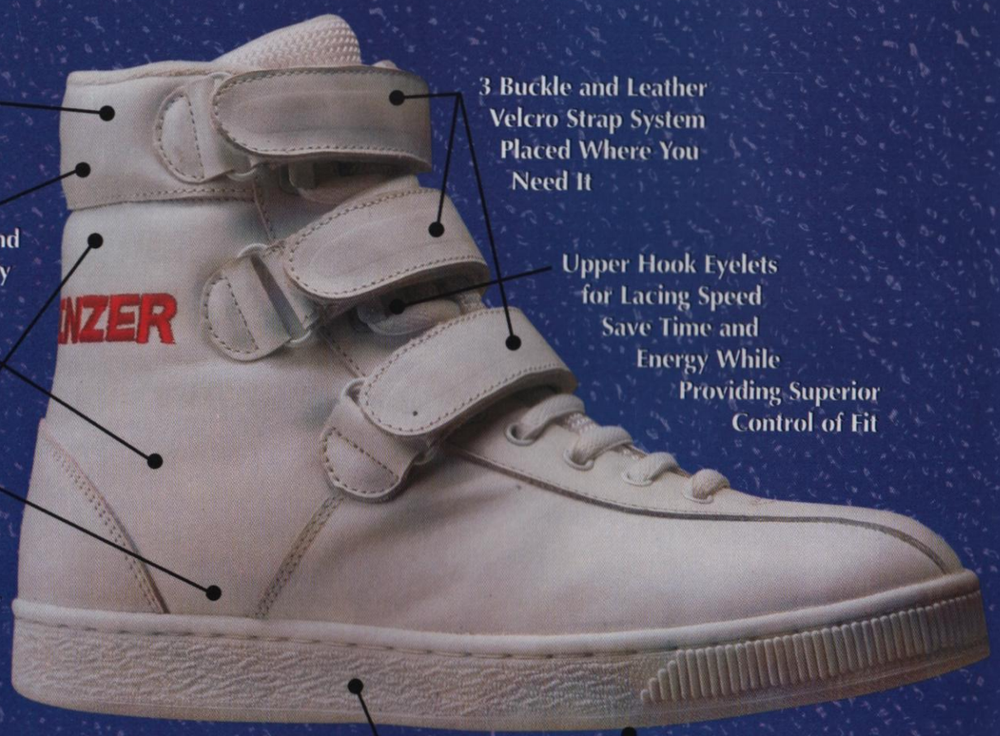
INZER®
POWER SHOE

maximize your leverage • stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.



SOLE MOLDED TO PERFECTION

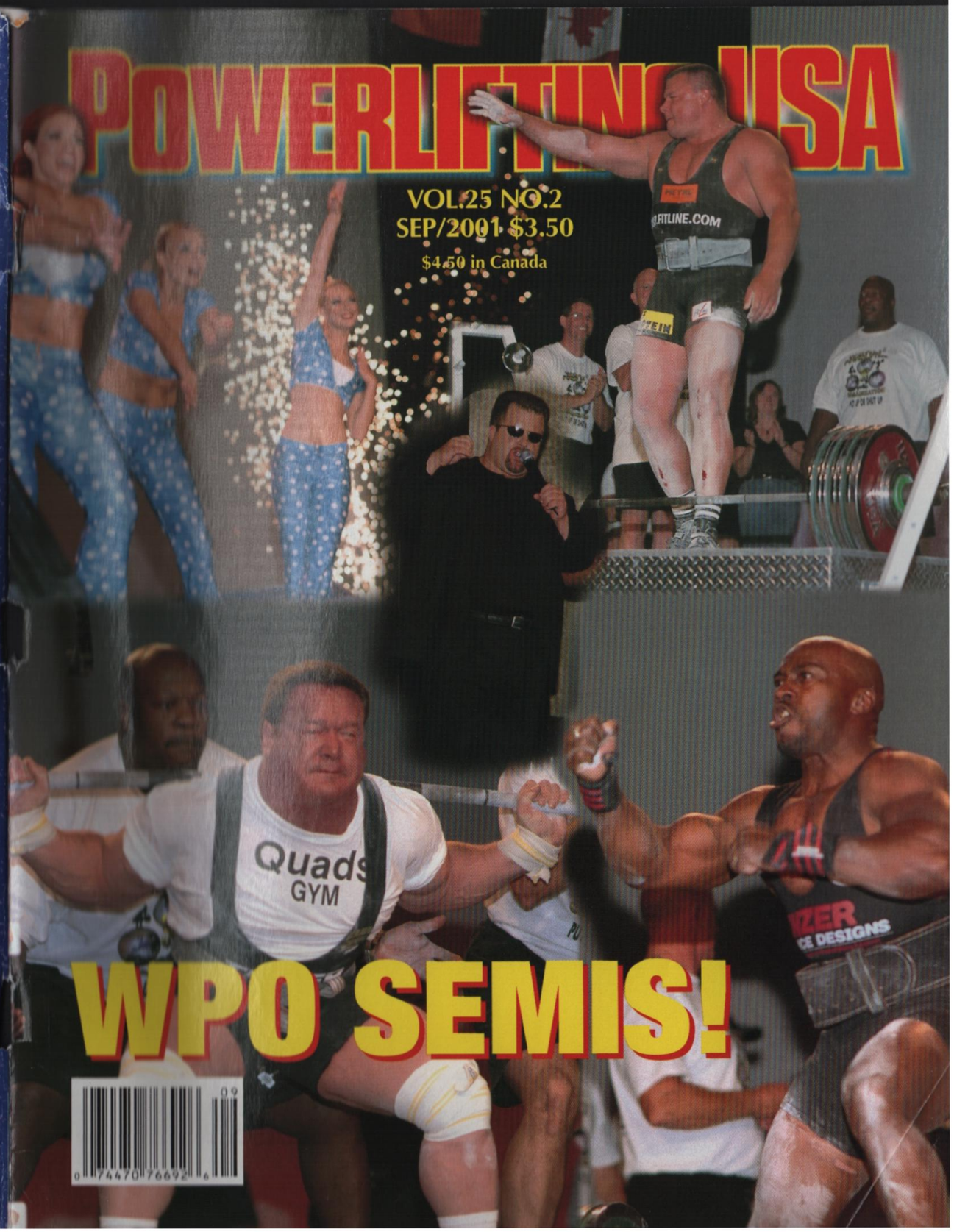
Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

INZER POWER SHOE $119.95

Available in solid white with scarlet red logo. Solid black available soon. Sizes 4 1/2 - 15

INZER® ADVANCE DESIGNS

The World Leader In Powerlifting Apparel
P.O. Box 2981 • Longview, Texas 75606
800-222-6897 • 903-236-4012



MARATHON SERIES

BRUSHED SUEDE INSIDE AND OUT

BREAKS IN EASILY

SIX ROWS OF STITCHING

EAVY DUTY ICKEL PLATED EAMLESS OLLER BUCKLES INGLE OR DOUBLE RONG

DOUBLE PLY, TOP GRAIN NATURAL LEATHER FOR MAXIMUM THICKNESS

BLACK EDGES

NINE HEAVY DUTY NICKEL PLATED RIVETS

410GL1
4" Double ply all around, one color, 1 or 2 prong.
$79.95

410GL2
4" Double ply all around, any two colors, (see color chart below), 2 prong only.
$89.95

410GL3
4" Double ply all around, any three colors, (see color chart below), 1 prong only.
$99.95

475GLB
4" all around, single color, lever action.
$74.95

SUEDE COLORS (SUEDE COLORS WILL VARY SLIGHTLY)

Cardillo

ORDERING INFORMATION

CALL NOW!

Please allow 6 to 8 weeks for delivery on custom belts.

Catalog Request Line ($3 per catalog)
1-617-394-9266
WWW.CARDILLOUSA.COM
TO PLACE AN ORDER ONLY
1-800-382-8081

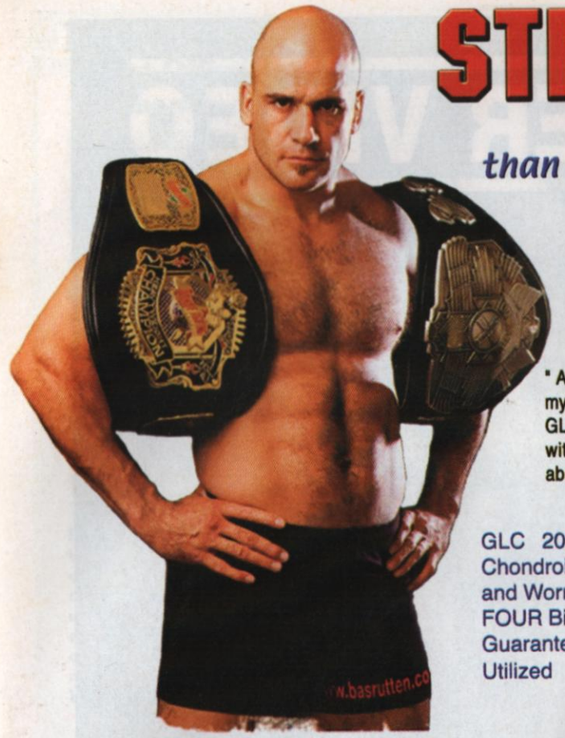
All custom belts are non-returnable!

Shipping/Handling within the Continental USA
1 Unit — $8.00
2 Units — $12.00
3 or more Units — $15.00

Outside Continental USA please call 1-617-394-9266
FAX ORDERS TO 1-617-394-0009

Cardillo also offers atheletic shoes and boots, wraps, straps, clothing apparel and more!

VISA MasterCard
Check or Money Order



STRONGER than Joint Pain

100% Pure Powder Concentrate

BAS RUTTEN

"THE WORLDS MOST DANGEROUS MARTIAL ARTIST"
UNDISPUTED UFC HEAVYWEIGHT WORLD CHAMPION
3 TIME WORLD KING OF PANCRASE

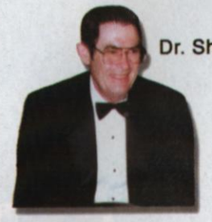
" As a Professional Athlete and World Champion I place an extreme amount of stress on my body, especially my joints. After trying many so-called joint products, I finally found GLC 2000; and trust me on this, it works! GLC 2000 helps me train longer and harder without the nagging pain. I recommend GLC 2000 for All of my friends. If you are serious about training and taking proper care of your joints, this is the product for you. GLC 2000 Realy Works!"

GLC 2000 is the World's ONLY FULL SPECTRUM Glucosamine plus Chondroitin; Scientifically Engineered to Help Repair and Regenerate Damaged and Worn Articular Cartilage. The Patent Pending GLC Formula Combines ALL FOUR Bioavailable Forms of Glucosamine in a Pure Powder Concentrate. GLC Guarantees the Most Complete and Potent Joint Supplement YOU can Buy. Utilized Exclusively by Medical Doctors and Professional Athletes

GLC 2000 is Now Available to You!

Jean Mae Cordova
Seniors Weightlifting Champion

" I've had arthritis since I was 15 years old. For the past 25 years I've had an on going pain in my right groin. Sometimes the pain was so bad I couldn't raise my leg more than 6 inches off the ground. After taking your product for only three weeks the pain disappeared and has never returned. I am able to do the seated press with 525 lbs, bench press 120 lbs. twice and do 30 regular push ups. The important thing is not the weight I use or the that I am 80 yrs old, but the fact that I can do all of it without the pain. What a relief to wake up in the morning without the aching and stiff joints. Thank you for such a wonderful product.....
Love Jean Mae "



Dr. Sherman G Madere
M.D. Specialist
Co-founder
C.A.P.P. Care
Arizona Prefered Physicians Guild

" In my 38 years of practice I have seen many products come and go. I have been particularly impressed with the unique GLC formula. By combining the entire glucosamine profile, GLC 2000 optimizes cellular membrane function and facilitates nutrient ionic transfer. GLC's Full Spectrum profile contains the proper glucosamine and chondroitin ratios your body needs. And because GLC 2000 is a 100% pure product, it increases your bioavailability and absorption rates . GLC 2000 provides each individual the foundation for optimal joint health. In the world of glucosamine and chondroitin products, GLC 2000 is as good as it gets. GLC 2000 works for me, for my patients and it can work for you."

"Gary Stevens Attributes his comeback to GLC 2000."

" Last year I was forced to retire from racing. The pain in my knees became so unbearable, my doctors told me I had run out of options. I tried ALL the other products out there, and they simply did not work. Then I found GLC 2000 and it changed my life!. GLC is without a doubt the BEST joint product I have ever used. GLC 2000 eliminated the pain and increased my flexability. Now a few short months after the hardest decision of my life, I am back in winning form, able to live my dream once again. I would not be back in the saddle today without GLC 2000. My family and I are so very grateful. GLC 2000 has Literally Given Me My Life Back! Thank you GLC"

STOP

Living with Joint Pain.

Listen to the Experts. GET SERIOUS about Joint Care. Let GLC 2000 Help You Repair Damaged Cartilage, Increaase Mobility and Flexability Lubricate and Regenerate Healthy New Articular Cartilage. Start Training Longer and Harder TODAY! Join the Professionals on Team GLC 2000

*1 Bottle Lasts 3 Months**

Each level scoop contains 3.5g
Pure GLC
Guaranteed Assay

Chondroitin Sulfate	750mg
Glucosamine HCl	750mg
Glucosamine Sulfate	750mg
Glucosamine Potassium	750mg
N-Acetyl D-Glucosamine	225mg
Ascorbate	225mg
Manganese Proteinate	50mg

**These statements have not been evaluated by the Food and Drug Administration This product is not intended to Diagnose, Treat, Cure or Prevent any Disease.

Don't Let Injuries or Father Time Slow YOU Down

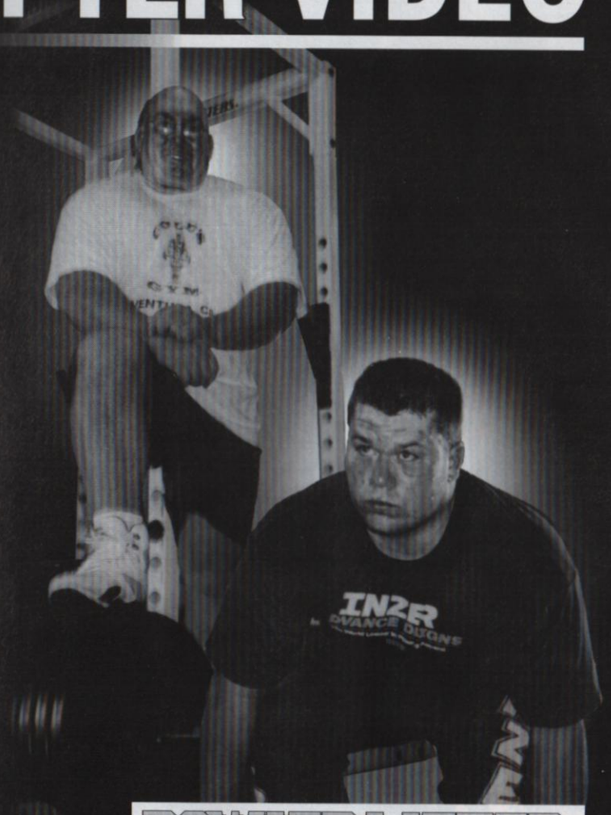
FIGHT BACK

with the World's ONLY Full Spectrum
Glucosamine + Chondroitin

(859) 987-0847
www.GLCdirect.com

The BEST Product the BEST Price GUARANTEED

POW!ERLIFTER VIDEO



OUR HOT NEW ISSUE:

★ STAR BENCH WORKOUT *with* George Nelson

★ STAR DEADLIFT WORKOUT *with* 800 lb. Puller George Brink and Josh Bryant!

★ BOOST YOUR DEADLIFT & SQUAT with Bernie Gagne!!

★ Dr. Sal Arria & the ISSA

+ MUCH, MUCH MORE!!!

SUBSCRIBE TODAY!

POW!ERLIFTER
VIDEO MAGAZINE

CALL 1-800-227-2355

Yes, I Want to Lift Big! Sign me up for **POW!ERLIFTER** Video Magazine. Detach and mail this form with your check made payable to **POW!ERLIFTER** Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow, approximately every 3 months, at $19.95 per issue* plus S&H. And you are free to cancel anytime.

Name_____

Address_____

City _____ State _____ Zip _____

Phone _____

33 *Non U.S. residents add $3.50 per issue

SPECIAL SUBSCRIPTION OFFER	
First payment	$ 19.95 US
Shipping + handling	$ 2.95
Sub-Total	$ 22.90*
Sales tax (CA residents only)	
Total Enclosed	$

❑ Visa ❑ MC ❑ Am Express ❑ Discover

Card No. _____ **Exp. Date** _____

Signature _____

Mail to: POW!ERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213

Powerlifting USA
Post Office Box 467
Camarillo, CA 93011

Editor-In-Chief *Mike Lambert*
Controller *In Joo Lambert*
Statistician *Herb Glossbrenner*
Publisher *Mike Lambert*

'...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, ... through their own love for the sport .... this is their magazine.'

POWERLIFTING USA (ISSN 0199-8536) is published monthly for $31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....$31.95
USA addresses, 2 yr.....$58.95
First Class Mail, USA, 1 yr $54.00
Outside USA, surface mail .. $42.00
US Outside USA, air mail ..$84.00 US

Telephone Orders
Subscription Problems
800-448-7693/805-482-2378
FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 25, Number 2 - September 2001 -

WPO SEMI-FINALS.....Mike Lambert.....6
"NO DEADLIFT" ROUTINE.....Kenny Croxdale CSCS.....8
WORKOUT OF THE MONTH.....Gus Rethwisch.....10
RAY BENEMERITO INTERVIEW.....Fred Rice.....12
KNEE PAIN AND M.S.M.....Marc Cavigioli M.Ed.....14
THE BEST OF ALL TIME.....Dr. Larry Miller.....15
POW!ER SCENE.....Ned Low.....17
BEAUTY & BEAST.....Christie Bridges.....18
IGOR DEREVYANKO.....Dr. Larry Maile.....20
DR. JUDD.....Judd Biasiotto Ph.D.....22
EXERCISES FOR THE TRICEPS.....Louie Simmons.....26
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....32
CHALK & POWDER.....Doug Daniels.....34
FORCE TRAINING Q&A.....Dave Tate.....41
ALL TIME TOP 50 181s.....Herb Glossbrenner.....42
ALL TIME TOP 50 198s.....Herb Glossbrenner.....43
POST-WORKOUT NUTRITION.....Dr. Jeff Stout.....44
COMING EVENTS.....Mike Lambert.....53
BACK ISSUE LISTING.....61
TOP 100 132s.....Mike Lambert.....94
UNCLASSIFIED ADS.....95

ON THE COVER .... Kieran Kidder's WPO Semi-Finals ROCK!

Copyright 2001 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

POWERLIFTING USA Magazine
ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ **State** ____ **Zip** _____

YES! SIGN ME UP!
Check one:

❑ **NEW**
❑ **RENEWAL**
❑ **Address Change**
(indicate previous address)

$31.95 for 12 monthly issues. $58.95 for 2 years (USA address rates)
Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011
(MC/VISA also accepted)

Get PLANET MUSCLE™ FREE!

The World's Most Complete Muscle Building and Nutritional Mag is FREE!
Bodybuilding, Strength and Size, Definition, Power and Olympic Lifting, Sports Training and Honest and Real Information on Food Supplements!

Call Now 800.940.5978 For Your FREE Subscription!

Jeff Everson's PLANET MUSCLE™ is FREE!
"Muscling In On Bodybuilding Truth!"™ *800.940.5978*

PLANET MUSCLE is the fastest growing, most unique, complete, uninhibited and controversial TOTAL IRON magazine ever! Its revolutionizing the bodybuilding magazine marketplace because you get all honest up-to-date information FREE. (You don't even pay postage.) Call us today at 800.940.5978 or subscribe easily online. Visit us at planetmuscle.com. Or send in the handy subscription form at the right! Start getting the BEST magazine on the market today!

WATCH PLANET MUSCLE WEEKLY ON E! ENTERTAINMENT CABLE!

See Ericca Kern, Gea Johnson, Lena Johannesen, Vince Taylor, Melissa Coates, Chris Lydon, Jeff Everson, Sherry Goggin, Paul Dillett and other bodybuilders and fitness stars.

PLANET MUSCLE airs the first 3 Thursdays of every month on E! Check your local cable company for times and then set your VCR's! (Dish subscribers, contact your dish company for times)

CALL 800.940.5978
planetmuscle.com

Subscribe FREE to Planet Muscle Magazine!

Name _____
Address _____
City _____
State _____
Zip _____
Phone _____
Email _____

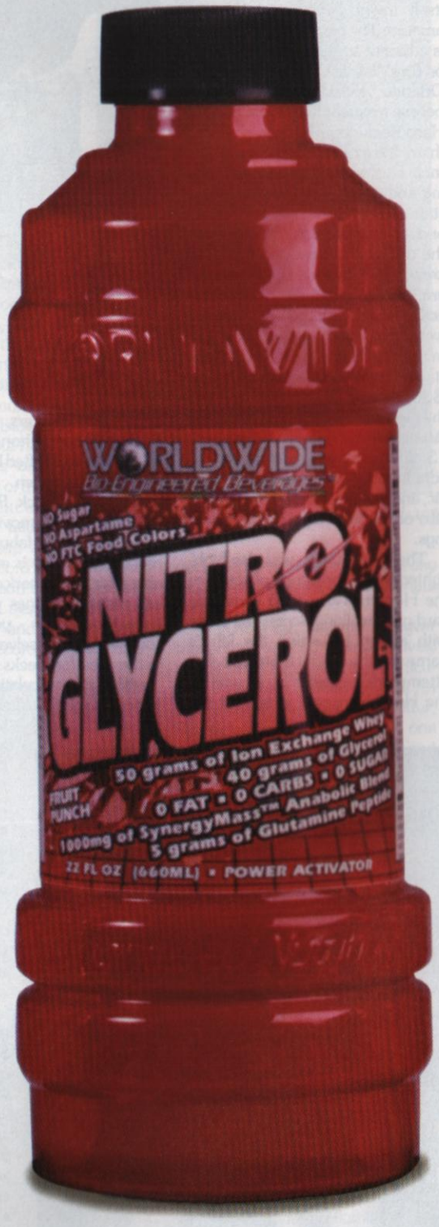
Please Cut Out and Mail to:
Planet Muscle Magazine
PO Box 260500
Highlands Ranch, CO 80163

PLUSA

WORLDWIDE
Bio-Engineered Beverages™

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

Your Body Is One Great Masterpiece Of Bio-Engineering.



Meet the Second.

The innovative, bio-engineered formula for **Nitro Glycerol™** has broken new ground in power activation drink technology.

Our extreme power activator starts with an astounding 50g of select ion-exchange whey protein. Then we supersaturate it with 40g of glycerol to help you hydrate your muscles and give you a serious pump. Next we fortify it with 5g of anti-catabolic glutamine peptide to help boost your muscle recovery. Then we add 1000mg of our special anabolic blend SynergyMass™ for some bulk-building power and 200mg of Ma Huang for a little energy-cranking dynamite.

The result: *nothing else even comes close.*

So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

Nitro Glycerol™—*Anything Else is Ancient History.™*

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

Anything Else is Ancient History.™

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

The W.P.O. SEMI-FINALS

as seen by Powerlifting USA Editor Mike Lambert

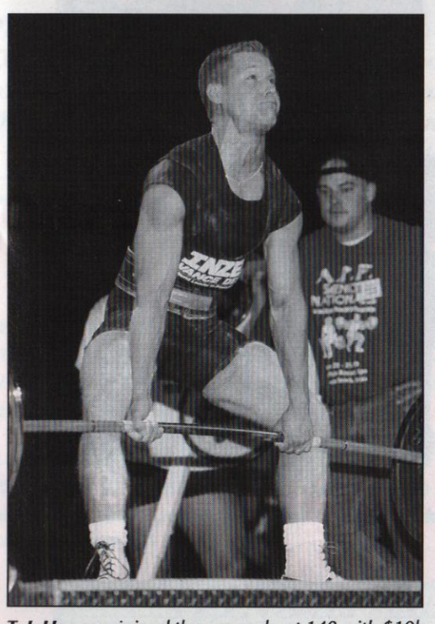
***August Clark** accomplished bench press feats worth exulting about.*

Anticipation was running wild prior to the WPO Semifinal meet promoted by Kieran Kidder - as well it should. Kieran had been priming the pump for months, and backing up his talk with bucks - Big BUCKS - namely $160,000 in prize money - and the cost to produce the meet itself might have exceeded that amount. The Hard Rock Live venue is adjacent to the Hard Rock Cafe on City Walk at Universal Studios in Orlando, Florida. Thousands of people frequent City Walk and the Hard Rock complex draws a lot of them. It is a resplendent facility with multi-level seating, spectacular lighting and sound systems, as well as state of the art event management and refreshment staffs. Brought into the mix was a 5 camera television crew, which included a boom camera, which creatively caught the action from a variety of angles which were displayed on the multiple monitor screens that flanked the stage. There was a pay per view ($30) internet feed of the event, and the tape will be packaged into three distinct television shows. Lifters from 13 different countries were reportedly involved and Finnish, Icelandic, and Dutch television crews were also on hand to tape the proceedings.

The presentation was also highlighted by the presence of some of the Hooters Girls, who served as card girls (walking across the stage with a sign indicating the lifter's name and the weight that was being attempted) periodically, as well as the Huge Iron card girls, and the Huge Iron dancers. In between, bars were bent, phone books torn, and trucks were lifted by a variety of veteran strongmen. An excellent announcer, Chuck Ratliffe (spelling?), kept things moving smoothly.

Orlando is a fabulous piece of real estate - there is every conceivable amusement park complex, and lots of smaller ones you've never even thought of - young people could keep themselves entertained in the area for weeks.

Was the speculation too high? ... how would the lifters respond to all this opportunity, and all this pressure? Appropriately, some amazing lifts were made. The WPO recognizes 10 weight classes, starting with 132 and ending up with the 308s, followed by the Supers. $10,000 was offered to the winner of each weight class, with lesser prizes for 2nd and 3rd placers, as well as a $1000 bonus for any WPO recognized world records that were broken.



***T. J. Hoerner** joined the pro ranks at 148 with $10k*

In the lightest WPO class, the 132s, Amy Weisberger earned the right to be the only woman competing here by meeting the man's qualification standards. Having held an "open" WPO record, she did herself proud here by cracking the 1200 barrier. Chris Leverett, handled by masters lifting star Ann Leverett's husband Earl, and took his shot at glory with a 523 deadlift that was just too much. Allen Whigham of Missouri put his long limbs to work and made a nice 253 bench and 534 deadlift. Hennis Washington III makes an awe-inspiring anatomical advertisement for the health food store he manages, and he used that sculptured body of his to move some huge attempts, with the roaring approval of local fans. While his deadlifts ended at 540, USAPL Men's champ Tim Taylor kept his going all the way up to a sensational 606, to total the same 1438 as Hennis. Tim opened his benches at 308 without a shirt, and then donned the gear for 336 and his miss at 352.

Day and night, it was hot and humid in Orlando, and at one point meet promoter Kieran Kidder declared the lifting itself was making him so hot that he was going to have to be "hosed down", but air conditioning installer August Clark took time out from his busy practice to blast up 10 solid attempts to take the 132s. August was hotter than hot in the benches, busting WPO world records all the way up to 435, and then topping that with an amazing 446 on a 4th attempt, on which he simply would not stop pushing. The magnificently muscular athlete looks too big to even be a lightweight, and he had the best patter going with the live broadcast interviewer and fitness queen Debbie Kruck - wishing his Dad happy birthday and forgetting what amusement park he was in by answering Debbie's query about what he was going to do next with "I'm going to Disneyworld!" NASCAR's Amy Frantz was also on hand to do audience reaction pieces for the broadcast.

The lifters were divided into 5 flights, and for the first three flights the initial squat attempts were done in a separate meet set-up backstage, according to WPO convention, with only those making a first or second attempt being able to advance to the stage for their final attempts. This arrangement was developed to enhance the presentation for television purposes, but it seemed to cause some delay in the overall competition, which ended up being signficant later on in the contest. For the final 2 flights, to save time, all attempts were done on the main stage. The attempts made back stage were not announced, leading to some confusion in the results that we were able to obtain for the competition. (Any errors will be corrected in a following edition of *PL USA*).

In the lightweights, Finland's Sakari Selkainaho had a nice day going with a 611 squat and 385 bench, but 551 was too high for him to start with in the DL, and - according to the WPO rule - this prison guard bombed out after missing his first and second attempts. Rick Grayes of Florida moved some nice weights in his precise style to get his 1455 total on the books, and Brian Schwab showed balanced lifts and striking muscularity to get himself a 1526 mark. T.J. Hoerner lifted beyond his young years to take the 148 win, though he had to carefully execute each deadlift to insure his victory. Several lifters had their favorite music on hand to play prior to their attempts and T.J., uniquely, had a Christian themed song as his inspiration.

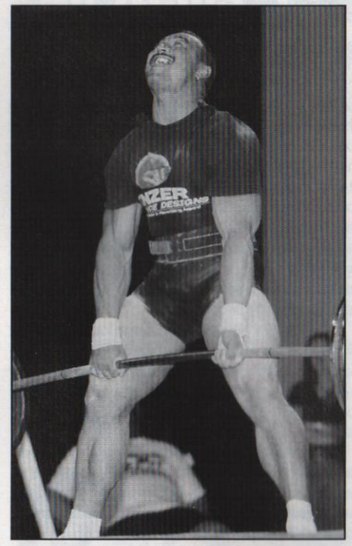
The 165s were the biggest class and had the most exciting action, and the most broken records. Ed Bridges, a roofer out of Peoria, IL and, reportedly, the famous Bridges family, only got one squat and one bench, before hitting an early WPO exit with 2 misses at a 617 DL. Actuary Jeff Holzbauer analyzed his chances for this meet and came up with 1576 lbs. in this extra tough environment. Joey Almodovar, the chimney mason from New York City, was told his bench shirts were not acceptable and went at them raw. The bench was arranged so that the head referee was facing off stage, by the way. Joey, who probably could make some bucks by posing for one of those medical text vascularity charts, took his best shot

***Arnold Coleman** made a $1000 WPO bonus mark in the bench press*

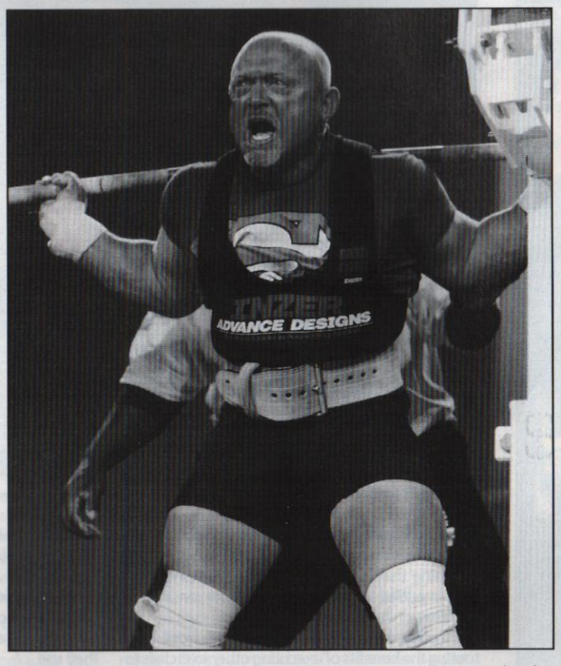
under the circumstances. Gianfranco Manca of South Africa, 34, was in tough company with born-to-pull phenom Tony Caprari and Dave Contreras, who made a comeback to PL when he saw the money the WPO was offering. Levi Alday, a chiropractic student we hear, gave the bar some adjustments in each discipline, but especially the bench, where he got a $1000 bonus for his 490, and he went on to try, but miss, at 501 on a 4th. Ron Palmer was so trim it was amazing to see him handle such audacious weights, but this Indianapolis trainer is almost too real. Angelo Berardinelli is hard to bet against, especially when he almost gets a world record in the bench, but he almost made his way into the money via the deadlift. Wade Hooper missed a WPO world record 733 squat rather badly, but then returned to easily dip down deep and stand up tall with the weight - the best squat looking squat he may have ever done - and then he jumped even higher to 749 on a 4th attempt and nailed that one too! Wade rode his advantage hard through the benches, hitting another WPO world record of 496 on his 2nd attempt, and then taking a shot at a massive 518 (with a different shirt?) on his 3rd. His opening deadlift at 567 gave the others a sitting bullseye when he missed 595 twice. Resourceful Jarmo Laine broke Wade's fresh squat record on his 3rd attempt with a 734, and then plotted his deadlift course to finish up over Hooper there as well, but there was another factor for him to consider. Anthony Conyers, who showed up on the platform to lift his attempts with a gladiator's helmet and sword, ended up with a tie to Wade's 733 when he made it just afterwards, but he followed up Wade's 4th attempt move to 749 with a 4th attempt of 750 himself, and the mighty warrior simply would not stop pushing on the weight, and it couldn't overpower him! He looked to be in the driver's seat with his 435 bench and 650 opening deadlift, but he missed his modest jump to 672 with a odd hitch in the lift. Anthony turned it on for his final try, with the dollars on the line, and made it strongly to win this unbelievably tough class.

Joe Doherty missed a 738 squat in the 181s, but then sealed his doom with the deadly 1st and 2nd attempt miss combo in the bench at 468, and he was out of consideration for the money. 54 years old and battle scarred, Fabian Wambsgans was battling it out with the iron and the pros, but it wasn't easy when only 4 attempts went his way. Local legend "Captain Curt" Warren had some great Star Trek themed music to accompany his lifts, but Arnold Coleman was clearly the class of the weight class, with a ripped and sculpted body that could easily grace the cover of any major bodybuilding magazine with no complaints. He re-took 749 in the squat successfully and benched up and up and up to a WPO record bonus 545.

In the 198s, Joe McCoy ruggedly jammed up a 507 bench, but not the bold tries at WPO style world records of 606 and 628. Jon Gunnarson of Iceland also took some healthy jumps, and he made most of them pay off. Matt Zweng was a little put off when the security staff wouldn't let him bring in outside food to the venue, but he was in great spirits on the platform, cruising through 3 excellent squats, before taking a 4th attempt leap at an WPO world record of 854 that was too much. He didn't miss again until his final deadlift. Jess Kellum looked powerfully fit, and drilled a new WPO world record squat of 850, but couldn't get the lights he wanted with 881. After a slow lockout with a big 595 bench, he barely didn't get another 597 WPO record. In the deadlift, he hauled up 666 and declared he could hold it up all day before letting down under ultimate control.



***A very Professional 220er** ... Harald Selsam*



***Jess Kellum** focuses in on a success in the squat for even more bucks!*

At 220, Iceland's Ingvar Ingvarson opened conservatively and jumped extravagantly, particularly in the bench press, to post his 1730 total. Another local lifter, Dondell Blue, who reminds one somewhat of Walter Thomas, put together some nice lifts. Kenny Patterson had a dreadful opener in the squat with 672, but got himself together to re-take it and 705 successfully. The WPO bench world record was his at 622, but a jump to 672 wasn't passable. He shows where he gets his benching power when he deadlifts, where incredible musculature in the pecs, delts, and arms becomes markedly apparent. Scott Burbank used to train with Kieran Kidder at the Keene, New Hampshire YMCA and he rejoined his buddy at his extravaganza this year. Ornately tattooed all over his body, Arto Rajala of Finland did some very strong squats and benches, and seemed quite dismayed with the hand problem that kept him from making his 733 deadlift attempts. Chuck Vogelpohl was on hand with his flaming watch cap and raging intensity. Boy, he is explosive in his squats once he slowly descends to the bottom of his stroke. His pulls went a little awry and that allowed Travis Mash to

(article continued on page 90)

DEADLIFT TRAINING

The "No Deadlift" Deadlift Program

as told to Powerlifting USA by Kenny Croxdale, BA, CSCS

If you're like most lifters, you probably work on improving your deadlift by regularly training with the deadlift itself. You may want to reconsider this method. Although it might seem like the logical and accepted way to train, several well respected lifters over the last several decades have said otherwise.

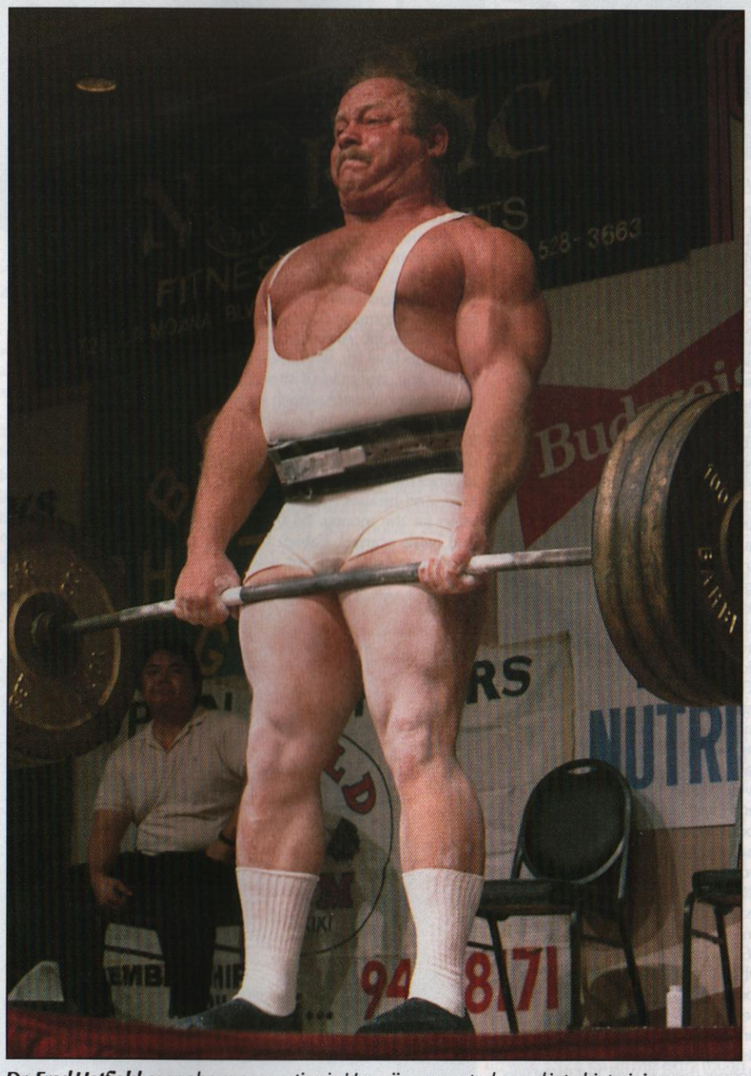
There are two components to training the deadlift efficiently. The first component is strength, and the second is power.

Let's start by looking at the strength aspect. Back in 1968, at the Senior National Powerlifting Championships, two of the best powerlifters weren't powerlifters - they were strength athletes from another sport. To the amazement of the powerlifters, one of these visitors demolished the 198 pound American Deadlift Record with a 666 pound pull, while the other assaulted the Superheavyweight American Deadlift Record. It must have been a bit unsettling to the powerlifting community to have those two invade their turf and steal some of their thunder.

These visitors to the Championships were Olympic lifters Bill Starr and Ernie Pickett. Neither trained the deadlift. By eliminating deadlifts from training, Starr's personal best had jumped 61 pounds with Pickett adding 50 pounds to his deadlift.

It was Starr's belief that the majority of powerlifters overtrained the deadlift. He stated that heavy deadlifts with 500 - 600 pounds fatigued the lower back and required longer recovery times. Not many people paid much attention to him. Powerlifters, as a whole, are still overtraining their deadlifts.

Another lifter who didn't believe in training with the deadlift was Loren Betzer. In the late '70s, Loren Betzer wrote an article titled, "To Deadlift More, Don't Deadlift". Betzer described himself as a conventional deadlifter. As with most conventional deadlifters, Betzer was blowing the weight off the floor only to have it stall out higher up. By dropping the deadlift from his training program, Betzer ended up putting 40 pounds on it in 5 months.



Dr. Fred Hatfield, *seen above competing in Hawaii, corporated speed into his training programs*

Today, Louie Simmons is on the front lines touting the benefits of executing other exercises to develop one's deadlift. One of the most profound statements Simmons made about the deadlift is, "Why do an exercise that takes more than it gives back?"

Let's take a look at how Starr, Betzer and Simmons choose to train their deadlifts. There is a common thread that runs through the programs they use.

Bill Starr detailed his "no deadlift" deadlift training program in the September 1969 issue of *Muscular Development*, in an article called, "A Different Approach To Improving The Deadlift". According to Starr, there were four exercises that carried over to the deadlift: power cleans, heavy shrugs, hi-pulls and good mornings.

Power cleans and hi-pulls were used to build speed, as well as working the traps. Olympic-style shrugs were also performed for development of the traps. The traps are vital in finishing the top part of the deadlift.

Starr's final exercise was his favorite — good mornings. Good mornings contributed the most to pulling strength, and were trained with heavy poundage.

Betzer added 40 pounds to his deadlift in five months by breaking down his deadlift training into three areas: the blast-off, the knee area and the mid-thigh area. For the blast-off, Betzer found working the squat to be the best exercise. For the knee area, Betzer's exercise of choice was, again, good mornings. And finally, for the mid-thigh area, Betzer selected deadlifts off 6 inch blocks. Block deadlifts are essentially the same as rack deadlifts.

The current strength guru to put good mornings on the breakfast table of champions is Louie Simmons. Simmons could be the poster child for good mornings. His training tapes take you through a jungle of good mornings. Starr, Betzer and Simmons all consider good mornings to be the staple exercise for training the deadlift, with a huge potential for producing gains.

Now let's talk about the power aspect of training the deadlift. Power is the grease that helps you slide through your sticking point. When it comes to speed development, research clearly shows there are one group of exercises that are the kings of power: the Olympic pulls.

Work by Dr. John Garhammer, a biomechanist at the Department of Physical Education and Kinesiology at California State University, Long Beach, reveals some interesting comparisons between exercises in the development of power. Garhammer underlines Starr's remarks that speed for the deadlift is built with Olympic pulls. In "A Review of Power Output Studies of Olympic and Powerlifting: Methodology, Performance, Prediction and Evaluation Test", elite Olympic lifters' and powerlifters' power outputs were as follows (w/kg = watts per kilo of body weight): During Entire Snatch or Clean Pull Movements: 34.3 w/kg Men; 21.8 w/kg Women. Second Pulls: 52.6 w/kg Men; 39.2 w/kg Women. Squat and Deadlift: 12 w/kg Men. For female powerlifters, "estimates indicate that the corresponding values for women are 60-70% as great".

With this basic breakdown in mind, the power output comparisons of a 100 kilo male lifter in the clean, second pull and deadlift would be as follows. Power Clean — 3430 watts; Second Pull — 5260 watts; Deadlift — 1200 watts.

Obviously, there is a huge difference in power outputs. The power output of clean pulls is 2.85 time greater than a deadlift. Second pulls are even higher with power outputs 4.38 times larger than deadlifts. Garhammer's research showed that even when dropping the training poundage down to lower percentages for Olympic pulls and deadlifts, outputs for Olympic pulls were still almost twice as great. Starr was way ahead of the curve on his training in regards to Olympic pulls for deadlifts.

Now let's take a look at how to make this "no deadlift" deadlift program work for you. The first thing is — stop deadlifting! The deadlift is not a skill lift. It overworks the lower back. It requires longer recovery periods between training sessions. In the July 1981 *Powerlifting USA* article, "The Biomechanics of Powerlifting", Dr. Tom McLaughlin cautioned, *"...whatever you do, DON'T OVERTRAIN THE LOWER BACK. These muscles fatigue faster than almost any other muscle group in the body and also take more time to recover."*

If you feel you must do deadlifts, work them out of the rack at your sticking point, as Betzer did. However, their use should be restricted to infrequent training sessions. Remember, rack deadlifts, like regular deadlifts, quickly overtrain the lower back, due to the tremendous poundage that can be lifted.

Replace the deadlift for lower back training with good mornings. Good mornings strengthen the lower back muscles for deadlifting without overtraining them. Starr, Betzer and Simmons all regard good mornings as the breakfast of champions for strength training the deadlift.

Most powerlifters perform some type of lower back strength training, but neglect the importance of speed training for the deadlift. Those who do realize the importance of speed training are not employing the best exercises ... namely, the Olympic pulls.

Supporting Starr and Garhammer's belief in the importance of Olympic lifts in the development of power is Fred "Dr. Squat" Hatfield. In his article, "Athletes and The Olympic Lifts", Hatfield comments: *"Pound for pound, Olympic weightlifters have a greater level of speed-strength than any other class of athletes in all of sport. This fact was made very clear during a massive scientific expedition carried out on the athletes at the Mexico City Olympics in 1964. Sports scientists found that Olympic lifters were able to both vertical jump higher than any class of athletes (including the high jumpers), and run a 25-yard dash faster than any class of athletes (including the sprinters)."*

While genetics played a large part in this high level of power, specialized training allowed these athletes to approach their genetic potential. The 'snatch' and 'clean and jerk' were the centerpieces of their training.

Hatfield's article, "Powerlifting and Speed-Strength Training" revealed that *"explosive movements with the weights is the only way to develop great explosive strength."* Hatfield went on to say that, *"If all you've been doing is slow, continuous tension movements — and from my observations, too many of you do it — you should take careful heed of the research. Remember, it's the white fibers — the ones that contract fast — that will give you the greatest returns in speed-strength.... never neglect these important fast movements."*

As you can see, Olympic pulls are vital for power development for your deadlift, while good mornings are essential for strength training. Put together, good mornings and Olympic pulls are the most effective exercises for increasing one's deadlift. You will be less likely to overtrain your lower back. You will have more energy for your squat and bench press. And as an added bonus, you will reduce your ibuprofen usage.

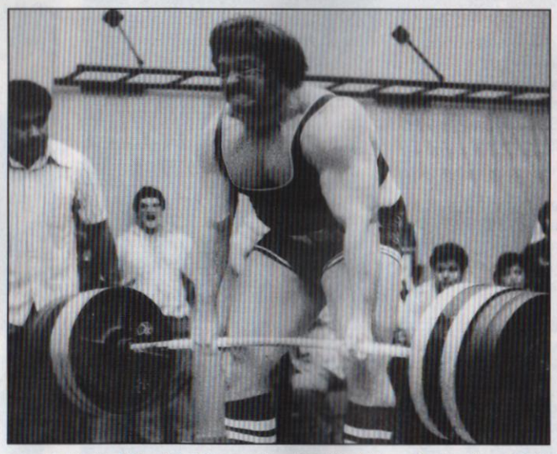
The concept of 'no deadlift' deadlift training may go against the grain of longstanding popular opinion, but it's backed by solid reasoning and results. Give it a try and see how it works for you.

