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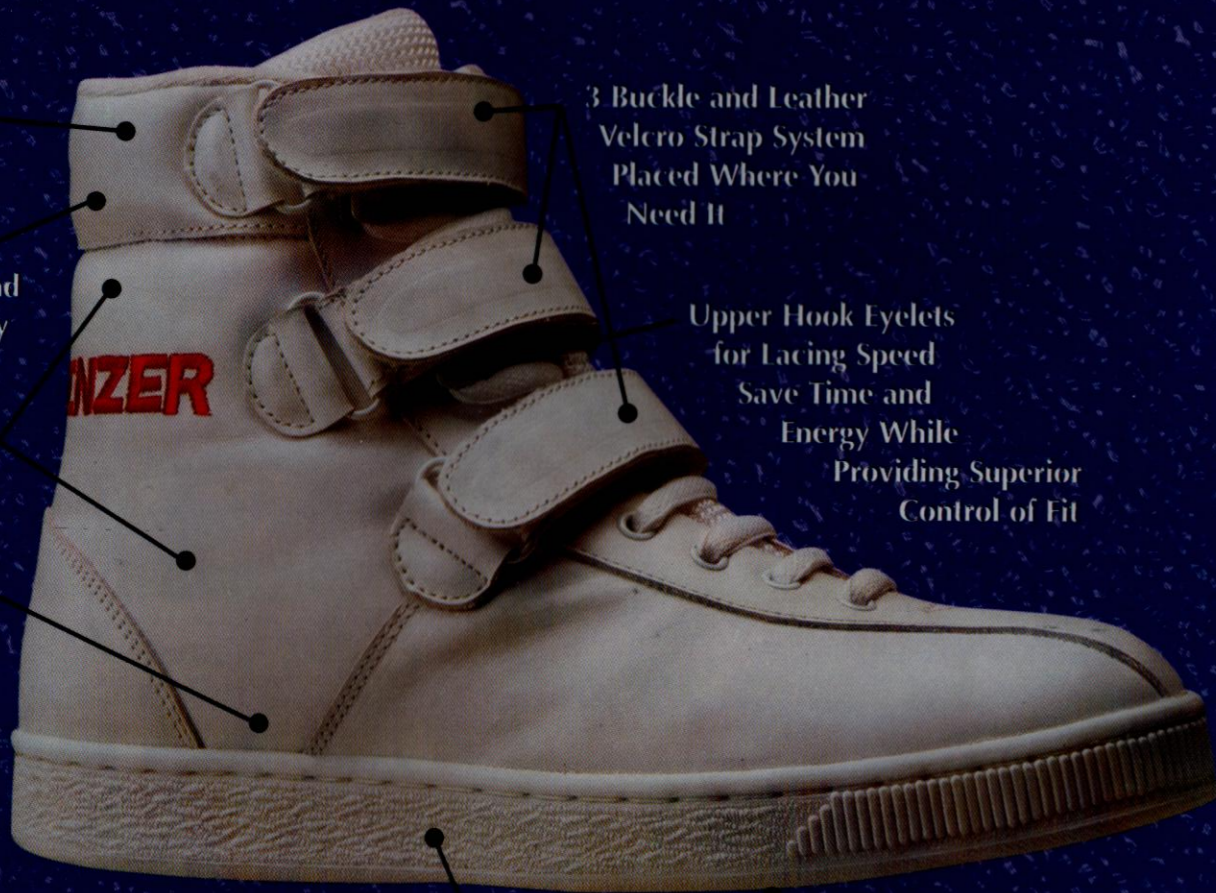
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**303 @ 123**



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*ON THE COVER.... George Halbert & Rob Fusner (World Class Images) and Tina Rinehart (Ned Low) at the Arnold Classic*

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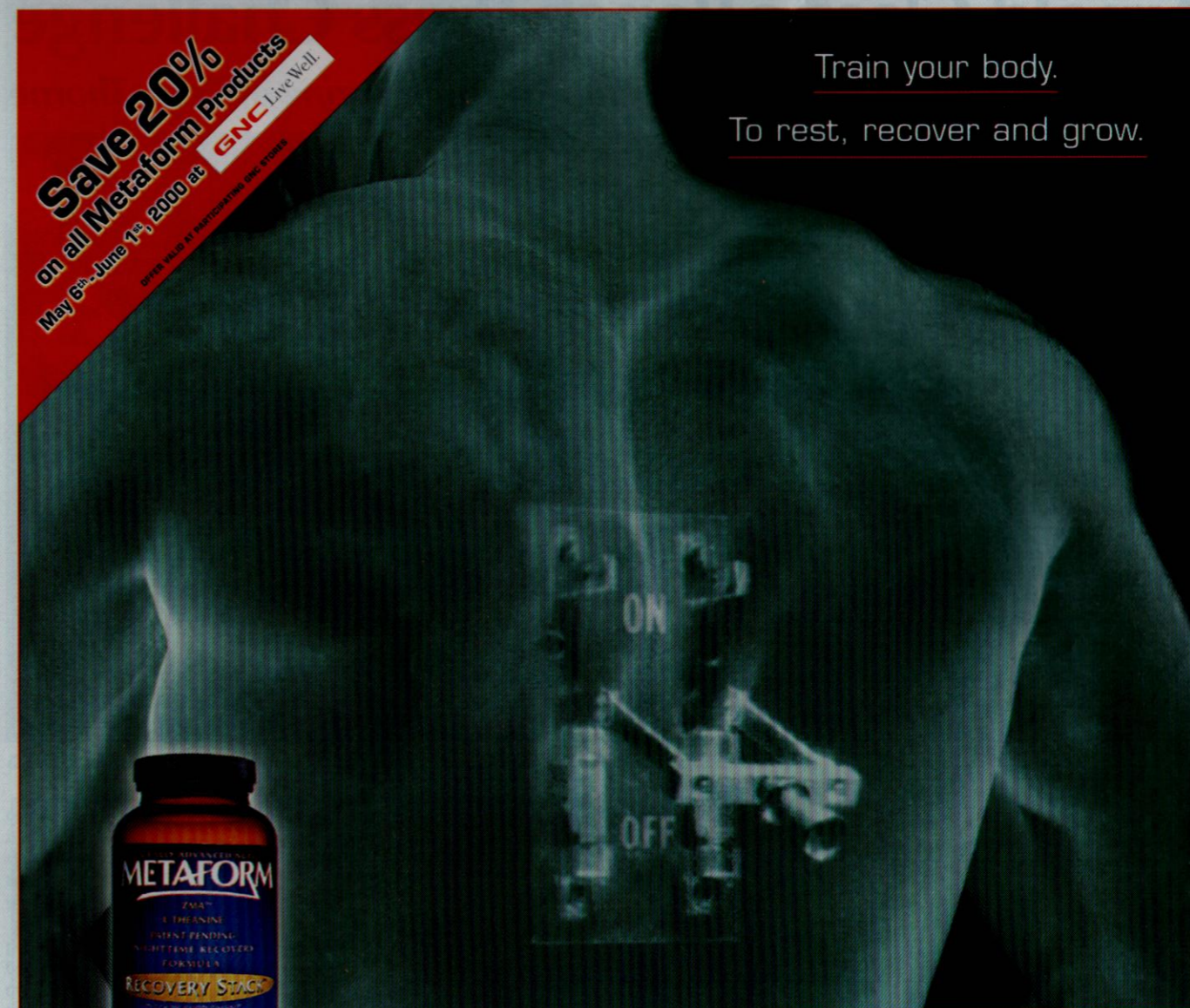
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# Arnold Classic Bench Press Challenge

as told to *Powerlifting USA Magazine* by Peter Thorne

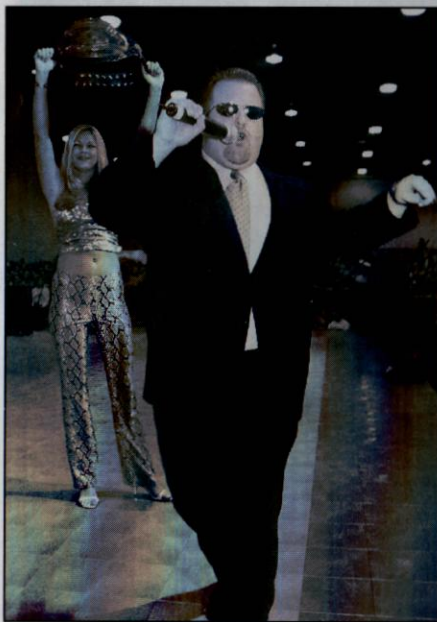


George Nelson flashes his smile

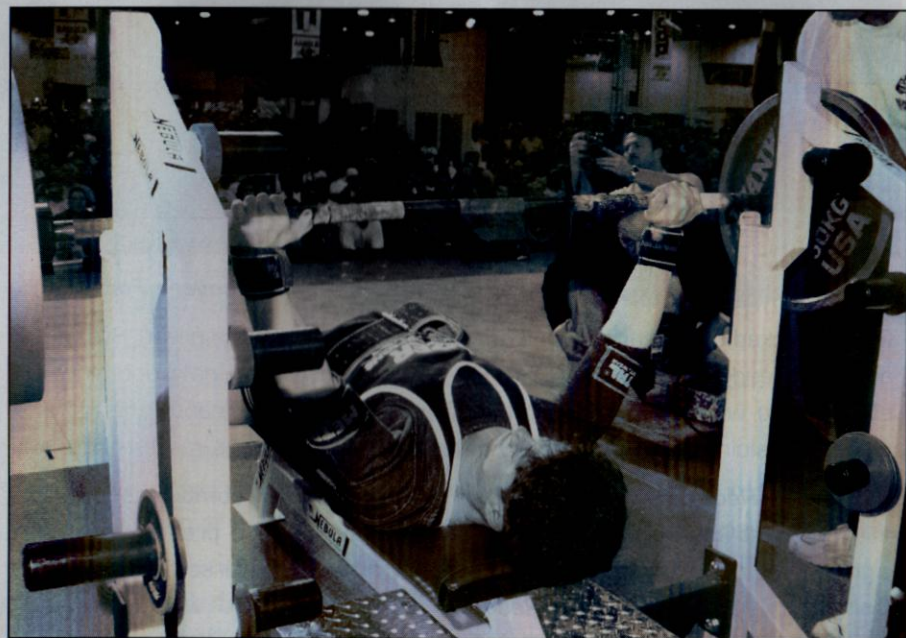
Saturday, March 4, at 1: PM the Columbus Convention Center was packed. Over 10,000 excited people had their eyes on the Bench Press Challenge. The event started when WPO President, Kieran Kidder, sponsor of the Arnold Classic Bench Press Challenge, stepped on stage with his Huge Iron Dancers. Mr. Kidder fired up the crowds for the



Tina Rinehart becomes tiny to bench huge - 303 pounds at a bodyweight of only 121 lbs.



WPO President Kieran Kidder warms up the crowd with the help of the Huge Iron Dancers. (all photographs are by World Class Images, except where it is indicated otherwise.)



Amy Weisberger broke the MAN's WPO record with her 314 lb. effort in the 132 lb. class

Bench Press competition that was coming. Three women and 13 men would battle huge iron for the WPO dollars. Meet Director and MC, Garry Benford, directed the 90 minute battle on the bench. The contest went smoothly as 25,335 pounds of iron was readied on the bar for the 45 attempts made by the benchers. The conventional scoreboard was re-

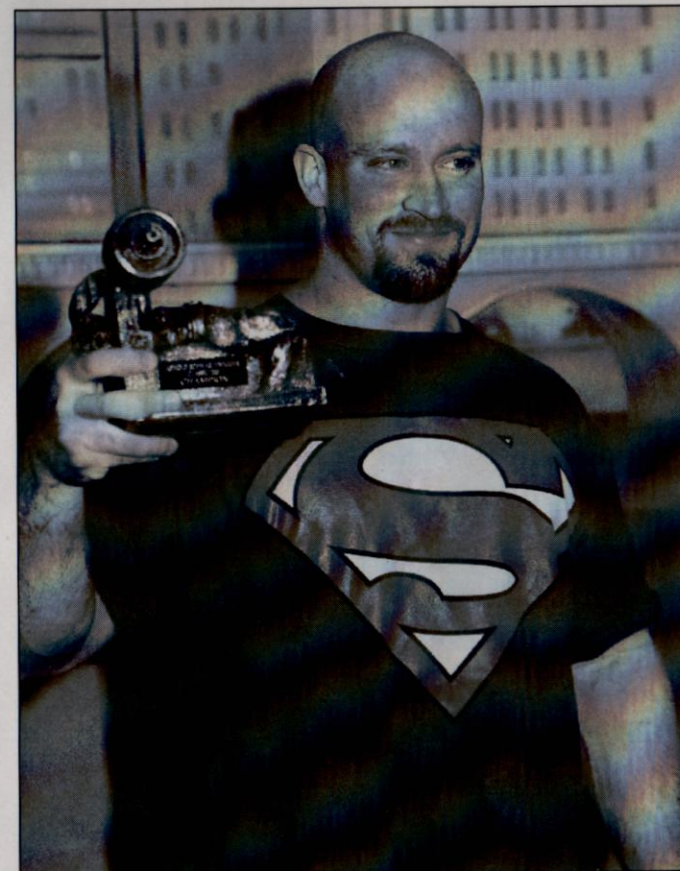
placed by the much better looking, Huge Iron card girls.

The West Side Barbell Club lifters ruled the day. Rob Fusner was the big money winner and he took home \$5,000.00 for his WPO record 705 lbs bench. Rob made all three lifts and his third, 705 pounds, was the lift that won \$2,000 for the biggest bench of the day.

Westside's George Halbert went three for three. George, weighing in at 195 pounds, blasted up an amazing 683 pounds for a World record and class win. Kieran Kidder presented him with \$3,000.00. George was seen wearing a Superman shirt. George, reportedly, has been changing in a phone booth and rumor has it he fears kryptonite. We plan to

contact Lois Lane and find out the truth about George.

George Nelson, at 56 years old, gave the crowd a thrill as he set a WPC Master's world record with a 568 lb. bench. Using the WPC master's coefficient George, the Oregon logger, had the highest point score of the Arnold Classic. The always-popular bencher has over-



683 @ 198 - Superman is no myth! George Halbert with his trophy

come alcohol and drug addiction and is an inspiration to everyone. George stands toe to toe in competition with the young men, while many of his peers sit on the couch.

Tina Rinehart weighed in at 121 pounds. Tina shed 10 pounds in bodyweight for this competition. Tina maintained her power to dominate the weights going three for three in competition. Tina ended with a 303 pound world record to her credit and \$2,000.00 as the 'Best Woman Lifter'.

Amy Weisberger, another of the Louis Simmons group, is a full powerlifter. Today she weighed in at 132 pounds and blasted up 314 pounds. Kieran Kidder awarded Amy



Doug Heath fires up for a big lift.



Angelo Berardinelli wraps wrists

\$1,000.00 as Amy set the WPO men's world record, yes - that was the men's world record, as the WPO does not have women's records established.

Reigning Arnold Champion Glen Chabot looked powerful as he weighed in at 290 pounds. Glen made two mighty tries at 705 pounds. It was 'no lift' and that was it for the day. He is a competitor and says he will be back.

Kenny Patterson, another Westside standout, weighed in at 218 pounds. Kenny claimed he just had a

## Arnold Schwarzenegger Fitness Expo 2001 4 March 2001 - Columbus, Ohio

Name	Class	BP1	BP2	BP3
<b>Women</b>				
Tina Rinehart	123	132.5	135	137.5
Amy Weisberger	132	432.5	442.5	142.5
Karen Sizemore	SHW	470	482.5	482.5
<b>Men</b>				
George Halbert	198	297.5	305	310
George Nelson	275	245	257.5	257.5
Rob Fusner	308	285	312.5	320
Horace Lane	275	305	317.5	317.5
Ken Patterson	220	282.5	313	320
Donald Robbins	181	235	245	255
Joel Toranzo	275	292.5	292.5	320
Beau Moore	SHW	309	300	307.5
Clay Brandenburg	SHW	297.5	322.5	325
Doug Heath	148	182.5	202.5	202.5
Angelo Berardinelli	165	197.5	217.5	227.5
Glen Chabot	308	320	320	0
Willie Williams	SHW	322.5	0	0

'bad day'. Kenny made his 622 opener and missed 705. Kenny noted that the crowd was 'awesome and that this the way powerlifting should be' and he looks forward to next year.

Doug Heath, a local fireman, weighed in 148 pounds, and took two tries to get 446 pounds and earned \$1,000.00 from the WPO.

Donald Robbins, a meat cutter from West Virginia, came in at 179 lbs. Don said it was the greatest meet he had ever seen. Don picked up \$1,000.00 for his 540 pound world record WPO bench.

Angelo Berardinelli, at 165 pounds, managed his only his opener of 435



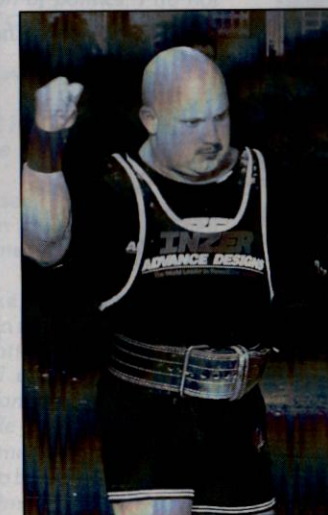
Beau Moore psyches for the camera man.

pounds.

Joel Toranzo is a corrections officer from New Jersey and is sponsored by Pro Lab. Joel weighed in at 274 pounds and tried 705 unsuccessfully on his final lift. Joel said, 'I was no way prepared for the Arnold crowds. I was just awestruck.' Joel did manage to get in a 645 pound bench. Joel is planning to post some big numbers in the near future. He is determined to earn a return to the Arnold Classic 2002.

Big Clay Brandenburg had a rough day, missing 716 pounds, his try for the biggest lift of the day and the top money. Clay ended up with 656 lbs.

Florida's Beau Moore looked very strong. He missed his opener on a



Kenny Patterson had a 'bad day'

(more photographs on page 91)

The Japanese Powerlifting Federation has asserted itself as an international leader by hosting some big powerlifting events. The 2000 IPF Men's Open World Championships were held in Akita City, Japan in November 2000. This was by far the best organized event I have been to since I started competing. Powerlifting will come back to Akita City, Japan as part of the World Games in August 2001. Although the Japanese Powerlifting Federation only has 3000 members, they have a great tradition of producing IPF World Champions. The most notable would be IPF Lifter of the Century - Hideaki Inaba. Inaba has won 17 IPF Men's Open World Championships. At 57 years of age

Inaba is approaching the end of his career, but coming off of his 2000 IPF World Championship at 125 kg., new Japanese star Daisuke Midote is planning on starting a legacy of his own. Midote only stands about 5'6", and with massive leg development and 23 inch arms he is extremely thick at 275 pounds. I have gotten to know Daisuke Midote and Susumu Yoshida, IPF Asian Region President, as a result of two powerlifting trips that I made to Japan in 2000. With translation help from Susumu, I recently interviewed Daisuke Midote for this feature on one of the IPF's biggest stars.

**BG:** Daisuke, please give some biographical information on yourself.

**DM:** My name is Daisuke Midote. I have been living in Yokohama, and almost every day I drive to PowerHouse Weight Training

## INTERNATIONAL INTERVIEW

(Personal dialogue between PL USA Magazine and the Sport's Greatest International Lifters)

**2000 IPF World 275 lb. Champion Daisuke Midote as interviewed by 2000 IPF World Superheavywt. Champion Brad Gillingham**



Daisuke Midote took the IPF World Bench Press Championship title in the 275 lb. class for 2000, where he benched 628

Club in Fuchu-City, Tokyo. It takes about an hour by car. The distance is about 20km, but Japanese road conditions make such slow traffic. Susumu Yoshida gave his PowerHouse Gym to me. So I am now the owner of the gym. I am living together with my fa-

ther, mother and younger brother. **BG:** What other sports have you been active in?

**DM:** I started Karate when I was 10 years old. When I was 14, I started weight training for Karate. I found out that I was exceptionally strong. Right now, I only do and enjoy powerlifting.

**BG:** Do you have any other hobbies?

**DM:** Yes, I have many. For example, I have learned to speak Chinese. This is very useful when I go to Taiwan for the Asian Powerlifting Championships. I also enjoy card magic, Majan, DTM, guitar, fishing, Karaoke, and TV games.

**BG:** How did you get started in powerlifting?

**DM:** I thought I was strong when I did weight training, so I entered the High School National Powerlifting Championships, but I was not the champion. I was shocked that there was a stronger person than me. At that time my body-weight was 100 kg and my bench press was 160 kg.

**BG:** You have been a top powerlifter for a number of years. Tell us about some of the titles you have won.

**DM:** I have almost all the titles: 2000 IPF World Champion, 1999 and 2000 IPF Bench Press World Champion, 1994 IPF Junior World Champion, IPF Asian Re-



Daisuke Midote squatting at the 2000 Japanese Nationals, while bearing the t-shirt logo of his main sponsor Musashi. (photographs by many time IPF World Champion Hiro Isagawa)

Japanese 125 kg National Records - 405 kg squat, 295 kg bench press, 302.5 kg Deadlift, 1000 kg Total; Japanese 125+ National Records - 420 kg squat, 300 kg bench press, 315.5 kg Deadlift, and 1035 kg Total; and several Japanese Junior Records

**BG:** What does your great accomplishment of becoming IPF World Champion mean to you?

**DM:** I think I just stand at the starting line of the great. Now I can challenge the legends.

**BG:** What is your most memorable experience in the sport of powerlifting?

**DM:** Yes, my best experience is the victory of the last World Championships. I started to remember all of the important memories just after I won the world championships. I could not stop crying at that instant.

**BG:** Are there any powerlifting experiences or stories that you would like to talk about.

**DM:** In 1994 I traveled to Indonesia to compete in the IPF Junior World Championships. The food and travel were good. The warm up area was not good. The floor was very slippery. On my last warm up for the deadlift I slipped and cracked my toe. My toe was broken and I could not lift my first and second attempts because of terrible pain. The American lifter missed all of his attempts. I then knew that if I could lift my last attempt I could become the World Junior Champion. So I made that lift, but soon after the chief referee's down signal I collapsed to the stage and could not stand up. The attempt was a good lift, and I got my first IPF Gold Medal. This is one thing that I will never forget.

**BG:** Could you talk about the Japan national team and how it works?

**DM:** The Japan national team is very well organized, and we have good relationships between the team members. I enjoy the feeling of being on the national team. We usually do not have a national coach. I make my own training program. When I was young, my coach, Susumu Yoshida, used to make my training program.

**BG:** How do you train?

**DM:** I train 3 days a week. On Monday I do

bench press, chest, shoulders and triceps. On Wednesday, I do deadlift and back muscles. On Saturday, I do squats, legs and abs. I do 8 week cycle training. Usually, I do 2 sets for the major 3 lifts, but I do only 1 set when the weight is very heavy.

**BG:** What is your diet?

**DM:** I eat ordinary Japanese food 3 times a day, and I take a lot of protein supplements, multi-vitamins, creatine, glutamine, aminos, chondroitin, and CLA.

**BG:** What are your feelings on the upcoming 2001 World Games? What do you think the 2001 World Games means to the sport of Powerlifting?

**DM:** I will challenge the World Games to become champion. I think the World Games is the biggest festival for the powerlifting. We have a chance to become a major sport with a large audience and big coverage by the media.

**BG:** Do you think Powerlifting will become an Olympic Sport?

**DM:** I am not a person of politics. I do not know the possibility of Olympics, but if this is possible, I am happy.

**BG:** What are your future goals in the sport of powerlifting?

**DM:** To break the 1100 kg total of Bill Kazmaier, and become strongest human on earth.

**BG:** Who are you sponsors?

**DM:** Musashi of Japan is my sponsor. They give me all my supplements and I travel free to the Worlds.

**BG:** Who would you like to mention or thank that has supported you in achieving your goals?

**DM:** First I want to mention my parents. With their understanding, I can concentrate on powerlifting. I also want to thank Susumu and Hisako Yoshida. He gave the fundamentals of powerlifting to me. They gave me the gym and every chance to become strong. I also want to thank every member of PowerHouse. Without their support, I can not be so strong. I want to say thank you for everybody who supports me.

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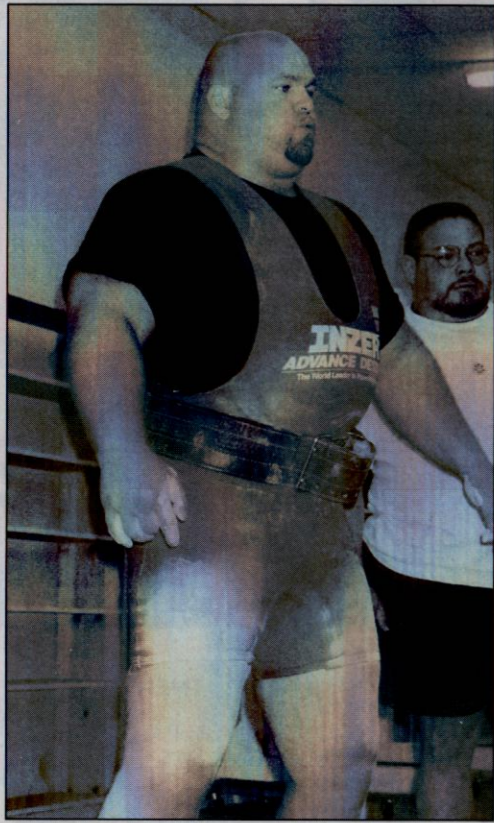
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**"I think I just stand at the starting line of the great. Now I can challenge the legends." DAISUKE MIDOTE**

# GARRY FRANK TOTALS 2535!!!

"On 2-24-01 it was a dismal, hazy day in the World's Most Famous Beach, and there was a certain sullenness in the air since it was only six days after the untimely demise of the greatest NASCAR driver of the modern day era. Ironically, however, in the midst of the tragic loss of Dale Earnhardt, an adamant power junkie on and off the track, another power fanatic emerged triumphant on the same soil that put Daytona Beach on the map. Garry Frank of Baton Rouge, LA has surpassed the 2500 lb. total barrier by successfully completing a 970 lb. squat, 694 lb. bench press, and 870 lb. deadlift, for a grand total of 2535 lbs., surpassing his own total of 2500 lbs. even, which he achieved of 12-03-00, and prior to that he totaled 2469 on 11-19-00 to catapult past the immortal Ed Coan, making him the new King of Powerlifting. Garry is 6'3", and 375 lbs. of pure, unadulterated mass—a former 7 year NFL lineman with the Falcons and the Broncos, and a Mississippi State alumni. He is employed as a strength and football coach at Bishop Sullivan High School in Baton Rouge, where his entire front offensive line squats 600 lbs. or more. At the W.P.O. Qualifier held at Huge Iron Gym in Daytona, Garry's 2535 total performance warrants him being referred to simply as the Strongest Man on the Face of the



Garry Frank just totaled 2500 this past December and now he's bumped that up to 2535 already .... how much higher can he go in the year 2001???

Earth, hands down, no ifs, ands, or butts!!! Garry Frank is virtually the Michael Jordan of Powerlifting, a Sultan of Steel, if you will. Powerlifting is the purest test of strength that exists, not like the strongmen as seen on ESPN which depict power in a false sense. Power is measured

**WPO Qualifier Meet (kg)**  
**24 FEB 01 - Daytona Beach, FL**

	SQ	BP	DL	TOT
165				
D. Contreras	270	182.5	227.5	680
E. Bridges	245	162.5	267.5	675
181				
C. Wright	255	187.5	282.5	725
198				
J. McCoy	310	227.5	295	832.5
D. Blue	285	197.5	290	772.5
220				
S. Burbank	295	227.5	295	817.5
E. Jackson	282.5			
242				
J. Macartney	295	220	277.5	792.5
J. Davis	300	205	272.5	777.5
275				
D. Hollis	285	220	320	825
M. Kinsey	305			
308				
J. Grove	350	240	345	935
SHW				
G. Frank	440	315	395	1150
L. Barry	365	260	365	990

by moving maximum weight for a maximum effort, period. The W.P.O. is the first professional powerlifting federation that crowns at LWT, MWT, AND HWT Powerlifting Champion of the World, accompanied by \$25,000 cash prize and a title belt. This year's competitions are at Universal Studios in Orlando on 7/21/01 and 11/17/01. Garry is practically a shoe-in to win the W.P.O. HWT title belt in November at the W.P.O. Final. These contests will be televised at a later date, and we also have a WPO contest filmed 05-20-00 that will be aired on TNN in the near future. Sincerely, Kieran Kidder, President of the WPO

Frank goes 2535!!!! ... at the WPO Qualifier in Daytona Beach, Florida on February 24th, Garry Frank bumped the all time total mark up to 2535 via a 970 squat, 694 bench press, and 870 deadlift. He missed a 4th attempt bench press of 712, and he missed a 903 deadlift on his 3rd attempt. WPO President Kieran Kidder seemed particularly elated to have Garry make his epochal total in legitimate WPO competition. Together, 970 712 and 903 would have totaled 2585, if all attempts had been made within the competition. Garry doesn't want to ever be a one lift specialist, but he had been paying particular attention to his squat lately, and he went 903, 948, 970 - which he states was very easy. He feels that perhaps at his next meet he will go for attempts like 903 - 959 - 1003. In the bench press, he wanted to be sure to move his total up over 2500, so he took small jumps, opening at 661, then hitting 683, and then 694. The 712 4th attempt blasted up quickly, but his foot came up, disqualifying the lift. In the deadlift, 870 felt like 225 to Garry, but 903 was off, and Garry feels like he had not been concentrating on the deadlift lately, which led to the miss. For a guy who used to be satisfied with a 4/9 or 5/9 performance this was an 8 for 9 day, not counting the 4th attempt. Garry plans to lift often in the coming months, expecting to hit the APF Seniors in Florida just a few weeks before the WPO Semi-Finals, where a guy can win up to \$25,000. He's also interested in the USPF Cup, if he can find out the date and entry details. Right now, Garry is going to drop some bodyweight, maybe 20 lbs. or so, down to 350, and start working hard on his deadlift. At his recently heavier bodyweight, he feels a bit awkward at the bottom of the lift, and to make the big, all time record pull he wants to make eventually, he needs to feel a little quicker. Garry likes to concentrate on low reps in his training, and is fortunate to be able to push his limits regularly, probably because of his big joints. Among his many other projects, Garry is working on a training video, with some of the same high end production people who are working with Kieran Kidder on his meet videos. He will be doing something different in his video, not just to be different from the other guys, but because he truly has a unique outlook on training. They are taping some of his training lifts, and we don't know if these lifts are going to be in the video, but Garry reveals that he recently locked out 1120 lbs. in the power rack, from above the knees, without any straps (he definitely does not believe in using lifting straps), and he also did 1000 lbs. for 6 reps in the rack with no straps as well. Garry is also very active in the Louisiana State High School Powerlifting Program, and their state meet will be on the first weekend in March. After just 2-3 years at his school, he takes great pride in pointing out the lifts of some of the kids: a 114er who squats 360 and pulls 370, a 123 pounder who squats 380 and deadlifts 440; a lightheavyweight with a 585 squat, and a Junior 275er with a 670 squat, who will likely be over 700 soon. Louisiana has 4 regions for high school powerlifting competition, and around 300 kids show up for each regional, with the top 3 in each class qualifying for the state championship. They had a 1000 kids at a recent pep rally for his team, and at some of the meets there are as many as 7 platforms and 3000 people in attendance when you consider the friends, family, and other supporters. Garry is also contemplating a job switch from the high school, where he hopes to remain involved in the powerlifting and football program as a volunteer (he uses the fanatical interest in football at the high school level as a means to promote powerlifting) to a new position as a recreation director in a huge prison facility (8000 inmates, 14 weight rooms, 18,000 acres - bordered on three sides by the Mississippi River and the other side by a swamp) which has some great lifters already, like a 132 pounder with a 575 squat that Garry has already checked out. Another project, potentially very big, which he has become involved with is the promotion of the new General Motors Vortec 8.1 liter engine. He and Angelo Berardinelli both went down to the big Miami Boat Show recently and Garry hoisted the 8.1 liter version and Angelo the 5.3 liter version, and these demonstrations are supposed to continue periodically in the future. This is also tied in with the Hummer vehicle, which can come equipped with the monster engine. One of the trainees at Kieran Kidder's Huge Iron facility works for GM and that's where the connection got started, and Garry thinks that the association may go much further, as some of the GM execs witnessed Garry's lifting of 2535 lbs. and were reportedly suitably impressed. Garry spent time at Kieran's house after the meet and feels that things are very close to coming together to showcase powerlifting in a primetime television slot in the future. With the WPO finals offering \$50,000 to go with those ornate championship belts, along with \$10,000 per weight class win, Garry thinks that some mighty big names might be considering this opportunity for the monetary rewards and exposure. (excerpted from the Feb. 28th issue of POWER HOTLINE)

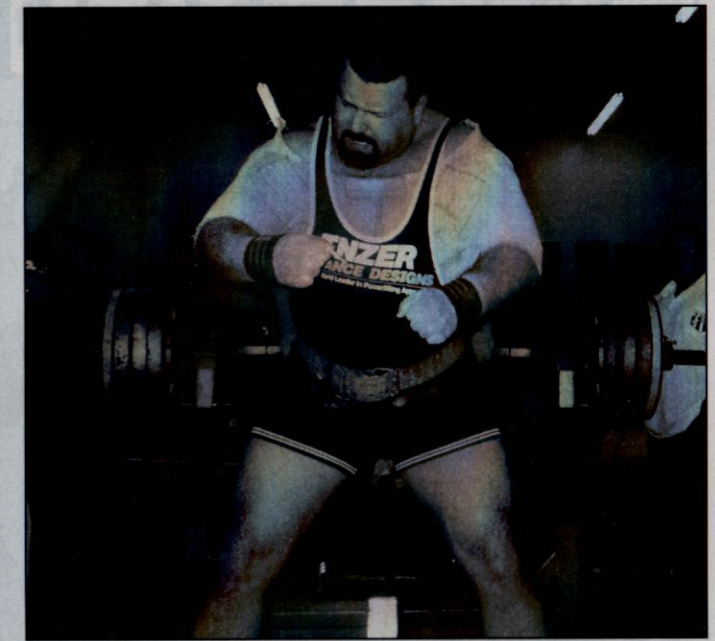
## APF/AAPF Iron Powerlifting & BP 10 FEB 01 - Oceanside, NY

AAPF Bench		Masters (Light)		Masters (Heavy)	
198		198			
S. Fisher	350	J. Mitsopoulos	370		
220					
P. Halliwell	400	242			
D. Lupardo	385	J. Dibble	425		
J. Dibble	425	M. Gruder	385		
275		APF Bench			
V. Dizenzo	525	275			
308		B. Crawford	730		
G. Avery	455	4th	750		
AAPF	5Q	A. Hicks	605		
WOMEN		BP	DL	TOT	
114					
C. Lessons	210*	115*	240*	565*	
123					
J. Burkey	400*	165	105	670	
I. Gruenewald	175				
148					
K. Caggiano	270	140	260	670	
Masters					
123					
D. Ciulla	140	70	220	430	
MEN					
123					
R. Green	360	215*	375	950	
148					
E. Adolph	440*	280*	480*	1200*	
V. Centauro	340	245	415	1000	
Special Olympic					
T. Avans	240	155	250	645	
165					
D. Kirschen	525*	330*	510*	1365*	
C. Papaleo	460	260	480	1200	
D. Naughton	380	350	385	1115	
198					
B. Benyaminovich	610	380	705	1695	
Masters Light					
E. Sapienza	400	285	380	1065	
J. Fox	415	270	485	1170	
220					
E. Wilkinson	450	275	550	1275	
F. Arcamone	700				
242					
R. Dayton	800*	400	675	1875	
J. Dibble	570	425	535	1530	
M. Peters	540	380	540	1460	
K. O'Connor	445	305	435	1185	
275					
M. Rawlinson	650	485	640	1775	
D. Wilcox	630	350	655	1635	
D. Ingemi	575	400	615	1590	
C. Florio	485	255	500	1240	
SHW					
S. Culnan	160	520	810	1495	
Masters (Heavy)					
R. Capoccia-308	675	450	620*	1745	
A. Griffith-275	740	460	500	1700	
R. Lopez-242	575	375	625	1575	
L. Deutsch-275	650	505	520	1675	
J. Dibble-242	570	425	535	1530	
B. Hotaling-242	315	230	365	910	
APF					
WOMEN					
SHW					
K. Sizemore	575	405*	440	1420	
198					
M. Carthy	640	450	550	1640	
220					
L. Depalma	660	455	600	1715	
F. Moziak	650	420	610	1680	
242					
B. Fields	760				
275					
M. Olmo	900	460	660	2020	
M. Stuchiner	705	425	600	1730	
J. Milazzo	510	415	525	1450	
SHW					
E. Russ	800	550	600	1950	
P. Toms	800				

Best Lifters: AAPF Division: Women - Jenny Burkey; Men - Boris Benyaminovich; Ron Dayton; APF Division: Women - Karen Sizemore; Men - Mark Carthy; Mike Olmo; Team Champions - Iron Island Powerlifting Team (71); Southside Barbell Club (66). On Saturday February 10th, 2001, the Iron Island Gym Powerlifting Club hosted the APF/AAPF sanctioned Iron Island Powerlifting and Bench Press Classic. The meet was a huge success but we all know that a meet of this magnitude would not be possible without the hard work and dedication of many people. I'd like to thank all those who gave their time and energy to make this meet possible! I'd especially like to thank Ralph and Michelle Raiola for providing us with a great venue to run our meets and a training facility that is second to none! If you live in the Tri-state area and are serious about the sport of powerlifting, consider joining us at Iron Island Gym (daily and weekend plans are available). Remember without Ralph and Michelle's support, our meets would not be possible! I'd also like to thank Tom Levering and Mike Patton for announcing and running the head table for us all day! These guys drove three hours from Lancaster, PA to help out in any way they could. The warm up room would not have been complete without the

support of Ross Althouse and Carl Seeker. These friends brought two Monolifts and several bars from PA so that all lifters could warm up on Monolifts and quality bars. Last but not least, I'd like to thank all the members of the Iron Island Powerlifting Club who were involved with weigh-ins, set-up, tee-shirt sales, spotting and loading, judging, break-down, and clean up of the venue. I think we have the potential for future growth as a club as long as we continue to pull together and work toward common goals! The goals being to host the best meets in the Tri-state area and have a powerlifting training facility second to none! Fifty six lifters, representing seven states, lifted in the Iron Island Powerlifting and Bench Press Classic. Many lifters have lifted in other organizations such as the USAPL/IPF, APA/WPA, USPF/WPF, AAU, WNPF, and the IPA and all stated that the meet had some of the best equipment they have ever lifted on. We provided Monolifts, special squat bars, bench press bars, and deadlift bars not only on the contest platform but in the warm up area as well! We also provided water and fruit to all lifters. We arranged for a licensed massage therapist to be on duty all day to help the lifters in any way possible. We are powerlifters and feel that all meets should be set up so that the lifter's needs are met! Many lifters also commented on the positive atmosphere at this meet. Powerlifting is a small sport and we all need to stick together regardless of organizational differences and encourage and support each other in any way we can. This has always been evident at an Iron Island Meet. Lifters are helping fellow lifters! Period! It does not matter what equipment you wear or what organization you lift most often in! What matters is that you are a powerlifter! This was a local level contest but the lifting was top notch with several American Records set and two "unofficial" world records broken! Some of the meet highlights were Courtney Lesson's AAPF American Record lifts (210, 115, 240 @ 114 teen), Jenny Burkey's AAPF American Record squat (400 @ 123), Rich Green's AAPF American Record BP (215 @ 123), Eric Adolph's AAPF American Record lifts (440, 280, 480 @ 148 Junior), Dave Kirchen's AAPF American Record lifts (525, 330, 510 @ 165 Junior), Boris Benyaminovich's 705 DL @ 198 AAPF, Ron Dayton's AAPF American Record squat (800 @ 242), Sean Culnan's 810 DL @ SHW AAPF, and Rocco Capoccia's AAPF American Record DL (620 @ 308 Master 40-44). Karen Sizemore set an APF American Record BP (405 @ SHW). This was also an "unofficial" world record in the BP! Unofficial because world records can now only be set in national or international events as per APF/WPC rules. Mike Olmo had a tremendous day squatting 900 @ 275 APF. This is Mike's first meet in the APF division so look out for him in the future. Ed Russ totaled 1950 in the APF SHW class with limited training and even less technique. He is just bull strong. If he ever totally commits to this sport he has the potential to be a top notch SHW. Ed spend some time with us and let's show people what you can really do! The bench press portion of the meet also had some truly outstanding lifting! To start things off, we had John Mitsopoulos BP 370 @ 198 AAPF masters 55-59. This is below John's best but still a huge BP for a 57 year old man. Vin Dizenzo BP'ed 525 @ 275 AAPF and had a close miss at 540. Allen Hicks came up from Virginia to BP and hit 605 on his opener @ 275 APF. I know Allen was looking for more, but the best is yet to come for him. Last but not least we have Bill Crawford's spectacular bench pressing performance. Bill opened with 670, went to 705, and then 730 for an "unofficial" world record at 275. We had two international judges and one national judge in the chairs for all of Bill's lifts and they were all 3 white light successes. He asked if he could take a fourth attempt @ 750 outside of the contest and we granted it. It was a tremendous lift that was slow off his chest but never stopped moving. Bill's lockout strength is incredible! We checked his equipment and everything met APF/WPC guidelines. It was a great lift! Period! Bill should be congratulated on his outstanding performance! Unfortunately, all did not have the kind of day they were looking for! We had 11 people bomb out of the meet for various reasons. Some lifters just had an off day and could not make an attempt in one of the three lifts. Others had equipment problems that resulted in missed attempts. Two lifters were injured and forced to withdraw from the meet. Terry Bryan flew in from Ohio to take a shot at the APF American Squat Record at SHW. The record belongs to the late Matt Dimel @ 1010. Terry hit a 1000 lb. squat at the IPF Nationals in November in his first every powerlifting meet! Here he stumbled with his 900 opener and severely twisted his knee and had to withdraw. Mark Swalling came down from Albany, NY to lift with us. Mark injured both quads on his second squat attempt and had to be taken to the hospital. It seems that Mark may have torn both quads! Our hearts and prayers go out to both of these fine men! Stay positive and we hope to see you again when you're healthy and strong! Hope to see everyone again next year or at our Spring Bench Press & Deadlift Championships 4/28/2001! Good luck. Stay Healthy and Strong! (Thanks to John Bott for providing the results of this meet to PL USA).

# Bill Crawford Benches 750 @ 275!

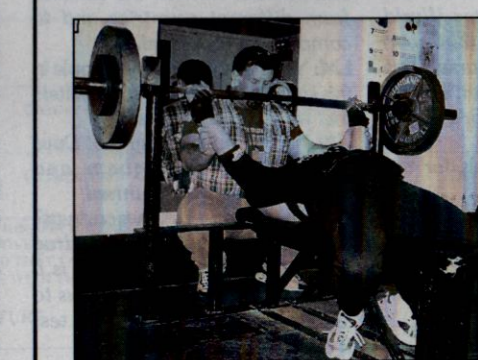


Bill Crawford gets himself more than ready for his epic 750 lb. bench attempt at the APF/AAPF Iron Island Powerlifting and Bench Press Classic. (photograph provided through the courtesy of Bill Shouse)

At the APF/AAPF Iron Island Classic, Bill Crawford fulfilled a bold goal that he had declared for himself in November of 1999 - to bench press 750 lbs. at 275 lbs. bodyweight, and he did so in spectacular fashion, making 4 successful lifts in the contest, three of them with over 700 lbs. to end with what is one of the most impressive bench presses in history, particularly on a formula basis. In an interview conducted by Scott Taylor back in 1999, Crawford indicated that he has lifted in 5 different federations, USAPL, WPA, APA, IPA, and APF, that his biggest inspira-



Bill Crawford in training, and (below) Bill training others. (photos courtesy Shouse)



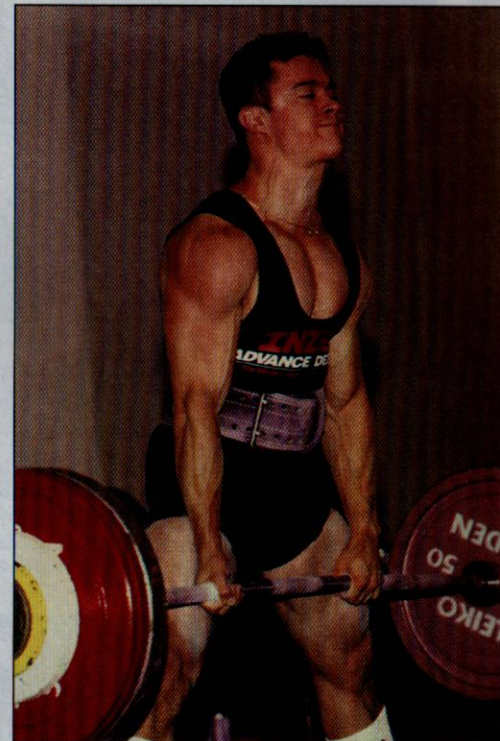
great success in this area, reportedly with six lifters under his tutelage currently capable of 600 lb. plus bench presses.

# INTERVIEW

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

## JEREMY ARIAS

as interviewed for PL USA by Dr. Larry Miller



Jeremy Arias lifts are well-balanced and it seems like there is more poundage to come in each one.

**LM:** All right Jeremy, how 'bout we start out with some background information about you.

**JA:** I am a senior in College at the University of Northern Colorado. I am 24 years old. I am married to Angi and I have a 7 year daughter named Celeste. I have been lifting for 3 years competitively and I am studying Kinesiology with an emphasis in Exercise Sports Science and my goal is to be a strength coach some day.

**LM:** Has your major helped contributed to your powerlifting?

**JA:** As far as my nutrition background, it has helped me a lot. We haven't gotten to a weight room as far as my schooling.

**LM:** What got you started in Powerlifting?

**JA:** Two guys in a gym suggested to me one day that I should try a meet and I said sure, why not. I was an active athlete in high school, so I always was messing around with the weights. I probably started with the weights around age 15. I ran track and wrestled in High School. I excelled in track, but I had a daughter in high school and ended up working quite a bit and that ended my track career.

**LM:** What would you consider your greatest accomplishment in the Sport to date?

**JA:** I have won a Junior National Championship and in 1999 I won the bronze in the Junior World Championships. Before that I won the Collegiate. Of course, this past year I won the Men's open 148 lbs. class at the USAPL Nationals.

**LM:** What are your goals for the future?

**JA:** As far as short term goals, I

would like to go to the Men's Worlds and medal. Long term goals would be to win the damn thing.

**LM:** How is the experience of competing on a World Team?

**JA:** It's great, I love it. It is too bad everyone can't experience it. It is great to go to a different country and interact with all the athletes from different countries and to compete on that level.

**LM:** You meet quite a few people in this sport. Who are some of the lifters that have impressed you?

**JA:** I would have to say that Dave Ricks, Brad Gillingham and Sivokon. That guy is unreal.

**LM:** What about your views on drugs?

**JA:** Well, I wish they could drug test more. I don't know if it is a monetary issue which limits us to 10%. I would like to see them test 3-5 in each weight class.

**LM:** What type of supportive gear do you use?

**JA:** I use Inzer equipment for all of

my lifts.

**LM:** What are your views on supportive equipment?

**JA:** I don't care either way. I don't want it to get ridiculous. I don't see any reason for double ply and things like that.

