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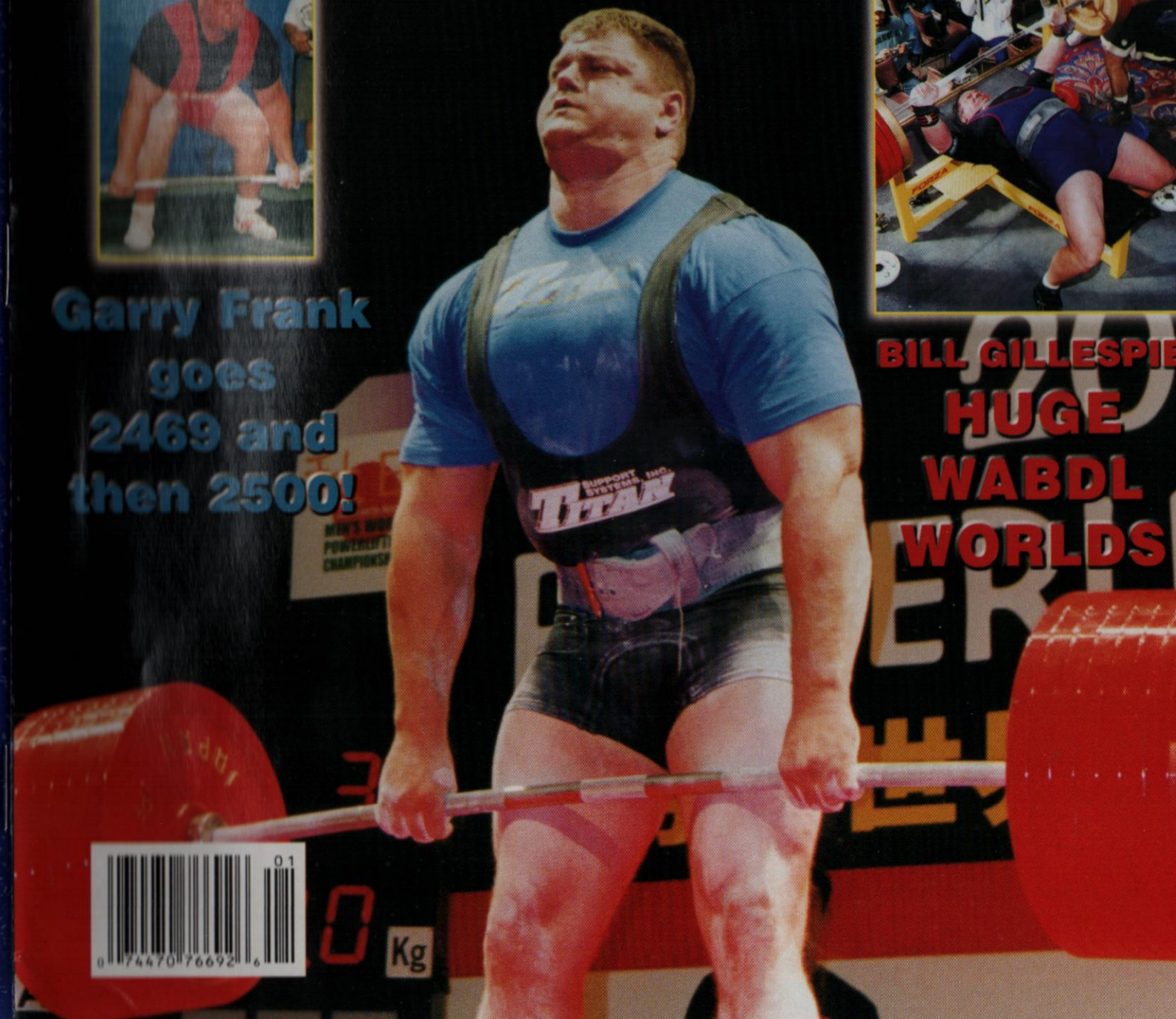
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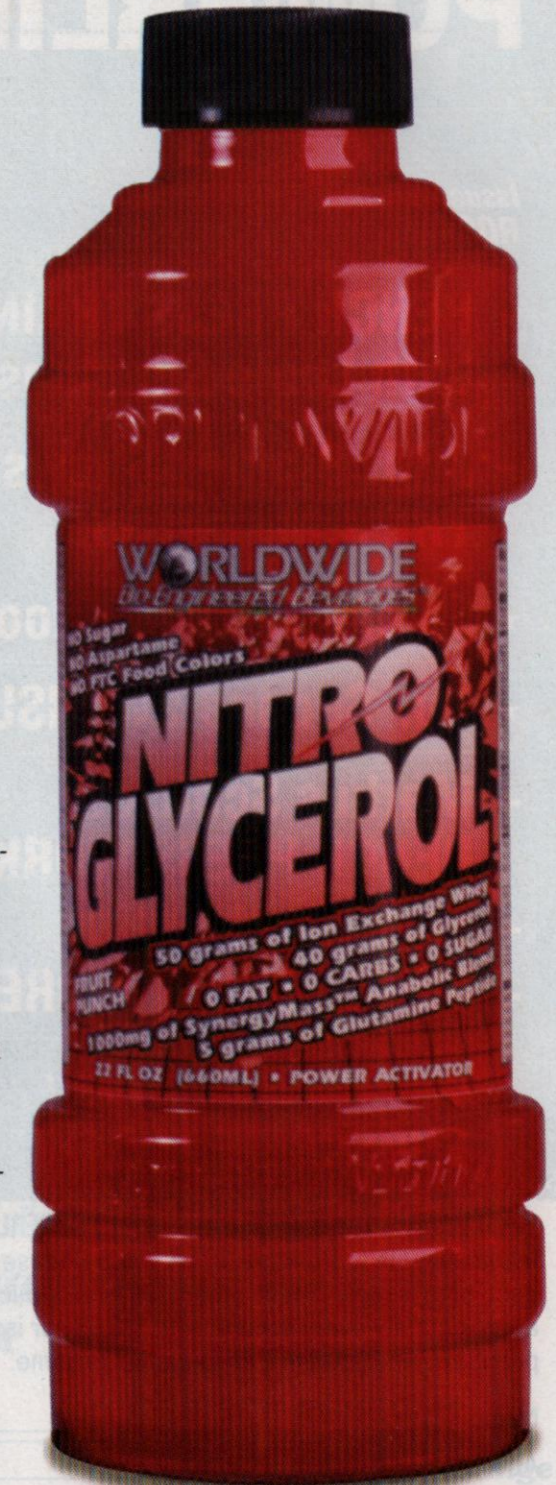
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ON THE COVER.... Brad Gillingham pulling his winning 837 at the IPF Worlds, (left) Garry Frank going for the 2500 lb. total, (right) Rose Bowl bound Washington Huskies Strength Coach Bill Gillespie benches 639 at the WABDL Worlds (Baertlein)

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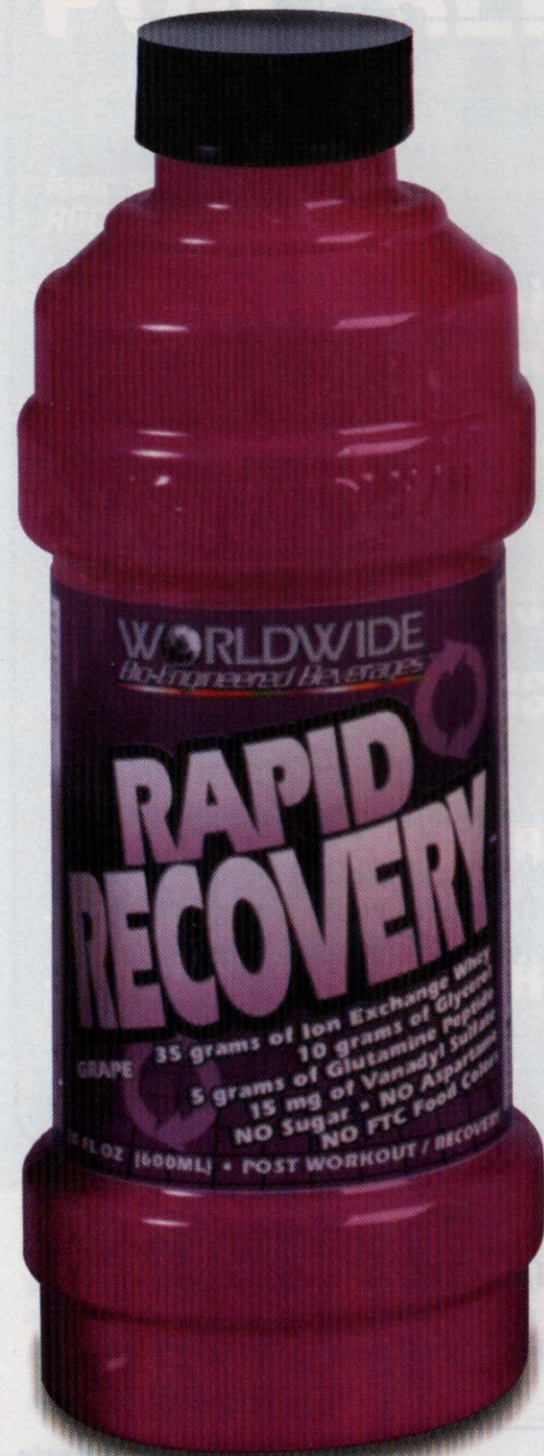
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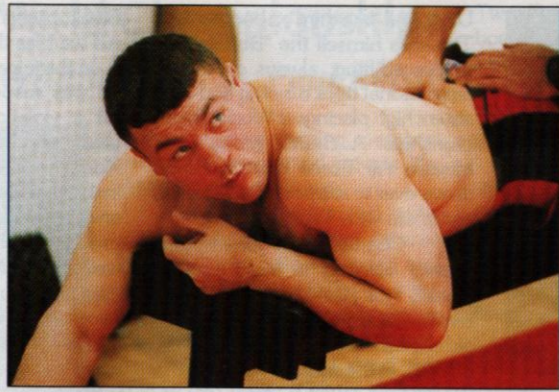
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there, dropping him to the bronze. Furashkin and Baranov of Russia were first and second.

1999 181 lb. champ Dave Ricks trailed Sergey Mor at subtotal by 55 lbs. and Soloviev of the Ukraine by 22. Dave got only his opener DL of 672, which pulled him into second place overall, but needed 760 to win, a weight he can do. Not to be, as the bar rose half-way and seemed to tear itself down and away. Ricks said he was technically off all day, never quite in the grooves he wanted. Mor totaled 1918, Ricks 1829 and Soloviev 1818, twice missing the 666 he needed for the silver.

Tarasenko of Russia wanted that last DL, he was already eight for

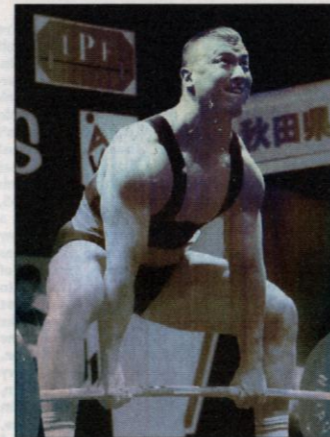
eight and well ahead of the 198 lb. class pack, and Mike Bridges' twenty year old total record of 2066 hung just out of reach. Mr. T took the 760 DL needed, but hung up, leaving him eight for nine for a fine 2050 score. All of nineteen and looking like the old comic book character "Bullet Man", Ivan Freydnun of the Ukraine finished at 1934 with



Tarasenko of Russia gets a rub-down (Nozomu Shibuya)

1895. Ray Benemerito was just 5 kilos back in fourth. Freydnun's 733 490 710 is well balanced lifting, and that 733 squat and 1934 total are new Junior WRs. Talk about seeing the future!

And here the future is. Suslov of Russia is twenty-one. The 100 kg./220 lb. class may be his indefinitely. He beat second place man Romanenko of Ukraine by 91 lbs and third placer Makrushin by 99. 18 men started with three being disqualified, most notably Tony Harris who could not



220 winner Suslov (Shibuya)

get his opening DL of 738 up in three tries. It would have given him the bronze. Tony hurt his back during the squat, wrecking his DL chances, but a scan assures us he'll be back on the platform before long.

A new rule is that in the future "token lifts" must be a minimum of double bodyweight. Small, human stories make powerlifting the grand game it is. Eddie Torres of the Philippines, the Asian DL record holder, wanted to be the first from his country to win anything at a Worlds and so took a token squat and bench aiming at a DL medal. I had never seen or heard of such before. Token lifts are for benchers, right? The ploy was within his ability, but he tore a hamstring and was out.

People had been screwing around long enough. The balding Ivanenko stalked out and jammed up a 920 WR squat to take a 105 lb. lead in the 242s. A good thing he did, as tall, lean Ljungberg of Sweden came right back to out-bench and out-pull the Ukrainian. Ivanenko, age 45, hung close to win by 22 lbs, with yet another Soloviev from the UKR in third with 2083.

Who were those guys? When Derek Pomana of New Zealand came out to lift, a couple of zealots danced and sang a Maori war chant in the aisle in front of the stage. That



Ivanenko got a 920 WR at 242

A Coup That Failed? - THE STRANGE QUEST OF MAURO DIPASQUALE by Paul Kelso

Faxes invaded my home in Japan at three a.m, telephones rang, emails stacked up and the Internet blazed with accusations and paranoia for over a year. What in the world - or in the IPF - was it all about? Justified or not, somehow the complex issues became personified by one name, that of Mauro DiPasquale.

The five or six dozen of communications and documents I have on these matters would take an entire issue of the magazine to present. Many incidents and anecdotes will be omitted. Instead I'll sketch what I see as the crucial elements.

When the IPF VP for North America position became vacant about two years ago, Mauro was appointed to the slot by then President Grahame Fong. Mauro dreamed of a Pan American Powerlifting Federation to include all lifting nations in North and South America. Never minding that IPF North and South American regional bodies already existed, Mauro proceeded and named himself President. That he was both IPF VP and PAF prez raised the question of whether his position would supersede existing IPF structures or leave the So. American VP wondering to whom he should answer. The IPF leaders took a dim view of this.

Putting a proposed 1999 PAF contest on hold, Mauro and sidekick Mike Armstrong of Canada, then assistant to IPF General Secretary Heiner Koeberich, turned to helping Mr. Fong in his IPF reelection campaign. (Mike ran against the "autocratic" Koeberich for Gen-Sec and lost). Both Mauro and Mike have written me that Fong and certain members of the EC assured them, before the Trento election, of their support for recognizing the PAF as an IPF regional body.

In fairness to DiPasquale and Armstrong, both men have written to me that it was never their intention to establish a personal power-base, but that the PAF was intended to promote the sport and lend aid to So. American affiliates. After recognition,

the PAF would be turned over to the IPF. However, after Wallauch's election Mauro could gain no ground toward recognition. Mauro's perceived attempt to stack the 1999 Congress with PAF-associated delegates pledged to Fong would not be forgotten.

Wallauch's Feb., 17th, announcement of the settlement of the contract dispute with Inzer Advanced Designs caused an uproar. IAD agreed to drop its \$400,000-plus judgement in the Frantz suit against the IPF in return for recognizing the 1993 equipment contract signed by then VP Fong and President Vierthaler. Opponents saw the settlement as caving in to IAD.

Soon after, a letter reputed to have been signed by many of the VPs appeared on the IPF website disavowing the settlement. The letter proclaimed that Wallauch and Koeberich acted unconstitutionally without consulting the EC or putting the matter to the vote of the Congress. Mauro and Mike began demanding the resignations of Wallauch and Koeberich.

Armstrong posted this letter without permission of his employers. This perceived tendency to assume authority he did not have irritated Koeberich in several matters and became a point of contention.

In April the PAF staged its Chicago contest. Mike Overdeer of the USAPL was elected a VP with P.J. Couvillion as doping control officer. Armstrong became Gen-Sec.

Pre-meet publicity clearly implied affiliation with the IPF and Mauro's position as North American VP was prominently displayed. Lots of lifters showed up and some USA records were set.

Was there anyone present who did not believe they were at an IPF approved contest? Brad Gillingham and Ray Benemerito told me in Akita they believed it was. Didn't all present believe the PAF would be a democratically run organization? Were not elections held?

Months later people began asking about the drug tests. Mauro had removed Couvillion from his newly elected position as unqualified and

handled the sample collection himself. A new officer from Canada was appointed by Mauro some time after the contest.

How can this happen in a democratically run outfit? I'll tell you how. Mauro wrote to me on Oct., 16, saying that the PAF is owned in its entirety by himself and always has been. "I am the Law." Therefore, to condense a long explanation from Mauro, the Chicago meet was an "exhibition" contest and the drug testing merely "exhibition drug tests."

The testing was done outside normal channels at Aegis Labs, says Mauro. I have seen half a dozen communications to and from Aegis. The Lab's stock reply is to refer everyone to Mauro as MRO. He insists all tests were negative. In an astonishingly forthright email to me, which I have his permission to use, Mauro said that he would have been in a desperate situation had positives been published; to release such results would have made him vulnerable to lawsuits personally as he is the sole PAF owner and that the PAF had/has no constitution or bylaws.

Were the tests run and were they all negative? It's difficult to feature Drs. Black and DiPasquale risking their professional reputations for a lie. But in the end, as long as no results are released publicly, we have only Mauro's word.

More important than the testing squabble, the sad thing is that a lot of people were misled as to the true nature of the event. Meanwhile, Big Brad G., one of those tested, wonders what an "exhibition drug test" is, and waits in vain for recognition of his American record set at Chicago.

Why did Mauro proceed with the contest without recognition from the IPF? Perhaps he had already invested too much of his personal fortune in it to back down, and hoped an IPF nod could still be negotiated. Did Mauro and Armstrong believe that opposing the IAD agreement and calling for the leadership's ouster would somehow force the IPF to make a deal to recognize the PAF, as some claim?

I find myself musing whether these

circumstances became a runaway train for Mauro, with no place to jump off.

In the fall the controversy sank into name-calling and threats. Unsubstantiated charges of corruption were made against the IPF. Mauro proposed a no confidence motion against Wallauch and the "dictator" Koeberich. In a bizarre twist, Mauro sent letters to the top IPF leaders asking for a reconciliation. In the same time period, he also circulated a letter to others deriding Wallauch and Koeberich as "stooges" and other insults.

Instead of the EC being in Mauro's pocket, a statement attributed to Mauro by several, some of the signers of the "VP" letter Armstrong posted disassociated themselves with Mauro after conference calls with Wallauch and the EC and conciliatory talks between principals. The EC vote swung to 5-3 in favor of the IPF/IAD agreement months before Akita.

When the effort to unseat the leadership or defeat the agreement appeared lost, Armstrong announced he would skip Akita due to a new job and wearying of the politics. Finally, Mauro also begged off, citing ill-health and a biking injury to his son.

At the Akita EC meeting Nov., 14, the agreement was approved 19-8. The EC demanded Mauro produce the Chicago test results within seven days or face expulsion. Mauro resigned.

He immediately announced the formation of the "uncorrupted" International United Powerlifting Federation, with himself as President and trademark and copyright holder, to be open to all and democratically run. He will appoint "interim" officers soon. I had to read that twice myself.

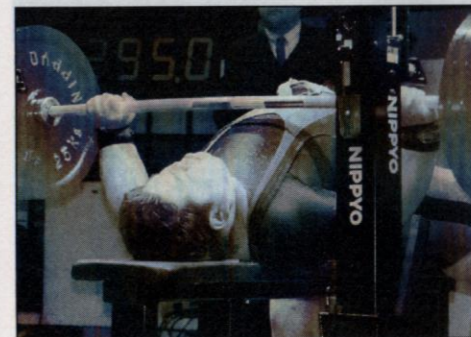
The IPF may have seen the last of Mauro: but he rises from the ashes, forges new agendas, darkly predicts lawsuits to come, and declares he has no bad feelings toward anyone while trashing his enemies, real and imagined. Generations from now, when we all have gone to that strongmans' banquet in the sky, I wonder if Mauro will be found at a lower table, seated between King Lear and Richard Nixon.

woke up a tired bunch of spectators.

On Sunday the biggest crowd of the contest appeared. Teams of already finished lifters appeared to see their big boys go at it. Not only was it a day off for most Japanese, but a large number of his countrymen had come to see the strongest man in Asia do his stuff.

I first saw Daisuke Midote eight years ago at a small contest near Tokyo. Then twenty, the blocky judoist looked strong but clueless. Today he is a champion of the World in powerlifting. Looking trim and fit at 273 lbs., he squeezed up 892 in the squat and then headed for the bench, the event most waited for.

Going after his own WR with on his opener, he terrified the Japanese present when he missed. The second attempt went up easier with but one red light for a new WR. The third WR effort of 650 went smooth and even and it looked like a lot more was there.



Midote's World Record 650. (Paul Kelso photo)

Midote is criticized by some because of his relatively low deadlift. He has small hands and often has third attempts jump out of his grip, as happened here. But when you are 154 pounds ahead at sub-total, it would take some pull to be overtaken. It didn't happen; Midote went 892 650 661 for a 2204 total to the Ukrainian Papazov's 2099. Pat McGettigan of the USA, whose name Japanese announcers could not pronounce, posted a stylish 2039 to finish third by a 105 lb. margin over fourth place brother Wayne Pomana, who was cheered on again by the Maori warriors. The IPF ought to hire those guys; they're fun and get the crowd going.

Get out the Thesaurus. Where do you find the words for what happened next? So there we were in the Supers, with Fomin of Russia leading with 2254 lbs. after the second attempt deadlifts, Savickas of Lithuania at 2248, the

Russian Gurianov at 2204 and the uncanceled Czech Sedmik at 2061. Sean Culnan of the USA hung in at 2017, and every man jack of them had a shot at a medal going into the last deadlift. The Dane Kyeb followed with 2000, Kossen of Holland at 1989 and Jamie Reeves of Great Britain huffed along at 1978.

They all missed their third attempts, every man in the flight - except one.

And Big Brad Gillingham of the USA, his father's son, with dad Gale Gillingham from the legendary National Football League world champions Green Bay Packers looking on, called for 837 in an attempt to jump from his third place position to his own world title.

Everybody in the hall knew the contest rode on this last effort, the final lift of the entire contest. Brad lined it up, clinching his double overhand hook grip into the bar, almost alone in the USA or even most countries to try that style, and began pulling, under control, with the slightest wobble mid-way, gutting it on out to the top to tumultuous applause.

The judges played it for all it was worth. There was a long, long pause before the lights came up. What choice did they have? Lynching if they posted reds? Ritual suicide (this is Japan) if they turned the lift down? All whites!

Brad says he has learned much from watching lifters from Russia and the Ukraine, adding their form techniques to his bag of tricks as well as the overhand grip.

When the Star Spangled Banner played during the medal ceremony for Brad's victory, I found myself bemused, the old expatriate, having lived out of country longer than some of the readers of this magazine have been around, a stinging behind my eyes, wondering who I was, when I heard a clear second

tenor behind me singing the American national anthem for all it was worth.

Afterwards, I walked over to singer Mike Overdeer, prez of the USAPL, and said: "I haven't heard anybody haul off and unashamedly sing our country's song like that in a lot of years. Good for you!"

"No shame for me it isn't," Mike said. Good for him. There wasn't a dry American eye in the auditorium.

Oh, yes, there were other moments, like when the B class of supers began squatting and side judge Rudy Kuster of Germany called about 15 red lights in a row in the squat, making the Russian coaches scream so loud that the meet ground to a halt for what looked like a mini clinic. Were there many complaints about the strict judging? Sure. You can't have an IPF World Championship without them.

Three TV networks covered this contest. After every flight a news conference with the top lifters was attended by ten or twenty media types. Susumu Yoshida and the gang outdid themselves organizing the contest, and all agreed the Japanese spotters and loaders were the best ever.

The thing about an IPF World Championship is when you go there - the world is there. P.J. Couvillion, the new media officer, wished every lifter in America could have seen this show: they would come over to the USAPL in droves to have a chance to be in the next one, said he. If the IOC-World Games (GAIS) hookup goes through and powerlifting gets on world-wide TV next August, that re-ordering may become a landslide.

Ray Benemerito has his own thoughts on what makes the IPF World special. It's the competition: "Where else can you go and miss an attempt and drop two places?" Lifting ruled; most of the lifters present seemed to have no interest in the political wars of the last months.

The after-contest banquet had more food and drink than even the 140 lifters and alternates could handle. No one went hungry, but a few exotic local dishes stopped some. "Eggguse me, Mr. Paul, but vot iz these stuff?" I lied a lot.

I'll be taking a hiatus from powerlifting for the next few months. Teaching commitments, re-issuing the old shrug book and flogging my novels to publishers will keep me busy. But I'll be back next year at the World Games. I want to check out those ballroom dancers.

