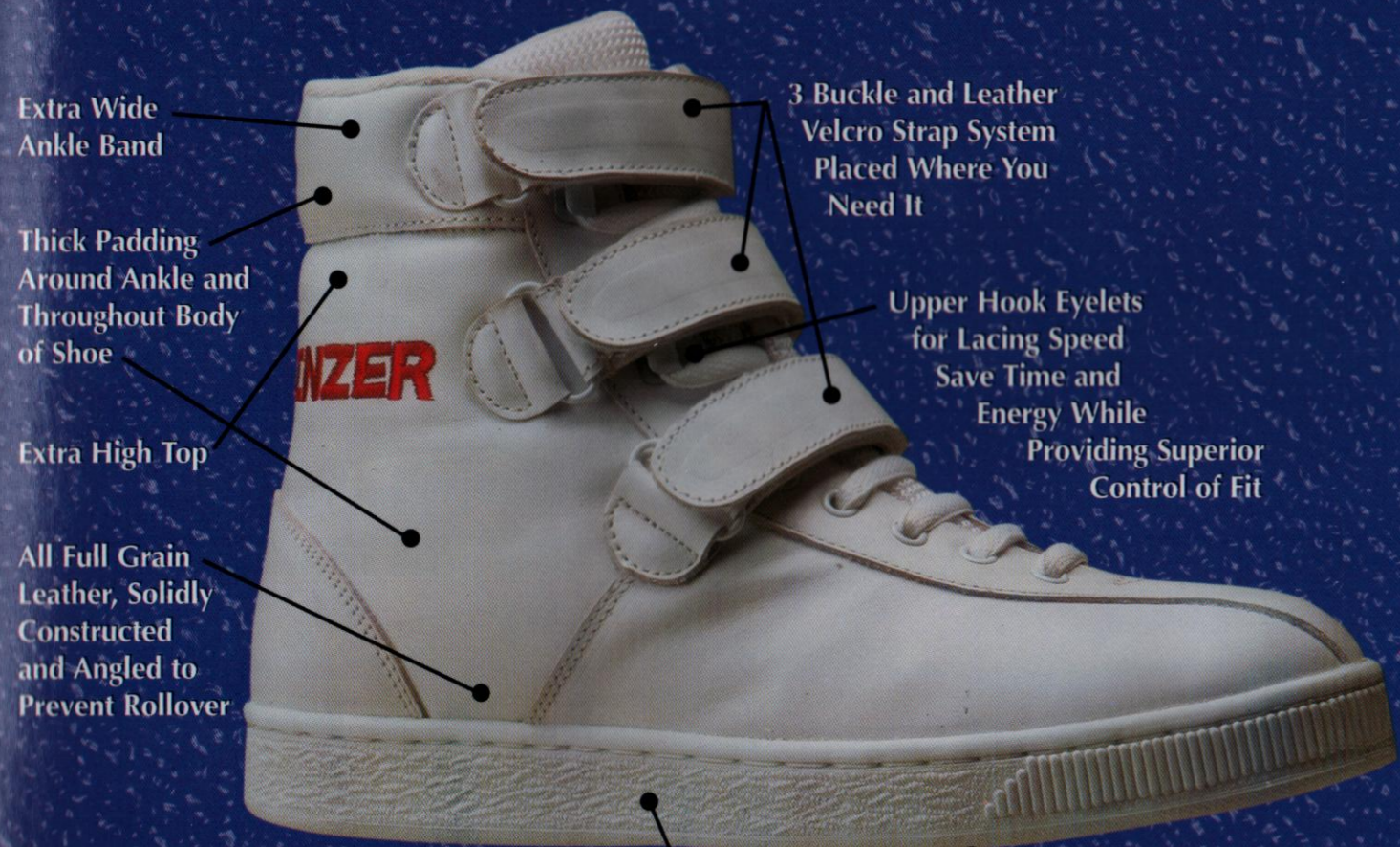


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Feature Editor Dr. Ken Leistner  
Controller In Joo Lambert  
Statistician Herb Glossbrenner  
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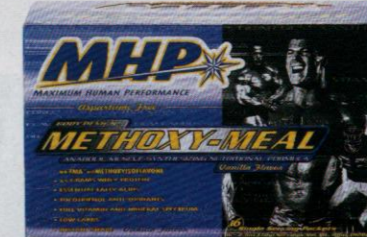
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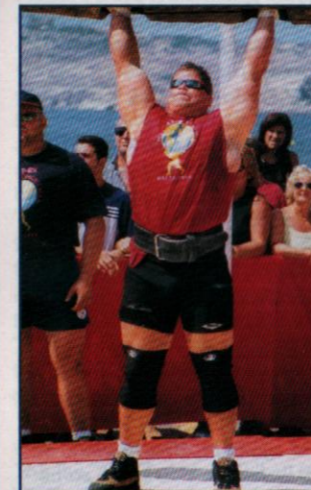
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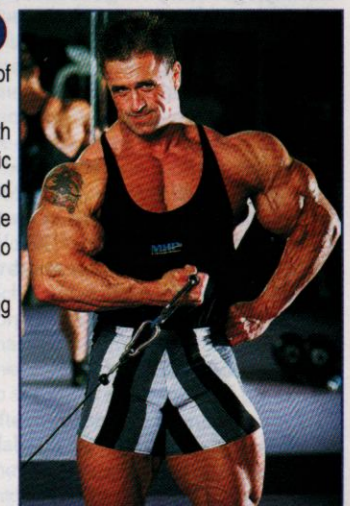
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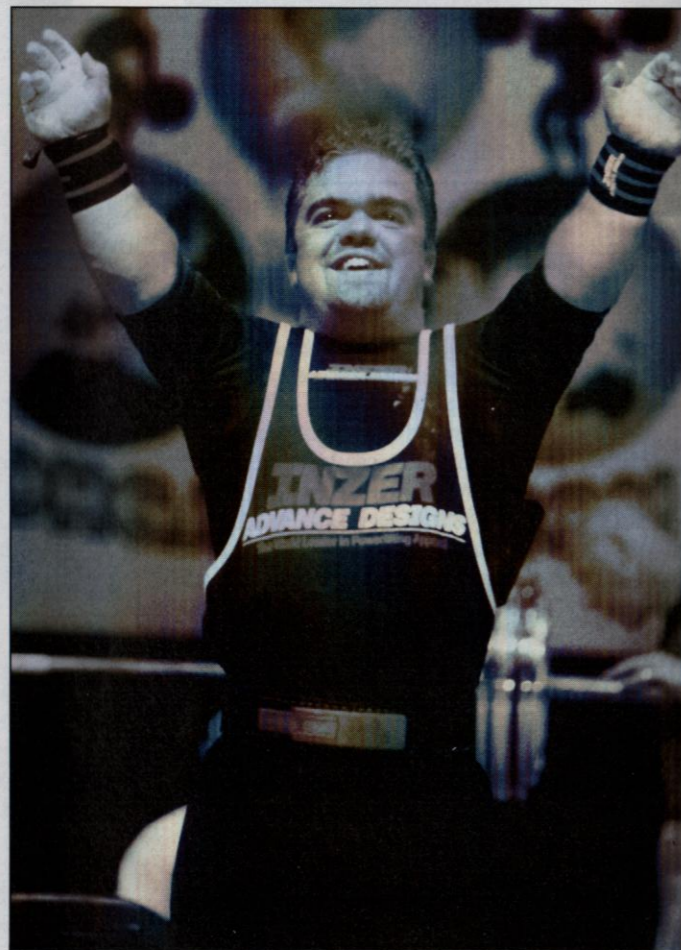
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1. Krothiewski M., et al. "Zinc and Muscle Strength," Acta Physiologica Scandinavica, (1982) 116:309-311.  
2. Kies V and Deakoff J, Sports Nutrition Minerals and Electrolytes, CRC Press, Boca Raton, FL (1995) 139-177.

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# INTERVIEW

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

## Germany's MARKUS SCHICK interviewed for Powerlifting USA by Thomas Klose



**Markus** exults after his remarkable performance at the WPO Bench Bash for Cash. He was actually interviewed once before in Powerlifting USA by Thomas Klose in the October 1996 edition, when he was benching 80 lbs. less at the same bodyweight! Markus is, coincidentally, also featured in the current issue of POWERLIFTER Video Magazine. (photographs provided courtesy Huge Iron Productions)

**TK:** What happened next?

**MS:** I just relaxed on Friday. I went to bed early and woke up at 8.00 Saturday morning. At 2.00 PM I stepped into the huge Peabody Auditorium. The first person I met was Anthony Clark and we talked a while. All the athletes came into the warmup area, one after the other: Dave Waterman, George Halbert, Kenny Patterson, Angelo Berardinelli, Beau Moore, J.M. Blakley, etc. They were the best in the World. Only Glenn Chabot was missing. I was thrilled.

**TK:** Who did actually coach you?

**MS:** To my surprise I met a friend, Tim Bruner, whom I got to know at last year's WPF/USPF Worlds. He directly offered to handle me. I was very, very happy as you might understand.

**TK:** When did you feel this could be a good day for you?

**MS:** During my warmup I knew that this could be a great competition. Every rep felt so light and after my opener with 496 lbs. I was sure that this would be my day!!! Well, the next with 529 lbs. was easy also, so we upped the

weight to 551, a WR. Good lift. Tim wanted me to do 573, but we decided to go 562 on a 4th. I pressed it and got white lights. I was the happiest man in the whole wide world. I would like to thank Tim Bruner again, who handled me perfectly.

**TK:** How did your last workout in Germany go?

**MS:** My last workout before the contest was on Tuesday. I made 3 reps with 440 lbs. and one solid rep with 480 lbs. Everything was done without a shirt.

**TK:** What kind of shirt did you wear?

**MS:** I wore the double-layered Inzer EHPHD Poly shirt with Velcro on the back.

**TK:** What do you think about the WPO?

**MS:** For me the W.P.O. is the biggest chance for Powerlifting and Bench Pressing getting more popular. And if there is any chance to grow, with Kieran Kidder, the sport of Powerlifting and the Bench Press have that chance, now!

**TK:** What are your future goals?

**MS:** At the WPC Worlds in Vegas I want to get my 8th world title and I hope to break my world record again. My dream would be a 600 lb. bench. You know, sometimes dreams come true!!!

**TK:** Any final comments?

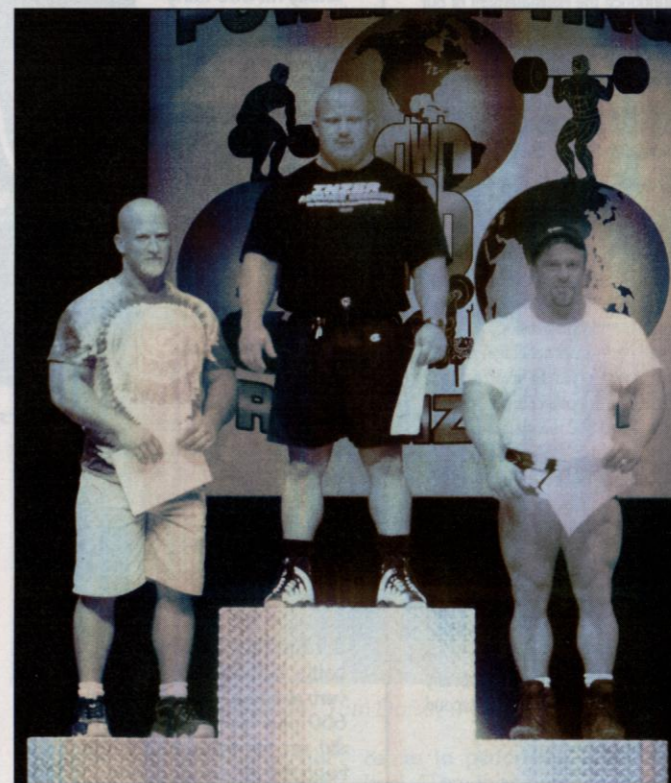
**MS:** I would like to thank a few people who support me and help me in this sport. First, to my coach Udo and his brother Heiko. These guys are the people who make me the lifter that I am today. I want to say thank you also to INZER ADVANCE DESIGNS and Scifit-Nutrition Europe who sponsor me and give me the chance to be the best in this sport. Also, thank you to my buddies Mirco, Dirk, Sven, Thomas and Harald who help me in workouts and every time I need them. Last, but not least, my special thank you to my parents who supported me my whole life and to my beautiful girlfriend Anja - without her I would not be that man who I am today. In the most recent months, she gave me the best help she could give and everything else I needed! Thank you, Sweetheart!!!!

**TK:** Markus, thank you for giving this interview and all the best for the future.

The first WPO sanctioned Bench Bash for Cash held at the Peabody Auditorium was just as exhilarating as the first WPO Pro Powerlifting contest held in the same venue here in Daytona Beach. I have held four other Professional Bench contests that were sanctioned APF, but even though those contests were great, the sheer magnitude of this first WPO Bench contest overshadowed the past. I think that \$25,000 in prize money versus \$6,000 that was the norm for the previous contests might have played some tiny part in the lifter turnout. The BIG MONEY and the WPO's uncanny knack to present Powerlifting as an exciting - in your face - extreme sport that showcases the Superhuman Iron Athletes was equally as enticing as the money! Cream of the Crop is all that comes to mind when looking at the WPO bench press lineup: Ken Patterson, George Halbert, Dave Waterman, Anthony Clark, Rob Fusner, Beau Moore, J.M. Blakley, Tony Conyers, and Germany's own Markus Schick. If you wanted to bench with the best in world this was the place to be, and if you consider yourself one of the best there was no excuse not to be in Daytona on September 9th! Thirty one lifters in all participated in the event, some of them first timers so intrigued by the possibility of winning money that they had no idea how stiff the competition was. This contest was also filmed for television and will be broadcast on a southeast regional cable network.

I abolished the formula and devised system using a LWT. 132-165 lbs., MWT. 166-220 lbs., and HWT. 220 lbs. and over divisions. The weight class increments for the bench are the same as the Super Open weight class increments for powerlifting. There were five places for cash of the three weight class divisions: 1st, \$2,500; 2nd, \$1,000; 3rd, \$750; 4th, \$500; 5th, \$250. There were \$1,000 cash bonus for breaking world records in traditional

## WPO Bench Bash for Cash by Kieran Kidder, Huge Iron Productions



Hot Benchers ... George Halbert, Kenny Patterson, Dave Waterman

weight classes. As I said earlier, I eliminated the formula because it was getting to be routine with Dave Waterman always being shoe-in to win by formula even if he didn't have his best day. The new weight class divisions allowed fifteen benchers to win money, instead of only five, by formula, like in the past Bench Bash for Cash meets. Then, in order not to punish Dave Waterman for being so strong pound for pound or any other lifter that is untouchable by formula, I did a best bencher out the fifteen money winners by the Reshel formula for

\$1,000 so there could be a clear cut, best of the best overall winner out the fifteen. Starting with the light weight division in fifth place the veteran powerlifter, Anthony Conyers, who has always had a healthy bench nailed a solid 402 for \$250. The fourth spot went to another household powerlifting legend, Angelo Berardinelli, who has big bench for a lwt. He handled 467 fairly easy, but two of the referees thought he double pumped the bar at lockout. It was very close, and I thought it was a good lift myself though it didn't matter what I



Markus Schick jamming up 562, a new world record poundage. (photos courtesy of Huge Iron Prod.)

thought, because he still was credited with 424 and \$500. Third place went to a first timer, the little big man who has big time potential, Dean Ferrerio. Dean is from Fort Lauderdale and is about as tall as Markus Schick, who is only 4'8" inches tall. He did a smoke show with 429 and 457, but he beat the press signal and 457 was turned down. He beat Angelo by five pounds for the number three spot and \$750 - a great job Dean! In second place, it was Kent Spiers with a strong 435 and a miss at 478 on his third attempt. He was able to secure a \$1,000 dollar pay day. Nice job, Kent! Our number one man at the lwt. spot, who virtually destroyed his competition by over a hundred pounds, was the history making Markus Schick - all the way from Germany. Markus only weighed 152 lbs. and opened with an easy 496, and then he went to 529 which went a little shaky, but he got it and it was a world record. Then it was time for a third attempt, the weight was called "250 kilos," Russ Barlow said, "on the baaaaarr please," and I asked Russ how much weight is that in pounds and he said, "551 pounds, to re-break his World Record." The big crowd, adrenaline pumped from the heavy metal music, the beautiful Huge Iron Dancers and Card Girls, the smoke, and bright lights fell completely silent when they comprehended how much weight they were going to witness a 152 lb. dwarf bench press! When he approached the lifting area, the crowds silence quickly turned back to intense vocalizing in support this amazing little man. Markus eagerly jumped up on the sixteen inch boxes he must have in order to have his feet push up against something solid because his legs are so short. He literally has to have the spotters lift the bar off the bench racks and lower it down to him until he has control of the weight. He wobbled a little bit, regained his composure, and descended down with the weight and I have never seen a little person move 551 so fast in my life, whether be on the squat, bench, or deadlift! Then he did a fourth attempt with 562 just as effortlessly as 551, and stunned the crowd again! Markus' World Record, 562, gave him the greatest bench press ever done by Schwartz or Reshel formula in history! You're the Man, Markus! This massive history making attempt put the little big man in great contention to win best bencher out of the top fifteen money winners which I will elaborate on in the end. Now on to the awesome and very competitive middleweight division. In fifth place we had Joe Dougherty from Niagara Falls, NY with a big 518 and

**AAU Powerlifting Committee Press Release  
Reinstatement of the Substance Abuse Program**

The AAUPC wishes to reaffirm its dedication to the AAU's Code of Honor and the promise made by athletes that they "...will not take unfair advantage of an opponent..." To do this the AAUPC wishes to announce the reinstatement of our substance abuse program. We will be adding substance abuse rules one again for the purpose of preventing or deterring the use of performance enhancing substances. Athletes may review upcoming information as it comes available by going to [www.aasports.org](http://www.aasports.org).

The rules will define the program including the roles, responsibilities, and activities that are performed or prohibited by each party involved to help in the prevention of substance abuse. These parties being the 1) AAUPC, 2) a certified collection agency, 3) a certified laboratory and 4) the athletes.

The AAUPC will provide the opportunity for competition and will establish the rules, policies, and procedures for the substance abuse program. This program will have out-of-meet urinalysis testing of adults (those athletes 19 years of age and older). A member who fails and/or refuses to be tested will be disqualified and subject to penalties under the AAU Code Book, up to and including suspension.

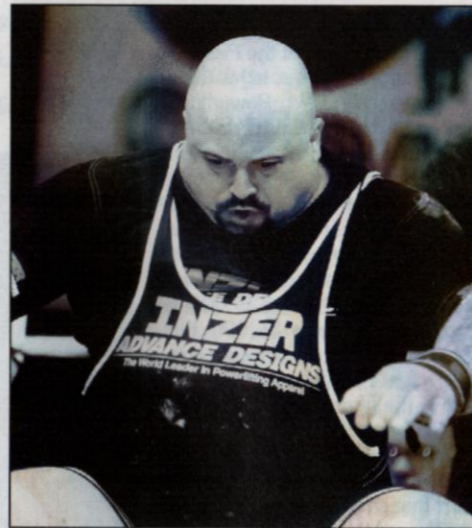
A separate independent certified third party would perform all collection responsibilities using their own protocol activities and technologies to execute their responsibilities. This includes the final selection of athletes, the collection of samples, the completing of any chain-of-custody documents. AAUPC members not being tested are not permitted to participate in these activities.

A separate independent third party certified laboratory would perform all analysis responsibilities of samples taken using their own protocol activities and technologies to execute their responsibilities. Results of these analyses will be reported to the AAUPC / AAU.

Athletes will have responsibilities as well. The AAUPC will require each athlete to sign a waiver of informed consent before competition begins. Athletes are responsible for complying with all instructions from the collecting process. During the collection process, athletes may contest the sample taken and another will immediately be collected. They are responsible for notifying the AAUPC of their desire to contest any results if a test is found to be positive. At their expense, they may request the second sample taken at the same time as the first be analyzed.

Respectfully, Harry Halverstadt, Chair AAU Powerlifting

\$250 clams. In fourth place, Rick Lawrence used all three attempts to get in the meet and finally hit 600 fairly easy on his third attempt and won \$500. In third place, surprisingly, was Dave Waterman - who was the reigning four time champion. He didn't have the stellar day that he usually has, taking two attempts to get his 630 (628+ record plates) opener and he missed 655 on his third, but that was enough for \$750. Second went to George Halbert, who did have a stellar day, smoking a 633 first attempt and a solid 650 on his second for a 198 lb. world record and \$1,000 cash bonus, and \$1,000 for coming in second. Way to go George! He also tried 661 on his third and stalled half way up, but the battle between he and Dave was very exciting. If Dave had asked for 650 plus the record plates like he did on his opener, it might have been the difference, instead of tak-



Travis Rogers was first place in the Heavywts.

ing the five pound jump and barely missing. This leaves us with the crowning of our middleweight champion, Kenny Patterson, who holds world records in the 275s, 242s, and now the 220s as well. Ken's attempts were all smoke shows - annihilating 622, 650, 672, and a fourth attempt of 683 for a 220 world record. Kenny's accomplishments earned him \$2,500 and

(article continued on page 75)

About two years ago I flew to Richmond, Virginia to hear Tom Dorsey, a stock market expert, talk about Point and Figure stock charting. This amazing man stood in front of us dressed in a simple sweat suit with just a glass of water in his hand - no microphone, no notes, no blackboard, no audio-visual aids - and he talked to us for three straight hours non stop. He absolutely enthralled an audience of two to three hundred people. I was totally spellbound by his presentation. I didn't understand a damn word he said about stocks and charting, but I loved every minute of it. Believe me, he is that gifted a speaker. When he wasn't talking about stocks, he said extraordinarily poignant things about hope, self-reliance, and the future. I remember his last statement. He said, "give people what you are, not what you have." And then he finally took a sip of his water and he walked off the stage. "Give people what you are, not what you have." I wanted to jump up and shout "YES!"

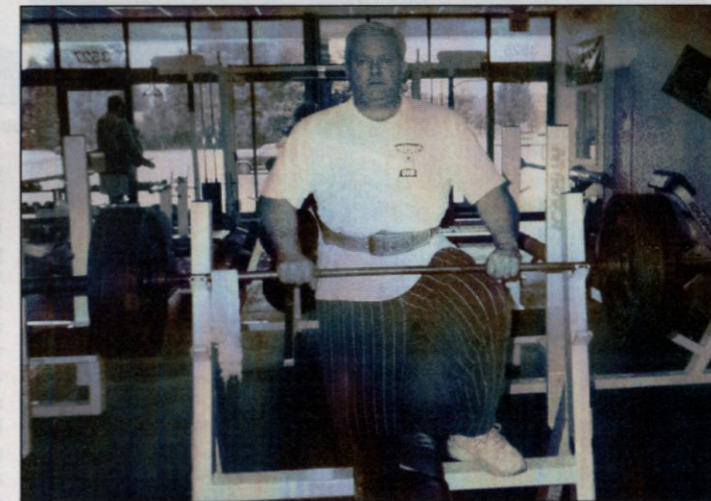
Since that time, I've had the opportunity to know Dorsey on a more personal level. He is no ordinary man. When I was working in professional baseball, I was around some of the wealthiest people in the world and when I worked as a sports psychologist I was around some of the greatest athletes in the world. I believe it is fair to say that I have met some really high-powered people in my lifetime. I am not easily impressed. Tom Dorsey impresses me.

First of all Dorsey is a "self-made man"; the type of man that all the world celebrates. He started at the bottom of the corporate ladder and through hard work and perseverance, climbed one rung at a time to the top of an empire. Incredibly he has performed this type of magic in a number of different disciplines.

Still, Dorsey is not the typical wealthy businessman who sits in an ivory tower counting his millions. In one sense Dorsey is a "jock," one of the athletically gifted whose performance is entertainment for those who find their sweat offensive. In the literal connotation of the phrase though, he is the supreme self-made man. Through intelligence, hard work, and an unconquerable will, Dorsey literally turned himself into a world class athlete, a world-renowned lecturer and author and a national television celebrity. He is also one of the countries most noted and celebrated stockbrokers. In fact, he has been referred to as the Nostradamus of the stock market. A title that illustrates his ability to predict with uncanny accuracy the imminent future of the stock market.

**Dr. JUDD**

**TOM DORSEY - Strictly World Class  
as told to PL USA by Judd Biasiotto Ph.D.**



Strictly A World Class Person - Tom Dorsey (Martin Miller photograph)

People who know Dorsey use words like "amazing", "unbelievable", and "unique", when they talk about him. There is a good reason for such high praise. What he has already accomplished few people would hope to accomplish in a dozen life times. For starters he is happily married with three children. As mentioned he is one of the country's most renowned stockbrokers. He is the President and founder of Dorsey, Wright, & Associates, a corporation which developed the first Stock Brokers Institute for training stockbrokers and money managers. He is a Masters national and world record holder in the deadlift and was a silver medalist at the masters world championships. Recently, the Wharton School of Finance Industry Association presented him with the "Distinguished Speaker Award," a nationally recognized honor.

Also, as mentioned, the man is a distinguished author. To date, he has written two books, *Point and Figure Charting*, and *Thriving As A Stockbroker In The 21st Century*, and he has also published well over a hundred articles for a host of national publications, including *The Wall Street Journal*, *Barrons*, *Fortune*, and *Bloomberg Personal*. Oh yea, he is also a FAA licensed hot air balloon pilot.

Tammy DeRosier, a colleague and close friend of Dorsey's, believes that he has no equal when it

comes to performing at an elite level. "Tom is an absolute Renaissance man. I've never seen one person succeed at so many different things. From being a winner in the stock market, to writing best selling books, to lecturing, to setting world records in powerlifting ... it seems like everything he attempts he comes out on top. It's as if someone beamed him down here to teach us lesser folks how to be successful."

Dorsey's business associate, Watson H. Wright, concurs with Dawson. "Tom is an amazing individual. First of all he has revolutionized the way people look at the stock market. His method of using Point and Figure charting has taken a high-risk business and made it manageable for literally thousands of people. That accomplishment in itself is extraordinary. Add to that the fact that he is an accomplished athlete, writer, and lecturer and you have someone who is of a remarkable degree."

Don't get the idea however, that Dorsey was thrust into greatness with superior genetic gifts. In fact, quite the opposite is true. He has no special gifts that God gave him. He's not an Eddie Coan or an Albert Einstein; he is just an ordinary guy, who made his dreams become realities by hard work, determination, and resolve. In this respect, he is an inspiration to every man who has a dream and is willing to work hard to

realize that dream. Now this may sound odd, but what I have just reported is not what impresses me about Tom Dorsey. Now I'm not saying that what he accomplished is not remarkable or inspiring. In reality what he has already achieved is a fantasy for most men. He's great and all that, but what really impresses me about him is that he is a man who gives himself totally to others. I'm serious - he is quick to give his time, love, and energy to whoever needs him. In fact, he is one of the most giving human beings you could ever imagine and one of the most loved.

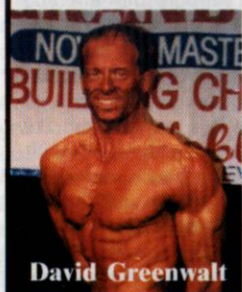
Listen to what Dorsey's former training partner, Crispin Maung, had to say about him. "Forget that Tom is a great athlete or a successful businessman, what makes him so special is that he is constantly giving a hand to other people. If he is not helping someone in the gym, he is helping someone at work or online. He doesn't even know half the guys he helps out. He is always reaching out to people. His entire life is one of giving and sharing. I've never met a nicer guy."

Categorically speaking, Dorsey is the antithesis of what most successful athletes and business entrepreneurs are today. While most people who have savored the fruits of success are pompous and self-centered, Dorsey is self-effacing and altruistic. He is a man who is concerned with humanity not prosperity. "My goal in life is to help people," states Dorsey. "It's not about money, notoriety or prestige, it's about helping people to establish their own independence. My golden rule is people first - things second."

Of course, Dorsey is right. This is the way life should be. We need to treat each other the way we want to be treated. We need to reach out, show compassion and love for each other. It's the only true means by which we can perceive ourselves and grow from the experience. The great Chinese philosopher, Lao Tzu, wrote that, "Kindness in words creates confidence, kindness in thinking creates profoundness, and kindness in giving creates love."

"Give people what you are, not what you have." That statement exemplifies the type of man that Tom Dorsey is. Without question he is strictly world class.

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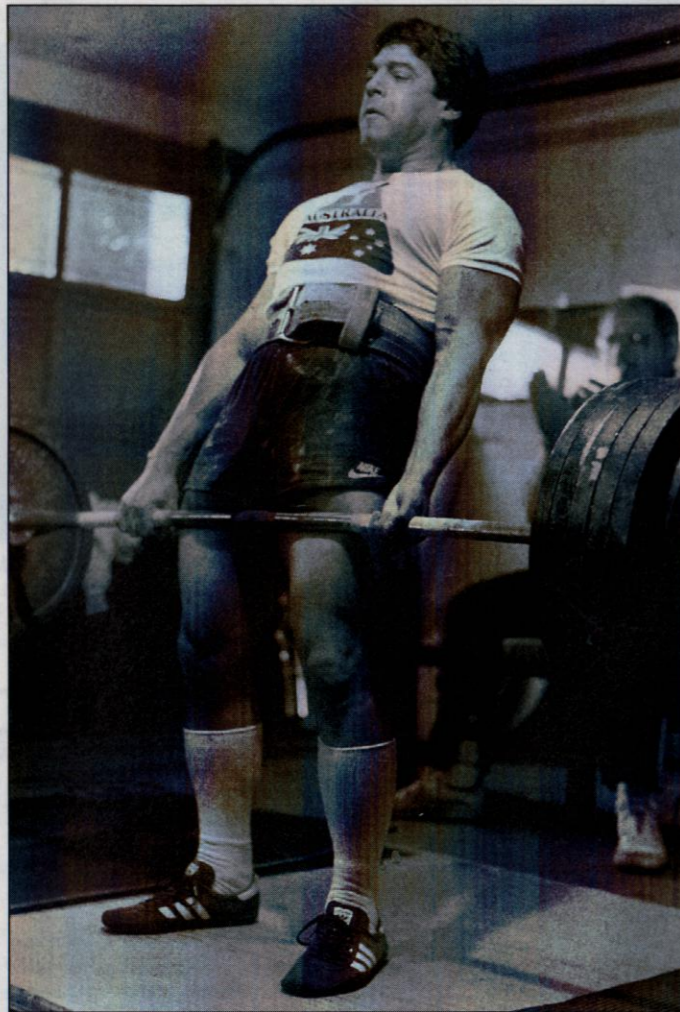
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In 1978, I became aware of *Powerlifting USA Magazine*, although at that time, it was a Xeroxed collection of pages that were run off and then stapled together in Mike Lambert's mother's house. I was impressed enough to call Mike and he stated that he remembered me from a meet in Southern California in the late 1960s. We became fast friends immediately and I began to contribute to what was the only true vehicle of coverage for the sport of powerlifting. My first few articles were titled, by Mike, "Back Then" as I explored my infusion of powerlifting knowledge from the original Westside Barbell Club group and at Zuver's Gym in the late 1960s. I supplied Mike with a lot of material, more than he could use in any one issue and in April of 1979, the heading on my article said merely, "More From Ken Leistner" as in, "here's yet another piece he wrote and sent to me". Since then, except for a self imposed hiatus of a few issues in 1988, my monthly column has appeared in *Powerlifting USA* without fail and often, it was accompanied by one, two, three, or more additional articles in a single issue. In short, Mike gave me every opportunity to express my thoughts and opinions about powerlifting's many facets. Now, jump to the year 2000.

In conversation with one of my patients, a gentleman who owns and operates parking garages in New York City, I made what I thought was a facetious comment about the difficulty in finding reliable help. I said, "How difficult is it to get employees to show up every day, on time, and not smoke crack in the stairways on their breaks?" He very seriously responded, "Oh, I don't mind them smoking crack in the stairways, I just can't allow them to do that when they're in a customer's car". After I picked my jaw off the floor, he explained that young people do not want to work "regular hours", and feel as if they need to make at least three or four times what they could if they were on welfare or some other government subsidy program in order to make working at any job worthwhile.

Go to the summer of 1997. I am in attendance at a powerlifting contest - one in which I am announcing - and one that is being run by what is supposed to be a drug tested or "drug free" organization. In conversation with three lifters, ranging in age from perhaps early twenties to mid thirties, I am told that they have all taken an ephedrine containing legal supplement, all religiously consume creatine and perhaps six or seven other daily supplements in addition to multiple and copious

## More From Ken Leistner



Dr. Ken Leistner deadlifting 573 back in 1983 (Kathy Leistner photo)

amounts of vitamins and minerals, and that when the "gains slow down", they either add, subtract, or juggle the volume and type of supplements they take. "And", I am told, "if I'm really dragging the week or so before a meet, I take extra ephedrine with guarana", the latter a molecular analogue of caffeine. I can only feel like an over the hill fool and walk away.

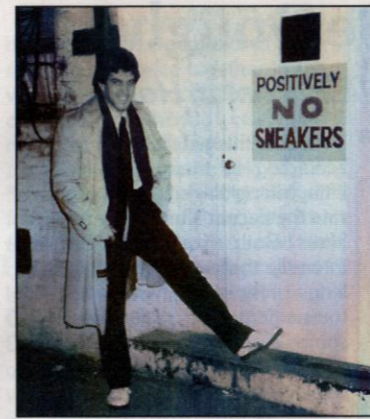
I'm at Iron Island Gym, which at the time, I own. It is the spring of 1998 and two of the competitive powerlifters, both steroid users, immediately cease their drug related conversation when I approach. They aren't aware that I heard the final five minutes of their discussion, one in which they were debating the relative merits of one type of

imported-from-Europe drug over another. I noted that "neither of you knuckleheads have made much progress in over a year. Do you think it's time to worry more about your training and the intensity you put into it rather than your combination of drugs?" I am met with grins and silence.

What does this have to do with "More From Ken Leistner" in *Powerlifting USA*? What does my disappointment in what I see as an entire generation or two who have sought an "easier" way to achieve their goals have to do with anything? And does what sounds like some old guy bitching and moaning about the deficiencies of the youth of today have any relation to powerlifting or anyone else's life out

there? Well, I don't think I'm bitching, just observing and commenting. Every successive generation since those who fought in World War II and Korea, have been a disappointment to the one that came before them. Smarter - but lazier; more knowledgeable - but less willing to apply themselves and that knowledge; slicker and street smarter - but using that type of "wisdom" to "get over", to look for an easier and faster way to get things done with little concern for the process, only with the bottom line. Perhaps I'm no different from those who came and went before me, but, unfortunately, I see the trend continuing and getting stronger. This is a trend I've touched upon in these pages and elsewhere for years but now, it's no longer the minority, it's no longer an undercurrent - it is the sport, it is our culture.

It has to be faster, it has to be now and immediate. The virtue and self satisfaction that comes with hard, consistent work, with experimentation, with finding out what does and doesn't work, and the admission that perhaps one can only go so far but can enjoy the journey, is seen as bullshit sentiment and a fool's view of both the world and the sport of powerlifting. Certainly, one has to work "hard" to achieve anything in this sport. The weights don't jump off the ground when you walk up to them and one has to get stronger and stronger through training in order to make better lifts, higher totals. However, there is no doubt that most no longer stay in the sport after they realize that they've gone as far as they can go. If they can't "be the best", they'll do something else. The "satisfaction in participation" is seen to be the province of wimps. Few stay on to lend their time and energy as loaders, spotters, administrators, and referees. Many meets are no longer local affairs, an opportunity that is presented expressly or primarily for the lifters of that area to compete and show their wares to family and friends. No, everyone wants to be the boss man meet director, the baddest of the bad, with the biggest trophies, the most competitors, the most coverage in *PL USA*, and, of course, the heaviest lifts ever made. This has given rise to the "fake record" fiasco, where association after association attracts lifters to their meet with the understanding that records will be made, possibly by that lifter, him or herself in the flesh, if only they'll plunk down what has become an exorbitant entry fee. Of course, the entry fee is worth the possibility of being known, if only in the (choose one: city, state, country) as the strongest (choose one:



Dr. Ken challenging the dress code.

squatter, bencher, deadlifter) and who cares other than old guys like Dr. Ken and other fuddy duddies if the records aren't close to being legitimate. Can't really squat that weight deeply enough? Fine, we'll change the rules to read that you don't have to and then, believe it or not, you don't even have to go as low as the new, more lenient rule asks one to. The result? A slew of records in the squat that garner my respect for being able to stand with the kind of huge weights that were lifted off of the rack or Monolift, but nothing past that - because it's obvious that there is no way those squats were done in accordance with the rules that most lifters labored under for decades. The bench press? Well, you're supposed to pause, no matter how the organization has written the rules, then lock out completely and, of course, usually lock out in a manner which demonstrates that you controlled the weight all the way to the top. After twenty nine "issues" of *Powerlifting Video Magazine* tapes, it's obvious that some very, very, strong men who really can bench a lot, are being credited with a lot more than they deserve, and if required to make the bench press as others have been asked to for decades, they couldn't. I could say the



Dr. Ken announces at one of the Iron Island Gym competitions.

same for the deadlift, but why go on?

Enough complaining? I agree. I have no solutions, because none are sought or wanted by the powerlifting community. My message is a tired one. The virtue and value, the real value of working hard in the gym, of enjoying every rep of every set, of traveling to meets for the sole purpose of trying to do your best on a given day against others who feel the same, of actually showing up and competing, even if you're not "quite right" or at your best physically or psychologically, of walking out of

the gym or away from a meet with the inner glow that comes from just "doing", from just "trying" is long dead and buried for most. That message is seen as archaic, the antithesis of creatine, ephedrine containing supplements, what I would term legalized anabolics like andro, the multitude of supportive equipment items made of materials that allow increases in the numbers done that are astounding relative to lifts that could be made without the supportive attire. I admit it, I'm a throwback, a dinosaur, in the sense that my time, relative to the wants and perspective of this culture, is long gone.

I have made many friends and acquaintances through my involvement with powerlifting and especially through my writing for *Powerlifting USA*. There are many I continue to correspond or talk with weekly or monthly. I have certainly learned a tremendous amount from the exchange of information that I was part of for almost twenty two years, information that allowed me to train and compete and help others do the same. Any contribution I have made to those who I have trained and/or coached and/or handled who have achieved national and world championships and/or national and/or world records (and there have been many) came from what I learned as the feature editor of this magazine. Unfortunately, I see things I don't like, a reliance on things other than hard work, camaraderie, enjoyment, and love for the sport of powerlifting and the desire to be stronger. I'm taking my bitching and moaning, my old man complaints, and packing them away. I've enjoyed my two decades plus association with *Powerlifting USA Magazine* but know when it's time to move on. The time has come. This will be the final "More From Ken Leistner", less a final statement, than a reminder that I've enjoyed it, enjoyed the game, and hope others find a way to do the same in a sane and healthy manner.

It has been a rare association, the one between *POWERLIFTING USA* and Dr. Ken Leistner. When you think of it, what fortunate few relationships of any sort last more than 20 years, especially these days? Ken has contributed his experiences and thoughts to thousands of *POWERLIFTING USA* readers, month after month, year after year, decade after decade. That, just in itself, is an extraordinary mark for a man who gives and gives and gives of himself, simply to help others achieve whatever personal success they are destined for in the World of Weights.

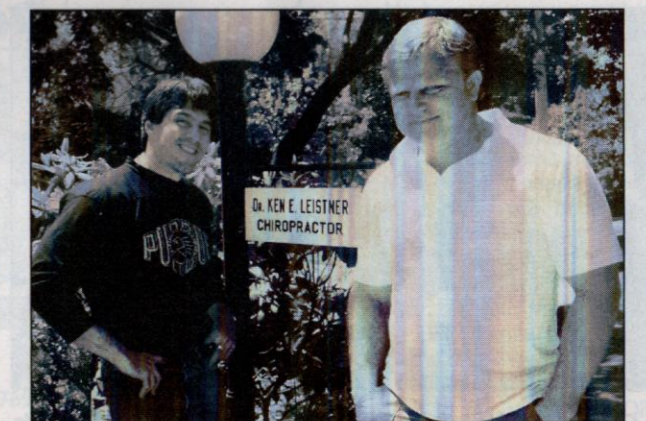
Ken has been more than a contributor to the magazine. I've had the privilege of being one of his many friends for over 20 years. We've shared company and thoughts on matters well beyond the sport of powerlifting. During the years I've known Ken, I've always been struck by the way in which he has encountered more than most people's share of personal challenges. A perceptive reader might have gleaned an inference or two about such things after reading Ken's column consistently for a number of years, but otherwise you couldn't imagine the many extremely tough issues Ken has had to deal with. I won't try to list them all for you - many of them are Ken's personal business and will never be passed along from me to anyone else, and there are other matters that I've only heard hints of, even after 20 years. In general terms, I can assure you that virtually every conceivable family-related heartbreak you can think of has affected Dr. Ken in one way or another. Often times I have wondered why "everything" seemed to happen to Ken, and how could he keep handling it so

well, and then some new problem would come along.

The most remarkable thing about Ken is that he has met these challenges with dignity and he has persevered along a positive course, despite it all. Many is the time when I thought that anyone could excuse Ken if he went off the deep end - yet he wouldn't or couldn't let himself do such a thing. Despite plenty of chances to not do so, Ken has done the right things with his life, and he is surrounded by a wonderful family, a fine professional career, a great home filled with love and laughter, and literally thousands of friends and associates whom he has been able to help at one time or another.

Powerlifting is a simple structure of events, designed to determine who is "strongest", but isn't there more to the word strength than how much you can squat, bench, and deadlift. What about strength of character? How do you react when life smacks you in the face one day, and then does it again the next, and then again, and again. What about the kind of strength it takes to get up after being knocked down too many times to count, and continue on the path that you know is constructive? It has been a rare association between Dr. Ken and *POWERLIFTING USA*, and an explicitly great honor for me to have worked with him, because when you total everything up - squat, bench, deadlift, guts, kindness, consistency, deep concern for the welfare of others, intellectual independence, and the willingness to get back on his feet after one personal "knock-out" punch after another, who is a stronger man than Dr. Ken Leistner?

Thank you, Sir.



Dr. Ken & Mike Lambert at his original chiropractic office

Humans are said to be creatures of habit. Successful athletes have, in many instances, adapted this natural characteristic into routines which, they claim, translate into formulas for winning.