KENNY CROXDALE

WORKOUT of the Month

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

The Gus Rethwisch Deadlift Program



Gus Rethwisch had 900 in the deadlift this high as far back as 1978.

This workout will consist of two parts. The first part is a conditioning cycle and will last six weeks. The second part will be the pre meet cycle and will last 12 weeks. This program will be for an intermediate lifter who now deadlifts 575 lbs and squats 575 lbs. At the end of these cycles he (or she) will be able to deadlift 650 lbs. This cycle will work for anyone whose current top DL is anywhere from 300 lbs to 700 lbs. Over 700 lbs and the 'fun' begins. To scale up or down use the following formula (difference - or + divided by 575 - then that percent multiplied by 365 lbs.) Your first deadlift workout uses prior workout poundages scaled up or down. For example, if someone is doing 700 lbs. now:

700 – 575 = 125 lbs.
125 + 575 = 22%
365x22% = 80
365 + 80 = 445 lbs.

•Week 1, Monday:
DL: 135x7, 225x6, 315x3, 365x8x4.
Stiff leg DL: off blocks, 275x5, 305x6x3.
Hyperextensions: 3x10, with 35 lb. plate behind head, 3x10.
High bar squats: 135x8, 185x8, 225x8, 255x6
Hack squats: strict form, torso completely straight, use olympic bar, heels on a 2x4, 65x5, 75x5x3.
Leg curls: 60x8x5.

•Friday:
High bar squats: 135x8, 185x56, - 225x5, 275x3, 285x5x3.
Deadlift: 135x7, 225x5, 315x5.
Racks: from top of knees, back kept in flat position and head up. If done correctly, your lower back should not feel very much of the load. This exercise is for upper ⅓ of back, deltoid area, shoulder blades, traps and the neck and its surrounding tie in muscles above the chest.
Hang cleans: 95x8, 115x6, 135x5x3.
Dumbell rows: 70x6x4.
Long pulley rows: 100x8x4.
Leg curls: 65x8x5.

•Week 2, Tuesday:
DL: 135x7, 225x6, 315x3, 370x8x4.
Stiff leg DL: 275x5, 310x6x3.
Hypers: 3x10, with 35 lb. plate 3x10
High bar squat: 135x8, 185x8, 255x6
Hack squats: Olympic bar 65x5, 75x5, 55x5x3.
Leg curls: 65x8x5.

•Saturday:
High bar squat: 135x8, 185x6, 225x5, 265x3, 290x5x3.
Deadlift: 135x7, 225x5, 315x5.
Racks: 325x5, 375x5, 415x5, 435x5.
Hang cleans: 95x8, 115x6, 140x5x3.
Dumbell rows: 70x6x5.
Long pulley rows: 105x8x4.
Leg curls: 65x8x5.

•Week 3, Wednesday:
DL: 135x7, 225x6, 315x3, 375x8x4.
Stiff leg DL: 275x5, 315x6x3.
Hypers: 2x10, 45 lb plate, 3x7.
High bar squat: 135x7, 185x7, 260x6.
Hack squats: 65x5, 75x4x4.
Leg curls: 70x8x5.

•Sunday:
High bar squats: 135x7, 185x5, 225x4, 265x2, 295x5x3.
Deadlift: 135x7, 225x5, 325x5.
Racks: 325x5, 380x5, 420x5, 445x5.
Hang cleans: 95x8, 120x6, 145x5x3.
Dumbell rows: 70x6x6.
Long pulley rows: 110x8x4.
Leg curls: 70x8x5.

•Week 4, Thursday:
DL: 135x7, 225x6, 315x3, 380x8x4.
Stiff leg DL: 275x5, 320x6x3.
Hypers: 2x10, 45 lb plate, 3x8.
HB squats: 155x7, 205x7, 270x6.
Hack squats: 65x5, 75x5x4.
Leg curls: 70x8x6.

•Monday:
HB squats: 155x7, 205x5, 235x3, 275x2, 300x5x3.
DL: 135x7, 235x5, 330x5.
Racks: 330x5, 390x5, 430x5, 455x5.
Hang cleans: 95x8, 120x6, 150x5x3.
Dumbell rows: 75x6x6.
Long pulley rows: 115x8x4.
Leg curls: 75x8x5.

•Week 5, Friday:
DL: 135x7, 225x4, 325x3, 390x8x3.
Stiff leg DL: 275x5, 325x6x3.
Hypers: 45x8x3.
HB squats: 155x7. 205x7, 270x6x2.
Hack squats: 65x5, 75x6x3.
Leg curls: 75x8x6.

•Tuesday:
HB squats: 155x7, 225x5, 260x3, 310x5x3.
DL: 155x8, 245x6, 340x5.
Racks: 330x5, 390x5, 430x5, 465x5.
Hang cleans: 95x8, 120x6, 150x5x3.
Dumbell rows: 80x6x6.
Long pulley rows: 115x8x4.
Leg curls: 75x8x5.

•Week 6, Saturday:
DL: 135x7, 225x4, 325x3, 395x8x3.
Stiff leg DL: 275x5, 330x6x4.
Hypers: 45x8x4.
HB squats: 155x7, 225x7, 275x6x2.
Hack squats: 65x5, 75x6x3.
Leg curls: 80x8x6.

•Wednesday:
HB squats: 155x7, 225x5, 260x3, 315x5x3.
Deadlift: 155x8, 245x6, 3345x5.
Racks: 340x5, 405x5, 440x5, 475x5.
Hang cleans, 95x8, 125x6, 155x5x3.
Dumbell rows: 85x6x6.
Long pulley rows: 120x8x4.
Leg curls: 80x8x8.

Beginning of Pre Meet Cycle.

•Week 7, Sunday:
DL: 135x7, 225x4, 285x2, 345x2, 425x5x3.
Stiff leg DL: 290x5, 360x5x3.
Hypers: 45x8x3.
HB squats: 155x7, 245x5, 305x5x3.
Hack squats: 65x5, 85x5x3.
Leg curls: 90x8x4.

•Thursday:
HB squats: 155x7, 245x3, 295x3, 355x5x3.
DL: 155x8, 245x6, 335x3, 375x3.
Racks: 375x5, 425x5, 475x5, 500x5.
Hang cleans: 95x8, 135x6, 160x5x3.
Dumbell rows: 85x6x4.
Long pulley rows: 125x8x3.
Leg curls: 85x8x5.

•Week 8, Monday:
DL: 135x7, 225x4, 295x2, 355x2 435x5x3.
Stiff leg DL: 290x5, 365x5x3.
Hypers: 45x3x8.
HB squats: 155x7, 245x5, 315x5x3.
Hack squats: 65x5, 90x5x3.
Leg curls: 90x8x4.

•Thursday:
HB squats: 155x7, 245x3, 295x3, 370x5x3.
DL: 155x8, 245x6, 335x3, 385x3.
Racks: 375x5, 435x5, 485x5, 515x5.
Hang cleans: 95x8, 135x6, 165x5x3.
Dumbell rows: 85x6x4, 90x6, 95x5.
Long pulley rows: 130x7x3.
Leg curls: 90x7x4.

•Week 9, Monday:
DL: 135x7, 225x4, 315x3, 385x2, 450x5x3.
Stiff leg DL: 290x5, 370x5x3.
Hypers: 45x2x7, 45x7, 35x7.
HB squats: 155x7, 255x5, 325x5x3.
Hack squats: 65x5, 90x5x3.
Leg curls: 90x8x4.

•Friday:
HB squats: 155x7, 245x3, 295x3, 380x5x3.
DL: 155x8, 245x6, 335x3, 395x3.
Racks: 395x5, 445x5, 495x5, 530x5.
Dumbell rows: 90x6x4, 95x6x2.
Long pulley rows: 130x7x3.
Leg curls: 90x7x4.

•Week 10:, Tuesday:
DL: 135x7, 225x4, 315x3, 385x2, 460x5x3, 485x2.
Stiff leg DL: 295x5, 375x5x3.
Hypers: 45x2x7, 45x7, 35x7.
HB squats: 155x7, 265x5, 335x5x3.
Hack squats: 65x5, 95x5x3.
Leg curls: 95x8x3.

•Saturday:
HB squats: 155x7, 245x3, 295x3, 395x5x3.
DL: 155x8, 245x6, 335x3, 405x3.
Racks: 405x5, 455x5, 505x3, 550x3.
Dumbell rows: 90x6x4, 95x6x2.
Long pulley rows: 130x7x3.
Leg curls: 90x7x4.

•Week 11, Wednesday:
DL: 135x7, 225x4, 315x3, 385x2, 475x5x2, 500x3.
Stiff leg DL: 295x5, 385x5x2.
Hypers: 45x2x10, 35x2x10.
Squats: (no more high bars), 155x7, 245x5, 335x3, 385x5x3.
Hack squats: 80x7x3 - (last day).
Leg curls: 95x8x3.

•Sunday:
Squats: 155x7, 245x5, 335x3, 425x2, 465x5, 375x10.
DL: 155x8, 245x6, 335x3, 425x3.
Racks: 425x5, 475x5, 525x3, 575x3.
Dumbell rows: 90x8x3.
Long pulley rows: 130x7x3.
Leg curls: 95x7x3.

•Week 12, Thursday:
DL: 135x7, 225x4, 315x3, 395x2, 490x5x2, 515x2.
Stiff leg DL: 295x5, 385x5, 415x5.
Hypers: 45x2x10, 35x2,10.
Pause squats: 155x7, 245x5, 335x3, 400x5x3.
Leg curls: 95x8x3.

•Monday:
Squats: 155x7, 245x5, 335x3, 425x2, 480x5, 390x10.
DL: No more - go straight to racks.
Racks: 225x5, 265x5, 355x3, 445x3, 535x3, 625x3.
No more DB rows or long pulley rows.
Leg curls: 95x7x3.

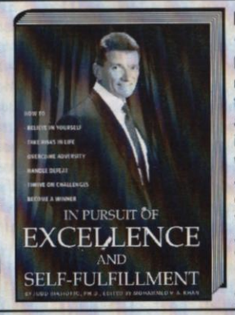
BOOK Review ..... "Secrets of Bodyweight Manipulation for Competitive Sport" by J.M. Blakley is not a more comprehensive treatise on moving up and down the range of weight classes via dietary techniques as J.M. laid out for the readers of *POWERLIFTING USA* in his recent 2 part series - this is a book that covers the "art" of dropping weight to make a weight class limit and has nothing to do with diet. As we have mentioned in previous articles about J.M., he is one of those rare individuals who has a technical background steeped in science and academic and a practical background earned by punching out major weight on the platforms of major lifting competitions around the world. Given his education history, his approach to this issue is both logical and comprehensive. There are actually many ways to drop weight just before weigh-in, and J.M. breaks each down into its elements, while carefully noting the downside and upside characteristics of each. The primary method is water loss, but there are distinct means by which the body can lose water weight, and each has its own limits and possibilities. While restriction of fluid intake is the most obvious of techniques to drop weight quickly, one could also consider water loss through breathing - which occurs because outgoing breath is almost always 100 percent saturated with moisture - and ignorance of this factor may be one reason why lifters frequently overdo their weight loss regimen and come in unnecessarily light. Another factor that J.M. analyzes is the food in the gut, which - on a temporary basis of consideration - does nothing to help you lift more, and which can be eliminated in a comfortable manner. The essence of other potential means of weight loss, such as sweat loss, and diuretics are discussed from a technical rationale and from the benefit of years of personal observation and experience. J.M. pulls the whole picture together in his chapter on "Synthesis of Methods" which considers the sometimes dangerously potent ramifications of combining several methods of weight loss. There are deadly serious matters to keep in mind in this area. Dropping weight is commonly undertaken in many sports, but it is not child's play. J.M. explains very clearly that the information provided in the book is not his personal advice to anyone, but he does advise anyone considering experimenting with the techniques mentioned in the text to seek the advice of their medical practitioner in advance. The stark ending to his disclaimer is "It is my official advice that you never actually attempt anything outlined here. It is presented for information purposes only." This is not a large tome, at just over 40 pages, but it does provide description of some issues that you would never find in dozens of thick scientific volumes. J.M. has already demonstrated himself to be an entertaining and effective synthesizer and communicator of the lore of the gym and the bottom line of scientific knowledge, and this book is an adroitly presented treatise on an important aspect of powerlifting and other sports as well. As J.M. notes in the introduction to the book "I hope that this course will help you understand the methods of making weight that I have seen used in the last 10 years of top level competition. When it is done right, it is a remarkable thing to watch. I hope this course will help answer the question, "How do they do that?" SECRETS OF BODYWEIGHT MANIPULATION FOR COMPETITIVE SPORT by J.M. Blakley, BA, MA, CSCS, HFI, can be obtained from The Seventh Level, 782 Brittingham Ct., Columbus, OH 43214, 614-496-3005.

Another new book received at POWERLIFTING USA offices is "The Russian Kettlebell Challenge - Xtreme Fitness for Hard Living Comrades" by Pavel Tsatsouline, Master of Sports. The cover is a spectacular shot of a ripped to shreds Pavel lifting a kettlebell against a dramatic background of USA and Russian flags, and the book underscores just how special is the place in his hard Ruskie heart that the k-bells enjoy. There are dozens of fine photographs illustrating every conceivable variation and derivation of exercises that can be employed with the KBs. Pavel must be a very smart guy - not only has he tied in relevant quotes from all manner of Iron Game legends, familiar both from the past and the present, as well as philosophers from many other noble disciplines, he also presents his premise in a most entertaining American way - how does a guy from the wrong side of the corroded old Iron Curtain know how to do that so well? What has this got to do with Powerlifting? Pavel is so keen on k-babes that he can probably rationalize a way for them to cure cancer, but he does make some points about how this kind of training could do some good for PLers from a number of angles, including the incorporation of k-bell theory as applied to a Steve Wilson deadlift routine that actually produced some great pulling results for lifter Ben Phillip Workman. Perhaps the generalized fitness that kettlebell training can produce could be just the stabilizing influence that could put your powerlifting training over the top. A very notable feature of the book is how it ties in kettlebell practice with Russian culture - you can learn a lot about the art and facts of this alleged "artifact" of the Iron Game from this book, which is available from Dragon Door Publications, Box 4381, St. Paul, MN 55104, 651-645-0517, www.dragondoor.com

SOLARIS INC. • P.O. BOX 52022 • ALBANY, GA 31703-2022
Phone: 912-436-1067 • Fax: 912-436-7434 • E-mail: solarisinc@aol.com
For more information about these Solaris' books please surf to: **www.novagenics.com** In the "English Books" section you will find the table of contents, a long excerpt from the text, and lots of testimonials for each book.

To order books send check or money order (U.S. funds only) to Solaris. For S&H please add: U.S. and Canada $4 for 1 book, $6 for 2 or more books (COD $2 extra). Foreign orders: prepaid only, for S&H please add $9 for one book, $14 for 2, $19 for 3 (U.S. funds only). Dealer inquires welcome!

Dr. Judd's Reflections on Sports & Life
"Reflections" is a treasure-chest of magnificent stories that will warm your heart, enlighten your mind, and inspire your soul to greatness. This book is a magical chronicle of Dr. Judd Biasiotto's rich and varied experiences as a renowned sports psychologist, an award winning speaker and writer, a celebrated educator and a world class athlete. A splendid manuscript about love, compassion, tolerance, courage and self-assurance. Once you read this book you will look at your life anew. It will give you the confidence to do or become whatever you want. Nasser El Sonbaty, IFBB Pro, Mr. Universe, says: "Simply put: One of the best books I have ever read. I absolutely loved it."
Hardcover, 133 Pages
just $19.95

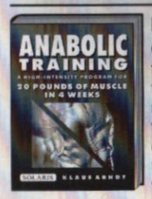


Dr. Judd on The Pursuit of Excellence
"In Pursuit Of Excellence And Self-Fulfillment" is a collection of Dr. Judd Biasiotto's entertaining and informative lectures, which were delivered worldwide over the last decade. After you read this book you will look at your life anew. Each chapter is filled with true and inspiring stories that will broaden your perspective of what it means to be fully human. It will enlighten you as to how compassion, courage, love and inner strength can be made a part of your daily life. Curtis Leslie, Multiple World Champion Powerlifter, says: "This book can and will enrich your life. It certainly did mine!" Mike White, All-Pro Cincinnati Bengals: "This book will make you feel like you can conquer the world."
Hardcover, 150 Pages
just $19.95

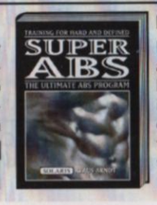
Superior Bench Training
Bench press training with the best athletes in the game: Clark, Tokarski, Lain, Arcidi, Confessore, Hall, Williams, Pfraumer, Bruegger, Saliger. Their exact training routines, tips & tricks, techniques equipment, contest preparation.
Paperback, 126 Pages
just $19.95

Drugs in Weightlifting
Revealed: The drugs and dosages professional athletes are using! Bodybuilders and Powerlifters talk straight about the incredible amounts and combinations of Steroids, IGF-1 and Growth Hormone today's athletes are using.
Paperback, 110 Pages
just $19.95

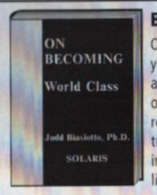
Planned Success
Quickly record important lifting data, saving time each day. Pre-fabricated boxes and input fields for every detail of your workouts and diet, supplements and the rest you get. See at a glance what you put in and what you got out.
Spiral Binding, 150 P.
just $8.95



European Bulk-Up
Gain 20 pounds and more in only four weeks! Professional preparation for the mass-training phase, top mass exercises, proven super-intensity techniques, lots of photos and a detailed 4-week routine with weights & reps.
Paperback, 100 Pages
just $9.95



Rock-Hard Abs
Brief, hard, convincing results: Special abdominal training for an incredibly lean and ripped midsection. New and improved exercises, the best exercise combinations, increased intensity, how to avoid the most common mistakes.
Paperback, 80 Pages
just $6.95



Best of Dr. Judd
On becoming World Class will stun you, it will make you laugh out loud, and it will help you to make the best of your weightlifting career. Dr. Judd reveals how to get a winning attitude by overcoming defeat & believing in yourself.
Paperback, 179 Pages
just $12.95

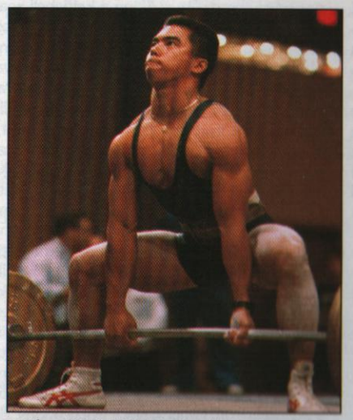
INTERVIEW

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

RAY BENEMERITO

interviewed for POWERLIFTING USA by Fred Rice

Subject: Ray Benemerito. **Age:** 34. **Marital Status:** Married to Kathy for ten years, with three children, Matthew, Mark, and Melanie. **Hometown:** Lake Hopatcong, NJ. **Job:** Property Management for Cushman and Wakefield, managing the Jersey City, NJ facility of Deutsche Bank. **Hobbies:** Paint ball with the Team NJ (I'm going pro one day....lol); shooting my arsenal with Bill Clayton and Jerry Dally; boating and jet skiing on Lake Hopatcong. **Height:** 5 feet 6 inches. **Weight Class:** 220 (this year!). **Equipment Used In Competition:** Suit - Titan GNX Centurion, Knee wraps - Titan Signature Series, Belt: Safe, Shoes: Safe.



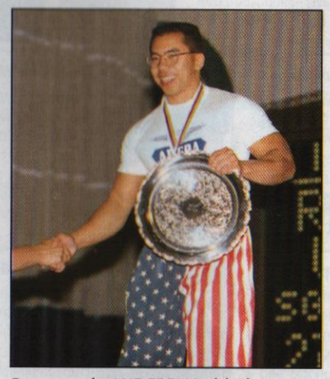
At the 1988 ADFPA Men's Nationals, Ray won the championship in the 148 lb. title.

Ray Benemerito has been a prominent part of the powerlifting scene since 1983. When he won the USA Powerlifting Men's Nationals in July of 2001, he became national champion for the fourteenth time. In addition to holding numerous American records, he is the only ADFPA/USAPL lifter to win national championships in five different weight classes. He won his first five titles as a 148 pounder. The first two were Teenage Nationals in the USPF, and at these meets he formed friendships with future superstars Tim Taylor and Kirk Karwoski. He then won three consecutive nationals at this bodyweight in the ADFPA (1987-1989). However, it became increasingly difficult for Ray to make 148, and he became burnt out doing so. He dropped out of the sport for a few years due to this difficulty, as well as the need to spend more time with Kathy after their marriage in 1991. I have had the privilege of knowing Ray since his comeback at Joe Pyra's meet at Lake Hopatcong High School in 1993. He had moved up to 165, and squatted 635 there. I vividly remember spotting him that day, and I could hear the weights rattling during his descent in the squat. However, when he reached the bottom, to my surprise he moved the weight up smoothly. He was strong, but a little shaky, as he hadn't fully adjusted to his new class or the kind of weights he was handling. He proceeded to win the ADFPA nationals in 1993 and 1994 in the 165 class Then in 1995 Ray moved up to 181, and set the powerlifting world on fire. He mailed his personal check number 1900 to Bob Gaynor as the application fee for the ADFPA men's nationals in Wilkes-Barre, Pennsylvania. Next to the 1900 number, he wrote the word "plus," telegraphing his intention to total over 1900. Echoing Babe Ruth's confidence as he pointed to the spot where he would hit his legendary home run, Ray kept his promise, totaling 1906, and erasing the ADFPA record of a certain Mike Bridges. That was one of the two most exciting meets I have attended. It was the meet where Mark Henry deadlifted 903, a lift that most readers have probably seen on TV, as the tape of it has been shown repeatedly. Mark did that after the crowd, inspired by the initial shout of "900!" from Linda Jo Belsito, urged him to move the weight up from what had been originally called for by his coaches Jan and Terry Todd. Earlier that same day Ray capped off his 1906 performance with a 744 deadlift. He had tried this weight on his second attempt, but actually pulled it so quickly that he lost his balance and fell backwards. He did it easily on his third, and was probably good for at least another twenty pounds, if he had not had that unfortunate incident on his second attempt. But Ray has a very patient approach, and always takes the attitude that there will be other days. This was certainly one of his all-time best, and he still holds two American records set that day - the deadlift and the total.

In 1996 Ray repeated as national champ at 181, and then he won four consecutive titles at 198, 1997-2000. This year he surprised a few people by competing at 220. And now, as Paul Harvey says, we move to "the rest of the story."

FR: Ray, what's going on with your weight? You competed at 148, but now you're in your fourth weight class in the last eight years. Can we anticipate you being in the 242 class in 2003, and the 275 in 2005?

RB: *I'm training around 220. My weight is just floating; it hasn't settled yet. It's floating around 220, plus or minus 10 pounds! In answer to your question, the guys at Nationals charted my rise in bodyweight, so they're expecting me to be in the 275s at least by the time I'm a master. But you have to understand my bodyweight jump in context. People are surprised at my increases, but they forget that I used to cut from the 170s to 148. I actually damaged my career in some ways by competing at 148 for too long. I plan to lean out in the 220s, and get a lot of the advantage from that. I was actually pretty happy with my first meet at 220, since I totaled over 1951 on four successful attempts. I actually did a 744 squat and a 518 bench that were turned down by the judges, but this indicates that I'm good for a much better total.*



***Ray** won the WDFPF World Championship Title in 1994 for the Middleweights.*

FR: How did you get started lifting, and how old were you at the time?

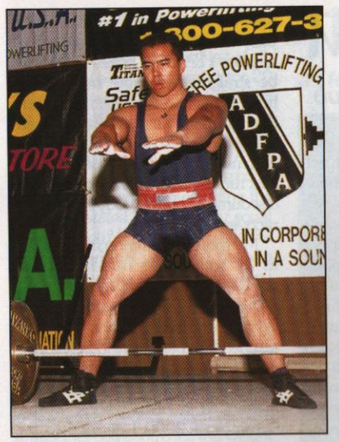
RB: *I was fifteen years old when I started lifting. Like many guys I started with bodybuilding, and actually entered four contests, although these were in between powerlifting meets. I won the Teenage NPC Mr. New Jersey contest, where I came in at a ripped (laughter) 147. I was fortunate that West Orange High School, where I went, had the state championship powerlifting team, and I was exposed to older guys who taught me basic powerlifting concepts and theories.*

FR: How did you get involved with USA Powerlifting (the ADFPA)?

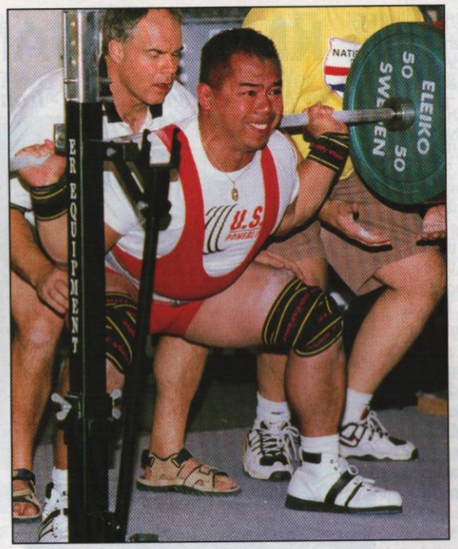
RB: *I decided to make the change in 1987. A lot of the local lifting here in New Jersey was ADFPA. I liked that crowd, and because of my convictions against steroids and other drugs, I felt that that's where I would be comfortable. I was fortunate enough to know Brother Bennett, the founder of the ADFPA, and I rode with him on the plane to the first WDFPF worlds. We might be USAPL, but I'm still old school ADFPA. I'm reminding people where our roots came from. It's not enough just to come clean to the meet. It still says on your card that you must be thirty-six months drug free, and I was one of the people that voted that it should be five years.*

FR: What are your views on drug usage and drug testing?

RB: *I don't hold anything against anyone who uses drugs, as long as they stay within their own contests. The problem is when people try to sneak into drug free contests when they're actually using drugs. But they're not fooling anyone; they're still waking up in the morning and looking in the mirror, and time usually tells who the strongest are. Hopefully, the drug testing will get more strict, when OMT (out of meet testing) locks in. With the development of the World Antidoping Association, more money will be poured into*



*A huge **1906 total,** predicted by Ray, highlighted his move to the 181s in '95.*



***Ray winning the Nationals at 198 lbs.** back in 2000.*

573 358 601. These were all done at national meets.

FR: What American Records do you hold?

RB: *I have the deadlift (744) and total (1906) records at 181, and I have the total record at 198 (1958).*

FR: What are your goals in powerlifting, and how do you plan to accomplish them?

RB: *I have had to adjust my training many times, based on my personal life. Since I had my great day at 181 in 1995, I have had three children, dealt with four positional changes in my job, constructed my own house and my wife's beauty salon, and endured knee surgery. I'm still chasing the big numbers. I know they're there, and I'm just trying to find time to hit them. Powerlifting at the moment is whatever I can stab. Right now I'm only training two days a week. I squat and bench on Monday, and then I deadlift and bench on Thursday. I may be able to go back to a four day work week soon: squat Monday, bench Tuesday, deadlift Thursday, and bench Friday, which is how I trained for many years. I know that I'm going to total big again, as long as I don't get injured, because I'm starting to get settled. I look at three, five and ten-year goals. I look for goals for family life and work, but my powerlifting goals aren't as defined. I know that I'm going to reach them, but I just haven't put a date on them, because life has been throwing me curves recently. For my short term goals I want to break 2000, and set the American/National records in the total and the bench at 220, and I know I can come close to the records of the squat/dead. I'm just waiting for my leverages to optimize at this weight.*

FR: You are more technique-conscious than most lifters. What is your philosophy regarding technique?

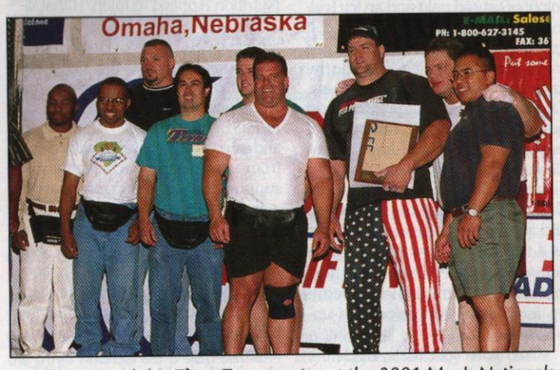
RB: *As far as equipment, I don't wear it very tight. Even when I was at 148, I didn't wear real tight equipment, because it pulls me out of form. It takes me out of my best mechanical advantage. My lifting has always been based more on form than on conditioning, that is, form first, conditioning second. I wear the belt quite loose, especially now that I'm 220 and the "Buddha" is doing a lot of the support. I'm having to learn a lot of new angles and leverages for my form. But I enjoy the rebuilding process, trying to be more efficient. Two years ago I rebuilt my bench, and that's why it started jumping up. I incorporated a lot of Tony Leiato's concepts, tailoring them to myself. As a result I get better explosion. I try to keep maximum tightness across my chest, and between that and shrugging my shoulders, I shorten the distance that the bar has to travel as much as possible. One of the ways I accomplish this tightness is by doing up to ten reps without taking a breath.*

FR: How do you feel about unification of the sport, and do you think it will happen?

RB: *I'd like to see it, but in reality you're never going to have 100% unification. Once we get Olympic recognition, the majority will unify. I believe that we're going to be on an upswing in powerlifting in the next couple of years. My philosophy is that you leave something better than it was when you got it, and I know that it's going to be better than when I came into in 1983.*

FR: Are there any other comments you would like to add?

RB: *Thanks go to my family for giving me the time to train and compete, my parents for my great genetics, Pete and my Team Titan teammates, and the guys at Pro Fitness who always have kept me focused and made me realize why I started powerlifting. I also want to thank the USAPL membership for electing me to the Executive Committee last year and I find it an honor that they are entrusting me with the power to help contribute to the future of our sport and federation. I know that there are a lot of future leaders in my age group who are going to be stepping up soon, and you're going to see some hand-off of power, and I think that we're ready to take powerlifting to the next level. An observation that I have made is that you're seeing a lot of the lifter's kids at nationals. I see Gillingham's kids, I see Leiato's kids, and many others. It shows that the sport is a family sport, and that the people at USAPL are a big family. I would bring my kids, but I know they would team up with the other Titan kiddies and wreak havoc on the meet. And finally to the "ULTIMATE MASTER" - Fred Rice who gave me the opportunity to express my opinions.*

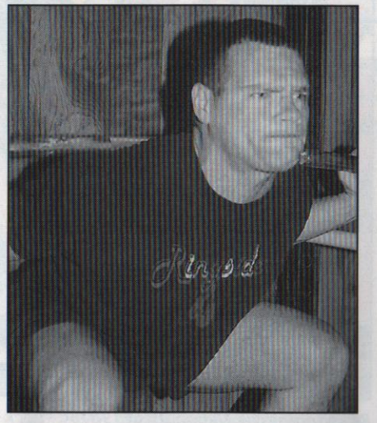


*220 lb. Ray with his **Titan Team-mates** at the 2001 Men's Nationals*

KNEE PAIN AND MSM

by Marc Cavigioli M.Ed. - Iron Shark Barbell Club

By summer of 1997 I was in my twentieth year of strength training. For the last ten or more years I had experienced mild knee discomfort while ascending stairs. The top of my right knee cap ached, a pain that vanished if I kept my heel off steps, ascending on the balls of my feet in the dorsiflexed position. The discomfort was present while squatting, but only during the first warm-up sets. Initially, the sensation appeared during intensive pre-meet cycling. I wrote it off as standard joint pain, resultant of the heavy pounding of those years of training. As years went on, the discomfort became more pronounced, but was still easily ignored. The summer of '97 heralded a new era - continual pain under leg exertion of any sort.



Marc Cavigioli squats again! ***Did MSM do it?***

I read material on Patellar-Femoral Pain Syndrome, a revised umbrella diagnosis for the former chondromalacia. Classic chondromalacia, degeneration of cartilage behind the knee cap, is purported to be caused at least in part by a weak vastus medialis which results in incorrect patellar tracking. At a sports medicine conference my thighs, genetically heavily muscled around the knees, were joked about as the medical ideal. Obviously, mine was not a case of classic chondromalacia.

Living in a garret apartment in '96 required the ascension of many flights of stairs. A series of intense workouts during this period exacerbated my condition. Training heavily with low reps took its toll as did extra heavy walkouts and lockouts. Adding insult to injury, I performed twenty three sets of squats in one workout. Warming up to a moderate weight I squatted nonstop taking only enough time to drop plates off the bar as needed. I worked down to 135 and was sore for a week. The knee continued it's downward spiral.

By this time, any car trip over 40 minutes caused pain and an icy feeling in the affected area. If ignored, it grew to a gnawing ache that begged me to straighten my leg. Tapping the knee cap located point tenderness. Once out of the car, the discomfort quickly vanished, but returned if I performed any sort of knee extension under load. Furthermore, after leaving my knee in a flexed position, slowly straightening the leg caused clicking (crepitus) at a particular angle as if the cartilage had areas of concentrated wear. Pain while squatting increased to a distracting level. Warm-up as I might, discomfort was unavoidable.

Two knee specialists, made the same diagnosis. Twenty years of heavy, competition-depth squats had worn the cartilage of the dorsal aspect of the patella. One doctor recommended "working around the pain," the other told me to avoid all knee extension under load. To maintain strength in the quads he recommended hip flexion, the secondary role of quadriceps. "Yeah, OK Doc."

I put in a call to the venerable Dr. DiPasquale who kindly took the time to speak to me. He had nothing new to add to my thought stew, however. It seemed I was paying the piper for years of abuse. I looked everywhere for a cutting edge solution. I explored obtaining *Adequan*, prescription injections given to performance horses for joint support. I looked into Synvisc and a number of other avant-garde products.

Speaking with Dave Piccard of American Bodybuilding Nutrition, he suggested literature by researcher Luke Bucci. I obtained and read *Pain Free*, Bucci's laymen's version of Nutrition Applied to Injury Rehabilitation and Sports Medicine, published by CRC Press of Boca Raton. The book espoused the beneficial effects of glucosamine before the substance's popularity blossomed. In *Pain Free* cartilage deterioration and osteoarthritis onset are addressed from a dietary approach. Nutritional support for articular surfaces stresses a low saturated fat diet as well a specific cocktail of anti-oxidants including vitamin C, E, selenium, sulfur, omega fats and others. Proportions for antioxidant consumption are based on well referenced scientific research. Chondroitin sulfate augments glucosamine. (The book also details the history, use and risks of *Adequan*. It turns out glucosamine taken orally is not only safer but arguably more effective.)

As a result of medical consensus and my own reading, I decided to abstain from all knee extension under load for two years. During my hiatus, I adhered to all aspects of Bucci's espoused regenerative protocol. I was determined to attempt a resumption of consistent squatting. If I never set another PR, I at least hoped to maintain some size and strength in my lower body. During this time (and to this day), I avoided stairs whenever possible taking the long route around buildings at work rather than subject my knees to steps. Furthermore, rope skipping, part of my boxing conditioning, was eliminated as was bicycle riding and deadlifts of any type.

I tried to maintain a vestige of strength through hamstring work constituting back extensions, good mornings, various leg curls as well as adductor work. (Research has shown that stimulating strength gains in a muscle group produces concomitant, though much lesser, strength gains in the antagonist group.)

For two years and two months I stayed away from knee extensions of any sort. After only three to four months of abstinence, the discomfort was almost gone, but I persisted. The last thing I wanted to do was destroy progress through premature resumption of working out. When I finally returned to leg work my knees felt weak and unstable while barbell rowing anything over three hundred pounds. I decided if knee damage was becoming a risk from upper body work, it was time to return to lower body strengthening. After more than two years, I would evaluate the efficacy of my self-imposed hiatus.

I began squatting with 95 pounds. While I recognized heavy weight, low rep workouts of the past had taken their toll, I was also leery of high rep strength-endurance work (remembering my knee pain after those 23 sets), and settled on "middle of the road" five sets of five reps (all warm-ups included). Of course, I worked up to the five sets beginning with only a couple. I planned to add ten pounds to the bar per week. Within a year, given linear progress, this would take me to an optimistic 600 or so pounds.

The plan worked for about seven months before the insidious wearing pain returned. By nine months the pain was as bad as ever. Again, after an hour's drive my knees begged to be straightened. Now both knees hurt, sometimes my left more than my right. Any heavy leg work, even in the moderate doses I was dishing out, made stairs difficult the next day. Just turning 37, I was dismayed and discouraged by my body's failure to recover.

My mother, suffering from arthritis for some years herself, did her own reading and experimenting. One of the substances she used was MSM. While reportedly more effective against rheumatoid arthritis, it is also used for osteoarthrtitis. MSM is a form of sulfur, one of the substances mentioned in Bucci's book. In the Summer of 2000 I decided to include it as a potential piece of the puzzle I'd left out. To be honest, it wasn't a decision prompted by reflection. I just felt I'd try it. I had not yet included it because sulfur seemed a minor ingredient in the cocktail, (though I'd taken black strap molasses, a natural source of sulfur). Unless affluent, one can only purchase so many supplements, but I was ready to include MSM in my arsenal.

For several months I experienced no change. Then suddenly, I noticed my knees didn't protest the stairs as much even the day after heavy squats. I wondered about this, but didn't make the connection to MSM. This past winter I took a five week hiatus from all training. I was suffering from pernicious lung congestion that required a couple rounds of antibiotics and I do not believe in training while sick. The added rest was a further boon.

By late winter I began to speculate whether MSM could take credit for my pain free status. As far as I can tell it is the only new variable. What surprised me was the pain diminished even while squatting fairly intensely.

Of course, I cannot say conclusively that MSM was responsible for the improvement. I think perhaps it was a missing link in the nutraceutical chain. I continue with glucosamine hydrochloride and chondroitin sulfate as well as all other aspects of the protocol.

What I can say for sure is my knees feel better than in years. The past six months I've been hammering squats. As of this writing, my knees feel great.

I want to disseminate this information for others who might be experiencing symptoms similar to those that afflicted me. I am not a doctor or researcher nor am I being paid to endorse MSM. My speculation that MSM had something to do with my recovery is speculation, but for battle scarred veterans at the end of their ropes, it may be worth a try.

The BEST of ALL TIME

as told to POWERLIFTING USA by Dr. Larry Miller

Dr. Larry Miller *holds the IPF World Record in the Bench Press in the Masters and Open categories, and will be attempting to set the IPF Single Lift record as well at the USAPL Bench Press Nationals in Sept.*

Let me start by saying that I am not planning on naming the ten greatest powerlifters of all time. First of all, I have only been in the sport for 20 years and have not seen most of the old timers lift. I actually decided to write this article some time after reading Ken Leistner's final article in *Powerlifting USA*. Ken made a few comments that hit home. Regarding the squat, he stated, "Can't really squat deep enough? Fine, we'll change the rules to read that you don't have to and then, believe it or not, you don't even have to go as low as the new, more lenient rule asks one to." As for the bench, "Well, you're supposed to pause, no matter how the organization has written the rules, then lock out completely and, of course, usually lock out in a manner which demonstrates that you controlled the weight all the way to the top. After twenty - nine issues of *Powerlifter Video Magazine* tapes, it's obvious that some very, very strong men who really can bench a lot, are being credited with a lot more than they deserve, and if required to make the bench press as others have been asked to for decades, they couldn't. I am truly bothered by all the multiple world record holders that I read about."

The purpose of this article is not to incite riots or to inspire nasty e-mail. I understand that with the way our sport is at present, we can't compare apples to apples. When we had the likes of Pacifico, Gant, Bridges, etc. there was only one world championship and one set of rules. Now, with multiple organizations, most lifters compete where they can, based on convenience. Therefore, they are under the jurisdiction of the organization or meet director running the meet. If that organization allows for double ply suits and shirts and your competition is wearing one, you may want to purchase the same to avoid being at a disadvantage.

I have lifted in a number of organizations over the past 20 years, but the majority of my meets have been within USAPL. I enjoy competing in this organization because I have been out-of-meet tested twice and having been on the drug testing committee. I know that they really do their best to weed out those individuals taking steroids. Although we have a significant number of drug test failures, for the most part, I feel comfortable competing on a level playing field.

I think the important thing when evaluating lifters is to factor in variables, just as we do when we use the Schwartz/Malone or similar formulas. We use these formulas to compare athletes in different weight classes. We really do need to compare apples to apples. Several years ago, I competed in John Inzer's "Greatest Bench Press in America." This was a chance for me to meet the great benchers from all over the country. As I recall, double and triple ply shirts, which at the time were not common, were offered to all the lifters. This allowed all the lifters to compete on an even playing field. I don't, however, believe that any of the lifts should have been credited towards any records or the TOP 100 list.

I feel pretty fortunate. In the last 4 years, I believe I have been ranked #1 or shared the #1 ranking in *Powerlifting USA* on 3 occasions in the bench press. I achieved this under what I consider to be strict conditions, namely - single ply shirts, morning weigh-ins, drug free competition, and strict rules. Would I be bothered if I finished second to a lifter who wore a triple ply shirt, took steroids, weighed in 48 hours before the meet (lifting 20 pounds over the body weight he weighed in at), at a touch and go contest? In the words of Stone Cold Steve Austin, "Hell, yes."

Let's discuss some of the variables. Drugs are first. Does the athlete taking steroids have an advantage over the drug free lifter? I have discussed this topic with a number of powerlifters. Back in the late Seventies and early 80s steroids were not illegal and my understanding is that if your competition was taking, you'd better consider doing the same. If steroids don't give the lifter an advantage, then, there are quite a few lifters throwing away their money. I don't believe that many of the organizations that claim to be drug free are, in fact. I have heard about such things as meet directors tossing their urine samples down the toilet, instead of sending them to the lab. I even remember when one organization was testing lifters via voice analysis. I personally believe that every organization that claims to test for steroids should have information published by their testing facility indicating the number of tests performed per year. It would also be interesting to publish the number of failures. Although I hear rumors about who is taking steroids among active lifters, it seems that most athletes admit to taking drugs after they have retired. I remember having someone who traveled to lift with me on occasion test positive not once but twice. (He somehow beat the positive the first time around). I never would have guessed that he was taking anything.

The second variable as I see it is equipment. If you don't believe that a double ply shirt gives you more than a single ply shirt and that a triple ply does no more than a double, well, I have some swamp land in Florida that I'd like to sell you for a housing development.

Early weigh-ins are also advantageous for those lifters who know how to drop and gain weight. Some athletes use diuretics to drop the weight, and then they hook up to an IV line to gain their weight back. For example, you have a 220 lb. lifter who drops down to 198, weighs in 2 days before the meet, gains the weight back and competes in the 198's weighing 220. I'd probably add 40-60 lbs. to my bench doing that.

A fourth variable involves rules. I have heard and seen some amazing things over the years. I remember lifting in one organization for the first time and one of their big name benchers was given the press signal during the bench before the bar had touched his chest. I remember he set some record, got off the bench, and walked off the platform. Five minutes later, I broke the same "type" of record and the three referees did a strip search on me. I have competed in organizations with fair rules and good referees only to see some pretty bad calls. I was recently at a meet where the lifter who won never had the bar touch his chest.

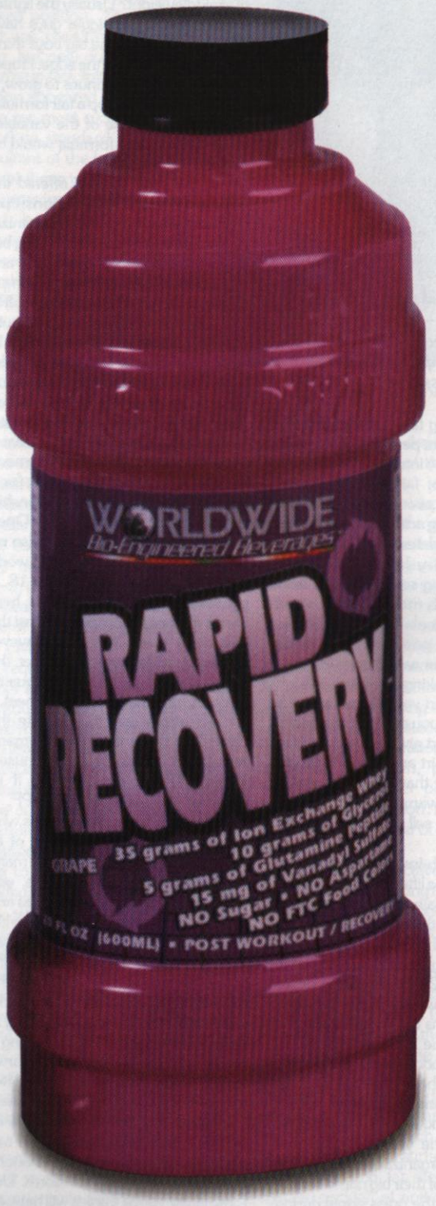
Another variable to consider once the playing field has been leveled out is formulas. Do we have a fair formula to compare the superheavyweight to the middleweight? Usually the lighter lifters feel that the bigger guys have the advantage and the big boys think the lighter lifters have the edge. Hopefully as the sport continues to grow, a statistician can develop a fair formula. I think that because of the variables we now have, any formula would be skewed.

In the past, the IPF offered the only true world championships. Nowadays we have more organizations offering world competitions, but I don't believe that there are any organizations whose World Championships compare to what the IPF has. Due to the Ernie Frantz lawsuit, the IPF has not held a world meet in the United States for quite a while. With John Inzer settling the lawsuit recently, the US has been awarded some world championship meets. Unfortunately, we did not receive a Men's Open or a Bench Open meet. We did, however, receive bids for a Masters World Bench Championship in April of 2002 and a Womens Open Championship in 2003. We also received a bid for the new IPF world meet for the age group of 14-18. If you fall in one of these divisions, here is your chance to compete against the best in the World. You must however be prepared to compete under the IPF's rules and you will have to qualify in the appropriate USA PL meet. I am not attempting to promote the USAPL in this article. Every organization has it's pluses and minuses. The USAPL is no different. It is, however, the gateway to the IPF.

Be careful when you discuss who might be the best powerlifter of all time. Since there weren't so many variables in the 70's and 80's, you could probably factor in formulas and world titles to name the top powerlifters. How do you compare a drug free lifter in a single ply shirt who weighs in the morning of the meet under the strictest rules to a lifter using steroids, wearing a triple ply shirt, weighing in 2 days before the meet and doing a touch and go bench or a quarter squat? I can't blame every great lifter for wanting to be considered the best. I imagine that we would probably draw some big crowds to see the top lifters in all the different organizations compete on the same platform. Unfortunately, I don't think it will happen – but I would love to be proven wrong. I think that if I had to compete outside of my organization, I would be a little hesitant, but hopefully the top lifters will be able to overcome any trepidations they may have. United we stand, divided we fall.