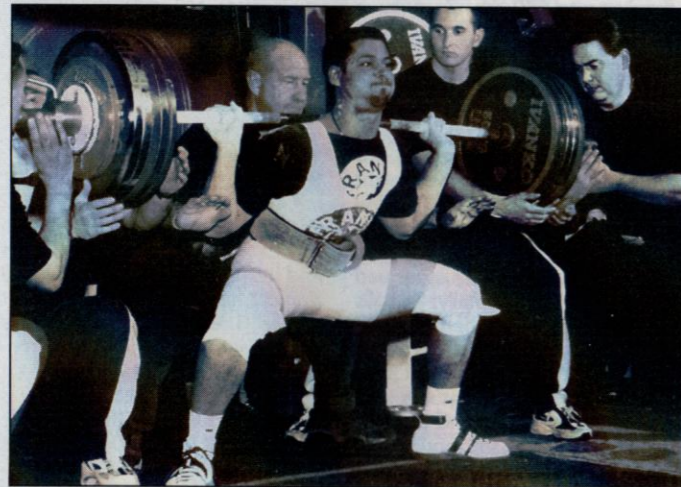


Susumu, Brad G. & Fomin at the news conference

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WOMEN		Lifts		Total	
48	L. Banks	185			
40-44	N. Gormas	175			
	50-54				
C. Krochmal	55	S. Craig	175		
52	90				
40-44	20-23				
K. Heindl (AUT)	45	M. Maass (AUT)	150		
C. Spaletto	56	Open			
Open		F. Modilba (AUT)	160		
D. Damiani	60	J. Pircon	150		
40-44	60-64				
C. Quinell (AUS)	75*	F. Krivanek (AUT)	92.5		
D. Huset	60	65-69			
65-69	100	B. Rosenfield	145		
H. Krivanek (AUT)	48*	33-39			
67.5	R. Darosh	142.5			
13-15	40-44				
S. Brandau	90*	G. Foster	95.5		
82.5	70-74				
20-23	H. McAvoy	105			
J. Licata	85*	Open			
90	K. Wentworth	187.5			
45-49	110				
W. Cadavona	70	20-23			
90+	Zeynakov (AZE)	220			
50-54	A. Rivera	170			
M. Clonce	60*	33-39			
MEN		E. Ross	205		
56	K. Cofield	195			
33-39	45-49				
J. Chavez	107.5*	J. Hurtado	167.5		
60	50-54				
33-39	R. Harrison	155			
D. Olson	117.5*	D. Ward	155		
67.5	P-F				
Open	K. Phelps	165			
J. Mukite	165*	125			
4th	170*	Open			
33-39	R. Agayev (AZE)	230			
B. Johnson	137.5*	33-39			
40-44	J. Johnson	217.5			
J. Yu	160*	S. Meyers	212.5		
45-49	40-44				
M. Heindl	128*	M. Frizzell			
50-54	50-54				
S. Dhah	65	J. Wicker	170*		
60-64	4th	175.5*			
E. Trichlin	95	140			
75	20-23				
18-19	Namazov (AZE)	165			
L. Bevill	140	Open			
45-49	Q. Aucoin	215			
T. Cosentino	150	140+			
50-54	50-54				
F. Haar (AUT)	140	K. Bivens	220*		
82.5	4th	227.5*			
33-39	J. Magee	195			
Powerlifting	SQ	BP	DL	TOT	
Women					
Juniors					
67.5					
A. Weinberg	135*	57.5*	137.5	330	
4th		60.5*			
82.5					
J. Licata (CAN)	122.5*	75	147.5	345	
4th	140.5*				
Masters 40-44					
52					
C. Quinell (AUS)	120*	72.5*	135	327.5	
P. Casper	105	67.5	130	302.5	
82.5					
T. Annblack	157.5*	62.5	145	365	
Masters 45-49					
60					
P. McCatamney	90	45	110	245	
90					
W. L. Cadavona	127.5*	75	147.5	350	
Masters 50-54					
48					
C. Brigham	87.5*	55	85	222.5	
82.5					
K. Polansky	120*	57.5*	142.5*	320*	
Masters 70-74					
90+					
B. Tenorio	77.5	40	117.5*	252.5	
Open					
52					
K. Heindl (AUT)	90	40	95	225	
60					
D. Wessels	167.5*	65	168*	395.5*	
R. DeFelice	137.5	70	127.5	335	
MEN					
Juniors					
60					
Godjiyev (AZE)	180	120	200	500	
75					
K. Dhah	137.5	90	160	387.5	
82.5					
A. Faratov (AZE)	230	170	242.5	642.5	
A. Korenke	210	115	230	555	
90					
M. Jarafov (AZE)	220	120	230	570	
Teen 13-15					
52					

AWPC World Championships
as told to Herb Glossbrenner, PL USA



Open Men's Outstanding Lifter was Bryan Figola. (photos by Thoms)

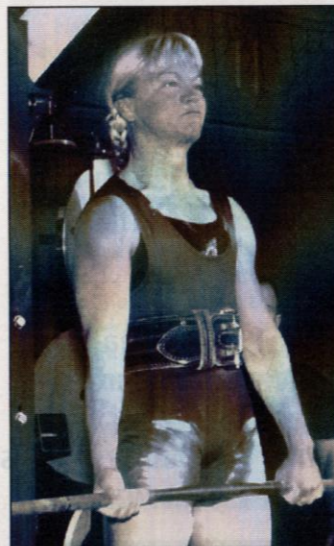
R. Crowder		77.5		32.5		75		185		125	
Teen 16-17	75	G. Villanueva	215	170	217.5	625					
M. Mendoza	215*	S. Dhah	70	80	130	280					
142.5*		75									
F. Aspuru	285*	C. Wodraska	250*	120	222.5	592.5					
250*	720*	82.5									
M. Margetts (CAN)	170	M. Nigru	220	60	197.5	477.5					
182.5	482.5	90									
Teen 18-19	67.5	D. Solon	175	157.5	265	597.5					
67.5		D. Damiano	245*	177.5*	277.5*	700					
D. Damiano Jr.	162.5	110*	190	462.5							
75		R. Harrison	237.5	160	240	685.2.5					
L. Bevill	200	D. Ward	230	157.5	237.5	625					
82.5		125									
R. Schaffer	217.5	D. Vanbrocklin	227.5	150	200	577.5					
135	215	140+									
215	250	J. Magee									
242.5	662.5	Masters 55-59									
90		75									
T. Orwoll	192.5	J. Lamboley	182.5	137.5*	180	500					
150	202.5	82.5									
545		E. Angstrom	187.5	147.5	190	530					
S. Wagner	250	L. Cramer	205*	132.5	187.5	525					
Submasters		90									
60		D. Lloyd (GBR)	165	102.5	230*	497.5					
60		110									
R. Leoni	125	J. Hinson									
92.5*	360	125									
152.5*		M. Brown (GBR)	190	105	230*	535					
212.5*	190	140+									
165	190	M. Ferrantelli	320	227.5	148*	655.5					
210*	560	4th	235	145	237.5	617.5					
212.5*		240*									
		R. Dixon	235	195	315	812.5					
		125									
		R. White	302.5	195	315	812.5					
		4th									
		140									
		E. Rios	210*	175*	220*	605*					
		4th									
		182.5*									
		Masters 40-44									
		60									
		D. Harris	80	45	117.5*	242.5					
		75									
		M. Rivera	225	167.5*	225	617.5					
		M. Larson	172.5	82.5	180	435					
		82.5									
		R. Dexter	165	142.5	175	482.5					
		90									
		R. Lynch	255	155	270	680					
		4th									
		T. Frein	230	172.5	242.5	645					
		100									
		D. Thomas (GBR)	190	110	205	505					
		D. Burlingame	125								
		M. Frizzell	300	230*	265	795					
		Masters 45-49									
		67.5									
		M. Heindl (AUT)	180	127.5	190	497.5					
		75									
		C. Hanson	175*	95	177.5	447.5					
		82									
		R. Ruettiger	227.5	147.5	227.5	602.5					
		5									
		A. Faratov (AZE)	230	170	242.5	642.5					
		90									
		J. Mauldin	185	142.5	190	510					
		100									
		D. Zenzen	255	147.5	210	597.5					
		110									
		W. Cracknell	262.5	150	260	672.5					
		140+									
		G. Snelgrove	290	200*	192.5	680					

Police and Fireman

82.5					
R. Ruettiger	245	150	242.5	637.5	
S. Gawlik	257.5	142.5	227.5	627.5	
J. Gatronica	255	167.5	275	697.5	
J. Rouse	235	182.5	227.5	645	
110					
M. Cross	250	137.5	232.5	620	
T. Pastorello	125				
B. Nichols					

This year's Amateur (drug tested) World Powerlifting Congress World Powerlifting Championships were held at the Plaza Hotel Downtown in Las Vegas, Nevada. The dates were November 9-12, 2000 for the PL Championships. The AWPC World Bench Press championships was held right after, on November 13th in the morning flights! For the organizer, promoters and volunteers who worked so diligently to make this a great contest it must have seemed like a never ending marathon. On the afternoon of November 13th following the conclusion of the AWPC Bench Pressers, the WPC World BP Championships commenced. On Tuesday the 14th the WPC World Powerlifting Championships began. As a journalist for PL USA I would have loved to have attended this event and been present for every session. This was impossible due to the fact that I'd be covering the WPC Worlds for PL USA as well as lifting twice that week. One week for me was jam packed enough, which resulted in exhaustion, burnout, and a whole week afterward to recuperate, as it was for most participants. The reason both these championships were held together was for several reasons according to AWPC, WPC President Ernie Frantz. (1) defrayed costs for running two separate meets. (2) to generate interest and encourage participation in the amateur event for foreigners (3) to make it easier for foreigners to obtain visas and make one trip rather than two to defray their costs and expenses. It worked out alright and both meets came off splendidly, however the symptoms of fatigue became evident during the second week. A few mishaps and scorekeeping errors did occur as well as the judging got a bit in consistent on occasion. Hopefully, next year both meets will be held at different times enabling the full media coverage that both events deserve. The NEW MONOLIFT that was used is a monstrous piece of equipment, with everything run by hydraulics. The major difference is that the supporting beams are BEHIND rather than in FRONT. The weight supporting hooks go FORWARD rather than BACK like the earlier models. This makes it excellent for photographers for taking pictures without being obstructed. A few complained about finding a focal point, but nearly everyone adapted. This new improved piece of equipment, I believe, will revolutionize PL. I'll go out on a limb to say that perhaps in a few years ALL MAJOR FEDERATIONS will be using one in their Championships. The gold, silver and bronze medals awarded to the champion and placers were of a high quality - beautiful! It was a huge spacious venue. The warmup room was gigantic with two benches and two Monolifts (the regular variety back there). Excellent and accurate weigh-in scales were available at all times to check your weight and not prohibited for use. I note only 6 bombouts out of the 95 lifters who participated in the PL. In the BP competition, there were only 3 out of 40 lifters. This tells me nearly everyone lifted smart and adapted well to excellent conditions. The lifting was held in the same hotel where everyone stayed. The superb British crew of loaders and spotters, who came for both weeks, were sharp and alert. Maris Sternberg wanted me to be sure and mention that she diligently did all scorekeeping by hand without the aid of a computer. I received all the results before returning home which makes it much easier to execute the reports with expediency. Everyone was easily identified by their badges.

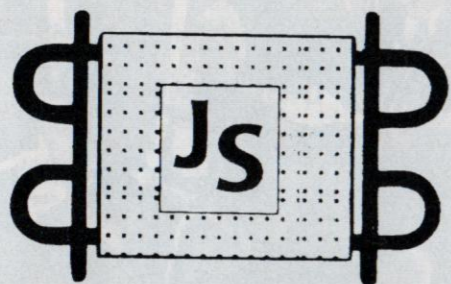
Without further ado on to the lifting: Thurs. Nov. 9, A.M. Men and Women Teen & Juniors. There were only 2 female Juniors (20-23). Jackie Licata, USA, at 181 set WR 4th with 308 SQ & 341 DL for a win with a 760 total. At 148, Alissa Weinberg (USA) posted WR's with a 297 SQ along with 4th attempt 133 BP, earning best lifter. In the Male Jrs. (20-23) there were 3 participants from Azerbaijan who snagged gold medals. Mushvig Godjiyev at 132 did 396, 264, 441 for 1102, a great result. He also tried a 476.5 DL, a WR 4th, but missed. Akbar Faratov of AZE topped Adam Korenke, USA, 1416 to 1223. K. Dhah, USA of Fresno, CA, captured the 165 division, and Mukarem Jafarov also from AZE got the victory at 198. He gave a 551 DL the ole college try, but didn't get it. Only 3 male teens contested. Little Ryan Crowder of Dallas, TX at 4'6", 97.6 lbs. and age 13 ran the iron gauntlet, and made father Greg (The Texas Viking) proud when he won his AWPC fleaweight gold. Keep truckin' Ryan. Mark Mendoza was tops in 16-17 165s with a WR sweep (9 in all): 474 SQ, 303 BP (plus 314 4th) and DL's of 386, 435 & 457. His only miss all day was a 501 SQ try. J.D. Margetts, CAN, weighed 260, a big boy and also in the 16-17 group. He prevailed handsily in the 275s.



Coral Quinell, 43, from Australia

In the 18-19 group, David Damiano Jr., began the USA 5 man gold sweep. In the 148s, he set a WR 242 BP. Luke Bevell won the 165s. Ryan Schaffer captured the 181 18-19 title, trying a WR 308 BP unsuccessfully. Tyson Orwell, of CA, got the gold for dear old dad at 198. Finally, Stephen Wagner, weighing 206 took stage. He SQ'd 551, missing two WR attempts with 606. He pushed 319, but the WR 352 eluded him. He pulled 534 before failing a 551 3rd - TOT 1460, and earned himself best Teenage Male Lifter award.

Thurs. NOV 9, P.M. Men's Submaster's (33-39). At 132 Rob Leoni, USA, established WR's with a 204 BP, 314 & 336 DL. Dyke Naughton, 160, made 468 on a 3rd, for a WR TOT of 1251. Second to him at 165 was Erwin Chang, USA, 1235 TOT. He salvaged some glory with 463 & 467 WR pulls. At 181, Brian Johnson, CAN, TOT'd 1234 for his Lone Ranger day at 181. Leo Welch got his 60 - or - die 650 3rd SQ to stay alive. Later he hoisted 617 for a 1609 TOT. He went for 661 DL WR twice to add spice to his pie. At 220, Rick Dixon USA claimed silver with 1361 aggregate. He was overshadowed by the outstanding SM performer of these championships. Mike Ferrantelli, USA, was one hot potato. Mike started out with a 705 SQ; went on to a WR BP 501 on a 3rd. He leapt to



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Standard Base (approximately 3 ft. wide)	\$145.00
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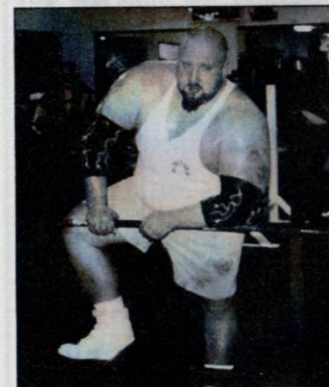
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Rubber Bands for All Sports

Happy 2001!! Okay, the holiday shopping is over, and the holiday parties and family get-togethers, so that can only mean one thing, right? It's time to get back in the gym and set some serious plans for powerlifting success in the coming years.

Jamie Harris and Glen Chabot didn't finish up 2000 the way they wanted to. Neither one made any attempts at the IPA Nationals in November amidst controversy about the height of the bench used at the meet. For both of these mighty benchers, their sights are now set on the upcoming Arnold Classic, where Glen is the defending champion.

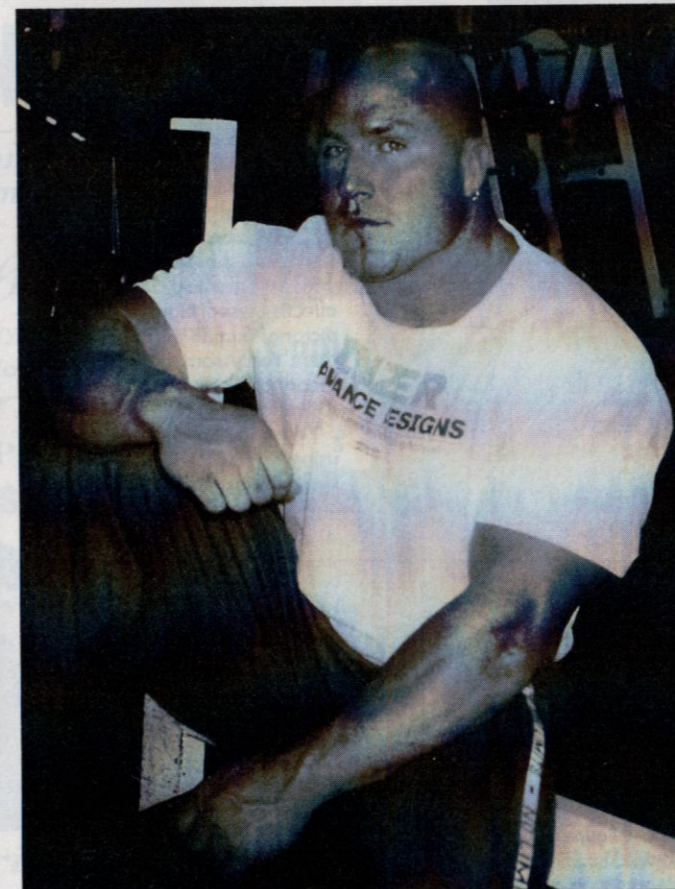
This year's Arnold Classic week-



Jamie Harris is hoping for another shot at the Arnold Classic.

end runs from March 2 through March 4 in Columbus, Ohio and features much more beyond the big annual bench meet. Top level competitions in bodybuilding, fitness, martial arts, and arm wrestling, plus demonstrations and exhibitions at all kinds of cool stuff will occur. Over 40,000 people attended last year's expo and that was the one

POWER SCENE



Glen Chabot didn't end 2000 the way he wanted to. (Low photo)

little problem. The aisles got really, really crowded.

But other than the crowding, it's a great event, and where else can you see thousands of fans scream-

ing for powerlifters, as they compete for a title and prize money?

POWER SCENE and **POWERLIFTER Video** will make their annual trip to Columbus to

cover all the action, and if you're interested in attending, the phone number for information is 614-431-2600.

One man who should be happy about how he finished up 2000 is Garry Frank. Garry posted a huge 2469 total at the WPC's, hitting 942, 650, and 876, and we just heard that he hit 2500 in Burbank on December 3rd, with lifts of 940 670 890. Congratulations!!!

Anthony Clark finished up the year by bringing out his new Sports Nutrition Product Line, in conjunction with TeraForma Health. Anthony's products include mass gainer, whey master protein, power cell creatine, and many combination products, designed to enhance performance, and reduce recovery time.

Our loyal viewer and reader Mike Blake finished up the year by injuring himself, and having to avoid deadlifting for a while. But Mike, a true powerlifter, only missed one bench workout and one squat workout, and he's aiming for some new PR's in 2001.

Another loyal reader (but not yet **POWERLIFTER** viewer) is James Taber of New Hampshire. James writes that when he got out of the military, there wasn't a gym around for 50 miles, until "The Railyard" opened up in Woodsville, NH. Its "great attitude" and "charged atmosphere" got James lifting again after a seven year layoff. That was five years ago, and James vows he will never stop lifting again. That's what we like to hear.

To James and Mike and Garry, and Glen and Jamie, and every powerlifter out there, we wish you a great year of fun training, strength gains, new PR's and no injuries. **NED LOW**



OUCH!!! Mike Blake hardly let this finger injury hold his training back.



James Taber - a proud member of "The Railyard" in Woodsville, NH

There is magic in believing. If you think you can, or you think you can't, you're right. You are what you think you are, and you become what you think you will become. - Unknown

Dr. JUDD

IF YOU BELIEVE ... THEN IT IS SO
as told to PL USA by Judd Biasiotto Ph.D.

When I was working for the Pittsburgh Pirates baseball team, I had the opportunity to meet a clinical psychologist named Dr. Charles Dement. At the time, Dement was in the process of writing a book about biological rhythms and athletic performance. The major premise of the book was that biorhythms could be used to predict human behavior. This may be a little complicated, but stick with me here for a second.

According to Dement and/or biorhythm theory, each individual has three body cycles: a 23-day physical stamina cycle, a 28-day emotional cycle, and a 33-day intellectual cycle. These cycles are assumed to be prefixed at birth and to be invariant throughout life. According to the theory, the cycles have the following effects: During the positive phase of the 23 day physical cycle, we are stronger, have greater endurance, and are more resistant to disease. During the negative phase, the reverse is true. Similarly, during the positive phase of the 28-day cycle of emotional sensitivity, we feel more positive, optimistic, and creative; whereas we are most irritable, withdrawn, and pessimistic during the negative phase. With respect to the 33-day intellectual cycle, thinking is clearer and more decisive during the positive phase; whereas the opposite is true during the negative phase.

These biorhythm cycles have the patterns of sine waves. Since they have different durations, they coincide at times, but are in opposition at other times. The so-called critical days for each cycle occur at the beginning and middle of each cycle, when the phase changes direction from positive to negative, or vice versa. On these days we are in a transition state. Consequently, we are extremely vulnerable at this time. We are weaker, more likely to become emotionally disturbed, and make more mistakes.

Dement claimed that an individual could use this knowledge of what phase he was in to compensate for low periods. That is, he could be more careful, undertake less demanding tasks, or avoid strenuous activities during that time. On the other hand, he could take advantage of his peaks by scheduling appropriately challenging activities.

The idea of using biorhythms to predict athletic success was intriguing to the Pirates coaching staff. They reasoned that if the method was valid, they could use it to select starting lineups, pinch-hitters, and a



Dr. Judd believed he could be a successful bodybuilder and did so!

pitching rotation. Of course, I was looking at it from a lifting standpoint. I figured that if the method was valid I could schedule my workouts and competitions around my rhythms. For instance, I could arrange my lifting cycle so that I would peak during the positive phase of my biorhythms. Naturally, if biorhythms really worked there were all sorts of implications for using them in sports, business, medicine, and so forth.

The real question, at least in my mind, was whether or not biorhythms were a valid method for predicting human behavior and performance. With respect to athletics, Dement attempted to show that people who were successful were at a biorhythmic high point, and that those who failed were at a critical time in their cycle. Actually, he presented some interesting cases to support this theory. For instance, he pointed out that when Ken Norton broke Muhammad Ali's jaw on March 31, 1973, Ali's biorhythms were near critical for both his physical and emotional cycles. The reverse was true when Ali met Joe Frazier on May 25, 1976 in the "Thriller in Manila." In that fight Ali was on a physical high, while Frazier was at his lowest physical point. Consequently, according to Dement, Frazier's defeat was more related to his biorhythms than to Ali's superiority as a fighter. Interestingly, De-

ment also presented some convincing cases in the sports of baseball, basketball, football, and even one in weightlifting.

After listening to Dement for a few hours, he had the Pirate staff and me extremely curious as to the effectiveness of biorhythms as a predictor of human performance. Was there really something behind the theory of biorhythms? We decided to find out.

We conducted a neat little study using AAU powerlifters. The reason we used weightlifting was because it was a more objective measure than baseball performance. Let's face it - you either lift the weight or you don't. There is not too much that is subjective about that.

In the study, we had 24 novice powerlifters calculate their own biorhythms, and then we correlated these rhythms with their daily performance. The results of the study revealed an extremely high relationship (.89) between the lifter's rhythms and their lifting performance. Just as encouraging was the fact that when we interviewed the athletes after each of their workouts they felt that their performance was consistent with their rhythms. Without question this finding suggested that the biorhythms were a valid predictor of weight lifting performance.

Needless to say we were extremely excited. In fact, we thought we had discovered something major. We immediately set up another study. This time, we had 31 novice powerlifters, but instead of letting them calculate their own biorhythms, we computed them. Actually, we tricked them this time. We calculated two sets of rhythms, a true set and a pseudo-set for each lifter. The pseudo-biorhythms were computed so that they would read directly opposite of the true rhythms. When the lifter's true rhythms indicated a high physical period, the pseudo-rhythms indicated a low physical period. We gave the lifters what they believed were their real rhythms; in reality, they were the pseudo-rhythms. The lifters were unaware that two sets of rhythms existed, and that their performance was forecast based on the pseudo-rhythms. Pretty sneaky right? After three months we ran an analysis on both sets of rhythms and the lifters' daily workouts. Guess what we found? The results revealed a

high correlation for the pseudo-biorhythms (.89) and only a moderate correlation (.61) for the true biorhythms. Not only that but when we interviewed the lifters after their workouts, they felt like their performance was consistent with their pseudo-rhythms. In other words, they actually felt and performed good when they should have been feeling like hell biorhythmically. And they performed like hell when they should have felt and performed good, biorhythmically speaking. It seemed quite clear from the study that what was occurring was a type of placebo effect. In short, the pseudo-biorhythms had caused the subjects to lift poorly on days when they were supposedly at their physical peak. The rhythms also caused the subjects to lift well when they were supposedly at a physical low. In other words, the belief in rhythms had caused the fluctuation in performance. It was the subject's own mind that brought about the changes in performance, not their rhythms.

This just goes to show you that you get what you expect in life. How you think determines what you are, what you can achieve, and what you can become. Actually there is magic in believing. If you believe you are going to fail - you will. Conversely, if you believe you are going to succeed - you will. In short, if you think you can't or you think you can, you are right.

As individuals we consistently perform in accordance to the way we perceive ourselves. I am convinced that what we accomplish in life is not so much contingent upon our physical ability as it is our mindset. The body serves the mind. It is not the other way around. If you have a strong mind your body will follow. This is an extremely important concept to be aware of. When you say you can't do something, you're closing your mind to it. There is not anything that you can't do. You are limitless. You have the power to do anything or be anything that you want to be. Only your mind can limit you. As our Lord said, "As a man thinketh in his heart so is he."

I like what Leo Buscaglia says about this very issue, he says:
"We've got to rid ourselves of 'nevers.' We've got to rid ourselves of 'I can't's.' We've got to rid ourselves of 'no's' - what a negative word! We've got to rid ourselves of 'impossible' - nothing's impossible. We've got to rid ourselves of 'hopeless' - nothing's hopeless. These are words for fools, not intelligent people. Wipe them out of your vocabulary. Never say 'never! Impossible?' Of course it's possible

Words to live by!