**LM:** As a younger lifter, what are your views on all the different organizations?

**JA:** It frustrates me. I don't see much hope of unification. Everyone seems to be opinionated and is too willing to jump from one organization to another. I would love to see one organization and one National Championship. The sport is definitely diluted. It wouldn't hurt the sport as a whole to have more credibility.

**LM:** Why don't you tell us about your training program?

**JA:** I train about three times a week. I bench, squat and deadlift one day a

week. I start a cycle at 70% and work up to 90%. I usually do 6 sets of three to start my cycle and I end it with singles. As for assistance exercises, I like box squats. I like incline dumbbell presses for my bench press and I also like power cleans. I am a sumo deadlifter, but I like to combine conventional deadlifts with my sumo.

**LM:** Do you take time off during the year or do you train year round?

**JA:** I train year round, but my intensity changes depending on when I prepare for a meet.

**LM:** You've been in a variety of meets ranging

from National to International. Do you have a preference?

**JA:** I have had a great time at all the Juniors and Collegiates. I have had the best time at the Junior Worlds. The best experience is to compete against the best in the world.

**LM:** What do you do for supplements?

**JA:** I do take some supplements from Quest Nutrition. They mix up something special with carbs, protein and creatine.

**LM:** Are there any people you would like to thank?

**JA:** I would like to thank my wife Angi and my daughter Celeste for always supporting me. I would also like to thank Jack Robinson and Mike O'Donnell for all the help they have given me with my training. I would also like to thank John Inzer for sponsoring my gear for all the world teams. Quest Nutrition has been more than generous to me with my supplements and finally I would like to thank my mom and dad and my friend Jeff Ramos who has helped me out at all my local meets.

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The WPO (TM) has one main goal, that is to develop a professional powerlifting organization where the "elite" power athlete can excel physically and financially.

Kieran Kidder, WPO (TM) President, has long envisioned a professional powerlifting organization made for prime time television. With this lofty goal comes the pressure from powerlifting "purists" and outside forces namely, "networks." Changes are needed to liven up the "humdrum" contest format. Let's face it: powerlifting can be boring.

The WPO (TM) has a two-platform format. 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 2nd and 3rd 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. While the lifter is on platform #1, during the squat, the "one minute" rule is in effect. What is the "one minute" rule? After the bar is called "loaded" the lifter has one minute (timed) to begin the lift. When the lifter progresses to platform #2, during the squat, the "two minute" rule is in effect. What is the "two minute" rule? After the bar is called "loaded," the lifter has two minutes (timed) to begin the lift. At this time a **note** should be made, the "two minute" rule is only in effect during squat attempts done on platform #2. The traditional "one minute" rule holds true on all bench press and deadlift attempts on both platform #1 and #2.

A wise man once said: "timing is everything." The squat is argumentatively the most complicated of the big three. The lifter has vast equipment (suit, briefs, wraps), coaches (pulling, tugging, instructions) and timing (putting everything together including mind set). As elite professionals who are competing for prize money, one should be in control of their own time. Giving the lifter (on second and third attempts, squat only) two minutes after the bar is deemed loaded is plenty of time so one is not rushed, thus causing a missed attempt.

Can a lifter approach his second and third squat attempts on platform #2 before the "two minute" time? Yes, A lifter may approach and do his attempts anytime after the bar is called "loaded."

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 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

## World Powerlifting Organization News (TM) What's the Difference?#2

BELOW ... WPO President Kieran Kidder presents a check to George Halbert after his incredible 683 Bench @ 198 at the Arnold Classic



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



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Social Security Number		Occupation		Date of Application	
IF UNDER 18 PARENT MUST INITIAL		BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™			
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**"The best experience is to compete against the best in the world."**  
JEREMY ARIAS



Sweat was dripping on the arm-wrestling table as I locked in with a Harley Davidson type. "Don't let me hear you breathe," warned the longhaired biker with forearms that could be featured in a spinach commercial. To make his point the veteran arm bender pinned my arm in a flash of inside pressure, forearm tattoos a blue blur – just as I finished exhaling.

The effect of breathing patterns and intra-abdominal pressure (IAP) on strength is oddly ignored by most strength authorities. They may mention the positive effect on spinal stabilization or nag about cardiovascular risks but not say a word about strength. In a scientific online forum I came across a thread where one researcher inquired about the reasons for a sprinter to hold his breath. Not one of a dozen of the responses, all from people with an alphabet soup of degrees behind their names, mentioned the excitatory effect the Valsalva maneuver on the motoneurons. Russians took power breathing more seriously and concluded that breath holding and straining is best for strength (Marshak, 1961). For the record, the authoritative Soviet source *The Physical Culture and Sports Encyclopaedic Dictionary* defined straining, usually referred to in the West as the Valsalva maneuver, as 'a contraction of the expiration musculature while keeping the vocal slit closed'. An increase in strength caused by the Valsalva was also observed by Farfel & Freyberg (1948), Zimkin (1956), Vinogradov (1958), etc.

The IAP increases linearly with the force (Cresswell & Thorstenson, 1994). The opposite is also true. Vinogradov (1958) explained the strength increase from straining with excitation of intero-, mechano-, and chemoreceptors in the lungs and the abdominal cavity that increase strength via reflex action. The pneumo-muscular reflex has a pro-

# TRAINING

## POWER BREATHING: the Karate Secret of Superstrength as told to PL USA by Pavel Tsatsouline, M.Sp.



Pavel Tsatsouline and Mark Levittre (at right) are having it out under Dale Lokken's watchful eye. (photographs taken by Marcy Remer)

found effect on your strength. This neurological phenomenon can be compared to the amplifier of your stereo whereas your brain is the CD player and your muscles are the speakers. Special sensors in your abdominal and thoracic cavities register the internal pressure and adjust your muscular tension like the volume control knob. The higher is

this pressure, the greater your strength and visa versa.

The Valsalva maneuver is not the only way to up your strength by increasing the IAP. Vorobyev (1977) determined that both holding one's breath and groaning increase strength. Screaming is not bad either. According to Ikal & Steinhaus (1961), subjects who shouted during exertion got a respectable 12.2% strength boost!

Martial artists have possessed the knowledge of the pneumo-muscular reflex for centuries. They expressed it as 'matching the breath with the force'. A karate master synchronizing a board splintering strike with a blood curdling "K-i-a-i!" does exactly that. Sudden squeezing of the air by a powerful contraction of the respiratory muscles and the abdominals peaks the internal pressure at the moment of the impact. This maneuver dramatically increases the muscular tension, or force, for a fraction of a second. That gives you a hint why heavy-weight boxers are yet to break the punching power record registered on a dynamometer by a hundred thirty pound Japanese karate mas-

ter.

By the same token, fighters know that once the power breath is out, you are there for the taking and you had better get out of the way! Just watch *The Karate Kid*. My arm-wrestling buddy did. He waited for me to exhale and cleaned my clock.

What does all this mean to a powerlifter? First, lift with a breathing pattern that maximizes the IAP: groan, scream, hiss, or just plain hold your breath. Second, maintain high IAP until the end of the rep. Do not expel all of your air, or you will lose tightness and stability following the exhalation! A bench lasts a lot longer than a punch. Try to 'kia!' your way out of a big press, and the bar will collapse your sternum as surely as a karate chop! As you exhale forcefully, you will amplify your strength for a moment - only to become weak as a kitten once your bad breath is out.

For the bench press try holding your breath until you reach the sticking point and then, not earlier or you will sink your rib cage, take the tension off your pecs, and hurt your shoulders! – hiss through it while flexing your abs and glutes. I guarantee that you will put up a personal best. Especially if you practice the following drill recommended by Prof. Vladimir Zatsiorsky, a leading Russian strength authority who betrayed the Dark Side of the Force and immigrated to the US. This exercise is known in the martial arts circles as 'Bending the Fire' because that is what your breath would do to the flame of a candle if you had one in front of you. 'Bending the Fire' which is demonstrated on my *Beyond Crunches* video, is a very powerful technique. Mas Oyama, a Japanese karate great famous for battling bulls unarmed and chopping their horns off barehanded(!), regularly practiced drills of this type to build up his might.

Take a normal breath – former weightlifting world champion Russian Prof. Arkady Vorobyev recommends 75% of your maximal air intake – and flex your abs. At the same time, contract your rectal sphincter as if you are trying to stop yourself from going to the bathroom. This bizarre maneuver from Iron Shirt Chi Kung further increases the inside pressure and amplifies your strength. The anal lock also acts as an insurance against hemorrhoids. PLers and couch potatoes alike tend to let their intestines go when they strain. Such constipated style of lifting could lead to health problems and offers no performance advantage. Always pull up the muscles of the pelvic floor when you lift!

Expel the air forcefully in three to five seconds while keeping your glottis closed and your butt pulled in. The Force is with you if you sound like Darth Vader. Another option is pressing your tongue against your teeth and hissing: "Tsss ..."

Totally relax between reps. Zatsiorsky recommends ten to fifteen contractions per set, three to four sets spread throughout the day, every day. You know me, I would double the sets and halve the reps.

If you are not afraid of dying from a ruptured lung you could also practice blowing up hot water bottles. Look up an article I wrote for MLO in 2000 if you want to learn how to get started.

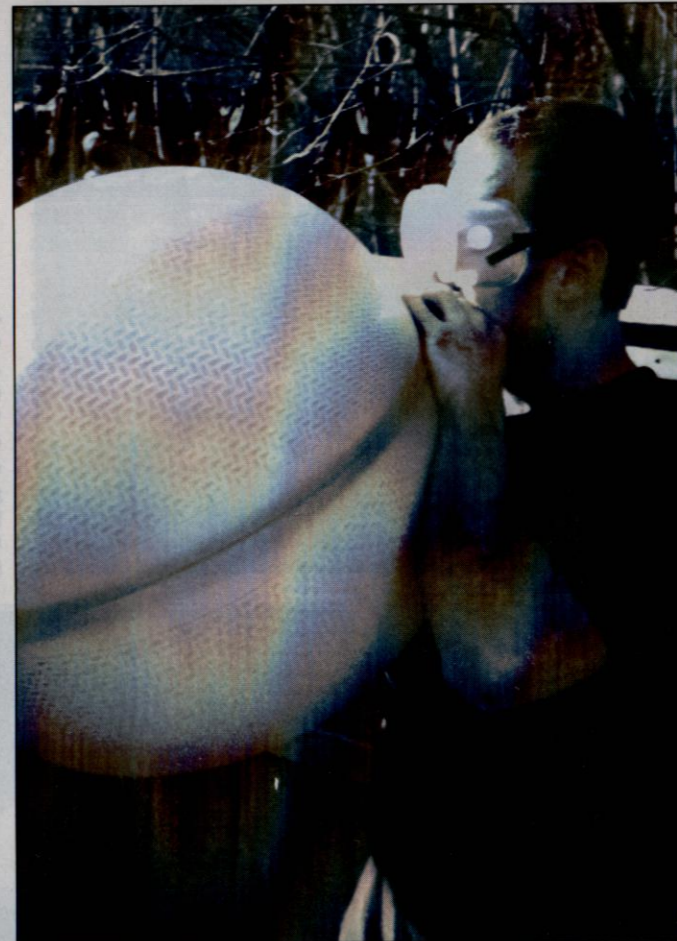
For the squat and the dead your best bet is to hold your breath while keeping your waist tight. Do not take a full breath for the dead. Bob Peoples warned that it lengthens the spine and the pull. Seropegin (1965) proved that the greatest deadlifting strength is achieved when the lungs contain 3/4 of their vital capacity.

What should you do with your stomach when you are lifting? Ian King, Paul Check, and many other experts advocate sucking the stomach in. Louie Simmons argues that bodybuilders do that and sport bad backs as a result (I agree). The Westside guru states that a powerlifter must push his waist out against the belt.

If you had a fling with bodybuilding (hopefully you got over it) you may have practiced vacuums. Exhale, then expand your rib cage. A drop in the intra-lung pressure will pull your diaphragm up. The diaphragm is a parachute shaped muscle that separates your heart and lungs from your digestive organs. When this plunger lifts up it sucks the viscera up with it – which is why the maneuver is called 'vacuum'. The result is a girlish waist and a low IAP. And a lame squat and dead, and a good chance of blowing out a disk if you suck your belly in on the platform.

What if you do the opposite, that is push your gut out against the belt? The flexed diaphragm pushes down against the viscera. The latter tries to move out of the way by forming a pot belly but the belt does not let it. The result is high IAP, solid spine protection, and a quite few more pounds on your total.

There is one problem with this pattern: if you try it without a belt you could become a proud owner of a hernia. The solution: keep your waist tight to create a virtual belt. Do not suck your soft underbelly in, do not stick it out; just brace for a punch (the latter can be arranged). Now push down with your dia-



Pavel "the Evil Russian" Tsatsouline demonstrates the results of Power Breathing training by inflating a hot water bottle until it bursts



phragm.

The best way to learn this tricky maneuver is the Zercher lift. It places your spinal erectors in an unfavorable leverage and forces you to extend your spine with the diaphragm action.

Wrap a bar on a DL platform with a towel. Pull from the rack if you are on the thick side. Take a moderately wide stance, just wide enough to let your elbows pass between your knees. Bend over – your spine may and will be flexed – and hook the bar in the crooks of your elbows. Make fists, flex your wrists, and semi-supinate your hands to make the pressure easier on your forearms.

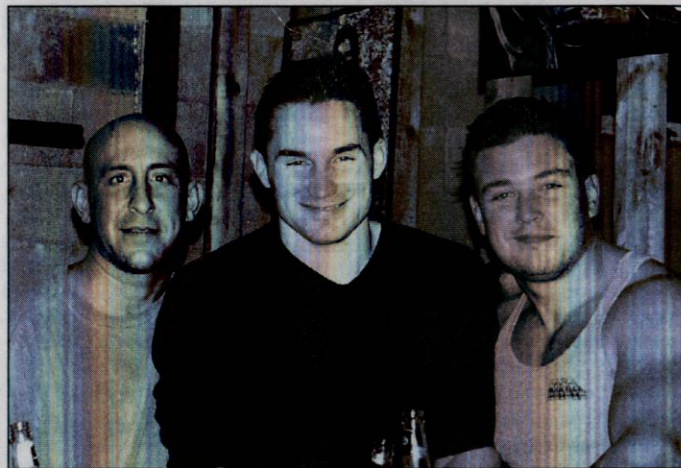
Inhale in this constricted position, contract the sphincter, and lift the barbell in a slow and tight fashion trying to use your abs somehow. Start the lift while looking down and lift your eyes at the pace of the lift. Contract the glutes and abs hard as you are locking out.

If you do the drill right you will hardly feel a thing in your back. My young US Navy SEAL friend John Faas whom I had trained for over a year before he joined up swears that Zercher lifts have saved his back on many occasions where he had to lift from an awkward position.

Work up in singles, doubles, or triples. Note the exact sensation in your midsection. If you go heavy enough – eventually shoot for at least half your best deadlift – you will feel like 'your upper abs are ready to explode'. Right after Zerchers do a few moderately heavy low rep sets of squats or deads and attempt to reproduce the same feeling in your midriff. Imagine that you are deadlifting the bar with the power of the diaphragm pushing down against your flexed abs and obliques. When you squat, make a point of initiating the drive out of the hole not with your legs but with the diaphragm 'plunger', and only then kick in the glutes, and then the quads.

Practice Power Breathing and Zerchers, do heavy ab work, and your total will go up within weeks, guaranteed.

Pavel Tsatsouline, Master of Sports, was nationally ranked in the ethnic Russian strength sport of kettle-bell lifting. A former physical training instructor for Spetsnaz, the Soviet Special Forces, today 'the Evil Russian' trains SWAT and special response teams for police, U.S. Marshals, and Nonproliferation National Security Institute/US Department of Energy. Go to [dragondoor.com](http://dragondoor.com) or call (800) 899-5111 for a free catalogue of Tsatsouline's books and videos.



Three Arm Benders who have their power breathing act together: Mark Ziertman, Marty O'Neil, and National Champ Jason Remer.



# POWER PEOPLE

**"Things You Don't See Every Day!"**

At Left ... Joe Carini (kneeling, center, with plaque) entered his 20 man team - "The Enforcers" (from Basic Fitness Gym) in the Continental Airlines airplane pull contest on October 14th, and came in 2nd out of 40 teams, generating the most of any team (\$3700) of the \$60,000 total raised for Special Olympics. (photo and info courtesy Joe Pyra)



Mike Wonyetye, "The Romanian Viking Strongman", 48, a dairy farmer from Lueck Dairy in Rainbow Valley, AZ and former drug free champion and record holder, came back after a 6 year layoff to pull a load comprised of heavy equipment tires and weights totaling 1000 lbs. 2" off the platform at the Billy Moore Days carnival Oct. 21st, in a fundraiser for the Boy Scouts Troop #91 to send some kids to camp.



THE FROSLANDS - Three Generations in One Meet: (left to right) Don Frosland Sr., his grandsons Nelson and Jessie Frosland, and their father Don Frosland Jr., who all competed at a meet in Eugene, Oregon in 1998. (photo and information courtesy of Gus Rethwisch)



CompuServe Welcomes in the MilleniTON! "CompuServe's Team Two Thousand lifts 2000 pounds on New Year's Eve at CompuServe's Columbus (Ohio) headquarters. Nine CompuServe associates celebrate the New Millennium and the success of its all-new CompuServe 2000 Internet service by lifting one ton of barbell weight. From left to right: Debbie Prusaczyk, James Maynard, Jeremy Rycus, Bill Thomas, Tony Scott, Lisa Downie, Lawrence Gould, Mariah Liggett, Christie Campbell." Dr. Liggett reports that the actual weight turned out to be 2200 lbs.

# POWER SCENE

Benching 683 at 198 is incredible, but that's what George Halbert did at the Arnold Classic. Wow!!! No doubt about the quality of the lift, and George looks like he may have 700 lbs. in him. That's scary - George is in sight of doing 700 at 198.

There were other great benching performances at the Arnold. Tina Rinehart's 303 at 121 is amazing, and Rob Fusner popped a 705. George Nelson, at age 56, put up more than ten times his age. I think that makes him the oldest person ever to do that.

Doug Heath, Amy Weisberger, Donald Robbins Jr., and Horace Lane all put up terrific numbers, and the Westside Barbell Club had four lifters take home prize money, so congratulations also to Louie Simmons.

The Arnold is a competition unlike any other I've seen or heard about, with thousands of cheering fans, blaring music, lots of press coverage, and now with Kieran Kidder's involvement, lots of prize money. Last year Glen Chabot took home \$2000 as the overall champion; this year there were many champions and Rob Fusner took home the most cash, \$5000.

Kieran Kidder and Gary Benford shared the m.c. duties, with Kieran introducing the competition and pumping up the crowd, Gary announcing the lifters and their his-

stories, and Kieran handing out the prize money.

Last year's 700 lb. benchers, Glen Chabot and Willie Williams, didn't hit any lifts, though Glen came close on both his attempts. Ten WPC world records were set, which is the most set at any Arnold Classic.

The benching is done on a huge stage right on the Arnold Fitness Expo floor, and occurs at the middle of the three day expo, from 1 o'clock to 3 o'clock on Saturday, when the expo is at it's most crowded. For years now it's been the most watched event at the expo, and for lifters accustomed to lifting in front of family and friends, it's quite a difference.

Beyond a stage there was also a lot going on, starting at the adjoining Inzer and WPO booths. Ed Coan, Paula Suzuki, and many of the competing bench pressers came by to hang out, sign autographs, and hook up with other powerlifters. Rick Brewer brought his crew to work the House of Pain double-sized booth, and when they weren't outfitting powerlifters, they were selling a lot of clothes to other people.

Powerlifting great Bill Kazmaier was walking around, and powerlifter and Mr. USA bodybuilding

Joe DeAngelis was working the Universal booth. Weightlifting champion Gea Johnson was in the Sam's Club booth, signing autographs and promoting Weider's line of supplements available at Sam's Clubs. Fitness stars, bodybuilders, strongman competitors, arm wrestlers, martial artists, gymnasts, and all sorts of other athletes were spread around the floor. And Arnold Schwarzenegger was there too, of course.

Every year it's a wonderful show, a terrific bench meet, and a chance to meet the stars of powerlifting, so if you haven't ever gone, think about going to the Arnold next year.

As for POW!ER SCENE (and Powerlifter Video), we're certainly planning to be back in Columbus next year. 'Til next month, stay strong, work on that bench, and maybe one day you'll be onstage at the Arnold.

NED LOW



Peter Thorne shakes hands with the WPO President Kieran Kidder in front of the WPO booth and the WPO gold championship belt



C.J. Batten with the very massive Horace Lane.



Waiting to Bench: (l-r) Berardinelli, Patterson, Halbert



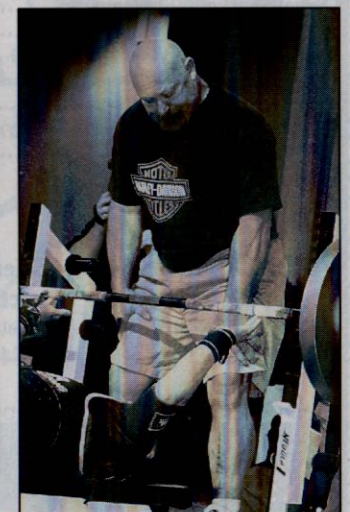
George Nelson with House of Pain's Rick Brewer



Glen Chabot at the Inzer Advance Designs booth



Gea Johnson repped for Weider Products at the Sam's Club booth.



Louie Simmons took care with Amy Weisberger's handoff. (all photographs courtesy Ned Low)

# TRAINING

## EXTRA WORKOUTS

as told to Powerlifting USA by Louie Simmons

I write to all powerlifters, but I am always amazed to hear a drug-free lifter say that he can't train the Westside way. Although these lifters are going nowhere fast, they choose to use the progressive gradual overload method, going heavier and heavier each week. In most cases they stop making records and are stuck for years. Yet, they still choose not to use a more sophisticated method of training such as that used at Westside and presently used worldwide.

These drug-free lifters train so heavy that they can't do the special work that is required to excel at powerlifting. They do most of their training at over 90% of their max, whereas we do most of our training at 60%. Doesn't this make more sense? A drug-free lifter trains only three, sometimes two times a week. No wonder they get sore. This style of training is similar to a weekend warrior playing basketball.

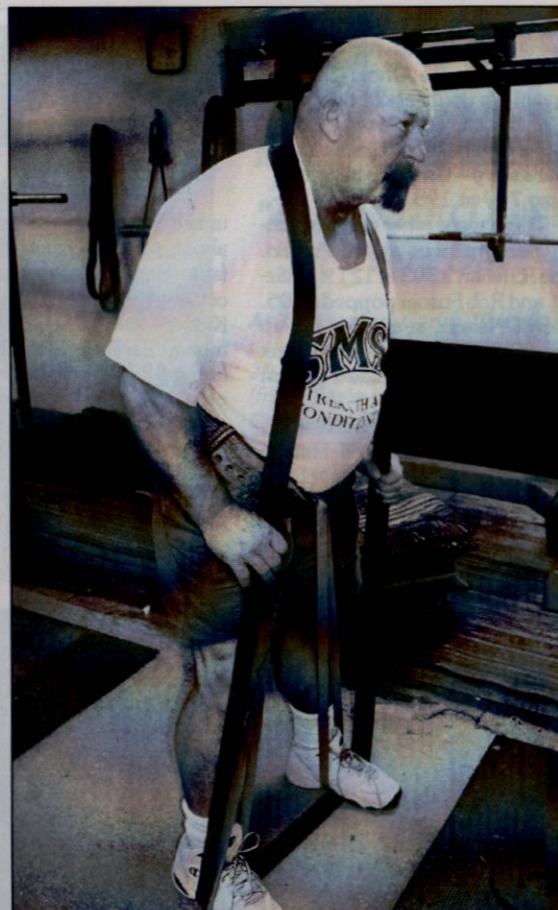
A great many major college and NFL

football teams train in the same manner as Westside, and guess what? They are drug-free. During spring training, 3-a-day practices are common. That is 15 workouts a week. So why do you think you should train only two or three times a week?

We are on the same side folks, so let's look at a systematic program that will start you making progress again.

First of all, you must be fast and very strong to excel at powerlifting. This requires a training program that is 50% devoted to being quick and 50% to the development of absolute strength. The workouts must be separated by 72 hours! So, what can you do in between? You can do small workouts, 15-30 minutes per

The picture on the right shows Louie Simmons doing extra workout #10 for the squat and deadlift: Good mornings with bands. (photo by D. Black).



workout.

Let's look at bench pressing first.

Workout #1: Lat pull-downs, dumbbell extensions, and side delt raises, and always do ab work.

Workout #2: Barbell rows, 4 sets of dumbbell press to failure. Use a weight where 15-20 reps can be done. Rotate from flat, incline, decline, and seated press. Also do abs.

Workout #3: Three sets of seated dumbbell powercleans. Use a weight where 20 reps can be done, but with much effort. Also do one-arm dumbbell rows, 2-4 sets, and 2 sets of pushups to failure and abs.

Workout #4: Two sets of benching for 25 reps. Use a different grip: wide, close, thumb or thumbless, or even reverse. Also do chinups, inverted flies, and abs.

Workout #5: One of our 198s, Sonny Kerschner, had a 410 bench and was stuck. He began doing tricep pushdowns with a pink Flex land looped over a door at his house. Using strict form and a moderate tempo, he did 100 total reps 3 times a week. Six months later his bench press was an official 470.

All of the above workouts must be brisk, almost nonstop. Not only will this build substantial muscle mass in the precise area you need it, but it will also raise your work capacity.

As you can see, there are countless combinations to choose from. Remember to switch often, and always think "what do I need to raise my bench press?". Then do only that, for 15-30 minutes tops. Start by adding one small workout a week and add a second and so forth when you feel capable.

For the squat and deadlift, the same exercises will work for both. It is important to do ab work in every workout. Sometimes abs can be the only muscle group worked.

Workout #1: Pull-throughs, leg raises, dumbbell rows.

Workout #2: Reverse hypers, stability ball, and ab work.

Workout #3: Pulling a sled from a belt, rows, and standing abs.

Workout #4: Pull-

ing a sled from the ankles and lat pull-downs.

Workout #5: Glute/ham raises, weighted leg raises, and dumbbell powercleans.

Workout #6: Walking lunges, side bends, and sit-ups.

Workout #7: Flex band good mornings and chest-supported rows.

Workout #8: Box squat with a band looped through your belt and stand both ends. Don't remove the band between sets. Then hook a band to the top of a rack and then over your head to do standing abs.

Workout #9: Choke a band around the base of a rack and do seated leg curls. Then do lying leg raises with chains draped over your ankles.

Workout #10: Good mornings with a band looped through your belt, standing in the loops, plus a second band over the neck and under the

feet. Note: When uping bands, contract the muscles forcefully, and beware—band work is very taxing.

I have outlined many workouts here. Use 1-3 exercises per workout. Limit the workout time to 30 minutes, including ab work. This time can also be used for flexibility work, which is important but often overlooked.

These special workouts are intended to raise the lagging muscle groups we all possess. While working almost nonstop, you will also raise your general physical preparedness (GPP), something else that is often overlooked. For sports other than powerlifting many drills can be used as well. Agility, flexibility, and dexterity can also be improved.

There are many lifters who deadlift or squat over 800 and also total 2000 drug-free. So I know it is possible for you to make great progress

if you approach training in a more scientific light.

One must realize that large muscle groups recuperate in 72 hours and small ones in 24 hours or less. So it is quite possible to train many times a week. Powerlifting, even with the advances in equipment, still is light years behind all other sports. Tracks have been made for sprinting and better poles and pits have been made for pole vaulting. New advances in football equipment—helmets, pads, turf—have evolved. But powerlifters train with the I.Q. of a caveman. The I.P.F. refuses to use a monolift, and lifters are actually lifting in what is called raw or no equipment meets. What gives? We are going backward, not forward. Take advantage of technology and a scientific approach to training and you just might succeed. Westside Barbell 614-276-0923

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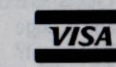
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# INTERVIEW

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

The 220 lb. open class at the recent WPC World championships in Las Vegas featured one of those tight battles that we all like to witness in our sport. Four high-caliber athletes gave it all they had to reach top honors. When the dust settled Austria's Gerhard Depner had captured Gold with 940 kg., but his 3 opponents demonstrated true world class ability.

For Germany's Harald Selsam it was a special moment. He took the silver medal, but more important was his performance. He became the first German powerlifter under 220 lbs. to break the 2 ton (2000 lb.) barrier.

**T.K:** Harald, congratulations. How did you feel right after the WPC Meet?

**H.S:** I was very satisfied with my 2nd place finish. It was such a close and thrilling competition. Additionally, my 935 kg. total was a new German record.

**T.K:** What was your overall impression of the meet?

**H.S:** A well organized event with very good equipment.

The warm-up area was excellent. The loading crew from England worked first class.

**T.K:** What did you think about the new Monolift from Ernie Frantz?

**H.S:** Before the meet started, I felt a bit insecure when I saw the big apparatus. I also believed you might get into trouble as you were standing free on the stage with the hooks above and the rack behind you, but when I started my squats I had no problems at all. I took the weight out of the hooks and instantly had my position.

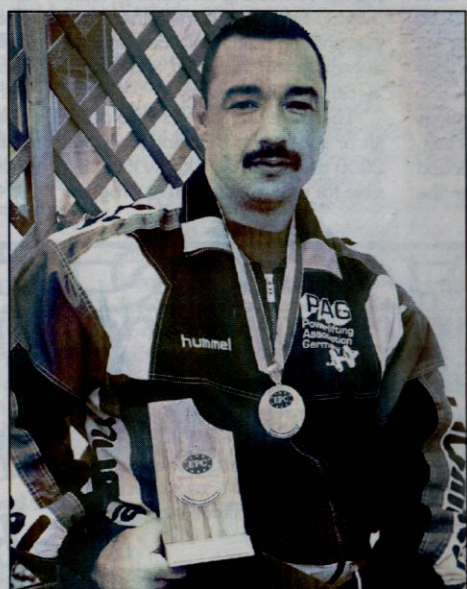
**T.K:** You also entered the WPO scoring. Is this true?

**H.S:** Yes, I did. Kieran Kidder had an information booth at the venue. I registered and so my WPC total counted in the WPO event. I took home 2000 dollars. Well, I didn't take it home as me and my companion Petra spent all of it after the contest. We visited many of the Las Vegas attractions, made a helicopter flight overlooking Hoover Dam, spent a day in Sea World, and also went to San Diego and L.A for sightseeing.

**T.K:** I heard you also made a huge squat shortly after the WPC contest?

**H.S:** Yes, 3 weeks after Vegas I competed at the WPC World Cup in Graz, Austria. I squatted 380 kg.

## HARALD SELSAM as interviewed for PL USA by Thomas Klose



Harald Selsam .. one of Germany's great lifters.

**T.K:** What was your first contest?

**H.S:** This was a regional team competition in early 1991 for the reserve squad of KSC Kassel. At around 80 kg. (176 lbs.) I did a 180 kg. (396 lb.) squat, 115 kg. (253 lbs.) bench and pulled 180 kg. (396 lbs.). At that point, I set my goal to make it to the premier team, where only the strongest members could participate.

**T.K:** How have you progressed over the years?

**H.S:** In 1991, I took 4th place at our State Championships with a 627.5 kg. (1383 lb.) total. 4 years later I improved to 747.5 kg. (1647 lbs.) and placed 2nd at the German Nationals in the 198 lb. class. In 1997 I made my first 800 kg. total, actually 810 kg. (1785 lb.) total via a 320 kg. (705 lb.)

squat, 200 kg. (440 lb.) bench and a 290 kg. (639 lb.) deadlift. I began competing in the 220 lb. category from that time on. All in all, I won 14 state championships in Powerlifting and Bench meets.

**T.K:** Did you have any idols?  
**H.S:** Not really, but I admire Ed Coan and Dr. Squat - Fred Hatfield. From Germany I respect Michael Bruegger and my good friend Markus Schick.

**T.K:** How does your weekly training schedule look?

**H.S:** I train 4 times a week.  
MO: Bench/Arms: Bench Press, Incline Press, Triceps pushdown, dumbbell curl

TU: Squat/Deadlift + lateral raise for the delts:

TH: Bench/Arms: Bench Press, Incline Press, Triceps pushdown, dumbbell curl

FR: Squat/ Deadlift + Military Press for shoulders

The first 2 days are heavy. The following 2 days I use 80% of the weights from Monday and Tuesday. It is a very simple routine with no real off-season. I basically do around 5 reps in the core exercises most of the time. 8 weeks before a meet I work down to doubles and triples. I never do max attempts in the gym. For example: the heaviest

weight I did in the squat before the Vegas meet was a double with 330 kg. (727 lb.). I save my big lifts for the meet. For me this is a thing of mental preparation.

**T.K:** When do you start to put on equipment?

**H.S:** I use light wraps and an old, loose suit with straps down, for all squats over 500 lbs. I put on contest gear, including the bench shirt, the last 3 heavy workouts before a contest.

**T.K:** Speaking of contests. What big titles have you won over the years?

**H.S:** In 1999: EPC European Champion and WPF World Champion. In the year 2000: WPC German Champion, silver at the WPC Worlds. I also won the WPC World Cup. The victory at the 99 Europeans was the greatest moment in my career so far.

**T.K:** You seem to have had no bad times in the sport?

**H.S:** I have never had a serious injury, but bad meets I have had. I bombed in the squat at the German Nationals in 1993. After that I wanted to quit. Then I got an offer to lift for Germany's top team, AC Power Burgau. To lift with athletes like 3-time IPF World Superheavyweight Champ Hans Zerhoch was motivating. It was a good decision.

**T.K:** What are your goals for 2001?

**H.S:** The top goal is the World Championship in South Africa. Additionally, I will try to break 2 WPC European records in the squat. The old marks are 410 kg. (903 lbs.) at 220 lbs. and 405 kg. (892 lbs.) at 242 lbs.

**T.K:** How do you see the development of our sport?

**H.S.:** Obviously, I would like to see more meets where our performances are honored with cash prizes. The way WPO president Kieran Kidder markets and presents the sport is the right direction. I hope to take part in more WPO events in the future. I also support WPC Germany. I maintain the official website and try to supply the media with information about our sport.

**T.K:** Any final comments?

**H.S:** A big thank you to my girlfriend Petra. I wouldn't be this far without her support over the last 15 years. Additionally, I have to thank Markus Schick, Thomas Klose, and my gym - KSC Kassel for all their help. For those who are interested, you can check my website at [www.powerlifting-selsam.de](http://www.powerlifting-selsam.de).

**T.K:** Harald, thank you very much for this interview and best of luck in your future.

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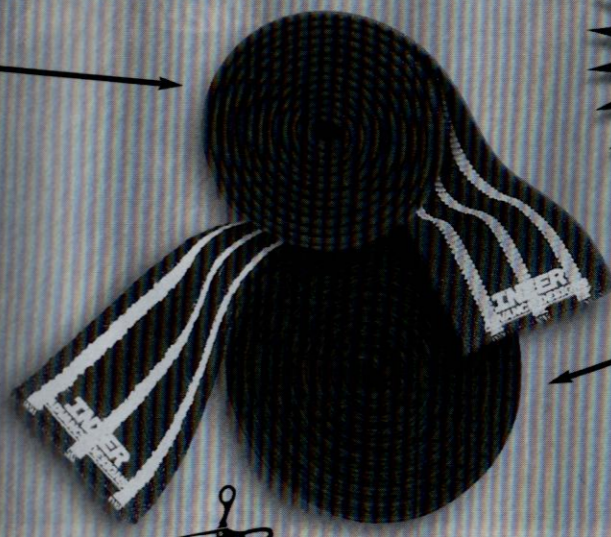
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Many lifters talk about box squatting. Opinions vary a lot. Some state that using a box is a trick which has no effect on contest maxes at all. Some say that it will only work at meets where you don't have to go so low. After hearing and reading different opinions I decided to give you mine. It is based on what I have seen and heard from lifters in Finland during the last few years.

Jarmo Laine was one of the first Finns to try box squats. In the Summer of '96 he wanted to try them immediately after I told him my impressions. Having had enough of big lifts in the gym and failures at meets, he was ready for something new. Old habits die hard and, like many, he first box squatted with too much weight, but after a few months of learning, he was on the right track. Having the most likely the best technique in Finland, he was already able to utilize his hip strength in the squat. It was only a short time before he noted the key points and benefits of using a box. He never really tried records at several box heights, he only did a lot of short sets on boxes below parallel. His hard work paid off at the '97 Nationals where he got three whites with his easy 680 pound squat at 165 bodyweight. Jarmo Virtanen's European record was moved into history by a one pound margin.

Janne Toivanen, a two time IPF World Champ, is one of the finest sportsmen I've ever known. If you read about Janne's deadlift training in the June 1998 issue of *PL USA*, you will have noticed how hard he trains - six times a week. Being an Olympic type squatter, he never got as much out of the box squats as he might have been able to with a wider stance, but for his super sumo deadlift, box squats developed a



Author Sakari Selkainaho at the awards ceremony for the 148s at the '93 IPF World Championships

# TRAINING

## The Finnish 'Finish' A National Approach to Box Squatting as told to PL USA by Sakari Selkainaho



Jarmo Laine of Finland exemplifies excellent style when performing the squat

lockout that didn't fail even if he was forced to four deadlifts, as in that historic episode that took place at the '96 IPF Worlds in Salzburg. I know that when the bar comes past his knees, he will make the lift. His squat was "only" 727 pounds and stayed there because he retired from lifting, after that thrill in Salzburg. In the last year of his career, he was in the Army and had excellent training conditions. Many have asked me what would he have been able to do if he decided to keep on training after returning to his regular duties as a service product manager at Valmet Corporation. I have always stated that he could have done an 800+ squat at least. That was how much he had left. So far, no one has

argued that point.

Sakari "Daddy" Mantyla is perhaps the most fanatical powerlifter in Finland. He is quite famous nationally not only for his lifting, but also for coaching from his heart. Some lifters go crazy and some do not. Daddy always does, whether on a platform or coaching. Among friends and team members, he is also famous for his big squats that were all really high. Once he called me and told me that he did 755 in practice. He admitted it might have been a bit high, maybe by the size of a matchbox. I told him that he must be lighting his cigarettes with full size logs. That was during his preparation for the '93 IPF Worlds in Jonkoping, Sweden. At the meet

he came up with 650, which was red lighted three times. That was the old Daddy.

A few years ago he decided to start box squats. He had a very strong back, but had weak glutes and hamstrings. The first result was that he was able to do more than one lift in a three lift meet. After being able to find legal depth, he finally started to get some results. At the WPC Worlds in Graz he came in with an easy 694 and was able to do more even then. I expect him to make that 755 pound "match-box squat" at 198 with legal depth. Although he has passed 45 years of age, he will still improve. His technique has never been better. High volume training will keep up his work capacity levels.

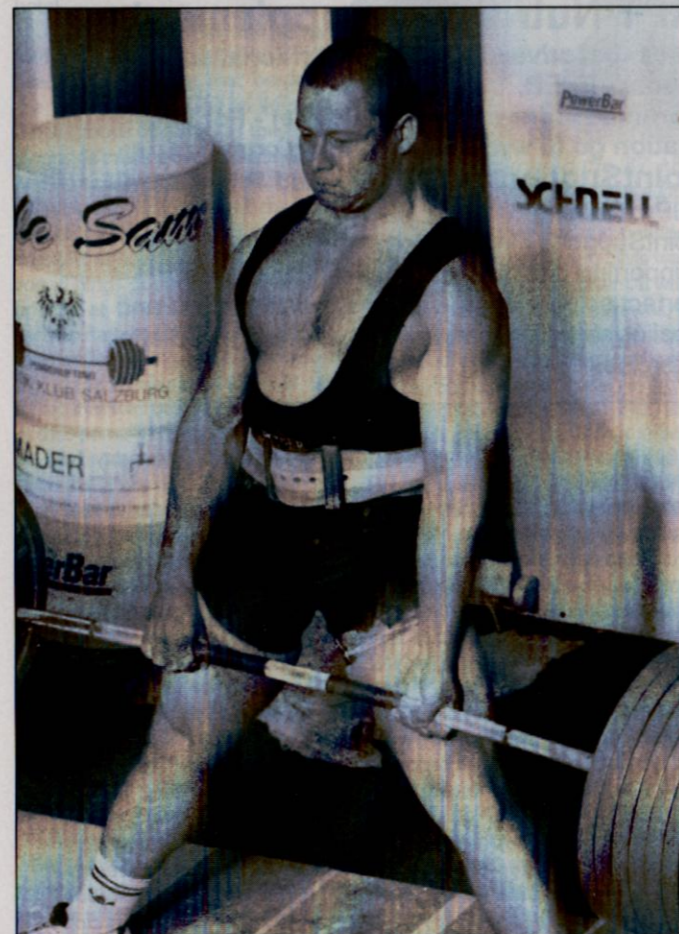
I think I'm the first Finn to ever try the box squats. Training for '95 IPF Worlds, I ruptured my patella tendon. I was forced to widen my squat stance to move the weight from thighs to hips. The box squats seemed perfect for that. I spent two months learning the technique, then three weeks in bed with a fever, and then I was finally able to start my first real box squat cycle by percents. After two and a half months of training with 240-300 pounds, I came up with 578, a carryover I had never experienced before. I was more than convinced. After that my knee has not bothered me, and also my lower back problems are very much history. The reverse hyper machine has a lot to do with that, but that's another story. Now I squat on 6 to 16 inch boxes and have made

progress on both the squat and deadlift.

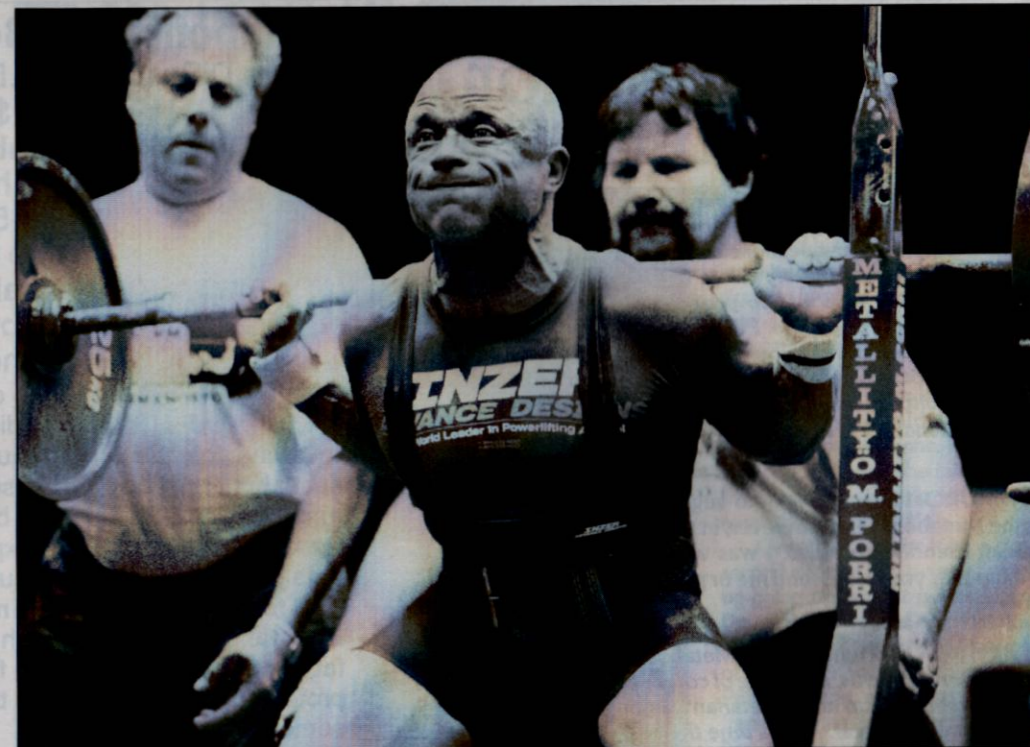
The list could go on and on. During the last few years, I have written articles, given seminars coached and consulted with lifters of different levels. All who have tried box squats have had at least some benefits. Very tall lifters with long thighs who had not moved their squat stance wide enough have made the smallest gains. Some have used it only to strengthen their glutes and hamstrings, but many have also adopted the Soviet percent training to their program. It can be done by box-based maxes. Start with sets of 8x3 or 12x2 at 65% of the box max and finish with 4-6 doubles at 80 or 85 percent. After

that, go for a meet or try for a new box record. Another method is based on maxes on contest. At Westside Barbell, the Mecca of box squatting, most lifters go from 50% to 60% of a best contest lift. Their results are known everywhere. I have enclosed some example tables at the end of this article.

What makes box squats so exceptionally effective? Louie Simmons has pointed the reasons out many times in his articles, but let's review. First, it teaches the perfect technique by allowing one to sit completely back and not down while descending. Everybody knows that you come up from squat like you have descended into it. Secondly, it takes the speed off the lift at the bottom, the most critical part. By cutting the concentric-eccentric rhythm it forces one to produce max force over a very short time period in order to come up. These two factors are the main reasons behind a successful squat. It really overloads the main muscles of squatting. The percent training will also allow one to do more lifts in one training session. Doing only one tough set of 3-6 reps will, in the long term, make you good at reps, but lousy at singles, and that is the opposite of what we all are after.



Janne Toivanen got lockout power from box squats that enabled to come from behind and win the 1996 IPF Worlds on his last deadlift.



Sakari "Daddy" Mantyla made a major turnaround in platform success after incorporating box squats

Some lifters have even stated that they are able to train the deadlift more effectively because of the lighter

weights they are able to train with in the squat.

Another question is how do you start box squats? Here's a system that has proven to be successful. For learning the mechanics of box squat, the best way is to start with a box which is 2-3 inches above parallel. Use only 20-30% of your contest max and get used to the movement. Remember to pause and relax the hips and legs at bottom. After a few weeks, do not increase the weight, but lower the box to parallel. After that, work another few weeks and then lower the box 2-3 inches below parallel. After another few weeks, you are finally ready for training on boxes. Move back to a box that is an inch or two below parallel. During the "test drive" you need to do some regular squats in order to stay productive competitively, but after you are familiar with box squats you may want to stick to them only.

I have heard many wondering - why do so many types of good mornings? At a kinesiology course during my massage studies, I had a chance to find out. I measured EMGs on hamstrings, glutes and lower erectors. In arched back good mornings, the glutes and hamstrings did far more work than in others forms but to my surprise, 30-40% less lower back work than in bent over good mornings. The good morning/squat combination stresses all three main muscles almost equally and has proven to be an excellent choice for lifters who fail in the squat or sumo deadlift because of a

weak lower back.

Rickey Dale Crain has done box squats for 20 years and Neville Primich uses them regularly. Many other top lifters do them also, but they will move your squat up whether you're a world class squatter or a beginner. You may recall the words of the legendary statistician, Herb Glosbrenner - "Opinions vary and may even conflict sometimes, but results speak for themselves."

I would like to thank Louie Simmons for his time and innovative thoughts. Thanks again, my friend. Powerlifting needs more people like him who give away their time and efforts just to get the sport moving forward. I still haven't achieved my goal of training at Westside, but let's hope the future will change that situation.

I would also like to send my best wishes to Amy, J.M. and everybody else at Westside, Ernie Frantz, Pete Alaniz, and everybody else I forgot to mention. Stay Strong!