WORLDWIDE
Bio-Engineered Beverages™

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



Your Muscles Are Going To Thank Us For This.

Our Competitors Are Another Story.

The innovative, bio-engineered formula for **Rapid Recovery**™ has reached a new milestone in post workout drink technology.

You're looking at 35g of low molecular weight whey protein isolates with superior bio-availability to help repair and rebuild your muscles after serious training. Plus branch chain amino acids and 5g of anti-catabolic glutamine peptide to help increase protein synthesis and drive nutrients into your muscles. There's also 25 gylcemically balanced grams of carbohydrates with 10g of super-hydrating glycerol to support the refueling of muscle glycogen and 15mg of vanadyl sulfate to give you the pump of your life!

There are three things it doesn't have: sugar, aspartame and FTC food coloring. But who needs those?

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

So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

Rapid Recovery™—*Anything Else is Ancient History.*™

Available at select GNC Live Well. *gyms and healthfood stores nationwide.*

Anything Else is Ancient History.™

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

POWER SCENE

Summertime in Southern California means beach meets. Powerlift yards away from the big, blue ocean, with palm trees swaying in the breeze, under a bright blue sky. Power Scene recently visited some of the beach meets and enjoyed the scenery and the lifting.

Venice has a full schedule of beach events, including bodybuilding and basketball, but Power Scene was on hand for the powerlifting events and caught up with June's Bench Press contest. Sheila Mann, in her first ever powerlifting competition, hit a 105 and had fun. Sheila, who we profiled a few months ago, has recently taken up powerlifting and is already planning her next meet, the Venice Beach Push/Pull competition in August, and that will also be at the beach.

Michael Ludovico, down from Northern California, hit a 540 opener at 217 and is aiming at hitting 600 lbs. down the road. For Michael, the potential next meets include a WABDL meet in September and then the WABDL World's in November.

Josh Bryant and his crew were on hand; Josh was trying out his new bench shirt. Over 40 lifters competed, and eight of them opened at 500 lbs. or more. And at Venice Beach, you almost always get quite a mix of visitors, tourists, beachgoers, rollerbladers, sun worshippers, and so on. So if you get a chance to check out a Venice Beach meet, take it.

As a matter of fact, we took our own advice and returned to Venice Beach for their deadlift competition in July. George Brink, who had deadlifted 804 at age 51, was on hand, and did some big deadlifting. George hit 760, and then returned to the platform a few minutes later and successfully pulled 793, and he did that under a hot sun.

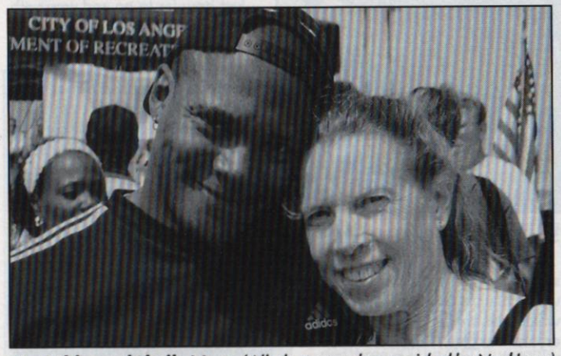
The bench pressers get to compete under a tent, and that's a benefit for them, but the deadlifters do their pulling under nothing but the sky and sun, so if you come to compete in a deadlift meet, bring your sunblock.

August, as we said, had the Push/Pull competition, so we'll probably have a report on that action next month.

Santa Barbara is a beautiful city about an hour north of Los Angeles, and we'll also have a report on the beach meet put on by Kevin Fisher recently there, just next to the sand.

Finally, news from West Virginia: Jamie Harris hit 771 at the Mountaineer bench press exhibition. We'll let you know Jamie's plans for future competition when we find them out.

Hoping you've been enjoying summer, at the beach or wherever you've been spending it. *NED LOW*



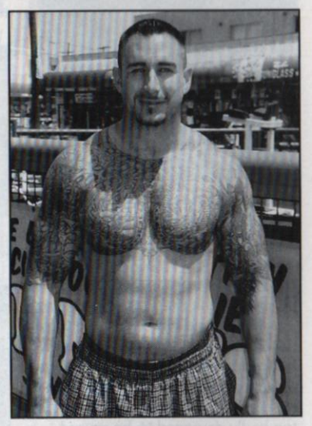
Kurt Elder and Sheila Mann *(All photographs provided by Ned Low).*

***At the 2001 Mountaineer Bench**: Anthony Clark, Jamie Harris, Clay Brandenburg. (Photograph by Michelle Harris to Powerlifting USA).*

***Michael Ludovico** benched 540 weighing 217.*

***George Brink** under the hot sun pulling 793. (Photo by Ned Low).*

***Josh Bryant** getting help from Mike Callahan-Dudley & George Brink.*

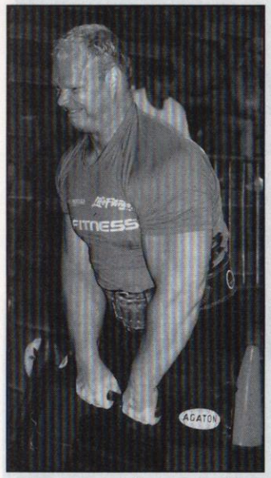


***John Bostick,** one of the more colorful people at the meet. (Ned Low)*

THE 2001 24 HOUR FITNESS BEAUTY AND THE BEAST World Strongman Challenge & Women's Strength and Fitness Challenge *as told to Powerlifting USA by Christie Bridges*

Without a doubt, the June 2, 2001 'Beauty and the Beast' was the toughest, most grueling strongman contest ever. To add to the difficulty of the competition and in order to make less work for themselves, the promoters ran the whole affair in one day rather than in the two days allotted in previous years.

The smaller venue, Andrews Amphitheater at the University of Hawaii Honolulu campus, also forced a few changes from the previous B & B. Two of the signature events, the Trolley Pull and Hercules Hold were replaced. In addition, Hawaii's menacing termites caused the promoters to improvise a replacement for the Power Stairs since the old stairs were too badly damaged to be reused.



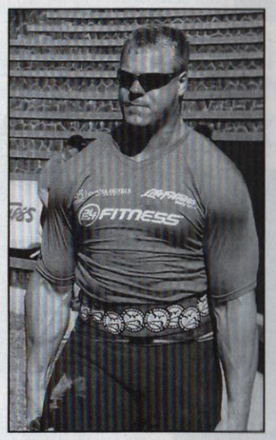
***Magnus Samuelsson** overall winner in the men's division. (Photograph courtesy of Christie Bridges).*

The first three of the eight events were qualifiers for the final events with the 24 Hour Fitness Log Lift for reps starting things off. Three contestants at a time lined up side by side and proceeded to clean and press a 270 lb log for as many reps as possible in 75 seconds. When the dust settled, Indiana's Brian Schoonveld tied West Virginia's Phil Pfister for first place with nine reps each; Sweden's Magnus Samuelsson and Nevada's Mark Philippi tied for second with eight reps, and six men tied for third with seven reps apiece.

In the next event, the Ohana Hotels Tire Flip, three contestants at a time flipped 900 lb tires down a 20 meter/66 foot course with a 75 second time limit. In this event two seasoned veterans placed first and second. Norway's Svend Karlsen had a time of 33.3 seconds, and Magnus Samuelsson clocked 35.6 seconds. It appeared that the stage was set early for a battle between the two Vikings.

The third event of the qualifier, sponsored by Hammer Strength, was actually three events in one. The Super Heavy Duty Medley proved to be "the test of the contest"! First off, each contestant had to walk 20 meters with an 800 lb yoke; then he ran to the Conan's Wheel which weighed 300 kg/660 lbs. and carried it one complete rotation; finally he lifted a 2,000 lb wheelbarrow (about 750 lbs in the hands) and pushed it 20 meters.

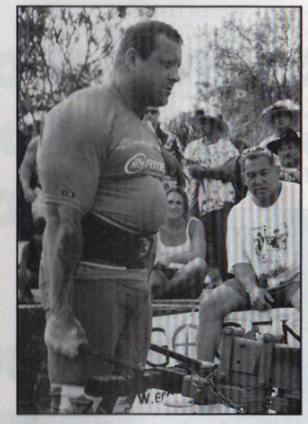
Of the thirty contestants, only seven completed all three disciplines, and only nine men got as far as the wheelbarrow during the 120 second time limit. This was such a grueling event, it even stopped such notables as four-time World's Strongest Man, Magnus ver Magnusson and veteran Mark Philippi.



***Phil Pfister:** 2nd in men's division.*

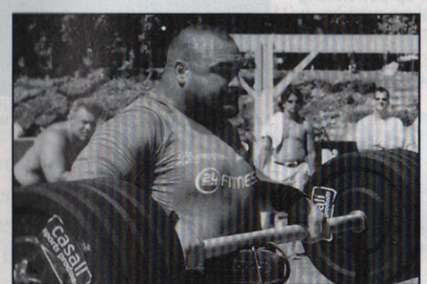
The winner was Svend Karlsen with a time of 1 minute, 19.4 seconds, but a couple of Americans started to show they would be threats. Phil Pfister came in second with a time of 1 minute, 19.5 seconds. This pulled him up to first place overall going into the final. Magnus Samuelsson was third at 1:23.6 with Minnesota's Karl Gillingham a close fourth at 1:25.4.

Only the top twelve contestants continued into the final five events - the so-called money round. Casall sponsored the Apollon Axle Lift, the fourth event overall, and the first of the final. This turned into an historic four-way battle between Brian Schoonveld, Svend Karlsen, Magnus Samuelsson, and 51-year old promoter Odd Haugen who was representing his native Norway. The axle was actually a two-inch thick barbell which was made by IronMind. Everyone was given three attempts, but in an effort to break a four-way tie at 160 kg/352 lbs, referee Douglas Edmonds gave each of the aforementioned men a fourth attempt. In so doing an all-time world record weight (170 kg/374 lbs) for a 2" bar was loaded.



***Svend Karlsen**: 3rd on the DL hold*

Odd Haugen was first and continental cleaned the bar, but he lost his split jerk behind him. Then Brian Schoonveld stepped up and push pressed the weight with room to spare becoming the first man to ever exceed the 366 lbs of the classic Apollon Axle which resides in Lille, France. Svend Karlsen went third with the 374 lbs and also made the lift to tie Brian's feat. Magnus Samuelsson tried to make it a three-way tie but failed to clean the bar.



***Brian Schoonveld** wins the Apollon Axel. (Photo provided courtesy of Christie Bridges to PL USA).*

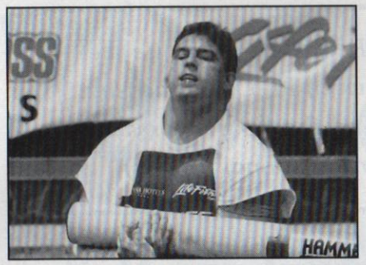
The second event of the final round was a very heavy Farmers Walk. Two Mastiff FW handles were loaded to 155 kg/342 lbs apiece. The order of the contestants was based upon the reverse order of finish from the previous event. The first man to show a respectable distance was Ken Brown of Fresno, CA. who walked the 684 lbs out to 146 feet 11 inches. That looked like the distance to beat until 2000 WSM Janne Virtanen blew it away at 169 feet 5 inches. However, Magnus Sam showed why he's always a threat when he extended the distance to 184 feet 9 inches. By then Brian Schoonveld, who went last, knew just how far to go and won with a distance of 194 feet 3 inches.

The sixth event of the day and third of the final, was The Gordon Biersch Keg Toss. This event, which was not as physically demanding as some of the others, gave most of the men a chance to relax, but it proved disastrous for Svend Karlsen! Svend, who was in a good position to win, failed to make all three of his throws at the opening height of 15 feet and ended up in last place on this event.

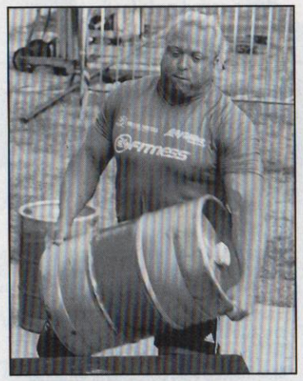
However, the Gordon Biersch Keg Toss proved to be a big break for the Americans. The first two places went to Karl Gillingham with a toss of 17'6" and to Indiana's Chad Coy, the contest's smallest man at just 260 lbs. Chad threw the 20 kg/44 lb beer keg to a height of 17 feet as did Zydrunas Savickas of Lithuania. Phil Pfister achieved the same 17 foot toss, but since Phil had a couple of more misses he was relegated to fourth place.

The fourth event of the final was one of the replacement events. A Deadlift Hold using the wheelbarrow from the medley was substituted for the traditional Hercules Hold. However, unlike other DL holds, no straps were allowed. At the rules meeting prior to the contest, referee Douglas Edmonds stated that straps would no longer be used in holding events because athletes had been put at too much risk when the straps broke or failed to release.

To everyone's surprise, America's Phil Pfister, not known to be a strong deadlifter, won this event with a tremendous time of 1:31.5. The weight in the hands exceeded 700 lbs, and the barrow's handles started from well below knee height. However, a much-improved Phil, once he straightened up, showed why he is rated with one of the world's strongest grips. Magnus Samuelsson was close behind with a second place time of 1:29.3.

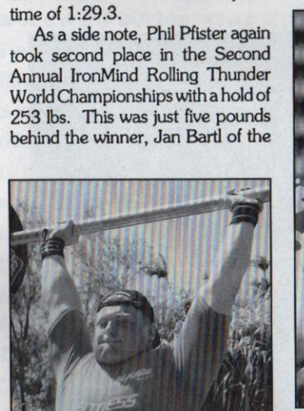


***Chad Coy**, the smallest finalist in the meet.*



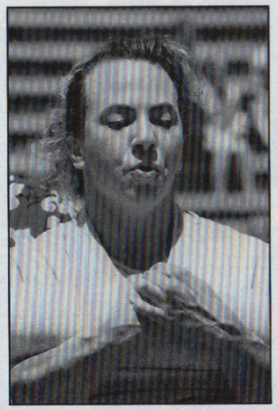
***Grant McReynolds** from Calgary, Canada. (Photographs provided courtesy of Christie Bridges to PL USA).*

As a side note, Phil Pfister again took second place in the Second Annual IronMind Rolling Thunder World Championships with a hold of 253 lbs. This was just five pounds behind the winner, Jan Bartl of the Czech Republic. The Rolling Thunder competition was held at the All-Star Cafe in Honolulu two days prior to the Beauty and the Beast. Although Bartl won this test of grip strength, he failed to make the B&B's final due to an injury incurred on the first event.



***Zyorunas Savickas** from Lithuania*

To everyone's consternation, the fifth and final event, which replaced the termite-eaten Power Stairs, was another medley. If you add up the disciplines here including the three from the first medley, you get a total of eleven events. This explains why this year's B & B was the toughest strongman contest ever.



***Julie Havelka,** from Portland, Oregon, was first in the women's*

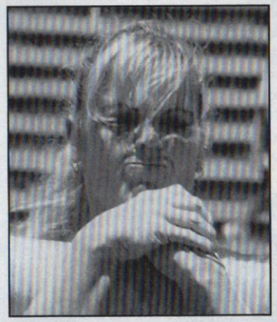
Going two at a time, one from each side of the stadium, contestants had to load two 110 kg/242 lb beer kegs and one 110 kg fire hydrant onto a platform. Then they lifted and carried three 200 kg/440 lb weights up several of the stadium's 13" steps. To make things harder each weight was staggered four meters apart.

Magnus Samuelsson posted the best time of 45.2 seconds opposite Phil Pfister's 50.1. Had Phil beaten Magnus on this event he would have won the overall title. However, Phil's fine showing, along with Karl Gillingham's fourth place title, ensured both men a spot on the U.S. team for the 2001 World's Strongest Man contest which is scheduled to be held at Victoria Falls in Zambia, Africa.

***Odd Haugen** (Norway) on the Conan's Wheel*

THE MEN'S FINAL PLACINGS
1. Magnus Samuelsson, Sweden
2. Phil Pfister, USA
3. Svend Karlsen, Norway
4. Karl Gillingham, USA
5. Brian Schoonveld, USA
6. Zydrunas Savickas, Lithuania
7. Janne Virtanen, Finland
8. TIE between Ken Brown, USA and Odd Haugen, Norway
10. Chad Smith, USA
11. Chad Coy, USA
12. Grant McReynolds, Canada

The 2001 Beauty and the Beast debuted the first all women's strength and fitness challenge. As a replacement for the previous bikini affair, this year's contest held a meeting which would serve as a qualifier for the first ever World's Strongest Woman contest being held in conjunction with the 2001 WSM. Of the ten contestants from seven American states, four were spouses of male contestants.



***Debbie Bullman** (from Hawaii) took 2nd in the women's division.*

The first event was a Farmers Walk in which two contestants walked toward each other around the circular stadium. Powerlifter Julie Havelka of Portland, Oregon easily won in 15.6 seconds. The weights used were two 53 kg/116 lb Mastiff handles. Brain Schoonveld's wife, Kathy, also made a strong showing here with a second place time of 18.1 seconds as did Honolulu's Debbie Bullman with a third place time of 19.1 seconds.

The second event was the Conan's Wheel loaded to half the men's weight at 150 kg/330 lbs. Honolulu's Lyn Silbert won with a distance of over 266 feet. Debbie Bullman scored second place with 247'11", and third place went to Kathy Schoonveld at 191'.

The third event, a Deadlift for reps, was done on the men's medley wheelbarrow. The weight was loaded to about 275 lbs in the hands, with Lyn Silbert doing 28 reps for first place. Another powerlifter, Julie Scanlon from Maryland, was second with 26 reps, and the other Julie, Havelka, took third with 24 reps.

The final event switched from a strength event to a more fitness-oriented one. Here a GI Jane type of obstacle course was set up. Starting with a run through a series of tires, the contestants scaled a wall, traversed monkey bars hand over hand and ran down several of the stadium's stairs to a hurdle. Beyond that was a short, arched tunnel through which to crawl and then another hurdle followed by another tunnel. Finally they had to dash up the stadium steps to the finish line.

Fitness expert Debbie Bullman really showed her superior conditioning here by easily winning in 36 seconds. Julie Havelka was second with 42.4 seconds, and Kathy Schoonveld was third with 45.4 seconds. Julie Havelka won the contest with the best overall points. Debbie Bullman came in second, and Kathy Schoonveld was third.

THE WOMEN'S PLACINGS
1. Julie Havelka, Oregon
2. Debbie Bullman, Hawaii
3. Kathy Schoonveld, Indiana
4. Lyn Silbert, Hawaii
5. Julie Scanlon, Maryland
6. Mary Jacobson, California TIE
6. Jennifer Aylward, Ohio TIE
8. Kim Coy, Indiana
9. Lisa Kromer, Washington
10. Erica Neese, Indiana

***Lynn Silbert** from Hawaii. (Bridges)*

INTERNATIONAL PLATFORM

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

IGOR DEREVYANKO *as told by Dr. Larry Maile*

Igor Derevyanko is one of the senior coaches in Russia by virtue of the success of his lifters and his ability to carefully analyze the technical aspects of an athlete's performance, including his or her use of equipment and his success in improving the performance of lifters who have reached a plateau. Igor has the responsibility for testing new products for the Russian Powerlifting Federation to determine what equipment may be best utilized and how.

Igor is the coach of Konstantin Pavlov, three time World Champion at 56 kgs., and Tatiana Eltsova, 1998 and 1999 World Junior Champion. Both Tatiana and Konstantin won at the 2001 Russian National Championships, and Tatiana also won the Women's European Championships in the 48 kgs. class, moving up to 52 kgs. for the Nationals. She continued on at 52 kgs. to win the IPF Women's World Championships in May of 2001. Igor is known for his ability to guide his lifters in weight reduction without significant loss of strength.

Igor notes that while US lifters have easy access to good equipment, they do not use it well. He makes the following observations: "Squat suits and bench shirts must be very tight." He suggested that of the US lifters he's observed, most wear suits three sizes too large. He's also surprised at the number of lifters who wear the wrong shoes to squat and deadlift. He is critical of the use of basketball and running shoes for powerlifting. He recommends all leather shoes for squat that have a hard sole so the lifter is stable under the weight. For deadlift, shoes that are both supportive yet have very thin soles, so that the lifter is close to the floor. Igor also offers strong statements on the proper use of knee wraps. He says that wraps must also be "very tight" and "lifters must suffer the pain." Igor states that lifters should never wrap themselves. It is not uncommon to see two Russian coaches wrapping on lifter. He states that the difference in squat poundage may be more than 15 kilo between a good wrap and a bad one.

Igor in an avid reader of *Powerlifting USA*. He experiments with the exercises published and adapts them for his lifters if they prove effective.

Igor is a strong believer in focus and concentration during training sessions. He is the head trainer at the sports club in his hometown of Kemerouka. This gives him latitude to select the best equipment, and to close the training facility to the public when his elite lifters are working out. Pictures of the sports club training show it to be filled with modern equipment, including several ER racks and benches, and a variety of Icarian equipment.

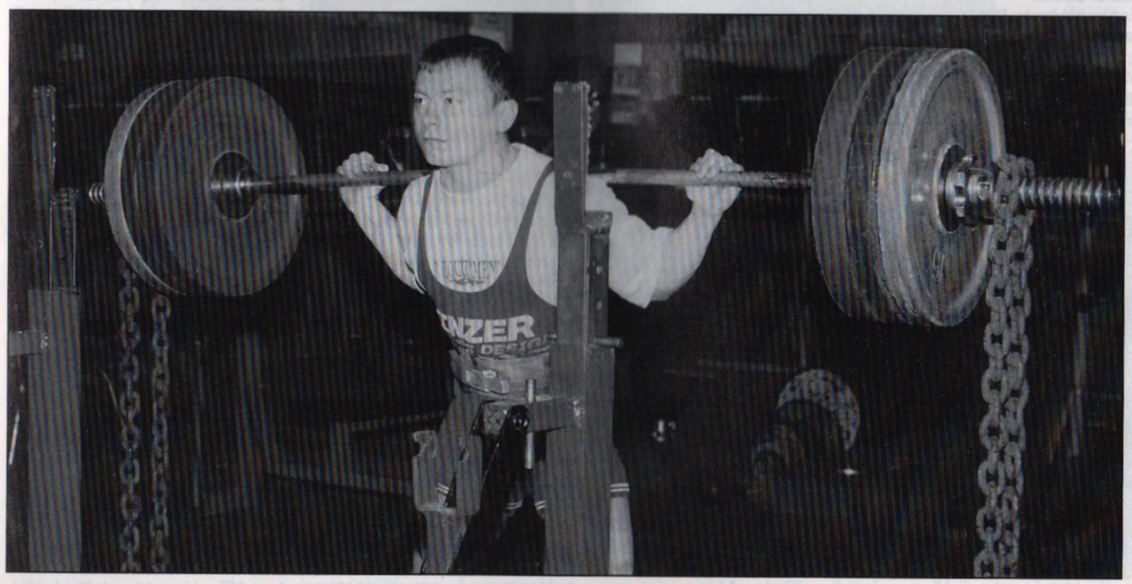
Perhaps the area in which Igor is defining refinement of powerlifting technique and training is in the use of digital video. Igor records each lift and breaks it into 32 still images which reflect key points in the execution of each. He makes corrections as needed at each of those points. It has obviously paid off in the flawless performance of his athletes.

Igor offers the following advice to new lifters: "Find a qualified coach early. They should be able to accurately analyze technique and execution of each movement such that all mistakes are avoided." It is obviously much more difficult to correct flawed form than to teach it correctly. "Your trainer should ensure that you complete a sound cycle for the competition".

Igor does not subscribe to a single training philosophy, but borrows from many training systems. He says there is an old Russian saying that may be applied to powerlifting, "the new is but the old and forgotten." In order not to forget, Igor re-analyzes the training cycles of each of his lifters from prior years.

Finally, Igor summarizes the dilemma all coaches face. "I can only coach those lifters who want to be coached by me. The lifter must have their own goals and know why they are lifting."

The performance of the athletes Igor trains is very consistent. Whether close to home or far, they have a great deal of experience traveling long distances. It took 5 days of travel by train to reach St. Petersburg for the Russian Nationals from their home in Siberia.



... Under the direction of Coach Igor Derevyanko .... Konstantin Pavlov trains his squats using ER racks and chains for added resistance.

New!

COOL CAPS

from... INZER ADVANCE DESIGNS

The World Leader In Powerlifting Apparel!

A DENIM CAP — *Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.*

B & C TWILL CAPS — *"Constructed" style white, cotton twill cap with buckram backed front. Adjustable plastic snap. Embroidered with two designs to choose from.*

IRONWRAPS

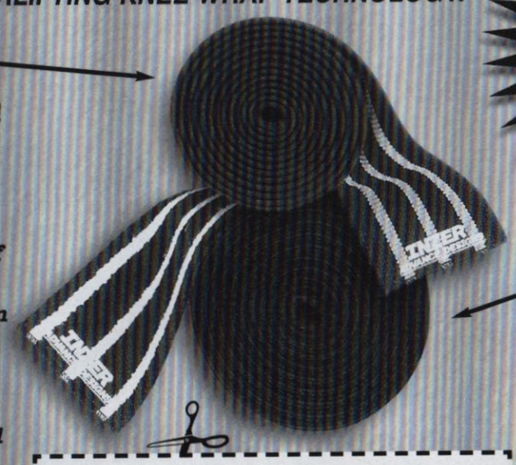
A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

POWERFUL, THICK AND COMFORTABLE BOLD DESIGN

IRONWRAPS Z

VERY, VERY POWERFUL!

The most popular knee wrap in powerlifting!



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

Patrick Hall

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

IRONWRAPS A

ENGINEERED FOR:

- Powerlifters
- Strongman Competitors
- Powerbuilders
- Bodybuilders
- Various Types of Athletes
- Doing Multiple Rep Sets

Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

A PARADIGM SHIFT IN KNEE WRAP DESIGN!

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

e-mail _____

Qty.			
_____	Denim Cap (A)	$16	_____
_____	Twill Cap ☐ B ☐ C	$12	_____
_____	Ironwraps A	$22	_____
_____	Ironwraps Z	$22	_____
_____	2 pair	$40	_____
		Shipping	$5.50
		Total	_____

Overseas orders add 20% surface or 30% air.
Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS
P.O. Box 2981 • Longview, Texas 75606
903-236-4012 • 800-222-6897

Dr. JUDD

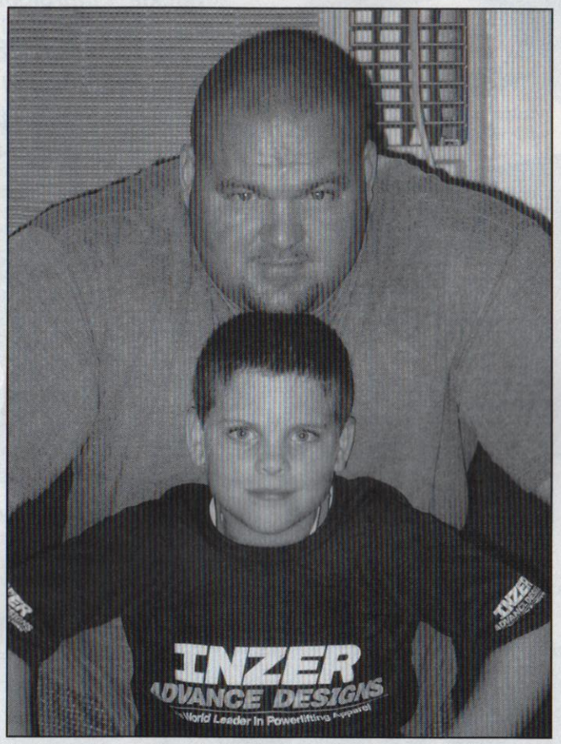
The Worst Thing You Can Do

as told to PL USA by Judd Biasiotto Ph.D.

Here is something I think you will find interesting. When Mark Twain was a young man he said that he was embarrassed about how uninformed his father was. "He didn't know anything," said Twain. However, when Twain reached adulthood seven years later he was astonished at much his dad had learned in those few short years. Interestingly, I noticed the same thing about my father. When I was younger I was convinced that my dad was as mentally underdeveloped as anyone on the planet. In truth, I was ashamed to go anywhere with him for fear that he would embarrass me by saying something absurd.

Actually, he would make these preposterous philosophical statements all the time. And he would begin every one of them by saying, "The worst thing you can do is ... " then he would blurt out something really "profound". For instance, he would say "The worst thing you can do is drink milk before you play basketball because the milk will coat your lungs and you won't be able to breathe." I never said he was a physiologist. Then ten minutes later he would say, "The worst thing you can do is sit in front of the television too close." Of course, then I would say, "Which is worse, drinking milk before playing basketball or sitting too close to the television?" Then he would give me that line that Bill Cosby stole from him. He would say, "The worst thing you can do is make fun of your father. I brought you into this world and I can take you back out with one good shot. I already made one of you I can easily make another that will look just like you."

I would always point out these inconsistencies in his thinking, but it would never discourage him. He would go right on day after day telling me what the worst thing I could do was. And every day it would be something entirely different then what he said the day before. After a while I started writing them down. I bet I have a collection of over 2000 "The worst thing you can do" statements. Recently * ran across the list and just for fun I read them over. Guess what? I never realized how penetrating and intelligent my father really was. I would like to share with you a few of my father's worst thing you can do statements. They are absolutely inspiring. More importantly though, they are irrefutable rules for success. Let me read them to you:



Father and Son .... *Superheavyweight Superstar Garry Frank is passing along his words of wisdom to his young son, Alex, who is 7 years old.*

The worst thing you can do is poor work. There are no trivial jobs, only trivial attitudes. And you have control of your attitude.

The worst thing you can do is brag about yourself. If you're good you don't have to tell people they will tell you.

The worst thing you can do is be impatient with your progress. Rome was not built in a day, neither was Arnold Schwarzenegger, so there is an excellent chance you won't be either.

The worst thing you can do is give a gift with the idea of getting something in return. The only true gift is one given with love, from the heart, with no repayment expected.

The worst thing you can do is worry about being the very best. Be concerned with doing your very best.

The worst thing you can do is be disrespectful to others. If you want respect you have to give respect.

The worst thing you can do is complain about your mother's cooking. It aggravates her when you do that and someday she is going to kill you.

The worst thing you can do is worry about what other people think of you. Worry more about what you think of yourself

The worst thing you can do is worry about yesterday or tomorrow. Yesterday is gone and tomorrow may never come. Worry about today ... this moment in time ... that is the only thing you really have control over.

The worst thing you can do is announce to people what you can do. Don't tell them – show them. Generally the people who talk the most do the least

The worst thing you can do is make fun of your big sister. It aggravates her when you do that and some day she is going to kill you.

The worst thing you can do is "dog it" in practice. Failure to prepare for something is preparing to fail.

The worst thing you can do is act before you think. Think before you act. It might also help if you had a little knowledge to think with so that when you act it all works out as if you thought about it.

The worst thing you can do is behave as if you know everything. At least wait until you know something.

The worst thing you can do is pickup your basketball before your books. Your basketball may help you get a better jump shot but your books will help you get a better life.

The worst thing you can do is cheat. Cheaters never win and winners never cheat. At least in God's eyes.

The worst thing you can do is cry over spilled milk. Don't worry about how it happened or who did it; be concerned with how you are going to clean it up.

The worst thing you can do is look at pictures of naked women. You can go blind doing that. That is why half the men in America are wearing glasses today.

The worst thing you can do is believe everything you hear and see. Don't believe anything you hear and only fifty percent of what you see. Find out the truth by seeking out the truth. Batman comic books are not a place were you will find the truth.

The worst thing you can do is do nothing. If you do nothing in life, you get nothing in life. Make each second, each minute, and each day count for something.

The worst thing you can do is talk the talk but not walk the walk. The real people in life don't just tatk about doing something; they do it.

The worst thing you can do is compare yourself with "the Joneses". I can't afford it and neither can you. Besides, people don't care how much you have until they know how much you care.

The worst thing you can do is be selfish. People are never celebrrated for what they receive; on the contrary, they are celebrated for what they give.

The worst thing you can do is worry about sports. Athletics are suppose to decrease stress, not increase it.

The worst thing you can do is to insist on being right all the time. Be more concerned with what is right, than who is right.

The worst thing you can do is compare yourself to others. You are unique in the entire world. Express joy in that fact.

The worst thing you can do is torment your little sister. It aggravates her when you do that and some day she is going to kill you.

The worst thing you can do is blame others for your mistakes. Take responsibility for everything you do. People who have the strength and courage to take responsibly for their shortcomings are respected and admired.

The worst thing you can do is find fault in others. You are not perfect and neither is anyone else. The day you reach perfection is the day you can judge other people. In that respect I don't think anyone has anything to worry about.

The worst thing you can do is play it safe all the time. If you risk nothing in life you will never be anything in life.

The worst thing you can do is give the people you love material gifts. Ralph Waldo Emerson said: "Rings and jewels are not gifts, but apologies for gifts." Give the people you love what you are, not what you have.

Isn't that great! I think the best thing you can do is follow my father's "The worst thing you can do" list. I know it has worked for me.

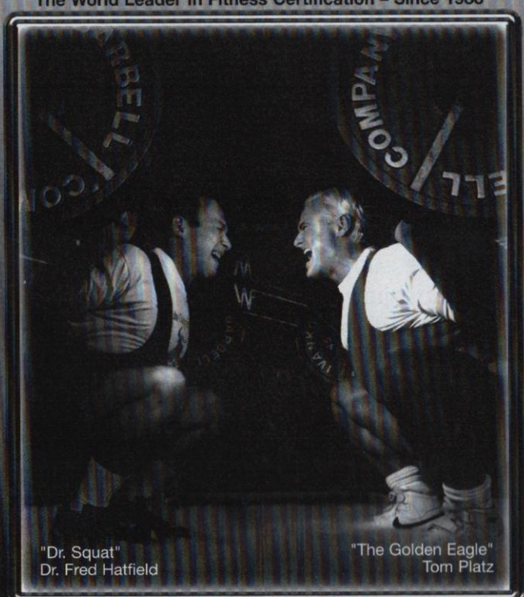
Alex *gets in a bench workout under the watchful eye of father Garry.*

"....When you get to the end of your rope, tie a knot and hang on. And swing"! -Leo Buscaglia

ISSA

TURN YOUR MUSCLES INTO MONEY!
TURN YOUR MUSCLES INTO MONEY!
TURN YOUR MUSCLES INTO MONEY!

The World Leader In Fitness Certification – Since 1988



Personal Training Certification

Personal Training is the fastest growing profession in the fitness industry today. In fact, it has been rated as one of the top ten professions for the 21st century. Since 1988, the International Sports Sciences Association has provided certification and continuing education to over 40,000 health and fitness professionals worldwide. Call ISSA today, and let us show you how rewarding it is to share your passion for health and fitness with others!

ISSA Certification Courses

- Certified Fitness Trainer
- Specialist in Performance Nutrition
- Adaptive Fitness Specialist
- Specialist in Sports Conditioning
- Specialist in Martial Arts
- Specialist in Fitness for Mature Adults
- Fitness Therapist
- Endurance Fitness Trainer
- Youth Fitness Trainer
- Water Fitness Trainer
- Golf Fitness Trainer

CALL TODAY FOR FREE INFO
1.800.892.4772
www.FitnessEducation.com
Source Code: PLUSA701

ISSA
International Sports Sciences Association

Rubber Bands for All Sports

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.

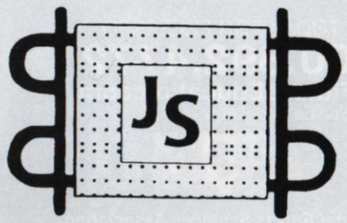
Our continuous-loop bands are 41" in length and a quarter of an inch thick. Bands can be used to add resistance to your lifts when hooked from the bottom up, or to help take weight off of the bar at chest level when hooked from the top down. **NEW COLOR for LIGHT BANDS is a darker purple.** Four sizes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

Bands	Cost/Pr.
Mini (1/2" wide, pink, green or blue)	$20.00
Light (1-1/8" wide, now **PURPLE**)	$37.00
Average (1-3/4" wide, **GREEN**)	$45.00
Strong (2-1/2" wide, **BLUE**)	$57.00
We also offer 2 different **platform bases** for doing deadlifts:	**Cost**
Standard Base (approximately 3 ft. wide)	$145.00
Extra-Wide Base (has a 51" deck for sumo-style deadlifts)	$245.00
Packages are available as follows:	
Ultimate Unit (comes w/ 3 prs. of bands, plus standard base)	$285.00
Heavyweight Unit (comes w/ 6 prs. of bands, plus standard base)	$385.00
Substitute Extra-Wide Base for either unit	add $100 to above unit cost

We also offer the following **Videos** for **$10 each**: Powerlifting, Football, Baseball, Basketball, Cross Country, Martial Arts, Flexibility, Explosive Training, and Rehab (Ankle/Knee/Shoulder/Back).

We accept Visa/MC/Discover/AmEx. Checks or money orders may be directed to the address below. **Shipping charges additional, please call for quotes.**

Now Available! In conjunction with naturopathic physician Dr. Hakeem Lewis, we now offer a complete line of high-quality, pharmaceutical-grade supplements, including protein drinks, vitamins, and all-natural formulas for speeding up injury recovery. Call for more information. We'll help you stay a step ahead of your competition!



Jump Stretch, Inc.

1437 Turnberry Dr. • Boardman, OH 44512

Toll-Free 1-800-344-3539

330-629-2511 • Fax 330-629-2440

www.jumpstretch.prodigybiz.com

Seminars
Consultations
Programming
Training

ELITE FITNESS SYSTEMS

Training Articles
Westside Q and A
Gym Directory
Shop Online

www.elitefts.com

www.EliteFitnessSystems.com

www.elitefts.com

VIDEO'S!

Squat Workout (Simmons).....$54.95
Bench Press Workout (Simmons).....$49.95
The Bench Press Video (Simmons).....$35.95
The Squat Video (Simmons).....$29.95
The Dead Lift Video (Simmons).....$29.95
Building the Perfect Beast (Blakley).....$40.00
Shipping/handling .....$ 5.00

BOOKS!

Supertraining "Revised".....$54.95
Science and practice.....$35.00
Science of sports training.....$39.00
How to write strength T. Programs...$36.00
Shipping/handling .....$ 5.00

New Videos!

The Reactive Method: $44.95
Westside Seminar Videos: $159.95

REVERSE HYPER

Pro model $1220.00*
Standard model $825.00*

MEDICINE BALLS

40lbs ——— $124.95*
60lbs ——— $189.95*
100lbs ——— $250.00*

*Shipping Included

Weight Releasers $87.00* | Glute Ham Raise $829.00
Belt Squat Belt $88.00* | Manta Ray $43.00*
Safety Squat Bar 385.00* | Stability Ball $55.00*

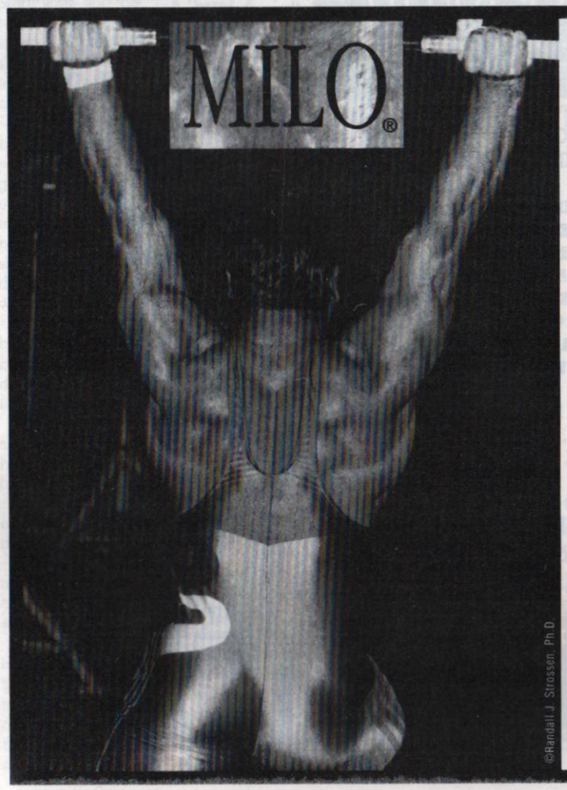
PULLING SLEDS

$130.00 * straps included

Check out our web site:
www.elitefts.com
For a complete product listing

www.elitefts.com **888.854.8806** www.elitefts.com

Send check or money order payable to:
Elite Fitness Systems 1695 Itawamba Trail London Ohio 43140 740-845-0987
All Major Credit Cards ACCEPTED ***Call for FREE Catalog OR Shop Online***



We Have A Different Perspective

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

MILO: A Journal For Serious Strength Athletes
Our name says it all. Four issues a year.
No interior ads. Soft cover book format. 128 pages.

$39.95/year USA; add $6 airmail S&H for Canada/Mexico;
add $20 airmail S&H for all others.
Single issues are $12 + $3 S&H USA/Canada/Mexico; $5 S&H for all others.

IronMind Enterprises, Inc.,
P.O. Box 1228, Nevada City, California 95959 USA
tel (530) 265-6725 fax (530) 265-4876
www.ironmind.com

TRAINING

Exercises for the Triceps

as told to Powerlifting USA by Louie Simmons

Everyone thinks that a close grip bench will raise your contest bench press. We at Westside also believe that is very true. In fact, so much so that we find ways to increase the close grip bench.

There are many core barbell exercises on max effort day to choose from. Here are some of our favorites.

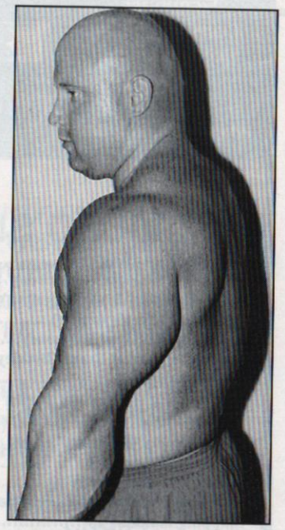
Floor press with chains. We drape 5/8" chain over the bar. The chain should be 5 feet long. George Halbert does 5 sets equalling 200 pounds at the top. Work up to a max single. Don't be afraid to miss. George made 440 plus 200 pounds of chains. How does this relate to George's meet bench press? When he made that PR, he benched 688 (world record) at 242. He did 435 plus chains and hit a 683 bench at 198. One should make records with three, four, or five sets of chains.

Regular bench with chains. Start with two sets of chains. Work up to a bar weight of, say, 250 with the two sets. Do a single, then add a set of chains. Do another single, and continue until you fail. Next time, use 255 on the bar. Use at least two grips to make PR's, one per workout.

Mini-bands. Max out with one, two, or three sets of mini-bands on the bar. Choose one per workout.

Board press with bands or chains. We try records with two, three, four, or five boards. This adds up to four PR's on boards, four more with bands, four more with chains, and four more with bands and chains combined. The combinations are endless.

Rack lock-outs. Our racks have holes every inch, so the weights don't change drastically. Don't lock out more than 8 inches. Do singles after warming up.



Triceps like these *have enabled Kenny Patterson to break 9 all-time world records in the bench.*

Overhead band press. This is the lightened method. The rubber bands are suspended from the top of the power rack. Use three sets of bands, each of different strength, one per workout. At chest level, the bands lighten the load 155, 95, or 65 pounds, depending on if you are using blue, green, or purple Jump-Stretch bands, respectively. Work up to a single.

Weight releasers. Pick one weight on the bar at the bottom, let's say 405. Add weight releasers with chains attached. Start with two sets of chains at the top. They add 40 pounds. Do a single. Add sets of chains until you PR or miss. Also combine rubber bands with bar weight. Lower the bar quickly.

Cambered bar bench. Note: the bar may not touch your chest, but by relaxing somewhat, come as close as possible. Do a 1- to 5-rep max. One is preferred.

Incline to a max. Use at least two different angles. Work up to a max single.

Decline to a max. Try more than one angle. Work up to a max single.

We covered a lot of core bar exercises. Always use a close grip or no wider than your little finger on the rings. If you place the bar on or above the nipples, meaning toward the upper chest with arms in normal position, this will build the triceps much faster. Switch core lifts each week. Pick exercises carefully. There are ones that build incredible strength, and there are core lifts that are going to determine how your max contest bench is doing. These are called testers. You must discover which ones are your particular builders or testers.

The following are special triceps exercises to be done after the core lift.

Dumbbell triceps extensions. Hold the dumbbells with the palms facing each other. With the arms straight over the chest, lower the bells by bending at the elbows. Lower one end of the bells until they touch the delts. Then rotate the elbows upward and back over the head. This will place tremendous tension on the part of the triceps that connects on the inside of the elbows. Without dropping the elbows too much, extend the bells. The rep range is 6 to 12. About 60 total reps seems to work well. It's up to you whether you do multiple sets with the same weight or work up on each set. You can do these lying flat, on a decline or incline, or even standing up.

Flared-arm dumbbell extension. A second method is to do extensions with the elbows pointing out to the sides, palms facing forward with thumbs pointing down. Touch the bells on the upper chest. Now extend them to arms length, keeping the bells touching all the way. This will build a tremendous lock-out. Start light and do high reps, 15-20 to start, and increase slowly. This is a tough one, but very effective.

Exercises with bands. Hold a band around your back, gripping each end in your hand. Now pick up a set of dumbbells and do extensions. You can do these on the floor as well.

Choke a small band around the top of a power rack and do band push-downs for high reps.

Do triceps extensions with the band held behind the head.

Loop a band over the lat bar and do push-downs.

Use your imagination. These exercises are great for extra workouts too.

J.M. press. Use a close grip and lower the bar straight down over the upper chest or collar bone with the elbows held in a normal position. This reduces the work done by the delts and places most of it on the triceps. This is accomplished by having the hands closer to the face than the elbows once the descent starts. Stop the bar at your worst possible leverage point. This is normally 8 to 4 inches off the chest. Start the bar up by pushing with the hands first. This will cause an extension motion, not a press. Work up in 3's or 5's for a record as often as possible. J.M. presses can also be done with different amounts of chains or with rubber bands of different strengths.

Straight bar triceps extensions. Remember to hold the elbows tightly in. Don't use too close a grip. Start the bar over the lower chest. Lower it in an arc by raising the elbows and pushing them toward your head. This will put most of the work around the elbows, and that is where your extension strength comes from. This is not bodybuilding. This is strength building. We don't want to develop the lateral (lazy) head of the triceps. We work up in 5-rep sets. Push for records when possible. These can also be done with chains or bands.

Bar extensions off floor. Use 10, 25, 35, or 45 pound plates. Start every rep from a dead, relaxed start. Work up to a 5-rep PR. By using different size plates, you will build strength at many angles. Caution: this exercise may cause some shoulder discomfort. When doing bar extensions, touch the bar to the forehead, nose, chin, or throat. The latter affords the most elbow extension.