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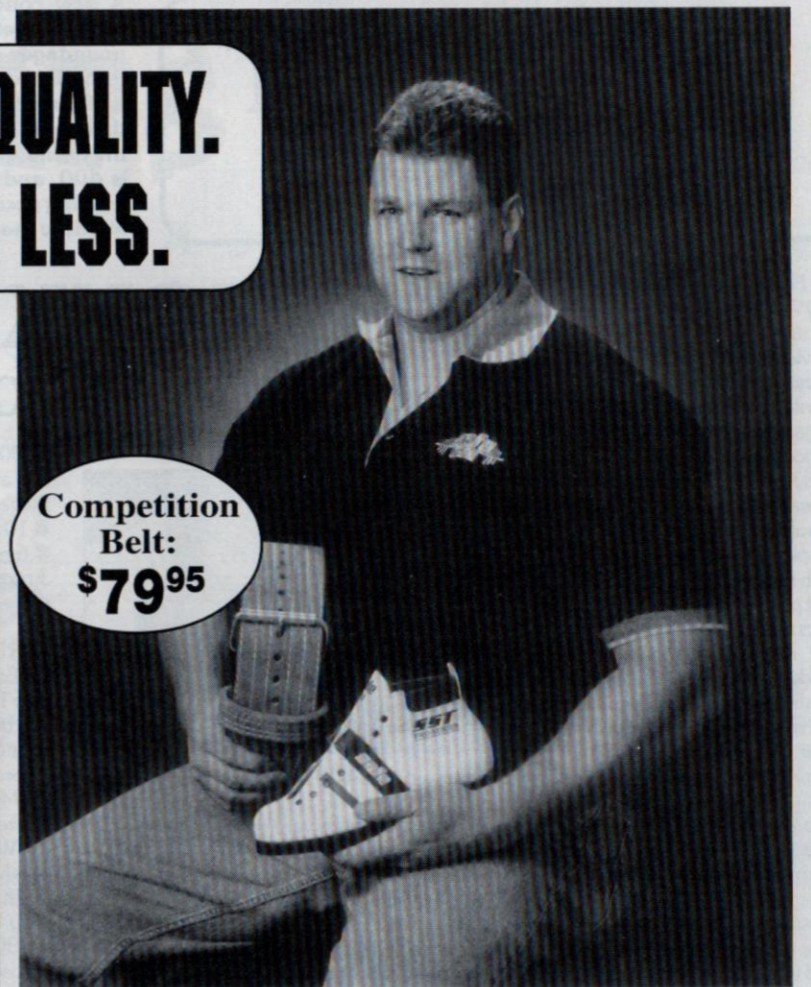
Brad Gillingham -

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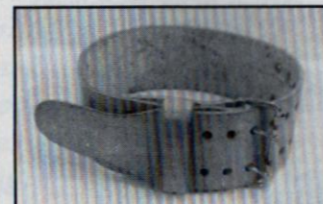
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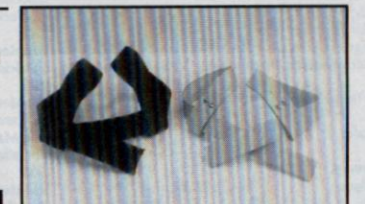


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WORKOUT of the Month

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Fellow Powerlifters: My name is ROY FOKKEN. I am from York, PA (Home of York Barbell and Harley Davidson). I am 31 years old and have trained at Unique Physic Fitness Center in York since 1994. When I began my training I wanted to bodybuild. I competed in bodybuilding for about 3 1/2 years. At my first contest I took 2nd, the next four - 1st place. I wasn't concerned with strength until I saw my first powerlifting meet. I saw guys much smaller than me, but much stronger. This made me realize I wanted to be strong and not just big. I started talking to a fellow lifter about training technique and routines. I did some of my own research

ROY FOKKEN'S BENCH PRESS ROUTINE



Roy Fokken benches 429 at the Beast of the East

also and came up with a good routine. Not long after I started I had an injury, a dislocation of three discs. I thought this was the end of my quest. I couldn't squat or deadlift for some time and this wasn't good. A friend said to me "why don't you do bench meets instead?" OK.... The first meet I weighed in at 148 lb. class and broke a record. I decided to go down to 132 lb. weight class where I thought I would have higher "per pound" numbers. I was right. After competing for two years I broke the All Time World Record of my friend Doug Heath, who helped me train to break this record. My plans are to do a 460 lb. bench weighing 132 lbs. - this I

know will happen very soon. I will eventually go back up to a 148 weight class and there put up some big numbers too. I use a training routine coming from several different quality lifters and I have adjusted it to make it my own. This is what works best for me... I train my upper body very hard and I only bench once a week. My Bench days are Monday. I follow up my bench workout with my triceps. So, we have Monday - Chest and Triceps... Tuesday - Off... Wednesday - Back and Biceps... Thursday - Off... Friday - Shoulders and Abs.

This Workout will increase your bench approximately 20-30 lbs. in 10 weeks. This workout is based on

a 300 lb. max. My warmups are always the same and they are... 3 sets of 135 lbs. @ 10 reps, 1 set of 185 lbs. @ 6 reps, 1 s/o 225 lbs. @ 3 reps, 1 s/o 275 lbs. @ 1 rep.

I DO SEVERAL STRETCHING EXERCISES. Remember: Take only Two Minute Rest Periods between sets; Have A Spotter; Drink Water; Warm up properly.

My 10 Week Workout Schedule is as follows...

Week 1 and Week 3: Warm up... 2 minute breaks (very important)... have a spotter. 1 set of 290 lbs. @ 2 reps; 280 @ 3; 270 @ 4; 260 @ 5; 250 @ 6; 240 @ 7; 230 @ 8. Follow this with Triceps... Close Grip Bench; 3 sets (hands and shoulders width) Cable Push Downs or Skull Crushers - 3 s/o whatever you can handle.

Week 2 and Week 4: Warm up... 2 minute breaks (very important)... have spotter. 6 sets of 285 lbs. @ 3 reps. Decline Bench - 6 s/o whatever you can handle. Skull Crushers - Cable Push Downs - 3 s/o each exercise @ whatever you can handle.

Week 5 and Week 7: Warm up

(remember two minute rest between sets) 1 s/o 295 lbs @ 2 reps; 285 @ 2; 275 @ 4; 265 @ 5; 255 @ 6; 245 @ 7; 235 @ 8. Close Grip Bench and Skull Crushers 3 s/o each exercise.

Week 6 and Week 8: 1 s/o 300 @ 2 reps; 5 s/o 285 @ 3 reps. Decline Bench - 3 s/o whatever you can handle. Skull Crushers - Cable Push Downs 3 s/o each exercise (whatever you can handle).

Week 9: Warm up routine - don't forget 2 minute rest between sets. 1 s/o 300 @ 2 reps; 290 @ 3; 280 @ 4; 270 @ 5; 260 @ 6; 250 @ 7; 240 @ 8. Decline Bench - 3 s/o whatever you can handle. Skull Crushers and Cable Push Downs 3 s/o whatever you can handle.

Week 10: This is your week to set a new max. This max should be between 320 to 330 lbs. Don't forget to warm up and stretch.

I would like to thank John Inzer and Inzer Advance Design for providing me with the best gear in Powerlifting. Also and John and Ann of Unique Physic Fitness Center and Doug Heath for his advice and help. I would also like to thank Louis Simmons, Paul Yoder, Steve and Linda Newport and my special thanks to my fiance, Melissa Emig, for her advice and guidance in Competitive Fitness Nutrition. For more information on training or nutrition contact Roy or Melissa at E-mail ninevahcore@aol.com or 1-717-845-7209. God Bless and Best of Luck,
Roy Fokken

event with all proceeds going to the YES Inc. Sports and Conditioning Center. The funds are used to defray the training cost for some 300 developmentally disabled and "at-risk" youth and young adults. The meet was judged by head referee, the mighty Jr. Hunt IPC Champion, SSU Powerlifting Coach and IPA champion Dave Nettles, Tyrone Young and meet director and founder of YES Inc. Powerlifting Fred A. Vanderveen. The Beast of the East (BOE 2000) hosted developmentally disabled athletes from all over Maryland and non-disabled lifters from Maryland, Virginia, Pennsylvania and Massachusetts. The big attraction was the lifting of Mr. Roy Fokken. Roy, an eight-year native of York, Pennsylvania walked into the weigh-ins at 131.5 lbs. with an opening attempt of 182.5 kg. (402 lbs.). If this was not enough Roy upped his second attempt to 187.5 kg. (413 lbs.). with three green lights. Roy waved to the crowd, which showed their approval by screams and shouts. When the cheers and screams became bearable, Roy gave his final attempt of 195 kgs. YES you read it right, 195 kg. (429 lbs.). The O.C. convention center went wild!!!! when all three lights flashed green. Just think of it a human in tremendous physical shape with a bodyweight of 131 lbs. working and training to the point of lifting 3.2x his bodyweight. This was a hard act to follow but the lifters and the lifting went on. Our Special athletes put on quite a show with Dawn Handy winning top honors in the 132 division with a 115 bench. Not bad for a young lady who refuses to use a wheel chair now that

she has the strength to walk with crutches. Along with Dawn, the ever-popular Dominic "The Dominator" wheeled up to take charge of the bar. Sporting an injured rotator, Dominic pushed a strong 85 kg. (187 lbs.) bench. The Pennsylvania connection was well represented with Buck and the boys. Buck pushed an pulled his way to a 380 kg. total (837 lbs.) while Stephen bested his last years total, in the teenage division, by 20 kg. in the bench and 17.5 kg. in the deadlift with a combined total of 257.5 kg. (567 lbs.). The great state of Massachusetts was not to be out done. She sent Fred Callender, a solid 275er and Bill Avery representing the 220 class. Bill pushed and pulled his way to a combined total of 440 kg. (970 lbs.) with his partner totaling 445 kg. (981 lbs.). Our athletes love to see Fred come and compete. He is a pleasure to see interact with our athletes. All in all the O.C. Beast of the East was a great success. We are pleased with the level of competition and the comradely developed between all the lifters regardless of physical ability. YES Inc. Powerlifting will be hosting several events over the coming year. Any athletes interested in competing in a totally inclusive powerlifting organization and willing to share their energy and love of lifting with others contact Fred A. Vanderveen. % YES Inc. Powerlifting, P.O. Box 279, Fruitland, MD 21826. (410) 742-9201 or yes@ezynet.com. Special thanks to Franz for his additional support of the YES Inc. Scholarship program. (Thanks to meet director Fred Vanderveen for providing these results and the photograph to PL USA).

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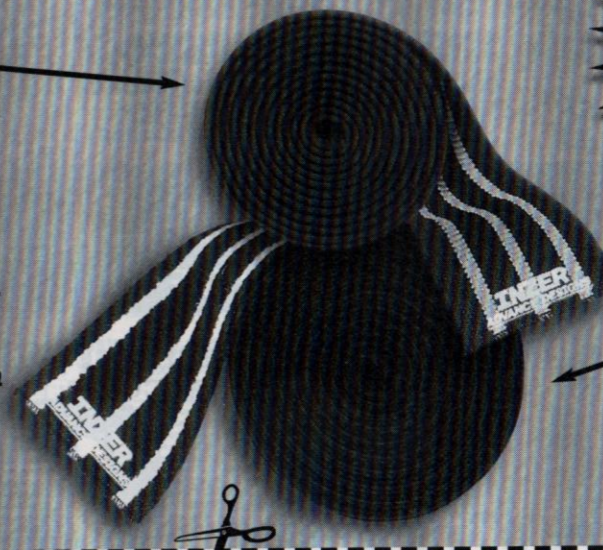
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2000 Beast of the East (kg.) 16 SEP 00 - Ocean City, MD

WOMEN	BP	DL	TOT
132			
Special Open			
D. Handy	52.5		
Amateur Open			
L. Hahn	47.5		
BP/DL			
148			
Amateur Master			
L. Nelson	72.5	160	235.5
198+			
Special Open			
F. Dennis	57.5	110	157.5
MEN			
132 Pro Open			
R. Faulken	195*		
165			
Special Teenage			
D. Page	85		
Amateur Master Open			
181			
M. Witmer	107.5		
220			
B. Shafer	145		
242			
J. Derwart	207.5		
F. Nelson	152.5		
308			
Amateur Open			
T. Dashiell	185		
Amateur Submaster Open			
C. Richardson	207		

BP/DL	148	198	220	242	308
Teenage					
S. White	90	147.5	237.5		
Special Open					
D. L. Hatfield	57.5	97.5	155		
181					
Special Open					
C. White	80	197	277.5		
Amateur Open					
J. Russo	145	240	385		
198					
Amateur Open					
J. Gibson	142.5	190	332.5		
220					
Pro Open					
B. Avery	172.5	255	440		
Special Open					
J. Wood	92.5	177.5	285		
242					
Amateur Open					
S. Vickery	157.5	215	385		
275					
Amateur Master Open					
B. Carmack	157.5	222.5	380		
Pro Master					
F. Callender	185	260	445		
308					
Amateur Master Open					
F. Adler	137.5	172.5	310		

Well the O.C. Beast of the East was a sight to behold. Ocean City was sunny bright and inviting to all who lifted this third annual event. The YES Inc. Powerlifting Association sanctioned this year's

The powerlifts require many special strength qualities. Two of these are the ability to lower eccentric work and raise concentric work. In benching there is a pause at the meet, but in training a pause is not done because the stretch reflex is stored internally for most lifters 2 seconds and for the highly trained athlete up to 4 seconds (as reported by Wilson, 1998). Because the bench and the squat require eccentric work followed by concentric work, both must be worked.

The deadlift does not require the ability to lower a weight, only to raise it concentrically. To overcome inertia, a great amount of starting strength is required. At Westside we do good mornings about 70% of the time on max effort day, once every 7 days. This day is for both squatting and deadlifting. Half of the

TRAINING

Eccentric and Concentric Training

as told to Powerlifting USA by Louie Simmons

good mornings on this day are done concentrically by supporting the bar in heavy - duty chains. Chains are used instead of a rack to allow the bar to swing freely front to back and left to right. This builds greater stability. With this exercise, as in the deadlift, one must overcome inertia without the aid of the stretch reflex from the lowering, or eccentric,

phase. This is very physically demanding, but this type of strength is needed exclusively in the deadlift. We will use several different bars that change the distance between the lower back and the center of the bar. About four different heights are used, to ensure strength development in the entire range of motion. This is very awkward and repre-

sents only strength work, not technical work.

This supported chain method works well for bench pressing also. This method of training will overcome a minimax, commonly referred to as a sticking point. A sticking point occurs when the body's leverages are poorest and the resistance is greatest, causing one to fail at that point. If a maximum weight, say 400 lbs., stops 6 inches above your chest, why doesn't 350? The 400 lbs. stops when zero velocity occurs at the minimax. But momentum carries the bar through the minimax. Momentum is the product of the mass of an object and its velocity, that is, if the velocity of the bar is more than zero. Training at or near your minimax is one solution.

A second solution is concentrating on bar velocity, which consists of an acceleration phase and a deceleration phase. The latter can be greatly reduced by adding bands or chains to the bar. Many think of resistance as the amount of weight on a bar, but every lift is related to time. For example, if a lifter can exert maximal force for only 3.5 seconds and the course of the bar is not completed in that amount of time, he will fail. So learn to build acceleration. Bar speed is critical. Our experiments, together with Verkhoshansky's studies, show that training at 60% will produce the greatest amount of force. We devote 120 lifts a month to the development of max force by doing 3 reps in the bench press and 2 reps in the squat.

If two lifters use the dynamic method to develop their squat, a weak man who can squat only 2 times bodyweight, e.g., 200 lb. bodyweight with a 400 max, and a 200 lb. man who squats 800, there is no comparison in force production because the second man is moving twice the load at the same speed. 60% of 400 = 240 and with max acceleration 400 pounds of force is generated; 60% of 800 = 480 and with max acceleration 800 pounds of force is generated. The training is proportional to the external load.

A common misconception is that the weaker lifter is moving the weight faster than his stronger and more powerful counterpart. The 800 lb. squatter is moving the bar just as fast.

What about eccentric work? Eccentric work has never been found to make one stronger, but it has been shown to cause most muscle soreness related to weight training. Also, it has been found to produce most muscle growth: 40% more work is done in the eccentric phase. But it also causes many injuries.

Strength training books often state a warning of the potential danger as the bar gains speed near the chest or bottom of a squat. The bodybuilding community lowers weight slowly for mass, not strength. A big mistake is to lower weights slowly and to raise them slowly. This may be therapeutic but will not build great strength. This method defies the logic behind doing Olympic or power lifts explosively and completely contradicts plyometrics.

So what is the answer? Through many experiments at Westside, we have coupled many methods of training. Most of our eccentric resistance comes from heavy - duty rubber bands, a small amount of weight, and a considerable amount of chain on weight releasers at-

tached to the bar, which is a reactive method (see photo). What must be considered as a training effect is not the load in the concentric phase but the speed and acceleration.

The bands work much like the muscles and connective tissue, and they accommodate resistance and the strength - curve deficiencies of the body.

The weight releasers serve two purposes when horizontal bars have been welded onto the vertical portion (see photo): (1) to load chains that we deload to your strength level, at the bottom, and (2) to act as a contrast method, ridding the lifter of much of the load.

We performed a test on six men all world or national champions, with squats ranging from 900 to

975. First the bar was loaded with 640 lbs. of band tension at the top part of the squat. At the bottom, sitting on a just - below - parallel box, the band tension was 470. The bands were added slowly as a warmup. Then bar weight was added until 285 was on the bar. That equals 925 at the top and 755 at the bottom. All six lifters performed a single rep, which was timed on a video camera. Then 80 lbs. of chain was placed on the weight releasers. The bar was lowered fairly fast, 1.5 seconds. After the 80 lbs of chain was deloaded at the bottom the lifters recovered faster concentrically than without the additional chains. The lift represents 1005 at the top, which was reduced to 755. Again 80 lbs. more

of chain was added to the weight releasers. The weight at the top was 1085 and again 755 at the bottom. The concentric phase speed of the lifters was even faster. When 80 lbs more of chain was added, to total 1165 at the top and again 755 at the bottom, the bar speed increased again.

An explosive start, acceleration, and a decrease in the deceleration phase are what we are after, as are jumpers, sprinters, and ball players. Everyone has a method. We combine all methods into a basic training philosophy that links together the training of all athletes.

One huge advantage of using the bands and chains in the deloading process is that the lifter can control the bar speed eccentrically.

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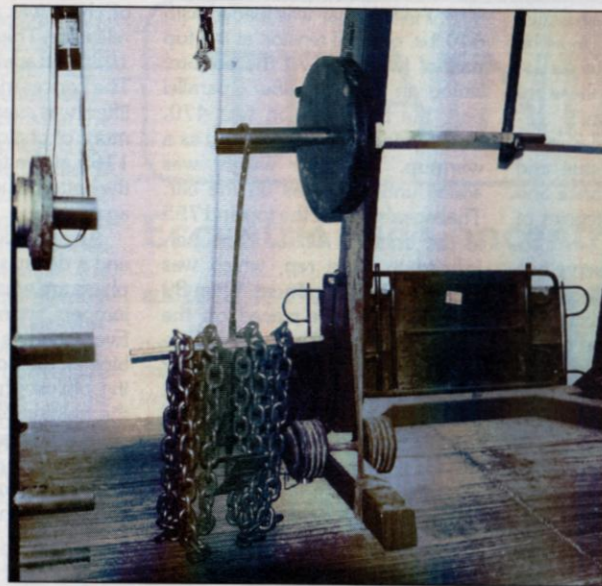
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cally. Note that most of the resistance is provided by the bands. With just the force of gravity, the bar would travel at 32 feet per second. With bands causing overspeed eccentrics, the bar travels much faster than with gravity alone. This kinetic energy is transferred into the muscles and connective tissue and causes a great stretch reflex. This will cause a very strong concentric start, producing a strong acceleration phase. In addition, because the bands remain on the bar to accommodate resistance, the deceleration phase is almost



Specially designed weight releasers for chains. (D. Black)

eliminated. This process combines a contrast and a reactive method.

Charlie Francis used a contrast method for sprinters: heavy weight lifting in the morning and sprinting in the afternoon. It worked, but the method presented above is more systematic. For sprinters or jumpers I recommend 18 lifts at 60%, 2 reps per set, once a week, and 3 lifts

at 90-100% per week. This represents 72 lifts at 60% in a monthly plan; 12 lifts at 90-100%, in a monthly plan is two workouts separated by 72 hours, one for force training and one for max strength.

The eccentric work method should be used no more than 2 weeks in a row and only once every 12-14 weeks. A benefit of this style

of training is that it will automatically increase your pulling strength without doing any pulls.

I must remind you that this is very demanding on the athlete, and this is only one method used on maximal effort day, which is performed on Monday. (Our dynamic day is Friday.) We use several special squats, good mornings, and pulls on max effort day. We will switch each week to a new core exercise. This allows us to make or attempt weights that are over 100% each week throughout the year. I am sure it will help you, as it has helped us at Westside Barbell. Remember, weight training is merely combining math, physics, and biomechanics.

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Ask the Doctor

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

DEAR MAURO: How can I decrease catabolic activity? **Seth G.**

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

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

DEAR MAURO: Thanks for all of your great feedback. It has helped me a lot in my training for the triathlons I compete in. I had a question about glutamine, what is the best way to take the powder - with water, fruit juices? I have heard that it's ingested quicker when it's taken with soda (cola) **Ken T.**

DEAR KEN: The best way to take glutamine is in peptide form. It's absorbed quicker, less of it gets "eaten up" by the gut and liver and gets to the muscles, and it has more biological effects in peptide form than as free glutamine. I formulated all of the products in the APT Nutrition line with glutamine peptides including our MRP LoCarb, LoCarb Sports bars, Myosin Protein, Electrosol, Power Drink, Creatine Advantage, and Amino.

Glutamine is not really ingested any quicker if taken alone or taken with soda. I'm not sure where that came from unless it was being confused with creatine where taking in simple carbs increases its utilization because of the insulin increase. Even in the case of creatine, however, that's not strictly true. Anything that increases insulin, including using certain amino acids, glutamine peptides, alpha lipoic acid and several other compounds, will work just as well if not better than simple sugars as far as enhancing the absorption and utilization of creatine by skeletal muscle. **Mauro Di Pasquale M.D.**

DEAR MAURO: The question is: If I want to gain mass and muscle how much protein and calories should I intake per day as well as carbs? **Ross G.**

DEAR ROSS: The answer is quite variable depending on your metabolism. The usual generic answer is that you should take in 1 gram per lb of body weight and enough calories to make sure you make steady weight gains without too much of an increase in body fat. The amount of carbs you need can be figured out if you go on the Metabolic Diet. By following the steps as outlined on our site you can determine just how much carbs fits your metabolism best.

Publications by Mauro G. Di Pasquale, 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 or call 1-800-519-4094.

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DEAR MAURO: The question is: please tell me the difference between body building vs. weight lifting. **Robin S.**

DEAR ROBIN: Bodybuilding, weightlifting and powerlifting all use weights to increase strength and muscle mass. It's the emphasis that's different. Bodybuilding is concerned with maximum muscle mass and symmetry along with minimal body fat. It's an esthetic sport in that the look of the body is the most important issue rather than strength. Olympic weightlifting and powerlifting are both concerned with strength and as such lifting the most weight possible for a single attempt. In order to do either of the two you have to build strength which at the same time increases muscle mass although the increase in muscle mass is usually a secondary consideration. **Mauro Di Pasquale M.D.**

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PRACTICING THE TAO - Some of these concepts may sound too abstract and esoteric for the real world of cold hard steel, sweat and blood. But by distilling them down to some solid practical strategies their inherent value and validity can be brought into clear focus. Look closely! This is stuff you can use!

FINDING THE BATTLE - First you must acknowledge that your true goal is to conquer yourself, your fears, your doubts, and your own weakness. By accepting this you accept the responsibility and access the authority to command yourself and act. This acceptance lets you choose actions that effect internal factors and free you from

The TAO of Competition Pt. II as told to Powerlifting USA by J.M. Blakley

wasting time and energy choosing actions that effect only external factors. You must fight the *right* battle! Put your energy where it counts! To do this you must know what counts and *what* doesn't. The first barrier is turning to face the real battle - this means turning inward and having the courage to face yourself. Remember, you are the competition. You must compete with yourself, not others. You'll find the battle inside.

EXERCISE: OWN UP - One way to begin the process of facing

the inner battle is to consciously accept responsibility for your actions and their outcomes. Strengthen the bond between what you do and what happens next. A very clear example of this is describing your performance at a meet to your peers *without bringing external events into the conversation*. How many times have you heard someone recount the details of a meet and never even mention their own involvement in it? You've heard it. They were sick. They were under weight/over weight. The scale was off. The meet was run poorly. Their suit didn't fit right. The platform was wet / slippery / tilted / chalky / or in some way defective. Their training was interrupted. There was too much / too little time between lifts. Or to paraphrase *the sun was in their eyes!* STOP WITH THE EXCUSES! If you listen closely you'll find that most, if not all, of the recounts of the meet will involve factors that seem to be external to the excuse-maker's control (especially if they didn't do so well).

Aside from being pathetic this shifts responsibility and implies that they

would have done better BUT... To look deeper one might ask the question what things were you doing or not doing that may have been involved with you becoming sick? Were you getting enough rest? Were you eating right? Were you handling your stress well? In short acknowledge *your part* in becoming sick. See the factors within your control that you may have neglected. THEN MAKE A MENTAL NOTE OF IT, AND LEAVE IT OUT OF THE CONVERSATION!

Relate your story to others based on internally controlled actions and leave out the bulls**t. If mistakes were made keep them in perspective of your responsibility. For example: "I lifted abc and placed 2nd. My goal was xyz, though. I was not pleased with my last week of preparation and I'm planning to modify my diet, rest cycle, vitamins and limit outside stresses before my next meet. I think this will help me come in stronger and get that xyz." Instead of: "I lost, but I could have got xyz. I had the flu and felt like crap. My weight was down and the meet was run so slow I was tired out just waiting around to lift." Get it now? Keep your "reasons" for poor performance to yourself and relate to the actions that got you where you are. Concentrate on *seeing your role* in what occurs. With practice, you'll find you've got more to do with it than you thought.

EXERCISE: SEE YOUR ROLE - Another way to clarify your role in events that seem outside your control is to list them. I make a list with three columns for any event. The 1st column lists "things I have TOTAL control over". The 2nd is for "things I have at least SOME control over". And the 3rd is for "things I have ZERO control over". As an example: *Getting Sick*, In the TOTAL column: What I eat, Vitamins taken, Rest, Controlling stress, Washing my hands, Changing the bed sheets, Rubbing my eyes, Using public phones, Getting fresh air in my workplace, Exercising aerobically, Avoiding crowds and young children, Keeping a positive attitude, Seeing a doctor at first sign of symptoms, Getting a flu shot each year, Avoiding drugs and other compounds known to lessen immune system, Using germicide on work surfaces frequently during cold season, Etc. On the SOME list: Personal contact with fellow workers and friends, Handling money, Job stress, Family stress, Training stress, Emotional stress, Work environment, Outside tasks taken on, Etc. In the ZERO column: Coming into

contact with a virus or bacteria, and ...? My point is that when you really look at things, many more factors lie at least somewhat inside our control and relatively few are completely outside our control. No, we can't avoid all contact with germs. In fact, we encounter them daily, but we can partially control how our immune system deals with them and our likelihood of being put down by them.

This is an admittedly incomplete example but please see the concept behind it - that is that you have more control over what happens to you than you are aware of MAKE YOURSELF AWARE! Write it down. You can at least try to bend the odds in your favor by acting on the things in the controllable columns. If you fail to control factors that are yours to influence, then you'll have to just take what you get!

This is also a good way to see how much you can do to influence your outcome and gets you focused on internal involvement. You should be busy!

The next time you hear a fellow lifter telling a tale of his last meet, see how many events are really attempts to excuse the outcome by using external influences as the scapegoat, in effect saying "I would have done better if it weren't for those meddling kids (external factors)", to borrow from Scoobie-Doo. And vow to guard against relating your performance in any terms other than those you assume personal responsibility for. Face yourself and accept your role in *causing what occurs*.