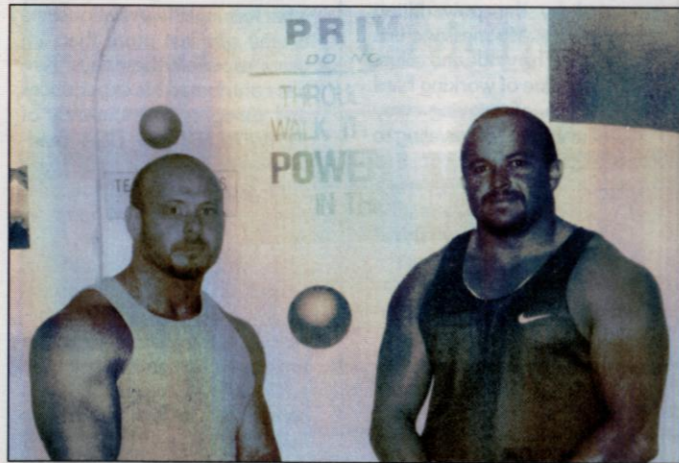
For reigning 165 pound world champion powerlifter Angelo Berardinelli and his powerlifting friend Joe Dougherty, Adam's Place restaurant in Euclid, Ohio is the place to be every Saturday at 12:30 P.M.. Is it the eggs, hash browns, and bacon or is it the great service ("Where the heck is the waitress?" "Jeez! Where is she?") that brings Joe Dougherty all the way from Niagara Falls, N.Y. and Angelo Berardinelli from Painesville, Ohio to this little breakfast place every Saturday? I'm sure that an appetite sets in after their trips, but a closer look at the company they keep at Adam's Place offers a better clue. Regularly joining Angelo and Joe are fellow Black's Health World powerlifting stablemates A.J. Henderson, John Joseph, and Mark Burrows. For these successful athletes, Saturday breakfasts have become an important part of their routine. Plates full of breakfasts are devoured while jokes and wisecracks are interrupted only by laughter. Training tips and recent training innovations are occasionally brought up in conversation, only to be interrupted by more laughter. Between 1:30 P.M. and 2:00 P.M., this powerful group of friends is usually out the door and, twenty minutes later, in a door that states "Through This Door Walk The Strongest Powerlifters In The World" at Black's Health World.

Six years ago before Joe Dougherty, 29, walked "Through This Door...", Joe claims: "I didn't even know what powerlifting was. I worked out, but I wasn't really aware of powerlifting as a sport and a training regimen." That changed when Joe met Angelo Berardinelli at Black's. "Joe, working as a utility lineman, was temporarily assigned to Cleveland and was looking for a



The Gang at Black's ... front - Joe Dougherty, John Florio, Angelo Berardinelli, and Mark Burrows; back - Len Mintus, Fabian Wambsgans, Dan Zenisek, A.J. Henderson, John Black, and Paul Urchick.

## Angelo Berardinelli and Joe Dougherty A Powerful Friendship as told to Powerlifting USA by Roman Horodysky



Two of the Strongest PLers In The World ... Angelo (lt.) and Joe (rt)

place to work out at. He found Black's, and that's where he found me. Soon, he found out that I and the rest of the powerlifters at the gym were training differently than bodybuilders, and he became interested." Angelo has trained at Black's Health World every Saturday, sometimes once during a weekday, for over ten years. He also trains two or three times a week at Results Gym in Mentor, Ohio, closer to his Painesville home. Angelo, 34, has competed in powerlifting tournaments since the ninth grade in high school. "The years leading up to now were spent learning, through trial and error, the best ways to train for powerlifting success." Obviously, with consecutive World Championships to his credit, Angelo has found his formula for success. Consistently totaling over 1700 pounds as a 165 pounder, Angelo is now the strongest lifter, in his weight class, in the world.

Through the friendship that they have cultivated at Black's, Angelo and Joe have become best friends.

"Angelo has really helped me out with my training and, outside of the gym, with everyday things. I've saved years of trial and error experimentation by listening to Angelo and by applying his training principles to my routine." Angelo was Joe's best man at his recent wedding, while some of Joe's other friends from Black's powerlifting team rounded out the rest of the wedding party for the groom.

Both Angelo and Joe give great credit to, and are great believers in, Louie Simmons' methods of training the powerlifter. I personally witnessed Joe Dougherty's spectacular performance at the Westside Invitational, this past February, where he won the best lifter award for the lighter weight classes with a gargantuan 1875 pound total at 181 pounds. Joe attributes his tournament success to Louie's system of training. (Please feel free to consult PL USA's April 2000 issue for an excellent overview of specific training methods used by Joe for tournament preparation). The amazing thing about Joe's performance in February was that he dropped from the 198 pound class to the 181 pound class and became stronger.

Before Angelo and Joe began learning from Louie, a powerful foundation was laid at Black's by the likes of veteran greats John Florio, Len Mintus, A.J. Henderson, and, of course, John Black himself. These gentlemen, and the other powerlifters at the Cleveland gym, continue to offer Angelo and Joe inspiration, friendship, and laughs.

Training routines notwithstanding, Angelo and Joe are very introspective and honest in their perspectives when analyzing their re-

markable lifting abilities. There are, according to them, certain non-lifting intangibles involved that separate the decent lifters from the elite lifters. Both agree that a fearless intensity that welcomes the challenge of more and more weight at tournament time really separates some lifters from others. "If you have any doubt or are afraid - you're done!" Angelo states further, "You really have to want to do the weight. It's fun! When you're in a zone, you're not thinking of fear or of failing. There's a rush you feel and you just do it."

Although excellent training and mental toughness are essential to the successful powerlifter, Joe adds another factor that has contributed to both friends' successes and to the successes of their other powerlifting friends. "Our wives and girlfriends are all very supportive of our involvement in this sport. All of them work out and they have an understanding of what it takes to do what we do. I mean, there are girlfriends and wives out there who don't want their guys going to a gym. We are very fortunate not to have that problem. So support is definitely very helpful to us."

The comfortable camaraderie shared by these two friends, and the other lifters at Adam's Place on Saturdays, offers another key to their successes. "There are usually about fifteen different guys whom I may have a chance to train with at Black's and the important thing is that we all get along. Look at Joe's wedding. Most of the guys that we lift with were there. We've developed a friendship through lifting and its nice to keep it going."

Both Angelo and Joe plan to keep going to and winning major tournaments. Next, on their lifting itinerary, is a trip to Florida for the WPO Bench Bash in September. Following Florida will be a trip to Las Vegas in November for the APF Senior World Championships where several others from Black's Health World, including John Black, will compete against elite lifters from all over the world.

"Relaxing and smoking a couple of cigars is real important too," adds Angelo. "It's true that we're really focused and intense during a lift and we make sure that we train right, but relaxation and enjoying time with friends is also very necessary. Unwinding at clubs, cigars, and a couple of beers is also part of the routine."

Kids, don't try this at home. But keep lifting!

The year was 1908. The London Olympics. One hundred thousand fans crowded together in the west end of London, England to cheer on the runners in a celebrated marathon race. Italian runner Dornado Pietri led the field to the finish line and apparent victory. A few yards short of victory, with the finish line in sight, Pietri stunned the crowds (and his trainers) by collapsing from exhaustion/dehydration! Course official Sir Arthur Conan Doyle (of Sherlock Holmes fame) quickly stepped onto the course with another well-meaning official and pulled the exhausted runner to victory. Almost. Pietri was, of course, disqualified for using "external support". No gold medal, and, in fact, no medal at all.

How much help is too much? Nowhere is this more hotly debated than in powerlifting! There is no easy way to broach this topic, since there are so many diametrically opposed screamers.

The only reason it comes up is that recently I received an e-mail asking "why I was opposed to equipment?" Opposed to equipment? Where did this question come from? (It was apparently in response to a comment on my part about the fact that even competitive powerlifters typically train most of the year without support gear.)

Does this comment make me "anti-gear?" I hope not. I wear squat suits, knee wraps, lever belts, buckle belts, wrist wraps and everything else I can find - in training and in competition. HOUSE OF PAIN sells Inzer supportive gear, so I am handling it on a daily basis. I firmly believe in the "proper use" of the "proper equipment."

Does proper use mean wearing a bench shirt year round? Not for me, but it does mean that to Tiny Meeker. He wears a bench shirt, off and on, almost year round and has benched 639, drug free, as a result. That is monster in my book, and I saw the lift. Yes, this was on a platform, in a meet - not at the local gym. Ditto for his training partner, Big John Stewart - who benched 622 in the same meet. (Update: Tiny just benched 661 @ 282 lbs. bodyweight at the WPO meet in Daytona Beach!)

Does proper use mean waiting until the last week or two before the meet and then putting on "the gear" to see where you're at? Not for me, but it has meant that to Alan Schwerdt, who trains with me, and he is stronger than I am. True, Liza Minelli is a little stronger than me, too, but I don't know how she trains. I just know that I have to get used to the feel/groove of the support gear over at least 6 weeks. Longer is better.

## Weapon 14: Proper Equipment (What, How Much, and When?) as told to PLUSA by Rick Brewer, House of Pain



When's the right time to incorporate equipment into your training?

Perhaps the timing factor of proper use is decided by trial and error, on an individual basis. Try every method. Then decide. How can you argue about that? What, then, is proper equipment?

Remember when we discussed Sir Earnest Shackleton's voyage to the South Pole (a few months back)? It wasn't Shackleton's first rodeo in

the Antarctic. He was part of the celebrated English South Pole expedition of 1910, when Sir Robert Scott took a 60 man crew to claim the 7th continent for England.

They raced against a Norwegian team of smaller proportions. But the Norwegian team had decided (through long experience) that they would travel by dog sled. Scott

relied on horses, as was considered smart and safe in those days. Roald Amundsen led the Norwegian group, and wrote this in his journal: "the English have loudly and openly told the world that skis and dogs are unusable in these regions ... we will see."

The Norwegian team set out from the uncharted Bay of Whales about 400 miles east of Scott. The world awaited news of their defeat. Everyone knew Sir Robert Scott would win this race, he had prepared for it his entire adult life.

In January 1912, the advance men of the British group reached the South Pole. Unfortunately, they reached it on foot, their horses long dead from exposure and injuries. They reached it to find a Norwegian flag flying, left tied to a sledge by the victorious Ronald Amundsen, the first human at the South Pole! Scott wrote in his journal what they found at the South Pole by the flag: *the remains of a camp; sledge tracks and ski tracks going and coming and the clear trace of dog's paws - many dogs. This told the whole story. The Norwegians have forestalled us and are first at the Pole... All the daydreams must go; it will be a wearisome return.*

The British team made a valiant effort on the return trip, but the advance men (including Scott) froze to death about 2/3 of the way back. Lack of food had weakened their internal fires. They were 11 miles from their next food drop, an insurmountable distance on foot in that climate. A dog sled can cover that distance in about 2 hours. Scott learned a lesson, but died in the process.

Remember Sir Earnest Shackleton's return to the South Pole? He had learned Scott's bitter lesson, and he returned (to the South Pole) with DOGS. He returned with so many dogs that when times got tough they were able to eat many of them for food. He took plenty of dogs, because he had learned that they were the proper equipment.

Maybe proper equipment is decided by trial and error, on an individual basis. Try every type. Then decide. How can you argue about that? I know - some of you can argue about anything.

And if you haven't made up your mind before the next powerlifting meet in your area, better take a dog just in case.

NOTE: We still need info on hardcore gyms. Send photos and info. ARE THERE ANY REAL GYMS LEFT? (I know of a few.) If you know of one, e-mail info to me at Rick@houseofpainironwear.com or mail it to me at HOUSE OF PAIN, P.O. BOX 333, ROCKWALL, TX 75132

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Results speak louder than words! A PR Bench in a meet can be the greatest feeling a power lifter can feel, whether it's the IPF Worlds or a local meet. We all still seek the grail.

It's about *Science*. For years, we have read all of the theories out there on how to obtain the big three: size, strength, and power. Being open-minded to new ideas is a great way to obtain knowledge. However, without scientific backing for all of these theories, it just does not work. If you are a natural novice (which makes up most of the world's powerlifting population) I doubt that the program designed for those individuals who choose to use steroids (or 2 squat suits and 3 bench shirts) will work for you. Unfortunately, a clear line has not been drawn in our sport to differentiate between the real and the surreal. It is like comparing the WWF to NCAA wrestling. If you are a real lifter, READ ON!

**Definitions**

1. **Size:** Size is muscular hypertrophy, which, simply put, is added usable protein inside your muscle cells. This protein helps your muscles contract so you can move more weight. When you look at your program make sure you look at your muscle gain vs. fat gain. Get your bodyfat tested every four to six weeks by a certified fitness professional to see what your real results are. It is safe to say that the best body fat percentage for a powerlifter is between 8 to 15% (depending on your genetics). It is best to know what is going on in your body. Sometimes fat free weight gain is H<sub>2</sub>O, but you must enjoy your fluid-filled muscles because that adds leverage. Know your real results.

2. **Strength:** Maximum Strength is the amount of force that a muscle or a group of muscles can exert in

# The BENCH

## Program Design for Size / Strength / Power - "A Guide for Drug Free Bench Pressers"

as told by Joe McAuliffe Bs, MA, CSCS



**A Great Environment = Great Intensity!** Joe McAuliffe's Saturday Bench Buddies: (left to right) Mark Maher, Joe McAuliffe, Travis Rossler, Bart Lombardi, and (kneeling) Andrew Watkins, who do their training at Joe McAuliffe Traing Systems, Inc., 766 Shrewsbury Ave., Jerral Office Plaza West, Tinton Falls, NJ 07724, 732-450-9590

one all out maximal effort. A maximal deadlift is the best demonstration of strength; look how long it takes when a bench press with a good shirt on. It is a much faster lift. This is more a demonstration of power. Remember the majority of the assistance from the bench shirt

is in the first few inches of the lift, so it is the lockout that is the key to most shirt assisted benches. Make sure that your triceps are strong!

3. **Power:** Power can be simply put as fast or explosive strength. When training for the bench press, you must train for optimal bar speed as well as strength, so that you can achieve the best results. You must have strong muscles, tendons, ligaments, and bones to withstand the heavyweights for competition. Stay injury-free. However, it is the speed of the bar through the sticking point that often makes or breaks a great bench press. That is why I am sold on the benefit of training with the resistance bands. It allows you to lift fast through the sticking point.

**Variation**

I believe that the changing of your program every 4 to 6 weeks is the key to success. You have asked yourself. How do I change it? What exercises? How many sets or reps? How much weight?

Let's stop the insanity and make some simple sense out of a very complex science. Here are the things that I look at every day as an exercise physiologist when designing a program for my elite athletes, rehabilitates, or my 90 year old grandfather.

- Mode** - What type of exercise
- Frequency** - How many times per week
- Intensity** - What percentage of my max that day
- Duration** - How long is my workout

\*Core lifts cycled

weeks	reps
1-4	10-12
5-8	8-10
8-contest	6-8

These are assistance exercises

**PROGRAM EXERCISE CHOICES**  
BEGINNER INTERMEDIATE

DAY 1	DAY 2	DAY 3	DAY 4
-BP -DECLINE -MILITARY  SN RAISE -DIPS(WT) TRICEP EXT CRUNCHES	-PULLUPS(WT) -RVRSE GRP PLDWN -BARBELL SHRUG  LOW ROWS REVERSE HYPER BARBELL CURLS HNGING KNEE RAISE	-CLOSE GRIP -INCLINE DB PLATE RAISE  ROTATOR CUFF HEAD BANGERS ROPE EXTENSION SIDE CRUNCH	-CHIN UPS -PULL DOWNS DB SHRUG DB ROW HYPERS DB CURL SIT UPS

**SOME TYPICAL BEGINNER/CYCLED BP**

Week	Sets	Reps	% of 1 RM	Notes
1	5x	10	50	
2	4x	10	55	* Try Gradual Progression on all Assistance Lifts
3	3x	10	60	
4	3x	10	65	
5	5x	5	70	* All abdominal and lower back exercises
6	4x	5	75	3 sets of 15-25 reps
7	3x	5	80	
8	3x	5	85	
9	3x	3	90	
10	2x	2	95	
11	CONTEST		100	

**INTERMEDIATE**

Week	Sets	Reps	% of 1 RM	Notes
1	3x	10	60	
2	3x	10	65	
3	3x	10	70	
4	3x	8	73	
5	3x	8	76	
6	3x	6	79	
7	3x	6	82	
8	3x	4	85	
9	3x	4	88	
10	3x	3	91	
11	3x	3	94	
12	3x	2	97	

**5. Volume - Set, Reps, and Weight (tonnage)**

**Mode:** Obviously, the best type of exercise for the bench press is the bench press and other free weight exercises. I feel the medicine balls, rubber bands, and other toys allow you variation for power.

**Frequency:** I have seen lifting programs where a muscle group is trained 1-6 days per week. All individuals recover differently. The only way to know which ones work for you is to experiment.

**Intensity:** For that day you must pay attention to how you feel. This is the natural lifter's best asset to insure progress and avoid over-training. Thank you to Rob Wagner for waking me up to this topic. A scenario: let's say that you are a 500 bencher and you are 3 weeks out. You have planned to do doubles with 485 for that workout. It just so happens your car broke down the night before on your way home from work. It was two hours before the tow truck arrived. You go home to no air conditioning in the humid New Jersey summer. There is a message on the machine from your girlfriend breaking up with you. You forgot your water bottle for work. You have poor nutrition. You are stressed out. You are tired. Are you 100% that day? You need to lift. It is the only day your partners can put your shirt on so it is better to go a little lighter or just to do a single with 485. On the fly adjustments will enable you to prepare for the meet no matter what life throws at you!

**Duration:** How long are your workouts? How much time do you spend resting between sets? I rec-

ommend between 1 and 2 hours per workout. Some research has shown that testosterone levels start to decrease between 60 and 90 minutes. You must account for warm-up time. I'm 35 and it usually takes me at least 20 minutes to feel warmed up enough to hit my big work sets. For the best strength and power results you should rest 1 to 3 minutes between sets. Pending individual fitness level, age, and/or number of people in your group. When in doubt, rest more for your bench press sets, and, if you need to shorten it up, do so on your supplemental lifts. When training for a meet, I sometimes spend 90 minutes on the bench press between wide grip, narrow grip, bands, and dumbbells. If it is longer than an hour and a half and you have done your bench pressing ... go home.

**Volume:** This is the amount of work you do. I only calculate this for my core lifts, I feel it is important for young lifters to pay close attention to this. If you have done 400 for 3 sets of 5 reps your bench press volume for that day would be 2000 lbs. x 3 sets or 6,000 lbs. As the meet gets closer, your volume should be lowering because your intensity is getting higher. INTENSITY UP - VOLUME DOWN

In Closing, I believe that the individual art of program variation every 4 to 6 weeks is the key to developing a program that works for you. I would like to thank God, my family, and my friends for all of their support. After all is said and done, I will let my bench press do the talking, so look for my bench press book so that you can do the reading.



Joe being spotted in his facility by Bart Lombardi (photos from Joe)

**ADVANCED**

**Gradual Peak Power Cycle -- Power Bench Press**

1 RM = 1 Repetition maximum without Bench Shirt

B = Heavy Blue G = Green 2xB = 2 Heavy Blue Bands

Week	Sets	Reps	% of 1 RM	Bands
1	10x	3	60	B
2	8x	3	64	B
3	6x	3	68	B
4	3x	1-2	90	Shirt
5	8x	3	60	BG
6	6x	3	64	BG
7	5x	3	68	BG
8	3x	1-2	95	Shirt
9	6x	3	60	2xB
10	5x	3	65	2xB
11	3x	1-2	99	Shirt
12	CONTEST			

**DAY 1**

	Sets	Reps
BLU BAND BP	10x	3
BANDS CLS GRIP	5x	3-5
DB BP	3x	8
RVRS HYP	3x	10

**DAY 2**

	Sets	Reps	% of 1 RM
BP (pause)	3x	8	50-60
MOD GRIP	3x	8	Light
PLL DWN	3x	8	Heavy
SHRUGS	3x	8	Heavy
HEADBNG	3x	6	Heavy
DB CURLS	3x	8	Heavy
ABDOMIN	3x	15-25	Heavy

\* IF YOU ARE LOSING SPEED LIGHTEN WEIGHT

A short while back I was at a work-related seminar on increasing personal effectiveness. During the session, the world famous instructor asked the question 'How should we approach our weaknesses?' Well the usual answer came up from the crowd saying 'we should work them harder, until they are no longer weaknesses.' To the amazement of the class, the teacher said 'forget about your weaknesses, throw them away. Everyone has weaknesses, even Tiger Woods. His are just not in golf. You just don't hear about those.' This was an unusual and novel approach to the subject of weaknesses. Being a student of powerlifting, I saw this approach has some significance to the lifter also.

With the three lifts not necessarily overlapping in muscle usage, many lifters have weaknesses in one lift. Long arms are great for deadlifting, not so good for bench pressing and visa versa. The usual approach is to work the weak lift more, which usually results in over-training and further weakness and frustration in the lift. Increasing the quantity of effort can be a detriment in lifting due to lack of recovery, so that is not always the answer. First of all, we can not throw away a particular lift, not train it or not take benches at a meet because we deem ourselves sub-standard in it. So what

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Working on Your Weaknesses as told to Powerlifting USA by DOUG DANIELS



Tom Eiseman emphasized his strengths in order to optimize his total

are the best ways for a lifter to address his weaknesses?

Let's look at the over-training issue again. Adding more training is the most common plan of action. For example, if a lifter feels he is weak in the bench, he usually adds sets of assistance work like inclines, declines, close grips, tricep press-downs, overhead presses and dips, not to mention more sets of benches. What usually happens is the lifter eventually overtaxes his recuperative abilities, and the weak bench press becomes more of a weakness, compounding the problem. In reality, part of the answer may be to perform less work. Overzealous training could have been the culprit all along. It takes real courage to train less.

Another reason for a subpar lift is bad lifting form. I have written numerous articles about undesirable lifting technique. I agree that no one style fits all lifters, but examine your lifting execution on videotape or have an experienced lifter

evaluate it. If you find a flaw, cut back the weight used and try a new technique. Lowering the weight helps you to properly learn the new style and reduce the chance of injury. Lack of flexibility can also be a factor effecting your lifting style. Increased flexibility can result in a more upright and flat back in the squat and deadlift. This increased flexibility may allow you to sit back into your squat, where previously you just dropped down. This can make a big difference. Increased spinal flexibility can help your bench arch. Increasing the width of your squat stance or bench grip can make up for long legs and arms, not to mention using more of the stronger trunk and torso. Flexibility can help that adjustment in technique to occur. You can not overlook the importance of a strong torso in all three lifts. Work hard on your abs. Consult some of my previous articles in PL USA back issues for lift execution tips.

Your bodyweight can also make

a world of difference. You may not start to really excel at a lift until you reach a certain bodyweight. A rule of thumb I go by is the bench is the most effected by a weight change, followed by the squat, then the deadlift. In some cases, dropping weight (bodyfat) can increase your deadlift because you may be able to achieve a better pulling position. Strive to make your weight gain gradual and high quality, meaning more muscle than fat. Sometimes it takes a full year to 'grow' into a higher weight class, so be patient.

Sometimes we are guilty of a self-fulfilling prophecy. That is we think we are bad at a lift, so we do not train hard and smart, giving up before we even start. We naturally enjoy pursuing activities we are good at and lack real dedication applied to things that are difficult. Look back on the gains you have made so far, think of the positives not the negatives. Use the positives achieved to keep your motivation and resolve up. But never be satisfied.

Even the best of efforts and mental attitude can not make everyone a super squatter or bench presser. This is where we can derive some advice from the personal effectiveness guy. In this case, we must look to our other lifts to carry the load for us. One classic example was Tom Eiseman, a top lifter from the mid 80s. Tom was a very slender 181 pounder who won quite a few titles in his day. He could only bench in the middle 300 pound range but he used the sit back technique to squat big and long arms and strong back to pull huge high 700 pound deadlifts. His squat would keep him competitive after the bench, but his deadlift would usually wipe out his deficit after the subtotal. In Tom's case he realized his weaknesses, used super effective lifting techniques and relied on his strengths to put it altogether in the end.

The key point I am trying to stress is that we must both address and learn to live with our weaknesses. Throwing more work at a weakness may only make the situation worse. Look at other factors outside of more training like bodyweight, body structure, technique, flexibility and negative feelings. Sometimes we can not excel at everything we try our hand at, but we can use the talents and abilities we have to perform at higher levels and continually improve against our toughest opponent; ourselves. Next time someone asks you how you deal with your weaknesses, say 'yes'.

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

Another big bencher bursts onto the scene! 26 year old Ryan Kennelly has hit 733, weighing 283, and when he hit that 733, he also did 705 and 725 in the same meet. Hitting three benches of



Ryan Kennelly did some big exhibition reps without a bench shirt!!

over 700 pounds in the same meet is pretty amazing. We got a picture of Ryan when he was performing at the Showcase of Champions Bench Press Exhibition in Portland, Oregon, where he popped 500 lbs. for 6 easy reps and then hit 600 lbs. for 2 reps.

Julie Havelka also showed her bench pressing prowess at the exhibition, benching 225 for 5 reps. 25 year old Julie has hit over 300 lbs. in competition.



Julie Havelka has benched 300

It's great to see the next group, or generation, of big benchers coming along. A lot of the big names of recent years haven't been competing for a while, we realized, when we were putting together Volume Two of POWERLIFTER Video presents THE BENCH PRESS. As we were editing, we had a chance to once again see Chris Confessore,

# POWER SCENE

One man who's been working on his bench is Pennsylvania's Rob Capozzolo, but injuries have side-tracked him, and now he's busy with his new gym. Rob and his wife Veronica, a former bodybuilder, have opened Titan Gym and Fitness Center in West Mifflin, Pennsylvania, two miles outside of Pittsburgh.

The 6000 square foot gym has a very heavy-duty free weight area, and benches that feature spotter stands. All gym bars are 1500 lb. Texas power bars, and the squat racks are the monster racks from York Barbell that are 9 feet tall and 53 inches wide. For more info, call them at 412-466-4866.

Some lifters prefer to work out at home. Dr. Larry Blum has a gym in his garage, and we went to visit him for a POWERLIFTER Video segment. As you can see in the picture, Larry doesn't limit his lifting to iron - he also uses rocks. The one you see him hoisting weights 117 1/2 lbs.

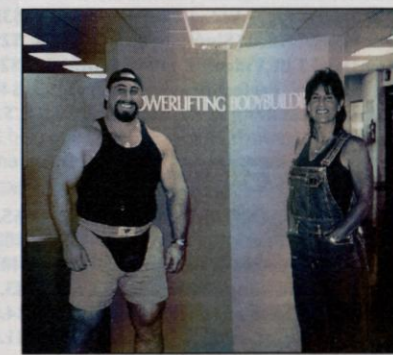
Most of his straining, though, is a little more traditional, and Larry showed us how he built up his deadlifting talents enough to have earned the nickname "Dr. Deadlift". He's got a deadlift PR of 605, and holds the AAU 220 lb. record in the 50-54 class. Now that Larry's 55, it's time for a record in the 55-59 class. Larry's other PRs are 520 in the squat, and 330 in the bench.

Larry has been a police psychologist for 19 years, working with many cities and counties, including



Larry Blum pressing 117 1/2 lbs.

the L.A. County Sheriff's Dept. and the San Diego Police Dept. We asked Larry for a brief thought on psychology and powerlifting, and he explained that "powerlifting is a great anti-depressant" and then explained why that is clinically true. Anti-depressants work by increasing the availability of the hormone serotonin, which inhibits depression, and powerlifting increases



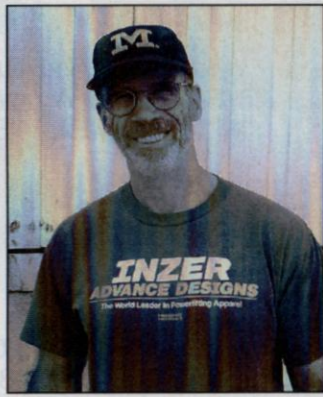
Rob & Veronica Capozzolo at Titan Gym

serotonin, hence powerlifting as an anti-depressant.

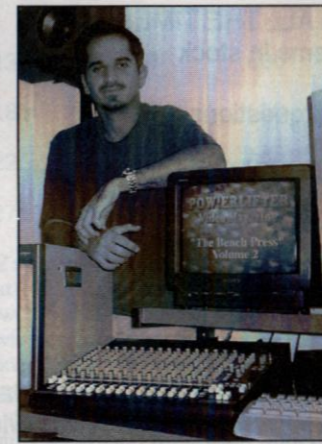
Finally, as often as I see people at meets or at the gym wearing Inzer or Crain's or Westside Barbell t-shirts, I realized I almost never see someone wearing one of these when I'm out shopping or walking or driving around. A few days ago, I was driving up an alley in Santa Monica when I saw someone wearing an Inzer t-shirt, so I had to ask him if he powerlifted. And that's how I met Peter Hermann.

Peter is 61 years old, and used to run marathons. (He completed eight of them!) A few years ago he took up powerlifting, and gave up marathon running, and three years ago he began competing. Obviously, 58 is not too late to start. Peter has PRs of 350, 255, and 430, competing at 198, and say's he'll "do it as long as he can move." That's the spirit of a powerlifter. Good luck, Peter, and good luck to all powerlifters out there. 'Til next month, we'll see you on video.

NED LOW



Peter Hermann ... an Inzer Man



BP Video Editor - Hamid Bayan

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# TRAINING

## The Advanced Squat Cycle

as told to Powerlifting USA by Louie Simmons

When designing a yearly model for the squat, many things must be considered, most importantly, the level of preparedness. This article pertains to the very highly trained squatter, i.e., those that squat 900 or more.

One must develop *speed strength*, which is the ability to accelerate with light to medium loads, creating explosive force.

*Strength speed* is a learned process to push maximum weights as fast as possible. This increases the powerful stretch reflex system and can be accomplished only by accelerating eccentrics and progressive concentrics. Strong bands must be used here. The bands will drive you down at a much faster rate than gravity alone, thus creating a great amount of kinetic energy, which is transferred into the muscle and connective tissues, causing a strong stretch reflex and providing an equally fast concentric phase.

The bands solve the problem of accommodating resistance. A load may be heavy at the bottom but light at the top. Thus, half the exercise may be wasted. Fred Hatfield talked about compensatory acceleration. He was on the right track. By pushing as fast as possible against a light or heavy load, more force would be developed. However, if the weights are too light, the bar moves too fast and force is not developed.

Dr. Squat used a very fast eccentric phase that contributed to his very fast recovery in the squat. We have added two important elements.

(1) Bands greatly increase the stretch reflex through accelerated eccentrics. The bands also create a greater load at the top of the lift, thereby accommodating resistance, but more importantly (2) the time under tension is lengthened. This time is necessary for the development of maximum force. Max force is reached in 0.3 to 0.4 seconds. However it usually takes longer to complete a lift. Can the time to fully reach max force be increased with just the barbell? No. But with the addition of bands of adequate strength, the deceleration phase of the bar is greatly reduced on the ascent. You must push as hard as possible for a greater length of time.

Max force is, of course, highest at the start of the ascent, with starting strength being employed. But, by using a large load consisting mostly of band tension and a small amount of barbell weight, I believe the duration of maximum force and muscle tension can be lengthened, thus producing strength speed, the ability to push heavy resistance at a fast rate.

Now let's look at a 4 week program of strength speed work made possible by combining a high percentage of band tension and a low percentage of bar weight. This cycle consists of four workouts, raising the load each week. Five sets of 2 reps are done each week. This is a supramaximal method to develop maximal strength and strength speed.

	band tension top/bottom	bar weight	weight at top	weight at bottom
Week 1	635/465	135	770	600
Week 2	635/465	185	820	650
Week 3	635/465	225	860	690
Week 4	635/465	275	910	740

This is followed the next week by 2 reps at 325 (bar weight, same band tension), a single at 375, and a single at 415. This translates to a lift of 1050 at the top and 860 at the bottom. Lower the bar quickly but under control to a just below-parallel box. (See previous articles on box squatting.) This causes a great stretch reflex and maximal acceleration.

The usual special work is then performed: glute/ham raises, Reverse Hyper machine, ab work, or similar exercises.

This cycle is very taxing and requires some short restoration work on the off days, averaging 30 minutes: sled work, glute/ham raises, Reverse

Hyper machine, and abs.

The next 4 weeks are planned for speed and quickness. The bar weight ranges from 425 to 485 plus band tension of 260 at the top and 200 at the bottom. Do 6 sets of 2 reps. Add 20 pounds of plates each week.

	band tension top/bottom	bar weight	weight at top	weight at bottom
Week 1	260/200	425	685	625
Week 2	260/200	445	705	645
Week 3	260/200	465	725	665
Week 4	260/200	485	745	685

This may sound heavy, but because of the added advantage created by the bands on the eccentric phase, you become very explosive.

This phase is also accompanied by special work for the abs and the posterior chain.

Now the final phase. We used three bar weights: 430, 460, and 480. The band tension is 440 at the top and 300 on the box.

	band tension top/bottom	bar weight	weight at top	weight at bottom
Week 1	430/300	430	860	730
Week 2	430/300	460	890	760
Week 3	430/300	480	910	780
Week 4	430/300	430	860	730

This 4-week phase is a circa-maximal, or near-maximal, method. It is designed to build speed and explosive strength. It is a short mesocycle with a mid-pendulum wave.

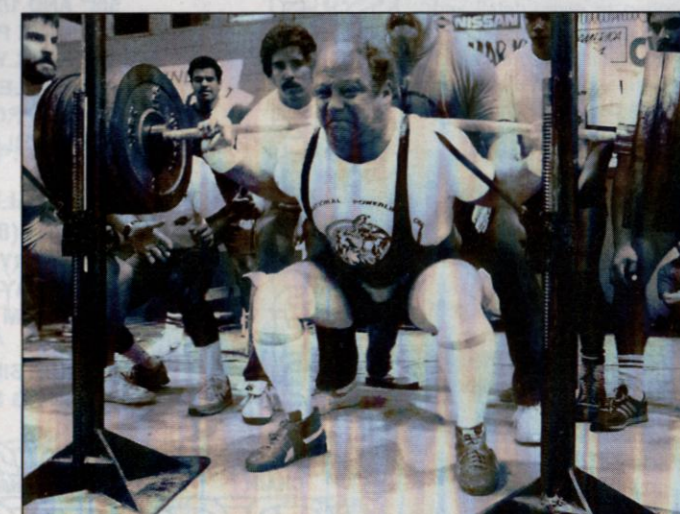
Finally, a 2-week deloading phase is done, a microcycle, to bring maximal results to the contest.

The squat day on boxes is Friday, and maximal effort day is Monday. Monday is devoted to exercises for the squat as well as the deadlift. A core lift such as a good morning or a Safety Squat Bar squat is done, followed by 2 or 3 special exercises for the trunk, glutes, hamstrings, or hips.

As you can see, these different methods, or cycles, easily blend together to create a constant rise in performance by perfecting all special strengths, while raising work capacity and mastering weaknesses through the conjugate method. This is necessary for all highly qualified lifters.

This program is for the advanced lifter with a very high work capacity. It has produced six 900+ squatters at Westside.

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Beyond Dr. Fred Hatfield's Compensatory Acceleration Technique.



# WORKOUT of the Month

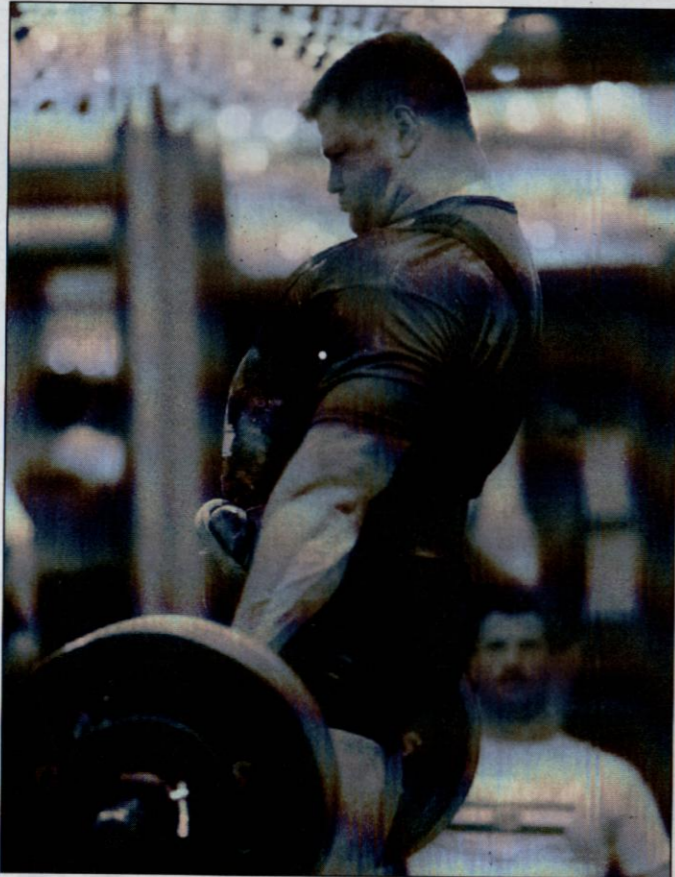
**A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of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

Grip strength is a complex and mysterious function that comes into play in the area of strength athletics, and everyday life activities. Many factors influence grip strength. Some of the most common variables are hand size, thumb size, thickness of the hands, forearm strength, hand abnormalities or injuries, mental will power, and pain threshold. The deadlift is a powerlifter's ultimate test of grip strength. If you can't hold onto the bar, you can't make the lift, regardless of back strength. I believe a good portion of a lifter's hand strength is inherited. The remaining portion is developed.

I was told at an early age one of those legendary stories that is passed down in families. The story involved the legendary hand strength of my deceased grandfather Verlin "Champ" Gillingham. My Grandfather was raised as a farm boy in Wisconsin. His functional strength came from genetics and was developed through hard sweat labor. He played football his freshman year at the University of Wisconsin and had a big frame which included size 15 shoes and very large hands. Family legend has it that as a test of strength he could bend the ends of pliers down over a cow stanchion. He also was known to grab a heavy sledgehammer by the end of the handle and hold it out straight in front of him. He had tremendous hand and fore arm strength. He had never been beat in arm wrestling until my father, Gale Gillingham, challenged him in his teens and put his arm down. Champ did not know it at the time, but this should had not been interpreted as a sign of weakness on his part because dad went on to be a 5 time All Pro at offensive guard for the Green Bay Packers.

My father also has incredible hand strength. He has partial deadlifted over 1000 pounds out of the power rack. At one time he sported 22 inch forearms (measured with arm flexed). These are rather large forearms when considering he is long limbed and stands 6'4". At age 56 he is still extremely strong considering his body is busted up from his 11 years in the NFL. I witnessed him last fall pull 965 out of the rack from just above his knees and stand with it as if it was nothing. Unfortun-

## Adaptation to the Double Over Hand Hook Grip - A Family History of Great Hand Strength - What happened to me? as told to PL USA by Brad Gillingham.



*Brad finds the new grip puts him into a more efficient pulling position*

nately, while his mind and spirit are still in overdrive his arthritic knees and back have slowed him down just a little bit. These days he is concentrating on closing the number 4 Ironmind gripper in addition to his normal 3 day/week workout schedule. He has built a special torture device in his garage that he works on after his workouts to develop his grip. At this time he can close the number 4 down with the assistance of his leg. He is about 1/4 inch from completing this immortal task that only one man, Joe

Kinney, has been able to do. His warm up consists of multiple sets of 3 with 315 in the power clean followed by 3-5 reps with the number 3 gripper. He has pulled 260 recently with the Ironmind Rolling Thunder.

My brothers Karl and Wade have carried on the family tradition when it comes to grip. Both are national level powerlifters, who have turned into strongman contest competitors. Karl is known in powerlifting for his seemingly endless pulls in the deadlift. With a grip that won't

quit, he can fight out almost any weight. Wade is one of only 3 men to pick up the blob. The blob is a 50 lb. end of a 100 lb. York dumbbell. He not only picks it up from the floor, but also can clean and press it over his head. He has also dazzled us at Jackals Gym on occasion by finishing out his workout by pinch gripping two 45 lb. plates and passing them around his waist like a basketball for 12 rotations. Wade can close the number 3 Ironmind gripper for 3 reps. Wade has thumbs that extend out of his hand and look like meat hooks. Karl's specialty in strongman events is the ones that test his grip, like the farmers walk and the Hercules hold. Both of them can pull well over 900 out of the power rack.

While genetics have played into my favor in the department of having big hands; I have the weakest grip strength of the three boys in the family. I suffered a broken thumb in high school football to my left hand, and this was compounded by a tendon injury to my left hand in 1992. This injury developed into a trigger finger. A surgery had to be performed so that the trigger finger condition would release my middle finger. My grip has never developed as strong in the left hand. I have picked up 255 with the Ironmind Rolling Thunder with my right hand but only 215 with my left hand. I have had to work extra hard to develop my grip. I do assistance exercises with the Ironmind Grippers, the Ironmind Rolling Thunder, and a special grip exercise that Ed Coan does out of the power rack. I have pulled over 800 lbs. in 17 USAPL/IPF powerlifting meets, but until recently felt limited by my grip. Prior to my conversion to the double overhand hook grip, I would always feel my left hand start to open near the top of the lift. This essentially would limit what I could pull.

### The Double Overhand Hook Grip Conversion

I have watched the Russian lifters and several of the other Eastern Europeans deadlift with the double overhand hook grip technique since my first trip to the 1997 IPF Worlds in Prague, Czech Republic. The

double overhand hook grip technique is a method of lifting off the floor that is commonly used in Olympic weightlifting. The thumb is hooked under the bar and the index or middle fingers are wrapped over the top. I began experimenting with it at times during training but felt that the pain was to extreme to continue with the adaptation. At the 1999 IPF World Championships in Trento, Italy I witnessed Russian lifters Suslov and Podtynni pull their way to Gold medals using the double overhand hook grip in their weight classes, 100kg and 125 kg respectively. Two weeks after the 1999 IPF World Championships I traveled to Sweden and competed in an IPF Invitational. The event was billed as the Battle of the Giants. At this meet I watched Podtynni deadlift 854 using the double overhand hook grip technique. I convinced myself on the long plane ride home that I needed to put all of my efforts into trying this when I resumed training. I needed to develop this technique of grip strength.

