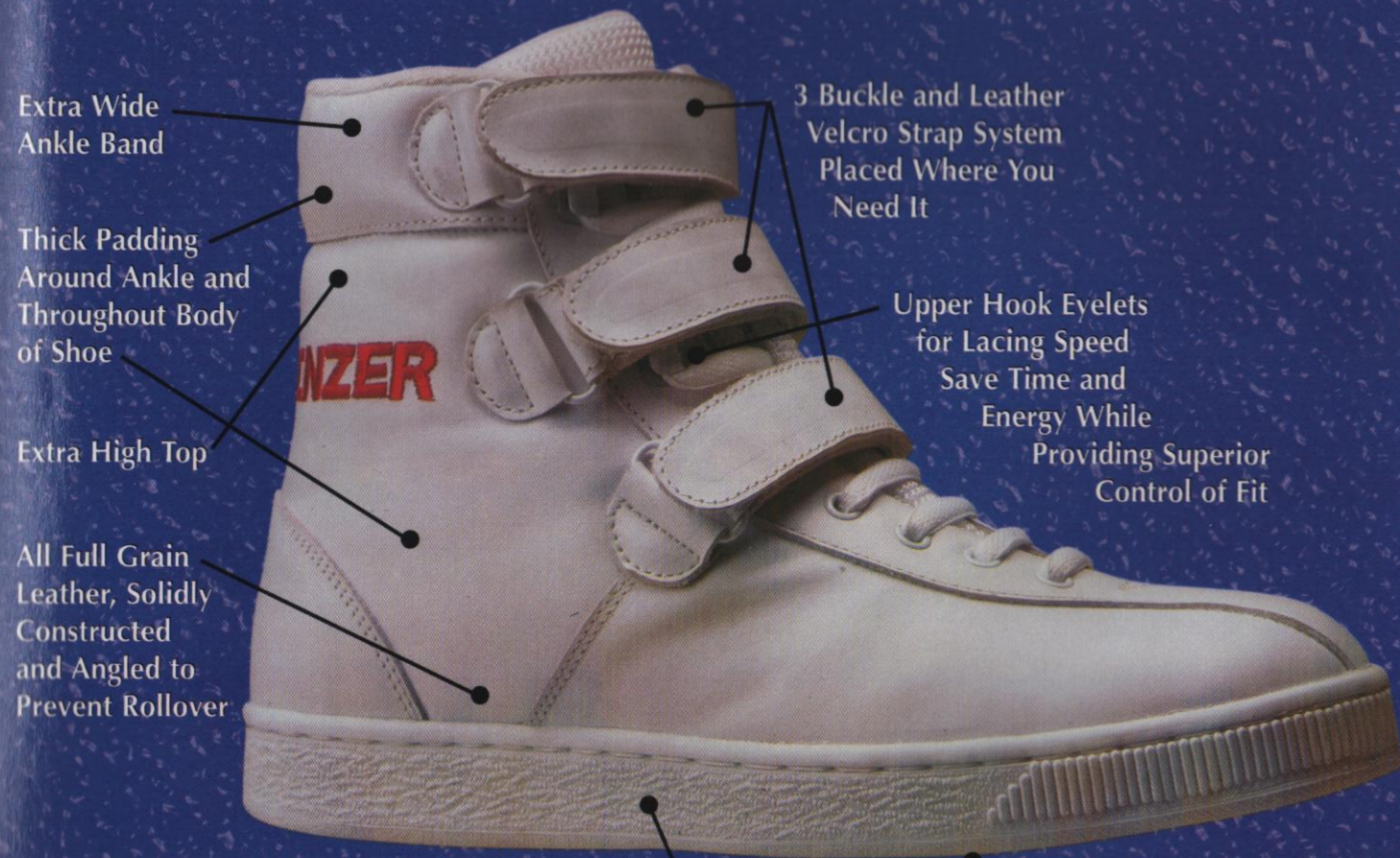


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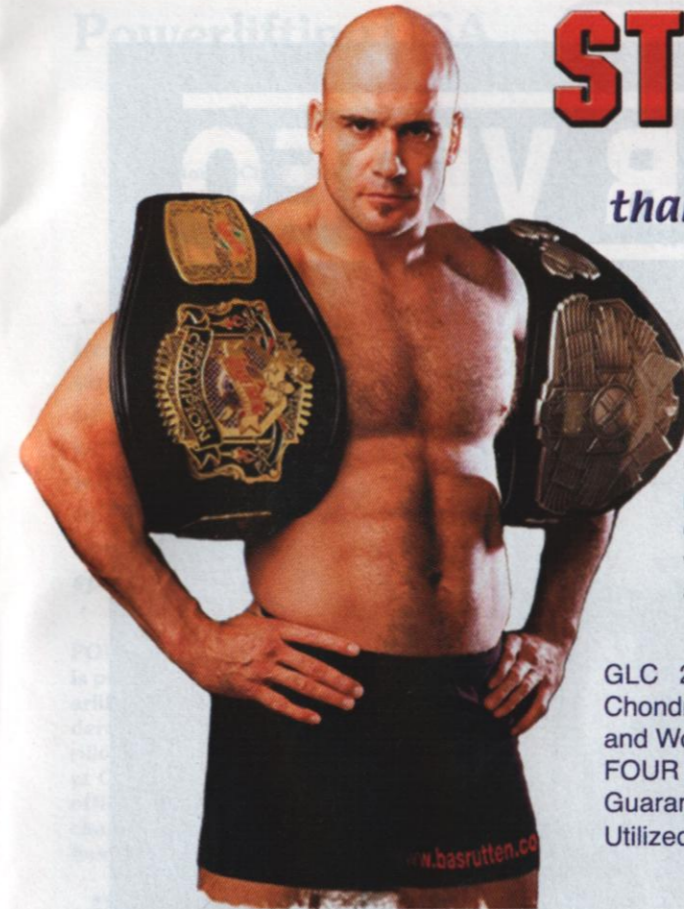
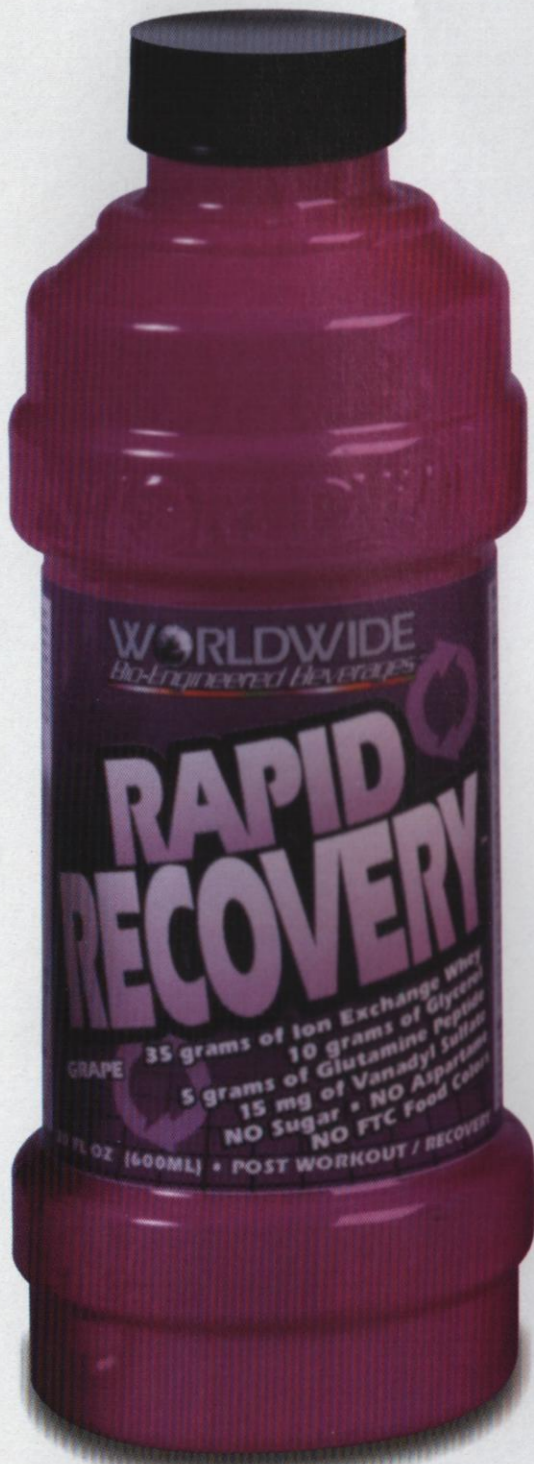
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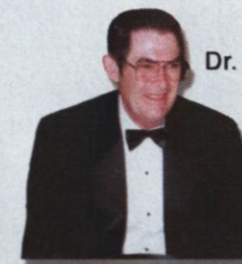
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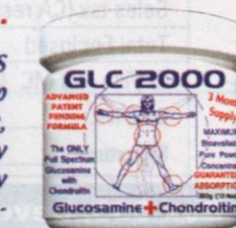


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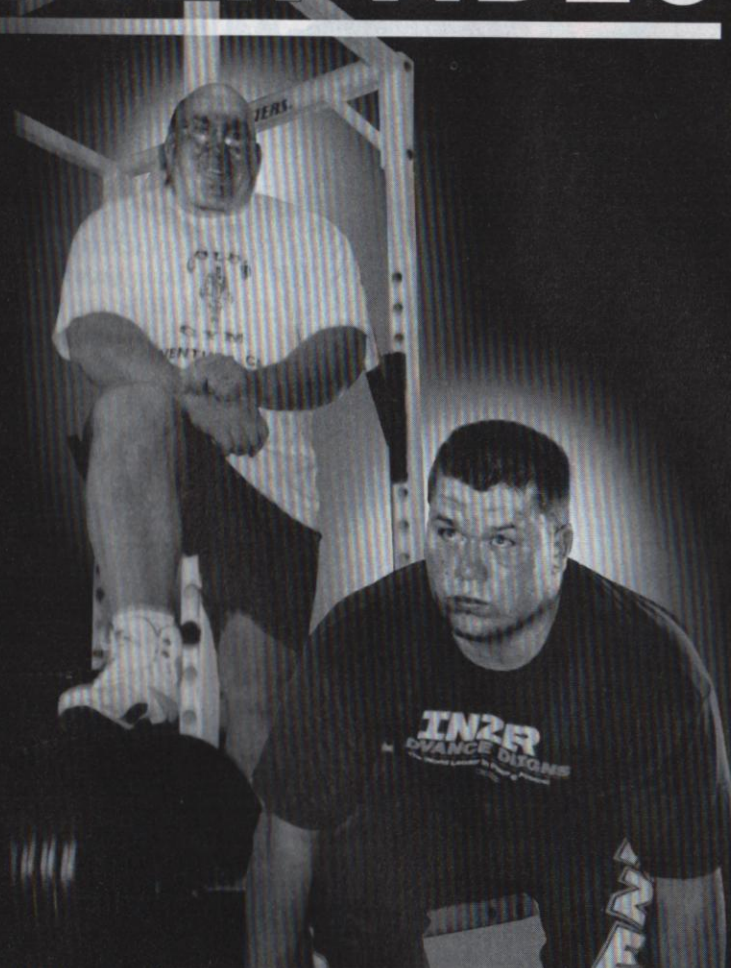
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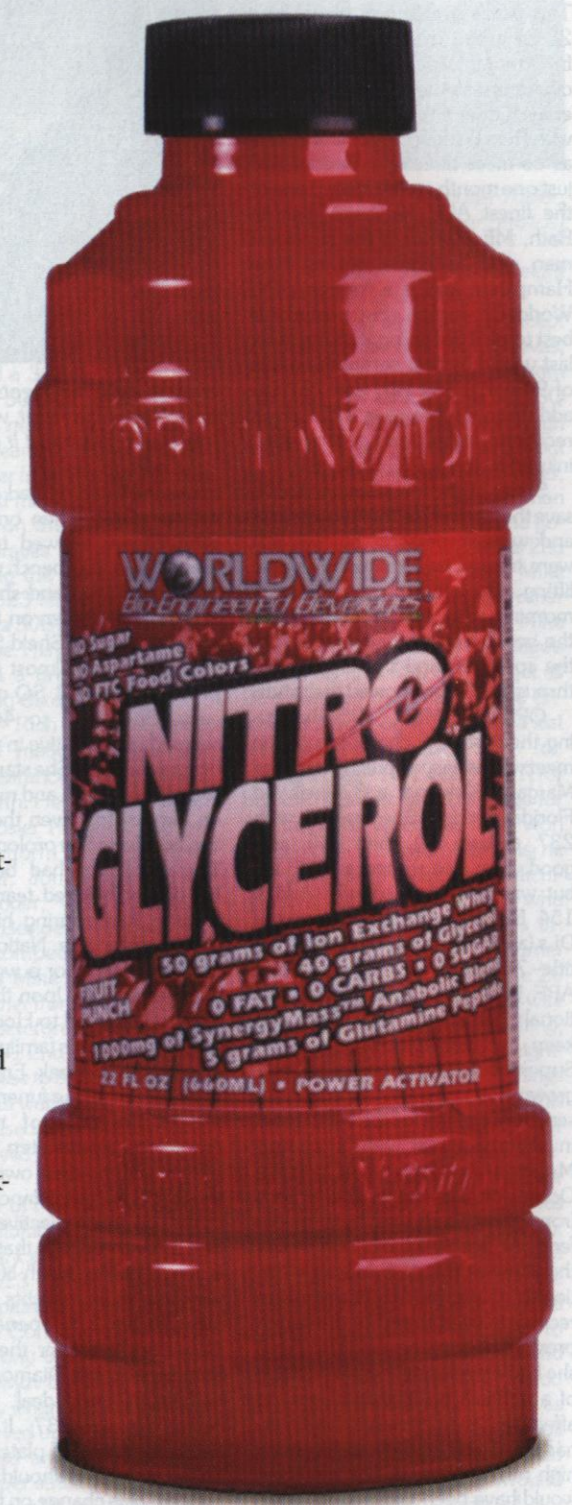
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The return of the APF Sr. Nationals to Daytona, FL following a one year interim was not only the qualifying event for the WPC Worlds the first week in November in Capetown, South Africa; but was a tune-up for the big WPO Semi-Final on Aug 12th for several lifting stars. This year's event took place June 23-24 in the luxurious Plaza Hotel in Ormond Beach. Huge Iron Productions was the sponsor, with Kieran Kidder (it's President) along with Russ Barlow combining efforts as co-meet directors. Barlow had just one month earlier staged one of the finest APF Nationals ever in Bath, ME. Kieran is the strongest man ever to come out of New Hampshire and is a former WPC World Champion. He posted his best total @ SH doing 2182 in Nov. last year. His best competition lifts of 942 SQ, 551 BP, and 727 DL add up to a whopping 2221. He's recovering now from a torn quad injured trying a 953 SQ.

Some of the top stars wanted to save themselves for the August meet and weren't present, but we still were treated to some unbelievable lifting. The action began Saturday morning with the Women. Then the benchers had their moment in the spotlight, and the Open Men through 181 also showed their stuff.

OPEN WOMEN - 105: Becoming the first APF champion of the meet was as easy as pulling teeth for Margaret Kirkland, a 37 year old Florida dentist. She started with 237, a deep SQ, then 286, also good. She also upped a big 314, but was denied on depth. Add a 154 BP lift and three successful DLs (a PR 303) and she had the big title - 749 TOT. 132 - The two time APF Women's Open Senior National Champ at 123 decided not to keep her weight down anymore. Superstar Amy Weisberger has outgrown the 123s also, and was absent here waiting for the WPO meet in August. Last year's champ Melanie Diamond, 41, from Oceanside, NY out of the famous Iron Island Gym was here to defend. Nance Avigliano had stolen the show at the APF Master's Nationals, shattering 40-44 age group records in everything but the bench press, but before the meet she found she had a very small hernia (the size of a golfball) but it didn't seem to affect her lifting. Melanie, however, had a really big one (extending from high midriff to groin left side) and would have been excused for bowing out, but she wouldn't relinquish her title without a fight. Nance awaited in the wings as Melanie gave it her best shot. With a 386 opener she tilted coming up - miss. The next two were judged high, but she was allowed to continue be-

APF Senior Nationals as told to PL USA by Herb Glossbrenner



Nance Avigliano gets set for a bench press attempt, with hubby Joe waiting to hand it off for her.

cause the head ref had given her a red for depth when only the side referees are allowed to do that. However, a 209 bench was incomplete on 3 tries and she was out. Avigliano had been on fire leading up to this meet. She'd SQed 460, 475, 485, and almost got 500 in practice. Her 441 SQ opener was easy. She went to 468, which seemed conservative in view of her big practice lifts. She started up, but rounded forward, and missed again on her last try. Even the strongest can be affected by prolonged stress. The Aviglianos had been at the bedside of beloved team member George Rada during his terminal illness. After the Nationals, they tried to unwind for a week visiting relatives in NY. Upon their return, Rada succumbed to Hodgkins Disease and since his family from Venezuela didn't speak English, they took care of all the funeral arrangements. In time of need, the Aviglianos always step in to help others, putting their own needs on the back burner. Nance now focused on the objective at hand. She'll never concede that the bench is her 'Achilles Heel' lift; and she vanquished any doubts here. She blew up her 220 opener, then to 105.5 kg. to better the old mark held by Melanie Diamond by one half kg. A done deal. On a 3rd Nance wanted 237. It was way overloaded; 50 kg. plates were put on the bar, which should have been noticed, plus change on top of that. Joe told them 3 times it was wrong. Nobody listened. Joe handed off, but rescued her immediately when she cried 'Re-rack it before it crushes me.' Nance got the attempt over, but missed, having pulled her pec due to the momentary supporting

on locked arms of 2.7 times her own bwt! On to the deadlift: Nance pulled first 418, then a Masters 40-44 WR 435. She missed her final try with 446 when the weight got out front. Total - 508 kg. - enough to surpass her own record total by one half kg. 148 - 42 year old Mariah Liggett captured her 14th APF Senior National title here, making her the most prolific woman, by far, in APF History, but she'll tell you that numbers, not titles, are the thing that matters. I've often suggested that if anyone is deserving of a full cover on PL USA, she's the one. Mariah would rather someone else got it. In her own words: "It would mean much more to them." Liggett opened with 452. She used the wide stance to ease herself slowly to the required position. She upped 501 on a 2nd try, but had to repeat it to satisfy the judges on depth. She called for a WPC WR 534; but had problems setting up. The bar pitched forward, and she never got to try it. In the BP, Liggett succeeded with 275, then a PR double bodyweight lift - 297! She missed a close one with 303 on a 3rd. Mariah sealed her victory with a 407 DL, then pulled 424 for a 1223 TOT. A final with 441 barely budged. Runner up went to Kasey Demarest, 37, a newcomer on the National scene from Oklahoma City. She debuted with a perfect 9/9 day: SQ - 341, 369, 386; BP - 187, 203, 214; DL - 319, 347, and finally 369 - TOT 970. 165 - Kristina Grandick, 32, a registered nurse living in San Diego, has home ties with the Nebraska team. She's looking for a



Becca Swanson with a huge 605!

new place to train. Hey, it's only a couple hours drive to the L.A. Lifting club. Come on up Christina, and follow the road to success! She went on a 9 for 9 tear, but with her 308 SQ opener she did a funny little twist and almost lost it at the top. Her 325 and 341 final looked much better. Her NE homies shouted: "Tight 'N Light", as she delivered all 3 benches (204)! She pulled 336, 358, and 374 - all perfectly - TOT 920. 181 - Krista Ford, 34, now makes her home in Stone Mountain, GA, but she's in training to make the Women's bobsled team in the 2002 Winter Olympic Games. Obviously, she's found time to do some heavy metal training too. She SQ'd 441 easy as pie, but broke form with 485, then came back to execute it perfectly on her last. BP: 253, then 292, but 303 stalled. In the DL came 441 followed by a strong 485. A final hoist of 496 stopped her cold - TOT 1262. SHW - Becca Swanson, 27, co-owns a gym along with her husband and coach in Nebraska. She's a former bodybuilder, fed up with the politics on the flexing circuit, and I believe her destiny is to become the undisputed STRONGEST WOMAN OF ALL TIME. The ease with which she handled her monster lifts indicate that she's just feeling her way. Her SQ's were delivered in a narrow stanced manner - deep and effortless. She smoked 529, 556, and finally 578. I kid you not, she could have done well over 600! She benches close grip style and with a bench shirt so loose that it couldn't be doing anything for her: 314, 330 - pow! Her last attempt with 341 required effort to get through the sticking point. From that point on the bar exploded like a rocket to lockout! Her deadlift prowess is remarkable. She pulled a 573 opener like nothing. This broke the APF & WPC record of 567 established by the late great Dawn Reshel. Next the small incremental plates were added to make 274.5 kg. (605 lbs!) This would be the most ever pulled by an American, surpassing the 198 mark of 604 that Reshel had done. Up it came, no hesitation. Amazing. Her first lift of 573 gave her a 1493 TOT, surpassing the WPC WR held by Dorothy Shaw, GBR. The 2nd lift upped her TOT to 690 kg., actually it was 692 kg. (1525.29). At 6 feet tall and 231 lbs. of solid muscle, Swanson is a very athletic looking strongwoman. Only on her final attempt (277.5 kg/611.8) did she finally lose the battle with gravity. I can see Swanson becoming the first Woman to SQ 700, DL 650 and TOT 1700. It is not that far away.

The final tally for outstanding female lifter by Reshel Women's

formula was: (1) Swanson - 927.912, (2) Liggett - 910.200, (3) Avigliano - 907.263. If the MAM - Master's Age Multipliers (McCulloch numbers) - had been allowed for Liggett, 42, and Avigliano, 44, the results would have been: (1) Avigliano - 947.183, (2) Swanson - 927.912, (3) Liggett - 922.948. Using the Malone Formula, according to Michael Soong, it would have been (1) Avigliano - 965.2 (2) Swanson - 887.9, and as close as you can get with the Wilkes formula: Swanson - 1250.0, Avigliano - 1249.7.

The APF National BP Championships were held during an intermission between the SQ and BP for all flights of lifters. The only woman this year was Traci Saba, 31, who made 214 @ 145 bwt. Two men contested @ 132. Duane Radel, 34, won with 303 @ 129.7, topping Jeremy Brubaker, 30, an Ohioan (coached by J.M. Blakley) with 281. Joe Mukite, 35, made an AAFP WR 407 @ 148 on his 2nd, then missed 418 twice (including a 4th attempt). Bill Gallagher, 28, last year's 181 winner from Morton, IL reduced to 165, and popped 3 big ones; 474, 485, and 496. Bill Carpenter, 28, looked sharp @ 220. He secured a huge 622 2nd attempt for outstanding lifter and gave 639 a go on his 3rd and almost got it. On a 4th, he tried 661 (300 kg.) for an APF single lift record that went up halfway. Shawn Watford, 25, made 3 at 228 bwt (562) and captured the 242 gold. This left the two big boys. Scott Mendelson, 32, weighed in at 259.4, and represented the LA Lifting Club, and he was coached by Joe Avigliano. The other man was well known for his fluctuating bodyweight, all the way from 220 to 308: James Mark Blakley. J.M. scaled in at 284.5 and



Scott Mendelson, LALC, was the Bench Champ at 275 with a 650.

was back in Columbus, OH after a brief stay on the West Coast. Blakley blew up his 650 opener like tissue paper, then leaped big to 722. Twice he almost locked it out, but the lift was nullified before that by butt raise twice. Although J.M. was competing at 308 the scorekeepers thought he was lifting against Mendelson in the 275 class. When the awards were given out they mistakenly issued Blakley the silver thinking Mendelson had tied him and beaten him on bodyweight. I'm getting ahead of myself. Scott must have taken J.M.'s recent article and philosophy to heart. IF YOU'RE TO BEAT THE MAN, YOU MUST FIRST OUT-EAT THE MAN. That's why everyone was confused. Scott drank about 4 gallons of Gatorade after weigh-in and refurbished himself with a dozen bananas, 10 Big Macs, along with curly fries and apple pies. He looked positively enormous and may have been in the 290 range. Blessed be the 24 hour weigh-in. Avigliano used a clever ploy. Mendelson opened with 501 sans shirt and smoked it. Now there was no pressure to make the shirt work. Scott, having sealed his victory, geared up and made a PR 650 2nd attempt. He tried 672, but missed his 3rd. Had he known that 661 would have beaten Carpenter for Best Lifter I'm sure Scott would've made it. If Scott doesn't join the 700 Club this year. I'll miss my guess!

MEN'S OPEN - 123 - The Gold Coast Master Blaster with the Jay Leno chin won his 2nd APF Seniors title. Ken Snell, 42, won the 114s two years ago here. This time he captured the 123 class unopposed. In the SQs, 374 was pie, then 441 - no sweat. His PR is 463, so he tried 468. He nearly got it, but tilted when the spotters grabbed the bar. If he'd protested he'd have gotten another try, but he waited several attempts to ponder it - too late. He went for a 40-44 age group WR on a 4th (479), but the gusto was gone. Ken got all 3 BPs (270) but missed a WR 4th. His best DL is 479, so after making an EZ 452 opener he jumped to 501 - stalling twice at the knees - TOT 1162.

148 - The 3 time reigning champ Tim Judge didn't show. There would be a new champ at 148 this year. Duane Campbell, 31, a project engineer from Dayton, OH ended up claiming bronze. Duane coached himself perfectly, with no misses except his 336 final BP try. Before that he popped a 468 SQ and pressed 325. His DL was 424 on a final try - TOT 1218. At 5'10", Oceanside, NY newcomer Eric Adolph is a real beanpole. His strength comes from somewhere and it was amazing. A Chris Taylor



165 lb. Champ Rich Salvagni (left) with friends (l-r) Brendan Yoder, Dick Giller, Michael Soong, and Jon Smoker. (Glossbrenner photos)

find (on the internet), he has only been lifting 6 months. Eric spread his feet way wide, and upped a 452 SQ. He spread his arms to the max, and popped a 303 BP. He ripped up his last 501 DL, and looked good for 44 more - TOT 1256 - 9 for 9. This year's champ at 148 is a schoolteacher from Tampa, FL. Not tall, and mild mannered, he moves big weights on the platform. Only 25, Rick Grayes hit a PR 1388 TOT, putting the works to a 501 SQ before 523 stopped him cold. He pumped a 308 BP, the failed the small increase. His DL looked strong - 540, then a great 578, before failing the big Sixer.

165 - Rich Salvagni, from Goshen, IN made his first APF Seniors appearance last year, where he finished 4th. He's coached by an all time Hoosier PL great and my longtime platform rival and friend Jon Smoker. Jon is assisted by Brendan Yoder, who scrutinizes Rick's BP. Besides Salvagni, the only other competitor in the competition was Mike Pluckett, 35, a personal trainer from Eagle Springs, NC. Mike therefore claimed silver. He SQ'd a 501 2nd, and got pinned with an increase to 545. He benched two (341), but waived his 3rd. In the DL, Mike raised 540, but the jump to 595 proved too heavy - TOT 1383.

A couple of Florida guest lifters lifted for exhibition and WPO tune-up purposes. Levi Alday, 27, went 551, 386, 523 - 1460 - having no failures, but passing 3rds in both BP & DL. Tony Conyers, 42, came in at 160.7. Tony brandishes a gold front tooth with the letter "T" (for Tony) boldly engraved on it. He says he's moved up to 165 for good and hit a 3rd attempt 705 SQ - deep and super strict. With his 429 BP, and opener DL (622) he had a PR 1758 TOT. Tony made two huge tries with a 705 DL that cleared his knees both times. The challenge was thus laid down to Angelo Berardinelli (here observing) and Wade Hooper that Tony has his own

plans to claim top Middleweight WPO money come August.

181 - It was all new faces except for one familiar one. Sam Cuevas, 28, a construction worker from Portland, OR sank a good 628 SQ opener, but didn't get low enough with 672. Then he failed to lock out any of his BP attempts. Bob Walker, 41, a Master lifter and salesman from North Carolina found the going tough. He pulled 578 on his 2nd try to TOT 1388 - 4th place. Mike Maxwell, 26, is the younger brother of Charles (a 220 contender). Mike thwarted oblivion to get the judge's nod on his final 650 SQ. He got all BPs, and on the final one he finished a hard fought 380. On a last ditch effort Mike raised 578 - following a miss - TOT 1609 - a PR for bronze. This left two to engage for the title. John Wood had never won the Big One. To accomplish this, he had a hurdle to overcome - Michigan rival John Cuciurean, 31, who had Mark Fanone (last year's Jr. WPC World Champ) in his corner coaching. Cuciurean made the 20 hr. drive in his Mustang with his wife and kids to make it a family outing, but he struggled to make weight. Cuciurean SQ'd 611 to start things off - then he waited. Wood lost his 633 opener when he sat too far back, and lost his balance. He repeated easily. Cuciurean tried for the lead with 639. First, he was shallow, the he missed his final try. Wood popped up so easily with 661, that he looked good for the 705 he'd wanted. Wood pressed all 3 (429), and Cuciurean tried to catch up with 446, a good second round lift, then failed 457. Wood led by 33 going into the DL. It was a question of who could literally pull out the win. Cuciurean reached 606 on his 2nd try. With newfound DL prowess Wood made all 3 - finishing with a 611 PR as well as a PR TOT of 1703! Cuciurean had the last say, and took 650 on his last lift for 1708 and the outright win as heavier man. Not today. He ended

(article continued on page 94)

The roots of Powerlifting run deep through the state of Nebraska, in fact, one of the tap roots of the sport sprang from Alliance, the home of Peary and Mabel Rader, who published *IRON MAN* Magazine for 50 years and who had their hands on the tiller when what we recognize as our sport emerged from a mixed bag of 'odd lifts' that had come to be contested in post WWII America. Some 200 miles away in Omaha, the site of this year's USAPL Men's Nationals the torch was passed to new Nebraska hands, as Jim Hart took on the challenge of directing this prestigious event. Jim's powerlifting roots run deep as well. He started out in the Iron Game in Nebraska, and during his years of traveling the world on military service assignments, he competed and promoted meets each step of the way. Such experience leads to events such as this - a beautifully arranged venue, an exceptional meet site hotel, a spectacularly capable staff, some truly innovative equipment and features to benefit lifters and fans alike, and this all provides the catalyst for the spirited competition and great individual achievements this competition elicits.

The turnout of lifters for this competition was a subject of considerable discussion. Several classes were heavily entered, but in more cases than not, there were fewer than expected, and in some classes - it was shocking. There are probably more 181 pounders in the United States than in any other weight class, but only Dan Austin entered this division at these championships, and there were only 2 Middleweights on the entry list, until Greg Simmons moved up from the 148s. Some people blamed the location of the event, but it was actually within practical driving distance for a good number of competitors. Omaha does not have the airline connections of Chicago, for example, but only minutes separated the baggage claim from the front door of the gorgeous Doubletree Hotel that hosted this event. The weather during the event was pleasant, whereas a week or so earlier it had been well over 100 degrees for several days.

In the 114s, there was a mixture of youth and experience. David DeWaters was one of several Plainwell, Michigan teens in the meet, and he was close to Yutan, Nebraska's Mike Hafenbrack, another teen taking advantage of this local national championship opportunity. Now for experience - Ervin Gainer has no unusual leverage advantages to explain his success. He's just good at everything in PL, and in a class where there is no

USAPL Men's Nationals as reported for Powerlifting USA by Mike Lambert



Ervin Gainer - big winner at 114

spare bodyweight to be found, he continues to make PRs. What a magnificent strength athlete he is. He timed out the 473 squat, perhaps to buy time for other lifters, and set a new USAPL American total record on both his second and final deadlift successes - 1201 at 114 - that is pretty darn good. Herb Glossbrenner had a quick explanation for the Indianapolis lifter's success - he's a HOOSIER!

One of the neat features of Jim Hart's meet presentation was a lap-top driven projection system that displayed on one of the walls of the hotel ballroom the weight on the bar (in both lbs. and kilos) and a timer, but it also showed, graphically, which color-coded plates should be loaded on the bar to provide the proper weight. No \$1500 or so for a scoreboard was necessary for Jim, who was able to borrow both the operators and equipment to provide this service.

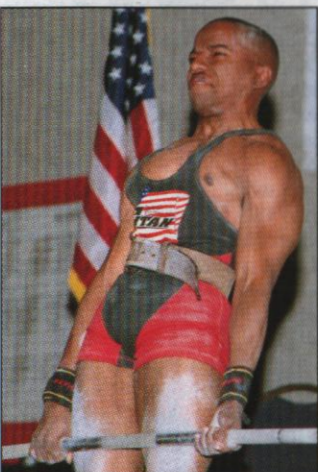
In the 123s, more youth and experience. Lean and rugged Sam Meadows is a Master lifter from Ellettsville, Indiana, and Damarrio Holloway - currently out of Ruston, Louisiana (who had originally qualified in the 114s at 1003) and Vince Niedoliwka of Otseyo, Michigan are



Remember Damarrio Holloway

both youthful prodigies, but they all came together at subtotal time with identical 595 lb. aggregates. From there, Niedoliwka (called to the platform by only his first name after the announcer had difficulty pronouncing his last name) got a new American Teen record for the deadlift in the 14-15 age category; and Meadows came back stunningly after missing a Masters American Record to make it nicely. Damarrio Holloway showed no emotion, but must have felt some suspense after missing the 473 deadlift he needed for the win. With his cowrie shell choker nearly throttling his muscular neck, he took advantage of his short pulling stroke for a quick success on his final try. Finally, after receiving his award from winning the USAPL Men's Nationals, he allowed a brilliant smile to emerge.

In the 132s, experience and youth were both impressive. Tim Taylor earned his 11th world team shot, with an 8/9 performance, but it wasn't easy. Tim had tweaked the musculature around his tailbone and had to take a month off his training for this meet. He lifted strong, but looked a bit rusty. He was obviously hurt on his 545 deadlift, straining something in his glute. He didn't



Tim Taylor wins yet again at 132!

need to take his final shot at 562, and let it time out. Tim is mulling over the notion of taking a year off and moving up a weight class in the future. He looks forward to several more years of his career with the Air Force, and perhaps an assignment to Europe before he 'retires' at barely over the age of 40. We remember when Tim was competing on the national platform as a teenager, and Trey Cunningham is not long out of that category. He had a super day - making each attempt. His first

two squats were very fast, but he couldn't scoot through the sticking point on 485, and had to fight it out for a 2/1 judge's decision. With his experience on the Jr. Worlds platform, the USA's hopes in this class could be in good hands if Tim does go to the Lightweights.

Lightweights were in good supply. Young, but experienced, phenom Jeremy Arias of Greeley, Colorado fought back after a miss at 578 in the squat, but a 600 pull proved a bit awkward to handle. He later indicated that he might have over-trained the D-lift for this meet. Still, on a tough day, he is still the best lightweight in the USAPL. Greg Page distinguished himself into 2nd place via the deadlift, with 3 of the



Arias and the trouble with 600.

smoothest, most efficient hefts you will ever see. Scott Layman just about bought it in the bench, but this lean, muscular Californian recovered and also made his place via three good deadlifts. From Colorado, Keith Scisney, (who would be well cast as a crew member in a pirate movie) was able to take 4th over yet another Colorado lifter. Mark Sigala has a rough record of making few attempts per lift in recent Men's Nationals and he kept it up, but as a new Master lifter, he put his massive lats (too big to fit inside his lifting singlet) to work on some record shots, making a Masters American record on his 600 opener, missing a further increase to 622, and then jumping yet further to attempt to break the IPF Masters World Records with a 645 that wasn't that close. Chris Hughes of - Colorado - was next up in the places, but he hurt himself on a 540 lb. deadlift attempt. David Kibler of Plainwell, Michigan was 7th among the finishers. Lance Slaughter stalled surprisingly on 3 tries at a 385 lb. bench, as if his normal pressing groove had been left in California.

Sponsors goods were well in evidence at the championships. Neat Inzer logo sweat pants and House of Pain t-shirts adorned various spotters and loaders, and there were periodic raffles of all kinds of gear,

including some nice House of Pain gym bags - USAPL President Mike Overdeer was the happy winner of one.

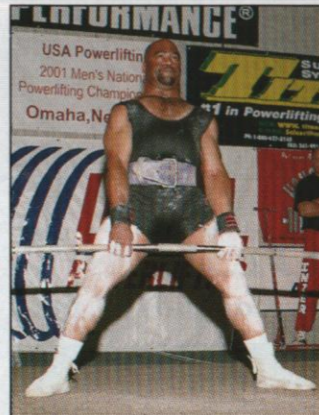
Wade Hooper has recently moved to Texas, but he still knows how to move the weights as the thickly statured strength coach got up with a new IPF world record poundage of 733 on his final squat, after suffering with balance problems on his first try. Wade took Best Lifter for the first day's competition, and is looking forward to some of that WPO cash at Kieran Kidder's Semi-Final match on August 12th. Greg Simmons looked very strong at 156 or so, and used that bodyweight differential to edge the fine performance of New Jersey's Kenny



Wade Hooper almost got carried away by USAPL Prez Mike Overdeer after winning the Best Lifter award for his session

Davis for 2nd place. James Benemerito was on hand at the meet, helping out Kenny and other lifters at this meet, but he had recently spent time building a house and that, combined with the heavy toll of his physical job, led him to pass up this meet.

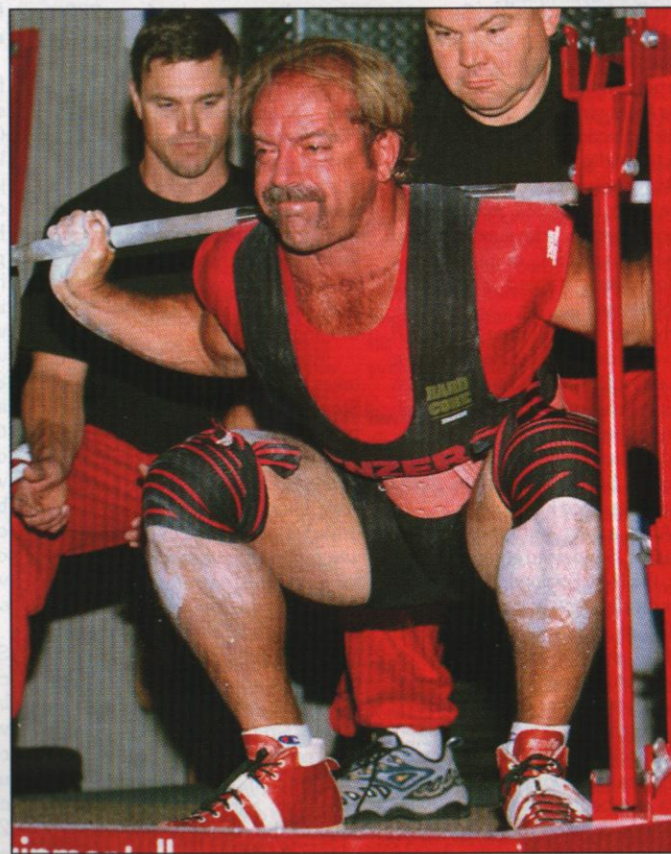
Joel Armstrong of Vantage Imaging, Post Office Box 5157, Lincoln, NE 68505 (800-869-0430, www.vantageimaging.com) was on hand with some state of the art digital imaging equipment and an able staff. Joel, who was educated at the world renowned Brooks Institute of Photography in Santa Barbara, California, can do amazing things with his digital camera and output devices. He produced the awards for the competition minutes after the lifting was over - combining the digital photo of the lifter with a *POWERLIFTING USA* Magazine logo, on a plaque to produce a memorable souvenir of each lifter's achievement. Fans could order shots of their favorite lifters, and Joel could produce t-shirts with the digital image on the front in short order as well. You can access the images Joel's guys shot at the contest on his website.



Was nice to see Dan Austin again.

There are many great Lighthteyweights in the United States, but if you have to settle for just one, many time world champion Dan Austin is a good choice. Looking like a midheavy, Dan's new mass pushed him over the 700 mark in the squat (2/1 decision) and deadlift, but he had to deal with one white light decisions against him on both his 363 and 374 lb. bench attempts. Dan went for a new American Record in the deadlift and had it almost all the way up before his grip failed in an explosive fashion.

In the Midheavies, Rob Wagner displayed a new, longer hairstyle and some fine improvement in the bench and deadlift. Always noted as



Rob Wagner takes a very quick dip with a 777 pound squat attempt.

a speed squatter of ponderous weights, Rob dumped 799 in error, but made 3 nice benches, and almost had 3 good deadlifts, but even his new hook grip couldn't hang on to his final 677 deadlift attempt. Fellow Pennsylvanian Mike Mastrean got one white light on his 755 squat, then only got one white on his first bench try at 457. His recovery on a 2nd attempt was a bit shaky. Wagner's lead expanded to 20 kilos when Mike could only manage his opener deadlift. Craig Terry was primed to break the American Record in the deadlift, but 788 had him violently lurching virtually from the get go and he had to drop it back to the deck. Tom Hines from St. Paul, Minnesota had family on hand to watch his fine performance in 4th place. None of these lifters made a third attempt pull. Greg Jones returned to the Nationals, but his platform senses were a bit dulled. His first two tries at a 672 squat seemed high, but he took it deeper on his 3rd to stay in the meet, but his benches were all a bit awkward, and he was out. He wasn't on hand to receive the honor at it's initial presentation, but Rob Wagner won the Best Lifter award for his day.

Midheavyweight class fans wondered where Ray Benemerito was. The answer was in the 220 lb. class. Ray came in a couple pounds over his normal training weight for the

198s, at just over 214, and looking huge. He had just got his training together shortly before the meet and decided the stress of making weight would expose him to a bit too much chance of injury. Ray lifted strongly, but not sharply. His first try at 744 came up with a weird hitch near the bottom and was called. On his final effort he could not get his balance figured out and had to re-rack. With ten seconds left, he actually tried to get the lift going again, to no avail. His bench was fine, but a national meet record 518 would not go. His opener deadlift was shown as 65 kilos/143 lbs. for quite a while, but he actually started with 722, and then let two tries at 738 time out, as he was well ahead. Ray looks forward to eventually lifting in the ranks of the Master lifters, where he predicts the USA will have an awesome team in the years to come, and he thinks he might even move up to the 242s by the time he reaches that category. There was a great battle for 2nd place, with Char Gahagan using a visually spectacular 788 deadlift to secure silver over steady Scott Zwaanstra (who got one white light for his 688 squat), and when Jr. World Champ P.J. Chovanec's big jumps in the deadlift did not materialize and he was relegated to 4th. The 716 squat he was too high with would have kept him in the hunt. Char even took the bold step of going for 804 on a 3rd attempt national meet record, but he lost his grip near the top. Tony Succarotte only got openers in the squat and bench press, and was timed out on his opening deadlift. The 540 bench he tried would have been a new meet record. Lincoln, Nebraska's Marty Druempel finished up the finishers with a 7/9 day. Guest Lifter Michael Kalter of Holland has spent lots of time in the USA and even helped coach our lifters internationally and he was determined to make his last contest at 220 a great one. He topped it with a magnificent new European Record in the deadlift with 801. 810 was too much to get going on a 3rd attempt. He will reportedly represent Holland in the IPF Men's Worlds in the 242 lb. class this year. Among the casualties, Jason Burnell dumped his first attempt at 661, and looked high with the repeat and his jump to 705. Steve Pincock hurt something in the glute area on his first try at 672, timed out his 2nd, and did not take a third squat. Scott Waits squats very upright, but may have been high on his attempts at 705 and 716.

Incidentally, several of the top lifters in the meet have made the team for the World Games, to be

(article continued on page 98)

POWER PROFILE

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

The refreshing humility of elite powerlifters always surprises me. Steve Sandersen is a case in point. "You know, maybe this isn't such a good idea," he hesitated, "if you're interviewing big names, I think I'd be out of place".

Yeah, right. Out of place like when he squatted 904. Out of place like his two outings in Rethwisch's Hawaii Record Breakers. Out of place like the total of his best lifts being 2236. Put him in the company of greats and I'll tell you who's out of place, the rest of us.

While Sandersen may not be a household name, his ability warrants a closer look, a look that reveals elite strength - placing him among a handful of men on the planet. The handful includes Ed Coan, Mark Chaillet, Jerry Jones, Ted Arcidi, and Ernie Hackett to name a few. I met Steve at an AAU banquet in which his prowess was referred to several times by Hackett.

An article about Sandersen in the November '83 issue of *PL USA* billed Steve as the man with 'Powerlifting's Most Massive Legs'. Looking at that issue I saw a heavy Steve glancing back at the camera with one titanic thigh flexed for display.

Born in LA, Steve began lifting in '69 for high school football. He recognized his leg strength was beyond normal when the coach decided to hold a lifting contest for the players. The team 'stud' put the seat way back on the Universal leg press station and pushed up 7 reps with the entire pile. Steve, taking his turn, put the seat all the way forward. With amazed teammates counting out loud, he banged out 47 reps with the pile, no bouncing.

After high school, Steve played running back for the U.S. Air Force Academy, and then went on to Wichita State as a linebacker. It was at this position that he was spotted by the Giant's scouts, who had him sign a contract. By 1978 Steve had finished college and he and training partner, J.K. Parker (IV), traveled east to try out for the New York team. He was capable of perhaps a 405 squat - high bar and no knee wraps - and a 365 bench. His forty yard dash time was about 4.7 seconds. At Meadowlands Stadium he was put through medical screening. A victim of past knee surgeries, Steve was hooked up to the physician's computer, which spit back the disheartening message, "Send this one back to mom." At a loss, with a teaching degree but no desire to teach, Steve decided to further his long-standing

STEVE SANDERSEN

as told to *PL USA* by Marc Cavigioli M.Ed.



Steve Sandersen (right) with his friend Ernie Hackett. (Marc Cavigioli)

interest in engineering through night classes.

For income he managed a local iron oasis known as Bob Backus' Olympic Gym in Pembroke, Massachusetts. It was the late Seventies with Backus, an Olympian hammer thrower and regional legend, fostering a productive environment. Many of the areas strongest people trained in this eclectic cauldron of performance, swirling Steve away in powerlifting enthusiasm. Steve, a self-made man, was not taken under anyone's wing. He subscribed to *Powerlifting USA*, at that time a photocopied, stapled affair, and taught himself.

He also began flirting with a girl who was worked out at Backus' Gym after school. Rather than send him packing, this woman recognized quality when she saw it and married him. They've been together for 22 years, a success Steve attributes to maintaining a balance in life.

After a year of training on the powerlifts, Sandersen entered his first meet, the New England Novice meet under the direction of the USPF's Joe Zarella. A 678 squat, 472 bench, and 650 deadlift in the 275 class earned him second place. The winner was none other than Don Reinhardt, totaling over two thousand on a comeback trail. Not to be discouraged when juxtaposed with so eminent a competitor, Steve went back to the iron drawing room, qualified, and then competed in the Junior Nationals posting 1650 for 5th place.

not wanting to embarrass himself, stepped up his training. The South African tests revealed what Steve intuitively sensed. While he was still healthy, years of heavy tonnage were taking their toll, and he was warned about potential decrements if he continued to abuse his body.

Back in the States, Steve once again eased up and focused on engineering. Steve had always carefully maintained a balance between personal life and training. Upon retiring from lifting, his support network eased the transition.

Over the course of his competitive career, Steve registered official lifts of 904, 525 and 711 with training bests of 950 and 575 in the squat and bench. As an engineer, one would expect Steve to have tried all types of routines and exercises. While this holds true for exercises, Steve found early on that he progressed most effectively by training three days per week. From high school to the present he has followed this methodology. Each bodypart is trained once per week. Tuesdays are for heavy squats, Wednesday for benches, and deadlifts are on Saturday. Each day is comprised of the heavy core lift followed by three to five assistance exercises specific to that lift.

One of Backus' friends was Californian George Frenn, who occasionally flew out to train at Backus' Gym. It was from Frenn that Steve learned to eschew many of the single joint bodybuilding exercises in favor of more effective multi-joint ones. He also learned the finer points of power rack work. Frenn instructed him to use rack bench presses to improve his competitive lift. He would perform four singles starting with the bar four inches off his chest, and another four singles starting four inches short of lockout. He would then take the bar out of the rack and do a set of ten full reps. This protocol was followed once per week and his bench press shot upward, via the classic overload principle. Steve recommends such rack work to athletes who may be experiencing pervasive sticking points.

Backus' Gym also introduced Steve to weightlifting. Working power cleans and similar lifts under the tutelage of Backus, Steve was spotted by veteran weightlifter, Bob Bacon, who coaxed him into competing at an upcoming regional meet where he clean and jerked 360 and snatched 250 for second place. Regarding the effect of weightlifting on the powerlifts, Steve felt no benefit whatsoever.

Standing six feet even, Steve realized his height would best be suited in the SHW class. He increased his weight to about 320 pounds, prompting immediate leaps in his lifts. The squat alone soared - from 720 to 820. Competing in Rethwisch's '84 and '85 invitational meets were the highlights of Sandersen's lifting career. The annual meets were called 'The Record Breakers', and to be invited you had to have a decent shot at shattering a world record of some sort. While Steve sought the big half-ton squat, in those days, with scant, inferior equipment, 900 pounders were rare. Having achieved 904, Steve felt complacency creep into his training.

Moving extremely heavy weights takes its toll on the human body and Steve was entertaining thoughts of retirement before incurring the debilitating injuries so common in strength sports. He had begun to scale back his training when he received a call from Tony Fitton who was putting together a strength team for a South African tour. That government had a keen interest in American strength athletes and was willing to foot the entire tour expense for the elite team. In return, the athletes would give several exhibitions of prodigious strength and allow government researchers to study their training, nutrition, recovery and lifestyle. The lifters agreed but asked to be privy to the results of physiological and medical tests.

Steve jumped at the chance and,

He hoped weightlifting would increase his deadlift, but it provided no boost. He did however find the olympic lifts to benefit his coordination and general athleticism and he continued to pursue them out of enjoyment.

I found it strange that Steve's deadlift was so resistant to improvement. He believes the starting point for the lift puts him into a position particularly unsuited to his body's mechanics. He formulated this opinion when he found that in a power rack, starting with the bar at mid-shin, he could consistently pull 1500!

Another spin-off from his weightlifting exploits was a penchant for front squats. Though he has since relinquished them to protect his knees, he was doing sets with 405 early in his career.

During competitive days, Steve was in close contact with Ernie Hackett and the two agreed undertraining was preferable to overtraining. This is evident in Steve's training philosophy which can be encapsulated as "get the most from doing the least." This requires self-restraint for intensely motivated individuals such as himself. "I enjoy training and endorphins so much that it's easy to overtrain, but quality is definitely superior to quantity." Many upcoming lifters would benefit from this message, as he feels overtraining is the most common error in gyms today. Today, Steve's workouts last at most an hour and a half, usually less.

Every exercise follows the same protocol. Beginning with warm-up work, Steve follows the classic five sets of five protocol. This usually builds to one heaviest set, but he occasionally holds a top weight constant for five full sets. "No singles or sets of ten?" I asked. "Once in a while but not to any significant amount." he replied.

Regarding pre-competition cycling, Steve used no structured periodization. Adjusting his training by how he felt on any given day, Steve merely reduced sets and reps in a gradual manner.

A cornerstone to Steve's training has been to have fun. He trains because he enjoys it and conversely



Big Steve compares his 35 inch thigh to 185 lb. Pete Vuono's

structures his workouts so they appeal to him. This is getting rare in an age when elite lifters often pursue objectives through quasi-scientific principles. Steve has always felt if training is broken down too minutely, too scientifically, it loses something, and becomes dry and uninspired.

Nutritionally, Steve worked to keep his bodyweight in the super-heavy range. His diet was high protein, high fat, and basically eating anything he could get his hands on, including a lot of protein shakes. Eggs were a staple. A couple times per week a little farm girl from down the street would walk to his house to sell him a basket full. With Steve weighing more than three hundred pounds and lumbering about on Tyrannosaurus thighs, one can only wonder what the little girl thought. I imagine a sort of Norman Rockwell image meets Master of the Universe.

Other than a "good protein powder," Steve believes only a multi-vitamin/mineral necessary for performance. For joint health though he supplements with Nutraceutical's glucosamine and chondroitin sulfate.

While competing, recuperation was supplied by a nightly minimum of eight hours sleep. Steve also napped as needed. To further catalyze recovery between workouts, Steve ices his joints regularly. After training he

places an ice pack on each knee and one on his lower back and he watches TV for maybe twenty minutes to a half-hour. He swears by regular icing for joint health and turned his friend Ed Coan on to the technique.

Visualization, mental rehearsal and self-hypnosis are common themes among elite athletes and Steve is no exception. Such techniques are applied whenever he needs to increase physical output. He still visualizes during current training.

I asked him how he maintains interest now that he is no longer lifting leviathan barbells. "I set goals for my current body-weight and age. Let's face it," says Steve, "each time you pass a birthday, you have a fresh set of goals ahead of you. A six hundred squat might be nothing at thirty but at fifty it's pretty impressive. At sixty you have something to write to Cousin Tilly about." In spite of advancing age,

Steve describes his current goal as attaining "the strength of Ed Coan with the look of Arnold at his peak." While he realizes these are high ideals, but he enjoys plugging away at them.

In the late Seventies and early Eighties Steve was the owner of a Powerhouse Gym franchise. After several years he tired of the business, lamenting that owning a gym involves more catering (read baby-sitting) to folks than he cared for. Hence his shift to engineering. He now prefers to train at home.

Steve descends his cellar steps, turns on *Metallica*, *Rage Against the Machine* or *Corrosion of Conformity* and pops a cork of Iron Champagne. He owns his own equipment, a trend gaining popularity in a time when serious lifting is pervasively discouraged from commercial establishments, a practice akin to having libraries turn away scholars.

Contemporary Sandersen workouts involve modified circuit training. The day I spoke with him he performed five rotations of two circuits the first being squats, pull-ups, and calf raises, then behind the neck press to failure and continued as a seated press, shrugs and sit-ups. The next day's circuit was to include inclines, curls and shrugs, then sit-ups, lunges and neck work. The shrugs are

performed facing away from the stack on a standing calf machine and along with sit-ups are done every training day. Steve feels his traps are dense, slow twitch, red fiber and benefit from being worked hard with high reps each training day. Neck work is done wearing a specially designed football helmet that has a bar sticking out of the top. Adding plates to the shaft, Steve becomes a Clydesdale version of a unicorn.

As part of this circuit, squats are executed in an off-hand manner, no belt, no knee wraps, and in whatever sneakers he might be wearing at the time. Still sticking to five sets of five reps, Steve Sandersen at age 46 squatted 500 for 5 X 5! The enormity of his strength did not hit me until I later reflected on it. Considering the U. S. population as a whole, at his age how many men are capable of squatting such weight, perhaps one in five hundred thousand? One in a million? Less? And Steve weighs only about two hundred and fifteen pounds. To squat a quarter ton, (227% bodyweight) for five reps, and then repeat that feat five times without the benefit of any supportive gear and to do so as part of circuit training program is mind boggling. Put five hundred pounds on the bar in most any gym in the country and people will stop and stare. This guy handles the poundage as casually as I'd reach for peanuts.

After competitive retirement and subsequent weight loss, Steve found bench presses uncomfortable. He lost his power groove, an effect he believes was resultant of his lighter bodyweight and new biomechanical angles. About ten years ago he decided to focus on inclines instead. They felt better, and worked his shoulder girdle more fully. Steve's current heavy set on inclines is 340 X 5. Occasionally, he does partial flat benches out of a rack.

His current training showed at the AAU strength banquet where Steve could have passed for a mystery guest. His aura of strength conveyed by a massive yet athletic appearance - he looked the part of an unearthed superhero. And like those comic book muscle men, his demeanor reflects a good-guy persona.

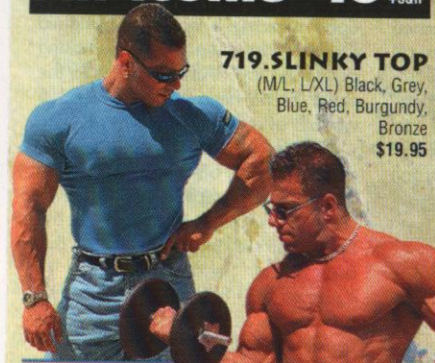
Asking Steve his thoughts on life, he said, "I try to treat others the way I like to be treated, and to be honest." To lifters out there he says "have fun, lifting is something to enjoy."

For those lucky enough to meet Steve Sandersen, he will appear an ordinary (albeit stalwart) guy - the type of guy with whom you'd watch football or play poker. If the conversation turns to strength, you'll quickly realize you're in the company of a man of rare ability. That he garbs extraordinary talents with personable affability and humility, makes him that much rarer.

Marc Cavigioli M.Ed.

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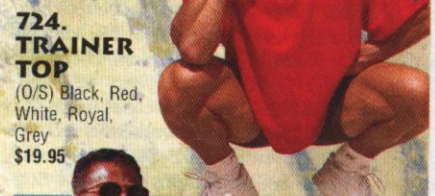
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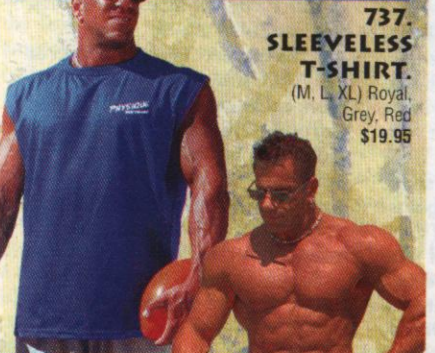
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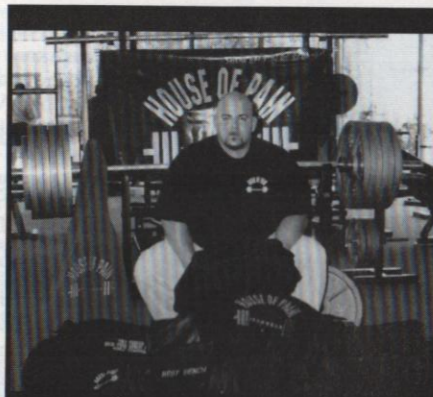
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Powerlifting at FIBO 2001 as told to Powerlifting USA by Thomas Klose

stage on Saturday 28th April. 8 Top German athletes were invited to compete for overall prizes of approximately 3000 USD. To determine

The FIBO show is a success story stretching back over 16 years. Held in the famous Messe Expo complex in Essen, Germany, it fills 9 massive exhibit halls spread over an area of 76,000 square meters. It is the largest Expo for fitness and bodybuilding in the world with over 450 companies participating from USA to Europe, from the UK to Pakistan, and to the Far East including Taiwan, China, Hong Kong and many more too numerous to mention.

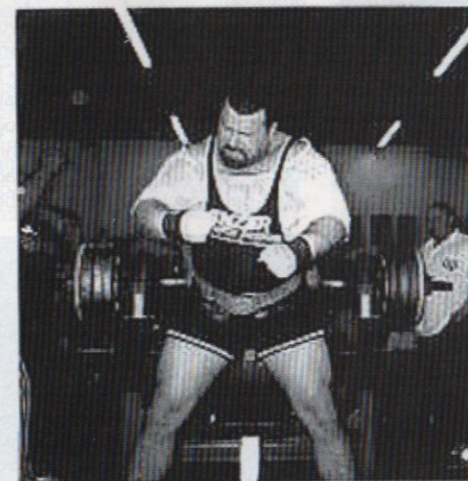
Powerlifting has been part of FIBO from Day One. Several top athletes have demonstrated their immense physical strength at the various sales booths or on the big event stages. USA heroes like Bill Kazmaier, Ted Arcidi, Chris Confessore, Anthony Clark, Shane Hamman, and James Henderson have taken part over the years and sometimes overpowered the bodybuilding and fitness performances.

A few days after the Arnold Classic Stephan Korte of All Stars Fitness Products (himself a successful lifter) called me to ask what we could do at this year's event. We both agreed that it would be great to set up an



The All Stars Team at the FIBO 2001 Show: front row, left to right, L. Gayek, R. Berndt, S. Forutan, M. Schick, H. Selsam, F. Schutze; back row, left to right, U. Haase, A. Hirner, M. Schroder, I. Czeplinski, C. Brueck, M. Miermordt, O. Kutroff, Stephan Korte. The Double Deadlift Team of Ralf Gierz (left) and Michael Brugger (seen below) successfully negotiated what was declared to be a new world record of 1609 pounds.

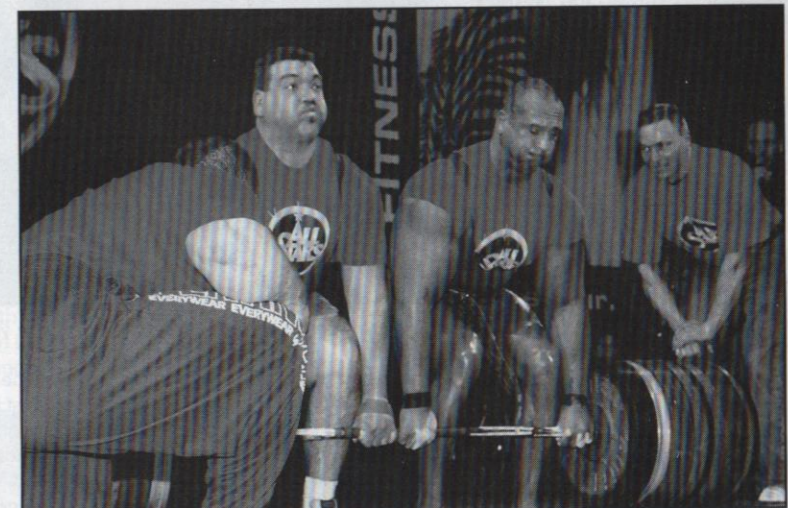
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officially sanctioned bench meet just like the event in Columbus, Ohio. After a few phone calls WPF World champ Harald Selsam took over the responsibility to organize this meet with his friends from WPC Germany. To make a long story short, the All Stars Bench Press Challenge was a huge success. Several thousand people followed the action on the main

the best lifters we choose a simple pound for pound based scoring system: performance minus bodyweight. That way the audience could easily follow the event.

Before the actual lifting started,

(this article continued on page 92)

The FIBO Bench Press Challenge

1. Mario Biermordt	(240)	551	584	606
2. Uwe Haase	(218)	507	529	529
3. Arthur Hirner	(207)	485	501	518
4. Ingo Czeplinski	(341)	595	617	617
5. Claude Brnck	(198)	451	473	496
6. Roy Berndt	(165)	396	418	444
7. Holger Kutroff	(297)	551	595	595
8. Shahram Forurtan	(163)	396	444	444

POWER PROFILE

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

World championships, national championships, American records, and soon some world records. That's pretty much it for the Maile Family - powerlifting's first family. Larry (42), Janna (41), Justin (18), and Jennifer (16), have won almost everything there is to win in USA Powerlifting and the International Powerlifting Federation and no one who knows them is betting against the youngest Maile, Kalyssa (9), carrying on the winning tradition when she's old enough to lift in competition.

The celebrity spotlight currently burns brightest on Jennifer, 48 kg., who during an 8 week period early this year dominated the USAPL Women's Nationals by winning best teenage lifter, best women's open lifter, set American records in the squat, bench press, and total, and then went to Russia and finished third as a guest lifter in the Russian national championships.

Lifting since she was 13 1/2, Jennifer entered her first meet on her 14th birthday and won her weight class with a 295 kg. total at 45 Kg. Since then she's had a career that most lifters only dream about - 14-15 age group winner at the 1999 and 2000 USAPL Women's Nationals, teen and women open's champion at the 2001 Women's Nationals; and 2000 IPF Junior World champion, 3rd place 1999 IPF Junior Worlds, and 4th place 1998 IPF Junior Worlds.

She has lifted against the best in the world and has shown she's one



Jennifer Maile in Mo-I-Rana, Norway, where she served as Assistant Team Manager for the Team USA at the '98 Women's Worlds.

Powerlifting's First Family as told to Powerlifting USA by Alex Galant



The Youngest Maile Kalyssa, when she was just 9 years of age.

of the strongest women in the world. Her best competition lifts are: Squat - 152.5 kg., Bench - 92.5 kg., Deadlift - 150 kg.

Besides powerlifting Jennifer enjoys photography and hanging out with her friends. A typical comment from Jenn came after a gym class at school, when she was criticized for not being conditioned all-around after refusing to run two miles the week of Women's Nationals. She said, "I don't care if I drop dead walking up the stairs, I just want to be strong."

Next in line is dad. Not only does he get the spotlight thrown on him as the 2000 IPF World Masters Champion, 40-49, but he also gets a lot of heat as USAPL Vice President. And, he still finds time to coach the USAPL/IPF Women's World Team and Junior World Team. This year he'll also lead the team USAPL is sending to the World Games.

Larry's a little embarrassed to compare lifting resumes with the

rest of the family, because he has the fewest titles. Along with his IPF title he won the 1989 Lifetime Drug Free Nationals. However, he's got a good reason for not racking up the medals and trophies - he's the family coach and the coach of the most respected women's team in the USAPL - The Alaska Iron Maidens.

Larry started lifting in high school and hasn't stopped since, except for "a detour into bodybuilding" when he entered three contests, and did well, but decided to focus on powerlifting because of the subjective judging and "that in order to succeed you had to make decisions that I wasn't willing to make. I didn't like the drug scene and had some difficulty with the personalities of the people involved." Since 1985 he's lifted in 7 USAPL Nationals and, of course, the 2000 IPF Masters Worlds.

Justin, the brand new Marine, is next. He started lifting at 15 at the Alaska State Fair Powerlifting Competition totaling 820 at 123 lbs. -

you could already see he had lots of potential. Since that great beginning he's won the USAPL Jr. Nationals twice and High School Nationals once, and placed fourth at the 1999 and 2000 IPF Junior World Championships, the last at 148 lbs. Like his sister, he holds many American age group records and the Open American Record in the squat at 60 Kg. He narrowly missed an IPF world record at the 2000 Jr. World Championships.

Depending on his Marine schedule (he was just posted to Japan) we may see Justin at this year's Nationals at a full 165. However, he will definitely lift in the World Games.

Last, but certainly not least, is Janna - the best athlete of the group and, if not for a recurring back injury, also a potential world champion. Janna also is the backbone for training and diet for the Maile family and for the Iron Maidens. She is responsible for fitting gear to the many athletes who train with the Iron Maidens, and organizes fundraisers and manages the team's finances.

Janna went to college on a volleyball/basketball scholarship and played basketball professionally in Europe. While attending graduate school in London to study photography - Janna's a commercial photographer - she also had an ill advised detour into bodybuilding be-



Janna Maile pulling 435 at the '97 ADFPA Women's Nationals.

fore coming back to the United States and switching to powerlifting. She's lifted in 11 USAPL Nationals since 1985, placing in the top five in all but the first one. She won the USAPL Bench Nationals in 1999. She's also been a valuable assistant team coach on a number of USAPL/IPF World Teams.

Right now she's still rehabbing at back injury "that has not let me lift in three lift meets in several years, so I'll have to play it by ear."

Kalyssa isn't quite ready to lift yet, but Janna says "like the other two she is becoming a good analyst of powerlifting, and can critique form and attitude well from the crowd or the warm-up room."

So, what about training and lifting philosophy in this ultra-successful family? "We all use the same training system that Janna and I have evolved over the years," Larry says. "Our philosophy is to perform our best at the highest level possible. This is reflected in Jennifer's decision to pass on the High School Nationals and Sub-Junior Worlds in 2001 in favor of the Open Worlds and Russian Nationals. We always say it's better to be beaten in heavy competition than to win without competition."

Asked whether there's more or less pressure to succeed because of how talented everyone is Larry answered with "I think both. On the one hand we have a culture of success and a family work ethic in this sport that makes it easier. The expectations to perform are always there though."

Until Justin, just transferred from Camp Lejeune, North Carolina to Japan, left for the Marines, the Mailes had always trained together.

Their routine is simple and straightforward, according to Larry. "We train 5 days a week taking off Thursdays and Sundays. We bench twice, and do upper body exercises 4 days a week. We squat and deadlift once each week. Our training cycles vary depending on what we have coming up and what our base level of strength and conditioning is. We don't have a set cycle. It varies from 13 weeks down to 3. We train year round without any time off except for trips to meets. We start back Tuesday (or Thursday if I'm feeling generous) after a meet."

