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# POWERLIFTING USA

VOL.24 NO.12

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**WOMEN'S  
WORLDS**

**BILL  
CRAWFORD  
INTERVIEW**



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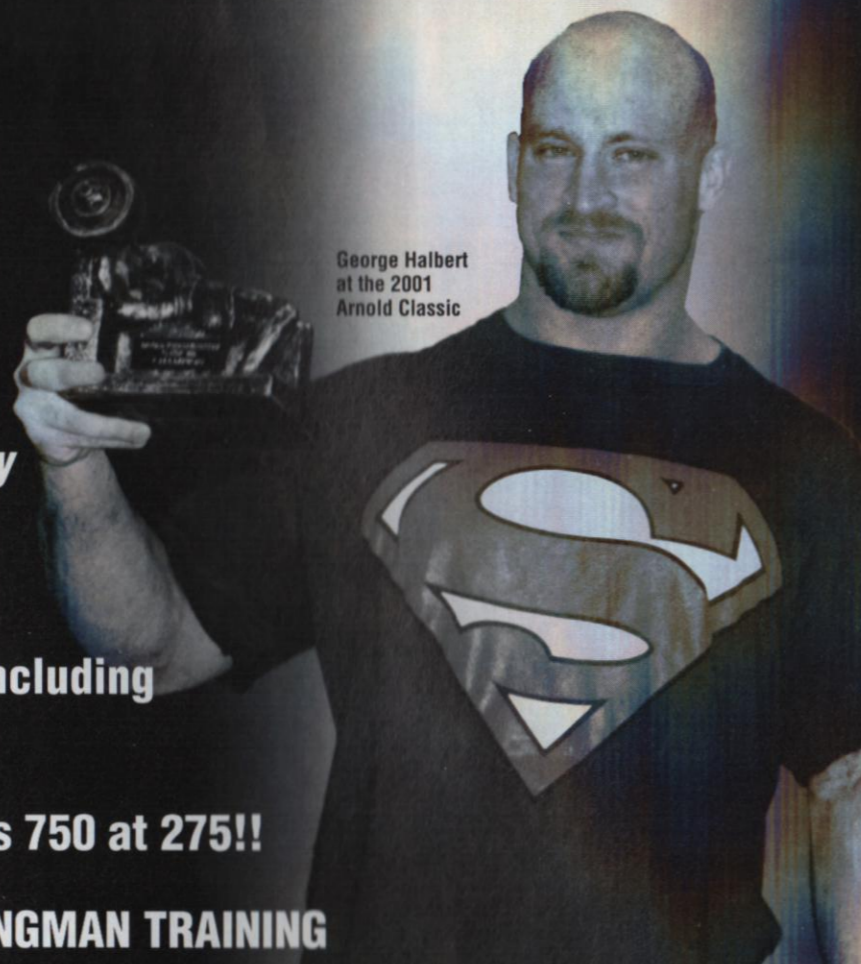
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## Powerlifting USA

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ON THE COVER.... Bill Crawford, who recently bench pressed 750 lbs. in the 275 lb. class. (photograph courtesy J. Graube)

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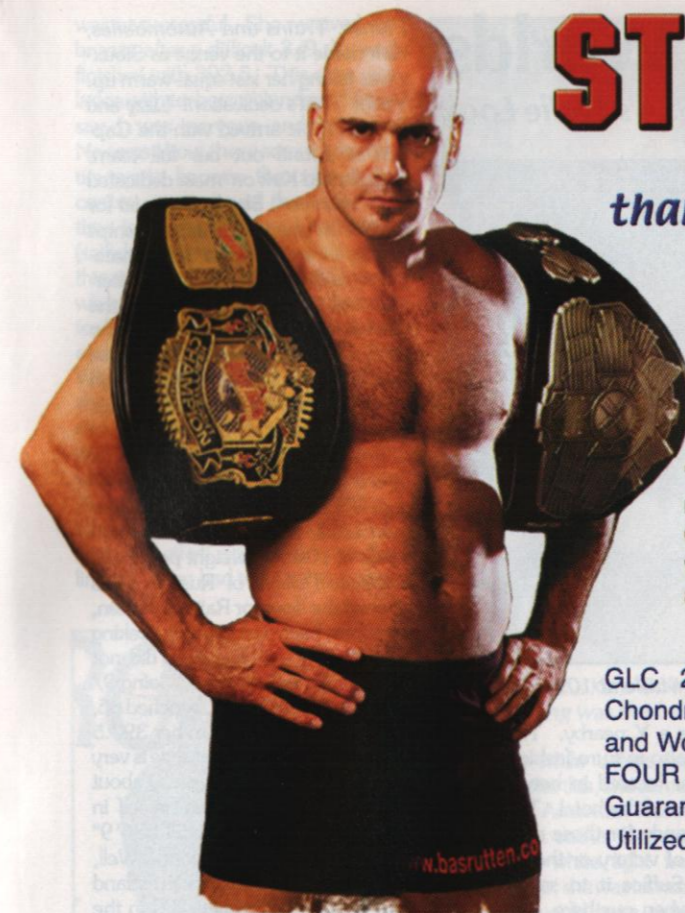


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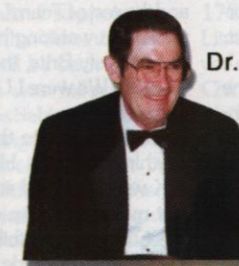
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Agrarian Frydek-Mistek, in the Czech Republic, was the host of the 22nd IPF Women's World Powerlifting Championships where 100 women merged in their quest to be the best. Meet director Jiri Vejmelka with the help of a very attentive meet staff (including meet promoter Vlatislav Precek and Technical Chairman Jiri Hofirek) worked tirelessly to see that lifters were taken care of, and the huge audience was kept abreast of the scoring. As always, Heiner Koberich and John Stephenson were critical to meet organization and flow.

The U. S. team is especially grateful to Head Coach Larry Maile, who is ALWAYS dependable and organized and more dedicated to Women's Powerlifting in the U. S. than anyone else I've ever met. Returning for the 4th time to coach was Captain Kirk Karwowski who is always vivacious and an extremely hard worker (despite the extra energy those out-of-country long nights take out

## IPF Women's Worlds as told to PL USA by TEAM USA's Leslie Look



Sioux-z Hartwig (left) lifted at 114 and Jenn Maile at 105 (Hartwig)

of you). Mike Overdeer, USAPL President, was essential to game day flow and did an awesome job tracking essential information. Newcomer to the Women's World scene was former Junior competitor Mike O'Donnell. He was eager to help out and tirelessly coached every session as well as made sure lifter's transportation and other needs were met. Kick butt at the Seniors, Mike! P.J. Couvillon made the difference in the U.S. team placing with his attendance as referee. We moved up from 5th to 4th place, out-seating Finland as they had no judge. Thank you P.J.! Ruth Welding (who has some great old-school stories and is absolutely funny) also coached and doubled as a referee which was extremely helpful to both us, and the IPF. These people pay their own way to support powerlifting athletes because they genuinely love powerlifting. The U.S team could not ask for a better support staff or group of people. Thank you!

Competitors stayed at the Hotel Centrum, which was approximately a fifteen-minute scenic walk from the venue. In typical European taste, this area was kept immaculate and nature-iffic. This little jaunt was also the location of several "key" trip moments. For example, once Lizzy and I were innocently crossing the footbridge when we casually noticed several speedo-outfitted gentlemen. Yes, one was Vladimir Bogachev! First a photo of Grahame Fong and Zindy Coss, and now this! My infamous picture file is growing! Of course, Kirk and I had to try out the park see-saws, if you read this article closely you'll SEE that we SAW quite a bit. We also learned how to read Czechia road signs and discovered

there was a Y nearby. Thankfully enough, also in Euro-fashion, there was a bar located in between the meet site and the hotel. This came in very handy for those celebrating the thrill of victory or the agony of defeat. Suffice it to say that on Sunday when our hero, Liz Willet, and the rest of Team USA descended upon that watering hole along with some thirsty Brits, their well went a little dry. We were LUCKY, girls got in free.

Kirk's arrival to the country was anything but free. His plane out of JFK was cancelled and he was told that making the trip on time would be a near impossibility. Kirk even looked into Concorde tickets to make the contest before Sioux-z lifted. As it were, after a minor run-in with airport security, a few fibs about coaching "Olympic Powerlifters", and an almost exact play by play of



Michele Amsden at 123 (Hartwig)

Planes, Trains and Automobiles, Kirk made it to the venue as Sioux-z was taking her last squat warm up. Yeah! That's dedication! Lizzy and Priscilla Ribic arrived with the Captain to round out our full team. Priscilla tied Kirk on 'most dedicated team member'. She had trained for the North American Championships which, we are all aware, didn't materialize, and got that last minute alternate call ... two weeks before the contest. Talk about someone who was willing to make it happen! These two people got tough even though the odds weren't in their favor. Hats off to Priscilla and Kirk.

44 kilos (97 lbs.) - After brief opening ceremonies, the lifting began. The 44 kilo class was larger than usual, perhaps due to the absence of 10x bodyweight performer Svetlana Tesleva of Russia. This opened the door for Raija Koskinen, who has been tenaciously seeking gold for many years. She did not pass up this opportunity. Going 9/9 Raija squatted 170.5, benched 65, and pulled 162.5 to earn her 397.5 kilo victory. Raija's squat style is very unique: she clears the rack by about a nanometer, then folds herself in half. I'm thinking you MUST be 4'9" or shorter for this to work. Well, work it did. She went back to Finland with the gold and a new WR in the squat. Securing a strong silver was Wei-Ling Chen of Chinese Taipei with a 7/9 152.5, 62.5, and 165 for 380. Bronze went to Benedicte Lepanse of France who went 5/9 and totaled 317.5. As a side note, she was second place in the 'longest locks' contest to USA's Kara Bohigian. 4th, and 5th places were awarded to Junko Kitamura of Japan and Aneta Rutka of Poland. Kitamura attempted a 125 deadlift for bronze, but failed. Rutka, with the weaker subtotal, pulled the 125, which she needed to maintain 5th over Germany's Marion Friedrich who ended up in 6th, on bodyweight, by .1 kilo. The U.S.A.'s Cathy Solan had some difficulty with 3rd attempts, but finished 7th with a strong 110, 55, 135, for 300. Following in 8th was Eva Svjantekova of Slovakia who had the strongest bench of the class with 90 kilos. Can you imagine benching 10 kilos less than you squat? (We all know I can't!).

48 kilos (105 lbs.) - Young Junior Lifter Natalia Shapovalova of Russia was victorious in this class with a flawless 9/9 performance. Her Junior World Record squat of 165, combined with an 85 kilo bench and 167.5 kilo deadlift gave her the bodyweight victory over the elder Kuan-Ting Chen of Chinese Taipei who was 6/9 with 162.5, 95, and personal record 160. Yukoko Fukushima of Japan attempted a World Record bench of 117.5 but

was unsuccessful. She received the bronze after a difficult 3/9 day and finished with 392.5. This class was laden with technical blunders. I must say I was nervous and relieved. Nervous about these screw-ups continuing to happen throughout the contest, and relieved there was still time to fix them before I had to lift (selfish but true). Most effected by this was Vuokko Viitasaari of Finland who was miscalled to the platform for her squats TWICE. Clearly, these errors should NOT happen at the World Championships. Despite this, she was able to make all three squats and end the day 4th with 140, 75, and 162.5 for 377.5 and the bodyweight victory over USA's Junior phenomenon, Jenn Maile. Of course, when there is a miscall to the platform the effect ripples through the line up. Jenn had to sit in her wraps



Angie Overdeer at 132 (Hartwig)



Waiting to Lift... Kara Bohigian (left, in a photo provided courtesy of Kara) says switching from olympic lifting to powerlifting was the best move she ever made, and Priscilla Ribic (photograph provided by Leslie Look)



for a long while before her third squat. Despite this, she came out for 160 (a new American Record) and squatted that sucker like a champ. Despite the white light from my audience chair, she was turned down. This squat would have given Jenn the bronze overall. Disappointing, but I understand that Jenn was taking names and will be back to kick some ass. She was followed by France teammates Sabine Guillaume and Christian Guingal who took 6th and 7th respectively. It must be mentioned that 8th place finisher, Great Britain's Heather Hampson, had the phattest old-school Adidas

squat shoes of the meet.

52 kilos / 114 lbs. - Tatiana Eltsova was the victor in this class attaining a new World Record in the squat TWICE with 183 on her second attempt and 185 on her third. She went on to bench 97.5 and pull 170 for a 9/9 452.5 total. Rita Liimatainen of Sweden secured silver with 432.5, just 2.5 kilos over Chinese Taipei's Li-Min Lin who tried for the 5 kilo win on her third deadlift. Finnish Leena Jokitalo was 4th with a personal best in the bench press of 80 kilos and a 407.5 total. Stephanie Comette of France and Sioux-z Hartwig of the U.S.A. fol-

lowed for 5th and 6th respectively with 395. Comette, the lighter of the two by .5 kilos, was the victor on bodyweight. Teresa Marriot of Great Britain was 7th with 345, and Mervi Sirkia of Finland bombed in the squats.

56 kilos / (123 lb. class) - Valentine Nelubova of Russia reclaimed gold, adding 20 kilos to last year's total and breaking a World Record squat in the process. She lifted 192.5, 135, and 180 to end with 507.5. Pirjo Savlova (phonetically - 'Purges-all-over') of Finland was a strong second place with 182.5, 85, and 202.5 for 470. Shu-Ting Lin of Chinese Taipei, and Nadejda Maljugina of Uzbekistan tied for 3rd with 447.5. Lin, the lighter by .1, was the champion. Vita Abdulina of the Ukraine and Laura Locatelli of Italy fought for 5th and 6th respectively with a minimal 5 kilo margin. The U.S.A.'s cutest girl in the entire world, Michelle Amsden, made her Women's World debut taking 7th. After some difficulty in the squat, Michelle was successful with PRs in the bench with 90 kilos, and deadlift with 167.5. She ended with a 400 kilo total, 2.5 kilos over 8th place finisher Irina Korchina of Uzbekistan. This was also Jeanette Gevers' class, our Australian friend who is always great fun and a pleasure to be around.

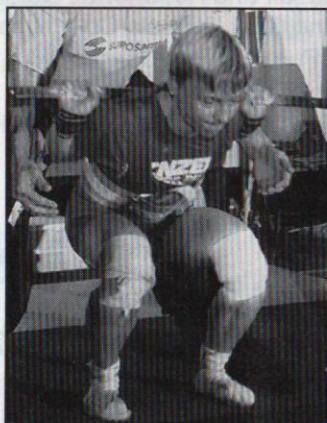
60 kilos / (132 lb. class) - The gold and silver medalists in this class have some interesting history. Both are fierce competitors from Russia with different talents. Elena Fomina, a superior bench, was the gold medalist in this class in 1998 (and also broke a BP WR). Abramova did not lift in 1998. In 1999, Abramova won gold with world records in the

IPF Women's World Championships (lbs.) 23-27 May 01 - Frydek-Mistek, Czech Repl.				
97 lb. class				
Koskinen FIN	375*	143	358	876
Chen TAI	336	137	363	837
Lepanse FRA	259	154	286	699
Kitamura JPN	264	165	253	683
Rutka POL	292	110	275	677
Friedrich GER	253	176	248	677
Solan USA	242	121	297	661
Svjantekova SLO	220	198	220	639
Kleszczynska POL				
105 lb. class				
Shapovalova RUS	363	187	369	920
Chen TAI	358	209	352	920
Fukushima JPN	314	242	308	865
Viitasaari FIN	308	165	358	832
Maile USA	330	176	325	832
Guillaume FRA	275	148	341	766
Guingal FRA	308	132	319	760
Hampson GB	270	143	319	733
Sladekova SLO	253	115	281	650
114 lb. class				
Eltsova RUS	407*	214	374	997
Liimatainen SWE	363	192	396	953
Lin TAI	352	220	375	947
Jokitalo FIN	341	176	380	898
Comette FRA	347	192	330	870
Hartwig USA	330	198	341	870
Marriot GB	281	170	308	760
123 lb. class				
Nelubova RUS	424*	297	396	1118
Savola FIN	402	187	446	1036
Lin TAI	380	209	396	986
Malyugina UZB	396	187	402	986
Abdulina UKR	374	214	363	953
Locatelli ITA	358	176	407	942
Amsden USA	314	198	369	881
Korchina UZB	330	192	352	876

Eriksson SWE	330	176	347	854
Cabral FRA	297	198	330	826
Gevers AUS	308	176	336	821
Szymkowiak POL	275	154	286	716
132 lb. class				
Fomina RUS	462	275*	446	1184
Abramova RUS	451	248	446	1146
Vitsevska UKR	418	242	451	1113
Fischer GER	413	192	479	1085
Hsu TAI	396	248	440	1085
Haapoja FIN	407	192	424	1025
Malejova SLO	396	236	363	997
Chou TAI	358	242	374	975
Overdeer USA	358	225	385	970
Gibson GB	341	214	385	942
Kruger GER	325	181	341	848
Agila AUS	297	143	330	771
148 lb. class				
Kudinova RUS	518	319	485	1322
Orsini ITA	479	275	457	1212
Ivanova UKR	479	281	440	1201
Blikra NOR	451	242	462	1157
Poplavka UKR	440	242	440	1124
Jamin FRA	424	214	462	1102
Bohigian USA	391	253	385	1030
Stoep HOL	363	236	385	986
Nafe GER	341	203	429	975
Meulen HOL	358	187	374	920
Moscianese ITA	308	165	396	870
Rasmussen DEN	319	159	385	865
Iskandarova UZB	330	165	352	848
Lloyd AUS	281	170		
165 lb. class				
Miklashevich RUS	507	352	451	1311
Stiklestad NOR	473	242	468	1184
Bahriy UKR	440	286	451	1179
Pecante PHI	396	187	468	1052
Ribic USA	385	231	413	1030
Hung TAI	374	253	374	1003
Gall GER	308	248	440	997

Stehlikova CZE	352	270	374	997
Dziewickiewicz	352	230	402	959
Stetsenko UZB	363	165	352	881
Stepanovska CZE	330	176	308	815
181				
Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorska UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870
198				
Lugovaya RUS	545	359*	529	1432
Posmitna UKR	540	303	496	1339
Ganenko UKR	468	319	418	1206
Buckley NZ	407	214	462	1086
Sliwinska POL	407	259	391	1058
Meulen HOL	385	253	374	1014
Martinez ARG	375	231	396	1003
Busby GB	385	192	396	975
Kardosova SLO	308	236	352	898
SHW				
Chao TAI	573	374	473	1421
Pavlova	529	330	507	1366
Willet USA	479	314	440	1234
Schaefer HOL	462	286	429	1179
Hallen USA	352	275	358	986
Last GB	369	198	396	964
Lee TAI	600			

Team Points: Russia 72, Chinese Taipei 55, Ukraine 49, Finland 40, USA 38, France 29, Holland 22, Germany 19, Poland 19, Great Britain 19, Norway 16, Italy 15, Japan 15, Uzbekistan 12, Sweden 11, Slovakia 11, Philippines 7, New Zealand 7, Australia 7, Denmark 5, Argentina 5, Czech Republic 4, Champion of Champions: Kudinova RUS 615.00, Fomina RUS 601.57, Nelubova RUS 600.47.



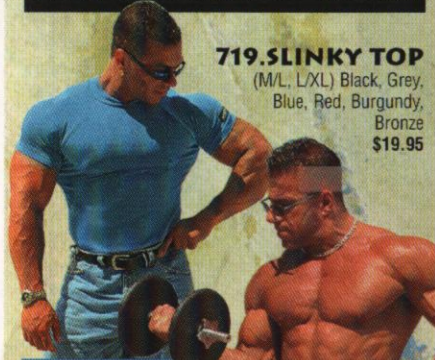
World Record by Raija Koskinen (photo courtesy of Miroslav Vacek)



Cathy Solan won a bronze in the deadlift competition. (C. Solan)

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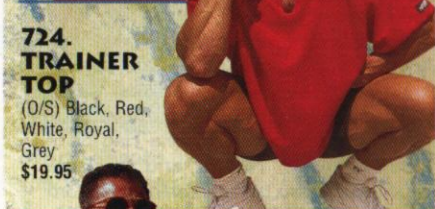
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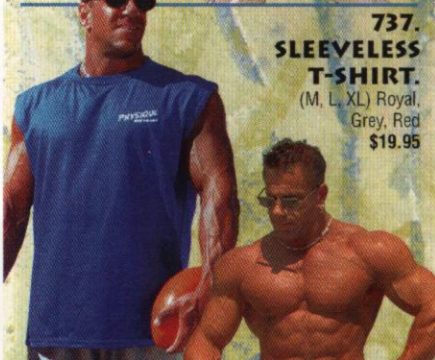
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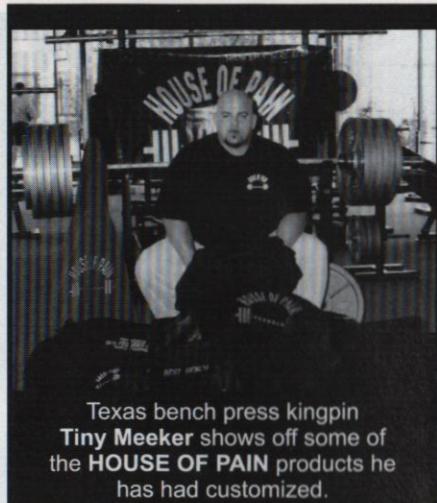
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squat, deadlift, and total while Fomina took second, but still broke another world record in the bench. In 2000, Fomina was absent, however, Abramova again broke World Records in the squat and total. This year they have changed places again and the bench presser, Elena Fomina, earned gold as well as another bench world record with 210, 125, and 202.5 for 537.5. Abramova had a difficult day, making just 5 lifts, and totaled 520. Larysa Vitsevska of the Ukraine took bronze going 7/9 with 190, 110, and 205 for 505. Birgit Fischer of Germany took 4th on body weight over Hsiao-Li Hsu with the heaviest deadlift of the class of 217.5 to total 492.5. The U.S.A.'s Angie Overdeer had a 8/9 personal best all around day (talk about perfectly peaked!) and went 162.5, 102.5, and 175 for 440. She finished just 2.5 kilos behind 8th place Hui-Chen Chou. Angie and Mike Overdeer were invaluable during the



The Top Three ... all RUSSIAN ... (l-r) Valentina Nelubova (3rd), Marina Kudinova (1st), Elena Fomina (2nd)



TEAM USA ... back row (left to right) Liz Willet, Lary Maile, Mike Overdeer, Mike O'Donnel, Priscilla Ribic, Ruth Welding, Kirk Karwoski, Angie Overdeer; front row - Leslie Look, Kara Bohigian, Sue Hallen, Michell Amsden, Sioux-z Hartwig, Jenn Maile. Team Member Cathy Solan not pictured. (photo by Sioux-z Hartwig)

contest. I don't think any U.S. team member wanted for anything. After she was done lifting, Angie supported every lifter (not in the loud, obnoxious way I do - but in a nice, helpful, 'Angie' way ... very cool). Lifting for the Aussies was free spirited U.S. student Veronica Augila who rounded out the class totaling 350.

67.5 kilos / (148 lb. class) - This class is home to Champion of Champions, Russia's Marina Kudinova,

winning with 615 Wilkes points, 14 over any other competitor. Marina opened with 235 kilos (an enormous squat), but was turned down 2/1 on depth. She came back and made it on her second, but was unsuccessful at her 3rd attempt world record of 245. She made all of her benches and deadlifts to finish with 145 and 220 respectively for a 600 kilo total. Antonietta Orsini of Italy (known to master lifters as 'Ellen's twin') fought hard with Ukrainian Larysa Ivanova

for the silver medal. They both had 6/9 days and were tied in the squat with 217.5. Ivanova pulled ahead in the bench press by 2.5 kilos and Orsini pulled 7.5 kilos more with 207.5 to win with 550 to Ivanova's 545. This was a great battle to watch. Norwegian Inger Blikra had a strong day totaling 525 for 4th. She was followed by Svitlana Poplavskva of the Ukraine and Cecile Jamin from France who finished 5th and 6th with 510 and 500. In 7th place was

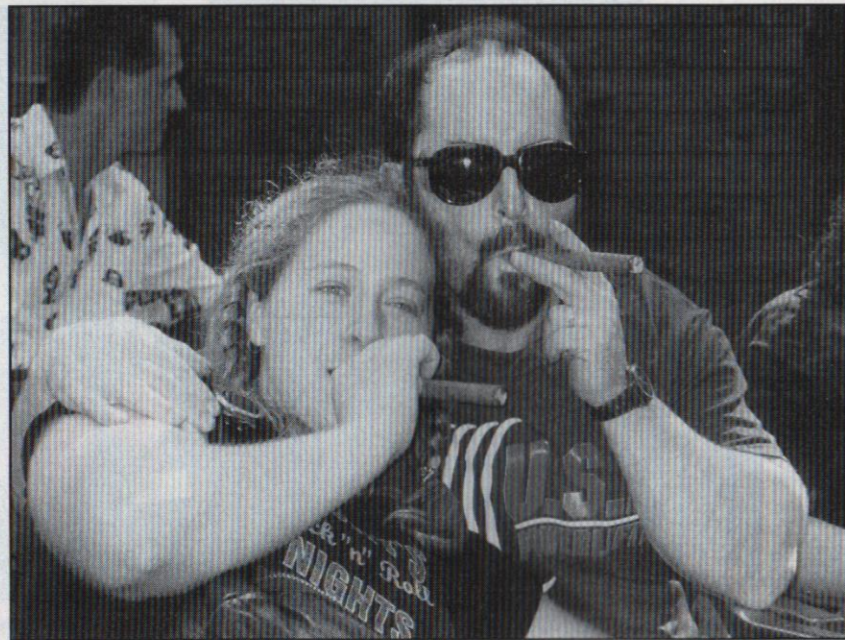
the 'gear master in training' Kara Bohigian from Atlanta, Georgia's West Side. Kara's absolute hystericalness kept the team rolling from Day One. She is one totally fun chick. She did extremely well in her World debut, especially considering that she had only 5 weeks of actual training preparation due to herniated back discs. Despite the difficulty with her back Kara squatted 177.5, benched 115 (adding 18 kilos to her bench from U.S. Nationals and missing 120, an American record, technically), and deadlifted 175 for 467.5. Kara's third attempt deadlift at 190, if successful, would have given her a new American total record. Yvonne Stoep (whose husband has the best old-school Adidas shell sneakers that I tried on and attempted to bargain for) followed Kara with 447.5. After I made such a big deal about her hubby's sneakers and how much I wanted them, HER shoes were stolen during the contest! Coincidence, I swear! Lone Rasmussen of Denmark (proprietor of ER Equipment) also made her International debut in this class attempting an impressive 180 kilo deadlift, finishing 12th with 392.5.

75 kilos / (165 lb. class) - Newcomer Svetlana Miklasevich of Russia dominated this class with 230, 160 (and a near miss third attempt WR 165) and 205 for 595 and gold. Anne Stiklestad of Norway was recovered from her disc injury of last year and back to claim the silver with 215, 110, and 212.5 for 537.5. She finished just 2.5 kilos over bronze medalist Tamara Bahriy of Ukraine who missed that margin on her bench and tried the win again on her last deadlift. Erlina Pecante of the Philippines was 4th with 477.5. Priscilla Ribic of the U.S.A. (after some nerves in the warm up room and a quick

head rub from Dr. Larry Maile) ended 5th with 175, 105, and 187.5 for 467.5. Thanks to Priscilla and Kirk, word is that Pete Alariz of Titan Support Systems will be patenting a new equipment assister... the "GLUTE SHOOT". Got a tight suit? Get in with the Glute Shoot! This originated after Priscilla's booty demo for Czech T.V. Also inspiring change in American fashion was 9th place finisher Dziejczkiewicz of Poland who, on Sunday, modeled her version of the "Daisy Duke" warm up shorts which the U.S. coaching staff decided will be mandatory for all U.S. team members next year.

82.5 kilos / (181 lb. class) - After a nomination change, Olesia Rychkova of Russia earned gold with an 8/9 220, 135, and 230 for a strong 585. She was followed by a very light Chui-Hua Hsieh, of Chinese Taipei, who weighed in at just 75.8. Hsieh was 8/9 with 547.5. Iryna Yavorska of the Ukraine earned bronze with her 8/9 207.5, 117.5, and 205 for 530. I had a rough day, losing my balance on my second attempt squat before the rack command, and cutting my third. I and ended with silver in the deadlift on my second with 212.5, after missing 227.5 on my 3rd that would have yielded bronze overall. I guess Billy Idol and a T-Bone wasn't all I needed! I paid off my bet with P.J. and now have a clean slate. Mistakes happen, this one was costly, but August will be the month for redemption. Bodybuilder Telja Strik of Holland (who may be appearing in the Ms. Olympia this fall) took 5th. She lifted 180, 122.5, and 185 for 487.5.

90 kilos / (198 lb. class) - For the



Leslie Look and Larry Maile loosen up after the competition. (Hartwig photograph)

second year in a row, Irina Lugovaya posted the heaviest poundage total of the contest. She blasted through a national record 247.5, world record 163.5, and personal record 240 for a whopping 650! Viktoria Posmitna of the Ukraine followed, and she added 77.5 kilos to her total from last year's performance. Teammate Ganna Ganenko, also of the Ukraine, earned bronze with 547.5. Jackie Buckley, the only New Zealand competitor, was 4th in this class after having a rough 4/9 day. Her companion had a bodybuilding contest in 2 weeks and was still there to coach. I can't imagine! Hell, I can't imagine bodybuilding anyway... so there. Brenda VanderMeulen of Holland placed 6th. She trains with her mother and father who also compete. Her mother, Joke VanderMeulen, was 10th in the 67.5s.

+90 / (SHW) - Reclaiming gold in this class was experienced Chinese Taipei lifter Chen-Yeh Chao with 260, 170, and 215 for 645. She has been a top contender in this class for many years and last won gold in 1998. Anastasia Pavlova, last year's World Champ, took second after a personally disappointing 5/9 day. She was still a solid silver medalist with 620 and the heaviest deadlift of the class with 230. The best performer from the U.S.A, Liz

Willett, barely missed 252.5 on her 3rd squat and went on to make a 142.5 bench and 200 deadlift for the bronze. Top in the class in squats with 272.5 was Chao's teammate, and former gold medalist, Chia-Sui Lee. Lee bombed in the bench press with 147.5. As a token of respect, Lizzy GAVE one of her medals to Lee as a consolation. Is it any wonder that Liz is so revered? Joane Schaefer of the Netherlands followed with 535. Also from the U.S. in this class was Sue Hallen who had a strong day with 447.5. The day before she lifted, Sue accompanied Lizzy, Sioux-z, Jenn and I for a frolic in the river and cut her foot quite badly. Maybe next time we should try fishing with a pole instead of using Ruth's switch-blade (which we all decided was bigger than Kirk's). Suzanne Last of Great Britain was sixth in her World's debut with 437.5.



Superheavyweight Winners: (l-r) Pavlova, Chao, Willett (Hartwig photo)

Next year's World Championships will be held in Riesa, Germany. At this time, this is more than I know about where the U.S. Women's Nationals, but I'm crossing my fingers. Every person on this team was a pleasure to be around and I feel honored to have been able to share this time with them.



Irina Lugovaya of Russia won the 198s. (Sioux-z Hartwig photograph)

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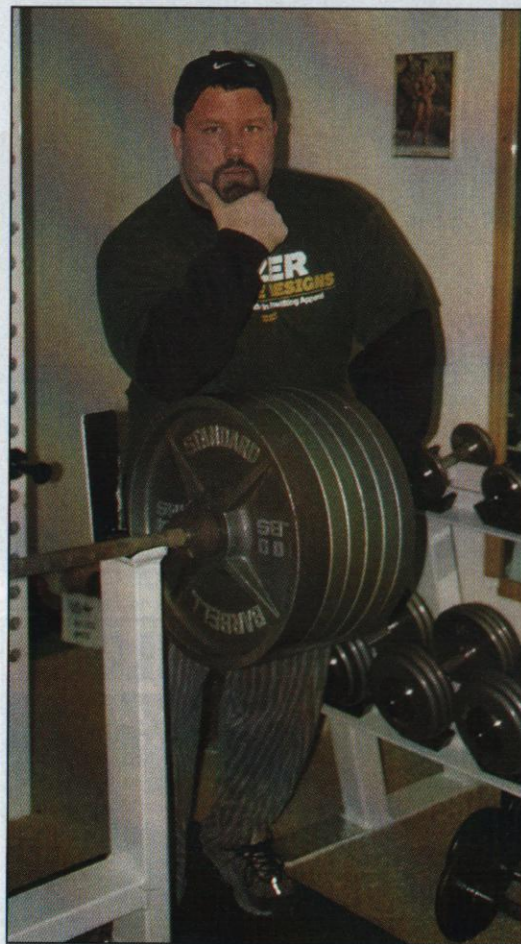
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# INTERVIEW

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

## BILL CRAWFORD

interviewed for POWERLIFTING USA by Ned Low



Bill Crawford has quickly developed a reputation for training lots of great bench pressers and as well as for mastering the unique art of the bench press shirt. Be sure to check out Bill's new bench pressing video.

**Ned:** What are your best lifts (pounds lifted, bodyweight, SQ/BP/DL)?

**Bill:** My best SQ is 805. My deadlift has always been bad, but I did manage a 605, and my best bench is 750. My best total is 2060 at 275. These lifts were all done at 275.

**Ned:** What are your lifting goals?

**Bill:** Right now, my only lifting goal is to bench 800. The 800 should fall in one of my next two meets, but we will see.

**Ned:** What do you enjoy most about powerlifting?

**Bill:** The thing I like most is meeting new cool people. I have

**Bill:** I was a bodybuilder and hated powerlifting, but a friend got me to do a meet and I fell in love with it. That's it, just one meet and I was hooked.

**Ned:** What is your current training routine?

**Bill:** Right now we are on the same routine I used to bench 750. We work

out 4 days per week. Day 1 is flat bench, working up to a heavy triple and shoulders raises to front, side, and rear. Day 2 is back, biceps, and triceps day. Day 3 is leg extensions, curls, presses and calves. Day 4 is bench assistance day. We do all kinds of crazy work on this day: shirt work, board presses, lock outs, push downs, skull crushers, and on and on.

**Ned:** Who has influenced you?

**Bill:** If I had to say one, it would be Jamie Harris "The Sea Wolf." I have known him for years. If people would give him the respect he deserves, he might not come across as hard as he does. 760 is the biggest regular bench ever. The guy is "The Man", period.

**Ned:** What are your favorite assis-

tance exercises?

**Bill:** Lockouts and board presses are my favorites. We can use a lot of weight on them and they are just fun.

**Ned:** Which powerlifters do you admire and why?

**Bill:** I respect a lot of guys like Ed Coan, Garry Frank, and others. I admire just the guys I work out with: Sebastian Burns, Trevor Bruce, Al Hicks, John Graube, Kyle P., Glen Chabot, Mike W., and Jamie Harris.

**Ned:** What is the hardest part about powerlifting?

**Bill:** Dealing with \*\*\*holes. It's fun to watch someone on the internet rip you when they have never even seen you. Other than the \*\*\*holes, the sport's pretty cool.

**Ned:** What are you proudest of in your powerlifting career?

**Bill:** When I see my friends do well. It's cool when they rip some butt at a meet after listening to me bitch at them for 12 weeks or so. LOL!!!

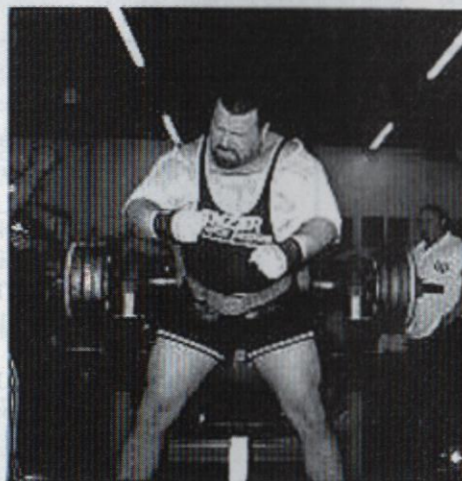
**Ned:** What do you tell lifters who come to you for advice on how to succeed as a powerlifter?

**Bill:** Train hard, eat and rest. I also tell them to lift where they want and just have fun. Sometime powerlifters take themselves too seriously. They need to relax and have some fun.

**Ned:** What are some of your hobbies?

**Bill:** Well, right now I have really gotten into racing 4 wheelers. I just bought a 2001 Yamaha and have about 8000 miles on it. I hunt and fish quite a bit. I live in the mountains, so that's what my friends who don't lift weights like to do. I also love super loud heavy metal music. For the most part, I try to have fun. Whenever I can laugh, it's my favorite thing in the world, so I try to laugh at as many things as I can.

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The Hyde Boarding School loaned their gymnasium for this event. It was a splendid site, only a mile from the meet hotel, and everyone lifted under the spotlights of the local TV station, which showed major happenings of each day on the evening news. Every person who lifted was made to feel even more important by the outstanding job of MCing by Lynn Barlow. Ernie Frantz celebrated his 67th birthday on Saturday (he's been hoisting iron since 1954) and on this day the honorable Angus King, Governor of the State, made a surprise appearance. The meet director was Russ Barlow, and he and his wife Lynn did a top notch job in presenting this year's event. Russ runs the Hardcore Barbell Club in nearby Lewiston, ME and is a school teacher. This onetime bodybuilder has filled out to 300 lbs. and at age 41 has become one of the strongest master lifters in the world. His best competition lifts of 887 SQ, 600 bench press and 804 DL add up to a whopping 2282. Russ is also Kieran Kidder's right hand man in getting the new WPO going. Lynn, a registered nurse, has the same drive and enthusiasm as Russ when it comes to putting PL on the front burner. She's overcome some debilitating maladies along the way. Tall for her 105 bodyweight and pretty as a picture postcard, Lynn displays amazing power on the competitive platform. She's ranked #1 nationally in her division, and has best lifts of 341 SQ, 210 bench (came within 1" of locking out an All-Time best of 221) and 319 TOT. Her best official lifts add up to 870.

The lifting platform was sturdy, and slightly raised from ground level. A small ramp made it easily accessible. Russ provided cold water and fruit for the athletes, and SUBWAY had a sandwich stand within the facility. A great massage therapist was on hand, working on the lifters free of charge. She had to admit Brian Meek is the World's Tighest Human. As the sole WPC qualifier for Teens, Juniors, Submasters, and Masters, the top two in each age bracket / weight division earned berths on the USA team for the WPC Worlds to be staged in late Fall in Capetown, South Africa.

TEENS: everything began on Friday. AM. Two guest lifters were allowed to participate, outside the competition. Darryl Jeffers, 27, weighing 274 couldn't get a SQ by the judges. Chris Weirs, 24, is a Russ Barlow protege and former student. At 320, he shows amazing strength: SQ 727, BP 573, DL 727 - 2028. He darn near

## A.P.F. NATIONALS

as told to Powerlifting USA by Herb Glossbrenner



Nance Avigliano, 44, with the 2nd highest women's squat of all time at 132, 208 kilos (Herb Glossbrenner photos except where indicated)

made a 611 and 633 BP too. Wow! The youngest participant was Russell Flanders, 15, of Illinois. He copped the 242 (13-15) division with his 992 TOT. Damian Osgood, 17, (143) representing the Ironside Gym in ME went 8-9 capturing his 148 division impressively, earning him the outstanding teen lifter trophy. Doug Geis, 16, also had a near perfect day (8-9). Ben Meyers, 18, (256) made it a complete sweep for coach Sandy Burke's Ironside crew. His 1658 TOT at 256 bwt. was impressive. He twice tried a big 705 DL. I can't forget Ben Flanders, 17, who is Russ's brother. He won BP gold w/264 at 157! Joel Ward, 19, is from Idaho. He assured his 18-19, 132 win with a strong 402 DL. Joel wanted a 1003 TOT but missed his 424 try. Josh Higgins, 19, from Green, ME had an inspirational battle in the 18-19 181s. Rico Minervino, 19, representing a rival team - World Gym of Westbrook, ME, went after him. Rico took early command with a 523 to Josh's

474 SQ. Minervino's BP (253) left the door wide open for Josh to surpass him (336). Higgins pulled all 3, and hoped he'd done enough (1333)! It was, as Rico made 534, but missed 562 trying for the win. Matthew Schiff, 16, was most impressive winning the 16-17 181s. This Illinois boy dunked an amazing 551 3rd attempt SQ to coast home with a 1300 TOT. Edward Simonic, 17, 184 lbs. was the dominant force in the 16-17 198 division. Ed got 9 good lifts - 1118 TOT! An evenly matched duo was in the 18-19 198 class: Benjamin Howard of GA (186) against Jeffrey Gazda, 18, lifting for Galaxy Gym of NH. Gazda had the higher success rate of the pair (8-9) and missed only his last BP try (303). Jeff's 501 good 3rd SQ gave him a jump start on Howard. Gazda had the superior deadlift, however, Benjamin unleashed a big 380 BP in the second round. When the dust cleared Howard claimed gold 1355 - 1339. In the 18-19, 242s Christian Fredette, 18, of Maine Clark Fitness claimed victory over Greg Levasseur, 18, by being 5 lbs. lighter in bwt. Greg's tactics in the SQ cost him dearly. After opening with 457, he leap frogged to 501 (miss), and then advanced to 545 - also a miss.

JUNIORS: clad in a singlet, Dan Carpenter, 22, (126) from ME buried his squats and burrowed right up. His red & black wraps were the only supportive thing he wore. He popped a good 220 BP and pulled 336 for an 810 TOT. DEREK FLETCH was the VERY BEST. At 23 and 165, he won the outstanding Junior award. He hit a 540 3rd wide stance National Record SQ, a 352 BP on his 2nd attempt and a 573 DL - TOT 1466 (8-9). James Cox, 23, (179) from the famous Galaxy Gym in NH dominated at 181. Jim made an excellent 573 final SQ; then pumped 330 strongly on his last BP try. His 496 DL 2nd gave him 1399 TOT. Adam Korenke, a Snake River boy who got strong on good ole Idaho potatoes, secured runner-up. He's tall with big thighs, and wide stanced his 485 SQ and pulled in a 523 final DL (1284). Chad Frost, 21, took home 198 gold to his Galaxy Gym - 1212 TOT. Scott Blanchard, 23, (216) looked real sharp

at 220. He's a Hardcore product and displayed it admirably, with great 633 SQ and DL twins to sandwich his impressive 424 push - 1692 TOT. At 275, Jimmy Garza, 23, out of Kim's Gym in Fresno is just getting started in PL, and took the silver medal with a fine 1366 TOT. Winning the whole sack of gold marbles in this class was Zack Hudak. He's 21 (254) from PA. ZACK SAT with a wide stance roared up with a good 661. He got froggy and leaped to 716 but it was a bit much. Other lifts were strong: 440 BP and a 655 DL. Zack dared to storm a 711 DL, unsuccessfully - TOT 1758.

WOMEN SUBMASTERS: Susan Pike, 36, was (154) light in her 165 division. Sue was the #1 Women's DLR in the Nation among all comers with her 440 pull last year. Sue got her 2nd attempt 165 BP here, but missed 171 on a 3rd. She first executed a 352 SQ, but missed 374 on a PR try. In her specialty lift PIKE HIKED 380 and a fine 418 - TOT 936. Kim Pfeiffer, 39, of Fresno, CA was on fire hitting PRs of 396 SQ, 347 DL, and a 903 TOT. Her runnerup performance so overjoyed Bob Packer, he did a cartwheel in a moment of sheer ecstasy! He had learned to do that from Jamie Harris! Unfortunately, he pulled a muscle doing so which kept him from breaking parallel later on when he lifted. (See, Bob, I told ya I'd cover for ya!) Bob'll be in Capetown not as a lifter, but rather as COACH! Pascale Lercangee, 37, is pretty as picture and strong as a Belgian drafthorse. She was ranked 4th Nationally last year with a 1069 TOT, but decided to reduce to 132. She easily SQ'ed 352, but twice missed 380. In the bench, she hit a great 231, and took 237 for a record 4th. Flawless in the DL, she pulled 407, 981 TOT. The next lady is a newcomer to PL. This was only her second meet. She was a top name in Women's Olympic Lifting, and her American records in the overhead lifts at 148, still on the books since 1992, were a 205 snatch and 254 clean and jerk. Her lifetime dream was to make the 2000 Olympic Team where Women's WL was included for the first time. She gave a good account of herself, but the opportunity came too late in her career. It was time for a change. She started PL last September under the tutelage of Los Angeles Lifting Club coach Joe Avigliano. In her first meet last December, she scored a 900 TOT @ 148. Tremendously improved, Diana's performance here caused a stir. Getting used to the PL gear was a transition and Joe introduced it to her gradually. She's 38 years old and a high school teacher, and weighed in light at 143. She had no misses. SQ: 391, 413, 424; BP: 193, 204, 209; DL



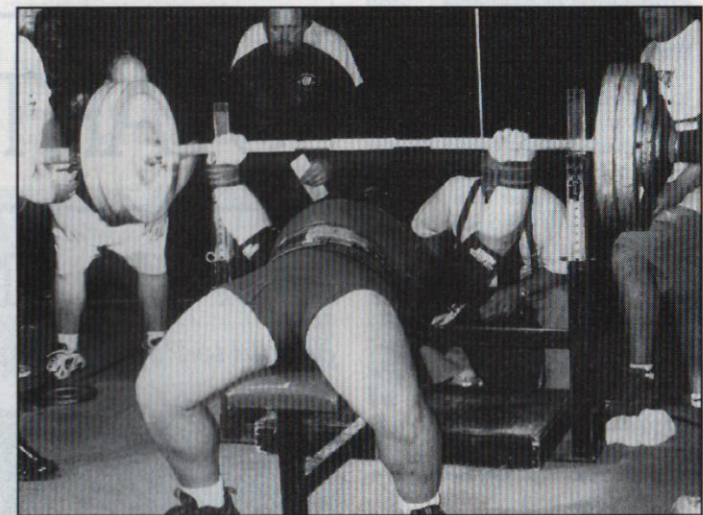
Power Convert ... Diana Fuhrman

in strict flat back OL style: 369, 386 - she had a 1019 TOT with one attempt remaining, having made Women's Elite classification on her opener. Up to 407. Coach Joe made the selection, just enough to upset Lercangee for the outstanding Women's submaster award. Pull it she did with strict precision - TOT 1041. This is just the beginning. Diana is very grateful to Joe and his coaching. With 19 years of competition under her belt, her latest exploits will just be the opening chapter for a future Women's superstar in PL.

