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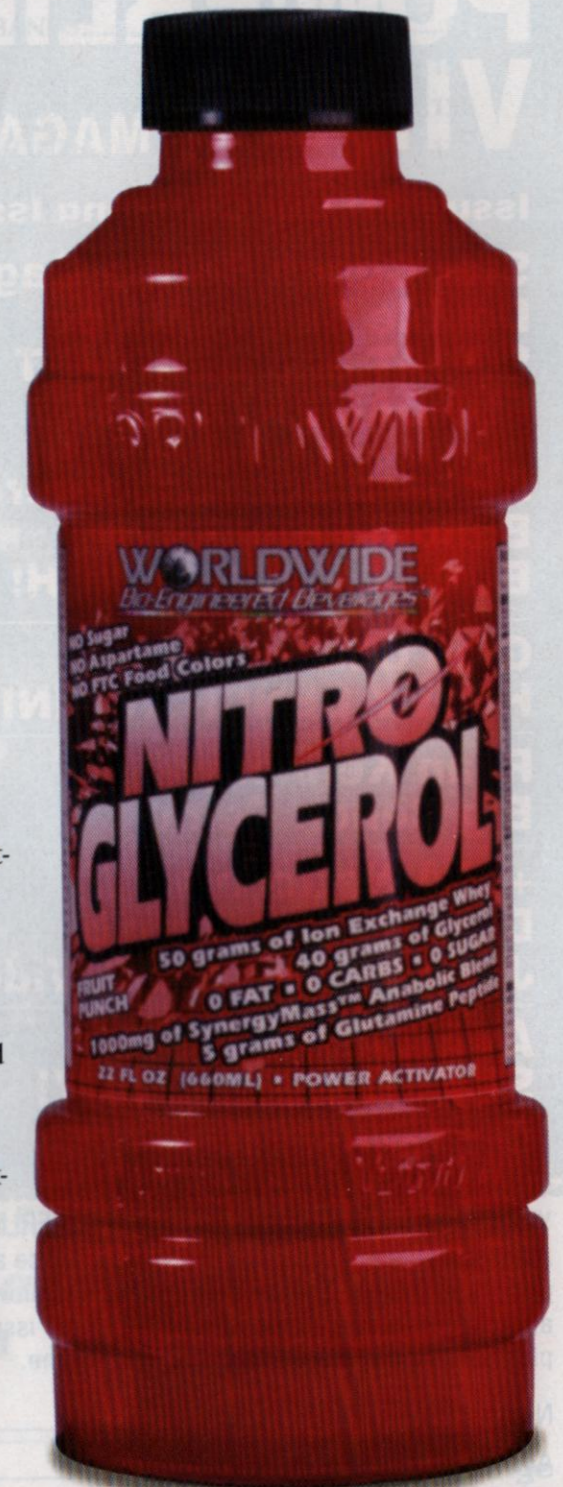
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MUSCLE MENU

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ON THE COVER.... daughter Jennifer Maile (left) - who just won the 105s at the USAPL Women's Nationals (Hartwig), son Justin Maile (center - Isagawa), and father Larry Maile (right) are all on this month's PL USA TOP 20 rankings. Mother Janna Maile is a previously ranked women's nationals competitor.

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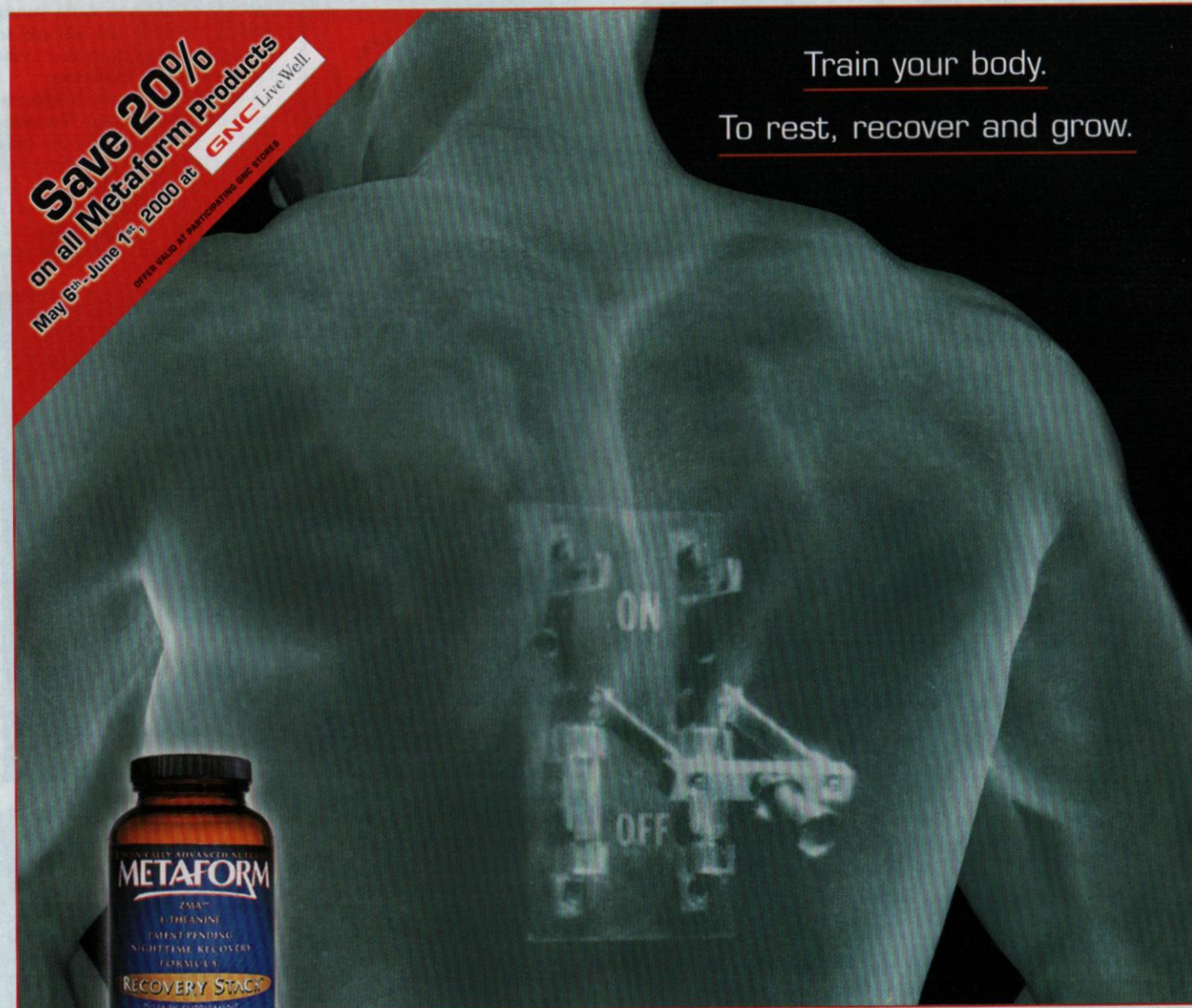
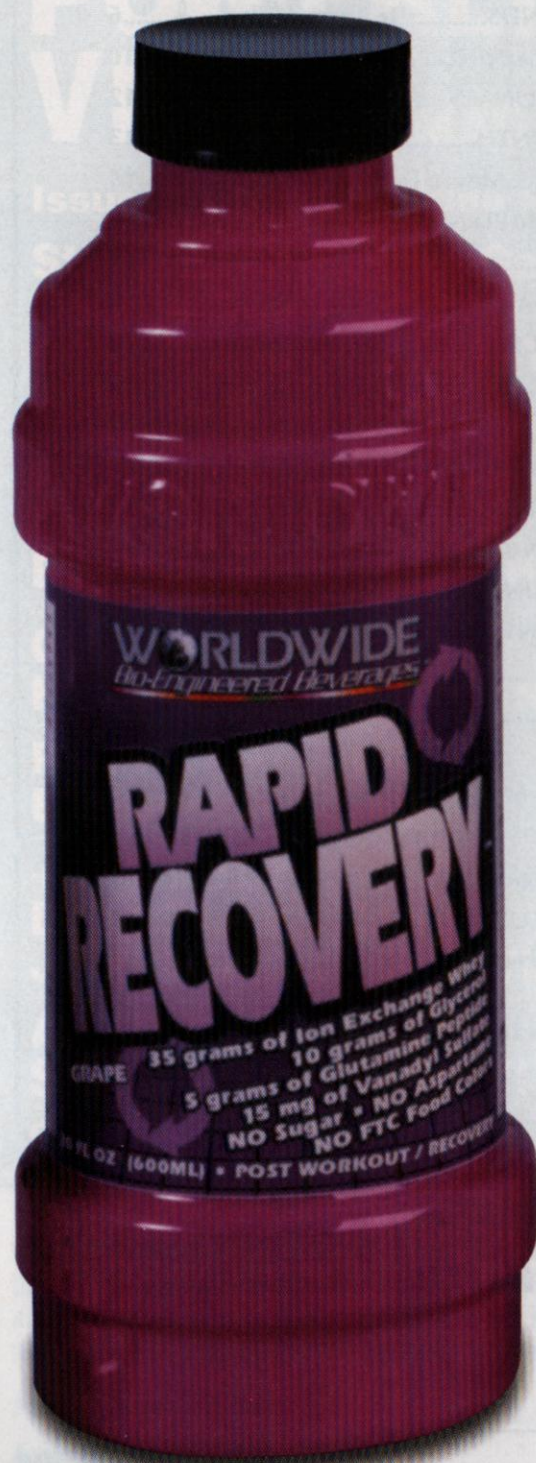
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I have been using the Jump Stretch Rubber Bands for almost 2 years now. My training partners and I are still experimenting with them, but we have developed some information that we thought we would pass along.

First of all, I must give credit where credit is due. I have discussed using a force plate to measure the resistance that the rubber bands create, but not having taken Physics since 1978 I wasn't sure where to begin. Three of my training partners, Steve Spinelli, Steve Petrencek and Frank Palmer came up with a plan that I do believe actually works. Steve S. brought in a carjack and he borrowed a digital scale. As you can see from Picture 1, while the bands were hooked up to the bar, they jacked up the digital scale to mimic different



Picture 1: Steve Spinelli (left) & Steve Petrencek (right). (Larry Miller).

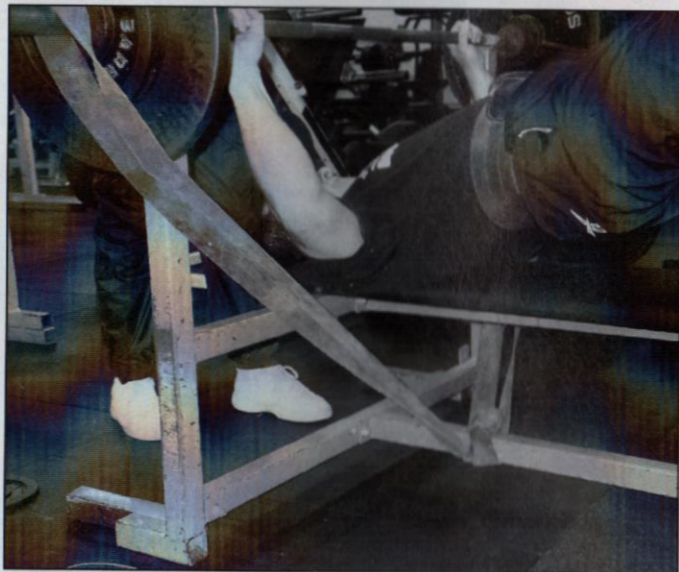
positions on the bench including the tension at the chest (11 inches from the top of the pad), mid-point (16 inches from the pad) and lock-out (21 inches from the pad). I will present the information as we recorded it and then in layman's terms (which is about as detailed as I am prepared to go) explain what it means. The pictures will demonstrate what we did.

First of all we need to discuss how to hook the bands on to the bench. You should look for 2 items on your bench. First of all, you should have a support bar underneath the bench that is an inch or two above the floor (Picture 2). This will allow you to stretch the bands for added resistance and allow you to center the bands easily. It is also a plus to have a second set of racks on the bench. This will allow you to add extra loops to the bar and work the bottom half of the bench off your chest. If you don't have a bench as described above you will have to improvise. Just remember, tensions will change. The first thing you need to do is to tie

TRAINING

HOOKING UP THE BANDS as told to Powerlifting USA by Dr. Larry Miller

the two bands together. Hook one end of the bands over the end of the bar. Take the bands under the bench with the knot directly under the center of the bottom support. Hook the other end of the band around the other side of the bar. To do a double loop, have someone pull on the band



Picture 3: Steve Spinelli showing how to properly attach the bands.

on one side and double loop it around the bar. Then repeat for the other side. According to our homemade force plate, the double loop adds an additional 20 lbs. of tension. If you lower the bar to the second set of uprights (which are positioned a couple of inches off your chest) you



Picture 2: Frank Palmer spotting Larry Miller (notice support bar & 2 different rack heights). (Photograph provided courtesy of L. Miller).

can add a third loop to the bands. Adding the third loop will add an additional 30 lbs. of tension to the bands above the double loop.

Hopefully everyone is following me. Let's use an example. You place 135 lbs. on the bar and you have hooked two blue bands tied together under the bench. At your chest, the weight on the bar is now 155 lbs. If you push the bar an additional 5 inches (mid range), the weight now

becomes 175 lbs. Go another 5 inches to lockout and the weight is now 195 lbs. This set up allows for an additional 60 lbs (195 - 135 lbs.) of band tension above what you originally had on the bar at lockout. If you double loop the bands, you now have approximately 175 lbs. of tension at your chest, 195 lbs. at your mid range and 215 lbs. at lockout. If you triple loop the bands, you have 205 at your chest, 225 at mid range and 250 at lockout. The green bands add tensions of 150 lbs., 165 lbs. and 180 lbs. to the bar. If you add a green to a blue, the tensions are additive. For instance at your chest a blue band added 20 lbs and the green added 15 lbs. When we put the two on together, we had a total of 35 lbs of tension.

Another method of adding tension to the bands is to wrap it around the bottom support keeping the knot on top of the support as opposed to having it underneath the support (Picture 3). We did not calculate the added tension in this position.

When you place the bands around the bar with the bar in the highest position in the uprights you will be working the lockout part of your lift. You will also be working the middle part of the bench. When you place the bar on the lower set of uprights, you have the ability to add additional loops to the bands since the bands



Picture 4: Steve Spinelli spotting; Steve Petrencek benching (Notice how clevis attaches band to power rack). (Photo by Larry Miller).

are not overly stretched. With the bar in the lower upright position, we place two sets of blue bands around the bar. We double loop one and triple loop the other. It isn't easy to add that triple loop but if you have one person pulling on the band and the other adding a loop, it is possible. In this position we do partial reps from our chest to the mid range. It is very difficult to lock out the bar in this position. With 135 lbs. on the bar,

start the lift at the chest instead of at lockout since the bands are not heavily stretched at your chest. I encourage you to use spotters on each side, in addition to one behind you.

Before I forget, when the bands are positioned under the upright, try and center the knot where the bar contacts your chest. This way the bands won't pull you out of your groove.

Training with the bands can be



Picture 5: Frank Palmer doing the rubber band tricep push downs.

the two sets of blue bands, double and triple looped, add 105 lbs of tension at the chest, 150 lbs at the mid range and if you can lock it out, you have added 210 lbs of tension. So, in essence, the bar has 135 lbs on it, but with the bands, it's 240 at your chest and 345 lbs at lockout. With the bar set at the lower uprights, you should have 2 lifters do the lift off from the sides. When we do these band presses, it is easiest to

very tough on the body and you should be very careful. Some lifters like Joe McAuliffe, who has an exercise physiology background, recommends cycling the bands into your training.

The bands can also be placed in the power rack. We are using something called a clevis (Picture 4) to attach the bands to the racks. Using the clevis allows us to keep the tension on the bands even on both

sides. If you try to tie the bands, you inevitably will not have the sides even and it may cause you to pull to one side or the other. With heavy weights, you might place too much stress on your body. We are using 2 sets of blue bands and we double loop them both on the end of the bar from the top of the power rack. Setting the bands in this manner allows you to lock out heavy weights. For instance, with 315 lbs on the bar, the weight on the chest is 135 lbs. The bands support the bar with about 180 lbs of tension. At mid range the weight is 190 lbs and at lockout, the weight is 250 lbs. What we are able to accomplish within the power rack is to load the bar to 550 lbs or so. Although we didn't measure the tension at the chest, it is probably around 275 lbs and we are probably locking out 490 lbs or so.

For those of you who wear bench shirts, the mechanics of the shirt provides you with help off the chest and as you get closer to lock out, the shirt stops working and you are on your own. The bands also create a situation whereby the resistance increases as the bar progresses towards lockout. The tension the bands supplies becomes an excellent plyometric exercise for developing explosive strength which is advantageous in all of the three powerlifts.

There are a number of additional ways to use the bands. You can hook a light pink band up for added resistance for tricep extensions or lat pull downs (Picture 5). The personal trainers at our gym use them for additional tension when working the abs. I am sure if you want, you can stay up all night long figuring out ways to incorporate the bands into your training program. Since I haven't squatted or deadlifted in more than three years, I haven't looked into

using them for these exercises. Some lifters at the gym do use them for squatting and deadlifting and my advice is be careful and use spotters. I believe that when using the bands, it is important as you adjust to the bands and the weight on the bar, you should add resistance with the bands and drop the weight on the bar. Our "Jump Stretch Rubber Bands" have been subjected to a great deal of tension and are still holding up quite well. For benching, I recommend using the Blue bands if you are a 300 lb. bench. The green bands are good if you are in the 250-300 lb. range and the pink bands if you are below 250 lbs.

Dick (The Rubber Band Man) Hartzell has many uses for his rubber bands. They are used by numerous professional sports teams, i.e. Cleveland Indians and Cavaliers, New York Yankees, Atlanta Braves, Dallas Cowboys, Florida Marlins, Denver Broncos, Charlotte Hornets and many more. Most professional athletes use the bands for stretching. Personally, I don't know of anyone as flexible as Dick. Although not a Physical Therapist, I have sent a number of people to Dick who have already been to their share of therapists. In every instance, Dick has helped these individuals immensely. Stretching and flexibility are extremely important to powerlifters, so in the future, I will review stretching exercises with the bands as well as traction methods with the bands if you are nursing a sore shoulder or back, etc.

When lifters call me regarding the bands, I always tell them the same thing. Once you try them, you will be sorry you didn't start them sooner.

Larry (Dr. Bench Press) Miller



Left to right: Steve Petrencek, Steve Spinelli, Dick (Rubber Band Man) Hartzell, Larry Miller. (All these photographs provided by Larry Miller).

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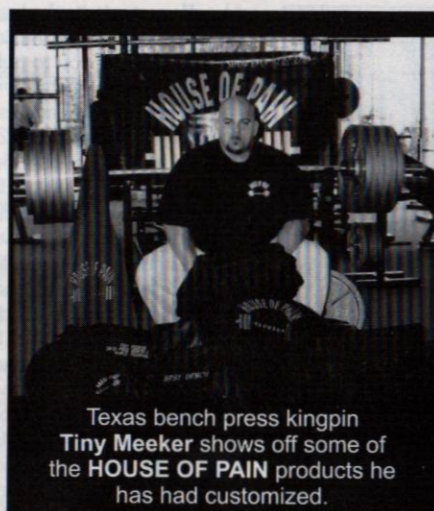
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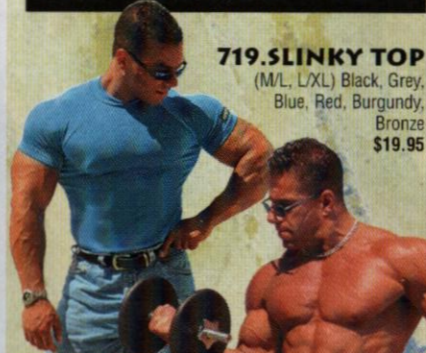
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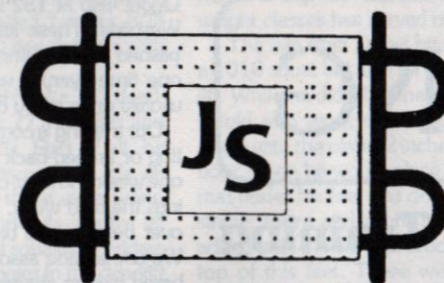
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Rubber Bands for All Sports

I am pictured with two of the greatest deadlifters of all time: Vince Anello and Jim Cash. Jim deadlifted 837 at 220, and Vince deadlifted 821 at 198.

I saw Vince for the first time in 1966, when he pulled 525 at 165. I knew then he was destined for deadlifting greatness. I recall asking Vince what made his deadlift go up. His reply was that anything made his deadlift go up. At the time, I was confused by his answer. I later realized what he said was not confusing, but my lack of training knowledge had kept me in the dark. I read Bill Starr's article about raising your deadlift without deadlifting. Was this what Vince was telling me? Was this the conjugate method? The answer is yes to both.

At Westside, the tenth best deadlift by coefficient is 710 at 198. We also have five lifters who have pulled 800 or more. Among the women, Doris Simmons pulled 349 at 105, Amy Weisburger 450 at 123, and Mariah

TRAINING

Westside Deadlift Training

as told to Powerlifting USA by Louie Simmons



Louie Simmons (middle) pictured with two of the greatest deadlifters of all time, Vince Anello (left, 821 @ 198) and Jim Cash (right, 837 @ 220). (This photograph taken by Eskil Thomasson).

Ligget 485 at 132 while training at Westside. These lifts were accomplished by deadlifting, at the most, one time every 4 weeks and more usually once every 8-10 weeks.

Our training is comprised of squatting or arched-back good mornings one week and bent-over good mornings the next week. You must bend over because the back has flexion. We use a wide assortment of cambered bars to change the leverage.

There are many ways to train. My objective is to teach you to train yourself. You must do what works best, not what you like best. Don't forget that.

Jerry Obradovic pulled 804 at 275 by doing lots of ab work, high reps on the Reverse Hyper, and 3-5 reps on a very low box, 4-6 inches below parallel, with a Safety Squat bar. He also did high reps, 6-8, in the bent-over good morning with a Buffalo Bar. He would test his deadlift once a month by pulling a rack pull with the plates 2-4 inches off the floor. He also

did lat work of all kinds three times a week. All this netted him an 804 deadlift and a 644 bench to go with it.

Chuck Vogelpohl has a 793 deadlift at 242, and a 771 deadlift and 551 bench at 220. First of all, he trains 10-14 times a week. He always does abs in these extra workouts, and five workouts involve lat work. After speed squats on Friday, he will do 6-10 singles in the deadlift with 500 pounds, either sumo, conventional, or standing on a 1-4 inch box. They are very explosive.

On Monday, max effort day at Westside, Chuck works up to a max good morning or box squat with a variety of boxes. He will use a box deadlift or rack deadlift only as a test of his progress, not to build the lift. Chuck does a lot of work on the Reverse Hyper. He always works low back and hamstrings before lats.

John "Chester" Stafford, who deadlifts 800 and totals 2280, trains much like Chuck, maxing out for a single on a box squat or good morning. The exercises for the squat are the same for the deadlift. John does a lot of standing abs and leg raises. He will only do a box or rack deadlift to test his deadlift, not to build it.

I do a lot of pulling of weight sleds to build my deadlift. I train lats and upper back about 5 times a week, mostly during short, 20-30 minute, extra workouts. I do about 10-14 workouts a week. Here are some examples: glute/ham raises and abs; reverse hypers, lats, and abs; sled pulling, lats, and abs; band-only good mornings, hamstring work, and abs. I also feel that box squatting with or without bands will increase your deadlift fast. I deadlift with bands or chains to a fast single, then do lowback. On max effort day, I prefer to do a max single on a low box or a triple in the conventional good morning or a single in the concentric style good morning. Having

made a top 10 deadlift in three weight classes has served me well.

The late Matt Dimel hit not only a 1010 squat but also an 821 deadlift. While he did all of the above, he would also work up to 600 for a single with the plates 2 inches off the floor. Then he would place a 1 inch mat under his feet and do a second single. More and more mats were added until the bar was touching the top of this feet. These were done with about 1 minute rest between sets. He also did a lot of lat work and work on the Reverse Hyper at least 4 times a week. Matt had very strong abs, which enabled him to do a sit-up with 115 pounds on an Olympic bar held behind his head while his legs were straight out on the floor.

Jeff Chorpenning had a 750 deadlift at 198. He did a lot of heavy abs and low back on the Reverse

Hyper. He used a wide sumo style, and very wide box squatting helped a great deal. He would max out on a low box squat and, of course, do an assortment of good mornings.

What do these workouts have in common? These lifters always max out on some box squat level, mostly very low, or a good morning. They only use the deadlift to test their progress, not to build the deadlift. Lots of small extra workouts for abs, hamstrings, and lower or upper back are done. Any combination will work. Heavy sled pulling can take the place of max effort work 1 out of every 4 workouts.

If these men and women have bad form, they will do special work to correct it, i.e., the conjugate method. The top pullers here can deadlift almost the same with any deadlift style. If not, this shows a weakness in

some muscle groups.

Because the deadlift is done last at a meet, when you're tired, we do a box squat or good morning first before trying a max box or rack pull. This keeps you honest. One must be in good shape to deadlift well in a meet. That's where all the extra workouts pay off. If you deadlift all the time, it will kill you in the long run, mentally and physically. Don't let this happen to you.

Everyone at Westside does these workouts at one time or another. It does not matter what sequence or rotation you use. Change the core lift each week and the special exercises whenever you feel it is necessary.

Remember what Vince said? I think this is what he had in mind.

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The outside temperature gauge read 10 degrees F in the early morning hours of January 20, 2001. However, the inside temperature was a lot hotter due to the event that was beginning. The 2001 USA Powerlifting (USAPL) Women's National Powerlifting Championship was set to begin. This year's contest was being held in Fort Wayne, Indiana at the Grand Wayne Center in downtown Fort Wayne. The meet site was spacious and plentiful. 9000 sq. ft. provided ample room for these ladies of iron to stretch out and warm-up properly. The Meet Directors were Drs. Monique and Michael Hartle. 98 of the nation's strongest ladies descended upon Fort Wayne to show how much iron they could lift. These strong lady athletes were also trying to place themselves on various USAPL-IPF World Teams for the upcoming year.

The competition got under way at 9:00 am after the Star Spangled Banner was sung by Mrs. Margaret Pletcher. The first order of business was the 97, 105 and 114 lb. classes. The different divisions that were contested throughout the weekend here were the Open, Teen, Junior and Master. Stephanie McMillian repeated her win from last year with another victory and a Junior Ameri-



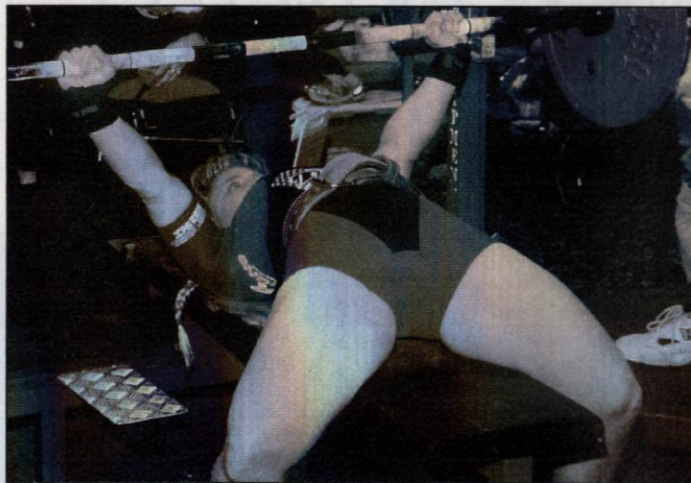
Stephanie McMillian (right), with friend, was the 97 pound champ.

can record in the bench press. Cathy Solan repeated her second place finish from last year with 49 years young Donna Aliminosa winning third place honors. Erin Dickey secured the win in the Teenage 2 division (16-17 years old) with some solid lifting.

In the 48 kg. class, Jennifer Maile followed her father's lead at the World Master's Championships and pushed some huge numbers to win the Open and Teen 2 divisions here. She also won Best Lifter for the 44 - 56 kg. classes and Best Lifter Overall!! The amazing thing is she is only 16 years old and re-set the Open American records in the squat, bench and the total. According to the numbers on

USAPL Women's Nationals

as told to Powerlifting USA by Dr. Michael Hartle



Sioux-z Hartwig is the 114 lb. national champ. (photos by Hartwig).

the IPF page this total would place her fifth in the WORLD. Wow!!! Carly Nogle won the Teenage 1 (14-15 years old) division with Jennifer Ray - one half of the Ray twins competing at this competition - unfortunately not able to get a squat passed. Cheng-er Mehmedbasich and Ann Leverett won the Masters 1 (40-44 years young) and the Masters 2 (45-49 years young) respectively while 60 years young Judy Gedney, who is a former IPF Women's World Champion, won the Masters 5 (60-64 years young) division.

In her new weight class for the competition, 52 kg, Sioux-z Hartwig won her class with a 9 for 9 day and beating second place, Elisabeth Street, by 15 kilograms. Sioux-z had some really balanced lifting performing the powerlifting hat trick. Kimberly Goff of the infamous Louisiana Tech team, placed third in the Open with a win in the Junior division. She



Michelle Amsden with a hard fought victory in the 56 kg. class.

is someone to watch in the future. Everyone in the weight class in the Open division was in their 30s or older and she is only 20. Carmella Baqui, from Hawaii, and Sally Bowers, from Alaska, some of our farthest travelers, received 4th and 5th while Karen Gordon secured 6th place. Maura Shuttleworth also had difficulty with the squats and finished early. Jessica Ray, the other half of the Ray twins, finished in first place in the Teen 1 division. Chelsea Jacobs, Teen 2; Lisa Carroll, Masters 1; and Sally Bowers, Masters 3 (50-54 years young) each won first place in their divisions.

In probably the biggest win of her life, Ball State University and Team Indiana member Michelle Amsden used every muscle fiber of her being to push, pull, strain and sweat her way to the Collegiate American deadlift record and the Open division championship of the



Angie Overdeer prevailed in a very competitive 132 lb. division.

56 kg class. She also won the Junior division title. Diane Siveny, from the cold state of North Dakota, took the second place honors in the Open while winning the Masters 1 division ahead of Lynn Whidden and Lanette Lopez. Brenda Howard from South Dakota received the top honors in the Masters 2 division with Natasha McLean winning the Teen 2 division. Missing from the platform was our 2000 Open Champ Sandy Mobley, who is not lifting due to a back injury. She plans on coming back very soon! Despite the injury she was there to cheer us all on and support the lifters.

The next and final class to hit the stage to finish Saturday's sessions was the 60 kg class. What a class. Eight ladies showed up to do battle in the Open division alone. 3 of these ladies had won this class at previous editions of this contest. Angie Overdeer, living 30 miles from the meet site and the better half of the President of USAPL, Michael



Kara Bohigian had big hair and big enough lifts to win the 148s.

Overdeer, won this class in 1997; Jennifer Rey, from Louisiana/Texas, 2-time National Champ and Ellen Stein, last years National Champ. Thrown into this mix was Jennifer Thompson, a bench press specialist with some other strengths up her sleeve. By the time the dust had settled on this class, Overdeer had gone 7 for 9 to grab first place with Jennifer "Surprise" Thompson breaking an Open IPF World Record in the bench with a whopping 122.5 kg and a good deadlift to pull into second place, Stein finished third with the winning deadlift halfway up and Rey finished fourth. Nicole Sperbeck, a part of the Alaska Iron Maidens team, set a Teenage American Record enroute to winning the Teenage 3 (18-19 years old) division. Amber Mesik, of the powerful

(article continued on page 94)

WORKOUT of the Month

Do you feel like you've gone through life standing in a ditch? Do you see the tops of peoples' heads when everyone else is seated and their navels when you're all standing? Does anyone ever try to stick a candle in your dome at Halloween? Have you wondered why they have push/pull competitions rather than push/push?

If you've answered "yes" to one or more of the above questions, then this article is especially for you - because you are a "TROLL".

Trolls are easy to spot (unless they're in a crowd!). They're chief characteristics are short limbs, a long torso, a big, beautiful head, and a deadlift around a 100 lbs. less than their squat. If this sounds familiar, cheer up, all is not lost. While you may never lift the likes of a Lamar Gant or such, that's not to say that you'll never be able to bring your deadlift to a state of respectability.

The first thing you'll have to do in your quest is scrutinize everything you're reading about working out. When you check out someone else's training routine, ask yourself the following: is this person drug-free, is his history drug-free, or does he contain "artificial flavorings and preservatives"? What organization does he/she lift in? A boost of 10% or more from longer wraps and extra layers of fabric will make even the worst program seem like a winner (even a pile of doggy-do will shine if the sun hits it just right!).

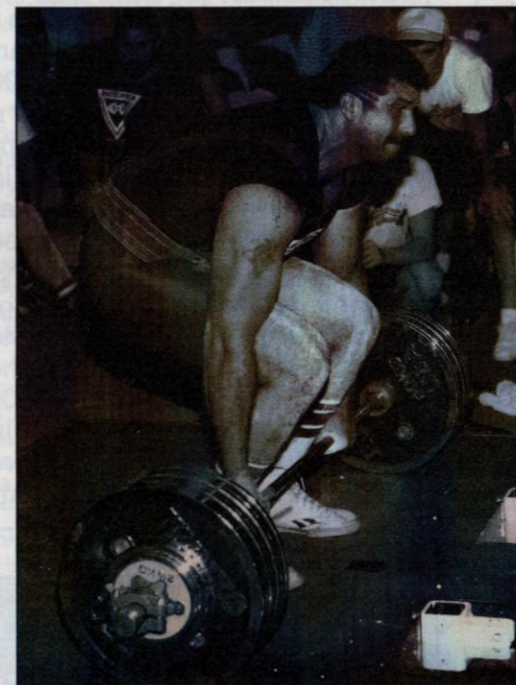
Other things to take into consideration include the author's age, experience, and genetics. Just as a Junior may not benefit from a Master's program, two lifters the same age may not have an advantage in using the same plan if one's a veteran and the other's a novice.

All men are created equal. What, equally different? Not even. And what about the half of the "men" that are women? You can overcome a lot of genetic difficulties, but you certainly can't dismiss them.

For instance, when I first learned about Sumo style deadlifts I thought they would be great for me. Between their inherent shortening of the stroke and my short legs, I figured with a little

Deadlifting for TROLLS!

as told to Powerlifting USA by Bruce Anderson



Gary Heisey (above) was definitely not a "TROLL". With his relatively long limbs and short back, he pulled a magnificent 925 lbs. Nonetheless, Bruce was able to PR in the deadlift three meets in a row, using the same principles described in this article.

work I'd be pulling another 50 or 100 lbs. How about 70 lbs. less!

What I overlooked was how my long back and short arms would force me to reach down so far that my hips were way behind me, much too low, and they forced the weight over my heels rather than the middle of my foot. Still, Sumos are a useful part of my program, as you'll see.

With conventional style deadlifts, the problems are just the opposite: hips too high and the bar out over the toes. For years, my answer to this was to tuck down my butt, essentially making the beginning of the deads comparable to the bottom of the squat. This kept the bar over the middle of my foot (most of the time) and my numbers were decent, but it also gave me a sticking point just below the knee at the transition from the legs to the hips. If I couldn't hit this spot with an abundance of momentum, I'd often just stay right there. Later on, my lower back

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)

would be extremely sore and I'd mistakenly think that I needed more back work, that my back wasn't strong enough.

This is a common problem and it is very deceptive until one realizes what's really going on, which is that your back is sore because it is trying to compensate for what your hips are supposed to be doing. Your lower back acts mostly as a stabilizer during the movement. When you're bent over a bar it's at a very disadvantageous position, leverage-wise. If your hips don't do their job and get you out of this position quickly, you get an inordinately severe amount of pressure in the area, followed later by that familiar soreness and the mistaken belief that your back is not up to par.

To summarize the problems: bar too far out in front; sticking point; sore lower back.

The solution, of course, was to strengthen the hips and quickly get the heck out of Dodge, at least when it comes to bar speed! To summarize the problems: bar too far out in front; sticking point; sore lower back. The early bird... etc., etc. One of the ways to do this was through the use of speed training (duh). Eight sets of triples as outlined by Louie Simmons, but with a twist. I do them with a wide Sumo stance until a month or two out from the meet to build the adductors along with the speed. I also do my first couple of warm-ups on my heavy days Sumo for the adductors and also because they save my back for the top sets (if you have a grip problem, try doing your first warm-ups underhand and the next ones overhand). This I'll do all the way through, even at the meet. Wide box squats accomplish pretty much the same thing, and - of course - both these exercises target what we're really after, the hips, as in glutes and hamstrings.

Nothing will work these muscle groups any better than stiff-legged deadlifts. That's stiff-legged, not straight-legged. You want to build your hips, not hyperextend your knees. Besides, this

position hits them better. Bend at the waist, unlock your knees slightly, and pull. Use an overhand grip with straps to balance the work on both sides of your body and pull slow and controlled. This is not a speed movement. Lower the weight the same way, slow and controlled, touch the floor without bouncing, and repeat. Don't pause these reps at the bottom. You want to work the glutes and hams, not overstrain the lower back. I do one set once or twice a month for six reps.

I first did an isometric rack pull with 200 lbs. under my meet PR. The bar was on the floor, the pins in the rack were set where when I pulled the bar up to them, the bottoms of the plates would be 4 or 5 inches off the floor. I pulled the bar up and, after it stopped bouncing, tried to pull the bar through the pins for 5 seconds. Then I put the bar down and nearly collapsed (you may want to have your blood pressure checked before attempting this one boys and girls). Anyway, the very next week I went right through my sticking point. Definitely a keeper, as far as training tips go! A set or two once or twice a month works for me.

The summer of '94 I started doing weighted side bends and weighted straight-leg sit-ups. As I got stronger in these two exercises, all my powerlifts improved. I started the side bends with a light dumbbell, I think it was a 40, and the sit-ups with a 25 lbs. plate. Not too long ago I did the former with bodyweight, 190, for a set of 10, and the latter for 10 with 435 lbs. of plates on my chest. This was over a period of 5 years. Take it slow, add weight every couple of weeks or months and watch abs, obliques, and hip flexors grow (not recommended for that bodybuilder "V" look unless you plan on wearing a corset). These two exercises will tremendously stabilize your upper body while increasing your resistance to lower back pain, and as a bonus, during squats they'll make the bar on your back feel about a 100 lbs. lighter than before you used them.

Finally, whether you're Irish or Polish, human or troll-ish, finish off every workout with either reverse hypers or back extensions. I like a weighted set of 10 reps to build, followed by an un-weighted rep out set to flush out my lower back and hip area.