### Adaptation

Prior to making this commitment I had pulled 655 with the double overhand hook grip technique during the fall of 1999. This

was done as part of my regular training after approximately two years of messing around with the grip. Looking back a couple of years ago, I did not feel there was anyway that I could tolerate the pain to pull this way. The pain issue was not only an uncomfortable situation, but basically my body would just quit pulling involuntarily. My past failures were the result of not being patient enough to focus an entire training cycle in order to achieve my goals. After deciding to put 100% of my efforts into making this adaptation I decided that I would have to set up an aggressive cycle. In order to build up a better pain tolerance, I decided to work up to a progressive single each week for a period of 10 weeks. I started at 600 lbs. and increased my single by 25 lbs./week until I pulled 825 after 10 weeks. I had not trained the deadlift from the floor this much in 5 years. While I think it is good to try the single approach to get used to the grip, it probably is not good for long-term training. It is also important to remember that I had worked with this technique off and on for approximately two years prior to really sticking with it for entire training cycle. After gaining my confidence in this technique I alternated partial rack pulls and full deadlifts every other week during my peak-

ing cycle prior to the Pan AM Championships in April 2000.

### Results

My performance in the deadlift is already showing improvement. I pulled a PR 843 at the PAPF Pan American Championships. Prior to the 2000 USAPL Nationals I had pulled 860 in training. I was hopeful for a shot at 854 in the competition, but was denied on my second attempt with 821 for technical reasons, and opted to play it safe by pulling 826 on my third attempt. Two weeks after the Nationals I pulled 837 at the World Games Festival in Akita City Japan and left some on the platform.

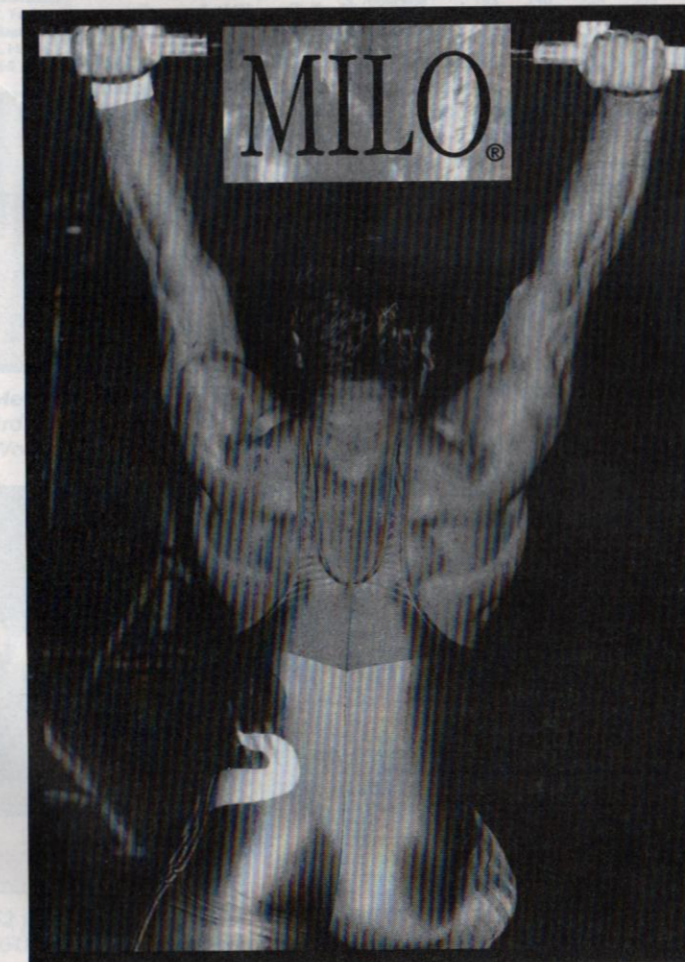
This technique provides for better back position. I feel that this has improved my leverages. The staggered conventional grip was starting to take its toll on my back. My body was starting to develop asymmetrically. I could really see the difference when looking in a mirror with my arms relaxed. This was causing me back problems. I developed a twisting condition at the top of the lift. I felt off balance when benching and squatting. It felt like more weight was shifting to one side of my body than the other. My left hip would start to ache after squatting and my left shoulder was

giving me problems in the bench. My back problems and visits to the chiropractor have been reduced since changing my technique.

Rob Wagner has also been experimenting with the hook grip and has already seen some good results. He deadlifted with the new technique at the 2000 USAPL National Championships and he is training this way for the 2000 IPF World Championships. Rob has a history of olympic lifting in his background and found the adaptation to feel natural. He had used the grip when pulling 826 on my third attempt. Two weeks after the Nationals I pulled 837 at the World Games Festival in Akita City Japan and left some on the platform. This technique provides for better back position. I feel that this has improved my leverages. The staggered conventional grip was starting to take its toll on my back. My body was starting to develop asymmetrically. I could really see the difference when looking in a mirror with my arms relaxed. This was causing me back problems. I developed a twisting condition at the top of the lift. I felt off balance when benching and squatting. It felt like more weight was shifting to one side of my body than the other. My left hip would start to ache after squatting and my left shoulder was

### Current Training Method

The deadlift is a lift for which I have not been able to use a standard periodization approach to training since my early twenties. I think each lifter varies on what is needed, but I can not do a lot of rep sets from the floor. Setting up a deadlift cycle by dropping reps and adding weight over the duration of the cycle does



## We Have A Different Perspective

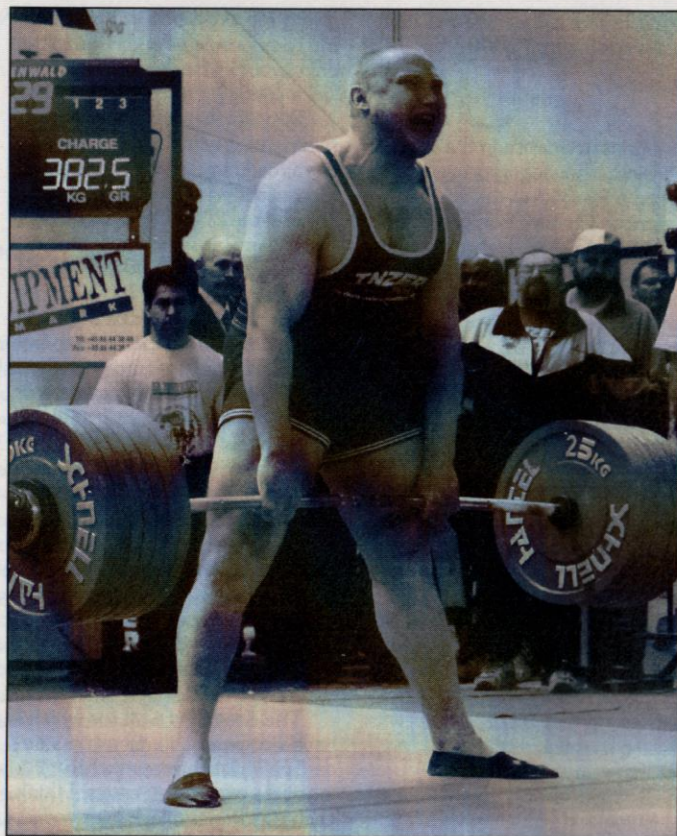
O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thing—what you can do, not what you look like. That's why we cover Olympic lifting, Highland Games, strongman, and arm wrestling as our main events. Training. Athlete profiles. Major contest coverage. We feature the top writers in the strength world, and even though we don't lure you with bikini shots, we recognize the value of good photography, so we strive to bring you the best anywhere when it comes to lifting, throwing, and pulling.

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Max Podtynni has pulled 854 with the double overhand grip. (Hiro)

not work for me. I simply get over-trained and my back does not recover for squatting or benching. Through trial and error I came to the realization that this resulted in a negative training increase on both my squat and the bench.

Prior to writing this article I researched my training methods from 1996 that were featured in the "Workout Of The Month" in the December 1996 *Powerlifting USA*. My primary strength peaking focus is the same as it was in 1996. This is to train every other week by pulling heavy partial singles at declining heights throughout the cycle out of the power rack. Typically, I train partials out of the rack throughout the year and use this movement to try and peak my strength the last 8 weeks of a cycle. I train 4 different levels with the first level being just above my kneecap and the last level about 5 inches off of the floor. During the peaking phase of the cycle I move to a lower level each week until my last training period is at the lowest level. There are some major changes to my training methods. At the time of the 1996 article I was training my work sets every other week with the behind the back deadlift. As assistance work I was training Zercher Squats at the end of both workouts. Since that time I have gotten thicker and my new leverages prevent me from comfortably performing the behind

the back deadlift. In addition, I developed tendinitis in my elbow from the Zercher squats and had to quit training with this exercise. For a short period of time prior to switching over to the double overhand hook grip technique, I replaced the behind the back deadlift with sporadic repetition work from the floor through out the cycle. The problem that surfaced early on with the new technique is that I am not able to pull any heavy rep sets with the hook grip. I have now replaced the behind the back deadlift with speed pulls and progressively heavier singles through out the cycle. I have added Romanian Deadlifts (RDLS) and front squats as assistance work on both the partials week and the full week. Scott Safe, SAFE USA, has become a very knowledgeable resource in adapting my training. Scott has been working with olympic lifters the last few years and has his athletes performing a high volume of front squats and Romanian Deadlifts (RDLS). The front squats have basically replaced the Zercher squats. Although they are different movements they hit some of the same muscle groups. The RDLS come into play at the end of both workouts to get in the necessary volume work. The RDLS have allowed me to strengthen up my hamstrings and spinal erectors without getting as over trained as I do from pulling from the floor. I still

pull some occasional 5-rep sets from the floor in the off-season with the use of straps, and as a 4 week loading phase prior to my strength cycle. Power cleans are an essential part of my training and are utilized as both a warm up, and to increase my explosive power. This movement is trained at the beginning of each deadlift workout.

#### Training Suggestions

I would emphatically suggest that you start out slow while trying to adapt to the double overhand hook grip technique. If you currently have a max deadlift of 600, do not try to work up to 600 your first workout. Adaptation to this technique of the deadlift should be considered a type of grip strength that needs to be developed over an extended period of time. I would start the adaptation process by simply experimenting with the new technique as part of your warm up. Gradually over the duration of several training cycles continue to pull increased amounts of weight. If you feel that this approach to the deadlift would be a beneficial you need to establish a starting point. If training rep sets is a necessary part of your training method you may want to experiment with using straps when necessary. I would suggest doing a couple of sets of singles prior to using the straps to develop your hook grip strength. You probably will not be able to make the adaptation for several training cycles. The biggest mistake for most people is they try to pull too much weight right away. The pain is severe and they feel there is no way they can adapt to this technique. If you train partials out of the rack you need to set maximum weight limits at each rack level prior to the start of your training cycle. One big mistake that I made early on was to try and go too heavy out of the rack. This resulted in blistering the skin on my thumb. This is not only painful it causes lost training time. To avoid being to aggressive in my approach, I now set a pre-determined maximum weight prior to each training

cycle. Any partial rack pulls that I make above that weight I use straps. I will also tape my thumbs at times. I think the use of the tape works well but I hesitate to use it all of the time. A big part of the pain adaptation comes from the build up of additional callus on areas of the thumb. Taping the thumbs all of the time is going to be detrimental to the build up of the necessary callus.

#### Conclusion

I feel that this technique of the deadlift has some strong merit. It takes a long time to develop, and should not be rushed into. The negative aspect is that the thumb pain can be pretty intense. The positive aspects are improved results on the platform, and long-term health of the back. Remember that a good portion of a lifter's hand strength is inherited. The remaining portion is developed. I would like to thank SAFE USA, Sports Pharma USA, TITAN Support Systems, Stevenson Insurance and Homestead Development for their quality products and ongoing sponsorship.

#### 12 Week Deadlift Cycle

##### Phase I. Loading Cycle

Weeks 1-4 (after warm up)

Power cleans 3x3

Front Squat 2x5

1x5 Deadlift from floor

Week 1. 70% Projected Max

Week 2. 75% Projected Max

Week 3. 80% Projected Max

Week 4. 85% Projected Max

Romanian Deadlifts 2x6

##### Phase II. Peaking Cycle

Weeks 5-12 (after warm up)

Power cleans 3x3

Front Squat 2x5

Romanian Deadlifts 2x6 (after work sets)

Weeks 5-7-9-11

Speed Pulls and Heavy Singles

Weeks 6-8-10-12

Power Rack Partial

Week 6-Above the Knee

Week 8-below the Knee

Week 10-8 inches above floor

Week 12-5 inches above floor

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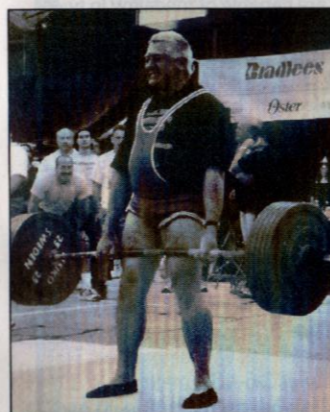
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#### AAU Raw National Meet (kg) 12,13 AUG 00 - Kingston, MA

WOMEN	SQ	BP	DL	TOT
97				
Open				
M. Souza	77.5	40	110	227.5
Master 45-49				
M. Souza	77.5	40	110	227.5
114				
Open				
J. Shear	100	55	135	290
Master 50-54				
J. Shear	100	55	135	290
123				
Open				
S. Elwyn	20	62.5	110	192.5
Master				
S. Elwyn	20	62.5	110	192.5
148				
Open				
A. Amerling	140	80	185	405
J. Gardella	115	95	142.5	352.5
Submaster				
J. Gardella	115	95	142.5	352.5
165				
Master 40-44				
Wang - Mathison	80	51	110	241
Master 45-49				
P. Marrama	110	67.5	147.5	325
MEN				
114				
Teen 16-17				
N. Birchak	92.5	72.5	110	275
Master 40-44				
S. Birchak	82.5	77.5	122.5	282.5
123				
Open				
W. Gregg	115	75	115	305
132				
Open				
R. DeGallo	155	95	167.5	417.5
Master 50-54				
R. DeGallo	155	95	167.5	417.5
Teen 14-15				
M. Kuhns	155	102.5	112.5	370
148				
Open				
E. Kupperstein	222.5	125	252.5	600
E. FaFord	190	112.5	235	537.5
R. Houle	185	120	222.5	527.5
J. Roy	142.5	145.5	185	473
Teen 12-13				
J. Dzerkacz	127.5	72.5	147.5	347.5
Submaster				
C. Taylor	172.5	142.5	65	380
Master 40-44				
R. Houle	185	120	222.5	527.5
165				



Meet Host Bob Janjigian placed 3rd at 165 to qualify for the AAU World Meet in Nevada this Nov.



62 year old Fred Peterson made 650 1/4 lbs. without using a belt



Family Matters .... Paulette Marrama & Rick Marrama (top) and Mona Souza and Jen Souza, with the winning team trophies. (photographs provided courtesy of Mee Director Mr. Larry Larsen)

Open	220	150	255	625
A. Blinot	205	140	245	590
J. Hill	215	150	215	580
B. Janjigian	192.5	137.5	210	540
D. Moses	187.5	140	195	522.5
J. Duby				
Teen 14-15				
A. Berro	97.5	40	85	222.5
Submaster				
D. Moses	192.5	137.5	210	540
C. Patton	135	112.5	200	447.5
Junior				
B. Tomlin	150	115	182.5	447.5
Master 40-44				
R. Herbst	147.5	140	187.5	475
Master 55-59				
S. Alovenda	193	140	220	553
D. Dwyer	140	77.5	172.5	390
Master 60-64				
J. Wolff	112.5	92.5	165	370
181				
Open				
K. Goodrich	200	167.5	270	637.5
A. Bialisti	215	147.5	245	607.5
R. Robert	190	140	227.5	557.5
Junior				
A. Solimine	170	135	202.5	507.5
Submaster				
S. Gardner	205	147.5	235	587.5
C. Rapa				
Master 40-44				
D. Schuman	212.5	140	227.5	585
R. Robert	190	140	227.5	557.5
Master 45-49				
M. Teughert	200	197.5	237.5	635
B. Todd	165	147.5	205	517.5
Master 50-54				
S. Brown	192.5	125	210	527.5
Master 60-64				
R. Pamulo	205	97.5	200	502.5
M. Casatalli	150	117.5	210	477.5
198				
Open				
D. Thierry	250	190	285	725
R. Marrama	252.5	167.5	255	675
S. Hough	212.5	150	237.5	600
S. Boylan	205	125	237.5	567.5
Teen 18-19				
R. Marrama	252.5	167.5	255	675
Junior				
J. Deal	200	147.5	245	592.5
College				
D. McGinty	227.5	160	272.5	660
Submaster				
R. Johnson	205	117.5	245	567.5
J. Pettigrew	190	132.5	227.5	550
D. Lewandowski	200	122.5		
Master 50-54				
D. Mansfield	220	110	217.5	547.5
B. Dupont	155	115	160	430
Master 60-64				
C. Vincente	142.5	125	147.5	415
Master 65-69				
D. Levesque	142.5	87.5	205	435
220				
Open				
D. Mahar	255	162.5	265	682.5
G. Esper	240	177.5	265	682.5
J. Pierson	237.5	165	272.5	675
Teen 16-17				
F. Dzerkacz	217.5	105	232.5	555
Junior				

G. Panora	245	192.5	295	732.5
R. Yee	262.5	175	287	724.5
J. Pierson	237.5	165	272.5	675
Master 40-44				
K. Jordan	230	152.5	227.5	610
J. Byrne	150	137.5	227.5	515
Master 45-49				
B. Eisenman	95	97.5	175	367.5
Master 50-54				
C. Crider	197.5	155	240	592.5
T. Bowers	185	105	220	510
Master 55-59				
M. Bernard	177.5	60	230	467.5
242				
Open				
A. Monaco	262.5	182.5	227.5	672.5
R. Delavega	235	155	260	650
C. Bothwell	200	160	250	610
Teen 18-19				
J. Murphy	205	110	237.5	552.5
Submaster				
W. Wigmore	227.5	172.5	280	680
W. Baker Jr.	207.5	172.5	230	610
Master 45-49				
J. Wencus	205	157.5	272.5	635
Police & Fire				
C. Bothwell	200	160	250	610
275				
Open				
B. Cangelos	292.5	217.5	287.5	797.5
P. Groark	272.5	180	290	742.5
P. Thorbahn	277.5	187.5	242.5	707
S. Allisp	220	147.5	272.5	640
M. Ambrose	220	162.5	242.5	625
R. Cross	192.5	152.5	205	550
Novice				
M. Ambrose	220	162.5	242.5	625
Submaster				
P. Groark	272.5	180	290	742.5
P. Thorbahn	277.5	187.5	242.5	707
Master 40-44				
R. Brose	252.5	162.5	260	675
Master 45-49				
L. McGrane	192.5	155	245	592.5
Master 50-54				
R. Cross	192.5	152.5	205	550
Master 60-64				
F. Peterson	202.5	147.5	295	645
319				
Open				
A. Baker	287.5	227.5	250	765
SHW				
Open				

K. Nyholm 312.5 195 295 802.5  
W. Andrews 210 132.5 250 592.5  
Master 40-44  
K. Nyholm 312.5 195 295 802.5  
Master 50-54  
W. Andrews 210 132.5 250 592.5  
Police & Fire  
W. Andrews 210 132.5 250 592.5  
Here it is 6:45 am, South of Boston in the land of the Pilgrims, Plymouth Rock is not about to be invaded, but the Kingsbury Club, a beautiful health, Fitness, and tennis club is about to be transformed into the site of the AAU Raw Nationals. It's great to see the lifters pour in; many old friends here to enjoy the fun and friendship in addition to the excitement heavy metal can provide. There were many highlights over this two day event, too many to mention them all, but a thrill to all at the end of day one was Ken Patera handing out the awards. Ken spoke at a dinner Saturday night (along with Ernie Hackett and Ted Arcidi) hosted by the Kingsbury Club. He, also, made himself available to chat with one and all both days. He's a real great guy! Day two was a repeat of day one, full of high energy and fun. When the dust settled and the results were tallied, the best lifters were: lightweight women, Joanne Shear; heavyweight women, Allyson Amerling; lightweight teen, Mike Kuhns; heavyweight teen, Rick Marrama; lightweight men, Eric Kupperstein; heavyweight men, Dan Thierry; lightweight master, Michael Teughert; heavyweight master, Karl Nyholm. Team trophies were: Women 1st place Bay State Athletic Club; Women 2nd place, New England Women; Men's 1st place, Bay State Athletic Club; Men's 2nd place, Team Homer; Men's 3rd place, Andrews Power Gym. Also doing some fine lifting was Kevin Jordan's Team from California. We look forward to seeing them again in Nevada. I'd like to thank all the lifters; it was great seeing you all. Thanks to all the referees and table help for doing such a great job. Thanks to all the spotters and loaders, especially the football team from Bellingham, HS. These young men are the best; they worked all weekend, then stayed to clean up after the meet. Their parents can be very proud of them. A very special thanks to the Janjigian family and the Kingsbury Club for hosting the competition, to Mark and Sue at Bay State Athletic for their support and help, to Bob and Mona Souza, Sumner and Dunbar Comp for their work and support, to all the meet sponsors for helping to make the event a fun, exciting time for everyone. (Thanks to Larry Larsen for providing these results).

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I heard about Bob Janjigian's strength banquet through Fred Peterson. He knew that an evening offering Ken Patera, Ted Arcidi, and Ernie Hackett, combined with an all you can eat venue would draw me like a seagull to french fries. The banquet was held August 12th, a Saturday night, between the light and heavy classes of the two day AAU Raw Nationals in Kingston, Massachusetts.

Contacting Bob through Larry Larsen, the meet promoter, I found him to be welcoming and gracious. He invited me to attend and put me on the guest list.

Arriving at dusk, the Kingsbury Club proved to be a beautiful multi-sport complex. The gym area was shut down for the evening, but I could see an inviting array of exercise equipment in the semi-darkness. Bob himself ushered me upstairs to the dining area. After a preliminary meeting with old acquaintances, Steve Brown, one of the finest competitors in the 165 master's class offered to introduce me to the evening's principal guests.

I was curious to meet these guys. While some of the big names I'd met during the Eighties had been arrogant, I was pleased by the approachability of all three speakers. Patera and I embarked on a conversation. We could have continued at length, but stopped after some time to eat.

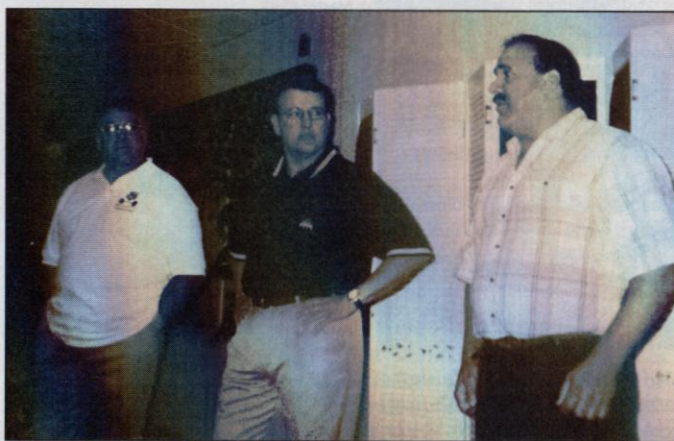
After enjoying the delicious Kingsbury Club board of fare, we settled down to an evening of listening to great champions. Each spoke, followed by a lengthy period of fielding questions.

Ernie Hackett was a prodigy in the early Eighties. He squatted 1000 for a double in training, but is best known for his official 915 squat, when only Dave Waddington and Paul Anderson had cracked the half ton mark. He was the 275 pound world champion in 1981, and against considerably larger competitors, placed fifth in the 1982 World's Strongest Man. In addition, he competed in Gus Rethwsich's Hawaii Record Breakers, an invitational meet for world class caliber athletes. The entry list comprised a virtual who's who of champions of each weight class.

Today, Ernie is considerably slimmed down. A chiropractor and physical therapist with several offices south of Boston, he appeared in a black golf shirt tucked into crisp khakis and sensible brown shoes. The consummate professional, his demeanor and approach revealed a keen intellect.

In his early days, Ernie followed the exploits of Hugh Cassidy, John Kuc, and Don Reinhardt. He remembered foundering along with

## Janjigian's Strength Banquet as told to Powerlifting USA by Marc Cavigioli, M.Ed.



**The Big Three:** Patera, Hackett, and Arcidi (photograph by Cavigioli)

his experimental training approaches while living in Maine. Since then, there has been an explosion of exercise science and he pointed out how fortunate today's athletes are. In particular, he spoke highly of conditioning coaches Charles Poliquin and Mel Siff.

Always seeking information, Ernie gleaned wisdom from Reinhardt. When asking Don how to achieve a certain goal, Don's advice was that Ernie already possessed sufficient strength, and whether he would succeed was contingent on remaining injury-free. Training drive buffered by a dash of patience keeps workouts just below the injury threshold, crucial to avoid wasting time in rehabilitation. How many of us have done that? The other speakers nodded in assent.

Ernie feels that forcing a routine to fit a seven day week is a mistake. Instead, he used a fourteen day cycle, comprised of heavy bench, light squat one week, followed by a light bench, heavy squat the next. Deadlifts followed their own proto-



**Legendary Ken Patera with legendary Ernie Hackett.** (M. Cavigioli)

col on a monthly cycle. Using the Hackett system, assistance exercises are fundamental for overcoming weaknesses.

In closing, he pointed out that whether competing raw or with gear, untested or drug free, the top athletes are those who work hard and understand their sport.

To introduce Arcidi as the next speaker, Ernie recalled training at P'n P Gym in Waltham and seeing this "crazy kid" storming around the bench. A year later Arcidi was benching 575 and had achieved championship status.

Ted struck me as a likable, down-to-earth guy. With his button down shirt tucked into black pants and high top sneakers, he presented a neat, casual, very powerful image. His shoulders are as wide as I remembered from his professional wrestling days. Yet, with his relaxed air and talent for humor, I could easily see him strolling around Boston, having a few laughs with the guys. His opening quip immediately cracked everyone up.

According to Ted, the three crucial elements for success in strength are intelligent training, wise eating, and proper rest. Furthermore, he warned against peaking prematurely. To reduce this chance, the endorsed heavy doubles and triples rather than singles. Both Hackett and Patera piped in with their agreement. All three felt low-rep, max sets have greater diagnostic and training value. Ted also felt such multiple rep maxes are safer psychologically than pre-meet singles. If a single is missed, one might question one's ability in competition. However, miss a rep at the end of a double or triple and one can still approach singles in a confident manner. He also stressed the wisdom of opening light and keeping competition fun.

Ted uses the same training format that helped him smash all his records and bench in the seven hundreds, albeit with lower intensity. His trademark bench workout includes behind the neck presses and lying triceps extensions to the nose, termed "nose breakers" (formerly he used up to 370 on these!). Benching light on Mondays and heavy on Thursdays, he enjoys training, as he no longer pressures himself. Pumping up without putting his body at risk, he routinely "plays around" with 450 on the bench. Finally, Arcidi lamented about the fragmented nature of the sport. So many different organizations make it difficult to assess who is champion and where one stands.

Ken Patera's relaxed demeanor, with his untucked "AAU Official" shirt draped over beige trousers and stocking feet in soccer flip flops projected a feeling that we were staying up late talking with a favorite uncle.

He gave a more complete history of his career than the previous speakers, starting with collegiate athletics at Brigham Young University, and progressing to his elite performances. How rare it is to find a person so talented and driven that they are capable of medaling in two sports at the Olympic level. His eye-popping shot put of almost 66 feet back in the Sixties is still elite. Coupled with being the first American to clean and jerk 500 with a 503, and an eventual standing rack press of 552 and you have before you a truly unique champion.

With such ability, Ken catalogued an impressive, if unfortunate, spectrum of injuries. These came from his longevity at the world class level, followed by twenty years of professional wrestling abuse. He once wrestled 452 matches in 11 months, with no days off, and two performances Saturdays and Sundays.

Echoing Hackett's sentiments about today's athletes, Patera pointed out that not only are we better informed, we have beautiful facilities such as the Kingsbury Club at which to train. He recalled the absolute dearth of facilities up into the Seventies. "You couldn't find a gym. If you did, there was only one bar. It was rusted and bent and you had to collect mis-matched plates from every dusty corner."

Ken was inspired at the age of ten while watching the '52 Olympic Games. His family had the first TV on the block and Norb Schemansky thrilled him. From that point forth, he focused his life towards his goals. Ken visited a small gym in Portland, Oregon owned by Sam Loprinzi, who had taken second to Steve Reeves in an early Mr. America/Mr. Universe contest. While frequenting his gym, Ken met Herb Freeman, a professional wrestler, who was also a skilled weightlifter. In 1961, Sam's Gym was a hotbed of pro wrestlers who were dedicated Olympic-style lifters. This gave Ken his start. By fifteen, Ken's focus had broadened enough to include the dream of professional wrestling.

Perseverance brought Ken four gold medals in the Pan Am Games,



**Ken Patera presented Ken Kuhns his Teenage Lightweight Best Lifter award at the AAU Nationals. Mr. Kuhns got a new 14-15 age group record with his 225 lb. bench press at 132.** (D. Kuhns)

where he broke fourteen records in one day. This was the high point of his competition years.

A big believer in changing one's routine frequently, Patera feels an athlete should tune into his/her own needs rather than following a star's protocol to the letter. His training has always been an eclectic amalgamation of various elements. This notable contrast with Arcidi's long term adherence to an established routine, displays one of the axioms of strength training: superb

athletes may use divergent approaches. However, Ted jumped in to agree with diversity saying, "Oh yeah, sometimes I fart around," while pantomiming tri-clops pushdowns to the raucous laughter of the crowd.

On the subject of cardiovascular training, Ken recalled running. Distances ranged from one half to three quarters of a mile, two to three times a week. The crowd chuckled, but Ken was not joking. "As a training tool, limited running is beneficial for strength athletes." Point well taken: enough stimulation to circulate blood, clear metabolites and enhance recovery, while minimizing slow twitch conversion; all benefits, no drawbacks.

One of Ken's closing comments was to tout pre-competition butterflies as indicative of emotion arousal. Caused by adrenaline, they promote an elevated performance over those who remain calm.

After the Q and A session, the champions made themselves available for more personal dialogue, autographs and snapshots. It was refreshingly free of charge. Patera, in particular, was very cooperative, impressing Fred Peterson during the next day's meet with his kindness and help for others.

As people milled about, Larry

Larsen, AAU chairman, introduced himself and we quickly found common ground. He struck me as a self-made man. Though currently unable to train due to a work related injury, his build and appearance are pure powerlifting. I enjoyed meeting him and hope to further our acquaintance in the future.

A surprise bonus came in the form of Steve Sanderson, whom I initially did not identify. He sat at the head table and was anecdotally referred to by Hackett. After the lecture, I approached him, knowing that if he competed in the Record Breakers, he must be someone special. Upon returning home, I looked in my November '83 issue of PL USA and realized why I hadn't recognized him. Steve has slimmed down while retaining his muscle mass. With short hair, sideburns, and a goatee, he looked the part of a comic book superhero. And while I could envision him knocking an Uzi out of a gangster's hands, he was very personable and agreed to be interviewed in the future.

It was growing late. Stepping into the night air, I smelled the ocean, clean and welcome, as - ironically - Iron Shark Barbell is not as close to the Atlantic as I would like. The evening had been well spent, making my three hour return drive to Amherst more palatable.

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Those of us who have been exposed to and practice Coach Louie Simmons' style of training, realize that on the dynamic upper body day (Sunday) you perform the bench press for 8-10 sets of 3 reps with approximately 55-60% of your best competition lift. While performing these lifts you vary your grip width throughout the sets. These widths are closer than your competition grip.

I have personally had a tremendous amount of success with the "varied grip bench press" cycle, as have the powerlifters and football players I have trained. By using these closer grips and varying the distances, the athletes are getting a great workout because of the slight angle and leverage changes per lift. Also, as we all know closer grips on the bench press put a greater emphasis on the triceps so your competition bench will become stronger at the lock out. For football players this is also important, especially for linemen so they have the additional strength to lock out their opponents which I refer to as "finishing strength" (using chains and bands are also great for finishing strength).

I have spoke to numerous people and have been on several Internet forums reading posts about varying grips. A lot of times people are trying to compare their lifts to others. I maxed 350 for a close grip, I maxed 500 with my hands 18" apart etc. The problem with these comparisons may be that the grips given are too broad. In example 1, how close is close? In example 2, were your hands 18" apart measured from your pinky or your index finger?

In the past, with our football athletes we would have a close grip bench press day and would have 10 or more grips that the athletes thought were a close grip. For the most part they were right because all of them had a grip closer then their competition grip. I have also taped the bar for various grips but either the tape would not stay on after a week, or too much tape made the bar uneven to grip.

To make things simpler for all of us, coaches and athletes, I deter-

# TRAINING

## Grips by the Numbers

as told by Joe Kenn, MA, CSCS, Director of Strength and Conditioning, University of Utah

mined the grips we primarily use in our strength facility and developed a numbering system for our athletes to refer to on the majority of their upper body presses. We will use this system for the barbell bench press, incline press, and standing overhead press.

The numbering system accounts for the 8 most utilized grips that we have utilized in our program. It has been a great implementation because it has taken away any of the guesswork for athletes as to what grip we are looking for them to perform.

### THE GRIPS

**Competition Grip** - the competition grip is simply defined as to the grip the athlete utilizes when he is performing a maximum effort on test day. This grip will vary from athlete to athlete (some athletes take the maximum allowed distance, some are slightly closer). Note: As a collegiate strength and conditioning coach for football and a former collegiate offensive lineman, I understand that football is played with the hands inside the framework of the body. Yes, a closer grip would be more beneficial as far as the sport goes, but I want the athlete to have the opportunity to bench press

the most weight he can possibly handle with strict technique. This will lead to increased self-confidence in the weight room and on the field.

**Grip 1** - grip 1 is what we consider as an athletic grip. To perform the grip 1 press the athlete places his pinky finger on the outside knurl line (points A-B, figure 1). We do a tremendous amount of Incline Presses using grip 1.

**Grip 2** - grip 2 is termed modified full thumb grip. To perform the grip 2 press, place the tip of your thumb on the inside knurl line (points C-D, figure 1) and extend your thumb along the knurling. The length of your thumb is the determining factor for your grip. Unless you have extremely large hands your grip 2 distance between index fingers should be closer then your grip 1 width.

**Grip 3** - grip 3 is termed the modified 1/2 thumb grip. To perform the grip 3 press, place the mid-joint line of your thumb on the inside knurl line (the upper portion of your thumb will be on the smooth section of the bar). Extend the rest of your thumb along the knurling of the bar. The length of your thumb that is on the knurling of the bar is

your grip width. This is the grip we will have our athletes take heavy singles at after performing there varied grip work out.

**Grip 4** - grip 4 is the modified index grip. To perform a grip 4 press, place your index finger on the inside knurl line.

**Grip 5** - grip 5 is the close index grip. To perform a grip 5 press, place the index finger on the smooth part of the bar.

**Grip 6** - grip 6 is the close middle finger grip. To perform the grip 6 press, place the middle finger on the smooth part of the bar.

**Grip 7** - grip 7 is the illegally wide grip as termed by Coach Simmons. To perform the grip 7 press the athlete's index finger is approximately 1/2 to 1" wider then the outside knurl line. We primarily utilize grip 7 presses during the post season and late spring training cycles.

The main difference between the modified and close grips is that the modified grip has your hand placement with all your fingers on the knurling and the close grip you do not.

When we are writing a program out for our athletes the majority of the time there will be a grip number that goes with the press. For example, the athlete would perform a Grip 1 Incline Press on Monday and a Grip 3 Bench Press on Friday. If there is not a grip number listed in front of a press the athlete can use his competition grip.

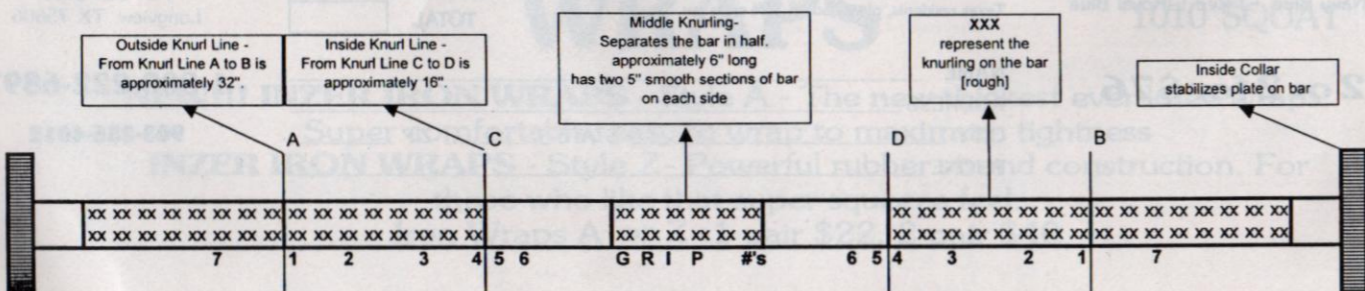
When we are performing our varied grip bench press cycle we usually will put the grip in front of the goal repetition.

This has cleared up a lot of confusion in our facility. We have a chart posted on our wall with all the grips and their definitions so if an athlete forgets or does not know what a particular grip is he can refer to the chart. I am a firm believer in exercise variation and by changing grips you also change the exercise. I hope this will be of help and possibly bring some uniformity to grip comparisons on the forums.