MEN'S SUBMASTERS: Donald Welch, 34, nabbed the gold at 165 with an 1168 TOT. John Wood, 36, from Michigan cancelled his retirement and returned to the platform with some very solid lifting. Tim Good, 37, (175) owned the runner up position - 1350 TOT. That sum could have been 1388 had he made his 507 DL try. Scott Nautel, 33 (177) mustered up an 1190 TOT with identical 429s in SQ & DL. He made 3 good benches and got bronze. Randy Pushard, 36, pushed him hard, while very light at 170. Andrew Barris, 33, put his

529 in the good column - and went on to score 1350 copping the 198 title at a light 188. The 220 class had a couple of top guns shooting it out. Last year Dan JeSolve, 36, of the LA Lifting Club tore his right bicep on his final DL. Dan hung on firmly for a good lift at a costly price. He finished 3rd there in Aurora, IL with 1554. This year he showed uncanny improvement, characteristic of everyone benefiting from Avigliano's guidance. Dan's competition was Eric Maroscher, young and hungry too! JeSolve upped a 656 PR on his 2nd lift with a gut busting never quit - grind it out effort. Maroscher took a lead with 661, before Dan got stopped by 666, and then made 699. Maroscher hit the skids with his 402 BP but gamely came back and made a good lift on his last try. Dan closed the gap making a 441 2nd following a titanic struggle. A final try at 446 wouldn't go. JeSolve raised 622 then missed a 644 DL for 1719, 165 lbs. improvement over last year. Maroscher played his 3 trump cards: 601, 639 and finally 644 for 1747. There was good camaraderie between these two and the rivalry will be renewed. At 242, Daniel Whalen, 35, had no peers. He steamrolled his way to a 1752 TOT. Lifts tried, if successful, would have given him a whopping 1857. Jimmy Joyce earned the runner-up silver medal to Whalen making 6 of 9 lifts. At 275, both Peter Orino and David Thompson fell by the wayside in the SQ, as did guest lifter Darryl Jeffers. Supers Terry Frost, 36, of Mumford, ME and big Billy Mimnaugh, 36 (318) got unfavorable decisions also. Billy handled the biggest SQ of the whole meet (848). Three times he went down and ground it up. Three times the judges failed to give him credit. Since there is no USA representative going at SHW, he can request a spot on the team going to Capetown from the APF Board.

WOMEN'S MASTERS: Arlene Comber, 70, @ 165 was the OLDEST and BOLDEST. Arlene went 9-9, shattering records along the way. Jo Rodifer, 51, defended her 50-54 age group title: 7-9 for a 463 TOT. Nadine Baker, 44, repeated also. She leapt into the hair like a coiled spring before she mounted the platform for each lift. Michelle Kilikauskas, 42, is tall and lean for her 111 bwt. She was born with a smile on her face and scored new APF CA State Records with a 220 SQ and 584 TOT. Cindy Wyatt, 42, bears the same maiden name as the former wife of legendary SH Don Reinhoudt. Merely a coincidence. She won the 148 lb. (40-44) with a 606 TOT. Beverly Griffin, 45, has only been lifting for 2 years. She captured the 148, 45-49 division, missing only her last 308 DL. The whole family including

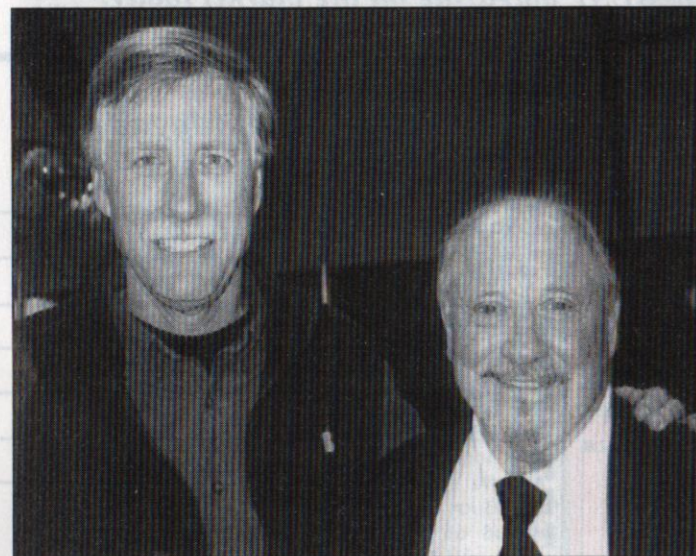


Keith Batykefer with a 515 pound record bench, at 275 lbs. (45-49)

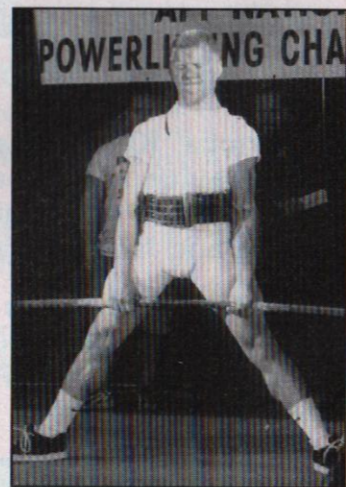
grandchildren was there to cheer her on. Carol Khoury, 49, was runner-up. At 181, Betty White, 42, battled herself and had a 8-9 day. In the 50-54 181 class Patricia Damon, 51, is a DAME from MAINE. She CAME WITH GAME! Pat was stronger than ever in the SQ, but lacked the BP and DL pizzazz she had last year. Monica Cook, 47, was the sole participant at 45-49 198s. She had her game plan almost executed perfectly (8-9). Maris Sternberg was on crutches and couldn't lift here, but she'll be back. The star of the show took center stage, bathed in the blinding white spotlights. Nance Avigliano is already a two times Women's APF Senior National champ at 123. She came in here at an awesomely ripped 130 lbs. with a mere 5.6 bodyfat. She finally allowed herself to go up into the next highest category with the result being a quantum leap in strength. Husband Joe started her from scratch to improve a chronic back condition from a car accident. After a month of strengthening abs, back and hamstrings, her back pain was gone for good. At age 41, she entered her first power meet. Three years later, the lady we refer to at the LA Lifting club as the QUEEN OF EXTREME came out and launched her attack on the helpless barbell. With an emotionless deadpan face (ala Ed Coan) she casually positions herself under the heavy bar. She delivered each squat deeply, swiftly, and deliberately - leaving no doubt that white lights would blaze brilliantly. All were 40-44 World Records. Her 424 W/R opener was so ridiculously easy it looked as though perhaps the bar had been underloaded a hundred or so lbs. Her 2nd attempt with 441 was delivered with power to spare. Up to 452. Bang! It's done. Lynn Barlow MC'd the crowd into a frenzy. Hubby Joe called for 208 KG. (458 lbs.) on a 4th attempt. With all chanting and stomping, she came out and delivered the strongest of the lot without batting an eye. This rates as the #2 SQ at this bodyweight of all-time for a women, topping Mariah Liggett's 457, and exceeded only by Mary Jerumbo's 529 astronomical record. Don't think I'm crazy when I tell you that Nance has her sights set on eventually exceeding that as well. In the BP, with automatic precision she stroked in turn 204, 220, and finally 226. She tried a record 231 on a 4th attempt outside the competition - and barely missed. Still on a tear, her deadlifts were no different. Nance smoked her 418 opener. Then with only the slightest hint of a snarly face (no growl), she hauled up her sixth WR of the day - a perfectly executed 429. Her TOT was 1107,

yet another record. Last time up and the bar was loaded to 441. Her expression was even more intense this time as the load left the platform and traveled right up to completion. With only the slightest hint of a nudge on the left side, the call could have gone either way. She got 2R. Counting all the lifts she'd successfully completed her TOT could have just as easily been 1124. Nance is now the hottest lady on the women's circuit with no sign of slacking up. She puts out 110% every training session. She has absolutely no mental barriers, doesn't even ponder how heavy the weight on the bar is. She just goes out and lifts it. Need I mention she won the outstanding lifter award for Women's Masters here by a landslide?

MEN'S MASTERS: Richard DelGallo, 53, weighed in at 129. They say bald men have more testosterone. Richard proved it. This former Hoosier now thriving in Maine has four boys and displayed his sturdiness most splendidly. He sailed through a perfect day. Albert Cyr, 45, sports a French-Canadian name and proved his strength with a 1234 TOT consisting of only 1 successful lift in each of the three disciplines, to win the 45-49, 148s. The biggest star of the Masters proved to be 70 year old Frank Richey from Michigan. He has only 4 years of competition under his belt. He rolled merrily along with 341 SQ, 264 BP, 413 DL and 1019 TOT @ 148. Green with envy, I gave him a raspberry-rhubarb pie. He devoured it like a starved animal, a reward for winning the Outstanding Master award. Alan Cayer, 44, dunked a huge 551 SQ, hammered home his 374, 3rd BP, and then the bar went to the floor. The pulling powerhouse yanked up 601, 622 and finally 633. His 1559 TOT is great lifting in the 165s, 40-44. Two Midwest guys went at it for gold in the 45-49 middleweights. Steve Lumpe, 46 an electrical contractor drove his family all the way from Bedford, IN. He SQ'd 479, but 501 wouldn't cooperate. Lumpe pumped a big 330 BP and pulled 479 for 1289 - 2nd place. Next time, fly Steve! Art Little, 46, of Michigan took gold with 534, 303, 578. Gordon Santee, 54, of CA had a health scare not long ago. He's fine now and the 50-54 group was his for the taking. His 534 DL and 1284 TOT proves that Gordon is back on track. Next year he'll be in my age group and JOE NICKLE KNOWS HE'S IN A PICKLE! Joe was coached to victory this year by the OVERFED and UNDERLOVED Meritorious Munchkin himself - Radar ('somebody help me tie my tie')



The Governor of Maine - Angus King with Ernie Frantz on his birthday!



Teen Power ... Ed Simonic, age 17



Ironside Gym ... (back, l-r) Sandy Burke - Coach, Damian Osgood (17), Doug Geis (16); front row - Mike Danforth, Ben Meyers, Scott Smith.

Competitive powerlifting has many rewards. Otherwise, why would any sane person subject their bodies to such harsh and intense stress? However, with the rewards come the penalties. The biggest penalty has to be the physical pain suffered by our bodies. Our goal as non-masochistic lifters should be to not only minimize the pain we must endure during our competitive years, but in those not-too-much-thought-about years after the smell of DMSO and Ben Gay are distant memories. There is no way to totally escape pain caused by lifting, but there are simple things we can do to lessen it. In order to do this, let's look at our major pain (non-back) areas and some causes of that pain.

For starters, let's examine the knees. Achy knees can result from many causes. Foremost among these causes is abuse. I constantly hear lifters declare they must wear knee wraps on squats because their knees ache and they need the wraps' support to reduce the pain. They never factor in the cause of the pain. Many lifters perform their squats in rapid descent fashion, crashing hard to the low position and rebounding up to finish. In addition, 'ballistic' style leg presses, extensions, hacks, and leg curls are thrown in later for good measure. What they really need to do is lower their training volume and frequency. Also, they should consider re-evaluating their use of ballistic rebounding methods. These measures would put a great deal of less stress on their knees. Knee wraps are a useful tool for lifting more weight, I do not believe they should be used because your knees are too sore to squat without them. Remove the root cause of the soreness and pain. Do not use wraps as temporary Band-Aids.

Next up are the wrists. Just like the knees, they have many causes of pain. They can be overly stressed while performing some exercises. Many lifters use wrist wraps while squatting and benching. As with knee wraps, they do have their purpose. They help to support massive weights used and can add to your lifts. But they too are used as Band-Aids. Letting the bar roll down your back during the squat can inflict some real damage on your wrists. This will also add up on your shoulders and elbows. To solve this problem, have your training partners tell you when the bar starts to roll down your back from the position you started the set with. This puts a lot of extra weight on your wrists. Keep your chest held high while not leaning forward. Keeping the bar properly on your back also puts you in a better strength position.

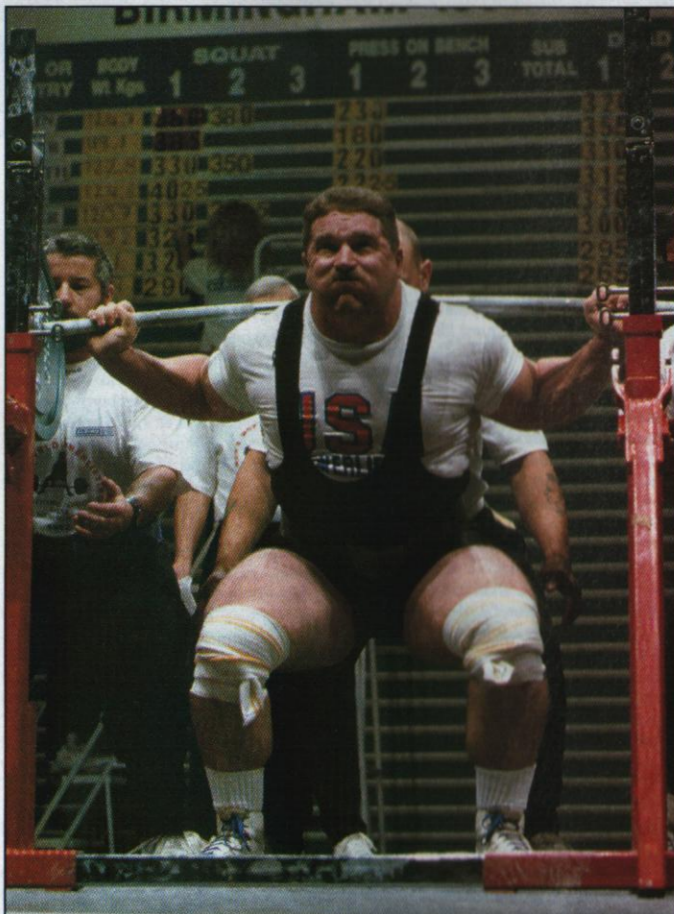
Holding the bar too high in the hand while benching can also stress

# STARTIN' OUT

A special section dedicated to the beginning lifter

## ACHES AND PAINS

as told to Powerlifting USA by Doug Daniels



Dealing with Aches and Pains is a challenge for all great powerlifters.

the wrists. Holding the bar high (near the knuckles) causes your wrists to bend back, not over the forearms as they should for best support as well as power transfer. Try to hold the bar more on the meaty part of the palm. This will also result in a more power transfer from the arms and chest to the bar. That could mean a bigger bench.

The next pain area is the elbow. As I mentioned earlier, they can be stressed by squatting. They also can be stressed by plain overuse. A lot of benching, shoulder, and tricep work can add up over time. Ballistic moves really pile on the stress. Concentrate on performing exercises like tricep pressdowns without using a bounce. Use the tricep muscles to move the

weight, not a bounce. This will result in better results strength-wise too.

Lastly, let's examine the shoulders. They can be stressed by a great deal of upper bodywork. The shoulder area should also be kept flexible. I like to stretch using a broomstick. This is a key to preventing shoulder problems. Work the lateral and rear heads of your delts during the off season to help balance out your shoulder strength, as most power moves stress the front delts. Balancing your shoulder strength will add to shoulder stability.

A solution to most of these problems is to listen to what your body is telling you through pain. Pain is really a wonderful gift of nature. It's your body telling you something is

wrong. It can be a whisper or a scream. Being aware of a situation is probably 75% of the battle. Without being aware, you can not address it.

I recommend training cycles that start with moderate weights and higher reps and lead to heavy, lower rep training as the contest nears. This way, you would not be subjecting your body to the stress of heavy weights for too long of a period. Heavy/light days should be considered also. You can gain by just training each lift once a week. Of course, everybody had different tolerance levels to use and abuse. Older lifters and drug-free lifters will probably suffer sooner.

Flexibility is important. This will keep muscles and joints supple, and more able to rebound back for more later. Using proper form in all exercises is another important issue. This includes the 3 powerlifts. As I mentioned earlier, pain can be caused by such technical problems as letting the bar slip down your back and holding the bar too high in your hand. Not only does correcting these technical flaws result in less pain being inflicted, but also they can mean bigger lifts in competition. This is a win-win situation.

Adequate warm-up and cool down contribute to recovery between workouts. Don't overlook good nutrition. Give your body what it needs to maintain and grow. Refer to some of my recent articles for more on that topic. Aspirin, ibuprofen (acetaminophen does not have anti-inflammatory properties), moist heat, cold packs, massage, and whirlpools can be very beneficial in preventing and alleviating aches and pains. Cod liver oil has been proven by scientific testing to act as a lubricant and pain reliever for joints. SAM-e and glucosamine chondroitin are popular supplements that some lifters say help. I cannot speak to any side effects of these two products though.

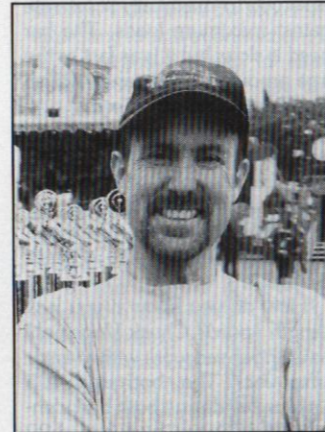
We cannot escape pain completely but we can reduce its occurrence and intensity. That requires listening to your body and making some common sense changes to your training practices and nutritional approach. Minimizing pain, both now and in the future makes the rewards of powerlifting all the more rewarding.

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

# POWER SCENE

600 lbs.) and a terrific physique, and who always had a cheeseburger handy. C.T. has retired from powerlifting, and from eating cheeseburgers, but he was at the meet to support and coach his lifting pro-

Congratulations to Jamie Harris on a very successful comeback. Lifting at the APF Masters Nationals in Maine on May 19, Jamie hit bench presses of 677 and 711. Big Jamie weighed in at 366, and his lifting was reportedly in front of such powerlift-



Meet Director: Kevin Meskew

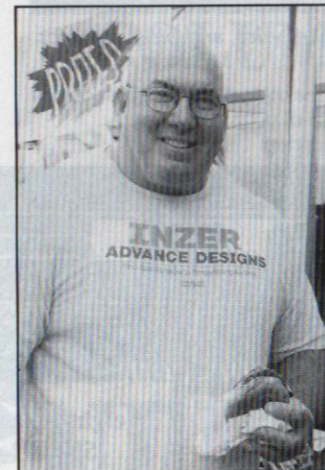
ing notables as Ernie Frantz, Gary Benford, Herb Glossbrenner, and meet director Russ Barlow. Jamie is now eyeing even bigger benches later this year, and has mentioned the Mountaineer Cup meet in West Virginia as a possible next meet for him.

We'll keep you posted on Jamie's coming lifting, and we know that super benchers Bill Crawford and Glen Chabot have also got plans for some giant benches. Bill recently hit a 750 bench at 275 lbs. at New York's Iron Island Gym, and Glen is the 2000 Arnold Classic champion, with a 722 bench at 278 lb. (This past March, at the 2001 Arnold, Glen wasn't fully healthy).

May 19 was also the date for the first Spartan Bench Press Classic in

Granada Hills, California, held as part of the St. John Baptist De La Salle International Festival. Meet director Kevin Meskew, an alum of the school, put on a great meet, and Power Scene and Powerlifter Video were on hand to capture the action, on the platform and off.

Big deadlifter (over 800 lbs. PR) George Brink was on hand to do a little benching, and we caught him enjoying a cheeseburger before his lifting flight. Big George was the subject of a PL USA Workout of the Month last month, and will be featured in the next issue of Powerlifter Video, and Power Scene will have more on him next month.



George Brink and cheeseburger.

Speaking of cheeseburgers, the man who comes to mind is C.T. Fletcher, owner of a big bench (over

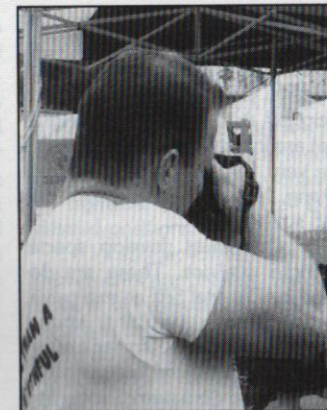


Bob Evans benching at the Spartan Classic.

tege, Arnold Nerenberg. Arnold, age 60, was doing his first ever powerlifting meet, after lifting in the gym for over 40 years, and he popped a 313. Congratulations, Arnold, on a successful first meet.



Daniel Smith III at the Spartan Classic. (All photos by Ned Lou).



Dan Wagman shooting for his new magazine, called Pure Power

Bob Dunham, Sunday Sims, Bob Evans, Daniel Smith III and lots of other Southern California competed, and Chuck LaMantia and the American Eagle Gym's Sherry Houston ran the scoring and announcing table. All around the lifting was a carnival, with lots of games, and food booths, and it was a great setting for a meet, so we're hoping there will be a Spartan Bench Press Classic next year and for many years after that.

In addition to Power Scene and Powerlifter Video, covering the meet with his camera was powerlifter Dan Wagman. Dan is putting out a new magazine, called Pure Power, and it will be "utilizing scientific research in training, nutrition, and sports psychology, and getting it ready for gym use." Dan stresses that it's not aimed as a "powerlifting" magazine, but rather as training publication based on science.

It's a bi-monthly (six times a year) and you can get more info about it writing: Pure Power, P.O. Box 661248, Los Angeles, CA 90066 or by visiting [www.purepowermag.com](http://www.purepowermag.com).

That's it for now. Hope everyone out there has a Happy July 4th and a wonderful summer and lots of great lifting! See you on video. Ned Low



Sherry Houston and Chuck LaMantia sit at the announcing table.



C.T. Fletcher and Arnold Nerenberg at the Spartan Bench Press Classic. (All photographs provided courtesy of Ned Low to PL USA).

Has it ever occurred to you how fast you can start a barbell moving, or how fast you can move light weights (50-60%) or maximum weights? And what about weights that are in between? Some athletes are very fast, and others are very strong. Yet the best are both fast and strong.

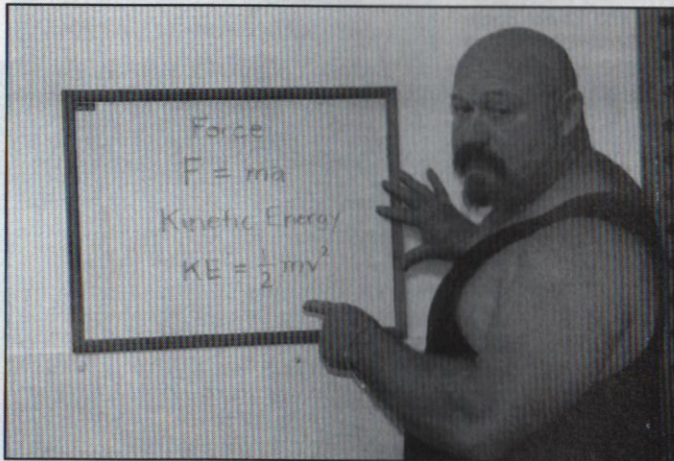
One must develop special strength qualities. These are defined by Dr. Mel Siff as explosive, meaning high velocity; speed strength, meaning intermediate velocity; strength speed, meaning low velocity; quasi-isometric, meaning very low velocity; and isometric, meaning zero velocity.

What does all this mean? It is quite apparent that a time factor is present. Remember, force = mass x acceleration. As the bar becomes heavier, it will of course move slower. But it is crucial to know what is too fast or too slow.

We use a series of 3-week plans. The first is a 3-week reactive phase using eccentric work with a small amount of weight, a large amount of rubber bands, and weight releasers with a chain device added. This will build not only eccentric but also explosive strength by developing tremendous reversal strength. After a good warmup, work up to a squat weight of 120% of your best contest squat, at the top. This should

# TRAINING

## The Factor of TIME as told to Powerlifting USA by Louie Simmons



STRENGTH is directly related to math, physics, and biomechanics.

consist of 31% bar weight, 55% band weight, and 14% chain weight. At the bottom, the weight should be 65% of your best squat.

The second phase is for strength speed. This will teach you to push a near-max or max load as fast as possible. The bar velocity will appear to be slow, but only because of the nature of the massive resistance. After a good warmup, 5 sets of 2 reps (10 lifts) are done. This is done one time a week. An equal amount of band and bar weight are used. This is very taxing and can only be accomplished by using two types of resistance: rubber bands and barbell weight. This is a key to raising your max. It is designed to cause you to maximally accelerate against maximum loads. The bar speed is slow, but it is as fast as the large amount of resistance will allow. This is strength speed.

The third phase is speed strength. A second 3-week wave is done. This time the mixture of band and bar weight looks like this: bar weight 47-53% of your max squat; band weight about 30% of your max squat.

How do you know if you lack strength speed? Chuck Vogelpohl was doing speed work with a visitor named Jack. They both used 405 plus blue bands and both had identical speed. Then Chuck added 90 pounds for a set. Jack couldn't do the 495. Chuck worked up to 585 and 635. How? Chuck possesses both speed strength and strength

speed. Jack lacks strength speed. Chuck's top squat is 900 at 220 and Jack's is 675 at 220.

How about speed strength? A visitor named Rocko and I were doing strength speed work. Rocko's best box squat was 415 plus two blues and a green band on both sides. When I was using two blues and a green band, my best meet squat was 900. Rocko's best is 675. Rocko lacks speed.

Explosive strength is another strength quality. This type of strength is displayed best after a mechanical stretch. The means the switch from stretching to active contraction. This is the reactive ability to change directions. For pulls, use hang cleans. For the bench, use the ballistic method, meaning drop and catch, or floor press done from a relaxed phase overcome by dynamic work. For squatting, box squat correctly. Sit on the box and release the hips and glutes, holding all other muscles contracted. Then flex.

Here are two of the best methods to build explosive and absolute strength: (1) "static overcome by dynamic" work and (2) "relaxed overcome by dynamic" work. Box squatting accomplishes both: Some muscles are held statically and some are relaxed during the movement.

Before we move on, I want to address the following: why do many fail to increase their jumping ability while increasing their squat? The most probable reason is that as their squat weight went up, the bar speed slowed. They concentrated only on strength speed, while neglecting speed strength. Approximately 80 lifts per month must be devoted to explosive and speed strength and roughly 16 lifts per month for strength speed. Both should be done during the same week. If you work for only quickness, you will lose

some absolute strength in 2 weeks. If you work only to raise absolute strength, you will lose some quickness in 2 weeks as well. You must train for all types of strength during the week.

How do you develop quasi-isometric strength? In powerlifting you may have to push or pull for a long length of time while locking out a bench or deadlift, respectively. But if you think in sports terms, this can also occur when two linemen or two wrestlers are in combat. Here, the velocity is extremely slow. This is different from standard isometrics, where the bar or object is motionless or fixed. To develop quasi-isometric strength, use a barbell at the position where you are having problems, for example, the last 4 inches in the bench press.

Next, apply a large amount of bands to the bar so a slow start is achieved and making the lock-out nearly impossible. A second method is to start the bar below the minimax and extend the arms to the precise point where you fail, with or without the arms locked. This can be done with any lift, including the snatch and clean. Of course, this can be done in eccentric or concentric fashion. The benefits are that it can build maximal strength and active flexibility. The cons are that it has no effect on maximal power or speed.

With standard isometrics, strength can be developed not only at the precise angle one exerts from but also in a radius of 15 degrees either way. Here the velocity is zero. When moving a bar off the chest dynamically, the work at that

point is very short. The same would be true when lifting a bar off the floor while executing a second pull. This may occur in only a fraction of a second, or as you can see, the work is done in a very short amount of time. This can be greatly changed by isometric contraction at those desired positions.

In sports where high-speed movements are present, isometric work is less effective. Its main purpose is to develop absolute strength when doing long contractions, 3-5 seconds. But it can also be used to develop explosive strength, just as dynamic exercises do, by pushing or pulling violently with quick jerks. With pure isometrics, the rise in muscle tension is slow, and with explosive isometrics the rise in muscle tension is fast.

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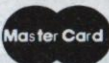
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If you look at, for example, a deadlift in simple terms, the rate of movement starts explosively and eventually reaches zero velocity at the top, or somewhere near isometric.

Here are some things to think about. A boxer will fight with 8 ounce gloves but will train with 16 ounce gloves. When the boxer goes from 16 to 8 ounce gloves, he finds an increase in hand speed. This is a contrast effect and an example of explosive strength. Sprinters will wear a weighted vest or a parachute when training and remove it for competition. This is also a contrast method.

Having trained a 70' 10" shot putter, Kevin Akins, I found that shot putters were very explosive and very strong. Kevin was very fast as a freshman at OSU but not that strong. At 6' 4" and weighing 260,

he could squat 450, bench 360, deadlift 500, and power clean 275. He threw 60 feet. As a senior, weighing 330, he squatted 825 with no suit, benched 550 with no shirt, deadlifted 710, and power cleaned 420. He made a 70' 10" shot. He was now fast and strong. Kevin was very good, but what about the very best in the sport? Udo Beyer of the DDR was, to say the least, ungodly strong. At 352, his squat was 992 without equipment, he did a 672 pause bench without equipment, and he snatched 418. But possibly his greatest lift was a push-jerk from behind the head: 660 for 10 singles in one workout. His best shot put in 1978 was 72' 8" (world record). He was able to make progress up to 1986 and made a world record 74' 3.5". Udo was a product of great strength with little concern for raising speed.

His teammate and prototype of the future was Ulf Timmermann. His strength was not that of Udo's. Ulf had a 727 squat, 352 snatch, and 418 bench. But he was the fastest with weights of 50-70%. Ulf's shot put distance was 75' 8" (world record). The DDR had arrived. They found that to succeed, one must become stronger and faster.

Vasily Alexeyev, the great former Soviet superheavyweight, was a perfect example of the importance of speed. He was ranked 10th in the late 1960s. At that time he was required to lose weight until he was able to execute a pull fast enough to satisfy the coaches. Once that was accomplished, he could again gain weight. But if his pulls slowed, he was not allowed to gain more weight. As time went on, his strength and size increased, as did his speed. The end result was that

he produced more world records than any Olympic lifter. The Soviets knew how important it was to match force and velocity 40 years ago.

Being fast won't do it alone and being strong won't do it alone. We found this to be true at Westside in 1983. We were constantly getting stronger but were not making the big lifts at the meets to correspond to our training lifts. Although we were getting stronger, we were getting slower. We started using the dynamic method with submaximal weights. In 1993 we were using 72% of our contest best in the bench press. Now, in 2001, we are using 45%, and we may go lower. We were already strong in 1993, and now we are much stronger, but also much faster. If you are fast, don't neglect getting stronger.

Remember these two important points: (1) be very explosive and accelerate throughout the movement; (2) and this is very important, you only have so long to complete a max lift (or a work set).

Through many experiments I have performed at Westside, a time effect became apparent. I performed 35 fast reps with 315 in the full-range deadlift. This was an all-out effort, to say the least. This effort took roughly 60 seconds. I have performed 26 reps with 315 in the full deadlift using a slower, more deliberate style. I was completely fatigued at the same 60 second period even though the effort exerted was influenced by different rates of speed. I was limited by a time of 60 seconds. I couldn't go beyond this time regardless of the number of reps.

In a different experiment, I did 58 pushups with my feet on a box and with a 100 pound plate on my back. This took roughly 60 seconds. At the same level of fitness I was able to perform only 60 reps without a plate on my back, going to total fatigue, which occurred in 60 seconds. This, of course, is strength endurance. This time element is an important factor.

Many of our all-time world record bench pressers and large 900+ squatters were timed, and the same time factors occurred. For example, the max bench press effort took 3 1/4 seconds. This told us that we should be doing max effort exercises that take at least 3 1/4 seconds in full-range movements. We would fail if the max lift was not completed in this time frame. The time elapsed during strength efforts is dependent on the length of time each individual can exert maximally. This is true regardless of the magnitude of the load. Strength is measured in time and should be controlled by the coach for each athlete. Louie Simmons

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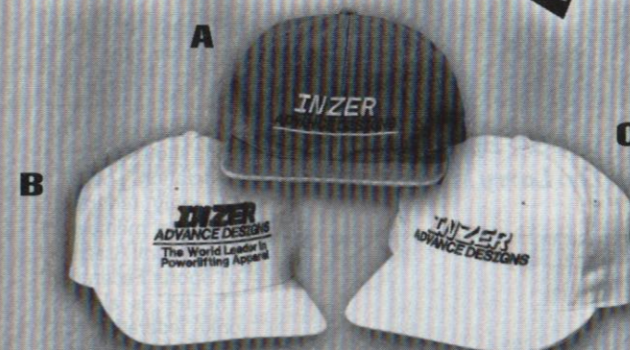
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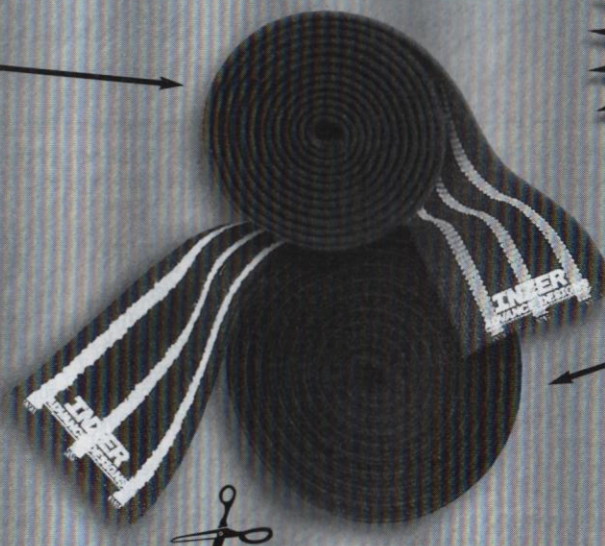
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# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
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**LM:** Norbert, how about some background information on you.

**NW:** I was born on the 26th of August, 1941 which means I will be turning 60 soon. I have been a sports journalist since I was 18. At the moment, I have no immediate family. My wife died 1 1/2 years ago. We had a daughter approximately 10 years ago that died at 10 weeks of age. I was elected to the IPF Presidency at the World Championships in 1999 and did so as I was looking for new challenges. In 1982 I founded the Austrian Powerlifting Federation. I weightlifted for 24 years and started Powerlifting in 1961. My favorite exercise has always been the deadlift. I once deadlifted 230 kg. with one hand when I weighed about 90 kg, which is less than my present weight of 140 kg.

**HK:** I am born one month after the start of the second World War in '39 and my profession is a teacher in college. I came to Powerlifting in 1978 in Germany. My first contact internationally was in 1980 and then in 1982 in Munich, I received my referee license and in the Olympic Games, I was speaker for weightlifting. I now live in Frankfurt without family, but I have a girlfriend and the future looks very good. In 1984 I was elected as Chairman of the Law and Legislative Committee. I produced the first Constitution and By-laws of the IPF. Later in 1986 I was elected as the General Secretary of the European Powerlifting Federation. Two years ago I was elected as the General Secretary of the IPF.

**LM:** How many countries are in the IPF?

**HK:** At the moment we have about 90 Countries in the IPF. Not all are active every year. We normally will have 40-50 nations compete at the World Championships.

**LM:** Norbert, what other positions have you held in the IPF?

**NW:** I have been Chairman of the Media Committee from 1991 to 1995. I was not active in this position because at that time there was not much to bring forward. Now with the internet and one year ago

## IPF Double Interview - Norbert Wallauch and Heiner Koberich

as interviewed for POWERLIFTING USA by Masters World Bench Press Champion Dr. Larry Miller



After the 2000 IPF Congress in Akita, Japan, IPF officers Heiner Koberich (with microphone) and Norbert Wallauch (to Heiner's left) participated in a press conference. (Shibuya photo)

with our involvement with World Sport, it was an entry into the media arena. We are now trying to get TV coverage via Euro-Sport which is connected to ESPN. Our aim is to get TV coverage for all our World Championships. This is what we should have done in the past, but the time was not right. In the past we were too amateur like, for instance, with our officials. With more money and more sponsors, we have the ability to make bigger steps.

**LM:** The IPF is now accepting the athlete's ability to make money. Is that part of the progression?

**NW:** Yes, not only to get money for lifters but also to help nations that can't afford to take part in championships.

**LM:** How is it decided how monies are distributed for instance to help other nations?

**HK:** Generally, the money the IPF has is not enough money to cover what is necessary. To make the step from an amateur federation to a professional federation we must be able to send officials to world championships without them paying out of their own pocket. Sitting here as President and General Secretary, we are giving up much of our free time to the sport of Powerlifting. If we want to be a professional organiza-

tion, we must have a minimum of one or two individuals working full time for powerlifting. I am in a good position, as I am retired. Now that I am retired, I work more than I did before. Each day I have a minimum of 20 e-mails, sometimes 30. I receive faxes daily as well as the telephone. Normal working people could never do this. We must come to the point to have the money to install some professional people in order to get to the Olympics and compete in the World Games. What should be done in the future is to have sponsors to help the nations. If we have a new nation that is holding a world championship for the first time, then you need someone to help them organize it. This also must be paid for. There are a number of world organizations, but the IPF is three times bigger than the next largest one. Our aim in the near future is to bring in money. We are now in the World Games which falls under the IOC. This gives us a better connection to help us with TV coverage. We will need another 2-3 years to make the change to a professional organization.

**LM:** Would you say that the US is responsible for the number of world organizations?

**NW:** You may be right. It is not an accusation to Americans. It is moreso in the US than in Europe. Our aim should be to become an umbrella for other organizations because powerlifting should be represented by one federation. The IPF is the only federation that is a member of the General Assembly of Sports Federation. The IPF is also the only federation that has ongoing discussions with the IOC for Olympic recognition. If powerlifting will be accepted into the Olympics then only the IPF can be accepted. We should be responsible for all of powerlifting.

**LM:** Why are more European countries getting involved with these other world organizations?

**NW:** The main thing is that lifters of organizations who are against doping controls have left the IPF or if they were suspended they left and went to a new organization. It is not because they could not agree with the politics of the IPF but only for personal reasons.

**LM:** As far as drug testing goes, will the IPF ever get in to a situation whereby some lifters are automatically tested, for instance, first place winners or previously suspended lifters? Can you also discuss the OMT program?

**HK:** The first thing is testing the first place winners may benefit the other lifters in that they would not be tested. Each test costs money so if we test first place only, some lifters may prefer to place second or third, so we make random testing. Then we have installed out of competition testing, which will be done by an organization of the IOC. We have some guidelines, for instance, some nations that have some positives within a short time will fall from random testing to out of competition testing the year after. This will assure that no one will get around our system. We can't test too many as this can ruin a federation because the test costs between \$200 and \$250. This is a lot of money. We are doing about 200 tests a year. I would say that 50% of

the budget of the IPF goes to testing.

**LM:** What percent in meet testing does the IPF do now?

**HK:** It differs by the price of the nearest Olympic labs. We do testing only in IOC labs. We enforce all our member nations to only go to IOC labs. This is to ensure that everything is done correctly. Sometimes the test may be \$150.00 so we may be able to test 25% and other times it is \$250.00 and we will test 12%, which is the minimum for each competition. Some times we get specials from the labs and we can test 1/3 of the lifters.

**LM:** How is the random testing carried out? Are lifters names selected prior to a meet out of a hat or what?

**HK:** This will be done as it says in our constitution by the jury, but not before the competition because you could not be certain that the names would be known before the competition begins. The first three names are taken and one will be drawn. The other 2 names that are not drawn are going back to all the names in the competition and then the 2nd and 3rd draw will happen.

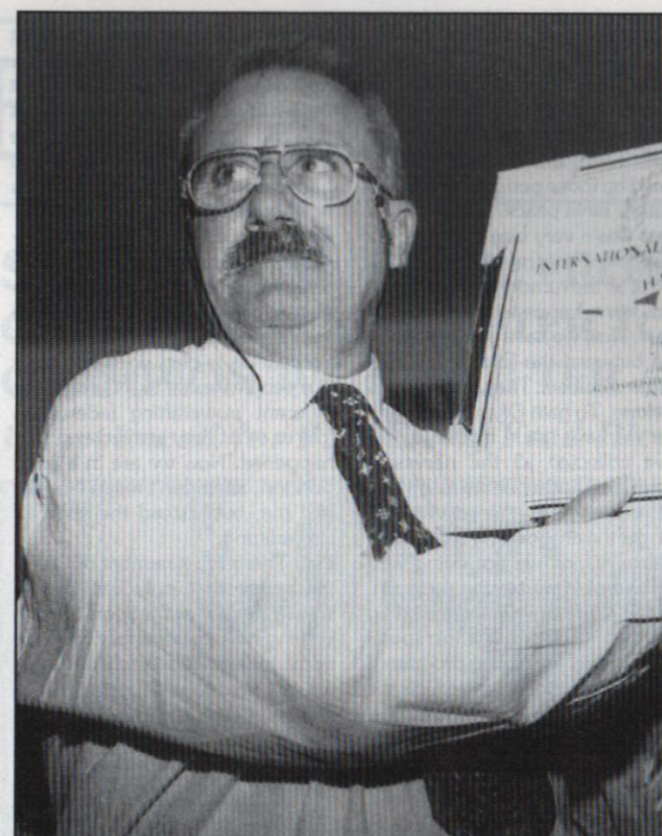
**LM:** What is being done presently for IOC recognition? How much will the World Games help and will the IWF (International Weightlifting Federation) be an obstacle?

**HK:** We have no problem with the IWF. The present IOC policy is to make the Games smaller and therefore the World Games are extremely important. The World Games is the step prior to the Olympics, so we took a very important step last year. Presently I think the World Games is a good place for the sport of Powerlifting to be. We have also made a bid for recognition. Being in the World Games will help our bid since it is the step prior to the Olympics.

**LM:** I have heard individuals say that we would never get Olympic recognition because of the equipment issue in the sport. Can you comment on this?

**HK:** This is not true. This comes from people who promote the raw competitions. If you look at fencing, you will not see who is behind the mask and the IOC has never suggested that we would have to change our clothing.

**NW:** We have made a bid for IOC recognition with all the information asked of us and we have quite a bit of assistance from the president of the Russian Federation who is close friends with the IOC Vice President Smirnov. We have already showed our documents to Mr. Smirnov and he has given his recommendations as to how to make it more perfect and in a few weeks we will repeat this bid and send it to the director of



Heiner Koberich following presentation of his IPF Hall of Fame award

the IOC, Samaranch. As Heiner has said, since the World Games are the third leg of Olympic movement, I feel we are already part of the Olympics. There has been a signed memorandum of understanding between the IOC President, Samaranch and the President of the International World Games Association, Mr. Ron Forley. This means that no other powerlifting federation may become part of the World Games or Olympic movement. For the IPF it is very important to get Olympic recognition, which doesn't mean to get into the Olympics, but it is the step prior to getting into the Olympics and this means getting money from the IOC. I don't know the exact amount, but it could help us to do things we have not been able to afford.

**LM:** It has been rumored that in order to get into the Olympics, we would have to be part of the IWF? Is there or was there any truth to this?

**NW:** No, this is not right. The long term President of the IWF was also from Austria and a very close personal friend of mine. Gottfried Schodl was President from 1972 - 2000. The new President is also a friend of mine and was a past General Secretary of the IWF, Mr. Tamas Ajan. Heiner and I met him last year at the Games Congress in Monte Carlo and he offered us his cooperation. Every country hosting the Olympic

Games is allowed to have two or three sports that are popular in that country. Therefore, we try to have a big number of member federations so that if we are successful in our sport they might take Powerlifting into the program. Getting back to the equipment issue, there are so many sports like cycling, bob sledding and now swimming that have expensive supportive equipment and nobody says anything about it. You can do Powerlifting with the shorts and the t-shirt, but you will not have the big results. Supportive equipment is very necessary because of the manufacturers who are our sponsors. Another concern has been the high number of weight classes and how this has kept us from becoming an Olympic sport. There are other sports such as sailing and yachting which very many different classes, but for the Olympic Games they have only a few classes. Therefore if we get to the Olympic program, we may have to reduce our weight classes, but only for the Olympics as we are doing for the World Games.

**LM:** Has the sport of Weightlifting suffered at all due to the sport of Powerlifting?

**NW:** I think that in the very beginning, past weightlifters came to powerlifting, but now there are many ways to come to powerlifting.

**LM:** How do you draw the line between what the IPF allows in equipment now and the new triple ply shirts with Velcro backs and double ply squat suits?

**NW:** I think we need not change our present equipment rules. The only thing was that we decided because of the Inzer contract that we would allow one supportive shirt and that it could be used for every discipline. We do not need 2 1/2 meter wraps or double layer suits and shirts. The equipment should be used to help but it should not be ridiculous.

**LM:** Since you brought up the Inzer agreement, within the US as a past member of our Executive Committee, our research had indicated that the lawsuit was no longer valid and non-enforceable. Did the IPF look into whether this suit was still active or did they just decide to call it quits and bury the hatchet?

**NW:** As I know it cost the IPF and the USPF thousands of dollars to fight against this lawsuit. I am not sure as to whether or not the lawsuit was enforceable, but, regardless, it would have cost the IPF a great deal of money. The better thing was to settle the lawsuit with the company that owned it. The best way we could have done this was to change from a company that was suing us to a company that was supporting us.

**LM:** Let's go to something a little lighter in content. Heiner, you have been involved in the IPF for quite some time, who are some of the lifters you have seen over the years who have impressed you the most?

**HK:** There are a great number of lifters. The most impressive lifter I have seen is Sivokon. The American lifter Wade Hooper was very impressive, as he was close to beating Sivokon, but then he moved to the next weight class and on formula he was not as good as when he was lighter. The Russians have many excellent lifters, but now the Polish lifters are impressive. If you look at female lifters, there was a Ukrainian girl, doing over 600 points, but now you have three or four Russian girls doing the same and the Chinese women have very good lifters. The heavy women in China are doing 280 kg. squat and 180 kg. in the bench press.

**LM:** Do you think that bringing the IPF back to the US will help unify

the IPF back to the US will help unify

the sport?

**HK:** If the people think in a normal manner, then they must say that there is only one real federation. If and when Powerlifting becomes an Olympic sport, it must become uniform and it can not split in many different organizations.

**LM:** Are the member nations looking forward coming to the US?

**HK:** Yes, this will happen next year with the Masters World Bench Press Championships coming to Killeen, Texas. We could have started with a three lift championship, but could not award it until the lawsuit was settled and at that time we had limited number of meets left. So, next year we are officially back in the USA. All the nations want to come back to the Motherland of powerlifting, which is the USA.

