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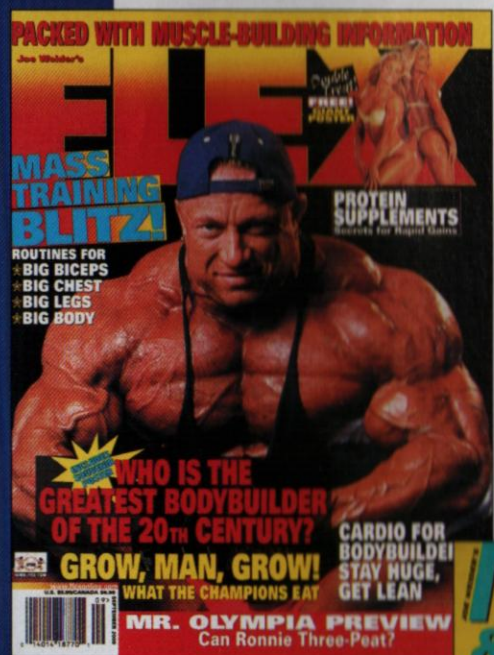
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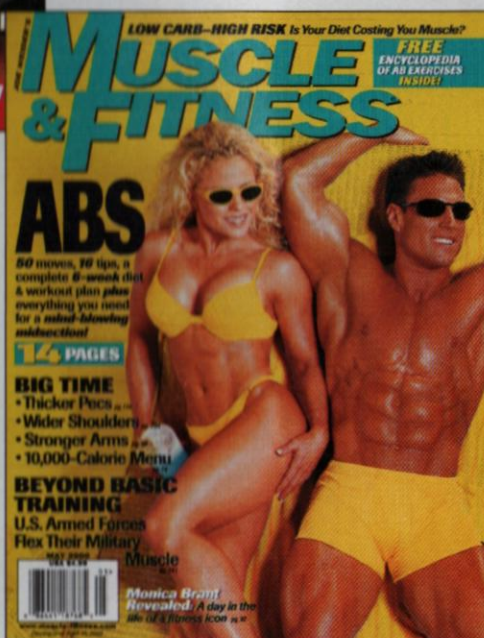
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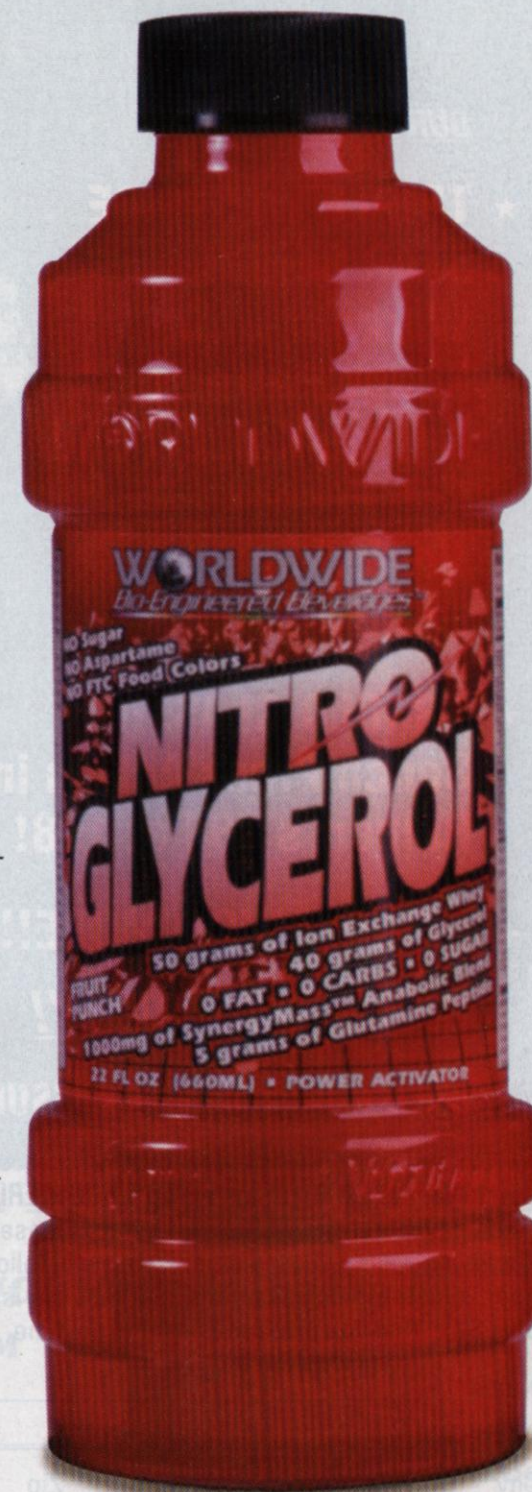
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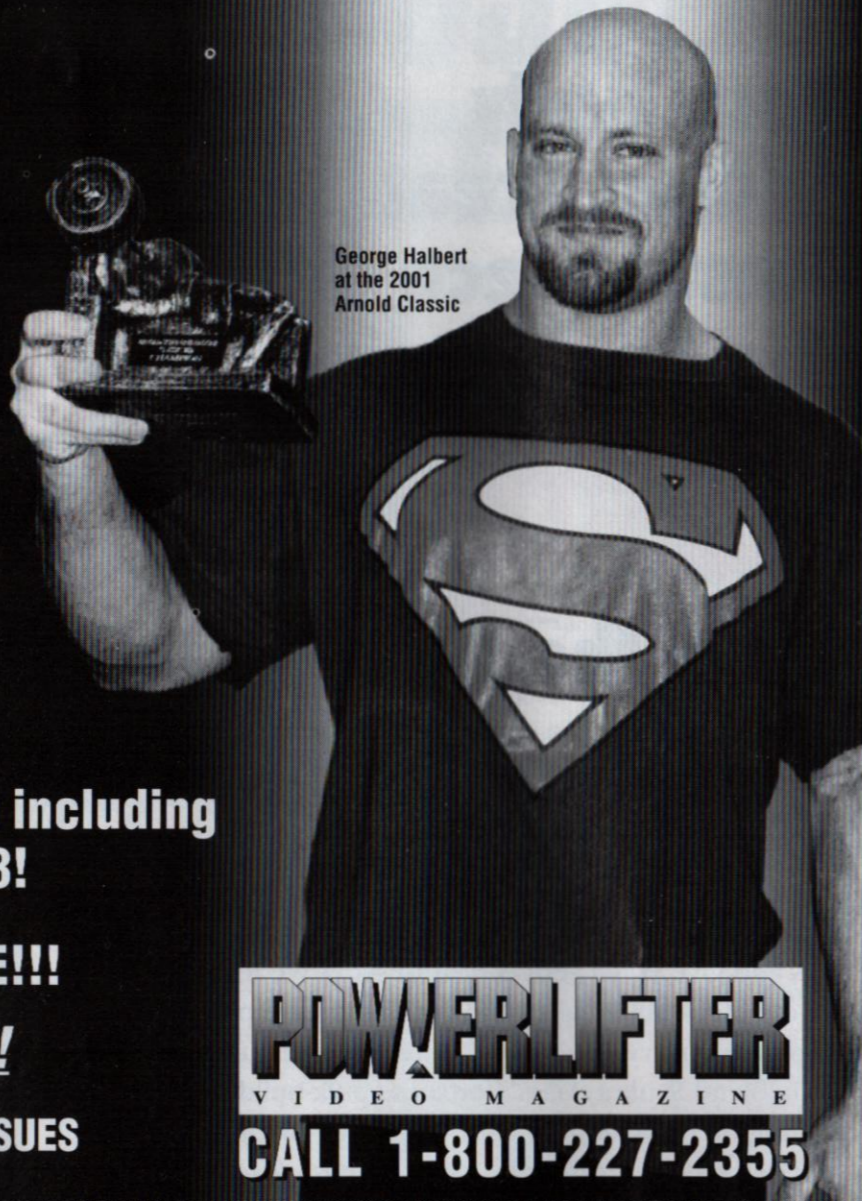
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MUSCLE MENU

- Volume 24, Number 10 - May 2001 -

ED COAN INTERVIEW.....Marty Gallagher.....	6
WPO NEWS.....Kieran Kidder.....	9
RUSSIAN BP TRAINING.....Pavel Tsatsouline.....	10
TIPS FROM THE TOP.....Hooper/Benemerito/Miller.....	12
RUSSIAN NATIONALS.....Dr. Larry Maile.....	13
VICTOR FURASHKIN INTERVIEW.....Dr. Larry Maile.....	16
POWER SCENE.....Ned Low.....	17
ROB FUSNER'S PROGRAM.....Louie Simmons.....	18
THE SMALLER WATER BUFFALO.....Geoffrey Adler.....	20
WHY CAN'T I GAIN WEIGHT.....J.M. Blakley.....	22
PREMATURE PEAKING.....Doug Daniels.....	24
WORLD GAMES PRESS RELEASE.....Dr. Larry Maile.....	25
POINTS TO PONDER, PT. III.....Judd Biasiotto Ph.D.....	26
WPO WHAT'S THE DIFFERENCE #3.....Russ Barlow.....	27
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....	32
WORKOUT OF THE MONTH.....Lynne Barlow.....	34
PL USA BACK ISSUES.....	38
COMING EVENTS.....Mike Lambert.....	49
UNCLASSIFIED ADS.....	86
TOP 100 275s.....Mike Lambert.....	87

ON THE COVER.... Ed Coan is gearing up for his debut in WPO competition at their Semi-Finals, now re-set for August 12th.

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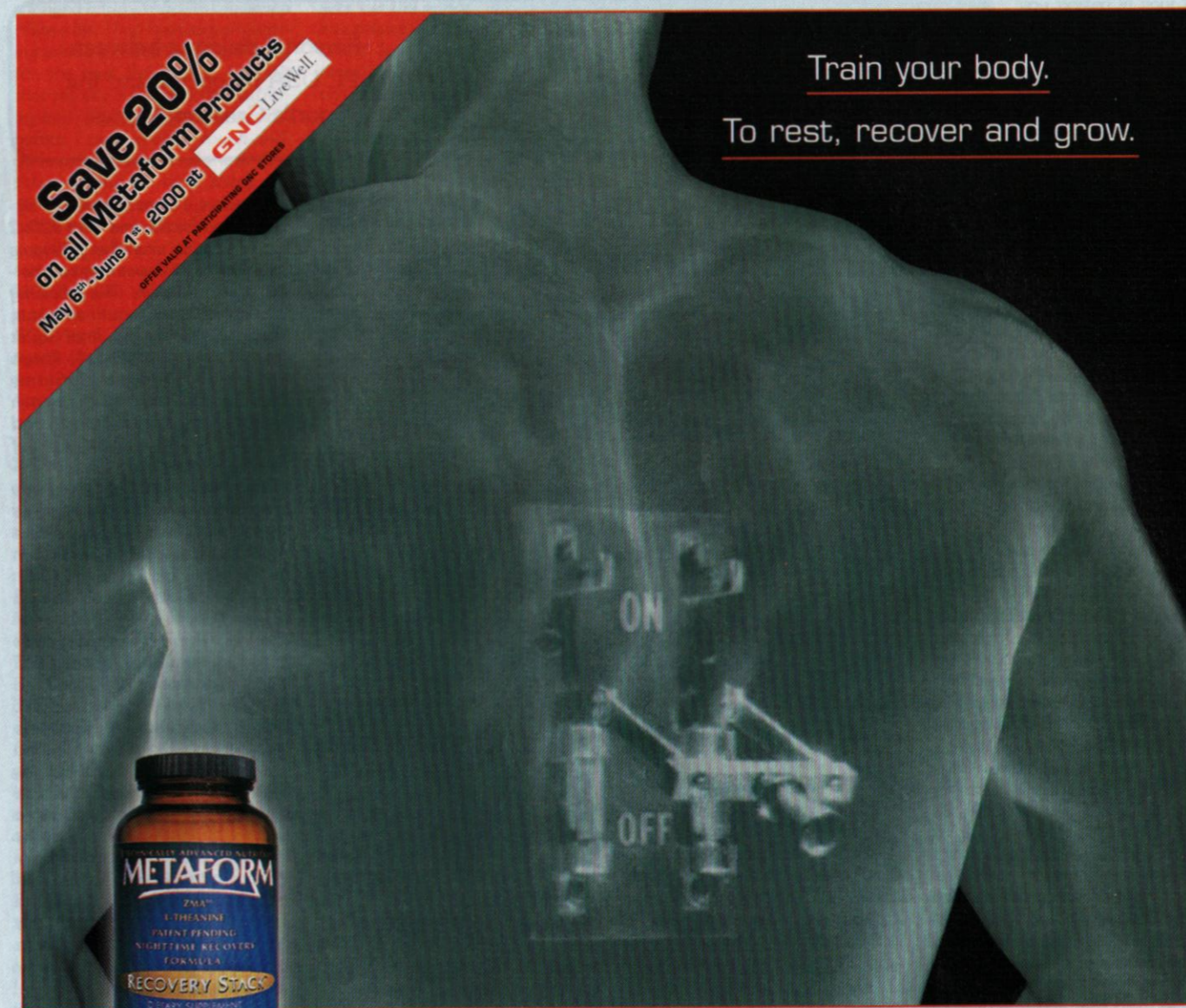
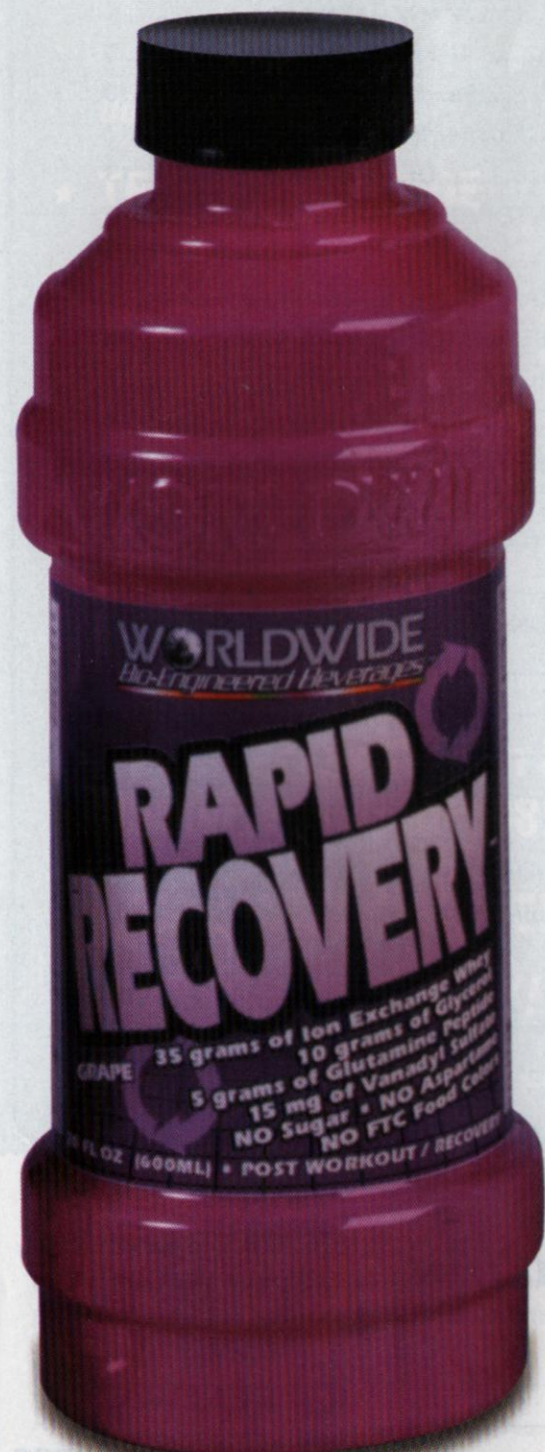
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INTERVIEW

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

Edward Ignatius Coan needs no introduction to anyone even vaguely interested in the sport of powerlifting. Articles on Michael Jordan rarely rehash his accomplishments, as it is assumed the reader is familiar with both the man and his achievements and, so, we too shall assume that any self-respecting powerlifter knows of Coan and his seemingly never-ending string of power exploits. His is quite simply the greatest powerlifter to ever walk the face of the planet and he sets new standards in longevity and performance with each passing year. Incredibly, at age 37, his best days lie ahead of him, not behind, as like a fine scotch he gets better with age. Ed won his first IPF world championship as a 181 pound lifter in 1984. In 1998 he totaled 2463 at 242, more than any other lifter in the history of powerlifting. Today, seventeen years after winning his first world title, Eddy rolls ever onward like some unstoppable force of nature. Each time he hits the 2400 mark he sets a new record for the most 2400 pound plus totals ever, five and counting. Watching Ed lift makes you realize that you are watching something very special. As long as powerlifting exists in any way shape or form, powerlifters will retell tales of Coan and his legendary feats. We asked the Champ to reminisce and ramble, expand and expound, elaborate and extemporize on a variety of questions. He was more than willing so we took advantage of the situation and grilled him good, talking about every topic under the sun.

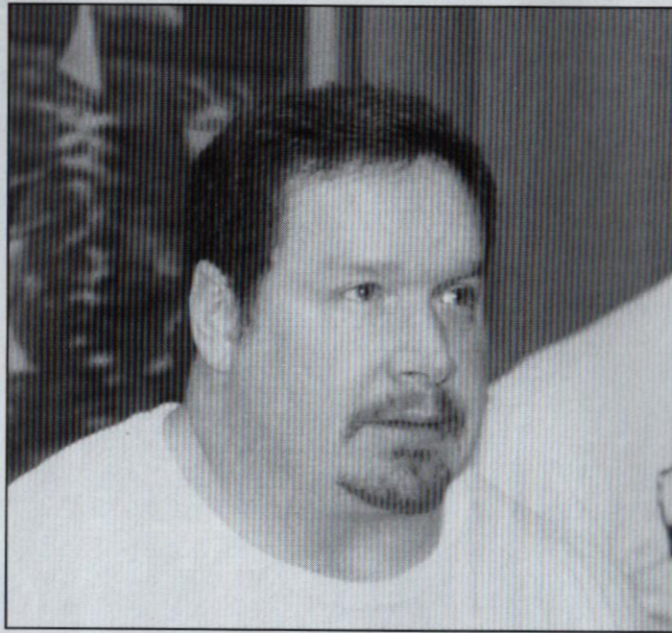
MG: When is the next competition and what's the goal?

EC: I am feeling good and plan on stepping back onto the platform in late June at Nick Busick's Mountaineer Cup. In addition, I plan on lifting at the WPO Huge Iron meet (now re-set for August 12th) in Orlando. I also plan to head back to Orlando on November 17th of 2001 for the WPO World Professional Powerlifting Championships. I am pretty excited about lifting in the WPO as they seem to be staging some innovative contests. I am already sold on Nick Busick and his approach to powerlifting. I look forward to lifting three times in the coming year. The prospect excites me.

MG: Any predictions?

EC: Well, at this stage of my

ED COAN SPEAKS - We Quiz the King - by Marty Gallagher



ED COAN ... thick as a brick, and in fierce pursuit of a 2500 lb. total.

career, hitting a 2500 plus total is my overriding goal. A lot depends on the meet conditions and equipment. I felt I had a pretty strong shot at breaking the 2500 pound barrier in my last contest, but the bar used was sub par and this messed me up in the squat. The plates on the end of the barbell were bouncing so much that after my workout that I could not control the bar. Once I went down and started to rise, the whip worked against me, with the weights literally bouncing downward as I was on the way up. I could only manage 992 pounds on my second attempt. I passed my third lift; I pulled a muscle in my back and realized that another try would be futile and dangerous. There was no way I was going to attempt 1030, or thereabouts, which is what I would have needed in order to bust the 2500 barrier. This was too bad, because based on my training I felt I had a real shot at uncorking a big squat, one big enough to position me nicely for 2500. But their's the breaks. After the squat my back was fried and I couldn't keep an arch in the bench. I pulled 848 in the deadlift

and hung it up for the day. My back was shot.

MG: How's your preparation going? We're a long way out, right?

EC: Yes, we are. I started serious contest preparation this March.

MG: Any concessions to age in training?

EC: Oh, absolutely. I no longer try and hit the big 5 rep records in training. In the old days I might hit 875x5 or 900x5 in the squat and equally big numbers in the bench press and deadlift, but these days I'm satisfied with fewer reps. This approach leaves me a little fresher at the end of the cycle heading into the actual competition.

MG: Could you give us an example?

EC: Instead of hitting say 900x5 wearing knee wraps, a belt and suit bottoms as I would in past cycles, in my most recent cycle I hit 920x2 with wraps and a belt and without wearing a suit. I bagged the set despite feeling that I could have squeezed out another rep.

MG: So, you purposefully leave a rep or two in the bank?

EC: That's one way to put it.

MG: No suit at all?

EC: That is correct. I wear a suit for my last four squat sessions.

Nowadays, I want to save the bigger jumps for the end. I hit 920x2 with no suit and the following week hit 942x2 wearing suit bottoms, straps down. The following week I hit 964x2, again with suit, straps down. In my final squat session I handled 986x1, straps up. I also did a workout 1036 in my final session. I think this approach keeps me fresh, explosive and healthy. After years and years of intense rep work, my foundation - my base - is pretty well laid. I stay a little hungrier for the weights throughout the cycle when I limit my 90% efforts to no more than four sessions per cycle.

MG: You use this approach in each lift?

EC: Yes, I do and as a result I don't have the cumulative fatigue that I began experiencing before I moved from "old style" to "new style". This is a definite concession to age. In the old days I would eat rep training for lunch - and not be bothered in the slightest. I changed my tune when I started getting a few troublesome injuries. Also, as I got older I couldn't seem to shake this overall feeling of fatigue that cropped up towards the end of a cycle. I still squat and deadlift in the same week and by bagging a few reps I seemed a lot more resilient and recovered.

MG: Of course, some are going to point to this and use it as an excuse to bag reps in their own training.

EC: That would be a mistake unless they are over 35, have a good history of rep training under their belt and have been feeling beat up or are injured. If that's the case, then by all means, crank back. But kids and lifters in their twenties, particularly those without a lot of rep work - particularly the 5-rep sets - should not adopt my current ways just yet; you would be short-changing potential progress. I am not rejecting or turning my back or renouncing the style of training that I used for years and years, but simply realizing that my recuperative ability and susceptibility to injury is greater at 37 than it was at 17 or 27.

MG: Are you reducing the workloads in the other lifts? How about your assistance work?

EC: I worked up to a heavy deadstop double in the deadlift prior to the competition this past cycle with 870x2, using a belt. I

changed my approach in the bench press a bit. I had been experimenting with deadstop bench pressing for the past few cycles, but felt that my explosiveness was suffering and I had developed some slow habits. I went back to touch-and-go bench pressing and think that this is going to reap some big dividends. I pause my close-grip bench presses and all my inclines - and I also like to pause the last rep on most every bench set

MG: Are you still using single ply equipment?

EC: Yes, I use a single ply Inzer bench shirt and a single ply squat suit. No second bench shirt or second squat suit. My knee wraps are standard length. I'm old fashioned, I guess.

MG: Well you're certainly leaving some pounds on the platform. There is no doubt that the new equipment adds pounds to your lifts. They're not wearing the stuff cause it looks nice.

EC: No doubt about it.

MG: How about your assistance work, any new wrinkles?

EC: I've really gotten some good results doing close-stance high-bar pause squats. I do these after my regular squats and they really force the quadriceps to work and grow. I love this exercise; my training partner will give me the "up!" command on each rep, but only after I've sat down with the weight for a full second or two.

MG: How narrow is narrow?

EC: My stance is 12 inches between my heels. I go rock bottom on every rep. It teaches you to explode and builds up the quads. I don't wear any gear when I do these.

MG: Do you still do rep chins with 100 pounds strapped around your waist?

EC: No, not anymore; I have a little bit of bicep tendonitis and chins aggravate this so I don't do weighted chins anymore. I still do my heavy barbell rowing and did 529x4 last cycle, not letting the bar touch the floor between reps and without using a belt. I also like to do stiff leg deadlifts off a 4-inch block without a belt. This is a real tough exercise that really strengthens the erectors and hamstrings. I concentrate on exercises like narrow stance hi-bar pause squats and stiff-leg deadlifts off a block in the off-season and then I switch into regular squats and deadlifts when the competitive season rolls around. I'm a big believer in working hard on my weak points in the off-season.

MG: How much time do you allow between sets?

EC: As much time as it takes for me to totally recuperate between

sets. On the minor exercises that could be two or three minutes and on the big exercises I could take ten full minutes before I hit the next set. It's a feel thing, not a time thing.

MG: Do you change your assistance exercises much?

EC: I like to keep it fresh and challenging. I will do two light sets of curls each week and do a few forearm exercises designed to improve my grip. I still do the press-behind-the-neck, though not as heavy as in years gone by. I would regularly hit 400-

pounds in this exercise a few years back, but nowadays I'm content to rep out in the mid-300 pound range. I do also do front presses for variety and usually alternate behind-the-neck presses and front presses on a weekly basis, one week PBN the next week front presses.

MG: Do you still break these out and do them on a separate day from the big three lifts?

EC: Yes, I squat, bench press and deadlift on separate days and break shoulder work out and perform that on a fourth day. I only go to the gym four days.

MG: Monday: pause squats (no gear), high bar close stance pause (no gear), leg curls, seated calf raises

Tuesday: off

Wednesday: bench press, super-wide grip bench press (paused), dumbbell incline presses (paused), iso-lateral incline bench press, Tri-ceps-lying dumbbell French press, pushdowns

Thursday: off

Friday: conventional deadlift (no gear) off a 4-inch block and paused on the floor, stiff-leg deadlift off block also paused. Bent-over barbell rows (overhand grip) Hammer front pull-down, wide-grip chins without weight, bent-over lateral raise 3x15

Saturday: close grip bench press paused, standing one arm lateral raise, standing press-behind-the-neck, curls, forearm work

Sunday: off

MG: So you hit the gym four times a week?

EC: Yes, I went to the gym five



A Superstar who wraps his own knees. (Mojden photos)

days a week for years, but I've altered the pattern in conjunction with the some other changes. My exercise sequence and basic workout template has stayed pretty much the same for twenty years.

MG: What are some of your best training lifts - like best rep set for 5 in the squat - best deadlift double without a belt, chin for reps with weight, incline for reps, bench double without a shirt, best PBN, tri pushdown for reps? That kind of stuff.

EC: Oh, let's see. I never really max out in my training lifts, but some of my best weight for reps? Let's see. I've done 900x5 in the squat, and bench pressed 555x2 without wearing a bench shirt. A few years back I rowed with 550x3 in the bent over row. That was without a belt and the bar did not touch the ground between reps. I press-behind-the-neck with 375x3 seated, each rep coming below the ear. I have deadlifted 855x2 conventional and sumo-pulled 900x2 at 220 two weeks before I pulled 902 in Dallas and missed 920.

MG: How long do you see yourself competing?

EC: I feel good. I feel great occasionally, but not as many times as I feel good. I want to compete for a couple more years. Who can predict the future? I want to hit a 2,500+ total and then I'll re-assess my options.

MG: How many 2,400 totals have

you posted in your career?

EC: I've posted 2,400 pounds or better on five different occasions.

MG: What is the strongest you've ever felt in a competition?

EC: Oh, that's an impossible question to answer. How do you compare a good day weighing 181 with a good day weighing 240 or 220? They're all good days. Let me re-phrase the question a bit: at 198 I really felt good in Chicago when I hit 2204 and likewise when I cracked my first 2400 pound total at 220 - topped off with my 900 pound deadlift. I never felt stronger in the squat than when I hit 1,019 and totaled 2,463 at 242. Plus, this mark fulfilled a lifetime goal of posting the highest total ever, regardless of bodyweight. The target is ever shifting, so it seems. There is not a "better or best", just different.

MG: How come you can't do sumo style anymore?

EC: I tore my right hamstrings and left abductor in 1994 finishing the second rep of an 870 pound deadstop double in the sumo-style deadlift. I twisted slightly at the top locking the weight out. I have never felt right since. Every time since that I've tried the sumo I have this nagging feeling that I am risking major, career-ending injury. It messes with my mind and the easiest way to deal with this is to just lift using the conventional style deadlift and not get caught up in these mind games.

MG: Who is the best lifter you ever saw in action?

EC: Names that jump into my mind immediately are Inaba and lately Siuokon.

MG: How about Kaz?

EC: When I saw Kaz lift it was after his chest injury and he was not at his best. Doug was the prettiest squatter I ever saw. It was also pretty amazing that he pulled an 826 deadlift. Doug had allergic reactions to chalk and hardly ever did deadlifts. Add a 600 pound bench press and you had a complete, balanced lifter. He could have totaled a whole lot more if he hadn't quit at the peak of his powerlifting career to become a professional wrestler.

MG: Thanks, champ!

EC: You're welcome, old man!

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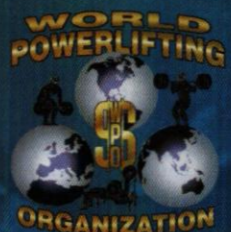
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WPO NEWS Current WPO members and future members alike, there has been a change of date for the WPO Semi-Finals at Universal Studios Orlando that was originally scheduled for July 21, 2001. The new date is August 12, 2001. The change was beyond my control and was an unforeseen administrative complication. There is a huge security factor that wasn't brought to my attention until recently. All lifters and spectators that are not paying admission for Universal Studios are subject to security clearance at the back entrance of the complex. With the possibility of 75-100 lifters and 500 spectators, it would be an arduous task to say the least, and nearly impossible to oversee. I apologize for any inconvenience this decision might cause lifters and their families. With the date change comes a more conducive setting for Elite powerlifters to thrive and their loved ones to support them. The venue is still within the Universal complex, conveniently located behind the theme park referred to as City Walk, and it charges no admission to enter. City Walk is an adult oriented section of Universal where there is an abundance of high profile restaurants and night clubs. The atmosphere is brimming with activity and teeming with world renowned establishments like Jimmy Buffet's Margaritaville, NASCAR Cafe, NBA City, The Groove Nightclub, Pat O'Brien's Irish Pub, Motown, Bob Marley's, and the Latin Quarter Night Clubs. Oh, by the way, there is still one more location inside City Walk that the moral majority might recognize, and that just happens to be where the August 12, 2001 WPO Semi-Finals are going to be held - The Hardrock Live Studio!!! Hardrock Studio is a state of the art 2800 capacity seating facility connected directly to the internationally acclaimed Hardrock Cafe, smack in the middle of City Walk. In the summertime, 30,000 people a day pass through City Walk and frequent Hardrock and the other attractions. It's very plausible that some of those 30,000 people will have already seen WPO powerlifting on television and will be enticed to buy a ticket so we will have a packed house with 2800 screaming powerlifting fans. Rock and Hip-Hop recording artists like Kid Rock, Creed, Papa Roach, Pantera, and Lynrd Skynrd have performed there recently. I can't think of a more suitable setting that is exploding with excitement to host cream of the crop Professional Powerlifting than Hardrock Live, because the WPO is going to rock the house with Heavy Metal Mayhem and Huge Iron Madness. There will be more Elite lifters, more Huge Iron Dancers, more gorgeous card girls, more bright lights and smoke, more pyrotechnics, and most of all more \$\$\$MONEY\$\$\$!! Having the contest at Hardrock skyrockets the entertainment value that has been lacking in our sport and facilitates the WPO's master plan. The WPO's prerogative is to televise and showcase nothing but World Class Iron Athletes in the heat of competition, handling Huge Iron for big bucks.

As your WPO President, I will positively reinforce the tenacity it requires to handle 800-900 or 1000 lbs. without getting killed or seriously injured. In addition, I will break down the stereotyping that is common among the general public so powerlifters are perceived as heroes, not criminals. With every great cause, there comes sacrifice. In order for powerlifters to be held in the same regard as other professional athletes, there must be change across the board in all facets of the sport. For entertainment's sake, the lifters who are contenders to win Super Open Titles will have to get acclimated to lifting in the evening. For example, a Heavyweight Title fight starts at 9pm, the Super Bowl starts at 6:30pm. Most sporting events where a championship is on the line transpire in the evening, and the same concept will apply in the WPO. City Walk virtually comes alive at night with people of all ages looking for something to do - something cutting edge, trendy, like in your face entertainment that exudes high energy along with legitimacy. The modern day WPO athlete should mentally prepare himself for dramatic changes in the sport's format. Powerlifting has been it's own worst enemy politically and esthetically. My goal is to have the WPO become an annual series of contests that crowns the three Super Open Champions at the end of each year that is filmed for television and is eagerly anticipated by the general public. Are you an elite lifter who is ready for Huge Iron action and envision yourself as a WPO Powerlifting Superstar that the general public will embrace and admire? If you are, you must be willing to bend in any direction in order to perpetuate the WPO's success. I can't emphasize enough how important it is for lifters and spectators to comply with every aspect that will be encountered, because powerlifting has evolved into a legitimate professional sport. Economics are a bigger issue than ever before, due to the value of the entertainment world. Simply, to have a contest at Hardrock Live costs five times what a normal contest in the old format, when there was no television coverage and no entertainment to take into consideration. In order to grasp what I'm saying, I have compiled this short list to get my point across.

- A. Every lifter must pay a \$99 entry fee.
- B. Coaches and helpers must buy ticket to enter Hardrock Studio!
- C. Spectators must buy ticket to enter Hardrock Studio!
- D. Tickets are to be obtained by calling Ticketmaster or Huge Iron Productions in advance, or at Hardrock Box Office the day of the contest.

I must reiterate the importance of the list mentioned above. Bottom line, the sport's new direction comes at an alarming expenditure. The prize money for the semi-finals alone, distributed accordingly to ten weight classes, 1st-3rd, totals \$160,000, not including cash bonuses for world records or the production cost for television. Hardrock employees will be taking tickets and ushering people, the standard procedure at any Professional Sporting Arena, and they don't want to hear "can my coach come in for free" or "does my cousin have to pay". Everyone that is not lifting has to buy a ticket, period! Anyone who insists on being difficult about having to pay admission will be asked to leave Hardrock. Lifters please keep in mind that if you perform well you might win \$1,000 (3rd), \$5,000 (2nd), or even \$10,000 for coming in first in your class and you could possibly capture one of three prestigious Super Open titles. Whoever the lucky Lwt., Mwt., and Hwt. Super Open winners are will receive at least \$25,000 and proudly display a WPO Championship Title Belt around their waist. Your cooperation will be greatly appreciated and will help powerlifters claim their rightful status as Elite Iron Athletes who will be embraced by the general public and abroad. It will be a great day when society views the Professional Powerlifter in the same fashion as other Professional Athletes who are perceived as heroes and role models. If you have any questions concerning the date change or any particulars about the WPO, call us at 877-HUG-IRON or log on to hugeiron.com or wpoonline.com and ask for Lisa.

Sincerely, your WPO President, *Kieran Kidder*

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Eight out of the eleven gold medals at the IPF Men's Worlds went home beyond what used to be the Iron Curtain. Wouldn't you like to know how guys like Alexey Sivokon train?

Following is a bench press program designed by the Russian powerlifting mastermind Boris Sheyko. The man used to train the Kazakhstan team and today is the Chief Coach Men's Powerlifting Team Russia. Comrade Sheyko's credentials include Sivokon, Mor, and Podtinniy. 'Nuff said.

Heavily influenced by R. Plukfelder and I. Abajiev, Sheyko believes in some serious volume.

While Western PLers have gradually cut back to one weekly BP workout the Russian team coach insists on four to eight bench press sessions a week! The arms and shoulder girdle can recover a lot quicker than the legs and back, he says, so why not?! Sheyko likes to quote the popular among Russian weightlifters in the fifties and sixties expression: "To press a lot, one must press a lot".

No, it is not a program just for bench specialists like Irina Lugovaya who owes it her European championship title. The following supersystem is every bit as effective for full meet lifters. So enjoy the pain, Comrade!

The matrix is designed for five BP workouts a week and is aimed

at an advanced powerlifter, a KMS or an MS in Russian classification. The cycle is divided into preparatory and competition periods. Here is how the prep period gets kicked off:

Preparatory Week 1 - Monday: 1. BP - 50%x5, 60%x4, 70%x3x2, 80%x3x5 (30) 3. BP - 44%x5, 65%x5, 75%x4x4 (26). Tuesday: 1. Incline BP - x4x6 (24) 2. Parallel bar dips (with weight) - x6x5. Wednesday: 1. BP - 50%x6, 60%x5, 70%x4x2, 75%x3x2, 80%x2x2, 85%x1x2, 80%x2x2, 75%x3x2, 70%x4, 65%x5, 60%x6, 55%x7, 50%x8 (71). Friday: 2. BP - 50%x5, 60%x4, 70%x3, 80%x2x5 (25). Saturday: 2. PBN - 5x5 (25) 3. Parallel bar dips - x4x6. Total lifts per week: 201. Average intensity: 67.1%

Note the number in brackets following a series; it is the total number of lifts in the series. The number before an exercise denotes its position in a training session. For example, on Monday you bench first, then do some SQ or DL drill and

INTERNATIONAL TRAINING

Bench Press Training - Russian National Team Style as told to PL USA by Pavel Tsatsouline, Master of Sports



Alexei Vorobiev of Russia was able to win the 2000 IPF World Bench Press Championship 181 pound class title against USA's McCormick (left) and Cieri. (photograph by Hiro Isagawa)

bench again. On Friday you bench second after another lift.

More often than not Sheyko's charges, including IPF bench press world champions Alexey Sivokon and Faniil Mukhamatyanov, press twice in one training session. There is a curious wrinkle: the two pressing series are always separated by squat or deadlift work.

Boris Sheyko points out how the Monday load was intense and the Wednesday load beats you up with high volume. Note, says the Russian team coach, even though the athlete has worked up to 80-85% 1RM, he has done many lighter lifts and therefore the average intensity is low. If you have a general idea of the Russian approach to strength program design, you should appreciate how this elegant and precise method relies heavily on the calculations of the volume expressed in a number of barbell lifts (NBL) in a given intensity zone or percentage of one rep max. According to Boris Sheyko, tracking

these numbers, as well as the average training weight and total tonnage - or, if you are not up on the metric system, poundage - is mandatory. The Russian coach points out how helpful they are for serving the critical component of any strength training plan, variability, or rotation of heavy, medium, and light training sessions, both in a weekly and in a monthly cycle. Indeed, these calculations have been an integral part of Soviet weightlifting since 1958 when

soon to be famous scientist Leonid Matveyev worked with coach Suren Bogdasarov designing Yuri Vlasov's training programs.

Although Russian Olympic lifters said good-bye to the pyramid even before the clean and press bit the dust in 1972, it lives on in Sheyko's powerlifting program, although only once a week and only in the prep period. The author appropriately calls it a 'marathon'. Because it 'stuffs up the arms' so much, the Wednesday marathon is followed up by an unloading Friday session: there is only one bench series and its reps are cut short.

Preparatory Week 2 - Monday: 1. BP - 50%x5, 60%x4, 70%x3x2, 80%x2x2, 90%x1x3 (22) 3. BP - 50%x3, 60%x3, 70%x3, 80%x2x5 (19). Tuesday: 2. Parallel bar dips - x5x5. Wednesday: 2. BP - 55%x5, 65%x4, 75%x3x2, 85%x2x4 (23). Friday: 2.50%x5, 60%x4, 70%x3x2, 80%x3x7 (36). Saturday: 2. BP - 55%x5, 65%x5, 75%x4x5 (30) 4. Triceps work - x10x5. Total lifts per week: 130. Average intensity: 71.5%

Note how the NBL has been cut back from 201 in the first week to 130 in the second. When the volume goes down, the intensity goes up; in week two Sheyko added more 85-90% 1RM lifts and thus upped the average intensity from 67.1% to 71.5%

Preparatory Week 3 - Monday: 1. BP - 50%x5, 60%x4, 70%x3x2, 80%x3x5 (30) 3. BP - 50%x5, 60%x5, 70%x5x5 (35). Tuesday: 2. BP - 55%x4, 65%x4, 75%x3x4 (20). Wednesday: 1. BP - 50%x8, 55%x7, 60%x6, 65%x5, 70%x4, 75%x3x2, 80%x2x2, 75%x3x2, 70%x4, 65%x6, 60%x8, 55%x10, 50%x12 (86). Friday: 2. 50%x5, 60%x4, 70%x3x2, 75%x3x6 (33). Saturday: 2. BP - 50%x6, 60%x6, 65%x6x4 (36). Total lifts per week: 240. Average intensity: 64.7%

In week three Sheyko gives his

Intensity Zones	Preparatory Period Load Distribution				
	Week 1	Week 2	Week 3	Week 4	Per Month
50%	24	13	41	17	95
51-60%	31	21	54	20	126
61-70%	34	24	84	20	162
71-80%	61	61	61	27	210
81-90%	2	11	—	8	21
91-100%	—	—	—	—	—
NBL	152	130	240	92	614
Intensity	67.1%	71.5%	64.7%	67.2%	67.1%

lifters 240 barbell lifts at a 64.7% average intensity. The increased volume in the 65-75% intensity zone has necessitated a drop in intensity. But because there is no one right way to wave the load up and down the coach muses that he might as well have written up something like NBL 170/69.1%.