BRUCE ANDERSON

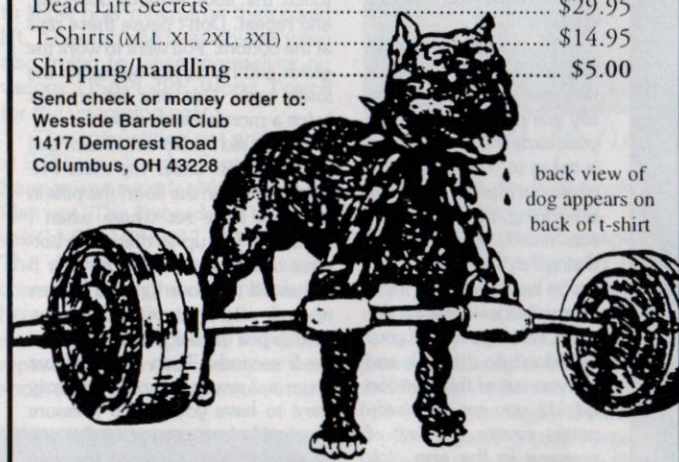
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Ask the Doctor

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

DEAR MAURO: Your Metabolic Diet is the best thing that's ever happened to my training. I've been on your diet the past six months and have seen more progress than I made in the last three years. It's amazing. By working on the troubleshooting guide and experimenting I find that I do best only carb up every three weeks. And even then I only do it for one day since after 24 hours I start bloating up and don't feel nearly as good. Actually doing it this way gets rid of my carb cravings and helps me stick right to the diet. Since I've been on the diet I've gone from 195 lbs at 15% bodyfat to 205 lbs. at 8% bodyfat. Even though I've only gained ten pounds the real figures are interesting. At 195 lbs I had almost 30 lbs. of fat on me. That means that my lean body mass was only just over 165 lbs. Now I'm only carrying just over 16 pounds of fat (and you do need some bodyfat to be healthy) but close to a whopping 190 lbs. of lean body mass. That means that although I only gained 10 pounds, I actually gained close to 25 lbs. of muscle and lost almost 15 lbs. of fat. You wouldn't believe the difference. Not only do I look good, but my lifts have all gone up by over 10%, with my bench going from 370 lbs to 455 lbs, making me much more competitive in powerlifting.

I do have a few questions however:

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Question 2 - If not, does creatine still get absorbed when insulin levels are extremely low as on the Metabolic Diet.

Question 3 - Is it safe to carb up only one day every three weeks.

Please help me to make this diet even more effective. I've asked other people these questions, including some experts, and they just haven't been able to give me a reasonable answer. I know that you're the expert's expert when it comes to low carb and phase shift dieting and I highly value your opinion. I really look forward to hearing from you.

Thank you, **Larry**

DEAR LARRY: I'm glad that you're making such great progress on my Metabolic Diet. I used this diet back in the 1970s and 1980s when I was a competitive powerlifter and I know that it works. Since then thousands have also found out how much my diet can improve both their body composition and strength. I usually don't recommend vanadyl for several reasons. First of all, because of the possible toxicity. Secondly, and more importantly as far as it's insulin action, is that it mimics insulin rather than increasing insulin sensitivity or increasing insulin levels. In fact, it would likely lower insulin levels. As such, and since it's the elevated insulin that increases the absorption and utilization of creatine, vanadyl may be counterproductive. There is nothing in the literature that shows that vanadyl can increase creatine transport and utilization.

Instead in my formulations I use compounds such as the various amino acids, chromium, alpha lipoic acid and others that either increase insulin levels or increase insulin sensitivity. Have a look at www.allprotraining.com and look under the products. Under products look at the my new nutritional supplement line to see how I've used these various compounds instead of carbs to increase the effects of insulin and as such increase the function of creatine.

Keep in mind that you don't have to have an increase in insulin to make use of creatine supplements. It's just that it's more effective if you have the insulin working for you. In the long run, it likely doesn't

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

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

Anabolic Steroid Side Effects - Fact, Fiction And Treatment - New, Expanded and Revised Edition - Available March, 2001. Price \$21.95 (U.S. funds) or \$31.95 Can plus \$2.00 P&H. After March, 2001, \$26.95. This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynecomastia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

make a lot of difference. Where insulin may make a difference is in the immediate post workout phase. That's why right after training I recommend an amino acid mixture to both increase the amino acid level in the blood and muscle, but also to increase both insulin and growth hormone and thus make maximum use of that post training time period when the body supercompensates and tries to maximize protein synthesis. If you look on www.allprotraining.com under APT Amino, you'll see what I consider to be the best amino acid mix to be used immediately after training. Also, in the first few hours after training I also recommend that you take in a combination of whole protein, fats (to maximize the all important intramuscular triglycerides) and a small amount of carbs. Of course, on the weekend, if you train I recommend that you take in a significant carb load along with your whole protein and fat within that two hour window.

As far as your third question, you're obviously an efficient fat oxidizer and as such have an easy time of using fat as your primary fuel. Others are not and couldn't go for as long as you can without taking in carbs. Use whatever works for you. That's the underlying principle of my new Metabolic Diet. It's meant to be individualized according to a person's metabolism.

Best of luck, **Mauro Di Pasquale M.D.**

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I was talking to a colleague of mine the other day about how insensitive the American culture is in its treatment of men who are athletically challenged and yet how considerate and attentive we are to men who are athletically gifted. You know that is the case. It is one of life's obvious inequities. Athletically impaired individuals are discriminated against with respect to grades in school, job opportunities, and social acceptance. These individuals are also frequently stereotyped as lazy, inferior, and lacking in will power. On the flip side, the athletically gifted are customarily portrayed as being stylish, confident, and self-assured. Of course, they are also given more opportunities for social and economic growth. In fact, there is an abundance of research which indicates that Americans believe that superior athletes are better human beings than non-athletes. Not surprisingly, Americans also believe that unsuccessful athletes are better human beings than non-athletes are.

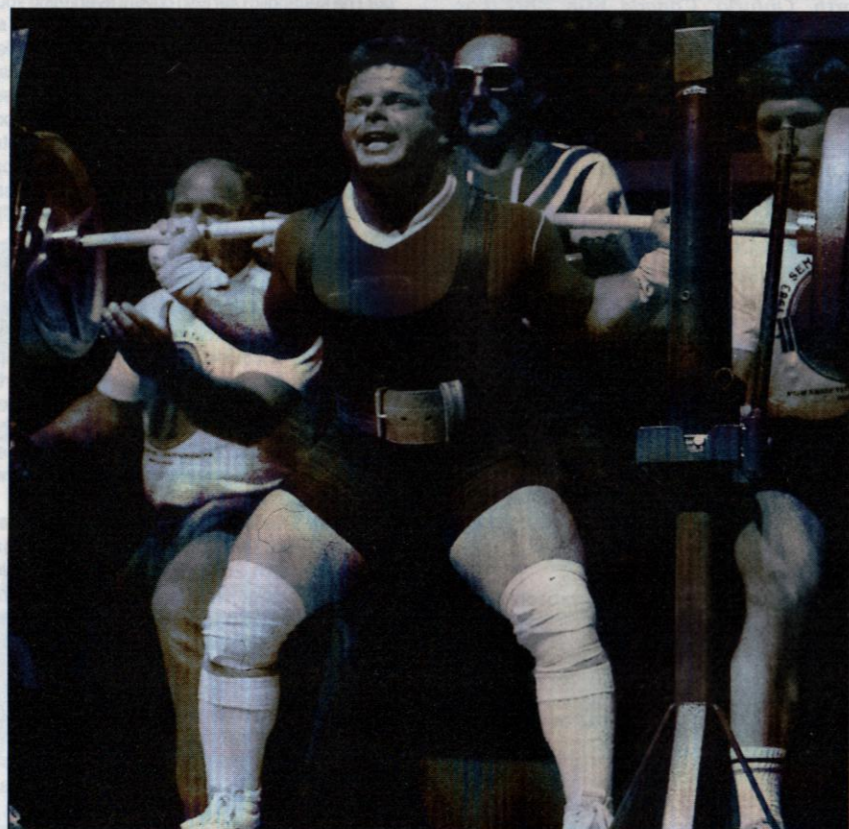
In the words of Henry Youngman, P-L-E-A-S-E. All you have to do is look at the background and lifestyle of certain of our country's best athletes to realize that such a notion is absolutely absurd. Check out Mike Tyson, Pete Rose, and Dennis Rodman for starters. Certainly there are more redeeming qualities in life than slam-dunking a basketball or beating someone senseless in a boxing match. At least, you would think so, but that's not the mindset of most Americans.

I think it is safe to say athletes and non-athletes live in two different worlds. The former men are treated with respect and privilege, while the latter group is treated with relative indifference. Of course, none of this is fair and none of it makes sense. After all, there are many people who are kinesthetically deficient through no fault of their own. They are simply an outgrowth of their genetic inheritance, their social environment, and their personal psychology. Not only that, but many unskilled individuals are not only wonderful people, they also contribute more to our society than a truckload of guys running around in short pants.

I pursued that point with my associate for a good fifteen minutes. If the truth be known, I was trying to defend another friend of mine who is a magnificent human being, but who basically functions like a motor moron and whom I felt was being dis-

Dr. JUDD

POINTS TO PONDER - PART I - All Men Were Not Created Equal as told to PL USA by Judd Biasiotto Ph.D.



Is it fair?... that great lifters like Mike Bridges seem to have had such great advantages?

criminated against by some of the other athletes in the gym. "It is not fair," I protested "that we judge people by standards they have little control over."

Then my colleague said something that I thought was extremely profound. He said, "We are not all equal. Some of us are smarter than others, some of us can run faster and jump higher than others. There is no reason why the gifted shouldn't be rewarded for their talent. If someone does better than someone else, even if it is solely because of his genetics, he should get the gold medal or the Nobel Prize. Michael Jordan, Tiger Woods, Albert Einstein, and Steven Hawking are gifted individuals and they should be rewarded for the excellence they bring to their field. We are all different and we are all unique. Some of us are built for success and others are not. It is just

the nature of the world."

Of course, my friend is right. We are all different and we are all unique. Some of us have greater talents for sports than others. Some of us are more creative and intelligent than others. Some of us are more attractive than others. There is no doubt that God did not make us all equal. My colleague is also right when he says "that excellence should be rewarded." It would be just as unfair to ignore people who are successful as it would be to slight people who are not blessed in the same way.

Still, although men are not created equal, they should be treated equally. Just because Michael Jordan can slam-dunk a basketball and Steven Hawking can unravel some of the greatest mysteries of the universe does not mean that these men should be treated with greater human importance than any other hu-

man being. We are all God's children. Think about that the next time you decide to judge someone on the basis of their athletic prowess.

LIFE IS NOT ALWAYS FAIR

In sports if you train with high intensity, eat properly, get sufficient rest and lead a clean life, all the time, you will reach the top. It is as simple as that - except for fortune, destiny, karma, luck, chance, biorhythms, meteorological conditions, eugenics, heredity, environment, inter-psychic psychology, injury, sickness, accidents, impairment, coaching, teammates, friends, money, cheating, equipment, education, occupation, wife, children, bad spotters, judges with poor judgment, competitors endowed with talent, lifting conditions, people with hidden agendas, and drugged athletes.

In other words, there are just some circumstances in life that can not be controlled. No matter how hard we work or how good a life we lead, there is always the possibility that something unexpected can happen ... something that we have no control over. In brief, life is not always fair.

Why is it that Michael Jordan, Tiger Woods, and Eddie Coan are genetically gifted? Why is it that some people have all the luck and others have little? It may have to do with fate, chance, or maybe even the astrological sign you were born under.

Then again, it may have to do with attitude, confidence, courage or a million other things. I suspect that what appears to be blind luck is more often than not the residue of design. You know the old adage - "I have been training twenty years to become an overnight success". To be quite candid, I don't really know the answer. It is like asking the questions "why does God allow the innocent people to suffer", and "the good to die young"? The uncomplicated answer is that life is not always fair. Some people deserve better and others deserve less. Call it what you like: fate, karma, destiny, the fact remains that some people seem more blessed than others and some people get more breaks than others. God has given us an imperfect world and all we can do is the very best with what He has given us. In a nutshell - you have to play the cards you are dealt

Powerlifting on TV? Well, we're getting a little of it out here in Southern California. KABC-TV, ABC's 2nd largest station in the U.S., is putting together a feature on POWERLIFTER Video hosts

POWER SCENE



Left to Right: Steve Chaceon, Rob Fukuzaki, and Vicky Hembree. (Photo provided courtesy of Ned Low)



Vicky Hembree holding a copy of The Daily Breeze. (Ned Low).

Vicky Hembree, to run on their Eyewitness News program. Sports anchor Rob Fukuzaki and cameraman Steve Chaceon came down to Carson in their blue Eyewitness News van, brought out their big Betacam camera, and shot Vicky at work, at home, and at Bernie's Powerhouse Gym.

Vicky got to talk about powerlifting, and show what the three lifts are, and discuss her career and lifting goals, and the viewers will get to see what powerlifting is, and how both men and women can do it, and how lifters of all ages can do it. We tried to get Rob Fukuzaki to do a little lifting,

but he declined, though he did say he had started some training recently. Kudos to KABC for publicizing powerlifting.

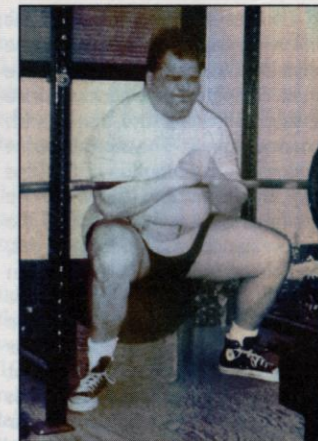
The folks at KABC found out about Vicky from an article on the front page of The Daily Breeze's sports section (see picture,) which also focused on Vicky's lifting and what the sport of powerlifting is. And two weeks previously Vicky and I had been up at UCLA, where Vicky gave a squat and bench seminar to the UCLA men's and women's track team's shot putters and javelin and discus throwers. UCLA is the defending NCAA Women's Indoor Champion, and training with the team are two former UCLA athletes, both Olympians. Seilala Sua is the U.S. champion in the discus and competed in the 2000 Olympics in Sydney, and John Godina won a silver medal in the shot put in the 1996 Atlanta Olympics and a bronze at the 2000 Sydney games. They both got coached by Vicky on their squatting and benching techniques.

UCLA head track and field coach Art Venegas is constantly scouring the sports world for new ideas to continually update the training methods employed by his athletes, and

he's the one who brought Vicky in, to talk about powerlifting and do the seminar and the coaching.

By now, a lot more of Southern California should have heard of powerlifting and have a good idea of just what it is. Now it's time for the rest of the country to follow suit.

Before we move on from Southern California, though, we want to mention Dawn Sutherland, because we ran into her at Gold's Gym in Venice and thought we should have her in Power Scene. Dawn squats (up to 315) and benches (up to 185) as part of her bodybuilding training, and does lots of curls to build those arms. As you can see, she also does



Randy "Raz" Radziwon doing the Zercher squat. (Photograph courtesy of Ned Low to PLUSA).

lots of stretching, and has remained injury-free for the 17 years she's been weight training. She recently moved here from England, and we wish her lots of success in the U.S.

And moving just across the border into Nevada, the USPF will be holding it's 2001 Sub-Master and Masters Powerlifting Championships on May 12 and 13 in Las Vegas. Steve and Lisa Denison and Chris Kostas will be putting on the meet, and they do an excellent job, so if you're interested, call for info at 661-664-7724. Or you can download an entry form from www.powerliftingca.com

Finally, from our loyal reader Mike Blake of Pennsylvania came this photo of one of his training partners, Randy "Raz" Radziwon. Raz won the 1997 AAU Nationals and the 1997 WDFPFS, and last year hit an 835 squat but what impressed us was that he's done a Zercher squat with 600 lbs. That's a big Zercher squat.

Hoping all of you hit big squats, and big benches and deadlifts, 'til next month, keep enjoying the world's strongest sport. See you on video.

NED LOW



Dawn Sutherland doing some stretching out at the Gold's Gym in Venice, CA

Each of the three powerlifts has one very effective assistance lift. The squat has the narrow or close stance squat. Simply put, the narrow stance squat is just what it says, a squat with a narrow stance. The narrow stance reduces the contribution of the hips into the squat and throws more emphasis on the thighs. Since the narrow stance squat really is a squat, the positive transfer of strength gain to your normal squat is high, similar to the relationship between the close grip bench press and the regular bench press. So that means that gains on this exercise stand a high probability of showing up in your competitive squat.

The width of your stance I recommend is shoulder width, which is narrower than most competitive squat stances used by powerlifters. This style of squat is a favorite of Olympic lifters. I suggest using this width stance no matter how wide your normal competitive stance is. For lifters using an extremely wide stance, this can be a real shocker for both you and your thigh muscles so using this stance may require some getting used to at first. The balance and leverage involved is vastly different. Large lifters may have trouble using shoulder width stance, so in that case, try to get as close as comfortably possible. I recommend using a weight equal to about 50-60% of your competitive single for sets of 12 reps for the first week or two. After this, increase the weight until you find a weight that is challenging for sets of 5-12 reps. As with all new exercises or exercise variations, I always caution you to take a short period of time to get accustomed to the movement. This will help avoid injury and help insure you perform the exercise correctly from the start. If you use deficient form with lighter weights, you stand little chance getting the move down past later with heavier weights.

Dr. Fred Hatfield, aka Dr. Squat, was a major proponent of high bar Olympic squats as an assistance exercise for the squat. His results certainly backed up his beliefs, as he just may just have been the most prolific squatter ever. The Russian and Eastern Bloc lifters built a lot of their squatting prowess using narrow stance squats. Before we started to lift against those countries in powerlifting competition there were rumors of Russian superheavies olympic squatting 1000 lbs. That probably was a myth, but their lifts registered in competitions since then do support Dr. Squat's fondness for this

STARTIN' OUT

A special section dedicated to the beginning lifter

NARROW STANCE SQUATS

as told to Powerlifting USA by DOUG DANIELS



Dr. Fred Hatfield utilized a fairly narrow squat stance for his competition lifting

exercise.

I did not possess the flexibility to perform squats with an erect back position as he suggested, but narrowing my stance as described and maintaining as erect posture as I was capable of still gave me great results. Some lifters may have trouble keeping their heels on the floor at the low position. This can be remedied with gastrocnemius stretches. Other lifters may use a small plate under their heels for the same effect. Olympic squats also entailed resting the bar high on the back as opposed to the normal power squat in which the bar rests just above the rear delt. If holding the bar that high causes discomfort, place the bar in your normal

power squat position. This will still have a positive effect.

The best time to work these squats into your routine is during your off season, that is, the time prior to 8-10 weeks before a meet or when your training is non-specific, and dedicated to such things as correcting weaknesses or bodybuilding. I believe sticking with regular form squats throughout your entire training year will not give the best long term results, since the thighs will never be worked in the intense manner that a narrow stance lift produces. As far as depth goes; parallel is sufficient. Descend in a controlled manner, trying to keep your torso as erect as possible and avoid bouncing

at the bottom. Hamstring flexibility is at a premium here and it is worth working on. Any such work on flexibility will greatly benefit not only your narrow squats, but also your competitive style squat and your deadlift.

If you chose not to do all your squats during the off season with a narrow stance, you may want to try throwing in one or two sets at the end of your squat workout for 6-12 reps. This can yield some good results. Drop these no later than 3-4 weeks away from a meet to focus in on meet performance and to avoid overtraining. They also can be used as a light day substitute for regular squats. Don't go overboard on assistance work however. Reps are up to you, but I would concentrate on the 5 to 12 rep range, varying your work reps over your training period. Refer to past articles I have written regarding this method.

Another key is to not use a squat suit, knee wraps or even a belt while doing these squats. This equipment tends to lift some of the weight for you. Make your muscles do the work. As you enter your contest training, you can use the equipment combined with your now stronger normal stance squats.

Phase into contest training style gradually. Don't go from your last entirely narrow stance squat workout to heavy competitive squat training directly. You must reacquaint yourself with your normal squat stance and, hopefully, your new and improved squatting power. You may even notice that your most effective competitive stance may have changed somewhat due to an increase in your thigh power. Keep in mind that your most effective squat stance may not remain static over time as your strength, leverage and bodyweight go through changes. Maintain your flexibility work throughout the year as it benefits your entire training effort.

I believe all lifters should give narrow stance squats a try next off season, either by using them exclusively during that period of time or by working them into your routine as a "finisher" or light day exercise of choice. I'm certainly not trying to turn any of our readers into Olympic lifters, but in this case they have something to contribute to our cause. You may need to make a few adjustments to your execution and use of the narrow stance squats, but it can pay big dividends.

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

Here at the WPO (TM) we have been overwhelmed with telephone calls of support and questions about similarities and differences between what we do at a WPO (TM) event and what is done at others, namely "the rules."

Major questions asked by lifters:

1. What are the qualifying totals?

60 kg. 1159; 67.5 kg. 1322; 75 kg. 1450; 82.5 kg. 1581; 90 kg. 1664; 100 kg. 1752; 110 kg. 1810; 125 kg. 1856; 140 kg. 1898; SHW 1912.

2. What are the specialty classes?

There are three "Super Open" classes beginning with the "Lightweight" (0 to 75 kg.), "Middleweight" (75.01 to 90 kg.) and 90.01 kg. to unlimited.

3. Are the "Super Open" classes scored by total or formula?

Total. Yes, we have lifters against other lifters out of class, but the lifter who lifts the most is the strongest.

4. Are there any women's divisions as of now?

No, unless otherwise advertised. We do have future plans to add women's professional powerlifting.

5. What are the equipment rules?

SQUAT: A basic singlet must be worn. It must be full-length polyester or canvas. Squat equipment allowed in various combinations.

Polyester single-ply suit (double-ply brief)

Polyester double-ply suit (single-ply brief)

Canvas single-ply suit (double-ply brief)

Canvas double-ply suit (single-ply brief)

All briefs will be made of polyester material and will not exceed top of lifter's navel and will not exceed bottom of lifter's squat suit. Thus, by definition, a brief can be supportive but is not another suit.

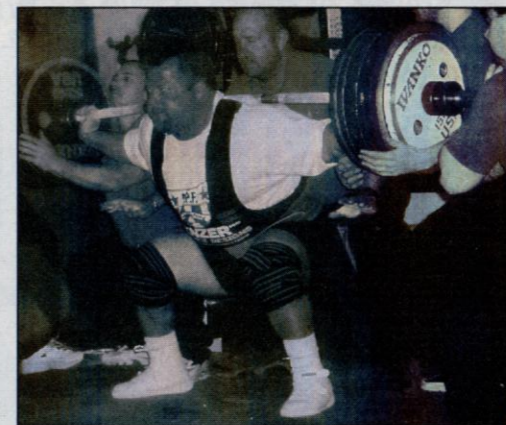
BENCH PRESS SHIRT - A bench shirt single or double polyester or denim can be worn. The shirt must be a single component. Sleeves must be short and remain above the elbow when worn. There is ONE PATCH LIMIT on a bench shirt. This patch must be a repair and shall not exceed 16 square inches. Any material exceeding these dimensions will be considered an EXTRA LAYER.

DEADLIFT SUITS - A basic singlet must be worn. It must be full-length polyester or canvas. Suit and brief requirements same as the squat rules (i.e. layers).

6. Is there an equipment check?

Yes, all equipment is checked before any lifter weighs in. During the event equipment is checked at random and after each and every

World Powerlifting Organization News (TM) What's the Difference?



WPO President Kieran Kidder at the WPC Worlds

world record made.

7. Are costumes allowed?

Yes, as long as it does not interfere with lifting or judging.

8. How do I qualify?

By submitting proof of qualifying total to the WPO (TM) secretary (Lisa at 904-677-4000) with your contest entry. All qualifying totals must have been made at one of the major lifting federation's worlds or national events in the last five years. If one is not qualified and wants to qualify, they may enter any of the upcoming Huge Iron events. Beginning in January 2002, all qualifying totals must be made at WPO (TM) sanctioned

events.

9. I have heard that the WPO (TM) has 48 hr. weigh-ins, is that true?

YES, main objective to lift big and reduce possibility of injury.

10. I have heard that in the WPO (TM) a lifter must declare their opening attempt for all three lifts at weigh-in and cannot change any of these under any circumstances?

YES, this is true.

11. In single lift contests, can openers be changed after being given at weigh-in?

NO, the same rules apply in single lift contests as three lift contests

12. I have heard that the WPO (TM) has two platforms #1 and #2, can you explain?

YES. All lifters will take their first attempt in the first round of their flight on platform #1. A made attempt will allow the lifter to continue and take their second and third attempts on platform #2. If a lifter fails to make the opening attempt, he will be forced to take his second attempt on platform #1. In other words, a lifter does not progress to platform #2 until the opener is made. This

platform #1 and #2 concept holds true for the bench press and deadlift. 13. Is it true that a lifter only has two attempts to make an opener and if neither is successful he is not allowed to continue ("bombout")?

Yes

14. Is it true that fourth attempts that are made count toward the lifter's total?

Yes, a fourth attempt can only be taken if the third attempt is made and the attempt exceeds the WPO (TM) world record.

15. If I am the last lifter in the flight; make my third attempt and want to take a fourth attempt, how much time do I have?

A lifter will first have one minute to decide their next weight, the loaders will then load the bar, time will then begin (5 minutes for being the last lifter plus 5 additional minutes). If a lifter is one of the last four lifters of the flight they can also request 5 additional minutes.

NOTE: All WPO (TM) rules are left to the discretion of the WPO (TM) President (Kieran Kidder) and WPO (TM) Technical Director (Russ Barlow).

Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we will grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO (TM) rule book. Remember: Stay Hardcore! (Russ Barlow, WPO (TM) Technical Director).



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Ormond Beach, FL 32176

Chalk is flying everywhere, and several lifters are fighting a triple-ply bench shirt. People are yelling encouragement at the next lifter as he fires up for a personal record. Are you at a meet? No. You are in Omaha's answer to powerlifting heaven: BIG IRON GYM! Big Iron Gym is in Omaha, Nebraska. All Powerlifters; from young to old, and novice to veteran are welcome! Let's look a little deeper.

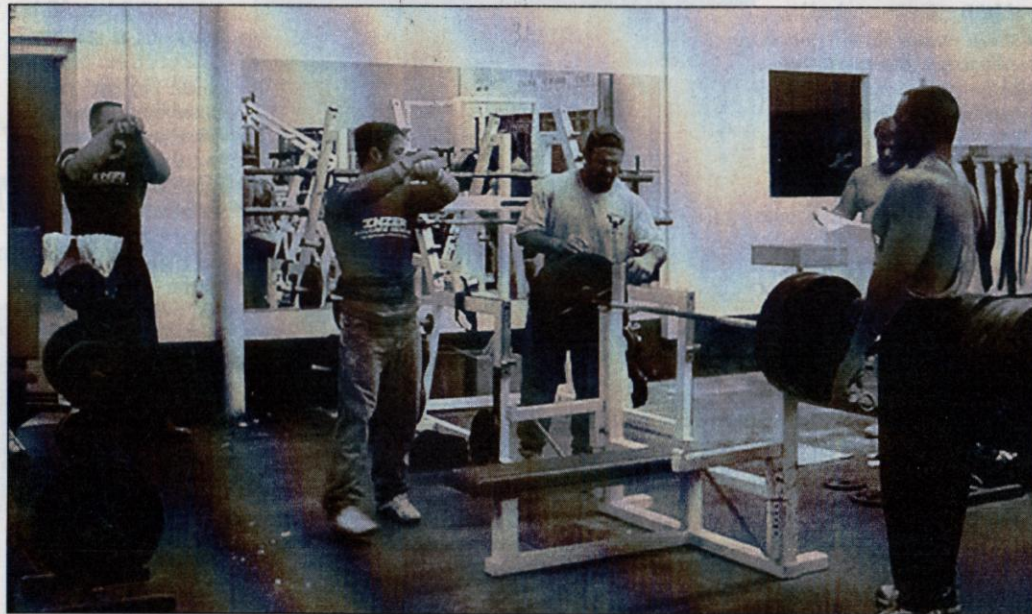
Part-owner Rick Hussey was the first to be inducted into the Nebraska Powerlifters Hall of Fame. The other owner is Becca Swanson who is very close to a 605 deadlift. Yes, she can almost pull 600! Rick and Becca have worked together to build a powerlifting gym par excellence. Together, they have gathered a huge family of lifters under one roof! This family includes some outstanding lifters, but no "prima donnas" who hog the glory.

Rick calls the attempts for all competitors, and sets the intense atmosphere and pace. Team members credit Rick with their 110% efforts! The entire team is involved in each challenging attempt, motivating each other by screams and back slaps, and sharing the excitement of success. (Dysfunctional lifters the world over know: if you don't scream at each other - you're not a family. Do you have a family at your gym, or just some people you know?) The "Big Iron" team has unity, goals, and hard-core dedication. If you don't have this at your gym ... move (or create it).

OK, you say, so they scream at each other. We all know weak sissies who scream, but can't lift. If the gym

HARD CORE GYM#2

Big Iron Gym in Omaha, NE... as told to POWERLIFTING USA by Rick Brewer, of House of Pain



Heavy Bench Day at Big Iron Gym. (This photograph provided courtesy of Hard Core Gym to PL USA)

was "all bark - no bite" we wouldn't care. But this gym is the home of six 500 pound benchers with bodyweights ranging from 181 to 275 pounds. If they have a specialty, maybe the bench press is it. Brad Heck just benched 510 at 181, and he has hit 500 in several previous meets! Big Iron claims to be the home of the strongest squatters in the state, and boasts a superheavy (John Sympek) who squats 850. If

Nebraska has some stronger squatters, let me know - I'm listening.

Undoubtedly some of the strongest female lifters train at Big Iron, and Becca Swanson (see photo) has deadlifted 585!! When she has kids, they can tell their friends at school "My mom is stronger than you!" and they'll be telling the truth. Becca deadlifted 580 pounds in the 1980s at this year's Nebraska State and Midwest Open Powerlifting meet. Her other lifts were in the TOP TEN list of 1999 in PL USA and SHE EVEN COMPETES AS A BODY-BUILDER! QUIT IT! She has been in FLEX magazine twice so she must be a serious bodybuilder.

Becca isn't the only strong female at Big Iron. Taylor Rice is only 13, but she already deadlifts 275. Rick says she loves powerlifting so much, she will struggle with a tough pull - fighting and fighting - until she is blue in the face. Love it. Just so you know: Taylor, every time you see the kaleidoscope lights and almost black out on heavy deadlift - it makes you stronger,

and more and more fearless. Lift on.

Brad Heck says the most inspirational guy of all is Dan Cummings. Dan is a 275 pound submaster who has bone cancer. I'll let Dan tell it: "I have cancer now and still do

daily treatments of a drug called interferon. The type of cancer I have is CML (chronic myeloid leukemia). It is cancer of the bone marrow and blood. I was diagnosed over 5 years ago and was told I had 6 months to a year to live. Thank God they were wrong. I've always loved weight training and entered my first powerlifting competition about 3 years ago. I was hooked. The guys and gals at Big Iron Gym have been a lot of support and motivation and I'm looking forward to competing with them again."

Dan is probably the strongest benchner, with his recent 550 at the meet on 11/18. I used to train with a friend named Billy who blamed all of his missed attempts on his "bone cancer". Of course, Billy was perfectly healthy. Dan really does have bone cancer - and he is still getting stronger, and still competing. What's your excuse?

Dan's story makes me think, and it also makes me want to go train at Big Iron Gym! Next time I'm in Omaha, I'll do just that. If you can drive there, go to 8902 Grant Street and say hello! Hard-Core old-school gyms are not dead. Write and tell us about yours:

House of Pain, P.O. Box 333,
Fate, TX 75132
or
email comments to:
rick@houseofpainironwear.com



L to R at the Hard Core Gym: Brad Heck 510 BP @ 181, Rick Hussey owner/coach, Becca Swanson owner/585 DL @198 (Photo provided courtesy of Hard Core Gym)

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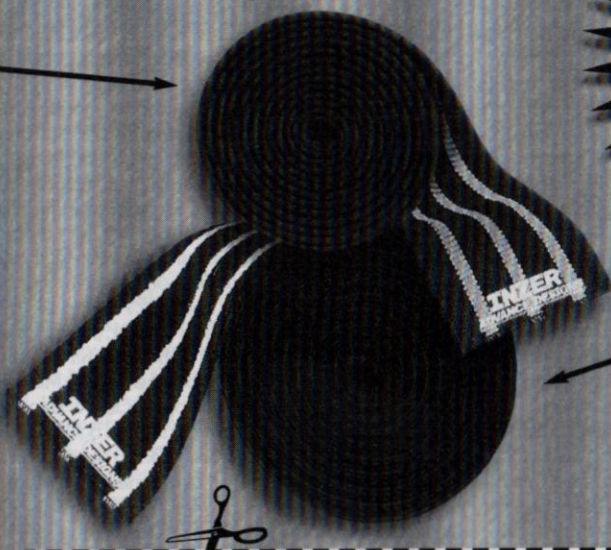
The most popular knee wrap in powerlifting!

"When I first held a pair of Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

Patrick Hall

Top National Competitor,
Fireman and C.P.T.

POWERFUL,
THICK AND
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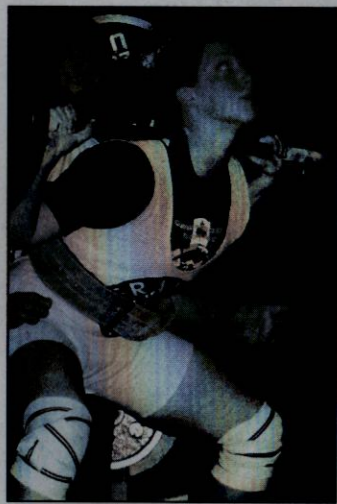
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The last WPC Worlds Championship of the Century took place the third week in Nov. at the Plaza Hotel Downtown in Las Vegas, NV. In a previous installment I covered the Men and Women's Open (last issue). Elsewhere in this issue I've separately reported the WPC World Bench Press Championships. This leaves the Teens, Juniors, Submasters and Masters, which I'll cover here. These divisions were contested as part of these championships on November 14-17.

TEEN WOMEN - Priscilla Giddings, 17, (USA) claimed her 181 age group with a slew of WRs, 4 within the competition, SQ 309, BP 176, TOT 850. She got two more on extra tries SQ 241, & 177 BP. Rosie Yanikyan is short and beefy at 190. She dunked a WR 220 SQ, ditto the same weight for a WR DL as well to capture the 18-19, 198 division. Gold for Canada.

TEEN MEN - The 13-15 group starred USA's Matthew Schiff at 165 with a very impressive 473 SQ and 1168 TOT. Stan Duplessis, RSA, had stroked 220 earlier on to win the World Bench Championship. He was saving his strength for an all out effort here: SQ 639, BP 352 and a whopping WR 595 DL (1587 TOT). The 16 year old also tried an unsuccessful WR 370.5 bench. Looks like he was playing possum! He won the 16-17 220 class. Russ Flanders (USA) took 2nd. Duplessis's teammate Carl Van Heerden weighed 222 and dug up a gold doubloon for himself - TOT 1388 for the 13-15 242 win. Other 16-17 champions were Brandon Matthews (148) and Edward Simons (198) both of the USA. In the 18-19 bunch, the USA collected 4 wins: Robert Nosek got his 286 BP (finally) on his 3rd, and DLed 441 for an 1124 TOT at 148. Michael Jovanovic, resident clown of the LALC, gets real serious when he competes. Had it not been for a butt raise on his 2nd BP, Mike would've had an absolutely perfect day. He ran away from Owain



Priscilla Giddings - Teen 181s

WPC World Championship, Pt. II as told to Powerlifting USA by Herb Glossbrenner



Stan Duplessis of South Africa with a World Record 370 BP attempt.

Rowland, GB, to claim the middle-weight gold for the USA: 424 SQ, 314 BP, 501 DL - 1240 TOT all CA records. Jon Richards, CAN, had dibs on the 181 title, but let it slip away, by missing all his SQs. Patrick Sparks, USA, earned the best Teen-ager award with an impressive display at 275. He got a 711 SQ, a big 502 WR bench along with a 595 pull for 1808. Christian Oberschick from the Austrian camp claimed the 220 class title (1620) over USA's Justin Fitz who scored 1433.

JUNIORS WOMEN - There were only two ladies in the 20-23 bracket. Anne Dorner, GER, won out over Michigan's Jessica Spittal - 865 to 771 at 148. Jessica is a real go getter and will return.