Because of everything he and his family are involved in Larry says he has lots of people to thank: "Pete at Titan has been very generous with both lifting gear for our family, and with support for the National Teams we've managed. Peter Thorne has been helpful and supportive of our lifters when competing internationally. Our team (Alaska Iron Maidens) provides a training environment that is both supportive and competitive. This has allowed us to work hard and be safe doing it. We would also like to thank all the fine people who we've met over the years that have given this sport the comradeship that makes it worthwhile returning. This has always been true nationally, but is becoming truer internationally as well. The powerlifting world is becoming a smaller and friendlier place. I would also like to express my gratitude to Mr. Vladimir Bogatchev, President of the Russian Federation and the senior coaching staff from Russia. Since 1998, they have taken both me and my family under their wing in terms of assistance in competition, and

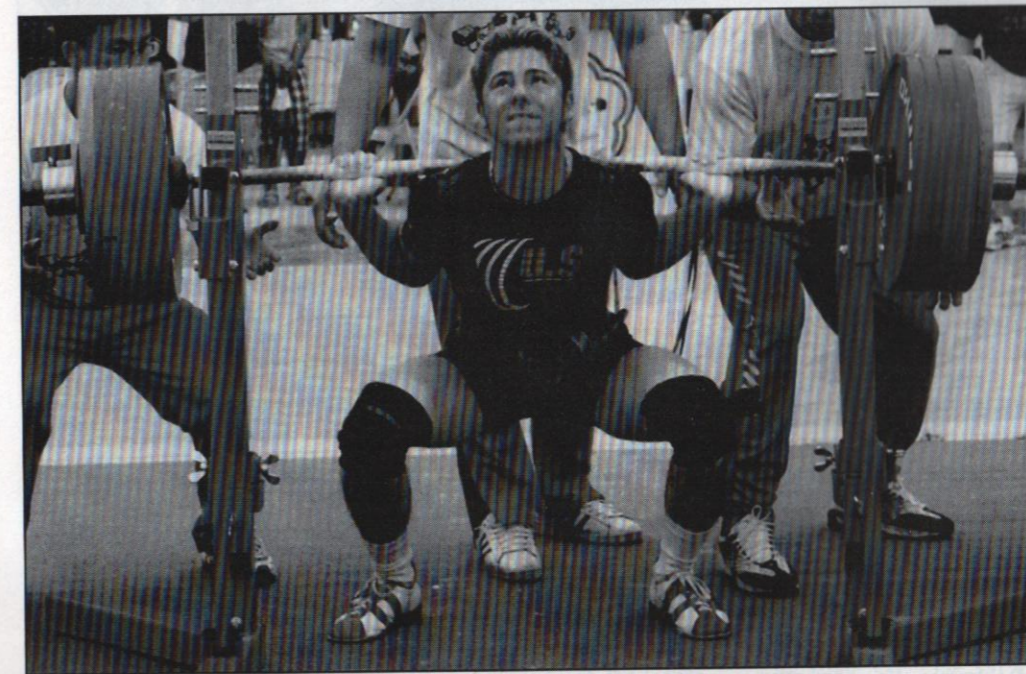


Larry has an IPF World Championship title of his own to be proud of.

critique of technique. It is probably not any secret that we strive to compete with the same exacting

standards as our Russian competitors, to attack the weight the same way, and to emulate the same serious competition demeanor. I believe this has paid off and will continue to do so."

Larry would also like to see powerlifting become an Olympic sport. "I think that this will bring some of the recognition that our lifters deserve, and help with sponsorship opportunities, etc. I would like to see the continual complaining stop, particularly in USA Powerlifting. It makes it difficult to get the work done that has to be done. It discourages people who don't have a thick skin and makes them leave. We can't afford them to leave. There is too much work to do to make this an organized and successful sport. To my fellow administrators and competitors I would say, 'stop criticizing others for what they are not doing unless you are willing to do it yourself.' I would also add that they should not be suspicious of those who are more accomplished as competitors than they are unless they are willing to work as hard, desire it as much, and make the same sacrifices."

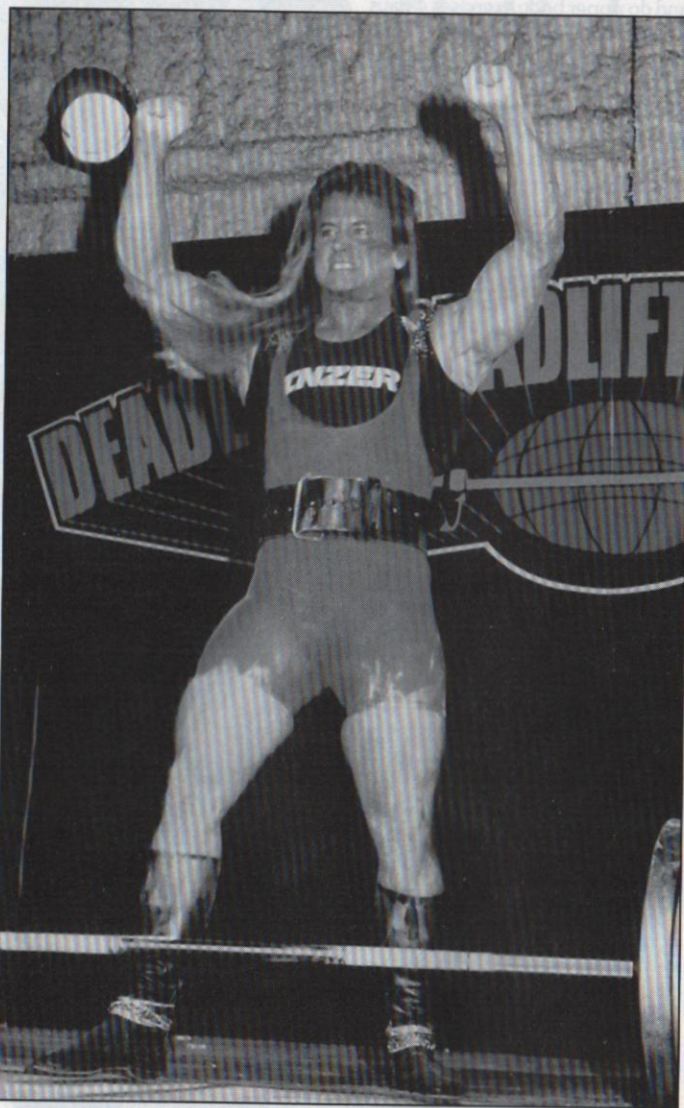


Justin tried a world record at the IPF Junior World Championships. (photographs courtesy of Maile)

SQUAT		
800	CRAIN, R	23NOV96
766	ROSCIGLIONE, J	31MAY96
765	PEREZ, J	20NOV94
755	BERARDINELLI, A	08FEB98
751	ALEXANDER, A	02APR89
744	INZER, J	16JUL88
727	HOOPER, W	20MAY00
722	BRIDGES, M	19APR80
711	GAUGLER, R	13MAR82
705	ALMODOVAR, J	08FEB98
10		
705	LAVELLE, T	31OCT98
705	CONYERS, T	23JUN01
700	CALMESE, A	28SEP91
700	GRIDER, W	27MAR93
699	WAHL, R	08JAN83
694	TOINS, F	29JUL96
694	BOSSE, J	96
694	CARTINIAN, M	01FEB97
690	WAGNER, R	05APR87
688	GAY, D	23JUL83
20		
688	BELL, G	07JUL84
688	TOPSOGLOU, J	07JUL84
683	HERRING, G	31JUL82
683	AUSTIN, D	15NOV96
675	STONE, L	16FEB80
675	MCCARTY, J	15SEP85
672	ROY, M	21OCT82
672	RICKS, D	18NOV94
672	GUZMAN, Q	28APR95
670	FINCH, J	12FEB84
30		
670	TRICE, A	26JUN93
666	RUSH, J	10JUL82
666	POWERS, B	06DEC87
665	BEAVERS, M	16DEC95
662	CRAWFORD, G	01JUL79
661	VOLPE, D	11JUL82
661	JACKSON, J	03DEC83
661	KELLUM, J	28JUN86
661	SARDO, D	06JUL91
661	MACLEAN, M	23NOV91
40		
661	TAOY, M	15JAN94
660	ATHEY, P	87
K655	COAN, E	08JAN83
655	DIAL, C	01MAY92
655	GIBSON, L	11DEC93
K650	WINQUIST, M	01DEC84
K650	HULTQUIST, C	11OCT86
K650	HODISON, E	01NOV86
K650	BROWN, R	06DEC86
K650	BRADY, T	22NOV87
50		
BENCH PRESS		
550	WARR, G	16SEP95
530	WERNER, S	10APR93
520	FOKKEN, R	JUN01
515	DECOURT, R	03APR93
507	PEREZ, J	26MAR94
507	ITO, D	10DEC95
496	GALLAGHER, B	23JUN01
490	COURTNEY, B	09MAR91
490	MILLER, L	09OCT99
490	BERARDINELLI, A	18MAR00
10		
485	WEIL, R	23JUL83
485	HARA, M	
479	ROUSE, J	08NOV80
479	KERNAN, S	16SEP00
475	DEMATTEO, J	25APR92
475	THURMAN, D	03JUN95
475	SATTERFIELD, T	18FEB95
475	ROBBINS, D	30JAN99
473	SALVAGNI, R	23JUN01
470	ALLOR, G	APR86
20		
470	MCCORMICK, L	18APR92
470	KILTS, J	22FEB98
465	MORRISON, E	13APR91
463	BRIDGES, M	19APR80
463	GRANT, B	07JUN86

MEN'S TOP 50 of ALL-TIME

75 kg. (165 lb.) as ranked by Herb Glossbrenner

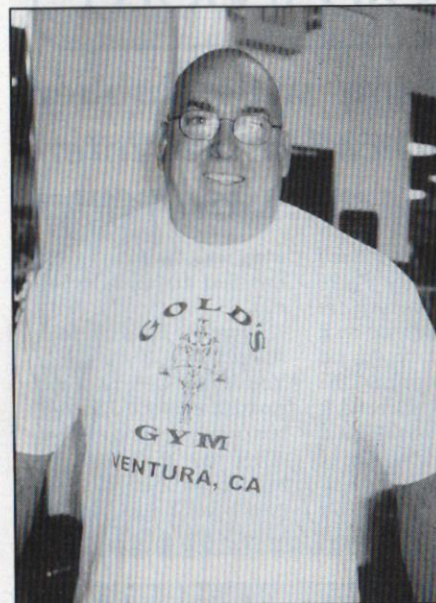


John Inzer's 780 at the Greatest Bench in America contest remains #1

DEADLIFT		
780	INZER, J	16SEP95
744	AUSTIN, D	30JUL24
740	TRICE, A	DEC97
735	CULBERSON, T	24AUG95
722	ALEXANDER, A	02APR89
716	GAUGLER, R	13APR92
716	CRAIN, R	23JUL83
711	BRIDGES, B	03OCT23
K705	CAVALIER, B	13MAR83
K705	EISEMAN, T	17NOV90
10		
705	TOINS, F	28MAR92
702	BELL, J	21MAY78
700	GRIDER, W	27MAR93
690	MCCARTY, J	15SEP85
688	RHODES, J	26AUG78
688	HICKS, T	07AUG82
688	TOPSOGLOU, J	07JUL85
688	RICKS, D	18NOV94
688	CAPRARI, T	10JUN00
685	WATERS, H	22APR78
20		
685	ALLEN, R	07DEC85
683	HERRING, G	31JUL82
683	COAN, E	08JAN83
680	SPACK, J	12NOV78
680	GRIFFIN, K	01APR89

680	KISER, G	20MAR99
677	KEYHEA, V	21AUG81
677	FEIGHT, M	27MAR82
677	ROSCIGLIONE, J	31MAY96
677	HOLMES, E	30
676	BURNETT, R	21APR68
675	SHIELDS, K	27AUG88
675	BEAVERS, M	16DEC95
672	GAY, D	23JUL83
672	HOFFMAN, H	02JUN84
672	BELL, G	07JUL84
672	HANCOCK, M	15FEB89
672	BENEMERITO, R	17SEP94
670	WELCH, J	23JUN84
666	HUNDLEY, D	31MAR84
40		
665	WEHUNT, L	04OCT80
665	FACTEAU, M	27MAR82
665	GAROFALO, R	05OCT96
661	BRIDGES, M	03NOV79
661	FORD, M	03NOV79
661	KOBETZ, R	21FEB81
661	BROWN, C	05JUN83
661	TURNER, C	15JUN96
660	KEEL, B	27APR84
660	PENKETH, P	20SEP87
50		
TOTAL		
1890	CRAIN, R	23NOV96
1884	ALEXANDER, A	02APR89
1879	GAUGLER, R	13MAR87
1865	BERARDINELLI, A	08FEB98
1835	BRIDGES, M	19APR80
1802	BELL, G	07JUL84
1802	INZER, J	16JUL88
1796	ROSCIGLIONE, J	31MAY96
1785	TOINS, F	27JUL90
1780	TOPSOGLOU, J	07JUL84
10		
1780	RICKS, D	18NOV94
1770	GRIDER, W	27MAR93
1769	PEREZ, J	28JUL90
1765	BEAVERS, M	16DEC95
1760	MCCARTY, J	15SEP85
1758	GAY, D	23JUL83
1758	CONYERS, T	23JUN02
1752	HERRING, G	31JUL82
1750	TRICE, A	26JUL93
1747	HOOPER, W	20MAY00
20		
1741	COAN, E	08JAN83
1741	AUSTIN, D	30JUL94
1735	ALMODOVAR, J	08FEB98
1730	ROUSE, J	08NOV80
1730	CONYERS, A	02DEC00
1725	SALVAGNI, R	23JUN01
1714	WELCH, J	11JUL82
1708	WEIL, R	23JUL82
1703	WAHL, R	08JAN83
1697	PHILLIPS, J, M	23JUL83
30		
1691	CAVALIER, B	08APR88
1686	TURNER, C	15JUN96
1675	VOLPE, D	11JUL82
1675	FACTEAU, M	27MAR82
1675	CORTINIAN, M	01FEB97
1675	BELLMORE, D	04APR98
1670	FINCH, J	12FEB84
1670	GRANT, B	07JUN86
1670	SARDO, D	06JUL91
1670	KISER, G	20MAR99
40		
1665	MENDOZA, J	05JUL87
1664	BOLIN, J	23JUL83
1664	HULTQUIST, C	16OCT86
1658	RHODES, J	26AUG78
1653	MACLEAN, M	21NOV91
1653	TAOY, M	15JAN94
1653	BENEMERITO, R	16JUL94
1650	THOMAS, W	22MAR75
1647	KEEL, L	06AUG82
1647	ALLOR, G	07JUL85
50		

POWER SCENE



George Brink at the Ventura Gold's Gym.

It's summertime, and **POWER SCENE** decided to do a little traveling around Southern California. An hour or so out of Los Angeles, and about 15 minutes away from Camarillo, home of *Powerlifting USA*, is the town of Ventura, the lifting home of George Brink and Josh Bryant. Monday afternoon is bench press time, and Wednesday morning is deadlift time, and we made the trip twice to capture both of the work-



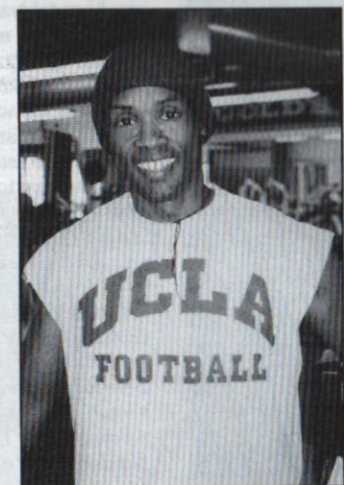
Josh Bryant, George's 20 year old lifting partner. (All photographs provided courtesy of Ned Low to Powerlifting USA).

outs. George is phenomenal deadlifter, currently ranked #6 on the *PL USA Top 100*, with a pull of 804, and he's 51 years old, and still getting better. George recently retired after 29 years in law enforcement, and with more free time, all his lifts may soon be climbing. He has PR's of 462 in the bench and 727 in the squat, and he's aiming for 800/500/900. George has been lifting competitively since 1987, and has no plans to retire from powerlifting. "Why quit?" was what he said, as long as he remains healthy. There are a lot of age groups records to be broken, and George is going after

them. How many lifters do you know whose training partner is more than thirty years younger? Well, you know of one now, and that's George because his training partner is Josh Bryant who is only 20. Josh is a phenom, and even though he's not old enough to legally buy a drink, he's already benched 562 pounds in a meet! Josh has also hit a 755 squat and a 650 deadlift, so he's nearing his next lifting goal, a 2000 lb. total. Josh is aiming at the WPO meet in Florida in August, and the USPF Santa Barbara meet this summer, so he'll have a couple of chances to hit that level soon, and then he'd have a total that's 100 times his age. That's not a very common thing to have. (And obviously even harder to achieve and you get older.)

Good luck to both George and Josh, who were lots of fun to be with as *POWERLIFTER VIDEO* taped their workouts, and we'll keep you posted on their continuing lifting. The videotaping was done where they train, Gold's Gym of Ventura, and it was a terrific gym. The facility opened in 1999, and last year affiliated with the Gold's

organization, and it's a great facility - 30,000 square feet, high ceilings, bright, clean, and very friendly, but with a lot of serious lifters. We met David York, one of the owners, and he's being trained by



David York, one of the owners of Gold's Gym in Ventura. (Ned Low)

George to try some powerlifting. At a bodyweight of 155, David is aiming at a 405 bench and has done up to 47 reps with 135. David trains people, working with some top athletes on their weight training, diet and nutrition, and conditioning.

The day after the trip to Ventura, it was back in the car and up the 101 Highway all the way to Santa Barbara, to visit Dr. Sal Arria and the International Sports Sciences Association (ISSA). Sal was a top powerlifter years ago - he retired in the early 90's and was third in the USPF Senior Nationals in 1988. He had PR's of 750, 500, and 698, and he was a doctor for the 1984 U.S. Olympic team and three U.S. National Powerlifting teams.

In 1988, Sal

and Fred Hatfield (aka "Dr. Squat") founded the ISSA to address the need for standardized education about weight training and nutrition, and the ISSA has grown mightily since then. Many, many thousands of people have signed up with the ISSA for their courses, and with a major website, the ISSA is helping educate people all over the world.

WWW.fitnesseducation.com is the website for the ISSA, and its courses cover an array of topics, from personal training certification to performance nutrition, to youth fitness and senior fitness, to sports conditioning for elite athletes. And that's leaving out a lot. Check out the website and see for yourself what they offer.

As for **POWER SCENE**, that's all we have to offer this month. Next month, we'll be back with a look at some of the summer meets, including West Virginia's Mountaineer Cup, where Ed Coan is scheduled to be defending his title, and where there's a bench press contest with scheduled lifters Clay Brandenburg, Anthony Clark, and Jamie Harris.

'Til next month, we'll see you on video. **NED LOW**



Josh Bryant, already able to bench 562 pounds in a meet at 20 years old. (Photo provided by Ned Low).



Dr. Sal Arria at his ISSA office in Santa Barbara.



LM: Okay, Dick (Hartzell, a.k.a. the Rubberband Man), I've been looking forward to this interview. My shoulder and my back have been bothering me as of late and I am hoping that you can show me how to traction these areas and to avoid future injuries. Let's start with the shoulder and, knowing you, I am sure we will get side-tracked, but that's all right! I am willing to listen to whatever you have to say.

DH: Larry, let's start with some shoulder traction exercises. There are a number of lifters that have problems with shoulder flexibility, which causes them discomfort during the squat. (Editor's note: Several of the exercises shown in this article involve a band that is suspended from or attached to a stabilized pipe arrangement. The hook-up involves wrapping the band around

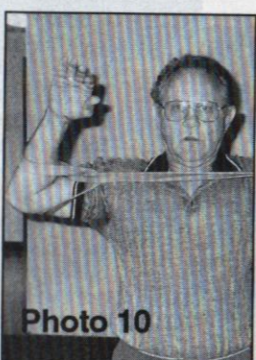
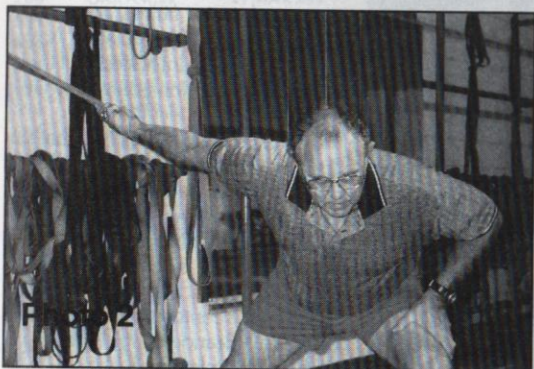
TRAINING to AVOID INJURY

Stretching with Rubber Bands Dick Hartzell interviewed by Dr. Larry Miller

the bar and through itself to form a slipknot. Make sure that the pipe you are using is secured, not on a machine that could tip over.) Begin by taking the hand up through the band. It is important that the band actually stick on the back of the hand - you don't want it loose. What you want to do is step out, place the feet out

wide, relax the shoulder and lean into the band (Picture #1).

Turn the hand over and stretch down (Picture #2). You want to lean, relax and stretch the joint out. We traction or stretch the joint to get rid of pain that may have been caused by overuse, bursitis, arthritis, a partially-torn rotator cuff or even a



dislocation in an effort to allow the joint to move and heal and become pain-free, so that it can function normally again. The amount of pressure applied is proportionate to the nature and degree of the injury. You can move and turn in any direction that feels good.

Now, we'll move and face the attached area (Picture #3). Move the shoulder back,

keeping the arm as straight as possible. Next, move the shoulder in a circular manner. This works the back side of the shoulder and the upper back.

As soon as we turn sideways, we are now stretching the upper back area (Picture #4). For taking care of the shoulder, we are going to do a lateral stretch, a forward stretch, and a cross-body

stretch. When you go cross body, you get a great deal of stretch in the upper back. When we bend down, we get shoulder and lower back. Now, if I place my hand on my knee and bend down, I work the shoulder and lower back (Picture #5).

Another thing we do for the shoulder is to loop the band over the elbow (Picture #6). This lets us work the

shoulder in any direction. The important thing is internal and external rotation. We can go from in front (Picture #7) or behind the back (Picture #8) or overhead (Picture #9). This is great for flexibility. We can also drive the band out and up. The pressure is controlled by the left hand (Picture #10 and #11).

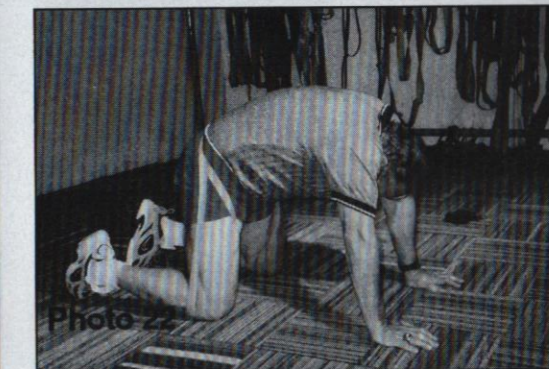
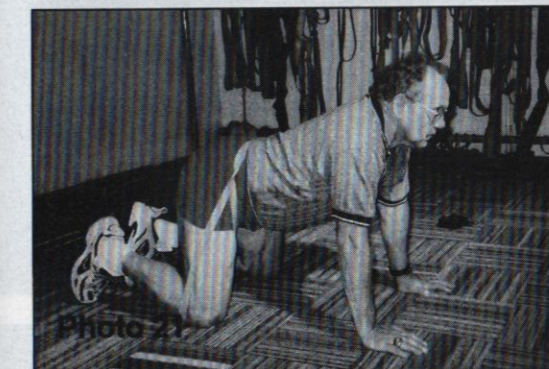
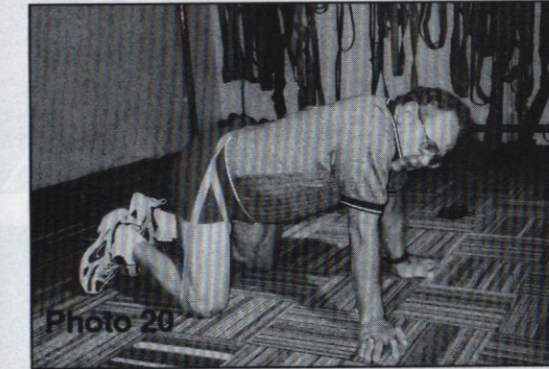
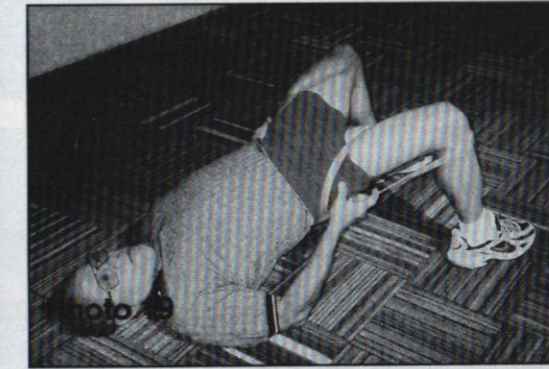
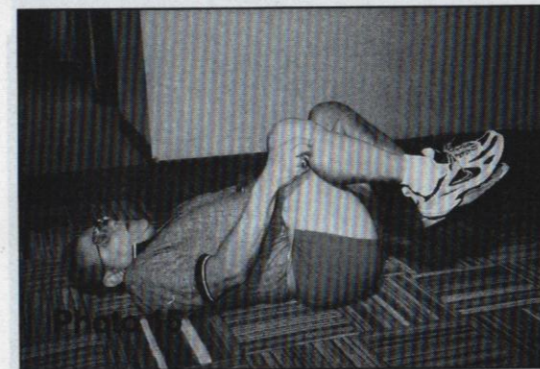
As far as injuries, the big deal is to do some upright

rows with the bands (Picture #12). You want to avoid compression on the AC Joint. We want to pull up and out. This will help the areas adjacent to the rotator cuff. Reverse curls should also be done (Picture #13). You can also do a standing bench press with the bands (Picture #14) as a warm-up exercise. A wide grip works the triceps, while a narrow grip works the pecs.

As far as back traction goes, we can use a single band or we can do it at a band station with multiple bands. First, we want to fold the band over and place it around the waist and on the knees (Picture #15). My hands go on my thighs and I just push (Picture #16). Move your hips in all directions. This will take pressure off the lower back. Now, pull the knees up toward the chest (Picture #17). Take the legs cross-body, keeping both shoulders on the floor and using the opposite hand to pull the opposite knee cross-body. (Picture #18).

Grasping the bottom of the band with your hands to hold it in place, lift the buttocks up and work the glutes (Picture #19). The stronger your glutes, the better your back will be. The key is movement. Now, turn over on all fours, arch the back, round it, and move the hips every which way (Picture #20 & #21). Move the bands up and down on the back to work different areas (Picture #22).

Another good thing for the low back is to hook two bands up to a vertical pole. Place one band over the right shoulder and under the left arm. Then place the other band over the left shoulder and under the right arm to keep the bands in place. Hold onto the top of the bands, pulling them apart to keep



pressure off of the neck. As you lean forward, you will get a nice stretch in the low back (Picture #23). When you sit back, you strengthen the low back.

The big mistake with the low back is that we teach people to always lift in straight lines, when nothing in this world is straight. We need to lift in what is classified an "improper" range (Picture #24) to actually keep the back healthy. We live in spiral-diagonal planes, therefore the body needs to be trained and stretched in all of those planes. The only way that you can do this safely is with Flex Bands. For most of these exercises, you want to use either the average (green) or the strong (blue) bands.

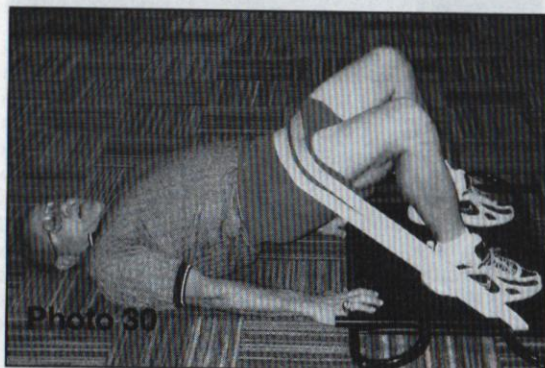
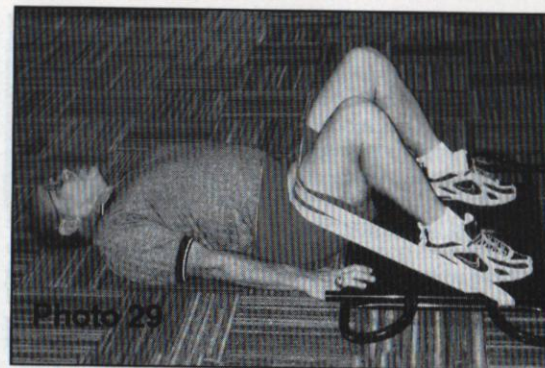
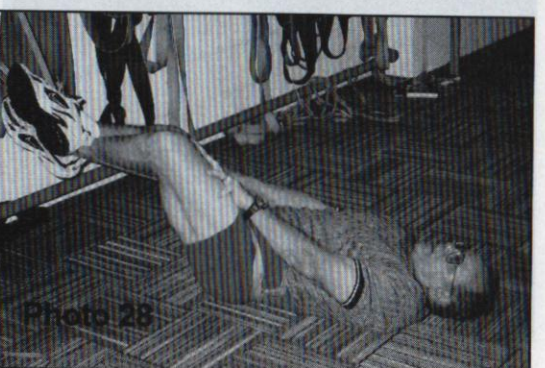
Next, stand up and slide the bands down around your waist. With the band around the waist, you can arch the back, move the hips, turn and move (Picture #25). Arch your back and round your back. Spread the feet, sit down, band and move. Any way that you can move is healthy and good. The conventional treatment with back pain is to restrict movement. This actually causes individuals to have more problems in the long run.

Position the one band at waist level on the pole and the other higher up (7-ft. level). The lower band should be positioned around the waist, while the higher band comes down under the arms. (Picture #26). Now just sit back and move the hips.

Now, slide the band that's under the arms down around the lower back. Go down to the floor and lift up the hips (Picture #27). Now, you can bring your feet up and push on the legs to stretch the low back (Picture #28).

Next, we position the bands across the base and slide under the band so it is positioned across the thighs (Picture #29). Push the base with your hands to do a hip extensor and then twist and tilt. Raise the hips up high to work the glutes (Picture #30). The key here is strengthening the glutes. Drive up and down.

With the band still attached across the base, turn over so you can position the band across your waist-line.



Alternately arch and round the back (Picture #31 & #32).

Another good exercise is to position the band up high on the pole and loop it around the foot (Picture #33). Lie on the floor and move the hips around in all directions. (You would repeat this exercise attaching the band to your other foot.)

For back extensions, attach the bands onto the short end of the base. Criss-cross the bands so that each side goes over the opposite shoulder and position your feet inside the end-loops of the base (Picture #34). Lie back and then sit up. The assistance of the bands allows you to move in positions that you normally wouldn't



be able to. Last year when I decided to go into a professional boxing show at age 60, I was concerned with two areas: my neck and my abdominals. To strengthen the neck, I position the band on the back of the neck and tilting in all directions, you can give yourself a neck adjustment similar to what a chiropractor would do for you.

Another way to do traction for the neck is to attach the band at the 42" level and lie down on the floor with the band under the neck (Picture #36). Move the head up and down in all directions to strengthen and traction the neck muscles. For additional pressure, you can add an extra band.

For my abdominals, the thing that works best for me is to take a 45-lb. plate, hold it up at arm's length and drop it onto my flexed abs (Picture #39). What I do is hook one mini band around the arch of each foot and over the axle of an abdominal wheel. As you roll the wheel out and back, you get great shoulder and ab work.

Another important thing for the shoulders is that people be able to handle their own body weight. What I recommend is to attach two mini bands over the top of the power rack and do assisted chin-ups (Picture #38). This is good for people with dislocations or who have had shoul-



der surgery. It is also helpful for younger kids who may be overweight. You can add bands if necessary.

Another thing for the shoulders is to do my wheelbarrow exercise (Picture #37). What I do is hook one mini band around the arch of each foot and over the axle of an abdominal wheel. As you roll the wheel out and back, you get great shoulder and ab work.

You can also do shoulder shrugs with a single band (Picture #40).

[For info on Flex Bands, you can reach Dick Hartzell at Jump Stretch, Inc. by calling 1-800-344-3539.]

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Jump Stretch, Inc. has 20 years' experience in the rubberband strength training arena. We carry the complete line of Flex Bands, recommended by Louie Simmons of West Side Barbell. These are the ORIGINAL bands developed by "Rubberband Man" Dick Hartzell. Beware of imitators with inferior bands that are moulded or bonded together. Our bands are built in layers on mandrels, with no seams for potential breakage. They are backed by a full 1-year warranty.

Our continuous-loop bands are 41" in length and a quarter of an inch thick. Bands can be used to add resistance to your lifts when hooked from the bottom up, or to help take weight off of the bar at chest level when hooked from the top down. **NEW COLOR for LIGHT BANDS is a darker purple.** Four sizes are available, listed below in order of strength:

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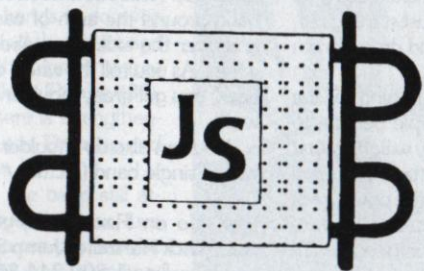
Packages are available as follows:

Ultimate Unit (comes w/ 3 prs. of bands, plus standard base)	\$285.00
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Substitute Extra-Wide Base for either unit	add \$100 to above unit cost

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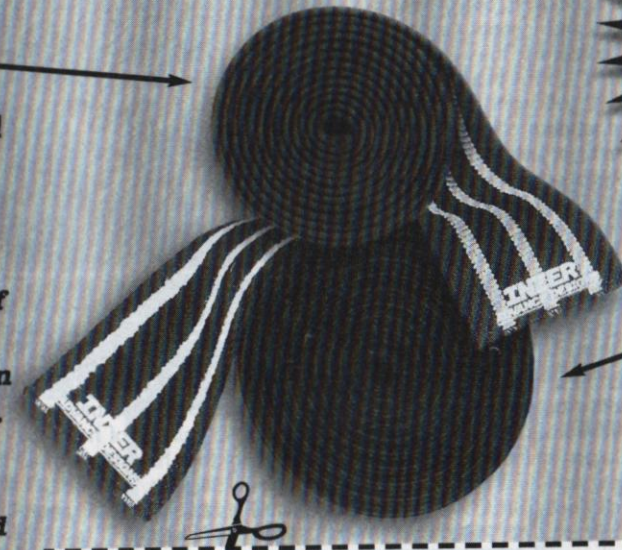
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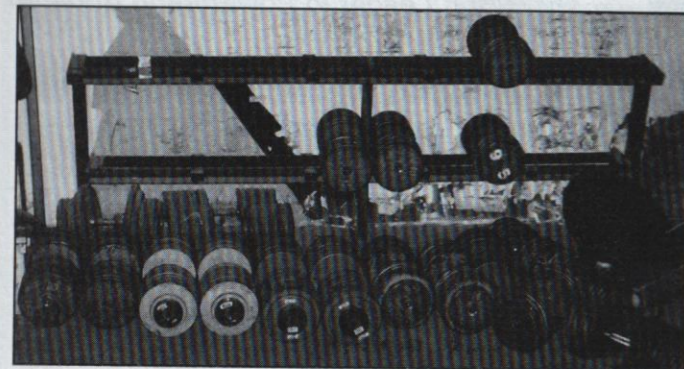
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MetroFlex Gym opened in 1987 (with eleven members). It is in Arlington, TX in a large, dark warehouse. It has minimal heat in winter and no A/C for the hot TX summers. Let me say that again; it has no A/C for

HARD CORE GYM#6

Dead Animals & MetroFlex Gym

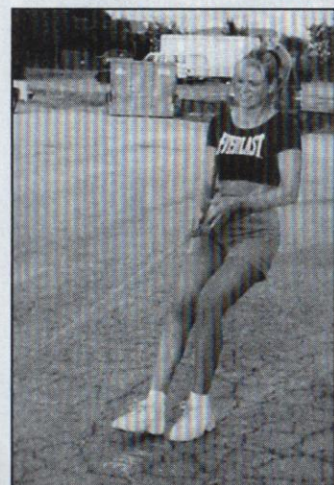
as told to PL USA by Rick Brewer, of House of Pain



Heavy end of the dumbbell rack 95-205 lbs. (Photo by House of Pain).

the hot, 9 month long, TX summers. Ok, it does have fans, but the average indoor summer temperature is 100 degrees F. Needless to say, the faint-of-heart go elsewhere.

Owner Brian Dobson catered to competitive lifters from the start and even has a discounted membership rate for members who compete! They have no contracts and are proud of the fact that they have no



Fitness Model Brandi Webb drags sled in front of gym. (All photographs provided by House of Pain).

electronic fund transfers - just pay for the desired membership length.

MetroFlex is like a huge above ground hellhole with everything the serious powerlifter needs. It has equipment by Hammer Strength, Nautilus, Titan, Flex Steel, Champion, BSN, Cobra, King Extreme, MAC, etc. Some of the equipment is old; all of it is well used, but it all works. You thought your cambered bar was special? Well, it is, but... they have many specialty bars including Hatfield bar, Buffalo Bars, Deadlift Bars (including

extra thick ones), and Texas Power Bars. As seen in the photo, the dumbbells go to 200+.

From the start, they have catered to hardcore powerlifters, competitive bodybuilders, submission martial artists and boxers, collegiate football players, and anyone who doesn't want to "conform to the weak fitness center ideal" (in the words of Brian Dobson). If you want to know the words of wisdom offered by other gym members; just go and look on the "wall of honor," where they have written encouraging words for years. You can draw inspiration from this, or you can just look around (once your eyes adjust to the darkness).

A typical day might find Mr. Olympia Ronnie Coleman (member since 1990) deadlifting 800# for reps. Others are doing walking lunges in the parking lot, while Fitness Model Brandi Webb drags a sled (see photo), champion powerlifters are squatting (see photo), and a full contact sparring match is going on. LOUD heavy metal music kills the houseflies and charges the atmosphere with energy.

Brian reminded me that they have more than their share of beautiful ladies who aren't afraid to lift hardcore and heavy - and I know firsthand that this is true! Some of the most beautiful girls in the Metroplex darken the MetroFlex doorway, and they have photos on their website to prove it at www.metroflexgym.com.

The gym has always promoted powerlifting and bodybuilding, here are

some highlights:

Steve Goggins Deadlift Classic: Big Steve pulled 950 with straps!

Texas Power Tour: Ed Coan was head judge, cool event.

Ronnie Coleman Strength Extravaganza: Bodyweight bench press for reps, 1 1/2 times bodyweight squat (parallel) for reps, 2 times bodyweight D/L for reps, and - yes - this really was a grueling event - I was there!

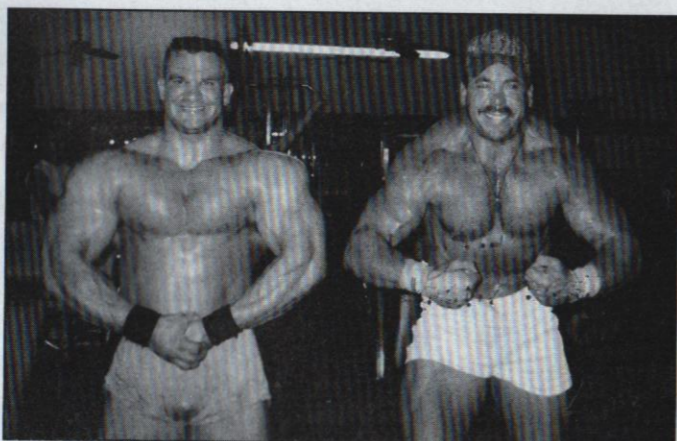
Ronnie Coleman Classic: Big BodyBuilding show they promote every June

Brian claims they also have some

throwing weights around, etc. is all encouraged. "Intensity and proper attitude have produced countless winners, and this is all that is required. Whether you are squatting 700 for reps or 135 for a single - you will be accepted as part of the MetroFlex family as long as you give maximum effort."

Cool, huh? There is only one thing they don't allow, and that is spitting in the drinking fountain. Spitting on the floor is OK, but no one spits in the drinking fountain. Just ask Mick Foley (AKA Mankind or Cactus Jack of the WWF) who found out the hard way and never did it again.

I almost forgot one of the more interesting things: dead animals! During most of the events held at MetroFlex, I've noticed them serving barbecued or smoked wild pork out



Jay Moore (left) NPC TX state bodybuilding champ (265 lbs.) Owner Brian Dobson (right) 245 lbs. (Photograph provided by House of Pain)

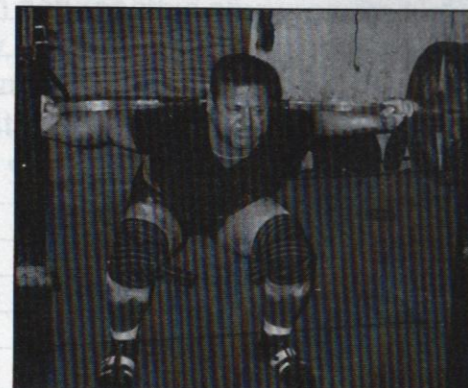
little old ladies who don't even compete. He even sent a photo of an attractive Bernadette Razo training 1 week prior to delivery of her baby girl, as proof they have lifters of all ages, races, religions, and abilities. All MetroFlex asks is that they train with intensity. Whatever it takes to produce a high level of intensity is allowed; face slapping, screaming,

front - protein for the athletes. Source? MetroFlex Gym is also home to "Texas War Dog Kennels" specializing in serious hot dogs of all breeds (American Bulldogs, Blackmouth Curs, Blue Tick Hounds, Plott Hounds, Airedale Terriers, and Pit Bulldogs to name a few). After the hunt, hogs are often processed right in front of the gym, and then barbecued on site. Fresh meat for protein starved lifters! Is this a great gym or what?! (Note to vegetarians: If God didn't want us to eat animals, He wouldn't have made them out of meat).

MetroFlex Gym - congrats on a great place to lift! You've got it all (except A/C). Readers - go visit MetroFlex when you're in the Dallas/Fort Worth area - you've got go to believe!

Next month, we'll see another gym that courses with Heavy Metal tunes, and see someone pull a dumptruck...

Comments? Rick@houseofpainironwear.com Or HOUSE OF PAIN, PO Box 333, Fate TX 75132



2000 USPF World Champion 198 pound class, Jesse Vasquez warming up. (Photographs provided courtesy of House of Pain to PL USA).

IPF World Bench Press Records

For the first time in the history of IPF competition, single lift bench press records may now be set at National Single Lift Championship meets. This means that you may now set a World Bench Press Record at this year's USAPL Bench Press Nationals in Cleveland, Ohio this September 22 & 23, 2001.

Although there are a number of World Record Holders within the United States, you should attend this meet if you really want to prove that you are the best in the world. You will have to use a single ply polyester shirt, you will be drug tested, you will have to weigh in 2 hours before lifting begins and strict IPF rules will be enforced. You will now have the chance to prove how you compare to the best in the world. Master Records can be found on the IPF web page. Any individual breaking an IPF record will be subjected to a full screen IOC urinalysis and must pay for this test. (approximately \$160.00). - Dr. Larry Miller

MEN	kg.	lbs.		
52 kg. - 114 lb.			James Henderson	320 704
Stanaszek Andrzej	172.5	379.5	44 kg. - 96 lb.	
56 kg. - 123 lb.			Eva Svjantekova	97.5 214.5
Makoto Ohtsubo	181.5	399	48 kg. - 105 lb.	
60 kg. - 132 lb.			Yakako Fukushima	112.5 247.5
Tagy Pamian	190.5	419	52 kg. - 114 lb.	
67.5 kg. - 148 lb.			Irina Krylova	120 264
Alexi Sivokon	217.5	478.5	56 kg. - 123 lb.	
75 kg. - 165 lb.			Tamara Althaus	127.5 280.5
G. Warr	225	495	60 kg. - 132 lb.	
82.5 kg. - 181 lb.			Elena Fomina	127.5 280.5
Susumu Otani	237.5	522.5	67.5 kg. - 148 lb.	
90 kg. - 198 lb.			Clara Kasbarian	150 330
Onozo Szabolcs	247.5	544.5	75 kg. - 165 lb.	
100 kg. - 220 lb.			Svetlana Miklazevich	160 352
Laszlo Meszaros	265	583	82.5 kg. - 181 lb.	
110 kg. - 242 lb.			Timea Zavodszky	160 352
Wieslaw Kruk	267.5	588.5	90 kg. - 198 lb.	
125 kg. - 275 lb.			Cathy Millen	175 385
Daisuke Midote	282.5	624.5	90+ kg. - 198 + lbs.	
125+ - SHY			Chen-Yeh Chao	179 394

BOOK REVIEW... "I read every book on strength training I can get my hands on. There are three I would highly recommend for any lifter or coach. Two are by Pavel Tsatsouline. BEYOND STRETCHING is a scientific approach to gaining flexibility. This is how one should learn and perform proper stretching. The second is Pavel's BULLET-PROOF ABS. In this book, Pavel discusses and provide pictures of the correct methods for ab training. I urge all lifters to read these two books by Pavel. I am sure the benefits will be many.

J.M. Blakley, who is truly a thinker and innovator, has written a book, SECRETS OF BODYWEIGHT MANIPULATION FOR COMPETITIVE SPORT, which everyone should read. If you've ever wondered how some lifters are able to make weight for contests and gain it all back for the meet, this book will provide much insight. Having made a top 10 lift in five weight classes, I know how difficult it is to lose or gain a large amount of weight and perform at a high level, J.M.'s book can make it easier to do this (read all precautions).

You can purchase these books through Elite Fitness Systems. Call 1-888-854-8806"

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TRAINING

WHY YOU SHOULD BOX SQUAT as told to Powerlifting USA by Louie Simmons

At Westside Barbell we have about 24 lifters. Seven of them have squatted 900 or more. In the 220 class, Chuck Vogelpohl has made 900. Mike Ruggiera, SHW, has gone from a meager 780 to join the elusive 1000 pound club, along with the late, great Matt Dimel. Marv Phillips set many world records by box squatting, as did the late Lee Moran. There is nothing new about box squatting.

The original Westside Barbell Club in Culver City, CA, was years ahead of its time in the late 1960's and early 1970's. Their *Muscle Power Builder* articles were my foundation in training. Roger Estep traveled from West Virginia to Culver City, and his squat jumped from a low 600 to a world record 765 at 198 due to box squatting. I noticed he was not only much stronger but also much more explosive.

I started doing box squats in the late 1960s. In 1973 I entered a meet that was what they now call raw: no power equipment, even to the point that I wore an Olympic weight belt backwards, so that the narrow side was in the back. Box squats made it possible for me to squat 630 in the 181's and deadlift 670 to total 1655 in that meet. I made a 920 squat 27 years later at 235. The only man on the planet to do more in 2001 was Eddie Coan.

That's enough history. Let's get to why one should box squat.

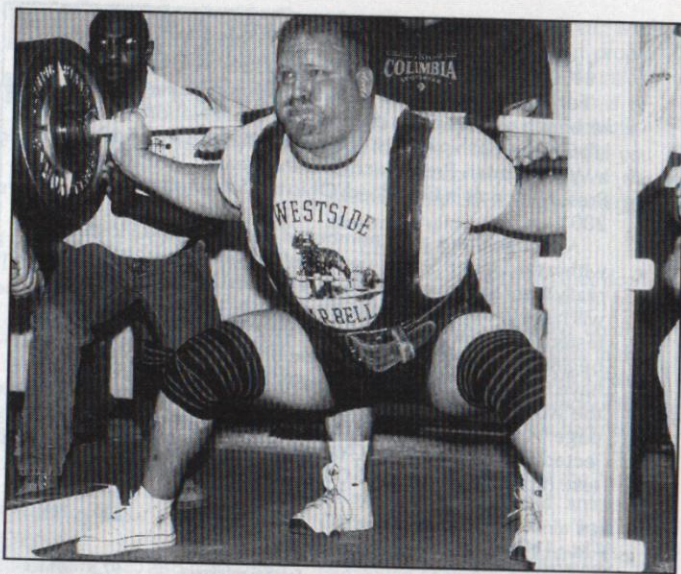
Box squatting is the easiest way to learn to squat properly. Most everyone will start descending correctly, but at some point problems occur. To fix this, start on a box several inches above parallel. Squat down to the box. Then have a training partner take out a 1/2 or 1 inch mat or board. Again sit back, not down, on the box. When this feels right, take out a mat or board again until you are breaking parallel. Anyone can squat correctly if your coach or training partner is smart. You can't teach what you don't know.

You can squat very deep when using a box. Angelo Berardinelli has used a 6 inch box, and Amy Weisberger has squatted on a 4 inch box. Olympic lifters squat very deep, but they bounce out of the bottom. We flex.

Because one sits on a box and then flexes to overcome the resistance, box squats will quickly improve

your pulling strength for deadlifts or Olympic pulls.

Box squats are much less taxing on the lifter, and by training at 50-60% of a 1 rep max for 10-12 sets of 2 reps, you can easily break your squat record. The muscular soreness is much less than with regular squatting. One of my former training partners, the No. 1 198 in 1984, could full squat only every 10 days due to the extreme soreness. However, learn-



Matt Smith recently squatted 930 lbs. and totaled 2355 - another product of box squatting. (Photograph taken by Eskil Thomasson).

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ing to box squat, he found he could squat twice a week, once for speed day and once for max effort day, without any difficulty.

Many trainers have found that a great deal of flexibility can be developed while box squatting: by going lower than normally possible, and by using a wider stance.

You can isolate all the correct squatting muscles by sitting extremely far back on the box. By sitting back on the box to the extent that your shins are positioned past vertical, the glutes, hips, hamstrings, spinal erectors, and abs are totally pre-stretched and overloaded simultaneously, producing a tremendous stretch reflex.

When squatting on a box just below parallel, all your squats will be just below parallel. When doing regular squats, when the weight gets heavier, one will invariably squat higher and higher.

Doing static-overcome-by-dynamic work will build a great amount of explosive and absolute strength. Going from relaxed to dynamic work will also build tremendous explosive and absolute strength. Both types of work occur when box squatting. Some muscles are held statically, while others are actually relaxed.

Safety is always important. In powerlifting as in all other sports, injuries occur. I suffered a complete rupture of the patella tendon in 1991. At that time my best squat was 821 at 242. Rehabbing myself, I gained full range of motion and came back to squat 900 in two meets at 52 years old. I have never used knee wraps in training. I have used bands and bar weight combined at the top to equal over a grand with the weight on the box around 800 with no knee problems at all. How? I sit back far enough on the box where there is no pressure on my patella tendons.

Box squatting has made it possible for me to make a Top 10 total in 1972 without gear and to

be no. 3 in 2001 in the open division at 242.

Let's finish with how and how not to box squat. First, how not to. The term rocking box squat has confused many, and this is understandable. At Culver City Westside Barbell Club, Bill West invented a method referred to as a "rocking box squat". First they would place a squat bar on safety rack pins at a level that would allow the lifter to sit on a box and by just arching the back the bar would clear the pins. A spotter from behind would place his arms around the lifter and by rocking him backward and then forward, the lifter could stand up with a large load assisted on the first rep and unassisted on a rep or two more. That is a rocking box squat, 60's style. They may or may not have slammed their feet down in a shock method.

Here is the more modern, Columbus Westside method. First, use as wide a stance as possible. Wear groove briefs or a suit with the straps down. Position your feet so they point straight ahead and sit back, never down, until you are sitting on the box. The back is arched, the chest is held high, and the knees are pushed out to the sides. Use a wide hand grip to prevent bicipital tendinitis, and pull the elbows up and under to utilize the lats. When you are on the box, relax the hip muscles for an instant, then forcefully flex them by pushing against the bar. This will cause the spinal erectors to instantly flex, which activates the hips and then the hamstrings. The action is like doing a jerk in Olympic lifting. Try to flex on the box strong enough to stand up in one motion. We are not trying to build muscles,

but rather a huge squat. Your quads will sometimes get smaller, but your hamstrings and hips will grow greatly.

Remember to raise the traps into the bar first to ascend. If you push the feet into the floor first, you will find yourself in a semi-good-morning position, which is wrong and dangerous.

I know someone out there will say there have been great squatters who never box squat. Well, are you one of those greats, or one of those who can't squat off the toilet with the Sunday paper?

Give it a try. I've given many reasons why you should try box squatting, and I can't think of one reason not to.

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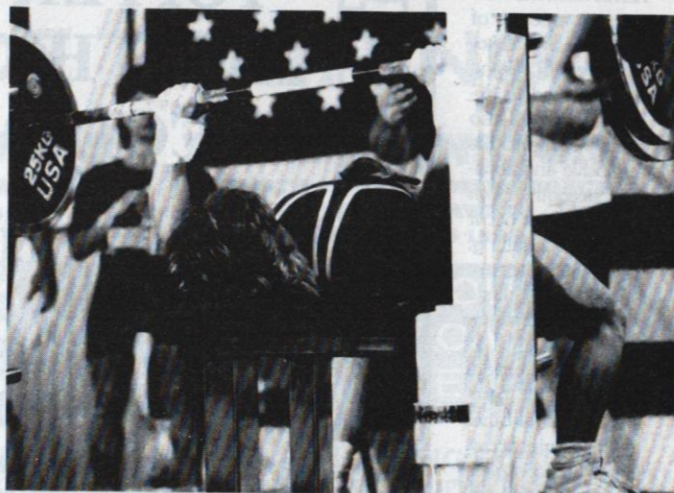
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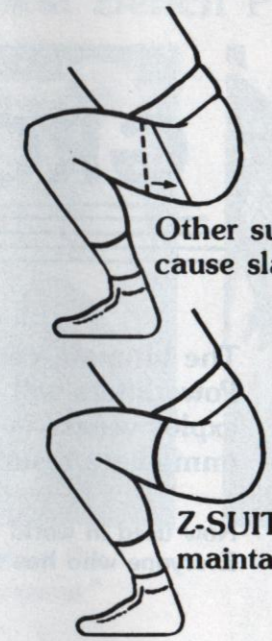
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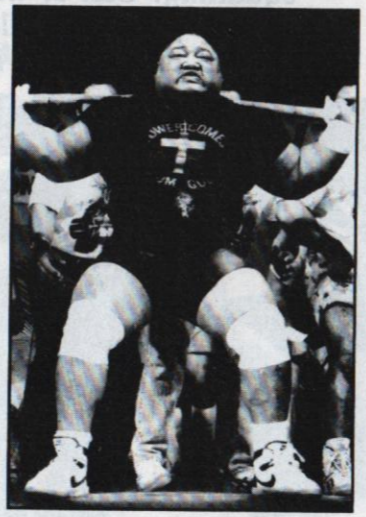


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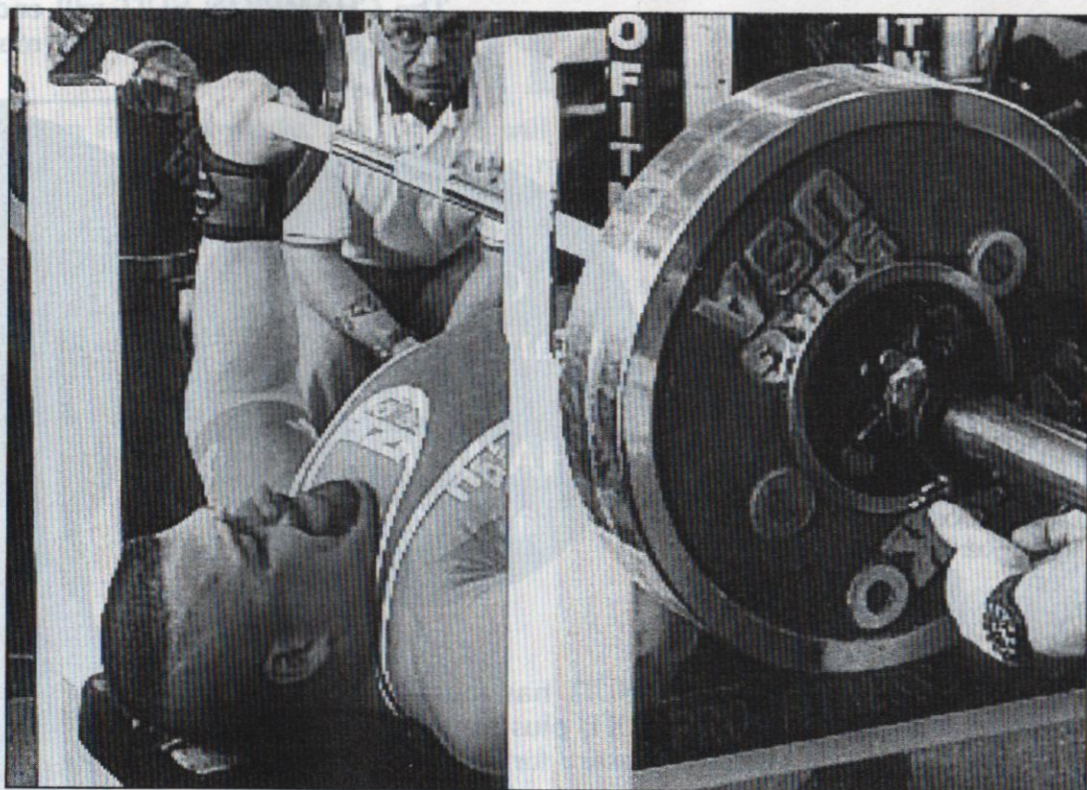
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WORKOUT of the Month

To all the benchers out there, I am writing the "Workout of the Month" this time to emphasize the importance of establishing a good base. My name is Lou Saviano. I am 32 years old, and have been powerlifting since I was 24 years old. I am married and have one son who is 5 years old. I work a full time job as a union land surveyor for Local 15 in New York City, and also am a bouncer in a bar on the weekends. So, this workout isn't coming from a guy that just works out for a living. I am able to do both by staying focused and by keeping a strict regimented schedule. In 1997 I went to Newark, New Jersey and competed in the Bench Press Nationals, where I pressed a 475 and won first place. Since then my most recent presses are a 507 in a contest and a 515 in the gym. In 1993 I did my first contest, I weighed 228 and benched 390. In the short span of 8 years and only an increase of 14 pounds of body weight, I have increased my bench press 120 pounds. This has been accomplished by knowing what I wanted to do from the beginning, "to be the best drug-free bench presser in the world." I strongly feel this all starts at the base, your body's base. You can't build a building without a foundation, how do you expect to be a good bencher without a good base. Now, you might be thinking that the workout you have been doing for the last couple of years has been setting you back, well, don't go there. There is nothing that you have done that can't be fixed. The workout that I am going to give you is going to bring back the basics. It's the "old cave man" workout, so be prepared to bench big. I would like to thank a few special people for my success, the Olympian Tony Harlin, Bench Press World Champion Brad Klinger, my "phone friend" Louie Simmons and most of all my wife Heather for feeding me, and my friends and family for their confidence in me from Day One. I work out 4 days a week: Monday, Tuesday, Thursday and Friday for one hour a day. Monday is chest, Tuesday is legs, Thurs-

Lou Saviano's Bench Press Routine



Lou Saviano with his latest BP of 507 at 242 at the Ironmen Bench, Deadlift, and Record Breaker Championship.

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day is shoulders and triceps, and Friday is back and biceps. This workout will help you put 20 to 25 lbs. on your bench in 8 weeks. There are a couple of things to remember: #1 - triceps are as important as chest, #2 - drink at least a gallon of water a day and last, but not least, if it hurts don't do it. If you would like more information please write to Lou Saviano at 24 Sterling Ave., Sloatsburg, NY 10974 or phone (845) 753-5849. Thank you, Bench Press National Champion, Lou Saviano.

These numbers are for a 400 lb. bencher trying to increase to 425 in 8 weeks time.

Week #1 - Flat Bench: 135x10, 225x8, 275x5, 315x3, 330x3, 330x3. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x8 with weight that you can get with moderate effort. Triceps - Close Grip Bench - warm-up then 3x8 with weight that you can get with moderate effort.

Week #2 - Flat Bench: 135x10, 225x8, 275x5, 325x3, 340x3, 340x3. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x7 with weight that you can get with moderate effort. Triceps - Reverse Flat Bench - warm-up then 3x7 with weight that you can get with moderate effort.

Week #3 - Flat Bench: 135x10, 225x8, 275x4, 325x3, 340x2, 345x2. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x6 with 20 lbs. more than week #1. Triceps - Close Grip Bench - warm-up then 3x6 with 20 lbs. more than Week #1.

Week #4 - Flat Bench: 135x10, 225x8, 275x3, 330x2, 345x2, 350x2. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x5 with 20 lbs. more than week #2. Triceps - Reverse Flat Bench - warm-up then 3x5 with 20 lbs. more than Week #2.

Week #5 - Flat Bench: 135x10,

225x8, 275x2, 335x2, 355x1, 370x1. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x4 with 20 lbs. more than week #3. Triceps - Close Grip Bench - warm-up then 3x4 with 20 lbs. more than Week #3.

Week #6 - Flat Bench: 135x10, 225x8, 315, 350x1, 390x1 with bench shirt, 405x1 with bench shirt. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x3 with 20 lbs. more than week #4. Triceps - Reverse Flat Bench - warm-up then 3x3 with 20 lbs. more than Week #4.

Week #7 - Flat Bench: 135x8, 225x5, 315x2, 350x1, 365x1, 400x1 with bench shirt. No Assistance Work, go home and rest.

Week #8 - Contest Day: Lift #1 - 390, Lift #2 - 405, Lift #3 - 420. **GOOD LUCK!!!**

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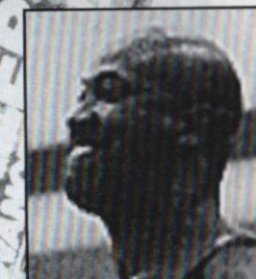
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Let me first apologize to any and all true warriors reading this. I have a friend and master lifter who was a medic in Viet Nam and a younger friend who lifts off for me on occasion when I travel who was a Marine in Desert Storm. They are true warriors. They have seen battle. They have had to make decisions that may have ended other men's lives. They have had to face choices that could have even ended their own. War is the defining event that qualifies one as a true warrior. Period. Nothing else is quite a suitable substitute. Thank God most of us never have to know what being a true warrior is all about.

The word *warrior* is used all too commonly these days. It has become a substitute for anyone who does an activity with deep passion. There are books about "warriors" in almost every facet of daily life... including daily life! I have read most of them. And while I agree that we should learn and apply the principles of warriorship, that certainly does not make us warriors. I, indeed, advocate the daily practice of the ideals of warriorship applied to many facets of life, but I discourage the moniker "warrior" for such trivial things as sports. Calling one's self a warrior without the fire of war I find insulting to the true warriors I know. I will refer to "warrior spirit" and "warrior principles" and avoid the false labeling of "warrior" out of respect.

Having said that, I do believe the "warrior spirit" is alive and well in the world today outside the realm of actual war. Policemen and Firemen are very close to it. And it does take root in competitive sport and the world of business. I also believe that cultivating the essence of warriorship has innumerable benefits both in and out of sport. What is the warrior spirit and how can we access it?

Defining The Warrior

On the surface a warrior is one who engages in warfare. This is the most superficial explanation of what a warrior does. But it gives little insight into what a warrior is. A better way to understand the warrior is to ask "What makes up a warrior?" What is on the inside that drives a warrior? What enables a warrior to do the things a warrior has to do?

"The true warrior's defining moment comes when he is forced with a choice. This is the Moment of Truth. In war, it is life or death (in sport it is win or lose). What makes a warrior is his willingness to act under extreme consequences."

Accessing the Warrior Spirit: as told to PowerliftingUSA by J.M. Blakley

Books have been written on the definition of a warrior. To attempt to simplify, let's say that a warrior has qualities and ideals that enable him to do things other men can't (or won't) do and that the warrior is one who acts on those tenets. Having ideals is one thing, acting on them is quite another. The warrior follows through. He acts in the moment. Furthermore the warrior takes responsibility for his actions ... always.

The true warrior's defining moment comes when he is forced with a choice. This is the Moment of Truth. In war, it is life or death (in sport it is win or lose). What makes a warrior is his willingness to act under extreme consequences. With his life on the line, the warrior relies on his training and his instincts and overcomes his fears and chooses a course of action. Then he instantly acts. He lives or dies with the repercussions of his choice. And he accepts that as the warrior's life. That is warrior defined as simply as I can put it.

An Example

Imagine a duel between two Samurai in post-feudal Japan. Duels between Ronin (master-less Samurai) were quite common and often a duel was incited solely for the purposes of testing one's skills. No duel was ever refused. Imagine the confidence! If a swordsman was "off" on that particular day so was his arm or leg or head! This challenge was fatal for one of the participants and often both died if their skills were closely matched with the momentum of the blades literally cutting each other in two simultaneously!

Each warrior stands still and awaits the Moment of Truth in which they will make a decision which could be their last. The moment arrives and one or both strike! In a second it is over! One Samurai cleans his blade with sackcloth and the other lies on the ground bisected from shoulder to hip in a diagonal line.

At this point both warriors are equal. That's right, equal. Life and death are the same to Samurai and

the outcome was unimportant. Facing the Moment of Truth was all that was important. Standing in the face of fear and acting is all that matters. The rest is incidental. Both warriors acted in the Moment of Truth and the living warrior sees no special distinction between himself and the fallen warrior. Had the fallen warrior been cowardly or hesitated, the living warrior would have considered him no warrior at all and would have felt a distinction between them.

Action in accordance with one's beliefs is more important than outcome. That is the way of the Samurai.

Back to Reality

OK, fine. But how does that apply to the bench press? Should you load the bar to 880 and take a real "do or die" effort saying "if I don't get this it will cut me in half!" Of course you should!! But not with 880. With your personal record best. It may not be do-or-die, but just how important is it to you?

What are the consequences of you failing on your next max attempt? There are no consequences! You can try it again next week - for crying out loud! The fallen Samurai can't ask for a rematch. Do you think that when you face your Moment of Truth on your next max bench attempt you and the Samurai are feeling the same things? WHY THE HELL NOT!

That's the lesson we can learn from the warriors. To emulate them and glean from their work things we can use to empower our own endeavors. That is the purpose of this article. Practicing warriorship doesn't make us warriors, but it can make us incredibly fierce competitors! We can face our fears and act in the Moment of Truth and rarely is our life on the line. We can live the warrior lifestyle by testing ourselves over and over and we don't have to pay the high prices that true warriors do for their lessons. We can access the warrior spirit and look for opportunities to face the Moment of Truth and grow richer for both our failures as well as our victories. I truly feel that competitive weightlifting is a perfect place to exercise the principles of warriorship.

Three Tenets of
Warriorship

Commitment

One basic principle of warriorship is that of TOTAL COMMITMENT. As already mentioned, this is the "do-or-die" attitude that permeates a warrior's thinking. "Kill or be killed" is also used to refer to this kind of total dedication to the task. This is single point focus that has only one possible acceptable outcome for the warrior. He must take the hill or die in the effort, in which case he is released from his obligation (this does not imply success, the hill still needs taking, but his work falls now to another) and his honor is intact.

He is determined to do anything that must be done to accomplish the goal. He will not be thwarted even if the effort burns him up in the process. He holds no reservations and this frees him of hesitation. He never thinks of himself, only the task. This ensures complete effort. He has given himself over to the goal and if he loses a limb or even his life it is of no concern. This rules out the specter of self-preservation which may cause distraction. His commitment is total. He keeps nothing back for himself and gives all that he is to the task. If he lives, he lives. If he dies, he dies. But he is certain that he will not live with the goal unaccomplished.

Commitment in our realm need not be total. But imagine the benefit of increasing your level of commitment to your lifting. Imagine the benefit of fewer missed workouts. Imagine the benefit of a few extra training exercises on neglected body parts. Imagine the benefit of a few extra reps on training sets in your next cycle. Imagine the benefit of turning off your cell phone for the duration of your workout ("hold all my calls - I'm not to be interrupted" is your new battle cry). Imagine the benefit of leaving all your problems and concerns at the foot of the door outside the gym and attacking your workout unburdened by any thought of family, job, wife, kids, debts, house or yard work, or even yourself! I can promise you that your problems will all still be there when you leave, so why carry them through your workout? Finally, imagine pushing yourself harder than you ever thought you could and what effect that would have on your next meet.

Increased commitment toward a more warrior-like ideal of total commitment can have many benefits. I'm not saying we should lose ourselves in abandon, but rather we should question how deep our dedication actually is and strive to improve it in the example of the warrior.

