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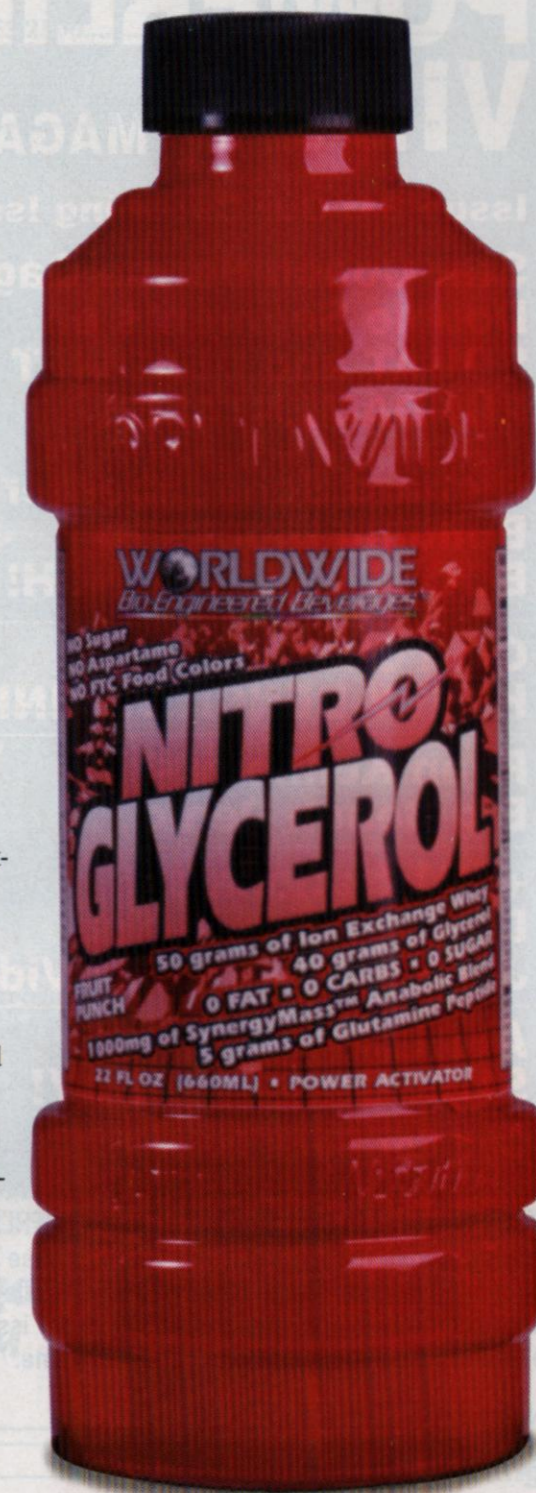
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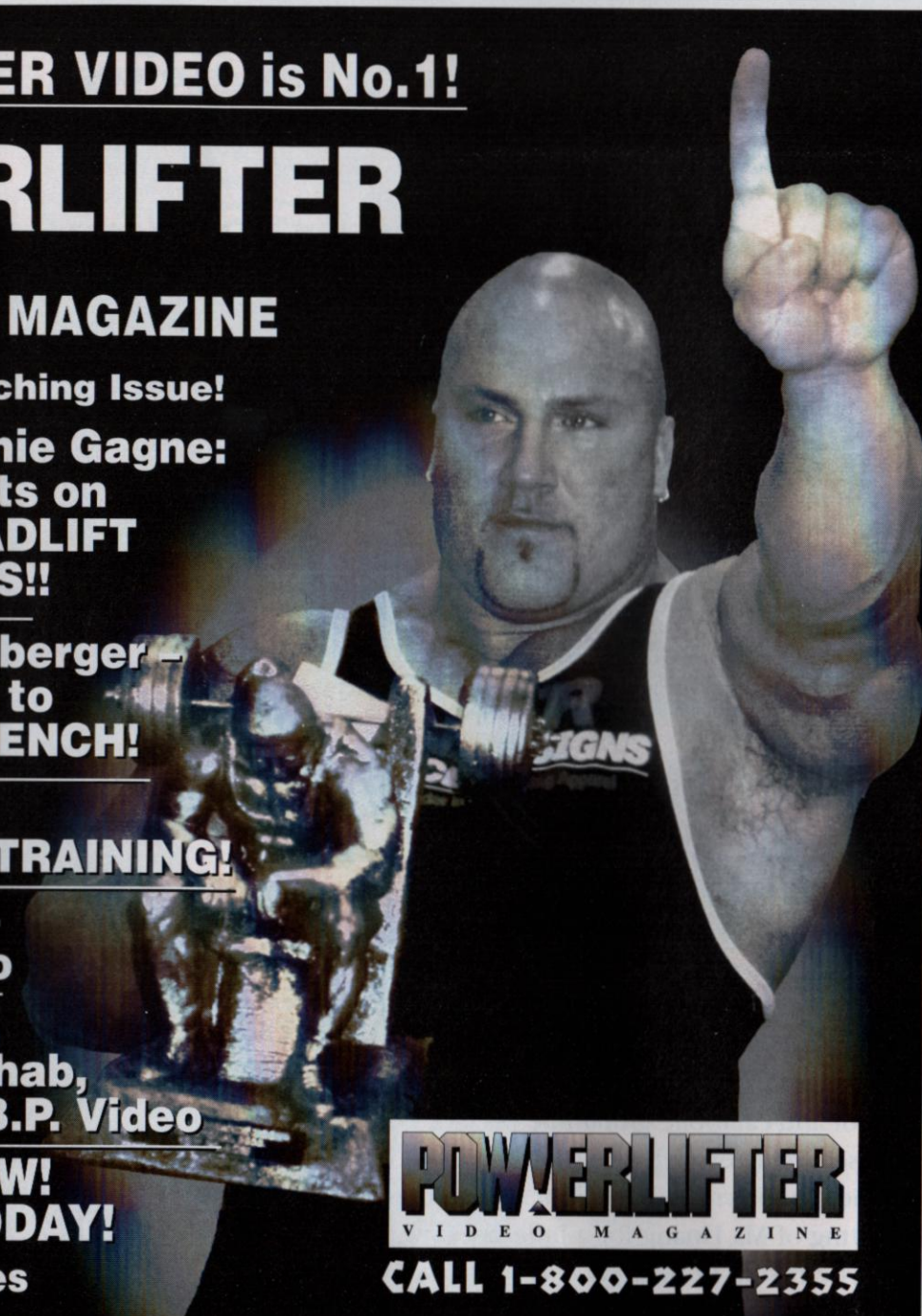
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ON THE COVER.... all three of Garry Frank's individual lifts that produced his spectacular 2500 lb. total. (Lambert photos)

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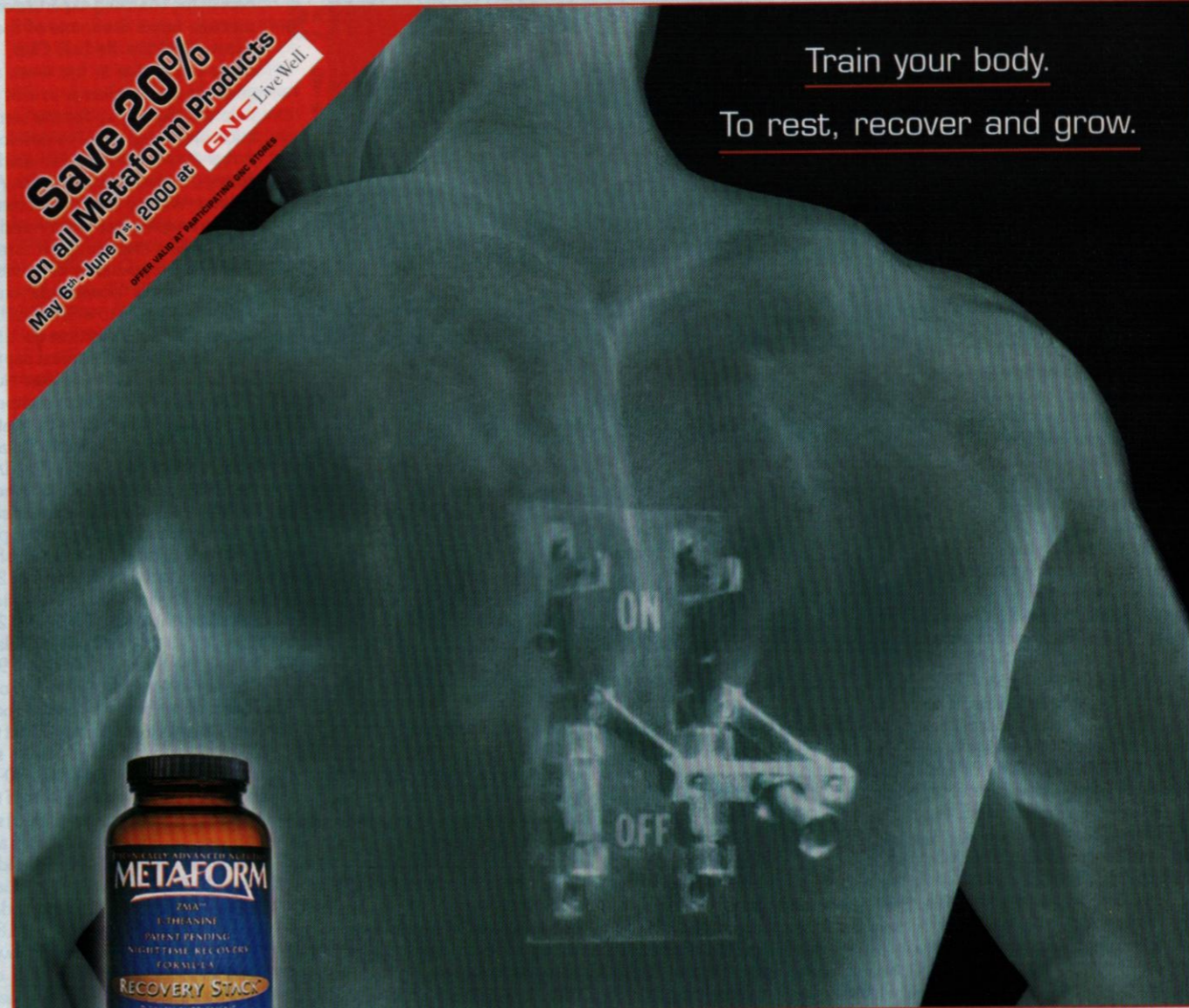
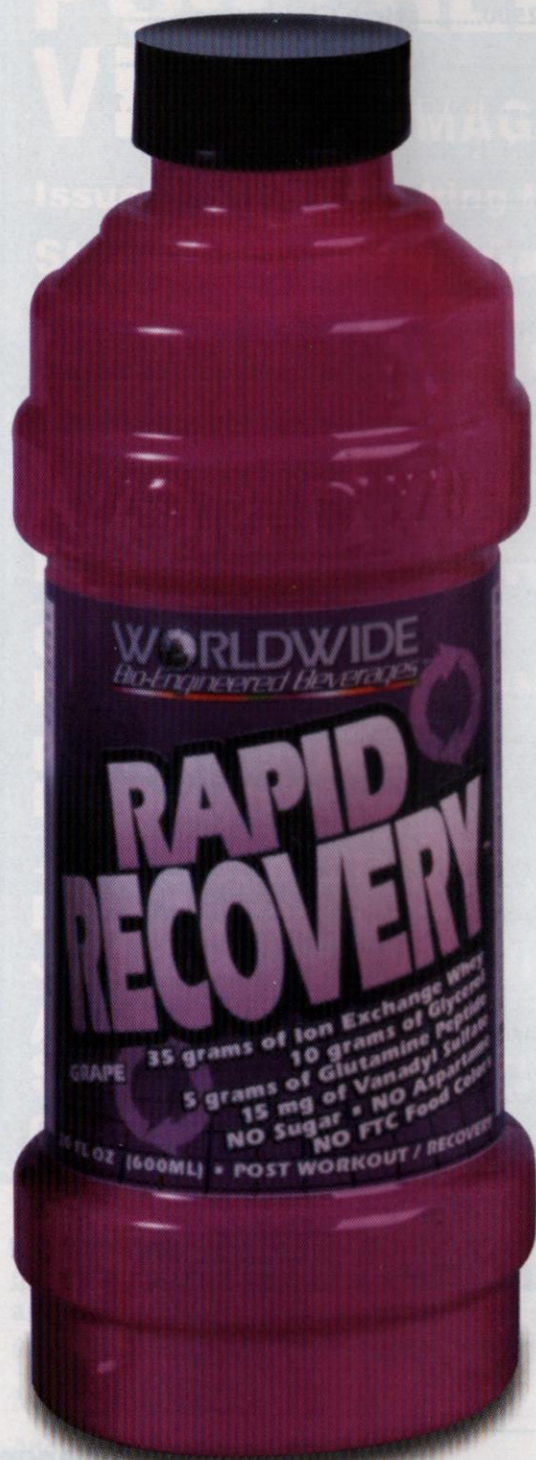
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The first National 5 lift Strength Quintathlon was staged last year at the Body Fitness H.E.A.T Fitness Center in Terre Haute, IN. The event was appropriately called SUPERMEN OF THE CENTURY and was sanctioned by Jim McCarty's W.E.P.O.F (World Elite Power Olympic Federation). This was a group with a new scope of competition which combined the skill of the overhead lifts (snatch, clean & jerk) along with the 3 powerlifts to see who, in the various categories, could stake claim as the all-round best strength athlete in America. Everyone had a great time competing in this grueling two day event; doing the two overhead lifts on the first day and the three powerlifts the second day for a 5 lift combined total. See *PL USA - March 2000*, page 71 for a full report of that contest.

Joe and Nance Avigliano came to that first event from California, along with myself. Joe surprised everyone by competing in all 5 lifts, along with me. Avigliano outlifted everyone in the overhead lifts on the first day, and then established personal bests Sunday in the powerlifts. Top notch SHW powerlifter Tom Waddle of Columbus, OH came to lift and brought the Monolift. Tom wowed the crowd with a huge 3 lift TOT at 308: 950 SQ, 550 BP and 760 DL for 2260. After his debut, Joe made a commitment to run the SUPERMAN II in 2000, and that is how this meet came to be. Everyone hoped that WEPOF President Jim McCarty would be able to attend this one. Unfortunately, Jim had to undergo foot surgery and couldn't be present.

This year's SUPERMAN/SUPERWOMAN II competition, Weightlifting, Powerlifting and Bench Press Championships were held at the spacious 6000 square foot (former) Coast Footwear building located at 1607-1611 Verdugo Blvd.



Diana Fuhrman did well in her first ever powerlifting competition.

Garry Frank Smashes the 2500 lb. Barrier!

Superman and Superwoman II Strengthfest, Burbank, CA, December 2,3, 2000, as reported by Herb Glossbrenner, PL USA Statistician



Amy Weisberger slowly drove up a great 4th attempt 310 lb. bench

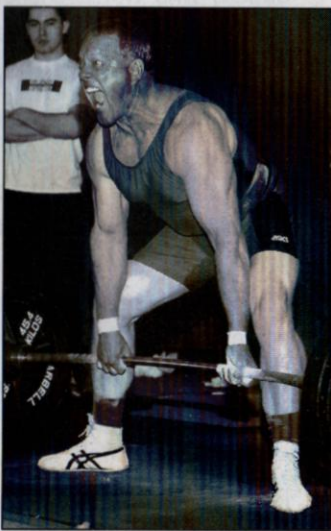
in Burbank, CA. All Superman/Superwoman lifters, Olympic lifters and the Bench Press only division lifted at 9:30 A.M. on Saturday, Dec. 2nd. The Olympic Lifting was sanctioned by W.E.P.O.F, while the bench press division was sanctioned by the American Powerlifting Federation (APF). The overhead lifting is comprised of two events. The first is the snatch where the weight is brought from the floor fully overhead in one movement, either splitting or squatting the legs underneath. This lift is a test of speed, explosiveness, agility, flexibility and coordination. The clean and jerk requires more strength. The barbell is brought to the shoulders before it is ramed aloft, splitting the legs fore and aft or squatting underneath. The "Olympic lifts" are difficult and a lot of technique and athleticism is required. The Aviglianos, Joe and Nance, had planned all year for this event despite a demanding schedule. Joe had held the APF California State PL Championships in April along with the Los Angeles Lifting Club's Summer Bench Blast in August. All of this took place along with his regular duties of running the gym, coaching teammates, etc. Joe himself lifted in the National Qualifier in IL, as well as the APF Seniors in June and most recently the WPC Worlds in Las Vegas. Nance won her 2nd Sr. National 123 title, totaled Elite, and nabbed the Women's Open silver medal at 123 at the recent WPC

Worlds in Las Vegas. It had already been a busy year for them.

At the meet site, a huge blue backdrop tarp separated the competition area from the 'backstage' area, which had a Monolift for squat warm ups; brought to this event thanks to Tony Pasterello of the Huge Iron facility in Las Vegas. Behind the lifting platform, attached to the backdrop, was a large INZER ADVANCE DESIGNS banner promoting the World's leading manufacturer of quality PL gear. A large scoreboard was manned both days. Kilogram bumper plates were used on the first day for the weightlifting competition, while the World's most famous iron discs (Ivanko) were used for the bench press event and the powerlifting competition on Sunday. There was plenty of breathing room and not a bad seat in the house.

Three women ran the quintathlon gauntlet and they must be lauded for their endurance, resolve and determination. Susan Waits, 32, of Las Vegas, displayed good technique in her overhead endeavors. She's just getting started in weightlifting, and at 132 she snatched 88 lbs. and lifted 110 above her head in the clean and jerk as a warm up for her powerlifting the following day. Amy Weisberger was fresh from winning her 8th WPC World PL Championships only two weeks before in Las Vegas, NV. The happy, helpful, smiling massage therapist from Worthington, OH attributes her suc-

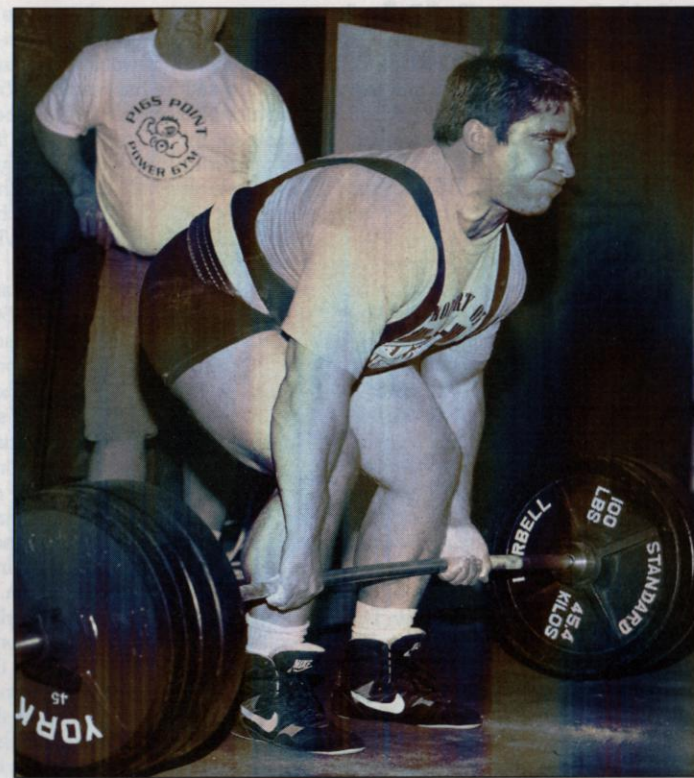
cess to the coaching expertise of her mentor, Louie Simmons of the famous Westside Barbell Club. She came out earlier in the week as a guest of the Aviglianos to visit and help with setting up for the competition on Friday. They've developed a real friendship and camaraderie during the past couple of years. Amy believes WL will help her powerlifting, by keeping her flexible and explosive. She displays good form in the full squat positions, but reverted to doing the lifts "power style" on the platform, leading to a SN of 110 as well as a 138 C&J (almost got 154). The star of the ladies the first day was Diana Fuhrman, 37, a Van Nuys, CA school teacher. She's competed in WL for 20 years under the watchful eye of national coach Bob Takano. In Baton Rouge, LA on 20 MAR, 1992, Diana won the U.S. Women's National WL title, blowing her closest competition away by a whopping 104 lbs! There she established Women's American Records of 205 snatch (93.0 kg.), 253.5 in the clean and jerk (4th), and a TOTAL of 205 KG. (451.9) in the 148 bwt. class. Diana finished 4th at the 1989 Women's Worlds in Germany, only 16 lbs. away from winning a bronze medal there. Just this past July at the 2000 Olympic Games Trials, she was competing against others 10-16 years younger. As the lightest of the Middleweight contenders (158.3) she finished 3rd, lifting a 187 snatch and 231 in the clean and jerk. She didn't make the Olympic team, but actually ranked 5th among 18 contenders for the outright highest TOT (418.9 lbs). Not having trained the overhead lifts for 5 months, she did remarkably well at the WEPOF meet, reducing back to 148, and snatching 171 and clean and jerking 209. Diana had 220 overhead, narrowly missing to hold it on a 3rd - ditto on a 4th. Herb Glossbrenner, 58, 156 lbs., tried his hand even though he



Sensational Senior... Bob Strange

hasn't practiced the overhead lifts in 10 years. Back in the eighties, Herb won the National Masters Championships 5 times in his age group (40-44) and became the World Masters Champ at 148 in Salinas, Puerto Rico in 1987. That was the first year the Championships were held and recognized by the IWF (International Weightlifting Federation). Herb hadn't recuperated from winning the WPC World Bench Press and World Powerlifting Championships in his age group (55-59) only two weeks earlier, but flipped up 143 in the Power Snatch and Clean and Jerked 171 relatively easily, with a power clean and push jerk. He tried 187, easily power cleaned it, but got the bar out front overhead just enough to severely hamper his PL effort the following day, especially in the bench press. Gintas Smagurauskas, 44, from Nevada, brought his little daughter, and served as her baby-sitter and did all 5 lifts too. He's formerly from Lithuania, yet speaks remarkably good English for being in this country only 2 years. At 177 bwt. he displayed considerable skill, having no trouble lifting 176 in the snatch and 253 in the clean and jerk. Scott Waits, 35, took top honors in his 220 class following his wife's earlier example. He had the biggest lifts of the day, with a 253 SN and 319 CJ. Joe Mancini, 22, and 217 lbs. bodyweight, earned tops in the Junior Division (20-23) 220 lb. class. He put up lifts of a 148 SN and 187 CJ to warm himself up for the next day. The star of the men's division was Bob Strange, 63. Back in September this Californian became the IWF World Masters Champ in WL. Competing in the 206 lb. class in Glasgow, Scotland, he did a 198 SN and 253 CJ for the victory. Bob weighed 198 here, and zapped up a 187 SN and 253 CJ with ease. You'd think he was fibbing about his age the way he effortlessly handled the barbell.

BENCH PRESS OPEN DIVISION: Only 5 contested in the APF Bench Press Open Contest held Saturday afternoon directly following the Olympic lifting competition. What it may have lacked in quantity it more than made up with quality with 7 state records being blown away. Lance Slaughter, 37, a member of the L.A. Lifting Club used this meet as a tune-up before leaving for the IPF World Bench Press Championships the following weekend in the Czech Republic. Lance squeezed himself into his site 44 Inzer E.H.P.H.D. single ply shirt and proceeded to demolish the APF State Record held by Rick Couch. At 148 he broke the mark on his opener with 385, and followed up by breaking it twice more with personal bests of 410, and then 415 lbs. He was opposed by Jim Lawrence, of Ari-



John Planas put together a nice total to take first place in the 275s.

zona, a national level competitor who is now 41. Jim, 147, came in with a shoulder injury, and made his 335 opener in the "chicken wing" style (elbows out), then missed 340 and called it a day. Jim made 362 @ 132 back in 1990 and did 374 in 1999 @ 148. He has designs on doing 400 in the future. Amazing is a good word to describe William Gent, another lifter who broke a state mark. Bill, who holds the 60-64 age group 165 record, had just turned 65. He took advantage of this opportunity to establish a high standard. At 157 bwt., he exceeded the record twice; lifting 275, and then 290 lbs, before failing his 3rd w/ 300. Mike Ludovico, 33, opened at 530, then busted Tom Burns' State Record of 540 by pressing 545 on a 2nd attempt. He tried a huge 580 on his last try not to be today. You can bet that some big numbers are on Dr. Ludovico's agenda for 2001. Last, but not least, was the powerful newcomer Scott Mendelson, 31, who was coming off his big win at the WPC World BP Championships just a few weeks back. There he'd BPed 644 in the 308 division; weighing barely over the 275 class limit. Scott did lift 275 here, and busted his own state mark of 600 with an opener of 610. He went straight to 650, got it up, but was turned down for hip raise. Next he tried 660, but that wouldn't go either. He should break Sam Samaniego's State Record of 655.9 set back in April 1988 sometime during 2001 in the 308 class.

The powerlifting competition

took place on Sunday. The featured attraction was Garry Frank, 35, the BADDUDE from BATON ROUGE, who came in with a barrier busting objective in mind. He was here to attempt to become the first man in PL History to officially total 2500 lbs! The atmosphere was absolutely electric. All the participants in this competition put forth their best efforts leading up to the main event. The exciting climax would be seeing the 6'4" 375 lb. LOUISIANA LEVIATHAN in action! The powerlifting contest was sanctioned by the APF. National APF Referee Kevin Meskew, who promotes meets at famous Muscle Beach in Venice, CA, was joined on the side by Brian Delgado of the LALC (an eagle eyed scrutinizer), and head ref was the knowledgeable Gordon Santee, who walks the walk as well; recently winning his 50-54 165 age group in the AWPC World PL Championships.

Susan Waits lifted her way to a 2nd place finish in the Superman Division 132 class. She SQ'd 255 (2nd), missed 270; but got all her benches (145). She raised 265 on her 2nd DL, then missed her 280 final pull - TOT 665. Her combined two day 5 lift TOT was 863 lbs. Amy Weisberger opened her SQ with 385. With that formality out of the way, she tried 420 and 440 - both for misses. In the BP, she stroked her 260 opener easily, but mis-grooved 290. She increased to 300 for her final lift - a splendid success. Then on a 4th attempt succeeded with 310. She's taking aim at the

Women's 132 All Time World Best lift of 319 held by Tina Rinehart, a BP specialist. Doing all three lifts makes the task more difficult, but Amy is up to the challenge. Weisberger looked sharp in the DL and pulled 400, 430, and finally a PR 460 for an 1145 TOT. She wanted 1200, but her missed SQ attempts foiled that plan. Amy's combined TOT of 1393 for the two days gave her first place in the SUP division at 132. At 148, Diana Fuhrman made her PL debut. She's only been PLing for two months under the direction of Joe Avigliano at the L.A. Lifting Club. She SQ'd 320, 345, and finally 365 in great form. This was a new Ladies Submaster and Open state record, surpassing the 363 held by Norma Garcia of Sacramento. Diana, having never done a bench press in her life previously, made 167 on a second attempt, narrowly missing 172 on her 3rd try. In the DL, she beat the record belonging to Garcia twice, hoisting 345 and then 367 on a final attempt, looking good for more. This gave her a 900 TOT, a terrific first PL outing total, and it gave her a two day aggregate of 1280 to win the 148 Superwoman title. Vince Tanabe, 38, from San Gabriel, CA missed his 440 2nd SQ try, but bravely increased to 455 - it was a success for a new 33-39 APF CA State Record. He posted a 240 BP (2nd), and pulled 475 - also a 2nd attempt - for an 1170 TOT. Herb Glossbrenner broke four of his own state records in his 55-59 age bracket with SQs of 320, and 335, a DL of 345 and TOT 915. Competing in the Superman Div., he won the 165s OPEN for the second year in a row with an aggregate of 1229 lbs! Pedro Ayala, 22, captured the 20-23, 165 PL title. He SQ'd a 440 2nd attempt, then missed a state record try with 455. Pedro BP'd 310, then hurt himself, trying a personal best 322. He kept an ice bag on his injured shoulder for the remainder of the contest, but came out and pulled 3 token DLs for his win - 1155 TOT. Gintas Smagurauskas took the 40-44 age group 165 Superman title with his 1157 TOT. Gintas missed only his last BP try with 307. He made all his other lifts: 395 SQ, 297 BP and 465 DL. His 5 lift combined TOT was 1587! At 198, 63 year old Bob Strange took the Superman title: SQ - 440, BP - 310, along with a state record DL of 510. His 1260 PL TOT gave him a two day combined lift of 1700! Is that Bob amazing or what? Justus Owens, 41, got his start in lifting in 1978 with Jim McCarty back in Terre Haute, IN. This maintenance mechanic from Los Angeles took the 40-44, 198 powerlifting title, and showed excellent form. He dunked 525, 550,

then a great 570. He must've just been getting warmed up as he looked good for the Big Sixer. He used his custom fitted INZER DOUBLE DENIM EHDHP velcro backed shirt to maximum capacity and hit 380 and 395, before just failing to lock out 405. He hit a 2nd round 500 DL, but let his 525 get just a little bit out front - TOT 1460 for the PL win. The weights were getting heavier as the bigger men mounted the platform. Joe Mancini, 22, took the 20-23 age group division in the Superman event hitting a 1210 PL TOT for his two day 1546 combined TOT. Scott Waits missed his 660 SQ opener, jumped to 685, and waved his 3rd following a gutsy success. Scott hit a 440 BP before he missed at 455. Then he hit 3 good deadlifts (660) for a 1785 TOT. His 2358 5 lift aggregate topped all other performers. Dan Jesolva, 35, of the L.A. Lifting Club tore his bicep back in May at the Aurora World Qualifier. He'd worked hard through 7 months of rehabilitation and hard training for this contest. He improved all his best lifts by a huge margin here. Dan went 8 for 8 with no misses, but lost his last DL try (610) when the clock expired. SQ - 570, 600, 615. BP - 405, 420 & 427. DL - 570, 600 for a 1642 TOT. This gave him first place in the OPEN 220. His coach and mentor, Joe Avigliano, 41, shed 20 some lbs. since competing 2 weeks prior at the WPC Worlds. Joe put his huge quads to work going after the 40-44 State SQ record held by Dusty Caldwell (699.9). After a ridiculously EZ 670 opener, he went right to it - 702. He got it, but the side judges thought it was a tad shy. Undismayed, Joe repeated. No doubt this time. Joe wanted to raise the record higher and took a 4th with 720. I've never seen Joe strain that hard before, but he gutted it out for yet another record. In the bench, Joe did 300 sans shirt to test his tender elbow (he had successful arthroscopic surgery to remove bone fragments from his football days three days after this meet), then he put on his INZER DOUBLE DENIM and stroked 385 and finally 405 - and actually looked good for more. In the DL, he took a page from the Bill Starr textbook (he hadn't done them for a month), and it seemed to work as he did 570, then 595, and finally a PR 615 for a 1722 TOT. That's an improvement of 272 lbs. from the PR TOT he hit at the SUPERMAN meet last Dec. Joe practices what he preaches, that's for sure. The L.A. Lifting Club's motto is: THERE ARE NO LIMITS!! Bill Harris, 44, had been lifting against Joe in the 40-44, 220 division, but missed all his SQ tries. It was a 3 way battle for the 275 OPEN. John Planas, 26, and 245 from the

L.A.L.C went against Tony Pasterello of the Huge Iron connection. Testing them both was Bob Phillips, 37, Garry Frank's big spotter and training partner from Baton Rouge. Bob's done over 1900 a few years back, until he got a hernia. He's coming back now. Pasterello, 29, managed to get his 650 SQ on a second attempt. Phillips opened with a hard 710, but stayed down twice with 755. Planas showed what a SQ should look like, burying all three of his lifts in textbook style: 680, 705 and 725. Phillips fell by the wayside, missing a 440 BP thrice. Pasterello managed 430, then failed with 460. Planas opened with 480 and shot it right up. Unbelievably, John missed two tries at 500 which should have been a toy for him. Tony managed to pull a 550 opening DL, but couldn't handle 590 nor 600 - TOT 1630, 2nd place. Planas pulled 605, then 625, but missed out with 640 - TOT - 1830, a personal best for BIG JOHN and first place. Brian Meek one of the most durable veterans around, looked like a mini Mack truck. At 54, he got all his SQs (720) and looked good for more. Competing in the 308 category but weighing light, Brian popped up a state record 510 on his 3rd BP, and pulled a 670 DL 2nd, before he passed his 3rd - TOT - 1900; good lifting. Brian does



Joe Avigliano squatted a major league PR 720 on a fourth attempt.

more meets in a year than some do in a lifetime. One year he lifted in 36 competitions. It would be a safe guess to say he has way over 500 trophies in his collection (maybe a whole lot more) and most are first places! Pasterello and Meek enjoyed sweet revenge, as Pasterello had zeroed at the AWPC Worlds while Brian laid the goose egg at the WPC Worlds.