JUNIORS MEN - The Junior men had a big field of 25. Unfortunately 6 of them failed to make a total. Best lifter in the lighter categories was Ray Miskell, 22, a 120 lb. college student. He's been lifting for two years now and under Bob Packer's coaching has blossomed into a real talent. He blasted CA state records with a 363 SQ and 402 DL for a 981 TOT. He also got a 380 SQ and 424 DL, but the judges said nix. Greenfield, IN is the home of Hoosier Shane Dishman. He was able to win the World title that slipped away in CAN. This time he made a 1355 TOT with a good 501 SQ and a super strong 402 BP, his favorite lift. The 198 division pitted two top guns: Mighty Mark Phillips of Georgia vs. Marvelous Mark Fanone of Michigan. It was a USA clambake. Phillips hung in there, but didn't get his best. Mark P. got a 661 SQ (688 not approved), BPed 402 (a PR) and pulled a 639 opener. He'd previously done 700, but missed a 688 DL here - TOT 1703. Fanone couldn't be stopped this day: SQ 705, 446 BP,

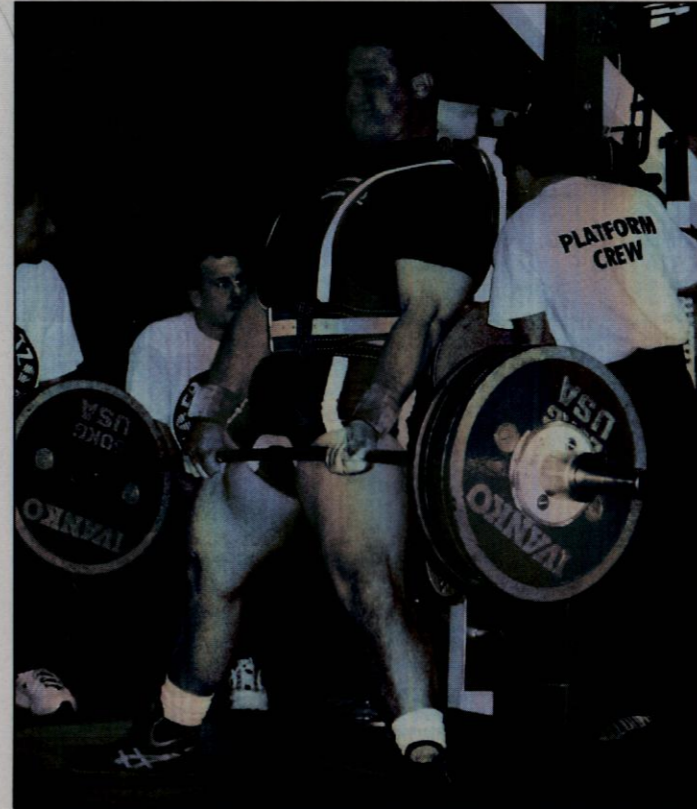
and a 683 DL for an 1835 TOT. A 4th attempt WR try with 711 cleared the deck - that's all. Mark thanks his great coach Dan DeFelice for showing him the way to realize his true potential. Phillips will have clear sailing aiming for the Junior World Title in 2001 in Capetown, South Africa. Fanone is retiring from PL to try his hand at weightlifting. He'll be coached by Bud Charniga of Livonia, MI. Fanone earned the outstanding lifter award for the heavier Junior division. At 220 Bernard Schwab, AUT, blew away the rest of the field. He was strong as heck: 727 SQ (miss 799), BP 429, and a 716 DL (miss 728 WR 4th) - TOT 1873! After Francois Retief, RSA, bombed, Justin McShane (USA) outstripped GBR's Benjamin Blackwell to get silver (1532 to 1510). Jose Garcia, 235, ran roughshod over his 242 opponents Kz Mapasa, RSA (233) as well as GBR's Carl Rogers (230.3). Great lifting too: 771 SQ, 473 BP, 688 DL for a 1934 TOT. Likewise Mikko Hamalainen was boss man at 275. The fabulous Finn posted the highest result of all the Junior contestants with 2138! He made an 859 SQ, a 551 BP and a 727 DL. Mikko needed all 3 SQ tries to get his lift. He also took two shots at a 578 BP, but did not succeed. He also missed his final DL - a WR 749 attempt. Keep your eye on this guy! Chalk up the 308 division to Vugar Namazov of AZERBAIJAN, a former Russian satellite, now an independent nation. Vugar got all the competition he wanted in the first two lifts from Robert Anton (a Hoosier bruiser). Anton jumped in front 705 to 661 in the SQ. Namazov pressed 418. Then Anton responded with 424 for a USA lead. It all turned around in the deadlift. Anton closed out with 628 (1663). Vugar flaunted his pulling

pross, and humped up a mighty 749 on his 2nd try. That was all she wrote. In 3rd was big Ornn Basson of Israel who was boss dog on the bench with a huge 529 without a shirt. With a properly fitted Inzer double denim he will blow away 600! His 1708 TOT could easily be 2000 by next year with a good coach. The Supers featured PL's high roller, Aaron Ross of Century City, CA, who has the MIRTH as well as the GIRTH. This bad boy had his heart set on a 2204 TOT. His plans went awry. The new Monolift caused him to lose his composure. Aaron imagined his 837 opener was heavy, but he bailed out under 903, having balance problems. Aaron lost all incentive after that and tokened in the other lifts to finish. He drowned his sorrows for two days but after that he went on a rampage in the casino. It's amazing how that green folding stuff can change your outlook on life. He'll make that thousand kilos and more if he gets it all together. His last year as a Junior will be his best ever.

WOMEN'S SUBMASTERS - USA picked up 3 golds in this group. Saba Wilson went 8/9 and hit a 672 TOT - to get the win at 123. Kim Pfeiffer of Fresno, CA dunked 363 and TOT'd 854 @ 165. This gave her silver to RSA's Liza Allworth. Weighing 150, Liza put on a dazzling 9/9 display: 396 SQ, 226 BP, 385 DL, 1008 TOT. Teammate Rene Schoeman was smokin' too! She got a 374 SQ, 193 BP and a 402 DL, also with no misses! Norma Garcia, 39, who came up with the design and idea for the roller-back scoreboard used at these championships is one innovative lady. A former marathon



Michael Jovanovic took the Teen 165s. (Glossbrenner photographs)

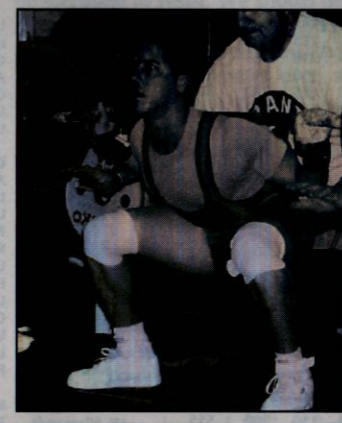


Best Teen Lifter ... Sparks with his third attempt 595 - to stay alive!!

runner, Norma's a nurse, bookkeeper, mother of two, and has been PLing only two years. She earned the 165 silver here and set CA state records in her last contest as a submaster: 363 SQ, 181 BP, and 876 TOT. She's coached by entrepreneur gym owner and husband Al in Sacramento, CA and has some big lifts planned as she embarks on her Masters quest. Patti Carson of New Mexico came in at a mere 167, but got the 181 win with 936. Austria's Eva Vit had her way in the heavyweights - 887 TOT.

WOMEN'S MASTERS: Fifteen strong provided excitement in the ladies' Masters. Nadine Baker (95.4 lbs.) may be TINY, but she's MIGHTY! This Bogart, GA librarian must have read the Book of Strength: SQ 214, BP 132, DL 270, TOT 617. This performance earned her OUTSTANDING LIFTER overall! LALC's new blushing bride Jo Taylor, now Jo Rodefer, (95.2) took the 97 lb. 50-54 title. In hitherto unexplored territory, she set 9 WRs, sweeping the title with a 126 SQ, 99 BP and 214 DL (440 TOT). The 2nd lady to deliver a world title to coach Joe Avigliano was the smiling Michelle Kilikouskas. Michelle beat veteran Karin Heidi (AUT) in the 40-44 114s, 562 to 490 TOT. Idaho's sweetie pie Linda Higgins took the 50-54, 114s coming back from serious injury. Linda, no longer limping, pulled 259 on her last DL to stand atop the highest pedestal - once again WORLD CHAMP. Coach/husband Mike was pleased as punch. Helen McCalom ruled the

123s (55-59). Wendy Greig didn't have extra duties this year (she co-hosted - with husband Bruce - the '99 WPC Worlds in CAN), other than to look after her own lifting. A 308 SQ, 165 BP, and 358 DL led to an 815 TOT, and 132, 40-44, top honors for her. Barbara Fruzyina, with a new blond look, wowed the crowd and won the 132s, 45-49 group. Big bencher-husband Ernie Anderson was on a field trip, but she was in good hands with stand-in coach Ernie Frantz, one of the legends of our time. Barb Cameron of CAN took the 40-44 148 class solo while teammate Pat Thomas went to town in the 65-69 age bracket. Pat - who looks at least 20 years younger than she really is - blasted WRs: a 99 BP, 253 DL and 529 TOT. Supposedly, Ponce



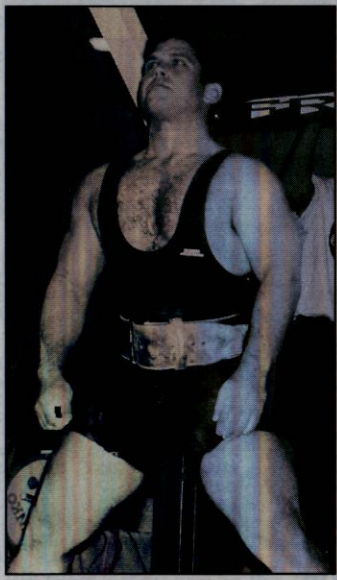
Ray Miskell squats 363 in the Junior 123 class for 3 white lights.

de Leon is her next door neighbor. Patricia Damn, the DAME from MAINE, keeps improving. She dunked a big 314 on her way to 181 (50-54) gold. Arlene Ramsrud made a shambles of the 70-74 world records. She broke the BP mark twice (99), and ditto for the DL (259) for a 496 sum. She's catching up with hubby Bill. Mona Overstreet captured the women's 40-44 198s. She had an 8/9 day and is getting ready to bust heads in the new women's pro football league. Despite being over-worked for many days, Maris Sternberg came to life on the platform. Her strength has returned. She got a hot squat - 352 - and a TOT of 887. Leslie Miller, CAN, won the plus 198 class while Maris ruled at 198 once again. Leslie set a WR 402 DL to total 975.

SUBMASTER'S MEN - GER's champ was Stegh Stegi with 881 @ 148. CAN's winner was Vince Graham at 165 with 2 WRs: a 374 BP and a 551 DL. Randy Etsell had dibs on the 220 silver: 600 DL, 1548 TOT. He yielded gold to USA's Eric (The Marauder) Maroscher, who did a 661 SQ, 402 BP, and 600 DL. At 181, USA's Brian Vales survived his 595 SQ threepate, and settled down to hit a 418 BP, 595 DL, and 1559 total. USA teammate Christian Moore nabbed silver with 1477 & pulled a WR 628. Brent Tracey had smoothing sailing at 198 when APF Srs. runner-up Tony Butson bowed out in the BP. Tracey earned best lifter award with 677 SQ, 507 BP (his specialty), and a 622 DL for 1807. Jean Marc Chenin, FRA, was one tough customer. He added a monster 545 BP to go with his 727 SQ and 661 DL - 1934 TOT. This gave him top honors at 242, and was just too much for Texan Greg "the Viking" Crowder to overcome. Greg scored 2nd with 1840. There were two golds for USA Icelanders named Adalsteinsson. Agnar dunked a monster 788 SQ at 275 for an 1862 TOT. Axel had the DL power (705) for the 308 championship.

MASTERS MEN - A huge group of 79 masters in all the age brackets provided some great lifting for the days of Nov 15 & 16th. Nobody this year under the 148 division. That's where Martin Heindl, AUT, won the 45-49 group with 1151 to go with wife Karin's silver. Budgie Mullan, GBR, SQ'd 308, then tokened the rest of the way. Robert Charles was pitted against Surrender Dhah - OK vs. CA. Pappy SURRENDERED DA title (pun intended) after starting too high (with a 462 SQ) and was unable to get low enough to please the judges. Fred Glass revealed to me his secret of strength (liquid minerals). He acted as frisky as a colt and he's age 64. Fred yanked 429, then 435 at 140 bwt., and danced a jig all night long! Unbelievable would be a good

adjective to describe Michigan's 70 year old Frank Richey. The 146 lb. ageless marvel SQ'ed 314 and just barely missed a WR 352. Next he popped two WR benches - back to back - 259 and 270! He then pulled a 402 DL to total 986! The 165 class had nine going for the gusto! At 40-44 Steve Lumpe flaunted the biggest BP (330), however, Gary Reichert, 41, had too much of everything else (595 SQ and 589 DL). Avtar Jawanda, 49, GBR got a lucky break when Art Little gave up the gold in the BP and was gone. Wally Brown, 52, RSA also took an early exit at 50-54. Back from injury, Gordon Olson, 51, cut weight to 165 and looked lean and mean. He manhandled a 540 SQ and then tried a WR 606, BPed 286, pulled 567 then missed a WR 600 try - TOT 1427. He dropped 15 lbs. of bodyweight in a short time and nearly killed himself. QUOTE THE OLSON: NEVERMORE! Sure winner at 55-59, Joe Nickelle, tore his bicep two weeks out and therefore forfeited the title to his pal Herb Glossbrenner - an early Christmas present presented on a golden platter. Richard Flores, 62 did some terrific lifting and earned the 60-64 title. He pulled a WR 529 to complete his winning day. Pierre Pothee, 76, a Frisky Frenchman, nailed a good 275 WR SQ on a 4th. He made a 154 BP, and got WR 320.8 DL. At 181, the 40-44s saw Greg ZWEIG lift BIG! At 41 he DLed 633 and hit a 1543 TOT. Doug Peterson, USA, demolished his Austrian opponent in the 45-49s and afterwards went on an adventurous trek to heaven knows where with his best pal (his brother). Anton Mikysek, 51, AUT claimed the 50-54 crown after Fabian Wambsgans, 54, USA couldn't get approval for any of his 3 SQ lifts at 611. Ian Morris, 61, RSA warhorse became champ again at 60-64. He was injured last year, but



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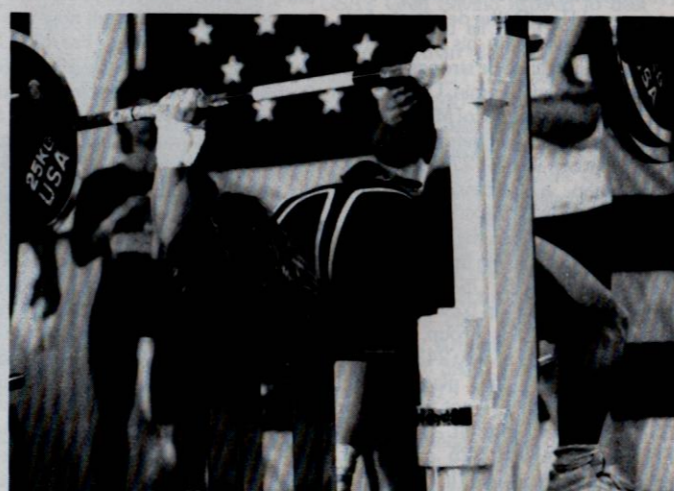


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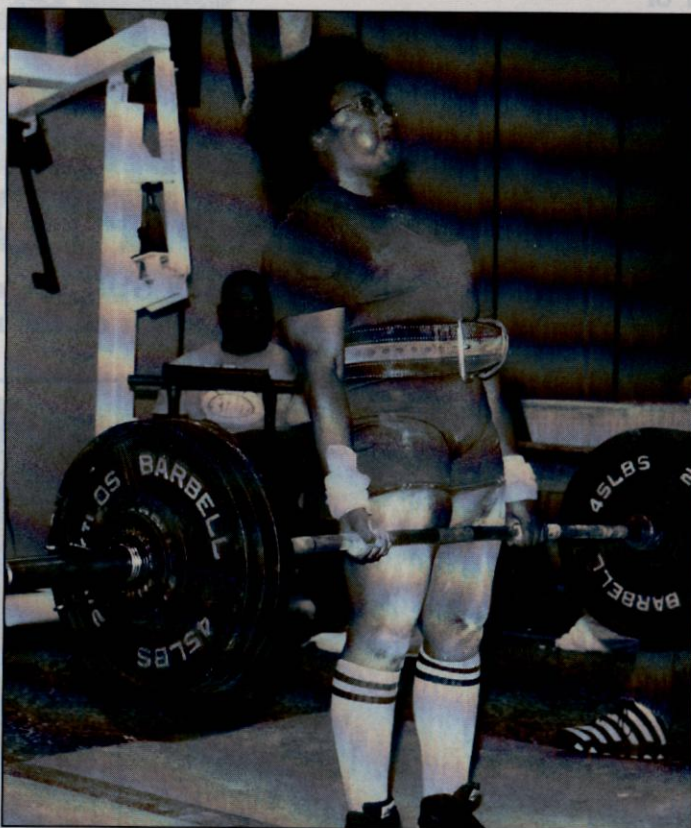
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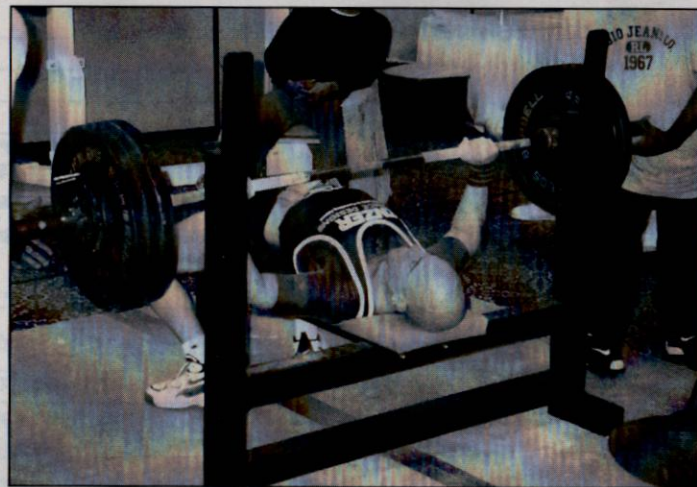
I want to start out by saying that this had to be the best WNPf World Championship in the history of the league. Everything ran smooth and I have never seen so many lifters that didn't know each other and got along the way these guys did. I mean some of these guys just met and they were motivating each other, helping each other in the warm-up room and on the platform and cheering for each other. This is what this sport is all about - yes - the competitive part is all good, but when you have guys supporting each other like this it's just great. If you are a lifter and you are looking for this type of atmosphere then all I ask is to give us a try. What a meet, we had almost 250 total lifters from 8 countries, there were some big lifting and huge performances by many lifters. The 2000 Worlds was held at the Best Western Hotel in Baltimore, MD, a nice facility over 7000 square feet of space. The only complaint we had was the price of the rooms at the hotel, but everyone seem to love the venue. We gave out medals to all first, second, and third place winners, 42" trophies and big 28" championship cups for first place and screen printed plaques for 2nd through 8th place. We received many compliments on the awards. All we heard all three days was you have the best spotters in the world. These guys caught every missed lift and they only had one misload and motivation on the platform is a top priority with these guys. Thanks to John Wallace, Mike Parker, Kenny Wallace, Steve Brown, and Adrian Locklear. Of course, the judges were loved and hated throughout the meet, but we realize that it is a part of the sport. Overall the judges did their job and did it well. There were many unlocked knees in the deadlift, above parallel squats and uneven presses. This was the WNPf world championship and they weren't giving anything away. I must say that they didn't take any lift from any lifter - if a red light was given it was given for a reason. I say it time and time again, I wish every powerlifter would sit in the CHAIR and JUDGE. I guarantee they would see things from a different perspective. The MC Lester Fields did his usual fabulous job, motivating each and every lifter and he kept the meet running smoothly. In 2001, Ron Deamicis will get the powerlifting worlds in Youngstown, OH and I will have the Bench/Deadlift & Ironman Worlds sometime in November either in Pennsylvania, New Jersey, or Georgia. We used the Monolift on the platform and we also had one in the warm-up room. We held our annual banquet at the hotel with 70 lifters and family members in attendance with the top 2000 lifters receiving awards at the banquet.

WNPf World Championships as told to Powerlifting USA by WNPf President Troy Ford



Belinda Hayes, Masters American Record Holder in the squat, bench, and deadlift, is shown above with her 340 lb. deadlift (Lance Bravard)

Over the three days we had an attendance of over 700 people - cheering, clapping, and stomping as my MC Lester Fields would say. On to the meet, in the women's division we had a few outstanding performances by Elizabeth Torres 680 @ 114, Ronna 630 @ 105, Belinda Hayes 795 @ 165 in the masters division and best lifter Beth Orlliss 905 @ 165. Many of the teenage lifters showed out also, Granger 555 total, Laigle 455 total, Seyfried 565 total, Moran 630 total. In the men's division at 132 pounds Whigham and Maez from Mexico were ready to battle. Maez couldn't get a squat passed, squatting to parallel. Whigham went on to win this class with a fine performance 1,180 total. Vincent Brown & Russ Granato battled in the 148 open class with Brown winning another WNPf world title. After the meet, Russ Granato talked about how great of a lifter Vincent Brown is and he was happy to have a chance to compete against him. In the 165s what a contest, Elsberry, Metivier and Zimmerman had the crowd going with only 65 lbs. Separating them. Elsberry ended up with 1195, Metivier 1165 and Zimmerman with his best performance total at 1130. The youngster from PA, Mr. Welch at 50+ years



Mr. Zimmerman with his 340 lb. bench attempt in the 165s. (Bravard)

old, had the highest total out of all the 165ers with a 1340 total. The juniors Petrelli and Thomas put on a show with only 35 pounds separating them 1080 to 1045. THIS IS COMPETITION. In the 181s Rocco De Stefano from PA. set all new world records in the teen raw division. In the open 181 Barry Lafoy won his 8th WNPf World title, the most in the history of the league. Everyone waited for the anticipated battle in the 181 open raw division, four fine athletes going full tilt for the

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Showing How It's Done - Tee Meyers with his 720 deadlift. (T. Ford)

the 198 50+ masters division. Mr. Baker, teenager from PA, set four new WNPf world records in his class and made an impressive 510 lb. squat. Joe Kuhns from VA - everyone called him little Joe, but there's nothing little about this man - won the 220's with a 1620 total with Rydelek coming in 2nd and Bob Cavanaugh coming in third. The two powerhouses: Cox from DE and Klayhold from FL, couldn't make it to this meet due to injury and expenses. These two men would have put on a show with both totaling over 1800 pounds in the 220's. Kliefth, Zimmerman, and Quinn battled in the 220's. Kliefth won the squat battle with a 625. All three men were close in the bench and deadlift, therefore Kliefth took the 2000 World title with a 1,550. Dwight Huell captured his second title in a row beating NJ's Ralph Menendez. Ralph had a good day in the squats making 2 out of 3 squats. This is usually his problem at many WNPf events, but he sank two squats and set a new world squat record. He couldn't get a bench press in and bombed out in this lift. Frank Blew won his first raw title in the 220 masters with a 1410 total over Bill Misorski. Brian Jones defeated the weight lost man Tom Cinelli in the masters 50+ raw division. Tom has lost over 60 pounds since last year. Mr. Bowman won his first title in the junior 242 division. Ray Seifert took first in both the open and police divisions, 242 raw that is. In the 275's Cory Ferrell won his first WNPf world title in the open division over an injured Jeff Peshek. Jeff was able

to set a new record in the bench press with a 570. Terrance Brooks decided to go raw this year and he has been on a booming pace, demolishing everyone in his path. Terrance has to be one of the best raw lifters in any organization - he totaled 1785 @ 275. He would have totaled more if he had gotten his 445 bench press. He totaled more than the equipped 275 open division lifter Corey Ferrell. Dirk Pounds placed second to Terrance and Troy Brooks placed third with his best total ever. Anthony Goodman totaled 1850 and won the submasters and police divisions. Mike Torrie placed 2nd and seemed to really enjoy himself at the meet all three days - we love this man's personality. Two of the nicest guys in the WNPf Jim Simmons and Paul Bergan met for the first time in the worlds with Jim Simmons winning the squat and bench press battle and Paul Bergan winning the deadlift event, but it was Simmons coming out the winner in this class for his third WNPf world title in a row. In the SHW Rick Wheeler from CA won another WNPf title in the masters. Rick was in a lot of pain throughout the meet, taking a token deadlift just to stay in the meet. Big Chad Knowles posted the highest total ever in the WNPf with a 2100 pound total. When I first met Chad in 1998 I knew this guy was special. You could just tell that he was going to be a star. Chad opened up with 750 in the squat and smoked it. He went to 815 for his second and was called on depth. At this point, Chad seemed to get very angry with the official's call. I felt it was time for me

to have a talk with the big man. I said a few words to the big man to calm him down and, guess what, he came out and smoked a new WNPf world record 850 pounds. I was glad that I was able to help him out a little. He then went on to bench 500 pounds and he needed 750 pounds in the deadlift to reach the magic mark of 2100 and got it. Chad will be close to 2150 in the near future and, believe me, this man is the future of WNPf. Where is Audley Baker? I must thank Ryken High School for bringing a team to this meet, all of the kids lifted in the 3rd International Cup Championships and they all lifted well. Thanks to the coaches for teaching these kids the correct powerlifting techniques and for encouraging all of them to do their best. Not one of them bombed out and they all had a good time. We look for a good relationship between the WNPf and Ryken in the future. **BENCH PRESS WORLDS** - Laura Proulx from Massachusetts set a new record in the raw and equipped classes. She broke the long standing record of Connie Newman with a 140 bench. Cheryl Bethea won her first WNPf title in the sub and open division. Josh Giambalvo from PA took home his first title in the 123 teenage division. Josh Dem won his class in the 148's and Bernard Wright on with his opener of 370 pounds and he set a new world record. Steve Joseph took second with 360 lbs. Emanuel Sanfilippo took the submasters class over Angelo Gattinella. Brad Lane and Rone Karkoska tied in the 165 masters class with 250 lbs. Brad Lane won on bodyweight. Team Misorski's team member's Sangerman, Matt and John Jr. all won their class to give their team the win in the raw division. Lee Zimmerman won the 165 open class over favorite Steve Joseph. Steve didn't get in a bench press to stay in the placing. Flavio Danna from Brazil won over Pennsylvania's

Humphrey Afari. Flavio also won the best lifter award in the bench for day two. Jim Fatta took home a 2000 World title in the submasters division. Stan Freed set a new World record and defeated John Misorski Sr. in the masters 50+ division. The 198's was full with quality lifters, all of them trying to win the 2000 title. No one knew who would come away with the gold with the top guys Dalzell, Handlin, Barbarino, Kelley, and Patrick going for it and you couldn't forget about Pollack, Casagrande and Carricuto. Sean Handlin placed first with 430, Bart Kelley (part of the twin powers) placed second with 425. Bart would have won on his last attempt if he had made it. Joe Dalzell placed third and Herman Patrick of World Gym placed fourth. John Phillips (OH) and the favorite John Mitsopoulos (NJ) went head to head in the masters 50+ division. Phillips took the title from Mitsopoulos, he bench 350 for the win. John Mitsopoulos would have won on his last attempt, but the weight seasawed to completion. There was some disagreement, but if you get three red lights something must have been seen from all three officials. I'm sure John will be back stronger in 2001. We couldn't wait for the master of the benchers Brad Kelley to lift, he weighed in at 219. Brad got his opener of 520 and went for the world record at 545 and smoked it. He then tried 560 for his third, but couldn't lock out. We were hoping for Drisdorn and Barrett to compete in this class but neither one of them showed up for the meet. Schwartz and Davis won their first world titles in the WNPf. Mark Maher, the big bencher from NJ, had problems from his first bench to his last. He opened with 535 and missed it three times and he was out of the meet. Mark was going after Joel Toranzo's 560 record. Mr. Vargo and Mr. Taylor took him their first titles also. Steve Cooke and Tom



Jeff Peshek benching 570 pounds. (photograph courtesy of Troy Ford)

WNPf World Championships		17-19 NOV 00 - Baltimore, MD		132		Horvath		425			
BENCH	220	Open	Whigham - BL	505*	50-59	Cinelli	242	360			
WOMEN	97	Open	Kelley - BL	545*	Open	Rijos-Soto - PR/BL	600*	360			
Open	140*	Proulx	Fritz	370	Zimmerman	Joseph	355	360			
Open Raw	130*	Proulx	33-39	365	20-23	Thomas	415*	575			
40-49 raw	80*	Petrilla	33-39	330	33-39	Bravard	181	525			
50-59 raw	110*	Hartnett	40-49	385	17-19	Wright	350*	605			
SHW	195*	Misorski	50-59	340	4th	Dusenbury	380*	550			
Open Raw	195*	Bethea	50-59	325	Open	Danna - BZ	535	415			
33-39 raw	80	Bethea	50-59	255	Neiman	Skinner - CN	470	500*			
MEN	80	MEN	50-59 raw	320	Locklear	455	SHW	670			
9-10	50-	Misorski	70-79	270	Skinner - CN	470	Wright	570*			
123	210*	Giambalvo	Police/Fire/Milt.	285*	Danna - BZ	535	40-49	670*			
14-16	235	Dem	242	485	Skinner - CN	470	Wright	570*			
17-19	335	Henderson	Open	425	Meiers - BL	720*	Open	670*			
Henderson	335	Henderson	Vargo	485	Casagrande - BZ	685	Whigham	440*			
165	335	Henderson	Taylor	425	Carricuto	530	181	420			
20-23	335	Henderson	Maher	425	Herbelin	530	Open raw	420			
Erod	320*	Open raw	Cooke	430	Pollack	520	Kramer	420			
20-23 raw	320*	Erod	Hicks	320	Williams	510	198	520*			
Open	320	Open	33-39 raw	430	33-39	Sanders	615	520*			
Zimmerman	320	Open	Cooke	350	Blocker	525	50-59	520*			
Joseph	370*	Open	Erb	40-49	40-49	Welton	475	Police/fire/milt.	385*		
Open raw	360	Open raw	40-49	425	Scaranda	525	50-59	520			
Joseph	300	Open raw	40-49	405	Smith	550	220	490			
Tyler	300	Open raw	40-49	355	Scaranda	525	40-49	490			
Sangermano	275	Open raw	40-49	375	Police/fire/milt.	510	242	490			
Ahuja - IN/CL	375	Open raw	40-49	385	Williams	510	242	490			
33-39	300	Open raw	40-49	385	Stathopoulos	490	220	650*			
Sanfilippo	375	Open raw	40-49	385	Glennay	375	220	650*			
Gattinella	300	Open raw	40-49	385	Police/fire/milt.	275	220	650*			
33-39 raw	210	Open raw	40-49	570	Thomas - BL	640	40-49	520*			
Sangermano	240	Open raw	40-49	530	Fritz	600	40-49	520*			
40-49	225*	Open raw	40-49	465	40-49	640*	40-49	520*			
Farrell	225*	Open raw	40-49	385	Thomas	525	40-49	520*			
40-49 raw	250*	Open raw	40-49	345	Huell	520	40-49	520*			
Farrell	250	Open raw	40-49	570	Johnson	520	40-49	520*			
50-59 raw	250	Open raw	40-49	500	Powerlifting	520	40-49	520*			
Lane	250	Open raw	40-49	570	WOMEN	105	40-49	520*			
Karkoska	181	Open raw	40-49	500	Open	210	140	280	630		
17-19 raw	220*	Open raw	40-49	410	Kassell	114	114	300*	680*		
Wright	420	Open raw	40-49	365	Torres - PR	132	170	125	180	475	
Open	375	Open raw	40-49	470*	33-39 raw	O'Donald	175*	100	225*	500*	
Danna - BZ/BL	390	Open raw	40-49	385	40-49	148	200*	105*	350*	555*	
Afari	300	Open raw	40-49	470*	14-16 raw	Granger	165	200*	105*	350*	555*
Open raw	390	Open raw	40-49	385	165	165	330	205*	370*	905	
Wallace	390	Open raw	40-49	385	Open	Orliss	270*	185*	340*	795*	
Misorski Jr.	300	Open raw	40-49	470*	40-49	Hayes	40-49 raw	405	300	300	
Kramer	390	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
20-23 raw	350	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Wallace	390	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
40-49	390	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Fatta	350	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Fiumara	320	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
33-39 raw	310	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Misorski Jr.	310	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
40-49	310	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Brager	315*	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
50-59 raw	245	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Misorski Sr.	420	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Police/Fire/Milt	420	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Danna	430	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
198	425	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Open	415	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Handlin	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Kelley	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Dalzell	370	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Patrick	330	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Barbarino	325	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Casagrande - BZ	410	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Carricuto	410	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Pollack	410	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Open raw	410	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
No - BL	430	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Daubler	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
33-39	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Handlin	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Patrick	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
40-49 raw	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Gaskin	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
50-59	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Phillips	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Mitsopoulos	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
50-59 raw	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Smith	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
60-69	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Herbelin	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Police	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Kelley	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	
Lucky	405	Open raw	40-49	385	40-49	40-49 raw	40-49	405	300	300	

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McGuire won their classes also. Disantostefano and Perotta placed second to Peshek in the 275 open and submasters. Mr. Raynor and Mr. Fernandez the favorites in the 275 raw division went head to head. Raynor won the class with 465 and Fernandez bombed out with 475 pounds, maybe next year. The masters 40+ raw division was good with Jackson, Fultz, Hilderley and Silverbloom. Mr. Robert Jackson, 46 years old benched 470 pounds and a new world record. Bob Fultz tied the world record in the 40-44 division with a 385. Hilderley came in with a fine performance with a 380 and Silverbloom from FL placed fourth with a 345. Kocher and Dolton placed first in their classes. In the SHW class Mo Washington (Warren Sapp look a like) took home the titles in the open raw and equipped class with a 525 bench. He set a new record in the raw division, beating John Jahn's record. David Lopez from Mans World Gym ended up with 530 pounds for the win. Mr. Dixon from FL tried for the world record in the submasters but was unsuccessful but he won his class. CB Irby put on a bench press clinic in the Masters class benching 480 and tried 500. Clarence Semmon (Big C) improved to 440 and placed second. **WORLD DEADLIFT CHAMPIONSHIPS** - Sandra Walker from Augusta, GA placed first in the 132 masters division with a 310 deadlift. Petrella and Hartnett both placed first in their classes and also set new WNPf world records. Allen Whigham pulled 505 in the 132 class for the win. Carlos Rijos won the 165 open division over Zimmerman and Joseph. George Thomas won his class in the police division. Lance Bravard from VA



SHW World Champ Chad Knowles pulling 750. (photo courtesy Ford)

won the submasters division. In the 181's the competing countries were Brazil came out the winner with Danna pulling 535 lbs., USA's Neiman ended up second and only 10 lbs. back at 525. Skinner from Canada pulled 470 and Locklear pulled 435. Tee "Skinny Man" Meyers from Augusta, GA put on a show. He went head to head with Casagrande from Brazil. They both opened with 640 pounds, then Casagrande went to 685 to push pass Meyers and Meyers answered with a 700 lb. pull. Before Meyers

pulled the 700 he looked over to Casagrande and said "Casagrande - let me show you how it's done" and pulled 700 with ease. Casagrande was done for the day and settled for second place and Meyers went on to set a world record in the open and masters and finished in first place. Carricuto and Herbein tied with 530 with Carricuto winning on bodyweight but keep in mind, Herbein is over 60 years old and he went into the open division and not the masters. That's what you call competitive. Steve Pollack placed fifth in this

class. Dan Sanders defeated Norm Blocker in the submasters division pulling 80 lbs. more. Williams defeated Stathopoulos in the police division. Perry Thomas competed in the open and masters division and won both classes. Perry pulled a new WNPf world record on his first attempt with a 640. There were five other masters in this class with Huell placing second, Johnson in third, Wildman Horvath in fourth, and Bill Misorski in fifth. Cinelli and Harrigan both pulled 360 lbs. for the win in their classes. Mr. Aziz, the newcomer to the sport and a former bodybuilder, is always improving and won his class over Joe Erb. Eric Leblanc, long time WNPf member, won the masters over Brad Lovejoy. Larry Bucchioni placed over Dusenbury in the masters 50+. Before the meet Larry asked a question about him lifting raw and Dusenbury lifting with gear. It seems as though he was a little bit worried about this since we do not have a raw division in the deadlift. Larry came out the winner and like we always say, it doesn't matter if you have gear on or not, if you can pull - you can pull and Larry proved this. This is not to say that Dusenbury can't pull (510 lbs. at 55 years young). It's just that Larry was better on this day. Jim Dusenbury did lock out 540 twice, but he didn't lock his shoulders back on either lift. Iry Brown went uncontested in the masters and Dorian Wright placed first in the open and masters division. WNPf WORLD SQUAT - All of these lifters won their classes, Whigham, Sanders, Huell, Aziz, Maltezos, Lovejoy and Kramer. With the most impressive lifts coming from Whigham 440 @ 132 and Maltezos 650 @ 242. Again, we want to thank all of the lifters that supported this meet and thank the spectators for supporting us also. The 9th WNPf World Championships is over and it was a success. We're sure that many lifters left this meet with a new outlook for the WNPf world championships on how things are done and many of them will be better prepared for the 10th world championships next year. Ron Deamicis will host the World Powerlifting (three lift event) and World Squat event in Youngstown in September. Troy Ford will host the Bench Press, Deadlift and Ironman World Championships in November, either in Pennsylvania, New Jersey or in Atlanta, Georgia, stay tuned. Please check out the 2001 WNPf schedule for an upcoming meet near you. We have over 70 meets scheduled for next year and we should be near you if not call the WNPf office at 770-996-3418 and maybe we can work at having a meet in your area if you want us there. (Thanks to WNPf for providing the results).

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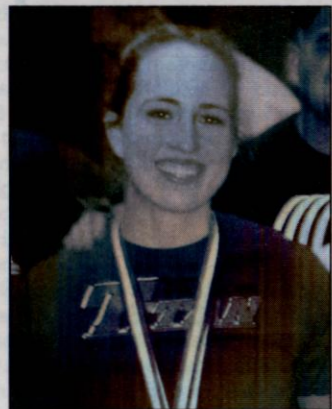
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WOMEN'S TOP 20

These are the TOP 20 women powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts against.