Belief

Another essential component of warriorship is a deep BELIEF IN THE CAUSE. To act in the Moment of Truth and not be paralyzed with fear, the warrior relies on his sincere belief that his actions are right or noble or true or holy or pure. He believes in what he is doing. HE HAS PURPOSE. His actions matter. Even if he dies, he feels he is doing the right thing. His life is less important to him than his beliefs. Therefore, he is a man of principle. What makes him a warrior is that he is also a man of action. He acts on his beliefs. When is the last time you believed in something so strongly? What would you be willing to die for? The warrior can answer this question quickly and easily. The rest of us need some time to think it over carefully to say the least! Belief in something bigger than one's self has tremendous motivational force. It can separate those who can do something from those who can't. It is the power behind the warrior. It moves him to do things he normally would not do or be able to do.

The Kamikaze pilots of WWII would fly their planes loaded with explosives directly into U.S. Naval destroyers and carriers. Absolute suicide. But their belief was that if they did so, their spirit would find favor with their ancestors and their soul would go directly to heaven and be richly rewarded there. They did not need to draw straws to find a pilot for the mission ... they had to draw straws from among the huge number of volunteers begging for the privilege to assign the honor! Their belief empowered them to ask for a duty that those who don't share this belief find shocking.

Belief is fuel. Belief moves men. An easy application of this in weight training is that belief moves iron. Or, at least, belief moves a man to give more effort in trying to move iron than he normally would. Belief also makes the endeavor worthwhile. If you believe that the reward of the weight training is worth it, you will gladly give the extra effort. If you are

"The actual time spent in battle may only be seconds and the time spent in the Moment of Truth only split seconds, but facing fear and developing courage, occur around the clock."

not certain of the rewards of weight training every set will be a burden, and you will not give yourself over to it completely.

An off-shoot of this is the generation of believing in oneself and one's abilities. If a man believes he can lift a weight, he may or may not do it. But a man who does not believe he can lift a weight most certainly will never do it. A warrior not only believes in a reward of lifting a weight (the cause), he also believes in his training and his abilities (in himself). This belief is so strong that it enables him to do extra-ordinary things.

Sacrifice

A third principle of warriorship is SACRIFICE. This has been alluded to earlier in the concept of "do or die" and giving oneself completely over to the goal. A warrior acknowledges that he may die at any time. It comes with the job. To deal with this, he consciously and subconsciously comes to terms with the loss of himself (his death). Having done so, yet continuing to live, he is unburdened and free to act without regard to his future. He makes decisions based on what is right for the moment and carries out his actions completely, even if doing so brings about his own demise. He has mentally made the ultimate sacrifice. Any other small discomforts or hardships he may encounter pale in comparison to this sacrifice he has already made. All sacrifices seem smaller and easier to bear in the face of this. Going without food, sleep, enduring harsh conditions, losing friends or loved ones, and even extreme physical pain are all made more tolerable in contrast to the sacrifice of himself which he has already accepted. A Viking who lost an arm in battle was surprisingly unaffected at his loss because he still had another arm with which to fight.

Sacrifice is no stranger to the warrior. It is an essential part of his life. And sacrifice is no stranger to the athlete. Few athletes die in competition and this ultimate sacrifice is never expected in sport. What we can learn from this attitude is that if one is willing to sacrifice more than is required, then when sacrifice is demanded we should register no complaints. An extra set, five more pounds, additional auxiliary work at 5am, whatever the price, if you are willing to sacrifice more than is required you will not flinch when the

rent comes due. You will never hear an athlete who is practicing the principles of warriorship complaining about extra work or extra sacrifice, for he has already determined his willingness to give more than he will be asked to give because he BELIEVES IN THE CAUSE and he is TOTALLY COMMITTED.

The Lesson

Applying the principles of warriorship to the hobby of weightlifting is a very individual matter. More than specific applications comes a sense of awareness of what warriorship is all about. It is not about attacking, destroying or winning (although it can be). What it is about is facing fear and taking action in the Moment of Truth. The principles I have discussed bear mostly on your attitude to training and preparation. Warriorship permeates all that you do, especially things away from the actual battles. The actual time spent in battle may only be seconds and the time spent in the Moment of Truth only split seconds, but facing fear and developing courage, occur around the clock. The battles themselves are simply outward extensions of the inner process of cultivating the warrior spirit. The warrior is not always warring, but he is always developing warriorship.

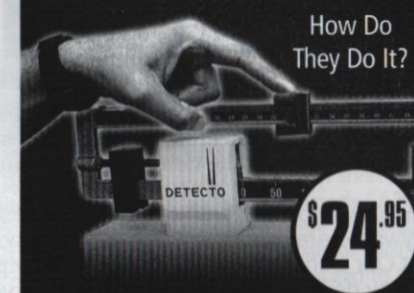
I have chosen only three tenets to discuss here, though there are many more. Sacrifice, Total Commitment, and Belief in the Cause all have easily understood applications back toward the discipline of weight training and competition. In truth, these principles apply toward your daily life and your attitude toward daily tasks just as readily as towards anything else. We should find ways to reflect the warrior spirit in all that we do. And above all, this we should do quietly. Boasting of warriorship and it's practice is a sure sign that you've missed the mark. Quiet, intense, inner practice is what is required.

I have left out specific methods of practice of the above principles by decision. It's up to you to discover

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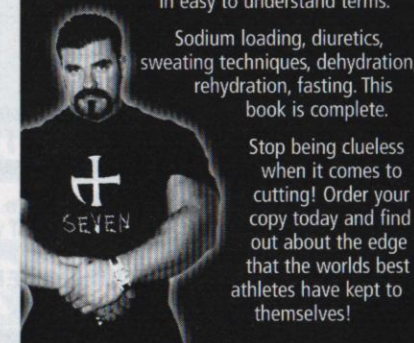
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how to mesh these ideals into your world. Understanding them is enough. You do not need me to tell you how to use them. You must learn that for yourself. Be creative and become more aware of opportunities for expressing them in your unique situation. I believe that by mimicking the true warrior (up to a reasonable point that is appropriate) we can benefit from their world in our own. I feel that the max attempt in powerlifting bears remarkable similarity to the Moment of Truth faced by the true warrior on a theoretical level. It is a "battleground" which we can use to become victors over our fears, our weakness, our doubts, and ourselves.

Semper Fi to Jim and Jimmy

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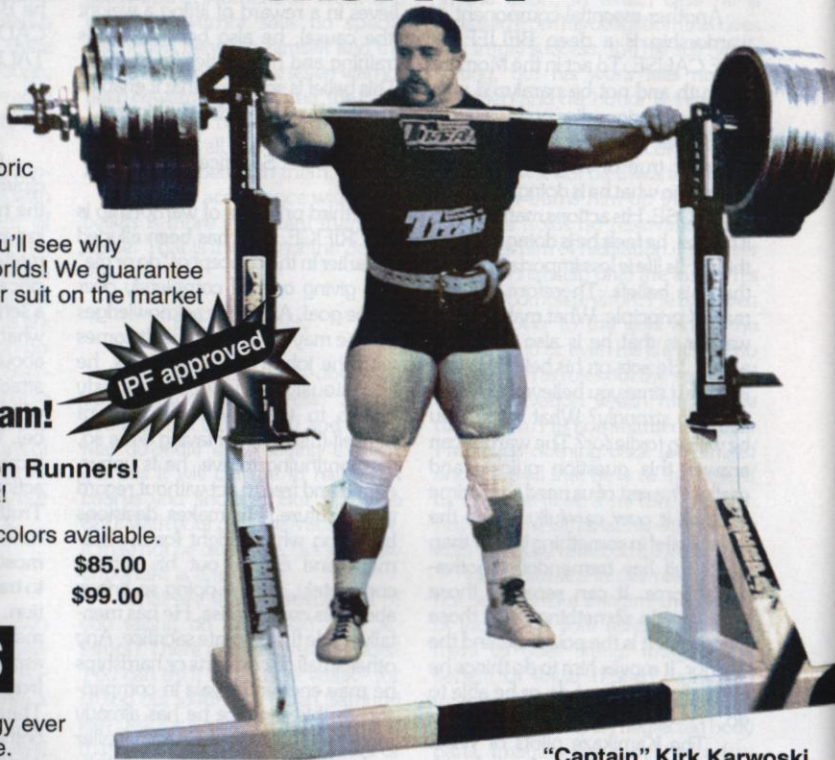
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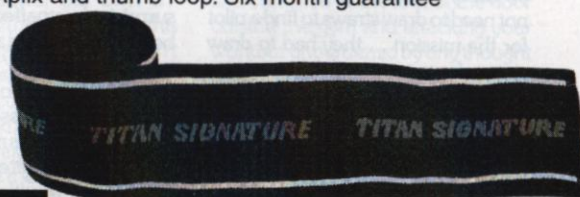
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INTERNATIONAL PLATFORM

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

Elena Fomin & Albert Fomin as told to PL USA by Dr. Larry Maile

Albert trains a number of accomplished lifters, including Oxana Belova, World Champion '97 and '98, Elena Fomin (his wife), Irina Ayugina, Sergei Zharovlyou, Alexie Siderov, and Tatiana Formina (his mother) a perennial medalist at European and Master Worlds.

Elena is the 1998 and 2001 World Powerlifting Champion, and the 2000 World Bench Press Champion. She won the silver medal at the 1999 Worlds as well. Elena has been 2x European Bench Press Champion and won the silver medal in powerlifting twice. She competes in the 60 kg. class.

Elena is 32 years old and is the mother of an 11 year old daughter, who has also been competitor in powerlifting. Albert and Elena believe that participating in powerlifting at an early age is healthy for youngsters, but have allowed their daughter to decide whether to continue training or not. She is currently "tired" of competition and wants to try other sports. Her best lifts weighing 35 kgs. (77 lbs.) are 62.5 kgs. (137 lbs.) in the squat, 25 kgs. (55 lbs.) in the bench, and 65 kgs. (143 lbs.) in the deadlift.

Elena placed 1st in the 2001 Russian Nationals, totaling 540 kgs. (1190.25 lbs.). She squatted 212.5 kgs. (468.25 lbs.), benched 125 kgs. (386.5 lbs.) and deadlifted 202.5 kgs. (446.25 lbs.). This victory was especially satisfying as she defeated Irina Abramova after two consecutive losses at both the Russian Nationals and World Championships.

Elena balances a successful lifting career with full time employment. She is employed, and sponsored, by the auto factory in the city of Ulyanovsk. She teaches physical education to children in the factory kindergarten. She trains between 3 and 5 hours in the evening 3 to 4 days per week. Albert is the trainer at the factory sports club, where all of the Fomin/Fomina family train.

They are considered the 'First Family' of powerlifting in Russia by virtue of their success and the suc-



(L-R) Hahn (Ger), Elena Fomina (Rus) Thompson (USA) at the 2000 IPF Bench Press World Championships. (Isagawa).

cess of the lifters they work with. They attribute their accomplishments to a family focus on powerlifting. They train and travel together, and share common goals in powerlifting which include winning international powerlifting titles. Both of them say that powerlifting is on their minds 24 hours every day.

Elena's would like to continue competing for several more years at the international level, but if fortune smiles on her, she may follow the example of the mother-in-law, who remains competitive in masters competition as a Master II (50+) lifter.

The Fomin's have made a successful distinction between their sporting life and their personal relationship. Observing Albert coach both Elena and Tatiana demonstrates the respect they have for him as a coach and the professional nature of their relationship in this setting. Both ladies refer to him in the Russian formal style during competition, but interact as family members always do at other times.

Albert offers the following pieces of advice to help lifters achieve powerlifting success:

1. "Maintain intensity year-round. My lifters take no more than one

three week lay off each year. This keeps them in shape so they don't have to start over. Train hard 3-4 times each week."

2. "Set both short term and long term goals." Albert described these as specific numerical goals as well as longer goals related to success in competition. "Check your progress against your goals frequently."

3. "Focus on sports. Make it your main pursuit. You only have a certain amount of energy. You must make decisions about what you want to achieve if you are to be successful. Don't waste energy on things that either distract you from your goals or cause you distress."

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USAPL Masters Nationals (kg)
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WOMEN	SQ	BP	DL	TOT
123 lb.				
ages 40-44				
D. Barleen	152.5	115	190	457.5
ages 50-54				
I. Rosen	175	90	187.5	452.5
H. Shivaie	152.5	87.5	187	427
132 lb.				
ages 40-44				
J. Carr	180	122.5	240	542.5
J. Corsello	160	125	187.5	472.5
ages 45-49				
G. Landess	105	77.5	160	342.5
ages 60-64				
T. Bishop	130	85	160	375
148 lb.				
ages 40-44				
M. Lofing	182.5	122.5	197.5	502.5
J. Stanley	155	120	212.5	487.5
ages 45-49				
A. Bridges	210	152.5	232.5	595
ages 60-64				
I. Zwick	65	117.5	75	257.5
ages 65-69				
D. Matier	165	75	192.5	432.5
ages 70-74				
R. Cortes	165	120	220	505
ages 80-84				
R. Merrell	35	35	70	140
165 lb.				
ages 40-44				
R. Wahl	242.5	137.5	267.5	647.5
C. Lewis	245	155	240	640
ages 50-54				
G. Bartotti	145	125	182.5	452.5
B. Kline				
ages 55-59				
S. Aldwenda	205	147.5	232.5	585
J. Yeats	170	117.5	227.5	515
ages 60-64				
J. Wolff	110	87.5	165	362.5
ages 65-69				
F. Archabault	160	102.5	130	392.5
D. Goodwin	75	75	130	280
181 lb.				
ages 40-44				
B. Scully	265	170	265	700
M. Harrison	255	130	242.5	627.5
B. Fabiano	200	177.5	227.5	605
D. Mathieson				
ages 45-49				
D. Wiley	245	162.5	252.5	660
L. Everett	200	135	270	605
B. Clayton	217.5	142.5	215	575
D. Barnes	167.5	127.5	187.5	482.5
ages 50-54				
A. Menton	215	150	217.5	582.5
J. Wold	195	127.5	222.5	545
J. Rizza	210	92.5	227.5	530
J. Klustergard	175	190	165	530
M. Rosenwald	157.5	107.5	190	455
ages 60-64				
W. Callahan	140	115	197.5	452.5
C.E. Wettach				
ages 70-74				
C. Everett				
198 lb.				
ages 40-44				
M. Lohmann	260	160	282.5	702.5
T. Whitton	265	175	257.5	697.5
R. Baxter	265	172.5	255	692.5
W. Kellett	165	127.5	200	492.5
B. Brown	250			
ages 45-49				
L. Traub	277.5	170	315	762.5
A. Byas	265	160	310	735
M. Godawa	185	165	210	560
D. Bertier	187.5	137.5	230	555
ages 50-54				
E. White	232.5	155	275	662.5
A. Christo	192.5	140	247.5	580
K. Mulholland	185	132.5	227.5	545
M. Mooney	160	105	205	470
J. Lucio				
D. Mansfield				
ages 55-59				
L. Langlinais	170	125	205	500
B. Bower				
ages 60-64				
J. Waters	137.5	90	205	432.5
220 lb.				
ages 40-44				
S. Roberts	317.5	180	282.5	780
B. Vivier	227.5	165	245	637.5
S. Heyl	200	160	210	570
K. Jordan	220	145	140	505
ages 45-49				
P. Accordino	232.5	165	237.5	635
R. Randall	240	160	222.5	622.5
J. Valpatic	235	137.5	237.5	610

M. Berg	227.5	140	227.5	595
R. Harvey	205	145	227.5	577.5
B. Coury	240	150		
S. Rosenberg				
220 lb.				
ages 50-54				
D. Clark	252.5	130	282.5	665
J. Yakubovsky	220	132.5	227.5	580
O. Guzman	207.5	132.5	205	545
R. Morton	180	120	190	490
ages 55-59				
G. Aron	155	117.5	170	442.5
S. Chatis	185	137.5	225	547.5
B. Fleming	145	107.5	200	452.5
ages 70-74				
B. Remley	185	137.5	210	532.5
242 lb.				
ages 40-44				
S. Cain	305	215	332.5	852.5
N. Crabbe	252.5	195	272.5	720
R. Kolbeck	277.5	177.5	260	715
T. Babcock	237.5	205	247.5	690
G. Pamplin				
ages 45-49				
C. Cornelius	180	150	200	530
ages 50-54				
B. Sindelar	227.5	165	252.5	645
D. Worley	260	125	257.5	642.5
R. Burnett	240	152.5	250	642.5
ages 60-64				
R. Rood	217.5	157.5	250	625
R. Grisham	232.5	132.5	225	590
H. Hudson	160	100	182.5	442.5
ages 65-69				
L. Corulli				
275 lb.				
ages 40-44				
R. Brose	272.5	187.5	290	750
D. Bowie	287.5	170	290	747.5
ages 45-49				
T. Weeks	307.5	195	307.5	810
D. Day	205	155	272.5	632.5
ages 50-54				
E. Surrell	272.5	182.5	250	705
A. Wood	190	165	227.5	582.5
ages 55-59				
W. Morris	250	190	245	685
C. Clonce	257.5	152.5	227.5	637.5
ages 60-64				
D. Ritter	175	120	232.5	527.5
SHW				
ages 40-44				
J. Pope	320	207.5	320	847.5
M. Cochran	350	222.5	272.5	845
D. Gaudreau	330			
J. Mersberg				
ages 45-49				
S. Pecktol	250	175	282.5	707.5
R. Giancola	227.5	147.5	240	615
ages 50-54				
B. McCune	280	180	312.5	772.5

The 2001 Master Nationals was held at the Plaza Hotel in Killeen Texas. 121 of the best guys over 40 flexed their muscle for the chance to represent the US in the IPF World Championships in Canada. With the Masters Worlds being this close to the USA, many old names came back to vie for a spot on the team. Before I really get started, I must mention the staff and lifters of the Phantom Corps Powerlifting Team who made this meet run smooth. Many times, when a meet is run greatly or badly, the meet director gets all the credit or blame. But this time, the credit goes to these hard working lifters, family members, and the staff of the Plaza Hotel. A special thanks to Lanette Lopez, Wanda O'Quain, and Terry Brady for the outstanding job of keeping the contest running smoothly. After the meet, I was receiving phone calls and e-mails for weeks from lifters telling me how they enjoyed the meet. One lifter even said he couldn't believe how fast the contest was run. Thanks guys, you make it all worthwhile. The awards were specially made USA Powerlifting medals of gold, silver, and bronze. Plaques were given to 4th and 5th place winner, and also for team and best lifter. As the new Masters chairman, I wanted to let the lifters know that I will be working for them. They made me enjoy my new job by showing up for the National meeting on Friday night. During the meeting, the site for the 2002 and 2003 Masters National was confirmed. Paul Fletcher presented his bid for the 2003 Nationals for Baton Rouge, LA, and it was accepted. 2002 was awarded to Will Morris, in Charlottesville, VA. The lifting started right on time on Saturday morning, and if the lifters were looking for easy calls, they had a rude awakening. The judging was strict with P.J. Couvillion overseeing the officials. Also the loaders were moving fast, with 25 seconds



242 lbs. 40-44 Champions (left-right): Nolan Crabbe (2nd); Shawn Cain (1st, outstanding lifter); R. Kolbeck (3rd); Tom Babcock (4th). (Photo provided by courtesy of Johnny Graham to Powerlifting USA).

between lifts. These guys were moving fast. Denny Barleen started the day by winning the 123 lb. 40-44 age group, and he was the first person to put one of the great medals around his neck. The 123 50-54 class saw Ira Rosen come to break some records, and he did it with great lifting. Placing second to Ira was Homie Shivaie. He contacted me a week before the meet, requesting a coach to help him out, and Hy Taylor from the Phantom Corps did a great job of keeping him focused. Without a doubt, one of the best deadlifters in the world in the 132 lb. class is J.D. Carr. I have known him for over 20 years from our days with the military teams, and he has always waited for the deadlift to catch his opponent. Nothing has changed. He won this class 40-44 with a great 529 lb. lift. Only one other lifter under 181 could match his pull, John Corsello is one of the nicest guys in powerlifting, and finished up in second. Gary Landess won the 45-49, and Tom Bishop won the 60-64 age group. Monte Lofing is a lifter from Nebraska, who is trained by Jim Hart (I'm sorry), but he can move some weight. He picked up his first National championship, and when he wasn't lifting, he was in the referee chair making some calls. One guy who I am very glad to see back on the US team is Arval Bridges. He is truly a great lifter, friend, and all

around sportsman. With the absence of Lloyd Weinstein, he easily won his spot. Arval is not as young as he looks, and even I was surprised when I saw he was in the 45-49 age group. GET WELL FAST LLOYD. WE ALL MISSED YOU HERE. Ivan Zwick was another lifter that competed in the 1st Masters Bench Press Worlds the month before, and came back to show that he is also a three lift man, and won the 60-64 age group. Dillon Maier won the 65-69 age group. What can you say about Robert Cortes. The man NEVER ages. I have seen this guy lift with a broken finger, hurt back, and every other pain you can have at the age of 70 and he still finds a way to win. His 484 lb. deadlift, had the crowd looking on in amazement, myself included. 81 year old Roger Merrell won his class, and after the morning session was over, he and his wife did a two person deadlift for the crowd. There was a dogfight all the way to the end in the 165 40-44 between Roger Wahl and Carlos Lewis. At sub-total Carlos had a 20 kilo lead, but Roger came back with a great 267.5 kilo deadlift to win this class. We may see this dogfight again, as both lifters have been selected for the US team at the Masters Worlds. George Bartotti won the 50-54 age group. Sam "I Am" Alduenda has been on many World teams, and I guess he must like the traveling, because he is going again. Sam had another great day in winning the 55-59 age group, beating out James Yeats for the gold. Fred Archambault won the slot in the newly 60+ age group in the 165 lb. class. He beat out Dan Goodwin, and Jack Wolff who won the 60-64 age group. Bill Scully is a guy that is never at a loss for words. Even between lifts he is keeping you in laughter. It was great to see him win the 181 40-44. He had a bad day at last year's Worlds, and vows to make it up this year. Along with his great 700 kilo total, he won the best lifter award for the lightweight 40-49. If you ever need help, at any event, Dave Wiley is the man you want on your team. This guy always stops to help a fellow lifter, even if it's his opponent. Winning the 45-49 age group was great, after he lost the bar on his first squat. Even then, he was making sure that the spotters were ok. Thanks for the concern, Dave. He was followed by Lawrence Everett who traveled from Alaska, Bill Clayton, and David Barnes. Art Menton has waited 7 months to get back on the team after missing it last year with an injury before the Worlds. Art, DON'T WRESTLE WITH YOUR KIDS - THEY ARE YOUNGER. This was a tough class, with Jim Wold, Joe Rizza, and world bench press record holder Jim Klostergard, and Mike Rosenwald finishing up



Bill Scully: 265 kilo squat; 1st place in the 181 40-44 class. He, also, was named Outstanding Lifter. (Photograph provided courtesy of Johnny Graham to PL USA).



John Corsello: 160 kilo squat; 2nd place in the 132 40-44 class. (Photos provided by Johnny Graham).

the top five. Jim broke his world record that he had just set the month before in Luxembourg with a 190 kilo lift. William Callihan won the spot for the 60+ with a fine 452.5 kilo total. Charles Everett won the 70-74 age group. When day two started, all the lifters in the 198 lb. class were asking about Gene Bell. Gene was scheduled to lift, but a new Air Force assignment was moving him and his family during this time period. When that question was answered, it was up to the lifters to win the world team spot. Everyone loves a good fight, and they all got the chance to see one in the 40-44 age group. 1st thru 3rd was decided on one missed lift from each lifter, and with a good lift, we could have had a different champion. Mike Lohmann's great pulling power jumped him up from 3rd, at subtotal, to first. He needed all of the 282.5 kilo lift to win by 5 kilos over 2nd place lifter Todd Whitton, and 3rd place Ray Baxter. William Kellett placed 4th. Not to be outdone was the great Larry Traub. The 40-44 age group forgot how strong the 45-49 guys were. Larry has always been a lifter that makes his lifts look smooth, and did what he had to do to make the team. I made him promise, in front of all the spectators, that he will be in Canada this year. Aaron Byas is another great lifter in this class, and has been on the world team before, and placed second to Larry. Aaron lost some much needed lifts on his squat and bench press, and was not able to catch

up. Mike Godawa, and David Bertier finished up this class. The 198 50-54 saw Eddie White beating out multi-time team member Andy Christo for the gold. Eddie had some great lifts in all three events and left no ground for anyone to catch him. The Red Lights God was in full force, and we had half of the meet's bombouts come from this weight class. Ken Mulholland and Mike Mooney were able to get through this round, but Joe Lucio and Dave Mansfield were not as lucky. Bud Bower was another guy who has been around, but was also not able to get a squat passed. That left the door open for an easy win in the 198 55-59 age group for Lewis Langlinais. Jim Waters used his many years of lifting to win the 60-64 age group. One of the smoothest lifters around is Scott Roberts. This guy knows how to handle heavy weight, and do it with style. He doesn't leave weight on the platform and makes even the heavy ones look easy. Chalk that up to another National championship, and the chance to take back his gold medal. Bob Vivier also had some great lifts, and finished up 2nd. Steve Heyl and Kevin finished up the class. Phil Accordino had to make that 237.5 deadlift to win the 45-49 age group over Ronnie Randall. John Valpatic wasn't too far behind in 3rd, with Micheal Berg taking 4th. 5th went to Ricky Harvey, after Coury, and Rosenberg was unable to get lifts passed. David Clark is another guy who doesn't look his age, but has the power needed to make those international trips. He won the 54 age group over Jim Yakubovsky who was sched-

uled to lift in the 198 lb. class, but the food monster was with him. Another great lifter from Texas, Oscar Guzman, got the bronze, followed by Robert Morton. Dr. Gary Aron has lifted in more meets than I can count, but the one that counts the most was his gold medal performance in winning the 55-59 age group. Stan Chatis won the 60-64 over Bob Fleming, and the always great to see Bill Remley won the 70-74. 2000 IPF 242 lb. World Champion Shawn Cain was back for another trip to the Worlds. Words cannot describe the respect I have for this lifter. We have had the many

meets against and with each other for the past 16 years, and he is the true meaning of the words DRUG FREE POWERLIFTING. He has always been on my side supporting me, and I can't count the number of times we have sat in LONG National meetings, fighting for what we believe this sport means to us. And from looking at his lifts, there will be no slowing down in the near future. His 852.5 kilo total was the highest of the meet, and it also was good enough to win the best lifter award for the 40-49 heavyweight. Another great guy who travels the world helping, lifting, and supporting this organization is Nolan Crabbe. His 3rd deadlift of 272.5 kilos gave him the silver medal. He needed every ounce of it since Rick Kolbeck was right behind in 3rd by 5 kilos. Tom Babcock finished 4th, and military lifter Gary Pamplin was not able to get a squat passed. Cal Cornelius won the 45-49 age group with an easy win. Another war was on in the 50-54 age group with 2.5 kilos and bodyweight separating 1st-3rd. Bill Sindelar won with a 645 kilo total, but had to wait for Delvan Worley and Ron Burnett deadlift misses for the victory. Ron was also another lifter who was in the referee's chair when he wasn't lifting. I had to check the books to see if what I was reading was right. Robert Rood did not have one of his better days, but still walked away with the 1st place award in the 60-64 age group and best lifter for 60+ heavyweight. This guy can bench and deadlift,

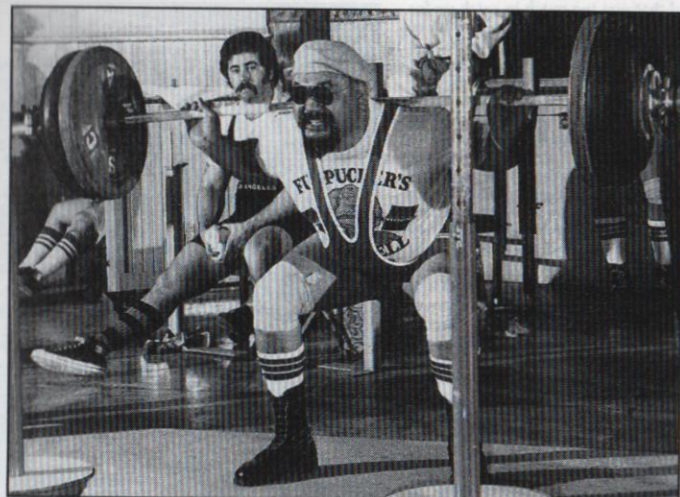


Tom Weeks with a 307.5 kilo pull in the 275 lb. 45-49 class. He was the National Champion. (All photographs provided courtesy of Johnny Graham).

Rood. I want to take this time to thank the officials, P.J. Couvillion, Anthony Hambric, Kim Beckwith, Lanette Lopez, Mike Mooney, Bill Clayton, Ron Burnett, Monte Loring, Willie Mastin, and Jim Klostergard. Guys you did a wonderful job. My security personnel, spotters, loaders, Rita Shorter, Monique Graham, Jennifer Graham, the great lifters of the Phantom Corps Powerlifting team, the staff of the Plaza Hotel, and anyone else I may have forgotten. A special thanks to my sponsors that have supported me for the past year, House of Pain, Steel in your Life, Power West, Inzer Advance Designs, Muscle Tech, Crain's Muscle World, ER Equipment, Advocate, and American Bodybuilding Products. Thanks for a wonderful year. And last but not least, the lady that keeps me aware of things around me, my great wife Elke. (Thanks to Johnny A. Graham, USAPL Masters Chairman, for these contest results).



Some of the Competitors backstage at the Men's National Masters USA Powerlifting Championships held in Killeen, Texas. Left to Right: Mike Rosenwald, Donna Alimososa, Andy Christo, Michael Roy, Robert Cortes, Alex Galant, Sam Alduenda, Amal Bridges. (Photograph provided courtesy of Hillary Rosenwald to Powerlifting USA).



Powerlifting USA Dedications

George Rada Memorial "The world of powerlifting knew George Rada as the man with the big arms. To anyone who knew him personally, he was the man with big heart. George was born in Caracas, Venezuela, April 5, 1961. He came to the US in 1983 and began powerlifting in 1989. He became a member of the Los Angeles Lifting Club in January 1999. November 1999 won a silver medal at the WPC Worlds in Calgary, Canada. In May 2000 he became an APF National Champion in Aurora, Illinois. On June 2, 2001, George succumbed to Hodgkin's Lymphoma. He was 40 years old. There are certain people you meet that enrich your life and give you hope for all mankind. George was one of those people. The Los Angeles Lifting Club has lost one of its leaders and dearest friends. The sport of powerlifting, which George loved, has lost one of the noblest man who has ever stepped on the platform. A man is measured by how much he gives and sacrifices rather than by the amount of weight he lifts. If that were the deciding factor in powerlifting, George's total might never be broken. "What we do in life in the present will echo in eternity." Anyone who knew and loved George knows he will always be part of our lives. That's the way he was, always thinking of others before himself. George Rada is now one of the Lifting Gods and he will be watching over all of us. (Nance Avigliano)



To my comrade in arms and thoughts, my compadre in the battles and everyday baptisms of life... **Pete Fernandez (Lobo)** passed away recently from a heart attack after suffering many years with diabetes. Lobo was Fudpucker's Barbell Club's superheavyweight during the 1970's. His antics both on and off the platform will be well remembered by those who witnessed them. Lobo was a very powerful and intelligent man, a nonconformist who tempered living life to its fullest with respect for the system and his fellow man. Lobo worked for 23 years for the city of Gardena's Human Services as a youth counselor. He tutored and rehabilitated hundreds of wayward youths that were headed down the wrong path in life. Because of his intelligence and "larger than life" appearance the vast majority of these kids responded to his mentoring and turned their lives around. When Lobo retired a few years back these same "problem" kids, now successful members of society, threw a party in his honor paying tribute to the man whom they considered turned their lives around. Lobo graduated from Bishop Montgomery High School at the top of his class. He was a great football player at both the high school level and at the local college he attended. A man of many talents, he played bit parts in both movies and television. A life long love of "riding in the wind", he was an avid Harley rider and at one time test-drove Honda motorcycles across country for the Honda Motor Company. Lobo is survived by his loving mother, Mary, a schoolteacher, his wife Leona, his sister Linda, daughters Regina and Marianne, and sons Xavier and Andrew. His mother says that her son left meaningful footprints on the sands of time. Those of us who loved him and were fortunate enough to call him a friend wholeheartedly agree. Farewell my brother, until we meet again. T. Myers Badura

Powerlifting Loses A Good Friend (by Maris Anne Sternberg) "I met George Rada for the first time at the 1999 APF Nationals in Fresno, California. I liked him immediately. He didn't do very well, but he stayed around the whole day to help his teammates from L.A. Lifting Club. That's the way he's been since I've known him. His strength and team spirit have been more than impressive. He was a good man and a good friend. Although I rarely got to see him except at meets, it was as if no time had passed since the last time. I will miss him greatly"

Further Tribute to Bill Decker (by Ron Fernando) "I got home after my usual hectic 13 hour day, ready for my Speed Bench Workout. There on my desk was POWER HOTLINE, which I have always considered my "fix" for up to the minute news on our beloved sport. This issue, however, had a bit of news which I could have done without: a small piece under the heading "Passings" - "... we understand that veteran master lifter and referee Bill Decker has passed away..." So, here I am at 11 PM doing something, something very small and insignificant, for a man who gave so much to the sport and exemplified the word "selflessness". As I wrote, my mind's eye was filled with memories of this great lifter, official, and most of all - person - who gave so much of himself to Powerlifting for as long as the sport has been in existence. I don't claim to have known Bill Decker well, but I have had the pleasure - yes, pleasure - of being refereed by him many times both in Arizona, where I grew up, and California where I started my serious PL training. The thing that crossed my mind was when I, as a young 19 year old novice lifter, bombed out of one of the early AAU Arizona State Powerlifting Championships in the early 70s. I remember starting waay too high on the squat and in the process getting literally stapled to the platform with the weight. Humiliated beyond belief, dejected and, frankly, ready to give up on the sport, I was trudging out of the gym when Bill approached me and said "Young man, we all fail, all of us, at one point or another. That is what life and this sport is about. Just strap on your belt and get back in the game - you'll be fine, you'll

see." 25 plus years later, I am still at it and a better person for it. I am sure that I am not the only lifter Bill helped out in this manner. Bill was the type of guy who could referee a World Record lift one minute and crack a joke the very next - he wore his blue official's blazer, emblazoned with lifting pins and patches like a General on parade. Not content with just judging, Bill was a record setting master lifter, up until very recently. Bill Decker was one of the unsung heroes of the sport, a guy who gave a lot more than he ever took, driving and flying thousands of miles a year to lend a hand at meets all over the country without so much as a thought for personal gain or compensation. His death, like those of so many of the - I hesitate to use the word - old timers, fills 40+ guys like me with infinite sadness. After all, most of us grew up, were weaned, and cut our teeth under the tutelage of guys like him. It seems that we are losing, at a terribly high rate, a lot of the elder statesmen of our sport. Too many of the younger lifters these days have absolutely NO idea of the horrible conditions lifters and officials like Bill Decker toiled in during the sport's infancy, like a bunch of rich kids, having grown up in a fancy home, never knowing what it was like to live in humble surroundings and eat plain food. Well, Bill Decker started in the sport when it was but a hovel, and remained until it is the amazing edifice we all know today. To say he will be missed is a gross understatement. I for one will remember his laugh, his good humor, and the fact that you could be damn proud of any effort that he deemed as a "Good Lift". Until we meet again, old friend.

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 Sir: I am a medical student at Midwestern University in Chicago, IL and am a competitive bodybuilder. Please let me say thank you for authoring all of your books, as I have learned a tremendous amount from the text themselves, as well as the application of the concepts in my training. I am truly a big fan of your work, and hope to be doing similar work in the future. I had a couple of questions regarding your stance on the metabolic shift to fat burning and ketosis. In many of the resources I've been able to gain access to, they have indicated that one of the most important metabolic adaptations which spares nitrogen/protein losses during carbohydrate restriction is the adaptation of the CNS/brain to metabolizing ketones for fuel, thereby decreasing the drive for gluconeogenesis. This apparently coincided with the adaptation of skeletal muscle shifting a strong metabolic preference to fatty acids instead of ketones and/or glycolysis. Preventing ketogenic adaptations appeared to maintain nitrogen losses on starvation/ketogenic diets. I noticed that your Metabolic Diet places little emphasis on ketosis and that the protein/fat ratio in the metabolic diet would likely keep someone out of the significantly ketogenic state. Do you feel that the CNS adaptations to ketosis are not significantly important to decreased catabolism/protein sparing effects of low carb/high fat diets or that the metabolic shift of skeletal muscle is independent from the adaptations of the CNS and are more a result of primary fuel availability? Or is it that the increased protein intake is able to overcome gluconeogenic drive for catabolism of muscle mass? I would very much appreciate your insight into this question, and if there is a charge for this service, I will be happy to compensate you for your time. Thank you very much for your time, and for so much you have taught me. **Aaron N.**

Hi Aaron: Thank you for the kind words. And I apologize for the late reply. Things have been extremely hectic for me the past several weeks and I'm way behind in my email and other correspondence.

As you've gathered from my books, for various reasons I'm not a fan of excessive ketosis (at least to the point of obsessing over ketonuria). First of all I believe that staying in ketosis may have long-term adverse effects (such as dehydration of various tissues and possible deterioration of cartilage and connective tissues, especially those that are weight bearing such as the vertebral disks). Secondly, being constantly in ketosis is catabolic and counter productive for keeping or enhancing muscle mass. And thirdly I don't believe that achieving ketosis to the point of showing significant ketonuria is necessary for any of the beneficial effects of the Metabolic Diet on body composition.

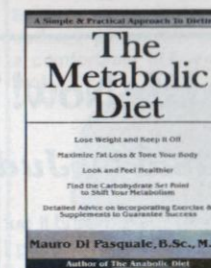
There are several reasons for my views and I'll try and outline them below. Keep in mind, however, that one of the more important ones is that the lack of the insulin-mediated anabolic effect. Insulin has been shown to both increase protein synthesis and decrease protein catabolism. In the Metabolic Diet, the anabolic effect of insulin (both direct and indirect - for example insulin in concert with GH leads to increases in muscle IGF-1 and subsequently to muscle hypertrophy) are harnessed while at the same time its lipogenic and anti-lipolytic

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effects are controlled.

Purely ketogenic diets have other drawbacks as well. First of all staying in ketosis can lower metabolic rate and thyroid hormone levels and activity (specifically T3 levels). This can make it more difficult to increase protein synthesis and muscle hypertrophy. Also, as mentioned above, chronic ketogenic diets dehydrate the body and can have adverse effects on joint tissues, including spinal discs, and may result in increased injuries.

Those that argue that it's vital to show significant ketonuria, and that without it the protein sparing effect of the ketogenic diet is lost, are confusing the issues involved in switching the metabolism from a carb burning to a fat burning one. The point is that by titrating the Metabolic Diet to the lowest carb level that works for you, you're maximizing the fat loss, minimizing muscle catabolism, and more importantly using a macronutrient mix that is in tune to your genotypic and phenotypic makeup.

The bottom line is that you shouldn't worry about ketosis and ketone levels in the urine and instead concentrate on the progress you

(Dr. DiPasquale's response will be continued next month)

It was the late Eighties and I was perched on top of the world. It seemed like I was one of God's chosen people. Everything I touched turned to gold. My company World Class Enterprises was doing extremely well. My two latest books 2001: *A Sports Odyssey* and *The Search for Greatness* were getting outstanding reviews and were selling like hot cakes. I was a feature writer for seven magazines and every day it seemed like another magazine would call me to write for them. My athletic career was going just as well. I was named as one of the top ten lifters of the year by *Powerlifting USA* and I held all of the ADFPA National and American records. In addition I was constantly being besieged for speaking engagements. I was in demand... BIG TIME!

It seemed like I had everything. A beautiful house, three cars, more money than I ever imagined possible, friends, fame and endless opportunities. Everything was so great and wondrous for me that I couldn't imagine it getting any better. Like I said, I was literally on top of the world ... or was I?

All of my friends would say, "Man you are lucky. You have it made." Of course, I had to pay a price for all of that. I would get up in the morning, brush my teeth, and then immediately shift my body from first gear to

Dr. JUDD

Enjoy Life Now! This is not a dress rehearsal by Judd Biasiotto Ph.D.

fifth. From there I would grind it out for the rest of the day. Everything I did, I took right to the limit. I showed myself no mercy. My day knew no hours, no limit. I would teach school for six hours, then drive to the gym and train for three hours. From there I would drive home, grab something to eat and sit down at my computer and read and write for another five or six hours. Actually, it wasn't uncommon for me to sit at my computer until two or three in the morning working. And it was nothing for me to get out of bed at four in the morning to write something that caught my mind while I was sleeping. Yes! Even my dreams were filled with my goals and work.

I functioned on the premise that there was no free ride in life. That if you want something in life you had to work for it. I firmly believed that nothing worthwhile came easy.

Whatever you want in life you have to work for. In other words you reaped what you sowed. If you were not willing to work, no one was going to help you, not even the Lord. Work was the price. We all had to pay to travel the road to success. Like Einstein said, "work is the foundation of all business, the source of all success, and the parent of genius." That was my point of view and I followed it to the "Tee".

I had a work ethic that would have literally killed most people. I was totally driven. I was determined to get the most out of my life. I wasn't going to rust out; I was going to wear out. I was going to matter, I was going to be somebody, accomplish things. I was determined to be the very best that I could be. I was going to be a person to be reckoned with.

Believe me, I sacrificed a lot. I hardly dated, I never drank, I con-

stantly watched my diet and I worked my body and mind unmercifully. I thought 'this what it takes to be great'. You have to be willing to take yourself to the very limit. The highway to success is definitely a toll road. Everything in life has a price. If you are not willing to work, I asserted, you would never achieve any real success in life. I was totally convinced of that. Consequently my basic philosophy of life was work hard, achieve success, and happiness will follow.

Aristotle pointed out, long ago, that true happiness resides in physical and mental activity, not in entertainment or amusement. Happiness comes from hard work and accomplishment, from performing things that we can take great pride in accomplishing. William J. Bennett said basically the same thing. He said, "Life's greatest joys are not what one does apart from the work of one's life, but with the work of one's life." So did Einstein, J.F.K. and just about every other successful person in the world. In order to reach the pinnacle in any field you have to pay your dues. There is just no other way around it. Hard work was the secret to happiness because hard work lead to accomplishments and accomplishments lead to happiness. That was my belief system.

Well, I worked and I achieved and I was happy, but there was some-

" ... I hardly dated, I never drank, I constantly watched my diet and I worked my body and mind unmercifully. I thought 'this what it takes to be great'..."

thing missing. When I couldn't figure out what it was, I buried myself in even more work and accomplished more and more, instead of taking the time to investigate what was missing in my life. I clung to my principle that work would lead to achievement and achievement would eventually lead to happiness.

I might have stayed that course if it had not been for an extremely poignant experience in my life. Let me share the incident with you with the hope that you can learn from it as I did. If you read my column with any consistency you probably know that my father was the man I respected most in my life. I never met a man that I admired and loved as much. For me, he represented everything that was right about this beautiful world of ours. Still, he had his flaws

like everyone else. Case in point: my father had been promising my mother for decades that he was going to take her back to Venice, Italy to tour the streets of their birth place. He would tell her, "We are going to go to Venice and rent the most magnificent gondola and experience the absolute beauty of this exquisite city." It was their dream and they

talked about it often. Every time they got ready to make the trip, something came up that kept them from going. First it was money for the house, then money for their children's education, after that they started a business that required their time. It was one thing right after the other. I hate to say this, but they constantly put their pleasures aside because of ambition, misplaced priorities and guilt-ridden anxieties.

Then do you know what happened? My father, who was built like a Greek god and who was healthy as a horse, unexpectedly and without warning died. And do you know what? My mother had to make her dream excursion to Italy by herself. She had to sit in that majestic gondola and tour the streets of Venice alone. I hated that! My parents were

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Many events are adjusted for variables--e.g. in the power lifts we rate each lift in 3 classes: raw lifts, IPF marks, or other. In track & field we factor in altitude, wind, faster tracks, fiberglass poles, etc.

Most events can be scored in four ways:

1. An absolute mark.
2. By bodyweight.
3. By height.
4. Age.

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supposed to enjoy that trip together. My father who worked his entire life to support his family and give his children an education never got to see his beautiful homeland and my mother who sacrificed so much for the same things had to bare the pain of seeing it without the man she loved. I hate it! It bothers me till this very day, but it was a great learning experience. It taught me that life is uncertain and that we need to enjoy it NOW.

From that day on, I stopped telling myself that I was going to enjoy life later on. I realized that my rationale for not enjoying myself ... financial security, athletic and business success foremost, fun later ... had kept me mired in joylessness. I also came to the realization that it is important to work hard, but it is just as important to enjoy yourself. When you die and go to heaven, God is not going to ask you how much money you have in your bank account or how many weightlifting titles you have. More likely He is going to ask you if you experienced and shared His joy with the world ... did you reach out and enrich your life and the lives of others? Did you enjoy yourself He will ask because (as the saying goes) there is no room in heaven for people who have not enjoyed themselves on earth.

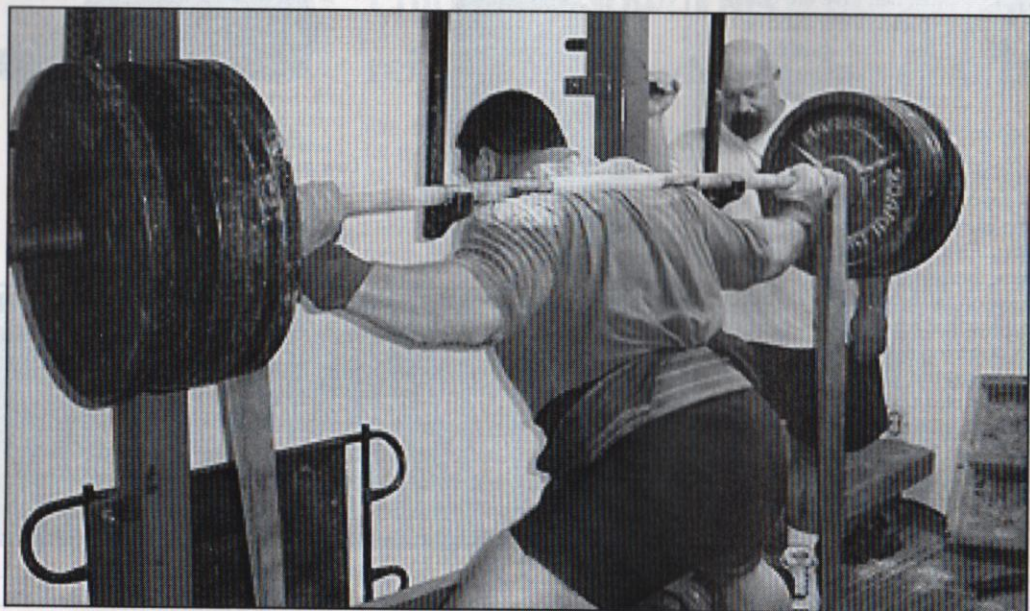
Now, I am not suggesting that life

should be one big blast or that we should experience heaven right here on earth. In fact, I'm convinced that people who equate happiness with fun have some misguided ideas about the true nature of happiness. The truth is that fun and happiness are barely related. Fun is a short-term feeling of pleasure that we experience during an event or act. Happiness is a long-term feeling of accomplishment and contentment that we experience after an event or act. Happiness is a more profound and enduring emotion than fun.

Still joy and/or fun are essential for contentment and well being. Joy nourishes self-esteem, and joyful people are more likely to like themselves, feel accountable for their behavior, and respect the rights and feelings of others. Consequently joy is not something to be avoided but rather something to be pursued? And let me warn you, life is very uncertain and time is very short. One moment you are breaking the world record and the next moment you are seventy years old sitting on your porch wondering where your life went. Even more disconcerting is the fact that you can be here one day and gone the next. Life is not a dress rehearsal. We don't have forever. And if you want life, you'd better live it now, because if you wait it might not be there. EMBRACE LIFE NOW!

WESTSIDE Q&A

by Dave Tate of
Elite Fitness Systems



Rob Fusner squatting under the eye of Louie Simmons at Westside Barbell Club. (courtesy of Dave Tate)

Question #1 Dave, I'm so weak in the hips that my grandmother could out-squat me. But so far, I feel the best hip exercise for me is the squat. Squatting wider helped a little, but I never cured the hip pain until I took my stance in a bit. Could I somehow work the squat into WSB training? If not, what could you suggest to get my hip strength up? I'm really lanky, which is causing "squat-impairment". Thanks.

Answer: Try squatting on a lower box. Ankle dragging with the sled is what I use to build up my hips. For myself I have not found anything better. I like to drag three trips of 200 feet using between 25 and 100 pound depending on the day. I ankle drag one time a week in the off season (we really do not have a off season, but if a meet is not close I cut back) About 8 to 10 weeks out I will ankle drag two to three days per week.

Question #2 Dave, could you give me a sample of the Circa Squat cycle for 7 weeks showing the percentages used and the bands to use during each week? This would be very helpful. I currently have the blue, green and pink bands.

Answer: I have been getting tons of questions like this. It would be easier if I give the percents and recommended bands for everyone:

Squat Cycles with Bands
A. Regular Training Phase (or Strength Speed): Week 1: 47% (RG Band) 8 sets of 2. Week 2: 51% (RG

Band) 8 sets of 2. Week 3: 53% (RG Band) 8 sets of 2. * 4 to 6 reps over the three weeks must be above training percent. This is done in addition to.

B. Speed Strength Phase: Week 1: 15% (SS Band) 5 sets of 2. Week 2: 20% (SS Band) 5 sets of 2. Week 3: 25% (SS band) 5 sets of 2. * 3-5 reps over the three weeks must be above training percent. This is done in addition to.

C. Circa-maximal Phase Week 1: 47% (CM Band) 5 sets of 2. Week 2: 51% (CM Band) 5 sets of 2. Week 3: 53% (CM Band) 5 sets of 2. Week 4: 47% (CM Band) 5 sets of 2. * 3-5 reps over the three weeks must be above training percent. This is done in addition to.

D. Deload Phase: Week 1: 53% (RG Band) 5 sets of 2. Week 2: 47% (RG Band) 5 sets of 2. Week 3: Meet or Test Date

* To run the waves stick with the Regular training phase for most of the year. Once or twice a year cycle through the Speed Strength Phase and before a meet run through the circa-maximal phase followed by the deload phase: Recommended Bands for Squat Training Phases: Squat: Max: 300-500 RG

Band: Pink, SS Band: Blue, CM Band: Green
Max: 501-750 RG Band: Green, SS Band: Blue Green, CM Band: Blue

Pink
Max: 751-1000 RG Band: Blue, SS Band: Two Blue Green, CM Band: Blue Green

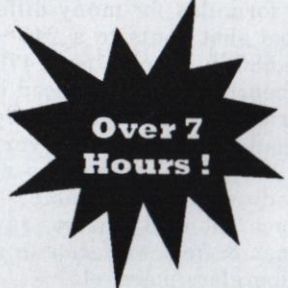
* These are recommended band tensions, if you are not used to band training they may be too high. The Speed Strength and Circa-maximal Phases are advanced phases. If you are not an advanced lifter do not do them. They will not work for you! Stick with the Regular phase.

* For the bands to work properly, you must have tension at the bottom!

Question #3 Dave, your website is very informative and lifting the Westside way has greatly improved my strength. A question about bench pressing: About how wide should the grip be when benching for a max? Thanks for your help.

Answer: Depends on if you are using a bench shirt or not. If you are using a shirt you want to tax the max legal grip. This is as wide as possible but still covering the lines. If you are not using a shirt bring it in two or three fingers. For more Q and A's visit our "Ask Dave" section on our site located at www.elitefts.com.

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World Powerlifting Organization News (TM) What's the Difference?#6

While surfing the Internet, I came across a powerlifting website where an individual was questioning WPO(TM) equipment standards (i.e., bench shirts) and equipment checks. The contest in point, the 2001 Arnold Classic. One very observant spectator noticed two shirts that were not legal according to WPO(TM) specs. To this observer, I would say "touche" and ask her if she would like a part-time job as WPO(TM) fourth referee. This observation was 100% correct. There were two illegal WPO(TM) shirts, both used on third attempts, the results were one lift made and one missed. The lift made did count toward the biggest bench in the division that day, but not a WPO(TM) World Bench Record. Remember, this contest was a dual-sanctioned APF (American Powerlifting Federation) and WPO(TM) (World Powerlifting Organization), and with this in mind, it was the APF rules that presided over the contest. If a lifter wished to use APF standard equipment they could. However, they were not eligible to set WPO(TM) records and this would eliminate them from the bonus dollars given for all new WPO (TM) records.

Questions:

1. *What is the WPO's (TM) rule on squat depth?* Upon receiving the head referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint (B) are lower than the top of the knees (A). This is a direct quote from pg. 9 of the WPO (TM) Rule Book. (See illustration.)

2. *Are any type of elbow wraps or supportive sleeves allowed when squatting, benching or deadlifting?* NO! In order to eliminate any controversy about extra supportive gear, there are no elbow supports or wraps allowed in any WPO (TM) contests.

3. *Why are kilograms used rather than pounds in all WPO (TM) contests?* WPO (TM) Rule Book, pg. 1., rule 2, under General Rules - "All competition under WPO (TM) rules must be conducted in kilograms." As most people are aware, the United States is the only country in the world that recognizes pounds as a measure of weight. In the interest of being a world organization, the WPO (TM) recognizes the true international measure of weight as kilograms for the convenience of all lifters. Kieran and I are currently working on spectator friendly ways to keep true powerlifting fans abreast of the weights on the bar (i.e., scoreboard; monitors.)

4. *Can you explain the WPO's (TM) fourth "roaming judge"?* Yes,

the basis of the fourth judge is to make sure all lifters are in compliance with the equipment rules. The "roaming judge" is just an extra pair of eyes watching and making sure all equipment rules are strictly enforced. We realize that the equipment an athlete provides judges at the check may not be the actual gear he will use in the contest. To combat this possible problem, we have instituted the "roaming judge policy." In the WPO(TM), we have the three traditional platform judges, plus a fourth that will roam periodically checking lifting equipment.

5. *What are the dates and locations of WPO(TM) upcoming events?* August 12, 2001 - WPO (TM) Semi-Finals Qualifier - Orlando, Florida. September 8, 2001 - WPO(TM) Bench Bash for Cash - Daytona Beach, Florida. November 17, 2001 - WPO (TM) Professional Powerlifting Championship - Orlando. Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO(TM) Rule Book. Remember - Stay Hardcore!

Russ Barlow, WPO(TM)
Technical Director



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Lifting belts and lifters are as synonymous as baseball players and mitts it seems. The vast majority of lifters in gyms wear a lifting belt of one kind or another. The problem is many lifters do not use lifting belts optimally. Ineffective use of a belt many actually weaken the lifter and expose him to a higher chance of injury, but on the flip side, its proper use can increase results and safety.

The oldest form of lifting belt is the thin, narrow in front, wide in back type worn by the Olympic lifters we've all seen on TV. This type of belt may work for them, but not necessarily for the powerlifter. Olympic lifters tend to lean back, while powerlifters tend to lean forward during execution of their respective competitive lifts. That difference necessitates more support in the front of the body for the powerlifter. Legendary lifter, Lamar Gant, realized this long ago and wore a thin in front, wide in back style belt backwards so the support would be in the front of his body. Belt makers caught on and marketed belts that are the same width around the whole circumference for the discriminating powerlifter.

Using a lifting belt allows the abdominals to push against the belt during exertion. This stabilizes the spine, giving the lifter greater power, stability and support. This increase in intra-abdominal pressure relieves pressure on the spinal disks. Less spinal pressure lessens the likelihood of injury to the disks, reducing chance of injury. This pushing also helps to work your abs in the process. Lamar was scientifically ahead of his time in addition to lifting prowess.

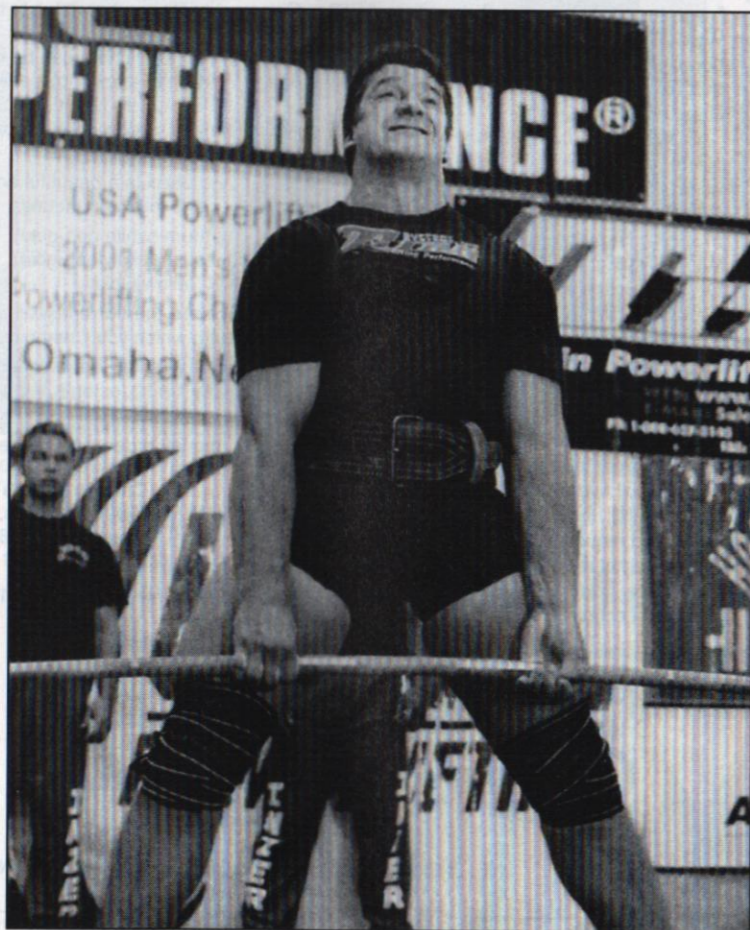
The negative side of this is, constantly using a belt doesn't permit the lifter's abdominals to work and develop. The belt is used as a crutch and limits the development of the abs. The best answer is to use a belt only for sets of 3 or less reps. Use of this method allows your abs to develop on the lighter, higher rep sets and still provides the lifter protection on heavy sets. Obviously, abdominal exercises like crunches are an absolute requirement. This can also pay off in every day life. Many retail stores like hardware stores provide employees with belts to wear during work hours to 'protect' them while they are lifting merchandise on the job. What they have found is many of these employees injure their backs while off work. The reason is simple, since they are wearing belts at work, they fail to keep their abs in shape due to the belt doing the work of their abs. When they lift off the job without belts, they have a greater tendency

STARTIN' OUT

A special section dedicated to the beginning lifter

LIFTING BELTS

as told to Powerlifting USA by Doug Daniels



Guest Lifter Michael Kalter pulled a new European Record of 801 lbs. in the 220s at the 2001 USAPL Men's Nationals utilizing a typical modern lifting belt.

for injury. Using a belt during the bench should be reconsidered. First, there would seem to be less pressure on the spine than during the squat or deadlift. Second, using a belt will restrict your ability to achieve an arch. If you absolutely must use a belt to bench, use a thin one, not a double or triple thick belt used for squatting. One possible use for a belt while benching is to help keep your bench press shirt on tight. Get the shirt on and cinch the belt around it to better hold it in place. I would not recommend wearing a belt while doing assistance work like curls, presses, tricep work, etc. There is simply no need for it.

How tight to cinch the belt is

another consideration. The tighter the belt, the more support, but that can have its drawbacks. First, if worn too tight, it could cause breathing problems or elevate the heart rate and blood pressure. If worn too high above the waist, it could crack a rib. Common sense is the best solution as to the tightness and placement. If it causes shortness of breath or pain, it's too tight or too high. A no-brainer would be to draw the belt tight just right before you take your attempt or set. After the set, loosen or remove the belt as soon as possible. To get a belt on really tight, it may require 2 helpers. One could pull on the belt and the other to hold the lifter and fasten the buckle or lever. If you must

wear the belt for the whole workout, keep it on loose during the lighter sets and rests between sets. After a heavy lift, loosen your belt before removing any wraps or squat suit straps. Common sense is usually the right answer.

There are many types of belts. Most lifters wear belts made of leather, which is your best choice. Belts also vary in thickness. Some are single layered, others are double or triple thickness. I would suggest if you use a belt for the bench, choose a light, single thickness belt to least restrict the arch. Most belts come with buckles but others use a 'lever' to open and close. I would suggest trying both to see what works best for you. As with all power gear, I can't emphasize enough to not try any new gear at a meet for the first time. This also goes for degree of tightness and belt placement around your waist. Use your gear in training so you know how it works. This will help prevent costly surprises. Bring a backup belt in case your main belt gets lost, stolen or breaks. If you have to borrow one, lower your attempts to reduce the risk. The same goes for degree of tightness.

The rules of powerlifting have no requirement to use a belt, unlike a one-piece singlet or shoes. The width of the belt must not exceed 10 centimeters and the thickness must not exceed 13 millimeters. This eliminates yard wide in the backside belts worn at sissy health spas. Please check the rules of the organizations you compete in beforehand to be sure.

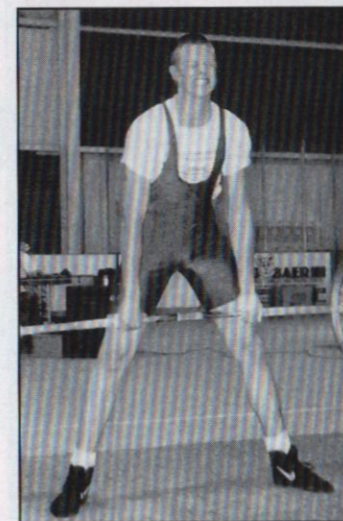
I hope this article has given you a few more things to think about concerning belts for lifting. A lifting belt can be a definite positive in competition and training. Using it optimally can translate into higher totals and increased safety. The key is to know when and how to use one. Its misuse can be counterproductive to both your lifting and even everyday activities. Don't use a lifting belt instead of your abs; use it in conjunction with your abs. It can almost be like playing baseball with your glove on the wrong hand.

Doug's Web address: members.aol.com/ddanil12345/default.htm

ADAU Nationals

26,27 May 01 - Pittsburgh, PA					
WOMEN	SQ	BP	DL	TOT	
114 lb. Open					
A. Hickey	155	90	240	485	
Open 148 lb.					
K. Iszkula	230	125	300	655	
S. Elchynski	200	130	290	620	
165 lb.					
K. Blair	200	120	260	580	
Boys (10-11)					
88 lb.					
O. Perhacs	130	75	155	365	
105 lb. (12-13)					
B. Elchynski	150	105	210	465	
MEN					
Open 114 lb.					
D. Perhacs	130	75	155	365	
123 lb.					
J. Careri	185	110	225	520	
(12-13)					
J. Careri	185	110	225	520	
132 lb.					
T. Tullio	185	165	290	640	
(55-59)					
T. Tullio	185	165	290	640	
148 lb.					
R. Cruz	415	270	465	1150	
(14-15)					
N. Green	265	210	340	815	
(40-44)					
R. Cruz	415	270	465	1150	
165 lb.					
J. Braca	450	335	610	1395	
M. Catalino	490	340	540	1370	
J. Folmar	430	245	520	1195	
(16-17)					
J. Folmar	430	245	520	1195	
(18-19)					
A. Hersperger	355	295	475	1125	
R. Hanes	340	240	430	1010	
J. Wakeman	275	225	370	870	
(20-23)					
M. Catalino	490	340	540	1370	
Open 181 lb.					
B. Woolston	480	365	540	1385	
D. Teeter	475	325	560	1360	
A. Brown	475	275	500	1250	
A. Joseph	395	315	520	1230	
R. Chariton	400	310	455	1165	
(16-17)					
M. Fiorelli	345	240	495	1080	
J. Post	350	255	470	1075	
B. Kuchta	330	230	410	970	
J. Stempka	350	230	470	1050	
R. Chariton	400	310	455	1165	
J. Siegel	390	240	475	1105	
181 lb. (40-44)					
S. Fisher	365	245	440	1050	
198 lb. Open					
M. Mastrean	575	400	660	1635	
E. Cridge	525	400	575	1500	
J. Cared, Sr.	470	325	525	1320	
M. Matthews	460	290	525	1275	
B. Bayer	480	245	520	1245	
(16-17)					
M. Rojas	420	275	480	1175	
S. Randall	355	240	435	1030	
R. Hall	270	215	435	920	
P. Guzinski	250	206	435	890	
C. Engelskirger	400	245	510	1155	
S. Wright	410	225	495	1130	
(45-49)					
J. Cared, Sr.	470	325	525	1320	
B. Bayer	480	245	520	1245	
220 lb.					
J. Braun	535	390	620	1545	
N. Vlasic	545	440	550	1535	
M. Schmidt	580	290	580	1450	
G. Davis	485	350	585	1420	
T. Brace	465	305	535	1305	
(35-39)					
N. Vlasic	545	440	550	1535	
M. Schmidt	580	290	580	1450	
242 lb. Open					
S. Protomastro	600	420	635	1655	
R. Davis	540	325	680	1545	
M. Magyar	540	310	605	1455	
G. Lewis	500	375	555	1430	
(12-13)					
J. Lee, Jr.	270	175	330	775	
(16-17)					
M. Magyar	540	310	605	1455	
S. Protomastro	600	420	635	1655	
C. Tune	450	360	450	1260	
(40-44)					
R. Davis	540	325	680	1545	
M. Bowen	475	300	480	1250	
275 lb. Open					
M. Kantz	470	315	585	1370	
319 lb. Open					
J. Lee, Jr.	525	350	585	1460	

R. Blanchard 515 325 575 1415
T. Wallick 250 250 300 800
(16-17)
A. Byerly 480 255 440 1175
J. Lee, Jr. 525 350 585 1460
D. Stoner 430 385 485 1300
T. Wallick 250 260 300 800
SHW (16-17)
S. McHenry 405 300 455 1160
The 2nd ADAU Nationals was held at the spacious Iceplex in Southpointe, the practice facility of the NHL's Pittsburgh Penguins. The lifting platform and warm-up area was actually on an unfrozen hockey rink! The lifters seemed to enjoy this site, with its sports bar and wide open spaces, so much, that the Nationals will be hosted again next year by Mike Mastrean and his capable crew. The first day's lifting included all the women and the men's classes up to and including the 181s. Lifting started at 9:30 AM and was done by 2:30 PM each day; including breaks between lifts and the trophy presentation. The modified conventional system was used. It is faster and easier on the spotter/loaders than other methods. All con-



Paul Guzinski: 17, 198 lb. class with a 435 deadlift. Paul at 6 ft. 6 must have the 'highest' DL around. (Photograph provided by Joe Pyra).

testants at ADAU meets lift without the aid of supportive gear, except a belt, and are subjected to drug testing. Those drug tested at this championship and those out-of-meet tested prior to the contest are listed near the end of my report. All lifters were tested by urinalysis through Quest Labs of California. Now, on to the lifting. WOMEN'S: Competing as a 114er, 17 year old and 108 pound Adrienne Hickey set all the American records for her age group while going 8 for 9. Her best lifts on the day were 155 - 90 - 240 for a 485 total. The 148's saw Sherry Elchynski win the Masters 40-44, highlighted by her record BP of 130. Teenager Kaleena Iszkula won the Open 148's with her 655 total. The last woman lifter was Kathy Blair; who totaled 580 to win the Submaster 165's. Lightweight Men: At a whopping 81 pounds and 11 years of age, our smallest and youngest competitor, Doug Perhacs won the 88 lb. Youth division and the Open 114# class. His 135# 4th attempt squat was an age group record. Bryan Elchynski, son of Sherry Elchynski, won the 12-13 105# class with his American Record lifts of 150 - 105 - 210 - 465. A perfect 9 for 9 day! 13 year old John Careri won the Teenage and Open 123's with his 520 total. John didn't miss an attempt until his last DL. It was good to see the youngest lifters lifting "within themselves" and making most of their attempts. At 132, 56 year old Tim Tullio was the only entrant. He made the most of his day though, by establishing the American Records in the 55-59 age group. At 148, Ramon Cruz came to defend his 2000 National title, being 41 years old, Ramon won both the open and Masters for the second time. None of his eight children were there to see it though! Norm Green, 15, came down from the 165's to win the 14-15 Teenage division. Defending cham-

panion at 165, Joe Braca was returning from a back injury; but had just enough to hold off Junior lifter Matt Catalino for the title. Joe's squat was down considerably from last year's 500; but his 635 DL was close to completion. Matt missed only his last squat, 510, and last deadlift, 565, which if completed would have forced a tie and a re-weigh, as both lifters weighed in at 163.75. Matt did repeat as Jr. National champ. These two fine lifters have gone head-to-head three times in the last year in ADAU competition with Catalino getting closer and closer each time. Not to be lost in the shuffle +was the lifting of 17 year old Jim Folmar. Jim almost bombed in the bench, having to get it on his third, but broke American Records everywhere else with his 430 squat, 520 deadlift and 1195 total. A trio of 18 year olds were led by Adam Hersperger's 295 bench press and 1125 total. Hersperger won the 16-17 division last year. You may not be able to tell from the final results, but three lifters had a legit shot at the 181# Open division gold medal. Brian Woolston rode the strength of his double bodyweight BP and 6 for 6 start to obtain what seemed like a commanding subtotal lead, but you know what they say about the meet and when it starts. Well, it started here. Woolston lifted very intelligently and completed a perfect 9 for 9 day with his 540 DL and 1385 total. Donald Teeter was 4 for 6 at subs and 45 pounds down. 19 year old Andy Brown was only 2 for 6, almost bombed in the bench, and was down by 95. Teeter pulled his first two, then gave 585 and the win a try, but couldn't quite complete it. Brown opened conservatively with 500, then jumped to 600 for an American Teenage record. The lift was completed, but turned down due to a lack of knee lock. The strength was there. Brown went to 635 for the win, got it past his knees, but couldn't lock it out. Andy then won the Pittsburgh Strongman Contest later that evening! Roy Charlton easily outdistanced Jay Siegel to win the Submasters title 1165 to 1105. A tight battle was also waged in the 16-17's. It was won when Michael Fiorelli outdeadlifted Jeremy Post 495 to 470, to win 1080 to 1075. Stephen Fisher won the 40-44's and Jeremy Stempka won the 18-19's with identical 1050 totals. Heavyweight Men: The second day's lifting started with a full slate of 198ers. Unfortunately for those entered, our meet director also lifted. Mike Mastrean went 8 for 8, passing his last BP, and smashed the deadlift and total records with his 660 and 1635 respectively. A distant second was 19 year

old Ed Cridge who totaled an excellent 1500. He broke his own teenage records in the squat, bench, and total. Joe Careri, Sr. wasn't 100% healthy for this meet, but totaled a respectable 1320 to place third in the Open and win a second National Masters title. He also added a third title for the Careri family this weekend, as it was his son who won the 123 teenage and Open titles. Bugs Bayer didn't lift as well as he usually does, but set a squat record along the way towards his 1245 total and title in the 55-59 age group. A quality group of teenagers was led by 17 year old local football player Manny Rojas who set a record with his 4th attempt record of 425. Carson Engelskirger won a back and forth battle with last year's champion Sam Wright, 1155 to 1130, to capture the 18-19 teen title. Just like in the 181's, the winner at 220 wasn't determined until the final deadlift. Submaster Nick Vlasic appeared to be in control from the outset. Vlasic made a 545 squat after missing it on his second attempt and blasted a record 440 BP to have a 60 pound subtotal lead over

last year's runner - up Joe Braun. Braun was having a good day also, hitting 5 for 6 after the benches to give him a shot. When Vlasic missed his final DL at 570, Braun took that shot and made a great 620 to move up one place from last year's silver medal. Mark Schmidt squatted and deadlifted his way past a couple of younger lifters to place third in the Open and win his second National title in the 45-49 age group with a 1450 total. At 242, Junior lifter Steve Protomastro ended up with the heaviest total of the weekend when he finished with a 1655. Last year Protomastro won the 275 Junior class with a 1650. Steve's easy 420 BP, 635 DL, and total were all age group records. The title was made easy for Steve when Rick Davis missed a big jump to a 590 squat. Davis won the 40-44 title but unfortunately just missed the big 725 DL that he wanted. 17 year old Matt Magyar, a member of Pennsylvania's state champion football team, won the 16-17's with a great 8 for 9 day. All of his final lifts were American Records on his way to his second teenage National title. Mark Bowen squatted well and totaled 1250 to win the 45-49 Master's class. Jack Lee, III missed his first squat, perhaps on nerves, then cruised through 8 successful attempts on his way to the 12-13 age group title and four American records. Matt Kantz's biggest struggle of the day was to make the 275# limit. But once he sweated that out, he went 9 for 9 to total 1370 and earn his Gold Medal. Jack Lee, Jr. matched his son's 8 for 9 day, set the squat record, and totaled 1460 to win the Open and Masters 40-44 National titles. The Lee's were our third "family affair" of lifters at this meet! Not too far off was Rob Blanchard and his 1415 total. 17 year old Anthony "Tank" Byerly made all of his squats and totaled 1175 to win his first title. After a several year hiatus from competition, Terry Wallick only did token lifts to establish the records in the 55-59 age group and win a Masters title. Our only super heavyweight was 340 pound and 16 year old Scott McHenry. Even though there was no one there to push him, McHenry went 9 for 9 and broke all of his own American records on his way to an 1160 total. Meet Prologue: The outstanding lightweight lifter for the second year in a row was 38 year old 165 pounder Joe Braca. The outstanding heavyweight lifter was 198 pounder Mike Mastrean. The outstanding woman lifter was Kaleena Iszkula. The team champions were Joe's Gym of Erie, PA for the second consecutive year. The runner-up team was The Underground Gym. All lifters that were drug tested at this contest and those out of meet tested for this contest passed their urinalysis, as determined by Quest Labs. Tested at the meet were the following: Iszkula, Cruz,



Outstanding lifters from left to right: Joe Oregia, Joe Braca, Al Siegel. (Photograph provided by Joe Oregia).