All this set the stage for Garry Frank and his assault on the 2500 Total barrier! Like his predecessors (Reinhoudt and Kazmaier) he's dominating the Superheavy division now like no other. You'd have to see Garry in person to fully appreciate his enormous size. He's a living, breathing phenom, a futuristic cyborg - half machine - half human. The ease in which he handles enormous poundages is utterly astounding. His reputation precedes him. In a feature article in PL USA, I'd earlier profiled Garry - who has finally come into his own. After retiring from the pro football wars, he has resumed another battle, to lift more in the three powerlifts than any man has done before him. There are specialists who've done more than Garry on each of the individual lifts, however, when it comes to the sum of all three - forget it. He now reigns supreme. Garry posted the highest PL TOT of

all time only two weeks before, capturing his 2nd WPC World Powerlifting title (2469 lbs.) There was no secret that he was aiming here to become the first man in Powerlifting history to hit the magic 2500 lbs.!! I'd bugged Garry all year to come here and finish the year with a bang. He promised to do so and was good as his word. At 6'4" and 375 solid lbs., he was an intimidating sight. The crowd was getting restless, waiting impatiently. A big storm was brewing and everyone was waiting for it to strike. I gave Garry a reassuring pat on his cannonball delt backstage as he began warming up for the squat. "Today is the day, I said, I feel it in my bones!" "I hope you're right", he replied, "I feel good!" Garry opened up at 880 in the squat. He sat deep and popped right up - like nothing! He took 925 for a second attempt and handled it just as easily. But - no - 2 reds flashed on as the side officials thought he needed to go one tick lower. He decided to take it over, but I convinced him he should go to 940. It would be necessary for him in order to reach his goal. I'd just seen him handle 942 on his 3rd attempt at the Worlds for 3 white lights. He went for it, tromped out and wedged himself under the bar. He took it into the hole and reversed gears. It was a little out of the groove ascending and it slowed, momentarily, as he straightened up and 3W. No doubt about it. It had looked uncharacteristically tough for him. It dawned on me that perhaps he wasn't fully recuperated from the Worlds. Two weeks isn't much time. Next came the BP. He warmed up to 635 without a shirt backstage. Then he squeezed his beef into his custom fitted INZER EHDHP special and came out for 650. Garry's BPs are like snowflakes - no two are alike. He'll be the first to admit that he hasn't learned how to use the bench shirt to his full advantage. If he hits his groove, he'll obliterate the lift. If not, he misses outright. At the APF Seniors last June he, after struggling, made the best of the bunch on a 4th WR try where he beat Arcidi's 15 year old mark, blasting up 711 in perfect form. He's struggled on the BP since then, getting only (I use the word only in the comparative sense) 650 at the Worlds, missing 694 there and a WR 4th try at 727. Garry came out for his 650 opener and put it right up - EZ as pie. He went to 670, but misgrooved it. Things weren't working out the way he'd hoped. He returned for his final try. This time he rammed it straight up showing a surplus of strength. He wouldn't waste his time with a record try on a 4th, but would save himself for the final labor - the deadlift! Garry has a unique and unorthodox method of

(article continued on page 81)

The WPC World Powerlifting and World Bench Press Championships were held the week of Nov. 13-19 at the Plaza Downtown Hotel in Las Vegas, NV. The meet director was Tony Pasterello of the Las Vegas branch of Huge Iron Productions. Huge Iron is a gym with its headquarters in Daytona Beach, FL run by WPO President and Founder Kieran Kidder. The doorway to WPO is the APF/WPC whose founder and President is Ernie Frantz of Aurora, IL. WPO is the brainchild of Kidder who is offering HUGE Cash Awards to lifters. This may turn out to be the biggest boon to Powerlifting in its 35 years of official existence. Cash awards were awarded here for the TOP 5 Women's totals overall as well as TOP 5 for the men. I'll cover the main event first in this issue and will follow up with Part 2 in the March 2001 issue of PL USA, which will cover the WPC World Bench Press Championships as well as the WPC Championships for Teens, Juniors, Sub-Masters and Masters. The Women unveiled their talents beginning Friday afternoon including the Open Men through the 148 division. In this report I'll be discussing the lifting in pounds. The tabular results will be in kilograms only. This event was a continuation of championship lifting because the previous week the Amateur World Powerlifting Congress (AWPC) conducted their event. I've elaborated fully regarding the venue, equipment, and warm-up area in my AWPC report in the Jan issue. It's great for lifters and officials alike to have the opportunity to have lodging and lifting in the same facility. The official weigh-in scale was available for everyone to check weight during this competition. (Although I'm told that wasn't the case during the AWPC event!) The room where the lifting took place was huge, and the warm-up area was also gigantic. Nobody felt like a sardine packed into a can. A newly designed version of the original Monolift made its debut here. It's huge and completely hydraulic. The lever arms holding the barbell extend forward rather than backwards. Feedback from the lifters (pro and con) was about 50-50. Some found the absence of the support legs before them disturbing, as they were used as a focal point for many. This resulted in some lifters becoming disoriented and losing their balance. Powerlifters are an adaptable lot and nearly everybody was able to adjust. A huge scoreboard was continuously monitored. The athlete, his bodyweight, attempts, country, etc. were all tabulated on a big plastic sheet with a grease pen so it could easily be changed. A roller mechanism, employed by hand, made it easy to roll up and over to the group in the next flight. A kg./lb. weightboard let you know what was currently on the bar. The same popular British crew of loaders and spotters that were used

W.P.C. Worlds, Part 1

as told to Powerlifting USA by Herb Glossbrenner

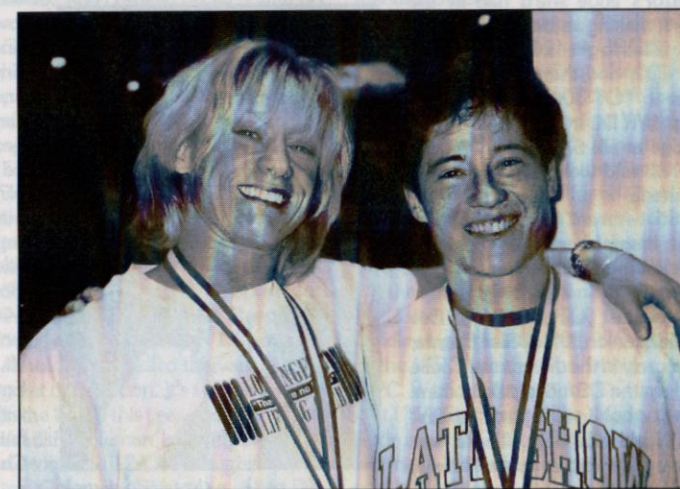


Leslie Watson of GBR. (photos by Glossbrenner except where noted)

last year in Calgary were brought over. Maris Sternberg worked diligently and did the scoresheets by hand (no computers allowed) and kept the meet moving along smoothly, rousing the crowd if they got too complacent. Bill Nichols helped out on the mic and would've been a great USA Team Coach had he had been cloned. A few minor problems with platform stability were remedied with a hammer and nails. The back room had two Monolifts plus warm-up benches. A shortage of smaller weights caused a last minute change for many in their warmups. Everything started pretty much on time and moved rapidly. A runner - to and from the warmup area - would've been helpful as you couldn't hear your name called from the back area. Some got caught by surprise. One official was verbally chastised by his superior for harassing contestants, giving too long of a BP pause (5-6 seconds at most / 3-4 with regularity). Officials cannot be perfect but should give the lifter the benefit of the doubt when scrutinizing him or her and treat them with the dignity and respect he'd expect in return. For the most part the officiating was fair and consistent. There will always be some bad calls, but remember it's all in the eye of the beholder (especially if you have to hold 'er up to 5 seconds before getting the press signal!). I give this year's event 4 stars for excellence of execution. It was a monstrous undertaking and may go down in the WPC History books as one of the greatest events ever!

WOMEN'S OPEN: There were 3 lifting the Ladies' 48 kg. (105 lb.). Lynn Barlow, 40, looked like a sure winner on paper. The officials thought she was a tad shy on her 319 SQ opener, likewise for her two tries with 330. This left two British girls to vie for the title. Leslie Watson, 45, was last year's champ. Her teammate Julie Schroeder proved to be too strong to defeat. WATSON GOT

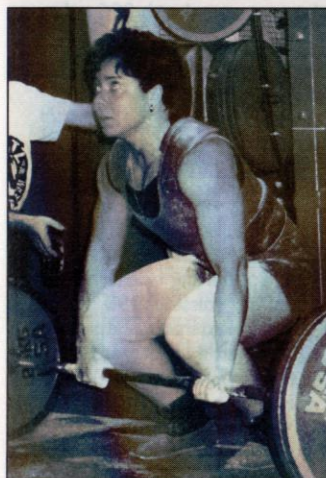
SOME (5 attempts good) for 545 TOT - the silver. SCHROEDER SHOWED HER: 253 SQ, 104 - BP and 264 DL - TOT 622 and a 1-2 GBR finish. At 114 Karen Wilcox, also of ENG, was unopposed. Last year's champ Kim Sommers, USA, was absent. I'm told she's retired. Karen's final 297 DL gave her a 661 TOT. At 123 we had two American ladies double teaming Jayne Thomas of GBR. If there had been a special award for losing the most weight and suffering the most hell it would've been easily gone to Nance Avigliano, 44, of Burbank, CA. Nance shed a whopping 30 lbs. bodyweight and ended up overshooting her goal, coming in at 118 lbs. She survived this strenuous ordeal, but paid the price. Amy Weisberger, 35, last year's 123 World Champ, had to drop weight too. She cut it the last few days, the easy way. Avigliano won her 2nd APF Sr. National title at 123 just this past June in Warren, MI and totaled ELITE. Weisberger was aiming to win her 8th WPC World Title. After the SQ, Nance was tied with Thomas at 352. Avigliano led her, being lighter, and had looked good for much more.



Friends and Competitors at 123: Nance Avigliano and Amy Weisberger

Weisberger opened with 396 in her wide stance style. Twice denied on depth, she was getting desperate. She put Joe Avigliano, Nance's husband and coach, on the spot - asking if he'd call her depth on the last attempt. Unselfishly he did so and she did so too - good lift. Talk about being a good sport, with both ladies being competitors and all. In the bench, Thomas made all 3 (to 176). Avigliano got her big opener (193), but that's all, missing 198 twice. Weisberger looked sharp. She pressed her 259 opener, then likewise a WR 281 - perfectly. A try with 303 was too heavy. In the DL, Thomas raised 369 as her best effort - TOT 898. Avigliano was cramping in the warm-up room. It was too late to drop her opener - 391. No matter, she came out and pulled it right up. A 402 try was glued to the platform - TOT 936, great considering everything - silver medal. Weisberger put the title on ice by hoisting 396 on her initial effort. She next made 424, but missed a 457 PR try. TOT 1102 - World Champ. Amy says this is her last contest at 123 - she'll be a featherweight (132) henceforth.

132 - A 3 way contest. Vanessa Ware, USA, was the defending WC. She was to oppose Melanie Diamond, this year's Sr. National champ, as well as Vikkie Huyser, the South African stronggirl. Diamond tried her best. Three times she took 380 down and up. The judges SHOWED THEIR STUFF - said IT WASN'T LOW ENOUGH! She'll bounce back like a rubber ball - I'm sure of it! Now it was Vanessa Ware vs. Vikkie Huyser. Ware squeezed out her 374 SQ 3rd. Huyser, looking strong as a bull, dunked 396 for a 22 lb. lead - then tried a huge 429 (no soap!) Vanessa hoped to get the lead back in the bench, but didn't. Ware made 214, twice missing 231. Huyser got all 3 - 220, and now led by 27! The RSA lady DLed 352, and 374, before failing 396 - and had a 992 TOT. Ware pulled 352, then 380, and had one try to win. She gave 413 a valiant effort - not to be. Vanessa the champ



Vikkie Huyser (132 lbs.) of R.S.A.

was dethroned and got silver. Vikkie Huyser of RSA is now the reigning queenpin!

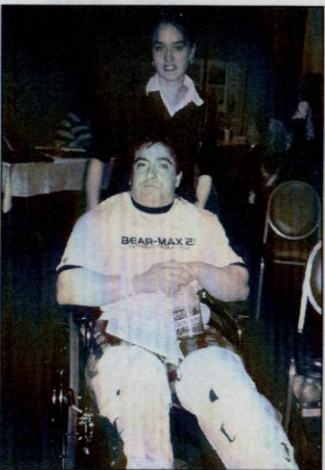
No surprise at 148. Mariah Liggett and Nancy Dangerfield placed 1-2 for the USA with Sharon Downie, CAN, capturing 3rd. You should know that Mariah from Columbus, OH is the winningest lifter in WPC History - man or woman. She wrapped up her 14th world title here in a ho-hum manner. She's the most composed lifter I've ever seen. She goes about her business in a distinguished deliberate manner. As a World class competitor she ranks head and shoulders above everyone else. She once told me that she doesn't want to be on the cover of PL USA. Now that is REAL HUMILITY. Mariah opened smart. She sank a 446 SQ. With that out of the way, she rode 485 down and up. Never once complaining about having to satisfy the judges who were looking for her to go even lower with her ultra wide stance, she repeated - good this time. She took a WR 529 on a 4th, and - lo and behold - she made it - magnificent! Looking good in the BP too, she popped a big 292. Lastly Mariah pulled back to back 407, and 424 to wrap up an early Christmas present for herself. Dangerfield didn't have the razor's edge she'd had at the Seniors, making a safe 385 SQ start. Nancy failed to get 424 by the judges, BPed 220, and then pulled a 457 opener to TOT 1063 - silver. A 4th attempt WR DL try at 525.8 refused to budge at all. Sharon Downie totaled 733 and won a bronze medal for Canada.

165 - absent from the middle-weight lineup hero was Stefanie VanDeWeghe, the defending champ. She's been sidelined with injury since her victory last year in Calgary. This put Julie Scanlon, 24, of Glen Burnie, MD securely in the driver's seat. Julie locked up the USA Srs. title in June and was a shoe-in to capture her first WPC World title here. There was only one other entry - Joyce Tacktil, 46, a relative newcomer from Oceanside, NY, who took 2nd in

Michigan. She's thriving under the tutelage of big bencher Chris Taylor. Julie made her opener 451 SQ (powerfully executed) and a big 3rd attempt 314 BP. She pulled 429 for the win (1196 TOT) but lacked the incentive to complete either of her two tries with 474. Tacktil, who has the perfect build for powerlifting, upped a 363 SQ and almost got 402 registered. No misses in the BP - 264. Then came a 385 2nd hoist DL (1014 TOT) for silver.

At 181, two of the top guns weren't here to fire their bullets. USA champ Krista Ford is preparing for the 2002 Winter Olympic Games at Salt Lake, UT in the bobsled. Coral Blair, 35, the stocky black Austrian lady and defending 181 WPC World champ was also absent. This left clear sailing for Jeanette Miller, GBR, and Christine Rainer, AUS. No entries for USA. Rainer got the silver medal to take "down under": 363 SQ, 176 BP, 380 DL, 920 TOT. Miller looked strong and fortified it with a 9-9 performance. At a light 175.7 bwt. she cranked off her lifts in automated fashion: SQ - 363, 418, 463 BP - 242, 253, 270. Her DL was very impressive: 440, 474, and a finally 507 - TOT 1218. She joined teammates Schroeder and Wilcox in claiming the 3rd gold medal for Great Britain. Tarja Rantanen, FIN, lifted sans opposition as she had last year. She gave us concern, missing 396 twice before finally coming through. She also DLed 440 and gave a World Masters Record 470.6 a hearty heave ho on her last try - not good. Her BP was her shining lift - as she racked up all 3 - 319, 330, and finally 341. This broke her own World Record. TOT 1179.

SUPERHEAVYWEIGHT - A couple of powerhouses faced each other in the +198 class. Mirinda Van Dyke from RSA with her flowing black hair and sturdy frame was reminiscent of an Amazon. She faced Dorothy Shaw, 37, and 227.3 lbs. from Merry Ole England. Dorothy possesses an unreal muscular build with strength to match. Shaw won



Dorothy Shaw of Great Britain, - wheeled about by her daughter

the '97 Worlds in Blackpool and had hopes of winning again here. At the recent British Championships she posted astounding lifts: 617 SQ, 352 BP, 606 DL - 1576 TOT. The youthful looking VanDyke SQed 496 solidly, following a missed 2nd. She waited to see what Dorothy would do. Shaw opened (conservatively) with 529, and handled it like a toy. She went to 573, making that equally as easy. On her 3rd, Dorothy jumped to an incredible 630.5 (286 kg.) attempting to break the long standing WPC WR of 628.4 held by the USA's Lorraine Costanzo. Shaw took the weight down deep. Suddenly an audible noise was heard as both knees buckled, snapping the patella tendons. She pitched forward in panic trying to dump the weight behind her. The alert spotters grabbed the barbell, but the damage was already done as she collapsed to the floor. No one thought to carefully remove her knee wraps except Joe Avigliano, who turned whiter when he gently unwrapped them and saw the extent of the damage. Both knee caps had moved down the tendons having been ripped from the bone attachment. She was in terrible pain. Ice bags were immediately applied and 911 was called. The paramedics arrived and transported her to a local hospital. She appeared the next day in a wheelchair with casts on both legs pushed about by her teen daughter, who'd been as traumatized as much as anyone by this serious tragedy. She had surgery as soon as she returned to England. I believe you'll see her back as good as ever once again. A collection was taken up at the meet to defray her medical expenses, which came up with \$300, a figure matched by the Aviglianos with a check from the LA Lifting Club owners. After the competition resumed, VanDyke went on to win the gold medal by forfeit succeeding with a 259 BP and 440 DL - TOT 1196.

MEN'S OPEN - It was just three short years ago that Florida lawyer Ernesto Milian became the first USA lifter to TOT 10 times his own bodyweight past the age of 50. This followed in the footsteps of the great one himself - JPN's Hideaki Inaba. Ernesto has become one of our best and most durable champions with a career that began way back when PL became a recognized sport. Now 55, he hasn't lost any of his resiliency. At 5'7" and 120.6, he can still outdo men his size who are half his age. He captured the WPC Worlds Open 123 title here, reliving moments of past glory: SQ - 402 - blew it way. He hit 446 also - down and up fast - but jumped the gun (beat the signal) no lift. Flawless in BP, he did all 3 (248). Ernie posted two DLs, 402 & 479 with strength to spare - and almost finished 501! TOT 1124 - a World Champ once again.

At 132, Reno Karkuschke, 32, GER, was a new face. He had no



Ernesto Milian - keeps winning!!

trouble whatsoever beating Steve Grey, 32, the British fill-in for their absent defending champ Gary Simes. Karkuschke had a 7 of 9 good lift output - TOT 992. Grey's modest TOT (815) gave him silver. What Steve lacks in strength, he makes up with persistence.

148 - Sakari Seilkainaho, 38, the friendly FINN, was a bit under his performance level of one year ago, but nevertheless easily won his 3rd straight Worlds gold medal. He may have been more inspired if USA's Tony Conyers had lifted against him. Conyers performed outside the official competition, as a guest - shooting for WPO cash money. Conyers, who's past 40, set the WPC WR standard 4 years ago - at the time the biggest 148 TOT all time (1785). That year he copped best lifter award twice winning the USA Nationals in both the APF and ADFPA. He was here to take a crack at his WPO WR of 699.9 in the deadlift that he'd made earlier this year in his homestate of FL. Not at his best here, Conyers toyed with his lifts: SQ - 617, BP - 407. His 501 DL was a joke (for him), but still gave him a 1526 TOT which outdid Seilkainaho's official winning sum by 16. Tony jumped to a huge 701, which would nab two grand in cash for the WR in the DL and TOT also (1726). He didn't make it, but got it nearly to his knees. Tony was a crowd rouser, but that should take nothing away from the performance of Sakari who registered 1510 TOT with 4/9 lifts: SQ - 573, BP - 385, DL - 551 for the win. He struggled all day, missing tries twice with a 606 SQ and ditto with a 584 last DL attempt. Tim Judge, 42, from Harbor Oak, OH claimed the silver medal behind Sakari as he did last year in Calgary. Tim got a 485 SQ and lifted 512 on a 3rd, a lift that appeared good, but the officials said no. BP - 352, and with a 474 DL he finally got following a miss - TOT 1311. Steve Cook, 28, GBR had claimed silver last year @ 165, but got bronze this time - TOT 1146, far below his best, but he pulled 507 to finish off his day for bronze.

165 - unlike last year in CAN



T. Conyers was there for the cash

where only 2 contested at middle-weight this year 5 men with respectable abilities put forth their best. Could anyone offer a challenge to the reigning champ, Angelo Berardinelli of the USA? The undercard saw 4 fighting for the bronze medal. They were Frank Manka, 35, RSA; Lee Gordon, 30, GBR; Joey Almodovar, 35, USA; and wily veteran David Mannering, 40, also from GBR. They were all bunched closely following the SQ. Almodovar, the chiseled American, led the quartet with 650 on his 2nd. Time expired which prevented Joey from trying his 672 3rd. Manka got 2W for his 644 3rd and was in good position. Gordon, the British duo backup man, made 628 on a 3rd following a miss. Mannering had the most platform savvy and dunked 617. He also got up with 661 on a 3rd, but was insufficient depth-wise. Almodovar had assumed there'd be a USA team coach. There wasn't, and without a handler his tactics were a stab in the dark. Joey blasted up 369 on his opening bench, then went for broke and missed 402 twice. Mannering proved his BP prowess was a big asset. He distanced himself from the others, nailing a gutsy hard fought 440 on his last lift. Manka raised 573, missing twice at 589 - TOT 1576 - 6th place. Lee Gordon



Angelo Berardinelli took the 165s. (photograph courtesy of Angelo)

claimed 5th lifting 595 on his 2nd. A desperation try with 639 to claim the bronze proved futile - 1587. Mannering and Almodovar dueled for the bronze. David got 573 up, then failed 600 - TOT - 1631. Almodovar, on a comeback trail from a sidelining auto accident, had 38 1/2 lbs. to make up. He pulled 578, then 600, and was within 11. The 3rd attempt SQ he never got to try would have made this lift unnecessary. He gave the 622 everything he had, but it was too much, too late - 4th place. Now the battle for gold: Angelo Berardinelli, 35, USA faced a formidable opponent this year - Jarmo Laine, 34, a FINN who was short and stocky and had the strength to match his looks. Jarmo opened at 661, Angelo uncorked 672; both good. Laine made 699, and got the nod 2-1! He then missed 716. Berardinelli took 722 down and up and was twice denied. The FINN led by 27! Jarmo pushed 391, then Angelo pulled out all the stops. His BP prowess blasted him 62 into the lead now: 424, 462, and finally 479. Angelo wanted to bust the magic 500 barrier, and took a futile try at 501 on a 4th. The DL is Angelo's Achilles' heel, but he made all his lifts count. The FIN camp thought he got a fast down signal with 600 on his 3rd with his grip slipping. The lift was good. Earlier on the USA camp thought Jarmo's lift was an early Christmas gift. TOT 1752 for Angelo. Now we'd see if the FINN could WIN! Jarmo DLed 617, then raised 650 and had 2nd place in the bag - 1741. He set himself up for the winning try - 661! It would be a tie with the victory determined on lighter bodyweight. Up it came, but it stalled out. Angelo had his 3rd WPC World title.

181 - The lighthheavy division had two guns with awesome firepower, but a man whom no one considered to be a threat had a big surprise in store. Neville Primich, 33, the South African superman, had the majority of pre-lift votes based on his track record, experience, and awesome numbers. Arnold Coleman, 35, seemed to be the USA's only hope for a USA upset. The marvel from Blacklick, OH had the musculature of a modern day Sergio Oliva! The other USA man, Joe Dougherty, 29, OH, was figured to get the bronze, but no more. This was a big class of 9. The supporting cast played their best hands, before finally folding. Neil Arnold, 35, GBR - TOT - 1521 in 8th. Ashley Hearn, 29, GBR was a solid 7th - 1532! Two Canadians: Cory Evans, 30, and Steve Molnar, 29, engaged each other - close. Molnar took a 55 SQ lead (639 to 584) into the BP, where Evans turned it into a 16 advantage of his own (440 - 369). Evans had no misses since his SQ opener and finished 8/9 with 1620 after pulling 595. Molnar lifted 606 for 1614, with two tries at 639 to beat his teammate, but didn't! Evans - 5th, Molnar - 6th! Rohan Archibald, 27, RSA, knew his abilities and went 8 for 8 ending up 4th: 617 SQ, 424 BP and 655 DL for 1697. Eric Athias from France lifted impressively to earn bronze: 699, 402, 650 for 1752. Now the major players: Dougherty, USA, looked like he didn't know his own strength. He made all SQs with room for more - 705. Coleman did 699, a strong opener. He also lifted 749, and then 760 easily as well, but was shy on depth - leading to wasted efforts. PRIMETIME PRIMICH lifted big. He ached his 749 opener, and barreled up with 793 as well. He went straight to a Bridge's weight - 826, but got stuck in the hole. Primich led by almost a hundred. Now comes the shocker. Neville opened with what seemed a safe bench - 446. Miss! He failed his 2nd attempt, but maintained his calm demeanor, and went up to 462 - missed again. HE'S OUT! Primich believes he may have hurt himself trying that big SQ, but offered no excuses. Someone suggested that perhaps his homemade shirt worked against him. Now left to challenge each other for the gold was the GRUESOME TWOSOME! Both Coleman and Dougherty's BP was their strongest lift. Dougherty continued his hot streak, and cranked off all 3 with no misses: 468, 501, and finally 523. Coleman came out and did him one better. His upper body physique is phenomenal and his shirt didn't look all that tight. He blasted up a 501 opener with ridiculous ease. Then, 523 which duplicates a personal best, was also smoked. A final effort of 540 showed room for more. So he tried more. On a 4th he came out for what was called a WR attempt with 551 (although Chris Confessore holds the official WPC World Record at 562 established July 17, 1988)! Arnold manhandled the weight with great deliberation. It's still the best lift in the World this year. Going into the deadlift Coleman led with an 1146 subtotal to 1124 for Dougherty. After Coleman hoisted a 650 DL opener, he dropped his guard. The

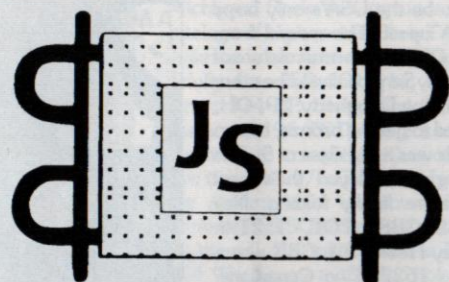


Arnold Coleman with the muscle it takes to bench 551 at 181 lbs.

deadlift was not a weapon that Joe was known for. Arnold as well as everyone else believed he wouldn't threaten. Coleman wanted the kilo equivalent of 675. Instead of getting 305 kg. (672), 306.5 was loaded on the bar for his 2nd attempt, which is 675.8. The record small discs were added to make this amount. Odd kilos are only allowed for World Record attempts, but this wasn't a record. Arnold missed this weight twice and was done. I rushed back and lodged a protest on his behalf. The irony of it all is that nobody caught it: not the scoretable, expeditor, nor Arnold himself. He got the 3rd attempt over - loaded correctly this time to 672. It made no difference in the outcome. Arnold had lobbied for a coach, but the appointed designee was someone who didn't have the slightest clue about strategy. Some suggested he'd been deliberately sabotaged, but the fact of the matter remains we are responsible for ourselves. Dougherty, who could do no wrong this day, came out and pulled 600, 650, and finally 666 - looking good for more. Dougherty was the winner: 1895 to 1890 over Coleman. With the performance of a lifetime, Dougherty basked in his gold medal moment.

198 - Tony Butson, 35, from Trenton, MI, was 2nd at USA Sr. Nats, but evidently relinquished his World team berth here. This left the way clear for the defending World Champ Jesse Kellum, 35, to participate. Jesse had missed the Senior Nats because he and girlfriend Carol got married. Jesse didn't care about winning the World Title, which was a foregone conclusion. He was lifting for the prize money offered in the WPO for the biggest TOT in their Middleweight division (198-220-242) of the WPC competition within the WPC World competition. The current USA Sr. champ Mike "Maddog" Andrus out of Clinton Twp, MI was in the lineup here as the other USA rep.

(article continued on page 77)



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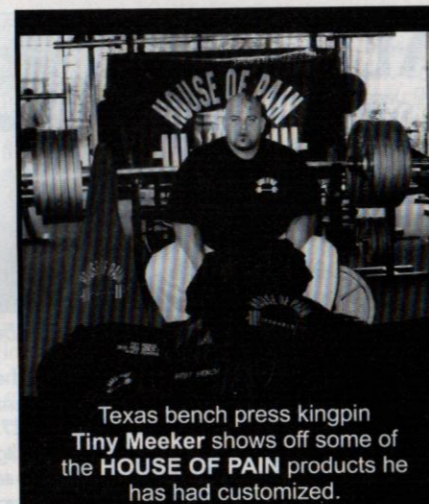
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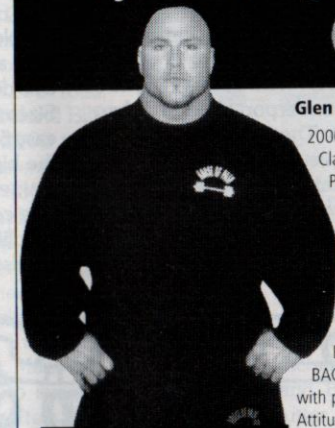
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WORKOUT of the Month

Hello My Fellow Benchers: My name is DONALD ROBBINS JR. I am 32 years old and live in Bluefield, WV. I work full time at Krogers as a meat cutter and have three children ages 7, 9 & 11. I have been lifting since I was 16 and hold several American records in the teen and open classes. In 1994 I went to Finland with the USA team for the world bench press championships. I finished 4th with a bodyweight of 165 lb. and a lift of 407 lbs. In my last meet (Dec. 16, 2000) I benched 555 lbs. in the 181 lb class. I say all this to make the point that you can have a family and a full time job and still succeed in lifting. I could not be where I am today if it were not for the support of my family and friends.

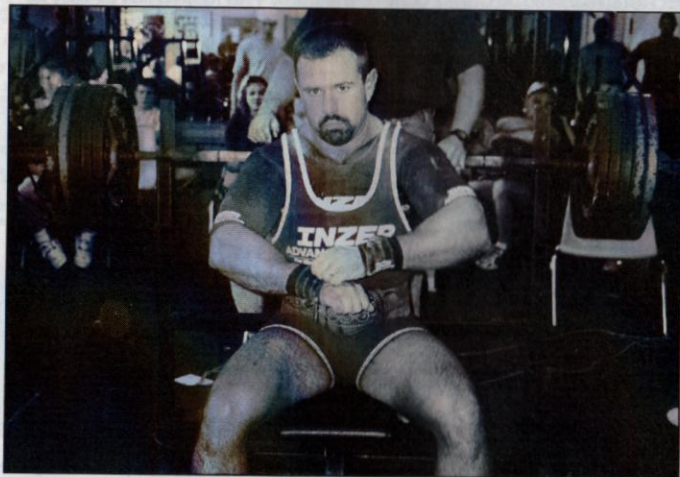
I work out 5 times a week, Monday through Friday usually about 1 1/2 hours a day. Monday and Thursday are chest and triceps days. Tuesday and Friday are legs and biceps.

Donald Robbins Jr. BENCH PRESS ROUTINE

Wednesday is back and shoulders. I have set up a routine to help a 500 lb. bench increase 25 lbs. or more in ten weeks. In addition to the bench workout my routine includes the use of the incline, decline, overhead press and tricep work. I do 5 sets of incline, decline and overhead and 10 sets of triceps each work out. In WEEKS 1-5 I do 10 reps for each set of the above exercises. In WEEKS 6-9 I do reps of 5. Please note I ALWAYS warm up with light weight before beginning. I have included my 10 week bench workout in more detail. Mondays are my heavy days while Thursdays are my light days. Two keys of improvement to remember are: 1) All light weight sets should be

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

225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 6; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 315 Reps 15; Set 2: 315 Reps 15; Set 3: 225



Donald Robbins Jr. preparing to bench 525 at the GBCC Memorial Championships on May 27th, 2000. (photo courtesy Donald Robbins)

"Explosive Movements". 2) Always try to push out the extra reps when needed on the program.

If you would like more information please write to Donald Robbins Jr., Rt. 5 Box 451D, Bluefield, WV 24701 or Phone (304) 327-5072.