Katie Ford ... one of USAPL's steadily rising junior lifters after her performance at the 2001 USAPL Women's Nationals (photograph by Siouxz Hartwig)

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97 SQUAT

- 320 Grimwood, E., 10/21/00
- 286 McMillian, S., 4/15/00
- 270 Leverett, A., 6/24/00
- 248 Solan, C., 1/29/00
- 236 Ramirez, A., 4/8/00
- 220 Hoffman, S., 3/11/00
- 220 Baker, N., 5/20/00
- 210 Luc, L., 3/5/00
- 200 Hartman, A., 3/24/00
- 200 Schroyer, H., 4/1/00

- 198 Talbott, V., 1/29/00
- 195 Ufret, C., 4/1/00
- 190 Moyer, S., 1/22/00
- 190 Alimnosa, D., 4/1/00
- 190 Dickey, E., 5/7/00
- 187 Kirts, A., 4/14/00
- 185 Docken, J., 3/11/00
- 180 Gillette, B., 3/4/00
- 180 Taylor, A., 3/11/00
- 180 Gillespie, B., 3/24/00

105 SQUAT

- 341 Barlow, L., 6/10/00
- 319 Maile, J., 3/24/00
- 319 Leverett, A., 4/15/00
- 314 Hartwig, S., 1/29/00
- 300 McMillian, S., 10/28/00
- 297 Kirkland, M., 12/2/00
- 270 Goff, K., 4/15/00
- 253 Baquil, C., 3/18/00
- 253 Gedney, J., 6/10/00
- 248 Long, J., 3/24/00

- 242 Ellis, J., 1/29/00
- 240 Cook, S., 1/22/00
- 237 Pibey, D., 3/18/00
- 231 Eggleston, K., 4/8/00
- 231 Smith, K., 4/14/00
- 231 Paul, N., 4/15/00
- 231 Orellana, A., 6/24/00
- 225 Ufret, C., 12/2/00
- 220 Ryman, K., 2/29/00
- 214 Eaton, P., 3/18/00

114 SQUAT

- 341 Barlow, L., 10/28/00
- 325 Rinn, S., 3/11/00
- 325 Davis, J., 6/15/00
- 292 Cullum, A., 1/29/00
- 286 Bowers, S., 4/28/00
- 285 Parrish, S., 4/1/00
- 281 Andries, A., 1/29/00
- 280 Falcone, T., 8/12/00
- 270 Marcellis, J., 4/8/00
- 270 Berakdi, N., 4/15/00

- 270 Walk, W., 10/21/00
- 265 Macy, J., 5/20/00
- 264 Andrews, S., 6/3/00
- 264 Nichols, P., 8/12/00
- 260 Crowder, S., 3/24/00
- 259 Shear, J., 3/18/00
- 259 Marcellis, J., 4/8/00
- 250 Deville, A., 1/8/00
- 250 Baquil, C., 12/2/00
- 248 Bullara, C., 3/11/00

123 SQUAT

- 450 Weisberger, A., 2/20/00
- 400 Burkley, J., 4/1/00
- 374 Avigliano, N., 6/10/00
- 369 Tyree, V., 1/22/00
- 325 Mobley, S., 1/29/00
- 341 Kelli, A., 6/6/00
- 330 Andrews, S., 2/19/00
- 325 Allison, S., 4/6/00
- 325 Rinn, S., 11/4/00
- 314 Amsden, M., 4/15/00

- 303 Wilson, L., 3/11/00
- 297 Andries, A., 4/15/00
- 295 Lewis, P., 1/22/00
- 292 Nawracki, C., 3/11/00
- 290 Bartek, D., 3/24/00
- 286 Jackson, D., 3/18/00
- 286 Tucker, T., 10/28/00
- 281 McNulty, D., 2/25/00
- 281 Matt, A., 3/24/00
- 281 Casper, P., 4/28/00

132 SQUAT

- 440 Weisberger, A., 6/15/00
- 402 Diamond, M., 6/10/00
- 374 Ware, V., 1/17/00
- 369 Wessels, D., 11/10/00
- 347 Overdeer, A., 4/6/00
- 341 Stein, E., 5/25/00
- 341 Hack, R., 6/3/00
- 340 Niederkorn, R., 3/11/00
- 336 Femia, C., 1/29/00
- 330 Walker, L., 2/9/00

- 325 Allison, S., 1/29/00
- 325 Rey, J., 1/29/00
- 319 Darling, J., 1/29/00
- 314 Aguila, V., 1/29/00
- 314 Farrell, A., 4/1/00
- 303 DeFelice, R., 11/10/00
- 303 Pritzl, M., 11/11/00
- 300 Nelson, L., 6/10/00
- 292 Thompson, J., 11/11/00
- 290 Middleton, L., 5/20/00

97 BENCH

- 165 Leverett, A., 6/24/00
- 145 Grimwood, E., 10/21/00
- 143 Baker, N., 5/20/00
- 140 Proulx, L., 5/20/00
- 135 Ufret, C., 4/1/00
- 126 McMillian, S., 1/29/00
- 126 Anderson, C., 9/16/00
- 121 Talbott, V., 1/29/00
- 121 Hoffman, S., 3/24/00
- 121 Ramirez, A., 4/8/00

- 120 Snyder, R., 3/18/00
- 115 Solan, C., 5/24/00
- 115 Southchack, N., 6/10/00
- 110 Talavera, S., 4/15/00
- 105 Luc, L., 3/5/00
- 105 Docken, J., 4/1/00
- 105 Turner, B., 6/3/00
- 104 Rodiefer, J., 5/20/00
- 99 Shumaker, T., 4/8/00
- 99 Hamfield, M., 4/15/00

105 BENCH

- 210 Barlow, L., 12/16/00
- 192 Maile, J., 9/13/00
- 181 Leverett, A., 4/15/00
- 170 Distaulo, T., 11/12/00
- 154 Hartwig, S., 1/29/00
- 154 Kirkland, M., 6/3/00
- 154 Mamola, A., 10/14/00
- 143 Bertoli, M., 6/3/00
- 143 Ufret, C., 12/2/00
- 140 Becerra, K., 11/7/00

- 140 Kassel, L., 11/17/00
- 137 Krochmal, C., 2/20/00
- 137 McCormack, V., 5/20/00
- 135 LaFerty, B., 2/26/00
- 135 Proulx, L., 10/8/00
- 130 Gedney, J., 3/18/00
- 130 McMillian, S., 10/28/00
- 126 Palon, V., 11/17/00
- 121 Ocampo, J., 1/29/00
- 121 Eggleston, K., 4/8/00

114 BENCH

- 225 Rinn, S., 3/11/00
- 215 Pitts, L., 8/12/00
- 203 Tyree, V., 11/16/00
- 181 Davis, J., 1/29/00
- 170 Parrish, S., 4/1/00
- 170 Macy, J., 5/20/00
- 170 Coulombe, T., 11/17/00
- 165 Cullum, A., 1/29/00
- 159 Len, B., 3/19/00
- 159 James, A., 4/15/00

- 155 Distaulo, T., 3/25/00
- 155 Shuttleworth, M., 4/29/00
- 155 Schachner, 7/8/00
- 155 Falcone, T., 8/12/00
- 154 Andrews, S., 6/3/00
- 154 Gagliardi, D., 11/17/00
- 148 Mollohan, T., 5/20/00
- 145 Kirkland, M., 1/29/00
- 143 Andries, A., 1/29/00
- 143 Berakdi, N., 4/15/00

123 BENCH

- 292 Weisberger, A., 2/20/00
- 290 Lippert, J., 4/1/00
- 240 Arel, J., 3/18/00
- 231 Rinn, S., 12/2/00
- 225 Radcliffe, S., 4/15/00
- 225 Gomez-Leon, S., 11/18/00
- 209 Kelli, A., 6/6/00
- 203 Tucker, T., 10/28/00
- 203 Remiticado, J., 11/17/00
- 198 Tyree, V., 6/24/00

- 192 Mobley, S., 5/25/00
- 192 Avigliano, N., 11/17/00
- 185 Macy, J., 11/18/00
- 176 Amsden, M., 4/15/00
- 176 DeBerry, M., 8/12/00
- 170 Fusco, S., 3/25/00
- 170 Gordon, K., 9/23/00
- 170 Russell, J., 9/24/00
- 170 Taubmann, H., 11/17/00
- 167 Wilson, L., 8/12/00

132 BENCH

- 330 Rinehart, T., 2/26/00
- 314 Lippert, J., 11/17/00
- 310 Weisberger, A., 12/3/00
- 275 Thompson, J., 11/11/00
- 259 Alitzer, B., 9/16/00
- 236 Ware, V., 6/10/00
- 231 Darling, J., 1/29/00
- 225 Diamond, M., 6/10/00
- 220 Gomez-Leon, S., 3/25/00
- 214 Overdeer, A., 4/6/00

- 210 Familetti, N., 8/12/00
- 205 Vlack, Y., 8/5/00
- 203 Femia, C., 1/29/00
- 202 Perlmutter, A., 5/6/00
- 200 Simons, A., 4/29/00
- 200 Mosier, S., 6/6/00
- 195 Phinney, N., 11/18/00
- 192 Dauenhauer, B., 8/5/00
- 187 Stein, E., 5/25/00
- 187 Evans, C., 8/26/00

97 DEADLIFT

- 325 Leverett, A., 6/24/00
- 310 Grimwood, E., 10/21/00
- 308 McMillian, S., 1/29/00
- 290 Ufret, C., 4/1/00
- 286 Baker, N., 5/20/00
- 286 Solan, C., 10/17/00
- 259 Talbott, V., 1/29/00
- 253 Southchack, N., 6/10/00
- 250 Turner, B., 6/3/00
- 245 Hartman, A., 3/24/00

- 242 Ramirez, A., 4/8/00
- 242 Souza, M., 8/12/00
- 240 Moyer, S., 1/22/00
- 235 Brown, R., 10/21/00
- 231 Luc, L., 3/24/00
- 231 Taylor, A., 3/24/00
- 231 Alimnosa, D., 10/17/00
- 230 Schroyer, H., 5/13/00
- 225 Kirts, A., 4/14/00
- 225 Dickey, E., 11/4/00

105 DEADLIFT

- 341 Leverett, A., 4/15/00
- 330 Goff, K., 4/15/00
- 330 Baquil, C., 11/16/00
- 325 Maile, J., 9/13/00
- 320 Bertoli, M., 8/12/00
- 319 Barlow, L., 6/10/00
- 314 Hartwig, S., 1/29/00
- 303 Ufret, C., 12/2/00
- 300 McMillian, S., 10/28/00
- 292 Kirkland, M., 6/3/00

- 286 Ellis, J., 1/29/00
- 286 Eaton, P., 3/18/00
- 286 Long, J., 3/24/00
- 285 Hernandez, M., 3/25/00
- 281 Gedney, J., 1/29/00
- 281 Hitchcock, A., 3/24/00
- 280 Ryman, K., 2/29/00
- 280 Kassel, L., 11/17/00
- 275 Ocampo, J., 1/29/00
- 275 Orellana, A., 6/24/00

114 DEADLIFT

- 429 Tyree, V., 11/16/00
- 395 Davis, J., 6/15/00
- 370 Falcone, T., 8/12/00
- 363 Lee, B., 2/19/00
- 347 Bowers, S., 10/17/00
- 340 Parrish, S., 4/1/00
- 320 Fromoltz, B., 3/11/00
- 315 Walk, W., 10/21/00
- 314 Bechokki, J., 11/16/00
- 314 Baquil, C., 12/2/00

- 308 Rinn, S., 3/11/00
- 308 Shear, J., 3/18/00
- 305 Macy, J., 5/20/00
- 303 Kyle, A., 3/24/00
- 303 Berakdi, N., 4/15/00
- 303 Jordan, C., 7/8/00
- 300 Scudder, A., 9/24/00
- 292 Cullum, A., 1/29/00
- 292 Andries, A., 1/29/00
- 292 Marsh, J., 3/24/00

123 DEADLIFT

- 450 Weisberger, A., 2/20/00
- 424 Tyree, V., 3/11/00
- 391 Avigliano, N., 11/17/00
- 380 Mobley, S., 1/29/00
- 374 Kelli, A., 6/6/00
- 363 Tucker, T., 10/28/00
- 352 Amsden, M., 4/15/00
- 347 Jackson, D., 3/18/00
- 345 Falcone, T., 4/1/00
- 341 Bryant, P., 8/5/00

- 337 Patterson, C., 11/17/00
- 336 Livingston, L., 3/11/00
- 335 Lewis, P., 1/22/00
- 335 Gnerre, B., 4/8/00
- 330 Conway, K., 1/29/00
- 330 Remiticado, J., 11/16/00
- 325 Hayes, S., 2/26/00
- 320 Kirkland, M., 1/8/00
- 320 Bartek, D., 3/24/00
- 315 Matt, A., 1/8/00

132 DEADLIFT

- 460 Weisberger, A., 12/3/00
- 418 Stein, E., 10/17/00
- 408 Lippert, J., 11/17/00
- 407 Walker, L., 2/9/00
- 402 Diamond, M., 6/10/00
- 402 Ware, V., 6/10/00
- 374 Gantz, H., 11/16/00
- 370 Wessels, D., 11/10/00
- 363 Overdeer, A., 4/6/00
- 363 Allison, S., 12/2/00

- 360 Matuszewski, M., 3/25/00
- 360 Walker, L., 2/9/00
- 352 Femia, C., 1/29/00
- 336 Perez, S., 4/8/00
- 336 Thompson, J., 11/11/00
- 325 Niederkorn, R., 3/11/00
- 325 Armond, M., 3/29/00
- 319 Aguila, V., 1/29/00
- 319 Dingle-Craig, K., 4/28/00
- 319 Brocato, R., 12/2/00

97 TOTAL

- 775 Grimwood, E., 10/21/00
- 760 Leverett, A., 6/24/00
- 716 McMillian, S., 1/29/00
- 650 Baker, N., 5/20/00
- 650 Solan, C., 10/17/00
- 620 Ufret, C., 4/1/00
- 620 Ramirez, A., 4/8/00
- 578 Talbott, V., 1/29/00
- 560 Hoffman, S., 3/24/00
- 540 Luc, L., 3/5/00

- 535 Turner, B., 6/3/00
- 525 Hartman, A., 3/24/00
- 520 Moyer, S., 1/22/00
- 518 Alimnosa, D., 10/17/00
- 505 Schroyer, H., 5/13/00
- 501 Kirts, A., 4/14/00
- 501 Souza, M., 8/12/00
- 500 Dickey, E., 11/4/00
- 495 Taylor, A., 3/11/00
- 479 Martin, T., 3/24/00

105 TOTAL

- 832 Leverett, A., 4/15/00
- 822 Maile, J., 9/13/00
- 826 Maile, J., 9/13/00
- 782 Hartwig, S., 1/29/00
- 738 Kirkland, M., 6/3/00
- 735 McMillian, S., 10/28/00
- 699 Goff, K., 4/15/00
- 677 Baquil, C., 3/18/00
- 672 Ufret, C., 12/2/00
- 661 Gedney, J., 6/10/00

- 633 Ellis, J., 1/29/00
- 633 Long, J., 3/24/00
- 630 Kassel, L., 11/17/00
- 610 Ryan, K., 2/29/00
- 606 Orellana, A., 6/24/00
- 600 Cook, S., 1/22/00
- 595 Ocampo, J., 1/29/00
- 595 Eaton, P., 3/18/00
- 589 Dignam, S., 8/26/00
- 578 Hitchcock, A., 3/24/00

114 TOTAL

- 900 Davis, J., 6/15/00
- 859 Rinn, S., 3/11/00
- 805 Falcone, T., 8/12/00
- 749 Look, L., 1/30/00
- 760 Bowers, S., 10/17/00
- 740 Cullum, A., 1/29/00
- 740 Macy, J., 5/20/00
- 720 Walk, W., 10/21/00
- 716 Andries, A., 1/29/00
- 716 Berakdi, N., 4/15/00

- 696 Andrews, S., 6/3/00
- 694 Shear, J., 3/18/00
- 688 Nichols, P., 8/12/00
- 688 Baquil, C., 12/2/00
- 661 Bullara, C., 3/11/00
- 661 Marcellis, J., 4/8/00
- 655 Jordan, C., 7/8/00
- 644 Lubkin, B., 4/15/00
- 644 Boutte, C., 12/2/00
- 628 Marsh, J., 3/24/00

123 TOTAL

- 1180 Weisberger, A., 2/20/00
- 975 Tyree, V., 3/11/00
- 942 Avigliano, N., 6/10/00
- 925 Kelli, A., 6/6/00
- 903 Mobley, S., 1/29/00
- 860 Burkley, J., 4/1/00
- 854 Tucker, T., 10/28/00
- 843 Amsden, M., 4/15/00
- 843 Rinn, S., 6/24/00
- 793 Jackson, D., 3/18/00

- 788 Andrews, S., 2/19/00
- 782 Allison, S., 4/6/00
- 780 Macy, J., 11/18/00
- 760 Wilson, L., 3/11/00
- 755 DeBerry, M., 8/12/00
- 749 Hicks, C., 1/16/00
- 749 Casper, P., 4/28/00
- 745 Lewis, P., 1/22/00
- 744 Rude, T., 3/24/00
- 740 Bartek, D., 3/24/00

132 TOTAL

- 1155 Weisberger, A., 6/15/00
- 1030 Diamond, M., 6/10/00
- 970 Ware, V., 6/10/00
- 942 Stein, E., 10/17/00
- 925 Overdeer, A., 4/6/00
- 903 Thompson, J., 11/11/00
- 892 Femia, C., 1/29/00
- 875 Walker, L., 2/9/00
- 871 Wessels, D., 11/10/00
- 859 Darling, J., 1/29/00

- 848 Allison, S., 12/2/00
- 825 Niederkorn, R., 3/11/00
- 804 Hack, R., 6/3/00
- 793 Pritzl, M., 11/11/00
- 782 Farrell, A., 4/1/00
- 777 Aguila, V., 1/29/00
- 767 Mosier, S., 6/6/00
- 766 Dingle-Craig, K., 4/28/00
- 760 Simons, A., 4/29/00
- 760 Brocato, R., 12/2/00

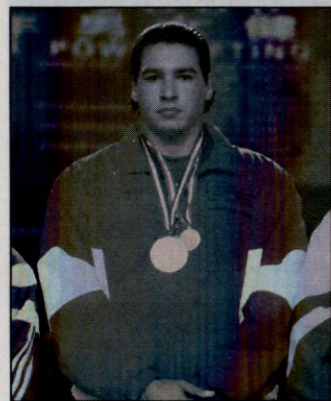
148 SQUAT

- 529 Liggett, M., 11/17/00
- 507 Jerumbo, M., 6/10/00
- 446 Dangerfield, N., 6/10/00
- 407 Lercangee, P., 5/20/00
- 400 Auckland, L., 4/1/00
- 380 Demarest, K., 4/

POWERLIFTING USA presents the

TEENAGE TOP 20

These are the TOP 20 Teenage powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers teenage or high school division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.



Tony Caprari is the current IPF Junior World Champion and has ranked lifts at 165 and 181. (photograph taken by Hiro Isagawa)

Yes, You Can... order the deluxe Powerlifting USA Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of Powerlifting USA Magazine, and individually signed by PL USA Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011 (CA residents added 7 1/4% sales tax)

- 114 SQUAT
- 400 Lloyd, M.3/25/00
- 380 Milnes, R.3/25/00
- 370 White, T.3/25/00
- 365 Harrie, R.3/25/00
- 365 Marrero, S.6/24/00
- 360 Falcon, J.3/25/00
- 350 Scraggs, J.3/25/00
- 345 Donnahoe, B.3/25/00
- 345 Ortiz, R.3/25/00

- 340 Henderson, C.3/25/00
- 335 Brinkley, J.3/25/00
- 330 Quintanilla, D.3/25/00
- 330 Crain, J.3/25/00
- 325 Rodriguez, J.3/25/00
- 325 Day, M.3/25/00
- 320 Longoria, J.3/25/00
- 320 Alexander, R.3/25/00
- 315 Foret, S.3/25/00
- 308 Meganog, K.4/14/00

- 123 SQUAT
- 435 Goins, T.3/25/00
- 410 Picou, J.3/25/00
- 405 Lewis, J.3/25/00
- 390 Rivas, D.3/25/00
- 390 Jones, J.3/25/00
- 385 Palmer, B.3/25/00
- 385 Matthews, C.3/25/00
- 370 Bowling, G.3/25/00
- 370 Garcia, J.3/25/00
- 360 Vasquez, R.3/25/00

- 360 Wadding, D.3/25/00
- 358 Mabb, S.4/14/00
- 358 Ward, A.4/14/00
- 355 Adams, T.3/25/00
- 350 Rodriguez, L.3/25/00
- 352 Fair, T.6/9/00
- 347 Shakur, A.3/25/00
- 347 Gillette, M.4/8/00
- 341 Hall, B.4/14/00
- 341 Mixon, V.4/14/00

- 132 SQUAT
- 540 Maile, J.3/25/00
- 490 Williams, M.3/25/00
- 440 Scott, D.3/25/00
- 430 Lorenz, K.3/25/00
- 424 Ortega, J.4/8/00
- 415 Miller, J.3/25/00
- 413 Panyasee, J.3/25/00
- 410 Gallavan, D.3/25/00
- 402 Rivas, D.4/14/00
- 402 Ross, M.4/14/00

- 400 Bryant, M.3/25/00
- 400 Kalina, J.3/25/00
- 400 Mercer, C.3/25/00
- 396 Caldwell, J.4/14/00
- 396 Kiletico, M.6/9/00
- 391 Smith, L.3/25/00
- 391 Lanev, M.4/14/00
- 390 Goodwyn, D.3/25/00
- 385 Collins, T.3/25/00
- 385 Sansom, J.3/25/00

- 148 SQUAT
- 600 Maile, J.9/15/00
- 530 Bryant, T.3/25/00
- 515 Davis, W.3/25/00
- 501 Ramos, C.4/8/00
- 479 Galina, M.4/8/00
- 475 McNew, S.3/25/00
- 475 Venters, T.3/25/00
- 470 Willis, C.3/25/00
- 465 Buehrer, D.3/25/00
- 465 Kreg, B.3/25/00

- 460 Silas, O.3/25/00
- 446 Munoz, J.4/8/00
- 446 Kibler, D.6/10/00
- 440 Rudolph, B.3/25/00
- 440 Bridgeway, R.3/25/00
- 440 Dew, B.4/8/00
- 435 Baston, M.3/25/00
- 435 Vaughn, S.3/25/00
- 430 Zapala, E.3/25/00
- 429 Krefl, D.3/25/00

- 165 SQUAT
- 560 Suter, J.1/8/00
- 551 Caprari, T.6/10/00
- 540 Bass, L.4/14/00
- 525 Carr, C.3/25/00
- 525 Villareal, C.3/25/00
- 523 Whitfield, T.4/14/00
- 520 Smith, W.3/5/00
- 520 Hadnot, R.3/25/00
- 520 Guerrero, J.3/25/00
- 515 Isom, M.3/25/00

- 515 Green, P.3/25/00
- 505 Smith, T.1/22/00
- 500 Logan, A.1/22/00
- 500 Monk, J.3/25/00
- 496 Roberts, J.4/15/00
- 490 Morgan, E.3/25/00
- 485 Esion, C.4/14/00
- 473 Luckett, M.3/25/00
- 473 Dean, K.3/25/00
- 473 Jackson, L.4/14/00

- 181 SQUAT
- 605 Morrow, M.3/25/00
- 600 Caprari, T.3/18/00
- 600 Millam, J.4/8/00
- 370 McMullen, L.3/25/00
- 360 Suter, J.3/25/00
- 555 White, J.3/25/00
- 550 Alaniz, R.3/25/00
- 545 Rice, W.3/26/00
- 541 Brewer, D.6/10/00
- 540 Johnson, D.3/25/00

- 114 BENCH
- 230 White, D.3/25/00
- 225 Donnahoe, B.3/25/00
- 220 Fair, T.3/25/00
- 205 Ortiz, R.3/25/00
- 200 Bailey, D.4/29/00
- 195 Lloyd, M.3/25/00
- 195 Milnes, R.3/25/00
- 195 Scraggs, J.3/25/00
- 195 Longoria, J.3/25/00
- 195 Alexander, R.3/25/00

- 192 Maile, J.7/13/00
- 190 Montes, C.3/25/00
- 187 Lopez, M.4/14/00
- 187 Beckerich, J.9/16/00
- 185 Brinkley, J.3/25/00
- 185 Rodriguez, J.3/25/00
- 180 Quintanilla, D.3/25/00
- 176 Schommer, J.3/25/00
- 175 Falcon, J.3/25/00
- 175 Kahaneck, J.3/25/00

- 123 BENCH
- 245 Salazar, P.3/25/00
- 245 Snider, C.10/14/00
- 230 Donnahoe, B.6/9/00
- 235 Palmer, B.3/25/00
- 231 Payer, J.8/26/00
- 230 Garcia, J.3/25/00
- 225 Rivas, D.3/25/00
- 225 Caro, C.5/13/00
- 220 Morris, J.3/18/00
- 220 Hoffmann, J.3/18/00

- 220 Goins, T.3/25/00
- 220 Manmano, E.5/13/00
- 215 Lewis, J.3/25/00
- 215 Carajal, E.3/25/00
- 215 Brunsard, D.3/25/00
- 210 Falzner, J.4/1/00
- 210 Jenkins, T.10/14/00
- 210 Giambalvo, J.11/7/00
- 205 Jones, J.3/25/00
- 205 Miller, J.6/10/00

- 132 BENCH
- 292 Maile, J.3/25/00
- 286 Gallavan, D.3/25/00
- 275 Forsham, J.12/9/00
- 265 Jones, T.3/25/00
- 260 Horton, J.10/14/00
- 248 Osgood, D.10/28/00
- 248 Remiticado, G.11/16/00
- 245 Williams, M.3/25/00
- 245 Ortiz, R.3/25/00
- 245 Collins, T.3/25/00

- 245 Phillips, S.3/25/00
- 236 Stacy, J.3/25/00
- 236 Ross, M.4/14/00
- 236 Kiletico, M.6/9/00
- 236 Godawa, T.6/24/00
- 230 Lorenz, K.3/25/00
- 230 Sanchez, A.3/25/00
- 230 Ankor, A.3/25/00
- 230 Giambalvo, J.6/15/00
- 225 Seymour, S.3/19/00

- 148 BENCH
- 325 Martin, M.11/17/00
- 319 Kempf, J.9/12/00
- 310 Cervantes, S.3/25/00
- 308 Gallavan, D.3/25/00
- 308 Maile, J.9/15/00
- 308 Hamlen, L.9/16/00
- 305 Pierce, D.10/15/00
- 305 Tafeld, B.11/4/00
- 303 Nosek, R.5/20/00
- 300 Mangino, L.10/15/00

- 297 Galina, M.4/8/00
- 295 Syc, J.7/15/00
- 290 Bridgewater, B.3/25/00
- 286 Hall, P.4/14/00
- 286 Enloe, M.6/3/00
- 286 Jarrett, M.8/26/00
- 286 Parker, A.11/17/00
- 285 Shively, A.2/5/00
- 285 Ellis, G.2/5/00
- 285 Todorich, F.3/25/00

- 165 BENCH
- 380 Pease, J.6/10/00
- 360 Caprari, T.6/10/00
- 352 Arresegor, E.4/15/00
- 350 Barnes, D.4/1/00
- 347 Kaneshiro, C.7/22/00
- 345 Maddison, J.12/16/00
- 340 Palumbo, A.5/6/00
- 340 Warpeha, F.6/25/00
- 340 Kefl, P.7/1/00
- 335 Vefano, S.3/13/00

- 335 Daviera, J.10/15/00
- 330 Paige, Z.7/29/00
- 325 Alberes, J.1/8/00
- 325 Garza, W.2/20/00
- 325 Guerrero, J.4/8/00
- 325 Kempf, J.7/16/00
- 320 Blubaugh, M.8/5/00
- 320 Glasnot, J.10/15/00
- 320 Beaudry, J.11/18/00
- 319 Delmyer, L.4/29/00

- 181 BENCH
- 620 Young, N.3/5/00
- 605 Solomon, A.11/12/00
- 600 McMillan, R.5/7/00
- 600 Robinson, J.4/15/00
- 380 McDowell, B.7/29/00
- 380 Harris, A.3/17/00
- 375 Jennings, J.7/26/00
- 375 Floyd, D.11/7/00
- 374 Howard, B.12/2/00
- 365 Smith, J.7/22/00

- 114 DEADLIFT
- 415 Falcon, J.3/25/00
- 405 White, D.3/25/00
- 405 Lloyd, M.3/25/00
- 395 Yarbrough, J.3/25/00
- 390 Fair, T.3/25/00
- 385 Donnahoe, B.3/25/00
- 370 Milnes, R.3/25/00
- 365 Quintanilla, D.3/25/00
- 360 Brinkley, J.3/25/00
- 358 Jackson, H.4/14/00

- 355 Henderson, C.3/25/00
- 350 Forest, S.3/5/00
- 350 Orietiquez, J.3/25/00
- 350 Hamric, R.3/25/00
- 350 Day, M.3/25/00
- 350 Montes, G.3/25/00
- 350 Jackson, G.11/25/00
- 345 Longoria, J.3/25/00
- 345 Crain, J.3/25/00
- 340 Ortiz, R.3/25/00

- 123 DEADLIFT
- 425 Rivas, D.3/25/00
- 425 Bowling, G.3/25/00
- 424 Shakur, A.3/25/00
- 415 Vasquez, R.3/25/00
- 410 Adams, T.3/25/00
- 407 Donnahoe, B.6/9/00
- 405 Jones, J.3/25/00
- 405 Cannamo, E.5/13/00
- 402 Hunter, D.4/14/00
- 400 Goins, T.3/25/00

- 400 Parker, P.10/7/00
- 396 Evans, L.3/25/00
- 396 Levenson, T.4/14/00
- 391 Rose, A.4/14/00
- 390 Lewis, J.3/25/00
- 385 Caro, C.5/13/00
- 380 Rodriguez, J.3/25/00
- 375 Hernandez, G.3/25/00
- 375 Arellano, E.3/25/00
- 374 Foret, S.3/25/00

- 132 DEADLIFT
- 501 Maile, J.3/25/00
- 495 Bryant, M.3/25/00
- 480 Ortega, J.3/25/00
- 473 Beasley, M.3/25/00
- 470 Williams, M.3/25/00
- 462 Smith, L.3/25/00
- 455 Sansom, J.3/25/00
- 451 Kiletico, M.6/9/00
- 440 Seymour, S.2/19/00
- 440 Brown, G.3/25/00

- 435 Smiths, M.1/22/00
- 435 Goodwyn, D.3/25/00
- 435 Price, H.4/14/00
- 435 Renn, R.6/9/00
- 430 Sanchez, A.3/25/00
- 429 Lark, F.4/14/00
- 429 Judge, J.4/14/00
- 429 Toro, D.6/9/00
- 425 Scott, O.3/25/00
- 425 Collins, T.3/25/00

- 148 DEADLIFT
- 650 Bryant, T.3/25/00
- 525 Silas, O.3/25/00
- 523 Dew, B.2/4/8/00
- 518 Munoz, J.4/8/00
- 501 Harper, B.4/14/00
- 501 Kibler, D.6/10/00
- 495 Willis, C.3/25/00
- 490 Galina, M.4/8/00
- 490 McLendon, V.4/14/00
- 485 Kibler, K.6/10/00

- 480 Davis, W.3/25/00
- 480 Venters, T.3/25/00
- 475 McNew, S.3/25/00
- 473 Alexander, D.3/12/00
- 473 Saxton, R.4/14/00
- 457 Krefl, D.3/25/00
- 457 Nindorf, K.3/25/00
- 457 Ramos, C.4/8/00
- 455 Griffin, J.1/22/00
- 451 Street, A.3/25/00

- 165 DEADLIFT
- 688 Caprari, T.6/10/00
- 585 Roberts, R.6/10/00
- 562 Guerrero, J.4/8/00
- 562 Redmon, W.12/9/00
- 551 Eison, C.4/14/00
- 551 Kibler, L.4/14/00
- 550 Hadnot, R.3/25/00
- 545 Alcock, S.6/3/00
- 535 Escamilla, B.3/25/00
- 534 Munoz, J.8/5/00

- 529 Ruiz, J.3/12/00
- 529 Brooks, S.3/25/00
- 529 Beck, B.3/25/00
- 525 Monk, J.3/25/00
- 525 Walker, K.3/25/00
- 523 Bass, L.4/14/00
- 523 Jackson, L.4/14/00
- 520 Glasnot, J.10/15/00
- 515 Smith, T.1/22/00
- 515 Suter, J.1/22/00

- 181 DEADLIFT
- 670 Morrow, M.3/25/00
- 655 Caprari, T.2/26/00
- 600 Moore, L.1/22/00
- 578 Suter, J.3/26/00
- 570 White, C.1/22/00
- 562 Rice, W.3/26/00
- 560 Haralson, G.3/00
- 551 Hernandez, J.3/26/00
- 550 Pugh, M.3/25/00
- 550 Bustillos, J.3/25/00

- 114 TOTAL
- 1010 White, D.3/25/00
- 534 Michael, B.7/16/00
- 530 Rickety, D.3/25/00
- 1000 Lloyd, M.3/25/00
- 1000 Fair, T.3/25/00
- 955 Donnahoe, B.3/25/00
- 950 Falcon, J.3/25/00
- 950 Milnes, R.3/25/00
- 920 Bray, J.3/11/00
- 890 Ortiz, R.3/25/00
- 885 Crain, J.3/11/00
- 885 Scraggs, J.3/25/00

- 880 Brinkley, J.3/25/00
- 875 Quintanilla, D.3/25/00
- 875 Marrero, S.6/24/00
- 860 Longoria, J.3/25/00
- 860 Rodriguez, J.3/25/00
- 858 Henderson, C.3/25/00
- 850 Yarbrough, J.3/11/00
- 850 Hamric, R.3/11/00
- 845 Alexander, R.3/25/00
- 835 Rodriguez, R.3/11/00

- 123 TOTAL
- 1120 Goins, T.3/11/00
- 1070 Rivas, D.3/11/00
- 1015 Lewis, J.3/11/00
- 1000 Jones, J.3/25/00
- 990 Picou, J.3/11/00
- 985 Garcia, J.3/11/00
- 980 Palmer, B.3/11/00
- 975 Bowling, G.3/25/00
- 975 Donnahoe, B.6/9/00
- 970 Vasquez, R.3/25/00

- 955 Adams, T.3/11/00
- 950 Matthews, C.3/11/00
- 945 Walding, D.3/11/00
- 940 Salazar, P.3/11/00
- 925 Rodriguez, J.3/11/00
- 925 Shakur, A.3/25/00
- 910 Robinson, T.3/11/00
- 910 Rose, A.4/14/00
- 903 Fair, T.6/9/00
- 900 Hernandez, G.3/25/00

- 132 TOTAL
- 1323 Maile, J.3/25/00
- 1235 Williams, M.3/25/00
- 1140 Ortega, J.3/11/00
- 1125 Scott, O.3/11/00
- 1120 Gallavan, D.3/5/00
- 1105 Collins, T.3/11/00
- 1085 Wallace, K.3/11/00
- 1085 Bryant, M.3/25/00
- 1085 Kiletico, M.6/9/00
- 1058 Beasley, M.3/25/00

- 1058 Smith, L.3/25/00
- 1055 Lorenz, K.3/25/00
- 1052 Panyasee, J.3/25/00
- 1052 Osgood, D.10/28/00
- 1040 Phillips, S.3/11/00
- 1040 Sansom, J.3/25/00
- 1025 Kalina, J.3/25/00
- 1020 Garcia, D.3/11/00
- 1020 Miller, J.3/25/00

- 148 TOTAL
- 1440 Bryant, T.3/25/00
- 1361 Maile, J.9/15/00
- 1265 Davis, W.3/11/00
- 1262 Galina, M.4/8/00
- 1240 Willis, C.3/25/00
- 1223 Munoz, J.4/8/00
- 1218 Ramos, C.4/8/00
- 1215 Willis, Z.3/11/00
- 1215 Silas, O.3/25/00
- 1205 Venters, T.3/11/00

- 1205 McNew, S.3/25/00
- 1195 Bridgewater, B.3/11/00
- 1190 Kibler, D.6/10/00
- 1185 Baston, M.3/25/00
- 1160 Kibler, C.3/11/00
- 1160 Buehrer, D.3/25/00
- 1155 Cervantes, S.3/25/00
- 1151 Dew, B.4/8/00
- 1146 Gallavan, D.3/25/00
- 1135 Krefl, D.3/25/00

- 165 TOTAL
- 1631 Caprari, T.6/10/00
- 1415 Hadnot, R.3/11/00
- 1405 Guerrero, J.4/8/00
- 617 Saldierma, E.6/11/00
- 611 Montgomery, S.4/15/00
- 610 Promise, R.3/25/00
- 605 Goldberg, S.3/11/00
- 600 Whitt, L.1/22/00
- 600 Dunn, S.3/25/00
- 600 Whitworth, J.3/25/00

- 1295 Carr, C.3/25/00
- 1295 DeLeon, A.3/11/00
- 1290 Roberts, J.1/22/00
- 1289 Luckett, M.3/25/00
- 1289 Redmon, W.6/10/00
- 1280 Escamilla, B.3/11/00
- 1275 Walker, K.3/25/00
- 1270 Smith, L.4/14/00
- 1273 Munoz, J.8/5/00
- 1262 Whitfield, T.4/14/00

- 181 TOTAL
- 1610 Caprari, T.3/18/00
- 1605 Morrow, M.3/11/00
- 1475 Capilleto, S.3/11/00
- 1450 Windham, N.3/11/00
- 1432 Rice, W.3/26/00
- 1405 Suter, J.3/26/00
- 1405 Williams, J.4/8/00
- 1400 Alaniz, R.3/25/00
- 1395 Johnson, D.3/11/00
- 1380 McMullen, L.3/25/00

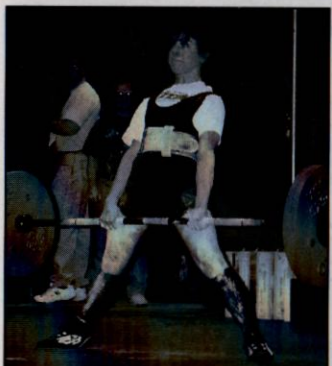
- 535 Womack, Z.7/29/00
- 534 Michael, B.7/16/00
- 530 Rickety, D.3/25/00
- 525 Capilleto, S.3/25/00
- 523 Wright, J.4/29/00
- 518 Sanchez, D.3/12/00
- 518 Cameron, L.4/14/00
- 518 McKay, L.6/17/00
- 515 Trout, A.9/9/00
- 510 Sharkey, M.6/3/00

- 198 SQUAT
- 617 Goldin, M.11/11/00
- 610 Bider, L.5/27/00
- 600 Wagner, S.2/20/00
- 600 Davis, P.3/25/00
- 585 Abrego, M.3/25/00
- 582 Elliott, C.3/18/00
- 580 Munshower, P.3/25/00
- 575 Triantaphilides, J.3/25/00
- 556 Manna, R.8/13/00
- 551 Brown, B.4/15/00

- 551 Ball, A.4/15/00
- 550 Brown, J.1/22/00
- 550 Trietsch, J.

MASTERS TOP 20

These are the TOP 20 Master powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers masters division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or body-weight, and - in the latter case - we don't know which weight class to credit the efforts against.