Mini-band stretch. Place a Jump-Stretch mini-band around both wrists. Double loop it to make it twice as strong. Now stretch the hands apart and grasp the bench bar moderately to very wide. Use a thumb grip and squeeze the bar tightly and do some reps. Not only will this build strength but it is also very therapeutic.

Triceps account for most of your bench press progress. Learn to train them correctly. They are the key to a monster bench. Bench shirt or no bench shirt, if you don't become stronger, your bench will never increase. Remember to push your hands apart when benching. This will make the triceps work more effectively. This external rotation will eliminate chest pulls and teach you to press correctly, in a straight line.

Westside Barbell
614-276-0923

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

FORCE TRAINING

LOUIE SIMMONS
NATIONALLY RENOWNED POWERLIFTING COACH

KENT JOHNSTON
STRENGTH & CONDITIONING COACH SEATTLE SEAHAWKS GREEN BAY PACKERS 1992-1998

LOUIE AND KENT INTRODUCE YOU TO "FORCE TRAINING" A NEW APPROACH TO TRAINING THE POWER ATHLETE

PACKAGE INCLUDES: 2 VIDEOS (140 MINUTES) PROVIDING EXERCISE TECHNIQUES, DEMONSTRATIONS, AND FUNDAMENTALS THAT COVER:

* WEIGHT TRAINING
* LATERAL SPEED
* SPEED
* ANAEROBIC CONDITIONING
* BOX SQUATTING
* CHAIN UTILIZATION
* SPORTS SPECIFIC TRAINING
* SLED UTILIZATION
* PLYOMETRICS
* ACCELERATION
* MEDICINE BALL
* SANDBAG TRAINING
* FLEXIBILITY
* JUMP ROPES
* POWER ENDURANCE
* FOOT FREQUENCY

PLUS A 60 PAGE MANUAL WITH EXAMPLE PROGRAMS FOR THE FOLLOWING SPORTS: FOOTBALL, BASKETBALL, BASEBALL, SOCCER, HOCKEY, WRESTLING, TRACK AND FIELD, TENNIS, VOLLEYBALL, BODYBUILDING AND BOXING.

INCLUDED IS A SECTION ON APPLICATION OF FORCE TRAINING AT THE HIGH SCHOOL LEVEL.

VIDEO $69.95 MANUAL $19.95

FOR MORE INFO CALL 1-800-411-4352

Visa / MC accepted

TOPPER SUPPLY COMPANY
2108 S. HIGH ST. P.O. BOX 7832
COLUMBUS, OHIO 43207

THE SEARCH STOPS HERE!!!
5/8" AND 1/2" CHAIN!!!
THE COMPLETE POWERLIFTING ASSEMBLY
AVAILABLE FOR THE ELITE AND PROFESSIONAL POWERLIFTERS

NEW
POWER & TRAINING BANDS
MADE IN USA

POWER BANDS
4 STRENGH LEVELS
1/2" 1 3/4"
1 1/8" 2 1/2"

TO ORDER CALL TOLL FREE
866-4CHAINS (866-424-2467)
MONDAY THRU FRIDAY 7:30AM TO 4:30PM
SATURDAY: 7:30AM TO 12:00PM EST.
WWW.TOPPERSUPPLY.COM
LOUIE SIMMONS
TRAINING SECRETS

VISA
DISCOVER
Master Card

INZER ADVANCE DESIGNS
We Make Power Gear A Science
1-800-222-6897
903-236-4012
IMMEDIATE SHIPPING
MC, VISA, D., C.O.D.

INZER BLAST SHIRT

Patent # 4473908

The patented Inzer Blast Shirt is guaranteed to be at least twice as effective as any shirt existing.

The strength and durability characteristics of the exclusive material used in the Inzer Blast Shirt is the best for support throughout the range of motion and makes it virtually impossible to tear.

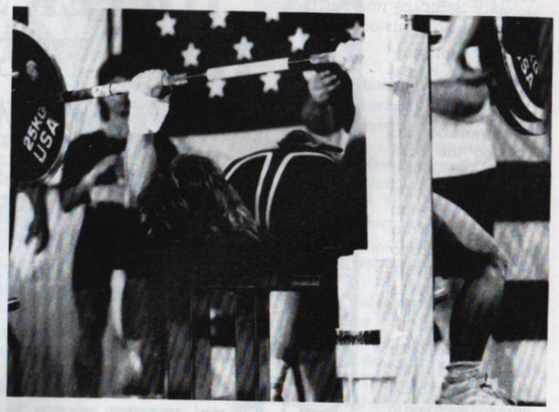
Proven by the Greatest Bench Pressers in the world.

"With the Inzer Blast Shirt, I just blow the weights off my chest! It's truly awesome."

Ken Lain
722 lb. Bench at SHW

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

Anthony Clark
775 lb. Bench
First Teenager ever to crack the 600 barrier!



"I've set many world records wearing the Inzer Blast Shirt. It's the greatest shirt for benching power!"

Mary Jeffrey
275 lb. Bench at 123 b.w.

"This is the shirt that will blast your bench to the ceiling."

Mike Hall
633 lb. Bench
ADFPA-USPF
National Champion

Plus these all time best benchers:

Jan Harrell-385 Bench. Most ever by a woman.
David Bullock-470 Bench World Record 148's

Inzer Advance Designs offers the most personalized service in the business. Your satisfaction is totally guaranteed. All orders are shipped immediately! Overnight air and two day air are available on request. Each shirt, suit and brief is inspected and marked with its own quality control serial number.

Most all the latest developments in Power Gear technology come from Inzer Advance Designs first. Plus, we continually improve on already superior products so the products we send you are always the most advanced to date!

INZER ERECTOR SHIRT

-Customized-

Upper torso support when deadlifting and squatting. Call or write for more details on this special garment. Allow 3 days before shipping for special tailoring on Erector Shirt.

GROOVE BRIEFS

BY INZER

The ultimate competition-legal underwear for Powerlifters will give you much more explosiveness in your squat. Guaranteed immediate results.

Now used in world record setting performances. Everyone who has tried them says—Groove Briefs work!

Z-SUIT and CHAMPION SUIT on next page—

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order

Inzer Blast Shirt - $38
Save $10. Buy 2 for $66

Inzer Erector Shirt - $38
Please indicate size or include **relaxed** measurements of
shoulders_____ chest_____ arm_____
Colors: ☐Black ☐Navy Blue ☐Royal Blue ☐Red

Groove Briefs - $20
Ht.____ Wt.____ Upr. Thigh____ Hips____

ITEM	SIZE	QTY.	PRICE	SUB–TOTAL
			SHIPPING	$6.00
			TOTAL	

Overseas orders add 10% surface or 20% air mail.
Texas residents, please add 8.25% sales tax

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____

INZER ADVANCE DESIGN
We Make Power Gear A Scien

PO Box 2981
Longview, TX 75606

1-800-222-6897

903-236-4012

INZER ADVANCE DESIGNS

We Make Power Gear A Science

1-800-222-6897

903-236-4012

IMMEDIATE SHIPPING

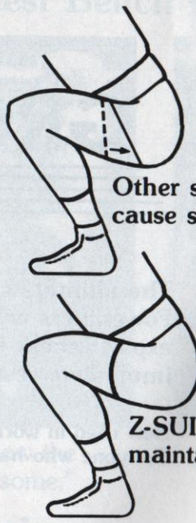
MC, VISA, D., C.O.D.

Z-SUIT

When Fitted properly, the Z-SUIT will substantially increase your squat over any other suit on the market, thanks to the special Z-lock leg design. Z-SUIT locks in on your leg to prevent slipping up the back of thighs.

Z-Lock (anti-slip mechanism)

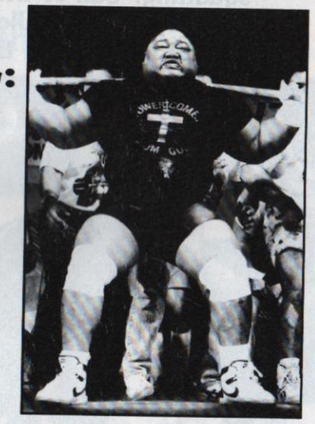
Z-SUIT



Other suits slip and cause slack in hip area.

Z-SUIT stays maintaining tightness.

Worn By:



Anthony Clark
2531 TOTAL/1031 SQUAT

John Inzer
744 SQUAT at 165 b.w.

O.D. Wilson
1003 SQUAT

Jesse Jackson
711 SQUAT at 148 b.w.

Matt Dimel
1010 SQUAT

KNEE WRAPS

NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps. Super comfortable, easy to wrap to maximum tightness

INZER IRON WRAPS - Style Z - Powerful rubber strand construction. For those who like that super squeeze feel.

Iron Wraps A or Z - 1 pair $22, 2 pair $40

A few of the growing number of powerlifters who wear Z-SUIT and/or Champion SUIT

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

CHAMPION SUIT

The CHAMPION SUIT will endure more stress and outlast any other suit on the market!

6 Month Guarantee Against Blow-outs on Both CHAMPION SUIT and Z-SUIT

CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip support necessary for squatting the heaviest poundages.

Now With Wider Straps Than Pictured

CHAMPION SUIT

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order

Please indicate size or include measurements of:

Height _____
Weight _____
Upper Thigh _____
Buttocks _____

CHAMPION SUIT and Z-SUIT colors:
☐ Black ☐ Navy Blue ☐ Red ☐ Royal Blue

$42 or 2 for $76

ITEM	SIZE	QTY.	PRICE	SUB–TOTAL
			SHIPPING	$6.00
			TOTAL	

Overseas orders add 10% surface or 20% air mail.
Texas residents, please add 8.25% sales tax

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____

INZER ADVANCE DESIGNS

We Make Power Gear A Science

PO Box 2981
Longview, TX 75606

1-800-222-6897

903-236-4012

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.)

(Dr. DiPasquale's answer to last month's question is continued here)

make and on making sure that you're at the lowest but most efficient dietary carb level for you (as per the troubleshooting chart and guide in the Metabolic Diet). The Metabolic Diet is geared to increasing the utilization of fat as a primary energy source, decrease protein catabolism and increase protein synthesis in a healthy way. The emphasis in the Metabolic Diet is on lowering dietary carb intake to a level that's optimal for you and that will maximize fat mobilization and oxidation, not ketonuria. As such, I don't recommend tracking urinary ketones because I think that the process is unnecessary.

As you know the Metabolic Diet is a cycling diet, not a strictly ketogenic diet. Unlike cycling ketogenic diets (CKDs) it's more dynamic in that it canbe used to find the optimal level of carbs that matches any individuals metabolism and that will result in maximum results as far as altering body composition. This effect on body composition is helped by the weekly phase shift that results from the changes in macronutrient composition and the subsequent metabolic and hormonal environment.

Needless to say if you follow the strict part of the Metabolic Diet you will have significant degree of ketosis and variable levels of ketonuria. As you know, ketones are formed all the time to some extent in everyone, just much more so as the dietary carb levels drop and fat intake increases. The amount of ketones that end up in the urine is a function of several factors including the amount formed secondary to carb availability, and insulin and glucagons levels, the extent to which they are able to be metabolized and used efficiently (a function of a person's genetic ability to oxidize fat and ketones efficiently and of time), and the efficiency of the gluconeogenic process and availability of gluconeogenic substrates thus decreasing the need for ketone formation.

Reaching ketosis, at least as far as being able to measure it using a ketostix, believe it or not, doesn't relate in the least to how well you do on the diet. Keep in mind that the depth of ketosis is NOT indicative of the degree of fat oxidation or lipolysis. I don't even suggest you check your urine for ketones never mind fussing over the degree of ketonuria. Again, the important thing is to fine tune the diet until you get the results you want. Once you've adapted to the diet, you'll use up most of the ketones you produce and as such shouldn't show much ketones in the body during the weekdays.

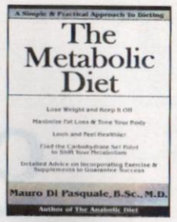
You have to understand that ketosis and ketonuria can be two different things. Anyone on a lower carb diet will burn more fatty acids, and subsequent to the breakdown of long chain fatty acids by the liver, produce more ketones and as such be in ketosis (defined as a blood concentration of ketones above .2 mmol/dl), but will not necessarily show ketones in the urine - ketosis may or may not result in ketonuria, the presence of ketone bodies in the urine. And it's the level of ketone bodies in the urine that people measure to determine if they're in ketosis and the degree of ketosis. In many people, especially those that are fat adapted and efficient in theuse of ketones as an energy source, there may not be much spillage of ketones into the urine. For example, the Eskimo living on the traditional high fat, almost no carb diet, rarely shows any significant amount ofketonuria.

Also keep in mind that it's ketones and fatty acids that are burned as fuel initially when carb availability is low. Many tissues can oxidize fatty acids directly to get the energy they need. Some tissues, such as the brain and the nervous system can only use glucose (from dietary carbs and other substrates through gluconeogenesis or other processes - see below) and ketones as energy substrates. After adapting to a low carb, higher fat diet, ketosis becomes a minor pathway for energy metabolism in most tissues in the body, with muscle and other tissues (except for the brain, etc.) using free fatty acids as the main energy substrate.

The bottom line is that I tell people that they shouldn't worry about ketosis and ketone levels in the urine and instead concentrate on the progress they make and on making sure that they're at the best dietary carb level for them (as per the troubleshooting chart and guide in the

(Dr. DiPasquale's response is continued on page 65)

Metabolic Diet Book
Mauro DiPasquale, M.D.



Price: $39.95
Availability: Ships within 24-48 hours. To order call 1-720-479-8342 or order on site from **www.allprotraining.com**
Hardcover - 512 pages
publisher: AllProTaining
If you're confused as to what kind of diet you should be following, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and fitness experts. After a while it gets pretty hard to sort out just what kind of diet is best for maximizing muscle mass and minimizing body fat. Should you do high carbohydrates, low fat, low carbohydrates, high fat, low protein, high protein, or maybe just cycle them all and hope that something works?
The Metabolic Diet is a one - stop solution to the age -old dilemma of what diet is best to maximize muscle mass and strength. Don't miss out. Order a copy right now. You won't be disappointed.

APT Nutritional Supplements
The most advanced line of nutritional supplements - EVER.
Formulated for the Metabolic Diet - For information go to www.allprotraining.com
JointSupport (TM) **Suggested Price: $29.95**
AllProTraining
JointSupport (TM) is a premier formulation for supporting cartilage and joint function. It's the perfect solution for maintaining healthy joints and dealing with minor muscle ache experienced after exercise.

INZER
ADVANCE DESIGNS

NEW AND AMAZING!

IRONWRAPS

enable you to lift more than ever before.
A leap ahead in powerlifting knee wrap technology.

IRONWRAPS Z stores a very dense, propulsive energy that produces more power than any knee wrap ever before!

Everything about this wrap exceeds any previous wrap.

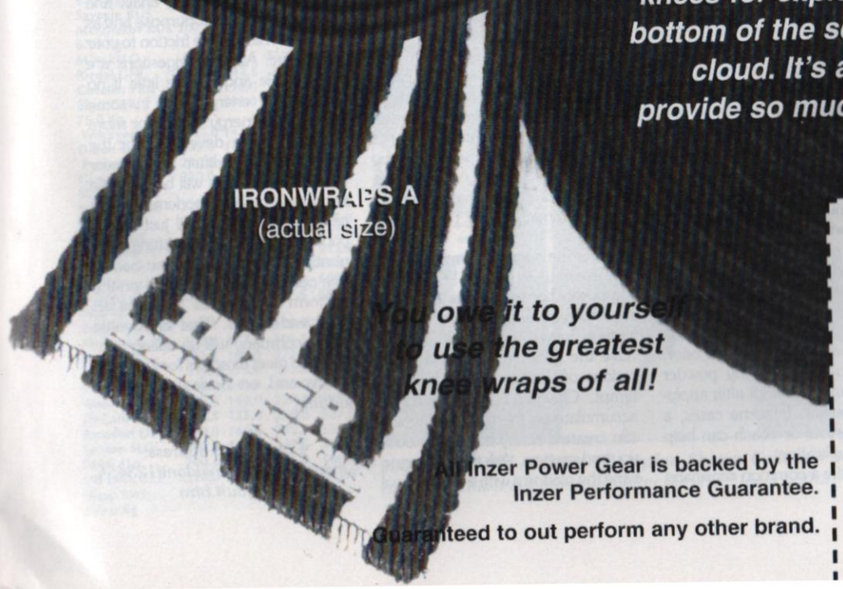
VERY, VERY POWERFUL!

"I've tried every knee wrap ever made and the Ironwrap far outperforms them all."
Louie Simmons

"Ironwraps are t best I've ever used
Bull Stew

IRONWRAPS Z
(actual size)

IRONWRAPS A
(actual size)



IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

You owe it to yourself to use the greatest knee wraps of all!

All Inzer Power Gear is backed by the Inzer Performance Guarantee.

Guaranteed to out perform any other brand.

Name _____
Address _____
City _____ State _____
Zip _____ Phone _____
Qty.
_____ Ironwraps A $22 _____
_____ Ironwraps Z $22 _____
2 pair $40 Shipping $6.00
Total _____

Overseas orders add 20% surface or 30% air.
Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS
P.O. Box 2981 • Longview, Texas 75606
903-236-4012 • 1-800-222-6897

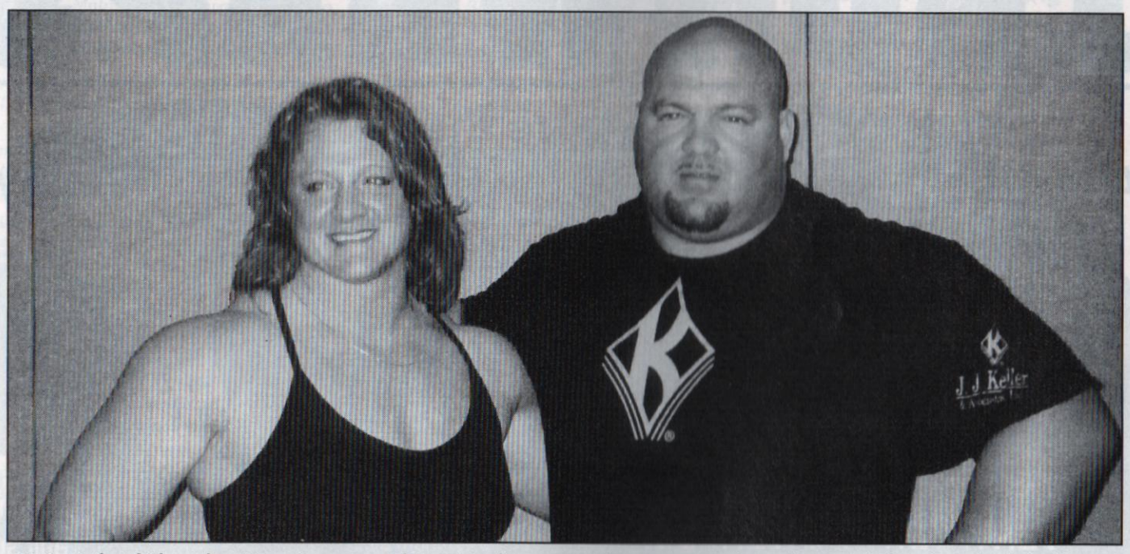
STARTIN' OUT

A special section dedicated to the beginning lifter

CHALK and POWDER

as told to Powerlifting USA by Doug Daniels

If you're like me, you want to explore every possible avenue to make sure you get the best results in things important to you. That's one of the reasons you are reading this magazine. One of those avenues is the use of chalk and powder. Though not as critical as knee wraps or a bench shirt, using these two materials correctly can add to your results. The basic purpose of both these materials is to effect friction or resistance. Simply put; chalk is used to increase friction and powder is used to decrease it.



***APF Sr. National Champions Becca Swanson and Garry Frank** are among the many competitors who used chalk and powder. (Glossbrenner)*

Let's talk chalk. Chalk, as I just mentioned, is used to increase friction or resistance. Spreading chalk on the palms of your hands provides a better grip due to the increased resistance; that is the bar will tend to drag a bit more on the skin. This really comes in handy for the deadlift where grip can be half the battle for some lifters. Chalk can also be used for the squat or bench for a more confident grip. It can also be spread on a lifter's back for the squat. This will help prevent the bar from rolling down during the performance of the lift. It can also be spread across a lifter's back, shoulders and butt prior to the bench press to lessen sliding on the bench while pressing. As you can see it can contribute to all 3 powerlifts. Not to be overlooked is chalk's contribution to a lifter's confidence and psyche. Applying that chalk to your hands, etc., is usually the last action taken prior an attempt.

Baby powder or talc has the opposite effect of chalk. Baby powder is usually spread on thighs and shins for the deadlift to help the bar up to lockout. Here resistance or friction needs to be lowered. Be careful to not get any powder on your hands. This could weaken your grip and could cause you to drop the bar. The best way to apply powder is to squeeze it from the container on your thighs and shins while being careful not to get any on your hands. Next turn the container upside down and spread the powder evenly over your legs. Apply powder just before putting your belt on to taking your deadlift attempt.

Powder can also be used to get your bench shirt and squat suit on easier. Apply some powder to body, and then put our shirt or squat suit on. It absorbs some of the sweat and helps the gear slide on your body with less effort. Getting that tight gear on can really sap your energy, so every little bit helps. Spreading a little inside your lifting shoes can also help combat 'Al Bundy' foot odor. Be sure to wipe off any powder residue from your hands after applying the powder. In some cases, a training partner or coach can help with the application.

Use a little a common sense and courtesy when using chalk and powder. First, bring your own stuff. Although most meets supply chalk, over the course of the meet, it tends to get used up, broken up, or stolen by other lifters. You can order chalk blocks from ads in this magazine. Bring at least 2 blocks and store them in a Tupperware-like container or a baggy. Toss this in your gym bag. I would keep one in your car as a spare and the other out of sight from other lifters or your stash will disappear like free hot dogs at a grocery store grand opening. Baby powder is not usually supplied at meets, so purchase some in a squeezable container; generic powder will do.

Over the course of a meet, chalk can accumulate on the knurling of the power bar from other lifters. If too much accumulates, the bar will become hard to grip. If you see this, have the spotters brush the chalk residue off the bar before your attempt. Chalk and powder can also accumulate on the platform, which can create a safety hazard for both you and spotters. Ask the spotters to wipe the platform with a moist towel to remove it before you lift. This is where courtesy and a little common sense come into play. Apply chalk and powder off the platform; every-one will be better off if you set the right example.

Exploring every avenue possible to get best results is the way to go and can add up to a more successful competition. One of those avenues or side streets is using chalk and powder for the right purpose and as well as correctly. Use friction to your advantage. All my suggestions are very simple and require little if no expense of energy and, in some cases, save energy. Look for more products to be developed for the discerning powerlifter in the near future. Squat racks will be available soon with built in modems so you can get or send e-mail just before your squat. A new powerlifting organization forming will allow hands-free cell phone use by lifters on the platform as long, as they use an approved carrier. That big Seattle coffee company will be selling franchises to meet directors for warm-up rooms and on deck circles. *Just kidding*

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

EPF European Masters
4-8 JUL 01 - Bratislava, SLO (kg)

	SQ	BP	DL	TOT
Women Masters I				
48.0 Kg				
Karbysheva RUS	135	70	130	335
Bruder GER	127.5	55	125	307.5
52.0 Kg				
Eremenko RUS	145	57.5	142.5	345
Bruder GER	115	67.5	130	312.5
56.0 Kg				
Szymkowiak POL	145.0	75.0	147.5	367.5
Vivijes BEL	125.0	70.0	160.0	355.0
Kozak UKR	85.0	37.5	107.5	230.0
60.0 Kg				
Locatelli ITA	165.0	87.5	187.5	440.0
Kashirina RUS	165.0	87.5	187.5	440.0
Eschenasy GER	120.0	65.0	130.0	315.0
Riedl GER	100.0	57.5	115.0	272.5
67.5 Kg				
Loch GER	117.5	75.0	132.5	325.0
Lankau GER	100.0	65.0	107.5	272.5
75.0 Kg				
Wass GB	110.0	65.0	125.0	300.0
Beninga GER	87.5	65.0	110.0	262.5
82.5 Kg				
Cech GER	95.0	47.5	120.0	262.5
90.0 Kg				
Hollands GB	160.0	65.0	160.0	385.0
90.0+ Kg				
Pepper GB	145.0	77.5	162.5	385.0

Team Champions: 1. Germany 60 pts, 2. Great Britain 36 pts, 3. Russia 33 pts, 4. Poland 12 pts, 5. Italy 12 pts , 6. Belgium 9 pts, 7. Ukraine 8 pts. Champion of Champions Women's Master I - 1. Locatelli - 511.28, 2. Karbysheva - 447.09, 3. Eremenko - 437.87

Women Masters II				
48.0 Kg				
Turunen FIN	70.0	50.0	107.5	227.5
52.0 Kg				
Uvachan RUS	110.0	65.0	122.5	297.5
Guinard FRA	97.5	52.5	137.5	287.5
56.0 Kg				
Baron FRA	115.0	62.5	155.0	332.5
Kumpuniemi	110.0	67.5	120.0	297.5
60.0 Kg				
Thimm GER	132.5	77.5	165.0	375.0
67.5 Kg				
Fomina RUS	150.0	65.0	170.0	385.0
75.0 Kg				
Meulen HOL	150.0	80.0	155.0	385.0
Richards GB	112.5	65.0	132.5	310.0
82.5 Kg				
Beer AUT	170.0	110.0	180.0	460.0

Team Championships: 1. Russia 24 pts, 2. Finland 21 pts, 3. France 21 pts , 4. Germany 12 pts, 5. Austria 12 pts, 6. Netherlands 12 pts, 7. Great Britain. Champion of Champions - 1. Beer - 429.31, 2. Thimm - 421.91, 3. Fomina - 408.60

Masters I Men				
52.0 Kg				
Skirkanic SLO	150.0	90.0	160.0	400.0
Aksenov RUS	147.5	75.0	145.0	367.5
56.0 Kg				
Timirgaleev RUS	165.0	95.0	150.0	410.0
Fenzl AUT	115.0	57.5	137.5	310.0
60.0 Kg				
Sayapin RUS	210.0	120.0	210.0	540.0
Merzliakov RUS	207.5	125.0	202.5	535.0
67.5 Kg				
MihokSLO	230.0	150.0	232.5	612.5
Riedel GER	210.0	142.5	205.0	557.5
Cuvelier FRA	210.0	110.0	220.0	540.0
Blust GER	170.0	105.0	195.0	470.0
75.0 Kg				
Wilczynski POL	265.0	147.5	277.5	690.0
Daron GER	235.0	140.0	250.0	625.0
Paajanen SWE	220.0	130.0	230.0	580.0
Giavaldi ITA	220.0	110.0	225.0	555.0
82.5 Kg				
Naleykin RUS	270.0	172.5	260.0	702.5
Hoza CZE	275.0	170.0	250.0	695.0
Glinin RUS	260.0	172.5	255.0	687.5
Agostinoni ITA	250.0	142.5	250.0	642.5
Criscione ITA	230.0	125.0	255.0	610.0
Ollikainen FIN	220.0	127.5	255.0	602.5
Dahlgren FIN	202.5	140.0	237.5	580.0
90.0 Kg				
Kotelnikov RUS	287.5	182.5	292.5	762.5
Albin UKR	290.0	177.5	282.5	750.0
Rykov RUS	290.0	185.0	272.5	747.5
Hagfors FIN	270.0	175.0	295.0	740.0
Rossi ITA	265.0	140.0	285.0	690.0
Weidemeier	245.0	140.0	250.0	635.0
DeCarli ITA	222.5	135.0	250.0	607.5
Berndorf DEN	230.0	160.0	202.5	592.5
Lechan SLO	200.0	140.0	247.5	587.5
Sallai SLo	200.0	135.0	245.0	580.0
Urbanek CZE	210.0	137.5	215.0	562.5
Hopp SWE	275.0			
100.0 Kg				
Kelner CZE	290.0	180.0	290.0	760.0
Melzig GER	290.0	155.0	295.0	740.0
Benesh CZE	250.0	175.0	310.0	735.0
Kubesch GER	220.0	190.0	255.0	665.0
Batik SLO	230.0	145.0	242.5	617.5
Bertelsen DEN	200.0	167.5	240.0	607.5
Barker GB				
110.0 Kg				
Pastor SLO	312.5	172.5	310.0	795.0
Tsukanov RUS	310.0	210.0	272.5	792.5
White GB	275.0	162.5	320.0	757.5
Lande NOR	290.0	165.0	245.0	700.0
Kuster GER	280.0	107.5	285.0	672.5
Konrath/ HUN				
125.0 Kg				
Jorgensen DEN	330.0	227.5	365.0	922.5
Krendl AUT	365.0	195.0	310.0	870.0
Collart BEL	330.0	205.0	280.0	815.0
Fahner NDL	280.0	190.0	300.0	770.0
KlepacCZE	230.0	167.5	240.0	637.5
Ali-Tolppa FIN				
125.0+ Kg				
Bespalov RUS	340.0	210.0	300.0	850.0
Nastynov RUS	350.0	215.0	280.0	845.0
Patro SLO	350.0	170.0	305.0	825.0
Simon GB	260.0	210.0	275.0	745.0

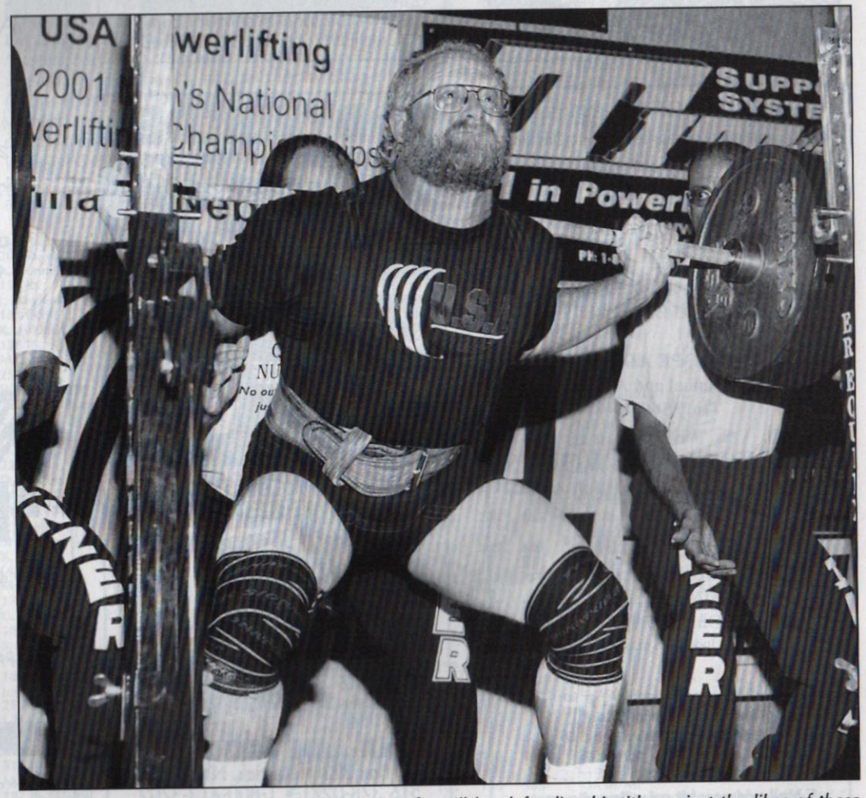
Team Champions; 1. Russia 69 pts , 2. Slovakia 52 pts, 3. Germany 47 pts , 4. Czechia 36 pts, 5. Italy 30 pts , 6. Denmark 20 pts, 7. Austria 18 pts, 8. Finland 16 pts , 9. Great Britain 15 pts, 10. Poland 12 pts, 11. Ukraina 9 pts, 12. France 8 pts, 13. Sweden 8 pts, 14. Belgium 8 pts, 15. Norwegen 7 pts, 16. Netherlands 7 pts. Champion of Champions: 1. Jorgensen - 525.82, 2. Wilczynski - 499.21, 3. Kotelnikov - 488.76.

Masters II Men				
60.0 Kg				
Steffen GER	165	110	152.5	427.5
Hansen DEN	130.0	80.0	160.0	370.0
67.5 Kg				
Hibbert GB	202.5	145.0	225.0	572.5
Diter DEN	195.0	107.5	210.0	512.5
Manninen FIN	175.0	115.0	195.0	495.0
75.0 Kg				
Lokhov RUS	250.0	157.5	275.0	682.5
Coppari ITA	240.0	155.0	265.0	660.0
Macrow GB	202.5	142.5	220.0	565.0
Anderson SWE	195.0	110.0	230.0	535.0
Zanetti ITA	205.0	115.0	210.0	530.0
Housler GER	195.0	122.5	210.0	527.5
Schauer CZE	197.5	120.0	200.0	517.5
Balog SLO	160.0	110.0	192.5	462.5
Penlae FRA	000.0	000.0	000.0	—.-
82.5 Kg				
Glazunov RUS	285.0	187.5	240.0	712.5
Lincoln GB	255.0	170.0	252.5	677.5
Bouchacour FRA	215.0	157.5	250.0	622.5
Schaller GER	215.0	137.5	232.5	585.0
Lndecke GER	215.0	127.5	235.0	577.5
Mattila SWE	190.0	125.0	220.0	535.0
Balog SLO	180.0	117.5	225.0	522.5
Vycherovskyy	230.0	112.5	150.0	492.5
90.0 Kg				
Sochanski POL	270.0	160.0	282.5	712.5
Andreatta ITA	280.0	147.5	282.5	710.0
Moritz GER	250.0	160.0	240.0	650.0
Cihla GER	265.0	120.0	240.0	625.0
Battisson GB	217.5	145.0	255.0	617.5
Belmas FRA	240.0	130.0	247.5	617.5
Zimmermann	215.0	135.0	250.0	600.0
100.0 Kg				
Micka CZE	255.0	175.0	260.0	690.0
Cialdini ITA	230.0	150.0	280.0	660.0
Primus CZE	210.0	145.0	250.0	605.0
Standinger HUN	220.0	135.0	247.5	602.5
110.0 Kg				
Maksimushin	310.0	210.0	280.0	800.0
Mazhuta RUS	270.0	175.0	280.0	725.0
Amadei GER	260.0	160.0	275.0	695.0
125.0 Kg				
Romashkin RUS	272.5	180.0	280.0	732.5
Maron CZE	235.0	182.5	220.0	637.5
Ambros CZE	210.0	137.5	220.0	567.5
Bostrom SWE	175.0	135.0	190.0	500.0
125.0+ Kg				
Kerr GB	275.0	195.0	310.0	780.0
Trygg SWE	220.0	170.0	260.0	650.0
Skopal CZE	200.0	140.0	200.0	540.0

Team Champions: 1. Russia 57 pts, 2. Czechia 49 pts, 3. Germany 48 pts, 4. Great Britain 47 pts, 5. Italy 33 pts, 6. Sweden 28 pts, 7. Denmark 18 pts, 8. France 13 pts, 9. Poland 12 pts, 10. Finland 8 pts, 11. Hungary 7 pts, 12. Slovakia 7 pts, 13. Ukraina 3 pts. Champion of Champions: 1. Lokhov - 488.60, 2. Glazunov - 480.15, 3. Maksimushin

Masters III Men				
60.0 Kg				
Bederin RUS	202.5	105.0	215.0	522.5
Diepold GER	145.0	97.5	140.0	382.5
Funke GER	85.0	45.0	150.0	280.0
67.5 Kg				
Szloboda GER	160.0	62.5	172.5	395.0
Burlakov RUS	155.0	90.0	150.0	395.0
75.0 Kg				
Pustovalov RUS	200.0	95.0	210.0	505.0
Mild AUT	150.0	105.0	190.0	445.0
82.5 Kg				
Arnesen NOR	200.0	127.5	210.0	537.5
Chazelle FRA	180.0	95.0	235.0	510.0
Loginov UKR	170.0	100.0	205.0	475.0
Rambacher GER	152.5	97.5	165.0	415.0
Sosna GER	125.0	000.0	000.0	—.-
90.0 Kg				
Fiore GB	265.0	165.0	255.0	685.0
Schwarz GER	200.0	135.0	220.0	555.0
100.0 Kg				
Babenko UKR	255.0	170.0	270.0	695.0
Govallo UKR	230.0	150.0	235.0	615.0
Thieme GER	190.0	127.5	215.0	532.5
Kolditz GER	130.0	102.5	155.0	387.5
110.0 Kg				
Kristensen NOR	265.0	175.0	242.5	682.5
Lobachev RUS	230.0	150.0	252.5	632.5
125.0 Kg				
Grabosch GER	260.0	150.0	250.0	660.0
125.0+ Kg				
Rumbler GER	240.0	200.0	225.0	665.0

Team Champions: 1. Germany 62 pts, 2. Russia 42 pts, 3. Ukraina 29 pts, 4. Norwegen 24 pts, 5. Great Britain 12 pts, 6. France 9 pts, 7. Austria 9 pts. Champion of Champions 1. Bederin - 446.99, 2. Fiore - 444.35, 3. Babenko - 426.31. (Thanks to Thomas Klose for providing these competition results to *PLUSA*)



***2000 IPF World Masters Champion Shawn Cain** will be defending his title against the likes of these European Masters Champions after his fine 9 for 9 performance at the USAPL Men's Nationals in Omaha.*

THE NEW POWER STACK
by GORILLA® SPORTS NUTRITION

Power stack consists of the New Advanced **CREATINE C-4™** with Monohydrate and Citrate crystallized formula the one and only of it's kind, back up with the New **NITRO 275™ 3+4+5** Androstenedione chewable tablet this Androstenedione is absorbable through the glands in your mouth it by passes the liver that's what makes it good to stack with Creatine this stack was specially formulated for the Power Lifter and Body Builder that wants Muscle Size and Strength the Natural way.

Gorilla C-4 - $40.95 - 362.16 Grams
Gorilla Nitro -$59.95 - 60 Tablets
Buy both & save 30% - $70.63, plus $5.00 for S/H
Dealers Inquiries Welcome.
For more information or to place an order call:

1-800-852-0425
or check our Web Site @
www.gorilla-nutrition.com

Get **THE ROPE** Advantage
Work your muscles harder than you've ever dreamed of. Joint and spine friendly.
Used by World, National and State Champions

Kit P. **815 Sq.** 54 years of age
Mark P. 495 B.P. High School
Brett A. 440 B.P. Teen
Sabine S. 205 B.P. at 115 lbs.

GET THE ROPE ADVANTAGE
Poster Manual and Apparatus
Only $49.95

BODYBUILDER WORKS
Call me or call them, but use it!!!→→→

THE SHIRT
Padded where the bar sits for more comfortable squats
Only $29.95.
Please include shirt size with order

Send checkor money order to:
The Body Hobby Shop
77 Santa Isabel Blvd. #5-16
Laguna Vista, TX 78578
956-943-2618
E-Mail address: kit.price@prodigy.net
http://home1.gte.net/mlp/kit/hobby.htm

Beyond a Century, Inc.
Performance Powders...
How much have you been paying?

Tribulus Ext. 45% Bulgarian 100gm	$9.75
Ribose 100gm	12.00
5-Methyl-7-methoxy Isoflavone 20gm	22.00
Ipriflavone, 50 grams pwd	9.50
Diindole Methane, (10x I3C!) 20 grams	9.75
Androstenedione 50mg 60 caps	7.50
5-Androstenediol 20 grams pwd	16.00
4 Androstenediol, 20 grams pwd	23.75
Norandrostenediol, 20 grams pwd	49.75
Creatine Monohydrate 99+%, Micronized, 1000gm	22.50
Chrysin, pure powder, 50gm	24.50
Yohimbe 2% Std. Extract! 50gm	8.50
Glutamine 300gm/1kg	17.50/45.00
Ephedra, 25mg ephedrine 100 caps	6.75
"Low Heat" Whey Protein 80% 2 lbs	13.50
ZMA, 808 mg, 100 capsules	11.50
Arginine base powder, 300gm	15.00

We will Match Advertised Prices!!
Shipping only $4.75 any size order!
Visa/MC/Dscvr/Amex orders call:
800-777-1324
Or send money order to:
Beyond a Century, Inc. -since 1983-
HC76 Box 200P Greenville ME 04441
Hundreds of Products - Ask for FREE catalog!
Order On-Line with our Secure Server:
www.beyond-a-century.com
Authenticity of Products Guaranteed!

BODYBUILDER
A GAMMA ORYZANOL EMULSION
A UNIQUE LIQUID FORMULATION UNLEASHING THE POWER OF GAMMA ORYZANOL TO BUILD MUSCLE AND REDUCE STRESS!

For **THE PROFESSIONAL** *And* **THE BEGINNER**

"Body Builder delivers. My lifts are way up and my body fat lower than ever!"
-W. KIT PRICE
World Champion Power Lifter

EQUI-AIDE PRODUCTS
PO Box 393 • Merrick, NY 11566
516 378-0271 • 1-800-413-3702
WWW.EQUIAIDE.COM

Hard-core lifters need
SERIOUS CLOTHES.
Don't believe it? Do an experiment:
NEXT HEAVY-DAY, WEAR SOME
Flowered Panties.
If you like it, call Victoria's Secret.
If not, call us.

BIG TOPS
STRING TANKS
BAGGY PANTS
ALL KINDS OF SHORTS
JACKETS
AND GYM BAGS –
WE'VE GOT IT!

If you can wear it in a gym – we've got it with an ATTITUDE!

Order 4 or more items, get a FREE Logo Cap!

