohlfahrt	347	248	391	992
181				
M. Danforth	672	441	705	1818
M. Soloman	595	402	606	1603
M. McCasie	501	352	523	1361
S. Battista	386	292	501	1179
K. Garber	369	242	501	1113
J. Fisher	242	314	358	914
198				
T. Linn	595	341	573	1565
J. Norman	551	369	595	1515
A. Haga	628	352	474	1504
B. Hayden	551	424	479	1455
C. Magnone	441	220	501	1162
V. Magnone	374	264	413	1052
P. Tessaro	617			
220				
J. Burnell	705	435	644	1785
J. Thomas	330	325	452	1107
Guest				
C. Billings				
J. Siska Jr.	441	242	452	1135
242				
A. Barja	722	600	656	1978
G. Tsougaralis	584	396	633	1631
L. Estevez	573	446	600	1620
R. Busick	424	314	529	1289
W. Felty	66	589		
275				
D. Rogers	738	402	727	1868
R. Boynton	656	463	600	1719
M. Brookman	501	226	490	1218
308				
T. Manno	66	600	253	942
K. Southwood	666	501		
SHWT				
T. Saunders	903	523	683	2110
A. Buono	848	529	633	2011
Mountaineer Cup II				
E. Coan	964	573	865	2403
S. Smith	859	633	744	2237
V. Naleykin	903	518	810	2232
V. Ivanenko	892	507	749	2127
T. Saunders	903	523	683	2110
S. Robbins	804	551	705	2061
B. Siders	722	622	694	2011
A. Buono	848	529	633	2011
T. Bruner	755	485	661	1901
M. Jovanovich	771	463		
A. LaBare	760			

Best Lifter - USPF Senior Nationals - Mike Danforth;
Best Lifter - Mountaineer Cup - Ed Coan.

**WNPF Virgina Natural PL
29 APR 00 - Richmond, VA**

BENCH PRESS 275	
148	LIFETIME RAW 235
OPEN RAW	GARDNER 235
TRAN 235	DEADLIFT 181
165	20-23 RAW 500*
17-19 RAW	TRANT II 40-49
ESTEP 255	PAGAN 500
20-23 RAW	198
FRIEDLINE 275	40-49 RAW 540*
PAGAN 500	HANNAH POL/FIRE/MILT. RAW 540*
181	HANNAH 242
40-49	33-39 650
PAGAN 285	TURNER-BL 275
198	LIFETIME 410*
20-23 RAW 270	GARDNER 325
THOMPSON 270	50-59 RAW 535
70-79 RAW	BUCCHIONI SQUAT 165
SIMKO 215	165
220	17-19 RAW 410*
LIFETIME	HARROP 325
HELMER 400	SULIVAN 325
LIFETIME RAW	TOT
HELMER-BL 400	
HELMER-BL 365	
SCHWARTZ 365	
35-39	
NUNNALLY 360	
POWERLIFTING SQ BP DL TOT	
WOMEN 165	
40-49 275*	180* 350* 805*
HAYES 181	
33-39 275	175 355 805
PHILLIPS 100	
MEN 12-13	
CARTER 125	90 185 400
165	
60-69	
MILLER	
LIFETIME	
CLINEVELL 181	
LIFETIME	
40-49 515	340 495 1350
BAKER 475	300 550 1325
ALSTON 198	
CATINA	
LIFETIME 525	300 550 1375
TYLER	
OPEN RAW 460	350 450 1260
HUMPHREY	
NOVICE RAW 460*	350* 450* 1260*
HUMPHREY 220	
17-19 RAW 350	255* 510* 1115
OYLER	
LIFETIME 610	450 550 1610
KUHNS 525	315 525 1365
LOGANBILL	
OPEN 485	325 525 1335
LUNSFORD 33-39	
JONES 475	390 530 1395
LOGANBILL 525	315 525 1365
SHRADER 515	315 510 1340
33-39 RAW	
HYNDMAN 405	330 455 1190
242	
17-19 500	275 475 1250
SCOTT	
20-23 RAW 405*	365 455 1225
ANICITO	
LIFETIME 745	430 600 1775
TURNER	
WARTHAN	
OPEN	
TAYLOR 660	405 560 1625
40-49	
PHILLIPS 525	390 570 1485
275	
14-16 500	270 480 1250
GETTY	
LIFETIME 570	380 610 1560
SHAVIER 560	350 590 1500
EMRICH	
LIFETIME RAW 500	420* 2251 1145
BROOKS	
33-39 700	420 630 1750
GOODMAN	
POLICE/FIRE/MILT. 700	420 630 1750
GOODMAN	
40-49 575	380 530 1485
PATTON	
SHW	
OPEN	
KNOWLES-BL 750	480 725 1955
33-39	
BRIGGS 650	450 550 1650