TABLE 1: Box Maxes

Wk	%	A	B
1	70	12x2	8x3
2	75	10x2	6x3
3	80	8x2	6x2
4	85	6x2	4x2

try for new max

TABLE 2: Contest Maxes

Wk	%	sets x reps
1	50	12x2
2	52.5	12x2
3	55	12x2
4	57.5	10x2
5	60	10x2

## Ask the Doctor

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

**DEAR MAURO:** I am an ovo-lacto vegetarian and am interested in trying the Metabolic Diet, however, in the sample diets there are no vegetarian friendly examples. I was wondering if you might have some examples you could send me or post on the web page. Thanks, Bryan

**DEAR BRYAN:** Unfortunately the Metabolic Diet relies heavily on animal protein and foods, including of course eggs and milk products. I haven't as yet made up any vegetarian friendly examples, but hope to do so later on this year. At this time the best I can do is to have to substitute any meat products with eggs, cheeses, tofu, simulated meats (vegi-burgers, etc.), and combinations of vegetable proteins. If you stick to tofu and lower fat/calorie plant based protein foods as substitutes for the meats/chicken, you can increase the calorie and fat content of the diet by taking in more flax and olive oils. You might also read the information I wrote on vegetarian diets that's on our site ([www.allprotraining.com](http://www.allprotraining.com)). I hope that this information is of some help. Best regards, Mauro Di Pasquale MD

**DEAR MAURO:** I am a 28 year old female attorney, and I have extremely high cortisol. When tested, my urine free cortisol was 180, and the normal range was 3-51. My endocrinologists tested me for tumors, but they did not find any, so they told me there was no medical abnormality causing my high cortisol. However, the high cortisol makes me feel very sick, unable to sleep, and hungry all of the time. It has also caused my bones to weaken, and I got a stress fracture in my right hip and had to have surgery. I am very athletic and work out at least once a day, everyday. My weight is normal. After I read your article and other articles on the subject of overtraining, I began wondering if my high cortisol could be due to overtraining. I decided to stop training for a month, and I feel a little better, but still not too good. I have been doing some moderate exercise during this time. Do you think my high cortisol is due to overtraining? If it is, how long would I have to rest in order to recover, and could I work out at all during the rest period? Thank you very much! G.

**DEAR G.:** Your high cortisol levels may come from chronic stress, either physical or psychological. For example, depressed patients have abnormally high cortisol levels. On the other hand, it could also be genetic. It's difficult for me to give you more specific information on the cause without going into your medical history, tests and consultations in detail. I'd have to know more even to give you my opinion on whether you're overtraining. If you feel that it might be due to overtraining, I would have it checked again now that you've cut back on your training. Also I would also have your serum testosterone, estradiol, DHEAS, and IGF-1 levels done at the same time since these hormones can influence cortisol secretion and are often affected by conditions that produce high cortisol levels. I hope that this information is of some help. Best regards, Mauro Di Pasquale MD

**DEAR MAURO:** I have a question regarding your program. I am currently trying to change to this way of eating and it seems to be working. I have questions on how I know exactly what percentage

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Mauro DiPasquaie, M.D.

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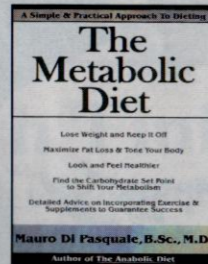
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I am eating of carbs/proteins and fats. Is there an easy way to determine this?

I have looked at other diets and there is one in particular where they suggest that you eat no carbs for the first two meals and snacks of the day and for dinner you should eat within a one hour period whatever you wish in carbs, but you should have salad and protein with these carbs - and you can eat a dessert - all within this hour. After this hour you should go back to the low carb high protein. Is this recommended? Thank you, Cindy

**DEAR CINDY:** The easiest way is to just concentrate on your carbs. The other two usually take care of themselves, unless you're on a starvation diet, which I don't recommend. In my opinion, and there is some recent research to back me up (J APPL PHYSIOL 89(6):2413-2421 Vol. 89, Issue 6, 2413-2421, December 2000. Effect of fat adaptation and carbohydrate restoration on metabolism and performance during prolonged cycling Louise M. Burke et al.), you need to be on a low carb diet for at least a five day spell before your metabolism starts burning fat as your primary fuel instead of carbs. So, the carbs for one hour a day won't work nearly as well, if your goal is to reduce body fat. All the best, Mauro Di Pasquale MD

From all indications this promised to be a humdinger of a powerlifting meet. The promoter, Rick Weil, was one of us; a Powerlifter with a capital "P". Rick was short, strong, and good-looking: a miniaturized Tom Selleck look-a-like. This tattooed bench press wizard had pushed up 550 weighing 181 pounds without a bench shirt and was the first man to bench press 600 pounds weighing less than 200 pounds. Weil had hitchhiked to Tampa-St. Pete years earlier in search of a better life and to escape the harsh winters of the northlands. He had prospered there and decided to throw a powerlifting appreciation party in conjunction with a national level competition. He received the sanction for the A.P.F. Junior National Championships and decided to do it up in grand fashion. The meet was to be held in a nice hotel right on the beach, and the lifters from the Northeast and Midwest were ecstatic. Hordes of gargantuan lifters arrived at the Tampa airport in grumpy clusters and black moods as a result of being shoehorned into airline seats that barely contained their girlfriends, much less themselves. They metamorphosed from moods of foul funk into ones of pure evangelical joy as they checked out the Florida Gulf Coast topography while riding to the hotel.

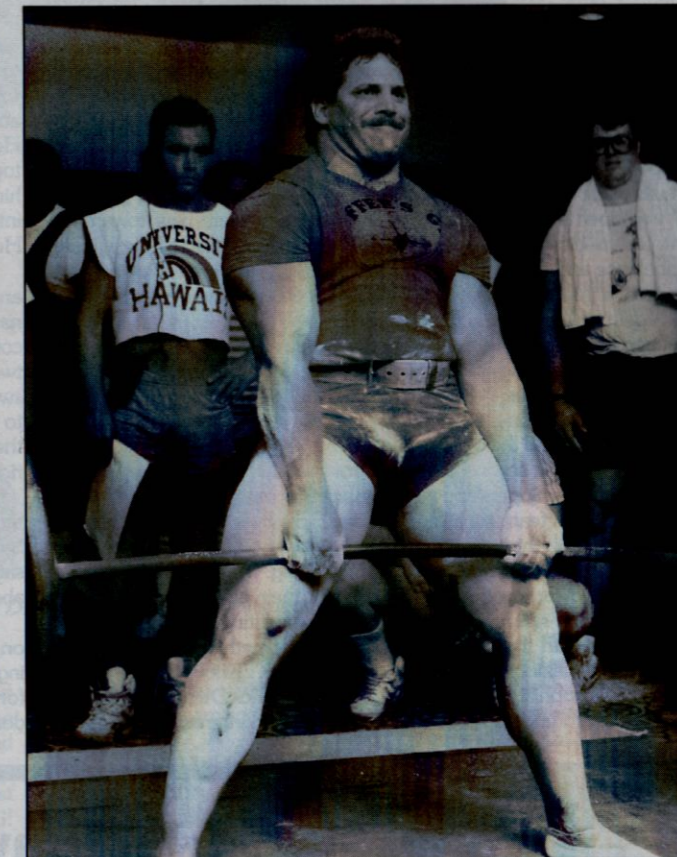
The cab ride from the airport motored them along the 6-lane beachfront highway that bordered the sapphire-blue Gulf of Mexico. Black moods dissolved as they rode alongside pristine beaches with acres and acres of radiant, luminous, crystalline sand. Glimpses of the Gulf flashed in intervals between the luxury beachfront hotels that lined the horizon. Things got even better as you arrived at the hotel, staffed with friendly natives, and discovered nice rooms overlooking the Gulf and housing a spectacular all-you-could eat buffet that was included in the price of the room. "This place is cool!" the no-necks mused as they reconnoitered the landscape. To top it all off, Weil was throwing an all-you-can-drink beer bash on the beach at the conclusion of Sunday afternoon's lifting. It was shaping up as a powerlifting version of Nirvana on earth.

Our lifters lit up like grade schoolers as the final bell rings on the last day of school. I saw lifters giving each other gleeful high fives; "Goll-dang," said one well-known 242 pounder as he surveyed the tropical surroundings with a cocked, suspicious eye at check-in, "You sure we got the right hotel?" This was a run-what-you-brung, no-holds-barred powerlifting competition, open to anyone who had not placed 1st, 2nd or 3rd at the Senior National championships. I was coaching five lifters

## THINGS I'VE SEEN

### THE 1987 A.P.F. JUNIOR NATIONALS

by Marty Gallagher, Washington Post.com columnist



Dave Pasanella used the '87 APF Juniors (where he had a cover shot on POWERLIFTING USA) as a launch pad for a series of monster totals,

in this meet and the competition would be fierce and every class was jam-packed with quality lifters. It was shocking how good this field was; it took your breath away and made you glad you were coaching and not lifting. For example, New Jersey's Pat Brago totaled 2100 at 242, an astounding achievement at a junior level competition. What made Bragos's aggregate all the more amazing was that his superb total, one that would have won the IPF or APF world championships the previous year, was good for only 3rd place at Weil's meet. Holy mind-blowing hell, how'd you like to total 2100 at 242 at take 3rd at a junior competition?

I remember Brago coming out for a gutsy 3rd attempt deadlift; his nose had exploded on the previous attempt, spewing blood all over his white tee shirt. The air conditioning had broken down and the platform area and backstage was a steam bath. Out strode Brago, bloodied, hair matted, sweating profusely, his Herculean body and chiseled face a study in controlled hysteria. This, I

thought, is a powerlifter! The great Willie Bell and the under-rated Gary Drigo finished ahead of Brago, but no matter, Brago would prove his mettle in the white-hot heat of big league competition against the best in the world. His intensity in defeat was inspirational. My 132 pounder took a hard fought third place, and our 198 pound entry made an incredibly gutsy showing, pulling 700 pounds on a clutch third attempt deadlift to secure second place. This after having ripped a bunch of bicep fibers in his left arm on his second attempt with 660. I wanted to send him to the hospital after the second attempt. Angry purple blotches appeared; blood was dripping internally and gathering at the elbow. He refused, saying he most certainly would try whatever it took to advance his placing, thank you very much - physical consequences be damned!

As we stood together silently, waiting for them to load the 700 pound barbell that would lift him from 5th to 2nd place, I could hear him wheezing in pain. He cradled the

wounded left bicep at the elbow with his still mighty right. The maniacal fire-gleam in his eyes told me all I needed to know; it would be a Kamikaze attack. I, as his coach, would pour him the ceremonial sake before welding him into his cockpit and sending him out to dive-bomb the American fleet at Midway. He pulled the 700 pounds to secure second place and held it extra-long after the head judge had given him the down signal to impress one and all with his total and complete mastery of the weight. He actually grinned before collapsing to the platform; his left bicep rolled up in his left arm like a window shade, a total detachment of the bicep from the bone. He proved his point and established a character benchmark he would no doubt fondly recall the rest of his life.

Our 220 pounder took a clean second and our 275 pounder would be going up against power legend David Pasanella and the infamous Danny "The Derrick" D'errico, one of Kenny Fantano's stable. Dave Pasanella was an athletic prodigy from Arizona who won Teenage National Powerlifting titles out of Thorbecke's gym and went on to play Division I football at Georgia Tech after achieving high school All-American status in the sport. He was intelligent, handsome, and bright. After his eligibility ran out, he was offered the strength coaching position at Georgia Tech. Too short for professional football, David was able, for the first time, to devote singular attention to powerlifting. Quickly, very quickly, he shot to the top of the powerlifting world. Rick Weil's meet was one of his very first big time powerlifting competitions and he laid waste to a quality field. If memory serves, he squatted right around 900, benched 570 or thereabouts and pulled just under 800. Thick yet proportional, he was densely muscled, a veritable black hole of fat-free beef. Tragically, he was killed in a freak auto accident some years later. On this day he was a power debutante and just commencing the upward arc of his all too short career.

My man was a stud. Tall, lean and strikingly good looking; he was a Baltimore cocaine ring enforcer by profession. He had totaled well over 2000 a few months earlier and was a whole lot stronger now. If he hit what he was capable of, and assuming the others missed a lift, he could win. He had uncorked an 825 training squat, tripled 550 in the bench, and could pull damned near 800. We knew he had to stay no more than a hundred pounds behind Dave and Danny after the squat in order to have a chance; D'errico had squatted 900 and benched 585 and Dave was potentially capable of an 800+ deadlift. My man was called

high on his opening squat and skipped right on by that irritating little detail. He jumped to 840, bulling the weight out of the racks and sitting down authoritatively. He rebounded out of the hole and was ascending rapidly when I heard a sound I had heard before when I ran a warehouse: wound steel cable snapping when overloaded. The noise turned out to be his tendons and quadriceps as they tore loose from the bone with an audible crack! He fell forward and the huge barbell sped downward in hot pursuit of his cranium like a meteor on collision course with earth. He was seriously messed up and about to get real messed up.

The spotters were slung around like Japanese box kites in a monsoon as they tried to control the out-of-control barbell. My Man landed torso first, his face smashing the platform like the tip of a bullwhip. The barbell hit a millisecond behind. My view of his skull, the estimated impact point, was obscured. The 1 1/8 inch steel bar was about to crush his skull like an eggshell being hit with a ballpeen hammer. The crowd screamed and the spotters cursed as My Man landed face first, impacting the wooden platform so hard his head bounced a foot back into the air. His neck then collided with the incoming barbell and his head was slammed to the plywood for a sec-

ond time. The bar impacted, Boom! Boom! The bundle of plates on each side hit unevenly, a split-second apart, two 400 pound payloads. His hands splayed and each barely missed being crushed to pulp. My view was blocked, but I thought the bar had actually hit him just below the base of his skull and except for a nasty bruise on the back of his neck; he was okay - well, not really. I knelt down and held his hand as he went into shock, shivering, turning beet red, splotchy white spots appeared on his flush face, eyes wide but unseeing, his mouth was open and he gasped for air. The paramedics loaded him into the ambulance and off he went. He was busted a few weeks later by federal agents. Facing 25 years without parole, he went into witness protection after squealing on a long list of criminal associates.

Elliot Smith, the finest genetic specimen I've ever had the pleasure of working with, took second place to Jim Gentile in the Supers and my work was done. Our team, Chaillet's House of Pain, took third place behind the mighty Black's Gym and Rick Poston's powerhouse Florida Gym. At the Gulf-side beer party afterwards, I sat with the legendary Chuck Deluxe\* talking about the meet and philosophizing at great length. Chuck, a rotund 350 pounds

or so, looked for the entire world like Santa Claus turned Hell's Angel. He was tattooed from head to foot and my personal favorite adorned his right forearm. It was a rectangular box that ran across a larger dragon tattoo. It read, "State powerlifting champion 1978". A fine and lasting memento of a powerlifting conquest near and dear to Chuck's heart. No doubt such a tattoo is the gift (to oneself) that keeps on giving.

Chuck Deluxe and I sat under a shaded umbrella with ice cold draft beers in red plastic cups and commiserated on powerlifting and life. He waved a beefy paw towards a group of heavily muscled lifters, male and female, clustered thick around the epicenter of the event: the beer keg.

"These are the elite. The best of the best. The hardcore. The 2%."

"What do you mean, Chuck?"

"These are the obsessed, the ones that never give up, never quit, never throw in the towel. They break bones, rip muscles, lose their jobs, lose their wives, lose their families and homes - but they never quit powerlifting. It is the one true constant in their otherwise F#!\*ed up lives. Powerlifting gives them a sense of being, something they can hang their hat on... Know what I mean?"

Damn, Chuck Deluxe was sounding like a workingman's Spinoza.

Indeed, I knew exactly what Chuck referred to. I thought back to My Man writhing in agony on the platform just yesterday. He'd lift forever, even if his benches and squats were confined to a prison exercise yard. I myself had broken my leg in a freak lifting accident and come back to squat an official 804, guaranteeing me certain admittance to Chuck's mythical Church of the Obsessed. I asked Chuck how he felt about his performance at the meet. He had lifted well, taking one of the top places, but most observers had him pegged to win his class coming into the meet, so I spoke carefully. He responded openly and honestly.

"I had great meet preparation and even cleaned up some of my nasty habits in preparation for this contest. I dropped all hard booze for twelve weeks before the contest. I switched from Rebel Yell (whiskey) to Red White and Blue lite beer for the entire contest preparation period."

"Really admirable," I said, unintentionally stepping on a rattlesnake, "no hard booze, that was quite a sacrifice and I bet you're feeling good about it retrospectively."

"HELL NO! I lifted like s(bleep)-on-a-stick! As soon as my last freakin' deadlift hit the platform I headed for the bar and tossed down a half dozen shots!"

## We Have A Different Perspective

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

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He began to laugh hysterically. "Old ways for old guys, I guess!" He thumped me on my back so hard it knocked the breath out of me.

The pool side revelers stopped in unison to see if Chuck Deluxe was gonna unload on me. They turned back and continued the party when it was apparent no violence would ensue.

"The air conditioning being broke was a bad break for the big guys," I said.

Chuck snorted derisively. "Yeah, they were very lucky this year that no major incidents occurred. Remember what happened in Maine?"

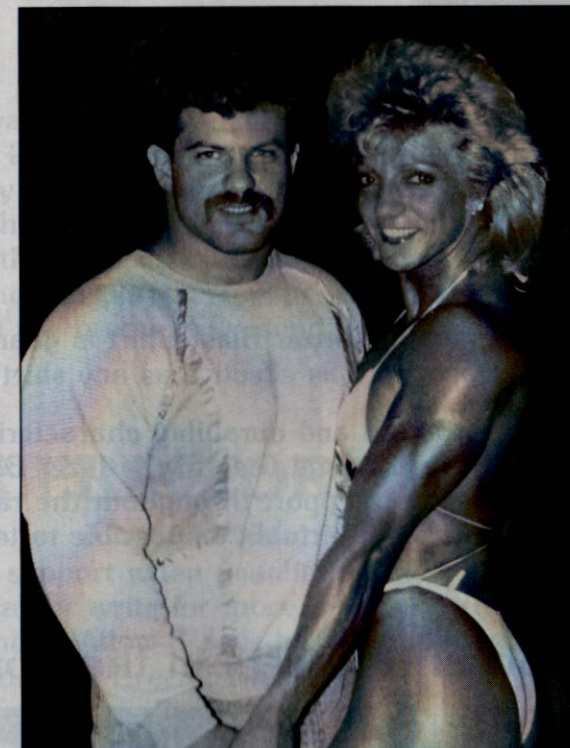
There had been an ugly scene at a previous Junior Nationals. During the tense, pre-competition warm-ups before the superheavyweight class, a backstage fire alarm had gone off. CLANG! CLANG! CLANG!

At first, no one paid much mind to the audio irritant. After all, no one wanted to lose precious psyche and focus and surely the ear-splitting cacophony would cease and desist momentarily. CLANG! CLANG! CLANG! CLANG!

On and on it went. Suddenly, all the pent-up anger, hostility, competitive juices, macho posturing, testosterone poisoning, and good old fashioned mob psychology took hold and the gargantuan lifters, aided by their coaches and training partners, went freakin' berserk.

Some say it was Chuck Deluxe who grabbed the first 45 pound barbell plate and attacked the offending claxon. Regardless who was the initiator, within 30 seconds 10-15 lifters and coaches were elbowing each other out of the way in a frenzied spurt of violence that resembled a Hell's Angels Rat Pack attack. Beefy lifters armed with barbell plates went crazy and knocked a 3 foot hole in a cinderblock wall before local constables, pistols drawn, stopped the rampage cold in its tracks. The meet promoter threatened to cancel the meet, but after being physically threatened by a large contingent of lifters, he graciously relented.

"The really bad part," Chuck said, "was when the boys starting pulling the damned electrical wiring out of the wall. I had nothing to do with that! They must have ripped out 50 feet of cable all down one wall, right through the dried mortar.



Meet Director Rick Weil was a spectacular bench presser

Jeezus, it was a holy mess!"

"Some say you were leading the charge?" I said, smiling conspiratorially.

"Well, hey, I'll admit I was in the immediate vicinity, but past that. I ain't saying or admittin' nothin'!"

We shifted gears. Chuck Deluxe waxed poetic about his new girlfriend who had traveled to the meet with him. He went on and on about how he really felt something special and maybe this was the one who'd finally cause him to settle down. I'd seen the young, pert, tough-looking and not-unattractive petite brunette in his company around the hotel. It was apparent that when he gazed at her he saw Madonna in the X-rated *Justify My Love* video. He was smitten, hard. Truth be told, they made a wild and exciting couple; a motorcycle gang version of Burton and Taylor. Unfortunately, as Chuck Deluxe was so earnestly and sincerely uttering these words on the beach with his brothers, bad Mojo was transpiring elsewhere. It was 2 a.m. and Chuck, three other heavy-weight lifters, and myself were closing down the beach party. We sat in a circle of lawn chairs in the sand, our feet in the ice tube that had held the now empty and discarded keg. The beer was long since gone and a fifth of Rebel Yell (Keith Richards' favorite) was being passed hand to hand. Stories and lies flew round the circle, powerlifting techniques and tactics shared, and the lifting at the meet scrutinized and discussed.

Meanwhile, Chuck Deluxe's

Dream Goddess was in the room doing something she hadn't ought to be doing with a hotel employee.

Someway, somehow, Chuck Deluxe found out, and all hell broke loose. He trashed the hotel room and then his girlfriend. As he emerged from the revolving doors onto the hotel's entranceway the next morning, Chuck saw Don Juan waiting for a cab.

"Hey youse!" Chuck yelled, "Come 'mere a minute, I wants to talk to youse!"

Don Juan started backpedaling the instant he saw the massive muscleman. He spun and took off in an all-out sprint to-

ward the hotel tennis courts, stage left. Chuck Deluxe took off like a rhino shot in the ass with a spike full of adrenaline. On the surface, it

appeared a ridiculous footrace, but what most civilians fail to take into account is that legs capable of squatting 900 pounds can generate incredible amounts of pure torque and horsepower real quick - but not for long. Akin to a 2,000 horsepower, NHRA nitro-methane slingshot dragster, a massive powerlifter will run real fast, but run out of gas in less than 10 seconds. Depending on the nearness of the prey, 10 seconds might be ample time for the lion to drag the gazelle to the ground. And that is exactly what happened. Chuck Deluxe caught Don Juan as the latter slipped while taking a turn too fast around the tennis court fence. Chuck was on him like that gorilla in the American Tourister luggage commercial, tossing lover boy around like an 800 pound ape would an empty suitcase. Other lifters caught up and pulled Chuck off, but not before he'd administered three body slams to the pavement; "medicine for Romeo," he called it. Chuck dusted his hands, straightened his clothes, and calmly walked to the cabstand. He was driven to the airport and flew back home before the police report could be filed. He was home - Scott Free.

A fitting end to one hell-of-a-meet, both on and off the platform.

\* An alias

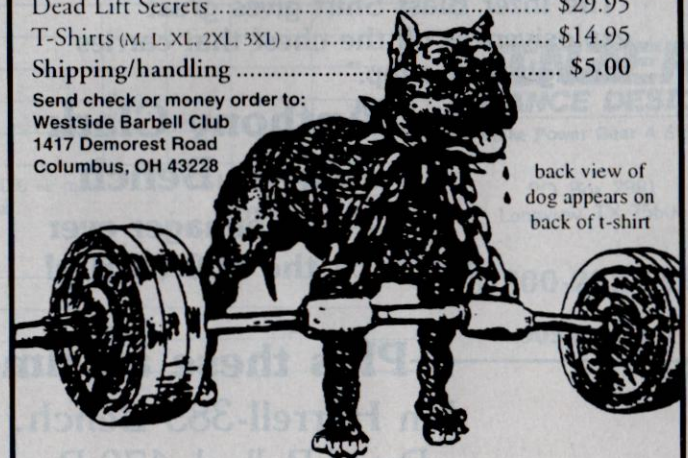
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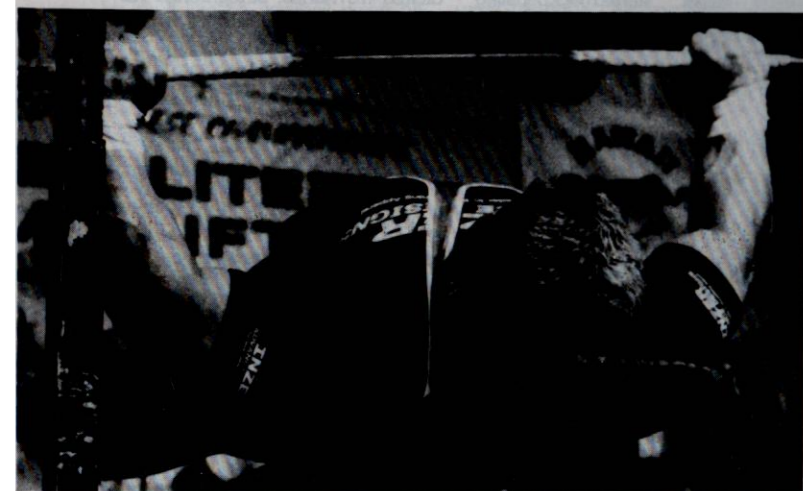
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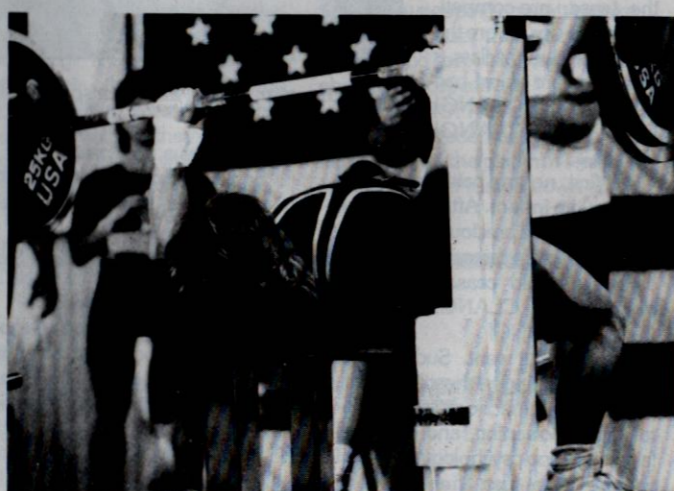
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Question: How many Floridians does it take to spot Beau Moore? Election Year Answer: We're not sure. We'd better count again...

Let's tackle an easier question: What makes a gym "hard-core?" Does it take a whole bunch of shiny equipment, or a bunch of rusted old junk? I say neither one proves anything - it's the atmosphere that makes a gym hard-core. Atmosphere is breathed into old-school gyms by stone-age Neanderthal lifters. (When you walk into a real hard-core gym, the one constant is the serious workingman attitude of the lifters: the atmosphere.) We got a note from the 54th Avenue Gym in St. Petersburg, Florida; and I did a quick mental check of the atmosphere to see if it would support chalk-covered, ammonia-sniffing, powerlifting idiot-life forms. Here was my checklist:

\* Attitude? The lifters look hard-core.

\* Equipment? Antique and homemade. Enough relics to make "Dr. Ken" proud. Reminds me of the gym in Texas that is totally outfitted with antique gear (but that's another story.)

\* Hours? 24/7

\* Unusual Features: No contracts, and the gym is 30 years old.

\* Powerlifters? Both owners compete, as well as several gym members. Owners Brian Highnote and Heath Griffin also host Powerlifting meets at a local bar.

Survey says... THUMBS UP! I'll let Brian Highnote fill you in on the ups and downs of running a real live piece of history:

Well, let me tell you about our hardcore gym. We should start with some history. The gym is thirty years old this December. Some of the equipment is older than that. We have the original crossover that received the first patent in the United States. It was built by the original owner Dick Fudge. Along with that Dick Fudge also built most of the original equipment that was in the gym.

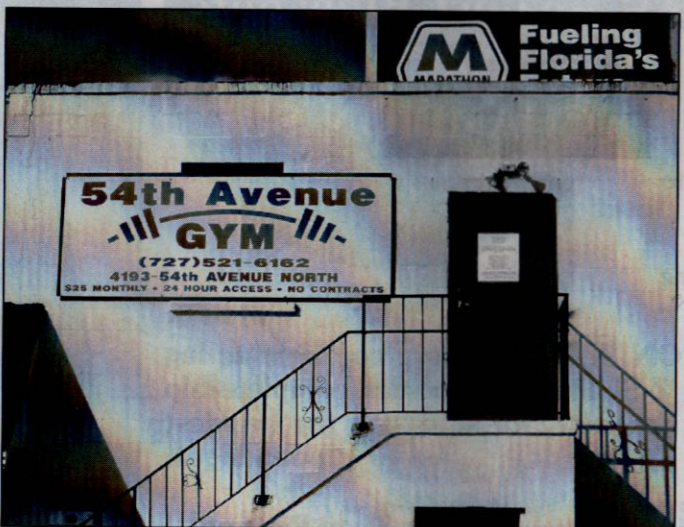
Eighteen months ago my partner and my brother purchased the gym and it wasn't doing too well. But with a breath of excitement and enthusiasm, we blew new life into this piece of history. We took some of that old run down equipment and turned a profit, so we could buy new equipment. Since that time we have replaced almost all of the broken stuff with more modern and safe equipment. After a year in this new business my brother wanted to go back to school. So at that point I took over with his partner, Heath Griffin. Since that time we have managed to bring the supplement sales out of the stone ages and the sport of

## HARD CORE GYM#3

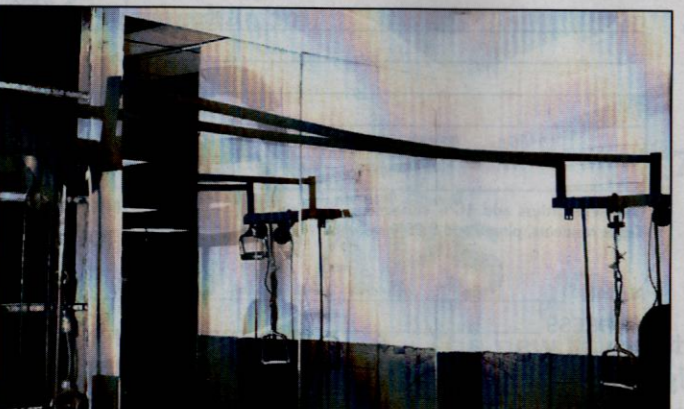
Count This: 54th Avenue Gym... as told to **POWERLIFTING USA** by Rick Brewer, of House of Pain



**Management Crew:** (left to right, 170 lb. Brian Highnote - 400+ bench - owner/manager, 188 lb. James Banning - 300 lb. bench - maintenance; 175 lb. Heath Griffin - 300 lb. bench - owner. (courtesy Rick Brewer)



**Note** that the gym is upstairs, so they have to stumble and stagger down a full flight of stairs after heavy squats! Then (even worse) they have to climb up the stairs on day 3 when they cannot bend their legs no matter what! Twisted, but I love it! (Reminds me of World Gym in Venice.)



What you see above is the **Original Crossover Machine**, built around 1954 by Dick Fudge. It was originally located in his gym in Tampa, and is the only piece that 54th Avenue Gym still retains from that old gym.

powerlifting into the limelight. We not only host powerlifting tournaments, but both my partner and I are also competitors. We recently held our second powerlifting tournament and drew 70+ lifters with some of the big names like Beau Moore and Rick Lawrence doing some huge lifting.

We have the best lifting location for hosting our tournaments. We use a local bar (Ferg's Sports Bar). It has a large pavilion and allows us to move as many as 200 to 400 spectators through in a single event. Our tournaments have helped bring us a statewide vote (no - not a recount!) of confidence.

Since bringing in this sport, we have attracted people from all over the surrounding area to come and seek out the secrets of our hardcore home. We have now got about 8-10 300 lb. benches, 4-5 350 lb. benches and myself plus one other over 400 lbs. on bench. We also recently added a 220 lbs. deadlifter that produces numbers like 525 lb. deadlifts and 500 lb. squats.

This isn't all that makes us hardcore. We have an advantage in that category. You see my partner and I both hold down full time jobs also. Our gym is the only 24-hour facility in the Pinellas County area at the current time. We do this with a key pass system and we work nights at the gym. The gym stays clean and every piece of equipment is kept in operation at all times. Each month our clients can pay us directly during office hours or put the monthly dues in a drop slot in the office. That's right we are a month-to-month, no-contracts gym and open to members 24 hours a day 365 days a year. Now if that doesn't make us truly hardcore gym, I don't know what to say.

**FREE TIP:** There is one last thing to learn from the way the 54th Avenue Gym runs their competitions - gym owners take note: when you don't have enough lifters to fill all the weight classes, just throw them together and score by formula. Very logical choice, and a great way to add interest to a meet which might otherwise have several lifters contending alone in their weight class! Kudos!

Congrats to all the lifters at 54th Avenue Gym! If you are within driving distance of St. Petersburg, Florida - you owe it to yourself to check this gym out. Support your local gym!

Got info? Tell us about your local hard-core gym! E-mail: houspain@flash.net; US Mail: HOUSE OF PAIN, PO Box 333 Fate, TX 75132

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# POWER PROFILE

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

With the beginning of the new Millennium there has been much talk of the future and how far man will reach in the next 100 years, as technology seems to improve every day. Technology has also greatly affected the sport of Powerlifting with advancements in training methodologies, equipment, and support gear that have improved greatly over the past decade. The purpose of this article is not to discuss the leaps and bounds upon which Powerlifting has moved forward in recent years. This article was authored to discuss how Art La Bare, a great Powerlifter, is rising to the top of his game using old school style desire. In July of 1999 Art placed second in the APF Senior Nationals with a PR 2116 total, while suffering from a partially torn bicep tendon. In November he was healthy and placed third in the WPC Worlds in the 308 lbs. class with a PR 2162

lbs. total. Not having quenched his lust for competition Art topped off the year by reducing in weight, 3 weeks after the WPC Worlds in Calgary, to the 275 lbs. class and capturing the WPF World title in Las Vegas with a PR total in the 275 lbs. class of 2132.

Prior to 1999 Art's best total had been 2050 at the 1998 Westside Invitational where he placed second in the 275 lbs. class. Art suffered sandwiched bomb-outs at the July 1998 APF Senior Nationals in Chicago and the 1998 WPF Worlds in Las Vegas around a sub-par meet at the 1998 Central California Meet in October of 1998. Art is a very quiet man, but during that time period you could tell that his failure to demonstrate his incredible strength was eating him up. His platform performances were not living up to the potential everyone who trained with Art knew he possessed.

Art has the perfect psychological makeup to be an Elite Powerlifter. He is intelligent, introspective, creative, and fearless. I have never known a lifter who has been more committed to getting stronger

## Art LaBare: Elite Powerlifter as told to Powerlifting USA by Paul Leonard 1998 A.P.F. National Push / Pull Best Lifter



Art LaBare squatting with the added resistance of rubber bands, spotted by Gary Hogan

than Art. Along the way, Art has had to face plenty of adversity including the surgical reattachment of both of his biceps, having torn one at the 1996 APF Senior Nationals and then tearing the other one the following year, also at the APF Seniors.

In 1999 Art took large strides in improving all his competitive lifts. Since I train with Art I thought I would describe how he has done this as I believe his training philosophy would benefit many lifters. Art begins his training week on Tuesdays when he will do light squats to a box. He will work up to 405 or so for three sets of 5 reps paused on the box with relatively short rest periods between each set. Art has picture perfect squat form and really pauses on the box and then explodes, thereby training his squat with compensatory acceleration. Squats are usually followed by heavy abdominal work. Art has worked very hard to improve his stomach strength and the results have paid off with a PR Squat of 860 and a PR Deadlift of 760. To work his abs Art will do lots of decline cable sit-ups with a triceps strap attached to a

low pulley positioned at the head of a decline bench. This exercise places constant tension on the abs in the eccentric and concentric phase of the rep, making Art's abs work hard throughout the entire range of motion. Standing cable abs at a lat



Art La Bare wrapping up to do a heavy set of benches. (all photographs are by Christine Leonard)

machine are also a favorite of Art's on this day as are crunches on a Nautilus home abdominal machine/back machine. Art does a lot of heavy sidebends as advised by Terry (848 lb. Deadlift) McCormick - one of Art's mentors. Tuesday's workout is usually completed with biceps training, as Art wants to ensure that he does not suffer a fourth bicep tear.

On Thursday evening Art trains his bench. At the present time Art only trains his bench press once per week and it has been steadily increasing following this method. Art's best bench in competition is 584 - done at the WPF Worlds in a single ply denim bench press shirt that Art sewed himself. Yes, Art is not only the type of guy who would give you the shirt off his back - he will make you one that will increase your bench at about the cost of what it takes to buy

a pizza. Art will slowly warm up, doing conventional bench presses with his competition grip and he will often times get to 315 lbs. and then do a set of 5, rest about 5 minutes and do a set of 10, rest five and then he will be warmed sufficiently and do an all out rep assault with the 315. The best I have seen Art get with 315 is 32 reps - all done in a smooth controlled fashion. I also had the pleasure of handing off to Art at the 1998 LA Harley Davidson Rep Bench Press Contest where he did 46 reps with 225 to win some cash - with which he turned right around and took his training buddies out to eat.

Often times after Art reps out with 315 he will rest about ten minutes then he will do one of his many different bench shirts and work out to a heavy single. I have personally handed off 585 lbs. to Art at least 20 times and watched as he paused it and blew it right up. Art has a best raw bench of 530, he has done 405 raw for 12 clean reps, he has handled well over 400 lbs on a steep incline bench and he has floor pressed 500 lbs raw. Following working up to a heavy single with a



Art La Bare strengthening his massive triceps at Yorba Barbell.

shirt, Art will remove the shirt and work his triceps hard as he believes they are the key to his bench. For triceps, Art loves to do J.M. Blakley Presses with blue jump-stretch bands attached, as well as heavy push-downs with up to 180 lbs. Art includes a fair amount of lat work in his routine as I have personally witnessed him do 15 good chins at a bodyweight of 285 lbs. on his repaired biceps.

Saturday for Art is heavy squatting and working to improve his deadlift. Art has worked really hard

in the past year to improve his squat and he has done so primarily by squatting to a box or a hassock. Art believes in the old adage if you make your training as difficult as possible then the competition will be easy. By squatting to a box or a hassock in only briefs and/or wraps when he goes over 700 lbs. Art makes his training as hard as possible but the pay-off happens at the meet when - with all the gear on and not having to pause - it makes an 800+ lbs. squat seem easy. Box squats have paid off in a major way for Art as they have also helped his Deadlift break out of the 725 range to allow him to post an official PR of 760 as well as to get 793 to lockout in Calgary only to have it turned down for a rules infraction.

On Saturday Art will not train the Deadlift per se but a la Louie Simmons he has brought his hips and abs up to the strength level of his lower back and as a result his deadlift has increased. Art is a firm believer in the Westside Barbell principle that if you train what is weak you will be strong. Lots of abdominal work is done on Saturday just as it is on Tuesday.

Training time for Art is usually 7 p.m. on the weekdays and Saturday sessions kick off by 9 a.m. In addition to being the hardest training lifter I know Art is also one of the

hardest working men I know, as he is a very successful dry-wall contractor. This requires Art to get up and out of his house by 5:00 a.m. to begin a long day, often times filled with manual labor. In the years I have trained with Art I have never once heard him even complain about his exhausting work schedule as he does it to provide for his dotting wife Jennifer and three beautiful daughters.

Art is just beginning to hit his peak and shows absolutely no signs of slowing down. No article on Art would be complete without a complete thank you to all those who have supported Art with his lifting, first and foremost would be his wife,

children, his parents, and Dr. Marv and Sandra Kassen who are so supportive of his competitive aspirations; training partners Gary Hogan, Gary Garcia, George Pessel, Ric Purchase, Ken Carpenter, Mike Labare, and Mike Elwell; and a special thanks to powerlifting legends and mentors Terry McCormick and Roger Estep. The author would personally like to thank Louie Simmons and Westside Barbell for all they have done to further Powerlifting. If anyone would like to see a videotape of Art's training you can E-mail YLLEN1@AOL.COM for information on how to purchase a hard core training video which features Art and his training partners.



Yorba Barbell Club (l-r) George Pessel - World Masters Champ, Gary Hogan - 744 DL, Art LaBare WPF World Champ, Paul Leonard - APF Natl Push Pull Best Lifter, Ric Purchase - 750 DL, Gary Garcia - 780 SQ

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Years ago, while trolling through an issue of *Muscle Fitness*, I saw two brothers, AKA, The Barbarians, performing an unusual exercise in exhibition called the reverse grip bench press. They would routinely reverse bench 500 pounds. At first, I considered this exercise a novelty similar to the old bent press of yesteryear. This seemed more or less an impressive feat of strength, but it did not seem to have any real application to the competitive powerlifter. Later I talked to some big time lifters like Bill Nichols and Rick Weil, who had both used this exercise in their bench routine. Within the last few years, Anthony Clark captured the imagination of the powerlifting world by not only challenging the 800 pound bench press mark, but by doing it with the reverse grip bench press style in competition. In case you're wondering, the reverse grip bench is a bench press with your grip going the opposite way - with your knuckles facing your feet.

This exercise markedly alters the leverage as well as the involvement of the bench pressing muscles. The contribution of the pectorals is re-

# STARTIN' OUT

A special section  
dedicated to the  
beginning lifter

## REVERSE GRIP BENCH PRESSES

as told to Powerlifting USA by DOUG DANIELS

duced and the triceps and delts increased. The stabilizing musculature is stressed in a different manner. I have always been a believer that in order to successfully lift a weight, you must first stabilize and control it. The increased stabilizing strength built here should flow over to your competition bench.

Let's start by discussing its proper execution. As you can imagine, the feel of this lift is extremely different and care and patience should be

used before proceeding on to heavy weights. First of all, spotters are absolutely required. If the weight falls, it would tend to fall towards your head and that could hurt, so say the least. Have your spotter(s) lift the weight into position for you. Another suggestion is to get close to the bench racks. For normal benches this is not desirable, but for safety concerns both during lift off and actual lifting, it's best to get close to the rack. The trajectory or bar path

for this lift tends to go straight up as opposed to the bar path of a normal bench that goes from the chest towards the head and bench rack in an arc. The most common sense thing to do safety-wise would be to start out light. You have to get used to the unique feel of this exercise. As with all new exercises, if you start too heavy and too soon, you risk injury. You can also do reverses inside a power rack with safety pins set to catch the bar in case of a mishap. I would suggest a thumbled grip over thumbless. The thumbless grip poses a greater risk of the bar falling out of your hands and onto your face.

There are many ways to work the reverse grip bench into your routine. I treat it as a substitute for close grip benches. Since both of these exercises decrease the pectoral involvement in favor of the delts and triceps, I see no need to perform both of these in the same workout. The exercise is also great for lifters with tricep weakness. Your triceps will really get a workout, especially if you concentrate on keeping your elbows into the body. You could do a few sets of reverses after your regular benches or do reverses only on your second bench day, to the exclusion of regular benches. If your bench press has stalled in a rut, try reverses as your assistance exercise. You can also experiment with various grip widths. I would suggest not going narrower than shoulder grip or wider than your regular bench grip. The number of reps is up to you but have them coincide with where you are in your cycle. Refer to previous articles I have written for *PL USA* on the topic of reps.

Some weight machines, like those from Eagle, offer a seated bench machine that would enable the lifter to do seated reverse benches with a higher degree of safety. This is particularly valuable if you don't have a spotter or the confidence to do barbell reverse benches. I wouldn't suggest using dumbbells. Controlling these is too risky.

Reverse grips definitely have their supporters. They provide the lifter with an excellent assistance exercise with high positive transfer of strength gains to the bench because they are benches; but with a reverse grip. As with any assistance exercise, never sacrifice form for weight. Also, don't go over-train by doing too many sets of reverses and other assistance work like close grip benches. You may not end up using a reverse grip in competition like Anthony Clark, but you stand to reverse your lack of progress and that's an easy concept to get a grip on.

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



The Barbarian Brothers ... David and Peter Paul reverse grip benching at the 1981 Body Expo show

# WORKOUT of the Month

From my experience, the squat is one of the most difficult lifts to execute in powerlifting. It is a lift that requires a great deal of concentration and form. The proper mental and physical preparation are very important in this event. When preparing to train I recommend that your first step be to clear your mind of all that does not pertain to what you are about to do. A clear mind is a mind capable of concentration. This concentration is a key to the critical second step; actually visualizing yourself performing the lift before you even approach the bar. You then must have the determination to make your vision become a reality. These are the three components of the method of powerlifting that has made me a world class squatter. The training routine for squats that I recommend an intermediate lifter who can already squat 500 pounds is a 12 week program. The goal of this program is to be able to squat 530, an increase 30 pounds, at the end of 12 weeks. For the first six weeks I suggest High Bar squats,

## Ausby Alexander Squat Routine

5 reps, for 5 sets, using your best weight for the last three sets. This type of conditioning program really helps build form, while also building tendon strength. For the second half of the training program drop the bar back down to its regular position on your back, concentrate on reps of three for six sets, always tripling your opening attempt before contest time. This is a real confidence builder. I also suggest stretching before training for at least 10 minutes. Assistance work should be done after squatting, doing three sets of five reps of leg extensions, leg curls, leg presses and calf raises. One of my favorite exercises is crunches, performed with a 25 pound plate behind my head, on an incline bench for two sets of 30 reps. The abdominal muscles are a very important group to pay attention to if you want to increase your overall strength.

A few key points to remember when squatting:

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)

1. Quick setup, no more than two steps.
2. Check your form, make sure your knees are not bent at the start.
3. Descend slowly with your head up, keeping complete control of what you're doing.
4. Always squat as deep as you can, so that there's no question of depth.
5. Upon completion of the lift make sure your knees are in the locked position.

This routine is only performed once a week. Remember, there's nothing wrong with being a dreamer. Dreams do come true, but you have to work towards that dream with determination for it to become reality. "Happy Squatting".

- Week 1:** 135x8, 225x5, 325x5, 350x3  
**Week 2:** 135x8, 225x5, 325x5, 350x3  
**Week 3:** 135x8, 225x5, 325x5,

- 370x3  
**Week 4:** 135x8, 225x5, 325x5, 370x3  
**Week 5:** 135x8, 225x5, 325x5, 400x3  
**Week 6:** 135x8, 225x5, 325x5, 400x3  
**Week 7:** 135x8, 225x5, 335x5, 425x2\*, 450x3x1\*\*  
**Week 8:** 135x8, 225x5, 345x5, 415x3x1\*, 465x3x2\*\*  
**Week 9:** 135x8, 225x5, 355x5, 430x3x1\*, 485x3x2\*\*  
**Week 10:** 135x8, 225x5, 365x5, 445x3x1\*\*, 500x3x2\*\*  
**Week 11:** 135x8, 225x5, 365x5, 460x3x2\*\*, 500x2\*\*  
**Week 12:** 135x8, 225x5, 345x5, 430x3x2\*\*, 470x3\*\*  
\* wraps  
\*\* wraps and suit  
**Meet Attempts:** 1st 470, 2nd 500, 3rd 530.

During the last three weeks of training discontinue assistance work.



Ausby Alexander set the IPF World Record in the squat in the Middleweight division at the 1989 USPF Senior Nationals in Las Vegas, NV

Do you ever watch the ESPN sports reporters' gabfest. It's a rather amusing show. Five, probably out of shape, sports reporters sit around and gossip about America's sports heroes. These guys are really experts when it comes to the fine art of verbal abuse. I have seen them on more than one occasion totally defame and humiliate an athlete. What is really interesting is that many times their assessment of a particular athlete is not even in accord. Some of the reporters will say that the athlete being discussed is a jerk while the others will say he is a terrific guy. Of course, this begs the question which of them is right, if any of them. In other words these guys don't necessarily tell it like it is, but rather like they think it is. And, of course, the way they think it is has really nothing to do with what is true or false in reality. Again, it is simply their perception of what is true and false. Still, they don't seem to have any qualms about downgrading some one they may never even have talked to. Frankly, I find that quite pompous and frightening.