Note the brutal eighty-six rep Wednesday marathon. Sheyko warns that you will be a hurting unit and will have to have the grit to make it through. By the way, the above numbers are not the limit; Alexey Sivokon has done hundred twenty rep marathons while working up to 90% intensity! Naturally he cut back on intensity the week after.

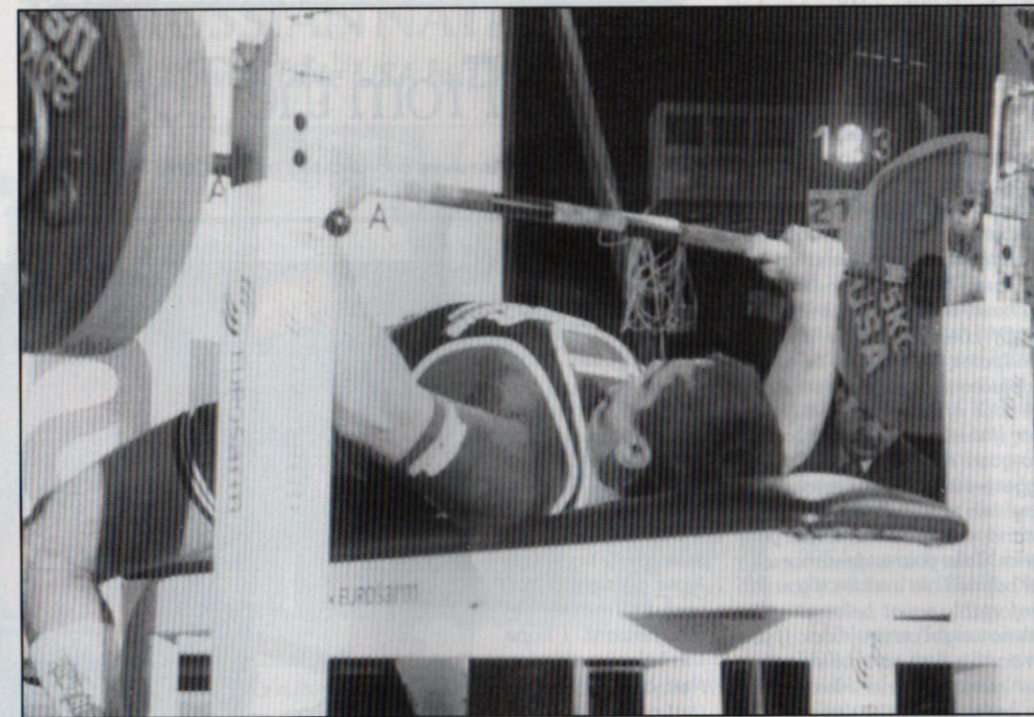
Preparatory Week 4 - Monday: 2. BP - 50%x4, 60%x4, 70%x3x2, 80%x2x5 (24). Tuesday: 2. Incline BP - x3x5 (15) 3. Parallel bar dips - x6x5. Wednesday: 2. BP - 50%x5, 60%x4, 70%x3x2, 75%x2x2, 80%x1x3, 75%x2x2, 70%x4, 60%x6, 50%x8 (44). Friday: 2. BP - 55%x4, 65%x4, 75%x3x2, 85%x2x4 (22). Saturday: 2. PBN - x4x5 (20) 3. Triceps work - x10x5. Total lifts per week: 125. Average intensity: 67.2%

The table at right, which should find its way into your training log, illustrates variability of the Russian bench press program.

In the four to six week long competition period the Russian National Team says good-bye to marathons and reduces the reps to the maximum of three per set. NBL with warm-up weights of 50-70% goes down and the number of 75-95% lifts goes up.

Competition Week 1 - Monday: 2. BP - 50%x3, 60%x3, 70%x3x2, 80%x3x6 (30). Tuesday: 1. Incline BP - x3x5 (15). Wednesday: 1. BP - 50%x3, 60%x3, 70%x3x2, 80%x2x3, 85%x1x3 (21). Friday: 1. BP - 50%x3, 60%x3, 70%x3x2, 80%x3x5 (27) 3. BP - 55%x4, 65%x4, 75%x4x4 (24). Saturday: Rest. Total lifts per week: 117. Average intensity: 71.6%

Competition Week 2 - Monday: 1. BP - 55%x3, 65%x3, 75%x3x2, 85%x2x4 (20) 3. BP - 50%x3, 60%x3, 70%x3, 80%x3x6 (27). Tuesday: 1. PBN - x4x5 (20). Wednesday: 1. BP - 50%x3, 60%x3,



Alexey Sivokon of Kazakhstan winning the 2000 IPF World Bench Press crown. (photograph by Hiro Isagawa)

70%x3x2, 80%x2x8 (28). Friday: 1. BP - 50%x3, 60%x3, 70%x3x2, 80%x2x2, 85%x2x3, 80%x2x2 (26). Saturday: 1. BP - 55%x3, 65%x3x2, 75%x2x4 (14). Total lifts per week: 135. Average intensity: 72.7%

Competition Week 3 - Monday: 2. BP - 50%x3, 60%x3, 70%x3x2, 75%x2x4 (20). Tuesday: Rest. Wednesday: 1. BP - 50%x3, 60%x3, 70%x2x2, 80%x1x2, 90%x1, 95-100%x1x2-3 (16). Friday: 1. BP - 50%x3, 60%x3, 70%x3x2, 80%x2x5 (22). Saturday: 1. BP - 55%x3, 65%x3x2, 75%x3x4 (21). Total lifts per week: 79. Average intensity: 70.0%

Approximately twenty days before a meet Sheyko plans a *prikladka*, or a trial run. Experienced Russian National Team members just work up to 90-95% of their max to get a feel for their openers.

During the third week a Russian lifter also cuts back to four bench days a week. Observe how he performs a medium volume/low intensity workout on Monday and rests on Tuesday to taper before the Wednesday trial run.

Intensity Zones	Competition Period Load Distribution						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Per Month
50%	9	9	9	6	9	6	48
51-60%	13	15	12	12	9	9	70
61-70%	22	21	22	18	16	7	106
71-80%	55	56	32	47	19	2	211
81-90%	3	14	1	8	—	—	26
91-100%	—	—	3	—	—	—	3
NBL	102	115	79	91	53	24	464
Intensity	71.6%	72.7%	68.8%	72.4%	67.7%	61.7%	70.8%

Competition Week 4 - Monday: 2. BP - 50%x3, 60%x3, 70%x3x2, 80%x2x3, 90%x1x2, 80%x2x2 (24). Tuesday: Rest. Wednesday: 1. BP - 55%x3, 65%x3, 75%x3x2, 85%x2x3, 80%x3x2 (24). Friday: 2. BP - 50%x3, 60%x3, 70%x3x2, 80%x3x5 (27). Saturday: 1. BP - 55%x3, 65%x3, 75%x2x5 (16). Total lifts per week: 81. Average intensity: 71.8%

The fourth week is the last week with substantial NBL and heavy, 80-90% 1RM, poundages. It is time to taper before the competition. Next, or fifth, week the athlete will cut back to three training days a week and throttle down on volume and intensity.

Competition Week 5 - Monday: 2. BP - 50%x3, 60%x3, 70%x3x2, 80%x2x4 (20). Tuesday: Rest. Wednesday: 1. BP - 50%x3, 60%x3, 70%x2x2, 80%x1x3 (13). Friday: 1. BP - 50%x3, 60%x3, 70%x3x2, 75%x2x4 (20). Saturday: Rest. Total lifts per week: 53. Average intensity: 67.7%

In week five the lifting frequency drops to three times a week and both

the intensity and the tonnage are tapered.

Competition Week 6 - Monday: 1. BP - 50%x3, 60%x3, 70%x2x2, 75%x1x2 (12). Tuesday: Rest. Wednesday: 1. BP - 50%x3, 60%x3x2, 70%x1x3 (12). Thursday: Rest. Friday: Rest. Saturday: Competition. Total lifts per week: 24. Average intensity: 61.7%

Sheyko points out how the last session before the meet is similar to a pre-competition warm-up. (Note the table below)

If you compare the two tables you shall notice that in the competitive period the Russian coach cut back on the volume while increasing the intensity compared to the preparatory period. In the last two weeks of the competition cycle both the intensity and the tonnage take a dive to enable the athlete to recover well before the meet.

Nothing fancy-trendy about Sheyko's cycle; just the classic Matveyev's formula of progression from volume to intensity and finally the taper. You will not find any exotic assistance exercises in the Team Russia regimen either. "A golden rule is never to use more complex movements than necessary to achieve the desired result," as Bruce Lee once put it. "...To hit a worthy opponent with a complex movement is satisfying and shows one's mastery of technique; to hit the same opponent with a simple movement is a sign of greatness."

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GP asks: I am a good squatter, but I do have problems getting down below parallel in competition. I have a wide stance and occasionally have hip pain. I use the Titan Centurian squat suit. What should I do?

Advice from Wade Hooper: First, I would suggest looking at the bar placement, as this will affect the amount of lean that you will have. The more forward lean you have, the higher the hips will be. Of course, from a leverage standpoint, you would want the bar placed in a low position across the back of the shoulders. However, if this is causing you to lean in a good morning style, I would suggest raising the bar across your shoulders to keep you more erect. Second, you need to analyze your stance. Take your wide stance with feet pointed out and see if you can comfortably squat below parallel with no weight on your back. If you can do this with no problem, then your stance is fine. However, if you are having difficulty reaching legal depth without weight on our back, don't expect to reach it on a consistent basis with the weight. Your stance should be one of comfort and not forced by the amount of weight you have loaded. If this is the case, you would definitely want to change your stance to where it is more comfortable to reach legal depth. Any time you change your stance, start your training over to retrain your body to the new style. Unless you are

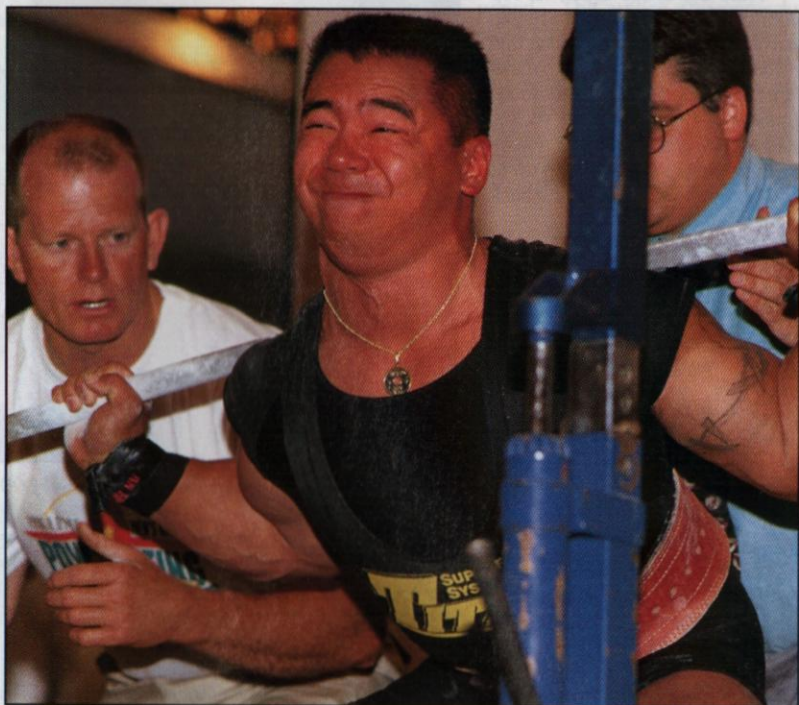
Tips From the Top

Questions & Answers coordinated by Dr. Larry Miller

training high in the gym, your assistance will not have much bearing on whether or not you will hit legal depth. So, if you feel that box squats best help you develop a big squat, then keep using them. As far as your equipment is concerned, just make sure the straps are loose enough to prevent you from pulling you forward. I hope this helps you develop that big deep squat that every lifter is aspiring for. Good luck and Train hard.

Wade

DG asks: I am a fifty year old master powerlifter. How do I change my training program to coincide with my age. How far out from a contest should I begin to cycle?



Ray Benemerito has been a very successful competitor within the ADFPA/USAPL

Advice from Ray Benemerito: I hope you're not referring old guy questions to me because of my age. OK, since I am closing in on 20 years of powerlifting competition covering 4 weight classes, I'll try and share what has changed during those years.

Cut down training days: I used to train 4 days a week, Monday-Squat, Tuesday-Bench, Thursday-deadlift, Friday-light bench. Nowadays, I train twice a week, Monday-Squat/Bench, Thursday-Deadlift/light bench. By doubling up work outs, you get two full days of rest between work outs. This works really well during injury training cycles and gets you in better shape for meet conditions, not to mention that it is better on the family/work life.

Cut out the in be-

tween numbers: For example instead of ramping up your training weights gradually prior to meets, find the training weight that works best for you, i.e., bench workout: 325 (no shirt) 7 x 5 x 3 for 4 weeks along with assistance work. Week 5, put on the shirt and go 415 x 1, week 6 455 x 1, 475 x 1, 485 x 1.

Week 7 rest. Week 8, meet attempts 473, 490, 501-507. By cutting out the weights between 325 and 415, you keep yourself fresh and explosive for the meet and you also save time in training cycles ... fitting more cycles in per year for experimenting (on rep range, new exercises).

Recovery. No longer are the days of staying out all night and going right to the gym OK. Well, maybe once in a while. I definitely need 8 hours per night ... kind of hard with 3 kids, but I try to get it in. As for diet, I try and eat every three hours (5-6 meals a day), mostly protein 20-30 grams and veggies for carbs ... Yes, you can substitute beer and ice, not for chilling the beers, but for icing your joints down, after every workout. I have a set of ice packs for every major joint area, knees, back, hips, elbows, biceps, shoulders ... if you can picture the Michelin man, that is what I look like after a work out. Right now I'm actually researching hyperbaric chambers for overnight therapy, but the prices are a little too steep. Gotta love Powerlifting.

Good Luck and Stay Clean.
Ray Benemerito

The Russian National Championships were held the 1st through 4th of March in Saint Petersburg. This competition represented the best lifters in Russia, qualified either through past participation in World Championships or from those who participated in the six zone championships held in previous weeks across Russia. 206 lifters participated of the approximately 300 nominated. Distance and travel cost reduced participation in what would of otherwise been an enormous contest. We were informed during our stay that the Powerlifting Federation of Russia is comprised of 89 independent federations. Some are organized through the Ministries of Sport in independent republics, and many are subdivisions of autonomous regional federations.

Vladimir Bogachev, President of the Powerlifting Federation of Russia (R.P.F.) invited lifters and representatives of USA Powerlifting to attend and participate in this event during his visit to the U.S. for USA Powerlifting Women's Nationals. Six lifters, and seven coaches and spectators attended. We were met at the airport by Mr. Bogachev, and Julia Zerdeva, his wife and translator for Russian Teams abroad. We took a leisurely bus tour of St. Petersburg on the way to our hotel, and were impressed by the architecture, the number of museums, and the pace of restorations going on in this city. St. Petersburg plays host not only to many cultural events, but to many international sporting events. They have a large, covered stadium and many other modern sports venues.

The meet was held in the LDM Leningradsky Youth Palace Hotel, on the Neva River and two Metro stops from the center of St. Petersburg. It is a large facility with two theaters, four restaurants, a disco, a miniature golf course, a gym, and a sauna. The competition was held in the large theater.

Several perennial European and World Champions were absent. Multi-time World Champions, Svetlana Teslava and Elena Yamskich, as well as silver medalist at 2000 European and World Championships, Irina Ayugina will be taking the year off for maternity leave. Nicolai Suslov, 1999 and 2000 Men's World Champion will attend the Russian Jr. Championships to be held in Kemerovo (Siberia) 15th through 18th of March, and Maxim Gurianov is writing his boards for Medical School and may not be

THE RUSSIAN NATIONALS as told to Powerlifting USA by Dr. Larry Maile



Russian and U.S. lifters in front of a statue symbolizing the Volga River. (courtesy Maile)

available during all of 2001. Despite missing these great lifters, the level of competition was very high, with great depth in each class and lifters down many places who would place at their respective World Championships. The Technical Meeting was held in the small theater, which was packed with lifters and coaches. It was a "who's who" in Russian powerlifting. The Americans were introduced to thunderous applause from those attending. I was pleased to see

many USA Powerlifting t-shirts and several pairs of warmups from prior U.S. National Teams in the crowd. There were many questions through the weekend about well known U.S. lifters.

On the first day of competition, women from the 44 to 75 kilogram classes competed, in two sessions. The first session included 23 women from 44 to 52 kg. The 44 kg. Class was uncharacteristically small, with the absence of Ms. Teslava and Natalia I, who is still competing as a Junior. This class was won by 19 year old Natalia Krikunova with a 310 kg. total.

The 48 kg. class was won by Natalia Shapovalova, who traveled from the Siberian city of Irkutsk. She squatted 150 kg., benched 80 kg., and deadlifted 160 kg., for a

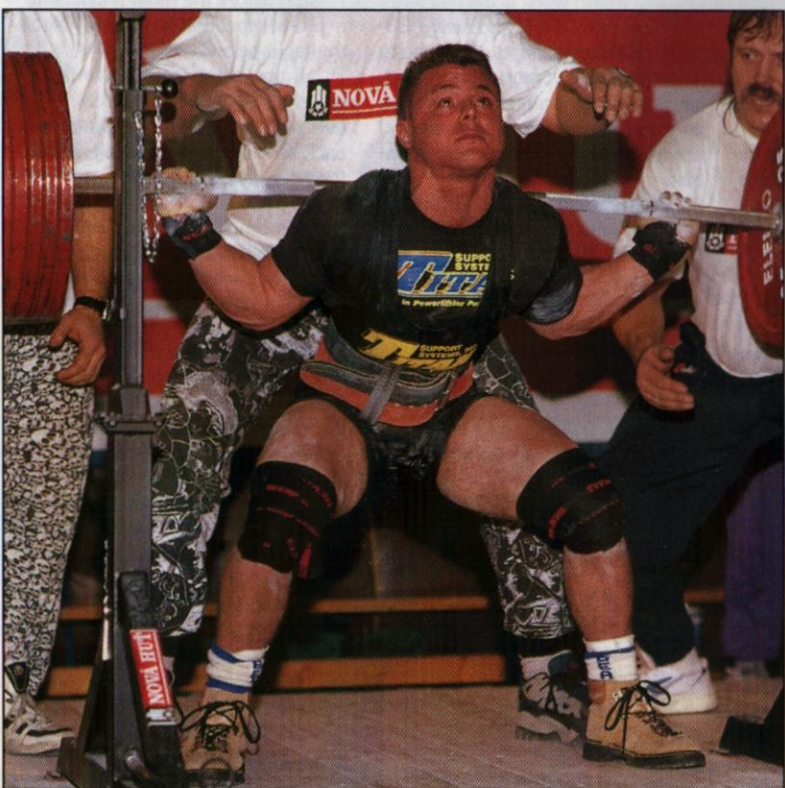
390 kg. total. Second place was taken by Olga Legotkina, perennial Jr. World's competitor with a 360 kg. total, and third was Natalia Tulina at 335 kg.

The 52 kg. class was won handily by 1998 and 1999 Jr. World and 2000 European Champions at 48 kg. Tatiana Eltsova. She showed flawless technique in squatting 177.5 kg., benching 90 kg., and deadlifting 165 kg. Her 432.5 kg. total outstripped silver medalist Natalia

Ivanova by 30 kg. (402.5 kg). This class was the debut of the first U.S. lifter, Jennifer Maile, lifting in this weight class for the experience before reducing to the 48 kg. for women's worlds. She squatted 150 kg., stalling with 160 kg. on her third attempt. She had a lapse in concentration on her second attempt bench press (90 kg.), but returned to complete it on her third. This was the best bench press in her class, by virtue of lighter bodyweight. She pulled a personal record of 150 kg., for a 390 kg. total and four teenage American records. Seven other lifters participated in this class; the lowest total (tenth place) was 295 kg., which would have placed third at USAPL Nationals.

Valentina Nelubova won 56 kg. class by five kg. over Jr. World Champion Inna Filimonova, 495 kg. to 490 kg. Nelubova won on the strength a 133 kg. bench press. She is the current World Champion and World Record Holder in the Bench Press, and this margin made up the difference between her relatively weaker squat and deadlift when compared with Filimonova. In third place was 1997 Jr. World Champion Elena Petrunia, with a 460 kg. total. For those of you who think in pounds, the first three lifters in this weight class totaled over 1,000 lbs.

The 60 kg. class provided what was perhaps the greatest battle in the Women's competition, despite the 15 kg. that separated first and second places. Elena Fomina, the 2000 World Bench Press, and 1998 World Champion out totaled 1999 and 2000 Open and 1999 Jr. World Champion Irina Abramova. Fomina stated that it was her goal in 2001 to regain the World Championship. Abramova will be attending, however, and may take some exception to that. They both agreed that it will be a great battle. In this contest, Fomina beat Abramova 540 kg. to 525 kg. Both of these very strong women are very shy, and blushed when being interviewed and required the assistance of trainers and the translator. There is no embarrassment for either of them on the platform, however. Third place was taken by Diana Sidorova, with 490 kg. She was a Jr. World



Wade Hooper has earned many team points for the USA in IPF World competition.



World Champs ... Konstantin Pavlov & Jennifer Maile

LM: Victor, how old are you?
VF: 32 years.
LM: Married?
VF: Yes, I have two children.
LM: How long have you been powerlifting?
VF: 6 years.
LM: Do you have a job outside powerlifting?
VF: Yes, for ten years I have been a fireman in my city of Syktyokar, in the Komi Republic. (An independent republic northeast of St. Petersburg).
LM: Where do you train?
VF: At the State Sports Club, operated by the Ministry of Sport, in Syktyokar.
LM: Who is your coach?
VF: I don't have a regular coach. I am self-coached, except at major competitions. At national and world championships, I have a senior coach assigned to me to help with my equipment and to assist with my numbers. I also coach several junior lifters who compete at local and regional competitions.
LM: What type of equipment do you use?
VF: Inzer gear.
LM: What titles do you hold?
VF: I have been the European Champion three times. I have medaled three times in world championships, all in the 75 kg. class. In 1998, I placed third, in 1999, second, and I was the World Champion in 2000 in Akita City, Japan. I will compete in the World Games in 2001 in Akita City, and the Men's World Championships in Finland.
LM: Do you have any sponsors?
VF: Yes, I am assisted with time to train by my job, and receive other help from the Ministry of Sport.
LM: What are your goals in powerlifting?
VF: I would like to break the world squat record. I want to continue coaching junior lifters. None of my lifters have been selected to lift at junior world championships yet, so I will not attend this year.
LM: How long do you see yourself continuing powerlifting?
VF: I plan to continue for at least three more years, and as long as my health allows. (Victor sustained a serious injury starting out which has affected his back.)
LM: What are your best lifts?
VF: Squat 315, bench 205, and deadlift 307.5 kgs.

INTERNATIONAL INTERVIEW

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

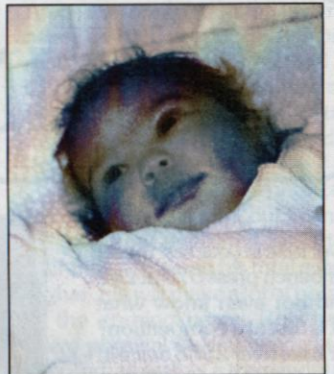
2000 IPF World 165 lb. Champion VICTOR FURASHKIN as interviewed by 2000 IPF World Masters 181 lb. Champion Dr. LARRY MAILE



Victor Furashkin at the 1999 IPF Men's Worlds, where he finished 2nd. (H. Isagawa)

VF: Pay close attention to technique. It is easy to be injured if you are not careful. Beginners should always have a coach present to help with this.
LM: How many workouts do you do each week?
VF: I train eight times each week. Twice on Monday, Wednesday, and Friday, once on Tuesday and Saturday. I take Tuesday and Sunday off.
 (Here is a typical training week: Training weights are given as an example so the reader may understand the relationships between lifts. He increases the weight by percentages each week. Victor trains in equipment year round).
Monday morning:
 Squats: 150 kgs. - 1 set of 5, 170 kgs. - 1 set of 5, 220 kgs. - 2 sets of 3, 225 kgs. - 2 sets of 3.
 Bench Press: 100 kgs. 1 set of 5, 120 kgs. 1 set of 5, 140 kgs. 1 set of 5, 165 kgs. 5 sets of 3.
 Dumbbell flies: not sets & reps given.
Monday night:
 Squat: 220 kgs. 4 sets of 4 reps. Leg Press: no sets or reps given.
Tuesday: Same bench press workout as Monday. Cable rows: no sets & reps given. One arm tricep push-downs 10 sets of 10 at 135 kgs. Abdominal work (weighted sit-ups)
Wednesday morning: Deadlift on 5 cm blocks: 150 kgs. 1 set of 4, 170 kgs. 1 set of 4, 220 kgs. 4 sets of 2.
Wednesday night:
 Bench Press: 100 kgs. 1 set of 5, 120 kgs. 1 set of 5, 140 kgs. 1 set of 5, 140 kgs. 5 sets of 5. Flies: no sets or reps given. Weighted dips: no sets or reps given. Deadlift from floor: 200 kgs. 2 sets 3 reps, 200 kgs. 2 sets 3 reps, 220 kgs. 2 sets 3 reps, 250 kgs. 5 sets 3 reps. Incline sit-ups:
Friday: Same workout as Monday.
Saturday: Deadlift: same as Wednesday. Incline Benches: 110 kgs. 6 sets of 5. Triceps (dips). Rack Pulls: same warm-up as deadlifts, 300 kgs. 4 sets of 2-3 repetitions.

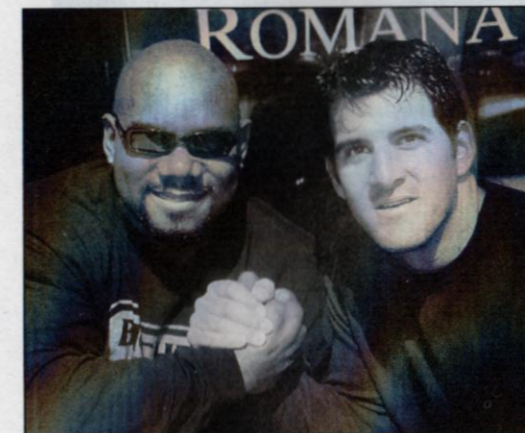
POWER SCENE



Whitney Olivia Wessels born November 7th, 21 inches long and 5 lbs. 9 oz. - a future heart breaker. (Photo provided by Ned Low).

Ah! The return of Spring, and warmer weather and outdoor meets, and the promise of Summer. Even here in California, where you can hit the beach 365 days a year, it gets chilly in Winter, so Spring is very welcome. And once Spring arrives, a lot of events come with it.
 L.A. Urban Fitness had a party and expo in front of their store recently, and a lot of the major supplement companies came and exhibited so POWER SCENE got to hear what's new and exciting. MetRx brought its Zone Manager for the Western U.S., Craig Jackson, and he had a lot to say about their ADS

Sports Division, and said they'll be launching their Biochem Platinum One, featuring their third generation creatine, designed for better absorption, reduced bloating and digestive problems, and bigger strength increases. Flex Wheeler, recently retired from bodybuilding, was manning the Biochem table with Kenny. Other companies included ProLab, which brought fitness competitor Danielle Edwards, and our local outfit, Phil's Power Pancakes, which makes great tasting packaged pancakes, so if you see them, try one.



Flex Wheeler (left) and Kenny Flores (right) of Biochem.

line of products. ADS standing for Anabolic Drive Series. It was introduced early in 2001, and is not intended for the mass market. It's aimed at performance athletes, and includes RTD (ready to drink) meal replacements, the AfterFx post-workout bar and a glucose accelerator. For more information, check with your local supplement store.
 Kenny Flores, who used to help run Gold's Gym in Venice, is now the National Sales Director for Biochem's

they were interviewing people and snapping pictures, plus posing for a few. We caught them with make-up artist and fitness competitor Hope Zarro, who just moved here from New York. MuscleMag's Steve Neece was also checking out the action.

Owner George Salem opened L.A. Urban Fitness in 1994, and

IronMan Magazine sent out two people, Lonnie Teper and Jerry Fredrick, and



LA Urban Fitness team (left-right): Fernando Guzman, George Salem, Naomi Fukuda. (All photographs provided courtesy of Ned Low).



Jerry Fredrick (l) and Lonnie Teper (r) of IronMan Magazine around Hope Zarro. (Photograph provided courtesy of Ned Low to PL USA).

estimates that they carry about 200 different product lines. We always thought there were an awful lot of supplement companies. According to George, at the moment the hottest product areas are growth hor-

monie, creatine, antioxidants, and thermogenic fat burners.
 A couple of weeks earlier POWER SCENE was at the Natural Products Expo in Anaheim, which is a huge trade show featuring all sorts of food and supplement companies, and we ran into powerlifter and strongman competitor Chad Coy of Indiana. Chad and two of his strongman training partners are all ranked in the top ten nationally for strongmen, and incorporate a lot of powerlifting training into their workouts. POWERLIFTER VIDEO Magazine will be doing some video shooting with them very soon to capture what they're up to.
 Another strongman, and a great powerlifter, is Missouri's Willie Wessels. Along with Rick King and Jim Davis, Willie is putting on the NASS Missouri Strongman Contest on May 19th, at Forest Park in St. Louis. If you're thinking of giving it a shot, or just want to watch, call 314-609-6031 for more info. The events include moving the Conan's Wheel for 90 seconds (it weighs 500-600

lbs.), flipping a 600 lb., tire, and loading kegs or stones onto platforms four and a half feet high. Sounds like fun!
 And congratulations to Willie and his wife, who are the proud parents of Whitney Olivia Wessels (WOW); we're wondering if there's powerlifting in her future. As for Willie's future, we'll be videotaping some of his training soon for an upcoming

Powerlifter Video.
 Finally, we got in the mail the USPF list of upcoming California meets, and it seems that no matter what the meet, or who the meet director is, you can download an entry form from the web, at www.powerliftingca.com. Hurray for progress!
 And hurray for training partners, and massages and deep tissue work, and wrist wraps, and all the many things that powerlifters are thankful for. 'Til next month, see you on video (And we do want to mention that we have out an especially good issue of POWERLIFTER VIDEO, featuring the bench training at Westside of George Halbert, Kenny Patterson and Rob Fusner, with explanation by Louie Simmons, plus full coverage of the Arnold Classic with Halbert's 683 bench at 198, plus lots of other great segments. Just call 1-800-BARBELL.)
 NED LOW



ProLab's Danielle Edwards at LA Urban Fitness. (Photo: Ned Low).

TRAINING

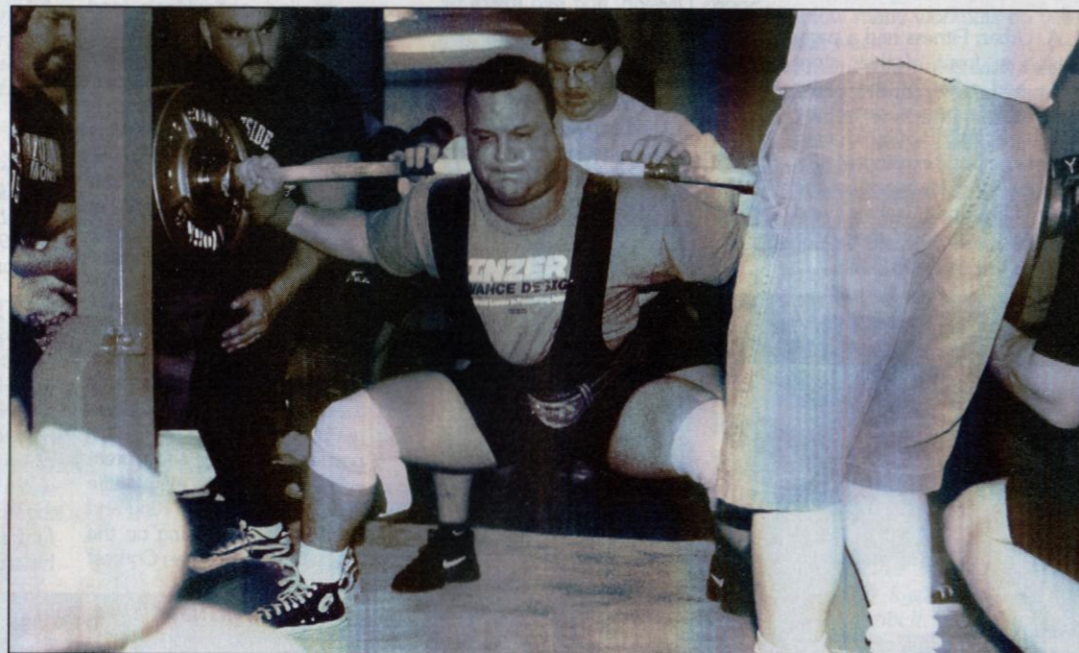
ROB FUSNER'S TRAINING PROGRAM

as told to Powerlifting USA by Louie Simmons

What is it like to total over Elite in your first meet? Or bench press 570 at 242 and not even know what lift is first at a competition? Or total over 2358 twice in your first 10 meets? Just how does someone do that? Let's ask the guy who did it - Rob Fusner.

Starting with the squat, Rob does a pendulum wave using bands and weights. First he does an eccentric phase for 1 week. He has lowered close to 1200 pounds, coming up with 755. The main goal is to raise the weight faster and faster on each set for a total of 5 sets, consisting of 1 rep each.

The first full wave is for strength speed and lasts 3 weeks. Rob does 3 working sets of 2 reps. He then adds weight or bands or



Rob Fusner has squatted 905 pounds in the 308 lb. class, and Louie Simmons predicts bigger numbers to come

both for an additional 3 or 4 singles to near failure, with a top tension of 1050.

The second phase of the wave is for speed strength. The band tension as well as the bar weight is lowered considerably. Combined, it is about 625 at the top. It is roughly 60% at the top compared with the strength speed phase.

Next, the circa-max phase is entered. This phase lasts 4 weeks, increasing the weight for 3 weeks and then decreasing to the lowest weight on the fourth week. This represents over 90% to nearly 100% of Rob's best squat weight at the top.

The last 2 weeks are for deloading. Here the band tension is reduced to a percentage that again will build lots of speed and quickness.

Of course, special exercises are used after squatting, two or three exercises at most per workout. This has Rob squatting 905 at 282. It doesn't hurt that six of his training partners squat in the 900s as well.

On max effort day, Rob does bent-over good mornings, working up to 585 for a triple. He does low box squats, 2 or 3 inches below parallel, with a Safety Power Squat bar, a Buffalo bar, or a special 14-inch cambered bar. He will pull a deadlift off a rack pin or a 2- or 3-inch box. He pulls in the conventional style in meets, but sumo in the gym to work the muscles that are neglected. He does one max effort exercise per week. He deadlifts and does good mornings with bands, and he also does band good mornings by standing on a band and placing the other end over his head. Belt squats also work

well for Rob. After a max effort core lift such as a deadlift, squat, or good morning, he will do two or three special exercises like glute/ham raises, pull-throughs, reverse hyps, or sled work, picking one and concentrating on it. Lats are also worked by doing rows and lat pull-downs.

Rob recently benched 705 in the 308 pound class. For the bench, Rob concentrates on being quicker on speed day, which is Sunday, and always maxes out on special core exercises on max effort day, which is Wednesday.

Rob alternates benching with chains and benching with bands, switching every 3 or 4 weeks. The last 2 weeks before a meet, he will always use chains. This is done to relieve the extra soreness due to

the bands through overspeed eccentrics. Eight sets of 3 reps are done. All sets are done with a close grip to affect the triceps more favorably. The bar is lowered quickly and reversed quickly. The weight is somewhat less than 50% of a no-shirt max bench.

After percent benching, Rob trains his triceps as hard as possible, mostly some kind of extension, always trying for more sets or a heavier weight. Lats are done next and then upper back and side and rear delts. Like most workouts, this one is 50-60 minutes long.

On max effort day, Rob will switch each week from a board press, floor press, overhead band press, chain press, and occasionally dumbbell press of some kind.

After the core exercise, it's triceps; as hard as possible. Normally the triceps work will feel a little off because of the nature of the max effort work. Then lats, upper back, and rear and side delts are done.

I have described the physical part of Rob's training, but I can't tell you how dedicated he is to training and raising his total even higher. He will make a lot of noise in the coming years. Rob has every physical quality needed to succeed, as well as a tremendous drive, good training partners, and a gym full of knowledge.

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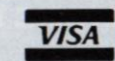
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Commentary

The Smaller Water Buffalo as told to PL USA by Geoffrey M. Adler

I am sitting at my computer thinking about what my trainer Mike Sefko said to me a few months ago. During one of my workouts he said; "if you want increase your bench, you must strengthen your back." He said that the back contributes a significant amount of power to the press, and that without it one simply relies on their chest, triceps, and deltoids. It is the back that acts as a

stimulus to the chest. I thought how interesting it was that an opposing muscle could be so beneficial.

I am truly a novice when it comes to powerlifting, a 'smaller buffalo' if you will. Although I have grown significantly in size and strength within the last year, I still am not the size of even an average lifter. My inspiration came a few years ago. I was sitting in my bed-

If we dwell on personal differences, federation contrasts, and forget the basics, our community will be doomed to crumble and fail.

room with my wife, fumbling through the cable channels when the 1978 "World's Strongest Man Competition" was aired on ESPN2. As I sat and watched Bruce Wilhelm lift sand-filled kegs over his head, I was truly amazed and inspired by his brute might. The commentator referred to him as a "300 Pound

Water Buffalo." It became apparent to me that my new goal would be to strive to become like a World's Strongest Man competitor, a full fledged "water buffalo." Of course, I am no where near Bruce Wilhelm's size, nor do I resemble him in any way. As of the date of this writing, I can bench 300, squat 420, and deadlift 350. As a novice these results are acceptable, but I have larger objectives I'm undertaking. My goals are 500 pounds in each of the latter. My motto is: "Motivated by Strength, driven by Testosterone."

As a new subscriber to PL USA, and Milo, I have read about the discrepancies between certain leagues and the issues of contention between federations. I personally feel that these quibbles are petty and insignificant. We as a strong community must remember what brought us to powerlifting initially ... the quest for strength. We all want to acquire pure, unadulterated power, and that makes us very different than any other sport. Weightlifting and Bodybuilding have varying agendas. They are the sister sports to Powerlifting, and do not bring the same kind of results that powerlifters seek. If we dwell on personal differences, federation contrasts, and forget the basics, our community will be doomed to crumble and fail. We as powerlifters are like the body. Each group, league, society, or federation represent different parts of that mass. As with the bench press analogy, we need to rely on each other for strength. We simply can not afford to have one segment carry the weight of the sport for the rest, for when we do, we are not utilizing our fullest potential. I am proud to be a powerlifter and member of this community I am always excited when the latest edition of *Powerlifting USA* arrives at my doorstep. I enjoy reading about other people's achievements because it sets new standards for me, and motivates me to work harder and more intensely. Isn't this what Powerlifting is all about?