**LM:** Norbert, who are some of the lifters that have impressed you over the years?

**NW:** One of the most impressive lifters in my opinion was and still is Inaba from Japan. He was 17 time world champion. We have now had over 30 world championships and he is still competing. Also Lamar Gant was champion 13 or 14 times.

There are a number of great lifters from the past that are still in the record books. This is, in my opinion, why we should never change weight classes because we would eliminate all these great names and great results. I also agree with Heiner that the lighter lifter Sivokon has lifted very heavy weights. Although he is now banned, Ed Coan has been a very good lifter. I am very sad that he is no longer lifting in the IPF.

**LM:** It seems to me that the IPF often awards meets to remote areas. It would be advantageous to hold the meets in larger cities which would make the meet site more accessible to the lifters and offer them more to do.

**NW:** Yes, we will need to do this especially if we get TV coverage. It would be difficult to call TV into a small city where nothing happens. Every nation should get a chance, if they are able to, organize a world championship.

Getting back to what Heiner said before. In my opinion, the reason the other world federations in powerlifting were established was because the IPF was not able to come to the United States for more than 16 years. When IPF Powerlifting comes back to the US next year, there is no reason for any one to hold a world championship. It will be a great honor for lifters to represent their countries at a world championship with over 40 countries participating as well as the greatest lifters in the world.

**LM:** Other than Olympic recogni-

tion, what other goals do you have for the IPF?

**NW:** When I was elected President I had several issues. The first was to settle all the rumors that have existed. Then, this contract was opposed by those people who did not want to have peace. The last Congress was a very nice and peaceful Congress. From my view, it was the end of all the rumors and bad things that have happened in the past years. Now we have good cooperation between the Executive Committee members. They are very hard working. To gain Olympic recognition we have made big steps. We have collected all the necessary documents and when we started we did not know these things. We must also get the drug doping issue under control, which we are doing with our Out-of-Meet testing program. We will be able to get reduced drug testing fees as other Olympic sports do for their drug testing program. I will also be working to reduce the number of powerlifting federations.

**LM:** Heiner, do you feel if a lifter tests positive and holds records that he/she should be stripped of their records?

**HK:** You never know if they were positive at the time they had set the records. We now also have a number of supplements that cause an athlete to test positive. You may be punished and it may not be the fault of the lifter, but instead the manufacturer. So as long as someone sets a record and tests negative the

record should not be taken away at a later time if the lifter tests positive.

**LM:** Norbert talked before about the Inzer lawsuit and the problems you had with the members of the IPF Executive Committee. If you had to do it over again, would you have done any thing different?

**HK:** According to my understanding, everyone was notified. Everyone knew about it. Sometimes, it is also a game of power and then sometimes rumors come into play. Sometimes a plan does not work like people want it to. I thought the different powerlifting federations told us what they wanted and so it happened. Now we are in a good position, and I don't mean Norbert and me, but instead the sport of Powerlifting.

**LM:** There are a number of Olympic sports that only ban certain substances. Does the sport of powerlifting have to continue to test for so many illegal substances or should we test for more important drugs and spend less on drug tests?

**HK:** It does not really cost us more if we test for one substance or 20.

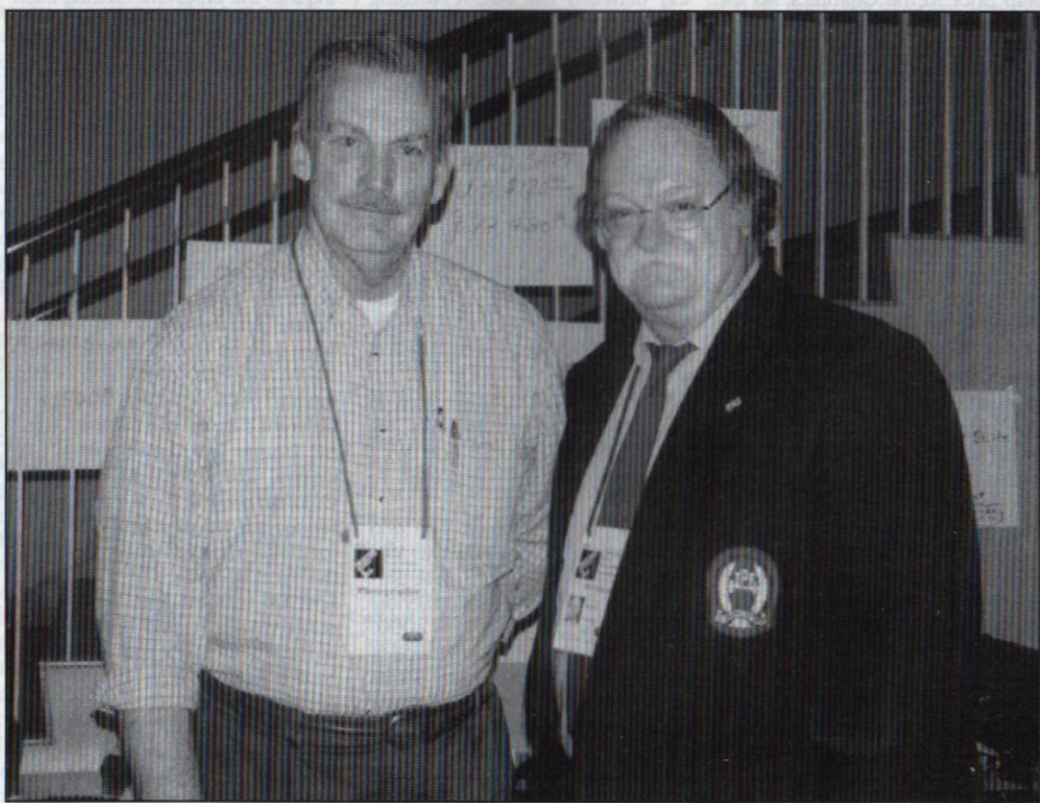
**LM:** Any final comments, gentlemen?

**HK:** I think that generally the situation within the IPF is running good and developing good. We must also have more money from the nations because if you look for other big world organizations, say that \$75.00 membership fee from a member nation is really nothing. About three years ago I wrote an article that the

IPF is selling their image for nothing and now the enterprises have seen that the IPF is a big federation and they are ready to pay more for any license. The nations must also see that the IPF is the leading federation and in order to be a member, it will cost something, but it will pay dividends in the future.

**NW:** Regarding the problem with the EC, Heiner and I informed the EC of the main steps, but not every question of the discussion. When we got an offer from the other side which we could not accept, we felt we did not have to tell it to everybody. I tried to convince the other side that this is not acceptable, but we need to get a vote from the congress. So, I suggested that they make another offer. Since we did not tell all the steps between to all the EC members, it looked as if we did it in our way. It was also a time when we could not trust everybody and since then, we have changed some of our EC members. Regarding the Frantz/Inzer lawsuit, if you came to understand that it was not a valid lawsuit, it was not told to us. Now when we have settled it, everyone has told us it could have been settled in another way. We did not need any money to settle this lawsuit, so I do not think that we did a bad job.

Recently I was in poor health and I was happy to see how the other EC members came to my rescue to help me. This is the way I would like to continue.



IPF President Norbert Wallaich with PL USA world championships author Paul Kelso in Akita, Japan.

# INTERVIEW

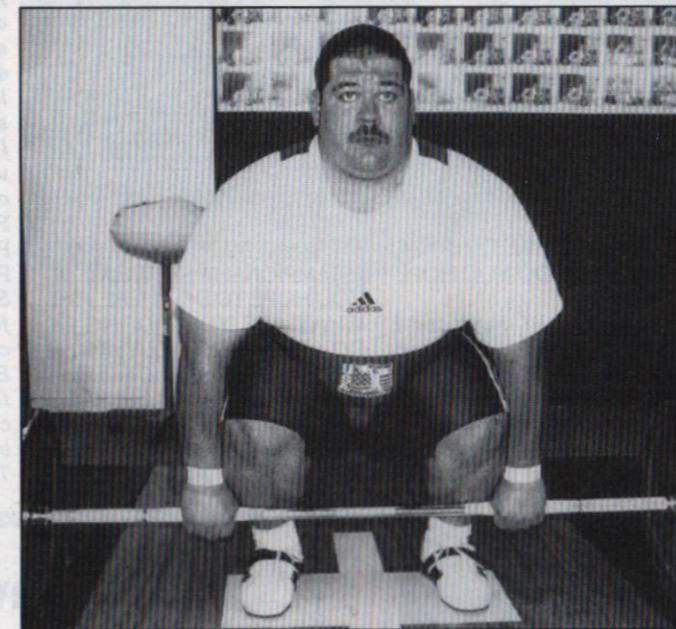
Personal dialogue between  
PL USA Magazine and the  
Sport's Greatest Names.

## SHANE HAMMAN: FROM CHAMPION POWERLIFTER TO CHAMPION WEIGHTLIFTER as interviewed for PL USA by Fred Rice

SUBJECT: Shane Hamman. AGE: 28. MARITAL STATUS: Single. HOMETOWN: Mustang, Oklahoma. JOB: Full-time Olympic athlete, Olympic Training Center, Colorado Springs, Colorado. WEIGHT CLASS: Super heavy-weight. HEIGHT: 5 feet 9 inches. WEIGHT: 365-370

In March of this year my wife and I traveled to Colorado, primarily to visit our son Bill, who is working on his masters degree at Colorado State University. He seems to be majoring in snow-boarding, and minoring in English literature. We also spent a few days in Colorado Springs, at the home of some close friends who have recently retired and relocated there from Long Island (they are older than we are!). One of the things that we did while in Colorado Springs was to tour the Olympic Training Center. Unfortunately, at the time of our tour very few of the athletes were training. However, after getting my mandatory afternoon caffeine stimulation we returned, and, with the help of a friendly employee of the Olympic Training Center, we were able to get in to observe the weightlifters. Coach Bob Morris was very accommodating, and provided me with a computer print-out of the "Resident Athlete Training Program 2001." He informed me that Shane Hamman had experienced a slight quad strain that morning, and, therefore, would not be training, but that he would probably drop in shortly. As predicted, Shane, who at 5'9" and 370 pounds is rather hard to miss, arrived. His statistics should sound very familiar to students of the history of our sport, as they are virtually identical to the man, the myth, the legend - Paul Anderson. Shane is a very friendly individual, and I was pleased to find that he is still a very enthusiastic supporter of powerlifting. We talked for about an hour, and at the conclusion of our time Shane introduced me to Dragomir Cioroslan, the head coach for USA Weightlifting, who was extremely cordial, and was very encouraging and enthusiastic with the athletes in his coaching. I made preliminary arrangements to call Shane in order to do the formal interview which follows.

**FR:** HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?



Shane Hamman is a full time athlete at the USOC Training Center

**SH:** I got interested in lifting in high school, when I was playing off-season football. After graduating from high school at eighteen, I went to a gym where there were some powerlifters, and that's when I got introduced to powerlifting. Those guys stopped training there shortly afterwards, and Powerlifting USA Magazine became my coach. I learned how to train from reading about the routines of others. When I was competing in powerlifting I never had any other coach.

**FR:** HAVE YOU ALWAYS SQUATTED WITH THE KIND OF SPEED THAT YOU DEMONSTRATE? I RECALL HOW AMAZED EVERYONE WAS AT HOW QUICKLY YOU DID YOUR WORLD RECORD SQUAT.

**SH:** It was just a natural thing for me. I never really thought about it - it just happened.

**FR:** YOU ARE OBVIOUSLY VERY GIFTED PHYSICALLY. WHEN WE WERE TAKING THE TOUR OF THE TRAINING CEN-

TER, THE GUIDE MENTIONED THAT YOU HAVE A VERTICAL JUMP OF 36 INCHES. THAT'S PRETTY SPECTACULAR FOR A GUY OF YOUR HEIGHT AND WEIGHT.

**SH:** The speed was kind of natural for me. I've always been a really fast runner. But I also think that the fast squatting built up my fast-twitch muscles, and helped to make me a good athlete.

**FR:** WHAT DID YOU WEIGH WHEN YOU WERE GROWING UP?

**SH:** When I started high school I was 220, and when I graduated I was 280.

**FR:** HOW LONG HAVE YOU BEEN COMPETING?

**SH:** I did my first competition when I was 18, during my first year of powerlifting training. I did a 777 squat, 435 bench press, and 633 deadlift. I was only wearing a wrestling singlet, and I didn't have any wraps. I opened with 733, then I missed 777. Another

lifter offered to wrap my knees, which I had never done. He wrapped them and I smoked the 777 on my third attempt.

**FR:** HOW DID YOUR POWERLIFTING PROGRESS AFTER THIS FIRST MEET?

**SH:** At 20 years of age in 1992 I went to my first USPF Nationals, and took third place. I squatted 903, and was red-lighted on 942. I really think that it was deep enough, but the judges were unprepared to deal with the speed of my squat. In 1993 I broke the IPF junior world record in the squat, and won the USPF Nationals. I squatted 942, benched 507, and deadlifted approximately 699. In 1994 I set the IPF world record in the squat with 986. My last powerlifting competition was the 1996 USPF Junior Nationals, where I totaled 2259 pounds, and again broke the IPF squat record with 1008, a record which still stands.

**FR:** TELL US ABOUT YOUR TRANSITION FROM POWERLIFTING TO WEIGHTLIFTING.

**SH:** In May of 1996 I decided to try Olympic lifting. The gym where I had been training closed, and I moved to another gym, USA Stars in Norman, Oklahoma, where Steve Miller was coaching a few Olympic lifters. I really got interested in Olympic lifting after watching the national championships in April of 1996. A lot of people were telling me that I would really be good at it, and a lot of other people were telling me that it was too late to get into it, because it takes years to learn the technique. I prayed about it, and felt like that was what I was really supposed to do. It was a big decision to switch, but I felt that I should. For about a month Steve Miller had me lift a broomstick every day in order to learn the technique. I did some squats, but the only other thing I did was lift the broomstick. Then for another month I only lifted an empty bar.

**FR:** GIVE US SOME OF THE HISTORY OF YOUR OLYMPIC WEIGHTLIFTING PROGRESS:

**SH:** I did my first competition - the Oklahoma state meet - in October of 1996. I snatched 330 and clean and jerked 396. After that I qualified to go to the 1997 Nationals and won it. I snatched 363 and clean and jerked 435. In

April of 2001 I won my fifth straight National Olympic weightlifting title. I hold all the American superheavyweight records. My snatch record is 429, and my clean and jerk is 507.

**FR:** HOW LONG HAVE YOU BEEN AT THE OLYMPIC TRAINING CENTER?

**SH:** I have been here for two and a half years.

**FR:** ARE YOU FULLY FUNDED?

**SH:** Yes.  
**FR:** IN WATCHING THE TELEVISION COVERAGE OF THE OLYMPIC TRIALS AND THE OLYMPICS, I NOTICED THAT YOU DO NOT WEAR ANY EQUIPMENT AT ALL - NOT EVEN A BELT. WHY IS THIS?

**SH:** I don't wear anything, except I tape my wrists to give them a little support. I think that the belt would affect my bottom position a little bit. It would actually get in my way. In Olympic lifting the belt is mainly helpful in squatting up with the weight, but I really don't have a problem with that. Even in powerlifting I never wore a belt until I got over 700 pounds. I don't even own a belt anymore.

**FR:** I SEE FROM THE USA WEIGHTLIFTING WEB SITE THAT THE WORLD TEAM TRIALS ARE JUNE 16 IN FORT



At the 1992 Sr. Nationals, Shane's hairstyle was a little bit different.

WORTH, TEXAS. WILL YOU BE THERE? WHAT DO YOU HOPE TO LIFT?

**SH:** Yes, I will be there, and I plan to break two American records. My main goal will be to break the clean and jerk record by doing 512. My snatch will be conservative - 418. This will also break my American total record.

**FR:** WHAT ABOUT THE WORLD CHAMPIONSHIPS? WHAT DO YOU HOPE TO DO THERE, AND WHAT ARE YOU HOPING TO DO AT THE NEXT OLYMPICS?

**SH:** At the World Championships I hope to snatch 440 and clean and jerk 529, which would break both American records and the total record. At the next Olym-

pics I want to snatch 462 and clean and jerk 562. I believe that I am on track because my technique is really good, and my confidence level is really high. I just want to keep increasing my back and leg strength.

**FR:** I SEE FROM THAT YOU ARE THE NUMBER ONE RANKED USA MEN'S LIFTER: 108.39% OF THE WORLD QUALIFYING TOTAL. WHAT DOES THIS MEAN?

**SH:** The American organization sets this world qualifying total. The idea is to take only quality people to the Worlds. They also want to encourage people to shoot for bigger goals. Right now there are only three men who have qualified - myself, Oscar Chaplin, and Michael Martin. But I see at least a couple of other guys that should be able to make the team. I don't know a lot about the women's team, but there will probably be a full women's team.

**FR:** WHAT ABOUT THE OLYMPICS? WHY DIDN'T WE HAVE A FULL TEAM THERE?

**SH:** We only had two men and four women at the Olympics because of the Olympic standard. Based on the team standing at the World Championships, each country was only permitted to bring a certain number of lifters. The Olympic committee wanted

to limit the number of lifters there.  
**FR:** WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?

**SH:** I think that drug testing is really progressing in the US. I get drugged tested at least once, and sometimes three times per month. I'm really happy to take the tests. Sometimes they're a hassle because they come to my room real early in the morning, or during a workout. But I'm really happy to take them to make sure that everybody's clean. A World Anti-Doping Association has been started, and they will be doing 5000 random drug tests all over the world this year. I'm really hoping that this helps out internationally. Right now most other countries only test during competition. At the Olympics Daniel Ashote, the original bronze medalist from Armenia, failed the drug test, as did several lifters in the other weight classes.

**FR:** DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?

**SH:** I eat all my meals here at the Olympic Training Center. The food is very good, and the cafeteria is open from 7 a.m. to 8 p.m. I don't follow any special diet. I just eat what tastes good. As far as supplements I take a multivitamin, drink a protein shake after each workout.

**FR:** I WON'T ASK YOU HOW MUCH TIME YOU SPEND IN THE CAFETERIA!

**SH:** Laughter  
**FR:** DO YOU THINK YOU MIGHT EVER DO ANY POWERLIFTING AGAIN?

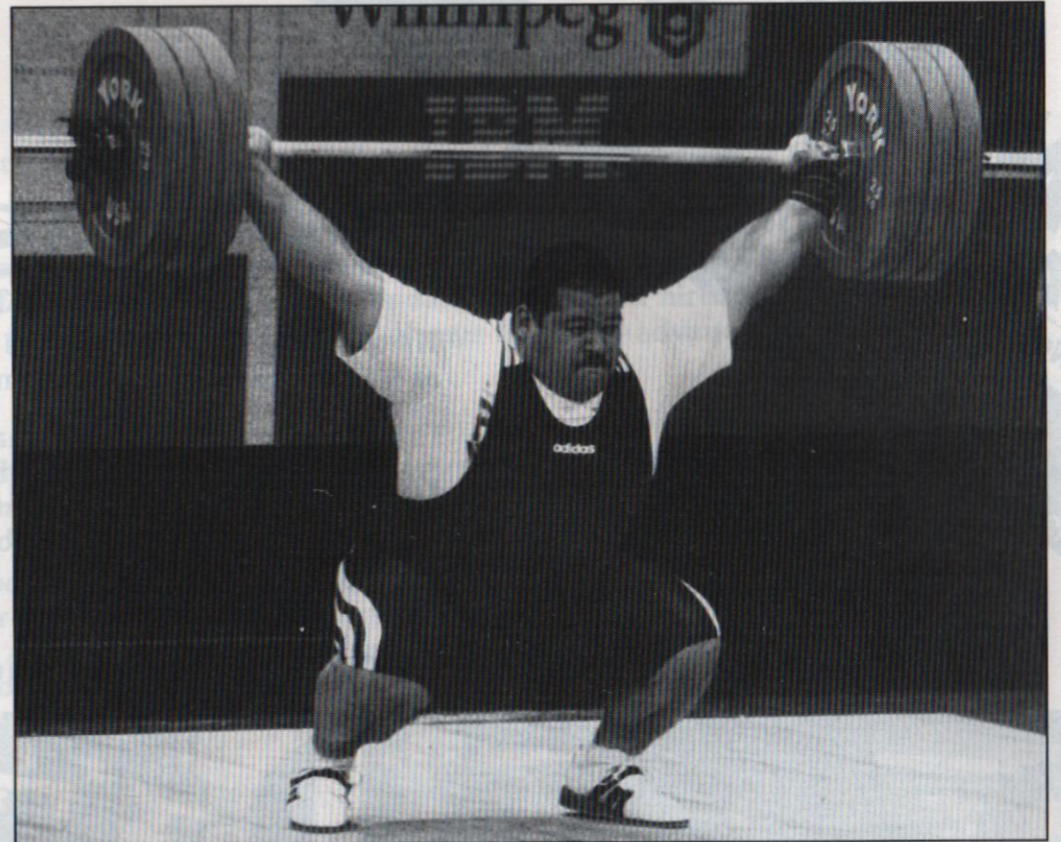
**SH:** I have no plans to do so at the present, but you never know. I believe that I could deadlift 800 now. First, my back is a lot stronger now than it was before, and second, my grip held me back before, because my hands are real thick. For deadlifting I would now use an overhand grip.

**FR:** DO YOU THINK THAT POWERLIFTING WILL MAKE IT INTO THE OLYMPICS?

**SH:** I would personally love to see it get in, but it will probably take at least 8-12 years for that to happen. I try to go to powerlifting meets whenever possible. I love to watch it. Recently I went to a meet at the Air Force Academy. One of the fitness coaches here at the Training Center went with me. He wants to start competing in powerlifting.

**FR:** WHAT IS YOUR TRAINING PROGRAM?

**SH:** We train five days a week, twice a day most days, and occasionally three times a day. The Europeans train three times a



Huge, very strong, and very quick... Shane Hamman snatching at the Pan-American Games. (S. Drake)

day five to six days a week. Our daily sessions are at 9:30 a.m. and 4:00 p.m. They average about an hour and a half each. Rest between sets is two minutes or less. Abs and hyperextensions are done after each workout. Ten minutes are taken to stretch before and after workouts. When we get close to a competition we do less sets, less reps, and more weight, which I like a lot better. (FR: Don't try this at home!)

**MONDAY A.M.** - Back Squats: 3 sets x 5 reps @ 75%, 3x4 @ 80%, 3x3 @ 85% (approx. 650 lb.) (Sometimes Shane does sets of 5 with 675 lb., no equipment) (All squats are done to dead bottom.) Snatch Technique: 5x3 @ 60-70%. Presses: Regular, or Push Presses (Shane's best regular press is 374; push press 440)

**MONDAY P.M.** - Full Snatches: 3x2 @ 75%, 3 Singles @ 80%, 5 singles @ 85%. Snatch pulls: 5x3 @ 100%

**TUESDAY P.M.** - Jerks off rack: 3x3 @ 80%, 3x2 @ 85%. Power snatches and clean and jerk: 4x2 @ 75%, 4x1 @ 80%. Good mornings: 4x5 with 352 lb.

**WEDNESDAY A.M.** - Front squats: 3x32 @ 75%, 3x3 @ 80%, 3x2 @ 85%. Clean and jerk technique: 5x3 @ 60-70%

**WEDNESDAY P.M.** - Clean and jerk: 3x2 @ 75%, 3x1 @ 80%, 3x1 @ 85%. Clean pulls: 5x3 @ 100%

**THURSDAY:** Golf day!  
**FRIDAY A.M.** - Back squats: same as Monday. Push press: 5x3  
**FRIDAY P.M.** - Snatch: 3x2 @ 75%, 3x1 @ 80%, 3x1 @ 85%. Clean and jerk: 3x2 @ 75%, 3x1 @ 80%, 3x1 @ 85%. Clean pulls: 5x3 @ 100%

**SATURDAY P.M.** - Snatch or clean and jerk up to 80%. Romanian dead lifts (legs barely bent; slow down, fast up). Presses  
**SUNDAY:** Off

**FR:** DO YOU EVER DO THE POWERLIFTS?

**SH:** I don't bench anymore, although the other day one of the other Olympic lifters challenged me to a bench press competition. I hadn't bench pressed in three years, but I was able to do 385 for five reps with no shirt. My pecs were sore for a week!

**FR:** DO YOU HAVE ANY OTHER INTERESTS?

**SH:** Yes, I am an avid golfer. I have a twelve handicap, and I play in tournaments. I am also very involved in my church. I go to Sunday services morning and evening at the Four Square Gospel Church, and another meeting on Thursday nights. I also attend a weekly Bible study here at the Olympic Training Center.

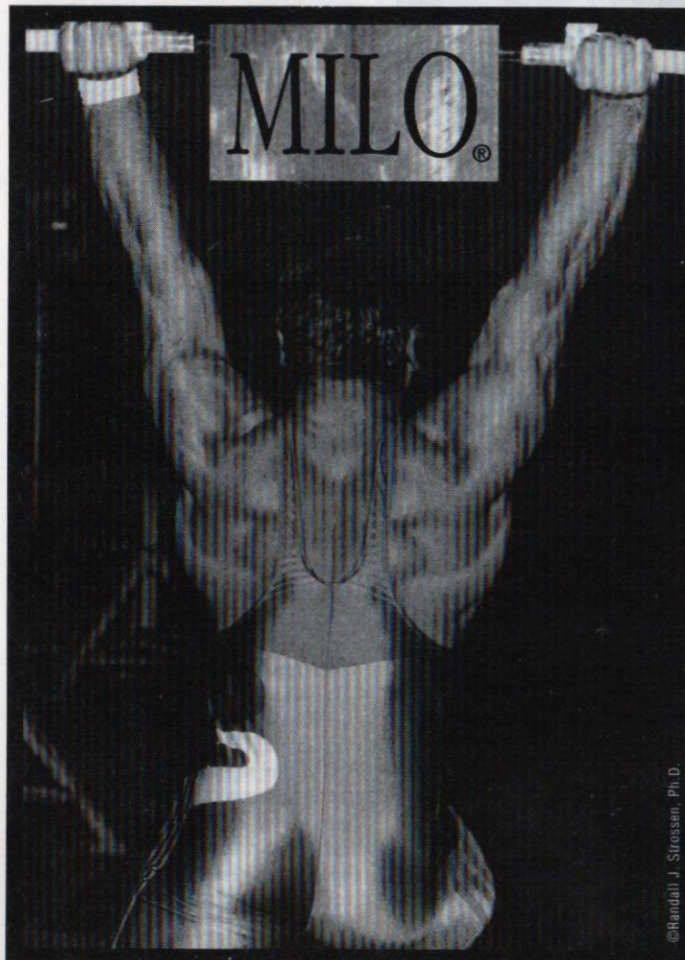
**FR:** I HAVE THE VIDEO TAPE OF YOUR IPF WORLD RECORD IN THE SQUAT. I NOTICED THAT YOUR T-SHIRT HAD A

BIBLE VERSE ON IT - PHILIPPIANS 4:13 ON IT. WHY WAS THAT?

**SH:** I grew up in a Christian home, and I am a strong Christian. I trust in Christ alone for salvation. It's really important for me to let people know where my strength came from. Philippians 4:13 says, "I can do all things through Christ who gives me strength." Everything for me was pretty natural, which means that my strength is a God-given gift. If I don't acknowledge Him and give Him the glory, it can be taken away just as fast as I got it. Approximately once a month I speak at church youth groups. If God told me to quit lifting tomorrow, I'd quit and become a missionary or whatever. That's how important it is to me. I just want to do what God's will is for my life. Right now I know he wants me to be lifting.

**FR:** ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?

**SH:** I'm sponsored by Twenty-Four Hour Fitness, a chain which is expanding nationally. This is to supplement my income from the Olympic committee. They are putting Olympic lifting platforms in their gyms. Every summer they give free memberships to high school athletes. They really have some good programs going.



## We Have A Different Perspective

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

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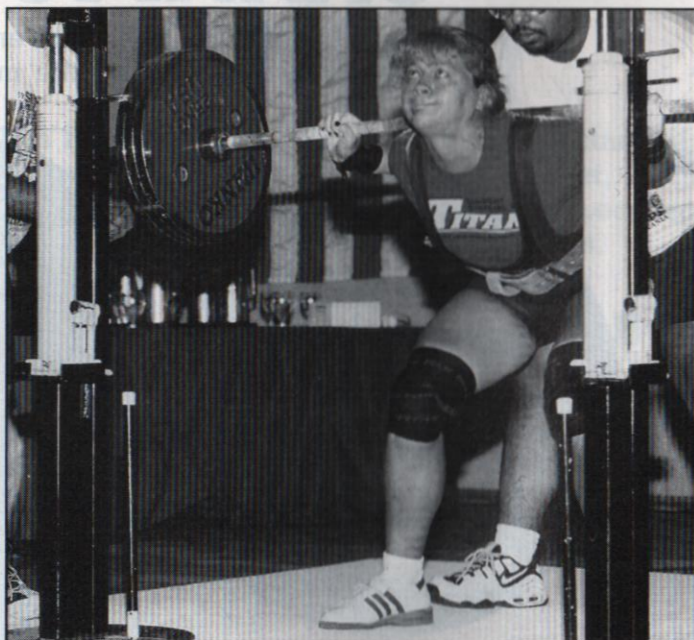


# WORKOUT of the Month

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

This 12 week squat routine is designed for the novice to intermediate powerlifter. The program's set and rep scheme has been successful for several of the lifters that I have coached. Plotting Weights is an essential part of success. Remember ... "The World stands aside to let anyone pass who knows where he is going." The specific poundages listed are designed for a lifter with a current max of 300 pounds and a projected max of 330 pounds. Percentages are listed for each day's training weights so they can be used to adjust the program to a different desired max. All percentages in this program are based on the projected max. I am also a firm believer in intuitive training. This means taking the program's rep scheme and filling in the weights you believe you are capable of to get to a new projected max. This is especially effective if you've already completed a successful training cycle. The time limitations, rep manipulations, and decisions on when to use gear are designed to develop a broad fitness base to start and ensure a high peak at completion.

## Leslie Look's Squat Workout of the Month



Leslie Look one of the USA's most successful international competitors

My philosophy is this .. if you want to LIFT MORE you need to TRAIN HARD. My workouts are usually time-consuming and exhausting. They also produce results.

The actual weights are the nuts and bolts of the program, however, to get optimal results...

\* Get a training partner or helper on squat day. Helpers are essential, especially in the squat. They can give you feedback on depth, bar position, foot position, and basically make sure you're following proper guidelines so that come meet day you won't be called for a silly technical mistake. They also can be encouraging and will help insure you won't break your neck. A video camera may also come in handy so that you can self correct objectively.

\* Be consistent. Muscles grow with a combination of work, rest, and nutrition. You will not achieve projected results by skipping and making-up workouts. Weekend warriors don't win battles.

\* Practice your squat stroke (use a mirror, broomstick etc.) Keep forward knee travel minimal and squat with your chest up. Good squatters are consistent with foot

and bar position, start with their legs locked, use medium speed, hit depth, and lockout under control.

\* Wear hard squat shoes that don't smush.

\* Use gear as part of your cycle. Gear is a big factor in the squat. Using it throughout your cycle allows your body time to adjust to technical changes. In this program gear is listed on the first week it needs to be worn. Gear is added progressively afterward. Make sure you order your gear early. Allow time for shipping, backorders, alterations, and size adjustments.

1st - WARM UPS - Before each workout complete 3-5 minutes of warming up such as riding the stationary bike or walking briskly on the treadmill.

2nd - STRETCHING - Go through stretches for each major muscle group. I like to focus on the quads, hamstrings, hips, lower back, calves, chest, shoulders and triceps.

3rd - YOUR SQUAT WORKOUT - Complete the listed routine. Actual work-out weights are in bold. The other weights are suggested warm up weights.

4th - ASSISTANCE - Choose from the listed exercises and use the

appropriate set/rep scheme for the week of your cycle.

5th - RE-ASSESS - Check your form, make minor program weight adjustments up or down depending on degree of success for that day.

38% WEEK 1- barx8-10, 95x5-8, 110x3, 125 8sets x 8reps, 90 seconds rest between sets.

42% WEEK 2- barx8-10, 95x5-8, 120x3, 140 8sets x 8reps, 90 seconds rest between sets.

50% WEEK 3- barx8-10, 95x5-8, 140x3, 165 5sets x 5reps, 2 minutes rest between sets.

55% WEEK 4- 95x8, 135x5, 155x2-3, 180 5sets x 5reps, 2 minutes rest between sets.

60% Belt -WEEK 5- 95x8, 135x5(belt), 155x2-3, 195 4sets x 5reps, 2 minutes rest between sets.

64%, 70%, 67% Wraps -WEEK 6- 95x8, 135x5, 155x3, 180x1(wrap), 210x5, 230x5, 220x5, your own rest

70%, 75% WEEK 7- 95x8, 135x5, 155x3, 190x1, 230x5, 250x5

77%, 82% Suit -WEEK 8- 95 x 8, 135 x5, 155x5, 195x3, 230 (suit & wraps)x1, 255x3, 270x3

72% (Easy Week) Wraps only - WEEK 9- 95 x 8, 135 x5, 155x5, 195x3, 240x1 wraps

86% WEEK 10- 95 x 8, 135 x5, 155x5, 195x3, 225x1 (wraps), 250x1 (suit & wraps), 285x3  
90% WEEK 11- 95 x 8, 135 x5, 155x5, 195x3, 225x1 (wraps), 265x1 (suit & wraps), 300x3  
95% WEEK 12- 95 x 8, 135 x5, 155x5, 195x3, 225x1 (wraps), 280x1 (suit & wraps), 315 x2

This program is based on a 7-day rotation. Plotting workouts on a calendar counting backwards from meet day is helpful. I recommend that you have a ten day break from your last squat workout to the day of the contest. This may mean that your last 2 squat workouts are on a different day than normal. Recommended warm ups and attempts at the contest for this lifter would be ... 95x8, 135x5, 185x3, 225x1 (with suit), 250x1 (w/suit &wraps) then...1-280, 2-305, 3-330-335.

Assistance Exercises - Weeks 1-5, 3x 10-12 reps. Weeks 6-11, 3x 8 reps. Week 12, 1-2x 5-8 reps LIGHT/MEDIUM LOAD. Begin with picking one or two of these multi-joint activities. Rotate your choices every week or bi-weekly. Leg press, Front Squats, One-legged dumbbell squats, Lunges, Smith Machine close stance squats, one-legged leg press.

Then ... Leg extension (1 legged), Leg curl (alternate every other week with 1-legged leg curls) \*\*2x per week, Hip machine (Ad/Ab) (ONLY 2 SETS), Calves (ALWAYS 5x15, with 15 seconds rest) \*\* 2x per week. Train your abs at least 3x per week including ... 4x25 weighted crunches, 3x15leg lifts, 2x15 weighted side bends, and 4x25 bicycle crunches.

If you are interested in requesting a personalized program please send \$25 and a self addressed stamped envelope to ... Leslie Look, RR#2 Box 1710, Belgrade, Maine 04917. Please include your current and projected max, as well as any other information you feel may be helpful, like ... your next contest date, your body type, and any other questions you may have. Big squats come to those who go after them! Good luck and squat deep!

# INZER ADVANCE DESIGNS

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## FIXING THE LOCKOUT

Let's face it, most benches fail just slightly past the "sticking point" - somewhere between 60-90% of the way up. It is rare to see a bar fail below 30% or on the chest, unless the lifter has delusions of grandeur and has seriously miscalculated their strength. On occasion, the bar will stop at the traditional sticking point, but curiously many a lifter will clear this supposed toughest of spots only to stall short of lockout on max attempts. There are mechanical and physical reasons for this, but without a long-winded discourse on the subject, let's just deal with it. We've all seen it or felt it at one time or another. What can we do about it?

### Target: Triceps

The main problem deals with triceps drive. And there are two answers. Train the triceps to be stronger, and change the *timing* of the triceps drive to engage earlier. Practical Lockout Exercises

Any triceps exercise will help with lockout strength, but to really see a dramatic change you should do specific lockout work. Here's a

list of top shelf lockout drills to really make finishing your strong suit. Included is a template for sets and reps which can be modified to your needs.

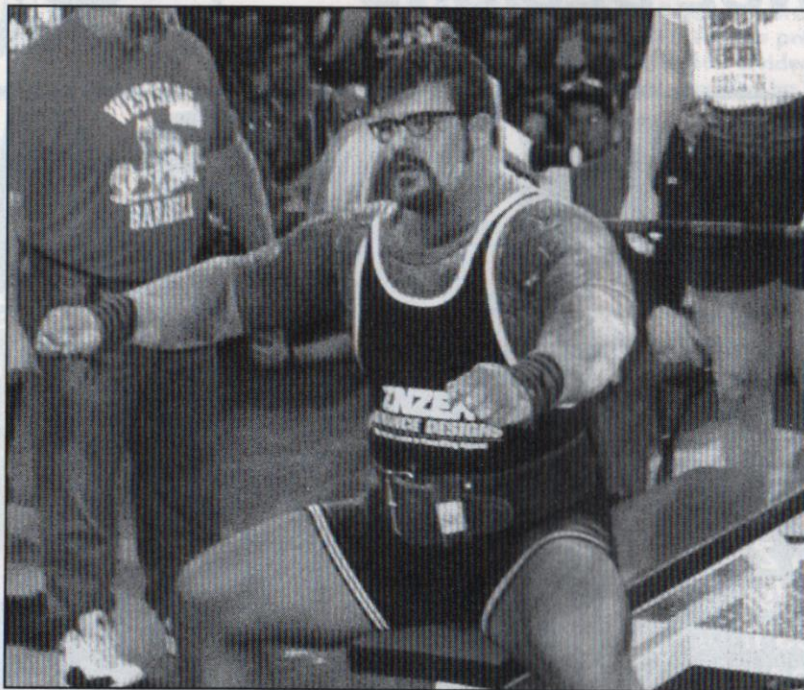
One major warning, though: be careful not to overtrain! Lockout work tends to be heavier than normal bench work due to the abbreviated nature of the stroke. It's easy to get carried away and overdo it. The rewards come fast and moving the big poundages is addicting. Heavy lockout work should be limited to 4-6 weeks. The joints will need the rest after a good cycle. You can return to it in as soon as 6-8 weeks and drive the finishing strength even higher. Just keep an eye on inflammation and general soreness in the shoulder and elbow joints.

### Traditional Rack Lockouts

Set up in a power rack so that the bar rests on the cross pins and will allow you a three inch movement to full extension. This distance can be lengthened (5 inches+), but not made any shorter. Assume a competition grip and take a *normal lift-off*. NEVER pick the bar off the rack yourself for the first rep. It is difficult

**"The whole idea is to use everything: bands, chest, and triceps to accelerate the bar and glide through the sticking point and continue to accelerate all the way to the top!"**

## FIXING THE LOCKOUT as told to Powerlifting USA by J.M. Blakley



Calm in the storm... J.M. Blakley at the 1998 Arnold Classic. (Photograph by J. Alkire).

to feel where to start when the bar is suspended in an unfamiliar position. It is very hard to find the groove on the first rep if you don't lower it as you normally would. You may start the bar too low and torque a rotator cuff muscle, or you may start too high and tweak a deltoid. Or you may just do a sloppy energy-wasting first rep. Avoid all this by taking a normal lift-off and lowering the bar as you would a normal full rep.

The bar will contact the pins three inches down and you will be in your groove. Touch the pins lightly and evenly and return the bar to arm's length. It's important not to bounce the bar off the pins, which is the most common mistake. A short pause on the pins will eliminate this tendency, but is not necessary if you maintain good control.

Triple lockouts have always worked best for the lifters I have coached although sets of 4, 5, and 6 could be considered. My own best results were seen with sets of three. Although many sets can be performed before the trainee senses deep fatigue I suggest limiting the

total number of working sets to only 3 (not counting warm-ups).

A variation on the competition 3 inch lockout (which I feel has the most benefit) is a close grip 3 inch lockout. This is performed as above, but with a narrow grip (8-14 inches between hands). It emphasizes the triceps even more but changes the angle of the lockout from that of a normal bench press lockout. Although not my favorite, it has merit and should be explored. Of course, there are all the grip widths in between too. These are a compromise of either of the methods (competition or close) and are lukewarm, in my opinion. Stick with either a bench-specific lockout or a close grip. They will do the job just fine.

### Chain Work

The use of chains was introduced to me by George Halbert and Lou Simmons on my very first visit to the famous Westside Barbell Club. It's an unorthodox method to be sure, but ingenious all the same. Let me explain how it works.

The barbell is set up in a power rack to do floor presses (for those who are not familiar, a floor press is a bench press without the bench! Lying on the floor the bar is brought toward the chest until the elbows come in contact with the ground. Then the bar is

driven back to arms length). Weights are loaded to the bar in normal fashion to about 60-80% of the total load. This percentage can vary with application for either strength or speed work but the principle is the same.

The remaining weight is added by draping heavy steel chains over the ends of the barbell on the outside of the plates. They should just barely touch the floor at the top of the movement. As the bar descends toward the chest, the chain links begin to pile up on the floor. At the bottom of the motion the total bar weight is reduced by virtue of the fact that now half the weight from the chains is sitting on the floor and adding no weight to the bar! As the bar is driven upward, every link that is picked up now adds weight steadily to the bar. Every inch higher the bar travels, the more it weighs, because more chain is now hanging from it!

This makes the lockout phase the heaviest portion of the movement. The bottom is light, the top is heavy. This places more work on the triceps and is a great specific overloader of the lockout.

This is done in either competition grip or narrow grip as outlined above. For the most specific help to your lockout, use a competition grip. For massive triceps development and power production, a narrow grip can be employed. I have no favorite grip width on this one, they both work great.

Triples again seem to work best. Six reps are just too fatiguing with the big weights used. Triples are quick and clean and you tend not to get sloppy on the last reps. I think that despite the higher loads, triples are safer. Four sets is the max.

Chain work can also be used for speed enhancement, but that issue will not be discussed here. This article deals with strength development, but bear in mind that the chains have many uses. Lou Simmons has written plenty on this subject already.

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### Board Presses

These are really not high on my personal list, but have worked so well for so many that I felt I needed to mention them.

Board presses are performed by placing several 2x4s on the chest and lowering the bar to them and returning to an arms-extended position. The boards can be 2, 4, or 6 inches tall and shorten the bar stroke by the coinciding distance.

This is a partial movement, similar to rack work from pins. The bottom of the motion is avoided and the stroke is limited to the top or lockout portion.

There are advantages and disadvantages to doing board presses. The major advantage (over setting up pins in a rack to corresponding heights as the board stacks) is that it is a more natural "feel" to the press. Pressing off rack pins is awkward and difficult to balance both sides evenly. With board presses, the bar touches at only one point in the center of the body as opposed to two points on the rack pins. The board presses feel more like a "real" bench press.

The disadvantage is not in the exercise itself, but rather in the performing of the exercise. Cheating runs rampant! I have rarely seen this exercise done with good form! The two main methods of cheating are literally bouncing the weight off the boards (which is so common I think that it has become part of the standard exercise description nowadays) and sinking the bar and boards down into the chest and heaving up like a bucking bronco! Worst of all is a combination of both.

In my own experience, I found it very difficult to refrain from employing these cheating advantages myself. Nonetheless, the exercise works in principle and in the gym. Even lifters with atrocious form seem to benefit some! But beware! Many lifters fake progress in this exercise by beginning with good form and then getting sloppier and sloppier over time. They keep adding weight and keep lifting it by bouncing more and more! They're no stronger, they're just better at cheating.

There is no reason why this can not be a fine lockout developer if kept in reasonable strictness. Stay tight, touch light, and never heave. Four sets of 3-6 reps will be sufficient.

### Timing

This exercise works the lockout in a slightly different way. Sure, it builds triceps, but it also does something else. It helps enhance the neuromuscular link to aid the timing of the

triceps drive.

Have you ever seen a lifter who blows the weight off their chest and you're sure it's going to go through the roof, but then the weight seems to abruptly stall and even fade before the lifter recovers and grinds the weight slowly up to the top? Well, that's timing. They had the strength to lift the weight, but there was a lapse in the explosion of the chest drive and the initiation of the triceps drive. It looks like a two-stroke movement. One-two and it's finished. The triceps are late and the chest drive's momentum runs out. The bar stalls and must be re-started by triceps alone. That's the hard way!

Every effort must be made to make the press only one movement from bottom to top involving all the muscles synchronized together and performing optimally. This timing usually involves teaching the trainee to fire the triceps earlier. There is no better exercise for that than unloading.

### Unloading Presses

This exercise was taught to me by Lou Simmons just prior to my moving to Los Angeles. I liked it so much, I purchased my own bands (Jump Stretch rubber bands) to continue my work with it in California.

The bands are suspended from the top of a power rack. They are attached to the outside of an Olympic bar on the sleeve. The bar is now also suspended from the top of the rack. Place a bench in the rack and add weight to the bar until it stretches to your chest level if you were in competition pressing position. This amount will vary on the band strength and the height of the rack. Modifications should be made so that the amount on the suspended bar at your chest level is 150-225 lbs. That means the bar is hanging from the rack by the bands with 225 lbs on it just at your chest. The bar weight is effectively zero here even though 225 lbs. are on the bar (modifying this takes a bit of creativity, but get as close as you can to this by elevating the bench or fastening the bands in a different configuration).

As you lift the bar in normal form, the bands begin to go slack and at the top of the lift you are now supporting nearly all the weight (200 or so pounds). As the bar descends the bands begin to stretch and get taught thereby supporting more and more of the weight as it is lowered. By the time the bar is on your chest, it weighs practically nothing and is suspended by the bands almost in full.

This again works the lockout portion of the lift exclusively. The

bottom is easy and the top is hard (the bands go slack and you're left holding the bar up!).

Training the timing is accomplished by adding weight to the bar so that you can get only 6 reps. If you have 425 pounds on the bar, remember that the bottom only weighs 200! The top feels all of 425, but the bottom is light!

This teaches you to accelerate *through* the easy portion and build power as you extend. If you wait to build momentum on the bar until the bands go slack, you'll get stuck! You have to carry through the whole movement. By accelerating the bottom and thinking to kick in the triceps as early as possible, the weight rides the wave to the top. If you wait with the triceps drive, it will be too late, and the help from the bands will be gone and you and your triceps will be staring at a still bar 3/4 of the way up.

The whole idea is to use everything: bands, chest, and triceps to accelerate the bar and glide through the sticking point and *continue to accelerate* all the way to the top! This training technique is especially helpful when applying this to using a bench shirt, which performs a similar function as the bands, helping the bottom of the motion more than the top.