Interestingly, note how the account changes to all internal responsibility when things go well for most lifters - instead of "the sun was in my eyes" you get "I made the play". Negative outcomes are relayed in externals (it's not my fault) and positives are relayed in internals (it's my doing). Get free of this and ALWAYS relate to what actions have come from yourself to influence the outcomes, whether good or bad.

Did you get a flu shot this year? It doesn't guarantee anything, but it may make all the difference and it's under your direct control.

EXERCISE: ALL YOU, BABY - Another technique that helps you focus on the inner battle and shed the burden of all the external distractions is the visualization that the meet has been put on solely for you! Imagine that the meet director called you up and asked you when you would be peaking and what date would be best. Pretend that all the people had gone to all the trouble just so you could have a chance to better yourself. View the other competitors as being there only to watch



J. M. Blakley putting some of the principles first discussed last month in Part I of this article and described in Part II into practice. (photograph by J. Alkire, taken at the '96 IPA Iron Island New York State meet)

you have this opportunity to improve. Forget all the chaos, the big lifts, the novices, the hub-bub and disassociate from it. Consider it a privilege and honor that you have been extended this chance.

PERSONALIZE THE EVENT! - Make it your own. It is very easy to get caught up in the confusion and activity that occurs during the contest. This can really drain your energy and blunt your edge. To keep sharp and avoid becoming softened by worry and nervousness that can arise when you lose focus, pay attention only to your job. Quit concerning yourself with other's activities. Don't allow yourself to become distracted. Remember why you are there. Act as if this was your own private meet.

DON'T MISINTERPRET - what I'm saying to mean copping an egotistical attitude and walking around like you want special treatment. That's not it. Just make the event personal for you, and attend to *your own preparations*. This is just like your teacher told you in 2nd grade. Don't worry what Johnny is doing, take care of your own concerns. In the words of the oldest woman in the U.S. when answering a question about why she had lived so long (108 yrs.), she simply said, "Mind your own business!"

The benefits of doing this show themselves by producing a more relaxed state. Absolutely ALL the peak performance experts agree that a state of CALM AWARENESS is optimal for top output. By personalizing the event and tending to your own business, you lessen the external pressure and deal only

with the internal pressure you create for yourself for motivation. This has the effect of inducing a calmer state, more focused on the details that you need to control, and frees you from attempting to control and worry about details you can't control. The goal is not to make you act like an arrogant jacka**, but rather a calm, intensely focused man *who means business!*

What do you do when you mind your own business? Remember the three-fold list? Remember all the factors under your control? Focus on them. Pay attention to details which you can control that will affect your chances for success. For example: What is my flight? How far down am I? How fast is each flight running? When do I need to begin to warm-up? Try out the bench, check the rack height, scope out the warm up room, plan your warm up progression, double check your equipment, review your goals, mentally rehearse your lifts, have a plan B for anything that goes wrong (i.e. shirt tear), listen to music that calms or motivates you (whichever you need) without getting you too excited too early - save it!, etc., etc., etc. As you can see there is *plenty* to do!

When it is time to lift, it really is your meet after all (for a short time)! You stand alone and everyone *does* watch you! So it isn't such a stretch to take the view of personalizing the meet. Keep your focus and keep it close to home.

BEGIN YOUR PRACTICE - Start by relating your performances free of excuses and free of external rationalizations. Re-tell your stories

in terms of what you were responsible for and search the events to find the part you played. To help you see how few the truly uncontrollable factors are, and how many things are within your influence, write it down. Make a three-fold list;

when you see it written down it makes you realize that you are in the driver's seat. - YOU MUST HOLD YOURSELF RESPONSIBLE!!! Others won't always do it. Take the initiative! Remember the meet is there for you to challenge yourself to improve and don't bother with what others are doing.

These three techniques (talking about your performance in terms of self-responsibility, awareness of factors under your control with the three-fold list, and minding your own business by personalizing the event) all help to keep you focused on mastering yourself and teach you to practice right action. The rewards of doing so do not always present themselves outwardly, but rest assured continued practice begins to permeate your entire life and all those who know you will slowly become aware of a change in the *quality* of the things you do. And over time, you will find that if you keep achieving internal victories, external rewards will align themselves with you very consistently. But hopefully, by then you will view this as a side effect of proper living, and see that the major effect and reward is in living well. Remember: Strive for excellence in action, not perfection in outcome. If you take care of the proper action, the proper outcome will take care of itself.

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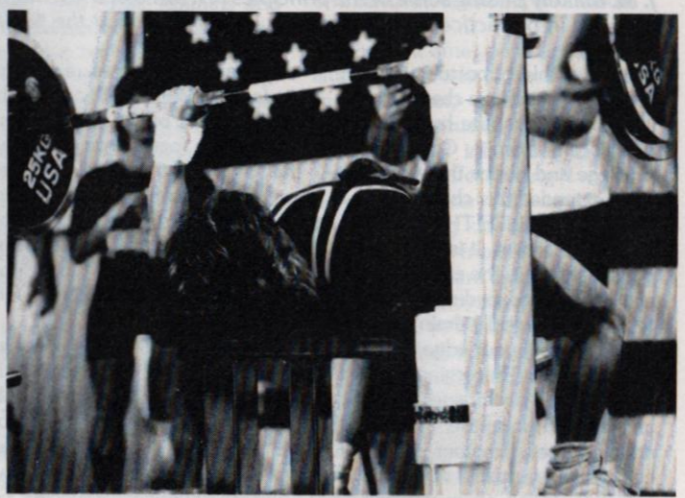


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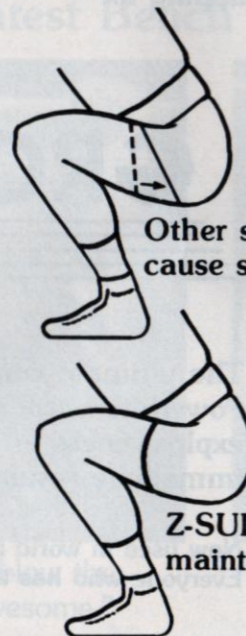
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Articles on specific topics like bench routines, squat set-up and shoulder shrugs are valuable to our readers, but articles that integrate topics have their value too. This type of "Powerlifting 101" approach can really benefit the novice lifter, who has pieces to a jig saw puzzle but no overall notion to use as a guideline to assemble it. In this article, I would like to go over issues involving your overall training and how things can fit together, for improved long-term results.

As I have stated in previous articles, training for powerlifting is simple, basic training, no frills, just heavy basic exercises. Let's start with what a typical weekly schedule would look like. It really doesn't matter if you are competitive or not. The powerlifter can flourish on a max of 3 workouts per week and as little as 2. For example, a 2 times per week routine could look like this:

Day 1: Squat and bench
Day 2: Deadlift

Space these workouts out about 3-4 days apart. Monday could be the squat and bench; Thursday would be the deadlift. You can do some assistance work in spite of the limited days for exercise. For the squat, you're out of luck, just can squat. Leg curls and extensions are a waste of energy. If you work your squat hard enough, you will have no desire to do anymore leg work. Rest a while, then start hitting the bench. The best assistance exercise is the close (shoulder width) bench press. These can follow your benches. Do strict curls, calves, abs, and some stretching to finish. The deadlift can be complemented with shrugs for the traps and either rows or pull-downs for the lats. Again, finish with calves, abs and stretching.

A 3 times per week routine could look like this:

Day 1: Squat
Day 2: Bench
Day 3: Deadlift

Again, some assistance work can be added. On squat day, squats are about all you need, but throw in rows or pulldowns and finish with strict curls. On bench day, add close grips and a few sets of overhead presses, barbell or dumbbell. On deadlift day, add shoulder shrugs. Calves, abs and stretching should be done each day.

Which routine you follow depends on several factors. One is how much time you have to train. Another is if you're gaining on a routine or not. If you're put off by benching or squatting once per week, I say give it a try before you

STARTIN' OUT

A special section dedicated to the beginning lifter

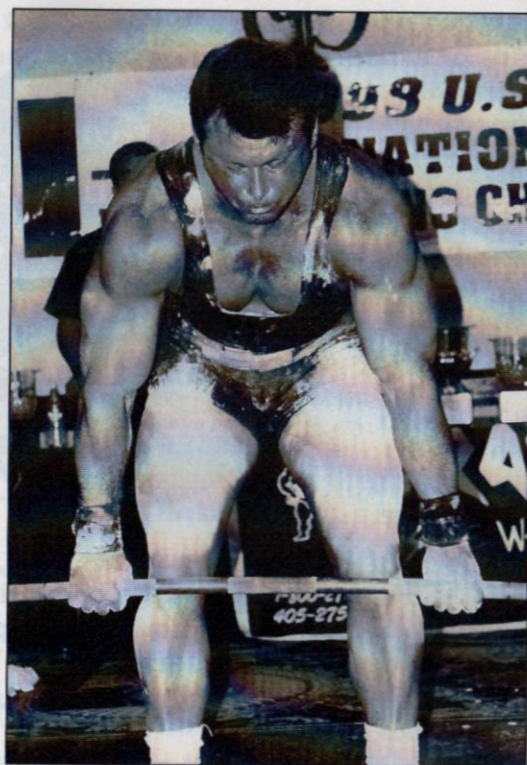
POWERLIFTING 101

as told to Powerlifting USA by DOUG DANIELS

blow it off. You can gain with less training. The key is consistency and intensity. If you absolutely must bench twice a week, take your second workout using 75% of the weights of your heavy day. Don't do assistance work on the light day. Add the light benches to another day that you are working out. Be sure to at least take 2-3 days rest between bench workouts.

Training tempo is another thing I'll touch on. Most of the 'muscle' magazines stress the 'blitzing-bombing' methods with little rest between sets. This may or may not be great for 'cuts', but to build power, your tempo or rest between sets should be longer. I would rest at least 2-10 minutes between heavy, max sets. This is especially important as you get closer to the actual meet. Don't worry about getting a pump. You need that time to recuperate between sets so you can exert maximum effort to move those big weights. In a phrase, slow down and get stronger.

We writers always say 'lift heavy'. The problem is most readers don't know what 'heavy' means. I define heavy as using a weight for a set, regardless of reps performed, that causes you to expend substantial, if not maximal, effort to complete it. Doing a set of 30 with 100 pounds is 'heavy' if you really have to bust butt to get 'em done. I also add the phrase 'in good form' to this definition. Doing exercises sloppily will usually give sloppy results. Target the muscles you wish to work and execute your exercises properly. Also perform the actual powerlifts to contest specs. High squats in training usually turn into premature rides home from the contest.



A Successful Meet, like Tim Bruner had at the '99USPF Sr. Nationals, requires the integration of many aspects of training. (photo provided courtesy of D. Mojden)

Recuperation should always be a concern. I've read about a lot of methods available that can enhance your ability to recuperate. Some of them require access to millions of dollars to purchase some of the top of the line equipment and services. That's just unrealistic. One of the best methods you can use is to cool down gradually at the end of your workout. Research has shown that recuperation can be enhanced by brisk walking, slow stationary biking, or a similar activity after a hard workout. 10-20 minutes should do it, I've gotten good results from showering, alternating warm and medium warm water three times for a minute each. Don't go to any temperature extremes here. Whirlpools can help too. If you suffer a

severe pull or strain, ice may be the answer. If you're in doubt, consult a medical professional - pronto. Many experts doubt the benefit of supplements, but a vitamin and mineral supplement can at least add insurance that your body will have what it needs. Don't go overboard; stick with the basics. Eating 50 grams of carbs as soon as possible after your workout will speed recovery. Fluid intake throughout the day is also critical. The recommendation is 8 glasses of water a day. Look for more on nutrition in a future article.

One subject that causes a lot of controversy is what amount of reps are best. I'll give you the answer; there is no 'best' rep scheme. The best results can be achieved by exploiting all that the different rep schemes can give and it's simple too. It can be done by dividing a 12 week period into 4 different - 3 week phases. Every 3 weeks, alter the rep scheme that is used. The first 3 weeks would concentrate on reps of 12s. The second 3 weeks would concentrate on 8s. The next 3 weeks would be 5s, the last 3 weeks would be 3s. By varying your rep scheme during this twelve-week period, your body will never get a chance to adjust or become complacent. It will constantly be required to adjust and grow to survive. This simple varying of reps can be the one big change that can make a world of difference in your progress. After the 12 weeks are

up, take a week off and start again. Competitive lifters may want to start at 8s and end up at singles to prepare for a contest. One note on this method; this is for the work sets. You still should use moderate weight and reps to warm up.

Integrating the many facets of power training is critical to get the best results at contest time. Similar to a jig saw puzzle, these pieces must be put together with a plan and purpose, otherwise you could end up with less than desired results. For that reason, "Powerlifting 101" should be a required course for all lifters.

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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 Squat, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinholdt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W.

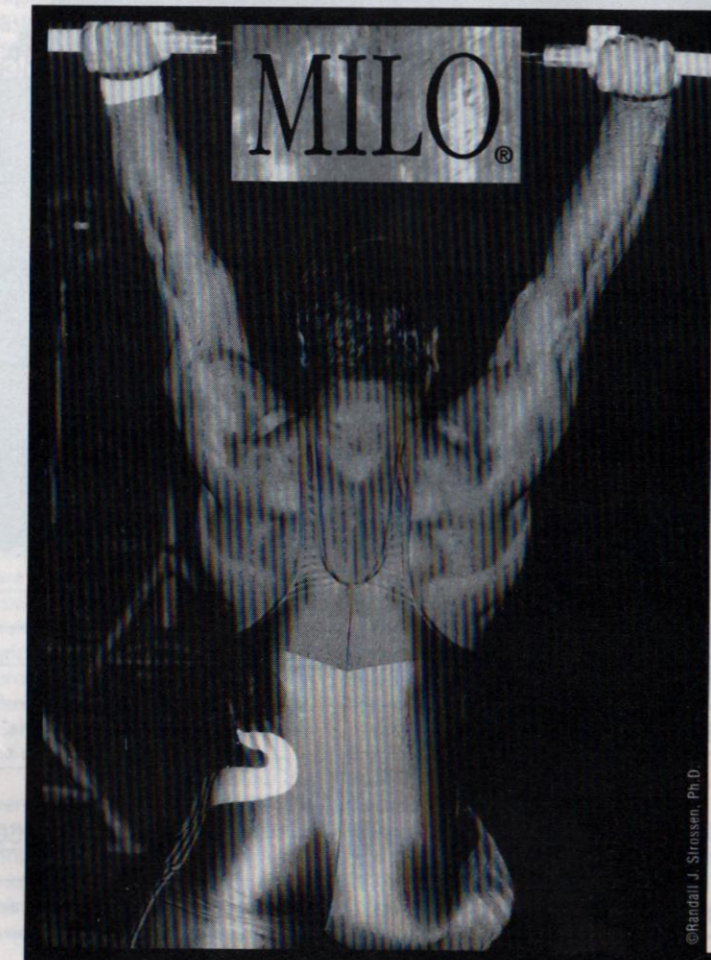
Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplementers, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
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/97... 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.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors

Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 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 Phillippi 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 Berar-

dinelli, 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
Apr/99... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
Jun/99... Powerlifters as Bodybuilders,

1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Jul/99... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s
Aug/99... the Rubber Band Man, the "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s
Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00... Arnold Classic, WPF Worlds,

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Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
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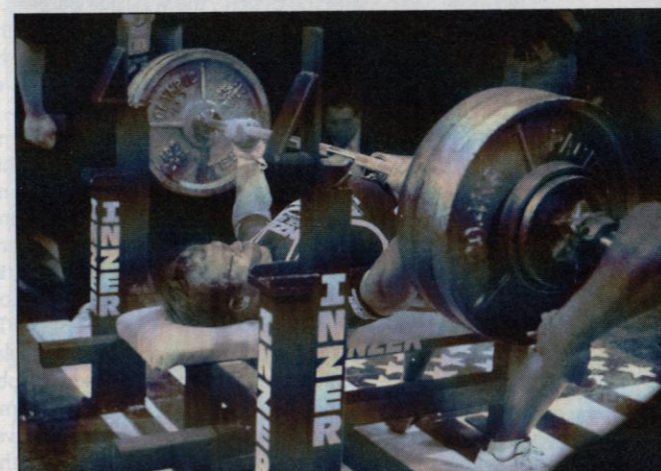
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- Engraving up to 6 letters can be on each ribbon on both sides of the 2 deadlifters; examples - BENCH-PRESS, DEADLIFT, ADFPA, IPF, USPF, MASTER, OPEN, DIV.
- Accompany all orders with full payment by MONEY ORDER ONLY.

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For Review Issue Number 30 is the 2nd ever swimsuit edition of *POWERLIFTER VIDEO* Magazine, but that's hardly the main emphasis of this issue, which starts out with in-depth footage from the "Bastion of the Bench", the Westside Barbell Club. This time Louie Simmons takes his crew through "max effort" day - the first time this specific training day has been publicly shown. There are huge benchers erupting with unadulterated strength (Kenny Patterson's speed is just amazing). Next up is a video presentation on the J.M. Press, by it's inventor - J.M. Blakley. J.M. wrote a great article on the movement for *POWERLIFTING USA*, along with some photos to go along with his explanation, but - it has been said before - if a picture is worth a thousand words, then a good video is worth a million. J.M. is so good at expressing himself that there is no chance for confusion about this productive exercise variation, that effectively eliminates shoulder drive and functionally isolates the triceps. You have to start out light with this movement, but enormous gains can be the result - J.M. has worked up to as high as 535x3! The next segment is highlights of the lifting at the York Strength Spectacular - where you can see such monster lifts as Louie Simmons' 920 squat, Rob Fusner's 700 bench and 2335 total, and Mike Ruggiera's 975 squat. From there, it's back to Louie at Westside for more work with chains, and variations on using the bands with dumbbells and triceps pushdowns that you may never have considered before. Throughout the segment, there are hard core tips and recommendations from Louie. From that point, it's on the recent footage of Jamie Harris, demonstrating the Power Hook device from Hawaii, which we have been advertising in *PL USA* for a long time - and once again, a good video can be worth a million words and a lot of pounds on your lifts. From there, it's on to Gus Rethwisch's WABDL meet in Los Angeles and a great deadlift world record attempt by Rich Abbot, 490 @age 64 and bodyweight 164. The scene then switches Joe DeAngelis punching out 20 reps with 500 in the squat, and then using his superb cardiovascular ability to do as many as he can with 585. Very timely is the video interview from Germany with Markus Schick, who speaks English so well, along with a workout sequence, showing how he was obviously born to bench, and the velcro shirt doesn't hurt either. To order *POWERLIFTER VIDEO* Magazine see their ad across from the contents page or call 1-800-BARBELL.

**2000 Mountain Festival BP
29 MAY 00 - Bluefield, WV**

BENCH	242	
OPEN	Krag Kirk	330
148	Robert Suttle	240
Jared Pro	205	275
165	Eric Parks	225
David Day	270	MASTERS
181	Age (40 - 49)	
Donald Robbins	525*	220
220	Mike Helton	360
Chris Young	480	242
Mike Helton	360	David Callahan
Mike Horton	350	(Age 60 & Over)
242	181	
Lee Angle	380	D. Robbins, Sr.
John Muncy	305	198
SHW	Bill Bostic	260
Joe Ball	305	220
HIGH SCHOOL	Joe Gibson	240
148	WOMEN	
Jared Pro	205	132
165	G. Quesenberry	85
David Day	270	181
198	Lori Helton	100
Steve Keim	215	GUEST LIFTER
220	242	
Tom Keim	300	Chad Miller
	385	

* - Indicates WV ALL-TIME BEST BENCH PRESS RECORD. MEET DIRECTORS: Paul Sutphin, George Simons. OFFICIALS: Paul Sutphin, Joe Ball, Mike Hill, Kyle Croye. CONTEST SPONSORS: Greater Bluefield Community Center and friends along with it's contributors. HIGHLIGHTS & CONTEST REPORT: This Bench Press Championship, in addition to other lifting events held in WV in recent years, has produced some of the most spectacular performances in the history of Powerlifting, not to mention state and national record. Personally, I have great respect for the achievements of all Powerlifters, regardless of the organization of which the lifts are made. Most all lifters demonstrate their talents and abilities in a number of meets throughout the country sanctioned by a variety of organizations, many of which have no affiliation. In recognition of the minor variations of the rules (mostly pertaining to equipment) synonymous to the lifting association of which the meet(s) are sanctioned, the objective of most every Powerlifter is to lift more weight than their opponents) and/or to set or break existing records in their prospective weight classes or categorical classifications. Subjective Measurement, Observation, and Assessment of each lift made by the referee are a few of the ingredients that result in the adjudication of the three powerlifts, whether it be the Squat, the Bench Press, or the Deadlift. Knowledge of the rules are obviously essential in rendering decisions that are fair and impartial. The INTEGRITY of the officiating is most often determined by the overall CHARACTER of the individual and NOT the federation of which he represents. Yes indeed, CHARACTER counts! Wouldn't you agree, John? Conclusively, it doesn't take a "rocket scientist" to figure out when factoring the "pound for pound" Schwartz or Foster's formula [Best Lifter coefficient rating] that a 1730 Total @ 220 beats, an 1805 @ 270, and a Bench Press of 525 @ 180 tops a 600 BP @ 290! So, among those of us "Hall of Famers" who have **TOTALED ELITE** recently and many times over the past 23 years, there are no "PRETENDERS" or cowards here, buddies! This year's contest brought forth another group of the state of West Virginia's BEST BENCH PRESSERS along with a few from Virginia as well. What this meet did produce was the absolute TOP PERFORMANCE of any West Virginia Bench Presser! DONALD ROBBINS lifting in the 181 lb. class at a bodyweight of 181, lifted a weight on the Bench Press of 525 lbs! Robbins, who has lifted in 3 Bench Press meets since April 15th, took all 3 of his attempts successfully. Donald's opening lift at 500 was easy, his second attempt at 520 was a personal record, and his final lift at 525 should secure the #1 spot in USA Bench Press rankings for the year 2000 in the 181 lb. class. Donald's age is 32 and he is one of only a few West Virginians who made the TOP 200 listing in *Herb Gossamer's Booklet, USA TOP 200 BENCHERS*. The Women's Division winners included GBCC Aerobics instructor, GREGA QUESENBERY, lifting a weight of 85 and LORL HELTON of Princeton lifting 100 lbs. The High School division, KRAG KIRK of Graham High School led the field with a lift of 330 weighing only 232. IQM KEIM of Graham lifted 300 weighing 215 and his brother SIEYE KEIM lifted 215, weighing 187 at the age of 14. Bluefield High School's Freshman, JARROD PROL lifted 205 at a bodyweight of 151. Princeton High School running back DAVID DAY lifted 270 at a bodyweight of 165. Other winners included Bluefield High School linemen ROBERT SUTTLE and ERIC PARKS. PLEASE NOTE: THE HIGH SCHOOL LIFTERS WERE NOT PERMITTED TO USE THE SUPPORTIVE BENCH PRESS SHIRTS. ALL LIFTS WERE DONE "RAW." At the age of 62, JOE GIBSON of Pocahontas, VA lifted 240 weighing 200. BILL BOSTIC was the winner in the 198 lb. class in the Master's Division of age 60 and over. American Record Holder, DONALD ROBBINS, Sr., set another state record in the 181 lb. class with a lift of



Mountain Festival Bench Press Championships Participants: (kneeling, left to right) Steve Keim, Mike Helton, Lori Helton, Don Robbins Sr., Don Robbins Jr., Jared Pro, Coach Paul Sutphin; 2nd row: Tom Keim, Krag Kirk, David Day, Joe Gibson, Bill Bostic, Mike Hall & Dave Callahan; 3rd row: Chad Miller, Joe Ball, John Muncy, Lee Angle, Chris Young, Mike Horton, Kyle Croye. (photograph supplied by Paul Sutphin)

250 at the age of 66!	CHRIS YOUNG	of Charleston	won the 220 lb. class with a lift of 480, lifting as guest lifter. MIKE HILL of the WV Westside Barbell served as coach and as an official of the event. Other lifters from the Kanawha Valley included LEE ANGLE, winning the 242 lb. class with a lift of 380 and CHAD MILLER lifting 385. McDowell county lifter DAVID CALLAHAN lifted 405 to capture 1st Place in the Master's Division, weighing 225 and his partner MIKE HORTON lifted 350. Other lifters were MIKE HELTON, winning the 220 Master's Division with a lift of 360, JOHN MUNCY lifting 320 and Greater Bluefield Community Center's staff member and daytime trainer, JOE BALL. Joe lifted 305 to win the Heavyweight Division. On behalf of GEORGE SIMONS, GBCC Executive Director and PAUL SUTPHIN, Supervisor and contest director; we thank everyone who attended and participated in the 2000 lifting event. (Thanks to Paul Sutphin for providing the extensive meet report and the competition results to <i>PL USA</i>).	Rivas	415	275	420	1110
Hunt	340	280	440	1060				
Mercer	480	320	475	1275				
Hamilton	375	315	450	1275				
Kennedy	380	250	495	1125				
Delacruz	390	265	450	1105				
Pannner	225	150	350	725				
198	James	605W	390W	610W	1605W			
4th	Fambro	640	325	520	1275			
Gonzales	365	325	465	1155				
Peters	245	300	400	945				
226	Fitten	540	400	600	1540			
Thompson	475	355	525	1355				
Dixon	445	320	470	1235				
Mateyak	375	225	470	1070				
242	Sniffer**	650	450	715	1815			
Tennant	645W	360	675W	1680				
A. Warren	360	365	400	1125				
McCray	310	250	415	975				
Sanfilippo	340	265	360	965				
275	Eisenhour	540	390W	580	1510			
Pernsey	500	350	550	1400				
Taft	400	175	365	940				
SHW	J. Warren	350	325	500	1175			
Moore	350	275	500	1125				

**SCI Waymart Judgement Day
16 JUL 00 - Waymart, PA**

123	SQ	BP	DL	TOT
Toro	175	165	275	615
132				
Semidey	315	220	400	935
Robinson	BMB	225	410	635
148				
Gomez	485W	300W	515W	1300W
Vasquez	340	275	435	1050
Weand	375	225	410	1010
165				
Peterson	480	300	515	1295
Dale	430	310	475	1215

** - Outside Community Exhibition Lifter; W-Waymart Record. This year's SCI Waymart In-House Powerlifting Team Qualifier was the largest ever. Highlights of the competition were: In the 123 class Elvin Toro totalled 615 to win the class. The 132's saw another first time competitor, Jose

Semidey, coming out on top with a 935 total. In the 148 class it was all Vic Gomez setting new Waymart Records across the board. Vic squatted 485, benched 300, and pulled a big 515 to total 1300. In the 165 class Tyrone Peterson was victorious with a 1295 total. In the 181 class it was newcomer Ivan Mercer with the win. The 198 class was dominated by Darryl "Hassan" James. Hassan set new Waymart Records across the board. He squatted 605 with a successful 640 4th attempt, benched 390, and pulled 610 to total 1605. In the 220 class Tyrone Fitten was triumphant with a 1540 total. The 242 class saw outside exhibition lifter Don Shiffer total a huge 1815. Waymart's Mike Tennant took first place among the In-House competitors. Mike set a Waymart squat record of 645 and a deadlift record of 675. He had called for 700 but the bar was misloaded and he ended up pulling 675. The 275 class had Donnie "Big Daddy" Eisenhour coming out victorious in a battle with Karl Pernsey. The SHW's saw newcomer Jermaine Warren come out on top in a close one with Darrell "Big Pun" Moore. The "Outstanding Lightweight" Award goes to Vic Gomez. The "Outstanding Heavyweight" Award goes to Darryl "Hassan" James. All the lifters would like to thank Activities Manager Jerry Matous and Powerlifting Coach Robert Pegula for providing a well run meet. A special thanks goes to the officials who came in for a long day: Claude Welcome, Scott Pentasuglio, Mike Welcome, and Sam Soliman. Also thanks go to the Loaders and Spotters: Wayne Johnson, Thad Hampton, Charles Brodnax, and Darnell Williams. Announcer: Wilson "Comedian" Harvey. Cameramen: Joel Duprey and Andres Pabon. Activities Clerk Specialist Nicholas "Big Duke" Duca. Gym Equipment Manager: Victor Ferree. (Report by D. Eisenhour provided to *Powerlifting USA* courtesy of R. Pegula)



Participants in the Waymart Judgement Day Meet ... (kneeling, left to right) Warren, Broadnax, Hamilton, Gonzales, Dixon; standing - Weand, Kennedy, Taft, Peterson, McCray, Toro, Maldonado, and Eisenhour.