J. Braca, Woolston, Teeter, Mastrean, Cridge, Braun, Vlasic, Prolomastro, Lee, Jr. Tested out of meet for this contest were the following: Siegel, Bayer, T. Braca Tested in their previous meet (all within the last 3 months) were the following: Post, Folmar, Brown, Cared, Sr., G. Davis, Tune, Magyar. This just shows that we're testing our best lifters as much as we can. As mentioned earlier, next year's National Championships will also be held in Pittsburgh, PA. Information will be sent out to all members as soon as it becomes available. Anyone who is willing to lift raw, and is drug free for 5 years is eligible to attend. (Thanks to Jay Siegel for providing the results of this contest to PL USA).

G.N.C. NUTRITION UPDATE

The Dynamic Duo by Dr. Jeffrey Stout, Ph.D.



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

Recently, GNC scientists designed one of the most potent synergistic supplements ever to appear on the market—MEGA Creatine. This combination of five grams creatine with one gram of phosphates, along with a patented effervescent delivery technology, has provided a one-two punch like nothing before. Take a gander at the science and I bet you will be as impressed as I was.

Phosphates, or Phosphorus, is a non-metallic element and, following calcium, is the most abundant mineral in the body. Accordingly, phosphates are extremely important in human metabolism. Approximately 80-90% of the phosphorus in the body combines to form calcium phosphate, which is used for the development of bones and teeth. Other phosphate salts, such as sodium phosphate, are involved in acid-base balance. The remainder of the body's phosphates are found in a variety of organic forms, including phospholipid, which help form cell membranes and DNA, which is part of your genetic material. (Bucci, 1993).

Phosphates are also essential to normal function of most of the B vitamins involved in the energy processes within the cell. They are also part of the high-energy compounds

found in the muscle cell, such as ATP and phosphocreatine, which are needed for muscle contraction. Glucose also needs to be phosphorylated in order to proceed through glycolysis, which is a metabolic pathway that produces ATP. Finally, organic phosphates are also part of a compound in red blood cells known as 2,3-DPG (2,3-diphosphoglycerate), which facilitates the release of oxygen to the muscle tissues. (Bucci, 1993). So in a nutshell, you need phosphates for your skeleton, DNA, energy systems, and for oxygen delivery. If that doesn't convince you of the importance of this nutrient, then Elvis truly is alive and kicking.

Creatine, a nitrogenous amine, is naturally occurring in the body (mainly muscle) and in food such as meat. For instance, you'll find about five grams of creatine in 2.5 lbs of meat. Creatine is an essential, natural substance required for energy metabolism and muscular movement. The human body makes creatine from three amino acids: glycine, arginine, and methionine.

How the Combo Works

The mechanism by which phos-

phate works is based on its ability to buffer lactic acid, improve the body's ability to deliver oxygen to contracting muscles, and enhance the cardiovascular system's ability to deliver more nutrients to the muscle. Creatine supplementation works by increasing creatine phosphate levels in the muscle. Creatine is clearly one of the best and most effective supplements on the market. But when creatine is ingested, it enters the bloodstream as free creatine. It must first be phosphorylated (here comes the need for phosphates again!) in order to be trapped by the muscle cell (the same goes for glucose to make glycogen). The amount of creatine that is phosphorylated (a phosphate is attached) is dependent on how much phosphate is available. The human body can only supply a limited amount, and unfortunately, that may not be enough. As a result, a lot of creatine may be lost during the loading phase. Furthermore, during intense exercise, muscle fatigue develops quickly as the ability to produce enough ATP for muscle contraction diminishes. The regeneration of ATP for repeated reps and sets in the gym relies more on glycolysis and creatine phosphate. It has been suggested that if phosphates

can be provided to the muscles during intense exercise it would prolong the exhaustion of creatine phosphate stores.

Show ME the evidence!

A recent study investigated the effect of supplemental creatine alone versus creatine plus phosphate. Male and female subjects were given either five grams of creatine four times per day or five grams of creatine plus one gram phosphate four times per day for five days. The combination of creatine plus phosphate resulted in a significantly higher performance, suggesting performance benefits over creatine alone (Wallace et al. 1997).

In agreement, a more recent study examined the effects of creatine vs. creatine plus phosphate (Mega Creatine) on anaerobic working capacity (AWC). Male subjects were randomly put into one of three treatment groups: placebo (PL), five grams of Creatine (Cr) or five grams of Creatine + one gram phosphates (Mega Creatine). Each subject was asked to dissolve his supplements in 16 oz of water and ingest it four times per day for six consecutive days. The subjects performed a cycle ergometry test to determine AWC. The placebo and Cr group increased AWC by -3.0 and +16.0%, respectively. The Mega Creatine group increased their AWC by an incredible +49% percent (see Figure below; Eckerson et al. 2001). To date, I am unaware of any supplement being able to improve AWC this much.

Conclusion

Taking phosphates with creatine may form a potent one-two punch. If you want to boost the effects of creatine, take a one-gram serving of phosphates (preferably a sodium-potassium mix) with every serving of creatine, or just take GNC Pro Performance's MEGA Creatine.

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- Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, available at all GNC stores. More information is available at www.gncproperformance.com.

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73 year old: Allen Glass pulls a SLP Indiana State record of 300 @ 220 age 70-74. (Photo provided by courtesy of Dr. Darrell Latch to PL USA).

Son Light Power Indiana BP/DL 5 May 01 - Frankfort, IN

BENCH	165 lb.	181 lb.	220 lb.	275 lb.	300 lb.
MEN	M. Walker	280	L. Betts	315	A. Glass
Submaster 198 lb.	181 lb.		220 lb.	275 lb.	300 lb.
M. Hinders	385*		M. Struck	385	D. Shumaker
M. Woods	350*		DEADLIFT	550*	
275 lb.	242 lb.		Junior 275 lb.		
P. Linville	435		S. Fishers		
Master (45-49)	275 lb.		Master (70-74)		
J. Helsley	425*		220 lb.		
Master (50-54)	308 lb.		A. Glass	300*	
198 lb.	DEADLIFT		Open 198 lb.		
F. Medvescek	300		C. Dailling	555*	
Master (60-64)	242 lb.		J. Utts	315	
220 lb.	Junior 275 lb.		Open 148 lb.		
T. Richardson	270*		S. Sussman	255*	
Master (70-74)	220 lb.		A. Roa	205	
220 lb.	A. Glass	300*	B. Myers	550	
A. Glass	255				
Police/Fire	Open 198 lb.				
198 lb.	308 lb.				
J. Utts	315				
Open 148 lb.	M. Struck	565*			
S. Sussman	255*				
A. Roa	205				

Best Lifter BP: Don Shumaker. Best Lifter DL: Chad Dailling. *Son Light Power Indiana State record. Team Champions: Clinton County YMCA Bench Press Team. The Son Light Power Indiana State Bench Press/Deadlift Championships were held at the Clinton County YMCA. A special thanks to Mike Hinders for all his efforts in organizing this event. In the bench press competition Mike Hinders led off with a new Indiana state record by capturing the submaster 198 class, finishing with 385. At 220 submaster Michael Woods returned to competition after a few years off, setting a record there with a strong 350. Our last submaster lifter was 275 winner, Paul Linville. Paul finished the day with a personal best 435, just missing a final attempt with 445. Jim Helsley took both the master 45-49/275 and open 275 classes with a great 425 effort. This was a new state record in the master class for Jim. At 50-54/198 Frankie Medvescek, who holds the state record with 330, finished with 300 for the win there. Another fine master lifter was 60-64/242 winner, Tom Richardson. Tom broke his existing record with a strong second attempt of 270. Our final master lifter was seventy-three year old wonder Allen Glass. Allen continues to be consistent, coming within five pounds of his own state record with a clean 255. Allen also won the open 220 class. Josh Utts captured the Police/Fire/198 class with a solid 315. In the open division it was Scott Sussman over Armando Roa 255 to 205. Scott's 255 was a new state record at 148. Mark Walker won at 165 with 280, taking his first state title at that weight. Lance Betts took the 181 title, getting just his opener of 315. Jeff McKinzie got a new state record at 242 with a 415 final attempt. Mark Struck was second at 242 with a personal best 385. Last up was big Don Shumaker from Davenport, Iowa. Don had some problems with his opener, but came back with a strong 550 for the win at 308. This was also a new Indiana state record for Don which complimented his best lifter award. In the deadlift event junior men's competitor Sanders Fisher had some problems getting his opener in, failing with 550 three times. Allen Glass pulled 300 for a new state record in the master 70-74/220 class. Chad Dailling won the best lifter award in the open 198 class, finishing with a great 555 state record. Mark Struck took the open 242 class with a personal and state record 565, while Bruce Myers won at 308 with 550, just missing a state record pull of 580 on his final attempt. The team award went to The Clinton County YMCA Bench Press Team. Thanks to my son Joey, Mike Hinders and the gang from Clinton County YMCA for all their help. (Thanks to Dr. Darrell Latch for providing the results of this contest to PL USA).

with a solid 315. In the open division it was Scott Sussman over Armando Roa 255 to 205. Scott's 255 was a new state record at 148. Mark Walker won at 165 with 280, taking his first state title at that weight. Lance Betts took the 181 title, getting just his opener of 315. Jeff McKinzie got a new state record at 242 with a 415 final attempt. Mark Struck was second at 242 with a personal best 385. Last up was big Don Shumaker from Davenport, Iowa. Don had some problems with his opener, but came back with a strong 550 for the win at 308. This was also a new Indiana state record for Don which complimented his best lifter award. In the deadlift event junior men's competitor Sanders Fisher had some problems getting his opener in, failing with 550 three times. Allen Glass pulled 300 for a new state record in the master 70-74/220 class. Chad Dailling won the best lifter award in the open 198 class, finishing with a great 555 state record. Mark Struck took the open 242 class with a personal and state record 565, while Bruce Myers won at 308 with 550, just missing a state record pull of 580 on his final attempt. The team award went to The Clinton County YMCA Bench Press Team. Thanks to my son Joey, Mike Hinders and the gang from Clinton County YMCA for all their help. (Thanks to Dr. Darrell Latch for providing the results of this contest to PL USA).

CPC Canadian Nationals (kg) 19 May 01 - Lethbridge, Alberta

BENCH	75 kg.	90 kg.	105 kg.	125 kg.	150 kg.
WOMEN	N. Russell	75	C. Hargrove	200	L. Stewart
Open 75 kg.	75		Master 82.5 kg.	90	K. Railton
MEN	90 kg.		90 kg.		J. McKeveziz
Open 75 kg.	130		BP	DL	TOT
S. Corey	130		90 kg.		
90 kg.			BP	DL	TOT
GIRLS	SQ	BP	DL	TOT	
Teen 67.5 kg.	130	45	127.5	302.5	
L. Kravitz					
WOMEN					
Submaster 45 kg.					
C. Dirks	100	40	90	230	
60 kg.					
J. Eckstrand	90	35	95	220	
67.5 kg.					
K. Smithson	137.5	60	152.5	350	
C. Tucker	127.5	60	125	317.5	
Open 56 kg.					
W. Greig*	150	70	160	380	
60 kg.					
C. Stuckey	150	65	132.5	347.5	
D. McCluskey	95	40	85	220	
75 kg.					
S. Spencer	165	90	145	407	
Master 67.5 kg.					
B. Cameron	125	60	125	310	
P. Thomas	102.5	47.5	120	269.5	
82.5 kg.					
J. Jameson	130	47.5	130	307.5	
110 kg.					
L. Miller*	190	110	185	485	
BOYS					
Teen 60 kg.					
K. Kravitz*	100	35	117.5	252.5	
82.5 kg.					
J. Sommerville*	200	100	220	520	
100 kg.					
H. Karnes	190	105	245	540	
MEN					
Junior 82.5 kg.					
B. Lama	155	115	182.5	452	
D. Howser	185	100	195	480	
110 kg.					
K. Readmen	300	177.5	300	775	
D. Simms	240	87.5	117.5	515	
Open 60 kg.					
G. Bobrouite	102.5	105	130	337.5	
75 kg.					
V. Graham*	282.5	162.5	250	695	
B. Lama					
J. Skow	205	100	202.5	507.5	
D. Hansen	140	140	155	435	
90 kg.					
C. Evans	317.5	200	260	777.5	
B. Cydeyko	232.5	162.5	202.5	597.5	
100 kg.					
D. Feddema	322	200	250	774.5	
S. Ritter	250	160	220	630	
110 kg.					

BENCH	140 kg.	170 kg.	200 kg.	245 kg.	277.5 kg.	320 kg.	347.5 kg.	407 kg.
MEN	C. Kitt	342.5	170	277.5	790			
140 kg.	P. Urchick-g	420	245	347.5	1027			
S. Wiesman	365	290	362.5	1017				
SHW	D. Renberg	340	217.5	320	872.5			
Submaster 67.5 kg.	M. Schultz	335	220	280	835			
82.5 kg.	G. Snelgrove	335	227.5	245	807.5			
B. Johnson	220	150	210	580				
90 kg.	S. Phillips	210	125	220	555			
82.5 kg.	R. Harder	210	125	220	555			
240	130	230	600					
T. Andus	235	1005	235	635				
100 kg.	T. Kay*	295	215	272.5	782.5			
R. Estkum	295	185	287.5	767.5				
D. Marion	210	137.5	240	587.5				
D. Murphy	235	110	220	565				
B. Straoski	265	90	200	555				
110 kg.	P. Smith	260	155	195	610			
SHW	L. Desjarias	320	190	305	825			
Master 90 kg.	D. Miller	152.5	80	155	387.5			
R. Knox	225	110	235	570				
K. Dunford	210	110	225	545				
110 kg.	D. Fuss	320	205	267.5	792.5			
C. Yelting	250	140	230	620				
125 kg.	T. Brook	300	170	300	770			
T. Brook	300	170	300	770				
140 kg.	B. Grelto*	380	190	380	965			

*Best Lifter. Canadian Powerlifting Championships had a good group of lifters who excelled to world class level, including several 100 kg. lifters in the Open and Submasters. Notably, Terry Kay, Randy Etzel, Dan Feodema and Corey Evans achieved and surpassed the 1700 lbs. barrier for their totals. The SHW class was a very close group where 1st to 3rd was a hard fought battle; Derrick Renburgh, Megs Shultz and Glen Snelgrove taking 1st to 3rd respectively. Steve Wiseman achieved over a 2200 lb. total, surpassing the 600 lb. bench barrier, 1st time in Canada, eclipsing Bruce Greig's long standing record. Paul Urchick, Guest lifted (from Detroit, Michigan) was a true gentleman in the sport achieving a 2260 lb. total, his best ever. Vince Graham in the 165 lb. was Best Lifter in the Open division. The women's division combined of new young lifters and veteran lifters, had some hard fought decisions. Kimberly Smithson and Nicole Tucker lifting in their 1st meet fought for 1st and 2nd in the 148 lb. In the 90 kg., Les Miller again dominated over the Master's division, achieving Best Lifter status. 42-Year old Wendy Greig competed in the Open division at 120 lb., totaled 850 lb., winning Best Lifter. Candy Stucki in the Open division achieved a personal best squat of 150 kg. (330 lbs.), winning 1st in the 132 lb. 66-Year old Pat Thomas achieved best total ever as well as did 78-year old Darwin Miller, proving age is not a factor in success for achievement. Bruce would like to thank everyone involved in setting up this meet too numerous to mention but all valued and appreciated just the same. Bruce Greig was Outstanding Lifter. (Result by Bruce Greig).

USAPL Southern NM1 Open 31 Mar 01 - Silver City, NM

WOMEN	SQ	BP	DL	TOT
Open 114 lb.				
B. Araujo	215	125	250	590
148 lb.				
E. Byrnes	155	110	230	495
MEN				
Teen (16-17)	132 lb.			
E. Grado	210	195	290	695
148 lb. (18-19)				
A. Grado	265	245	365	875
165 lb. Open				
D. Bracken	525	310	520	1355
181 lb. Master (45-49)				
W. Lujan	375	230	455	1060
198 lb. Submaster (33-39)				
M. Jimenez	425	310	400	1135
220 lb. Junior (20-23)				
J. Rottman	335	235	400	970
242 lb. Open				
D. Riley	405	245	500	1150
275 lb.				
C. Rhodes	675	500	665	1840
M. Lausen	670	450	700	1820

(Thanks to USAPL for providing these results).

WABDL Oklahoma State and Drug Free World Record Breakers 17 Mar 01 - Muskogee, OK

BENCH	114 lb.	135 lb.	160 lb.	181 lb.	240 lb.	275 lb.	340 lb.	450 lb.
WOMEN	T. Sisson	475	Class-I					
Novice								
114 lb.	D. Verrett	245	181 lb.					
T. Decasper	135		270 lb.					
K. Gordon	160		270 lb.					
148 lb.			T. Birkhead	270				
M. Branchcomb	130		198 lb.					
198 lb.			W. Trentham	275				
T. Frizell	240		220 lb.					
MEN	D. Royle	430	242 lb.					
Open 242 lb.	M. Dorman	310	275 lb.					
R. McCoy	512		D. Lewis	405				
275 lb.			T. Davis	340				
K. West	450		World Record					
SHW	450		Breakers Challenge					
R. Richter	132 lb.		WOMEN					
Master			165 lb.					
132 lb.			L. Blackburn	330*				
A. Young	295		MEN					
148 lb.			230					
R. Charles	230		180					
J. Heizelman	180		Teen					
165 lb.			132 lb.					
D. Berry	220		J. Forehand	265				
198 lb.			220 lb.					
P. Fears	390		R. Myers					
P. Radmilovich	340		220 lb.					
J. Snodgrass	320		J. Jackson	570*				
220 lb.			Masters 275 lb.					
B. Lumpkin	360		R. Hood	500				
J. Parham	320		DEADLIFT					
242 lb.			WOMEN					
G. McCoy	465		114 lb.					
S. Finegan	455		T. Decasper	135				
T. Ward	440		123 lb.					
K. Anderson	420		K. Gordon	320				
J. Harper	305		S. Decker	300				

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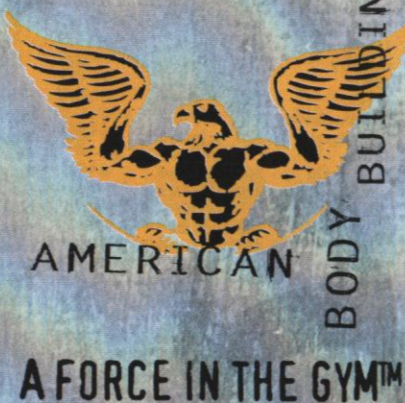
INTRODUCING A REVOLUTION IN TESTOSTERONE, IGF-I, GABA RELEASE AND RECOVERY

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L-THEANINE is actually an amino acid derived from Green Tea. The science indicates that **L-THEANINE** acts as a precursor to the release of an inhibitory neurotransmitter called GABA (gamma amino butyric acid), which counteracts the excitatory neurotransmitter norepinephrine. In other words, **L-THEANINE** allows you to relax and settle down.* It's an awesome mechanism and a huge advancement in the pursuit for maximal recovery.

ZMA RESEARCH

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

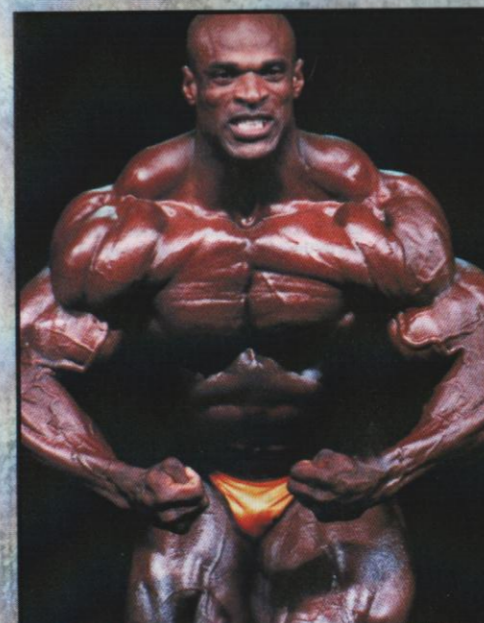
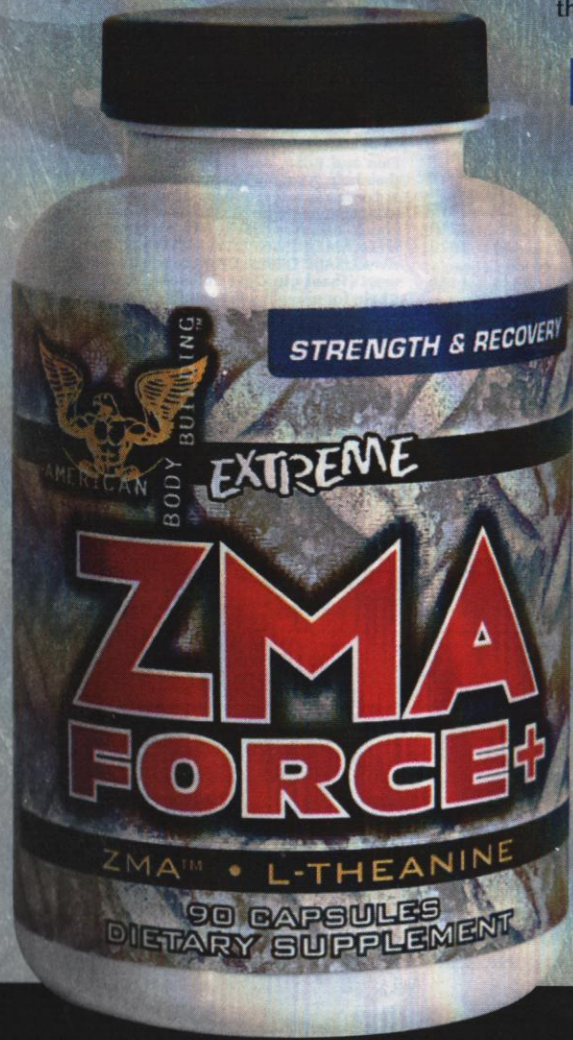
L.R. BRILLA¹ AND VICTOR CONTE²
¹Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and
²BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

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 B₆, anabolic hormones, testosterone, IGF-I, muscle

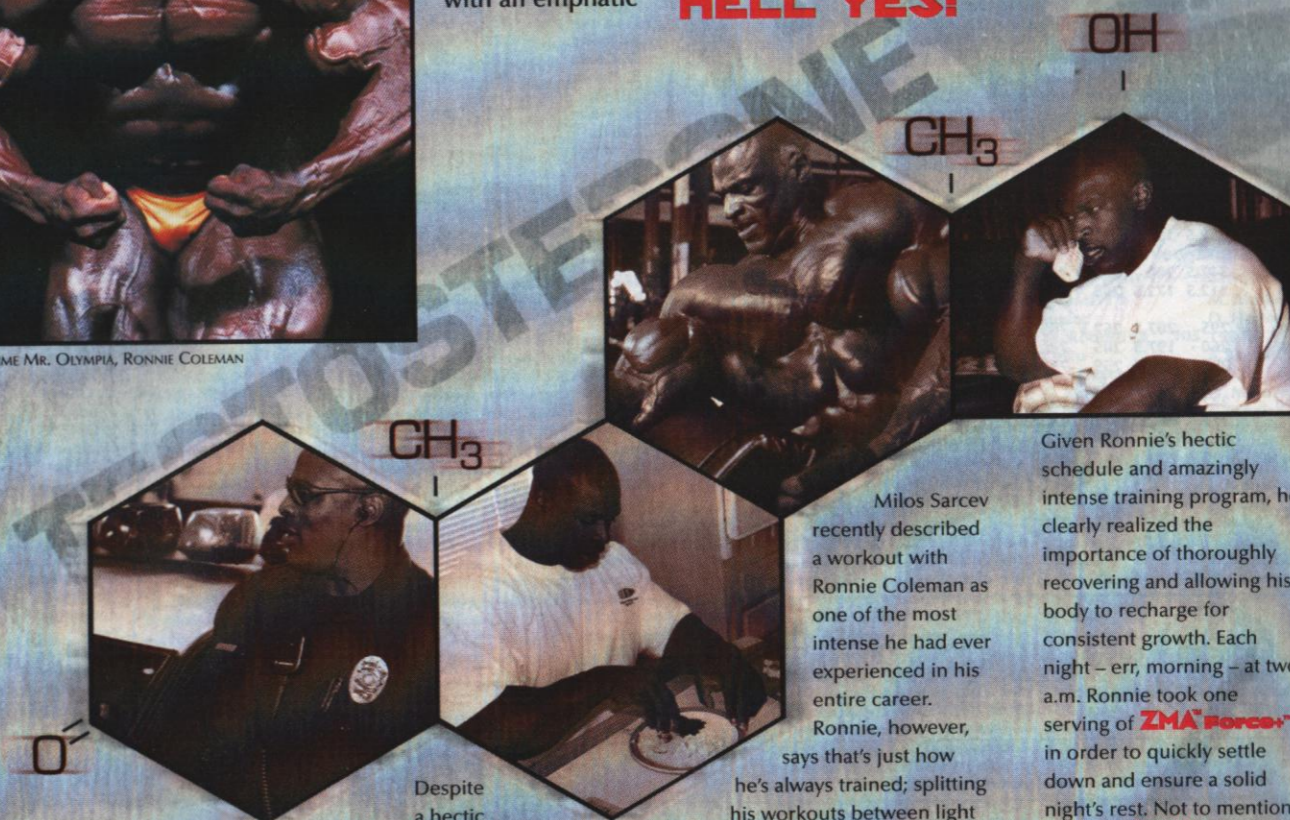
INTRODUCTION

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



THREE-TIME MR. OLYMPIA, RONNIE COLEMAN

Prior to launching **ZMA™ Force+™**, our researchers asked the hardest working man in bodybuilding to test our latest innovation in recovery before his second title defense at the Mandalay Bay. With his incredible stage presence and total dominance over all other competitors, you tell us if the now THREE-TIME MR. OLYMPIA, Ronnie Coleman, has improved. The entire bodybuilding world would likely answer with an emphatic **"HELL YES!"**



Unlike many professional bodybuilders that simply train, eat and sleep, Ronnie Coleman spent 8 stressful hours a day, 5 days a week working the streets of Arlington, Texas, as one of the city's finest cops, when training for the biggest event in body building. To be his best, he demanded optimal recovery and an anabolic environment.

Despite a hectic schedule that included a full-time job on the weekdays and traveling for guest appearances on weekends, Ronnie constantly maintained a healthy diet of whole foods and supplementation in order to get his daily total of six meals and 600 grams of protein for packing on and maintaining his enormous amount of lean muscle mass.

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.

Ronnie, however, says that's just how

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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Team Jax was Team Champs at the USPF Region III Championships: (left to right) Charles Fennell, Jaimie Thrift, Lorinda Nelson, Mike Jones, Jason Schottell, Randy Boynton, Dennis Pittman, Steve Bessert, Wayne Pullum, Thomas Haller, Lester Estevez, Jay Griffis. (photo from Leverett)

USPF Region III Championships
9 JUN 01 - Savannah, GA (kg)

WOMEN	SQ	BP	DL	TOT
Open 148				
L. Nelson	137.5	77.5	142.5	357.5
Open 181				
W. Pullum	240	135	245	620
Open 198				
J. Norman	252.5	150	252.5	655
Open 220				
D. Blue*	317.5	200	275	792.5
K. Seaman	312.5	172.5	265	750
Open 242				
L. Estevez	295	207.5	262.5	765
J. Schottell	260	197.5	285	742.5
J. Griffis	295	182.5	255	732.5
Open 275				
R. Boynton	277.5	200	260	737.5
M. Jones	272.5	187.5	272.5	732.5
Open 308				
K. Southwood	320	220	260	800
Class II 198				
C. Fennell	90	162.5	190	442.5
220				
C. Driggers	277.5	182.5	245	705

C. Jones	250	172.5	252.5	675
J. Thrift	227.5	182.5	205	615
242				
L. Estevez	295	207.5	262.5	767.5
J. Griffis	295	182.5	255	732.5
F. Shook	282.5	160	272.5	715
O'Shaughnessy	250	137.5	250	637.5
S. Bessert	217.5	147.5	257.5	622.5
T. Garland	245	165	202.5	612.5
275				
J. Hoskinson*	317.5	250	260	827.5
G. Dobson	235	152.5	210	597.5
K. Lee	192.5	145	182.5	520
J. Bryan	132.5	160	182.5	475
By Formula				
Masters over 40				
Lightweight				
F. Shook (242)	282.5	160	272.5	715
R. Wright (220)	227.5	185	250	662.5
C. Jones (220)	250	172.5	252.5	675
O'Shaughnessy	250	137.5	250	637.5
Heavyweight				
Boynton (275)	277.5	200	260	737.5
G. Dobson (275)	235	152.5	210	597.5
Masters over 50				
Lightweight				
Pittman (165)*	217.5	130	227.5	575
T. Haller (165)	112.5	102.5	170	385
Heavyweight				

J. Sanders (198) 182.5 100 210 492.5
C. Fennell (198) 90 162.5 190 442.5
G. Hagan (198) 160 80 170 410
* denotes best lifters. Team trophy went to Team Jax. A good turn out with some great lifting taking place. We would like to thank Nancy and Ben Parker and David Coleman for judging as well as Sandy Ellis, Gene Showalter, and Johnny Orvin working the scorer's table. Also Jenkins High School and Coach Bond as well as all of our spotters - loaders who have been so faithful over the years. Those included Glenn Nesbitt, Bob Dimmitt, Ronnie Williamson, Michael Soong, Mark McGlothlin, Dave Chatti, Dan Carter, Al Truslow, and Christopher Leverett, our expeditor. (Thanks to Ann Leverett for providing the results of this meet).

2nd Thunder at the Beach
16 Jun 01 - Little Egg Harbor, NJ

Teen	SQ	BP	DL	TOT
123 lb.				
J. Burgagni	300	185	350	845
M. Severin	55	215	—	—
132 lb.				
J. Ross	325	195	380	900
148 lb.				
J. Gilly	185	150	300	635
P. Kohr	195	185	340	720
165 lb.				
P. Drinkwater	225	165	345	735
M. Fuller	325	200	370	895
D. Grotts	200	175	320	695
R. Huber	285	215	325	825
181 lb.				
M. White	375	280	455	1110
198 lb.				
N. Mercurio	350	—	—	—
220 lb.				
B. Burkley	370	230	400	1000
C. Pasqual	295	245	345	885
242 lb.				
F. DeFeo	405	300	500	1205
O. Luby	345	265	370	980
275 lb.				
R. Rodriguez	365	235	400	1000
Raw 181 lb.				
J. Olender	395	255	425	1075
220 lb.				
C. Maher	410	315	410	1135
R. Murphy	455	355	560	1370
Open 165 lb.				
S. DiCataldo	—	—	—	—
M. Ciupinski	385	335	440	1160
D. Sonne	485	275	565	1325
181 lb.				
A. Biasetti	580	325	585	1490
198 lb.				
R. Moyer	500	320	475	1295
M. Moylen	—	—	—	—

J. Daily 505 305 545 1355
220 lb.
F. McNeary 135 320 145 600
242 lb.
R. DeLaVega 590 345 600 1535
M. Dolce 635 — — —
275 lb.
W. Croner 825 450 700 1975
Master 165 lb.
B. Grunweg 215 455 370 825
WOMEN 165 lb.
C. Shea 225 120 255 600
Meet Directors: Betty Milby & Art Margulies. This was the 2nd Annual "USAPL THUNDER AT THE BEACH" Power Meet. Attendance was up from last years contest, and hopefully, the contest will continue to grow. A well-run meet is only as good as the people who volunteer to help. My personal thanks for your time and energy and enthusiasm to: Armondo Gonzalez, Jose Perez, Drew Smith, Damian D'Adamo, Andy Capriglione, Lowell Ulshafer, Tom Rodriguez, Jeff Olender, Colin Maher, Matt and Josh Milby, and Rob Hurrell. The Team Title was won by Monsignor Donovan (Toms River, N.J.). The Best Lifters were Anthony Biasetti and Willie Croner. Thanks to Bill Clayton for his refereeing expertise. Thanks to the LIGHTHOUSE ALLIANCE CHURCH for the use of their facility. Next years contest will be scheduled tentatively for late May/early June - hope to see everyone there! (Thanks to A. Marquies for providing these meet results).

Hoosier Last Chance Qualifier
09 JUN 01 - Bloomington, IN

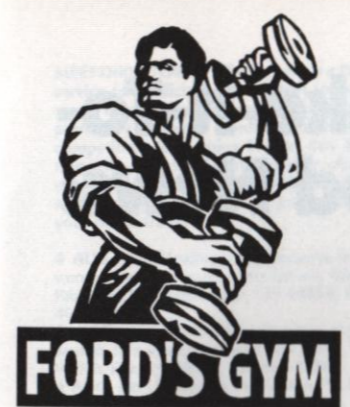
MEN	SQ	BP	DL	TOT
Teen 16-17				
67.5				
A. Rebecca	325	185	350	860

(Thanks to USAPL for providing these results).

10th Larry Frederick Jr. BP
3 Mar 01 - Lansdale, PA

Open	Division B	Division A	Division C
148 lb.			
T. Pinkett	395	M. Dennis	360
165 lb.		C. Augustine	340
L. Dellmyer	340	D. Ohler	315
181 lb.		F. Adler	300
P. Contastatnes	385	WOMEN	
148 lb.		(Malone Scoring)	
R. Yeaney	380	G. Kopp	145
M. Kizer	325	C. Katila	100
C. Katila	320	B. Honore	100
C. Zwicker	315	Masters	
J. Teklits	285	Division A	
J. Robb	265	B. Honore	100
198 lb.		Division B	
S. Thomas	340	E. Lonberg	75
P. Kirstner	270	Division C	
D. Iawniuk	240	A. Quinby	60
220 lb.		Teen	
J. Norell	415	(14-16)	
S. Damon	405	Division A	
D. Esquirell	375	W. Poole	151
D. Ratchford	360	B. McMagle	136
J. Piperato	350	L. Piperato	133
C. Augustine	340	Division B	
R. Ambrose	335	(17-19)	
M. Dennis	280	C. Zuicker	197
W. Schoenhut	275	J. Musselman	167
242 lb.		D. Iwaniuk	145
P. Green	475	TEAM	
S. Sposito	460	Competitors	1645
M. Waldspurger	415	N. Penn YMCA	1450
B. Ranberger	375	Phillipsburg	1160
275 lb.		SPECIAL Olym.	
M. Mann	415	E. Briner	160
J. Rigous	400	C. Zelmer	150
SHW		E. Evans	145
J. McKenney	500	B. Quinn	135
F. Adler	305	T. Herman	135
MEN		L. Wiley	130
Masters		G. Weaver	125
(40-49)		J. Griffith	125
Division A		R. Johnson	120
R. Ceriani Jr.	440	D. Miller	120
A. Butler	360	K. Kleimer	115
J. McNamee	355	M. Pavlinski	115
O. Honore	400	C. Nissley	95
J. Rigous	400	N. Boynes	90
B. Musselman	355	B. Mengel	85
J. Piperato	395	M. Guerin	70
M. Murphy	260	M. Harrison	55
		J. Ortiz	55

BEST Overall Lifter: Terrance Pinkett (148) 395 lb. (Thanks to Steve Unrath, of North Penn YMCA, for providing the results of the meet).



FORD'S GYM
2509 E. Washington Ave,
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Phone: 608-249-4227

Wisconsin State Bench Press
5 May 01 - Madison, WI

MALE	K. Bonde	420
Teen 148 lb.	Open	
D. Pope	285	148 lb.
A. Good	235	J. Reeves
165 lb.		E. Toske
P. Steinbergs	265	D. Aldag
181 lb.		165 lb.
J. Falke	300	R. Weske
Master		J. Rodriguez
123 lb.		181 lb.
D. Huset	150	S. Berger
Open 123 lb.		198 lb.
D. Huset	150	M. Sischo
165 lb.		R. Hanson
L. VanBuskirk	230	J. Deitrich
L. Styrlund	220*	220 lb.
K. Stewart		L. Malcomson
198 lb.		J. Widmar
J. Berger	205	T. Lisack
198+ lb.		J. Markham
C. Reynolds	200	J. Winchel
MEN		242 lb.
Masters		C. Alsteen
148 lb.		P. Rohde
D. Aldag	245	A. Kostuck
181 lb.		P. Carreon
A. McCredie	310	T. Depner
220 lb.		275 lb.
T. Lisack	380	S. Cole
J. Markham	375	G. Powell
T. Bartley	—	SHW
275 lb.		D. Martin
J. Twet	340	M. Hodge
SHW		S. McMahon

*-Best Lifters. (Thanks to Ford's Gym for providing the results of this contest to PL USA).

27th USAPL Ozark BP (kg)
21 Apr 01 - St. Louis, MO

BENCH	125+ kgs./275+ lbs.
WOMEN	J. Lewis 280
Open	M. Jones 187.5
67.5 kgs./148 lb.	Masters (40-44)
C. Trosper 100	60 kgs./132 lbs.
K. Jones 80	K. Womack 85
Teen (14-15)	75 kgs./165 lbs.
60 kgs./132 lbs.	D. Heleine 127.5
C. Kemna 37.5	(50-54)
Teen (16-17)	82.5 kgs./181 lb.
67.5 kgs./148 lbs.	J. Springmeyer 137.5
K. Trudo 32.5	B. Harris 130
75 kgs./165 lb.	90 kgs./198 lbs.
I. Pledger 52.5	D. Ludwig 167.5
82.5 kgs./181 lbs.	R. Scholz 125
D. Hill 45	(50-54)
90 kgs./198 lbs.	90 kgs./198 lbs.
S. Neuman 37.5	C. Poling 135
Masters (40-44)	100 kgs./220 lbs.
56 kgs./123 lbs.	A. Kisrow 167.5
A. Apple 45	(55-59)
67.5 kgs./148 lbs.	A. Dicandia 152.5
K. Jones 80	(60-64)
MEN	J. McGuire 130
Open	(45-49)
60 kgs./132 lbs.	110 kgs./242 lbs.
J. Hunn 85	G. Chrun 205
75 kgs./165 lbs.	(60-64)
B. Snelling 145	J. McGuire 130
82.5 kgs./181 lbs.	(40-44)
D. Riney 188	125 kgs./275 lbs.
Y. Russell 165	T. Fletcher 172.5
90 kgs./198 lbs.	C. Trosper 155
R. Petzoldt 172.5	(45-49)
M. Evans 172.5	J. Pledger 182.5
D. Ludwig 167.5	125+ kgs./275+ lbs.
N. Young 165	J. Pledger 182.5
100 kgs./220 lb.	E. Finnell 182.5
K. Richardson 172.5	Teen (18-19)
N. Kannady 150	67.5 kgs./148 lbs.
110 kgs./242 lbs.	C. Edwards 117.5
K. Hahn 195	(18-19)
125 kgs./275 lbs.	100 kgs./220 lbs.
S. McKelvey 160	D. Farrar 95
Best Lifters Open Women: Carla Trosper. Open Men: Dennis Riney. Masters Women: Kathleen Jones. Masters Men: James Bourisaw. Teen Women: Lindsay Pledger. Teen Men: Clint Edwards. 1st Place Team: Rolla Power. The bench press competition was a bit smaller than both the Missouri State and Ozark Powerlifting meets. However, with that, some of the lifts posted were very good, as the number of records set will attest to that. The meet brought out quite a few new lifters as well, especially teenage women. Members of the Missouri Warcats softball team were getting their feet wet and set several records in the process. Another bencher in her first meet was Kathleen Jones, who lifted an impressive 176 lbs. in her first sanctioned meet. Along with Kathleen, her Wally World teammate Andrea Apple also did some fine lifting. Andrea made 99 lbs. on her 2nd attempt, making 2 out of 3 bench presses on the day. For first time lifter Yarnell Russell, he did good also making 2 out of 3.	

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Yarnell finished 2nd in the 181's with a fine 363 lb. lift. I met him last month at the Ultimate Gym's High Rep contest where he was a winner doing 37 reps with his bodyweight. That being said, it's obvious once he learns more about the rules and training, he could go far. The winner of the 181's though, was no stranger to the triple crown by taking the Ozark Bench title as well as the Missouri and Ozark PL titles. He pressed 380 lbs., which I'm sure has to be close to PR land for the Rog. In the 220's Nick Kennedy of Wally World placed 3rd with a lift of 330 lbs. Runner up in this class was longtime Missouri lifter, Kurt Richardson. Kurt made 380 on his 3rd attempt, and looked good for several more lbs. Although he lifted as a 220 lber, he only weighed 205.5 that morning. He indicated that his goal before totally abandoning the 198's was to hit the 400 lb. milestone. From the way he looked, it won't be long. The winner of the 220's was Mike Metheny, who recently relocated to Kansas. Talk about dedication, he continued to train even though he had the task of loading up the truck and moving to his proverbial Beverly Hills. His lift of 396 lbs. gave him the victory in what I believe was his third USAPL meet. He has become a regular at our meets and is also a good lifter. I'd expect Mike to also go over 400 lbs. soon. Speaking of handling some weight, Jeff Lewis brought the show to St. John the Baptist that day and what a show it was. King Louie opened up with a laughable 573. After blowing this off of his chest, his goal was to up his own record set back in Sept. at ME Bench press Nationals. After this lift, 611 lbs was wiped away and replaced with a new mark of 617 lbs. for his third. 628 was a bit much as he missed at the top. He indicated that his shoulder had gave him a little trouble in the weeks prior to the meet. When healthy, expect him to go even higher because he's more than capable of doing it. I can even begin to list each and every one of the Master benchers. I'm glad to say that we have a high number of lifters in that division, which is good because it sets a great example to all of us young guys that age and treachery overcomes youth and skill. I would urge all that are capable, to go to Ohio in September and compete in the Bench press Nationals I or the Masters, the World. Masters BP meet will be in the USA held down in Texas in early 2002. This is the chance of a lifetime. If your lifts are up, get to the meet because you could very well be selected for the World team. There were a handful of lifters that missed their chance to go to this year's Worlds in Luxembourg because they didn't compete in our Nationals last year. For Maureen Post, Jim Bourisaw and Greg Chrun, this wasn't the case. They lifted, they were selected and all three represented their country in

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4 AUG, Matt Heydinger BP Memorial (men, women, teen by formula) Steve Aicholz, 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, wmpf@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, APA Power Rebel's Open PL & BP Meets (Montgomery, AL) Gold's Gym 334-271-7575 or johnnystx@aol.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.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

Coming Events

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@hntel.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

11 AUG (new date), APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775

11 AUG, 6th APF Granite State Open BP \$ 4th Granite State Open DL (men, women, teen, jr., submaster, master, novice) Louise LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

11 AUG, 2nd APF USS Escanaba Memorial PL/BP Classic (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net, www.apfmichigan.com

11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39507, 228-868-0190 or 896-3277

11 AUG, 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, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 AUG (new date), WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17-21 AUG, IPF World Games PL (Akita, Japan)

18 AUG, 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, 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 PI & 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, 1st annual YMCA of Saratoga BP (Saratoga, NY) John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000

25 AUG, APA Ohio Open PL & BP Contests (Toledo, OH) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

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, Box 90305, Portland, OR 97290, 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/ml, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntripur@pe.net

26 AUG (new date), USAPL National Police & Fire PL/BP, John Shifflett, Box 941,

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

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Fax: 1-306-692-5660

e-mail: 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

Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

AUG, WNPFF Palmetto Classic PL, BP, DL (Greenville, SC) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@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@sina.com

1 SEP, WABDL Idaho State Meet (Nampa, ID) James Preston, 208-465-0532

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, psettinger@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@pikkitup.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, APA Lakeland Open BP, DL, Push-Pull (Lakeland, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

9 SEP, NPA Central States Open (PL, BP, DL - Drug tested) Champions Fitness Center, 1360 S. Alpine Rd., Rockford, IL 61108, 815-232-7542 (Duane) or 815-398-8684

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

15 SEP, Best of the East BP & DL & World Tandem Deadlift Championships (O.C. Convention Center) YES Inc., Box 279, Fruitland, MD 21826, yes@ezzy.net

15 SEP, New York State Xtreme Bench Press (men's open, women, teen, master - Body Mechanics Fitness Center - Baldwinsville, NY) Tom Kristoff *82-315-652-0094 (leave message) or Dave Kingwater 518-437-5130

15 SEP, APA Washington State PL Championships & single event BP/DL, Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

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, ackdanootherplate@hotmail.com

15 SEP, USAPL California State Bench Press (Bakersfield, CA) Eddie Hallich, 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

15 SEP, KPO Mike's Main Event (BP & DL) Jim

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December 1-2

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Nuevo, Ca 92567
Ntrlpwr@pe.net



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) Arnd 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

Oct 27th/01
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Hoosier State Open

Brendan Yoder
57745 County Road 117
Goshen, IN 46528

219-875-0471

Allegany/Reservation Bench Press (men & women, native, youth, teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, Jay.Toth@frederonia.edu

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

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

22 SEP, N. Florida BP (male & female) World Gym, 5810-3 Normandy Blvd., Jacksonville, FL 32205, Veluet or Jenee 904-378-1551

22 SEP (new title and date), 4th AAU East Coast Regional PL & BP Championships (raw & assisted, youth, teen, men & women, masters, deadline 9/1/01, can qualify for Raw & Assisted Nationals and Raw ONLY Worlds) Barbara Beasley, AAU State Chair, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570 or Roger Ernst, 804-320-1456, rernst@aol.com

22 SEP, 3rd Sci-Fit BP Championships (open, novice, women, master, teen) Joe Devenulle, 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, APA Powerlifting Nationals (Laurel, MD) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.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, wnpf@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

29,30 SEP, ISA Regional BP & Rep Contest (Douglasville, GA Boys & Girls Club) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-PUSH-PULL, www.isapower.tv

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

SEP777, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513

SEP777, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

6 OCT, APA Star City PL Classic & BP Contest (Roanoke, VA) Mike Brookman, mbrookman@us.inter.net, Lancerlot Sports Complex 540-981-0205, Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

6 OCT, WNPFF E. Coast BP, DL, Ironman (Lancaster, PA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@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 07866, 973-627-9156, www.profitness.com

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

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

13 OCT, Walker's Gym BP Classic (raw & open, teen, women, men, military, police, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

13 OCT, East Coast Strongman/woman Championship, Gayle Schroeder, 757-481-6963, strength@exis.net

13 OCT, APA Arizona State PL Championships, Arizona State BP & DL Championships (University of Arizona, Tucson, AZ) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

13 OCT, 7th APF Wolverine Open PL/Ironman/BP/DL, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114, www.apfmidichigan.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 (Euleus, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-6082 (e), wvilly@subell.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 Clas-

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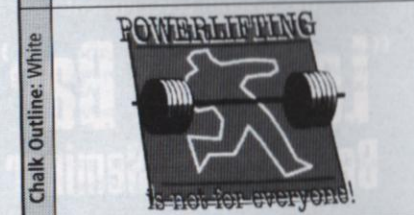
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sic PL/BP (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094
13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513
13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
14 OCT, Muscle Bound Fitness Fall Classic BP and/or DL, Muscle Bound Fitness, 102 E. Main St., W. Lafayette, OH 43845, John or Kayleen Blackstone, 740-545-0840 or 6577
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
19 OCT, 6th Pennsylvania Power Challenge (BP/DL) Gene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823
20 OCT, Training Center Classic BP (open men and women - New Castle, DE) Joyce Smith, 302-533-3438, JSmith3287@aol.com
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, USAPL "2001 Iron maiden Potomac Push Bench Press Contest" Geroge Shoemaker, 10 S. Loudoun St., Lovettsville, VA 20180, 540-822-5829, GeoShoe@aol.com
21 OCT, SLP Pecatonica Fitness Fall BP/DL (Pecatonica, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
21 OCT (specified date), 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
21 OCT, CAN AM BP & DL & Push/Pull (Montreal) Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, J1E 2S2, Canada, 819-346-9466, Fax 819-346-6104.
26-28 OCT, WNPFF World PL, BP, DL, SQ & Ironman (Greenville, SC) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@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/AAPF "The Power House" PL & BP, Nick, 5634 S. 107th East Ave., Tulsa, OK 74141, 918-459-5956
27 OCT, AAPF Indiana State & Hoosier State Open, Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471
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, 516-594-9014, jtb2040@aol.com
27,28 OCT, USAPL Nevada State, Jim Kralich, 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 Siwiak, 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

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)

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

OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillh@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, NC AAU 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, 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, 405-527-8513
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, 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
3 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
10 NOV (new date), Midwest/Iowa Open BP/DL & Trap DL (open, novice, teen, submaster, master (1, 2, 3), women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
10 NOV, 9th APA Mon Valley Fitness Center Classic (BP, DL, BP for reps) MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, MVFC@dp.net

10 NOV, ISA Gold's Bench Challenge Texas State BP Championships (Amarillo, TX) Blue Baggett, 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-PUSH-PULL, www.isapower.tv
10 NOV, 8th Ed Jubinville BP (men, women - all age groups/ut. classes) Berkshire Nautlius, 42 Summer St., Pittsfield, MA 01201, 413-499-1217
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, Box 90305, Portland, OR 97290, 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, 740-845-0987, www.elitefitnesssystems.com
17 NOV, Kansas Open PL & PS (Red Coach Inn, Salina, KS) James Duree, 913-596-7326, JDuree7086@aol.com
17 NOV, USAPL NE Regional (ME, NH, VT, MA, RI, CT, NY, PA, NJ, MD, DE, VA, IL, IN, OH, WV, KY - at Penn Tech University, Williamsport, PA) Dave Bellomo, 570-321-5339, www.geocities.com/steventmann/NEregionalinformation.html
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
24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513
1 DEC (NEW DATE), ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
1 DEC, Y.E.S.P.A. PL & BP Nationals, Trend Dashiell, Box 279, Fruitland, MD 28126, 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, 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 Chew" Christmas BP Classic (open, teen, women, masters, police/fire/military) The Gym In Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gerner (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, wwillh@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 (River Palms Casino on the Colorado River, Laughlin, NV - raw and equipped classes for men and women - youth, teen, jr., open, submasters, masters (5 year) lifetime, lifetime masters (5 year) law & military, physically challenged. Entry Deadline Nov 1, 2001) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, Ntripur@pe.net
1,2 DEC, NASS 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, USAPL Hawaii State, Tony Leiato (808)988-6378, aleiato@D14.USCG.mil
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@hunte.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

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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@hunte.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@pikilup.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

Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665
MAR, USAPL Pennsylvania State (Greater Scranton YMCA, Dunmore, PA) Joe Luciano 570-961-0915 (w), 342-8155, www.geocities.com/steventmann/umeets.html
6 APR, Police & Firefighters Open Nationals (Capitol Center Inn, Topeka, KS) James Duree, 913-596-7326, JDuree7086@aol.com
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
13 APR, Iowa/Midwest Open BP/DL and Trap Deadlift (teen, novice, open, submaster, master (1, 2, 3), and women - awards to all lifters) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
14 APR, 16th Olympic Bench Press Champion-

ship, 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 Newman 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.

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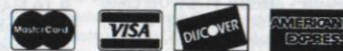
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Pocket Samson's NASA US BP/CL 17 Sept 01 - Hagerstown, MD

WOMEN	BP	CURL	TOT
Master 119 lb.			
B. Barnowich	140	60	200
Open			
K. Edgel	140	70	210
T. Raney	—	30	—
Submaster 138 lb.			
S. Paul	110	75	285
L. Dicaprio	95	35	130
Open 154.3 lb.			
C. Kireta	160	70	230
MEN			
HS 170.3 lb.			
J. Zentz	200	—	—
Open			
G. Deramus	280	—	—
B. Edwards	—	150	—
HS			
J. Raney	150	70	220
187 lb. Open			
M. Quarto	—	155	—
Submaster			
P. Clark	—	115	—
205 lb. Open			
J. Brown	430	160	590
T. Weaver	350	175	525
276 lb. Junior			
R. Crist	—	145	—
Submaster			
M. Smith	—	160	—
250 lb. Raw Open			
J. Kenney	405	—	—
W. Denes	375	—	—

I praise the Lord for the nineteen lifters we had at the Hagerstown, Maryland Gold's Gym. Female Best Lifter Award was earned by a very strong-sexy-cute lifter named Barbara Barnowich on a fantastic day. Best Male Lifter Award and Biggest Bench Press Award was earned by Big Jimmy Brown. Biggest Curl Award was earned by Todd Weaver. Q-Fitness won the Team Trophy. Coach Mike Quarto, Lisa DiCaprio, and Jon & Teresa Raney. Congrats to everyone. Thank you Gold's Gym. Jesus Bless. (Thanks to Glen Murphy Jr. for these results).

1st AAFP West Michigan 31 May 01 - Grand Haven, MI

BENCH	BP	DL	TOT
MEN			
Open 148 lb.			
T. Feight	185	275	460
165 lb.			
T. James	275	185	460
242 lb.			
T. Pearce	350	155	505
SHW			
B. Wheeler	270	170	440
Master (40-44)			
MEN			
Open 198 lb.			
T. Doll	500	335	835
S. Kuderick	630	380	1010
242 lb.			
J. Wagner	450	330	780
Teen (13-15) 165 lb.			
C. Evans	145	180	325
Junior (20-23) 220 lb.			
C. Olszewski	—	345	345
Novice 165 lb.			
D. James	—	—	—
181 lb.			
R. Rynbrant	400	270	670
220 lb.			
M. King	475	275	750
242 lb.			
J. Wagner	450	330	780
Submaster 198 lb.			
J. Proce	455*	330*	785*
220 lb.			
M. King	475*	275	750*
Master (50-54) 220 lb.			
J. Jeurink	505*	300	805*
Master (50-54) 220 lb.			
J. Woughter	280*	220	500*
(70-74) 181 lb.			
B. Creech	205*	125*	330*
WOMEN			
Open 165 lb.			
L. Rivers	150*	115*	265*
Teen (18-19) 148 lb.			
H. Sterzick	280!	150!	430!
Submaster 165 lb.			
C. King	120*	85*	205*
Master (45-49) 198 lb.			
B. Larr	130!	120!	250!
(65-69) SHW			
A. Collins	95!	85!	180!



Barb Barnowich was Female Best Lifter at Pocket Samson's NASA US Bench and Curl meet. (Glen)

* - AAFP state record. ! - APF and AAFP state record. Twenty four lifters made the trek to the Antioch Christian Center in downtown Grand Haven, MI just a few blocks from the beach for the 1st AAFP West Michigan Championships. The weather was gorgeous, the competitors fierce, and the meet crew was as efficient and helpful as ever. Strict, consistent judging was provided by Dante Fortin, Mike Andrus, and John Maddox. Spotting/loading work was provided by the strong backs of Paul Sazy, Dr. James Chantler, and Jim Hinze. The best lifter in the men's open heavyweight category was John Wagner (1260 @ 242), men's open light-weight was Scott Kuderick (1560 @ 220), men's bench Bruce Edwards (520 @ 308), women's bench was Lyn Rivers (115 @ 165). A number of state records fell today, including the 308 pound weight class bench press record for both the AAFP and the APF: Bruce Edwards stormed out for an impressive 505 opener on the beach. The weight flew up fast and sure for a new state record! He came back to handle 520 with ease and came within a short lockout of making 530, and did it all in a single ply poly shirt. I can't wait to see what he can do in denim at the MI Bench For Cash meet in January (that's a hint, Bruce). Scott Kuderick put on an inspiring display from his 600 opening squat right through to his 550 pull. We had teen lifter Christopher Evans competing in his first meet, and making record worthy squats and bench presses, before bombing when he didn't get in a deadlift. Not to be outdone by the youngun's, the masters put on quite a show with Jim Jeurink less than 200 pounds behind mighty Scott's total! Ben Creech set some personal records today, as did submaster and new lifter Charlene King. Heather Sterzick had a rough start, collapsing under her opening squat, but came back determined and focused to get a 760 total at 18 years old in the 148's. Taggart Doll got the 335 bench I knew he could do, and looked good for 340. Chris Olszewski bombed on the squats, but was permitted to continue on to show us a fine 500 pound pull. Somehow or another James Proce managed to get approval to compete on his anniversary, putting up a 1235 total in the 198's. Mike King

(coach and hubby to Charlene King) had an off day but still got 1215. The double hitch kid shied away from the big lifts and just did the bench; he said he forgot his special cream so he couldn't squat. All in all, it was a great meet. A huge thanks to Ernie Frantz for the use of a Monolift and to Paul Sazy for getting and returning it for us! Our sponsors helped to make the meet possible, especially Powerhouse Gym's of Grand Rapids who supplied iron and benches to the warm-up room. Optiprise consulting donated a laptop to run the incomparable Meet Director by Visionary Business System's Jim Hinze. Crain's Musclevorld (hppt://www.crainsmusclevorld.com) donated \$20 gift certificates to our best lifters. Grand Haven Jewelry helped to pay the cost of the venue. Hard Boddies Discount Supplements (http://www.hbstores.com) donated a lot of bars and powder for us to sell to the lifters. All my deepest thanks go to my wife, Alexandra, who really runs those things! Be sure to check out http://www.apfmichigan.com for all the happenings with the APF in Michigan. We look forward to seeing you all at the next APF Michigan meet on August 11 at this same great venue. (Thanks to APF Michigan Co-chairman Tommy O'Brien for providing these results).

USAPL Quest Qualifier 26 MAY 01 - Duluth, GA

MEN	SQ	BP	DL	TOT
Teen 14-15 123				
S. Wachtel				
A. Tavormena	305	220	325	850
Teen 16-17 165				
B. Tavormina	418	303	462	1183
Teen 18-19 275				
B. Gerlone	534	347	551	1432
Junior 20-23 220				
F. Ducille	584	341	606	1531

USAPL Dave Martin Memorial 18 Apr 01 - Bloomington, IN

WOMEN	SQ	BP	DL	TOT
132 lb. (M1)				
A. Romero!	275	185*	340*	800*
148 lb. Open				
S. Simmons	—	170	—	—
L. Nelson	—	160	260	—
165 lb.				
A. Pankoke	—	155	—	—
MEN 123 lb. (M1)				
S. Meadows	335*	245*	435	1015*
148 lb. (T16-17)				
D. Bruckman	285	225	360	870
165 lb. (T18-19)				
J. DaViera	400	285	425	1110
D. Blackford	405	240	420	1065
181 lb. (Open)				
R. Perine	565	410	550	1525
(Junior)				
D. Fletcher	475	325	565	1365
198 lb. (T18-19)				
S. Davies!	470	315	515	1300
220 lb. (Open)				
M. Willett	255	410	710*	1375
(T16-17)				
J. Montoya	425	300	430	1155
242 lb. (Open)				

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D. Ballard!	720*	380	720*	1820*
M. Swift	665	425	635	1725
(T18-19)				
J. Hisaw	450	340	425	1215
319 lb. (Open)				
M. Hartle	255	475	145	875

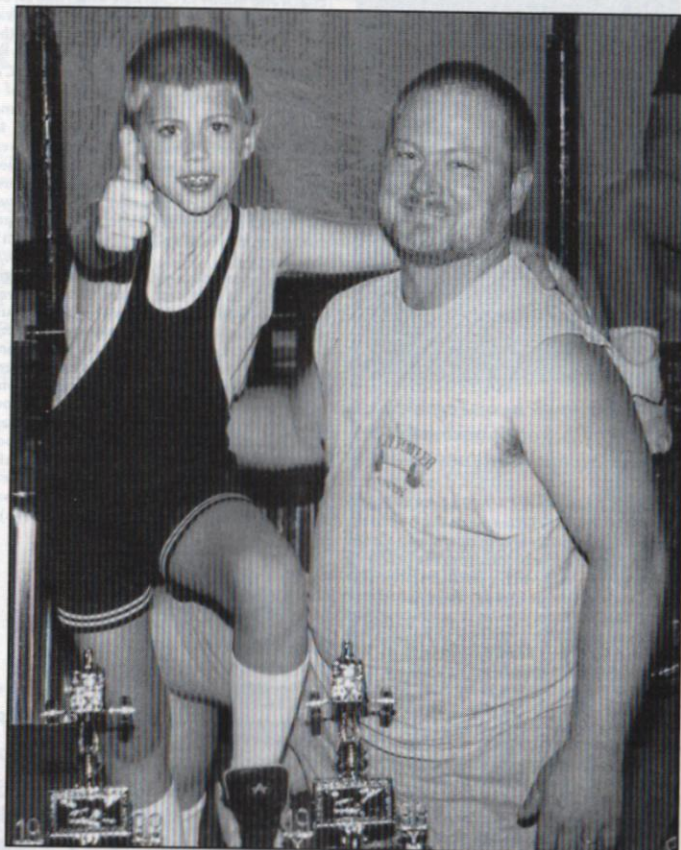
7th Midwest BP 17 Mar 01 - Green Bay, WI

MEN	BP	TOT
Teen 148 lb.		
T. Schreiber	185	220 lb.
M. Onkels	135	L. Malcomson 505
165 lb.		N. Schoenebeck 485
S. Griep	300	E. Klappes 460
M. Clark	225	T. Schmidt 455
181 lb.		M. Becker 450
T. Mettium	220	M. Cimicud 440
M. Mueller	205	K. Dymond 425
K. Loberg	205	B. Wesley 350
G. Weber	185	A. Lee 335
198 lb.		S. Lade 555
M. Warwick	215	M. VanBoxel 540
220 lb.		D. Balthazor 490
B. Wallace	240	D. Forstner 430
D. Thome	215	B. Redepinning 425
T. Weber	205	A. Kostack 390
242 lb.		Submaster
J. Jansen	225	198 lb./under
SHW		R. Kell 425
K. Kroll	255	T. Bournoville 360
WOMEN		T. Muir 275
Teen 148 lb.		Master
D. Doan	120	198 lb./under
D. Harvey	110	J. Sot-56 300
Open		A. McCredie 310
J. Folk-160	180	J. DeCleene 320
S. Cagle-156	160	D. Aldag 240
D. Harvey-146	110	K. Parrson 195
B. Turner-199	105	Master
MEN		220+ lb.
Open 132 lb.		Schoenebeck-42 485
A. Kinnard	230	SHW
165 lb.		J. Watt-43 500
M. Zwiers	405	R. Harvey-44 450
M. Kattchem	325	D. Jansen-52 390
S. Dax	310	M. Nagel-40 405
J. Abts	300	B. Vivier-43 375
J. Majewski	290	S. Koroff —
J. Detert	250	Submaster
198 lb.		220+ lb.
C. Dunham	430	K. Bessler 500
J. Zwiers	420	D. Balthazor 490
M. Amobia	375	M. Becker 450
T. Bournoville	360	S. Delene 450
J. DeCleene	320	T. Depner 370
242 lb.		B. Wesley 350
C. Alsteen	540	R. Campshure 325
D. Doan	540	T. Bauer 280
T. Polishinski	425	DEADLIFT
C. Phillips	415	WOMEN
K. Niles	400	B. Turner 225
T. Depner	370	MEN
D. Hengst	370	165 lb.
SHW		D. Felton 540
J. Shell	660	M. Clark 350
J. Christus	505	198 lb.
C. Hoffman	500	Constantineau 510
4th		M. Amobia 475
J. Watt	500	220 lb.
R. Harvey	450	T. Conklin 625
S. Delene	450	B. Wallace 475
D. Jansen	390	275 lb.
J. Zynda	380	D. Forstner 645
R. Campshure	325	Master
148 lb.		D. Felton-43 540
J. Beaudry	300	T. Conklin-46 625
C. Majewski	290	B. Vivier-43 580
B. Schulke	265	DelMarcelle-47 425
J. Morelia	245	K. Parrson-42 350
D. Aldag	230	148 lb.
181 lb.		J. Morella 360
J. Roberts	405	T. Schreiber 325
M. Menor	360	181 lb.
C. Hardison	325	D. Bohne 555
J. Moorick	310	R. Zuege 510
A. McCredie	310	B. Anderson 475
J. McDonald	305	242 lb.
R. Zuege	290	J. Kohler 585

Team Trophy: Wisconsin Health & Fitness; Larry Malcomson, David Balthazor, Mike Van

Python Power League Iron Warriors Drug-Free
21 Apr 01 - Augusta, GA

BENCH	R. Weaver	456*			
LADY Pythons	Subs				
181 lb. Raw	A. Harris	385			
S. Thompson	125 DEADLIFT				
4th	135* LADY Pythons				
MEN 165 lb. (14-16)	105 lb. Novice				
J. Johnson	225* 123 lb. Novice	115			
Novice	S. Epperson	185*			
T. Taylor	— MEN				
181 lb. (17-19)	85 lb. (10-13)				
E. Billings	276 C. Fowler	70			
(50-59)	155* 123 lb. (10-13)				
M. Norris	198 lb. Raw	225*			
198 lb. Raw	335* 220 lb. (40-49)				
H. Bull	220 lb. (50-59)	380			
220 lb. (50-59)	395* (70+)				
P. Newsome	365 M. Branham	450*			
G. Jones	(40-49) 242 lb. (40-49)				
R. Austin	270 T. Price	505			
Raw	275 lb. Subs				
G. Bartley	385 A. Harris	500			
242 lb. (40-49)	SHW Raw				
T. Price	350* J. Ferns	585*			
275 lb. (50-59)	L. Hoagland	565			
LADY Pythons	SQ	BP	DL	TOT	
123 lb. Raw	150*	95*	235*	480*	
R. Pomeroy	132 lb. Novice	180	90	160	430
S. Epperson	148 lb. (40-49)	245*	120*	325*	690*
S. Walker	MEN 85 lb. (10-13)	95*	60*	135	290*
R. Fowler	123 lb. (10-13)	125*	90*	225*	440*
T. Poole	181 lb. Raw	480*	265	420	1145*
181 lb. Raw	Novice	305	275	325	905
P. Catina	198 lb. PFM	475*	330	455	1316*
Novice	D. Gurth	570*	370	630	1570
M. Parker	Open	300*	145*	350*	795*
198 lb. PFM	J. Calhoun	370	315	390	1075
D. Gurth	220 lb. (14-16)	275	215	320	945
Open	P. White	450	310	460	1220
J. Calhoun	(40-49)	615	520	555	1700*
220 lb. (14-16)	B. Bridges	300*	260*	450*	1025*
P. White	B. Hickey	600*	400	585*	1585*
(40-49)	Novice	385	355	500	1240
B. Bridges	A. Fowler	626*	456*	475	1455*
B. Hickey	Open	650*	475*	525*	1750*
Novice	C. Campbell	485*	315	475*	1275*
A. Fowler	(70+)	485	280	580	1285
Open	M. Brenham	600*	400	585*	1585*
M. Brenham	PFM	385	355	500	1240
PFM	B. Warren	626*	456*	475	1455*
B. Warren	242 lb. Novice	650*	475*	525*	1750*
242 lb. Novice	J. Ammons	485*	315	475*	1275*
J. Ammons	(40-49)	485	280	580	1285
(40-49)	R. Lockhart	600*	400	585*	1585*
R. Lockhart	275 lb. Sub	385	355	500	1240
275 lb. Sub	R. Muhammad	650*	475*	525*	1750*
R. Muhammad	(50-59)	485*	315	475*	1275*
(50-59)	Novice	485	280	580	1285
Novice	B. Smith	600*	400	585*	1585*
B. Smith	SHW Novice	385	355	500	1240
SHW Novice	B. Bak	626*	456*	475	1455*
B. Bak	Open	650*	475*	525*	1750*
Open		485*	315	475*	1275*



Roy and Andy Fowler competed at the Iron Warriors contest. (PPL)

L. Hoagland	550	405	525	1540	H. Morizio	95	245	340	
Raw	J. Ferris	625*	375	555*	1555*	J. Funaro	115	290	385
J. Ferris	FEMALE- Best Bench: Sandra Walker. Biggest Bench: Susan Thompson. Best Deadlift: Sandra Walker. Biggest Deadlift: Sandra Walker. Best Lifter: Sandra Walker. Highest Tow: Sandra Walker. MALE- Best Teen: Paul White. Best Legend: Mack Branham. Best Beach Press: Greg Campbell. Best Bench Press: Greg Campbell. Best Deadlift: Jeffrey Calhoun. Biggest Deadlift: Jeffrey Calhoun. Best Lifter: Jeffrey Calhoun. Highest Total: Muhammad. (Thanks to PPL for providing the meet results).								