It is amazing how much this exercise helps you understand the timing principle. Get some bands!

This exercise also has speed work applications as well as I'm sure you can imagine. Again, those are best left to another article and author.

Four sets of 6 is recommended. In summary, try to add one of these lockout builders to your routine once a week. Never do this kind of extra heavy work more frequently, as over-training is a risk. These exercises are similar and doing more than one of them in a cycle may be redundant. Pick one and go at it like hell for 6 weeks. Take a break and return and try another. There are plenty of other exercises for lockout development, but there are none better. If you already have a favorite,

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work a few of these into your rotation. Chains can be cumbersome and expensive. If you do not have access to them buy some bands. They can be used to simulate the chains by securing them beneath the bench and over the bar. As you press up the bands tighten and provide more resistance at the top. They are smooth and quieter than the chains, too. Chains are superior, in my opinion, as they add inertia and momentum factors which the bands do not. Both methods will work for you, though.

Good lifting, J.M.

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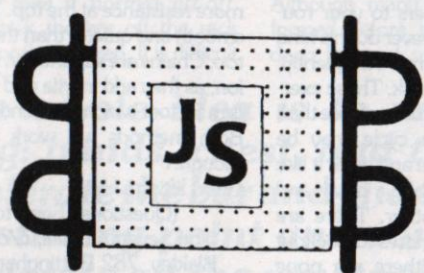
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If a sadist tortures a masochist, is it wrong? They're both happy, right? If a masochistic powerlifter goes to a hard-core gym, are there any limits to what the gym can legally throw at him? Last month we looked into the ice-cold pigpen at Slaughter House Gym; now we'll go to Hardcore Hades.

About 6 years ago my family and I traveled to a small beach outside Corpus Christi, TX. The little community is known as Port Aransas, and it's mostly known as a fishing hot spot. We visited there in mid August, and it was over 100 degrees most days.

Of course, I had to train while we were there, and luckily there was a gym in town. Bull's Gym was an interesting gym - plenty of free weights and rusty old equipment - but it had no A/C. We were about 3' above sea level, and it was 100 degrees by 11 a.m. No A/C, and only a few fans, none of which were near the squat rack.

Of course, I had to train legs. Squatting in the heat turned out to be a lot harder than I had expected. Halfway through my squat workout I realized that the mop leaned against the nearby wall was to clean the sweat off the floor so you wouldn't slip. I began using it between sets, since sweat was collecting under the squat rack at a rapid rate. By the time I finished squats, the floor was wet in a 6' circle - and I was gone. I felt like I had run a marathon, and I never run if I can help it.

A "local" was watching me work out between his sets, so I asked him how long it took him to get used to the heat. He said, "I've been training here about 5 years and I haven't gotten used to it yet!"

Shave my head and call me crazy, but I loved it. (Ok, Ok, they've already shaved my head and called me

## HARD CORE GYM#5 POWERBARN - Hard Core Gym Hades as told to PL USA by Rick Brewer, of House of Pain



Coleman Hodapp, the mind behind the Power Barn. (Photo graph provided by Coleman Hodapp).

crazy-but you get the point.) Coleman Hodapp wrote from Florida to say that he gets the point. He is 43 years old and has been training since he was 17. At that time there were no gyms in his small town (Palm City, FL) so he bought the plastic weight set from K-Mart. (Who else? Raise your hands, be honest.) He soon bent the K-Mart bar, and bought an Olympic weight set. He bent the K-Mart bench, and went into production. His dad had a welder, so he made his own Olympic bench - at age 17.

From that point forward Coleman

always built his own equipment, and trained in a barn or warehouse. Of course, he had to. They wouldn't let him in a normal gym, because he smells like a mule. (Just kidding!) He now trains in a 32'x18' barn behind his home, which he built with money he earned by selling equipment. Friends gave him steel weights so that he can weld them into dumbbells. He's even made a primitive "monolift!" He has built everything! It's all in the Powerbarn behind his house.

Coleman says he has "been in several local 'fag' gyms and my stomach turns and I walk out; poor misguided fools." He agrees with me, though, that aerobics are a good method of keeping the fags away from the weights. He thinks serious lifters can smell out a good basic gym.

He has medaled in the FL Law Enforcement Olympic games, and even the International Law Enforcement games. Same for his training partner. Several other champions have trained there, including arm wrestlers and bodybuilders. One day as Coleman was cooking hamburgers; Garry Frank pulled into the drive and asked if he could get in a workout. Many people visit to regain the "eye of the tiger," saying that they get back the feeling they had when they started lifting. When I started lifting, I didn't have 300' feet of chains in assorted sizes ... maybe they mean they like to be nauseated. I definitely felt nausea when I started lifting.

The "Powerbarn" is not insulated, and the temperature ranges from 37 degrees to 105 degrees. Coleman trains 7 days a week, sometimes twice a day, and has trained several days in a row with the thermometer between 95 and 100. He does, however, have a complaint department - and it is stocked with Vagasil and Premysyn PMS meds. He posted signs to fend off idle chatter: "I'm not here to make friends, I'm here to make progress," and "Shut Up and Lift or Leave."

Powerbarn gets our vote - it is too twisted to leave out of the Hard-Core

Gym Series! Coleman says he may one day build it even bigger and open a commercial gym, and we wish him the best. Keep up the good work.

Do you wonder what a bigger warehouse-style gym would be like? If so, you'll only have to wonder for a month, because next time we'll go back to TX for a look at the hot house kingpin Metroflex Gym!



Monolift-style weight releases. (H. Coleman).

Until then, send comments and letters to: rick@houseofpainironwear.com, House of Pain, P.O. Box 333, Fate, TX 75132



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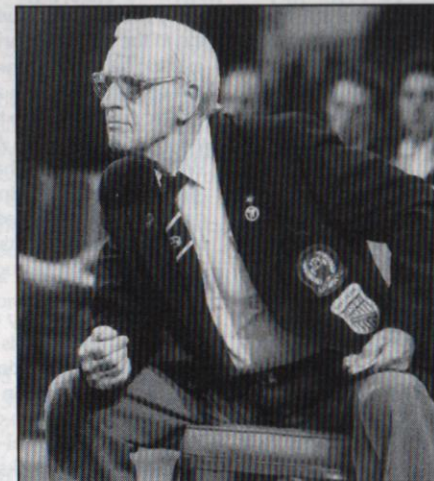
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### In DEDICATION



Bill Decker has passed away at 83. A dedicated referee, he witnessed some of the greatest lifts in history, and his own involvement in lifting weights went back decades. Slowed by recent health problems, he still managed to train. He served his country through both exemplary military and civilian service, and he was a dedicated family man. He had a wonderfully pleasant manner and was one person you always looked forward to seeing and talking with at a big meet. This issue of POWERLIFTING USA is dedicated to Bill Decker.

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The time is now! Either you want to be a Pro Powerlifter or you don't! The stage is set for the World's Strongest Iron Movers and Shakers to showcase their stuff. August 12, 2001 will be the start of many Huge Iron high profile electrifying WPO powerlifting extravaganzas! The Semi-Final is the first step in reaching WPO super stardom. The top four in each of the ten weight classes will advance to the WPO Final November 17th. Hold on to supersuits, because I have some unbelievable news for the top two place winners in each of the ten classes at the WPO Final. As most of the powerlifting world knows the WPO was responsible for generating the largest crowd response in Arnold Classic Bench Press history. Arnold himself and Jim Lorimer who oversees the Classic in it's entirety were blown away by the quality of the benchers, and especially the high energy WPO format that has made our sport much more entertaining. The end result is that Arnold and Mr. Lorimer have given the WPO 10,000 square feet to host three whole days of powerlifting which has never been done be-

## WPO GUT CHECK

fore until the WPO came to town. That's right you heard me, three whole days of Huge Iron madness and Heavy Metal mayhem at the 2002 Arnold Classic. Friday will be the WPO qualifier for the newcomers who want in the WPO. Saturday will be the invitational Bench Bash and a four - event strongman contest. Finally on Sunday, the granpappy of the entire weekend, the WPO Superbowl of Powerlifting. The top two in each of the ten weight classes at the WPO Final will be invited to compete in this event. They will compete straight up against each other in WPO Super Open style. There will be a LWT, MWT, HWT winner. All three will receive \$25,000 big ones. Do you want to be perceived as the world's best powerlifter? Do you vision yourself making a living as a professional powerlifter? If so, the opportunity to compete at the Arnold Classic is a lifter's best chance to secure this very concept. There will be over 600

sponsors that are just looking for an up and coming super star to promote their product. Whoever the lucky twelve are that will be competing in the WPO Superbowl of powerlifting better bring their A-game to the platform. Success at the Arnold Classic could open up the door for a very lucrative future. As far as the WPO is concerned, having Arnold and Mr. Lorimer behind us is like a golden key being turned in the entertainment world. And ultimately should govern the WPO's success for the long haul.

This is it! Our day of reckoning has come! The WPO is here to stay! Professional Powerlifting is a reality! We will have our day in the sun, and nobody will stop us in our quest for Huge Iron excellence! When lifters compete for big bucks against the best of the best, I will see to it personally that the victors are respected by the general public and abroad for their iron accomplishments. So the end result is well

deserved recognition just like other professional athletes' experience. Why shouldn't we be in the limelight? Athletes from other sports use weight training to enhance their athletic performance, and make millions in their sport. Very few professional sports have the element of a life threatening discipline that determines the athlete's success. That's exactly what powerlifting is! When the elite lifters decide that he will attempt 800, 900 even 1000 lbs., he has just put his well being at stake, possibly his life! I'm passionate about enforcing this concept so the American People understand that powerlifting is the ultimate expression in weight training. Therefore, powerlifting is King of all sports and we will be respected god dammit! I will make people understand, if it kills me, that Powerlifting is the World's Strongest sport! And if a baseball player makes 10 million a year, then a professional powerlifter should make 20 million a year!

If the WPO doesn't make you want to get in your car and run down to the gym and train like a mad man, then you must be mentally ill. The WPO as you can see is no bullshit federation! We don't care what you did in the past, we don't care what you say you do, we don't care if you are drug free or not! The WPO wants lifters that don't cry, that are willing to live by the WPO creed which is "Put Up or Shut Up!" If you think you have what it takes to shine in the WPO, then there is no excuse not to be at Hardrock Live August 12, ready to rock and roll! The WPO has the best equipment that money can buy! The supersuit and bench shirt rules are consistent so no lifter will be out gunned. Computerized scoring, monitors all over the place, hot women, Universal Studios, I could go on forever! None the less, if you do a WPO gut check and the hair on your neck doesn't raise up, then we don't want you in the WPO! If Professional Powerlifting doesn't pump your veins full of adrenaline, then you can lift and live in the past with the other powerlifting pessimists who are responsible for driving the World's Strongest Sport right into a political brick wall. That political crybaby crap doesn't exist in the WPO. I said it before and I will say it again "there is no excuse not to be at Hardrock Live August 12, 2001." If you are an elite lifter and don't show up, then you will miss the greatest assembly of Iron Athletes under one roof in the history of our beloved sport. When you see the WPO on television, it will always be in your subconscious that you hesitated when you could have been instrumental in the progression of Professional Powerlifting in America and beyond. Be there!!!

Your WPO President,  
Kieran Kidder

**Garry Frank totaled a mind-boggling 2601 at the APF Senior Nationals in Florida, promoted by Kieran Kidder ... according to eye witness Herb Glossbrenner, Garry had a spectacular day, making all three attempts - 909 964 1003 - in the squat, and all three - 666 705 738 - in the bench press (all amazingly easy) and he tried a 755 on a 4th attempt, but blew out his shirt in the effort. In the deadlift, he went 837 (for another new all time total record, and then 859 to crack the 2600 barrier only 7 months after busting through 2500, and while simply bending over to try a final pull at 903, he slightly pulled his groin. (As reported in the June 17th edition of POWER HOTLINE, Garry had squatted 1030 in training, pulled a 915, and hit a 770 bench in training, and a 690 without a shirt. This training cycle he incorporated training with a shirt for 6 weeks, much longer than he has done on previous cycles, and he was much more used to lifting with the shirt once he hit the competition). Also doing exceptionally well at the APF Seniors was guest lifter Steve Goggins, weighing 258, who went 903 and 1003 (2" deep, according to Herb, now that Steve squats in a more upright style) in the squat (passing a 3rd, despite reportedly squatting 1052 in training 3 weeks earlier). He then opened at 165 (!) in the bench, before jumping to a strong 540 and 562. (Herb thinks he will go 600 soon). In the deadlift he went 749, 854, and then got 903 above his knees before stalling out, for a 2419 total - and perhaps a message to Ed Coan for the August WPO Semi-Finals meet. Becca Swanson was sensational winning the Women's SHWs at the APF Seniors with 578 341 605 1520. Herb estimates she could have squatted 600 at this meet and expects her to hit 650, and perhaps even 700 eventually, and he further predicts that she will deadlift 650 and become the first woman to total 1700! Ed Coan won \$10,000 at the Mountaineer Cup on the same weekend, going 975 567 711 2254, taking it a bit easy on an injured biceps. Art Labare got the \$2,000 2nd place prize. In the bench press competition there, Jamie Harris sizzled with 711, 730, 771, and a 4th attempt at 800 that was strongly locked out, but then was turned down for not touching the chest.**

## World Powerlifting Organization News (TM) What's the Difference?#5

The WPO(TM), an organization promoting professional powerlifting, believes in open classes where the athlete competes "even up" with others in their weight class and in the super open weight class. At the present time, the WPO does not recognize any bodyweight formula or age coefficient. Since the 2001 Arnold Classic, where the WPO put up some 15K in prize money, some questions have arisen.

Are there any bodyweight formulas or age coefficients used in WPO contests? No, there are no formulas or age coefficients used in the WPO contests unless otherwise advertised. It has long been our position that the WPO is an open lifter organization where the athlete who lifts the most weight wins. Formulas and age coefficients just cloud the results and confuse the general public. Lets face it - a viewer must be able to understand the format of how a lifter wins a division without a calculator, a list of coefficients, and a fifteen minute explanation.

Are there any sanctioned powerlifting contests in the United States where master lifters are allowed to use their age coefficient as a factor against an open lifter in determining best lifter? No, I have researched every legitimate organization in the United States and there is not a single one that allows the master lifter to use an extra coefficient to determine an open best lifter. These age coefficients were created so that master lifters could, in theory, compete against each other on an equal basis. Thus, if a master lifter was to lift in the WPO open contests they would not be given an extra factor.

Can women lift in a WPO sanctioned contest? Yes, providing she has met the same criterion as the men. That is, the qualifying total must have been made in a major powerlifting organizations' National or World Championships in the last five years. 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 receives the qualifying information prior to the entry deadline of the upcoming WPO competition. Beginning January 2002, all qualifying totals must be made at WPO sanctioned events.

What are the qualifying totals?  
60 kg. 0-132.50 1159  
67.5 kg. 132.51-148.75 1322  
75 kg. 148.76-165.50 1450  
82.5 kg. 165.51-181.75 1581  
90 kg. 181.76-198.50 1664

100 kg. 198.51-220.5 1755  
110 kg. 220.51-242.5 1810  
125 kg. 242.51-275.5 1856  
140 kg. 275.51-308.5 1898  
SHW 308.51 plus 1912

Where did the original WPO three lift Powerlifting World Records come from? All WPO three lift Powerlifting World Record numbers come from the 2000 Guinness World Book of Records, the most recognizable documented source.

What are the WPO three lift world records?

**SQUAT**  
132 705 Carlsson, Magnus  
148 683 Olech, Jaroslaw  
165 727 Hooper, Wade\*  
181 837 Bridges, Mike  
198 848 Kellum, Jesse\*  
220 933 Coan, Ed  
242 915 Karwoski, Kirk  
275 1003 Karwoski, Kirk  
308 1011 Mehan, Al\*  
SH 1009 Hamman, Shane

**BENCH**  
132 441 Carlsson, Magnus  
148 446 Sivokon, Alexei  
165 480 Rouse, James  
181 540 Coleman, Arnold\*  
198 595 Kellum, Jesse\*  
220 577 MacDonald, Mike  
242 595 Magruder, Jeffrey  
275 628 Midote, Daisuke  
308 688 Fusner, Rob\*

SH 711 Henderson, James  
DEADLIFT  
132 683 Gant, Lamar  
148 699 Conyers, Anthony\*  
165 744 Austin, Dan  
181 788 Kumpunierni, Veli  
198 821 Kellum, Jesse\*  
220 860 Coan, Ed  
242 871 Gankov, Alexey  
275 859 Turtiainen, A\*  
308 898 Bolton, A\*  
SH 895 Noren, Lars

**TOTAL**  
132 1560 Bradley, Joe  
148 1780 Sivokon, Alexei  
165 1874 Gaugler, Rick  
181 2100 Bridges, Mike  
198 2094 Kellum, Jesse\*  
220 2282 Coan, Ed  
242 2210 Gankov, Alexey  
275 2326 Turtiainen, A\*  
308 2431 Badenhorst, G  
SH 2535 Frank, Garry\*  
\*=WPO World Record.

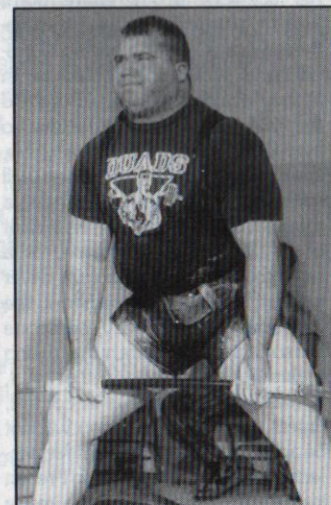
Where did the original WPO World Bench Press Records come from? All WPO World Bench Press Records come from meets held by the WPO since its inception in 1998.

What are the WPO World Bench Press Records?

132 314 Amy Weisberger  
148 446 Douglas Heath  
165 562 Markus Schick  
181 540 Donald Robbins  
198 683 George Halbert  
220 683 Ken Patterson  
242 701 Ken Patterson  
275 672 Horace Lane

308 705 Rob Fusner  
SH 677 Travis Rogers

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



**Al Mehan** with a recent 1010 pound squat at the WPC Worlds is a serious contender for the WPO Heavyweight Crown. (Photo provided by Russ Barlow to PL USA).



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World Powerlifting Organization™  
YEAR 2000  
Membership Application



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City			State	ZIP
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Social Security Number		Occupation		Date of Application
IF UNDER 18 PARENT MUST INITIAL		BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™ SIGNATURE x _____		

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I met this magnificent woman a few weeks ago named Sandy Gartrell. Her moniker is 'Sunshine'. Isn't that just the neatest nickname you've ever heard? She is one of the most magnificent human beings I have ever experienced. She is so full of life - a real FLYER! She has this big beautiful smile and the most brilliant bright eyes you could ever imagine that portray everything about her... excitement, joy, and love. I have a picture of her on my screen saver. Sometimes I will go to my office at night and flip my computer on and her face lights up the entire room. Hell, my printer catches on fire sometimes because her face is so illuminating. I swear she should be in Disney World with Mickey, Bugs and the gang to bring joy and love to everyone. Still, as incredible as she is, she is not perfect. Every so often I will see a glimpse of her humanness, a moment of consternation, an instant of self-doubt and confusion, or a second of insecurity. She will never admit it though because she is the 'Ice Queen'. Apparently, someone has sold this magnificent human being a declaration of goods that said, "Unless you are always in control, unless you are perfect, you will not be accepted." So she strives for perfection and when she doesn't reach it, she attempts to project an image of flawlessness.

## Dr. JUDD

### I Hate this Thing Called Perfection as told to PL USA by Judd Biasiotto Ph.D.

I think to myself how hard it must be for her to be so perfect: of having to pretend that she has it all together, and that she is so secure and not needing of anyone or anything. In every other way in the "real world" she is as perfect as she can be, she has a magnificent body, a splendid mind, and a spirit that radiates electricity, but in her mind only absolute perfection counts, and if that is what she believes, then that is what it is. So this idea of being perfect scares me. No one is perfect and no one should have to be perfect to be accepted.

Trust me on this one, no one is flawless. Everyone has insecurities. I have been around some of the greatest athletes in the world and some of the richest and most successful men in the world and they are no better than you are. They are just as confused, just as insecure, and just as fearful as anyone else is. They don't have any more answers than you do

when it comes to living life.

I had an interesting experience a few years ago at the Champions of Champions competition in Statesboro, Georgia. I was in the warm-up room preparing myself mentally for an attempt at a monstrous lift. It was a weight that was going to take me right to the very edge of my physical parameters. I want to tell you, I was frightened - okay - I was scared half to death. I knew that one wrong move and I could snap my back like a twig. I was standing there trying to gain my presence of mind when this little boy, who was about ten years old, walked over to me and said, "I want to be just like you when I start lifting. You are the best one." And I thought, "Man! What a magnificent compliment." Then it dawned on me that it was also an awesome responsibility. I realized that the way I behaved would have an impact on this child.

The little boy just stood there looking at me and I was trembling with the trepidation of making that up coming lift. I could tell that he sensed my fear. Finally, he said, "you're not scared are you?" And I bent down so that I could look in his eyes and I said, "Yes! I am very frightened right now, but I am going to go out there and do my very best." I could tell he was shocked, but I wanted him to know that it was alright to be scared. That it is alright to be human and that success is a product of what you do, not what you say, or the image you project. He looked at me with puzzled eyes and then said the cutest thing. He said, "But you are better then the other lifters and they are not scared." I smiled. "You don't know that," I replied. "Maybe they are just pretending not to be scared. Maybe they are afraid to admit they are afraid. Some guys are better at looking good than being good. Does that make sense to you?" And then he radiated a "BIG" handsome grin and said, "Yes!"

I hope he really did understand what I was trying to tell him because I didn't want him to go through life thinking that he had to live up to some phony macho image that a lot of guys

try to project. I wanted him to know that I was frail and vulnerable at times ... that I had reservations, fears, insecurities and idiosyncrasies. In other words, I wanted him to know that I was human, and that being human was good.

Trust me on this one - it is good to be human and it is a heck of a lot easier too. Unfortunately, a lot of people have not figured that out yet. They go around pretending that they have it all together, that they are in complete control, that they are totally secure, and that they don't need anyone. It would be so much easier and truthful to just say, "I'm not perfect. I make mistakes sometimes. I'm also vulnerable and scared at times. Heck! Sometimes I act like a complete idiot. In other words I'm human." Wouldn't that be easy, but they can't do it. Do you know why - because they are insecure. That's right, they are exactly the opposite of what they are trying to project - perfection. You know, I have a friend who really enjoys powerlifting but he refuses to get involved in the sport because, he doesn't have the time or energy to do it seriously. "I won't do it," he says, "if I can't be the best". I suspect what he is really saying is that if he doesn't have the time to become totally competent in the sport, then any lesser level of achievement would embarrass him. So he stands on the sidelines watching his friends derive joy from what he wants to do. Why? Because someone told him that unless he's a master in the sport, unless he is perfect, he can't enjoy it. BALONEY!

I think we should put a stop to all of this right here and now, and each of us vow to say NO to this idea of perfection. We have to be real, not phony. We have to expect what is reasonable, not what is perfect. One of the hardest things in the world is to be someone you are not. Just take off all the masks and be yourself. The easiest thing in the world is to be who you really are. Find yourself and then have the guts to be yourself. You will discover that it is a lot easier to be YOU and a hell of a lot more fun living that way.

Here is something else you need to know. The hardest thing in the world is to be what other people want you to be. Don't let ANYONE do that to you. There is nothing wrong with change as long as that change makes you a better you, but don't let people mandate who you are, and what you should be.

No more disguises - just be who YOU are. Say, "here I am, take me for what I am with all of my strengths and all my weaknesses and if you can't, just leave me alone". You have the POWER. Just do it. Be who you are and what you are. Say, NO to perfection and YES to being human.

During the next five weeks, I gradually dropped weight at the rate

## Ask the Doctor

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

**DEAR MAURO:** I am familiar with Charles Poliquin, and have used his "T.U.T." method with not a lot of success. His programs make it sound as though that you must incorporate tempos and technical program design to succeed. I feel I have had better progress, and more enjoyment, training without counting tempos, just using the basics. It seems as though you train like that as well. I have never heard you mention T.U.T. What your take is on this issue? **Rob**

**DEAR ROB:** I've always gone the simple route and it's worked for me and anyone that I've trained. TULs and TUTs mean nothing to me. What means something is the amount of effort you put into your training. To me time under tension is no substitute for training at high intensity and with maximum effort. While measuring TUT or TUL or TUMT (time under maximum tension) can be a pain, it's easy to use intensity and maximum effort, since it comes so naturally. Also with these two factors in play, along with a smattering of common sense regarding recuperation times and not overtraining, you'll get maximum hypertrophy and strength development since the body must constantly adapt to the unrelenting load placed upon it.

We could explain this kind of training by referring to muscle fiber activation, i.e., more type II fibers are activated and they're activated early on, or by cell injury leading to various tissue responses and signaling that lead to increases in muscle strength and hypertrophy both through increased protein synthesis and satellite cell activation, or by other explanations and theories, but the bottom line, at least in my experience, is that it works best.

The following info was written for a chap who wanted to know how I trained, as he was going to go for a world record bench press. It's relevant so I just tacked it on below.

"For example, although I'm a poor benchner, at least relative to my squat and deadlift, I did manage to do 424 lbs. at 165 without a bench shirt. That's a mean feat given that, with my relatively long arms, I'm built more for deadlifting than benching.

Let me tell you first of all that although I tried just about every method of training possible, and - in fact - did much of what is done at the Westside Barbell Club, the Russians, and anyone else, over 25 years ago, I always went back to the basics, which worked best for me. Working hard, being consistent and taking enough rest to recover properly, both physically and mentally (sometimes the more important of the two - hence the one week breaks between the three phases during which I didn't get within a mile of the gym) were the cornerstones of my lifting. Also when I cycled my training I also cycled my diet and nutritional supplement intake. All three were and still are very important to my lifting progress.

With 18 weeks to go I'd go through an initial bulking phase for 5 weeks in which I really poured on the calories and protein and increased my bodyweight by about 10-15 pounds. I'd train higher reps doing 5 sets of 6 reps on the bench and 5 sets of 6 reps on a 30 degree incline right after that. I'd do that twice a week, say on the Monday and Friday, while on Wednesday I'd do heavy bent over rows using as much weight as I could for 5 sets of 8 reps, followed by some relatively light triceps and deltoid work. I used wrist straps and a lot of body movement on the rows. During this five weeks I didn't use much in the way of supplements except for a multi vitamin and mineral tablet and some protein powder. I then took a full week off.

During the next five weeks, I gradually dropped weight at the rate

## Metabolic Diet Book

Mauro DiPasquale, M.D.

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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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of about a pound a week, which was mostly fat. My training consisted of the same workout except I decreased the number of reps to 4 reps for the benches and 6 reps for the rowing. During this time I decreased my calorie count by 100-200 calories a day every week, depending on the weight loss. I increased my protein intake by about 25% at the same time. I also took more supplements such as EFAs, including fish oil, antioxidants, some pre-training and post-training aminos, and some high protein meal replacements and bars. I then took a full week off.

During the last five weeks I regulated the calories I took in by how much weight I had to drop, the less calories I took, the more protein I included. I changed my training by doing a 4, 3, 2, 1, 1 set and rep regimen in the benches and a 6, 5, 4, 3, 2 for the rowing. I dropped all arm and shoulder accessory exercises at this time except for the incline bench presses. I increased my nutritional supplements to include creatine, and supplements to boost GH and testosterone levels (have a look at the supplement line that I formulated, the APT Nutrition line, on the Internet at [www.allprotraining.com](http://www.allprotraining.com)). I then took the week off before the competition.

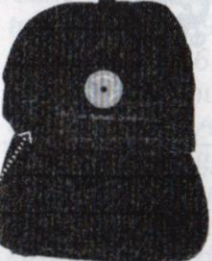
The emphasis in all three phases is to peak by the fifth week and on the fifth week only. That is you should make some progress from week four to week five. "

Mauro Di Pasquale MD

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# G.N.C. NUTRITION UPDATE

## IMPROVING WHEY PROTEIN by Dr. Jeffrey Stout, Ph.D.

Many athletes train hard, in order to get the most out of their performances. While you may feel you are training at your best, there is always something that you could be doing a little better. There is always room for improvement.

The same principle applies to whey protein supplements. While athletes have seen benefits from taking whey protein, GNC scientists saw an opportunity to help athletes even more. Their challenge was to develop a better whey protein product.

The result is a protein formula that's considered superior to taking just whey protein. GNC Pro Performance Mega Whey supplies 40 grams of the highest quality whey protein, in combination with 5 grams of glutamine and 3 grams of Branched-Chain Amino Acids (BCAAs).



Dr. Jeffrey Stout (seen in photo above) is the Director of Sports Science for GNC's Pro Performance (R) line.

### Whey Protein

Milk proteins are composed of two major components: soluble whey protein and casein. Milk is about 6.25 percent protein, and about 20 percent of that is whey, the watery part of milk that is separated during the cheese-making process. Whey is rich in branched-chain amino acids.

In comparison to casein, whey protein given immediately post exercise: 1) may be considered a higher quality protein; 2) is digested and absorbed faster; 3) increases protein synthesis to a greater degree; 4) may have more positive effects on the immune system; and 5) is a better antioxidant. Therefore, my recommendation is that if you're go-

ing to use protein supplements immediately post-exercise, your best bet is to use supplements that primarily contain whey protein.

### Glutamine

Glutamine, you might say, is the quintessential amino acid. Glutamine is one of the most abundant amino acids found in skeletal muscles, serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. Prolonged high-intensity exercise has been shown to decrease glutamine levels. By supplementing glutamine in your diet, you may be able to prevent glutamine loss.

### BCAAs

The three Branched-Chain Amino Acids (BCAAs) are Leucine, Isoleucine, and Valine. BCAAs comprise 30-35% of muscle tissue and provide 70% of free nitrogen to the body. If taken in adequate amounts, the BCAAs can increase protein synthesis and decrease protein breakdown as well as spare the loss of muscle glycogen.

### The Whey + Glutamine + BCAAs combo!

Recently a study compared the formula in Mega Whey to whey protein alone. Healthy

young males, who were experienced weight-trainers, were asked to supplement 40 grams of whey protein alone or combined with 5 grams of glutamine and 3 grams of BCAAs (the Mega Whey formula) for 10 weeks while on a weight training program. The results clearly demonstrated the superiority of the Mega Whey formula.

So there you have it, the science, better formula and superior results. Indeed, the GNC scientists have produced a better whey protein supplement.

Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, which is available at all GNC stores.

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**11th Weightlifting Unlimited BP**  
31 Mar 01 - Winchester, VA

WOMEN	R. Clopton	205
lightweight	J. Wells	135
J. Robertson	190 181 lb.	
L. Nelson	150 C. West	485
D. Robinson	115 R. Tobey	405
Teen	P. Cropp	600
R. McMellen	450 Raw Lhtwht.	
V. Haines	300 J. Baer	300
B. Tabler	310 T. Gray	330
V. CLARKE	270 D. Kneisly	205
Open 165 lb.	Raw Hvywght.	
R. Fraley	355 M. Mullin	370
J. Opaule	275 B. Miller	345
L. Board	275 S. Berman	325
S. Waite	185 R. Risor	335
198 lb.	R. Gouley	275
T. Brown	470 Masters (40-49)	
R. McMellen	450 C. West	485
B. Shafer	335 B. Carmack	330
D. Clarke 270	D. Reid 270	
242 lb.	Submaster (33-39)	
D. Johnson	525 R. Robinson	440
D. Dyeke	425 P. Brown	376
Open 275+ lb.	J. Gibson	315
Heavyweight	Masters (50-59)	
L. Short	535 E. Haines	415
WOMEN	D. Marchette	380
Hvywght.	J. Harman	315
G. Carter	145 F. Nelson	330
Open	(60+)	
148 lb.	G. Waymack	315
F. Lupis	305 C. Anderson	220



Dave Johnson of Winchester, VA benching 525 lbs. at a bodyweight of 229 lbs. at the Unlimited BP. (Photo provided by Randy Brooks).

Virginia state record. He's from Capon Bridge, WV. Dave Marchette got 2nd place, age 57, with 380 lbs with bodyweight of 196 lbs. We feel the meet went great, and I like to thank everyone for coming, hope to see you next year, special thanks for Roger and Barbara for keeping score of the meet. (Thanks to Randy Brooks for providing the results of this meet).

**5th APF Michigan State**  
11 Mar 01 - Sterling Heights, MI

BENCH	D. Richard	207.5
MEN	275 lb.	
Master	G. Szolack	222.5
(50-54)	Submaster (33-39)	
G. Cornell	150 242 lb.	
(65-69)	W. Bahna	217.5
S. Gendin	120 SHW	
Open 242 lb.	T. Skiver	250
WOMEN	SQ BP DL TOT	
Junior (20-23)	114 lb.	
T. Muskat	115 60 132.5 307.5	

Master (45-49)	165 lb.			
D. Cairns	40	32.5	65	137.5
198 lb.				
B. Lahr	42.5	50	80	172.5
(65-69) 198 lb.				
A. Collins	40	42.5	82.5	165
Novice 132 lb.				
J. Rhoads	92.5	55	125	272.5
Open 114 lb.				
Skurdchn-Kiouss	95	42.5	112.5	250
Submaster (33-39)	114 lb.			
Skurdchn-Kiouss	95	42.5	112.5	250
275 lb.				
C. Kelly	322.5	245	290	857.5
E. Turner	372.5	272.5	—	—
MEN Teen (14-15)	181 lb.			
E. Whiting	147.5	95	160	402.5
(18-19) 220 lb.				
P. Grohe	227..5	165	227.5	620
Novice 181 lb.				
B. Welch	205	155	197.5	545
J. Johnson	177.5	127.5	182.5	457.5
198 lb.				
B. Epling	252.5	150	242.5	645
T. Doll	210	140	217.5	567.5
F. White	192.5	172.5	215	512.5
220 lb.				
B. Moritz	290	197.5	247.5	735
P. Grohe	227.5	165	227.5	620
242 lb.				
E. Covey	320	167.5	272.5	742.5
M. Southward	260	190	255	695
J. Rise	282.5	182.5	227.5	692.5
T. Pearce	205	157.5	215	577.5
275 lb.				
S. Gilbert	290	175	275	740
M. Clauss	210	175	250	635
SHW				
B. Wheeler	227.5	117.5	200	545
Open 165 lb.				
R. Salvani	285	210	262.5	757.5
J. Friend	255	170	232.5	657.5
181 lb.				
J. Wood	297.5	192.5	270	760
J. Cuciuorean	287.5	200	272.5	752
B. Fabiano	227.5	172.5	245	637.5
198 lb.				
K. Richardson	297.5	197.5	287.5	782.5
D. Carroll	305	197.5	250	740
S. Kuderick	275	170	250	687.5
M. Weller	227.5	147.5	227.5	602.5
220 lb.				
J. Walker	305	190	307.5	—
242 lb.				
E. Covey	320	167.5	272.5	742.5
M. Southward	250	177.5	259	695
B. Nassar	235	200	227.5	662.5
275 lb.				
S. Wilson	305	227.5	332.5	865
C. Kelly	322.5	245	290	857.5
Z. Hudak	305	207.5	320	807.5
E. Turner	307.5	187.5	295	790
S. Gilbert	290	175	275	740
SHW				
P. Bradshaw	300	222.5	332.5	855
P. Sazy	—	230	282.5	800
T. Skiver	—	272.5	—	—
Submaster (33-39)	165 lb.			
T. White	—	—	—	—
181 lb.				
V. Graham	260	155	255	655
J. Johnson	177.5	127.5	152.5	457.5
220 lb.				
P. Kiouss	282.5	162.5	272.5	717.5
242 lb.				
D. Wall	287.5	237.5	205	730
M. Southward	250	190	255	695

Master (45-49)	181 lb.			
G. McMillan	230	127.5	255	612.5
198 lb.				
M. Weller	227.5	147.5	227.5	602.5
220 lb.				
J. Ellsworth	240	172.5	247.5	660
275 lb.				
S. Wilson	305	227.5	332.5	865
(50-54) 242 lb.				
D. Scheithauer	260	—	—	—
(55-59) 181 lb.				
R. Muskat	127.5	92.5	167.5	387.5
220 lb.				
J. Durazo	160	125	200	485
(60-64) 198 lb.				
L. Hughes	120	97.5	147.5	365
(65-59) 220 lb.				
D. Yezbick	185	115	185	485
(70-74) 198 lb.				
B. Creech	95	55	112.5	262.5
242 lb.				
J. Gould	50	60	95	205
(80-84) 148 lb.				
R. Merrell	—	35	80	145

Newly appointed Michigan State Chairman, Jim O'berger and Jim Hinzl held the meet at one of the best meets venues I've ever seen. It's truly unfortunate that the Detroit Metro Beach facility is not large enough for a National meet. This large, airy, glass sided building with views of the park and beach makes the meet great for everyone. The "Tues Jim's," as I call them, spared no effort to make this a top notch meet. They succeeded. Great equipment on the platform and the roomy warm-up area helped make this a lifter's meet. There were 75 entries of all the divisions; this after a date change and a mistaken cancellation. Obviously powerlifting is alive and well in Michigan. With a great nucleus of lifters and officials it looks like it will stay that way for a long time. Judges were Bob Spaulding, Maris Anne Sternberg and Mike Andrews. In the novice division the top total of the meet was posted by 242 lb. Eugene Covey of Marblehead Ohio. He was entered in the open division also. This 28 year old autobody repairman had been lifting for three years. His 705 squat was a PR. He's very impressive to watch making a 369.25 BP and 562 DL for a 1637 total. He wanted to thank the Outlaw Team who helped him. The "colorful" team can drive me crazy at times, but they have true team spirit and they're always strong. The men's open had some great lifting and even saw the return of a legend. Rick Salvagni was amazingly strong. It took 3 attempts to get into the meet with a 628.5 squat, but he still blew away the competition with a 1670 total and BL honors, light and overall. The 181's said a potential battle between John Wood and John Wood was ahead after the squat 655.75 to 633.75. Both men benched 424.25 so it came down to the deadlift. Each opened with 562. Playing it safe, Wood took 595 to Cuciuorean's 600.75. Cuciuorean then went for the win with 622.75 but couldn't pull it. That gave John Wood the 1st place and a pretty good day. What a pleasant surprise to see legendary Steve Wilson's return to the platform. After a 2 year absence (just didn't have the time he tells me) he's moved to Sandusky, Ohio and started training again. What appeared to be a small case of platform rust forced him to take 3 attempts at his opener of 672.25. Since he got past that he was right at home again. Steve Hinchek 501 and went 3 for 3 in the deadlift for a 1907 total and BL Heavy honors. After competitors included Canadian Vince Graham who traveled from Calgary to compete in the SM 181's. Evan White and Patrick Grahe (220) competed in the teenage division finishing 887 and 1367 respectively. The master lifters were a great show. Ken Richardson, Jerry Ellsworth and Steve Wilson 946) did well. The older competitor in the meet was 80 year old Roger Merrell. 65 year old Don Yezbek (220) didn't have the day he wanted, but it was enough to garner the master's BL. Until next time stay healthy and stay strong. (Thanks to Maris Anne Sternberg for providing these meet results).

**USPF New Jersey State**  
31 Mar 01 - Elizabeth, NJ

MEN	SQ	BP	DL	TOT
Open 100 kg.				
V. Cooke	237.5	205	275	717.5
R. Heinen	262.5	192.5	240	695
Master (45-49)	125 kg.			
C. Biron	212.5	147.5	207.0	567.5

(Thanks to Eddie Horton for the meet results).

**AAU National BP & DL**  
17 Mar 01 - Hampstead, MD

BENCH	J. Berns	325
WOMEN	SM	
Open 97 lb.	M. Wilhelm	330
D. Davis-14	85* M. Brady	285
105 lb. HS	Master (60-64)	
S. Little	100* M. Casatelli	250
123 lb.	Coll Raw	
Master (45-49)	A. Wuench	300
90	A. Fuhrman	185
(50-54) Raw	D. Junkins	235
N. Myer	75 Open	
132 lb.	D. Dodson	205
(45-49) Raw	HS	
C. Irwin	85 C. Myers	220
148 lb. Open/SM	M. Scherr	205
J. Gardella	205 B. White	215
Teen (19)	G. Long	255
S. Dolson	190 198 lb. Open	
181 lb.	S. Hann	435
Master (50-54)	G. Dowd	380
C. Ramsburg	110 J. Reed	335
198 lb. SM Raw	Master (45-49)	
J. Bender	115 R. O'Dwyer	410*
220 lb. Open	(60-64)	
N. Ruley	220 J. Litzenberg	300
J. Sheller	140 (45-49) Raw	
Special Olympian	J. McDowell	290
148 lb.	(60-64)	
Master (40-44)	J. Herbein	270
F. Burke	75 Open	
(55-59) 198 lb.	Master (65-69)	
P. Gorton	75 B. Spielberg	215
MEN	(70-74)	
Special Olympian	P. Jensen	215
148 lb.	SM	
D. Hatfield	125 R. Jenkins	365
F. Eder	170 Master (55-59)	
152 lb.	M. Bixler	305
C. White	175 HS	
198 lb.	S. Barr	220
A. Ramses	195 E. Wingate	210
220 lb.	220 lb. Open	
J. Burke	100 A. Succarotte	460
242 lb.	Open Raw	
J. Wood	220 B. Lapole	400
275 lb.	R. McDowell	375
B. Taylor	240 SM	
SHW	J. Jackson	—
S. Sparks	115 Master (45-49)	290
C. Richardson	510 R. Kerber	290
242 lb.	(50-54)	
J. Marvel	320 J. Kuhar	370*
G. Ford	240 M. Levin	335
MEN	242 lb. Open	
123 lb. HS	D. Cooper	405
J. Rhoten	170 R. Succarotte	405
132 lb. Open/SM	Open	
T. Stack	240 Master (40-44)	455
Teen (13)	G. Boldissar	320
C. Miller	130 Master (65-69)	325
A. Fuhrman	140 D. Joy	325
148 lb. Collegiate	275 lb. (50-54)	
J. Butterhoff	275 R. Cross	300
Coll & Jr. (19-23)	L. McGrane	370
B. Tafelski	295 Open	
Master (55-59) Raw	W. Denes	400
P. Griffith	220 D. Ratchford	385
(45-49)	Teen (19)	
H. Dudley	225 R. Kammer	385
Open	SM	
A. Hinson	230 P. Groark	—
V. Aybar	290 Master (40)	
HS	J. Bandzwolek	360
A. Slater	— Master (55-59)	
165 lb. Open	J. Powell	350
R. Fraley	305 (45-49) Raw	
L. Beard	240 J. Bechtel	320
Master (50-54)	SHW SM	
J. Haines	330 M. Bullock	435
J. Edwards	— DEADLIFT	
(45-49) Raw	WOMEN	
N. Murray	295 123 lb.	
HS	Master (50-54) Raw	
M. Thurman	220 N. Myer	210
J. Zentz	250 132 lb. (45-49) Raw	265*
HS	C. Irwin	310
J. Peters	265 198 lb. SM Raw	
J. Barthel	180 J. Bender	310
C. Nash	265 MEN	
C. Sanders	250 Special Olympian	
181 lb. Sm Raw	148 lb.	
M. MacLoughlin	350 D. Hatfield	310
Master (40-44)	165 lb.	
G. Fuhrman	250 C. White	460
(45-49)	198 lb.	
R. Tafelski	255 A. Ramses	425
(55-59)	242 lb.	
J. Monk	250 J. Wood	425
C. Biron	275 lb.	
M. Klein	330 B. Taylor	340

SHW SM	J. McDowell	500
T. Deshiell	J. Herbein	540
242 lb.	Open	
J. Marvel	350 J. Herbein	540
G. Ford	375 Master (70-74)	
T. Stack	400 P. Jensen	315
HS	400 Open Master Raw	
B. Myers	295* (40-44) Raw	560
148 lb.	C. Shanholtz	550
H. Hinson	370 SM	
V. Granger	405* R. Jenkins	415
V. Aybar	460 242 lb. Open	
165 lb. Open	D. Cooper	

# FORGET ANDRO

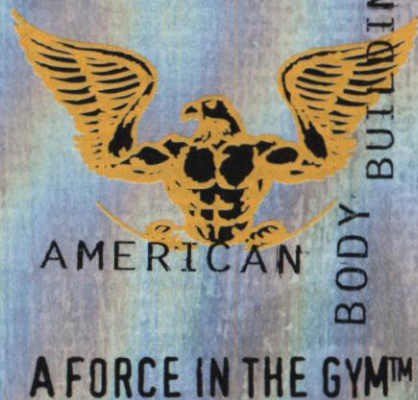
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### ZMA RESEARCH

#### Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength

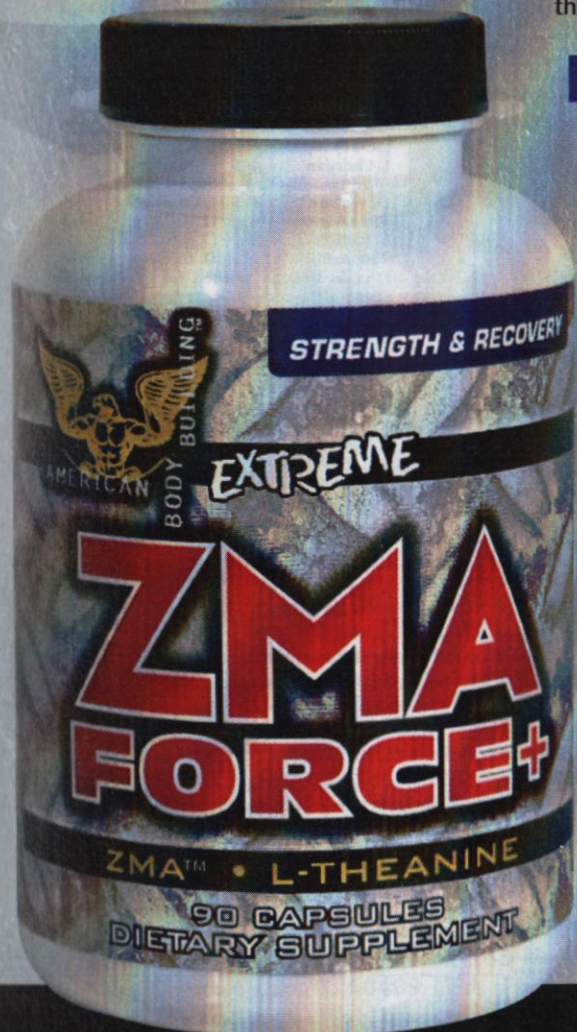
L.R. BRILLA<sup>1</sup> AND VICTOR CONTE<sup>2</sup>  
<sup>1</sup>Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and  
<sup>2</sup>BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength. *JEPonline*, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with ZMA (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml; 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml; 19.68 to 18.04 µg/ml), respectively (P<0.001). Free testosterone increased with ZMA (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P<0.001); IGF-I increased in the ZMA group (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) (P<0.001). Muscle strength via torque measurements and functional power were assessed with a Biodex dynamometer. Differences were noted between the groups (P<0.001); ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.