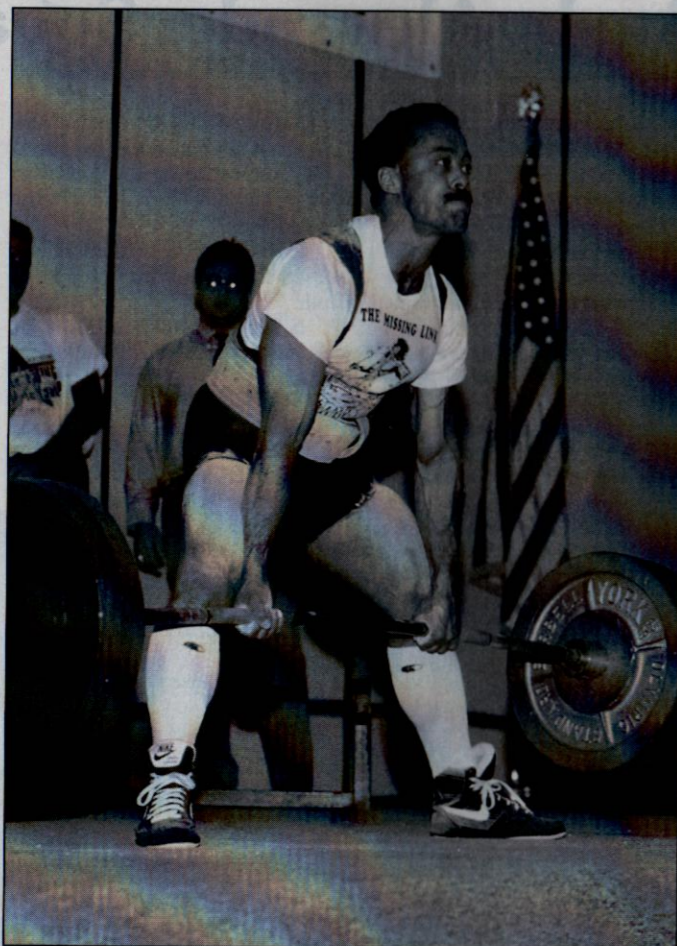
When I watch this show I often wonder if these reporters have ever experienced the pain and humiliation of being slandered. Few things can make a human being feel so violated as undignified gossip whether it is true or false. And few things can make you feel more naked than when someone, friend or foe, airs your dirty laundry. Worse yet, the pain and damage that is done can last an eternity. Perhaps Arron Hass articulates it best when he says, "It might take only five seconds for someone to spread some dirt about me. But then it might take me five months, five years, or the rest of my life to regain the respect and trust I have lost in your eyes."

Of course, the sports reporters are not the only ones in our culture who gossip. In fact, gossiping in American seems to be one of our national pastimes. Believe it or not, research has revealed that Americans devote two-thirds of any conversation to tittle-tattle. Furthermore, contrary to popular opinion there is no significant difference between men and women when it comes to gossiping about others. Nor is there any difference between how much store clerks and corporate executives gossip. Without a doubt, people love to talk about other people.

I hate to admit this, but I am just as guilty of partaking in gossip as anyone else. It is a quality that I don't take great pride in. Like my father would always tell me, "Judd, you have a great propensity for always seeing the splinter in everyone else's eye but you never seem to recognize the two by four in your own". Of course, he was paraphrasing our

## Dr. JUDD

### POINTS TO PONDER - PART II as told to PL USA by Judd Biasiotto Ph.D.



*No need to gossip about Lloyd Weinstein ... the well-liked veteran lifter, who has been lifting in national meets since 1984, recently underwent abdominal/intestinal surgery for crohn's disease, losing 15 lbs. of bodyweight and lots of training time, but Lloyd's friends at Fitness Edge and "FAST" (Fitness & Sports Training) know he'll be back better than ever and they say "GET WELL SOON, LLOYD! WE WISH 'MR. CONSISTENCY' A QUICK RECOVERY FROM INTESTINAL SURGERY! THE NATIONALS WON'T BE THE SAME WITHOUT YOU! (HASN'T MISSED A NATIONAL MEET SINCE 1984!) COME BACK STRONG!!! - YOUR POWERLIFTING FRIENDS AN DFAMILY*

Lord, but his point was well taken. I tended to see the fault in everyone else, but never seemed to find fault in myself. Like I said, I am not proud of that quality and I have spent my lifetime trying to resolve that shortcoming.

Actually, talking about people wouldn't be so bad if we spent our time praising them rather than damning them. The problem is we don't do that. In fact, experimental studies have revealed that almost ninety percent of gossip in American is

negative. We tend to ignore the good and noble qualities of people and emphasize inadequate qualities. The Bobby Knight affair is a prime example of what I am talking about. When Indiana fired Knight the sportscasters crucified him. No I am not trying to defend Bobby Knight or his behavior, but if you listened to what was being reported about him you would think he was the second coming of Adolph Hitler. Certainly, the impression that came across was that Knight was a terrible person

with very few redeeming qualities. Very few of the reporters emphasized all the wonderful things Knight had done for charities, students, and his players. Interestingly, he did do a lot of wonderful things for people. Sure Knight may have done some things wrong. I don't know of a single human being who hasn't made mistakes. So why just the negative, why not throw in the positive too. Why do we like to tear each other down instead of building each other up.

Why? Actually there are a number of reasons. We talk about other people negatively because we want to feel morally superior. The evidence for this is that we will accept information about others as true regardless of the source from which the details are coming. For instance, a few weeks ago I was listening to a number of lifters in the gym talking about some of ESPN's world strongest man competition coverage. They were talking about one of the competitors and all of the drugs he was taking. They said that he was taking enough drugs to kill a horse. They even detailed his drug routine. This is very interesting considering that I know for a fact that not one of these guys ever met or talked to the athlete they were discussing. Even if the athlete was on drugs, there was no way they would know for sure. That is the way people are, though. They will accept gossip without considering their informant's biases, knowledge of events, or motives.

We gossip to distance ourselves from "that kind of behavior" to indicate that we would never stoop that low. We thereby attempt to establish a moral edge. "If I had to use drugs to win I wouldn't even compete." Interestingly many times the person who is most critical of someone else is often attempting to cover up his own shortcomings. In psychology they call this reaction formation.

Of course, we are all sinners ... except for television evangelists and the ESPN sports reporters. We have all done at least one thing in life that would cause us great embarrassment if the incident were broadcast to the nation. Like our Lord said, and I am paraphrasing here, "He who is without sin, cast the first stone." Remember what happened with that deal? Everyone hauled butt, because everyone had sinned. And we are no different. We are human, and because we are human we are going to make mistakes. In fact, being human entitles us to make mistakes. Isn't that good news?

Revenge is another reason some people slander others. Sometimes we don't want to just damage someone's reputation by spreading scandalous and humiliating information about him or her - we want to

literally destroy their character. The strategy here is to enlist people to support you in a vendetta against someone else. They want people on their side in the vendetta. If you everyone sees so-and-so as the evil person I paint him, then my hatred and anger is justified. Of course, this is the most destructive and mean spirited type of slander of all because it is designed primarily to damage others permanently.

Perhaps more characteristically we gossip about other people because of our insecurities. Gossip helps us rationalize our shortcomings. It gives us an excuse as to why we don't measure up some times. "If I cheated and lied as much as he did, I would be successful too" or "If I used all the drugs that he used, I would be great too."

When I competed in powerlifting I actually detected an inverse relationship between how good you were and how well you were liked. I'm serious, when I first started competing I would perform like a motor moron. I was terrible. Everybody beat me ... even women and children. And do you know what, everyone loved me. I'd go to a meet and people would say, "Judd is here, isn't that great!" But when I started getting good, no one wanted to see me around. I started hearing talk that I was on steroids and human growth hormone, that I was a poor sport, and that I would do anything to win. It was all rubbish, but that's the way we are; as soon as someone starts doing well, we want to knock them down ... put them in their place. We want to give a good reason for why we haven't done better.

God help the man or woman who succeeds in America because when they do, they become a prime target for abrogation. It's as if the whole country is standing around waiting for them to screw up. And when they do, look out. We have no mercy. We will drag 'em down, kick dirt in their face and then stamp 'em into the ground. I can only imagine what guys like former President Clinton, Michael Jordan or Tiger Woods have to go through. They must really go through hell when they screw up.

We can be really cruel when it comes to others. We are quick to pull folks down, to point out their mistakes and inadequacies. It's as if we rejoice at finding fault and weakness in our neighbors. "He's a nerd, she's put on a lot of weight, he's not all that ... she's an airhead" ... negatives, negatives, negatives. Why? Because we hunger for control over life and when we can't get it, we create it. Again, this is our insecurities showing themselves. In fact, gossip by its very nature feeds our insecurities. We judge others ruthlessly in order to

eradicate our insecurities. The truth is, confident people are not judgmental people. They don't have to be, they feel good about themselves without pulling their neighbor down. Like Leo Buscaglia says, "You can only find gentleness from the strong. People who are weak are people who are cruel."

We have to understand that words can really hurt and that hurt can last a lifetime. When you slander an individual, you change the perception of that person in the eyes of someone else. And once that has been done, it is extremely difficult for that impression to be modified.

When I was in grade school my teacher told our class an Hasidic story that emphasized the lifelong wounds that hateful words can have on an individual. Perhaps you have heard the tale because it is rather well known. It is about a student who

slanders his teacher because he is not passing in class. The student goes about telling lies about his teacher in order to justify his poor performance in the course. "The reason I can't pass," says the student "is because my professor is nasty and unfair. He picks on me all the time. There is no way I can pass."

After a while though the student feels remorse for maligning his professor. So he goes to him and asks for forgiveness. The student says, "I have lied about you and have tarnished your reputation. Can you find it in your heart to forgive me?"

The teacher then tells the student that if he wants to make amends for what he has done, he should go home take a feathered pillow, cut it open, and shake it out of the window. The student, although confused by the teacher's request, does exactly as he is told. The next day he

returns to the teacher and says, "I have done what you stipulated. Now will you forgive me?"

The teacher retorts "There is just one more thing. Now you must go out and gather up all of the feathers. Then I will forgive you."

"I can't do that," says the student, "the feathers have been scattered all over town by the winds. It is impossible for me to gather them all up again."

Gently the teacher explains "Your words are like the feathers - they are scattered in all directions. It will be as difficult for you to restore the pillow as it will be for you to re-establish my reputation. I hope now that you understand the power of the words that you use."

We need to think about that the next time we and/or a friend starts to pass on unconstructive gossip about someone else.

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AAU WORLDS

4-5 Nov 00 - Mesquite, NV

Table listing AAU World Championships results for 4-5 Nov 00 in Mesquite, NV. It includes categories for Deadlift, Women (66 lbs Youth to 181 lbs), and Men (77 lbs to 310 lbs). Each entry lists the athlete's name, state, and their scores in different lifts.



Vicki Hembree (above at the North Americans) was the Raw Open Best Lifter at the AAU Worlds. (all photos by M. Drake)

Continuation of the AAU Worlds results table, listing athletes from various states and their performance metrics across different weight classes.



Mike Mastrean en route to a spectacular 1923 total at 198. (Weiss)



Deborah McNulty (in white) receives her Champion of Champions award from AAUPowerlifting Committee Chairman Harry Halverstadt

Table listing AAU Powerlifting Committee Chairman Harry Halverstadt's results, including categories like B. Doster-MO, R. Sub, R. Garofalo-CO, etc., and their respective scores.

Table listing World's finest Drug Free Powerlifters results, including athletes like D. Roman-CA, J. Dumont-CA, L. Nieves-PR, etc., and their performance in various classes.



Puerto Rico brought 20 great lifters and finished second in the team race. (photo by Bill Weiss)

World's finest Drug Free Powerlifters went to battle at the 2000 AAU World Powerlifting, World Deadlift and International Bench Press Championships held at the fabulous Casablanca Resort and Casino in Mesquite, NV. The lifting was held in a 9,000 square foot ballroom, with a separate warm-up room. Two platforms were in use during most of the meet, except part of Saturday, when a third was employed. Each platform had matching Ivanko kilo sets, Magnum Squat racks and custom Hairton benches. The warm-up room had 4 squat stations, 4 deadlifts and 5 benches. The biggest drawback was being able to get the P.A. system to adequately broadcast into the warm-up rooms. The hotel is a 1,000 room Resort/Casino complete with every possible amenity. Seven hundred eleven rooms were taken by the lifters, their friends and spectators. A crowd of approximately 500 spectators viewed the tremendous lifting exploits each day. Lifters from the USA, Puerto Rico (20) Great Britain (5), Canada (6), Brazil (2), Ecuador (2), Japan (2), as well as 4 U.S. Military personnel from Germany. 49 of the 231 lifters were ladies, representing all weight classes. In addition to the 231 entrants, 93 late applications were returned. 324 lifters would have been unmanageable for a three lift event. STAFF SPECIAL THANKS: Over the two days over 60 people helped make this event successful. I wish to thank each of you from the bottom of my heart. Each of you know that it takes terrific volunteers such as your self to make great events like this possible. I received over 150 e-mails, phone calls and cards from happy lifters, volunteers and spectators. The handful of complaints (some very valid and constructive) were overwhelmed by the volunteer nature of many. God Bless each and everyone of you! REFEREES: AAU International and National officials from all over the USA, Puerto Rico and Great Britain came to support this great event. They included Don and Fran Haley (CA), Larry Larsen and Joanne Shear (MA), Harry and Nancy Halverstadt (CA), Gretchen Buerki (CA), Robert and Elaine Bolster (FL), Bill Weiss (CA), Alyson Amerling (MA), Nestor Gregory (Puerto Rico), John Amos (GB), Ron Scott (CA), Bill Calhoun (VA). A number of other officials were on hand to fill in as necessary. ANNOUNCERS AND SCORE TABLES: Randy Gallan and his wife Lonnie kept platform 2 running to perfection for both days. Randy's father filled in when a break was necessary. Tom Miller and Derrin Delin anchored platform one and was assisted by a variety of support staff. Twenty plus people volunteered to keep the tables running smooth. SPOTTERS/LOADERS: Coach Mike Grajec of Virgin Valley High School provided 10-15 spotters and loaders each day, even with his team competing in a football playoff game. We donated \$1000 to his weight room. Even with this help it was not enough. Mitch Owen, Tom Miller, Jon Cunningham, the Dan Faasamala family, Sheldon Maybe and a host of lifters also lent a hand. On the heavy squats, referees Harry Halverstadt, Larry Larsen, Robert Bolster and Bill Weiss kept the lifters safe. COMPUTER SCORING: A meet of this size, and with multiple divisions, requires accurate computer scoring. Margaret Irving and Betty Lee ensured that the official scoring was up to the minute. WORLD POWERLIFTING WOMEN: In the 66 pound Raw 8-9 class Kendra Miller (MI) and Briana Tinglof (HI) waged a fierce battle. Both pulled double bodyweight deadlifts, but Kendra was the victor with 292 total to Briana's 270. In the Raw 77 pound 10-11 class, Kendra's sister Caitlin Miller (MI) totaled a monster 402 total to snare top honors. Carla Perez; (Puerto Rico) won her 10-11 class in World Record style as well. Mona Souza (MA) won both the Raw Open and Raw 45-49 classes with a fine 485 total. Mona is new newcomer to world titles. The 105 classes were loaded with talent. Karen Faliciano (Puerto Rico) rode a 303 deadlift to the win in the Junior class. Multi-World Champion Patricia Ewing (CA) pulled a world record 275 deadlift en route to her 45-49 class win. The 50-54 class was won by Patty Eaton (AZ) with a great 623 total. Patty also won the Open class edging out Karen Faliciano 623 to 606. Reigning Raw 105 World Champion Carmella Baqui (HI) moved up a class to 114. Her 303 deadlift and 656 total was to hold back a great challenge from Carole Jordan (AZ) Carole also totaled 656, but was the heavier lifter. Carole was indeed the Submaster World Champion with a record day. Samantha Alves (HI) is the new 12-13 Raw Youth World Champion. Joanne

Shear (MA) added yet another World title to her resume by capturing the 50-54 and Open 114 Raw classes Joanne won the Best Lifter Raw Masters award as well. The 123's were incredible. In the Open Margaret Whidden (FL) used a solid 628 to finish third. Deborah McNulty (AZ) finished second, but also captured the 50-54 class win with a fine 756 total. Deborah Jackson (US Mil., Germany) was outstanding, pulling 380 and totaling 849. Deborah also won the Military and Masters 40-44 classes. In the Masters class Margaret was the deserving runner-up. Diane Brill (CA) was the record smashing winner of both the 123 Raw Open and Masters 40-44 classes. The 123's also spanned several Best Lifters. Deborah Jackson was the Open Best lifter, while Deborah McNulty won the Masters Best Lifter. Ms. McNulty was also the surprise winner of the Champion of Champion award nearly edging out Ms. Jackson. The key factor here was the age coefficient. In the 132 division, teenager Jennifer Souza (MA) was a very deserving Raw Open winner. Jennifer also took her Raw 18-19 class. Jeri Lynn Hayes (AZ) had an amazing day, totaling 645 in the Raw 14-15 class. On the Open class, disaster struck for Melinda Rosenblum (AZ) as she was unable to get a squat passed. Melinda handled this setback like the true Champion she is! The class winner Migdalia Fernandez (Puerto Rico) was awesome as she totaled 920! In the 148 class World Bench Press Champion Gretchen Ashton (CA) met the same fate as Melinda and conducted herself with the same level of class and dignity! Twin sisters Judy Wood (VA) and Jill Meads (VA) took their respective Raw 40-44 and Masters 40-44 classes. Lifting Raw Allyson Amerling (MA) was the victor in Raw Open class and a solid second in the Open with an outstanding 821. The Open winner was Norma Nieves (Puerto Rico) with a spectacular 914. Raw Masters 45-49 Champion Angela Wynn Brice (VA) was second in the Raw Open. The 165 class was well represented by lifters from Puerto Rico. Lorena Perer (Puerto Rico) was the Junior champion, while Denise Talavera (Puerto Rico) took home the gold in the open and masters 40-44 classes. The Raw Open World title went to Paulette Marrama (MA) who also took the top prize in the Raw 45-49 battle. Diane Vigario (CA) finished a solid second to Paulette in the Raw Open 165 class. Grace Cloninger (NV) set a number of World Records as she stormed to victory in the Raw 65-69 class. Her Bench was awesome! Giselle Costas (Puerto Rico) totaled a solid 876 and was the Junior and Open 181 winner. Carolee Engel (Iowa) was a dual victor, staking her claim in the Raw Submasters and Raw Open. Nancy Edelson (FL) took the unlimited Submasters class with some fine lifting. Vicki Hem-



Paul Wrenn—still pulling. (Weiss)

bree (CA) herself a submaster had yet another remarkable day. Despite a bad shoulder she still managed to go 424, 264, 457, 1146 RAW to capture the Raw Open class and Raw Best Lifter. MEN'S LIGHT WEIGHT: 66, 77, 88, 97, 105, 114, 123 - Keoki Akina (HI) is a mini Greg Payne. This young powerhouse used balanced lifting to capture the Raw 77 pound 10-11 class. Two time AAU World Bench Press Champion Conrad Pratt (HI) was cautious on his squat and deadlift, but unloaded a world record bench as he took the 12-13 88 pound class. Ricky Lee Crain (OK) son of the legendary Rick Crain was the Open 97 pound class champion, despite being a youth lifter. Three generations of studs! The Father and son team of Steve Birchak (MA) and Nick Birchak (MA) swept their respective 40-44 and 16-17 Raw 114 classes, with identical totals. Steve and Nick were also a big help in setting up the platforms. Then there was 108 pound Michael Booker (CA). His RAW 501 squat (4th attempt) was entirely too easy - 529 would have gone. Combine this with a 4th attempt 310 raw bench and a 314 PR deadlift and wow. His in meet total was 1102 and 1125 with fourth attempts. By the way Michael is only 19. Mike was named the Best Lifter Raw Lt. WL and overall Champion of Champions. Glen Murphy (MD) added yet another World title to the list. This time in the 123 Masters 40-44. The Open 123 winner was Norberto Masoller (Puerto Rico). 132, 148: Gentleman Bill Calhoun (VA) was crowned

the 132 Raw Open and 45-49 champion. Gary Landess (Indiana) was second in the Raw 45-49 class and victorious in the Raw Lifetime 45-49 division. The 148's came in numbers and posted some great numbers. Howard Milan (Puerto Rico) and Edil DeLeon (Puerto Rico) took home the lifetime and junior awards respectively. Scott Gallan (AZ) and Tom Miller (CA) countered with class wins for the USA. Scott in the 40-44 and Tom in the 55-59 class. Both totaled 1096. 70-74 class winner Jim Selby (CA) is one of the best all around athletes in the world. In the 148 Military class Shawn Whitehead (HI) and Clay Bossung (US Mil Germany) tied with 1091 totals. Sean being the lighter lifter, took home the gold. Clay was a big help all weekend long! Thanks! Both of these lifters are great representatives of the US military. The 148 Open was a spectators delight. Veteran Israel Orais (CA) captured the coveted title with a solid 1223. An 1185 put Howard Milan (Puerto Rico) into second, with Shawn and Clay in third and fourth. Israel also reigned supreme in the submasters. Steve Kato (CA) was on fire, winning the Raw Lifetime and Raw Subs with a record day. Ronald Ramos-Falcon (Puerto Rico) placed a solid second in the Raw Open behind many time World Champion Ray Houle (NH). Ray also took his Raw 40-44 class. "Pulling Josh Gonzales" (CA) was a happy winner in the Raw 12-13 class. Dr. Greg Welsh (CA) must have earned a PhD in class as well as an MD in medicine. This fine gentleman not only took his Raw 55-59 and Raw Life 55-59 classes, but was seen helping out through out the entire meet. 165, 181: The 165's were also loaded. Adam Ramos (Puerto Rico) racked up yet another junior win for Puerto Rico. Bill Weinstock (CA) was a dual winner; 50-54 and 50-54 lifetime. Mark Green (US Mil Germany) had three wins. His victories came in the Open, Submaster and Military classes. Adam Ramos (Puerto Rico) finished second in the Open. David Moses (MO) struck gold in the Raw Submasters class, while Robert Herbst (NY) did likewise in the Raw 40-44 Masters. Rev. Ron Scott (CA) scorched the World Records in the 165 Raw 50-54 and Raw Lifetime 50-54 section. As good as the other light weight classes were, the 181s may have topped them all. Alan Tasaka (CA) used balanced lifting in his junior class win. Lifetime winner 49 year old Mitch Owen (CA) was sensational. His 1439 total and 441 bench helped lead him to class wins in his age group as well as the Military/Law class. Pat Russ (CA) was a mere 2.5 kilos behind in the Military/Law class. Two World Champions locked horns in the 60-64 class. Rudy Lozano's (CA) monster bench proved to be the deciding factor in this close battle with Mike Casatelli (NY). The highest total of the day 1 lifters was turned in by Luis

Tapia (Puerto Rico) with a 1527. The Raw Junior class was a battle between Anthony Solimine (MA) and Ryan Kaneshiro (HI). When the dust settled, Ryan had claimed the top spot. Branden Doster (MO) posted a great 1328 total in the Raw Lifetime class. Unfortunately he had to deal with the monster 1516 raw total of Ron Garofalo (CO). These two also finished 1, 2 in the Raw Open class. Ron added a third World title in the Raw Submaster class. James Franklin (CA) was a happy winner in the Raw Mil/Law class. A bicoastal battle was waged in the raw 40-44 class, with Dennis Schuman (MA) besting ace referee Bill Weiss (CA). Four good teen lifters competed at 181. Jason Granger (CA) made his coach Ed Berteaux proud with his victory in the 16-17 Raw class. In the 18-19 Raw class, Nate Roten (NC) used balanced lifting to place ahead of Tanner Teel (AZ). Rick Crain protege J.J. Talton (CA) totaled a terrific 1405 in the 16-17 teen class. MENS HEAVY WEIGHT 198: Jason Golec (AZ) totaled a great 1471. Jason also enjoys his work with kids at risk. Ask him how you can help. Second to Jason was Terry Edwards (FL) Lifting Raw Martin Drake (CA) took top honors in the 45-49, lifetime 45-49, Raw lifetime 45-49 and Raw 45-49. With yet another world record day, Tim Fitzgibbon (AZ) annexed his first World title in the 50-54 Masters class. Ralph Fitzgerald (MO) did likewise in the Military/Law division. Glad to see good things happen to these two great guys. In the Open class Mike Mastrean (PA) had a career day totaling 1924 via 749, 491, 683. Mike was the heavy duty Best Lifter. Second place went to Jonathan Wiseman who used balanced lifting to total 1472. Third place was teen Dave Anderson (NV) with a solid 1466. Terry Edwards (FL) rounded out the top four. The raw 198 classes were loaded with talent. Two fine gentlemen from New England, John Deal (MA) and Damon McGinty (MA) took first in the Raw Junior and Raw Lifetime classes respectively. Damon was also the victor in the Raw Open, where he faced a severe challenge from Russel Clark (CO). This should be no other great battle at the 2001 Raw Nationals. Russel on the other hand was able to turn back the challenge of "Half Ton" Watson Davis (TX) in the Raw Submaster class. Sixty three year young Bob Strange (CA) is truly the man. Bob totalled an easy 1273 in the Raw Lifetime 60-64 division. Bob was the Raw Masters Best Lifter. Michael O'Kelly (CA) was scheduled for surgery tight after this meet, but gutted out a win in the Raw Lifetime 55-59 class and the raw 55-59 class. Two classy guys went to battle in the Raw 40-44 class. When all was said and done Glenn Wilkins (PA) was declared the champion, with Ralph Fitzgerald (MO) the runner up. Eddie White (MO) is an incredible lifter, but Dave Mansfield (MA) made him work hard to capture the Raw 50-54 class. Carmello Vicente (NY) struggled to get his squats passed, but once he did, Carmello lifted very well and was awarded the Raw 60-64 title. Austin Demello (CA) is not only a great classical guitarist, but an excellent lifter. Finishing with a World record deadlift, Austin took home gold in the Raw 70-74 class. Teenager John Johnson (AK) is a true star in the making. His raw 1329 rewrote the record book in the 18-19 class. 220 Classes: John Durso (AZ) totaled a terrific 1704 to sweep both the 40-44 and 40-44 lifetime classes. He and Karl Deutsch also coach a great group of lifters. Kevin Fisher (CA) is also a great Master lifter. Here he totaled a whopping 1631 to win the 45-49 class. Multi-World Champion Bob Evans (CA) finally got that 500 deadlift to go with his solid bench and squat. Bob would reign supreme in the 50-54 class. Denny Taylor (CO) is probably the only 60-64 drug free lifter in the world who can be compared to Bob Strange. I am not sure who would win between these two great lifters, but would pay good money to witness the battle. Denny is the new 60-64 World Champion at 220. A great battle in the Open was anticipated between Tony Falbo (CA), Joe Jimenez (Ecuador) and Harold Millan (Puerto Rico), but circumstances dictated otherwise. First Joe had to cancel at the last minute and could not accompany his teammates. Then North American Champion Tony Falbo sustained an injury during his opening squat. This left Herold, who lifted brilliantly to capture top honors with a 1647 total. Two close friends engaged in a great battle in the Raw Junior class. Greg Panora (MA) was able to hold out for the win over Russel Yee (MA) 1664 to 1615. The Raw Open class was once again a barn burner. Master lifter Bob Boyles (MO) is a



Mr. and Mrs. Randy Gallan kept the show running smoothly. (Weiss)

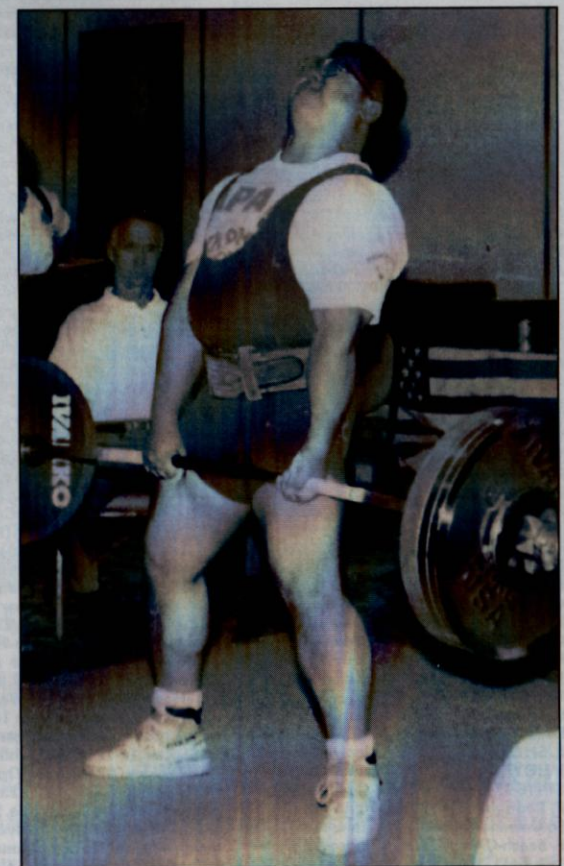
legend in the sport. His excellent 1494 landed him in third place. Dan Mahan (CA) was just 2 1/2 kilos ahead for a solid second place finish. TOP HONORS went to Tom Pete (CA) who used textbook perfect balanced lifting to amass a 1609 winning total. Steven Short (CA) cemented his Raw Submaster win with a solid 606 deadlift and 1345 total. John Constante (Ecuador) claimed his first World title with his impressive win in the Raw Lifetime 40-44 class. Two of the finest gentlemen I have ever had the pleasure to know, went to war in the Raw Lifetime 45-49 class. Raul Lopez (NV) the USAPL Nevada State Chair was able to prevail over "Dancing" Ed Berteaux (CA) Raul also won the Raw 45-49 class. Bob Boyles (MO) was a very deserving Raw 40-44 champion with a great 1494 total. The 242, 275 Divisions: Despite a solid 1383 total Steve Gaytan (CA) wound up finishing second to "Big Karl Deutsch" (AZ) in the 40-44 class. Karl posted a great 1527. Lifting Raw John Dumont (CA) was able to annex wins in both the 55-59 and Raw 55-59 categories. John always seems to lift with great ease. James Butler (NV) headed home with his award for winning the Military /Law Enforcement class. James Book ended identical 501 squats and deadlifts around a solid bench. International flavor abounded in the Open class. The fourth place finisher was Itaru Toma (Japan) Ever improving Oscar Orengo (Puerto Rico) finished just ahead of Itaru. Master champ Karl Deutsch (AZ) was second. Steven Garcia (MA) rode a fine 1697 to victory in this competitive class. Another ever improving lifter is David Roman (CA). Here he won both the Raw 45-49 class and the Military/Law class. Raw Submaster champion Anthony Brill (CA) and Master champ John Dumont (CA) finished one two in the Raw Open. 1999 AAU North American Champion Lazzario Nieves (Puerto Rico) returned stronger then ever to claim the 275 Open and Junior World titles. His 1736 bested World Bench Press Champion Robert Speno (CA) in the Open. Ed Flagg (NV) took time off his busy job to win the 275 Mil/Law class. Greg Payne (HI) had an off day, yet still totaled 1852 to win the Raw Open and Raw Submaster. Greg also payed off his bet with this writer after his devastating defeat in Hawaii. Jim Wagner (NV) took home the Raw 45-49 World title. Lewis Thomason (CA), like fine wine keeps getting better. His 1152 Raw total was the 65-69 class leader. Shevek King (AK) is another up and coming great lifter. This young man not only can lift, but due to a great family has his feet firmly planted. He was the Raw 18-19 champion. 319 and Supers: Moses Battles (FL) was not content with just winning the 50-54 319 class, so he also entered the Open, finishing third and hitting a 707 squat. Second in the Open went to teen sensation Jerry Pritchett (AZ) with a 1753 total. 2001 was the winning total in 2000. Big Bruce Lee was once again over the 2000 mark to take this coveted title. Bruce also won the 40-44 masters. In the Raw Open Josh Hardin (NY) returned healthy. His excellent 1709 was proof positive. Josh was particularly proud of his World Record Bench. Raw 50-54 champion Dave Dalmeyer (CA) finished a solid second in the Raw Open.

Raymond Gadenza (HI) used a 601 deadlift to seal the victory in a close 319 submaster class. William Anderson (CA) stayed very close till the end and was awarded second. Teen lifter Arnaldo Mejias (Puerto Rico) took the 16-17 teen class. He also had all of the football coaches scrambling to recruit him. Paul Wrenn (TN) can still squat. His 705 squat was done with ease. If he had not struggled with depth, he would have done much more. Despite a bad shoulder which held back his bench he still totaled 1603 in taking the 50-54 class. Two Hawaii lifters had a friendly battle in the Open, with Keith Ward (HI), defeating his good friend Kalika Alves (HI). Kalika also made the hand carved Champion of Champions awards. In addition his daughter treated everyone to an incredible display of hula dancing. Thanks! Keith also won the Raw 45-49 class and Kalika was on top in the Submasters. Wayne Andrews (NH) captured everyone's friendship as well as the Raw Life, Raw Law, Raw Life 50-54 and Raw 50-54 classes. Wayne is a very humble big man. Big Tim Planck (NV) made the three mile drive to capture the Raw Open Super Heavy class. Watch for big things from this huge man. WORLD DEADLIFT WOMEN: Briana Tinglof (HI) pulled a double body weight 132 to win the 66 pound raw 9-10 class. The 88 pound Raw youth win went to Carla Perez (Puerto Rico) with her record 176 pull. Mona Souza's (MA) 248 raw deadlift was the winner in the Raw Open and Raw 45-49 classes. 303 was the winning number for Karen Feliciano (Puerto Rico) in the 105 Junior and Carmella Baqui (HI) in the 114 Open. Karen was the Best Lifter award recipient. Deborah McNulty (AZ) pulled a terrific 325 to win the 50-54 class at 123. The 132 Raw Open and Raw 18-19 classes were secured by Jennifer Souza's (MA) 259 pull. Gretchen Ashton's (CA) 308 record pull brought a smile to her face, on what was a very long day. Only 2 1/2 kilos separated Alyson Amerling (MA) and Norma Nieves (Puerto Rico) in the 148 Open class. Alyson won by a 369 to 363 margin. The 148 Raw Open and Raw 45-49 crowns went to Angela Wynn-Brice (VA) and her PR 314 deadlift. Diane Vigario (CA) edged out Paulette Marrama (MA) 347 to

330 in the 165 Raw Open class. Paulette was victorious in her Raw 45-49 class. Giselle Costas crushed a 419 to handily take the 181 Open and Junior classes. Carolee Engel (IA) was the delighted 181 Raw Open winner. Valerie Crowell (CA) is now a World Champion Bench and Deadlifter after her 198 40-44 victory. MEN LT. WEIGHT: Keoki "Bad boy" Akina (HI) was bad to the bone as he hoisted a monster 183 deadlift in the Raw 77 pound 10-11 class. Gary Landess (IN) can now add two deadlift world titles to his resume. Here he won the Raw Life 45-49 and Raw 45-49 132 class via a 353. Bill Calhoun (VA) finished second here in the Raw 45-49 class. Bill is unaccustomed to finishing anywhere but first. Sounds like a rematch. Tom Miller's (CA) 473 was tops in the 148 45-49 section. Amazing Jim Selby (CA) stood atop the podium in the 148 Raw 70-74

class. Veteran Israel Orais (CA) pulled a solid 485 to capture the Open 148's. Light Weight Best Lifter Howard Millan (Puerto Rico) crushed a 529 en route to victory in the Raw Junior and Raw Open 148 classes. Young Josh Gonzalez (CA) loves to pull. Here he pulled a winning 374 in the 148 12-13 Raw youth division. At 165 Chris Mc Grail (MO) was a dual winner, taking top honors in the Junior and Military classes. Bill Croft (NC) showcased his favorite lift, with a winning 578 in the 165 Subs. Robert Herbst (NY) was yet another dual winner. Robert took the 165 Raw Open and Raw Life 40-44. Mike Casatelli (NY) is certifiably nuts!!! That's why everyone loves him and his wild gang! Robert won the 181 60-64 class. I have accused lifters (teasing of course) of false ID's, since they look so young. No such problem with Robert "Bench Master" Flavio Danna (Brazil) can also pull. His 529 was best amongst the 181 Open and Military lifters. Anthony Solimine (MA) and Nate Roten (NC) proved youth is no obstacle to pulling big weights. They won the Raw Jr. and Raw 18-19 classes respectively. MEN'S HEAVY WEIGHT: When a drug free 198 easily pulls a 683, you call him sir or Mister. Mr. Casagrande (Brazil)

not only took the 198 lifetime class, but was the heavy weight Best Lifter. A 523 was the winning lift for John Deal (MA) in the 198 Raw Junior class. 601 was the magic number for Damon Mc Ginty (MA) in the 198 Lifetime. Martin Drake (CA) had just enough energy to win the 198 Raw Open, Raw 45-49 and Raw Life 45-49 classes. A PR 347 was the numbers which catapulted Austin Demello (CA) to victory in the 198 Raw 70-74 sector. Bob "I finally nailed 501" Evans (CA) is the new 50-54 king. An excellent 672 placed Kevin Fisher (CA) atop the heap in the 220 45-49 division. Greg Panora (MA) and Russel Yee (MA) are true sportsman. Greg supported Russel's claim that he was owed another lift, then watched his good friend pull the winning 655 lift in the 220 Raw Juniors. Greg pulled a great 650 for second. Howard Milan (Puerto Rico) matched his brothers win,



Itaru Toma of Japan locks out a deadlift. (Weiss photo)

with success in the 229 Raw Open class. Steven Short (CA), a 606 pull; this was the winning combination in the 220 Subs. "Legend" Bob Boyles (MO) added to his growing legacy with 1601 winner in the Raw 220 40-44 classification. Justin Neal (Canada) pulled a 220 Raw Teen World Record 540, much to his family's delight. At 242 Itaru Toma (Japan) now stands on top of the World. He is the new 242 Open World Champion. Herb (don't call me Doctor) Brandt (FL) amazed all with is 353 winning hoist in the Raw 75-59 275 class. Lazzario Nieves (Puerto Rico) added the 275 Raw Junior victory to his win in the powerlifting section. Former WDFPF World Champion Charlie Milligan (CA) added the AAU 275 45-49 and Raw 45-49 World Deadlift titles to his list. The biggest pull of the day went to Kevin Westerhold (CO), with a monster 733 in the Open 275s. Kevin is also a wonderfully nice and helpful man. Dave Dalmeyer (CA) can fall out of bed and still pull 601; which is what he did to win the 319 Raw Open and Raw 50-5 classes. Keith Ward (HI) actually out pulled me (a much older 198) to win the Raw 45-49 Super class. Big Wayne Andrews (MA) cranked up a nice 551 to take the Raw Life, Raw Open, Raw Law, Raw 50-54 and Raw Life 50-54 Super classes. Big man, big heart and full of love. (Thanks to Martin Drake for the results).



Big Bruce Lee used the occasion of the AAU World Championships to establish a 2000 lb. total for himself

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AAU International BP		3-4 Nov 00 - Mesquite, NV	
BENCH	RM (60-64)	112.5	R. Lopez-CA
WOMEN	RM (65-69)	90	R. Opalinski-CA
66 lbs.	RT (16-17)	102.5	M. Galeano-CA
Youth (9-10)	RT (18-19)	135	C. Kaneshiro-HI
B. Tinglof-HI (10-11)	Submaster	172.5	Cunningham-UT
N. Yokley-AZ	198 lbs. Life	145	Cassagrande-Bra
Open 105 lbs.	145	145	T. Cathers-AZ
L. Dalling-CAN	175	175	R. Matheson-AZ
114 lbs.	Open	157.5	R. Gallan-CA
C. Baqui-HI	R. Gallan-CA	142.5	J. Deal-MA
123 lbs.	R. Gallan-CA	170	B. Nichols-CA
RM (45-49)	R. Gallan-CA	185	R. Jackson-CA
M. Irving-CA	R. Gallan-CA	185	R. Jackson-CA
Open 132 lbs.	R. Gallan-CA	170	B. Nichols-CA
Fernandez-PR	R. Gallan-CA	200	D. Kaneshiro-HI
C. Cheng-CA	R. Gallan-CA	137.5	M. Drake-CA
M (40-44)	R. Gallan-CA	0	J. Yokley-AZ
148 lbs.	R. Gallan-CA	172.5	G. Wilkins-PA
G. Ashton-CA	R. Gallan-CA	0	J. Yokley-AZ
Open	R. Gallan-CA	156	M. Stuart-CA
G. Ashton-CA	R. Gallan-CA	145	G. Homer-AZ
R Law 181 lbs.	R. Gallan-CA	135	S. Hendricks-CA
S. Pipes-CA	R. Gallan-CA	157.5	R. Gallan
Open	R. Gallan-CA	220 lbs.	Phys. Jr.
C. Engel-IA	R. Gallan-CA	107.5	Rottenburg-ENG
RM (60-64)	R. Gallan-CA	160	Phys. Open
S. Pipes-CA	R. Gallan-CA	192.5	C. Walker-ENG
Open 198 lbs.	R. Gallan-CA	192.5	J. Allen-FL
E. Pasternak-CO	R. Gallan-CA	192.5	RM (45-49)
RM (40-44)	R. Gallan-CA	160	J. Allen-FL
V. Crowell-CA	R. Gallan-CA	160	RT (18-19)
80	R. Gallan-CA	187.5	S. Neale-CAN
MEN	R. Gallan-CA	80	J. Hoyt-CA
Youth (10-11)	R. Gallan-CA	175	O. Orengo-PR
K. Akina-HI (12-13)	R. Gallan-CA	175	R. Rodriguez-CA
88 lbs.	R. Gallan-CA	92.5	D. Galeano-CA
C. Pratt-HI	R. Gallan-CA	77.5	A. Jones-AZ
(14-15)	R. Gallan-CA	203	Raw Life (45-49)
Z. Yokley-AZ	R. Gallan-CA	203	J. Ramsay-CAN
132 lbs.	R. Gallan-CA	203	Raw Life
Youth (10-11)	R. Gallan-CA	203	J. Ramsay-CAN
D. Murdoch-AZ	R. Gallan-CA	203	Raw Life
RM (45-49)	R. Gallan-CA	203	J. Ramsay-CAN
B. Calhoun-VA	R. Gallan-CA	203	Raw Life
148 lbs.	R. Gallan-CA	203	J. Ramsay-CAN
M (70-74)	R. Gallan-CA	203	Raw Life
J. Selby-CA	R. Gallan-CA	203	J. Ramsay-CAN
Open	R. Gallan-CA	203	Raw Life
C. Bossung-CER	R. Gallan-CA	203	J. Ramsay-CAN
RM (45-49)	R. Gallan-CA	203	Raw Life
R. Tinkham-IN	R. Gallan-CA	203	J. Ramsay-CAN
RLM (60-64)	R. Gallan-CA	203	Raw Life
J. Lopez-AZ	R. Gallan-CA	203	J. Ramsay-CAN
RM (45-49)	R. Gallan-CA	203	Raw Life
R. Tinkham-IN	R. Gallan-CA	203	J. Ramsay-CAN
RT (14-15)	R. Gallan-CA	203	Raw Life
B. SHORT-CA	R. Gallan-CA	203	J. Ramsay-CAN
J. HOYT-CA	R. Gallan-CA	203	Raw Life
RT (16-17)	R. Gallan-CA	203	J. Ramsay-CAN
R. Rodriguez-CA	R. Gallan-CA	203	Raw Life
D. Galeano-CA	R. Gallan-CA	203	J. Ramsay-CAN
E. Beach-CA	R. Gallan-CA	203	Raw Life
165 lbs.	R. Gallan-CA	203	J. Ramsay-CAN
M (45-49)	R. Gallan-CA	203	Raw Life
R. Crain-OK	R. Gallan-CA	203	J. Ramsay-CAN
R. Open	R. Gallan-CA	203	Raw Life
R. Herbst-NY	R. Gallan-CA	203	J. Ramsay-CAN
RL (40-44)	R. Gallan-CA	203	Raw Life
R. Herbst-NY	R. Gallan-CA	203	J. Ramsay-CAN
RM (70-74)	R. Gallan-CA	203	Raw Life
N. Santana-CA	R. Gallan-CA	203	J. Ramsay-CAN
H. Miller-AZ	R. Gallan-CA	203	Raw Life
RT (16-17)	R. Gallan-CA	203	J. Ramsay-CAN
D. Jarrett-CA	R. Gallan-CA	203	Raw Life
Teen (16-17)	R. Gallan-CA	203	J. Ramsay-CAN
K. Yokley-AZ	R. Gallan-CA	203	Raw Life
181 lbs. Life	R. Gallan-CA	203	J. Ramsay-CAN
F. Danna-BRA	R. Gallan-CA	203	Raw Life
Mil/Law	R. Gallan-CA	203	J. Ramsay-CAN
F. Danna-BRA	R. Gallan-CA	203	Raw Life
M. Owen-CA	R. Gallan-CA	203	J. Ramsay-CAN
Open	R. Gallan-CA	203	Raw Life
Cunningham-UT	R. Gallan-CA	203	J. Ramsay-CAN
172.5	R. Gallan-CA	203	Raw Life
Cocclimiglio-Can	R. Gallan-CA	203	J. Ramsay-CAN
155	R. Gallan-CA	203	Raw Life
Phys. Open	R. Gallan-CA	203	J. Ramsay-CAN
L. Denver-ENG	R. Gallan-CA	203	Raw Life
122.5	R. Gallan-CA	203	J. Ramsay-CAN
Phys. R. Open	R. Gallan-CA	203	Raw Life
M. Pyke-ENG	R. Gallan-CA	203	J. Ramsay-CAN
135	R. Gallan-CA	203	Raw Life
Phys. Submaster	R. Gallan-CA	203	J. Ramsay-CAN
C. Wright-ENG	R. Gallan-CA	203	Raw Life
122.5	R. Gallan-CA	203	J. Ramsay-CAN
R. Junior	R. Gallan-CA	203	Raw Life
S. Faasamala-CA	R. Gallan-CA	203	J. Ramsay-CAN
172.5	R. Gallan-CA	203	Raw Life
R. Submaster	R. Gallan-CA	203	J. Ramsay-CAN
T. Kinney-AZ	R. Gallan-CA	203	Raw Life
R. Youth (10-11)	R. Gallan-CA	203	J. Ramsay-CAN
J. Indivino-CA	R. Gallan-CA	203	Raw Life
RM (55-59)	R. Gallan-CA	203	J. Ramsay-CAN
J. Wilson-CA	R. Gallan-CA	203	Raw Life

master class. Three great lifter represented Great Britain at 181. Lee Denver (Great Britain) and Clive Wright (Great Britain) used identical 270's to take the Physically Challenged Open and Submaster classes respectively. Mike Pyke (Great Britain) manhandled a 297 in the Physically challenged Raw Open. If you ever want to try something hard, try benching with your feet straight out!