HOUSE OF PAIN
IRONWEAR
24 HRS / TOLL FREE
1·888·463·7246
1·888·H·OF·PAIN
FAX 1·972·772·5644

MasterCard VISA DISCOVER AMERICAN EXPRESS

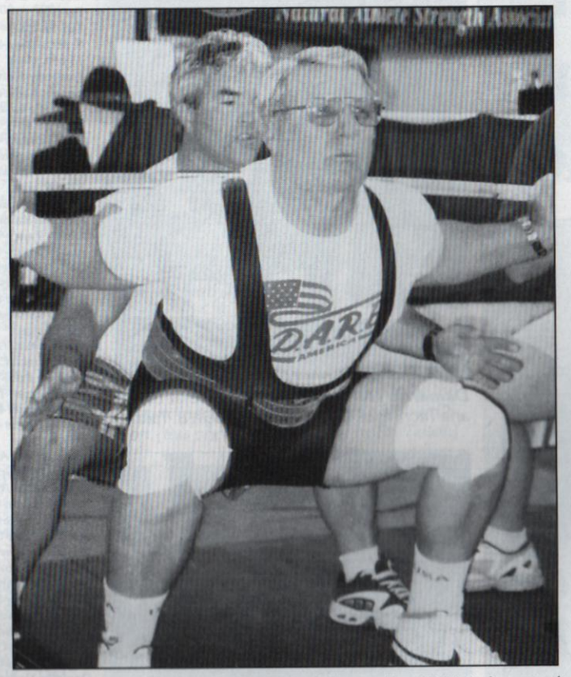
www.houseofpainironwear.com

HOUSE OF PAIN
P.O. BOX 333 FATE, TX 75132

NASA National Submasters/Masters

NASA National Submasters/Masters
2-3 Jun 01 - Nashville, TN

PS BENCH				J. Watkins	245		
170 lb. (35-39)				205 lb. (35-39)			
S. Kearney	137.5			D. Hypes	160		
(40-44)				170 lb.			
J. Graboski	107.5			S. Kearney	~~137.5~~		
205 lb. (50-54)				250 lb.			
M. McGonage	120			J. Ritzler	185		
227 lb.				M. McRoberts	220		
D. McAnally	177.5			(40-44)			
170 lb. (60-64)				D. Bahakel	197.5		
J. Coleman	107.5			M. Petty	147.5		
250 lb.				280 lb.			
J. Duckett	112.5			W. Dearman	170		
280 lb. (65-69)				187 lb. (45-49)			
J. Jenkins	102.5			A. Zimmerman	127.5		
CURL				J. Kopin	142.5		
205 lb. (30-34)				227 lb.			
T. Hal	87.5			D. Goble	160		
MPC				250 lb.			
B. Wansley	70			G. Pierce	220		
170 lb. (40-44)				280 lb.			
J. Graboski	55			G. Carlson	162.5		
280 lb. (45-49)				227 lb.			
R. Mason	70			J. Wide	110		
205 lb.				SHW			
R. Paff	50			S. Ellis	235		
227 lb. (50-54)				187 lb. (50-54)			
D. McAnally	60			C. Adams	137.5		
250 lb. (60-64)				154 lb.			
J. Duckett	60			S. Stewart	~~445~~		
280 lb. (65-69)				227 lb.			
J. Jenkins	57.5			L. Hughes	110		
250 lb. MPure				M. Keeney	155		
Wigglesworth	85			250 lb.			
DEADLIFT				S. Caldwell	170		
187 lb. (30-34)				(55-59)			
E. Spence	192.5			J. Diehl	165		
170 lb. (40-44)				170 lb. (60-64)			
J. Graboski	195			J. Main	92.5		
187 lb.				205 lb.			
K. Adkins	182.5			W. Smallwood	167.5		
205 lb. (50-54)				315 lb.			
M. McGonage	182.5			Hesselschwerdt	170		
187 lb. (55-59)				187 lb. MPure			
L. Cramer	170			A. Zimmerman	127.5		
250 lb. (60-64)				D. Rice	157.5		
J. Duckett	152			138 lb.			
280 lb. (65-69)				M. Evans	110		
J. Jenkins	147.5			227 lb.			
250 lb.				J. Wilde	110		
Wigglesworth	230			250 lb.			
WOMEN				Wigglesworth	157.5		
SHW (45-49)				SMP			
M. Cook	110			J. Ritzier	165		
SQUAT				280 lb.			
250 lb. (35-39)				J. Maggert	207.5		
E. Cross	192.5			154 lb. (35-39)			
Pwrlifting				D. Shirley	85		
BENCH				WOMEN			
205 lb. (30-34)				119 lb. (45-49)			
J. Hall	210			D. Adams	47.5		
250 lb.				127 lb. Pure			
Pwrsports	CR	BP	DL	C. Connell	62.5		
187 lb. (30-34)				TOT			
E. Spence	50	120	192.5	362.5			
(35-39)							
B. Boyer	75	165	250	490			
227 lb.							
C. Smith	75	185	252.5	512.5			
250 lb.							
D. Anguish	87.5	167.5	295	550			
227 lb.							
D. McCue	65	120	210	395			
250 lb.							
E. Cross	57.5	130	217.5	405			
187 lb.							
D. Rice	75	157.5	200	432.5			
170 lb. (40-44)							
J. Graboski	55	107.5	195	357.5			
187 lb.							
R. Heine	65	125	182.5	372.5			
280 lb.							
C. Frazier	65	135	215	415			
138 lb. (45-49)							
M. Evans	40	110	195	345			
250 lb.							
R. Gunning	57.5	122.5	192.5	372.5			
280 lb. (50-54)							
D. Beaven	50	102.5	160	312.5			
227 lb.							
L. Hughes	52.5	110	190	352.5			
205 lb. (55-59)							
J. Gamache	55	110	192.5	357.5			
187 lb.							
L. Cramer	50	117.5	170	337.5			
250 lb. (60-64)							
J. Duckett	60	112.5	152	324.5			
187 lb. MPure							
D. Rice	72.5	157.5	200	430			
205 lb.							
A. Donnelly	60	147.5	235	442.5			
154 lb.							
J. Meekins	67.5	135	235	437.5			
187 lb.							
K. Adkins	55	102.5	182.5	340			
138 lb.							
M. Evans	40	107.5	195	342.5			
250 lb.							
Wigglesworth	85	157.5	230	472.5			
187 lb. SMPure							
E. Spence	50	120	192.5	362.5			
250 lb.							
D. Anguish	87.5	~~167.5~~	295	550			
227 lb.							
D. McCue	65	120	210	395			
WOMEN							
110 lb. (30-34)							
P. Conley	25	37.5	75	137.5			
SHW (40-44)							
K. Broutte	27.5	50	117.5	195			
(45-49)							
M. Cook	35	50	110	195			
138 lb. (50-54)							
G. Paff	25	30	92.5	147.5			
187 lb.							
S. Hunter	42.5	70	182.5	295			
Pwrlifting	SQ	BP	DL	TOT			
187 lb. (30-34)							
J. Madson	230	155	217.5	602.5			
250 lb.							
J. Holsinger	250	200	227.5	677.5			
227 lb.							
J. Wilkin	200	127.5	200	527.5			
315 lb.							
M. Scheffler	282.5	170	245	697.5			
187 lb. (35-39)							
B. Payton	—	130	—	130			
B. Boyer	252.5	165	250	667.5			
J. Hargett	227.5	—	—	227.5			
205 lb.							
S. Beccue	250	162.5	265	677.5			
187 lb.							
W. Agnew	260	170	260	690			
227 lb.							
C. Smith	287.5	185	252.5	725			
shw							
D. Oyler	320	165	300	785			
250 lb.							
E. Cross	227.5	145	217.5	590			
J. Ritzier	262.5	185	212.5	660			
227 lb.							
J. Adkins	265	207.5	260	732.5			
S. Richardson	285	167.5	282.5	735			
315 lb.							
W. Johnson	312.5	205	262.5	780			
205 lb. (40-44)							
D. G	237.5	152.5	260	650			
187 lb.							
J. Conley	182.5	102.5	200	485			
154 lb.							
T. Hedrick	195	130	205	530			
187 lb.							
T. Perkins	307.5	171	242.5	721			
227 lb.							
A. Ashley	267.5	175	257.5	700			
280 lb.							
R. Carpenter	272.5	182.5	227.5	682.5			
250 lb.							
R. Chavez	292.5	152.5	252.5	697.5			
227 lb.							
R. Viver	245	162.5	260	667.5			
127 lb. (45-49)							
B. Lamb	182.5	97.5	160	440			
138 lb.							
C. Kennedy	175	108.5	160	443.5			
205 lb.							
E. Lyle	145	105	135	385			
187 lb.							
J. Kopin	210	142.5	215	567.5			
138 lb.							
M. Evans	95	110	195	400			



Dr. Daryl Johnson *had a really good day at the NASA Submaster/Masters Nationals. "I opened the squats with 501 pounds, second attempt of 540 pounds, and finished with a very solid 573 pounds. (show above). My benches were 220, 250, and 275 pounds. They went so easy that I took 300 pounds (136 kg.) for a 4th attempt. My deadlifts consisted of 501, 540, and 551 pounds.I went 10 for 10. All were NASA World Records in the 227 pound class in the 70+ age group. As you know, I am a lifetime drug-free lifter. With the 4th attempt, I totaled 1424 pounds at the age of 70 years, 10 months."*

P. Barlett	140	87.5	165	392.5
227 lb.				
J. Wide	195	110	220	525
315 lb.				
P. Bouchard	237.5	192.5	282.5	712.5
250 lb.				
R. Hill	285	160	247.5	692.5
205 lb. (50-54)				
C. Anstead	227.5	137.5	205	570
187 lb.				
D. Rhoades	255	137.5	272.5	665
F. Mien	202.5	92.5	217.5	512.5
L. Donahue	160	115	170	445
205 lb.				
M. McGonagle	200	120	182.5	502.5
S. Westrich	192.5	130	200	522.5
227 lb.				
B. Beekman	170	150	215	535
H. Campbell	230	130	237.5	597.5
J. Turpin	272.5	165	245	682.5
L. Hughes	180	110	190	480
315 lb.				
L. Smith	242.5	120	195	557.5
170 lb. (60-64)				
J. Klein	117.5	92.5	140	350
205 lb.				
L. Schell	202.5	130	190	522.5
R. Finch	192.5	105	175	472.5
154 lb.				
R. Dodson	167.5	80	175	422.5
227 lb. (70-79)				
D. Johnson	277.5	125	250	652.5
127 lb. MPure				
B. Lamb	182.5	97.5	160	440
138 lb.				
C. Kennedy	175	108.5	160	443.5
187 lb.				
F. Mien	202.5	92.5	217.5	512.5
138 lb.				
M. Evans	95	110	195	400
187 lb.				
M. Einstein	220	152.5	220	592.5
205 lb.				
R. Finch	192.5	105	175	472.5
154 lb.				
T. Hedrick	195	130	205	530
227 lb.				
D. Johnson	260	125	250	635
D. Brown	205	127.5	212.5	545
J. Wide	195	110	220	525
315 lb.				
P. Bouchard	237.5	192.5	282.5	712.5
250 lb.				
R. Chavez	292.5	152.5	252.5	697.5
187 lb. SMP				
J. Hargett	~~227.5~~	—	—	~~227.5~~
205 lb.				
M. Keith	170	92.5	195	457.5
187 lb.				
M. Pilkenton	295	182.5	288.5	766
W. Agnew	260	170	260	690
250 lb.				
J. War	262.5	185	212.5	660
227 lb.				
J. Adkins	265	207.5	260	732.5
280 lb.				
J. Maggart	260	207.5	240	707.5
315 lb.				
M. Scheffler	282.5	170	245	697.5
250 lb.				
R. Dilworth	317.5	210	287.5	815
227 lb.				
S. Richardson	285	167.5	282.5	735
WOMEN				
154 lb. (35-39)				
D. Shirley	150	85	172.5	407.5
138 lb.				
M. Schemer	160	85	162.5	407.5
110 lb.				
R. Hedrick	82.5	50	95	227.5
187 lb.				
T. Marks	130	57.5	127.5	315
154 lb. (40-44)				
D. Classon	112.5	~~72.5~~	127.5	312.5
127 lb.				
G. Stapleton	97.5	42.5	105	245
110 lb.				
V. McNeely	97.5	55	112.5	265
(50-54)				
C. Jacobs	82.5	85	162.5	330
154 lb.				
J. Rapp	95	40	115	250
138 lb.				
K. Lamb	92.5	47.5	95	235
WOMEN				
127 lb. Pure				
C. Connell	95	62.5	105	262.5
G. Stepleton	97.5	40	105	242.5
138 lb. MP				
M. Schefler	160	85	162.5	407.5
110 lb. SMP				
R. Hedrick	82.5	57.5	127.5	267.5

(Thanks to Mike Adelmann for these results).

U.S.A.P.L. National Collegiates

Jeremy Many - *a Senior at the University of Louisiana @ Monroe, pulled himself into 2nd place in the 242 lb. class. (courtesy of Talton)*

Damarrio Holloway, *a sophomore at Louisiana Tech, took the 114s with 1003. (B. Talton)*

Garry Frank *put on a bench press exhibition at the competition, hitting a 672. (photograph courtesy of Meet Director Duane Urbina)*

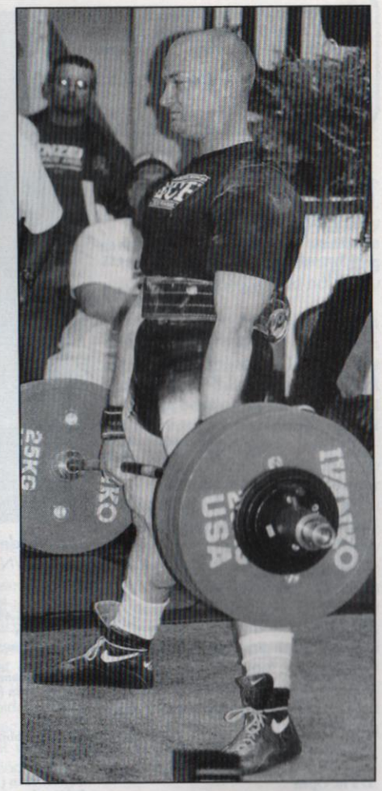
Louisiana Tech *won the Men's, Women's and Combined Team titles, for a total of 11 men's and 11 women's national team titles in 27 years of national collegiate competition. This is also the 8th straight title for the men and 8th straight title for the women. (photo courtesy of Talton)*

USAPL National Collegiate Championships
9-11 March 01 - Alexandria, LA

Female	SQ	BP	DL	TOTAL
105 lb. class				
S. McMillian-LA Tech	270	132	281	683
114 lb. class				
Kimberly Goff-LA Tech	314	121	402	837
Angela Kallina -Texas	220	121	297	639
Sherri Campanile -LSU	203	132	281	617
Nicole Paul-USNA	235	104	253	595
Julia Ramirez-USMA	165	110	242	518
Rachael Bryant-USMA	176	88	209	473
Evelen Schuwerk- LSU	148	93	220	462
123 lb. class				
Michelle Amsden-Ball St.	325	181	358	865
Amanda Kammmier -USNA	259	137	303	699
Kelsey Vance-Texas	275	115	303	694
Abbey Smith- LSU	253	132	292	677
Darlene Bartek-SW TX	242	115	281	639
Leigh Romero-Baylor	253	126	236	617
Kristy Hunter-La Tech	203	93	220	518
Desha Rendon-USMA				
132 lb. class				
Ashley Matt-TAMU	275	132	347	755
N. Sperbeck-Cedar Crest	286	154	314	755
Amanda Pool-Texas	275	104	286	666
Karen Dunn -Texas	225	125	259	611
Jessica Kirker-Penn St.	198	93	231	523
Krystal Harris -NSU	253			
148 lb. class				
Kim Cullier-TAMU	319	154	325	799
Carolyn Phillips-MIT	275	143	330	749
Christina Knutson-USNA	286	126	325	738
Rachel Odom-USNA	253	132	314	699
Sarah Barr -Penn St.	253	159	314	699
Mariclair Tan-USNA	264	132	297	694
Denika Adams -Baylor	242	132	314	688
Paige Bordelon-LA Tech	236	121	314	672
Jennifer Newman-LSU	253	143	264	661
Beth Schaefer-Evansville	242	143	264	650
Aubrey Dunivan-Ball St.	259	126	259	644
Bridget Roseboom-LA Tech	123	110	292	633
Tunde Szivak-USMA	231	154	242	628
Angie Fedden-USAFA	214	126	264	606
Danielle Tiemann- LA Tech	225	115	264	606
Kristen Cartus- USNA	214	110	270	595
Ellen McDermott-USMA	203	110	270	584
Anne Ouellette-USNA	198	104	242	545
Monica Armond-LSU				
Jen Aupke-USAFA				
165 lb. class				
Julia Loya-USNA	418	203	396	1019
Christy Newman-LA Tech	319	225	336	881
C. Alongi-UL-Monroe	264	165	330	760
Tiffany Williams-LA Tech	270	115	314	699
Jamie Albright-NW MO	270	132	297	699
Faith Hitchcock-USAFA	231	121	281	633
Jessica Powalski-USAFA	231	143	214	589
LaTasha Thomas-USMA	192	99	253	545
181 lb. class				
Kristy Reske -Washtenaw	341	176	402	920
Katie Ford-Texas	336	203	336	876
Gretchen Kalk-Ball St.	297	181	375	854
Charity Day -LA Tech	286	159	358	804
Ellen Serra-USAFA	308	154	303	766
198 lb. class				
Jessica Watkins-Purdue	424	236	391	1052
Yvette Abrego-LA Tech	341	214	380	936
Ashante Trutant-LA Tech				
SHW				
Mary Holt-LA Tech	380	1509	380	920
Regina Wagner-SW TX	297	137	297	733
Male				
114 lb. class				
D. Holloway-LA Tech	374	192	435	1003
Chet Hurley-NW ST.	259	159	363	782
Marc Barbier-NSU	209	165	314	688
123 lb. class				
Peter Balke-USMA	270	209	330	810
Britt Vallot- NSU	270	159	369	799
132 lb. class				
T. Cunningham-LA Tech	457	281	507	1245
Jared Sainato-USMA	396	236	385	1019
James Morris-USNA	363	248	402	1014
Jeff Speakman-USNA	352	248	407	1008
Derek Toro-SW TX	369	214	413	997
Clint Edwards-LA Tech	347	242	391	981
Thomas Dirienzo-USMA	325	225	391	942
Chip Perrin-UL-L	314	242	352	909
148 lb. class				
Todd Straub -Lorain	468	325	507	1300
Clay Grubbs-LA Tech	451	275	562	1289
G. Paquian-USMA	429	319	473	1223
Omar Rogel-GA ST	446	259	451	1157
Dino Pierce-NSU	396	281	468	1146
Phillip Leblanc-LA Tech	413	259	440	1113
Jorge Martinez-Texas	424	203	407	1036
Louis Robert-LA Tech	363	231	424	1036
Stoney Portis-USMA	363	253	402	1036
Derrick Hargrove-Ball St.	358	270	363	991
Josh Sullivan -USAFA	435			
Gabe Hernandez-SW TX				
165 lb. class				
Brad Robbins-Life U.	578	341	556	1477
Jeff Hixon-Ohio St.	451	431	501	1385
Clint Gallo-LSU	512	292	534	1339
Joseph Sweger-USNA	462	358	485	1306
Ricardo Garza-USMA	462	325	501	1289
Robert Hillery-USNA	457	275	501	1234
Rick Dowlearn-SW TX	413	325	473	1212
Tobey Hockridge- USAFA	451	275	468	1196
Jeremy Comardelle-LSU	429	319	440	1190
Rusty Anding-LA Tech	440	270	473	1185
Joel Bell-Winona St.	418	286	473	1179
Joseph Mroszezyk-USMA	418	275	473	1168
Cody Buras-NSU	413	242	501	1157
Tawofik Ghazal-USMA	369	336	451	1157
Joseph Williams-Ball St.	374	325	424	1124
Casey Woods-N. TX	385	286	451	1124
Scott Oden-Ball St.	424	253	440	1118
Andrew Fry-Ball St.	413	286	418	1118
Isaac Chapa-SW TX	374	253	468	1096
Edwin Chin-USNA	380	292	396	1069
Justin Brumley-USAFA	358	248	402	1008
Steve MacGillis-USNA	435			
Andrew Watkins-Brookdale				
181 lb. class				
Andrew Caprari-USNA	551	352	573	1477
Jason Baudoin-Delgado	534	336	567	1438
Noah Divine -OK Baptist	551	341	545	1438
Benji Kempton-NSU	501	325	556	1383
Travis Smith-LA Tech	529	297	540	1366
David Brewer-LSU	518	315	529	1361
Curt St. Romain-TX Tech	501	325	501	1328
Tim Cook-USAFA	462	264	584	1311
Steven Ritucci-Springfield	457	352	479	1289
Caleb Beraud-LSU	446	270	551	1267
Bryce Wergland-USNA	418	330	490	1240
Jacob Allen-LA Tech	473	248	501	1223
James Simmons-USAFA	462	286	462	1212
James Baldwin-LA Tech	402	242	518	1163
Brad Luminas-LSU 413	264	485	1163	
Jeremy Welu-Ball St.	385	259	507	1152
Joseph Heyman-USMA				
Timothy Pigeon-MIT				
Alfred Davis -Ball St.				
198 lb. class				
Jason Beck-Slip Rock	633	451	628	1714
Seth Abrams-Penn St.	518	440	551	1510
Nate Beard-USAFA	523	380	551	1455
N. Beckloff-Mt. Union	562	347	540	1449
Kenneth Reynolds-LSU	540	286	622	1449
Jarrad Faulk-LA Tech	512	347	545	1405
Benjamin Bownas-USNA	507	308	584	1399
Jason Cooper-USMA	473	341	518	1333
Stephen Torres-Texas	490	308	490	1289
Luke Hohreiter-USAFA	435	292	512	1240
Ryan Sanford-USAFA	402	297	501	1201
Andrew Kenney-USAFA	440	281	473	1196
Matt Goldin-GA	628			
Bryan Frizzelle-USMA				
220 lb. class				
P.J. Chovanec-LA Tech	688	440	755	1884
Evan Whalen-LA Tech	639	385	644	1669
Chris Kahanek-Texas	567	407	617	1592
Lauren Cohen-Penn 584	418	573	1576	
Michael O'Connel-LA Tech	501	424	600	1526
Trevor Baumgartner-USNA	573	352	551	1477
Stefan Arnold-LSU	534	303	606	1443
Adam Smoot-USMA	501	363	540	1405
Robert Graham-N. TX	518	385	485	1388
Justin Binder-USAFA	501	281	600	1383
Joel Procell-Beloit	512	297	556	1366
Nicholas Sawruk-USAFA	479	347	501	1328
242 lb. class				
Travis Werner-UL-L	628	413	573	1614
Jeremy Many-UL Monroe	617	418	545	1581
James Townsend-LA Tech	584	435	556	1576
Howard Strickland-LA Tech	578	402	540	1521
Bart Lombardi-Montclair	556	424	518	1499
John Sicotte-N. TX	485	413	518	1416
275 lb. class				
Henry Thomason-Grayson	854	440	650	1945
Matt Wenning-Ball St.	672	462	584	1719
Emelio Saldierna-LA Tech	727	380	556	1664
Sean Etheredge-SW TX	600	369	567	1537
Mikal Newton-LA Tech	485	402	534	1421
Ben Miller-LA Tech	540	341	523	1405
SHW				
Randall Harris-N. TX	744	507	749	2000
Travis Harris-Ball St.	705	440	622	1768
Dennis Coody-LA Tech	705	374	584	1664
Jerrell Johnson-LA Tech	551	363	611	1526

Kimberly Goff *(left) a Senior at Louisiana Tech won the 114 lb. class with an 837 total and won the Outstanding Lifter award for the Women's Light Division, and* ***Julia Loya*** *(right), a Junior at the U. S. Naval Academy won the 165s with a 941 total and was judged to be the Outstanding Lifter in the Women's Heavy Division. (this photo was provided by Dr. Talton)*

Trey Cunningham, *a Senior at Louisiana Tech took 1st in the 132s with a 1245 total and won Outstanding Lifter in the Men's Light Division*



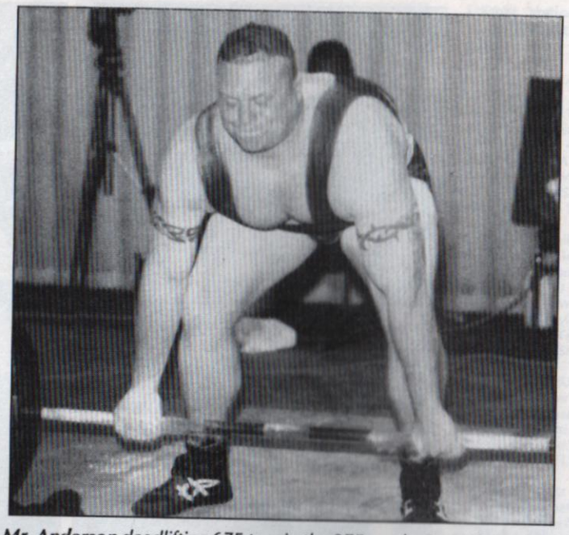
P.J. Chovanec *of Louisiana Tech won the 220s with 1885 as well as Outstanding Men's Heavy Division Lifter (photo courtesy of Dr. Talton)*

Coach Billy Jack Talton *(seated, center) discusses meet strategy with Louisiana Tech Assistant Coaches Ernie Richards (left) and Rebecca Roberts. At far right is Jim Phelps. Coach Talton is retiring from Louisiana Tech after 27 years as coach. (photograph provided by Dr. B.J. Talton)*

WNPF American Powerlifting
12 May 01 - Baltimore, MD

WOMEN	SQ	BP	DL	TOT
148 lb. (40-49)				
Nelson	260	170	365	795
MEN				
148 lb. Open				
Granato	435	295	450	1180
165 lb. (33-39)				
Bravard	350	250	475	1075
181 lb. (33-39) Raw				
Kadle	440*	315	520*	1275*
(40-49)				
Fernandez	405	220	315	940
198 lb. Open				
Williams	370	275	515	1160
Stathopoulos	385	270	500	1155
(33-39)				
Matos	500	395	530	1425
(40-49)				
Dunn	400	330	455	1185
Williams	370	275	515	1160
Open Raw				
Chaves!	625*	365	550	1540
Romberger	465	380	620*	1465
(40-49) Raw				
Mascio	435	315	455	1170
220 lb. Open				
Ironfield	650	405	600	1655
Blocker	525	375	560	1460
(33-39)				
Ironfield	650	405	600	1655
Blocker	525	375	560	1460
(40-49)				
Menendez	515	260	560	1335
(40-49) Raw				
Blee	515	325	545	1385
242 lb. (17-19) Raw				
Brosko	425	350*	505*	1280*
Open Raw				
Miceli	315	265	445	1045
Lifetime Raw				
Miceli	315	265	445	1045
(20-23)				
Dougherty	430	315	475	1220
Open				
Aziz	565	400	575	1540
Lifetime				
Aziz	565	400	575	1540
(33-39)				
Aziz	565	400	575	1540
275 lb. Open				
Anderson!	700	440	660	1800
(33-39) Raw				
Cottrell	570	400	575	1545

!=Best Lifter. *=American Record (Thanks to the WNPF for providing these meet results).



Mr. Anderson deadlifting 675 to win the 275s and a Best Lifter award at the WNPF American Powerlifting Championship. (photo by Bravard)

USPF California Championships
21 Jul 01 - Santa Barbara, CA

BENCH		P. Davi	402
WOMEN		220 lb. Open	
Open		M. Lamarque	485
132 lb.		R. Gerard	402
G. Shapiro	132	Master (40-44)	
165 lb.		W. Small	286
C. Hucks	110	R. Ciavarelli	253
MEN		Master (65-69)	
148 lb. Open		S. Colella	281
J. Drake	275	242 lb.	
181 lb.		Master (50-54)	
J. Talaugon	358	A. Weldon	451
198 lb.		275 lb. Open	
J. Lee	457	M. Esposito	446
D. Tubridy	286	Master (40-44)	
Master (40-44)		K. Scott	440
L. Claggeft	308	308 lb. Open	
Master (70-74)		S. Wong	545
L. Sandberg	203	Master (50-54)	
Junior (20-23)		B. Garvey	413

WOMEN	SQ	BP	DL	TOT
Open 132 lb.				
S. Haflich	242	148	281	672
198 lb.				
D. Hatfield	374	225	330.5	931
L. Baldridge	259	154	275	688
MEN				
Teen (14-15)				
114 lb.				
B. Gore	154	137	203	495
J. Laughlin	137	83	159	225
446				
(16-17) 132 lb.				
N. Cirigliano	181	132	275	589
148 lb. (18-19)				
C. Nakano	225	176	319	721
Open 165 lb.				
B. Pearson	374	314	402	1091
R. Cirigliano	—	—	—	—
Master (45-49)				
M. Dudash	159	143	314	616
R. Cirigliano	—	—	—	—
Natural				
B. Haldemann	—	—	—	—
181 lb. Teen (18-19)				
C. Seat	336	242	451	1030
Open				
G. Covarubbias	485	281	567	1333
Natural				
S. Moua	—	—	—	—
198 lb. Teen (18-19)				
R. Woodman	270	314	424	1008
Open				
J. Akune	507	407	501	1415
M. Belluscio	440	264.	462	1168
Natural				
K. Kanemoto	644	424	501	1570
H. Becerra	551	374	507	1432
M. Belluscio	440	264	462	1168
Submaster (35-39)				
B. Wayne	479	330	540	1350
Open				
M. Belluscio	440	248	462	1168
220 lb. Teen (18-19)				
M. Callahan	578	341	584	1504
(16-17)				
J. Olson	451	253	424	1129
Junior (20-23)				
P. Davi	584	402	644	1631
Open				
J. Bostick	551	380	628	1559
M. Lamarque	143	485	600	1229
Natural				
M. Brown	385	281	440	1107.5
Master (40-44)				
M. Straley	479	308	473	1261
B. Hallock	374	220	402	997
(50-54)				
M. Pace	374	303	407	1084
242 lb. Junior (20-23)				
D. Neely	501	418	573	1503
J. Larimer	424	281	451	1157
Natural				
D. Robuck	639	435	578	1653
275 lb. Teen (18-19)				
M. Higgins	622	402	529	1576
C. Price	314	281	518	1113
Teen (16-17)				
F. Anguiano	—	—	—	—
Open				
M. Esposito	446	446	573	1465
K. Boyce	573	330	534	1438
Natural				
R. Speno	622	473	606	1702
R. Meulenberg	606	402	672	1680
M. Esposito	446	446	573	1465
Master (40-44)				
T. Morris	600	407	600	1608
(45-49)				
G. Stevens	562	303	540	1405
308 lb. Junior (20-23)				
J. Bryant	744	556	628	1928
Open				
B. Meek	727	490	666	1884
Natural				
C. Knutson	—	—	—	—
308+ lb. Open				
G. Brink	672	462	771	1906
Master (50-54)				
G. Brink	672	462	771	1906

(Thanks to Dr. Kevin Fisher for meet results).

Summer Push/Pull
17 Jun 01 - Granger, IN

BENCH		Natural 275 lb.	
GIRLS		G. Lealiifano	590
Teen 114 lb.		R. Medlin	335
R. Sheeler	60	A. Wood	460
WOMEN		S. Jarausch	460
Natural 181 lb.		Mendenkowski	425
L. Boshoven	275	Master SHW	
MEN		K. Luczkowski	435
Natural 181 lb.		DEADLIFT	
K. Sheeler	315	(12-13) 114 lb.	
J. McGowen	280	J. Smoker	200
225 lb.		WOMEN	
T. Locke	225	181 lb.	
Open 181 lb.		L. Boshoven	490
T. Ryan	325	(12-13)	
Teen (12-13)		P. Luczkowski	285
181 lb.		MEN	
P. Luzekowski	155	165 lb.	
Master (50+) Raw		S. Benson	445
181 lb.		Open 181 lb.	
J. Smoker	285	T. Ryan	450
Natural 198 lb.		Natural	
A. Reed	400	T. Locke	480
C. Dailing	385	W. Rials	450
S. Hudson	335	198 lb.	
A. Cancel	330	C. Dailing	580
Novice 198 lb.		L. Patrick	575
B. Rowe	295	S. Hudson	455
Master		Novice	
L. Kimmel	300	A. Stupeck	495
Natural 220 lb.		B. Rowe	425
B. Yoder	425	Natural 220 lb.	
J. Shoopman	395	J. Shooman	660
J. Campbell	355	J. Campbell	580
242 lb.		Novice 242 lb.	
M. Johnson		J. Coldiron	525
477.5#		Natural 308 lb.	
Novice		Mendenkowski	625
J. Coldiron	360	Master SHW	
Master (50+)		K. Luczkowski	445
C. Sheeler	330	Master (50+)	
T. Frick	320	148 lb.	
		M. Wider	300

#=All-Time Elkhart City record. Best lifters: DL Jason Shoopman, BP George Lealiifano. Team: Lynch's Gym. Smoker's Iron Works hit yet another new venue, the Pit Stop in Granger, IN and once again had a very successful meet. Starting off with a nice double bodyweight bench was Steve Benson with a 330 in the 165 class. Next up was Al Reed who had a very narrow miss with an all-time best 470 at 198. His opener of 400 was good for the win at 198, although an improving Chad Dailing was close behind with a PR 385, Brendan Yoder got a PR 425 opener in the 220's, good enough for the win, but his attempt at 450 was not to be. Mike Johnson has been chasing the all-time Elkhart City bench record for several years, and finally got it, eclipsing the record Rob Williamson set just 5 months previously, 475. He was probably good for more, but he played it safe and smart with a 477.5. I don't see it lasting for long though, as a young, hungry Anson Wood just keeps gaining weight and strength and won the 308's with a 460 and then attempted 480. He weighed in at 288, but plans to go up to 300. The race is on to see which Elkhartan will be the first to 500. Also lifting 460 in the 308's, but losing by a 1/2 pound on bodyweight was Steve Jarausch. Training with the Reed Bros. has proved to be most beneficial as it was a PR. But the best lift of the day belonged to George Lealiifano, who just gets stronger and stronger: his very strong lift of 590 ignited the crowd and put him very close to the top 20. In the deadlift a couple of lifters in the 12-13 age group were most impressive: Jon G. Smoker got his first 200 in the 114 class and Paul Luczkowski hit a fantastic 285 in the 181's in his first meet. The 198's had the best battle of the day as Larry Patrick and Chad Dailing went toe to toe. Patrick almost pulled it off when he quietly changed his 3rd attempt to 575 after announcing 570. Luckily for Dailing, he stopped by the scorer's table one more time and caught the switch. So he changed his 3rd attempt to 580, and emerged the victor, after both of them made their final attempts with gut-busting PR efforts. Best lifter though was Jason Shoopman who made a triple bodyweight 660 at 220. His technique is just magnificent and an aesthetic joy to watch. This lift matched the best ever for Elkhart County, as Don Eslinger pulled off the same feat in the 220's, 24 years earlier. Special thanks again to the Pit Stop and if you're ever in the area, stop in and check out their large selection of supplements, as they guarantee to have the lowest prices in the area. (Thanks to Jon Smoker for providing these meet results).

WWW.BBSPORTSNUTRITION.COM

AST Sports Science, Beverly International, Labrada, SCITEK Nutrition, Sci-Fit, Premier Research & Development, VPX Sports and MORE!

FORCE TRAINING

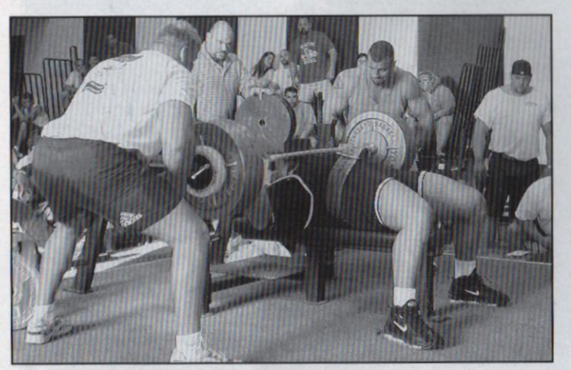
by Dave Tate of Elite Fitness Systems

Question #1 - I have been having shoulder pain for a few month now. I wonder if its bicipital tendinitis. Its hurts in the front of the shoulder. The thing is it almost never hurts when I don't train. It hurts most when I bench and do front raises. Overhead pressing doesnt hurt that much. The pain is not an unbearable sharp pain, which makes it possible to workout with some discomfort. When doing benches, it hurt most when doing close grip benches but gets better the wider the grip. Not sure what it is?? The pain is in the front of the shoulder, but seems to radiate up along my trapezius after a bench session. If it's some kind of tendonitis, can I work around it until it clears up?? I will try to avoid exercises that aggravate it, until it becomes better.

Answer: Definitely sounds muscular by the fact that it doesn't really bother you when you are not training. Because of the exercises and the areas of pain, sounds like anterior delt or some rotator cuff involvement like the supraspinatus. Are you working the back and rotator cuff? These could help to balance the shoulder and alleviate the problem. Are you icing and using an anti-inflam after every session? This could help as well. As you are working on these, I would agree to give the exercises a rest that are bothering it. You will not make great gains in this state, so take the opportunity to work other new exs and give the shoulder a rest.

Question #2 - I'm using the traditional Western Periodisation type training and I was wondering on the best way to train in the off season. Is there are particular weight or sets to train with?? Although you have been able to improve your total since starting the Westside you must admit you did have pretty good success with the traditional methods of powerlifting training.

Answer: I will be the first to say there are many ways to get strong. I no longer believe in the traditional western method of periodisation. I am still paying the dues from using this training. The injuries I received using these methods are still hanging around (two torn pecs, torn rotator cuff, herniated disks in both lumbar and cervical regions, strained ACL, etc). I tried every way I knew to cycle my training and it never worked for all three lifts at the same time. Most of the time one lift would go up but another would fall. I did total my first



***The guys at Westside** have seen some amazing results on the platform.*

Elite training with this method but not until I began using non-linear approach and dumped all the 8 rep plus weeks. In other words, I kept my reps in the five and three range and would progressively load up for three weeks, then deload one week, then load back up again. This seemed to help, but I always tripled more in training than I ever did in a meet. It wasn't until I hooked up with Dave Harless and Paul Heffern while training in Toledo that I discovered that it was best to train using only threes and fives and go by feel. We would work as heavy as possible. This got me my second Elite but just about killed me in the process. I strongly feel I could have reached my current total at least 8 to 10 years faster had I used the Westside style of training. I used the western method or some form of it for over 12 years. This is why I try to discourage anyone from using it unless you are truly gifted for the sport and can handle the high intensity needed to train that way. I hate to see anyone get hurt or go down a road of slow progress. But, I also do realize, just like myself, many people are very hard headed and have to discover what is the best method for themselves. I respect this and can only offer my two cents. I thought the Westside stuff was a total waste of time for along time. I had to be sold on it both by science and practice. This took many years and I still question many of the things we do because, all and all, much of it does not make that much sense. But when it keeps working, what can I say. BTW, I thought when we got the bands, it was the stupidest thing I have ever seen and Louie had finally lost it. When my squat went from 850 to 930 I began telling everyone to use the bands and now understand exactly why they work so well. Times changes and we need to stay one step ahead. Many times this means do what others are unwilling to do even when you do not totally believe it.

Now on to your question. I don't believe I ever figured the off-season out. Most of the time I would take one month off after the meet and not squat or bench at all, sometimes I just did nothing for a month. I would just do bodybuilding work. I would always try to find a meet within 12 to 16 weeks so my off season never lasted that long. I also did not realize at that time the importance of bringing up weak points. Hell, all I really ever did was squat, bench and deadlift. Supplementals were pretty much limited to carbo drinks and maybe some leg extensions. In other words, I thought to get a big squat I needed big quads and to get a big bench I needed a big chest, so this is what my supplementals were made of. What I should do is use that time to bring up my weak points instead of bodybuilding movements.

Westside Seminar Video Pack

Pack Includes:
2 Lecture Tapes

1 Exercise Tape

Plus Bonus Louie Interview tape

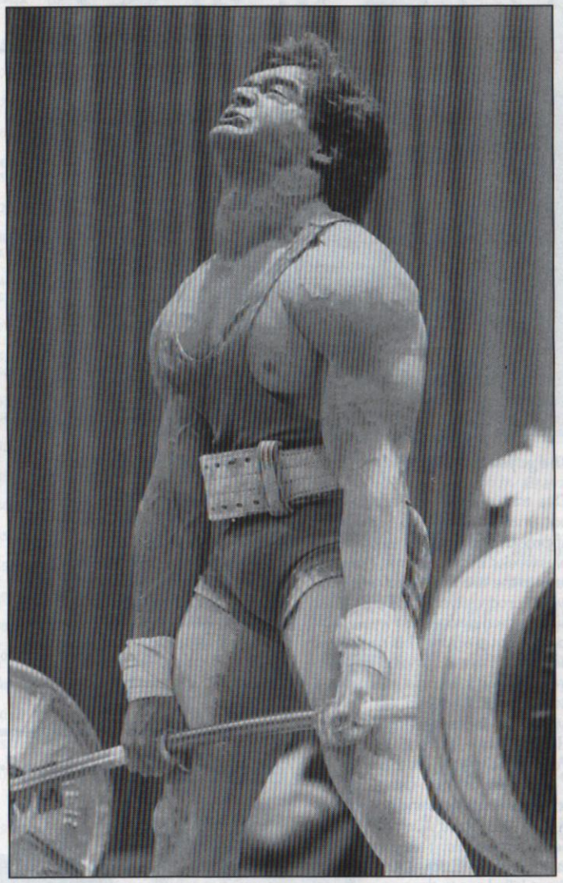
Seminar Video Pack: $154.95 plus $5.00 s/h

This is the complete Westside Seminar on Video. For complete outline see us online.

Elite Fitness Systems
1695 Itawamba Trail
London, Ohio 43140
888-854-8806
Shop our online store!
www.elitefts.com

MEN'S TOP 50 of ALL-TIME

82.5 kg. (181 lb.) as ranked by Herb Glossbrenner



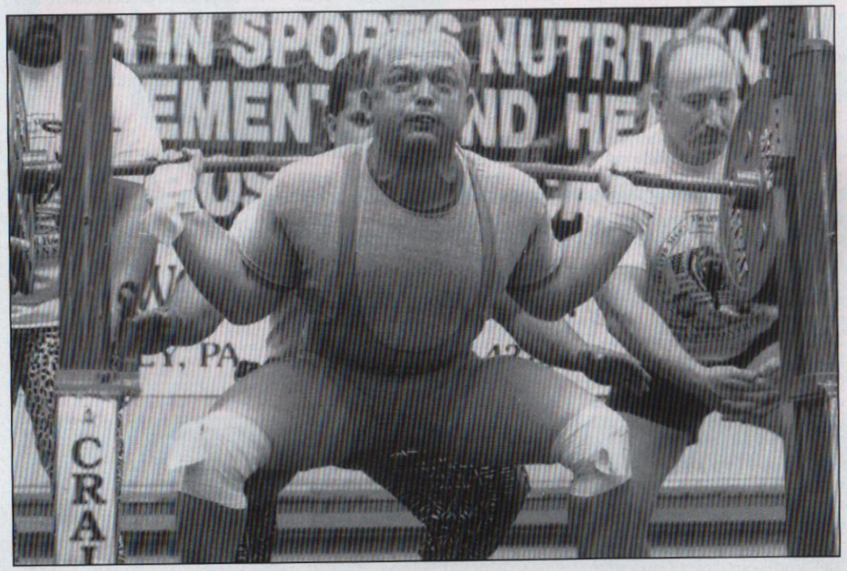
***Ed Coan's** 791 deadlift inthe Lightheavyweights is the best since '84*

SQUAT		
845	Kamand, T	28Mar93
843	Bell, G	08Apr88
837	Bridges, M	11Jul82
800	Herring, G	26Mar88
788	Kellum, J	17Jul88
782	Coan, E	08Jul84
782	Gaugler, R	14Dec85
782	Coleman, a	10Aug96
777	Rosales, R	08Feb98
766	Wagner, R	13Mar93
(10)		
766	Cartinian, M	11Jul99
760	Topsoglou, J	14Dec85
760	Crain, R	12Sep87
755	Wright, D	07Mar81
755	Anderson, S	12Feb87
755	Roche, P	27Jul91
740	Smith, R	17Apr88
738	Rutigliano, T	09NOV96
733	Takala, B	17Jul84
733	Gay, D	24Jun86
(20)		
733	Barber, M	13Feb89
730	Patao, V	08Nov92
730	Dougherty, J	20Feb00
727	Aston, H	09Mar91
725	Peterson, D	24Apr88
725	Payne, C	90
725	Smith, W	23Mar95
722	Hatfield, F	24May79
722	Knight, S	11Jul82
722	Benemerito, R	16Jul95
(30)		
720	Johnston, R	20May89
715	Wadie, B	09Dec79
715	Black, R	24Apr88
711	Ellis, W	15Apr94
711	Mccoy, J	02Jul94
711	Ricks, D	18Jul99
710	Barnes, J	17Sep72
710	Rodriguez,	21Mar98
710	Nuble, a ([P)	21Mar98
K705	Betten, R	02Mar85
(40)		
K705	Cole, D	23Nov85
K705	Phillips, M	22Nov87
K705	Auld, S	04Jun88
K705	Boucher, D	08Oct89
K705	Jones, G	02Jun90
K705	Wambsgans, F	19Sep98
705	Overholtzer, T	19Sep70
705	Crawford, G	19Mar83
705	Sutphin, P	27Aug83
705	Allen, T	14Feb87
(50)		
BENCH PRESS		
600	Waterman, D	01Mar97
565	Sherman, J	04Sep95
562	Confessore, C	17Jun88
556	Weil, R	29Jun86
555	Robbins, D	16Dec00
551	Succarotte, A	22Jul89
551	Coleman, A	19Nov00
542	Werner, S	20Nov93
529	Bridges, M	06Nov81
529	McCormick, L	18Mar00
(10)		
523	Link, C	20Nov93
523	Bell, G	08Apr83
523	Phillips, M	22Nov87
523	Dougherty, J	18Nov00
522	Macdonald, M	13Oct79
520	Rach, D	04Mar95
520	Satterfield, T	11/11/00
518	Gallagher, B	10Jun00
517	Alvarado, J	15Aug93
515	Dawkins, D	03Dec94
(20)		
512	McCoy, J	05Nov94
512	Cieri, D	16Sep00
510	Clark, R	31Aug86
510	Courtney, B	23Nov96
507	Allor, G	17May86
507	Stapleton, T	27Jul96
505	Moore, G	19Jul97
502	Creevy, R	20Nov93
501	Rouse, J	14Sep82
501	Gaugler, R	14Dec85
(30)		
501	Estes, R	08Jun91
501	Rutigliano, T	21Jun97
500	Reeves, J	21May88
500	Rooker, J	10Apr93
500	Decourt, R	16Sep93
500	Kilts, J	27Feb99
500	Heck, B	16Sep00
491	Korn, J. III	17Apr99
490	Herring, G	22Mar86
490	Kellum, J	22Jul89
(40)		
490	Hayashi, R	06Dec97
490	Saito, M	09May98
490	Beebe, B	15Nov98
485	Wright, D	03Mar83
485	Aston, H	130ct85
485	Gay, D	29Jun86
485	Vrabel, J	88
485	Gregory, B	13Mar94
485	Stone, J	09Oct94
485	Smith, E	09May98
(50)		
DEADLIFT		
791	Coan, E	08Jul84
771	Bridges, M	22Feb81
766	Gaugler, R	01Dec84
766	Eiseman, T	01May86
750	Amello, V	16Dec73
749	Cavalier, B	29Mar90
744	Keyhea, V	13Feb82
744	Bell, G	08Apr88
744	Benemerito, R	16Jul95
744	Ricks, D	09Jul00
(10)		
740	Gay, D	15Nov86
738	Payne, C	22Feb90
735	Joyce, M	15Aug76
734	Anderson, S	15Feb90
733	Grudzien, J	13Mar82
733	Crain, R	03Nov83
730	Stansell, M	84
727	Topsoglou, J	10Mar83
727	Byron, S	09Jan88
725	Castellano, D	08Jul89
(20)		
725	Trice, A	11Jul98
725	Turner, C	18Jul99
722	Thomas, W	30Sep78
722	Kobetz, R	18Feb84
722	Herring, G	03Dec88
722	Mooney, E	10Dec88
720	Frantz, E	22Apr78
720	Halmes, R	09Mar80
720	Houston, C	05Apr89
716	Parigan, G	14Jun81
(30)		
710	Wagman, D	29Apr90
K705	Rhodes, J	17Feb79
K705	Wehunt, L	04Dec82
K705	Barber, M	12Feb87
K705	Glumic, R	06Nov94
K705	Herring, R	25Apr98
K705	Rosales, R	05Jul98
K705	Danforth, M	24Jun00
K705	Capari, T	17Nov00
705	McKee, R	23Feb85
(40)		
705	Griffin, K	14Apr90
705	Nuble, A	16Mar96
705	Kamand, T	19Nov00
700	Peoples, J	49
700	Clark, G	22Oct72
700	Powers, R	21Mar87
700	Toins, F	02Jul88
700	Mason, K	02May93
700	Smith, W	20Mar93
700	Meyers, T	24Jul93
(50)		
TOTAL		
2110	Bell, G	08Apr88
2105	Bridges, M	01Jul82
2028	Coan, E	08Jul84
2017	Gaugler, R	14Dec85
1952	Coleman, A	10Aug96
1951	Gay, D	29Jun86
1925	Kamand, A	19Nov00
1915	Herring, G	22Mar86
1812	Anderson, S	12Feb87
1907	Kellum, J	17Jul88
(10)		
1907	Benemerito, R	16Jul85
1896	Rosales, R	08Feb98
1896	Ricks, D	09Jul00
1896	Dougherty, J	18Nov00
1884	Phillips, M	22Nov87
1879	Confessore, C	17Jun88
1868	Wright, D	05Mar83
1865	Topsoglou, J	14Dec85
1862	Grudzien, J	13Mar82
1862	Barber, M	12Feb87
(20)		
1862	Mooney, E	19Dec88
1851	Takala, B	07Jul84
1851	Rutigliano, T	21Jun97
1846	Weil, R	29Jun86
1846	Succarotte, A	29Jul89
1846	Cartinian, M	10Jul99
1824	Hatfield, F	26May79
1824	Thomas, W	30Sep88
1824	Wagner, R	10Jul93
1818	Carpino, A	08Nov80
(30)		
1818	Crain, R	21Feb87
1818	Payne, C	09Oct88
1818	Beavers, M	07Dec97
1818	Danforth, M	24Jun00
1815	Smith, W	25Mar95
1813	Jones, G	30Jul94
1810	Turner, C	28Feb98
1807	Eiseman, T	11May86
1805	Smith, R	17Apr88
1802	Pointer, P	16Feb89
(40)		
1802	Johnston, R	16Feb89
1796	Knight, S	11Jul82
1795	Wagman, D	29Apr90
1790	Wadie, B	09Dec79
1785	Keyhea, V	13Feb82
1785	Haines, D	07Jul85
1785	Cavalier, B	24Mar90
1780	Shephard, K	20Mar82
1780	Roche, P	27Jul91
1780	Schneider, B	20May89
(50)		