Key Words: vitamin B<sub>6</sub>, anabolic hormones, testosterone, IGF-I, muscle

#### INTRODUCTION

Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance. Testosterone's role in physical

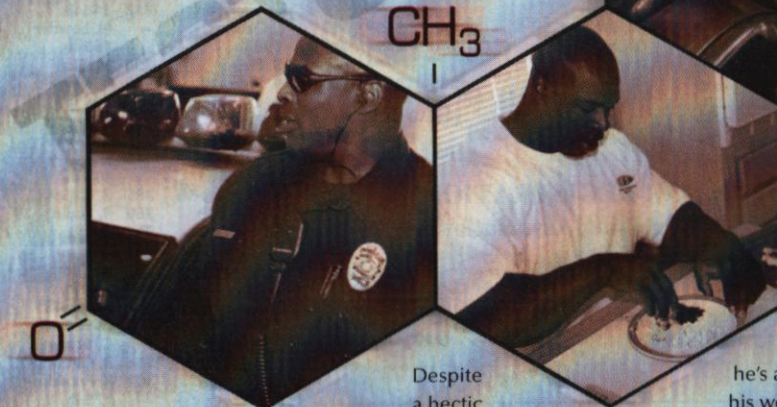


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he's always trained; splitting his workouts between light and heavy days to help avoid burn-out, but going extremely heavy and intense on those days designated as "heavy."

Milos Sarcev recently described a workout with Ronnie Coleman as one of the most intense he had ever experienced in his entire career.

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Given Ronnie's hectic schedule and amazingly intense training program, he clearly realized the importance of thoroughly recovering and allowing his body to recharge for consistent growth. Each night - err, morning - at two a.m. Ronnie took one serving of ZMA™ Force+™ in order to quickly settle down and ensure a solid night's rest. Not to mention his using ZMA™ Force+™ as a vital tool for aiding his recovery process via the additional hormonal benefits of ZMA™.



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Chad VanDyke benching at the APA Capital District BP & DL. (Photo provided by Scott Taylor).

which donated \$\$\$ for each pound pulled. (Thanks to Scott Taylor, APA President, for providing the results of this meet to PL USA).



42 year old Lisa Aukland set a WPA Masters record deadlift of 410 pounds @ 157 bodyweight at the Capital District BP & DL. (Photo provided by Scott Taylor).

**APA Capital Dist. BP/DL  
08 Apr 01 - Glen Burnie, MD**

WOMEN		BP	DL
Open			
L. Aukland-157.5	400	275*	
4th		410*	
Junior (formula)			
N. Denny-175	330	435	
Q. Edmunson-165	250	350	
J. Weisz-145	—	290	
Submaster			
S. Vickery-237	340	510	
Master (40-49)			
S. Duke-216	405	—	
Z. Rhodes-217.5	600	—	
Teen 123 lb.			
N. Becker-117	110	—	
MEN 123 lb. Teen			
T. La-118	115	—	
132 lb. Teen			
J. Wood-132	230	—	
M. Taylor-132	—	315	
C. Chang-130	—	270	
148 lb. Teen			
L. Smith-142	—	330	
165 lb. Teen			
N. Harris-159	215	250	
WOMEN Teen			
S. Seale-159	—	250	
E. Link-150	—	185	
MEN Open			
S. Voshell-161	305	—	
165 lb.			
J. Snyder-165	305	—	
I. Alfaro-181	225	—	
Teen			
M. Labonte-181	—	330	
181 lb. Open			
N. Denny-175	330	—	
J. Hanis-180	—	320	
198 lb. Teen			
C. VanDyke-189	260	400	
M. Druse-191	165	—	
220 lb. Teen			
M. Shell-215	—	450	
B. Wourms-205	—	330	
Open 220 lb.			
J. Peterson-217	400	—	
275 lb.			
A. Rhodes-258	405	—	
Charity Pull			
M. McKenzie-235	235	—	

1st Place Team: United States Marine Corps. Lifters from 11 states participated in the 2001 APA Capital District Bench Press & Deadlift competitions. Special thanks to all the spotters, loaders, and referees who put in a long day making this a very memorable event. I would like to thank Capt. Kirk Karwoski & Sioux Hartwig who once again showed up and provided inspiration, assistance, and advice to many of the lifters at the event. Thanks to Julie Scanlon, Lester Maslow, Justin McShane, and Jeff McVicar who put in lots of work making the event go smooth. Lots of first time lifters attended the competition and many of the competitors were teenagers who registered some great lifts. Stay tuned for lots more powerlifting action coming to Maryland. The APA Nationals will take place this coming September in Laurel, Maryland and lifters are already registering! I'd also like to thank Matt McKenzie who showed up to pull for a charity

Open 181 lb.		J. Ruic-177		550 — —		D. Williams		375 500 875	
Open 198 lb.		C. Creasey-176.5		440 — —		K. Westhoven*		255 525 780	
J. Miller-197.5		365 410 775				Open			
A. Huber-188		— 625 —				M. Johnson		360 560 920	
Open 275 lb.						J. Shoaf		310 415 725	
W. Ramsey-258		410 500 910				220 lb. Open			
K. Smith-264		450 — —				B. Cox		300 540 840	
Bench Press Best Lifter: Karl Smith. Deadlift Best Lifter: Andrew Huber. Push-Pull Best Lifter: Matthew Jarrett. Several APA Colorado State records were set at this event. Special thanks to Sean Mahaney and the staff of World Gym for providing a great meet site and making the event enjoyable to all. I'd also like to thank the spotters and referees for doing an outstanding job. The APA is running 6-7 more events in Colorado this year so there will be plenty of meets for all to attend. Hope to see you there. (Thanks to Scott Taylor, APA President, for providing the results of this meet to PL USA).						242 lb. Junior			
						J. Brown		285 485 670	
						Open			
						J. Jones		415 500 915	
						M. Hollis		340 420 760	
						275 lb. Open			
						M. Lanier		450 660 1110	
						M. Inabinett		525 570 1095	
						J. Hamilton		375 505 880	
						SHW Open			
						J. Grove*		540 770 1310	
						R. Pelis		460 615 1075	
						N. Gewirtzman		385 640 1025	

\*-Best Lifters. We would like to thank all the sponsors, Ben and Nancy Parker, Cherokee Rec. Center, and all the great people from Stacks Gym and Bobby Pauley, owner, that made this such a great meet. (Thanks to Todd Whitton for providing these meet results).

**East Coast Push/Pull  
3 Mar 01 - Acworth, GA**

BENCH		K. Burkett		475	
WOMEN		L. Ware		360	
LLW		242 lb. Junior			
S. Peason		135 B. Matney*		460	
H.W		J. Brown		285	
D. Dixon		105 Open			
MEN		J. Cochran		445	
132 lb. Open		J. Jones		415	
C. Ponnadexter		190 G. Taylor		340	
148 lb. Teen		M. Hollis		340	
N. Brooky		160 276 lb. Teen			
Junior		K. Kendrick*		365	
R. Wilcox		325 Open			
R. Petty		205 M. Inabinett		525	
181 lb. Teen		M. Lanier		450	
D. Gramling		220 S. Jones		415	
Open Junior		J. Hamilton		375	
M. Hardeaman		265 S. Cassell		360	
Open		SHW			
D. Williams		375 Junior			
J. Martin		275			
198 lb. Open		J. Bugg		440	
Open		220 lb. Teen		575	
B. Moss		165 D. Williamson*		540	
Open		R. Pelis		460	
148 lb.		K. BP		DL	
Teen		TOT			
M. Jarrett-165		330 500 830			
M. Jarrett-165		330 — —			
M. Jarrett-165		— 500 —			
Submaster					
K. Smith-264		450 — —			
Master (40-49)					
J. Miller-197.5		365 410 775			
R. Dominguez-220		340 — —			
Master (50-59)					
H. Blackmon-231		335 — —			
R. Sobel-217		300 — —			
Master (60-69)					
D. Smith-254		225 — —			
D. Smith-254		315 — —			

**ADAU Power Day Classic  
28 Apr 01 - Bigler, PA**

BENCH		R. Labans-40		352	
WOMEN		319 lb.			
123 lb.		M. Miller		413	
B. Skal		148 SHW			
148 lb.		W. Clouthier		413	
S. Nallo-37		115 R. Coon-39		380	
MEN		DEADLIFT			
Youth 97 lb.		WOMEN			
B. Boston-9		55 123 lb.			
114 lb.		B. Skal		325	
Plowman Jr.-12		126 148 lb.			
132 lb.		S. Villo-37		253	
D. Holland-36		264 Youth			
T. Tullio-56		165 97 lb.			
165 lb.		B. Boston-9		143	
M. Skal		308 114 lb.			
T. Duff-52		253 Plowman Jr.-12		209	
K. Boyer		248 123 lb.			
181 lb.		N. Salem-22		341	
J. Oregonia-54		270 132 lb.			
4th		T. Tullio-56		286	
J. Armstrong		253 148 lb.			
J. Osborn		— N. Lowder		485	
198 lb.		165 lb.			
B. Heber		336 M. Skal		451	
B. Sisko-38		308 K. Boyer		303	
A. Lazazzera-22		303 181 lb.			
B. Booth		281 J. Oregonia-54		507	
B. Hulings-39		253 R. Gregory		457	
B. Bayer-55		231 J. Armstrong		446	
220 lb.		198 lb.			
D. Fleming-58		385 B. Bayer-55		578	
M. Pyne-38		369 B. Hulings-39		462	
J. Kuhar-53		358 A. Lazazzera-22		402	
B. Huey-55		341 220 lb.			
A. Campiere-43		325 A. Campiere-43		451	
242 lb.		242 lb.			
M. Labans-41		407 R. Loy-43		578	
C. Chiaro		369 C. Chiaro		556	
E. Balot-40		347 C. Brown		518	
B. Franklin-19		314 B. Gaumer-23		440	
B. Gaumer-23		303 B. Franklin-19		435	
275 lb.		275 lb.			
G. Plowman		413 J. Furnell-19		551	
R. Plowman, Sr.		402 G. Plowman		501	
Outstanding BENCHERS: Open: Mike Labans of Cranberry PA with 407 at bodyweight 229 lb. Teen Junior: Andrew Lazazzera of State College, PA with 303 at bodyweight 185 lb.; Submaster/master "Rooster" Fleming of Munhall, PA with 385 at BW 220 lb. Outstanding Open DEADLIFTERS: Norman Lowder of Woodland, PA with a 485 at BW of 147. This is the second year in a row for Norm; Outstanding Teen Junior: Nathan Salem of Lower Burrell with 341 at BW of 123. Outstanding Submaster/Master was Bugs Bayer of Rockton with 578 at bodyweight 197 lb. Announcing was done by Jay Siegel And Dave Yoder. Score Table Help: Jennifer and Sarah Ogden And Villo. Refereeing was handled by Brenda Allan and Jay Siegel along with help from Rick Emerick, Joe Oregonia And Bugs Bayer. Four lifters from the meet gave specimens for drug testing at West Diagnostics of San Diego, California as well as three lifters who were selected for "out of meet testing." All seven tests were negative! (Thanks to Al Siegel for providing the results of this competition to Powerlifting USA).					

**2001 APF Nebraska/Midwest  
17 Mar 01 - Omaha, NE**

BENCH		242 lb.		T. Holzapfel, Sr		415	
Novice 148 lb.		240 308 lb.					
G. Bolter		225 R. Ruffcorn		425			
T. Fuller		215 B. Boothe		325			
181 lb.		242 lb.					
T. Thierolf		200 M. Austin		370			
Master-1		Submaster					
148 lb.		350 242 lb.					
Z. Baurnel		340 T. Holzapfel, Jr		535			
198 lb.		220 lb.					
R. Caruso		435 B. Heck		455			
T. Sandel		480 J. Coker		485			
220 lb.		220 lb.					
D. Kunasek		340 K. Parrish		440			
242 lb.		242 lb.					
B. Hein		455 T. Holzapfel, Jr		535			
Teen 198 lb.		400 275 lb.					
T. Sandel		480 275 lb.					
Open 165 lb.		181 lb.					
B. Heck		315 Master-2		220 lb.			
181 lb.		220 lb.					
C. Salas		510 C. Garmond		305			
400 275 lb.		242 lb.					
J. King		525 Teen 165 lb.					
500		242 lb.					
P. Hornig		480 T. Rice		300			
220 lb.		Master-2					
T. Anderson		198 lb.					
242 lb.		S. Brickey		375 C. Toney		500	
T. Holzapfel, Jr		242 lb.					
A. Wilson		308 lb.					
Submaster		565 Open					
198 lb.		Master-1					
S. Brickey		165 lb.					
242 lb.		181 lb.					
T. Holzapfel, Jr		256 242 lb.		740			
308 lb.		B. Cass		740			
D. Cummings		BP		DL		TOT	
Master-1		290 185 350 825					
165 lb.		550 485 535 1570					
C. Salas		475 365 570 1410					
181 lb.		725 460 650 1835					
M. Foyt		400 W. McCoy		720			
256 242 lb.		Master-1					
B. Cass		720					
740		242 lb.					
BP		740					
DL		740					
TOT		740					
L. Spath		100 225 325					
Novice 165 lb.							
J. Knutson		215 365 580					
181 lb.							
T. Gilbert		300 515 815					
242 lb.							
J. Cavaleri		215 430 645					
Open 220 lb.							
M. Will		530 635 1165					
242 lb.							
J. Grandick		475 635 1110					
B. Simet		385 580 965					
275 lb.							
J. Papek		495 740 1235					
Submaster 220 lb.							
M. Will		530 635 1165					
WOMEN Open 123 lb.							
C. Kelly		95 210 305					
WOMEN		SQ		BP		DL	
Open 165 lb.		315 165 370					

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*Anything Else is Ancient History.™*



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*Bio-Engineered Beverages™*

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No FTC Food Colors.**

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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.

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, 2nd Gold's Gym & USAF BP/DL (open, teen, women, masters, submasters, police/fire/military - top 5 trophies - Gold's Gym - Allentown, PA) Ed Miller or Gary Heim 610-797-6800  
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](mailto:apapresident@angelfire.com)  
7 JUL, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513  
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 Wlosinski, 716-688-0575, [bigski@localnet.com](mailto:bigski@localnet.com), [www.uspfny.com](http://www.uspfny.com)  
7,8 JUL (new contact info), Twin Lab WABDL World Cup BP & DL (Holiday Inn Airport Hotel, Portland, OR - world championship qualifier - drug tested) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067

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](mailto:strongman1nyc@aol.com)  
14 JUL, The Fitness Zone Natural Bench Press Classic (open, raw, women, police & fire, teenage, masters, team) Lynn Smith, 4500 Carr Drive, Fredericksburg, VA 22408, 540-889-1252, [lynn@thefitnesszone.com](mailto:lynn@thefitnesszone.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](mailto: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](http://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 - Woman (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, 300W. Northern Ave., Saginaw, TX 76179, 817-847-6082, e-mail [wwilyh@swbell.net](mailto:wwilyh@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](http://www.sonlightpower.com)  
14 JUL, APF Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775  
14,15 JUL, Georgia Games PL/BP, Georgia 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), WNPFF USA PL Championships Youth, Teen, Jr., Subs, Masters & Sr. Open Nationals (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpff@aol.com](mailto:wnpff@aol.com)  
21 JUL, USAPL Commonwealth Games of Virginia PL & BP (men & women) Bettina Altizer, [VaPwrwmn@aol.com](mailto:VaPwrwmn@aol.com), 540-725-8545, [commonwealthgames.org](http://commonwealthgames.org)  
21 JUL, USAPL Mid America BP (St. Louis Area) Kurt Richardson, 1420 Rojoja Dr., Arnold, MO 63010, 636-464-5520  
21 JUL, USPF Eastern BP Nationals, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, [USPFehorton@aol.com](mailto:USPFehorton@aol.com)  
21 JUL, Georgia State Drug Free Championships (BP, DL, PL) PFL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, [pythongym@aol.com](mailto: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, 25 E. Arellaga St., Santa Barbara, CA 93101, 805-963-3439, [Kfisher54@aol.com](mailto:Kfisher54@aol.com)  
21 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183  
21 JUL, NASA Tri-State Natural (Monolith 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. Clemens, 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, [rieegarcia@hotmail.com](mailto:rieegarcia@hotmail.com)  
27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528  
28 JUL, RGVPF 8th Border Classic Bench Press, Tito's Gym, 78 Creekbend, Brownsville, TX 78521, 956-504-3324  
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](http://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](mailto:Jackie_Jeff1@msn.com)  
28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com)  
28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motingier, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881  
28 JUL, WNPFF Raw Nationals & North American Championships (Anaheim, CA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, [wnpff@aol.com](mailto:wnpff@aol.com)  
28,29 JUL (new contact info), Twin Lab WABDL National BP & DL (Sheraton Hotel, Birmingham, AL - world championship qualifier - drug tested) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067  
29 JUL, Lake Country Fair Iron Man BP/DL (Gray's Lake, IL - 15 liter limit - entry deadline 7/2/01) Preston Olsen, 847-948-9111 ext. 330 or [polsen@bannockburn.com](mailto:polsen@bannockburn.com)

## 2001

World Mens/Women's Masters I.P.F.  
Powerlifting Championships  
October 18,19, 20, 21st

Heritage Inn - Moose Jaw, Saskatchewan, Canada  
1590 Main Street North, Box 2020,  
Moose Jaw, Saskatchewan, Canada S6H 7N7  
Phone: 1-306-693-7550  
Fax: 1-306-692-5660  
e-mail: [moosejaw@heritageinn.net](mailto:moosejaw@heritageinn.net)

Meet Director: Wayne Cormier, phone: 1-306-446-1330, Fax: 1-306-445-2829 OR Jeff Butt, phone: 1-306-694-5262/1-306-692-0688, fax: 1-306-694-5034  
Sponsors: Inzer, Heritage Inn, Labatts, Pro-Lab, Muscle Tech

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, Matt Heydinger BP Memorial (men, women, teen by formula) Steve Alcholz, 424 S. Kibler St., New Washington, OH 44854, 419-492-2715

4 AUG, ADAU NE Championships (open, women, teen masters - all raw) Bart Wood, 906 W. 5th, Erie, PA 16507, 814-461-8926

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

4,5 AUG (expanded date & meet), WNPF New Jersey Championships & USA BP, DL, Ironman (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@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

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, Pennsylvania State PL & DL (open, teen, jr., submaster, master, fire & police - outdoor BBQ - Horsham, PA) Robert Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net

11 AUG (new phone number), 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, 727-845-0520, Stroud's Fitness 817-268-3488

11 AUG, Lincoln Summer BP (Lincoln, NE - open, teen, master, P & F, novice, women) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@hunted.net

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

**2001 WNPF Raw Nationals & North American Equipped Powerlifting, Bench Press, Deadlift & Squat Championships Anaheim, California July 28, 2001 Youth, Teen, Junior, Open, Lifetime, Submaster, Masters, Police/Fire/Military First to Tenth Place Awards WNPF World Qualifier WNPF, P.O. Box 142347, Fayetteville, GA 30214 770-996-3418 or email WNPF@aol.com**

11 AUG (new date), APF Venice 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) Louise LaPointe, 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, 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, WABDL Alki Beach BP & DL (12th) & Strongman (11th) Contest (world championship qualifier - drug tested), Bull Stewart, 206-725-7894 or 343-4692

11,12 AUG, NASSA World Cup PL, BP, PS (Oklahoma City, OK) NASSA, 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, AAU East Coast World Qualifier & North Carolina State Assisted (Randleman Sr. High School) Sandy Lemonds, Box 704, Randleman, NC 27317, 336-672-5433

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 Farnsworth, 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

18,19 AUG, 8th AAPF/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

24-26 AUG, WDFPF World Single Event Championships (Community Center, Taber, Alberta, Canada) Randy Sparks, 403-223-2479

24 AUG, APF Maine State Push/Pull & Bench Press (outdoor) Russ Barlow, 175 Kennebec Tr., Turner, ME 04282, 207-225-5070 & Scott Blanchard 207-795-0016

25 AUG, "Lynch Mob Classic" Shirtless BP (Circleville, OH) John Weaver, 740-477-6847 or John Elick, 740-420-3063

25 AUG, 1st Annual Carolina Bench Meet (Monroe, NC) Danny @ Box 2524, Matthews, NC 28106, 704-764-2145, 283-5587

25 AUG, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

25 AUG (new contact info), WABDL Budweiser Summer Strength Festival (Bend Riverside Motel) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067

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, submasters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntripwr@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

AUG, WNPF Palmetto Classic PL, BP, DL (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.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@saisna.com

1 SEP, 4th AAU Hawaii Push/Pull (Windward Mall, Kaneohe) Keith Ward, 259-9800

1 SEP, AAU Maryland State BP, Gold's Gym, 5620-B, Buckeystown Pike, Frederick, MD 21704, 301-698-4653, Fax 301-698-7238

1 SEP, WABDL Southern States BP & DL (Houston, TX) Bob Garza 281-820-5923

1 SEP, NASS Oklahoma Strongman Contest (Tulsa, OK - open men & women, teen) Sean Baker & James Griggs, 918-834-6376

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, 5th Eclipse Supplements USAPL Judgement Day BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115 Ext. 230

8 SEP, NASS Tri-States Strongman (open men - Canton, MO) Pete Hettinger, 217-231-7076, phtettinger@cullver.edu

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@piklitup.com

8 SEP, WABDL West Coast BP & DL (Sacramento) Jody Woods, 916-431-5503, FAX 443-6200

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

9 SEP, NPA Central States Open (PL, BP, DL - Drug tested) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

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

15 SEP, NASS Strongest Man in Arkansas (open men and women, teen, novice, master) Ed Morrison, Box 1397, Bald Knob, AR 72010, 501-724-9664

15 SEP, USPF Ohio State & Open BP (Open, law enforcement, fire, masters, women) Anthony Spencer, 217 Cline St., Mansfield, OH 44907, 419-774-9980, sqbpd179@aol.com

15 SEP, 1st "Iron Boy" Classic BP (Winston-Salem, NC) 336-924-1754, addanotherplate@hotmail.com

15 SEP, USAPL California State Bench Press (Bakersfield, CA) Eddie Hofflich, 661-327-2582

15 SEP, Harbor Days Bench Press (Oceanside, CA) Randy Gallan, 1424A Phillips St., Vista, CA 92083, 760-724-3947, rgallan@vnsd.k12.ca.us

15 SEP, IPA North American BP (Pittsburgh, PA - All divisions & wt. classes, pro & amateur) Rob Capozzolo, 412-466-4866

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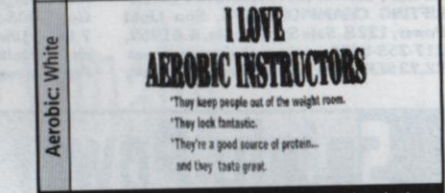
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15 SEP, KPO Mike's Main Event (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BigBench2001@aol.com  
 15 SEP, APA Colorado State (PL, BP, DL - Denver, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com  
 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, WNPFF Natural, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670  
 16 SEP, USAA New England Firefighters Arm Wrestling Challenge, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength  
 16 SEP, ADAU Seneca Nation of Indians Allegory 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 (Coralville, 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 Lhotz, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306  
 22 SEP (new title and date), 4th AAU East Coast Regional PL & BP Championships (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  
 22 SEP, 3rd Sci-Fit BP Championships (open, novice, women, master, teen) Joe Deverulle, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005  
 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, WNPFF Connecticut PL, BP, DL, SQ (Stratford, CT) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com  
 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  
 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 (new date), 1st Fall Strongman Challenge, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.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, WNPFF E. Coast BP, DL, Ironman (Lancaster, PA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com  
 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  
 6,7 OCT, Cam-Am World Cup PL/BP (Lethbridge, Alberta, Canada) Bruce Greig, 403-938-3067, Fax 403-938-0489  
 7 OCT, USAPL Deadlift Nationals (new date) (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ

**HUGE IRON Powerlifting Schedule YEAR 2001**

**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)**

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07866, www.profitness.com 973-627-9156  
 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, Olympus Fitness BP (teenage boys & girls, women open, women masters, open, submasters, masters) Olympus Fitness Center, 5470 St. Barnabas Rd., Oxon Hill, MD 20745, Vernell Morris, 301-505-2255 or Paul Eberle  
 13 OCT, Super Bench 2001 (men, women, teen, jr., submaster, master - deadline 10/1/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength  
 13 OCT, NASS North America's Strongest Man (Eules, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-6082 (e), willyh@swbell.net  
 13 OCT, 5th Pennsylvania Power BP/DL Power Challenge, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823  
 13 OCT (new contact), NASA Big River Classic PL/BP (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094  
 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 Pecatonica Fitness Fall BP/DL (Pecatonica, IL) Son Light Power, 122 S. 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, WNPFF World PL, BP, DL, SQ & Ironman (Greenville, SC) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, unpf@aol.com  
 26-28 OCT, 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 (new phone number), INSA World Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness, 817-268-3488  
 27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-

& DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jrb2040@aol.com  
 27,28 OCT, USAPL Nevada State, Jim Krulich, 150 Chris Ave., Elko, NV 89801, 775-777-7591  
 27,28 OCT, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513  
 27,28 OCT, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
 28 OCT, Best of the Southwest V (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Sitwak, 724-941-7270  
 OCT, USA/Icelandic Strongman Challenge, Huge Iron Gym, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-hug-iron, www.hugeiron.com  
 OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wvillyh@swbell.net  
 OCT???, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513  
 OCT???, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513  
 3 NOV, NCAAU State BP/DL/Teenage Championships, Rickey Young, 819 Roosevelt Ave., Plymouth, NC 27962, 252-793-4414  
 3 NOV, USAPL West Coast Open Push/Pull, John Planas, 234 W. Fairview Ave., Glendale, CA 91202, 818-242-1906  
 3 NOV, Iowa/Midwest Open BP/DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaaloosa, IA 52577, 515-673-5240  
 3 NOV, USPF Texas Cup (Austin - Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire - awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com  
 3 NOV, USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031  
 3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-

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**19 AUG - Illinois State Fair**  
**25 AUG - Kentucky State Fair**  
**2 SEP - Duquoin State Fair**  
**8 SEP - Tennessee State Fair**

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527-8513  
 3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
 3 NOV (amended date) USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com  
 3 NOV (new description), USBF Raw BP & USPC Eastern Regional Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@bellatlantic.net  
 3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000  
 4 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
 10 NOV, USPF BP & DL Meet, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665  
 10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513  
 10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
 10 NOV (amended date) USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com  
 11 NOV, ISA Gold's BP Challenge & Texas State BP (Gold's Gym - Amarillo, TX) Teresa @ 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-Push-Pull, www.isapower.tv  
 11 NOV, Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466, or fax 819-346-6104  
 11 NOV, I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Teresa 806-359-5438  
 11 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S.

Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
 11 NOV, USAPL Ohio PL & BP State Championships (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King  
 13-18 NOV, IPF World Mens (Sotkamo, Finland)  
 15-19 NOV (new contact info), 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067  
 16-18 NOV, IPA Nationals (Columbus, OH) - Holiday Inn Worthington 614-885-3334  
 Elite Fitness Systems, Dave & Traci Tate, 7 4 0 - 8 4 5 - 0 9 8 7, www.elitefitnesssystems.com  
 17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000  
 17 NOV, U.S.A.A. Northern US Open Arm Wrestling (men, women) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength  
 17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513  
 17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
 17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695  
 24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513  
 1 DEC, V.E.S. Inc. Association PL & BP Nationals, Trend Dashiell, 4627 Coulbourn Mill Rd., Salisbury, MD 21804, 410-742-9201, 749-9101, ask for Trend, Jimmy, or Fred  
 1 DEC, USPF Winter Classic BP/DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115,

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Kostas@frazmtn.com or Steve Denison, 661-664-7724

1 DEC, Estrien Championships (PL & BP - Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax).

1 DEC, "Miller Chev" Christmas BP Classic (open, teen, women, masters) The Gym in Elk River, 550 Freepoint Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

1,2 DEC, AAU World DL, World Push/Pull, International BP (Laughlin, NV - raw and equipped for men and women, youth, teen, jr., open, submasters, masters, lifetime, lifetime masters, law &

military, physically challenged) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, Ntripur@pe.net

1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513

2 DEC, New England Raw PL, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728

2 DEC, SLP Rhinos Fitness BP/DL Classic (Roscoe, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

6-9 DEC (expanded contact information), IPF World Bench Press, John Clark, Box 1572, Christchurch, New Zealand, jhclark@ihug.co.nz, ++64 3 3653051

8 DEC, Big East BP (men, women, teen, jr., submaster, master - deadline 11/24/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength

8 DEC, USAPL Midwest Sr. State PL & BP (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@hunted.net

8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394

8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

9 DEC, YMCA High School Winter Bench Press (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@hunted.net

9 DEC, ADAU 9th Raw Drug Free "Coal Country" BP & DL Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikkitup.com

12-16 DEC (new date), 100% Raw World Championships (men & women, all age/wt. classes) Dr. Spero Tahontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

30 DEC, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville, GA) Boys & Girls Club I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

19 JAN, APF Michigan Bench for Cash (cash prizes for top 5 by Reshel Formula) Jim Harbourn, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114, jimharbournce@home.com

JAN, Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

2 FEB, USPF New York State PL/BP Championships, Mike Wlosinski, 716-688-0575, bigski@localnet.com,

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9 FEB, ADAU 14th Drug Free East Coast 2 lift raw and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

2 MAR, All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

2 MAR, 11th Annual Larry Frederick Jr. Memorial Bench Press Challenge, North Penn YMCA, 608 E. Main St., Lansdale, PA 19446, Steve Unrath, 215-369-1601 ext. 230

3 MAR, 1st Pittsburgh's Men & Women of Steel Bench Press (assisted & raw: men, women, teen, jr., submaster, master) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

9,10 MAR, I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 5406 Kirkwood Dr., Grove City, OH 43123, 614-877-1391

16 MAR, ADAU Great Lakes PL/National Qualifier (open & all age groups, men & women) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

17 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

6-7 APR, Power Palooza IV PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

14 APR, 16th Olympic Bench Press Championship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

APR, USPF North American PL/BP (men/women open, 14-23, 35-39, 40+, collegiate) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489,

usabodybuilding@aol.com

APR, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested) Craig DeSoto, 808-667-4363

4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

18 MAY, 5th Neuman BP, Robert Ybarra, 2109 5th St., Sterling, IL 61081, 815-626-5042

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany) 26,27 JUL, WABDL National BP & DL (Houston, TX - Clarion Hotel) Bob Garza, 281-820-5923

JUL, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

10-15 SEP 02, IPF World Juniors (Venezuela) 9-13 OCT 02, IPF World Masters (Cordoba, Argentina)

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

OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia) 5-8 DEC 02, IPF World Bench Press (Luxembourg)

P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT. P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

# 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.**

Elegibility: Contests is open to all A.A.U. PC of all ages registered who have place 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> 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 66,76, 86 / 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 complete 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 countrie Federation sanction to enter as a team this can be done the day of the meet. (Only one team for each club or Federation men and women)

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. (\$50 first divsion addle div.\$30)

**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 \$3 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 CEDECAR. This place is located two minute by car near Rafael Hernández airport in Ramey Aguadilla. All will have free transportation to the place of the competition that is 30 minute ride. from were you are going to stay.

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

Mayagüez Area

Best Western Mayagüez 787-832-3030  
Holiday Inn 787-833-1300 or 787-833-1100  
Hotel El Sol 787-834-0303  
3 minute walk from site of competition  
Hotel Plaza 787-832-9191 3 minute walk from site of comp.

Aguadilla Area (30 minute ride to site of competition)

Hotel Cielo Mar 787-882-5959  
Hotel El faro 787-882-8000  
Hotel La Cima 787-890-2016  
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**WABDL California State BP/DL  
17 FEB 01 - Monterey, CA**

WOMEN	Rank	Name	Age	Weight	1RM	2RM	3RM	4RM	5RM
BENCH									
Junior 20-25									
114		R. Lozano	341	123					
J. James	104	242							
132		E. Anderson (BL)	435	123					
G. Eddy	110	B. Kehl	336	123					
Open									
105		Masters 68-74		165					
C. Baqui	143	R. Cortes	248	165					
114		4th	253*						
A. James	159*	Open		132					
148		123		170					
A. Skellington	121	B. Sanders	231	105					
165		132		220					
M. Ivers (BL)	253	K. Unten (BL)	402	114					
G. Anderson	214	165		248					
Master Law/Fire	48+	A. Contreras	115	253					
148		181		242					
R. Ballard	159	L. Jones	468	148					
Teen 13-15		M. Saito	451	165					
148		M. Moore	286	165					
A. Skellington	121	220		396					
Open Law/Fire		M. Ludovico	529	4th					
123		S. Pena	451	203					
L. Buie	148	242		309+					
165		R. Kitani	529	308					
G. Anderson	214	V. Garcia	341	308					
Master 40-46		T. Yamanaka	545	220					
114		G. Nelson	309+	123					
A. James	159	309+		501					
123		S. Pena	501	123					
L. Buie	148	S. Wong	584	242					
165		L. Contreras	391	198					
M. Ivers (BL)	253	K. Ward	391	534					
Masters 47-53		Teen 13-15		507					
148		148		501					
R. Ballard	159	E. Vorsatz	165	242					
MEN									
Junior 20-25									
181		A. Contreras	115	220					
M. Moore	286	M. Minahan	214	308					
220		Teen 16-19		600					
P. Davi	429	165		518					
4th		A. Horvath	281	308					
308		C. Favaloro	275	181					
J. Bryant (BL)	551*	G. Gomiero	264	181					
D. Gerona	523	198		165					
Masters 40-46		K. Albert	385	198					
123		Submaster 34-39		220					
B. Sanders	231	165		220					
165		S. Ward (BL)	402	501					
D. Marxheimer	352	181		573					
M. Tinoco	170	A.J. Agamao	170	468					
181		198		507					
J. Jones	380	E. Sim	462	309+					
P. Janoff	352	S. Ughes	380	462					
198		M. Deas	281	485					
K. Kanemoto	462	275		485					
R. Lopez	341	J. Tovar	480*	413					
D. Bertier	292	308		407					
220		W. Smith	391	425*					
G. Ponder	385	309+		407					
P. Wondra	325	G. Niuailuku	424	425*					
242		Open Law/Fire		562*					
M. Lutz	440	165		374					
H. Munro	407	E. Kuskie	341	374					
C. Warrick	374	181		374					
G. Stevens	275	Nakamura (BL)	391	485					
R. Carbo	385	A.J. Agamao	4th	485					
M. Moore	358	W. Hancock	275	407					
308		Submaster Law/Fire		407					
J. Minahan	518	165		407					
4th		Teen 16-19		407					
Masters 47-53		165		468*					
181		259*		352					
G. Rochelle	275	E. Sim (BL)	462	352					
220		275		352					
C. DeSoto	363	J. Tovar	480*	352					
275		Master Law/Fire 40-47		352					
S. Brown	424	198		352					
309+		R. Lopez	341	352					
G. Brink	462	242		352					
L. Contreras	391	A. Clayton	308	352					
K. Ward	391	308		352					
Masters 54-60		J. Minahan	518	352					
165		4th	529*	352					
G. Boucher	292	Class I		352					
M. Timbal	291	165		352					
198		E. Kuskie	341	352					
R. Tsutsui	352	P. Narr	248	352					
220		198		352					
J. Mutty	352	W. Hancock	275	352					
R. Kunz	281	242		352					
275		M. Jones	429	352					
G. Nelson	308	J. Mozingo	407	352					
Masters 61-67		R. Abilay	402	352					
148		M. Smyser	385	352					
L. Blas	203	308		352					



**Michelle Ivers - WABDL WR 402**

and George Niuailuku won SHW with 424. Steve Ward was best lifter. In teenage, Kevin Albert was best lifter with a 385 in 16-19 198. Andy Horvath set a CA state record in 16-19 165 with 281 lbs. In open 132, Kerwin Unten became the 3rd or 4th man in history to bench 400 at 132 with a 402 and was named outstanding lifter. Mike Saito won the 181 open with a 451. The initial winner, whose name I won't mention due to the WABDL practice of confidentiality, flunked the drug test. At 220, Mike Ludovico benched 529. Back in September, he did 573, one of the best 220 lb. benches in history. Steve Pena, who is legally blind, did 451. At 242, Russ Kitani won with 529. Russ has done as much as 567. At 275, Tomonari Yamanaka, a member of Matt LaMarque's Iron Society, did a nice 545. At 275, Steve Wong only got his opener with 589. He did a clean 650 in August. Keith Ward set a Hawaii state record in master 40-46 super with 391. In master men 40-46 123 Bobby Sanders did 231 for a CA state record. At 165, Dan Marxheimer of Seattle won with 352. At 181, Jeff Jones won with 380 over Paul Janoff. At 198, Keith Kanemoto set a California state record with 462. At 242, Mike Lutz beat out 3 others with 440. In 275, Rob Carbo won with 385 over Mike Moore. At 308, John Minahan set a CA state record with 529. In master 47-53 275, Steve Brown set a CA state record with 424 lbs. At super, George Brink set a CA state record with 462. In master 54-60, Rich Tsutsui won with 352 at 198. At 220, John Mutty won with 352. In master 61-67, Rudy Lozano won at 181 with a world record 341. Ernie Anderson set a world record at 242 with 435 and Robert Cortes set 4 world records in master 68-74 (he's 70) ending up with 253 at 148. In junior men's bench, Josh Bryant was the story with a world record 551 at 308. Doug Gerona of Hawaii was 2nd with a Hawaii state record of 523 in his first meet. Phil Davi got a personal best of 468 at 198. In women's bench, Rae Ballard tied her world record of 159 in law/fire master 48+. In open women, Carmella Baqui set an HI state record of 143 in the 105 class. Anna James set a CA state record of 159 in the 114 class. Azure Skellington of HI won the 148 class with 121 lbs. At 165, Michelle Ivers won best lifter with a 253 at 165. Gina Anderson was second with a very respectable 214. In junior women, Jennifer James set a CA state record of 104 at 114 and at 132, Gabrielle Eddy set a CA record of 110. In teenage 13-15 148, Azure Skellington set a teen world record of 121. In master women bench, Anna James set a CA state record of 159 at 114 age group. In law/fire open and master 40-47, Leticia Buie set a world record of 148 in the 123 class. In class I men's bench, Doug Gerona set a HI record of 523 in the 308 class and was named best lifter. The outstanding lifters in the bench were for teen/jr. - Josh Bryant and Men's law/fire -

Kirk Nakamura; Men's lightweight masters - Keith Kanemoto; Men's heavyweight masters - Ernie Anderson; Men's lightest submaster/open Kerwin Unten; men's heavyweight submaster/open Mike Ludovico. Biggest bench was Steve Wong. Pound for pound best lifter was Kerwin Unten. In the deadlift, Leticia Buie set a world record in law/fire open and masters with 292 at 123. In master women's Michelle Ivers, who has been training for over 20 years, pulled a 402 at 165 40-46, a world record. In junior women, Gabrielle Eddy pulled a CA state record of 170 at 132 lbs. In open women, Carmella Baqui of HI pulled a stunning 331 at 104 lbs. bodyweight for a world record, and Michelle Ivers did 402 for a world record in both masters 40-46 165 and open 165. Carmella Baqui was outstanding female deadlifter. In class I men deadlift, Steve Pena set a CA state record with 501 at 220 lb. and Joseph Miller set a CA record with 584 at 242 to beat out 3 other lifters. In master men 40-47 law/fire, Zach Clark came back from a terminal illness to do a CA and world record deadlift of 639 at 220 lbs. Three years ago he was given a year to live. Prayer and the Iron Game made the difference. In the 308 lb. class, Walt Faulkner set a CA record with 600. In submaster men's deadlift, Steve Ughes, the leader of Palace Gym did a 501 at 198 and Robert Exum set a CA state record of 573 at 242. In junior men, Phil Davi, a member of Matt LaMarque's Iron Society set a CA state record with 628 at 220. In teen men age group 13-15 in the 114 class, Colzie Tucker set a CA state record of 203. Brandon Minahan, son of John Minahan, set a CA state record of 341 at 181, also a world record. At 220, Brandon Huffer set a CA record of 352. In teenage 16-19 198, Matt Maxfield set a TX record of 584 at 198 and Andrew Austin set a world record of 600 at 308. In open men's deadlift, Bobby Sanders set a CA record of 402 @ 223. Phil Davi set a CA state record at 220 with 628. John Bostick did likewise at 242 with 650 and 581 years old George Brink pulled a huge 760 on an opener for a world record in both masters 47-53 and open in the SHWs. He tried 810 on his 2nd and got it to his knees. He follows the Finnish deadlift routine. In master men 40-46 age group, Bobby Sanders set a CA state record of 402 in the 123 class. David Bertier and Zach Clark did likewise at 198 and 220 with 540 and 639 respectively. At 242, David Glahn beat Gary Stevens and Harry Munro with 573 but was short of his CA state record 600. In master 47-53, Steve Brown set a CA state record of 507 in 275, and George Brink set a world record at super with 760. Keith Ward set a HI record with 485. At 198, Don Imrie set a CA state record with 462. In masters 54-60, Roger Kunz set a CA state record of 425 at 220, and Gus Rethwisch pulled a world record 562 at super. In master 61-67, Rich Abbott pulled 485 at 165 and Robert Cortes pulled an amazing 468 at 147 lbs. for a world record and a coefficient of 513! Austin DeMello set a CA state record of 352 at 220. The outstanding lifters for deadlift were: teen/junior - Matt Maxfield; law/fire - Zachary Clark; lightweight masters - Robert Cortes; heavyweight masters - George Brink; lightweight submaster/open - Bobby Sanders; heavyweight submaster/open - George Brink; biggest deadlift - George Brink; pound for pound best deadlifter - Bobby Sanders. Iron Swoldier Award to the lifter that best exemplifies courage, class and humility - Kerwin Unten. Team Standings: 1st - Bloodline Hawaii; 2nd - Iron Society Monterey; 3rd - Palace Gym. Matt LaMarque wishes to thank Geoff Couch from Budweiser, without the sponsors this meet is not possible. He would like to thank Giehanne, Natalie, his dad, Aron, Jessie, Derrick. Also Gus Rethwisch, Mike Knight, Mike Saito, Kerwin Unten, Andre Planchon. Also a huge thanks to Gary and Elma Thomas on the computer and finally to Steve Wong and Phil Davi for their support and help. (Thanks to Gus Rethwisch for providing the results of this competition).



**Bloodline Hawaii Team; (l-r) bottom row - Kerwin Unten, Kirk Nakamura, Ronald Abilay; top row - Keith Sylvester, Mike Saito, Doug Gerona, Craig Desoto, Moses Timbal. (photos courtesy of Gus Rethwisch)**

**NASA National Boys & Girls PL  
17-18 Feb 01 - Springfield, OH**

BOYS	Rank	Name	Age	Weight	1RM	2RM	3RM	4RM	5RM
Division 1-3									
Freshmen 119 lbs.									
C. Banion	67.5	47.5*	105*	220*					
B. Stewart	70*	40	100	210					
127.8 lbs.									
J. Ferre	100*	67.5*	112.5*	290*					
J. Nathaniel	100*	55	110	265					
138.8 lbs.									
J. Tennant	127.5*	70*	130	327.5*					
154.3 lbs.									
M. Hathaway	127.5	82.5	150	360					
170.8 lbs.									
G. Hemmings	127.5	80	182.5*	390					
250.2 lbs.									
B. Jones	107.5	85	145	337.5					
280 lbs.									
J. Adams	182.5*	90*	170*	442.5*					
Sophomore 127.8 lbs.									
D. Peterson	102.5	65	140	307.5					
138.8 lbs.									
C. Yontz	125	65	145	335					
B. Skoraz	102.5	80	137.5	320					
154.3 lbs.									
A. Bollinger	152.5	110*	185*	447.5					
D. Reese	122.5	92.5	160	375					
170.8 lbs.									
J. Ferre	175	120*	207.5	502.5					
C. Schaeffer	147.5	95	202.5	445					
C. Leaver	150	102.5	185	437.5					
187 lbs.									



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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching ..... \$68.00

10 cm x approximately 10 mm • 4 rows of stitching ..... \$58.00

#### Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller  
 • single or double prong • any color • made in USA • lifetime guarantee ..... \$70.00

• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA ..... \$58.00

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**Chalk** — The very best for grip — 1 lb. box of 8 - 2 oz. blocks ..... \$10.00

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(limited availability)

**Inzer Intensity** - multi-color deadlift design ..... \$10.00

### OFFICIAL MEET T-SHIRTS

**Baddest Bench in America** - multi-color design ..... \$10.00

**Hawaii World Record Breakers** - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

### 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

**IPA South Carolina State**  
19 May 01 - Hilton Head Isl., SC

Amateur	SQ	BP	DL	TOT
Teen (14-15) 181 lb.				
J. Kent	175*		175	
198 lb.				
M. Effner	260*		260	
242 lb.				
J. Grant	425*	260*	470*	1155
(16-17) 181 lb.				
T. Haslam	215*		215	
123 lb.				
C. Essick	195*	125*	305*	625
(18-19) 165 lb.				
A. Porter	325*	265	435*	1025
220 lb.				
C. Argoe	445*	315*	455*	1215
275 lb.				
M. Majors	405*	285*	405*	1095
SHW				
D. Utley	425*	295	465*	1185
WOMEN				
Open 123 lb.				
S. Fusco		170		170
MEN Junior 220 lb.				
C. Amick	350*	210*	550*	1060
Open 148 lb.				
E. Knight		310*		310
181 lb.				
J. Gothe	450	330	500	1250
R. McMillan	380	280	405	1065
M. Clckett	495*	345*	505	1345
220 lb.				
E. Powell	565	405	550	1520
K. Williams	550	375	550	1475
PRO Open 242 lb.				
L. Arthurs		400		400
Amateur 275 lb.				
Ricafrente, Sr.	650*	340	590*	1580
Submaster (33-39) 181 lb.				
J. Gothe	450	330	500	1280
198 lb.				
D. Scott	465*	340*	500*	1305
220 lb.				
R. Williams	350	315*	375	1040
K. Williams	550*	375*	550*	1475
Master (45-49) 181 lb.				
D. Adams		265*		265
J. Stoudemire	250*	345*	300*	895
R. Kent		340		340
(50-54) 198 lb.				
D. Conway		300		300
G. Haslam		325		325
(55-59) 275 lb.				
D. Ricafrente, Sr.	650*	340	590*	1580
1580				
PRO Master (55-59)				
242 lb.				
L. Arthurs		400		400
Amateur				
Police				
123 lb.				
S. Fusco		170		170
198 lb.				
D. Conway		300		300
220 lb.				