USAPL Tribute to Charlie Schroeder
26 MAY 01 - Kingston, NY

WOMEN	BP	DL	TOT
135			
A. Boyle	135	255	390
T. Janiewicz	75		75
H. Saver	230		
H. Pampinela	150	275	425

R. Daly	320	320	
181 Masters Deadlift			
S. Grossman	300	300	
Master 50-59			
M. DiBattista	350	350	
Ironman			
B. Marchett	325	510	835
R. Jeffords	340	340	
Teen			
JR Bates	255	255	
Bench/Jr			
J. Delgado	405	405	
M. Geraughty	400	400	
Master			
P. Carroll	355	355	
198			
Open/Teen			
N. Speach	225	225	
Open			
B. Swanson	500	500	
G. Weber Jr.	400	400	
Teen			
D. Betell	425	425	
220			
Master			
A. Speach	275	275	
Master Raw			
K. Carroll	325	325	
Police/Fire			
M. Taggard	365	365	
Open			
J. Melanson	500	500	
D. Caddington	380	380	
Open/Iron			
R. Hansen	340	650	990
Open/Raw/Master/Iron			
F. Panaro	300	600	900
Master			
R. Greenspan	375	375	
242			
Master Guest			
J. Dassenbary	140	140	
Iron/Masters			
J. O'Brien	225	300	525
Master			
M. Murphy	360	360	
Fire/Police			
S. Bower	300	300	
Open			
L. Saviano	490	490	
D. Robinson	490	490	
Iron/Raw/Police/Fire			
B. Turch	225	455	680
275			
Ironman Raw			
B. Ramage	355	600	955
Masters			
F. Dini	500	500	
Police/Fire			
T. Osborne	375	375	
Raw			
R. Moncehan	470	470	
Open			
R. Madera	380	550	930
Master			
B. Newell	275	275	
Ironman Guest			
S. Mann			
Unlimited			
Open P/F			
D. Taggart	370		
S. Cullen			
	785	785	

(Thanks to USA Powerlifting for providing these results to POWERLIFTING USA Magazine).

SLP Indiana Summer BP/DL
3 JUN 01 - Franklin, IN

BENCH PRESS	Lane Clark	385	
police & fire women	4th	395	
165	Keith Otto	365	
Michelle Sultzter 130*	Lance Betts	330	
teenage men 18-19	198		
181	Chad Dailing	370	
Josh Hiles	315*	242	
Brent Oertel	275	Chris Staples	300
Doug Ding	225	DEADLIFT	
198	youth men		
M. Von Bruaene	285	Devon Jocquin	155
junior men	220	police & fire women	165
220	165		
Josh Doran	330*	Michelle Sultzter 275*	
submaster men	275	teenage men 18-19	181
275			
Paul Linville	450	Brent Oertel	455*
master men 45-49	198	Doug Ding	385
198			
Dave Bledsoe	335*	M. Von Bruaene	440
220	220	junior men	
Tom Boyer	365	275	
242		Sanders Fisher	550*
Tom Blacketer	510*	submaster men	275
275			
Jim Helsley	475*	Rocky Tilson	605*
shw	270*	master men 40-44	
Mike Boyer	325*	198	
master men 50-54	181	Jerry Kemna	605*
181		master men 45-49	
Lane Clark	385	198	
4th	395*	Dave Bledsoe	365*
198			
F. Medvescek	320	Tom Blacketer	550*
Steve Miscoi	295	shw	
master men 55-59	181	Mike Boyer	510*
181		4th	525*
Jon Howard	305*	master men 55-59	242
198			
Don Shotts	250*	Barry Donovan	460*
275		master men 60-64	275
J. D. Richards	265*	J. D. Richards	325*
4th	270*	master men 70-74	
198			
John Palumbo	255	open men	181
220			
Gaylord Good	300*	Ron Palmer	605*
open men	198		
148		Chad Dailing	560*
Tony Burrello	340*	Shawn Miller	520
181			
Ron Palmer	405*	Bruce Myers	580
Best Lifter: Tom Blacketer (BP); RON PALMER (DL); * denotes SLP Indiana State record. Team Champions - BROAD RIPPLE FITNESS. The Indiana Summer Bench Press/Deadlift Classic was held at Franklin Health & Fitness in Franklin, Indiana on June 3, 2001. We had a great turnout with forty-six entries and many new SLP Indiana state records. Thanks to owner Damien Katts for once again hosting this event and his continued support of powerlifting. In the bench press event we began with our only women's competitor, Michelle Sultzter. Michelle lifted in the police & fire women's 165 class, setting the state record there with 130. Michelle is training for the upcoming World Police & Fire Olympics to be held in Indianapolis later this month. Josh Hiles took the teenage men 18-19/181 class over Brent Oertel and Doug Ding with a state record performance of 315. Brent, lifting in his first competition, was second with 275, while past record-holder Doug settled for third with 225. Matt Von Bruaene won the 18-19/198 class with a new personal best 285 which he made on his second attempt. In the junior division, it was Josh Doran with a new state record of 330, lifting in the 220 class. Paul Linville won at submaster 275, posting a new personal record there with 450. Paul has gone from 365, in his first competition a year ago, to where he is today, 450 @ 250 bwt! Great job Paul! Moving to the master division, where we had thirteen competitors, the 45-49 age group had five alone ranging from 198-shw. At 198 it was Dave Bledsoe with a new state record of 335, which he made on his final attempt. Tom Boyer, who holds the record at 220 with 380, only got his opener of 360, missing 385 twice for his win there. Tom Blacketer took the 242 class as well as best lifter honors with his great 510 pr and state record attempt at a 237 bwt. Tom's 510 was so easy, he moved to 530 for his third attempt but filed to lock it out. Jim Helsley			

IPA Forum by Rob Capozzolo

As a lifter, it's very important to find a federation that best suits us. Like most of us, I have been on many different platforms. Since the conception of the IPA, I have noticed the world's top athletes have migrated here. It's easy to see why. The IPA creed, "Lifters for lifters" stands alone. The competitions are all first class. No other federation can boast the use of Monolifts on the platform, several in the warm-up room, the use of the Sutherland bar, and the Oakie deadlift bar at all national events.

The IPA has divisions to comply with all competitors' preference. Totals are established for elite and amateur classifications. All age brackets for both men and women are available. There is a drug testing in the amateur divisions. What more could you ask for?

Through the years, many organizations have failed. Why is this? It's simple. If I become angry, I quit, take my ball and go home. Now what? I call my friends and start all over again! Much like boxing, the expansion of different federations never ceases to amaze me. Just look at the upcoming events listings and tell me what all those letters mean.

Meet day is what we all live for. The preparations begin long before. We did not cut the grass today because I have a heavy squat day. Does this sound familiar? The trials and tribulations leading up to contest time are all worth it, until the meet director's neighbor sits in the judge's seat when you are up. I think he's laid off again. This is not the case with the IPA. We provide sanctioned referees, most of who still compete themselves.

An attempt to conjoin all the powerlifting federations is an exercise in futility. Does the perfect powerlifting world exist? The opportunity for each individual lifter to select one of the various classifications provided by the IPA leads me to believe that is does. The next time you are on the platform, look around. Who's there?

Is the equipment right? Is the meet running smoothly? Are you in the right atmosphere? Perhaps the fact that I have recently attended the IPA World Championship, York Strength Spectacular, has left me with a very strong commitment to forward my beliefs about the IPA. Last November's IPA Senior Nations also boasted the world's best competitors along with a smooth running operation. I am proud to have taken part in both of these events. With directors like Mark and Ellen Challiet, and Dave and Traci Tate the conditions are flawless. This is due to the fact that they know from the lifter's perspective of what is necessary on meet day.

If you are as serious as I am about your own personal training (I know you are) and want the best conditions available, then I am sure to see you as part of the IPA. In the upcoming months I will be touching on many specifics regarding our sport and events. This article, in particular, is an introduction of what I hope to be many.

I deemed it necessary to emphasize my perspective, the direction of our sport and the IPA creed "LIFTERS FOR LIFTERS." All meet updates, questions regarding the IPA, or just comments can be addressed to me at Rob Capozzolo, Titan Gym and Fitness Center, Village Shopping Center, 1816 Homeville Rd., West Mifflin Pa. 15122, (412) 466-4866, RobCapozzolo@MSN.com

also got a new pr and a new state record at 275, finishing with a solid 475. Big Mike Boyer set a new Indiana state record, winning the superheavies with 325. At 50-54, Lane Clark came within five pounds of his personal best with his state record fourth attempt of 395 to win the 181 class. At 50-54/198 Frankie Medvescek continued his undefeated streak with 320 over Steve Miscoi, who finished with 295. It was good to see Steve again after a few years absence, who brought Dave Bledsoe, Barry Donovan and John Palumbo with him from Kokomo, Indiana. Jon Howard set the state record at 55-59/181 with an easy 305 for his win at 60-64/275, finishing with a state record 265 third and 270 fourth attempt. John Palumbo got a big pr with his win at 65-69/198, posting 255 on



Best Lifters at SLP Indiana BP (Lr): Tom Blacketer (BP), Ron Palmer (DL). (Photograph provided courtesy of Dr. Darrell Latch).

Joey, Damien, Paul Linville and others for their help. See you all again in November. (Thanks to Dr. Darrell Latch for providing the results of this competition to PL USA).

his final attempt. Then at 65-69/220 Gaylord Good got an easy 300 for another new SLP Indiana state record. In the open division Tony Buffello came back on his third attempt, after missing his second, with a state record 340 for the win at 148. At 181 Ron Palmer settled with his opener of 405 for the win, after missing his next two tries with a personal best 450. Second place went to Lane Clark and third place to Keith Otto, who finished with 365. Lance Betts placed fourth at 181 with 330, coming close with a final attempt of a pr 385. Maybe it had something to do with that stupid hat he was wearing! Our final lifter was Chris Staples, who won the 242 class with 300. This was Chris's first competition and he did well, getting all three of his attempts in. In the Deadlift event first time competitor Devon Jocquin pulled a great 155 pr at a 115 bwt. Devon, who is ten years of age, is the grandson of Harry Landers. In the women's police & fire division Michelle Sultzter claimed her second title of the day, along with her second state record, finishing with 275 for her win at 165. Brent Oertel won at teenage 18-19/181 with a new state record of 455, pulling just his opener after missing 500 twice. Second place finisher Doug Ding got all three of his lifts in to end with 385 on the day. Matt Von Bruaene won his second title of the day by capturing the 18-19/198 title with a personal best 440. Two pr's on the day; not bad! Sanders Fishers overcame the disappointment of his previous competition to pull a state record 550 to win the junior/275 class. Rocky Tilson returned to competition with a strong 605 pull for the win at submaster 275. Rocky set a new state record there, even though he was busy all day helping coach his teammates along the way. Jerry Kemna locked out a state record 605 at 198 in the master's 40-44 class for the win there. Jerry weighed in at only 193! In the 45-49 division we had our biggest class with three competitors. At 198 it was Dave Bledsoe again with a new state record of 365. Dave just missed a lockout with 405 for his final attempt. Tom Blacketer only got his opener of 550 in for the win at 242. That big bench probably took a little out of him, as he missed his second with 600 and passed on his third. Mike Boyer finished out a great day of lifting with prs on his third (510) and fourth (525) attempts in the shw class. These were also new Indiana state records for Mike. Barry Donovan won his first title in his first competition, pulling just his opener of 460 for the win at 55-59/242. This was also a state record for Barry. J.D. Richards got a new pr and state record at 60-64/275 with his final attempt of 325. Then at master 70-74 it was Harry Landers with a state record 335 at 198. Weighing in at only 183, Harry

only got his opener in after a muscle pull with 355 on his second. Ron Palmer opened with 500 lbs., then jumped to 605 lbs., in typical Ron Palmer fashion, before missing at a pr 630 on his third for the open 181 title. Weighing in at just 170 lbs., Ron not only set the state record there, but also captured the best lifter title for the day. Chad Dailing continued his winning ways with his title at 198, breaking his own existing record there with a great 560 lbs. Shawn Miller was second at 198 with a solid 520 lbs. pull. Bruce Myers won at 308 with a great 580 pound, breaking the existing record there by five pounds. Broad Ripple Fitness, consisting of Mike Boyer, Tom Blacketer, Jim Helsley, Gaylord Good, Jon Howard, Jerry Kemna and Chris Staples won the team title. Thanks to my son

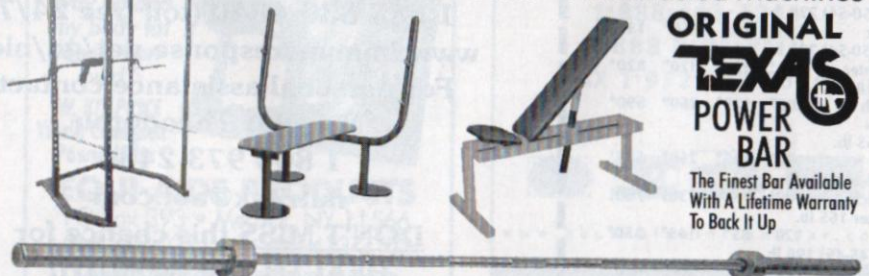
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W.D.F.P.F.

Attention: USAPL members interested in W.D.F.P.F. Championships: The ADFPF is the US affiliate to the W.D.F.P.F. Current USAPL members may register to become ADFPF members and can then apply to fill slots on the various US Teams entering the 2001 WDFPF Schedlue. Basic date & location information concerning the WDFPF 2001 SINGLE EVNET and the 2001 POWERLIFTING WORLD CHAMPIONSHIPS are listed below. THE ADFPF would like to fill EQUIPPED Division and UNEQUIPPED Division Teams for men and women in each of the following age categories: Open, Teenage 14-15, Teen 16-17, Teen 18-19, Junior (20-23); and Masters (40-44, 45-49; and so on in 5 year increments). Please contact WDFPF Secretary General for registration and application materials: address below. **WORLD DRUG - FREE POWERLIFTING FEDERATION, Inc. MEMBERSHIP:** "The W.D.F.P.F. is the only international powerlifting federation which requires BOTH laboratory evidence of every member nation's Out-of-

- Competition Drug Testing program and full agreement to participate in Target Drug Testing. For a complete listing of membership requirements, request the W.D.F.P.F. Membership Application Form from: Judith M. Gedney; W.D.F.P.F. Secretary General, Brophy Hall, Western Illinois University, Macomb, Illinois 61455 USA, Phone: 309-298-1757, Fax: 309-298-2981, E-mail: <Judith_Gedney@ccmail.wiu.edu> Note: W.D.F.P.F. membership requirements must be fulfilled prior to participation within the W.D.F.P.F. Nations wishing to enter the 2001 Single Event World Championships must fulfill W.D.F.P.F. 2000-2001 registration requirements as soon as possible. Before entering the 2001 Combined World Championships the official annual Membership Application Form for the 2001-2002 competitive season must be completed and membership requirements must be fulfilled by the WDFPF Congress, October 19th. **The 2001 W.D.F.P.F. Championships Schedule:** August 24, 25, 26: The 2001 Single-Event World Championships (Squat World Championships, Bench Press World Championships and Deadlift World Championships) will be hosted by The Taber Powerlifting

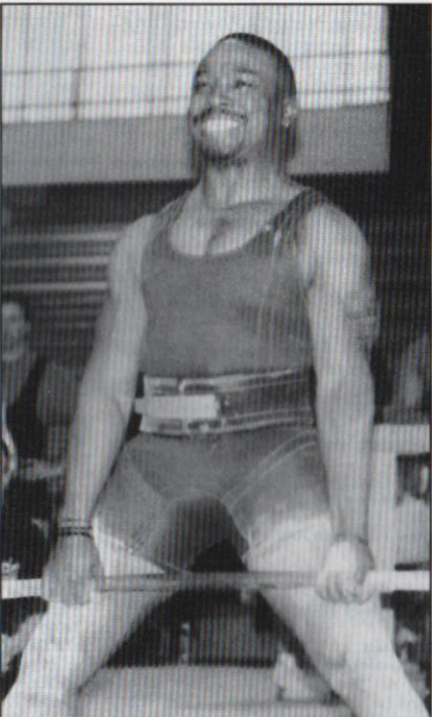
Club and CDFPA President, Randy Sparks in Taber Alberta Canada. Unequipped and Equipped Squat Championships are scheduled for Friday, Aug. 24; Bench Press for Saturday, Aug. 25 and Deadlift for Sunday, Aug. 26th. Meet information and entry forms have been mailed to the International Liaisons of the W.D.F.P.F. registered membership. Friday, October 19, Birmingham England: The 2001 World Congress. October 20 & 21: The 2001 Combined World Powerlifting Championships will be hosted by Bill Andrews in Birmingham, England. Meet information and entry forms will be mailed to the W.D.F.P.F. registered membership in the near future. The venue will be the Theater of the Novotel Hotel. **W.D.F.P.F. Materials:** The following materials are available through the WDFPF Secretary General's Office (mailing, phone, fax and e-mail addresses listed previously). Please consider each of the following items as potential gifts for powerlifting friends. When placing orders, send postal address, check or money order made out to the WDFPF, along with quantities of items. W.D.F.P.F. Logo Emblems: Cost = \$10.00 U.S. per emblem. These beautifully colorful badges are suitable for deco-

rating personal lifting equipment, blazers/clothing, warm-up suits & equipment bags. WDFPF World Record Certificates: Colorful World Record Certificates artistically completed by a professional calligrapher are available to our member nation's record-setting athletes. W.D.F.P.F. World Record Certificates are available in both the EQUIPPED and the UNEQUIPPED Divisions for POWERLIFTING and for SINGLE-EVENT competitions. Records may be ordered at a charge of \$10.00 U.S. per certificate. Send name & nation, meet date & title, specify EQUIPPED or UNEQUIPPED, specific events and record amounts. WDFPF Records Package: Cost = \$15.00 U.S. per package. Includes all World, European and North American Records for all age categories & weight classes of men & women in the EQUIPPED Division and all World Records for all age categories and weight classes of men and women in the UNEQUIPPED Division. This package has been updated through May of 2001. Coaches, athletes and gym owners will appreciate this pertinent information to help athletes train for the WDFPF sanctioned events". (from Judy Gedney)

USAPL "Battle of Great Lakes IV" 24 Mar 01 - Macedonia, OH

BENCH MEN	181 lb.	200 lb.	220 lb.	242 lb.	275 lb.	310 lb.	350 lb.	400 lb.	450 lb.	500 lb.	550 lb.	600 lb.	675 lb.	750 lb.	825 lb.	900 lb.	1000 lb.
D. Sheridan	250	140	305	695													
B. Wessler-BL(2x)	330	195	375														
FORMULA																	
Masters																	
D. Sheridan	250	140	305	695													
Best Lifter Bench Press Light Weight: Steve Petrencak 123 lb. Men's Open. Best Lifter Bench Press Heavy Weight: Ralph Young (2X BL) 220 Lbs. Men's Open. Best Lifter Female Full Power Meet: Brooke Wessler (2X BL) 165 lbs. Women's Open. Best Lifter High School Full Power Meet: Gannon Quinn 275 Lbs. Men's HS-II (Jr./Sr.). Best Lifter Full Power Light Weight: Greg Page 148 lbs. Men's Open. Best Lifter Full Power Heavy Weight: Wade Likens SHW. Men's Open. 1st Place Bench Team: King's Gym (Ed & Frank King). 1st Place Full Power Meet: Pierce Construction Team (Big Brett Helmer). The 2001 USAPL "Battle of the Great Lakes IV" Full Powerlifting Meet and/or Separate Bench Press Tournament were held once again at Nordonia High School in Macedonia, Ohio. The meet was a bigger success than last year's meet. Nearly 100 lifters from Ohio, Pennsylvania, Indiana, Kentucky, New York and as far away as Canada came to compete in this event. All were striving for the 6th Pete Lanzi Memorial Swords, which are 47 inches long "Conan the Barbarian Swords." As last year, this year's meet was a two platform meet and we will continue in that fashion for years to come. Fans from every aspect of the lifting realm saw some great lifting. This tournament was exciting from start to finish and at times very hard fought. Each of the lifters sacrificed and trained very hard for this meet. Some attained American Records, and some attained Personal Records. Some won 1st Place and some 2nd, but when all was said and done, they all walked away Champions, giving it their all. This year's meet began with a moment of silence as the Lifters, Meet Officials and Fans paid their respect to a fallen lifter. Peter E. Lanzi, a 19-year old powerlifter on Big K's Powerlifting Team and a freshman at Kent State University died very unexpectedly on February 4, 2001 of a brain aneurysm at home in his mother's arms. Peter was the heart of this tournament. In his sophomore year of high school, Peter and I decided to create our own meet. Our vision was to have hundreds of lifters pour into our gym to compete in an all-out battle. Thus we came up with the name The Battle of the Great Lakes. It was through his efforts that The Battle of the Great Lakes is what it is today. Peter went a step further in developing what I believe is one of the Top Best Lifter Awards of any meet. Pete wanted our lifters to get a "Conan the Barbarian Sword" for their efforts. Peter just happened to be the first recipient of that sword as he won the top lifter honors in The Battle of the Great Lakes II. In tribute to Peter the best lifter award is now called, The Pete Lanzi Memorial Award. This year Six (6) Swords were awarded and next year we will award ten (10). The tournament committee presented John and Nikki Lanzi, Peter's Parents, with a plaque highlighting Peter's Accomplishments in powerlifting and																	
WOMEN																	
D. Waterman	510	330	540	1370													
J. Ross	435	365	500	1300													

life. He will be deeply missed! Top Lifting honors went to Steve Petrencak in the Light Weight Bench Press Division, Ralph Young (2X BL) in the Heavy Weight Bench Press Division, Brooke Wessler (2x BL) in the Female Full Powerlifting Meet, Gannon Quinn in the High School Full Powerlifting Meet, Greg Page in the Light Weight Full Powerlifting Meet and Wade Likens in the Heavy Weight Full Powerlifting Meet. Our Top lifters won an engraved, 47 inch long "Conan the Barbarian Sword" and Display Rack for their efforts. In the Team Race, Pierce Construction (2X Team Champions), led by Big Brett Helmer walked away with their second consecutive Full Powerlifting Meet Team Title. KINGS GYM (4x Team Champions) continued to show their dominance, as Ohio's Top Bench Pressers won their fourth consecutive Bench Press Team Title. Congratulations to both teams and Captains Big Brett Helmer and Frank and Ed King on your accomplishments. I would like to thank some very special people, who without, this meet would not have been made possible. First of all to State Director and Co-Head Official Greg Page, for organizing officials and taking care of Drug Tests. Your assistance was greatly appreciated. Congratulations on your Top Lifter Honors. To Dr. Bench Press himself, and Co-Head Official, Dr. Larry Miller. Your help and assistance was invaluable. I greatly appreciate and respect you, thank you. A special heartfelt Thank you to our judges Ed and Frank King, Marc Terman, Nick Keleman, Frank Palmer, and Jason Ross. To "King's Gym" and especially Ed and Frank, you guys are always a "Class Act." To my lovely wife Stacy, thank-you for your patience and support in running this meet. A special Thank-you goes out to my father Glenn Kanaga and his wife Julie for running the main gate. To my sisters Sarah and Kate Kanaga for selling T-shirt sales and enjoying the Hot Guys as they say. Thank-you to my assistant wrestling coach Rob Merhar for all your help. I would like to extend a wonderful thank-you to John and Nikki Lanzi in helping with registration, scoring and running the meet. I thank Ms. Barb Cryslar, Kathy Baraga and the Nordonia Hills Athletic Boosters Club for your continued support of this meet and for running our concessions stands. To Bob "Bob Dog" Reszler and Wood Pride in North Royalton. The platforms were perfect. A big Thank you Great American Awards. This year Six (6) Swords were awarded and next year we will award ten (10). The tournament committee presented John and Nikki Lanzi, Peter's Parents, with a plaque highlighting Peter's Accomplishments in powerlifting and

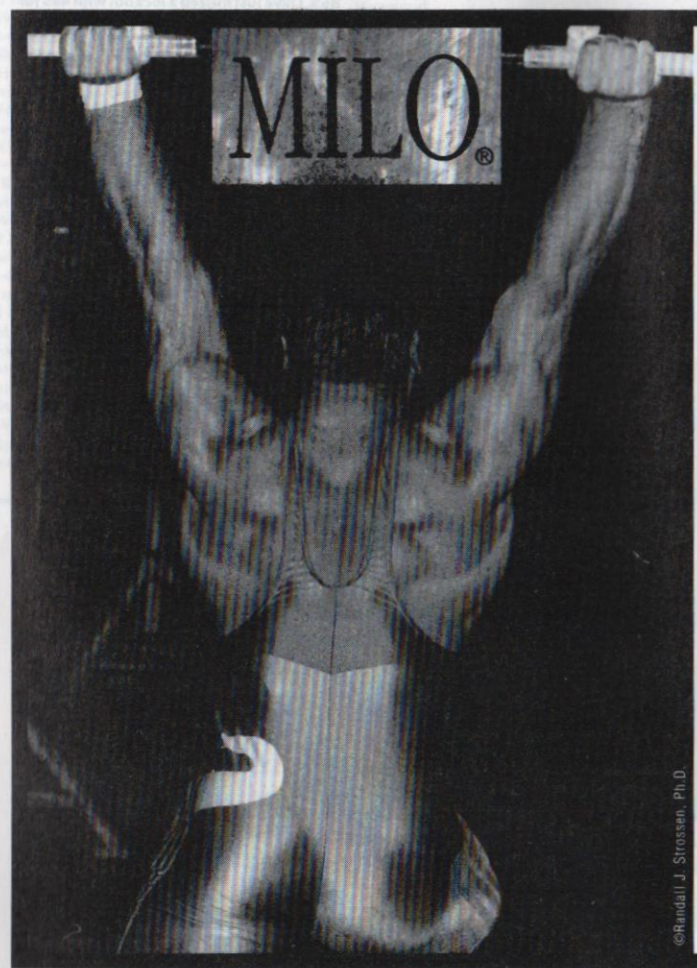


Best Lifter Full Meet - Light Weight - Greg Page. (Photo provided by Stacy Kanaga).

you goes to all our sponsors and supporters of this meet, especially the Macedonia, Northfield, and Sagamore Hills Business District. I would like to extend a very special thank you to three important people. First of all to Kelly "The Lovely Announcer" Toth who has been the voice of the Battle of the Great Lakes. You took over the task of being our announcer four years ago and you've made our meets run very smoothly. I've said it before and I'll say it again, I think the lifters come just to see Kelly and hear her lovely voice. It was a difficult task running a two-platform meet but you made it a success. There are no worries when you're in charge of something! I know this meet was tough due to some personal issues but you came through for us as always. Thank-you Kelly, for both your friendship and support, it is greatly appreciated. To SW, Wilder and The United States Army Paratroopers' Un for providing 12 Class Act spotters/loaders for the day. Theirs was a very hard job! These guys were professionals and sharp in every aspect. They showed up in camo pants and black paratrooper T-shirts. They were quite a sight to see on the platform. For their efforts year after year, The Battle of the Great Lakes Tournament Staff presented them with an Engraved Sword of Honor! And Finally I would like to thank John Lanzi. Four years ago John's son Peter and I had a vision for a powerlifting meet. At that time Peter was a sophomore in high school. Peter was taken very unexpectedly from this us in February of this year. John came out to support us and make sure Peter's Dream continued to flourish. It was very difficult for John and his lovely wife Nikki but the Outstanding Men and Women Powerlifters made it easy for them as they paid their respects for Peter with a moment of silence, a roaring round of applause and many personal comments to the Lanzi's. Thank you John, for a wonderful son in Peter and for your selfless support of his dream. The Battle of the Great Lakes V will take place on Saturday, March 23, 2002. Please contact me at Gary Kanaga, 6346 Chestnut Hills Dr., Parma, Ohio, 44129 or by phone at (440) 884-7608 or email at bench500@MSN.Com. So if you want a Great Drug Tested Meet, Huge Trophies, A Full Service Concession Stand and a 47 Inch Long "Conan the Barbarian Sword" For the Best Lifter, come to the meet that is destined to become one of the best, "The Battle of the Great Lakes V" next year! I hope to see you there. Lift Drug Free, Good Luck and God Bless You! (Thanks to Gary "Big K" Kanaga, of Big K's Powerlifting Team, for providing these results).



John & Nikki Lanzi present Best Bencher - light weight, Steve Petrencak with the Pete Lanzi Memorial Sword as Best Lifter! (Photo-graph provided by courtesy of Stacy Kanaga to Powerlifting USA).



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Lifetime Natural Powerlifting Society Nationals
19 MAY 01 - Tuscola, IL

BENCH PRESS		master men 50-54	
242	242	Doug Krause	405*
181	345*	4th	420*
submaster men		master men 65-69	
181	308		
Daryl Evrard	400*	John Luallen	230*
220		openmen	
Rod McIntosh	520*	148	
master men 40-44		Dennis Belt	
198	198		295*
Dennis George	345*	Allan Barr	275
shw	4th		305
Fred Sorg	420	220	
Loren Betzer	355	Rod McIntosh	520*
master men 45-49		shw	
148	420	Fred Sorg	420
Dennis Belt	295*	Loren Betzer	355
Full Meet	SQ	BP	DL
master women 40-44		TOT	
114	260*	160*	315*
132	160*	315*	735*
David Toothman	200*	150*	300*
4th	325*	675*	
181			
David Kibler	345	190	355
teenage men 18-19		165	
Ryan Suits	350	215	360
submaster men		181	
Daryl Evrard	455*	400*	430*
40-44	1285*		
165			
Darrell Kibler	425	215	400
198			1040
Dennis George	415	345*	400
220			1160
D. Burlingame	625	365	620
4th	475	280	600
1355			
Darryl Silver	495	285	525
shw		1305	
Fred Sorg	700*	420*	605*
master men 45-49		1725*	
148			
Dennis Belt	455*	295*	555*
198			1305*
Rick Palmer	485	325	495*
4th	510*	1320	
master men 50-54		242	
Larry Readman	450	275	545*
open	1270		
148			
Dennis Belt	455	295	555
220			1305



Rod McIntosh at the Lifetime Natural PL - Best Lifter in the bench press. He did a NR of 520 at 220 lbs. (Photos provided by Dr. Latch).

D. Burlingame 625 365 620 1610
Dennis Long 500 320 500 1320
Jeff Robinson 460 325 405 1190
shw
Fred Sorg 700 420 605* 1725*

Best Lifter PL - Dennis Belt; Best Lifter BP - Rod McIntosh; * denotes LNPS national record; Team Champions - Southern Illinois Uplifters. The eighth annual Lifetime Natural Powerlifting Society Nationals were held May 19, 2001 at Son Light Power Gym in Tuscola, Illinois. We had a good turnout with a great bunch of lifters. Thanks to all my help, everything ran very smoothly and we finished the competition in less than five hours. In the powerlifting competition our lone women's competitor was Wisconsin's own Debbie Huset. And what a great lifter she is! Competing in the master 40-44/114 class, Debbie set all new national records for that class. Weighing in at just 112, Debbie went nine for nine to finish with a 260 squat, 160 bench and a strong 315 deadlift for a great 735 total. In the teenage men's 16-17 division we had two lifters, David Toothman at 132 and David Kibler at 181. Toothman, competing in his first full meet, did well, finishing eight for nine and establishing all new records for his class. David finished with a 200 squat, a 150 bench and a 325 deadlift for a fine 675 total, all at a 124 bw! David Kibler also did well, though the year layoff from competition showed as he missed each of his final attempts. David finished with strong second attempt, going 345-190-355-890, all new personal records for him. Our final teenager was 18-19/165 winner Ryan Suits. Ryan had a great day, setting all new prs in the squat (350), bench (215), deadlift (360) and total (925), representing his team well. Daryl Evrard came back strong, breaking all the existing records in the submaster 181 class. Daryl went 455-400-430-1285 for the win with the determination of a baby bull. Great lifting, Daryl!! In the master 40-44 division we had six great lifters. At 165 it was local favorite, Darrell Kibler, 1998 WPC world masters champion. Darrell finished with a 425 squat, 215 bench and a national record 400 deadlift for a 1040 total. At 198 it was Dennis George, who broke the existing bench record with a strong 345 on his final attempt. Dennis finished with a 1160 total, squatting 415 and pulling 400. We had three competitors at 220, but once again Duane Burlingame came out on top with a solid 1610 total. Without the use of a Monolift, Duane's squat suffered, struggling to get his opener in at 625. Duane followed that with a 365 bench and a 620 deadlift for the win. Second place at 220 went to Kim Long, another great master puller. Kim finished with a 475 squat and a 300 bench to go along with his big 600 deadlift for a 1375 total. Darryl Silver was third with 1305 on the strength of his 495 squat, 285 bench and 525 pr deadlift. At shw it was Fred Sorg, finally moving up to the master's division. Boy, and did he! Fred posted all new national records with a strong 700 squat, 420 bench and a 605 deadlift for a big 1725 total. The 45-49 division saw the return of defending champion Dennis Belt, one of the greatest natural lifters ever at 148. Dennis not only won his class but broke all of his existing records in the process. He squatted 455, benched 295, deadlifted 555 for a great 1305 total. Dennis also won the open 148 class as well as the best lifter award for the

competition. You are an inspiration to us all, Dennis, and a great example of what a truly natural lifter can accomplish. Teammate Richard Palmer also did well, taking the 45-49/198 class with a 485 squat, 325 bench and a great 510 fourth attempt national record pull for a 1320 total. Rick's deadlift and total were new personal records for him. Larry Readman won



Debbie Huset with 315 lbs. at 112 which was a NR in the master women 40-44/114 at the Lifetime Natural PL Society. (Photo provided by Dr. Darrell Latch to PL USA).

the 50-54/242 title with a 1270 total, going 450-275-545 on the day. Larry broke the existing national record in the deadlift with each of his three attempts, finishing with that great 545 pull. In the open division, as mentioned earlier, Dennis Belt won at 148, coming within five pounds of George Temmerman's 560 national deadlift record. At 220 it was Duane Burlingame at 1610, followed by Dennis Long with 1320. Dennis had a very respectable day, finishing with a 500 squat and deadlift and a 320 bench. Jeff Robinson was third at 220 with a 1190 total. Jeff finished the day with a 460 squat, 325 bench and a 405 deadlift. Not bad for his first national competition! In the shw class, once again it was Fred Sorg, this time posting new records in the deadlift (605) and total (1725) to erase his own existing records in that class. In the bench press competition we had a team that came from Ohio consisting of Josh Parker, Doug Krause, Allan Barr and Rod McIntosh. Of these, Josh and Doug were competing for the first time. Josh won the junior men's 242 class with a great national record attempt of 345, coming on his final lift. Doug also set a national record in the 50-54/242 class finishing with 405, following that with a strong fourth attempt of 420. Allan Barr

also had a good day in the open 198 class, getting 275 for his second attempt then making a 305 pr on a fourth attempt after missing 290 for his third. But it was Rod McIntosh who stole the show, taking both the submaster and open 220 class as well as the best overall lifter award. Rod opened with an easy 465 before moving to 480 to break his existing record of 475. He then changed shirts and jumped to 520 for a new personal record, locking it out with perfect form. New records in both the submaster and open 220 classes! Also at submaster was 181 winner Daryl Evrard, who posted a new pr and national record with 400. In the master 40-44 division Dennis George's 345 was also a record at 198. Dennis dedicated his great day of lifting to the memory of his lifelong friend and training partner, Darrell Garrett, who passed away a while ago, but who remains in his thoughts and prayers. Fred Sorg took the shw title with 420 over Loren Betzer's 355. Dennis Belt won both the master 45-49/148 and open 148 title with 295, a record in each class. John Luallen won the 65-69/308 class with 230. Making just his opener, John set the national record there. And in the open shw class, Fred Sorg again won over Loren Betzer. Loren, a determined competitor who came all the way from Leavenworth, Kansas, set a new personal record with his final attempt of 355. The Southern Illinois Uplifters from Marion, Illinois, consisting of Dennis Belt, Daryl Evrard, Richard Palmer, Dennis Long, Jeff Robinson and Ryan Suits repeated as team champions. Noticeably absent was team member Walter Allen, who has had some health problems lately. Hope to see you back in competition soon, Walter; our prayers are with you. Thanks to John Sorg, Joey Latch, D. C. Latch, Dave Bragg and Daniel Moutrif for all their help. See you all again next year! (Thanks to Dr. Darrell Latch for these results).

STF Spring Powermeet
6 May 01 - St. Louis, MI

148 lb.	SQ	BP	DL	TOT
Howard	295	225	405	925
Hudson	365	335	525	1225
McDonald	250	280	430	960
Higgins	275	205	370	850
Serverin	165	195	200	560
181 lb.				
Watson	305	255	405	965
198 lb.				
Charrier	520	305	580	1405
Martin	450	355	550	1355
Gomez	455	270	500	1225
Nadrowski	280	245	500	1025
Barker	315	200	435	950
220 lb.				
Herrick	535	315	725	1575
Ferguson	450	325	550	1325
Luqnan	380	325	455	1160
242 lb.				
Tamachaski	590	415	610	1615
Stribling	500	365	551	1416
Thompson	405	425	550	1380
Pattan	175	145	315	635
SHW				
Luna	455	425	650	1530
DelMonte	315	365	585	1265
Master				
148 lb.				
Wymer	275	225	315	815
Bayer	165	200	325	690
165 lb.				
Washington	135	135	135	405
181 lb.				
Simpson	205	250	325	780
Ward	225	225	225	675
Pike	135	185	200	520
198 lb.				
Duncan	350	295	495	1140
Bateman	260	255	480	995
220 lb.				
Smith	135	305	425	865
Hudson	225	205	350	780
242 lb.				
Wall	225	225	405	855
Zimmer	135	135	405	675
SHW				
Abdullah	135	135	225	585

Best Lifter (Light): Hudson. Best Lifter (Heavy): Herrick. Head Judge: Miller. Judges: Jones, Salani. Spotters: Brown (220), Brown (224), Buchanan. Announcer: Donahue. Stat Keeper: Fournier. Camera Man: Johnson. Meet Director: Miller. (Thanks to Ronald Miller for providing the results of this competition).

APF/AAPF Me State
18 Mar 01 - Lewiston, ME

MEN AAPF	633	451	628	1713
A. Connors	501	281	523	1306
R. Ingrisano	352	225	418	997
T. Sunshine	352	231	402	986
O. Sylvester	352	198	451	1002
C. Dow				
Guest				
M. Mitchell	143	507	705	1355
S. Blanchard	—	451	600	1052
T. Bruce	—	—	—	—
JR				
D. Carpenter	225	225	330	782
C. Dow	352	198	751	1002
Master (40-49)				
T. Sunshine	352	225	418	997
Master (50+)				
M. Scott	391	259	413	1063
A. Carr	407	308	424	1139
Open 165 lb.				
T. Sunshine	352	225	418	997
Open 181 lb.				
C. Kanavas	485	319	534	1339
J. Higgins	462	341	501	1305
Open 198 lb.				
G. Sotirakos	529	440	600	1570
Open 220 lb.				
P. Collings	688	380	584	1653
R. Bickford	573	369	518	1460
R. Ingrisano	501	281	523	1306
Open 242 lb.				
A. Connors	633	451	628	1713
Open 275 lb.				
T. Lane Sr.	644	380	677	1702
Open 308 lb.				
C. Wiers	644	34	677	1857
T. Frost	551	391	551	1493
Teen				
J. Higgins	462	341	501	1305
D. Geis	440	259	402	1102
WOMEN Guest				
C. Turcotte	—	225	—	225
Open 123 lb.				
T. Clarke	198	137	225	561
Best lifters: MEN: Chris Wiers. WOMEN: Tiffany Clarke. I would like to thank everyone that helped to make this a great meet: Russ and Lynne Barlow, Scott Worthing, Steve Cote, Frank Yonneau, Norm Guay, Michelle and Chad Curtis, Erka Blanchard, Dan Leveseur, Steve Smith, Dan Bellmore, The Bird Toucan Lounge and all the spotters and loaders. (Thanks to Scott Blanchard for these contest results).				

APF/AAPF Illinois State
31 Mar 01 - Aurora, IL

APF BENCH	Teen (16-17) 148 lb.	148 lb.
Open 165 lb.	S. Bazarek	125
H. Medina	182.5	165 lb.
181 lb.	M. Spradling	125
B. Gallagher-BL	237.5	Teen (18-19) 220 lb.
198 lb.	T. Kapsch	170
S. Webb	232.5	Submaster 165 lb.
M. Mangum	197.5	M. Schaefer
220 lb.	181 lb.	172.5
B. Carpenter	—	E. Adams
(55-59) 181 lb.	N. Gorman	160
W. Anczerevich	130	220 lb.
AAPF BENCH	P. Ball	182.5
WOMEN	242 lb.	
Master (40-44) 114 lb.	T. Nelson	170
C. Krocchal-BL	57.5	Master (40-44)
(45-49) 114 lb.	181 lb.	
C. Spaletto	50	D. Rosenzweig
MEN	220 lb.	182.5
Open 148 lb.	G. Anderson	180
J. Mukite-BL	175	275 lb.
198 lb.	M. Hargens	185
G. Alton	170	(45-49) 181 lb.
220 lb.	J. Marudecki	147.5
T. Corsi-BL	215	242 lb.
J. Pinchard	200	D. Murphy
242 lb.	308 lb.	142.5
S. Kramer	207.5	K. Earley
275 lb.	170	(50-54) 198 lb.
D. Krapp	210	
APF	SQ	BP
Open 165 lb.		DL
Vandeweghe-GL	215	122.5
MEN Open 198 lb.		510
. Chalmers	280	200
242 lb.	280	280
S. Parkhurst	305	202.5
275 lb.	280	787.5
N. Levario	380	230
Junior 198 lb.	287.5	897.5
A. Dahm	267.5	132.5
	237.5	637.5

In the 45-49 group, Bob Kelly and Dick Zenzen had quite a battle going at subtotal. Zenzen's 606 squat gave him the lead by 6 lbs. The bench press looked as if Zenzen was on the road to another win with Kelly going 314 to Zenzen's 325. Zenzen was ahead 931 to Kelly's 914. But Bob Kelly had the superior deadlift power finishing 551 over Zenzen's 496. When the dust settled Bob Kelly's 1462 was 39 lbs. over dick Zenzen. If these two stay in the same class this will be a battle worth watching in every meet they enter. Kelly and Zenzen are both strong and motivated. It could go either way at any time. World Champion Stephanie Van de Weghe is back on the platform and recovered from the injury that kept her from competing last year. She and world champion husband Jan guest lifted to qualify for nationals. The AAPF division included 2 women world champion. Terrie Ann Black added another state championship to her growing list. Heidi Pickman, lifting in her first meet did very well. Watch for this 148 lb. fire cracker. She is strong and her form is excellent. That's a great combination for strength and longevity. In the open division 181 lber Steve Garulik returned for another state championship, strong as usual. Jason Black and Eric Callens won the 220's and 198's respectively. Outstanding teen lifter was Doug Koren with a total of 1248. Submaster lifters Rob Leoni (132) and Michael Robinson (148) did very well. Master lifters meant business that day. Duane Winkler (44-198) had the highest master total of the meet with 1565. Tim Mitchell and Mark deTolve had great showings. World Champion Mario Nigro still battling injuries and pain still totaled 1200 for his win. The APF bench press division had some very strong competitors, 165er Humbert Medina went 3 for 3 to a 402.5 gold medal won easily over Matt Mangum. World competitor Bill Callahan but benched everyone with 523.5 and best lifter honors. Master Walter Anczerevich, smiling as always, took home his gold medal. The AAPF Bench press competition had two women master competitors, Carol Kradmol took best lifter over Chris Spaletts. The Open division delivered first place trophies for Joe Mukit, Gary Alton, Tom Corsi and Stan Kramer and Joe Mukite and Tom Corsi won best lifter awards for light and heavy respectively. The teen lifter did well. Steve Bazarek (148) and Mike Spradling (165) both benched 275 to win their classes. 19 year old Tom Kapach (220) put up 375 for his win. The submaster were all in the same ball park with their lifts. Marc Schaefer, Norman Garman and Tom Nelson all palces 1st. Preston Ball had the highest submaster Bench press with 402.5. Master lifters Dana Rosenzweig (402.5) Greg Anderson (396) and Michae's. The 45-49's were controlled by Jim Marudecki, Dave Murphy and Keith Earley 53 years old 198er

Dan Swift finished out the division with 391. Thanks go out to the loaders and spotters and certainly the judges who judged all day. Bob Spaulding even came all the way from Michigan to help out. The entire staff did a great job. (Thanks to Maris Anne Sternberg for results).

2001 Steeler High School Meet
19 MAY 01 - Granite City, IL

WOMEN	SQ	BP	DL	TOT
105				
Jen Ray	92.5	42.5	110	245
114				
Jes Ray	95	57.5	120	272.5
123				
A. Jackson	95	55	87.5	237.5
L. Walters	57.5	32.5	82.5	172.5
132				
K. Farmer				

Spring Bench Press

14 Apr 01 - Independence, MS

WOMEN	K. Hernandez	400
Teen	K. Temple	400
M. Wilcoxson	115 M. Anderson	395
Open	J. Gossard	340
M. Baker	200 Open Lhtwht.	365
T. Geiss	140 B. Stevens	300
Men	M. Johnson	300
Teen Lhtwt.	D. Collins	340
Z. Craig	250 Midwht.	465
C. Wilcoxson	230 K. Parrish	450
A. Watkins	245 B. Cass	405
Teen Midwht.	A. Lackey	435
M. Vandeelen	275 S. Magill	360
S. Lacey	265 A. Rayburn	375
Masters Lhtwht.	T. Hoy	285
M. Scalise	285 Hvywht.	
Masters Midwht.	M. Carpenter	405

This was a pound for pound bench press meet. The most weight lifted over bodyweight wins. We are trying to build the sport of powerlifting in Kansas City and would like to thank our lifters for competing. Please help spread the word. Our best bench press for (women) was Michelle Baker. (Men) best lifter was Keith Parrish. The \$100.00 money winner went to Bruce Stevens. In our (teen) lightweight class we had a battle between Chad Wilcoxson at a (bw) of 151 pounds and Zac Craig at a (bw) of 172 pounds. Chad took 2nd place with a 230 pound bench and Zac took first with a 270 bench. In the teen woman's division was Megan Wilcoxson hit a 115 at a (bw) of 148. She is a 15 year old teen with a lot of potential. In the open women's division Tammy Geiss lifted at (bw) of 140 and hit a 134 bench taking 2nd. Michelle Baker also a competitive body builder slammed 200 pound bench at a (bw) of 153, taking 1st place. Teenage middleweight division at a (bw) of 193 pressed Steve Lacey pressed a 265 taking 2nd place. 1st place went to Matt Vandeelen with a 275 bench at a (bw) of 193. In the men's masters lightweight division Mike Scalise hoisted 285 at a (bw) of 182. In the mens master middleweight division (moose) Mike Anderson lifted 395 at a (bw) of 210 taking 3rd place. Mike just keeps getting



At the Spring Bench Press: (l-r) Tera Mathis (ring girl), Keith Parish (Best Bench), Michelle Baker (Female Best Bench), Jim King (MC), Bruce Stevens (Money man). (Photo provided courtesy of Keith Parrish).

stronger and prettier with age. In 2nd place Kevin Temple benched 400 pounds at a (bw) of 208. Kevin did very well for his first meet. 1st place went to the awesome Ken Hernandez, Ken and Mike Anderson are training partners with a lot of experience. Ken pressed a 400 pound bench at a (bw) of 200 pounds. In the open lightweight at a bodyweight of 189, Daniel Collins, benched 340, taking 3rd place. 2nd place went to Mark Johnson with a 300 pound bench at a (bw) of 164. 1st place went to "country boy" Bruce Stevens. Bruce benched 365 pounds. At a (bw) of 168 (strong)! In our mens open middleweight class, military man Steven Magill benched a 435 after blowing out his shirt. We all know what blowing out your bench shirt can do to your psyche. In 3rd place Adam Lackey benched an impressive 405 at

(bw) of 205. 2nd place went to Brandon "Strong Man" Cass. Brandon hit a strong 450 at a (bw) of 222. Brandon, not to brag about a Missouri boy, also deadlifts 750 and squats over 700 pounds, he is our pride of K.C. It place goes to Keith Parrish at a (bw) of 217. In our heavy-weight class raw bencher Matt Carpenter benched 405 at a (bw) of 297, taking 1st place. He has a lot of untapped potential. We would like to thank Mark Auston, and Rich Divers for their help in loading and spotting. I would like to thank my wife Jennifer and my best friend Jim King for relentless help and patience. (Thanks to Keith Parrish for providing results).

APF/AAPF Iron Island BP/DL
28 Apr 01 - Oceanside, NY

WOMEN	BP	DL
123 lb.	1451	
J. Scholz	125	
L. Harris	110	2601
I. Grunewald	132 lb. Master	
D. Cuilla	75	230
C. Cullen	105	
148 lb.	150	260
K. Caggiano	MEN 114 lb.	
S. Cintron	148 lb.	2551 315
E. Adolph*	300	485
J. Silano	265	393
V. Centauro	250	450
181 lb. Master		
R. Maxwell*	280	540
181 lb.		
M. Sherman*	310	455
V. Schofield	300	
R. Maxwell	540	
J. Devito*	535	
P. Ryan	365	
198 lb. Master		
T. Shaw	360	
198 lb.		
S. Fisher	365	365
J. Jenkins	350	475
S. Suicuttella	335	420
220 lb. Master		
J. Fox	500	
220 lb.		
D. Lew	550	
T. Hallenback	525	
242 lb.		
W. George*	465	575
T. Perna	425	600
M. Ferlito	445	
SHW		
S. Culnan	800!	
APF		
MEN 181 lb.		
J. Cabrera	335	
220 lb.		
K. Sabino	370	
L. Aguilera	320	
242 lb.		
R. Delamare Jr.	480	
275 lb.		
J. Toranzo	705!	

P. Cunningham 500
Guest Lifter

C. Taylor 615 600!

*Iron Island Gym Team Member. 1-Best Lifter.

Once again, with the help and support of the Iron Island Gym OWNERS, Ralph and Michelle Raiola, the Island Gym Powerlifting Team ran a top notch meet. The equipment and atmosphere are second to none! Novice lifters are treated with the same respect as world class veterans! Dr. Ken Leistener and Ralph Raiola set the standard for powerlifting meets in the Tri-State area and we are trying our best to continue to live up to those standards. The 32 lifter turnout was small, for a typical Iron Island Gym contest. But as always there was some spectacular lifting! Highlights of the AAPF women's division were Joan Scholz's 145 bench press at 123 and Iris Gruenewald's 260 deadlift at 123. In the AAPF men division we had some outstanding lifting! At a bodyweight of 109 Storm Cintron bench pressed 255 and deadlifted 315. His bench press earned him the best lifter award in the open AAPF Men's division. Eric Adolph continues to improve in each contest and won a competitive 148 lb. class with a bench press of 300 and a deadlift of 485. Both were PR's for Eric! Master lifter Roy Maxwell deadlifted 540 at 181. This was good enough to earn him the 1st place award in both the open and master's categories. William George had a tremendous day at 242 with lifts of 465 in the bench press and 575 in the deadlift. Last but not least, Sean Culnan came down from Albany, NY to support our meet and take a heavy deadlift workout in preparation for the upcoming USAPL Nationals. Sean opened with 800 and had two close misses with 840. Obviously, Sean was the best dead-lifter in the AAPF Open Men's division! We are honored to have someone of Sean's caliber compete in our meets. Sean is a credit to the sport of powerlifting both on and off the platform. The APF open men's division also had some exceptional lifting. The highlight of the day was Joel Toranzo 705 bench press at 275! Joel felt he needed to redeem himself for his performance at the Arnold Classic where he only made his opener OF 644.75. But he needed to hit a 700+ BP to be invited back to compete at the Arnold Classic 2002. He opened with an easy 645 and went straight to 705 on his second attempt! It was an easy 3 white light success! He missed 720 on a third attempt at lockout, but his goal of 700+ was achieved. Joel obviously won the best bench press award in the APF Open Men's Division. Chris Taylor used the meet as a heavy workout and hit 615 at 275. Pat Cunningham and RJ Delaware made the trip down from Mass. And hit PRs of 500 and 480 respectively! Our next meet is the Iron Island "Halloween" Bench Press and Deadlift Championships on 10/27/2001. For info, call OR e-mail John Bott at 201-585-8338 or JTB2040@aol.com. Until Next time, stay real thy strong! (Thanks to John Bott for results).

World Gym Spring Push/Pull
20 May 01 - Mishawaka, IN

BENCH	J. Dylewski	290
WOMEN	220 lb. (45+)	
123 lb.	T. Horvath	320
B. Shupert	105 242 lb. (50+)	
132 lb.	G. Washington	325
J. Kaufman	130 DEADLIFT	
MEN 148 lb.	WOMEN	
R. Langwell	123 lb.	185
198 lb.	B. Shupert	
S. Hudson	335 MEN	
242 lb.	181 lb.	
R. Donati	557.5 R. Butler	540
M. Wynn 350	198 lb.	
275 lb.	S. Hudson	425
G. Lealiifano	580 220 lb.	
R. Reed	530 M. Ladewski	555
320 lb.	242 lb.	
A. Wood	420 R. Donati	675
Novice 181 lb. (70+)	M. Wynn	500
M. Abraham	240 320 lb.	
198 lb.	A. Wood	500
S. Hudson	335 Novice 198 lb.	
220 lb.	S. Hudson	425
L. Monnier	300 Master (50+)	
Master 198 lb.	390 lb.	
D. Horn	310 M. Wider	390
*Central Bench Press League record. Special thanks to: Mr. & Mrs. Jeff Butler, Mike Wider, Brendan Yoder, David Franks, Jason Babbitt, Al Reed and Curtis Brown and his crew of renown. (Thanks to Jon Smoker for these results).		



Clarion University of Pennsylvania Barbell Club was recognized for service to the community during the University's 8th Annual Volunteer Recognition Reception. Some of the things they were recognized for were "Service Project by a Student Organization," "Bench-A-Thon," and the club lifted weights to help raise money for the U.S. Marine Corp's annual "Toys for Tots." The people accepting for the club are (l-r): Sara Miksa, Rock Wyrwas, Diana Anderson, Mark Watts, and Alan Miller. (Photograph provided courtesy of Mark Watts to Powerlifting USA).

Pennsylvania State Open
5 May 01 - Clarion, PA

BENCH	Submaster (33-39)			
Open 165 lb.	J. Viglione	400		
C. Hartle	265 B. Lolling	325		
Junior (20-23)	Open 220 lb.			
M. Esmond	305 R. Miller	520		
J. Joyce	290 S. Pollard	500		
181 lb. Open	B. Pochiba	480		
C. Richard	B. Bennett	465		
J. Eisman	325 K. Smay	400		
Junior (20-23)	Submaster (33-39)			
T. Eppley	P. Parks	410		
198 lb.	Masters (40-49)			
W. Valentine	315			
Junior (20-23)	Open			
S. Keiper	400			
M. Sable	355 275 lb.			
Teen (17-19)	D. Swope	550		
R. Barr	310 G. Plowman	415		
R. Boczkowski	280 R. Plowman	410		
WOMEN	SQ	BP	DL	TOT
Open 165 lb.				
S. Miksa	195	95	230	520
MEN				
132 lb.				
B. Johnson	225	215	245	685
148 lb.				
K. Shaffer	290	275	450	1015
Teen (13-16)				
D. Farkas	305	140	320	765
165 lb.				
Submaster (33-39)				
G. Foy	390	230	420	1040
Open 181 lb.				
A. Brown	525	275	600	1400
J. Armstrong	365	300	460	1125
198 lb.				
D. Scott	440	310	480	1400
A. Perkins	405	—	425	—
Teen (17-19)				
R. Boczkowski	405	280	420	1105
B. Bennett	675	465	545	1680
R. Eckhart	470	380	560	1390
S. Thomas	350	260	500	1050
242 lb.				
M. Watts	630	470	520	1620
E. Barr	550	375	600	1525
M. Wick	400	275	475	1150
Teen (17-19)				
B. Fratto	500	430	430	1360
SHW				
Masters (40-49)				
R. Graham	730	400	600	1730

USPF Georgia State
31 Mar 01 - Forsyth, GA

BENCH	220 lb.			
148 lb.	Bailey, D.	200		
Yarborough, M.	100 Edwards, R.	175		
198 lb.	242 lb.			
Fennelle, C.	165 Webb, M.	195		
Wachtel, J.	155 Burdette, M.	175		
Goodrum, R.	147.5308 lb.			
MEN	SQ	BP	DL	TOT
Master-1 220 lb.				
Duke, B.	305	65	320	690
275 lb.				
Brose, R.	265	185	285	735
220 lb.				
Jones, C.	250	155	260	665
148 lb.				
James, K.	172.5	135	210	517.5
242 lb.				
Shook, F.	250	155	262.5	667.5
198 lb.				
Wachtel, J.	25	155	242.5	422.5
242 lb.				
Mosley, R.	157.5	110	152.5	420
Baker, R.	—	—	—	—
Master-2 308 lb.				
Robinson, J.	320	182.5	292.5	795
242 lb.				
Taylor, C.	255	170	255	680
148 lb.				
Coleman, B.	157.5	92.5	142.5	392.5
Novice				
181 lb.				
Sisa, B.	250	125	240	615
Francis, A.	180	122.5	215	517.5

198 lb.	237.5	192.5	212.5	642.5
Lowe, C.	227.5	172.5	227.5	627.5
Howard, B.	192.5	—	—	—
Rainey M.	220 lb.			
220 lb.	250	155	260	865
Jones, H.	140	125	185	450
Wells, D.	242 lb.			
Mosley, R.	157.5	110	152.5	420
275 lb.				
Hulston, M.	305	—	—	—
308 lb.				
Robinson, J.	320	182.5	292.5	795
Stoker, E.	250	112.5	282.5	645
Open 148 lb.				
Wideman, M.	220	120	227.5	587.5
181 lb.				
Register, K.	265	167.5	280	712.5
198 lb.				
Jones, G.	315	202.5	307.5	825
Adams, M.	282.5	142.5	255	680
Thornton, J.	205	165	242.5	612.5
Rainey, M.	192.5	—	—	—
Baker, R.	—	—	—	—
242 lb.				
Lipsey, R.	272.5	185	300	757.5
275 lb.				
Curtis, S.	307.5	207.5	260	775
Brose, R.	265	185	285	735
PF 198 lb.				
Marshall, D.	227.5	165	272.5	665
Sisa, B.	250	125	240	615
Teen-1 220 lb.				
Williams, K.	137.5	60	105	302.5
Teen-2 198 lb.				
Howard, B.	227.5	172.5	227.5	627.5
Smith, J.	182.5	125	227.5	535
Francis, A.	180	122.5	215	517.5
WOMEN				
Novice				
148 lb.				
Colbert, M.	120	55	125	300
Bernal, M.	67.5	60	95	222.5
220 lb.				
Williams, K.	137.5	60	105	302.5
Open				
97 lb.				
Baker, N.	97.5	60	132.5	290

TEAMS: 1st Place: Team Adel, 2nd place: UGA P/L Team. Powerlifting - State Masters Records (45-49): Buddy Duke, 305 SQ, 320 DL, 690 TOT. Best Lifter Novice: Jerry Robinson. Best Lifter Open: Grey Jones. Teenage American Record: Krista Williams, age 15, 137.5 SQ. Bench Press - American Masters Record: Charles Fennell, age 61, 165 kg. @198 class. The 2001 USPF Georgia State Powerlifting Championships and Deep South Bench Press Championships were held at the Holiday Inn Convention Center. The venue was arranged perfectly with three spacious warm-up areas, a very large holding area for the lifters and the competition area was large enough to accommodate the 200 plus in attendance on the vendors present. The Holiday Inn (Exit 186 I-75) served as the meet motel for the event, so all accommodations were within walking distance, even to the Waffle House across the street. I would like to thank all the good folks we have in South Georgia that assisted with the production of this special event. Thanks to David Sewell - Alabama, Sandy Ellis - Stockbridge, Georgia and Ann Leverett - Savannah, Georgia, for running the score table. Judges for the event included Ben and Nancy Parker Marietta Georgia and David Coleman - Jacksonville, Florida. Spotters/Loaders included a whole host of people from the South Georgia Fitness Center, as well as others from the gym that helped in the production, i.e. collect money at the door, sold t-shirts and operated the concession stand. One final thought I feel is necessary is a big thank you to all the former state, national and international winners that train younger lifters that continue to compete in powerlifting. People such as Ann Leverett, David Sewell, Curtis Leslie and George Herring are always lending a helping hand to young lifters all over the state. These past winners are always helping people in powerlifting all over the south. Whether you are in Georgia, Alabama or Florida, people can always recognize with their names in powerlifting. (Thanks to Buddy Duke for providing the results of this meet).

ED COAN



19 year old Casey Pelletier squatted 600, benched 480, deadlifted 600, and totaled 1680 with plenty to spare. He did all this at a bodyweight of 216 lbs. at the APA Montgomery Open PL & BP. (Photograph provided courtesy of Scott Taylor to Powerlifting USA).

APA Montgomery Open PL & BP 09 JUN 01 - Montgomery, AL		C. Pelletier/216 600 450 600 1650 4th Master 50-59 R. Eastham/197 485 305 480 1270 Open 148			
MEN	Open				
Submaster	181				
Van Hoorne/251 325	J. Ullrich 385				
Master 40-49	242				
B. Hutchinson 410	B. Hutchinson 410				
WOMEN	SQ BP DL TOT				
Under 148					
D. Joyner/148 280	135 320 735				
R. Stringer/120 160	90 215 465				
Over 148					
S. Endress/170 250	165 320 735				
K. Johansen/160 190	115 220 525				
Master (formula)					
S. Endress/170 250	165 320 735				
S. Adkinson/198 230	130 290 650				
Teenage Under 148					
D. Joyner/148 280	135 320* 735				
4th					
R. Stringer/120 160	90 215 465				
Teenage Over 148					
K. Johansen/160 190	115 220 525				
MEN					
Teenage Lightweight					
M. Barnes/143 300	160 365 825				
Teenage Heavyweight					

making this a great event and of course the referees and spotters who put in a long day doing a fantastic job. Special thanks also to Tom Beale who bought a great team of young lifters with him and when not helping them out was helping out anybody else that needed it. Several records were set. State chairpersons will be updating the state records and websites, but I will mention those offhand that I know broke records. I was very impressed with the quality of all the teenage lifters in this event. Casey Pelletier wowed everybody with his 600 squat (near miss with 630), 480 bench (he had much more in him), and 600 deadlift (just missing 640). At 19 years of age, this was a phenomenal performance! Barrett Eastham took home best lifter honors in the full power event with Casey trailing right behind him for runner up position. Best lifter in the bench press event was Jason Ullrich. This was a great event. Once again, special thanks to all who made this event exciting and successful. (Thanks to Scott Taylor, APA President, for the results).



18 year old Destiny Joyner broke several teenage records and totaled a nice 740 at the APA Montgomery Championships. (Photos provided courtesy Scott Taylor).