Geoffrey Adler

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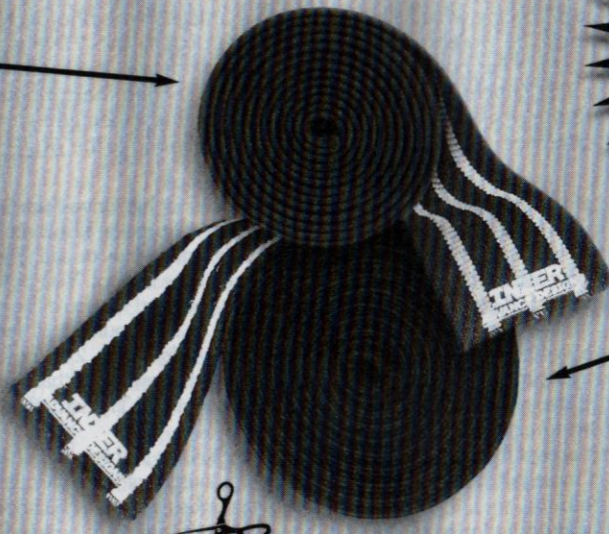
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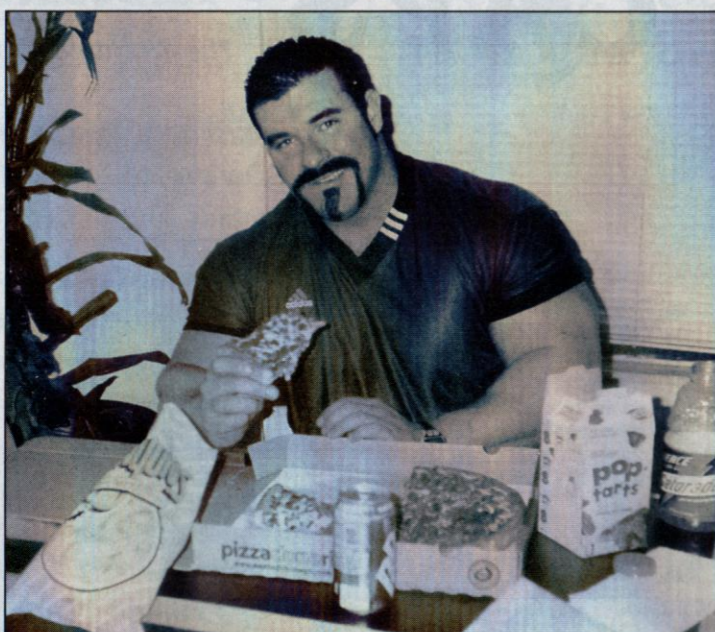
Cold, hard fact number one: If you gain weight, you will get stronger. Everybody already knows that. Even if most of the weight is not "good weight" it will nevertheless have a positive effect on strength. Of course, there is the argument that the weight one gains *should* be "quality" weight (i.e. muscle, which is preferable), but the truth is that even adipose and water weight can contribute to the lifting of heavier poundages. It is beyond the scope of this article to address the exact physiological mechanisms for this, but tissue leverage is commonly cited as the main reason for the phenomenon. My purpose is not to explain *why* this happens, but rather to explain how to take advantage of the fact that *it does happen*. Weight moves weight!

If you understand and accept this, you have probably tried to "bulk up" at some point in your training. You also have probably experienced the frustration, first-hand, of just how difficult it can be to gain weight. Anyone can gain 15-20 pounds (and they often do, by accident!) but that's not what I'm talking about. I'm speaking of training on 35-40 pounds on purpose with a combination of extra heavy lifting and extra heavy eating! If anyone is confused about what I'm saying here then this article is not for you. I won't waste your time explaining and justifying the need for some lifters to put on weight, but for those of you who have been desperately trying to get your weight up and crack through a plateau, let's get to it. Why can't you seem to gain weight?

DO THE MATH

Quite simply, you aren't eating enough! I know, I know, you eat all the time, you eat more than everyone you know, you have a fast metabolism ... yadda, yadda, yadda. I know all the excuses. I have used them all myself. I even believed them, but there are rules in the universe. We are bound by the laws of physics and no one is pardoned. Creating a positive caloric balance is completely defined by the equation: calories in vs. calories out = calories net. That's it. No one escapes it. If you eat more calories than you use in a day, you will gain weight. Period. There is some fluctuation for metabolic shifts and the efficiency of the body's absorption of calories, granted, but this effect is small and it is the rare person who exhibits a metabolism that could bear the blame for being unable to

WHY CAN'T I GAIN WEIGHT? as told to Powerlifting USA by J.M. Blakley



J.M. Blakley practicing what he preaches in this article! In this photograph by C. Nawrocki, he weighs in around 285. According to J.M. "Here is an article whose time has come! People are always asking me about gaining weight. The first (article) 1/2 is the 'sizzle', and the second (next month's article) 1/2 is the steak! I start by taking away the excuses, then give some very practical advice. I can't wait to see how people respond to the TRUTH!"

manipulate their weight. More about this later, but for now get it straight - your metabolism is not to be a scapegoat for your lack of discipline. You must eat more. If your metabolism speeds up, then you must eat even more to cover that. There is a limit to how fast your metabolism can run. You must stay ahead of it. And you must learn to control it. Above all, you must accept the inarguable fact that you must put more food into your mouth.

My favorite question to ask those people who think they are eating tons of food but not gaining weight is, "what do you weigh?". Then when they answer (let's say 195 lbs. for example) I respond "and how long have you weighed that?" They almost always answer that they have been at their current weight for over one year and often much longer. To this I quip "then you are eating enough to maintain 195 pounds. If you want to weigh 215, you need to eat more than a person who weighs 195. You have to eat like a person who weighs 215! You have proven that you eat only enough to keep your weight steady. You've been 195 for some time now! And what you're eating is enough to hold that.

But it's not enough to drive it up. So if you think you're eating all this extra food, think again. You're eating at the maintenance feed lot. You need a growth feed lot! If you'd been eating like a 215 pounder all last year, you would weigh 215 now! You're not eating any more than any other 195 pounder! Try harder! Eat more!"

The only hole in this example is the energy output of the individual, but all things being equal, and I hope you are getting the point here, you can't gain weight if you don't eat more.

The general principle is this: train as hard as you can to create a stimulus for growth. Then feed the body everything it needs to adapt. You must cover three needs: recovery, repair, and growth. Some trainees only eat enough to recover from the last workout. They will end up over-trained, because they aren't meeting the need for repair and their tissues begin to break down under the strain of heavy lifting.

Other lifters will eat enough to recover and repair, but not enough to cover the expense of growth. These lifters end up on a constant plateau, having hard workouts, recovering from them and not over-

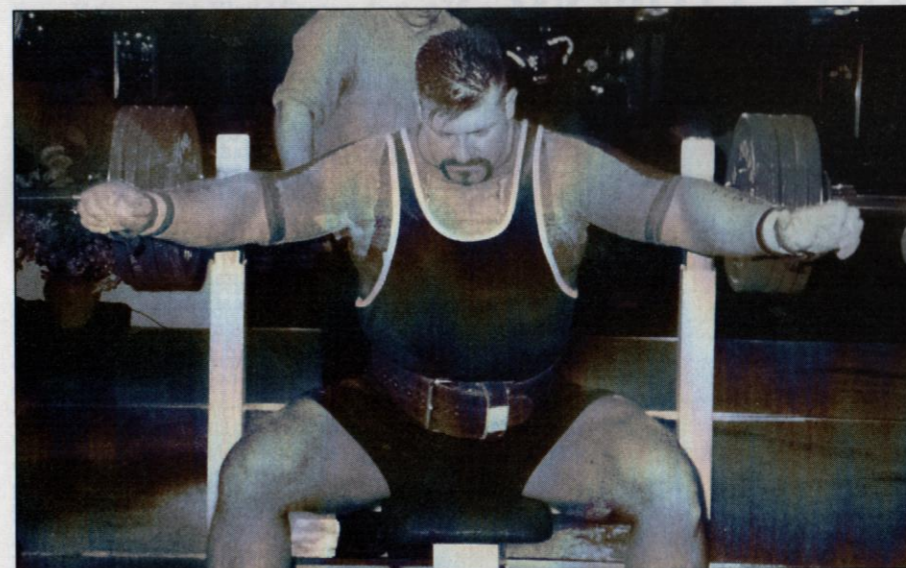
training, but never seeing progress. It's a stalemate (the maintenance feed lot group). They train for years and some how excuse the lack of results to genetics or some other boogey man.

You have to cover all three aspects of nutrient need - recovery, repair, and growth. First, eat enough to recover from the stress of a training session. Second, eat enough to repair any damage the workout may have caused. (If you are training very heavy, there is always micro-trauma occurring at the cellular level). Third, you must eat even more to cover the cost of your body building itself up. If you don't eat these extra calories, where will the body get the energy to do the building? And what, pray tell, do you suppose it will use for building material ... air? Your body needs stuff (matter) to build with. You can't build something out of nothing. The body needs substance to convert into body mass. That substance is food.

The only way to be absolutely certain that you are getting the most out of your workout is to eat more than you need for recovery, repair, and growth. You will begin to see a bit of bodyfat start to accumulate. Please don't misunderstand me and think I'm telling everyone to get obesely fat. I'm only suggesting a light layer of "winter weight" or a "softening". You should never let your bodyfat percentage rise above unhealthy levels, and never put on what you can't get off.

This is what I call bathing the cells in nutrients. You give them all they need and then a little bit extra which you can see usually around your middle. Remember; it's OK to put it on to gain strength if you also plan to take it off later and maintain your new strength level when you diet. Just make sure you get around to dieting sooner or later! This way every workout has the nutrients it needs to give it the chance to be fully effective.

Step one is the realization that you are, in fact, not eating enough. Some trainees will admit this, but then have trouble with the work of eating. To this I say only: DISCIPLINE! You must eat on schedule. You must eat what you are supposed



J.M. Blakley is noted for wide swings in bodyweight, from the 220s to beyond the 275s, even within the same competitive lifting season. Here he is seen at Jari Sjoman's 1998 PowerNight competition held in Helsinki, Finland. (photograph taken by A. Orebaugh, and supplied by J.M.)

to. You must not excuse yourself from eating what you are supposed to when you are supposed to. This is the self same discipline that everyone recognizes the need for in losing weight. It is no different for you who would choose to gain weight. No one feels sorry for a person who says they are trying to lose a few pounds and then proceeds to attend meetings with Ronald McDonald, Ben and Jerry, and Bud Weiser. And I don't feel sorry for those who lack the discipline to eat more.

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got a discount, and you got taxed. So what? You can still both have it. Are you willing to pay or not? If you're not, you're not. But your reason shouldn't be because it cost you more than someone else. When someone wants something bad enough they'll pay double! They don't care - they are just happy to get it.

What I'm telling you is that you can gain weight if you accept the fact that it is possible and that it is going to be hard. I never said it would be easy, I only said it would be worth it. Get rid of any excuse or explanation for not gaining other than "I'm not trying hard enough. I must try harder." Then you're on your way. Blame only yourself for past shortcomings and resolve to bring whatever it takes to the table from now on.

Next time: Tricks of the trade - how to eat like the big boys!

I know how difficult it can be, but I am reminded of the time I was complaining to a friend about how hard I was trying to get my weight up to 300 pounds and how tough it was for me to eat so much, and boo-hoo-hoo. The friend looked at me, clearly fed up with my whining, and remarked "I see several people over 300 lbs. at work (he was a physical therapist) and they really don't seem to be trying all that hard! They weigh 300 and they don't try!"

This puts it in better perspective for me. I even had the advantage of working out with weights to help boost my weight and these guys were out-eating me and my best effort without so much as a second thought. If people can do it on accident, I could certainly do it on purpose! And I did. So can you.

Admit that you are under-eating. Then admit that you are not trying your best. I don't believe you if you tell me you can't eat any more than you are eating now. If you tell me you can't eat any more, I'll tell you that you just can't have what you want then. (I never argue with someone who tells me they can't). That's the universe's law, not mine. If you can't do the work, you can't have the reward. Sorry. Now, do you really mean can't or is it more like won't? If you want it, you can. Ask anybody who has.

Those are the two biggest roadblocks to gaining weight. Admitting that you are not doing the job and that your effort has been less than stellar, and realizing that if others can do it, so can you. Once you accept those responsibilities, instead of complaining and passing the buck, you can get to the business of getting down to it. And that, my friends, is the same in all endeavors ... if you are willing to pay the price, you can have the reward. I will readily admit that it seems to be easier for some than others, but the price is relative. You are not anyone else. You must not compare the ease or difficulty which you are presented with to anyone else's situation. So what if it is easier for your pal to gain weight than you? What does that have to do with you? Nothing. Your task is your task. If you must eat 400 calories more than him to get the same results, then that's the price for you. You decide for yourself whether to pay up or not. Oh yeah, I should mention - *life's not fair*. He

Outside of bombing out or sustaining an injury, the worst thing that can happen to a lifter is to peak prematurely. This is especially true come meet time. We all know that feeling. You register several fantastic workouts in a row where you feel like you could challenge Ed Coan, but soon after you may waver on challenging Ed Norton. This isn't just a one-workout aberration, but it continues for numerous succeeding workouts. You have experienced a premature peak.

Top athletes know they can't maintain top athletic performance for too long a period. Of course, this varies from athlete to athlete. The goal is to peak just when you want to, like at meet time. This goal is impossible to guarantee 100% of the time, but I can provide some tips that can increase the probability of hitting your peak at the right time.

It takes a good deal of experience and a training log is key to accomplishing this. Let's start with defining a training log. Basically, this is a record or diary of your training sessions that include exercises, weights, sets, reps, and general information. During each workout, record this information in the log. An official training logbook is not required. A note pad will definitely work. Don't forget a pencil or pen.

First, you need to record your workouts for about 6-8 months before the log becomes useful. A year with a few meets sprinkled in would be best. What we're looking for are trends as to how long it takes for each lift to peak out. Using a period of less than 6 months doesn't provide a reliable enough time frame. Let's look at a sample squat cycle, only the top work sets will be outlined:

- Week 1 - 400 x 8
- Week 2 - 405 x 8
- Week 3 - 420 x 6
- Week 4 - 425 x 6
- Week 5 - 435 x 5
- Week 6 - 440 x 5
- Week 7 - 445 x 3
- Week 8 - 445 x 3
- Week 9 - 445 x 2
- Week 10 - 430 x 4

This example indicates the lifter peaked out on weeks 5 and 6 and suffered a drop off at week 7 with a downward spiral afterwards. This one cycle by itself is not meaningful, but if 2-4 cycles showed a similar trend, then the results can be valuable. This would indicate this lifter

STARTIN' OUT

A special section dedicated to the beginning lifter

PREMATURE PEAKING

as told to Powerlifting USA by DOUG DANIELS



Big Mike Hall ... managed his training program to produce a peak at the right time to win numerous titles in the ADFPA, USPF, and IPF.

should limit his peaking cycle for a meet to 5-6 weeks. If he were to work backwards from an upcoming meet, his hard training would commence 5-6 weeks prior. This would increase, but not guarantee the probability that the lifter would achieve peak strength levels at the optimal time; meet day. Up until the 5-6 weeks prior the meet, the lifter should be training in an off season, sub-maximal mode.

Many times lifters follow standard cycle durations of 8-10 weeks that may not suit their individual tendencies. What complicates matters is each lift may exhibit different tendencies. My bench would peak quickly then tail off, while my squat and deadlift could be contest cycled longer. Training log data trends would be critical in determining this and adjustments should be made to accommodate each lift. By using longer periods of time in your study, you can eliminate the effects of illness, work obligations, and personal matters distorting your findings. A personal computer would also help in your data compilation.

You are ahead of the game if you have been logging your workouts prior to wanting to track these trends. Past workouts are just as valuable in determining your peaking tendencies. This research should be ongoing as weight change, injury, and age can effect your results over time.

Back to the general information I alluded to earlier. That should include your bodyweight and time you worked out. It should also include any supplements you are taking at the time to see if they really make a difference. A blurb on how you felt that day could help explain a bad workout here and there. Illness or lack of sleep or rest can have a major effect on your workout.

In a future article, I will delve into several actions and alternatives you can consider if you experience a downturn in your strength levels during contest training. This is considered a reactive approach, but there are numerous pro-active measures you can take to prevent a peaking out too soon.

Continually monitor and adjust your training. Past tendencies and trends can and will change over time. The use of a training log can be invaluable in tracking these trends and decreasing the chances of premature peaking. Premature peaking can happen to anyone and probably has. Your challenge is to reduce its occurrence, and that's worth peaking at, and it would never be premature to do so.

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

Press Release: 7th World Games, August 16 - 26, Akita City, Japan. Competitors from USA Powerlifting will participate in the 7th World Games to be held for ten days in August in Akita City, Japan. The World Games, for the first time, is an affiliate of the International Olympic Committee. This prestigious multi-sport festival provides a venue for several sports which are currently a part of the Olympic Games, for those which are applying for Olympic Recognition, and for those with cultural significance to the International sports community. Representatives of the IOC will be present in Akita City to evaluate each participating sport for consistency with the Olympic ideal, audience appeal, organization, and compliance with International Anti-Doping Agency guidelines. The World Games are held every four years, between Olympic Games. Athletes who best represent their sports are selected for participation. In order for an athlete to receive an invitation to compete, they must be member of an international sports federation that is recognized by the World Games Association, must be members of affiliate National Federations, and must meet the criteria defined by the International Olympic Committee for athletic participation. All regions of the world are represented. There are currently 31 athletic pursuits represented. Powerlifting, by virtue of having been included in prior World Games, is considered a flagship event. Powerlifting enjoys an enormous fan base internationally, and is especially popular in Japan, which hosted the 2000 Men's World Championships. These championships demonstrated the viability and popular appeal of powerlifting, through well organized competition, standing room only crowds for every session, and consistent, fair application of doping control procedures. The Men's World Championships provided an opportunity for the Akita Organizing Committee to

WORLD GAMES



Brad Gillingham, getting ready to pull the winning deadlift at the IPF World Championships in Akita, Japan, and monitored by his father **Gale** (right, background) expect to return to Akita for the World Games this coming August. (Shibuya photograph)

refine procedures to best manage the crowds expected, to organize media coverage of this event, and implement a system to assure this

Monaco, 27 October 2000 The International Olympic Committee (IOC) and the International World Games Association (IWGA) today signed the following document: **Memorandum of Understanding between the International Olympic Committee (IOC) and the International World Games Association (IWGA)**

The International Olympic Committee (IOC) and the International World Games Association (IWGA) share the same value of promoting physical and sporting activities for the well-being of society.

The IOC recognises the importance of the World Games as a multi-sport event and agrees to support the IWGA and provide assistance based on the following principles:

The IOC will provide its expertise when needed and will maintain its cooperation with the IWGA through its Department of Sports, Olympic Games Coordination and Relations with International Federations, and will help to promote IWGA's activities within the Olympic Movement.

The IOC agrees to grant its patronage to Organising Committees of the World Games and to provide technical assistance through the transfer of knowledge programme.

The IWGA recognises the importance for athletes and officials in all sports to participate as a national multi-sport delegation at the World Games, and will therefore implement this new concept in future World Games.

The IOC will encourage the National Olympic Committees (NOCs) to support and assist their national multi-sport delegations taking part in the World Games.

The IWGA is willing to review and further develop the sports programme of the World Games with the help and input of the IOC.

The IWGA accepts that disciplines/events of sports that are not on the Olympic Games programme could be included on the programme of the World Games.

The IWGA shall ensure that only sports whose International Sports Federations are recognised by the IOC (ASOIF, AIOWF, ARISF), or are full members of GAISF, or are existing members of the IWGA, will be included in the World Games programme.

The IWGA shall continue to develop a close working relationship with the World Anti-Doping Agency (WADA).

The IOC also agrees to grant funding to the Organising Committees of the World Games for doping control, according to the Olympic Movement Anti-Doping Code.

Done in Monte Carlo, Monaco, on this 27th day of October 2000, in two originals in the English and French language.

Ron Froehlich, President
International World Games Association

Juan Antonio Samaranch, President
International Olympic Committee

"World Games Team Nominations" (From Dr. Larry Maile) Please note that there are combined weight classes for this competition, so the lifters will be listed that way. There are alternates, but they have not been finally determined, so I will just include the team roster for nominated lifters. Women: Less than 52 kg.: Stefanie McMillian, Alexandria, Louisiana; Jennifer Maile, Anchorage, Alaska; Siouxz Hartwig, Laurel, Maryland. 52 to 67.5 kg.: Sandra Mobley, Laurel, Maryland; Angie Overdeer, Columbia City, Indiana. Over 67.5 kg.: Leslie Look, Belgrade, Maine; Liz Willett, Deming, Washington; Harriet Hall, Anchorage, Alaska. Men: Under 67.5 kg.: Ervin Gainer, Indianapolis, Indiana; Tim Taylor, Belleville, Illinois; Justin Maile, Camp Lejeune, North Carolina. 67.5 to 100 kg.: Ray Benemerito, New Jersey; Robert Wagner, Pennsylvania. +100 kg.: Tony Harris, Honolulu, Hawaii; Pat McGettigan, Blue Mounds, Wisconsin; Brad Gillingham, Minneota, Minnesota. Coaching Staff: Larry Maile, Michael Overdeer, Gale Gillingham, James Benemerito, Jerry Daly. Referee: P.J. Couvillion

event reflects the ideals of the Olympic movement. Powerlifting, by virtue of that success, is represented on the opening page of the 7th World Games Web page: <http://www.wg2001.or.jp/engimg/ea0000.htm>. Because of the popularity of powerlifting in Japan, the powerlifting competition will have its own Opening Ceremonies. The World Games Association, and the Akita Organizing Committee have been preparing for this festival for several years. Publicity for this event has been ongoing and includes prominent banners in many communities in Japan, large, prominent signs in each international airport, and frequent articles in the popular press in Japan. As a result of this effort, a majority of the sporting events have been sold out for many months. USA Powerlifting, as the new affiliate of the International Powerlifting Federation, will send athletes to the World Games for the first time this year. As the U.S. leader in drug tested powerlifting competition, competitors from USA Powerlifting are seen as representing the ideals of fair competition and adherence to the dictates of the International Olympic Committee as regards doping control. In addition, a number of U.S. powerlifters have proven successful in international competition while upholding these ideals. As a result, the Champions in USA Powerlifting competition are recognized as ambassadors of our sport worldwide. This was demonstrated this past summer in the invitation of Brad Gillingham, USA Powerlifting National Champion (97-2000) and 2000 Men's World Champion to Akita City to do advance publicity for the World Games. He offered demonstrations of powerlifting, met with members of the Japanese media, toured the sites of the World Games Events. In 2000, a memorandum of agreement was signed by representatives of the International World Games Association, and the International Olympic Committee, acknowledging the importance of the World Games as a showcase of international sporting events. The memorandum is reproduced here as well.

There is something I have noticed in college football that seems to contradict the very essence of athletics. It is this idea that winning is more important than athletic competition. That may seem like an oxymoron, but it's not. Over the years Nebraska and Florida State have built a reputation of being a winner by beating the stuffing out of weaker teams, while teams like Notre Dame, Alabama, and Stanford have built a reputation by playing ... well, a lot tougher competition. I am not saying that this is Nebraska's or Florida State's fault. Although I suspect that Bobby Bowden knew what he was doing when he lobbied to have his team join the ACC instead of the powerful SEC and Nebraska is notorious for scheduling "woofers" out of conference.

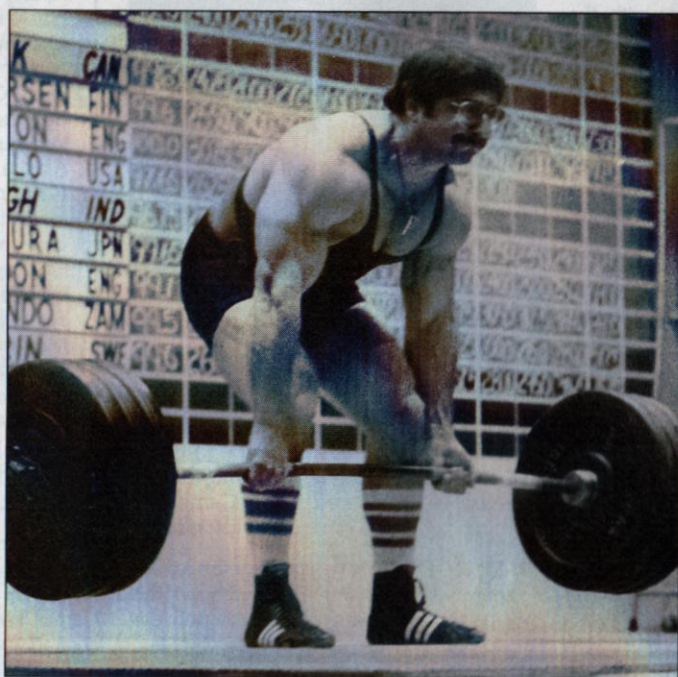
In short, many of the teams that Nebraska and Florida State play every year don't even belong on the same field with them. Let's be honest. These two schools basically field a team of all-stars every year. If you have the best players, you are going to win. If you have an all-star team, you are going to win just about every time you take the field. It doesn't take a brain surgeon to figure that out. Yet a lot of people are absolutely amazed that Florida State and Nebraska are seemingly always ranked in the Top Ten in the nation. In all candor, I would be amazed if they weren't in the Top Ten every year considering the teams they field and the teams they play.

Let's be more honest. There are only a handful of teams in the entire country who are capable of playing Florida State and Nebraska even-up. However, there are a good dozen or more other teams that would give them some trouble. The problem is they never play those teams unless they are forced to play them.

This type of scheduling really pays off in the long run, if the objective is simply winning. First of all, they are not going to get beat up every week playing the likes of Duke and Kansas nor are they going to get upset. Not only that, but with a weak schedule they can practice and experiment in game situations without the fear of being beaten. More importantly though, they can prepare for the one or two really challenging teams they are going to play during the year. If they play a tough schedule or, more notably, one that has parity there is no way they can point towards one team. With a tough schedule you are not going to win all the time either. Do you really believe that Florida State would be 87 and 1 in the SEC? I don't think so! Penn State learned that real quick when they got into the BIG TEN. When they were in the BIG EAST they won the championship like 99 out of 100

Dr. JUDD

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



Larry Pacifico went up against the best, and earned nine IPF World titles. Above, he pulls at the 1976 World Championships. (Pope)

years. They would annihilate teams like Temple and Rutgers. Naturally, they would go undefeated just about every other year. Just like Florida State does now. Since they have been in the BIG TEN, they are beaten fairly often. See what parity can do. Unfortunately, it seems like few really want parity. Too many give the impression that they would rather destroy a non-contender than face a real contender. I hate to say this, but I see this same failing in powerlifting where lifters carefully select the easiest competition rather than test themselves against athletes who are their equal. I know lifters who won't even enter a contest if they think they could get beat. What is all that about? That is not the spirit of being an athlete.

Let me ask you a question? What joy can an athlete drive from beating someone who doesn't even belong on the same field? Can there be any satisfaction in annihilating an opponent who is weak? What pleasure can Nebraska get from beating Kansas 5783 to nothing? If a tie in college sports is like kissing your big sister, then pounding someone 77 to zip must be like beating your little sister up. That is not any type of an

accomplishment. Defeating an adversary who is not as capable as you are is no feat, but there is great satisfaction and joy in competing against someone who will force you to go to your breaking point, whether you win or lose. The essence of sports is not about winning, it is about competing, about being your very best. It's about pushing your heart and soul to the furthestmost reaches of what you are capable of. That is the thrill of competition. You are not going to get that exhilaration by competing against your little sister or entering the all-backyard championships. To get the most out of yourself you have to face competition that will push you right to your limit. Only then will you realize your true greatness.

Take this challenge: The next time you compete, select a meet in which your competition will be as good or a little better than you are. I promise it will bring out the best in you.

LIFE IS NOT EASY...

I hope that your life right now is filled with happiness, wonder, and excitement. I really do! And I hope

that your future will be full of the same. Now I don't want to sound like a fatalist, but I must warn you that sometime, actually at various times through the rest of your life, there are going to be occasions when you're going to experience uncertainty, disappointments, and setbacks. There are going to be times when you may even feel miserable and it may seem like there is no hope. When that happens, don't quit! Remember that each of us can refuse to be defeated - that you can rise from the ashes. That you can go on and be what ever you want to be, provided you are willing to work a little, suffer a little and struggle a little. So be confident! Because no matter where you are, no matter how hard things are, you can turn them around. You can create magic if you have a mind to. Never forget that.

There are a lot of things in this life over which you have no control; natural disasters or what insurance companies call "Acts of God." On the other hand, we're not exactly helpless ... otherwise the notion of "free will" would never have been necessary.

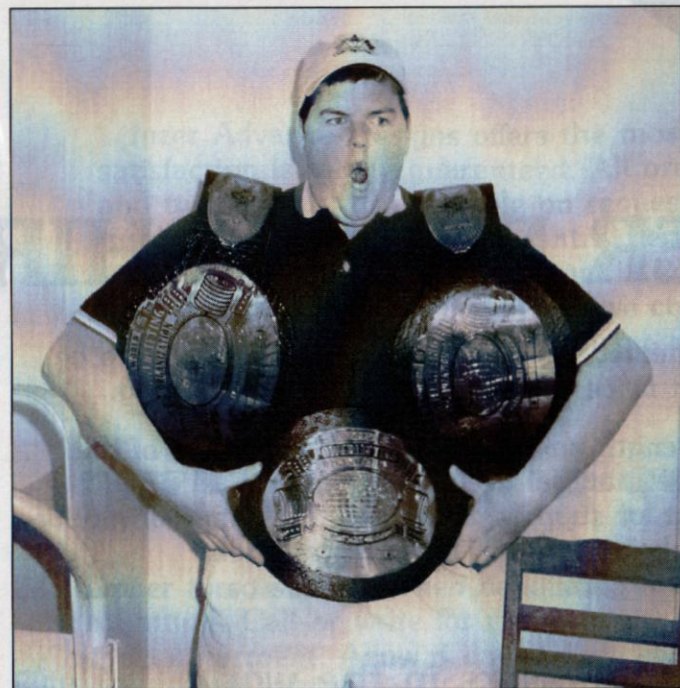
It has been said that the trials of life are far less important than how one deals with them. Sometimes you can't choose what happens to you, but you can choose how you will react to the situation. As Saint Francis suggests, there are two major forces in life, extrinsic and intrinsic. We have little control over extrinsic forces such as illness, injuries, or pain. What really matters is how you handle the intrinsic forces. That's what we have control over.

The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but trying always makes things better and provides immense self-satisfaction.

They are disciples of the classic slogan, "When the going gets tough, the tough get going."

People who say that a state of affairs is beyond their control are defeated before they even get started. They are just giving themselves an excuse for giving up too soon. To be successful, you need to look for the circumstance you want, and, if they aren't available, then you manufacture them. Successful people don't look for excuses. They look for opportunities. They know that there is always a way to make things work out. That's the type of mindset you need when dealing with adversity. It's always too soon to quit ... never quit, and nothing is impossible ... nothing.

Dr. Judd Biasiotto



WPO Marshal Chad Curtis horses around with WPO (TM) Super Open Belts

Being consistent with the WPO (TM) philosophy, that is, an organization by lifters for lifters, we realize in order to be successful, the (\$) prize money must be attainable by the rank and file and not just a select few. When you look at other professional organizations, the cash only goes to the top lifters either by total or formula. Thus, the attitude becomes "Why enter? I already know who will win and place." In the WPO (TM) this attitude has been lessened or even eliminated by giving equal prize money in all the major weight classes for first, second and third place as well as the "Super Open" classes (lightweight, Middleweight, heavy-weight.) We believe this variety of competition within the contest will create a special interest to both the viewer and the contestants.

Upon request, proof of qualifying total must be submitted to the WPO (TM). Verification may be from meet results showing totals that have been posted or advertised in *Powerlifting USA* magazine or written notification of contest and totals from the meet director. It is the lifter's responsibility to make certain that the secretary of WPO (TM) receives the qualifying information prior to the entry deadline of the upcoming WPO (TM) competition. Beginning January 2002, all qualifying totals must be made at WPO (TM) sanctioned events.

Additionally, the WPO (TM) has created the Super Open.

The three Super Open categories are as follows:

Kilos	Pounds
Lightwt. 0 - 75	132 - 165.5
Middlewt. 75.01 - 90	165.51 - 198.5
Heavywt. 90.01 - SH	198.51 - SH

The lifter who has the highest total in Lightweight Super Open Class will become the Lightweight Powerlifting Champion of the World. The lifter who has the highest total in Middleweight Super Open Class will become the



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World Powerlifting Organization News (TM) What's the Difference?#3

Men's Body Weight categories & Qualifying Totals

Weight Class	(Kilos)	(lbs.)	Wt. Class (lbs.)	Qualifying Total
60.0 kg.	0 - 132.5	132		1159
67.5 kg.	132.51 - 148.75	148		1322
75.0 kg.	148.76 - 165.5	165		1450
82.5 kg.	165.51 - 181.75	181		1581
90.0 kg.	181.76 - 198.5	198		1664
100.0 kg.	198.51 - 220.5	220		1752
110.0 kg.	220.51 - 242.5	242		1810
125.0 kg.	242.51 - 275.5	275		1856
140.0 kg.	275.51 - 308.5	308		1898
SHW	308.51 to unlimited	SHW		1912

*All totals must have been made at one of the major lifting federation world or national event in the last five years.

Middleweight Powerlifting Champion of the World. The lifter who has the highest total in Heavyweight Super Open Class will become the Heavyweight Powerlifting Champion of the World.

Note: Women body weight categories will be initiated in the near future.

How did the WPO (TM) come up with the contest qualifying totals?

I will admit that developing these numbers was not rocket science. Kieran and I took the two most respected organizations in the USA, added their national qualifying totals

together and divided by two. This average became the numbers we use in each weight class to qualify for a WPO (TM) National event.

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 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)

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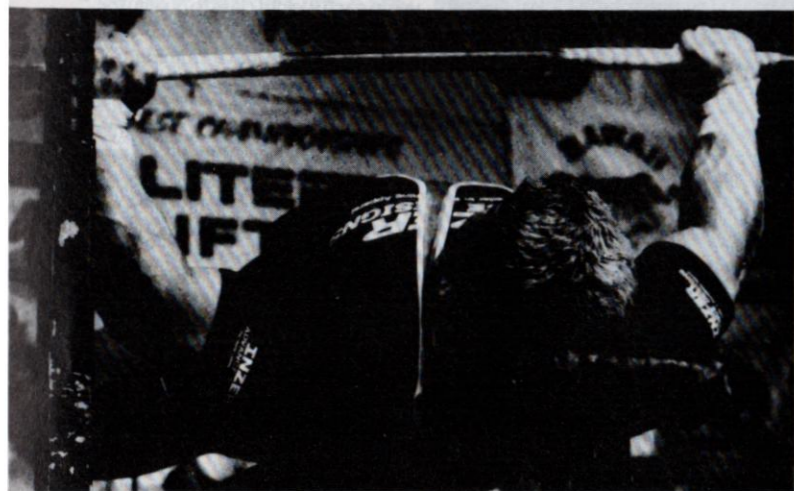
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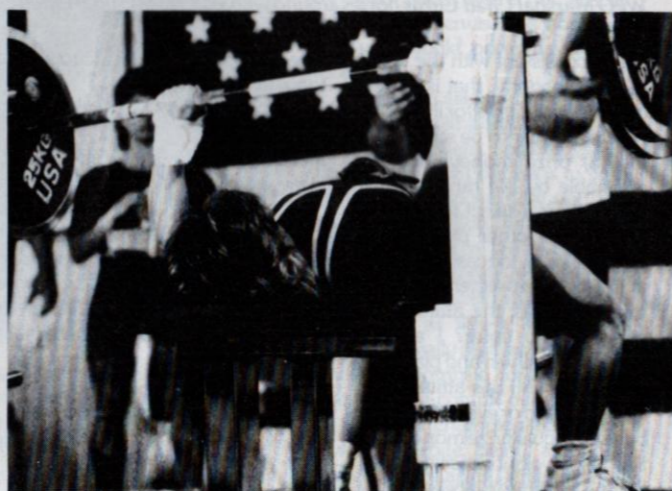
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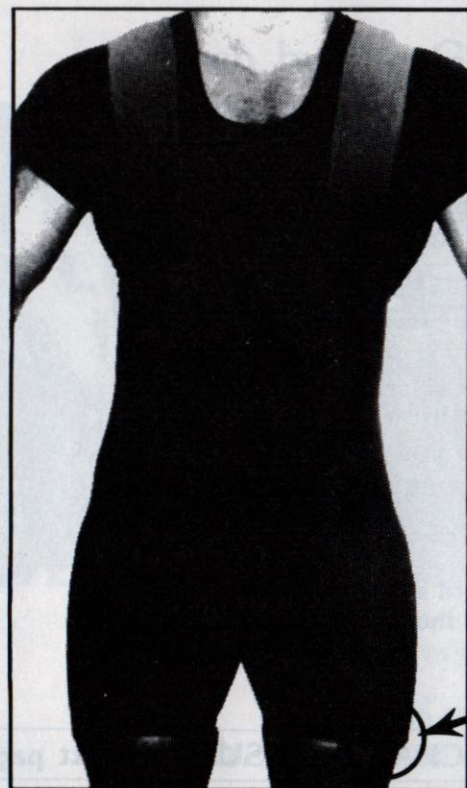
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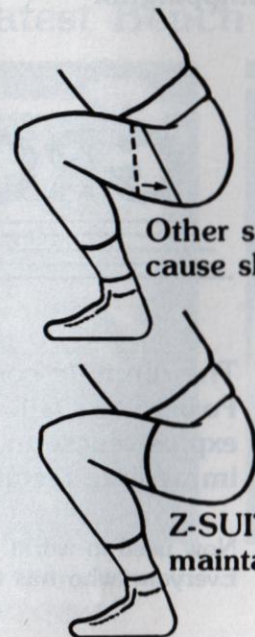
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Z-SUIT



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Ask the Doctor

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

DEAR MAURO: Thank you so much for having a look at my blood test results. I am in your debt. Here they are. Thank you so much for your valuable time Mauro. I am really enjoying the diet and am still passing round the word at my gym. I have two brief questions for you if you don't mind.

1. When trying to gain weight you recommend keeping weekday calories the same and increasing calories on weekend carb ups. I find eating all that food in two days very hard to do, due to my having a large maintenance calorie level. Could I, for example, increase calories by 500/800 each day equaling, a pound a week gain roughly?

2. I am really interested in Powerlifting. I know you are a huge fan of the sport as well as being a CHAMPION at it. Due to limited funds what few books or videos do you recommend to get me started.

Thank you again. Kind regards, **Rob** (England)

P.S. Will you ever have any seminars in the U.K?

DEAR ROB: The lab work looks fine although I'd have to have the normal values of that lab to be able to fully evaluate the results. Going by averages, though, it's all OK.

In answer to your questions:

1. You can increase the calories in whatever way that works for you. My recommendations are not fixed in stone. In fact, except for some guiding principles, the whole diet is about finding out what works best for each individual.

2. I'd recommend that you have a look at <http://www.benchgod.com/> as it has a lot of info and links. It should get you going in the right direction.

As far as seminars in the UK, that may be a possibility within the next 12 months or so. I'll be giving a few seminars in Italy.

All the best, **Mauro Di Pasquale MD**

DEAR MAURO: I got some advice about training from you recently. I am hoping to get some diet help from you. I weigh about 250 right now and have about 17% bodyfat. I am going for the world record in the 110 K weight class. I am going to start a low carb diet. My question is, if I do a 5 day low carb and weekend high carb phase, I don't want my Thursday bench workout to suffer. Is there any way around this? Thursday will be my heaviest bench workout, although I will be benching on Monday also based on the program you gave me. I would like to maintain my weight and get down to about 10% bodyfat. I'm only worried about my late in the week workouts suffering. ANY advice would be appreciated!