Table 1 - Varied Grip Bench Press Work Out

Set #	Percentage	Grip x Rep
1	55%	G2x3
2	55%	G3x3
3	55%	G4x3
4	55%	G6x3
5	55%	G2x3
6	55%	G3x3
7	55%	G4x3
8	55%	G6x3

Figure 1 - Bench Grips - Hand Placement



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USA MEN ALL TIME 50 - 114 LB. CLASS - by Herb Glossbrenner, PL USA Statistician

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
534 CUNHA, J 17 OCT 81	330 HOLLYFIELD, C 16 OCT 92	512 GREEN, B 11 JUL 97	1245
507 DUNBAR, C 07 JUL 84	325 DUNBAR, C 09 JUL 84	512 THOMPSON, R 26 JUL 97	1223
501 CALDWELL, J 21 NOV 87	325 CUNHA, J 19 JUL 82	490 HILE, P 29 JUL 94	1201
501 NELSON, M 28 MAY 88	320 MCDONALD, D 09 APR 89	485 REDDING, J 17 FEB 80	1200
473 BOOKER, M 99	320 GRABOWSKI, J 28 JUL 91	485 CASTRO, M 21 JUL 80	1168
457 GARCIA, H 01 JUL 92	319 ESCOBEDO, H 03 JUL 82	485 TRAN, V 28 MAR 92	1151
455 TRAN, V 28 MAR 92	319 BOOKER, M 08 MAY 99	479 GAINER, E 08 JUL 00	1146
451 HILE, P 08 APR 92	316 IKEI, C 07 APR 91	473 SNYDER, G 23 MAR 85	1146
451 SOMMERS, K 04 JUL 98	315 PHAM, HUNG 05AUG99	473 CLAY, J 18 APR 93	1146
446 BORQUE, K 10 FEB 93	305 MADDOCK, M 03 MAR 92	468 FIELDER, C 07 JUL 90	1135
440 REDDING, J 19 APR 80	303 UNTEN, K 10 DEC 99	468 NGUYEN, D 06 JUN 92	1124
440 CHAPIN, L 30 APR 88	300 AUDETTE, P 30 OCT 88	465 SNELL, K 01 APR 00	1120
440 MCDONALD, D 88	300 CRUZ, A 09 SEP 90	460 PATERNITI, N 27 MAR 82	1120
435 ADAMS, R 17 FEB 88	300 HONEYCUTT, B 19 MAY 91	457 HEATH, D 09 JAN 82	1118
435 NGUYEN, D 10 JUL 93	300 CLUP, L 15 APR 00	455 CARVER, A 18 MAR 95	1113
435 YOUNG, G 08 AUG 93	297 JENNISON, D 12 DEC 98	451 TOINS, F 01 AUG 81	1102
435 ELLIS, M 22 FEB 81	292 STEINFELD, J 05 JUL 86	451 MOONEY, C 04 JUN 83	1102
435 BRANT, S 14 NOV 98	292 FIELDER, C 07 JUL 90	451 SANDERS, R 10 JUN 81	1100
430 RAMSEY, R 22 AUG 70	290 BIEBER, P 08 NOV 80	451 SNYDER, S 19 APR 98	1100
429 SNYDER, G 19 NOV 83	290 NELSON, M 19 NOV 87	446 BRIGHTWELL, R 06 JUN 87	1096
429 CLAY, J 18 APR 93	290 TERRY, K 13 NOV 93	446 ADAMS, R 05 NOV 88	1096
425 HEATH, D 19 SEP 81	286 CALDWELL, J 21 NOV 87	446 GARCIA, H 24 NOV 91	1091
425 KIMBERLIN, B 29 SEP 90	286 HILE, P 08 APR 95	446 BORQUE, K 06 JUN 92	1091
424 SANDERS, R 28 JUN 86	286 GAINER, E 17 NOV 99	94 STANFORD, F 17 NOV 99	1075
424 HARTMAN, M 29 JUL 90	285 TITUS, D 12 APR 93	K440 YOSHIZU, D 10 OCT 81	1074
418 MOORE, D 19 DEC 87	281 FERRERA, M 04 JUN 83	K440 YOUNG, A 21 AUG 82	1063
418 MORAN, M 20 APR 91	281 WRIGHT, C 20 APR 91	K440 CATAFAMO, J 24 MAR 84	1063
413 CLEMENS, K 13 AUG 88	281 BENSON, L 07 MAR 92	K440 CARVER, T 01 FEB 97	1060
413 NGUYEN, T 12 APR 91	281 CLARK, J 24 JUL 95	K440 NGUYEN, T 12 APR 97	1058
410 WILLIAMS, D 20 FEB 88	280 KUCIPAK, G 17 JUN 78	440 MCDOWELL, K 26 MAR 77	1058
407 KIM, H 01 MAR 86	280 SAUERS, M 11 NOV 78	440 KUSICK, T 16 JUN 79	1052
407 JEFFREY, M 21 NOV 87	280 SHORR, J 15 JUN 85	435 STOUT, L 05 JUN 82	1052
407 MORGAN, J 15 JUL 89	280 MCCULLLEY, A 26 AUG 89	435 ROWELL, D 28 JAN 84	1052
407 GAINER, E 17 NOV 99	280 TRAN, V 04 FEB 95	435 THOMAS, R 17 FEB 88	1052
405 PATERNITI, N 27 MAR 82	275 RODRIGUEZ, J 18 AUG 83	435 VERA, J 14 APR 90	1052
405 DARST, T 03 MAR 90	275 MILLER, B 20 OCT 90	435 WHIGHAM, A 24 AUG 96	1050
402 HUNNICUTT, G 29OCT 83	275 MCCORMICK, C 25 SEP 93	435 ELLIS, M 04 APR 81	1047
402 CATAFAMO, J 09 JUN 84	275 CHAPUT, T 01 AUG 97	435 MORRIS, R 20 MAR 85	1047
402 OSBORN, D 29 JUL 89	270 HUNNICUTT, G 17MAY 80	435 ULCH, E 14 MAR 87	1047
402 FIELDER, C 16 FEB 90	270 KEAR, R 28 FEB 81	435 SABELLA, J 26 NOV 88	1041
402 CUNNINGHAM, T 15FEB97	270 PADOVA, J 07 JUN 86	435 DELACERDA, J 12 MAR 94	1040
402 SNYDER, S 19 APR 88	270 ADAMS, R 17 FEB 88	435 SOMEDA, D 19 AUG 95	1036
400 PENEGLY, M 27 APR 84	270 SOMMA, R 01 APR 90	430 CHAMP, M 21 FEB 76	1036
400 AUGUSTIN, S 14 MAR 87	270 GRACIA, G 25 APR 92	84 TRAN, LOC 84	1035
400 RECTOR, G 23 APR 88	270 LE, VINH 23 OCT 93	MAY 84	1030
400 BOND, M 10 MAY 97	265 LANDRUM, B MAY 70	430 HALL, B MAY 84	1030
400 SNELL, K 22 JAN 99	265 KAHN, J 12 JAN 80	430 JONES, R APR 87	1030
395 BAEZ, A 27 MAR 93	265 WILLIAMS, R 30 JUN 85	429 MILLER, B 18 NOV 89	1030
395 BLANK, S 14 DEC 85	265 BRANDON, W 01 APR 87	429 MCCLAREN, R 28 MAR 92	1030
391 ESCOBEDO, H 13 JUN 81	265 MOORE, P 18 APR 87	429 SCHMIDT, J 05 JUL 86	1025
		429 HOWARD, M 28 MAR 87	1025

USA MEN ALL TIME 50 - 123 LB. CLASS - by Herb Glossbrenner, PL USA Statistician

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
551 BUTERBAUGH, D 10 AUG 96	374 UNTEN, K 15 NOV 98	639 GANT, L 10 JUL 82	1383
540 CUNHA, J 05 MAY 84	370 CLARK, A 10 JUL 99	562 TAYLOR, T 28 OCT 89	1317
520 DUNBAR, C 28 MAR 83	370 O'NEILL, C 21 NOV 93	556 PATTAWAY, D 29 JUL 90	1300
518 GANT, L 04 NOV 82	365 ORTIZ, D 24 JUL 93	549 CROSS, M 30 AUG 74	1295
515 RAPOSO, D 29 OCT 88	360 WRIGHT, C 13 APR 96	548 CLARK, A 19 FEB 72	1295
512 PATTAWAY, D 11 JUL 87	355 GRABOWSKI, J 13 MAR 93	540 CASTRO, M 19 NOV 88	1273
509 MAYS, L 25 APR 92	341 FERRERA, M 06 JUL 85	534 MILIAN, E 21 NOV 87	1270
505 MORGAN, J 01 DEC 84	330 DUNBAR, C 29 AUG 84	529 ADAMS, R 11 MAR 89	1267
500 KENDRICKS, C 14 OCT 89	329 STEINFELD, J 18 JUN 88	525 BRADLEY, J 13 MAY 78	1267
500 BLAKE, H 09 DEC 89	325 TAYLOR, C 84	523 FIELDER, C 02 JUL 92	1262
500 NGUYEN, H 24 OCT 92	320 HART, A 10 SEP 71	520 BLAKE, H 09 DEC 89	1258
496 RAMSEY, D 17 FEB 88	319 GANT, L 19 APR 80	512 LECH, R 18 AUG 79	1251
490 TAYLOR, W 29 MAR 98	319 HIGGINS, F 13 NOV 82	512 LONG, M 13 FEB 88	1250
490 LONG, M 01 NOV 86	316 KUCIPAK, G 09 MAY 79	512 WEISS, D 24 AUG 96	1240
485 LECH, R 12 JUL 80	315 BRADLEY, J 03 MAY 78	503 WEBSY, J 26 FEB 87	1234
485 CAPUTO, R 08 JAN 83	315 FROSTBAUM, S 17 NOV 79	501 STEINHOUSER, R 06 JUL 85	1234
485 NELSON, M 22 MAY 93	315 KEA, R 27 MAR 82	501 MAYS, L 25 APR 92	1230
485 MILIAN, E 21 NOV 97	315 FIELDER, C 14 MAR 92	501 CONNOLLY, S 17 DEC 94	1223
480 MUMFORD, E 27 JAN 79	315 GOULD, G 92	501 GLUTIERREZ, P 15 MAR 97	1218
479 HARTMAN, M 25 JUL 92	315 PETRENCAK, S 20 MAY 00	501 WHIGHAM, A 08 JUL 00	1212
479 WHIGHAM, A 08 JUL 00	314 CUNHA, J 05 MAY 82	496 SHOBLOCK, G 04 OCT 85	1212
479 MOYER, D 28 NOV 70	314 ADAMS, N 11 MAR 89	496 BUTLER, C 12 APR 87	1210
473 ADAMS, R 11 MAR 89	314 ARENBERG, J 22 FEB 97	495 NUNEZ, J 12 APR 79	1203
468 WYNN, M 23 AUG 97	314 VAUGHN, J 29 NOV 97	490 BOUDREAU, C 21 JUL 95	1202
465 PERRY, R 24 APR 93	314 BROWN, C 12 SEP 99	490 DURCHTA, T 15JUN96	1201
465 GARCIA, H 12 DEC 94	310 POLKS 28 NOV 87	490 TAYLOR, W 29 MAR 98	1200
457 CLEMENS, K 01 JAN 89	310 MCDONALD, D 07 NOV 88	490 THOMPSON, R 07 NOV 98	1190
457 SUTHERLAND, J 06 NOV 99	310 OLSON, T 22 JUN 91	485 BERNAZZANI, J 09 OCT 71	1184
455 BRADLEY, J 13 MAY 78	308 TOLISANO, V 10 JUN 82	485 CAPUTO, R 23 JUL 85	1180
455 PATERNITI, N 13 DEC 84	308 MOYA, S 01 JUN 85	485 PATERNITI, N 17 NOV 84	1180
455 EVINS, N 15 NOV 97	308 TAKUSHI, G 20 OCT 85	485 HARTMAN, M 25 JUL 92	1180
451 MISIEWICZ, T 17 MAY 86	308 YOUNG, A 10 JAN 87	485 SIMMONS, O 24 MAR 96	1180
451 HERNANDEZ, R 10 MAY 87	308 MURRILLO, G 31 AUG 91	485 CUNNINGHAM, T 08 JAN 00	1179
451 WINTERS, T 11 JUL 87	308 ALLEN, R 27 AUG 94	480 BENOIT, B 27 MAY 72	1179
451 CONNOLLY, S 17 DEC 94	308 LEE, A 15 JUL 95	480 LEEK, J 76	1170
451 YOUNG, G 22 JUL 95	308 OROZKO, T 13 JUL 95	480 RICHARD, E 04 FEB 88	1170
450 GAMBRELL, M 24 JAN 87	305 GANIGAN, D 27 APR 97	480 WINTERS, T 21 MAY 88	1170
450 WHITNEY, K 28 MAR 87	305 MILLER, B 18 NOV 89	479 LUSK, J 11 MAY 85	1168
450 HANTON, G 29 AUG 87	303 YOSHIZU, D 01 FEB 2	479 TAKUSHI, G 20 OCT 85	1165
450 JENKINS, B 22 SEP 90	303 MUKITE, J 06 MAR 88	479 YOUNG, A 10 JAN 87	1162
450 BAKER, G 15 FEB 92	303 CHEATHAM, M 08 JUL 90	479 FODDRILL, B 14 JUL 89	1162
450 NGUYEN, D 05 APR 98	300 WILSON, W 23 NOV 80	475 GUCCIONE, J 02 DEC 89	1160
450 WEISBERGER, A 20 FEB 00	300 CORDIAK, M 26 AUG 84	475 SAPPENFIELD, R 24 APR 71	1160
446 HEALTH, D 08 JAN 83	300 KRUEGER, M 23 APR 88	475 RAY, M 22 MAR 80	1160
445 REDDING, J 16 SEP 72	300 AUDETTE, P 07 AUG 88	475 HAGERTY, T 80	1160
445 STEINFELD, J 18 JUN 88	297 OLIVER, J 12 AUG 86	475 YOUNG, D 19 MAY 96	1160
445 WIDEMAN, M 27 MAR 93	297 TAYLOR, T 28 OCT 89	475 SNELL, K 06 JUN 98	1160
440 STEINHOUSER, R 06 JUL 85	297 KINSER, R 27 FEB 93	473 MORGAN, J 06 JUL 85	1159
440 CALDWELL, J 01 NOV 86	297 PHAM, HUNG 20 APR 96	473 GIANNINO, A 29 JUL 89	1157
440 MASON, M AUG87	297 MASON, M AUG87	473 BOLLEN, L 09 FEB 91	1157

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is the twice a month FLASH bulletin of the Iron Game, produced through the offices of POWERLIFTING USA for over 18 years, and sent out to its subscribers via FIRST CLASS MAIL so you will get the news while it is still NEW. Each edition is packed with a huge variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. Recent issues cover a dramatically effective new performance aid - tested at Stanford University (an average set of pullups increased from 14 to 44!), what's on tap for next year's big Arnold Classic Bench Press meet, the contest and lifts Bull Stewart plans to make in his comeback debut from a controversial drug test suspension, a new technique to insure your herbs are not "spiked", revealing new research on androstenedione, the results of the 2000 World's Strongest Man Contest, introducing the new Titan Power Wash product, etc. It's only \$28 for 24 information packed FIRST CLASS issues (\$39 for overseas air mail) to POWERLIFTING USA, P.O. Box 3238, Camarillo, CA 93011

# Ask the Doctor

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

**DEAR MAURO:** I know that ketosis occurs when liver glycogen is depleted and it continues with a daily carbohydrate intake of zero to 100 grams. Thanks to the "Anabolic Diet," we know that at around 30 grams, ketones stop appearing in the urine.

At one daily carb intake, do they stop appearing in the breath? How many carbs a day should one consume to avoid "Atkins breath." **Tommy**

**DEAR TOMMY:** I've updated the information on ketosis and fat loss in my new *Metabolic Diet* (available at [www.allprotraining.com](http://www.allprotraining.com).)

Hepatic glycogen depletion is one of the factors that lead to increased hepatic gluconeogenesis. The process, however, is complex and involves many hormones including glucagon, insulin, GH, and the catecholamines. It would be easy to write a book on all the interactions that are involved in ketogenesis and ketonemia.

While starvation and dieting, especially low carb diets, lead to ketogenesis in varying degrees, there are enough individual differences, based on a genotypic to phenotypic flow, to make it difficult to determine at what point one is minimal ketosis or deep ketosis, and it is the latter condition that leads to Atkins' breath. Keep in mind that the depth of ketosis is NOT indicative of the degree of fat oxidation or lipolysis. Also, in my view, it's not necessarily even necessary to go into ketosis, at least as far as having significant ketonuria and as such measurable in the urine with a ketostix, in order to get the changes in body fat and body composition that accrue from using a low carb diet.

The bottom line is that you should experiment to see what your optimum carb level is so that you don't develop ketone breath. Perhaps the best way to do this is to find out the carb level that gives you the ketone breath and then slowly increase the carbs until it improves. **Mauro Di Pasquale M.D.**

**DEAR MAURO:** I am looking for some guidance as to whom I should direct this question. I am 47 years old and after being underweight and sickly most of my adult life, an allergist encouraged me to take up a weight training and nutrition program as an augmentation for my health. It worked well. I gained weight - mostly muscle - and up until about a year ago have been mostly healthy. I now enjoy powerlifting. I train at a commercial gym. I did gain more bodyfat than I wanted, but I don't want to lose the muscle I've achieved. I have recently been determined to have sleep apnea and the doctor I see only talks about weight loss (not fat loss) and use of a cpap (an oxygen mask device, worn at night). Do you have any suggestions on who to contact or where to search so I can learn

**Publications by Mauro G. DiPasquale, B.Sc., M.D., MRO, MFS - New for 2000 - The Metabolic Diet** - If you're confused as to what kind of diet you should be following and how best to use the bewildering array of nutritional supplements that's out there, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and supplement manufacturers. After a while it gets pretty hard to sort out just what kind of diet and supplements are best for maximizing strength and muscle mass, and minimizing body fat. But there is a solution. The *Metabolic Diet* is the only diet and nutrition book you need in order to maximize muscle mass and strength, and decrease body fat. It encompasses all the various diets that are carbohydrate conscious, those that are champions of low dietary carbohydrate intake to one degree or another such as my Anabolic Diet, and those that follow the more conventional high complex carbohydrate, lower fat approach. Not only that but The *Metabolic Diet* also covers everything you need to know about how to use the present crop of nutritional supplements so that you'll get maximum results from your hard training. The *Metabolic Diet* is based not only on my experiences but also on all the available medical and scientific research. That's what makes it the ultimate diet book. It takes into account our genetic and environmental differences and allows everyone to find the right diet and nutritional supplement stack for them. The *Metabolic Diet* is a one-stop solution to the age-old dieting and nutritional supplement dilemmas. Don't miss out. Order a copy right now. You won't be disappointed. The *Metabolic Diet*, Hardcover, 512 pages. Order from [www.allprotraining.com](http://www.allprotraining.com) or call 1-800-519-4094.

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**Drug Use And Detection In Amateur Sports - New, Expanded and Revised Edition - Available March, 2001. Price \$29.95 (U.S. funds) or \$45.95 Can plus \$3.00 P&H. After March, 2001, \$36.95. THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances), and the available techniques for drug detection.**

**Beyond Anabolic Steroids - New, Expanded and Revised Edition - Available March, 2001. Price \$21.95 (U.S. funds) or \$31.95 Can plus \$2.00 P&H. After March, 2001, \$26.95. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.**

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about life style changes that could help the apnea and not force me to drop my muscle weight for the satisfying sport of powerlifting. Thanks for any help you can provide. **Roger**

**DEAR ROGER:** CPAP treatment is usually reserved for moderate to severe sleep apnea and as such weight reduction is usually recommended in these cases. I would suggest that you reduce your weight mainly by decreasing your body fat and maintaining most of your muscle mass. If you're competing that would mean you would drop a weight class, but more than likely maintain most if not all of your strength. The *Metabolic Diet* and the supplements I formulated to go along with it would be a big help in minimizing weight and body fat while at the same time maximizing muscle mass and strength. You can get all the info you need to start the diet and on the supplements at [www.AllProTraining.com](http://www.AllProTraining.com). You might also want to check this website for a more personal look at sleep apnea and for some more information. <<http://www.winternet.com/~mbiegert/apnea.htm>>. All the best, and keep me informed. **Mauro Di Pasquale MD**



received the May 1996 magazine, he cut out the interview and framed it! As I write this, I can look at the wall and see that write up which he treasured and was so very proud of! Art was a wonderful man, a true gentleman and loved his sport so much! Jackie is hoping to work with a meet director in her area to establish a meet in Art's memory. (contact her at Box 1020, Campton, NH 03223)

**Joe Costa ...** "was one of the most intense powerlifters I have ever seen. When Joe was working out or lifting in a meet, he was all business. Joe held deadlifting records in the WABDL. Joe was tragically killed Sunday, August 6, 2000, when his motorcycle was hit by a truck at an intersection in Colton, Oregon. He was only 41 years old. Joe was the first person that got my wife, Gloria, and me really interested in competitive bench pressing. Joe would take time away from his workout to give us lift-offs, give us advice, help us put on our bench shirts, and just be a friend. Joe would come to our meets no matter where they were to help us even when he wasn't lifting in the meet. When my wife and I joined Team Oregon, Joe had been a member for a few years but he was still the same giving person. Joe would load and unload the bar for about 17 bench pressers at our work-outs for 2 1/2 hours and then do his own two hour deadlift workout after we finished. Joe was the happiest at a meet when one of his teammates set a record or got a personal best. When I set my World WABDL bench press record, Joe was the first person to congratulate me and then tell me that I better not be satisfied with it because when he got as old as I was, he was going to break my record. Joe, I wish so much that you could have lived long enough to break my record. Team Oregon will never forget you, all of the lifters you have helped will never forget you and Gloria and I will cherish your memory forever. Powerlifting has lost a lifter that is the heart and soul of powerlifting. Joe, we know you are still going to be lifting in heaven. Remember, when you are deadlifting, — don't crane it". In remembrance, Terry and Gloria Camp

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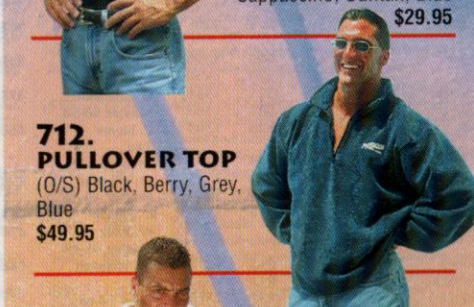
Joe Costa photograph by Brian Baertlein

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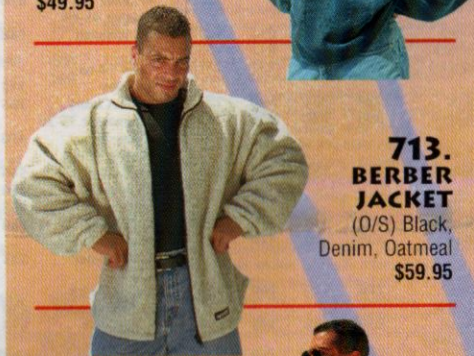
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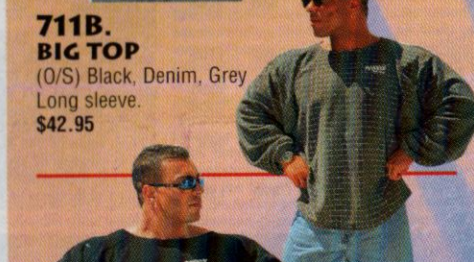
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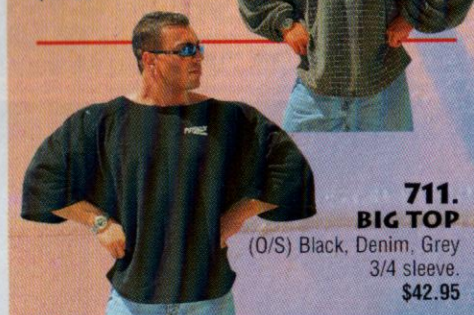
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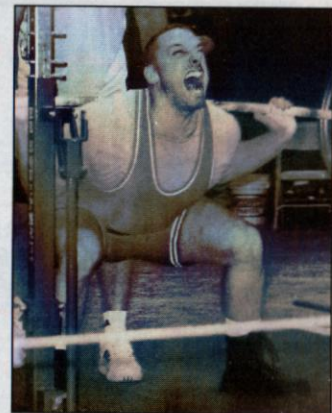
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WOMEN	SQ	BP	DL	TOT
132				
M. Matuszewski	225	115	360	700
148				
P. Roman	225	145	290	660
148				
Teen 16-17				
K. Iszkula	210	115	300	625
Master 40-44				
A. Kichy	125	115	195	435
Master 45-49				
P. Roman	225	145	290	660
MEN				
Open				
132				
M. Allgeier	340	230	450	1020
J. Allgeier	325	230	410	965
148				
R. Cruz	435	275	450	1160
N. Lowder	410	210	500	1120
A. DellaRovere				
165				
J. Braca	500	340	620	1460
M. Skal	345	315	440	1110
181				
M. Clckett	530	360	490	1380
A. Lanzellotta	400	305	440	1145
198				
M. Kerchansky	520	335	565	1420
G. Davis	440	340	550	1330
A. Brown	475	275	575	1325
J. Careri	470	335	500	1305
D. Caffrey	435	305	500	1240
M. Bowers	55	350	515	920
220				
T. Devine	475	375	600	1450
J. Braun	490	360	580	1430
M. Schmidt	540	300	525	1365
M. Magyar	490	285	585	1360
T. Braca	450	320	535	1305
242				
M. Cohen	540	335	560	1435
K. Balykefer	535	260	550	1345
J. Carlucci	450	310	570	1330
R. Konkel	355	355	415	1125
J. Potochny	300			
275				
R. Emerick	580	420	615	1615
D. Raybeck	560	350	615	1525
G. Wiggand	485	350	535	1370
319				
S. McCoy	520	355	640	1515
P. Cuntrera	390	275	450	1115
123				
Teen 14-15				
C. Williams	335	185	360	880
132				
Junior 20-23				
M. Allgeier	340	230	450	1020
J. Allgeier	325	230	410	965
148				
Teen 12-13				
H. Alvarez	280	170	360	810
Teen 14-15				
M. Milano	250	235	345	830
Master 40-44				
R. Cruz	435	275	450	1160
165				
Teen 16-17				
A. Hersperger	360	285	460	1105
Junior 20-23				
M. Catalino	500	320	510	1330
B. McHail	375	185	500	1060
Master 40-44				
M. Benducci	300	205	400	905
181				
Junior 20-23				
J. Careri, Jr.	405	230	470	1105



**Rick Emerick - 275 lb. class champ**

Submaster 35-39  
 A. Lanzellotta 400 305 440 1145  
 D. Heintzel 355 280 475 1110  
 K. Zappitella 355 265 470 1090  
 Master 40-44  
 R. Breckenridge 340 225 455 1020  
 198  
 Teen 16-17  
 S. Wright 375 220 450 1045  
 Master 40-44  
 J. Careri, Sr. 470 335 500 1305  
 Master 45-49  
 G. Shanholtz 475 360 550 1385  
 Master 50-54  
 B. Bayer 460 235 525 1220  
 220  
 Teen 16-17  
 M. Magyar 490 285 585 1360  
 Master 40-44  
 K. Byerly 525 300 575 1400  
 W. Ruiz 470 315 580 1365  
 Master 45-49  
 M. Schmidt 540 300 525 1365  
 242  
 Teen 14-15  
 B. Bixby 315 240 375 930  
 N. McClaine 285 240 375 900  
 Submaster 35-39  
 T. Snyder 450 320 500 1270  
 Master 40-44  
 M. Cohen 540 335 560 1435  
 J. Carlucci 450 310 570 1330  
 M. Bowen 465 295 500 1260  
 R. Cassidy 360 305 460 1125  
 Master 45-49  
 M. Balykefer 535 260 550 1345  
 275  
 Junior 20-23  
 S. Protomastro 630 400 620 1650  
 B. Schmidt 555 435 605 1595  
 Submaster 35-39  
 L. Fetterman 485 380 535 1400  
 Master 40-44  
 D. Stoner 465 390 490 1345  
 American Records set at this meet: Michelle Matuszewski - open 132 lb. deadlift of 365 lbs. (4th attempt) Open 132 lb. total of 700 lbs.; Pauline "Dolly" Roman - Master 45-49 148 lb. deadlift of 300 lbs. (4th attempt); Caleb Williams - Teen 14-15 123 lb. squat of 345 lb. (4th attempt); Teen 14-15 123 lb. deadlift of 380 lb. (4th attempt); Teen 14-15 123 lb. total of 880 lbs.; Michael Allgeier - Junior 20-23 132 lb. squat of 340 lb., Junior 20-23 132 lb.

Bench Press of 231 lb. (4th attempt); Junior 20-23 132 lb. deadlift of 450 lbs., Junior 20-23 132 lb. total of 1020; Henry Alvarez - Teen 12-13 148 lb. squat of 290 lbs. (4th attempt); Ramon Cruz - Master 40-44 148 lb. squat of 435; Adam Hersperger - Teen 16-17 165 lb. total of 1105; Matt Clckett - Open 181 lb. squat of 530; Gary Shanholtz - Master 45-49 198 lb. squat of 475, Master 45-49 198 lb. bench press of 360, Master 45-49 198 lb. deadlift of 550, Master 45-49 198 total of 1385; Matt Magyar - Teen 16-17 220 lb. deadlift of 585, Teen 16-17 200 lb. total of 1360; Mark Schmidt - Master 45-49 220 lb. squat of 540; William "Bill" Schmidt - Junior 20-23 275 lb. bench press of 435; Dale Stoner - Master 40-44 275 lb. bench press of 390; Stanley McCoy - Master 40-44 319 lb. squat of 520, Master 40-44 319 lb. deadlift of 640, Master 40-44 319 lb. total of 1515. Outstanding lightweight powerlifter was Joe Braca. Outstanding heavy-weight powerlifter was Steve Protomastro. Referees for the weekend included: Brenda Siegel, Joe Pyra, Joe Oregia, Allan Siegel, Matt Catalino, and Don Reinholdt. Announcing was handled by: Allan Siegel, Joe Oregia, and Michelle Matuszewski. Six lifters were urine tested and two members of the ADAU, who were at the meet helping their fellow lifters, as coaches, were out of meet tested. With some of the top lifters from 70s and 80s helping out as officials, loaders and coaches, how can you go wrong? Tim Bently (600# bench press as a Master), Mike Smith (850# drug free squat at 242# class), and Don Reinholdt, (needs no introduction) are a sight to behold at any contest. We noticed that another organization has Don Reinholdt on their schedule, to give a seminar in August. Funny thing is, Don doesn't know anything about it. Can you spell, "Lawsuit"? A big "Thank You" to the many volunteers that made our first Anti-Drug Athletes United (A.D.A.U.) a huge success. A special thanks to the lifters that competed and helped out the next day; without them there would be no contest. We are very happy about the nice turnout for the contest, considering there was another national contest on the same day. Ours was the (real) Raw National Championship with drug testing and no cheating (assistance gear). The competition is much closer when the competitor has to lift without the aid of pharmaceutical and material enhancements. Much more fun! **THE LADIES!** World Champion Michelle Matuszewski needs no one to push her to lift big. She was the lone 132 pounder and set some personal best lifts along with an American Record deadlift of 365 and a total of 700 pounds while heating up the place with her super model looks. Dolly Roman takes a lickin' and keeps on tickin'. After having her car break down and her wallet stolen, Dolly still managed to win the Gold with a 660 total that included an American Masters Deadlift Record of 300 pounds, in the 148# class. Also in the 148# Kalena Iszkula (17 yrs.) had problems getting through her squats and benches, but pulled a 300# deadlift for the teen title with a 625# total! **THE GENTLEMEN!** Fifteen years old Caleb Williams is one strong kid. At 119 pounds he put together "Raw" lifts of 335# squat, 185# bench and 360# deadlift, to total 880# for the Gold. He also managed fourth attempts in the squat with 345# and deadlift with 380#. Look out 123 pounders! At 132#, the Allgeier brothers, Mike (21) and Jon (20) bumped heads for the gold and silver, respectively. Jon squatted 325, and then Mike did a 340 for the Junior American Record. Jon benched 230, and then Mike did a 231, for the record. Jon then did a Junior American Record Deadlift of 410 to have Mike pull 450 for a 1020# total and both records. Jon told Mike to go up a weight class! Another great battle took place in the 148# class. Between Ramon Cruz and Norm Lowder. Cruz set the Masters American Record in the squat with 435#, just missing the open record, with Lowder being successful with 410. Cruz moved further ahead in the bench with 275# to Lowder's 210. Cruz pulled his opening deadlift of 450 but couldn't hold on to 485# attempt and dropped it twice. This gave Lowder, who pulled 500, a chance with 540, but it wasn't to be. Cruz took the Gold, Lowder the Silver. In the teen divisions, thirteen year old Henry Alvarez and 14 year old Mike Milano are going to be a force to reckon with. Alvarez won Gold with an 810 total that included Teen American Records of 280# in the squat and 810# in the total. Milano won Gold at 14-15 with his 830# total. World Champion Joe Braca ran away with the 165# trophy even though he only made four of his nine attempts. Joe put together a 500# squat, 340# bench and a first attempt 620# deadlift for his winning 1460 total. He'll hit 1500 yet! Adam Hersperger was solid, going nine for nine in the 16-17 year old division and ending up with a Teen American Total Record of 1105 by the way of a 360# squat, 285# bench, and a 460# deadlift. Matt Clckett, another World Champion, tried the "Raw" way and managed to win Gold in the 181# class with an American Record 530# squat, plus a 360# bench and a 490# deadlift for his 1380# total. Also, at 165, Junior lifter, Matt Catalino was off his usual form, but still won gold with 500# squat, 320# bench and a 510# deadlift to total 1330. A big battle went on in the Sub-Masters division in the

181# class, between Tony Lanzellotta, Dave Heintzel and Ken Zappitella. Lanzellotta was ahead at subtotal and pulled a 440# deadlift giving Heintzel and Zappitella a chance to catch up with a bigger deadlift. Zappitella ended up with 470# for third while Heintzel tried the wining 515 attempt, to overtake Lanzellotta, but it stuck at the knees, great effort! The open 198# class was another great battle. Matt Kerchansky was well in the lead for first place with his 1420 total, but second place was up for grabs. When Joe Careri, Sr. missed his 540# deadlift, George Davis and Andy Brown jumped passed him for the Silver and Bronze with 1330# to 1325#. Careri did win the Gold in the Masters 40-44 year old class with his 1305# total. Other Masters winners included Gary Shanholtz in the 45-49 age group with all new American Masters Records and Bugs Bayer in the 50-54 age group. The championship title at 220# went down to the last deadlift. Tim Devine, Joe Braun, Mark Schmidt, and Matt Magyar bumped heads all the way through the contest and ended up first through fourth in that order. Devine totaled 1450 for the win and Braun attempted a 600# deadlift to tie him and win on bodyweight but was called for hitching. Schmidt's Third Place included an American Masters Record Squat of 540 and First Place in Masters 45-49 and Magyar's Fourth Place included a Teenage American Record deadlift of 585# and a total of 1360#, which won the Teenage 16-17 division. Look out!!! Karl Byerly and Wilfredo Ruiz were impressive in the Masters 40-44, pushing each other all the way with Byerly winning with 1400 to Ruiz's 1365. Master lifter Mark Cohen was top dog in the 242# Class winning the open and Masters 40-44, with 1435# total. Keith Balykefer won Silver and also won Gold in the Master 45-49. Jeff Carlucci was the final Master to place in the Open with his Bronze Medal (Open) which placed him Second in the Masters 40-44. Jeff made a great effort with a 585# deadlift to move into second, but it was a no-go. At 275#, the Open Division was a struggle between two Pennsylvanians while the Juniors was a battle between two New Jersey beef, again going down to the final deadlifts. Emerick and Raybeck stayed close on squat, 580# to 560#, with Emerick moving ahead on the bench 420# to 350#. Both lifters pulled 615# deadlifts putting Emerick in with the Gold. Greg Wiggand finished third. Juniors, Steve Protomastro and Bill Schmidt were in tight contention when they were forty pounds apart at subtotal. Protomastro pulled 620# for his 1650# total with Schmidt giving a great effort with 660# for the win, but it wasn't meant to be, when he dropped it. Sub - master lifter Les Fetterman won his division, even with a broken finger, with a 1400# total and Master lifter Dale Stoner won the 40-44 group. His lifts included a Master American Record bench of 390#. Forty-four year old Master Stan McCoy was the 319 champion competing in his first "Raw" contest. In doing so, he set the American Masters 40-44 squat, deadlift and total records with 520# 640# and 1515#. Joe Braca won the Lightweight Champion of Champions and Steve Protomastro was the Heavyweight Champion. We knew at the beginning of the contest that "Joe's GYM" was going to win the team title, seeing that there were three team entries under the same name! We didn't know which Joe's Gym would be the winner, as it turned out, it was: Joe's Gym of Erie First Place, Joe's Gym of Jersey taking second and Joe Braca's team in third. **POWERLIFTING** can be fun. (Thanks to Joe Oregia for providing these meet results).



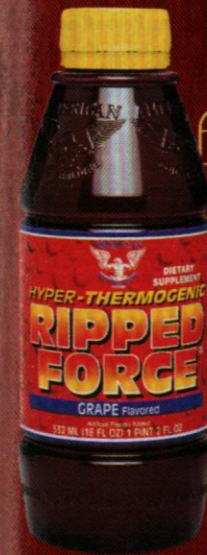
**Joe Oregia was informed that his team (Joe's Gym of Erie, Pennsylvania) had won their third national team title. (Joe Pyra photos)**

**2000 "100% RAW" Senior Nationals  
29,30 JUL 00 - Rockville, MD**

WOMEN	SQ	BP	DL	TOT
97				
20-24				
K. Vazquez	160	80	190	430
40-44				
M. Cahill	85	80	180	345
105				
14-15				
K. McKenzie	150	75	225	450
114				
12-13				
Y. Ward	75	45	140	335
4th				
123				
20-24				
J. Akroush	175	140	265	580
16-17				
C. Ward	100	55	150	305
132				
16-17				
S. Bennett	120	75	165	435
148				
14-15				
R. Hawkins	160	105	260	525
4th				
T. Williams	145	75	175	395
16-17				
N. Levinson	155	70	225	445
T. Antigone	130	70	165	365
165				
16-17				
K. Miller	255	120	275	650
K. Cox	135	85	250	470
A. Seales	145	90	220	455
50-54				
A. Whitaker	95	80	185	360
4th				
181				
16-17				
K. Whitaker	220	110	260	590
4th				
198+				
30-34				
S. Covington	170			
N. Dick	140			
MEN				
66				
S-UN				
C. McDonnell	35	25	75	135
77				
8-9				
Y. Tshontikidis	115	60	175	350
10-11				
C. Banks	65	30	75	170
114				
14-15				
D. Seeley	185	155	285	625
E. Banks	135	90	225	450
10-11				
E. Gremi	50	55	140	245
4th				
123				
14-15				
J. Pollard	250	135	320	705
B. Thompson	205	135	320	660
132				
14-15				
A. Akers	270	180	295	745
T. DeFeo	205	135	300	640
4th				
330				

16-17				
T. Boyd	145	95	240	480
148				
25-29				
R. Harris	430	265	445	1140
35-39				
C. Simeone	380	275	450	1105
40-44				
V. Aybar	355	255	460	1070
16-17				
J. Boyd	285	200	350	835
C. Smith	185	125	325	635
14-15				
M. Dodson	200	130	290	600
165				
30-34				
J. Audia	405	365	550	1320
40-44				
J. Polak	445	340	520	1305
16-17				
J. Billings	415	270	500	1185
E. Seeley	315	275	400	990
J. Polanco	165	110	265	540
18-19				
Y. Konan	405	275	475	1155
4th				
J. Johnson	310	220	405	935
J. Cropps	255	170	360	785
20-24				
R. Johnson	335	310	385	1030
55-59				
T.J. Fleming	360	175	440	975
181				
14-15				
C. Cary	265	250	465	980
18-19				
E. Billings	400	275	400	1075
D. Kaziu	200	175	330	
20-24				
O. Bermudez	440	370	535	1345
4th				
380				
25-29				
M. Martin	350	285	375	1010
30-34				
D. Bellantoni	485	330	605	1420
35-39				
S. Ogelthorpe	320	200	390	910
40-44				
S. Tshontikidis	425	285	545	1255
70-74				
C. Higgins	140			
198				
16-17				
M. Brewster	355	220	400	975
J. Dodson	345	185	430	960
20-24				
B. Bownas	475	290	600	1365
45-49				
B. Cahill	410	300	565	1275
50-54				
T. Smith	395	285	550	1230
55-59				
D. Junkins	300	230	350	880
70-74				
D. Ginenthal	300	195	400	895
4th				

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IN YOUR  
EYES...**



## Ripped Force®

### THE PROFILE

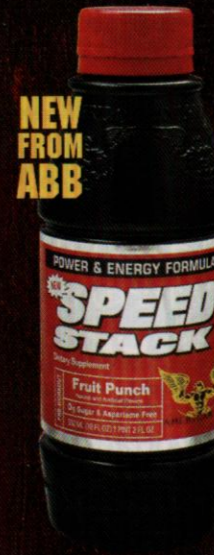
#### WHAT

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

#### WHY

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

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



## Speed Stack™

### THE PROFILE

#### WHAT

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

#### WHY

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

- FLAVORS**
- Fruit Punch
  - Grape

**REQUIRES  
IGNITION**



## Extreme Ripped Force™

### THE PROFILE

#### WHAT

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

#### WHY

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

- FLAVORS**
- Fruit Punch
  - Grape
  - Orange



## Inferno™

### THE PROFILE

#### WHAT

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

#### WHY

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

- FLAVORS**
- Fruit Punch
  - Grape

## PL USA Back Issues

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

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

lifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.  
**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s  
**Jun/95...** Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sep/95...** TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.  
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**Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
**Mar/96...** TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.  
**May/96...** James Henderson Benches 705 in a T-shirt, Brobdignagian Biathlon, Louie Strengthens the Torso, Preventing Catabolism, Reverse Hypers, TOP 100 275s  
**Jul/96...** AAU Men's, USPF JRs., DHEA,

Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s  
**Aug/96...** ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest/Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.  
**Sep/96...** USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.  
**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s  
**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s  
**Feb/97...** Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s  
**Mar/97...** TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo  
**Apr/97...** Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.  
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Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
**Aug/97...** Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s  
**Sep/97...** USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.  
**Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, TOP 100 Ltws.  
**Nov/97...** U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.  
**Dec/97...** Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s  
**Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s  
**Feb/98...** WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s  
**Mar/98...** Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage  
**Apr/98...** Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.  
**May/98...** Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benching, Top 100 275s.  
**Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.  
**Jul/98...** Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.  
**Aug/98...** USAPL Men's Nationals, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.  
**Sep/98...** APF Seniors, Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s  
**Oct/98...** "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.  
**Nov/98...** A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.  
**Dec/98...** IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s  
**Jan/99...** WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.  
**Feb/99...** WPC Worlds Pt. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
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## Coming Events

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

3,4 NOV, MonsterMuscle.com, APF Beach Bash for Cash BP & DL (Newport, OR) Big Bears Gym, 541-574-4507, dozer2000@hotmail.com, R. McClung, Box 304, Yachals, OR 97498  
4 NOV, USAPL Maryland State BP & DL, Ocean City Health and Racquet Club, 61st St. & Bayside, Ocean City, MD 21842, Gary Howard, 410-723-2323  
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](http://www.usaplnationals.com)  
4 NOV, 1st Applejack BP Open (men, women, teen, police, fire) Allan Davis, Phoenix Fitness, 333 Court St., Allentown, PA 18103, 610-797-6377  
4 NOV, USPF Texas Cup Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Austin, TX) Sequin Fitness, 1415E. Court, Sequin, TX 78155, 800-378-6460, [www.sequinfitness.com](http://www.sequinfitness.com)  
4 NOV, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charles-

ton, 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](mailto:sonlight@advancenet.net)  
4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, [isabella@efortress.com](mailto:isabella@efortress.com)  
4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447  
4,5 NOV, Physique Magnifique Powerlifting Championships, 650-757-9506  
4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged - open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797  
5 NOV, WNPFF Georgia Championships (Atlanta) WNPFF, Box 14237, Fayetteville, GA 30214, 770-996-3418, [wnpff@aol.com](mailto:wnpff@aol.com)  
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](mailto: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, 800-537-5532  
10-12 NOV (new date), USPF U.S.A. Nationals Open PL/BP Championships (including a Disneyland Day Trip 11/9/00) (World Qualifier - Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, [pwriftr@delnet.com](mailto:pwriftr@delnet.com)  
11 NOV, (new date) PPL Georgia "Drug Free" State BP/PL or full PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, [pythongym@aol.com](mailto:pythongym@aol.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](mailto:valifting@aol.com)  
11 NOV, AAU NC, VA, SC Regional (Henderson, NC) Ben Zak, Box 978, Grandy, NC 27939, 252-453-6116  
11 NOV, AAPF Southern States (drug tested) Huge Iron, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000  
11 NOV, SLP Kentucky State BP/DL (Calvert City, KY) Dr. Darrell Latch, 126

W. Sale St. Tuscola, IL 61953, 217-253-5429, [sonlight@advancenet.net](mailto: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](mailto:sonlight@advancenet.net)  
14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan)  
16-19 NOV, 2000 WABDL 24 Hour Fitness Drug Tested World BP/DL Championships (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, [wabdl.org](http://wabdl.org) (not .com!!), [gethomas@olypen.com](mailto:gethomas@olypen.com)  
17-19 NOV (new dates), WNPFF Worlds (all events/divs. - Baltimore, MD) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpff@aol.com](mailto:wnpff@aol.com)  
17-19 NOV, IPA Nationals (Columbus, OH) Elite Fitness, 1695 Itawamba Trail, London, OH 43140, 888-854-8806  
18 NOV, NASA AZ Regional PL, BP, PS (Casa Grande, AZ) NASA, Box 735,



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**9:00 A.M. Start Lifting**



Noble, OK 73068, 405-527-8513  
**18 NOV**, Minnesota's Raw Meet II (Bloomington, MN Open, Masters, Teen) Dennis Green, Box 147, New Market, MN 55054, 612-461-3007 after 7 p.m., <http://rawmeet.tripod.com>

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

**18 NOV**, NASA WV Regional PL, BP, PS (Ravenswood, WV) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, [gvhl@wirefire.com](mailto: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**, 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**, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

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

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

**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](mailto:sonlight@advancenet.net)  
**24-26 NOV**, WDFPF World Single Lift BP & DL (nr. Como, Italy) Ivano Bianchi (WD-PF Italia)

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

**2 DEC**, NASS Teen-age, Masters, Women National Strongman Championships Fit For Life Center, FT. Worth, TX, Bill Holland, 817-847-6082

**2 DEC**, "Jim Miller's" Christmas Bench Press (Teen, Open, Master - Men & Women) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison, 763-441-4232 (Day), Jerry Gnerre, 763-753-6064 (e)