Sean Faasamala (CA) had an off day, which means he is mortal. Here he managed a 380 in the Raw Juniors. Jordan Indivino (CA) is really big for a 10-11 lifter. So was his winning bench. Good friends Jim Wilson (CA) and Richard Opalinski (CA) used matching 198's to take the Raw 55-59 and Raw 65-69 181's. In between Raw Lopez (CA) hit a 248 for the 60-64 win. Cody Kaneshiro (HI) was able to stem the challenge of Nate Roten (NQ) in the 18-19 Raw class. Both young men lifted very well. Heavy Weight MEN: Todd Cathers (AZ) and Ivando Casagrande (Brazil) benched identical 319's in the 198 lifetime class. Since Todd was the lighter lifter, he was declared the winner. There was no match for Ron Matheson (AZ) has he played with a 385 in the 198 55-59 class. Master of Ceremonies Randy Gallan (CA) was the 198 Open and Submaster class winner. John Deal (MA) added the Raw Jr. bench win to his PL and DL wins. Bruce Nichols (CA) nice 374 was the winning number in the Raw Life 198 class. Randy Jackson (CA) hit a monster 407 Raw bench to win the Raw Military and Raw Open. Bruce was second with a 374. Derek Kaneshiro in the Raw Life 40-44 was a classic example of brute power. Martin Drake (CA) hit a 303 in the Raw Life 45-49 class, missing a 314. Glenn Wilkins (PA) benches as well as he pulls. Here he took the Raw Masters 40-44 with a 380. Malvin Stewart (CA) and Jerry Homer (AZ) were brilliant as usual. They took the Raw 55-59 and raw 60-64 classes respectively. 18-19 Raw teen winner Steve Hendriks (CA) is another young lifter with a very bright future. Chris Rottenburger (Great Britain) and Chris Walker (Great Britain) represented Great Britain well, winning the 220

The 2000 AAU International Bench was held in Mesquite, Nevada. WOMEN: Briana Tinglof (HI) benched her body weight in her 66 pound (she weighs much less) Raw 9-10 class. Nicole Yokley (AZ) of the Yokley dynasty, set a World record with a 68 pound bench in the 77 pound Raw Youth class. Le Ann Dalling (Canada) came in just over the 97 class limit, in order to break the 105 World Record. Her 154 destroyed the record and gave her the Open class win. Carmella Baqui (HI) weighed in as a light 114 and took the Open class. Margaret Irving (CA) once again ruled the 123 Raw 45-49 class, fake I.D. and all. (Just kidding) Carmen Cheng (CA) in only her second meet posted a nice Raw 165 to capture the 132 Raw Open Gretchen Ashton (CA) used a 182 to snare victory in both the 148 Open and 40-44 classes. Delightful Sharon Pipes (CA) was once again the 181 Law Enforcement and Raw 60-64 champ. Carolee Engel (Iowa) posted a 176 in capturing the Raw Open 181 division. Valerie Crowell (CA) owns the 198 Raw classes, no different here. Erika "Too Nice to be human" Pasternak captured top honors in the Open 198 class. MEN'S LT. Weight: Keoki Akina (HI) benched well over body weight in the 77 pound Raw youth class. Two time World Champion Conrad Pratt (HI) once again rewrote the record book in the 88 pound Raw 12-13 class. Multi-sport star Zach Yokley (AZ) used a record breaking performance to win the 14-15 105 class. Derek Murdoch (AZ) was a very happy 132 10-11 winner. Bill Calhoun (VA) benched a great 237 in the Raw 45-49 class, despite not feeling well. Jim Selby (CA) once again claimed top honors at 148 70-74. Clay Bossung (US Mil Germany) came all of the way from Germany to win the 148 Open. Roger Tinkham (IN) returned to the west and out drew the field in the 148 Raw Life 45-49 and Raw 45-49 sections. John Lopes (AZ) was ahead of the pack in the 148 Raw Life 60-64 class. In the 14-15 Raw 148 Class Bobby Short (CA) powered up a 236 to out distance Johnny Hoyt (CA). In the 16-17 class Roland Rodriguez (CA) was the class winner, followed by his high school teammates Daniel Galeano (CA) and Erin Beach (CA). Robert Herbst (NY) took both the 165 Raw Open and Raw Life honors. Daniel Jarrett (CA) was the 165 Raw 16-17 winner, while record breaking Kris Yokley (AZ) took the Open 165 teen class. Kris muscled up a great 325. The 181 Military Law class was unbelievable. Soon to be 50 year old Mitch Owen (CA) easily controlled a whopping 440, only to be outdone by Flavio Danna (Brazil) with a great 451. Flavio also won the Lifetime class and Mitch took the 45-49 class. The Open was awarded to Jon Cunningham (UT) after he turned back the challenge of Tony Cocclimiglio (Canada). John also won the sub-



Five Great Lifters represented Great Britain in the Paralympics. (photo courtesy of Martin Drake)

Raw Junior and Raw Open in the physically challenged divisions. Greg Panora (MA) unleashed a powerful 424 bench to win the Raw Junior class. Todd Campo (CA) won the Raw Mil 220 class and finished second in the Raw 45-49. Raw Open champion J.G. Allen (FL) was first in both the Raw 45-49 and the Raw Open. Justin Neal (Canada) will be a bench superstar. Her he hit 413 in the 220 Raw 1819 section. Wow! Oscar Orengo (Puerto Rico) and Iharu Tomu (Japan) both hit 386 in the 242 Open. Iharu was the lighter lifter, thus the champion. (Canada) hit a record 451 to win the Raw Life 45-49, Raw Life, Raw Open and Raw 45-49 classes at 242. Jerry is a fine man and a great supporter of raw lifting. Coach Gene Abernathy (CA) prevailed in the 242 Raw 50-54, while Rocky Indivino (CA) did likewise in the 55-59 class Herb Brandt (FL) once again took the brass ring in the 242 75-79 class. Amazing lifter, class man, John McIntyre (CO) hit a 391 in the 275 class. Oh yeah he was in the 65-69 class. Unbelievable! Now Charles Milligan (CA) is a mere mortal when it comes to benching. He did however win his 275 45-49 class. Jason Stordahl (ND) when yard with a 352 in the 275 Raw Juniors. Expect much more in the future. Jeff Fahrenbruch (AZ) is a quiet gentle monster. Here he vanquished all in the 275 Raw Open and Raw 45-49. Dan Smith (CA) (the bigger, younger and... well, which is uglier?) used a 391 in capturing the raw 40-44 segment. Would you believe a 402 Raw bench from a teen who just turned 16! That's Beau Faasamala (CA), 275 raw teen winner. Arnaldo Mejias (Puerto Rico) won the 319 raw 16-17 class. Josh Hardin (NY) pulverized a 507 raw bench to sweep the 319 Raw Open. Dave Dalmeyer (CA) was the Raw 50-54 winner with a fine 363. Gentleman Wayne Andrews (MA) was a multiple winner at Superheavyweight. Wayne won the Raw Life Raw Law, Raw 50-54 and Raw Life 50-54 classes. Dan Faasamala (CA) is a great role model to kids. Here he finally got 501 passed in the submaster class. Oh yeah he always lifts raw. Big Richard Schoenberger (CA) played with a Raw 573, before losing 601 just at the rack signal. Richard as always was the most humble man in the house. Richard won the Raw Open and Open classes. Tim Planck (NV) finished second to Richard in the Raw Open. Keith Ward (HI) took home the Raw 45-49 top honors. (Thanks to Martin Drake for providing these results).



Richard Schoenberger basically plays with 573 lbs. in the bench press raw.

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363-6084  
**APR**, PPL Spring Classic Drug Free PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806, pythongym@aol.com  
**4-6 MAY**, USAPL National Masters (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com  
**5 MAY**, Biggest Bench on the River IV (\$5,000 Cash) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922.  
**5 MAY**, Canadian Drug Free National PL & BP (Taber, Alberta, Canada) Randy Sparks, 403-223-2479  
**5 MAY**, USAPL 5th Detroit Rock City PL (Total or Stay Home - Powerlifters Only - Specialists Not Allowed - Detroit, MI) Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866  
**5 MAY**, ADAU 19th Drug Free New Jersey Raw PL & Raw BP/DL & Raw 2 Lift for Total, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
**5 MAY**, Southern States BP (open, women, teen, novice, masters, police & firefighters) Weightlifting Equipment of GA, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633  
**5 MAY**, WABDL Busybodies Fitness BP/DL (North Bend, OR - world championship qualifier - drug tested) Dave Cheek, 541-751-9505  
**5 MAY**, 2nd Spring Bench Press, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

**5 MAY**, USAPL Maine State Open PL & BP (Union, ME - men & women open, submaster, grandmaster, teen, police & fire) Mark Clevette, Box 506, Warren, ME 04864, MJClevette@cs.com  
**5 MAY**, Clarion Barbell's Pennsylvania State Open PL/BP, Mark Watts, 105 Crestmont Dr., Shippensburg, PA 16254, 814-227-2041, mjwatts53@hotmail.com  
**5 MAY**, NASA Missouri State (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**5 MAY**, SLP Indiana State BP/DL (Frankfort, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**5 MAY**, APA Great Lakes Open BP, DL, Push-Pull & Great Lakes Armed Forces Meet (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com  
**5 MAY**, WNPFF BP/DL & Ironman Nationals (Las Vegas, NV) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**5,6 MAY**, Strongest Man in New York (T a Bronx) Marc Seda, 800-322-0766, strongman1nyc@aol.com  
**6 MAY**, Hooters Florida State DL, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268  
**6 MAY**, SLP Southeast Iowa BP/DL (Corahville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com

**6 MAY**, G.B.C. Barbell's 8th "No Druggies Allowed BP" (equipped & raw) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620  
**12 MAY**, Strong Man Contest (Triopia H.S., Concord, IL) Gabriel Stinson, 740 University Dr., 437 Tanner Hall, Macomb, IL 61455, 309-298-8871, www.wlu.edu/users/mutlp4/strongman2001.htm  
**12 MAY**, APA Texas Open & Texas Jr. High & High School PL & BP (Houston, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com  
**12 MAY** (new date), Blue Ridge Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com  
**12 MAY**, NASA Kansas State (Wichita) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**12 MAY**, SLP Cross County Mall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**12 MAY**, APF Venice Beach Strict Curl, Venice Beach Rec. Ctr., 310-399-2775  
**12 MAY**, WNPFF American PL Championships (Baltimore, MD) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**12 MAY**, AAPF Florida State PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000  
**12 MAY**, USPF Collegiate Nationals (Beaver College - Glenside, PA - open to full time graduate and undergraduate college or university students) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net  
**12,13 MAY**, Strongest Man in New York (Queens) Marc Seda, 800-322-0766, strongman1nyc@aol.com  
**12,13 MAY**, WABDL Twin Lab North American BP & DL (Holiday Inn Select North, Dallas (Irving) TX - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122  
**12,13 MAY**, USPF Master & Submaster Nationals (Las Vegas, NV) Steve Denison, 661-664-7724, email - pwriftr@msn.com, www.powerliftingca.com, Chris Kostas - 661-245-0115, Kostas@frazmtn.com  
**13 MAY**, 6th USPF American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net  
**18-19 MAY**, WABDL Alabama St. BP & DL (Gadsden, AL - world championship qualifier - drug tested) Rich Hagedorn, 256-442-1271  
**18-20 MAY**, NAPF North American Championships (Minneapolis, MN) Steve Gavin, 612-207-4796, stevegavin@hotmail.com  
**18-20 MAY**, APF Master, Submaster, Junior, Teenage Nationals, Russ Barlow, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180  
**19 MAY**, Kinross Open, Masters, Submasters - no entry fee - guest lifter Tony Kamand, Dave Mastaw, 906-495-2282 ext 4260, Tue - Fri 8AM - 4PM (Kincheloe, MI - 2 wks. notice)  
**19 MAY**, 4th Newman Bench Press Competition (open, women, high school) John Ybarra, 612 West 11th St., Sterling, IL 61081, 815-625-0185  
**19 MAY**, 1st AAPF W. Michigan PL/BP (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrientia@iserv.net

**19 MAY**, Tri-State BP & DL (St. Joseph High School, Hammonton, NJ) Paul or Peggy Sacco, 537 Pine Rd., Hammonton, NJ 08037, 609-567-0046  
**19 MAY**, IPA S. Carolina State & Open BP (Hilton Head Island High School) Floyd Powe, 103 Afton Ct., Summerville, SC 29485, 843-875-1434, Kyonte13@aol.com  
**19 MAY**, USPF Spartan BP, Kevin Meskeu, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555, warrior01@earthlink.net  
**19 MAY**, WABDL Riverfest BP & DL Championships (Gadsden, AL - Musical Guests include Credence Clearwater Revival, Vince Gill, Sister Sledge - world championship qualifier - drug tested) Rick Hagedorn, 256-441-0143, (fax) 256-441-7283  
**19 MAY**, USAPL Steeler High School (Granite City, IL) Rick Fowler, 618-451-4737, www.usaplnationals.com  
**19 MAY**, 5th Baddest of the Bad BP, Mike Farmer, 21 W. Clark Ave., BOX 199, Milford, DE 19963, 302-430-5632 12pm - 8pm  
**19 MAY**, Canadian PL/BP Championship (LCC Barn, Lethbridge Community College, Lethbridge, Alberta, Bruce Greig, 403-938-3067, FAX 403-938-0489  
**19 MAY**, NASS Missouri Strongman Contest, Willie Wessels, Rick King & Jim Davis, 2551 Woodson Rd., Overland, MO 63114, 314-609-6031, dwes37016@aol.com  
**19 MAY**, 2nd Firehouse Strongman contest, Graham Bartholomew, 301-893-8290 after 8:30pm, Grahamb@libertybay.com  
**19 MAY**, 10th USAPL Rocky Mountain States PL & Big Cat BP, Fitness Inc., 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035  
**19 MAY**, NASA New Mexico State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**19 MAY**, Lifetime Natural Powerlifting Society Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**19 MAY**, WNPFF Mid-NY State BP/DL & Iron Man (Binghamton, NY) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**19,20 MAY**, AAU National Powerlifting Combined Championships - Raw AAU - North American Raw, Bench Press AAU - North American Bench Press (teen, open, submaster, master, youth - equipment & raw) Larry Kye, 114 Chickasaw Pl., Jacksonville, AR 72076, 501-982-7668  
**19,20 MAY**, Strongest Man in New York (Manhattan) Marc Seda, 800-322-0766, strongman1nyc@aol.com  
**20 MAY**, Best of the Southwest IV (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Sitwiak, 724-941-7270  
**20 MAY**, World Gym Spring Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishikawa, IN 46545, 219-254-0460.  
**20 MAY**, 19th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692  
**20 MAY**, SLP Hard Core Gym BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**20 MAY**, WNPFF Lifetime Drug Free National BP/DL & Ironman & New England States BP/DL/Ironman (Danbury, CT) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**23-27 MAY**, IPF Women's Worlds (Usti Nad Labem, CZ)  
**26 MAY**, APA Arizona Open BP/DL (Tucson, AZ) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com  
**26 MAY**, CAN AM Bench Press (\$3000 in prizes) Paul Roy, 1381 St. Paul, St. Cesaire, Quebec, J0L 1T0, Canada, Tel/Fax 450-469-0808.  
**26 MAY**, NASA East Texas State (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513  
**26,27 MAY**, ADAU (Anti-Drug Athletes

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

- On Site Seminars**  
**Albany, NY**  
 Jan. 27 Cutting Edge Sports Science  
**West Palm Beach, FL**  
 Feb 10 Santaluces High School  
**Spring, TX**  
 Feb. 3 Powerhouse Gym  
**Lock Haven, PA**  
 March 3 Lock Haven University  
**Tallahassee, FL**  
 March 10 Fahey's Gym  
**Seattle, WA**  
 March 31 Gold's Gym  
**Ontario, Canada**  
 April 28 Good Life Fitness  
**Lexington, SC**  
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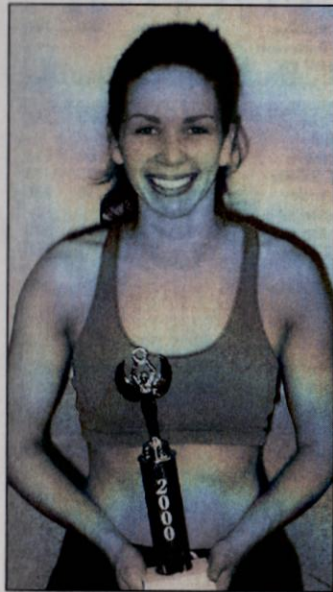








Canzanella took first place. In the Master's Division, Mark Hogan won the 242 lbs. class and won the heaviest lift award with 370-lb. lift. Ron Rohmer set a New World Record in the 275 lbs. class (65-69) age group a 328 lb. lift. (Thanks to Joe Steele for providing the results).



Kim Shaw-1st place in the 105 lb. class and BL women at the APA New Year's Day BP. (Photograph provided courtesy of Joe Steele).

**USAPL Utah State Meet  
16 DEC 00 - Price, UT**

WOMEN	SQ	BP	DL	TOT
Open 132 lbs.				
D. Probst	225*	175*	205	605*
181 lbs.				
D. Moro	275*	135*	316*	725*
Push/Pull 148 lbs.				
N. Sims	130*	225*	355*	
Police 181 lbs.				
D. Moro	275*	135*	316*	725*
MEN Open 148 lbs.				
B. Montague	400	300	485	1185
165 lbs.				
J. Cunningham	345	365*	380	1090*
J. Shepherd	370*	250	375	995
Junior 165 lbs.				
J. Shepherd	370*	250	375	995*
BENCH				
Junior 165 lbs.				
S. Stamatakis	305*			
MEN Open 181 lbs.				
M. Carroll	475	300	535	1310
M. Bradley	350	230	430	1010
J. Barrett	350	220	405	975
R. Gent	280	155	280	715
Teen 181 lbs.				
M. Bradley	350*	230*	430*	1010*

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s  
 Jun/95... Antonio Krastev, USPF Collegiate/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
 Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
 Sep/95... TRIPLE SENIORS ISSUE AD-FPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
 Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s  
 Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomor-

Junior 181 lbs.	350	220	405	975
J. Barrett	350	220	405	975
Master 181 lbs.	280*	155*	280*	715*
R. Gent-59	280*	155*	280*	715*
Push/Pull 181 lbs.				
P. Goodman	185	350	535	
Push/Pull Teen 181 lbs.				
P. Goodman-17	185*	350*	535*	
MEN Open 198 lbs.				
S. Mecham	465	375	485	1325
Junior 198 lbs.				
S. Mecham	465	375*	485	1325
Open 220 lbs.				
N. Johansen	425	305	455	1185
T. Gent	425	300	450	1175
R. Marchant	405	330	420	1155
Master (40-44)				
N. Johansen (45-49)	425*	305	455*	1185*
R. Marchant Junior	405*	330*	420*	1155*
T. Gent	425*	300*	450*	1175*
Military				
T. Gent	425*	300*	450*	1175*
MEN Open 242 lbs.				
D. Romero	500	430	540	1470
B. Davis	460	340	665*	1465
Master (55-59)				
B. Davis	460	340	665*	1465
Push/Pull (40-44)				
D. Wyckoffe	235	370	605	
BENCH				
J. Weber	385*			
Police				
J. Weber	385*			
Open MEN 275 lbs.				
B. Stewart	535	275	515	1325
K. Eyre	475	335	510	1320
Master (40-44)				
K. Eyre	475*	335*	510*	1320*
Police				
K. Eyre	475*	335*	505*	1315*
BENCH				
E. Acey	425*			
J. Smith	385			
Master (55-59)				
E. Acey	425*			
Police				
E. Acey	425*			
Open MEN 319 lbs.				
D. Edgell	550	385	575	1510
L. Dittmars	500	400	500	1400
Master (50-54)				
L. Dittmars	500	400	500	1400
BENCH				
D. Marchant	505*			
Police				
D. Marchant	505*			

row, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
 Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
 Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Signs, Framework for the Novice.  
 Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s  
 Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.  
 Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

"no-shows." Though there were only about 30 competitors, spirits were not dampened and enthusiasm ran very high. In all, 134 records were broken, counting the 665 American Record deadlift by Spanish Fork's Bud Davis. Bud, just 2 days from his 58TH birthday, weighing 239 pounds, broke his own American Record by 25 pounds. Remarkable! The women's divisions saw Huntington's Debbie Probst, weighing 128, break all of the state records by squatting 225, benching a remarkable 175 and totaling 605 off a low 205 deadlift. Price's Nellie Sims, after but a few workouts, lifted in the push and pull division where she hit state records with a 130 press, a 225 deadlift-barely missing 250, and totaling 355. Diane Moro, a South Salt Lake Police Lady, came in to set records. She did. She squatted 275, barely missing 300, benched 135, and pulled a second attempt 316 to set new records and break the all-time highest deadlift, thus far, by a USAPL Utah female lifter. Her 725 total was impressive. She now holds all the open/policy records in her division. Debbie Probst took the best women's lifter award. The men's divisions started off with Payson, Utah's 145 pound Brad Montague. Brad tried to break some records, but fell short. After all, he holds all of them in the 148 class. He also took the best lightweight men's award: A beautiful 42" Hercules sword. Brigham City's Jon Cunningham, primarily a bench-only guy, came in loaded for bear, as he won the open 165 class with a 345 squat, a record breaking 365 opener bench, a 380 deadlift and a 1090 record total. Second place went to College of Eastern Utah student Jared Shepherd. Jared, on his 20th birthday, set an open/junior/collegiate record squat with 370, benched 250, missing 260 in a try to erase the junior record of Huntington's Sean Allred. Jared did take the junior/collegiate state record with his 995 total. The bench only division saw Price's Steve Stamatakis set 3 new junior/collegiate records with 275, 285 and 305, weighing 164 at age 21. The 181 division saw Park City Utah's Michael Carroll the winner with a 475 opener squat, a 300 bench, a 535 deadlift and the total of 1310. Centerville Utah's Mike Bradley, holder of the teenage records, came in second with a 1010 total. Having broken all of his own teenage records, he was very happy with his performance. Justin Barrett, weighing 170, also a junior, took third with 975. Robert Gent, 59, of Beaver, Utah, came in at fourth with new master records of 280 in the squat and deadlift. Price's Preston Goodman, in the push and pull division, easily benched 185 and pulled 350, easily, for three teenage records with a 535 total. Scott Mecham took the 198 class. Weighing 186, Scott, also a junior lifter, hit 465, 375, 485, for a total of 1325. The 220 class saw the top three only 30 pounds apart. This time, the winner was Castle Dale's Nathan Johansen. At 43, Nathan broke his master squat record with an easy 425, benched 305 and deadlifted 455 for a master state record of 1185. Beaver Utah's Troy Gent, home on leave from the Marine Corps, came in to take second place with a fine 1175 total. Being 22, Troy easily blasted all of the junior records and set all new military records at the same time. 49-year old Randy Marchant, of Provo, Utah seemed very happy with his third place finish. He broke all of his own master division records with a 405 squat, a 330 bench, a 420 deadlift and a total

of 1155. The 242 class saw Spring Creek, Nevada's Dave Romero the winner. Having a perfect 9 for 9 performance, Dave went 500, 430, 540 and 1470. Spanish Fork, Utah's Bud Davis placed 2nd with a 1465 total. Castle Dale Utah's Jeff Weber came to bench only. Jeff broke his own open/policy bench record by 35 lbs. off his opener. Dennis Wyckoffe, 41, of Fruita, Colorado, took the push pull division with 235 and 370 for a 605 total. Two lifters vied for the tops in the 275 class. Two brothers-in-law pushed each other to new heights as Brad Stewart, from Sandy, won the class with a 1325 total, while his brother-in-law, Ken Eyre, a Salt Lake police man, set all new master/policy records with a 1320 total. Ken Fortune, 54, from Grand Junction, Colorado lifted in the push pull division. Ken lifted 305 and 430 to win the honor of being the best push pull lifter in the contest. Two lifters entered the bench only division. Jeremy Smith, of West Jordan Utah, lifted 385. Ed Acey, lifting 425 off his opener, broke the open/master/policy divisions state records. Ed, being 58 years of age, had the best coefficient bench of the meet and took 1st in the police division bench. The 319 class saw Ogdens, Utah's David Edgell the winner with a 1510 total. Dave was taking it easy on his lifting as he had recently pulled a bicep's tendon. Second place went to the powerful master lifter, Larry Dittmars of Spring Creek, Nevada. Larry, 53, went 1400 on the total and barely missed an American Record bench of 427.5. David Marchant, a police officer for Murray City, Utah; living in West Jordan, lifted a magnificent 505 open/policy state record in the bench press. The best women's lifter was Debbie Probst. She also won the women's bench for reps with 75% bodyweight for 19 reps. She also entered the mixed-couples deadlift competition with Nathan Johansen and pulled an easy 600 lbs. first attempt. Dave and Mark Edgell won the 2-man deadlift contest with 905, barely missing 1000. Jon Cunningham won the men's bodyweight repetition with an incredible 51 reps. Drew Wolfe, 49, of Fort Wingate, New Mexico, hit 36. Scott Mecham hit 28. Price, Utah's VFW Honor Guard came for the ceremonies and the National Anthem, sung by Chad Ramussen. State Representative Brad King honored all of us by coming to present the awards and shake the hand of each lifter. This meet was made possible by the Carbon County Commissioners: Mike Milovich, William Krompel and Tom Matthews voted and gave \$4500 for the equipment, etc., needed to throw a proper competition. Many sponsors helped out: of special note is Tom Niederhauer, owner of the Milky Way Restaurant in Price. There were many state referees in attendance to help out, but the judging, for the most part, was done by National Refs Larry Dittmars, Drew Wolfe and Jim Kralich. Mrs. Romero and Mrs. Kralich also sat in much of the time. Until next year. (Thanks to Steve Sims for providing these meet results).

**Danville Winter Open  
13 JAN 01 - Danville, IL**

	SQ	BP	DL	TOT
132 Lbs.				
Jordan	400	250	400	1050
148 Lbs.				
Martin	275	275	395	865
165 Lbs.				
Taylor	500	335	525	1360

Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.  
 Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
 Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
 Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s  
 Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.  
 Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, TOP 100 Ltwt's.

Peterson	500	315	535	1350
Mitchell	350	335	425	1110
Zigler	405	340	315	1060
Manzanares	225	345	315	855
181 Lbs.				
Brown	610	325	660	1595
Holmes	500	350	575	1425
Davis	500	360	550	1410
Garcia	550	250	550	1350
198 Lbs.				
Rawls	600	325	525	1450
Collins	305	315	405	1020
220 Lbs.				
Peterson	625	400	630	1655
Hunt	600	430	590	1620
Bethel(m)	650	370	570	1590
Garner	550	305	575	1430
Witherspoon	225	460	315	1000
242 Lbs.				
L. Pace(m)	675	365	650	1690
Parker	600	425	615	1640
Master 220 Lbs.				
Bethel	650	370	570	1590
242 Lbs.				
Pace	675	365	650	1690

Another successful meet by the one and only Greg Watson. With the weigh-ins being concluded on the night before the lifters were ready and not having to worry about their weight. I say again, as I did last year, with the lifter always in mind, Greg gives all the lifters respect and quality time to warm up and be the very best they can be, exemplified not only by early weigh-ins, but also the breaks in between flights. We have time to have breaks because the meets are run so smoothly, so thanks Greg - for a high class meet. On with the lifting. 132 - Jordan did not have the kind of day he had hoped, being still plagued with a nagging hip injury of last year. Jordan did put up some fine numbers. Having no one to compete against he pushed himself into the next pain century and still got near his best. With some time off and rest, I still think Jordan can put up numbers of old, and that is, 450 275 450 respectively. 148 - Another lone contestant was a newcomer Martin. With little training under his belt, this little dynamo blew through good squats and benches before reaching his forte - the deadlift, with a strong 395 to his credit. He has a lot of growing to do and some fine ability we have yet to see. 165 - One of the highlights of the meet was the close competition in various weight classes, and this is one of them. With Holmes up a class from last year, the stage was set for Mr. Taylor and Peterson to battle it out, and battle they did. They followed one another all day, with the strategy gained from watching each other lift to watching the board for the numbers and attempt changes. It was fun to watch and a very competitive class, but Taylor - with his even and balanced lifting - did the trick, and next time Peterson will be there as well. Mitchell, Zigler, and Manzanares rounded out the top five in that order. 181 - Brown had it his way this day in his class, but still went after some record lifts. His 610 opener was easy and sans suit. Next came a 630 attempt that was close, but he was using a new and unfamiliar suit that hindered his progress, on a weight he has no problem with at all. Brown cruised through a 325 bench to save some gas for the deadlift. After a nice and clean 625 opener, he went straight for more than his personal best of 655, with a 660 effort. With a monster pull and

super human lockout on the big weight, it cleared the floor with room to spare. 700 - you bet, not a doubt in my mind. Coming in second this year was last year's 165 winner. With some trouble making weight Holmes did not have the kind of day he is accustomed to having, and after some big missed attempts, one now knows why his total is lower than usual. However, the man with the granite smile and the attitude to go with it, will prevail next time at 165 and be better than before. Davis and Garcia had a nice battle for 3rd and 4th place, with Garcia showing superior squatting and deadlifting - racking up pairs of 550s. Davis showed his mastery in the bench press with a nice and smooth 360 effort. Both are good sportsmen and a class act for any gentlemen to follow. Davis is showing progress every week and Garcia is a veteran with lots of talent. The next big Danville jam should be interesting with these two. 198 - Rawls came into the meet primed and ready for trouble, but found none with Collins. Competing with himself, Rawls decided to go after some personal records of his own. His 600 squat looked very good with room for more, but for some reason he had trouble with further attempts. His bench went the same way, not hard at all. Going into the deadlift, the 525 was a hard and limit lift but produced a fine 1450 total never the less. I would like to add you could not meet a nicer gentlemen than Mr. Rawls, always willing to help out and ask how you are doing. Nice job, Rawls. Collins enjoyed the meet and the competition and with some learning experience will show a lot of growth in this sport. 220 - Some of the closest battles of the day occurred in the 220 class, with the top three contenders being veterans of the sport. Nobody off the weigh-in scales could guess who would win this class, but as the squats unfolded the pace was set. Peterson opened with a nice and easy 595. Hunt came in just behind with a very easy looking 550. Bethel opened the highest with a not so easy 635. Peterson closed the gap with a hard fought 625 attempt that was very deep for three white lights. Hunt came in behind again with a 600 miss on his second, but a repeat on a third was a picture perfect text style squat. Peterson passed on his third. It was up to Bethel to continue with this classic battle. Bethel came roaring out to assault 650 and it was a very easy attempt with room to spare. However, dealing with the flu all week, he felt it was best to pass his third and save something for the next two events. In the bench press both Hunt and Peterson were neck and neck with Hunt taking in the number one spot here with a really nice 430 lift that was rock solid. Peterson got his opener of 400 to keep it close, with Bethel keeping his hopes alive with his 370 opener that made him look good for more, but that was not to be this day. The deadlifts proved to be the icing on the cake. Peterson, with some impressive deadlifting, took top honors with a smooth 630. Hunt, who has overcome back injuries, has done a nice job of healing and put up a personal best of 590 on the DL and 1620 on the total. Bethel claimed third place with a nice Masters total of 1590 and a lot left on the platform. Thank you gentlemen for a fun day and some close competition. Coming in 4th was Garner, and with a little more training and this man could go far. He has the drive and the ability, and just needs

the time, like a diamond in the rough, and he's a good friend also, and when it comes to helping out this man is there for you and you can't get a better friend than that. Mr. Witherspoon has a very nice set of guns to push mountains of weights, but needs some work on his squat and deadlift. In the future he is the man to watch out for. 242 - Teacher vs. student: Pace coached Parker for a couple of years, but now they are at war. Each man knows it's nothing personal, because each respects the others strength, but let one slip and the battle will be won by the other. Pace fired the first shot with a 650 opener in the squat. Parker countered with a 600 with good depth. Pace's second lift was easier than the first with a 675 effort (note: his suit ripped on his 650 opener) so Pace had to lift with a less than perfect suit and still got the 675 with ease. Most lifters would have not chanced another lift, but such as the 'ICON' is, he underscored that he is a man of known abilities. In the bench Pace opened with his patented lift of 365 and Parker embarked with his strong 400. Pace tried a second with 385, but it was not to be as he had been fighting the flu bug as well all week long. Parker tasted blood when he made a very easy 415 press that had lots to spare. At this point only 15 pounds separated the two powerhouses. In the deadlift Pace opened with a 650 pull that seemed easy. Parker assumed a 600 attempt that was very easy, and a second attempt in order to put pressure on Pace was to no avail as Pace cruised into first and had a close miss at 680 at the very top. It was not needed on this day to prove was the victor. It was a very nice total for Masters lifter Pace and an equal competition from both men. They deserve a big hand and it was nice to see student and teacher get along so well in such a close competition. Summary - Many people deserve a lot of credit for running power meets. In some cases, names are forgotten and are not mentioned as a part of the competition at all. In this case, I want to thank all the people for their time from the weigh ins to the last piece of equipment was put up. A few names that stick out in my mind are, J. Hamey, Tart, Bauer, and Hughes who helped out all day with a lot of grace. Also I want to thank Williams for giving a superb wrap when I needed it. And last but not least, thanks to the man who put it all together. Without him we would not be having meets in this area and we appreciate the time and hard work you do. THANKS GREG WATSON FOR A JOB WELL DONE AS WELL AS JUDGING ALL DAY AND MAKING IT ALL HAPPEN. THANKS TO PL USA FOR PUBLISHING THE RESULTS, AND THANKS TO ROBERT BETHEL FOR REPORTING THEM.

**Hawaii State/IPF Pacific Cup  
02 DEC 00 - Kailua, HI (kg)**

WOMEN	SQ	BP	DL	TOT
52				
Open+				
C. Baqui	113.5*	57.5	142.5*	312.5*
60				
Open+				
M. Lopez	125	47.5	140	312.5
14-15+				
A. Skellington	80*	55*	132.5*	267.5*
45-49				
K. Ward	185	175	217.5	577.5

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.  
 Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s  
 Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.  
 Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlelwt's. Isoflavones.  
 Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF/World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s  
 Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie

40-44+				
D. Linsey	100*	72.5*	135*	307.5
Open				
R. Bagayas	92.5	70	120	282.5
75				
14-15+				
K. Ventrua	95	52.5	115	262.5
Open				
N. Lewis	50	45	85	180
MEN				
52				
14-15				
I. Hladky	65	42.5	92.5	200
60				
Open +				
D. Edralin	185			

had his small turnout ever, again due to the late scheduling. But of the 33 lifters entered we saw some good lifting. Of note was a new junior lifter, David Dinkel, who set a couple of state junior records as well as qualifying for the Senior Nationals. The outstanding lifter of the Men was Al Fritz who just missed the qualifying total to the Nationals. Surely with a big of coaching he will make the total necessary. The Women's Outstanding lifter was Carmela Baqui who set three new open records as well as qualifying for the Women's Nationals to be held this year in Ft. Wayne, IN. Carmela is from the (Ward Warehouse) Fear God Team put together by Keith Ward. They won the best team award. Other lifters from the Fear God Team were: Ken Wilson, a master lifter in the 100 kg. class, and three teen 1 lifters (14-15); Azure Skellington, who set all new state records in the 60 kgs. class, Krystle Ventrua, who set all new state records in the 75 kg. class, and 94 lb. Isaih Hladky who turned 14 a week before the event and went nine for nine, the only lifter to do so. Raymond Pactol, a new lifter, set all new junior records in the 100 kg. class. Philip Guerrero who every year pushes his junior record higher did so for the last time as next year he will be a senior lifter. Big Jim Mersberg is planning on going to the Masters Nationals in Texas this coming year, he set a new squat record for the Master 1 class. The battle between Mr. Fritz and Mr. Makamura for the 110 kg. class was down to the wire. Mr. Makamura saved his best squat for his last attempt and took 325 kg. down deep. All in all the contest was good fun and judging was very good, we had 3 national referees: Mr. Ski Kwiatkowski, Mr. Tony Leiato, and Mr. Tony Harris, Mr. Steve Kilgore a new state referee also did a good job. We would like to thank the many volunteers who helped. Mr. Derick Edralin, Mr. Quincy Guzman, and my tireless brother Mr. Nolan Crabbe. A special thanks to the

meet director Mr. Gary Fenster who tried so hard, but no one can do it all by themselves. Mahalo Gary!! (results courtesy P.J. Couvillion).

### NASA PA Regionals (kg) 28 OCT 00 - Pittsburg, PA

CURL	Pure	T. Tucker	92.5
138 lbs. C-Pure	Nat	T. Tucker	92.5
L. Friedman	50	T. Tucker	92.5
170 lbs. C-M5	SM2	T. Tucker	92.5
K. Samples	52.5	T. Tucker	92.5
C-HSP	138 lbs. Nat	A. Delbert	77.5
M. Lenzi	42.5	154 lbs. Nat	J. Bryant
187 lbs. C-Pure	60	J. Bryant	115
R. Gregory	C-Int.	170 lbs. PN	R. Crihfield
C-Int.	60	R. Crihfield	105
R. Gregory	60	R. Crihfield	105
J. Alcott	65	M3	K. Samples
205 lbs. C-PN	75	187 lbs. M2	J. Alcott
J. Savarino	227 lbs. C-Int.	205 lbs. HSP	T. Bachman
80	205 lbs. HSP	250 lbs. BENCH	F. Beagle
250 lbs. B-Pure	107.5	M. Lenzi	97.5
R. Hennings	150	B. Samples	115
B-PN	M5	205 lbs. Jr.	C. Silva
R. Hennings	150	B. Samples	115
B-Nat	227 lbs. SM1	D. Brandenstein	177.5
R. Hennings	150	280 lbs. HSP	S. Casto
B-Int.	150	315 lbs. M5	B. Lenzi
R. Hennings	150	217.5 B. Lenzi	175
DEADLIFT	217.5 M1	J. Petropoulos	—
187 lbs. D-M2	197.5 SHW PN	J. Alcott	127
R. Gregory	127 lbs. SQ	J. Orr	DL
D-M2	127 lbs. BP	DL	TOT
J. Alcott	127 lbs. BP	DL	TOT
127 lbs. SQ	DL	TOT	
Pure	DL	TOT	
T. Tucker	130	92.5	165
			387.5

Nat	T. Tucker	130	92.5	165	387.5
SM2	154 lbs. Teen	130	92.5	165	387.5
T. Tucker	J. McFarland	187.5	92.5	187.5	467.5
HSP	J. McFarland	187.5	92.5	187.5	467.5
Jr.	J. Bryant	115			
170 lbs. Int.	R. Crihfield	115	105	150	370
M. Lenzi	Jr.	90	72.5	182.5	345
90	M. Lenzi	90	72.5	182.5	345
SM2	T. Sherbondy	217.5	145	212.5	575
187 lbs. Pure	D. Hughes	227.5	147.5	250	625
227.5	D. Hughes	227.5	147.5	250	625
PN	J. Alcott	107.5			
D. Hughes	G. Green	245	160	250	655
SM2	K. Kocpzyński	200	185	185	570
205 lbs. Jr.	C. Silva	165	125	195	485
187 lbs. SM2	M. Lenzi	147.5	97.5	170	415
O. Helmer	F. Beagle	115	107.5	145	367.5
PN	B. Adams	227.5	142.5	205	575
205 lbs. Pure	C. Silva	165	125	195	485
192.5	B. Adams	227.5	142.5	205	575
SM2	M5	D. Stellfox	192.5	130	192.5
192.5	D. Stellfox	192.5	130	192.5	515
PN	227 lbs. Jr.	R. Crist	157.5	142.5	215
O. Helmer	M3	P. Manion	205	120	217.5
192.5	J. Verrico	217.5	155	245	617.5
260	R. Harper	260	167.5	325	752.5
250 lbs. M1					

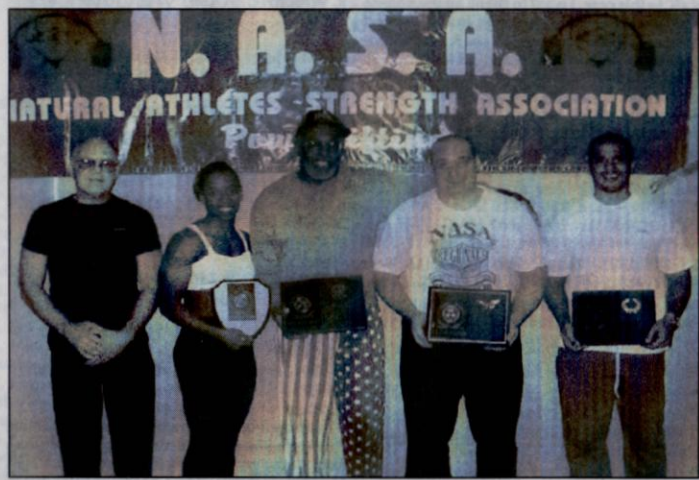
B. Hill	PN	275	170	247.5	692.5
A. Brown	240	162.5	295	697.5	
S. Casto	195	140	190	525	
280 lbs. Pure	B. Pfeleger	227.5	165	232.5	625
315 lbs. M1	B. Lenzi	210	175	65	450
Pure	J. Kavulic	227.5	140	235	602.5
J. Orr	PN	280	205	280	765
J. Orr	Pure	280	205	280	765
R. Graham	320	192.5	280	792.5	
187 lbs. Int.	CR	BP	DL	TOT	
B. Schaffer	60	122.5	182.5	367.5	
(Thanks to Greg VanHoose for these results).					

### NASA Virginia State 10 JUN 00 - Roanoke, VA

BENCH	Nat	O. Helmer	192.5
138 lbs. M1	LE	O. Helmer	192.5
S. Zerbe	140	O. Helmer	192.5
187 lbs. SM2	O. Helmer	192.5	
G. Ferrell	PN	O. Helmer	192.5
PN	O. Helmer	192.5	
G. Ferrell	172.5 Int.	R. Thresher	145
205 lbs. Pure	R. Cash	192.5	250 lbs. M2
R. Cash	Nat	J. Allen	147.5
Nat	R. Cash	192.5	250 lbs. SM1
R. Cash	D. Pullen	172.5	
Pure	O. Helmer	192.5	SPN
O. Helmer	PN	D. Pullen	172.5
O. Helmer	192.5	140 lbs. WSM2	87.5
154 lbs. HSP	W. Ford	87.5	
70	SQ	BP	DL
70	BP	DL	TOT
100	240		
161 lbs. SM1	K. Clinevell	200	135
187 lbs. Pure	S. Holden	207.5	147.5
SM1	S. Holden	207.5	147.5
S. Holden	205 lbs. PN	235	155
205 lbs. PN	W. Painter	235	155
SM1	W. Painter	235	155
SM1	Teen	107.5	95
F. Beagle	227 lbs. Pure	240	147.5
L. Loganbill	J. Demchak	272.5	167.5
J. Demchak	L. Loganbill	240	147.5
L. Loganbill	250 lbs. LE	227.5	185
227.5	K. James	230	152.5
230	230	152.5	282.5
665	M2	J. Allen	227.5
227.5	Pure	227.5	185
227.5	C. Swingler	227.5	185
227.5	SM2	K. James	230
230	230	152.5	282.5
665	280 lbs. HSP	S. Casto	170
170	280 lbs. PN	R. Prince	75
75	180	227.5	482.5
482.5	(Thanks to Gerg VanHoose for these results).		



NASA VA State, (l-r) Kelly Clinevell and daughter. (Outstanding lifter -light class). (Photo by Van Hoose).



At the Nasa PA Regional, the outstanding lifters are (left-right) Ken Samples, Tracie Tucker, Raymond Harper, Bill Lenzi, Gary Green. (This photograph was provided courtesy of Greg Van Hoose to PL USA).

Aug/99 ... the Rubber Band Man, the "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
 Sep/99 ... USAPL Men's Nats., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s  
 Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
 Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.  
 Dec/99 ... IPF World Masters/Juniors, USAPL/AU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s  
 Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery,

Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s  
 Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s  
 Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons  
 Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
 May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
 Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.  
 Aug/00 ... USAPL Men's, APF Srs. Pt. 1, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s  
 Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s  
 Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.  
 Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights  
 Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record

Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lighthweights  
 Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWP Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s  
 Feb/01 ... Garry Frank Goes 2500, WPC Worlds Pt. 1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.  
 Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

### Eastern American Bench Press 11 NOV 00 - Stockbridge, GA

WOMEN	148	W. James	355
Under 132	D. Lott	300	
C. Melton	185	R. Granko	250
G. Wren	165	D. Hamby	435
R. Eckstein	110	C. Brunson	400
132 & Over	140	N. Page	370
P. Mark	115	L. Barnes	265
K. Capps	100	181	
A. Wolverton	T. Satterfield	520	
K. Williams	S. Taylor	420	
MEN	F. Johnson	420	
Over 40	R. C. Hudson	320	
Under 165	L. Dacey	210	198
D. Hamby	A. Thirion	280	210
L. Dacey	280	T. Medina	415
A. Thirion	210	R. Lopez	390
165-198	E. Cadle	340	S. Miller
E. Cadle	385	220	265
W. Williamson	300	R. Pauley	485
R. Maddox	K. Dill	320	S. Braz
K. Dill	198-220	465	D. Wyatt
S. Braz	380	242	A. Hamilton
P. C. Newsome	400	N. Maddux	475
W. Bunkley	325	A. Bates	455
G. Curry Jr.	W. Norman	200	J. Neel
W. Norman	275	275	365
220-242	E. Howard	400	J. Wren
220-242	C. H. Winbush	360	M. Inabinett
E. Howard	M. Hollis	300	M. Holston
C. H. Winbush	Over 275	500	J. Jackson
M. Hollis	L. Thomas	500	550
Over 275	B. Harris	295	SHW
L. Thomas	R. Pelis	450	K. Crump
B. Harris	Open	500	C. Stephens
R. Pelis	132	Best Lifters	500
Open	N. Dallas	205	Light Weight
132	C. Melton	185	T. Satterfield
N. Dallas			520
C. Melton			Heavy Weight
			J. Jackson
			550

(Thanks to Sandy Ellis for providing results).