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Rick Lawrence benched 600 to win heavyweight Best Lifter honors and a submaster world record in the 220 lb. class at the APA Thunder Bay BP/DL meet. (photograph was provided courtesy of Scott Taylor)

N. Wellins	200	205	225	630
198				
45-49				
J. Steele	340	250	375	965
242				
45-49				
M. Hogan	475	350	500	1325
275				
Open				
J. Perez	250	225	275	750*

* denotes world record. # denotes best lifter. Head Judge: Joseph Steele; side judges: Neal Wellins and Mark Hogan; announcer: Neal Wellins. The 3rd Annual A.P.A. World Gym Summer Powerlifting went very well with a total of five lifters taking part in the powerlifting division and 13 lifters took part in the Bench Press division who set a total of five World Records set. In the Women's Division, Randi Calabrese who is 17 years old and a high school senior. She plays outside linebacker on the Hamden High School football team. Randi lifting in her first contest, set four World Drug free records. Her first squat was high, but finished with a 225 lb. squat, a 120 lb. bench press, a strong 225 lb. deadlift and a great 570 lb. total. Randi won the 148 lb. class and was the Best Women Lifter. In the Men's Division, Ron Rohmer age 69 won the 275 lb. class, set a new Masters (65-69) age group record and was Best Lifter with a 326 lb. record. In the College Division football player Paul Canzanella from Mass. Maritime Academy won the 242 lb. class and was Best Lifter with a 285 lb. lift. (Results by Joseph Steele).



Kareena Hogan (daughter) and Mark Hogan (father) won 1st place in the Father/Daughter bench press division at the APA World Gym Strong Person contest. (photo courtesy of Joe Steele)

APA Thunder Bay BP and DL
26 AUG 00 - St. Petersburg, FL

BENCH	M. Coach	600	
WOMEN	S. Beckwith	525	
S. Brandon	190*	515	
MEN	J. Zinny	500	
Submaster (formula)	D. Hollis	375	
R. Lawrence	600!	360	
S. Beckwith	525	325	
E. DePalma	375	SHW	
Master 40-49 (formula)	B. Moore	660	
A. Yearby	585	DEADLIFT	
G. Boldissar	420		
S. Pullaro	365	Open	
S. Van DeBoe	310	S. Butler	305
Master 50-59 (formula)	MEN		
B. Grey	325	Special Olympics	330
J. May	340	N. Cafaro	300
W. Roberts	300	Teenage	
J. Donohue	250	S. Laver	365
Master 60-69		Submaster (formula)	
L. Barry	315	D. Robertson	500
Open		M. Hendley	505
165		Master 40-49 (formula)	
B. Schwab (BL)	380	B. Beekley	600
H. Rule	370	D. Poucher	610
J. Brece	300	Master 50-59 (formula)	
H. Griffin	181	W. Roberts	400
R. Frazier	405	Open	
B. Highnote	370	123	
R. Daniels	370	J. Sutherland (BL)	440
S. Rutsis	285	165	
T. Hoake		B. Schwab	550
N. Hewitt		J. Brece	410
C. Turner		181	
198		S. Rutsis	445
N. Vavoulis	460	C. Turner	390
J. brandau	425	198	
T. Schembri	420	J. Brandeau	535
B. Grey	325	N. Vavoulis	515
220		T. Schembri	460
R. Lawrence(BL)	600	J. Wisenbaker	
A. Yearby	585	220	
J. Keene	480	M. Hendley	505
R. Meyer		R. Meyer	
242		275	
E. Rectenwald	480	J. Jacobs (BL)	705
E. Jackson	475	J. Jimmy	635
J. Macartney	440	B. Quinn	600
G. Boldissar	420	E. Martin	585
D. Nichols	275	SHW	
		Guest lifter	
		B. Moore	725

* denotes teenage record and ! denotes submaster world record. BL- best lifter. This event was held at Fergs Sports Bar and Grill and was run outdoors under Fergs Pavilion which featured an outdoor restaurant and bar. Special thanks to Fergs for providing a great meet site and to 54th Ave Gym for bringing some great equipment and meet staff. Special thanks, also, to the Pasco Power Team who provided some great help at this meet. I would also like to thank Tom O'Donnel and Jim Sicuro who spent many hours judging the event. Special thanks to all referee's and spotters for doing an excellent job. The event was also live fed onto the internet so many people in different areas of the country (and world) got to see it first hand. The results speak for themselves and show why more lifters are competing APA (where the real competition is in Florida). All competitors were top quality and it was the toughest meet ever held in the State of Florida. I would especially like to thank Stephanie Brandau

for taking over as announcer when my voice started to give out. We had one injury... Bill Beekly dislocated his biceps while attempting a 630 deadlift. We wish Bill a speedy recovery. Stay tuned for the next meet at Fergs. It is scheduled for January 13, 2001 and will be even bigger and better. (Thanks to Scott Taylor for providing the results to this meet).

3rd APA World Gym Summer PL
30 JUL 00 - Hamden, CT

BENCH	Open			
Women	181			
148	N. Wellins	205		
R. Calabrese	120*	198		
Men	J. Steele	250		
College division	242			
242	M. Hogan	300		
P. Canzanella	285	P. Canzanella	285	
275		275		
J. Perez	275	R. Rohmer#	326*	
		J. Perez	270	
Powerlifting	SQ	BP	DL	TOT
Women				
148				
16-17				
R. Calabrese#	225*	120*	225*	570*
Men				
181				
55-59				



Randy Calabrese set 4 world records at the APA World Gym Summer Powerlifting Championships. She also plays outside linebacker on the Hamden High School football team. (photowas provided courtesy of Joe Steele)

APPLICATION FOR REGISTRATION
American Powerlifting Association

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Registration Fee: \$20 High School Athlete: \$10

Parents Initial If Under 18 yrs. I Certify that the above answers are correct X

1st APA World Gym Strong Person
29 JUL 00 - Hamden, CT

Father - Daughter BP	Two-Man Deadlift
1) Mark Hogan 400	1)Mark Hogan 625
Kareena Hogan 45	Jose Perez
2) Joseph Steele 275	2)Paul Canzanella 600
Kara Steele 55	Tom Wilson
3) Neal Wellins 225	3)Joseph Steele 575
Eileen Wellins 100	Neal Wellins
4) Andy Bram 200	4) Olando Garcia 525
Alison Bram 125	Angle Rivera

Meet Director: Joseph Steele; Head Judge: Joseph Steele; Side Judges: Neal Wellins and Mark Hogan; Announcer: Neal Wellins; Sponsor: World Gym of Hamden, CT and the N.E.O.A. MEET REPORT: The 1st Annual A.P.A. World Gym Strong Person Contest, went very well with a total of 13 lifters taking part in the contest. There was two divisions. First was the Father/D Bench Press Division. With four Father/ Daughter teams taking part. Teams best lift from each lifter was totaled and the heaviest total took first place. In this division, the team of Mark and Kareena Hogan took first place with a total of 445 lbs. In the two-man Deadlift Division, had four teams taking part. The heaviest lift from each team was how the teams placed. The team of Mark Hogan and Jose Perez had a 625 lb. lift for first place. The meet was sponsored by the Narcotic Enforcement Officers Association. Lifters Joseph Steele, a teacher, and Mark Hogan, a police officer, both members of the N.E.O.A. gave a short lectures to the youngsters at the meet. The topic included the dangers of violence and drugs, beyond drug education the value of patriotism, respect veterans and remember former prisoners of war and soldiers missing in action. Each young person was given a package on drug education and the history of the American Flag. (Results by Joseph Steele).

APA Longhorn Open PL
29 JUL 00 - Waco, TX

Teenage	SQ	BP	DL	TOT
Z. Womack	535	315	525	1375
4th			550*	
Submaster				
M. Harris	625!	360	505	1490
Submaster				
D. Rickel				
Open				
181				
Z. Womack	535	315	525	1375
198				
A. Lorenz (BL)	565	365	550	1480
W. Smith	450	265	560	1275
C. Washburn (BP)		410		
A. Lorenz (BP)				
308				
M. Harris	625	360	505	1490
SHW				
R. Dolenger	600	405	500	1505
D. Rickel				

* denotes Teenage World Record; ! denotes Texas Record; BP - bench press only; BL - best lifter. (Thanks to Scott Taylor for providing these results).

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Wt. Class	Qlfy Total	Wt. Class	Qlfy Total
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148	1322	242	1810
165	1450	275	1856
181	1581	308	1898
198	1664	SWH	1912

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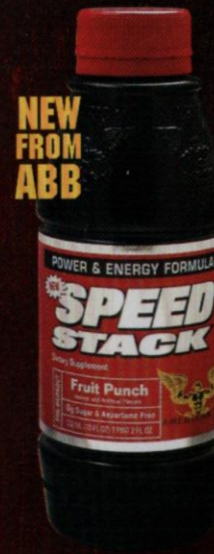
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- Fruit Punch
 - Grape

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- FLAVORS**
- Fruit Punch
 - Grape
 - Orange



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- FLAVORS**
- Fruit Punch
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6 JAN, APA Iron Warrior Open BP, DL, Push/Pull (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
13 JAN, APA Gulf Coast Open BP & DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
13 JAN, NASA Ohio State BP (W. Liberty H.S., W. Liberty, OH) Dick Cordial, 937-653-5504, squat@foryou.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, NASA E. Texas Open (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513
20 JAN, SLP A Cold Day in Tuscola BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
20 JAN, APA California Open BP/DL (Modesto, CA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
20 JAN, WNPFL New York St./Open BP/DL & IronMan (Armonk, NY) WNPFL, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
20 JAN, USAPL Louisiana State (plus out of state division) Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586
20 JAN, APF Michigan Bench for Cash (cash division: 1st-3rd on Reshel Formula - \$1000 total, subject to increase. open division plus jr., submaster, master by formula)

Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114 (after 3pm EST), jimharbourne@home.com
20 JAN, Tri-City BP & DL, Tom Corazzini, Albany YMCA, 274 Washington Ave., Albany, NY 12203, 518-449-7196 ext 16
21 JAN, USAPL Rockland County BP/DL, R.A.T.C., Box 445, Trillman, NY 10982, 843-369-7282
21 JAN, Durand Fitness Center Winter Classic BP/DL, Steve Isom, DFC, 217 E. South St., Durand, IL 61024, 815-248-3709
21 JAN, WNPFL Delaware State/Open BP/DL & Ironman (Newark, DE) WNPFL, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
27 JAN, NASA Illinois State (Fairview Hts.) NASA, Box 735, Noble, OK 73068, 405-527-8513
27 JAN, SLP Maroscher/Carnaghi Illinois Open BP/DL, (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
27 JAN, APF West Coast Push/Pull/PL (Fresno, CA) Bob Packer, 559-439-4394
27 JAN, WNPFL Florida State/Open BP/DL & Ironman (Lake City, FL) WNPFL, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
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
2-4 FEB, 100% Raw Eastern Regional (men & women, all age/wt. groups) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528
3 FEB, NASA Bench Press Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513
3 FEB, USPF Steel City Fitness BP for the Key 4 PKU Foundation (open, class II, masters, women, high school) Jeff Green - Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438
3 FEB, APA Alabama Open BP & DL (Montgomery) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
3 FEB, WABDL BP/DL Championships (Holiday Inn, Mesa, AZ) Steve Farnsworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037
3 FEB, Ladies Night Out (women only - PL, BP, DL) Rick Hussey, 8902 Grant, Omaha, NE 68134, 402-392-2446
4 FEB, NASA Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513
4 FEB, SLP Iron House Open PL/BP/DL Classic (Hoopeston, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
4 FEB, WNPFL Ohio Championships National Qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm
4 FEB, Pump Total Fitness Open BP (teen, open, women, masters) Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 517-224-2441
10 FEB, AAU Missouri St./Bill Clark Classic (Raw & equipped) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537
10 FEB, ADAU Drug Free Raw 13th East Coast Classic & Raw BP Meet & deadlift, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
10 FEB, SLP Mason-Dixon Open BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
10 FEB (new date), USAPL Rhode Island State PL & BP (deadline 1/27/01) David Roderick, 126 Chestnut St., Rehoboth, MA 02769, DR705@mediaone.net
10 FEB, RAW Inc. Central VA Meet, Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941
10 FEB, 10th New Castle BP Championships, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529
10 FEB, APF/AAFP Iron Island Classic PL & BP (open m/f, masters m/f - limited to 1st 60 PLer, 1st 30 BPers) Iron Island Gym, 516-594-

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7 JUL, WNPF USA BP/DL & Ironman (Bordentown or Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huger Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
8 JUL, WNPF Can-AM PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
14 JUL, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
14 JUL, APF Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775
21 JUL, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513
21 JUL, WPO (TM) Semi-Finals Qualifier (location tba) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tahontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528
28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Molsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
28 JUL, WNPF Raw Nationals & North American Championships (Anaheim,

CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
4 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
4 AUG, APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775
4 AUG, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
5 AUG, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
10,11 AUG, WABDL Twin Lab National BP/DL (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600
11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
12 AUG, SLP Missouri State Fair BP/DL

(Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
12 AUG, WNPF USA PL Championships (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
17-21 AUG, IPF World Games PL (Akita, Japan)
18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
18 AUG, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
19 AUG, WNPF Tarheel Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
25,26 AUG, USAPL Lifetime Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
26 AUG, WNPF Grand Canyon Open BP/DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
AUG, AAU Raw Nationals (Casablanca Resort/Virgin Valley HS, Mesquite (Las Vegas area), Nevada - open, lifetime, masters, life masters, jr., youth, teen, submasters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797,

NTR:PWR@PE.NET
AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@sina.com
2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
8 SEP, USAPL Deadlift Nationals (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-2775
8 SEP, WPO (TM) Bench Bash for Cash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
12-16 SEP, IPF World Juniors (Sofia, Bulgaria)
15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513
15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, IA 15926, 814-754-8306
22 SEP, 1st Fall Strongman Challenge, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@lbertybay.com

22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513
22 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464
23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513
30 SEP, SLP NATIONAL 'RAW' POWERLIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513
SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513
6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513
13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
16-21 OCT, IPF World Masters (Moose Jaw, Canada)
20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513
20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/v, masters m/v, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com
27,28 OCT, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513
27,28 OCT, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
OCT???, NASA Big River Classic (Blytheville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513

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essional 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
24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513
NOV, USAPL National Police & Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513
5-9 DEC, 100% Raw World Championships (men & women, all age/wt. classes) Dr. Spero Tahontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528
6-9 DEC, IPF World Bench Press (Taupo, New Zealand)
8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packler, 559-439-4394
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
30 DEC, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)
10-15 SEP 02, IPF World Juniors (Venezuela)
9-13 OCT 02, IPF World Masters (Cordoba, Argentina)
12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)
5-8 DEC 02, IPF World Bench Press (Luxembourg)
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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Indiana State Fair BP/DL 19 AUG 00 - Indianapolis, IN

BENCH PRESS	Mike Murphy	480	
open women	Derrick Clore	470*	
Lynn Tompkins	135* Terry Mansfield	460	
teenage men 16-17	Mark Wynn	340	
Cody Martin	340	275	
Matt Burk	310 Jim Hoskinson	520	
teenage men 18-19	Dave Williams	460*	
Justin Tomich	360	308	
4th	375* Jason Orick	515	
Josh Hiles	320* shw		
Darren Collins	185 Dave Callaway	540	
Mike Jesse	460* 4th	550	
Ross Aton	450* Chad Berryman	490	
4th	470*		
DEADLIFT			
Rich Wehrman	385	teenage women	
Nick Abel	400*	Renee Brown	210*
Nick Harris	365*	submaster women	
Matt Ritter	315*	Shaunna Duncan	235*
4th	325*	teenage 16-17	
submaster men		Ben Aaron	390*
G. Lealifano	540	Kris Robbins	440
master men 40-44		Brian Burns	380
Jeff Cardinal	350	teenage men 18-19	
M. Wigglesworth	360*	Justin Tomich	460*
Brett Kramer	340*	master men 40-44	
4th	350*	Steve Retherford	400
master men 45-49		master men 45-49	
K. Hutchinson	500*	Mike Boyer	500
Jeff Fidler	435*	Robert McElroy	300
master men 50-59		master men 70-79	
Ted Striverson	510	Harry Landers	365
W. Smallwood	350*	police & fire	
Ron Cuny	325	Bill Ardery	500*
master men 70-79		148	
Allen Glass	250	Rendell Miller	435*
police & fire		Ephraim Shields	430*
Bill Ardery	280	181	
132		Ron Palmer	550*
Dan Prince	240	198	
148		Leo Kenna	600
Ephraim Shields	345	Keith Warren	570*
Rendell Miller	280	Steve Mendel	555*
165		220	
Joe McGowan	320*	Aaron Dashiell	545*
Shawn Cook	300	4th	555*
Micha Hiles	290	242	
181		Mike Matson	555
Ron Palmer	390*	Mike Jesse	550
David Brock	345*	308	
Steve Watts	340	Ross Aton	670*
198		Hank Carson	605
Marty Mills	445*	Jason Orick	600
4th	455*	2-man	
220		master	
Danny Brock	405	Landers/Glass	650
Shawn Jacks	350*	open	
Clinton VanTress		Palmer/Walton	1000
Aaron Dashiell		Weiss/Archer	865
242			

George Lealifano 540
* personal record. BP Best Lifters: Lightweight: Ephraim Shields; Heavyweight: George Lealifano. DL Best Lifters: Lightweight: Ron Palmer; Heavyweight: Leo Kenna. The Indiana State Fair Bench Press/Deadlift Championships were held at the



Harry Landers (70) and Allen Glass (72) lock out 650 at the Indiana State Fair BP/DL (photo provided by Dr. Darrell Latch)



Best Lifter in the DL at the Indiana State Fair meet, Leo Kenna, with his father. (Darrell Latch photo)

Fairgrounds in Indianapolis on August 19, 2000. With about seventy-five entries and a large, enthusiastic crowd, the competition ran smoothly, with a lot of great lifting. Thanks to Keely and the Special Events staff for all their assistance in making this event a continued success. In the bench press competition Lynn Tompkins took the open women's class with a strong personal best 135. A third attempt with 150 failed at lockout. In the teenage men's 16-17 class Cody Martin finished ahead of Matt Burk 340 to 310. Cody weighed in at 205, missing his final attempt with 360, while Matt, who weighed in just one pound less, got all three of his attempts. Justin Tomich won the teenage men's 18-19 class, with a strong 360, but followed that with a personal best fourth attempt with 375. Josh Hiles was second with a personal best 320, while Darren Collins was third with 185. In the junior men's division Mike Jesse was the big winner in a big class of six lifters. Weighing in at 242, Mike finished the day with a personal best 460. Ross Aton was second, getting a third attempt with 450 and a fourth with 470. Both of these were pr's for the 286 lb. lifter. Rich Wehrman was third with 385, while Nick Abel was fourth with a personal best 400. Nick Harris also got a new pr with his 365 and fifth place finish. Matt Ritter rounded out the field with all new personal records in his first competition, finishing with 325. The biggest lift of the day came from George Lealifano, who once again captured the submaster, open 242 and best lifter awards for the heavier classes. George finished with 540, just missing a personal best 560 third attempt. Jeff Cardinal took the master 40-44 class with a strong 350 @ 203. Second place went to Mike Wigglesworth, who finished with a pr 360, competing at a 242 bwt. Third place went to Brett Kramer, who got three new prs to finish with a 350 fourth attempt. At 45-49 it was Kevin Hutchinson with some big numbers, ending with a great 500 third attempt. Weighing in at 256, Kevin just missed a fourth with 510. Jeff Fidler was second with 435, just missing 450, but another pr for Jeff. Big Ted Striverson looked strong, as usual, making all of his attempts with ease, to finish with 510 and take the master 50-59 class. Wayne Smallwood was second with a personal best 350. Ron Cuny was third with 325. The eternally youthful Allen Glass, at the age of seventy-two, continues to amaze everyone, as he once again wins his class with three perfect lifts, finishing with 250. Allen is an inspiration to us all. Bill Ardery took the police & fire division with 280, just missing a personal record of 305 for his final attempt. Dan Prince continues to dominate the 132's, here winning with a solid 240 at a 126 bwt. Ephraim Shields got a big lift at 148, nailing 345, though coming really close with a pr 360. Weighing at the top of the class, Ephraim captured the best lifter title for the lighter classes. Second place at 148 went to Rendell Miller, who finished with 280. In his first competition, Joe McGowan had a perfect day of lifting, finishing with a personal best 320 for the win at 165. Shawn Cook was second with 300, weighing in at 154. Third place went to Micha Hiles who finished with a pr 290. Ron Palmer showed plenty of raw strength while capturing the 181's, ending up with a personal record of 390, all at a 172 bwt. David Brock also got a new pr with his 345 opener for second place. Steve Watts was third with 340. Marty Mills had a great day with his win at 198, posting a 445, followed by a 455 pr fourth attempt. Danny Brock only got his opener of 405, but that was good enough for the title at 220. Shawn Jacks also only got his opener of 350 for second. There must have been something about this class, because between the four competitors

only two attempts were made. Clint VanTress failed to get his opener of 410, due to a minor back injury, and Aaron Dashiell missed his opener with 330. Finishing second to George Lealifano at 242 was Mike Murphy with a big 480, just missing a pr 500 for his final attempt. Derrick Clore, lifting in his first competition, got new personal records with each lift, finishing with 470 for third. Terry Mansfield was fourth with 460 and Mark Wynn fifth at 340. Big Jim Hoskinson took the 275 lb. class with a big 520, missing only his final attempt with a personal best 540. Dave Williams was second with 460, a new personal record for him. Another great lifter, Jason Orick, was alone at 308, but that didn't stop him from going an easy 515, coming close with a pr 550. Dave Callaway went 4 for 4 at shw, finishing with the heaviest lift of the day, 550, for the win there. Chad Berryman was second with his opener of 490, missing 520 twice. In the deadlift competition Renee Brown did well in her first competition, finishing with a personal record 210 to take the teenage women's class. Shaunna Duncan also won her first competition, lifting in the submaster women's class, ending up with a 235 pr. Ben Aaron took the teenage men's 16-17 age group, pulling a personal best 390 at a 140 bwt. Second place went to Kris Robbins, who pulled 440 @ 181. Brian Burns was third with 380, pulling at a 164 bwt. Justin Tomich took the 18-19 class with a personal best 460 @ 210. Steve Retherford won the master 40-44 class with 400. The forty-one year old weighed in at 150. Mike Boyer took the master 45-49 class with 500, missing a 550 fourth attempt. Second place went to Robert McElroy who finished with 300 in his first competition. Seventy year old Harry Landers showed the youngsters what deadlifting is all about, taking his class with a strong 365, weighing in at a 185 bwt. Harry, who has practiced martial arts for years, can still do side leg splits! Bill Ardery got a new pr with his win at police & fire, pulling 500 for the first time ever, weighing in at 183. It was a close one at 148, both lifters weighing the same and both posting new personal records for the class. Rendell Miller came out on top with 435 to Ephraim Shields 430. A good day of lifting for both! At 181 it was Ron Palmer with a strong 350 personal record, coming in at 172. That's more than thirty pounds over triple bodyweight! Naturally, Ron received best lifter honors for the lighter classes. Leo Kenna pulled a big 600 for the win at 198 and best lifter for the heavier classes. Leo's victory made it even more of special day, having his father present to watch him lift. Second place went to Keith Warren, who continues to improve with each new competition. Keith pulled a pr 570, even coming close with a 600 fourth. Battling with Keith for second was Steve Mendel, another potentially great lifter, who finished with a personal best 555, just missing the lockout with 575 to overtake Keith. Aaron Dashiell had a great day with two new prs on his third and fourth attempts at 545 and 555 for the win at 220. At 242 it was Mike Matson over Mike Jesse 555 to 550. Both tried and failed, with 600 for the win. Ross Aton pulled the "big one" at 670 for the win in the 308 class. This was a personal best for Ross, who only weighed in at 286. Hank Carson was second at 308 with 605 just missing the lock out with a pr 625. In third place was Jason Orick with an easy 600. In the team pull, master lifters Harry Landers and Allen Glass pulled 650 to take their class. With a combined age of 142(!) these boys have a lot of experience behind them! Ron Palmer and E. J. Walton won the open team competition with a big 1000 pull at a 332 lb. combined bwt! Second place went to Larry Weiss and Jeff Archer, who finished with 865. In the team competition Pottys' Underdogs took the title with team members Bill Ardery, Leo Kenna, Mike Boyer, Ross Aton, Mike Jesse and Brian Burns. Thanks to my wife Susie and son Joey for their help and to the lifters and others who helped with the competition. (Thanks to Dr. Darrell Latch for providing results).