Thank You - Donald Robbins

Week #1: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 20; Set 2: 225 Reps 20; Set 3: 225 Reps 20; Set 4: 225 Reps 20.

Week #2: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 11; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 21; Set 2: 225 Reps 21; Set 3: 225 Reps 21; Set 4: 225 Reps 21.

Week #3: HEAVY DAY - Set 1: 225 Reps 10; Set 2: 315 Reps 10; Set 3: 365 Reps 12; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 22; Set 2: 225 Reps 22; Set 3: 225 Reps 22; Set 4: 225 Reps 22.

Week #4: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 5; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 23; Set 2: 225 Reps 23; Set 3: 225 Reps 23; Set 4: 225 Reps 23.

Week #5: HEAVY DAY - Set 1:

REP OUT.

Week #6: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 7; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 315 Reps 16; Set 2: 315 Reps 16; Set 3: 225 REP OUT.

Week #7: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 5; Set 4: 425 Reps 3; LIGHT DAY - Set 1: 315 Reps 17; Set 2: 315 Reps 17; Set 3: 225 REP OUT.

Week #8: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 5; Set 4: 425 Reps 4; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 315 Reps 18; Set 2: 315 Reps 18; Set 3: 225 REP OUT.

Week #9: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 1 with shirt; Set 4: 500 Reps 1 with shirt; Set 5: 515 Reps 1 with shirt; LIGHT DAY - Set 1: 315 Reps 19; Set 2: 315 Reps 19; Set 3: 225 REP OUT.

Week #10: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 1 with bench shirt; Set 4: 500 Reps 1 with bench shirt; Set 5: 525 Reps 1 with bench shirt.

Welcome, once again, to the wide and wonderful world of powerlifting. In covering the power scene, we try to present interesting and timely stuff. Sometimes, because this is all written at least a few weeks before it's read, we're a little behind the curve.

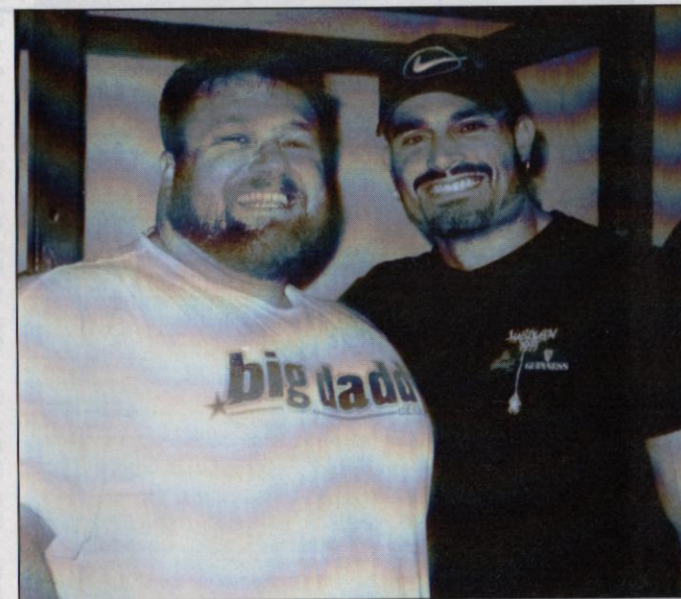
Last month we wrote about Jamie Harris hoping to hit a big bench at the Arnold Classic in early March. Since we wrote this, our friend Jamie was not put on the preliminary list of lifters for the Arnold. Well, Jamie wasn't very happy about this, and said a lot of things, particularly on the www.goheavy.com web board. Without repeating his postings, or those of the many other posters, let's just say I don't think Jamie is going to be in the Arnold for a while.

Big Jamie remains committed to making a PL comeback, and is now aiming at two meets in Pennsylvania, one on March 17 - the Mon Valley Fitness Center BP Classic - and one on April 1 (yes, we know that's April Fool's Day) - the Pittsburgh Area Monster BP.

As for the Arnold Classic, defending champion Glen Chabot will be there to defend his title. Last year Glen had both the biggest bench - 722 lbs. - and the biggest bench by formula, even though only the biggest bench by formula was awarded prize money. This year the prize money has been increased, and there will be awards for both biggest bench and biggest bench by formula.

The Westside Barbell Club's Kenny Patterson and George Halbert, two great benchers, should be there and in competition for prize money, and Willie Williams, who

POWER SCENE



Richard Schoenberger (right) and training partner Chris Sestito (left)

benched 705 in both the 1999 and 2000 contests and is always a crowd favorite, will be a major contender.

George Nelson, Kim Brownfield, and many other top benchers will also be competing in front of the thousands of screaming fans, so if you're anywhere near Columbus, Ohio on the first weekend of March, come check out the action. For those of you who won't be there, we'll have a first hand report, and POWERLIFTER Video will be there covering all the action.

One big bencher who won't be

at the Arnold is California's Richard Schoenberger, whose PR is 612. Big Richard, who's currently weighing in around 365, is finally about fully recovered from an injury, and ready to go after a new PR soon. We caught up with Richard and his training partner Chris Sestito when we went to Lakewood to videotape Richard and Chris' BP training. Boy, do these guys do a lot of assistance exercises.

We shot them doing lat pull-downs, two kinds of bicep curls with an emphasis on grip strength, two

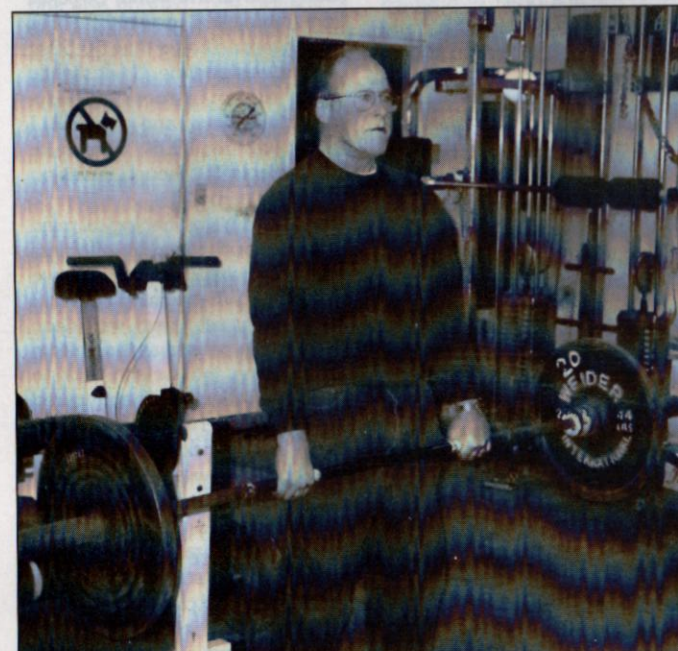
kinds of machine bench presses, front and back military presses, and more. Wow! Richard's been doing serious bench pressing for eight years, and he's developed a terrific understanding of the need for proper assistance work, proper technique, and a good training partner.

Coach Bernie Gagne has been focusing on proper lifting techniques for many years, well, actually, many decades. We recently shot with Bernie for segments on the deadlift and squat, and no matter how many times we work with him, we always learn something new. This time Bernie showed us how to design a squat shoe, with the proper ramp to support your squat and help you not lean forward as you come out of the hole. Bernie also shared his analysis of proper and improper SQ and DL techniques, and how lifters of different body types must lift differently to attain their full potential.

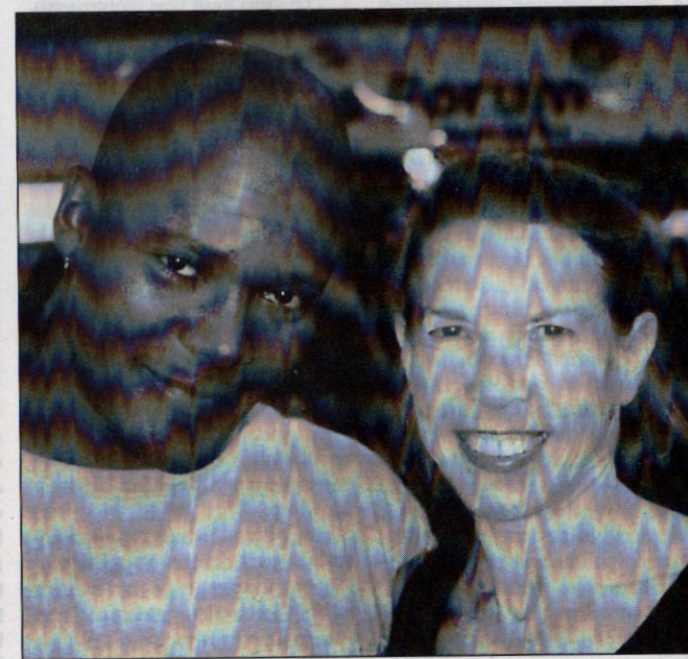
Finally, we ran across a new powerlifter at the Fitness Forum Gym in Marina Del Rey, CA. 54 year old Sheila Mann has been powerlifting training for three months now, under the tutelage of (retired) powerlifter Kurt Elder. Sheila had been weight training for 27 years, and decided to become a powerlifter. She's aiming to compete, and do so in all three lifts. Sheila says the squat has been the hardest to pick up so far. In the meantime, she's eating more calories and cutting back on cardio. Sounds like she's got that part right.

Good luck Sheila, with your lifting, and to all powerlifters, good luck with your lifting. 'til next month, we'll see you on video.

NED LOW



Bernie Gagne practicing what he preaches (Ned Low photographs)



Kurt Elder and Sheila Mann at the Fitness Forum in Marina Del Rey

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POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

On Sunday November 19, 2000 in Akita, Japan, Brad Gillingham became the first United States superheavyweight powerlifter to win an International Powerlifting Federation world title since Mike Hall won way back in 1989. This amazing accomplishment happened despite the fact that Brad had a less than optimal training cycle. "My preparation had gone really well," Brad said, "I had gotten my body weight up to 328 pounds and the iron was flying; then things got messed up." In preparation for this contest Brad had squatted a deep and explosive 840 pounds, bench pressed 625 and deadlifted 845 on two separate occasions. "I thought, based on my training lifts, that I could post a 2300 pound total at the world championships. But I injured my shoulder three weeks prior to leaving for Japan." It happened while squatting, "all of a sudden what felt like a bolt of electricity shot down my arm and into my fingers. I thought I might have ripped a rotator cuff." As it turned out, he'd "popped three ribs" and seriously strained his deltoid. It was a quandary as to what course of action to take for the remainder of the cycle. "My friends and training partners said I should lay off benching altogether until the contest. I didn't like that idea at all."

Oddly (and thankfully) he could still squat and deadlift without pain, but bench pressing was another matter. "I'm a long-armed lifter who relies heavily on initial explosion to generate enough momentum to aide my triceps in locking out my benches. As a result of the shoulder injury I lost my explosion." Brad is also the type of lifter that needs to stay in touch with the technical aspects of the bench: "If I don't bench every week, I lose my groove and my performance deteriorates." He decided to continue his regular bench session before leaving for Japan. "I pushed through the pain and benched on each of my regular training days leading up to the meet, but I did so carefully, non-explosively and with far less than my scheduled training poundage." It was a bad end to a previously great cycle and weighed heavily on his mind. "I felt my best ever training cycle had been derailed and my bench press and total would suffer as a result. How much it would affect me was anyone's guess, but it

How Brad Gillingham Won the IPF World Meet

as told to Powerlifting USA by Marty Gallagher, Washington Post On Line Columnist



Brad kept hopes alive with conservative attempts in the squat. (Kelso)

was messing with my mind something fierce."

The trip itself was nightmarish. "I left on Tuesday and it took 29 hours for me to arrive at the Japanese hotel. I didn't sleep a wink the entire trip. In fact, I hadn't slept the night before I left Minnesota, tossing and turning and worrying about an ice storm in my hometown that threatened to shut down the local airport." The 13.5 hour plane ride from Chicago to Tokyo was murderous and upon arrival in Japan he had to ride a bus for a two hour drive to a second airport and then catch another plane north to Akita, Japan. "By the time I got some solid rest I had gone 60 hours without sleep and lost fifteen pounds of bodyweight." Per usual, Brad had packed enough food to stock a 7-11 store. "You never know the quality of food in a foreign country so I packed dozens of packets of Ramen noodles, cans and cans of tuna and several containers of Sport Pharma protein powder." Which was fortuitous, Japanese meals are

incredibly expensive and the portions disappointingly small. After arriving the first order of business was to shake off the jet lag and regain as much bodyweight as possible.

Brad traveled with his dad, former Green Bay Packer all pro Gale Gillingham, Brad's brother, his mother and her husband, an uncle and a cousin. His wife stayed home very much pregnant with their second child. After the long, seemingly endless journey, there was good news: the hotel was first rate, the natives extremely friendly, and the meet facilities excellent. "This was the finest of four world championship I've competed in. The organizational aspects were run with clockwork precision, the platform and warm-up area clean and spacious and the hotel facilities were first rate." After arriving Brad ate as much as humanly possible in order to regain lost muscle mass and took in much of the lifting. "They started the competition on Wednesday, so I missed the first day but I saw just

about all of the lifting on Thursday, Friday and Saturday." Asked who among the foreign lifters had impressed him the most, Brad shook his head and said, "It is impossible to pick out any one lifter. There were so many great ones that it is virtually impossible to single any one out. Sivokon squatted 700, benched 473 and totaled 1829 weighing 148, which was more than the winner at 165. He is awesome and deservedly won the champion of champions trophy." The American lifters: Hooper, Ricks and McGettigan, took 3rd, 2nd and 3rd place respectively and Brad was right there, cheering them on, lending a hand when needed.

On Sunday the superheavyweights weighed in at 11am and the lifting commenced at 1pm. The stage was set and it was time to get down to business. This would be a fast paced contest: seventeen superheavyweights were split into two flights of nine and eight, which meant that the lifting would occur at a break neck pace. Is it any wonder that six lifters bombed out? Brad described how he felt going into the competition, "I weighed in at 319 and knew it was going to be a dogfight. The superheavyweight winners from the last four years were all in attendance, the best of the best: Fomin and Gurianov from Russia, Naleikin of the Ukraine, the Hungarian Meszaros and hottest young lifter in the world, Savickas from Lithuania. I knew my chances to win were no better than 50-50 at best." It was go time. "I felt slightly off in the warm-up room, my bodyweight was down and physically I knew I was not 100%." Brad said, "Psychologically, though, I was on top of my game."

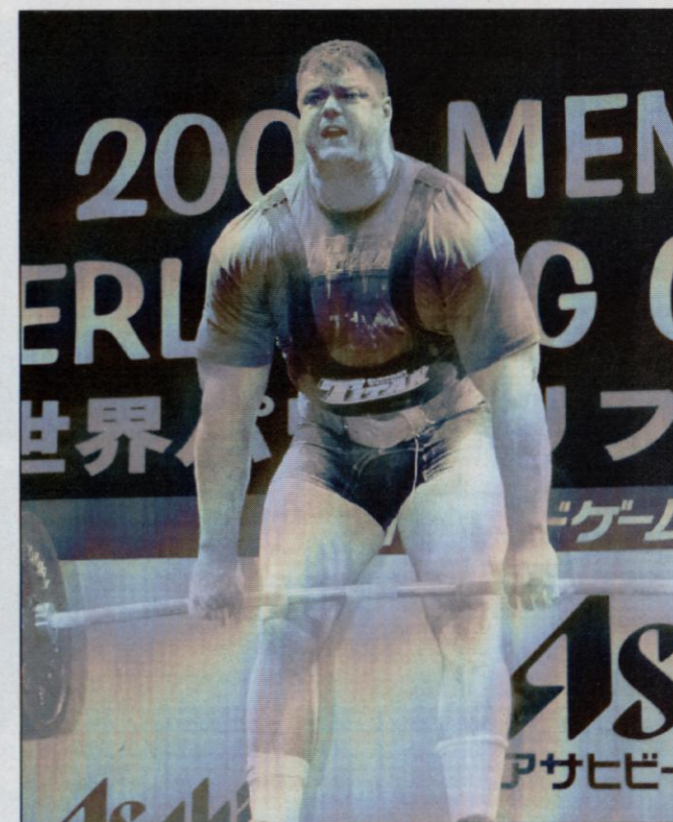
Gillingham's psychological mind set got a shock when his effortless opening squat 782 received two red lights. "What a mind blower! I purposefully set down way deep and actually paused at the bottom before firing the weight back to lockout effortlessly. When two red lights appeared, I was flabbergasted. It was a rude shock, especially since I was by far the weakest squatter of the contenders and I needed every single pound." In a gutsy move he jumped to 793 rather than follow conventional wisdom and repeat his opener. "I had plenty of strength, that was not the issue. On my second attempt squat I took the

weight out of the racks, sat down even deeper than the first and again stood up with it easily. This lift was passed 2-1." He was in the game.

Brad had hoped to uncork between 832 and 837 and he thought about jumping to 832 on his final squat, but a close miss or two red lights would be catastrophic. A quick conference was called among his coaches, handlers and advisors. A conservative, split-the-difference weight of 815 was called for. It was crunch time. In the forefront of everyone's mind was the simple math: if he made this lift he had a chance, if he failed Brad could kiss the gold medal good bye. Brad had to think this lift through; it could not be a wild, emotional effort, as any technical glitch would garner red lights. "The lift was slow, precise, controlled and powerful; I made the poundage with strength to spare, strength was not the issue, red lights were the issue." Everyone exhaled a simultaneous sigh of relief when two white lights appeared. Brad still had a chance, albeit a slim one.

Meanwhile, the Russians lifters Fomin and Gurianov squatted 903 and 826 respectively. Naleikin from the Ukraine squatted 881 while Savickas blasted up 903 and Meszaros made 859. The Europeans had opened up seemingly insurmountable leads. Gillingham was behind the proverbial 8-ball and needed to make every single remaining lift if he were to have a chance at winning. Plus, he needed some help; he needed the leaders to miss some lifts. If he made all his remaining attempts and they made all their remaining attempts, he would come up short. It was time to regain some ground. Brad opened higher in the bench press than anyone else finished, 584 pounds. It was a smoker and garnered three white lights, his first unanimous decision of the day. He called for 600 pounds on his second attempt and Gillingham needed this weight if he was to make a run at the gold in the deadlift. "It was nerve-racking, I had a ball-of-tension in the pit of my stomach," he related. Brad got an excellent handoff and pushed the ponderous poundage to completion. It was "medium hard." Three whites greeted this crucial attempt and Brad was back in the mix. His 611 third attempt was an anticlimactic no-go, "I lost the lift at the top, and to tell the truth I wasn't surprised; I was real pleased to make 600 and admittedly lost some of my edge on 611."

At the subtotal Brad was in 4th place. One serious competitor, World Champion Victor Naleikin, bit the dust and was out of the competition. Still, the three men ahead of Brad had all deadlifted



Brad's dramatic win ended an 11 year drought for USA SHWs. (Kelso)

800 pounds or more and things looked bleak. The platform was hot as hell from the blazing TV lights and the competition was moving lightning fast. This was working in Brad's favor though he weighed 315, his bulk was spread over a 6'5" frame; he was nearly a foot taller than most of his competitors and the pace and heat was grinding the shorter, thicker lifters down. "I lost 10 pounds of bodyweight during the competition and since I was light already, this adversely affected me. I was drained as we started the deadlifts, but backstage these guys were looking a hell-of-a-lot worse than me." Brad opened his deadlifts with 793 for a three white light success. After the opening deadlifts, Brad was in third place and had pretty much secured at least a bronze medal. He jumped to 821 on his second attempt and destroyed the weight; it was as effortless as his opener and again received three white lights. He felt good for more. The bronze medal was in the bank and it was time to win this sucker with a monster pull.

A powerlifting miracle occurred on the second attempt deadlifts, one that opened the door for Brad Gillingham and allowed him a shot at the gold medal: every single one of the other contending superheavyweight lifters missed their second attempt deadlifts. "It was incredible, in turn each of the contenders missed his second attempt and all of a

sudden I had a real chance. The key was to make my third deadlift. I needed a big pull and could not afford a miss. It was all on the line." Brad remembered the excitement preceding this attempt, "I needed to pull a big deadlift in order to tie the Russian Fomin and move ahead on bodyweight. He had posted a 2254 total by making his opening lift with 793." Brad's lift had to be a clean, crisp pull without a hint of pause or hitch - otherwise it would be turned down. These thoughts raced through his head as Brad watched incredulously as the other top lifters continued to miss their third attempt deadlifts. Had anyone of the leaders made their 3rd deadlift it would have forced Brad to increase his 837 attempt. "I don't know if it was the heat, the pace, or the bar, but each lifter in turn missed their final lift."

"Meszaros missed all three of his pulls and was out of the contest. Fomin pulled 815 off the floor like a rocket on his third and had the bar over his knees and almost locked out when both his hands flew off the barbell and up into the air like someone had said, 'stick'em up!' Two half-dollar size chunks of skin flew into the air. It was gross." Now it was Gillingham's turn at bat. Nolan Crabbe started humming the Star Spangled Banner and Brad's Dad, brother and coaches surrounded him, imploring him, exhorting him. It was a tense, electric moment. His

Dad cinched his power belt and Big Brad, the favorite of the packed house, strode to the chalk box like Alan Ladd striding out to gun down Jack Palance in 'Shane'. He carefully and methodically applied the white magnesium powder to each and every digit and turned to face the bar, the audience, and the judges. The high drama of the moment was amplified as the normally reserved Japanese audience rose as one to exhort their champion. It was one of those monumental moments when all the chips are pushed to the center of the felt table on the final hand, winner-take-all.

Big Brad ambled onto the platform and up to the barbell, he looked down and centered his feet, he stooped and enfolded the bar with his monster hands, first the left hand, then the right, using his patented double-overhand hook grip. He dipped his hips, tensed and with adrenaline coursing through his body in torrents, ripped the bar off the platform. In the blink of an eye the bar flew up his shins and over his knees, Gillingham kicked in his python-like erectors for the long march up his thighs and to eventual lockout. After a slow smooth pull he heard the head referee yell "down!" He held the bar aloft for an extra few seconds and then gently replaced the barbell; he spun and stared at the light board. After what seemed an eternity, three whites appeared and pandemonium ensued. Brad was mobbed. He had captured the gold medal for the US and the sweetness of the moment was magnified by the dramatic manner of his triumph. "After completing the lift, my memories are a blur. I remember being on the top rung of the podium and the National anthem was playing. It was surreal, I thought I was dreaming."

Immediately after the award ceremony the meet director came and with great solemnity indicated that Brad should accompany him. "I thought I was being led away to the drug test." Instead, Brad was led into a huge banquet hall packed with formally dressed Japanese. "I was led onstage and the Mayor of Akita introduced me to the packed auditorium as the 'new super heavy-weight powerlifting champion of the world.' The crowd erupted into applause and flashbulbs began popping. I felt like I was in an episode of the 'Twilight Zone.' Autograph seekers besieged the slightly dazed Gillingham. "It was overwhelming but it kept getting better; within the hour the post meet banquet began. Much celebrating and laughter with the other lifters, coaches, friends and family. I was glowing inside."

"It was the perfect ending to the perfect day."

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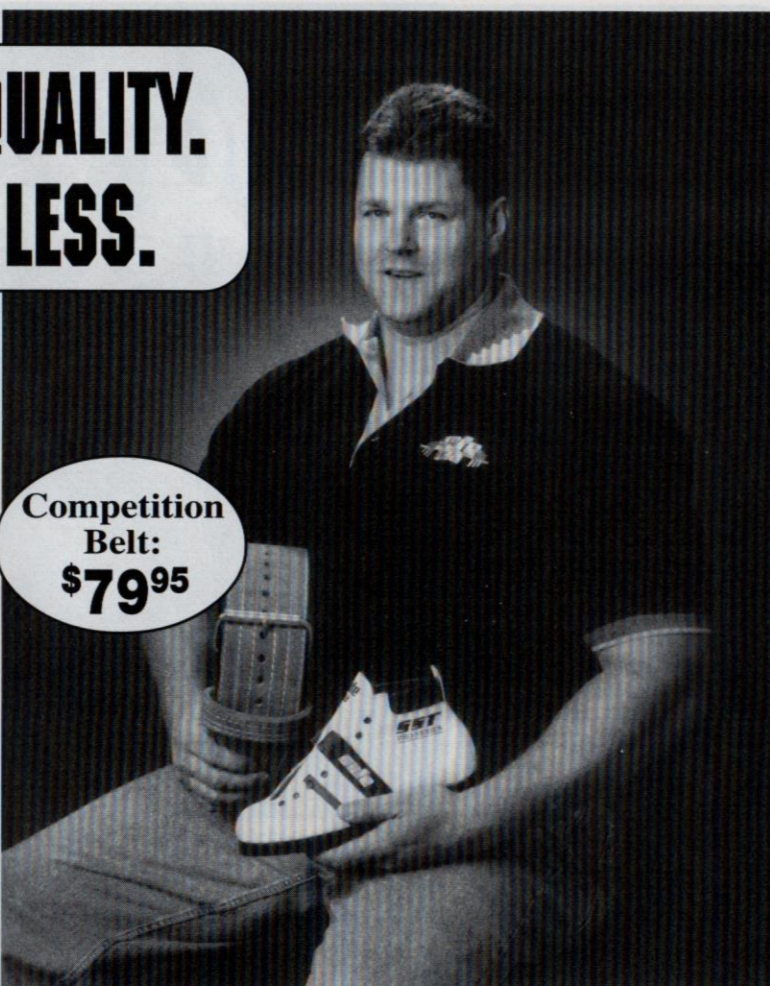
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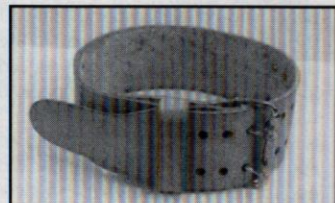
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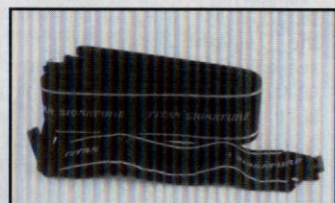
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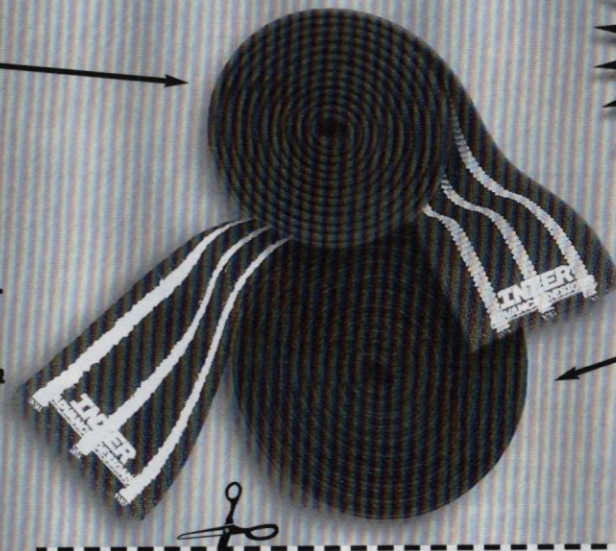
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Strength, speed and technique are the most important components in cranking more weight. You have to be strong enough to lift the weight, fast enough to push it quickly through your sticking point, and as Dr. Tom McLaughlin, a biomechanist said, "Technique is everything." Complex training is a way to develop all three aspects simultaneously.

For years, the focus of powerlifting was the development of brute/absolute strength. Louie Simmons' innovative methods have demonstrated that speed is essential to elevating more weight. Simmons has put the "power" in powerlifting, as well as emphasizing technique.

Power/speed training is schooling for your neuromuscular system, teaching it to fire faster. You want to outrun your sticking point with speed. Think of moving a heavy weight through a sticking point as driving your car through a mud hole. Ever stop in a mud hole? You sit there, spinning your wheels. What you want to do is have enough speed that the momentum carries you through the mud hole, i.e., your sticking point. The more speed you have going into the mud hole, the greater chance you have of making it through. The same thing applies with your squat, bench and deadlift. You want to blow past the "Bermuda Triangle" of your lift, that point where it gets lost.

Before discussing how complex training can improve your powerlifting, let's take a look at what complex training is. Pavel Tsatsouline defined complex training in his book, *Beyond Stretching*, as "[t]he plyometric/weight lifting sequence". More specifically, complex training involves the performance of an explosive plyometric movement followed by a strength movement. Tsatsouline definitely felt like it worked. He explained that since preceding a strength movement with a similar, explosive plyometric movement allows for greater weight to be used during that strength movement, a greater training effect is elicited. He gave the example that Dr. Fred Hatfield would, during competition, precede his squat with a vertical jump and his deadlift with a depth jump.

Canadian strength coach Charles Poliquin, although not mentioning complex training by name, describes its use in his 1-6 Principles. Poliquin was introduced to the theory by Dragomir Cioroslan, 1984 Olympic bronze medalist in Olympic weightlifting, at the National Strength and Conditioning Association Convention in San Diego in 1991. Poliquin applied his 1-6 Principles (complex training) with great success to bobsledders,

TRAINING

Building Strength and Power With COMPLEX TRAINING

as told to *Powerlifting USA* by *Kenny Croxdale, B.A., C.S.C.S.* and *Tom Morris, M.S., C.S.C.S.*



Kenny Croxdale has been making some great PRs as a Master lifter, often in NASA meets. (photo provided courtesy of Kenny Croxdale)

lugers, skiers, and speed skaters preparing for the 1992 Olympic Games. Poliquin mentioned how other top athletes used what is now being called complex training successfully in their training programs. "For instance, Olympic gold medalist Valery Borsov and Ben Johnson would squat a 3RM load ten minutes before their record-smashing performances in the sprint." Borsov and Johnson performed a strength movement, a set of 3RM squat, prior to their speed movement, their sprint. This is an example of a preceding strength movement improving a speed/power movement.

Although Poliquin's 1-6 Principle program is designed to increase strength, he states that this type of training will also increase power. "If you do a 6RM [the maximum load you can lift for 6 reps] load within 3-10 minutes of doing a max single, you can use a greater weight than you could have if you hadn't done the 1 RM set." In other words, the 1RM somehow stimulated the neuromuscular system, causing it to perform a heavier than

usual 6RM.

Dr. Donald Chu defines complex training a bit differently. "Complex training matches pairs of exercises from two sources: a resistance training pool and a plyometric [power/speed] pool." According to Chu, "[b]y itself, strength training will produce results, but not to the same level" as training simultaneously with a similar, explosive plyometric movement.

William Ebben and Dr. Phillip Watts, in their article entitled "A Review of Combined Weight Training and Plyometric Training Modes: Complex Training", which appeared in the October 1998 *Journal of Strength and Conditioning*, define complex training as "alternating biomechanically comparable high-load weight training and plyometric exercises in the same workout".

Additional data presented in the 1998 *Journal of Strength and Conditioning* article "Acute Enhancement of Power Performance from Heavy Loaded Squats" reveals that "performing a heavy half-squat prior to loaded countermovement jump

testing can enhance jumping performance".

Therefore, for the purpose of this article, complex training will be defined as utilizing a strength movement followed by a similar, explosive plyometric movement or utilizing a plyometric movement followed by a related strength movement. In either case, it appears that the power and/or strength movement will be increased, i.e., greater than if the two different movements were not performed consecutively.

Although the mechanisms by which complex training works are not well understood, a number of possible factors have been identified. Ebben and Watts identify these factors as follows: neuromuscular, hormonal, metabolic, myogenic and/or psychomotor. These authors do suggest that neuromuscular adaptations seem to best account for the increased performance associated with complex training. "High-load weight training increases motoneuron excitability and reflex potentiation, which may create optimal training conditions for subsequent plyometric exercise. Also, the fatigue associated with high-load weight training may force more motor units to be recruited during the plyometric phase, possibly enhancing the training state."

Is utilizing complex training to improve one's powerlifting performance a new concept? To answer this question, one only need to look at what Louie Simmons is doing. There are definite similarities between Simmons' program and complex training. Simmons' program is "unidirectional" which means that you focus on only one thing at a time. Simmons' twice weekly training sessions focus on strength (using heavy weights and grinding it out) one day and speed (blowing it through the roof at 50-60% of maximum) on the other day.

Complex training applies the same basic concept, with a twist. Complex training combines strength training and speed/power training in the same workout, whereas Simmons trains those same components on different days. The end result of Complex Training is an increase of power and strength.

Performing a strength movement followed by a power movement elicits a neurological response that enables you to develop more power, thereby allowing for a greater training effect. In other words, performing a strength set followed by a power set will enable you to perform that power set more explosively with more speed.

Baseball players are a great example of the use of this concept. Prior to going to the plate, some attach a weight to the end of the bat

and take practice swings with the bat. When using a heavier bat, their warm up set becomes their strength set. Their next set at the plate is their power set. The batter generates more power/speed at the plate. The batter hammers the ball harder. This is complex training!