**Doug Ricafrente, Sr.,** age 55, from Moncks Corner, South Carolina has been a Drug Free lifter for the past 25 yrs. He currently competes in the 275 lb. class Masters Division. He has lifted with the AAU, the American Drug Free Powerlifting Association, USPF, USAPL, and now with the IPA. He is currently a State Champion, and has won several National championships; the first one in 1987 at Biloxi, Mississippi and the second one in 1991 at Daytona Beach, Florida. He also won the Drug Free World Masters Powerlifting Championship in 1992 in Norwich, England. He is trying to make a comeback after a battle with both diabetes and back surgery. He also serves as a State Referee with the USAPL and a National Referee with the IPA. His motto is "hard work never hurt anyone. Work hard and you'll keep what you earn". On behalf of the President of the IPA, Mark Chaillet, Floyd Powe (left) presents Doug Ricafrente Sr. with the IPA's 25 year drug free powerlifting award. (photo provided courtesy Floyd Powe).



R. Williams	350	315	375	1040
242 lb.				
L. Arthurs		400		400
275 lb.				
G. Haslam		325*		325
PRO Open				
181 lb.				
B. Waites	450*	430*	500*	1380
220 lb.				
D. Porth	500*	365	550*	1415
K. Hicks	500	315	505	1320
J. Sturkie		480*		480
242 lb.				
R. Elrod	525*	315	475	1315
Submaster (33-39)				
242 lb.				
R. Elrod	525*	315*	475*	1315

**IPA New York State**  
22 Apr 01 - Schenectady, NY

114 lb.	SQ	BP	DL	TOT
J. Faraone	165	210	250	625
P. Cary	250			
148 lb.				
T. Avans	160	250	255	665
165 lb.				
D. Piersall	460			
P. Bush	155			
A. James	525	390		
R. Daly	355			
J. Sanford	250	400	420	1070
D. Kirschen	375	475	530	1380
181 lb.				
M. Casatelli	275	450	490	1215
B. Todd	265	350	390	1005
S. Rabine	485			
M. McCormick	235			

K. Bedore	360			
L. McClary	205	335	370	910
198 lb.				
R. Putnam	350			
N. Johnson	250			
220 lb.				
R. Hatala	505			
K. Collyer	320	405	450	1175
M. Kodya	355	530	375	1260
L. Bagnoli	315	470	475	1260
W. Savage	425	550	500	1475
H. Bachoric	280			
S. Cook	485			
T. Dalaba	360			
242 lb.				
D. Hamil	310			
G. Perrou	550	450		
J. Rock	500	465		
D. Kipp	520			
T. Daniels	425	575	585	1585
M. Cleveland	380			
275 lb.				
R. Flannetty	380	600	550	1530
D. Thum	260			
C. Semone	475			
308 lb.				
V. Vardine	460	600	550	1610
SHW				
M. French	355	625		
J. Galligan	500			

Rotterdam-On Sunday 04/22/01 the 9th annual NY State Powerlifting Championships & Bench Press Wars were held at Leon's Centre. Powerlifters from all over the state competed for state titles. And teams from Saratoga, Glens Falls & Schenectady competed for the coveted team trophy. To top the meet off, World Champion Bill Crawford and Glen Chabot gave a bench press seminar following the Bench Press Wars. Results as follows: In the teenage 165 division Jeff Sanford did great for his first meet and Kenneth Collyer of Queensbury could have been in the Opens men's class winning the 220's. In the women's division Janet Farone missed her first 2 attempts in the squat and came back to win the 114 class with a 210 squat, 165 bench & a 250 dead. Nancy Johnson of Warrensburg broke the pro division submaster world record with a bench press of 250. In the masters division 60-year-old Mike Casatelli set a record with a 450 squat. Vinnie Vardine set 4 new records including best squat, bench, dead and total for the 45-yr. old super heavy weight class. Who could not forget Pete Bush that missed his first two attempts and made his 3rd in the bench press. The Muscle works team from South Glens Falls won the coveted team trophy. Best lifter in the Pro division in the Bench press wars went to David Piersall from Utica with a 460 bench at a bodyweight of 159. In the physically challenged division you couldn't help but get inspired by Tino Evan's hitting ability and desire. Rich Hatala in his first meet benched 505 in the super heavy amateur class. In the Amateur class it was David Kirchen from NY City who won overall best lifter with a 475 squat, 335 bench and a 515 dead at a bodyweight of 165. (Thanks to Dave Leon of Leon's Centre Gym for providing these meet results to PL USA).

**3rd Granite State Open DL**  
26 Aug 00 - Keene, NH

DEADLIFT	Submaster (33-39)
MEN	308 lb.
Open 198 lb.	A. Jordan 575
M. Michael	555 Master (40-44)
D. Dore	550 Formula
242 lb.	J. Berndt-226 635
G. Benneville	610 C. Tramontiana 435
B. Matchett	560 N. Giroux-198 445
275 lb.	(45-49)
Jackman!	700 J. Speaks-205 520
R. Wejias	600 T. Jarvis-188 455
308 lb.	S. Legensky-220 375
A. Jordan	575 (50-54)
SHW	W. Andrews-380 575
W. Andrews	575 (55-59)
Teen (13-15)	B. Matchett-233 560
165 lb.	WOMEN
W. Faust	280 Master (50-54)
Junior (20-23)	A. Wilken-112 135
242 lb.	Novice
G. Bonneville	610 A. Wilken-112 135

Director of the competition: Louie LaPoint.  
Head Judge of the competition: Joe Romano.  
Side Judges: Jim Supry, Bill Durant. Spotters: Phil Thomsen, Lionel Fisk. Score Cards: Dave LaRoche. (Thanks to Louie LaPoint for providing the results of this contest to PL USA).

**USAPL California State**  
10,11 Mar 01 - Modesto, CA

Open	SQ	BP	DL	TOT
220 lb.				
J. Matteo	628			
Teen (16-17)				
B. Huffer	358.5			
198 lb. Master				
S. O'Neill*			143	
Open Teen (14-15) 165 lb.				
A. Contreras			220	
Master-2 Open 319 lb.				
L. Contreras			496	
Open 148 lb.				
T. Callahan*	308.5	225	30.5	865
Master-1				
K. Andrews*	248	126	275.5	650
Master-3 181 lb.				
K. Polansky*	270	132	303	705
Open 198 lb.				
L. Baldrige*	236	126	275.5	639
Master-3 123 lb.				
H. Shiviae	330.5	198	385	914
Teen (14-15) 148 lb.				
J. Gonzalez	303	192	369	865
Junior				
D. Sanchez	407	245	451	1107
Open				
L. Slaughter	435	413	462	1311
J. Shapiro	352	275.5	363	992
Master-2				
B. Uyeoka	374	319.5	473	1168
Master-3				
J. Randzaao	308.5	203	347	859
Novice				
R. Goonder	248	192	358	799
165 lb.				
T. Latham	314	253.5	396	764
Teen (14-15)				
L. Israel	424	242.5	440	1107
(18-19)				
J. Olson	336	176	402	914
Open				
A. Franks	462	336	600	1399
Master-2 Open				
R. Cirigliano	462	281	540	1284
Open				
F. Mulhair	435	303	485	1223
S. Dias	363	385	429	1179
Master-2				
E. Martinez	407	270	363	1063
Junior 181 lb.				
E. Wagner	462	330.5	468	1262
Open				
S. Ridyard	529	402	540	1471
J. Meixner	303	341.5	380	1025
Master-1 165 lb.				
D. Mathieson	402	270	429	1102
Master-1 181 lb.				
W. Nichols	385	225	451	1063
Master-4				
S. O'Neill	457	275	473	1207
Open 198 lb.				
A. Johnson	578.5	374	611	1565
G. Buffington	553.5	4002	556.5	1515
C. Cooley	473	385	551	1410
Master-1				
K. Kanemoto	639	424	540	1603
D. Bertier	385	303	589.5	1278
Master-4				
D. Dienelt	534.5	369	584	1488
Open/Novice 220 lb.				
D. Stocton	551	336	507	1394
Open				
J. Tremblay, Jr.	518	451	507	1477
S. Waits	727.5	446	606	1780
Master-1				
P. Pawlowski	485	330.5	501.5	1317
K. Jordan	473	314	462	1251
Master-5				
R. Kunz	407	270	402	1080
M. Musto	644	413	639	1697
Novice 242 lb.				
A. Salman	672	319	573	1636
A. Rivera	512.5	369	473	1355
Open				
R. Kitani	578.5	529	573	1681
S. Silver	600	446	622	1669
K. Armstrong	457	385	501.5	1344
R. Hebler	429	363	501.5	1295
Master-2				
G. Stevens	584	275.5	507	1366
Master-5				
R. Kenl	214	352.5	336	903
Junior 275 lb.				
S. Denison	650	446	606	1703
Open				
G. Harper	584	374	600	1559
R. Magni	534.5	347	606	1488
L. Vargas	501.5	369	257.5	1438
Submaster				
K. Boyce	556.5	286.5	507	1

**WNPF 4th S. Carolina  
24 Mar 01 - Greenville, SC**

BENCH	123 lb.	(40-49)	450	
Tailon	148 lb.	(20-23) Raw	310	
Palmer	165 lb.	(20-23) Raw	440	
Beckham	165 lb.	(20-23) Raw	430	
DEADLIFT	123 lb.	(40-49)	630	
Tailon	148 lb.	(20-23) Raw	540	
SHW	198 lb.	(33-39)	540	
Pole-summers	355*	Gardner	430	
Open	(20-23)		450	
Pole-summers	355	Jones	450	
SQUAT	220 lb.	(40-49)	430	
SHW (14-16)	430	Caterisano	430	
Pole-Summers	450*	Open	430	
Open		Caterisano	430	
Pole-Summers	450*	Novice	410	
SHW (14-16)	410	Mauldin	410	
Pole-sunraers	300*	242 lb. (33-39)	650	
Open		McSwain	650	
Pole-summers	300*	(40-49)	575	
MEN	148 lb.	(20-23) Raw	600	
Greer	315	SHW (14-16)	560*	
Open Raw	315	MEN	410*	
Greer	165 lb.	(20-23) Raw	700*	
Elrod	265	SHW	700*	
Wright	205	242 lb.	315	
(40-49) Raw	370	Novice	315	
Martin	350	Mauldin	315	
(20-23)	350	(40-49) Raw	325	
Elrod	425	Open	560*	
181 lb. Open	370	Kelley!	560*	
Davis	350	(40-49)	560*	
198 lb.	425	Open	560*	
(20-23) Raw	425	Kelley!	560*	
425	425	(40-49)	560*	
Pagan!	405	Summers	135	
Open Raw	405	Brown	295	
Edwards	340	275 lb. Open	510	
Richardson	340	Lee	510	
Open	405	Lee	510	
McAteer	405	Lee	510	
(33-39)	405	Lee	510	
McAteer	405	Lee	510	
Gardner	405	Lee	510	
(40-49)	405	Lee	510	
Greene	405	Lee	510	
(40-49) Raw	405	Lee	510	
Crain	270	Lee	510	
Lifetime Raw	270	Lee	510	
Crain	270	Lee	510	
220 lb.	270	Lee	510	
123 lb.	270	Lee	510	
Novice Raw	270	Lee	510	
Pomeroy	150*	95*	225*	470*
132 lb. (33-39)	270	180	270	720
Chambers	270	180	270	720
SHW (14-16) Raw	365*	230	360*	955*
Bussard	365*	230	360*	955*
(14-16)	450*	300*	355*	1105*
Pole-summers	450*	300*	355*	1105*
Open	450*	300*	355*	1105*
Pole-summers	450*	300*	355*	1105*
148 lb. (17-19) Raw	215	170	255	640
Champion	215	170	255	640
Open	330	265	425	1020
Hunter	340	205	325	870
Stallings	340	205	325	870
(20-23) Raw	340*	205*	435*	870*
Stallings	340*	205*	435*	870*
165 lb. (11-13)	300*	175*	300*	775*
Wade	300*	175*	300*	775*
Open	525	315	560	1400
Yeargin	525	315	560	1400
(40-49)	525	315	560	1400
Yeargin	525	315	560	1400
181 lb. Open	525	350	630	1505
Davis!	525	350	630	1505
(40-49) Raw	450*	260	450	1160
Catina	450*	260	450	1160
198 lb. (33-39)	535	405*	500	1440
McAteer	535	405*	500	1440
Open	535	405*	500	1440
McAteer	535	405*	500	1440
Open Raw	475	285	530	1290
Medlin	475	285	530	1290
(40-49)	350	260	445	1055
Greydon	350	260	445	1055
Langenfeld	300	230	320	850
Greene	300	230	320	850

220 lb. Novice	380	315	405	1100
Johnson	380	315	405	1100
(33-39)	480	315	250	1045
Johnson	480	315	250	1045
(33-39)	400	300	420	1120
Anderson	400	300	420	1120
(40-49)	350	280	440	1070
Chapman	350	280	440	1070
(60-69)	430	300	620	1350
Branham	430	300	620	1350
242 lb. Open Raw	620	430	650	1700
Lewis	620	430	650	1700
(33-39)	440	355	575	1370
McSwain!	440	355	575	1370
(40-49)	365	250	475	1090
Davis	365	250	475	1090
(50-59) Raw	635	400	585	1620
Cushman	635	400	585	1620
Police	600	340	600	1540
Warren	600	340	600	1540
275 lb. (20-23)	700*	405*	560*	1665*
Pickens	700*	405*	560*	1665*
SHW (14-16)	700*	405*	560*	1665*
Yates!	700*	405*	560*	1665*
Open	700	405	560	1665
Yates	700	405	560	1665
Open	700	405	560	1665
Novice	700	405	560	1665
Mauldin	700	405	560	1665
242 lb. (33-39)	365	250	475	1090
McSwain	365	250	475	1090
(40-49)	365	250	475	1090
Davis	365	250	475	1090
275 lb. (20-23)	365	250	475	1090
Pickens	365	250	475	1090

**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.

**2nd Godsquad. Deadlift Champs:** Furman University. This was a great all around meet with outstanding performances from many lifters. We ran one platform with 60 lifters and finished the entire competition by 4:30 pm. This would not have been possible without the great WNPF staff, Furman's powerlifting team spotters, Adrian Locklear, Jackie Chambers, Mark Wade, Bryan Sessions, Carl Summers, Klye Brown, Russell Anderson, Lester Fields and Joyce. Thanks to all of the lifters that attended this championship, thanks for given us a chance. Many thanks goes out to the 200+ spectators that came to cheer on these athletes. The news broadcast footage from the

meet and did a few live interviews with several lifters. Furman University is a fine place to have a meet and this is why the 2001 World Championships will be held here. You can't beat it with the media coverage and the many spectators in attendance. Thanks goes out to Tony Caterisano for providing such a fine meet facility for us. We will be back in August instead of in Summer, SC. (Thanks to the WNPF for providing the result of this meet to PL USA).

**WNPF NY BP/DL & Ironman  
20 Jan 01 - Armonk, NY**

BENCH	165 lb.	(40-49) Raw	390
Bruneau	165 lb.	(40-49) Raw	390
Lifetime (20-23)	245	DEADLIFT	315
Finelli	245	181 lb. Open	505
(33-39) Raw	225	Noga	505
Barbosa	225	198 lb.	560
198 lb.	345	(20-23) Lifetime	560
Lifetime	345	Heaphy*	560
(33-39) Raw	345	Prenty*	560
Prenty*	345	Police Raw	500
Prenty	345	Bruneau	495
242 lb.	345	Police/Fire/Military	495
Lifetime (40-49)	345	Voigt	495

**One KILOGRAM equals 2.2046 Pounds**  
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

Ironman	BP	DL	
165 lb.			
Lifetime Open	265	430	695
Papaleo	265	430	695
198 lb. (33-39)	340	450	790
Landman	340	450	790
220 lb. (33-39)	420	545	965
Carthy*	420	545	965
242 lb.	390	500	890
Lifetime (40-49)	390	500	890
Bruneau	390	500	890

end but the meet still went on. Two of our top lifters didn't make it this weekend due to the weather. We had 12 lifters total and about 8 spectators. And we had a good time, this meet was for the lifters. Some of our staff members came from as far as North Carolina, a few from De. and some from NYC. Thanks to in staff for helping us put on this meet. We hope to see all of these lifters in Strafford, CT for the Lifetime Nationals BP/DL & Ironman Nationals. Thanks to the lifters and the audience for attending this event. (Thanks to WNPF for these results).

**WNPF Dayton Open  
10 Mar 01 - Dayton, OH**

BENCH	123 lb. Open	315		
Petrencak!	148 lb.	350		
Open Raw	275	350		
Tyler	275	350		
Lifetime Raw	275	350		
Tyler	275	350		
(33-39) Raw	305*	450*		
Peters	305*	450*		
165 lb.	350	420		
(20-23)	350	420		
Freeman	350	420		
181 lb. (50-59)	290	380*		
Raw	290	380*		
Freeman	290	380*		
198 lb. Open	455	420*		
Knight!	455	420*		
Novice Raw	370	390		
Durant	370	390		
220 lb. (40-49)	375	390		
Boyer	375	390		
132 lb.	SQ	BP	DL	TOT
(17-19)	350	225	360	935
Mauro	350	225	360	935
148 lb. (14-16) Raw	300	-	-	-
Ashworth	300	-	-	-

181 lb. (33-39)  
Bess 425 280 430 1135  
198 lb. (60-69)  
Wilbur 550 350 615 1465  
242 lb. Open Raw  
Hennebert! 550 350 615 1465  
\*New WNPF American Record. 1-Best Lifter. There was one failure on the drug test at this meet. This was the second offense by this lifter in the past three years therefore he will be banned from the WNPF for life. Brad Hennebert was second runner up for the best lifter award in the powerlifting and he will receive his best lifter award soon. Many thanks to the spectators that came out and supported this event. Ron Dearnicis will, take over this area in the 2002 season. Thanks to Ron DeAmicis and his brother for traveling from Youngstown with all of the equipment for this event. Thanks to Bill Schaffer for judging and for Shawn Knight for bringing two spotters to this event, one guy we nicknamed eclipse because this guy was at least 6'8", 400 pounds and he did an excellent job. (Thanks to the WNPF for these results).

**WNPF DE BP/DL & Ironman  
21 Jan 01 - Newark, DE**

BENCH	123 lb. Open	315
WOMEN	123 lb. Open	315
SHW	165 lb. Open	315
(40-49) Raw	325	315
Funds	250!	470*
MEN	242 lb. (40-49)	475*
123 lb. Open	250	475*
Miller	250	475*
165 lb. Open	340	475*
Duonno!	340	475*
(50-59) Raw	340	475*
Lane	340	475*
(50-59)	340	475*
Lifetime Raw	340	475*
Lane	340	475*
181 lb.	340	475*
Lifetime (33-39)	340	475*
Gattinella	340	475*
242 lb.	340	475*
Lifetime (33-39)	340	475*
Hunter	340	475*
198 lb.	340	475*
Lifetime Open	340	475*
Barbarino	340	475*
(33-39)	340	475*
Handlin	340	475*
Open	340	475*
Handlin	340	475*
220 lb.	340	475*
(20-23) Raw	340	475*
Wallace	340	475*
Open Raw	340	475*
Wallace	340	475*
Lifetime (20-23) Raw	340	475*
Wallace	340	475*
Lifetime Open Raw	340	475*
Ironman	340	475*
114 lb.	340	475*
Youth (11-13)	340	475*
181 lb.	340	475*
Lifetime (33-39)	340	475*
Gattinella	340	475*
220 lb. Youth (11-13)	340	475*
Ferrell, Jr.	340	475*
275 lb. Open	340	475*
(33-39)	340	475*
Croner	340	475*
SHW Novice	340	475*
Thomson-bl	340	475*

\*WNPF American Record. t-Tiled WNPF American Record. BL-Best Lifter. What a weekend, 6" of snow in Delaware overnight but the meet still went on. Most of the lifters made it to the hotel that morning without any major problems. We ended up with 27 lifters and most from the state of Delaware. There was at least 80 people in the audience and they came hard and they came loud cheering on all the lifters that stepped on the platform. We have to find another location to hold our shows in Delaware because of the size of the room and because this meet will grow in the future. This was only our second visit to DE. But trust me we will be back soon. All of the lifters put on a superb performance with only two bomb outs, Ann Funds lifting in her first event and Strongman Willie Croner missed all three lifts on the bench. Willie came over and said sometimes it happens and yes it happens to the beginners and the best. But you better be sure Willie will be back and he will put on a show. I went ahead

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SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT	SQ	BP	DL	TOT
150	102.5	205	457.5	117.5	80	160	357.5	167.5	122.5	172.5	442.5	205	205	280	690	205	205	280	690	250	187.5	250	687.5	190	137.5	250	577.5	250	187.5	250	687.5	190	137.5	250	577.5	250	187.5	250	687.5	190	137.5	250	577.5

and I was impressed. The youth were also just as impressive Chris Jennings and Shelby Pierce both taking first place in the youth program. Then came Cathy Anderson with the American records in the bench and the dead lift in the 119 wt. cl. M-5 pure, Dave Kennedy in the 127.8 wt. cl. M-5 pure Randy Harrington in the 227 wt. cl. Sm-2, natural, pure divisions. There was a lot of good benching, John Onorato with a 512.5, Randy Harrington with a 501.5 and several other lifters in the 400 lb. bench and better. Not to leave the other lifters out they were outstanding in their efforts and with their help the meet went smoothly. These people always help in any way they can to judge, spot, load and announce. Special thanks to my wife Kathy who always is there on the score table and filling in where needed, Bob Pierce doing a great job announcing as always, and to Tom and Sabrina Bagby who I awarded Tom the outstanding meet assistant and Sabrina, the outstanding judge and thanks to those I did not mention. I would like to say to the police and fire fighters from all the states that participated in this meet Thank you for coming and hopefully next year there will be even more of you. I thing this shows that there are a lot of police and fire out there that are in great shape. (These results by James Duree, Meet Director).

**Finnish Championships**

3-4 Mar 01 - Laukaa, FIN

WOMEN	Open	48 kg.	52 kg.	56 kg.	60 kg.	67.5 kg.
Vilijainen, V.	135	77.5	170.1	382.5		
Lampiluoto, T.	125	70	132.5	327.5		
Vaulakorpi, I.	115	60	130	305		
Arpala, V.	85	80	125	290		
Jokitalo, L.	170	75	177*	420		
Sirkka, M.	147.5	85	167.5	400		
Savola, P.	180.5	90	197.5	467.5#		
Kehanen, V.	165	80	165	410		
Leppa, H.	90	52.5	110	252.5		
Laitinen, H.	167.5	85	190	442.5		
Rantamaki, M.	155	90	157.5	402.5		
Lehtonen, M.	145	77.5	140	362.5		
Tuomi, M.	125	60	150	335		
Malassu, I.	100	65	120	285		
Malmberg, S.	0	0	0	0		
Pietila, R.	0	0	0	0		
Haapoja, P.	190	92.5	190	472.5		
Koskinen, M.	165	95	140	400		
Kiinen, M.	75	kg.				

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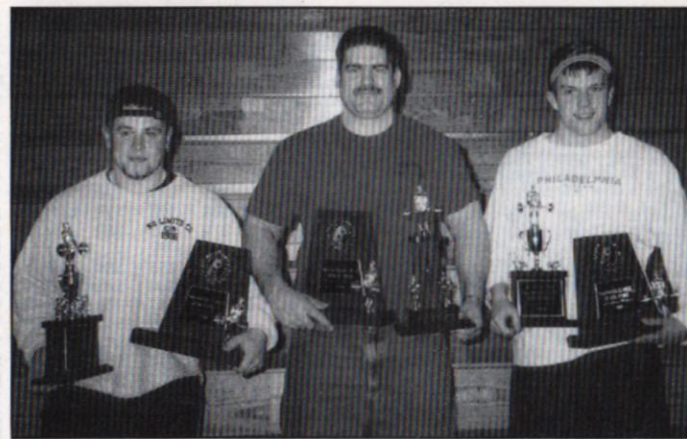
**POWERLIFTING**  
Add 50 to 75 lbs.

**Wisconsin's Best Bench**

31 Mar 01 - Independence, WI

BENCH	T. Sullivan-45	390
Teen 132 lb.	P. Bellis-40	350
A. Earney-15	P. Lockbaum-40	300
148 lb.	L. Woodman-40	250
D. Berlin-13	Master-2	125
165 lb.	B. Goldsmith-49	260
S. Cagle-19	Master-3	165
Open SHW	C. Roffler-60	200
T. Fish-32	C. Mattson-59	185
Submaster 165 lb.	Open 198 lb.	
S. Meyer-38	B. Wright-29	400
Master-1 148 lb.	S. Warren-32	380
S. Grohn-45	D. Hatch-32	325
Pre-teen 114 lb.	J. McKnight-23	320
A. Russett-9	Master-1	95
J. Woodman-11	S. Kaminski-44	380
Teen 148 lb.	Master-3	
D. Pope-17	J. Donatelli-57	325
D. Knapps-18	B. Dingfelder-57	280
P. Lipinski-18	Open 220 lb.	235
S. O'Brien-17	B. Pechmiller-29	480
165 lb.	T. Schmitt-31	450
C. Schneider-16	T. Brewer-31	400
J. Cady-16	Dankmeyer-23	385
E. Allen-18	D. Falter-29	380
J. Grensing-16	D. Weltzien-33	380
D. Rotering-17	J. Cameric-24	345
J. Konce-17	Longender-29	340
J. Walek-17	M. Schwartz-33	290
181 lb.	Master-1	
A. Jones-16	T. Surdick-45	410
B. Pierce-18	M. Gillette-44	380
M. Abts-19	Master-3	265
M. Osenga-17	G. Sofiakis-56	325
Z. Reyburn-17	Open 242 lb.	220
C. Klitschick-19	S. Becker	435
M. Ritspher-18	M. Nielsen-29	420
198 lb.	K. Herrmann-31	415
M. Tock-18	D. Scheidler-26	415
M. Powers-15	D. Buchman-33	405
Hangartner-17	J. Kester-21	400
198 lb.	K. Kulig-32	360
S. Conger-16	S. Coffey-23	350
220 lb.	Master-1	
M. Hund-17	S. Cain-43	480
T. Dunn-17	V. Rasmussen-45	380
242 lb.	J. Keller-43	290
C. Husom-18	K. McKnight-43	285
R. Dingfelder-18	D. Glowacki-42	
J. Vamer-15	Master-2	160
SHW	J. Miller-51	390
D. Kneifel-16	Open 275 lb.	230
Open 132 lb.	J. Franco-26	455
D. Flath-33	B. Fleisner-31	450
148 lb.	Submaster	
D. Thompson-32	D. Doan-36	560
165 lb.	D. Reiter-37	370
T. Stinson-30	Master-1	370
D. Johnson-29	E. Weed-43	455
D. Draeger	S. Fronk-44	395
K. Harmon-23	Open 308 lb.	270
B. Dubois-20	G. Woychik-32	500
B. Jensen-24	J. Riggs-31	325
S. Warren-38	Submaster	340
Master-1 165 lb.	J. Alberaoo-36	405
D. Laehn-41	Master-1	225
181 lb.	J. Brust-41	465
K. Rubenzer-21	Master-2	460
S. Heathman-24	T. Nelson-52	375
J. Robt-31	SHW Open	335
J. Murphy-24	Campshire-35	335
C. Schlessner-24	Submaster	275
Master-1	Campshire-35	335

\*Best Lifter. 104 participants traveled to Independence to take part in our 3rd annual competition. People drove in from all over the Midwest, with all the proceeds going to the Athletic Department and Independence Public Schools. Many thanks to all our judges, spotters, head table workers, and the many more who donated their time to make this a success. In the men's pre-teen it was Austin Russett with a bench of 95#, to edge out Josiah Woodman for first place. In the women's category we had six competitors all unopposed in their respective weight classes. The teen women taking first were Ashley Earney at 132, Devan Doan at 148, Summer Cagle at 165. Theresa Fish came in the women's open at 15# to push up an impressive 295# on her fourth attempt. Sandy Meyer in the submasters put up 150#. Finally it was Sue Grohn in the masters with a bench of 115. In the Teen 148# weight class newcomer Dan Pope bested the field by 50#, taking first over the remaining three entries in his class. Dan was also the Best Lifter in the Teen weight classes. The Teen 165's was a real fight to the finish as four of the top seven were separated by a mere 15# total. But Cory Schneider took home first Place honors. The



**Wisconsin's Best Bench Press (left-right): Kip Rubenzer - Lower Weights Best Lifter with 460 lbs.; Dave Doan - Upper Weights Best Lifter with 560 lbs.; Dan Pope - Teen Best Lifter with 285 pounds.** (Photo provided courtesy of Glen Woychik to Powerlifting USA).

181 Teen class was dominated by Ajay Jones who had a 50# lead on the rest of his class, with a bench of 320# to win. The 198's had a close battle between Chris Ritscher, and Mitch Tock. In the end it was Chris with a 300# press to edge out a 5# victory. The 220 Teen class saw Matt Hund take first with a press of 275. The 242's belonged to Chris Husom with a nice bench of 305. Finally unopposed at Shw, Derrick Kneifel put up 230 to be first. In the Open, Donnie Flath 132#, and Dave Thompson 148#, were unopposed, and put up 300, and 305, to win their classes. In the Open 165s, Todd Stinson dominated with a 370# press to win, the next closest was 70# away. Also in the 165 submaster, and master classes, Scott Warren benched 340, and Dave "the hammer" Laehn put up 225 to first place. In the Open 181's, a

masters 220 had Tom Surdick bench 410 to beat out Mike Gillette for first place. Finally in the masters III George Soufakis was unopposed, but did put up an impressive 325 for first place. The 242 Open class saw a very strong Shawn Becker put up 435 to edge Matt Nielsen by 15. This was a very competitive class with 6 of the 8 benching 400 or more. With age they only get better! The legendary Shawn Cain smoked 480# to win the masters class by 100# over the next closest lifter. He is really something to watch. In the masters 11 Jim Miller was unopposed, and hit a 390, to take first in his class. In the 275 Open class, the wild man, Josias Franco edged out a very strong Brian Fleisner by 5# with a 455, to take the win. Brian, suffered a shoulder injury on his 2nd attempt that kept him away from an attempt of 500#, that he had a good shot at getting. The very impressive Dave Doan, in the submaster 275's took home a nice 560# press, to take first, and our upper weights best lifter award. In the masters class, Ed Weed cracked a 455# press to take first. The 308 Open weight class, one of the meet directors, had Glen Woychik hit a 500# press to take first, over strongman competitor Jon Riggs. Watch for Riggs on the Strongman tour!! In the submaster 308 weight class Jeff Alberado was unopposed, but put up a nice 405. The masters 308 had Jeff Brust blow out his shirt, but managed a 465# press. Jeff is a regular at benching over 500. In the masters 11, Tom Nelson hit a very nice 375, to take first. Finally, in the super heavy weights Rusty Campshire entered both the open and submaster classes, put up a nice 335 to take home first in each division. Again, thank you to so many friends; family and others who helped make this a huge success. Plans for next year are already underway to make this even better. We will be going from two benches to three, to accommodate the lifters. Hope to see you all in 2002. (Thanks to Glen Woychik for providing the results of this competition to PL USA).

**12th Cabin Fever DL/BP**  
14 Jan 01 - Elkhart, IN

BENCH	Open	Open
Open	S. Benson-165	405
S. Benson-165	310 C. Dailling-181	537.5
C. Dailling-181	340 L. Patrick	535
Laelilifano-275	560 Master	
A. Wood	415 (50+)	
Teen (17-18)	M. Wider-148	400
J. Ball Jr.-181	250 Novice	
Novice	L. Mast-165	380
L. Mast-165	290 C. Dailling-181	537.5
K. Sheeler-198	320 A. Stupeck	475
DEADLIFT	B. Baker-220	425

Best lifter, Bench press: George Lealifano. Best lifter, Deadlift: Larry Patrick. Special thanks to: Jon G. Smoker, Kevin Schrock, Rob Williamson, Dan Martin, Mike Wider, and Brendan Yoder. George Lealifano continues to amaze me more and more with the number of meats he's able to hit and still make progress. His schedule would kill any mere mortal. On this particular day, he finally proved that he is somewhat human, but only after he hit his best bench ever at one of my promotions, a big top 40 lift of 560. Only problem was, he had hit a 580 at a slam bench meet the day before, so his attempt to pause the same weight at my meet, came up short, and for the first time, he did have to admit that the 2 day affair had left him with some residual soreness. Also lifting in the 275's with George was Anson Wood would get a pr with a nice 415. In the deadlift there was a classic showdown at high noon between the veteran, Larry Patrick and the rookie, Chad Dailling in the 181's. Chad got the lead with an opening attempt of 510 against Larry's 505; so when Patrick went to 535, Dailling countered with a 537.5 since he was the heavier by 2 lb. Both had hard but successful attempts. So Patrick went to 545 but it was no go. Dailling had already called for 547.5, and while he had wrapped up the win, I had a feeling he might need the lift for best lifter, and I was proven right when he missed it. By the slimmest of margins (it was decided by about 1/1000th of a point) Larry Patrick did manage to come away with best lifter in one of those rare situations where a lifter loses his class, only to emerge as best of meet by being a little lighter than the lifter who beat him. However Dailling couldn't have been too disappointed because he did come away with 3 wins by also benching 340 and winning the novice deadlift. (Thanks to Jon Smoker for providing the meet results).

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back view of dog appears on back of t-shirt



**Alex Francis - 18 years old, 178 bodyweight: 505 - GA State Record at the WABDL State BP.** (Photo provided by Alex Francis).

**2001 W.A.B.D.L. State Bench**  
28 Apr 01 - Lawrenceville, GA

The 2001 State Bench Press Championships were held on April 28th, hosted by Body by George in Lawrenceville. The lifting began with the 13 and under group with Trent Corey winning benching over his bodyweight at 100 lbs. He was followed by William Rigdon, T.J. Mitchell, Dillon Loyd, Dallas Lee, and Nikki Williams.

The women were well represented by best lifter Richelle Eckstein who narrowly missed a bodyweight bench of 125 lbs. The winner of the heavy division was Ann Wolverton with solid 140 lbs.

The star of the teen division was Dusty Jenkins as he set a new 15 and under world record of 190 lbs. While only weighing 120. Leif Larson set a new state record in the mid heavy class with a fine press on 390 lbs. Matt Christie won the middleweights while the best lifter was world champion Adam Parker of Snellville with a 300 lbs. @ 148 bwt.

The masters (40 and over) class saw some great lifting as Ronnie Edwards lit up the platform with a 420 pound lift winning best overall. Other great performances included Dave Callas and Mark Epstein with state records.

The open class saw multi world champions Tracy Satterfield & George Herring take the stage. Satterfield pressed and incredible 530 lbs. @ 181 bwt. while current World Bench Champion George Herring opened with a world mark of 560 lbs. @ 197 bwt. but was injured. Other winners and great lifting inclined master Randel Wrye 310 @ 141, Billy Barrow 570 @ super just missing 600!, Dwayne Williams 350 @ 165, Dan Belanger just missing over 600 in the dl @ 181 and master

Rodney Vickery 410 @ 275 (53 yrs.).

In the deadlift qualifying, 15 year old Krista Williams opened with a world mark of 225 lbs. and jumped to 265 lbs. barely missing on a rule infraction. Earlier this year, she won the state powerlifting championship in her first contest smashing the world squat record with a lift of 303 lbs. Alex Francis set a state mark of over 500 pounds in the deadlift. The "Tazmanian Devil" Marvin Wideman ripped a 520 lbs. at 140 and then doubled it! Look for him to go 600 next year.

Thanks to the judges, Sandy Ellis and Ken Anderson for flying in to oversee the meet and drug testing. Great meet and great crowd. (Thanks to Alex Francis for results).

**Chief Invitational**  
10 Mar 01 - Lantana, FL

FEMALE	SQ	BP	DL	TOT
114 lb.				
L. Suarez	135	75	185	395
L. Ragsdale	125	65	175	365
J. Wildner	110	70	145	325
123 lb.				
H. Guibert	120	85	165	370
J. Martin	120	85	165	370
132 lb.				
V. Vasquez	160	60	165	385
148 lb.				
T. Boady	175	135	245	555
C. Panebianco	175	105	250	530
C. Ramos	165	70	185	420
J. Campana	130	65	160	355
S. Tuan	—	65	190	255
165 lb.				
S. Valles	135	95	225	455
181 lb.				
N. Panebianco	215	115	300	630
198 lb.				
K. Warren	225	90	245	560
188+ lb.				
K. Lenz	300	235	365	900
C. Norris	225	105	245	575
F. Laventure	170	110	290	570
MALE				
114 lb.				
J. Cobiabda	170	170	300	640

B. Feldman	215	150	270	635
J. Ruiz	170	135	290	595
E. Dean	180	115	225	520
D. Vertucci	190	120	200	510
123 lb.				
I. Jones	225	170	275	675
D. Jordan	195	140	265	600
132 lb.				
B. Lee	275	230	385	890
E. Singleton	245	185	300	730
S. Sosa	280	130	275	685
W. Aurelien	175	180	300	655
J. Davis	250	135	225	640
M. Nickerson	140	125	235	500
148 lb.				
D. Camillo	350	225	375	950
S. Foster	280	245	350	875
C. Palazzo	295	235	310	840
J. Morales	280	185	370	835
C. Miller	305	205	320	830
M. Blank	290	205	315	810
C. Armanini	260	150	315	725
D. Dobson	245	150	305	700
J. Frazil	215	185	295	695
E. Guerrer	230	160	285	675
D. Alu	235	155	285	675
C. Embick	175	180	315	670
B. Traft	200	170	275	645
E. Gonzalez	200	115	275	590

J. Bell	405	275	405	1085
C. Pride	350	275	425	1050
I. Jenkins	315	225	450	990
J. Kasper	275	255	350	880
M. Cousineau	295	230	350	875
M. Rosen	295	225	350	870
L. Rotondi	275	215	335	825
L. Veatech	300	180	335	815
D. McBride	265	175	370	810
J. Luberic	230	205	335	770
J. Junvier	250	435	315	750
J. Hurtado	235	195	305	735
C. Daniels	225	155	320	700
B. Levis	200	175	325	700
181 lb.				
C. Smajdor	350	315	450	1115
R. Carson	385	275	425	1085
A. Kalfin	335	265	415	1015
J. Louis	350	265	400	1015
C. Baz	375	320	410	1015
J. Bovie	250	295	410	955
A. Friedland	275	215	390	880
J. Augustin	300	205	350	855
J. Maynor	265	215	365	845
R. Stern	295	210	290	795
J. Collins	305	170	320	795
N. Hoffman	255	200	335	790
J. Manzo	275	145	350	770
J. Lavante	—	285	440	725
J. Perez	275	140	290	705
J. Desti	225	205	225	655

N. Stanislawski	225	165	255	645
T. Keefer	265	145	235	645
C. McClendon	245	205	—	450
M. Osorio	200	180	—	380
198 lb.				
T. Rigolizzo	420	295	470	1185
Stockhammer	380	245	465	1090
B. Sinnett	325	300	460	1085
B. Horn	380	265	390	1035
A. Agrusa	385	225	405	1015
J. DeShields	360	215	400	975
D. Lapomareda	340	200	420	960
G. Veaser	265	235	245	835
D. Guisto	275	205	350	830
P. Gibenson	—	265	405	670
W. Goicou	290	—	350	640
J. Jones	205	205	—	410
220 lb.				

**WDFPF World Bench Press**  
24,26 Nov 00 - Como, Italy

BENCH	G. Tudor-eng	47.5
Equipped	63 kg. T2	
WOMEN	S. Malotteau-bel	60
63 kg. M2	SR	
D. Launay-fra	80*	
SR	K. Galdo-ita	67.5
Pape-fra	80	
90 kg.	B. Gamberti-ita	65
A. Mahony-ire	85	
MEN	V. Bertello-ita	57.5*
52 kg. SR	80 kg. T2	
M. Merlo-ita	90	
56 kg. JR	A. Mahony-ire	82.5
R. Sessa-ita	112.5	
67.5 kg. T3	L. Doran-eng	77.5
A. Craps-bel	87.5	
SR	M. Merlo-ita	85
D. Nutt-fra	157.5	
R. Mattered-ita	152.5	
V. Eldin-fra	145	
A. Formato-fra	142.5	
M2	M. Pellegatti-ita	80
J. Grouet-fra	105	
75 kg. JR	A. Avanti-ita	70
R. Pauwels	140	
4th	D. Riva-ita	105
D. Mikos-eng	152.5	
M. Cotta-ita	132.5	
M5	D. Nutt-fra	145
D. Camut-fra	100	
82.5 kg. SR	A. Fomanto-ita	135
M. Joseph-eng	187.5	
4th	S. Rizzo-ita	112.5
T. Rallo-fra	170	
F. Cuyper-bel	150	
G. Salomone-ita	137.5	
J. Bourgaux-bel	125	
Piacentino-ita	—	
M1	C. Salvati-ita	105
B. Garcia-fra	170	
G. Tigrato-ita	142.5	
M2	M. Rinelli-ita	152.5
Mallotteau-bel	160	
4th	S. Ghirardi-ita	137.5
90 kg. JR	M. Spano-ita	135
O. Bilican-bel	197.5	
100 kg. SR	L. Danieli-ita	130
B. Heslop-usa	187.5	
D. Franklin-eng	177.5	
Wentworth-usa	160	
L. Scarralla-ita	145	
M1	A. Mealey-eng	90
Miskowiak-fra	192.5	
A. Ravazzi-ita	135	
M2	J. Mike-eng	182.5
L. Pilling-eng	170	
M6	E. Barneveld-ned	182.5
R. Martens-bel	140*	
4th	F. Ficazzola-ita	130
J. Feehan-ire	247.5	
4th	Piacentino-ita	130
Y. Olivier-fra	190	
M. Civalieri-ita	180	
G. Forneri-fra	160	
M2	90 kg. JR	
D. Loretto-sui	207.5	
M6	C. Esposito-ita	135
N. Dieux-bel	150	
125 kg. T3	E. Steffen-sui	102.5
F. VanNijlen-bel	230*	
SR	J. Schrickx-bel	117.5
C. Rovaris-ita	165	
M2	100 kg. SR	
H. Davidson-sco	160	
M3	D. Franklin-eng	177.5
C. Bonneau-can	207.5	
M4	M. Scraffia-ita	147.5
R. Schmidt-ken	167.5	
145 kg. SR	M. Nazzari-ita	—
A. Baker-eng	230	
D. Roland-fra	215	
M. Rosaria-ita	—	
Deschamps-bel	155	
Unequipped	110 kg. SR	
WOMEN	G. Oliviero-ita	200
44 kg. SR	I. Tudor-eng	187.5
O. Tagliabue-ita	42.5	
53 kg. SR	C. Forneri-fra	185
R. Lozano-fra	62.5	
I. Blanc-fra	60	
M2	G. Medino-ita	115
A. Mrougin-fra	67.5	
55.5 kg. SR	B. Mitchell-eng	150
M. Tiziana-ita	77.5	
Y. Tello-fra	65	
M. Frattini-ita	57.5	
D. Teresa-ita	57.5	
M2	N. Dieu-bel	135*
R. Button-bel	125	

125 kg. SR	Boukedjar-alg	200
C. Rovaris-ita	155	
Campobello-ita	150	
M2	H. Davidson-sco	167.5
G. Villa-ita	140	
M3	A. Mazzei-ita	190
M4	R. Schmidt-ken	162.5
M5	M. Care-ita	150
145 kg. SR	M. Rosario-ita	172.5
W. Backelant-bel	210	
M. Mackey-ire	195	
DEADLIFT	Equipped	
MEN	60 kg. T3	
L. Fortuna-ita	145*	
67.5 kg. T2	M. Zenobio-ita	180*
M. Zenobio-ita	180*	
T3	A. Craps-bel	175*
SR	Z. Speziale-ita	215
R. Pauwels	210*	
M5	D. Camut-fra	200*
A. Fomanto-ita	125	
M. Joseph-eng	187.5	
4th	S. Rizzo-ita	112.5
T. Rallo-fra	170	
F. Cuyper-bel	150	
G. Salomone-ita	137.5	
J. Bourgaux-bel	125	
Piacentino-ita	—	
M1	C. Salvati-ita	105
B. Garcia-fra	170	
G. Tigrato-ita	142.5	
M2	S. Ghirardi-ita	137.5
Mallotteau-bel	160	
4th	M. Spano-ita	135
90 kg. JR	L. Danieli-ita	130
O. Bilican-bel	197.5	
100 kg. SR	G. Riso-ita	122.5
B. Heslop-usa	187.5	
D. Franklin-eng	177.5	
Wentworth-usa	160	
L. Scarralla-ita	145	
M1	A. Mealey-eng	90
Miskowiak-fra	192.5	
A. Ravazzi-ita	135	
M2	J. Mike-eng	182.5
L. Pilling-eng	170	
M6	E. Barneveld-ned	182.5
R. Martens-bel	140*	
4th	F. Ficazzola-ita	130
J. Feehan-ire	247.5	
4th	Piacentino-ita	130
Y. Olivier-fra	190	
M. Civalieri-ita	180	
G. Forneri-fra	160	
M2	90 kg. JR	
D. Loretto-sui	207.5	
M6	C. Esposito-ita	135
N. Dieux-bel	150	
125 kg. T3	E. Steffen-sui	102.5
F. VanNijlen-bel	230*	
SR	J. Schrickx-bel	117.5
C. Rovaris-ita	165	
M2	100 kg. SR	
H. Davidson-sco	160	
M3	D. Franklin-eng	177.5
C. Bonneau-can	207.5	
M4	M. Scraffia-ita	147.5
R. Schmidt-ken	167.5	
145 kg. SR	M. Nazzari-ita	—
A. Baker-eng	230	
D. Roland-fra	215	
M. Rosaria-ita	—	
Deschamps-bel	155	
Unequipped	110 kg. SR	
WOMEN	G. Oliviero-ita	200
44 kg. SR	I. Tudor-eng	187.5
O. Tagliabue-ita	42.5	
53 kg. SR	C. Forneri-fra	185
R. Lozano-fra	62.5	
I. Blanc-fra	60	
M2	G. Medino-ita	115
A. Mrougin-fra	67.5	
55.5 kg. SR	B. Mitchell-eng	150
M. Tiziana-ita	77.5	
Y. Tello-fra	65	
M. Frattini-ita	57.5	
D. Teresa-ita	57.5	
M2	N. Dieu-bel	135*
R. Button-bel	125	

**WDFPF World Powerlifting**  
20-22 Oct 00 - Antwerp, Belgium

200 kg. SR	125 kg. M2	T. Pierce	150	90	160	400
145 kg. SR	145 kg. SR	A. Craps	147.5	80	175	402.5
145+ kg. SR	145+ kg. SR	M. Michael	110	80	165	355
SR	SR	M9				
SR	SR	R. Cluer	80	52.5	95	227.5
SR	SR	T. Swallow	232.5	140	260	632.5
SR	SR	D. Mikosz	255	152.5	225	632.5
SR	SR	M1				
SR	SR	P. Breton	200	110	255	565
SR	SR	J. F. Hons	190	137.5	212.5	540
SR	SR	C. Marcello	190	135	205	530
SR	SR	M5				
SR	SR	M. Camut	172.5	95	205	472.5
SR	SR	M7				
SR	SR	D. Marshall	152.5	82.5*	182.5	417.5*
SR	SR	T. Johnston	125	77.5	160	362.5
SR	SR	B. Verbeke	275	142.5	315	732.5
SR	SR	M. Favreau	260	165	240	665
SR	SR	JR				
SR	SR	N. Abery	267.5	142.5	240	650
SR	SR	SR				
SR	SR	R. Meldon	275	150	230	655

# PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPFF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFFA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Pickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s

Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... TRIPLE SENIORS ISSUE ADFFA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s

Nov/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice

Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s

Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glosbrenner "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribosin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Lwts.