WPA World Championships 28,29 APR 01 - Lancaster, PA		Masters 40-49 198 M. Theriault 480 220 M. Patton 115 M. Patton SHW J. Sheller 160 C. Marceau 355 Masters 50-59 B. Paoletti 450 4th D. Rivers 330 Masters 60-69 220 N. MacKay 290* R. Yard 308 Masters 70-79 W. Daryman 215 J. Ward 450* DEADLIFT Juniors WOMEN 165 E. Sanfilippo 370 Master 50-59 198 J. Sturniolo 275* M. Page 390 4th Open 181 L. Ryan 400 J. Hartman 600 A. Vellake (sub) 500 275 220 W. Frisch 425 D. Stitt (BL) 540 Juniors 242 181 J. Kaeser 430 S. Rutsis 500 275 K. Troupe (sub) 425 308 308 J. Allen Snyder 545 K. Hampe 480 R. Librandi Drug Free 132 B. Shoemaker 310 40-49 C. Byrnes 335 McCullough (BL) 765* 220 SHW M. Rintz 300 C. Marceau 425			
BENCH	132				
WOMEN					
132					
master 50-59					
J. Sturniolo	115				
SHW					
J. Sheller	160				
MEN					
Teen					
4th					
D. Rivers	330				
220					
R. Yard	308				
308					
J. Ward	450*				
Juniors					
WOMEN					
165					
E. Sanfilippo	370				
198					
M. Page	390				
Open					
181					
L. Ryan	400				
A. Vellake (sub)	500				
220					
D. Stitt (BL)	540				
242					
J. Kaeser	430				
275					
K. Troupe (sub)	425				
308					
K. Hampe	480				
Drug Free					
132					
B. Shoemaker	310				
C. Byrnes	335				
M. Rintz	300				

WOMEN	SQ	BP	DL	TOT
105 Teen				
Schmoyer (BL)	220	105	260	585
Submaster Drug Free				
J. Hautaniemi	175	105	225	530
114 Drug Free				
L. Stitt (BL)	225	150	280	655
123 open submaster				
L. Landry	265	185*	385*	835
4th				
275!				
Master 70-79				
J. Merrell	25	50	75	165
165				
Teen				
M. Malkasian	350	160	330	840
Open				
J. Scanlon (BL)	410	275	400	1085
MEN				
Teen				
148				
L. Mangino	340	310	440*	1090
275				
F. Turcotte	575	350	500	1425
4th				
600*				
360*				
Open				
198				
J. McVicar (sub)	585	465	580	1595
D.J. Jarrell	455	265	500	1220
242				
J. Birley	460	300	520	1280
M. Salazar	550	415	570	1535
275				
D. Howard	680	530	560	1770
M. Dimiduk	685	355	635	1675
C. "Bull" Riedy	650	400	550	1600
Drug Free				
148				
B. Moorehead	420	340	375	1135
165				
B. Crow	635	415	560	1600
K. "Spike" Kuhn	285	275	400	1060
181				
J. Jefferson (sub)	530	320	630	1480
198				
B. Young	500	350	510	1360
H. Reece	465	285	500	1250
B. Shaffer	400	300	450	1150
220				
M. Fausey	630	400	620	1650
A. Cabrera	640	390	590	1620
R. Crist	405	300	450	1155
J. Stahl	500	335	540	1375
275				
P. Simpson	610	420	575	1605
S. Comereski	500	400	500	1400
308				
Johnson (sub)	705	445	580	1730
M. Jovanovic	800	485		
SHW				
Lawrence (BL)	785	525	720	2030
Masters 40-49				
165				
P. Sacco	525	325	455	1305
G. Ruth	465	255	435	1155
W. Weibley	385	230	440	1055
181				
F. Piermattei	605	375	565	1545
220				
G. Marceau	420	280	420	1120
275				
J. Ingram	605	430	645	1680
M. Dimiduk (BL)	685	355	635	1675
P. Simpson	610	420	575	1605
Masters 50-59				
165				
M. St. Laurent	551	340	530	1421
4th				
181				
D. Junkins	315	235	375	925
Masters 60-69				
198				
M. Costello	300	175	335	810
Masters 80-89				
148				
R. Merrell	100	75	170	345
* denotes world record. ! denotes Canadian record. (Thanks to APA for these meet results).				

USAPL Last Chance Qualifier 3 JUN 01 - Napa, CA		WOMEN			
BENCH	132				
WOMEN					
132					
Open					
181					
L. Ryan	400				
A. Vellake (sub)	500				
220					
D. Stitt (BL)	540				
242					
J. Kaeser	430				
275					
K. Troupe (sub)	425				
308					
K. Hampe	480				
Drug Free					
132					
B. Shoemaker	310				
C. Byrnes	335				
M. Rintz	300				

USAPL Last Chance Qualifier 3 JUN 01 - Napa, CA		WOMEN			
BENCH	132				
WOMEN					
132					
Open					
181					
L. Ryan	400				
A. Vellake (sub)	500				
220					
D. Stitt (BL)	540				
242					
J. Kaeser	430				
275					
K. Troupe (sub)	425				
308					
K. Hampe	480				
Drug Free					
132					
B. Shoemaker	310				
C. Byrnes	335				
M. Rintz	300				

PPL Augusta Open 13 Jan 01 - Augusta, GA		BENCH			
148 lb.					
(10-13)					
J. Bridges	125				
Novice					
242 lb.					
C. Brooks	285				
165 lb.					
(17-19)					
W. Stephens	180				
47-53					
D. Thompson	260				
Open					
M. Judge	310				
181 lb. Open					
B. Corley	405				
FEMALE					
J. Tillman	375				
Subs					
H. Bull	390				
198 lb. Open					
P. Hammonds	390				
Novice					
C. Morgan	380				
Subs/Raw					
R. Watkins	330				
(61-67)					
J. Herbein	265				
220 lb.					
(47-53)					
G. Jones	350				
R. Austin	260				
Tillett	260				
FEMALE					
132 lb. (40-46)					
S. Walker	240				
165 lb. (Subs)					
P. Hitt	275				
MALE 148 lb. (10-13)					
J. Bridges	115				
165 lb. (17-19)					
W. Stephens	245				
OPEN					
M. Judge	460				
D. Thompson	400				
181 lb. (40-46)					
P. Catina	505				
(17-19)					
T. Newberry					

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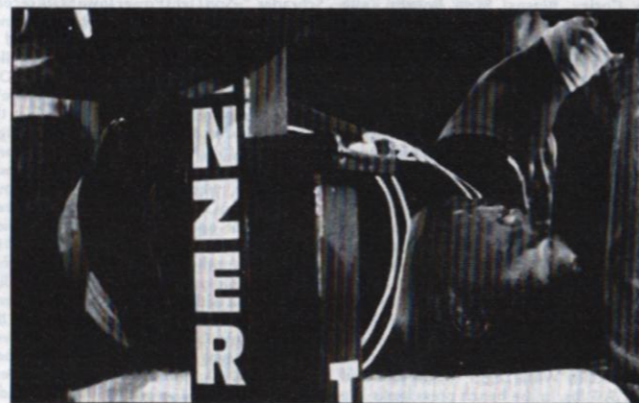
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VIDEOS

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

IPA Virginia State BP

26 May 01 - Fredericksburg, VA			
Special Olympics	M. Tinger	390	
148 lb.	308 lb.		
K. Corbin	A. Moats	245	
220 lb.	MEN		
M. Cameday	Open 165 lb.		
242 lb.	D. Bauren	235	
Open 114 lb.	198 lb.		
L. Reynolds	L. Petrepules	310	
181 lb.	220 lb.		
M. Anspach	S. Morris	485	
198 lb.	M. Canada	355	
C. Johnson	275 lb.		
Master 148 lb.	Submaster		
B. Grabbe	175* 242 lb.		
Teen 148 lb.	C. Anspach	385	
K. Corbin	Master 275 lb.		
242 lb.	B. Morgan	390	
Best Lifters: Bonnie Graube, Allen Hicks, Meet Director: Peter Cropp. (Thanks to The Gym for providing the results of this meet to PL USA).			

USAPL Rocky Mountain States
19 May 01 - Pocatello, ID

BENCH	Compton, B	375			
WOMEN	Baker, B	345			
Open	220 lb.				
148 lb.	Leavitt, A	420*			
Stevens, T	Cook, B	345			
MEN	Unione, A	265			
Open 148 lb.	275 lb.				
Edmondson, D	Palmer, S	410			
198 lb.	Godoy, M				
Hernandez, J	440* 319 lb.				
Brown, T	385+ Marchant, D	520			
WOMEN	SQ	BP	DL	TOT	
Open 132 lb.					
Casey, S	220	130	225	575	
148 lb.					
Ginsberg, S	250	155	275	640	
Compton, E	200	155	280	635	
Stevens, T	170	110	225	505	
198 lb.					
Oxford, H	355	205	375	935	
MEN					
Open 132 lb.					
Payton, G	255	220	315	790	
148 lb.					
Edmondson, D	490	280	490	1260	
165 lb.					
Hudson, M	515+	295	495+	1305	
Winslow, D	465	315	510	1290	
181 lb.					
McCarthy, D	500	320	490	1310	
Collins, B	440	350	405	1195	
Bradley, A	400	150	440	1090	
Barrett, J	355	230	430	1015	
198 lb.					
Clayton, D	470	360	575	1405	
Mechem, S	475	385	505	1365	
Compton, B	440	375	500	1315	

International Powerlifting Association
"Lifting for Lifters"

Application for Registration

Last Name	First	Initial	New	Renewal
Street Address		City		
State or Province	Zip Code	Country		
Telephone	Date of Birth	Age	Sex	Pro _____ Am _____ Elite Am _____
Sign if above answers are correct. Parents sign if under 18 years.				Date

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



Photo shows winners of placings in meet: Front row (l-r) Mike Casey, Suanne Casey, Trevor Perkes, Danny Winslow Sr., Danny Winslow Jr., Gabriel Montanez, Brad Compton and Doug Clayton; Middle Row (l-r) Dave McCarthy, Coty Ginsberg, Scott Mecham, Mike Bradley, Devin Thompson, Eula Compton, Tammie Stevens, and Chris Carlin; Back row (l-r) Holly Oxford, Paul Thompson, Ryan Ragain, Allen Leavitt, Jonah Galvin, Brandon Clark, David Edmondson, and Jim Thompson. (Photograph provided by courtesy of Wayne Rhoden to PL USA).



Brad Compton attempting a 460 lb. squat. (Photos provided courtesy of Wayne Rhoden to PL USA).

was Chris Carlin (242 class) from Billings, Montana, who also posted the biggest total for the meet with 1760 pounds. The most impressive female lifter was Holly Oxford (198 class) from Missoula, Montana who squatted 355, benched 205, and deadlifted 375 lbs. on her way to a 935 total. The most impressive teenage lifter was 14 year old Daniel Winslow, Jr. who, at a bodyweight of 145, squatted 315, benched 155 and deadlifted 365 for a total of 835. The most impressive male bencher was Dave Marchant (319 class) from Murray, Utah, who benched 520. This meet normally attracts some very competitive seasoned lifters from throughout the Rocky Mountain States area. Thanks to the commitment of time, energy, and personal resources shown by Meet Director Bill Davis and his wife Nancy, as well as by their excellent crew of scorers, announcers, spotters and loaders, and other volunteers, and others like them in communities throughout the nation, ordinary lifters have the opportunity to enjoy the sport of powerlifting. Also we would like to thank our many sponsors including Rickey Dale Crain's Muscle World, which provided knee wraps for each 1st place finisher; Rick Brewer's House of Pain, which provided shirts, caps, and water-bottles for spotters and loaders; and Inzer Advanced Designs which provided five gift certificates for lifting suits. Other sponsors who generously supported the meet included Coors Lite, Frito-Lay, Econo-Lodge, Pizza Hut, Pepsi, New Day Products, Taco Bell, Warbonnet Electric, who generously supported this meet, Safe USA, for donating 2 competition belts, and our local media, especially KOOL 94.5 FM, Television Station KPVI and the Idaho State Journal for their support and coverage of this event. (Thanks to Bradley B. Compton for the results).

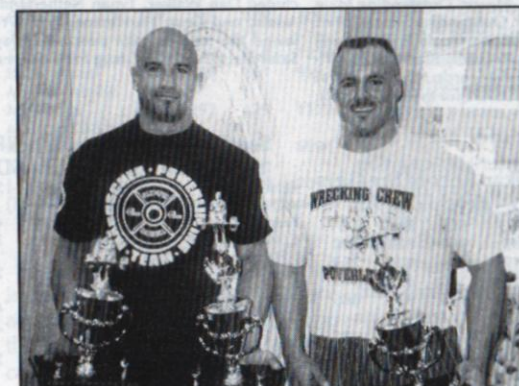
Son Light Power National BP/DL
28 Apr 01 - Tuscola, IL

BENCH	Teen (16-17)	242 lb.		
MEN	242 lb.			
Teen (16-17)	M. Mahalik	500*		
242 lb.	Submaster			
M. Mahalik	255*	242 lb.		
Submaster	T. Carnaghi	660*		
165 lb.	W. Phillips	420*		
4th	435*	242 lb.		
Master (45-49)	J. Schrader	550*		
220 lb.	Master			
M. Byrnes	350*	(45-49)		
Master (50-54)	198 lb.			
220 lb.	J. Metzger	550*		
S. Mahalik	225	Master (50-54)		
Police/Fire	220 lb.			
181 lb.	S. Mahalik	540*		
B. Smith	340*	(80-84)		
198 lb.	165 lb.			
A. Jones	425*	B. Stephan	350*	
Police/Fire	Master (55-59)	242 lb.		
Master (50-54)	242 lb.			
242 lb.	C. Kuester	500*		
C. Kuester	300*	C. Kuester	Open 165 lb.	
Open 165 lb.	420*	W. Phillips	475*	
W. Phillips	435*	198 lb.		
220 lb.	T. Carnaghi	660*		
4th	390*	220 lb.		
G. Walsh	260	E. Maroscher	660*	
R. Pasquini	242 lb.	B. Finch	630	
242 lb.	R. Pasquini	410		
B. Cass	455*	242 lb.		
DEADLIFT	B. Cass	750*		
MEN	Best BP Lifter: Wade Phillips. *-Son Light Power National record. Best DL Lifter: Brandon Cass.			



80 year old Robert Stephan locks out a National Record of 350 at 160 bodyweight! (Photograph provided by Dr. Darrell Latch).

division was master 55-59/242 winner Carl Kuester. Lifting in just his second competition ever, Carl took that class with a strong 300 personal and national record final attempt. In the open division George Walsh bested his personal mark by five pounds, finishing with a 390 national record at 220. Second place at 220 went to Rick Pasquini, who finished with a personal best 260. At 242 it was Brandon Cass, finishing with a pr and national record 455. Brandon was also close with a fourth attempt of 475. In the deadlift competition Murphy Mahalik won his second title of the day with a great 500 final attempt pull! Murphy was called for hitching that weight on his second attempt before coming back with his third, which was another national record for him. Tom Carnaghi, who is training for an all-time record squat at 198, used this meet as a training day, taking both the submaster and open 198 classes with record 660 pulls. Eric Maroscher, who is training for the APF Submaster Nationals in May, also pulled 660 for the wins at open and submaster 220. These were also new national records for Eric. Also at submaster was 242 winner Jim Schrader. Jim finished with a national record 550, which he pulled on his final attempt. Jim Metzger had his best competition to date, pulling a pr and national record 550 for the win at master 45-49/198. Dr. Steven Mahalik took his second title of the day at master 50-54/220, pulling a strong 540 for the win. Up next was our royal competitor, his majesty Robert Stephan. Robert came from Wisconsin to pull and just turned 80 years of age! To say the least, he does not look his age, and at a bodyweight of 160 pulled a great 350! Of course, this was a new national record and is most likely the best deadlift ever by anyone in the world in Bob's age group! Great to have you here, Bob! In the master 55-59, police and fire division, Carl Kuester continued his assault on the record books with a strong 500 pull here. This equaled Carl's previous best, though he just missed the lockout with 530 on his final attempt. In the open division Wade Phillips got a national record at 165 with a strong 475 pull (all back!). Benny Finch got a pr at 220, finishing second to Eric Maroscher with 630. Third at 220 was Rick Pasquini with his second pr of the day, 410. Pulling last was 242 winner Brandon



Best Lifters at the National BP/DL (left-right): Wade Phillips (BP) 435 @ 165; Brandon Cass (DL) 750 @ 223. (Photo provided courtesy of Dr. Darrell Latch).

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Cass. Brandon started with 650, then 700 and finished with 750; all strong pulls. Brandon then called for 800, and would have locked it out if he had not gotten out over the bar. Great pulling, Brandon. Oh, yes, Brandon did win the best lifter title for his efforts. The team championship went to the Maroscher Power Team of Park Forest, Illinois. Thanks to judges Susie Latch, Linda Middleton and Keith Earley along with spotters Joey Latch, Keith Earley and George Walsh for their help. (Thanks to Dr. Darrell Latch for providing these meet results).

Lawrence Garro Memorial
7 Apr 01 - Baltimore, MD

CURL	230 lb.			
140 lb.	MTR (33-39)			
JR. (14-16)	C. Walsh	165		
D. Verdugo	75	Open		
180 lb.	P. Maizels	150		
MTR (33-39)	MTR (70-79)			
A. Frederick	135	R. Debaufre	95	
200 lb.	260 lb.			
N. Blocker	160	MTR (33-39)	165	
T. Getsinger	160	G. Develengas	165	
MTR (33-39)	JR. (17-19)			
N. Blocker	160	R. Machlin	115	
MTR (33-39)	SHW			
C. Heuisler	145	Open		
JR.	C. Smith	155		
MTR (50-59)	MTR (50-59)			
G. Piccinini	85	C. Smith	155	
97 lb.	BP	DL	TOT	
JR M5 (14-16)				
D. Davis	85		85	
LADIES				
114 lb. Open				
S. Fasic	80		80	
148 lb.				
BNH+DL:JR. (14-16)				
D. Verdugo	130	300	430	
165 lb.				
Raw Bench: Jr. (20-23)				
R. Robinson	300		300	

LADIES MTR (33-39)
J. Rhodes 180 - 180
LADIES MTR (33-39)
J. Rhodes - 300 300
BNH+DL: LADIES MTR (40-49)
M. Mclean 130 315 445
198 lb.
Raw Bench: Open
T. Getsinger 370 - 370
DLift: Open
T. Getsinger - 530 530
BNH+DL: Open
N. Blocker 365 570 935
BNH+DL:MTR (33-39)
N. Blocker 365 570 935
Bench MTR (60-69)
J. Lutzenberg 300 - 300
BNH+DL: MTR (60-69)
W. Richardson 280 410 690
220 lb.
Bench: Open
J. Brown 450 - 450
K. Barrett 440 - 440
BNH+DL: Open
K. Barrett 440 515 955
BNH+DL: MTR (40-49)
R. Pope 315 550 865
Deadlift: Open
K. Barrett - 515 515
Deadlift: MTR (33-39)
C. Walsh - 450 450
Deadlift: MTR (40-49)
T. Quinn - 550 550
242 lb.
Deadlift: MTR (50-59)
A. Thornburgh - 375 375
275 lb.
Raw Bench Open
G. Develengas 415 - 415
Raw Bench: MTR (33-39)
G. Develengas 415 - 415
JR (17-19)
R. Machlin 215 420 635
Raw Bench: MTR (33-39)
G. Develengas 415 550 965
BNH+DL: Open
Disantostefano 520 565 1085
(Thanks to Brian Washington for these results).

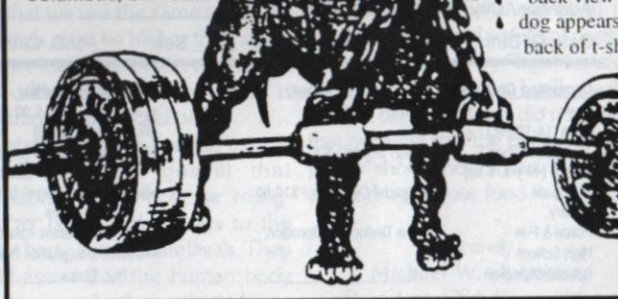
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Columbus, OH 43228



back view of dog appears on back of t-shirt

USAPL Alaska State 12 May 01 - Anchorage, AK			
BENCH	R. Masek	65	
WOMEN (frmla)	T. Schuck	65	
H. Hall	130 67.5-90 kg.		
G. Wolfenberger	100 D. Ross	165	
D. Calhoun	75 C. Chong	157.5	
S. Wennen	55 D. Sarafin	137.5	
MEN	Over 90 kg.		
(Frmla)	M. Anselm	192.5	
Under 67.5 kg.	J. Friesen	175	
A. Isaacs	87.5 G. Loyd	147.5	
WOMEN	SQ BP DL TOT		
75 kg. (Division in parentheses)			
Wolfinbrgr(O,M)	147.5* 100*	157.5	405*
S. Wennen(O)	125 55 125	305	
90+ kg.			
H. Hall(O,M)	215*+130	215*+560*+	
D. Calhoun(O)	130 75	162.5	367.5
MEN 67.5 kg.			
T. Schuck(O,T)	115 65	127.5	307.5
R. Masek(O,T)	115 65	70	250
75 kg.			
D. Sarafin(O)	195 137.5	227.5	560
J. Rchrdson(O,M)	77.5 55	122.5	255
82.5 kg.			
B. Huffinan(O)	190 125	197.5	512.5
B. Woods(O,M)	160 127.5*	185	472.5
90 kg.			
C. Chong(O)	250 157.5	272.5	680
G. Loyd, Jr.(O)	200 147.5	265	612.5
R. Glover(O)	215 137.5	210	562.5
J. Rabley(O)	180 127.5	200	507.5
100 kg.			
G. Moore(O)	177.5 120	205	502.5
R. Anselm(O,M)	182.5* 125	192.5*	500*
110 kg.			
J. Friesen(O,M)	227.5 175	250	652.5
R. Moody	237.5 130	250	617.5
125 kg.			
M. Anselm(O)	285 192.5	220	697.5
1-A	Erican Master Record. *-State Master J. Jackson	275	275
Record +State Open Record. +State Open J. Casnave	255	205	375
Record. Al Fenunial(O) Did not finish. Best M. Miller	300*	180	320
Lifter Men: Cruz Chong. Best Lifter Women: (18-19)			
Harriet Hall. Best Lifter Teen: Tanner Schuck. M. Clark	415	265	400
Best Master Men: Ray Anselm. Best Master S. Beckman	350	270	400
Women: Harriet Hall. (Thanks to USAPL for 198 lb. (14-15)			
providing the results of this contest to PL USA).			
B. Clark	355	235	385
J. Heit	410	220	300
R. Schuelke	300	200	350
198+ lb. (14-15)			
S. Wallus	225	120	280
220 lb. (14-15)			
J. Cunningham	410	295	470
A. Zanders	240	205	375
M. Richardson	235	170	315
242 lb. (14-15)			
S. Carnedy	240	180	280
(18-19)			
J. Iwaniuk	405	295*	500*
275 lb. (14-15)			
N. Bagley	460	280	410
D. Sullivan	315	210	370
M. Pacheco	165	100	190
(16-17)			
C. Jacobs	280*	130	300*
D. Walters	300	215	375
132 lb. (14-15)			
T. Kibler	290	140	350
T. Reid	225	150	285
(16-17)			
P. White	300	175	340
A. Mesik	300*	125	350*
R. Christensen	225	125	260
E. Schuelke	160	90	180
148 lb. (14-15)			
J. Jacobs	340	185	380
B. Bruischart	260	150	355
P. White	245*	135	250
(16-17)			
M. Denanny	335	175	370
S. Pacheco	195	155	310
J. Kelch	135	85	145
(18-19)			
D. Kibler	500*	260	525*
C. Mikewski	365	185	380
165 lb. (14-15)			
A. Smith	225	165	250
R. Meninga	425	235	475
C. Saltzman	345	175	415
D. Papesch	285	145	375
P. Bruce	205	150	255
B. Chapman	315	165	300
R. Burns	365	215	445
L. Saunders	350	240	435
B. Witherow	260	160	320
K. Smetst	220	130	290
K. Hatfield	235	90	275
181 lb. (14-15)			
A. Hughes	145	105	175
(16-17)			
R. Summers	385	260	480
J. Jackson	275	275	350
J. Casnave	255	205	375
M. Miller	300*	180	320
M. Clark	415	265	400
S. Beckman	350	270	400
B. Clark	355	235	385
J. Heit	410	220	300
R. Schuelke	300	200	350
198+ lb. (14-15)			
S. Wallus	225	120	280
220 lb. (14-15)			
J. Cunningham	410	295	470
A. Zanders	240	205	375
M. Richardson	235	170	315
242 lb. (14-15)			
S. Carnedy	240	180	280
(18-19)			
J. Iwaniuk	405	295*	500*
275 lb. (14-15)			
N. Bagley	460	280	410
D. Sullivan	315	210	370
C. Relinson	255	130	335
(16-17)			
R. Hughey	290	225	310
J. Alexander	200	205	350
319 lb. (14-15)			
J. Gipson	255	185	280
(16-17)			
J. Pletcher	405	265	450
319+ lb. (16-17)			
C. Hauser	315	185	350
Master (45+) 181 lb.			
D. Steele	140	130	280
Open 165 lb. (24-44)			
D. Steele	250	160	285
250	160	285	
H. Laws-15	310*	150	355*
Lisac, Jr.-17	465*	245	465
Smith-28	385	240	375
Orr-32	180	130	170
Fama-44	225	305*	325
Frank-42	355	245	430
Wyman-65	250	180	325
Hewitt-48	385	245	385
Jones-51	330*	280	445
Stillman-55	400	285*	415
1100*			
The Best Lifter awards were as follows: Taylor			
Gregg, Teenage Female; Julie Slanaker, Open			
Female; Jeff Lisac, Jr., Teenage Male; Jeff Smith,			
Open Male; Richard Stillman, Master Male.			
Friday was an evening of powerlifting at The			
GYM. This was a nationally sanctioned meet by			
USA Powerlifting. Nine high school students			
set a total of 25 new Ketchikan High School			
records. Three of the students also set four			
new Alaska State Teenage Powerlifting Records.			
The students were in good company as three			
Master lifters joined them in setting 7 more			
Alaska State Powerlifting Records for a total of			
11 new state records! Ketchikan continues it's			
tradition of powerlifting with a total of 40			
Alaska State Powerlifting records! The suc-			
cessful powerlifting meet was followed by the			
Best Body Contest. Four teens and one master			
competed in the male competition and two			
open and one master female competed. Rich-			
ard Harney, Richard Hulse, Danny Cook, Hous-			
ton Laws and Jeff Lisac, Sr. were the male			
competitors. Nissa Clemmen, Romney Round			
and Deborah Harney were the females. It is a			
credit to our community that the many volun-			
teers needed to run this event continue to stop			
forward. John Cote, Jeff Lisac, Bill Harney and			
Doug Gregg were the nationally certified			
Judges. Lisa and Arlindo Machado with Mary			
Gregg ran the scoring table. The spotters in-			
cluded Dan Walker, Tynan Netherland, Ken			
Arliola, and Dean Henderson. THE GYM al-			
lowed the meet to take over on Friday and			
Saturday. (Thanks to Gregg for these results).			

USAPL Michigan High School 5 May 01 - Niles, MI			
114 lb.	SQ	BP	DL
Teen (14-15)			
J. Keeler	220	105	325
C. Nogle	225*	100	240
(16-17)			
D. DeWaters	305*	165	330
123 lb. (14-15)			
V. Niedeliwka	400*	225	375
D. Lepert	265	150	305

USAPL Ketchikan Record Breakers 18 May 01 - Ketchikan, AK			
FEMALE	SQ	BP	DL
Williams-19	85	90	125
Jensen-15	170	70	120
Gregg-16	115	100	125
Sloneker-31	385	165	335
MALE			
Izatt-14	100	-	125
Pike-16	315	290*	405
Slenkamp-14	250	170	365
A. Gregg-14	225	130	280
Wilson-17	295	150	370
Boles-17	350	215	415

South Dakota State PL & BP 12 MAY 01 - Sioux Falls, SD			
BENCH	M. Dowling	374	
Teen 16-17	J. Blindauer	402	
C. VandeWeerd	236	S. Junker	374
J. Hanson	225	220	
Teen 18-19	M. Jorgenson	298	
J. Christensen	330	242	
M. Graham	231	B. Slining	413
Open	F. Groff	298	
123			
P. Wong	303	D. Pearce	380
165			
B. Rilling	341	M. Mason	292
J. Dalen	303	Masters 50-59	
181		K. Leisinger	214

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725
(219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

Conditions of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

SIGNATURE: _____ **If under 21 yrs., Parent Initial:** _____ **Date:** _____ **Prior Reg. #** _____

Name: _____ **Phone:** _____ **E-Mail:** _____

Address / City / State / Zip Code: _____

Date Of Birth: _____ **Age:** _____ **Sex:** _____ **U.S. Citizen?** _____ **USAPL Registered Club Represented:** _____

Competing Divisions:	Membership Prices:	USAPL Merchandise:	Method Of Payment:
Open	Adult - \$40.00	• Logo T-Shirt = \$15.00 (Size _____ Qty. _____)	Credit Card: Visa - MasterCard - Discover Exp. Date _____
Teen (14-19 yrs.)		• Rulebook = \$25.00 • Logo Patch = \$5.00	
Junior (20-23 yrs.)	High School - \$30.00	• Polo Shirt w/Logo - (s-xl) = \$35.00 (xol & up) = \$37.00	
Master (40 yrs. & up)		(navy - white) (Size _____ Qty. _____)	
Collegiate	Special Olympian - \$10.00	• Sweatshirts w/Logo - (s-xl) = \$30.00 (xol & up) = \$32.00	Credit Cardholder Signature _____
Military		(navy) (Size _____ Qty. _____)	
Police & Fire	Tax Deductible Donation	• Logo Hats (denim - black - white) = \$15.00	Check / Money Order # _____
High School		• Referee Designation Polo w/Logo - (s-xl) = \$30.00 (xol & up) = \$32.50	
Special Olympian	\$ _____	Ref. Status _____ (Size _____ Qty. _____)	
		Total Purchased: _____	

WOMEN	SQ	BP	DL	TOT
Teen 14-15				
C. Payne	154	115	192	462
Open				
A. Engel	231	170	286	688
B. Howard	236	132	281	650
N. Gresenbrock	154	115	187	457
Masters				
B. Howard	236	132	281	650
MEN				
Teen 14-15				
N. Mollman	259	148	319	727
Teen 16-17				
D. Dyce	418	292	501	1212
C. Thurman	380	220	457	1058
C. Larson	385	253	396	1036
J. Fliehs	407	341	462	1212
R. McManigal	374	281	440	1096
J. Welke	413	231	435	1080
T. Spitzer	473	275	468	1218
C. Colnick	308	220	380	909
T. Sartorius	303	209	330	843
Teen 18-19				
E. Wendel	540	352	650	1543
J. Christensen	424	330	462	1218
Open				
M. Mason	451	292	429	1172
165				
B. Rilling	435	341	500	1276
J. Dalen	352	303	380	1035

ADAU New Jersey Raw

5 May 01 - Hopatcong, NJ

BENCH		J. Fitzpatrick		250
WOMEN		220 lb. Open		
123 lb.	T. Matchick	450*		
Masters (50-54)	R. Arline	355		
S. Anthony	85* Masters (50-54)			
MEN	R. Arline	355		
88 lb.	Law/Fire			
Teen (12-13)	R. Arline	355		
J. Fitzpatrick	75* Novice	400		
148 lb.	J. Sawyer			
Teen (18-19)	319 lb. (30+)			
J. Lattig	210 P. Cuntrera	300		
165 lb. Open	DEADLIFT			
M. Riggelman	305 MEN 181 lb.			
(30+)	Teen (18-19)			
M. Riggelman	305 C. Nasser	535*		
181 lb.	Novice			
Master (45-49)	W. Weygandt	390*		
R. Whitney	250 198 lb.			
Teen (18-19)	Teen (18-19)			
R. Whitney	200 P. Guzinski	420*		
198 lb.	Open			
Masters (45-49)	K. Ksepka	670*		
Two-Lift	BP DL TOT			
88 lb.				
Teen (12-13)				
J. Fitzpatrick	75 145 220			
198 lb.				
Masters (45-49)				
J. Fitzpatrick	250 305 555			
319 lb. Masters	(40-44)			
J. Lee	340 570 910			
WOMEN	SQ BP DL TOT			
181 lb. Novice				
C. Shea	180* 125* 225* 530*			
MEN				
123 lb. Teen (12-13)				
J. Cared	170! 105! 200! 495!			
148 lb. Teen (16-17)				
J. Vassallo	245! 185! 340! 770!			
Teen (18-19)				
J. Lattig	135 210! 325 690			
Junior				
J. Vassallo	180! 190! 315! 685!			
Novice				
J. Vassallo	245 185 340 770			



Mike Benducci did a total of 925 at the ADAU New Jersey State Raw PL. (Photograph provided courtesy of Joseph Pyra).

J. Vassallo	180	190	315	685
165 lb. Teen (16-17)				
C. Magotta	300! 230! 360! 890!			
Teen (18-19)				
J. Merlette	360! 250! 435! 1045!			
Submaster				
C. Sumeome	225 275 225 725			
181 lb. Teen (18-19)				
C. Nasser	360! 255! 535! 1150!			
Junior				
D. Montaluo	240 270 350 860			
Masters (40-44)				
M. Benducci	325! 225 375 925			
Masters (55-59)				
R. Simons	255! 170! 345! 770!			
198 lb. Open				
J. CaredSR	520* 240 580* 1440*			

M. Keller	450	325	570	1345
Teen (16-17)				
P. Guzinski	250! 200! 420! 870!			
Masters (45-49)				
J. CaredSR	520! 340 580! 1440!			
220 lb. Teen (18-19)				
A. Finland	430! 280! 510! 1220!			
242 lb. Out of State				
T. Kelly	430 320 500 1250			
Novice				
T. Kelly	430 320 500 1250			
275 lb. Masters (40-44)				
P. Gisondi	585* 370 705* 1660*			
Teen (12-13)				
J. Lee	255! 160! 300* 715!			

*-American Record in noted division. I-State Record in noted division. Best Two Lift Total: Jack Lee Jr. Best Pl Female 181: Chrysten Shea. Best Pl Male 88: Jim Fitzpatrick Jr. 123: John Cared, 148: Jamau Vassallo, 165: Justin Merlette, 181: Chris Nasser, 198: Joe Cared SR, 220: Andy Finland, 242: Tom Kelly, 275: Pete Gisondi. Best Powerlifting Team: Joe's Gym. Tom Snelgrove Sportsmanship Award: Rich Simons. This year's State Championship was a small meet but had some quality lifting as noted by the number of American Records set. Many new teenage lifters began their careers and it should be noted the many father & son lifters that competed. It is very rewarding to see so many men bring their son into the sport. It would be even nicer if some women brought their daughters into the sport. Among the young lifters 12 year old Jim Fitzpatrick Jr. started his career with a single lift bench press of 75 in the 88 lb class. His father lifted in the 198 class benching 250. Both also competed in the two lift, bench and DL for total meet. John Cared has followed his brother Joseph into powerlifting by competing in the 123 class at age 13, setting 4 State Records with lifts of 170-105-220-495. His father Joe Cared Sr. won the 198 class setting American Master Records of 520 squat-580-DL and 1440 Total. With four sons he can have his own power team. Of course they are supported by their lovely mother, Kim Cared. In the 148 class 18 year old Jeff Lattig attempted an American Teenage Record in the bench of 230 but nerves got in the way, he'll be back. At 165 Chris Sumeome suffered thru a bad back but put together token lifts for his team, the Missing Links. Most guys would have called it a day, but never a Fighting Link. After a ten year forced lay off, 181 Master lifter, Dick Simons 59, came back setting an American Master Squat Record of 255. For his efforts he was awarded the Tom Snelgrove Sportsmanship Award. Mike Riggelman of Phoenix Gym benched 305 to win. At 181 came our sole lady powerlifter in her first meet, Chrysten Shea setting four American sub Master Records of 180-125-225-530. She enjoyed herself and promised to be back. New Teenage lifter Chris Nasser of Red Bank set an impressive American Teenage 18-19 Single Lift DL Record of 550. Rich Whitey Jr & SR competed in the bench division, Rich Jr did 200 and Rich Sr did 250. In the DL division, William Weygandt pulled 392 for an American Master Record at age 48. The 198 was a lively class with 6'6" Paul Guzinski pulling an American Single lift Teenage DL Record of 420. He has to have the highest DL of any Pler. Joe Cared SR won the class on 520-340-580-1440. Matt Keller took second on 450-325-570-1345. In the bench our good friend Todd Matchick just missed making the 198 class but set an American Single lift Bench Record of 450 at 200.2 bwt. He may go to the Nationals just to set the bench record there. Andy Finland, 18 set four State Teenage Records with 430-280-510-1220 in the 220 class. Rich Arline won the Masters with a bench on 355 just missing a State Record of 360. New comer Jason Sawyer benched 400 to win the Novice. The OTHER big guy in the class was Krzysztof Ksepka, former European Champion who pulled three DL of 580-630-670 braking his American Single Lift Open and sub Master record of 663. That's real Polish power. New lifter Tom Kelly of the Missing Links won the 242 Out of State division on 430-320-500-1250. He is a diamond in the rough. At 244, 13 year old Jack Lee III set four American Teenage Records of 255-160-300-715. His father also lifted in the 319 two lift meet doing 340-570-910. The really BIGG man at the meet was the leader of the Missing Links, Pete Gisondi. Pete is a lifter, meet director and referee, doing all things well. Pete put together lifts of 585-370-705-1660 winning the master division and setting American Master Records of 585-705-1660. He made all three

DL too. In the 319 class 30+ division was won by Pat Cuntrera with a 300 bench. I would like to thank all those who made this meet possible. Tom Vara Athletic Director for Hopatcong HS, he allows us the use of the facility. Thank you Tom, Tracy Duffy, Senior Class Advisor who runs the food stand and listens to my complaints. Great referees, Rich Schmidt, Nick Theodorou, Russ Barnick and Sandra lasiello. These loyal folks have stayed with me year in and year out, Thank You. My table staff, Barbara Schmidt, and Miss Amanda Finland. Anyone who can read my hand writing and still help at the scorers table is a saint. Our loaders, Dan and Tin Ross, Randall Moore, Matt Torres, Emmanuelle and Corey Tunes. We had plenty of strong backs who saved me that one lifter from a crushing experience. To Paul Guzinski, any teenager who gets up at the crack of dawn to help load, set up, compete and reload afterwards has got to be a great teenager. Thanks Paul. To the Lucky Garden, thanks for not running out of food. To anyone I may have forgotten, a sincere thank you. To the lifters without whom, there is no meet, thanks for your support. On a technical note, the Nov 17 the North American Bench Meet will most likely be changed to DEC 3rd, in Wayne, NJ. Keep an eye on "UPCOMING EVENTS", for exact information. Until we meet again, train well, train drug free and lift RAW. (Thanks to jumpin Jersey Joe for providing the results).

USAPL Pro Fitness Ironman

24 Mar 01 - Rockaway, NJ

BENCH		W. Foster-46		172.5
MEN		DEADLIFT		
Open		MEN		
181 lb.	Open	Open		
J. Bongiovanni	165	165 lb.		
R. Leonard	145	D. Picard		242.5
Open		181 lb.		
198 lb.		W. Leonard		237.5
B. Burritt, Sr.	182.5	R. Remigio, Jr.		215
220 lb.		198 lb.		
J. Plummer	217.5	G. Bernstein		272.5
T. Jackson	185	C. Slaybaugh		272.5
J. Brennan	180	D. Noriega Jr.		226
B. Maurer	180	A. Scotto Jr.		216
A. Kahn	160	W. Fahrneid		—
242 lb.		220 lb.		
D. Robinson	230	K. Fahrneid		246
L. Saviano	230	M. Bernstein		200
J. Mc Elwee	202.5	242 lb.		
D. Beggs	182.5	C. Slaybaugh		272
F. Vogel	125	K. Toth		272.5
275 lb.		D. Beggs		235
D. Nemow	227.5	275 lb.		
R. Scott	227.5	D. Nemow		272.5
K. Hebert	215	Juniors		
J. Sullivan	182.5	M. Ciupinski		212.5
T. Mossorne	182.5	A. Cassiere-224		242.5
SHW		J. Cohen-187		205
B. Dunkerley	172.5	Special Olympics		
Juniors		V. Yarnall-128		145
M. Ciupinski	166	WOMEN		
J. Balducci-178	137.5	Open		
A. Cassiere	147.5	Lite		
Special Olympics		M. Bertoli-101		147.5
V. Yarnall-128	87.5	S. Ares-142		150
WOMEN		T. Caruselle-136		132.5
Open		D. Poiteu-166		120
Lite		J. Kraemer-141		105
M. Bertoli-101	62.5	B. Patnode-201		127.5
G. Kussner-116	67.6	Masters		
Coca-Mc Dowell	37.5	M. Bertoli-101		147.5
Heavy		MEN		
T. Carvulle-130	75	Submaster		
J. Kraemer-141	82.5	D. Picard-184		242.5
B. Patnode-251	75	J. Plumber-218		255
Submasters		R. Madera-283		240
D. Robinson	230	Masters		
C. Neal-237	205	M. Rosenwald		190
R. Madera-263	173	J. Sullivan-40		245
Masters		B. Conwang-54		167.5
B. Phillips-53	182.5	J. Ventura-40		252.5
D. Beggs-40	182.5	D. Beggs-40		235
Record		SQ BP DL TOT		
Breakers		65 230* 85 380*		
L. Saviano-32	65	207* 65 337*		
C. Neal-37	47.5	82.5 147.5* 267.5!		
M. Bertoli-50	82.5	75* 127.5 295!		
B. Phillips-15	25	182.5* 25 232.5!		
B. Phillips-63	65	85 190 320		
M. Rosenwald	65	85 190 320		

*-State Records, I-American Records. Best Bench: Dane Robinson. Best Deadlift: Gregg Bernstein. (Thanks to USAPL for providing the results of this competition to Powerlifting USA).

USAPL Washington State

21,22 Apr 01 - Everett, WA

WOMEN		SQ		BP		DL		TOT	
97 lb. M3	47.5	32.5	75	155					
E. Newton									
Open									
C. Loukprasong	52.5	25	67.5	145					
M1 148 lb.									
D. Sweezee@	97.5	45	112.5	255					
M2 148 lb.									
T. Lee%	110	72.5	127.5	310					
B. Cromwell%	110	57.5	122.5	290					
G. Bennett	105	57.5	125	287.5					
M4									
F. Ireland%	92.5	52.5	110	255					
M1 165 lb.									
L. Coleman	142.5	77.5	142.5	362.5					
M3									
C. Chapman	77.5	62.5	120	260					
SO 198+ lb.									
D. Fleming%	52.5	2.5	92.5	187.5					
C. Schurman	110	57.5	137.5	305					
P. Wbic@&	192.5	105	205	502.5					
165 lb.									
K. Slocum	77.5	52.5	100	230					
M2 181 lb.									
L. Smith%	120	60	120	300					
Open									
S. Chow	165	77.5	177.5	420					
MEN T2 132 lb.									
D. Lewis%	125	92.5	137.5	355					
T2 148 lb.									
R. Baradari%	147.5	82.5	185	415					
A. Lucari	125	90	157.5	372.5					
T. Uomoto%	192.5	185	127.5	305					
SO 181 lb.									
E. Fleming%	82.5	60	132.5	275					
T1 165 lb.									
D. Borchardt	115	65	142.5	322.5					
T2									
C. Willey	175	125	185	485					
Junior									
E. Dodd	115	72.5	172.5	360					
T1 181 lb.									
J. Meeks	167.5	65	142.5	275					
T2 181 lb.									
J. Kim%	167.5	110	182.5	460					
T2 198 lb.									
J. Hawkins	125	127.5	125	377.5					
T2 220 lb.									
C. Johnson	187.5	100	205	492.5					
T1 242 lb.									
L. Moore%	65	70	92.5						

A. Key-21	240	135	260	635
Submaster (35-39)				
181 lb.				
T. Riffe-35	227.5	150	257.5	635
Tracy May-39	240	112.5	230	582.5
E. Garcia-39	165	115	202.5	482.5
R. MacCarty-37	75	195	75	345
198 lb.				
J. Vasquez-39	277.5	165	277.5	720
T. Glawe-38	260	157.5	250	667.5
C. Beall-36	195	127.5	230	552.5
220 lb.				
E. Carpenter-36	227.5	145	230	602.5
T. Valdez-37	200	160	170	530
242 lb.				
M. Christian-38	262.5	195	272.5	730
D. Broseman-36	285	160	257.5	702.5
B. Moore-36	250	165	267.5	682.5
E. Hernandez-36	177.5	127.5	185	490
B. Zaworski-38	—	—	—	—
275 lb.				
J. Williamson-36	252.5	187.5	235	675
Masters (40-44)				
148 lb.				
B. Worley-140	132.5	112.5	160	405
165 lb.				
R. High-40	187.5	117.5	205	510
181 lb.				
Dobrovolski-43	192.5	112.5	210	515
198 lb.				
D. England-44	140	110	180	430
220 lb.				
R. Nesuda-40	265	152.5	277.5	695
D. Ford-44	200	140	230	570
242 lb.				
G. Marcell-43	142.5	157.5	220	520
308 lb.				
C. Bryant-40	295	162.5	247.5	705
SHW				
T. Knighton-44	227.5	170	272.5	670
Masters (45-49)				
181 lb.				
J. Tyree-47	262.5	157.5	252.5	672.5
220 lb.				
B. Wright-45	232.5	165	232.5	630
R. Sorensen-45	145	115	160	420
(50-54) 181 lb.				
P. Boutte-51	232.5	120	232.5	585
S. Sampson-51	192.5	127.5	200	520
198 lb.				
B. Johnson-54	285	125	245	655
275 lb.				
B. Wright-51	195	137.5	200	532.5
(55-59) 308 lb.				
C. Wahl-55	145	90	160	395
SHW				
D. Martin-59	167.5	112.5	230	510
Police/Fire 165 lb.				
A. Ellis-36	185	140	227.5	552.5
P. Arriaga-30	160	122.5	185	467.5
181 lb.				
T. Riffe-35	227.5	150	257.5	635
198 lb.				
E. Carvajal-35	210	155	210	575
M. Salazar-34	157.5	125	172.5	455
D. England-44	140	110	180	430
242 lb.				
M. Christian-38	262.5	195	272.5	730
B. Moore-36	250	165	267.5	682.5
308 lb.				
R. Sorensen-45	145	115	160	420
Below Class I				
148 lb.				
B. Worley-40	132.5	112.5	160	405
165 lb.				

Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s. Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of 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, "Chainer Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s Aug/96... ADFPA Men's, APF Sr. Nation-

A. Ellis-36	185	140	227.5	552.5
R. High-40	187.5	117.5	205	510
P. Arriaga-30	160	122.5	185	467.5
181 lb.				
T. Grant-33	185	182.5	220	587.5
J. Woodward-26	210	142.5	207.5	560
T. Botting-35	195	130	205	530
T. Dugan-30	175	117.5	187.5	480
198 lb.				
M. Dugan-32	227.5	157.5	235	620
R. Felux	227.5	142.5	230	600
W. Smith-26	210	127.5	260	597.5
E. Carvajal-30	210	155	210	575
D. Field-29	190	135	227.5	552.5
N. Urrea-22	—	—	—	—
M. Pearce-32	—	—	—	—
G. Record-36	—	—	—	—
220 lb.				
A. Gibson-25	272.5	175	242.5	690
V. Barren-24	225	190	245	660
242 lb.				
M. Christian-38	262.5	195	272.5	730
D. Broseman-36	285	160	257.5	702.5
P. Dungan-26	242.5	185	255	682.5
B. Moore-36	250	165	267.5	682.5
A. Key-21	240	135	260	635
C. Fournet-31	192.5	165	210	567.5
M. Trepanier-31	170	105	177.5	452.5
275 lb.				
P. Carley-33	252.5	175	255	682.5
J. Williamson-36	252.5	187.5	235	675
W. Bacon-28	207.5	155	227.5	590
D. Embrick-27	187.5	130	220	537.5
BEST LIFTER MEN: Open: John Fowler. Best Deadlift: Michael Griffin. Best Bench: Ralph McCart. Best Squat: John Fowler. Best Bench Masters: Sheldon Weingust. Best Junior Lifter: Chad Matthews. Best Lifter Below Class I: Mark Christian. Best Lifter Submaster: Jesse Vasquez. BEST LIFTER WOMEN: Open: Valerie Tyree. Best Bench: Susan Rinn. Best Squat: Valerie Tyree. Best Deadlift: Valerie Tyree. RECORDS ESTABLISHED WOMEN: Susan Rinn 123 Submaster, American Record Single Lift Bench Press 236.7. Susan Rinn 123 Open Women, State Record Single Lift Bench Press 236.7. Susan Rinn 123 Submaster, State Record Single Lift Bench Press 236.7. Kimmie Everett 165 Junior Women (16-17), State Record Squat 402.2. Kimmie Everett 165 Junior Women (16-17), State Record Deadlift 380.2. Kimmie Everett 165 Junior Women (16-17), State Record Total 936.9. RECORDS ESTABLISHED MEN: Eric Wright 242 Junior (20-23), State Record Single Lift Bench 462.7. David Ritter 242 Master (60-64), State Record Deadlift 507. Don Martin SHW Masters (55-59), State Record Squat 369.3. Don Martin SHW Masters (55-59), State Record Bench Press 253.5. Don Martin SHW Masters (55-59), State Record Deadlift 507. Don Martin SHW Masters (55-59), State Record Total 1189.5. J.J. Trevino Jr. 275 Junior (13-15), State Record Squat 485. Ralph McCarty 181 Submaster, American Record Single Lift Bench 429.9. Ralph McCarty 181 Submaster, State Record Single Lift Bench. 429.9. Ralph McCarty 181 Open Men, State Record Single Lift Bench 429.9. Chad Matthews 220 Junior (20-23), State Record Squat 628.3. Chad Matthews 220 Junior (20-23), State Record Bench Press 391.3. Chad Matthews 220 Junior (20-23), State Record Deadlift 628.3. Chad Matthews 220 Junior (20-23), State Record Total 1647.9. Sheldon Weingust 165				

als, "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 Glossbrenner "Responds to the Response", TOP 100 148s. Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, 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

Masters (45-49), State Record Single Lift Bench	352.5.	Mark Christian 242 Police Submaster, State Record Squat 578.5.	Mark Christian 242 Police Submaster, State Record Bench Press 429.7.	Mark Christian 242 Police Submaster, State Record Deadlift 601.	Mark Christian 242 Police Submaster, State Record Total 1609.2.											
Mark Christian 242 Police Open Men, State Record Deadlift 601.	Mark Christian 242 Police Open Men, State Record Total 1609.2.	Bill Johnson 198 Masters (50-54) State Record Squat 628.2.	TEAM Competition: Team Fitness Duncanville: 1st Valerie Tyree Open Women 123.	2nd John Tyree Masters (45-49) 181.	3rd Andy Ellis Police 165.	4th Tim Riffe Police 181.	5th Merissa Baker Junior Women 16 148.	6th Logan Gray Junior (16-17) 148.	7th Zach O'Quinn Junior (13-15) 132.	8th Kirsha Ogle Junior Women 16 148.	9th Ashley Wilder Junior Women 18 105.	10th Kevin Bowen Junior (16-17) 198.	11th Buddy Wright Masters (50-54) 275.	12th Donna Gagliardi Open Women 114.	13th Jesse Vasquez Submaster 198.	TOTAL 144. (Thanks to Seguin Fitness for providing the results of this meet to PL USA).

ADAU PA State					
21 Apr 01 - Lehigh Valley, PA					
88 lb.	SQ	BP	DL	TOT	
Youth (to age 11)					
D. Perhacs	120	75	160	355	
4th	129*				
132 lb. Open (14-15)					
M. Kuhns	385	230	270	885	
4th	400*				
(16-17)					
J. Slupski	165	125	245	535	
148 lb. (18-19)					
J. Wakeman	260	205	314	805	
165 lb. Junior					
Frim Bruder(BL)	405	275	515	1193	
(18-19)					
A. Herspenger	355	300	465	1120	
R. Hanes	335	230	485	1050	
(16-17)					
J. Folmar(BL)	400	245	500	1145*	
4th	410*				
(14-15)					
N. Green	245	205	315	765	
181 lb. Open					
S. Sheppard	370	310	480	1160	
D. Banik	350	260	530	1140	
C. Welsh	315	290	530	955	
(18-19)					
J. Stremпка	325	225	475	1025	
(16-17)					
A. Romano	390	225	435	1050	
M. Fiorelli	345	235	440	1020	
J. Post	325	235	410	970	
198 lb. Open					
M. Barcelone	465	310	505	1280	
(18-19)					
C. Engelskirger	385	240	480	1105	
S. Wright	390	210	490	1090	
(16-17)					
B. Kuchta	325	522	385	930	
S. Randall	130	225	255	810	
R. Hall	180	210	365	755	
220 lb. Open					
R. Eckhart	375	360	530	1265	

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, Pro-

J. Gaumer	375	295	450	1120
(18-19)				
P. Delvey	430	300	580	1310
242 lb. Open				
B. Wigmore	515	375	565	1455
J. Kane	465	350	575	1390
J. Lawson	370	295	500	1165
Junior				
B. Miller	500	325	630*	1455
4th	630			
(14-15)				
E. Arriaga	365	285	400	1050
275 lb. (16-17)				
E. Malinowski	540*	255	600*	1395*
4th	539		599	
319 lb. (16-17)				
A. Byerly	465	253	465	1185
SHW (16-17)				
S. McHenry	375	285	155	815

*-American Record. Quality is the best word to describe the lifting at the 2001 ADAU PA State Mens Powerlifting Championships held at the Lincoln Middle School. Nearly forty of the strongest lifters in the state did battle in RAW drug tested competition. Stealing the show was the team from North East, coached by Bart Wood, that won the Teen Team Plaque. Winning the Open Team Plaque was Tayoun's Powerlifting Team from Philadelphia coached by Baptist Nupieri closely followed by perennially strong Joe's Gym of Erie, coached by the great Joe Oregina, 88 Pound Youth: Doug Perliacs, representing Joe's Gym of Erie, the youngest lifter of the meet at 11, started the day by winning the 88-pound class and setting a Youth American record 130 squat on a fourth attempt after missing it on his third! He added a 75 pound bench and a 160 deadlift to his in-contest 120 squat for a fine total of 355. Doug represents the future of powerlifting and will be heard from for many years in this sport. 132-Pound Class: Weighing exactly 130 pounds, local teen phenom, Mike Kuhns of nearby Whitehall, did a triple bodyweight squat of 400 on a fourth attempt to set a Teen AND Open American record in winning both the Open and 14-15 age group in the 132 class. He benched 230 on his second attempt, just missing 240 on his third. Mike pulled a 270 dead to go with his in contest third attempt squat of 385 for an 885 total. Joe Slupski of North East did some balanced lifting with 165, 125 and 245 for a 535 total to win the 16-17 age group. 148-Pound Class: Joe Wakeman of North East also did some balanced lifting to win first place in the 148 pound 18-19 age group with 260, 205 and 340 for an 805 total. The 165-pound class Produced BOTH Best Lifters! Young Jim Folmar of North East stole the show with a tremendous performance, actually making 9 of 10 attempts. His highlights, were, a "smoked" 410 fourth attempt squat and a strong 500 deadlift, both for 16-17 Teen American records! He added a 245 second attempt bench to his in-contest 400 squat for another Teen American total of 1145! According to his Coach, Bart Wood, "Jim is not a repper but can he turn it on for a single!" Adam Herspenger of Joe's Gym looked good in posting a solid 1120 total with lifts of 355, 300 and 463 to win the 18-19 age group. Finally, Norman Green also had a good day in winning the 14-15 age group. Fran Bruder was named Best Junior/Open Lifter

gressive 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 Ltwts. 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

with an excellent 1190 total to win the Junior 165 class. Fran showed real balanced lifting with 405, 275 and 515 looking good for much more! The 181 class was the largest with seven lifters totaling. Winning the Open was Scott Sheppard with a solid 1160 total featuring a 310 bench to edge out veteran lifter Dave Bank of Swyersville, who pulled a nice 530 dead for an 1140 total! Coming in third was George Welsh who got off to a bad start by having difficulty finding the meet site due to some recent changes in traffic, patterns. (Sorry about that, George). Jeremy Stremпка of North East won the 18-19 age group with balanced lifting of 325, 225 and a nice pull of 475 for 1025. Nice battle in the 16-17 age group with Pen Argyl native, Anthony Romano, demonstrating excellent technique in posting personal bests of 390, 225 and 435 to win with a nice 1050 total. This edged out Michael Fiorelli of North East who did 345, 235 and 440 for a solid 1020. Jeremy Post of North East came in third with a 970 total, just missing a 450 dead twice. 198-Pound Class: Shawn Boylan of Tayoun's was cruising in the Open but unfortunately had to withdraw during the deadlift because of an injury. This left the door wide open for class act Mike Barcelone to win first place with nice lifts of 465, 310, and 505 for an excellent total of 1280. Carson Engelskirger of North East edged out Sam Wright of Joe's Gym to take the 18-19 198 class with nice lifts of 385, 240 and 480 for 1105. Sam also lifted well with 390, 210 and 490 for 1090, but lost a little too much ground to Carson on the bench. Ben Kuchta of North East won the 16-17 age group 198 class with 325, 220 and 385 for a fine 930 total to beat Seth Randall who was actually ten pounds ahead of Ben at sub total with 330 and 225 but only took a 255 dead because of an injury. 220-Pound Class: Rob Eckhart of Lehighton had a perfect nine for nine day to total 1265 that included an excellent 360 bench and a solid 530 pull to win the Open 220 class. Rob entered at the last minute and I am sure he is real pleased with his decision. Easton lifter Brian Gaumer was off-form somewhat in the squat but came back strongly in the bench and dead to win the Junior division. Pat Delvey set a State Teen record with an awesome 580 deadlift, and tried 605, to go with a 430 squat and 300 bench to win the 18-19 age group with another State Teen record 1310 total. 242 Pound Class: representing Tayoun's was Bill Wigmore who took the Open with solid lifts of 515, 375 and 565 for 1455. Bill made a good try at a 610 dead on his second and third attempts but it was just a bit much. Bit, edged out veteran lifter Joe Kane of Wilkes-Barre who was two pounds over the 220 limit, even after biting the sauna for two hours, so had to lift 242. The attempt to make weight seemed to sap Joe's strength as he was off a bit from previous efforts. He still posted a nice 390 total of 465, 350 and 575. Jeff Lawson comported himself with class while making eight attempts to come in third. Another star of the show was the youthful looking birthday boy, Brian Mier, Brian turned 20 on the day of the contest so lifted in the Junior class. He looked unshakable in making eight attempts to finish with easy lifts of 500, 325 and a State Junior and Junior American record 630 dead to total a State Junior record 1455 and win the 242 Juniors for Tayoun's. Emmanuel Arriaga of

Catasauqua had a blast lifting and winning first place in the 14-15 age group. He made eight attempts to finish with State Teen records of 365 squat, 285 bench and 1050 total, with his 400 dead. He actually missed his first attempt bench of 255 but then came back to make 270, 285 and a fourth attempt Teen American record of 300! Great job, Emmanuel! 275-Pound Class: Big Ben Cangelosi was also cruising in the 275 class and was probably on track for a shot at Best Lifter when he hurt his back and withdrew after missing his first attempt dead of 635. Ben had squatted 645 strongly and made an impressive 460 bench! He will be back. Putting on quite a show and having a great time doing it was Ed Malinowski from nearby Easton. Ed has been compared to a young Paul Anderson... you old timers will know what that means! Ed easily set four State records and three Teen American records with a strong 540 squat and a 600 deadlift to go along with a 255 bench for a very impressive 1395 total to win the 16-17 age group! Way to go, Ed! 319-Pound Class: Young Anthony Byerly of North East had a great day making eight attempts to finish with State Teen record squat, dead and total of 465, 255 and 465, 1185 to win the 16-17 age group. SHW: Scott McHenry of North East posted some nice lifts before, hurting his ribs forcing him to take only a token 155 dead to total. He had set State Teen records of 275 squat and a nice 285 bench to win the 16-17 age group. In keeping with the Bylaws of the ADAU, four lifters were tested using urinalysis. A fifth out of meet test was also done and I am pleased to report that all five athletes were found to be negative for any banned substance. Too many people to thank but I will give it a try. First of all, all the members of the great Twin City Powerlifting Team who were everywhere and did everything! Great job, guys! Especially, spotter/loaders: Greg Yeager, Dave Harman, Barry Pensyl and Brand Pensyl. Sponsors: Dr. John Rizzotto of Rizzotto Rehabilitation Chiropractic Center, who was kept busy all day working on the lifters! Similarly, Don Kuhns, Certified Massage Therapist and Reflexologist gave massages in between coaching his son, Michael Hitcho, Jr. who represents Immunotec Research Ltd. and their remarkable product, Immunoc which is destined to be the #1 nutritional supplement of choice, worldwide! Last but not least is my wife, Cathy who manned the Nutritional Technologies supplement table

been training a little longer than Schoonmaker, who is a Master. It was rough going initially for Schoonmaker, who made just a squat and bench to stay in the meet. He is another lifter from the Above All powerlifting team. Snelling, however, came to lift and did he ever look good. He had power to spare, especially in the deadlift, where he pulled 629 lbs. Ryan will do well if he competes in this year's Teenage Nationals in Chicago. In the 198's we had two faces familiar to the Missouri USAPL. George Krockenberger squared off against Dennis Riney for all the marbles. Krockenberger, a previous winner of 6 state titles, was trying to make it no. 7; Riney had other plans though. After the squats, George led by 11 lbs. going into the bench, which is Riney's specialty. With quite a bit of shoulder trouble through the years, George has had a tough time benching. He indicated that his 303 lb. lift was the first ever in his career. It just goes to show you that this is a long race and that all of us, just like George has done, can continue to progress over the long haul. Riney ended up benching a nice 407 lbs. lift and looked good for plenty more. On his third attempt his hips came up a bit, so the 429 was no good. After the dust settled, they were only separated by 25 lbs. with Riney coming out as the winner over the venerable George Krockenberger. In the 198's, it was a three way race for the title. After wavering in the squat, Roger Petzoldt capitalized on his class leading bench press and deadlifts to emerge victorious. It was a light one though, with just a few lifts, the piston-like Greg Ludwig could've change things, but ended in the runner up spool. Just 15 kilos behind Ludwig, Steve Reando also missed a few that could've shook things up a bit. Steve ended up with third place on a 5 for 3 day. The victory for Roger the dodger gave him his 4th title, and his first since 1991. This moves him up on the list just ahead of Jerry Pledger and ties him with Chad Holmes at 4 state titles. Congratulations Roger! With a void of competitors, we skip up to the 275's where he had just one. Travis Rubey on Rolla, MO, came, saw and dominated! This guy didn't need anyone in his class to push him into making some big lifts. Folks, this guy has potential! He cruised through the squats unscathed, ending with 683 lbs. On the bench where his only miss was, he managed to crank out 451 lbs., and the deadlift Well that's another story. I had inside info from ahead of time George Helaine of Rolla Power that he would pull big. Did he ever! On his opener he ripped up 650 lbs., like it was a bag of trash. For his 2nd attempt he went after Donovan Garris's state record pull of 706 lbs. set a few years back. Again, he went out and just pulled it with ease for a new state record. On his third attempt, Travis set his sights on the 275 lb. total record of 1,862, set by Mike Anderson in 1996. So, after the math was done, he needed 733 lbs. to eclipse Anderson's mark set 5 years ago. Out Rubey went once again, with a determined look and the whole house rockin', he pulled 733 lbs. for a new record deadlift and record total! Not only that, but he was the Missouri State best lifter and he looked good for even more! He has plans on going to the Men's Nationals in Nebraska this coming July, to compete with the big boys. Good luck Travis, and congratulations on a fine performance! The supers were billed as the class or the meet prior to the meet. We had a lineup of

mation Management, Maximal Resistance Method by Louis S. TOP 100 181s Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methioxine, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows,

Pat Rankin, Donovan Garris, Jerry Pledger and Mike Vergas: all who are longtime Missouri USAPL lifters. Rankin came riding into town with 6 titles to his name and plans to earn a 7th. After a year or so of Strongman competition and promotion, he was ready to give it a go again on the platform. For Garris, this was his second meet back since he returned in November and I knew he'd have it together after his Cape performance. Big Jerry, with his squat ability, is always in the running. Mike Verges was also back after a long hiatus, sporting a much bigger body since his days as a Jr. lifter. He is now a police officer, married and has his little Verges on the way. Going into the battle, I know Rankin would have his hands full after dealing with a minor back injury a few months prior, then a spring head cold early in the week. His training was just good enough to get him into shape, but not to win it. After three failed attempts in the squat, "Crankin" Rankin had been stopped dead in his tracks. Expect him to return full of fire and better than ever because he is a competitor. After the squats, Pat hung around to help the other lifters and even did a great job announcing some of the deadlifts. Big Mike, in his comeback, nailed three dunks and ended at 639 lbs. Garris came out of the squats with 650 lbs., missing 677 lbs. on his third. The class leader was the big guy, Jerry Pledger. On his opener, things got a bit out of the groove and he had to fight to come out of a lift that seemed to take forever. On his way up though, there was so much noise and yelling. 14 year old spotter Justin Newsome, thought he heard someone give the command to take the bar. As it turned out, this lift was no good and with the adrenaline flowing some tempers flared briefly. After it was explained to Jerry what happened and why the spotter grabbed the bar order was restored and all was well. Jerry apologized for getting excited and Justin apologized for taking the bar too quick. In all of this big ruckus, the kid never batted an eye when most men would've had their tail between their legs heading for the door. Jerry did take his lift over and not only did he complete it, he completed all his squats and came out with a fine 711 lb. attempt. In the bench press, Garris made some ground and then some. On his second attempt, he upped the full meet BP record to 540 lbs. and prepared to up it to 551 lbs. After lowering 551 lbs. to his chest, he gave a brief but borderline pause and easily rammed it back up. Unfortunately the refs felt he came a up a bit quick. To his credit, the good news is that he will blow right past 551 lbs. In his next meet, Garris also had the biggest deadlift of the Supers with his 683 lb. deadlift, which was plenty more than he needed for the victory. After it was over, Verges placed third while only missing one lift on the day Pledger was the runner up, totaling 1,714 lbs. and Garris was the new SHW state champ with 1,873 lbs. and the biggest total of the meet. Garris is another young lifter who has potential to spare. Although the competition is tough, he should also consider going to the Nationals in July for the experience. 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 was 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 on the

list that includes names like Sample, Maful, Krockenberger and others. Rolla Powers, George Helaine 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've never been beat. Thanks to the crew that spotted and loaded. They were Jim Bell, Justin Newsome, Josh Anderson, Bob Scott and a host of other I'm sure I missed. This is by far, the hardest job of the meet. 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 being 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, I thought, "Cool, Mike's going to present it this year." What I didn't know, was that he was presenting it to me. The award means a lot to this author because we try to put so much into making out meets better for 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 info, contact us at www.USAPLNationals.com. (Thanks to Rick Fowler for these meet results).

USAPL Minnesota State 17 Mar 01 - Plymouth, MN

WOMEN		M. Hutnagel-J		340	
Shuttleworth	145	198	181		
J. Krasky-161	95	M. Heruth-O	450		
L. Loughney-219	200	T. Lohman	425		
132 lb.		D. Johnson-M	375		
B. Fischer-O	205	D. Hawkinson-M350			
M. Lohman-J	270	D. Lux-M	305		
D. Bristol-J	245	220 lb.			
J. Grant-J	330	D. Szambelan-M340			
B. Kegler-J	295	242 lb.			
S. Naspinski-J	265	C. Lane-O	440		
J. Miller-O	375	R. Bement-M	300		
P. Baer-M	340	275 lb.			
J. Tini-M	300	R. Schubert-M	390		
123 lb.		BP	DL	TOT	
V. Nelson-M	105	105	235	340	
MEN 181 lb.					
S. Friday-O	395	580	975		
M. Bums-O	405	540	945		
T. Reid-O	360	570	930		
198 lb.					
Haggenmiller-M	325	525	850		
S. Lindquist-O	335	615	950		
G. Grahm-O	280	500	780		
J. Richer-O	302.5	405	707.5		
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M. Edelstein-O	415	630	1045		
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B. Mozius-M	245	470	715		
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J. Bentley	340	515	855		
Director: Jim Cahill. O=Open, J=Junior, M=Master. (Thanks to Jim Cahill for results).					

Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benchers by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louie Simmons, TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s. Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke

Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHW's Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

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All American Bench Press 29 Apr 01 - Taylor, PA

BENCH WOMEN		M. Shiffer-20		107.5	
Junior 132 lb.		181 lb.			
J. Hughes-21	67.5*	T. Myer-21	137.5		
Teen 148 lb.		198 lb.			
S. Dolson-19	87.5*	D. Patrisso-20	150		
Open 114 lb.		J. Bartell-20	160		
P. Kovalchick	87.5*	R. Calvey-23	172.5		
165 lb.		90			
Encarnacion-31	90	R. Garvey-52	125*		
Master 165 lb.		82.5			
B. Rought-46	82.5	G. Napp-42	82.5		
198 lb.		148 lb. (45-49)			
V. Marcikonis-37	110*	R. Burnett-4830			
MEN Teen 114 lb.		165 lb. (45-49)			
M. Chapman-14	57.5	B. Legg	97.5		
132 lb. (14-15)		(50-54)			
C. Strohl	75	J. Freemont-54	120*		
B. Krajnak-15	65	181 lb. (40-44)			
A. Heydt-16	92.5	D. Wilcox-42	122.5		
148 lb.		80			
D. Strohl-14	80	198 lb. (50-54)			
L. Mangino-16	137.5*	J. Jeffords-52	102.5		
J. Lyons-19	145*	(55-59)			
J. Wentworth-19	110	R. D'Angelo-59	87.5		
165 lb. (14-15)		(45-49)			
J. Young	85	B. Selzheiser-45	160		
D. Oskins-15	100	(40-44)			
198 lb. (16-17)		T. Rome-44	155		
B. Taroli-16	137.5	220 lb. (40-44)			
220 lb. (16-17)		L. Gerczak-40	197.5*		
S. Baronski-16	172.5*	R. Ludwig-41	197.5		
C. Donati-16	130	J. Giveri-43	147.5		
(18-19)		(60-64)			
C. Raymond-18	122.5	E. Robinson-63	137.5		
S. King-14	107.5	242 lb.			
242 lb. (16-17)		M. Gavin	182.5		
C. Hoover-16	147.5	275 lb. (55-59)			
J. Oliveri-17	150	J. Graham-57	142.5		
(14-15)		(45-49)			
C. Cadisport-14	107.5	J. Sullivan-46	182.5		
Open 123 lb.		319 lb.			
F. Garvey-52	125*	T. McCarthy-54	182.5		
148 lb.		J. Gentile-46	207.5		
G. Teeter-36	140	R. Smith-41	217.5*		
165 lb.		Lifetime 148 lb.			
J. Rubio-37	160	R. Burnett-48	130		
B. Legg-48	97.5	F. Lokuta-40	125		
McDonnell-37	145	C. Teeter-36	140		
181 lb.		165 lb.			
D. Boldberg-32	175	J. Rubio-37	160		
T. Dickey-31	187.5	B. Legg-48	97.5		
Swackhammer	182.5	198 lb.			
198 lb.		C. Averill-24	137.5		
R. Baum-26	162.5	P. Shannon-38	192.5		
T. Klazas-35	167.5	B. Halashinski-29	192.5		
P. Shannon-38	220 lb.	220 lb.			
220 lb.		217.5 J. Plummer-39	202.5		
N. Williams	217.5	R. Lubwig-41	197.5*		
R. Ludwig-41	197.5	C. Dickey-33	170		
J. Plummer-39	202.5	242 lb.			
275 lb.		230 B. Grippo-39	182.5		
J. DeFoor-30	230	M. Brill-27	157.5		
319 lb.		207.5 R. Wywoda-38	177.5		
J. Gentile-46	207.5				



Lightweight Best Lifter at All American Bench Press: 170 lb. Terry Dickey 413 lb. bench press. Photograph provided by Bob Cranko.



Heavyweight Best Lifter at All American Bench Press: 250 lb. John DeFoor with 506 lb. bench. (Photo provided by Bob Cranko).

*Records. All new state record holders were required to perform a token squat/deadlift of 25 kils before 3 judges on platform. All token lifts performed without incident. Meet Directors: Joe Moceyunas & Bob Cranko, Sr. The Power Gym hosted The All American Bench Press Invitational Championships. This meet was beyond the meet directors imagination. Having invited the finest lifters of Pa., Connecticut, Virginia and New Jersey, proved that there is literally strength in numbers. Numerous Pa. State records were set and broken by some of these fantastic lifters. The Women's best Lightweight was awarded to Ms. Paula Kovalchick and Heavyweight Vicky Marcikonis, both who broke and set new State records. Approximately 275 spectators were present. Having been involved in Powerlifting for over 4 decades, I can say that this was the finest contest that I had the privilege of co-directing. Special thanks to Joe (Moe) Moceyunas, my partner at the Power Gym. What a guy! Great Powerlifter and beyond an expert putting shirts on, and especially guiding the young powerlifters to victory. I can never thank him enough. This meet could not have been held without the expertise of the scoring table. My bride Toni C., Cathy Moceyunas and one of the best statisticians around, Ms. Dot McGowan. John (Coach) McGowan, Joe Lutkowski (330 lb. bench 148 lbs.), Paul Duffy (420 @220 lbs.) and of course my son Jamie (Tank) who incidentally looked great in the N.J. Mid Atlantic Classic. Sure wish that I had his arms and shoulders! He along with my wife and older son Bobby Jr. (Also a great Powerlifter) Yes! This was a family sport to us. Along with my wife these guys have seen my good and not so good of late days in this magnificent sport. Bobby Legg, spotter/loader, scoring table official, and above all a great powerlifter and dear friend. Yes! I appreciate Mimmi, Mike and Steve Gavin, Mike Roberts, Tracy and John Svalina (500 lb. Reverse grip bench @242 lbs.) and our new law school graduate, Jason Mattioli, who will be elevated to contest official status in the future. (maybe). Best Lightweight Lifter was awarded to Mr. Terry Dickey (His brother Cliff and he train in their basement and are an inspiration to watch benching). The Heavy Weight Best Lifter was close with John DeFoor, gaining the nod over Nate Williams (a fine lifter with the genes of Mr. Chimsey Williams). To all of my lifters, yes they were mine, I wish you good luck and God Speed in your future contests. I have made many true friends and lost some not so good friends in this sport. Mr. Moe and I thank you for your support. May God Bless all of you. (Thanks to Bob Cranko Sr. for these results).

USAPL Zumbro Valley Open 28 Apr 01 - Kasson, MN

WOMEN		SQ		BP		DL		TOT	
Open 114 lb.									
K. Sommers	245	160	270	675					
M. Shuttleworth	170	145	200	515					

SLP Hard Core Gym BP/DL
20 May 01 - Chicago, IL

BENCH	A. Oliver	385*
WOMEN	Police/Fire	
Submaster	165 lb.	
123 lb.	A. White	365*
L. Menninger	125* 220 lb.	
Open 132 lb.	T. Harrison	440
E. England	120* A. Kennedy	425
Men Teen (13-15)	242 lb.	
165 lb.	M. Brzeczek	425*
M. Collins	305* 4th	445*
4th	310* 275 lb.	
Junior 181 lb.	C. Gholston	500*
M. Strom	360 Open 148 lb.	
4th	375* O. Anderson	270*
181 lb.	4th	280*
R. Schaffer	350 165 lb.	
242 lb.	K. Brown	345
S. Corbett	345* 181 lb.	
4th	360* T. Gentry	420*
Submaster	R. Murphy	320
242 lb.	198 lb.	
F. Collins	405* T. McCray	455*
Master (40-44)	S. Medina	365
220 lb.	4th	400
A. Kennedy	425* 220 lb.	
C. Gordon	T. Harrison	440
Master (45-49)	242 lb.	
181 lb.	D. Walker	510*
J. Marudecki	365* 4th	520*
4th	375* M. Brzeczek	425
242 lb.	4th	445
B. Blackmon	390 275 lb.	
4th	405 M. Smith	500
Master (50-54)	DEADLIFT	
220 lb.	MEN	
H. Collins	430 Open	
(55-59)	242 lb.	
275 lb.	A. Sanders	630*

Eva England had some problems with her opener, finally getting her third attempt with 120. This set the state record in the open 132 class. Teenager Marell Collins keeps getting stronger with each new competition, finishing here with a 305 pr third, followed by a 310 fourth attempt. Marell broke his own state record in the 13-15/165 class. In the junior men's division we had three lifters, but there was a real battle at 181 between Mike Strom and Ryan Schaffer. Both weighing in at 180, Mike finished the meet with 360, while Ryan had to settle with his 350 second attempt, after missing his third with 365. Mike went on to a successful fourth attempt with 375, which established a new state record there. Sean Corbett also set an Illinois state record as he took the 242's with 360. First-time competitor Fabry Collins set a new state record as he captured the title at submaster 242 with a solid 405. In the master 40-44/220 class Al Kennedy broke Tim Widner's state record with 425 for the win. Al had a new shirt that just was not working for him so he took it off and lifted raw! Not a bad lift for a 218 bwt! Craig Gordon was going for a personal best of 500 on this day but missed his opener of 480 when his new shirt blew out and he was not able to get a lift in. Jim Marudecki showed great form as he methodically moved through his attempts, going four for four on the day to finish with a new state record. Weighing in at just 175, Jim's 375 gave him the title at master 45-49/181. Also at 45-49 was 242 winner Barry Blackmon. Barry finished with 390, but went on to score a personal best of 405 after missing that weight for his third attempt. Hank Collins continues to be consistent, as he finished with 430 at master 50-54/220, just ten pounds shy of his own state record. Archie Oliver returned to competition after some time off to take the 55-59/275 class. Archie finished with a strong 385, a new state record! Good to see you again, Archie. In the police and fire division, Anton White set the state record at 165 with a solid 365 on his final attempt. This was Anton's first competition. Tommy Harrison took the 220 class over team



Andrew Sanders deadlifted 630 lbs. which was a Son Light Power Illinois State record in the 242 lb. open class. (The photograph provided courtesy of Dr. Darrell Latch to Powerlifting USA).

mate Al Kennedy 440 to 425. Tommy was only able to get his opener in, missing 475 and 485 for his last two attempts. Bad shirt problems; just wasn't giving him anything. Another new lifter, Mark Brzeczek, won at 242, setting new state records on his third (425) and fourth attempts (445). Our final police & fire competitor was 275 winner Chris Gholston. Chris also struggled with his new bench shirt, managing only 500 after missing his final attempt

with a state record 520. Chris's big 500 did tie the existing record at that weight class, but with his natural strength Chris should be up to 540-550 with a good shirt. In the open division, Mr. Baby Oil himself regained his state record title at 148. Looking stronger than ever, Baby Oil finished with a 270 third attempt and a stronger 280 fourth attempt for the record. Kenneth Brown, weighing in at 160, won the title at 165 with a solid 345. At 181 it was Tommie Gentry with a state record 420 to his credit. Second place at 181 went to Robert Murphy who finished with 320. Taking the 198's was Tim McCray, who stopped at a state record second attempt of 455. Tim was hoping for 500, but wisely backed off when his shoulder began to bother him. Sal Medina was second at 198 with a 365 second attempt, missing 400 for his third, but coming back for a successful fourth. Tommy Harrison also took the open 220 class along with his win at police & fire/220. David Walker came down from Wisconsin to take both the open 242 class and best lifter honors with a state record 510 bench. A fourth attempt with 520 was also a new personal record for David. Second place at 242 went to Mark Brzeczek who finished with 445. Taking the open 275 class was Marty Smith with another strong 500 bench, weighing in at only 250. In the deadlift competition we only had one (?) lifter, Andrew Sanders. Taking the open 242 class, Andrew opened with an easy 550, then called for 600. Knowing the state record was 605 I accidentally (on purpose) loaded the bar to 610 and after Andrew pulled the weight he was ecstatic! His final pull was a tough 630, but a good lift for another SLP Illinois state record! Thanks again to Harry and Kim and to my son Joey for all their help. See you all again at the Chicagoland Open on October 7. (Thanks to Dr. Darrell Latch for providing the results of this competition to Powerlifting USA).

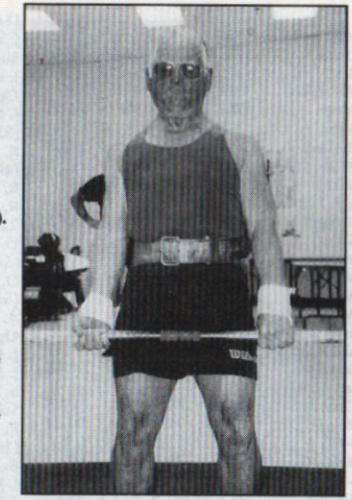
NASA Wisconsin State
17 Feb 01 - Marshfield, WI

BENCH	M. Heruth	460
154 lb. JR	227 lb.	
B. Schuelke	275 M. Nielson	420
187 lb.	280 lb.	
J. McDonald	305 T. Matic	440
CM1 315 lb.	170 lb. SM1	
B. Eder	175 S. Ginkel	300
CM2 205 lb.	S. Baker	415
B. Hoffman	100 205 lb. SM2	
JR 154 lb.	M. Heruth	460
B. Tafelski	300 154 lb. Teen	
187 lb.	B. Tafelski	300
J. McDonald	305 170 lb. M2	
250 lb.	R. Corey	270
A. Kostuck	380 250 lb.	
M1 187 lb.	J. Jones	385
R. Tefelski	250 280 lb. M3	
280 lb.	J. Twet	305
S. Felton	515 170 lb. MPure	
T. Matic	440 R. Corey	270
250 lb. Nat	187 lb.	250
J. Franco	455 R. Tefelski	
154 lb. Novice	227 lb.	390
B. Tafelski	300 T. Lisack	
227 lb.	250 lb.	385
T. Lisack	390 J. Jones	
250 lb. Novice	280 lb.	440
J. Keller	310 T. Matic	
154 lb. Pure	NAT	405
B. Tafelski	300 187 lb.	
205 lb.	B. Hardy	405
Junior	SQ BP DL TOT	
187 lb.	370 285 500 523	
R. Zuege	500 370 505 623	
205 lb.	D. Felton	365 255 560 535
T. Dankemeyer	M1 170 lb.	
205 lb.	630 340 615 718	
T. Konklin	500 270 500 576	
D. Anderson	227 lb.	
227 lb.	570 370 565 682	
B. Vivier	280 lb. M2	
280 lb. M2	R. Sadowski	450 270 480 544
R. Sadowski	M3	
M3	J. Twet	350 305 500 523
J. Twet	MPure 170 lb.	

G. Kleyn	375 235 465 487
SHW Novice	
J. Andreae	600 380 615 723
205 lb. Pure	
S. Miller	600 360 600 707
K. Simplot	425 365 500 585
315 lb. SM1	
J. Page	680 405 620 773
227 lb. SM2	
J. Broadhurst	465 350 450 573

SLP Cross Country Pull BP/DL
12 May 01 - Mattoon, IL

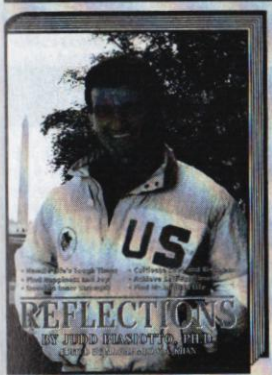
BENCH	A. Jones	435
MEN	4th	445*
Teen (16-17)	Open 148 lb.	
123 lb.	K. Clodfelder	245
D. Toothman	145* 4th	255*
Junior 198 lb.	165 lb.	
N. Young	485* H. Baker	345
4th	500* 220 lb.	
275 lb.	J. Shimchick	405
J. Hanson	325 J. Sanders	350
Master (40-44)	SHW	
242 lb.	L. Betzer	340
R. Thomas	200 DEADLIFT	
SHW	Teen (16-17)	
L. Betzer	123 lb.	290*
Master (45-49)	D. Toothman	310*
181 lb.	4th	
D. Rigsby	185 Master (40-44)	
275 lb.	242 lb.	410*
J. White	285 242 lb.	
4th	295 R. Thomas	410*
Master (50-54)	Master (45-49)	
308 lb.	242 lb.	
J. Welker	355* J. Ewing	525*
4th	370* Master (65-69)	
Police/Fire	165 lb.	
181 lb.	D. Sidwell	300*
B. Smith	340 Open 198 lb.	
220 lb.	A. Look	510



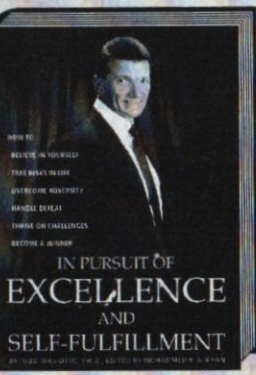
66 year old Darrel Sidwell locks out state record of 300! (Photo provided by Dr. Darrell Latch).

was Jim's first competition, where he finished with a personal best 325. Rick Thomas came all the way from Wyoming, Michigan to take the master 40-44/242 class with a strong 200 bench. Also at master 40-44 was SHW winner Loren Betzer. Loren finished with an easy 340, taking also the open SHW class. Dana Rigsby got a personal record at master 45-49/181 with his 185 second attempt to take that class. John White took the 45-49/275 class, getting two new pr's, a 285 third and a 295 fourth attempt. Jeff Welker was looking strong as he set the record at master 50-54/308 with his 355 final attempt, followed by a 370 fourth attempt. Bob Smith matched his own state record at police & fire/181 with his 340 second attempt, just missing 350 for his third. Alex Jones moved up a class, lifting at police & fire/220, but set a new state record there on a fourth attempt with 445, after tying the record at 435 on his second attempt. In the open division Kevin Clodfelder had a great day in his first competition, going 4 for 4 and finishing with a new state record 255 at 148. Howard Baker was also lifting in his first competition, where he took the open 165 class with a personal best 345. John Shinchick got a pr with his win at 220, ending up with a strong 405. Second place at 220 went to Jeff Sanders who also got a new pr, finishing with 350 on the day. In the deadlift competition 123 lb. teenager David Toothman continued to shine, finishing the day with another state record, pulling 310 on his final attempt. Rick Thomas broke his own state record at master 40-44/242, locking out 410 on his second attempt. James Ewing, the unofficial mayor of Gays, Illinois, (the home of the world's only two-story outhouse) pulled a great 525 state record, blue jeans and all, taking the master 45-49/242 class. In the master 65-69/165 class, sixty-six year old Darrel Sidwell set a new Illinois state record with a great 300 pull. This was Darrel's first deadlift competition, though he does hold the bench record in that same division. Best lifter and open 198 winner was Andy Look. Andy pulled a strong 510 @195, before missing with his final attempt of 525. Thanks to Randy Franklin, Andy Look, Jeff Welker and my son Joey for all their help. (These results by Dr. Darrell Latch).

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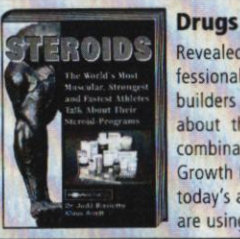
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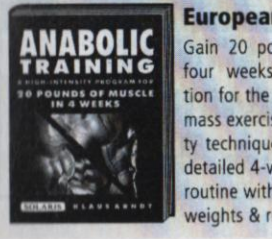
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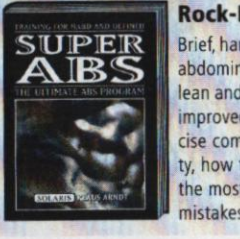
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AAU Combine Nationals
19-20 May 01 - Jacksonville, AR

BENCH		FEMALE		MALE		TOTAL							
220 lb.	132 lb.	132 lb.	100 lb.	100 lb.	100 lb.	100 lb.	217						
Master (40-44)	P. Medlock	45	87.5	55	95	95	237.5						
C. Lee	160	198 lb. (40-44)	D. Williams	77.5	J. Shelton	110	50	112.5	272.5				
(50-54)	R. Stopp	172.5	MALE (50-54)	105	D. Singleton	160	60	173	393				
(55-59)	A. Williamson	157.5	(55-59)	162.5	L. McLean	87.5	70	110	267.5				
L. McLean	160	198 lb. (40-44)	FEMALE (60-64)	40	E. Mauler	62.5	32.5	85	180				
Open	B. Smith	82.5	J. Watkins	80	C. Miller	75	32.5	100	207.5				
S. Battista	160	MALE (65-69)	80	125	A. Harris	27.5	20	27.5	75				
C. Newsom	165	H. Hager	125	125	J. Cheshire	125	190	122.5	195	507.5			
Submaster	R. Zuber	125	J. Lewis	125	J. Kennett	190	122.5	195	507.5				
R. Zuber	242 lb. (40-44)	200	165 lb.	145	D. Merriett	145	198 lb.	185	142.5	180	507.5		
242 lb. (40-44)	T. Ward	200	165 lb.	145	J. Colman	160	232.5	120	240	592.5			
T. Ward	(50-54)	145	198 lb.	145	R. Rice	167.5	123 lb.	232.5	120	240	592.5		
K. Counts	Submaster	167.5	123 lb.	145	L. Warren	212.5	165 lb.	212.5	102.5	272.5	587.5		
Submaster	R. Rice	167.5	123 lb.	145	S. Weaver	147.5	Submaster	181 lb.	130	130	210		
R. Rice	275 lb. (40-44)	212.5	165 lb.	145	K. Mattison	130	Teen (16-17)	198 lb.	110	110	210		
R. Stafford	(50-54)	147.5	Submaster	181 lb.	J. Jones	107.5	(18-19)	165 lb.	142.5	142.5	485		
(50-54)	R. Cross	319 lb. Open	K. Mattison	130	R. Paul	127.5	BP	DL	TOT	142.5	485		
R. Cross	319 lb. Open	K. Shinn	Teen (16-17)	198 lb.	SQ	BP	DL	TOT	60.5	42.5	115	218	
K. Shinn	198 lb.	J. Jones	107.5	142.5	P. Fitzgerald	60.5	42.5	115	218	60.5	42.5	115	218
Master (40-44)	R. Mace	127.5	BP	DL	MALE Open	145	107.5	197.5	450	195	117.5	175	487
R. Mace	FEMALE	148 lb. Master (45-49)	P. Fitzgerald	60.5	42.5	115	218	T. McGuffey	145	107.5	197.5	450	
FEMALE	148 lb. Master (45-49)	P. Fitzgerald	60.5	42.5	115	218	R. Rodgers	195	117.5	175	487		
P. Fitzgerald	60.5	42.5	115	218	MALE	Teen (13-14)	114 lb.	92.5	65	117.5	275		
MALE	Teen (13-14)	114 lb.	92.5	65	117.5	275	T. Madding	67.5	67.5	105	240		
T. Madding	67.5	67.5	105	240	J. Whiteside	87.5	52.5	105	245				
J. Whiteside	87.5	52.5	105	245	M. Resendez	110	75	142.5	327.5				
M. Resendez	110	75	142.5	327.5	C. Carlisle	105	82.5	132.5	320				
C. Carlisle	105	82.5	132.5	320	J. Fortner	110	70	125	305				
J. Fortner	110	70	125	305	FEMALE 114 lb.	80	47.5	87.5	215				
FEMALE 114 lb.	80	47.5	87.5	215	E. Hartmere	80	47.5	87.5	215				
E. Hartmere	80	47.5	87.5	215	MALE	S. Lee	92.5	75	137.5	305			
MALE	S. Lee	92.5	75	137.5	305	C. Gunn	162.5	77.5	165	405			
C. Gunn	162.5	77.5	165	405	Teen (16-17)	148 lb.	210	102.5	127.5	440			
Teen (16-17)	148 lb.	210	102.5	127.5	440	R. Saxton	210	102.5	127.5	440			
R. Saxton	210	102.5	127.5	440	G. Byrkhart	120	75	152.5	347.5				
G. Byrkhart	120	75	152.5	347.5	A. Ward	145	95	160	400				
A. Ward	145	95	160	400									

C. Johnson 197.5 127.5 217.5 542.5
C. Gilbert 220 140 205 565
(18-19)
R. Toatley 260 197.5 275 732.5
(Thanks to Larry Kye for providing the results).



James Steel won best lifter at the APA Old Line State. Unfortunately he just missed a 700 deadlift when he passed out near completion of the incredible lift. (Photo provided courtesy of Scott Taylor to PL USA).

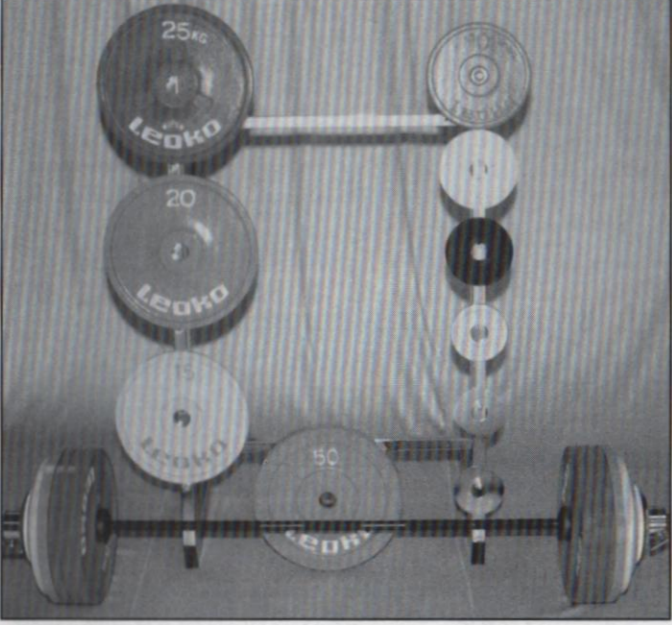
APA Old Line State PL & BP
16 JUN 01 - Laurel, MD

BENCH		TOTAL			
J. Snyder	320	400	340		
S. Yard/215	400	S. Voshell	340		
Submaster	198	J. McVicar	500		
J. Peterson/214	400	S. Kopalchick	280		
J. Snyder/161	320	B. Zermaltis	280		
Master	225	J. Wikler/195	225		
Open	165	P. Peterson	400		
Teenage	SQ	BP	DL	TOT	
A. Turner/164	445	285	540	1270	
4th	460*			1285*	
Submaster	S. Vickery/241	475	360	535	1370
Open	A. Turner	445	285	540	1270
G. Rozier	320	300	480	1100	
181	N. Voshell	405	340	430	1175
S. Voshell	405	340	430	1175	
N. Denny	305	325	450	1080	
198	R. Bent	360	235	450	1045
242	S. Vickery	475	360	535	1370
275	J. Steel	700	350	665	1715

* denotes Maryland Teenage Record. The Old Line State Powerlifting and Bench Press was loads of fun even though the turnout was relatively light due to several other events taking place this weekend. Special thanks to all who spotted and loaded for doing an excellent job. I'd like to thank Lester Maslow and Julie Scanlon for officiating at this event and doing a fine job. Big James Steele almost had a much higher total. He made it all the way up with 700 in his deadlift and just as the center referee was giving the command to put the weight down, James lost consciousness and fell backwards. What a fluke to have happen when you're completing a lift! Special thanks to Jeff McVicar for making this meet possible and the entire crew who lugged loads of meet equipment upstairs to set up a great platform in the gymnasium. The APA returns to Laurel, Maryland in September for our Nationals. Hope to see many of you there! (Thanks to Scott Taylor, APA President, for providing the meet results).

AAU Raw Teen State/Elizabeth City Open
17 Mar 01 - Elizabeth City, NC

BENCH		TOTAL	
A. Bailey	380	450	390
J. Rascoe	375	450	390
D. Young	365	450	390
V. Armstrong	350	450	390
B. Page	315	450	390
K. Barber	305	450	390
J. Pierce	275	450	390
B. Freethy	260	450	390
R. McCobb	250	450	390
170	242 lb.	170	242 lb.
170	242 lb.	170	242 lb.
145	B. Strauss	125	125
70	M. Leibacher	320	275 lb.
132 lb.	275 lb.	132 lb.	275 lb.
155	C. Elliott	520	135
135	T. Levesque	170	80
319 lb.	B. Simpson	465	148 lb.
205	W. Riddick	190	170
170	J. Pendelton	335	150
150	T. Gibson	315	165 lb.
260	M. Lovelace	290	260
235	132 lb.	235	132 lb.
200	K. Westcott-41	155	200
123 lb.	200	123 lb.	200
185	R. Fey-17	85	175
J. Curcio-41	170	165 lb.	165 lb.
320	L. Midgette-45	175	315
181 lb.	315	181 lb.	315
245	E. Patrick-35	315	225
198 lb.	225	198 lb.	225
220	A. Cabarus	330	200
200	T. Bell-42	230	105
105	220 lb.	105	220 lb.
330	P. Bossi-35	490	330
200	J. Rascoe-39	375	250
242 lb.	250	242 lb.	250
320	M. Leibacher-45	320	230
275 lb.	230	275 lb.	230
205	C. Elliott-28	520	105
319 lb.	105	319 lb.	105
480	B. Simpson-30	465	114
SQ	BP	DL	TOT
140	105	255	500!
90	75	15	345
95	60	155	295
85	60	135	290
95	60	115	260
195	145	285	625!
110	70	140	320
132 lb.	210	155	310
160	135	300	595
135	80	165	380
315	205	430	950!
210	170	330	710
180	150	300	630
360	200	445	1005
300	260	430	990
330	235	395	960
250	185	375	810
45	200	45	290
385	320	475	1180
275	220	350	845
260	245	330	935
210	260	325	735
175	225	400	675
175	105	205	385
340	320	460	1120
370	250	455	1075
200	205	350	755
450	390	530	1360!
450	315	530	1295
330	350	475	1155
315	275	500	1090
305	365	415	1085
305	305	420	1030
295	260	380	925
160	215	250	625
520	325	455	1300
155	170	335	660
475	290	600	1365
350	380	440	1170!
365	335	425	1125
350	215	330	895
200	215	365	780



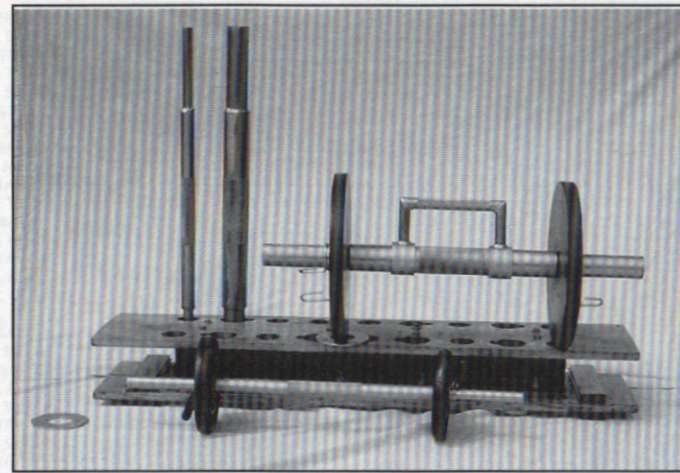
Atomic Athletic is now importing IPF Certified Leoko Powerlifting equipment. Leoko is a Finnish manufacturer of hand tooled Powerlifting and Olympic Weightlifting plates and bars. Founded in 1976 by Leo Koyvonen, who brought his expertise from the aircraft alloy casting business, Leoko quickly became preferred equipment for former Soviet Bloc countries. Atomic Athletic President, Roger LaPointe, said, "We are very pleased to be associated with Leoko as their importer to the United States. The level of craftsmanship exhibited in the Leoko design and manufacturing could only be accomplished by people who love the sport and want to elevate it to the highest levels." Leoko Powerlifting equipment has been used in numerous World, European and Baltic area powerlifting championships. Leoko equipment can be ordered by credit card on the Internet at www.atomicathletic.com and by phone at (517)540-1040. Full color brochures are available.

J. Soot-9	95	60*	115	260	M. Lovelace	475	290	600	1365
97 lb.	260*	245*	330*	835*	(35-39) 181 lb.				
M. Saults-12	95	60	140	295	R. Young-39	260*	245*	330*	835*
J. Reeves-8	85	60*	145	280	220 lb.				
105 lb.	330	350*	475*	1155*	V. Armstrong-37	330	350*	475*	1155*
D. Battle-11	80	75	190	345	Master (40+) 165 lb.				
114 lb.	330	235	395	960	J. Moore-43	330	235	395	960
A. Armstrong-13	140	105	255	500	181 lb.				
123 lb.	385*	320*	475*	1180*	D. Kiefer-43	385*	320*	475*	1180*
K. Houliroyd-13	195*	145	285*	625	220 lb.				
M. Smith-12	110	70	140	320	B. Page-49	450	315	530	1295
132 lb.	305	365	670	1085	D. Young-43	305	365	670	1085
T. Lyons-14	210	155	310	675	R. Freethy-58	285	260*	380*	925*
G. Pike-14	160	135	300	595	R. McCobb-53	160	215	250	625
J. Goodman-12	135	165	165	380	242 lb.				
148 lb.	520*	325*	455	1300*	B. Strauss-47	520*	325*	455	1300*
Q. Sylvester-16	315	205	430*	950	Police/Fire 220 lb.				
M. Franklin-15	210	170	330	710	K. Baber	305	305	420	1030
B. Make-13	190	150	300	630	WOMEN 123 lb.				
165 lb.	135	85*	205*	425*	P. Vanzyl-42	135	85*	205*	425*
G. Baker-15	360*	200	445*	1005*	132 lb.				
D. Nelson-18	250	185	375	820	H. Jenkins-19	170*	90*	245*	505*
C. Ballance-14	45	200	45	290	S. Glasper-13	1			

**13th Florida State Deadlift
6 May 01 - Lakeland, FL**

DEADLIFT	K. Snell	480	
WOMEN	181 lb.		
198+ lb. Open	M. Whitten	570	
K. Sabin	385	242 lb.	
165 lb.	D. Crocks	540	
Master (40-44)	(60-69) 220 lb.		
D. Allen	250	T. Tevorah	480
MEN	198 lb.		
Teen Formula	R. Roseman	465	
148 lb.	Open 114 lb.		
J. Barbosa	485	S. Beasley	260
Jameson-Lee	410	123 lb.	
165 lb.	K. Snell	480	
C. Trevorah	380	148 lb.	
148 lb.	J. Barbosa	485	
K. Kroll	350	165 lb.	
242 lb.	M. Mann	525	
C. Baixaui	470	J. Turner	405
198 lb.	181 lb.		
G. Folsom	410	M. Whitten	570
Junior Formula	198 lb.		
242 lb.	J. Bellemare	510	
P. McCanon	725	V. Lopez	490
165 lb.	220 lb.		
M. Mann	525	J. Cerveiro	610
220 lb.	J. Williams	580	
K. Helgeson	555	P. Manganello	570
181 lb.	242 lb.		
D. Beasock	400	P. McCanon	725
Submaster	J. Schreck	550	
220 lb.	D. Crocks	540	
J. Williams	580	275 lb.	
Master (40-49)	R. Dey	630	
Formula	319 lb.		
123 lb.	B. Hammock	650	

This meet took place at Hooters on a beautiful sunny May afternoon. Karl Sabin pulled a nice 385 to take the women's 198+ class and Diane Allen won the women's master division with a 250 lb. pull. The highly contested teenage division was won on Schwartz formula by 15 year old Jose Barbosa who lifted an impressive 485 at 146 lb. bodyweight. Max Jameson-Lee and Corey Trevorah took 2nd and 3rd respectively. The junior division was won by Pat McCanon who lifted a very impressive 725 lbs., the highest deadlift of the meet. Mike Mann took 2nd with a nice 525 lb. pull and Kevin Helgeson lifted 555 to pick up 3rd place. In the submaster division, Jerry Williams took this division with a personal best of 580 lbs. Six hundred pounder should be within his reach soon. The men's master (40-49) was won by Ken Snell on formula with a 480 lb. deadlift at 123 lb. bodyweight. Mike Whitten pulled a personal best of 570 lbs. at 168 lb. bodyweight and Dave Crocks finished 3rd with 540 lbs. In the master over 60, Tom Trevorah pulled a nice 480 lbs. to win 1st place over Ron Roseman who took 2nd with 465 lbs. In the men's open division, Scott Beasley deadlifted a personal best of 260 lbs. Scott is hoping to go to the Special Olympics World Powerlifting Champi-



NEW PRODUCTS .. Ironhorse(TM) Farmers(TM) and Handles(TM) were developed to provide flexible and affordable tools for the Farmers Walk. Farmers(TM) feature 18" between fixed inside collars so your legs don't hit the plates. The Farmer(TM) for Olympic plates offers a 2-3/8" diameter grip for Inch dumbbell-type training. The Farmer for standard plates has a 1-3/8" grip. Both models can be fitted with removable Handles(TM) that install in seconds and stabilize the bar so it doesn't tend to roll out of your hand, changes the focus to going for distance, and can be tailored to your needs with 1" or 1-3/8" diameter grips. Farmers(TM), with or without Handles(TM), are well suited to one hand deadlifts, rows, sidebends, and more. Finishes include unfinished steel, polished steel (with corrosion protection), and hammer finish paint. The Handle(TM) hardware (provided) is stainless steel. Both Farmers(TM) and Handles(TM) are also available in stainless steel. Many orders ship within 24 hours. Visit PDA at www.fractionalplates.com, or see their Unclassified Ad in this issue. Above, 1r, standard Farmer(TM) (1" hole diameter plates), Olympic Farmer(TM) loaded standard Farmer(TM), and loaded Olympic Farmer(TM) with Handle(TM), all polished steel".

onships, representing the 114 lb. class for the USA. Ken Snell pulled a personal best of 480 lbs. at 123 lbs., to win 1st place and earn best lifter honors. Ken would like to thank Inzer Advance Designs for all their support and sponsorship. Jose Barbosa who won the teen division also won the 148 open division with his outstanding 485 lb. deadlift. Mike Mann placed 1st in the 165 lb. open with a 525 lb. deadlift followed by James Turner with 405 lbs. In the 181 lb. class, Mike Whitten took 1st with 570 lbs. Joel Bellemare pulled a nice 510 to win the 198's and Victor Lopez took 2nd with 490

lbs. Jeff Cerveiro won the 220's with an impressive 610 lb. deadlift. Jerry Williams and Paul Manganello took 2nd and 3rd respectively. Pat McCanon also won the 242 lb. open class with his outstanding 725 lb. deadlift. Jeff Schreck pulled a nice 550 to win 2nd, followed by Dave Crocks 540 for 3rd. Randy "Have a nice" Dey came out of retirement and pulled an easy 630 lb. deadlift to win the 275 lb. class. Bubba "Budweiser" Hammock used his special meet preparation liquid supplements (beer) to pull a personal best of 650 lbs. to win the 319 lb. class. Thanks to Doug Gokee and Hooters,

Junk Yark Dogg, Stacey Arthur, Ellen Trevorah, Roy Richardson, Justin Allen, Mark Ingram, Tina Beasley, and Louie Baltz. Best Lifter: Ken Snell. Team: All American Gym. (Ken Snell).

**9th Red Baron Bench Press
21 Apr 01 - Corning, NY**

Women	181 lb.		
B. Davey	135	R. Hillyard	410
BOYS		T. Bisker	350
Teen (17/under)		J. Devine	345
J. Hildreth	255	198 lb.	
D. Vanderpool	225	D. Conner	350
H. Claypatch	110	R. Bennett	320
Teen (18-19)		S. Lohmann	-
J. Wisneski	350	220 lb.	
MEN		J. Moore	480
Open		J. Howell	425
114 lb.		M. Thiem	260
H. Claypatch	110	242 lb.	
148 lb.		J. Spehar	500
S. Mosier	280	275 lb.	
K. Bisker	265	J. Behari, Jr.	470
M. Siecieski	255	E. Heeman	325
165 lb.		SHW	
T. Madison	340	W. Aman	570
M. Kovacs	315	R. Cleveland	430
A. Yoder	270	M. Harling	430
Submaster (35-39): 1st J. Howell, 2nd A. Laurey, 3rd M. Harrison. Masters (40-55): 1st N. Santarone, 2nd B. Townsend, 3rd M. Siffrin. 1st Place Team: River Run Fitness. 2nd Place Team: Team Bradford. (CCC Intramural Rec.).			

**1st Spartan Bench
19 May 01 - Granada Hills, CA**

WOMEN		Master (55-59)	
Open 181 lb.		242 lb.	
L. Vasquez	225	D. Smith	413*
Master (40-44)		198 lb.	
105 lb.		Master (60-64)	
S. Talavera	121*	A. Nerenberg	303*
Submaster 148 lb.		Master (65-69)	
M. Williams-36	137*	198 lb.	
Special Olympic		F. Irons	275*
132 lb.		220 lb.	
A. Wilk	66	S. Colella	281*
MEN		Submaster	
Open		165 lb.	
165 lb.		S. Ward	402
S. Ward	402	198 lb.	
242 lb.		S. Marcinek	402
B. Dunham	534	SHW	
A. Thompson	534	O. Walker	457
D. Johnson	341	C. Lewis	440
275 lb.		Police/Fire	
S. Sims	-	181 lb.	
Master (40-44)		C. Angello	308
181 lb.		198	
K. Lee	413	P. Rebello	319
K. Tate	374	308	
198 lb.		B. Garvey	402
M. Brown	281	Special Olympics	
220 lb.		A. Wilk	143
M. Womelsdorf	281	148 lb.	
Master (45-49)		D. Tucker	165
220 lb.		181 lb.	
S. Winters	330	M. Rickin	165
Master (50-54)		J. Montemorra	126
220 lb.		198 lb.	
B. Evans	363	B. Denton	225
308 lb.		M. Berman	126
B. Garvey	402	242 lb.	
B. Carriger	385	M. Berman	209
SHW		308 lb.	
C. Brink	-	K. Ezell	209

*-State record. Best Lifters: Women-L. Vasquez. Master-D. Smith III. Open Lt-S. Ward. Open Hy-B. Dunham. *-State record. This contest was held in conjunction with the annual DeLa Salle International Festival, bringing me back to the school I graduated from in 1970 (from 8th grade that is). Many thanks go to Reverend Robert Milbauer, Brian and Jenny Kiley for allowing me to bring what will hopefully be an annual contest to their event. Also thanks to USPF Cal State Chair Dude Steve Denison for his administrative assistance, Don and Fran Haley referees, Chuck LaMantia of Digital Disc Jockeys. Steve Ward weighed only 154, but his 402 opener was smooth. Bob Dunham and Art Thompson waged a war in the 242's with Bob getting the nod on bodyweight each BPing 534 lbs. Daniel Smith III just gets better n' better with each passing year, a 413 ain't too shabby for a 57 year young man. Linette Vasquez continues to show why she's one of the best 181 lb. women in California. (Kevin Meskow).

**WABDL Arizona State
7 FEB 01 - Mesa, AZ**

BENCH	R. Gingg	476*	
WOMEN	242		
Open	F. Kendall	396	
114	H. Wooten	347	
L. Christopher	126	Master 54-60	
4th	132	198	
123	R. Matheson		
Higginbotham	137	220	
Junior	L. Lense	281	
123	Master 61-67		
Higginbotham	137	148	
Master 40-46	R. Gidcumb	203	
165	220		
B. Smith	82.5	S. Colella	270
Submaster	DEADLIFT		
114	WOMEN		
L. Christopher	126	Junior	
4th	132	123	
198+	Higginbotham	275	
M. Williamson	159	4th	286
4th	165	Submaster	
MEN	114		
Teen 13-15	L. Christopher	253	
114	4th	275	
J. Cunningham	88	Open	
132	114		
J. Seymour	121	L. Christopher	253
198	4th	275	
A. Cole	220	123	
Teen 16-19	Higginbotham	275	
181	4th	286	
B. Smith	248	198+	
220	M. Williamson	275	
J. Miller	4th	303	
275	Master 40-46		
R. Richardson	374	165	
Open	B. Smith	148	
132	4th	165	
S. Smith	214	Master 54-60	
148	132		
E. Davidson	369	C. Paulson	176
181	4th	192	
B. Smith	248	MEN	
198	Master 40-46		
M. Desrosiers	429	181	
J. Mendoza	418	T. Moore	479
220	198		
R. Gingg	476	T. Jackson	551
242	B. Fraley	418	
J. Peru	457	220	
4th	J. Seymour	402	
275	A. Ashley	523	
J. Hinrichs	534	Master 47-53	
P. Holloway	512	181	
F. Vezzosi	440	C. Folinus	440
308	198		
T. Manno	440	A. Crane	363
Junior	220		
132	R. Gingg	485	
J. Harrison	270	Master 54-60	
S. Smith	259	220	
181	L. Lense	540	
M. Early	336	Master 61-67	
4th	347	148	
308	R. Gidcumb	314	
J. Pritchett	427	Open Law/Fire	
Submaster	220		
181	R. Becsei	540	
C. Tinoco	270	Teen 16-19	
Open Law/Fire	181		
220	B. Smith	374	
R. Becsei	363	4th	380
275	Junior		
J. Hinrichs	534	181	
Class I	M. Early	440	
148	B. Roberts		
R. Gidcumb	203	308	
198	J. Pritchett	716	
L. DeAlva	220	Submaster	
R. Thompson	385	C. Tinoco	396
R. Becsei	363	4th	402
308	Class I		
J. Pritchett	429	148	
Masters 40-46	R. Gidcumb	314	
198	181		
T. Jackson	330	B. Roberts	286
B. Fraley	286	198	
220	L. DeAlva	473	
J. Seymour	336	220	
T. Manno	661	R. Becsei	540
Master 47-53	242		
181	J. Peru	567	
C. Folinus	308	Open	
4th	314	181	
198	T. Moore	529	
T. Zwolinski	231	B. Smith	375
A. Crane	4th	380	
220	198		

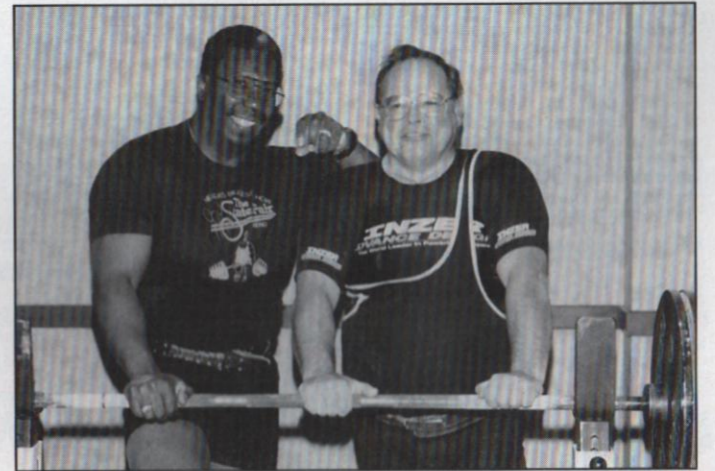
J. Mendoza	451	275	
4th	473	P. Holloway	705
242	F. Vezzosi	606	
T. Burke	633	308	
4th	644	J. Pritchett	716
J. Peru			

In open men deadlift in the 181 lb. class, Tom Moore set an Arizona state record with 529. At 198, John Mendoza set a state record with 473. At 242, Tom Burke pulled a big 644 with room to spare for a state record. At 275, Patrick Holloway pulled his first 700 lb. deadlift with 705 and pretty close with 718. 705 was a state record. In 308, Jerry Pritchett pulled 716 and just missed 755. He's got huge thighs. The 716 was a junior world record. In class I deadlift, 62 year old Richard Gidcumb set an Arizona state record with 314 at 148. At 198, Lawrence DeAlva set a state record with 473. At 220 lbs., Bryan Thompson edged out Ryan Becsei 545 to 540 for the win and the state record. At 242, John Peru set an Arizona state record of 567. In submaster 181, Cesar Tinoco set a state record in the deadlift with 402. In junior men's deadlift at 181, Michael Early set a state record of 440 and the big story at 308 was Jerry Pritchett's 716 world record and a near miss with 755. In law/fire open men, Ryan Becsei set a state record at 220 lbs. with 540. In masters deadlift 40-46 age group, 198 lb. Thomas Jackson set a state record at 551. In age group 47-53, Alan Crane set a state record at 198 lb. with 363. At 220, Doc Lense set a state record with 540. Charles Folinus set a state record at 181 with 440. Back to master 40-46, Tom Moore set a state record at 181 lbs. with 529. At 220 lb., Anthony Ashley set a state record with 523. In master women deadlift, Bobbie Smith set a state record in master 40-46 165 with 165 and Carolyn Paulson set a state record with 192 in master 54-60 132 lb. class. In submaster women deadlift, Michelle Williamson set a state record with 303 lbs. at 198+ and Lynda Christopher set a world record with 275 at 114 lbs. In open women Lynda Christopher set a state record at 114 with 275 and Beth Higginbotham set a state record at 123 with 286 lbs. and Beth also set a state record in junior division 123 lbs. In masters division bench, Sam Colella set a California state record in masters 61-67 220 lb. class with 270 lbs. In age group 40-46 198 lb. Thomas Jackson beat Brad Froye 330 to 286. At 220, John Seymour set an Arizona state record with 336. At 308, Tom Manno was bigger than life with a 641 opener, then 650 and 661 for 3 world records. He took 672 on a 4th and got it half way up. In age group 47-53 181 lb. Charles Folinus set a state record with 314. At 198, Tad Zwolinski put up 231. At 220, Rocky Gingg who owns a big dairy farm set a world record with 476. The record had stood for about 3 years - previously set by Bill Sekermestrovich of Albany, Oregon. At 242, Harold Wooten set a state record with 347. In class I bench, Richard Gidcumb set a state record with 203 at 148. At 220, Ryan Becsei set a state record with 363 in law/fire open. Bryan Thompson holds the state record in class I with 396. Thomp-

son benched 385 in this contest. At 308, Jerry Pritchett set a state record with 429. In law/fire open Jeff Hinrichs set a state record with a large 534 at 275. In submaster bench 181, Cesar Tinoco set a state record with 270. In junior men's bench Josh Harrison set a state record at 132 with 270. Michael Early did a 347 for a state record at 181 and Jerry Pritchett set a state record at 308 with 429. In open men's bench, Shane Smith won at 132 with 214. Evan Davidson put up an elite 402 at 148. Mike Desrosiers put up a 429 at 198 to beat John Mendoza who came close with 431. At 220, Rocky Gingg set a state record with 476. At 242, John Peru set a state record with 479 on a 4th attempt. At 275, Jeff Hinrichs beat Patrick Holloway 534 to 512. At 308, Tom Manno put up a 661 which was a world record in master 40-46. In teen men age group 13-15 114 lb. Joel Cunningham set a state record with 88 lbs. At 198, Adam Cole set a state record with 220. At 132, Jake Seymour set a state record with 121 lbs. In age group 16-19, Russell Richardson set a state record with 374 at 275 lbs. In submaster women bench, Michelle Williamson set a state record with 165 lbs. in the 198 weight class. Lynda Christopher set a world record at 114 lbs. with a 132 lb. bench. Beth Higginbotham set state records in junior and open at 123 lbs. with 137 lb. bench. I want to thank Steve Farnsworth and Mike Desrosiers the meet director along with Tim Isaac, Tom Manno, Beth Higginbotham and Jerry Irvine. The head judge was Gordon Sanlee who always does a great job! (Thanks to Gus Rethwisch for these results).

**GBC"NO DRUGGIES ALLOWED" BP
6 May 01 - Pittsburgh, PA**

WOMEN		G. Sciulli	270
165 lb.		220 lb.	
S. Kause	175	C. Sykes	380
J. DiPaolo	150	242 lb.	
Master 265 lb.		R. Hennings	345
P. Grattan	445	275 lb.	
182 lb.		B. Jenkins	425
G. Greenberger	280	A. Clark	410
162 lb.		W. Denes	400
E. Lipsman	215	308 lb.	
MEN		C. Washington	410
Raw 165 lb.		M. Thomas	400
J. Williams!	375	Assisted 165 lb.	
G. James	270	C. Winston	360
198 lb.		275 lb.	
J. Surdyn	300	P. Grattan	445



For 30 Years Harold Wooten (handsome man on the left) and Fred Kendell (WABDL World Bench Press Champion at right) have been best friends and powerlifting partners. Lifting together at the WABDL Arizona State meet in Phoenix this past February, Gus Rethwisch acknowledged "most marriages don't last as long as this friendship". Time, distance, ex-wives or girlfriends haven't broken their bond, illustrating that there is more to powerlifting than a strong bench, although Fred isn't so sure. Both friends will be competing at the WABDL World Championships in Reno on November 16th in the same class and division. (photo and info supplied by Mona Wooten)

thanks to my beautiful wife Andrea Lynn and my beautiful step-daughter Lauren for all they do for this competition, I love you both with all my heart. Last but not least, I want to thank God for all his blessings, especially my new baby girl, Isabella Frances Verner, born March 9, 2001, 20.5" long, 7 lb. 12 oz. For she is truly a miracle and the greatest blessing of all. (Thanks to lifetime drug-free and proud, Bob "Bub" Verner, for providing the meet results).

**Astre Total Fitness & Rehab
21 Apr 01 - Boardman, OH**

WOMEN		R. Chamura	355
Open		SHW	
(20-39)		N. Maillis	315
132 lb.		Open (20-39)	
M. Brinko!	150	148 lb.	
148 lb.		C. Venturella	330
L. Krgnes	150	D. Stephenson	280
198 lb.		165 lb.	
S. Carter	145	J. Ferry	360
MEN		P. Thake	310
Teen (14-16)		T. Ruminski	300
114 lb.		A. Costello	275
M. Raymon	175	181 lb.	
F. Duraney	150	R. Scarnati	380
132 lb.		T. Russo	350
D. Willison	235	D. Gentry	340
148 lb.		F. Ruminsky	335
R. Rappach	225	M. Krohn	315
R. Trimple	225	198 lb.	
198 lb.		G. Tarr	460
J. Budrovic	280	G. Johns	400
T. Acevedo	240	M. Haus	385
242 lb.		S. Torisk	375
C. Brubaker	350	C. Steepleton	360
SHW		D. Perrino	325
A. Basilon	270	220 lb.	
Teen (17-19)		C. Berardino	405
148 lb.		G. Harris Jr.	340
L. Kimble	250	242 lb.	
J. Cambert	225	P. Vargo	540
R. Rivel	225	T. Gibson	500
C. Washington	410	275 lb.	
M. Thomas	400		
N. Gennero	275	B. Karlovic!	570
T. Esposito	260	R. Pennell	300

**10th U.B. Open
7 Apr 01 - Buffalo, NY**

BENCH WOMEN	Master (55-59)	
Junior (20-23)	132 lb.	
165 lb.	P. Portnoy	280
B. Fineis	175* V. Peterson	315*
Open 165 lb.	220 lb.	
B. Fineis	175 S. Shales	385*
M. Scanlon	140 Master (60-64)	
Submasters	181 lb.	
123 lb.	J. Collazo	295
M. Woodard	150* Police/Fire/Mil.	
165 lb.	181 lb.	
M. Scanlon	140 C. Brandt	340
B. Kelly	135 DEADLIFT	
MEN	WOMEN	
Teen (13-15)	Junior (20-23)	
132 lb.	165 lb.	
J. Gambino	215 B. Fineis	300
148 lb.	Open 165 lb.	
R. DiMartile	210 B. Fineis	300
T. Stevenson	85 B. Kelly	195
Teen (16-17)	Submasters	
165 lb.	123 lb.	
M. Bundy	230 M. Woodard	230
220 lb.	165 lb.	
J. Weiss	270 B. Kelly	195
275 lb.	MEN	
G. Puszczynski	Teen (13-15)	
Teen (18-19)	132 lb.	
165 lb.	J. Gambino	320
J. Dossett	280 148 lb.	
J. Wohlfahrt	250 R. DiMartile	340
181 lb.	T. Stevenson	225
M. Janis	230 Teen (16-17)	
198 lb.	165 lb.	
A Klatman	340 M. Bundy	325
N. D'Agostino	230 J. Weiss	530
Junior (20-23)	275 lb.	
148 lb.	G. Puszczynski	520
M. Panzarella	Teen (18-19)	
165 lb.	165 lb.	
T. Madison	340 J. Wohlfahrt	390
198 lb.	181 lb.	
T. Mann	270 M. Janis	435
220 lb.	198 lb.	
G. Burke	315 N. D'Agostino	350
Open 148 lb.	290 Junior (20-23)	
A. Jackson	360 242 lb.	
M. Panzarella	290 148 lb.	
P. Trusso	280 M. Panzarella	425
165 lb.	165 lb.	
J. Dossett	280 T. Madison	455
A. Brennen	205 C. Kennedy	365
181 lb.	198 lb.	
F. Boldt	400 T. Mann	365
J. Marsala Jr.	390 220 lb.	
198 lb.	G. Burke	480
V. Peterson	315 275 lb.	
N. D'Agostino	230 A. Egnoto	510
242 lb.	Open 148 lb.	
R. Frey	455 A. Jackson	520
D. Eddy	385 M. Panzarella	425
SHW	165 lb.	
T. Ducato	450 A. Brennen	425
Master (45-49)	198 lb.	
148 lb.	V. Peterson	525
P. Trusso	280* N. D'Agostino	350
181 lb.	242 lb.	
C. Brandt	340 R. Frey	615
242 lb.	D. Eddy	450
G. Gerow	380 275 lb.	
275 lb.	A. Egnoto	510
T. Stevenson	325 Master (45-49)	
308 lb.	275 lb.	
J. Hawkins	405 T. Stevenson	475
Master (50-54)	Master (55-59)	
275 lb.	198 lb.	
L. Huff Sr.	360 V. Peterson	525*
	Master 181 lb.	
	J. Collazo	425*

*-SR. This was not your typical weekend at the University at Buffalo North Campus. That Saturday, instead of the usual sleeping-in late and getting ready to go out to spend some time away from textbooks and professors, the University at Buffalo Powerlifting Club was privileged to present the 10th Annual UB Open Bench Press and Deadlift Meet, a tradition at the university since 1991. Records were broken and the bar did hit the floor, while lifters of all ages and genders gave their best in the sport they love most. Powerlifting was on the menu. The competition consisted of the Bench Press and the Deadlift, which were organized as two separate contests. The meet was run under USPF rules to ensure a fair and legitimate contest as well as the best standard of powerlifting competition. Lifters in all age divisions and weight classes were

welcome to compete and the audience consisted of the general public as well as the university's own students. World class Ivanko equipment did its job and the spacious atmosphere of the University's Triple Gym served to the lifters' as well as audience's delight. All lifters performed exceptionally well and the University's own Powerlifting Team's gladiators, which consisted of Mike Panzarella, Chris Kennedy, Jim Dossett, Nick D'Agostino, Greg Burke, Anthony Egnoto, and Paul Klatman, did what they do best on that spring Saturday. Brooke Fineis of Buffalo, NY pressed 175 lbs. to set a new USPF standard in the women's junior 20-23 165 lb. weight class. In the Teen 13/14/15, 132 lb. division, 15 yr. old Joe Gambino pressed a 215 lb. bar to tie the 1988 USPF NY State record and show his peers what bench pressing is all about. In the women's Submaster 123 lb. weight class, Michele Woodard of Stockton, NY came in ready and set a 150 lb. USPF NYS record on the bench press. In the men's Masters 45-49 148 lb. class, Paul Trusso of Fredonia, NY benched 280 lbs. to establish a new State Record. The 385 lb. bench press that belonged to the Master 55-59 in the 220 lb. weight class, Mr. Scott Shales of Rochester, increased the old state record by an incredible 150 pounds. Vince "VIP" Peterson of Ontario NY, in the Masters 55-59 198 lb. class meant business when he set two state records: a 315 lb. bench press and a 525 lb. deadlift, and showed the University at Buffalo Powerlifting Club how it's done. Mr. Juan Collazo of Fulton, NY fought hard only to succeed in the Masters 60-64 181 lb. class and set a new 425 lb. deadlift state record. The Outstanding Lifter trophies in the Open division went to Brooke Fineis in the female category and to Andre Jackson in the male category. A total of 7 USPF state records were broken and many PR's were set while the University at Buffalo Powerlifting Club in conjunction with the USPF was delighted and proud to bring the best of powerlifting to the Buffalo community. The referees, U.B. Powerlifting Club's own Matt Malisiewicz as well as Mike Wlosinski, Tim Jaworowicz, and Steve Helmicki from the USPF did a great job. The Spotters, U.B. Powerlifting Team's own John Michno and John Sottile from the Red Devils football team of Clarence, NY, were a dependable and precise crew. The U.B. Powerlifting Club's Dennis Michno and Jeff Joseph did an outstanding job at the tables to allow a smooth order of competition. The University at Buffalo Powerlifting Club would like to thank the following contributors for making this meet a success: The U.B. Men's Crew/Rowing Team, Wegmans, General Mills, Dr. Jason Cichocki from the Lancaster Depew Chiropractic, Tony Martin's Trophies, Mr. Dan Derenda of Law Sportswear, the Panzarella Family, the Sottile Family, Mr. Mike Wlosinski of the USPF, Mr. Jerry Ettaro of Poly Lam Products, Corp., the University at Buffalo Student Association Crew, Mr. Eric Cudek of the U.B. athletic dept., and many others who devoted their time and effort in making this event a triumph. (Thanks to Matt Malisiewicz, President, UB Powerlifting Club, for providing the results of this meet).

(article continued from page 13)

experienced MC Michael Huelsen interviewed bench press phenomenon Markus Schick, who still is the best presser by formula on this planet. Markus retired after last year's WPC Worlds, but who knows what will happen in 2002. He once mentioned he would like to go for 600 lbs. one day. At 25 years of age he has lots of time ahead of him.

The best lifter was Mario Biernordt, who pushed 606 lbs. at a bodyweight of only 240 lbs. This gym owner is still a newcomer to Powerlifting, but with years of bodybuilding under his belt he carries lots of raw upper body strength ideally proportioned for huge benches. With more technique he has a bright future in this sport and his coach Andreas Mrosek indicated that Mario soon will be the next 661 lb. (300 kg.) presser at 242 lbs.

We had 2 second place winners with Uwe Haase (529 lbs. @ 218) of Chemnitz and veteran Arthur Himer (518 @ 207 lbs.) from Amberg, Bavaria. Uwe is an excellent athlete with an 1850 lb. total in the 3 powerlifts. Arthur, who organized a successful IPF Bench Worlds a few years back, made technically perfect attempts and impressed all experts as he is already in the masters ranks.

World Champ Lutz Gayek showed superior strength and was rewarded with the 3rd place. He managed all attempts finishing with a fine 496 lbs. at only 187 lbs. bodyweight.

4th place went to Hamburg's Superheavy Ingo Czeplinski, who also got the biggest weight of the day with a mighty 617 lbs. Just a week before FIBO, Ingo won the German WPC title with another big lift of 606 lbs.

The 5th place trophy was captured by Luxembourg's Claude Brueck. He had big problems in the warm-ups, when he could not get used to his bench shirt. As soon as he

stepped on stage, the difficulties disappeared. After his opener of 451 lbs. he managed to push up another good one with 462 lbs. at 198.

Powerhouse Holger Kutroff was disappointed with his performance. He only got 551 lbs. and failed with 595 twice. This was very surprising as a week earlier the 297 lb. massage therapist from Stuttgart handled 573 without a shirt easily at the WPC Nationals. Holger still holds the highest total in German PL history with 2237 lbs. and should be ready again later this year.

Middleweights Roy Berndt and Shahram Forutani came in 7th and 8th. Both had 396 up but further tries at 441 lbs. were not successful.

In a double deadlift demonstration following the bench meet, veterans Michael Bruegger and Ralf Gierz pulled an amazing 1609 lbs. It was declared a new world record. Both practice this spectacle frequently in Ralf's gym in Krefeld. The team is now very experienced in setting up and in synchronized pulling, which is always the critical part of this movement.

Michael Bruegger has been part of FIBO since 1986. This year he was again the crowd's favorite with his brutal looking arms of around 24 inches. Michael, who will turn 40 in November, mentioned that he has never received more photo requests than this year.

On Sunday the 29th, Harald Selsam showed his incredible leg power with 7 picture perfect reps with 683 lbs. in the squat. He planned to do as much as 10 reps, but his legs decided otherwise. It's no wonder to me, as he was very busy over the weekend, organizing the show. Harald will try to shatter the 900 lb. mark in the squat at 220 lbs., hopefully at the WPO qualifier in Florida.

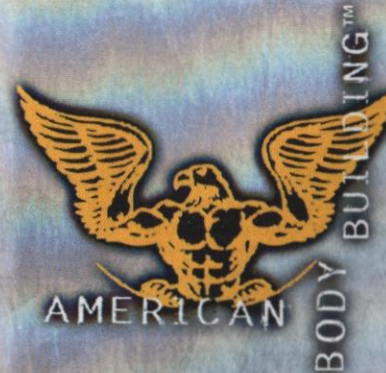
As the Expo was about to close its doors for 2001, Big Ralf Gierz got a big response from the crowd by doing the 45 degree Leg Press loaded with beautiful ladies from the audience. It was a task in itself to assemble the gigantic apparatus on stage. The stage manager was feeling nervous as he was afraid that the platform construction would not stand the weight.

Ralf was not worried for a second and handled 1581 lbs. for a single, but injured his thigh and limped off the stage. Later a quad tear was diagnosed, which means there will be a rest for the 34 year old German legend.

WPC Germany would like to say thank you to All Stars Fitness products (www.all-stars.de) and US companies Ivanko and Inzer Advance Designs who supported the event. Videos (all formats) can be purchased via GMV (www.gmv.com.au)

THOMAS KLOSE

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(article continued from page 7)

up 2nd - 1664 and he'll go up a class where he'll be sure to make significant improvement. After years of trying John Wood proved he could win the Big One! Congrats, ole buddy!

198 - Tony Butson, 36, of Trenton, MI played the role of Lone Ranger, lifting solo, going through his lifts as a required formality to claim the APF Seniors 198 title. Two years ago Butson finished 3rd when the Seniors were here in Daytona. Last year, on home turf, he was runner-up. This year this personable fellow climbed the final rung of the ladder. Pacing himself wisely, Tony SQ'd 600, then 650 perfectly for 3w. He went for 699 on a 3rd. When the support arms on the Monolift were pulled back he hadn't lifted it enough, got clipped, lost his balance, and got driven down. The spotters got it off him, but not before he pulled a hamstring which would later effect his pulling ability. Butson got two benches (407) and missed 429. Come DL time he played it smart, not wanting to blow his title, and took a birdweight 501 to assure his victory! He'd wanted a shot at 633, but wisely scratched. There was a guest who participated at 198, outside the competition. Curt Wright, 37, is a local man likes to be called "Captain", so they announced him as "Captain Curt". He weighed 187 and SQ'd 573, 622, and missed 650. BP - 402, failed 424, pass 3rd. DL: got 633, but missed a PR 677 twice - TOT 1658.

220 - Rico Impastato, 30, succeeded with 672, then a 711 SQ. He dumped his 744 on his last try, hurt himself in doing so, and was forced to withdraw. Outside the competition Dondell Blue, 26, another local lifter, came in quite light (206). He scored a fine result of 1796 via 722, 452, 622. Richard Mertz, 43, 211, is tall and bespectacled from Tampa Bay, FL. He was a country mile under the qualifying total (1785) but was allowed to lift anyway - 5th overall - 1515 TOT. In 4th place this year, moving up a notch in Srs. placing, was Joe Avigliano, 41, coach and owner of the famous L.A. Lifting Club in Burbank, CA. Joe had lifted a month earlier in ME hitting a PR TOT of 1802. He dropped to 220 for one last performance here in this category. Joe came in real light - 213.8. If there'd been a best built lifter award, he'd have won it! Considering he'd dropped 22 lbs. in such a short time, he lifted most admirably. He never got to try his last squat warm-up with 630 after doing 490 backstage. Going straight to his opener on the platform - 688 - he



Mike Fessenden pulled in an APF Sr. National Championship.

smoked it and a 716 2nd was also good. He made 733 on a 3rd, popping up like nothing, but the judges wanted him to go lower. The BP was a gut check with Joe providing the drama. His double denim blew at the chest with 407 - a missed opener. Up to 424 and he got it, but it wasn't picture perfect, and he had to repeat. ALERT AND CALM - HE AVERTED THE BOMB. As far as favorite lifts are concerned, the DL is not Joe's. Taking almost forever, he upped 578, then 601 for a PR 1741 TOT. Joe took 611 for his final, but it stalled on his thighs. The bronze medal went to Rick Lawrence, a BP specialist from the Sunshine State (600 club member) who was in his 2nd full 3 lift competition. He got all his SQs - a strong 705 - good! He shoved 556, then 578. Wham! A new submasters WR of 589 almost went. Rick was only 11 back of the leader. He pulled 573, but suffered a bicep tear, and couldn't take a 3rd - TOT 1818. Charles Maxwell, 47, a warhorse from Southgate, MI was a crowd favorite. He came back to redeem himself after last year's zero. He SQ'd 733, missed, then made 771. He got 3 benches, no doughnut this time (418). Gnarly Charlie pulled two: 705, then 744, but couldn't move 777 - TOT 1895. This year's champ panned out to be Mike Fessenden, 33, of Lenox, MI. He delivered a 3rd attempt monster 854 lb. SQ - a PR. He benched 452 for the lead and was ready for a sprint to the finish line. Mike hoisted 622, then 661 - no problems - TOT 1967. Mike tried 694, going for the one ton mark, but it jumped out of his hands. It was the first Srs. win for the laid back Fessenden!

242 - There was not a single returnee from last year's 242 lineup.