### The "Miller Chev" Christmas BP 2 DEC 00 - Elk River, MN

WOMEN	275 lbs.	M. Erson	325
123 lbs.	B. Gnerre*	B. Dohrwardt	300
B. Gnerre*	157	D. Gilman	385
148 lbs.	J. Guertin	SHWT	
J. Guertin	135	K. Sartin*	515
TEEN	SHWT	J. Buccer	475
148 lbs.	M. Harris*	Masters (40+)	
M. Harris*	145	D. Marsh*	200
165 lbs.	J. Herbst	180	P. Baer
D. Marsh*	180	181 lbs.	315
J. Herbst	MEN Open	D. Hawkinson*	320
MEN Open	165 lbs.	S. Harris 310	198 lbs.
165 lbs.	H. Gordon	320	M. Sorenson*
H. Gordon	R. Phan	315	350
R. Phan	181 lbs.	J. Robinson*	340
181 lbs.	J. Robinson*	300	220 lbs.
J. Robinson*	T. Joyce	265	R. O'Mara*
T. Joyce	B. Ellingson	198 lbs.	S. Hagerman*
B. Ellingson	198 lbs.	D. Warling*	350
198 lbs.	D. Warling*	335	W. Croteau
D. Warling*	R. Haitzel	310	G. Edwards
R. Haitzel	L. Rein	310	G. Edwards
R. Haitzel	220 lbs.	242 lbs.	—
L. Rein	220 lbs.	410	T. Shrupp*
220 lbs.	K. Belisle	390	L. Hemenway
K. Belisle	M. Nielson	385	275 lbs.
M. Nielson	C. Nelson	380	R. Schubert*
C. Nelson	J. Bickman	375	R. Davis*
J. Bickman	M. Fiorillo	320	SHWT
M. Fiorillo	B. Enzier	242 lbs.	W. Hanson*
B. Enzier	J. Franco	450	Exhibition
J. Franco	D. Gagarin	385	148 lbs.
D. Gagarin	J. Nelson	355	T. Williams
J. Nelson	D. Laplant	355	275 lbs.
D. Laplant	C. Hanson	325	B. Madvig
C. Hanson		475	

\*-State records. The Miller Chev Christmas Bench Press Classic was the third event sanctioned by the newly formed Minnesota Powerlifting Association. With forty-six entries, a very energetic crowd of over 200, and Miller Chevrolet as sponsor, it was the LARGEST bench meet the state has seen in the past 5 years. In the Women's 123 class Brenda Gnerre had a 3 for 3 day and set a new state record of 157-1/2 lbs. Jennifer Guertin had a rough day on the platform but managed a strong 135. Teen Deon Marsh had a perfect day and set a state record of 200 in the 165 wt. class. In the Open class Herman Gordon (1st Timer) won the 165 class with a 320 lift, edging out veteran Rene Phan. James Robinson lifted like a veteran and showed a lot of potential smoking a



Darrell Hamby won first place in the Masters Division and the Open Division in the 165 lb. class at Sandy Ellis' 16th annual Eastern American Bench Press Championships in Griffin, Georgia. Above, Darrell is seen with some of the trophies he has won in 3 years of competition - all first place. (photo courtesy of D. Hamby)

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## VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

**AAU North Carolina State  
2 DEC 00 - Monroe, NC**

114 lbs.	SQ	BP	DL	TOT
J. Reeves	95	55	145	295
123 lbs.				
D. Henries	220m	195m	250	665m
132 lbs.				
E. Midkiff	320	190	315	825
148 lbs.				
J. Meekins	365m	280	515m	1160m
B. Zak	290	245	420	955
J. Yates	340	210	400	950
J. Abdollazaro	275	265	365	905
J. Johnson	165	115	230	510
165 lbs.				
D. Donald	405	330	460	1195
R. McClendon	405	275	435	1115
J. Harley	330	300	400	1030
E. Ford	250	280	415	945
J. Moore	320	230	385	935
H. Nicholson	325	210	355	896
S. Brawley	350	230	365	945*
C. Williams	290	225	335	850
B. Tobin	300	200	320	820
R. Wilmoth	285	260	320	865*
J. Parker	255	205	320	780
L. Pease	150	140	250	540
181 lbs.				
T. Pardue	470	320	610m	1400
D. Pagan	445	305	500	1250*
M. Bradey	370	270	470	1115
J. Petrylak	345	235	450	1030
R. Love	315	270	450	1035*
F. Sumner	250	280	330	860
B. Langerfeld	300	310	315	845*
198 lbs.				
N. Roten	430	310	500	1240
T. King	470	325	460	1260*
L. Hogan	310	270	375	955
C. Coater	305	245	340	890
B. Hinshaw	315	205	365	895
T. Phillips	275	175	325	775
220 lbs.				
M. Griner	645m	410	585	1640m
J. Rogers	465	385	550	1400
B. Solomon	415	350	585	1350
A. Deese	475	405	540	1420*
M. Little	410	345	505	1260
J. Turnage	420	300	530	1250
J. Roten	440	295	475	1210
J. Cox	375	365	415	1155
S. Hancock	345	300	455	1100
B. Duncan	375	280	410	1095
J. Pierce	275	275	475	1102
D. Huntsinger	395	225	395	1010*
J. Michael	300	205	375	890
J. Winters	570	—	—	—
T. Meadows	355	—	—	—
S. Randall	—	—	—	—
242 lbs.				
C. Parker	650m	405	600	1655*
D. Michels	460	355	560	1375
E. Frasure	430	315	510	1255
J. Little	455	375	485	1115*



Pictured are Steve Brawley, who set 4 (60-69) state records and who currently holds 16 AAU records, and who organized the state champion Enterprise Workout Center (above) and Kathryn Stegall, age 11, who set 4 records and deadlift 215. She went 9 for 9 with 27 white lights. (photos provided by courtesy of Ben Zak)



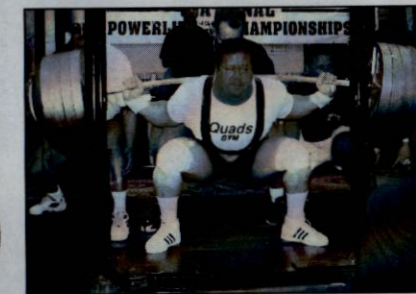
J. McCann	425	315	450	1190*
R. Gunning	250	300	400	950
N. Biles	225	260	405	990
T. Rush	—	—	—	—
W. Alsop	—	—	—	—
J. Haller	610m	350	720m	—
D. Thompson	555	450	510	1515
J. Muller	560	350	525	1435
C. Cesar	405	440	485	1330
<b>WOMEN (Overall) 114 lbs.</b>				
S. Gill-37	1605	1255	2155	5005
K. Stegall-11	1605	905	2155	465

123 lbs.				
K. Nieding-17	225\$	130\$	225	580\$
G. Chavis-41	180\$	135\$	240\$	555\$
R. Carlton-28	165	110	225	500
Wehrenberg-29	155	105	225	485
148 lbs.				
J. Zak-24	150	130	230	510
M. Taylor	165	85	200	450
P. Segersin-51	140\$	90\$	185\$	415\$
165 lbs.				
T. Collins	335\$	205\$	350	890\$*
A. Simone	205\$	145\$	315\$	665\$
<b>MEN Open 148 lbs.</b>				
J. Abdollazaro	275	265	365	905
165 lbs.				
D. Donald	405	330\$	460	1195
J. Harley	330	300	400	1030
R. Wilmoth	255	260	320	865*
J. Parker	255	205	320	780
181 lbs.				
T. Pardue	470	320	610\$	1400\$
J. Petrylak	345	235	450	1030
R. Love	315	270	410	1035*
198 lbs.				
C. Coater	305	245	340	890
T. Phillips	275	175	325	775
220 lbs.				
M. Griner	645	410	585	1640\$*
J. Rogers	465	385	550	1480\$
A. Deese	475	495	540	1420*
B. Duncan	375	280	430	1085
242 lbs.				
C. Parker	650	405	600	1655*
D. Michels	460	355	560	1375
N. Biles	225	260	405	890
275 lbs.				
J. Haller	610\$	350	720\$	1680\$
J. Little	455	375	485	1315
Master 148 lbs.				
J. Meekins-40	365\$	280\$	515\$	1164
165 lbs.				
McClendon-43	405\$	275	435\$	1115\$
E. Fore-44	250	280\$	415	945
S. Brawley-60	350\$	230\$	365\$	945\$*
J. Moore-43	320	230	385	935
H. Nicholson-45	325	220	355	890
B. Tobin-50	300\$	200\$	320\$	820\$
L. Pease-68	150\$	140\$	250\$	540\$
181 lbs. (50-54)				
D. Pagn-43	445\$	305\$	500\$	1250\$*
M. Brady-50	370\$	270	475\$	1115\$
F. Sumner-51	250	280	330	860
198 lbs. (35-39)				
S. Hancock-37	345	300	455	1100
T. King	470\$	325\$	465\$	1260\$*
L. Hogan-45	310	270	375	955
B. Langerfeld-46	300	230	315	845*
220 lbs. (40-44)				
B. Solomon-41	415	350\$	585\$	1350\$
M. Little-41	410	345	505	1260
J. Turnage-48	420	300	530\$	1250\$
J. Roten-53	440	295\$	475\$	1210\$
Huntsinger-39	395	225	390	1010
J. Michael-56	300\$	205	375\$	890\$

just icing the cake! Jaime Reeves at 114, Dale Henries at 123 and Eric Midkiff at 132 were each alone in their divisions, but the lifters set a combined seven teen state records between them. At 148 we witnessed the return of Julius Meekins who would set 9 state and three meet records on his way to dominating the class with a 1160 total. Ben Zak's 420 deadlift would pull him from third place into second with a 955 total over a very strong young Josh Yates who would pull a teen 400 state record for a 950 total. The 165 class held twelve lifters, but Rick McClendon and Donald Donalds would pull away from the pack with matching 405 pound squats. In the end Donald Donalds' 330 bench would lead him to the top total, but Rick McClendon (who split time between lifting and coaching), still found time to sweep the masters state records and finish in second. Finishing in third was Jeff Harley. Jack Moore was in an accident last year, and it was great to see his return to the platform, and his fifth place finish. I fully expect to see talented first time lifter Ryan Wilmoth return in 2001 to total 1000+, and to see how many records 60 year old Steve Brawley can set! Travis Pardue is traditionally one of the top lifters in the state, and his state record/meet record 610 deadlift, and 1400 RAW total earned him top honors at 181. Two tough masters rounded out the class with David Pagan finishing in second setting four master state records, and Michael Brady finishing in third setting three records. Young Nate Roton used a teen state record 430 squat, to capture the 198 title... What a future this guy has. Tim King hasn't had much time to train lately, but the veteran didn't let his ego get in the way, which allowed him a 9/9 day, four state records, and second place overall. I'd bet that will see Tim at 220 next year, and pushing a 1400+ total once again. In third place was crowd favorite Lyle Hogan. The 220 class was a monster with seventeen lifters competing. Matt Griner would lead the class with a 645 squat on his way to a 1640 total, two meet records, one state record, and the best lifter award, whew! John Rogers would set the state total record on his way to a 1400 total and second overall. Taking third is this highly con-

tested class was Brian Solomon who set three masters records along the way. Corey Parker started the 242 class with the biggest squat of the day, a meet record 650, and never looked back until he won the 242 class with a meet record 1655. Dan Michaels would have a strong day totaling 1375 for second overall, but the highlight of this class may have been fifteen year old Eric Frasure who set four state records to total 1255 for third. It was great to see the return of national competitor and former state champion Jeremy Haller. Jeremy was down from his normal 319 weight class, but still found little trouble in setting three state records and three meet records including the top deadlift of the meet - 720, and top honors in the class. Two master lifters again fought for high honors, but it was Danny Thompson whose four state records and 1515 total would take second, followed by Jimmy Muller who also set four state records on his way to a terrific 1435 total at 55 years of age. In the women's class Sharon Gill would be the top 114 lifter with a 500 total, but it's hard to overlook 11 year old Kathryn Stegall who deadlifted 215 on her way to four state records and a 465 total. At 123 we had four lifters, but it was Keri Nieding who came back on a sore ankle to stay in the meet, take the top total in the class, set four teen state records, as well as the open squat and total, at the young age of 17. Finishing in second, down two weight classes from normal, was Gailanne Chavis who would set four master and one open state record. At 148 Jennifer Zak would use a strong bench to out distance the two lifters in her class. Tina Collina and April Simone were alone at 165 and 181, but both proved themselves by setting state and meet records in their respective divisions. Finally came the team competition, and for the second straight year it was won by Enterprise Workout Center - can they make it three in 2001? Thank you to Steve Brawley for coordinating the team efforts. Any lifters that have questions about AAU competitions, or lifting in general may feel free to call me (Ben Zak) at 1-252-441-4930. Until next year, TRAIN HARD, but more importantly keep it fun. (Thanks to Ben Zak for results)

**The Videotapes**



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

**1st Blackberry Barbell BP/DL**  
2 DEC 00 - Brewster, NY

BENCH		Raw Open	242 lbs.
Raw 114 lbs.	Youth (10-11)	W. Santi	560
B. Swanson, Jr.	102	Master (45-50)	242 lbs.
Raw 148 lbs.	Teen (18-19)	D. Cease, Sr.	510
D. Cease, Jr.	220	Open	242 lbs.
Raw 181 lbs.	Master (50-55)	S. Bower	465
Master (50-55)	290	BENCH/REPS	Reps.
M. DiBattista	Open 198 lbs.	B. Swanson, Jr.	- 45/40
B. Swanson, Sr.	515	Swanson, Sr.	- 200/40
Raw Open	242 lbs.	M. DiBattista	- 175/27
W. Santi	415	W. Santi	- 230/27
Master (45-50)	242 lbs.	B. Klinger	- 270/27
Open 242 lbs.	400	D. Cease, Sr.	- 240/22
S. Bower	315	D. Cease, Jr.	- 150/17
Master (40-45)	275 lbs.	S. Bower	- 240/8
B. Klinger	530	D. CORSI	- 190/41
DEADLIFT	Raw 148 lbs.	M. DiBattista	- 220/23
Master (40-45)	440	D. Cease, Sr.	- 285/20
D. Corsi	440	S. Bower	- 285/17
		D. Cease, Jr.	- 190/15
		BDYWT. DIPS/REPS	
		B. Klinger	- 275 43
		DiBattista	- 181 40
		Cease, Sr.	- 242 39
		Cease, Jr.	- 148 27



From the Blackberry Barbell BP/DL meet... (left to right) Shane Bower, Dan Cease Jr., Dan Cease Sr., and Brad Klinger. (photo courtesy Bruce Swanson)

Location: Brewster Athletic Club. Meet Directors: Bruce Swanson, David Corsi. Sponsor: Crain's Muscle World, thanks to Ricky for t-shirts, wraps, caps, etc. The 1st Annual Blackberry Barbell Bench/Deadlift Invitational had two father and son duo's lifting. Bruce A. Swanson at age 10 made his Bench Press debut in the raw youth 114 lbs. division. Bruce weighed 107 and did a strong 102 lbs. bench. He almost had 105 on a 4th attempt. Bench Pressing must run in the genes. Next time Bruce! The teenage 148 lbs. division featured Dan Cease, Jr. who benched a clean 220 lbs. without a bench shirt. In the raw 181's, master lifter and USAPL referee, Michael DiBattista benched 290. Mike also holds the USAPL New York State master 181 lbs. bench record with a 345 lbs. bench. There was some confusion on

the meet application and Mike thought that we were only going to do bench for reps. He trained for the reps only, but decided to do the regular bench meet at the last minute. Sorry about the confusion Mike. In the open 198 lbs. division Bruce Swanson did a 515 lbs. bench. In the 242 raw open div, Will Santi weighed 233 and this was his first meet. Will is a professional football player who has played for the SF 49'ers, NFL Europe and the Albany Firebirds Arena League. Will lifted raw and completed a 415 bench with a close attempt at 425. Will also smoked a super strong 560 deadlift. In the master 242 lbs. bench division Dan Cease Sr. did a 400 lbs. bench. Dan Sr. also deadlifted 510. In the open bench 242 lbs. div

ended our meet with a bang. Brad Klinger at a bodyweight of 274 did 43 reps. Brad told me he used to do between 70 & 90 dips when he was a wrestler in school. WOW! Mike DiBattista, and Dan Cease had another war in the dips with Mike finishing just ahead of Dan with 40 reps to Dan's 39 reps. Thank you to Brewster Health and Fitness owner Anthony, for the use of his gym and for supplying spotters & loaders. Ricky Dale Crain of Crain's Muscleworld for providing t-shirts, wraps, and hats for our lifters. Thanks for the help Daryl Corsi, Anthony Jr., Bruce Jr. and the guys from Kingston for help cleaning up. See you all soon at the 2nd Annual Blackberry Barbell Bench/Deadlift Wars. (thanks to Bruce Swanson for results),

practically his max. So we decided on 45 lbs. Bruce Jr. did 45 lbs. 40 times at age 10! Bruce Sr. tried to beat the 40 reps with 200 lbs. and finished with the tie. Bruce Jr. took the win on bodyweight. What a great father & son battle! Mike DiBattista did well in the event that he trained for. Mike finished with 175 lbs. for 27 reps. Ironically 27 reps was the magic number for two other lifters also. Let's not forget the sole deadlift entry David Corsi. David is a long time lifter with deadlift New York State records in the USAPL, APA, and AAFP. David managed to lift raw in the deadlift while expediting, weighing lifters in and running the meet. David did a fast, strong, 440 lbs. deadlift at a bodyweight of 145 lbs. at 42 years young. There was room for more on that lift! Dave! Dave also did 41 reps with 190 lbs. in the deadlift for reps competition. Congratulations to David for his recent 500 lbs. deadlift @ 144 lbs. bodyweight. Look to see Dave on the national platform soon! There was a close battle between Mike DiBattista and Dan Cease Sr. in the deadlift for reps with Mike edging out Dan 23 to 20 reps. The dips for reps contest



USPF Power ... left to right, USPF Region I Chairman Mike Wlosinski, Outstanding Lifter at the Beach Bench Press meet - Kyle McNiel - who set a state record with a 380 bench (he is also a member of the Hell's Angels), and USPF NYS Chair Tim Jaworowicz. (courtesy of Jaworowicz)

**USPF New York Bench Press**  
15 JUL 00 - Angola, NY

Teen 148 lbs.	242 lbs.	600
J. Dern-17	S. Sullivan	308 lbs.
181 lbs.	L. Haley	430
B. Juda-15	J. Smith-19	300 SHW
J. Smith-19	T. Mann-19	270 T. Rogers
T. Mann-19	198 lbs.	Submaster
198 lbs.	T. McNiel-16	205
T. McNiel-16	A. Kosel-15	265
A. Kosel-15	J. Weiss-15	255
J. Weiss-15	Pyszczynski-15	260*
Open 165 lbs.	K. McNiel	380
K. McNiel	S. Blask	300
S. Blask	181 lbs.	360
181 lbs.	F. Boldt	385
F. Boldt	198 lbs.	325
198 lbs.	E. Jekov	430
E. Jekov	A. Rogers	420
A. Rogers	220 lbs.	370*
220 lbs.	L. Huff, Sr.-51	370*
L. Huff, Sr.-51	T. King	315
T. King	J. Hawkins-45	485
J. Hawkins-45	P. Liszka-43	300

\*New York State Record. \$-Outstanding lifter Lightweight. #-Outstanding lifter Heavyweight. 1st Place Team Trophy: Big Push Powerlifting Club. (Thanks to Tim Jaworowicz for results)

**USPF Greater Buffalo BP**  
9 Dec 00 - Buffalo, NY (kg)

WOMEN	M (50-54)	130
75 Kgs. Open	P. Heller	100 Kgs.
P. Scanlon 65	Open	202.5
MEN 75 Kgs. Teen	J. Wohlfahrt	117.5
82.5 Kgs. Open	R. Patton	175
F. Boldt	165# Submaster	182.5
82.5 Kgs. M (55-59)	C. Cramer	165
D. Kyser	G. Gerow	147.5* M (50-54)
90 Kgs. Teen	J. Stelrecht	160
J. Smith	152.5 110 Kgs. Open	240
Junior	J. Valenti	195 S. Sullivan
90 Kgs. Submaster	W. Cruz	195.5* M (50-54)
90 Kgs. Submaster	M (40-44)	L. Huff, Sr.
W. Cruz	E. Jekov	187.5 140 Kgs. Junior
M (40-44)	195*	L. Haley
E. Jekov	195*	217.5
195*		

\*New York State Record. \$-Outstanding Lifter Lightweight. #-Outstanding Lifter Heavyweight. (Thanks to Tim Jaworowicz for results)

**Greater Minnesota Open**  
09 SEP 00 - St. Louis Park, MN

WOMEN	SQ	BP	DL	TOT
by formula	Shuttleworth-114	205	155	235
595	TI na Toso-132	180	130	230
540	MEN			
A. Beaudet-275	550	425	480	1455
Joe Cooper-181	420	135	450	1005
T. Williams-148	325	225	310	860
M. Pavola-165	250	185	365	800
Masters				
D. Rgnonti-275	585	350	620	1555
Sid Reid-181	460	290	500	1250
Gary Grahm-181	365	255	455	1075
C. Matson-165	230	175	250	655
Open				
181				
Tony Reid	460	355	565	1380

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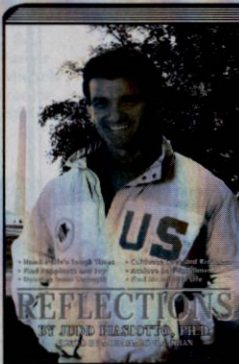
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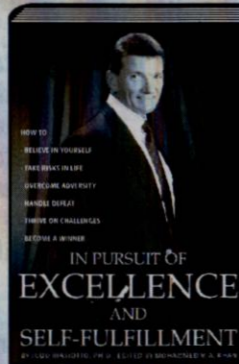
Jim Klein	465	310	500	1275	Eric MCGOWEN	430	315	460	1205
198					242				
Tim Teragawa	540	410	575	1525	Brian Hudyma	645	430	635	1710
Mark Rodacker	605	250	570	1425	Mitch Edelstein	560	430	655	1645
Steve Nelson	400	300	450	1150	275				
220					Brad Madvig	700	460	700	1860
Steve Gavin	580	325	585	1490	Antonio Holley	550	415	580	1545
Keith Belisle	565	400	520	1485	Steve Born	555	375	585	1515
Sean Timonen	560	340	550	1450	(Thanks to Meet Director Jim Cahill for providing these results to POWERLIFTING USA).				
Keith Hare	450	440	405	1295					

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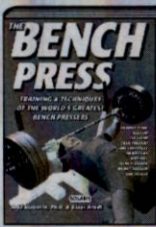
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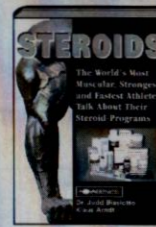
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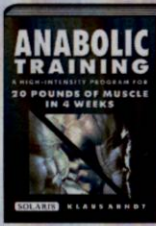
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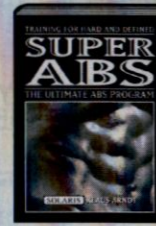
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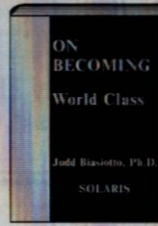
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**"Show Me State" BP**  
17 DEC 00 - Independence, MO

BENCH	
Teens	
A. Rayburn	355
N. Gentges	265
B. Sadler	195
WOMEN	
M. Baker	200
J. Crosby	125
N. Lorenzo	90
MEN 132-192 lbs.	
B. Stevens	340
D. Collins	335
M. Brennan	350
A. Boehm 295	
MEN Open	
S. Venable	440
B. Holmes	430
M. Carpenter	430
Open 193-242 lbs.	
D. Holmberg	475
M. Gangi	425
S. McGill	425
Masters	
193-242 lbs.	
M. Anderson	350
C. Johnson	315
C. Evans	320

Our (Keith Parrish & Jim King) first bench press competition went very good. We had some very strong people in our meet. The overall strongest competitor received \$100.00. Dan Holmberg with a very easy 475 pound bench press, was the overall pound for pound strongest. Michelle Baker was the Women's champion. Michelle benched pressed 200 pounds and was very impressive, being this was her first competition. Julie "the body" Crosby coming off a back injury took 2nd place with a 125 pound bench press. Aaron Rayburn who competed in the teens division was very impressive with his 355 pound bench press and winning the teens division. In the Mens Open division Matt Gangi who competed with no bench shirt was very impressive with his 425 (Raw) bench press. Local favorite Masters lifter Mike Anderson took the 1st place honors with his 350 pound bench press. In the 243 pound to super heavyweight Open class Stewart Venable benched pressed 440 pounds and taking 1st in his division. (The results sent in by Jim King).

**USAPL Heavy Metal Classic**  
12 MAY 00 - Rockaway, NJ

WOMEN				
SQ	BP	DL	TOT	
D. Vincent	127	82	150	360
L. Hirschberg	100	65	110	275
E. Keplar	65	50	95	210
MEN				
Raw				



**SHOW ME THE CHAMPS ...** at the inaugural Show Me State Bench Press competition, promoters Keith Parrish (left) and Jim King (right) rewarded top lifters Dan Holmberg and Michelle Baker. (J. Parrish)

A. Della Rovere	145	145	177	467
J. Wolff	107	87	165	360
Teen				
T. Roesler	205	170	230	605
M. Imbriaco	140	87	140	367
Juniors				
M. Volpe	227	152	237	617
S. Imbriaco	182	112	205	500
Submasters				
J. Beckos	210	110	220	540
Masters				
M. Schettino	165	137	207	530
R. Cassidy	157	135	210	507
M. Winnicki	105	120	165	390
P. Ippolito				

E. Saplenza				
Lifetimes				
R. Brunk	245	187	242	675
P. Keplar	250	170	250	670
J. Backos	210	110	220	540
Open				
J. Golba	175	145	157	477
165				
J. Dalessio	215	160	242	617
M. Cagliola	237	157	212	607
Guest				
J. Benemerito	245	185	237	667
181				
J. Poggioli	165	130	220	515
J. Jenkins	102	145	200	447
198				
E. Grosbeck	245	157	250	652
J. Daily	240	147	255	642
220				
R. Brunk	245	187	242	675
D. Wright	198	160	240	595
B. Lambousis	195			
242				
J. Hirsch	280	200	275	755
J. Roainski	282	167	277	727
S. O'Bryant	280	162	260	702
275				
M. Clark	320	225	277	822
D. Rogers	305	182	320	807
J. Ryan	257	190	240	687
F. Vogel	67	127	160	355

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earlier, Raymond Brunk lifted well and won the 220s. Joe Hirsch won the 242 with a big bench being the key to his win. The 275s had 5 competitors, Matt Clark won and lifted well. Deron Rogers testing his condition took second and pulled a big deadlift. John Ryan showed improvement and looked well prepared. Thanks to all who contributed to make this meet a success. Judges Charles Schroeder, Craig Safran, Ron Falcone, Jules Pellegrino, and Anthony Rivaino (when not doing his Nationals practical). Table: John Corsello, John Dalessio, Donna, Geno, Dave Abramson, and Kenny Davis. All round help Rick, Fran, Joe DeMatto, Robert, Manual, and Craig. Also as always thanks again to Joe Morreale and Family. Bill Clayton (Thanks to USAPL for providing the results of this contest to Powerlifting USA).

**3rd Southern States BP & DL**  
25 NOV 00 - Brownsville, TX

MEN			
Teen			
114			
G. Jackson	120	350	470
V. Villarreal	110	135	255
181			
S. Ramons (OL)	285	405	690
I. Chavez	225	440	665
G. Pedraza	290		290
198			
J. Rodriguez	230		
Novice			
165			
M. Mosley	265	405	670
C. Garcia	175	295	470
181			
S. Romans	285	405	690
I. Chavez	275	440	665
198			
B. Chornopnski (OL)	285	460	745
R. Cavazos	235	485	720
D. Sepulveda	370		370
220			
J. Reyna (OL)	325	500	825
R. Cortez	340	375	715
N. Hernandez	290	385	675
242			
R. Garcia	375	425	780
I. Ortiz	235		235
Open			
P. Ramirez	375*	380	745
F. Ramirez	250	475	725
181			
E. Garcia	250	440	690
198			
J. Mendoza (OL)	310	575	925
D. Sepulveda	370		370
220			
J. Guerra	405	425	830
J. Reyna	325	500	825
242			
S. Lambaria	410	470	880
R. Garcia (OL)	375	425	800
SHW			
F. Lopez	520	640	1160*
Submaster			
165			
P. Ramirez	375*	380	745*
F. Ramirez	250	475	725
C. Garcia	175	295	470
181			
E. Garcia	250	475	690
Masters			
165			
M. Mosley	265*	405*	670*
198			
R. Contreras	325	440	765
220			
R. Garcia (OL)	345	625*	995*
275			
R. Jackson	390	400	790*
WOMEN			
Submasters			
148			
J. Jackson	75*	210*	285*
Novice			
165			
B. Valdez (OL)	135*	225	360*
198			
G. Mendoza	70	200	270
Law Enforcement Male			
242			
S. Lambaria	410*	470	875*

The third Pro Fitness Heavy Metal Classic was held on May 13, 2000 at Pro Fitness Center, Rt. 46, Rockaway, NJ. Approximately 35 lifters competed in this year's event. All divisions except for the men's open classes competed by formula. The women's division had 3 capable competitors, Donna Vincent, who qualified for lifetimes, won the division and attempted to break the American Master BP Record for her class. I'm sure next time she'll pause the weight long enough to get the record. Lauren Hirschberg took second place, continues to be very focused and is fun to watch lift. Erik Keplar finished third and lifted well. The Raw Division was won by Anthony Della Rovere and second went to Jack Wolff who set four state records for his age bracket. The teens, juniors, submasters and masters all lifted well with Travis Roesler, Michael Volpe, John Backos, and Michael Schettino prevailing by formula. The lifetime division was won by Raymond Brunk, who took the open 220s, over Phil Keplar and John Backos. Phil did exceptionally well considering he used very little gear to compete. The open division has 19 lifters compete. James Golba won the 148 lb., but looked a little off perhaps dieting too much. John Dalessio and Mike Cagliola battled at 165 with John winning out based on his deadlift. James Benemerito guest lifted and qualified for open nationals at 165 lb. 181 was won by James Poggioli. 198 open was won by Eric Grosbeck who also qualified for lifetime. As mentioned

\* denotes a new meet record. Next Meet: July 2001 Border Classic Bench Press. (Thanks to Meet Director Tito Mata of Tito's Gym in Brownsville for providing us with these results),



**George Lealifano celebrates after his 540 bench at the World's Gym Winter Meet.** (John Sanders).

**World's Gym Winter Push/Pull**  
28 Jan 01 - Mishawaka, IN

BENCH	
Teen	
B. DeGroff-165	205
N. Snyder-220	355
Youth (12-13)	
W. Fowler-148	250
Novice	
Minichiello-165	285
J. McGowen-181300	N. Snyder-220 500
A. Klahr	280
B. Cooke-198	250
J. Kenton-220	365
D. Brown	265
A. Wood-242	300
Master 40+	
D. Horn-198	300
J. Dylewski	275
H. LaMaster-242	400
Master 50+	
Schweizer-181	290
D. Hardy-198	340
G. Fay-220	305
Washington-242	330
Open	
P. DeGroff-181	325
S. Schweizer	290
F. Stokes-198	325
Williamson-220	475*
M. Samson	365

\*All Time overall Elkhart bench press record. The first meet at the World Gym in Mishawaka was quite successful. Long a top drawing gym for bodybuilders, it proved to be a magnet for powerlifters as well, with 43 registered entries for a first contest; despite the fact that it was Super Bowl Sunday, with very few out-of-State lifters as a result. Even more impressive, the meet pulled in 90 very supportive spectators,



**Terry Mansfield benched 520 lbs. at the World's Gym Winter Push/Pull meet** (Photo by John Sanders).



**Rob Williamson's Elkhart City record of 455 at the World's Gym Winter Push Pull.** (Photo by John Sanders; provided by Jon Smoker).

which in turn helped fire up some impressive lifts. Leading off the hit parade was Rob Williamson, who had the day of his life, breaking the all-time, overall bench press record for Elkhart twice with 455 and 475. A legendary gym lifter, too many times he has been in great shape 3 weeks out from a contest, only to crash and burn in the meantime. He peaked differently this time, doing more with less and it obviously paid off. Still not satisfied though, he was disappointed with his miss at 490; but that will come now that he's on the right track. And because he lifted in the 220's, his lift will probably hold up for his first appearance on the top 100. And on a personal note, I have to admit that I got a special kick out of his performance since I first worked with Rob over 20 years ago when I was the strength coach for his high school football team. Getting a top 50 to 60 lift was George Lealifano. Although in the past he has tried to get away with slightly bounced lifts, his 540 was strong and true, as lifting in his own gym proved to be very agreeable with him. Also getting a lift that will rank about as high as George's was Terry Mansfield who made a good 520 as a light 242. Rounding out the highlights of the bench was Dave Hardy, fresh off a USAPL State Record in the 50+, getting a nice 340 at 198; and in the same age division at 220, Greg Fay, who got a pr 305. Equally impressive in the 50 and over, was Mike Wider who got 420 in the deadlift as a light 148. And in the Master 40+ Brad Rhodes had a good 515. At the other end of the spectrum was impressive teenager Noah Webster who got a 1/4 ton pull to go with his 355 bench at 220. The best overall deadlift belonged to long time class act, Tom Kollars, who got a personal best of 585. So it's on to

600. And making a triple bodyweight plus lift was Rob Butler, who topped a 4 man field in the 181's with a 565. Special thanks to Rich Salvagni, Brendan Yoder, Mike Wider, Dave Hardy, Jon G. Smoker, George Lealifano, the entire crew who did such a magnificent job setting up the venue, and Mr. and Mrs. Jeff Butler. Jeff, by the way, was so pleased with the turnout that he committed to another 3 meets this year, and that's good news for powerlifters in the area. (Thanks to Jon Smoker for results)

**2001 Winter Blues**  
15 JAN 01 - Wyoming, MI

BENCH				
Master 50+				
G. Fay-220	300			
F. Stokes-198	330			
Washington-275 335				
DEADLIFT				
D. Horn-195	320			
J. Wagner-220	505			
Powerlifting				
SQ	BP	DL	TOT	
R. Salvagni-181	650	430	600	1680
J. Wagner-220	500			
Iron Man master 50+				
J. Smoker-181	280	480	760	

Special thanks to Mike Miller, Brandon Miller and Lynne Boshoven. Rich Salvagni was sort of kicking himself after this meet for not making weight. Over a week out, he said he was weighing 176, so I agreed that making weight wasn't necessary for a small meet; but then he weighed in at 170 after eating breakfast, so the morning of the meet he was probably about 168. Thus the 3 personal bests he made would have moved him up a little bit more in the middleweight rankings. He started things off with a good, deep, easy 650 squat, so when he and Lynne Boshoven both said 700, who was I to argue with them? But as the Monolift was

released he came up on his toes and packed it in, saving the big lift for another more important day. His second pr came on the deadlift, where he nailed the 600 I always knew he was capable of. Now he needs to push it higher in his quest for the top. Unfortunately his 450 bench got hung up on the slightest of overhang on the rack on the bench itself, which proved to be costly as it was what we had figured out before hand, would be necessary for his first 1700 total. As it was he still came away with a pr 1680. Now I know there are promoters who would look the other way, particularly at a small meet, at the fact that he was only 3 pounds overweight, but I have never played the game that way, because it isn't fair to the other lifters on the rankings. The 4 lifters from the Lansing Oak Park Y had a great day: collectively, George Washington, Greg Fay, Daryl Horn and Fred Stokes went 11 for 12 (I won't mention who spoiled their perfect record) with Stokes getting a pr of 330. And finally Jon Smoker, competing in the iron man, made it an official 30th year of lifting in competition. He had fairly close misses with a raw 300 in the bench and a 530 deadlift, but he was stuck with his 2nd attempts because this was weightlifting, not horse shoes. (Thanks to Jon Smoker for providing these results to PL USA).

**Christmas Bench**  
16 Dec 00 - Stanardsville, VA

148 lbs. (40-49)	
S. Welch	470
F. Lupis	340
J. Jones	420
165 lbs. (35-39)	
B. Watts	265
J. DiPaula	285
(40-49)	
D. Stanley	270
C. Palmer	440
242 lbs. Open	
A. McGlamery	340
D. Runyon 430	
J. Eckman	270
275 lbs. Open	
(13-19)	D. Pullen 400
(35-39)	
R. Goodrick	385
Supers (50-59)	
G. Ferrell	400
220 lbs. Open	
J. Von Rohr	385

**Mid Virginia BP**  
27 JAN 01 - Stanardsville, VA

BENCH	
242 lbs.	
198 lbs.	(20-23)
K. Kenyon	500
Open	
J. Parker	315
(40-49)	
K. Pighini	550
275 lbs.	
J. O'Loughlin	380
Open	
220 lbs.	A. Hicks 600
Open	
D. Lewellyn	430
Supers	
R. Cash	410
(35-39)	
J. Crowder	500
Open	
R. Cash	410
(40-49)	
D. Benson	405
J. Graube 550	

(Thanks to John Shifflett for providing results)

**International Powerlifting Association**  
"Lifting for Lifters"

Application for Registration

Last Name	First	Initial	New	Renewal
Street Address		City		
State or Province		Zip Code	Country	
Telephone	Date of Birth	Age	Sex	Pro _____ Am _____ Elite Am _____

Sign if above answers are correct. Parents sign if under 18 years. Date \_\_\_\_\_

Registration Fee: Adult \$25 ~ High School and Special Olympics \$15  
Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

**2000 Minnesota State BP & DL**  
03 JUN 00 - Elk River, MN

WOMEN	C. Holleman	395
Teen 15 & Under	C. Nelson	340
123		
T. Toso	120	470
Teen 16-17	M. DeJulianne	405
148	J. Nelson	345
T. Erickson	100	308
Open	K. Weispfenning	525
148	SHW	
M. Weispfenning	J. Buccek	470
145	B. Oldham	435
MEN	K. Sartin	
Teen 15 & Under	DEADLIFT	
275	WOMEN	
N. Kuvaas	240	Teen 15 & Under
J. McDonough	235	123
Teen 16-17	T. Toso	225
181	Teen 16-17	
E. Ostrom	245	148
J. Galvan	200	T. Erickson
Teen 18-19	210	210
181	MEN	
J. Axness	230	Teen 15 & Under
275	275	275
J. Galvan	380	N. Kuvaas
Master 40-49	165	Teen 16-17
165	J. Herbst	315
P. Baer	330	181
198	E. Ostrom	430
D. Lux	310	J. Galvan
S. Magnuson	340	Teen 18-19
220	181	
R. O'Mara	365	J. Axness
S. Nelson	325	355
G. Edwards	315	J. Galvan
Masters 50-59	485	Master 40-49
198	220	
D. Hawkinson	350	R. O'Mara
220	530	
T. Haggenmiller	320	S. Nelson
G. Soifakis	320	525
W. Croteau	310	D. Hawkinson
275	450	220
R. Schubert	380	T. Haggenmiller
308	455	308
J. Simon	405	J. Simon
Open	500	Open
165	198	
R. Rhan	320	M. Sorenson
198	625	D. Malkerson
M. Sorenson	325	430
D. Malkerson	280	B. Oldham
220	715	
T. Odell	435	J. Buccek

The Gym in Elk River, Minnesota hosted the Minnesota Powerlifting Federations 2000 State BP/DL Championships. The meet drew the largest crowd seen in some time. A special thanks to Dave and Brenda Harrison, Troy Howell (Gym Owners), Jerry and Brenda Gnerre (Meet Director & M.C.), Doug Moore, Dennis Green and Jerry Jones (judges). Everyone worked real hard to make this meet such a success. The top male/female bench presser were a husband/wife couple from Oakdale; Misty & Kregg Weispfenning. Other bench press standouts were Paul Baer (master lifter) who benched his body weight, Rick O'Mara and Matt Markwood who went 3 for 3 and won their divisions in their first meet. Top deadlifters were Tina Toso and Brian Oldham. The most exciting competition was in the 220 masters 40-49 division... Steve Nelson, an accomplished lifter who came out of retirement after more than ten years, went against first timer Rick O'Mara. Rick the heavier of the two, took each attempt five pounds heavier than Steve. They both were 3 for 3, but both of their third attempts looked easier than their openers! We look forward to seeing them go head-to-head next year. Another outstanding dead-lifter was sixteen year old Eric Ostrom. This was his first meet. He pulled an easy third attempt (430 lbs.). Not bad for a kid who entered his first meet and trains at home. Thanks again to "THE GYM IN ELK RIVER" for the outstanding lifting conditions. See you next year!! Special thanks to our guest: 600 pound bench presser... John Kaczor! (Thanks to Jerry Gnerre for providing these meet results to Powerlifting USA).

**"100% Raw" Worlds**  
6-10 DEC 00 - Washington, D.C.

WOMEN	SQ	BP	DL	TOT
66 lbs. (10-11)				
O. Childers	95*	50*	125*	270*
105 lbs. (14-15)				
K. McKenzie	180*	85*	245*	510*
Y. Ward	105	65	170	345

(30-34)	115*	80*	180*	375*
S. Aybar	115*	80*	180*	375*
114 lbs. (14-15)				
R. Taylor	140*	65	155	360
242				
P. Williams	135*	80*	200*	415*
123 lbs. (14-15)				
R. Childers	145	90	190	425
(16-17)				
S. Lhota	165*	115*	205	490*
C. Ward	130	70	205	405
132 lbs. (14-15)				
K. Denison	100	70	175	345
S. Fatemi	100	55	165	320
(16-17)				
E. Green	210*	140	275	615
S. Gilberg	130	75	190	385
148 lbs. (16-17)				
R. Hawkins	215*	120*	315*	650*
L. Syphax	150	70	245	465
N. Levinson	160	70	195	425
N. Griffith	140	80	200	420
L. Sehovc	110	45	150	305
165 lbs. (14-15)				
M. Yancor	115	70	165	350
L. Taylor	105	65	160	330
(16-17)				
K. Miller	260*	125*	300*	685*
K. Cox	180	80	255	515

181 lbs. (16-17)	210	100	295	605*
K. Whitaker	210	100	295	605*
4th				
R. Kraft	195	90	250	535
198 lbs. (14-15)				
R. Goitom	135	85	200	420
198+ lbs. (16-17)				
Pole-Summers	400*	275*	365*	1040*
(50-54)				
T. Taylor	130*	95*	200*	425*
MEN				
88 lbs. (8-9)				
Y. Tshontikidis	125*	65*	190*	380*
97 lbs. (8-9)				
J. Reeves	100*	55*	135*	290*
114 lbs. (12-13)				
K. Houlroyd	185	125	260	570
123 lbs. (12-13)				
M. Welchek	240*	140*	245*	625*
(16-17)				
T. Lyons	190	145*	315	650
N. Tran	155	115	225	495
132 lbs. (14-15)				
J. Balduf	205	165	315	685
(16-17)				
B. Murro	255	180	355*	890*
J. Cisneros	175	125	285	575
(18-19)				
R. Morales	230*	200*	255	685*
4th				
148 lbs. (12-13)				
J. Pacifico	255*	140	300	595
(14-15)				
D. Sylvester	260	205*	405	870
4th				
G. Childers	255	205	350	810
L. Green	230	155	300	685
C. Ward	150	105	225	480
(16-17)				
A. Brennan	320	205	420	945*
J. Boyd	325	200	415	940
4th				
D. Moore	345	275	305	925
4th				
W. Hawkins	225	155	325	700
A. Miller	215	100	270	585
(20-24)				
C. Carnight	355*	310*	435	1100
K. Toth	150	130	265	545
(35-39)				
C. Simeone	395*	285*	460	1160*
V. Aybar	365	250*	485*	1100
(60-64)				
H. Dudley	225*	45*	275*	545
165 lbs. (14-15)				
C. Balance	300	190	365	855
(16-17)				
J. Billings	360	275*	510*	1145



Lance Bravard at the "100% Raw" Meet in the submaster 165 class lifting 510 lbs. for a World Record. (Photo courtesy Lance Bravard).

M. Johnson	315	170	370	855
N. Brewster	290	155	340	785
G. Ferreyros	235	145	335	715
H. Cermeno	230	165	300	695
D. Thau	180	140	300	620
(18-19)				
Y. Konan	430*	270	510	1210*
4th				
(20-24)				
C. McGrail	400*	230	460	1115*
4th				
(25-29)				
R. Harris	300	225*	475*	1000*
K. Ting	315*	205	405	925
(30-34)				
J. Audia	390	345	540	1275
(35-39)				
L. Bravard	325	255	500	1080*
4th				
(40-44)				
J. Polak	450*	335*	525*	1310*
181 lbs. (14-15)				
S. Lee	190	130	255	475
(16-17)				
T. Schmidt	330	185	410	825
T. Toney	225	205	340	770
K. Vivas	185	155	270	610
(25-29)				
M. Martin	350	315*	405*	1060*
(30-34)				
D. Bellantoni	465	350*	610*	1425*
M. Palladino	—	340!	—	—
(35-39)				
S. Ogelthorpe	325*	175	405	905
(40-44)				
S. Tshontikidis	430*	290*	505	1225
(50-54)				
F. Sumner	250*	280*	335	865*
4th				
(55-59)				
D. Junkins	300	230*	360	890
198 lbs. (14-15)				
S. Payne	300	285*	375	960
(16-17)				
D. Schmitz	365	320	450	1145
4th				
E. Foster	250	170	370	790
(18-19)				
J. Boyles	235	150	305	690
B. Robinson	285*	185*	320*	790*
(20-24)				
J. Cowan	465	370*	580	1415*
M. Oberholzer	400	290	500	1190
S. Stewart	305	225	385	915
(30-34)				
B. Shaffer	290*	300*	450*	1040*
(30-34)				
S. Boylan	490	280	530	1300

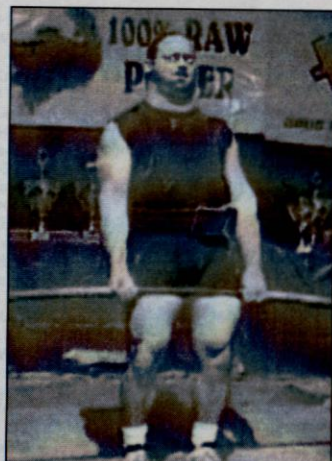


Yanni Tshontikidis lifting a 125 lb. squat at the "100% Raw" World Championships. (by Kelly Sports).

M. Barcelone	460	335	500	1295
4th				
(35-39)				
J. Sigler	460*	340*	530	1330
B. Nupieri	425	310	525	1260
(40-44)				
S. Horwitz	450*	315*	580*	1325*
(50-54)				
B. Lindsey	425*	325	435	1185
4th				
(70-74)				
D. Ginenthal	325*	220*	430*	975*
220 lbs. (14-15)				
J. Pierce	300	300*	500	1100
(16-17)				
M. Walker	500*	355*	595*	1450*
J. Dodson	340	185	470	970
(18-19)				
B. Miller	470*	320	585	1375*
4th				
N. Daliessio	450	335*	580	1365
(20-24)				
R. Crist	350	300	500	1150
(25-29)				
D. Lawrence	500*	235	525*	1260*
B. Daliessio	385	300*	515	1200
(30-34)				
J. Deigan	590*	395	640*	1625*
L. Loganbill	530	335	540	1405
(35-39)				
B. Wrabley	—	275	600	—
(45-49)				
M. Schmidt	570*	300	550*	1420*
D. Lhota	405	360*	385	1150
242 lbs. (16-17)				
F. DeFeo	370	270*	505*	1145*
G. Gremi	380	250	425	1055
C. Starks	230	195	360	785
(30-34)				
C. Miller	525*	375*	600*	1500*
D. Stewart	365	320	450	1135
M. Gray	290	315	400	1005
(35-39)				
W. Wigmore	525*	385*	625*	1535*
W. McDonald	—	385	530	—
(40-44)				
J. Leach	—	445	—	—
4th				
G. Bartholomew	—	—	650	—
(45-49)				
B. Strauss	530*	315*	515*	1360*
(55-59)				
C. Summers	—	285		

L. Isenberg 455\* 275\* 455\* 1185\*  
 \*3-lift world record. 1- Single-lift world record.  
 WOMEN: Best KIDSTRONG: Olivia Childers.  
 Best Teenage: Robin Hawkins. Best Female  
 Overall: Krystle McKenzie. Best Master: Toni  
 Taylor. MEN: Best KIDSTRONG: Yanni Tshontikidis.  
 Best Teenage: Yao Konan. Best Male  
 Senior: Dean Bellantoni. Best Master, 40-55:  
 John Polak Best Master, 55-up: David Ginenthal.  
 Location: Woodrow Wilson Senior High School.  
 TO GOD BETHE GLORY! Without a doubt, the  
 "100% RAW" World Championships was a  
 God-driven success! The four-day event saw  
 lifters representing 14 countries, a multitude  
 of world records being set and/or broken, the  
 first female teenage athlete to total 1,000  
 pounds in a raw meet (Shannon Pole-Summers  
 of "God's Squad" from Easley, SC), the first 700  
 pound deadlift without a belt (Gregg Stott of  
 "Warriors in Christ" from Sanford, NC), and  
 the year's largest "100% RAW" total at 1830  
 pounds (Ben Cangelosi of "Tayoun's Power  
 Team" from Philadelphia, PA). It was, in a  
 word, AWESOME! As we close the 2000 season,  
 I would like to thank those who made the  
 year's final contest such an overwhelming suc-  
 cess: To Graham Bartholomew - you are the  
 greatest, my friend! Graham is a "100% RAW"  
 platform mainstay, offering our lifters not only

of your help on Thursday! As a result of wrest-  
 ling schedules and school conflicts, Paul had  
 to bring his entire team up Wednesday night  
 and leave as soon as lifting was over on Thurs-  
 day. Nonetheless, Paul announced Thursday's  
 lifting, Dave officiated, and Tom and "Big" Tim  
 helped out on the platform. It is so refreshing  
 to see parents not only involved in their  
 children's athletic endeavors, but also becom-  
 ing actively involved as officials and platform  
 managers. Which brings us to a group of new  
 faces who unselfishly played a significant role  
 in the meet's success. First, a lifter whose name  
 all will recognize - Larry Pacifico. Larry brought  
 his son Jimmie and two other lifters to the  
 contest (thanks to Mike Lambert for the refer-  
 ral!). In addition to coaching his three athletes,  
 Larry worked with several other lifters, helping  
 them on their depth in the squat and encourag-  
 ing them on the platform. What an outstand-  
 ing example Larry set for our younger lifters -  
 thank you! Another father and son team at the  
 Worlds was Mark (dad) and Tony (son) Schmidt  
 of Ravenna, Ohio. Mark worked as platform  
 manager while Tony lifted, and Tony worked  
 on the platform when Mark lifted. Both en-  
 couraged and supported each other and the  
 athletes during their respective lifts, and com-  
 peted extremely well themselves (Tony won



Ben Cangelosi deadlifted 670 lbs.  
 at the "100% Raw" World Meet  
 (Photo provided by Kelly Sports).