MEN'S TOP 50 of ALL-TIME

90kg. (198 lb.) as ranked by Herb Glossbrenner

SQUAT		
903	Kellum, J	27Oct96
880	Kamand, T	28Jul98
870	Bell, G	07Apr91
865	Carnagi, T	28Oct00
859	Coan, E	07Jul85
840	Walden, J	21Aug87
840	Herring, G	10Aug91
837	Wright, D	21Feb87
826	Hatfield, F	08Nov80
826	Person, P	29Jul90
(10)		
821	Bridges, M	14Oct80
821	Black, J	22Nov87
K815	Estep, R	Aug86
810	Payne, M	27Jun93
807	Mangialardi, S	12Oct80
805	Anderson, S	Oct88
804	Chorpenning, J	17Jul88
804	Bryant, G	22Jul89
804	Zweng, M	05Jul98
800	Dillon, S	10May87
(20)		
800	Fessenden, M	29Mar97
800	Scott, R	15Nov97
800	Stalzer, P	16Jun00
799	Wagner, R	05Apr92
793	Jones, J	15Jul80
782	Mastrean, M	01Jun96
780	Bassi, J	18Jan84
777	Northcutt, M	05Jun83
777	Frantz, E	24Jul83
771	Thomas, W	07Nov81
(30)		
771	King, C	05Feb83
771	Sanger, G	17Dec83
771	Lanzante, P	16Mar86
771	Pittman, R	16Aug87
771	Johnston, R	05Jun88
771	Croone, A	21Oct93
771	McCoy, J	01Jun96
770	Siler, C	02Feb87
765	Phillips, M	13Nov88
765	Cook, W	30Oct94
(40)		
765	Vogelpohl, C	20Feb00
K760	Rizza, J	31Jan82
K760	Harris, A	28Apr95
K760	Dunagan, H	28Oct95
K760	Johnson, T	24Jul83
K760	Smith, S (T)	18Aug90
760	Emiliano, J	15May88
755	Parker, R	24May81
755	Cummins, J	18Oct86
755	Bettin, R	14Dec86
(50)		
BENCH		
683	Halbert, G	04Mar01
628	Waterman, D	09Oct99
611	Kellum, J	21Jun97
606	Rorie, L	07Oct95
600	Lee, J	02Apr89
588	Confessore, C	23Jul88
585	Adams, J	29Aug99
585	Nealy, D	26Aug00
573	Seibold, R	17Mar90
565	Danaher, L	04Oct86
(10)		
562	MacDonald, M	04Oct78
560	Succarotte, A	08Jul89
560	Wright, J	18Feb91
560	Whitaker, W	25Jul92
557	Warrington, G	19Nov00
556	Schwenker, J	06Mar99
555	Lewis, P	11Sep93
555	Sherman, J	06Nov93
550	Zweng, M	27Feb99
K545	Bell, G	12Feb87
(20)		
K545	Cieri, D	24Oct98
K545	Lawrence, R	13Nov99
545	Gee, S	06Jul96
540	Weil, R	14Apr85
540	Clark, R	07May88
540	Stapleton, T	16Sep95
535	Yearby, A	03Nov90
535	Herring, G	29Apr95
534	McCoy, J	28Oct95
534	Bartlett, J	02Jan96
(30)		
534	Gregory, B	14Apr96
534	DeCourt, R	20Jun98
530	Pacifico, L	15Aug76
530	Chavez, O	23Apr88
530	Zapata, J	05Jun93
530	Cormier, S	01Aug98
529	Pittman, R	16Aug87
529	Torcasso, A	28May95
525	Glymph, B	28Mar87
525	Giordaniengo, M	04Apr87
(40)		
525	Duncan, D	01Aug87
525	Davies, D	26Jun88
525	Arciuolo, R	03Apr97
525	Marchinkowski, K	19Apr97
523	Graham, J	14May89
523	Arrell, G	19Apr97
523	McAuliffe, J	24Oct98
523	Savino, G	11Jun00
522	Liatsis, F	01Sep94
520	Reeves, J	22Nov86
(50)		
DEADLIFT		
859	Coan, E	07Jul85
821	Anello, V	07Feb82
821	Thomas, W	28Feb82
800	Scialpi, S	14Jun92
799	McCain, C	15Dec79
793	Cash, J	01Mar80
788	Duke, B	08Jul84
777	Frantz, E	15Jun80
777	Keyhea, V	10Nov91
771	Anderson, S	27Oct88
(10)		
770	Brookins, J	14Nov98
766	Nellor, E	19Feb83
766	Pittman, R	16Feb86
766	Bell, G	12Feb87
766	Shannon, W	14Aug88
766	Terry, C	07Feb99
K760	Payne, M	13Dec86
760	Matz, E	Jan75
760	Meyers, T	09Jul95
760	Bufkin, J	06Mar99
(20)		
755	Graser, B	21Mar85
755	Tullis, R	12Apr86
755	Black, J	22Nov87
750	Mc Queen, J	30Jan82
750	Mickens, B	87
750	Chorpenning, J	24Apr88
750	Humphrey, L	13Feb93
750	Gahagan, C	12Dec98
749	Halmes, R	15Mar81
749	Deloit, D	01Feb86
(30)		
749	Feight, M	01Nov86
749	Whitehead, G	05Dec87
744	Miller, S	27Aug78
744	Mangialardi, S	13Jul80
740	Hilliard, T	09Feb85
740	Parigian, G	24Mar85
740	Castellano, D	14Apr83
740	Baltimore, M	25Mar95
738	Woods, P	10Nov74
738	Dignan, J	10Dec78
(40)		
738	Bridges, M	04Oct80
738	Bush, K	12Mar83
738	Holland, S	10Mar90
738	Harris, A	28Apr93
735	O'Brien, P	74
733	Bullard, L	07Apr79
733	Hatfield, F	07Jun80
733	Carola, N	27Feb81
733	Cribbin, J	27Sep81
733	Woods, R	12Dec82
(50)		
TOTAL		
2204	Coan, E	03Mar85
2138	Kellum, J	19Nov99
2132	Bell, G	12Feb87
2070	Herring, G	10Aug81
2066	Pittman, R	16Feb89
2061	Bridges, M	04Oct80
K2050	Thomas, W	07Nov81
2050	Chorpenning, J	24Apr88
2017	Estep, R	Aug86
2011	Duke, B	22Nov87
(10)		
2006	Black, J	22Nov87
K2000	Wright, D	21Feb87
K2000	Anderson, S	27Oct88
K2000	Zweng, M	05Jul98
2000	Payne, M	27Jun93
1985	Phillips, M	12Nov88
1984	Person, P	12Dec87
1980	McGlynn, J	28Jun98
1975	Brookins, J	15Nov27
1975	Kamand, T	28Jun98
(20)		
1962	Confessore, C	29Jul90
1956	Benemerito, R	27Jul97
1955	Siler, C	02Feb87
1951	Frantz, E	15Jun80
K1945	McCain, C	15Dec79
K1945	Cash, J	01Mar80
1940	Northcutt, M	05Jun88
1940	Scialpi, S	12Dec92
1935	Pacifico, L	15Apr76
1935	Woods, R	13Mar83
(30)		
1934	Hatfield, F	08Nov80
1934	Sanger, G	17Dec83
1932	Mangialardi, S	12Oct80
1930	Pointer, P	13Mar83
1929	Harris, A	28Apr93
1923	Anello, V	13Jul80
1923	Jones, J	13Jul80
1923	McCoy, J	28Oct95
1920	Tullis, R	12Apr86
1920	Carnagi, T	28Oct00
(40)		
1915	Walden, J	21Aug97
1912	Sideris, J	14May79
1912	Feight, M	01Nov86
1912	Gay,D	11DEC88
1912	Croone, A	23Oct93
1912	Dunagan, H	28Oct95
1907	Ennis, B	15Nov80
1901	Aston, P	03Feb83
1901	Johnston, R	05Jun88
1901	Keyhea, V	02Dec89
(50)		



***Jessie Kellum** led the way through the 900 lb. barrier on his way to the top squat spot in the 198 class.*

G.N.C. NUTRITION UPDATE

The Science of Post-Workout Nutrition *by Dr. Jeff Stout*

Dr. Jeffrey Stout (seen above) is the Director of Sports Science for GNC's Pro Performance line, which is available at all GNC stores. More pertinent iproduct nformation is available at www.gncproperformance.com.

After endurance, strength or power training, the body is primed for nutrient uptake into the muscle cells. So what should you feed your hungry muscles? An abundance of new research (Bloomer et al. 2000, Rasmussen et al. 2000, van Loon et al. 2000a; van Loon, 2000b) has provided clues as to what to consume after the workout, and it has been made clear that the best post-exercise formula would: a) be a liquid meal for ease and rapid speed of digestion and rehydration, b) contain rapidly digesting, high glycemic index carbohydrates that stimulate the anabolic hormone insulin and lead to glycogen synthesis, c) contain rapidly digesting protein in addition to essential amino acids (BCAA) and glutamine for an increase in muscle protein synthesis and decrease in protein breakdown.

The new research behind GNC's Pro Performance DistanceTM Drink began another chapter on nutrition and its ability to support athletic performance. Pro Performance DistanceTM established a model that explains how the interaction of key physiological and nutritional factors. Equally important, the use of the product establishes three simple, practical principles that every athlete can incorporate into his or her daily training.

1. Restore Electrolytes and Water - Fluid and electrolyte restoration should be the cornerstone of any training program, and it is the cornerstone of Pro Performance DistanceTM. Studies have shown that fluid replacement must occur both during and after exercise because fluid and electrolyte replenishment is crucial in maintaining cardiac output. It is also essential in regulating body temperature, as elevations in temperature can sharply impair performance. Electrolytes, now usually added to sports hydration drinks, can accelerate rehydration by speeding intestinal reabsorption of fluids and improve fluid retention.

2. Replenish Glycogen Stores Rapidly - Early studies primarily focused on replenishment of glycogen stores by consumption of a carbohydrate supplement both during and after exercise. Carbohydrate supplementation stimulates insulin. Insulin has two major roles: 1) facilitates the transport of glucose into the muscle cell; 2) stimulates enzymes responsible for the synthesis of glycogen from glucose.

Recent studies have extended our understanding of how glycogen is replenished. A post exercise carbohydrate supplement composed of high Glycemic Index Carbohydrates (such as simple sugar) is more rapidly transported into the muscle cell in the critical post workout period (Burke L, et al, 1993). Enzymes responsible for the manufacturing of muscle glycogen are maximally stimulated 0-2 hours after exercise (Ivy J, et al, 1988). Therefore it is essential that a carbohydrate supplement be taken in this time frame.

Even more significant are research findings showing that protein and the amino acids, when combined with a carbohydrate supplement can strongly stimulate insulin levels in a synergistic fashion (Yaspelkis & Ivy, 1999). The ratio of carbohydrate to protein is extremely important to obtain this synergy. The optimal ratio should be 4:1 (four grams of carbohydrate to one gram of protein). This is exactly what Pro Performance DistanceTM contains (76 grams of carbohydrates with a total of 18.65 grams of protein [14g whey + 4.65 g amino acids]). At this ratio, the drink delivers the benefits of protein without negatively impacting the critical rehydration process. By further stimulating insulin with protein and amino acids, muscle glycogen is restored quicker.

3. Protein Intake - Evidence suggests that insulin is a strong stimulus of protein intake by increasing amino acid transport into the muscle (Kreider RB, et al, 1993) and by preventing the breakdown of protein. This interrelationship between glycogen replenishment and insulin is a cornerstone of post workout supplementation.

A second aspect of this process is the need for protein, glutamine and branched chain amino acids. Protein not only stimulates the replenishment of glycogen stores by activating insulin, but also provides the essential building blocks for muscle (Johnson DJ, et al, 1986).

Pro Performance DistanceTM Drink is a true breakthrough product because in its development, researchers recognized that subtle differences in the formula might have major consequences. In the end, the rationale behind the science created the best post-exercise drink on the market.

REFERENCES

Bloomer et al. Effects of meal form and composition on plasma testosterone, cortisol, and insulin following resistance exercise. Int. J. Sport Nutri. Exer. Metab. 10:415-424, 2000.

Burke et al. Muscle glycogen storage after prolonged exercise: effect of the glycemic index of carbohydrate feedings. J. Appl. Physio. 75:1019-1023, 1993.

Ivy et al. Muscle glycogen synthesis after exercise: effect of time of carbohydrate ingestion. J. Appl. Physiol. 64:1480-1485, 1988.

Johnson et al. Branched chain amino acid uptake and muscle free amino acid concentrations predict postoperative muscle nitrogen balance. Ann. Surg. 204:513-523, 1986.

Kreider et al. Amino acid supplementation and exercise performance: An analysis of proposed ergogenic value. Sports Med. 16:190-209, 1993.

Rasmussen et al. An oral essential amino acid-carbohydrate supplement enhances muscle protein anabolism after resistance exercise. J. Appl. Physiol. 88(2):386-392, 2000.

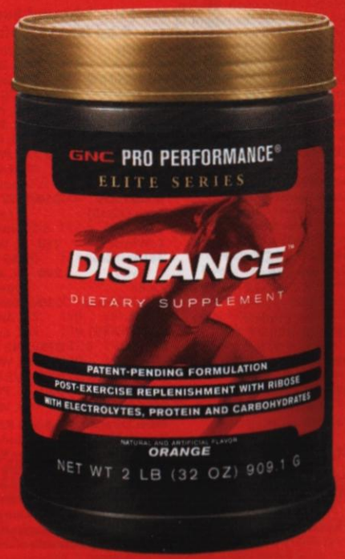
Van Loon et al. Maximizing post exercise muscle glycogen synthesis: carbohydrate supplementation and the application of amino acid or protein hydrolysate mixtures. Am. J. Clin. Nutri. 72:106-111, 2000

Van Loon et al. Plasma insulin responses after ingestion of different amino acid protein mixtures with carbohydrates. Am. J. Clin. Nutri. 72:96–105, 2000.

Yaspelkis and Ivy. The effect of a carbohydrate-arginine supplement on postexercise carbohydrate metabolism. Int. J. Sports Nutri. 9:241-250, 1999.

THE SPORTS LAB

Only at GNC



FULL BODY REPLENISHMENT

PART OF THE NEW PRO PERFORMANCE® ELITE SERIES OF SPORT SUPPLEMENTS

THIRST-QUENCHING SPORTS SUPPLEMENT FOR REAL ATHLETES

PROVIDES 14 GRAMS OF WHEY PROTEIN

CONTAINS 76 GRAMS OF CARBOHYDRATES

PATENT-PENDING FORMULATION

GNC Live Well.™

Over 4500 stores nationwide. Visit us at www.gnc.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call toll free 1-800-477-4462 for the GNC location nearest you. ©2001 General Nutrition Centers. May not be available outside the U.S.

SLP Iron House Open
23 Jun 01 - Hoopeston, IL

BENCH		T. Carnaghi		385
WOMEN		198 lb.		
Master (50-54)		T. Matthews		365
123 lb.		M. Maxwell		330
D. Catron	140!	J. Ludwig		205
MEN		S. Zelmer		300
Teen (16-17)		220 lb.		
220 lb.		T. Nixon		420
V. Munoz	320!	DEADLIFT		
Teen (18-190		MEN		
198 lb.		Teen (16-17)		
T. Acosta	270!	181 lb.		
Submaster		W. Kauffman		350
198 lb.		Master (40-44)		
M. Hinders	410!	198 lb.		
Master (40-44)		D. Newman		500
181 lb.		Master (45-49)		
R. Espinoza	280	181 lb.		
198 lb.		R. Branham		405!
D. Newman	450!	Open 114 lb.		
Master (45-49)		A. Munoz		150!
165 lb.		198 lb.		
S. Hepinstall	280!	T. Carnaghi		670!
181 lb.		S. Zelmer		475
E. Teran	305	220 lb.		
Open 198 lb.		B. Finch		600
132 lb.	SQ	BP	DL	TOT
Submaster				
S. Blackwell	185*	135*	245*	565*
Teen (18-19) 165 lb.				
R. Catron	415*	310*	440*	1165*
4th		320*	460*	1195*
181 lb.				
A. Wagner	290*	205*	385*	880*
4th			405*	900*
Master (50-54)				
220 lb.				
G. Catron	530*	395*	520	1445*
4th	545*			1460*
Open 198 lb.				
S. Zelmer	475	300	475	1250

!=SLP Illinois state record. *=SLP National Powerlifting record. Best DL Lifter: Tom Carnaghi. Team DL Champions: Muscle Corporation. Best PL Lifter: Gary Catron. Best BP Lifter: Dave Newman. The Son Light Power Iron House Open Powerlifting Championships were held at the Iron House Gym in Hoopeston, Illinois. Many thanks to owners Gary and Donna Catron for hosting this event and for their continued support of powerlifting. In the powerlifting event we had a small turnout, but no lacking of talent as we seen several new state records established here. In the submaster women's division, Suzi Blackwell took the 132's in style, setting all new records there. Suzi squatted 185, benched 135 and deadlifted 245 for a personal best total of 565. Robert Catron had a great day, getting all new pr's along with setting all new national records for the teenage 18-19/165 class. Weighing in at just 160, Robert squatted 415, benched 310, followed by a 320 fourth attempt, then got in some great pulls with a 440 third and a 460 fourth attempt. This gave Robert a great 1165 (1195) total at 165! Adam Wagner was competing for the first time, taking the teenage 18-19/181 class, establishing all new records there. Adam got a 290 squat, a 205 bench and a 385 pull for a 880 total. Adam

Best Lifters *(l-r) at the SLP Iron Open PL/BP/DL: Dave Newman (BP), Tom Carnaghi (DL), Gary Catron (TL). (Photograph: Dr. Darrell Latch).*

came back with a successful fourth attempt pull of 405 to up his total record to 900. Gary Catron had his best day to date, finishing with a 1445 (1460) total. Gary was successful with a 530, followed by a 545 fourth attempt squat, a big 395 bench and a solid 420 pull. All but Gary's deadlift were new national records at master 50-54/220. Gary was also awarded the best lifter trophy, just beating out his son Robert. Steven Zelmer took the open 198 class with a solid day of lifting, going 475-300-475-1250. In the bench press competition Donna Catron took the master 50-54/123 class, getting just her opener of 140. This was a new state record for Donna, who failed at 150 twice. Victor Munoz also got a new state record with his win at teenage 16-17/220, finishing with 320. Our other teenager, Tony Acosta, finished with his opener of 270, another record, this time at 18-19/198. Mike Hinders came from Indiana to set a new state record in the submaster 198 class, getting a personal best 410 for the win. At master 40-44 Rick Espinoza won at 181 with 280 while Dave Newman took the crown at 198 with a new state record 450 press. Sam Hepinstall came down from Michigan to set a new state record for the master 45-49/165 class, finishing with just his opener of 280. Also at master 45-49 was past state record holder at 198, Ed Teran. Ed finished with 305 after missing a pr 320 final attempt. In the open division we hd a full class at 198 with five lifters. Finishing first was Tom Carnaghi with an easy 385. Second place went to Tyris Mathews who finished with 365. This was Tyris's first competition. Mike Maxwell was third with 365 and Jeremy Ludwig fourth at 205. Steve Zelmer, who had some problems getting in his opener, finished fifth with 300. Tony Nixon took the open 220 class with a solid 420, just missing his 440 third attempt. Best lifter in the competition went to Dave Newman, who finished with 450 @ 195. In the deadlift competition Wes Kauffman took the teenage 16-17/181 class with 350 while his trainer, Dave Newman won at master 40-44/198 with 500; both getting only their openers in. Rick Branham got all three of his lifts in, finishing with a new Illinois state record 405 for the win at 45-49/181. In the open division, ten year old Alonzo Munoz set the record in the open 114 class with a 150 personal best pull, Tom Carnaghi won at 198 with 670 over Steve Zelmer, who pulled 475. Then at 220 it was Benny Finch, who stopped with his opener of 600. Tom Carnaghi won the best lifter honors, pulling 670 @ 197. Team honors went to the Muscle Corporation of Springfield, Illinois, led by Dave Newman which included Rick Branham, Mike Maxwell, Wes Kauffman and Tyris Matthews. Thanks to my son Joey, Grant Mitchell, Benny Finch and Tom Riemer for their help. (Results by Dr. Darrell Latch).

NASA Kansas Regional
11 Nov 00 - (kg)

PwrSports		J. Cantwell		71
BENCH		187 lb. SM2		
280 lb. M1		M. Bruders		70
S. Languardt	182.5	DEADLIFT		
227 lb. M5		154 lb. Jr.		
M. Sander	182.5	J. Cantwell		236
187 lb. P		43 lb. Youth		
M. Bruders	117.5	T. Kennedy		25
280 lb. SM		PwrLifting		
M. Moraine	147.5	BENCH		
170 lb. WSM		187 lb. M2		
W. Conrad	62.5	G. Maloney		190
CURL		280 lb. SM1		
154 lb. Jr.		T. Williams		227.5
PwrSports	CR	BP	DL	TOT
154 lb. Jr.				
J. Cantwell	71	122.5	236	429.5
227 lb. Pure				
S. Hungria	62.5	117.5	240	420
250 lb. Pure				
M. O'Brien	75	190	240	505
154 lb. SM				
B. Anderson	50	102.5	152.5	305
250 lb. SM				
B. Cookson	85	162.5	272.5	500
PwrLifting	SQ	BP	DL	TOT
205 lb. HS				
J. Sander	142.4	87.5	125	354.9
227 lb. Int.				
J. Harris	185	130	220	535
170 lb. Jr.				
E. Buller	187.5	130	205	522.5
M1				
D. Mounkes	200	142.5	200	542.5
227 lb. Int.				
J. Harris	185	130	220	535
170 lb. Nov.				
E. Buller	47.5	130	205	522.5
227 lb. Nov.				
J. Harris	220	535	185	130
154 lb. Pure				
M. Ewoldsen	257.5	130	250	637.5
227 lb. Pure				
J. Harris	185	130	220	535
280 lb. SM1				
T. Williams	97.5	227.5	320	845
205 lb. SM2				
R. Lopez	227.5	115	205	547.5
127 lb. WM5				
C. Anderson	107.5	52.5	117.5	277.5

(Thanks to Mike Adelmann for meet results).

Musclebound Summer Heat
8 Jul 01 - W. Lafayette, OH

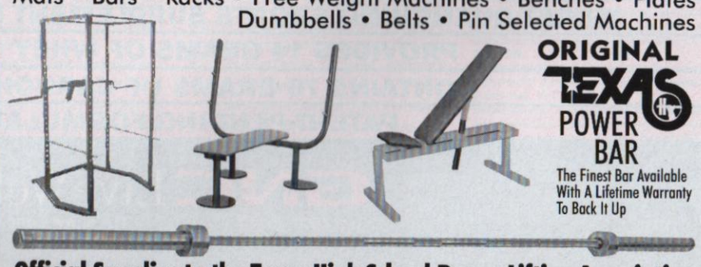
BENCH		220 lb.	
132 lb.		B. Dotson	375
Teen (13-16)		Raw Open	
J. Leslie	135	275 lb.	
C. Warren	150	G. Plowman	420
WOMEN		G. Plowman	420
148 lb. Raw		M. Hiland	425
P. McKee	90	D. Welch	525
MEN		DEADLIFT	
Open 148 lb.		Teen (13-16)	
J. Kontaxes	350	132 lb.	
Teen (13-15)		J. Leslie	285
165 lb.		148 lb.	
T. Whyde	210	C. Warren	340
181 lb. Master		165 lb.	
T. Wyler	290	W. McKee	185
Open		Open	
R. Williamson	230	198 lb.	
198 lb.		J. Armstrong	465
Teen (17-19)		C. Crabtree	515
A. Hicks	325	242 lb.	
Open		E. Whitmore	450
J. Armstrong	335	275 lb.	
C. Crabtree	360	G. Plowman	530
Submaster		D. Welch	600

Meet Director: John and Kayleen Blackstone. Scoretable: Jim Whyde. Judges: Ralph Young, Lonnie RiDenbaugh, Dave Roof. Spotters: Billy clum, Gerry Griffith, Tyson Whyde and Rick Williamson. Food Table: Mary Hunter and Judy McKoy. Thanks to Brian Lewis for the use of chairs. Thanks to Laura McKee for the Admission Table. (Thanks to John Blackstone for providing the results of this meet to *PLUSA*).

MEETING THE DEMANDS OF TODAY'S ATHLETES

MAC BARBELL AND FITNESS EQUIPMENT
1617 W. Highway 303
Grand Prairie, TX 75051
Call today for our catalog & for pricing info
800-942-0338
www.mac-barbell.com

Mats • Bars • Racks • Free Weight Machines • Benches • Plates
Dumbbells • Belts • Pin Selected Machines



ORIGINAL TEXAS POWER BAR
The Finest Bar Available With A Lifetime Warranty To Back It Up

Official Supplier to the Texas High School Power Lifting Association

Pro Fitness Heavy Metal Classic
28 APR 01 - Rockaway, NJ

MEN	SQ	BP	DL	TOT
Open				
148				
E. R. Deleon	182.5	115	222.5	520
J. Golba	177.5	140	160	477.5
165				
M. Kenny	232.5	117.5	227.5	577.5
181				
M. Babin	225	147.5	250	622.5
R. Butting	205	130	260	595
D. Hartobey	162.5	130	245	537.5
B. George	127.5	87.5	185	400
198				
J. Russo	227.5	157.5	260	645
F. Arcibal	215	152.5	230	597.5
220				
B. Callahan	287.5	190	277.5	755
R. Brunk	265	205	245	715
E. Pantaieone	257.5	175	277.5	710
D. Bellomo	237.5	197.5	257.5	692.5
R. Liciameli	255	160	255	670
R. Henry	265	175	225	685
D. Hammond	205	142.5	245	592.5
242				
D. Rogers	297.5	170	320	787.5
R. Mazza	277.5	182.5	262.5	742.5
R. Muselli	262.5	160	267.5	690
J. Killen	240	165	265	670
J. Beirne				
M. Dolce				
275				
S. O'Bryant	315	172.5	272.5	760
J. Aloi	220	172.5	210	602.5
SHW				
M. Muselli	332.5	170	312.5	815
M. Cochran	62.5	62.5	62.5	187.5
Teens				
C. O'Brien/163	200	135	195	530
Imbriaco/146	187.5	102.5	177.5	467.5
M. White/176	180	125	227.5	512.5
J. Ross/126	142.5	82.5	167.5	392.5
J. Burgagni/120	122.5	80	155	357.5
J. Viglone/169	137.5	97.5	205	440
M. Felicetta/144	102.5	102.5	152.5	357.5
R. Huber/161	120	100	150	370
B. Buckley/211	147.5	97.5	172.5	417.5
N. Mercurio/198	130	100	157.5	367.5
Juniors				
A. Belenky/218	142.5	117.5	200	460
Submasters				
J. Aloi/244	220	172.5	210	602.5
F. Johansson				
Raw				
L. Sameuls/236	240	215	265	720
Hagenbush/230	235	150	267.5	652.5
T. Jones/180	165	130	222.5	517.5
M. Olivia/179	180	137.5	197.5	515
D. Lederle/164	105	130	212.5	447.5
J. Impallomeni	142.5	112.5	200	455
Masters				
R. Pamulo/171	220*	115	217.5*	552.5*
G. Connelly/178	102.5	82.5	227.5	412.5
P. Prendergast	130	105	185	420
W. Vincent/212				
WOMEN				
Open				
J. Aquila/122	72.5	40	107.5	220
L. Hirshberg/109				

* denotes American Record. Best Squat: Michael Muselli; Best Bench Press: Lyndon Samuels; Best Deadlift: Deron Rogers; Best Lifter Overall: Deron Rogers. The Pro Fitness

Robert Cutting *deadlifting 573 lbs. at the Heavy Metal Classic. (Photo provided by R. Cutting).*

Heavy Metal Classic was held on April 28, 2001 at Pro Fitness, Rt. 45, Rockaway, NJ. This year's event was participated in by just under 50 lifters with several entries returned to avoid the meet quality suffering. The refereeing was consistent and on par with National meets. Two lifters, Christopher O'Brien and Tim Jones went 9 for 9. Another eight lifters, John Rossi, Brian Buckley, John Impallomeni, Robert Cutting, Brian Callahan, Matthew Babin, John Aloi and Alex Belenky went 8 for 9. The open classes were contested by best total while the other divisions were contested by formula. For the open classes, Edil Randolph Deleon from Puerto Rico won the 148's, NJ State Champion Mike Kenney the 165's, Matthew Babin and Joseph Russo the 181's and 198's respectively. The 220's and 242's were the biggest classes. Brian Callahan lifted solidly to win the 220's by a comfortable margin, and Deron Rogers, from South Carolina, took the 242's with a huge deadlift. Sid O'Bryant and Michael Muselli lifted well to take the 275's and superheavy weight classes, respectively. It was a pleasure to have 10 enthusiastic teenagers' lift in the meet. All seemed to have benefited from good coaching and lifted beyond expectations. Chris O'Brien edged out the improving Mike Imbriaco to win first place. Michael White did a nice 501 deadlift to get 3rd place. Alex Belenky won the Juniors; Janet Aquila, in her first meet, won the Women's and John Aloi the submaster division. Six lifters competed in the raw division. Lyndon Samuels hit a big bench to beat Glenn Hagenbush for the win. Third place went to Tim Jones over Mike Oliveri by less than a 1.00 score. Four masters competed, with the ageless Ray Pamulo breaking several American Records on his way to first place. 178 lb., 55 year old George Connelly was second and did a nice 501 lb. deadlift. Thanks go out to Donna Vincent, Kenny Davis, John Corsello, Brian Callahan, Craig Safran, Jerry Dally, Brandt Anderson, Rick Bauer, Joe DeMatteo, James Benemerito, Jules "Mr. Abs" Pellgrano, Al DiDonato, Dan Beggs, Dennis Huslander, David Walters, Diego Ceullar, Dave Abramson, Gene Biancheri, Steve Mann, Dave Scheider, Mike Kenny, Fred Vogel, Charlie Schroeder, and the Morreale Family. (Thanks to Billy Clayton for providing these contest results).

USAPL Ketchikan Record Breakers
18 MAY 01 - Ketchikan, AK

WOMEN	SQ	BP	DL	TOT
Williams	85	90	125	300
Jensen	70	70	120	260
Gregg	115	100	125	340
Slanaker	385	165	335	885
MEN				
Izatt	100		125	225
Pike	315	290*	405	1010
Slenkamp	250	170	365	785
A. Gregg	225	130	280	635
Wilson	295	150	370	815
Boles	350	215	415	980
Houston Laws	310*	150	355*	815
Lisac Jr.	465*	245	465	1175
Smith	385	240	375	1000
Orr	180	130	170	480
Fama	225	305*	325	855
Frank	355	245	430	1030
Wyman	250	180	325	755
Hewitt	385	245	385	1015
Jones	330*	280*	450*	1060*
Stillman	400	285*	415	1100*

* denotes state records. (Results by USAPL).

USAPL Razor City BP Meet
19 MAY 01 - Gillette, WY

WOMEN		181	
Open		B. Warner	
198		198	
J. Miller		B. Michel	325
123		220	
D. Siveny	160	R. Lang	405
B. Howard	135	J. Brown	370
MEN		B. Hunt	330
Teen 14-15		P. Anderson	220
220		242	
A. Dickinson	340	D. Brown	460
275		R.Meyers	330
R. Youngsberg		275	
Teen 16-17		B. Collins	450
148		D. Downs	410
A. Konrad	225	M. Shaw	100
181		319	
B. Warner		T. Koenigs	450
J. Bruhn	265	M-1	
M. Willich	300	275	
Teen 18-19		B. Collins	450
J. Hill	230	220	
198		D. Brown	460
A. Urlaub	270	R. Lang	405
Open		148	
148		P. Prado	225
A. Konrad	225	M2	
P. Prado	255	242	
165		L. Meyers	330
J. Opp	340	M3	
M. Hermann	335	165	
J. Hernandez		S. Hill	250

(Thanks to USAPL for providing the meet results).

Blue Ridge Strongman
12 May 01 - Stanardsville, CA

Kevin Garrett, 200 lb. Class: 11 Log Press Reps @165 lb., 8.66 seconds 4x Tire Flip @375 lb., 23'3" @25 lb. Plate Throw, 29.56 seconds Farmer's Walk @100' @300 lbs. Dan Maticic 250 lb. Class: 10 @165 Log Press Reps, 9.94 seconds 4x Tire Flip @375 lb., 24'4" @25 lb. Plate Throw, 18.69 seconds Farmer's Walk @100' @300 lbs. Tony Walters 250 lb. Class: 12 Log Press Reps @165 lb., 23.71 seconds 4x Tire Flip @375 lb., 23'11" @25 lb. Plate Throw, pass due to injury on the Farmer's Walk. Jonathan Schwartz 250 lb. Class: 5 Log Press Reps @165 lb., 10.53 seconds 4x Tire Flip @375 lb., 23'11" @25 lb. Plate Throw, 19.44 seconds Farmer's Walk @100' @300 lbs. Travis Mongold 280 lb. Class: 15 Log Press Reps @ 165 lb., 8.59 seconds 4x Tire Flip @375 lb., 31'6" @25 lb. Plate Throw, 18.88 seconds Farmer's Walk @100' @300 lbs. Tony Andrecci 280 lb. Class: 6 Log Press Reps @165 lb., 12.66 seconds 4x Tire Flip @375 lb., 27'5" @25 lb. Plate Throw, 26.10 seconds Farmer's Walk @100' @300 lbs. (Thanks to John Shifflett for providing these results).

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:
Open
Teen (14-19 yrs.)
Junior (20-23 yrs.)
Master (40 yrs. & up)
Collegiate
Military
Police & Fire
High School
Special Olympian

Membership Prices:
Adult - $40.00
High School - $30.00
Special Olympian - $10.00
Tax Deductible Donation
$_____

USAPL Merchandise:
•Logo T-Shirt = $15.00 (Size _____ Qty. ____)
•Rulebook = $25.00 •Logo Patch = $5.00
•Polo Shirt w/Logo - (s-xl) = $35.00 (xxl & up) = $37.00
(navy - white) (Size_____ Qty. ____)
•Sweatshirts w/Logo - (s-xl) = $30.00 (xxl & up) = $32.00
(navy) (Size _____ Qty. ____)
•Logo Hats (denim – black – white) = $15.00
•Referee Designation Polo w/Logo- (s-xl)=$30.00 (xxl & up)=$32.50
Ref. Status _____(Size _____ Qty. ____)

Method Of Payment:
Credit Card: Visa - Master Card - Discover Exp. Date _____
#_____-_____-_____-_____
Credit Cardholder Signature_____
Check / Money Order # _____
Total Purchased: _____

FORGET ANDRO

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

ZMA™ Force+™ – YOU TRAIN. WE'LL DO THE REST!™

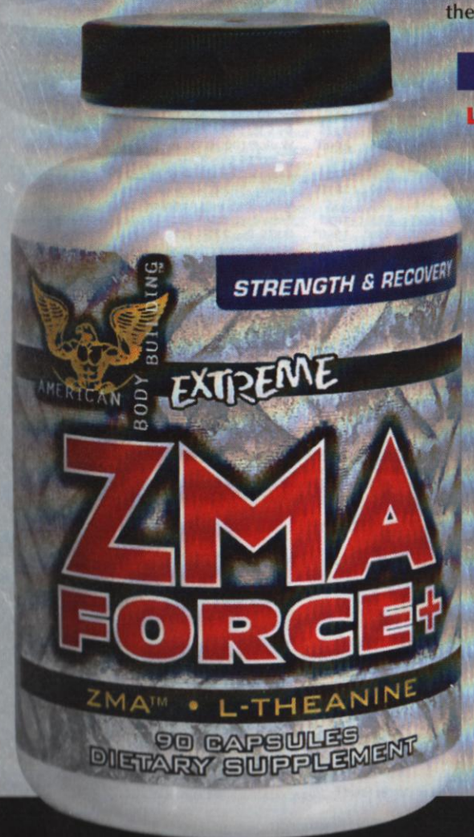
At American Body Building™, our scientists are constantly working on developing the latest, most innovative products to help you best attain your most perfect body. **ZMA™ Force+™**, a combination of **ZMA™** and **L-THEANINE**, is the newest of our scientifically advanced line of supplements to help you get there.

AMERICAN BODY BUILDING™

A FORCE IN THE GYM™

ZMA™

ZMA™ is a proprietary blend of zinc and magnesium that preliminary evidence suggests promotes testosterone and IGF-I release in serious athletes.* By doing so, **ZMA™** may help improve recovery times and physiological and exercise-related conditions.* Check out the study below, recently published in the *Journal of Exercise Physiology*.



L-THEANINE

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

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

Key Words: vitamin B_6, anabolic hormones, testosterone, IGF-I, muscle

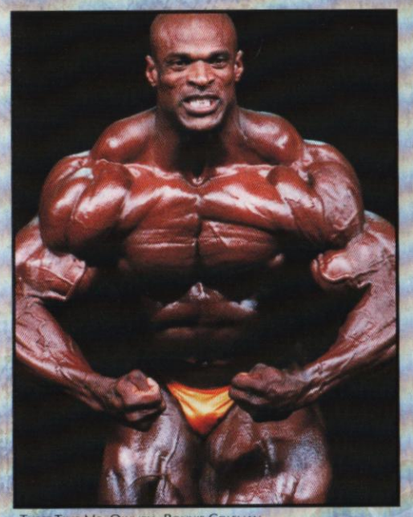
INTRODUCTION

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

1-800-627-0627 www.AmericanBodyBuilding.com

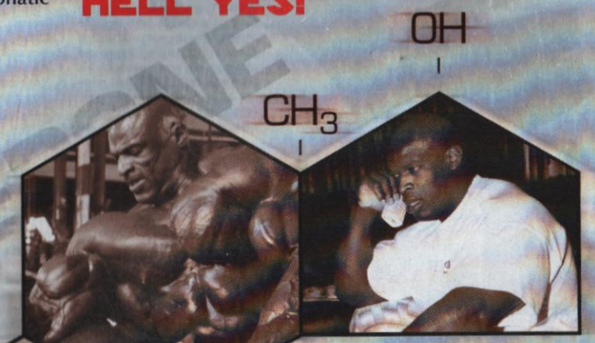
ZMA™ is a trademark of SNAC Systems, Inc., Burlingame, CA

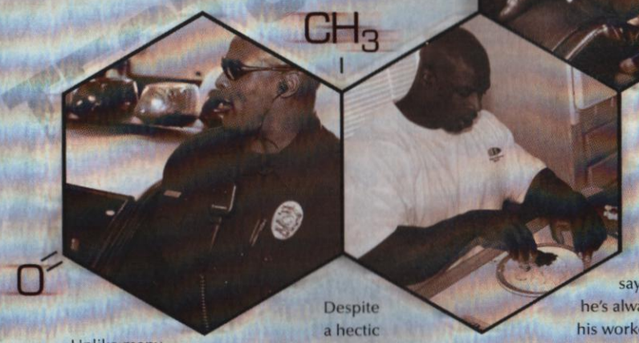
RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING



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.

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 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."

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™**.

AMERICAN BODY BUILDING™

ABB™ LAB CERTIFIED
INNOVATION • QUALITY • INTEGRITY • DEDICATION • RESEARCH • TESTED
EST. 1985

211-C2

AMERICAN BODY BUILDING™ A FORCE IN THE GYM™

★These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

USA Raw BP Federation
Summer Nationals
16 Jun 01 - Mattoon, IL

MEN		Master (60-69)	
Teen 165 lb.		308 lb.	
M. Collins	280	J. Luallen	250
181 lb.		Police/Fire	
D. Ridgnal	270	165 lb.	
Submaster		A. White	350*
242 lb.		242 lb.	
F. Collins	400	T. Harrison	470*
Master (40-49)		275 lb.	
198 lb.		C. Gholston	440*
L. Banks	400*	Police/Fire	
J. McDonald	345	Master (40-49)	
220 lb.		220 lb.	
A. Kennedy	430	A. Kennedy	430*
T. Boyer	365	Open 148 lb.	
D. George	360	O. Anderson	250
242 lb.		J. Carson	400*
B. Blackmon	400	198 lb.	
4th	410	M. Evans	410
SHW		4th	415
L. Betzer	340	220 lb.	
Master (50-59)		K. Hess	270
198 lb.		242 lb.	
F. Medvescek	330	T. Harrison	470
220 lb.		308 lb.	
H. Collins	410	J. Underwood	400
242 lb.		SHW	
J. Bridges	400*	L. Betzer	340

Team Champions: The Gladiators. Best Lifter: Jason Carson. *=USA "RAW" Bench Press Federation national record. The 2001 USA "RAW" Bench Press Federation Summer Nationals was held at the Cross County Mall in Mattoon, Illinois. Thanks again to the Mall Association for their continued sponsorship of this event. In the teenage division, Marell Collins won his second nationals title of the year, taking the 165 class with a strong 280. Marell who owns the record here with 300, failed his final attempt with a record attempt 315. At 181 Derek Ridgnal got all three of his attempts, finishing with a personal best 270 for the title there. Fabray Collins won his National title by taking the submaster 242 class with a strong 400, just missing a pr first national third attempt with 410. In the master men's 40-49 division, we had seven great lifters who had come from as far away as Ohio, Indiana, Illinois, Wisconsin and Kansas. Taking the title at 198 was Lee Roy Banks, going three for three and finishing with a solid 400. This broke the existing national record by fifteen pounds, which had been held by Jeff Fidler since 1996. Joe McDonald was second at 198 with 345, just missing a fourth for a new pr with 355. Al Kennedy took the 40-49/220 class with a personal best 430, then coming close with a 445 final attempt. Second at 220 was Tom Boyer who got a new pr on his final attempt with 365. Dennis George also got a new personal record on his final attempt with 360, finishing third. Barry Blackmon just kept getting stronger with each new attempt, finishing with 400, then a 410 fourth attempt for the win at master 40-49/242. At SHW it was Kansas's own Loren Betzer looking strong with his second attempt of 340; just missing a pr 360 third. At master 50-59 Frankie Medvescek continues to defend his title at 198, this time finishing with 330. Frankie also continues to be the ugliest lifter in the meet, but with the best looking girlfriend, Susie. (I guess it's that beauty and the beast thing.) Hank Collins was having problems with his shoulder but still finished with 410 for the win at 220. Hank has never been beaten at 220 and continues to hold the record there. Jim Bridges came from Missouri to take the title at 242, tying the national record there with a strong 400 second attempt. Jim was close with his final attempt of 410, just missing at lockout. In the master 60-69 division John Luallen returned to competition with another win at 308. John, who holds the record there with 260, finished the day with 250. In the police & fire division it was Anton White with the win at 165, finishing with a new national record of 1350. Al Kennedy set the record at 220 with his personal record 430, while teammate Tommy Harrison took the 242 title with 470. Tommy's 470 was not only a new pr for him but also a new USA "RAW" record at this class. Chris Gholston finished the day with 440 for the win at 275, another national record for the Gladiators. In the open division it was the notorious Baby Oil, aka Otis Anderson, for the win at 148, finishing the day with 250. Baby Oil might have gotten his final attempt with 285 had he not slipped off the bench as he took the bar off the rack. Jason Carson returned to competition to claim the open 181 title with a 400 national record bench. Weighing in at just 169, Jason also won best lifter honors for the competition. Marvin Evans got three new pr's on the day to finish with 415 on his way to wining the title at 198. At 220 it was Kurt Hess, making a comeback after losing about forty pounds, to finish with 270. Tommy Harrison also took the open 242 crown to go along with his police & fire title with his pr 470 bench. At 308 it was Jason Underwood with a solid 400. Loren Betzer won the shw title with his strong 340. Al Kennedy's team, The Gladiators, won the team title. Thanks to my son Joey and Kurt Hess for their help. (Thanks to Dr. Darrell Latch for providing the results of this meet to *PL USA*).

IMMUNOCAL (R)

... the ultimate supplement!

1 888 830-4040 (toll free 24/7)

www.immuneresponse.net/go/nick.

For personal assistance contact:

Nicholas Theodorou

1 800 973-2436

nutritek@aol.com

DON'T MISS this chance for HEALTH and WEALTH!

At the USA RAW BP, Lee Roy Banks sets record at master 40-49 198 with this 400 lb. bench. (Photo provided by Dr. Darrell Latch).

D. White	400	225	400	1025
T. Casarez	405	210	390	1005
B. Herring	340	205	420	965
B. Anderson	360	215	385	960
T. Moore	350	220	340	910
J. Brown	345	195	355	895
L. Pham	280	230	380	890
Z. Esparza	330	190	370	890
A. Alvarez	315	225	340	880
R. Rodriquez	310	185	375	870
D. Logston	325	190	—	515
132 lb.				
J. Ortega	440	230	475	1145
M. Brown	410	260	450	1120
C. Pharr	440	235	435	1110
A. Martinez	450	215	425	1090
G. Brown	340	225	455	1020
T. Jones	365	275	360	1000
P. Pham	380	220	400	1000
B. Urbanczyk	375	195	425	995
L. Ortega	365	195	425	985
J. Lewis	365	220	395	980
M. Johnson	355	—	—	355
148 lb.				
T. Willis	495	295	525	1315
T. Collins	475	280	475	1230
T. Venters	495	225	495	1215
M. Perez	460	240	470	1170
G. Ramirez	405	280	465	1150
T. Pulido	460	255	430	1145
S. Cervantes	395	300	440	1135
S. Lewis	435	240	440	1115
J. Rivera	420	240	415	1075
R. Moore	390	210	425	1025
B. Busby	420	250	—	670
D. Bucher	460	—	—	460
165 lb.				
J. Gurrero	560	325	530	1415
J. Randle	580	295	510	1385
E. Velaquez	485	305	510	1300
T. Washington	455	270	535	1260
C. Thompson	525	275	450	1250
K. Belote	510	285	445	1240
C. Lumsden	470	280	470	1220
J. Holts	450	275	480	1205
D. Martinez	430	255	485	1170
V. Duncan	450	225	480	1155
R. Wilkerson	445	255	445	1145
C. Bates	—	—	—	—
181 lb.				
T. Gibson	570	350	510	1430
B. Swindle	485	310	570	1365
M. Jones	525	300	505	1330
J. Jett	505	320	495	1320
C. Brooker	475	310	525	1310
D. Zbranek	480	280	530	1290
M. Medrano	435	290	550	1275
C. Young	475	275	520	1270
T. Goodwin	490	305	470	1265
R. Melich	490	260	490	1240
C. McMullen	—	—	—	—
P. Johnson	—	—	—	—
198 lb.				
P. Davis	650	330	570	1550
R. Massey	600	330	590	1520
J. Hargrove	530	350	590	1470
M. Richardson	585	310	570	1465
K. Beasley	530	330	540	1400
C. Duncan	560	265	540	1365
J. Trietsch	555	305	500	1360
S. Cates	530	290	540	1360
C. Baker	450	285	535	1270
G. Salas	450	275	485	1210
M. Garcia	465	265	480	1210
J. Polk	545	300	—	845
C. James	475	290	—	765
C. Douglas	—	—	—	—
220 lb.				
C. Brock	580	340	620	1540
T. Mitchell	575	335	605	1515
M. Albright	585	345	580	1510
J. Kennedy	615	290	580	1485
C. Neckor	530	320	560	1410
G. Garza	525	340	535	1400
P. Hamilton	550	275	575	1400
C. Doggett	545	330	520	1395
T. Sykes	480	300	560	1340
M. McWilliams	520	315	500	1335
L. Pate	510	295	525	1330
E. Harris	—	—	—	—
L. Fuentes	—	—	—	—
220 lb.				
C. Brock	580	340	620	1540
T. Mitchell	575	335	605	1515
M. Albright	585	345	580	1510
J. Kennedy	615	290	580	1485
C. Neckor	530	320	560	1410
G. Garza	525	340	535	1400
P. Hamilton	550	275	575	1400
C. Doggett	545	330	520	1395
T. Sykes	480	300	560	1340
M. McWilliams	520	315	500	1335
L. Pate	510	295	525	1330
E. Harris	—	—	—	—
L. Fuentes	—	—	—	—
242 lb.				
R. Richards	560	370	640	1570
E. Watkins	605	410	550	1565
B. Darling	610	315	550	1475
J. Wade	525	315	625	1465
T. Glover	675	300	450	1425
R. Passmore	550	315	545	1410
J. Medina	600	310	500	1410
R. Garza	545	315	545	1405
D. Barnes	500	325	550	1375
J. Margellus	560	290	515	1365
L. Martinez	450	315	500	1265
D. Barbee	—	—	—	—
275 lb.				
D. Dvoracek	655	400	625	1680
A. Johnson	660	405	615	1680
B. McElveen	690	385	520	1595
J. Chovanec	600	370	600	1570
D. Werlinger	605	340	555	1500
F. Hernandez	590	320	550	1460
E. Daniels	590	310	530	1430
C. Hinojosa	585	350	485	1420
B. Nichols	615	275	530	1420
E. Sweet	550	320	540	1410
R. Volcko	600	330	450	1380
K. Burns	550	335	—	885
275+ lb.				
E. Bivens	810	315	635	1760
B. Kenne	700	400	570	1670
C. Branch	700	335	595	1630
J. Alford	645	360	545	1550
J. Oliver	605	340	580	1525
Y. Boatner	660	345	515	1520
F. Rodriquez	665	370	480	1515
A. Rico	635	345	520	1500
R. Duggins	550	380	550	1480
D. Crittendon	620	335	505	1460
T. Politte	575	340	475	1390
D. Ligon	530	345	—	875

Meet Director: Mike Papas. (Results by THSPA).