Best Lifters at the Illinois State Fair - Edward Bridges, T.C. Roesch, Randy Egli, Bill Carpenter. (Photograph provided by Darrell Latch).

STATE FAIR Powerlifting

Illinois State Fair BP/DL 20 AUG 00 - Springfield, IL

BENCH PRESS	Todd Rohrs	420	
open women	Brandon Taylor	410*	
Miranda Scott	200*	Brian Smith	300
teenage men 16-17	275		
Jerry Amsbury	215*	Jake Faulkner	
Matt Yarnell	285*	shw	
Anthony Ramirez	190	Robert Perrine	435*
Wes Kauffman	210	4th	450*
Mark Rose	485*	DEADLIFT	
Harley Sharp	360*	teenage men 13-15	
4th	375*	Rick Gregory	350*
master men 40-44		teenage men 16-17	
Dave Newman	465*	Wes Kauffman	365*
Gene Beler	460*	4th	390*
4th	500*	Matt Yarnell	370*
Tom West	375	4th	400*
Mark Aydt	410*	junior men	
4th	425*	Greg Burge	330*
James Amsbury	305*	submaster men	
master men 45-49		Andy Look	505*
Randy Egli	450	master men 40-44	
Eddie Poole	410	Dave Newman	550*
master men 50-59		Gene Beler	575
Jerry VWood	425	Bruce Johnson	470
4th	430*	master men 45-49	
Scott Craig	385	Randy Egli	550
4th	405*	master men 60-69	
submaster men		John Bressner	400*
Ron Walsh	580	4th	425*
148		148	
Nick Clatfelder	275*	Mike Rollings	455*
4th	290*	165	
Matthew Allen	160*	Edward Bridges	520
Jason Carson	420	John Whalen	460*
Scott Craig	385	Bill Kalin	405*
4th	405*	181	
W. Anderson	345	Joe Malek	450
Mike Pacha	315	198	
Bill Kalin	200	Dave Newman	550*
181		Bryan Tribble	455*
Tom West	375	4th	505*
Paul Lejeune	315*	220	
198		Tom Oberie	555*
Dave Newman	465*	Doug Trier	530*
James Hall	455	4th	560*
Bryan Tribble	300*	242	
220		T. C. Roesch	700
Bill Carpenter	615*	Steve Parkhurst	665*
4th	630*	Sean Rea	665
Luis Martinez	415*	Todd Rohrs	650
Doug Trier	385	Brian Smith	550*
Craig Harwick	295*	man-woman	
242		R./J. Merrell	270*
Gene Beler	485	2-man	
4th	500*	Irwin/ Harlow	1205*
Steve Parkhurst	460*	Bridges/Obede	750
personal record. Best Lifters (BP) - Lightweight: Randy Egli; Heavyweight: Bill Carpenter. Best Lifters (DL) - Lightweight: Edward Bridges; Heavyweight: T.C. Roesch. Team champions: Roesch's Gym, Muscle Corporation. The Illinois State Fair Bench Press/Deadlift Championships were held August 20, 2000 at the Fairgrounds in Springfield, Illinois. A special thanks to Sandy Myers and her Special Events staff for all their help once again. With about seventy-five competitors, this was the biggest turnout we have had since resuming the competition at the fair three years ago. Absent were some of the old standbys, such as Doug Pool, Brent Uhlig and Tom Denton, but we did have several new lifters, which is always good to see.			

Hope to have those "old pros" back again next year. In the bench press competition first-time competitor Miranda Scott took the open women's class with a strong 200, just missing a pr 215 on her last pull. In the teenage men's 16-17 age group Jerry Amsbury came all the way up from Southern Illinois to claim the title. At a 135 bwt. Jerry finished with a personal best 215. Second place went to Matt Yarnell with 285 at a bodyweight of 191. Anthony Ramirez was third with 190 @ 132 and Wes Kauffman fourth with 210 at a 172 lb. bodyweight. In the junior men's class Mark Rose came in strong to finish with a personal best 485. Weighing in at 275, Mark came close with 500, just short of lockout. Harley Sharp was second with two new pr's, a third attempt with 360 and a fourth with 375. Harley weighed in at 198. Ron Walsh was looking for a big lift, after slimming back down to the 220 lb. class, but couldn't quite find the groove on this day. Ron, looking fit and stronger than ever, could only manage his opener of 580, weighing in at 217. At master 40-44, Dave Newman came in stronger than ever to finish with 465, a new personal record for him. At a 192 bwt. Dave easily took the class. Second place went to team member Gene Beler, who had a great day, finishing with a pr 485 then calling for a 500 fourth attempt. Just like clock work Gene got down on the bench and did the lift. Another 500 bench! Third place went to Tom West with 375 @ 177, and fourth place to Mark Aydt, who had a great day, with pr's on his third (410) and fourth (425) attempts. In fifth place was James Amsbury, who is coming back from carpal tunnel surgery, but who got a new personal record with 305 at a 150 lb. bodyweight. At 45-49 it was all Randy Egli, getting all three of his attempts with ease to finish at 450 and the title. Weighing in at just 181, Randy's lift also gave him best lifter honors for the lightweight competitors. Eddie Poole was second at 45-49, getting just his opener of 410. Jerry Wood took the master 50-59 age group, retaining his title from last year, with 425, followed by a pr 430 fourth attempt. Jerry, who has come back from heart problems, continues to be one of the very best benchers in the world in his weight (181) and age class. Scott Craig was second at 50-59 with a strong 385 and 405 pr fourth. In the open classes, Nick Clatfelder looked strong in his win at 148, getting his third attempt with at personal best 275. Nick then called for and got a fourth with 290, and at a 145 bwt. This gave him a great double bodyweight lift! Second place went to Matthew Allen, who finished his first competition with a 160 pr. At 165 it was Jason Carson with 420 for the win. Second place went to Scott Craig with his great 385/405 effort. Not bad for a man in his mid-fifties! William Anderson was third with 345, another good lifter! Mike Pacha was fourth, getting just his opener of 315, after missing 355 twice. In fifth place was Bill Kalin, who settled with 200, after having problems with his opener. Tom West captured the 181 class with that strong 375 over Paul Lejeune's 315 effort. It was Paul's first competition and he did well, getting two new personal records in the process. Dave Newman took the 198s along with his win at master 40-44, with his big 465 pr. Second place went to James Hall, who continues to get stronger, finishing here with 455. A fourth with a pr 475 came just short of lockout. Bryan Tribble, lifting in his first competition, was third with 300. Up next was the star of the show, Bill Carpenter. With a bodybuilder's physique and weighing in at the 220 lb. limit, Bill simply destroyed the weight. With each lift seeming lighter than the last, he went from 575 to 600 to 615 and finally to 630, the last two being new pr's for Bill! With perfect form and lifts which would pass anywhere, Bill took both the class and best lifter awards for the heavyweight classes. Second at 220 was Luis Martinez, who finished with a personal best 415. Doug Trier was third with 385 and Craig Harwick fourth, finishing with a personal best 295. We had a big class at 242 with five strong lifters. After the smoke had settled, Gene Beler came out on top with 485/500 pr's for the win. Second place went to Steve Parkhurst, who finished with a strong 460 pr. Todd Rohrs was third with an easy 420, just missing a pr 450 third attempt. Brandon Taylor got a new pr with 410 for fourth place and fifth went to Brian Smith with 300. At 275 Jake Faulkner had some major problems with his shirt and failed to get his opener of 465. At shw Robert Perrine had a good day getting a pr on both his third (435) and fourth (450) attempts. Robert was good for at least twenty more pounds. In the deadlift competition fourteen year old Rick Gregory pulled a great 350 pr at a 145 bwt. for the win at 13-15. In the 16-17 age group Wes Kauffman was the winner with a 365 pr third attempt, followed by a 390 pr fourth. A great pull for a 172 lb. teenager! Second place went to Matt Yarnell, who also got a pair of prs at 370, and 400 on the fourth attempt. Greg Burge took the junior men's class with a strong 330 pr. weighing at a 130 bwt. In the submaster competition, a slimmed down Andy Look pulled a great 505 pr to lockout at a bwt of 190. Dave Newman continued his winning ways with another personal record, this time in the master 40-44 deadlift competition. Dave took the class with a strong 550 pull at a 192 bwt. over Gene Beler, who finished with 575, weighing in at 242.

Third place went to Bruce Johnson who finished with 470, weighing in at 172. Randy Egli took the master 45-49 class with an easy 550, then pulled a bicep tendon on his final attempt with a pr 575. We all hope Randy heals quickly. The master 60-69 class hailed the return to competition sixty-two year old John Bressner. John is now lifting better than ever, as is evident with the three prs he set, 380, 400, and 425 on his fourth attempt. All this at a trim 176! Good to have you back, John! In the open class Mike Rollings pulled a big 455 pr in his win of the 148 lb. class. At 165 it was best lightweight lifter Edward Bridges with 520 @ 160. That's forty pounds over triple bodyweight! Second at 165 was John Whalen who pulled a personal best 460. John is a very accomplished drug free bodybuilder, having won both national and world level competitions. But we might just about have won him over! Bill Kalin was first, finishing the day with a personal record of 405. Joe Malek took the 181s unopposed with his easy opener of 450. Dave Newman won his fourth title of the day with his win at 198, while Bryan Tribble was second with personal marks of 455 and a fourth attempt with 505. There was quite a battle at 220 between Tom Oberie and Doug Trier, with Tom taking the title by five pounds, pulling a pr 555 to Doug's 550. Doug did come back and pull a new pr also, this time with 560. T. C. Roesch was the big puller of the day at 242, finishing with a strong 700 pull. (The boy had 720 in him). At a 240 bwt. this earned T. C. best lifter honors for the heavy lifters. Steve Parkhurst finished second with a new personal best of 665, just missing 700 on a fourth attempt. Sean Rea is another great puller who finished here with a strong 665, just missing the lockout with a pr 705. Any one of these three are capable of a 700 pull. Another one who will be close to 700 before you know it is Todd Rohrs, who finished in fourth place with 600. A third with a pr 630 should have gone; just a little out of the groove. Brian Smith was fifth with a pr 550. In the man and woman pull Rifer and Josie Merrell came down from Michigan to win that title with a personal best 270 pull. That might not seem like a lot of weight to pull, but you must remember, Josie is seventy-eight and Roger is eighty years of age! Now if that's not impressive! Good to have you both there! In the two-man, Mike Irwin and Ron Harlow came just for this pull. With a combined weight of 275, this team locked out a massive 1205 pr for the win over the team of Eddie Bridges and Tom Oberie. Eddie and Tom opened with 750, but couldn't quite lock out 1000 on their second attempt. In the team competition Roesch's Gym came away the winner with Muscle Corporation a close second. I would like to take this opportunity to express my appreciation to T. C. Roesch and Dave Newman, who brought the two teams represented in the competition. Each brought ten lifters to the competition, several of them new competitors, and we all know how hard it is to help your team members and compete. I hope their team members appreciate all their help because we want T. C. and Dave to know how much it means to us. Thanks to everyone who helped with the competition, especially Butch and Anne Davis, my wife Susie and son Joey. See you all next year! (Thanks to Dr. Darrell Latch for providing results).

STATE FAIR Powerlifting



At the Kentucky State Fair BenchPress/Deadlift meet they had to hold the plates on to get 1165 lbs. on the bar for Dave Woods and Kris Magnusen. (photo provided courtesy of Darrell Latch to PL USA).

Kentucky State Fair BP/DL 26 AUG 00 - Louisville, KY

BENCH PRESS	Frances Baker	255*	
master women 50-54	4th	265*	
Gayle Paff	65	master women 50-54	
open women		Gayle Paff	160
Agnes Kulmer	115*	open women	
teenage men 13-15		Diana Grieco	245*
Joshua Barnes	135	teenage men 13-15	
teenage men 16-17		Joshua Barnes	260*
Chuck Hires	215*	4th	300*
4th	225*	teenage men 16-17	
Justin Robertson	215	Chuck Hires	330
P. J. Paff	240	4th	350*
4th	255*	Justin Robertson	275
teenage men 18-19		teenage men 18-19	
R. Lesshaft	215	Smitty Lancaster	345
Kyle Snider	225	R. Lesshaft	300*
junior men		junior men	
Brandon Rose	375	Brandon Rose	425
Josh Stone	335	submaster men	
submaster men		David Anguish	670
David Anguish	425	Bruce Thomas	550*
Jeg Parks	415	master men 40-49	
Bruce Thomas	300	Mike Plummer	520
master men 40-49		4th	545*
Haywood Lee	300	Haywood Lee	350
Charles Sprinkles	320	master men 50-59	
Mike Plummer	320	Jim Snodgrass	450
master men 50-59		Butch Adams	450
W. Smallwood	365*	165	
Butch Adams	370	Lewis Oliveros	410*
165		4th	430*
Troy Tingle	405	181	
Chris Winnecke	280	Jay Sikes	350
Lewis Oliveros	250	1	

**APA Nutmeg Open BP & Strict Curl
15 JUL 00 - Durham, CT**

BENCH	
Teen (formula)	J. Matla 375
J. Syc	295*
G. Bayea	275
C. Bozzi	275
Junior	
J. Vynalek	250
Submaster	J. Toland 470
J. Silano	270
Master	A. Mecteau 420
40-49	Open
M. Slaga	420
50-59	148
R. Cote	435*
Masters 60+	198
A. Myers	210
Open	220
148	J. Vynelek 160
B. Moorehead	310
J. Silano	270
198	308
B. Swanson (BL)	485
Repetition w/bodyweight	A. Mecteau 185
B. Swanson	37 reps with 195 lbs.
B. Moorehead	36 reps with 145 lbs.
J. Syc	30 reps with 145 lbs.
J. Silano	23 reps with 150 lbs.
G. Bayea	21 reps with 160 lbs.
J. Vynalek	12 reps with 200 lbs.

*Denotes CT Record; †Denotes Master Record. The APA Nutmeg Open Bench Press was held at Cognichaug High School in Durham, Connecticut. Special thanks to Gary Larson, Donna Slaga, Roland Cote, and Janet Arel for a fine job judging the event. Special thanks also to the spotters and loaders for doing a fine job. After the regular bench meet ended we threw a repetition with bodyweight bench meet and a curl meet for the fun of it. The meet ran smoothly. Awards were made out of silver and went over great. Much more APA action to come in Connecticut. (Thanks to Scott Taylor for providing the results for this competition to PLUSA).

**USAPL Battle of the Great Lakes III
25 MAR 00 - Macedonia, OH**

BENCH	
MEN	165
Open	J. Hixon 430
114	181
T. Distaulo	155
123	D. Grega 430
S. Petrenak	265
D. Miller	145
148	D. Miller 145
G. Page	315
165	165
M. Vail	385
T. Isaac	350
L. Miller	181
A. Solomon	395
T. Richards	360
S. Spinelli	480
G. Tarr	460
M. Crawford	450
M. Landino	445
220	R. Morales 325
R. Young - BL	531
C. Scott	480
B. Hennebert	350
K. Mayer	520
P. Vargo	480
T. Lamoureux	450
275	M. Crawford 450
J. Peshek	560
F. Palmer	450
SHW	C. Ward 370
W. Likens	545
J. DeLone	500
G. Goodrick	455
165	A. Solomon 395
J. Hixon	410
D. Newell	330
198	D. Findley 340
M. Karlovic	350
220	Open
D. Callanan	335
A. Cook	390
242	T. Distaulo 155
S. Mendenhall	355
275	B. Fazio 100
B. Karlovic	530
SHW	L. Krages 150
T. Mendenhall	B. Muratori 130
Collegiate	Raw 123
165	B. Fazio 100
J. White	520
A. McVanev	515
A. Raffaele	480
M. Vail	445

G. Foy	345	240	415	1000	
181	D. Sustin	490	300	430	1220
198	242	320	570	1410	
D. Waterman	520	320	570	1410	
J. Selby	520	325	530	1375	
220	220	575	425	640	1640
N. Keleman	575	425	640	1640	
C. Scott	585	480	575	1640	
M. Zukowski	560	370	645	1575	
R. Bluck	550	385	565	1500	
T. Hale	405	275	505	1165	
R. Young	145	510	145	821	
B. Hennebert	242	550	450	575	1575
T. Lamoureux	550	450	575	1575	
M. Watts	550	410	520	1480	
275	800	515	750	2015	
B. Helmer-BL	545	335	525	1405	
S. Fair	530	340	500	1345	
T. Clary	550	505	645	1660	
SHW	600	545	145	1290	
J. Wallace	375	265	475	1115	
W. Likens	550	505	645	1660	
E. Schendal	375	265	475	1115	
J. Hixon	450	410	475	1335	
275	545	335	525	1405	
S. Fair	545	335	525	1405	
Collegiate					

165	J. Hixon	450	410	475	1335
181	A. Solomon	450	395	475	1300
HS (Fr./So.)	165	280	155	265	700
S. Baker	280	155	265	700	
181	J. Beaudry	340	300	465	1005
220	D. Baker	450	215	405	1070
Masters	J. Cook	565	400	635	1600
J. Cook	565	400	635	1600	
G. Beck	500	340	580	1420	
M. Terman	555	335	600	1490	
J. Koplun	450	315	450	1215	
S. Zedella	415	275	525	1215	
S. Goff	340	210	415	965	
R. Ramirez	400	425	800	1425	
K. Lanci	145	135	425	705	
J. Register	145	145	145	435	
Grandmasters	J. Cash	595	410	575	1475
C. Evans	415	340	415	1155	
R. Goldsmith	365	315	355	935	
D. Yanosik	135	135	135	405	
Greatgrands	D. Lindsley	145	250	145	525
D. Lindsley	145	250	145	525	
P-M-F	D. Sustin	490	300	430	1220
D. Sustin	490	300	430	1220	
Sgt. J. Reese	405	275	550	1230	

G. Foy	345	240	415	1000	
R. Goldsmith	365	315	355	935	
J. Ross	415	305	525	1245	
J. Sensenbaugh	405	305	485	1195	
S. Goff	340	210	415	965	
Novice	D. Schuck	550	400	660	1610
D. Sustin	490	300	430	1220	
B. Alley	430	305	530	1265	
J. Fry	470	360	525	1355	
D. Wallace	400	375	550	1325	
D. Griffin	350	285	430	1065	
Sgt. R. Haywood	300	225	415	940	
S. Herrick	325	240	365	930	
WOMEN					
Open	L. Krages	185	150	300	635
165	B. Wessler - BL	275	200	365	840
Collegiate	S. Tomechko	225	155	225	605
Best Lifter Female Full Meet: Brooke Wessler - 165 lbs.; Best Lifter Full Powerlifting Meet: Brett Helmer - 275 lbs.; Best Lifter Bench Press Tournament: Ralph Young - 220 lbs. 1st Place Bench Team: King's Gym (Ed & Frank King); 2nd Place Bench Team: Sunsalton Fitness; 1st Place Full Power Meet: Pierce Construction Team; 2nd Place Full Power Meet: King's Gym (Ed & Frank King). The 1999 "BATTLE					

OF THE GREAT LAKES III" Full Powerlifting Meet and/or Separate Bench Press Tournament was held at Nordonia High School in Macedonia, Ohio. The meet was a bigger success than last years meet. Over 100 lifters from Ohio, Pennsylvania, Indiana, Kentucky, New York and as far away as Quebec, Canada came to compete in this event. All were barring for the three coveted 47-inch long "Conan the Barbarian Swords". Due to the growing size of our meet we had to go to two platforms and will continue in that fashion for years to come. Fans from every aspect of the lifting realm saw some great lifting. This tournament was exciting and at times hard fought. Each of the lifters sacrificed and trained very hard for this meet. Some attained American Records, and some attained Personal Records. Some won First Place and some finish Second. When all was said and done ... All walked away Champions, giving it their all. Top Lifting honors went to **Brooke Wessler** in the 165 lb. Full Powerlifting Meet, **Big Bad Brett Helmer** in the 275 lb. Full Powerlifting Meet and **Ralph Young** in the 220 lb. Bench Press Tournament. Our Top lifters won an engraved, 47 inch long "Conan the Barbarian Sword and Display Rack. In the Team Race, Pierce Construction, led by Brett Helmer walked away with the Full Power Meet Team Title. Finishing in 2nd Place in the Full Power Meet was King's Gym. King's Gym really flexed their muscle in the bench as they took Top Honors in the Bench Press Tournament. Finishing in 2nd Place in the Bench

Press Tournament was Sunsalton Fitness. I would like to thank some very special people, who without this meet would not have been made possible. First of all Dr. Bench Press himself, Our Head Official, Lifter Dr. Larry Miller. Your help and assistance was invaluable. I greatly appreciate and respect you, thank you. A special Thank you to our judges Joe Fyda, Ben Suslan, Greg Page, Lori Babb and Jason Ross. To Ed and Frank King of "King's Gym"... you guys are a "Class Act". To my wife Stacy, thank you for your patience and support in running this meet. Thank you, Mike Tetz for your support in setting flights and scoring. Every year you donate your help and it is greatly appreciated. You are truly a great friend. Thank you, to my father Glenn Kanaga and his wife Julie for running the ticket counter. Thank you, to my sister Sarah Kanaga for T-shirt sales. Thank you Dan and Lori Verlinger, Together Leather in Northfield, Tom Valenti and Rob Merhar for all your help in getting sponsor! You are incredible! Thank you, Janelle Gravette for your help in scoring the meet. Thank you to Ms. Barb Crysler and Pat Grace for all your help and assistance. To Bob "Bob Dog" Rostler for making Wood Pride in North Royalton, thanks for making our platforms, they were perfect. Thank you Al Siegel and "Siegel Engraving" (1-800-64-TROPHY) for the trophies and plaques ... They were awesome. Thank you to all our sponsors and supporters of this meet, especially the Macedonia, Northfield, and Sagamore Hills Business District.

Thank you to the Nordonia Hills Athletic Boosters Club and Kathy Baraga for running our concession stands and believing in us. Thank you to the Knights Wrestlers for all your help setting up and breaking down. I would like to extend a very special thank you to two important people. First, Kelly "The Lovely Announcer" Toth. You took over the task of being our announcer for the past three years and you've made our meets run very smoothly. I've said it before and I'll say it again, I think the lifters come just to see Kelly and hear her lovely voice. It was a difficult task running a two-platform meet but you made it a success. There are no worries when you are in charge of something! Thank you. And finally I wish to thank the Sgt. Wilder and The United States Army Paratrooper's Unit for providing 12 Class Act spotters/loaders for the day. Theirs was a very hard job! These guys were professionals and sharp in every aspect. They showed up in camo pants and black paratrooper T-shirts. They were quite a sight to see on the platform. Thank you to all my support staff. I am planning on possibly two meets next year. I have talked with Larry Miller about trying a Team USAPL Bench Press Meet. Any USAPL Team may enter provided they are registered. I will award a HUGE Trophy to the top 5 Teams as well as HUGE Individual Medals in respected weight classes. This will be a TEAM ENTRY FEE ONLY! Our Goal is to see who is the best of the best, Team Wise, in the Bench Press. Along with this meet will be "The Battle of the Great Lakes IV" in the winter/

**USAPL Northwest Regional Teen PL
20 MAY 00 - Seattle, WA**

Deadlift	220			
16-17	L. McCraney	400		
181				
P. Melegrito	380	BP	DL	TOT
Bench/Dead				
14-15				
E. Daikoku	165	300	465	
18-19				
T. McKinney	185	355	540	
WOMEN	SQ	BP	DL	TOT
16-17				
132				
C. Tran (BP)	225	110	240	575
198				
R. Rudometkin	290	140	280	710
MEN				
14-15				
D. DeHart	280	145	260	685
F. Merida	205	130	245	610
165				
L. Pendergraft	235	165	275	675
181				
G. Brown	245	195	300	740
198				
J. Schmid	305	180	350	835
16-17				
132				
T. Uomoto	200	175	275	650
148				
K. Herzik	215	190	305	710
165				
J. Kim	275	185	315	775
198				
T. Myers	365	240	420	1025
220				
W. Williams	315	275	450	1040
242				
T. Smith	425	375	500	1300
275				
D. Milliken (BP)	505	425*	525	1455
D. Paine	225	235	375	835

**Beloit Riverfest Bench Press
08 JUL 00 - Beloit, WI**

Exciting music, delicious food, good times spent with good friends - these are the hallmarks of Beloit, Wisconsin's annual RIVERFEST. The festival's annual lineup of over 50 acts bring national headlining favorite, regional crowd-pleasers and local talent to the festival's four stages. This year, located on the beautiful Rock River in newly revitalized scenic Riverside Park, adjacent to the serenity of the lagoon, the calming sounds of water fountains, and the occasional call of the wildlife which inhabit the area, the first RIVERFEST Bench Press Championship meet was held. The platform, situated on an outcropping of land into the lagoon, provided an excellent view for spectators surrounding the area. All lift - offs were conducted by 5 time Masters Bench Press Champion, Mike Sweeney. While some of the lifters were accustomed to the use of bench shirts, all lifters opted to go RAW at this meet. Sixteen year old, Mike Spradling of Belvidere, IL took FIRST PLACE in the 75 kg, teenage 16-17 class, opening with a successful 105 kg. He followed up with a splendid 114 and just missed 119 on his third attempt. Eighteen year old, Dan Finnegan of Beloit, WI took FIRST PLACE in the 125 kg, teenage 18-19 class. Dan opened with a successful 145.5 kg., but failed to advance to 163.5. Forty-nine year old, Terry Turner of Hillpoint, WI took FIRST PLACE in the 100 kg, masters 45-49 class. Opening with a successful 134.5 kg., Terry struggled and missed his second lift of 145.5. Twenty-seven year old, Robert Norman of Beloit, WI took FIRST PLACE in the 90 kg., men's open. Robert opened with an easy 163.5 kg. and smoked 175 with his second attempt. Robert finished with 186 and a title: BEST LIFTER. Beloit RIVERFEST has grown since its birth in 1988, becoming one of the largest music festivals in Wisconsin and one of the state's premiere summer events boasting crowds in excess of 20,000. Adding the Bench Press Championships to its list of activities in 2000, RIVERFEST and its sponsors look forward to seeing this competition grow in the future. Congratulations and thank you to all participating lifter. (Thanks to Craig Hanson, meet director, for the results).