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 Nationals, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF Worlds, APF Nationals, Shane Hamman, 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/APF 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, WNPFF 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... L.A. 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

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Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs

Jul/99... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s

Aug/99... The Rubber Band Man, the "Muscle USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

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/APF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

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Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National

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

# LOS ANGELES LIFTING CLUB

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## APF Cal State PL Championships 24-25 Mar 01 - Fresno, CA

BENCH	165 lb. (13-15)	181 lb. (16-44)	220 lb. (50-54)	275 lb. (55-59)
Blame, H.-15	122.5	242 lb. (33-39)		
Open				
Wilkinson, L.-24	172.3	308 lb. (40-44)		
Woody, B.	137.5*	275 lb. Jr. Garza, J.	135	
198 lb. (40-44)				
Lopez, R.-41	137.5	Open		
198 lb. (40-44)				
Velliquette, S.	131.5	Mendelson, S.	277.5	
220 lb. (50-54)		275 lb. Open		
Evans, B.	153	Yamanaka, T.	260	
Open		308 lb. Open		
Lamarqije, M.	237.5	Wong, S.	272.5	
Scott, E.	193	SH (33-39)		
WOMEN		Walker, O.	205	
Open 123 lb.		Yelensuela, R.	205	
Bullara, C.-33	115	SQ		
165 lb.		BP		
Pfeiffer, K.-39	172.5*	DL		
198 lb.		TOT		
Hatfield, L.-26	175*			
165 lb. (40-44)				
Garcia, N.-40	160*			
MEN 132 lb. (20-23)				
Miskell, R.-21	160			
Open				
Miskell, R.-22	150			
165 lb. (13-15)				
Blake, H.-15	197.5			
(55-59)				
Glossbrenner-58	162.5*			
OPEN				
Halderman-37	210			
Martinez, R.-32	127.5			
181 lb. (40-44)				
Byrne, B.-43	167.5			
Open				

(55-59)	Meek, B.-55	337.5*	235*	302.5*	895*
SH (50-54)					
Dahlmeyer, D.	235	155*	282.5	672.5*	
Special Olympics					
123 lb.					
Pristen, M.	60	117.5	177.5		
165 lb.					
Tucker, D.-33		72.5	130	202.5	
*-APF New California State Record. (Results submitted by Herb Glossbrenner, c/o LALC.)					

## EPF European Championships 10-13 May 01 - Syktyvkar, Russia

114 lb. class	Stanaszek POL	573	374	303	1251
Zhuraviev RUS	518	259	462	1240	
Wszola POL	479	264	413	1157	
Degovets UKR	429	264	385	1080	
Pavlov RUS	523	352	468	1344	
Brandtzaeg	512	286	501	1300	
Vatiuk UKR	446	319	473	1240	
Nemeth AUT	473	253	507	1234	
Fleming GB	451	248	496	1195	
132					
Andruchin RUS	578	308	589	1476	
Olech POL	485	286	529	1300	
Richter GER	452	242	418	1124	
Morosovs LAT	148				
Olech POL	661	352	628	1642	
Dolgov RUS	600	363	617	1581	
Sacco ITA	617	319	639	1576	
Richard GB	595	341	518	1454	
Lettner AUT	512	336	540	1388	
Spychala POL	165				
165					
Furashkin RUS	683	451	683	1818	
Baranov RUS	661	396	639	1686	
Andersson SWE	584	369	644	1598	
Bulanyy UKR	617	352	628	1598	
Kosmar EST	534	325	518	1377	
181					
Mor RUS	705	485	716	1906	
Shlyakhta UKR	710	407	749	1867	
Gordeev RUS	733	446	683	1862	
Radola POL	661	385	639	1686	
Silbaum EST	595	385	661	1642	
Singh GB	595	429	595	1620	
Valentinsen	606	385	584	1576	
Ranonis LIT	595	396	551	1543	
Morozov BLO					
Sohlman FIN	584	374			
198					
Tarasenko RUS	782	529	722	2033	
Freydun UKR	733	507	688	1929	
Theuser CZE	727	485	683	1896	
Grossbeck AUT	551	407	551	1510	
Coimbra LUX	672				
Sohlman FIN	220				
Vishnitskiy UKR	793	440	771	2005	
Stikkestad NOR	749	468	738	1956	
Weina POL	738	457	683	1779	
Muraviev BLO	705	374	722	1802	
Mikaligas LIT	639	440	716	1796	
Nugteren NDL	584	435	595	1614	
242					
Dedulia RUS	815	496	749	2061	
Makrushyn UKR	760	529	716	2005	
Sabady POL	705	496	727	1929	
Paavilainen FIN	705	451	694	1851	
Hulden SWE	672	451	710	1834	
Belousov BLO	705	440	683	1829	
Mainka GER	710	462	655	1829	
Kwaschny GER	606	462	661	1730	
Bontekoning	661	369	694	1724	
Rain EST	628	407			
275					
Papazov UKR	887j	578	782j	2248j	
Muraviyov UKR	854	573	771	2199	
Sabady POL	837	507	749	2094	
Krendi AUT	815	407	705	1929	
Neele NDL	661	440	677	1780	
Martikainen FIN	716				
SHW					
Nalekin UKR	892	518	815	2226	
Savickas LIT	881	518	788	2188	
Orobets UKR	881	473	771	2127	
Sedmik CZE	793	556	733	2083	
Wahlqvist SWE	810	507	716	2033	
j - Junior World Record. Team Champions:					
Russia 72, Ukraine 63, Poland 57, Austria 27,					
Norway 22, Sweden 20, Lithuania 18, Great					
Britain 18, Czech Republic 15, Germany 15,					
Netherlands 13, Belorussia 12, Estonia 12,					
Italy 8, Finland 7. Champion of Champions:					
Tarasenko 589.93, Furashkin 588.39, Papazov					
581.60. (Thanks to Thomas Klose for providing					
the results of this meet to Powerlifting USA).					

## SLP Effingham Open 21 Apr 01 - Effingham, IL

BENCH	4th	500*
WOMEN		
Open 181 lb.		
Submaster		
181 lb.		
C. Crossland	300*	355
4th		
315*		
Master (45-49)		
148 lb.		
D. Withington	155*	465*
Open 148 lb.		
L. McCune	190*	
MEN		
Submaster		
181 lb.		
123 lb.		
C. Crossland	390*	
K. Etherton	135*	
132 lb.		
J. Tucker	185*	295
Submaster		
4th		
J. Withington	355*	315*
275 lb.		
C. VanTress	455*	
Master (40-44)		
181 lb.		
R. Furey	365*	
198 lb.		
M. Maxwell	315	500*
SHW		
L. Betzer	325	
Master (45-49)		
275 lb.		
B. Walker	-	455*
Police/Fire		
275 lb.		
T. Wilson	485*	500*
*-Son Light Power Illinois State record. Best		
Lifter BP: SHAWN HANKINS. Best Lifter DL:		
ERIC YOUNGBLOOM. The Effingham Open		
Bench Press/Deadlift Classic was held at the		

This was a new state record for the master class. Also in the master 40-44 division was Mike Maxwell, who finished with a personal best 315 for the win at 198, and shw winner Loren Betzer. Loren, who holds the record in this class, finished with a strong 325. Two-time WPF world champion Bob Walker failed to get his opener of 540 in. Bob, who is a great competitor, just took it in stride and settled back to help his teammates. Well, it finally happened, and its about time. Tim Wilson finally got that 500 bench

he's been working so hard for. Tim's final attempt of 485 looked like 135, so he called for 500 and simply blew it away! Congratulations Tim, the title at police & fire 275, breaking his old state record by 45 lbs. In the open division, first time competitor Charles Hoskin got a personal best 355 for the win at 220. Taking the 242 title was Shawn Hankins, who settled with a state record 475, after missing his final attempt with a personal best 500. By formula Shawn just barely won the best lifter award over Tim Wilson. Earl Yingst won at shw with a state record 465, as he continues to look for hat elusive 500 bench. In the deadlift competition Cyndi Crossland continued to set new personal and state record standards, finishing here with 390 to take the submaster 181 crown. Teenager Jacob Tucker finished with 295 before pulling a 315 state record fourth attempt at 132. First time competitor Derek Hellman set the record at 148 with a personal best 325. Another first-timer, Mark Sulawski had a good day, finishing with 250, followed by a personal best fourth attempt with 270. Jeff Withington posted his second state record of the day with a strong 500 at submaster 242. Tom Barth came all the way from Oklahoma to set the master 60-64/198 record, pulling 455 there. Tom just started powerlifting within the past year, with a physique of a man half his age. And he's strong, too! In the open class best lifter Eric Youngbloom broke the state record at 242 with his final attempt of 605. This was also a personal best for Eric. At shw it was Loren Betzer with a new state record 500 pull. T thanks to Daniel Moutria for all his help. (Thanks to Dr. Darrell Latch for meet results).



Cyndi Crossland benches 300 at the SLP Effingham Open. (Photo provided by Dr. Darrell Latch).

## USAPL Greatwest PL/BP 3 Mar 01 - Rapid City, SD

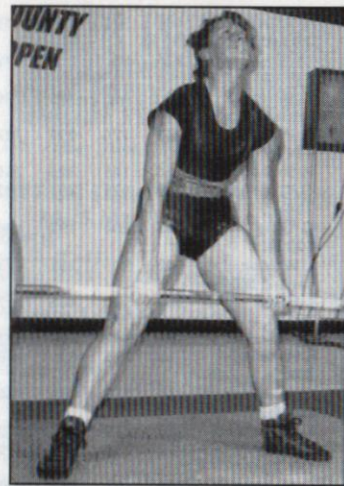
BENCH	N. Backous	275
Master-2 275 lb.	M. Gorecki	253
R. Lang	424	Open 198 lb.
181 lb.	C. Shovar	374
N. Backous	275	B. Ritter
M. Gorecki	253	220 lb.
Open	L. Boyles	485
165 lb.	M-1 Open	
J. Stechen	363	R. Lang
B. Rilling	336	J. Brown
M. Herrmann	330	275 lb.
J. Opp	314	B. Collins
K. Coombs	297	319 lb.
181 lb.	D. Pearce	385
A. Hall	347	SHW
M. Hufnagel	325	R. Lester
Master-2	T. Keonigs	407
Open	SQ	BP
132 lb.	DL	TOT
S. Hansen	352	231
148 lb.	457	1041
P. Kadlec	352	297
A. Suedel	270	187
165 lb.	314	771
J. Bourgeault	507	341
V. Rodriguez	424	292
B. Rilling	424	336
M. Herrmann	413	330
J. Stechen	402	363
M. James	385	242
L. Tucker	303	220



Best Lifters at the SLP Effingham Open (left-right): Eric Youngbloom (DL); Shawn Hankins (BP). (Photograph provided courtesy of Dr. Darrell Latch to PL USA).

Z. Carlisle	292	225	336	854
181 lb.				
A. Hall	424	347	507	1278
R. Keim	479	264	451	1195
K. Myers	440	259	451	1151
S. Kirchoffner	236	181	380	799
M. Gorecki	413	253	462	1129
D. Lane	358	225	462	1047
198 lb.				
J. Blindauer	363	407	523	1295
L. Robinson	418	281	501	1201
220 lb.				
T. Weipert	534	374	-	1508
J. Murphy	435	231	435	1102
242 lb.				
T. Hallock	523	380	573	1477
275 lb.				
G. Wagner	722	490	644	1857
B. Collins	600	413	551	1565
G. Williams	5001	435	540	1477
R. Lane	507	347	551	1405
319 lb.				
B. Eldredge	407	347	440	1195
WOMEN Open 132 lb.				
M. James	236	99	319	672
M5 181 lb.				
B. Bishop	88	66	181	336
Teen-1 148 lb.				
B. Pfeifle	253	176	297	727
P. Sachau	264	165	325	755
G. Gollnick	259	176	297	733
114 lb.				
C. Long	143	104	192	440
123 lb.				
J. Weldon	148	94	231	473
Teen-2 220 lb.				





**Washington County Open:** Nancy Fullmer with a 352 deadlift. (Photograph provided courtesy of Tim Anderson to Powerlifting USA).

**USAPL Washington County Open**  
11 Mar 01 - Blair, NE

BENCH		C. Price-25	407		
WOMEN		Master 165 lb.			
Teen 97 lb.		D. Goodwin-69	176m		
A. Axt-18	181t	Master 242 lb.			
Teen 123 lb.		B. Sindelar-50	363m		
Hafenbrack-14	115	DEADLIFT			
MEN		Teen 97 lb.			
Teen 165 lb.		Teen 97 lb.	176t		
T. Spiker-18	225	A. Axt-18	176t		
Open 181 lb.		Open 123 lb.			
S. Auxier-24	347	Hafenbrack-14	319		
Open 220 lb.		T. Rice-37	413s		
T. Rice-37	413s	Open 181 lb.			
J. Secord-28	297	S. Auxie-24	534		
242 lb.		Open 242 lb.			
M. Summers-35	402s	B. Sindelar-50	501m		
Open 275 lb.		Open 275 lb.			
C. White-35	446	C. Price-25	485p		
WOMEN		SQ	BP	DL	TOT
Teen 97 lb.					
A. Axt-18	181t	88t	176t	407t	
132 lb.					
L. Hartman-14	203t	99	225	529	
Teen 132 lb.					
L. Hartman-NE	203t	99	225	529	
148 lb.					

N. Fullmer-39	248	170	352	771
MEN				
Teen 114 lb.				
J. Beckerich-16	308t	206At	363t	876t
Teen 123 lb.				
M. Hafenbrack	248	115	319	683
Teen 165 lb.				
T. Laughlin-15	374t	242	402t	1019t
Teen 242 lb.				
J. Borden-16	496	281	446	1223
Open 198 lb.				
H. Huffman-44	369	292	457	1118
242 lb.				
B. Getchell-34	540	446	617	1603
R. Ruhs-33	358	303	468	1129
Open SHW				
B. Bowman-36	600	485	600	1686
Masters				
M. Lofing-41	424m	275	418	
1118m				
D. Goodwin-69	143m	176m	286m	606m
C. Toney-53	308	231m	457m	997m
B. Sindela-50	551m	363m	501m	
1416m				
R. Cech-44	451	385m	501	1339

l-Best Lifter, M-Master Record, S-Submaster Record, t-Teen Record, O-Open Record, P-Police & Fire Record, Location: Dana College. (Thanks to Tim Anderson for the results).



**Washington County Open:** Bryan Getchell with 540 squat was best lifter and won the 242 class. (Photos provided by Tim Anderson).

**Estonian Championships (kg)**  
31 Mar - 1 Apr 01 - Marjamaa

WOMEN				
	SQ	BP	DL	TOT
I. Mikk/69	75	62.5	132.5	270
K. Lanemaa/67	105	55	100	260
O. Sehtman/49	65	35	75	175
T. Babalits/57	55	35	85	175
MEN 52 kg.				
S. Muratov	120	70	132.5	322.5
56 kg.				
A. Torri	145	75	150	370
S. Jegorov	85	57.5	120	262.5
I. Gordienko	70	60	105	235
60 kg.				
J. Nurmeets	200	105	197.5	502.5
J. Poldme	130	82.5	155	367.5
S. Braiko	110	85	155	350
S. Jevdokimov	115	72.5	145	332.5
67.5 kg.				
U. Zeigo	205	110	215	530
I. Gordlenko	180	110	220	510
D. Starogin	170	110	185	465
H. Maisto	142.5	92.5	215	450
M. Raud	140	85	150	375
75 kg.				
K. Lempu	247.5	150	242.5	640
P. Pall	225	147.5	250	622.5
R. Koster	215	145	220	580
E. Ilvest	190	125	225	540
J. Jurgenon	175	140	205	520
N. Tenninavin	212.5	142.5	232.5	587.5
E. Krumann	210	150	220	580
A. Krupp	215	140	225	580
D. Basun	170	130	220	520
O. Varikmagi	175	135	210	520
J. Hiimae	180	95	200	475
K. Teder	160	102.5	190	452.5
M. Paur	165	100	-	-
90 kg.				
M. Silbaum	280	180	315	775
A. Nurmille	237.5	180	250	655
I. Magar	255	165	265	685
E. Teder	247.5	175.5	260	682.5
K. Roosna	190	147.5	187.5	525
100 kg.				
J. Paur	255	177.5	285	717.5
V. Kondratenkov	225	180	250	655
M. Poldoja	210	180	250	640
P. Kossenko	222.5	150	245	617.5
R. Raamat	215	135	235	585
M. Pilt	200	150	220	570
110 kg.				
V. Leps	260	220	280	760
V. Pitjukov	270	180	270	720
A. Zanubin	277.5	150	270	697.5
S. Avald	240	150	250	640
S. Musijev	210	165	265	640
E. Ass	210	100	220	530
125 kg.				
E. Laasner	220	165	250	635
E. Laiv	220	190	220	630
J. Viertek	180	115	197.5	492.5

A. Kikajon	170	115	200	485
125+ kg.				
T. Mitt	285	200	315	800
L. Vaab	220	160	252.5	632.5

Best lifter by points: WOMEN: Irene Mikk 270.49. MEN: Margus Silbaum 515.14. (Thanks to Heikki Orasmaa for these meet results).

**USAPL Arizona State BP/PL**  
7 Apr 01 - Showlow, AZ

WOMEN				
	SQ	BP	DL	TOT
Teen (16-17)				
J. Haynes!	185	110	250	545*
275 lb.				
R. Chavez	350	220	360	930
198 lb.				
R. Cadrena	350	185	315	850
(18-19) 220 lb.				
M. Cook	475	375	510	1360*
181 lb.				
T. Teell!	405	230	500	1135*
Open				
Junior (20-23)				
J. Kaufman	600	430	650	1680*
275 lb.				
J. Pritchett	600	430	650	1680*
220 lb.				
G. Hazelwood!	350	245	400	995
242 lb.				
C. Garvin!	410	320	565	1295
Open				
198 lb.				
M. Garvin!	340	325	430	1095
220 lb.				
R. Belsei	455	330	525	1310
198 lb.				
M. Schjoll!	360	305	475	1140
Master-41 148 lb.				
P. Donner	245	215	335	795*
Master-44 220 lb.				
J. Seymore!	375	325	410	1110*
Master-48 165 lb.				
M. Wonyetye	550	270	-	-
Master-64 Open 181 lb.				
M. Stainbrooke	-	245	-	-
Teen (16-17) 198 lb.				
B. Buikema!	-	145	-	-

l-Raw. \*Qualified for Nationals. (Thanks to Roma Bronnon for providing the meet results).

**Beast of the East BP War**  
7-8 Apr 01 - Raleigh, NC

WOMEN		D. Loew-192	465
Knigh-McNeil	235	M. Wick-148	350
D. White-143	205	Heavy	
MEN		S. Reid-236	545
Middle		R. Williford-265	540
C. Will-179	500	M. Neal-330	570

(Thanks to Johnny Griffith for the meet results)

**Powerhouse Open BP/DL**  
31 Mar 01 - Richmond, IN

BENCH		(70-74) 220 lb.	
WOMEN		A. Glass	260*
Junior 132 lb.		Police/Fire	
J. Kaufman	125*	242 lb.	
Submaster		M. Ferguson	415*
104 lb.		Open 165 lb.	
M. Gibson	90*	J. McGowen	330
132 lb.		198 lb.	
S. Blackwell	135*	M. Nelis	405
Master (45-49)		4th	415*
148 lb.		T. Ashbrook	330
B. Blackwell	110*	S. Miller	330
(50-54) 123 lb.		220 lb.	
D. Catron	145*	C. Smith	435*
Teen (13-15)		B. Vance	385
148 lb.		M. Ladewski	320
J. Barnes	180*	J. Wyatt	250
181 lb.		275 lb.	
A. Crabtree	160*	G. Lealifano	550*
(16-17) 132 lb.		B. Norman	380
C. Keefer	165*	DEADLIFT	
WOMEN		Junior 132 lb.	
S. Donohoue	235*	J. Kaufman	200*
181 lb.		4th	210*
J. Caffera	290*	Submaster	
(18-19) 132 lb.		220 lb.	
D. Collins	210*	S. Blackwell	245*
R. Catron	270	4th	255*
165 lb.		Master (45-49)	
Z. Ziegler	270	148 lb.	
181 lb.		B. Blackwell	245*
B. Ford	300*	4th	255*
198 lb.		W. Shepard	315
M. Shepard	315	(50-54) 123 lb.	
Junior		D. Catron	250*
181 lb.		Teen (13-15)	
R. McKenzie	300*	J. Barnes	350*
Submaster		4th	320*
181 lb.		390	
T. Conner	395	(18-19) 165 lb.	
S. Watts	390	400*	405*
4th		R. Catron	
L. Betts	340	198 lb.	
275 lb.		W. Shepard	500*
G. Lealifano	550*	Junior 242 lb.	
Master (40-44)		S. Fisher	550*
181 lb.		Master (50-54)	
R. Espinoza	265*	220 lb.	
275 lb.		G. Catron	500*
Wigglesworth	405*	(55-59) 220 lb.	
Master (45-49)		H. Hartman	-
181 lb.		(65-69) 220 lb.	
E. Teran	315*	R. Prater	425*
220 lb.		Open	
T. Boyer	380*	181 lb.	
(50-54) 220 lb.		C. Blackwell	445*
G. Catron	380*	198 lb.	
4th		385*	525*
M. Ferguson	415*	M. Ladewski	540
(55-59) 275 lb.		4th	570*
D. Ledford	425*	275 lb.	
(60-64) 198 lb.		B. Myers	525*
W. Smallwood	365*	B. Norman	500
(65-69) 220 lb.		308 lb.	
R. Prater	300*	J. Lowder	575*

group we had two good lifters, both setting new Indiana state records. At 148 it was Joshua Barnes, who also holds the Kentucky state record, finishing with a personal best 180. At 181 it was Andrew Crabtree with 160. This was Andrew's first competition and he did well. At 16-17 there were three competitors, again all setting new state records. Chris Keefer won at 132 with his opener of 165. This was Chris's first competition. Shawn Donohoue finished with his opener of 235 for the title at 148. At 181 it was Jason Carrera with a big 290, missing 300 twice. In the 18-19 group, Darren Collins led off with a state record 210 to capture the 132 title. At 165 it was Robert Catron over Zach Ziegler by bodyweight. Both competitors finished with 270. Robert weighing 155 to Zach's 157. Brenton Ford got a new state record in his win at 181, finishing with 300. This was Brenton's 1st competition. Our final competitor at 18-19 was 198 winner Wes Shepard. Wes finished strong with 315 after missing that weight on his second attempt. Lone junior competitor Ritchie McKenzie set a record there in the 181 class with a strong 300 second attempt. In the submaster division 3 attempts Tracy Conner came away the winner with a strong 395 final attempt. Steve Watts was second with 390, though he did come back with a record fourth attempt at 400. Lance Betts was 3rd with a personal best 340. At 275 it was big George Lealifano with a record 550 press. In the master 40-44 division Rick Espinoza was the winner at 181, finishing with a record 265. Mike Wigglesworth moved up a weight class to 275, but set the record there with a strong 405 attempt, just missing a final attempt with a pr 425. At 45-49 it was Ed Teran at 181 with a record 315. Ed came close with a final attempt of 335, which would have been a new personal best for him. Also at 45-49 was 220 winner, Tom Boyer. Tom finished the day with a new state record 380 for the title. Gary Catron had a great day of lifting starting with his win at 50-54/220. Gary finished with a personal best and new Indiana state record 380, followed by a 385 fourth attempt for the title. Mike Ferguson won at 242 with a strong 415 state record. Mike also set the record at 242 in the police & fire division, taking that class also. Dick Ledford took the 55-59/275 class with a strong 425, making all three of his attempts with ease. This was also a new state record for Dick. Wayne Smallwood took the 60-64/198 class, finishing with a state record 365, after coming close with 390 twice. Reece Prater won at 65-69/220, again with a state record attempt of 300, which he got on his second attempt. Our final master competitor was the ever youthful Allen Glass. At seventy three Allen just keeps on getting stronger, here breaking his own state record by 20 lbs. to finish with 260. In the open division Joe McGowen won at 165, getting a double bodyweight lift of 330 for the title. At 198 it was Matt Nelis, who also broke his existing state record with 405. In second place at 198 was Tony Ashbrook with a personal best 330 over Shawn Miller, who finished with the same, weighing three pounds heavier. At 220 it was Christopher Smith, getting only his opener of 435, after missing 460 twice. This was still a great lift for Chris and another state record on the day. Billy Vance was second at 220 with

**Spring Classic BP/DL**  
29 Apr 01 - Durand, IL

DEADLIFT		MEN	
Teen 132 lb.	132 lb.	J. Meyer	145
J. Meyer	300	B. Wilke	225
165 lb.	380	C. Bevars	205
J. Peterson	198 lb.	A. Lentz	260
198 lb.	450	WOMEN	
H. Severson	400	Master 132 lb.	
Open 165 lb.	530	T. Heller	105
J. Mack	220 lb.	MEN	
181 lb.	600	Open 165 lb.	
D. DeWitt	275 lb.	P. Waters	225
220 lb.	575	J. Mack	200
D. Powers	275 lb.	220 lb.	
275 lb.	440	D. Powers	450
B. Saunders	440	275 lb.	
BENCH		D. Kalina	440
MEN		B. Saunders	440
Teen			

With a big thanks to Steve & Bobbie Eisen, Owners of the Durand Fitness Center. Also, Dick & Sally Cuthbertson, Jack Haley, Cindy Brick, Joe Vormezele, Paul Johnson, and House of Pain for supplying our staff of helpers with t-shirts. (Thanks to Durand Fitness Center for providing the results of this meet to PL USA).



From left to right at the Spring Classic Bench Press / Deadlift: Paul Johnson, Joe Vormezele, Steve Eisen, Jack Haley, Dick Cuthbertson. (Photo provided courtesy of Durand Fitness to Powerlifting USA).

**Danville Springfest**  
28 Apr 01 - Danville, IL

165 lb.	SQ	BP	DL	TOT
Thomas	475	295	480	1250
181 lb.				
Brown	600	315	625	1540
Davis	500	350	500	1350
Starks	365	365	485	1250
198 lb.				
Garcia	550	290	585	1425
220 lb.				
Peterson	675	425	630	1730
Hunt	630	430	585	1645
Bethel*	670	380	570	1620
242 lb.				
L. Pace*	650	365	650	1665
275 lb.				
Carrol	700	425	650	1775
Masters (40-44)	220 lb.			
Bethel	670	380	570	1620
242 lb.				
L. Pace	650	365	650	1665

\*-Master Lifter. This years Springfest Powermeet was held on the last weekend of April and the weather could not have been more perfect, with temps in the low 70s it was cool on the outside but hot on the inside. This meet was a closed meet for the heart of the D'ville Power Team. Unlike other meets when people are spread to thin to be there for someone because of over crowding, this was

not the case in this Greg Watson version of his Spring Classic. This meet was fun and smooth. Even with only ten lifters the show was excellent and despite some people being uncontented they all put up some pretty good numbers. With three more meets being planned beginning in June through October the season promises to be even better and better. Onto the lifting. Beginning with the 165 class it was lone entrant Thomas, who came to the meet full of fire and will to make things happen for himself. Having no one to compete against didn't bother him at all and for only his second meet he showed us all what determination means with hard fought out squats to stay in the meet. I look forward to seeing this quite polite young man raise his lifts even higher with more experience. The 181s had top ten squatter and deadlifter Brown to contend with, but it was a smooth ride for Brown as he only took four attempts to save some for the big meet in the fall. I can't seem to believe my eyes but Brown didn't even workout for this meet, he just came over after playing a season of basketball and smokes everyone, what will he do if he trains for a meet? 1650? 1700? Who knows but only the master himself. Davis hasn't done much training either. It's hard to pull him away from bodybuilding which he could be very good at but we are lucky cause Davis does us all proud and did most of his lifts with no supportive gear. I hope to see him at his full potential in the coming months. Another po-

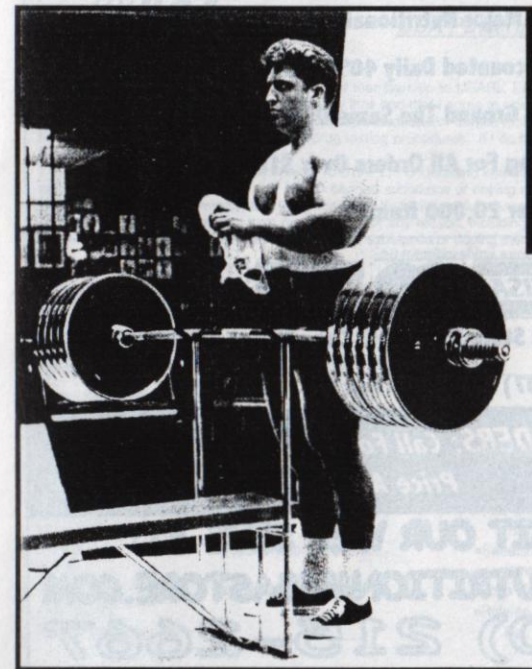
lite lifter with lots of talent is Mr. Starks, doing all his lifting with sans gear the man is strong, more work on his squat and he will be the reason to stay in shape come meet time. Working getting some personal best numbers up was Garcia in the 198s, he had something to prove from the last meet where he did anything but have a good day but not this time. Garcia blasted through nice squats and fine bench to hit his forte the deadlift, his opening pull was nice and strong and his 600 plus pulls are just around the corner. Humorous and trying is his style and room for more improvement is in the works, nice job Garcia. Perhaps the biggest competition of the day took place in the 220 class. It was not clear who would be in control of things until after the warmups and the meet began. Bethel opened the highest with a 640 attempt, Peterson was next with a really strong 625 that looked hard and defiant. Next up was the ROCK, C-ROCK that is with his perfect form style squat of 600. Back at the plate was Bethel who lost his 670 at the top not locking out. Peterson gaining some came in with a very strong 650 that left us wondering (where did that come from). Yeah we really did look at one another Joe. The rock came in at 630 with another strong success. Bethel with plenty of determination came in roaring at his 670 attempt and got it with room for more. Hunt hitting some personal best today try and came very close with 650, not this day but soon for sure. With one attempt left Peterson took a 5

lb. jump over Bethel with a 675 effort that was very impressive to say the least. Now with the meet still not decided with the squats it was on to the bench press. Bethel opened first with an easy 370 followed by Peterson 405, and Hunt 430 respectively, now in the hole Bethel gained some ground with another easy attempt of 380, Peterson stormed out with a nicely done 425. Hunt, with guns blazing tried a PR with 450 that came ever so close, a third attempt was not to be. Bethel took 390 for a ride only to stall 3/4s of the way up. Peterson missing his third of 440 still had the reins in his hands and going into the deadlifts it was evident that mighty Joe was cooking this day, his effortless opener dead gave him a 1730 total and a great look into the future of the 2001 power season. Hunt and Bethel came in with nice lifts finishing second and third respectively. Nice going big Joe for a super win. Master lifter Pace would like to forget this day, not feeling his best by far Pace was looking for some big numbers in the squat and deadlift, hitting near 700 on both the sq and dl in training the big man just couldn't get it together on this day, if you can call a 650 squat and 650 deadlift a bad day. But for Pace it was and he was not happy with the way things were going, never-the-less the 242 class was his alone and with another fine Master total to boot. You can bet Pace will be on Pace in the near future. In the 275 class was veteran lifter Carrol. Having taken off since last year to take some time to reflect on his future in this sport Carrol wanted to prove who was bull of the woods and after only 5 weeks of training hit a very easy and deep 700 that was good for plenty more in the squat, after an easy opener on the bench this trim 275 pounder wanted to deadlift. So what do you do when a 265 pounder wants to deadlift - you let him deadlift! A 650 was not a problem and now it's what to do for the rest of the season. After posting a big 1920 total last year it's easy to say that will fall in the fall, perhaps in the October Halloween bash, what do you say L.A.? In closing I want to thank some very special people which in turn this meet and many others would not have taken place. To Mr. Leibach and Mrs. Nichols thank you for your time and effort to see such events take place. Without your support we don't have a team, to you we sincerely thank you. To our spotters and loaders who tirelessly work all day I commend you on a job well done. Those to mention are Loaders - Jeff Harney, Fox Bauer. Judges and experience are Mr. Miller, Hickombottom, & JR. and last but not least is the man behind it all, Mr. Greg Watson. Our coach who understands needs of the lifter and strives to make things not only better but to make them great for all who love the sport. See you in June and August, and October. Thanks to Mike Lambert for his dedication to our sport and for publishing these results. (Thanks to Robert Bethel for sending in the results of this competition to PL USA).

**Immaculate Heart of Mary BP**  
31 Mar 01 - Youngstown, OH

BENCH	132 lb.	TEEN	S. Fellows	270
(17-19)	165 lb.			
148 lb.				
J. Tammaro	245	B. Dutton	185	
(14-15)		(20-23)		
165 lb.		J. Leone	300	
T. Whyde	180	198 lb. (20-23)		
(17-19)		M. Burton	380	
J. Cambert	220	(33-39)		
N. Gennaro	265	J. Maloy	300	
181 lb. (17-19)		(40-47)		
F. Cambert	250	D. Freed	280	
M. Kolis	235	(50-59)		
198 lb. (17-19)		B. Kolling	330	
J. Smbrose	260	Open 220 lb.		
220 lb. (14-16)		J. Blackstone	360	
A. Pancoe	225	242 lb. (20-23)		
(17-19)		G. Faunda	425	
S. Prototapa	340	Open		
K. Pingatore	240	R. Wood	405	
SHW (14-16)		(40-49)		
A. Basilon	250	J. Whyde	325	
FEMALE		M. Dutton	215	
114 lb. (33-39)		Police/Fire		
K. Blackstone	100	D. Barwick	460	
181 lb. (33-39)		275 lb. (40-49)		
C. Freed	85	J. Hough	375	
MEN		SHW (40-49)		
Open		J. Wilson		

(Thanks to Ron DeAmicis for providing the results of this competition to Powerlifting USA).



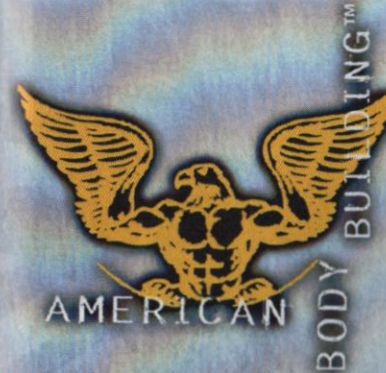
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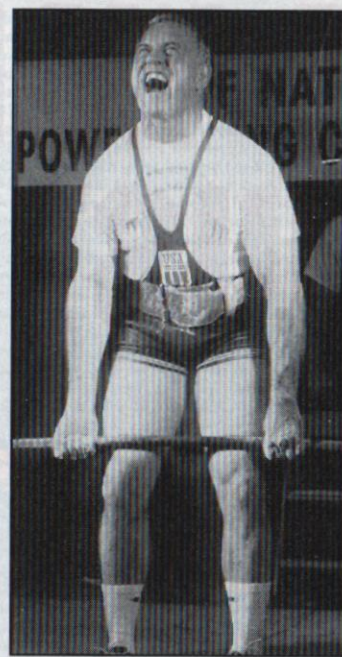
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(article continued from page 15)

Capehart! Joe stayed out of last year's Worlds with a torn bicep, but was back in the saddle again here. My DL sucks, but my SQ improved, and the 9 whites I got on my benches (264) had me celebrating after each lift. For the 2nd year in a row I'm bridesmaid to OLE JOE. At 181, Michael Pouliot, 40, locked horns with Keith McNeish, 40. Mike got 578 SQ but 628 proved too much - twice. Keith had 562 in the bag but 578 was out of reach. Mike took the upper hand 363 to 325. Pouliot got a 578 pull for 1st place. McNeish lifted 601. The margin was too much to breach, so he waived 617 - TOT 1488 - 2nd. I was glad to see Randall Egli back in action after a terrible triceps tear. Now he's a winner once again, at 45-49. Alan Carr, 53, challenged an old warhorse, Les Cramer. The 59 year old Floridian published a PL mag back in the 70s called POWERMAN and held the first ever Teenage Nationals in Erie, PA. Now living in FL, with a new lady at his side, Les made a great 457 SQ and 1129 TOT at 181 for 2nd place. Carr mustered up the victory with 1196. L.B. Baker, 64, is an indestructible machine that can endure free radicals and the ravages of time. He had a darn near perfect day, 8-9. It's because he's married to

a spring chicken (wife Nadine is 44). Mike Scott, 60, would pass for 45 with a full head of luxurious hair, perfect teeth, unwrinkled skin, handsome young face and Pepsodent smile. He was infected years ago with the DICK CLARK SYNDROME (doesn't age). Mike drew battle lines with Edwin Angstrom (60) and somehow managed to nudge Ed for silver. The 198, 40-44 group had a lot of strong dudes: Lester Maslow, 41, was runner-up last year, but took command right off the bat with a 677 final SQ. He got 3 BPs - 402! His DL had really revived - 622 and a just missed 644 for a 1703 winning TOT. Calvin Burgess, 43, of Mumfords, ME out of Austin's Gym locked up 2nd. He picked his SQ attempts right on the money! BPs strong too: 380! In the DL, he pulled a fine 628 2nd for 1614 and the silver medal. The bronze battle was contested by three: David Newman, 44, IL, Glen Clayman, 43, representing World Gym in OH, and Justus Owens, 41, a Grade 9 maintenance mechanic from the Los Angeles Lifting Club. Clayman got his 573 SQ, but couldn't handle his big 451 BP opener three times, and was out. Newman managed to get his 578 opener, but lost balance with his 628. Owens got 3W on his 584 SQ start, and went up to 633. With club coach Avigliano calling his depth, Justus got up, but 2R

flashed. This caused Joe to blow his stack. Justus went to 644, started up, but lost his groove and stayed down. Justus is the most radical guy I know when it comes to getting the most out of his equipment. He liked to never get his huge 446 BP opener to touch his chest. It wobbled, but went right up. Reds again. He increased to 451, got it down, and powered it up - good lift! Justus horsed up a lifetime PR 462 on his final try! Owens got a 501 DL, but came up 11 short of bronze. Newman made all 3 DLs to capture 3rd. In the 45-49 198 group Richard White, 46, had the high sign on Idaho's home grown Mike Higgins. White edged out Linda's husband 1405 to 1372! Joseph Sylvia, 47, tossed in the towel after failing his 617 SQ opener. The 50-54 group saw the return, after an 11 year layoff, of Martin Joyce, now 53. After only 6 months back in training he lifted well. Way back in '73 Marty pulled 730 officially at 181 and almost got 765. His pulls look the same. It seems like it takes forever for the weight to clear the platform and it takes forever to finish. He earned gold. Look for him to do a whole lot more next outing. Runner-up was Alfred Irby, a tall black lifter who sported knee length red socks. He took on Scott Velliquette, 53, from the L.A.L.C. who came in 5th last year. Scott did 507, 358



Legendary Marty Joyce pulls hard!