It is exactly what you want to do with your squat, bench and deadlift, generate more power. Only instead of hammering the ball, (the ball being the sticking point for the batter) you want to hammer your sticking point. You want to rip through your sticking point just as Mark McGwire does with the ball.

So, now let's take a look at the recommended exercises, reps, sets, and rest periods when implementing Complex Training. Think of complex training as a super set of two exercises for the same muscle group. Exercise one being your strength set, while exercise two is your power set.

A great way of increasing your Bench Press would be doing heavy weighted dips (or a similar movement that involved the same muscle group as the bench press) for your strength movement. Taking a rest period and then doing a set of the Bench Press for your power movement.

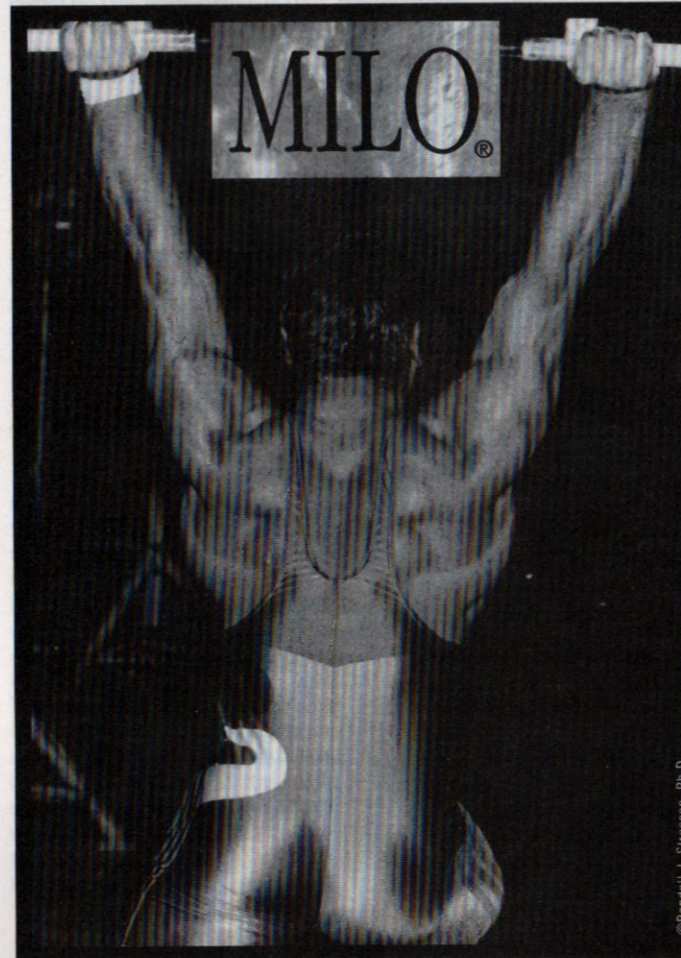
Your strength sets need to be close to your maximum. Your power

sets should be kept between 30-60% of your 1RM.

Repetitions for complex training need to be kept low for both your strength and power exercises. Repetitions should be in the 1-5 range for both your strength and power exercises. Sets should range between 5-9 per exercise with rest periods of 3 minutes or longer between sets.

An example of a Complex Training Program for the Bench would be: Exercise One/Strength - Heavy Weighted Dips X 3 Reps - Rest Period of 3+ minutes. Exercise Two/Power - Bench Press (30-60% of your max single) X 3 Reps. Rest Period of 3+ minutes. You need to repeat the sequence above for a minimum 5 Sets of each Heavy Dips and 5 Sets of the Power Bench. Then do your auxiliary exercises.

Complex training worked for one of the authors, Kenny Croxdale. In a year and a half, Croxdale's deadlift jumped from a hard pull with 560 to an easy 595. Complex training will work for you, if you employ it correctly. The extent to which complex training will work for you depends on your commitment to the program. We guarantee it will never work if you never try it. Any questions about Complex Training can be emailed to KennyCrox@aol.com



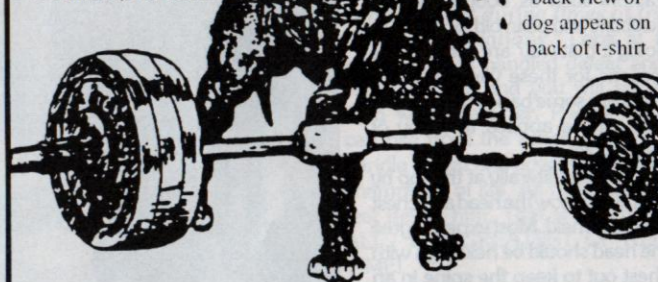
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A periodic review of your lifting technique and practices should be a mandatory aspect of your training plan. This should apply to lifters of all levels of strength and experience, as we should leave no stone unturned in our effort to continually improve. For that matter, this review should be on a constant basis. If you are suffering from undue red lights at meets, some of my suggestions may help shed a different color light on the subject. This time around let's take a re-look at the execution of the squat.

There is no one correct way to squat that fits everyone. Of all the lifts, the squat has had the most variations that have produced records. Records have been set with picture perfect technique, wide and close stance styles as well as techniques that make you think a back surgeon should be summoned to the platform as soon as the lifter racks the bar. Factors such as body structure, flexibility and plain old 'got used to doing it that way' are some of the reasons for these variations, but there are some basics of the squat that can be applied to many of these styles.

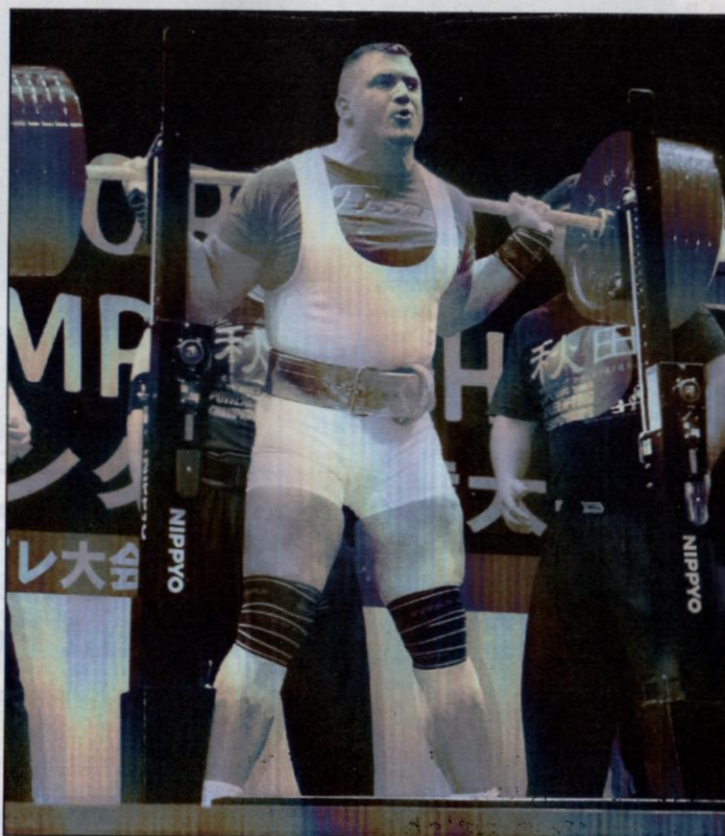
Let's start literally at the top by examining how the head and chest should be held. Most experts agree the head should be held high with chest out to keep the spine in an erect position. Some lifters keep their head looking forward or up during the lift, some look straight ahead during the downward part of the squat, and at the bottom, look upward to completion. If your head and chest are not in the proper position during the squat, your leverage position could be compromised. If the head loses proper position, the back will follow and vice-versa.

Except for extremely upright squatters, the bar would be best positioned low on the traps, just above the rear deltoid. This position allows the bar to be located over the hips, normally a position for best leverage. Leverage is critical. If the bar is positioned too high on the back, it may result in the bar being too far in front of the hips, which could cause the lifter to lean forward, in a poor leverage position. Upright squatters like the legendary, John Kuc, were able to maintain an erect position with the bar held high on the back. Many lifters start squatting with the bar held high like this and need a towel to pad that area on the traps and neck. That habit is sometimes continued even though it may not be optimal in the long run. At the meet it's not an option to use the padding, so I would look at finding this particular spot on your back. Many novice lifters I have dealt with have trouble finding the 'spot' at

STARTIN' OUT

A special section dedicated to the beginning lifter

RE-LOOK AT YOUR SQUAT as told to Powerlifting USA by DOUG DANIELS



Pat McGettigan prepares to squat at the IPF Worlds. (Paul Kelso photo)

first, but they eventually do so. Take my word for it, that spot is there. Rearranging your form to allow proper placement on your back could mean extra poundage, almost immediately. If you experience pain in the shoulders, elbows or wrists during the squat, it may be due to the bar slipping down your back during the squat. Keep the head held high with the chest out and shoulders back. Maintain this form and concentrate on keeping the bar stationary during your squats. This will help prevent the bar from slipping down your back. If the bar does slip down as you rep out over a set, rack the weight to prevent further pain and take the set again with more concentration to keep the bar in its proper place for

the entire set.

Too fast of a descent may not be desirable. Many lifters feel dropping down fast gives them more rebound on the way up, but I disagree. The opposite may actually be true. Not only does this practice create a greater chance for injury, but you may lose your best position from which to effectively rebound from the low position. It may be harder to rebound from the bottom because of the extra downward force created by the speed of the descent and that's just plain physics. Make all your squats in training and at the meet descend smoothly with precise control. Human tissue doesn't bounce as well as a basketball. One method worth trying is to descend smoothly

until just above parallel, then speed the descent, and rebound up. Decreasing the distance of the fast descent until just before the bottom reduces the forces you have to reverse to go up.

Many novice lifters tend to bow their knees inward when they come out of the bottom of the squat. This may be due to lack of leg strength or concentration. Obviously, having your knees bow inward does not provide the best power transfer from your squatting muscles. The knees should be straight up and down for optimum results and power transfer. If you have this problem, lower the weights a bit and squat with keeping the knees outward and straight ahead. Some machines exist that work the inner and outer thigh and can also be useful. These are not 'girls only' exercises, guys have muscle there too. Concentrate on keeping the knees outward during all your squats and leg press-type exercises and this problem will soon be history. The first key is to become aware that you squat like this. In many cases the lifter has no idea and must rely on knowledgeable training partners and coaches.

Failure to reach proper depth is the major reason lifters don't get their squats passed. I've seen too many lifters lean forward near the bottom of the squat trying to get more depth. Most end up reducing the depth they are able to reach. Leaning forward causes the hips to come up and this actually may result in squatting higher. Proper depth is not best reached by leaning forward, but by trying to keep as upright as possible with the back as straight as possible. Sink back into your squats like sitting into a chair, not by leaning forward.

I strongly suggest lifters re-look at their lifts on both a periodic and constant basis, especially the squat. Over time, form and technique can change or deteriorate.

This could be due to injury, body-weight or strength change or a lack of attention. There is no single 'right way' to squat, but there are many wrong ways. A knowledgeable and alert training partner or coach can help with first hand critiques. Videotape is also a great option. You may not even be aware you are guilty of some technique flaws and sometimes seeing is believing. This re-look process might reveal that you are currently performing optimally, but stick with the process. These re-looks can often help shed some white lights on the subject.

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

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy." - Martin Luther King Jr.

When I was growing up, the athlete that I disliked the most was Muhammad Ali. Now I know that Ali is one of the greatest athletes of the millennium, and without question he is the greatest heavyweight boxer of all time. Even as a small boy I understood Ali's greatness. I knew that he was something very special, an athlete unlike any other I had ever witnessed. Still I loathed him with a passion. And my dislike for him had nothing to do with his religious beliefs or his refusal to be inducted into military. It was about him as an athlete.

He was just so brash and bold... so arrogant. He wouldn't just defeat his opponent, he would taunt and belittle them. He took great pride in humiliating competitors who were not in his class, often mocking their lack of talent and skill. He had no empathy or compassion for his opponents even after he had defeated them soundly. In effect, he exhibited a total lack of respect for everyone and everything that was associated with his sport. He displayed absolutely no style or class. He certainly didn't understand, or chose not to understand, the concept of winning with dignity and humility. In my opinion, he was the antithesis of what the true spirit of sport was all about. He went against everything that I was taught to honor and respect in sports. Naturally, I detested him. I knew he was a great athlete, but I had no desire to support him, and - in fact - I couldn't wait until Ali got his butt beat but good.

Well, that day finally came in 1971 against Joe Frazier. Before the fight Ali demeaned Frazier, calling him stupid and ugly. He said that Frazier was such a bad boxer that if he beat him he would get on his hands and knees and crawl across the ring and kiss Frazier's feet. He even said he would leave the country for good if Frazier beat him. Frazier wasn't impressed. When the bell to start round one rang Frazier came out "smoking", raining blows to Ali's head and midsection. I knew right then that Ali would lose. Here was the first man to really stand up to the great Muhammad Ali. I loved it. In the third round Ali bellowed to

Dr. JUDD

**Lose With Grace - Win With Dignity
as told to PL USA by Judd Biasiotto Ph.D.**



Gold Medal or Silver - David Ricks has been one of the USA's greatest IPF World competitors, above in Akita at the 2000 Worlds. (Kelso)

Frazier, "Joe you can't beat me. Don't you understand - God is with me." Frazier, undaunted, responded, "Well, then God and you are going to get an ass whoopin' tonight." True to his word, Frazier put a good whoopin' on Ali. In the fifteenth round Frazier floored Ali with a thunderous left hook. It was a blow that would have crumbled a brick wall. Amazingly, Ali regained his feet before the count of ten. He survived the rest of the round, but it was clear that he was a defeated man.

After the fight, Ali sat in his corner, his face bruised and swollen from the terrible beating he took. In his eyes you could see that his heart was weighted down by the defeat. I loved every second of it. I just couldn't wait until the post fight press conference. I knew Ali would have to eat his words. And I knew the press was going to be really hard on him. After all, he had humiliated so many other people in the past. Now it was going to be his turn to eat crow.

Well, I was partially right. The

press "hammered" him unmercifully, but Ali handled the situation with such grace and dignity that he actually inspired me, and I am sure millions of other people who were watching the event. Although he had not boxed in three and a half years prior to the fight, he never used that as an excuse. In fact, he never made any excuses. He took sole responsibility for the loss and he gave Frazier all the credit that was due him. He talked about how great Frazier was as a fighter and a man. He was so gracious in defeat that you couldn't help but admire him. Ali may never have won with humility, but he certainly knew how to lose with grace. Everyone talks about how great a winner Ali was, but in my opinion he was a great loser. He certainly taught me a lot about the experience of losing.

Let's face it; life is tough. It's an endless series of ups and downs, yet it is through the process of facing and overcoming difficulties that life really has meaning. Certainly the way we deal with setbacks goes a long way in distinguishing how suc-

cessful we will be in life. Failure arouses our determination and wisdom. Because of this, many people facing failure have been pretty surprised to find that the impending loss actually created courage, determination, and a new found wisdom. In basic terms, it's synonymous with that trite old cliché, "Every black cloud has a silver lining." Failure teaches us. Or as Ben Franklin said, "Those things that hurt, instruct." If we get burned, we learn not to play with matches. If we make a mistake, we learn not to do it again. Nobody can avoid failure all of the time. Even Muhammad Ali tasted failure.

Many times the difference between a good athlete and a world class athlete is whether or not he can learn from failure, whether he can use it or whether he will be eaten up by it. Martin Luther King Jr. said, "The true measure of man is not how well he does during times of comfort and convenience, but during times of trials and tribulations." Look at a man who has handled defeat and setbacks well, and you will see a man with character. People who can rise from the ashes, who can handle defeat and adversity are the champions of life. Ali never let defeat defeat him. That is why he is ALI - THE GREATEST OF ALL TIME!

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In 1976 a team of powerlifters came from Lincoln, Nebraska to the campus of Concordia College in Seward, Nebraska to give a powerlifting demonstration at the halftime of a college basketball game. At this demonstration a lifter named Roger Benjamin, whom I discovered later was famous for being the perennial runner up to Larry Pacifico, deadlifted an amazing 600 lbs. I was a senior at Concordia and weeks away from completing my college wrestling career and knew immediately I had found an outlet for my competitive spirit that I could take into my adult life.

Twenty four years later powerlifting is still a part of my life and I am enjoying it more than ever. My one regret is that I was introduced to powerlifting after I had completed my high school and college athletic endeavors.

I am absolutely convinced that I would have been a much better athlete if I had been a competitive powerlifter through my high school and college years. I know for a fact that in some areas I have more athletic ability now than I did my senior year in college.

Strength is an obvious area of improvement that contributes to one's athletic ability. I would have loved to have my present strength levels as a college wrestler, but there are other factors of athletic performance that are not so easily measured.

The intensity level of an athlete is one of these areas. I feel that this is an area of tremendous improvement for me and other powerlifter/athletes I have worked with. The motivation of powerlifting causes the athlete to push beyond normal pain thresholds and this ability shows up in other athletic endeavors. The result is an athlete that is capable and willing to push his body to new limits.

In the ninth grade I gave up organized basketball and went out for the high school wrestling team. I didn't do this willingly but I realized I had some physical limitations that were going to keep me from excelling in basketball (height, speed, and coordination would be a partial list).

Being from Indiana, I am still required, by law, to love the game of basketball and, of course, worship the ultimate basketball deity Bobby Knight. Actually, I have continued to play the game recreationally throughout my life and because of this I am very aware of the impact powerlifting has had on my athletic performance.

As a college senior, before I ever did my first set of squats, I was several inches short of being able to touch the rim. Today, providing I

TRAINING

Powerlifting & Athletics

as told to Powerlifting USA by LARRY TRAUB



The Results of the Traub Family competitions in the year 2000: Larry (right) won his 6th Masters Nationals title and the outstanding heavyweight lifter award, while competing in the 198 lb. class. Kristin (center) did not compete in the Women's Nationals because it conflicted with her basketball commitments, but she was a guest lifter at the Teenage Nationals and pulled a 402 American Record Deadlift in the 18-19 year old division, 165 lb. class. Drew (left) finished 2nd at the Teenage Nationals in the 15-16 year old division, 220 lb. class, and had an American Record 611 lb. deadlift well above his knees before it stalled. (photograph provided by courtesy of Larry Traub)

am properly warmed up and reasonably free of muscle soreness, I can usually get a couple knuckles over the rim and securely grab the rim. I realize that there is nothing particularly astounding about a 5'9" athlete being able to grab the rim, but I feel that it's somewhat interesting that at the age of 46 I can jump 4-5" higher than I could when I was 21 even though I'm 25-30 pounds heavier.

So, squatting makes you stronger, and stronger muscles help you jump higher, run faster, and do other things that require athletic ability. This is probably a basic truth that you've already accepted if you are reading this magazine, but I really don't think it's quite that simple.

Every day thousands of basketball coaches send their players to the weightroom to do squats and

get little or no results. So why does one athlete go to the weightroom with the goal of increasing his maximum squat and come away with a significant increase in athletic performance and the other athlete goes to the weightroom with the goal of increased athletic performance and comes away with next to nothing?

The answer is motivation.

There are a lot of factors that contribute to increases in strength but I would argue that the most important factor, by far, is intensity. The powerlifter goes to the squat rack determined to do more weight and/or reps than he did in his previous workout. The properly coached basketball player may have the same goal in mind but the motivation is totally different. The powerlifter knows that his goals will directly affect his ability to succeed in his sport. The basketball player is

thinking that his ability to achieve his workout goals might have some affect on his overall game.

The motivation is not the same. The intensity is not the same. The results are definitely not the same. I have worked with many athletes that support my theory but the most dramatic example would be my daughter Kristin.

Kristin is a 20 year old Jr. at Quincy University playing Division II basketball on an athletic scholarship. When Kristin was 9 or 10 years old she went to a volleyball clinic sponsored by the local high school in which she competed with other local girls her same age. On the last day there was an award to be given to the outstanding player based on the following criteria: serving, bumping and running an agility course for time. If memory serves me correctly Kristin finished first in one of the skill areas and second in the other and going into the agility run she looked to be in contention for the camp award. In the agility run she was not even in the top 50% of the field and she fell completely out of the running for the award.

Her failure to win the award was not due to any lack of volleyball skills or anything else that was worked on during the course of the camp. Instead she fell out of contention because of a lack of raw athletic ability, something we might consider to be primarily genetically determined and something that many feel can't be developed to any great degree.

Not too many years later I convinced Kristin that lifting weights would help her in the game she truly loved, basketball. She worked hard at lifting and her athletic ability improved. After a period of time I suggested that because of the progress she had made lifting that she should try powerlifting. At that point her motivation to lift became stronger, her intensity increased, and her athleticism increased at a much faster rate.

At the age of 20 Kristin has 5 American records and a national championship under her belt, but this is the more interesting part. Last fall, prior to her sophomore year of college basketball, the women's basketball team went through a series of tests to evaluate speed, agility, jumping ability, etc. Kristin finished at the top, or close to it, in most every category.

She had gone from being somewhere in the middle of a group of very average athletes to being one of the top girls in a very elite group of athletes when tested in the same area.

What caused this to happen? I would suggest that her increase in body strength was the primary fac-

tor.

Could a well informed strength coach have designed a program more suitable for basketball? Should the program target the specific muscle groups used for various basketball skills and take into account the use of different types of muscle fibers, etc.?

Theoretically this sounds great and I consider myself quite capable of designing such a program, but I didn't design such a program for my daughter. Instead I pushed her into a powerlifting program and I am quite certain that this route gave her superior results.

The motivation to do high intensity exercise generally gets lost as the program becomes more specific and as a result there is less muscular growth.

So, should all athletes become powerlifters?

I would go so far as to say that any athlete could benefit from powerlifting. I say this because I feel that powerlifting can provide excellent motivation to work the major muscle groups with a high level of intensity and also target the type 2B (explosive) muscle fibers.

I would also readily admit that the concept is impractical. If a basketball coach has a 6'6" post player who desperately needs to add muscular body weight, then competitive

powerlifting is going to provide more embarrassment than motivation.

The answer for this athlete may not be competitive powerlifting, but a powerlifting mentality is essential. A smart coach would probably attempt to simulate powerlifting with some sort of testing and recognition of the gains made.

Competition is the drive behind every athlete. Powerlifting makes use of that competitive spirit to push the athlete to greater levels of strength development.

This whole argument assumes that powerlifting training consists of an intelligently designed program of progressively overloading the muscles and not showing up in the gym periodically to see how much weight you can lift.

It also assumes that the athlete stay relatively lean and doesn't add fat to his body to gain leverage in his lifting.

The athlete must go to the weightroom determined to do more weight and/or reps than he did in his previous workout without sacrificing form.

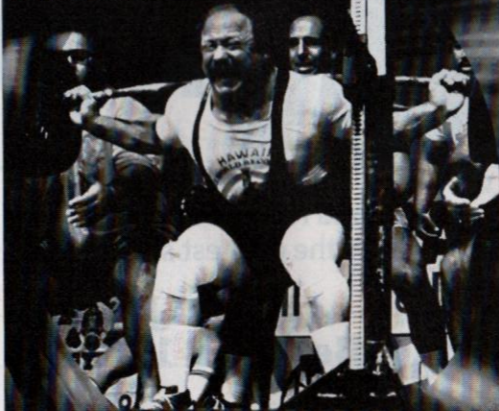
If this principle is applied to the powerlifts or whatever exercise the athlete chooses to do, then the athlete has a real opportunity to add a significant amount of muscle to his frame and increase his athletic ability.

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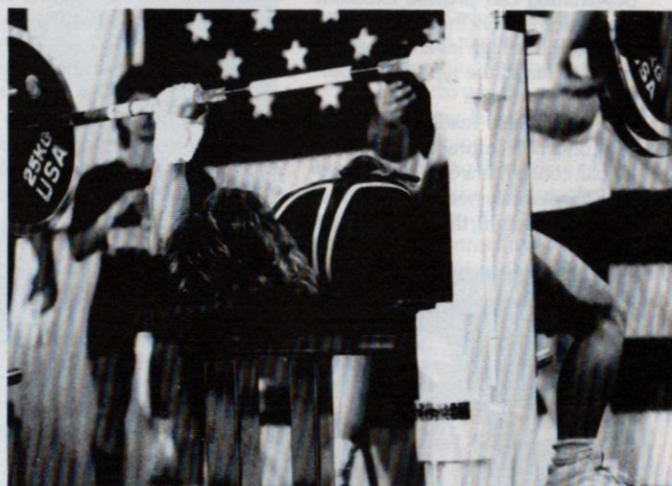
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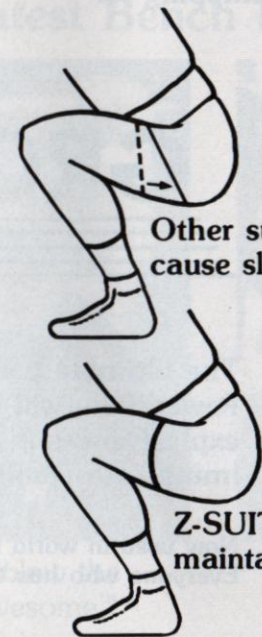
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I decided to look around and see how many "real gyms" are left. There are a lot more hard core lifters than hard core gyms. I can respect the serious lifter who trains alone, in a cosmopolitan hell - but who wants to read about that?

What started the quest? Well, I guess a full stomach and heavy legwork actually started it. Let's go back in time, to the first "fitness facility" I ever joined. I won't mention its name - but I will tell you that when I vomited on leg day, I was not encouraged to return. This was twenty years ago, and that is when I began my quest for gym nirvana. Almost immediately, I scored.

In the summer of 1980, a new gym opened in East Dallas. It was simply called "TEXAS GYM." I went and saw the bare concrete floors and primitive equipment, and immediately joined. Over the years, as the facility moved from one location to another in the same East Dallas neighborhood - I was a regular. The only luxuries were air conditioning and a toilet.

When someone punched a hole in the wall, we remembered the missed attempt rather than whining about the hole. When we drew on the walls and floors - it stayed = ART. When a barefoot pro-wrestler moved through the gym on his workout - plates still rolled and dumbbells fell. His feet got tough in



Texas Gym Owner - KIM JONES

HARD CORE GYMS

The Quest Begins in Texas ... as told to POWERLIFTING USA by Rick Brewer, of House of Pain



The Texas Gym ... an exterior shot of a "House of Pain" style outfit.



Young and Old train together at Texas Gym. (Rick Brewer photos)

a hurry. (I would've hated to walk barefoot on the filthy floor even if no one dropped weights. I saw what go spit onto it)

I remember the early powerlifting teams, and our primitive training methods. Back when steroids could be legally obtained through a "Sports Doctor," I remember syringes in the trash cans. I remember "E" who got condiments at the 7-11 freebie counter and "S" who had seizures running home from the gym until he was so cut up he looked like he'd been in a car wreck. "G" who died, due to a volatile mix of diabetes and supplements. "V" who went on to pro-bodybuilder status. "F" who got slung around like a rag doll and called a "hippy" when he tried to break up a fight. The "Bulgarian Brothers" who slung heavy weights around Olympic style - even while training to powerlift. "Z" who was superstrong, and went on to become a cop. I remember a

lot, and most of it is good. Some of it is hilarious. Once we were deadlifting, and a new lifter

to: Rick@houseofpainironwear.com. "My gym is so lame. I toss my cookies pretty often on leg day, or any day that follows hard drinking and partying. They get on me like my mom! Once, I just walked in and vomited on the front desk - right on all the paperwork! Then I turned around and staggered out to my old Mustang. 'Course I was still kind of hung over. Had to get my workout later, no problems. But anyway, get this: my lame-o weenie gym wants me to carry a little sack around to vomit in! Or, they will make me clean it up! Who do they think they are - my mother?! So bro', how goes the search for the Real gyms? Find me one!" **"Spew Factory"**

to **"Spew,"** "I am not your bro! While I have occasionally lost my lunch on a leg day, it's not something that happens every year. And I always made it to a trash can or toilet. I always clean up after myself, and I can't imagine the gym that would let you vomit all over the place and then just leave your beer-soaked crusties everywhere! I don't even want to imagine it! Lighten up on your drinking, and tear that vomit merit badge off your little high school jacket. For info on REAL gyms, stay tuned to the PL USA series." Rick@houseofpainironwear.com

came back and asked a question. We helped him join our DL workout, and gave him tips and pointers along the way. He had never deadlifted before in his life, so we were loudly congratulating him on his set with 365 when another young powerlifter (We'll call him "S") came in. "S" was pretty strong, and very loud and egotistical. He came over and berated the new lifter on his apparent weakness. We tried to explain that it was his first DL workout, and therefore very respectable - but he scoffed at that. He walked up to the bar in his street loafers (no socks: preppie) and lifted the 365 sumo style - no warm up, of course. Unfortunately, for him, his street shoes were very slick and his right foot slid about 8" to the right as he pulled the weight. This left the plates over his feet. A look of panic appeared on his formerly arrogant face as he stood holding the weight - trying to figure out how to get rid of the bar. We began talking amongst ourselves and walked away. After a minute or so, there was a crash - and he limped out with a bloody right foot. We didn't see him for a while after that. The new guy did pretty well, though!

Great lifters are still born in TEXAS GYM, and it's still in East Dallas. Heavy dumbbells and plates are easy to find. If you're looking for chrome, don't waste your time, but if you need a hard-core home in the Dallas area, this is it! Ask for Kim Jones, who is still the owner after all this time. The partners are history. A whole bunch of partners have come and gone, but TEXAS GYM is still the same. Whenever I walk into a new gym in some strange town, I mentally compare it to TEXAS GYM. Most don't do well in the comparison.

(Continue to send info and photos to: House of Pain, Box 333, Fate, TX 75132)

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Developing Special Strengths as told to Powerlifting USA by Louie Simmons

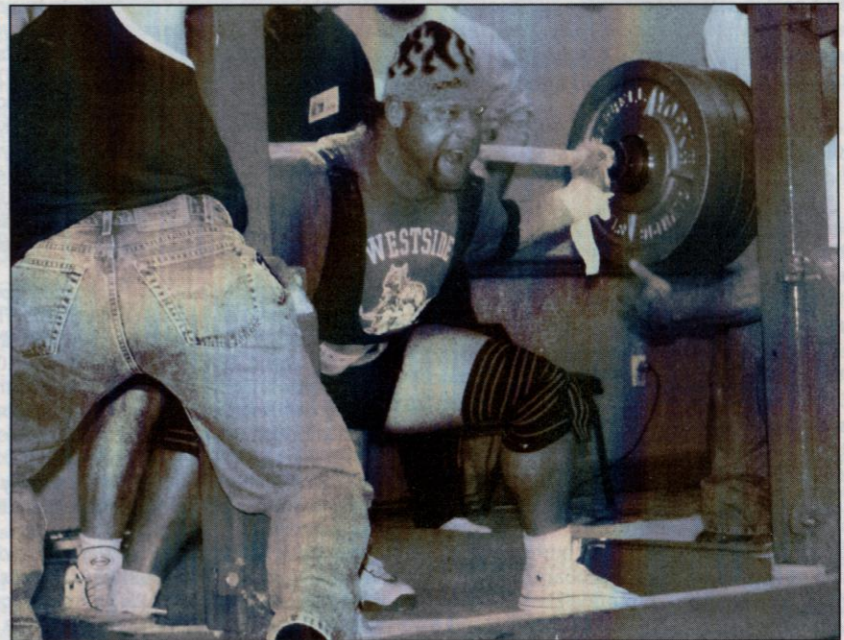
If you are to excel at sports, then you must develop special strength qualities that pertain to your sport's activities. There is a problem in this country of generalizing strength, that is, believing that you are either weak or strong, fast or slow. However, you may be strong and slow, or weak and fast. Some also believe that there is only one way to weight train, not recognizing that an individual needs special activities to increase his speed or maximal strength. It seems that many people think that a very strong person would be slower than a man of average strength or would lack endurance. I hope to dispel many of these myths.

MAXIMAL STRENGTH First let's talk about maximal strength. This is the basis of all types of strength. No one can do multiple reps (10-12) with 400 pounds in the squat if his best single is 420. But if his squat was 550, then 400 for reps would be quite possible. Similarly, a long-distance runner who can squat 100 pounds for 100 reps will perform better than a long-distance runner who can squat only 50 pounds for 100 reps. A stronger person can have greater endurance, particularly strength endurance.

STRENGTH ENDURANCE What is strength endurance? Strength endurance is the ability to perform a lengthy display of muscular tension with minimal loss of work capacity. There are two forms of strength endurance: static and dynamic.