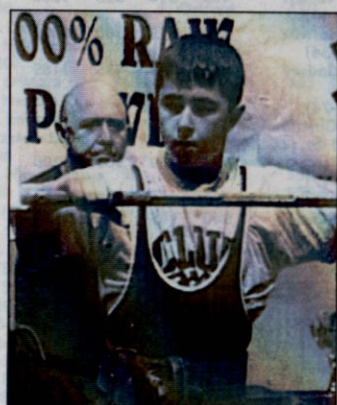
the 16-17, 181s and Mark set four World  
 Records to win the 45-49, 220s). A third father  
 and son team from Ohio - Walter (dad) and  
 Mike (son) Welch - also deserve recogni-  
 tion. Walter was the platform manager for  
 Thursday's lifting while Mike competed. Thanks  
 to Walter, and congratulations to Mike for his  
 win in the 123s that included four World  
 Records! It was great working with all of these  
 lifters, and I thank each of you for all you did!  
 To Peter Giondi and the members of The  
 Missing Link - how honored we are to have you  
 with us! Peter, Chris Simeone, John Audia,  
 David Ginenthal, Jeff Deigan, Dean Bellantoni  
 and John Sigler all helped out officiating and  
 loading. In addition, each competed, won their  
 class, and broke numerous World Records.  
 Our federation is truly blessed to have The  
 Missing Link serve on our Board, affording our  
 Senior and Master lifters an experienced voice  
 when decisions are made. Thank you all so  
 much for working with us and continuing to  
 serve as outstanding role models for our  
 younger athletes! To Doc Junkins and the guys  
 from Southpoint Fitness - congratulations on  
 another great weekend of lifting. It was a  
 pleasure meeting all the new lifters, and seeing  
 all the "veterans." Thanks to Doc and Henry  
 Dudley for officiating, and to Doc for the

venison. Graham and I ate all of it before the  
 lifting was over on Saturday! To Baptist Nupieri  
 and the crew from Tayoun's Power Team -  
 welcome to "100% RAW" and God Bless you!  
 Not only were the lifters from Tayoun's awe-  
 some on the platform (many lifters won their  
 class and broke World Records), they encourag-  
 ed each other and all the lifters throughout  
 the weekend. Baptist, thank you for the Christ-  
 mas card and words of encouragement! To the  
 team - I'm glad you enjoyed the contest and  
 look forward to lifting with you again! To all of  
 our members - thanks for your continued sup-  
 port! And to all of our new members - wel-  
 come, thank you, and we sure hope to see you  
 again! Great lifting by Olivia Childers (Best  
 KIDSTRONG Female Lifter), Dean Bellantoni  
 (Best Senior Male Lifter), John Polak (Best  
 Master Lifter, 40-55), and Dave Ginenthal (Best  
 Master Lifter, 55-up). Thank you all so much  
 for supporting our ministry! Thanks to Jerry  
 Shockley of Virginia Polygraph for drug test-  
 ing. Jerry is the official polygraph examiner of  
 "100% RAW," and it has been great working  
 with him over the years. Only the top lifters  
 were tested at the 2000 Worlds, and all were  
 found to be "100% DRUG FREE!" Thanks to Al,  
 Brenda, and Jay Siegel of Siegel Engraving  
 Company for the Best Lifter and Team awards.

The Siegel's have been supporting meet direc-  
 tors and lifters for many years, and I'd like to  
 take another opportunity to thank them for all  
 they do for our great sport. Happy Hanukkah,  
 Happy New Year, and God Bless! And those  
 from Wilson: Thanks to Dr. Stephen Tarason,  
 Principal of Wilson Senior High, for his ongoin-  
 g support of our club and the opportunity to  
 host the Worlds at Wilson. Thanks to Mr.  
 Morgan, MT. Lofty, and the crew at Wilson for  
 all of your help and support - the shirts are  
 ordered! Thanks to Dr. John Cornelius and the  
 Wilson Concert Choir for performing at the  
 Worlds - great job! Thanks to all the teachers  
 and students who came and supported the  
 team - thanks! And to the members of Wilson  
 Powerlifting: Congratulations and thank you  
 for an outstanding year! To Yanni Tshontikidis  
 (Best KIDSTRONG Lifter), Yao, Konan (Best  
 Male Teenage Lifter), Robin Hawkins (Best  
 Female Teenage Lifter), Krystle McKenzie (Best  
 Overall Female Lifter), and Toni Taylor (Best  
 Female Master Lifter) - well done! And a special  
 congratulations to Wilson lifter Robin  
 Hawkins who accepted Jesus Christ as her Lord  
 and Savior on Saturday, November 11, 2000.  
 You go girl! And to my wife Caryn, I love you!  
 God Bless, Spero. (Thanks to Spero Tshontiki-  
 dis for providing these meet results to PL USA).



Best Lifters at the NASA Kentucky Regional: (l-r) J.T. Hall, Clint Poore,  
 Joe Barry Barnes, Sylvia Hunter, Louis Schell. (Photo: Greg Van Hoose).



At the "100% Raw" Meet, Larry  
 Pacifico spots his son Jimmie.  
 (Photo provided by Kelly Sports).

quality spotting, but genuine support and encour-  
 agement. Graham is one of powerlifting's unsung  
 heroes, a man who gives back so much more  
 than he can possibly take. Thank you so  
 much for a great year, and I look forward to  
 many more (as long as it's fun!). To Alan and  
 Teresa Kelly of Kelly's Sports - how blessed we  
 are to have you as friends! Alan and Teresa not  
 only provide videos, posters, shirts, calendars,  
 etc. to all of our members but, more impor-  
 tantly, are the spiritual foundation of our fed-  
 eration. Alan and I are always praying to-  
 gether, and our success is a true indication that  
 the Good Lord is listening. Thank you both for  
 your friendship and support! To Ben Bonnas,  
 Mike Sansalone, and Wardell Sewell - what an  
 extraordinary job each of you did on the plat-  
 form! Spotting and loading is by far the sport's  
 most strenuous task, and I truly appreciate the  
 willingness of each of these men who gave  
 their time and energy to make the 2000 Worlds  
 a great meet. To Dave Lhota, Sabrina Lhota,  
 and Raquel Childers of the Thunderbird  
 Powerlifting Team - what a blessing it is to have you  
 on board! Dave served as Head Official on  
 Saturday, judged the entire weekend, coached five  
 teenage athletes, and competed himself.  
 Sabrina and Raquel announced and scored on  
 Friday, Saturday, and Sunday, and competed  
 as well. Dave will be hosting the 2001 "100%  
 RAW" Bench Press Nationals on March 30-  
 April 1, and we wish him all the best! To Carl  
 Summers, Shannon Pole-Summers, and Shane  
 Yates - we are so thankful that God answered  
 your prayers! After working and competing on  
 Thursday and Friday, the trio from "God's  
 Squad" had to leave unexpectedly because  
 Shane's grandmother was hospitalized. Prayers  
 were answered shortly thereafter, and Shane's  
 grandmother is doing much better - praise  
 God! We love you, and our thoughts and  
 prayers are with you! To Paul Bossi, Dave  
 Baldur, "Big" Tim Lyons, and Tom Houlirod of  
 Elizabeth City Elite - thank you so much for all

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NASA Kentucky (kg)  
 23 SEP 00 - Lexington, KY

CURL	127 lbs. C-M1	K. Samples	105
A. McCuley	25	K. Samples	105
170 lbs. C-M3	Pure		
K. Samples	50	J. Hall	200
205 lbs. C-PN	Int.		
B. Bond	67.5	J. Hall	200
J. Hall	80	SM2	
C-Int.	P. Pearcy	132.5	
J. Hall	80	Jr.	
BENCH	D. Anderson	185	
250 lbs.	J. Barnes		
B-SM2	SM2		
S. Kanatzer	185	S. Sullivan	195
119 lbs. SM1	Nat		
A. Kulmer	55	S. Sullivan	195
154 lbs. Jr.	SM2		
L. Meighan	125	W. Jones	170
M2	Int.		
S. Tharp	130	C. Poore	215
170 lbs. PN	PN		
C. McIntyre	176	K. Conrad	200
T. Higgins	115	Pure	
SM1	S. Dungan	190	
C. McIntyre	176	M2	
Nat	J. McKenzie	167.5	
C. McIntyre	176	PN	
M3	O. Duncan	182.5	
138 lbs.	SQ	BP	DL
Jr.			TOT
B. Hamon	100	90	140
Teen			330
J. Bryant	90	87.5	150
154 lbs. M2			327.5
S. Tharp	172.5	130	212.5
Pure			515
R. Criffield	100	102.5	112.5
Nat			315
R. Criffield	100	102.5	112.5
PN			315
R. Criffield	100	102.5	112.5
Int.			315
R. Criffield	100	102.5	112.5
HSP			390
W. King	70	75	120
170 lbs. Int.			265
J. Lucas	172.5	125	150
PN			447.5
J. Lucas	172.5	125	50
187 lbs.			447.5
A. Cress	155	122.5	175
P. Williams	142.5	97.5	185
Int.			425
A. Cress	155	122.5	175
P. Williams	142.5	97.5	185
205 lbs. Int.			425
C. Phillips	205	145	122.5
SM2			577.5
P. Pearcy	185	132.5	207.5
LE			525
P. Pearcy	185	132.5	207.5
LE			525
R. Sapcut	205	137.5	147.5
M3			490
L. Schell	195	133.5	177.5
SM1			506
C. Shofner	195	145	0
			540



R. Sapcut Jr.	205	137.5	147.5	490
N. Knopp	85	107.5	135	327.5
227 lbs. Jr.	272.5	175	245	692.5
J. Barnes	180	122.5	195	497.5
J. Gaddis SM1	285	125	272.5	682.5
T. Reed SM2	215	170	205	590
W. Jones HSP	110	95	137.5	342.5
F. Beegle PN	190	142.5	207.5	540
M. Dickinson SM1	220	192.5	200	612.5
J. Holsinger Pure	245	190	250	685
S. Dungan 280 lbs. M2	227.5	140	215	582.5
J. Hurle HSP	185	130	190	505
S. Casto SHW Int.	260	190	260	710
J. Orr PN	260	190	260	710
J. Orr 127 lbs. M1	70	55	92.5	217.5
A. McCauley	160	87.5	200	447.5
S. Hunter 205 lbs. M1	60	162.5	182.5	405
T. Boyer M5	50	157.5	227.5	435
J. Donnelly PN	60	162.5	182.5	405
R. Burruss	57.5	147.5	227.5	432.5
M. Dickinson M1	57.5	147.5	227.5	432.5
Pure C. Poore	75	215	240	530

(Thanks to Greg VanHoose for these results).

NASA WV State  
5-6 MAY 00 - Ravenswood, WV

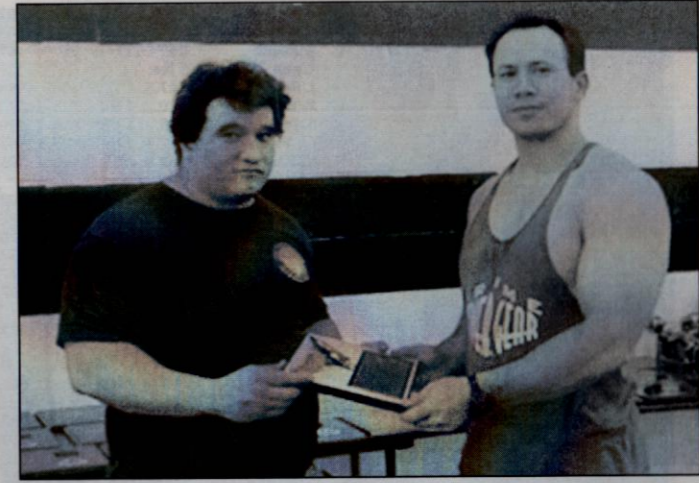
BENCH 127 lbs. Jr.	G. Combs	185	
D. Combs	52.5	G. Combs	185
Teen	52.5	S. Milam	155
D. Combs	52.5	R. Saunders	160
PN	95	R. Perkins	175
D. Combs 138 lbs. Pure	72.5	R. Thompson	155
C. Keenan Nat.	150	J. Saunders	122.5
A. Delbert 154 lbs. Jr.	142.5	J. Jeffries	185
C. Politino 170 lbs. PN	142.5	SC. Stevens	115
K. Trippett Int.	85	N. Caruthers	157.5
K. Trippett HSP	191	280 lbs. Pure	217.5
J. Daniels G. Underwood	112.5	M1	217.5
M5	112.5	M5	217.5
K. Samples M2	137.5	Jr.	195
K. Samples 187 lbs. Teen	87.5	J. Pruitt	265
S. Sebok HSP	140	C. Pruitt	182.5
S. Sebok S. Tackett	140	J. Evans	67.5
E. Tackett M2	165	J. Evans	67.5
B. Samples M5	185	J. Evans	67.5
B. Samples 205 lbs. PN	177.5	T. Vickers	101
S. Massey Pure	165	C. Maynard	112.5
G. Combs S. Massey	165	205 lbs. M4	92.5
SM2	187.5	M. Bailey	147.5
Nat. J. Weigle	147.5	French	152.5
J. Cooper HSP	177.5	Int. Underhill	182.5
S. Massey SM1	185	S. Lee	172.5
G. Combs M5			
119 lbs. SM2			

S. Bowling 138 lbs. M5	92.5	65	120	227.5
C. Connell HSP	95	70	112.5	277.5
M. Smith Teen	77.5	67.5	75	220
G. Simms Junior	82.5	57.5	100	240
G. Simms 127 lbs. HSP	82.5	57.5	100	240
J. Casto Teen	80	70	80	230
M. Smith Jr.	77.5	72.5	72.5	222.5
M. Smith 138 lbs. HSP	77.5	72.5	72.5	222.5
J. Wyant	105	75	117.5	297.5
G. Cline Teen	97.5	70	112.5	280
A. Houser B. Hamon	102.5	82.5	140	325
85 72.5 90 247.5				
Jr. B. Hamon	85	72.5	90	247.5
154 lbs. HSP	115	110	135	360
C. Vance Teen	135	102.5	165	402.5
J. Wingfield 170 lbs. HSP	115	110	132.5	357.5
T. McCauley				

NaL. R. Greene SM1	260	177.5	260	697.5
J. Dunham 187 lbs. M2	137.5	110	190	437.5
R. Simpson PN	170	132.5	205	507.5
L. Delaney	227.5	150	237.5	615
M. Wade	192.5	127.5	210	530
J. Palmer Jr.	147.5	97.5	210	455
C. Cowell	155	142.5	192.5	490
J. Palmer	147.5	97.5	210	455
S. Eldridge Int.	157.5	112.5	160	430
M. Hamilton SM2	162.5	130	227.5	520
L. Delaney M1	227.5	150	237.5	615
R. Fortson	215	117.5	263.5	596
M3 D. Robbins	110	112.5	120	342.5
R. Fortson M5	215	117.5	263.5	596
R. Fortson 205 lbs. Pure	215	137.5	220	572.5
M. DeRiggi Jr.	105	100	110	315
F. Beegle SM2				

M. DeRiggi R. Hypes Teen	215	137.5	220	572.5
197.5 137.5 200 535				
M. Lowe Z. Cook HSP	155	82.5	165	402.5
137.5 80 167.5 385				
C. McKenzie R. Bragg	205	117.5	222.5	545
137.5 97.5 155 390				
227 lbs. PN Pure	147.5	135	180	462.5
M. Parriski B. Chapman	265	215	285	765
265 172.5 - 237.5				
D. Raban C. Anderson	170	130	182.5	482.5
155 110 152.5 417.5				
G. Blankenship Int.	130	100	100	330
R. Thompson SM2	207.5	155	207.5	570
B. Mondlak M5	245	185	240	670
J. Rubenstein 230	147.5	237.5	615	
250 lbs. HSP				
J. Frye R. Terry	230	130	217.5	577.5
170 130 182.5 82.5				
J. Peters Teen	142.5	97.5	160	400
E. McComas	155	90	187.5	432.5
J. Canterbury	145	90	165	400

Jr. N. Utt Nat.	100	127.5	155	382.5
J. Adkins M1	272.5	205	252.5	730
C. French 280 lbs. HSP	245	152.5	240	637.5
S. Casto D. Miller	165	127.5	165	457.5
89.5 107.5 172.5 432.5				
Teen S. Casto Int.	165	127.5	165	457.5
T. Pratt M1	272.5	182.5	287.5	742.5
S. Hamilton M5	260	197.5	272.5	730
B. Schaffer Pure	250	170	255	675
B. Schaffer 315 lbs. PN	247.5	187.5	252.5	687.5
J. Phillips Int.	247.5	187.5	252.5	687.5
D. Nichols Jr.	127.5	150	182.5	460
D. Nichols HSP	127.5	150	182.5	460
D. Nichols	127.5	150	182.5	460



L-R Jim Adkins (1998 NASA WV Athlete of the year) presents Mike Parriski with the 1999 NASA WV Athlete of the year. (Van Hoose).

M5 M. Patterson	215	117.5	220	552.5
SHW Pure Int.	280	205	280	765
J. Orr PN	280	205	280	765
J. Orr 280 lbs. Nat.	280	205	280	765
T. Vickers SM2	153.5	101	168.5	423
T. Vickers 205 lbs. Int.	153.5	101	168.5	423
C. Phillips SM2	195	142.5	227.5	565
W. Jones SM1	167.5	155	200	522.5
R. Matthews HSP	212.5	140	207.5	560
M. Hess M2	187.5	117.5	220	525
H. Lee 170 lbs. CM2	205	137.5	170	512.5
K. Samples 187 lbs. CM2	50	-	-	50
B. Samples 227 lbs. BSM	50	-	-	50
N. Frankovitch 250 lbs. M3	-	150	-	150
C. Stevens 187 lbs. PN	45	115	170	330
B. Kimble 205 lbs. M5	57.5	142.5	200	400
J. Donnelly Pure	60	150	207.5	417.5

(Thanks to Greg VanHoose for these results).

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181	C. E. Smith	315	
35-39	CURL WOMEN		
J. L. Rhodes SHW	MTR 60-69	55	
Special Olympics 50-59	M. K. Kelly	140	
P. Gorton MTR 60-69	Open J. Lusk	145	
M. K. Kelly MEN 132	Open J. Meyers	135	
Special Olympics 17-19	MTR 60-69	145	
J. Schaible	130	145	
165	Open	180	
J. Myers	325	Open	
N. Duonolo	320	C. Tuicker Sr.	160
Special Olympics 35-39	B. J. Edwards	150	
F. Fder	MTR 35-39	135	
181	A. Frederick	135	
MTR 40-49	C. Tuicker Sr.	160	
G. L. Hope	B. J. Edwards	150	
198	Open	170	
M. Williams	M. Rooney	170	
M. Rooney	MTR 60-69	125	
Raw	M. Tustin	230	
M. Rooney	Open	355	
J. H. Litzenberg	M. L. Myers	185	
220	C. Walsh	150	
Open	MTR 35-39	200	
J. DeFranco	M. L. Myers	185	
Open	MTR 40-49	145	
R. Schwartz	N. Thompson	145	
R. F. Harrington	MTR 60-69	110	
N. Decaire	R. Debaufre	260	
Junior 20-23	Open	320	
N. Decaire	R. D. Cook	150	
Special Olympics 50-59	MTR 40-49	150	
J. Burke	R. D. Cook	120	
MTR 50-59	SHW	120	
J. P. Flynn	MTR 50-59	135	
MTR 60-69	C. E. Smith	135	
D. Joy	330		

(Thanks to Brian Washington for these results).

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**NEW updated</**

APA Gulf Coast BP/DL

13 Jan 01 - St. Petersburg, FL
BENCH 242 lbs.
WOMEN
A. Spurr/137 135 E. Falcon/228 535
S. Black/111 100 275 lbs.



Tanya Black prepares for an attempt at the APA Gulf Coast Bench Press. (Photograph provided courtesy of Scott Taylor to PL USA.)

148 lbs.
J. Robinson/148 260
165 lbs.
B. Schwab/157 385
181 lbs.
R. Daniels/177 410

Viking Open (kg.)

10 Jun 00 - Chicago, IL
MEN SQ BP DL TOT
Open 52 kgs./114 lbs.
D. Hall 115 65 137.5 317.5

The APA Gulf Coast Bench Press & Deadlift was a great meet. Special thanks to 54th Ave Gym for making this a great day for all.

M. Vega 190 105 202.5 497.5
Master (50+)
I. Zwick 25 117.5 25 167.5
Open 75 kgs./165 lbs.

Dennis Brady & Sandy Brady. (Thanks to Dennis Brady, USAPL Illinois Chair, for the results.)

M. Manzanet 240 170 255 687.5
Master (40-49)
R. Keyes 250 160 285 695
P. Diggins 230 145 237.5 612.5

\*American Master's Record. Meet Directors: Dennis Brady & Sandy Brady.

APA Bench Press Championships

16 Dec 00 - Hermitage, TN
WOMEN G. Lewis 380
Open 114 lbs.
N. Tinda 85 G. Walker 415



'The Pit' has had a competitive team since 1974, and they competed at the 18th Viking Open. Members include (front kneeling l-r): Kyle Fields, John 'Bad News' Burris, Matt and Josh Phinkston;

APA Alabama DL/BP

03 Feb 01 - Montgomery, AL
DEADLIFT P. Watson/220 515
Submaster 242 lbs.
Phothisane/168 475 B. Eastham/231 600

APA CA Open BP/DL

20 Jan 01 - Modesto, CA
Master J. Yuster/180 270
WOMEN
under 148 lbs.
R. Verble/142 135

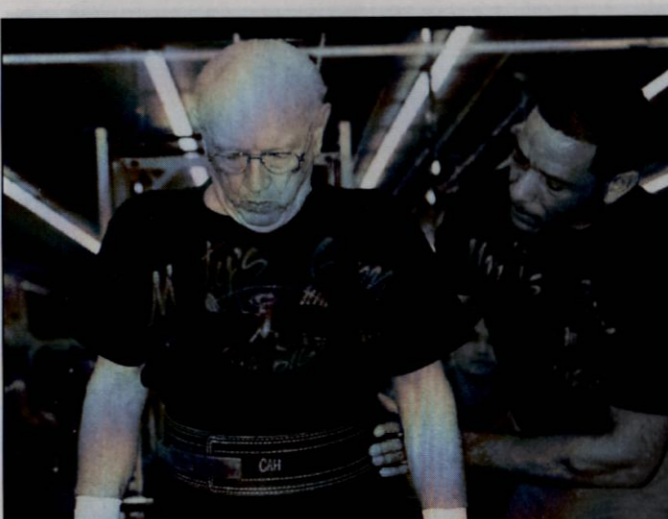
APA Iron Warrior BP/DL

06 Jan 01 - Waukeon, IL
BENCH D. Reynolds/202 365
WOMEN 123 lbs. 275 lbs.

APA Maine Push/Pull

19 Nov 00 - Lewiston, ME
BENCH M. Clevette/255 -
Master (60+) Open 148 lbs.

1st Place Team: Iron Crusaders Power Team. This event was held at Fitness Choice in Modesto, California. Special thanks to the spotters and referee's for doing an excellent job.



73 year old Chester Hanner receives encouragement from teammate Roy Hughesley as he prepares to set a new record at the APA Alabama Open. (Photo provided courtesy of Scott Taylor to Powerlifting USA.)

Some great lifts were registered at this event.

(Thanks to Scott Taylor for these meet results).
C. Nelson-287 770 375 660 1805
S. Ritucci-169 470 335 495 1300
P. West-283 615 365 600 1580

APPLICATION FOR REGISTRATION

American Powerlifting Association
Last Name First Name Initial Date of App.
Street Address City State or Province
Country Zip Code Telephone Number



Art Ramsey prepares to attempt 600 at the APA California Bench Press. (Provided by Scott Taylor).

165 lbs.
St-Laurent/155 300 510 810
275 lbs.
B. Boyle/260 475 550 1025

USAPL Massachusetts State

18,19 NOV 00 - E. Bridgewater, MA
Special Olympics SQ BP DL
TOT
K. Bligh-211 350 300 375 1025

Teen
T. Pigeon-187 500 330 520 1350
J. Beaudry-165 360 320 500 1180

APA Iron Warrior BP/DL

06 Jan 01 - Waukeon, IL
BENCH D. Reynolds/202 365
WOMEN 123 lbs. 275 lbs.

APA Maine Push/Pull

19 Nov 00 - Lewiston, ME
BENCH M. Clevette/255 -
Master (60+) Open 148 lbs.

1st Place Team: Iron Crusaders Power Team. This event was held at Fitness Choice in Modesto, California.

Beef Builder Hand Gripper \$19.99 each
Machined steel springs and knurled steel handles

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Advanced (140 pounds pressure)
Master (195 pounds pressure)
Elite (280 pounds pressure)
Super Elite (360 pounds pressure)

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AAU Nationals/USA Raw/  
American BP  
3-4 JUN 00 - Mesquite, NV

77 lbs. SUB	B. Nichols	165
Youth 10-11	27.5*1M (45-49)	
N. Yokley	30*1 M. Drake	137.5
123 lbs. M (45-49)	D. Sandberg	127.5
D. McNulty	SUB	
Open	60*1 L. Gallan	160
D. McNulty	220 lbs. M (65-69)	
132 lbs. J. Fontaine	R Open	115
Sub	60*1 D. Crowder	142.5
K. Mikusova	242 lbs. M (55-59)	
148 lbs. D. Smith III	R Open	197.5
RO	75.5 4th	210*!!
G. Ashton	72.5 D. Maggard	180
4th	75.5 R Life	
RM (40-44)	72.5 J. Ramsay	200.5!
G. Ashton	75.5 J. Ramsay	200.5!
4th	42.5*1RL (45-49)	
181 lbs. Raw Law	J. Ramsay	200.5!
S. Pipes	42.5*1RM (65-69)	
RM (60-64)	J. Combs	82.5
S. Pipes	RT (18-19)	
198 lbs. M (40-44)	J. Jordan	180*!
V. Crowell	Teen (18-19)	
Open	95! N. Hansen	165
K. Kardasova	275 lbs. LM (40-44)	
LM (40-44)	70*1 LAW/MIL	
A. Wilks	4th 72.5*1W. Hawkins	200*!
4th	70*1 M (60-64)	182.5
M (40-44)	70*1 M (60-64)	175!
A. Wilks	4th 72.5*1D. Herrera	175!
105 lbs. Open	J. Dennison	230
Youth (12-13)	Z. Yokley	167.5
Z. Yokley	R Open	
123 lbs. M (40-44)	J. Fahrenbruch	177.5
G. Murphy	100*! RL (50-54)	
132 lbs. T. Dorsey	RM (40-44)	130*!
RM (45-49)	100! D. Smith	192.5!
B. Calhoun	J. Fahrenbruch	177.5
148 lbs. M (70-74)	319 lbs. L (65-69)	
J. Selby	52.5 J. McIntire	182.5!
165 lbs. HS (16-17)	M (40-44)	
C. Yokley	130 T. Manno	285*!
M (65-69)	M (55-59)	
N. Santana	102.5!R. O'Smith	187.5
4th	105*! Open	
RM (60-64)	T. Manno	285*!
R. Lopez	110 J. Hrytz	240
SUB	R LM (40-44)	
S. Evans	130 K. Ward	170*!
Teen (14-15)	R Open	
R. Mayfield	85 J. Hardin	225
Teen (16-17)	SUB	
C. Yokley	130*! I. Hrytz	240
4th	135*! 320 lbs. L (40-44)	
C. Phillips	117.5 E. Brooks	102.5
181 lbs. LM (60-64)	LAW	
S. Wiegand	152.5 E. Brooks	102.5
4th	153*! Open	
M (40-44)	R. Schoenberger	250
J. Yokley	65 R Novice	
M (60-64)	T. Plank	205
S. Wiegand	152.5 Raw Open	
4th	153*! L. Schoenberger	250
M (65-69)	161 lbs. Open	
R. Simon	102.5 Open	
Open	L. Graffis	147.5
L. McCormick	235*! 275 lbs. RM (60-64)	
4th	240*! D. Herrera	175
Open	A. Nichols	165
Powerlifting	SQ BP DL TOT	
Women		
148		
RM 40-44		
G. Ashton	77.5 72.5 125 275	
	4th-DL-75.5	
105 lbs. M (45-49)		
P. Ewing	85 52.5 115 252.5	
Open		
C. Baquil	115 52.5 140*! 307.5!	
	4th-DL-145*!	
M (50-54)		
P. Eaton	97.5 42.5 130 270	
Open		
P. Eaton	97.5 42.5 130 270	
114 lbs. M (50-54)		
J. Shear	117.5* 57.5*! 140*! 315*!	
123 lbs. M (45-49)		
D. McNulty	110! 60 142.5 312.5	
Open		



Like a Warmup Rep ... Richard Schoenberger hits a 551 bench raw.



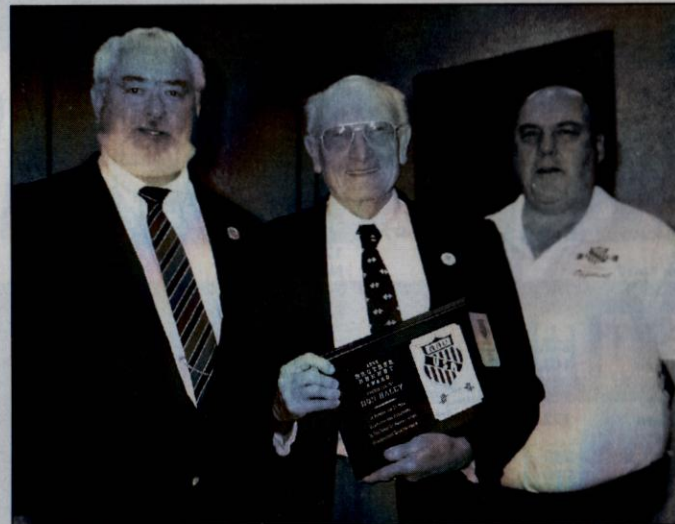
Tom Manno drives up a nice 611 on his way to a fantastic 628!!



The Casablanca Resort... the fabulous meet site in Mesquite, Nevada

D. McNulty	100 60 142.5 312.5	
D. Jackson	130 72.5 157.5 360	
MIL		
D. Jackson	130*! 72.5*! 157.5*!	360*!
Masters (40-44)		
D. Jackson	130 72.5! 157.5 360!	
132 lbs. M (45-49)		
M. Rosenblum	112.5*! 60! 130*!	302.5!
Open		
M. Rosenblum	112.5 60 130 302.5	
198 lbs. Open		
K. Kardasova	147.5 95 160 402.5	
V. Hembre	210*! 140*! 205*! 555*!	
4th-SQ-220*!		
66 lbs. Youth (8-9)		
R. Miller	45*! 25*! 57.5*!	
127.5*!		
77 lbs. Youth (8-9)		
C. Miller	55*! 27.5*! 77.5*! 160*!	
	4th-DL-80*!	
148 lbs. RM (45-49)		
A. Wynbrice	90! 75! 150! 315!	
165 lbs. R MIL		
S. Howard	80*! 50*! 70*! 200*!	
R M (40-44)		
S. Howard	80*! 50*! 70! 200	
Open		
D. Vigarito	130*! - 157.5*!	
287.5		
4th-DL-162.5*!		
N. Edelson	145 65 182.5*!	
392.5!		
148 lbs. RO		
C. Ashton	77.5 72.5 125 275	
	4th-BP-75.5	
MEN		
123 lbs. Open		
G. Murphy	147.5! 100! 147.5! 395!	
148 lbs. M (70-74)		
J. Selby	80! 52.5! 100! 232.5!	
	4th-DL-105!	
Open		
B. Monyague	190 145 197.5 532.5	
I. Orals	185 132.5 220 537.5	
Sub		
I. Orals	185! 132.5! 220! 537.5!	
165 lbs. M (50-54)		
B. Weinstock	185! 92.5! 200! 477.5!	
M (65-69)		
N. Santana	102.5*! 102.5*!	
360*!		
155*!		
4th-BP-105*!		
M (70-74)		
M. Garry	170*! 100*! 185*! 455*!	
	4th-BP-105*!	
A. Vasquez	162.5*! 120*! 220*!	
502.5*!		
Open		
A. Vasquez	162.5 120 220 502.5	
T. Lipke	222.5 130 215 567.5	
Sub		
B. Croft	242.5*! 125 255	
622.5		
181 lbs. RM (40-44)		
G. Wilkins	190 160 250! 600	
M (45-49)		
M. Owen	220 185*! 220 625	
	4th-BP-190*!	
M (60-64)		
R. Lozano	175! 147.5*! 210!	
532.5!		
MIL/LAW		
M. Owen	220 185*! 220 625	
	4th-BP-190*!	
P. Russ	235*! 167.5 235*! 637.5	
Open		
P. Russ	235 167.5 235 637.5	
D. Legarreta	242.5 167.5 270 680	
J. Knorre	270 165 267.5 702.5	
198 lbs. M (45-49)		
M. Drake	157.5 137.5*! 202.5	
467.5		
	4th-BP-138*!	
M (55-59)		
D. Parsons	150 135 170 455	
M (70-74)		
I. Weiss	87.5! 82.5! 75! 245!	
Open		
T. Homer	205 42.5 270 617.5	
A. Funtanilla	215 182.5 232.5 630	
J. Wiseman	267.5 157.5 262.5 687.5	
Submasters		
J. Wiseman	267.5 157.5 262.5! 687.5	
220 lbs. M (40-44)		
D. Roman	227.5 160 227.5 615	
J. Durso	275! 162.5 272.5! 710	
M (45-49)		
K. Fisher	255! 167.5! 290! 712.5	
M (50-54)		

T. Fitzgibbon	182.5 122.5 177.5 482.5	
B. Evans	220! 165! 220! 605!	
M (55-59)		
L. Blum	- - - -	
M (60-64)		
D. Taylor	240*! 147.5! 237.5! 625	
MIL/LAW		
E. White	250*! 210*! 282.5*!	
742.5*		
Open		
J. Durso	275 162.5 272.5 710	
E. White	250 210 282 740.5	
S. Waits	305 192.5 285 782.5	
242 lbs. M (40-44)		
S. Gayton	245 75 75 395	
K. Deutsch	277.5 165! 260! 702.5!	
M (55-59)		
J. Dumont	- - - -	
MIL/LAW		
J. Butler	227.5*! 167.5*!	
227.5*!		
Open		
I. Toma	215 160 210 585	
K. Deutsch	277.5 165 260 702.5	
Submasters		
V. Hill	205 165 277.5 647.5	
275 lbs. LM (50-54)		
T. Dorsey	185*! 130*! 225*! 540*!	
M (40-44)		
B. Williams	115 120 140 375	
D. Kraft	255 192.5 300 747.5	
M (50-54)		
T. Dorsey	185 130 225 540	
M (55-59)		
B. Davis	217.5 150 290*! 657.5	
MIL/LAW		
E. Flagg	250*! 150*! 207.5*!	
607.5*!		
Open		
R. Speno	290 207.5 265 762.5	
319 lbs. M (50-54)		
D. Delmeyer	257.5 160 235 652.5	
M (55-59)		
R. O'Smith	242.5*! 187.5*!	
685*!		
Open		
J. Pritchett	272.5 190 305 767.5	
Submasters		
W. Anderson	207.5 165 210 582.5	
M (45-49)		
B. Calhoun	107.5 100 147.5 355	
148 lbs. Life		
S. Kato	165*! 117.5*! 190*!	
472.5*!		
LM (45-49)		
M. Scott	67.5*! 25*! 67.5*! 160	
M (40-44)		
A. Martinez	165 125 - 290	
Open		
S. Kato	165 117.5 190 472.5	
SUB		
S. Kato	165! 117.5 190!	
472.5!		
165 lbs. LM (50-54)		
R. Scott	187.5*! 87.5*! 215*!	
490*!		
M (50-54)		
R. Scott	187.5*! 87.5 215*!	
490		
M (55-59)		
R. Hutchinson	152.5 - - 152.5	
MIL		
E. Nadal	145*! 137.5*! 185*!	
587.5*!		
181 lbs. M (40-44)		
G. Wilkins	190 160! 250*! 600	
Open		
R. Garaffalo	215 150 280*! 645	
SUB		
R. Garaffalo	215 150 280*! 645	
Youth (12-13)		
D. Delin	155*! 100*! 175*! 430*!	
	4th-DL-180*!	
198 lbs. LM 70-74		
J. Weiss	87.5*! 82.5*! 75*! 245*!	
LAW/MIL		
W. Richtmeyer	172.5*! 135 212.5	
520*!		
Life		
M. Drake	157.5*! 137.5*!	
202.5*!		
497.5*!		
4th-BP-138 DL-205*!		
LM (45-49)		
M. Drake	157.5*! 137.5*	
202.5*!		
	4th-BP-138 DL-205	
LM (55-59)		
M. O'Kelley	145 85 165 395	
D. Parsons	150 135 170 455	
M (60-64)		
B. Strange	200*! 130! 230*! 560*!	
M (70-74)		



AAU PC President Harry Halverstadt (left) and Larry Larsen (right) present veteran referee Don Haley with the Brother Bennet award.



Steve Kato squats with fine form. (all photos courtesy of Martin Drake)

J. Weiss	- 82.5 75 157.5	
MIL/LAW		
A. Papaleo	150 137.5*!	
520		
Open		
R. Clark	222.5 142.5 250 615	
B. Lane	227.5 140 262.5 630	
SUB		
W. Davis	160 82.5 175 417.5	
R. Clark	222.5 142.5! 250! 615!	
220 lbs. LM (45-49)		
R. Lopez	205 152.5*! 230*!	
587.5*!		
M (40-44)		
B. Williams	115 120 140 375	
M (45-49)		
J. Wagner	220 147.5 220 587.5	
M (50-54)		
T. Dorsey	185*! 130*! 225*! 540*!	
LM (50-54)		
T. Dora	185*! 130*! 225*! 540*!	
Open		
A. Pete	272.5 182.5 265 720	
319 lbs. LM (40-44)		
K. Ward	205 170 210 585	
M (40-44)		
M. Kward	205*! 170*! 210*! 585*!	
M (45-49)		
D. Dreyer	230*! 150*! 255*! 635*!	
Open		
J. Hardin	272.5 225 35 532.5	
320 lbs. Novice		
T. Plank	260 205 280 745	
198 lbs. M (70-74)		
J. Weiss	- 82.5! 75 157.5	
242 lbs. Life		
I. Toma	- 160 210 370	
Location: Casablanca Resort and Casino, 213		
of the World's best Drug Free Powerlifters		
converged on the fantastic Casablanca Resort		
and Casino in Mesquite, Nevada to wage		
friendly battle at the 2000 AAU National		
Powerlifting Championships, USA Raw Powerlift-		
ing Championships and American Bench Press		

Championships. Lifters representing twenty eight states as well as Canada, Japan and Slovakia competed in the fantastic 9,000 square foot ballroom. When not lifting they could be found on one of the four local golf courses, in the casino, swimming in the 2-1/2 acre swimming pool or indulging themselves at the buffet. I would like to thank all of the fine referees and staff who helped so much to make this a great event. Due to a severe work schedule I am only able to provide a few highlights. I apologize to all of the great lifters whom I will not mention. I hope everyone enjoys the numerous picture submitted as well as the results. Don Haley was awarded the 2000 Brother Bennet award. I can think of a no more deserving recipient. The same can be said about the chairman's award winner Larry Larsen. Women's Highlights: The dynamic sister duo of Kendra and Caitlin Miller rewrote the record books in the youth Raw classes by employing great technique. Vicky Hembre was awesome hitting a 485 squat, 309 bench and 462 deadlift. As always Joanne Shear was a female superstar in the Open and Masters classes. The same can be said for Deborah McNulty. Men's Lightweight highlights: Ron Garrafalo is a stud. His 645 kilo raw total at 181 is just a fraction of what he will do at the World's. Speaking of Studs, how about Leonard McCormick. Leonard finished the day with a 529 bench at 181 Senior stud Martin Garry is stronger at 70 years of age than many open 165s. Awesome! Bill Croft and Glenn Wilkins also excelled. John Knorre posted the top LL. Total lifting in the 181s. Men's heavy weight highlights: Tom Manno made very easy work of a mind boggling 628 bench at 319. Tom Pete finally hit his 601 squat as a raw 200. Bob Boyles and Bob Strange posted raw Master totals far been the equipped totals of mortal men. John Durso, Kevin Fisher and Karl Deutsch also had exceptional master totals. Scott Waits lifting in the 220 class had the highest total of the meet. Then there is Eddie White. At 50 this quiet unassuming lifter posted huge numbers. He lifted raw, but entered with the raw and equipped Open and Masters divisions. Again I apologize for the abbreviated report. God Bless. (Thanks to Martin Drake for results)

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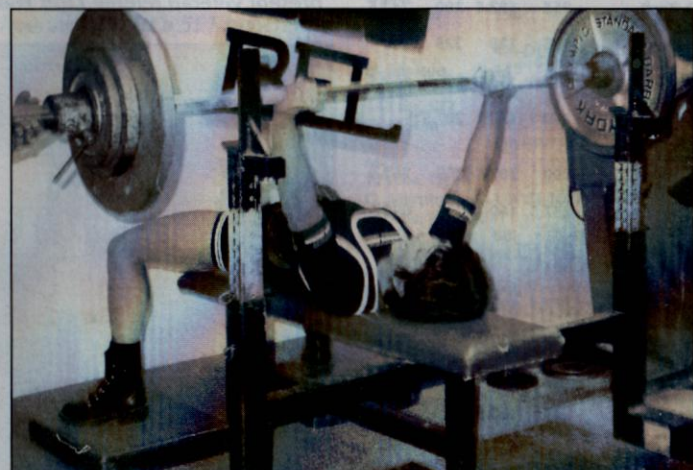
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**APF/AAPF Halloween Classic  
28 OCT 00 - Hurst, TX (kg)**

BENCH WOMEN	Masters 55-59	95	47.5	120	262.5
APF open	B. Simmons	127.5			
67.5	Open				
T. Moran	R. Morris	150			
AAPF Submasters	R. Morris	150			
67.5	Open				
K. Gasparovic	A. Schwerdt	172.5			
MEN	110				
APF 90	Open				
Masters 45-49	L. Baker	172.5			
R. Bell	125				
100	No Gear				
No Gear	M. Runnels	170			
R. Pierce	DEADLIFT				
Open	67.5				
M. Gibson	180				
Masters 40-44	T. Mora	100			
M. Gibson	MEN				
Masters 50-54	APF				
D. Davis	100				
AAPF 67.5	Masters 50-54				
Open	D. Davis	200			
S. Finn	100				
75	No Gear				
Masters 40-44	R. Pierce	295			
P. Dunn	AAPF				
82.5	100				
Novice	A. Schwerdt	272.5			
D. Ison	132.5				
	No Gear				
Full Meet	M. Runnels	262.5			
WOMEN	SQ	BP	DL	TOT	
AAPF 56					
Masters 40-44					
D. Sanford	97.5	52.5	112.5	262.5	
60					
Open					
N. Moore	92.5	57.5	110	260	
Masters 45-49					

J. Baldwin	282.5	192.5	227.5	702.5	140
No Gear					M. Ringer
R. Pierce	287.5	207.5	295	790	100
Masters 50-54					A. Schwerdt
D. Davis	120	120	200	440	140
110					B. Foreman
Open					240
B. Zaworski	292.5	185	267.5	745	172.5
J. Baly	260	182.5	267.5	710	345
Submasters					757.5
B. Zaworski	292.5	185	267.5	745	
Masters 65-69					
M. Trant	147.5	125	157.5	430	
125					
Novice					
S. Fairweather	295	157.5	250	702.5	
Junior					
H. Thomason	367.5	190	295	852.5	
Open					
H. Thomason	367.5	190	295	852.5	
T. Counts	272.5	55	272.5	600	
AAPF Overall Lifters					
Open					
90					
T. Skrdiant	235	137.5	245	617.5	
W. Smith	210	127.5	257.5	595	
67.5					
J. Shackleford	162.5	130	185	477.5	
100 kg. to Super Heavy					
Open					



Lynne Barlow exceeds the APF all time record by pressing 210.5 at 105 at the APF Hardcore BP meet. (Photograph provided by Russ Barlow).



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**APF Hardcore BP  
16 DEC 00 - Turner, ME (kg)**

BENCH	R. Kelly	167.5
MEN	A. Beshita	167.5
Master	Submaster	
R. Kelly	167.5	200
S. Muller	120	A. Beshita
Novice	D. Herbert	107.5
S. Savoie	220	Teen
K. Schofield	202.5	J. Higgins
L. Morrison	150	T. Ventura
B. Keller	200	WOMEN
A. Harrington	137.5	Novice
E. Baker	135	D. Savoie
G. Pelletier	140	Open
R. Trundy	125	L. Barlow (BLF)
Open		D. Savoie
K. Kidder (BLM)	247.5	J. Shand
R. Barlow	242.5	E. Blanchard
S. Savoie	220	60
B. Keller	200	
M. Mitchell	192.5	
S. Blanchard	187.5	

Team: Hardcore Barbell; BLM: Kieran Kidder; BLF: Lynne Barlow. The highlight of the contest was Lynne Barlow who at 105 smoked 210.5 and just missed 222.5 lockout. This bench exceeded the APF all time best at 105 by Doris Simmons. Huge!!! I would like to thank everyone who supported this year's Hardcore Bench and Christmas Party. A special thanks to Steve Cote, Monique Cote, Steve Smith, Frank Bowweam, Tim Lane, Scott Worthing, Dan Bellmore, Scott Blanchard, Beau Boyle, Chad Curtis, Michelle Curtis, Norm Guay, and Lynne Barlow for without your help, there would be no Hardcore Bench Press Championships. Remember to stay Hardcore. (Thanks to Russ Barlow for providing results of this contest).