WNPF Virginia Natural: Chad Knowles (320 lbs.) attempts an 825 lb. squat to break his old American Record of 805. (Photo by Lance Bravard)

NOTCH CATCHING EVERYONE THAT FAILED ON THESE ATTEMPTS AND THE GREAT ANNOUNCING BY LESTER FIELDS. WE WANTED TO BRING A GOOD MEET TO RICHMOND BECAUSE WE PLANT TO COME BACK LATER THIS YEAR. THANKS TO MR. WALKER FOR BRINGING A 14 MEMBER TEAM TO THE MEET. THANKS TO THE OTHER GYMS IN THE AREA FOR SUPPORTING THIS MEET. SOON WE WILL HAVE TO FIND AN OTHER LOCATION BECAUSE THIS AREA IS GOING TO GROW. THANK YOU TO THE SPECTATORS FOR CHEERING ALL OF THE LIFTERS ON, I KNOW THEY APPRECIATED IT AND THANKS AGAIN TO THE WNPF STAFF FOR A JOB WELL DONE. THE TOPLIFTS IN EACH CLASS WERE NEW VIRGINIA

STATE RECORDS. (WNPF) (Thanks to the WNPF for providing these meet results).

USAPL North Carolina State 28 APR 00 - Kinston, NC

WOMEN				
	SQ	BP	DL	TOT
Open				
165				
C. Gonzalez	180	110	225	515
Teen 14-15				
132				
D. Moore	260	125	300	685
Junior				
148-165				
J. Moore	475	315	425	1215
J. Sanderson		290		290
148				
J. Tart	375	250	405	1030
T. Stallings	325	215	350	890
Open				
165				
M. Garner		315		315
M. Harrington	560	375	540	1475
148				
D. Ginn		225		225
Open/Masters 40-44				
114				
B. Hunneycutt, Jr.		215		215

Masters 40-44				Master 45-49				Master 50-54				Open			
Guest Lifter				R. Bearhoken 260				J. VanRohr 340				132			
148				J. Stockstill 405				(Thanks to USAPL for providing the meet results).				Hobbrook_M 180			
G.Cambell 55				165				165				Bossung_C 325			
181				A. Crenshaw 255				198				165			
Teen 16-17				Master 50-54				20 MAY 00 - Pocatello, ID				McCarthy_D 510			
D. Mora 320				198				WOMEN				Hutchins_T 440			
T. Wheeling 425				255				Open				Young_P 455			
J. Tant 155				D. Harrison 450				114				Garity_D 335			
Open				B. Nichols 525				Macy_J 265*				181			
T. Pardue 505				W. Lynch 525				132				Clayton_J 600			
S. Gonzalez 525				525				Rhoden_L 150				Clayton_D 450			
Open/Junior 415				500				148				Erickson_R 490			
B. Carroll 300				500				Compton_E 200				Raplosh_Z 510			
Master 45-49				500				181				Mecham_S 410			
L. Jobe 315				560				Moro_D 230				Hall_J 445			
242				1550				198				198			
Open				600				Oxford_H 305				Berry_C 650			
J. Fones 455				480				185				575			
Master 45-49				550				360				510			
148				550				850				1500			
L. Hoffman 460				540				132				Roope_D 555			
D. Wheeling 325				1140				181-19				385			
220				1930				Rhoden_L 150*				485			
Open				275				90*				500			
S. Davenport 650				465				150*				390*			
B. Dunn 625				375				390*				Master 400			
F. Hines 415				555				148				250			
(55-59)				415				Hatch_C 405				250			
Compton_E 200				150				148				425			
198				300				148				1080			
505				335				(40-44)				Fisher_J 350			
505				1345				Oxford_H 305				250			
320				1650				185				450			
								360				1050			