DEAR SIR: The 5 day, 2 day split is not written in stone. There are many variations that would allow you to perform at your Thursday workouts. Have a look at www.allprotraining.com at the variations for using carbs. In your case I would do a Wednesday carb up and only carb up on Sunday rather than Saturday and Sunday.

Best of luck, **Mauro Di Pasquale MD**

DEAR MAURO: I started the Metabolic Diet yesterday (Monday). This morning (Tuesday) when I worked out, I was weaker in many of my lifts.

Metabolic Diet Book

Mauro DiPasquale, M.D.

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Availability: Ships within 24-48 hours. To order call 1-800-519-4094 or order on site from

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If you're confused as to what

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following, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and fitness experts. After a while it gets pretty hard to sort out just what kind of diet is best for maximizing muscle mass and minimizing body fat. Should you do high carbohydrates, low fat, low carbohydrates, high fat, low protein, high protein, or maybe just cycle them all and hope that something works?

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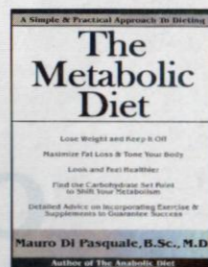
JointSupport (TM) is a premier formulation for supporting cartilage and joint function. It's the perfect solution for maintaining healthy joints and dealing with minor muscle ache experienced after exercise.

Is this normal and expected during the first week of the assessment phase? If so, will my strength return next week? If not, what could I be doing wrong? Also, I bought your MRP. I noticed that it has 7 grams of carbs per packet. It appears, however, that not all of those carbs are absorbable. How many of the carb grams in your MRP count toward the daily carb total of 30 grams? What about the bars? Thanks for your help. Hope all is going well for you. I really enjoyed your book. **Mike**

DEAR MIKE: There are actually only 3 grams of absorbable carbs in the MRP and the bars have 7 grams of absorbable carbs for the chocolate and 8 grams for the peanut crunch. Everyone who tries the Metabolic Diet is going to have to find out just what their optimal carb intake is. If the weakness continues past the second week then you'll have to increase carbs either around your training or on a daily basis.

Check out the troubleshooting chart in my Metabolic Diet book or look it up online at www.allprotraining.com. Once you get it right your lifting will improve, your lean body mass should go up and your body fat should go down. Let me know how you get along. Best of luck with your lifting.

All the best, **Mauro Di Pasquale MD**



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WORKOUT of the Month

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My name is Lynne Barlow. I am a 41 year old nurse anesthetist who lives in Turner, Maine with my husband, best friend, and coach, Russ Barlow. I started weightlifting in 1985 to improve my time in the marathon (I had run three by that time) and to spend some quality time with my husband who is an avid lifter.

I adapted quickly to the sport, becoming muscular and quite strong for my size in just a few months. Russ encouraged me to enter a powerlifting meet in 1986 and I was hooked! Competitive running quickly became a thing of the past with powerlifting my new passion. The sport has assisted me physically and emotionally through some difficult circumstances including a bone marrow transplant for leukemia eleven years ago and a major automobile accident five years ago in which I suffered a ruptured spleen, fractured pelvis, and broken ribs.

I won the 105 lb. class at the APF SR Nationals in 1999 and 2000. My best meet lifts are a 343 lb. squat (APF American Record), 210 lb. bench press, 319 lb. deadlift, and 848 lb. total. I currently hold all of the Master WPC World Records in my weight class/age division.

I train three days a week for about an hour and a half per session. I find that three days is optimal as a demanding job with unpredictable hours. Also as a master lifter, I need the additional time to recover. I speed bench on Day 1, squat on day 2, assistance bench on Day 3, and deadlift on Day 4. All of these workouts also include accessory exercises for the major lifts being worked. My basic training principles are based on Louie Simmons' methods with a few modifications.

The following routine is based upon a lifter who has performed a 150 lb. bench max. I find it difficult to predict exactly what an athlete will be able to achieve on the bench press after using my routine as motivational levels, experience, genetics, etc. are so variable. I'm sure that a lifter will make some improvement, however; and a ten to fifteen pound increase would be a realistic goal.

To be successful with this routine an athlete must possess the following equipment: #1. A bench press shirt. (I personally use an Inzer double ply "Blast Shirt". I think that canvas shirts are too restrictive for lifters benching a relatively light weight as there is not enough weight on the bar to lower the bar to the chest). #2. Two jump stretch mini (1/2") pink

Lynne Barlow's Bench Routine



Lynne Barlow attempting 187 pounds at the 2000 APF Senior Nationals.

rubber bands. #3. Four 5 foot long 3/4" chains. #4. One, two, three, and four boards (2x6) nailed together in two foot lengths (i.e. Louie Simmons).

Remember I train only three days a week, therefore; I hit the same training day (speed bench or assistance bench) every nine to ten days. The 16 workouts converts to approximately five months of training. Put your workout days backwards on a calendar starting with the day of the contest you're training for and try to stick to these days. The last workout (#16) should fall five to six days before the meet.

Workout (WO) # 1 (Speed Bench)- Each press is performed using EXPLOSIVE SPEED (ES!) off the chest. Bench press 10x45, 6x65, 12x2x75

WO#1 (Assistance Bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x135

WO#2 (Speed Bench)- Bench press: 10x45 6x70 12x2x80 (ES!)

WO#2 (Assistance Bench)- Two board press: 10x45 3x65 3x85 3x105 3x115 3x125

WO#3 (Speed Bench)- Bench press: 10x45 6x75 10x2x85 (ES!)

WO#3 (Assistance Bench)- One board press: 10x45 5x65 5x85 1x95 1x105 1x115 1x125

WO#4 (Speed Bench)-Bench press with pink bands: 10x55 6x65 8x2x75 (ES!)

WO#4 (Assistance Bench)- Four board press: 5x65 5x90 5x110 2x125 2x135 2x145

WO#5 (Speed Bench)- Bench press with pink bands: 10x55 6x70 8x2x80 (ES!)

WO#5 (Assistance Bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x135 3x145

WO#6 (Speed Bench)-Bench press with pink bands: 10x55 6x75 8x2x85 (ES!)

WO#6 (Assistance bench)- Two board press: 10x45 3x65 3x85 3x105 3x120 3x130

WO#7 (Max bench)- Warm up and take max using bench shirt.

WO#7 (Assistance bench)- One board press: 10x45 5x65 5x85 1x95 1x105 1x115 1x125 1x135

WO#8 (Speed bench)- Bench press with one chain each side and three quarters of each chain resting on floor: 10x55 6x65 8x2x75 (ES!)

WO#8 (Assistance bench)- Four board press: 5x65 5x90 5x110 2x130 2x145 2x155

WO#9 (Speed bench)- Bench press with chains set as in week 8: 10x55 6x70 8x2x80 (ES!)

WO#9 (Assistance bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x135 3x150

WO#10 (Speed bench)- Bench press with chains set as in weeks 8 and 9: 10x55 6x75 8x2x85 (ES!)

WO#10 (Assistance bench)- Two board press: 10x45 3x65 3x85 3x105 3x120 3x135

WO#11 (Max bench)- Warm up and take max using bench shirt.

WO#11 (Assistance bench) One board press: 10x45 5x65 5x85 1x95 1x105 1x115 1x125 1x135 1x145. (This is a Big Week!)

WO#12 (Speed bench)- Bench press with two chains each side with three

quarters of all chains resting on floor: 10x55 6x65 6x2x75 (ES!)

WO#12 (Assistance bench)- Four board press: 5x65 5x80 5x110 2x135 2x150 2x160

WO#13 (Speed bench)- Bench press with chains set as in week 12: 10x55 6x70 6x2x80 (ES!)

WO#13 (Assistance bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x140 3x155

WO#14 (Speed bench) Bench press with chains set as weeks 12 and 13: 10x55 6x70 6x2x85 (ES!)

WO#14 (Assistance bench)- Two board press: 10x45 5x65 3x85 3x105 3x125 3x140

WO#15 (Speed bench) - 10x55 6x75 2x85 6x2x95 (No bands or chains but using ES!)

WO#15 (Assistance bench)- Four board press: 5x65 5x90 5x110 2x135 2x145 2x165 (I like finishing my training cycle with the four board press as my difficulty is at the top of the lift).

WO#16 (CONTEST) 1st attempt: 143* 2nd attempt: 159 3rd attempt: 165

*Using your personal judgement based on weeks 7 and 11, open with a weight you handled easily. Remember "lift # 1 is for the judges and #s 2 and 3 are for you".

Speed Day Accessory Exercises- JM Press: 4x8/ Dumbbell Tricep Extensions: 6x7-8/ Lat Pulldown: 3x8/ One Arm Row: 3x8/ Seated Dumbbell Press: 4x6/ Dumbbell Power Clean: 4x10/ E-Z Curls: 4x8-10.

Assistance Day Accessory Exercises- French Curl: 4x8/ Tricep Push Downs: 4x8-10/ Pull Ups: 3x8/ Seated Long Pulls: 3x8-10/ Front (Pin) Press: 4x8/ Plate Raise: 3x8/ Dumbbell Curls: 3-4x8. I finish every workout with 6 sets of abds.

If you examine my routine, you will note that the number of reps and sets as well as exercises are often changed. This is because weaknesses in a particular lift change and one must be able to troubleshoot problems that may arise. This is why it is so important to have a positive critical training partner and/or coach. I consider myself lucky to have Russ as my coach because he can critique my technique correcting my problems and enhancing my strengths.

If you have any questions concerning this routine, please email me (Lynne Barlow) at BIKRCHIK@aol.com. (My second greatest passion is riding my Harley!).

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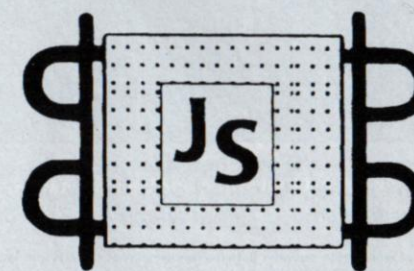
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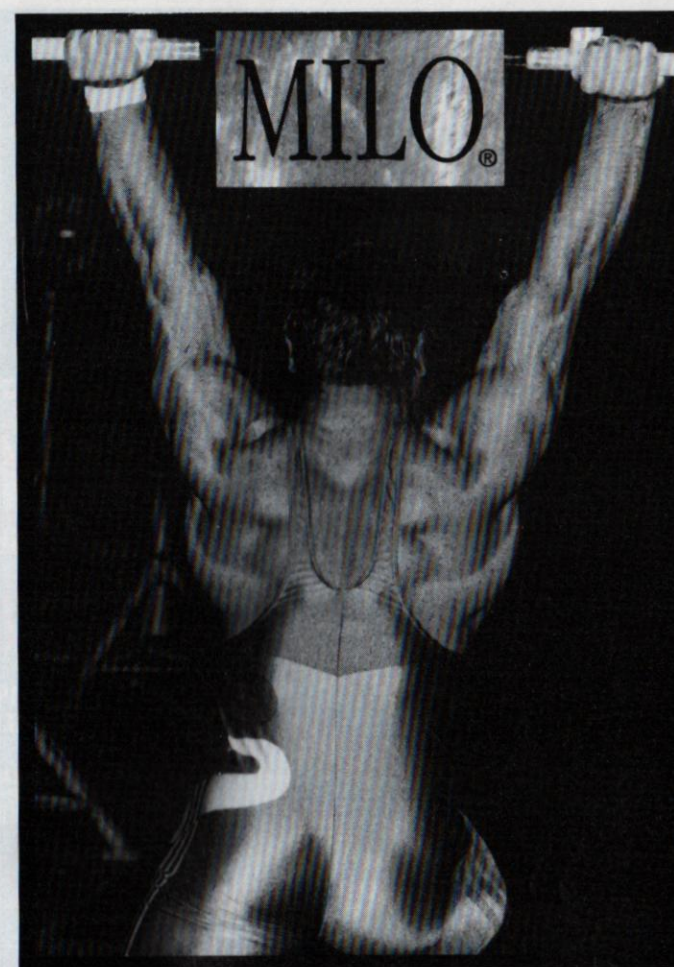
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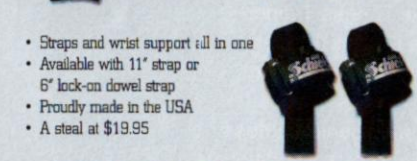
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Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
 Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
 Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
 Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
 Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
 Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
 May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benching, Top 100 275s.
 Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
 Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
 Aug/98... USAPL Men's 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 Middlewts., Isoflavones.
 Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
 Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPf Worlds, Jerry Tancil, TOP 100 198s.
 Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
 Mar/99... LA. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials
 Apr/99... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
 May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
 Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiate, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
 Jul/99... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s
 Aug/99... The Rubber Band Man, the "Muscle USA" book, Beauty & the Beast, IGF-1, Overcoming Plateau 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 123s
 Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
 Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
 Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louie 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 Louie 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. I, 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 Lighthteaves
 Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louie Simmons, TOP 100 198s
 Feb/01... Garry Frank Goes 2500, WPC Worlds Pt. I, 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
 Apr/01... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s
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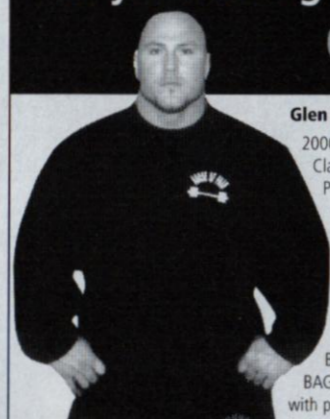
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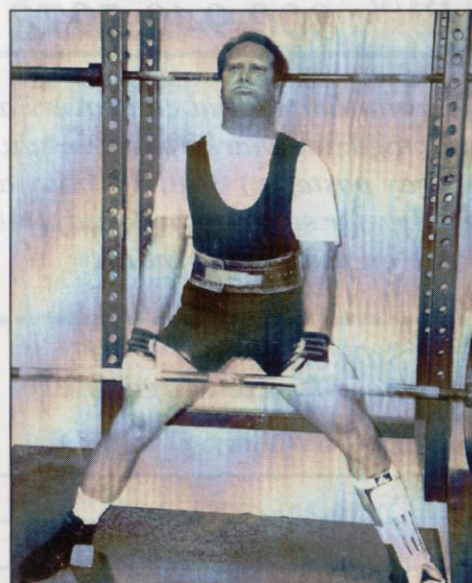
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SLP A Cold Day in... Tuscola 20 Jan 01 - Tuscola, IL

BENCH	
WOMEN	
Teen (18-19)	198 lbs.
308 lbs.	D. Newman 400
DEADLIFT	
MEN	
A. Drury	95* Teen (13-15)
Submaster	132 lbs.
148 lbs.	J. Tucker 280*
L. McCune	180* 4th
Teen (16-17)	181 lbs.
181 lbs.	148 lbs.
R. Cincoski-GI	270 Z. Lane 375
198 lbs.	4th 390*
M. Yarnell	260* 181 lbs.
242 lbs.	R. Cincoski 420*
D. Gan-GI	245 242 lbs.
275 lbs.	D. Gan 330*
D. Hayes	140* 4th 355*
Master (40-44)	275 lbs.
198 lbs.	D. Hayes 265*
M. Maxwell	295* Master (40-44)
(50-54)	198 lbs.
308 lbs.	D. Newman 555*
J. Welker	340* Open
Open	198 lbs.
B. Hutchinson	440*

*-SLP Illinois State Record. Best Lifter BENCH: Dave Newman. Best Lifter DEADLIFT: Dave Newman. TEAM: Muscle Corporation. The Son Light Power, A Cold Day In... Tuscola Bench Press & Deadlift Classic was once again held at the gym. Our turnout was small, but it was



Best Lifter at the Tuscola BP/DL Classic: Dave Newman locks out SLP Illinois State Record 555. (Photograph provided by Dr. Darrell Latch).

good to see some old friends again and meet some new ones. It's always good to welcome new lifters to the sport, especially the younger ones. In the bench press competition, our first lifter of the day was just that, a new lifter to the sport, Anna Drury. Anna is a student at Roxana High School in Roxana, Illinois (near St. Louis) and was joined by fellow students and team

members Ryan Cincoski, David Gan and Donnie Hayes. All are trained by Jeff Welker, a teacher there, who simply donates his time to these students in an effort to allow them to accomplish what might be their first taste of success in school. We commend you Jeff for the fine work you are doing. Anna got all three of her attempts to finish with a strong 95. A fourth attempt with 100 should have gone but slipped just out of the groove. Anna had just been training for the past two weeks, but boy was she excited about the competition afterwards! In the submaster women's class Laura McCune returned to competition after a few years away to post a win and a new personal record with 180. Not bad for a 140 lb. lady who came close with 200 for a fourth attempt. In the teenage men's 16-17 age group, Ryan Cincoski posted a new personal record at 181, lifting as a guest lifter, to finish with 270. Ryan weighed in at 171. Matthew Yarnell had some problems getting past his opener of 260, but was good enough for the win at 198. Matt missed 280 twice, but with a better shirt should get 300 with ease. Another guest lifter was David Gan, who also got a new pr at 242 with a strong 245. David came close with 260 twice. Taking the 275 class was Donnie Hayes, making all three of his attempts to finish with a personal record 140. Mike Maxwell was competing for his first time, coached by ANPPC World Cup champion Dave Newman. Mike did well, taking the master 40-44, 198 class

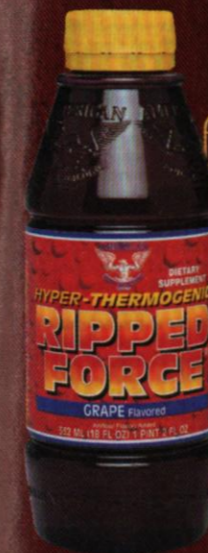
with a pr 295. Jeff Welker looked as strong as he is big with his win at master 50-54. Jeff took the 308 class with a strong 340, coming up just short of a 350 fourth attempt. Best lifter of the competition was Dave Newman, who took the open 198 class with an easy 400. In the deadlift competition Jacob Tucker claimed his first title in his very first competition. Jacob won at 132, in the teenage (13-15) division, making all four of his attempts to finish with 300. Zach Lane also got all four of his pulls in, taking the 16-17, 148 class. Zach finished with a strong 390 pr, weighing in at only 146. Both Jacob and Zach are trained by Benny Hutchinson, who also works closely with several young lifters in the Lawrenceville, Illinois area. Ryan Cincoski won at 181, finishing with a strong 420 personal record. At 242 it was David Gan with another big day, finishing with a pr 330, followed with a 355 fourth attempt. Donnie Hayes finished out the teenage group with 265 for the title at 275. Donnie just missed his lockout with a personal best

pull, but got out of the groove just off the floor. The team award went to Dave Newman's Muscle Corporation of Springfield, Illinois which included Matt Yarnell, Mike Maxwell and Laura McCune along with himself. Thanks to Joey and Linda for all their help. (Thanks to Dr. Darrell Latch for providing these results).

USAPL Virginia State 9 DEC 00 - Stanardsville, VA

BENCH	
WOMEN	
105 lbs. Open	M. Bennett 405
A. Mamola 140	R. Jones 395
148 lbs. (35-39)	(45-49)
A. Kellogg 180	A. Statman 305
181 lbs. (55-59)	220 lbs. Open
G. Leader 170	P. Musselman 410
Open	(40-44)
K. Phillips 200	M. Boswell 290
198+ lbs. (35-39)	(50-54)
165 K. Kenyon 475	J. Smith 355
MEN 148 lbs. (14-15)	College
J. Dunbar 190	242 lbs. (16-17)
(40-44)	B. Fay 355
S. Zerbe 305	Open
165 lbs. (20-23)	T. Henderson 440
A. Mamota 385	G. Maddox 430
Open	(70-74)
T. Robinson 245	G. Jones 290
(55-59)	(40-44)
L. Cardon 360	K. Phillips 375
181 lbs.	275 lbs. Open
Police & Fire	500 B. Groves 400
C. Riggman 215	D. Reynolds 425
Open	D. Pullen 395
D. Hull 410	(35-39)
198 lbs. Open	H. Muir 360
G. Ferrell 405	319 lbs. (35-39)
WOMEN	P. Bates 480
105 lbs. (35-39)	SQ
K. Ryman 220	BP
132 lbs. College	DL
A. Corbett 240	TOT
(35-39)	115 270 605
J. Walker 330	185 360 875
(40-44)	J. Wood 275
J. Wood 275	130 305 710
(50-54)	K. Gay 175
K. Gay 175	105 200 480
148 lbs. (14-15)	148 lbs. (14-15)
A. Perry 160	80 200 440
(40-44)	L. Nelson 275
L. Nelson 275	150 345 770
J. Meade 235	125 290 650
165 lbs. Open	M. Winslade 285
M. Winslade 285	170 340 795
181 lbs. College	J. Smithson 250
J. Smithson 250	150 325 725
Open	K. Phillips 325
K. Phillips 325	200 375 910
(35-39)	K. Jones 340
K. Jones 340	220 400 960
198 lbs. Open	K. Roberts 350
K. Roberts 350	250 420 1020
M. Fadeley 215	310 135 660
(40-44)	R. Green 125
R. Green 125	80 160 365
132 lbs. Open	D. Weiss 405
D. Weiss 405	285 515 1205
148 lbs. 45-49	J. Marchio 195
J. Marchio 195	225 440 860
165 lbs. 14-15	J. Brothers 285
J. Brothers 285	205 370 860
(18-19)	J. Derrig 340
J. Derrig 340	235 390 965
Open	G. Blevins 535
G. Blevins 535	305 600 1440
G. Retz 500	320 560 1380
(35-39)	K. Clinevell 470
K. Clinevell 470	300 490 1260
(40-44)	T. Assel 425
T. Assel 425	310 530 1265
S. Lutz 365	255 405 1025
(55-59)	L. Cardon 145
L. Cardon 145	360 155 660
181 lbs. Open	M. Baker 520
M. Baker 520	345 540 1405
J. Donaldson 460	340 540 1340
S. Debeneditis 405	270 425 1100
R. Mayhew 405	250 430 1085
T. Deladakis 385	240 380 1005
Police & Fire	C. Riggelman 270
C. Riggelman 270	215 270 755
(20-23)	M. Basgier 430
M. Basgier 430	300 480 1210
S. Chaffin 405	305 425 1135
M. Bowers 360	210 505 1075
(35-39)	B. Mears 420
B. Mears 420	310 480 1210
(45-49)	M. Baker 520
M. Baker 520	345 540 1405
(50-54)	S. Butor 505
S. Butor 505	265 550 1320
J. Harman 360	305 455 1120
H. Gutnick 145	145 510 800
(55-59)	M. Scott 405
M. Scott 405	200 510 1015
O. Rickman 410	255 425 1090
(60-64)	S. Streap 100
S. Streap 100	90 145 335
Armed Forces	M. Bennett 405
M. Bennett 405	200 510 1015
M. Quatrara 385	250 475 1110
198 lbs. Open	R. Jones 610
R. Jones 610	385 630 1625
J. Krauss 500	400 625 1525
G. Leaks 490	315 545 1350
S. Tyler 500	300 550 1350
G. Shoemaker 425	275 450 1150
(18-19)	J. Hananah 430
J. Hananah 430	260 500 1190
A. Barnett 285	180 440 905
(35-39)	W. Spicer 410
W. Spicer 410	245 480 1135
D. Silveus 450	255 425 1130
A. Ornoski 390	325 375 1090
(45-49)	J. Morris 365
J. Morris 365	225 460 1050
(50-54)	W. Brothers 400
W. Brothers 400	245 400 1045
R. Stubbs 340	230 400 1970
(60-64)	D. Silveus 450
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(35-39)	W. Spicer 410
W. Spicer 410	245 480 1135
D. Silveus 450	255 425 1130
A. Ornoski 390	325 375 1090
(45-49)	J. Morris 365
J. Morris 365	225 460 1050
(50-54)	W. Brothers 400
W. Brothers 400	245 400 1045
R. Stubbs 340	230 400 1970
(60-64)	D. Silveus 450
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FIRE IN YOUR EYES...



Ripped Force®

THE PROFILE

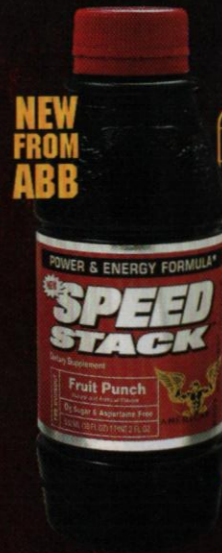
WHAT

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

WHY

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

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



Speed Stack™

THE PROFILE

WHAT

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

WHY

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

- FLAVORS**
- Fruit Punch
 - Grape

REQUIRES IGNITION



Extreme Ripped Force™

THE PROFILE

WHAT

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

WHY

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

- FLAVORS**
- Fruit Punch
 - Grape
 - Orange



Inferno™

THE PROFILE

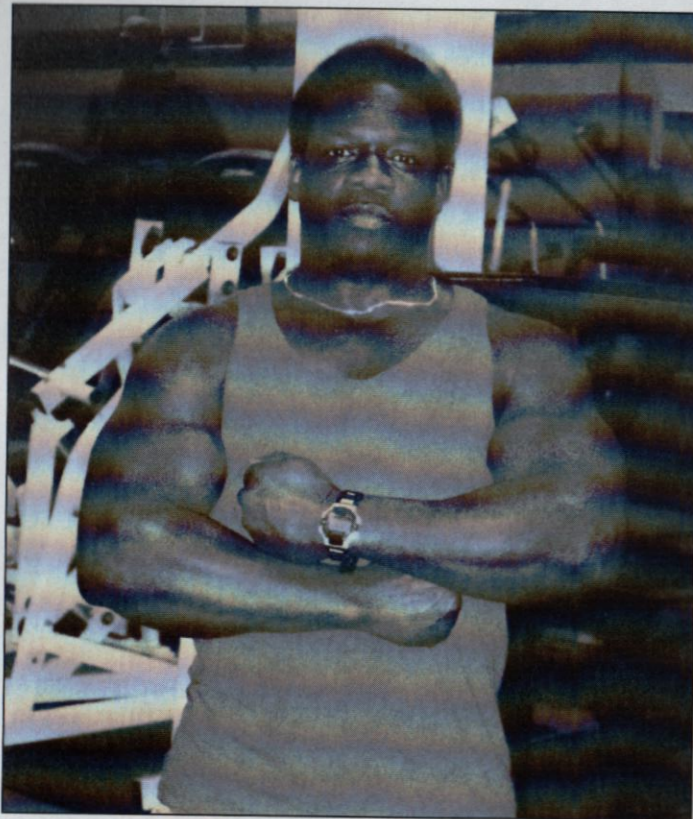
WHAT

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

WHY

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

- FLAVORS**
- Fruit Punch
 - Grape



In the photograph seen at left, Big Willie Cogdell was designated the Best Lifter and winner of the 220 pound class with a 375 pound lift at the Dr. Martin Luther King Memorial Bench Press competition. (Photograph was provided courtesy of Joseph Steele).

APA Dr. Luther King Memorial BP
23 FEB 01 - Hamden, CT

WOMEN		55-59	
105	S. Cannady	250	
K. Steele	80	165	
Men		55-59	
148	N. Wellins	200	
S. Cannady	250	40-44	
165	D. Olivvas	195	
N. Wellins	200	181	
181	J. Steele	240	
J. Steele	240	40-44	
220	H. Hill	225	
W. Cogdell (BL)	375	242	
242	45-49		
M. Hogan	350	45-49	
275	M. Hogan	350	
R. Rohmer	329	275	
Masters	65-69		
148	R. Rohmer (BL)	329*	

* denotes World Record. Meet Director: Joseph Steele; head judge: Joseph Steele, side judges: Mark Hogan and Neal Wellins; Sponsor: World Gym of Hamden. The 10th Annual APA Dr. Martin Luther King Memorial Bench Press Championships went very well with 14 lifters taking part. The contest was held in honor of Dr. King. His speech made at the Lincoln Memorial in 1963 one of the high points of his career. Part of the speech "I have a dream" was read to everybody before the Awards were given out. The Men's best lifter was Big Willie Cogdell lifting in his first meet with a 375 lb. lift. The Master's Best Lifter was 69 year Ron Rohmer who set a New World Record a 329 lb. in the 275 lb. class. (Thanks to Joseph Steele for these results).

APA Maryland Open
18 Feb 01 - Laurel, MD

BENCH		181 lbs.		415					
WOMEN	160	R. Kelly	415						
A. Childs-162	160	R. Fraizer							
MEN		220 lbs.		500					
I. Anderson-140	270	R. Meyers	500						
4th	280*	J. Krause	340						
Master (40-49)		S. Roughton	295						
Formula		242 lbs.							
M. Francis-241	470	J. Keene	540						
A. Ainscoe-238	455	E. Falcone	400						
T. Harrier-256	460	T. Harrier	460						
Master (50-59)		275 lbs.							
Formula		T. Harrier	460						
Baumstein-255	425	308 lbs.							
Open 148 lbs.		D. Rollins	510						
I. Anderson	270	SHW							
4th	280	S. LaTour							
MEN		SQ		BP		DL		TOT	
Goodman-106	200	185	305	715					
Teen Formula		290 <th colspan="2">270 <th colspan="2">355 <th colspan="2">915 </th></th></th>		270 <th colspan="2">355 <th colspan="2">915 </th></th>		355 <th colspan="2">915 </th>		915	
I. Anderson-140	290	270	355	915					
4th	280*								
C. Trevorah-147	325	205	350	880					
S. Laver-180	365	250	410	1025					
Submaster		400 <th colspan="2">305 <th colspan="2">500 <th colspan="2">1205 </th></th></th>		305 <th colspan="2">500 <th colspan="2">1205 </th></th>		500 <th colspan="2">1205 </th>		1205	
McCarthy-204	400	305	500	1205					
Master (40-49) Formula		805 <th colspan="2">470 <th colspan="2">745 <th colspan="2">2020 </th></th></th>		470 <th colspan="2">745 <th colspan="2">2020 </th></th>		745 <th colspan="2">2020 </th>		2020	
M. Francis-241	805	470	745	2020					
450	T. Harrier-256	635	460	535	1630				
445	G. Morning-219	525	315	500	1340				
380*	F. Sanchez-179	420	335	420	1175				
Open 148 lbs.		290 <th colspan="2">270 <th colspan="2">355 <th colspan="2">915 </th></th></th>		270 <th colspan="2">355 <th colspan="2">915 </th></th>		355 <th colspan="2">915 </th>		915	
I. Anderson	290	270	355	915					
4th	280								
WOMEN		SQ		BP		DL		TOT	
Under 148 lbs.									
H. Schmoyer	210	95	250	575					
M. Malkasian	345								
Over 148 lbs.		330 <th colspan="2">155 <th colspan="2">345 <th colspan="2">830 </th></th></th>		155 <th colspan="2">345 <th colspan="2">830 </th></th>		345 <th colspan="2">830 </th>		830	
M. Maldonado	330	155	345	830					
Teen		335* <th colspan="2">250* <th colspan="2">340 <th colspan="2">925* </th></th></th>		250* <th colspan="2">340 <th colspan="2">925* </th></th>		340 <th colspan="2">925* </th>		925*	
C. VanDyke-194	335*	250*	340	925*					
Submaster		680 <th colspan="2">370 <th colspan="2">615 <th colspan="2">1665 </th></th></th>		370 <th colspan="2">615 <th colspan="2">1665 </th></th>		615 <th colspan="2">1665 </th>		1665	
J. Wagner-253	680	370	615	1665					
S. Vickery-234	465	345	500	1310					
Master (40-49) Formula		425 <th colspan="2">410 <th colspan="2">485 <th colspan="2">1320 </th></th></th>		410 <th colspan="2">485 <th colspan="2">1320 </th></th>		485 <th colspan="2">1320 </th>		1320	
W. Johnson-224	425	410	485	1320					
165 lbs.									
W. Simmons-197405*	270*	500*	1175*						
165 lbs.		300* <th colspan="2">295* <th colspan="2">465* <th colspan="2">1060* </th></th></th>		295* <th colspan="2">465* <th colspan="2">1060* </th></th>		465* <th colspan="2">1060* </th>		1060*	
G. Rozier	300*	295*	465*	1060*					
198 lbs.		620* <th colspan="2">460 <th colspan="2">585 <th colspan="2">1665* </th></th></th>		460 <th colspan="2">585 <th colspan="2">1665* </th></th>		585 <th colspan="2">1665* </th>		1665*	
J. McVicar	620*	460	585	1665*					
220 lbs.		350* <th colspan="2">220* <th colspan="2">430* <th colspan="2">1000* </th></th></th>		220* <th colspan="2">430* <th colspan="2">1000* </th></th>		430* <th colspan="2">1000* </th>		1000*	
R. Bent	350*	220*	430*	1000*					
242 lbs.		500 <th colspan="2">445 <th colspan="2">525 <th colspan="2">1470 </th></th></th>		445 <th colspan="2">525 <th colspan="2">1470 </th></th>		525 <th colspan="2">1470 </th>		1470	
J. Hepner	500	445	525	1470					
242 lbs.		450 <th colspan="2">265 <th colspan="2">500 <th colspan="2">1240 </th></th></th>		265 <th colspan="2">500 <th colspan="2">1240 </th></th>		500 <th colspan="2">1240 </th>		1240	
J. Jarrell	450	265	500	1240					
275 lbs.		660 <th colspan="2">385 <th colspan="2">655 <th colspan="2">1700 </th></th></th>		385 <th colspan="2">655 <th colspan="2">1700 </th></th>		655 <th colspan="2">1700 </th>		1700	
J. Steele	660	385	655	1700					
275 lbs.		515 <th colspan="2">405 <th colspan="2">620 <th colspan="2">1540 </th></th></th>		405 <th colspan="2">620 <th colspan="2">1540 </th></th>		620 <th colspan="2">1540 </th>		1540	
G. Robb	515	405	620	1540					
275 lbs.		465* <th colspan="2">345* <th colspan="2">500* <th colspan="2">1310* </th></th></th>		345* <th colspan="2">500* <th colspan="2">1310* </th></th>		500* <th colspan="2">1310* </th>		1310*	
S. Vickery	465*	345*	500*	1310*					
275 lbs.		680 <th colspan="2">370 <th colspan="2">615 <th colspan="2">1665 </th></th></th>		370 <th colspan="2">615 <th colspan="2">1665 </th></th>		615 <th colspan="2">1665 </th>		1665	
J. Wagner	680	370	615	1665					
275 lbs.		<th colspan="2"> <th colspan="2"> <th colspan="2"> </th></th></th>		<th colspan="2"> <th colspan="2"> </th></th>		<th colspan="2"> </th>			
S. Pagtakan									

I=Best Lifter. *Maryland State Record. The 2001 APA Maryland Open Powerlifting Championships was quite an exciting day. Special

thanks to all the score keepers, announcers, loaders, spotters and referee's. Judging was strict and tight and the platform had judges certified in three different federations including APA, USAPL, and AAU. You could not find better judging at any meet - anywhere! Lifting quality was great. I'd like to thank Capt. Kirk Karwoski for putting in a long day assisting lifters who were preparing to lift. Kirk contributes a great deal to our sport and is very helpful to all of those around him regardless of lifting level. I'd also like to especially thank Siouzx Hartwig who helped out immensely over the weekend in many ways. Biggest bench of the day was by Sherwin Pagtakan at a bodyweight of 266. Best lifter award in the full power meet went to Jeff McVicar who totaled 1665 @ 198. Kelly sports Video Production was on hand to film the event in it's entirety and meet videos are on sale by Kelly Sports. I highly recommend any meet director to have Kelly Sports film your event. They are the most professional outfit in the field. Visit their web site at www.kellysports.bizland.com to find out just what they offer. We plan on at least 6 more Maryland events this season. Special thanks to Maryland Chairman Jeff McVicar for doing an excellent job promoting Maryland Powerlifting. (Thanks to Scott Taylor for these results).

APA Florida Open
11 Feb 01 - Orlando, FL

BENCH		181 lbs.		415					
WOMEN	160	R. Kelly	415						
A. Childs-162	160	R. Fraizer							
MEN		220 lbs.		500					
I. Anderson-140	270	R. Meyers	500						
4th	280*	J. Krause	340						
Master (40-49)		S. Roughton	295						
Formula		242 lbs.							
M. Francis-241	470	J. Keene	540						
A. Ainscoe-238	455	E. Falcone	400						
T. Harrier-256	460	T. Harrier	460						
Master (50-59)		275 lbs.							
Formula		T. Harrier	460						
Baumstein-255	425	308 lbs.							
Open 148 lbs.		D. Rollins	510						
I. Anderson	270	SHW							
4th	280	S. LaTour							
MEN		SQ		BP		DL		TOT	
Goodman-106	200	185	305	715					
Teen Formula		290 <th colspan="2">270 <th colspan="2">355 <th colspan="2">915 </th></th></th>		270 <th colspan="2">355 <th colspan="2">915 </th></th>		355 <th colspan="2">915 </th>		915	
I. Anderson-140	290	270	355	915					
4th	280*								
C. Trevorah-147	325	205	350	880					
S. Laver-180	365	250	410	1025					
Submaster		400 <th colspan="2">305 <th colspan="2">500 <th colspan="2">1205 </th></th></th>		305 <th colspan="2">500 <th colspan="2">1205 </th></th>		500 <th colspan="2">1205 </th>		1205	
McCarthy-204	400	305	500	1205					
Master (40-49) Formula		805 <th colspan="2">470 <th colspan="2">745 <th colspan="2">2020 </th></th></th>		470 <th colspan="2">745 <th colspan="2">2020 </th></th>		745 <th colspan="2">2020 </th>		2020	
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450	T. Harrier-256	635	460	535	1630				
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380*	F. Sanchez-179	420	335	420	1175				
Open 148 lbs.		290 <th colspan="2">270 <th colspan="2">355 <th colspan="2">915 </th></th></th>		270 <th colspan="2">355 <th colspan="2">915 </th></th>		355 <th colspan="2">915 </th>		915	
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WOMEN		SQ		BP		DL		TOT	
Under 148 lbs.									
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Over 148 lbs.		330 <th colspan="2">155 <th colspan="2">345 <th colspan="2">830 </th></th></th>		155 <th colspan="2">345 <th colspan="2">830 </th></th>		345 <th colspan="2">830 </th>		830	
M. Maldonado	330	155	345	830					
Teen		335* <th colspan="2">250* <th colspan="2">340 <th colspan="2">925* </th></th></th>		250* <th colspan="2">340 <th colspan="2">925* </th></th>		340 <th colspan="2">925* </th>		925*	
C. VanDyke-194	335*	250*	340	925*					
Submaster		680 <th colspan="2">370 <th colspan="2">615 <th colspan="2">1665 </th></th></th>		370 <th colspan="2">615 <th colspan="2">1665 </th></th>		615 <th colspan="2">1665 </th>		1665	
J. Wagner-253	680	370	615	1665					
S. Vickery-234	465	345	500	1310					
Master (40-49) Formula		425 <th colspan="2">410 <th colspan="2">485 <th colspan="2">1320 </th></th></th>		410 <th colspan="2">485 <th colspan="2">1320 </th></th>		485 <th colspan="2">1320 </th>		1320	
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G. Rozier	300*	295*	465*	1060*					
198 lbs.		620* <th colspan="2">460 <th colspan="2">585 <th colspan="2">1665* </th></th></th>		460 <th colspan="2">585 <th colspan="2">1665* </th></th>		585 <th colspan="2">1665* </th>		1665*	
J. McVicar	620*	460	585	1665*					
220 lbs.		350* <th colspan="2">220* <th colspan="2">430* <th colspan="2">1000* </th></th></th>		220* <th colspan="2">430* <th colspan="2">1000* </th></th>		430* <th colspan="2">1000* </th>		1000*	
R. Bent	350*	220*	430*	1000*					
242 lbs.		500 <th colspan="2">445 <th colspan="2">525 <th colspan="2">1470 </th></th></th>		445 <th colspan="2">525 <th colspan="2">1470 </th></th>		525 <th colspan="2">1470 </th>		1470	
J. Hepner	500	445	525	1470					
242 lbs.		450 <th colspan="2">265 <th colspan="2">500 <th colspan="2">1240 </th></th></th>		265 <th colspan="2">500 <th colspan="2">1240 </th></th>		500 <th colspan="2">1240 </th>		1240	
J. Jarrell	450	265	500	1240					
275 lbs.		660 <th colspan="2">385 <th colspan="2">655 <th colspan="2">1700 </th></th></th>		385 <th colspan="2">655 <th colspan="2">1700 </th></th>		655 <th colspan="2">1700 </th>		1700	
J. Steele	660	385	655	1700					
275 lbs.		515 <th colspan="2">405 <th colspan="2">620 <th colspan="2">1540 </th></th></th>		405 <th colspan="2">620 <th colspan="2">1540 </th></th>		620 <th colspan="2">1540 </th>		1540	
G. Robb	515	405	620	1540					
275 lbs.		465* <th colspan="2">345* <th colspan="2">500* <th colspan="2">1310* </th></th></th>		345* <th colspan="2">500* <th colspan="2">1310* </th></th>		500* <th colspan="2">1310* </th>		1310*	
S. Vickery	465*	345*	500*	1310*					
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J. Wagner	680	370	615	1665					
275 lbs.		<th colspan="2"> <th colspan="2"> <th colspan="2"> </th></th></th>		<th colspan="2"> <th colspan="2"> </th></th>		<th colspan="2"> </th>			
S. Pagtakan									

*=Record. What better place to hold an event than the "oldest" gym in the United States? Orange Ave Gym was a great atmosphere for this event which featured lots of quality lifting. Master lifters were particularly impressive in this contest. 40 year old Barbara Goodwin was competing for her first time ever and she broke several records! At 106 pounds bodyweight she just missed a 225 squat, benched an incredible 185 and deadlifted 305 to go home with a nice 715 total at her first power meet ever. 41 year old Michael Francis was a crowd favorite with a nice, rock bottom deep 805 squat, 470 bench, and 745 deadlift for a solid 2020 total. He had plenty to spare but passed on 3rd attempts. The teenagers were great quality and put on quite a battle with Ian Anderson emerging in the #1 spot and going home with some records. Special thanks to Rich Meyers who put in a lot of effort to make this a quality event. Special thanks to the referees and spotters for doing a great job. Stay tuned as more meets come to Orange Ave Gym in April and June. (Thanks to Scott Taylor, APA President, for providing the meet results).