To develop strength endurance, one must consider the intensity or speed of execution. Middle-distance runners could do 1 rep per second for 60 seconds, then rest long enough to bring the pulse rate to normal. Then repeat. Your GPP would determine how many sets as well as the rest between sets. You may feel that you have good endurance for, let's say, running only, but you may be unable to box for three rounds. You must look at exercise specificity to excel at your sport.

Repetitions to failure is one method of building strength endurance. Submaximal weights are used. This method is not intended for weights above 75% of a 1-rep max, which would constrain one to develop mostly strength, not endurance. Although hypertrophy is a by-product of strength training in general, the repetition to failure method can raise volume, but at low intensity levels, and be responsible for adding muscle mass, which may or may not



Combining the fundamentals of special strengths contributed to a 900 pound squat in the 220 class for Chuck Vogel. (The photograph provided by Diane Black).

be desirable, depending on if you are trying to maintain your weight class or move up. It is very important to adhere to the correct percentages. For sports using strength in conditions of speed, the weight percent to failure is 30-50%, for weight lifters, 50-75%, and for sports where stamina is used, 50-80%.

Dr. T. Ajan and Prof. L. Baroga suggest 9-12 sets per session. This is very taxing, but fast and efficient. Results come quickly. Because this method is mentally and physically taxing, we suggest using it for two consecutive weeks, at most.

SPEED STRENGTH Powerlifting and weight lifting are speed strength types of activities. Each requires one to execute a lift at full speed as well as strength. You must lift near-limit weights to develop quick strength. We include two types of training to achieve this goal: (1) a dynamic day, where weight at 60% is used to increase force production, and (2) a maximum effort day, where very heavy weights are used in special exercises.

When using the dynamic method, submaximal weights are used. Al-

though loads of 66-85% with a rep range of 3-6 is recommended by some, we have adjusted the loads for squatting to 50-60% using 2 reps per set. At least 6 sets of 2 reps should be done by novices, not to exceed 12 sets of 2 reps with just weight. This is based on a just-below-parallel box, and the 50-60% max is based on an actual contest max.

In the bench press, the training weight is 60% of a 1-rep max without a bench shirt, 8 sets of 3 reps. Both squat and bench sets should be done every 60 seconds or less. It is important to use maximum speed.

Strength speed is the ability to move heavy weights as fast as possible. To develop strength speed, we use the method of maximum effort. On this day, one must make a maximal effort, with weights at 100% plus. When a weight is made over 100%, this is referred to as overmaximal. One or two reps are used to increase force production. When powerlifting, three lifts work best: one at 90% and one or two lifts that are more than your previous max.

For weight lifting, use exercises such as pulls with a snatch or clean

grip, 4-10 lifts, as long as the proper height is maintained.

When using 90% and above for more than 3 weeks, one's progress will cease. To avoid this, switch the maximal effort exercises each week. This is referred to as the conjugate method: using exercises that resemble the classical lift. This method is used to perfect technique.

EXPLOSIVE STRENGTH Explosive strength is the ability to use the muscles and central nervous system to achieve maximum force as quickly as possible after an intense muscular stretch. Research by Frolov and Levshunov (1979) showed that high-skilled weight lifters who have high results in the jerk from the chest performed the half-squat quickly and instantaneously switch to thrusting the barbell.

The following are methods to develop explosive strength.

Explosive strength is developed after a strong stretch that builds kinetic energy during the lowering phase in different forms. Shock training builds explosive strength. Examples include (1) hang cleans or hang snatches; (2) depth jumps; (3) push jerks; and (4) box squats, box squats with bands, chains, or weight releasers.

Whereas depth jumps provide a reactive movement through using the momentum of a falling body, a hang clean or snatch and box squatting enable one to direct the body in more favorable angles to prestretch the muscles. Regardless of the height of the box, the landing angles stay close to the same in plyometrics. But hang pulls can be done at varying heights to catch the bar before starting the pull. Box squatting also can be done from many different heights.

Plyometrics are just one type of shock training. Maximal eccentrics, forced reps, all contrast methods mentioned above, and restricted range of motions to max (partials) are just a few.

ACCELERATING STRENGTH To ensure the development of accelerating strength, bands or chains should be employed while using a bar or dumbbells. I believe this can prolong the rate of maximal force production during an exertion. This simply means one is accommodating resistance, making barbell training more productive.

These are just some of the things to think about if you want to reach the top.

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that mark with a third attempt 127.5 kg. Japan's Wada switched placings with Belova improving to second with 120 kg. and Belova finishing third with 110 kg.

The 60 kg. class provided the American women's team their first chance to get on the lifting platform. Team USA was fortunate to have two fine lifters - Bettina Altizer of Virginia and Jennifer Thompson of North Carolina. Multi-powerlifting and bench press national champion Bettina Altizer returned to IPF competition for the first time since her silver medal performance at the 1997 IPF Bench Worlds. Bettina found it difficult to find her groove this day ending up with her opening attempt of 112.5 kg. Nonetheless, she proved even on an "off" day she is still world class earning a fifth place finish. Jennifer Thompson has clearly "arrived" as one of the USA's rising stars in powerlifting. Jennifer began competing in 1999 and in that very short time has finished as a runner-up in the last two USAPL Bench Nationals and earned a bronze medal in her first IPF Bench Worlds last year. This year, Jennifer came to this year's Bench Worlds with a confidence and competitive fire that belied her relative inexperience, but did she ever back it up. After getting her opener, Jennifer made easy work of her second attempt of 122.5 kg., positioning her just ahead of last year's silver medalist, Simone Hahn of Germany. Hahn's failed second and third attempts secured the silver for Jennifer who now was making a run for gold. To do that, she would match Russia's Elena Fomina's successful second attempt world record lift of 127.5 kg. With 127.5 kg on the bar, Jennifer exploded the bar off her chest, but just got it enough out her groove to miss it. In the end, it was pretty exceptional lifting for this relative newcomer. 1999 - Bronze, 2000 - Silver, 2001 - ??? Fomina came back to the lifting platform to take on 130 kg for a fourth attempt and successfully set a new standard for the world record.

Team USA also had two lifters competing in the 67.5 kg class - Alaska's Jill Darling and California's Tammi Callahan. These two women came to this year's team from very different perspectives but ended up having very similar results on this day. Jill Darling has earned a fine reputation as one of our top young female powerlifters as a 3-time member of Team USA competing at IPF Junior Worlds. With a 105 kg bench to her credit, Jill was invited to the team as our 56 kg. lifter. When it appeared she would have difficulty making weight at that class, Jill was forced eat up to become eligible to lift in the 67.5 kg class because we had filled the two lifter limit at 60 kg. Unfortunately, Jill just had "one of



60 Kg. Medal Winners (l-r) Germany's Simone Hahn (Bronze), Russia's Elena Fomina (Gold), USA's Jennifer Thompson (Silver). (L. Slaughter)

those days" and was forced to be satisfied with her opening attempt of 97.5 kg. Tammi Callahan, in her first year of competitive lifting, has had quite an eventful year. After winning the California State powerlifting title, Tammi went on to win the Bench Nationals and earn a trip to the Bench Worlds. But like Jill, she was forced to accept her opening call of 90 kg. However, Tammi will certainly benefit from the competing at this level. Ironically, this class was left wide open with the unfortunate absence of 1999 gold medalist, France's Clara Kasbarian, whose passport was apparently not accepted by Czech authorities. Russia took full advantage going 1-2 again led by Tatiana Danilevich's impressive lift of 132.5 kg and Elena Koulachova close behind with a 127.5 kg bench.

The 75 kg class had the best lifter of the day. Russia's Svetlana Miklasevich dominated her class with a monster 160 kg bench. Her closest competitor was crowd favorite Andrea Kubinova of the Czech Republic who pressed a PR 130 kg, just edging out the Ukraine's Tamara Bahrily. USA National Bench Team veteran Sandra Perron of Minnesota, who also served as Team Manager in addition to our unofficial international ambassador, returned from her third consecutive IPF Bench Worlds with a solid fifth place finish.

The 82.5 kg class had a number of great lifters including USA's Andrea Sortwell. Andrea, who resides in Colorado, returned to IPF competition overcoming a number of personal obstacles including lost/delayed luggage and a case of the flu. Nonetheless, Andrea demonstrated veteran experience to post a PR lift of 115 kg on her second attempt and just barely missed locking out a hard fought third attempt of 117.5 kg. Interestingly, the battle of this weight class took place between two 75 kg

lifters who moved up to avoid a match up with Miklasevich. Last year's 75 kg class gold medalist, Claudia Wernig of Austria, is an exceptionally athletic-looking lifter who improved last year's mark with a strong 135 kg second attempt. However, she was no match for Russia's Anna Terenteeva who finished with a very solid 142.5 kg. The most controversial lifter of the women's competition was third place finisher Min-Chu Hung

of Chinese Taipei. With Hung's extensive arch, thick trunk and ultra wide grip, the bar, at fully extended arms length began and ended less than one inch from her chest. In fact, the head judge literally had to stand above her to confirm the bar was not touching her chest at the start. This style of benching did not sit very well with the audience as Hung received scattered boos from the crowd after she successfully completed her first two lifts. Following the women's session, there was some discussion among IPF officials about how to address the almost impossible task of reconciling the existing rules with the public's perception about what the lift should look like.

Team USA had no one in the 90 kg class that was vacated by last year's champion Ukraine's Ganna Ganenko who opted to compete up in the 90+ class. This left last year's silver medalist, Germany's Rita Kistemacher who pressed 132.5 kg to win gold ahead of Poland's Anna Sliwinska and Brenda Muelen of the Netherlands.

For years it seems, whether it is the IPF Women's Worlds or Bench Worlds, the 90+ class is a two-woman battle between USA's Deborah Ferrell and Chinese Taipei's Chen-Yeh Chao. For the last three years, there has been only one woman on the planet that is capable of beating Deborah,

and that woman happens to be Chen-Yeh. It is clear that when Deb passes Chen-Yeh, Deb will need to be at her best. Unfortunately, this just wasn't going to be that day. Still nursing an injured shoulder, Deb was not able to match or improve on her incredible 165 kg lift at Bench Nationals just getting in her opener of 152.5 kg. Well short of Chao's 172.5 kg but still head and shoulders above the rest of the field including 1999 90 kg champion Ganna Ganenko of Ukraine who finished third with a 140 kg effort.

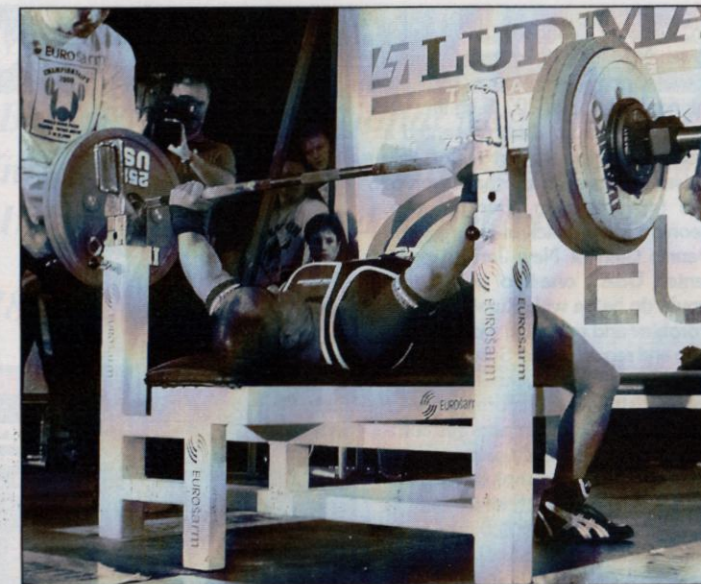
Russia dominated the women's competition with five gold medals to secure the women's team title followed by Germany and Chinese Taipei. The US women's team finished in sixth place

The Men's Open competition began on Saturday morning with 127 lifters competing over two days. In the 52 kg class, IPF Hall of Fame lifter Andrzej Stanaszek maintained his stronghold on this class taking gold setting a new world championship record with a 172.5 kg bench. Andris Rudulis repeated last year's silver medal performance finishing with 160 kg. Japan's Kuzuya Yanagida, who was also expected to make a run for medal, could not get his call for 155 kg passed. This unexpected turned out to be ominous sign for the Japanese team, heavily favored to contend for the men's team title, as six of

their ten lifters bombed out. That left the door open for Sergiy Vatyuk of Ukraine to edge out Poland's Jacek Wrona with a 132.5 kg lift.

The 56 kg class also had unexpected drama. With Sweden's Jonas Celin not making weight and having to move up, Yuji Mayazaki of Japan appeared to be the prohibitive favorite to win the IPF crown, but he also failed to get a lift in allowing Krzysztof Owsiani of Poland to outlift Chinese Taipei's Tsung-Ting Hsieh by 2.5 kg for the gold - 152.5 to 150 kg. This surprise gold medal would ultimately provide the difference in giving Poland its first Men's team title. Last year's bronze medalist, Sandor Jancar of Hungary, also benefited from this unexpected turn of events allowing him to repeat with a third place finish on bodyweight with 150 kg. Steve Petrencak of Ohio ended up just behind that lift finishing in fifth place with his second attempt lift of 140 kg. Appearing in his first IPF Bench Worlds, Steve lifted exceptionally well, just barely missing lock out on his third attempt of 145 kg.

The 60 kg class provided an exceptional battle with the top two lifters both posting triple bodyweight benches. Tagy Pamian of the Netherlands, still in peak form following his gold medal performance at the Paralympic Games in Sydney, won his first Men's Open gold medal with



The USA's Mike Hara brings home the gold medal in the 75 kg. class

185 kg. Toshihiro Kawakami of Japan lifted himself into second place, also with a triple bodyweight 180 kg., finishing ahead of Sweden's Celin Jonas. Jonas second attempt lift of 165 kg. lift tied Miroslaw Hermann of Poland, but he benefited from his lighter bodyweight.

The 67.5 kg class began a string of one-on-one match-ups between marquee lifters battling for gold. In this class, it was IPF powerlifting world champion Alexey Sivokan of Kazakhstan and Japan's Kimihisa Itoh. Both men came into this meet with lifts this past year far exceeding the triple bodyweight benchmark, most notably Sivokan's world record bench of 215 kg at the IPF Men's Powerlifting World Championships in Japan. After Sivokan and Itoh successfully made openers of 205 kg and 215 kg respectively, Sivokan called for 217.5 kg. for his second attempt, a new world championship record. It seems almost incomprehensible how he made the lift look quicker and stronger than his opener. Itoh came back and called for 222.5 kg. Yes, you read this correctly - 222.5 kg weighing in at 67 kg. Itoh is another one of the great lifters from Japan who use the technical expertise of an extensive arch to his advantage. He appeared to set up well, but the bar dropped slightly on the way. On third attempts, both lifters, hoping to establish new world marks, called for 225 kg. But each fell short this day with Itoh's rear coming off the bench and Sivokan failing to lock it out. Yours truly lifted for the USA in this class. Returning to my third consecutive IPF Bench Worlds, I decided early on that I would utilize a conservative approach with attempts with the goal of going 3 for 3 and placing as high as I could for team points. Talk about unrealized expectations. I was disqualified for the first

time in six years. OUCH. In the midst of what was obviously a disappointing performance, I also received one of the most heartwarming experiences in my powerlifting career. As I chalking up for my third attempt to stay in the meet, and my name was being called by the PA announcer, I saw a large, and loud, group of Team USA lifters come to the front of the lifting stage to provide me encouragement. Now I've experienced crowd support before, but when it is your own countrymen, in another country 5000 miles away, fighting their way to the front of the venue, just to support you getting a lift in, that folks, to me, is the definition of team spirit and pride.

The next marquee match up was in the 75 kg. class between the USA's Mike Hara of California and Japan's Keisuke Takahashi. Takahashi unfortunately caught the same bomb-out bug many of his Japanese teammates had at this meet missing on attempts of 220 kg and 222.5 kg. Much has been written about the Japanese benchers' well-earned reputation for combining strength with a high level of technical expertise. The dividend of this approach has paid off ten-fold as they are putting up some of the biggest benches on the international platform. The downside is that there is very little room for error, so a bad day can turn disastrous very quickly. Mike took a steady, more conservative approach getting his opening lift of 205 kg then easily making his second attempt of 212.5 kg to lock up his first, and well-deserved, IPF world championship title. For years, Mike has been, pound for pound, one of our best benchers, distinguishing himself first as one of the USA's all-time 148s and just now beginning to grow into the 165s. He has very few limits in front of him. After missing his third attempt of 215

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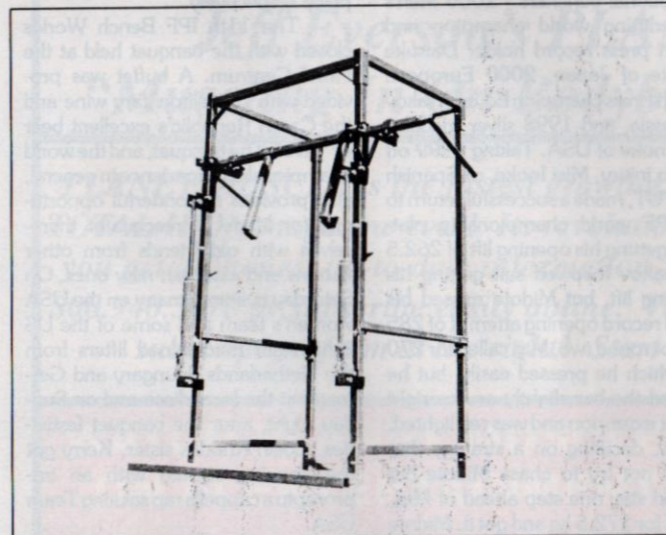
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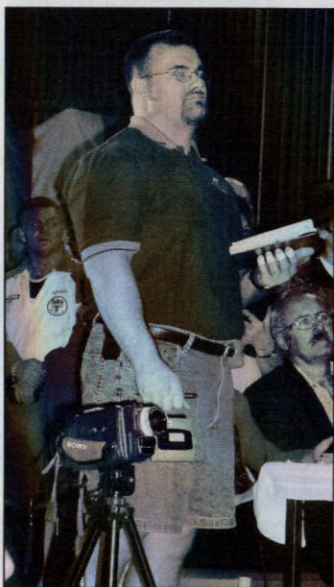
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kg, Vladamir Tchadkov of Russia fell to second with 210 kg and perennial medal winner Jan Wegiera of Poland taking third with a 207.5 kg lift.

The 82.5 kg class presented a unique situation in that it not only presented a match up that involved one top American lifter but two. Leonard McCormick of Georgia and Dennis Cieri of New Jersey represented USA's one-two punch that would do battle with Russia's Alexei Vorobiev and returning world champion and record holder Susumu Otani of Japan. Again, Otani continued Japan's string of misfortune never appearing to settle in and get comfortable with the weight or his groove. Dennis and Leonard took similar strategic paths, with both easily getting their opening lift of 220 kg. Both again made similar calls of 227.5 kg for second attempts. Dennis got his handily, but Leonard suffered his first setback when his bench shirt blew out. By the third attempts, Vorobiev was in front, having made 232.5 kg on his second. Both Leonard and Dennis then made a call that would win gold provided Vorobiev missed his third attempt. Although Leonard had missed his second, he confidently made the jump to match Vorobiev's 232.5 because he had bodyweight advantage. He smoked it. Dennis was up next, having to take 235 kg because he weighed heavier than both Leonard and Vorobiev. The weight exploded off his chest but extended unevenly, the consequence of a lingering left elbow injury. Vorobiev's third attempt at 237.5 kg went as easy as his opener to lock up the gold, with Leonard securing silver and Dennis earning his first IPF Bench Worlds medal with a bronze.

California's Bob DeCourt, considered a strong favorite to medal at 90 kg, and contend for his first gold medal since 1995, was unable to make the trip. Bob, who is employed in the film industry, had secured a work contract that required he relocate to Chicago the same week of Bench Worlds. This allowed last year's 82.5 kg silver medalist and current 90 kg European champion, Laszlo Kupcsik of Hungary to dominate what was a very strong class. Kupcsik finished with a 247.5 kg bench tying fellow countryman Szabolcz Onozo's world record mark set in 1999. 1996 world champion Alexander Lekomzev of Russia improved last year's fourth place finish by two spots with 237.5 kg to win his third Bench World silver in front of Japan's Yoichi Kishimoto, who ended the day with a 232.5 kg bench.

The 100 kg class provided an exceptional group of lifters including the USA's Ralph Young of Ohio, 1999 silver medalist Vitaly Ponomarenko of Ukraine and Hungary's 1998 silver medalist Tamas Pfeiferth and two-time 90 kg world



Team USA Head Coach Dr. Mike Hartle guides his third National Bench Team at the IPF Worlds

champion Szabolcz Onozo. Ralph Young, coming off of an outstanding performance at Bench Nationals, returned to his second consecutive IPF Bench Worlds with a very clear goal of winning his first IPF world championship medal. Ralph easily made his opening attempt of 230 kg and then went on attack 235 kg. After missing it on his second attempt, Ralph came back strong with a strategic jump to 240 kg on his third and secure the bronze medal over Hungary's Pfeiferth on bodyweight. That left first and second place to be decided between Ukraine's Ponomarenko and Hungary's Onozo. Ponomarenko did his best but could not keep pace with Onozo getting 252.5 kg on his third attempt behind Onozo's 265 kg world record lift. Both called for a world record try of 266 kg on fourth attempts. With a strong even push, Onozo made the lift with room to spare while Ponomarenko couldn't



Japan's Gold Medal Winning Duo of 125 kg, Daisuke Midote and 48 kg, Yukako Fukushima

finish to extension, giving Onozo the record and his third consecutive gold medal.

The 242 kg class featured a rematch of last year's top two finishers, four-time world champion Yuri Khuazhev of Russia and Poland's 1999 silver medalist Wieslaw Kruk. Forty-two year old Kruk struck quickly and decisively. He opened with a world record 267.5 kg and made the lift fairly easily, although there was some controversy about whether he achieved full extension of his arms. Kruk's two attempts at 270 kg failed but his strategy paid off as Khuazhev could not improve on his 265 kg lift. Kenneth Mattson repeated last year's third place finish with a 257.5 kg bench. Team USA had two lifters in this class - National Champion Dave Doan of Wisconsin and Collin "Poohbear" Rhodes of New Mexico. Dave made his second trip to Bench Worlds planning to improve on his tenth place finish in 1998 and make a run at a medal. With the great vocal support of his family, Dave got his opening lift of 237.5 kg and just missed on two tries at 245 kg., but improved two places by finishing in eighth. Collin made good use of his first IPF World championship, getting his opener, missing his second attempt of 237.5 kg., but returning to make it on his third to finish just behind Dave in ninth on bodyweight.

The 125 kg class was a classic clash of the titans that featured three exceptional benchers - 2000 Men's Powerlifting world champion and bench press record holder Daisuke Midote of Japan, 2000 European Bench Press champion Eduard Isakov of Russia, and 1998 silver medalist Misi Inoke of USA. Taking 1999 off due to injury, Misi Inoke, of Spanish Fork, UT, made a successful return to the IPF world championship platform getting his opening lift of 262.5 kg. Isakov followed suit getting his opening lift, but Midote missed his world record opening attempt of 285 kg. For round two, Misi called for 270 kg, which he pressed easily, but he hitched the bar slightly on the right side at extension and was red lighted. Isakov, deciding on a strategy that would not try to chase Midote but instead stay one step ahead of Misi, called for 272.5 kg and got it. Midote returned to make good on 285 kg and got it easily, establishing a new world record and securing the gold medal. Misi, having bodyweight advantage on Isakov and already assured of a bronze medal, decided on the 2.5 kg jump to 272.5 and match Isakov's successful second attempt. Again, he had another explosive push that just failed inches before lockout. Isakov, took his third attempt of 275 kg having already been assured of second, and made it handily. Midote then reached for the stars and called for a monster 297.5 kg on his third

attempt, but couldn't get the bar to full extension.

With the absence of perennial world champion James Henderson and last year's champion, Kosicz Czongor of Hungary, the Supers class was a wide open battle that featured former 125 kg world champion Reinhold Kases of Austria, current European bench press champion Ulf Wikland of Sweden and the USA's Mike Hodge of Wisconsin. Although this was Mike's first IPF Bench Worlds, he arrived with solid credentials - having posted a 600+ lb. bench earlier this year. After getting his opener of 255 kg, he selected 267.5 kg to place in him in solid medal contention, but Mike just didn't appear to get a good push on the weight and missed on second and third attempts. Ulf Wikland finished with 267.5 kg to earn the silver ahead of Russia's Evgeniy Timofeev who got the bronze with a 265 kg bench. Rising to the top of this year's battle was Austria's Reinhold Kases. Kases has been a long time top 125 kg competitor having won the bronze in 1994 and world titles in '96 and '97. After taking 1999 off due to an illness in his family, Kases returned to the IPF platform with a perfect three for three performance finishing with a PR 280 kg and his third gold medal.

Poland took advantage of three gold medal performances to take the Men's team title with Russia and the USA finishing in second and third place respectively.

The 11th IPF Bench Worlds closed with the banquet held at the Hotel Centrum. A buffet was provided with complimentary wine and the Czech Republic's excellent beer or "pivo". The banquet, and the world championship experience in general, also provides a wonderful opportunity for lifters to reacquaint themselves with old friends from other nations and establish new ones. On Saturday evening, many on the USA women's team and some of the US lightweight men joined lifters from the Netherlands, Hungary and Germany at the local disco and on Sunday night, after the banquet festivities, Collin Rhodes sister, Kerry got the dancing started with an impromptu a cappella rap saluting Team USA.

Next year's IPF Bench Press Championships will take place in the beautiful port city of Christchurch, New Zealand. New Zealand should provide a welcome break from the winter weather of December since it is summer there due to its location in the southern hemisphere. It was also encouraging to see the meet promoters of next year's championship travel all the way from New Zealand with promotional kits in hand and taking note of what works and what doesn't to ensure an exceptional world championship experience.

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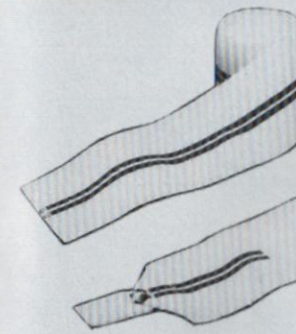
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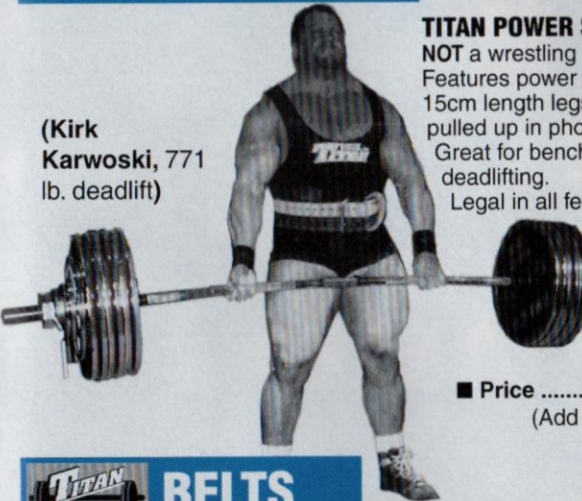
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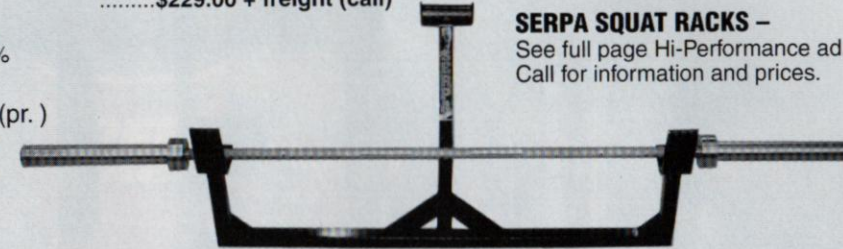


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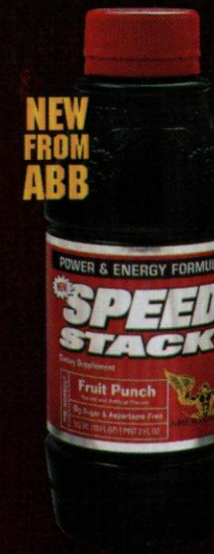
WHAT

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

WHY

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

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



Speed Stack™

THE PROFILE

WHAT

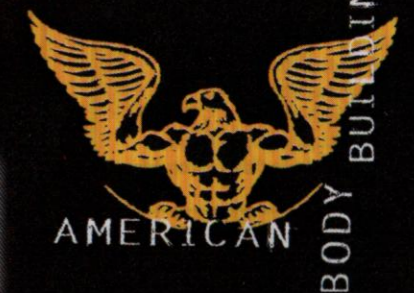
- Power and energy
- Only 5 calories
- 24 mg ephedrine
- 11 mg synephrine
- 200 mg caffeine
- ASPARTAME FREE

WHY

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

- FLAVORS**
- Fruit Punch
 - Grape

REQUIRES IGNITION



Extreme Ripped Force™

THE PROFILE

WHAT

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

WHY

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

- FLAVORS**
- Fruit Punch
 - Grape
 - Orange



Inferno™

THE PROFILE

WHAT

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- 160 calories

WHY

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- FLAVORS**
- Fruit Punch
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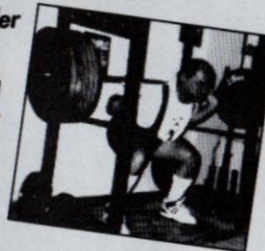
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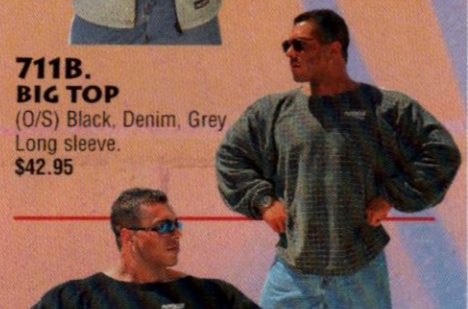


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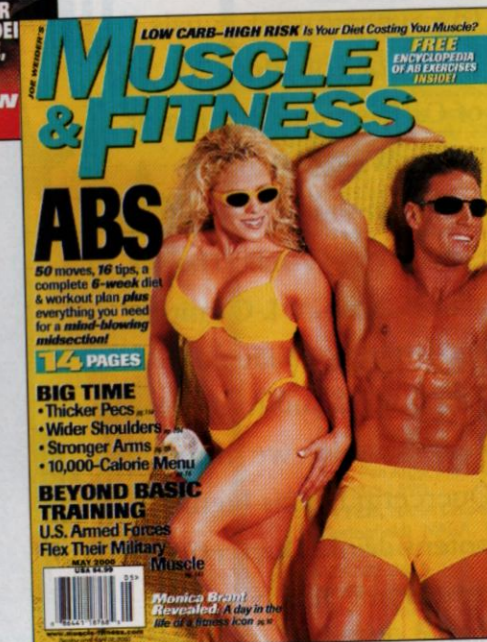
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2-4 FEB, 100% Raw Eastern Regional (men & women, all age/wt. groups) Dr. Spero Tshontkiddis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

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 Farnworth,

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 (Hoopston, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

4 FEB, WNPF 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, USAPL SWT Invitational (Strahan Coliseum - San Marcos, TX) Isaac Chapa, 512-393-3209, IC47561@sut.edu

10 FEB, USAPL Nebraska BP Open (Fremont, NE) Tim Anderson, 402-426-0665, www.NebraskaPowerlifting.com

10 FEB, USAPL 3rd Bill Beckwith Memorial BP/DL (Wayland, MI) Dick Van Eck, 616-521-4031

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 Tshontkiddis, 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/AAPF Iron Island Classic PL & BP (open m/f, masters m/f - limited to 1st 60 P/Ler, 1st 30 B/Pers) Iron Island Gym, 516-594-9014, or jtb2040@aol.com

10 FEB, APF Nevada State PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-610-4749 (new phone)

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

11 FEB, APA Florida Open (Orlando) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

11 FEB, Open Bench Press Meet, Frank Paino, Oswego State Univ., Oswego, NY 13126, 315-341-2405

11 FEB, WNPF Arizona State/Open PL (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmpf@aol.com

17 FEB, Eagle Gym PL/BP/DL, Rick King & Willie Wessels, 2551 Woodson Rd., Overland, MO 63114, 314-423-2525, dues370162@aol.com

17 FEB, WABDL Texas & Louisiana State BP & DL (Clarion Hotel, Houston, TX - deadline 2/3/01) Bob Garza, 281-820-5923

17 FEB, NASA Wisconsin State (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 FEB, USA 'RAW' Bench Press Federation Winter Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