2001 APF Teenage Juniors - Submaster - Masters Nationals 18-20 MAY 01 - Bath, Maine

BENCH WOMEN	Whalen, Tim	341	198	181
114	60-64			
50-54	Bassman, Bob	325	220	286
Miller, Sandy	33-39	104	523	132
148	Will, Mark	523	40-44	308
45-49	40-44			727
Khoury, Carol	121	441	363	204
198	60-64	441	20-23	402
50-54	Muller, Stan	264	242	220
Lucas, Tanya	165	264	253	220
MEN	33-39			336
165	Holzappel, Jr. T.	523	148	214
16-17	60-64			391
Flanders, Ben	204	391	413	270
181	65-69			462
20-23	Anderson, Ernie	275	485	308
Morrison, Louie	363	275	441	1234
33-39	33-39			441
Bellmore, Dan	457	518	341	264
40-44	40-44			413
West, Tom	380	363	540	352
50-54	Higgins, Thomas	359	540	352
Craig, Scott	413	429	424	319
198	Holzappel, Sr. T.	429	308	424
45-49	308			1168
Benford, Garry	435	507	551	374
Higgins, Mike	369	474	459	339
50-54	SH			1559
Frost, Jr. Calvin	369	474	534	303
55-59	Guest	711	479	330
WOMEN	Harris, Jamie	711	462	286
97	BP			534
40-44	DL			1284
Baker, Nadine	226	132	297	656
50-54	TOT			942
Rodifer, Jo	148	99	214	463
114	16-17			1300
40-44	18-19			1333
Kilikaukas, M.	220	104	259	584
132	Higgins, Josh	474	336	523
33-39	Minervino, Rico	523	253	534
Lercangee, P.	352	231	396	981
40-44	20-23			1311
Avigliano, N.	452*	226	429	1107
4TH	458.5*			
148	Cox, James	573	330	496
33-39	Korenke, Adam	485	275	523
Fuhrman, Diana	424	209	407	1041
40-44	33-39			1284
Wyatt, Cindy	248	104	253	606
45-49	45-49			1162
Griffin, Beverly	286	143	297	727
Khoury, Carol	226	121	242	589
165	33-39			1190
33-39	33-39			1162
Pike, Susan	352	165	418	936
Pfeiffer, Kim	396	159	347	903
70-74	45-49			1488
Comber, Arlene	137	71	165	374
	45-49			1521
	McNeish, Keith	562	325	601
	45-49			1488
	Egli, Randall	601	402	529
	50-54			1532
	Carr, Alan	452	303	441
	55-59			1196
	Cramer, Lester	457	281	391
	60-64			1129
	Baker, L.B.	479	314	457
	Scott, Michael	429	264	429
	1124			

Angstrom, E.	391	297	413	1102
198				
16-17				
Simon, Edward	474	220	424	1118
18-19				
Howard, B.	485	380	490	1356
Gazda, Jeffrey	501	292	545	1339
20-23				
Frost, Chad	474	264	474	1212
33-39				
Barris, Andrew	529	352	468	1350
40-44				
Maslow, Lester	677	402	622	1703
Burgess, Calvin	606	380	628	1614
Newman, Dave	578	429	551	1559
Owens, Justus	584	463	501	1548
Clayman, Glenn	573	—	—	—
45-49				
White, Richard	540	325	540	1405
Higgins, Mike	501	369	501	1372
Sylvia, Joseph	—	—	—	—
50-54				
Joyce, Martin	573	314	584	1471
Irby, Alfred	540	292	529	1361
Velliquette, S.	507	358	479	1344
Smith, William	479	319	452	1251
55-59				
Atkinson, John	639	402	529	1570
60-64				
Rouse, Jim	601	402	556	1559
Bassman, Bob	429	325	429	1184
65-69				
Levesque, D.	336	193	452	981
220				
Blanchard, Scott	633	424	633	1692
33-39				
Maroscher, E.	699	402	644	1747
Jesolva, Dan	656	441	622	1719
40-44				
Ruiz, Leonard	633	380	672	1686
Cote, Steve	749	341	589	1681
45-49				
Montebault, D.	650	413	589	1653
Worthing, S.	562	275	540	1377
50-54				
Olinger, Robert	562	358	529	1449
Burgard, John	518	308	474	1300
Lamb, Robert	424	253	435	1113
60-64				
Damon, Robert	501	248	474	1223
Bailey, Bill	402	281	501	1184
Muller, Stan	325	264	374	964
65-69				
Spaulding, Bob	485	55	418	959
70-74				
Huff, Melvin	418	248	424	1091
242				
13-15				
Flanders, Russell	418	220	352	992
16-17				
Geis, Douglas	463	270	429	1162
18-19				
Fredette, C.	446	297	441	1184

Levesseur, G.	457	281	446	1184
33-39				
Whalen, Daniel	683	452	617	1752
Joyce, Jimmy	523	297	490	1311
40-44				
Avigliano, Joe	749	446	606	1802
Fecteau, Ralph	672	374	639	1686
Simonovich, J.	633	319	622	1576
45-49				
Toderico, M.	601	363	523	1488
50-54				
Packer, Bob	—	—	—	—
70-74				
Austin, Richard	529	336	463	1328
275				
18-19				
Meyers, Ben	656	374	628	1658
20-23				
Hudak, Zack	661	441	656	1758
Garza, Jimmy	501	352	512	1366
275				
Guest				
Jeffers, Darryl	—	—	—	—
35-39				
Orino, Peter	—	—	—	—
Thompson, D.	—	—	—	—
40-44				
Lane, Tim	622	352	633	1609
45-49				
Batykefer, Keith	733	515	656	1904
50-54				
Bentley, Tim	711	PASS	—	—
55-59				
Lewis, Marshall	601	386	551	1537
308				
33-39				
Frost, Terry	—	—	—	—
40-44				
Israelson, Matt	782	446	606	1835
45-49				
Cyrus, John	363	297	463	1124
55-59				
Meek, Brian	777	474	688	1940
SH				
Guest				
Wiers, C.	727	573	727	2028
33-39				
Mimnaugh, Billy	—	—	—	—
40-44				
Luczkowski, Ken	584	418	452	1455
60-64				
Mackenzie, Don	446	369	485	1300

BEST LIFTER: (20-23) - DEREK FELCH 744.8
pts.; WOMEN (33-39) - DIANA FUHRMAN
749.272 pts.; MEN (33-39) - JOHN WOOD
761.067 pts.; WOMEN MASTERS - NANCE
AVIGLIANO 947.586; TEENAGE (14-19) -
DAMIAN OSGOOD 724.464; MEN MASTERS
- FRANK RICHEY 952.537; BENCH - WOMEN
MASTERS- SANDY MILLER 125.410; BENCH
MALE TEEN - BEN FLANDERS; BENCH MALE
(JUNIOR 20-23) - LOUIE MORRISON; BENCH
MALE (33-39) - DAN BELMORE; BENCH MALE
MASTERS (40 PLUS) - WILL MARK.

and 479 for 1344 and got the bronze. Irby's passed 529 pull edged Scott out - 1361 to 1344. William Smith, 51, fortified 4th place - 1251 TOT. John Atkinson, 55, had to go it alone in the 55-59 198s. He made a good 639 3rd SQ for a new WPC World Record. He made all his BPs, and hoisted a 529 DL on a 2nd attempt for 1570 also new WPC W/R TOT. Jim Rouse, 60, (Technical Director this meet) got a 600 SQ, 402 BP, 556 DL, 1559 TOT for victory in the 60-64 198 class. He's still mighty strong after all these years. Likeable Bob Bassman, 63, took runner-up with 1184. The 65-69 division featured Don Levesque, 69, from NH. Weighing just under 189 he earned his first ever National title with a 981 TOT. The 220 class saw a tough tussle at 40-44. Leonard Ruiz, 41, battled with Steve Cote, 42, from Barlow's Hardcore gym of Lewiston, ME. Ruiz aced all his squats strongly! Cote used his wide stance power to take a commanding lead with a splendid 749 3rd attempt! Ruiz catching up looked like an impossible task. Cote popped a 341 BP, then pulled a 589 DL - 1681 TOT. Ruiz made his final move in DL - yanking up a 622 opener to assure silver. He needed a big 672 pull as the heavier man (219-218) for victory. That is exactly what he did - a come from behind gold! Dennis Montebault looked sharp going 8-9, stopped only by his 3rd BP - 424! He did 650 SQ, 413 BP, 589 DL for 1653. WORTHING was certainly DESERVING of the silver medal - 1377! Robert Olinger, 50; John Burgard, 52; and Robert Lamb, 51 all won medals at 50-54, in that order. Bill Bailey totaled 1184 in the 60-64 group. He succumbed to the stroke of Robert Damon, 64, whose 501 SQ carried him to victory. Stan Muller, 63, went 8-9 to nab 3rd. Bob Spaulding, the Michigan Marauder, came in with a torn rotator cuff and tokened in that lift. He SQ'd 485 and pulled up 418 cleanly to earn first. Melvin Huff, 73, came roaring out of the blocks to post some great lifts for his age - 418 SQ, 248 BP and 424 DL - 1091 TOT. The 40-44 242s saw LALC coach, Joe Avigliano, in action. Weighing 237 his physique puts hardcore bodybuilders to shame. Everyone couldn't believe he was trying to lift himself after spending the past two previous days and even the morning session coaching all the lifters of the L.A. Lifting Club. You'd think Joe's enthusiasm for all his charges would take it's toll on his lifting, but somehow always is able to reach deep for that extra something to showcase his own prowess! John Simonovich, 42, took bronze with a 1576 TOT. His 633 SQ was a good lift following an opening miss. The increase to 699 was too much to negotiate. Ralph Fecteau, 40, (239) looked sharp in earning the silver medal and securing a World team berth. He nailed his 672 SQ, followed by a final attempt failure with

699; his only miss of the whole day. Avigliano came in at 722 in his upright high bar style. He vaporized it. Everyone was surprised to see it draw two reds. Ernie Frantz defused the situation, called Joe's depth on his next lift - just there - 749 - a good lift. It was a struggle so he aborted his 766 final lift to save it for the BP. Joe underwent arthroscopic surgery on his left elbow earlier this year to remove bone spurs from an old football injury. He was still enduring a lot of pain, but somehow had the grapefruits to lock out 3 good lifts. The final lift stopped cold an inch from lockout. Somehow he managed, after a long struggle, to finally complete it. In the DL, he hauled up 584, then 606, to make a big PR TOT - 1802 and earn his National title! Everyone on the team was proud of Joe, who gave his all for them and somehow managed to have enough strength left to post a top level performance himself. Last year Joe had finished 3rd in this category. In just one year he's improved his SQ 121 lbs, BP by 49 and TOT by 176. Moving up to the 45-49s - Michael Toderico took top honors - 1488 TOT. The 50-54 title was waiting for Bob Packer to claim it, but things didn't pan out. The toughest old yard dog in Maine just has to be Richard Austin. He owns his own gym and is a living example that you can still be fit at 70. This man must be chiseled from solid granite. His 529 SQ, 336 BP and 463





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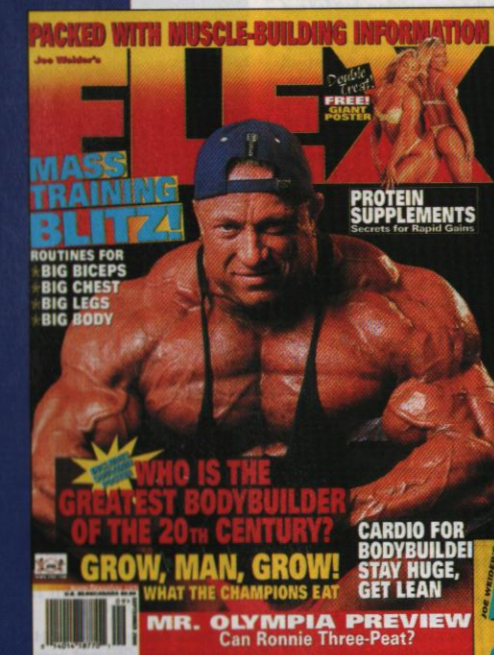
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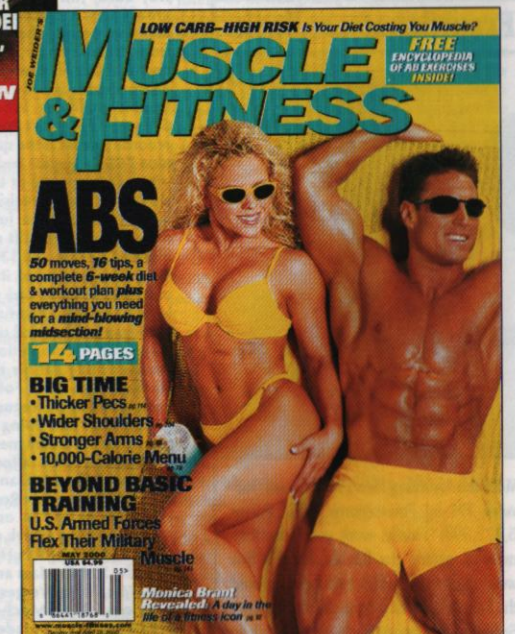


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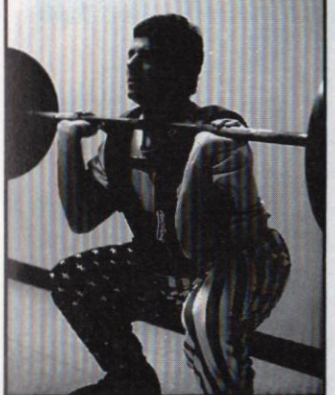
WOMEN	SQ	BP	DL	TOT
Open 44 kgs./97 lb.				
E. Dickey	87.2	50	120	257.5
Open 56 kgs./123 lbs.				
K. Miller	77.5	60	92.5	230
Open 67.5 kgs./148 lbs.				
M. Slaughter	92.5	42.5	115	250
Open 82.5 kgs./181 lbs.				
C. Martin	162.5	92.5	167.5	422.5
Teen (18-19)				
67.5 kgs./148 lb.				
W. McKelvey	115	50	130	295
MEN				
Open 56 kgs./123 lb.				
A. Whigham	205	120	—	—
60 kg./132 lb.				
K. Womack	182.5	80	185	452.5
67.5 kg./148 lb.				
R. Accardi	165	100	197.5	562.5
82.5 kg./181 lb.				
D. Austin	320	160	320	800
Krockenberger	242.5	137.5	252.5	632.5
90 kgs./198 lbs.				
R. Petzoldt	220	172.5	252.5	645
G. Ludwig	245.5	167.5	227.5	632.5
S. Reando	227.5	155	240	622.5
T. Miller	202.5	160	232.5	595
J. Baudendistal	210	155	225	590
M. Poirier	202.5	150	225	577.5
T. Wald	—	—	—	—
Y. Chakur	—	—	—	—
100 kgs./220 lbs.				
R. Lawrey	287.5	192.5	317.5	797.5
T. Stanley	240	170	230	640
110 kgs./242 lbs.				
K. Slaughter	207.5	155	240	602.5
123+ kgs./275+ lbs.				
M. Werges	290	185	282.5	757.5
B. Mitchell	192.5	165	232.5	582.5
Master (40-44) 60 kgs./132 lbs.				
K. Womack	182.5	85	185	452.5
Masters 82.5 kgs./181 lbs.				
Krockenberger	242.5	137.5	252.5	632.5
Masters 90 kgs./198 lbs.				
G. Ludwig	242.5	167.5	227.5	637.5
90 kgs./198 lbs. (55-59)				
L. Bargatze	192.5	117.5	2070.5	5517.5
Master 100 kgs./220 lbs.				

A. Dicandia 195 152.5 200 547.5  
Masters 125 kgs./275 lb. (45-49)  
J. Voster 160 157.5 200 517.5  
Novice 60 kg./132 lb.  
K. Otte 115 92.5 127.5 335  
67.5 kg./148 lb.  
C. Edwards 185.5 117.5 200 500  
75 kg./165 lb.  
R. Snelling 200 145 240 585  
82.5 kg./181 lb.  
C. Covington 182.5 1020.5 182.5 467.5  
90 kg./198 lb.  
W. Cooper 192.5 142.5 222.5 557.5  
J. Koerner 195 145 205 545  
100 kg./220 lb.  
P. Schaub 227.5 160 272.5 632.5  
Teen (18-19) 67.5 kgs./148 lbs.  
Best Lifters Open WOMEN: Cathy Martin.  
Open MEN: Dan Austin. Teen Women: Wendy McKelvey. Teenage Men: Ross Accardi. Novice MEN: Ryan Snelling. The Ozark competition had quite a few empty gaps in it, as is expected when holding two separate meets. With more divisions it dilutes the competition, but for out of state lifters, it gives them the chance to compete. I'll touch on some of the highlights of this portion of our meet instead of list all classes and winners. In the Women's 97 lbs. class, Erin Dickey of Plainwell, MI, lifted some enormous numbers for a girl of her weight. Just a teenager, she squatted 192 lbs., benched 110 lbs., and pulled a whopping 264 lb. deadlift. Her sum of the day was 567 lbs., which nearly netted her the best lifter award. Veteran lifter Cathy Martin from up around Macomb, IL, missed just one lift the entire day en route to her total of 931 lbs. Cathy lifts in our meets pretty often and makes a habit out of completing her lifts. She was the Ozark best lifter for the Women's division. 6 time National Champ Allen Whigham came from Jackson, Mississippi to move some iron in the 123 lb. class. Unable to complete a deadlift he'll go back to the drawing board and get the deadlift in order. His attempt was 607 lbs. and although I didn't see it, I'd bet that he lifted it, but just couldn't get it past the refs. Over the years, the folks of Missouri have been blessed with witnessing some of the top names in powerlifting. Names like Mike Bridges, Anthony Clark, Benemerito, Gillingham, Rosciglione and going way back, Jim Cash and probably even the great Larry Pacifico. Well gang, we can now add one more to the list. Dan Austin came up from Oklahoma to qualify for the Nationals and to try out his new weight class. Up from the 165's, Austin is a light 181 lber and had no trouble qualifying. When you've won 9 world titles qualifying isn't the question; what kind of records you set is the question. After making a nice 705 lbs. squat and 362 lbs. in the bench press, Dan opened at 644 lbs. in the deadlift. Up it went, with precision and perfection. On his 2nd attempt, he jumped to 705 lbs. and once again a good lift made to look easy. For his third, he selected 338 kgs., which is 745 lbs. His goal was to break Ray Benemerito's 6 year old American Record deadlift set in the '95 Nationals. After a careful and methodical setup, he began pulling and up the bar went, all the way nearly to completion. At the top though he couldn't quite get his right leg locked before the bar slipped out. Folks, he was a hair away from breaking the record and looked good for it. Count on him doing it in Nebraska. Austin was by far the Ozark meet's best lifter and gave a great interview after the meet was over. Congratulations to Dan Austin on a fine meet! In the 220's, we saw Rodney Lowery, who has yet to be beaten in our area. The Hot Rod repeated as the Ozark champ, complete with a nice 699 lb. deadlift. His weight was finally up near the 220 lb. class and his lift showed it. In the 275's, Mike Werges won this one by quite a bit over Brian Mitchell. But I have to say, Brian Mitchell has made some nice progress in just a year and a half. He's managed to put 150 lbs. on his total and has room to grow. With his frame he will handle much more in the future. Hats off to Lance Bargatze as well. Lance made 8 out of 9 lifts and ended with a 457 lbs. deadlift. I'm not sure, but this has to be one of his best meets yet. These guys just keep getting better with age. A few final notes... I'm pleased with the influx of new lifters. We saw a lot of new faces, and I'm glad to see that. However, there are quite a few weight classes where state titles are left up for grabs with no competitors entered. If you have a lifter that can compete, by all means have them compete. It would be an honor to be on the list that includes names like Sample, Mafuli, Krockenberger and



Dan Austin hasn't been on the world championship platform since 1996 in Austria. Will he be able to make the USA Team for 2001?

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others. Rolla Power's George Heroine looked like a completely different person from when I last seen him at Cape. He is one of the few that do powerlifting AND bodybuilding, and lost 33 lbs. in the last 5 months. No wonder his BP shirt fit like a windbreaker. The Missouri team title was won by the Bodyworks/Universal Fitness/Universal Physique powerlifting team. Heck, the guys from Cape have changed their names so many times, I'm not exactly sure what they go by these days. It was a close one though. The Above All team has re-emerged and should give the crew from Cape G some trouble next year. Jerry Pledger indicated that in all the years of the state meet, they never been beaten. Thanks to the crew that spotted and loaded. They were Jim Bell, Justin Newsome, Josh Anderson, Bob Scott and a host of others I'm sure I missed. This is by far, the hardest job of the most. Thanks to the Cissell family who keeps on putting out a great product for the lifters. Dr. Mike could easily have generic plates printed for the awards that say only "1st Place," etc., but he likes to make it a bit nicer and include the weight class and division along with the placing. That's why it sometimes takes longer to get the awards presented at the end. Everything is ordered ahead of time, counting on the lifters in certain weight classes. But when they fail to make weight, it throws a wrench into things. So, thanks for bearing with us when we figure the results. And to wrap it up, Dr. Mike pulled a fast one on this author. We present the Leroy Marsh award annually to a lifter coach or staff member that goes out of their way to promote the sport. Each year Mike and I decide and agree on who it should be. After the bench presses, we planned on presenting the award while the house was still full. Since I was close to Leroy, I usually announced who the winner was, and followed it with a brief speech on the person. Well, was I ever in for a surprise. Dr. Mike had the award and started announcing it, so I thought, "Cool, Mike's going to present it this year. What the lifters sake. So, essentially, in my eyes, it's a "by the lifters, for the lifters" situation. Thanks again. Next stop? The Steeler HS powermeet on May 19th. Bring your kids. It'll be a great meet! For more information, contact us at www.USAPLNationals.com. (Thanks to Rick Fowler for providing results).

**2nd W. Lafayette Classic**  
29 Apr 01 - W. Lafayette, OH

BENCH	Raw Open	DL	TOT
148 lb.			
M. Jobe	215	114	329
D. Rippee	225	114	339
Open			
B. Birkhimer	200	165	365
D. Rippee	230	165	395
181 lb. Master			
T. Whyde	325	181	506
R. Williamson	215	181	396
Raw Teen			
A. Plunkett	230	Open	475
Teen (17-19)			
J. Brock	475	198	673
M. Maxwell	600	198	798
A. Hicks	285	198	483
Raw Submaster			
D. Casasanta	300	Submaster	415
Open			
J. Ankrum	365	Open	580
220 lb. Submaster			
B. Dotson	390	220	610
Teen (17-19)			
K. Crilow	425	275	700
Open			
J. Sampsell	500	325	825
J. Maloy	325	Master	700
K. Crilow	330	E. Owens	700

John and Kayleen would like to thank the following Judges: Ralph Young, Dave Roof and Lonnie Ridenbaugh. Plate Loaders: Avery Dotson and Shane Cowan. Scoretable: Jim Whyde. Food Table: Mary Hunter. Special Thanks to Brent Tracy for use of equipment. (Thanks to Meet Directors, John and Kayleen Blackstone, Muscledbound, for these results).

**USAPL Oregon State**  
24,25 Mar 01 - Medford, OR

WOMEN	SQ	BP	DL	TOT
44 kg. Teen (14-15)				
Garcia, L.	66	66	154	287
52 kg. M1(40-44)				
Lopez, S.	110	66	165	342
56 kg. Open				
Ruff, D.	165	160	254	579
60 kg.				
Moore, E.	276	154	292	722
Beach, H.	193	99	237	529
Teen (14-15)				
DeLeon, K.	160	88	198	446
67.5 kg.				
Callahan, T.	303	231	331	865
Teen (16-17)				
Ellingsworth, T.	160	77	231	468
75 kg. Open				
Chilcott, C.	237	176	298	711
Teen (18-19)				
Perry, L.	226	127	231	584
90 kg. (16-17)				
Rudometkin, R.	408	193	364	965
MEN 52 kg. Teen (14-15)				
Berman, J.	116	66	127	309
67.5 kg. M3 (50-54)				
Randazzo, J.	314	198	342	854
Open				
Hundrup, C.	408	270	480	1157
McFarland, C.	320	187	408	915
Teen (14-15)				
Sousa, E.	143	105	226	474
75 kg.				
Munsey, A.	220	127	347	694
Borchardt, D.	237	138	320	694
Hughes, r.	143	110	265	518
Teen (18-19)				
Scheid, J.	380	237	408	1025
82.5 kg. M-1 (40-44)				
Wilson, T.	513	303	535	1350
Open				
Serry, P.	507	386	562	1455
(16-17)				
Mitchell, R.	402	237	463	1102
Ford, R.	287	165	375	827
(18-19)				
Fannin, W.	270	220	364	854
90 kg. M-2 (45-49)				
McFarland, C.	430	276	513	1218
Hahn, J.	413	320	463	1196
M3 (50-54)				
Magstad, G.	408	259	452	1119
M5 (60-64)				
Tuten, K.	452	281	524	1257
Open				
Reyes, M.	513	309	474	1295
Giles, B.	276	270	331	876
100 kg.				
Eller, K.	518	303	546	1367
Taylor, A.	408	287	474	1168
110 kg. M4 (55-59)				
Banz, J.	579	386	584	1549
Open				
Piscitelli, N.	634	413	612	1659
Rictor, J.	639	380	573	1593
Rigdon, R.	480	441	474	1394
Kopta, T.	474	353	502	1328
Mc Grath, J.	424	303	452	1179

Bean, J.	314	342	408	1064
Teen (16-17)				
Heppner, N.	441	298	562	1301
125 kg. Open				
Jensen, W.	612	402	650	1664
Reece, D.	656	430	507	1593
(14-15)				
Weston, B.	391	276	342	1009
125+ kg. Open				
Munsey, D.	722	402	694	1819
Snider, A.	584	430	540	1554

TEAM: WSSB. (Thanks to USAPL for the results)



Record Breaker Rebekah Rudometkin on her way to the record smashing 182.5 kg. squat at the USAPL Oregon Championship. (Photo by Mike Mooney).

**USPF Alabama State/SE Regional**  
28 Apr 01 - Birmingham(1), AL

BENCH	SQ	BP	DL	TOT
M. Cassebaum	380			
C. Fennelle	350			
165 lb.				
R. Molay	430			
J. Flowers	405			
198 lb.				
T. Sullivan	485*			
220 lb.				
MEN				
Open-Alabama				
181 lb.				
A. Machristie	525	330	550	1405
198 lb.				
J. Baumgart	620	425	640	1685*
220 lb.				
R. Gray	470	330	525	1325
242 lb.				
H. Davis	425	300	445	1180
275 lb.				
B. Vessels	640	500	735	1875
S. Khader	525	375	575	1475
308 lb.				
C. Coaker	680	450	650	1780
E. Roberts	725	385	650	1760
Open-Regional				
181 lb.				
R. Haggdorn	525	335	575	1435
D. Williams	570	350	510	1430
A. Machristie	525	330	550	1405
198 lb.				
M. Philips	670	385	670	1725*
J. Baumgart	620	425	640	1685
220 lb.				
R. Gray	470	330	525	1325
242 lb.				
H. Gray	435	300	445	1180
275 lb.				
B. Vessels	640	500	735	1875
308 lb.				
E. Roberts	725	385	650	1760
Novice-Alabama				
123 lb.				
D. McCook	330	140	350	820
165 lb.				
L. Washington	425	265	480	1170
J. West	385	265	405	1055





bench in the 242's. Lance Akerman won the junior 181's with a 303 lb. bench, Jon Lempke second with 286 lbs., and Adam Korenke third with a PR 275 lb. bench. John Hernandez won 'Best Open Bencher' and won the open 198's. Craig Palmer (last years winner) opened heavy at 440 lbs. and took second, Jim Weber- third and happy with a new PR. Chris Chandler's nice PR 424 lb. bench won the 220's, Wyoming meet promoter Rick Wehle second with 407 lbs., and Benji Hill third with 358 lbs. Benji helped his friend Kevin Mora open a gym in Ketchum, ID. Both are sporting more muscle mass and will be exciting on the platform in August. The open 242's were loaded, six competitors! Darren Thompson (Blackfoot, ID) won out by only 6 lbs. over Clint Lewis. Dave Fortner third with 418 lbs. Joe Thompson won the 275's with 451 lbs. and brother Jim took second with 446 lbs., Keith Kreimann third. Tui Filiaga won 'Best Sub Master Bench' with 540 lbs. Jon Cunningham (best bench last meet) did a PR 4th attempt and made the '400 Club' with 403 lbs. at 165. Congrats Jon!! (We've seen so many PR's at the championships; you should come and check it out!) John Toolson was missed last year but came back to win the sub's 181's with a 347 lb. bench. Bryce Woodbury tested the spotters when his thumb less grip slipped and the bar crashed to his chest! "Great Job & God Bless Larry & Chris", the spotters! Craig Palmer entertained the crowd and TV crew with his psyching techniques, which won him 'Best Master Bencher'! That's a feat in itself considering the master's have a weight and age coefficients. Sean Anderson improved his PR and won the Master's 242's with a 369 lb. bench. He and Tom Wood did identical lifts but Sean won on body weight. Congrats to master Greg Merrell who returned to the championships to beat a long eluded PR, and increase the meet record by 20 lbs. Youth David Penny opened the deadlift competition with some nice deadlifting. The youth lifting is a parent-supervised event. Katie Sargent won the women's teens with her 231 lb. deadlift. After "two" knee surgeries, and a year of rehab, Katie is ready to test Dr. Rorke's work (Orthopaedic's of Jackson). So get ready! The

novice 242's had three competitors. Kirk Korenke took first with a PR "500 Club" lift, Rocky Lopez second with 457 lbs., and Marc Sowder third with 402 lbs. Phillip Colborn won 'Best Junior Deadlifter' with 595 lbs. Danny Winslow pulled 551 lbs. to take the open 165's and win 'Best Open Deadlifter'. Benji Hill was runner up for the honors, but won the open 220's with a 639 lb. lift. Allen Leavitt pulled 600 lbs. for second, Jerry Fisher third. Rocky Lopez and David Wolf were close in the open 242's. Lopez winning for first and Wolf second. Jim Thompson, closing in on the "700 Club," pulled 677 lbs. for first in the 275's. The Subs and Masters drew seven competitors. John Hernandez won 'Best Sub-Master Deadlifter' of the day. 165 bench phenomenon Jon Cunningham pulled 402 lbs. for first place in the Subs. Andy Scardino won 'Best Master Deadlifter' out of a field of four competitors. Andy broke the state record by "50 lbs." as well! Doug Clayton was runner up for the honor with a 550 lb. pull, and broke another state record by "50 lbs." Caleb Douglas won the master's 220's and was just after Clayton for best master by coefficient. Caleb pulled 363 lbs. in the 55-59 yr. class without even having his head into it. If life's things settle down by August he'll reach his peak! More improvements are in store for the lifters at our August championships! Thanks to some notations by Y-staffer Kim Croft. World Champion Priscilla Giddings didn't entertain the crowd with any world class lifting this time; just came to pay homage to the meet that got her lifting! She's off to the Air 'Force' Academy in June. And if she gets serious again, "Force" to reconcile will be the key word! Priscilla has the 'force' to become one of the few teens to ever squat and deadlift "400 lbs." (Her best so far is 353 lbs. and 378 lbs.) We'll miss her Chris and Larry did awesome job spotting during the bench. The deadlift spotters were even more awesome, I just can't recall who they were at this time! Thanks to Jim Heeding, Bruce Roberts, and Sean Anderson for judging. Un-sanctioned meets are sometimes tougher on the judges than sanctioned! The complete YMCA staff must be commended for all these efforts!

If Gary Benford had half the professionalism when he had the "YMCA Nationals" it must have been a super meet! Orthopaedics of Jackson Hole, WY and the Teton Outpatient Clinic generosity enabled us to have another fantastic championships!!! Many of the competitors have said it's the best in the northwest. We owe our sponsors for this complement! The sculptured trophies, and free food the lifters enjoy is thanks to our great sponsors! One Dr. Champa's clients in Jackson is Rulon Gardner, last years gold medal heavyweight Olympic wrestler. Anderson Lumber is thinking of marketing the unbelievable platform we lift on! Meet promoters will have no more platform complaints with his floor thrist platform! Thanks to Outback Steakhouse, Papa Kelsey's, Domino's, IGA Food's, and Brownstone for supplying great food and beverages. Sure adds a special touch! Best in power to you! And bring your personal records to the championships August 18 & 19th. (Thanks to Linda & Mike Higgins for these meet results).

### Body Factory Power Challenge 24 Feb 01 - Pen Argyl, PA

WOMEN	SQ	BP	DL	TOT
K. Miller-101	75	45	120	240
L. Martin-122	175	130	260	565
D. DeFranco-181	275	180	315	770
MEN Open 148 lb.				
K. Cramer	370	255	400	1025
165 lb.				
T. Yohey	390	200	375	965
J. Martin	430	255	415	1100
S. Larissey	500	280	485	1265
181 lb.				
C. Condrillo	385	310	540	1235
M. Christopher	335	210	440	985
198 lb.				
R. Zavakey	360	285	425	1070
B. Klink	380	250	420	1050
220 lb.				
T. Nichols	410	285	525	1220
J. Martin	435	275	460	1170
L. Dalton	435	240	465	1140
K. Brown	350	210	400	960

242 lb.	P. Eberhardinger—	—	215	215
A. Parrillo	475	300	450	1225
275 lb.				
R. Duff	400	270	430	1100
M. Kleckner	325	255	360	940
J. Grove	390	275	455	1120
SHW				
M. Miller	700	—	—	700

(Thanks to the Body Factory for providing these meet results to POWERLIFTING USA)

### Nordic BP Championships

#### 5 May 01 - Randers, Denmark (kg)

WOMEN	R. Kaattari	140
48 kg.	60 kg.	
V. Arpala	77.5	A. Kurjenkallio 142.5
52 kg.	T. Iversen	130
H. Svahn	97.5	M. Rasmussen 117.5
R. Liimatainen	90	67.5 kg.
I. Laine	85	E. Rajala 152.5
T. Ahopelto	77.5	D. Zijdamans 140
56 kg.	75 kg.	
M. Sirkia	87.5	J. Andersson 167.5
M. Eriksson	75	A. Riis 165
67.5 kg.	K. Gustavsson 150	
B. Arntsen	107.5	82.5 kg.
H. Svensson	102.5	J. Carlsson 190
K. Karvonen	87.5	90 kg.
L. Rasmussen	75	K. Pakarinen 112.5
T. Mahne	47.5	R. Haugland 190
75 kg.	K. Madsen 180	
A. Halvarsson	105	100 lb.
K. Blinnikka	95	R. Dahlstrom 235
A. Pedersen	92.5	O. Aas 200
J. Liimatainen	87.5	110 kg.
82.5 kg.	K. Mattsson 260	
R. Engeland	105	S. Eggebrecht 200
S. Madsen	97.5	L. Sorige 187.5
92.5+ kg.	R. Gudmundsen 175	
S. Formgren	130	125 kg.
S. Saksa	117.5	L. Nielsen 217.5
T. Andersen	112.5	M. Sorig 205
K. Noxua	100	125+ kg.
MEN	N. Steinkjer 270	
56 kg.	U. Wiklund 265	

(Thanks to Heikk Oramaa for these results).

# TOP 100

For standard 114 lb./ 52 kg. USA lifters in results received from May/2000 through Apr/2001.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 501 Booker, M., 11/3/00	315 Pham, H., 8/5/00	479 Gainer, E., 7/9/00	1173 Gainer, E., 11/14/00
2 418 Gainer, E., 11/14/00	309 Booker, M., 11/3/00	455 Holloway, D., 12/2/00	1102 Booker, M., 11/3/00
3 390 Scruggs, J., 3/24/01	308 Culp, L., 6/3/00	445 Snell, 5/7/00	1015 Lloyd, M., 3/24/01
4 375 Lloyd, M., 3/24/01	286 Gainer, E., 7/9/00	429 Tyree, V., 11/16/00	1010 Scruggs, J., 3/24/01
5 370 Holloway, D., 12/2/00	255 Cintron, S., 4/28/01	425 Lloyd, M., 3/24/01	1000 Snell, 6/3/00
6 370 Henderson, C., 3/24/01	235 Snell, 6/3/00	410 Scruggs, J., 3/24/01	995 Holloway, D., 12/2/00
7 365 Marrero, S., 6/24/00	215 Murphy Jr., G., 6/10/00	400 Jackson, A., 3/24/01	935 Jackson, A., 3/24/01
8 360 Campanero, M., 3/24/01	215 Pitta, L., 8/12/00	395 Davis, J., 6/15/00	935 Henderson, C., 3/24/01
9 360 Garcia, D., 3/24/01	215 Lloyd, M., 3/24/01	395 Houston, L., 3/24/01	905 Marrero, S., 3/4/01
10 355 Yarbrough, J., 3/24/01	210 Scruggs, J., 3/24/01	385 Henderson, C., 3/24/01	903 Rodriguez, J., 6/10/00
11 353 Jackson, A., 3/24/01	205 Monies, G., 3/24/01	385 Monies, G., 3/24/01	900 Davis, J., 6/15/00
12 350 Snell, 6/3/00	203 Rodriguez, J., 6/10/00	380 Rodriguez, J., 6/10/00	885 Campanero, M., 3/24/01
13 341 Barlow, L., 10/28/00	203 Tyree, V., 11/16/00	380 Marrero, S., 3/4/01	880 Yarbrough, J., 3/24/01
14 335 Hill, J., 4/6/01	198 Hilton, T., 3/30/01	370 Falcone, T., 8/12/00	875 Monies, G., 3/24/01
15 330 Hartwig, S., 1/20/01	187 Beckerich, J., 9/16/00	370 Yarbrough, J., 3/24/01	865 Hartwig, S., 1/20/01
16 325 Jones, E., 3/24/01	187 Hartwig, S., 1/20/01	370 Phillips, W., 4/6/01	848 Hafenback, 3/30/01
17 325 Davis, J., 6/15/00	187 Merrill, T., 2/5/01	370 Hawthorne, R., 4/6/01	845 Houston, L., 3/24/01
18 325 Hafenback, 3/30/01	185 Niedolilwa, V., 5/7/00	363 Goff, K., 1/20/01	840 Jones, E., 3/24/01
19 325 Jackson, H., 4/6/01	185 Goodman, B., 2/11/01	363 Hafenback, 3/30/01	835 Jackson, H., 4/6/01
20 319 Rodriguez, J., 6/10/00	180 Davis, J., 6/15/00	363 Hilton, T., 3/30/01	832 Street, E., 1/20/01
21 319 Street, E., 1/20/01	180 Jackson, A., 3/24/01	360 Jones, W., 3/24/01	832 Hilton, T., 3/30/01
22 319 Gratton, P., 3/30/01	180 Henderson, C., 3/24/01	360 Hill, J., 4/6/01	830 Phillips, W., 4/6/01
23 315 Houston, L., 3/24/01	175 Cha, J., 6/3/00	355 Campanero, M., 3/24/01	830 Hill, J., 4/6/01
24 315 Ona, R., 3/24/01	175 Marrero, S., 6/24/00	355 Ona, R., 3/24/01	825 Ona, R., 3/24/01
25 310 Callaway, K., 3/24/01	175 Foster, W., 3/24/01	355 Turner, A., 4/6/01	815 Jones, W., 3/24/01
26 310 Velazquez, C., 3/24/01	175 Callaway, K., 3/24/01	352 Street, E., 1/20/01	810 Foster, W., 3/24/01
27 310 Teaff, N., 3/24/01	175 Odell, C., 4/6/01	350 Jackson, G., 11/25/00	810 Callaway, K., 3/24/01
28 308 Khan, S., 3/30/01	175 Raymon, M., 4/21/01	350 Nelson, R., 1/26/01	805 Falcone, T., 8/12/00
29 303 Goff, K., 1/20/01	170 Macy, J., 5/20/00	350 Jackson, H., 4/6/01	805 Niedolilwa, V., 5/7/00
30 303 Pulchny, P., 4/7/01	170 Belen, A., 6/3/00	347 Bray, J., 6/17/00	799 Gratton, P., 3/30/01
31 300 Niedolilwa, V., 5/7/00	170 Birchak, S., 8/12/00	347 Bowers, S., 10/17/00	790 Hawthorne, R., 4/6/01
32 300 Serrano, A., 3/24/01	170 Parrish, S., 10/7/00	347 Hartwig, S., 1/20/01	790 Turner, A., 4/6/01
33 297 Dewaters, D., 3/30/01	170 Birchak, N., 11/3/00	341 Baquil, C., 1/20/01	788 Bray, J., 6/17/00
34 295 Foster, W., 3/24/01	170 Coulombe, T., 11/16/00	341 Searles, A., 3/30/01	785 Isenhour, A., 3/24/01
35 295 Phillips, W., 4/6/01	170 Holloway, D., 12/2/00	340 Jones, E., 3/24/01	782 Khan, S., 3/30/01
36 292 Gaines, J., 3/30/01	170 Furneaux, J., 2/17/01	340 Foster, W., 3/24/01	777 Goff, K., 1/20/01
37 290 Jones, W., 3/24/01	170 Campanero, M., 3/14/01	340 Isenhour, A., 3/24/01	777 Searles, A., 3/30/01
38 290 Isenhour, A., 3/24/01	170 Jones, E., 3/24/01	340 Stephens, J., 3/24/01	775 Stephens, J., 3/24/01
39 290 Sifuentes, J., 3/24/01	170 Clark, L., 4/6/01	336 Gaines, J., 3/30/01	775 Serrano, A., 3/24/01
40 286 Bowers, S., 10/17/00	170 Brooks, M., 4/6/01	336 Moses, S., 3/30/01	771 Dewaters, D., 3/30/01
41 286 Grubbs, C., 3/30/01	165 Bray, J., 6/17/00	330 Parrish, S., 10/7/00	770 Velazquez, C., 3/24/01
42 285 Monies, G., 3/24/01	165 Young, D., 8/19/00	325 Callaway, K., 3/24/01	766 Gaines, J., 3/30/01
43 280 Falcone, T., 8/12/00	165 Jones, W., 3/24/01	325 Rogers, T., 3/30/01	765 Nelson, R., 1/26/01
44 280 Nelson, R., 1/26/01	165 Sifuentes, J., 3/24/01	320 Niedolilwa, V., 5/7/00	765 Sifuentes, J., 3/24/01
45 280 Stephens, J., 3/24/01	165 Gratton, P., 3/30/01	320 Velazquez, C., 3/24/01	760 Bowers, S., 10/17/00
46 275 Baquil, C., 1/20/01	165 Searles, A., 3/30/01	319 Dewaters, D., 3/30/01	749 Baquil, C., 1/20/01
47 275 Moses, S., 1/26/01	165 Rogers, T., 3/30/01	315 Walk, W., 10/21/00	749 Moses, S., 3/30/01
48 275 Caneros, D., 3/16/01	165 Phillips, W., 4/6/01	315 Serrano, A., 3/24/01	744 Pulchny, P., 4/7/01
49 275 Turner, A., 4/6/01	160 Farone, J., 6/15/00	315 Clark, L., 4/6/01	740 Macy, J., 5/20/00
50 270 Walk, W., 10/21/00	160 Sanchez, C., 2/24/01	315 Brooks, M., 4/6/01	740 Garcia, A., 3/24/01
51 270 Mahan, A., 3/16/01	160 Serrano, A., 3/24/01	315 Cintron, S., 4/28/01	740 Clark, L., 4/6/01
52 270 Garcia, A., 3/24/01	160 Garcia, A., 3/24/01	314 Booker, M., 11/3/00	740 Booker, M., 11/3/00
53 270 Hilton, T., 3/30/01	160 Ochoa, M., 3/24/01	314 Gratton, P., 3/30/01	733 Rogers, T., 3/30/01
54 270 Searles, A., 3/30/01	160 Jackson, H., 4/6/01	314 Khan, S., 3/30/01	730 Teaff, N., 3/24/01
55 270 Jacobs, C., 3/30/01	160 Turner, A., 4/6/01	314 Coscarat, L., 3/30/01	725 Ochoa, M., 3/24/01
56 270 Hawthorne, R., 4/6/01	160 Gandy, K., 4/6/01	310 Sifuentes, J., 3/24/01	720 Walk, W., 10/21/00
57 270 Page, J., 4/6/01	160 Hill, J., 4/6/01	310 Garcia, A., 3/24/01	716 Coscarat, L., 3/30/01
58 265 Macy, J., 5/20/00	160 Sommers, K., 4/28/01	310 Kimbrough, J., 4/6/01	716 Grubbs, C., 3/30/01
59 265 Vickery, J., 1/26/01	159 Street, E., 1/20/01	310 Gatson, T., 4/6/01	715 Goodman, B., 2/11/01
60 265 Russell, L., 3/16/01	159 James, A., 2/17/01	310 Lee, S., 4/6/01	710 Page, Q., 4/6/01
61 265 Horton, M., 3/24/01	159 Hafenback, 3/30/01	310 Houroyd, K., 4/27/01	705 Gatson, T., 4/6/01
62 265 Ochoa, M., 4/6/01	159 Khan, S., 3/30/01	308 Shear, J., 6/3/00	705 Kimbrough, J., 4/6/01
63 264 Nichols, P., 8/12/00	155 Schachner, 7/8/00	308 Renn, C., 6/10/00	705 Gandy, K., 4/6/01
64 264 Bullara, C., 10/7/00	155 Seeley, D., 7/29/00	308 Gordon, K., 1/20/01	700 Vickery, J., 1/26/01
65 260 Kimbrough, J., 4/6/01	155 Falcone, T., 8/12/00	308 Pulchny, P., 4/7/01	699 Hall, D., 6/10/00
66 259 Shear, J., 6/3/00	155 Shuttleworth, M., 9/9/00	305 Macy, J., 5/20/00	695 Cha, J., 6/3/00
67 259 Hitchcock, J., 6/10/00	155 Barbier, M., 12/2/00	305 Cha, J., 6/3/00	695 Bourgoyne, C., 1/26/01
68 259 Boutte, C., 3/24/01	155 Vickery, J., 1/26/01	305 Bourgoyne, C., 1/26/01	695 Lee, S., 4/6/01
69 255 Ferguson, J., 3/16/01	155 Yarbrough, J., 3/24/01	305 Lewis, D., 1/26/01	694 Shear, J., 6/3/00
70 255 Montoya, C., 3/16/01	155 Ona, R., 3/24/01	305 Goodman, B., 2/11/01	690 Delacruz, J., 3/24/01
71 255 Delacruz, J., 3/24/01	155 Isenhour, A., 3/24/01	305 Delacruz, J., 3/24/01	688 Nichols, P., 8/12/00
72 255 Brooks, M., 4/6/01	155 Stephens, J., 3/24/01	303 Hall, D., 6/10/00	688 Bullara, C., 10/7/00
73 255 Clark, L., 4/6/01	155 Lee, S., 4/6/01	303 Jordan, C., 7/8/00	685 Belen, A., 6/3/00
74 255 Boclair, C., 4/6/01	155 Groom, M., 4/6/01	303 Gagliardi, D., 3/24/01	680 Horton, M., 4/6/01
75 253 Hall, D., 6/10/00	154 Gagliardi, D., 11/16/00	303 Hitchcock, A., 3/30/01	675 Sommers, K., 4/28/01
76 253 Bray, J., 6/17/00	154 Dewaters, D., 3/30/01	300 Seeley, D., 7/29/00	672 Gagliardi, D., 3/24/01
77 250 Belen, A., 6/3/00	154 Coscarat, L., 3/30/01	300 Scudder, A., 9/24/00	672 Mahan, A., 3/30/01
78 250 Betancourt, B., 3/16/01	154 Grubbs, C., 3/30/01	300 Ochoa, M., 3/24/01	665 Boclair, C., 4/6/01
79 250 Peil, K., 3/16/01	150 Bourgoyne, C., 1/26/01	300 Gandy, K., 4/6/01	661 Gordon, K., 1/20/01
80 250 Zboril, J., 3/16/01	150 Teaff, N., 3/24/01	300 Horton, M., 4/6/01	661 Jacobs, C., 3/30/01

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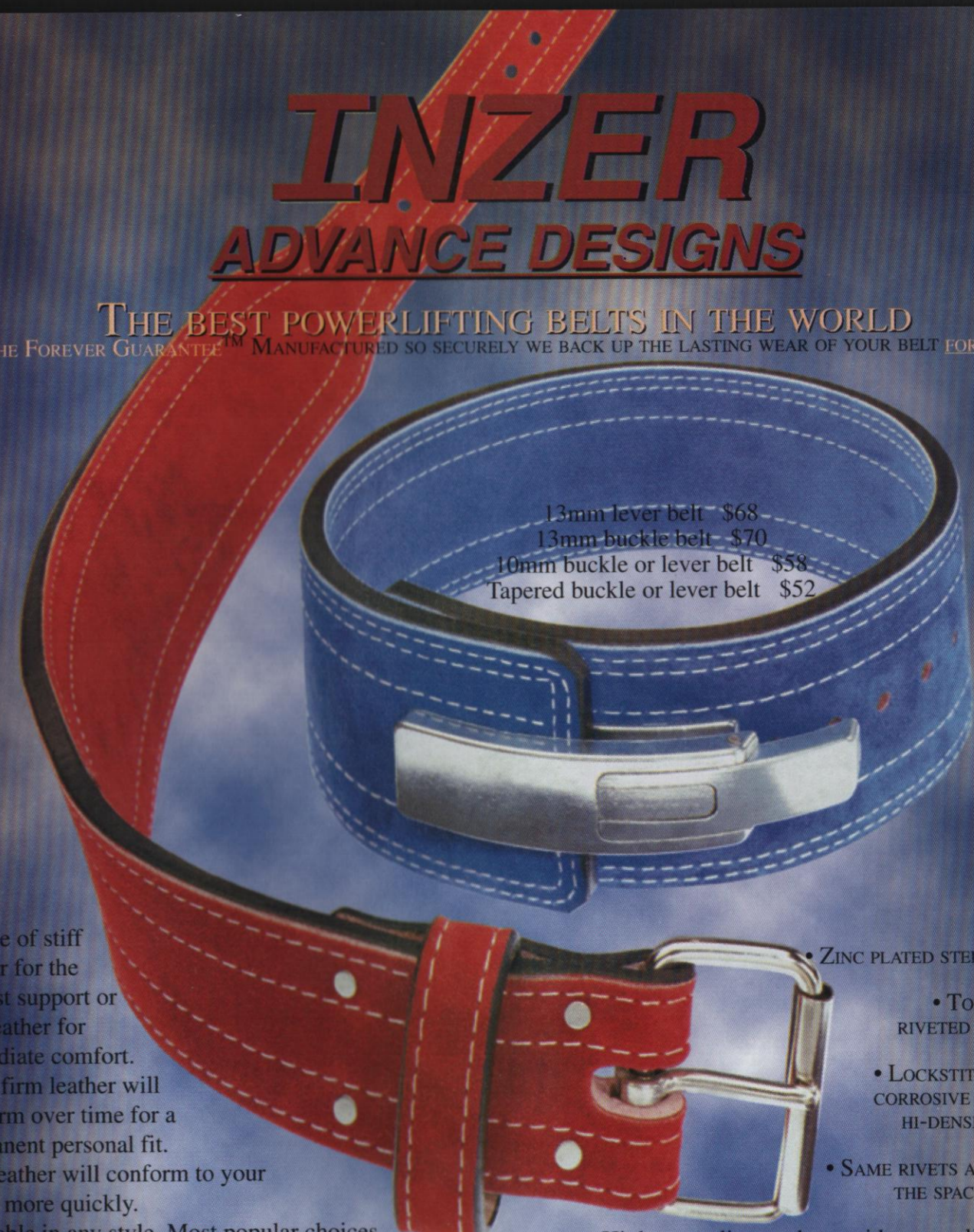
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