WABDL Texas Louisiana State
17 FEB 01 - Houston, TX

BENCH		J. Campbell <th colspan="2">187.5 </th>		187.5	
Teen	132	D. Flunker	162.5		
C. Snider	107.5	T. J. Hobson	147.5		
4th		112.5 <th colspan="2">A. Fortunato </th>		A. Fortunato	
220	242				190
F. Thomas	125	K. Malone	200		
308	275				
S. McElroy	137.5	B. Leitz	255		
WOMEN		Open <th colspan="2">181 </th>		181	
Law/Fire	165	G. Gutierrez	190		
L. Blackburn	135	4th	192.5		
C. Luprete	72.5	J. Marin	175		
Master	132	198			
132	D. Harvey	185			
C. Day	72.5	220			
165	T. Derry	205			
C. Luprete	72.5	A. Fortunato	190		

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Coming Events

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

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 (The Bronx) Marc Seda, 800-322-0766, strongman1nyc@aol.com

6 MAY, Hooters Florida State DL, All American Gym, 1185 Kentucky Ave., Lakeland, FL 33801, 863-687-6268

6 MAY, SLP Southeast Iowa BP/DL (Coraville, 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, Toys R Us Kankakee County Strongest Man (Bradley, IL) Tony Soucie, Box 459, St. Anne, IL 60964

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.wiu.edu/users/mutjp4/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 Shifflet, 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 Mail 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 - psrfltr@msn.com, www.powerliftingnca.com, Chris Kostas - 661-245-0115, Kostas@frazzini.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

18-20 MAY, NAPP 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, obrien1@iserv.net

19 MAY, Tri-State BP & DL (St. Joseph High School, Hammonont, NJ) Paul or Peggy Sacco,

537 Pine Rd., Hammonont, 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 Meske, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555, warrior01@earthlink.net

19 MAY, WABDL Riverfest BP & DL Championships (Gadsden, AL - Musical Guests include 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, Millford, 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,



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This is both a RAW and an ASSISTED Event. NO CROSSOVERS ALLOWED!!
ALL TEENAGE AND YOUTH AGE GROUPS 5U THROUGH 18-19
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Divisions: Men; Women; Teens; Juniors;

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Police/Fireman, & Military.

Contact: Brian Washington, 410-265-8264

or ecpower@bellatlantic.net

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, USPF Spartan BP, Kevin Meske, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555, warrior01@earthlink.net

19 MAY, WABDL Riverfest BP & DL Championships (Gadsden, AL - Musical Guests include 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

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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, wmp@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 Stiwak, 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, wmp@aol.com

23-27 MAY, IPF Women's Worlds (Uetzi Nad Labem, CZ)
 24 MAY, Strongest Bench Press in Tallahassee (Premier Health & Fitness, 6-9PM) Rich Mansala, 1964 FL-GA Hwy, Havana, FL 32333, 850-539-3171

26 MAY, IPA Virginia State Open BP, The Gym, 5001 Jefferson Davis Hwy., Fredericksburg, VA 22408, 540-710-9500
 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. Casaire, 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

United) Nationals (Pittsburgh, PA - Men & Women - Open, Teen, Junior, Submaster, Master) Mike Mastrean, 428 Justus St., Carnegie, PA 15106, 412-429-3521.

26,27 MAY, Strongest Man in New York (Brooklyn) Marc Seda, 800-322-0766, strongman1nyc@aol.com

27 MAY, Double Masters Power/BP Meet (G. Rapids, MI) Jon Smoker, 30907 CR 16 W Elkhart, IN 46516, 219-674-6683
 MAY, NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wvfire.com

2 JUN, Fitness Zone Bench Press, Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252, lynn@TheFitnessZone.com
 2 JUN, APA Los Banos Open BP/DL (Los Banos, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

2 JUN (new date), WABDL Capitol City BP & DL (Gold's Gym - Sacramento, CA - world championship qualifier - drug tested) Jody Woods, 916-431-5503

2 JUN, Extreme Gym & Fitness Extreme Bench Press Meet, Bob or Jack, 15767 Jefferson Hwy. (Rt. 33), Bumpas, VA 23024, 540-872-5416
 2 JUN, Minnesota St. BP/DL (open, teen 915 & under, 16-17, 18-19), masters (40-49, 50-59, 60+) men & women - non-residents allowed, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

2 JUN, WNPFF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dallas, TX) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmp@aol.com
 2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

2,3 JUN, Strongest Man in New York (Staten Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com

2,3 JUN, NASA Masters & Submasters, BP only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 JUN, Curwood Day BP (men, women, master, teen) Justir, 515 Main St., Ouosso, MI 48867, 517-725-8136

3 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 6,7 JUN, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com

8,9 JUN, WNPFF American BP & DL (men, women, masters, junior, teen) Brian Wash-

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Powerlifting Men and Women
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Bench Meet (separate platform) Men and Women
Open, Lifetime, Masters, Life Masters, Jr., Submasters, Law/Mil, Physically Challenged. All classes for Raw and Equipped, except Youth and Teen -- Raw Only

Entry Deadline 7/27/01



Martin Drake
 Natural Power
 PO Box 108
 Nuevo, CA 92567
 909-928-4797
 NTRLPWR@PE.NET

ington, BOX 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net
 8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson PL #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wplfg.org
 9 JUN, MDSA Open/Closed "Scoot to the Loot" North American Games (Esco), Darwin Jacobson, Box 1031, Willmar, MN 56201 or Dayvid Gillogly 218-879-8180

Police/Fire, awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin TX 78155, 800-378-6460, www.seguinfitness.com

9 JUN, NASS Tennessee State Strongman (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com

9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9 JUN, APF Venice Open BP, Venice Beach Rec. Ctr., 310-399-2775

9 JUN, WNPFF Tennessee State/Open PL (Nashville, TN) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wmp@aol.com

10 JUN (new date), Midwest open (PL, BP, DL - drug tested) Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

10 JUN, APA CT Open BP & DL, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com

10 JUN, AAU Mo-Kan BP/DL (raw & equipped @ Extreme Fitness, Union, MO, 9 June - Jeff Lewis Seminar) Darin Gilley, 2820 Grey Summit Rd., Pacific, MO 63039, 636-742-4537

10 JUN, SLP Wisconsin Open BP/DL (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

15-16 JUN, York Barbell Strength Spectacular & IPA Worlds, Ellen or Mark Chaillet, York Barbell, 3300 Board Rd., York, PA 17402, 800-358-9675, emchaillet@yorkbarbell.com

16 JUN, APA Old Line State PL & BP (Laurel, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

16 JUN, 5th Pasco Power Team King of the Bench (\$1000 in prizes - sculptured trophies) Rick Lawrence, Box 3089, Holiday, FL 34690, 727-942-7894 or Mike (863-2228)

16 JUN, I.S.A. Clean/BP/DL & State BP (Douglasville, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv

16 JUN, USPF LA East Fitness BP/DL (Beckley, WV) Kevin Deiss, 304-252-7000

WESTSIDE SEMINARS

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2001

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- April 8 Mastering the Bench
- May 26 Westside Seminar
- May 27 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
- Dec. 8 Westside Seminar
- Dec. 9 Mastering the Bench

On Site Seminars

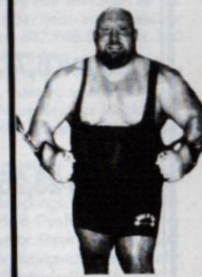
- Seattle, WA
- March 31 Gold's Gym Lexington, SC
- May 12 Waites Fitness Sacramento, CA
- Aug 11 24 Hour Fitness Reno, NV
- Sept 22 Fitness Factory

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STRAIGHT TALK FROM STRANGE PEOPLE



Jamie Harris
 760# BP

Let me be honest. We don't make clothes for everyone in the gym because we're not like everyone in the gym. We don't do "normal."

If you just do "some light training to stay in shape," We don't understand you. In fact, when you're in the gym - you're probably in our way. (Stay out of the way, and get your clothes at Wal-Mart.)

If you're Psycho-obsessive about your workout, we understand. Our eyes bleed too. If your woman (or man) threatens to leave you because you're "unbalanced", we can relate. If you are a hard-core, serious-lifting, gym-rat: we have your gear. Attitude comes in a HOUSE OF PAIN box.

Need a gym bag with your name embroidered on it? We're the only game in town. Want tanktops? We have 4 different cuts, with sizes and colors to cover anyone. Need shorts or pants? We have options. We've got a variety of choices for jackets, gym-bags, and supportive gear. T-shirts? We have the wildest "Design T's" on the planet. Yes, they all have the HOUSE OF PAIN logo on the left chest, and they will turn heads.

If you're hard-core, we sell everything you need!

No, we don't make clothes for everyone. We don't do ordinary. But if you are serious, we can definitely put some attitude in your workout. And yes, our clothes get attention guaranteed. Try some you'll see.



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 Mesa, Arizona • August 11, 2001
 Mesa Convention Center

NOVA WORLD CHAMPIONSHIP
 Plano, Texas • October 27, 2001
 Plano Convention Center

MEET DIRECTOR:
 KIRK STROUD

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- BENCH ONLY (LIMIT 100 LIFTERS)
- DEADLIFT ONLY (LIMIT 100 LIFTERS)

At the NOVA World Championship we will be offering cash prizes to both men and women in the open powerlift division. Lifters must compete in the NOVA U.S.A. or North American to qualify. Each weight class will have a qualifying total to receive cash. Only the winner of each weight class that meets the qualifying total will receive the cash prize. The INSA will donate all membership fees each year to the NOVA world finals.

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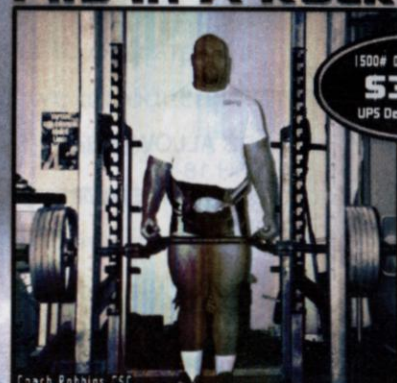
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16 JUN, Big Bench Shoutout III (men, women, teen, junior, submaster, master, novice - dead-line 5/20) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
16 JUN, 2nd annual USAPL "Thunder at the Beach" Power Meet, Body Image, Betty Milby / Art Margulies, 457 Route 9S, Little Egg Harbor, NJ 08087, 609-294-3600, Ascent2me@aol.com
16 JUN (NEW DATE), 6th AAU Suburban North YMCA BP/DL Classic (Catasqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-8714, Snaice@hotmail.com or Nick Theodorou (610-258-1894)
16 JUN, Summer Push/Pull Meet, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683
16 JUN, WABDL N. Dakota & Minnesota State BP & DL (world championship qualifier - drug tested), Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-1141
16 JUN, USA USA Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488
16 JUN, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybox.com
16 JUN, USA "RAW" Bench Press Federation Summer Nationals (Mattson, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
16 JUN, USAPL Eastern USA Open BP, USAPL National Squat, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
22-24 JUN, Mountaineer Cup III & 37th USPF Men & Women's Sr. Nationals, Nick Busick 304-387-8186 (Mountaineer Cup) or Dave Jeffrey (USPF Nationals) 304-489-2428
23 JUN, SLP Iron House Open PL/BP/DL Classic (Hoopeston, IL) Son Light Power Gym, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
23 JUN, Illinois Strongest Man (Bourbonnais, IL) Tony Soule, Box 459, St. Anne, IL 60964
23 JUN, LSTA 5th Grant A Wish Charity BP (NSA Westbank Fitness Center - New Orleans, LA - men & women open, police/fire, 14-16, 17-19, 40-49, 50+, special olympics - Anderson Art Sculptured Trophies) Tpr. Arrid C. Hansell, 504-471-2775(w), 504-365-6382 (pager), Herqueles@aol.com
23 JUN, NASA WV Open PL, BP, PS (Buckhannon, WV) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

23 JUN, APF Central California Open & Novice PL/BP (Fresno, CA) Bob Packer, 559-439-4394
23 JUN, WNPF Roanoke Open PL (Roanoke, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23,24 JUN, USAPL Men's Teen & Jr. Nationals B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692
23,24 JUN, AAU World BP (Rancho Buena Vista Performing Arts Center, Vista, CA - open, lifetime, masters, life masters, jr., submasters, law/ml, physically challenged for men and women. All classes for raw and equipped. Youth teen raw only. Entry deadline 5/30/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLPWR@PE.NET
23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
23,24 JUN, WNPF Lifetime Nationals, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm
23,24 JUN, West Coast Open (Ocean Front Hallmark Resort) Big Bears Gym, 136 SE 1st, Newport, OR 97498, 541-574-4507, dozer2000@hotmail.com
24 JUN, APA Iron Barbarian PL, BP, DL (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
24 JUN, SLP Muscle Corporation Summer Sizzle BP/DL Classic (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
24 JUN, NASS Thick Bar Worlds (open, teen, masters, men & women - Hurst, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, willyh@swbell.net
24 JUN, WNPF Ralph Peace Memorial BP/DL & IronMan, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
30 JUN, Intl. Bavaria Cup DL (women, men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, greka@t-online.de
JUN, I.S.A. Intl. Strength Challenge Power Clean/BP/DL & State BP, I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299
3 JUL, Iowa/Midwest Open Touch and Go BP (Sigourney, IA - Open, Novice, Team, Submaster, Master, Women) Wayne Hammes, BOX 433, Oskaloosa, IA 52577, 575-673-5240
7 JUL, APA House of Pain Bench Press Open Challenge to the Biggest Benchers in the World (cash prizes: below 198, 198 plus - Mon Valley Fitness Center, PA) 724-483-2438
7 JUL, APA Tennessee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
7 JUL, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

HUGE IRON Powerlifting Schedule YEAR 2001

June 6,7, 2001 - AAFP National Champions (Las Vegas, NV)

June 23,25, 2001 - APF Senior Nationals (Ormond Beach, FL)

Aug 12, 2001 - WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, Florida)

August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

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

7 JUL, WNPF USA BP/DL & Ironman (Bordentown or Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
 7,8 JUL (updated date), USPF High School, Teenage & Junior Championships PL/BP, Mike Wloasinski, 716-688-0575, bigski@localnet.com, www.uspfny.com
 7,8 JUL, Twin Lab WABDL World Cup BP & DL (Holiday Inn Airport Hotel, Portland, OR - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122
 8 JUL, WNPF Can-AM PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 12-15 JUL, USAPL Men's Nationals (Omaha, NE), James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
 13,14 JUL, Strongest Man in New York Finals, Marc Seda, 800-322-0766, strongman1nyc@aol.com
 14 JUL, INSA/INSAA SW USA Powerlifting (Ft. Worth, TX) Kirk Stroud, 416 W. Bedford Eules Rd., Hurst, TX 76053, 817-268-3488
 14 JUL (corrected date), 17th ADAU Raw Drug Free "No Boys

Allowed" (Pennsylvania - women's men submaster, men master state PL meet - residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
 14 JUL, I.S.A. Limestone Classic BP/DL (Bedford, IN) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv
 14 JUL, Allentown Sportsfest V BP/DL (men, women, masters) Fred Glass, 811 N. Jordan, Allentown, PA 18102, 610-770-9333
 14 JUL, 2nd New England's Strongest Man - Women (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
 14 JUL, 3rd Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158
 14 JUL, NASS SW USA Strongman Challenge (open, teen, masters, men & women - Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, e-mail willyh@swbell.net
 14 JUL, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 14 JUL, APF Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775
 14,15 JUL, Georgia Games PL/BP, George Games, 1415 Barclay Circle Suite F, Marietta, GA 30060, 770-528-3580 or David Hall, 678-290-1882
 15 JUL, New York State Strongman-woman (Kingston, NY) Brad Klinger, 845-339-4865, Pat Carroll 845-339-6381
 15 JUL (new date), WNPF USA PL Championships Youth, Teen, Jr., Subs, Masters & Sr. Open Nationals (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 21 JUL, USPF Eastern BP Nationals, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, USPFehorton@aol.com
 21 JUL, Georgia State Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

21 JUL, The Training Center's 2nd annual Bench Press (open men & women - New Castle, Delaware) 302-328-5438
 21 JUL, USPF California State PL/BP, Kevin Fisher, 151 S. Ontare, Santa Barbara, CA 93105, 805-963-3439, Kfisher54@aol.com
 21 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183
 21 JUL, NASA Tri-State Natural (Monolift for squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST
 21 JUL, USAPL 4th BP & DL Battle on the Beach (BP, DL, IronMan - Metro Beach, Mt. Clemons, MI) Mike Lawrence, 248-813-9866
 21 JUL, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513
 25-29 JUL, AAU Jr. Olympics (Portsmouth, VA) Rudy Garcia, 404-441-7120, rlegarcia@hotmail.com
 27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidie, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528
 28 JUL, Northeast Canadian Championships BP/DL (Matane) Roberto St. Pierre, 418-562-9176
 28 JUL, USPF Gulf Coast (Orange, TX - Men/Women: Open, Below 1, 13-23 in 2 yr. age groups, submaster, master in 5 yr. groups to 70+) BP, Police/Fire - awards to all lifters) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
 28 JUL, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594, Jackie_Jeff1@msn.com
 28 JUL, SLP Frankfort Holdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Molsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
 28 JUL, WNPF Raw Nationals & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA

30214, 770-996-3418, wnpf@aol.com
 28,29 JUL, Twin Lab WABDL National BP & DL (Sheraton Hotel, Birmingham, AL - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122
 29 JUL, Lake Country Fair Iron Man BP/DL (Gray's Lake, IL - 15 lifter limit - entry deadline 7/20) Preston Olsen, 847-948-9111 ext. 330 or polsen@bannockburn.com
 JUL, Muscle Bound Fitness "Summer Heat" BP and/or DL (men, women, master, submaster, teen & raw) John or Kayleen Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840
 JUL, I.S.A. 3rd Limestone Classic BP/DL (Bedford [IN] Boys Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Steve 812-279-3187
 JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
 4 AUG, 4th Horseheads Pre-Season PL, Bert Conklin, 643 Terry Hill Rd., Horseheads, NY 14845, 315-727-5970 or Ed Patten 607-733-4997
 4 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 4 AUG, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 5 AUG, KPO Show-Me Push Pull (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BIGBENCH2001@aol.com
 5 AUG, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
 11 AUG, APA Midwest Regional BP/DL/Push Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

11 AUG (new date), APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775
 11 AUG, 6th APF Granite State Open BP & 4th Granite State Open DL (men, women, teen, jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
 11 AUG, 2nd APF USS Escanaba Memorial PL/BP Classic (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net, www.apfmichigan.com
 11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39507, 228-868-0190 or 896-3277
 11 AUG, INSA North American Championships (Mesa, AZ - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488
 11 AUG, WABDL Aki Beach BP & DL & Strongman Contest (world championship qualifier - drug tested), Bull Stewart, 206-723-4696
 11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
 11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
 11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
 12 AUG (new date), WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
 12 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 17-21 AUG, IPF World Games PL (Akita, Japan)
 18 AUG, 5th King Fitness Pound for Pound (Most reps/total tonnage - open & 20 and under) Matt Kelly or Ralph Lara, 3253 Hwy 35 N., Hazlet, NJ 07730, 732-335-0911
 18 AUG (new date), APA Bench Press

Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
 18 AUG, USAPL Power Surge 2001 PL & BP, Michelle James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, Michelle@bbc.net
 18 AUG (new date), WABDL Utah State (Holiday Inn, SLC - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037
 18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 18 AUG, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 18,19 AUG, 8th AAFP/APF Snake River Pl & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 5-7, 208-523-0600, apf_id_mhiggins@yahoo.com
 19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 19 AUG, WNPF Tarheel Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 25 AUG, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090
 25 AUG, WABDL Budweiser Summer Strength Festival (Bend Riverside Motel) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600
 25 AUG, 11th Endless Summer BP & DL Classic (Elkhart, IN) Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471
 25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 25 AUG (modified date), USAPL Lifetime Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
 25,26 AUG, AAU Raw Nationals & North American BP (Radisson Hotel) (San Bernardino, CA - Open, Lifetime, Masters, Life masters, junior, youth, teen, sub-

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 For more information contact Jim Hart at JMSHRT@aol.com or call 402-470-3672 The deadline for entry is June 12th. The NGB meeting will be held on Thursday July 12th at 1:00 PM central time.

masters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrp@pe.net

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

26 AUG, WNPFF Grand Canyon Open BP/DL & Ironman (Phoenix, AZ) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

AUG, USPF New York Bench Press (open, law enforcement, fire & military), Mike Wlosinski, 716-688-0575, blgskl@localnet.com, www.uspfny.com

AUG, NASS Dino Day VIII - Ohio Valley Strongman (Columbus, OH) Nick Osborne, 614-481-9839, nick@phostraining.com

AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@sisa.com

2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 SEP, ADAU Single Lift Nationals SQ, BP, DL - Open & All age groups both men & women, lift in 1, 2, or 3 events - no total, Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 or al@pikilup.com

8 SEP, WABDL N. California BP & DL (San Francisco, CA) (world championship qualifier - drug tested) John Ford, 650-757-9506

8 SEP, USAPL Deadlift Nationals (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-2775

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

8,9 SEP, APA Powerlifting Nationals (Lau-

rel, MD) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

12-16 SEP, IPF World Juniors (Sofia, Bulgaria)

15 SEP, APA Colorado State (PL, BP, DL - Denver, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

15 SEP, WABDL Louisiana State BP/DL (New Orleans) Arrid Hansell, 504-491-5061, 392-9743

15 SEP, 3rd Annual Deadlift on the River, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683

15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031

15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

16 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press (men & women, native, youth, teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, Jay.Toth@fredonia.edu

16 SEP, SLP Iowa State BP/DL (Coraville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhoita, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306

22 SEP, 1st Fall Strongman Challenge, Graham Bartholomew, 301-893-8290 after 8:30PM, GrahamB@libertybay.com

22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

22 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

www.sonlightpower.com

24 SEP, APA Arizona State PL, BP, DL (Tucson, AZ) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

29 SEP, AAU Virginia State Drug Free PL & BP (raw & assisted, youth, teen, men & women, masters, deadline 9/15/01) Barbara Beasley, AAU State Chair, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570 or Roger Ernst, 804-320-1456, rlernst@aol.com

29 SEP, WABDL Washington State BP & DL (Hoquiam, WA - world championship qualifier - drug tested) Don Bell, 360-533-5711

29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513

30 SEP, SLP NATIONAL 'RAW' POWERLIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

SEP, ISA Regional BP & BP for reps (Douglasville, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv

SEP, I.S.A. Regional BP & BP bodyweight for reps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513

SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

6 OCT, USPF Central California, Gene Estrada, 526 Dana #4, San Luis Obispo, CA 93401, 805-544-0155

6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513

6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

13 OCT, NASA Big River Classic PL/BP (Blytheville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513

13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

16-21 OCT, IPF World Masters (Moose Jaw, Canada) Wayne Cormier, 10929 Scott Dr., N. Battleford, Saskatchewan, Canada S9A 3N2, 306-446-1330 or fax 306-445-2829

20 OCT, 10th Muscle Beach Special Olympics Lift-Off (Muscle Beach - Venice, CA) 310-399-2775

20 OCT, 19th ADAU Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com

20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

21 OCT, SLP Peconic Fitness Fall BP/DL (Peconic, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

21 OCT (specified date), 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

21 OCT, CAN AM BP & DL & Push/Pull (Montreal) Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, J1E 2S2, Canada, 819-346-9466, Fax 819-346-6104.

26-28 OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

27 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

27 OCT, INSA World Championship (Plano,

AAU WORLD POWERLIFTING CHAMPIONSHIPS

2001 Mayagüez, P.R.



All Athlete Will Have Free Lodging

AAU POWERLIFTING WORLDS RAW AND ASSISTED

Date/Location: **Friday, Saturday and Sunday, OCTOBER 26, 27 and 28, 2001. On the Palace of Sports in Mayagüez, Puerto Rico.**

Eligibility: Contests is open to all A.A.U. PC of all ages registered who have place 1st, 2nd, or 3rd in the 1998, 1999, 2000 National Masters or the North American and Hawaii States. All world foreign athletes, those in good standing with their respective Federation or Associations who are drug free. A.A.U. card will be sold at the meet. The registration fee is \$10 for youth (under 19) and \$30 for adults.

Schedule: 26/10/2001 Friday: 5:00 to 6:30 P.M. weight in 97/105 classes women plus men - competition 8:00 P.M. same night. 5:00 to 6:30 P.M. weight in from 114/181 all women plus men that are going to compete on Saturday at 8:00 A.M.

27/10/2001 Saturday weight in from 5:00 to 6:30 P.M. for all women plus men from 198 above that are going to compete Sunday 28/10/2001 at 8:00 A.M.

Awards: Award will given to the top 5 places in the following classes: (w=women, m=men) w-97, w-105.75, m/w-114.5, m/w-123.5, m/w-132.25, m/w-148.75, m/w-165.25, m/w-181.75, m/w-198.25, w-shw-m220, m242, m275, m 319.5 mshw Best lifter awards and Team award will also be given. You must have club sanction or country Federation sanction to enter as a team this can be done the day of the meet. (Only one team for each club or Federation).

Divisions: Open (to all), Youth, Teen, Junior 20-23, sub-master 35-39, masters (40-44, 45-49, 50-54, etc.). Law & Fire. Proof of age is required for Masters and Teens. This proof must be supplied with your entry.

Applications: Send all entries to Néstor Gregory, Las Villas, Park Rd. 142, Ramey, Aguadilla, Puerto Rico 00603 or to Carlos Fernández, La Esperanza S-38, St. 16, Vega Alta, Puerto Rico 00692. gregory_nestor@hotmail.com

Make all checks payable to Puerto Rico Powerlifting Federation.

Dead Line - Friday, September 26, 2001.

NO EXCEPTIONS!

- Note:
- Flight systems to be used - with two platforms
 - A one piece lifting suit is mandatory
 - Spectator Admission \$2 kid 12 and under are Free
 - If you have any question contact Néstor Gregory Tel. 787-890-4636 or Carlos Fernández 787-883-1073

Directions: You can fly direct to Aguadilla in TWA from any place from de USA or you can fly to San Juan and from San Juan P.R. you must go by car 2 hour ride to Aguadilla and to Airport Rafael Hernández in (Ramey) Punta Borinquen. All Athletes will have free lodging, one breakfast each morning and one dinner starting the 24/10/2001 to 28/10/2001 in a Government place known as CABA. This place is located in front of the airport Rafael Hernández in Aguadilla (you can go waking) and another place is call CEDECAR two minute by car from this airport. All will have free transportation to the place of the competition that is 30 minute ride from both side from were you are going to stay.

Note: For privacy stay at your expenses there are the following Hotel in the area:

Mayagüez Area	Aguadilla Area (30 minute ride to site of competition)
Best Western Mayagüez 787-833-3030	Hotel Cielo Mar 787-882-5959
Holiday Inn 787-833-1300 or 787-833-1100	Hotel El faro 787-882-7225
Hotel El Sol 787-834-0303	Hotel La Cima 787-890-2016
3 minute walk from site of competition	Hotel Villa Forin 787-882-8341
Hotel Plaza 787-832-9191 3 minute walk from site of comp.	

A.A.U. Combined Nationals - Raw AAU - North American Raw, AAU Bench Press, North American BP

Event Date: May 19-20, 2001
Site: Little Rock Air Force Base, 6th Street Building 1220, Jacksonville, Arkansas
Meet Director: Larry Kye (501) 982-7668
Entry Fee: \$45.00 per lifter/\$45.00 per team
Entry Deadline: Postmarked by May 10, 2001 (\$15.00 fee for late entries)
Mail Entry: ATT: Larry Kye, 114 Chickasaw Place, Jacksonville, AR 72076
Eligibility: AAU Lifters - Teens, Open, Submas-

ters, Masters, Youth
Weigh-in: 6:00PM to 7:00 PM Fri., May 18; 7:00AM to 8:00AM Sat., May 19; 6:00PM to 7:00PM Sat., May 19; 7:00AM to 8:00AM Sun., May 20
Rules Meeting: 8:30AM Saturday, May 19, 2001. 8:30AM Sunday, May 20, 2001
Starting Time: 9:00AM - Saturday (Wt. 97-198.4) and Sunday (Wt. 220.5-319.7)
Rules: A.A.U. Rules - Equipment & Raw

Little Rock Airport to Meet Site
 Distance approximately 23 miles Approximate Travel Time 33 minutes

	Miles	Miles	
1) Turn right onto Airport Road	.1	8) Take US-67 N/US-167 N	10.7
2) Take the I-440 West ramp	.8	9) Take exit 11, towards AIR FORCF BASE	0.0
3) Merge onto I-440 W.	2	10) Merge onto TP White Drive	1
4) Take the I-30 EAST/US-65 NORTH/US-167 NORTH exit number 138A towards DOWNTOWN	.4	11) Turn Left	0.0
5) Merge onto I-30 E	4.1	12) Turn slight left onto Evans St/Vandenberg Blvd.	.1
6) Take the US-67 N/US-167 N/I-40 exit, exit number 143B. towards MEMPHIS	.4	13) Stay straight to go onto Vandenberg Blvd.	1.6
7) Merge onto I-40 E/US-67 N/US-167 N.	1.1	13) Turn Left onto Arnold Drive	.8

Recommended Hotel: CRANBURY INN 2110 JOHN HARDIN DR. JACKSONVILLE, AR (501)985-7666 \$48.88 plus tax

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- Tank Tops** — 2 color logo \$10.00
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 S, M, L, XL, XXL \$28.00
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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



Ozark Open
9 Dec 00 - Beatonville, AR

BENCH	D. Lee-33	370		
WOMEN	220 lbs.			
181 lbs.	A. Keck-28	300		
J. Miller-34	90*	198 lbs.		
Teen 165 lbs.	J. Loudermilk-32	350		
B. Drain-14	165	Submasters		
181 lbs.	242 lbs.			
J. Biernacki-19	245	242 lbs.		
Junior 148 lbs.	Masters (60-69)			
J. Chessire-23	290	165 lbs.		
165 lbs.	H. Hager-67	170		
D. Woodring-20	275	198 lbs.		
T. Lindsey-20	240	T. Lewis-66		
198 lbs.	250	Masters (50-59)		
K. Disheroon-23	325	242 lbs.		
Open 132 lbs.	K. Counts-51	300		
D. Stidham-27	901	198		
148 lbs.	Ken Jordan - 57	200		
D. Bishop-27	210	Masters (40-49)		
181 lbs.	319 lbs.			
	E. Finnell-47	405		
WOMEN	SQ	BP	DL	TOT
132 lbs.				
T. Collins-34	205	105	285*	588
P. Rasmussen-38	90	80	105	275
Teen 198+ lbs.				
J. Norton-18	380	125	350	855
242 lbs.				
Fitzsimmons-16	415	0	0	415
181 lbs.				

B. Baikosi-17	340	190	335	865
165 lbs.				
D. Smith-17	320	205	450	975
Junior 165 lbs.				
R. Skelton-21	455	185	405	1045
Open 132 lbs.				
D. Stidham-27	190	90	250	530
146 lbs.				
M. Cothorn-27	240	270	340	850
148 lbs.				
M. Wilkins-25	185	155	285	625
165 lbs.				
B. Thomas-27	325	240	410	975
A. Perez-32	275	195	310	780
A. Hollinger-26	330	200	390	920
181 lbs.				
E. Henry-24	500	230	450	1180
220 lbs.				
S. Griggs-24	395	349	370	1105
J. Woods-34	235	250	385	870
242 lbs.				
D. Kenne-44	550	295	600	1445
J. Shoup-20	530	290	560	1380
242 lbs.				
W. Edwards-26	275	260	415	950
E. Watson-30	580	405	585	1570
G. Powell-39	405	285	505	1195
318 lbs.				
S. Robbins-27	650	460	600	1710
Submasters 198 lbs.				
R. Woods-35	410	305	450	1165
242 lbs.				
Master (40-49)				
D. Kenne-44	550	295	600	1445
181 lbs.				
G. McManus-44	385	250	405	1040
(50-59)				
165 lbs.				
J. Kennett-53	430	260	450	1140
198 lbs.				
K. Jordan-57	250	200	305	755
242 lbs.				
K. Counts-51	280	300	230	810
165 lbs.				
J. Anderson-56	500	0	0	500
198 lbs.				
*-State Record. 1-Special Olympics. (Thanks to Casey Fant for providing the results of this meet to Powerlifting USA).				

USAPL Michiana Powerlifting
10 Feb 01 - Niles, MI

Teen	SQ	BP	DL	TOT
114 lbs.				
T. Brown	155	110	200	465
M. Pacheco	140	90	180	410
R. Howard	100	65	180	345
123 lbs.				
R. Bowman	325	200	375	900
P. VanAntwerp	185	110	200	495
E. Schuelke	120	90	175	385
132 lbs.				
R. Karas	310	160	415	885
R. Warner	175	160	265	600
D. Jackson	205	125	250	580
S. Pacheco	180	135	245	560
148 lbs.				
K. Ricchio	420	225	500	1145
M. Steinmetz	380	245	430	1040
C. Payne	300	195	290	785
J. Balc k	270	155	320	745
J. Gramnelly	275	185	280	740
D. Platz	220	205	315	740
C. Palmer	235	190	295	720
M. Travis	215	140	285	640
J. Kelch	120	75	135	330
165 lbs.				
B. Holtschaw	285	210	425	920
S. Riggs	280	200	335	815
C. Schuneman	220	205	330	755
R. Deverna	245	175	320	740
I. Blanco	255	165	305	725
D. Lacey	245	180	285	710
J. Elliot	220	155	325	700
J. Hartman	215	155	290	660
R. Lacey	250	225	335	810
A. Smith	205	155	225	585
J. Williams	370	310	395	1075
J. Yeats	340	230	450	1020
181 lbs.				
D. Teter	280	240	400	920
J. Mendenthal	250	200	365	815
B. Paturaski	250	215	340	805
Z. Pegura	235	205	325	765
L. Smith	205	175	230	610
Junior				
J. Welu	390	270	500	1160

A. Davis 410 280 455 1145

Teen	SQ	BP	DL	TOT
198 lbs.				
M. Sanchez	505	315	505	1325
N. Merruick	275	205	350	830
D. Cornwell	255	185	350	790
R. Schuelke	270	180	300	750
C. Fleming	250	165	300	715
D. Bates	235	160	305	700
D. Hill	210	185	280	675
M. Winnell	185	165	240	590
Open				
D. Nelson	515	290	510	1315
Master				
K. Mulholland	375	275	425	1075
Teen				
220 lbs.				
J. Anderson	315	215	300	830
242 lbs.				
B. Geibe	325	230	425	980
C. Clingenreel	290	200	400	890
B. Stevens	235	220	285	740
M. Ford	250	185	300	735
S. Carnady	160	155	275	590
Junior				
T. Arterburn	580	440	580	1500*
J. Alexander	230	200	350	780
Teen				
319+ lbs.				
N. Berger	335	225	440	1000

*-All three lifts state records. SPECIAL AWARDS: Best Lifter Heavy: Travis Button. Best Lifter Light: Jeremy Welu, and Erica Schuelke. Best Lifter Overall: Travis Button, and Erica Schuelke. Best Squat: Travis Button, and Joleen Kelch. Best Bench Press: Tony Arterburn, and Erica Schuelke. Best Deadlift: Tony Arterburn, and Erica Schuelke. Best Teenager: Mike Sanchez, and Erica Schuelke. Best Master Lifter: Darryl Nelson. TEAMS: 1st Niles High, 28 pts. 2nd Edwardsburg, 27 pts. 3rd Watervliet, 26 pts. 4th Horlick, 23 pts. Outstanding Male Lifter: Travis Button. Outstanding Female Lifter: Erica Schuelke. (Thanks to USAPL for providing these contest results).



Best Lifters at the Last One BP/DL Classic (l-r): Doug Peterson (BP); Johnny Hill (DL). (Photograph provided courtesy of Dr. Darrell Latch).