**2 DEC**, N.C. AAU State (Raw & Full Gear - Men & Women - Teen, Open, Submasters, Masters) J. Howie, 209 Myers St., Monroe, NC 28110, 704-289-4940/8716, [jhowie@trellis.net](mailto:jhowie@trellis.net)

**2 DEC**, I.H.M. 4th 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@hunted.net](mailto:timanderson@hunted.net)

**2 DEC**, USAPL Kentucky State/Blue Grass Open PL & BP (all ages & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354

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

**2 DEC**, APF Southern States Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000  
**2 DEC**, Son Light Winter Classic BP/DL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, [sonlight@advancenet.net](mailto:sonlight@advancenet.net)

**2,3 DEC**, USPF/WPL World BP/PL (Men & women, open, junior, masters, submasters) (Corpus Christi, TX) Gary Pendergrass, 1415 E. Court St., Seguin, TX 78155, 800-378-6460

**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**, 3rd USAPL New England States Open BP, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm EST

**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

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

**8-10 DEC**, WPC World Cup (PL) & World Bench Breakers, Gars/Kamp - Austria (40 miles from Vienna), +43/512/26 12 00 (Fax), Peter Pacas

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

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**9 DEC (new date)**, USPF Seminole (OK) Meet, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689

**9 DEC**, ISA Power For Purpose Classic BP/DL & BP Bodywt. for reps, Mark Phillips, 9190 Hwy 5, Douglasville, GA 30134, 770-596-2133 or 949-9299

**9 DEC**, Hwy 17-A Touch and Go BP and Pre-Teen BP Jam, The Dungeon Gym, 2839 S. Lue Oak Dr., Moncks Corner, SC 29461, 843-761-5632 or Floyd Powe 843-875-1434

**9 DEC**, APA Mountain Region PL/BP (Elkins, WV) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, [apapresident@yahoo.com](mailto:apapresident@yahoo.com)

**9 DEC**, Slamfest 2000, Cimmerian Gym, 412 S. Mitchell St., Cadillac, MI 49601, 231-779-4961

**9 DEC**, Ozark Open, Casey Fant, 1330 SE 14th Street, Bentonville, AR 72716, 501-204-1000

**9 DEC (new date)**, USAPL Rhode Island State PL & BP (deadline 9/9/00) David Roderick, 126 Chestnut St., Rehoboth, MA 02769, DR705@mediaone.net

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

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

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

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

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

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

**10 DEC**, Norwich Family YMCA BP (teen, women, masters, open) Tom Revolt, 68 N. Broad St., Norwich, NY 13815, 607-336-9622

**10 DEC**, WNPFF Eastern Regional BP & USPC Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, [ecpower@bellatlantic.net](mailto:ecpower@bellatlantic.net)

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

**16 DEC**, River Valley Bench Press, Horseheads H.S., 113 Halloran Dr., Breesport, NY 14816, John Comereski, 607-739-7322

**16 DEC**, APF Hardcore BP, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

**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](mailto:gymrat@willnet.net)

# WESTSIDE SEMINARS

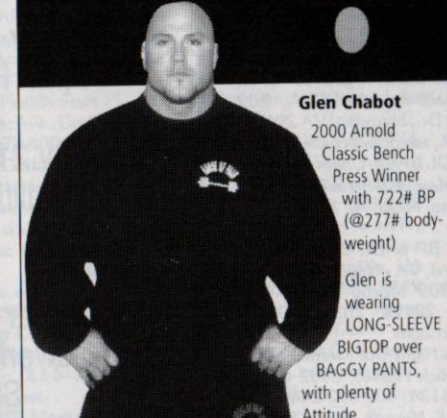
## Columbus Dates

- 2001
- Jan. 20 Westside Seminar
  - Jan. 21 Mastering the Bench
  - Feb 24 Westside Seminar
  - Feb. 25 Mastering the Squat
  - April 7 Westside Seminar
  - April 8 Mastering the Bench
  - May 26 Westside Seminar
  - May 27 Mastering the Squat
  - June 9 Mastering the Squat
  - July 14 Westside Seminar
  - July 15 Mastering the Bench
  - Aug. 25 Westside Seminar
  - Aug. 26 Mastering the Squat
  - Oct. 6 Westside Seminar
  - Oct. 7 Mastering the Bench
  - Nov. 3 Westside Seminar
  - Nov. 4 Mastering the Squat
  - Dec. 8 Westside Seminar
  - Dec. 9 Mastering the Bench

- ### On Site Seminars
- Albany, NY
- Jan. 27 Cutting Edge Sports Science
- West Palm Beach, FL
- Feb 10 Santaluces High School
- Spring, TX
- Feb. 3 Powerhouse Gym
- Lock Haven, PA
- March 3 Lock Haven University
- Tallahassee, FL
- March 10 Fahey's Gym
- Seattle, WA
- March 31 Gold's Gym
- Ontario, Canada
- April 28 Good Life Fitness
- Lexington, SC
- May 12 Waites Fitness
- Tulsa, OK
- July 21 Eastside Gym
- Sacramento, CA
- Aug 11 24 Hour Fitness
- Reno, NV
- Sept 22 Fitness Factory

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  - LOGO RAG TOP \$13 (black, white, grey) one size fits L-2X
  - LOGO TANK TOP (THIN STRAP) \$13 (ash, white, black) M-2X
  - PRINTED LOGO CAP \$8 (black, white, royal, hot pink, neon yellow)
  - LYCRA BIKE SHORTS \$15 (ash, black) M-2X
  - LYCRA SHORT-SHORTS \$15 (black, ash) M-2X
  - FULL-LEG TIGHTS \$16 (ash, black) M-2X
  - LOGO PRINT SWEATSHIRT \$18 (black, ash, white) M-4X
  - PULL-HOOD FLEECE SWEATSHIRT \$29 (ash, red, black) M-4X
- EMBROIDERED HOP LOGOS**
- BAGGY PANTS \$23 (black, grey, navy, print) S-XL
  - CLASSIC LOGO T \$13 (black, red, ash, navy, royal, green) M-4X
  - LONG-SLEEVE BIGTOP \$25 (red, black, ash, blue, green) L-XL or 2X-4X
  - SHORT-SLEEVE BIGTOP \$23 (red, black, grey, blue) L-XL or 2X-4X
  - EMBROIDERED LOGO CAP \$11 (red, black, charcoal, khaki, black/navy, denim)
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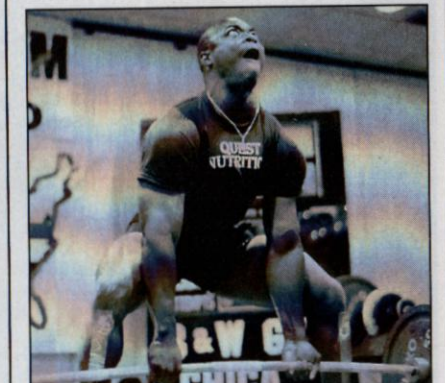
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16 DEC, APA BP Nationals & WPA Pler Year Banquet (Nashville, TN) APA, Box 27204, El JoBean, FL 33927, 941-697-7962, wpa50@hotmail.com

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, 1st "Show Me State" BP, Jim King's Big Iron Gym, 3229 Queen Ridge Dr., Independence, MO 64055, 816-350-3439

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

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

13 JAN, NASA Ohio State BP (W. Liberty H.S., W. Liberty, OH) Dick Cordial, 937-653-5504, squat@fordyou.net

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

14 JAN, Winter Blues Meet (PL, BP, DL; Grand Rapids, MI) Jon Smoker, 30907 CR16W, Elkhart, IN 46576, 219-674-6683

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

20 JAN, USAPL Louisiana State (plus out of state division) Paul Fletcher, 6224 Snouden, Baton Rouge, LA 70817, 225-753-8586

20 JAN, APF Michigan Bench for Cash (cash divison: 1st-3rd on Reshel Formula - \$1000 total, subject to increase. open divison plus jr., submaster, master by formula) Jtm Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114 (after 3pm EST), jtmharbourne@home.com

20 JAN, Tri-City BP & DL, Tom Corazzini, Albany YMCA, 274 Washington Ave., Albany, NY 12203, 518-449-7196 ext 16

20 JAN, AAU Open BP (Reston, VA) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534

27 JAN, WABDL Southeastern USA BP/DL, Belanger Power Sports, Box 173, Century, FL 32535, 850-327-6016

27 JAN, Mid Virginia BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

28 JAN, World Gym Winter Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishawaka, IN 46545, 219-254-0460

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, WABDL BP/DL Championships (Holiday Inn, Mesa, AZ) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

3 FEB, AAU BP & DL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 203-397-0534, aaupcva@cox.rr.com

10 FEB, APF Nevada State PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

10 FEB, NASA Virginia State PL, BP, PS (Charlottesville, VA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

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

17 FEB, Iron Society's Budweiser WABDL California State BP/DL, Matt Lamarque, Box 1992, Monterey, CA 93942, 831-277-IRON

17, 18 FEB (new date), WePumpUp.com IPA New York State Full Power and Bench Meet (all classes,

## HUGE IRON Powerlifting Schedule YEAR 2000/1

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

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

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

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

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

m/f) Joe Giultano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539

18 FEB, King Fitness Pound for Pound (most reps/total tonnage) Matt Kelly, 3253 Hwy 35 N., Hazlett, NJ 07730, 732-335-0911, www.kingfitnessgym.com

24 FEB, 11th Winter Classic, Goshen Fitness, Box 92, Goshen, IN 46527, 219-537-9329

24 FEB, USPF Florida State, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

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

4 MAR, New Jersey High School Drug Free Championships (Hammonon, NJ) Paul Sacco, 609-567-0046 or 704-2400 Ext. 112

9-11 MAR, USAPL Collegiate Nationals (Holiday Convention Center, Alexandria, LA) Duane Urbina, 318-473-4567

10 MAR, USPF N. Jersey High School, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 9098-282-1260, uspfhorton@aol.com

10 MAR, USPF N. Jersey State, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 9098-282-1260, uspfhorton@aol.com

10 MAR, All Church Powerlifting Championships (open to all church members and church sponsored teams) Pastor Tony Karlik, Bethany LBC, 233 Westcott Blvd., Staten Island, NY 10314

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

10, 11 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

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

17 MAR, AAU National BP & DL, Carroll County H.S. BP, & BP, Curl, Chitnup meet (men, women, fire, police, spec. olympics) G. Murphy Jr., Box 1013, Westminster, MD 21158, 301-759-4707

17 MAR, WNPFF Alabama State, Pedro Hollingsworth, 3500 McFarland Blvd., Northport, AL 35473, 205-333-9952

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

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24, 25 MAR, USAPL Oregon State (Open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

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

31 MAR, 3rd Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608

MAR, NASA Kentucky State PL, BP, PS (Lexington, KY) Greg Van Hoose, RT 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

MAR, USPF Rhode Island Championships (PL/BP), Joe Reeves, 33 Pine St., Rteurside, RI 02915, 401-437-1728

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, 2nd annual Pittsburgh Area Monster BP and/or DL (men & women - all classes/dtus. - 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, Spring Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

21 APR, Iowa/Midwest Open BP/DL, Trap DL (Open, Novice, Teen, Submaster, Master, Women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

21 APR, WPO (TM) Qualifier (location tba), Huge Iron, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, greka@t-online.de

28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams, RT. 1, Box 149, Wewoka, OK 74884

APR, PPL Spring Classic Drug Free PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806, pythongym@aol.com

APR, NASA West Virginia State PL, BP & PS, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

APR, NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

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, rhk@bellatlantic.net

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

18-20 MAY, APF Master, Submaster, Junior, Teenage Nationals, Russ Barlow, 175 Kennebec Tr., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

19 MAY, Blue Ridge Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

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

8, 9 JUN, WNPFF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

8-16 JUN, 2001, World Police & Fire Games, Indian Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wplfg.org

16 JUN, USAPL Eastern USA Open BP, USAPL National Squat, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

30 JUN, Intl. Bavaria Cup DP (women, men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, greka@t-online.de

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

JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

25, 26 AUG, USAPL Lifetime Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

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

SEP, 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 00604, 787-890-4636

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

17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

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

17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

NOV, USAPL National Police & Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

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

8, 9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

22973, 804-985-3932 before 9pm, valifting@aol.com

P.S. when writing include a Stamped, Self-Addressed Envelope (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT. P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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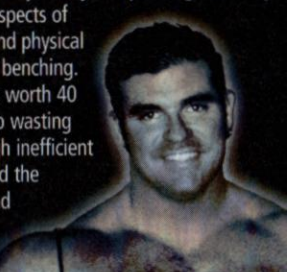
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NASA Tri - State Regional PL, BP, PS  
22 JUL 00 - Flora, IL

BENCH PRESS			
WOMEN			
110.2	Gina Borcharding	100+	
138.8	S. Woomer	175+	
170.8	Kim Bright	165+	
Patsy Conley*			
90+	Mitch Gill	55+	
127.8	110.2		
Pure Novice			
80+	Patsy Conley	65+	
MEN			
154.3	Women:		
119	119		
330	Rachel Denton	75+	
187	HWT		
Pure	Doris Scott	70	
420+	Men:		
119	119		
350	Josh Weaver	150+	
154.3			
420+	Eric Kanitz	130	
227	Jerry Flexter	95+	
Masters 2	Jerry Thorman	95	
350+	187		
David Wilson	Zac Cooper	285	
Masters Pure			
350+	205		
David Wilson	Jerry Poole	235	
Sub Masters 2			
Jerry Poole	335		
250.2	DEADLIFTS:		
Pure	119		
400+	154.3	200+	
Mark Ayt	Eric Kanitz	300	
Teenage	325	4th	
Bo Harrison	330+	Jerry Thorman	205
4th	170.8		
POWER SPORTS			
SQUATS:			
WOMEN			
101.4	Callie Ettleson	275+	
Olivia Markham	HWT		
125+	Doris Scott	145	
110.2	125+	187	
FULL MEET	Zac Cooper	435	
WOMEN	BP	DL	TOT
127.8			
High School			
Athena Stedman	185	95	250+
Sub Masters 1			
M. DeBerry*	252.5+	172.5+	310+
138.8			
Masters 2			
Pam Davis	250+	150+	290+
154.3			
Pure Novice			
Judy Rapp	200	100+	245+
Masters 1			
Diana Gill	250+	115	325+
170.8			
Pure			
Camelia Durre	185	120+	205
4th			
MEN			
205			
High School			
Josh Stedman	415+	265	495+
227			
Pure			
Thomas Lowder	525	327.5+	525+
Natural			
Jason Sanders	435+	265	465
Junior			
Nick Steele	400	315+	515
Guest Lifter			
Scott Chalmers	500	400+	545
280			
High School			
Jake Langhoff	435	250	460+
119			
Neal Frost	65+	60	105
4th			
154.3			
Bo Harrison	225	185	375
785			
POWER SPORTS			
FULL MEET			
WOMEN			
101.4			
Olivia Markham	45+	85+	205+
335+			



Patsy Conley returned to the lifting platform at the Tri-State Regional 2 years after giving birth to her and husband Jim's second son. Both Patsy and Jim have won NASA's Pure Novice Athlete of the Year award

110.2  
Gina Borcharding 42.5 75 180 297.5  
127.8  
\*Erin Maxwell 60 5 250 405  
138.8  
S. Woomer 60 105 260! 425  
HWT  
Lauren Rudy 50 85 215! 350  
MEN  
154.3  
Ephraim Shields 120 300 390 810  
187  
\*Rob Furey 160 320 480 960  
\* denotes outstanding lifter; 1 denotes American Record; + denotes State Record. It was supposed to be a fun meet with the majority of lifters coming from the hosting community and trying Power Sports for the first time. Instead, it became an all-out assault on the record book with 59 State Records and nine American Records falling before the end of a quick day of powerlifting. The majority of the records fell in Power Sports where local lifters took aim at divisions where there either were no American Records, or the records seemed low. Flora High School sophomore Gina Borcharding was the first to take a record with an opening squat of 65 pounds in the 110.2 - pound division where there was no American Record. She finished the day with a final lift of 100 pounds, which was converted back down to 45 kilos for the record. FHS 2000 NASA Scholarship winner Olivia Markham dropped down to the 101.4 class where she clipped Wendy Cross's 71.5 - pound record with an opening lift of 75 pounds. She closed out the day with a 125 - pound squat that would roll back to a 56 kilo (123 pound) American Record effort. The tandem of Shecanna Woomer and Kim Bright both broke the existing American Records of 143.2 pounds on their second attempts of 155. Kim closed out her meet at 165 pounds, which rounded down to 161.7. Shecanna finished out her squats at 175 pounds, which rounded back down to 172.7 pounds, or 78.5 kilos. One record changed twice - quickly. Special Olympian Doris Scott opened her Power Sport deadlifts with a 140 pound deadlift, five pounds more than the established American mark of 135 pounds. The record only stood until teammate Lauren Rudy walked to the platform and hoisted up 215 pounds to set the new mark at 97.5 kilos. Lauren came back with a 111 kilo lift, but sat it down too quickly. The two heavyweights cracked their American Records on their first attempts, but Markham and Woomer had to wait for their second attempts to get American Records. Olivia cracked Cross's mark of 92.5 kilos with a lift of 205 on her second attempt, while Shecanna improved on the 1999 242.5 - pound mark of Sturmiolo with a 260 - pound lift, which rounded back down to 259. Callie Ettleson opened the day announcing, but got caught up in the event enough to jump into the deadlift. Her third attempt of 275 pound in the 170.8 class broke the current mark of 259 pounds. Ironically, none of the American Record breakers were tabbed as Outstanding Lifters. Those honors were claimed by Margaret DeBerry and Thomas Lowder in powerlifting, Patsy Conley and Jerry Wood in regular bench press and the duo of Erin Maxwell and Rob Furey in Power Sports. The meet continues to bring out the best of help on the part of local lifters. Those donating their time to spot, announce and judge included Steve Beccue, Kim Bright, Jim Conley, Rachel Denton, Beth Frost, Callie Ettleson, Cheri Gill, Dr. Frank Hettiger, Jocko Hinkle, Andy Lake, Brock McKinnon, Keith Pickens, Mable Smith, Jane Stover, Mandy Upton and of course Danny Gill, who did most of the set up,



Pam Davis with a 250 lb. squat at the Tri State Meet. (Smitty photos)

Ernie Surell, in at 277 with a ridiculously easy lift of 410. Ernie put some weight on the bar. I would like to thank every body who lifted and helped judge and spot. (Thanks to Noe Gonzalez for results).

USPF California State  
03 JUN 00 - Bakersfield, CA

Special Olympian SQ	BP	DL	TOT
123			
M. Prinster	137	242	380
165			
D. Tucker	137	264	402
242			
D. Hutchinson	132	264	396
308			
E. Ezell	181	281	462
Junior Women			
16-17			
148			
P. Sanchez*	225	148*	248
165			
D. Gonzales	20-23		
165			
R. Amour*!	288*!	176*!	314*!
14-15			
123			
J. Garcia*	121	154	187*
4th	137*	165*	490*
198			
R. Decker*	341*	242*	363*
220			
A. Demnowicz*	253*	154	347*
V. Console*	198	220	270
4th			
231*			
16-17			
181			
B. Wheeler	336	231	380
220			
R. Ramirez	181		
J. Flores	192	220	303
242			
O. Burgos	225	270	358
R. Aguilera	143	248	319
275			
A. Flores*	330*	319*	429*
F. Anguiano	275	303	407
18-19			
220			
L. Higgins*	540	374	540
4th	556*	380*	562*
242			
M. Hurd*	330*	275	257
4th			
479*			
20-23			
242			
K. Westbrook	402	319	341
165			
R. Amour	288	176	314
181			
L. Baldrige	209	94	231
Novice Men			
165			
S. Shaff	325	231	363
W. Jensen	225	148	292
181			
E. Hill	181	281	292
198			
M. Gray	440	330	462
242			
J. Hayes	275		
B. Cope	451	325	429
275			
Open Men			
Guest Lifter 220			
B. King	573	374	639
1587			



Zac Cooper tried the Power Sports at the Tri-State Regional

wrapped knees, spotted, loaded, coached, tore down and served as cheerleader throughout the day. Financially, the meet was a success, raising nearly \$2,500 for the Flora High School cheerleaders, but even more importantly it was successful in that it provided a Christian, drug - free environment for powerlifting where not one call was contested the entire day. Sticking with the fourth Saturday in July format, the 2001 NASA Tri - State moves to July 28 next year. (The results by Smitty).

1ST YMCA Gulf Coast BP  
17 JUN 00 - Corpus Christi, TX

OPEN	220		
132	A. Leal	370*	
G. Deleon	270*	M. Goce	360
148	242		
B. Morgan	355*!	M. Valverde	415*
198	SHW		
J. Reyna	315*	E. Surell	410*

\* South Texas BP Record; ! Best Overall Lifter. I would like to thank our judges for helping with this meet. Paul Barbee, Hector Barrera, and Johnny Vasquez. Even though, we had a total of only 10 lifters, it was fun and we had some quality lifting. At 130 lbs. we had George Deleon who lifted over double bodyweight with 270; at 148 lbs. Bobby Morgan also lifted over double bodyweight with 355. This was a warm up meet for him as he is lifting next weekend at the WABDL Nationals in Dallas, TX (Good luck). Chris Prue in at 162 just couldn't negotiate a lift today. Just barely missing 285, Guy Watts, a very nice lifter, also couldn't get a lift passed due to technical problems. This was his and Chris's first meet. Juan Reyna, in at 186, training for a bodybuilding show, got 315 just missing 335 (Good luck in McAllen). We had a battle in the 220s with Albert Leal in at 217, an ex-boxer with a best lift of 370, just edging out Mel Goce with 360, with a body weight of 201 from the CCFF. We also had a battle in the 242 class with the winner Mark Valverde benching 415 at 235 lbs., and Jacob Sierra, just barely missing 420 by the lockout. Unfortunately also missing his opener 405 by hitting the uprights. Then, we had our champ,

2000 Illinois Special Olympics  
16,17 JUN 00 - Normal, IL

WOMEN	BP	DL	TOT
Junior			
119			
Sylvia Collazo	65	120*	185
198			
Nicole Riggs	80*	150*	230*
Intermediate			
132			
Sarah Coleman	50		
148			
Lisa Penkas	85	200	285
Carrie Johnson	85	195*	280
Lisa Newbury	65	125	190
Brandi Coleman	65	75*	140
Hwt			
Shannon Campbell	145	315	460
Sub-Masters			
119			
Marianne Weber	85	170	255
148			
Sandra Clegg	75		
Kathleen Guthrie	75	80	155
Masters 1			
119			
Marcia Spellan	85*	100	185
165			
Amelia Hernandez	75	95	170
181			
Natalie Womack	90	205	295
198			
Doris Scott	75*	150*	225*
MEN			
119			
Juniors			
Joshua Weaver	155*	205	360
Masters 1			
127			
Lee Tanaka	55		
16-17			
Juniors			
Randy Scott Coleman	75	125	200
David Stechman	55	110	165
Masters 2			
132			
Frank Kajdanowski	60	100	160
Intermediate			
Scott Short	120	215*	335
Teens			
Edward Mueller	85	Participant	
Jesus Flores	65	85	150
Juniors			
Nicholas Rhodes	95	175	270
Robert Kuhlman	65	145	210
Intermediate			
Mark Talley	180	285	465
Eric Kanitz	130*	290	420
Sub-Masters			
Jerry Flexter	75	205	280



WORLD TEAM MEMBER Dustin Zimmerman posted the meet's heaviest successful deadlift with a final lift of 410 pounds in 220-pound teenage division. Dustin represented Illinois at last year's World Championships. He is coached by Keith Eller and a member of the Region II, Special Education Coop. (Smitty photographs)



S.O.A.R. ATHLETE Eddie Polivka shared the camera with some of the workers from Flora after successfully winning the 242 pound Sub-Masters Division with a total of 605 pounds. Posing with Eddie are Natural Athlete Strength Association athletes (left to right) Jocko Hinkle, Lauren Rudy, Bethany Schwanager, Callie Ettleson and Andy Lake. The five athletes helped with the Special Olympics meet 19 days after competing in the NASA Teenage and Junior National contest.

Paul Bianchini	125				
Masters 1					
Michael Cavanaugh	105*	245*	350*		
Jerry Thorman	90	205	295		
165					
Teens					
Jason Campbell	100*	210*	310*		
Richard Steil	85	195	280		
Michael Dickson	90	185*	275		
Intermediate					
Paul Anthony Kozora	110	305	415		
Theodore Callahan	160	235	395		
Sub-Masters					
Thomas Collins, Jr.	135	170	305		
Thomas Hahan	125	180	305		
Masters 1					
Sabastian Scala	95	140	235		
Gregory Donis	90	180	270		
Intermediate					
John Whiteside	145	200	345		
Sub-Masters					
Tony Perkins	130	305	435		
Masters 1					
George Hemphill	115	215	330		
Juniors					
Mark Palcoski	95	135	230		
Intermediate					
Todd Eller	225	305	530		
Stephen Wildkatsch	110*	180	290		
Sub-Masters					
Robert Levinthal	140	210	350		
Masters 1					
Mark Affetto	85	160*	245		
Teens					
Nick Wedeking	160	335	495		
Juniors					
Dustin Zimmerman	230	410	640		
Shaun Wassner	125*	335	460		
Intermediate					
Benjamin Evans	185	370*	555		
Sub-Masters					
Eddie Polivka	200	405	605		
Merle Ketcham	105	220	325		
Masters 1					
Joseph Garfi					

**USA 'Raw'BP Summer Nationals  
17 JUN 00 - Mattoon, IL**

TEENAGE MEN		
148	shw	Loren Betzer 315
Jake Herring	225	4th 335
Marell Collins	190	MASTER MEN 50-59
4th	205	198
165	F. Medvescek	340*
Frank Warpeha	325*	4th 345*
Max Wittler	140	220
181	Hank Collins	440*
Nate Adams	325*	MASTER MEN 60-69
4th	335*	308
MASTER MEN 40-49	John Lualien	255*
220	4th	260*
OPEN MEN		
Dennis George	330	198
242	Charles Moss	385
Doug Petterson	430	385
Steve Markham	385	220
4th	395	Tom Reece (GL) 365
Kurt Hess	295	4th 375
275	shw	
Mark Wittler	330	Loren Betzer 315
	4th	335

\*national record Best Lifter - HANK COLLINS  
The USA "RAW" Bench Press Federation Summer Nationals were held June 17, 2000 at the Cross County Mall in Mattoon, Illinois. Thanks again to mall manager Mike Witwicki and the Mall Association for their continued support of powerlifting. To date they have sponsored more than fifty lifting events over the past seventeen years! In the teenage division we had two lifters at 148. Both lifting in their first competition, both did well. Taking the class was Jake Herring, who weighed in at 136 and benched 225, getting all three of his attempts. Second place went to Marell Collins who finished with 190, missing his final attempt with 205. Marell then came back and got the 205 on his fourth attempt. At 165 it was Frank Warpeha with a great 325 for the win. Frank's only miss came on his fourth attempt with 330. His 325 was not only a personal best, but also a new national record at 165 in the teenage division. Second at 165 was Max Wittler with 140. This was also Max's first competition and the youngster set a new personal record in the process, getting all three of his attempts. Nate Adams took the 181 class with a great day of lifting. Nate made all four of his attempts, finishing with a national record 335 for the win. Strong boys! In the masters division we also had some strong boys. At 40-49 Dennis George came down from Wisconsin to take the 220 class. Dennis finished with 330, just missing 340 for his third attempt. At 242 it was Doug Petterson with a strong 430 for the win. Doug did come close with 450, which would have tied the national mark set by Eddie Wells last year, falling just short of lockout on his final attempt. Second place at 242 went to Steve Markham, who had his best "raw" day ever. Steve got all four of his attempts, finishing with a personal best 395 fourth attempt. Third place went to Kurt Hess with 295. Kurt continues to improve from his shoulder surgery of last year, just missing a final attempt here with 310. Mark Wittler took the 275 class with a strong 330. A final attempt with 340 was close, stopping just short of lockout. Loren Betzer came all the way from Kansas to take the shw class, finishing with 315. Loren then called for and made a personal best 335 on his fourth attempt. At master 50-59 Indiana's favorite son Frankie Medvescek got two new personal records


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back view of dog appears on back of t-shirt

and set a national record with each attempt. Frankie finished with 345, making all four of his attempts. (I know, some of you are thinking, boy he sure looks a lot older than fifty-two, so how does he get such a beautiful young girlfriend? Evidently there are some mysteries of life we are just not supposed to understand!) 220 marked the return of Hank Collins. Hank just recently turned fifty, and since I saw him last, had had a hip replacement; but boy, you couldn't tell it the way he benched! Hank got all three of his attempts, finishing with a new national record 440 and the win. It was great to see Hank again, who is not only one of the greatest raw benchers in the country, but a really great, warm-hearted guy! Hank also won best lifter honors for the overall competition. At master 60-69, sixty-eight year old John Lualien set a new national record at 308 with 255, followed by a successful fourth attempt with 260. John, who is a retired school teacher, just started competing in the past year! In the open division Charles Moss returned to competition after two years to press an easy 385 for the win at 198. Herein lies another great story. Almost two years ago, Charles was car-jacked and shot three times, leaving him paralyzed. But being the fighter he is, Charles fought his way back, and today you would never know he had ever been though such an ordeal. Kind of makes you stop and count your blessings, doesn't it! Well, it was great to have Charles back, who will only keep getting stronger. You're an inspiration to us all, Charles! Lifting as a guest lifter at 220 was Tom Reece, who finished with a 365 third followed by a 375 fourth attempt. At shw it was Loren Betzer, taking the open class along with his win at master, with his pr 335. Thanks again to my son Joey Latch for helping me spot and load and to Dottie Hess for helping at the table. See you all again in the fall! (Dr. Latch)



**Like Father, Like Son ... (left to right) Best Lifter Hank Collins, who got a national record at master 50-59 with 440 @ 220, even after hip surgery just a few months ago, and his son Marell, who got 2nd at teen 148 with 205, at the Raw Bench Press Federation Summer Nationals. (photo provided courtesy of Dr. Darrell Latch)**

**Pasco Power Team's King of the BP  
17 JUN 00 - Holiday, FL**

Women	
Shannon Fusco	170
S. Brandau	185
Lisa Gross	185
Lynn Boldissar	90
Special Olympics	
Nick Cafaro	255
Teenager	
Eric Davis	365
M. Walitsky	260
Andrew Springer	265
Jason Brick	225
148-Open	
Mark Davis	335
165-Open	
Kent Spiers	400
Harold Rule	385
Mike Guerra	340
Jeff Camp	315
181-Open	
William Serocki	405
Ron Froizer	375
Tim McCloud	350
Chris Madeira	290
198-Open	
Bill Roberts	295
Tom Schembri	425
Randy Rydzinski	330
220-Open	
Anthony Vellake	510
Jason Keene	465
Hank Prescott	385
Larry Arthurs	380
Michael Serio	290
242-Open	
George Boldissar	415
275-Open	
Mike Coach	575
Sam Beckwith	550
Michael Allocco	500
308-Open	
Tom O'Donnell	500
SHW	
Beau Moore	675
Masters 40	
Tom O'Donnell	500
Joe Zmyewski	470
George Boldissar	415
Fletcher Gibbs	415
Bill Beekley	365
Masters 50	
Gregg Arnold	430
Fred Flack	375
Larry Arthurs	380
Leon Barry	310
Steve Binkowski	365
Bill Roberts	295
Tim Brick	375
Bill Grey	315
Masters 60+	
Johnny Yong	415
Masters 80+	
Albert Pesce	145

61 lifters came to Allegany High School in Cumberland, Maryland, to battle out for the overall victor's crown. "This event as well as other bodybuilding shows that I promote are Christian shows and I use them to glorify Christ and share His saving knowledge," says Miller. Neils Anderson sculptured awards were presented to the top four. In each class and crowns were given to the best lifters in the women's division and open division. Kim Hyles from Chambersburg, PA won the best lifter for the women's division with a lift of 155 pounds weighing 126 lbs. David Blattenburger from Martinsburg, WV won the best lifter in the open lightweight with a lift of 420 pounds weighing 162.5 lbs. Sherm Pensyl from East Freedom, PA took the open heavyweights with a 465 at 198. Special thanks to Mike and Sharon Miller, Wayne Stewart, Bill and Anita Arnold, and Andy Pannone. (Thanks to Miller's Gym for providing the results).

**Pasco Power Team's King of the Bench: (left to right) Rick Lawrence, Kent Spears, Beau Moore, Johnny Young, Mike Marlin. (Rick)**



Meet director Rick Lawrence and the Pasco Power Team would like to thank our sponsors for helping make this meet one of the biggest bench press meets in the state of Florida. Special thanks to Jeff at Wrights Nutrients, Bittiker Chiropractic, and Buzz and Al at Richey Racquet. We would also like to thank our sponsors, Pappas Restaurant, Angies Deli, St. Angelos pizza, and Alpine Meats, who provided food to all the lifters and their families at conclusion of the meet. This was one of the biggest turnouts we've had, with 44 lifters, 7 lifters benching over 500 pounds. The highlight of the meet was Beau Moore benching 675 pounds. In the masters division, Albert Pesce at 86 years old benched 145 pounds. One of the youngest lifters, was 15 year old Stephanie Brandau, weighing 135 pounds, who lifted in the open women's division, placed second with a 185 pound bench. The winner of the women's division was Shannon Fusco with 170 pound bench at 115 pounds, won by formula. Nick Cafaro lifting in the special olympics did his personal best, benched 255 pounds weighing 165 pounds. (Thanks to Rick Lawrence for the results).

**7th Annual Miller's Ironhaus BP  
10 JUN 00 - Cumberland, MD**

BENCH	
Teen	S. Hann 400
J. Gibson	315
T. Epply	310
M. Spatz	295
S. Waite	190
M. Leventry	475
Women Lightweight	B. Pochiba 460
K. Hyles	155
R. Claar	433
D. Horner	70
S. Morris	390
Women Heavyweight	242
B. Dolozier	115
K. Pighini	500
P. Burkelt	115
R. Robinson	435
B. Schneider	170
R. Brooks	405
Raw Heavyweight	275
C. Miller	370
P. Cropp	540
W. McDonald	365
K. Madara	460
D. Leatherman	405
J. Watson	435
Raw Lightweight	B. Drummond 375
R. Johnson	285
275+	
W. Cook	405
M. Rosentrator	480
R. Pritts	335
C. Richards	475
Open 148	
D. Blattenburger	420
F. Lupis	335
D. Blattenburger	420
R. Johnson	285
J. Rinker	380
R. Johnson	435
S. Waite	190
W. McDonald	365
165	
D. Blattenburger	420
Masters	
F. Lupis	335
F. Lupis	335
A. Mamola	385
B. Pochiba	460
181	
K. Smay	410
C. McFarland	380
M. Rosentrator	480
R. Mongold	380
Grand Masters	
S. Pennington	340
R. Brooks	405
B. Arnold	300
D. Leatherman	405
N. Bartolomeo	305
S. Pensyl	465
B. King	225

**6th APF Freedom Hill BP/DL/  
Ironman/woman  
21 JUN 00 - Roseville, MI**

BENCH PRESS		
Women		
Master 45-49	Doug Carroll 451	
Donna Ahrens	369	
Sandy Lipinski	325	
110*	Grant Elias 325	
83*	220 lb. class	
Derek Richard	402	
Don Bine	369	
Teen (14-15 yrs.)	Ken Wentworth 203	
Andrew Brenner	242 lb. class	
Teen (1 6-17 yrs.)	Bob Lipinski 375	
David Schmitz	275 lb. class	
Teen (18-19 yrs.)	264*	
L. Crescentini	650*	
Junior (20-23 yrs.)	John Zemmin 507*	
Mike O'Donnell	347	
Jeff Johnson	347	
Mike Newell	347	
Submaster		
Mitchell Flagg	501	
Jeff Skorupa	462	
Master (40-44 yrs.)		
Anthony Jones	485*	
Larry Crews	374	
John O'Brien	352	
W. Crescentini	386	
Master (45-49 yrs.)		
Jerry Ellsworth	391	
Joe Smolinski	352	
Mike Plummer	352	
Master (50-54 yrs.)		
Richard Wahula	518	
Master (55-59 yrs.)		
Stan Skavery	352	
Jose Durazo	259	
Master (60-64 yrs.)		
R. Gidcumb	209*	
Master (65-69 yrs.)		
Dr. S. Gendin	242*	
Open		
132 lb. class		
Duane Radel	286	
Jeremy Brubaker	198	
165 lb. class		
Jim Shipley	518	
181 lb. class		
Derek Richards	573	
242 lb. class		
Steven Carr	556	
Bob Lipinski	551	
BP	DL	Total
203	352	556
319	396	716
203	402	606
314	468	782
292	418	710
314	584*	898
369*	435	804
512*	611	1124
325	562	887
435	661	1096
259	435	694
225	314	540
286	512	799
391	573	964
347	573	920
325	518	843
429	451	881

\* Denotes new APF Michigan state record. Judges: Dante Fortin, Mike Andrus and Robert Spaulding. Spotters/Loaders: Paul Stratakis, Tommy Jones, Mark Fanone and John Cucuirean. Scoretable: Kitty Wood, Debbie Cucuirean, Jeanette Adlin and Renata DeFelicce. Well, FINALLY, we had an almost perfect day. After 3 consecutive years of crappy weather, we were blessed with great weather. I was a bit burned out for this meet as the APF Senior Nationals really burned us all out 2 weeks prior. I was a bit edgy this meet so if I did, indeed, offend anyone, my sincere apologies. Still everyone had a great time though and there was some good lifting going on. Donna Ahrens broke her own bench record that she set last December in the Women's Masters, 45-49 year age group with 110 lbs. Sandy Lipinski set the new mark with 83 lbs. in the same age group, 181 lb. class. Luciano Crescentini (love that name!) broke his own record he set last December in the bench with 264 lbs. In the teenage 18-19 year 165 lb. class. In the junior division 20-23 years, Robert Kusmack broke Adam Schumaker's bench record with 369 lbs. in the 181 lb. class. Mike

O'Donnell broke Shane Van Sickle's long standing record in the bench with 507 lbs. in the 275 lb. class. In the Submaster 33-39 year age group, Colin Kelly smashed Brian Duncan's old bench mark with 512 lbs. Master's 40-44 year age group, Anthony Jones broke Terry Delamielleure's mark with 485 lbs. This was done without the use of a bench shirt too! Master's 60-64 year age group saw Richard Gidcumb set the new mark with a 209 lb. bench for the 165 lb. class. Dr. Sidney Gendin set the new mark in the Master's 65-69 year age group, 242 lb. class with his 242 lb. bench press. John Zemmin broke his old mark he set last December with his 650 lb. bench press in the 275 lb. class Open division. Brandi McMillan set the women's Teenage, 18-19 year age group deadlift record for the 148 lb. class with her nifty 275 lb. pull. Luciano Crescentini broke Casey Ojeiniczak's deadlift record for the Teen's 18-19 year old, 165 lb. class with a nicely executed 451 lbs. In the junior division, Larry Hutchinson smashed Adam Schumaker's long standing record in the deadlift for the 181 lb. class with his 584 lbs. In the Master's 45-49 year age group, 181 lb. class, Greg McMillan set the new standard for deadlifting with his 584 lb. yank, good for a new APF Michigan State Record. Master's 60-64 year age group, 165 lb. class, Richard Gidcumb set the new deadlift mark with his 352 lb. pull. In the Bench press, best lifter Open Division went to John Zemmin. Best lifter Master's men went to Anthony Jones. In the Deadlift, best lifter Open Division went to Larry Patrick and Best Lifter in the Master's men went to Greg McMillan. Best Lifter in the Ironman, Open Division went to Bob Hillier and best Lifter, Master's men went to none other than Les Hasler. I want to thank everyone who helped out with this meet, without them there would be no meets. Everyone should be thanking them as far as that goes. Don't forget the August 12th APF USS Escanaba PL/BP Championships. This meet is dedicated to the USS Escanaba ship that sunk. Contact Tommy O'Brien at 616-453-0488 for information and entry forms. Till then, God Bless and train hard, See ya!!! Yours in Powerlifting Dan DeFelicce, APF/AAPF Michigan State Chairman. (Thanks to Dan DeFelicce for results).