Jay MacCartney, 31 and in the Air Force, SQ'd 650 before his suit ripped while trying 705. He didn't have a suitable replacement and passed his last. Jay, a powerful presser, muscled out 501, on a 2nd, but had a 518 stick 3/4s of the way to completion. He DLed 601 & 650, but 672 was too much - 1802 - 4th place. Stephen Parkhurst, 27, made good on 699 & 727 dunks, but couldn't get 744 - his only miss of the contest. No sweat on his other lifts: BP - 468, DL - 672, TOT - 1868, 3rd place. Jim Gorrell, 30, (233) is a stocky, compact athlete out of Oklahoma City, OK. He made his Sr. National debut a smashing success with an 804 SQ (pinned with 821), 463 BP, and a 639 DL for a 1906 TOT. This gave Jim the silver medal. Earning the gold was Jose Garcia, 24, and 237. Jose got 2R on his 810 SQ opener with a very slow recovery. He repeated for an excellent 3W success; but could not rise with 843. Jose's a strong presser - and manhandled 490 to begin with; but couldn't quite lock out 507 on two tries. Jose is a good puller: 694 and 722 came right up. His 733 was a miss - TOT 2022. He will be difficult to dethrone next year.

275 - A class of 5 with two returning: Shelby Robbins, 29 of Birmingham, AL - 2nd place last year (2105) and Noel Levario, 27, from Elgin, IL (27) who was 3rd with 1989 then. Michael Olmo, 26, was quite a pleasant surprise. Last Oct. he'd hit 1900 (825, 425, 650). In Feb. this year he improved to 2020 via 900, 460, 660. He looked like a big threat for a medal. Mike SQ'ed 826, a deep opener, and next was 881 - low and powered right up. He tried a huge 931, on a 3rd, and got pinned, collapsed, and was then rescued. He was much stronger than his previous record showed in the BP - 463, 501, then 518. Unfortunately his SQ mishap showed up when he missed his 661 DL opener and didn't appear for his next two tries. Robbins had finally resolved some ugly personal problems, and just wanted to feel his way back into the game here. He's an all round nice guy who's always willing to help his fellow lifter. Train hard and get strong again, Shelby. Taking bronze this year was a new face - Greg Jurkowski, 37, who finished 3 deep SQs (744), and had no bench misses either - 435, 452, 463! In the DL, a technical error caused a 688 missed opener. He compensated for it with a 2nd round success, then put the works to 722 - good - TOT - 1929. Noel Levario showed great improvement in the BP since last year, but didn't get the huge SQ this time (788 compared to 865 last year). He powered up

496, 534, and a huge 551. Noel got a 601 DL, and failed 633 twice - TOT - 2000. Phil Story, 37, from the Huge Iron Gym was, a mere 3 yrs. ago, hitting a 1750 TOT @ 242. In '99 he upped that to 1846. Last year he moved up to the 275s and scored 2066. Today, he bulled his way through 8 good lifts with no misses at all: SQ - 837 on a 3rd, 2W, a good, deep lift; Bench: 523, 551, and finally a great 567. Story pulled 705 to win with his opener, and increased to 733 - a maximum effort - and passed his last - TOT - 2138. At 256, Phil will most likely surpass 1000 kg. (2204) this year since he still can pack on 21 lbs. of muscle.

One of the strongest powerlifters on the planet made a surprise appearance as a guest lifter. A couple of days before the meet, Steve Goggins (now making his home in the Atlanta, GA area) gave Russ Barlow a call and asked if he could guest lift. He came specifically to send a message to the great Coan that it would be a three way dance for the big WPO bucks coming up. He came in here looking thick and huge at 258.4! Steve had made a modification his style, with his head up more upright to get the hips down lower. Steve opened with 903 and sat so low I couldn't believe my eyes. He vaulted straight to 1003 and buried that about 2 inches below parallel. Then he rose and his mighty back power kicked in and he ground it right up. Three whites flashed and he pointed his finger straight at me as if to ask, "Is that good enough for ya, Herb?" Yes, indeed it was. He passed his 3rd to showcase it at a later date. You can imagine my surprise and everyone else's when Steve came out for his opening BP at 75 kg. (165 lbs.) (yes, you read it right - 165). Zap. I figured he wanted to just get one and wouldn't do any more. Steve is full of surprises as he came out for his 2nd attempt with a shirt with 540. Pow! What a laugh it was. Steve made his SHIRT WORK in taking 562, yet another PR, on his final lift and muscling that through as well. Now poised for a monster total he pulled a ridiculously easy 749 opener. He had 2314 right off the hat. Goggins really asserted himself on his 2nd, and went to a lifetime best in competition of 854 and hauled it right up. Just like that he had 2419. He'd become the 10th man in PL History to smash the 2400 barrier. Steve used to be able to DL more than he could hang onto. He'd solved that dilemma, simply by reversing the positions of his hands. He called for 903 wanting to smash the 900 DL barrier as well giving him 2469, which would top Pasanella's all time total of 2458.

It came to mid thigh before stopping. What an incredible performance. Could anything yet to come top it??

308 - From the crossroads of America (Missouri) came a fierce looking fellow - Antonio De Leonibus, 37, 292, who registered openers in both the SQ (705) & BP (501), and took no other attempts. However, he was unable to satisfy the judges three times with his 705 DL and was out of the competition. James Crowder, 27, was allowed to lift in the Seniors and it was his first ever power meet. The guy didn't have a clue. He came out with his bench shirt on over the top of his singlet with about 30 seconds left on the clock. Somehow, Scott Mendelson, moving like the superhero FLASH, got him tucked in and handed off just in the nick of time. Crowder got his feet wet alright - it was just the wrong pond for him to be swimming in. Marvin Reeves, 36, 284, and a Floridian did 2100 as a 275er back in '95. He wasn't that strong these days but did 705, 501, 694 for 1901 and 6th. Bart Quinn, 33, 288, opened with 683, and got 727 with 2W. He rebounded with 755 but couldn't get through the sticking point. Bart was impressive in the BP - 534, 567, then 601 also good! His DL was 584, but he got 1912, a respectable total, and 4th place. Billy Mimnaugh, 37, squared off against newcomer Chris Wiers, 24, from Hardcore Gym in Lewiston, ME. It was nip and tuck to determine the bronze and silver. Billy, who'd zeroed at the Nationals a month earlier, was here to prove his worth. He missed 804 opener, but Bill got the repeat, then missed a big 854. Wiers started safe with 672 then gutted out a deep hard 733, 2W. He got pinned with 755 on his last try. Billy blew up his 512 opener, but 545 proved too heavy. Wiers zapped 562 like a toy, then destroyed 601 as well. Chris tried a 633, but lost his groove. Wiers had a 16 lb. advantage going into DL. He first lifted 699, then 733 - a maximum effort. 755 stayed grounded - TOT 2066. Mimnaugh, with great resolve, hoisted 705 and 744. They both weighed the same and Billy didn't want to take a chance on a reweight. He took 755 going for the silver medal outright. He made it - TOT 2066 - and exulted in the fact that he'd denied the hungry young giant.

Jon Grove is easy to spot. He distinguishes himself with a flat top hairstyle and a long, pointed goatee. At 297, he looked big, solid, and ready to go. He aced his SQ opener at 810. Next he made 854, a PR, which looked good to me, but was denied. With huge improvement in his BP, he smoked 556, then hit a



A Very Determined STEVE GOGGINS was bigger, thicker, stronger, and buried his squats deep than ever.

big 589. He wanted into the 600 Club, but not this time. His pull is strong as a bull. His opener with 722 was followed by a close call with 749 - judged good. His final lift with 777 was too heavy - a PR 2160 TOT.

SHW - He's gone where no man has gone before. Back in December, Garry Frank, 37, from Baton Rouge, LA sent the year away with a bang, crashing the 2500 barrier TOT for the first time. Then in February, at a WPO qualifier, he upped that to 2535. Just a short time before this meet, Garry had cracked a couple of ribs dropping 700 on his chest at a bench contest. You'd figure he'd stay away, healing up for the WPO Semifinals in August, but Garry is not that sort of guy. If recent practice sessions were any indication, he was primed to unleash a monster total.

But first, let's hear about the others in this class of mastodons. Jim Sicuro, 33, a New Yorker scaled 373. Clad in what appeared to be a makeshift singlet, he came out for 815. He dunked it easily, but was denied for lack of depth. Jim increased to 914 and took that big weight on a round trip twice. It was denied - and he was out. If Jim can get himself a custom fitted suit he'll destroy a thousand. This dude is very strong! Aaron Lawrence, out of Falls Church, VA, weighed a robust 338. Without difficulty he handled his first two squats: 749 and 771, but 804 stopped him. He BPed strongly - all good! He opened his DLs with 699, good lift, then missed 716, but came back on his last try and got it - TOT 2061, a PR. Dave Nettles, 33, from Salisbury, NY weighed in at 335. His chest looked larger his waist seemed smaller than last year. Dave is easy

to recognize with his huge thunder thighs and bleached blond Dennis Rodman hair. He squats very deep, debunking the theory that a big man can't go low. He popped his 903 opener right up, and went to 959, but stuck coming up. On a 3rd he ground right through the sticking point after taking it clear to the basement. Nettles ran into BP trouble. He blew his shirt with his 485 opener. He donned his backup and made it easily. He tried 529, but missed. Dave showed plenty of DL oomph and hauled up all 3: 705, 733, and finally 755 - TOT 2199 - same as last year, but not by choice. James Voronin, at 6'3" and 387, is the biggest school teacher in all of Texas. The man from El Paso has a chest bigger than a 55 gallon oil drum with pectorals that appeared to be 10 inches thick. His shoulder development would rival any Mountain Gorilla as would his tremendous back development. It's a chore getting his huge head through the hole in the bench shirt and he nearly choked before he got to the platform. Just ask Mendelson who helped get him in it. A 25 inch plus neck makes it necessary to have them custom fitted. As intimidating as he is in appearance, Jim is one of the kindest, gentlest giants I've ever known. He'd make a great caretaker in a petting zoo for children. He SQ'd 837, but missed depth with 870 and missed 914 also. The bench was another story. The big man was primed and ready to pump. He'd switched over to the reverse grip (palms forward) a couple of years or so ago because of a torn pec. It proved so successful he stayed with it. He was on fire - pistoning up 639, then 683 - a PR by 16 - and finally a huge 699 with no hesitation. He will join the 700 Club next

outing. Jim has a sway back condition called lordosis that hampers his DLing. He failed his 699 opener, and then made it, securing runner-up (2237) and called it a day.

Time to UNLEASH THE BEAST: Garry Frank had been feeling more energized since procuring a device to prevent snoring at night, a problem that had interfered with him getting restful sleep for years. He was recuperating more quickly from his rigorous training regimen. Garry had also been working his SQ especially hard. He'd also begun using his bench shirt six weeks out from this competition, instead of just throwing it on at the meet. His lifting at this competition seemed almost unbelievable. He sank 909, then 964, and finally 1003 with strength to spare. Garry likes to walk out with the weight and sets his feet so easily and comfortably that you'd never know he had half a ton on his back. If his squat was hot, then his BP was sizzling. He vaporized a 666 opener. Next came 705 - effortless. He made a huge increase to 738. He powered it up like a freight elevator - not the slightest bit of deceleration from pushoff to lockout. It was a new WPC World Record, exceeding the 711 he'd done last year when he'd TOT 2453. He called for a monster 755 on a 4th. He took the huge load to his chest slowly and with a deliberate touch at just the right spot ... Rip! His shirt popped like a firecracker. I have no doubt he'd have made it, by the ease of his previous lift. Onto the DL. He opened with 837, and rushed to the bar quivering with energy. He ripped it right up - 3W. Immediately, he had 1170 kg. (2579.4). This beat his previous best of 2535 by 44 lbs. Garry took aim on the 2600 TOT.

barrier. The necessary weight to achieve this was loaded on the bar - 390 kg. (859.8 lbs). This was a lift 30 lbs. less than when he lifted 890 (a PR) last Dec. when he smashed the 2500 lb. barrier. Everybody was on the edge of their seats as he stormed out to the platform, and set himself for the pull that would make barrier breaking history once again. Concepts of dream and reality converged in one blinding instant, when time seemed to freeze and the shouts of the rabid fans were obliterated by the pounding pulse of my adrenaline laced blood through my veins with each heartbeat. He stood right up, the immense barbell dangling from his arms, locked rigid and secure. "Down" came the signal and bedlam erupted. Kieran Kidder, the announcer, was beside himself. We had just gotten used to the fact that he'd been the first man to go 2500 and now he had crossed the 2600 threshold. Surely the immortal Paul Anderson must have been looking down from the great beyond nodding his approval, applauding with a legion of departed power greats along side him - Hepburn, Braxton, Pasanella, Dempsey, Reshel, Grimwood - among a never-ending list. Garry had designs on more. The bar was loaded to 903.9. Would the unbelievable 1200 kg. TOT (2645.5 lbs) become a reality as well? My head was swimming. Just as he dipped to deliver, and even before he set himself in the lock and load position, Garry felt a stabbing twinge -



Garry Frank lowers his 859 lb. second attempt deadlift after getting the "down" signal from the head ref and totaling an amazing 2601!

he had pulled a groin muscle. He aborted the attempt and limped off stage.

Garry, along with all the superstars, will be ready to show their WPO stuff August 12th at the Hard Rock Cafe. Garry is already setting his sights on 2700. Impossible? Just think about it. SQ - 465 kg. (1025.1); BP - 347.5 (766.1); DL - 412.5 (909.4) = 1225 kg. (2700.66). I think that he can do that - within a year. Garry is chasing the single lift specialists. His desire is to lift more in each of the three lifts than anybody else has done singly. The groin pull is only a minor distraction, according to Garry, whom I talked to a couple of weeks after the meet. He's coming along nicely and will be ready to go when the time comes. All the APF lifters, family, and friends were treated to banquet of finger food and assortments of delicacies at 6PM Saturday following the lifting. The video was shown of the WPO event held in February and already broadcast on the Sunshine Network in Florida. I can tell you it was fabulous! Thanks to Kieran for this courtesy and to he and Russ for running a fantastic Sr. Nationals this year. Kudos also to all who contributed to make this a rousing success. The World's Strongest Sport will thrive thanks to the WPO and these guys. All Powerlifting's superstars will be rewarded, recognized, and compensated for their efforts - most richly deserved!

HERB GLOSSBRENNER

APF Senior Nationals -23-24 JUN 01 - Daytona Beach, FL

WOMEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
Open										
105										
M. Kirkland	237	286	344	143	154	159	237	275	303	749
132										
N. Avigliano	441	468	468	220	232	237	418	435	446	1109
M. Diamond	386	386	386	209	209	209				
148										
M. Liggett	452	504	501	275	297	309	407	424	444	1223
K. Demarest	341	369	386	187	204	214	319	347	369	970
165										
J. Tactill	374	391	402	242	259	270	363	391	407	1080
K. Grandick	308	325	341	171	187	204	336	358	374	920
181										
K. Ford	441	485	485	253	292	309	441	485	496	1262
HWT										
B. Swanson	529	556	578	314	330	341	573	605	644	1525
MEN										
Open										
123										
K. Snell	374	441	468	242	264	270	452	504	504	1162
148										
R. Grayes	485	501	529	286	308	344	540	578	604	1388
E. Adolph	413	435	452	264	286	303	446	485	501	1256
D. Campbell	435	457	468	308	325	336	386	407	424	1218
165										
R. Salvagni	606	644	672	429	457	474	551	606	639	1725
M. Puckett	402	501	545	319	341	---	501	540	595	1383
Conyers (Guest)	601	666	705	413	429	444	622	705	705	1758
L. Alday (Guest)	501	523	551	363	386	---	501	523	---	1460
181										
J. Wood	639	633	661	396	418	429	567	595	611	1703
J. Cuciurean	611	639	639	429	446	457	584	606	650	1664
M. Maxwell	650	650	650	352	369	380	551	570	578	1609
B. Walker	441	490	529	292	308	319	534	578	509	1388
S. Cuevas	628	672	672	446	446	446				
198										
T. Butson	601	650	699	386	407	429	501	---	---	1559
K. Wright (guest)	573	622	650	402	424	---	633	677	677	1658
220										
M. Fessenden	760	804	854	429	452	463	622	661	694	1967
C. Maxwell	733	774	771	402	413	418	705	744	777	1896
R. Lawrence	628	672	705	556	578	509	534	573	---	1818
J. Avigliano	688	716	739	407	424	424	578	601	644	1741
R. Mertz	474	518	540	402	424	424	523	573	604	1515
R. Impastato	672	711	744							

D. Blue (guest)	650	699	722	441	452	460	606	622	650	1796
242										
J. Garcia	804	810	843	490	507	507	694	722	733	2022
J. Gorrell	744	804	824	418	435	463	606	639	664	1906
S. Parkhurst	699	727	744	435	452	468	617	644	672	1868
J. Maccartney	650	705	---	457	501	540	600	650	672	1802
275										
P. Story	760	804	837	523	551	567	705	733	---	2138
N. Levario Sr.	788	837	846	496	534	551	601	620	620	2000
G. Jurkowski	699	733	744	435	452	463	600	688	722	1929
S. Robbins	677	727	---	446	529	---	601	650	---	1725
M. Olmo	826	881	934	463	501	518	664	---	---	---
Goggins (guest)	903	1003	---	165	540	562	749	854	909	2419
308										
J. Grove	810	854	854	556	589	604	722	760	777	2160
B. Mimnaugh	804	804	854	512	545	---	705	744	755	2072
C. Wiers	672	733	755	562	601	639	699	733	755	2066
B. Quinn	683	727	755	534	567	601	584	647	647	1912
M. Reeves	705	705	---	501	---	---	650	694	---	1901
J. Crowder	562	650	650	407	507	507	507	529	551	1521
A. Deleonibus	705	---	---	501	---	---	705	705	705	---
SHW										
G. Frank	909	964	1003	666	705	738	837	859	909	2601
J. Voronin	837	874	914	639	683	699	699	699	---	2237
D. Nettles	903	959	959	405	485	529	705	733	755	2199
A. Lawrence	749	771	804	529	551	573	699	746	716	2061
J. Sicuro	845	944	944							
BENCH										
WOMEN										
148										
T. Saba				198	214	226				214
MEN										
132										
D. Radel				253	292	303				303
J. Brubaker				259	281	306				281
148										
J. Mukite				386	407	440				407
165										
B. Gallagher				474	485	496				496
220										
B. Carpenter				601	622	639				622
242										
S. Watford				512	545	562				562
275										
S. Mendelson				501	650	672				650
308										
J. M. Blakley				650	722	722				650

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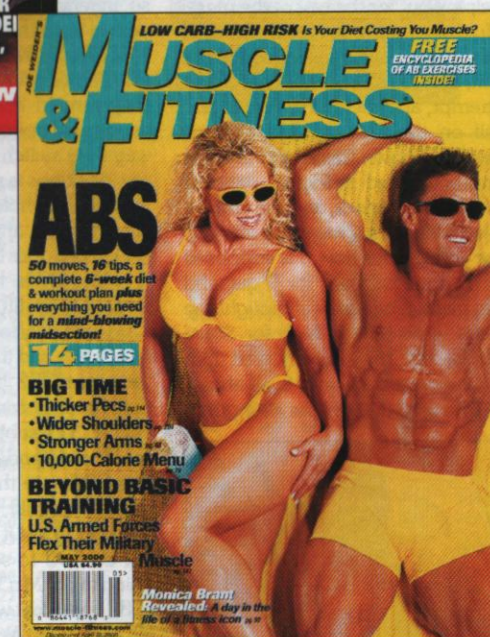
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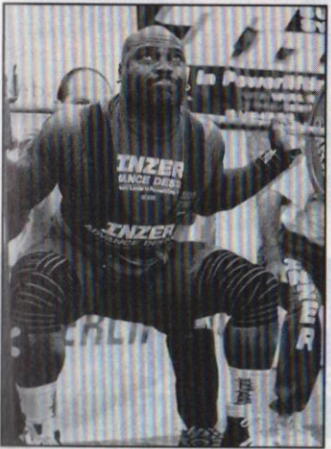
(article continued from page 9)

held in Japan in less than a month from the date of this contest, which might explain why some of them did not push the envelope as hard as they might have otherwise.



More Benemerito Ray @ 220

Anthony Harris also moved up a class, but it was surprising to those who know him that he even lifted, after an L-4/L-5 back twinge had laid him low. His 744 squat was fought long and hard, perhaps too much so, but he got it. With the meet well in hand, the 234 pounder passed his 3rd deadlift. The lifting and the injury didn't stop him from helping out for the rest of the meet. Muscular marvel Kevin Stewart might well have challenged for the win, but he missed his 744 squat attempt, and seemed to injure himself on the 705 lb. 2nd attempt deadlift. Shawn Cain continued his unprecedented string of national meet appearances, and the current World Masters Champion showed the young guys how it is supposed to be done with a 9 for 9 day and 3rd place. The head ref thought the racks were set too high for Steve Mann, but then he showed him what a high bar squat is all about, and he used that unique strength to



Tony Harris fought a 744 squat.

secure 4th, but his 1829 was hardly safe when a trim Deron Rogers got to show us how much he could pull. His deadlifts were beautifully strong and explosive and he probably had more than 749 in him. Patrick Johnson bulged with muscle tissue everywhere and cracked the 1800 barrier, making 1st and 2nd attempts in each lift. Dave Gonzalez was one of eight Colorado lifters at the meet, and took

shots at a higher placing with some heavier attempts, but the 766 squat he asked for was just called to be timed out. Mitch Edelstein had his taller, but otherwise look-alike brother out to help him, but this serious strength athlete had matters under control with his deliberate concentration prior to each attempt. Another serious lifter, John Planas of Glendale, California, caught the same bug that Lance Slaughter had and could not get a bench on the board. Michigan's newcomer Matt Kroczaleski was in the hunt, but couldn't get the judges to pass a deadlift attempt and was out of the finishers. Fellow Michigan lifter Mike O'Donnell had serious squat problems.

The platform used at this event was put together by Steve Howard of South Dakota, and it proved to be very presentable and functional - the plate racks he designed were so ingenious in the way they reversed from the squats to the deadlifts. The ER racks owned by Michelle James were also in use, and they remain one of the cleverest equipment concoctions going. The way they switch from wide to narrow positions is so smart - no sense moving the whole rack when quickly adjusting the angle of the support stanchions does the job so elegantly.

The 275s had a big enough turnout to justify two flights. Tony Cardella boldly took his opener squat over again and then jumped 49 lbs. for a great 782 lb. 3rd attempt, and then he ran a string of three benches into a 1317 subtotal, and suddenly the title defender Pat McGettigan was 83 lbs. in the hole. He's got a monster deadlift, but Cardella wasn't going to make it easy. After timing out on 793 to see how Tony was going to do, McGettigan was forced to 821 and that was too much. With all that Jr. Worlds experience, Cardella knows how to handle himself on the platform, and he has now broken through as a factor on the Sr. World circuit. Ryan Goldin was sensational in the squats, bounding from one explosion of a lift to the next. He got a 'rocking' handoff on his opener bench and had to take it over again, and just missed a try at 540 (earning one white light). While Paul Fletcher was doing his



Tony Cardella broke the 2000 barrier

best to handle massive Travis Rubey, Goldin deadlifted his way into 3rd. Paul will be entering the Masters ranks soon, but he remains game enough to mix it up in the open ranks. Rubey is a large Rolla, Missouri 30 year old who moved up with his rugged 738 lb. pull. Greg Wagner is an extra massive Granite Falls, Minnesota man, who was among the most impressive new faces at this national meet. Collin Rhodes' 4/9 day was highlighted by a 551 mini-stroke bench off a spectacular arch. Mike Kautz gets a 'Tough Luck' award for coming back from a blown suit miss of a 744 squat to get up with the same weight on his 3rd try, after a quickie suit change, only to see majority reds. He came close on that last 716 deadlift as well, 1 white to 2 red lights. Springfield, Pennsylvania's Big Wayne Droesser also got one of those 551 benches and ended up 9th in this busy class. Hank Sargent reminded us of a slightly smaller scale Harold Collins. The 35 year old Ballston, New York competitor benched in a hot pink singlet and got two attempts, but only openers in the other two lifts, which kept his placing well down from what might have been. Mike Anderson of Dallas (Georgia, that is) started conservatively in each lift, and moved up nicely from there in all but the deadlift. Dr. Mike Hartle saw the platform from both angles, as lifter and as head referee. He didn't wear a belt in the squat until his final try at 644, and timed out his 551 lb. deadlifts. Steve Davenport of Lincoln, NE got lost in the squat shuffle, and Dave Villeneuve was at the

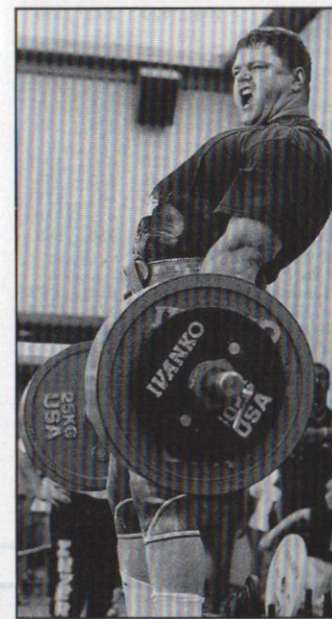


Jorgen Ljungberg

impressive than his squats were his deadlifts. 793 was there, but just sprang out of his grip a few millimeters shy of completion. Jorgen smiled anyway. After the meet he spent some time fishing up in Minnesota with Brad, who was amazed how quickly he got back into training after the meet. Jorgen is a rugged guy, with a lot of things in common with Big Brad, who promises he will get us a story on Jorgen for a future International Platform feature.

Brad Gillingham is the focus of lots of attention these days. He was the subject of an item in USA TODAY prior to the event, and appeared on one of the Omaha television talk shows before the meet, and as part of Meet Director Hart's pre-meet media blitz, he arranged for Brad to be interviewed by the local TV sports crew for broadcast the Saturday night before he lifted. Brad has also hooked up a sponsorship deal with GNC, and made sure to give them the credit they deserve whenever the TV cameras were rolling. In his interview he predicted he would squat 837, bench 617, and deadlift around 850. He was hoping to total over 2300 and that might well have come to be, but after three excellent looking squats, only Brad's opener was circled on his scorecard, with both 810 and a careful jump to 821 getting only one white light. In the bench his left arm went astray, perhaps from fatigue. These SHW guys were really hustling between lifts to get equipment off, equipment on, and a few warmups under their belt. Speaking of warmups, it was pretty mind-

boggling to see NFL Green Bay Packer All Pro Legend Gale Gillingham not only loading the bar for his son's warmups, but also for anyone else who needed it. (Lots of the fans were peeking through the door to check out the warmups - they probably could have sold tickets for that alone!) Brad wanted to get it together in the deadlift and his hook grip



Brad Gillingham hauls up 848!

has allowed him to lose his sticking point in that lift. The 848 was an American Record, and just kept gliding upward, smooth as silk. Near the top of the lift, Brad started bobbing his head up and down, in an apparent demonstration of territorial dominance. Something in the territory of the 850s would have gone, and Brad has dreams of someday improving to the point that he can try to break that long-standing IPF world record in the deadlift. Sean Culnan looked like he'd just stepped off the golf course, tanned and fit, and bigger in the upper body. He timed out his 821 squat

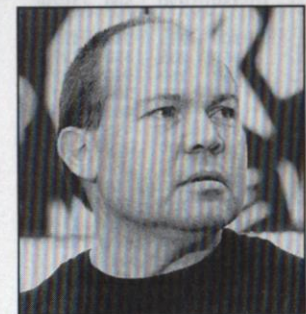
and 788 deadlift attempts, but the 793 pull was a bit much for the New Yorker on this particular July 15th. All welcomed the return of Tony Leiato, who now at SHW really looks as wide as he is tall. He had his problems, making only 3 attempts, but that trace of silver in his hair doesn't mean he won't have a big future in the biggest weight class. Big armed Van Hatfield had home folk fans on hand and did them proud with one of his better days on the platform. Burly Dan Gaudreau ripped a shirt wide open from the neck on his opening try in the bench press, and it was only a new IPF World Masters record he was starting with. Somehow, he wiggled into another shirt, came out, and made that same 567, and then - for the record - again - he got up a 578! The happy Coloradan wasn't through updating the record books, as he bumped the venerable name of Paul Wrenn from the American Masters Total list by making his 661 deadlift. 6th place in the Supers went to Team California's Bruce Lee, and next up was Wade Hanna, who came in around 284 and will probably stay at SHW after all the PR type lifting he came up with. P.J. Couvillion wondered if Brian Oldham of Bemidji, Minnesota was full grown yet? At 393 lbs. and 6 foot empty ump, we hope so. He went lower with 744 on his final try at it, but it wasn't quite deep enough.

Team Champions were Team Titan, followed by Team Quest, Team Michigan, and Team California and Brad Gillingham took Best Lifter for the final day.

FROM JIM HART: "I wanted to ask you to mention my faithful assistants Michelle James and Steve Howard. Without them I would not have had the successful meet that we had. Also my brother Jeff Hart, Don McElravy, Mike Taylor and Brian Getschell, who worked almost everyday loading and spotting. Also, Sid Trost and Howard Huffman as spotters. Of course, there was Lucian and Andrea who volunteered time at the microphone. Annette Axt and Lori Spath at the overhead. And my sister Patricia Hart and Annette's mother Janette at the entrance, as well as my parents Milford and Marlene Hart. Also my daughter Jamie who worked the table the first day and Mary who ran the time clock and Liz Peterson who worked the table and Erin Crapo who worked at the overhead the final day. The other loaders who helped through the weekend were Mike Hafenbrack, Jake Johnson, Tom Laughlin, Steve Auxier, Bill Sindelar, Craig Cech and Jim Ballemenos. Then there was Brenda Howard at the scoreboard and Mr. Music, Matt James. Could you please also mention the sponsors - Powerlifting USA, Inzer, Titan, GNC, Vantage Imaging, Crain's Muscle World, Quest Nutrition, and House of Pain."



Jim Hart (above) and Michelle James and Steve Howard



USAPL Men's Nationals - 13-15 JUL 01 - Omaha, NE

114 lb.	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
E. Gainer	402	424	479	270	284	281	705	457	473	496	1201
M. Hafenbrack	297	314	330	148	159	170	501	319	352	374	854
D. DeWaters	270	292	344	159	176	187	479	292	319	336	815
D. Holloway	330	374	402	176	192	209	595	495	473	473	1068
S. Meadows	344	341	352	231	242	259	595	435	454	451	1046
V. Niedoliwka	352	374	402	220	234	234	595	363	391	402	997
T. Taylor	435	462	485	308	325	336	821	523	545	556	1366
T. Cunningham	440	468	485	253	275	286	771	485	512	529	1300
J. Arias	545	570	578	330	358	369	936	567	600	600	1504
G. Page	523	554	554	330	330	347	870	545	584	595	1466
S. Layman	545	570	570	352	352	352	898	507	534	556	1455
K. Scisney	518	545	570	303	319	341	887	496	529	540	1383
M. Sigala	462	485	504	344	314	330	777	600	622	645	1377
C. Hughes	473	496	496	325	325	347	821	523	540	—	1344
D. Kibler	451	485	496	236	253	275	760	462	501	540	1262
L. Slaughter	440	451	462	305	305	305	—	—	—	—	—
W. Hooper	683	739	739	424	451	—	1135	562	589	606	1724
G. Simmons	501	523	534	330	347	352	887	540	556	573	1460
K. Davis	504	507	529	347	363	374	892	534	556	567	1460
D. Austin	650	683	705	352	369	374	1057	650	705	745	1763
R. Wagner	749	777	799	424	435	446	1223	650	666	677	1890
M. Mastrean	716	738	755	457	457	479	1195	650	672	672	1846
C. Terry	606	650	—	330	363	374	1014	683	749	700	1763
T. Hines	562	600	622	396	396	440	1019	595	622	639	1642
G. Jones	672	672	672	429	440	440	—	—	—	—	—
R. Benemerito	722	744	744	490	507	540	1229	722	730	730	1951
C. Cahagan	639	667	677	391	424	440	1080	733	788	804	1868
S. Zwaanstra	639	661	680	435	451	462	1113	655	683	705	1818
P.J. Chovanec	672	672	746	402	429	435	1107	705	755	760	1813
M. Druempel	600	639	661	440	435	451	1113	650	688	699	1802
A. Succarotte	622	664	677	496	540	—	1118	639	650	661	1780

J. Burnell	664	664	705											
S. Pincock	672	672	—											
S. Waits	705	705	746											
M. Kaller Gst	606	661	722	385	418	504	1080	727	801	840	1879			
A. Harris	661	716	744	440	473	485	1229	694	733	—	1962			
K. Stewart	722	722	744	507	529	540	1229	683	705	—	1912			
S. Cain	622	655	683	429	457	468	1151	672	710	733	1884			
S. Mann	699	722	744	451	468	479	1201	589	628	639	1829			
D. Rogers	650	677	694	352	374	402	1068	655	705	749	1818			
P. Johnson	672	705	746	473	507	507	1207	584	606	647	1813			
D. Gonzalez	677	694	766	451	468	479	1146	617	650	677	1763			
M. Edelstein	562	589	589	402	413	418	1008	611	622	633	1642			
M. Kroczaleski	644	644	666	424	440	446	1107	672	672	672	—			
J. Planas	655	683	694	405	405	405	—	—	—	—	—			
M. O'Donnell	639	639	639	275										
T. Cardella	739	733	782	490	523	534	1317	705	733	744	2050			
P. McGettigan	760	760	777	473	490	490	1234	777	799	821	2011			
R. Goldin	683	733	755	542	512	540	1267	617	650	666	1934			
P. Fletcher	677	716	727	457	479	485	1212	677	716	727	1929			
T. Rubey	650	688	710	451	479	504	1190	609	683	738	1929			
G. Wagner	683	722	749	490	529	529	1240	611	644	677	1918			
C. Rhodes	683	683	705	529	551	579	1234	661	609	609	1895			
M. Kautz	722	744	744	451	473	490	1212	672	672	746	1885			
H. Sargent	705	730	730	440	446	462	1151	672	760	760	1824			
M. Anderson	672	722	722	407	440	462	1185	622	677	677	1807			
M. Hartle	573	622	644	446	468	405	1091	529	554	554	1620			
D. Villeneuve	655	655	655											
S. Davenport	647	—	647											
Ljungberg Gst	045	045	815	518	540	540	1333	727	771	799	2105			
B. Gillingham	788	840	821	584	600	647	1388	793	815	848	2237			
S. Culnan	771	804	821	540	552	562	1366	755	700	799	2121			
T. Leiato	788	832	832	578	606	620	1366	740	710	739	2077			
V. Hatfield	733	799	799	523	545	556	1278	710	749	772	2028			
D. Gaudreau	722	722	749	567	567	578	1328	611	661	705	1989			
B. Lee	746	716	766	485	507	507	1251	622	644	661	1912			
W. Hanna	650	600	688	446	473	485	1173	661	694	727	1868			
B. Oldham	744	744	744											

MHSAA Mississippi High School
6,7 Apr 01 - Coffeeville, MS

(1A/2A)	SQ	BP	DL	TOT
MEN 114 lb.				
Phillips, W.	295	165	370	830
Hill, J.	335	135	360	830
Horton, M.	265	115	300	680
Odell, C.	190	175	285	650
Bourne, A.	220	125	250	595
123 lb.				
Sullivan, C.	325	170	340	835
Gordon, A.	275	175	325	775
Lewis, V.	270	175	325	770
Biglane, P.	265	180	320	765
Moore, M.	290	135	315	740
132 lb.				
Gunn, C.	350	190	355	895
Price, C.	295	170	400	865
Bobbit, M.	300	180	360	840
Stymes, C.	280	160	305	745
Stokes, T.	225	165	350	740
Bennett, J.	250	130	280	660
148 lb.				
Bradford, E.	365	290	500	1155
Howard, D.	325	220	410	955
Smith, R.	320	250	380	950
Nolan, K.	350	195	385	930
Eaves, J.	335	190	385	910
Fuller, T.	290	195	405	890
165 lb.				
Kimble, L.	475	235	610	1320
Johnson, C.	440	240	500	1180
Hahn, J.	440	230	450	1120
Washington, J.	350	250	440	1040
Lang, B.	340	225	360	925
181 lb.				
Exson, C.	540	210	660	1410
Stone, R.	500	265	480	1245
Brooks, K.	430	260	505	1195
Dillon, A.	390	275	430	1095
Gray, C.	350	220	500	1070
198 lb.				
Tinnon, J.	500	215	560	1275
Rhodes, T.	465	235	550	1270
Barrett, L.	410	260	550	1220
Wooten, C.	405	225	460	1090
Morrow, R.	380	240	430	1050
Coffey, O.	360	230	425	1015
220 lb.				
Ryle, G.	515	230	560	1305
Odum, M.	475	325	505	1305
Mitchell, M.	490	215	440	1145
Pratt, M.	365	215	415	995
242 lb.				
Davis, C.	510	275	470	1255
Sandridge, K.	500	265	470	1235
Drungole, P.	435	280	460	1175
Washington, K.	415	235	500	1150
McCaffery, C.	315	195	500	1150
Wright, M.	—	—	—	—
275 lb.				
Collins, L.	480	335	530	1345
Adams, A.	500	285	495	1280
Baker, J.	450	205	525	1180
Mallory, R.	450	215	430	1095
Lane, C.	445	220	420	1085
Edwards, J.	375	225	475	1075
SHW				
Hensarling, L.	670	290	600	1560
Waddle, J.	650	280	550	1500
Johnston, E.	400	285	510	1195
Moore, M.	500	210	480	1190
Powell, T.	380	260	475	1115
Stevenson, A.	330	185	425	940
3(A) 114 lb.				
Turner, A.	275	160	355	790
Kimbrough, J.	260	135	310	705
Gatson, T.	250	135	310	705
Lee, S.	230	155	310	695
Bocclair, C.	255	145	265	665
Hill, J.	200	160	265	625
123 lb.				
Ivy, S.	275	160	370	805
Brown, M.	270	180	340	790
Lopez, J.	270	165	350	785
Austin, R.	240	195	300	735
Tate, J.	270	130	325	725
Palmer, J.	250	155	—	—
132 lb.				
Price, A.	370	235	435	1040
Morrow, J.	325	255	430	1010
Hunter, D.	375	205	405	985
Hannon, D.	270	145	410	825
Stanford, S.	200	150	255	605
148 lb.				
Jackson, J.	425	240	405	1070
Wright, E.	390	195	465	1050
Camel, Z.	365	225	455	1045
Wall, B.	350	220	460	1030
Lark, F.	330	220	420	970

Vance, C.	285	—	—	—	McCaplin, T.	325	265	525	1115	Jasper, J.	190	120	250	560
165 lb.					Moore, D.	390	240	480	1110	123 lb.				
Bass, L.	505	235	560	1300	242 lb.					Watts, D.	330	155	355	840
Robinson, L.	400	300	455	1155	Parten, J.	475	280	525	1280	Clay, W.	295	130	255	780
Bowie, J.	410	280	465	1155	Burge, J.	445	330	505	1280	Mollett, M.	290	145	290	725
Carter, G.	405	210	440	1055	Brewer, J.	430	280	450	1160	Nichols, L.	230	150	285	665
Caffrey, C.	340	200	410	950	McDonald, R.	405	260	490	1155	Pates, J.	230	145	275	650
Davis, S.	305	195	350	850	275 lb.					132 lb.				
181 lb.					Turner, B.	—	—	—	—	Rose, A.	385	220	440	1045
Moffett, A.	400	315	490	1205	Wilbanks, J.	560	280	540	1380	Price, H.	340	195	450	985
Turner, Q.	340	235	525	1100	Speed, W.	435	350	500	1285	Ward, A.	370	200	405	975
Kennedy, C.	410	230	450	1090	Ray, J.	485	260	505	1250	McMillian, Q.	360	145	435	940
Senter, L.	415	210	440	1065	Hill, C.	440	285	485	1210	Wells, B.	315	175	370	860
Lewis, B.	—	—	—	—	Brumfield, C.	385	330	490	1205	Guthrie, C.	320	—	—	—
Williams, D.	—	—	—	—	Eskew, D.	460	255	—	—	148 lb.				
198 lb.					SHW					McLendon, V.	410	215	550	1175
Anthony, G.	475	270	600	1345	Cherry, M.	610	300	570	1480	Davis, D.	440	215	470	1125
Crum, K.	495	250	485	1230	Johnson, T.	500	270	540	1310	Pulliam, D.	445	215	460	1120
Tate, K.	385	240	450	1075	Herndon, T.	400	170	465	1035	Landry, M.	405	215	475	1095
Grant, D.	360	210	475	1045	Bailey, P.	—	—	—	—	Guy, D.	405	245	425	1075
Billbro, B.	330	235	450	1015	Davis, M.	—	—	—	—	165 lb.				
Dewease, B.	—	—	—	—	(4A) 114 lb.					Mitchell, N.	465	300	500	1265
220 lb.					Page, Q.	270	145	295	710	Henderson, G.	440	250	440	1130
McBride, J.	555	270	540	1365	Hawthorne, R.	250	150	370	790	Gardiner, C.	390	215	425	1030
Frederick, M.	515	250	550	1315	Brooks, M.	255	170	315	740	Jackson, L.	445	220	—	—
Wright, T.	480	250	440	1170	Groom, M.	190	155	280	625	181 lb.				
Thomas, C.	410	265	450	1125	Poisso, J.	210	145	270	625	Haralson, C.	525	285	600	1410

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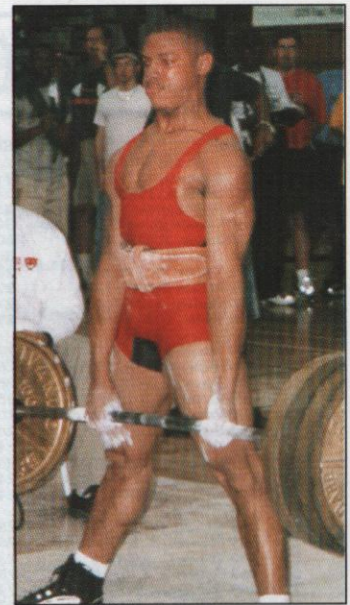
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Lao, F.	460	255	530	1245	McKenzie, T.	475	—	—	—	Naylor, D.	385	205	440	1030
Edwards, O.	405	260	460	1125	SHW					Williams, D.	—	—	—	—
McBride, K.	445	240	385	1070	Wadley, J.	550	370	565	1485	Sanders, A.	—	—	—	—
Roberts, J.	250	255	400	1005	McMahon, M.	540	305	545	1390	165 lb.				
198 lb.					McClellan, C.	545	285	535	1365	Stewart, J.	525	270	520	1315
Ross, A.	530	245	590	1365	Dampier, A.	510	280	530	1320	Dudley, C.	445	215	495	1155
Lockett, E.	535	290	540	1365	Johnson, A.	505	290	520	1315	Gandy, L.	450	230	475	1155
Pickens, W.	520	315	525	1360	(5A) 114 lb.					Nolan, C.	435	275	410	1120
Vaughn, L.	470	245	480	1195	Jackson, H.	325	160	350	835	McChristain, C.	375	215	410	1000
Hollinger, G.	425	235	500	1160	Clark, L.	255	170	315	740	Fielder, D.	435	—	—	—
Seymour, C.	430	255	475	1160	Gandy, K.	245	160	300	705	181 lb.				
220 lb.					123 lb.					White, T.	505	260	555	1320
Werner, J.	585	305	535	1425	Harris, C.	380	220	400	1000	Davis, D.	475	280	475	1230
Ward, J.	565	250	565	1380	Ross, M.	350	225	370	945	Martin, F.	475	270	480	1225
Hobock, J.	500	300	550	1350	Barlow, J.	285	175	390	850	Jones, B.	365	245	450	1060
Wilkins, J.	530	275	480	1285	Rice, M.	265	205	300	770	198 lb.				
Hamilton, E.	460	260	485	1205	Lynch, C.	315	150	—	465	Ryan, N.	575	315	600	1490
242 lb.					Hill, K.	385	195	440	1020	Jones, B.	525	310	540	1375
Adams, N.	530	325	535	1390	Judge, J.	320	220	450	990	Hatchett, T.	450	265	605	1320
James, J.	600	235	535	1370	Mixon, V.	385	190	390	965	Hill, J.	500	295	525	1320
Brooks, C.	460	265	540	1265	Davis, R.	350	205	380	935	Ledger, E.	470	270	500	1240
Booker, A.	515	320	145	980	Hayes, D.	225	240	355	820	Jackson, O.	420	235	—	—
275 lb.					148 lb.					Brown, J.	600	320	630	1555
Richardson, J.	650	320	565	1535	Sexton, R.	450	210	500	1160	Collins, T.	600	330	600	1530
Gillard, W.	570	325	520	1415	Dubose, S.	385	225	465	1075	Blakely, C.	525	300	525	1350
Skinner, J.	555	305	530	1390	Woods, D.	375	250	450	1075	Harris, K.	500	300	500	1300
Ladner, J.	500	345	510	1355										



Carlo Exson - 181 lb. class; 16 years old with an all time state record of 660, 540 lb. squat, and 220 lb. bench. He is also a member of the Coffeeville High School powerlifting team 1A/2A state champion 2001. (Photo provided courtesy of Perry Liles to PL USA).

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SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 79 Whigham, A. 7/8/00	341 Culp, L. 9/23/00	501 Whigham, A. 7/8/00	1212 Snell, K. 11/11/00
2 462 Snell, K. 11/11/00	341 Booker, M. 3/28/01	485 Cunningham, T. 9/14/00	1201 Whigham, A. 7/8/00
3 460 Washington, K. 5/12/01	325 Petrenzak, S. 2/4/01	480 Snell, K. 5/6/01	1179 Cunningham, T. 9/14/00
4 440 Cunningham, T. 9/14/00	308 Morishige, M. 6/3/00	473 Millan, E. 11/17/00	1124 Millan, E. 11/17/00
5 410 Jones, J. 3/24/01	303 Rinehart, T. 3/4/01	462 Gutierrez, P. 6/9/00	1110 Washington, K. 5/12/01
6 405 Casarez, T. 3/24/01	303 Wong, P. 5/12/00	450 Falcon, J. 3/24/01	1102 Weisberger, A. 11/17/00
7 402 Taylor, W. 7/8/00	281 Weisberger, A. 11/17/00	447 Meadows, S. 5/20/01	1075 Jones, J. 3/24/01
8 402 Millan, E. 11/17/00	275 Richard, E. 7/8/00	445 Jones, J. 3/24/01	1058 Gutierrez, P. 6/9/00
9 400 Burke, J. 2/10/01	275 Garvey, F. 4/29/01	445 Washington, K. 5/12/01	1041 Richard, E. 7/8/00
10 400 White, D. 3/24/01	270 Smith, L. 6/3/00	440 Sutherland, J. 8/26/00	1036 Meadows, S. 5/20/01
11 400 Niedolilwa, V. 5/5/01	270 Snell, K. 11/11/00	435 DiDonato, A. 10/7/00	1035 Falcon, J. 3/24/01
12 396 Weisberger, A. 11/17/00	265 Miller, 1/21/01	435 Tyree, V. 3/24/01	1030 Tyree, V. 3/24/01
13 391 Tyree, V. 3/24/01	264 Whigham, A. 4/21/01	425 Holloway, D. 10/28/00	1025 White, D. 3/24/01
14 390 Kamp, M. 3/24/01	253 Cunningham, T. 7/8/00	424 Weisberger, A. 11/17/00	1014 Barleen, D. 10/18/00
15 385 Falcon, J. 3/24/01	253 Barleen, D. 5/5/01	420 Herrington, B. 3/24/01	1005 Casarez, T. 3/24/01
16 385 Rosen, L. 5/5/01	248 Millan, E. 11/17/00	418 Miskell, R. 12/9/00	1003 Miskell, R. 12/9/00
17 380 Harris, C. 4/16/01	248 Meadows, S. 5/20/01	418 Barleen, D. 5/5/01	1000 Harris, C. 4/16/01
18 375 Heckman, N. 5/12/01	245 Snider, C. 10/14/00	413 Morishige, M. 6/3/00	1000 Niedolilwa, V. 5/5/01
19 374 Avigliano, N. 6/10/00	242 Harvey, H. 3/4/01	413 Casarez, T. 3/30/01	997 DiDonato, A. 10/7/00
20 369 Kelli, 10/7/00	240 Maddeleena, G. 2/4/01	413 Rosen, L. 5/5/01	997 Harvey, H. 3/4/01
21 369 Miskell, R. 12/9/00	236 Dunnahoe, B. 6/9/00	413 Shivaie, H. 5/5/01	997 Rosen, L. 5/5/01
22 369 Marrero, S. 3/31/01	236 Chavez, J. 11/13/00	407 Dunnahoe, B. 6/9/00	975 Dunnahoe, B. 6/9/00
23 365 Tharp, C. 3/24/01	236 Rinn, S. 3/24/01	402 Richard, E. 7/8/00	970 Kelli, 10/7/00
24 363 Gutierrez, P. 6/9/00	235 Dem, 11/17/00	402 Garcia, H. 11/16/00	965 Herring, B. 3/24/01
25 363 Richard, E. 7/8/00	235 Moseley, T. 3/24/01	402 Sanders, B. 2/17/01	960 Holloway, D. 10/28/00
26 363 Harvey, H. 3/4/01	231 Gutierrez, P. 6/9/00	402 Moseley, T. 3/30/01	960 Anderson, B. 3/24/01
27 360 Green, R. 2/10/01	231 Payer, J. 8/26/00	402 Baumann, A. 3/30/01	959 Moseley, T. 3/30/01
28 360 Anderson, B. 3/24/01	231 Sanders, B. 2/17/01	400 Parker, P. 10/7/00	950 Green, R. 2/10/01
29 352 Fair, T. 6/9/00	230 Pham, L. 3/24/01	400 White, D. 3/24/01	945 Ross, M. 1/26/01
30 352 Barleen, D. 10/18/00	225 DiDonato, A. 10/7/00	400 Sanchez, A. 3/24/01	942 Avigliano, N. 6/10/00
31 352 Foret, S. 3/30/01	225 Ross, M. 1/26/01	400 Harris, C. 4/16/01	942 Shivaie, H. 5/5/01
32 352 Adkins, M. 3/30/01	225 Carpenter, D. 3/18/01	396 Foret, S. 3/30/01	940 Sanchez, A. 3/24/01
33 350 Ross, M. 1/26/01	225 Pichay, V. 3/18/01	391 Avigliano, N. 11/17/00	931 Marrero, S. 3/31/01
34 350 Moore, T. 3/24/01	225 White, D. 3/24/01	391 Harvey, H. 3/4/01	915 Kamp, M. 3/24/01
35 345 Holloway, D. 10/28/00	225 Duns, C. 3/24/01	391 Holmes, A. 3/30/01	915 Heckman, N. 5/12/01
36 345 Rodea, L. 3/24/01	225 Alvarez, A. 3/24/01	390 Barlow, J. 4/6/01	914 Kusar, P. 3/25/01
37 345 Brown, J. 3/24/01	225 Bailew, E. 3/24/01	385 Anderson, B. 3/24/01	914 Foret, S. 3/30/01
38 341 Meadows, S. 5/20/01	225 Niedolilwa, V. 5/5/01	385 Marrero, S. 3/31/01	910 Moore, T. 3/24/01
39 340 Herring, B. 3/24/01	220 Murphy, G. 6/3/00	380 Kelli, 10/7/00	909 Adkins, M. 3/30/01
40 340 Downs, C. 3/24/01	220 Kelli, 10/7/00	380 Jackson, D. 11/3/00	905 Rodea, L. 3/24/01
41 336 DiDonato, A. 10/7/00	220 Jones, J. 3/24/01	380 Pham, L. 3/24/01	903 Fair, T. 6/9/00
42 336 Shivaie, H. 5/5/01	220 Sanchez, A. 3/24/01	375 Nora, D. 1/26/01	900 Bowman, R. 2/10/01
43 335 Williams, C. 7/8/00	220 Moore, T. 3/24/01	375 Bosley, D. 1/26/01	895 Kasseroler, D. 3/24/01
44 335 Offield, R. 3/24/01	220 Harris, C. 4/6/01	375 Bowman, R. 2/10/01	895 Offield, R. 3/24/01
45 330 Dunnahoe, B. 6/9/00	215 Green, R. 2/10/01	375 Kasseroler, D. 3/24/01	895 Brown, J. 3/24/01
46 330 Lewis, P. 3/16/01	215 Anderson, B. 3/24/01	375 Rodriguez, R. 3/24/01	895 Downs, C. 3/24/01
47 330 Gomez, N. 3/16/01	215 Walters, D. 5/5/01	375 Niedolilwa, V. 5/5/01	892 Baumann, A. 3/30/01
48 330 Kasseroler, D. 3/24/01	214 Radcliffe, S. 8/5/00	375 Walters, D. 5/5/01	890 Pham, L. 3/24/01
49 330 Esparza, Z. 3/24/01	214 Miskell, R. 12/9/00	374 Lewis, P. 3/30/01	890 Esparza, A. 3/24/01
50 330 Zepeda, C. 3/24/01	214 Kusar, P. 3/25/01	370 Ross, M. 1/26/01	890 Walters, D. 5/5/01
51 330 Kusar, P. 3/25/01	210 Jenkins, T. 10/14/00	370 Rodea, L. 3/24/01	887 Holmes, A. 3/30/01
52 330 Moseley, T. 3/30/01	210 Balke, P. 11/4/00	370 Offield, R. 3/24/01	881 Amsten, S. 5/24/01
53 330 Watts, D. 4/6/01	210 Giambalvo, 11/17/00	370 Esparza, A. 3/24/01	880 Williams, C. 7/8/00
54 330 McCook, D. 4/28/01	210 Casarez, T. 3/24/01	370 Ivy, S. 4/6/01	880 Alvarez, A. 3/24/01
55 326 Murphy, G. 11/3/00	209 Garcia, H. 11/16/00	369 Vallott, B. 3/10/01	870 Rodriguez, R. 3/24/01
56 325 Rinn, S. 11/4/00	205 Miller, J. 6/10/00	369 Kusar, P. 3/25/01	870 Zepeda, C. 3/24/01
57 325 Bowman, R. 2/10/01	205 Dallas, N. 11/11/00	369 McCreary, B. 3/30/01	865 Murphy, G. 6/3/00
58 325 Amsten, S. 10/10/01	205 Herring, B. 3/24/01	369 Amsten, S. 5/24/01	865 Rinn, S. 11/2/00
59 325 Logston, D. 3/24/01	205 Rice, M. 4/6/01	365 Kenner, S. 7/9/00	860 Tharp, C. 3/24/01
60 325 Sullivan, C. 4/6/01	205 Washington, K. 5/12/01	363 Tucker, T. 10/28/00	854 Tucker, T. 10/28/00
61 325 Davis, J. 5/12/01	203 Tucker, T. 10/28/00	363 Finklestein, J. 11/2/00	854 Warnke, C. 3/30/01
62 320 Sanchez, A. 3/24/01	203 Remiticado, J. 11/16/00	363 Adkins, M. 3/30/01	850 Barlow, J. 4/6/01
63 315 Alvarez, A. 3/24/01	203 Tyree, V. 3/24/01	363 Heckman, N. 3/30/01	848 Jackson, D. 11/3/00
64 315 Lynch, C. 4/6/01	200 Bowman, R. 2/10/01	360 Williams, C. 7/8/00	840 Watts, D. 4/6/01
65 314 Holmes, A. 3/30/01	200 Falcon, J. 3/24/01	358 Branson, Z. 5/19/01	837 McCreary, B. 3/30/01
66 314 Warnke, C. 3/30/01	198 Fair, T. 6/9/00	355 Brown, J. 3/24/01	835 Sullivan, C. 4/6/01
67 314 Melancon, S. 4/7/01	198 Zepeda, C. 3/24/01	355 Clay, W. 4/6/01	832 Finklestein, J. 11/2/00
68 314 Maupin, M. 5/12/01	198 Warnke, C. 3/30/01	352 Fair, T. 6/9/00	832 Smith, R. 3/30/01
69 310 Rodriguez, R. 3/24/01	198 Rosen, L. 5/5/01	352 Au, B. 6/10/00	830 Bailew, E. 3/24/01
70 308 Finklestein, J. 11/2/00	198 Amsten, S. 5/24/01	350 Kamp, M. 3/24/01	826 Branson, Z. 5/19/01
71 308 Smith, R. 3/30/01	195 Molelina, M. 6/10/00	350 Lopez, J. 4/6/01	820 Nora, D. 1/26/01
72 305 Caraway, S. 1/26/01	195 Bernath, J. 8/5/00	350 McCook, D. 4/28/01	820 McCook, D. 4/28/01
73 305 Brazil, M. 1/26/01	195 Henries, D. 12/2/00	347 Smith, R. 3/30/01	815 Lewis, P. 3/16/01
74 305 Bailew, E. 3/24/01	195 Brown, J. 3/24/01	347 Melancon, S. 4/7/01	810 Balke, P. 3/10/01
75 303 Jackson, D. 11/3/00	195 Austin, R. 4/6/01	347 Dupuis, J. 4/7/01	805 Ivy, S. 4/6/01
76 303 Baumann, A. 3/30/01	195 Heckman, N. 5/12/01	341 Bryant, P. 8/5/00	804 Wilson, J. 3/30/01
77 303 McCreary, B. 3/30/01	195 Stokes, M. 5/12/01	341 Zepeda, C. 3/24/01	800 Bosley, D. 1/26/01
78 300 Walters, D. 5/5/01	192 Bailew, D. 6/9/00	341 Warnke, C. 3/30/01	799 Vallott, B. 3/10/01
79 297 Branson, Z. 5/19/01	192 Avigliano, N. 11/17/00	341 Xong, M. 3/30/01	799 Maupin, M. 5/12/01
80 295 Waller, L. 3/17/01	192 Adkins, M. 3/30/01	341 Burgagni, J. 4/28/01	795 Reeves, 1/14/01
81 295 Clay, W. 4/6/01	192 Shivaie, H. 5/5/01	341 Salem, N. 4/28/01	790 Brown, M. 4/6/01
82 290 Moore, M. 4/6/01	192 Caldwell, S. 3/01	340 Waller, G. 6/3/00	788 Burgagni, J. 4/28/01
83 290 Mollett, M. 4/6/01	190 Heverley, W. 9/23/00	340 Caraway, S. 1/26/01	785 Caraway, S. 1/26/01
84 286 Wilson, L. 8/12/00	190 Holloway, D. 10/28/00	340 Brocklesby, C. 3/17/01	785 Lopez, J. 4/6/01
85 286 Tucker, T. 10/28/00	190 Toro, 1/14/01	340 Moore, T. 3/24/01	783 Datner, P. 11/4/00
86 286 Datner, P. 11/4/00	190 Rodea, L. 3/24/01	340 Alvarez, A. 3/24/01	782 Carpenter, D. 3/18/01
87 286 Wilson, J. 3/30/01	190 Kasseroler, D. 3/24/01	340 Sullivan, C. 4/6/01	780 Macy, J. 11/18/00
88 286 Courville, S. 3/30/01	190 Offield, R. 3/24/01	340 Brown, M. 4/6/01	780 Clay, W. 4/6/01
89 285 Reeves, 1/14/01	190 Esparza, Z. 3/24/01	337 Patterson, C. 11/16/00	775 Gordon, A. 4/6/01
90 285 Vallott, B. 1/20/01	190 Logston, D. 3/24/01	336 Murphy, G. 8/12/00	770 Lewis, V. 4/6/01
91 285 Nora, D. 1/26/01	190 Jenkins, D. 4/28/01	336 Remiticado, J. 11/16/00	770 Rice, M. 4/6/01
92 285 McDaniel, S. 3/16/01	189 Datner, P. 11/4/00	336 Wilson, J. 3/30/01	766 Bailey, D. 6/9/00
93 285 Rodgers, E. 3/16/01	187 Solais, T. 9/16/00	335 Martinez, M. 10/21/00	766 Courville, S. 3/30/01
94 285 Hernandez, L. 3/16/01	187 Berrtram, B. 3/24/01	335 Frankin, M. 2/3/01	765 Bigiane, P. 4/6/01
95 285 Barlow, J. 4/6/01	187 Melancon, S. 4/7/01	335 Lyons, T. 2/3/01	760 Brazil, M. 1/26/01
96 281 Edgar, B. 6/3/00	187 Perry, J. 4/7/01	330 Pollard, J. 7/29/00	755 McNulty, D. 11/3/00
97 281 McNulty, D. 11/3/00	187 Baumann, A. 3/30/01	330 Gnerve, B. 11/18/00	755 Stokes, M. 5/2/01
98 281 Coody, B. 11/4/00	185 Pwyatt, B. 6/3/00	330 Reeves, 1/14/01	751 Wilson, L. 8/12/00
99 280 Macy, J. 11/18/00	185 Dugas, J. 6/11/00	330 Balke, P. 3/10/01	749 Payer, J. 8/26/00
100 280 Pham, L. 3/24/01	185 Williams, C. 7/8/00	330 Carpenter, D. 3/18/01	749 Siveny, D. 1/20/01

PL USA Top 100 Achievement Awards



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NEXT MONTH... TOP 132s

Corrections... Randy Brooks reports that in the report of the Weightlifting Unlimited meet, Frank Lupis benched 335 lbs. rather than 305, and Petie Cropp did his 600 lb. press in the 275 lb. weight class. We certainly do apologize for any errors that our readers find in the various lists we publish, and we encourage you to please send any corrections to "PL USA ERRORS", Box 467, Camarillo, CA 93011. Sometimes we miss the lifts, sometimes the results are not available, and sometimes the bodyweights of the competitor are not indicated - there are several possible reasons for a mistake. (Sometimes, it takes a while to verify the correction.)

In the ad on p. 57 of the July 2001 issue of PL USA, for Dr. Darrell Latch's series of state fair meets, the Missouri State Fair competition will actually take place on August 12th, and the Indiana State Fair meet will actually be on August 18th.

WABDL N. Dakota State Meet 16 JUN 01 - Fargo, ND

BENCH PRESS	DEADLIFT	Women's Open	Men's Open
123 D. Siveny BL	160 J. Icenhour	181	540
4th 148	172 Men's Junior	198	580
A. Alarcon 165	J. Randt 4th	575	580
L. Puza 130	Men's 16-19	148	
4th 135	148		
Women's 40-46	D. Bristol 4th	315	330
D. Siveny 160	Men's 54-60	198	
4th 1721	198		
Men's Open	T. Haggemiller 530		
148	D. Hawkinson 400		
B. Mayo BL 275	MIDWEST REGIONAL		
198	BENCH PRESS		
D. Reeder 275	Men's Open		
Men's 40-46	148		
148	B. Mayo 275		
B. Mayo 275	Men's Junior		
Men's 16-19	165		
220	R. Snelling BL 350		
C. Trionfante 275	242		
4th 290	C. Oen 365		
DEADLIFT	Men's 40-46		
Women's Open	198		
123	D. Anderson 280		
D. Siveny 285	Men's 54-60		
148	198		
A. Alarcon 250	D. Hawkinson 350		
4th 265	T. Haggemiller 320		
165	DEADLIFT		
L. Puza 260	Men's Open		
Men's Open	165		
198	R. Snelling 535		
D. Reeder 420	4th 555		
Men's 16-19	Men's Junior		
220	165		
C. Trionfante 495	R. Snelling 535		
Minnesota State Meet	4th 555		
BENCH PRESS	Men's 40-46		
Men's Open	165		
242	D. Felton 540		
C. Oen 365	1908		
Men's Junior	D. Anderson 465		
198	Men's 54-60		
J. Randt 365	198		
242	T. Haggemiller 530		
C. Oen 365	220		
Men's 16-19	D. Johnson 6201		
148	4th 6301		
D. Bristol 280	SHW		
Men's 54-60	G. Rethwisch 530		
198	Men's 80+		
D. Hawkinson 350	165		
	R. Stephan BL 3371		
	4th 3451		

1 - WABDL World Record. *Rich Edinger, who is a lawyer, put on a first rate meet. I was picked up at the airport in a big stretch limo - a nice touch. I

would highly recommend this meet to any lifter in the upper Midwest. There was a lively get-together at a sports bar after the meet and some lifters from Minot Air Force Base partied at poolside at an indoor pool at the Doublewood. On to the lifting: Minnesota State Championship: In the bench press, Chris Oen set a Minnesota State Record in 242 open and junior with 365#. Josh Randt set a Minnesota State Record in junior 198 with 365#. Josh is very chiseled and he passed the drug test. He has many good years of lifting ahead of him. In teenage 16-19, 148# Dustin Bristol set a Minnesota State Record with 280# and Dan Hawkinson did a very impressive 350# bench in age group 54-60 198#. In the deadlift portion of the Minnesota State meet Joe Icenhour did a fine 540 at 181#. In the open, Josh Randt lifted less than stellar form did 575 on a 3rd and ripped up 580 on a 4th. He was all aggressive animal in the way he ripped up his lifts. In the North Dakota State Championship, Diane Siveny set a world record on a 4th attempt with 172.5# in the bench press in master 40-46 123#. Diane also won the open division with 160# on a 3rd. She is the North Dakota USAPL State Chairwoman. In 148# open

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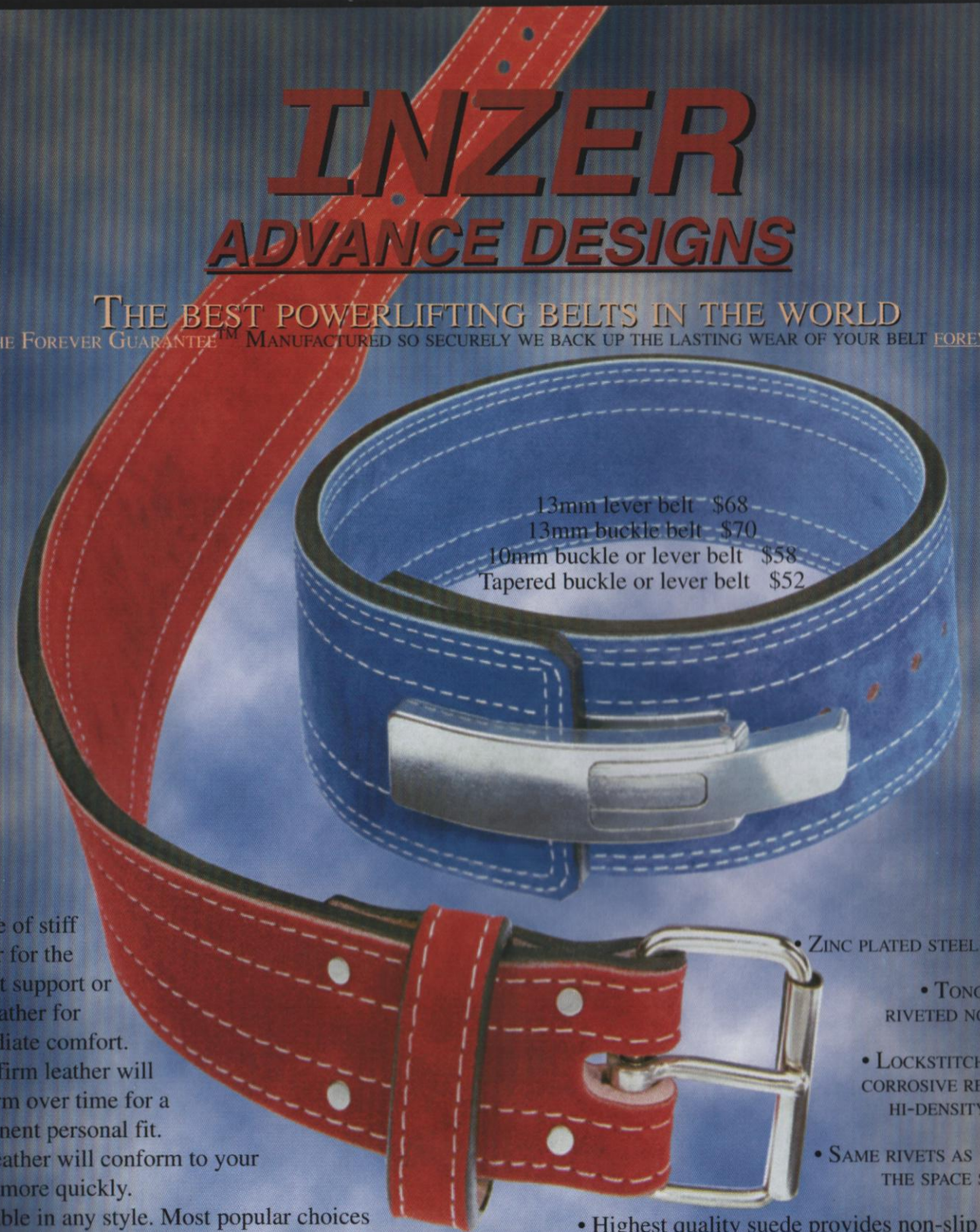
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