The Last One! BP/DL
31 Dec 00 - Tuscola, IL

BENCH	Master (60-69)	325*
WOMEN		
181 lbs.	L. Drake	181 lbs.
Master (50-54)	140	B. Moore
L. Middleton	140	198 lbs.
Open	125	J. Hill
T. Mayer	125	220 lbs.
MEN		
Teen (16-17)		
148 lbs.	S. Zelmer	365*
J. Sage	230*	K. Waddle
165 lbs.	242 lbs.	205*
D. Peterson, Jr.	275*	D. Peterson
181 lbs.	275*	M. Peterzak
J. Mayer	205*	SHW
198 lbs.	205*	C. Lynch
N. Adams	350	DEADLIFT
220 lbs.	350	Youth
V. Munoz	300	A. Munoz
Teen (18-19)	300	Teen (18-19)
181 lbs.	300	181 lbs.
J. Montoya	300	M. McKibben
M. McKibben	270*	J. Montoya
242 lbs.	300	242 lbs.
J. Hisaw	300	J. Hisaw
Submaster	300	4th
P. Minarick	195*	Master (40-49)
Master (40-49)	195*	D. Silver
M. Peterzak	425	L. Drake
M. Wittler	335	335*
D. Silver	290*	198 lbs.
		J. Hill
		220 lbs.
		S. Zelmer
		500*

*-Personal record. Best Lifter BENCH: Doug Peterson. Best Lifter DEADLIFT: Johnny Hill. The Last One! Bench Press/Deadlift Classic was held again at Son Light Power Gym. Even with it being New Year's Eve we had a good turnout with thirty entries. Thanks to my son Joey, Jeff Welker and Linda Middleton for all their help. In the bench press competition Linda Middleton took the master women's 50-54 class with a strong 140, which she got on her second attempt. A final attempt with 150 failed to lockout. Ladies' open winner Tammy Mayer also had a good day, finishing with 125. Lifting in his first competition, John Sage set a personal record with 230, taking the teenage 16-17 age group at 148. Doug Peterson, Jr. won at 165 with a strong pr 275, this being his first competition also. Another first-timer, Joshua Mayer, won at 181 with a personal best 205. Nate Adams looked strong at 198, winning with an easy 350. Victor Munoz only got his opener of 300, but that was good enough for the win at 220. In the teenage 18-19 division, Jason Montoya won at 181 over Marcus McKibben 300 to 270. Marcus' lift was a personal best for him. Joe Hisaw won at 242 with a strong 300. Patrick Minarick got a personal best 195 for his submaster win. This was Pat's first competition. Mike Peterzak took the master men's 40-49 class, making just his opener with 425. Mark Wittler was second with 335, just missing a pr 350 on his final attempt. Darryl Silver got two new pr's with his last two attempts, finishing with 290 for third place. Larry Drake had a great day, for his first competition, finishing with a pr 310 third attempt, followed with a successful 325 fourth for the

win at master 60-69. In the open competition, Brian Moore finished with a pr 280 and the title at 181. Johnny Hill, nursing a shoulder injury, stopped with an easy opener of 225 for the win at 198. Steven Zelmer set a new personal record in his win at 220 with a strong 365 effort. Keith Waddle was second at 220 with a personal best 205. It was a close one at 242, with both Mike Peterzak and Doug Peterson finishing with 425. Doug came away the winner by weighing six pounds less than Mike. Carl Lynch finally got to use the 100's, as he finished with a pr 245 for the shw title. The best lifter award went to Doug Peterson. In the deadlift competition we had a great little lifter ten years of age, Alonzo Munoz. In his first competition this kid lifted like a pro, getting all three of his attempts to finish with a personal best 135! Just think what he might be pulling in another

APF/AAPF OK State
25 MAR 00 - Tulsa, OK (kg)

BENCH	C. Kinney	140		
WOMEN	198 lbs.			
Submaster	D. Steele	182.5		
165 lbs.	105	242 lbs. Open		
C. Crossland	105	J. Vanwinkle		
SHW	240	SHW		
Master	55	Master		
M. Clonce	55	B. Potts		
165 lbs. Open		192.5		
WOMEN	SQ	BP	DL	TOT
148 lbs.				
K. Demarest	160	82.5	160	402.5
J. Kirin	107.5	47.5	122.5	277.5
181 lbs.				
M. Carey	125	65	142.5	332.5
MEN Open 148 lbs.				
J. Stone	107.5	92.5	165	365
Master				

J. Johnson	137.5	80	160	377.5
165 lbs. Open				
C. Wodraska	255	110	230	595
B. Martinez	175	120	215	510
Master				
J. Jenkins	170	102.5	160	432.5
Teen (14-15)				
J. Lear	145	92.5	172.5	410
181 lbs. Open				
N. Digiacomio	237.5	172.5	227.5	637.5
S. Baker	265	170	220	655
Master-2				
R. Lynch	240	147.5	262.5	650
198 lbs. Open				
T. Keeler	257.5	147.5	255	660
R. Richerdson	227.5	125	252.5	605
Master				
D. Steele	227.5	182.5	215	625
Open				
S. Vineyard	327.5	185	287.5	800
220 lbs. Open				
K. Foster	240	177.5	230	647.5
M. Bearden	265	142.5	240	647.5
Master				
C. Caputo	227.5	170.2	255	652.5
Open				
D. Whittle	287.5	225	295	807.5
J. Griggs	292.5	185	282.5	760
242 lbs. Open				
S. Rodenburg	292.5	182.5	272.5	747.5
S. Mathewson	275	185	230	690
K. Melton	207.5	145	227.5	580
J. Correll	350	210	282.5	842.5
J. Cox	272.5	157.5	267.5	697.5



The AAU Midwest Regional Champions: Very rear: Darin Gilly; Rear row (l-r): Carolee Engel, Dave Fisher, Aaron King, Keven Hamman, Gary Landess; Front row (l-r): Karo Stiglar, Amber Nollen, Shane Olson. (Photograph provided courtesy of Roger Broeg to Powerlifting USA).

**AAU Planet Fitness
Midwest Regionals
2 SEP 00 - Burlington, IA**

WOMEN	SQ	BP	DL	TOT
105 lbs. Raw Master (55-59)				
K. Stigler	80*	80*		
Open 181 lbs.				
C. Engle	180*	305	485	
198+ lbs. LM (40-44)				
K. Samberg	135	135		
114 lbs. LT (16-17)				
S. Olson	225	120	240	585
132 lbs. Raw M (45-49)				
G. Landess	205	165	320	690
Equip. M (45-49)				
G. Landess	205	165	320	690
148 lbs. Equip. LM (40-44)				
R. Broeg	325	245	365	935
165 lbs. RAW Open				
D. Gilly	425	280	510	1215
RAW LM (40-44)				
K. Hamman	420*	275	510*	1205
181 lbs. Raw LT (16-17)				
A. King	320	245	370	935
Raw W Open				
C. Engle	135	180*	305	620
242 lbs. Raw L Sub M				
D. Fisher	405	135	515	1055
148+ lbs. Raw LW Open				
A. Nollen	160	300	460	

ning with Karo (how does she look like that at 55?) Stigler. Karo weighed in at 98 lbs. and benched an awesome AR 80 lbs. Unfortunately 90 just wasn't there... but she sure gave it one heck of a ride. Next we had the amazing Carolee Engle in the 181s. Carolee opened with 170 to match the current 3 lift American Record in the RAW Women's open Powerlifting, and break the current single lift record in the Women's RAW open bench press. Carolee then went on to OWN both of these records with a very strong 180 lbs. press. Carolee attempted 190 but it was not to be... Carolee then went on to pull a single lift American Record 300 lbs. deadlift. Nice going Carolee! Kevin Hamman lifting in the Lifetime Raw Masters 40-44 165s did a nice 420 squat, very deep and very strong for an American Record there. Kevin went on to finish his day with an awesome 5 10 pull, which weighed out to be 515.5 lbs. Amber Nollen made a strong showing in the Lifetime Women's open class. Amber went into the 148 lbs. division at a mere 141 lbs. Amber hadn't had a chance to train much for this meet, yet she still managed an American Record STRONG 160 lbs. bench press, which she followed by giving 180 a good ride, but it was not to be. Amber went on to pull an American Record 300 lbs. in the deadlift. Amber then gave 335 a big ride but got out of position and lost it around the knees. I want to take this time to thank my volunteers. A special Thank you goes to my daughter Misty Broeg who drove 6 hours from Topeka just to run the

computer for this meet. My wife Penny who kept track of the cards, Mike Deen, Dick Wyatt, and Doug Edwards who worked so hard as spotter/loaders for this meet. And, of course, Paul Armstrong and Holly Banks of Planet Fitness for sponsoring the event. (Thanks to Roger Broeg for providing these meet results).

**USAPL Maryland State
2 DEC 00 - Edgemead, MD**

MEN	SQ	BP	DL	TOT
132 lbs. Open				
J. Cooke	357.5	253	429	1040
Guest Lifter 148 lbs.				
T. Pinkett	143	390.5	225.5	759
V. Aybar	407	281	462	1151
165 lbs.				
E. Holmes	600	335.5	677	1612
O. Sing	379.5	280.5	462	1122
4th				
H. Kramer	176	236.5	225.5	638
L. Bermudez				
181 lbs.				
J. Russo	478.5	346.5	572	1392
V. DiLeonardi	462	319	456	1237
M. DiLeonardi	401.5	308	412.5	1123
J. Krawiec	407	275	434.5	1117
B. Moshman	341	258.5	462	1062
T. Reumont	484	368.5	522.5	1276
198 lbs.				
T. Getsinger	429	401.5	528	1359
S. Edelen	500.5	324.5	500.5	1326
220 lbs.				
T. Ruzola	633	418	633	1684
G. Neal	600	341	649	1590
W. Dougherty	511.5	374	561	1447
L. Desi	429	368.5	500.5	1299
R. Pope	418	313.5	528	1260
242 lbs.				
B. Weston	677	456.5	627	1777
D. Cooper	544.5	379.5	710	1634
4th				
M. Gary	572	346.5	600	1519
G. Durham	434.5	319	539	1293
A. Argentierra	137.5	203.5	225.5	566.5
S. Vickery				
148 lbs. Junior (14-15)				
A. Buckingham	77	93.5	159.5	330
165 lbs. (20-23)				
K. Haley	324.5	247.5	401.5	973.5
181 lbs.				
D. Chesno				
(16-17)				
B. Holt	429	231	451	1112
R. Panizari	319	159	352	831
198 lbs. (20-23)				
K. Maday	335.5	231	418	985
A. Jaworski	308	209	401.5	919
220 lbs. (18-19)				
L. Desi	429	368.5	500.5	1299
J. Flemmebaum	418	280.5	506	1211
(20-23)				
T. Ruzala	633	418	633	1684
275 lbs. (20-23)				

Power Photos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use in the magazine and, of course, we credit the photographer.

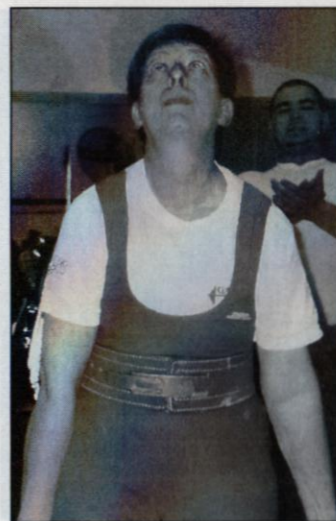
C. Erickson	462	319	517	1299
HWT				
J. Sampson	633	401.5	561	1596
165 lbs. Master (40-44)				
O. Singh	379.5	280.5	462	1123
4th				
181 lbs. (55-59)				
N. Singh	335.5	269.5	423.5	1029
198 lbs. (45-49)				
W. Simmons	313.5	275	451	1040
220 lbs. (40-44)				
R. Pope	418	313.5	528	1260
242 lbs. (55-59)				
J. Payne	242	275	418	936
WOMEN Open 105.5 lbs.				
Ramirez-Bernuz	187	82.5	214.5	484
132 lbs.				
S. Allison	324.5	159.5	363	848
148 lbs.				
L. Highsmith	198	88	220	506
181 lbs.				
M. McLean	253	1221	313.5	687.5
Master (40-44)				
M. McLean	253	121	313.5	687.5
Best Lifters: Men Open - Eric Holmes; Women Open - Eve Allison; Junior Men - Thomas Ruzola; Men Master - Oswald Singh; Master Women - Margaret McLean. Team Champs - BILT. Thanks to many, especially Matt Holt, Chris Booke, Marsha Serre, Mike Uhlman, Dave Daniel, Rob Panizari St., Bill Chase, Souixie and Kirk, the great refs, Mogie, Dennis R., Edgemead School, Mr. Van Hoy, My "munchkins", and all who helped, especially my mom and her food suppliers. (from USAPL)				

**USAPL Annapolis Qualifier
10 Feb 01 - Annapolis, MD**

WOMEN	SQ	BP	DL	TOT
148 lbs.				
K. Cartus	165	115	260	540
MEN 165 lbs.				
E. Chin	380	295	400	1075
198 lbs.				
H. Potts	425	260	460	1145
220 lbs.				
T. Baumgartner	500	350	510	1360
242 lbs.				
S. Hay	455	320	480	1255
(Thanks to John Mogavero, Cat II, for results)				

**SLP Mason Dixon BP/DL
10 Feb 01 - Paducah, KY**

BENCH	Master (50-54)	SQ	BP	DL	TOT
WOMEN					
Master (50-54)					
148 lbs.					
G. Paff	70*	123 lbs.	200*	210*	
4th					
Open 97 lbs.					
W. Cross	85*	B. Book	260		
MEN					
Police/Fire					
198 lbs.					
B. McDonald	370*	105 lbs.	200*		
308 lbs.					
B. McDonough	520*	148 lbs.	200*		
Open 198 lbs.					
D. Nealy	550*	165 lbs.	335*		
B. Rose	405	B. Guffy	330*		
4th					
K. Garrett	375	Teen (16-17)			
220 lbs.					
K. Waddle	250*	J. Robertson	320*		
P. Minarick	235	J. Cornwell	300*		
242 lbs.		Teen (18-19)			
S. Jones	385	198 lbs.			
E. Cross	340	R. Gourdin	395*		
275 lbs.					
J. Jesse	435	J. McCann	435*		
308 lbs.		Master (40-44)			
P. Stephenson	410*	148 lbs.	320*		
Teen (13-15)		H. Lee	335*		
148 lbs.					
J. Barnes	170*	198 lbs.			
(16-17)					
K. Adkins	365*				
181 lbs.					
J. Robertson	235*	Master (45-49)			
220 lbs.					
J. Cornwell	205*	J. Thomas	405*		
(18-19)		(50-54)			
123 lbs.		275 lbs.			
S. Ngo	195*	B. Adams	440		
198 lbs.		Open 181 lbs.			
T. Williams	350*	J. Sikes	375*		
275 lbs.					
J. McCann	335*	K. Garrett	640*		
P. Paff	265	J. Greenwell	475		
Junior		B. Rose	385		
165 lbs.		220 lbs.			
C. Whitaker	265*	D. Anguish	665*		
4th		280*			
181 lbs.		181 lbs.			
D. Mascoe	355*	D. Mascoe	425*		
220 lbs.		220 lbs.			
J. Velez	315*	J. Gaddis	430*		
Master (40-44)		Submaster			
148 lbs.		148 lbs.			
H. Lee	300*	R. Guffy	325*		
198 lbs.		4th	335*		
K. McDonald	325*	220 lbs.			
Master (45-49)		D. Anguish	665		
198 lbs.		242 lbs.			
W. Strosnider	360*	E. Cross	450*		
(50-54)		275 lbs.			
275 lbs.		R. Richey	550*		
B. Adams	410*	Police/Fire			
308 lbs.		308 lbs.			
WOMEN					
B. McDonough	600*				
*-SLR Kentucky State Record. Best Lifter					
BENCH: Dwayne Nealy. Best Lifter DEADLIFT: Kenny Garrett. In the open division Dwayne Nealy set the state record with 550 @ 198 for the win there. Weighing in at 197, Dwayne came close with a pr 600 third attempt! Dwayne was awarded the best lifter trophy for the bench competition. Second place at 198 went to Brandon Rose, who finished with 405 before coming back on a fourth attempt with a personal best 415. Kenny Garrett was third with 375, a new personal mark for him. Keith Waddle established a new record with his win at 220, finishing with a pr 250. Second place at 220 was Keith's training partner Pat Minarick, who also ended with a pr at 235. Shawn Jones took the open 242 class with an easy 385 over Earl Cross, who finished with 340. Earl looked a little tire, having just competed in the NASA Raw Nationals the week before. Jack Jesse retained his title at 275 with a strong 435 showing. At 308 it was Pat Stephenson with a new Kentucky state record 410 for the win. In the teenage 13-15 division, Josh Barnes only got his opener of 170, but was good enough for the win and a new state record at 148. Lifting in the teenage 16-17 division, Justin Robertson got a new record at 181 with 235, just missing a pr third attempt with 250. Also at 16-17 was Jesse Cornwell who set a record at 220 with an easy 205. In the teenage 18-19 division we had four lifters and three new state records! Up first was Son Ngo, winner of the 123 class with 195. Terrance					



Gayle Paff locks out PR & SLP Kentucky State record 210 at masters 50-54, 148 at the Mason-Dixon BP/DL. (Photo by Dr. Darrell Latch).

Williams took the 198 class with a strong 350. At 275 it was John McCann, finishing with 335 for the win. Second at 275 was P. J. Paff, who got a new personal record of 265. In the junior men's division Carlton Whitaker won at 165 with a SR 265 third attempt, followed by a strong 280 fourth. Davian Mascoe took the 181 class with another state record of 355, which was also a new pr for him. Our final junior competitor was Jesse Velez, who won at 220 with a Kentucky state record 315. At master 40-44 it was Haywood Lee for the win at 148 with a strong 300 for another state record. Kevin McDonald won at 198 with a new SR 325. In the master 45-49 division, 198 winner Wally Strosnider set the record there at 360. Looking strong, Wally! Butch Adams got a new personal best as well as a new Kentucky state record in the master 50-54, 275 class by locking out 410. Butch finally got that elusive 400 bench he had been shooting for the past two years! Congratulations, Butch! In the deadlift competition Gayle Paff finished her best day of lifting to date as she pulled her first 200 deadlift! But she wasn't done yet. With everything she had she went onto lockout a state record 210 fourth attempt to take the master 50-54, 148 class. Beth Book looked strong with her 260 second attempt but failed to lock out with a pr 275 for her third. Beth won the junior women's 123 class where she holds the record at 265. Wendy Cross got another state record with her 220 pull, winning again the 97 class in the open women's division. Brian Guffy won the teenage 13-15, 105 class with a state record 200. Not bad for his first time out. Also at 13-15 was 148 winner Josh Barnes who pulled his state record 335 on his first attempt. Our last 13-15 division lifter was Brandon Guffy, who took the 165 title with a strong 330; another state record! Justin Robertson and Jesse Cornwell won their respective classes at 16-17 in the deadlift, again setting new Kentucky state marks in the process. Justin won at 181 with 320 while Jesse Cornwell took the 220's with 300. At 18-19 Richard Gourdin won the 198's with a strong 395 SR while John McCann captured the 275 title with another state record at 435. Haywood Lee took his second master 40-44 title of the day with a 320 third attempt, followed with a SR 335 fourth attempt. Ken Adams got his second title of the day with his 440 opener at master 50-54, 275. In the open division Jay Sikes captured the open 220's with a new state record of 375. Kenny Garrett blew away the open 198 class with his SR 640 opener. Kenny looked good for much more, but missed 680 twice up near lockout. Second place went to Joey Greenwell who finished with a personal best 475. Brandon Rose was third with 385. David Anguish, who always puts on quite a "show", pulled a strong 665 for the wins at 220 open and submaster 220. I must apologize here to David, who came to me

to find out what it would take for best lifter, which I had figured would be 665. Well, my formula was missing so I kind of "guessed", but was wrong; it would have taken 680. Even though I awarded the best lifter trophy to David, it should have been awarded to Kenny Garrett. David was very gracious about it all, as was Kenny and so I corrected the mistake. (Maybe I can blame it on my son Joey, he was there, or better yet my wife Susie. Yeah, that'll work, it's not my fault, it's Susie's! There, I feel better.) In the junior men's division Darnion Mascoe got a new SR at 181 with 425. Thanks again to all the lifters and spectators who came to support this sport and especially my son Joey, Carl Lynch, Pat Stephenson and Kevin McDonald for their help loading and spotting. I want to again thank Butch Adams for all the hard work he has done in the past year to promote the sport of powerlifting in the Southern Illinois-Kentucky area. I want to also commend David Anguish of Showtime's Gym for all the efforts he puts forth with his team; I'm sure they all appreciate it so much. Also to Leon Crowe and the other coaches at the Earle C. Clements Job Center in Morganfield, Kentucky for bringing their team and the work they are doing there. Last I would like to mention the great works Randy Richey and the Omega Force Christian Strength Team are doing for everyone whose lives they touch. You see, powerlifting is much more than just lifting heavy weights. But you all know that! (Thanks to Dr. Darrell Latch for providing the results).

Battle of the Benches I

20 JAN 01 - Elizabeth City, NC

OVERALL	A. Brooks	165
MEN	(14-15)	
114 lbs.	97 lbs.	
K. Holroyd	115 R. Lang	75
A. Adams	95 114 lbs.	
R. Lang	75 A. Adams	95
J. Roldan	70 148 lbs.	
I. Wallace	70 M. Franklin	160
J. Reeves	60 165 lbs.	
123 lbs.	C. Ballance	195
M. Smith	70 181 lbs.	
132 lbs.	D. Williams	205
B. Thomas	100 J. Riddick	200
J. Goodman	75 220 lbs.	
148 lbs.	J. Pierce	275
M. Franklin	160 319 lbs.	
165 lbs.	T. Gibson	200
C. Baggett	340* (16-17)	
B. Zak	240 181 lbs.	
J. Moore	230 J. Lee	225
C. Ballance	195 J. Weeks	200
181 lbs.	319 lbs.	
L. Lamb	315 W. Riddick	385
M. Thomas	300 J. Pendleton	320
J. Sanders III	295 (18-19)	
R. Young	250 220 lbs.	
J. Lee	225 A. Bailey	380
D. Williams	205 242 lbs.	
J. Riddick	200 T. Bunch	340
J. Weeks	200 A. Williams	
A. Felton	175 319 lbs.	
198 lbs.	J. Ford	380
W. Crawford	380 R. Spencer	375
K. Turner	355 (20-23)	
H. Williams	350 181 lbs.	
A. Cabarrus	330 L. Lamb	315
J. Jones	215 198 lbs.	
220 lbs.	K. Turner	355
S. Freeman	385 Open	
A. Bailey	380 165 lbs.	
D. Young	380 J. Moore	230
V. Armstrong	350 181 lbs.	
M. Leibacher	305 M. Thomas	300
J. Pierce	75 198 lbs.	
T. Bell	240 W. Crawford	380
S. Young	175 A. Cabarrus	330
A. Brooks	165 J. Jones	255
242 lbs.	242 lbs.	
A. Proctor	465 A. Proctor	465
K. Mallory	390 K. Mallory	390
T. Bunch	340 K. Howell	270
K. Williams	270 275 lbs.	
W. Bully	185 J. Myles	375
A. Williams	— SHW	
275 lbs.	M. Dixon	540
C. Elliott	500 Road Block	405
J. Myles	375 Novice	
B. Mitchell	80 242 lbs.	
319 lbs.	W. Bully	185
E. James	420 Master (35-39)	
W. Riddick	385 181 lbs.	
J. Ford	380 R. Young	250
R. Spencer	375 220 lbs.	
J. Pendleton	320 S. Freeman	385
T. Gibson	200 V. Armstrong	350
SHW	242 lbs.	
M. Dixon	540* A. Proctor	465
Road Block	405 Master (40-44)	
M. Ange	385 165 lbs.	
WOMEN	C. Baggett	340
114 lbs.	J. Moore	230
J. Burkett-45	95* 198 lbs.	
132 lbs.	H. Williams	350
A. Stallings-12	85 220 lbs.	
S. Gasper-16	70 D. Young	380
148 lbs.	T. Bell	240
L. Bauer-35	155* Master (45-49)	
J. Zak-24	135 220 lbs.	
R. Stafolli-12	115 M. Leibacher	305
165 lbs.	319 lbs.	
S. Williams-12	100 E. James	420
L. Glass-14	105 Master (55-59)	
D. Luff-12	90 181 lbs.	
SHW	J. Sanders III	295
E. Owens-14	165* Police/Fire	
RAW MEN	242 lbs.	
Teen (8-9)	A. Proctor	465
J. Reeves	60 Special	
(12-13)	Olympian	
J. Roland	70 275 lbs.	
I. Wallace	70 B. Mitchell	80
114 lbs.	Assisted	
K. Holroyd	125 Open	
123 lbs.	242 lbs.	
M. Smith	70 C. Elliott	500
132 lbs.	319 lbs.	
B. Thomas	100 M. Dixon	540
J. Goodman	75 M. Ange	385
A. Felton	175 Master (40-44)	
220 lbs.	165	
S. Young	175 C. Baggett	340

m denotes Meet record. On January 20th sixty five lifters descended upon Pasquotank High School to compete in the Battle of the Benches. It's always fun arriving at a meet, as we see so many familiar faces that have competed with us for the last four years, and, of course, we always see a lot of new faces, including a team for Elizabeth City State University. We were very fortunate to have Ricky Young, Jennifer Zak, Victor Armstrong, Tom Holroyd, Josh Tiller, Carol Elliott, and Dave Balduf judging. Our meet director was Paul Bossi who by the way holds more meets than anyone in NC (BY FAR), and does a great job of cultivating fresh young talent each year. Our table help was made up of Linda Horoyd and Diane Perry. The meet was broken into many age groups and weight classes, but in the interest of space I will mention the top three class regardless of which division they entered. At 114 we have seen the future as Kevin "Bam Bam" Holroyd benched 125 for first and named best lifter in the middle school division. This was the second best lifter award Kevin has won this month, and he is the man to beat at the teen state championships. In second Antonio Adams benched 95. Ronnie Lang would edge out two lifters by a mere five pounds to finish in third. At 123 Mathew Smith benched 70 for first

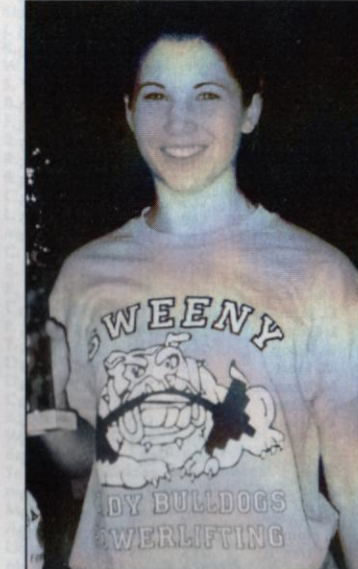
place, and at 132 Ben Thomas benched 100 for first, and John Goodman hit 75 for second. Mark Franklin would capture the 148 class with 160. 1999 Regional champion "Corky" Baggett returned to the 165 class with a meet record RAW 340 bench. "Corky" was the MAN in the light weight classes. Ben Zak would move up a weight class and bench 240 for second, edging out the always popular Jack More who hit 230. The 181 class was the biggest of the day, and it was Lamuel Lamb's 315 that would rule the day. Maurice Thomas finished in second with 300, but could have won first on bodyweight if he had hit his third attempt. Finishing in third was Joe Sanders III who was competing in the 35-59 age group. Paul and my good friend Ricky Young finished in fourth, and we fully expect him to get 260-265 in April OR ELSE. In the 198 class it would hit all three on his place finish. Fih in second overall with 355 was a very strong Kevin Turner, and trailing by a meager five pounds, was Howard Williams finishing third. The 220 class was the biggest of the day, and it held 2000 state champion Victor Armstrong, as well as 2000 198 runner up Victor Armstrong. Victor had a bad day, and ended in fourth with his opener of 350. Three others lifters fought hard, and in the end five pounds separated them.

Sylvester Freemans 185 second attempt would end up being the best bench of the class. High school student Alex Bailey was the surprise of the class as he would pull from twenty pounds down to finish in second by bodyweight. Finishing in third was state champion David Young, but again remember he was only five pounds from tying for first. At 242 2000 regional champion Albert Proctor had little trouble in winning his class with a 465 as well as winning the award for the best master lifter. Albert is starting to put a nice string of wins together. Young Kinta Mallory missed the 220 class by two pounds, which is unfortunate as his 390 bench would have won it. Kinta was still able to finish in second place. Terrell Bunch would bench 340 for third... and he's still in the teen age group. At 275 Carl Elliott and winning go hand in hand, and his 500 opener was all he needed. Finishing in second was James Myles, and in Branded Mitchell finished in third. At 139 master lifter and ECSU coach Elvin James had no mercy on the "young bucks" as his 420 bench dominated the class. Slow and steady worked for William Riddick as he would bench 385 on his third attempt to jump from fourth to second overall. Rashawn Spencer and Justin Ford both had chance of moving into second, but both failed at 405. In the end Justin Ford

would finish second with 380, and Rash Spencer would finish in third with 375. The amazing thing about this class is it's rare to see a teen bench over 350, but William Rashawn and Justin were all three teens and all benched 375 truly hope we see these guys at the teen state championships for a rematch. In the heavy weight class it was Miguel Dixon's 540 that would be the biggest bench of the day would earn him a meet best lifter heavy and first place over all. In second we had "Road Block" who benched 315, 405, and buried 500 on his third attempt... except he missed every command on his final attempt. Finishing in third was Mike Ange. If Mike could have locked out his third attempt he would have moved into second. We were pleasantly surprised to have a record ten women competing. The top lifter of the day was Lisa Bauer who set a meet record 155 at 148, and was named best lifter. In the 114 class Jackie Burkett benched 95, and in the show class Erin Owens benched 165 to both set meet records. I hope we continue to see a rise in the number of women lifters. In the team division we had six teams competing. In the college division it was ECSU taking first place. ECSU is tremendously talented, and could have made a serious run at the open trophy had that division. 10-0, three time state

champions, River-Roads Middle school defeated ECMS 59- 52 for the title. Every year ECMS cuts the margin of victory by about ten points, which means that the state champions in March we may see an upset! Pasquotank won the high school division, running it's record 2-0, and has to be heavily favored to win this year. In the open division Coastal Carolina Powerlifters defeated NC bench warriors 62-36. Both teams are extremely talented, so don't be surprised if we see a complete score reversal the next time they meet. We are currently finishing a web site that has all the AAU records, and team titles posted upon it, as well as meet dates. On this web site you will also find a top 10 ranking for open, master, teen and women lifters, regardless of organization, and regardless of year that it's set. (Http://communities.msn.com/ncpowerlifting) Please remember that the bottom line is it doesn't matter what organization you belong to, we are ALL POWERLIFTERS. (Thanks to Ben Zak for providing the meet results to PL USA).

23rd Louisiana Tech Invitational	26,27 Jan 01 - Ruston, LA	WOMEN	SQ	BP	DL	TOT
L. McMillian	170	80	210	460		
C. Hodges	125	70	180	375		
D. Thomas	120	60	155	335		
C. Lacombe	—	—	—	—		
105 lbs.						
D. Jackson	220	95	220	535		
A. Warren	205	75	235	515		
S. Descant	185	85	235	505		
S. Littleton	185	100	190	475		
M. Roak	155	80	230	465		
L. Harris	175	65	180	420		
T. Coon	160	75	150	385		
T. Knight	145	70	160	375		
J. Smith	—	—	—	—		
114 lbs.						
C. Grubbs	250	125	225	600		
A. Tyler	215	90	255	560		
L. Russell	230	95	235	560		
R. Thom	165	100	235	500		
J. Rambo	205	85	205	495		
D. Jones	180	90	210	480		
A. Day	175	95	210	470		
R. Humphries	135	85	205	425		
A. Methvin	135	85	205	425		
K. Alleman	135	75	205	415		
L. Brown	150	75	175	400		
K. Woods	100	50	140	290		
B. Walpole	0	0	0	0		
B. French	0	0	0	0		



Outstanding lifter at the Louisiana Tech Invitational HS Meet: Pam Lewis, 17 years old from Sweeny HS, Texas, did a 795 total at 123 pounds. She is two time Texas State Champion. This is her second year to receive this award. (Photograph provided courtesy of Billy Talton to Powerlifting USA).

123 lbs.	P. Lewis	315	120	360	795
	A. Matt	250	130	300	680
	E. McNair	240	140	260	640
	C. Simmons	225	150	245	620
	K. Sackman	230	80	285	595
	P. Ramirez	215	95	255	565
	M. Roark	200	95	270	565
	H. Dye	200	100	235	535
	J. Baker	175	100	200	475
	A. Scmitt	160	75	175	410
	J. Haynes	135	80	185	400
	R. Pullig	115	75	165	355
	K. Lindsey	0	0	0	0
	H. Peterman	0	0	0	0
	132 lbs.				
	E. Hodges	280	120	320	720
	J. Horne	275	135	270	680
	A. Queen	255	130	270	655
	H. Wilson	220	105	265	590
	L. Terrel	225	115	250	590
	A. Hall	215	125	235	575
	T. Thames	215	90	250	555
	A. Taylor	190	85	275	550
	J. Cherry	195	100	240	535
	S. Thompson	180	95	230	505
	J. Paul	175	90	230	495
	K. Roulaine	190	90	210	480
	R. Adams	170	105	195	470
	S. Jackson	135	90	210	455
	M. Carliole	170	85	190	445
	N. Bowman	170	90	175	435
	C. Reynolds	170	55	220	425
	T. Giddens	110	50	150	310
	148 lbs.				
	J. Smith	265	105	290	665
	K. Michiels	250	120	260	630
	L. Payne	200	110	245	555
	J. Green	215	85	225	525
	S. Claiborne	180	105	200	420
	L. Bruyninck	150	70	200	420
	T. Graham	150	80	180	410
	M. Andrews	115	75	185	375
	C. Moreav	0	0	0	0
	165 lbs.				
	K. Kelly	275	150	360	785
	L. Meynard	300	120	285	705
	K. Stephens	270	135	260	665
	L. Maxwell	250	105	240	595
	T. Moody	230	125	225	580
	S. Davis	210	85	260	555
	D. Nelson	195	95	255	545
	C. Bennet	195	105	230	530
	B. Betmed	175	85	250	510
	R. Tingle	205	110	195	510
	J. McClure	155	85	215	455

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K. Magoon	150	85	220	455
K. Pennington	190	85	180	455
J. Vercher	160	90	180	430
C. Bennett	125	80	205	410
K. Hardie	0	0	0	0
181 lbs.				
J. Haynes	330	150	370	850
A. Fendren	295	165	285	745
J. Wilson	235	105	255	595
J. Free	215	95	215	525
T. Fife	185	90	240	515
S. Smith	185	80	230	495
C. Washington	160	90	235	485
M. Bloomfield	110	80	155	345
R. Davenport	0	0	0	0
A. McConnell	0	0	0	0
198 lbs.				
D. Johnson	330	160	300	790
L. Lucas	245	145	315	705
B. Sisson	265	140	290	695
M. Frost	265	140	290	695
M. Beardean	260	120	285	665
D. Brown	205	105	235	545
A. Beraud	180	100	235	515
K. Dautaz	190	105	220	515
J. Johnson	145	85	175	405
220 lbs.				
K. Rachow	325	145	350	820
J. Gooden	330	150	340	820
S. Hom	305	150	315	770
C. Branch	235	135	315	685
J. Hale	260	125	290	675
S. Merritt	260	120	235	615
A. Taylor	190	70	270	530
S. Jolly	120	82	205	510
K. Hensarling	0	0	0	0
220 lbs.				
T. Dials	430	215	400	1045
N. Gibson	360	165	340	865
P. Calhoun	310	180	275	765
M. Sartain	300	155	290	745
M. Heard	330	135	260	725
J. Donley	285	110	265	660
G. Clark	205	130	250	585
L. Terrell	185	95	190	470
H. Guin	80	65	135	280
J. Branch	0	0	0	0
N. Smith	0	0	0	0
K. Sowell	0	0	0	0
MEN				
114 lbs.				
R. Nelson	280	135	350	765
S. Moses	275	135	325	735
J. Vickery	265	155	280	700
C. Bourgoyne	240	150	305	695
D. Lewis	215	120	305	640
J. Smith	225	115	265	605
J. Jasper	190	125	260	575
E. Mayeaux	185	125	260	570
K. Whitley	185	115	200	500
B. Deville	190	90	195	475
T. Roberts	125	70	165	360
C. Dickson	0	0	0	0
D. May	0	0	0	0
T. Fowler	0	0	0	0
123 lbs.				
M. Ross	350	225	370	945
A. Holmes	310	175	385	870
D. Nora	285	160	375	820
D. Bosley	270	155	375	800
S. Caraway	305	140	340	785
M. Brazil	305	170	285	760
M. Mollett	255	160	290	705
H. Rojas	240	120	250	610
K. Williamson	190	130	275	595
M. Gibbens	185	140	265	590
G. Flaming	210	100	240	550
J. Choate	170	90	245	505
T. Dryden	130	110	220	460
D. Shaklec	0	0	0	0
M. White	0	0	0	0
132 lbs.				
M. Smith	390	210	435	1035
A. Rose	355	220	435	1010
J. Huey	285	195	440	920
W. Daigre	345	190	380	915
B. Fields	320	195	345	860
J. Blueford	290	185	350	825
J. Warner	300	180	335	815
T. Williams	310	170	335	815
G. Ruff	285	170	330	785
A. Holloway	290	140	350	780
M. Wiley	290	160	305	755
B. Barrett	265	170	315	750
J. Barham	265	150	280	695
R. Lemoine	260	150	275	685
G. Phillips	240	165	275	680
D. Wells	275	130	250	655
M. Johnson	260	170	200	630
J. Laysard	205	160	240	605
D. Duncan	185	130	265	580
K. Evans	225	100	225	550

J. Paul	155	70	230	455
C. Conn	0	0	0	0
V. Lott	0	0	0	0
V. Mixon	0	0	0	0
148 lbs.				
J. Larkin	390	260	430	1080
D. Williams	370	255	455	1080
W. Veal	350	220	480	1050
B. Brooks	375	235	440	1050
M. Murrow	360	245	440	1045
C. Mathews	360	240	430	1030
C. Correl	370	220	430	1020
B. Hoosier	385	220	400	1005
H. Price	355	185	460	1000
C. Dewey	420	200	385	985
A. Crockett	350	210	420	980
B. Bums	360	230	385	975
J. Schmitt	365	205	385	955
D. NcNeal	320	210	405	935
I. Dantzer	325	150	390	865
D. Laborde	330	165	350	845
C. Floresca	300	190	355	845
J. Roberts	275	200	325	800
E. Gonzalez	245	175	280	730
F. Jones	250	135	280	665
D. Anders	205	120	180	505
K. Austin	0	0	0	0
J. McClure	0	0	0	0
165 lbs.				

E. McCall	465	280	560	1305
D. Taylor	450	260	500	1210
L. Carter	410	280	490	1180
J. Johnson	450	245	485	1180
J. Roberts	420	245	490	1155
M. McFarland	405	225	500	1130
K. Kashif	370	275	430	1075
B. Heath	420	215	435	1070
P. Robinson	400	245	425	1070
J. Brown	400	205	460	1065
H. Patterson	400	245	405	1050
C. Mosely	380	180	415	975
M. Dicarlo	340	225	395	960
G. Jefferson	360	165	435	960
T. Bilberry	365	185	400	950
R. Carter	305	205	425	935
T. Scott	335	215	360	910
J. Mathews	325	200	375	900
T. Banks	325	175	400	900
D. Hemdon	310	190	400	900
N. Platt	340	185	345	870
C. King	265	205	335	805
E. Ryland	225	150	315	690
J. Bourgies	220	170	295	685
F. Baldwin	0	0	0	0
B. White	0	0	0	0
J. Wells	0	0	0	0
A. Stephenson	0	0	0	0
181 lbs.				