17 FEB, APA Maryland Open (Glen Burnie) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

17 FEB, Northeast Strongman Showdown (pro/am, 3 wt. classes) Art McDermott, 978-474-1718, highlandstrength@mediaone.net

17 FEB, Iron Society's Budweiser WABDL California State BP/DL, Matt Lamarque, Box 1992, Monterey, CA 93942, 831-277-1109

17,18 FEB, NASA National High School PL Boys & Girls Team Championship (Fr., So., Jr., Sr. divisions) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 937-568-9116

17,18 FEB (new date), WePumpUUp.com IPA New York State Full Power and Bench Meet (all classes, m/f) Joe Giuliano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539

18 FEB, Shiawassee Area YMCA BP (open, master, women, teen) YMCA, 515 W. Main St., Owosso, MI 48867, 517-725-8136

18 FEB, WNPF Fayetteville Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmpf@aol.com

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

24 FEB, The Gym Bench Classic, The Gym, 5061 Jefferson Davis Hwy., Fredericksburg, VA 22408, 540-710-9500

24 FEB, APF Mountaineer Barbell PL/BP, Mike Hill, 304-344-1928, 545-2664, 727-2593 or Chad Miller 304-344-9314 or 419-5626

24 FEB, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-893-1090

24 FEB, NASA Ohio State (Springfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

24 FEB, SLP Southern Illinois Open BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

24 FEB, 11th Winter Classic, (new contact) Jon Smoker, 30907 Co. Rd. 16, Elkhart, IN 46516, 219-674-6683

24 FEB, 1st WPO (TM) Qualifier (Universal Studios - Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176,



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8 SEP, WABDL Northern California BP & DL (San Francisco, CA) John Ford, 650-757-9508
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, Huger Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
12-16 SEP, IPF World Juniors (Sofia, Bulgaria)
15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031
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 (Coraville, 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, PA 15926, 814-754-8306
22 SEP, 1st Fall Strongman Challenge, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahamb@libertybay.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, WABDL Washington State BP & DL (Hoquiam, WA) Don Bell, 360-533-5711
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, I.S.A. Regional BP & BP bodyweight for resps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-PushPull or IronAthletics@aol.com or Keith 770-949-9299
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, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158
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 Jibeau, FL 33927, 941-697-7962,

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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, 19th Raw Drug Free 'Central PA Open' (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikittup.com
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, INSA World Championship (Plano, TX-PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness, 817-268-3488
27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, 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, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wuillyh@subell.net
OCT???, NASA Big River Classic (Blytheville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513
OCT???, NASA V.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
OCT???, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636
3 NOV, USAPL State of Michigan Cham-

plonships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031
3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513
3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
3 NOV, WNPF Eastern Regional & Maryland State BP & USPC Eastern Regional Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 3c-power@bellatlantic.net
3 NOV, AAPF Southern States PL, Huger Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
4 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513
10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
10,11 NOV, USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
11 NOV, I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-PushPull or IronAthletics@aol.com or Teresa 806-359-5438
11 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
11 NOV, USAPL Ohio PL & BP State Championships (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King
13-18 NOV, IPF World Mens (Sotkamo, Finland)
15-19 NOV, 24 Hr. Fitness WABDL World BP & DL Championships (Reno, NV) Gus Rethwisch, 541-389-0600, fax 541-388-1122
17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513
17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

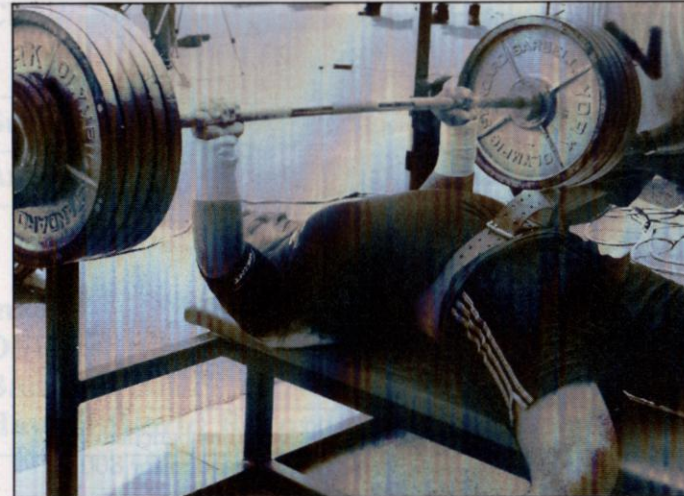
Sonlight@netcare-il.com
17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huger Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
24 NOV, NASA Missouri Regional (Carthage) 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, 'Miller Chev' Christmas BP Classic (open, teen, women, masters) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064
1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wuillyh@subell.net
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, Huger 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 Packer, 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
9 DEC, 9th Raw Drug Free 'Coal Country' BP & DL Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikittup.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
DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - Individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-PushPull or IronAthletics@aol.com or Keith 770-949-9299
JAN, Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.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)

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

Farris Open BP/DL 04 NOV 00 - N. Charleston, SC
BENCH AM Women's Open 114 A. Carr Men Open 165 B. Gaughan 198 M. Medlin 230 C. Ray 220 D. Lunsford 242 C. Warthan Submaster 181 D. Scarborough 300 C. F. Griggs 350 G. Turner 198 Master 50-54 D. Conway Police 275 D. Conway 275 Master 45-49 D. Duesberry Master 55-59 335 J. Powell Master 55-59 365 J. Powell Police 55-59 J. Powell 365* Men's Open 275 B. Lever 480 DEADLIFT AM Women's Open 114 A. Carr Submaster 95* 265 181 230 D. Scarborough 450 Men Open 198 M. Medlin 510 C. Ray 400 D. Lunsford 570 D. Scarborough 300 D. Lunsford 242 C. F. Griggs 600 G. Turner 220 C. F. Griggs 405 Master 50-54 242 G. Turner 705 D. Conway 275 Master 45-49 D. Duesberry Master 55-59 510* J. Powell 510* J. Powell 510* Men's Open 750 B. Lever 750

'Rothgerly PL' Outdoor BP/DL 05 AUG 00 - Elyria, OH
BENCH 132 Submaster Y. Vlcek 205 148 Teen A. Robinson 165 Open G. Madison 181 Open M. Baumgartner 315 198 Masters J. Bartlome 215 220 Open M. Landino 470 D. Cheers 430 D. Meek 385 242 Open D. Swope 540 K. Mayer 530 Masters K. Knisely 275 Novice T. Landino 380 Masters B. Lenzi 450 T. Landino 380 DEADLIFT Women B. Wessler 380 Men M. Lenzi 330 Open M. Lenzi 330 181 Open J. Bartlome 450 275 B. Lenzi 500

(Thanks to Powerlifting USA, Dave Hopkins (Owner of American Fitness aka The Meet Site), Judges - Jamie Schupbach, Pat Keenan, Dave Minnich, Don Rothgerly, Spotters/Loaders - Don Rothgerly, Mic Rothgerly, Dave Minnich, Tony Schwarz and all other helpers at this meet including our family for all of their support. (These results by Don Rothgerly).



Dan Swope benches 540 at the Rothgerly Outdoor Meet. (Rothgerly)

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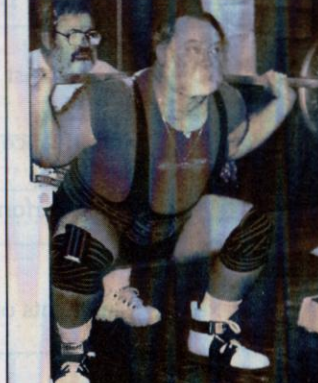
Sign if above answers are correct. Parents sign if under 18 years. Date
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Big River Classic (kg) 14 OCT 00 - Blytheville, AR

Table with columns for BENCH, Pure, Submaster II, Teenage, Master I, Master II, Wages, Natural, Powerlifting Women, MASTERS I, MASTERS II, NATURAL, PURE, NATURAL, PURE, NATURAL, PURE, MASTERS I, MASTERS II, NATURAL, PURE, MASTERS I, MASTERS II, SUBMASTER II, WINTER. Rows list names and their results across different categories.



Brooke Wessler deadlifted 380 at the Rothgerly Outdoor BP/DL meet. (photo by Don Rothgerly)



Lindell Smith of Flora, Illinois with a NASA Americ an Record squat of 534 lbs. in the Masters II division, bodyweight 280, at the Big River Classic. (photograph provided courtesy of Meet Directors Dr. Daryl and Tobey Johnson)

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Table with columns: Russian Cup 26-30 SEP 00 - Sochi, Russia (kg), WOMEN, and various athlete names with their scores in different categories.

Table with columns: E. Ignatenkova, A. Chatchchenko, Y. Kurina, S. Liseko, N. Payusova, G. Karpova, E. Avilkina, Xochchamkulova, E. Kurbakova, G. Dubova, In the competition were participating 109 women.

Table with columns: J. Tcholkov, S. Savinich, O. Artemjev, V. Laljagov, D. Panin, E. Melechov, Y. Karasov, R. Asisov, D. Smirnov, A. Zviagintsev, F. Mukhamatov, A. Proskurnin, G. Sayarin, M. Andriuchin, A. Sidorov, A. Artemjev, D. Dudnik, A. Marenok, S. Averyanov, M. Matveev, G. Volkov.

Table with columns: A. Petrov, M. Schiryaev, D. Staroverov, V. Bogdanov, I. Kalya, S. Lebedev, V. Usanov, V. Magomadov, A. Jakovlev, S. Petruchin, V. Baranov, V. Furashkin, V. Sokolov, R. Vostrikov, A. Bugaishky, A. Ermilov, Y. Sadorochny, A. Alekseev, A. Saidov, P. Osorov, E. Titov, V. Tchernov, S. Kochkin, V. Tschadkov, D. Ogienko, A. Saforian, M. Mamedov, A. Sabolotny, E. Mamedov, S. Mor, S. Gordeev, A. Charayasov, R. Tchetchakov, I. Bitchenko, A. Grushinskij, V. Usanov, A. Svarikin, T. Polsha, B. Redyuk, D. Lubchenkov, A. Korkornov, M. Epifanov, Novokreschenov, R. Shafeev, V. Grishaeff, Y. Kusnetsov, S. Bolshak, A. Aliev, V. Kachula, A. Pavlov, V. Manishin, A. Alekseev, A. Makarov, D. Vasilenko, A. Omofronko, P. Malgin, S. Guschichin, Y. Federenko, G. Tsmagilov.

Table with columns: A. Sorokin, A. Malunin, A. Bagdanov, M. Barchotov, I. Alkberov, S. Matrushevich, A. Durkin, A. Corbathev, D. Riskaliev, S. Xaritov, V. Sedov, E. Bokov, D. Kurbanov, A. Butov, S. Malschev, A. Tcheremicin, V. Smakotin, G. Tchichradse, V. Nikishin, P. Mitin, E. Shukov, D. Shekalis, V. Smishchenko, A. Fedenko, A. Kusnetsov, E. Kurtzev, A. Babikov, A. Ushakov.

Table with columns: K. Emetz, V. Kotkov, Tchernomoretz, S. Saloshkov, V. Vargin, V. Sholudev, S. Anatzki, A. Elisarov, A. Litvinov, E. Bagrayatov, D. Borisenko, S. Apasov, D. Polikarpov, E. Grebenkiy, A. Petrov, M. Frolov, V. Piskunov, I. Medvedev, A. Malyarenko, A. Tchebotarev, L. Akimov, D. Sapatov, M. Michalov, M. Novikov, A. Samsonov, E. Kurtzev, S. Bisultanov, Tcheveroshenko, S. Sidenko.

Table with columns: I. Balashin, A. Khashinov, A. Eginov, D. Pirmjakov, D. Gresnev, A. Rudenko, V. Maksimov, E. Birun, I. Gagin, O. Teslikov, A. Gankov, A. Malanichev, S. Burmistrov, V. Karch, S. Grinyayev, A. Tschukin, V. Kishkunov, S. Volkov, V. Chindarov, O. Manuilov, G. Ribin, S. Ovsliannikov, M. Bulichev, Y. Fomin, O. Gagin, N. Gurianov, A. Topilskiy, A. Vasnetsov, S. Ryschkov, V. Aksenov, A. Sirotkin, M. Gurlanov, A. Moros, I. Nastinov.

Table with columns: In the competition 189 Men were participating, Regionpoints: 1. Moskovskaya - 55 pts. 6 lifters - 12-12-9-8-7-7; 2. Vladimirkysa - 53 pts. 6 lifters - 12-12-9-8-3-3; 3. Baschkortostan - 51 pts. 6 lifters - 12-12-9-7-4. Champ of Champions: 1. Viktor Baranov (67) Vladimirkysa - 587.61; 2. Yuriy Fomin (69) Moskovskaya - 584.03; 3. Sergey Mor (69) Baschkortostan - 582. j = world record junior.

Table with columns: Heiner Koberich, "that was a very good meet with big results as you can see and the banquet after better than a lot of World's banquets. In only 5 days 298 lifters were lifting in good organized meet and never after midnight". (Results by Thomas Klose).

USAPL Atlantic States 16 SEP 00 - Union, ME

Table with columns: BENCH Women, Open, M. Madore, L. Look, K. Grant, S. A. Saletta, M. Anzina, A. Bulikova, M. Kudinova, N. Magula, O. Tchumicheva, I. Sacharova, M. Ananeva, D. Mashtchenko, N. Mirsoeva, E. Korsunova, N. Rastorgueva, N. Bogatova, T. Kudryashchova, E. Fedorizova, Y. Epichina, L. Zhtepina, G. Tsoukanova, L. Yurinskaya, E. Sheverdina, A. Yudinova, O. Prokufeva, S. Dudulia, A. Terenteva, M. Panferova, C. Korbeinikova, S. Makarova, S. Gobatchenko, O. Agejeva, N. Rumyantseva, O. Rytkhova, I. Naskripniak, E. Baskakova, Y. Matvejeva.

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Report from Larry Maile, NAPF Vice President (North America), USA Powerlifting Vice President - A number of interesting things have occurred in the past several months in USA Powerlifting and IPF lifting. The first of these is the chartering of the North American Powerlifting Federation under the IPF banner. The IPF constitution mandates that there be regional federations in each of the five major regions, which include Europe, Asia, South America, Africa, and Oceania (Australia, New Zealand, the Pacific Islands). The purpose of these federations is not to replace or compete with national federations, but to provide another avenue for international competition, and to forge unity among the regions. Each national federation may have a regional championship, to which all member nations are invited. Records may be established. Perhaps the best model for this is the European Powerlifting Federation, which holds separate championship meets, one for every division, i.e. women, masters, men's and women's open, etc. Some of the best lifters from each country compete, but those who are aspiring world competitors also have the opportunity to represent their respective countries in international competition. Each open regional championship also includes a congress which provides a forum for the discussion of regional and development issues.

The first North American Championships are scheduled for May 18th, 19th, and 20th in Minneapolis, Minnesota. Mr. Steve Gavin and his associates will be hosting this meet. Our plan is to offer this meet to another country in this region for its second year. Speaking for the lifters from the far north, someplace warm would be nice. This meet will include both men's and women's Open, Junior and Master divisions. Several of the member nations from this region have indicated that they will attend. The competition format will be similar to an IPF world championships. This meet will also include an open competition, which will be similar to the previously held ADFPA Open North American Championships, which were formerly held in Wilkes-Barre, Pennsylvania. This will give lifters the opportunity to compete in a large, international format meet with international competition. Lifters are being invited from each of our regional member nations, and guest lifters may attend from other IPF member nations. The invitations for the international competition, and entry forms for the North American Open will be available from Mr. Gavin in the next few weeks. He may be reached by phone at (612) 207-4796, or by email at stevegavin@hotmail.com.

One of the most exciting things happening on the USAPL/IPF lifting scene is the high level of participation, and success of U.S. lifters and officials attending IPF world championships. While you may think that this is a "closed shop" and only the few elite athletes may attend, that hasn't been true recently. Almost 100 lifters traveled overseas this year to compete, and we were invariably represented by full coaching staffs, often number five or more per team. Family members and supporters equaled the number of lifters at several meets. As an example, our contingent for Jr. Worlds was 42 people, all representing the best of America. Over the next year, two world championships are being added as well as additional age groups for masters. In March, the first Master's Bench World Championships will be contested in Hamm, Luxembourg, and the first Sub-Junior World Championships will be held in St. Petersburg, Russia. Lifters for the Master Bench Worlds will be selected from the master divisions of our (USAPL) Nationals and Bench Nationals over the past year. For the first time, there will be two age divisions for women, 40-49, and 50+, with all weight classes represented. Men's Master competition will include all weight classes and the 40-49, 50-59, and 60+ age divisions.

The Sub-Junior Worlds is for lifters from 14-18 years of age, inclusive. Selection will be from the Teen Divisions of Women's Nationals, High School Nationals, and the teen divisions of men's Teen/Jr. Nationals. Our high school programs have been very strong over the past several years with large teams in Wisconsin, Michigan, Louisiana, and lifters and smaller teams for many other states. Most of the lifters in this age group have not had the opportunity to attend a world championship meet in the past because of the difficulty in qualifying against more seasoned Junior lifters. This

barrier is removed this year, and there will be many competent and gifted young competitors who will have entree' to the world stage.

Our lifters and teams have placed well this year in international competition. Our women's open team placed third at the Women's Worlds in Argentina, our women's Junior team, third, and our men's team, second in Taiwan. Our Master's women won the World Team Championship in Czechia. Our Men's Master I (40-49) placed second. Our Men's Open Team placed third in Akita City, Japan, and our Men's Bench team brought home the third place cup. We had several individual world champions this year: Jennifer Maile, Julia Loya, Tony Caprari, and P.J. Chovanec from the Jr. Worlds, Harriet Hall, myself, and Shawn Cain from Master Worlds, Brad Gillingham from Men's Open worlds, and Mike Hara from Bench Worlds. One thing that distinguished our champions from those of other federations and championships is the ability to perform in heavy traffic. No IPF world championship is gotten in an uncontested class and none is easily won. Lifters from the USA are proving that we can perform under pressure with poise and can produce when it counts. There has not been one drug test failure in international competition from a U.S. competitor.

Several bids have been entered on behalf of the United States for world championships. The 2nd Masters World Bench Press championships are to be held in Texas in 2002. Women's worlds in 2003 will be in Chicago, and World Juniors in 2004 will be in the U.S. We have entered bids for the Bench Press Worlds and World Master's championships for 2004, but these must be decided at the next IPF congress.

We have also gotten permission from the IPF to hold cup matches between IPF member nations here in the U.S. The first Pacific Cup was held in December in Hawaii, with small attendance due to the short notice given. Planning is underway for next year and nations from the Pacific Rim have already been invited.

In addition, lifters from IPF member nations have been invited to compete as guests in local, state, and national level competition here in the U.S. There is great interest in coming to the U.S. on the part of our friends internationally, and they offer knowledge and experience that our lifters, coaches, and officials could benefit from. Some of them may require financial and administrative assistance getting here, but the chance for exchange makes it worth it.

To close, the future for international competition by U.S. lifters looks bright. Many more lifters, coaches, officials, and fans have the chance to participate. The IPF has been referred to recently as "the Big Show." It truly is, and the "Big Show" is open to everyone.
 Larry Maile

Additional Comments from Jim Ford: Yes, it is an exciting time for the evolution and popularity of the sport of POWERLIFTING. I echo the statements made by the other gentlemen here; we have seen much progress in the last year. At long last we will begin to see IPF World Championships in the USA again! We have made many friends as we traveled to many nations over the last years; and now we welcome the opportunity to let the lifting world come to the US and be our guests. Two of the first meet promoters to step up and take on the challenge of putting on the "Big Show" are two of our finest; Steve Gavin in Minnesota and Johnny Graham in Texas. Steve is already hard at work in preparations for the North Americans. Johnny will travel to Europe soon, just to scout out this year's competition, and be ready for 2002.

This would be an excellent opportunity for US corporate sponsors and individuals to come together and help us to really put out the "welcome mat" for the worlds best in our sport. There are already firm commitments from the major PL'ing companies to sponsor these events; but there is plenty of opportunity for other businesses to get their message out there to the public. What company or corporate enterprise wouldn't benefit from being associated with the "World's Strongest Sport"? Contact North American VP Larry Maile for details.

Good lifting to you all Jim Ford/Dec. 2000

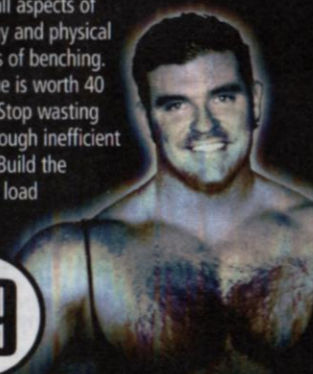
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BENCH	Super	
Teenage 13-15 148	Leo Contreras Master Men 54-60	407
Hayward Blake Adam Contreras	Doc Hilger Master 61-67	308
181	242	
Mike Minahan Teenage 16-19	Omar Bruce Master Men 68-74	347
220	198	
Daniel Puder Law/Fire Open	Bill Peckham Open women	248
220	132	
James Hutchins 242	Judy Rodriguez DEADLIFT	143
Mike Smeyster Open	Teenage 13-15	
165	148	
Mark Laurel Brian Ridolfi Nick Erbe	Hayward Blake Adam Contreras	352 176
181	181	
Lee Jones 220	Mike Minahan Teenage 16-19	325
Dr. M. Ludovico Jim Hutchins	Daniel Puder Law/Fire Master 40-47	402 308
242	308	
Cody Smith Mike Smeyster 308	John Minahan Open Men	539 165
Tom Manno Submaster	Brian Ridolfi 242	456
165	Mike Smeyster Cody Smith Submaster	518 379
Mark Laurel 198	198	
Steve Ughe 242	Steve Ughe	495
Delbert Shay Dave Hatfield Master Men 40-46	242 Delbert Shay Master 40-46	501
165	181	
Manuel Tinoco 181	Rich Cirigliano 198	562
Mark Reifkind 198	David Bertler 242	529
David Bertler 308	David Glahn Gary Stevens	567 550
Tom Manno Master Men 47-53	Master 47-53 165	
220	Gordon Santee Super	534
D.J. Jamerson 242	Leo Contreras Master 61-67	451
Fred Kendall 352	242	
	Omar Bruce	523

In teenage bench in 13-15 age group Adam Contreras put up 99 lbs. to finish second to Hayward Blake who tied the world record with 220 lbs. in the 148 lb. class and had to settle for a California state record. At 181, Mike Minahan set a California state record with 220. In teenage 16-19 220 lb. class Daniel Puder set a California state record with 275. In law/fire master 40-47 John Minahan set a California state record with 473 at 308 but couldn't handle 500. Bruce Sabin was second with 423. In law/fire open Mike Smeyster won 242 with 390. At



Art Ramsey (left) with Tom Manno, who benched 633 at the WABDL Northern California Meet (photo courtesy of Gus), where Dr. Michael Ludovico (below, left) benched a new PR and California State record 573 at 220 (photo courtesy of Dr. Ludovico)



220, James Hutchings set a California state record with 363. In open men at 165, Mark Laurel did 324 to edge out Brian Ridolfi 319. Nick Erbe was third with 302. At 181 Lee Jones from Chico put up an above average 462. At 220, Dr. Mike Ludovico one of the finest chiropractors in the world did a 573 and left 10 pounds on the platform. Jim Hutchings was second with 363. At 242 Cody Smith of Iron Gym on the west coast did a 412. Mike Smeyster was second with 390. At 308 Tom Manno opened with a smoked 595, went to 616 which was just as easy, and then on to a 633 which was also a master world record 40-46 age group. The old record was held by Bill Gillespie at 589. The 633 by Manno is the highest bench ever in WABDL by a master lifter. The previous high was 610 by George Nelson who at 55 is 13 years older than Manno. In submaster Bench at 165 Mark Laurel pushed up 324. At 198, Steve Ughe the Guru of Palace Gym in Burlingame did a 368 to beat Dave Hatfield's 341. In master men 40-46 Manuel Tinoco set a California state record of 170 pounds at 165. At 181, Mark Reifkind set a California state record of 380 with authority. He slammed his lifts up. At 198 Keith Kanemoto put up 445, shy of his California state record of 451. David Bertler was second with 308. At 308, Tom Manno was the show with 595, 616, and 633 all of them world records! Tom is out of Phoenix, AZ and played in the NFL with the Cowboys. In master 47-53 Leo Contreras ramed up 407 for a California state record at Superheavy. Fred Kendall set a California state record of 352 at 242. D.J. Jamerson won the 220 class with 291. Dan Waters won 198 with 253 lbs. In master 54-60 Doc Hilger set a California state record of 308 at 198 lbs. In master men 61-67 a very fired up Omar Bruce set a California state record of 347 at 242 and Bill Peckham set a California state record of 248 at 198 in master 68-74. In open women bench Judy Rodriguez did a 143 at 132 lbs. Outstanding lifters in the bench lightweight was Keith Kanemoto - Heavyweight Tom Manno. In the deadlift teenage 13-15, Hayward Blake set a California state record at 148 with 352. Mike Minahan set a California state of 325 at 181. In teenage 16-19 220 Dan Puder set a California state record of 402. In law/fire master 40-47 John Minahan set a California state record of 539 at 308. In open men at 165 Brian Ridolfi did a nice 456 - that's a good weight for 165. At 242, Mike Smeyster hauled in 517. Cody Smith was second with 379. In submaster Delbert Shay set a California state record of 501 at 242. Steve Ughe did 495 at 198. In master 40-46 198 David Bertler set a California state record with 529. At 242, David Glahn pulled a hard 567 for a California state record. Gary Stevens was second with 550. At 181, Rick Cirigliano pulled a huge California state record of 562. In master 47-53 Gordon Santee tied a world record 534 at 165 and Leo Contreras pulled a California state and world record 451 at super. In master 61-67 Omar Bruce ripped up a world record 523 at 242 lbs. and was named the outstanding deadlifter for heavyweights. Rick Cirigliano was the outstanding deadlifter for lightweights. Iron Island Gym of Alameda won the team competition. I want to thank John and Nancy Ford for staging this contest held at the Gym Magnifique in Daly City. After the contest John had a banquet featuring lasagna and chicken and apple pie and ice cream that was magnificent. I also want to thank John and Nancy for their judging as well as Gordon Santee and Gus Rethwisch. I also want to thank Jane Yuster for a good job of scorekeeping and MC'ing. (Thanks to Gus Rethwisch for results).

USAPL New Jersey BP Open
12 AUG 00 - Rockaway, NJ (kg)

Women (formula)	B. Newell	127.5
L. Stiegler	Open	170
L. Harris	55	165
Raw (formula)	W. Lee	170
J. Bongiovanni	157.5	J. Caligiari 145
A. Bishop	160	S. Glick 181
D. Lupardo	167.5	181
A. Haas	110	J. Bongiovanni 157.5
J. Fitzpatrick	110	K. Kubat 155
Teens (formula)	R. Leonard	142.5
M. Abramson	105	198
Juniors (formula)	B. Dunado	180
M. Ciupinski	147.5	B. Burritt Sr. 170
Submasters (formula)	J. Poggioli	145
C. Neal	192.5	242
Masters (formula)	L. Saviano (BL)	227.5
S. Krawczyk	150	R. Scandle 182.5
BL - Best Lift (by formula). (The results by USAPL).		



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(article continued from page 11)

Andrus was the lightest among the field at 193. He finished strong in DL (633) for 1614 TOT and 4th place. Bronson Brown, 28, of RSA hoisted 661 on his last DL for 1675 and the bronze. Although Martin Donovan, 31, GBR was no match for Kellum (who is?) he produced a fine performance: 716 SQ, 485 BP, 716 DL, a 1918 TOT with no misses. Kellum, of Mandeville, LA, had an incredible day last year in Calgary making an incredible 2138 TOT, the 2nd highest All Time. Jesse had designs on beating that number sometime down the road, but this wouldn't be the day. Kellum chastised himself for having "a bad day". He chalked up a 2055 TOT making only 4 of his 9 attempts: his 821 SQ opener was destroyed. He misgrooved 854 and lost it on balance, and failed again on a 3rd. He got 2 benches - 578 and 595 - but missed 606. Jess pulled 639 on his opener, but couldn't find his pulling groove with either 666 nor his last try at 683. His 6th WPC World title was a CAKEWALK. But, Jess looked at it as CASH LOST! He did win WPO prize money for finishing 3rd, matched against heavier opponents in the next highest category.

220 - The 220 class featured the hottest competition of the whole meeting. Three of them were former World Champs, with a powerful newcomer who figured he could take them all being newcomer Harold Selsam, 33, the German destroyer. Matt Zweng, 28, of Michigan had moved South to pursue a career as a Chiropractor. He was the 198 WPC World Open Champ in 1998 in Graz, AUT. Matt, belabored with his work had originally announced his retirement from PL, but was lured into making this event his swan song. Kevin Hammerton of Brighton, England was the defending champ. He and Matt battled for the bronze as it turned out. Hammerton, I was told, had dunked an incredible 411 Kg, at the British Nats (906 lbs). I believe it, having seen his enormous SQ strength on several occasions. This wasn't Kevin's day. After posting 782 as his opening lift, he went up to 837, a weight he squatted twice, but the judges said "Nope!" Zweng repeated his missed 2nd 799 lift on a final go. Hammerton continued to struggle, BPing 485, and missing 501 twice. Matt put up 512, then 534 strongly, before missing his 545 final. Zweng was only 5 lbs. behind the leader Selsam, GER, going into the deciding phase. Matt's 683 deadlift duplicated Hammerton's 2017 TOT, which the Brit had established by lifting 705 on his 2nd round. By virtue of lighter weight, Zweng got the silver medal, when Hammerton failed 749 going for a do or die try. The two leaders slugging it out proved to be the German Harold Selsam and the bionic backed Austrian, Gerhard Depner,



Winners in the WPO Cash Prize Division up to 100 kg. - (seen left to right) 5th - Hammerton GBR - 915; 2nd Selsam GERMANY 935; 1st Depner AUSTRIA 940; 3rd Kellum USA 932.5; 4th Zweng USA 915.

42. Depner had been champ in '98, and is handicapped by a missing finger. Gerhard took 793 down into the hole - and was twice denied. He went to 815, and went lower and ground it up using his powerful back as a fulcrum. This time it was good! Selsam proved he didn't come to America to see the sights; he smoked 749, and then went straight to 826 - miss. On a final try it was a good lift. No more misses for the DETERMINED GERMAN! BP (512) and a final 722 DL led to a TOT of 2061. Depner raised all three: 705, 749, 760 with the greatest of ease. He's done right at 800 and could've pulled that much, if needed, here. Now he's a 2 time champ for Austria. Fifth place went to Mike Fessenden, 33. He had an off day getting an 810 SQ, 440 BP, and 644 DL for 1895, way under his best. Depner's 2072 TOT earned him WPO cash to take home, not to mention the World title.

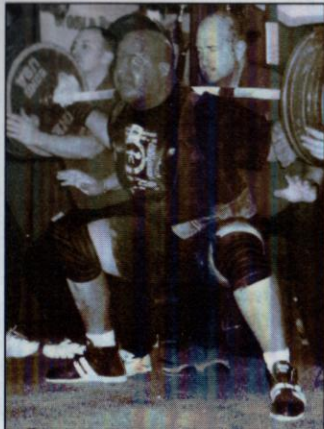
242 - The 242s had a big lineup with 10 men present. Keith Thompson, 33, GBR, must've been hurt warming up. He didn't come out. Then AUT's Hannes Winkler, 24, missed all his 716 SQ attempts. Johan Nel was at the bottom of the heap with 2nd attempts all good - 1609. His teammate Pieter Appelcrum, 29, took 7th with 1763. Jarmo Veisala was sandwiched between the two Brits - Mark Cullimore, 34, and Steven Middleton in 5th spot with 1895. He got 705 SQ & DL openers along with 3 BPs (485). Middleton was 6th @ 1846 going 8/9. Cullimore ended up in 4th via his 771 SQ, 479 BP and 694 DL - 1945 - with only 5 lifts. Paul Urchik, 41, out of Southgate, Michigan pulled off the THREPEPEAT, his 3rd consecutive Worlds gold medal. He grunted through his 876 2nd attempt SQ before failing 903. He was red hot in the BP, getting all 3 and a new PR - 551. A bit of drama in the DL! Urchik had a momentary lapse of concentration, missing his 716 opener but came back to clinch the title. His heart wasn't in his 771

try and it hardly moved. Paul smiled sheepishly and waved to the crowd as he exited. It was nip and tuck to see who'd get silver and bronze between USA's burly backup Dennis Muratori, 34, from Huron, OH and Michael Weiler of Austria. Dennis had a fitful time getting his SQ on the board. He began at 815 with balance problems, then missed again. On his 3rd he was arising when the spotters grabbed the bar as he was twisting to the right. This nullified the lift. A protest was lodged and he was granted his 3rd and final attempt over. To the relief of everyone he finally got it. Weiler, looking powerful, wrapped up his 837 2nd try, then made a quantum leap to 903 - he missed! After Weiler finished with a 490 BP; this gave Dennis the opportunity to strike. He did with 512, to tie, but Weiler was still ahead as lighter man. Muratori pushed Weiler to 3rd, outpulling him 711 to 705. Muratori TOT - 2044, Weiler - 2033.