**APF Florida State  
3 JUN 00 - Daytona Beach, FL**

WOMEN	
By formula	
105	
M. Kirkland	132.5 70 132.5 335
148	
N. Parrish	140 102.5 147.5 390
MEN	
Teen/Junior (formula)	
C. Charon*	190 137.5 185 512.5
D. Knowles	212.5 170 212.5 607.5
N. Hammer	287.5 190 265 742.5
M. Seymour	290 185 275 750
Masters (formula)	
220	
K. Tillman	245 137.5 220 597.5

275	R. Rigo, Jr.	272.5	205	245	722.5
Open					
148	C. West	195	150	227.5	570
181	R. Burgess				147.5
198	D. Knowles	220	170	235	607.5
V. Lopez	192.5	182.5	290	587.5	
220	J. Keene	272.5	215	232.5	720
R. Meyer	290	227.5	290	807.5	
G. Fields	317.5	192.5	270	767.5	
242	N. Hammer	295	190	265	742.5
S. Tislat	295	215	270	775	
J. Macartney	305	205	297.5	807.5	
275	P. Story	345	240	325	910
B. Phillips	320	207.5	307.5	835	
K. Cassett	275	210	247.5	732.5	

**Ozark Open II BP/DL Classic  
24 JUN 00 - Poplar Bluff, MO**

BENCH PRESS	
open women	Jay Hicks 300
Pat Shields	115*
open women	Pat Shields 245*
teenage men	Justin Cantwell 285
teenage men	Justin Stratton 265
junior men	James Walker 340
junior men	Brandon Griffin 405
master men 40-49	Stanley Doris 330*
148	Justin Cantwell 500
198	5th 460*
Albert Pyland	300
S. Killingsworth	475*
4th	220
Glen Thomas	350*
220	Lloyd Edwards 460*
Brandon Griffin	380*
Lloyd Edwards	375
Stanley Doris	525
242	
Ronnie Ogle	495

\*personal record. The Ozark Open II Bench Press/Deadlift Classic was held June 24, 2000 at Coliseum Health & Fitness in Poplar Bluff, Missouri. Thanks to Dave Miller for once again hosting this event. In the bench press competition lone women's competitor Pat Shields took the open women class with a strong 115. This was a new personal record for Pat, who was lifting in just her second meet ever. In the teenage class it was a close one between Justin Cantwell and local lifter Justin Stratton. With both lifters weighing about the same, Justin Cantwell came out on top with 285 to Justin Stratton's 265. Both of these young lifters are approaching double-bodyweight benching status! James Walker took the junior men's class with a strong 340, just missing 355 for his final attempt. Stanley Doris got a new personal record in his win at master 40-49 with 330. Stanley had missed that



**At the Ozark Open II: (left to right) Best Deadlifter - Justin Cantwell, Coliseum Fitness Owner - Dave Miller, Best Bench Press - Ronnie Ogle. (photograph supplied by Dr. Darrell Latch)**

same weight for his second attempt before coming back on his third. One of the areas best lightweight benchers, Albert Pyland, won at 148 with 300. Albert weighed in at only 139, even coming close with 310! At 165 it was Glen Thomas with another personal best of 350. Glen looked good with a fourth attempt of 360, but was just a little out of the groove from the start. At 165 it was Glen Thomas with another personal best of 350. Glen looked good with a fourth attempt of 360, but was just a little out of the groove from the start. At 220 it was Brandon Griffin finishing just ahead of Lloyd Edwards 380 to 375. This was Brandon's first competition, who also finished with a new pr. Ronnie Ogle showed lots of raw strength with his 495 to win the 242's. All Ron needs is a good shirt to put him up around 550! Second at 242 was Jay Hicks, who got just his opener of 300. Ron Ogle earned best lifter honors. In the deadlift competition Pat Shields continued to have her best meet ever, finishing with another personal record of 245 to take the open women's class. Justin Stratton, who had not been feeling well lately, settled with his opener of 440 for the teenage win. When he's healthy, Justin is one of the premier teenage lifters in Missouri. Brandon Griffin won the junior men's class with 405, even with severe cramping in his back. Brandon did not take his final attempt. Best lifter Justin Cantwell took the 165's with a great pull of 500. A fourth attempt with a pr 515 was just short of lockout. Stacy Killingsworth had a good day, getting four new personal records at 198, finishing with 475 and the win. This was Stacy's first competition. Lloyd Edwards also got a new personal record in his win at 220 with 460. Stanley Doris took the 242's, getting just his opener of 525. Even though this was the biggest pull of the meet, Stanley's previous best was 575, which he missed here twice. Thanks to my son Joey for his help. Dr. Darrell Latch (results courtesy of Dr. Darrell Latch).

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**X-Treme Fitness BP/DL**  
11 JUN 00 - Union, MO

BENCH PRESS	C. Burca	250*
open women	220	
L. Schaeg	130* Keith Parrish	455*
master women	4th	470*
D. Withington	130 Todd Furlow	405*
Andrea Apple	100 Jeff Withington	360*
4th	105 4th	370*
teenage men 13-15	Kevin Hammond	355*
Cole Kirby	125* Keith Waddle	190
teenage men 16-17	242	
T. J. Moore	265 Jason Frye	455*
4th	275 Jim King	455*
Jason Brown	155 275	
4th	165* Mel Hodges	315
A. Shaughnessy	185* shw	
teenage men 18-19	Carl Lynch	225
Zachary Cooper	355* DEADLIFT	
Eric Floyd	270* open women	
4th	280* Emily Bradley	210*
submaster men	4th	220*
Kenny Voyles	340* master women	
master men 40-49	D. Withington	260
Charlie Martin	330* 4th	270
4th	340* teenage men 13-17	
master men 50-59	Matthew Moore	235*
Lonnie Kirby	400 4th	245*
Jon Springmeyer	330 Derek Martin	420
master men 60-69	teenage men 18-19	
James Bourisaw	365* Zachary Cooper	450*
148	4th	455*
Steve Miller	205* 165	
165	Putt Houston	485*
Putt Houston	355* 181	
4th	370* Rob Furey	500*
Dan Howell	285* 220	
4th	300* Todd Furlow	565
master men 40-45	Keith Waddle	375*
Rob Furey	390* 242	
198	Jason Frye	565



**Best Lifters ... (l-r) DL - Putt Houston, BP - Keith Parrish. (D. Latch)**

class was Lynshawna Schaeg who got just her opener of 130. Two close tries with 140 followed, but still a great showing for one's first competition. Debbie Withington took the master women's class with the same weight, having missed the same 130 for her second attempt. Second place went to Andrea Apple, who settled with 100, but came back to get 105 for a fourth attempt. Andrea is doing great, having just started powerlifting within the past year. Another first-timer, Cole Kirby, took the teenage men 13-15 class with a new personal record of 125. Like father like son, Cole got all three of his attempts, and looks to someday be as great a bencher as his dad, Lonnie. In the teen 16-17 class it was T. J. Moore with a 265 third, then a 275 fourth attempt for the win. T.J. continues to develop into a great bencher, weighing in at only 153. Second place at 16-17 went to Jason Brown, who also got all four of his attempts. Jason finished with 165, a new personal record for him. It was Adam Shaughnessy's first competition, and even though he had some problems getting started, he still finished with 185 for third place. Just wait until

next time, right, Adam? Zachary Cooper had a great day benching, finishing with a big pr of 355, at a bwt of 175! This kid's tough! Zach even came close with a fourth attempt of 365! Second place went to Eric Floyd, who was also in his first meet. Eric was perfect in all four of his attempts, ending with a personal best 280 at 148! Kenny Voyles also got a new pr in his win at submaster. Another newcomer to the sport, Kenny got all three of his attempts, finishing with 340. Turning to the master men, Charlie Martin was the lone competitor at 40-49. But that didn't seem to matter to Charlie, as he went four for four with a new personal mark of 340 at a 240 bwt! Lonnie Kirby showed the youngsters what it was all about in his win at master 50-59. I always seem to mention about Lonnie's heart surgery less than two years ago, but I feel it's worth repeating time and again, because of the great inspiration he is to every other lifter he's around. It's guys like Lonnie who might encourage others to never give up on anything they may try to accomplish. Whether it be to bench 400 lbs, or quit your job and return to school, or get out of a bad situation; if a poor, pathetic old man like Lonnie can overcome such obstacles, maybe we all can't Hey, but "The Great One" did just that, coming back for a fourth attempt and going 400 at 230. Great job, Lonnie! Second place at master 50-59 was another great guy, Jon Springmeyer. Jon finished with a strong 330, after just missing a fourth attempt with a personal best 350. James Bourisaw, who weighed in at only 215, got an easy 365 pr, surpassing his USAFL national record of 362. This sixty-three year old, who just started lifting a few years ago, just keeps getting stronger, and will soon be putting up over 400! In the open division, it was Steve Miller taking the 148 class with a strong 205. This was a new personal record for Steve, who was also competing for the first time. Taking the open 165 class was another great lifter, Putt Houston. Weighing in at 165, Putt got a pr third attempt with 355, then a fourth with 370. Now, that's lifting! Second at 165 was Dan Howell, who also got all four of his attempts, finishing with a personal best 300! Rob Furey took the open 181 class, though he actually was lifting in the master 40-44 class to qualify for the top twenty list. Rob looked strong on this day, getting a pr with 390 and just missing 400 for a fourth! Constantine Burca started with 180, but finished with a 250 pr in his win at 198. Another strong new lifter. We had a full class at 220, with five competitors. Finishing in first place was Keith Parrish who got 455 on his third attempt, then a

470 fourth. Both were pr's for Keith, who could have easily gotten 10-15 lbs. more! Second place went to Todd Furlow, who finished with a personal best 405. This was also Todd's first bench competition. Jeff Withington was third with three new pr's on the day, 355, 360 and a 370 fourth attempt! Kevin Hammond was fourth with a personal best 355, and Keith Waddle was fifth with 190. Keith came close with a pr 210 twice, but this young lifter keeps improving with each new competition. Jason Frye and Jim King both finished with 455; both new pr's on the day. Jason weighed in at 234 to Jim's 235; can't get much closer than that! Two strong boys! Mel Hodges only took his opener of 315, since he had no competition, for the win at 275. Then at 275 it was Carl Lynch with 225 for the win. Carl just missed locking out a pr 235 on his final attempt. Best lifter award went to Keith Parrish, who got 455 at 220. Moving to the deadlifters, it was Emily Bradley with some great pulling for the open women's title. In her first competition, Emily got all new pr's finishing with a 210 third and a 220 fourth attempt for the win. Debbie Withington remains undefeated in the master 40-49 class as she pulled a strong 260 third and 270 fourth attempt. This gal's a great competitor! In the teenage 13-17 class Matthew Moore weighed in at only 108, but finished the day pulling a pr 245! That's one strong fifteen year old! Second place went to Derek Martin, who finished with 420 at 218. Zach Cooper continued his assault on the weights in the deadlift competition, taking his second title of the day in the 18-19 age group. Zach got a pr 450 on his second attempt, missed his third, then came back and got a 455 pr fourth. All of this at a 175 bwt! Putt Houston earned best lifter honors as he took the 165 open class, pulling a strong pr of 485 at 165. Putt just missed a fourth with 500, which he certainly is capable of pulling. Rob Furey got a second pr of the day with his first official 500 pull, to win his second title at 181. Todd Furlow took the open 220 class with 565 for his first deadlift title. Keith Waddle was second at 220, finishing with a strong pr of 375. Jason Frye took the title at 242, as he had done in the bench with a strong 565. This was Jason's first competition also. Many thanks to my old buddy Keith Lynch and Lonnie Keathley for their help loading and spotting, and to my son Joey for all his help. Oh, yeah, if you get stopped in Missouri by some BIG, almost seven foot state trooper, it would be Keith, just smile and pay the ticket! Thanks again to Bill White for everything! Dr. Darrell Latch (results courtesy Dr. Darrell Latch).

**Superman Celebration BP/DL**  
10 JUN 00 - Metropolis, IL

BENCH PRESS	275
teenage men 18-19	Mike Carbonaro 500
T. Williams	315 Pat Stephenson 400
Son Ngo	170 M. Stephenson 420
submaster men	430 DEADLIFT
David Anguish	410 master women 50-59
Ron Harlow	410 Gayle Paff 155*
master men 40-49	open women
Greg Foster	490 Susan Decker 275*
Kevin McDonald	340 Wendy Cross 230*
Robert Rath	410 police & fire - women
master men 50-59	Karen Gordon 255*
John Mitsopoulos	405* teenage men 18-19
Bach Adams	375 Smitty Lancaster 365
F. Medvescek	330* submaster men
open women	100 David Anguish 650
Wendy Cross	100 master men 40-49
Susan Decker	100 Larry Best 640
police & fire - women	Mark Boomer 345
Karen Gordon	165 master men 50-59
master women 50-59	F. Medvescek 410
Gayle Paff	55 Butch Adams 450
police & fire	open men
open men	360 Larry Best 640
Mark Carwyle	360 Mike Irwin 600
Jay Wittenborn	355 Jay Wittenborn 550*
Wes Hinkle	330* Mark Carwyle 500*
master men	Greg Foster 490
Greg Foster	490 Wes Hinkle 470*
Mike Irwin	355 Clifford Walker 305*
Jim Faulkner	275 Haywood Lee 300*
132	148
Son Ngo	170 4th
148	165
Clifford Walker	315* Randy Carver 380*
Haywood Lee	265 181
181	Davian Mascoe 405*
Davian Mascoe	330* 4th
4th	340* 198
Brad Johnson	320 320
T. Williams	315 220
198	David Anguish 650
Darrin Goss	400* Larry Best 640
Joey Greenwell	205 242
220	Ron Harlow 635*
Clint VanTress	430 4th
Marc English	430 Stanley Doris 650*
242	Jeff James 575*
Timothy Edwards	380 4th
4th	390* Timothy Edwards 405



**PR DL of 650 by Ron Harlow at the Superman Celebration. (Latch)**

Second place went to Jay Wittenborn with 355 at 248. Jay just missed locking out 405 for his final attempt. Third place went to Wes Hinkle who got a new personal best with 330 at a 260 bwt. In the police & fire, master men's class, best lifter Greg Foster took home the gold with his 490. On a good day Greg will be good for 520! Second place went to Mike Irwin with 355. Jim Faulkner, Metropolis' own "Barney Fife", was third with 275. This was Jim's first competition, and he stated that someone talked him into competing; but I think he got "hooked". In the open classes, Son Ngo took the 132's with 170. Not bad for a 120 lb. teenager! Clifford Walker was the winner at 148 with a big 315 pr, weighing in at only 135! This gave Clifford the second best overall lift of the competition! Second place went to Haywood Lee with 265. Davian Mascoe won at 181 with a perfect day of lifting, finishing with a 330 pr third attempt and a 340 fourth. Brad Johnson was second with 320, weighing in at a light 170. Third place went to teenage class winner, Terrance Williams with 315. Darrin Goss got his first 400 in competition with his win at 198. Second at 198 was Henderson, Kentucky's own Joey Greenwell, who finished with 205, just missing a pr 210. Clint VanTress slimmed down to 215, looking like some kind of "body-builder type", but finished with a double body-

weight 430 for the win at 220. Marc English also got 430, but weighing in at the 220 lb. limit. Well, I guess it was fitting, seeing how it was Clint's thirty-ninth birthday, and all! Timothy Edwards had a great day, finishing with two new pr's, 380 & 390, for the win at 242. Mike Carbonaro got the biggest lift of the meet with his 500 third attempt to win the 275's. Mike missed that same 500 on his second attempt, but came back and literally "blew" it away! Second place at 275 went to Pat Stephenson with 400, just missing his final attempt with 415. Mitchell Stephenson took the 308 class with a strong 420. Moving to the deadlift competition, up first was master women's winner, Gayle Paff. Gayle continues to improve, finishing here with a personal best 155. Susan Decker avenged her loss to Wendy in the bench with her open victory, pulling 275 to Wendy's 230. Both girls got new pr's, with Susan actually locking out 300, though she was called for hitching! I bet she gets that 300 next time! Karen Gordon got her second title of the day, again taking the police & fire women's class with a strong 255 personal record. Lone teenager, Smitty Lancaster, weighed in at only 145, but pulled 650 for the win at submaster as well as best lifter honors for the competition. David, who also coached his championship team from Henderson, Kentucky, weighed in at just 218! Larry Best took the master 40-49 class with a strong 640 pull. Larry, who works as a firefighter, finished just behind David for best lifter by three points. Second at master 40-49 was Mark Boomer with 345. Mark just missed locking out a personal best 400 for his final attempt. Frankie Medvescek took the master 50-59 class with 410 at 194 over Butch Adams' 450 at 270. Then, there was the police & fire division, the biggest class of the day. Firefighter Larry Best came out on top (after the smoke had cleared) with his 640. Second place went to Mike Irwin with 600. Jay Wittenborn was third with a personal record 550. Mark Carwyle was fourth with his personal best 500 and Wes Hinkle fifth at 470, which was also a new personal best for him. Clifford Walker took his second title at 148 with a personal record 305. Close on his heels was Haywood Lee, who finished with 300, followed by a pr 325 fourth attempt. Randy Carver won at 165, also with a new pr, this on a 380. This was only Randy's second competition. Davian Mascoe got in some great pulls at 181, finishing with pr's at 405 and 425. Joey Greenwell also pulled a pr of 425 in his win at 198, after missing that weight for his second attempt. At 220 it was David Anguish over Larry Best 650 to 640. Ron Harlow matched David's 650 for his fourth attempt with a great pull to take the 242 class. This was Ron's second competition ever, his first win, and his first pull ever over 600! Second place at 242 was Stanley Doris with a personal best 575. Third place went to Jeff James, who also got two new pr's on the day, finishing with 525. Timothy Edwards was fourth with 405. In the team competition, Showtime Gym of Henderson, Kentucky took top honors. Second place went to Total Family Fitness of Mt. Vernon, Illinois. Clement Power House of Morganfield, Kentucky was third, with Brookport Gym of Brookport, Illinois fourth. Thanks again to all who supported this competition. See you all next year! Dr. Darrell Latch (Thanks to Dr. Darrell Latch for providing the results for this meet).



**D-Day Bench Press Best Lifter Marie Beasley received the Mayor's Trophy from New Haven Mayor John DeStefano (courtesy of Joe Steele)**

**3rd Annual D-Day BP**  
06 JUN 00 - New Haven, CT

Girl's Division	W.C.H.S.
123-lb.class	165-lb.class
Marie Beasley # 75	Noel Oliveras 125
W.C.H.S.	W.C.H.S.
198-lb.class	Enquire Rivera 120
Melinda Meaker 55	W.C.H.S.
W.C.H.S.	181-class
Boy's Division	Chris Soulet 115
132-lb.class	W.C.H.S.
John Euton 70	242-lb.class
W.C.H.S.	Paul Canzanella 300
148-lb.class	Cantabury Prep
Randy Jones 160	

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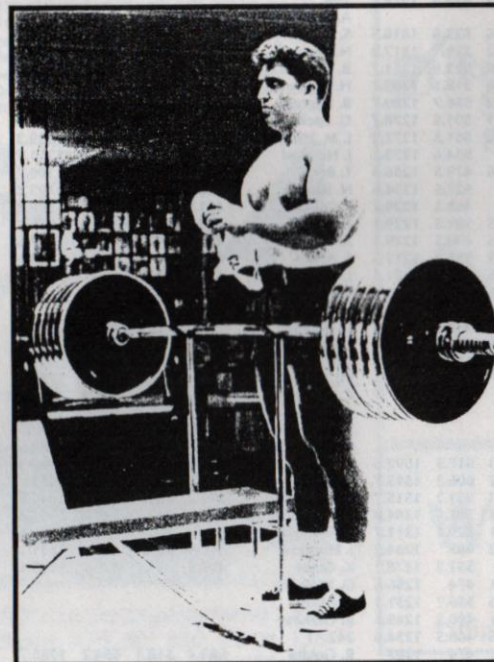
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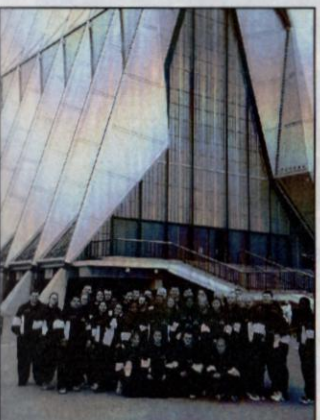
15-16 APR 00 - Colorado Springs, CO

WOMEN	SQ	BP	DL	TOT
97				
S. McMillian	286.6	126.8	303.1	716.5
M. Hamfeldt	159.8	99.2	192.9	451.9
105				
K. Goff	264.6	104.7	330.7	700
N. Paul	231.5	93.7	242.5	567.7
L. Bentzel	209.4	110.2	242.5	562.2
R. Shen	203.9	82.7	214.9	501.5
J. Ramirez	132.3	99.2	209.4	440.9
114				
N. Beraldi	270.1	143.3	303.1	716.5
B. Lubkin	248	121.3	275.6	644.8
S. Campanile	198.4	121.3	253.5	573.2
M. Fanguy	226	121.3	226	573.2
R. Bryant	154.3	99.2	214.9	468.5
123				
M. Amsden	314.2	176.4	352.7	843.3
A. Andries	297.6	148.8	292.1	738.5
A. Kammier	231.5	137.8	297.6	666.9
K. Vance	253.5	115.7	292.1	661.4
K. Millbrandt	165.3	110.2	220.5	496
A. Hollmig	237			
A. Immenschuh	132			
J. Walker	286.6	143.3	303.1	733
V. Miles	270.1	159.8	275.6	705.5
L. Williamson	259	110.2	303.1	672.4
H. Kubicek	237	104.7	275.6	617.3
A. Pool	242.5	115.7	253.5	611.8
K. E. Dunn	242.5	104.7	248	595.2
L. Mielcarz	209.4	104.7	264.6	578.7
B. Freeman	209.4	104.7	264.6	578.7
B. Roseboom	209.4	93.7	270.1	573.2
K. Harris	220.5	93.7	248	562.2
E. Urso	137.8	104.7	226	468.5
H. Adams	148			
R. Roberts	369.3	187.4	407.9	964.5
K. Callier	347.2	159.8	336.2	843.3
R. Burrow	308.6	158.7	319.7	787
K. Lara	281.1	192.9	297.6	771.6
S. Barr	248	154.3	286.6	688.9
T. LeBlanc	275.6	104.7	303.1	683.4
C. Knutson	270.1	121.3	281.1	672.4
L. Schaefer	253.5	126.8	270.1	650.4
D. Casady	209.4	154.3	281.1	644.8
B. Smith	237	126.8	275.6	639.3
T. Williams	259	104.7	275.6	639.3
J. Aupke	226	126.8	275.6	628.3
A. Sadeghzadeh	231.5	115.7	270.1	617.3
F. Hitchcock	214.9	115.7	275.6	606.3
A. Dunivan	237	115.7	237	589.7
T. Szivak	198.4	115.7	270.1	584.2
T. Magendie	209.4	115.7	248	573.2
M. Tan	214.9	126.8	220.5	562.2
T. George	165			
H. Fuhrmann	165			
J. Loya	402.3	198.4	391.3	992.1
G. Kalk	303.1	154.3	347.2	804.7
C. Day	264.6	143.3	336.2	744.1
J. Valence	264.6	165.3	303.1	733
A. Albert	314.2	126.8	292.1	733
K. Sampson	281.1	137.8	286.6	705.5
S. Williams	242.5	132.3	281.1	655.9
B. Ashcraft	181			
A. Troxell	286.6	176.4	314.2	777.1
N. Griffen	330.7	132.3	281.1	744.1
L. Gooden	286.6	143.3	292.1	722



**Stefanie McMillian - outstanding lifter women's light division.**

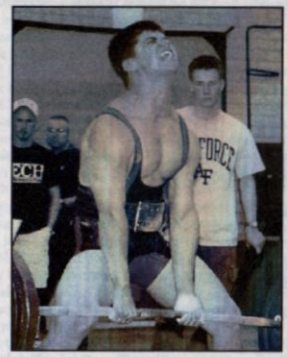
E. Serra	253.5	132.3	297.6	683.4
L. King	231.5	132.3	264.6	628.3
C. Peterson	203.9	88.2	275.6	567.7
198				
J. Watkins	402.3	192.9	358.2	953.5
A. Trufant	341.7	154.3	319.7	815.7
SHW				
Y. Abrego	363.8	203.9	374.8	942.5
A. Reese	325.2	137.8	347.2	810.2
E. Mainsfield	286.6	165.3	330.7	782.6
MEN				
114				
D. Holloway	330.7	176.4	418.9	925.9
C. Hurley	248	132.3	341.7	722
J. Valezquez	231.5	176.4	297.6	705.5
123				
T. Cunningham	429.9	242.5	485	1157.4
M. Kiletico	374.8	214.9	440.9	1030.7
L. Murphy	347.2	198.4	358.2	903.9
J. Hernandez	253.5	226	374.8	854.3
J. Finklestein	297.6	154.3	374.8	826.7
132				
C. Grubbs	385.8	192.9	512.6	1091.3
J. Walker	374.8	242.5	385.8	1003.1
D. Toro	363.8	203.9	424.4	992.1
M. Smolinski	341.7	203.9	424.4	970
J. Sainio	341.7	209.4	374.8	925.9
148				
J. Arias	545.6	352.7	600.8	1499.1
K. Kilber	474	242.5	485	1201.5
J. Sullivan	407.9	286.6	474	1168.4
G. Paquian	385.8	319.7	451.9	1157.4
J. Gow	407.9	275.6	440.9	1124.3
R. Garza	363.8	281.1	429.9	1074.7
165				
B. Robbins	584.2	308.6	523.6	1416.5
T. Straub	463	325.2	529.1	1317.2
C. Gallo	501.5	286.6	523.6	1311.7
A. Watkins	485	286.6	518.1	1289.7
A. Halko	418.9	314.2	556.7	1289.7
C. D. Francis	474	303.1	501.5	1278.7
V. H. Ayala	463	308.6	501.5	1273.2
J. Ruiz	490.5	248	534.6	1273.2
B. Michael	512.6	264.6	479.5	1256.6
J. Williams	451.9	259	523.6	1234.6
J. Stark	501.5	259	468.5	1229.1
J. Gray	485	242.5	501.5	1229.1
C. Gahagan	474	264.6	490.5	1229.1
J. Walters	418.9	242.5	551.2	1212.5
H. Tan	440.9	286.6	474	1201.5
J. Wharton	407.9	308.6	463	1179.5
S. Ritucci	413.4	297.6	463	1173.9
J. Simmons	424.4	292.1	457.5	1173.9
C. Cohn	440.9	242.5	451.9	1135.4
J. Bianchi	391.3	248	457.5	1096.8
J. Comardello	226	330.7	380.3	937
J. Bell				
M. Oliveira				
J. Oliveira				
181				
E. Burrell	595.2	380.3	617.3	1592.8
DJ Harden	551.2	358.2	606.3	1515.7
G. Gibson	584.2	380.3	551.2	1515.7
S. Abrams	446.4	396.8	501.5	1344.8
M. Nguyen	479.5	303.1	529.1	1311.7
C. St. Romain	474	325.2	485	1284.2
P. Shakarian	479.5	248	551.2	1278.7
J. Najjar	479.5	303.1	474	1256.6
T. Cook	429.9	264.6	556.7	1251.1
M. Zeigler	485	270.1	490.5	1245.6
M. Cately	457.5	308.6	468.5	1234.6
B. Kempton	440.9	292.1	474	1207



**The Louisiana Tech Teams at the U.S. Air Force Academy for the 2000 USAPL National Collegiate meet. The Men and Women's teams have each won the national team title for the last 7 years. (photos courtesy of Dr. Talton)**

I have been a competitive powerlifter for only the last five years. During that time, I have acquired what I would consider only limited experience on the platform. However, competing in the USAPL Collegiate Nationals last April changed my entire outlook on the my lifting, the strictest rules of powerlifting, and the difference between a national meet and the local meets that I had competed in up to that point. Lifting in a national meet is as close to the top of the sport as a lifter like myself can get. At this time, I don't have the strength to compete for a spot on a world team or for any national records. So being allowed to step on a national platform for nine attempts while trying to place in the top five is the pinnacle of my short career. While qualifying and actually competing was quite a step up in my lifting experience, there was still the matter of staying in the meet. The rules of powerlifting are explained quite clearly. Squat deep, pause the bar on your chest, and don't hitch on your thighs. It seems fairly simple when read. There are referees who stick to these rules with a certain degree of generosity. If your squat depth was close or if you are able to finish a tough deadlift with some slight hitching, you might receive white lights for that lift. The referees that take this point of view to the chair with them are easily found at local meets. But trying to find them at a national meet is an impossible task. I saw at least a dozen squats that I thought were done really well get reds for depth. I saw bench presses and deadlifts that appeared to be done perfectly get a red light for some unknown reason. My take on the strict referee situation includes some unwritten rules. The first is don't leave any doubt in the referee's mind that you did the lift perfectly. This rule covers the basics of all the lifts. Don't leave any doubt concerning your squat depth. I would recommend dropping your openers ten or fifteen pounds just to make sure that you can take your attempts really low. Don't leave any doubt that the bar moves smoothly into lockout during the deadlift. The slightest hitching will almost certainly mean red lights. I have always felt that the best way to be prepared for strict referees is to be strict on yourself during training. If you squat deep in the gym, you'll squat deep in a meet. Being my own toughest critic helped me to stay in this meet. The biggest difference that I found between this meet and the ones that I had lifted in for years was the quality of lifters that could be found. It seemed like there was a member of the junior world team or somebody attempting a national record in every class. I went 8 for 9 and totaled 1283 at 181 pounds. I finished 6th out of 18 lifters. I probably should have finished lower but three lifters with much higher squats than mine could not satisfy the judges and bombed. I can't think of a meet that I've been to before this one where that total would not have earned top three honors. Yet I found my total to be 300 pounds less than the winner's when the final results were posted. I guess the saying, "to be the best, you have to beat the best" has some merit in this situation. I am the strongest lifter in my gym back home but I realized that there are quite a few across the country who are much better than I am. A national meet is a great place to test your strength because you know that there will be some other strong competitors looking to do the same. In my five years of lifting this is the strictest, most competitive meet that I have ever experienced. If a lifter ever has an opportunity to lift in or just attend a national meet, they definitely should. Even finishing out of the places and not being close to the winner has made me a much better lifter and knowing what it takes to be a great lifter has brought me that much closer to being one.

**Curt St. Romain**



**Curt St. Romain came this close to going 9 for 9 (photograph by Jane St. Romain)**

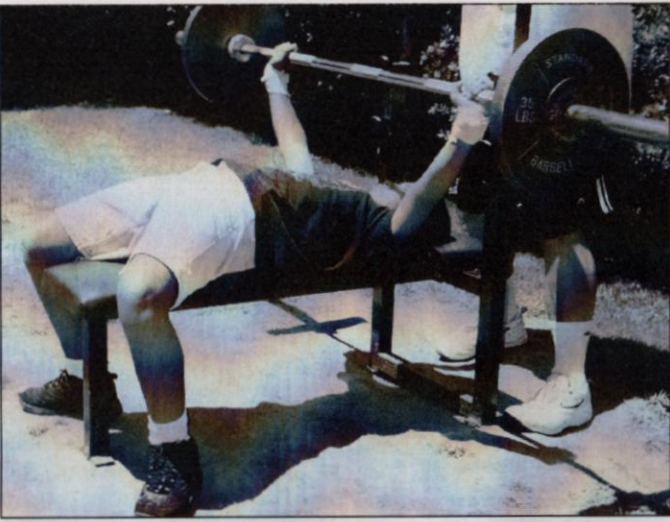
S.-J. Um	474	270.1	451.9	1196
C. Caffery	429.9	275.6	457.5	1162.9
B. Stephens	374.8	275.6	490.5	1140.9
J. Shurley	418.9	259	457.5	1135.4
G. Benton	402.3	220.5	479.5	1102.3
J. L. Heyman	297.6	308.6	485	1091.3
B. Brewer				
N. Divine				
B. Cowey				
198				
A. N. Poulich	567.7	418.9	617.3	1603.8
S. A. Malecha	578.7	374.8	606.3	1559.8
N. Beckloff	573.2	336	507.1	1416.5
B. Bowmas	501.5	292.1	600.8	1394.4
H. Espinoza	529	336.2	529.1	1394.4
B. Frizzelle	485	347.2	562.2	1394.4
G. Epelbaum	518.1	325.2	551.2	1394.4
J. M. Hillard	501.5	275.6	562.2	1339.3
J. Nicokosi	512.6	303.1	496	1311.7
T. Beck	501.5	248	551.2	1300.7
N. Sawruk	463	330.7	501.5	1295.2
J. Cooper	451.9	336.2	497.1	1285.3
J. Faulk	463	314.2	501.5	1278.7
A. Kenney	474	297.6	496	1267.6
S. Ayre	440.9	281.1	501.5	1223.6
J. N. Janek	463	297.6	440.9	1201.5
B. Johnson	440.9	281.1	474	1196
S. Gavin				
D. Soliman				
J. Farmer				
220				
P.J. Chovaneec	672.4	385.8	650.4	1708.6
C. Kahaneck	551.2	385.8	628.3	1565.3
E. Steiner	584.2	363.8	617.3	1565.3
I. Vian	600.8	358.2	578.7	1537.7
E. A. Whalen	540.1	319.7	622.8	1482.6
J. Anderson	551.2	336.2	573.2	1460.5
K. Nilson	529.1	363.8	562.2	1455
J. Searle	551.2	352.7	545.6	1449.5
J. R. Stark	501.5	347.2	545.6	1394.4
AJ Prebula	451.9	352.7	451.9	1256.6
J. Hunter	451.9	281.1	518.1	1251.1
K. Grant	407.9	341.7	479.5	1229.1
D. Kelinske				
C. Miller				
R. Graham				
242				
R. Goldin	683.4	518.1	584.2	1785.7

**Rebecca Roberts - outstanding lifter in women's heavy division.**

**"Just Bring It" BP**

RAW BENCH	Robert Daniels	45
MEN	Youth (11)	
Youth (4) (exhibition)	Tony Knight	120
David Knight	Maurice Allen	60
Youth (9)	Rob Enos	50
Michael Knight	Youth (13)	
	Jimmy Malcne	95

"JUST BRING IT", meant just that, because there was no entry fee, and no bench shirts or supportive gear (except wrist wraps). This event was held for the neighborhood kids in Galt, CA. First up was David Knight. Big Dave weighed in at a "sleeve-splitting" 51 lbs., and at 4 years old, bench pressed 25 lbs. (with a close spot). Next up was Michael Knight, 9 years old, and 59 lbs. bodyweight, with about 3% bodyfat, nothing but muscle and a load of tendon strength was behind a huge 60 lb. bench press. He used a close-grip, with a nice pause. The winner of the 11 year old division was Big Tony Knight, he weighed in at 127 lbs. and bench pressed 120 lbs. The lift was done strictly, and was the heaviest bench of the meet. Tony is a phenom. The 13 year old division was won by Jimmy Malone, who weighed in at 125 lbs., and bench pressed 95 lbs., with only 4 weeks of training. The meet was a success - as it gave the kids something worthwhile to do during the summer. (Thanks to Mike Knight for providing these meet results).



**Tony Knight (11 years old and 127 lbs. bodyweight) benching 120 lbs. at the "Just Bring It" bench meet. (photo provided by Mike Knight)**

**World Gym Summer BP/DL Classic**

25 JUN 00 - Joliet, IL

BENCH PRESS	242
teenage men 13-15	G. Lealifano 510
Craig Tokarski	170* E. Cunnane 450
teenage men 16-17	Nectar Kirkiris 400*
Clayton Bruce	230 275
teenage men 18-19	Rick Martens 475
Frank Warpeha	340* Dave Williams 430
Jeremy Winker	325 Jim Phillips 415
junior men	shw
Matt Ludwig	375* Tony Vaughn 365
Jason Visny	315* DEADLIFT
submaster men	DEADLIFT
Joe Gaffin	395 Craig Tokarski 330*
master men 40-44	junior men
Craig Gordon	450 Jeremy Winker 385
Joe Fortuna	330 submaster men
master men 45-49	Barry Holfield 475
Mike Nichols	410* master men 40-49
Berry Blackmon	390* Mike Nichols 450
master men 60-69	181
Joe Marsala	245 Jason Sturtevant 405
181	198
Jason Sturtevant	350* Gerrit Bult 635
4th	365* 220
198	Barry Holfield 475
Gerrit Bult	390 242
	Emmett Cunnane 565*

Best BP - GEORGE LEALIFANO; Best DL - GERRIT BULT; \* personal record. The World Gym Summer Bench Press/Deadlift Classic was held June 25,

**4th WABDL Alki Beach Classic  
27 AUG 00 - Seattle, WA**

BENCH WOMEN		UL		Masters 40-46	
Open	132	F. Merida	155	D. Cal	325
J. Souders	125	Master 40-46	148	K. Hernandez	225
Masters 40-46	148	R. Baradari	175	Teen 16-19	181
T. Lee	135	D. Han	210	J. Healy	375
Masters 47-53	165	L. Taylor	280	L. Woodley	665
D. Roger	120	J. Kim	225	Master 47-53	198
Submaster	132	D. S. Milliken	425	M. Bryant	500
J. Souders	125	L. Taylor	280	M. Olson	470
K. Haller	225	Teen 13-15	105	M. Foley	575
D. Cal	120	Masters	40-46	D. Stratton	675
MEN	198	114	A. Brooks	245	148
Open	132	D. Hawkins	240	E. Marshall	350
Thammavongsa	205	165	F. Merida	305	181
S. Nelson	335	D. Marxheimer	355	Teen 16-19	198
165	181	J. Healy	240	R. Baradari	370
R. Borman	280	M. Olson	240	148	148
P. DeLerosa	320	J. Kim	355	C. Cabreza	275
R. Lochtre	155	L. McCraney	315	F. Isernio	400
181	198	275	D. S. Milliken	600	G. Holzinger
T. Scott	425	D. S. Milliken	425	L. Taylor	560
J. Trewin	340	L. Taylor	280	Junior 20-25	275
198	242	J. Thiesen	670	Open	148
P. Kretschmar	260	S. Nelson	405	158	308
C. Smith	385	K. Hammond	405	165	165
242	54-60	R. Borman	410	181	181
T. Davidson	405	M. Freedman	465	3. Miller	495
Fannon	181	R. Gadbury	430	J. Trewin	500
A. Frazier	415	R. Lochtre	250	N. Turk	420
R. Muhammad	475	181	181	L. Woodley	665
275	308	E. Fleming	315	198	198
P. Marcoff	375	220	220	W. Ricard	550
Junior 20-25	308	R. Campbell	505	220	220
148	308	J. Schuller	270	C. Smith	550
M. Vejar	315	R. Yost	470	242	242
165	181	R. O. Smith	430	A. Frazier	275
J. Dickhaus	285	R. Muhammad	600	R. Muhammad	600
220	198	181	275	275	275
N. Lane	420	R. West	550	P. Marcoff	505
J. Thiesen	430	A. Adalsteinsson	700		
308	430				
K. Hammond	420				
Submaster 34-39	132				
165	132				
R. Borman	280				
R. Gadbury	265				
R. Lochtre	155				
220	123				
R. Campbell	415				
J. Meullion	415				
R. Yost	280				
242	4th				
R. Muhammad	475				
Teen 13-15	148				
132	M. Collier				

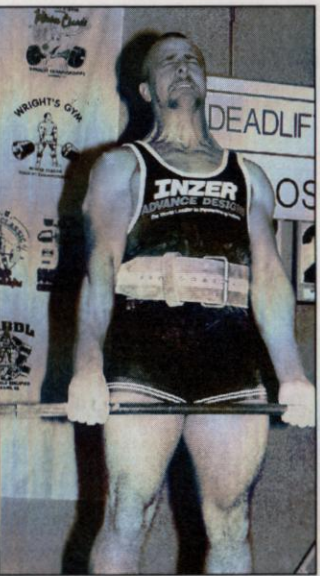


From left to right at the Alki Beach Classic: Gus Rethwisch, Andrin Brooks (12 years old), Gene Alexander - 181 master best lifter and also Andrin's grandfather. (Photograph was provided by Gus Rethwisch).

both did 415. Rich Yost was third at 280. At 242, Rasoulala Muhammad did 475 in nice fashion and came close with 500. In open bench press at 132, Steve Nelson did 205. Steve Nelson did 335 at 148. Pete DeLerosa did 320 at 165. Randy Borman was second with 280. Tod Scott did a huge 425 at 181. Josh Trewin was second with 340. At 198, Paul Kretschmar did 260. At 220, Chad Smith won with 385 and tried 400. At 242, Rasoulala Muhammad beat Anthony Frazier 475 to 415. Tim Davidson was third with 405. Tommy Fannon opened with 585 at 242 and bombed. He was probably good for 565. Peter Marcoff did 375 at 275. In master men bench 40-46 Daniel Hawkins won at 148 with 240. Dan Marxheimer set a Washington State Record of 355 at 165 after missing it on his second - obviously a good comeback. James Healy set a Washington State Record at 181 with 240. Mark Olson did a 240 at 198 and Michael Vejar put up a respectable 355 at 220. In master 47-53, Ed Marshall, did a Washington State Record at 175 in 148 lb. class. At 181, Gene Alexander, beat Jack Rankin 300 to 225. At 198, Nick Santora put up 290. Nick had a great party after the meet with good food, lots of beverage and a great home right at Lake Washington. Unfortunately, Bull, his wife, myself, and the rest of Bull's staff were busy taking equipment back to the Gateway Athletic Club until about 11:00 PM. The meet was over about 6:00 P.M.. Moving on in 47-53, Andrew Shafer put up 225 at 242 and Colin Bonneau did a big 455 that would be state record in most states except Bennie Dooley is residing in Washington and has the record in a World class fashion of 529. In master 54-60, Carlos Cabreza, set a Washington State record of 155 at 148 lb.