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CPA NORD-EST Canadian BP
29 JUL 00 - Matane, Canada

BENCH	open				
WOMEN	F. Plamondon	375			
114	Sub				
T18-19	F. Plamondon	375			
Open	M. Plourde				
A. M. Allard	DEADLIFT				
120q					
B. Thibault	WOMEN				
4th	132				
132	Junior				
Junior	M. Ghilbault	320			
M. Guilbault	135*	325*			
148	4th				
Junior	MEN				
M. H. Chisholm	165				
175*	Open				
MEN	C. Dallaire	636			
165	M40-44				
M40-44	C. Dallaire	636			
C. Dallaire	181				
M75-79	Open				
G. LaBrecque	J. St. Pierre	450			
310	135q				
181	Open				
Open	S. Ross	490			
J. St. Pierre	Sub				
S. Hebert	S. Ross	490q			
300	220				
198	M45-49				
Sub	R. Gagne	625*			
S. Ross	242				
220	Open				
Junior	J. Francoeur	551			
A. Pelletier	M45-49	430			
300q	F. Plamondon				
M45-49	Sub				
R. Gagne	F. Plamondon	430			
242	S. Santerre	620			

*Denotes world record; q = Quebec records. Best lifter: BP - Jacky St-Pierre; DL - Claude Dallaire. Head Referee - Marcel St-Laurent; side referee - Kim St-Laurent and Marc Rioux; Statistician - Diane Roy. (Results courtesy of Marcel St-Laurent).

USAPL Cornhusker State
16 JUL 00 - Lincoln, NE

BENCH	67.5				
MEN	T.J. Vrba	187			
Junior	Submaster				
110	100				
M. Rathjen	385	J. Probasco	380		
Master 40-49	67.5	R. Krupicka	125		
D. Anderson	275	R. Giesseleman	374		
75	52	Teen			
S. Marshall	260	M. Hafenbrack	148		
110	56	J. Dexter	93		
B. Sindelar	385	J. Owen	181		
Master 50+	75	J. Kempf	325		
D. Goodwin	170	82.5			
90	214	M. Strong	281		
D. Mertes	100	WOMEN			
100	286	Open			
C. Garmong	125	52			
R. Kubat	374	220			
125+	52	R. Breneman	115		
R. Ruffcorn	424	Master			
Open	67.5	S. Hammers	99		
D. Anderson	275	Junior			
75	281	67.5			
R. Worden	260	E. Peterson			
S. Marshall	82.5	POL/FF			
B. Scherer	292	60			
85.2	319	B. Anderson	104		
D. Peplinski	90	67.5			
M. Elbert	363	E. Peterson			
100	407	DEADLIFT			
M. Waszgis	369	Master			
M. Summers	110	R. Erb	529		
110	511	110			
R. Donscheski	451	B. Sindelar	551		
M. Rathjen	385	Open			
POL/FF	60	J. Engel	402		
75	90	M. Little	567		
S. Marshall	260	125+			
B. Scherer	292	B. Busted	666		
90	363	Teen			
M. Elbert	100	52.5			
T. Anderson	501	M. Hafenbrack	330		
D. Young	308	110			
110	310	C. Streblow	501		
C. Nelson	259	WOMEN			
125	Open				
R. Giesseleman	374	60			
125+	308	M. James	308		
T. Lamb	435	Submaster			
Special Olympian	52	L. Spath	181		
	BP	DL	TOT		
Ironman					
MEN - Master	67.5				
M. Lofing	270	424	694		

82.5	S. Stickney	308	440	749	Open	60	M. James	203	93	308	606
110	B. Sindelar	385	551	909	MEN	Master	67.5				
110	M. Coe	292	369	661	67.5	M. Lofing	90	413	270	424	1107
Open	M. James	236	446	683	T. Grindstaff	385	303	413	1102		
WOMEN	R. Worden	281	347	628	H. Huffman	363	259	429	1052		
DEADLIFT	M. Druempel	457	677	1135	100	B. Miller	3352	275	485	1113	
132	R. Ruhs	308	402	710	110	M. Coe	341	292	369	1003	
Junior	Raw				52	B. Sindelar	501	358	551	1410	
M. Guilbault	75				60	J. Engel	275		402	677	
135*	4th				100	J. Himmelrick	501	352	551	1405	
4th	MEN				125+	R. Ruffcorn	518	440	496	1455	
M. H. Chisholm	165				56	M. Hafenbrack	270	148	330	749	
175*	Open				100	S. Huffman	292	248		540	
MEN	C. Dallaire	636			52	S. Fuhs	85	65	107.5	257.5	
165	M40-44				60	T. Schipke	180	75	172.5	427.5	
M40-44	C. Dallaire	636			100	Fischer, Birgit FGV Zahna	528.09	Korte, Sandra	KSV Bochum	488.07	
C. Dallaire	181				125+	Women overall: Sell, Daniela AC Marburg	538.66				
M75-79	Open				125+	Fischer, Birgit FGV Zahna	528.09	Korte, Sandra	KSV Bochum	488.07	
G. LaBrecque	J. St. Pierre	450			56	U. Fischenasy	122.5	65	135	322.5	
310	135q				52	M. Traute	92.5	42.5	110	245	
181	Open				60	P. Kopf	80	52.5	107.5	240	
Open	S. Ross	490			75	J. Kempf	363	214	402	981	
J. St. Pierre	Sub				125+	D. Huffman	292	248		540	
S. Hebert	S. Ross	490q			125+	R. Ruffcorn	518	440	496	1455	
300	220				125+	J. Bolger	600	451	551	1603	
198	M45-49				125+	POL/FF					
Sub	R. Gagne	625*			125+	C. White	463	418	567	1449	
S. Ross	242				125+	J. Bolger	600	451	551	1603	
220	Open				90	Raw					
Junior	J. Francoeur	551			90	I. Sicheneder	363	209	402	975	
A. Pelletier	M45-49	430			90	A. Beil	529	336	545	1410	
M45-49	Sub				90						
R. Gagne	F. Plamondon	430			90						
242	S. Santerre	620			90						

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B. Miller	352	275	485	1113	D. Muller	142.5	70	152.5	365	M. Mette					T. Mainka	315	227.5	300	842.5	
Spec. Oly.	100				-75					-82.5					A. Kwaschny	290	225	312.5	827.5	
R. Bishop	165	148	214	529	D. Sell	205	130	230	565	C. Brauer	300	165	280	745	J. Bretzke	330	200	290	820	
J. Gertin	198	121	209	529	J. Schrievers	175	92.5	172.5	440	A. DiMarco	275	170	262	707.5	M. Schroder	255	220	305	780	
67.5					E. Dogruoz	157.5	82.5	175	415	A. Schulz	255	197.5	255	707.5	U. Rohde	305	187.5	280	772.5	
M. Lofing	413	270	424	1107	B. Schonke	140	85	150	375	S. Leibbecher	267.5	165	240	672.5	W. Nestler	270	205	265	740	
90					A. Peters	125	72.5	135	332.5	M. Marosow	235	170	240	645	T. Imbeck	270	172.5	277.5	720	
K. Daily	231	126	303	661	-90					R. Hampel	250	140	250	640	T. Guhde	295	170	245	710	
110					M. Trum	160	90	155	405	T. Prohl	230	175	235	640	M. Fischer	250	162.5	287.5	700	
J. Boctock	286	154	319	760	+90					M. Schonitz	227	155	235	617	J. Tiedtke	265	180	255	700	
125+					T. Schipke	180	75	172.5	427.5	-90				M. Verhoff	260	162.5	250	672.5		
R. Carper	281	203	303	788	Women overall: Sell, Daniela AC Marburg	538.66				F. Hausburg	280	172.5	315	767.5	C. Ewald					
Teen 14-15					Fischer, Birgit FGV Zahna	528.09	Korte, Sandra	KSV Bochum	488.07	K. Burghardt	275	187.5	275	737.5	-125					
52					M. Ziege	270	185	260	715	M. Ziege	270	185	260	715	J. Herchenhein	360	220	345	925	
M. Hafenbrack	270	148	330	749	S. Rogalski	260	190	260	710	S. Sporl	280	170	250	700	A. Koch	330	210	280	820	
Open					B. Friedrich	250	175	275	700	S. Friedrich	280	175	275	700	J. Lother	300	190	270	760	
S. Huffman	292	248		540	M. Hinz	265	165	240	670	M. Hinz	265	165	240	670	S. Schafer	260	230	260	750	
Teen 16-17					A. Stanik	235	165	250	650	-100					+125					
75					M. Tronke	232.5	147.5	170	550	U. Haase	290	226	275	790	A. Dornier	375	180	310	865	
J. Kempf	363	214	402	981	I. Richter	220	115	190	525	D. Tanpinard	275	192.5	312.5	780	M. Jager	300	180	335	815	
D. Huffman	292	248		540	A. Vogler	155	125	160	440	J. Zamecnik	300	200	270	770	M. Kleidit	300	200	260	760	
R. Ruffcorn	518	440	496	1455	-67.5					O. Knyrim	285	180	295	760	K. Haasler	240	210	270	720	
J. Bolger	600	451	551	1603	K. Rooch	180	177.5	220	577.5	R. Weib	280	190	290	760	Men Overall: Herchenhein, Jorg Power gym					
POL/FF					M. Riesch	227.5	100	235	562.5	D. Schumann	177.5	115	192.5	485	Wiesbaden 330.11, Brauer, Christian Kropeliner,					
C. White	463	418	567	1449	F. Bock	202.5	145	210	557.5	M. Jager	300	200	260	760	SV 502.80, Mainka, Torsten ACLauchhammer					
J. Bolger	600	451	551	1603	D. Schumann	177.5	115	192.5	485	R. Weib	280	190	290	760	495.81. (Thanks to Thomas Klose for the results).					
Raw					R. Schreiber	130	55	150	335	A. Fenzl	285	152.5	302.5	740						
I. Sicheneder	363	209	402	975	-67.5					A. Walter	262.5	187.5	250	700						
					A. Beil	529	336	545	1410	B. Hoidn	262.5	165	255	682.5						

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Big Bench Shootout II 13 MAY 00 - Keene, NH

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165	Formula
J. Stabile	380 S. Decato
R. Longdin	355 S. Swiderski
P. Soto	310 D.J. Larose
H. Decato	275 J. Stabile
181	J. Romano
B. Masello (BL)	475 C. Brien
B. Samson	360 S. Casey
C. Brien	340 F. Engel Jr.
C. Kanavas	300 Master 40-44
198	K. Mattson
K. Mattson	420 P. Thomsen
G. Sotirakos	415 Master 45-49
F. Engel Jr.	300 D. Jarvis Sr.
220	Master 50-54
S. Decato (BL)	480 R. Beaulieu
P. Thomsen	350 Master 55-59
242	P. Soto
S. Van Brunt	450 Novice
J. Romano	445 P. Thomsen
R. Boise	365 R. Fitzgerald
275	WOMEN
D.J. Larose	325 Open
308	114
K. Schofield	420 J. Shand (BL)
SHW	123
H. Magoon	325 P. Juvo
Teen 18-19	165
165	W. Wolfe
H. Decato	275 Submaster 33-39
198	165
K. Fisk	245 W. Wolfe

Highlights were James Stabile's 380 at 163 bodyweight. Bob Masello won the 181 class and Best Light Lifter doing 475 at 175. Bob will nail 500 soon. Ken Mattson dropped to 198 and still managed 420 to win the open and masters. Ken is 43 and is from Foxboro, MA. At 220, Shane Decato made 480 look easy. He easily won the open and Jr. 20-23 divisions. Shane has a big future. He also squats over 700 and deadlifts well over 600 lbs. Shane was also the Heavyweight Best Lifter. Master lifter, Peter Soto weighed 161 at 55 years old. He put 310 up and took third in the men's 165 class and won Best Lifter in the Men's Masters. Roland Beaulieu weighed 218 and got his first 300 bench at 54 years old and this after only a few weeks of rehab after a knee operation. Meet director - Louie LaPoint; Table - Bill Duran; Head Judge - Joe Romano; Side Judges - Joe Carrigan, Jim Suppy; Spotters and Loaders - Joe Coppo, Lionel Fisk. (Thanks to Louie LaPoint for providing the results).

USPF 2000 WV State BP 07 MAY 00 - Parkersburg, WV

WOMEN	
132	65-69
20-23	D. Robbins
J. Robertson	181* Open
MEN	
148	B. Samples
Open	Region IV
F. Lupis	D. Lass
Submaster	330 Region IV Submaster
D. Jarvis	181 M. Tonkovich
45-49	50-54
F. Lupis	330* 1
165	220
Open	M. Hartzell
J. Rinker	385 Submaster
K. Samples	225 J. Henry
Submaster	385* A. Pauley
J. Rinker	385* 1
55-59	242
K. Samples	225 Open Law Enforcement
60-64	C. Phillips
R. Cseh	231 Submaster Law Enforce.
20-23	J. Bailes
M. MiCase	319 275
181	Open
18-19	J. Watson
R. McMellan	402* Submaster
Open	J. Watson
D. Robbins	518* 1 Law Enforcement
Submaster	308 R. Retenwald
L. Ramsey	330 308
	20-23
	K. Kappas

* denotes WV state record; 1 denotes American Record. The WV State Bench Championships was held at Parkersburg South High School auditorium. The meet was highlighted by eight WV state records and two American records. The American Records were set by 148 lb. Frank Lupis of Martinsburg, WV in the 45-49 age group. Frank benched 330 lbs. The 181 lb. American open record was broken by bluefield, WV lifter Donald Robbins. Donald made 518 lbs. on his second attempt and barely missed 534 on his third attempt. Donald reported he is going after 600 lbs. and perhaps he will do 3 times bodyweight. Jennifer Robertson set a WV State Junior Record in the 132 lb. class with a 181 lb. bench. James Rinker made a comeback in the 165 class by winning the

open and setting a new submaster state record with a 385. Dan Lass also returned to the platform after a long layoff. He made an easy 435 at a 183 lb. bodyweight and won the Region IV division. John Watson set a new submaster record in the 275 lb. class with a 429 bench. John also won the open division. Chris Phillips and Anthony Pauley set Law Enforcement records with Anthony going 402 in the 242s and Chris benching 374 at 220. I would like to thank Rich Deem of Parkersburg South for making the school available. Referees were Roger Kyle, Bill Kyle, David Kyle, Lori Jeffrey, Mary Jeffrey, John Messenger, Ken Woodruff, and Rick Yates. (Thanks to Dave Jeffrey for the meet results).

Body Factory Challenge 12 AUG 00 - Pen Argyl, PA

BENCH	
Light Division	S. Lewis
K. Stefanan	115 B. Aulisio
Middle Wt. Division	J. Suallina
J. Mazza	400 P. Bowby
4th	415 M. Pascoe
B. Kaiser	325 J. Mink
R. Hluyard	330 J. Border
B. Moran	260 B. Smith
D. Polak	300 R. D'Antonio
Power Meet	SQ BP DL TOT

WOMEN				
T. Falcone	280	155	370	805
R. L. Fiore	165	115	230	510
MEN				
M. Curley	370	270	450	1090
165				
S. Larrisey	500	265	475	1240
J. Martin	355	250	400	1005
T. Yohey	375	200	400	975
181				
C. Colondrillo	350	300	505	1155
198				
B. Rundle	500	295	530	1325
C. Bentzoni	405	365	470	1240
R. Ciaciak	375	310	520	1205
B. Klink	450	280	450	1180
T. Nichols	385	285	500	1170
R. Zavacky	335	280	405	1020
D. Rundle	355	195	400	950
220				
K. Brown	315	230	360	905
242				
J. Parrish	575	400	625	1600
R. Duff	380	275	390	1045
275				
B. Agliano	530	315	500	1345
SHW				
C. Riedy	675	425	540	1640
J. Grove	385	270	425	1080
(Thanks to Jim Parrish for providing these results).				

ISA 2nd annula Limestone Classic 01 JUL 00 - Bedford, IN

BENCH		
B. Wall	290	
40-44		
B. Kramer	300*	
242		
Open		
T. White	425	
45-49		
M. Murphy	475	
T. Blacketer	460	
K. Hutchinson	450	
240		
Open		
J. Dilbert	460	
J. Lowder	425	
45-49		
J. Helsley	350*	
BP DL TOT		
260	300	560*
380	680	1060*
240	400	640
430	430	
425	630	1055*
460	560	1020*

Fourth Attempts
45-49
242
T. Blacketer 480*
Open
198
M. Phillips 700*
275
J. Lowder 655*
(Thanks to Mark Phillips for providing the results).

Pendleton's Powerman 2000 26 JUL 00 - Pendleton, IN

Open	
132	SQ BP DL TOT
Cobbs	240 245 385 870
148	
Hazzard	315 250 405 970
Warren	270 205 365 840
Suggs	215 275 490
165	
Keith	295 265 390 950
Grienez	295 235 380 910
VanDuyv	270 205 385 880
Heavum	185 335 670
181	
Page	405 315 445 1165
Palmer	405 205 455 1065

USPF Summer Blast 15 JUL 00 - Concord, NH

Juniors	
SQ BP DL TOT	
C. Carlson	375 285 245 905
C. Overlock	300 250 420 970
Sub-Masters	
J. Bourque	415 315 495 1225
F. Paulitz	440 330 565 1335
T. Gove	465 330 485 1280
Masters	
P. Bennett	385 180 400 965
R. Renshaw	425 310 440 1175
165	
C. Carlson	375 285 245 905
181	
R. Fowler	475 300 555* 1330
J. Miller	300 275 350 925
198	
T. Enquist (BL)	630* 370 560 1560*
A. Welch	475 315 500 1290
J. Bourque	415 315 495 1225
R. Renshaw	425 310 440 1175
R. Lemieux	380 285 440 1105
J. Gilbert	
220	
D. Upshaw	525 425 550 1500
C. Overlock	300 250 420 970
P. Bennett	385 180 400 965

* Denotes state record; BL denotes best lifter. Meet director: Jamie Fellows. Score keepers: Paul Mancini, Rodney Roy. The iron pile was ablaze with adrenaline and anticipation this weekend during the full power meet at the New Hampshire State Prison, and the competition left the lifters in awe of one man. Pete Bennett, 62 years old totaled 965 lbs: 385 squat, 180 bench press, and a 400 deadlift, making him the first place master and a third place in the 220 open. Not bad, for what he characterized as a bad day. Keep up the good work Pete, you give us youngsters a good view of our Golden Years. For the most part the meet progressed without a hitch: Four guys DQed and had to take the benches on the sidelines, while the rest of us competitors moved the weight, but they nonetheless cheered us on. Next time, guys, always remember to open with a lift you know you can get for at least four reps. This strategy allows you to meet the first hurdle and compete in the competition. Carl Carlson, the only 165 lb. class competitor did a nice 375 squat but hurt his back in the process. He went on to make a 285 bench - his personal best - and his back only allowed him a 245 deadlift registering a 905 total, first place in the juniors, and first place for the 165 open. The 181s class had only two lifters, but Ray "Hollywood" Fowler broke a state record with a 555 deadlift, followed his record lift with a 300 bench, a 475 squat, totaled 1330, and won first place. The 198 class was packed with eight lifters (three DQed) and five proceeded. Tom "Tree Trunks" Enquist opened with an easy 630 squat and broke the state record by a 70 pound jump. He passed on his third squat, made a 370 bench, a 560 deadlift, and totaled 1560. His performance earned him a second state record, first place and best lifter status. Second place went to Tony Welch who delivered a 475 squat, 315 bench, and a 500 deadlift earning him a personal best of 1290. John Bougue took third place with a 415 squat, 315 bench, and a 495 deadlift. He totaled 1225 and won the first place as a submaster. The 220 class consisted of four lifters. One competitor DQed. The action, however, was on Derek Upshaw - at a ripped 218 he delivered the goods - with an easy 525 squat, 425 bench, and 550 deadlift. Totalling 1500 he won first place. Carl Overlock won second place with the following lifts: 300 squat, 250 bench, and a 420 deadlift for a 970 total, which also earned him second place as a junior. Pete Bennett had a little trouble with his opening squat but nailed his third attempt. Indeed, 385 gives 20 year old's trouble on good days, but this 62 year old athlete is an example of excellence who delivered a remarkable display of strength. The 242 class had only two lifters. Fred Paulitz took first place with a 440 squat, 330 bench, and a 565 deadlift for a 1335 total - all personal bests. He also earned second place as a submaster. Second place went to Thomas Gove who made a 465 squat, a 330 bench, and 485 deadlift. The 1280 total for a first-time competitor is encouraging, please come again. Special thanks to Rodney Roy, Director of the NH State Prison Rec. Dept, as well as Paul Mancini for score keeping. Having spotted and loaded for an entire power meet myself, I know what a trying and thankless job that is, so big respect and thanks go out to Jason "The Hulk" Carrol, Charles Drans, Al Eason, Kurt Costello, and Kyle Decoff. You all did a great job and secured the safety of the competitors. Finally, we all thank Meet Director Jamie Fellows, David Fellansbee, and Paul "the stump" Walsh for a great job judging the meet. (from Jamie Fellows and Rodney Roy)

USAPL East Coast Deadlift
27 AUG 00 - Newburgh, NY

Special Olympics	
181	R. Batista
D. DeCamp	310 R. Jeffords
Women	
181	C. Slough
E. Brown	265 L. Faniel
181	NJ Guest
50-54	40-44
B. Todd	380 M. Tiano
198	380 PF-Mil
45-49	F. Harris
J. Reardon	485 F. Panaro
50-54	Novice/Sub
R. Jeffords	350 M. Brown
Open	Master
148	45-49
D. Corsi	485 F. Panaro
C. McGrail	455 J. Dusenbury
181	275
D. Picard	565 18-19
Submaster	J. Furnell
D. Picard	565 SHW
198	Novice
C. Slough	610 T. Graham

(thanks to the USAPL for providing these results).

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**Son Light Power Open PL/BP
23 SEP 00 - Tuscola, IL**

BENCH	220	240	260	280	300	TOT
open women	Gary Catron	360*				
123	police & fire					
Karen Gordon	170*	220				
master men 40-44	Greg Foster	490*				
220	open men					
Greg Foster	490*	198				
master men 50-54	Ed Temm	325				
Powerlifting	SQ	BP	DL	TOT		
submaster women						
123						
Susan Decker	205*	110*	260*	575*		
132						
Susie Blackwell	125*	115*	225*	465*		
master women 45-49						
148						
Barb Blackwell	135*	95*	230*	460*		
master women 50-54						
123						
Donna Catron	170*	135*	200*	505*		
submaster men						
242						
Ron Harlow	600*	405*	675*	1680*		
275						
Brad Saunders	575*	415*	550*	1540*		
4th		430*		1555*		
master men 45-49						
220						
Dan Hale	465*	260*	400*	1125*		
master men 50-54						
220						
Larry Weiss	535*	315	545*	1395*		
220						
Gary Catron	510	360*	480	1350		
master men 55-59						
198						
Dave Lawrence	610*	315*	540*	1465*		
181						
Steven Gawlik	565*	335*	540*	1440*		
open men						
181						
Steven Gawlik	565*	335*	540*	1440*		
198						
Dave Lawrence	610*	315	540*	1465		
220						
Jeff Archer	425	355	465	1245		
4th				1255		
275						
Richard Auxer	635*	425*	675*	1735*		
275						
Scott Kellerhals	525	405	520	1450		



Best Lifters at the Son Light Power Open Nationals were (left to right) Richard Auxer - Men's Overall, Susan Decker - Women, Greg Foster - Bench Press. (photograph provided courtesy of Darrell Latch)

The first annual Son Light Power Open National Powerlifting/Bench Press Championships were held September 23, 2000 at Son Light Power Gym in Tuscola, Illinois. We had a good turnout of lifters, plenty of help loading and spotting, and some very good judging to make the contest run smoothly. Everyone seemed to have a great time, as we enjoyed some great lifting with numerous personal and national records being set. In the full power division, Susan Decker won her first national title with some great lifting in the submaster women's division. Lifting in the 123 lb. class and weighing in at 116, Susan finished with a 205 squat, a 110 bench and a 260 deadlift for a 575 total. Susan actually locked out with 300 on her final attempt, but was called for hitching by both side judges. Tough break, but still a great day of lifting, with all new national records, which also earned Susan best lifter honors among the women. Our other submaster lifter was Susie Blackwell, who took the 132 lb. class. Susie seemed to struggle throughout the day, settling with her opener squat of 125, getting a 115 bench, but pulling a strong 225 deadlift to total 465. Susie's lifts were also new

national marks at 132. Susie's mother-in-law, Barb Blackwell, also won her first national title, lifting in the master women 45-49 division of the 148 lb. class. Barb got new prs in the squat (135), deadlift (230) and total (460), while settling with 95 in the bench. Barb's lifts were all new national records at 148. A real surprise was fifty-three year old Donna Catron, who just began competing within the last six months. Weighing in at just 123, Donna attacked the squats, getting all three of her attempts to finish with 170. Strong in the bench, she nailed 135, just missing a pr 145 for her final attempt. Never having pulled more than 135, Donna pulled a personal best 200 for a great 505 total! Another title for Iron House Gym, together with all new national records again! (All three of the last lifters, Susie, Barb and Donna train at Iron House in Hoopston, Illinois). In the submaster men's division Ron Harlow captured his first national title with a big 1680 total at 242. Know Ron was a little disappointed with his performance, and Ron is indeed capable of an 1800 total, but it was his first competition, and we all know that can go still. Ron had a great day, squatting 600, with a near miss at 650, benching 405 and pulling a strong 675 deadlift. A final attempt with 700 in the deadlift stalled halfway up. All new records for Ron! Our second submaster competitor was Brad Saunders, a dairy farmer from Wisconsin. Brad had a great day, squatting 575, benching 415 (with a fourth at 430), and a 550 pull for a 1555 total. These were all new personal marks for Brad, as well as new SLP national records at 275. In the master men's 45-49 division, Iowa's own Dan Hale took the 220 lb. class in style. Dan started by nailing all three of his squats, finishing with 465. In the bench Dan got 260, to go with his 400 deadlift, for a 1125 total. With god form in all his lifts, Dan walked away with his first national title and four national records to his credit. At master 50-54, Larry Weiss won at 220 over Iron House co-owner, Gary Catron. Larry had his best day of lifting in fifteen years, as he went 535-315-545-1395 for the title. All of Larry's lifts were national records except the bench, which Gary took with 360. Gary finished with a 510 pr squat and a 480 deadlift for a 1350 total and second place. This was Gary's first national competition, so you better watch out for him next year, Larry! At 55-59 was the master's master, Dave Lawrence. Also from Iowa, Dave has numerous titles to his credit, and it certainly showed in his lifting. Weighing in at 191, Dave went eight for nine, missing only his final lift of the day by failing to lockout his 560 deadlift. The strongest squatter, pound for pound, Dave finished with a great 610! A 315 bench and a 540 deadlift gave Dave a 1465 total with all new records at 198. Dave also took the open 198 class, setting new open records in the squat and deadlift. Another double-winner was Steven Gawlik, who won at 181 in both the police & fire and open divisions. Steven had his greatest day of lifting ever, with all new personal and national records in both divisions! At a 181 bwt. Steven squatted 565, benched 335 and pulled 540 for a great 1440 total! Great job, Steven! Jeff Archer won his first national title in the open 220 class. It's great to see someone like Jeff improve so much since his first competition a little over a year ago. With all new personal records, Jeff went ten for ten, starting with a 425 squat. A great 355 bench was next, followed by a 465, then a strong 475 fourth attempt deadlift, for a 1255 total. Congratulations Jeff, you deserved it! Up next was one of the nicest guys in the sport, Richard Auxer. How he got out of the house is anyone's guess, but we're glad he did! Richard set all new national records, captured the title at 275 open, and earned the best lifter award for the men's division. Richard finished with a personal best 635 squat, followed that with an easy 425 bench, then pulled an easier 675

deadlift for a 1735 total. Richard's only miss was his final attempt deadlift with a personal best 710. Great having you here, Richard! Second place at 275 went to Scott Kellerhals. Scott got a pr squat with 525, a strong 405 bench, and a 520 pull for a 1450 total. In the bench press competition first up was another little dynamo, Karen Gordon, all 116 lbs. of her. But don't let her size fool you, for Karen nailed a 170 bench to take the open women's 123 lb. class with another new national record. Greg Foster, undoubtedly one of the strongest natural benchers at 220, finished with 490 for the win at master 40-44, 220 and the police & fire 220 classes. Greg came so close with 500, and will probably get that weight and more at the AAFP Worlds in Las Vegas next month. Both were nationals SLP records and at a 210 bwt. earned Greg best lifter honors for the bench competition. Gary Catron took the master 50-54 220s with his national mark of 360. Gary even came close with a pr 380 final attempt. Ed Teran, also from Iron House Gym, finished the day with his best ever 335 for the win at 181 open. Ed had missed 325 on his second attempt, but then came back to get it on his third, before nailing 335 on his fourth attempt! Thanks to Linda Middleton and Leslie Dodd (both multi-national & world powerlifting champions) for doing an excellent job judging, and to my sons Joey and D.C. for loading and spotting. Thanks to everyone else who helped in any way, also. See you all next year! (Thanks to Dr. Darrell Latch for providing these meet results).