Cathy Solan, seen above winning her masters category at the 2001 USAPL Women's Nationals, is one of many women masters who have made the TOP 20 list. (photo by Sioux-z Hartwig)

Yes, You Can... order the deluxe Powerlifting USA Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of Powerlifting USA Magazine, and individually signed by PL USA Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011 (CA residents add 7 1/4% sales tax)

- 114 SQUAT**
380 Snell, K.4/100
319 Levere, A.4/15/00
276 Bowers, S.10/17/00
275 Murphy, G.2/12/00
259 Shear, L.3/18/00
248 Solan, C.1/29/00
236 Gedney, J.1/29/00
220 Baker, N.5/20/00
214 Eaton, P.3/18/00
203 Killikaukas, 11/14/00
- 192 Brigham, C.11/18/00**
190 Animoza, D.4/1/00
187 Ewing, P.3/18/00
180 Scudder, A.9/24/00
176 Tighe, T.3/11/00
170 Souza, M.8/12/00
165 Mehmedbasich, 4/30/00
154 Higgins, M.11/14/00
143 Roderer, J.5/20/00
126 Schoonmaker, L.11/4/00
- 123 SQUAT**
462 Snell, K.11/11/00
374 Lamb, B.6/3/00
352 Barleen, D.5/6/00
336 Higgins, F.5/6/00
330 Galant, A.5/6/00
319 Meadows, S.12/9/00
319 Murphy Jr., C.8/12/00
286 Jackson, D.3/18/00
281 McNulty, D.2/25/00
281 Casper, P.4/28/00
- 275 Hicks, C.1/29/00**
275 Loretto, J.2/26/00
275 Fruzyna, B.5/20/00
232 Howard, B.8/26/00
231 Lopez, L.1/29/00
225 Novik, J.6/15/00
209 Whidden, M.1/29/00
185 Abrams, S.2/29/00
170 Catron, D.9/23/00
145 Barnes, C.4/1/00
- 132 SQUAT**
407 Rosen, L.5/6/00
400 Redding, J.4/1/00
380 DelGallo, R.4/1/00
358 Corsello, J.5/6/00
352 Shivalie, H.5/6/00
341 Kennedy, C.6/3/00
341 Stein, E.10/17/00
319 Holzbauer, D.5/6/00
308 Maulding, Q.3/11/00
308 Burgess, L.5/6/00
- 308 Kawasaki, N.11/10/00**
297 Bishop, T.5/6/00
290 Middleton, L.5/20/00
286 Dingle, K.1/29/00
286 Blazie, M.5/6/00
260 Landess, G.7/8/00
248 Rosenblum, M.3/18/00
248 Lonsdale, L.10/26/00
245 Walker, S.9/9/00
240 Norris, M.4/22/00
- 148 SQUAT**
625 Heath, D.6/16/00
530 Payne, P.6/24/00
529 Weinstein, L.5/6/00
518 Cyr, A.5/20/00
513 Brown, T.11/17/00
490 Griffith, S.5/13/00
485 Mason, M.4/1/00
480 Johnson, S.4/1/00
479 Charles, R.5/20/00
- 450 Belt, D.10/28/00**
433 Whitney, D.4/1/00
433 Cruz, R.7/8/00
430 Granato, L.7/29/00
424 Glass, F.5/20/00
420 Love, M.11/4/00
415 Wilder, M.10/14/00
413 Lofing, M.7/16/00
407 Houle, R.8/12/00
402 Pellegrino, J.5/6/00
- 165 SQUAT**
644 Conyers, T.12/2/00
610 Kiser, G.5/13/00
606 Roy, M.5/6/00
600 Fields, D.2/26/00
595 Reichert, G.11/16/00
578 Little, A.3/11/00
575 Wahl, R.11/12/00
567 Tyree, J.3/11/00
560 Rivera, M.7/8/00
551 Wodraska, C.11/10/00
- 545 Cayer, A.5/6/00**
540 Olson, G.11/16/00
530 Snell, S.4/1/00
530 Gill, U.9/24/00
529 Flores, R.5/20/00
515 Jacobs, J.8/12/00
510 McCarthy, S.5/20/00
496 Duran, L.8/00
496 Alduenda, S.5/6/00
485 Welch, 7/8/00
- 181 SQUAT**
805 Kamand, T.11/18/00
650 Wambagans, F.5/20/00
633 Olson, G.6/17/00
620 Woodley, L.12/16/00
606 Wiley, D.6/10/00
601 Piermattei, F.11/18/00
600 Zweig, G.5/20/00
595 Maille, L.10/21/00
580 Smoker, J.5/28/00
578 Scully, B.5/6/00

- 114 BENCH**
235 Snell, K.1/29/00
215 Huneycutt, B.4/28/00
215 Murphy Jr., G.6/10/00
181 Levere, A.4/15/00
159 James, A.4/15/00
143 Baker, N.5/20/00
140 Bertoli, M.8/12/00
137 Krocimal, C.2/20/00
135 Lafferty, B.2/26/00
135 Karas, J.11/11/00
- 126 Gedney, J.1/29/00**
126 Shear, L.3/18/00
126 Bowers, S.10/17/00
121 Mehmedbasich, 1/29/00
121 Brigham, C.4/28/00
121 McNeely, V.11/16/00
120 Peterson, A.2/26/00
115 Ewing, P.3/18/00
115 Solan, C.10/17/00
110 Spaletto, C.5/20/00
- 123 BENCH**
270 Garvey, F.4/30/00
270 Snell, K.11/11/00
253 Barleen, D.5/6/00
236 Higgins, F.5/6/00
226 Gomez-Leon, S.11/18/00
220 Murphy Jr., C.3/18/00
220 Pichay, V.3/18/00
220 Meadows, S.12/9/00
215 Raborn, J.4/20/00
214 Lamb, B.6/3/00
- 190 Muth, L.4/15/00**
170 Galant, A.5/6/00
170 Taubman, H.11/17/00
166 James, A.6/24/00
165 Liberator, J.2/26/00
165 Patterson, C.2/26/00
159 Hicks, C.1/29/00
159 Jackson, D.3/18/00
159 Casper, P.4/28/00
154 Bryant, P.8/5/00
- 132 BENCH**
305 Young, A.3/4/00
292 Corsello, J.5/6/00
292 Coisson, B.6/3/00
265 Wooddell, K.1/29/00
233 Kawasaki, N.11/10/00
220 Maulding, Q.3/11/00
220 Calhoun, B.3/18/00
220 Gomez-Leon, S.3/25/00
220 Holzbauer, D.5/6/00
215 Redding, J.4/1/00
- 214 DelGallo, R.4/1/00**
209 Rosen, L.5/6/00
209 Shivalie, H.5/6/00
209 Burgess, L.5/6/00
209 Kennedy, C.6/3/00
209 Boston, M.10/28/00
205 Tanton, C.5/13/00
187 Napp, G.4/30/00
187 Evans, K.8/26/00
181 Stein, E.1/29/00
- 148 BENCH**
430 Heath, D.6/16/00
370 Yu, J.8/5/00
369 Bridges, A.5/6/00
369 Evangelista, F.8/5/00
363 Whingust, S.5/24/00
352 Lawrence, L.2/4/00
347 Lupis, F.12/2/00
335 Henderson, 7/27/00
320 Larson, G.3/18/00
319 Weinstein, L.5/6/00
- 319 Stewart, S.6/3/00**
315 Nellis, V.2/6/00
315 Coletta, A.2/26/00
315 Ankrom, E.6/15/00
308 Uyeoka, B.8/5/00
308 Zerbe, S.6/10/00
305 Johnson, S.4/1/00
305 Granato, 7/29/00
300 Scribner, J.11/12/00
297 Coletta, C.3/11/00
- 165 BENCH**
481 Miller, L.5/6/00
479 Hara, M.9/16/00
435 Hamby, D.11/11/00
407 Higa, C.6/10/00
405 Craig, S.8/20/00
405 Conyers, T.9/9/00
402 Yu, J.9/16/00
400 Scardina, S.5/6/00
400 Santarone, N.12/16/00
385 Kiser, G.7/22/00
- 369 Herdling, B.2/20/00**
369 Rivera, M.11/10/00
365 Watkins, B.5/13/00
363 Cayer, A.5/6/00
363 Tyree, J.11/17/00
360 Cardon, L.12/9/00
358 Marsheimer, D.11/17/00
352 McAllister, L.2/12/00
352 Roy, M.10/20/00
340 Vidal, A.5/13/00
- 181 BENCH**
468 Beebe, B.9/23/00
460 West, C.4/1/00
450 Egli, R.8/20/00
446 Ingram, R.5/20/00
430 Green, 7/29/00
430 Wood, J.8/12/00
429 Zangl, G.5/6/00
425 Kohler, S.9/2/00
418 Owens, M.3/19/00
418 Klostergaard, J.9/17/00

- 114 DEADLIFT**
465 Snell, K.4/1/00
347 Bowers, S.10/17/00
341 Levere, A.4/15/00
330 Murphy Jr., G.2/12/00
320 Bertoli, M.8/12/00
308 Shear, L.3/18/00
300 Scudder, A.9/24/00
286 Baker, N.5/20/00
286 Solan, C.10/17/00
286 Eaton, P.3/18/00
286 Eaton, P.3/18/00
- 281 Gedney, J.1/29/00**
270 Austin, K.5/17/00
259 Tighe, T.3/11/00
259 Killikaukas, 11/14/00
259 Higgins, L.11/14/00
253 Ewing, P.3/18/00
253 McNeely, V.11/16/00
250 Meical, P.3/25/00
242 Souza, M.8/12/00
236 Schoonmaker, L.11/4/00
- 123 DEADLIFT**
479 Snell, K.11/11/00
440 Meadows, S.5/13/00
429 Barleen, D.5/6/00
413 Lamb, B.6/3/00
395 Muth, L.4/15/00
380 Liberator, J.2/26/00
374 Higgins, F.5/6/00
374 Galant, A.5/6/00
347 Jackson, D.3/18/00
341 Bryant, P.8/5/00
- 337 Patterson, C.11/17/00**
336 Murphy Jr., C.8/12/00
325 Hayes, S.2/26/00
314 Hicks, C.1/29/00
314 McNulty, D.2/25/00
308 Lopez, L.1/29/00
308 Casper, P.4/28/00
300 Rogers, D.7/22/00
270 Whidden, M.1/29/00
259 Howard, B.8/26/00
- 132 DEADLIFT**
440 Rosen, L.5/6/00
425 Redding, J.4/1/00
424 Shivalie, H.5/6/00
418 Stein, E.10/17/00
407 Barleen, D.4/28/00
407 Walker, J.6/24/00
405 Kawasaki, N.11/10/00
402 Corsello, J.5/6/00
391 DelGallo, R.5/6/00
391 Holzbauer, D.5/6/00
- 385 Kawasaki, N.11/10/00**
374 Bishop, T.5/6/00
370 Landess, G.7/8/00
363 Burgess, L.5/6/00
352 Boston, M.10/28/00
336 Blazie, M.5/6/00
325 Calhoun, B.3/18/00
315 Norris, M.4/22/00
310 Walker, S.9/9/00
308 Dingle, K.1/29/00
- 148 DEADLIFT**
550 Johnson, S.4/1/00
550 Belt, D.10/28/00
545 Weinstein, L.5/6/00
530 Whitney, D.4/1/00
515 Payne, P.6/24/00
510 Heath, D.6/16/00
507 Bridges, A.5/6/00
500 Corsi, D.11/5/00
496 Uyeoka, B.11/17/00
490 Houle, R.8/12/00
- 480 Brown, 2/19/00**
480 Love, B.11/4/00
479 Cortes, R.5/6/00
475 Ankrom, E.6/15/00
473 Evangelista, F.8/5/00
468 Cyr, A.5/20/00
462 Charles, R.5/20/00
460 Granato, 11/17/00
457 Miller, T.8/12/00
451 Shivalie, H.2/19/00
- 165 DEADLIFT**
683 Conyers, T.12/2/00
670 Kiser, G.5/13/00
611 Cayer, A.5/6/00
606 Reichert, G.5/20/00
605 Cirigliano, R.8/5/00
600 Tyree, J.3/11/00
600 Wahl, R.11/12/00
567 Nickle, J.5/20/00
560 Snell, K.4/1/00
556 Roy, M.10/20/00
- 551 Olson, G.2/12/00**
551 Guthrie, G.5/6/00
550 Fields, D.2/26/00
545 Pittman, D.2/26/00
545 Whitten, M.5/7/00
545 Felton, D.6/25/00
540 Theodorou, N.4/29/00
540 Davis, K.7/22/00
540 Buddie, K.8/12/00
535 Rivera, M.7/8/00
- 181 DEADLIFT**
1925 Kamand, T.11/18/00
1620 Woodley, L.12/16/00
1592 Maille, L.10/21/00
1570 Zweig, G.5/20/00
1565 Wiley, D.6/10/00
1559 Scully, B.5/6/00
1532 Piermattei, F.11/18/00
1521 Wambagans, F.5/20/00
1510 Beck, G.2/27/00
1477 Petersen, D.5/20/00

- 114 TOTAL**
1075 Snell, K.4/1/00
832 Levere, A.4/15/00
795 Murphy Jr., G.6/10/00
760 Bowers, S.10/17/00
740 Shear, L.3/18/00
655 Gedney, J.1/29/00
650 Baker, N.5/20/00
650 Solan, C.10/17/00
595 Eaton, P.3/18/00
585 Scudder, A.9/24/00
- 575 Bertoli, M.8/12/00**
562 Killikaukas, 11/14/00
556 Ewing, P.3/18/00
534 Tighe, T.3/11/00
518 Brigham, C.4/28/00
518 Aliminoza, D.10/17/00
518 Higgins, L.11/14/00
507 Mehmedbasich, 4/30/00
501 Souza, M.8/12/00
468 Roderer, J.5/20/00
- 123 TOTAL**
1212 Snell, K.11/11/00
1036 Barleen, D.5/6/00
1010 Lamb, B.6/3/00
975 Meadows, S.5/13/00
914 Lawrence, D.9/23/00
910 Bower, B.11/18/00
906 Rhodes, D.2/19/00
866 Traub, L.5/7/00
866 Murphy Jr., C.8/12/00
820 Liberator, J.2/26/00
793 Jackson, D.3/18/00
749 Hicks, C.1/29/00
- 749 Casper, P.4/28/00**
705 McNulty, D.2/25/00
650 Lopez, L.1/29/00
622 Howard, B.8/26/00
611 Whidden, M.1/29/00
610 Novik, J.6/15/00
600 Fruzyna, B.5/20/00
540 Abrams, S.2/29/00
505 Catron, D.9/23/00
445 Rogers, D.7/22/00
- 132 TOTAL**
1058 Rosen, L.5/6/00
1052 Corsello, J.5/6/00
1015 Redding, J.4/1/00
973 DelGallo, R.4/1/00
970 Shivalie, H.5/6/00
947 Kawasaki, N.11/10/00
942 Stein, E.10/17/00
930 Holzbauer, D.5/6/00
881 Beeckley, R.4/2/00
843 Bishop, T.5/6/00
- 837 Maulding, Q.3/11/00**
837 Kennedy, C.6/3/00
790 Landess, G.7/8/00
782 Calhoun, B.3/18/00
782 Boston, M.10/28/00
760 Blazie, M.5/6/00
755 Tanton, C.5/13/00
715 Norris, M.4/22/00
705 Barleen, D.4/28/00
705 Middleton, L.5/20/00
- 148 TOTAL**
1565 Heath, D.6/16/00
1394 Weinstein, L.5/6/00
1366 Bridges, A.5/6/00
1335 Johnson, S.4/1/00
1325 Payne, P.6/24/00
1280 Belt, D.10/28/00
1267 Cyr, A.5/20/00
1250 Brown, 2/19/00
1201 Daniel, M.11/4/00
1201 Mason, M.4/1/00
- 1180 Granato, 11/17/00**
1179 Charles, R.5/20/00
1173 Uyeoka, B.8/12/00
1162 Houle, R.8/12/00
1160 Cruz, R.7/8/00
1160 Meedins, J.12/2/00
1135 Griffith, P.5/13/00
1113 Cortes, R.5/6/00
1107 Lofing, M.7/16/00
1102 Corsi, D.6/3/00
- 165 TOTAL**
1730 Conyers, T.12/2/00
1655 Kiser, G.5/13/00
1521 Cayer, A.5/6/00
1510 Roy, M.10/20/00
1504 Tyree, J.3/11/00
1482 Reichert, G.5/20/00
1475 Fields, D.2/26/00
1455 Rivera, M.7/8/00
1455 Wahl, R.11/12/00
1438 Little, A.3/11/00
- 1427 Olson, G.11/16/00**
1410 Snell, S.4/1/00
1365 Jacoby, J.8/12/00
1350 Guthrie, G.5/6/00
1350 Gill, U.9/24/00
1340 McCarthy, D.5/20/00
1340 Welch, 11/18/00
1328 Alduenda, S.5/6/00
1322 Nickle, J.5/20/00
1322 Flores, R.11/10/00
- 181 TOTAL**
1925 Kamand, T.11/18/00
1620 Woodley, L.12/16/00
1592 Maille, L.10/21/00
1570 Zweig, G.5/20/00
1565 Wiley, D.6/10/00
1559 Scully, B.5/6/00
1532 Piermattei, F.11/18/00
1521 Wambagans, F.5/20/00
1510 Beck, G.2/27/00
1477 Petersen, D.5/20/00

- 578 Peterson, D.5/20/00**
567 Graham, D.11/11/00
560 Beck, G.2/27/00
551 Santos, R.12/2/00
550 Harrison, M.1/15/00
545 Varrone, L.5/20/00
540 White, R.4/1/00
540 Johnson, S.4/2/00
540 Lynch, R.4/29/00
540 Egli, R.5/20/00
- 198 SQUAT**
665 Anderson, R.3/26/00
660 Kanemoto, K.8/12/00
655 Corsillo, L.11/18/00
650 Maslow, L.5/21/00
650 Sylvia, J.6/17/00
640 Newman, D.8/20/00
639 Richardson, K.3/11/00
639 Benford, G.5/21/00
639 Atkins, J.5/21/00
635 McDowell, J.6/17/00
- 628 Taghivand, B.11/11/00**
622 Ferstler, G.5/7/00
617 Lohman, M.5/7/00
611 Buljat, T.5/21/00
610 Lawrence, D.9/23/00
610 Bower, B.11/18/00
606 Rhodes, D.2/19/00
606 Traub, L.5/7/00
606 Johnson, S.4/2/00
606 Solan, D.11/12/00
- 220 SQUAT**
720 Burlingame, D.10/29/00
720 Avigliano, L.12/3/00
705 Henderson, A.5/21/00
705 Black, L.5/21/00
699 Garcia, C.8/5/00
688 Roberts, S.10/21/00
666 Magoon, D.4/1/00
661 Designore, M.4/16/00
661 Mistric, L.12/3/00
660 Conkin, T.1/22/00
- 660 Ferro, B.10/29/00**
644 Hasler, L.3/11/00
644 Pessell, G.11/6/00
639 Ruiz, L.5/21/00
615 Montembault, D.9/24/00
611 Musto, M.3/19/00
606 Durso, J.3/19/00
605 Funaro, A.2/27/00
600 Beckley, R.4/2/00
600 Sample, L.4/8/00
- 242 SQUAT**
804 Francis, M.11/11/00
766 Bruner, T.12/3/00
740 Black, J.6/18/00
694 Garcia, C.8/5/00
690 Johnson, S.4/1/00
685 Ruquet, E.11/18/00
683 Henderson, A.11/16/00
675 Hendrix, R.4/15/00
661 Walker, S.4/28/00
655 Hudyma, B.4/29/00
- 650 Davidson, D.3/18/00**
650 Pace, L.5/20/00
650 Deverville, J.12/2/00
645 Moore, D.11/19/00
639 Cain, S.5/7/00
634 Barclay, B.5/21/00
639 Hill, B.6/4/00
639 Simonovich, J.8/12/00
633 McDonald, B.4/1/00
630 Farney, M.3/18/00
- 275 SQUAT**
950 Bailey, D.6/18/00
950 Nichols, B.5/21/00
850 Burton, D.11/19/00
843 Florio, J.11/16/00
805 Dimiduk, M.9/3/00
800 Bentley, T.5/21/00
771 Meek, B.11/16/00
738 Wilson, B.8/13/00
727 Fritzel, M.4/30/00
720 Lewis, C.8/6/00
- 710 Israelson, M.11/16/00**
705 Messinger, J.3/25/00
699 Surell, E.6/3/00
699 Herrier, T.11/11/00
688 Hammes, W.2/19/00
688 Tarrus, W.2/27/00
683 King, J.3/11/00
677 Weeks, T.5/7/00
672 Pektol, S.4/9/00
670 Deutsch, L.11/19/00
- SHW SQUAT**
950 Hunt, J.R.11/19/00
900 Magee, J.7/8/00
850 Branham, M.2/26/00
815 Ford, J.2/12/00
805 Salvede, R.6/18/00
804 Lewis, C.12/9/00
793 Lee, B.8/27/00
766 Jacobson, B.4/1/00
755 Wheeler, 11/19/00
727 Brink, G.11/6/00
- 725 Graham, R.5/21/00**
720 Meek, B.12/3/00
716 Daggendorf, M.5/21/00
705 Patrow, D.2/19/00
705 Brodeur, P.5/21/00
705 Pledger, J.11/6/00
688 Nyholm, K.8/13/00
683 Gresham, B.12/3/00
672 Mersberg, J.12/2/00
670 Cappaica, R.8/13/00

- 418 McAllister, L.11/18/00**
415 Abstadt, G.3/18/00
415 Kamand, T.11/18/00
413 Maille, L.10/21/00
410 Allen, L.3/11/00
402 Tjan, J.3/18/00
400 Jones, L.11/17/00
400 LeSage, D.5/6/00
395 Dowling, M.11/18/00
391 Scully, B.5/6/00
- 198 BENCH**
534 Herring, G.11/18/00
485 Newman, D.8/20/00
485 Pigge, D.11/18/00
485 Beebe, B.11/18/00
465 Kanemoto, K.2/12/00
465 Clayman, G.5/13/00
455 Palmer, C.7/29/00
451 O'Dwyer, R.4/30/00
450 Clark, Z.12/9/00
446 Shalchiero, F.2/20/00
- 446 Miller, M.5/20/00**
445 Cichelli, L.12/16/00
440 Lichtenberger, M.4/29/00
435 Edwards, J.5/20/00
430 Watson, D.7/22/00
429 Jekov, E.12/9/00
424 Ginge, R.6/25/00
420 Mattson, K.5/12/00
420 Wood, J.7/22/00
418 Fidler, J.6/4/00
- 220 BENCH**
585 Yearby, A.8/26/00
575 Dooley, B.3/26/00
523 Terman, S.2/12/00
507 Miller, N.6/4/00
501 Harrison, R.8/13/00
500 Pochiba, B.2/5/00
490 Foster, G.6/10/00
490 Bell, G.9/17/00
485 Barber, G.3/18/00
480 Ehrhardt, R.7/8/00
- 480 McMillan, 7/26/00**
475 Schoenebeck, N.10/14/00
470 Funaro, A.8/13/00
465 Braz, S.11/11/00
462 Lipscomb, L.2/5/00
462 Smith III, D.3/19/00
457 McKenzie, M.6/25/00
455 Morris, S.10/14/00
450 Blacketer, T.3/25/00
450 Sowder, T.4/22/00
- 242 BENCH**
540 Lee, D.2/26/00
540 Thompson, A.11/19/00
535 Harvie, D.9/23/00
523 Maher, 5/6/00
507 Cooper, W.12/3/00
500 Beler, G.8/20/00
500 Chrun, G.9/2/00
500 Blacketer, T.10/8/00
500 Walker, S.4/28/00
486 Rodriguez, J.6/25/00
- 485 Miller, N.8/13/00**
485 Gell, P.11/11/00
650 Gomes, 3/12/00
480 Downers, 6/18/00
479 Conley, J.3/26/00
479 Mulder, D.11/19/00
475 Gnat, P.2/26/00
475 Wilson, D.3/25/00
475 McDonald, B.4/1/00
475 Covert, J.6/10/00
- 275 DEADLIFT**
771 Nichols, B.5/21/00
725 Gisoni, P.2/6/00
722 Hodges, J.2/27/00
710 Dimiduk, M.4/2/00
705 Meek, B.4/15/00
700 Bentley, T.3/26/00
699 Weeks, T.5/7/00
688 Pektol, S.4/9/00
683 Capper, 12/17/00
680 Lewis, C.8/6/00
- 672 Morgan, 10/14/00**
670 McGeorge, B.7/1/00
661 Kraft, D.3/19/00
661 Brooks, T.11/19/00
660 Rgnotti, D.10/28/00
655 Phillips, B.15/00
655 Hammes, W.2/1

**FIRE
IN YOUR
EYES...**



Ripped Force®

THE PROFILE

WHAT

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

WHY

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

- FLAVORS**
- Fruit Punch
 - 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

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

WHY

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

- FLAVORS**
- Fruit Punch
 - Grape

AVAILABLE AT LEGITIMATE GYMS AND HEALTH FOOD STORES SUCH AS: **GNC LiveWell** **24 FITNESS**

A FORCE IN THE GYM™

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Walker's Gym Bench Press Classic
14 OCT 00 - Hopewell, VA

Table with columns for gender (WOMEN, MEN), weight class (Open, 131+, etc.), athlete name, and bench press results in lbs and kg.

Table with columns for gender (WOMEN, MEN), weight class (Open, 105, 114, etc.), athlete name, and bench press results in lbs and kg.

Table with columns for gender (WOMEN, MEN), weight class (Open, T2, 165, etc.), athlete name, and bench press results in lbs and kg.

Table with columns for gender (WOMEN, MEN), weight class (Open, 80, 85, etc.), athlete name, and bench press results in lbs and kg.

Table with columns for gender (WOMEN, MEN), weight class (Open, M2, 165, etc.), athlete name, and bench press results in lbs and kg.

4th Annual Judgement Day BP
15 OCT 00 - Scranton, PA

Table with columns for gender (BENCH, TEEN, JUNIOR, etc.), weight class, athlete name, and bench press results in lbs and kg.

USAPL Michigan State
04 NOV 00 - Lansing, MI

Table with columns for gender (BENCH, JUNIOR, etc.), weight class (Open, M1, etc.), athlete name, and bench press results in lbs and kg.

USAPL Maryland State BP/DL
04 NOV 00 - Ocean City, MD

Table with columns for gender (BENCH, JUNIOR, etc.), weight class (Open, M1, etc.), athlete name, and bench press results in lbs and kg.

BOOKS...VIDEOS...BOOKS...VIDEOS...BOOKS...VIDEOS...BOOKS

CRAIN'S MUSCLE WORLD, LIMITED COLLECTION

if we don't have it and we can't get it then you don't need it!

Advertisement for Crain's Muscle World, Limited featuring various fitness books and videos. Includes categories like 'BODYBUILDING AND FITNESS', 'ANABOLIC TRAINING', 'SPECIALTY VIDEOS', and 'POWERLIFTER VIDEOS'. Each item is accompanied by a small image and price. Special offers like 'Buy 4 Get 1 FREE' and 'CALL TOLL FREE 1-800-272-0051' are prominently displayed.

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

Advertisement for Crain's Muscle World, Limited featuring hydraulic benches. The central headline reads 'HYDRAULICS' and 'AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED'. It includes images of hydraulic and non-hydraulic benches, pricing for 'CRAIN'S MUSCLE WORLD, LIMITED HYDRAULICS' and 'CRAIN'S MUSCLE WORLD, LIMITED HYDRAULICS'. Text describes the safety and benefits of hydraulic benches. Includes contact information for Crain's Muscle World, Ltd.

For All You Hard-To-Please, Take-It-To-The-Limit Types, We Have Good News:

Your Drink's Ready.

The innovative, bio-engineered formula for **Thermo Speed™** has set new boundaries in thermogenic drink technology.

This advanced formula is the ultimate, no-holds-barred, pre-workout energizer. It jolts your metabolism with the researched fat-burning stack of 340 mg of Ma Huang (8% standardized, equals 27 mg of Ephedra), 200 mg of Caffeine and 200 mg of White Willow Bark for intensely focused, super-charged workouts! There's also 100 mg of L-Carnitine and 40 mg of Niacin.

In our pursuit to develop new formulas, we introduced Quercetin to this highly potent drink. Quercetin "evens out" this powerful blend of ingredients so you



won't suffer from the jitters or feel any post workout "crash." There are **no** calories, **no** carbs, **no** sugar, **no** aspartame and **no** FTC food coloring in **Thermo Speed™**.

The truth is, *no other drink even comes close.*

Available in Fruit Punch, Grape, Orange and our new flavor—Lemon-Lime. So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Thermo Speed™—
Anything Else is Ancient History.™



WORLDWIDE
Bio-Engineered Beverages™

**No Added Sugar. No Aspartame.
No FTC Food Colors.**

Available at select **GNC LiveWell** gyms and healthfood stores nationwide.

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

Coming Events

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

2,3 MAR NASA Natural Nationals (PL, BP, PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 MAR (new date & phone # correction), AAU BP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.net

3 MAR, Arnold Classic World Record Bench Press Competition, Classic Productions Inc., 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600

3 MAR, East Coast Push/Pull Meet (Woodstock, GA - BP and/or DL, women, jr., teen, open) Stack's Gym, 2375 Hwy 92, Acworth, GA 30102, 770-974-5986

3 MAR, Walker's Gym Bench Press Classic (raw & open - teen, men, women, masters,

police, military, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

3 MAR, 4th Dave Swinarski BP, John Flynn, 59 Lake St., W. Peabody, MA 01960, 978-535-1533

3 MAR, 10th North Penn YMCA Larry Frederick Jr. Memorial Bench Press Challenge (Lansdale, PA) Steven Unrath, 215-368-1601 ext 230

3,4 MAR, WABDL Pepsi Northwest Regional BP & DL (Doubletree Inn, Springfield (Eugene), OR - world championship qualifier - drug tested) Gus Rethulsch, 541-389-0600, FAX 541-388-1122

4 MAR, USAPL Military Nationals PL/BP (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com

4 MAR, Northern Illinois Open Drug Testing Championships PL & BP & DL, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 60132, 815-233-2292

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

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

10 MAR, APF Michigan Sr. State (men, women - open, teen, jr., submaster, master, novice) Jim Hinze, 33949 Curcio Ct., Sterling Hts., MI 48310, 810-381-6499, jimh@teamubs.com

10 MAR, APA Colorado Open BP, DL, Push Pull (Aurora, CO) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

10 MAR, CPA Championships, Martin Theriault, 215 Moge, Sorsl, Quebec J3P 6X1, Canada, 450-742-9792

10 MAR, 7th Snake River BP & DL, Meet Directors Mike & Linda Higgins @ YMCA 208-523-0600 5-7 MWF, 155 N. Corner Ave., Idaho Falls, ID 83402, apf_id_mhiggins@yahoo.com

10 MAR, Chief PL Invitational, Santaluces High School, 6880 Lawrence Rd., Lantana, FL 33462, Dwayne Kouf, 561-642-6200 ext 6457

10 MAR, 1st annual Hopewell BP (1 Feb 01 deadline - no entry fee - guest speaker) Steve Warren, 4620 Grey Oak Tr., Gainesville, GA 30507, 770-535-0193

10 MAR, NASA Missouri State HS (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

10 MAR, WNPFF Dayton Open BP/DL & Ironman (Dayton, OH) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

10 MAR, All Church Powerlifting Champi-

onships (open to all church members and church sponsored teams) Pastor Tony Karlik, Bethany LBC, 233 Westcott Blvd., Staten Island, NY 10314.

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

10,11 MAR, USAPL California State, Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464

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

11 MAR, Illinois High School (men & women, varsity & frosh-soph) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

11 MAR, USAPL Washington County Open (Ft. Calhoun, NE - PL, BP, DL) Tim Anderson, 402-426-0665, www.NebraskaPowerlifting.com

11 MAR, SLP Pecatonica Fitness BP/DL Classic (Pecatonica, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

17 MAR, APA Volunteer State BP, DL, Push Pull (Chattanooga, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

17 MAR, APF Nebraska & Midwest Open (Big Iron PL Meet) Omaha Armory Garrison, 6929 Mercy Rd., Omaha, NE, Rick Hussey, 402-392-2446

17 MAR, Maximum Press BP, Bluefield, WV, Don Robbins Jr., 304-327-5072, drobbinsjr@citilink.net

17 MAR, NASS Metroplex Strongman Challenge (open, teen, masters, men & women - Euleess, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillh@swbell.net

17 MAR, USAPL Michigan's Elite Qualifier (limited to Michigan's Elite strength athletes - national qualifier) Mike Lawrence, 248-813-9866

17 MAR, Drug Free World Record Breakers BP Challenge, WABDL OK St. BP/DL (world championship qualifier - drug tested), 2 Man DL Challenge, Eastern OK Bodybuilding (cash prizes - all div. - Muskogee, OK) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059

17 MAR, 2nd Ron's Gym BP Contest, Ron's Gym, 5131 E. Calla Rd., New Middletown, OH 44442, 330-542-2355

17 MAR, 7th Mon Valley Fitness Center Bench Press Classic BP/DL & BP for reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, mvfc@dp.net

17 MAR, SLP Heath Clifton Memorial BP/DL Classic (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

17 MAR, USAPL Illinois State / Great Rivers Open PL/BP (open, masters, teenage, collegiate, police & fire, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

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

17 MAR, WNPFF Alabama State, Pedro Hollingsworth, 3500 McFarland Blvd.,

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X-Treme Fitness Fall BP/DL
04 NOV 00 - Union, MO

Table listing lifters and their weights in various categories: BENCH PRESS, open women, master women 40-44, etc.



Best Lifter Nick Young PRs 450 at 181 for 1st place in the Junior Men's Category at the X-treme Fitness Fall Bench/Deadlift Championships. (Latch)

Jones took the master women's 40-44 class with a great 160 pr, weighing in at 148. Second place went to Andrea Apple, who actually got two new personal records, 110 on her third attempt and a 115 fourth. In the master women's 45-49 class it was Debbie Withington the winner over Ida Undine 140 to 120. Both women missed their final attempts, though Debbie's second attempt was a personal best for her. Jack Tankersley was the winner of the teenage class, finishing with a personal record 240 at a bodyweight of 150. Lifting in his first competition, Chris Holloway finished second with 290, following that with a personal best 295. Jason Brown, who is a great natural deadlifter, was third with 180, another personal record. Nick Young took the junior class with what was to be his best overall lift of the meet. Weighing in at just 181,

a win at 165. At 181 it was Quentan Rogers with 335 for the win. Lonnie Keathley was second with 260, coming close with a 265 pr fourth attempt, while Ed Benton finished third with 230. Warren Holloway took the 198 class uncontested, getting just his opener of 280. This was Warren's first competition. At 220 it was Matt Schaffer, also in his first competition, finishing with the win and a personal best 375. Jeff Withington was second with 370, getting only his opener. Third place at 220 went to Keith Waddle, who got a personal best of 235. Greg Chun, who took the master men's 45-49 class, also took the open 242's with his strong 485. Second place went to Kevin Hahn, who continues to chase 500. Kevin finished with just his opener of 450, after two misses at 490. Jim Schrader, who also got only his opener, was third with 310. Michael Porter took the 275's with 400, after missing that weight on his second attempt. Justin Ross was second on the strength of his opener of 275. Dr. Steven Wilcoxen was third, making all three of his attempts to finish with a personal best 230. Big Ron Serra got all three of his lifts in, as he won the title at 308 with 475. Carl Lynch took the shw class with an easy 235, just missing a pr 245 twice. In the deadlift competition Emily Bradley took her second title of the day with another personal mark on the day. Emily's 225 @ 119 placed her ahead of Miranda Scott, who finished with 285, before taking and getting a personal best 305 fourth attempt. Lone master women's competitor Debbie Withington settled with just her opener of 270 after missing a pr 290 twice to take that class. Michael Porter won at master 40-49 with an easy 450 while Barry Falconer pulled that same weight for the win at master 50-59. Stacy Killingsworth took the open 198 class with 465. At 220 it was Matt Schaffer with a personal best 550 for the win. Weighing in at 215, this gave Matt the best lifter award for the competition. Second place at 220 went to Russell Kempen, who got all four of his attempts to finish with a personal record 505. Jim Schrader won at 242 with a strong 520 pull. Thanks again to all who helped with the competition. See you all next year. (Thanks to Dr. Darrell Latch for providing the results of this contest to PL USA).

2000 AAU State BP IV & Regionals
07 NOV 00 - Henderson, NC

Table listing lifters and their weights in various categories: BENCH, Teen, 150, 165, etc.



AAU Southeastern Regional Team Champs: "House of Payne" based in Winston-Salem, NC - front row, left to right, Mike "Young Lion" Lovelace, Walter "Truck" Ferguson, Lyle "Hitman" Hogan; back row, left to right, Kent "Man-Child" Wall, Dan "Goldberg" Allen, Keith "Take It To The House" Payne. (photograph by courtesy of Ben Zak)

which continues a three year tradition... watch out next year, because we will shoot hard for 100+ lifters!!! I want to thank Southern Vance and their athletic director of E. Wilson and Davis Aysuce for once again letting us host our meet at their wonderful school. I want to thank our judges Ed Brooks, Lewis Broadie, William Hawkins III (all three are current American record holders), Mario Torrez, Ricky Young, and a guest appearance by one of my favorite judges Steve Lundy. I want to thank Dave Young, Victor Armstrong, Paul Richardson and Alvin McKnight for spotting. Thanks to the head table manned by Janice Young and Jennifer Zak. Well on to the meet. We had sixty lifters, fifty of them choosing to compete RAW. In the interest of space I will mention the top three overall lifters in each weight class and as always I subtract fifteen pounds for assisted lifters when determining their overall positions. Please remember the REAL winners are the lifters that hit their personal goals and had fun!!! Relatively new lifter, Charles Biggs, was the only lifter at 132, but his (35-39) 150 state record made him the first regional champ of the day. The 148 class was probably the closest class of the day, as the top three lifters were separated by fifteen pounds going into final attempts. A very light Melvin Perry would bench 270, but since he was assisted it worked out to 255. It would have been enough for first place and a state record if he had weighed two pounds less and been a 132. 1999 runner up Ben Zak would bench 265 to move into the lead, but first time lifter Philip Burris would answer with a 270 to become the 148 regional champion. Larry Bonds would win the 165 class with his opener, but still worked his way up to a 290 to extend his win. Master lifter Albert Crenshaw, 255 would move him up a spot from last year to finish in second. Johnathon Ross would also move up one spot to finish in third this year, and if he had locked out his final attempt he could have moved into second. Teen lifter, David Floyd, finished third overall in 1999 at 198, but this year we came in as a very trim 181 and it paid off. David would bench a teen state, teen regional, and teen American record 375 to become regional champ. Finishing in second for the second straight year was meet director Ricky Young, and in third was Ernest Jones from host Southern Vance High School. With eleven lifters the 198 class was the biggest of the day. Tommy Holand would bench 400 to become the first lifter of the day to win back to back regional titles... way to go Tommy!!! Victor Armstrong would bench a (35-39) 365 state record which would move him into second... a nice jump from fourth last year. Jim Hansen would bench a (40-44) 330 state record, which would bump him way up from his 7th place finish last year. It was great to see the return of Brad Gabbert whose (45-49) 325 was a state record, and he was only five pounds from finishing in the top three. We had a great fight at 220, but experience showed as Dave Young's 375 was a regional record, and a solid improvement from his fourth place finish last year. David Burns would bench 360 to finish in second on bodyweight over submaster Donnell Lawrence. Credit has to be given to Joseph Richardson who was only

ten pounds out from finishing in third place. In the 242 class, Robert Proctor had to compete against two American record holders, but his 470 would earn him his first regional title. 1998 regional champ Rufus Terry elected to lift RAW, and his 450 bench was enough for a state and American master record. Finishing in third was the amazingly strong Ken Wall who benched a teen American record 415. The last time I saw Ken was two years ago and he was thirty pounds heavier. Ken Sneed had verified missed weight at 220, which is unfortunate because his 410 bench would leave him in fourth, but it would have won the 220 class. In the 275 class, Shawn Reid had no trouble dominating the class with a RAW 530 bench. Finishing in second was Bruce Weaver with 430, and in third was Gary Stevens. Normally the 319 class is a small one, but on this day we had seven strong lifters. Pulling out of the pack to win was Buddy Simpson who would bench 460. Cary Middleton would bench 475, but since he was assisted he's lost fifteen pounds which would tie him with Bobby, and as the heavier lifter he'd finish in second. In third was Gerald Briggs with a big 450. Every time Gerald comes to a meet everyone asks whose weight class he's in, because he's so muscular it looks like he could bench 600 pounds. Rounding out this great class, David Saunders benched 345 to set a (20-23) state record, and long time veteran Walter Ferguson benched 365 to break (40-44) state record. Dan Allen was defending 319 champion, moving up to SHW seemed no problem as his 425 was a regional record, and would make him the second lifter of the day to win back to back titles. Finishing in second with 405 was Mike Ange, and rounding out the class was Keith Payne, who benched a 385 (40-44) state record, and would have moved into second if he locked out his weighed in at 103 and benched a state and (40-44) American record of 140. Karyn would win the best lifter light award making her the third and final lifter to win back to back regional titles, light weight champ for the second straight year. Winning the 148 class with a 125 bench, and finishing second pound per pound in the light weight divisions would be Jennifer Zak. We had a great close for the heavyweight regional title. At SHW Becky Olson would bench 185 for a state and American (35-39) record and become the heavy weight regional champ. At 181, Vanessa Cherry would set a (35-39) 165 state record and finishing second overall in the heavyweight regional. Vanessa lost by about a pound for the best lifter award, which is a reminder of why it's so important to weigh in with as little as possible... because in a meet as big as this EVERY POUND COUNTS!!! As always the team division is where the excitement starts. Winning the open bench championship was David Young's NC Bench Warriors. Winning the mixed bench title was Coastal Carolina Power-lifters headed by Ricky Young and Ben Zak. Winning the regional's in their first team appearance was Walter Ferguson's House of Pain, and winning the teen state title was the host team Southern Vance High School coached by Mr. Wilson, and able assisted by the one and only Rufus Terry. I want to thank all the lifters that took the time to compete with us and for the record my new phone number is 1-252-441-4930!!! (Thanks to Ben Zak for providing the results of this competition).