B. Arceneaux	485	270	540	1295
J. Scalia	465	265	510	1240
L. Lenard	460	265	500	1225
J. Martin	440	255	510	1205
E. Dade	455	265	450	1170
G. Corley	420	250	500	1170
C. Douglas	455	240	475	1170
J. Ross	385	270	500	1155
M. Bershell	435	300	405	1140
M. Mahaffey	425	240	425	1090
D. Kelly	385	215	485	1085
G. Bordonel	360	255	450	1065
W. Alexander	340	245	430	1015
J. Hatten	420	205	385	1010
J. Ellison	380	220	315	915
T. Spencer	350	180	350	880
T. Methvin	290	240	345	875
L. Adams	270	185	405	860
R. Owens	275	180	365	820
C. Bell	275	165	350	790
A. Cummings	250	155	340	745
A. Jackson	0	0	0	0
B. Johnson	0	0	0	0
V. Gray	0	0	0	0
198 lbs.				
K. Ratliff	515	355	630	1500
C. Harolson	500	295	625	1420
M. Banks	535	300	500	1335
D. Walker	425	300	565	1290

T. Abney	465	315	510	1290
J. Hayden	470	295	510	1275
B. Holmes	505	235	520	1260
F. Jefferson	450	300	505	1255
P. Whitmore	500	300	450	1250
L. Cornwell	495	215	500	1210
R. Generoso	480	230	450	1160
D. Morris	465	255	440	1160
J. Coyle	430	255	420	1105
E. Green	415	250	415	1080
J. Bohanan	425	240	400	1065
J. Breimel	350	295	420	1065
E. Hill	405	210	415	1030
D. Grissom	365	220	400	985
E. Brewton	360	210	415	985
J. Rawls	365	305	250	920
J. Bown	0	0	0	0
M. Stevenson	0	0	0	0
M. Wells	0	0	0	0
A. Edwards	0	0	0	0
C. Sutton	0	0	0	0
220 lbs.				
T. Collins	520	315	590	1425
G. Mitchell	545	295	550	1390
C. Sanders	540	325	505	1370
W. Pickens	525	290	550	1365
H. Hamilton	520	290	440	1250
L. Ducote	425	320	485	1230
K. Holiday	465	235	485	1185

J. Lang	420	240	485	1145
J. Laird	420	265	435	1120
K. Sanders	450	245	425	1120
D. Brothers	450	245	425	1110
S. Rumsey	455	240	400	1095
D. Carr	410	215	410	1035
J. Mercer	365	250	405	1020
J. Reavis	350	240	340	930
J. Marshall	330	170	405	905
E. Wilkerson	315	185	405	905
N. Thomas	285	220	350	855
B. McCarty	300	175	350	825
C. Wilson	335	200	285	820
D. White	275	115	320	710
R. Liddress	0	0	0	0
L. Ricks	0	0	0	0
242 lbs.				
B. Simmons	520	270	515	1305
D. Smith	520	290	495	1305
M. Sartain	520	310	470	1300
E. Hamilton	520	275	505	1300
C. Smith	420	285	540	1245
J. Dixon	485	255	475	1215
D. McClain	500	255	405	1160
J. Morgan	405	270	480	1155
J. Dalgren	465	250	435	1150
R. Brannan	440	240	440	1120
C. Jackson	465	210	435	1110
S. Caldwell	405	245	450	1100

G. Beene	415	245	400	1060
J. Paul	425	245	375	1045
K. White	315	300	385	1000
R. Dees	385	215	385	985
D. Gaar	350	230	400	980
S. Douglas	330	275	365	970
T. Pinion	340	200	420	960
M. Statham	335	245	365	945
B. Barry	305	215	410	930
J. Timothy	350	200	335	885
A. Neat	340	205	325	870
L. Glynn	350	205	315	870
B. Taylor	250	165	260	675
T. Brown	0	0	0	0
D. Scott	0	0	0	0
275 lbs.				
R. Harrison	585	350	550	1485
N. Goree	550	300	525	1375
R. Niswanger	455	300	530	1285
J. Smith	470	275	505	1250
J. Dauzat	530	280	385	1195
W. Erwin	415	305	430	1150
D. Hinkle	365	310	405	1080
L. Shirley	335	275	405	1015
R. Archie	365	155	425	945
R. Soileau	335	205	400	940
M. Melder	295	215	385	895
E. Jones	310	175	345	830
J. Skipper	525	320	525	1370

SHW				
J. Jarred	585	335	530	1450
R. Williams	555	315	505	1375
W. Rachal	550	295	525	1370

AAU Planet Fitness Winter Dulldrums Push/Pull 16 DEC 00 - Burlington, IA

BENCH	J. Tennant	350
181 lbs.	Raw (16-17)	
Raw (16-17)	J. Stedman	240
A. King	Raw Open 242 lbs.	
Raw Open 198 lbs.	R. Biggiam	385
J. Tennant	DEADLIFT	
Raw Novice	Raw Open	
J. Tennant	181 lbs.	475
Equip. Novice	D. Gerard	475
J. Tennant	Master (45-49)	
Equip. Open	D. Gerard	475
Push/Pull	BP	TOT
Raw (16-17) 114 lbs.		
S. Olson	145	280
(14-15) 132 lbs.		
A. Stedman	90	240
(16-17) 148 lbs.		
H. Meyer	85	235
220 lbs.		
R. Retter	200	385
275 lbs.		
J. Langhoff	220	475

A number of tremendous lifters braved a nasty blizzard to show up for this event, in particular the Mustang Powerlifters who traveled 200 miles to win this event. This group of young people are going places. They have a terrific coach, Randy Biggiam, who is also a terrific lifter. It seems it was a day for teenagers to rule, as 15 year old Shane Olson set an American Record in the deadlift in the 114 lbs. division. Haley Meyer and Athena Stedman deadlifted their way into American Record fame as well. Congratulations Ladies! The lone Planet Fitness Power Warrior Jim Tennant competed shortly after recovering from the flu to push a RAW 350 in the 198s. Jake Langhoff showed us quite a display of power when he pulled a strong 475 in the 16 & 17 age group. Thanks to all the volunteers that made this meet possible. And especially to Paul Armstrong and Holly Banks of Planet Fitness Gym for sponsoring the event. (Thanks to Roger Broeg for the results).



The Mustang Powerlifters at the Winter Dulldrums Meet: front (l-r): Arthena Stedman, Haley Meyer; back (l-r): Ryan Retter, Jake Langhoff, Josh Stedman, Joe Baldrige, Randy Biggiam. (photo courtesy Roger Broeg)

USAPL LA State/Out-of-State 20 Jan 01 - St. Amant, LA

MEN	SQ	BP	DL	TOT
Collegiate 114 lbs.				
M. Barbier	200	155	270	625
123 lbs.				
B. Vallot	285	145	365	795
165 lbs.				
T. Caffery	350	295	380	1005
J. Jones	315	235	430	980
181 lbs.				

D. Hardin	540	330	610	1480
J. Baudoin	425	340	500	1265
B. Luminais	375	—	400	775
198 lbs.				
D. Brewer	500	330	560	1390
K. Reynolds	450	275	500	1225
220 lbs.				
T. Werner	625	380	545	1550
M. Chabodaux	420	305	425	1150
319 lbs.				
D. Coody	700	350	570	1620
Master (40-44)	181 lbs.			
M. Harrison	570	290	570	1491
198 lbs.				
M. Godawa	405	315	455	1225
242 lbs.				
M. Kane	465	305	435	1205
(50-54) 220				
L. Scallan	—	325	300	716
(55-59) 198 lbs.				
R. Jinkins	385	295	475	1427
220 lbs.				
O. Jordan	405	135	525	1304
242 lbs.				
C. Lambert	—	310	—	386
319 lbs.				
F. Borowski	375	275	400	1320
(60-64) 148 lbs.				
L. Dacey	—	1885	—	268
181 lbs.				
B. Callihan	55	235	445	1323
Open 132 lbs.				
T. Smith	405	240	425	1070
148 lbs.				
G. Luze	450	250	500	1200
165 lbs.				
D. Cagnolasti	485	380	445	1310
184 lbs.				
M. Harrison	570	290	570	1430
B. Schexnaydre	525	310	525	1360
B. Geene	365	260	455	1080
M. Schmier	440	—	500	940
198 lbs.				
T. Earnest	535	360	550	1445
S. Lemarie	535	325	560	1420
220 lbs.				
C. Gahagan	645	425	805	1875
C. Burbank	600	500	650	1750
J. Reape	650	400	515	1565
S. Tate	500	380	520	1400
A. Schroeder	405	405	405	1215
J. Clay	415	275	425	1115
K. Levating	—	410	—	410
275 lbs.				
D. Quinn	735	455	735	1925
B. Lecklar	630	465	600	1695
319 lbs.				
P. Fletcher	740	495	710	1945
K. Wnuk	735	500	675	1910
319+ lbs.				
K. Jackson	690	340	580	1580
FEMALE Collegiate 114 lbs.				
S. Campanile	230	120	255	605
E. Schuwert	150	85	200	435
148 lbs.				
M. Armand	255	135	300	690

D. Tiemann	200	85	240	525
Master (45-49)	114 lbs.			
C. Jacobs	185	115	265	628
1-Best Lifter. (Thanks to Pacil Fletcher for providing the results of this contest to PL USA).				

Florida Bench Press Championship 27 Jan 01 - Lakeland, FL

WOMEN	A. Pesce	135
132 lbs. (16-17)	165 lbs. (60-64)	
L. Folsom	80	R. Nusjear
Open	181 lbs. (55-59)	235
K. Stokes	95	W. Mott
165 lbs.	(70-74)	225
Master (40-44)	W. Smith	210
D. Casias	140	198 lbs. (50-54)
Open 198+ lbs.	J. Bertalan	205
K. Sabin	275	(65-69)
MEN	N. Carr	265
Open 165 lbs.	(70-74)	
T. Lanson	315	J. Blackwell
220 lbs.	229 lbs. (45-49)	235
M. Nichols	340	B. Knopp
242 lbs.	(70-74)	335
G. Boldissar	450	B. Remley
148 lbs.	242 lbs. (40-44)	320
Master (85-89)	G. Boldissar	450
1-Best Lifter. Team Trophy: All American Gym. The 2001 FL State Bench meet had a very small turnout compared to last year (over 60 lifters in 2000). This was primarily due to advertising costs, Gasparilla Festival, and Super Bowl weekend. Lakeland is only about 30 minutes from Tampa. In the Women's division, Lori Folsom benched a nice 80 lbs. in the teen division. Kim Stokes tried a personal best of 100 lbs. and barely missed it. Debbie Casias benched a nice 140 and Kari Sabin pushed up a personal best of 275 lbs., and narrowly missed 300 lbs. The Men's open division had three contestants. Todd Lanson benched a nice over double body weight 315 and almost won best lifter of the meet. Mark Nichols did a personal best with his opener of 340 lbs. George Boldissar was the man of the meet. George benched a personal best of 450 lbs. which was over double body weight and earned him the best lifter honors. George was 3 for 3 on the day also. The rest of the meet was devoted to the men's master lifters. There were ten of them, and each placed first in their age group and weight class respectively. The oldest of the meet was 87 year old Al Pesce who benched an impressive 135 lbs. There were 3 lifters in the 70-74 age group and Bill Remley pushed up a very impressive 320 lbs., weighing only 204 lbs. Bradd Knopp did a fine 335 lbs. bench coming off an injury in the 45-49 age group. George Boldissar who had the highest bench of the meet with 450 lbs. also took top honors in the 40-44 age group. The All American Gym would like to thank the City of Lakeland Parks & Rec. Dept., Marcobay Construction (our t-shirt sponsor), all the judges, spotters and loaders. Special thanks to the Junk Yard Dogg, Roy Richardson and Louis Baltz. (Result provided by Ken Snell).		

USAPL Falcon Open 28 Jan 01 - Colorado Sprs, CO

BENCH	C. Rippey	231		
WOMEN	Open Light			
Teen 148 lbs.	T. Rickett	457*		
S. Dickinson	148* R. Brooks	336		
Open	Messerschmidt	325		
B. Whitlock	242* 148 lbs.			
114 lbs.	M. Rodriguez	236		
K. Fuller	126 Open Heavy SHW			
148 lbs.	D. Gaudreau	578*		
C. Sweeney	181 220 lbs.			
Master 165 lbs.	J. Lujan	391		
J. Livingston	110 198 lbs.			
MEN	N. Beard	374		
Teen 148 lbs.	275 lbs.			
L. Hanifen	314* B. Johnson	374		
165 lbs.	Master 181 lbs.			
D. Clark	248 K. Peterson	264		
181 lbs.	J. McPeak 198	154		
WOMEN	SQ	BP	DL	TOT
Teen 148 lbs.				
D. Gertner	242.5	143*	286.5	672
S. Dickinson	148	143	253.5	545.5
181 lbs.				
M. Rickett	220	132	264.5	617
Open 148 lbs.				
E. Serra	275.5	143	308.5	727.5
C. Sweeney	225	181	319.5	727.5
Master 123 lbs.				
J. Harms	176	88	253.5	518
165 lbs.				
J. Livingston	181	110	253.5	545.5
MEN				
Teen 148 lbs.				
J. Stover	352.5	220	457	1030
198 lbs.				
N. Moran	507	281	457	1245
148 lbs.				
L. Hanifen	347	314	363	1025
165 lbs.				
C. Hollermeier	347	214	424	986.5
Open 132 lbs.				
J. Ragusa	275.5	132	347	755
Open 148 lbs.				
M. Sigala	73	303	551	1327
C. Tipton	391	308	462	1162
Open 165 lbs.				
B. Cassidy	424	259	462	1146
D. Clark	314	248	435	997

In response to letters critical of his coverage of Joe Dougherty in the WPC Worlds: "I hope that if I didn't lavish enough praise on Mr. Dougherty that his mother will forgive me. Your son is a true champion. His performance was tremendous. He surprised me and a lot of others by exceeding his previous best by a large margin and pulling out the win with a big deadlift, his achilles heel lift previously. Joe showed great platform savvy, was alert and focused on his task and who he had to beat, plus he had a great training partner in Angelo Berardinelli providing positive reinforcement. Joe picked his attempts perfectly and delivered every one with authority. You don't get any better than that. No better place to rise to the occasion than on the world's platform. Mr. Dougherty did exactly that. Salute, Joe!" Herb Glossbrenner

J. Brumley	374	259	446	1080
J. Martinez	281	220	407	908
Open 181 lbs.				
N. Waag	507	413	584	1504
S. Medler	507	303	551	1361
T. Rickett	479.5	424	490.5	1394
M. Rickett	314	225	374	914.5
Open 198 lbs.				
J. Martinez	496	396	551	1443
N. Beard	451	374	490.5	1317
R. Sandord	418	292	540	1250
L. Hohreiter	440	303	529	1272
B. Wangard	451	292	429	1172
M. Jimencz	407	314	485	1206
T. Kaufman	418	275.5	490.5	1184
Open 220 lbs.				
B. Radulovich	617	330.5	606	1554
A. Schlegel	407	264.5	639	1310
P. Unis	446	341.5	501.5	1289
R. Jones	363	203	363	931
Open 242 lbs.				
J. Graves	584	358	606	1548
E. Macias	578.5	380	567.5	1526
B. Finch	523.5	358	589.5	1471
A. Ueunten	518	330	562	1410
B. Hutchison	473	336	490.5	1300
J. Pitts	435	358	402	1195
N. Shifflet	314	336	352.5	1003
Open 275 lbs.				
K. Westerhold	600	424	710	1735

Open 275+ lbs.				
A. Pares-16	501.5*	319.5*	512*	1333*
J. Clark	358	176	429	963
Master's 181 lbs.				
R. Erickson	479	292	529	1300
242 lbs.				
R. Birch	501.5	352.5	573	1427
181 lbs.				
M. Cucinella	358	259	440	1057
165 lbs.				
T. Byington	325	253.5	341.5	920
181 lbs.				
S. Harms	308.5	236	380	925.5
198 lbs.				
J. Handley	314	159.5	396	870
*-Colorado State Record. WOMEN'S Overall Bench Press Champion: Brenda Whitlock. MEN'S Overall Bench Press Champion: Dan Gaudreau. WOMEN'S Overall Powerlifting Champion: Ellen Serra. MEN'S Overall Powerlifting Champion: Mark Sigala. Weight coefficients (not shown here) were used to calculate final placings within the weight classes in both bench and powerlifting. Therefore, in some instances, a lifter may have a higher placing with a lower total. The 2001 Falcon Open, was held at the United States Air Force Academy, took place in the middle of a hefty-sized Colorado snowstorm, and on Super bowl Sunday no less. Despite such constraints, the				

turnout was exceptional, with over 60 lifters competing in this USAPL sanctioned meet. Most of the competitors were first-time lifters, but some seasoned competitors took the platform as well. The Women's Overall Bench Press Champion was Brenda Whitlock (148 lbs. class), with an impressive 242.5 lbs. lift. She set a new Colorado State record for the 148 lbs. weight class in a Bench Press only meet. The Men's Overall Bench Press Champion was Dan Gaudreau (SHW class), with a lift of 578.5 lbs. He also set a new state record in the men's open SHW weight class in a Bench Press only meet. The Women's Overall Powerlifting Champion was cadet Ellen Serra (148 lbs. class) with a 727.5 lbs. total. The Men's Overall Powerlifting Champion was veteran lifter Mark Sigala (148 lbs. class) with a total of 1327 lbs. Several other Colorado State records were also smashed this day, especially by novice teen lifters. In the Bench Press Only divisions, women's teen lifter Samme Dickinson (148 lbs. class) pushed up 148 lbs. Luke Hanifen (148 lbs. class) lifted 314 lbs and took first place in the teen bench press division. Seasoned competitor Tim Rickett (181 lbs. class) broke his own state record with a lift of 457 lbs. and took first place in the open lightweight category. State records also fell in the Powerlifting division, exclusively dominated by two teen lifters, Deanne Gertner (148 lbs. class) set a new teen record with a bench press of 143 lbs., which also helped her place first in the Women's Teen division. The only teen SHW lifter, Antonio Pares, set state records in all lifts, including totals. With a 501.5 squat, 319.5 bench, and 512.5 deadlift, he is well on his way to a promising competitive career. We'd like to thank all the referees and individuals who made the meet possible, especially those who traveled in less-than-ideal weather and from out-of-state. And a special thanks to our meet sponsors, Elite Fitness, International Sports Nutrition, and BodyBuilding.com, as well as the Air Force Academy Powerlifting team and Fitness Club. Everyone's tireless efforts ensured the meet ran smoothly and helped us put on a good show for all involved. See everyone in 2002! (Thanks to Meet Director, Donna Bates, for providing these competition results).

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Southern Illinois Open BP/DL
24 Feb 01 - Effingham, IL

BENCH	308 lbs.	
MEN	K. Simburger	425*
Teen (13-15)	Open 148 lbs.	
132 lbs.	R. Dye	250*
J. Tucker	175* 181 lbs.	
308 lbs.	L. Clark	390
T. Reed	185* 4th	400*
(16-17)	220 lbs.	
M. McKibben	K. Parrish	485*
220 lbs.	M. Whitworth	400
J. Jones	275* H. Harbour	415
Junior	DEADLIFT	
275 lbs.	WOMEN	
C. Robinson	405 Junior	
308 lbs.	220 lbs.	
D. Minks	340* M. Scott	295*
Submaster	MEN	
181 lbs.	Teen (16-17)	
B. Stevens	360 148 lbs.	
4th	Z. Lane	395*
275 lbs.	165 lbs.	
J. King	500* A. Warner	350
4th	510* 4th	365
J. Reed	310 181 lbs.	
SHW	M. Johnson	425*
E. Yingst	480* 198 lbs.	
4th	A. Pritchard	315*
Master (40-44)	Teen (18-19)	
242 lbs.	181 lbs.	
R. Thomas	195 M. McKibben	470*
Master (50-54)	220 lbs.	
181 lbs.	J. Jones	375
L. Clark	390* Junior	
4th	400* 308 lbs.	
Master (65-69)	D. Minks	500*
165 lbs.	Master (40-44)	
D. Sidwell	195* 242 lbs.	
Police/Fire	R. Thomas	405*
198 lbs.	Open 198 lbs.	
A. Jones	425* S. Mendel	520*
275 lbs.	4th	540*
T. Wilson	455* 242 lbs.	

* Son Light Power Illinois State record. Best Lifter BENCH: Keith Parrish. Best Lifter DEADLIFT: Steve Mendel. The Southern Illinois Open Bench Press/Deadlift Championships were held at the Village Square Mall. A great crowd of onlookers and a great group of lifters! Thanks



Best Lifter (l-r) at the Southern Illinois Open: Keith Parrish - BP 485 @ 218; Steve Mendel - DL 540 @ 198. (Provided by Dr. Darrell Latch).

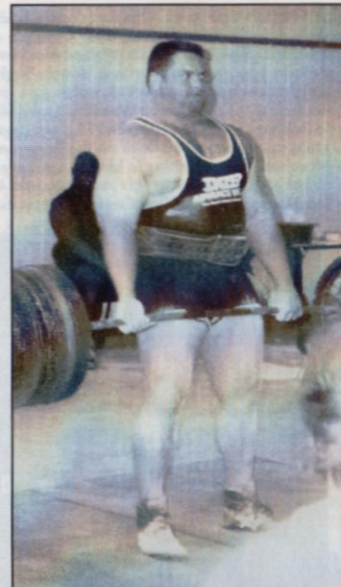
again to the Mall for their continued support. In the bench competition, Jacob Tucker captured the teenage 13-15, 132 title with a state record 175 on his second attempt. A third attempt with a 190 pr failed at lockout. Tyson Reed also got a state record with his 185 pr at 308. This was Tyson's first competition. In the 18-19 division it was Marcus McKibben at 181 with a strong 270 state record. Two other attempts with a pr 280 were close. Jared Jones won at 220 with 275. Jared got all three of his attempts in to finish with a new state record there. In the junior men's division, Chad Robinson came to break the state record of 415 at 275. Chad certainly has the potential to do so, but fell short on this day with a miss at 415 for his final attempt. Chad then settled with his second attempt of 405. Dustin Minks did get his record at 308, finishing with a personal best 340. It looked like 350 would go as well, but got out of the groove on the way down. Bruce Stevens got a couple of pr's on the day with his win in the 181 submaster class. A 360 third attempt and a 370 fourth topped out a perfect day of lifting for Bruce. At 275 it was Jim King over Jeff Reed for the win. Jim had his best day ever, with three new personal and four state records along the way. Jim went 465-480-500 (his first 500!) 510 in a perfect day of lifting. Jeff Reed, lifting in his first competition, and did well, finishing with a 310 pr. Our final submaster lifter was Big Earl Yingst, who finished with a state record 480 for the win at SHW. A fourth attempt with a personal best 500 just wasn't there on this day, but the time is certainly right! Rick Thomas came all the way down from Wyoming, Michigan to compete for the first time in about a year. Rick had been having problems with his diabetes, and at one time thought his lifting days were over; but made some changes in his diet and he's back! And it's great to have Rick back! Rick took the master 40-44, 242 class with 195. Lane Clark finally reached that 400 plateau after four years of competing, taking the master 50-54, 181 and open 181 classes. Lane actually broke both state records on his third attempt before taking his 400 fourth. Congratulations, Lane! Sixty-six year old Darrel Sidwell also set a new Illinois state record, capturing the 65-69, 165 class with 195. Can't hear a damn thing, but a pretty good lifter! We had three strong lifters in the police & fire division, each setting a new state record in their respective classes. First-time lifter Alex Jones got all four of his attempts in to finish with a personal best 435. This prison warden is nobody to mess with! Tim Wilson finished with 455 for the win at 275, just missing a pr fourth attempt with 475. At 308 it was Kevin Simburger settling with 425 after missing his third attempt with 440, which would have tied his personal best. Kevin is good for much more, just wasn't getting much out of his shirt. In the open division it was Randy Dye with the win at 148. Lifting in just his second competition, Randy broke both his own personal record and the Illinois state record with a great 250 bench. Keith Parrish won the title at 220, just barely taking the best lifter trophy from training partner Jim King. Keith finished with 485 at a 218 bodyweight, tying his personal best and setting the state record there. Matt Whitworth finished second to Keith, but came away with his first official 400 bench. Matt even went onto get a fourth

with 410! Great job, Matt! Our final competitor was 308 lb. open winner Hoss Harbour, finally locking out a 415 state record for his final attempt. In the deadlift competition Miranda Scott was our lone women's competitor, but it didn't stop her from setting a new state record in the junior division, 220 class. Miranda opened with an easy 275, then missed her second attempt with 295. Re-gripping for her third, Miranda locked out a clean SR 295 for the win. We had four teenage men in the 16-17 age group. Taking first at 148 was Zach Lane, who finished with a new state record of 395, which he pulled on his final attempt. Adam Warner won at 165 pulling a personal best 365 for his fourth attempt. Anthony Pritchard got a new SR at 198, finishing with a strong 315 second attempt. At 18-19 Marcus McKibben finished strong with a personal best and Illinois state record 470 for the win. Jared Jones took the 220's with 375, a personal best for him. Dustin Minks set the record at 308 for the junior division with 500, making all three of his attempts. In the master 40-44, 242 class, Rick Thomas finished with a new Illinois state record of 405. A great way to come back, Rick! Best lifter Steve Mendel had some problems getting started, but finished strong with his opener of 520, followed by a 540 fourth attempt. Both were new SLP state records for the open 198 class. At 242 it was Mike Guthery, finishing with a personal best 405 for the win. A very special thanks to multi-national NASA champions Lyndell "Smitty" Smith. (Thanks to Dr. Darrell Latch for providing these results).

Rhode Island State
10 Feb 01 - Providence, RI

BENCH	E. Flori	480	
WOMEN	242 lbs.		
T. Szivak-147	145 D. Chirico	*455	
MENS 165 lbs.	T. Mathos	400	
T. Ghazal	350 O. Ogochukwu	340	
181 lbs.	UNL		
J. Andreozzi	360 A. Fomaro	465	
198 lbs.	Masters (40-49)		
J. Sanon	316 J. Avant-166	*360	
220 lbs.	B. Troiano-247	360	
WOMEN	SQ BP DL TOT		
Teen			
D. Rendon-122	200 120 305	625	
Open			
C. Phillips-141	245 135 315	695	
R. Ramirez-114	155 105 225	485	
Master			
F. Ruggiero-166	*150 *100 *250 *500		
C. Gazerro-124	200 - - -		
MEN			
Teen 123-148 lbs.			
T. Dirienzo-18	285 220 390	895	
P. Balke-19	275 205 320	800	
P. Pistachio-18	270 195 *425	*890	
Teen 165 lbs.			
W. Faust-15	445 315 520	1280	
R. Garza-19	400 305 495	1200	
J. Mrosczyk-19	390 285 490	1165	
S. Protis-19	410 275 425	1110	
J. Beaudry-18	285 240 355	880	
Teen 181-220 lbs.			
A. Smoot-19	490 375 565	1430	
P. Nikolou-19	360 290 505	1165	
K. Assont-16	425 255 480	1160	

A. Gerwitz-19	400 - - -		
MEN 148 lbs.			
E. Kupperstein	505 285 545 1335		
M. Malone	400 300 400 1100		
165 lbs.			
T. Taylor	515 335 550 1400		
C. Hurd	480 280 480 1240		
M. Vail	430 325 460 1215		
L. Hernandez	415 265 440 1120		
181 lbs.			
L. Greene	*605 385 *630 *1620		
M. Kelly	415 255 500 1170		
D. Streets	355 250 400 1005		
198 lbs.			
J. Tavares	535 355 *630 1520		
R. Johnson	515 285 580 1380		
J. Gardner	485 360 490 1335		
J. Pettigrew	475 335 520 1330		
F. Juszyński	440 305 555 1300		
220 lbs.			
M. Galante	550 320 550 1420		
R. Moyer	*525 325 475 1325		
K. Stuber	425 320 500 1245		
F. Perry	385 270 410 1065		
242 lbs.			
B. Helmer	700 435 665 1800		
S. Brown	525 425 615 1565		
D. Wallace	450 400 555 1405		
S. Mickelson	430 270 475 1175		
275 lbs.			
T. Lamoureux	605 500 560 1665		
J. Wallace	510 420 610 1540		
S. Sequin	*615 330 550 1495		
J. Beime	585		
UNL			
A. Jordan	*700 *525 575 *1800		
T. Mancini	520 430 450 1400		
Masters (40-49)			
D. Montebault *640	*405 *580 *1625		
T. Piazza-198	530 355 570 1455		
H. Guidry Jr.	*475 *300 *405 *1180		
J. Goncalves-194	*425 265 *465 *1155		
Grand Master			
S. Donabedian	*365 *245 *405 *1015		
*-State Record. Best Lifter Light: Les Greene. Best Lifter Heavy: Brett Helmer. 1st Place Team: Pierce Construction; 2nd Place Team: West Point Military Academy. Best Lifter Bench Press: Ed Flori. First I would like to thank all the lifters, spotters, and spectators for making this a great meet, especially since the meet was originally scheduled for December. Thanks to the owners of World Gym for all their help. Thanks to Stacy and Joe Reeves for all your help. Joe good luck in March. Special thanks to my wife, Laurie, for with out her help and support there would not have been a meet. This meet was run very well. Most of the work was done in the early stages and it all fell into place. Sue Elwyn, Joe Wencus, Jeff Johnson, did the judging and like usual did an excellent job. Jeff Jr, Derek, Steve, Mike, and Paul were excellent spotter/loaders. I was glad to see some old friends and make new ones. More teens and women competed in this meet than ever before and I seem to be attracting more and more lifters from outside the New England area, which is a good thing. Some of the highlights were as follows: Desha Rendon from NY was the only female teen but she did push her limits and put up some good numbers. In the women's open Carolyn Phillips took first place with a 695 total, and in the Women's Masters Florette Ruggiero placed 1st. This years men's teen division was very competitive thanks to the West Point Military Academy with 11 lifters spread through multi weight class. Eric Kupperstein put up some big numbers in the 148 open with a 1335 total. New England's best, 181er Les Greene took first place with a 1620 total. He has placed top 3 in the Life Time Nationals and is headed for a bright future. Joe Tavares pulled 630 and took first in the 198s. Brett Helmer posted an 1800 lbs. total in the 242s for first. The Masters 40-49 was won by Dennis Montebault, Horace (the rock) Guidry is now a master and should do well in the near future. This year will be good for both lifters. Now who do you know that's hard as a rock, holds a national bench press record and is 72 years old? Marcel Donabedian that's who. Marcel goes through more lifting partners than anyone I know. He put up a 245 bench, and upped his total to 1017. Antonio Jordan posted the biggest bench of the day with an easy 525 in the Unl division. Awesome day! In the Bench Press only there were some very good lifts such as Tunde Szivak's 145, Allan Fornaro's 465, and Ed Flori's 480 at a bodyweight of 215. To all, thank you for all your help and support, see you all soon. (Thanks to David Roderick for providing the results of the meet).			



Beau Moore at the USPF Florida State locking out a 730 lb. deadlift which gave him a 2235 total. (Photo provided by Bill Beekley).

USPF Florida State
24 Feb 01 - Tampa, FL

WOMEN	SQ BP DL TOT	
Master (40-44)		
198+ lb.		
A. McGee	125 105 285	515
Open 132 lb.		
C. Haley	155 125 215	495
165 lb.		
T. Williams	245 130 350	725
Master (40-44)		
220 lb.		
P. Ryan	525 270 525	1320
242 lb.		
R. Chavez	650 335 535	1520
E. Mullins	375 375 365	1115
Master (45-49)		
181 lb.		
J. Sansevere	445 305 450	1200
242 lb.		
M. Brown	505 335 550	1390
Master (70-74)		
220 lb.		
B. Remley	455* 310* 455*	1220*
MEN Open 148 lb.		
W. Clark	- - -	-
V. Lysobey	530 350 500	1380
198 lb.		
J. Weisenbaker	585 385 570	1540
T. Edwards	525 345 520	1390
J. Howe	455 375 500	1330
220 lb.		
J. Pritchard	515 305 465	1285
F. Rivers	404 345 500	1250
242 lb.		
R. Chavez	650 335 535	1520
J. Montgomery	555 405 540	1500
M. McLaughlin	510 345 500	1355
SHW		
M. Seymour	700 425 610	1735
G. Leitsch	420 275 475	1170
Guest Lifter		
B. Moore	840 665 730	2235
Judges: Grisel Ufret, Jay Sutherland, Tom O'Donnell and Tony Conyers. Spotters & Loaders: David Lyle, Deam Whitney, Steve Wood, Tim Burns and Rick Grayes. (Thanks to Bill Beekley for providing these contest results).		

USPF New Jersey High School
4 Mar 01 - Hammonton, NJ

GIRLS	SQ BP DL TOT	
D. Harris	185 110 245	540
D. Sacco	155 90 180	425
K. McDinnell	250 150 295	695
S. Jack	225 90 270	585
MEN 114 lbs.		
S. Marrero	350 175 380	905
D. Pfeiffer	190 125 255	570
A. Kesler	190 155 220	565
123 lb.		

D. Harris	185 110 245 540		
D. Keefe	150 140 200 490		
132 lbs.			
B. Murro	280 200 355 835		
C. Mauro	300 160 365 825		
J. Ross	275 190 350 815		
148 lbs.			
K. Hanna	340 215 410 965		
J. Megariotis	360 190 345 895		
B. Russo	285 200 385 870		
165 lbs.			
R. Nardello	375 260 390 1025		
S. Wister	380 190 430 970		
J. Viglore	320 210 415 945		
181 lbs.			
A. DiPompo	456 245 445 1145		
B. Ferla	445 230 460 1135		
D. Martin	410 240 470 1120		
198 lbs.			
M. Goncalves	455 290 480 1225		
J. Hargrave, III	445 290 400 1135		
D. Perez	460 195 450 1105		
220 lbs.			
M. Crowley	555 380 565 1500		
R. Smith	430 225 505 1160		
C. Lovett	430 280 445 1155		
242 lbs.			
J. O'Neill	500 280 495 1275		
T. DeFiore	460 260 500 1220		
B. Burke	485 280 450 1215		
275 lbs.			
T. Roesler	520 405 580 1505		
B. Panisidi	400 316 475 1190		
E. Huth	400 270 485 1155		
SHW			
L. LaBeur	610 240 500 1350		
C. Feliciano	400 230 435 1065		
TEAM SCORING: 1st St. Joseph, Hammonton, Coach Paul Sacco, 48 points. 2nd St. Joseph Regional, Montvail, Coach Dan Pollio, 37 points. 3rd Monsignor Donovan High, Coach Mark Deppan, 15 points. 4th Egg Harbor Township High, Coach Tony DeRosa, 14 points. (Thanks to Coach Paul Sacco for these results)			

USPF Kentucky State
24 Feb 01 - Pikeville, KY

BENCH	A. Hampton	350*
MEN	220 lbs.	
Open 181 lbs.	D. Anderson	325*
Master (45-49)	Submaster (35-39)	
P. Sullivan	340* 275 lbs.	
Open 198 lbs.	B. Pruitt	325*
MEN	SQ BP DL TOT	
Teen 148 lbs.		
B. Spears	180 175 - -	
181 lbs.		
D. Hall	485* 365* 515* 1365*	
220 lbs.		
T. Charles	400 370 350 1120	

Open 181 lbs.			
D. Hitchcock	340 275 330 945		
198 lbs.			
L. Rose	500 365 600 1465!		
T. Whited	515 345 525 1385		
242 lbs.			
J. Kidd	585 400 600 1585		
J. Bevins	530 400 550 1480		
J. Lethers	475 330 550 1355		
275 lbs.			
J. Joseph	475 355 475 1305		
Submasters 198 lbs.			
T. Whited	515* 345* 525* 1385*		
220 lbs.			
W. Jones	430 350 480* 1260		
Masters 220 lbs.			
R. Burruss	475 365* 565* 1405		
High School	BP DL TOT		
181 lbs.			
B. Rogers	290 315 605		
J. Adkins	250 255 485		
L. Blackburn	210 255 465		
K. Charles	240 - -		
220 lbs.			
E. Johnson	205 315 520		
242 lbs.			
J. Johnson	235 - -		
275 lbs.			
S. Ison	280 315 595		

*-State Record. 1-Best Lifter. MEET HIGHLIGHTS: Teen Men - Trent Charles returned this year to do the full meet and establish an impressive bench press record of 370 pounds in the 16-17 age group of the lbs. class. His 400 lbs. squat looked easy and with a little help in the deadlift, we'll see some more records from this teenager. Dusty Hall lifted even better this year, setting all 4 state records in the 18-19 age group of the 181 lbs. class. Dusty is a quality lifter with good form and control on each lift. The high school division also presented us with a future talent in Barrett Rogers, an outstanding running back for Pikeville High, whose lifts were quality with room to spare, especially in the deadlift. OPEN MEN - The best lifter of the day was Lance Rose @ 198, competing in his first meet since high school days. With a bodybuilder's physique and a strong deadlift, Lance posted a total just behind the 242 lifters Jamie Kidd and Jason Bevins who battled for the win of the 242's with a 1585 and 1480 total respectively. SUBMASTERS - One more slot was filled in the KY roster of submasters records by Tony Whited who impressed everyone with his quality lifts which were smooth and strong. Tony, who is a talented singer and musician with the Kentucky Opry, has lifted for years and is finally bringing it to the platform. The Masters division saw Randy Burruss break his own masters records established last year in the 220 class with his PR bench and deadlift - just missing the total as he prepares for an upcoming

bodybuilding show. The BENCH PRESS division was interesting as Paul Sullivan; a wheelchair athlete/ bodybuilder showed a ripped upper body with a strong 340 bench, just missing 375, as he too is preparing for a bodybuilding Nationals meet. Several other single lift records were established in the bench press division as well. Well qualified and tested officials, Jeff (Frog) Ford, (Big) Mike Branham and KSP Trooper Eddie Crum, all exceptional lifters and judges carried out the judging. Next year the KY State Meet will be moved up one month to January and will again be at the Pikeville YMCA. For photos of this event, state records, and more information on Kentucky powerlifting and multi-sport events, go to www.multisports.net. (Results by Don Fields).

ISA Gold's Gym Bench
18 Nov 00 - Amarillo, TX

BENCH	S. Englert	280
WOMEN	Master (40-44)	
148 lbs.	B. Guthrie	305
Open	Master (50-54)	
T. Benda	160* H. Heald	200*
165 lbs.	Master (55-59)	
Junior	H. Brantley	250*
L. Mason	160* 220 lbs.	
Open	Open	
L. Mason	160* J. Viner	410
MEN	T. Dennis	370
123 lbs.	Master (40-44)	
Teen	M. Dawson	355*
I. Sanchez	150* 242 lbs.	
B. Blommaert	115 Teen	
148 lbs.	R. Demel	200*
Open	Open	
F. Fernandez	250 M. Stumbo	475
165 lbs.	Submaster	
Open	K. Ray	330
B. Blommaert	3	

USPF New York State

24,25 Feb 01 - Cheektowaga, NY

WOMEN	SQ	BP	DL	TOT
56 kg. Submaster				
M. Woodard!	82.5	67.5*	95	245
75 kg. Master (40-44)				
J. Funaro	110	47.5	120	277.5
90+ kg.				
M. O'Donnell!	125	100	147.5	372.5
MEN				
Teen (13-15) 67.5 kg.				
R. DiMartile	80	82.5	115	227.5
Teen (16-17)				
K. Conklin Jr.	120	100	162.5	382.5
Teen (18-19)				
J. Dern	140	102.5	150	392.5
J. Wohlfahrt	137.5	105	170	412.5
M. Chaffee	147.5	95	180	422.5
Junior 75 kg.				
T. Madison	180	150	200	530
82.5 kg.				
B. Vanderploeg	215	137.5	237.5	590
90 kg.				
R. Putnam	190	147.5	205	542.5
T. Mann	95	117.5	160	372.5
100 kg.				
S. Miller	215	160	262.5	637.5
Open 67.5 kg.				
A. Stisser	177.5	132.5	215	525
D'Allessandris	192.5	125.5	212.5	530
M. Macri	260	145	—	bmb
82.5 kg.				
J. Galligan!	272.5	187.5	245	705
J. Schwiekhart	200	—	—	bmb
90 kg.				
D. Newkirk	247.5	165	272.5	702.5
B. Alapa	230	155	227.5	612.5
100 kg.				
A. Funaro	247.5	205	275	727.5
110 kg.				
E. Partak!	305	192.5	295	792.5
G. Hopkins	257.5	170	270	697.5
G. Perro	—	—	—	bmb
Submaster 82.5 kg.				
A. Yvars	272.5	137.5	272.5	662.5
90 kgs.				