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USAPL Rocky Mountain States PL 20 MAY 00 - Pocatello, ID

WOMEN				
	SQ	BP	DL	TOT
Open				
114				
Macy_J 265*	170*	305*	740*	
132				
Rhoden_L 150	90	150	390	
148				
Compton_E 200	150	300	650	
181				
Moro_D 230	115	300	645	
198				
Oxford_H 305	185	360	850	
132				
181-19				
Rhoden_L 150*	90*	150*	390*	
148				
Master 400	250	425	1080	
148				
Fisher_J 350	250	450	1050	
(55-59)				
Compton_E 200	150	300	650	
198				
(40-44)				
Oxford_H 305	185	360	850	
MEN				
135				
220				
Clark_B 650*	380	575	1605	
Zolynski_J 505	345	605	1455	
Leavitt_A 500	400	550	1450	
Ragain_R 530	265	550	1345	
Davis_E 465	300	500	1265	
242				
Carlin_C 700	420	665	1785	
Casey_M 540	360	560	1460	
Anderson_S 600	340	520	1460	
Robinson_J 460	380	545	1385	
Smith_D 475	325	425	1225	
275				
Thompson_J 675	410	660	1745	
Thompson_J 525	405	675	1605	
Schultz_S 505	315	505	1325	
Wolf_D 445	340	430	1215	
319				
Edgell_D 595	405	600	1600	
165				
(16-17)				
Fredrickson_S 275	170	350	795	
198				
(18-19)				
Raplosh_Z 510*	330*	410	1250*	
Master 165				
(40-44)				
McCarthy_D 510	315	515	1340	
Hutchins_T 440	330	475	1245	
181				
(40-44)				
Clayton_D 450	365	550	1365	
198				
(45-49)				
Lukens_J 500	320	490	1310	
(50-54)				
Scardino_A 400	275	425	1100	
242				
(40-44)				
Robinson_J 460	380	545	1385	
(45-49)				
Anderson_S 600*	340	520*	1460*	
275				
(45-49)				
Wolf_D 445	340	430	1215	
(16-17)				
* - State Record. PLACEMENT BY FORMULA: WOMEN: Macy, Oxford, Compton, Moro, Rhoden. MEN: STEENAGE: Raplosh, Fredrickson, MENTEN'S MASTER: McCarthy, Clayton, Lukens, Anderson, Hutchins, Robinson, Scardino, Wolf, TEAM: Team Fitness. (Thanks to USAPL for providing the meet results)				

USAPL Eastern USA BP 29 Apr 00 - Charlottesville, VA

Female		220	
123		35-39	
		Andy Stec	510
18-19		45-49	
Sarah Jones 90			
		Sam Morris	400
148		Robert Jones	380
35-39		50-54	
Susan Monaco 155		Kyle Christian	400
MEN		James Smith	345
165		Jerry Pool	300
16-17		Police	
Ryan Still 285		Robert Jones	380
181		Bill Pfaff	340
20-23			
Tripp Brightwell 365		242	
Police		Open & Police	
Dan Hicks 165		Charles Swinger	405
198		50-54	
Open & 35-39		A.C. Burke	330
John Shifflett 365		Jay Allen	315
40-44		275	
M. Lichtenberger 440		Open & 35-39	
Ken Nienke 380		Howard Muir	355
Mike Hurd 310		Supers	
		Carl Whorley	235

(Thanks to USAPL for providing the meet results)