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Best Lifters at the Son Light Power Arkansas State BP/DL meet were (l-r) D.D. Nichols (BP) and Todd Dearing in Deadlift. (Darrell Latch)

Arkansas State Bench Press/Deadlift 14 OCT 00 - Rector, AR

Table listing Arkansas State Bench Press/Deadlift results for Women (18-19, 220, 240) and Men (18-19, 220) across various categories like Teenage, Master, Junior, and Submaster, listing names, weights, and lifts.

which would have been a new pr for him. Parrish had some problems with the bench, getting just his opener, after missing 285 twice. Chris Sorrentino won uncontested at 181 to finish with 310 Chris missed a personal best 325 twice, but it will be good for 350 once he gets used to his shirt! Glenn Pitts got 380 in his win at 198, but missed a pr 400

twice. Next time, Glenn! Second at 198 was Mike Meeker, who finished with a personal best 365. Matt Whitworth also finished with 380, taking the 220's. Matt also came close with a pr 400 for his last two attempts. Ricky Coggins was second at 220, getting just his opener of 335. Ricky then jumped to 365 where failed to lockout on his last two attempts. Larry Young took the 242's with another 380, missing a pr 405 third attempt. Brian Coffell was second with 375, also missing his third attempt with a pr 400 for the win. Up next was the great D. D. Nichols, who was having some problems with his shoulder, so really didn't push it too much. Didn't push it! D. D. got an easy 600, letting up on a 650 pr when his shoulder began to bother him. Once D. D. gets healthy again, and gets back on a good training schedule, and gets a good shirt, he will be the next legitimate 700 + bencher. D. D. took the 275's and best lifter award for the competition. Second at 275 was Greg Clayton, who was lifting in his first competition. Greg finished with a personal best 435, weighing in at 258. At show it was deadlift marvel Chris Rannals, showing he's not just got a strong back! Chris looked stronger with each lift, finishing with a personal best 470 for win. In the deadlift competition Terry Morris captured her second title of the day at master 40-44, taking the 123 lb. class with a strong 225 pull. Terry, then proceeded to lockout a fourth with 245! Todd Dearing came to get 540, and he did just that, taking the 165 lb. class and best lifter honors as well! With great form Todd walked through his attempts of 500, 520 & 540. All at a 165 lb. bodyweight! Harry Wakefoose also had a great day, taking the 148 lb. class of the master 45-49 division. Harry finished with a pr 330 third attempt, then called for a 345 fourth. Well, we wanted him to go for 350 so we added the extra weight then pretended to have made a mistake after he pulled it. (When are these lifters going to catch on!) Parrish Morris also got a pr with his 400 pull at 165 for the win. Not one to be different, James Schenck also got a new pr on the day with a solid 460 for the win at 242. James actually locked out 490 but was called for hitching. But boy does this kid have potential! Thanks again for everyone's help, the support of Pro Fitness's great spectators and to my two little helpers Levi and K. J. Hicks. See you all next year! (Thanks to Dr. Darrell Latch for providing the results of this meet to Powerlifting USA).



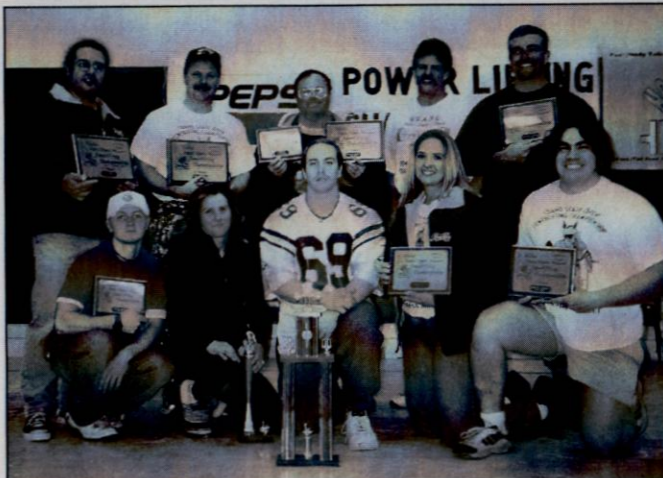
Bill Norman with a 525 deadlift at the WEPOF Kentucky Open. (photo courtesy of S. Corum)

WEPOF Kentucky Open 22 APR 00 - Louisville, KY

Table listing WEPOF Kentucky Open results for BENCH, DEADLIFT, RAW BENCH, and TEENAGE categories, listing names, weights, and lifts.

USAPL 10th Idaho State Meet 18 NOV 00 - Pocatello, ID

Table listing USAPL 10th Idaho State Meet results for BENCH, WOMEN, MEN, and TEENAGE categories, listing names, weights, and lifts.



TEAM FITNESS at the USAPL Idaho State Meet: (top row, left to right) Sam Schultz, Brad Compton, Sean Anderson, Jim Lukens, Erik Davis; (bottom row, l-r) Adam Davis, Nan Phinney, Shane Mortensen, Lisa Croxall, and Daniel Shuler. (Margaret Mortensen)



Mitch Thornton locking out a deadlift. (Wayne Rhoden photo)

Table listing results for Mitch Thornton, showing various lifts and weights.

(M) H. Otto; 220 (M) Q. Frank - 1st place, 7 points; 198 (M) J. Clayton; 198 (M) S. Mecham - 2nd place, 5 points. Team Fitness: 43 points: 198 (F) L. Croxall; 132 (M) M. Holbrook - 1st place, 7 points; 148 (M) M. Thornton - 1st place, 7 points; 148 (M) A. Davis - 3rd place, 3 points; 198 (M) B. Compton - 1st place, 7 points; 220 (M) S. Mortensen; 242 (M) E. Davis - 2nd place, 5 points; 242 (M) S. Anderson - 1st place, 7 points; 220 (M) J. Fisher; 275 (M) S. Schultz - 1st place, 7 points. (Thanks to Bill Davis for providing the results of this contest). "Fitness Inc., of Pocatello, Idaho hosted the 10th Annual Idaho State/Open Powerlifting Championships and 'Bill's Bad-Ass Bench Press Competition' in which 55 powerlifters and 13 bench pressers participated. Competitors came from Montana, Nevada, Oregon, Washington, Wyoming, with a sizable contingent from Utah, including the 'Big House' powerlifting team led by Joe Kenn, Strength Coach of the University of Utah. The Idaho State/Open Powerlifting meet is held each year in Pocatello, Idaho on the Saturday preceding Thanksgiving. Joe Kenn is an icon of powerlifting in the Northwest. Previous to his current position, he was strength coach for Boise State where he also coached the Boise State Powerlifting Team. His teams have, and probably will continue to be, an impressive collection of determination, talent, technical proficiency, and strength. Over the last couple of years, Joe himself has suffered from back injuries. However, this day marked his return to the world of competitive powerlifting. He went for 9 and slammed an exclamation point on the day by holding his final deadlift in locked position well past the referee's command 'down' and yelling 'I'm Baaaaaack!'. Joe totaled 1575 pounds and exceeded his own expectations for the day. Welcome back Joe! The most impressive lifter was national level competitor Vann Hatfield at a body weight of 303 pounds, who posted the biggest total with 2055 lbs. Vann, who competed in the USAPL Men's Open Nationals last July, squatted 800, benched 520 and deadlifted 735 and is a member of Joe Kenn's 'Big House' team. For his efforts this day, Vann was awarded the Best Overall Lifter and received a lifting suit courtesy of TITAN SUPPORT SYSTEMS. The most inspirational lifter was Bud Bower, a 58 year old

Master lifter from Spokane, Washington, who at a bodyweight of 197 pounds squatted 610, benched 370, and deadlifted 550 for a total of 1520 pounds. Bud Bower placed first out of 13 competitors in the Masters division calculated by formula across all weight classes. In 'Bill's Bad Ass Bench Press' the Best Bench among the men was that of Jon Cunningham who, at a bodyweight of 164 pounds benched 385 pounds. Jon is counting the days to when he will assault 400 pounds. The Best Bench among the women was that of Nan Phinney who, at a bodyweight of 130 pounds benched 195 pounds. Nan who recently got married (congratulations Nan!) returned to competitive powerlifting following a 2 year absence. Nan was ranked among the top 10 female bench pressers nationally in her weight class a couple of years ago. She looked as if she is ready to regain her spot amongst the nation's best. While all the lifters competed for trophies, Idaho residents competed for the highly coveted State Champion jackets. The jackets, provided by Pepsi-Cola, are presented to the highest placing resident in each weight class and/or division. The 2000 Idaho State Powerlifting champions are Mark Holbrook (132), Mitch Thornton (148), Pat Young (165), Jesse Rodriguez (181), Brad Compton (198), Allen Leavitt (200), Sean Anderson (242), Sam Schultz (275), Corey St. Clair (319), Sean Anderson (masters), Jenny Macy (open women, division I) and Lisa Croxall (open women, division II). Congratulations to all of our state champs. Many thanks are owed to Bill and Nancy Davis for their ongoing sponsorship of this meet. Special thanks to Brad Smith, our announcer, and to Nancy Davis and Janet Wright for running the scoring table, and especially to Steve Sims, Utah State USAPL Chair, who assisted in judging, and to our other judges and those who served as spotters and loaders. Along with Pepsi-Cola, we also thank Petre Alaniz of Titan Support Systems, Pizza Hut, Taco Bell, Sysco Foods, Swift, and Coors Light for their generous sponsorship." (article courtesy of Brad Compton).

AAU All South 17 JUN 00 - Asheville, NC

Table listing AAU All South results for SQUAT, Men Open, and BENCH categories, listing names, weights, and lifts.

WHOLESALE NUTRITION MEGA-STORE advertisement with contact information, address (891 1/2 State Road 436, Casselberry, FL 32707), phone (407) 261-9383, and website www.nutritionmegastore.com.

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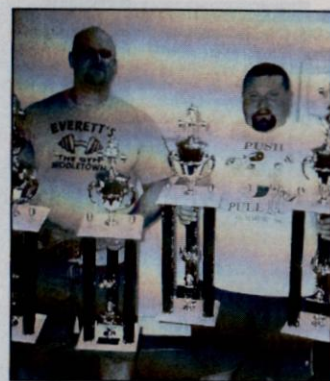
May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug./93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep./93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct./93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest/Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec./93... WDPFF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse

Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan./94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb./94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar./94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr./94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFP Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP

100 242s, ADFPA TOP 20 148s
Jun./94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 165s.
Jan./95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb./95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar./95... Women's TOP 20, Don Reinholdt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr./95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740

1st Annual Fall Classic BP/DL

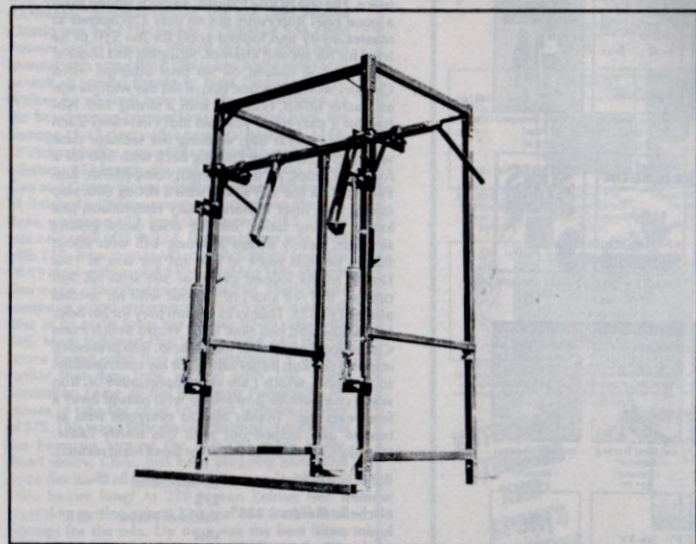
21 OCT 00 - Richmond, IN	
BENCH PRESS	Shawn Miller 330*
open women	220
Kelly Whitaker	125* Sean Flanagan 385*
Melanie Gibson	75* 242
4th	85* Jeff Ritzler 420
police & fire	Rick Kinder 420
Chris Smith	410* Carlos Moore 320*
Mike Hackney	275 275
teenage men 18-19	Steve Whitaker 400*
Darren Collins	180 308
submaster men	Jason Orick 520
Jeff Ritzler	420 Mike Adkins 275*
John Weber	365 DEADLIFT
master men 40-49	Renée Brown 230*
M. Wiggsworth	410* 4th
4th	420* 235*
T. Thompson	350* open women
master men	Robin Witham 270*
50-59	teenage men 18-19
W. Smallwood	360 Kris Robbins 450
Ken Haskell	265* submaster men
60-69	Jeff Ritzler 460
Jeff Telljohn	400 master men 50-59
165	Ken Haskell 425*
Ryan Jones	290 198
A. Rosenberger	240 Shawn Miller 500*
181	4th 520*
Tracy Conner	375 220
Steve Watts	360 Kevin Rock 560*
198	308
Jeremy Herlyn	345* Andrew Adkins 660*
Nate Wilson	340* Mike Adkins 480*



Best Lifters at the Fall Classic were Andrew Adkins for the Deadlift with a 660 PR at 308, and Jason Orick for the Bench Press with 520 at 308. (photo courtesy of Dr. Darrell Latch)

a pr 410 on his final attempt to capture the police & fire division over second place finisher, Mike Hackney, who ended with 275. Chris came close with a fourth at 420, while Mike was making his powerlifting debut. Darren Collins weighed in at 118, but finished with 180 for the win at teenage men 18-19. Darren had lost a few pounds, which showed in his lifting, since he only got his opener in. At submaster it was Jeff Ritzler for the win with 420 @ 225. Second place went to John Weber who finished with his opener of 365. Mike Wiggsworth had a great day at master 40-49, going 4 for 4, all being new personal records. Weighing in at 242, Mike finished with 420 on the day. Second place went to Tuskahoma Thompson, who got a new pr with his opener of 351. This was Tuskahoma's first competition and he lifted well. Wayne Smallwood, who will be sixty years old in January (looks forty!) won the 50-59 class with 360 @ 190. Wayne just missed the lockout with a pr 370 on his final attempt. Second place at 50-59 went to newcomer

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Ken Haskell, who finished with his opener of 265. Up next was WAFW World Champion Jeff Telljohn, who at sixty-four, has to be one of the top master benchers in the world. Coming back from some minor injuries, Jeff got a clean 400 bench at a bodyweight of 300! In the open division, Ryan Jones took the 165 class with solid lifting, finishing at 290. Andy Rosenberger was second with 240; this being his first competition. Tracy Conner took the 181's, missing his opener of 365, but coming back to take that weight on his second attempt, then finishing with 375. Steve Watts was second with 360, just missing a 375 pr third attempt for the tie (both men weighed in at 181). We had three great lifters at 198, all of which had the strength to win the class! But when the smoke cleared Jeremy Herlyn came out on top with a 345 pr lift. Second place went to Nate Wilson with a personal best 340. Shawn Miller was third with 330, another personal best! All three of these lifters were competing for the first time, and all three set new pr! Sean Flanagan was alone at 220 but still got a pr



Honeymoon Couple in First Meet!!! Steve Whitaker - 1st at open 275 BP with a PR 400, and Kelly Whitaker - 1st at open women BP with a PR 125 at the Fall Classic. (photograph provided courtesy Dr. Darrell Latch)

385 without anyone to push him. At 242 Jeff Ritzler took the class over Rick Kinder, who also finished with 420, but weighed two pounds more than Jeff Rick, didn't put his shirt on until his third attempt with 475, which wasn't enough to get the weight down to his chest. Carlos Moore, lifting in his first meet, got a pr 320 to finish third. Steve Whitaker took the 275's with three near perfect lifts, finishing with a personal best 400. Then at 308 was best lifter Jason Orick, who finished with 520, looking good for ten pounds more. Jason had been having some problems with his left shoulder so didn't really push it. Jason is a really great guy, with a great attitude about the sport; the kind of thing that keeps me in the sport. Jason even jumped in after the bench to help with the loading for the deadlift, which I really appreciate. Mike Adkins, also in his first competition, finished second to Jason with his opener of 275. Lifting as a guest lifter was Jim Hoskinson, trying out his new shirt, but just getting his opener of 500. Jim was shooting for the 550 he had gotten in the gym the week before. In the deadlift competition we had our own miniature version of Supergirl, Renee Brown. This little thing couldn't have been over 4'6" tall or weighed more than 75 lbs. (even though she claimed to weigh 95 lbs.); but this teenager could pull some weight! Making all three of her attempts, Renee finished with a personal best 235 and could have easily pulled 250! Her coach Ron Everett said "She doesn't even know how strong she is; I can't even get her to talk!" Great lifting Mini - Mite! In the open women's class, Robin Witham also had a great day, pushing two new prs to end with 270. This girl will be pulling 300 in no time at all! Kris Robbins pulled a strong 450 at 181 to take the teenage class. That back strength must have come from that Mohawk-type hairdo he was sporting! Jeff Ritzler won his third title of the day with his win at submaster, finishing with a strong 460 pull. At master 50-59, first-time lifter Ken Haskell pulled three new prs to finish with 425 and the win. Shawn Miller avenged his third place finish in the bench to take the deadlift title at 198. Shawn pulled with some of the best form of the competition to finish with a 500 pr third and 520 pr fourth attempt. At 220 it was Kevin Rock with a pr 560 @ 210 for the win. Then at 308 was the battle of two brothers, Andrew and Mike Adkins. I mentioned earlier, this was Mike's first competition, but he did well, finishing with a 480 personal best with good form. But it was

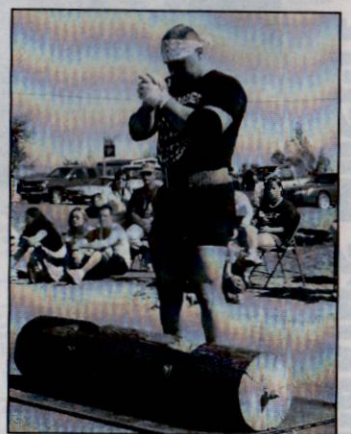
his brother who stole the show, pulling a great 660 personal record third attempt. Andrew not only won the class, but best lifter for the competition as well! Congratulations, Andrew! Thanks to all who helped with the competition and a special thanks to my little trophy girl, Maci Rock, Kevin Rock's eight year old daughter. I want to also thank Ron Everett for bringing his team to this competition and let him know how much I appreciate all the work he puts into training his lifters. We all had a great time! See you all next year! (Thanks to Dr. Darrell Latch for providing these contest results).

S&M Fitness Strongman/DL

OCT 00 - Harrisburg, IL

Women's Open	198
165	M. Hunt 275
S. Vidmar	235 HW
Teen Men	C. Smock 190
165	B.Little 170
S. Sha	360 Women's Teen 14-15
220	114
C. Evans	345 M. Mayer 180
Men's Open	L. Jereis 160
220	123
M. Hammer	370 C. Mitchell 160
275	132
W.Hinkle	475 H. Jackson 190
Women's Teen 16-17	A. Rheau 175
97	148
T. Bethel	150 S. Gardner 165
132	181
A. Cousins	205 J. Johnson 225
T. Atkinson	195 198
148	A. Bush 220
A. Crank	215 Strongman Meet
S. George	195 Lightweight
165	J. King -Harrisburg
M. Mattingly	260 S. Draper -Harrisburg
M. Ellis	210 Heavyweight
181	P. Andrich - Racine, WI
D. Ital	235 A. Henson -Harrisburg
A. Thomas	235

This was S&M Fitness' second annual Strongman/ deadlift contest. As usual the event was a blast. The competitors put on a great show. Pete Andrich from Racine, WI amazed the crowd with his speed and strength, as did all the participants. Pete Andrich's best event would have to be the log press. Adam Henson stood out in the tire flip and the truck pull. In the lightweight class Jeremy King did an outstanding job. He pulled a truck 75 feet in 30.4 seconds. Sean Draper held his own in the meet, weighing in as the lightest competitor at 180 lbs. Sean pulled out as the best lightweight time in the log stack. A large crowd turned out to watch our local strongmen and deadlifters. Both events were held in the road in front of the gym. The deadlift contest consisted of 25 deadlifters. Of those 25 lifters, 21 of them were teen women. Mark and Susan Motzinger, owners of S&M Fitness, coach a large powerlifting team targeting high school age students. With the help of Harrisburg High School and April Horning, Mark and Susan have coached over 50 lifters and captured 33 Illinois State records. We are looking forward to the upcoming Illinois State meet and an opportunity to establish and break more state records. We would like to thank the judges in this event who never miss a meet: Tom Foster, Larry P. Marcum and Scott Dearing. Keeping the scorer's table in order were two powerlifters who did not compete in this meet: Amanda Jackson and Sophia Hobson. They will compete in the March Illinois State meet. Other helpers were Adam Dennison, Rick Dearing and Brian Mitchell. S&M plans on hosting another strongman/ deadlift contest in the spring. (results from S&M Fitness)



We believe this is Pete Andrich at the S&M Fitness Strongman / DL competition. (from S&M Fitness)

Push/Pull on the River

7 OCT 00 - New Roads, LA

BENCH	A. Grezaffi	405	
Masters (45-49)	Open 275 lbs.	640	
198 lbs	J. Blakely	605	
R. Lopez	285 S. Mendelson	625	
(50-54)	4th T. Babcock	450	
E. Howard	390 Guest Lifter	450	
Junior	R. Bueche		
220 lbs.			
WOMEN	BP	DL	TOT
114 lbs.			
A. Allen	110	250	360
148 lbs.			
D. Joyner	120	305	425
165 lbs.			
L. Keller	120	260	380
181 lbs.			
B. Marchive	95	240	335
Teen 114 lbs.			
M. Campbell	100	250	350
123 lbs.			
P. Parker	175	400	575
C. Bush	160	275	435
R. Cheek	135	275	410
148 lbs.			
T. Smith	175	315	490
165 lbs.			
K. Bello	195	430	625
T. Bordelon	175	330	505
181 lbs.			
S. Mougeot	205	350	555
198 lbs.			
G. Gomez	285	440	725

At the Push Pull on the River Meet, the Best Lifter was August Clark (right) where he won \$300. He made a 400 pound bench press and a 480 pound deadlift and also made a fourth attempt of 500 pounds. He was also a participant in the Biggest Bench of the River III Meet. In that meet, he made a 405 lb. bench press at 132 pound body-weight. (Photo provided to Powerlifting USA by Maximum Fitness).

C. Debetaz	115	225	340
220 lbs.			
T. Marchive	265	475	740
242 lbs.			
D. Darenbourg	265	350	615
SPECIAL			
R. Jarreau	235	350	585
Junior 242 lbs.			
M. Brann	320	530	850
Masters (40-44)			
220 lbs.			
L. Cunningham	300	475	775
242 lbs.			
B. Murphy	365	540	905
SHW			
O. Cowan	425	350	775
(50-54) 198 lbs.			
E. Howard	390	455	845
(60-64) 181 lbs.			
B. Callihan	235	435	670
Open 148 lbs.			
A. Clark	400	480	880
181 lbs.			
D. Cagnalotti	400	460	860
198 lbs.			
S. Lemarie	335	560	895
T. Earnest	365	500	865
220 lbs.			
K. Levatino	435	550	985
T. Austin	420	540	960
S. Tate	400	530	930
242 lbs.			
B. Murphy	365	540	905
275 lbs.			
B. Henry	415	540	955
308 lbs.			
P. Fletcher	480	730	1210
K. Wnuk	500	700	1200
SHW			
R. Phillips	500	525	1025
O. Cowan	425	350	775

Best Lifter Women: Ambre Allen \$300. Best Lifter Open: August Clark \$300 BD #136. Best Masters: Emanuel Howard \$300. Best Lifter Junior: Matthew Brann \$300. Best Teenage: Phillip Parker \$300. Best Lifter Teen: Phillip Parker \$300. Biggest Bench Award: J.M. Blakely \$300 BD #274. Meet Director: Reed Bueche. Judges: Sarge Pendley, Gerry Chidester, Pat Chidester, and Debbie Alexander. Photographer: Katrina Amacker. Computer Operator: Ryan Sanders. Scorekeeper: Denise Bueche. Thanks to all spotters and loaders. About 400 spectators, and seen on local TV. (Thanks to Maximum Fitness for providing these results).



At Left ... Dave Waterman, sponsored by MetRX, took the \$2200 cash prize at Reed Bueche's Biggest Bench on the River III contest with a 600 pound bench weighing 192 pounds. Spotters include Travis St. Romain and Chad Cicero. (photo provided by Maximum Fitness)

Biggest Bench on the River III

6 MAY 00 - New Roads, LA

WOMEN	D. Cagnolatti	375
114 lbs.	J. McCrew	370
A. Allen	90	198 lbs.
132 lbs.	R. Pursell	435
B. Mosier	200	C. Kennedy 425
165 lbs.		E. Howard 400
K. Callier	170	220 lbs.
M. Bremeier	120	P. Fremin 370
181 lbs.		S. Tate 360
V. Alsten	200	242 lbs.
Teen		B. Nichols 510
132 lbs.		T. Beale 460
T. Godawa	225	T. Babcock 450
C. Bush	150	275 lbs.
165 lbs.		T. Cunningham 475
A. Palumbo	340	308 lbs.
K. Dickinson	260	K. Wnuk 575
181 lbs.		P. Fletcher 500
S. Mougout	200	Q. Aucoin 475
198 lbs.		SHW
J. Clay	275	O. Cowan 385
242 lbs.		Best Lifters
J. Townsend	415	114-181 lbs.
T. Williams	175	S. Scardina 400
275 lbs.		198-SHW lbs.
H. Strickland	470	K. Wnuk 575
Masters (40-44)		Open (Cash)
165 lbs.		D. Waterman 600
S. Scardina	400	K. Brownfield 590
181 lbs.		J. Kellum 575
D. LeSage	400	R. Lawrence 570
198 lbs.		D. Nealy 545
R. Boudreaux	410	A. Clark 405
R. Godawa	335	K. Gleason 590
275 lbs.		WOMEN (Cash)
S. Falcon	405	B. Mosier 575
R. Pourciau	335	Coefficient 223
SHW		V. Alston 200
O. Cowan	415	Coefficient 183.5
(45-49)		Teen (Cash)
198 lbs.		H. Strickland 470
R. Babin	335	Coefficient 280.913
(50-54)		A. Palumbo 340
198 lbs.		Coefficient 257.1814
E. Howard	400	Masters (Cash)
D. Cummerow	365	K. Taylor 575
(55-59)		Coefficient 362.512
220 lbs.		S. Scardina 400
C. Lambert	300	Coefficient 293.026
(60-64)		E. Howard 400
181 lbs.		Coefficient 282.304
B. Callihan	250	Open (Cash)
(75-79)		D. Waterman 600
165 lbs.		Coefficient 389.7
D. Dreyer	140	K. Brownfield 590
Open		Coefficient 370.638
(Trophies)		J. Kellum 575
165 lbs.		Coefficient 364.7225
S. Scardina	400	R. Lawrence 570
A. Palumbo	340	Special-198 lbs.
181 lbs.		R. Jarreau 240
S. Kennedy	380	

Meet Director: Reed Bueche. Judges: Sarge Pendley, Gerry Chidester, Patchidester, and Debbie Alexander. Computer Operator: Ryan Sanders. Score Keeper: Denise Bueche. Photographer: Katrina Amacker. Thanks to all spotters and loaders. Dave Waterman, 600 lbs. bench, \$2200 cash, BD #192. Kim Brownfield 590 lbs. bench, \$1000 cash, BD #205. Jesse Kellum 575 lbs. bench, \$700 cash, BD #210. Rick Lawrence 570 lbs. bench, \$400 cash, BD #210. Over 1200 spectators, and seen on local TV. Best Lifters Trophy Division: Light - Sid Scardina, 400 lbs. bench, BD #170. Heavy - Kory Wnuk, 575 lbs. bench, BD #288. Biggest Bench IV will be May 5, 2001. August Clark, 405 lbs. bench, BD #132 (awesome). (Results courtesy of Maximum Fitness)

THE TRIO SEEN AT LEFT ... J.M. Blakely, who bench pressed 640, and Scott Mendelson (standing at the right) who bench pressed 605 and also made a fourth attempt of 625 which was good, flank Push/Pull on the River meet photographer Katrina Amacker. (Photograph provided to Powerlifting USA by the courtesy of Maximum Fitness).

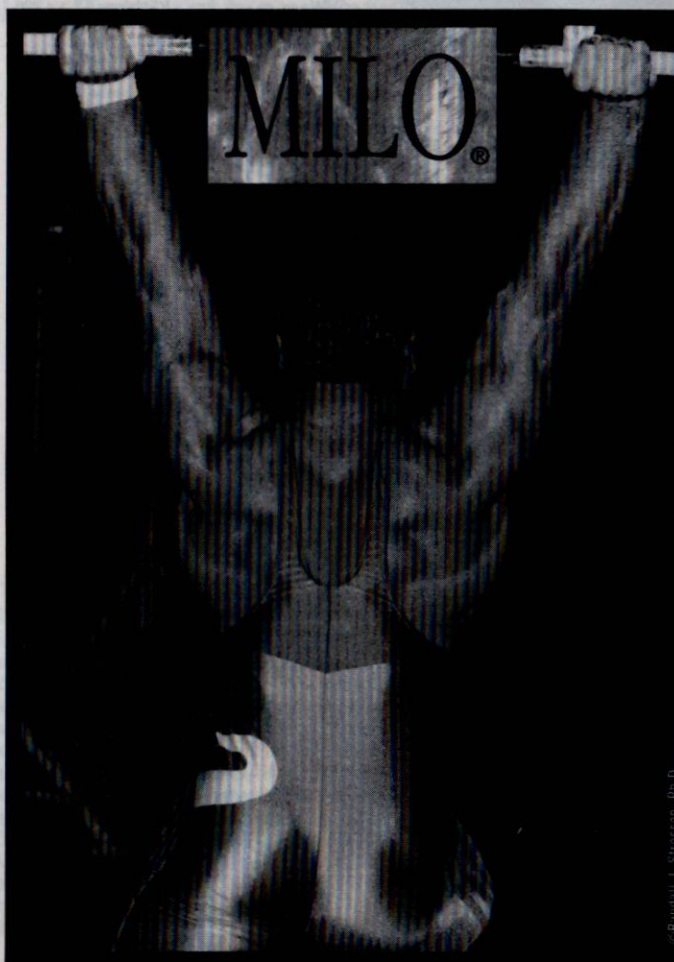
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2000 AAU North Carolina Best in State

AST. Bench	RAW Bench	AST P-Lifting	RAW P-Lifting	TEEN BP	TEEN PL (RAW)
114 125 G. Gordon	125 G. Gordon	585 K. Holyrod	585 K. Holyrod	125 G. Gordon	585 K. Holyrod
123 220 J. Morris	220 J. Morris	670 T. Lyons	670 T. Lyons	195 D. Henries	670 T. Lyons
132 245 L. Mabinton	245 L. Mabinton*	870 L. Mabinton	870 L. Mabinton	245 L. Mabinton*	870 L. Mabinton*
148 300 D. Moore	300 D. Moore*	1160 J. Meekins	1160 J. Meekins*	300 D. Moore*	975 D. Moore*
165 330 D. Donald	330 D. Donald	1195 D. Donald	1195 D. Donald	210 J. Barnes	920 N. Delodge
181 375 D. Floyd	335 D. Floyd	1645 M. Seachrest*	1400 T. Pardue*	325 D. Floyd*	1115 R. Melton
198 445 T. Weekly	425 A. Felton	1565 T. Weekly	1240 N. Roten	325 I. Johnson	1240 N. Roten
220 500 C. Gibson	400 K. Mallory	1810 C. Gibson*	1480 J. Rogers*	300 D. Pittman	1200 J. Gordon*
242 500 S. Reid	500 S. Reid	1690 J. Brown	1375 D. Michels	420 K. Wall*	1255 E. Frasure
275 535 C. Elliott	535 C. Elliott	1680 J. Haller	1680 J. Haller*	360 E. Murphy*	1335 E. Murphy*
319 485 A. Cherry	460 B. Simpson*	1050 J. Pendelton	1050 J. Pendelton	325 K. Cole	1030 K. Cole
SHW 405 M. Ange	405 M. Ange*	740 J. Bradshaw	740 J. Bradshaw*	185 J. Bradshaw	740 J. Bradshaw*

FORMULA - WOMEN/MASTERS

Women AST Bench	RAW Bench	AST P-lifting	RAW P-Lifting
T. Collins	K. Beccerra	K. Neiding	K. Neiding
K. Beccerra	G. Chavis	G. Chavis	G. Chavis
C. Chavis	S. Gill	S. Gill	R. Carlton
S. Gill	K. Neiding	S. Gill	J. Meekins
Master R. Terry	R. Terry	J. Meekins	B. Soloman
L. Broadie	D. Young	T. Thompson	R. McClendon
W. Hawkins III	J. Meekins	D. Pagan	B. Strauss
D. Young	J. Hansen	A. Arrington	

* denotes best in state record.

USA 'Raw' BP Federation 19 NOV 00 - Tuscola, IL

BENCH	open women	165	Butch Davis	340*
165	Michelle Sultzter	125*	198	
junior men	242	Russell Carney	370	
242	M. Novoseletsky	365*	198	
open men	181	Joe McDonald	340	
Ron Palmer	380*	220	350	
Jack Brown	360	Dennis George	320	
Sam Nolan	315	242	300	
198	Russell Carney	370	275	
4th	380	Mark Wittler	335	
242	Randy Biggiam	410	181	
4th	415	Ron Bishop	300*	

*national record. **Best Lifter - RON PALMER** The USA 'RAW' Bench Press Federation Grand Nationals were held November 19, 2000 at Son Light Power Gym in Tuscola, Illinois. The turnout was smaller than in the past but lifters were represented from Wisconsin, Illinois, Indiana, Ohio and Tennessee. In the women's division, lone competitor Michelle Sultzter set a new national record at 165 in the open women's class. Michelle opened with an easy 110 before powering up her record 125. Michelle's final attempt at 135 was within her

range but she failed to lockout after moving out of her groove. Junior men's champion Mike Novoseletsky successfully defended his title at 242 and in the process broke his own national record of 360 with a great 365 pr effort. Mike made all three of his attempts with ease and power. Butch Davis moved up to the 165 class, tying Willis Wiger's 340 national mark in the master 40-49 division. Butch continues to get stronger as he continues to get older, even after last year's hip surgery. In the same master's division, Ohio's own Russell Carney got all four of his attempts, finishing with a strong 390 for the win at 198. Russell continues to maintain his strength even after dropping down two weight classes in the past two years. Indiana's Joe McDonald was second at 198 with 340, coming back for a successful fourth attempt with 350. That was within two pounds of Joe's personal best. Dennis George came down from LaCrosse, Wisconsin to take the master 40-49 220 class. Dennis went from his opener of 290 to 305, then 320 for the win, missing only a fourth attempt with a pr 335. Kurt Hess captured another title at 242 with an easy 300, missing a fourth with 305. Kurt continues to improve after shoulder surgery from a couple of years ago. Mark Wittler captured his first master's grand national title at 275, finishing with 335. Also missing his fourth attempt this was still the most Mark had lifted since his college football days. Who said you couldn't get stronger as you age? Our final master competitor was sixty-four year old Ron

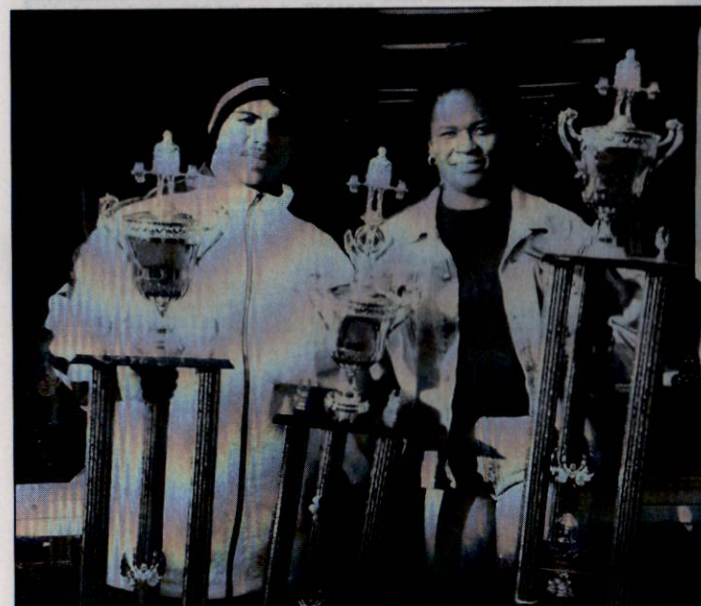
Bishop, who already has a number of national titles to his name. Ron won again here, finishing with a national record 300, lifting in the 60-69 181 class. Ron even came within inches of locking out a fourth attempt with 310. In the open men's division, we had a full class at 181. Finishing in first place was Ron Bishop, who is a great natural 'raw' lifter. Ron finished with his second attempt of 380, before calling for a pr 400 third attempt. Stopping just short of lockout, Ron then settled with his 381, which by the way was a new national record at 181. This lift gave Ron the best lifter award for the competition. Finishing second to Ron was Jack Brown with 360. Jack hails from Tullahoma, Tennessee, and is a consistent double bodyweight lifter. Sam Nolan finished in third place at 181 with 315. Sam tried a fourth with 325, falling just short of lockout. Russell Carney also took the open 198 class with his 370/380 lifting. The last lifter of the day was also the biggest lifter with the biggest lift, Randy Biggiam. Randy looked in top shape as he took the open 242 class, making all four of his attempts. Randy started with a conservative 385, before moving to 400, then 410. A fourth with 415 was just as easy, giving Randy his first grand national title. Thanks to Kurt Hess and the others who helped out, and a very special thanks to Dot Hess for working the table and announcing the competition. See you all again next year! (Thanks to Dr. Darrell Latch for providing the meet results).