**Mid Atlantic Bench Press
19 AUG 00 - Stanardsville, VA**

BENCH	220	240	260	280	300	TOT
148	Ryan McMillian	415				
Open	40-49					
Frank Lupis	315	Al Statman	315			
13-19	50-59					
Josh Brothers	180	Warren Brothers	255			
20-23	242					
B.J. O'Brien	250	20-23				
181	Ben Bowman	330				
Open	40-49					
Scott Gay	300	Marvin Durrette	440			
13-19	50-59					
Steve Payne	235	Jerry Pool	310			
50-59	275					
Oscar Rickman	260	35-39				
198	David Wood	390				
Open	Female					
Craig Palmer	450	165				
13-19	Bonnie Graube	150				
(Thanks to John Shifflett for providing the result).						

**Get Fit Health Club, Inc. BP/DL
13 MAY 00 - Beaver Dam, WI**

BENCH	220	240	260	280	300	TOT
MEN	J. Housel	315				
Teen 14-19	J. Christian	245				
Heavyweight	Champion					
166-181	E. O'Brick	270	K. Wannabo	425		
200	2ND Place					
199-220	T. Rozinski	400				
D. Miller	300	WOMEN				
B. Bradley	250	Lightweight				
221-242	149-165					
J. Achterberg	340	M. Cigelske	110			
199-220	250	Heavyweight				
K. Reese	360	149-165				
221-242	B. Bradley	470				
T. Rozinski	400	D. Miller	390			
243-275	Age 20-34					
K. Wannabo	425	182-198				
199-220	M. Amobia	455				
149-165	S. Coogan	540				
J. Housel	315	221-242				
J. Christian	245	T. Rozinski	610			
Age 35+	166-181					
A. McCredie	310	J. Christian	330			
300	166-181					
J. Raether	285	B. Goldsmith	450			
B. Goldsmith	270	182-198				
182-198	D. Dixon	450				
D. Dixon	290	D. D. Marcelle	400			
M. Disch	260	199-220				
D. Rabe	225	S. Coogan	540			
221-242	221-242					
R. Vivier	385	R. Vivier	575			
243-275	M. Glomski	565				
276+	B. Sutton	525				
300	B. Sutton	525				
Lightweight	Champion					
T. Rozinski	610					
(Thanks to Marie Cigelske for these meet results).						

**1st USS Escanaba Memorial PL/BP
12 AUG 00 - Grand Haven, MI**

BENCH	220	240	260	280	300	TOT
MEN	Master 45-49					
Open	M. Plummer	281				
148	220					
M. Evans	341*	J. Elsworth	374			
181	Master 55-59					
J. McDermutt	352	220				
220	R. Hemmenway	325*				
D. Richard	424	242				
S. Imkamp	275	M. Marsh	391*			
275	Master 60-64					
E. Palmer	407	181				
SHW	J. McDermutt	352*				
J. Harrison	424	Police				
Teen 14-15	SHW					
148	J. Harrison	424				
J. Kuzyk	192*	WOMEN				
Teen 16-17	Open					
198	198					
D. Schmitz	325*	J. Arvin	325*			
Powerlifting	SQ	BP	DL	TOT		
MEN						
Open						
165	507	281	507	1295		
A. Vigil	203	99	209	512		
B. Creech	181					
C. Huey	440	352	451	1245		
198						
S. Kuderick	573	385	551	1510		
J. Campbell	523	319	551	1394		
J. Jester	485	325	485	1295		
220						
M. Szudarek	55	55	622	733		
242						
D. Fortin	771	435	661	1868		
J. Simonovich	639	347	600	1587		
275						
A. Beach	628	507	600	1736		
D. Vontom	573	374	501	1449		
J. Harbourne	474	352	402	1229		
308						
R. Johnson	688	501	589	1780		
P. Sazy	661	501	600	1763		
Teen 14-15	661	501	600	1763		
165						
T. Jones	352*	176*	330*	859*		
Teen 16-17	198					
D. Schmitz	402*	325*	413*	1140*		
Junior 20-23	275					
C. Horton	551	391	600	1543		
Submaster 33-39	181					
J. Mumaw	501	275	540	1317		
242						
D. Fortin	771*	435	661*	1868*		
308						
R. Johnson	688*	501	589	1780		
Master 40-44						
198						
D. Anderson	507	286	507	1300		
242						
J. Simonovich	639*	347	600	1587		
SHW	165*	396*	429*	992*		
K. Luczkowski	Master 45-49					
181						
G. McMillian	474*	292	507	1273*		
C. Huey	440	352*	451	1245		
198						
M. Plummer	474*	281	523*	1275*		
Master 65-69						

USAPL Missouri State (kg)
8 APR 00 - St. Louis, MO

Weight Class	Division	Name	232.5	175	242.5	650		
Women Open	165	B. Schmidt	227.5	127.5	237.5	592.5		
		J. Springmeyer	227.5	137.5	192.5	557.5		
		K. Ruble	282.5	147.5	302.5	732.5		
		S. McKelvey	245	170	192.5	607.5		
		J. McGee	222.5	152.5	230	605		
		S. Mangin	282.5					
		J. Pledger	310	195	275	780		
		R. Schulz	137.5					
		J. Scalziti	117.5					
		R. Schmitt	175	122.5	230	527.5		
		A. Dicandia	140					
		R. Fitzgerald	275					
		J. Kruszynski	282.5	147.5	302.5	732.5		
		B. Zickelbach	170					
		Women Teenage	165	A. Kisrow	185	117.5	215	235
S. Caldwell	162.5							
W. Cooper	200			122.5	212.5	535		
J. Scalziti	192.5			117.5	235	545		
R. Schulz	222.5			152.5	230	605		
J. McGee	192.5			147.5	220	560		
S. Mangin	282.5							
J. Pledger	310			195	275	780		
R. Schulz	137.5							
J. Scalziti	117.5							
R. Schmitt	175			122.5	230	527.5		
A. Dicandia	140							
R. Fitzgerald	275							
J. Kruszynski	282.5			147.5	302.5	732.5		
Men Open	114			B. Zickelbach	170			
		A. Kisrow	185	117.5	215	235		
		S. Caldwell	162.5					
		W. Cooper	200	122.5	212.5	535		
		J. Scalziti	192.5	117.5	235	545		
		R. Schulz	222.5	152.5	230	605		
		J. McGee	192.5	147.5	220	560		
		S. Mangin	282.5					
		J. Pledger	310	195	275	780		
		R. Schulz	137.5					
		J. Scalziti	117.5					
		R. Schmitt	175	122.5	230	527.5		
		A. Dicandia	140					
		R. Fitzgerald	275					
		J. Kruszynski	282.5	147.5	302.5	732.5		
Men Teenage	114	B. Zickelbach	170					
		A. Kisrow	185	117.5	215	235		
		S. Caldwell	162.5					
		W. Cooper	200	122.5	212.5	535		
		J. Scalziti	192.5	117.5	235	545		
		R. Schulz	222.5	152.5	230	605		
		J. McGee	192.5	147.5	220	560		
		S. Mangin	282.5					
		J. Pledger	310	195	275	780		
		R. Schulz	137.5					
		J. Scalziti	117.5					
		R. Schmitt	175	122.5	230	527.5		
		A. Dicandia	140					
		R. Fitzgerald	275					
		J. Kruszynski	282.5	147.5	302.5	732.5		
Men Masters	148	B. Zickelbach	170					
		A. Kisrow	185	117.5	215	235		
		S. Caldwell	162.5					
		W. Cooper	200	122.5	212.5	535		
		J. Scalziti	192.5	117.5	235	545		
		R. Schulz	222.5	152.5	230	605		
		J. McGee	192.5	147.5	220	560		
		S. Mangin	282.5					
		J. Pledger	310	195	275	780		
		R. Schulz	137.5					
		J. Scalziti	117.5					
		R. Schmitt	175	122.5	230	527.5		
		A. Dicandia	140					
		R. Fitzgerald	275					
		J. Kruszynski	282.5	147.5	302.5	732.5		
Women Bench Press	125	B. Schmidt	227.5	127.5	237.5	592.5		
		J. Springmeyer	227.5	137.5	192.5	557.5		
		K. Ruble	282.5	147.5	302.5	732.5		
		S. McKelvey	245	170	192.5	607.5		
		J. McGee	222.5	152.5	230	605		
		S. Mangin	282.5					
		J. Pledger	310	195	275	780		
		R. Schulz	137.5					
		J. Scalziti	117.5					
		R. Schmitt	175	122.5	230	527.5		
		A. Dicandia	140					
		R. Fitzgerald	275					
		J. Kruszynski	282.5	147.5	302.5	732.5		
		Women Masters	148	B. Schmidt	227.5	127.5	237.5	592.5
				J. Springmeyer	227.5	137.5	192.5	557.5
K. Ruble	282.5			147.5	302.5	732.5		
S. McKelvey	245			170	192.5	607.5		
J. McGee	222.5			152.5	230	605		
S. Mangin	282.5							
J. Pledger	310			195	275	780		
R. Schulz	137.5							
J. Scalziti	117.5							
R. Schmitt	175			122.5	230	527.5		
A. Dicandia	140							
R. Fitzgerald	275							
J. Kruszynski	282.5			147.5	302.5	732.5		
Women Teenage	165			B. Schmidt	227.5	127.5	237.5	592.5
				J. Springmeyer	227.5	137.5	192.5	557.5
		K. Ruble	282.5	147.5	302.5	732.5		
		S. McKelvey	245	170	192.5	607.5		
		J. McGee	222.5	152.5	230	605		
		S. Mangin	282.5					
		J. Pledger	310	195	275	780		
		R. Schulz	137.5					
		J. Scalziti	117.5					
		R. Schmitt	175	122.5	230	527.5		
		A. Dicandia	140					
		R. Fitzgerald	275					
		J. Kruszynski	282.5	147.5	302.5	732.5		
		Men Open	114	B. Schmidt	227.5	127.5	237.5	592.5
				J. Springmeyer	227.5	137.5	192.5	557.5
K. Ruble	282.5			147.5	302.5	732.5		
S. McKelvey	245			170	192.5	607.5		
J. McGee	222.5			152.5	230	605		
S. Mangin	282.5							
J. Pledger	310			195	275	780		
R. Schulz	137.5							
J. Scalziti	117.5							
R. Schmitt	175			122.5	230	527.5		
A. Dicandia	140							
R. Fitzgerald	275							
J. Kruszynski	282.5			147.5	302.5	732.5		
Men Teenage	165			B. Schmidt	227.5	127.5	237.5	592.5
				J. Springmeyer	227.5	137.5	192.5	557.5
		K. Ruble	282.5	147.5	302.5	732.5		
		S. McKelvey	245	170	192.5	607.5		
		J. McGee	222.5	152.5	230	605		
		S. Mangin	282.5					
		J. Pledger	310	195	275	780		
		R. Schulz	137.5					
		J. Scalziti	117.5					
		R. Schmitt	175	122.5	230	527.5		
		A. Dicandia	140					
		R. Fitzgerald	275					
		J. Kruszynski	282.5	147.5	302.5	732.5		
		Men Masters	148	B. Schmidt	227.5	127.5	237.5	592.5
				J. Springmeyer	227.5	137.5	192.5	557.5
K. Ruble	282.5			147.5	302.5	732.5		
S. McKelvey	245			170	192.5	607.5		
J. McGee	222.5			152.5	230	605		
S. Mangin	282.5							
J. Pledger	310			195	275	780		
R. Schulz	137.5							
J. Scalziti	117.5							
R. Schmitt	175			122.5	230	527.5		
A. Dicandia	140							
R. Fitzgerald	275							
J. Kruszynski	282.5			147.5	302.5	732.5		

correctly, this was a record set by Ron Serra, established quite a while ago. Going into the meet, it appeared the best lifter in the Ozark division was going to be between Kenny Garrett & Rodney Lawary. Kenny uncharacteristically stumbled and it opened up the door for Lawary. Lindsay Sample captured his 10th state title by winning the 220 lb. class. The nearest lifters to him have just 6 titles (they are: brother Leonard Sample, who retired due to health reasons; George Krockenberger; Vae Mafull & Pat Rankin). Rumor has it that he may consider retiring though, possibly due to some bothersome hip trouble. He was part of the usual army of lifters that hail from southeastern Missouri. Aside from lifting, he spends time hunting & fishing. He's not only a record setting powerlifter, but a record setting fisherman as well. Lindsay recently caught a catfish that weighed a massive 85 lbs. and was 52" long! You'd almost have to be a lifter to pull this one in! It was caught in Illinois, just across the river from Cape Girardeau, Mo; and was an Illinois state record for the biggest catfish ever caught! Other teams well represented were the WalleyWorld Bench team, headed up by Wally Strosnider; S & M Fitness of Harrisburg, IL, an all female team of mostly teenage girls coached by Mark & Sue Molsinger; The Ultimate Gym, Health Quarters in Hazelwood; The Granite City YMCA; The Belleville Weightlifting Club; The Firm; Western Illinois University & The Gym. I'm sure I've missed some, and apologize in advance, but it's hard to recap everything when you actually lifted in the meet. I was pleased to see the turnout of lady lifters. Overall we had 16; hopefully this trend will continue as it makes things more competitive for the girls that enter. We also had lifters from several different areas come to lift. They include Chicago, Indiana, Mississippi, South Dakota, Oklahoma, New York, and several parts of Missouri & Illinois. The meet also had it's share of national refs on hand. Thanks to Judy & Roger Gedney for making to trip from Macomb. Thanks also to Freddie Higgins for also coming down from Illinois. Jim Rouse, who's claimed as one of ours even though he's from up in Illinois, was also on hand running a tight platform. Sam & Judy Greco also put in a day at the meet judging and helping out where needed. Big Jeff Lewis, the Missouri USAPL's only 600 lb. bench was also on hand. King Louie was helping Joe Scalziti (formerly of St. Louis) who made the trip from Chicago. The meet's most enthusiastic parent award would have to go to the mother of Sophia Hobson, of Harrisburg, IL. She was so happy for her daughter that she was bouncing up and down as Sophia accepted her award. In my eyes, that's the kind of stuff that makes this fun. I heard a few people mention they might decide to back away for a while or that this may be their last meet. Good luck trying to quit, because once you're in this sport it's really hard to quit. Just ask 4 time state champ Chad Holmes. Chad was looking as big as ever, has long hair and has been training for Pro Wrestling; but indicated he might return for the Cape meet. Old powerlifters never quit, they just take a layoff, get healthy and get hungry again. Irv Obermark indicated he was qualifying for the National Masters held later this year, and that he might call it quits for a bit. He also said a couple of things that hit home with this author. The first being, that he would consider getting a little bit involved with the judging end of powerlifting. This is a good thing and certainly what we need. The other was that he trains a young lifter at his gym who may enter a meet some time. Folks, if our sport is going to continue to grow in our area, we all need to do more of this. Latch onto a young guy or two, and give them some encouragement. Sam Greco is a good example. He trains a handful of wrestlers & football players. Or if you're really ambitious, as is the case of Mark and Sue Molsinger, try training 30 or 40 teenagers for this. The point is, most of us have something to offer the younger crowd. Certainly powerlifting isn't the most convenient or common sports for kids, but there are worse activities for them to get into. Just open a newspaper or watch the 5 o'clock news and you'll see. And besides these younger lifters are a lot of fun. Where else can you sound off like Burgess Meredith, who played Mickey, in the Rocky flicks, and not get taken away in a coat with extra long sleeves... "You need a manager, kid!!!! You can't buy what I got to give ya! I've waited 50 years to make a champion, and you're it kid!" Ok, so I've had too much coffee this morning, but you get the idea. Along these same lines, James Bell has been doing this for years. Jim was this year's Leroy Marsh award winner, who I first met in 1986 at the Ozark meet in Bridgeton. Even though I didn't have the greatest total, he said "Hey, you should go to this meet next month." Since then, you folks have become this author's best and dearest friends that I look forward to seeing a few times a year. Jim not only works with the lifting kids at St. John the Baptist, but he also has coached girls softball for years. All of this, and carefully maintaining a tricky balancing act at home with the family. Getting back to Pat Rankin, this guy seems to have had moment of clarity, and a major spiritual awakening. He has formed a group called Athletes Against Steroids after seeing many training partners fall by

the wayside due to the dark side of the force. Pat's target audience is the guys that have not yet decided to use strength enhancing drugs; and his goal is to show them that they too can get strong without using, as long as they are patient. Well that about wraps it up for another state meet. Thanks again to the Cissell family for giving us wonderful outings each year to lift in. If it were averaged out, a meet director probably makes about .25 cents per hour on running meets. Anyone who doesn't think so, should try it, or at least take a step closer and inspect a little deeper. It takes months to plan a meet, and even when it's over at 5pm that day, we all go home, but the meet director still has more work to do. Mike, Sue & Steve do an outstanding job carrying the load for all of us. Thanks again to them; and thanks also to the giant meet production crew that know's who they all are. See you next time! (results provided by courtesy of Rick Fowler)

WPA World PL & BP Championships
1,2 APR 00 - Lancaster, PA

WOMEN	SQ	BP	DL	TOT
97				
Drug Free				
H. Schomoyer	200			
Teenage				
H. Schomoyer	200			
123				
Drug Free				
J. Burkey	400	155	305	860
132				
J. Lippert	290			
Teenage				
N. Reynolds	165			
148				
Teenage				
R. Goodwin	150	140	250	540
Drug Free				
L. Auckland	400	245	385	1030
Teenage BP				
R. Goodwin	140			
148				
L. Auckland	400	245	385	1030
Grandmaster				
D. Mikolaki	100	95	225	445
165				
D. Musser	350	210	335	905
Drug Free				
M. Franklin	320	135	340	770
Teenage				
M. Franklin	320	135	340	770
181				
Teenage				
M. Malkasian	290	125	310	725
Drug Free				
M. Malkasian	290	125	310	725
198				
Teenage				
J. Chae	250			
Drug Free				
J. Chae	250			
Men				
123				
Drug Free				
R. Bodine	225	170	300	695
132				
L. Weibley	425	240	450	1115
50-59				
M. St. Laurent	545	350	550	1450
4th				
J. Redding	400	215	425	1015

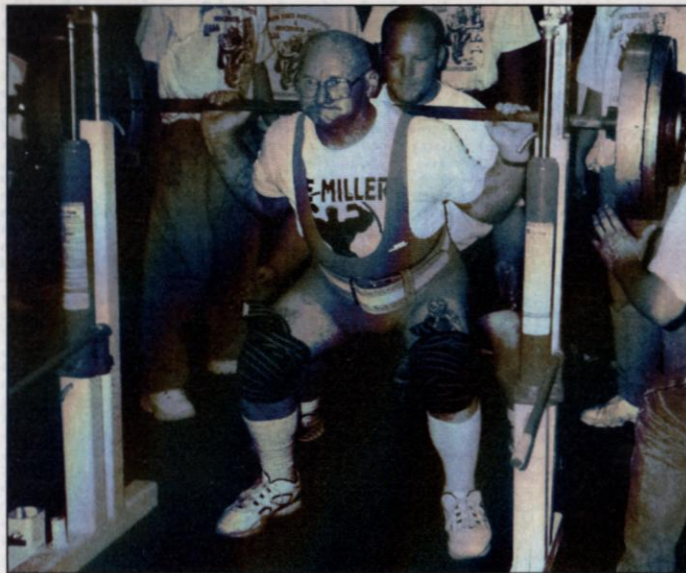


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YEAR 2000
Membership Application



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Social Security Number		Occupation		Date of Application	
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		SIGNATURE _____			



Joe Miller has been doing some exceptional lifting in the masters category all over the Western United States recently. At the Nevada State meet, he squatted 400 lbs. (photo provided courtesy of Miller)

USAPL Nevada State PL & BP 5,6 AUG 00 - Elko, NV				
WOMEN	SQ	BP	DL	TOT
Teen				
148				
E. Farnsworth		170		170
132				
C. Wettach	210	90	250	550
SO				
S. Good	135	115	195	445
MEN				
319				
Open				
C. Aichs	675	475	650	1800
Masters/Open				
L. Diltmars	400	400	400	1200
275				
Masters/Open				
C. Lewis	720	535	680	1935
S. Anderson	575	330	525	1430
Masters				
E. Acy		400		400
242				
Open				
D. Romero	450	390	525	1365
E. Davis	475	320	525	1320
220				
Masters				
J. Miller	400	245	490	1135

K. Herzik	225	195	320	740
Open/SO				
C. McFarland	325	185	405	915
SO				
220				
S. Stokes	170	155	285	610
198				
J. Romero	115	140	260	515
181				
B. McCormack	170	140	200	510
T. Crowe	175	150	200	525
G. Berumen	120	100	180	400
165				
B. Bucher	160	160	225	545
A. Glass	170	120	270	560
T. Miller	165	100	260	525
148				
B. Brown	110	90	160	360
Best lifter overall: male - Cyril Lewis; Best teenager - male - Ryan Whitlock; female - Chrissy Wettach.				
1st place team: Elko Powerlifting - 29 points; 2nd place team: Team Fitness - 25 points. The Elko Powerlifting would like to thank the National referees, Steve Simms, Larry Diltmars, and Jim Kralich; and the State referees, Dave Romero, Debbie Romero, Martin Reyes, Laurie Evans, and Kate Kralich. We would also like to thank Lynne Ann and the participants of the Carson City Special Olympics. The Elko Powerlifting Team would like to congratulate Joe Miller, Richard Cirigliano, and Chad McFarland for their American records. We would like to thank everyone who came to the 2000 USA Nevada State Powerlifting and Bench Press Championships and hope to see everyone again next year. (Thanks to USAPL for the results).				

USAPL NY State 12,13 AUG 00 - Albany, NY				
MEN	SQ	BP	DL	TOT
Open				
132				
B. Coisson	135	265	305	705
J. Gengo	390	305	430	1125
T. Carotta	350	300	400	1050
165				
D. Kirschen	475	350	500	1325
K. Buddle	470	235	540	1245
J. Roberts	415	360	450	1225
C. McGrail	415	250	475	1140
B. Engstrom	370	250	450	1070
F. Otterio	325	285	440	1050
181				
T. Piazza	525	350	560	1430
T. Ravasi	520	330	510	1360
J. Montero	400	290	460	1150
B. Serritella	455	225	455	1135
198				
R. Pearo	500	300	560	1360
T. Dashnav	325	275	440	1040
220				
A. Funaro	600	470	635	1705
R. Brunk	570	450	540	1560
R. Hansen	520	380	630	1530
S. Gavin	570	350	600	1520
C. Sokoyna	475	350	575	1400
T. Hallenback	485	340	550	1375



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Conditions of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

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

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

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____
Name: _____ Phone: _____ E-Mail: _____
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Military		• Referee Designation Polo w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.50	
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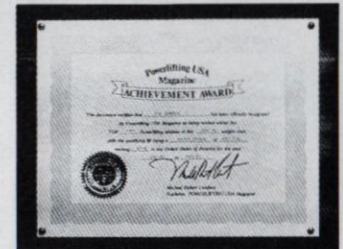
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TOP 100

For standard 198 lb/ 90 kg. USA lifters in results received from November 1999 through Oct. 2000.

Table with columns: SQUAT, BENCH PRESS, ODEADLIFT, TOTAL. Lists top 100 lifters with their names and dates.

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NEXT MONTH... TOP 220s

Corrections... Hennis Washington III reports that his full name is as noted and that he actually benched 319 and totaled 1366 at the WPO Meet in Daytona Beach on May 20th. The USAPL Michigan results published on pg. 66 of the October 2000 edition of Powerlifting USA, were actually not the results of the meet held on November 6th, 1999, but a partial duplication of the results of the July 22nd meet. Lynda Christopher states "In the April issue for the world bench press championships held in Las Vegas, Nevada you had me down for winning the 114 open bench. I won the 114 open and submaster 114 weight division. I would appreciate a correction." We do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections to "PL USA ERRORS" Department, Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify the correction before it is published)

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