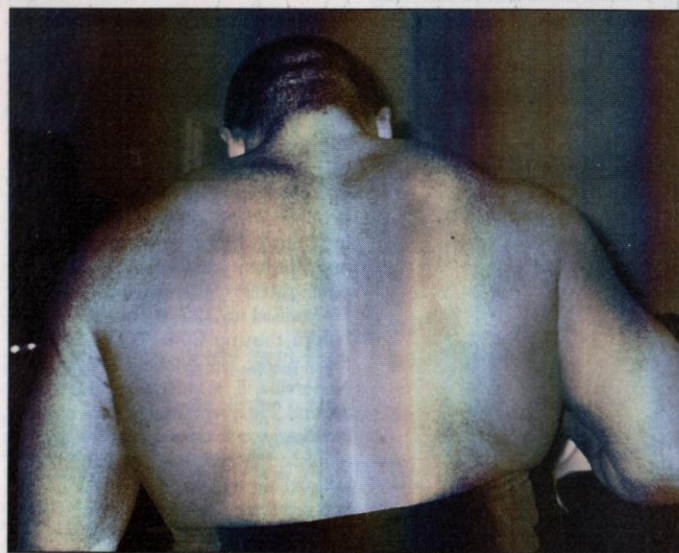
275 - Five men contested here for top honors. Rufat Agayev, AZE, @ 254 stayed in the mix with his 793 final SQ. After benching 485, he tore a pectoral muscle trying 507 and was out of the meet and off to the hospital. David Clements, GBR, and 266, had SQ depth problems. He stayed

in the medal hunt getting his final 793 try. Dave punched up a 462 BP, but couldn't negotiate 496 despite two brave tries. Clements pulled well, raising a 738 DL 2nd. TOT - 1995 - 4th place. Steve Wisemon of CAN proved his strength in his Worlds debut. He handled a 749 SQ - no problem. His 804 was wishful thinking. Steve made powerful presses and finished with 529 - good. His pulling ability was impressive indeed. He yanked up 727, then a big 782, before missing 804. TOT 2072 - third place. Bill Nichols, 42, from Naperville, IL is still one of the best around. He overcame balance problems early on to blow away 859, after a missed SQ opener of 832. He jumped big and put 926 in the hole and cranked it right up - good. Bill, with a reoccurring shoulder problem, was forced to stroke 474 twice to get approval. He added a good 716 DL, popping it right up in his wide stance sumo. He couldn't get 749 to stay in the groove. TOT 2116 - a silver medal for a nice guy. Ano Turtanen, the broad backed, 33 year old FINN dominated decisively. His display was scintillating - 881, then 914 SQ - pass 3rd. He began his BP with 551, missed twice at 573. His 793 DL opener looked ridiculously effortless. He went to 859 and raised that right up. Up to 887 he went, seeking to beat his own WPC WR of 881. He missed it, but came back on an extra try, and ripped it right up. TOT 2325 - three times now the World Champion. Who - if anyone - can beat him next year?

308 - This has become a very popular class. Not every Superheavyweight wants to weigh 350 or more. This year the 308s were loaded with talent. Last year's champ, Scott Warman, had returned from injury and semi-retirement to nab his 8th World Title. Will we ever see him again? This year the USA was represented by Craig Gallo, 28, Ann Arbor, MI. Craig was the surprise '98 WPC World Champ @ 275, and was this year's Seniors champ. His backup man was Russ Barlow, 40. Also in the mix was Allen Mehan, Canada. The British powerhouse Andy Bolton had his own designs on the gold medal! Holger Kuttrof, GER, @ 305.5 used a close stance and sat ultra deep. He powered up with 815, but got pinned with 859 - hurt himself - and dropped out. Mike Robertson, RSA, 297, handled 815. He made a big increase to 881 - too much. TOT 1796 - and he finished 7th. IN 6TH TODAY - IT'S UWE FREY. At 286 the best German made all his attempts with the exception of his final 529 BP try: 771 SQ, 507 BP, 650 DL for 1929. The backup Brit was Andrew Bowman (290). He made 3 good SQs (859) plus openers - 507 BP and 672 DL for 2039 and fifth position. USA's Russ Barlow had a splendid day: SQ 821, 551 BP and a strong 782 2nd DL - TOT 2155 - 4th



Al Mehan's beautiful squat style.



The Incredible Upper Pulling Apparatus of Finland's ANO TURTIAINEN

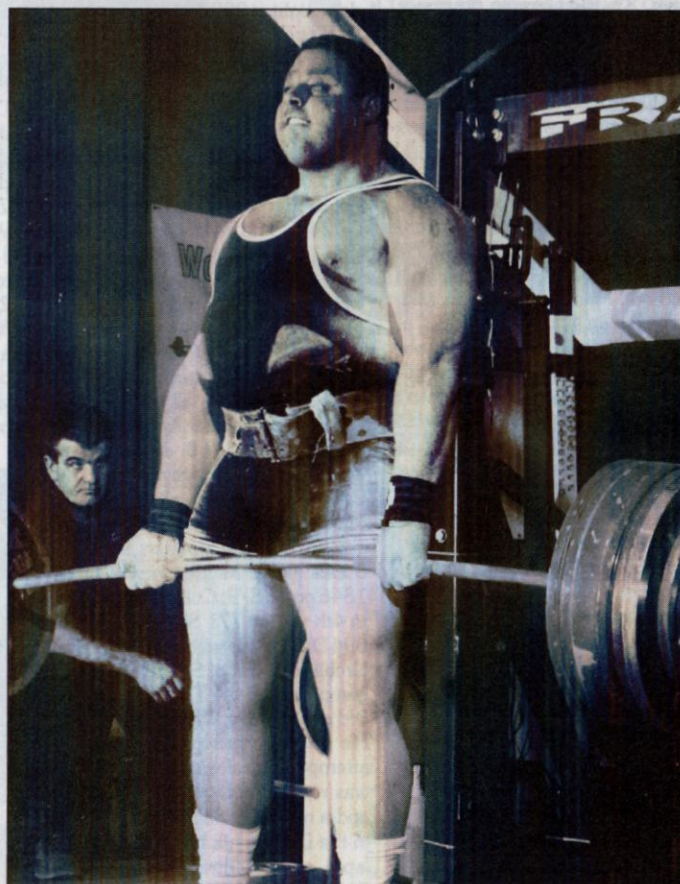
place. It was nip and tuck between Allen Mehan of Canada and the USA's Brahma Bull Craig Gallo. Gallo had no misses and motored up all 3: 942 - a big lift. Mehan lost his EZ 892 start due to balance. He obliterated that weight on a repeat. He went way up to a sky high 981 and absolutely destroyed it. Way down and he roared up like a freight train. He wanted to break the WR of 992 owned by RSA's Gerritt Badenhorst, a World's Strongest Man competitor. Allen called for 458.5 kg. (1010.8). He descended, hit the hole, and rose back up. Yes, it was good! Meanwhile GBR's ANDY BOLTON did some DANDY STROKIN' of his own. He barreled through 837, 881, and finally a British Record 926! Things were heating up! Mehan was much improved in BP. He popped up 529 - his best ever. Bolton ran into a brick wall. He needed all three tries to make his 540 opener. Gallo was on a roll. He completed them all (556) and exceeded his own PR! Mehan's DL was good. He pulled 711 on his final round - TOT 2221. Gallo had to hoist 744 on his second lift to win silver - 2243. Three competitors represented the WPO outside the competition and added excitement. WPO founder and promoter Kieran Kidder, a former WPC World Champ himself, came in at a streamlined 297 and really looked good having shed some 50 lbs. Kieran dunked 903 deep and easily. He twanged his hamstring attempting 953. This left him hobbling and forced him to forgo attempts in the other lifts. Beau Moore from FL weighed 306 and gave a good account of himself: 788 SQ, 655 BP (temporarily a WPO WR - taking 3 tries to get it), 733 DL, for a 2177 TOT. That's with very little preparation in training all 3 lifts (2-3 mos.). Rob Fusner from the famous Westside Barbell Club is an incredible powerhouse. He came to prove he is the REAL DEAL, and did so in a most convincing manner. Weighing 294.7

he SQ'd 903, BP'd an unbelievable 688 (the highest of the whole meet and a WPO WR). Rob raised 766, a personal best, in the DL for an astounding TOT of 2358! This inspired Andy Bolton, the British Bulldog, to reveal his devastating deadlift ability. We knew he was a powerful puller, but never expected what we were about to witness! Andy opened with 837. It looked so easy we thought surely it must've been a hundred lbs. lighter misload - but with 2303 he'd won; just like that. Next he advanced to 881, and yanked it up with no visible effort - TOT 2347 - a WR aggregate. He reserved his final lift for a WR try with 898. This would surpass Badenhorst's 892 set back in the late 80s. He pulled it up so ridiculously easy we could scarcely believe our eyes. He held it a long time, turning his head from side to side to glare at the judges, and roaring his defiance like an enraged lion. This lift gave him an incredible aggregate of 2364. Not only did this better his still smoldering TOT mark, but put him 5 lbs. better than outsider guest Fusner. Wow! Bolton was also registered with the WPO, and in the hunt for cash as well as Fusner. But wait! It wasn't over. Bolton, backstage, had worked himself up into a near frenzy. He wanted to hoist the biggest weight of all time. That was a tall order as the record was held by the 6'7" 320 lb. Gary Heisey at a mind boggling 925 lbs!! Andy called for 420 kg. (925.941 lbs). The bar was loaded and he attacked it. The load of iron cleared the deck, and was going up. It was above the knees; but then came to a dead stop. What an exciting class.

SUPERHEAVYWEIGHT - No one in the rest of the World showed up this year to mount a challenge to the reigning WPC World Superheavyweight champ. I've dubbed him the MILLENNIUM MAN in previous writeups because he has risen in the last two years to become the most

dominant SHW powerlifter as we have crossed the threshold into the 21st century. Garry Frank, 35, was - a few short years ago - like a big locomotive: his engine was revved up to full throttle, but he sat there his wheels spitting sparks, unable to get traction. Then came the boost of confidence that was all that he needed. A former pro football player, Garry is now a teacher and head high school football coach. This Louisiana Leviathan stands 6'4" tall and tips the scale at 374 lbs. Despite his intimidating size and strength, he has a quiet, affable demeanor, but nonetheless he maintains a serious persona resolute in his objective. Garry posted a 2453 TOT in winning the USA Srs. Only the great Ed Coan had totaled more (2463). Garry had aims to surpass that aggregate. Would today be the day? The only other man in his class was Brent Mikesell, 24. He's 6'1" and 336, and hit a sky high 2342 TOT as runner-up to Garry at the APF Senior Nationals in Michigan. There Brent smashed the thousand lb. barrier in the SQ (1003) deep and powerfully. Third there and an WPO extra lifter here was a man equal to Garry in size! Jim Voronin of El Paso, TX. Voronin had a disappointing day here struggling to get his 871 SQ, a weight he handled easily on a 3rd, finally conquering his balance and depth problems. Big Jim ran into a brick wall in the BP, failing 3 times to lift his big 655 start weight. He sat on the sidelines and offered his encour-

agement to his SHW comrades. Mikesell, who'd hit a 600 BP in training, had hurt himself doing so, and was not in the best of condition. Brent began with a 936 SQ, but couldn't get low enough. His canvas suit seemed to hamper rather than help him. Brent got the weight up on his 2nd. Mikesell went straight to 1003, a weight he'd done officially - twice! He got it, but struggled - unlike his easy deep lift at the Seniors. A safe 440 BP to get on the board was followed by big misses with 562, and then 573. Brent pulled 711 to assure 2nd place (2155), but missed 771 badly. It was a tough day for Brent. This set the stage for the BAD DUDE from BATON ROUGE! Garry appeared like a monster in a fairy tale. He's big as a mountain and bandies big barbells about like they're play toys! Frank had no difficulty in getting his SQs low and roared right up: 865, 909, and finally 942 which seemed the easiest of all. He was out of sync in the BP. He succeeded with his 650 opener, but that was all! He increased to 694. A single handoff from training partner Bob Phillips works for him. The side spotters were told not to assist. This must've fell on deaf ears as one handler picked up on the right side which tilted him badly. A rack would have been best move. In such a case another opportunity would've been given. Garry tried it anyway, resulting in a miss. On his 3rd, his shirt ripped. Garry changed to his Inzer double denim and took a



Andy Bolton of Great Britain with his easy DL attempt with 881 pounds.

4th with 727. He seemed to never get it down, but finally touched, too low, and it wouldn't go. Garry never warms up for the deadlift. He opened with 837 - just came out and yanked it right up - 2430 TOT - right off the bat. Seeking to register the highest legitimate TOT of all time, he called for a PR 876 going for 2469.17 lbs! This would also be a WPC WR, beating his own mark of 2453! Out he came like a charging rhino. Poised over the bar he crouched and pulled. The load literally exploded from the grasp of Earth's gravity, moved up rapidly, and was locked out cleanly on both sides, perfectly level. It got 3W, including that of Vanessa Gibson of GBR, who is a very tough scrutinizer. He'd done it - the highest official TOT of all time. But wait! Garry wasn't through yet. He went up to 412.5 kg for his final try (909.4 lbs.) He yanked this up above his knees, but it stopped dead. What a fitting climax to an outstanding competition. Most people agreed with me on one thing. Ernie Frantz will be remembered a long time for this. He really outdid himself! Next month - Part 2 of the WPC Worlds (Teens, Juniors, Sub-Masters, Masters)



W. P. O.™
World Powerlifting Organization™
YEAR 2000
Membership Application



PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

Last Name		First Name		Initial	
Street Address/P. O. Box					
City			State		ZIP
Telephone Number		Date of Birth		Age	Sex
Social Security Number		Occupation			Date of Application
IF UNDER 18 PARENT MUST INITIAL		BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™			
SIGNATURE _____					

YEAR 2000 Membership Registration Fee: \$ 25.00

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910 S. Atlantic Avenue
Ormond Beach, FL 32176

WPC World PL Championships - 17-19 NOV 00 - Las Vegas, NV

WOMEN		NAT	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	N. Primich														NIL	
Open															90														
J. Schroeder	GBR	46.8	100	110	115	47.5	55	55	110	120	130	140	282.5	USA	89.9	372.5	307.5	307.5	262.5	270	275	290	302.5	310	325	932.5			
L. Watson	GBR	45	80	90	95	57.5	60	60	90	100	105	110	247.5	GBR	88.3	300	315	325	200	210	220	280	300	325	870				
L. Barlow	USA	47.5	145	160	160	87.5	90	90	177.5	177.5	182.5	187.5	402.5	RSA	87.5	265	207.5	207.5	172.5	177.5	190	267.5	280	290	732.5				
K. Wilcox	GBR	51	80	90	100	60	65	70	110	120	135	140	300	GBR	87.8	285	295	295	155	162.5	167.5	252.5	270	275	705				
A. Weisberger	USA	55	100	110	120	117.5	127.5	137.5	180	192.5	207.5	210	500	AUT	89.8	360	360	370	212.5	220	225	320	340	345	940				
N. Avigliano	USA	53.6	152.5	160	160	87.5	90	90	177.5	177.5	182.5	187.5	425	GER	99	340	375	375	220	227.5	232.5	290	315	327.5	935				
J. Thomas	GBR	55.4	160	170	170	75	77.5	80	160	167.5	170	175	407.5	M. Zweng	USA	94.7	352.5	362.5	362.5	232.5	242.5	247.5	300	310	345	915			
V. Huyser	RSA	59.8	160	180	195	85	95	100	160	170	180	185	450	K. Hammerton	GBR	97.5	355	360	360	220	227.5	237.5	305	340	360	915			
V. Ware	USA	59.8	150	170	180	97.5	105	105	160	172.5	187.5	190	440	G. Depner	AUT	99.8	360	360	370	212.5	220	225	320	340	345	940			
M. Diamond	USA	58.8	175	195	195	97.5	105	105	160	172.5	187.5	190	440	H. Selsam	GER	99	340	375	375	220	227.5	232.5	290	315	327.5	935			
M. Liggett	USA	66.8	202.5	220	220	125	132.5	132.5	185	192.5	207.5	210	545	M. Zweng	USA	94.7	352.5	362.5	362.5	232.5	242.5	247.5	300	310	345	915			
N. Dangerfield	USA	65.5	175	195	195	92.5	100	105	207.5	207.5	212.5	215	482.5	K. Hammerton	GBR	97.5	355	360	360	220	227.5	237.5	305	340	360	915			
S. Downie	CAN	65.9	175	175	175	65	75	75	120	132.5	150	150	332.5	D. Warren	GBR	98.7	320	325	325	207.5	220	220	310	325	337.5	877.5			
J. Scanlon	USA	74	205	217.5	217.5	125	132.5	142.5	195	245	245	245	542.5	M. Fessenden	USA	99.6	345	345	367.5	200	207.5	207.5	292.5	342.5	342.5	865			
J. Tackitt	USA	72.6	165	165	165	102.5	112.5	120	150	175	175	409	460	M. Pontinen	FIN	99	300	340	340	205	247.5	247.5	290	305	340	810			
J. Miller	GBR	79.7	165	190	210	110	115	122.5	200	215	230	252.5	542.5	E. Bilek	RSA	97.9	300	320	320	215	225	225	260	275	290	790			
C. Rainer	AUS	79.5	165	165	165	70	80	85	150	160	172.5	172.5	417.5	K. Kruger	RSA	98.6	300	320	320	160	170	177.5	280	290	777.5				
T. Rantanen	FIN	85.3	180	180	180	145	150	155*	180	200	242.5	535	542.5	M. Jordan	GBR	98.6	270	290	290	160	175	182.5	250	280	290	732.5			
M. Vandyke	RSA	100.6	205	225	225	110	117.5	117.5	200	207.5	207.5	542.5	NIL	NOV 19															
D. Shaw	GBR	103.1	240	260	286																								
MEN																													
Open																													
E. Millian	USA	54.7	182.5	202.5	202.5	100	107.5	112.5	182.5	215	227.5	230	510	P. Urchik	USA	107.9	380	397.5	440	235	242.5	250	325	325	350	972.5			
R. Karkuschke	GER	58.7	140	160	160	105	115	120	140	165	175	175	450	D. Muratori	USA	109.7	370	370	370	215	227.5	232.5	317.5	322.5	325	925			
S. Grey	GBR	59.2	125	142.5	142.5	90	100	105	130	140	145	150	370	M. Weiler	AUT	109.5	300	380	440	210	217.5	222.5	290	320	325	922.5			
S. Seikainano	FIN	67.5	260	275	275	165	175	175	250	250	265	265	685	M. Cullimore	GBR	109.6	340	350	350	210	217.5		315	325	325	882.5			
T. Judge	GBR	67.5	205	220	220	147.5	160	165	202.5	245	215	595	542.5	J. Veisala	FIN	108	320	340	340	210	217.5	220	320	325	325	860			
S. Cook	GBR	67.5	180	200	200	100	110	120	220	230	235	520	542.5	S. Middleton	GBR	106.3	320	320	350	200	202.5	207.5	290	300	310	837.5			
Guest WPO																													
A. Conyers	USA	67.5	242.5	280	280	155	185	185	227.5	240	240	692.5	692.5	P. Appelcrum	RSA	100.2	300	320	320	405	185	190	280	290	290	800			
A. Berardinelli	USA	74.9	308	327.5	327.5	192.5	210	217.5	250	267.5	272.5	795	795	J. Nel	RSA	101.4	250	260	290	185	195	200	270	275	290	730			
J. Laine	FIN	74.8	300	317.5	325	170	175	177.5	280	295	300	790	790	H. Winkler	AUT	106	325	325	325							NIL			
D. Mannering	GBR	74.2	265	280	300	195	200	200	245	260	272.5	740	740	K. Thompson	GBR	107.6										NIL			
J. Almodovar	USA	73.5	277.5	295	305	167.5	182.5	182.5	262.5	272.5	282.5	735	735	A. Bolton	GBR	136.5	380	400	420	245	245	245	380	400	407.5*	1072.5			
L. Gordon	GBR	74.1	270	305	285	152.5	160	165	230	270	290	720	720	C. Gallo	USA	133.8	400	415	427.5	235	247.5	252.5	320	337.5	347.5	1017.5			
F. Manka	RSA	74.6	280	292.5	292.5	152.5	157.5	162.5	260	267.5	267.5	715	715	A. Meehan	CAN	129	405	405	445	215	240	250	290	315	322.5	1007.5			
NOV 18																													
82.5																													
J. Dougherty	USA	82	277.5	300	320	212.5	227.5	237.5	272.5	295	302.5	860	860	R. Barlow	USA	140	342.5	362.5	372.5	240	250	250	332.5	335	367.5	977.5			
A. Coleman	USA	80	317.5	340	345	227.5	237.5																						

South Florida BP and DL
14 OCT 00 - N. Lauderdale, FL

BENCH			
Women			
B. Lemus (105)	135	A. Natal (239)	470
D. Ortiz (136)	110	G. Walker (208)	415
M. Barba (148)	105	M. Quinn (319)	450
		M. Fries (250)	420
Men			
132		Sanfilippo (226)	405
J. Osorio	240	V. Donofrio (191)	375
148		S. Pullaro (195)	350
W. Holloway	260	J. Clark (241)	375
P. Schaugat	165	Armstrong (196)	315
		J. Hudak (216)	275
Teenage			
B. Schwab	365	B. Hopper (193)	365
G. Wright	350	D. Davis (172)	315
K. Norwood	335	T. Jenkins (117)	210
Sal D	325	DEADLIFT	
A. Yezer	315	Women	
181		M. Barba (148)	260
R. Daniels	390	B. Lemus (105)	200
K. Yates	345	Men	
T. Houke	320	148	
A. Sniadowski	305	W. Holloway	475
198		165	
G. Rubin	430	G. Wright	580
S. Pullaro	350	B. Schwab	550
A. Morzella	345	J. Crowell	430
M. Brown	305	181	
220		P. Chang	500
S. Schuler	420	R. Fichera	500
G. Walker	415	198	
L. Mosley	405	M. Dexter	570
K. Middler	405	M. Brown	420
K. Savino	350	220	
S. Freedman	330	J. Cevero	635
S. Rinker	315	K. Middler	
242		242	
J. Keene	515	S. Gissing	600
E. Rectewald	500	H. Allison	560
S. Gissing	455	J. Calloway	525
J. Calloway	440	SHW	
R. Ashman	430	S. Fromberg	650
H. Allison	425	J. Bivens	585
J. Lewis	415	S. Knowles	550
SHW		M. Ryan	550
M. Rodriguez	600	M. Schwagel	480
J. Green	525	Masters	
A. Collura	525	A. Natal (239)	620
W. Mayberry	480	M. Ramsey (213)	575
M. Quinn	450	V. Donofrio (191)	525
M. Schwagel	425	M. Fries (250)	575
M. Ryan	365	C. Staskey (208)	500
M. Rodberg	365	Armstrong (196)	405
E. Ferguson		J. Hudak (216)	405
		Teenage	
		B. Hopper	525

Meet promoter: Gary McCartney. Special thanks to head judge: James McGlynn, side judges Ron Fortin and Dave Sharky, spotters and loaders Sal, Seth, Chris and others that helped, Ken Mike, Jimmy, Paula, my wife Leigh Anne, and Arianna. I would also like to thank our sponsors American Body Building, and Dynamic Nutrition. Last years competition was just a bench meet with 29 lifters, this year the deadlift was added and also the competitors grew to over 80! In the bench, Brenda Lemmus benched 135 at 105 lbs. to win the women's class. Brian Hopper won the teenage class with a 365 at 193. Jorge Osorio won the 132 lb. class with



Greg Wright won Best Lifter in the Deadlift with this 580 at 163 bodyweight at the South Florida Bench Off and Monster Pull. (photo courtesy Ironworks Gym)



Best Lifters at the Chicagoland Open were (left to right) Chris Therman for his 625 lb. deadlift in the 308 lb. class, and Craig Hansen for his 500 lb. bench press in the 220 lb. class. (photograph by Latch)

Chicagoland Open BP/DL
15 OCT 00 - Chicago, IL

BENCH PRESS			
MEN			
teenage		shw	
Jason Daviera	335*	Luis Gonzales	350*
master 40-49		DEADLIFT	
Greg Foster	475	submaster	
Craig Gordon	450	Rick Roberts	500*
police & fire		master 40-49	
Greg Foster	475	Jesus Feliciano	425*
160		165	
Joe Gaffin	405	Tony Corona	425
4th	415*	4th	
Jesus Feliciano	265	Yohance Lacour	370*
198		4th	
Sal Medina	385*	*	405
220		220	
Jeff Archer	445	220	
Vic Shenberg	—	242	
500		242	
Noel Castillo	405*	Nectar Kirkiris	585
242		4th	
Phil Thomason	470	308	
4th	485*	Chris Therman	625
308		308	
Dan Cotter	360		

* personal best. Best Lifters: Bench - Craig Hansen; Deadlift - Chris Therman. The Chicagoland Open Bench Press/Deadlift Classic was held at the Hard Core Gym. Thanks to owners and hosts Harry Zaras and Kym Kmeic for their continued support. In the bench press competition Jason Daviera had a great day, finishing with a personal best 335 @ 154 for the title at teenage 18-19. Greg Foster was getting ready for the AAFP Worlds in Vegas and came to see where he was at! Taking both the master men 40-49 and police & fire classes, Greg got an easy opener of 475. Weighing in at 211, Greg missed his next two attempts with 500, but is feeling better with that weight. Good luck at Vegas! Craig Gordon got his opener of 450, then blew out his shirt with 475! New shirt, ripped right down the middle! Boy if that guy can ever get his shirts straight maybe he'll finally get that 500 he deserves! At 165 it was Joe Gain with four strong lifts. Joe finished with 405, then came back for a 415 pr fourth attempt! Jesus Feliciano was second at 165 with 265. Sal Medina was lifting in his first competition, where he took the 198 lb. class, finishing with a personal best 385. Craig Hansen might as well not even use his shirt, for all that he got out of it, but he did finish with a strong 500 for the title at 220. Craig was also close with a 525 fourth, but had gotten 500 raw in the gym the week before. Craig, who weighed in at 216, also captured the best lifter award for the competition. Second place at 220 went to Noel Castillo, who was also competing for the first time. Noel finished with a personal best 405 at a 205 bwt. Phil Thomason took the 242's with some strong lifting, finishing with a personal best 485 fourth attempt. At 308 it was Dan Cotter with 360, after failing with his final attempt of 370, which would have been a new pr for him. SHW winner was Luis Gonzales, who got all three of his attempts to finish with 350. In the deadlift competition Rick Roberts looked strong in his win at submaster. Rick finished with a personal best 500, weighing in at 232. Jesus Feliciano pulled a new personal record on his third attempt with 425 for the win at master 40-49. Jesus weighed in at 154. Tony Corona had a tough day at 165, getting just his opener of 425. Tony is a great lifter, but like us all, we have those off days every so often. Competing for the first time ever was Yohance Lacour at 198. With his win here, Yohance finished with a pr second attempt of 370, then nailing a 405 fourth. Jeff Archer just competed in a full meet about two weeks ago, so he struggled with his deadlift, getting just his opener of 445. But with Vic Shenberg failing to get his opener of 475 in, Jeff was the victor at 220. Vic had been out of competition for a while and just started a little too high. Nectar Kirkiris pulled a strong 585 opener for the win at 242 before missing 625 twice. His opener left him just short of the best lifter title when Chris Therman got that same weight at 308. Chris also came close with his final attempt, a pr 650, missing just short of lockout. At a bwt. of 300 Chris finished with 625, the title at 308 and the best lifter award. Thanks to all who helped with the competition. (Thanks to Darrell Latch for results).

FOR REVIEW

.... issue 31 of *POWERLIFTER Video Magazine* is now available and it starts out with footage from the recent IPA Nationals (covered in this issue of *POWERLIFTING USA* as well) with video footage of lifters like Brian Crowe, Karen Sizemore (with her all time female world record bench of 410!!!), Doug Heath, Chuck Vogel's 900 lb. squat, Dan Kovacs' 830 deadlift, Paul Childress' 930 squat, J. R. Hunt's 950 lb. squat, and Terry Bryan's 1000 lb. squat in his meet ever (EXTREMELY IMPRESSIVE), followed by an in-depth segment on the fundamentals of the squat and deadlift by Coach Bernie Gagne and his daughter Vick Hembree. Bar placement is discussed in great detail (some material is actually repeated twice in our sample of the tape) — with some great analogies by Bernie on stress on the low back and the right kind of shoes to squat in. Next up is tape of a recent Julie Havelka and Ryan Kennelly bench pressing exhibition, with Ryan literally "banging" up reps — like 600x2 without a shirt. Then it's off Rich Schoeneberger and his training partner Chris Sestito, who provide all kinds of workout information — how about reverse curls to work the grip. Rich, who is way over 300 lbs., demonstrates some remarkable cardiovascular fitness by never seeming to run out of breath despite virtually non-stop dialogue throughout the training session. From there it's on to a brutal Glen Chabot training session profile — not many reps, and huge 90 lb. jumps to some awesome poundages. J.M. Blakley's new competition bench press technique videotape is highlighted, and J.M. claims you can gain 40 lbs. in the first year according to the tape, just by emphasizing technique. Every detail J.M. could possibly think of is in there — plus some exciting contest footage. From there, it's down the road to the Deep Tissue Center for some help with Vick's shoulder — Daniel Rosales provides a quick diagnosis and gets into some deep tissue massage right away. There's some great expression on Vick's face as she gets a workover from Rosales. Next up is footage of the APA Nationals, including some lifters you saw in the coverage of that meet in *PL USA*: Tony Vellake's benching makes the TOP 100 list this month, and Jeff McVicar's 470 4th attempt at 198 on the tape is a lift that didn't make the TOP 100 last month, as it wasn't noted on the results. There's a training tip finale to this edition of *POWERLIFTER VIDEO* as they head back to its back to analysis of different deadlift techniques for various body types with Coach Gagne and Vick. (If you want to order this tape or a subscription to *POWERLIFTER Video*, see their ad on page 2 of this issue of *POWERLIFTING USA*) — Mike Lambert, *PL USA*



Garry Frank gets ready to finish the history making total portrayed on the cover of this month's *PL USA*.

(article continued from page 7)

warming up for the deadlift. Backstage, Phillips was giving Garry a massage to the back of his thighs. He lay there purring (it was more like a low rumbling) like a tiger. Everybody waited to watch him warmup with the weights, but nothing happened. "When is he going to warm up?" asked the inquisitive "Pink Panther" — LALC's question man. "That's his secret. He doesn't warm up" I explained. Believe it or not, it's true. Garry does no DL warmups. He figures by the time he gets to it he's already warmed up. Garry, much to the crowd's excitement, opened his DLs with 840. Ordinarily he secures his grip, pushes the bar forward, then pulls it back into his shins, dips into his crouch position, and pulls. He didn't get the bar pulled in properly in this try, and being almost a foot out in front of him it only moved a few inches from the floor. Everybody felt a big letdown. It looked like Garry wouldn't make the grade today. Our hearts sank. He took the weight over. This time with better form the bar came up and he locked it out cleanly, but it lacked his usual explosiveness. Garry had his work cut out for him. To reach his goal he needed 890! That is 50 more lbs., and his 840 hadn't looked that easy. It appeared that lifting only two weeks earlier had taken its toll on the big man. As the bar awaited his 3rd try, Garry was backstage trying to get himself worked up. Maybe there was still a flicker of hope. The volume was turned up on the music. As

Garry charged out to the bar, everyone was shouting encouragement. He was trembling like a giant turbine engine at idle. The awesome power within was reaching a crescendo, peaking for one tremendous outburst. His eyes were glaring as he secured his grip, prancing from foot to foot like a nervous horse. As he stopped to assume his pulling position, the bar having been pulled into his shins, I thought of the ominous words from the sci-fi movie classic — *2010, a Space Odyssey* — a cryptic forecast: SOMETHING WONDERFUL IS GOING TO HAPPEN. The monstrous load of iron exploded from the deck as he released his tremendous pent up energy, and the pull that would make history began. It moved up rapidly, without hesitation, and slowed only for the last few inches, when it was locked out completely and perfectly level. He held it there a few seconds to make sure and returned the load to the platform. Three white lights came on! With absolutely not the slightest question in any one's mind — HE'D DONE IT. GARRY FRANK HAD TOTALED 2500 LBS!