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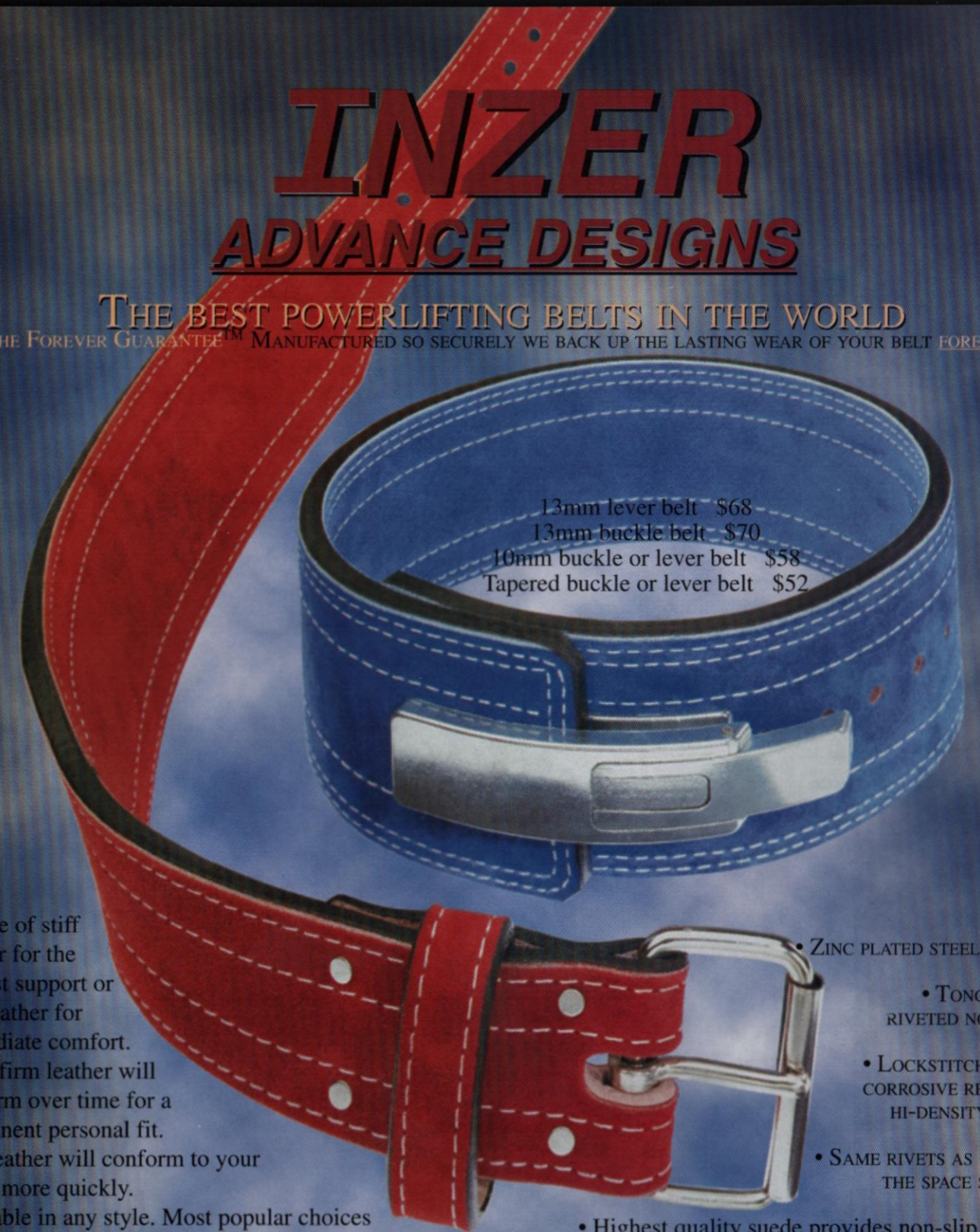
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suede both sides, suede inside only, or smooth leather both sides.

• ZINC PLATED STEEL BUCKLE.

• TONGUE LOOP RIVETED NOT SEWN.

• LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.

• SAME RIVETS AS USED ON THE SPACE SHUTTLE.

• Highest quality suede provides non-slip surface.

• NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.

• New, closer prong holes for more choice in precise fitting.

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