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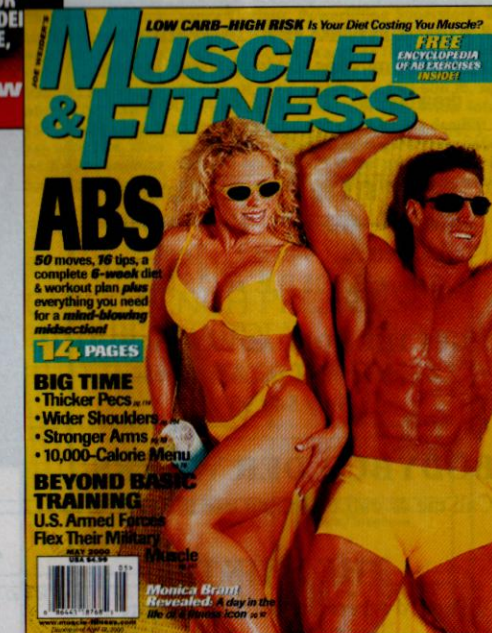
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**WABDL Washington State BP/DL  
02 SEP 01 - Hoquiam, WA**

DEADLIFT	Open & Junior	600	347	512	1460
MEN	A. Carroll	402			
148	181				
Open & masters 40-46	Master 47-53				
F. Evangelista	479	M. Tomlinson	281		
165	270	J. Richardson	270		
Master 47-53	Master 61-62				
G. Santee	534	D. Barden	303		
Teen 16-19	Open & Master 54-60				
T. Charouhas	418	K. Scheuer	341		
Submaster	4th				
S. Hodge	402	Class I			
181	K. Navarro	257			
Open & Master 54-60	Submaster				
K. Scheuer	407	S. Olson	358		
Class I	198				
K. Navarro	380	Law/fire open			
198	R. Derringer	385			
Law/Fire Open	Open & Class I	374			
R. Derringer	562	Submaster			
Open & Class I	F. Lash	424			
J. Holby	468	Class I			
Submaster	J. McMillian	275			
F. Lash	567	Teen 13-15			
Teen 16-19	J. Seath	248			
K. Eslick	573	Master 61-67			
B. Johnson	636	J. Gladson	248		
220	Teen 16-19				
Teen 13-15	S. Murphy	347			
C. Crossen	435	220			
Junior	Class I & Junior				
D. Goldsworthy	496	J. Gozart	435		
Class I	Teen 13-15				
P. Strand	451	C. Barada	181		
Naster 40-46	Class I				
D. Benner	451	J. LaSalle	369		
D. Rodgers	512	Junior			
J. Waldo	600	D. Goldsworthy	440		
Open	Class I				
M. Crosby	617	P. Strand	286		
242	Master 40-46				
Teen 16-19	D. Benner	242			
S. Dudley	457	Open			
M. Seath	496	M. Crosby	440		
242	242	Teen 16-19			
Submaster	Teen 16-19				
J. Garcia	529	S. Dudley	286		
275	297	M. Seath	297		
Master 54-60	Submaster				
B. Dodd	462	J. Garcia	314		
Master 61-67	Master 47-53				
J. Noggles	308	W. Crossen	490		
Law/fire Submaster	275	Open & Master 54-60			
M. Jackson	308	G. Nelson	551		
308	Master 61-67				
Law/fire open	T. Heddle	479	220		
T. Heddle	479	J. Noggles			
WOMEN	132	Law/fire submaster			
132	M. Jackson	402			
Master 47-53	Master 61-67				
D. Vaughn	231	D. Johnson	352		
148	308				
Open & Junior	Law/fire open				
L. Judd	231	T. Heddle	297		
4th	253	Master 47-53 & Law/ fire submaster			
165	170	R. Patterson	534		
Master 47-53	Submaster				
J. Richardson	J. Eveuu				
Open	Sub & Law/fire sub				
A. Summers	275	B. Arnold	451		
K. Caldwell	225	SHW			
181	Master 54-60				
Junior	D. James	468			
A. Meisner	253	WOMEN			
198	114				
Junior	Open				
H. Myers	286	T. Andrews	71		
BENCH	71	Master 47-53			
MEN	77	C. Carythers			
148	77				
Open & Master 40-46	132				
F. Evangelista	363	Master 47-53			
Class I	148	D. Vaughn	110		
D. Engles	308	Open & Junior			
Open	370	L. Judd	110		
W. Kampen	370	Master 47-53			
Teen 13-15	154	S. Johnson			
D. Rust	165	165			
165	Teen 13-15				
Teen 16-19	242	K. Lee Andrews	104		
J. Murphy	242	Master 47-53			
Class I	303	J. Richardson	77		
S. Hauger	303	Open			
Submaster	303	K. Caldwell	126		
S. Hodge	59	BP DL TOT			
Full Power					
Open					
132					
J. Needles					
181					

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Washington State record of 374 in class I 198 lb. Robert Derringer set a Washington state record in law/fire open 198 with a 385. Jonathon Gozart set a Washington state record with 435 in class I 220 lb. class and Dave Johnson did a very good 352 at 275 lbs. but he's 62. In open 148, Wesley Kampen the proprietor of the Powerlifting Superstore which is where every lifter should buy their powerlifting gear - great guy, great service, great gear - Wesley put up a great 370 at 148 which was a Washington state record. Donny Engles set a Washington state record in class I 148 with 308. Dustin Rust set a teenage 13-15 148 Washington state bench record with 154. In women's bench Cindy Carythers set a world record in master 47-53 114 lb. with 77 lbs. Diane Vaughn set a state record with 110 lbs. in master 47-53 132 lb. class and Kay Lee Anderson set a state record in teenage 13-15 165 lb. class with 104. Don Bell was the meet director and did an excellent job on the mike. He would like to thank Debbie Daly for the excellent food and clam chowder that was served throughout the meet; Tami Fuller for the great programs and for selling tickets; Michelle Motley for doing a superior job at the scorer's table; Keith German, and Dan Beatty, John Smith, Jason Lake and Guy Bryant for an excellent job of spotting & loading. The judges were Gus Rethwisch, Tery Luehrs, Larry Benner, and Gus Warrington. The Joe Costa Award was won by Matt Crosby for an excellent effort in the deadlift. Don Bell would like to thank the sponsors Inzer Advance Designs, Powerlifting Superstore, Budweiser, CR Signs, Starbucks Coffee, TW Rentals, Brady's Oysters and the Timber Gym. In the full power meet which was non sanctioned, Don Dutt did a picture perfect 600 lb. squat and totaled 1460 at 181. Troy Willis totaled 1504 at 220 and pulled a big 633 deadlift. Jim Waldo who pulled in the single lift competition and did 600 did 573 in the power - a true Iron man. (Thanks to Gus Rethwisch for the results).



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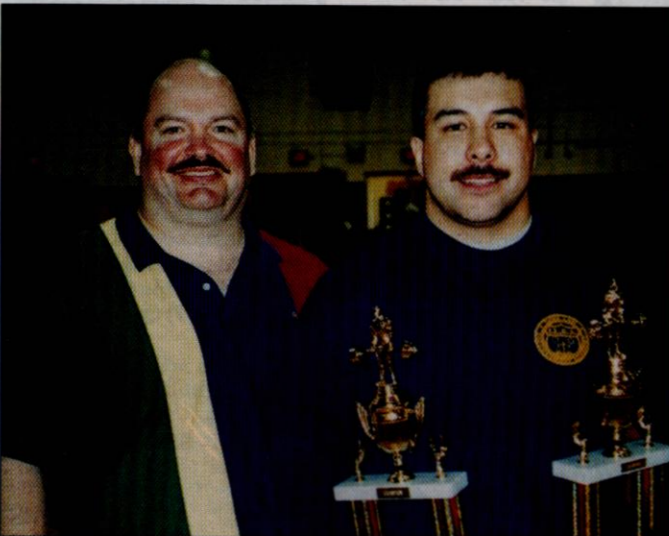
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In the photo on the right, Midwest Open meet director, Wayne Hammes congratulates lifter Gary Cole. Gary's 450 bench and 650 deadlift took honors in the 220 pound class. (Photo provided courtesy of Wayne Hammes to PLUSA).

**Midwest Open**  
**19 NOV 00 - Oskaloosa, IA**

**WOMEN**

105 lbs.	Becker, J.	415
123 lbs.	Fank, J.	360
123 lbs.	Master-1	
Rath, K.	Lipscomb, L.	445
105	Bos, T.	285
Richtsmeier, C.	Hoy, D.	245
132 lbs.	Master-2	
Lynch, J.	Risius, F.	345
148 lbs.	242 lbs. Novice	
Herkelman, M.	Kellow, L.	345
165 lbs. Teen	Open	
Norman, Bryn	Allen, A.	450
M-1	Submaster	
Cornelison, D.	Polhemus, K.	360
MEN Teen	Harris, J.	345
148 lbs.	Master-1	
Millage, B.	Hennessey, M.	360
Teen	Fiacco, R.	345
Hansen, H.	Master-2	
Bos, T.	McAnally, D.	400*
Kohis, S.	275 lbs. Submaster	
Harrison, J.	Woodsmall, K.	425
165 lbs.	Matthews, J.	425
Shipman, P.	Madlock, J.	405
198 lbs.	Hwt. Novice	
Walker, J.	Kaldenberg, J.	275
Toomey, Z.	Open	
220 lbs.	Summers, J.	460
Payton, K.	Submaster	
Brant, M.	Brantley, J.	475
Fiacco, B.	Master-1	
Warwick, M.	Toomey, L.	430
220	Cornelison, S.	275
HWT	Butts, M.	425
Calvin, T.	395* DEADLIFT	
148 lbs. Novice	WOMEN	
Finger, R.	123 lbs.	
McAnally, C.	Rath, K.	225
Open	132 lbs.	
Weber, E.	Lynch, J.	175
165 lbs. Novice	Cornelison, D.	280
Hagopian, B.	148 lbs. Teen	
Saiza, J.	Kohis, S.	265
181 lbs. Novice	198 lbs. Submaster	
Leazer, B.	Snider, D.	500
Open	Open	
Shafer, L.	Michael, M.	475
Hennigar, R.	Master-1	
Submaster	Jackson, S.	425
Maynard, B.	220 lbs. Novice	
Hennigar, R.	Kellow, L.	550
Dressier, K.	Musson, S.	535
Master-1	Open	
Slessor Stan	Cole, G.	650*
master-1	Herkelman, B.	475
198 lbs. Novice	242 lbs. Novice	
Ruckman, S.	Newby, D.	530
Sargent, K.	Master-1	
Muhlbauer, N.	Herkelman, B.	475
375	375	
Herbert, C.	Cornelison, S.	395
Harrison, M.	Open	
315	Open	
Toomey, Z.	Newby, D.	530
260	TRAP DEADLIFT	
Open	WOMEN	
Michael, M.	132 lbs.	
Toomey, Z.	O'Brien, M.	200
260	165 lbs.	
Submaster	Hadley, K.	200
Huginin, T.	Teen 148 lbs.	
Harrison, M.	315	
315	Snider, D.	305
Snider, D.	Hansen, H.	350
Ruse, D.	Bos, T.	265
Master-1	Walker, J.	375
Yakle, J.	242 lbs. Teen	
370	Craighton, N.	350
Jackson, S.	250	
Master-3	LaBelle, G.	240
LaBelle, G.	220 lbs. Novice	
240	Musson, S.	390
Open	Labelle, G.	375
Musson, S.	390	
Lipscomb, L.	445	
415	Becker, J.	375
Becker, J.	415	
Herkelman, B.	395	
Summers, L.	315	
Submaster	275 lbs.	395
Cole, G.	450	600*

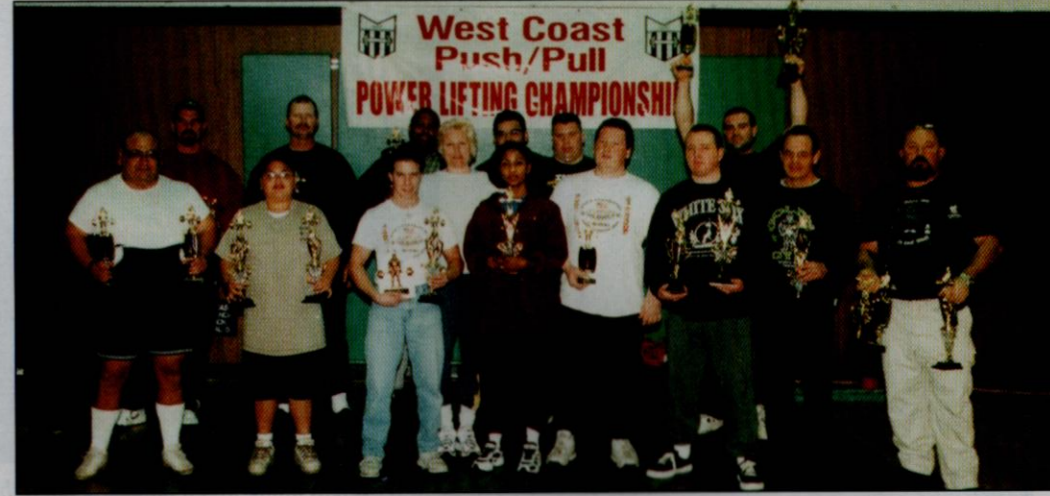


**APF West Coast Push/Pull**  
**27 JAN 01 - Fresno, CA**

Bench	242 lbs. (Open)		
123 lbs. (50-54)	M. Lutz	197.5	
L. Tamura	75 D. Shay	150	
148 lbs. (18-19)	242 lbs. (40-44)		
S. Ruiz	122.5* M. Lutz	197.5	
165 lbs. (Open)	275 lbs. (50-54)		
R. Lopez	107.5 M. Nakamura	127.5	
J. Chavez	102.5 308 lbs. (18-19)		
198 lbs. (18-19)	J. Bryant	237.51	
T. Orwill	160 SHW		
	A. Ramsey	-	
	BP DL TOT		
<b>WOMEN</b>			
123 lbs.			
E. Williams	47.5	105	105
132 lbs. Junior			
R. Miskell	100	192.5	292.5
165 lbs. WOMEN			
K. Pfeiffer	65	150	215
165 lbs. (13-15)			
A. Contreras	47.5	95	142.5
165 lbs. Open			
A. Contreras	47.5	95	142.5
181 lbs. (55-59)			
M. Sperling	152.5	182.5	335
198 lbs. (18-19)			
T. Orwill	160	205	365

242 lbs. Open	197.5	280	477.5
Z. Passman	150	200	350
D. Shay	140	195	335
J. Delacruz			
275 lbs. Junior			
J. Garza	162.5	240	402.5
308 lbs. (40-44)			
W. Williams	192.5	250	442.5
T. Rodenberg	137.5	215	352.5
SHW Open			
L. Contreras	180	217.5	397.5
SHW (45-49)			
L. Contreras	180	217.5	397.5

\*-CA Teen Record. I-APF American Teenage Record/CA Record. #-CA Junior State Record. Meet Director: Bob Packer. Best Lifter/Bench press: Josh Bryant. Announcer: Bob Packer. Best Lifter/Deadlift: Ray Miskell. Best Lifter/Women: Kim Pfeiffer. Scorekeeper: Tim Daley. Best Lifter/Push/Pull - Zach Passman. Referees: John Mazmanian, Pete Wilson, John Ford. (Thanks to Bob Packer for these meet results).



**West Coast Push/Pull** (left-right) Back row: Mike Lutz, Tony Rodenberg, Wendall Williams, Jim Garza, Josh Bryant, Zach Passman; (left-right) Front Row: Leo Contreras, Adam Contreras, Ray Miskell, Kim Pfeiffer, Emma Williams, Jason Delacruz, Tyson Orwill, Mitch Sperling, Delbert Shay. (This photograph by Tim Daly was provided to Powerlifting USA courtesy of Bob Packer).

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**2000 Thanksgiving BP & Curl**  
**11 NOV 00 - Stanardsville, VA**

BENCH WOMEN	M. Bennett	400
105	J. Shull	275
A. Mamola	140 M. Bennett	400
114	40-49	
L. Reynolds	90 D. Watson	
132	220	
A. Phukan	95 G. Austin	480
MEN	J. Smith	355
165	B. Morris	290
A. Mamola	385 50-59	
J. Hall	290 J. Smith	355
35-39	242	
T. Comfort	260 P. Cropp	560
181	275	
G. Caplinger	325 S. Stapleton	450
35-39	Strict Curl	
J. Anderson	285 220	
40-49	D. Landes	155
C. West	440 275	
198	M. Diggs	165
D. Watson	410	

(Thanks to John Shifflett for providing results)

**Showdown at Title Town BP**  
**4 NOV 00 - Green Bay, WI**

Master	181 lbs. Open	
R. Harvey	B. Ebert	250
S. Korff	198 lbs. Open	
M. Gillette	C. Dunham	425
D. Hansen	J. Zwiers	415
J. Pitch	M. Amjobia	385
A. McCredie	T. Bournoville	340
V. Rasmussen	A. McCredie	320
D. Conor	220 lbs. Open	
M. Carpenter	M. Becker	460
Teen B. Tafelski	T. Schmitt	405
A. Kozielek	A. Lee	330
J. Jansen	242 lbs. Open	
D. Thome	E. Kakes	400
N. Hosfelt	K. Niles	400
WOMEN	Hengst	360
181 lbs.	M. Washington	315
J. Folk	180 275 lbs. Open	
MEN	D. Doan!	565
148 lbs. Open	M. VanBoxel	520
A. Myszka	395 D. Balthazer	510
B. Tafelski	305 K. Bessler	470
D. Conor	245 R. Harvey	440
165 lbs. Open	SHW	
M. Zwiers	360 C. Hoffman	475
M. Katchem	275 D. Jansen	390

!-Best Lifter. (from Wisconsin Health & Fitness)

**CPA Quebec Championships**  
**9 DEC 00 Quebec, CAN**

	SQ	BP	DL	TOT
F. Ronneau-238	675	465	675	1815
Dechesne-235	700	510	625	1835
M. Ferland-239	255	470	660	1385
M. Fortier-262	912.5	515	760	2187
Normandin-304	640	450	550	1640
J. Paulin-301	650	480	680	1810
H. Girard-333	-	625	-	-

(Thanks to Marcel St. Laurent for the results).

1st annual Lackey H.S. Meet  
26 Jan 01 - Indian Head, MD

GIRLS	SQ	BP	DL	TOT
Teen Light				
L. Stewart*	185	85	155	425
R. Delwiche	170	95	265	390
BOYS 112 lb. Teen (14-16)				
V. Latham	220	90	250	560
132 lb. (14-16)				
V. Tibbs	165	145	150	460
132 lb. (17-18)				
H. Weeks	210	160	210	580
148 lb. (14-16)				
A. Lawson	350	215	350	915
F. Bryant	285	220	260	765
V. Smallwood	250	210	280	740
M. Herbert	160	125	210	495
165 lb. (14-16)				
J. Wood*	385	245	405	1035
J. Fisher	200	155	275	630
165 lb. (17-18)				
J. Rosier*	355	225	380	960
181 lb. (14-16)				
M. Green	270	250	275	795
(17-18)				
M. Gibson	185	170	240	595
198 lb. (14-16)				
T. McCready	175	110	220	505
(17-18)				
T. Baldwin	355	—	—	355
220 lb. (17-18)				
J. Thompson	325	200	420	945
R. Saenz	285	200	400	885
242 lb. (17-18)				
J. Dean	430	305	405	1140
275 lb. (14-16)				
D. Johnson	220	150	250	620
275 lb. (17-18)				
S. Posey	500	275	450	1225
SHW				
T. Wilson	325	225	—	550



At the Lackey High School Weight lifting meet, (kneeling left-right) Jared Wood, Rachel Delwiche, Latoya Stewart, Vincent Tibbs; (standing left-right) Francis Bryant, Jr., Coach Kenny Wood, Jimmy Fisher, Myron Gibson, Tommy Baldwin, Steven Posey, Mark Herbert, Jason Dean, Adam Lawson, James Thompson, James Rosier, Tyler McCready, David Johnson, Marcus Green, and Coach Heath Cockerham. Not pictured: Thomas Wilson, Victor Latham, Harry Weeks, Van Smallwood, Roberto Saenz, Coach Phil Conover, and Coach Eric Koch. (Photograph provided courtesy of Lackey High School to Powerlifting USA).

Cockerham, Eric Koch, Rob Page, Ryan Martucci, and Dave Anderson for their continued support for these athletes. Also, without the support of the parents and guardians, it wouldn't be the same without you there. Thanks to the coaches who spotted, along with the judges, Ryan Martucci, Allan Martin and Dale Simmons, and to the head table run by Arlene Covover and Laurie Wood. Without the efforts of everyone combined, this meet wouldn't have been as successful and run so smooth. Congratulations lifters on some great numbers. (These results by Lackey High School).

USAPL University Cup Challenge  
2 DEC 00 - Thibodaux, LA

114 lbs.	SQ	BP	DL	TOT
Campanile, S	215	95	275	605
Jacobs, C.	195	110	270	575
Schuerk, E.	125	75	200	400
123 lbs.				
Beraldi, N.	250	140	290	680
Smith, A.	255	125	285	665
Cunningham, Z.	190	105	215	510
132 lbs.				
Bunnell, J.	235	110	250	595
Boudreaux, J.	175	80	235	490
148 lbs.				
Armand, M.	250	140	300	690
Roseboom, B.	225	115	280	620
Newman, J.	250	135	235	610
Bennet, M.	185	105	240	530
Tleimann, D.	145	75	200	420
Harris, k.	245	125	305	675
165 lbs.				
Magendie, T.	245	140	275	660
Williams, T.	245	105	255	605
181 lbs.				
Cognev, L.	210	105	320	635
198 lbs.				
Abrego, Y.	300	185	360	845
Griffin, n.	330	165	310	805
UNL				
Holt, M.	285	125	285	685
MEN 114 lbs.				
Holloway, D.	370	170	455	995
Barbier, M.	200	155	285	640
132 lbs.				
Perrin, C.	325	235	325	885
Vallot, b.	255	160	340	755
148 lbs.				
Bryant, A.	465	265	650	1380
Pierce, D.	395	270	435	1100
Leblanc, P.	365	250	450	1065
Robert, L.	375	205	445	1025
Creech, J.	260	235	300	795
Little, D.	235	215	315	765
165 lbs.				
Gallo, C.	455	265	500	1220
Comardelle, J.	400	340	440	1180
Gahagan, C.	415	270	485	1170
Buras, C.	405	255	455	1115
Jones, J.	270	215	400	885
181 lbs.				
Kempton, B.	480	310	550	1340
Beraud, C.	460	270	515	1245
Batulis, B.	485	315	440	1240
Fairbanks, D.	440	270	500	1210
Allen, J.	405	225	485	1115
Schilling, S.	225	180	325	730
198 lbs.				
Masset, J.	570	355	550	1475
Brewer, D.	500	300	560	1360
Faulk, J.	480	345	485	1310
Martinez, A.	380	285	500	1165
Leblanc, S.	415	240	445	1100
220 lbs.				

Chovanec, P.	685	415	700	1800
Werner, T.	615	400	560	1575
Whalen, E.	600	370	600	1570
Arnold, S.	525	315	520	1360
242 lbs.				
Townsend, J.	585	425	550	1560
Strickland, H.	550	420	540	1510
Thibodeaux, M.	385	290	425	1100
275 lbs.				
Johnson, J.	600	365	600	1565
Miller, B.	495	315	500	1310
Newton, M.	460	340	505	1305
Woodard, J.	345	260	360	965
SHW				
Reed, G.	300	235	370	905
-181 lbs.				
Polumbo, A.	—	—	—	—
Team Scoring: TECH 63, NICHOLLS 59, LSU 58, ULLAF 11, SLU 2. (Thanks to Paul Fletcher, John Magendie, and the USAPL for results)				

ISA Power for Purpose BP/DL  
09 DEC 00 - Douglasville, GA

BENCH	J. Pelt	315	
123 Teen	308		
C. Lumpe	50*	Open	
148	J. Jackson	525	
Teen	D. Fox	475	
A. Rowell	190*	35-39	
B. Short	160	D. Fox	
4th	165	SHW	
D. Peace	150	Open	
Open	K. Crump	510	
J.T. Thompson	315*	J. Heard Jr.	
S. Schubert	250	DEADLIFT	
165	123		
Teen	Teen		
G. Taylor	W. Magnan	50*	
40-44	Open		
D.Short	225	W. Magnan	
198	148	50*	
Teen	Teen		
D. Smith	370*	A. Rowell	
Open	4th	315	
J. Bugg	415*	D. Peace	
D. Smith	370	Open	
P.L. Miller	310	J.T. Thompson	
220	165	515*	
Junior	Teen		
C. Rutherford	365*	G. Taylor	
Open	4th	405	
R. Harrell	460*	181	
J. Owens	365	Open	
C. Rutherford	365	S. Kinder	
A. Biangasso	350	4th	
35-39	220	515*	
R. Harrell	460*	Open	
45-49	J. Owens	660*	
T. Bowman	350*	A. Biangasso	
242	D. Duvall	625	
Open	242	565	
M. Murphy	375	Open	
S. Lewis	365	S. Lewis	
40-44	4th	450	
M. Murphy	375	50-54	
50-54	J. Grizzle	250	
J. Grizzle	280	275	
275	Open		
Open	J. Pelt	450	
J. Pelt	315	35-39	
35-39	J. Pelt	450	
BP & DL	BP	DL	TOT
123			
C. Lumpe	25*	50*	75*
Open			
C. Lumpe	25*	50*	75*
148			
Teen	A. Rowell	190*	315
A. Rowell	190*	315	505*
D. Peace	150	250	400
165			
40-44	S. Lumpe	330*	440
S. Lumpe	330*	440	770*
220			
Open	J. Owens	365	660*
J. Owens	365	660*	1025*
A. Biangasso	350	625	975
R. Keith	335	515	850
40-44			
R. Keith	335*	515*	850*
242			
Open	S. Lewis	365	450
S. Lewis	365	450	815
50-54	J. Grizzle	280	250*
J. Grizzle	280	250*	530*
275			
Open	J. Pelt	315	450
J. Pelt	315	450	765
35-39			
J. Pelt	315	450	765

(Thanks to ISA for providing the meet results).

technical error and finished the day with 661 pounds.

Horace Lane seemed like a sure winner after blasting up 672 pounds. The crowd was awed at the ease of his opening lift. Then 699 stopped him twice. Horace said he just lost his groove on the last two lifts.

The West Virginia Mountain man, big Willie Williams, a crowd favorite with his antics on stage, lost his 711 pound opener, injured his



Now That's a Barrel Chest! - Clay Brandenburg



Crowd Pleasin' Willie Williams

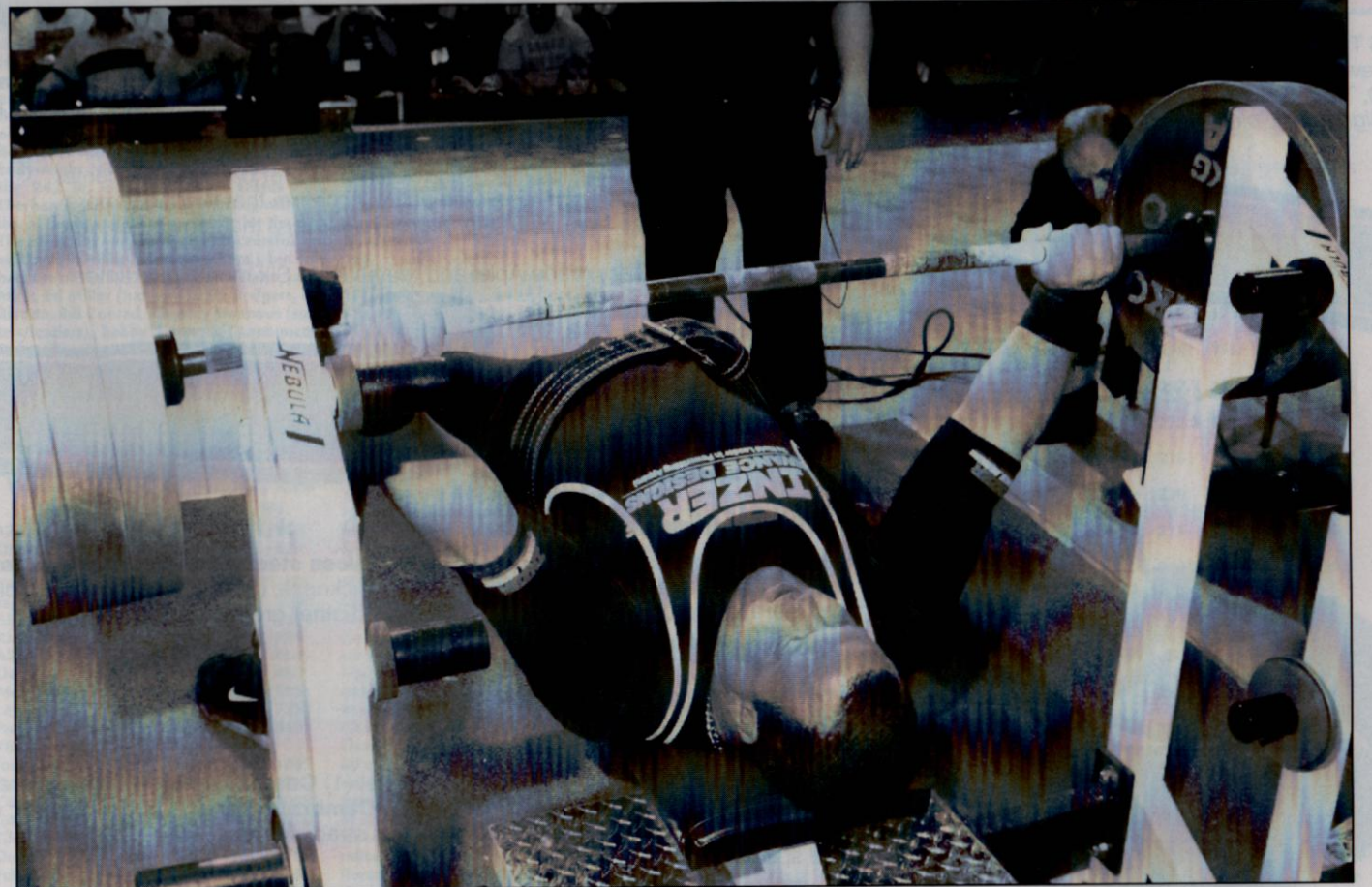
shoulder, and was done for the day. Karen Sizemore missed all her lifts including two tries at 402 pounds. Karen showed her great strength and spirit at the Classic. Karen had spent a week at her father's bedside prior to the meet. Her dad passed away one week before the contest. Karen showed up to do her best with no excuses. Karen Sizemore is a champion.

J.M. Blakley moved back to Columbus from California. He has been hitting big numbers in the gym. J.M.'s absence in the bench press competition was due to a miscommunication by the organizers.



Garry Benford was the meet director (above). (photograph by Ned Low of POWIERLIFTER Video)

The Biggest Bench of the Meet... the 705 effort by Rob Fusner (below) which won \$5000 for him.



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### Pumpkin Press 18 NOV 00 - Allentown, PA

BENCH	Law & Fire	
Women	R. Legg	230
Open	Military	
129	H. Horton	375
J. Goetz	80 T. Kichline	320
Men	V. Rendon	325
Open	Teenage	
165	S. Smith	140
P. Link	285 S. Joseph	120
R. Legg	230 DEADLIFT	
181	MEN	
J. Marason	370 Teenage	
T. Kichline	320 K. Lore	305
G. Bunce	295 Open	
B. Stankavage	255 165	
198	B. Musselman(BL)	
H. Horton	375 500	
A. Kernen	255 T. Sebastian	425
V. Rendon	245 R. Legg	300
M. Bomboy	225 181	
220	J. Marason	475
D. Stevenson (BL)	198	
480	H. Horton	405
A. Stankavage	365 242	
S. Conrad	280 N. Weachter	585
242	Masters 40-49	
R. Markley	260 B. Weidaw	460
SHW	H. Horton	405
J. Weidaw	360 R. Legg	300
Masters 40-49	Masters 50-59	
H. Horton	375 I. Bonacci	405
T. Kichline	320 A. Street	450
T. Brown	360 B. Conrad	305
B. Weidaw	320 Masters 80+	
R. Legg	230 P. Eberhardinger	220
Masters 50-59	Police & Fire	
B. Conrad	250 J. Mink	550
I. Bonacci	220 R. Legg	300
Submaster	Military	
E. Miller	370 H. Horton	405

On November 18th, powerlifting came to Gold's Gym in Allentown, PA for the Pumpkin Press 2000. The event featured both a bench press and deadlift competition, 30 lifters competed in a small but quality meet. In the Bench Press Jill Goetz was the one female lifter and pressed a respectable 80 lbs. The men's open featured Donald Stevenson who pressed 480 at 217 lb. bodyweight on his way to winning the 220's and best lifter in the open. 500 is just around the corner for Don. Also, Jon Marason hit a nice 370 press at 175 lb. bodyweight for the win in the 181's. In the men's masters, Hodges Horton smoked 375 for the win (40-49 yr.). Hodges also picked up the win in the military division. In the deadlift competition, Brent Musselman stepped up to outlift everyone by winning the 165 lb. men's open and Best Lifter with a nice 500 lb. pull at 161 lb. bodyweight. Nick Weachter pulled 585 to win the 242 lb. class and the Ageless Paul Eberhardinger went 3 for 3 finishing with 220 lbs. at the age of 80 years young for the win. The meet was very enjoyable, successful and efficient (finishing in less than 3 hrs.), but only because of the following! Kevin Villano, Jason Mink, Ed Miller (Judges), Jamie Rodgers, Lee Rizzotto, Bill Conrad, Kingsley Simmons (spotters/loaders), Bobby Simmons (Announcer), Deb Miller, Teresa Mosellie (Head Table), Ed Miller (co-coordinator). I would especially like to thank the lifters and guests for their support and pleasurable conduct during the meet! (by Gary "I'm Back" Heim, co-coordinator)

### Wabash Valley, All Natural, Raw 9-11 DEC 00 - Carlisle, IN

	SQ	BP	DL	TOT
123				
Dodd	205	165	305	675
165				
Tuggle	320	280	495	1095
Jagoe	320	275	495	1090
Allen (PHU)	205	275	530	1010
Richardson	275	220	385	880
Allen (NHU)	375	185	300	860
Dumes	265	260	325	850
McFarland	255	265	315	835
Lewis	185	225	315	725
Parrish	175	150	235	560
181				
Jones (PHU)	315	315	465	1095
Dormane	355	265	465	1085
Cook	355	275	455	1085
Jones (LHU)	300	275	495	1070
Glen	315	250	450	1015
Donati	300	240	435	975
Futrell	280	250	405	935
Green	315	235	365	915



**CORRECTION ....** Tony DiCicco did not receive credit for his 755 deadlift (above) on the most recent TOP 100 list for the 220 lb. class. He indicates that the meet where he made the lift was his last competition, so we would like to make a prominent correction on his achievement. He also had a 705 squat and a 1775 total in a prior meet, which should have been on the previous 220 lb. ranking list.

198				
Leach	530	315	550	1395
Campbell	425	320	600	1345
Jones (KHU)	385	340	500	1225
Hough	405	325	475	1205
Jones (NHU)	325	300	525	1150
Arrington	350	290	450	1090
Johnson	220	250	275	745
220				
Givens	530	420	625	1575
Sheron	520	335	600	1455
Nash	405	350	475	1230
Pinkston	315	240	425	980
242				
Bell	540	350	650	1540
Griffin	415	410	550	1375
Hill	315	315	500	1130
275				
McElvene	325	315	480	1120
Anderson	365	275	450	1090
275+				
Payne	405	315	550	1265
Cook	260	315	375	850
Masters				
165				
Guajardo	425	240	460	1125
181				
Sims	350	280	500	1130
Pfeifer	275	200	425	900
242				
Hankins	585	375	600	1560
Brown	355	325	500	1280
Handicap/Wheelchairs				
Lopez (one leg)	100	325	235	660
Strong				
Snelling				
Barkane				
135				

The meet was held inside the prison weight room with a record sixty contestants, three judges from the street, and our Recreation Leader, Mike Murphy who himself is a member of ISA and USAPL. Brett Kramer (ISA), Jeff Fidler (NASA, IPA & USAPL) and Harry Jackson (USAPL) came in on some rather wet and cold Indiana nights to give the thumbs up or thumbs down for us. I would like to thank all three for participating and a special thanks to Mike Murphy for overseeing the event for the fourth straight winter. He is an added bonus to the meet, we had some visitors from the Discovery Channel to film our emotional highs and lows. Thanks crew! As I mentioned, we started out at 60 competitors and when it was all over with only 75% (45 people) completed at least one successful lift in each exercise. A combination of opening up with too much weight and the strictness of the judges scratched or eliminated 25% of the lifters. Competition was fierce, especially in the 165's, 181's, 198's. And the atmosphere inside the gym was all hype. In

the 165 lb. competition, first place was decided by five pounds. Tuggle edged out Jagoe 1095 to 1090 to take the first place. Unfortunately for Jagoe, he lifted before Tuggle. Tuggle was able to see Jagoe's 3rd attempt on Deadlifts and all he had to do was match it for the win. The best overall lift, however, in the 165's was Allen's 530 lb. deadlift. In the 181's, Jones from P House nudged out two people, Dorman and Cook, for the win. Jones totaled 1095 while the tie for second place was 1085. Dorman should have won with his third deadlift at 490, but he dropped it on the way down and the judges nullified his lift. He's an up-and-comer though. Watch for a 1300 in our state meet in June/July. Believe me, I'll vouch for him because he's my workout partner and I know his training threshold for pain. Now I'd like to say before describing the 198 lb. class that by reading your magazine for the last 4 months and applying it's training methods, I've jumped dramatically in each max. I've been powerlifting for 10 weeks and gone from squats 455 to 530, bench 275 to 315, pause, and deadlifts 500 to 550. Believe me, the principles really work for any "doubting Thomases"! They work so well, in fact, that I upset the reigning and defending 198 lb. champ from June 1395 to 1345. Thanks for everything! Finally, the best lifter of the meet was found in the 220 lbs. class (Givens). He totaled 1575 and had the best bench at 420. Closely following Givens in total was Hankins (1560 @ master 242) and Bell (1540 total and best deadlift @ 650. Best squat was also by master Hankins at 585. Before I go, I'd like to give a shout out to "Big Dog" Griffin and his nasty 410 lb. bench. Keep it up buddy! May God bless us all and keep us safe. (Thanks to James Leach for these results).

### Giessen Invitational DEC 00 - Germany (kg)

	SQ	BP	DL	TOT
WOMEN				
56 kgs.				
L. Barnes	77.5	60	105	242.5
60 kgs.				
R. Poppe	80	40	100	212.5
67.5 kgs.				
A. Woodard	135	85	150	267.5
75 kgs.				
A. Brinkley	90	55	115	242.5
82.5 kgs.				
S. Fry	95	57.5	105	257.5
MEN 67.5 kgs.				
T. Adams	177.5	120	245	437.5
C. Strickland	100	85	130	307.5
75 kgs.				
T. Price	197.5	80	207	545

J. Harms	177.5	80	200	382.5
82.5 kgs.				
D. Waddell	240	152.5	240	615
M. Harris	150	110	160	412
J. Caros	137.5	115.5	195	400

90 kgs.				
M. Rippl	240	160	240	630
D. Banker	205	155	215	557.5
A. Nasshan	190	135	220	545

100 kgs.				
E. White	275	210	292.5	765
D. Johnson	272.5	172.5	305	734.5
T. Tilford	250	197.5	290	732.5
L. Thomas	250	182.5	280	687.5
F. Richaitz	225	145	265	620

110 kgs.				
D. Evans	307.5	220	302.5	812
J. Groves	260	227.5	275	742.5

125 kgs.				
R. Lawton	305	205	277.5	787.5
C. Barron	242.5	185	320	740
R. Riley	257.5	197.5	300	730
J. Person	227.5	205	280	655
T. Hew	250	172.5	227.5	652

### APF 47th Annual Iron Man 09 DEC 00 - Fresno, CA (kg)

BENCH	Master (40-44)	
148 lbs.	T. Whitley	172.5
Teen (18-19)	275 lbs.	
S. Ruiz	112.5	Master (45-49)

165 lbs.	D. Brown	182.5
Teen (13-14)	G. Ridgeway	175
A. Contreras	50	Junior (20-23)
198 lbs.	J. Garza	160
Teen (18-19)	308 lbs.	
K. Albert	182.5	Master (45-49)
T. Orvill	155	308 lbs. Open
Master (40-44)	L. Contreras	180

J. Woods	175	C. Lewis	255
Open 220 lbs.	SHW		
207.5	Master (40-44)		
242 lbs.	A. Ramsey	262.5	

WOMEN	SQ	BP	DL	TOT
132 lbs.				
M. Williams	95	50	95	240
165 lbs.				
K. Pfeiffer	170*	67.5	155*	392.5
MEN 123 lbs.				
R. Miskell	167.5*	97.5	190*	455*
148 lbs. Open				
S. Layman	260*	162.5	242.5	665*
148 lbs. (45-49)				
D. Penbridge	70	65	70	205
165 lbs. Open				
E. Albert	182.5	137.5	205	535
165 lbs. Junior				
E. Wakefield	145	115	197.5	457.5
181 lbs. Open				
N. Nelson	210	155	232.5	597.5
198 lbs. Open				
J. Kegrice	272.5	140	272.5	687.5
J. Woods	192.5	175	250**	617.5
R. MacQuarrie	162.5	150	205	535
(40-44)				
J. Woods	192.5	175	250**	617.5
(18-19)				
T. Orvill	210	155	200	565
220 lbs. Open				
R. Parale	227.5	170	205	602.5
(18-19)				
P. Davi	272.5	192.5	280	745
(40-44)				
J. DePalmer	215	142.5	227.5	585
(45-49)				



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85 666 Onorato, J. 6/17/00	500 Connors, J. 3/19/00	650 Brown, A. 10/28/00	1708 Taitas, S. 6/3/00
86 666 Matheson, S. 11/12/00	500 Smith, J. 3/25/00	650 Dayton, R. 11/19/00	1705 Hendrix, R. 4/15/00
87 661 Morton, R. 5/6/00	500 Pechmiller, B. 4/15/00	650 Hertzger, J. 11/19/00	1705 Fonio, 6/18/00
88 661 Mistrick, L. 6/3/00	500 Goodman, B. 4/22/00	650 Driskill, B. 11/19/00	1705 Russo, G. 9/3/00
89 660 Taylor, 4/29/00	500 Spehar, J. 4/30/00	650 Swan, E. 12/2/00	1703 Mazmanian, J. 5/21/00
90 660 Glover, 5/27/00	500 Hays, T. 5/20/00	650 Steiner, E. 12/3/00	1703 Auxer, R. 6/10/00
91 660 Hayes, B. 10/21/00	500 McDonald, S. 6/18/00	650 Blankley, M. 12/3/00	1703 Fritz, A. 12/2/00
92 660 Colaku, E. 11/19/00	500 DeVetico, D. 7/8/00	650 McIntyre, F. 12/9/00	1703 Deverville, J. 12/2/00
93 655 Lade, S. 1/22/00	500 Reid, S. 7/8/00	650 Bell, 12/11/00	1703 Blankley, M. 12/3/00
94 655 Kelly, C. 3/11/00	500 Arnold, J. 8/27/00	648 Brill, A. 8/27/00	1700 Edelen, M. 4/29/00
95 655 Cahill, J. 4/29/00	500 Beler, G. 8/20/00	645 Focht, C. 11/19/00	1700 Steel, J. 10/21/00
96 655 Jackson, P. 5/13/00	500 Chrun, G. 9/2/00	645 Gregory, J. 12/9/00	1697 Landry, S. 4/9/00
97 655 Halter, L. 5/13/00	500 Miller, R. 9/23/00	644 Smith, S. 4/1/00	1697 Giesing, S. 4/30/00
98 655 Reape, J. 10/21/00	500 McComas, W. 10/14/00	640 Magnuson, K. 2/12/00	1697 Garcia, S. 11/4/00
99 650 Downs, M. 3/11/00	500 Rectenwald, E. 10/14/00	640 Thomas, K. 7/23/00	1697 Makamura, H. 12/2/00
100 650 DiVincenti, J. 3/11/00	500 Myers, R. 12/9/00	640 Tremblay, 10/28/00	1695 Clausen, T. 11/19/00

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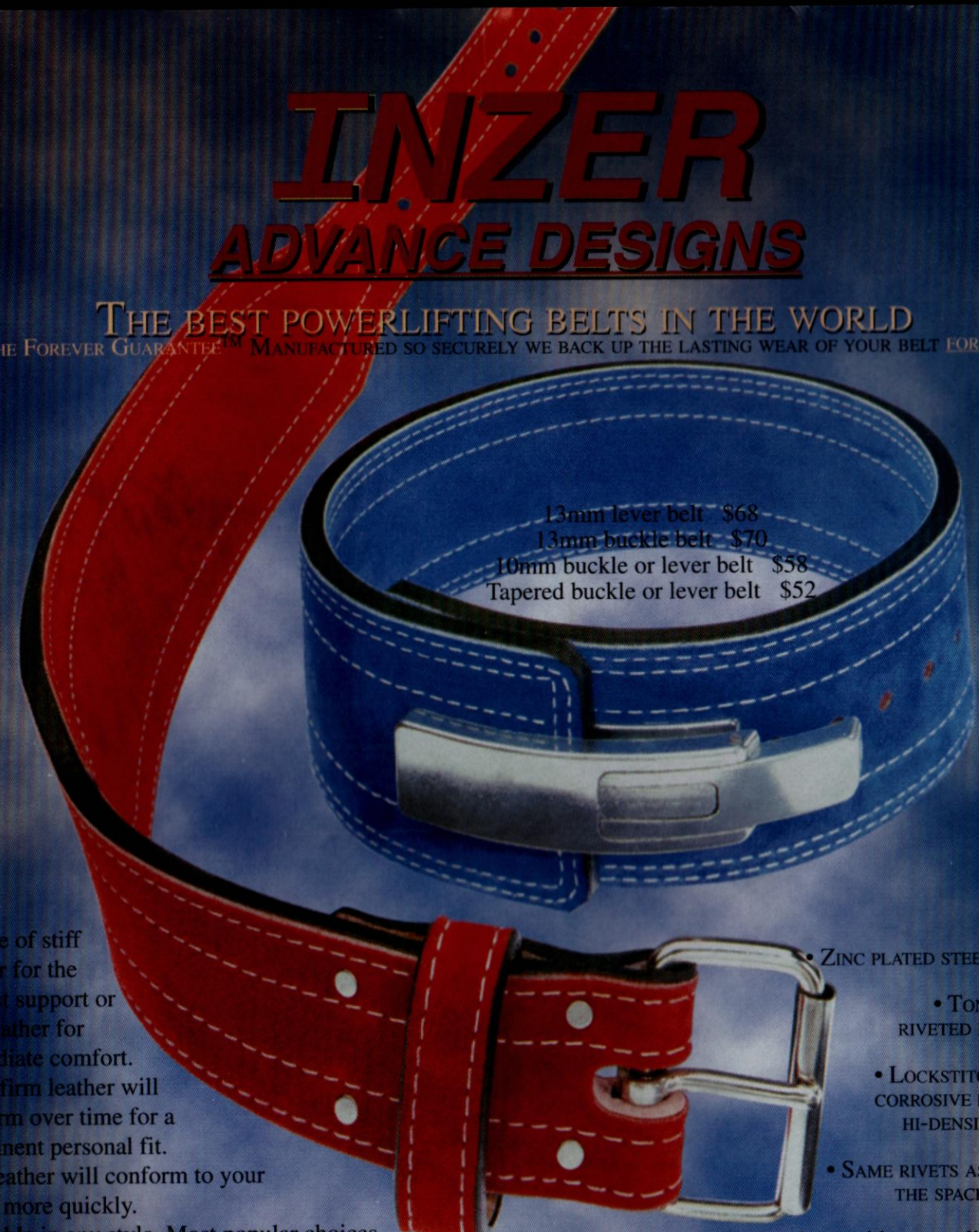
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