Boys Texas High School Div. II
24 Mar 01 - Ft. Worth, TX

114 lb.	SQ	BP	DL	TOT
M. Lloyd	375	215	425	1015
J. Yarbrough	355	155	370	880
R. Ona	315	155	355	825
K. Callaway	310	175	325	810
W. Foster	295	175	340	810
A. Isenhour	290	155	340	785
J. Stephens	280	155	340	775
A. Serrano	300	160	315	775
C. Velazquez	310	140	320	770
N. Teaff	310	150	270	730
M. Ochoa	265	160	300	725
D. Garcia	360	—	—	360
123 lb.				
J. Falcon	385	200	450	1035

Supergames 2001
Apr 01 - Christchurch, NZ

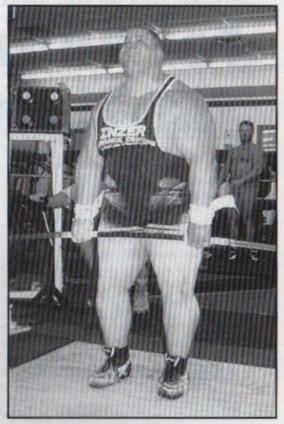
TOTALS	(45-49)		
FEMALE	75 kg./Under		
56 kg./Under	G. Sannum		1578
(35-39)	Open		
S. Haines	1023	100 kg./Under	
60 kg./Under	D. Vaughan		1937
T. Green	—	P. Whaanga	1334
(40-44) 75 kg./Under	(50-54)		
D. Hubber	1274	100 kg./Under	
MALE (30-34)	D. Latu		1018
67.5 kg./Under	(40-44) 125+ kg.		
M. Dobson	1206	G. Davis	1514

(Thanks to Supergames 2001 for these results).

MPA Minnesota State
2 Jun 01 - Elk River, MN

BENCH		J. Albertson	400
WOMEN		C. Oen	350
123 lb. Open		B. Enzler	—
B. Gnerre		Teen (16-17)	
162.5*		T. Socher	315*
Master (40-49)		Master (40-49)	
V. Nelson	110*	J. Bohnhoff	455
132 lb.		4th	470*
Master (60+)		T. Schrupp	425
N. Goldstein	75*	275 lb. Open	
148 lb. Open		M. Siegler	625*
M. Edwards	125	A. Fiedler	605
SHWT Open		K. Spurgin	320
K. Franklin	300*	Master (40-49)	
MEN		G. Peterson	335
148 lb. Open		4th	350
A. Matthews		Master (60+)	
125.5		R. Davis	—
Teen (15&Under)		308 lb. Open	
M. Harris	150*	K. Weispfenning	540*
Teen (18-19)		Teen (15&Under)	
D. Bristlin	255*	S. Ross	275*
Master (40-49)		Master (60+)	
J. Syrovatka	275*	G. Fink	205
C. Wong	205	SHWT Open	
165 lb. Open		K. Sartin	515
H. Gordon	315	J. Buccek	480
R. Phan	—	C. Wolter	315
Master (40-49)		Shwt (60+)	
P. Baer	340	W. Hanson	275*
181 lb. Open		DEADLIFT	
D. Reiman	400*	WOMEN	
D. Gieske	385	123 lb. Open	
J. Robl	375	B. Gnerre	355*
J. Robinson	350	Master (40-49)	
B. Ellingson	265	V. Nelson	245*
Teen (18-19)		SHWT Open	
J. Rueben	285*	K. Franklin	305*
Master (40-49)		MEN	
J. Terry	—	148 lb.	
198 lb. Open		Teen (18-19)	
C. Holleman	405	D. Bristlin	305*
C. Nelson	385	Master (40-49)	
L. Rein	345	C. Wong	425*
K. Boelter	340	165 lb.	
T. Joyce	335	Teen (15&Under)	
R. Hartzell	330	M. Strickland	320
198 Teen (16-17)		T. Richter	—
G. Prill	250*	T. (16-17)	
J. Taylor	190	D. Berg	365*
198 Teen (18-19)		181 lb. Open	
J. Erickson	295*	D. Gieske	500*
R. Lockwood	220	D. Reiman	475
J. Richter	—	J. Ferris	475
P. Kath	—	B. Ellingson	370
Master (50-59)		198 lb. Open	
D. Hawkinson	345	L. Rein	530
4th	355*	D. Schaab	520
R. Linehaul	345	Teen (16-17)	
4th	355	J. Taylor	320*
Open		Teen (18-19)	
C. Staples	440	J. Erickson	480*
4th	475*	R. Kath	450
M. Nielson	425	J. Richter	—
R. O'Mara	400	220 lb. Open	
K. Belisle	395	R. O'Mara	580*
J. Nelson	340	W. Anderson	500
C. Hanson	—	Teen (15&Under)	
Teen (15&Under)		E. Theisen	425*
E. Theisen	220*	Teen (16-17)	
Teen (16-17)		C. Hill	470*
C. Hill	270*	Master (40-49)	
Master (40-49)		R. Delluge	600*
R. Delluge	450*	G. Edwards	470
L. Hernenway	370	242 lb. Open	
G. Edwards	350	C. Oen	330
Master (50-59)		275 lb. Open	
G. Soifakis	330	K. Spurgin	465
B. Norton	270	A. Fiedler	—
242 lb. Open		308 lb.	
J. Biewer	525	Teen (15&Under)	
4th	535*	S. Ross	370*
M. Markwood	500	SHWT	
J. Bickman	415	Open	
4th	430	J. Buecek	700

*=State Record. "The Gym" of Elk River hosted the 2001 MPA Minnesota State Bench Press and Deadlift Championships. With seventy-four lifters and a very energetic crowd of almost five hundred, Minnesota saw its best meet ever! This was truly a history making event. There were four lifters over sixty, in the bench press seventeen attempts over 500, six over 600, and when the event was over thirty-nine new state records were set. This event made the MPA the largest powerlifting organization in the state of Minnesota. In the bench press divisions there were sixty-eight lifters divided into six flights. In the women's division, Brenda Gnerre lifting in the 123 Open class set a state record of 162.5 and had a three for three day. Vera Nelson endured a three hour Saturday morning drive with her husband (Steve) driving and still went three for three earning a state record of 110 in the her master division. In the 132 master class (over 60) Nancy Goldstein also had a perfect day with a final lift of 75. Nancy then presented her trophy to a good friend of hers Charlotte Bolling, congratulations Char! In the 148 class Mary Adams (who couldn't seem to find a bench shirt to fit) managed a 125 opener. Watch out for her, if she can get a shirt she'll be setting records. The final female lifter was Kelly Franklin, where did she come from? Kelly went four for four getting a easy 300, she could have done reps with it! In the men's division, Andrew Matthews had a perfect day and won his class with a lift of 255. Mike Harris got a 150 state record, if he ever got a real coach could be over 200 by his 16th birthday. Dustin Bristlin from Frazee won his class with a lift of 255. John Syrovatka won the 148 master's class with a 275. He was followed by Chuck Wong who had a perfect day. In the 165 Open class Herman Gordon managed a 315. Not bad for a guy that had a baby just a few hours before the meet. Congratulations on both!! In the master's division Paul Baer lifted a easy 340. Paul needs to enter the open division next time and show the "kids" how its done. Dean Reiman of Elk River entered his first bench event and made a statement. Dean who weighed only 172 made a 400 and almost made a 415. Derrick Gieske of Hugo took second with a 385. Third went to John Robl of New Richmond, WI followed by Jim Robinson who doubled his body weight and still only managed fourth with a lift of 350. Brad Ellington got a 265. In the teen division Jeff Rueben of Blaine got a easy 285. Carlo Holleman won the 198 Open class with a lift of 405, just missing a 4th attempt of 415. Carlo really knows how to work a crowd. Second place went to Craig Nelson of Buffalo. Craig dropped a weight class and got stronger hitting a strong 385. Louie Rein placed third with a 345. Fourth place went to Ken Boelter, a fireman from Coon Rapids with a lift of 340. Ken is another guy that shows a lot of potential and with some proper training could be the next 400 bencher in his class. Tom Joyce of Elk River took fifth with a 335. Robert Hartzell of Oakdale had a two for three day getting a 330. Garrett Prill of St. Michael won the teen 16-17 class with a 250, beating out his training partner Jim Taylor who managed a 190. In the teen 18-19 class Jeff Erickson of Big Lake won with a lift of 295, then went on to hit a fourth of 300. Richard Lockwood placed second with lift of 220. In the master 50-59 class there was quite a battle between veteran lifter and defending champion Dan Hawkinson and first timer Richard Linehan. Dan, the lighter body weight of the two matched lifts with Richard, both going three for three with 345, then both were allowed fourth attempts of 355 which they both got. Dan won Richard took second. I look forward to their next meeting in December. I'm sure it will be one of the main events at the "Miller Chev" Bench Classic. First timer Chad Staples of Crystal won the 220 Open class hitting a 440 to win the class. He was allowed a fourth to get a state record and nailed a 475. I'm sure Chad will be the next lifter in Minnesota to hit a 500, he weighed in at 204.5. Matt Nielson of River Falls, WI gave Chad a good fight until the end. Matt is another strong lifter from Wisconsin and got a 425 for second place. Third place went to Rick "cupcake" O'Mara who was the only master lifter to lift out of his class and take on the kids. Rick managed a PR of 400. Good job Rick. Fourth place went to Keith Belisle of Roberts, WI. Keith is a all around powerlifter and gets stronger every time I see him. Fifth went to Jim Nelson with a 340. The 220 teen 15 & under class went to Eric Theisen of Delano with a 200. Cody Hill of Frazee won the 220 teen 16-17 class with a 270. The master 40-49 class had its own superman in Randy Delluge of North Mankato. Randy won the class with a easy 450 (a state record) just missing a 475. Great job Randy! Second place went to Elk Rivers Lloyd Hemenway with a 370. Lloyd is another lifter that shows a lot of potential if we could get him away from his body-building ways. It should be mentioned that pro-bodybuilder Jay Cutler is Lloyd's brother. Gary Edwards placed third with 350. George Soifakis of Houlton, WI won the master 50-59 class benching a 330. Billy Norton of Rockford placed second the 270. The 242 Open class was won by Jeremy Biewer of Plymouth who won with a 525 and then took a fourth of 535 to set a new state record. Second place went to defending champion Matt Markwood of Princeton. Matt joined the 500 club, congratulations Matt. Third place went to Joe Bickman with a 430. Joe was on fire, lifting 45 pounds more than he has ever done! Fourth place went to Jason Albertson of St. Paul with 400. Fifth went to first timer Chris Oen of Chaska with 350. The 242 teen 16-17 winner was Tony Socher with 315. The master class 40-49 promised a showdown of two local lifters who both had a lot of people there to cheer them on. Jim Bohnhoff who beat the press command on his opener recovered to win his class with a 455 and then set a state record of 470. Not to shabby for an "old timer." Terrance Schrupp placed second with a 425. The 275 Open class had been the talk of the meet throughout the whole day. Two lifters opening over 600! That has never happened in Minnesota before. When the six attempts were finished Mike Siegler of Woodbury was the winner with a 625. Mike didn't wait for the press command on his third attempt with 650 but did lock it out. Andy Fiedler took second with 605. Mike, a veteran lifter of many years, should take note that Andy is knocking on his door. When these two finished each attempt the crowd of 479 responded with a standing ovation. Third place went to first timer Kevin Spurgin of Dayton. Kevin managed a 320 that actually looked fairly easy. Master lifter and first timer Greg Peterson of Mound won the 40-49 class with an easy lift of 335. Greg was granted a fourth of 350 which he made easily. Roger "Showtime" Davis was entered but was not feeling well enough to lift. Roger, we wish you a speedy recovery and hope to see you in December. The 308 Open class was won by defending champion Kregg Weispfenning. He beat his own state record with a 540. Congratulations to Kregg and Misty. They just had their first child three weeks before the meet. It was a girl, so you know Kregg will be lifting for at least the next twenty years. Misty Weispfenning was the defending champion and we look forward to seeing her return. Sam Ross won the teen 15 & under class with a lift of 275. Gary Fink won the over 60 class with a 205. The Superheavy Class Open was won by Kim Sartin of Champlin with a 515. Second went to defending champion Jason "Tick" Buccek with a 480. Third place went to first timer Chad Wolter with a fine 315. The master over 60 class was won by Wayne Hanson who set a state record with 275. In the Deadlift competition, Brenda Gnerre went three for three getting a tough third lift of 355. Not bad for a thirty-eight year old lifting in the 123 weight class. Vera Nelson lifted 245 and had a perfect day. This is the second time I've seen her lift and she gets stronger every time. Kelly Franklin lifted a real easy third attempt of 305. Kelly left at least another hundred pounds on the bar but has never deadlifted before. She is another one to watch out for. In the 148 teen 18-19 class Dustin Bristlin lifted 305. Master 40-49 Chuck Wong lifted a 425. In the 165 teen 15 & under class Matt Strickland won with a lift of 320, a new state record. Dain Berg won the 165 teen 16-17 class with a lift of 365, also a new state record. The 181 open class was witness to a real dog fight between three lifters. When it was over Derrick Gieske was the champion setting a new state record of 500. Dean Reiman and Jason Ferris both lifted 475, but Dean was the lighter of the two and took home the second place trophy. Jason took third followed by Brad Ellingson who placed fourth with a lift of 370. The 198 open class also had two fine lifters. Louie Rein took home first place with a 530 lift while Damain Schaab placed second with a lift of 520. Jim Taylor won the teen 16-17 class with a 320. In the teen 18-19 class Jeff Erickson took first with a lift of 480 edging out Robert Kath who lifted 450. These two teens will do very well in the open division next year. In the 220 open class Rick O'Mara placed first with a fine lift of 580. Rick had 600 to his knees but just didn't have enough to finish the lift. Second went to William Anderson with 500. Eric Theisen lifted in the teen 15 & under and placed first with a strong lift of 425. Cody Hill won the teen 16-17 class with 470. In the master division Randy Delluge had a perfect day with a easy third lift of 600. Next time Randy put some weight on the bar! Second went to Gary Edwards with a 470, this was Gary's first deadlift event. The 242 open class was won by Chris Oen with a 330. The 275 open went to first-timer Kevin Spurgin with a 465. Sam Ross won the 308 15 & under class with a very easy lift of 370. Big Jason "Tick" Buccek of Minneapolis pulled the heaviest dead with a very easy 700, losing a 720 with grip problems. All in all this meet was one of the best, ever! A special thanks goes to Dennis Green, Steve Nelson, Jim Cahill, Doug Moore, and Dave Harrison who did a fine job of judging. I would also like to thank spotters and loaders Steve Fisher, Shannon Abram, and John Wood. They did a outstanding job and were very quick to respond to the head judges commands. When you start having benches over 400 pound you work the heck out of the spotters! Thanks also to Cheryl Anderson, Brenda Harrison and the entire staff at The Gym in Elk River they did a fine job of keeping everything running smoothly. Thanks to Regal Awards for the fine trophies. "Miller Chevrolet" for sponsorship. I look forward to next years event where we will have two platforms and expect over one-hundred lifters. (Thanks to Jerry Gnerre for providing the results).



Jason Buccek's 700 lb. deadlift.

Mike Siegler with a 650 bench. (Jerry Gnerre photos)

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

Your Drink's Ready.

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

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

In our pursuit to develop *new* formulas, we introduced Quercetin to this highly potent drink. Quercetin "evens out" this powerful blend of ingredients so you won't suffer from the jitters or feel any post workout "crash." There are ***no*** calories, ***no*** carbs, ***no*** sugar, ***no*** aspartame and ***no*** FTC food coloring in **Thermo Speed**.™

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

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

Thermo Speed™—
Anything Else is Ancient History.™

WORLDWIDE
Bio-Engineered Beverages™

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

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

Anything Else is Ancient History.™

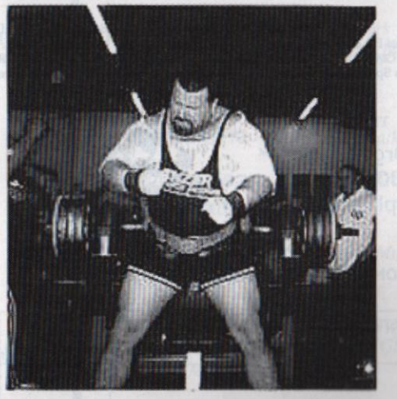
For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

Coming Events

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

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, phettinger@culver.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@pikitup.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,** Wellness Center Bench Press Meet, Denis Farmer, Wellness Center, 418 Federal St., Bluefield, WV 24701,304-324-2100*
15 SEP, Beast of the East BP & DL & **World Tandem Deadlift Championships** (O.C. Convention Center) YES Inc., Box 279, Fruitland, MD 21826, yes@ezy.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, sqbpdl79@aol.com
15 SEP, 1st "Iron Boy" Classic BP (Winston - Salem, NC) 336-924-1754, addanotherplate@hotmail.com
15 SEP, Harbor Days Bench Press (Oceanside, CA) Randy Gallan, 1424A Phillips St., Vista, CA 92083, 760-724-3947, rgallan@vusd.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 King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BigBench2001@aol.com
15 SEP, APA Colorado State (PL, BP, DL - Denver, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
15 SEP, WABDL Louisiana State BP/DL (New Orleans) Arrid Hansell, 504-491-5061, 392-9743
15 SEP, 3rd Annual Deadlift on the River, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683
15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031
15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513
15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
16 SEP, WNPF 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 Allegany Reservation Bench Press (men & women, native, youth, teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, Jay.Toth@fredonia.edu
16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306
***22 SEP (new date),** USAPL California State Bench Press (Bakersfield, CA) Eddie Haflich, 661-327-2582*
22 SEP, N. Florida BP (male & female) World Gym, 5810-3 Normandy Blvd., Jacksonville, FL 32205, Velvet 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 & Assistend 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, rlernst@aol.com
22 SEP, 3rd Sci-Fit BP Championships (open, novice, women, master, teen) Joe Deverulle, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005
22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513
22 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
22,23 SEP, 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, WNPF Connecticut PL, BP, DL, SQ (Stratford, CT) WNPF, 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 St. PL, BP, DL (Tucson) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
29 SEP (new date), 1st Fall Strongman Challenge, Graham Barthlolomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com
29 SEP, WABDL Washington State BP & DL

Get the **MOST** out of your **BENCH SHIRT!**



World Champion BILL CRAWFORD shows you how he achieved his all-time record **750 LB. BENCH at 275 bwt.**

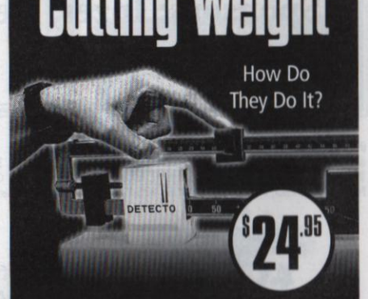
Unlock your hidden potential with this informative step-by-step video.

Only $39 plus $5 Shipping &Handling
Send certified check or money order to:
William Crawford
22 Louise Lane
Lake George, NY 12845

New From J.M. Blakley and The Seventh Level

Secrets of Cutting Weight

How Do They Do It?



Some athletes drop 10 lbs. the day before a meet and gain back 12 lbs. by the time they lift. And still perform brilliantly! Is it art? Is it science? Is it luck?

The book outlines the technical methods used by top competitors to "make weight" in easy to understand terms.

Sodium loading, diuretics, sweating techniques, dehydration, rehydration, fasting. This book is complete.

Stop being clueless when it comes to cutting! Order your copy today and find out about the edge that the worlds best athletes have kept to themselves!

Send certified check or money order for $24.95 plus $4 shipping and handling to:

J.M. Blakley, 782 Brittingham CT., Columbus, Ohio 43214

2001

World Mens/Women's Masters I.P.F.
Powerlifting Championships
October 18,19, 20, 21st
Heritage Inn - Moose Jaw, Saskatchewan, Canada
1590 Main Street North, Box 2020,
Moose Jaw, Saskatchewan, Canada S6H 7N7
Phone: 1-306-693-7550
Fax: 1-306-692-5660
e-mail: moosejaw@heritageinn.net

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

(Hoquian, 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
SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513
SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
***6 OCT,** NASA Kentucky Regional (Lexington Athletic Club) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guh@wirefire.com*
***6 OCT,** (rescheduled) USPF Central California Open PL/BP & DL Championships (Bakersfield, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net*
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, WNPF E. Coast BP, DL, Ironman (Lancaster, PA) WNPF, 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

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

PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

Last Name	First Name		Initial
Street Address/P. O. Box			
City	State	ZIP	
Telephone Number	Date of Birth	Age	Sex
Social Security Number	Occupation	Date of Application	
IF UNDER 18 PARENT MUST INITIAL	BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™ SIGNATURE x_____		

YEAR 2000 Membership Registration Fee: $ 25.00

Mail Application & Check To: Huge Iron Production, Inc.
910 S. Atlantic Avenue
Ormond Beach, FL 32176

WESTSIDE SEMINARS

Start breaking records
Learn from Source
Hands on Application
8 informative Hours!

Up coming Columbus Dates
2001

Oct. 6 Westside Seminar
Oct. 7 Mastering the Bench
Dec. 8 Westside Seminar
Dec. 9 Mastering the Bench

Coming to your area!

Reno, NV
Sept 22 Fitness Factory
Pacifica, CA
December 1st, PAC

Attendance is limited so, Call now to avoid being shut out!

For more information:
www.eliteFTS.com
888-854-8806
The Seminar is designed for the beginner to advanced powerlifter, coach , athlete or trainer.

QUEST NUTRITION

Find out what some of the top level athletes are taking!!!

Wade Hooper
- Multi IPF World Champion -

Wade's favorite Quest Products:
Synergy, Hardcore, and Pyruvate

- Synergy
  - 34 g *Protein*
  - 5 g *Creatine*
  - 3 g *Glutamine*
- Quest Whey - *New Flavors Now available in 2 lbs and 5.1 lbs.*
- Creatine
- Glutamine - *Unrivaled Quality!*
- Questalean, Thermaslim, Pyruvate....
- Today's Essentials - *A Multi-vitamin you can actually feel!*
- **HARD CORE** - "The Ultimate Anti-catabolic" containing *HMB, Glutamine & MSM!*

Call for *informative* brochure!!

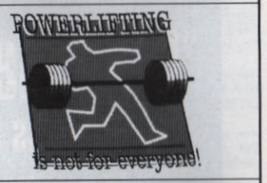
Tel: (770) 495-0787
Fax: (770) 497-1817

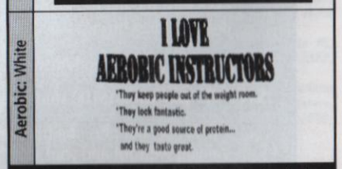
Online ordering available at:
www.Quest-Nutrition.com

QUEST NUTRITION
3000 Mattison St. NW
Duluth, GA 30096

Hard-core lifters need
SERIOUS CLOTHES.
Don't believe it? Do an experiment:
NEXT HEAVY-DAY, WEAR SOME
Flowered Panties.
If you like it, call Victoria's Secret.
If not, call us.

Logoman: Black
Chalk Outline: White
Great Divide: Black
Aerobic: White





Preshrunk 100% cotton. **$13.** Large color design on back, House of Pain logo left chest.
T-Shirts: M-4X (+ $1 for 3X, 4X)
Tank Tops: M-XL
Rag Tops: one size fits L-2X
Order 4 or more items, get FREE Logo Cap
If you can wear it in a gym – we've got it with an **ATTITUDE!**

HOUSE OF PAIN
IRONWEAR
24 HRS / TOLL FREE
1·888·463·7246
1·888·H·OF·PAIN
FAX 1·972·772·5644
www.houseofpainironwear.com
HOUSE OF PAIN P.O. BOX 333 FATE, TX 75132

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!

NO MIDDLEMAN!
Free 48 Page WHOLESALE Catalog fully describing our 50 one-of-a-kind Bodybuilding supplement formulas that produce results!
CALL 1-800-798-9798
TOLL FREE CATALOG ORDER HOTLINE
Fitness Systems Manufacturing Corp.
104 Evans Ave. Dept. PL0901
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

J.M. Blakley and
The Seventh Level Present:

"Load the Bar"
Bench Press Seminar

October 14, 2001 • 1:00PM
Schuylkill Valley High School
Leesport, Pennsylvania

$75 for 2 hour seminar ($50 students)

Part 1: Bench press technique

Part 2: Training methods, assistance exercises, set and rep routines, peaking for contest.

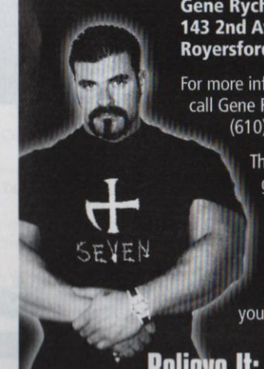
Part 3: Question and Answer

$125 VIP package ($100 students)

2 hour seminar plus one hour group training with JM and you! Limit to 20 participants. This is hands-on specific work on your form and technique.

Send check or money order to:
Gene Rychlak, Jr.
143 2nd Ave.
Royersford, PA 19468

For more information call Gene Rychlak, Jr. @ (610) 948-7823



This seminar is guaranteed to boost your bench and give you a real edge in your next meet.

Believe It:
Knowledge is Power!

HUGE IRON Powerlifting Schedule YEAR 2001

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

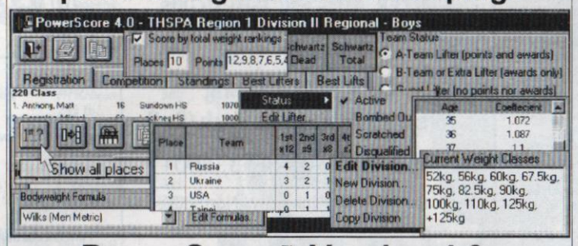
(Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
13 OCT, Walker's GYm BP Classic (raw & open, teen, women, men, military, police, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
13 OCT, APA Arizona State PL Championships, Arizona State BP & DL Championships (University of Arizona, Tuscon, 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.apfmichigan.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 (Euless, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-6082 (e), wwilly@swbell.net
13 OCT, 5th Pennsylvania Power BP/DL Power Challenge, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
13 OCT (new contact), NASA Big River Classic PL/BP (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094
13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513
13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
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

19-21 OCT, WPA Masters, Juniors, Teenage Worlds, WPA Record Breakers, *PA State Open, Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442*
20 OCT, *APF Northern California PL & BP (Palace Gym, Burlingame, CA) John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506*
20 OCT (new date), *East Coast Strongman/woman Championship, Gayle Schroeder, 757-481-6963, strength@exis.net*
20 OCT, *USAPL Pennsylvania Ironman/woman, Bulldog Gym, 62 E. High St., New Freedom, PA 17349, 717-235-4514*
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@pikitup.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, WNPF World PL, BP, DL, SQ & Ironman (Greenville, SC) WNPF, 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 Big Iron Nebraska Gym Open, Rick or Becca, 402-392-2446, 8902 Grant St., Omaha, NE 68134, www.users.qwest.net/~bigiron*
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-hugiron, www.hugeiron.com
OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@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, jplanas@pacbell.net
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 (new description), USBF Raw BP & USPC Eastern Regional Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@bellatlantic.net
3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
4 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
10 NOV, *Power Wars on Veteran's Day, Joe Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216*
10 NOV, *3rd Ironworks Gym Bench Off (BP & DL - men, women, teen, masters - reps x bodyweight) Gary McCartney, Ironworks Gym, 1611 S. St. Rd. 7, N. Lauderdale, FL 33068, 954-974-9786*

October 20th,2001
APF Northern California
Powerlifting & Bench Press
Championships
in
South San Francisco

JOHN FORD
650-757-9506

The FINAL solution to powerlifting meet scorekeeping!



PowerScore™ Version 4.0

Powerlifting Meet Scoring System, ONLY $75 unlimited use!!

For Windows 95, 98, 2000, NT (FREE DEMO available on website)

- You enter the divisions, teams, lifters and lifts...PowerScore does the rest!
- Lifters are automatically assigned weight classes and BWT coeffecients.
- Supports ALL major BWT and age formulas...or create your own!
- One-click access to all standings, results and reports!
- Customizable weight classes, best-lifter groups, team points, etc.
- Supports bench press meets, push-pull meets and formula-only meets!
- Export results to speadsheets, editors, HTML, or other PowerScore users.

www.sandhillsoftware.com 806-891-3313

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/wt. classes) Berkshire Nautilus, 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, *USPF Virginia State PL (Great Neck Rec. Ctr. - Virginia Beach, VA) Gayle Schroeder, strength@exis.net, 757-481-6963 or 757-406-0763*
17 NOV, *Omaha Open (full meet, BP/DL) Keith Machulda, 402-444-5596*
17 NOV, *South Orange Squat and Deadlift Meet, World Gym, Lake Forest, CA, Tony Hardridge, 949-307-9634*
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
17,18 NOV, *USAPL MASS/RI States Open (men's open, grandmasters, master, submaster, jr., teen, special olympic - women's open, master, teen) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10 PM, Rene Moyen, 401-527-3711*
17,18 NOV, *USAPL Maryland State PL (Edgemeade, MD) Mark Daniel, 301-317-5572, mdaniel55@home.com*
18 NOV, *AAU MASS State Open - deadline 11/4/01 (teen, open, raw, masters, submasters, grand masters, women) Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534*

WABDL

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee $20.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
4264 SE 122nd Ave. #31
Portland, OR 97236

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

If under 18, have parent initial _____ Signature_____

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

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

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

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

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

1,2 DEC, AAU World DL, World Push/Pull & International BP (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, Ntrlpwr@pe.net**

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

2 DEC, AAU Bench Open & Olympic Meet (teen, open, raw, masters, submasters, grand masters, women) Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

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, jnclark@ihug.co.nz, ++64 3 3653051

8 DEC, 14th Elkhart Bench Press Classic, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516

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@huntel.net

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

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

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

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

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

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

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

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

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

***19 JAN,** NASA Illinois State High School, Smitty, 112 W. North Ave., Flora, IL 62839, 618-662-3413*

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

***26 JAN,** AAU Star Bench Press Challenge (Fairfax, VA) Bill Calhoun, 703-589-9425, pua_webster@hotmail.com*

***26 JAN,** Staunton YMCA Winter BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

JAN, USAPL Pennsylvania HS and Collegiate, Steve Mann @ steventmann@yahoo.com or 845-473-5230

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

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

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

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

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

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

***9 MAR,** AAU All American BP/DL (Washington DC) Bill Calhoun, 703-589-9425, pua_webster@hotmail.com*

***9 MAR,** USAPL Virginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

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

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

***16,17 MAR,** IPA Dedication Meet (Dedicated to Gary Grosso) (Harrisburg, PA) Mark and Ellen Chaillet, 2536 Eastern Blvd., Box 515, York, PA 17402, 717-848-1891*

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

***MAR,** NASA Kentucky State (Lexington Athletic Club) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guh@wirefire.com*

***MAR,** AAU MASS State Open (male/female) Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534*

MAR, AAU Push Pull Nationals (Richmond, VA) Rudy Garcia or Barb Beasley @ 804-581-1910 or SASE to Rt. 1 Box 212, New Canton, VA 23123.

MAR, USAPL Pennsylvania State (Greater Scranton YMCA, Dunmore, PA) Joe Luciano 570-961-0915 (w), 342-8155, www.geocities.com/steventmann/vmeets.html

***6 APR,** Dungeon Power Works Drug Free Bench Slam/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586 or Tyrone Ward 616-273-1092*

***6 APR,** Staunton YMCA Spring BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

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

INZER ADVANCE DESIGNS

Presents

USA Powerlifting
West Coast Open Push/Pull

Saturday, November 3, 2001

California State University, Northridge
Northridge, CA

Combined Push/Pull Open
Bench Press Open, Deadlift Open

Note: A limited number of female lifters will be provided the opportunity to post 3-lift qualifying totals for USAPL Women's Nationals. Contact meet directors for details.

Entry Fee:
$45 includes official meet T-shirt, goodie bag, giveaways and more!

For more information & entry form contact:
John Planas
(818) 242 1906 / jplanas@pacbell.net
Lance Slaughter
(310) 995 0047 / lances@heart.org

Or Visit: www.usapl-ca.org

Presenting Sponsor
INZER ADVANCE DESIGNS
800 222 6897

Media Sponsor
POWERLIFTING USA
800 448 7693

Event Sponsors
HOUSE OF PAIN
888 463 7246
LOS ANGELES BARBELL CLUB
818 846 LIFT

Hosted by
USA CALIFORNIA
www.usapl-ca.org

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 Championship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

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

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

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

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

4,5 MAY, USAPL National Masters, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

***18 MAY,** AAU High School Raw Championship (National Qualifier - Fairfax, VA) Bill Calhoun, 703-589-9425, pua_webster@hotmail.com*

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

***MAY,** USAPL New England States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 (8-10PM) Rene Moyen, 401-527-3711*

***MAY,** Northeast Regional World's Qualifier, Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534*

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)

***15 JUN,** AAU Raw Defender Bench Press (Open to Military, fire and police) Bill Calhoun, 703-589-9425, pua_webster@hotmail.com*

***15 JUN,** USAPL Eastern USA BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

19 JUN, AAU National Raw PL, Bill Calhoun, 703-589-9425, pua_webster@hotmail.com

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 AUG,** Greene County Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

***17 AUG,** USAPL Mid-Atlantic Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

AUG, AAU Youth, Teenage and High School Nationals at the AAU Jr. Olympic Games (Knoxville, TN) Rudy Garcia, Rt 1 Box 212, New Canton, VA 23123, 804-581-1910

10-15 SEP 02, IPF World Juniors (Venezuela)

9-13 OCT 02, IPF World Masters (Cordoba, Argentina)

***13 OCT,** White's Truck Stop YMCA BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

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)

***7,8 DEC 02,** USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

***14 DEC 02,** Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com*

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.

5th Grant-A-Wish BP
23 Jun 01 - New Orleans, LA

WOMEN		275 lb.	
Open 116 lb.		R. Ferr*	505
A. Allen*	115	B. Bankston	500
122 lb.		R. Bueche	440
K. McDuffie-BL	125	Masters-I (40-49)	
154 lb.		198 lb.	
D. Joyner*	140	C. Freman	360
Unlimited		220 lb.	
A. Brown	170	R. Boudreaux	415
Spec. Olympics		H. Ardoin	380
123 lb.		242 lb.	
M. Martinez	140	Stevenson Jr.-BL	475
198 lb.		E. Banks	390
M. Tusa*	325	F. Eastman	335
R. Ramirez	205	275 lb.	
Teen-I (14-16)		L. Desselle	425
148 lb.		R. Faison	275
D. Goode	155	SHW	
165 lb.		R. Pourciau*	385
J. Mayeaux-BL	260	Masters-II	
181 lb.		(50+)	
Z. Desselle*	245	165 lb.	
242 lb.		C. DiMaggio	205
J. Paul	295	181 lb.	
Teen-II (17-19)		R. Guidry*-BL	315
132 lb.		G. Rhodes	260
J. Mantravadi*	155	M. Martinez	185
165 lb.		198 lb.	
S. Konecni	275	L. Numa	290
D. Fabacher	240	R. Guidry	250
181 lb.		S. Williams	240
A. Polombo*	360	220 lb.	
M. Peralta	185	D. Madere Sr.*	390
198 lb.		Police/Fire	
M. Gremillion	310	165 lb.	
242 lb.		S. Gonzales	270
L. Desselle	300	198 lb.	
275 lb.		J. Smith-BL	480
K. Steltz-BL-R	475	J. Norwood	380
D. Sharon	360	C. Fremin	360
MEN		220 lb.	
Open Lhtwht.		M. Sanders	450
148 lb.		S. Tate	400
T. Collins*	360	K. Williams	340
T. Mitchel	340	242 lb.	
B. Permenter	310	P. Belone Jr.	440
165 lb.		D. Lavergne	405
D. Cagnolatti	380	P. Clark	335
J. Comardelle	350	275 lb.	
181 lb.		R. Bueche	435
R. Brown-BL-R	410	W. Mckeever II	435
M. Spruill	390	Military	
J. Baudoin	375	181 lb.	
MEN		M. Spruill-BL	390
Open Hvywht.		J. Burdette	370
198 lb.		C. Retzloff	305
J. Smith-BL	480	198 lb.	
C. Kennedy	460	L. Numa*	290
J. Vining	455	S. Williams	240
220 lb.		220 lb.	
M. Sanders	450	J. Reape*	425
J. Reape	425	S. Thompson	415
S. Tate	400	B. Strafaci	250
242 lb.		242 lb.	
J. Buchanan Jr.	470	E. Banks*	390
P.p Belone Jr.	440	275 lb.	
B. Clayton	405	R. Faison*	275

Lifters at the Grant-A-Wish Bench Press Meet: *(left to right) Kim McDuffie, Mathew Spruil, Leroy Stevenson, Joe Smith (squatting), Arrid Hansell, Rob Ferr, Kevin Steltz, Mark Tusa. (photo courtesy of Lakeside Imaging)*

BL - Best Lifter. * - -LSTA Record. First of all I would like to thank everyone that made the Louisiana State Troopers' Assn.'s 5th Annual Grant-A-Wish Bench Press Contest a success. For those of you reading this the LSTA, in cooperation with Children's Hospital of New Orleans, has set up a program to grant wishes to terminally ill children in the community. Since 1998 a total of six wishes have been granted, which include, a bedroom set along with a TV, a video games system, and video games; a shopping spree; a trip to Disney World; a trip to a Major League All-Star Game; a computer system; and a skiing trip in Colorado. Now to the lifting results: In the Women's Open Division, Louisiana State Trooper Kim McDuffie benched 125 lbs. @ a 120 lb. body weight (BW) to win the best lifter award. There weren't as many female competitors as normal, but what they didn't have in numbers they made up in lifting with three of the four competitors setting records in their weight class. In the Special Olympics Division Mark Tusa took home the best lifter award with an impressive 325 lb. lift @ a 187 lb. BW to set the meet's 198 lb. record. Mark move up to the 198 from the 181 class where he also owns that record with a 300 lb. bench. Fifteen year old Jack Mayeaux, of the Teenage-I (14-16) Division, won the best lifter award while also setting a 165 lb. record in the division by benching 260 lbs. @ a 165 BW. Eighteen year old Kevin Steltz shocked the audience with a 475 bench and a valiant attempt at 500 lbs. with a fourth attempt. Even though he just missed the 500 lb. lockout the crowd was impressed that the young man was benching RAW (without a bench shirt) and without wrist wraps. Kevin won the Teenage II Division (17-19) hands down as this was the most weight lifted by any teenager since the inception of this division into the contest. Be looking for this young man in the future, because I'm sure you'll hear his name again. The Men's Open Lightweight Division provided a group of very strong lifters. The 148 lb. class offered great competition with Trey Collins and Trever Mitchel both surpassing the previous 148 lb. record of 335 set by Lawrence Jones Jr. in 1999. Also, everyone receiving a trophy in the 181 lb. class went three for three and at least doubled their BW. Romel Brown of the 181 lb. class benched 410 RAW @ a 175 lb. BW to win the division's best lifter award and set a new record in the 181 lb. class. In the Men's Open Heavyweight Division the 198 lb. class was the cream of the crop. Joe Smith benched 480 lbs. @ a 189 lb. BW., Casey Kennedy benched 460 @ a 190 BW., and John Vining benched 455 @ a 188 lb. BW. Joe Smith, already having the division's best lifter trophy sewn up, made a great attempt @ 500 lbs. but could not lock it out. But the 480 lb. bench proved to be enough to win the overall best lifter award. In the 275 lb. class, Robb Ferr with a 505 lb. bench edged out Brandon Blankson with a 500 lb. bench to win the biggest bench of the day award. Last year's competition provided five 500+ benchers; but with no SHW's competing this year a 505 lb. bench was enough to win the trophy. Leroy Stevenson Jr. moved into the Masters I Division (40-49) and quickly made his mark benching 475 lbs. @ a 234 lb. BW to win the divisions best lifter award. The 475 lb. bench was the most weight ever lifted in the Masters I Division in the competition's history. Emanuel Howard, the only man to bench 400 lbs. in the Masters II Division (50+), bombed out this year with 390 lbs. This opened the door for Roy Guidry, 61 years young, who benched 315 lbs. @ a 177 lb. BW to capture the division's best lifter trophy and beat his own record in the 181 lb. class in which he set last year @ 275 lbs. Roy's twin brother Rodney took second place in the 198 lb. class. The inaugural year for the Military Division provided a great turnout with twelve lifters. There was a close race between USCG Matt Spruill and Navy Pilot Jack Reape for the first best lifter award in the division. Matt won the award by a close margin. Joe Smith, of Caddo Parish Sheriff's Office, easily won the Police / Fire Division's best lifter award. Joe's accomplishments at this year's contest were 1st place Men's Open 198 lb. Class; 1st place Police / Fire 198 lb. Class; Best Lifter Men's Open Heavyweight Division; Best Lifter Police / Fire Division; & Overall Best Lifter of the Contest. To all readers, if you would like to help the Louisiana State Troopers' Association in continuing to raise money, please purchase one of our meet t-shirts. The shirt is a beautiful six color design printed on a heavyweight material (no paper thin shirts). We are selling the shirts for $15.00 + $3.50 postage and handling. The sale of these beautiful shirts will help ensure that we will be able to continue providing the lifters with a fun event in which they can display their strength while they support a worthy cause. You can order a shirt by sending a check or money order to Hardhitters P.O. Box 741207 New Orleans, LA 70174-1207. You can place your shirt size on the check or a separate piece of paper. The sizes are L, XL, XXL, & XXXL. Thank you in advance for your support. (Results by Trooper Arrid C. Hansell (504) 491-5061).

10th Annual River Valley Classic BP
16 DEC 00 - Horseheads, NY

BENCH		Young	385
WOMEN		275	
HWT		Aman(BL)	545
Davey	135	Behari	460
Teen		Submaster	
132		242	
D. Santarone	210	Harrison	335
148		40-44	
Knapp	255	165	
Hildreth	245	Parrington	300
J. Howell	170	198	
M. DeBella	150	Cichelli	445
165		Ricci	310
Madison	345	Swingle	280
Schledorn	275	Bennett	280
J. Townsend	250	220	
Bond	200	Carroll	400
181		Herbst	345
Williams	300	Arcarisi	270
Lattimer	220	242	
J. DeBella	195	B. Townsend	440
220		M. DeBella	320
T. Forman	275	275	
275		Wolcott	500
Chaffee	200	45-49	
Open		165	
148		N. Santarone	400
Mosier	270	Kohberger	325
165		220	
Gerhart	430	McDonald	335
Kovacs	315	50-54	
Circhelli	305	181	
181		Hopf	300
T. Meacham	385	198	
Hillyard	370	Flori	235
Valenza	330	55-59	
198		275	
D. Walker	350	Henneman	355
Roys	295	70-74	
242		165	
Moore	480	Vendetti	140

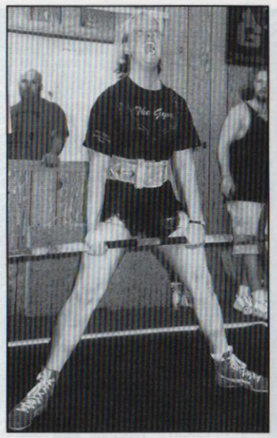
1st place team: Club Nautilus. The 10th annual River Valley Classic Bench Press Championships was held at Horseheads High School over the weekend. The event was made possible through the efforts of the Horseheads High School Varsity Club, Club Nautilus, the El Monte Inn and the Physical Thereapy Center of Horseheads. The Club Nautilus team took 1st place honors with locals Dan Santarone placing first in the teenage 132 lb. class, Rudy Hillyard taking second place in the open 181 lb. class, Nick Santarone, Dan's father, taking 1st place with a record 400 lb. in the Masters 45-49 age group's 165 lb. class, and 74 year old Paul Vendetti taking 1st place honors in the 165 lb. class. Candor's Wayne Aman was awarded "Best Lifter" with a bench press of 545 lbs. (Thanks to John Comereski for providing these meet results).