A. Jones	200*	125	325	640*
40-46				
J. Borchardt	135*	75*	185*	395*
MEN				
132				
open				
J. Myers	315*	240*	315*	870*
165				
40-46				
C. Leverette	330	200	445	975
open				
J. Tillman	450	360	500	1310
M. Judge	430	315	480	1225
181				
17-19				
T. Newberry	375	225	500	1100
PFM				
T. Butler	500*	355	425	1280
novice				
J. Merritt	315*	215	440	970*
198				
10-13				
P. White	185*	115*	300*	600*
4th				315*
220				
open				
G. Campbell	600	505*	550	1655*
17-19				
G. Chambless	325*	210*	405*	940*
47-53				
A. Isaac	320*	165*	405*	890*
242				
40-46				
B. Bridges	390	325	400	1115
raw				
B. Bridges	390*	325*	400*	115*
275				
54-60				
R. Money	455*	335	450	1240

WOMEN - best bench: Lily Herman; biggest bench: Anitra Jones; best deadlift: Sandra Walker; biggest deadlift: Anitra Jones; big foz: Sandra Walker; best lifter: Sandra Walker. **MEN** - best bench: Greg Campbell; biggest bench: Greg Campbell; best deadlift: Marvin Judge; biggest deadlift: Rick Padgett; best lifter: Greg Campbell (note Campbell beat Tillman by 6%!... 799% to 793%! Best Dawg: Greg Campbell; best teen: Terrence Newberry; best legend: Bob Money. We did it again! What did we do? We had fun.... we lifted a lot of weight and showed the crowd how "Drug-free" powerlifters have a good time! We had some newcomers such as Lily Herman, Jamie McGhee, Brandon Helton and Joyce Borchardt. We had some stars such as... Marvin Judge (Best Deadlifter), Rick Padgett (Biggest Deadlift and Lily Herman Best Female Bench press. But... the two Superstars were Sandra "Cocacola" Walker (USA Deadlift Champion) ... Best Female Deadlift, Best Female Lifter and Highest Female Total, and Greg "Da Head" Campbell (World Bench Press Champion) who took the Best Bench, Biggest Bench, Best Lifter and the Highest total awards! With Campbell bench pressing over 500 pounds and with "Cocacola" Walker's awesome deadlifts and the high quality of lifters at our contests, the friendships that are formed, it is no wonder we are growing and that we are more like a family instead of a powerlifting organization. I just want to say thanks to the staff.... "Ne Ne", "Ash Cake", "Soup Bone", "Bo", "Brittany", "Shae", "Terrence", "Sharay", Vice-Presidents "Cocacola" Walker and "Jukebox" Smith and anyone else who helped make this competition possible for without these people we are nothing.... Thanks! Until we lift again Stay Clean, Stay Strong & I'll See ya on the platform! (Thanks to Tee "Skinny Man" Meyers, PPL President for providing the results of this competition).

"Python Power League" 2000 09 SEP 00 - Augusta, GA

BENCH	WOMEN	G. Bartley	385	
123	G. Jones	345		
54-60		242		
B. Cooter	95	B. Sturdivant	355*	
165	sub	R. Hageman	275	
181	sub	R. Padgett	400	
T. Johnson	240	DEADLIFT		
181	novice	WOMEN		
181	B. Corley	345	200*	
open	14-16	B. Cooter	220	
B. Corley	345	220		
198	14-16	B. Helton	235*	
novice	400*	242		
J. McGhee	400*	raw		
220	17-19	R. Padgett	625*	
G. Chambless	210*	sub		
47-53	B. Sturdivant	485		
G. Jones	345*	40-46		
raw	sub	R.Hageman	475	
Full Power	SQ	BP	DL	TOT
WOMEN				
123				
open				
L. Herman	145*	100*	175*	420
132				
40-46				
S. Walker	245*	100	300	645
148				
sub				
P. Hitt	225*	85*	225*	535*
SHW				
novice				



Best lifters at the USA 'RAW' BP: L to R: Ron Palmer (in men's division) and Michelle Sultzter (in women's division). (Photo by Dr. Darrell Latch).



Bob Money and "Coach" Money. Bob won "Best Legends Lifter" at the PPL Power Mania 2000. (This photograph from Python Gym).

AAU North American PL, BP/DL
26, 27 AUG 00 - Moreho Valley, CA

Table with columns for gender (WOMEN, MEN), age group, name, and weight. Lists various athletes and their weights for different divisions.



"Teen" Jerry Pritchett sitting low with an attempt at 705 in the squat.



Chris Turner with 705. (all photos courtesy Margaret Irving)

A large table containing multiple columns of data for various athletes, including names, age groups, and performance statistics. It lists winners and runners-up for different divisions.



Bruce Lee squatting 793 at the AAU North American Championships



Lee Ann Dalling of Canada with her world record 159 lbs. at 97 lbs.

APF Michigan Bench Press
20 JAN 01 - Clawson, MI

Table listing results for the APF Michigan Bench Press competition, including names and weights for men's divisions.

If you are interested, contact me at jimharbourne@home.com or write to me at Jim Harbourne 1018 Coolidge Ave. Clawson, MI 48017. Trophies were provided by Jon Smoker (1-800-760-3257). This meet was a massive group effort and I want to thank all involved. The APF in Michigan will grow to be stronger and better than ever! Train hard and train smart. (Thanks to Jim Harbourne, APF Michigan Co-chairman for these meet results).

USAPL N-Cal Winter Classic
30 DEC 00 - Napa, CA (kg)

Table listing results for the USAPL N-Cal Winter Classic competition, including names and weights for men's and women's divisions.

The first ever APF Michigan Bench Press for Cash and Winter Bench Bash lived up to the premeet hype in a huge way. This meet has the potential to be "the" meet to start off each New Year. John Zemlin stole the show with a simply amazing bench of 705 lb. at a bodyweight of only 259 lbs. The lift was powerful and flawless. He took home \$500 for first place in the cash part of the meet. John is definitely one of the top benchers around. Big Clay Brandenburg took home \$300 for second place with an easy 672. Clay came about an inch short of locking out 722 and took an attempt at 755, which rolled out of his hands onto his chest. The excellent spotting of Paul Stratakis and Brian Nassar saved Clay from serious injury. Tom Skiver pressed 628 to take third place and a check for \$200. Galen Scott earned a gift certificate from House of Pain Ironwear for finishing fourth. Horace Lane made some impressive attempts including an attempt at 716. Unfortunately, he was not able to get any lifts passed on this day. There were 15 lifters in the cash part of the meet. The Winter Bench Bash displayed some fine lifting as well. House of Pain Ironwear provided gift certificates for the best lifters in the Heavyweight, Lightweight, and Master divisions of the meet. The amazing Les Hasler took the Masters, Tom Skiver won the Heavies, and Ronald Palmer took home best lifter in the Lightweight category. The Junior division had Jeff Johnston winning with a fine bench of 375. Jeff is one of the top juniors in the state of Michigan. The Masters 40-44 was the most competitive division in the meet. Neil Schoenebeck took first place with an impressive 480. Anthony Jones came in second with a 474. Jim Peretick came next with a 353. Jerry Ellsworth won the Masters 45-49 with a nice 386 bench. Les Hasler won the 50-54 division with an amazing 446. Jose Durazo won the 55-59 with a 254. The Open division had some fine lifting as well. Ronald Palmer went three for three and ended up with a 413 in the 181's. Mike "Mad Dog" Andrus hit a personal best of 402 to win the 198's. Shane Grant finished second with a 380. Billy Moritz hit a nice 424 to take the 220's. In the 242's, Les Hasler edged out Derek Richard for first place with a 446. Derek hit 441. Chris Phillips took third with 424. Greg Szolack busted a gut to hit 474 to take the 275's. Dave Forstner nailed 463 to take second. He went on to try a fourth attempt of 655 for a state record and absolutely nailed it! Paul Sazy drove a long way to compete but could not get an attempt in today. Tom Skiver won both the Submasters and Supers with an impressive 628 lb. bench. Judges for the meet were Bob Spaulding, Dante Fortin, and Mike Fessenden. They were strict but fair and consistent. To pull off a cash meet, the judging is very important and these guys lived up to the task. Many thanks go out to them. Dante was very instrumental in ensuring the meet was ready to go beforehand. Big Paul Stratakis and Brian Nassar did an outstanding job spotting and loading. Dr. James Chantler, the human kilo chart, also helped with the spotting and loading duties. These guys never had a misload and made sure no lifters were hurt. Great job and many thanks, guys! The meet attempts and results were quick and accurate due to the now famous meet director program written by Jim Hinz of Visionary Business Systems. Not only did he write it, he ran it at the meet. Mitch Armentrout helped with setup, take down and did some time at the scores table. I especially want to thank my wife Cindy who along with Judi Hinz, ran the concession table and the door. I want to thank our sponsors too. Visionary Business Systems provided the prize money for the cash meet. House of Pain Ironwear (1-888-H-O-PAIN) provided gift certificates for the best lifter categories. Meet videos were made by Mike Andrus and are available for \$12. This price includes shipping. We also have t-shirts left over from the contest for \$9.

Five lifters battled for top honors in the Open Heavyweight division. Ricardo Magni may have opened a bit high and had some problems in the squat. Ken Armstrong had a perfect 9 for 9 day to take the 0 spot. In only his second full meet he's added 57.5 kilos to his total since the State Meet in April. Nice lifting! Liborio "Junior" Vargas had an 8 for 9 day, missing only his third bench. He's making nice progress from meet to meet and will be putting up some big numbers really soon. I see 600 400 600 within a year for Liborio. Big David Freeland at only 22 years old totaled 690 kilos to take second. This guy has the frame to hold 300 lbs. is only going to get better. Clint Cooley came out of nowhere to take first place. At only 196 pounds, Clint more than held his own with the big boys, putting up a nice 655 kg total to take the class. Ron Spikes and Frank Cable battled it out in the Masters Heavyweights. Frank was making a return to squatting after a back injury over a year ago. He built a lead with a nice 628 squat and a 523 bench. His opening pull of 501 was easy but he felt a twinge in his back and passed the next two. Ron's opening pull made it close. His second lift of 600 lbs. was enough to pull him within 9 formula points of Frank. It looked tough but smooth. After some consideration, he passed his third as well. I would like to thank all the lifters for coming out. Thanks also to Basics Gym, Mike Koufos for helping with the setup and all of my judges, staff and spotters. No one can put on a meet alone and I thank you all for pitching in. Finally, big Thank You's to our sponsors and supporters of California Powerlifting - Inzer Advance Designs and House of Pain IronWear! Their help makes it all possible. (Thanks to Meet Director Jason Burnell for these results)

Mimi's Power Day BP/DL Classic
09 DEC 00 - Rockford, IL

Paul Henry 375* Tony Coduto 355* David Walker 500 Don Powers 425 David Lamps 425* Mark Judson 300* Kim Long 560 Stuart Coogan 540 Brad Scroggins 350 Bob Hochstein 450* 181 Fred Hatfield 425 Robert Hanson 500* 220 Stuart Coogan 540 * personal best Best Lifters - Bench Press: DAVID WALKER; Deadlift: KIM LONG. Team Champions: Trail's End. Mimi's Power Day Bench Press/Deadlift Classic was held at Rhino's Fitness Center in Roscoe, Illinois on December 9, 2000. A very special thanks to owner Bill Johnson for being such a gracious host of this event. Rhino's Fitness is very unique in that it includes one of the largest boxing facilities in Illinois and the home to a number of professional fighters. This was the first bench press event to be held there and since Bill was quite impressed with the lifters we will probably try to promote another event such as this next year. Thanks again Bill. In the bench press event Richard Lee, who trains a large number of young lifters in his home gym, brought a sizable team to this event again. One of these was the winner of the men's teenage 13-15 class, Spencer D'Agostin. Spencer had some problems getting started, but finished with 175 for the win. Teammate Jon Wright was the runner-up at 13-15, but finished with a 130 pr, followed by a 140 pr fourth attempt. This was Jon's first competition. Mike Spradling took the 16-17 age group with a strong 275 over Darren Powless, who finished with 275 also. Mike weighed in at 168 for the win, while Darren was at 190. Both lifters made all three of their attempts. Mark Judson began what would be his best day of lifting ever, as he took the teenage 18-19 group with a personal best 300, weighing in at 170. In the junior division, Matt McCarter took the title with a strong 225 final attempt. Training partner David Lamps was second with 150, just missing a final attempt for a personal record of 160. Lifting in his first competition, Dan Petersen won the novice 123 class with a personal best 105. Our other novice competitor was Dana Lamps, who finished with 165 for the title at 242. Brad Scroggins looked strong as he captured the submaster title with 350, just missing a final attempt pr with 365. Newcomer Bob Hochstein won the master title with a personal best 240 over Richard Lee, who finished with 120. In the open division, Mike Strom came down from Wisconsin to take the 181 title. Mike finished with a strong 350, then came back with an even stronger pr 355 for the win. Second place went to the son of one of the all-time greats, Fred Hatfield. Fred Jr. hadn't competed for more than six years, but is getting the itch back. Fred finished with 220. At 198 it was Paul Henry for the win with a personal best 375 over Tony Coduto, who also finished with a new personal record of 355. At 242 it was best lifter David Walker with a great 500 bench. David came close with a 520 pr third attempt, missing only due to a tough lift off. Don Powers was second at 242 with a strong 425, finally getting that opener on his third attempt. In the deadlift competition, Spencer D'Agostin won his second title of the day with a 355 third and 375 pr fourth attempt. Fifteen year old Spencer weighed in at only 175! Mark Judson took the older (18-19) teenage title finishing with a 415 pr, followed by a 425 fourth attempt. Mark won both the teenage 18-19 bench and deadlift titles, posting new personal records in both! Barry Hoffield continues to improve as he continues to drop bodyweight (lifting here at 223). Taking the submaster class, Barry pulled a pr third attempt with 480, before coming back with 505 for the win. Kim Long took the master 40-49 class over another great master puller, Stuart Coogan. Kim finished with 560 and the best lifter title while Stuart finished with 540. Bob Hochstein took the master 50-59 class with a personal best 450, weighing in at 181. Fred Hatfield won at 181 with a good 425 pull, using great form (wonder where he got that!). Robert Hanson was another first time competitor. Robert won at 198, finishing with a great 500 pr pull, just missing the lockout on his final attempt with 510. Stuart Coogan took the 242's with 540. Richard Lee Trail's End Classic was held at Rhino's Fitness Center in Roscoe, Illinois on December 9, 2000. A very special thanks to owner Bill Johnson for being such a gracious host of this event. Rhino's Fitness is very unique in that it includes one of the largest boxing facilities in Illinois and the home to a number of professional fighters. This was the first



Trails End - Spencer D'Agostin, Jon Wright, Darren Powless, Mark Judson, Matt McCarter, David Lamps, Dana Lamps, Dan Petersen, Richard Lee. (Photo by Dr. Darrell Latch at Mimi's Power Day meet).

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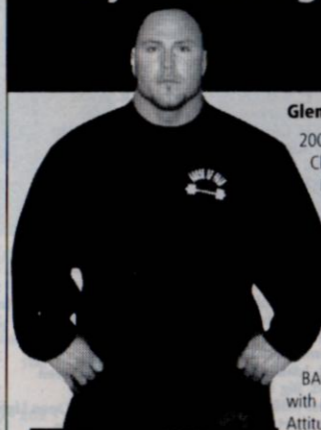
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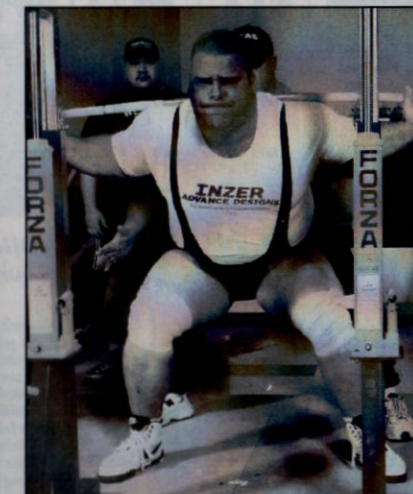
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USAPL Holiday Classic 16 DEC 00 - Seattle, WA

WOMEN	SQ	BP	DL	TOT
114 Open				
R. Sexton	155	80	205	440
L. Martin	165	100	170	435
T2				
T. Ellingsworth*	85	70	200	355
Open				
C. Schurman	225	135	275	635
M2				
G. Bennet%	215	120	275	610
Open				
K. Slocum	150	110	220	480
181				
Open				
T. Leonard	165	100	255	520
MEN				
165				
T1				
R. Hughes*	130	105	250	485
T2				
J. Martonik	400**	225**	470**	1095**
T3				
B. Taylor	415	240	425	1080
SO				
E. Fleming	165**	115	290**	570
Junior				
E. Dodd	250**	185**	370**	805**
G. Ramos*	170	190	275	635
198				
T2				
H. Hazen	500*	320**	515**	1335**
M1				
D. Harding	395	315	450	1160
M. Olson	370	250	450	1070
B. McLaughlin	275	200	450	925
M3				
B. Davenport	275	190	300	765
M4				
T. Cushman	275	290**	425	990
M7				
C. Anderson	110**	120**	375**	605**
220				
T3				
J. Theorell	600	380**	595	1575**
M2				
B. Coury	520	325	530	1375
M3				
W. B. Richards	320	290	450	1060
242				
T2				
C. Field-Eaton	550	325	625	1500
T3				
D. Milliken	550	415**	610	1575
L. Taylor	545	290	610	1445
M2				
L. Jones	610	325	550	1485
M3				
T. Hennessy IV	460	325	525	1310
M4				
N. Flom	465	275	525	1265
275				
P&F				
T. Owens	475	360	450	1285
165				
Open				
M. S. Berry	560	385	560	1505
V. Leford@	365	295	410	1070
R. Gadbury	350	250	430	1030
M1				
V. Leford@	365	295	410	1070
181				
Junior				
G. Jihal	465	360	480	1305
E. Lindley#	390	245	275	910
Open				
L. Woodley @	620	340	660	1620
J. Legard	560	305	665	1530
P.D. Serry	500	400	530	1430
G. Jihal @	465	360	480	1305
D. Unson	500	235	445	1180
R. Borman@	385	285	450	1120
M1				
L. Woodley@	620	340	660**	1620
198				
Open				
D. Iverson	500	430	605	1535
W. Campbell@	515	405	525	1445
I. Rodrigues#	400	320	530	1250
D. Schurman	425	135	505	1065
220				
B. Heck	715	370	665	1750
S. Seiber	575	390	500	1465
B. Martin	540	370	510	1420
J. Meullion	490	390	520	1400
R. Yost	430	295	450	1175
242				
Open				
D. Richardson	540	405	540	1485
K. Schmeckpeper	505	320	500	1325
275				
D. Reece	655	420	500	1575

G. Wainwright 600 330 615 1545

275+
Open
J. Binkowski 870 575 720 2165
Teams: 1st *Washington State School for the Blind; 2nd #24 hr. Fitness Lakewood. @denotes multi-division entry; ! Best lifter men; % Best lifter women; ** new WA state record. The USAPL Holiday Classic on December 16th in the Seattle area included Team Strength Online lifters Dean Reese and Doug and Courtenay Schurman as well as lifting legend John Binkowski. Dean, Doug, and Courtenay all did TSO proud. In spite of missing his first two attempts in the deadlift, Dean took first place in the 275 men's division. Doug, lifting raw in the 198 class, totaled 1065. John Binkowski is as impressive as he looks in his picture and weighed in at 378.6 pounds. He nailed an 870 opener on the squat, but missed on two attempts at an unbelievable 925. The spotters did a great job of handling all that weight. Bink had a strange habit, even after the missed attempt was racked, of staying under the rack with his hands still on the bar, pausing for a few seconds as if he didn't want the lift to end. On the bench he went two for three, making 550 and 575 before missing at 590. He pulled a massive 720 for his opening deadlift but couldn't get 760 past his mid-calf sticking point in two attempts. A very gracious guy, he stayed around and chatted with the other lifters after the awards ceremony, where he was presented as Best Male Lifter. Other impressive lifters included Leamon Woodley, who totaled 1620 in the 181 class at the age of 43; Bob Heck's 715 squat in the 220 class, where he totaled 1750; Matthew Berry's 1505 total in the men's 165 class, and Gloria Bennet winning Best Female Lifter. Teen Olympic lifters Jeff Theorell and Hunter Hazen, put up new state records and numbers that belong in the men's open categories. Another crossover lifter, Jon Martonik, also set state records. The inspiring lifters from the Washington State School for the Blind took him the First Place Team trophy. More than 80 lifters entered, though some didn't show, perhaps because of the snow in the passes. The numbers were manageable and fortunately, Tom Griffin and world class lifter Yueh Chun Chang handled the announcing duties, with Gus White and John Naab taking care of the scoring to keep the meet running smoothly. We'd like to thank all of our FABULOUS volunteers, some of which came great distances just to help out. Thanks to our sponsors: Inzer Advance Designs, and Milestone's American Grill. Also a big thank you to Betty Gibbs and Shaklee, David Engstrom, Dr. Mark Webber, Ron Nail and Bioplex Nutrition, Barbara Suder and Nikken and Gateway Athletic Club, Seattle. Last, but certainly not least, our wonderful judges. Garrel Keeble, Chris Grekoff, Mike Mooney, Paula Houston, Roger Silva, Richard Schuller, and lifter John Newton who took his practical exam for State Judge Certification. Without you, there would be not meet! (Thanks to Power Promotions for providing the meet results).



Best Male Lifter at the USAPL Holiday Classic - John Binkowski (Baertlein photo)

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IBSA Powerlifting Championships 24-27 NOV 00 - Arnhem, HOL

WOMEN	SQ	BP	DL	TOT
Juniors				
67.5 Ellingsworth -USA	45	30	85	160
82.5 A. Miller-USA	95	55	137.5	287.5
Masters I				
56 E. Jones-USA	90	52.5	100	242.5
Masters II				
67.5 Thompson-CAN	42.5	35	80	157.5
Open				
67.5 Loukprasong-USA	47.5	20	57.5	125
MEN				
Junior				
67.5 R. Chu-USA	85			
Masters I				
75 A. Bury	150	100	200	450
82.5 J. Villarreal	155	85	190	430
D. Cooper	125	60	165	350
T. Ekert	180	162.5	210	552.5
Masters II				
90 C. Barrios	160	115	150	425
82.5 A. Rojas	140	95	150	385
100 R. Carrich-USA	170	160	192.5	522.5
J. Asgaribezayek	225	130	245	600
Masters III				
100 N. Sinardi-USA	190	100	205	495
J. Burakovas				
Masters III				
100 R. Villeneuve	180	122.5	220	522.5
82.5 R. Bergland	102.5	80	160	342.5
Open				
52 H. Ghosali-Iran	100	77.5	145	322.5
56 Hosseinpirkouhi	145	77.5	172.5	395
60 S. Brown-ENG	160	80	200	440
M. Irandost-Iran	140	100	160	400
G. Mejias-VEN	120	75	140	335
67.5 H. Marabonpour	150	125	190	465
V. Gimius-LIT	120	85	160	365
75 J. Jiri-CHEZ	160	110	220	490
82.5 R. Ahmadi-Iran	217.5	125	215	557.5
R. Ledesma-Spain	185	110	180	475
P. Valera-VEN	130	90	160	380
L. Garcia-VEN	160			
Gvazdauskis-LIT	140			
90 H. Cuppen-NED	215	155	245	615
R. Truchon-CAN	180	140	205	525
F. Najera-Spain	160	110	190	460
A. Bello -VEN	155	105	200	460
100 S. Pena-USA	220	172.5	220	612.5
R. Urbonas-LIT	170	130	210	510
Janatipour-Iran	175	110	220	485
110 A. Galvez-Spain	210	140	270	620
125 C. Colchado-USA	227.5	170	272.5	670



Allies and World Champions: Candy Loukprasong (USA) and Stephen Brown (England)

November 24-27 in Arnhem, The Netherlands, blind powerlifting took a big step in joining the International Blind Sports Association. IBSA governs several sports for blind athletes which are included in the prestigious Paralympic games. Blind powerlifting was formerly held under the auspices of the International Blind Powerlifting Federation. By joining IBSA blind powerlifting hopes to make it to the Paralympics along with the disabled powerlifting program already in the games. Team USA consisted of nine athletes, three coaches and a small contingent of friends and family. Robb Peck of the US Association of Blind Athletes was head coach and records keeper for IBSA. Powerlifting coach Robert Massey is an experienced powerlifter who looks like one. He has helped team USA on and off the platform for the last six worlds. Robert also handled the Lithuanian team because their coach was a teacher from their blind school but knew little about powerlifting. Bob has totaled about 1532 lbs. so far and plans to maybe go to next year's IPF Worlds Masters at 220 lbs. Statistician Kandi Lukowski gained valuable experience at this meet that will help her team at the Washington State School for the Blind. The category I IPF referees and other VIPs were very happy with the turnout of forty lifters from the USA, Canada, Iran, Venezuela, England, Spain, Lithuania, and the Netherlands. This turnout bodes well for the future of blind powerlifting. In March of this year the rule for determining the overall best team was changed from awarding separate men's and women's team trophies to a combined overall team trophy. The top six lifters from each team were counted toward team points regardless of sex or age. This rule change was protested by the Iranian team as women are not allowed to compete for their country. The first day of competition included all women's and masters divisions. Lifting in her first worlds thirty year old Candy Loukprasong from Bellevue, WA picked up the first gold medal for the USA in the 40 kg. class weighing in at just 34.4 kg. Even at this light body weight she almost broke the world record in the squat going deep enough to satisfy the judges but too deep to come up with the weight. She opened with an easy 20 kg. in the bench then lifted 25 kg. twice but not smoothly enough for the IPF judges. She finished up with a 57.5 kg. deadlift and won third place best lifter for women. Candy is stronger than these numbers indicate and will be back at the next worlds to break the squat and total record. Trisha Ellingsworth of Yakima, WA won the junior women's 67.5 kg. class. Trisha works out with the team at the Washington State School for the Blind 6 am Monday through Thursday. She is young and has a long lifting career ahead of her. Like the announcer said in the junior women's 82.5 kg. class, it's Miller time. Asya Miller of Leeper, MI won her second gold medal while settling all the world records in the new junior class. She just returned from the Paralympics where her goalball team finished sixth and she also finished third in the discus with a personal best. In the junior men's 67.5 kg. class Robert Chu, also from the Wash. St. School for the Blind, set a new junior record in the squat. Unfortunately this record won't count because he bombed in the bench. Rob is young at 15 and will be back at the next worlds. Edie Jones from Lutz, FL won the 56 kg. masters I class breaking records in the squat, bench, deadlift and total. Edie has been lifting since 1994 and feels the US blind team is good for blind people, that it

gives them freedom and lets them go places they would not normally go and meet people with the same impairments that they would not get to meet. Edie is veteran of six worlds and won a bronze medal in judo at the '98 worlds in Madrid. Edie was the best women's lifter and also won a new award presented by the Canadians to the lifter who improved the most since the last worlds. Her total improved by a big 47.5 kg. Nick Sinardi from FL, winner of the masters II 90 kg. class, has been to ten world championships. He has four gold medals, two silver, two bronze and three bombouts under his belt. Nick has a coach for each lift at home. He feels the meet was run well but there was not enough time to warm up. He was also bummed when someone broke his deadlift record in the open class. Ron Carich from Collinsville, IL won the mens 100 kg. masters II class. Ron broke the bench press world record with his opener then broke his own record two more times ending with 160 kg. Ron has competed in regular meets since the late '80s and has been to eight worlds. Ron attended with his wife Suzanne and their daughter Amy. Several people help him at the gym where he trains plus his wife and also his brother. Other highlights for the first day include 82 year old Sarah Thompson from Canada. She is still lifting strong and setting records in the women's masters II 67.5 kg. class. Big man from Iran, Johanbakhsh Asgaribezayek had the biggest total of the day with 600 kg. All of the Iranian lifters are reported to be soldiers blinded by chemical weapons during some war. The second day was men's open with 22 lifters starting. Team USA had two men entered. We gave three cheers to Stephen Brown of England. He was tied with Irandost at sub-total time in the 60 kg. class. Our coaches offered Stephen all the beer he could drink at the banquet if he could beat the Iranian and thus ensure the team title for USA. We needn't have worried. Stephen impressed everyone using his big deadlift to win by 40 kg. Our hosts were very proud of Harrie Cuppen, the lone entrant from the Netherlands. Besides winning the 90 kg. class and setting a new deadlift world record, Harrie also won the best men's lifter award. Way to go Harrie. Steve Pena of San Jose totally dominated the men's 100 kg. class winning by 102.5 kg. He only got his openers in the squat and bench press. Steve has been to five worlds placing third the first time then second the next before winning. Last time he bombed out but came back for his second gold medal this year. Steve works out at home with his dad and coach. He feels the sport is great and there are a lot of good competitors. Cody Colchado from Linn, TX did very well overall and got the gold medal. He did not get any records today because they decided as a team to go up a weight class, he gained a half pound to guarantee team points. This is Cody's fourth worlds. He has three wins and one bombout. Cody works out with his coach Robert

Contraes or at home on their ranch with his wife Jolee and seven year old daughter Tabatha. He is honored to represent USABA and the USA and owes a lot to all the friends, family and sponsors who have helped him. Cody is a junior at the University of Texas, Pan American studying kinesiology and health working to be an adaptive physical education instructor. Cody is also a two time USABA national champion in the pentathlon. Best lifter awards were presented at the banquet. After Team USA won the coveted Team trophy three members of the Iranian coaching staff launched a complaint. They knew the rules but were so mad they grabbed their lifters and left before eating their specially prepared food. The next day they did not even wait for the chartered bus but headed in taxis to their embassy for unknown reasons. There is speculation about whether they will return to the next world championships to be held in either Spain or Venezuela in the year 2002. **DISABLED POWERLIFTING** is once read a comment by Scott Warman about how he was happy his friend who had lost a leg in an accident still competes in men's open meets and not in the disabled divisions. Well his friend is missing a great opportunity, he could be competing at a world championships if he wanted to. He could qualify for an IPF bench press championships almost at will at this time. But once at the worlds he would face stiff competition. Many people don't know that there is a disabled division at the IPF bench press world championships. This is the only opportunity for disabled lifters to lift side by side with the best able bodied lifters in the world. This division is open to any person with a physical disability. Ed King and Larry Miller have assured me that a disabled lifter can show up at the USAPL Bench Press Nationals next September in Columbus and qualify for the worlds. Check Coming Events in *Powerlifting USA* for info. The disabled division at the IPF worlds is held under IPC rules. The International Powerlifting Congress holds its own physically challenged world championships every year with the Paralympics every fourth year. The close relationship between the Paralympics and the Olympics may someday give powerlifting a backdoor to Olympic recognition. When it comes to top disabled powerlifting the Paralympics are the zenith of competition for elite athletes with physical disabilities. A winner at the IPF event might place third at the Paralympics. There are many disabled lifters of high caliber in the world. In the women's division at one IPC world championships I have counted three double bodyweight benchers. If these women had been lifting in the IPF women's open division that year they would have taken gold. But that is like comparing apples and oranges because they did not allow bench shirts for the disabled women. For more information about powerlifting in the Paralympics contact awesome bench presser Kater Cornwell at (704) 392-8616. Robert Massey from St. Thomas, U.S. Virgin Islands, has been associated with USABA since 1993. He would like to reach out to all blind athletes and hopes to bring in more lifters. Contact him directly at (340) 774-3564. Bob says, "We need to recruit, we need to build our team and keep it strong. We have been doing good so far and need to continue that." The Special Olympics has given developmentally disabled athletes an international venue for over 30 years. Athletes compete in 17 winter and summer sports staggered every two years. Powerlifting is growing and more people would like to be on teams but there is a lack of coaches. If any lifter is looking for a way to give something back to the sport than coaching a special olympics team might be a rewarding if not challenging experience. Try contacting your local or state Special Olympics office as a starting point. (Thanks to Brian Blum for these reports and report.)