James Reynolds did a sub par 275 at 181. James is an Elvis impersonator and had a gig the night before and singing Jailhouse rock probably took 25 lb. off his bench alone. At 198, Godfrey Holzinger beat Richard Schuller 285 to 270. Rodney Britin is the Washington State Record holder in that category at 347. Robert O. Smith from Canada put up 430 at 308. He's got his sight set on Noah Addison's World Record of 456. Robert just got Addison's World Record deadlift of 575 with a 578 in Wilsonville, Oregon on August 5. In master 61-67 at 181, Jerry Elarth did 115 and Bernie Miller set a Washington State Record of 275 at 198. In teenage bench in 13-15, Fredy Merida did 225. At 275, De Shaun Milliken, who is one of the most highly recruited running backs in the country did a Washington State Record 425 at 275. Lee Taylor was second with 280. In Junior men at 148, Michael Vejar did 315 at 148 just short of Anthony Carroll's state record of 336. At 165, Jason Dickhaus did 285 at 165. At 220, Nathan Lane did 420 and took at shot at Austin Slater's 470 state record, but not quite. Joel Thiessen from Canada did a Canadian Record 430. At 308, Kenny Hammond did 420. In women's deadlift in the open division, Katerina Nikolaisen did 260 at 123. She just missed 285 on two attempts and really busted butt to get them. The crowd was in it trying to urge her on - even so close. Her state record is 264. A 275 would have gone. At 132, Dr. Jenny Souders set a submaster Washington state record with 250, but lost to Lyn Robinson who did 255. At 148, Machell Collier set a Washington State Record of 290 in the junior division and also won the open with that 290 as well as an open Washington State Record. At 198, Kelly Hernandez did a 225 and at 198+, Daria Cal did a nice 325. In women's submaster, Diane Fleming did 225 at 198+. In master 40-46, Terry Lee set a Washington State Record of 260 to beat Cathy Chapman who did 225. In men's submaster, Rob Lochtre did a 250 at 165. Randy Borman was third with 410. Ruel Godbury was second with 430 and Mark Freedman won with 465. At 181, Eric Fleming did 315 in his first contest. At 220, Rich Yost was third with 470. Rick Campbell was second with 505 and James Meullion won with 520. At 242, Rasoulala Muhammad did 600 and locked out 625. At 275, Ron West did 550 and at 308, Axel Adalsteinsson did 700 for a state and world record and tried 730. In the open deadlift, Steve Nelson at 148 opened with 405 and jumped to 500 and missed it twice. At 165, Randy Borman beat Rob Lochtre 410 to 250. At 181, Nathan Turk was fourth with 420, Shawn Miller was third with 495 and Josh Trewin did 500 and missed 525 for second. Leamon Woodley won 181 with a huge 665! Chad Smith won with 550 and tried a big 600, but missed it on a close try. At 242, Rasoulala Muhammad won with 600. He's a 700 lb. puller in the wings. At 275, Pete Marcoff did a 505 for the win. In master men 40-46, Dan Marxheimer pulled 405 at 165. At 181, James Healy pulled 375 and Leamon Woodley one of the best deadlifters in the world pulled 665 at 178 lb. at age 43 a world record! At 198, Mark Bryant beat Mark Olson 500 to 470. At 220, Michael Foley did 575 - a very good number but David Stratton upped the ante with a terrific 675 for a Washington State Record!! 700 is right around the corner for David. In master 47-53 at 148, Ed Marshall set a Washington State Record with 350. At 181, Jack Rankin did 410 but Mick Stevens the owner of the Gateway Athletic Club which was one of the main sponsors of the meet and supplied all the weights did a 500. At 198, Nick Santora did 400. In master 54-60, Carlos Cabreza set a Washington State Record of 275 at 148. At 181, Frank Isernio did 400

and tried a state record of 420. At 198, Richard Schuller did 425 to finish second to Godfrey Holzinger who did 460 3 lbs. shy of his state record. In master 61-67, 198 Ronald Jorgenson did a Washington State Record of 390 at age 66! In junior deadlift which is age group 20-25, Joel Thiessen of Canada did an impressive 670 and tried 700 at 275 that was a Canadian National Record. Kenny Hammond pulled 405 at 308! In teenage 13-15, Stephen Lynn pulled a Washington State Record of 200 at 114 lbs. At 105, Adrian Brooks pulled a Washington State Record of 245 as well as a World Record. His form is unbelievably good. He's only 13. At 132, Fredy Merida pulled a Washington State Record of 305. Gary Rematocado holds the world record of 305. In teenage 16-19, Romyar Baradari pulled 370 at 148 - good weight for that age and weight. At 165, Jesse Kim pulled 350. At 242, Leslie McCraney pulled 315. At 275, Lee Taylor set a state record of 560 on an opener but DeShaun Milliken came along and did 580 and then 600 to beat it. A total of 77 lifters, competed with over 100 benchers and deadlifters. Flo Stewart did a perfect job of both scorekeeping and m.c'ing a two platform meet. She was a wizard - never made a mistake. I would like to thank our national judges Garriel Keeble, Chris Grekoff, Mike Trupiano, Martin Beavers and Dick Shula. I also judged. The spotters were Bob Waiteo and Doug Paris - sound was provided by Greg Benjamin. I would like to thank Mick Stevens, the owner of Gateway Athletic, who supplied the weights and benches and who also helped load. He, also, provided a place for me to stay on two nights. Also, Emmanuel Montgomery who is Flo Stewart's stepfather. He's amazing. He did 10 reps at 405 on a reverse grip deadlift in a tuxedo!! He's 62!! He helped load and unload the weights. Also, Willie Austin who helped load and unload and who coached a lot of lifters. Nick Santora provided a great party. In the strongman contest in the heavy-weight, Trevor Crandall was first. Grant Higa was second, Michael Kromer was third and Gene Wainwright was fourth. In the lightweight strongman, Scott Hughes beat Dan DeCaprio in the last event - the beer keg jerk for reps 20-16 I believe. Scott was third and Jeff Holly was fourth. The events was tire flip, deadlift hold, farmers walk and beer keg jerk for reps. The dumbbells weighed 200 lbs. for the farmers walk and the heavyweight tires was 551 lbs. Beer kegs weighed 125 for lightweight and 175 for heavyweight. 700 lbs. was used for the deadlift hold. There were 22 strongman contestants all told. This event had a crowd of about 500 at all times. It started at 9:30 and was over by 5:30. It was an exciting day and everybody had a good time. Bull Stewart and his wife, Flo, did a great job and everything ran smoothly. It's the premier outdoor meet with seafood restaurants and delis close by. Put it on our calendar for next year. (Thanks to Gus Rethwisch for providing these competition results).



From left to right at the WABDL Western Regional Championships: Jason Meldru pulls 380 in his first meet; and Josh Meldru with a junior deadlift 440 lbs at 165 in his first meet. (courtesy Gus Rethwisch).



SPENCER TURNED IN A NICE LIFT AS THE ONLY COMPETITOR IN THE POLICE AND FIRE DIVISION. IN THE OPEN DIVISION CHARLES VENTURELLA AND PAT THAKE BOTH PUT UP OVER 300 LBS IN THE 148 LB AND 165 LB CLASSES. JOE SCHAFFER PUSHED UP AN EASY 380 LBS IN THE 198 LB CLASS AND 50 YEAR OLD BILL SCHAFFER PUSHED UP AN EASY 305 LBS IN THE 220 LB CLASS. DAN SWOPE COMES TO ALMOST EVERY MEET HELD AT I.H.M. AND EVERY TIME HE SHOWS UP HIS BENCH PRESS GOES UP PUSHING UP 520 LBS TO TAKE THE 242 LB CLASS. IN THE SUBMASTER DIVISION P. J. SNYDER AND JIM LEONE HAD A CLOSE BATTLE FOR FIRST PLACE IN THE 165 LB CLASS AND T.J. HALL TOOK THE 198S WITH A FINE 375 LB PRESS. SHW JERRY WILSON ALSO IMPROVES EVERY TIME HE SHOWS UP THIS TIME PUSHING UP 365 LBS. AND LETS NOT FORGET THE FOUR FINE MASTER BENCHERS WHO COMPETED. FATHER POPOVICH TOPPED THE 220 LB CLASS WITH AN EASY 330 LBS AND BIG BILL LENZI PUSHED UP A STRONG 480 LBS IN THE SHW CLASS. BILL KOLLING DID A STRONG 330 LBS AND BILL SCHAFFER ALSO COMPETING IN THE MASTERS DIVISION TOOK THE 220 LB CLASS OVER 50 YEARS. A SPECIAL THANKS TO FATHER POPOVICH AND ALL THE PEOPLE WHO HELPED MAKE THIS A SUCCESSFUL MEET. (THANKS TO RON DEAMICIS FOR PROVIDING THE RESULTS).

**WABDL Western Regional  
12 AUG 00 - Burbank, CA**

DEADLIFT		Teen 16-19	
132	SO	S. Sugano	102.5
87.5	B. Lee	J. Meldru	87.5
100	A. Keim	165	
M 47-53	H. Shival	M 40-46	
148	185	M. Jacobson	115.5
Teen 13-15	P. Dunn	137.5	
Open	75	M. Jacobson	115.5
A. Contreras	M 61-67	Y. Kuroda	140
160	R. Giocumb	160	E. Kuskie
167.5	4th	155	181
172.5	Open	172.5	Open
92.5	L. Vasquez	92.5	
110	M 61-67	110	
125.5	M. Jacobson	173	R. Lozano
152.5	4th	152.5	152.5
187.5	173	R. Lozano	152.5
180	Submaster	200	K. Lee
182.5	198	200	Submaster
215	167.5M. Brown	173	Teen 16-19
215	173	P. Davi	182.5
215	222.5	Open	
215	R. Caroon	220	
215	220	205	M 40-46
215	205	J. Jones	170
215	Open	302.5D. Bradshaw	190
215	302.5M. Lamarque	207.5M. Lamarque	232.5
215	Junior	302.5M. Lamarque	232.5
215	242	137.5M 54-60	200.5
215	137.5M 54-60	D. Smith	200.5
215	282.5275	M 40-46	
215	R. Sanchez	255	W. Faulkner
215	255	T. Difilipi	105
215	M 47-53	192.5B. Garvey	177.5
215	192.5B. Garvey	Submaster	
215	205	J. Tovar	205
215	207.5	Open	
215	290	J. Tovar	205
215	308	T. Yamanaka	
215	M 47-53	195	M 47-53
215	L. Contreras	185	L. Contreras
215	250	160	O. Hampton
215	BENCH	205	M 40-46
215	132	205	S. Brown
215	132	Submaster	
215	B. Lee	212.5	J. Wooner
215	A. Keim	55	Open
215	M 47-53	212.5	J. Wooner
215	H. Shival	95	308+
215	148	207.5	Submaster
215	Teen 13-15	40	Open
215	A. Contreras	40	Open
215	M 61-67	295	S. Wong
215	R. Gidcumb	97.5	

Chris and Krishna Kostas and Steve and Lisa Denison were the meet directors. They had nice trophies and an excellent setting in the ballroom of the Burbank Hilton Airport Hotel which was only one mile from I - 5. The hotel rooms were class. Everything ran, real smooth. About 43 lifters attended. In the bench (we will go by weight class for all the divisions) special olympian, Bob Lee benched 77 pounds at 132. Angie Kim, another special olympian, benched 121.2 weighing 132. Homi Shivaie, from the Bay Area, set a California State Record of 209.2. The week before he set another California State Record with 209.2 at 148; both of these records were in master 47-53. Moving into the 148 pound class, Adam Contreras set a California State Record with 88 in teen 13-15. Richard Gidcumb, from Arizona, put up 214 to tie his Arizona State Record at masters 61-67. Steve Sugano set a California State Record with 225.7 in teen 16-19 and in junior 148, Jason Meldru set a California State Record with 192.7. Moving on to the 165 pound class, Mary Jacobson from Alameda, California set a world record in master women 40-46 with 254. Paul Dunn from Texas in master men 40-46 put up 303. Yasu Kuroda put up 308.5 in the open. Eric Kuskie entered the open and law/fire open and set a California State Record at 165 in the law/fire open with 352. Moving on to 181, Linette Vasquez set a California State Record for open women with 203. Sam Colella put up 242 in master 61-67, but Rudy Lozano set a world record in the same category with 336. In submaster law/fire A.J. Agamao set a world record in the 181 pound class with 413 and California State Record in submaster. Kingston Lee was second in submaster with 396. In the 198 pound class, Michael Brown put up 275 in submaster. Phil Davi pushed on 402. He holds the world record with 435 in teen 16-19. Randle Cardona set a California State Record in the open with 473 locking out 501. In the 220 pound class, Jeff Jones from Sparks, Nevada did 374. The week before, in Wilsonville, Oregon, he did a Nevada State Record in both master 40-46 and law/fire 40-47 with 402. David Bradshaw did 418.7 in the open, but Matt Lamarque, the California State chairman and the president of the Irons Society put up 512.5 missing a world record of 523. He holds the world record of 518 in the junior division. In 242, Daniel Smith III set a world record with 441.7 in master 54-60. In 275, Tom Difilipi finished third in master 40-46 with 231. In second was Walt Faulkner with 402 and the winner was Roland Sanchez with 468. Bill Garvey set a world record in law/fire 40-47 with 391 in the 275, and a California State Record in master 47-53. Jaimi Tovar set a submaster law/fire California State Record with 451.7. Tomonari Yamanaka, from Japan, came very close with 300 in the bench but bombed out. In 308, Obbie Hampton did 352 in master 47-53. Obbie is good for a 100 pound more when his shoulder heals. Leo Contreras won with 407 in master 47-53. Steve Brown did 451.7 in master 40-46, and John Wooner did 468 in both submaster and open. In superheavy, George Niuaika did 457 in the submaster for the win and Steve Wong opened with 606 and smoked it and then went on to 650. Steve has passed two drug tests and is lifetime drug free. In the deadlift at 132 pounds, special olympians, Bob Lee pulled 192 pounds, and Angie Kim pulled 220 pounds; both were special olympians. Homi Shivaie pulled a California State Record 407. In 148 pounds, Adam Contreras pulled a California State Record of 165 in teen 13-15. Richard Gidcumb from Arizona pulled 352 in master 61-67 and Jason Meldru pulled 380 in junior in his first contest. In 165 pounds, Mary Jacobson pulled two world records with 381 in both open and master 40-46. It barely moved off the floor, but Mary stuck with it and pulled like a mother bear protecting her cubs. I'm not going to lose - no way - no how! In junior 165, Josh Meldru in his first meet set a California State Record with 440. In open, Yasu Kuroda pulled 440.7 and Rich Abbot was unbelievable with a world record 490.5 at 61-67 age group!! Rich has to drop to his knees after every attempt because his blood pressure is low. In 181, Rudy Lozano pulled a California State Record with 451.7. In 198, James Kegrice pulled a submaster world record of 667 - a big time lift. He, also, set a California State Record in the open. In master 68-74, Austin Demello pulled 303. Austin has cancer, but won't quit. Michael Brown pulled 451 in submaster and Phil Davi set a world record in teen 16-19 198 pounds with 622. In 220, Matt Lamarque pulled 562 in the open; not bad for a bench. In 242 54-60 age group, Daniel Smith pulled a fine 424. In 275, Thomas Difilipi pulled 451, but Walt Faulkner pulled a California State Record 639 in master 40-46 and a law/fire world record master 40-47. In 308, Leo Contreras pulled 429 in master 47-53 and in master 40-46 Steve Brown pulled 551. I would like to thank our M.C. Chuck La Mantia, the best m.c. I've ever seen, scorekeeper Krishna Kostas, Judges Vic Elliot, Gordon Santer, Don and Fran Holey, Gary Ridgeway, Steve Denison, Lisa Denison, Platform managers: John Bostick and the Kostas and Denisons for directing the meet. (The results of this competition were provided to Powerlifting USAMagazine by the President of WABDL, Mr. Gus Rethwisch).

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**Immaculate Heart of Mary Spring BP  
29 Apr 00 - Youngstown, OH**

BENCH		165	
Teen	14-16	P. Thake	310
114	114	S. Pryce	275
T. Kolsky	110	198	
132	J. Schaffer	380	
G. Canole	170	220	
165	B. Schaffer	305	
M. Jones	200	242	
M. Lenzi	160	D. Swope	520
198	B. Bagna	375	
A. Bell	210	33-39	
17-19	148		
181	C. Venturella	300	
T. Calko	200	165	
P. Simcox	PJ Snyder	2	



MARCH 26, 2000  
HOLIDAY INN - AIRPORT

**Pittsburgh Monster BP/DL**  
26 MAR 00 - Pittsburgh, PA

BENCH WOMEN	A. Gavlak	365	Novice	C. Smith	350
Open 132 lb.	J. Zambon	345	H. Ford	285	285
J. Lippert	R. Baczkowski	275	L. Koch	255	255
Master 40-48 148 lb.	M. Lindsay	435	Open	C. Young	675
A. Kichty	G. Woods	350	L. Ford	242	242
Novice 148 lb.	Master 40-49		Teen 17-19	A. Sapp	500
H.Koch	Police & Fire		Master 40-49	Master 40-49	500
Novice 198 lb.	S. Crisanti	360	Novice	P. Campbell	630
C. Neff	B. Deforte	225	Novice	B. Flemming	570
MEN	Open		Open	S. Palucka	520
148	Novice		Open	W. Weaver	530
Teen 14-16	R. Gaudelli	320	Open	J. Verrico	570
C. Beer	J. Prinkey	320	Open	B. Flemming	570
Sub master	M. Watts	305	Open	D. Royhab	545
C. Venturella	F. Thomas	250	Open	S. Palucka	520
Novice	Open		Open	M. Hart	535
A. Lawson	C. Dworek	475	Open	T. Williams	460
Open	R. Altman	390	Open	T. Hamer	385
C. Venturella	Z. Childers	365	Open	Novice	
165	Teen 17-19		Open	D. Kulbacki	485
Teen 17-19	J. Cellante	375	Open	Teen 17-19	
A. Gill	J. Battykeefe	335	Open	V. Laub	440
R. Zadrozny	Open		Open	Grandmaster 50+	
D. Millitzer	B. Pochiba	505	Open	G. Greenberger	440
Master 40-49	S. Pollard	475	Open	Submaster 33-39	
K. Stoner	C. Young	475	Open	J. Marcello	440
Novice	J. Farelli	430	Open	Novice	
L. Gollas	K. Wentworth	430	Open	M. Manno	800
L. Wright	Teen 17-19		Open	M. Manno	800
M. Hart	A. Sapp	360	Open	R. Bush	475
Open	Grandmaster		Open	B. Clawson	425
M. Sinicropi	M. Descutner	460	Open	SHW Open	550
F. Williams	F. Gallagher	320	Open	M. Brody	580
T. Hamar	Master 40-49		Open	Novice	
181	D. Sineyway	460	Open	J. K Jenkins	500
Teen 17-19	J. Coveri	450	Open	M. Manno	800
M. Zadrozny	G. Borushko	355	Open	R. Bush	475
Grandmaster 50+	Novice		Open	B. Clawson	425
G. Greenberger	Z. Hudak	425	Open	SHW Open	550
Master 40-49	Open		Open	M. Brody	580
T. Richards	D. Havrilesko	440	Open	Novice	
Novice	S. Palucka	430	Open	J. K Jenkins	500
J. McCracken	D. Royhab	365	Open	M. Manno	800
Open	J. Verrico	340	Open	R. Bush	475
T. Richards	Grandmaster 50+		Open	B. Clawson	425
A. Royhab	T. Bentley	525	Open	SHW Open	550
R. Bush	Master 40-49		Open	M. Brody	580
198			Open	Novice	
Teen 17-19			Open	J. K Jenkins	500
C. Reilsono			Open	M. Manno	800

J. Petropoulos 430 Open  
G. Weinstein 425 R. Dickson 565  
Novice J. Marcello 440  
D. Kulbacki 325 198  
Open Teen 17-19  
T. Bentley 525 R. Boczkowski 425  
M. Murphy 500 J. Stefano 380  
J. Petropoulos 430 Grandmaster 50+  
305 M. Lindsay 565  
Master 40-49  
S. Demarco 405 J. Valchine 625  
Submaster 33-39 M. Johnson 500  
S. Edmiston 460 Submaster 33-39  
Police & Fire R.Swan 460  
J. Jennings 460 S. Carpenter 420  
Open Police & Fire  
S. Kirit 640 S. Crisanti 450  
C. Richardson 475 Novice  
S. Edmiston 460 R. Swan 460  
S. Demarco 405 F. Thomas 400  
J. Kavulic 320 Open  
SHW S. Siwiak 680  
Open J. Zajak 550  
M. Brody 450 220  
DEADLIFT  
S. Schwartz 590  
148 C. Pierre 525  
Master 40-49  
A. Kichty 135 S. Moody 550  
Novice J. Farelli 460  
L. Ford 285 B. Fargo 415  
H. Koch 255 Open  
L. Ford 285 C. Young 675  
242  
Teen 17-19  
A. Sapp 500  
Master 40-49  
P. Campbell 630  
Novice  
B. Flemming 570  
A. Lawson 395 S. Palucka 520  
Open W. Weaver 530  
165  
J. Verrico 570  
B. Flemming 570  
D. Royhab 545  
S. Palucka 520  
Grandmaster  
T. Bentley 700  
Novice  
Z. Hudak 650  
D. Kulbacki 485  
Teen 17-19  
V. Laub 440  
M. Diorio 750  
B. Pochiba 505 T. Bentley 700  
G. Greenberger 440 R. Gaydos 675  
Submaster 33-39  
J. Marcello 440 Submaster 33-39  
Novice M. Manno 800  
J. K Jenkins 500 Open  
M. McCracken 500 M. Manno 800  
R. Bush 475 J. Kavulic 550  
B. Clawson 425 SHW Open  
G. Stutzman 365 M. Brody 580

The First Annual Pittsburgh Area Monster Bench Press and Deadlift Meet took place at the Holiday Inn Airport in Moon Township on March 26, 2000. There were 71 benchers and 51 deadlifters. The first flight set the tempo for the entire day. Jerri Lippert stunned the standing-room only crowd by opening with a 260 lb. bench at a bodyweight of 130 lbs. She cruised through 280 and finished with a HUGE 300 lb. bench press. She attempted a 310 lb. world record on a fourth attempt and just barely missed it. Several weight classes in the men's division saw some impressive bench totals. Mario Sinicropi owned the 165 wt. class and did it held on to a bench shirt. He started with 430, then 445, next went to 455 and finished with a strong 460. WOW! Chris Reilsono came into the meet ranked



Above) Senior Olympians with Gold: (left to right) Sarah Snedier, Dr. Harry Sneider, Beatrice Maullin. (the photograph provided by courtesy of Sneider's Family Fitness)

#1 in the country in the 198 lb. (17-19) teenage class. He didn't disappoint the crowd coming away with a big 470. Don Sineyway came out of a two year hiatus and found himself in the master (40-49) class. The self-proclaimed "Sultan of SWAT" had a career day and finished with a strong 460. Way to go, Donnie! With hometown boy and local strongman Steve Kirit walking around, the crowd knew they would get to see a huge bench before the day was over. Weighing in at a solid 289 lbs., Steve called for a huge 640 opener. With Steve's biggest rival, Dan Kovacs, cheering him on, he smoked his opener. Steven called for a PR 665 next. He just missed it on his second and third attempts, but did not disappoint the crowd. Keep climbing that 700 mountain, Steve! The deadlift portion of the meet also saw some impressive lifts. For the second time, Jerri Lippert thrilled the crowd finishing with a world record 380 lb. deadlift. Steve Siwiak, weighing in at 198 lbs., opened with a strong 610 and finished with a massive 680. My longtime friend, Chris Young, came up from Elkview, WV and weighed in at a lean 220 lbs. He finished with a huge 675 and had plenty left. Once the last deadlift flight was posted, the word throughout the room was that someone was going to break the 800 lb. barrier. Local boy, Mark Manno, and Mark Diorio from Smithfield, RI gave the crowd the show they came to see. Diorio, weighing in at 256 lbs., lifted first and easily smoked his 705 opener. Manno, weighing in at 285 lbs., opened with a huge 745 and took it for a ride. Diorio called for a 750 second lift. With the standing room only crowd on their feet, he took his time getting to the platform and did not disappoint. Diorio smoked 750 and left the platform gleaming with confidence. Manno called for a massive 800 lbs. on his second lift. With the crowd going crazy, he pulled it strong and steady. Diorio went for 770 on his third lift, but hit a wall 3/4 of the way up. Manno went for 820 on his third, but it wasn't to be. Thanks for the great show, guys! This was the first year for this meet and it was a huge success. We gave away \$100 to the best bench and \$100 to the best deadlifter. I'd like to personally thank the following people, whom without them, we never would have gotten off the ground: my wife, Stephanie; my parent; my father-in-law & deadlift announcer Dave; bench press announcer Joe Espy, Bob Gift, Larry Hanasky, Sean & Jenn Worch, Roger & Cindy Griffith, Craig Bishak, Amos Cameron, Frank Bedoloto Jr., Andy Snyder, Dom Stala, Roger Itzel, John Cover, "Uncle Frank" & World Class Fitness, Weinstein Chiropractic, and Vitamin Depot. The second annual Pgh Area Monster Bench Press & Deadlift Meet will be held on April 1, 2001 at the Airport Holiday Inn. This one promises to be even bigger with more cash prizes. See you then!! (results from Mike Baravecchio)

**Pasadena Senior Center On-Site**  
04 JUN 00 - Arcadia, CA

WOMENS	Morgan, Robert	195	
50-54	Heavyweight		
Middleweight	Judson, Lorie	92.5	
65-69	Connelly, Arline	90	
55-59	Lightweight		
Mighell, John	130		
Light-Middleweight			
Sneider, Sarah	75	205	
Middleweight	King, William	190	
65-69	Heavyweight		
Gudel, Penny	95	300	
Heavyweight	Ghent, William	300	
Smith, Michelle	85	175	
Novice	Deardorff, Jim	175	
70-74	Heavyweight		
Roncelli, Gino	185		
Middleweight			
Martin, Louise	65	255	
75-79	Rubinstein, Eli	255	
Maullin, Beatrice	82.5	235	
MEN	Bonnell, Robert	235	
50-54	Heavyweight		
Heavyweight	Martin, Michael	225	
Connelly, Robin	190	80-84	
55-59	Light-Heavyweight		
Middleweight	Malin, Eugene	100	
Marjikian, Haig	155	85-89	
Lightweight			
Sneider, Harry	405	Cowell, Alfred	120
Thomas, J. Ray	250	90-94	
Kholos, James	60-64	Middleweight	
60-64	Maljikian, J.	45	
Middleweight			

**Blue Ridge BP/SC**  
20 MAY 00 - Stanardsville, VA

Female	40-49		
148	Sam Morris	410	
40-49	242		
Bonnie Graube	135	Open	
181	Allen Hicks	535	
Open	Chuck Miller	375	
C. Williams	275	Danny Pullen	375
Supers			
Men	Marcus Maynard	500	
181	Strict Curl		
Open	Open		
George Ferrell	380	Open	
165			
Jeff McCarthy	350	Brian Edwards	150
198	181		
Open	Jeff McCarthy	175	
John Krauss	390	220	
220	Chris Walsh	160	
Open			
Rick Cash	420		

(Thanks to John Shifflett for providing the results).

**INDIANA OPEN II**  
04 JUN 00 - Indianapolis, IN

BENCH PRESS	DEADLIFT
teenage men	teenage men
Matt Warnell	Jordan Trask
280*	275
master men 40-49	submaster men
Dave Newman	Monty Trask
405	375
Gene Beler	440*
440	375*
Jim Heisley	Dave Newman
440	485
master men 50-59	master men 50-59
F. Medvescek	310
310	F. Medvescek
320	365
4th	master men 60-69
Tom Richardson	285*
250*	165
148	Mark Walker
Jeff Muzik	300*
165	181
Mark Walker	245*
181	Mike Woody
181	4th
Jesse Pennington	305*
Anthony Rush	255*
198	198
Dave Newman	405
405	4th
Jeff Ellis	365
220	242
Shawn O'Kelley	330
242	shw
Gene Beler	440*
Bill Norman	—
—	Loren Betzer
—	450

Best Bench Presser - DAVE NEWMAN; Best Deadlifter - MIKE WOODY; \* personal record. The Indiana Open II Bench Press/Deadlift Classic was held June 4, 2000 at World Gym, Indianapolis West in Indianapolis, Indiana. A special thanks goes out to new owner Shawn O'Kelley and his family for their support and assistance in making this competition a success. Thanks also to my son Joey, Shawn's son Joe and Shawn's daughter Kerri for all their help. In the bench press competition Matt Warnell traveled all the way from Springfield, Illinois with his coach Dave Newman and training partner Gene Beler for his first competition. Matt did well, finishing with a personal best 280 at a 189 bwt. to take the teenage title. In the master men 40-49 class, Dave Newman took the win, though it was a close one between all three competitors. Dave only got his opener of 405, but at 194 it was enough for the title. First-timer Gene Beler got a personal best 440 for second place, close on Dave's heels. Big Jim Heisley was third with 440 also, just missing 450 for his final attempt. Good OLD Frankie Medvescek took the master 50-59 class with 310, followed by an even easier 320 fourth attempt. It's just amazing how Frankie, who was the ugliest lifter in the competition, keeps getting uglier, but his girlfriend, Susie, just keeps getting more beautiful. Love that new hairdo, girl! At master 60-69 was another newcomer to the sport, and a good one! Sixty-three year old Tom Richardson finished with a pr 250 for the win, but could have easily gotten twenty pounds more. Lots of potential here! In the open division, Jeff Muzik took the 148 class with a pr 300. This was a double-bodyweight bench by 15 lbs.! Mark Walker also got a personal record at 165, winning that class in his first competition. Jesse Pennington took the 181 class with a pr third attempt with 305. Second place at 181 went to Anthony Rush, another first-timer, who got just his opener of 255. Dave Newman also took the open 198's, earning him best lifter honors for the competition with 405 at 194. Second place at 198 went to Jeff Ellis, who finished with 365. Shawn O'Kelley returned to competition, after having some heart problems last year, to win the 220's with 330. Shawn was somewhat surprised with his strength, since he had not lifted much at all in the past year. And of course, his wife and I were just a little concerned (?) since his doctor had not given him the okay to lift. But it was great to have Shawn compete again; us lifters know what it means to return to competition after an injury! (Shawn's personal best was 540 at 220!) At 242 it was Gene Beler with his 440 pr for the win. Bill Norman failed to get his opener in, fighting with a new shirt. In the



Promoters of the Indiana Open II and the New Owners of World Gym Indianapolis West: (l-r) Joe O'Kelley, Kerri O'Kelley, Shawn O'Kelley (who competed for the first time in over a year due to heart problems), and Shawn's wife Trish. (photo courtesy Dr. Darrell Latch)

deadlift competition, Jordan Trask equaled his previous best with 275 for the win at teenage. Jordan's dad, Monty, took the submaster class with 375, at a 160 bwt. Both father and son recently won their respective classes at the Lifetime Natural Powerlifting Society's Nationals. Dave Newman showed great form in his win at master 40-49, pulling an easy 485. Frankie Medvescek, who is also a great bodybuilder, pulled an equally easy 365 for the win at master 50-59. At 60-69 it was Tom Richardson with a strong pull of 285 for the win. This was also Tom's first deadlift competition. After Tom perfects his form, he will be pulling close to 400. In the open division, Mark Walker got his second pr and second win of the day with a great pull of 354 weighing in at 457 to take the 165's. Mike Woody won big at 181 with a personal best 505. Mike is a tall thin lifter with great form and a strong back. Mike's efforts also won for him best lifter honors for the competition. Second at 181 was Bob Duhamell who pulled 375, then a 400 fourth; both new personal marks for him. Joe Slinker was third with 325. Keith Warren pulled the biggest lift of the meet with his 510 final attempt,

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but then followed with a pr 255 fourth. Keith took the 198 class, in his first competition. Bill Norman continued to struggle on this day, pulling just his opener of 470 for the win at 242. Loren Betzer came from Leavenworth, Kansas for the win at shw and police & fire with 450, having lifted the day before in a competition in Burlington, Iowa. Thanks again to all the lifters, helpers and spectators. Dr. Darrell Latch (results courtesy Dr. Darrell Latch).

**Raw BP Nationals**  
01 Apr 00 - Chatham, VA

WOMEN	(16-17)	
66 lbs. (8-9)	P. Gemma	175
O. Childers	J. Robertson	165
123 lbs. (14-15)		
S. Lhota	110	R. Passon
132 lbs. (16-17)	85	181 lbs. (14-15)
K. Sharp	100	C. Cary
132 lbs. (16-17)	100	(16-17)
V. Sharp	140	C. Bos
(20-24)	140	J. Wise
J. Akroush	140	J. Cropp
198+ lbs. (30-34)	160	(18-19)
S. Covington	160	A. Henry
MEN		V. Moor
88 lbs. (12-13)	65	(70-74)
D. Hudson	65	C. Higgins
114 lbs. (12-13)	95	198 lbs. (14-15)
R. Clay	95	J. Pierce
(40-44)	190	(16-17)
G. Murphy, Jr.	190	T. Borque
123 lbs. (18-19)	130	(18-19)
J. Lince	130	D. Williams
132 lbs. (12-13)	125	(35-39)
R. Gibson	95	S. Hancock
J. Shelton	120	(50-54)
(14-15)	120	F. Sumner
M. Jernigan	120	220 lbs. (16-17)
148 lbs. (14-15)	200	M. Walker
C. Clay	170	(30-34)
G. Childers	170	L. Loganbill
(16-17)	225	(45-49)
D. Wicker	185	D. Lhota
J. Picoulas	145	242 lbs. (25-29)
R. Hughes	150	C. Elliott
165 lbs. (12-13)	110	275 lbs. (14-15)
C. Balance	110	K. Cole
C. Gough	110	285

The 2000 "100% RAW" Bench Press Nationals was a great success, especially when you consider that the meet was not advertised! Clay Draud (Head Coach at Hargrave Military Academy) and I discussed the possibility of running a bench meet at Hargrave, and we decided to slot the Bench Press Nationals as an annual contest in April. Next year's Nationals will be hosted by Dave Lhota and Matt Walker in Indian Lake, Pennsylvania. First and foremost, let me give thanks to God Almighty for the great work He is doing through Redeemed Among the World, Inc. As a result of the monies generated from our first two contests (2000 "100% RAW" Eastern Regionals and 2000 "100% RAW" Bench Press Nationals), RAW is in a financial position to begin its corporate sponsorship with American Leprosy Missions (ALM). Leprosy is a devastating disease that not only destroys the body, but also the spirit. RAW is dedicated to working with ALM in an effort to combat this life-threatening disease which infects over one hundred thousand children annually. If you would like to support RAW in its efforts to combat leprosy, please send your tax-deductible donation (made out to American Leprosy Missions) to RAW, Inc., 17506 Sabrina Terrace, Derwood, MD 20855. It costs \$200.00 to treat and cure one child from this horrible disease. Although we may not be able to save every child, RAW is determined to create an alternative for lifters which affords them the opportunity to participate in our great sport while saving the lives of children less fortunate. RAW greatly appreciates your prayers and support, and remember, the good we do on Earth that goes unnoticed will one day be proclaimed in God's Kingdom! And now to the lifting! Fairfax, Virginia's Jumana Akroush was the Outstanding Female Lifter with a 140 pound bench in the 132s. Eight-year old Olivia Childers posted a strong 45 pound bench in the 66 pound class, and Sabrina Lhota's 110 pound bench was tops in the teenage division. Carl Elliott's 530 pound bench in the 242s won him Best Lifter honors on the men's side. Carl, a truly gifted bench, coached lifters from Elizabeth City, judged, and led the opening prayer. Indian Lake, Pennsylvania's Matt Walker was the top teenage lifter with his 340 pound bench, in the 220s, and coach Dave Lhota's 370 bench was tops in the Master's Division. Hargrave's Daniel Wicker was close behind Matt with his 225 pound bench in the 148s. Special thanks to Clay Draud and for hosting the contest; Hargrave's PG Football Team for spotting and loading; Dave Lhota, Clay Draud, Glenn Murphy, Jr., Carl Elliott, and Lance Loganbill for judging; Jerry Shockley for drug testing; Alan and Teresa Kelly of Kelly Sports for videotaping; Paul Bossi of Elizabeth City Trophy for the awards; and the King of Kings for making "Redeemed Among the World" a reality! God Bless. (Thanks to Dr. Spero Tshontikidis for providing the meet results)

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**Mississippi BP Championships**  
15 Apr 00 - Jacksonville, MS

132	S. Little	140
A. J. Knox	245 T. James	135
H. Welch	240 Middle	
148	G. Brooks	165
S. Cathy	275 K. Kimmel	150
165	Heavy	
C. Albert	385 C. Falcon	170
B. Perimeter	315 C.B. Bryant	
G. Stuart	310 TEENAGE	
181	Light	
D. Gorre	385 A.J. Harris*	300
B. Wilkenson	315 T. Clark	215
R. Cormier	285 S. Davis	200
198	Middle	
R. Satcher	450 T. Hobson	315
R. Franklin	340 J. Montgomery	
B. Spikes	320 R. Lewis	
220	Heavy	
Rick Erb*	515 M. Brand	315
B. Naylor	425 T. Stewart	285
C. Berry	375 B. Davis	275
242	MASTERS	
B. Nichols	505 Light	
C. Ginn	475 D. Martin	305
S. Sherman	475 B. Cameron	275
275	Middle	
James Wren*	555 T. Carrigan	350
SHW	Q. Shumpert	305
K. McIntyre	450 P. Ehridge	250
B. Jimenez	350 Heavy	
D. Davis	325 L. Thomas*	520
WOMEN'S OPEN	G. Sayo	440
Light	G. Scott	425



**Mississippi Bench Champs:** (left to right?) In the 220 pound class, Rick Erb from Tupelo broke the record with a lift of 515 pounds. In the 275 pound class, James Wren from Nettleton set a new record with a lift of 555 pounds. In the teenage lightweight class, A. J. Harris from the Courthouse set a new record of 300 pounds. In the 50 and older division, Leon Thomas from Tupelo set the Masters heavyweight record with a lift of 500 pounds. (courtesy Courthouse Racquet Club)

40-44 M1	B. Hendrickson	115	105	180	400	132	15 T1				
Junior	D. DeHart					148	D. DeHart	255*	140*	275*	670*
A. Jayko	65*	60*	170*	295*		148	14-15 T1				
Open	S. Wainwright	265	140	270	675	16-17 T2	R. Chu	225*	100*	250	575*
45-49 M2	Harnden-Warwick	190	115	245	530	16-17 T2	H. Allen	65	100	200	365
L. Geissinger	205	95	315	615		Open	A. Andrews	410	250	420	1080
G. Bennet	200	130	270	600		Open	R. Sanchez	370	275	405	1050
165						165					
Open	P. Ribic	385	185	420*	990*	16-17 T2	B. Taylor	415	235	410	1060
N. Harmon	310	140	350	800		18-19 T3	A. Woods	160	120	300	580
50-54 M3	D. Backiel	175*	125*	275*	575*	SO	E. Fleming	160*	125*	285*	570*
181						Open	J. Gradney	525	350	550	1425
Open	S.L. Chow	405*	195	400	1000	198+	R. Bondurant	500	320	505	1325
123						SO	J. M. Withers	470	340	465	1275
C. Budd	265	140	280	685		45-49 M2	G. Abbott	475*	315*	400	1190
K. Nikolaisen	200	110	270	580		MEN					

161-17 T2	R. Ford	260	160	350	770
Junior	G. Preston	575*	375*	545*	1495*
Open	J. Legard	555	310	665*	1530
T. Scott	565	405	485	1455	
P. Plush	500	330	570	1400	
S. Clark	465	320	460	1245	
L. Bos	375	320	470	1165	
I. Rodrigues	375	305	470	1150	
M. Petrucelli	440	260	135	835	
45-49 M2	P. Plush	500	330*	570*	1400*
T. Griffin	315	240	375	930	
50-54 M3	D. Andersen	500*	305*	545*	1350*
55-59 M4	R. Schuller	410	250	425	1085

\* Denotes a record. The 2000 Washington State Championship had some of the best competition seen in years among both men and women. The highlight again this year was 73 pound, blind Candy Louprasong, who put on an inspiring performance. In her first full powerlifting meet, Priscilla Ribic, won the women's open 165 division setting the state deadlift and total records in the process. Open 181 lifter Sami Lee Chow had the highest women's total - hitting 1000 lbs - and a new state squat record of 405. Returning to the platform after several years 148 pounder Alek Andrews, put up impressive squat and deadlifts of 410 and 420 respectively to win that division. Local TV news reporter Jeff Gradney won the 165 pound class, maintaining his strength after dropping down from the 181s last year. Junior 181 lifter Geoff Preston was alone in his division, but didn't let this stop him from breaking the state records across the board. The competition in the open 181s was close, looking like Todd Scott might take the win, but Joel Legard had a decisive victory with a record 665 deadlift. After narrowly avoiding serious injury in the squat, Dean Iverson took the open 198s with a 1620 total. Biochemist Bob Heck is probably one of the strongest scientists in the world, and proved it by winning the men's open 220 division. We also saw the return of Tim Davis to the platform. Besides winning the 242 open division, Tim put up a personal best of 470 in the bench press. Then Kevin Stewart, at training weight, came in as a light 275 pounder going up against Grant Higa. Kevin sustained a slight injury during the squats and finished the day behind Grant, but took best lifter as a result of his lower bodyweight. Grant had a good day setting the state squat and total records on his way to victory. The 275+ men's open division had Brent Anderson just missing his first two attempts at a 520 bench press, but he came back to make the third attempt and stay in the meet. In the team competition, the Washington State School for the Blind had a large team with every member placing first in their division to win the title. This meet was so deep with talent, in addition to those above, we saw Evelyn Newton, Alana Jayko, Dana Backiel, Diane Fleming, David DeHart, Robert Chu, Eric Fleming, Guy Abbott, Perry Plush, Don Andersen, Michael Noble, John Scott, Roger Hendrix, Mike MacCormack, Larry Jones, and Robert O. Smith all setting records. We would like to thank the Gateway Athletic Club, 24 Hour Fitness, Anthony Carillo, and Brad Coury for supplying the equipment. Also, thanks to our sponsors, Inzer Advance Design, Terry's Machine and Manufacturing, Isnerio Sausage, The Keg Steakhouse and Bar, Milestone's Restaurant, Cowboy Steakhouse and Saloon, Webber Chiropractic Sports and Spine Clinic, David Engstrom, Nikken, Bothell Tire and Auto Repair, and Spring Hill Suites by Marriott. Finally we'd like to thank all the judges volunteers, and lifters. Without them there is not meet, period!! (Thanks to Diana Trupiano for providing these meet results)

**St. Jude's Benefit Bench Meet**  
29 Apr 00 - Waldorf, MD

WOMEN	220	J. Hepner	475
15 & Under		Submaster	
123		D. Luton	115
16-19		A. Salviejo	365
148		T. Harris	315
K. Pessagna	110	16-19	
Open		275	
165		B. Nash	275
B. Barnes	190	Guest Lifter	
MEN		Open	
Open		275	
148		S. Pagtkhan	600
W. Chadwick	245	SHW	
T. Brown	135	M. Watson	325
181		Submaster SHW	
D. Carson	250	E. Manuel	275

This meet is part of a big day of fundraising for St. Jude's Cancer Research at the Olympus Gym (Waldorf, MD). Thanks to all the judges, spotters and officials. (The "Table People"). (Thanks to Graham Bartholomew for providing the results).