R. Pearo	245	137.5	260	642.5
Master (40-44) 75 kg.				
K. McNeil	240.5*	172.5*	210	622.5
82.5 kg.				
S. Blask	192.5	137.5	227.5	675
90 kgs.				
E. Jekov	250	197.5	227.5	675
Master (45-49)				
G. Beck	255	165	277.5*	697.5*
D. Jackson	205	155	197.5	557.5
125 kg.				
D. Crams	182.5	120	197.5	500
Master (50-54)				
J. Stellrecht	115	152.5	187.5	455
125 kg.				
F. Salamone	260*	157.5	207.5	625
L. Huff, Sr.	102.5	160	170	455
Master (55-59)				
J. Hopkins, III	182.5*	120	227.5*	530*
V. Peterson	147.5	142.5*	237.5*	527.5
125 kg.				
P. Pierce	—	157.5	—	—
Master (70-74) 100 kg.				
M. Huff	157.5	105	170	445
Law 100 kg.				
R. Patton	242.5	165	265	672.5

and took first place in the process. Little did she know that after the day's events unfolded, she would also walk away with the women's lightweight Outstanding Lifter trophy. Jackie Funaro took top honors in the women's 75 kgs. class. Men's open 75 kgs. favorite Mike Macri had a tough day and could not complete the deadlift event forcing him out of the contest. Surely, Mike will be back to battle another day. Hell's Angel Kyle McNiel made all the brothers proud with his first place showing in the men's master 40-44 age group in the 75 kg. class. Kyle set state records in the squat and bench press and added 50 kilos to his previous year's total. Wende Correctional sergeant Steven Blask took first place in the men's master 40-44 age group 82.5 kg weight class going 6 for 9 with an injured hip. Despite his injury, his lifts were still executed with textbook accuracy. John "Hoppy" Hopkins RI showed why he is a member of the Ironmasters. The fifty-five year old set masters records in the squat, deadlift, and total setting examples for his teammates back home in Rochester. Late entry Joe Galligan needed three attempts to get his opening squat in. After a shaky start, however, Joe went on to win the men's open 82.5 kg weight class and take the men's lightweight Outstanding Lifter trophy back home to World's Gym in Amsterdam, New York. HIGHLIGHTS FROM SUNDAY, FEBRUARY 25th: Kinderhook's David Newkirk put up some impressive numbers to take first place in the men's open 90 kg. class. Enzo Jekov broke his own masters 90 kg. bench press record. Gary Beck, of Webster, New York came close to breaking all of the masters 90 kg records in the 45-49 age group. But when the dust finally settled, Gary had to settle for new records in the deadlift and total column. New York State legend Vince "VIP" Peterson of Ontario, New York had a great day in the masters 90 kg. 55-59 age group taking first place and shattering state bench and deadlift records. Mary O'Donnell earned top spot in the women's 90+ kg. weight class and garnered the women's heavyweight Outstanding Lifter trophy. Seventy-two year old youngster Melvin Huff took the masters 70-74 100 kg. weight class with a massive 182.5 kg deadlift. Mechanicville Gym owner Anthony Funaro put up some huge numbers despite having an "off" day. Still, Anthony was able to take home first place in the men's open 100 kg. weight class. The men's open 110 kg class was going to feature a 3-way battle for the state title. Things came up short when Greg Perron could not get a squat on ti.2 board. Attica C.O. Greg Hopkins went 6 for 6 going into subtotal and tried to pull a big 282.5 kilo deadlift that just wouldn't go. That slid Greg into second place and a 7 for 9 day. Twenty-three year old Eric Partak of East Greenbush cruised through all of his attempts putting up a 792.5 kg winning total and earning him the coveted men's heavyweight Outstanding Lifter Trophy. The men's masters 50-54 age group 125 kg weight class was the proverbial Clash of the Titans. Rochester's



A Living New York Legend - "VIP" Vince Peterson with his state record 523 deadlift at the USPF NY State meet. This is VIP's 5th decade of competition. He started in 1967 and competed in the 1972 Worlds, and he currently holds 8 state records in different age and wt. categories. (photograph by Mike Wlosinski)

Frank Salamone started the day off with a masters record in the squat. Current state bench press record holder Larry Huff Sr. battled big Frank through three bench attempts to see who would end up on top and hold the record at the end of the day. When everything was said and done, Larry still retained his record and bench press supremacy. However, it was Frank who displayed ultimate strength in the squats and deadlifts taking home yet another title for the Ironmasters. World Gym of Amsterdam, New York took the first place team trophy. We would like to acknowledge our spotters and loaders especially Paul "Nanuk" Childress and Big Josh Thomson. That crew lifted the most weight of anyone in the meet and not a bar touched the floor! They saved many a life that weekend. Thanks to all of the referees: Stan Nowacki, Liza Nowacki, Tony DiGiore, Dennis Michno, Matt Maliszewicz, Mike Panzarella, William Henning III, Mark Kodya, Chris Flynn, Tim Jaworowicz and Mike Wlosinski. Special recognition goes out to Christine Jaworowicz and Mohan Ramachandran for the technical work that they did. We would also like to thank all of our sponsors: INZER ADVANCE DESIGNS, POLY LAM PRODUCTS CORPORATION, LAUGHARAN'S CLUB AND RESTAURANT, MARLENE & PHIL'S VITAMIN AND HERB CENTER, SALONICA FAMILY RESTAURANT, LAW SPORTSWEAR/CUSTOM EMBROIDERY AND SILK SCREENING. Special thanks to JOHN INZER, without whom this contest would not have been the success that it turned out to be. Also, we would be remiss if we did not acknowledge all that Jerry Ettaro has done for us - you're the best, Jerry; THANK YOU! And deepest gratitude to Zadio Amorosi and Renee Jaworski who worked the entire contest and refused to accept any form of financial recompense. You are truly appreciated. Thanks to all who attended and we'll see you next year! (Thanks to Mike Wlosinski for the meet results)

5th Granite State Open BP
26 Aug 00 - Keene, NH

BENCH	C. West-181	310
MEN	Larose, Jr.-260	355
Open 165 lb.	Submaster (33-39)	
J. Stabile	J. Flynn-265	565
J. Speranza	E. Paskell-232	540
P. Tonks	A. Jordan-295	525
P. Soto	A. Ramirez-180	410
H. Decato	J. Stabile-162	375
181 lb.	M. Moran-258	465
B. Napierath	G. Dovas-223	440
A. Ramirez	D. Whalen-220	410
T. Haniesen	J. Bigeant-220	410
C. Brien	C. Brien-175	355
F. Quirk	F. Engel, Jr.-205	325
198 lb.	Master (55-59)	
M. Ruiz	P. Soto-163	315
M. Michael	T. Whalen-190	300
E. Barbagelata	B. Matchett-233	305
220 lb.	Master (40-44)	
S. Decato	K. Mattson-205	455
K. Mattson	R. Brogna-233	420
J. Vigeant	R. Quirk-169	330
J. Speaks	Tramontana-192	320
C. Stoev	N. Giroux-198	325
242 lb.	Master (45-49)	
E. Paskell	M. Rodican-250	410
G. Dovas	J. Speaks-205	380
S. VanBrunt	M. Rainey-260	410
G. Bonneville	A. Colon-160	290
275 lb.	D. Jarvis, Sr.-250	300
J. Flynn	S. Legensky-220	240
Jackman	Master (50-54)	
M. Moran	C. Frost-190	335
R. Larose, Jr.	WOMEN	
R. Mejias	Open 123 lb.	
308 lb.	A. Merchant	110
R. Desmond	148 lb.	
A. Jordan	S. Trafford	175
SHW	T. Leonard	170!
B. Keller	S. Smiley	135
Teen (13-15) frmla	Junior (20-23)	
W. Faust-155	123 lb.	
J. Willette-160	A. Merchant	110
(16-17) frmla	Novice 114 lb.	
K. Fisk-140	A. Wilken	60
C. Bleu-165	Submaster (33-39)	
(18-19) frmla	148 lb.	
H. Decato-165	S. Smiley	135
K. Fisk-181	250	
J. Kuhn-310	(40-44)	
Junior (20-23)	148 lb.	
Formula	S. Trafford	175
S. Decato-220	(50-54) 114 lb.	
Bonneville-240	A. Wilken	60



Brian Matchett (left) and Jeff Speaks both competed at the 5th Granite State Open.

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class, Heath Decato benched 260 at 165 lbs., to take first place. Heath is the younger brother of Shane Decato. Shane won the Junior division with a state record of 480 lbs. Shane weighed 220 lbs. Big Gabe Bonneville weighing 240 benched an easy third attempt 430 for second in the Junior division. Gabe is only 21 so he certainly has a good future. Good luck Gabe. The men's submaster division was incredible. With the first 3 men going over 500. Winner John Flynn benched a solid 565 and just missed 580 on his third. John only came in at 265 after being sick for sometime. He has done 595 at a full 275 lbs. Second place by only 2 points was Elwin Paskell. Elwin did 540 on a third attempt. Nice benching Elwin. Third place went to huge Antonio Jordan. He benched an easy 525 on a second attempt and missed 550. John Speranza came in at a lean 155 but still benched 370 lbs. for 4th place. 5th place went to Angelo Ramirez with a 410 at 180 bodyweight. This class was so tough that 162 pound James Stabile did 375 and ended up sixth. Winner in the master's (40-44) was likeable Ken Mattsen. Ken came in at 205 and benched a real smooth 455. At 43 Ken has a lot of years ahead of him. See you soon, Ken. The 45-49 winner was 45 year old Michael Rodican. Mike won by 1 point in the formula. He benched 410 at 250 lbs. The 50-54 winner was 53 year old Calvin Frost. Calvin benched a nice 335 at 190 lbs. I made a mistake with Calvin's age. I had him in a younger division. I apologize for the Calvin. Hope to see you soon. The masters 55-59 winner was Peter Soto, who got a nice 315 third attempt bench weighed in at 163 lbs. Peter is 55 years old but looks many years younger. In the women's open, April Merchant won the 123 class with 110. She also won the women's junior division. The 148 lb. winner Susan Traggod did a nice 175. But she lost the best lifter honors to Tammy Leonard who did 170 for second. Susan weighed 148 to Tammy's 142. Third place at 148 went to Susan Smiley with 135. 53 year old Andrea Wilken won the novice and masters division with 60 lbs. She weighed in at 112 lbs. The Sixth Annual Granite State Open bench Press will be held August 11th, 2001 in Keene, NH. Hope to see you there. (Results provided by Louie LaPoint).



Pat Casey

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10th New Castle BP 10 Feb 01 - New Castle, PA

WOMEN		Brammer-193	315
Leymarie-218	115	Steepleton-191	380
MEN		S. Beck-196	360
Teen (14-16)		R. Dennison-198	345
T. Jones-189	65	J. Markus-197	385
R. Gidaro-181		310	220 lbs.
R. Engle-164	140	B. Pochiba-220	500
J. Shorts-134	175	A. Guzman-205	320
T. Ressel-150	210	M. Raseta-208	295
Youngblood-180	210	G. Herris, Jr.-214	335
J. McDaniel-195	285	B. Shannon-210	405
J. Michaels-176	245	R. Miller-215	510
N. Pica-138	250	S. Pollard-220	505
C. Beer-168	300	A. Camilla-216	450
McFarland-150	225	R. Woods-220	365
S. Weisor-120	100	242 lbs.	
J. Henshaw-136	175	T. Gibson-242	490
B. Wharry-152	315	D. Peterson-240	470
D. Tomko-164	240	B. Frattion-242	375
J. Budrovic-192	310	P. Vargo-242	—
(17-18)		C. Spehar-242	—
B. Sherrod-177	225	275 lbs.	
B. Baer-158	175	R. Stewart-273	450
R. Chumura-240	320	L. Allison-250	515
J. Mihaly-222	310	R. Plowman-258	385
W. Penwell-225	350	G. Plowman-250	405
M. Roberts-255	405	C. Darroh-265	470
J. Camuso-178	335	Moniodes-255	—
J. Snyder-293	300	B. Rowland-253	475
C. Carson-195	335	S. Bugarcic-256	345
P. Prozy-181	300	D. Swope-260	605
G. Langer-188	250	SHW	
S. Prazy-199	280	P. Hilliard-284	410
R. Zdrozny-163	290	M. Blake-280	460
148 lbs.		Master-35	
Venturella-148	300	Venturella-148	300
B. Abied-143	315	R. Scarnati-181	375
165 lbs.		F. Hammers-230	390
D. Gajda-163	—	Master-40	
D. Verdi-161	280	B. Lenzi-253	375
181 lbs.		D. Mironi-191	305
R. Scarnati-181	375	Master-45	
M. Maroni-175	380	Langham-214	—
S. Johnson-169	320	Master-50	
Shialabba-179	—	V. Cubellis-266	360
T. Evans-181	330	B. Pochiba-220	500
M. Alverto-173	320	M. Blake-280	460
D. Lane-181	380	W. Kolling-198	340
198 lbs.		Master-60	
G. Caroff-195	350	C. Spehar-247	330
J. Curry-189	350	T. Sikorski-175	265
M. Lenzi-198	260		

the Best Lifter with a BP of 605. A final thanks goes out to all the lifters who participated in this BP event. Without you this event would not exist. See you next year. (Thanks to Chuck Ullrich, Meet Director, for these meet results).

CPA Canadian Championships 10 Mar 01 - Sorel, Quebec, CAN

WOMEN		SQ	BP	DL	TOT
114 lbs. Teen (18-19)					
A. Charooneau	165*	135*	235*	535*	
Open					
B. Thibault	170	135	385	590	
123 lbs. Open					
L. Landry	250	180	360	790	
Sub					
L. Landry	250	180	360	790	
132 lbs. Junior					
N. Coderre	220	155*	255*	630*	
4th					
(17-18)					
148 lbs. Junior					
M. Guilbault	215	135	335	685	
4th					
(16-17)					
165 lbs. Teen (13-19)					
D. Langlois	255	235	340	820	
4th					
(12-13)					
Master (40-49)					
C. Dallaire	520	235	340	820	
Master (70+)					
G. Labresque	145	320*	145	610	
181 lbs. Junior					
M. Curcio	160	210	320	690	
142.5 A. Ramirez					
M. Dowling	172.5	145	330	647.5	
C. West					
J. Floyd	117.5	F. Quirk	147.5	265	
B. Coutu					
Submaster	198 lbs.				
M. Condon	267.5	K. Matson	197.5	465	
J. Flynn	252.5	B. Jeseroki	165	417.5	
J. Speranza	172.5	T. Whalen	130	302.5	
M. Moran	210	H. Howard	130	340	
A. Ramirez	172.5	B. Cressenzo	195	367.5	
D. Whalen	195	220 lbs.			
Master					
P. Soto	142.5	C. Stoej	172.5	315	
K. Matson	197.5	D. Whalen	195	392.5	
R. Beaulieu	125	J. Panasopoulos	187.5	312.5	
T. Whalen	147.5	275 lbs.			
M. Rodican	195	Jackman	277.5	472.5	
F. Quirk	147.5	J. Flynn	252.5	400	
Grand Master					
A. Konovalchik	75	S. Savoie	308 lbs.	383	
Novice					
J. Panasopoulos	187.5	M. Condon	242.5	430	
J. Vera	147.5	C. Wiers	157.5	305	
F. Pappadando	107.5	R. Desmond	107.5	215	
W. Coughlin	107.5	Super			
M. Dowling	142.5	K. Schofield	267.5	410	

F. Turcotte	520	330*	485	1335*
275 lbs. Open				
F. Plamonion	235	380	435	1050
M. Bernier	650	505	640	1795
Sub				
F. Plamonion	235	380	435	1050
(40-49)				
R. Chicoine	565	415	575	1555
SHW (40-49)				
C. Marceau	180	340	400	920
4th				

Dave Swiniarski Bench Press 10 Mar 01 - Lynn, MA

BENCH WOMEN		J. Floyd	117.5
Open		B. Coutu	127.5
148 lbs. Junior		H. Howard	130
L. Proux	65	J. Morando	112.5
D. Savoie	77.5	B. Sudbay	77.5
F. Yu Yu	47.5	Open 132 lbs.	
S. Bansfield	40	M. Coughlin	107.5
K. Barrett	27.5	148 lbs.	
MEN		T. McNabb	127.5
Teen Open		165 lbs.	
C. Dichirico	105	J. Speranagal	172.5
J. Caponigro	70	J. Vera	147.5
W. Faust	120	P. Soto	142.5
J. Morando	112.5	B. Coutu	127.5
Junior Open		181 lbs.	
M. Curcio	160	T. Haneisen	182.5
M. Dowling	142.5	A. Ramirez	172.5
C. West	145	F. Pappalando	157.5
J. Floyd	117.5	F. Quirk	147.5
B. Coutu	127.5	C. West	145
Submaster	198 lbs.		
M. Condon	267.5	K. Matson	197.5
J. Flynn	252.5	B. Jeseroki	165
J. Speranza	172.5	T. Whalen	130
M. Moran	210	H. Howard	130
A. Ramirez	172.5	B. Cressenzo	195
D. Whalen	195	220 lbs.	
Master			
P. Soto	142.5	C. Stoej	172.5
K. Matson	197.5	D. Whalen	195
R. Beaulieu	125	J. Panasopoulos	187.5
T. Whalen	147.5	275 lbs.	
M. Rodican	195	Jackman	277.5
F. Quirk	147.5	J. Flynn	252.5
Grand Master			
A. Konovalchik	75	S. Savoie	308 lbs.
Novice			
J. Panasopoulos	187.5	M. Condon	242.5
J. Vera	147.5	C. Wiers	157.5
F. Pappadando	107.5	R. Desmond	107.5
W. Coughlin	107.5	Super	
M. Dowling	142.5	K. Schofield	267.5



Dave Lee has been a great competitor for over 22 years and came in first in the Masters Top 20 for the 242s in the March 2001 PL USA. He is captain of the Barrett's Bull Pen Bench Press Team and one of the most respected bench pressers in New England. While training for the Fourth Annual Dave Swiniarski BP Memorial Meet (of which he is one of the founders), he tore his triceps muscle and needed surgery and, as a result, he may never compete again. Even after such a letdown, Dave never missed a practice and somehow kept the team together, never showing his pain, disappointment and discouragement. (Photo provided courtesy of A.C. Colella).

1-Best Lifter. Best Lifter Light: John Speranza, 242.5 Best Lifter Heavy: Ken "Jackman" Gleason. Team: Brickyard. I would like to take this opportunity to thank; The people of Lynn, Mass. for their constant support of powerlifting. John Flynn, Dave Lee, Lee Barrett, Desmonds, Barrett's Bull Pen, Brickyard. My table: Lynne Barlow, Chad Curtis, Michelle Curtis, Erica Blanchard. My Judges: Scott Blanchard, Scott Worthing, Steve Smith and all other spotters and loaders. A special thanks to "Bill" for without all his hard work there would be no Dave Swiniarski Bench Press. Remember: Stay hardcore. (Thanks to Russ Barlow for providing the results of this meet to PL USA).

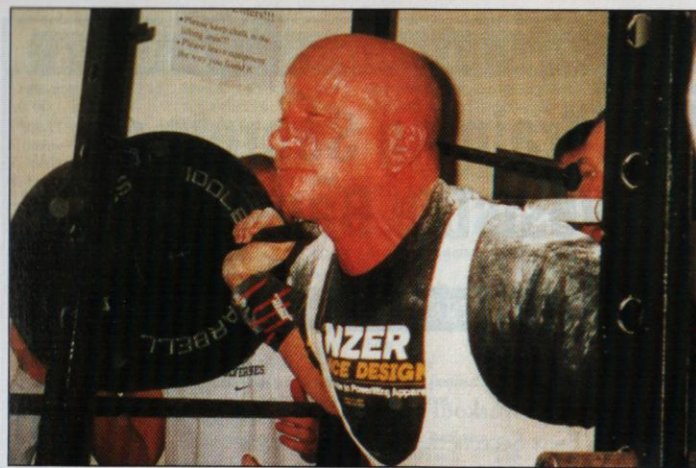
7th Mon Valley Fitness BP/DL 17 Mar 01 - Dunlevy, PA

BENCH WOMEN		B. Godden-39	575
Heavyweight			
G. Romano	165	B. Godden-39	395
T. Swanson	120	T. Sevcik	340
242 lbs.		Masters	
Teen		B. Godden	395
B. Fratto	415	DEADLIFT	
198 lbs.		WOMEN	
Amateur		132 lbs.	
T. Godden	475*	N. Schuchert	235
C. Dworek	450	148 lbs.	
Pro		R. Ford	325
M. Wolfley	455	Masters	
J. Stoner	360	165 lbs.	
220 lbs.		K. Oberst	235
Amateur		181 lbs.	
W. Valentine	305	Amateur	
275 lbs.		B. Posi	450
Amateur		198 lbs.	
A. Spirnah	370	Submasters	
Heavyweight		A. Sherwood	385
B. Godden	395	181 lbs.	
T. Sevcik	340	Masters	
Masters		R. Antonio	260

(Thanks to Mon Valley Fitness Center for providing the results of this contest to PL USA).

4th Pottstown Invitational 7 Oct 00 - Lakeport, PA

BENCH WOMEN		A. Moatz	280
Open 111 lbs.			
T. Falcone	150	W. Bowman	410
116 lbs.		D. Ohler	315
S. Parrish	170	(55-59)	
154 lbs.		J. Mitsopoulos	380
R. Hall	130	T. Tullio	175
176 lbs.		Open 132 lbs.	
D. DeFranco	170	B. Shoemaker	310
148 lbs.			
176+ lbs.		M. Barnhill	290
R. Carroll	285	R. Smith	280
4th		K. Cramer	240
Lifetime		E. Kissinger	235
R. Carroll	285	165 lbs.	
Raw Lightweight		J. Mazza	405
R. Fiore	115	N. Dunnolo	330
Heavyweight		C. Colondrillo	280
R. Hall	130	181 lbs.	
Master (40-44)		L. Einfalt	375
B. White	160	J. Weertz	330
Submaster		D. DeWalt	325
R. Hall	130	J. Smith	320
Teen (14-15)		G. Welsh	310
N. Dearholt	75	198 lbs.	
Teen (18-19)		P. Grohoski	455
E. Yoder	90	M. Hopstetter	425
MEN		C. Morris	420
Teen (14-15)			
S. Huntzinger	300	S. Lewis	375
W. Poole	205	C. Bentoni	350
D. DeAntonio	165	T. Succarotte	510
J. Davis	120	C. Kalbach	500
(16-17)		B. Rundle	275
K. Kratz	280	P. Ream	—
K. Seidel	290	242 lbs.	
M. Tullio	230	S. Esposito	460
M. Bealer	285	C. Kitchen	425
J. Weisman	220	J. Parrish	400
M. Riegel	220	D. Dolby	375
D. Jacob	205	275 lbs.	
R. DeLong	230	C. Coylan	485
(18-19)		A. Pierson	435
P. Curley	280	P. Walters	410
J. Poole	275	E. Habecker	400
J. Kerr	300	J. Klohocker	300
J. Hicks	315	SHW	
P. Delvy	285	B. Dougherty	550
C. Benner	230	M. Miller	470
B. Mack	—	K. Hampe	450
N. Dubrouski	—	M. Moyer	430
Junior (20-22)		J. Weidan	335
K. Puls	400	D. Croley	315
J. Shemanski	380	DEADLIFT	
L. Dalton	215	WOMEN	
A. Kernal	—	Open 111 lbs.	
MEN Raw Light			
T. Falcone	335	116 lbs.	
R. Smith	280	S. Parrish	330
B. Barnes	280	176 lbs.	
J. Farren	255	D. DeFranco	330
S. Kline	235	Raw/Light	
J. Snell	250	R. Fiore	24
Middle		Master (40-44)	
K. Ravenell	475	B. White	305
C. Snyder	375	Teen (16-17)	
D. Jones	305	J. Misniewski	230
D. Stewart	300	MEN	
J. Crumb	325	Teen (14-15)	



Duane Burlingame first 800 pound squat at the Northern Illinois Open (tested) in the 220 lb. masters & open class bodyweight 214 (Photograph provided courtesy of Duane Burlingame to Powerlifting USA).

the bench Duane had to settle for his opener of 365. Finished the full meet with a 650 lb. deadlift on his second attempt for a total of 1815 lbs. which was a personal record. Jason Glasch competing in his first meet did very well. Jason competed in the squat and deadlift without a lifting suit. Jason put up a strong 475 lb. squat, in the bench only getting his opener of 330 lb., Jason pulled a strong 450 to total 1215 taking the win in the 242 lb. men's open class. Get in some gear Jason and you will be moving that total up fast. I met a lot of nice people at our meet and was very proud of all the lifters. Everyone was very polite, helped on another, and are looking forward to our next meet. That's what it's all about, isn't it? Again a special thank you to our sponsors that made this meet a success for our lifters and spectators. Thank you Inzer Advance Designs, House of Pain Ironwear, Safe USA, the Power Store, Powerlifting USA, the MYO store, Titan Support Systems, and Powermag. Thanks to our judges, spotters, and loaders. Steve Eisen, Brad Saunders, George Griffin, Andra Taylor, Dave Barta, Rich Guy and the Hosting Brothers. Thank you all the lifters and Dave Barta's kids for helping pick up after the meet. Till next time train hard, heavy, and drug free. Set a good example for our sport and support Mike Lambert, Powerlifting USA, and all the quality meet directors and companies that help our great sport. (Results provided by Duane Burlingame).

**USPF Barbee Classic (kg)
5 Aug 00 - Corps Christi, TX**

MEN	SQ	BP	DL	TOT
123 lb.				
P. Dattner				
148 lb.				
J. Vasquez	215	145	200	560
181 lb.				
M. McCracken	215	185	250	650
198 lb.				
V. Barrera	230	175	232.5	637.5
220 lb.				
C. Mathews	252.5	167.5	265	685
C. Garcia	317.5	110	250	677.5
J. Magendie	237.5	160	272.5	670
J. Guera	230	182.5	192.5	605
Submaster				
181 lb.				
C. Lund	210	142	205	557
A. Putnam	172.5	100	170	442.5
220 lb.				
K. Vela	240	160	260	660
T. Aguilar	215	142.5	227.5	585
242 lb.				
C. Morse	292.5	160	245	697.5
A. Hall	295	165	245	705
B. Gamble	200	127.5	200	527.5
220 lb.				
B. Hurt	240	165	250	655

**Northern Illinois Open
4 Mar 01 - Freeport, IL**

BENCH	R. Hastings	275
Teen	165 lb.	
B. Hastings	225	460
198 lb.	Open 148 lb.	
A. Lentz	240	400
MEN	181 lb.	
Open 181 lb.	R. Guy	405
R. Guy	300	220 lb.
275 lb.	D. Burlingame	650
D. Barta	405	Master (40-49)
DEADLIFT	220 lb.	
Teen 148 lb.	D. Burlingame	650

MEN	SQ	BP	DL	TOT
Open 220 lb.				
D. Burlingame	800	365	650	1815
242 lb.				
J. Glasch	475	330	450	1255
Master (40-49)	220 lb.			
D. Burlingame	800	365	650	1815

This contest was held at Fitness Lifestyles. This was a tested event with lifters competing in the bench only, deadlift only, and the full meet. The meet was a huge success thanks to our wonderful sponsors! A big thank you to Inzer Advance Designs, House of Pain Ironwear, Safe USA, Powerlifting USA, the Power Store, Titan Support Systems, Powermag, and the MYO Store. The lifters had a crowd of about 40 people to support them. After the meet some people that watched spoke with me and plan to compete in our next event. In the bench press competition, Brandon Hastings won the 165 lb. teenage class with a lift of 225 lb. getting the win in the 198 lb. teenage class was Andy Lentz competing in his first meet. Andy put up a personal record of 240 lb. He was coached by a great lifter, Brad Saunders. Brad had planned or competing in the meet but had the flu a week prior. Rich Guy won the 181 lb. men's open class with a strong 300 lb. opener. Rich will be blasting past that 300 soon. Dave Barta competing in his second meet had the big bench of the day. Dave lifted in the 275 lb. men's open class and took the win a 405 lb. lift. In the deadlift Ryan Hastings competing in his second meet took the win in the 148 lb. teenage class with a lift of 275 lb. Brandon Hastings has what it takes to be an excellent deadlifter. Brandon won the 165 lb. pull. Christopher Gillentine lifting in his second meet set a personal record. Chris won the 148 lb. men's open class with a lift of 400 lbs. Richard Guy won the 181 lb. men's open class with a lift of 405 lb. lifting in both the masters 220 and open 220 Duane Burlingame took the win with his second lift of 650 lbs., passing on his third. We only had two lifters in the full meet, due to illness and injury. Duane Burlingame took the win in both the master and open 220 class. Duane tried out his new Inzer lifting shoes and said he would never squat without them again. Duane opened with 740, then took 765. He was going to pass on his third but was encouraged to go for 800 after a few friendly powerlifting gestures. Duane took 800 and got it, a big personal record. In

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R. Hardy	242 lb.			
J. Heussner	230	162.5	227.5	620
Teen				
114 lb.				
T. Brocato	102.5	42.5	87.5	232.5
123 lb.				
P. Daltner				
148 lb.				
M. Gillett	150	70	172.5	392.5
N. Castened	140	82.5	145	367.5
N. Brocato	110	60	102.5	272.5
165 lb.				
J. Munoz	210	125	242.5	577.5
P. Chaney	195	107.5	190	492.5
I. Chapa	155	107.5	190	452.5
D. Cogbill	122.5	77.5	160	360
R. Patek	115	85	157.5	357.5
181 lb.				
C. Lund	210	142	205	557
A. Putnam	172.5	100	170	442.5
220 lb.				
K. Vela	240	160	260	660
T. Aguilar	215	142.5	227.5	585
242 lb.				
C. Morse	292.5	160	245	697.5
A. Hall	295	165	245	705
B. Gamble	200	127.5	200	527.5

(Thanks to Chris Garcia for these meet results).



The Mid-South Lady Bench Pressers, (bottom) Miranda Ballance; Top (l-r) Alisha Doucet, Melonie Lewis, Mary Rogers, Joyce Watkins, Leanne Warren, Donna Williams. (Photo provided by Daniel Singleton).

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**Mid-South Raw Powerlifting
17 Feb 01 - Arkadelphia, AR**

BENCH	R. Rice	380
WOMEN	275 lb.	
(13-16) 105 lb.	L. Jordan	405
M. Ballance	*90	319 lb.
(17-19) 97 lb.	J. Daniel	430
A. Doucet	*95	K. Shinn 430
Open 148 lb.	(40-49) 165 lb.	
M. Rogers	*160	K. Cleveland *275
198+ lb.	B. Burton	225
M. Lewis	*175	198 lb.
(30-39) 132 lb.	R. Mace	270
L. Warren	*125	242 lb.
148 lb.	C. Lee	380
M. Rogers	*160	R. Hodge 300
198+ lb.	R. Hathcock	250
M. Lewis	*175	(50-59) 148 lb.
D. Williams	150	D. Singleton *245
(40-49) 132 lb.	220 lb.	
P. Medlock	*90	L. McLean *325
(60-69)	B. Hillis	200
J. Watkins	*75	242 lb.
MEN	K. Counts	*305
(13-16) 132 lb.	A. Harris	285
148 lb.	J. Hathcock	250
(60-69) 198 lb.		
A. Ballance	200	T. Lewis *240
J. Haak	190	190
B. Norwood	185	R. Boyles 315
L. Mace	150	DEADLIFT
S. Thomas	135	MEN
165 lb.	(13-16) 132 lb.	
T. Garner	190	C. Stroder 225
181 lb.	148 lb.	
B. Branson	195	J. Haak *385
198 lb.	L. Mace	225
J. Plyler	*275	S. Thomas 225
220 lb.	181 lb.	
B. Riggan	*230	B. Branson *315
242 lb.	198 lb.	
E. Forte	*275	J. Plyler *465
J. Hathcock	160	220 lbs.
D. Dickerson	125	B. Riggan *480
(17-19) 114 lb.	242 lbs.	
J. Furneaux	*170	E. Forte *475
165 lb.	(17-19) 114 lb.	
K. Paul	*300	J. Furneaux *205
B. Hogate	265	198 lb.
198 lb.	B. Goodman	400
B. Goodman	235	319 lb.
242 lb.	B. Johnson	*460
M. Hart	*300	Open 165 lb.
319 lb.	K. Cleveland	*515
B. Johnson	*300	198 lb.
319+ lb.	R. Poole	*375
R. Toatley	*435	(40-49) 165 lb.
(20-23) 148 lb.	K. Cleveland	*515
P. Chesshire	*290	319 lb.
J. Brewer	245	C. Linville *410
220 lb.	(50-59) 165 lb.	
C. Newsome	*380	G. Williams 300
Open 198 lb.	198 lb.	
R. Poole	*330	B. Watts *350
242 lb.	K. Jordan	335
G. Hathcock	*350	220 lb.
(30-39) 220 lb.	B. Hillis	*330
J. Hathcock	290	(70-79) 198 lb.
242 lb.	R. Boyles	*315

*-Meet Record, 56 Lifters, 43 Meet Records, (Thanks to Dan Singleton for the meet results).

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38 755 Ritchie, J. 11/19/00	555 Wren, J. 4/15/00	705 Cardella, T. 4/16/00	1901 Drosser, W. 2/25/01
39 745 Isabella, T. 3/19/00	555 Beckwith, S. 7/22/00	705 Meek, B. 4/16/00	1900 Peshek, J. 5/21/00
40 740 Griffith, A. 2/10/01	550 Lazzarech, G. 3/19/00	705 Hanna, V. 5/7/00	1900 Coulter, M. 10/21/00
41 740 Wesolowski, A. 5/7/00	550 Kyle, B. 3/25/00	705 Foreman, B. 5/13/00	1900 Youngs, B. 11/19/00
42 740 Rogers, D. 7/23/00	550 McDonough, B. 5/13/00	705 Burget, M. 6/3/00	1885 Rogers, D. 7/23/00
43 740 Lade, S. 10/28/00	550 Cummings, D. 11/18/00	705 Jacobs, J. 8/26/00	1879 Kautz, M. 7/9/00
44 738 Kautz, M. 4/9/00	550 Karlovic, B. 2/4/01	705 Kroczaleski, M. 12/3/00	1879 Robinson, J. 7/9/00
45 738 Wilson, B. 8/13/00	545 Likens, W. 3/25/00	705 Barron, C. 12/00	1873 Kinsey, M. 12/2/00
46 735 Sargent, H. 8/13/00	545 Lade, S. 10/28/00	705 Hollis, D. 2/24/01	1870 Wesolowski, A. 5/7/00
47 735 Quinn, D. 1/20/01	545 Miller, D. 2/11/01	702 Giondi, P. 5/6/00	1865 Madvig, B. 4/29/00
48 730 Beversdorf, D. 9/9/00	545 Leallifano, G. 2/24/01	700 Bentley, T. 5/21/00	1862 Florio, J. 5/21/00
49 727 Frizzell, M. 4/30/00	540 Cain, M. 4/30/00	700 Stewart, K. 4/15/00	1862 Jurkowski, G. 12/2/00
50 727 Bryant, J. 11/12/00	540 Burke, R. 8/26/00	700 Jozsa, J. 5/13/00	1851 Harris, L. 6/17/00
51 727 Lanier, M. 12/2/00	540 Allen, H. 12/16/00	700 Greene, J. 6/10/00	1850 Isabella, T. 3/19/00
52 725 Stewart, K. 4/15/00	540 Graube, J. 2/24/01	700 Koehler, 6/11/00	1850 Goodman, 11/19/00
53 722 Meek, B. 4/16/00	535 Cropp, P. 4/1/00	700 Shortland, C. 8/5/00	1845 Garris, D. 11/4/00
54 722 Fowler, J. 12/3/00	535 Lewis, C. 8/6/00	700 Goines, G. 8/10/00	1840 Phillips, B. 6/3/00
55 720 Lewis, C. 8/6/00	535 Deutch, L. 11/19/00	700 Brooks, S. 9/9/00	1835 Bryant, J. 6/11/00
56 710 Anderson, M. 7/9/00	534 Dipasquale, A. 10/21/00	700 Goodman, 11/19/00	1835 Lanier, M. 12/2/00
57 710 Fletcher, P. 7/9/00	534 Story, P. 12/2/00	700 Scott, G. 12/10/00	1830 Sellers, K. 11/19/00
58 710 Sharkey, D. 8/10/00	530 Wolcott, M. 4/30/00	700 Tennant, J. 1/14/01	1830 Planas, J. 12/3/00
59 710 Ferrell, J. 12/2/00	530 Zupko, M. 5/21/00	699 Weeks, T. 5/7/00	1830 Cangalosi, B. 12/10/00
60 710 Beale, T. 12/2/00	530 Johnson, K. 8/13/00	694 Robbins, S. 6/11/00	1829 Frizzell, M. 4/30/00
61 710 Phillips, B. 12/3/00	530 Beech, A. 9/9/00	694 Kautz, M. 7/9/00	1824 Dippie, C. 3/12/00
62 705 Messinger, J. 3/25/00	530 Reid, S. 11/7/00	694 Lanier, M. 12/2/00	1820 Beech, A. 9/9/00
63 705 Boyle, B. 4/1/00	530 Sellers, K. 11/19/00	694 Singleton, N. 12/3/00	1818 Weeks, T. 5/7/00
64 705 White, R. 4/30/00	530 Diantostefano, 11/19/00	690 Higa, G. 4/15/00	1818 Hollis, D. 2/24/01
65 705 Clark, M. 5/13/00	529 Dooley, B. 3/26/00	688 Pektol, S. 4/9/00	1813 Clark, M. 5/13/00
66 705 Peshek, J. 5/21/00	529 Walker, R. 5/21/00	688 Robinson, J. 7/9/00	1813 Anderson, M. 7/9/00
67 705 Drosser, W. 7/9/00	529 Dublin, E. 9/16/00	688 Fernandez, J. 8/6/00	1813 Fowler, J. 12/3/00
68 705 Pledger, J. 11/4/00	529 Hord, R. 11/19/00	685 Rhyne, J. 3/25/00	1813 Giffin, M. 2/25/01
69 705 Darrah, M. 11/11/00	529 Drosser, W. 2/25/01	685 Potevien, 7/30/00	1810 Hudak, Z. 6/17/00
70 705 Jurkowski, G. 12/2/00	525 Rhyne, J. 3/25/00	683 Anderson, M. 7/9/00	1805 Coleman, D. 2/4/01
71 705 Planas, J. 12/3/00	525 Bentley, T. 5/21/00	680 Lewis, C. 8/6/00	1802 Sparks, P. 5/21/00
72 705 Stuchiner, M. 2/10/01	525 Shumaker, D. 6/3/00	680 Green, J. 11/19/00	1802 Wilson, B. 8/13/00
73 700 Soper, S. 3/25/00	525 Hoskinson, J. 8/5/00	677 Phillip, B. 6/3/00	1800 Cormick, S. 12/9/00
74 700 Joyce, J. 4/22/00	525 Elliot, C. 10/7/00	677 Fowler, J. 12/3/00	1796 Swank, M. 4/16/00
75 700 Madvig, B. 4/29/00	525 Green, J. 6/10/00	675 Beatty, J. 3/5/00	1796 Emmelhainz, S. 6/4/00
76 700 Goodman, 4/29/00	525 Grosser II, J. 10/21/00	675 Isabella, T. 3/19/00	1795 Anderson, 7/30/00
77 700 Hudak, Z. 6/17/00	525 Dizenzo, V. 2/10/01	675 Gaydos, C. 3/26/00	1791 White, R. 11/10/00
78 700 Nelson, S. 6/17/00	525 Martin, B. 2/10/01	675 Carroll, 5/2/00	1785 Gleason, K. 3/18/00
79 700 Coulter, M. 10/21/00	524 Moon, C. 11/19/00	675 Thompson, J. 5/20/00	1785 Pektol, S. 4/9/00
80 700 Sellers, K. 11/19/00	523 Swank, M. 4/16/00	675 Anderson, 7/30/00	1785 Burgett, M. 6/3/00
81 699 Sparks, P. 5/21/00	523 Counts, T. 5/13/00	675 Troxel, J. 1/20/01	1785 Brooks, 11/19/00
82 699 Surell, E. 6/3/00	523 Garris, D. 11/4/00	672 Pritchett, J. 6/4/00	1785 Singleton, N. 12/3/00
83 699 Harrier, T. 11/11/00	523 Andrews, P. 11/19/00	672 Morgan, 10/14/00	1780 Hanna, W. 5/7/00
84 685 Hunt, K. 3/25/00	523 Menchaca, D. 2/17/01	670 McGeorge, B. 7/1/00	178

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