TEAM USA at the IBSA World Championships: front row: Edie Jones, Cody Colchado, Asya Miller, Candy Loukprasong. Rear: Ron Carich, powerlifting coach Robert Massey, Steve Pena, Trisha Ellingsworth, Kandi Lukowski, Robert Chu, Head Coach Rob Peck, Nick Sinardi



Cody Colchado of Texas had the biggest total of the meet. (photographs are courtesy of Brian Blum)

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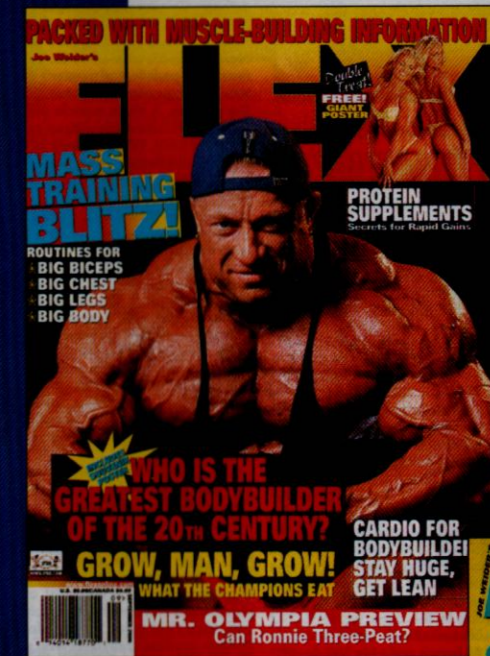
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ANPPC National BP/PL
28, 29 OCT 00 - Tuscola, IL

BENCH	148		
master men 40-44	A. Spielman		385
198	Dennis Belt		280
Dave Newman	425*	165	
220	Wade Phillips		395*
D. Burlingame	385	181	
master men 45-49	Daryl Evrad		350
148	198		
Dennis Belt	280*	Dave Newman	425
198	181	Tom Carnaghi	380
Luke Trammell	365*	242	
master men 50-54	275	Tobey Mays	480
Butch Adams	380*	Gene Beler	460
open men	shw		
Powerlifting	Fred Sorg		420
open women	BP	DL	TOT
242			
Miranda Scott	125*	185*	300*
master men 40-44			610*
198			
Dave Newman	640*	425*	540
220			1605*
D. Burlingame	720*	385	653
Anthony Bass	550	385	550
master men 45-49	148		
Dennis Belt	450*	280*	550*
181			1280*
Richard Palmer	515*	300	500*
198			1315*
Luke Trammell	600	365*	450
220			1415
Bernie Ferro	660*	430*	640*
master men 50-54			1730*
275			
Butch Adams	480	380*	480
master men 55-59			1340
242			
Walter Allen	450	300	500
open men			1250
148			
Dennis Belt	450	280	550
165			1280
William Foster	570	370	585*
198			1525
Wade Phillips	505	395*	460
181			1360
Richard Palmer	515	300	500
198			1315
Daryl Evrad	400	350	400
198			1150
Jim Kennedy	320	200	430
198			950
Tom Carnaghi	865*	380	675
198			1920
Dave Newman	640	425	540
220			1605
D. Burlingame	720	385	653
198			1760
Benny Finch	600	395	600
208			1595
T. Hollendonner	530	300	620
198			1450
Dustin Minks	540*	320*	500*
198			1360*
shw			
Fred Sorg	700	420	585
198			1705

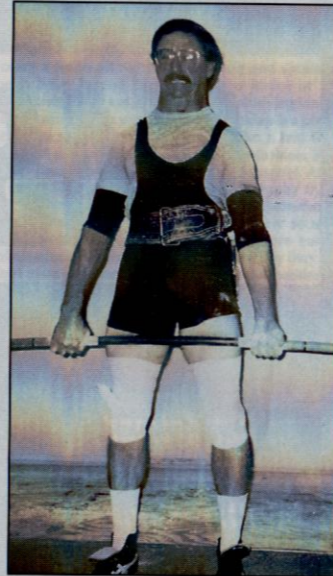
Best Lifters - Powerlifting: Tom Carnaghi; Bench Press: Andrew Spielman; Team Championships: Southern Illinois Uplifters. *denotes ANPPC na-



Andrew Spielman won Best Lifter in the Bench Press competition.

national record. The 2000 ANPPC National Powerlifting Championships were held at Son Light Power Gym in Tuscola, Illinois on October 28 & 29. The ANPPC continues to thrive, with another good turnout of lifters and an enthusiastic crowd of onlookers. Before I begin I must thank my judges Susan Latch, Linda Middleton and Keith Earley who did a great job both days. Keith, who also loaded, spotted, and encouraged each lifter, was a major factor in the success of this competition. Another major factor was the loading and spotting by the members of the Carnaghi - Maroscher Powerlifting Team: Tim Hollendonner, Wade Phillips, Benny Finch, Eric Maroscher, Tom Carnaghi, Jeff Stukel and Tom Reimer. Thank you all very much. On a sad note, the past week we lost another great lifter, Dave Bianchi. Dave was a close friend of Tom Carnaghi and some of his team members and will be missed by all who knew him. This national championship is dedicated to his memory and our prayers go out to all of his family and friends. Turning to the lifting, we had but one female competitor, but she was a good one! Miranda Scott was lifting in just her second competition; her first full meet. Lifting in the open women's 242 class, Miranda established all new national records with a 125 squat, 185 bench and a big 300 deadlift for a 610 total. Once she gets her squats down this girl will be a great one! At master 40-44 Dave Newman captured the 198 class with outstanding

lifting. Dave started with a personal best squat of 640, which was also a new national record. He followed that with a strong 425 bench; another record! Finishing with a 540 pull, Dave's total of 1605 was still another national record at 198! Duane Burlingame continues to reign at 220, taking his third consecutive title at that class. Duane had his best day ever in the squat with a national record 720 on his final attempt. Duane followed that with a 385 bench and a 655 deadlift to tie his existing total record of 1760. Second place at 220 was Anthony Bass, who came all the way from Ypsilanti, Michigan to compete. Anthony had a great day, squatting 550, benching 385 and pulling 550 for a 1485 total. Anthony showed a lot of potential, with a 1600 total in sight soon! At master 45-49, Dennis Belt continues to prove why he is one of the top lifters in the world at 148. Dennis set all new national marks with a great 450 squat, 280 bench and a 550 deadlift, for a 1280 total. Having a perfect day of lifting, Dennis' 550 pull would place him in the top ten *PLUSA* listing. Training partner Richard Palmer also had a great day of lifting, capturing the title at 181. Richard's 515 squat was a national record, finishing the day 3 for 3 there. Getting only his opener of 300, Richard failed at a national record 330 twice. But a great national record pull of 500 gave him another record with his total of 1345. Luke Trammell continued his undefeated master's title streak with his win at 198, posting a national record 365 bench in the process. A slight muscle pull with 630 in the squat made Luke settle with an easy 600 (he looked good for 650). With the help of the infamous Dr. Robert Middleton, Luke was able to finish the meet, pulling just his opener of 450 for a 1415 total. Bernie Ferro (a legend in his own mind) defended his title at 220, having the greatest competition of his career. Setting all new national records, Bernie squatted 660, benched 430 and pulled 640 for a 1730 total. Bernie, who is also a great national level bodybuilder, had a perfect (just like him!) 9 for 9 day of lifting. At 50-54 Butch Adams set all new personal records along with national records in the bench with 380 and total at 1340. Having just turned fifty-four, Butch continues to get stronger each year, just missing his final attempts of 500-400-500. Walter Allen was our final master's competitor, taking the 55-59 242 class, as he did last year. Overcoming some injuries since last year, Walter still had a good day of lifting, going 450-300-500-1250. He'll be back, though, next year in the 60-64 class stronger than ever! In the open men's division, Dennis Belt took the 148 class with that great 1280 total that won at masters. William Foster came up from Gallatin, Tennessee for the win at 165, having a great day of lifting along with a new national deadlift record of 585! William, who recently became the father of twins, didn't seem to be too worn out, as he posted a 570 squat and a 370 bench to go along with his record pull, for a 1525 total. Second place went to Wade Phillips, another great lifter who got a pr 505 squat along with a great 395 national record bench and a 460 pull for a 1360 pr total. That 400 bench is just an attempt away, Wade! Richard Palmer took the 181's without too much effort, going 515-300-500-1345 for his second title of the day. Daryl Evrad was second with 1150, which was a new personal record for him, as was his 400 squat and deadlift, to go along with his great 350 opener bench. Jim Kennedy was third, struggling throughout the day with his lifts. Jim had not competed in over a year and had lost quite a bit of bodyweight, but still finished the meet with a 320-200-430-950 showing. Don't worry about it Jim, we've all been there! Then at 198 came the real show, Tom Carnaghi's continued assault on the all-time squat record at 198! Tom opened with a DEEP 800, which would have passed anywhere. Next came 840, then a pr and national record 865. Good lift! (Tom had 900 in him!) In the bench Tom continues to struggle with a left elbow injury, but did get a strong 380. On to the deadlift where he finished with an easy 675 for a record total 1920! First place at 198 and best lifter award for the competition, again! Dave Newman was second at 198 with his best ever total, 1605. Duane Burlingame captured the open 220's along with his master's win, while Benny Finch was second and Tim Hollendonner third. Benny had a great day, getting all new personal records with his first 600 lb. squat and deadlift along with a 395 bench for a 1595 total. Tim Hollendonner also posted new pr's in each of his lifts, going 530-300-620-1450, missing only his final attempt in the squat with 570. A great natural deadlifter, Tim did well in his first full meet. In the newly established 308 class, Dustin Minks set all new national records with his 540 squat, 320 bench, 500 deadlift and 1360 total. Dustin has the potential to total much higher, but just hasn't quite hit his groove yet. At shw Fred Sorg once again took the title, starting with a strong 700 squat. Fred



One of the Best ... Dennis Belt locks out a National Record 550 at 148, in the 45-49 masters category.

wanted 760, which is well within his range, but missing his opener caused him to pass on his third attempt. Fred is always strong in the bench, getting 420 with ease. That was followed by a 585 pull for a 1705 total for the win. In the bench press competition, Dave Newman took both the master 40-44 and open 198 class with his national record master's lift of 425. Duane Burlingame won at master 40-44, 220, with 381 At master 45-49, Dennis Belt set another national record at 148 with a clean 280, while taking second in the open class. Also at 45-49 was Luke Trammell, who finished with his record 365 at 198. Butch Adams took the 50-54, 275 class with a record 380. Best lifter Andrew Spielman has continued to improve upon his form, finishing with a personal best 385 for the win at 148. Wade Phillips won at 165 with his national record lift of 395. At 181 it was Daryl Evrad with his opener of 350, missing a record 380 twice. Tom Carnaghi was second at 198 with 380. At 242 it was Tobey Hays, who had to settle with his opener of 480, after missing 500 twice. That was still good enough for the win over Gene Beler, who also struggled after getting his opener of 460. Both of these lifters are capable of near 550 benches. At shw it was Fred Sorg with 420. The team championship went to The Southern Illinois Uplifters with members Dennis Belt, Daryl Evrad, Richard Palmer, Walter Allen and Duane Burlingame. Thanks again to all who helped make this event a continued success. (Thanks to Dr. Darrell Latch for providing these results).



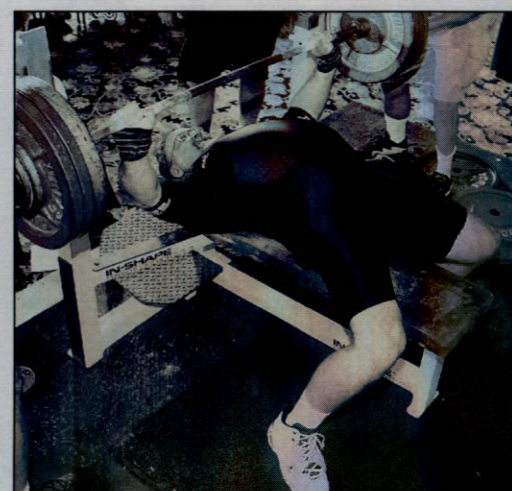
Miranda Scott completes her first 300 lb. deadlift. She set all new records in the 242 Open division

WABDL Budweiser Record Breakers
23 SEP 00 - Bend, OR

BENCH	275		
WOMEN	G. Johnson		270
Submaster	K. Nichols		270
181	Masters 68-74		198
S. Allen	198	D. Frosland Sr.	286
4th	203	DEADLIFT	
Open	132	WOMEN	
165	132	H. Beach	220
B. Ann Heriford	181	165	
Masters 47-53	132	M. Jagoda	325
132	132	Masters 47-53	
J. May	132	132	
165	181	J. May	287
B. Ann Heriford	181	287	
Masters 54-60	181	Submaster Law/Fire	
181	176	220	
J. Hamblin	176	220	
4th	181	K. Eller	529
MEN	181	R. Valentine	413
Teen 13-15	242		
148		T. Kopta	512
A. Munsey	115	Masters Law/Fire 40-	
Teen 16-18	181	47	
220	281	T. Wilson	580
S. Hoffman	242	Open Law/Fire	
275	355	181	
B. Backstrom	355	T. Wilson	540
308		198	
G. Warren	457	E. Rox	490
308	462	220	
C. Sacher	457	P. Cicero	490
4th	242	242	
Class I		J. McGrath	451
148	315	Masters 40-46	
D. Engles	315	181	
220	345	D. Jay Hall	490
J. Schrag	345	Masters 47-53	
Open	181	165	
181	446	J. Clay	501
L. Jones	446	198	
B. Beebe	451	Masters 54-80	
308	523	R. Wyles	501
S. Selstrom	523	Masters 61-67	
Junior	123	242	
123	303	R. Cox	523
L. Culp	303	308	
4th	341	G. Johnson	308
148	314	275	
D. Engles	314	457	
B. Kunkel	303	K. Nichols	457
220	4th	4th	
J. Schrag	347	Teen 13-15	462
242	148	148	
A. Grover	341	A. Munsey	325
Submaster	220	220	
220		C. Crossen	
S. Hager	347	275	
275		N. Heppner	501
K. Walden	534	4th	523
4th	556	Teen 16-19	
Masters 40-46	165	165	
B. Beebe	468	S. Willis	352
275	275	275	
D. Frosland Jr.	473	A. Bales	451
C. Moon	496	181	
K. Sacher	512	F. Silva	468
Masters 47-53	308	D. Keranen	314
308	424	165	
D. McCreary	424	J. Clay	165
Masters 54-60	181	SHW	733
181	275	D. Munsey	733
J. McCamman	275	Junior	
T. Bunce	335	148	
SHW	440	B. Kunkel	424
D. James	440	198	
Masters 61-67	275	S. Manley	650

About 45 lifters competed for bench press and deadlift WABDL World & State Records at the Bend Fitness Center, formerly Powerhouse Gym. The gym is now owned by Byron Beebe and George Nelson, two of WABDL's greatest master benchers. In teenage bench 13-15 age group, Andy Munsey at 148 put up 115 in his first meet. In teenage 16-19, Scott Hoffman put up 281 in the 220 lb. class. In the 242, Brian Backstrom did a nice 352 and was close with 380. At 308, Cody Sacher set a world record of 462. Cody is one of the top collegiate wrestlers in the country. In masters bench 40-46 age group at 181, Byron Beebe did 468. At 275, Don Frosland Jr. tied Kurt Sacher and won on bodyweight with 473. Don is the world record holder with 508 and both he and Kurt went at it lift for lift. 473 on an opener and then they both tried 512 for a world record. Don actually locked his out, but his butt came off the bench. Carroll Moon sneaked in for the win with a 496. In masters 47-53 308 lb. class, Dave McCreary put up an easy 424 but took too big a jump to 485. He probably had 450 in him. In 54-60 181, Jerry McCamman pushed 275. At 242, Terry Bunce did 336. At super, Donald Jones the current world record holder at 468, had to settle for 440. In masters 61-67, Gary Johnson set a Washington State record with 303 in the 275 lb. class. Keith Nichols was second with 270. In

masters 68-74 198 lb. Don Frosland Sr. did 286 and came over so close with 297 for an Oregon state record. In submaster 220, Sam Hagen did 347 in his first meet in about 5 years. In submaster 275, Kendall Walden set an Oregon state record in his first meet with a bionic 556. In junior men Lyle Culp set a world record with 365 in the 114 lb. class. That's a major lift. He has a very short lockout and was within a hair of a triple bodyweight bench of 342. At 148, Donny Engles beat Barry Kunkel 314 to 303. At 220, Joshua Schrag put up 347 and Adam Gruber did 341 at 242. In class I bench, Donny Engles set a Washington state record at 148 with 314. In 220, Joshua Schrag did 347. In open men, Byron Beebe, who rarely loses in master or open, beat Lee Jones 451 to 446 in the 181 lb. class. At 308, Swede Selstrom, who is huge, did 523 but had shirt problems. His 523 was basically raw. In master women, Janet May did 132 missing a state record of 143. At 165 47-53, Betty Ann Heriford did a PR 181. At 181, Joyce Hamblin in 54-60 181 lb. did 176 and missed a world record of 182. In submaster woman Sharon Allen set two world records with lifts of 198 and 203 in the 181 lb. class - very impressive. In the deadlift in junior men, Barry Kunkel pulled a big 468 - 6 pounds shy of the Oregon state record. Steve Manley pulled an even bigger 650 at 198 but missed a world record 672. In open men's deadlift, Dean Keranen who has done 507 at 148 was hurt and only did 314. At super, Dean Munsey pulled a PR 733 for an Oregon state record. Dean is a powerlifter with a 2000+ total to his credit and a strongman contestant having finished second in the Northwest strongman last year. In teen men's deadlift, Andy Munsey set a world record of 325 in 13-15 148 lb. class. In the 275 lb. class, Nick Heppner set an Oregon record of 523. In 16-19 165 Casey Guchas set an Oregon state record of 462. Shaun Willis was second with 352. At 181, Frank Silva did 429. At 275, Aaron Bales did a nice 451. In masters division deadlift, David Hull did an Idaho state record with 490 in 40-46 181 lb. class. In master 61-67 275, Keith Nichols set 3 world records ending up at 462. In the 308 lb. class 61-67



Don Frosland did a 512 WR attempt in the 40-46 275 pound class. (Photographs by Gus Rethwisch).



Dean Munsey deadlifted 733 (Photograph by Gus Rethwisch)



Sharon Allen 181 submaster BP 203 world record. (Gus Rethwisch)

Gary Johnson did a 308 world record. In open men's law/fire in 198, Eric Fox did an Oregon state record with a 518. At 220, Phil Cicero opened with 490 and went for the Oregon record of 512 with a 523 but couldn't pull it off. At 242, Jeffrey McGrath did 451 but missed the Oregon record of 490. At 181, Terry Wilson set a world record of 540. Terry also set a world record in masters 40-47. In submaster law/fire at 220, Kevin Eller set an Oregon state record with 512. In master women 47-53 132 lb. class, Janet May set a world record with 287. Janet is coming back from obviously a very successful back surgery. In women's open, Heidi Beach won at 132 with 220 lb. in her first meet. Michello Jagoda set an Oregon state record at 165 with 325. I would like to thank Chris Erhardt, Donna Dellere and Dave Check who were the judges. Tonya Williams was the scorekeeper. James Patch led the spotters/loaders. I want to thank our sponsors - Rick Brewer from House of Pain, John Inzer of Inzer Advance Designs, Ron Coleman of Twin Lab & Muscular Development, Wes Kampen of Powerlifting Super Store, Mike Lambert of Powerlifting USA, Craig Grim of Budweiser, Neal Spruce of Apex, Tim Isaac of JK Labs, Bob Thomas Chevrolet, Pepsi Cola, GNC, and Frank Wilson of the Bend Riverside Motel. (Thanks to Gus Rethwisch for providing the results of this competition to PL USA)



Tom Carnaghi nails a Personal Record and National Record 865 squat in the 198s for Best Lifter. (all photographs provided courtesy Dr. Darrell Latch)

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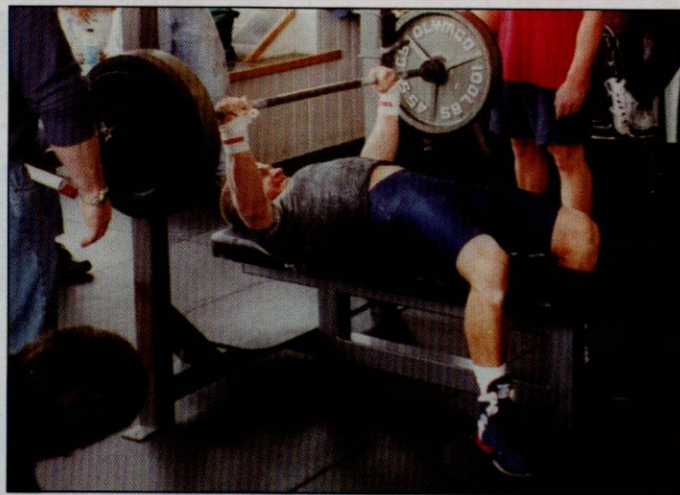
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**Ed Jubenville Memorial BP Contest
11 NOV 00 - Pittsfield, MA**

BENCH		WOMEN	
114	M. Bessette	198	205
14-15	I Russell	150	
E. Frost	Junior	340	
40-44	N. Godfrey	340	
C. Burnett	165 W. Parks	465	
139	B. Gazaille	420	
35-39	G. Ting	375	
P. McCann	140 A. Martin	285	
176	Open	465	
W. Wolfe	140 40-44	465	
50-54	S. Smith	465	
S. Cseh	80 45-49	340	
176+	J. Riotta	340	
14-15	50-54	345	
V. Merighe	155 C. Frost	230	
J. Russell	105 220	410	
66-69	16-17	440	
B. Shepetin	85 M. Merighe	435	
MEN	Junior	420	
114	J. Johnson	410	
45-49	Open	440	
J. Karas	135 A. Murray	435	
148	J. Ford	420	
16-17	C. Clapp	410	
G. Smith	160 J. Johnson	410	
Junior	C. Norris	345	
D. Williams	230 T. Patrino	220	
165	Open	440	
14-15	A. Murray	325	
D. Hilton	160 F. Engel	420	
18-19	40-44	410	
S. Kershner	265 C. Clapp	400	
Open	F. Mink	400	
R. Pelkey	420 J. Sloan	385	
S. Kershner	265 R. Shipman	210	
M. Ioannov	250 242	485	
35-39	14-15	350	
T. Fresia	300 L. Olenasky	350	
K. Nautel	265 18-19	425	
M. Ioannov	250 J. Sherwood	385	
40-44	Open	330	
J. Wysock	305 G. Beinstein	575	
D. Horton	240 R. Delamave	385	
65-69	B. Fitzgerald	330	
R. Cseh	230 275	315	
181	Open	575	
D. De Brocky	155 SHW		
40-44	18-19		
R. Kent	285 J. Kuhnen		
45-49	D. Jones		
C. McCann	315 Open		

The seventh annual Ed Jubenville Memorial Bench Press Contest was deemed a great success. A blend of beginners and seasoned lifters kept everyone interested. Carolyn Burnett benched 165 at a bodyweight of 129 to beat out seven other contestants for the women's best lifter trophy. Forty - five year old paraplegic, Joe Karas, competed in the 114 pound class with absolutely no special considerations. Joe's lift of 135 was far below what he has done in the gym. With some more experience in competition, Joe should show big gains. The audience loved his gutsy performance. Bob Pelkey was the outstanding lifter in the lighter classes - his 420 at a bodyweight of 157 was one of the best lifts this contest has ever seen. Matt Morgan won the best lifter in the heavy classes. 306 pound Morgan made his opener of 575, but misses two attempts with 625. Right behind Morgan was Gordon Beinstein. Gordon made his opener of 535, but the 240 pounder missed the 555 that he needed to beat out Morgan for best lifter. The comradeships and sportsmanship the big guys showed was exemplary. R.J. Delamave made 485 at a bodyweight of 242 - he just missed his last attempt of 500. Calvin Frost won the best lifter in the master's divisions. Two lifters came, who failed to realize that late entries were not being accepted. They were allowed to lift without their scores counting in the standings. Jim Abley made a 400 lift while weighing 203, while Ben Lees, lifting without a shirt, made a very impressive 500 pound attempt while weighing 216. Ben Lees might be a force to reckon with in the future. This year there was a very good turnout of team entries. Trophies were awarded to the top five teams. Last year's winners, Basement Benchers from Valatia, NY, repeated as victors. Second place, T-N-T wrestling from Schenectady, NY was a spirited group including several teens. Third place went to the host team, Berkshire Navilos. Fourth place went to Iron Man Machine of Pittsfield, MA. Kidport of Amherst, MA won fifth place. Jim Ramondette, the owner of Berkshire Navilos, did his usual fine job of announcing. Head Judge was Bob Najlmy. Side Judges were Marc Farinon and Ben Phillips. Loader - spotters included John Nesbitt, Damon Bartlett, Peter Barrett, Eric Gibbs, and Frank Willard. Scorekeepers were Glen Mc Burney and Barbara Conway. Thanks to everyone. (Thanks to Bob Conway for providing the results of this contest to PL USA).



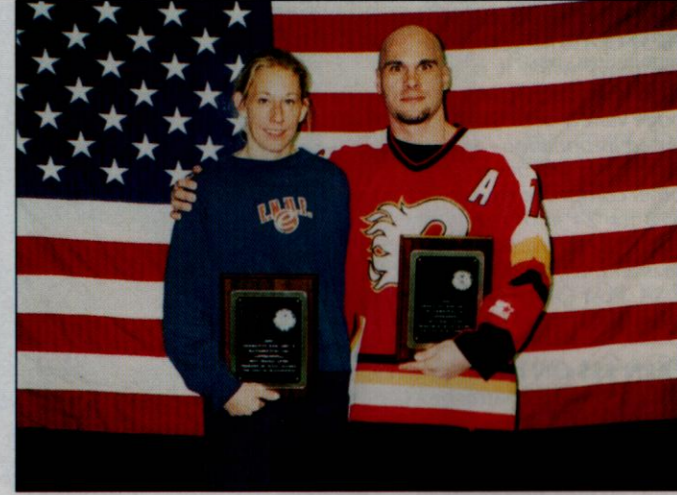
Bob Pelkey benched 420 at a bodyweight of 159 at the Ed Jubenville Memorial Championships to win a Best Lifter award. (Bob Conway)

**Minnesota's Raw Meet II
18 NOV 00 - Bloomington, MN**

WOMEN		DL		TOT	
123	SQ	220	150	330	700
B. Gnerre (BL)	155	85	220	460	
C. Bissonnette	155	85	220	460	
K. Sorenson (M)	45	130	245	420	
148					
B. Schwain (M)	135	85	160	380	
165					
V. Green (T)	75	95	170	340	
Men					
165					
Rene Phan	215	300	300	815	
Nick Rachuna (T)	230	175	385	790	
181					
Tony Reid (BL)	475	370	570	1415	
Sid Reid (M)	395	270	520	1185	
M. Bardwell (M)	335	270	375	980	
198					
Mike Sorenson	400	315	585	1300	
Carl Holleman	400	325	480	1205	
Troy Hirdler	330	330	400	1060	
Bill Morris	340	300	400	1040	
220					
Rick O'Mara (M)	430	365	545	1340	
John Dorsner (M)	455	320	550	1325	
Keith Belise	475	360	465	1300	
Joe Hickman	285	355	405	1045	
Nathan Guentzel	350	230	410	990	

**242
Dirk Larson 550 335 610 1495**

275 Dan Kennedy (T) 400 250 410 1060
R. Rozenberg (M) 300 315 375 990
22 lifters and countless spectators (well, at least I couldn't count them all) braved the harsh Minnesota winter weather to make Raw Meet II a success. Lifters of all ages and experience levels left their knee wraps, power suits and bench shirts at home. We tried some MN non-conventional powerlifting protocol which included early weigh ins, press signal on the chest, use of a deadlift bar and loading all of the plates facing inward. Pure anarchy to say the least, we may never be the same. The women's division had first time lifters ranging in age from 14 to 60. That is good to see. Brenda Gnerre won the 123's with a fine 700 lb. total. We also saw some very impressive lifting from the men with Tony Reid totaling 1415 in the 181's. In the 220's, Rick O'Mara finished in first place in a close contest over John Dorsner who gave his last deadlift a real ride but wasn't to be. Dirk Larson lifted well in the 242's. Best lifters for the contest were Brenda Gnerre and Tony Reid. I would like to thank Doug Moore for the venue; Shawn Friday, Brian Hudyma and Dan Rgnonti for judging; Brad Madvig, Steve Gavin and Mary Gordon for their excellent platform management and Jerry Gnerre for announcing. (Thanks to Dennis for providing these results).



Best Lifters at the Minnesota Raw Meet II: Brenda Gnerre & Tony Reid.

**USAPL Hudson Natural Open
28 OCT 00 - Hudson, WI**

Special Olympian SQ		BP		DL		TOT	
Roy Lehman	340	200	400	940			
Women							
Laura Strylund	320	195	365	880			
Violet Stephens	250	155	330	735			
Lori Loughney	305	185	325	815			
Jessica Nowak	225	115	260	600			
Nicole Wilson	210	100	300	610			
Teen Men							
Luke Bergmann	440	250	480	1170			
Tony Williams	360	230	345	935			
Lance Vanthoof	350	250	405	1005			
Masters I							
B. Hudyma (49)	640	415	630	1685			
Dan Rgnonti (44)	620	395	660	1675			
Rick Kolbeck (41)	610	395	620	1625			
M. Rufflo (43)	525	270	530	1325			
Ed Piwonski (45)	430	300	440	1170			
M. Laabs (40)	460	285	550	1295			
L. Peterson (41)	455	330	470	1255			
Masters II							
Sid Reid (52)	475	280	530	1285			
B. Sullivan (52)	465	305	500	1270			
Bob Morton (53)	415	275	415	1105			
C. Mattson (59)	235	175	285	695			
Men's Open							
148							
Dave Thompson	460	305	470	1235			
165							
Mike Hulse	490	290	465	1245			
181							
Blake Hanson	500	315	540	1355			
Jon Ness	425	290	425	1140			
198							
S. Lindquist (BL)	560	335	605	1500			
John Shields	550	370	525	1445			
Shawn Friday	480	350	575	1405			
Troy Brummund	440	290	545	1275			
220							
Bill Pechmiller	630	465	500	1595			
Billy Arnold	575	360	575	1525			
Tom Hines	540	365	595	1500			
Keith Belise	580	405	515	1500			
Ken Graack	580	315	545	1440			
Jason Adamski	505	405	510	1420			
Andy Schweitzer	475	280	500	1255			
Kevin Hender	365	300	440	1105			
242							
Mitch Edelstein	580	420	660	1660			
Fred Nowak	600	435	605	1640			
Charlie Bradford	540	350	610	1500			
Jim Bentley	315	300	450	1065			
275							
Scott Lade (BL)	740	545	630	1915			
Richard Auxer	605	425	710	1740			
Antonio Holley	605	415	600	1620			
Steve Johnson	480	---	---	---			
SHW							
Jake Eddy	640	400	650	1690			
Jason Christus	550	475	150	1175			

**2000 USPF Bench & Deadlift
04 NOV 00 - Cranston?, RI**

BENCH		J. Johnson	
275			
Lazzareschi (BL)	530		
J. Bourgault Sr.	435		
SHW			
C. Lacroix-242	300		
SHW			
M. Connors-198	280		
A. Jordan			
DEADLIFT			
C. Lazzareschi Jr.	530		
Teenage			
A. Tridenti Jr.-220	420		
M. Connors-198	470		
J. Goncalves-198	265		
C. Lacroix-242	415		
Masters			
N. Paoello	370		
J. Goncalves-198	465		
B. Ducharme	355		
181			
J. Carreiro	325		
B. Ducharme	570		
J. Signore Jr.	320		
N. Paoello	540		
D. MacDonald	310		
J. Signore Jr.	530		
198			
J. Carreiro	480		
P. Elliott	355		
D. MacDonald	465		
242			
J. Connors	500		
P. Elliott	455		
B. Delamare	480		
242			
A. Baccari	440		
J. Connors	500		

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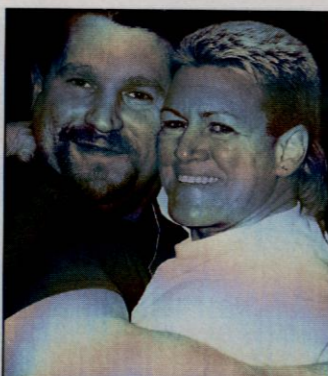
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Kirk Karwoski congratulates Linda Jo Belsito on her Middlewt. win.

Plainwell Knights team from the frozen tundra state of Michigan, re-wrote the record books in the squat, deadlift and total winning the Teen 1 division. Also in this class were Nancy Hays, age 62, competing in the Masters 5 (60-64 years young) and Elma Beck, lifting in the Masters 8 (75-79 years young) division.

Sunday started sharply at 9:00 am with the 67.5 kg class. There were 11 lifters in the Open class, with a grand total of 19 ladies in the 67.5 class. Coming out of nowhere, Kara Bohigian went 8 for 9 and used



Leslie Look - 181 lb. champion.

her strong, thick legs that were shaped on the weightlifting stage over the last few years, to propel her into first place. Following behind her were Louisiana Tech standout Rebecca Roberts, Priscilla Ribic, former class champion Donna Covington and Rhonda Clark. Former class champion Paula Houston wasn't able to get a squat passed and 2 other ladies weren't able to finish the contest because of the deadly red lights. Regina Hackney, Masters 5, and Dr. Georgia Johnson, Masters 7 (70-74 years young) won their divisions.

In a repeat of the 1999 Women's Nationals, the top three place winners of the 75 kg Open class were the same: Linda Jo Belsito, Andrea Sortwell and Katie Ford. There were

(article continued from page 12)



In the 198 lb. class the champs were 1st placer **Linda Schaefer** and 2nd placer **Paulette Calhoun**.

10 ladies in the Open division with some great balanced lifting. Malinda Baum and Deanna Chaney tied, with Baum being lighter bodyweight. Ruth Welding and Michele Brubaker of Ball State University and Team Indiana fame were separated by 2.5 kg. Marsha Serre, USAPL Secretary/Treasurer, came back after ACL reconstruction of her knee last year and yelled her way to win the Masters 3 division.

2-time IPF Women's World Championship Silver Medalist, Leslie Look, survived some stomach turmoil to win the 82.5 Open class while re-writing the Open Total record, beating the previous record owned by her, by 7.5 kg. During the deadlift, Leslie decided to see if PJ Couvillion, Chief Referee, had quick reflexes and gave him her famous test. He passed with flying colors! Gretchen Kalk, of Ball State University/Team Indiana, easily won the Junior division. Sue Ann Pack, Masters 5, re-wrote the record books during every lift.

The second to last class being contested, the 90 kg class, saw Linda Schaefer alone in the Open division. After securing her win with her opening deadlift, she went immediately to 208 kg, a new IPF Masters World Record. She tried it on the second attempt, but got three red lights. A third attempt wasn't any closer. What an effort! She attempted the last deadlift of the contest, so the crowd was really behind her. Rebekah Rudometkin set a new Teenage American total record after a 5 for 9 day. Not too shabby! Paulette Calhoun rounded out the class by

taking second in the Masters 1 class.

The last class of the day were the big and beautiful ladies, the 90+ kg class. Last year's champion, Liz Willett easily won the Open division. Only thing is it took her until her third squat to get an attempt in. She then went on to get only her opening bench. When it came time to deadlift, she put on a show, pulling up 200 kg to finish 5 for 9 and a National Champion. Another person who also had problems with getting a squat passed was Harriet Hall. Unfortunately, she was not as lucky as Liz and missed all three squats in her new weight class. Sue Hallen took second place in the Open and won the Masters 1 division over Lori Loughney. Sabrina Pledger cruised to third place in the open, just 7.5 kg behind Hallen and won the Teen 3 division.

Best Lifters: Open: 44 - 56 kg: Jennifer Maile; 60 - 75 kg: Kara Bohigian; 82.5 - 90+ kg: Leslie Look; T1: Jessica Ray; T2: Jennifer Maile; T3: Katie Ford; Junior: Rebecca Roberts; M1+M2: Ellen Stein; M3+M4: Sally Bowers; M5+M6+M7+M8: Judy Gedney. Team awards: Open: Titan; Teen/Junior: 1. Plainwell Knights, 2.

Team Indiana; Combined: 1. Alaska Iron Maidens, 2. Phantom Warriors, 3. Team Indiana. The meet ran very quickly with no injuries or misloads! We had been planning this meet for the last 2 years and with the help of Technical Secretary PJ Couvillion with some of the pre-meet preparation in regards to the IPF paperwork, it went off without a hitch. Also after many days of music threat mail from Look and Willett, we tried to accommodate the ladies with some Beastie Boys, Metallica, and AC/DC, etc. for inspiration. Thanks to Dr. Larry



Liz Willett was still smiling after a tough day at 198 plus.

Our thanks go out to Dr. Mike Cissell, Dr. Larry Miller and USAPL President Mike Overdeer and his wife Angie for the use of their equipment; Meet Announcer Richard Duke (who did a great job even with this meet being only his second PL competition); Meet Referees PJ Couvillion, Ruth Welding, Sue Hallen, Joe Marksteiner, Greg Page, Dr. Mike Cissell, Rick Fowler, Vince White, Joe Goodhew, Dr. Larry Miller, Steve Howard, Rick Fowler and Scott Macklin; spotters and loaders Big Mike Hodge, Frank Palmer,

Mike Lawrence, Brian Proxmire, John Schumaker, Jhormy Martinez, Brian Kurtz, Adam Krouse, Eric "Handoff Man". A HUGE THANK YOU to the Executive Women International members who volunteered their help with this competition. Additional thanks goes out to expediter Gily Martinez, Dr. Monique Hartle, Lynn Berry; Security Cynthia Fielden, Carol Spicer, Pam Michalec, Kathy Goffer; Photographer Paul Spicer; Admissions Sarah Vetter, Susan Lees; gophers Colin and Anthony Hartle; chiropractic sports care Dr. Camille D'Amato with massage therapists Melanie Brunson and Sandra Roe. Thanks to LeeAnn Pollock and Sonya for helping us out tremendously in obtaining the Grand Wayne Center/Fort Wayne Hilton for a great meet site and catering to all of our needs. Thanks to our sponsors: Allen County Family & Sports Chiropractic, John Healy and Northwestern Health Sciences University, Open View MRI/Fort Wayne Radiology, Fort Wayne Visitors and Convention Bureau, Configurations, Indiana Physical Therapy, Grand Wayne Center, Antibus Scales, Premier Financial Group, Nutritional Technologies and Titan Support Systems. Thanks to Liz Willett for assisting us with this article. We will be putting on more National Powerlifting Championships and possibly World Championships in Ft. Wayne in the years to come. Congratulations to all the above competitors on some great lifting!! Remember, Be Healthy and Be Strong!! Drs. Monique & Michael Hartle

USAPL Women's Nationals

20-21 JAN 01 - Ft. Wayne, IN

97 lb.	SQ	BP	DL	TOT
S. McMillian	286	132	281	699
C. Solan	242	121	281	644
D. Aliminosa	170	93	231	496
16-17				
E. Dickey	203	93	237	534
Junior				
S. McMillian	286	132	281	699
40-44				
C. Solan	242	121	281	644
45-49				
D. Aliminosa	170	93	231	496
105 lb.				
J. Maile	336	203	325	865
J. Ocampo	14-15			
C. Nogle	192	66	209	468
J. Ray	16-17			
J. Maile	336	203	325	865
40-44				
C. Mehmedbasich	132	121	187	440
45-49				
A. Leverett	286	165	336	788
60-64				
J. Gedney	231	132	264	628
114 lb.				
S. Hartwig	330	187	347	865
E. Street	319	159	352	832
K. Goff	303	110	363	777
C. Baqui	275	132	341	749
S. Bowers	259	132	336	727
K. Gordon	203	148	308	661
M. Shuttlesworth	14-15			
J. Ray	220	110	259	589
16-17				
C. Jacobs	220	115	264	600
40-44				
L. Carroll	159	77	187	424
50-54				
S. Bowers	259	132	336	727

123 lb.				
M. Amsden	319	159	363	843
D. Siveny	270	159	319	749
16-17				
N. McLean	192	121	281	595
Junior				
M. Amsden	319	159	363	843
40-44				
D. Siveny	270	159	319	749
M. Whiddenn	242	132	270	644
L. Lopez	209	121	286	617
45-49				
B. Howard	237	132	270	639
132				
A. Overdeer	352	220	374	947
J. Thompson	319	270	341	931
E. Stein	341	181	402	925
Conway-Belgrave	319	154	347	821
V. Aguila	325	159	325	810
S. Allison	292	159	352	804
N. Sperbeck	264	159	286	710
14-15				
A. Mesik	259	99	303	661
C. Wettach	214	88	220	523
16-17				
R. Willis	286	143	286	716
18-19				
N. Sperbeck	264	159	286	710
Junior				
Conway-Belgrave	319	154	347	821
40-44				
K. Dingle-Craig	253	165	314	733
45-49				
E. Stein	341	181	402	925
B. Cromwell	225	121	264	611
60-64				
N. Hays	176	132	303	611
75-79				
E. Beck	143	77	187	407
148				
K. Bohigian	402	214	413	1030
R. Roberts	369	187	424	981
P. Ribic	369	181	418	970
D. Covington	341	187	391	920

R. Clark	303	176	418	898
G. Nobsch	286	214	341	843
M. Ruffener	275	220	325	821
N. Goodson	303	165	286	755
P. Houston				
L. Strylund				
R. Catron	286			
14-15				
P. White	242	110	248	600
16-17				
H. Sterzick	248	132	336	716
18-19				
G. Nobsch	286	214	341	843
W. McKelvey	242	110	281	633
A. Dunivan	264	115	231	611
L. Schaefer	225	132	248	606
Junior				
R. Roberts	369	187	424	981
K. Callier	352	181	336	870
40-44				
D. Covington	341	187	391	920
60-64				
R. Hackney	225	121	275	622
70-74				
G. Johnson	66	71	66	203
165 lb.				
L. Belsito	374	192	413	981
A. Sortwell	347	248	336	931
K. Ford	336	209	363	909
K. Reske	336	170	391	898
C. Newman	341	203	336	881
M. Baum	319	181	374	876
D. Chaney	308	220	347	876
R. Welding	314	170	363	848
M. Brubaker	292	214	336	843
T. Williams	176	126	314	617
14-15				
L. Pledger	231	110	253	595
16-17				
K. Smoot	203	115	292	611
18-19				
K. Ford	336	209	363	909
Junior				
M. Brubaker	292	214	336	843

40-44				
L. Belsito	374	192	413	981
A. Sortwell	347	248	336	931
J. Livingston	170	104	248	523
45-49				
R. Welding	314	170	363	848
50-54				
M. Serre	248	126	314	688
181 lb.				
L. Look	468	248	468	1184
S. Martin	352	192	363	909
S. Chow	352	187	363	903
G. Wolfenberger				
14-15				
M. Buffenbarger	225	110	259	595
16-17				
K. Holloway	336	187	358	881
M. Millin	363	198	275	837
40-44				
G. Wolfenberger				
60-64				
S. Pack	259	198	292	749
D. Steele	203	143	242	589
198				
L. Schaefer	275	176	424	876
16-17				
R. Rudometkin	347	165	352	865
40-44				
P. Calhoun	275	176	424	876
L. Schaefer	292	225	303	821
SHW				
L. Willett	490	292	440	1223
S. Hallen	330	242	352	925
S. Pledger	352	16		

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