**Tim Henrigues at the USAPL Nation's Capitol Cup.** (photograph courtesy of Steve DeBenedittis)

**USAPL Nations Capital Cup**  
13 MAY 00 - Oakton, VA

BENCH	A. Harris	350				
WOMEN	N. Fields	345				
148	M. Kirby	330				
S. Monaco	L. Salz	315				
MEN	198					
148	Open					
R. Spannare	250	T. Getsinger	385			
K. Grow	240	J. Shifflett	370			
40-44		S. Beasley	365			
B. Watkins	365	P. Baker	315			
181		45-59				
40-44		A. Statman	310			
R. Castillo	325	220				
Open		242				
S. Francese	375	Teen				
97		T. Passemante	280			
Teen		Open				
H. Schmoyer	185	90	230	505		
114		Open				
K. Muttart	180	100	225	505		
40-44		180	100	225	505	
K. Muttart	180	100	225	505		
148		Teen				
M. Malkasian	240	90	240	570		
165		Open				
L. Sanders	275	165	340	780		
S. Washington	185	125	210	520		
45-49		S. Washington	185	125	210	520
181		181				
Teen		M. Malkasian	285	145	320	750
M. Malkasian	285	145	320	750		
148		Teen				
165		J. Brothers	225	165	350	740

165	Teen				
R. Holmes	190	230	315	735	
40-44					
T. Asselin	470	300	315	1085	
S. Lutz	370	225	400	995	
181					
Teen					
B. Litz	370	200	510	1080	
C. Osborne	385	210	325	920	
J. Armstrong	175	225	310	710	
Open					
J. Russo	460	305	555	1320	
B. Thompson	385	285	485	1155	
S. Francese	255	375	525	1155	

181	N. Piazza	485	315	525	1325
T. Miller	420	315	505	1240	
C. Dewey	415	305	485	1205	
M. Smith	470	290	405	1165	
M. Poirier	380	310	475	1165	
D. Failla	285	245	375	905	
198					
J. Felarca	405	255	465	1125	
M. Kowalski	430	320	500	905	
220					
C. Cadotto	700	435	665	1800	
A. Bird	515	380	550	1445	
T. Garris	485	305	510	1300	
T. DiCicco	95	95	755	945	



**Wade Hanna pulled 705 at 275 at the USAPL Detroit Rock City meet.** (photograph by Robin DiCicco)

USAPL Nations Capital Cup	A. Harris	350				
WOMEN	N. Fields	345				
148	M. Kirby	330				
S. Monaco	L. Salz	315				
MEN	198					
148	Open					
R. Spannare	250	T. Getsinger	385			
K. Grow	240	J. Shifflett	370			
40-44		S. Beasley	365			
B. Watkins	365	P. Baker	315			
181		45-59				
40-44		A. Statman	310			
R. Castillo	325	220				
Open		242				
S. Francese	375	Teen				
97		T. Passemante	280			
Teen		Open				
H. Schmoyer	185	90	230	505		
114		Open				
K. Muttart	180	100	225	505		
40-44		180	100	225	505	
K. Muttart	180	100	225	505		
148		Teen				
M. Malkasian	240	90	240	570		
165		Open				
L. Sanders	275	165	340	780		
S. Washington	185	125	210	520		
45-49		S. Washington	185	125	210	520
181		181				
Teen		M. Malkasian	285	145	320	750
M. Malkasian	285	145	320	750		
148		Teen				
165		J. Brothers	225	165	350	740

**USAPL Detroit Rock City PL**  
07 MAY 00 - Mt. Clemens, MI

WOMEN	SQ	BP	DL	TOT
Open				
123				
A. Failla	215	100	255	570
148				
M. Waller	295	140	275	710
Teen 16-17				
97				
E. Dickey	190	90	215	495
Teen 14-15				
123				
R. Christensen	205	120	215	540
MEN				
Open				
165				
J. Ponic	350	275	425	1050
B. Gallagher	375	250	415	1040

181	J. Marentette	510	360	585	1455
220					
C. Oshnock	425	300	540	1265	
242					
B. McIntyre	540	435	590	1565	
R. Strong	540	290	585	1415	
J. Smolinski	475	335	525	1335	
45-49					
220					
S. Coble	370	325	485	1180	
55-59					
181					
S. Sequin	430	285	550	1265	
J. Curtin	375	220	480	1075	
165					
B. Creech	190	100	200	490	
220					
J. Gould	70	110	165	345	

of excellent lifters to the Royal Oak Elks Club. Starting with the masters division, Ben Creech and James Gould wowed the crowd with their lifting ability, and also the fact that both men were over 70 years of age. Jerry Marentette posted an impressive total at 181 of 1455 lbs. Bruce McIntyre walked away from the pack at 220 with his fine 1565 lb. total. The women's open division's Angel Failla, and Michelle Walker impressed the crowd with their flawless squats, showing the men what depth was all about. The teen division had some great lifting of its own, with the likes of Dustin Walker, Trent Geisler, and Seth Miller. Seth showed the crowd some great deadlifting ability with his huge 3 for 3 620 deadlift. The men's open saw some great battles with Jeff Ponic, and Brian Gallagher going at it in the 165's with Jeff pulling off the win by a mere 10 lbs. Chris Cadotto wowed the crowd with his dramatic 700 lb. squat and 1800 lb. total. Tony DiCicco also woke up the crowd with his flawless 755 lb. deadlift, which was also the biggest deadlift at 220 of any federation in Mich powerlifting history. The 275 class was action packed with the likes of Abdul-Aziz Wesolowski, Wade Hanna and the young Adam Stiverson, son of the 220 lb. Michigan legend Tim Stiverson. The last battle of the day was amongst the Big Boys Carl Werda, and Vince (the Bushwacker) DiFonzo, which was also a very close battle, separated by only 10 lbs. when all was said and done. With the exception of some controversial judging throughout the competition the meet was a great success. USAPL Michigan would like to give Mike Lawrence a special thanks making meets available to drug free lifters, and giving up all the time it takes to put them on. USAPL Michigan would also like to thank all the spotters, judges, loaders and table personnel for all their time and help. A special thanks to Fitness Unlimited for sponsoring the meet. These meets wouldn't be possible without you! (from USAPL Michigan).



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**Conditions of Membership:</**



Planet Fitness Owner Paul Armstrong congratulates 132 lb. lifter Rex McLaren at the AAU Planet Fitness Championships (photograph provided by Roger Broeg)

Powerlifting WOMEN	SQ	BP	DL	TOT
181 Raw Open				
C. Engel	135	185	305	625
132 Raw Open				
R. McClaren	350*	275*	450*	1075
148 Raw Open				
S. Lynch	350	255	465	1070
R. Broeg	320	255	355	900
40-44 R. Broeg	320	225	355	900
181 Raw 50-54				
D. Green	295	225	305	825
198 Raw 16-17				
A. Beauchamp				
220 Equip Novice				
J. Jobe	300	285	345	930
242 Equip 60-64				
D. Shaw	550*	300	500	1350
242 Raw 16-17				
R. Parker	365	275	405	1045
275 Raw 40-44				
N. Cozine	525	400*	505	1455
4th	545*	405*		



At The U.S. Bench Press Championships: (l-r) Glenn Murphy Jr., Jon Bakner, Tim Koontz, Daniel Bieber, "Coach" Patti Bieber. (photograph provided by the courtesy of Glenn Murphy)

USPF US Bench Press  
10 JUN 00 - Hampstead, MD

BENCH WOMEN	Open	
165 C. Dinterman	250	
SMA-37 T. Koontz	140	
P. Bieber (BL)	140	
Open 114 H.S. -17		
D. Bieber	140	
G. Murphy Jr. Masters 40-44	215	
L. Lindsay	285	
C. Murphy Jr. 123	198	
H.S. -18		
K. Rauschenberg	265	
J. Miller Masters 79	205	
Jr.-21 C. W. Lee	235	
M. Moledina	195	
SM 36		
148 R. Jenkins	275	
Jr.-20 220		
A. D'Anthony (BL)	280	
165 Masters 56	350	
H.S. -14 & NOVICE		
B. Federman	350	
Z. Zentz Masters 52	200	
H.S. -19		
M. S. Levin	345	
J.F. Perry	310	

Once again we had a modest turnout but a lot of American records were broken. In the 132 lb. Raw Open class Rex McClaren made a good showing with an American record benchpress of 275 lbs, an American record deadlift of 450, and an American record total of 1070. In the 275 lb. division Noble (Cozy) Cozine went sans equipment and squatted an American record 545 lbs. He followed that feat by opening with an American record benchpress of 365 lbs. Cozy's next lifts were 390, followed by 405 for his final American record benchpress of the day. Coze had a 10 for 10 day and ended up with a total of 1455. Finally DeEdwin (Deedee) Shaw capped off the Powerlifting American Records with a 550 squat in the equipped 242 lb. masters 60-64 class. This 61 year old walking wonder finished out his day with a 1350 total. In the single lift records we start off with an amazing young lady, Amanda Patterson benchpressed 120 lbs. (which weighed out to be 122 lbs.) Amanda lifted in the teen 14-15 division at 123 lbs. Way to go Amanda! Last but not least, Kelly Samberg outdid her last performance by pulling a STRONG 300 lb. deadlift. This was a new American record in the 198+ Masters 40-44 division. Kelly had also entered the Open division as she was after the overall RAW Open record. The current record is 325. Kelly made a gallant effort at 330. I think she is going to have all of that and more next time out. In the team competition we had the Planet Fitness Power Warriors going head to head with the Black Iron Powerlifters from Galesburg IL. Both teams had the same amount of people, all alone in their classes, so I jumped into the 148 Raw Open class to do battle with Scott Lynch for team honors. Scott prevailed with his 1070 total to my 900 total and First place went to the Black Iron Powerlifters. This was our first shot at a full powermeet. We had just gotten a pair of Hydraulic Squat Racks from MacBarbell. These proved to be very solid and up to the task at hand. The meet got off to a rather rocky start but ran very smoothly once it got moving. A meet is only as good as it's volunteers and I would like to thank those volunteers at this time. Paul Armstrong, owner of Planet Fitness Gym, did the announcing. Holly Banks, the manager, took pictures. The two of them provided the equipment and facility for the meet. Paul purchased the squat racks for the soul purpose of running powerlifting meets in his gym. Roger Gibbs, Ryan Swails, and Shawn McCabe carried the heavy stuff upstairs to put on the meet. Lane Levine jumped in and REALLY gave a hand in the smooth operation of the meet. Lane wore every hat available, spotter / loader, announcer when Paul was absent, anything missing that needed to be done. Doug Edwards, Coedy Cozine and Dan Alexander jumped in and helped out in the capacity of spotter / loaders as well. My judges were Ryan Swails (chief ref and national referee), Jeff Heland, Roger Gibbs, and I jumped in as the second national referee when American Record attempts were made. Once again my wife Penny and daughter Misty Broeg did a tremendous job taking care of the cards and scoring with the computer. (Results by Roger Broeg).

AAU Planet Fitness Meet  
17 JUN 00 - Burlington, IA

BENCH WOMEN	181		
14-15 C. Engel	185		
123 Raw MEN			
A. Patterson 220			
Open Raw 120*			
Push/Pull Novice Equip			
WOMEN J. Jobe	285		
Novice Raw			
123 BP	DL	TOT	
R. Ayers	105	245	350
Open Raw 181			
C. Engel	185	305	490
198+ 125	300*	425	
Open Raw 40-44			
K. Samberg	125	300*	425
Novice Raw 123			
J. Ames	115	250	365
MEN			
148 155	320	475	
45-49 Raw 181 Raw			
J. Sprauge	155	320	475
40-44			
B. Johnson	260	460	720
16-17			
A. King	235	380	615
220 Equip			
J. Jobe	285	345	630

Once again we had a modest turnout but a lot of American records were broken. In the 132 lb. Raw Open class Rex McClaren made a good showing with an American record benchpress of 275 lbs, an American record deadlift of 450, and an American record total of 1070. In the 275 lb. division Noble (Cozy) Cozine went sans equipment and squatted an American record 545 lbs. He followed that feat by opening with an American record benchpress of 365 lbs. Cozy's next lifts were 390, followed by 405 for his final American record benchpress of the day. Coze had a 10 for 10 day and ended up with a total of 1455. Finally DeEdwin (Deedee) Shaw capped off the Powerlifting American Records with a 550 squat in the equipped 242 lb. masters 60-64 class. This 61 year old walking wonder finished out his day with a 1350 total. In the single lift records we start off with an amazing young lady, Amanda Patterson benchpressed 120 lbs. (which weighed out to be 122 lbs.) Amanda lifted in the teen 14-15 division at 123 lbs. Way to go Amanda! Last but not least, Kelly Samberg outdid her last performance by pulling a STRONG 300 lb. deadlift. This was a new American record in the 198+ Masters 40-44 division. Kelly had also entered the Open division as she was after the overall RAW Open record. The current record is 325. Kelly made a gallant effort at 330. I think she is going to have all of that and more next time out. In the team competition we had the Planet Fitness Power Warriors going head to head with the Black Iron Powerlifters from Galesburg IL. Both teams had the same amount of people, all alone in their classes, so I jumped into the 148 Raw Open class to do battle with Scott Lynch for team honors. Scott prevailed with his 1070 total to my 900 total and First place went to the Black Iron Powerlifters. This was our first shot at a full powermeet. We had just gotten a pair of Hydraulic Squat Racks from MacBarbell. These proved to be very solid and up to the task at hand. The meet got off to a rather rocky start but ran very smoothly once it got moving. A meet is only as good as it's volunteers and I would like to thank those volunteers at this time. Paul Armstrong, owner of Planet Fitness Gym, did the announcing. Holly Banks, the manager, took pictures. The two of them provided the equipment and facility for the meet. Paul purchased the squat racks for the soul purpose of running powerlifting meets in his gym. Roger Gibbs, Ryan Swails, and Shawn McCabe carried the heavy stuff upstairs to put on the meet. Lane Levine jumped in and REALLY gave a hand in the smooth operation of the meet. Lane wore every hat available, spotter / loader, announcer when Paul was absent, anything missing that needed to be done. Doug Edwards, Coedy Cozine and Dan Alexander jumped in and helped out in the capacity of spotter / loaders as well. My judges were Ryan Swails (chief ref and national referee), Jeff Heland, Roger Gibbs, and I jumped in as the second national referee when American Record attempts were made. Once again my wife Penny and daughter Misty Broeg did a tremendous job taking care of the cards and scoring with the computer. (Results by Roger Broeg).

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Adult Athletes in the Following Sports:	____ Athlete ____ Coach ____ Official ____ Volunteer	20.00	23.50
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Field Hockey, Flag Football, Hockey (ice and roller), Rugby, Soccer, Water Polo and Wrestling			
Adult Athletes in the Following Sports:		Not Available	25.00
Rugby, Soccer, Water Polo and Wrestling			
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Adult Tae Kwon Do Athletes		20.00	Not Available
Adult Powerlifting Athletes		30.00	35.00

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

Member's Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

USAPL ULTIMATE FITNESS (kg)

29 APR 00 - Hilo, HI

WOMEN	SQ	BP	DL	TOT
Open 132				
M. Lopez	115	50	137.5	302.5
Master 40-45 132				
J. Kabalis	102.5	42.5	122.5	267.5
MEN				
Open 198				
R. Lee	167.5	97.5	212.5	477.5
Junior's 18-19 165				
R. Matsumoto	210	115	210	535
Masters 55-60 220				
R. Ha	170	152.5	145	467.5
Open 275				
S. Mullen	227.5	137.5	250	615

(Thanks to USAPL for providing the meet results).

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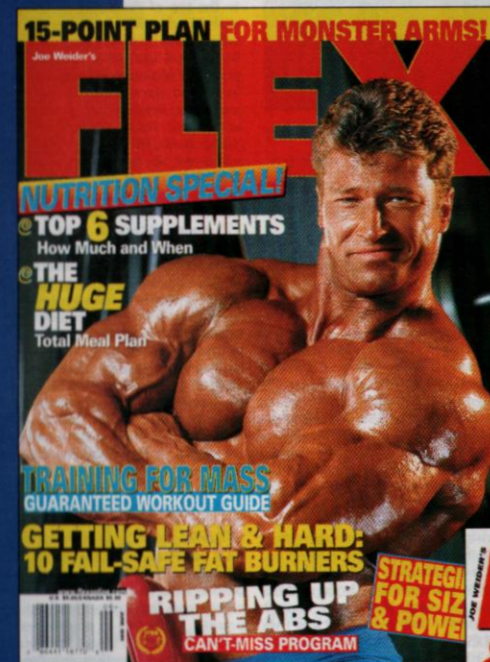
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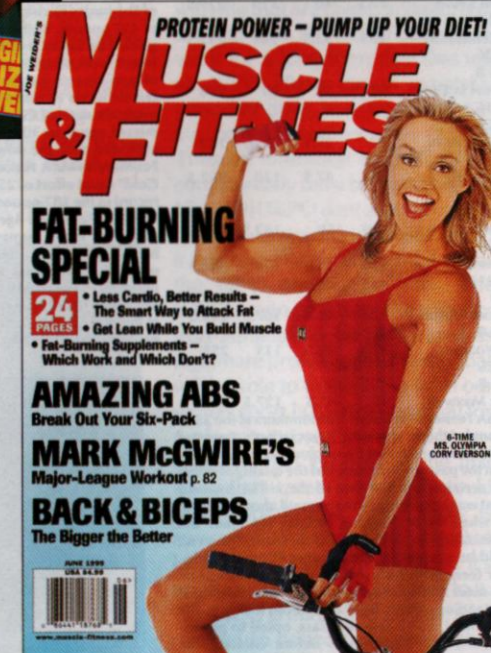
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**2000 Nasa Natural Nationals (Kg)  
28 MAY 00 - Mt. Vernon, IL**

BENCH PRESS				
227 (18-19)				
B. Harrison		147.5		
280 (22-23)				
Mark Rose		207.5		
POWER SPORTS				
Cl.	BP	DL	TOT	
13-14				
Jeff Hitchner	27.5	45	70	142.5
Cary Rakes	32.5	50		
16-17				
Patrick Poff	45			
17-18				
Olivia Markham	22.5	40	100	162.5
POWERLIFTING				
MEN				
SQ	BP	DL	TOT	
13-14				
Mitch Gill	97.5	42.5	95	235
Neal Frost		27.5	40	67.5
15-16				
Tad Peters	80	72.5	150	302.5
Seth Knopp	140	65		205
205				
J. Hildebrand	170	65	185	420
Lee Miller	45	37.5	85	167.5
15-16				
Braden Brewer	90	52.5	105	247.5
138.8				
D. Heckmaster	105	75	142.5	322.5
Steven Nichols	120	57.5	125	302.5
16-17				
Patrick Poff	110	100	150	360
17-18				
Drew Evans	182.5	107.5	192.5	482.5
250				
Chris Hunter	205	147.5	215	567.5
280				
Brock McKinnon	255	147.5	200	602.5
4th	273			
19-20				
Nate Coffey	137.5	102.5	172.5	412.5
Matthew Coffey	125	95	160	380
22-23				
Jason Sanders	185	115	210	510
24-25				
Jason Jenkins	120	102.5	167.5	390
WOMEN				
13-14				
April Smith	77.5	40	110	227.5
15-16				
B. Schwaninger	105	52.5	140	297.5
24-26				
Camelia Durre	90	50	90	230
15-16				
Angela Baird	70	37.5	72.5	180
17-18				
Kim Bright	105	47.5	110	262.5
187				
Wendy Iger	120	50	142.5	312.5
170.8				
Summer Bryan	110	57.5	115	282.5
19-21				
Mandy Upton	92.5	42.5	107.5	242.5
138.8				
S. Woomer	92.5	47.5	115	255
24-26				
Erin Maxwell	95	47.5	127.5	270

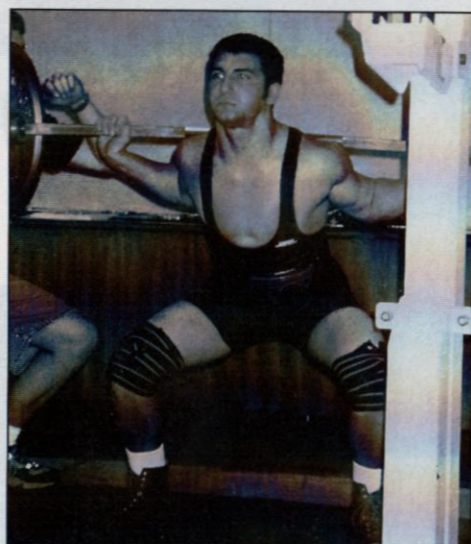
NASA Teenage Nationals The numbers at the 2000 Natural Athlete Strength Association's Teen/Jr./Intermediate National Championships were down from the past several years, but the quality of lifters was certainly up. The fate of the NASA national event was actually up in the air until about a month out when the Mt. Vernon Holiday Inn made the organization an offer too good to refuse. The result could be a home for the younger lifters in NASA. Four teenage lifters used the national championship meet for Power Sports with all four turning in outstanding efforts. Big Patrick Poff, lifting in the 280-pound, 16-17 year old class, opted to participate in Power Sport Curls before entering the regular meet. Patrick posted the heaviest curl of the day with an attempt of 99 pounds going up. Missouri's Gary Rakes, lifting in the 170-pound, 13-14 age division curled a strong 71 pounds, plus came back in the Power Sport bench press to push up 110 pounds. Jeff Hitchner was also from Missouri, but down a weight class in the 154s. Jeff was one of two athletes competing in all three of the Power Sport disciplines. He was in the 13-14 age bracket and recorded a solid curl attempt of 60 pounds, came back with a 99-pound bench press, then closed out the day with a 154-pound deadlift for a 314-pound total. The sole female competitor in the event, NASA Female High School Athlete of the Year Olivia Markham opted for Power Sports after having her belly button pierced and being unable to stand the pain of tightening up a belt for



**MANDY UPTON WAS** a little off her best form at the NASA Teen, Nationals in Mt. Vernon, but she still posted numbers that were good enough that she would have won the meet's Outstanding Lifter

heavy squats. Olivia made her opening two curls look easy, bringing up 49 pounds on her second attempt before missing her third try. She enjoyed a strong day in the bench press with an 88 pound effort - without the bench shirt. She closed out the day with a near personal best effort of 100 kilos in the deadlift for a meet total of 358 pounds in the 17-18 year old, 110-pound weight class. Two lifters representing H&B Fitness in neighboring Centralia competed in the bench press only portion of the meet. Teenager Bo Harrison lifted in the 227 pound class and pushed up a strong 325 pounds. Lifting mate Mark Rose was in the 280-pound class of the Junior Division and turned in a super effort of 457 pounds. Both outstanding Illinois lifters are guided by the incredible Master's 2 bench presser Jerry Wood. Despite an overall drop in the number of participants for the meet, there were enough female lifters to warrant their own night and they made the most of the chance to shine with just one missed squat in 30 attempts. Wendy Iger, who exploded onto the powerlifting scene at this past February's NASA Natural Nationals with a "Solid Gold" squat effort of 253 pounds, pushed her own record in the 187-pound class up to 264 pounds on her third attempt. Iger's classmate and fellow volleyball team, Summer Bryan was just a step behind with a third attempt of 242 pounds looking more like an opener than a final lift. The child phenom, 13-year-old Bethany Schwaninger showed her ability to not only captain the junior high team at the meet, but to focus on her lifts by closing out her third attempt with a personal best effort of 231

pounds. Flora High Junior Kim Bright matched her on her final attempt. It was the same three lifters fighting for the top spot in the bench press with the rookie Bryan leading the way with an excellent lift of 126.7 on her second attempt before trying 143 pounds and coming up a little short. The incoming freshman edged out the senior for second in the bench with Schwaninger pushing up a tough 115 pounds on her second attempt, then scratching her third try. Iger was third with a 110 pound bench. Bright hung tough with a 104 pound bench press, the same as Junior Athlete of the Year Shecanna Woomer and 1997 Female Athlete of the Year Erin Maxwell. Iger returned to the top of the flight of females in deadlifts with an excellent final lift of 314 pounds for a meet best total of 688 pounds. Schwaninger finished in second place both in total and in the deadlift with a personal best third attempt of 308 pounds. Third place overall went to Bryan with a "Golden" effort of 253 pounds, but the third best deadlift of the day was turned in by the 121-pound Maxwell with a 281-pound effort. Using his own formula, NASA President Rich Peters tabbed Mandy Upton, Maxwell and Schwaninger as the top three female lifters. Upton was the runner-up for Teenage Athlete of the Year and a previous High School Athlete of the Year. The male side of the meet saw different names in the top three spots when using weights posted and formula adjusted amounts. The big story at the meet was the huge fourth attempt by Flora High senior Brock McKinnon. Just two weeks after the high school's lift-a-thon where he posted an equipment free 1,500-pound four-lift total in the squat, bench press, deadlift and power clean, McKinnon became the first lifter from Flora - at any age - to squat in excess of 600 pounds with an American Record fourth effort of 602 pounds, one kilo over the existing record. Big Chris Hunter out of Carthage, MO., kept Brock in his sights with a final effort of 451 pounds, while Jason Sanders, who made his lifting debut at this same meet a year before, went three-for-three for the first time in his career and finished with a picture-perfect 407.7 pounds. Drew, at 145 pounds was just behind him with a 402 pound squat. The heavy weights drew the bulk of the attention, as is the tradition, but lost in the huge lifts was a comeback third attempt by 14 year old Mitch Gill. The incoming freshman lifter missed 214.7 pounds on his second attempt, but came back strong and focused to battle it from bottom to top for a successful lift. What made the lift impressive was the fact Mitch weighed in at a whopping 98.4 pounds, meaning his lift was nearly 2 times his bodyweight. Squats nearly proved the undoing of NASA prince and heir apparent Tad Peters, who had his mind set to spot and load at the meet, but was convinced by Bethany Schwaninger to join the Floyd Henson Junior High team. Tad,



**CARTHAGE HIGH SCHOOL'S** Drew Evans would have been named the Outstanding Lifter for the 2000 NASA Teenage Nationals with a meet-high coefficient of 6.5707 at 145 bodywt.

after a lengthy layoff from competition, missed his first two squat attempts, but stayed focused and continued to push the weight on each attempt. He hit his third effort of 176 pounds. From that point on, he never missed another attempt, closing out the bench press with a 159 pound effort and an 330-pound deadlift. Both were the heaviest of the day for junior high lifters. His 666.7-pound total was also second-best among junior high athletes. The talented twosome of McKinnon and Hunter continued to battle in the bench press with the duo posting the same final effort of 325 pounds. Sanders was third with a 253-pound effort. All Brock needed to sweep the day was take the deadlift, but it wasn't about to happen with Chris posting the day's heaviest deadlift of 473.7 pounds. Sanders was second with a 462.7 pound effort, followed by Brock's best effort of 440 pounds. Brock, who switched from sumo to conventional at the meet, did hold up 485 pounds on his third attempt, but was called for hitching and had to settle for the 440-pound effort. The top three totals for the day came from Brock at 1,328 pounds, Chris at 1,251 pounds and Sanders at 1,124 pounds. The top three adjusted totals were posted by Drew, followed by Indiana twins Nate and Matthew Coffey. The twins lifted in the 127-pound class. Schwaninger and the Floyd Henson Junior High team consisting of April Smith, Mitch, Neal Frost, Tad Peters, Seth Knopp, Justin Hildebrand, Lee Miller and Braden Brewer claimed the overall team championship, followed by the Flora High School team of McKinnon, Angela Baird, Olivia Markham, Kim Bright, Wendy Iger and Summer Bryan. Flora's third team, "The Old Timers" finished third and consisted of Erin Maxwell, Shecanna Woomer, Mandy Upton, Camelia Durre, Jason Jenkins and Jason Sanders.



**LIFTERS REPRESENTING THE GYM** at the 2000 Teen/Jr./Intermediate National Championships in Mt. Vernon consisted of (front, l-r) Jason Sanders, Camelia Durre, Jason Jenkins, Shecanna Woomer, Erin Maxwell, Mandy Upton, Tad Peters, (middle, l-r) Wendy Iger, Brock McKinnon, Olivia Markham, Angela Baird, Summer Bryan, Kim Bright, (back, l-r) Lee Miller, Mitch Gill, Justin Hildebrand, April Smith, Seth Knopp, Bethany Schwaninger, Braden Brewer and Neal Frost. (photographs supplied by Smitty/The Gym)

(article continued from page 8)

\$1,000 cash bonus for the 220 world record. I am certain in the near future Ken will bench 700 as 220 pounder. You're awesome, Kenny! The heavyweight class was a little bit of a surprise; none of the big names had a good day. Anthony Clark, Ryan Desmond, and big Rob Fusner unfortunately bombed out. The number five spot at heavy-weight and winner of \$250 from Gloucester, Massachusetts, Kenny (the Jackman) Gleason hit a 573. Fourth went to J.M. Blakley from Ohio, who has now relocated to California, and was only able to muster up a 606, failing twice with 705, but he still managed to secure \$500. Big Beau Moore took third and was a little disappointed because he missed his normally easy 661 opener. He re-did his 661, and took 677 on his third, got it half way up, and then all of the sudden the weight popped out of his hands and 677 fell about twelve inches right onto his chest. Thank god Beau is the size of grizzly bear, because he took the whole brunt of 677 across his sternum. When the weight hit Beau, it buckled him and his feet went about three feet above the pad of the bench and he let out a bellow that echoed throughout the whole auditorium. There was nothing the spotters could do; it happened so fast. Remarkably, after the weight was put back in the racks, Beau lay there a few seconds, and then miraculously got up unhurt and was able to come out and accept \$750 for coming in third. This kind of thing would have probably killed a lesser man and we are relieved that he was okay. Texas' own Tiny



**Kieran Kidder continues** to up the ante in professional powerlifting.

Meeker took second, benching 661, and beating Beau Moore on a body-weight and winning \$1,000 - great job Tiny! Our number one big man was a virtual unknown from Arcade, NY who was credited with 677, which he did easily, and then he stalled with 688, but that was good enough for \$2,500 and first place in the Big Dog class. This is quite an achievement for an unknown to win amongst the best in the world, so congratulations to Travis Rogers! Last, but not least, our Champion of Champions award went to the history making Markus Schick for his huger than huge 562 at a mind boggling 152 lbs. of bodyweight. For his phenomenal achievement, he cashed in with

\$2,500 for winning the lightweight class, \$1,000 for destroying the 165 world record, and an additional \$1,000 for being the best bencher of the fifteen money winners. He scored over 300 points on the formula which no lifter on the bench or a three lift total has ever done. We were very happy for Markus because in the past he has had a couple of disappointing outings where he didn't do so well, and it was refreshing to see him regain his championship form. Markus, you are the new King of the bench press and deservedly so, proving once again you don't always have to be big to be a great lifter. Absolutely incredible, Markus!

I would like to thank all the

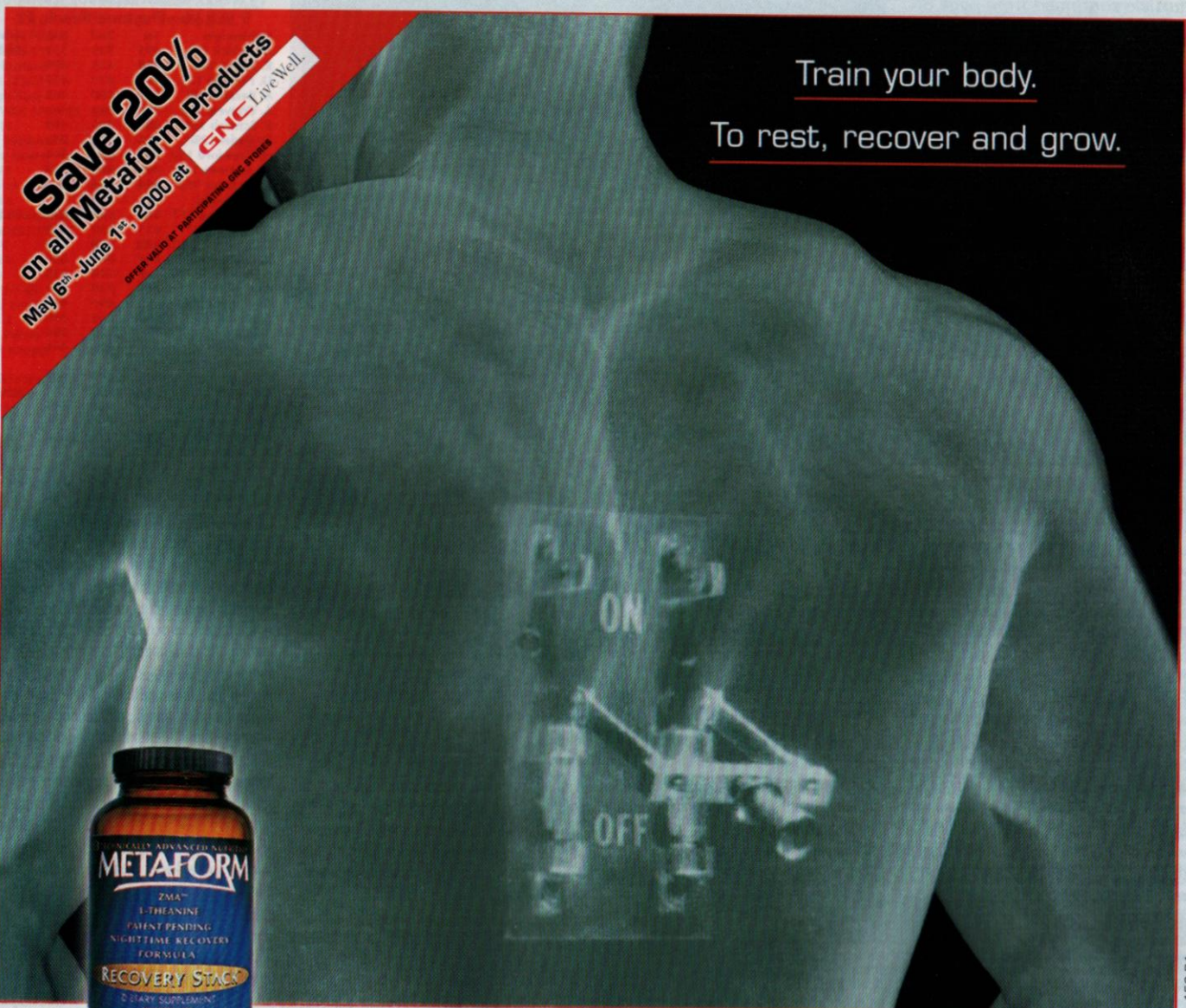
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Lightweight				
1st	2nd	3rd	4th	
M. Schick 152	495	529	551	562
K. Spires 165	448	435	457	
D. Ferrerio 151	402	429	467	
A. Berardinelli 424	468	468		
A. Conyers 152	303	352	402	
B. Schwab 156	300	380	402	
D. Radel 129	281	292	292	
H. Crawford 150	225	344	344	
M. Akerson 162	344	363	363	
J. Hargrove 154	344	344		
Middleweight				
K. Patterson 217	622	650	672	683
G. Halbert 197	633	650	664	
D. Waterman 187	600	628	655	
R. Lawrence 217	567	504	600	
J. Dougherty 181	468	540	518	
E. Leverett 181	303	325	344	
M. Burrows 195	305	407	440	
E. Haske 184	369	369	369	
J. McCoy 181	529	529	584	
R. Pursell 183	440	454	454	
Heavyweight				
T. Rogers 319	655	677	608	
T. Meeker 282	622	622	661	669
B. Moore 319	664	661	673	
J.M. Blakley 271	606	705	705	
G. Nelson 260	540	573	600	
K. Gleason 280	551	573	573	
A. Clark 326	722	722	722	
R. Desmond 281	672	672	672	
R. Fusner 299	664	705	722	

lifters and personnel that helped me with this Huge Iron Production and made it the best bench meet in history. I truly appreciate all the support from the powerlifting world and thank you for all the nice E-mails and letters that the WPO receives every day. I know that many of you realize that this is the only way for the sport to receive the recognition that it rightfully deserves, because we are the strongest athletes in the world! There are other forces that are trying to compete with me that are cheap imitations of the real deal. I'm working with network for a long term deal that will air WPO lifting for an extensive period of time, and broadcast during prime time, not at 1:00 PM Tuesday afternoon or 3:00 AM. I could already have broadcasted the May 20th WPO contest on a couple of other stations, but I wouldn't do it because it wasn't a good deal for the WPO or you the lifter. The WPO's main goal is for the superior Iron Athletes to be recognized as legitimate professional athletes that will be able to make living from our sacred sport by winning money for performing and through sponsorship. If I had jumped on the first thing that came along, this could not happen. The WPO show is awesome and the networks that have seen clips love it and know it's good and wanted lots of rights to it. The WPO is mine, and is also trademarked so nobody can have rights to it without my say so. I did this for the lifter's sake and nobody else's, so the lifters the only ones who benefit, not some greedy network that will take my idea and profit from it. In closing, I would like to say thanks again for your support, and remember, when it comes top notch premium powerlifting, you've seen the rest, now get ready for the best!!!



**The Huge Iron Dancers and the WPO Card Girls** made their appearance at the Bench Bash for Cash.



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8 611 Caprari, T. 5/20/00	446 Yoshimuro, J. 1/22/00	611 Almoadvar, J. 6/10/00	1600 Salvagni, R. 10/24/99
9 610 Kiser, G. 5/13/00	441 Lavelle, T. 6/10/00	610 Wright, G. 2/26/00	1600 Alday, L. 7/22/00
10 606 Roy, M. 5/6/00		610 Rijos-Soto, 7/8/00	1592 Contreras, D. 5/13/00
11 606 Lavelle, T. 6/10/00	440 Luther, J. 3/25/00	606 Franks, A. 4/8/00	1575 Holmes, S. 2/0/00
12 600 Guzman, Q. 12/18/99	435 Fronzaglia, D. 9/17/99	606 Reichert, G. 5/20/00	1554 Wood, J. 6/10/00
13 600 Eaddy, R. 1/29/00	435 Crowe, B. 4/1/00	606 Eaddy, R. 7/9/00	1540 Barradas, R. 7/22/00
14 600 Fields, D. 2/26/00	430 Doherty, J. 4/1/00	605 Macri, M. 2/26/00	1537 Eaddy, R. 7/9/00
15 600 Alday, V. 7/22/00	430 Roberts, J. 5/7/00	605 Roane, S. 2/7/00	1535 Fronzaglia, D. 10/23/99
16 589 Rutledge, C. 6/10/00	430 Barradas, R. 7/22/00	605 Cirigliano, R. 8/5/00	1532 Moore, C. 4/29/00
17 584 Robbins, B. 4/15/00	425 Rubin, A. 11/20/99	600 White, J. 10/10/99	1530 Stone, 10/30/99
18 580 McVane, A. 10/2/99	424 Kaneshiro, S. 6/10/00	600 White, J. 10/10/99	1525 Foster, W. 11/6/99
19 580 Clckett, M. 10/23/99	420 Hedrick, T. 9/18/99	600 Stone, 10/30/99	1521 Cayer, A. 5/6/00
20 580 Macri, M. 2/26/00	420 Blattenburger, D. 6/10/00	600 Tyece, J. 3/11/00	1510 Macri, M. 2/26/00
21 580 Ducharme, B. 3/19/00	420 Hamby, D. 6/10/00	600 Wahl, B. 7/22/00	1510 Davis, K. 6/10/00
22 578 Little, A. 3/11/00	418 Forutan, S. 9/11/99	600 Alday, L. 7/22/00	1504 Tyece, J. 3/11/00
23 578 Wood, J. 6/10/00	418 Ward, S. 11/6/99	600 Holzbauer, J. 12/4/99	1500 Holzbauer, J. 12/4/99
24 578 Dutt, D. 6/17/00	415 Mazza, J. 8/12/00	584 Hooper, W. 5/20/00	1498 Guzman, Q. 12/18/99
25 575 Fronzaglia, D. 10/23/99	413 Furnas, A. 11/6/99	584 Berardinelli, A. 3/18/00	1485 Berry, M. 4/8/00
26 573 Moore, C. 4/29/00	410 Hixon, J. 3/25/00	584 Salvagni, R. 6/10/00	1482 Reichert, G. 5/20/00
27 573 Vaughn, E. 4/29/00	410 Nagle, B. 4/1/00	575 Foster, W. 11/6/99	1482 Rutledge, C. 6/10/00
28 573 Benemerito, J. 7/19/00	407 Warpeha, J. 9/18/99	575 Holzbauer, J. 12/4/99	1476 Roy, M. 5/6/00
29 570 Foster, W. 11/6/99	407 Bardi, A. 5/18/99	573 Davis, K. 10/16/99	1475 Fields, D. 2/26/00
30 567 Tyece, J. 3/11/00	407 Benemerito, J. 5/13/00	573 Wood, J. 3/11/00	1471 Benemerito, J. 5/13/00
31 567 Holzbauer, J. 7/9/00	407 Contreras, D. 5/13/00	573 Dargin, C. 6/24/00	1470 Braca, J. 3/25/00
32 560 Friend, J. 10/2/99	407 Higa, C. 6/10/00	570 Yeargin, 10/2/99	1460 Vaughn, E. 4/29/00
33 560 Rivera, M. 7/8/00	405 Bartley, C. 3/26/00	570 Crowe, B. 6/16/00	1455 Ducharme, B. 3/19/00
34 556 Reichert, G. 5/20/00	405 Bey, O. 5/21/00	570 Barradas, R. 7/22/00	1455 Whiter, J. 3/25/00
35 555 Guaba, R. 9/25/99	403 Suzuki, P. 6/11/00	567 Contreras, D. 5/13/00	1455 Rivera, M. 7/8/00
36 555 Stone, 10/30/99	402 Cucurean, J. 9/17/99	567 Pancott, C. 6/10/00	1450 Blevins, G. 10/23/99
37 551 VanDeWeghe, 11/20/99	402 Craig, S. 9/17/99	566 Moore, C. 4/29/00	1445 Clckett, M. 10/23/99
38 550 Berry, M. 4/8/00	402 Watkins, A. 9/25/99	565 Theodorou, N. 10/23/99	1443 Robbins, B. 6/10/00
39 550 Davis, K. 6/10/00	402 Gutierrez, G. 6/3/00	565 Puckett, M. 12/4/99	1440 Reinardy, J. 4/29/00
40 545 Cayer, A. 5/6/00	402 Kampen, W. 6/3/00	565 Berry, M. 4/8/00	1438 Little, A. 3/11/00
41 540 Snell, S. 9/11/99	402 Almoadvar, J. 6/10/00	565 Taylor, T. 6/11/00	1438 Dutt, D. 6/17/00
42 540 Bass, 4/14/00	402 Wood, J. 6/10/00	562 Smith, G. 11/20/99	1430 Wright, G. 10/23/99
43 540 Besupre, S. 4/22/00	400 Frankl, S. 11/20/99	562 Croft, B. 3/18/00	1430 Blevins, G. 10/23/99
44 540 Schwab, R. 5/20/00	400 Nell, D. 4/29/00	562 Guerrero, J. 4/8/00	1425 Greaney, J. 4/15/00
45 540 Barradas, R. 7/22/00	400 Davis, K. 6/10/00	562 Nickels, J. 5/20/00	1421 Cucurean, J. 9/17/99
46 535 Croft, B. 3/18/00	400 Spira, K. 6/17/00	562 Lavelle, T. 6/10/00	1421 Davis, K. 10/16/99
47 534 Woodworth, M. 2/26/00	400 Alday, L. 7/22/00	562 Rutledge, C. 6/10/00	1420 Guaba, R. 9/25/99
48 530 Yeargin, 11/20/99	396 DeMatteo, J. 9/18/99	562 Travis, D. 8/5/00	1420 Puckett, M. 12/4/99
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