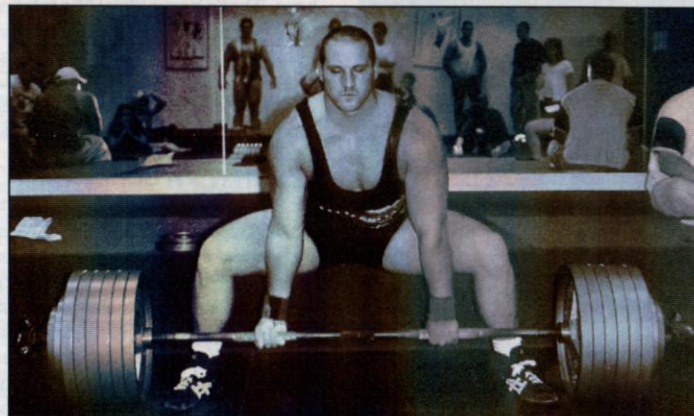
In case you're curious about Garry's gear, he wore the INZER single ply *HARDCORE SUIT* for the SQUAT with one pair of the INZER high-cut single ply briefs worn beneath. In the BP, he wears the INZER single ply shirt. As for the deadlift, he doesn't wear a special deadlift suit, just a belt. How's that for STRICT & LEGIT? It was a moment in History. Thanks to the Aviglianos & the LALC for staging

this incredible contest. I witnessed it all, something that will never be forgotten. Garry believes he will do 2600 in 2001. His best official lifts in competition are: 965 SQ (done in 1988 before he hurt his knees playing football and having them both scoped), a 711 BP (WPC WR at the 2000 APF Seniors, and an 890 DL

WEPOF/APF Superman/Superwoman II Powerlifting and Bench Press
2-3 December 00 - Burbank, CA

WOMEN	DIV	CL	SN	CJ	TOT	SQ	BP	DL	TOT	CO. Tot		
A. Weisberger	Open	132	110	138	248	385	300	460	1145	1393		
S. Waits	Open	132	88	110	198	255	145	265	665	863		
D. Fuhrman	Open	148	171	209	380	365	167	367	900	1280		
MEN												
H. Glosbrenner	Open	165	143	171	314	335	235	345	915	1229		
G. Smaguraskas	40-44	181	176	253	429	395	297	465	1157	1587		
B. Strange	60-64	198	187	253	440	440	310	510	1260	1700		
S. Waits	Open	220	253	319	573	685	440	660	1785	2358		
J. Mancini	20-23	220	149	187	336	440	310	460	1210	1546		
BENCH PRESS												
L. Slaughter	DIV	CL	1	2	3							
J. Lawrence	40-44	147	335	340								
M. Ludovico	Open	220	530	545*	500							
W. Chent	65-69	157	275*	290*	300							
S. Mendelson	Open	275	610*	650	660							
Powerlifting												
WOMEN	DIV	CAT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
A. Weisberger	SUP	132	385	420	440	260	290	300	440	430	460	1145
4th												
S. Waits	SUP	132	225	255	270	120	140	145	245	265	280	665
D. Fuhrman	SUP	148	320	345	365*	160	167	172	315	345	367*	900*
MEN												
V. Tanabe	33-39	148	415	440	455*	225	240	250	435	475	490	1170
H. Glosbrenner	SUP	165	320*	335*	345	235	245	255	315	345*	360	915*
P. Ayala	20-23	165	425	440	455	295	310	320	330	355	405	1155
G. Smaguraskas	SUP	157	350	375	395	285	297	307	400	440	465	1157
J. Owens	40-44	198	525	550	570	380	395	405	450	500	525	1465
B. Strange	SUP	198	335	440	450	285	310	320	475	500	510*	1260
S. Waits	SUP	220	660	685		415	440	455	615	650	660	1785
J. Avigliano	40-44	220	670	702	702*	300	385	405	570	595	615	1722
4th												
D. Jesovia	Open	220	570	600	615	405	420	427	570	600	640	1642
J. Mancini	SUP	220	410	440	440	310	330	330	420	440	460	1210
B. Harris	40-44	220	375	440	440							NIL
J. Planas	Open	275	680	705	725	480	500	500	605	625	640	1830
T. Pasterello	Open	275	610	650	675	420	430	460	550	590	600	1630
B. Phillips	Open	275	710	735	735	440	440	440				NIL
B. Meek	Open	308	625	680	720	450	490	510	585	670		1900
B. Meek	50-54	308	625	680	720	450	490	510	585	670		1900
G. Frank	Open	SHW	880	925	940	650	670	670	840	840	890	2500!

* denotes APF state Record. 1 denotes APF American Record. Referees W/L Dr. John Garhammer, Timmy Chin, Gordon Santee, Tony Pasterello, Bryan Delgado. Referees P/L Gordon Santee, Bryan Delgado, Kevin Meskeu. Expeditor Deanne Miller, Scoreboard Sean McMunn, Dan Desolva, Scorekeepers Jo Rodefer, Nance Avigliano, Announcers Joe and Nance Avigliano, Loaders and Spotters Dan Madagan, Michael Jovanovic, and Teddy Grant, Walt Cracknell. (thanks to Herb Glosbrenner for these results)



John Troxel won Best Lifter at the APA Illinois Push/Pull (Scott Taylor)

APA Illinois Open BP/DL
30 SEP 00 - Waukegan, IL

BENCH	DEADLIFT	Women	Open
T. Brewton 140's	J. Durbin 250's		
Men	Open		
220	198		
T. Mull (BL) 450*	D. Cole (BL) 555*		
J. Hull 405	242		
Junior	N. Kirkiris 585*		
I. Hernandez 275	Submaster		
	P. Olsen 515		
	4th		
	Junior		
	I. Hernandez 415		

*denotes a state record; † denotes master state record; s denotes submaster state record; j denotes junior state record; BL denotes best lifter. (Thanks to APA for providing these competition results).

APA CT Open Fall Classic Bp/DL
05 NOV 00 - Canterbury, CT

BENCH	DEADLIFT	Women	Open
114	M. Slaga 400		
D. Baker (BL) (M) 107.5†	M. Mitchell 400		
165	T. Lamoureux 485		
L. Cannamela 120	J. Toland 460		
4th	T. Toland 415		
MEN	308+		
Teenage (formula)	V. Paoletti		
13-16	Non - Tested Open		
D. Rivers 250*	formula		
17-19	Up to 132		
J. Beaudry 280	C. Byrnes 340		
Submaster (formula)	133-181		
33-39	D. Altieri 340		
A. Murray 450	G. Beinstein (BL) 530		
C. Audibert 330	DEADLIFT		
Master (formula)	WOMEN		
40-49	M. Slaga 400		
M. Slaga 400	165		
D. Corsi 260**	L. Cannamela 245		
50-59	4th (BL) 255*		
J. Landrette 325	MEN		
R. Altieri 335	Teenage (formula)		
A. Speach 320**	J. Beaudry 485		
B. Paoletti 4th	500*		
Drug tested Open	B. Lanoue 535		
123	4th		
V. Pichay (M) 205	Master 40-49 (formula)		
J. Dugas 180	J. Copland 485		
132	Open		
C. Byrnes (BL) 340	148		
165	D. Corsi (BL) 500**		
D. Altieri 340	275		
198	J. Toland 625		
A. Speach (M) 320**	T. Lamoureux 550		
220			
A. Murray 450			

* denotes CT state record; ** denotes NY state record; † denotes APA world record. The APA CT Open Fall Classic Bench Press & Deadlift Championships were held at the Williamcote YMCA Health & Fitness. Thanks to Harry Carboni for hosting this event and many thanks to Janet Arel, Gary Larson, Roland Cote, Bill Grim, Mark Slaga, Lon & Dawn Baker, John Dugas, Lynn & Mario Cannamela and Andy Mecteau for all their help. In the bench press competition, 50 year old Dawn Baker continues to impress with a new Master's World Record of 107.5 and Best Lifter honors. Lynn Cannamela set a new CT state record of 130 in her first bench press meet. In the men's teenage division, 16 year old Dan Rivers also set a new CT state record with a fine 250 in his very first meet. Jay Beaudry dropped a weight class and took home first place with a nice lift of 280. Submaster Alan Murray came down

division and gave a 515 NY record a ride. I'll expect to see it next time Jeff. David Corsi, another NY and master lifter himself, had a great day. He kept telling me his heads felt slow. Well, he pulled a "slow" 500 for a PR, a NY state record and Best Lifters honors. So much for "slow"! James Toland told me he hadn't been deadlifting but entered at the last minute. How does 625 for a guy, NOT deadlifting sound? Nice job James and... uhh... kind of scary! I'd like to thank all of the lifters for coming out and showing their support. We had 8 state records and 2 world records set, as well as a large number of personal records. My goal is to provide the best environment possible so that the lifters can perform at their best. Judging by the number of records set at both this and the last meet, we are headed in the right direction. Many thanks to my husband Mark for the spiffy carpeted platform he built for the meet. I received many compliments from the lifters about it. Hope everyone has a good holiday and we'll see you all early next year! (Thanks to Donna Slaga for the results).

Masters Heavy	450	375	475	1300
D. Barkee 49		300	300	
L. Betzer 44		350	250	440 1040
B. Fleming 62		395	345	415 1155
J. Miller 40		355	295	415 1065
P. Predecki 62		570	250	540 1360
D. Worley 51				

Special Olympics
Masters Heavy
J. Handley 46 300 145 380 825
Place of meet: Body by Design; Coordinator: Ron Erickson. (Thanks to USAPL for the meet results).



Matt Weber (18) prepares for an attempt at the APA Bay State Bench Press. (Scott Taylor photograph)

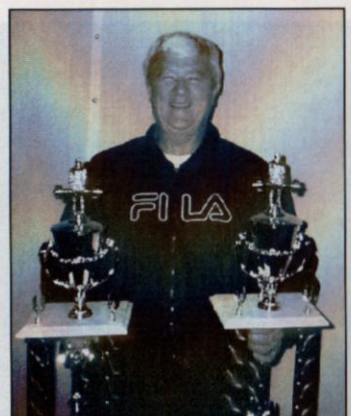
USAPL Wyoming State
24 SEP 00 - Cheyenne, WY

Teenage	SQ	BP	DL	TOT
148				
M. Jarret	370	260	410	1040
Open				
132				
T. Bishop	315	180	365	860
188				
C. Hughs	470	330	510	1310
M. Jarret	370	260	410	1040
165				
C. Brown	535	290	510	1335
M. Herrmann	415	315	475	1205
V. Rodriguez	400	300	525	1225
181				
R. Erickson	500	295	550	1345
A. Hahl	450	350	500	1300
L. Sanchez	480	280	530	1290
198				
R. Clark	615	345	565	1525
M. Sharpe	470	345	520	1345
D. Barkee	450	375	475	1300
220				
M. Matthew	520	325	580	1425
S. Heyl	490	375	505	1370
R. Lang	490	405	405	
B. Fleming	350	250	440	1040
242				
B. Hutchinson	425	330	485	1240
275				
B. Leonard	465	460	475	1400
R. Minshew	315	315	315	
K. Linde	405	355	600	1360
SHW				
G. Duggan	390	390	390	
L. Koenigs	405	405	405	
L. Betzer	275	275	275	
Masters Light				
T. Bishop 63	315	180	365	860
M. Cucinella 50	375	265	405	1045
R. Erickson 47	500	295	550	1345

APA Bay State Open BP & DL
08 OCT 00 - Worcester, MA

BENCH	Women	Open	Teenage
135			
L. Proulx	135	275	
Men			
J. Toland	470	308	
Teenage			
13-15			
K. Mullen	230*	A. Fornaro	540
W. Faust	215*	DEADLIFT	500
16-19			
M. Weber	275	Open	
Special Olympics		L. Proulx	180
S. Curtis	125	Men	
Junior 20-23		Teenage 13-15	
T. Matthews	365	W. Faust	305
S. Curtis	125	4th	315*
Submaster 33-39		Teenage 16-19	
E. Paskell	550	M. Weber	460
A. Fornaro	500	Junior 20-23	
A. Murray	410	S. Curtis	315
D. O'Rourke	425	Special Olympics	
J. Bourgault	425	S. Curtis	315
Master 40-49		Submaster 33-39	
W. Savage	380	J. Bourgault	590
D. Montebault	365	Master 40-49	
D. Christer	270	D. Montebault	560
Master 50-59		W. Savage	500
P. Henderson	340	J. Piper	475
Master 60-39		Open	
E. Mard	290	220	
Open		M. Galante	530
165		J. Gardner	520
M. Farrell	235	M. Rampino	485
181		S. Colby	425
B. Napierata (BL)	430	242	
M. Martins	340	D. Whalen	600
220		T. Daniels	585
A. Murray	410	275	
J. Gardner	375	J. Toland	600
M. Rampino	325	308	
M. Galante	315	K. Gleason (BL)	660
242			
E. Paskell (BL)	550		

* denotes a record; BL - Best Lifter. Special thanks to Paul Henderson for organizing this great event and to Gold's Gym of Worcester, Massachusetts for providing a great meet site and great equipment. I would especially like to thank the spotters, loaders, referee's, and scorekeeper who put in a long hard day making this meet a quality event that was enjoyed by all. (Thanks to Scott Taylor, APA President, for providing these competition results).



Tom Richardson (63) got 2 new PRs, a 270 Bench and 305 Deadlift at the Greater Indianapolis meet.

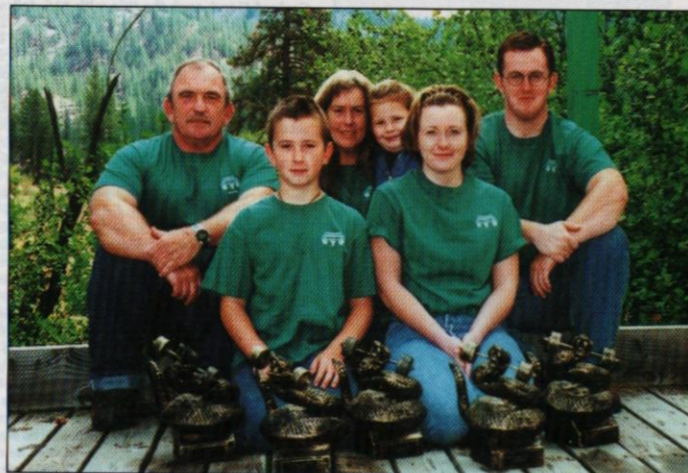
Greater Indianapolis BP/DL
08 OCT 00 - Indianapolis, IN

BENCH	PPES	Teenage men	Allen Henders	Junior men	Eric Allen	submaster men	Mike Hinders	master men 40-49	Tom Blacketer	Jim Heasley	master men 60-69	Gaylord Good	4th	Tom Richardson	148	Ephraim Shields	181	Mitchell Allen	198	Marty Mills
470*	380	200*	242	475*	380*	275	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
Mike Gugino	380	Christen Allen	475*	Mark Struck	380*	275	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380	475*	380*	460	500	550	460	500	550	460	500	315	325	270*	345*	242	290*	290*	198	460*
380	380																			

125				
A. Adalsteinson	744	424	672	1840
Joe Thompson	650	424	666	1740
Jim Thompson	600	424	628	1652
+140				
B. Mikesell	936	507	771	2214
Submasters				
75				
J. Cunningham	330	369	363	1062
4th			391	
125				
Joe Thompson	650	424	666	1740
Masters				
50-54				
B. Packer	70-74			
100				
J. Miller	374	236	501*	1111
4th	402*			
AAPF Powerlift				
Female				
Teen				
60				
K. Sargent	165*	72	192	429
67.5				
A. Ward	170*	83*	214*	467
Submasters				
45-49				
75				
M. Ward	115	83*	165*	363
40-44				
100				
W. Cadavona	253*	165*	319*	737
Teen Men				
16-17				
67				
J. Walthers	231	225	281	737
75				
J. Ritchie	231	275*	341	847

* denotes Record-AAPF/APF; BL-best lifter just when you think you entries are down, they're up just at the last minute! Another great turn out and more importantly another rewarding experience! Coach Del Olson, of the Wyoming Boys School, best put it this way: The SPORT of powerlifting has many benefits to offer to all people, from the young to the old (if their old and powerlifting 'looks are deceiving'). But more importantly, powerlifting benefits go beyond just the development of strength and lifting accomplishments, but also teaches. It teaches lessons in life and the values of life. As a prime example of these values of life, try reading the values that are taught in the articles written by Dr. Judd, entitled "In Pursuit of Success", within Powerlifting USA. The powerlifting programs have provided my students avenues of success where failure prevailed. It replaces laziness with motivation, self-hate with self-confidence, and a pessimistic attitude with an optimistic attitude toward life. Rance Diede, Nick Pasek, Jesse Walthers, David Young and Byron Hoff personified those traits, which Coach Olson spoke of. They were great role models and champions who deserved the "Best Team Bench Award!" Joe Angelo, son of sponsor Rick 'Godfather' Angelo, helped set up all Friday and still did some nice benching in the teen competition. Saturday's "Best Bencher" Jon Cunningham took the 165's in every bench event and had a trunk full of rattlers to prove it!! (Trophies were gold, silver, bronze sculptured colloid rattlesnakes with barbells in their mouth) Chris Chandler (Jerome Fitness, 'Mr. Idaho') did a nice 380 lb. bench at 181 lbs. Jim Weber had his mind on a 350 lb. bench, but a sore shoulder made him settle for 325 lbs. Dave Fortner made his intended 440 lb. bench. These competitions get Dave training because he has improved 100 lbs. in two years, and the big '500 Club' will be next. Keith Kreimann (125 kg.) made 396 lbs. and was happy but not content. Lifters always want more! More weight, more food, more rest, more... more... etc. Keith had done 420 lbs. in training; probably time for new shirt!! Those heavy weights must stretch the shirts quickly. Returning to the platform after years off was Michael "Buck" Chase. Mike managed a 402 lb. bench after taking a week of for an event at Sturgis, North Dakota! Rob Podgorny increased to 320 lbs. after helping with the coefficient's. The Wyoming teen boys or "young men" come from the "Wyoming Boys School" and received the first team trophy at the championships! Coached by Del Olson; Byron Hoff, Rance Diede, Nick Pasek, Jesse Walthers, and David Young all were light weights lifting heavy metal! And that's all it takes when it comes to the coefficient calculation. Byron (16-17 yrs. 60 kg.) got them started with almost a 200 lb. bench. Jesse took the 67 kg. teen class with over 200 lbs. Nick (75 kg.) almost benched 300 lbs., making 275 lbs. with ease. Also at 52 kg. was David Young with a 165 lb. bench, just missing 170 lbs. Coach Del hadn't just been coaching either! At 60 kg., with no leg drive at all, Del made 270 lbs.! Parker Ray Skidmore (8 yrs.) coached father Dale to a nice 424 lb. bench. Caleb Douglas, still looking for the magic 400 bench, is still en route by wagon train from Casper, WY. The youth power event during lunch is always entertaining. Parker Ray and David Penny were great competitors! Parker took the lead with his 83 lb. squat. David, whose father

Keith took best deadlifter in March, was not concerned because they "love to deadlift". However, Parker Ray's 25 lb. advantage on the bench, and 20 lb. advantage on the deadlift won him first honors. Annie Ward after fighting and losing the making weight battle, was up early to get the Ward family lifting. Patrick and Matt followed with great composure. Margaret Ward (mom) even lifted and after she got over the butterflies enjoyed herself. The novice lifters had a good showing. Derrick Johnson (60 kg.) came to pull 300 lbs and did! Kirk Korenko joined brother Adam for some growling lift's. Kirk's 352 lb. squat was perfect for his first time, and he just missed 380 lbs. Travis Mash (Colorado Springs, Co.) has a new look since his last attendance in 1998. His wife Carey and daughter Bailey were doing the camera work, while a big 220 lb. lifter went to work. Travis began Friday night with a clean & jerk seminar. Then Sunday morning the Olympic trainer turned heads! "Olympic athletes can't powerlift, hogwash!" With only a month powerlifting cycle, Travis went 722-462-699! His 760 squat only lacked depth, and the 699 lb. pull was solid! Erik Davis (open 110 kg.) brought some excitement to the platform. This was Erik's first trip to the Snake River Championships, and with the pr's he set; he'll be back! "The Sarg" Sargent took the teen 60 kg. class and broke a squat record while doing it. It was her first competition and she loved it! She will notice a big strength



The Powerlifting Ward Family ... (left to right) Douglas, Patrick, Margaret, Annie, Robert. (photos provided courtesy of Linda Higgins)



The Wyoming Boys School, Best Team Benchers at the Snake River Meet: (left to right) Rance Diede, Nick Pasek, Jesse Walters, Coach Olson, David Young, and Byron Hoff - Michael and Linda Higgins standing.

improvement in basketball this year. Christine Rovnak broke the 200 lb. bench barrier, with a 203 lb. fourth attempt. She just missed a 300 squat, which would have put her in the 900 lb. total club! You probably feel the all-nighter travel syndrome in the squat the most. Heck, you don't have to be up all night to feel anything when it comes to "squatting!" Priscilla Giddings, Wilma Cadavonia, and Kim Pfeiffer were competing with Christine for best "power girl" overall honors. When "schools out for the summer", Priscilla must have "school's in for training!" She broke her teen 16-17 yr. World squat record by 12 lbs.; 352 lbs.! Wilma broke the squat record with a 253 lb. squat. Then broke the bench record with a 165 lb. bench, and finished with a record 319 lb. deadlift! Kim Pfeiffer was the "power girl" overall best female lifter of the meet; with 369-148-330 lb. lifts! She will be something at the worlds, especially with Bob at her side! Brothers Justin and Jaden Ritchie did some nice lifting. Justin also broke the teen 75 kg. Teen bench record with a 275 lb. bench. Ryan Erquiaga (Teen 125 kg.) walked in sleepy eyed Sunday morning to sign up, but that was just a look. Ryan went 8 for 9 missing only a 319 lb. bench. His 396 lb. squat and 496 lb. deadlift looked very strong! Super - heavy weight Brent Mikesell was best lifter of the day. With a loose training suit his 936 lb. squat left no questions! Brent's raw 507 lb. bench was light, and he just missed a 804 lb. deadlift on "grip!" When the master's come on, all the audience could say was; "Go Joe, Go Joe Miller!" Joe at 72 yrs. has been on the western scene maybe 3 yrs. He broke the Masters 70-74 100 kg. squat record with a 402 lb. squat. Then after some warm up deadlifts broke the deadlift record with a 501 lb. lift! Joe bought a nice pick-up truck while in Idaho Falls, and I bet he "laid in the back all the way back to Barstow, California!!" Ha! Ha! I think mighty Joe will max out in Las Vegas, cause this lift were no trouble at all! "Professor" Andy Anderson jumped in at the last minute, but missed his 606 squat! Andy said the new squat suit pulled him forward causing him to miss his usual groove. Andy went 3 for 3 on the bench and finished with 358 lbs. Tom Wood (Masters 45-49 125 kg.) was awesome with the computer work both days. This was Tom's first full meet and he'll get that bench record next time! Douglas Ward (50-54 yrs 110 kg.) closed the meet for the Ward family. Doug's 512 lb. squat showed a 50% improvement in technique over the last outing. With more improvement Doug will be close to 551 lbs. by world's! Much gratitude and praise must go out to the platform crew and sponsors! Doctors Peter Rork, James Champa, and Brian Smith were major sponsors and were instrumental in another successful competition. Katli Sargent sure tested Dr. Rork's knee repair, even against his advice "not to do another attempt!" (Her knee buckled slightly on, her second attempt). Keith Penny was just happy to bench close to 300 lbs again following a Champa shoulder repair. The "Best in Idaho Falls" restaurants sponsored some great gift certificate's and food. The Brownstone, Outback Steakhouse, Snake Bite, Domino's, and Papa Kelsey's sure keep everyone happy. (Thanks to Michael and Linda Higgins for providing the results of this contest).

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TOP 100

For standard 220 lb/ 100 kg. USA lifters in results received from December 1999 through Nov. 2000.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 900 Vogelwohl, C.11/19/00	683 Patterson, K.9/9/00	777 Harris, T.7/9/00	2100 Vogelwohl, C.11/19/00
2 848 Fessenden, M.6/11/00	630 Carpenter, B.8/20/00	775 Gahagan, C.1/15/00	2033 Zweng, M.6/11/00
3 826 Zweng, M.6/11/00	625 Brownfield, K.12/4/99	750 Maxwell, C.2/20/00	2017 Harris, T.7/9/00
4 782 Maxwell, C.6/11/00	600 Lawrence, R.8/26/00	749 Henderson, R.5/13/00	2000 Hammond, C.2/20/00
5 782 Harris, T.11/18/00	585 Yearby, A.8/26/00	734 McCoy, W.11/18/00	1984 Fessenden, M.6/11/00
6 780 Hammond, C.2/20/00	575 Kellum, J.5/6/00	730 Anguish, D.11/11/00	1910 Maxwell, C.2/20/00
7 775 Chellino, M.3/5/00	573 Ludovick, M.9/30/00	720 Vogelwohl, C.11/19/00	1905 Chellino, M.3/5/00
8 775 McDonnell, R.6/17/00	560 Sherwood, D.12/18/99	710 Howard, B.4/1/00	1900 Hill, M.2/20/00
9 770 Karam, D.11/19/00	556 McAuliffe, J.11/19/00	700 Hammond, C.2/20/00	1900 Fields, B.6/17/00
10 750 Patterson, E.11/19/00	551 Zweng, M.3/11/00	700 Cass, B.3/18/00	1900 Patterson, E.11/19/00
11 740 Simmers, G.6/17/00	551 Arell, G.6/10/00	699 Zwaanstra, S.7/9/00	1890 McDonnell, R.6/17/00
12 735 Hill, M.2/20/00	550 Fields, B.6/17/00	699 Maah, T.8/20/00	1884 Maah, T.8/20/00
13 733 Frank, S.4/16/00	550 Jackson, J.7/8/00	694 Lawary, R.4/8/00	1865 Gahagan, C.1/15/00
14 725 Young, C.2/20/00	550 Lewis, S.11/19/00	690 Whitman, B.4/29/00	1851 Zwaanstra, S.7/9/00
15 722 Maah, T.8/20/00	545 Chellino, M.3/26/00	688 Chovanec, P.J.6/11/00	1850 Scott, G.11/19/00
16 722 Cote, S.10/28/00	545 Kelley, J.7/8/00	685 Lorenz, P.2/5/00	1850 Karam, D.11/19/00
17 720 Maroacher, E.7/8/00	545 Young, R.7/9/00	685 Bell, J.4/2/00	1835 Young, C.11/19/00
18 720 Burlingame, D.10/29/00	535 Scott, G.11/19/00	683 Fessenden, M.6/11/00	1825 Burbank, S.9/24/00
19 715 Tests, D.12/11/99	530 Barrett, P.8/12/00	683 Frank, Q.7/9/00	1824 Frank, Q.7/9/00
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21 715 Halliwell, P.11/19/00	529 Ferrantelli, M.11/18/00	683 Stratton, D.11/18/00	1813 Henderson, R.5/13/00
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23 705 Black, J.5/21/00	525 Velliste, T.9/3/00	677 Ferrantelli, M.11/10/00	1807 Ferrantelli, M.11/10/00
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69 655 Enquist, T.1/15/00	485 Thompson, J.2/19/00	650 King, A.7/22/00	1692 Falbo, T.4/9/00
70 655 Burrows, M.3/11/00	485 Barber, G.3/18/00	650 Panora, G.8/13/00	1692 Fields, G.6/3/00
71 655 Mistic, L.11/4/00	485 Nip, N.7/22/00	650 Bulk, G.9/17/00	1692 McAuliffe, J.11/19/00
72 655 Murphy, V.11/12/00	485 Makomson, L.9/17/00	650 Pierce, R.10/28/00	1690 King, M.12/4/99
73 650 Thompson, D.2/20/00	485 Pauley, R.11/11/00	650 Patterson, E.11/19/00	1690 Carter, J.4/2/00
74 650 Jones, D.3/18/00	482 Rowton, S.2/19/00	650 Augenstein, J.11/19/00	1690 Uvang, J.8/10/00
75 650 Ellis, S.4/15/00	480 Scott, C.3/25/00	645 Owens, J.3/11/00	1686 Henderson, A.J.5/21/00
76 650 Coleman, D.4/16/00	480 Bell, J.4/2/00	645 Zukowski, M.3/25/00	1681 Pincock, S.7/9/00
77 650 Clark, B.5/20/00	480 Rhodes, Z.4/2/00	644 Falbo, T.4/9/00	1680 Howard, B.4/1/00
78 650 Avigliano, J.6/11/00	480 Decato, S.5/13/00	644 Clark, D.5/7/00	1680 Magon, D.4/1/00
79 650 Arntzen, E.6/17/00	480 Eckart, B.6/10/00	644 Swan, E.6/11/00	1680 Simmers, G.6/17/00
80 650 Pedigo, J.6/17/00	480 Sanders, M.6/17/00	640 Hall, D.12/4/99	1675 Burrows, M.3/11/00
81 650 Weaver, J.7/23/00	480 Ehrhardt, 7/8/00	640 Sndarek, M.12/12/99	1675 Griggs, J.3/25/00
82 650 Augenstein, J.11/19/00	480 Keene, J.7/22/00	640 Funaro, A.2/27/00	1675 Dwyer, J.6/4/00
83 650 Dick, P.11/19/00	480 McMillan, 7/22/00	640 Keleman, N.3/25/00	1675 Dick, P.11/19/00
84 645 Becker, M.12/12/00	480 Hall, E.10/21/00	640 Helmicki, S.3/25/00	1670 Brown, J.12/4/99
85 645 Hurbut, L.2/27/00	480 Austin, G.11/11/00	640 Best, L.6/10/00	1665 Henge, D.1/22/00
86 644 Hasler, L.3/11/00	480 Landino, M.11/12/00	640 Ferro, B.10/29/00	1665 O'Reilly, J.2/5/00
87 644 Griggs, J.3/25/00	480 Stevenson, C.11/18/00	640 Scott, G.11/19/00	1665 Pernell, G.4/29/00
88 644 Swan, E.6/11/00	480 Vogelwohl, C.11/19/00	639 Meyer, R.6/3/00	1664 Coleman, D.4/16/00
89 644 Passell, G.11/16/00	480 Young, C.11/19/00	639 King, B.6/3/00	1664 Downing, J.6/17/00
90 640 Anderson, B.12/4/99	479 Rechtenwald, E.3/4/00	639 Smith, S.6/11/00	1660 Carroll, D.12/12/99
91 640 Kuhn, K.1/15/00	479 Focht, C.3/11/00	639 Pincock, S.7/9/00	1660 Conklin, T.1/22/00
92 640 Hengst, D.1/22/00	479 Gerard, H.3/25/00	639 Billings, C.11/4/00	1660 Murphy, V.11/12/00
93 640 McIntyre, F.2/29/00	479 Larsen, A.3/26/00	639 Hansen, R.11/19/00	1660 Keleman, N.11/12/00
94 640 Grohoiski, P.4/2/00	475 Young, M.12/5/99	635 Brown, R.12/4/99	1658 Titus, G.2/27/00
95 639 Titus, G.2/27/00	475 Grohoiski, P.4/2/00	635 Poinsett, 3/12/00	1658 Gottlieb, J.4/1/00
96 639 Falbo, T.4/9/00	475 Hepner, J.4/29/00	635 Claybaugh, C.3/18/00	1658 Ruis, L.5/21/00
97 639 Ruis, L.5/21/00	475 McIntosh, R.5/20/00	635 Tremblay Jr., J.5/20/00	1658 Avigliano, J.6/11/00
98 639 Meyer, R.6/3/00	475 Montgomery, J.5/20/00	635 Zwieg, A.5/21/00	1655 Campbell, G.9/9/00
99 639 Downing, J.6/17/00	475 Leventry, M.6/10/00	635 Fields, B.6/17/00	1653 Meyers, T.8/13/00
100 635 Brown, J.12/4/99	475 Schaefer, J.6/10/00	635 Delgan, J.7/30/00	1653 Cote, S.10/28/00

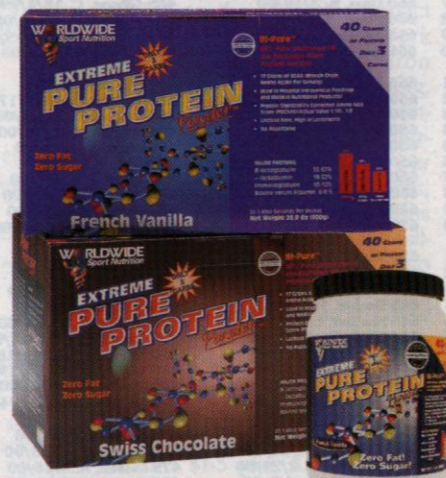
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