VIDEO REVIEW .... issue 33 of *POW!ERLIFTER VIDEO* Magazine is just out, and here's som eof the highlights. There is a STAR WORKOUT by 56 year old George Nelson, who has managed a remarkable 610 bench. His approach to lifting is sincere and technical, yet easy to understand. He handles a LOT of weight in a workout, yet he manages to avoid injuries and muscle soreness. After the first segment of his workout, the scene switches to the Santa Barbara offices of Dr. Sal Arria, the first official chiropractor to the Olympic Games (back in '84) who explains the reasons why he co-founded the International Sport Sciences Association (ISSA - advertised in this issue of *POWERLIFTING USA*), his powerlifting background and how that has helped in his work with high level athletes, and some useful insights into training practices. From there it is off to nice footage of the Spartan Classic Meet, promoted by Kevin Meskew. It is fun to have a meet out of doors (or at least under a tent!). Then it's more with George Nelson, including his brutal set of 1 - 3 - 6 reps without leaving the bench, which - according to George - makes you "as thick as you can feel". George obviously makes gains off these massive overload sets. Bernie Gagne is back with a string of pearls of training wisdom, including the "slingshot" analogy for using equipment. From there it's off to Ventura, California for a deadlift workout with George Brink and Josh Bryant - two mighty meaty specimens. Extremely impressive is George's "no touch" set of 675x5 in the deadlift. For ordering information on any of the *POW!ERLIFTER VIDEO* tapes, see their ad on page 2 of this issue .

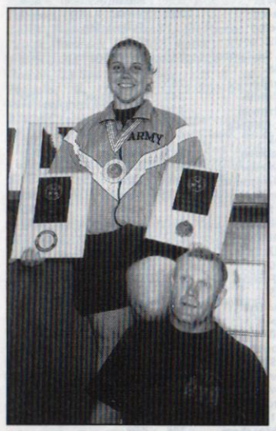
NASA Teenage, Junior & Intermediate Nationals
23 Jun 01 - Flora, IL

PS BENCH		250 lb.		
Assisted		A. Kostuck		420
(15-16) 119 lb.		Pure		
D. Douglas	155	A. Kostuck		420
(13-14) 187 lb.		(27-29) 170 lb.		
R. Douglas	175	T. Grooms		340
(17-18) 170 lb.		CURLS		
J. Gonzales	290	(20-23) 226 lb.		
SHW		J. Bennett		175*
B. Masden	360	BENCH		
(19-21)		Pure 170 lb.		
154 lb.		Z. Cooper		350
J. Wilson	310	(19-21) 170 lb.		
Pure		Z. Cooper		315*
J. Wilson	320	J. Bennett		380*
PWRSport	CR	BP	DL	TOT
GIRLS				
(15-16) 170 lb.				
C. Artym	80*	140*	310*	520*
BOYS				
Pure 170 lb.				
Z. Cooper	135*	315*	400*	850*
(19-21)				
Z. Cooper	135*	315*	400*	850*
PWRLift	SQ	BP	DL	TOT
GIRLS (13-14) 170 lb.				
B. Schwaninger	235	125	320	680
(15-16)				
A. Rudy	165	105	245	515
4th		117.5		
(19-21) 154 lb.				
K. Harr	215	140	270	625
(23-25) 139 lb.				
E. Maxwell	205	105	270	580
BOYS				
(15-16) 119 lb.				
D. Douglas	260	155	350	765
(17-18) 170 lb.				
J. Gonzales	440	290	475	1205
R. Anderson	365	210	342.5	917.5
Pure (13-19)				
R. Anderson	365	210	342.5	917.5
(17-18) 205 lb.				
J. Michael	450	275	475	1200
Pure (13-19) 205 lb.				
J. Michael	450	275	475	1200
(17-18) 220 lb.				
A. Pritchard	275	185	350	835
(27-29) Pure				
P. Thomas	455	375	520	1350
(17-18) SHW				
B. Masden	500	360	575*	1435
(21-23) 205 lb.				
M. Birdsley	540	325	510	1375
(24-29) 270 lb.				
J. McFadden	495	340	440	1275

*=All Power Sport Lifts established Teen, Junior and Intermediate American Records. The turnout was light for the Natural Athlete Strength Association's 2001 Teenage, Junior & Intermediate Championships. This could have been in part to the meet not finding a place on the NASA schedule until late, plus the fact the meet was being held in its sixth different city in six years. The day kicked off with the Missouri duo of Zac Cooper and Candace Artym along with Ohio's Jason Bennett participating in Power Sport Curls. Candace had planned on participating in the Powerlifting Championships, but an injury late in training resulted in her switching to Power Sports. The 16-year-old Carthage resident, part of the outstanding Carthage High School lifting tradition, was rock-solid on curls of 70 and 80 before being unable to lock out 85. "Coop" - from beautiful St. Genevieve, Mo. made strong curls of 12 and 135 before 145 refused to go. The biggest curler of the day was recorded by Jason, who hoisted up curls of 130, 155 and 175 before the Ohio native was unable to comeback on an 185 pound fourth attempt. The continuing growth of Power Sports in NASA resulted in every successful lift by the trio of Power Sport athletes establishing new American and World records for their respective age divisions. Jason would come back from a missed 340 opening bench press attempt to make it and a 380 third attempt. Coop would struggle after cutting weight to get back in the 170-pound class. As a result he would get his opening bench of 315 and deadlift at 400, but the loss of strength from the weight reduction took its tell on second and third attempts. Candace continued the trend that began in curls when she made her first two lifts, but missed the final try. She finished with a 140 "raw" bench, plus an excellent 3 10-pound deadlift. Alex Kostuck, from Stevens Point, Wis. - one of seven states represented at the meet - turned in the day's heaviest bench press effort with a lift of 380 pounds in the 250-pound class. Tim Groomes out of Carlisle, Iowa had the meet's second heaviest bench at 340-pounds. But, the bench press belonged to the Springfield Dream Team of Gary Sholes with the quartet of David and Richard Douglas, Jason Gonzales and Jeff Wilson joining forces with Bennett to take the team title. Jason Gonzales and David Douglas were two of the 15 lifters participating in the full meet. The big total of the day was turned in by 18-year-old Bo Masden from Beechmont, Ky., with the 322-pound lifter squatting 500, benching 360 and battling through two miss loads to hoist up a third-attempt 575 deadlift to total 1,435. Iowa was well represented at the meet with five lifters. Matt Birdsley, from Camanche posted the state's best total with a 1375 on lifts of 540 in squats, 325 in bench and 510 in deadlifts. J.E. Michaels made the short drive from The Pit in Evansville. The Newburgh resident made the most of a wide stance for a strong 450 squat. He came back with a 275 bench and was seven-for-seven before missing his final two deadlifts and settling for a 1200-pound total. Strangely, Illinois had just one male lifter, 17-year-old Anthony Pritchard from Altamont, who was coached by NASA Master's champion Steve Beccue. Anthony made the most of his first national with a 300-pound squat, three perfect bench efforts including a 185 third and a three-for-three showing in deadlifts to finish the day with 835 pounds. Flora's representation was all female with four lifters participating. Army Brat Kelli Harr returned to Flora in time to help with the Illinois Special Olympics Summer Games and lift in the Junior Nationals. Stationed in Fort Hood, Texas, Kelli was a perfect nine-for-nine in her first meet since the 2000 Natural Nationals - when she was named NASA's Female Athlete of the Year for 1999. Kelli's numbers were down, but her lifting technic was picture perfect in posting the 625 total - second best for the women. Erin Maxwell, who preceded Kelli as a Female Athlete of the Year, used the meet to start training toward next year's Natural Nationals. Despite cutting back on her lifts, Erin still posted a 580 total. The newest of the four Flora females, 15-year-old Ann Rudy, was one lift away from a perfect day on her way to a 515-pound total and "Golden Girl" status in The Gym on her 245-pound final deadlift. The heaviest total of the day went to the youngest WOMAN in the meet, 14 year old Bethany Schwaninger, who cruised through the day to post a nine-for-nine showing, plus a 680-pound total. Bethany's final deadlift of 320 not only was the heaviest of the day, but also moved her ahead of Kelli among Gym deadlifters. The Teenage, Junior & Intermediate 2001 National Championships are tentatively set to return to Flora the third weekend of June. BENCH PRESS TEAM CHAMPIONS: Springfield Dream Team consisting of Dave Douglas, Jeff Wilson, Jason Gonzales, Richard Douglas, Jason Bennett and coached by Gary Sholes. POWERLIFTING TEAM CHAMPIONS: The Gym Girls consisting of Ann Rudy, Bethany Schwaninger, Kelli Harr and Erin Maxwell. SPOTTERS/LOADERS: Kevin Ewoldson, Jason Sanders, Josh "Jocko" Hinkle, David Riley and Danny Gill. JUDGES: Tobey Johnson, Head Referee - judged every flight; Mable Smith, Kim Bright, Beth Frost, Callie Ettleson. TABLE PERSONAL: Diana Gill, Cheri Gill and Kay Lamb. (Results provided by Smitty).



ERIN MAXWELL SCREAMED *as she locked out a final deadlift of 270-pounds to complete a nine-for nine day. Four Flora females combined to make 37 of 39 attempts in the NASA Teen, Junior, Intermediate Championships*



KELLI HARR WAS *on top of the world after cruising through a nine-for-nine meet at the NASA Junior Nationals. Kelli returned to Flora from Fort Hood, Texas - where she is stationed - June 12 to work the Illinois Special Olympics Summer Games, then competed in the NASA national meet on June 21. Kelli is holding the 1999 NASA Female Athlete of the Year awards she won, then turned over to her gym when she left for boot camp three days later. Danny Gill continues to be stepping stone for the local ladies. (photos courtesy of Smitty)*

Personalized Powerlifting Training

We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference:
1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3) Advice on supplements, lifting gear, save more than the cost of the course itself. 4) Exact exercises and weights used throughout the course,not just sets and reps. 5) Training Tips 6) Designed with an emphasis on drug free training. 7) Questions during the course, just write!

Courses available for bench, squat and deadlift for both competition and off season training modes, please specify. 1 course - $13.95, 2 courses - $25.00, 3 courses (BEST DEAL) - $30.00. Send Check or Money Order. Payable to:

STRENGTH INK, INC.
DEPT. PL-11 Box 1974
Highland, IN 46322
Foreign orders add $2.00 per order
Will mail out questionaire with each order

NASA BP Nationals
2 Feb 01 - (kg)

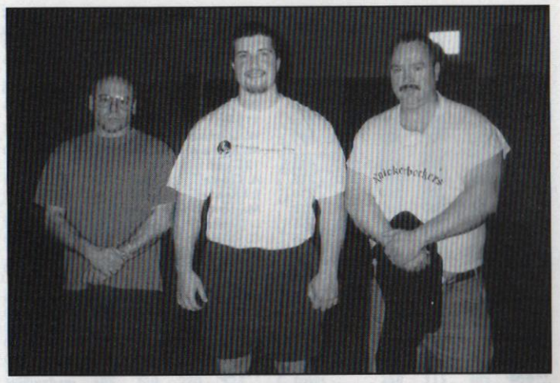
BENCH		205 lb.	
205 Int.		J. Hall	205
C. Poore	205	J. Ritzier	182.5
T. Davis	152.5	280 lb.	
SHW		K. Morse	215
M. Price	240	170 lb. Novice	
154 lb. Jr.		M. Laurel	130
L. Meighan	127.5	205 lb.	
170 lb.		B. Bean	167.5
K. Kelly	162.5	J. Franco	205
205 lb.		M. Ayott	175
J. Coaddis	120	K. Polhamus	—
227 lb.		280 lb.	
S. McGill	190	K. Morse	215
170 lb. M1		315 lb. Novice	
M. Laurel	130	W. Mayberry	216
187 lb.		154 lb. Pure	
M. Pittman	170	R. Davis	167.5
A. Zimmerman	132.5	170 lb.	
227 lb.		J. Lawson	172.5
L. Lipscomb	205	187	
D. Goble	175	J. Simpson	192.5
B. Bloomer	170	D. Lowe	187.5
250 lb.		T. Baroody	160
S. Kroll	190	A. Zimmerman	132.5
M. Ayott	175	205 lb.	
280 lb.		M. Feinberg	230
H. Davis	175	J. Hall	205
315 lb.		C. Poore	205
B. Duncan	162.5	J. Maggart	205
170 lb. M2		J. Ritzler	182.5
D. MacArther	115	W. Burditt	150
187 lb.		280 lb.	
J. Wood	190	K. Morse	215
T. Baroody	150	SHW	
A. Zimmerman	132.5	M. Price	240
205 lb.		154 lb. WSM1	
B. Bean	167.5	M. Beasley	90
227 lb.		187 lb.	
J. Earley	187.5	D. Lowe	187.5
187 lb. M3		227 lb.	
D. Robbins	115	K. Johnson	230
227 lb. M5		250 lb. SM1	
L. Lipscomb	205	J. Chapman	185
170 lb. MP		315 lb.	
M. Laurel	130	W. Mayberry	216
187 lb.		170 lb. SM2	
J. Wood	190	J. Lawson	172.5
181 lb.		187 lb.	
T. Baroody	150	J. Simpson	192.5
205 lb.		S. Landers	165
B. Bean	167.5	205 lb.	
227 lb.		M. Tumminello	177.5
J. Earley	187.5	227 lb.	
250 lb.		M. McRoberts	205
S. Kroll	190	P. Arrowood	165
Wigglesworth	177.5	250 lb.	
280 lb.		J. Ritzier	182.5
H. Davis	175	154 lb. Want	
315 lb.		M. Beasley	90
B. Duncan	162.5	110 lb. WM1	
170 lb. Nat		B. Lemus	60
J. Lawson	172.5	SHW	
187 lb.		WNov	
D. Lowe	187.5	L. Roberts	75

(Thanks to Mike Adelmann for these meet results).

13th Picatinny Arsenal Bench
25 Apr 01 - Newton, NJ

BENCH		M. Heayn	265
WOMEN		S. Yaros	235
115-127 lbs.		181.75-198.25 lbs.	
J. Marion	85	M. Miller	290
127.25+ lbs.		P. Shnyder	—
L. Smith	110	V. Fontan	175
J. Cicarone	100	198.25-220.25 lbs.	
MEN		J. Esposito	330
0-148.75 lbs.		C. Cole	330
F. Dioro	105	W. Chaladoff	325
J. Derogatis	255	220.25+ lbs.	
D. Stone	275	A. Rupel	235
148.75-165.5 lbs.		S. Smith	305
J. Wilce	285	W. Carroll	310
W. Snell	140	F. Vogel	300
165.5-181.75 lbs.		(Over 40)	
W. Beal	185	J. Jenkins	450
A. Lehberger	205	P. Redner	405

The 13th Annual Picatinny Arsenal Bench Press contest was held on April 25, 2001. 24 lifters arrived for the meet, and it was a great meet and very exciting to watch. In the Women's Division, Jenn Marion benched a solid 85 pounds to take first in the 115-127 LB. Class. Jenn recently came to work for Picatinny a couple of months ago, and she worked for Pro Fitness in Rockaway, NJ prior to coming here. I guess you could say that Pro Fitness's loss was Picatinny's gain! In the over 127 lb. Women's class, Lynn Smith benched a fine 110 lb., to edge JoAnne Cicarone who did 100 lbs. Lynn took the best overall Women's lifter award, and she organized the whole contest with some help from Tom Carty. JoAnne Cicarone took the best over 40 Women's Lifter award. In the Men's division, Dave Stone took the 148 lb. class with an impressive 275 lb. bench. Jerry "Jimmy Hoffa" Derogatis took 2nd place with a nice 255 lb. bench. Jerry is Picatinny's AFGE Local 225 Union President. Jerry assured me that he wouldn't wind up buried in cement, like his idol, the late great Jimmy Hoffa. Frank Diora came to the gym looking to jog a couple miles, but instead he benched 105 lbs. at the meet, and took third place! In the 165 lb. class Joe Wilce benched an impressive 285 lbs., doubling the output of 2nd place finisher Willie Snell's 140 lb. bench! In the 181 lb. Class, Mike Hearn won with a nice 265 lb. Bench. Steve Yaros did 235 for 2nd place, and the "Ageless" Art Leliberger finished 3rd with a 205 lb. lift. Art apparently has discovered the "fountain of youth" by improving his bench at least 70 pounds in the last 4 years. Art did this at 60+ years young! Wes Beal made a nice comeback from last year, and benched a fine 185 lbs. At 198 lbs., Mark Miller pulled the upset of the contest by benching 290 lbs. to take 1st place, and Victor Fontan benched 175 lbs. to take 2nd place. Paul "The Animal" Shyder who was a big favorite to win this class, missed all 3 of his attempts at 305. But what shocked the crowd was when Paul missed his 3rd lift. Paul turned around and let out some kind of "Inaudible animal sound" and approached the bar. He then grabbed the bar, did a half power clean, and did an Olympic style press with 305 lbs., over his head! Not only was the audience surprised, but the judge's looked at one another with a puzzled look on their faces as if to say: "Did this really happen?" (I think Paul should become a full-time Olympic lifter with his great strength). In the 220 lb. class, John Esposito beat out Chance Cole on body weight, they both benched 330 lbs. Chance tried 385 on his last lift, but was disqualified for moving his head. Wayne Chaladoff had a strong 325 lb. lift for 3rd place, but he missed a possible first place finish at 198, by coming in around 202 lbs.(Bodyweight) The 220 and over class was won by the "Incredible" James Jenkins. James benched 450 pounds without a bench press shirt at a body weight of around 230! James recently retired from the Army with 22 years of service. James competed in Powerlifting while in the army in 1985-1987 in the 220 lb. class. His best lifts were 660 lbs. in the squat, 451 lbs. in the bench, and 644 lbs. in the deadlift! While in the army, Jame's M.O.S. was in Field Artillery, and he spent 8 years in Germany, and 8 years at Ft. Hood. James also won the best over 40 trophy (At exactly 40 years old)! This left me with my hands on my hips and shaking my head thinking... "Maybe I'm in the wrong sport?" Big Paul Redner took 2nd place with a real strong 405 lbs., beating last years bench by 20 pounds. William Carall edged out Scott Smith (305) and Fred Vogel (300) with a 310 lb. bench for 3rd place. Art Rupel took 6th place with a 235 lb. Bench, but not before scaring everyone by missing his first two lifts. It was quite a sight to see Tom Carty on a stepladder, giving Art Rupel a lift-off because his arms were so long! Many Thanks go to Linda Pienkos, Jenn Marion, and Lynn Smith for announcing the contest. The ProFitness team did an outstanding job judging the meet, with Rob Eppler, Bill "Red Light" Clayton, Larry Wayman, John "The Man" Corsello and Fred Vogel. Corsello recently took a silver medal in the bench press at the Masters World Meet, in Luxenburg, Germany. Also thanks go to Tom Carty who helped put on some bench shirts, and did many, many, lift offs for most of the lifters. Thanks to anyone I may have missed, and see you in 2002, at the 14th Annual Picatinny Bench Press Contest. (Thanks to Fred Vogel for providing results).



"Two Big Guys and a little guy" *(l-r) Jerry Dirogatas, Paul Redner and Fred Vogel at the Picatinny Arsenal 13th Annual BP Contest. (Photograph provided courtesy of Fred Vogel to Powerlifting USA).*

Boys Texas High School Div. I
24 Mar 01 - Ft. Worth, TX

114 lb.	SQ	BP	DL	TOT
J. Scruggs	390	210	410	1010
C. Henderson	370	180	385	935
A. Jackson	355	180	400	935
M. Campanero	360	170	355	885
G. Montes	285	205	385	875
L. Houston	315	135	395	845
E. Jones	330	170	340	840
W. Jones	290	165	360	815
J. Sifuentes	290	165	310	765
A. Garcia	270	160	310	740
J. Delacruz	255	130	305	690
J. Rodriguez	310	—	—	310
123 lb.				
J. Jones	410	220	630	1075
T. Moseley	325	235	400	960
A. Sanchez	320	220	400	940
M. Kamp	390	175	350	915
L. Rodea	345	190	370	905
R. Offield	335	190	370	895
C. Downs	340	225	330	895
D. Kasseroler	330	190	375	895
C. Tharp	365	165	330	860
E. Ballew	305	225	300	830
T. Williams	—	—	—	—
C. Fuentes	—	—	—	—
132 lb.				
M. Williams	530	255	515	1300
G. Hernandez	440	250	450	1140
P. Medina	435	260	420	1115
K. Colston	425	230	450	1105
C. Mercer	410	225	450	1085
D. Nino	355	240	390	985
C. Luna	320	255	395	970
H. Luna	360	185	380	925
C. Deaton	330	185	405	920
M. Bryant	420	—	—	420
D. Villafranca	—	—	—	—
J. Scott	—	—	—	—
148 lb.				
M. Baston	480	275	520	1275
J. Munoz	275	765	510	1275
C. Ramos	510	265	490	1265
J. Miller	500	270	460	1230
B. Nash	505	255	470	1230
C. Washington	475	275	475	1225
A. Baker	450	265	495	1210
D. Hall	420	260	500	1180
J. Gardner	410	305	465	1180
T. Gay	420	230	460	1110
O. Flores	375	275	43	1085
M. Woodard	385	200	460	1045
D. Jalomo	400	230	405	1035
D. Hammers	—	—	—	—
A. Lawerance	—	—	—	—
165 lb.				
J. Monk	550	305	545	1400
S. McLawchlin	320	320	505	1385
E. Puga	540	265	535	1340
B. Escamilla	485	310	505	1300
J. Marshall	480	280	530	1290
K. McAvoy	480	300	505	1285
C. Linwood	500	245	540	1285
A. Lufadeju	480	270	500	1250
E. James	480	270	490	1240
D. Posey	405	280	475	1160
J. Johnson	450	270	440	1160
181 lb.				
D. Johnson	550	335	555	1440
J. Pena	535	330	565	1430
D. Edwards	615	285	525	1425
T. Cabness	605	280	530	1415
M. Pugh	515	325	570	1410
G. Henderson	540	310	540	1390
D. Sumter	500	385	480	1365
K. Donahue	490	325	540	1355
F. Vela	560	270	505	1335
J. Honesto	400	270	400	1070
J. Campbell	—	—	—	—
M. Williams	—	—	—	—
198 lb.				
A. Klein	600	350	560	1510
C. Campbell	525	340	630	1495
J. White	590	330	555	1475
S. Capetillo	585	370	510	1465
J. Davis	630	330	495	1455
L. Scroggins	550	320	580	1450
S. Richardson	520	385	520	1425
M. Glandon	520	280	625	1425
J. Wheeler	585	315	500	1400
B. Prichard	545	280	525	1350
M. Ray	520	330	500	1350

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine,

R. Alvardo	495	295	530	1320
J. Perez	530	230	535	1295
R. Beto	475	280	500	1255
R. Salgado	—	—	—	—
220 lb.				
J. Patton	620	350	665	1635
C. Lee	600	340	575	1515
M. Pierce	550	330	600	1480
M. Flanagan	555	350	550	1455
M. Lara	555	340	555	1450
B. Suiters	610	265	560	1435
B. May	585	300	520	1405
C. Olivarez	505	350	550	1405
D. Villareal	500	335	560	1395
C. Andrews	520	340	535	1395
J. Rushing	530	285	470	1285
W. Dickey	585	285	870	870
242 lb.				
R. Matthews	625	335	635	1595
M. Guzman	600	350	610	1560
L. Bomar	625	325	600	1550
S. Lackey	575	345	610	1530
C. Morse	625	335	565	1525
H. Torres	615	400	505	1520
O. Estringel	635	340	540	1515
J. Pool	575	375	540	1490
A. Curtis	560	320	605	1485
D. Fratto	520	315	540	1375
A. Nix	560	280	530	1370
T. Gunn	550	275	—	825
L. Singleton	—	—	—	—
275 lb.				
K. Hunt	700	440	605	1745
T. Young	675	335	540	1550
W. Mateen	590	355	600	1545
D. Goodnight	645	360	530	1535
R. Whitson	590	390	540	1520
D. Benjamin	630	330	560	1520
J. Ausburn	570	350	560	1480
K. Brooks	550	365	550	1465
T. Johnson	610	320	535	1465
J. Gonzales	490	330	500	1320
J. Lee	600	250	460	1310
R. Mitscherling	560	380	—	940
D. Galvan	—	—	—	—
275+ lb.				
B. Deary	770	355	630	1755
A. Hernandez	700	460	550	1710
J. Frazier	700	450	550	1700
R. Jones	700	400	550	1650
P. Garcia	740	315	570	1625
J. Deleon	620	390	595	1605
C. Miller	590	340	570	1500
A. Gnzales	640	350	500	1490
M. Saravane	630	345	465	1440
S. Mitchell	625	350	—	975
J. Parks	550	350	—	900
J. Storie	620	—	—	620
B. Cromens	—	—	—	—

Meet Director: Mike Papas. (Results by THSPA).

WPC South African Nationals
20-24 Jun 01 - Pretoria, RSA

MEN	SQ	BP	DL	TOT
Senior 75 kg.				
F. Manca	320	160	280.5	760.5
Z. Bourne	195	117.5	220	532.5
V. Mayekiso	190	95	205	490
T. Joubert	—	—	—	—
82.5 kg.				
N. Primich	370	210	270	850
A. Randall	340	165	305	810
K. Modia	160	110	200	470
P. Faku	170	90	190	450
90 kg.				
R. Archibald	335	210	290	835
B. Brown	320	160	295	775
S. Kotze	280	165	260	705
G. Mathon	250	160	230	640
100 kg.				
N. Blackie	350	232.5	270	852.5
P. Appelcryn	340	205	270	815
J. Hall	300	200	280	730
R. VandenBerg	280	200	290	770
J. vandenBerg	280	145	270	695
D. Jordaan	260	160	255	675
W. Brits	240	165	260	665
E. Bitek	—	—	—	—
110 kg.				
J. Loubser	300	225	275	800
T. Correia	312.5	200	272.5	785
A. DuPreez	277.5	200	275	752.5
D. Els	285	170	270	725
M. Horner	180	140	220	540
125 kg.				
Q. Kannemeyer	345	212.5	315	872.5
W. Smith	280	240	260	780
S. Simclane	260	160	270	690
D. Maree	—	—	—	—
140 kg.				
M. Robertson	335	225	200	810
140+ kg.				
A. VanDenBerg	345	220	345	910
WOMEN				
48 kg.				
P. Davel	145	70	100	315
56 kg.				
L. Maree	120	65	135	320
60 kg.				
V. Huyser	210	110	185	505
W. Landi	170	115	175	460
90+ kg.				
Y. Strydom	235	127.5	200	562.5
Teen (13-15) 52 kg.				
L. Roux	85	45	110	240
(16-17) 52 kg.				
G. Pretoruis	100	52.5	110	262.5
60 kg.				
A. DeKlerk	85	55	130	270
75 kg.				
J. Hadebe	130	80	165	375
R. Viljoen	115	55	125	295
J. Lidderd	110	65	135	310
67.5 kg.				
D. Ramokgadi	250	130	230	610
(18-19) 75 kg.				
P. Viviers	230	110	220	560
C. vanHeerden	250	155	265	670
A. Hoft	185	140	220	545
(16-17) 110 kg.				
S. DuPlessis	340	150	285	775
P. Kallis	270	140	245	655
(18-19) 90 kg.				
J. Marais	225	140	225	590
L. Venter	225	120	245	590
F. Sha	185	110	195	480
125 kg.				
J. Ras	200	120	235	555
Submaster 82.5 kg.				
L. JansevVuren	260*	157.5	250	667.5
H. Claddingbowl	205	127.5	220	552.5
E. Hofmeyer	215	110	225	550
90 kg.				
M. Xanthides	290	160	265	715
D. VanNiekerk	265	160	275	700
L. Botha	245	150	260	655
N. Ujdur	150	125	210	435
100 kg.				
C. Muller	330	210	330	870
W. Grobelaar	220	175	200	595
110 kg.				
W. Lombaard	292.5	185	300	777.5
M. Barnard	250	215	265	730
125 kg.				
A. Cloete	335	220	315	870
J. Rheeder	300	180	280	760
Master-I 75 kg.				
L. Jacobs	240	160	205	605
G. vNiekerk	220	140	200	560
90 kg.				
P. Neethling	280	150	250	680
100 kg.				
R. vLeeuwen	290	165	260	715
M. Redelinghuys	280	170	240	690
K. Viljoen	255	150	245	650
R. Greef	220	150	270	640
L. Labuchagne	240	150	240	630
110 kg.				
N. Crone	280	170	265	715
K. Phelps	260	170	245	675
I. Buckle	60	192.5	60	302.5
R. Lachenicht	—	—	—	—
M. Pottas	252.5	227.5	272.5	752.5
140 kg.				
D. Venter	250	190	240	680
140+ kg.				
H. Smith	350	170	140	760
Master-2 75 kg.				
P. DeWaal	220	130	240	590
100 kg.				
L. Dunn	272.5	140	287.5	700
C. Dry	220	160	220	600
110 kg.				
D. Snyman	280	190	275	745
125 kg.				
I. Visser	290	175	240	705
J. Moodie	250	160	240	650
N. Pretoruis	135	150	160	445
J. Ras	220	110	225	555
M. Myburg	60	210	60	330
Master-3 140 kg.				
W. Steyn	320	162.5	305	787.5
Master-5 82.5 kg.				
I. Morris	200	110	200	510
100 kg.				
P. Schutte	175	70	177.5	422.5
Master-4 90 kg.				
E. Schutte	182.5	93	195	453
100 kg.				
J. Kay	270	185	250	705
S. Bunu	235	135	240	610
110 kg.				
T. Naude	175	110	200	485
Master-6 75 kg.				
R. Manevold	145	110	180	435
90 kg.				
J. Kerarns	150	120	200	470
Juniors 60 kg.				
M. duPreez	142.5	95	140	377.5
75 kg.				
T. vStryp	250	120	250	620
J. Smith	235	110	235	530
90 kg.				
J. Smith	250	150	260	660
D. Morris	200	120	220	540
G. Matthys	300	160	290	750
100 kg.				
H. Rensburg	225	140	230	595
S. Lachenicht	190	150	200	540
R. DuToit	200	120	210	530
R. Scheepers	—	—	—	—
110 kg.				
D. Matthys	310	195	310	815
T. Correia	315	200	265	780
F. Swanepoel	—	—	—	—
125 kg.				
H. Pelsa	240	130	250	620

(Thanks to Ian Morris for providing the results)

At the South African Nationals, Neville Primich squatted 815 in the 181 lb. class. (Photo provided courtesy of Ian Morris to PL USA).

Girls Texas High School
16 Mar 01 - Killeen, TX

97 lb.	SQ	BP	DL	TOT
M. Rawls	200	85	270	555
S. Moye	190	100	260	550
D. Lambradia	225	85	230	540
B. Amador	205	75	230	535
S. Sanchez	200	90	240	530
R. Rivera	220	85	225	530
M. Loo	195	100	215	510
J. Flores	185	115	205	505
E. Manriquez	205	80	285	500
C. Bourliea	200	75	215	490
T. Carder	185	110	195	490
A. Stewart	185	80	225	490
L. Caldwell	175	80	230	485
J. Moreno	180	105	200	485
J. Ybarra	185	95	200	480
T. Christian	180	90	205	475
J. Martinez	180	75	215	470
A. Maupin	180	95	195	470
R. Shannon	175	75	215	465
B. Honeycutt	180	80	205	465
J. Coble	175	85	200	460
A. Marsh	185	80	195	460
M. Ramirez	185	85	190	460
V. Garza	140	90	225	455
J. O'Hair	180	80	190	450
K. Gradel	175	70	205	450
C. Temple	170	70	200	440
Y. Murrieta	175	65	200	440
V. Chavez	140	60	200	400
S. Strickland	135	65	160	360
K. Klein	125	60	170	355
D. Franco	100	70	160	330
K. Farnsworth	—	100	220	320
L. Arrendondo	—	85	205	290
L. Arnold	—	75	185	260
I. Jacuinda	—	80	180	260
J. Huffstetlier	115	0	135	250
105 lb.				
S. Gould	250	135	255	640
S. Barajas	250	115	250	615
H. Little	220	125	250	595
A. Montoya	225	115	250	590
V. Rodriguez	220	85	275	580
T. Linclon	230	95	255	580
D. Garcia	215	100	255	570
K. Egelston	230	115	220	565
M. Hale	200	120	240	560
S. Raines	235	110	215	560
S. Solis	230	95	230	555
H. Phillips	215	85	250	550
A. Martin	205	85	255	545
P. Chavira	200	105	235	540
L. Harris	180	110	250	540
M. Cahilly	190	100	250	540
J. Sullivan	210	110	220	540
W. Perez	225	90	225	540
G. Shafer	210	110	215	535
O. Silguero	200	105	230	535
B. Lerchenfelt	225	90	215	530
E. Chapa	220	95	215	530
A. Lopez	180	80	250	510
S. McDavid	180	75	245	500
L. Bustamente	185	90	220	495
A. Stahl	190	95	200	485
J. Kimball	190	90	205	485
D. Green	190	80	210	480
D. Fregia	165	95	210	470
J. Shaw	180	85	200	465
B. Gilliespie	160	70	200	430
L. Stewardson	160	90	180	430
K. Hooper	170	75	180	425
C. Perez	150	70	200	420
I. Wysinger	—	115	300	415
J. Wade	130	60	170	360
J. Spivey	150	60	135	345
114 lb.				
C. Grubbs	285	150	260	695
A. Mahan	270	105	295	670
D. Cisneros	275	110	275	660
B. Betancourtlos	250	145	250	645
K. Pelt	250	100	290	640
S. Jordan	225	115	295	635
C. Kunze	235	125	275	635
L. Russel	265	100	270	635
J. Zboril	250	115	265	630
J. Ferguson	255	130	245	630
S. Lehnert	250	125	250	625
J. Leske	245	115	265	625
C. Lopez	240	115	265	620
J. Brown	250	110	260	620
C. Sharkey	225	105	290	620
C. Montoya	255	100	260	615
L. Penrod	235	110	270	615
A. Riley	250	100	265	615
A. Ruiz	230	105	275	610
E. Kirksey	240	115	250	605
A. Green	230	100	275	605
B. McLemore	235	105	265	605
L. Lass	240	100	265	605
S. Rodriguez	230	120	250	600
J. Morenzo	245	120	235	600
T. Leggett	245	95	260	600
C. Lopezlos	240	105	245	590
R. Martinez	210	85	280	575
K. Harton	230	105	240	575
J. Leal	215	115	235	565
L. Hogan	225	85	255	565
S. Whitsitt	210	105	250	565
K. Corbin	185	105	270	560
K. Rutland	200	110	240	550
R. Williams	205	125	210	540
S. Williams	210	105	220	535
C. Willingham	185	120	220	525
T. Forbes	210	90	220	520
L. Marr	170	90	205	465
L. Stuksa	160	85	195	440
T. Earl	165	60	210	435
S. Patterson	150	75	200	425
A. Johnson	135	75	210	420
H. Reyna	155	60	175	390
M. Villalobos	—	100	260	360
123 lb.				
P. Lewis	330	125	360	815
N. Gomez	330	130	250	710
L. Wilson	275	125	305	705
S. McDaniel	285	125	295	705
Y. Leyva	275	120	305	700
L. Hernandez	285	135	275	695
J. Carden	240	140	300	680
K. Duffie	270	110	290	670
E. Rodgers	285	120	265	670.
C. Simmons	245	160	260	665
D. Ward	265	125	270	660
M. Najara	255	125	275	655
M. Castello	255	125	380	650
T. Shelton	260	125	260	645
E. Santamaria	270	105	270	645
A. Haley	260	125	255	640
V. Olivares	260	115	260	635
L. Major	225	110	300	635
Q. Zamarripa	250	90	290	630
A. Smith	225	115	290	630
J. Pwonka	250	105	275	630
M. Asuncion	260	105	255	620
K. Bretrand	255	110	250	615
M. Delgado	255	110	250	615
S. Eudy	275	115	220	610
G. Eskew	240	120	245	605
J. Bohannon	260	110	230	600
N. Hill	215	115	260	590
T. Flores	235	100	250	585
J. Miller	235	95	250	580
R. Norris	200	110	265	575
L. Calabreese	230	90	255	575
J. Barrett	210	115	250	575
N. Soira	225	110	225	560
M. Diaz	215	115	230	560
J. Butler	200	85	265	550
M. Vega	215	105	230	550
A. Kessler	185	90	260	535
S. Neaves	190	85	230	505
F. Haggard	215	—	235	450
L. Jones	175	80	195	450
R. Evans	160	75	200	435
A. Harless	145	80	160	385
132 lb.				
R. Wysinger	300	120	370	790
B. Collins	325	135	330	790
R. Hodges	295	125	345	765
K. Jurney	305	135	320	760
A. Perez	250	125	350	725
R. Castillo	290	130	290	710
V. Horton	265	110	325	700
T. Hollowell	260	135	305	700
J. Canales	275	135	275	685
M. Hudson	265	120	300	685
L. Deal	295	110	275	680
V. Gonzalez	270	100	310	680
C. Stinson	255	120	300	675
L. Mistric	265	120	285	670
R. Peroni	250	130	290	670
S. Spillman	270	120	280	670
M. Mamerow	245	125	290	660
K. Kendrick	240	140	280	660
J. Craft	240	115	300	655
J. Suarez	255	135	265	655
G. Cruz	260	120	270	650
C. Irwin	250	115	285	650
H. Wilson	245	125	280	650
D. Vice	255	125	265	645
C. Montoya	260	110	275	645
L. Reyes	245	115	285	645
S. Moore	250	130	260	640
J. Darenport	240	115	280	635
B. Hart	225	125	285	635
A. Stalblum	255	120	255	630
M. Lozano	245	145	240	630
D. Sneed	240	95	285	620
C. Casa	235	115	270	620
L. Mcdonald	235	125	250	610
A. Welch	210	110	280	600
M. Duran	215	115	260	590
M. Gilmore	230	105	250	585
R. Luera	200	105	275	580
E. Parker	230	85	260	575
C. Hofbauer	210	105	225	540
K. Strimple	195	110	220	525
J. Gerogee	205	110	195	510
V. Wallis	190	100	190	480
V. Moreno	155	85	240	480
S. Walton	230	—	—	230
148 lb.				
Y. Buyince	370	170	340	880
L. Newman	375	130	365	870
N. Thomas	320	130	365	815
R. Gipson	315	150	330	795
K. Gill	330	125	330	785
D. Harvick	345	130	300	775
V. Trevino	325	130	315	770
J. Richards	305	155	300	760
K. Bass	305	130	320	755
C. Carter	270	145	330	745
S. Heiner	290	150	295	735
T. Davidson	300	120	315	735
T. Cox	260	135	335	730
L. Kurtz	275	130	310	715
K. Osborne	260	110	335	705
C. Walker	270	110	320	700
N. McCray	290	110	300	700
J. Lopez	270	135	295	700
S. Reyna	305	135	260	700
T. Williams	265	170	260	695
M. Campbell	270	130	290	690
T. Baucom	270	120	300	690
D. Garza	260	130	290	680
C. Brune	280	130	265	675
L. Wilson	270	125	280	675
K. Pierce	260	115	295	670
N. Williams	245	120	305	670
O. Chavarria	250	125	280	655
N. Smith	245	145	265	655
N. Flores	245	105	295	645
D. Meurer	235	130	280	645
J. Garza	215	100	320	635
G. Williams	235	110	290	635
M. Martinez	220	130	280	630
D. Armstrong	250	125	250	625
L. Gilliam	200	110	270	580
L. Baeza	215	115	245	575
A. Rivera	270	—	260	530
S. Ervin	175	80	200	455
165 lb.				
K. Everettarp	380	155	380	915
C. Martin	350	150	360	860
C. Lonergam	330	150	330	810
A. McBride	300	115	385	800
M. Gutierrez	335	130	335	800
E. Ramirez	295	155	340	790
S. Boenisch	310	145	325	780
J. Mcalister	310	125	330	765
A. Suggs	305	135	320	760
T. Turner	295	165	300	760
B. Michalewicz	265	140	350	755
H. Burrow	315	125	315	755
A. Callaway	320	145	290	755
K. Butts	310	135	305	750
K. Wilson	300	160	290	750
B. Harrison	300	125	320	745
C. Villa	310	105	315	730
D. Johnson	240	120	365	725
A. Enwere	290	105	330	725
K. Moseley	290	130	300	720
T. Pellman	285	150	285	720
S. Gonzales	280	110	325	715
A. Eads	280	120	310	710
M. Taylor	290	145	275	710
M. Brown	295	130	285	710
T. Johnson	285	120	305	710
M. Martinez	285	140	280	705
S. Ruff	285	120	300	705
S. Wyoni	280	125	295	700
C. Hutchinson	260	110	320	690
K. Sisson	260	115	310	685
A. Phillips	240	120	315	675
A. Silversten	240	135	300	675
L. Hernandez	260	125	250	635
C. Ramirez	235	115	280	630
T. Aviles	230	110	280	620
K. Strange	230	100	250	580
S. Barrera	280	—	300	580
S. Lauser	210	105	255	570
K. Ferguson	175	90	215	480
L. Weishun	—	155	300	455
C. Arellano	—	115	285	400
181 lb.				
C. Castle	330	135	435	900
D. Johnson	365	160	335	860
P. Carrera	355	125	345	825
K. Baker	325	150	350	825
A. Wray	340	185	290	815
M. Olvedo	320	130	355	805
G. Vasalakis	305	160	335	800
K. Mccoy	295	170	310	775
E. Argullin	305	170	300	775
A. Brinkman	310	135	325	770
D. Giles	315	145	310	770
H. Guillotte	325	120	320	765
B. Garvin	310	130	320	760
M. Burse	310	135	315	760
M. Moreno	325	120	300	745
S. Douglas	275	160	300	735
D. Wendel	295	140	300	735
A. Shipp	300	155	275	730

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, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb 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
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, Ma.k Pasillo Profile, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, *NEW* Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 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 Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU / AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Mar/99 ... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s
Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie SImmons, TOP 100 123s
Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery,

A. Fontenot	315	145	270	730
M. Leon	300	135	290	725
D. Garcia	285	135	300	720
J. Vandever	305	110	305	720
M. Pool	290	135	295	720
T. Randle	270	135	310	715
P. Vargas	295	120	295	710
B. Harless	300	155	250	705
K. Stewart	285	130	285	700
C. Mapp	265	110	300	675
H. Silva	260	130	280	670
T. Barton	280	115	260	655
D. Granillo	250	120	285	655
C. Fernandez	260	105	265	630
N. Rushton	225	100	250	575
S. Sowders	185	125	260	570
D. Sullivan	215	105	250	570
C. Kratch	225	105	330	565
C. Hullihem	225	–	300	525
E. Brueno	200	95	200	495
R. Davenport 198 lb.	275	145	–	420
L. Mathis	410	210	430	1050
N. Hawley	335	165	370	870
E. Santamarie	365	155	340	860
C. Sweeney	360	140	350	850
L. Morre	355	170	320	845
M. Garza	360	145	325	830
J. Hightower	330	160	330	820
M. Jackson	330	140	340	810
A. Nunley	315	130	325	770
K. Reeves	300	120	345	765
E. Mendiola	325	150	285	760
A. Mccall	340	130	275	745
K. Collins	290	170	285	745
J. Jacobs	260	160	320	740
B. Moore	320	150	265	735
N. Graham	275	145	315	735
A. Garcia	320	130	280	730
T. Terry	270	135	325	730
S. Tomblin	280	145	290	715
T. Waller	265	125	310	700
R. Elmore	300	145	250	695
A. Clark	255	140	300	695
P. Zuniga	295	120	280	695
K. Wilkinson	245	140	300	685
M. Florez	235	130	290	655
B. Hines	255	125	265	645
T. Lyons	245	110	270	625
C. Davis	220	120	285	625
E. Phillips	260	130	235	625
A. Godwin	255	100	260	615
K. Clinton	230	115	260	605
J. Guerra	245	115	245	605
C. Garrett	305	–	290	595
S. Whitney	225	120	230	575
K. Walling	210	140	215	565
L. Winpigler	240	–	290	530
L. Arnold 198+ lb.	–	–	–	–
L. Mullins	500	170	395	1065
C. Melendez	475	185	405	1065
A. Hendrix	400	140	455	995
S. Brooks	400	215	370	985
A. Watley	380	170	380	930
A. Ackerly	360	195	350	905
C. Mauny	390	200	310	900
K. Wallace	345	190	360	895
T. Perry	330	185	380	895
G. Espericueta	370	155	360	885
S. Holman	330	160	370	860
J. Oller	360	180	320	860
A. Johnson	355	145	345	845
M. Billette	360	145	335	840
M. Sartain	350	170	320	840
J. Young	335	160	330	825
J. Donley	375	125	325	825
M. Edwards	325	155	335	815
D. York	350	145	315	810
M. Holquin	360	140	300	800
N. Barreiro	375	120	295	790
D. Wills	330	130	325	785
J. Williams	315	165	300	780
J. Olesini	280	160	330	770
D. Redic	295	150	325	770
S. Benson	315	180	275	770
B. Luna	305	150	310	765
A. Bubela	300	150	315	765
J. Rogers	300	140	315	755
K. Green	310	135	295	740
B. Blackman	300	140	295	735
R. Perez	260	150	310	720
J. Flores	300	130	270	700
A. Grayson	275	140	265	680
S. Hicks	275	115	265	655
A. Thompson	260	130	235	625
K. Wright	310	–	290	600
T. Faulkner	220	110	235	565
W. Cantu	300	135	–	435

Meet Director: David Simmons. (Thanks to THSPA for providing these meet results).

8th Miller's Ironhouse Natural BP
9 Jun 01 - Cumberland, MD

WOMEN		T. Davis-161		315
Lightweight		B. Loy-223		400
D. Robinson-126	140	Grand Masters (50+)		
J. Fuller-104	85	B. Pochiba-219		480
P. Russ-108	85	R. Brooks-223		400
Heavyweight		Friedenberg-167		275
Robertson!-145	220	Bartolomeo-220		305
J. Sheller-219	160	Open 148 lb.		
C. Cook-137	100	F. Lupis!		345
Ramsburg-178	105	S. Waite		210
MEN		165 lb.		
Teen		J. Rinker		365
V. Haines-160	305	J. Unger		320
M. Davis134	230	T. Davis		315
S. Waite-143	210	J. Dipaula		315
T. Michael-192	260	181 lb.		
D. Harmon-151	130	R. Mongold		360
Raw Lghtwght.		198 lb.		
R. Murphy-147	275	J. Gibson		315
J. Metz-172	260	D. Dubin		285
D. Junkins-183	240	220 lb.		
Raw Hvywght.		B. Pochiba!		480
S. Pensyl!-199	410	A. Katrancha		355
R. Pritts-192	360	R. Marc		265
B. Arnold-190	290	242 lb.		
Submaster (35-39)		M. Leventry		480
J. Rinker-161	365	R. Brooks		400
R. Robinson-230	440	275 lb.		
J. Gibson-195	315	B. Drummond		400
Masters (40-49)		B. Carmack		355
F. Lupis-144	345	275+ lb.		
R. Mongold-179	360	M. Rosentrator		490

!=Best Lifter. The 2001 Miller's Ironhouse Natural Bench Press Competition was held at Allegany High School in Cumberland, MD. "This year's meet was another great success. I use my opportunities to lift up the name of Christ and give Him the glory," says Miller. First place winners received beautiful crowned trophies and the others were awarded Neil's Anderson sculptures. The overall winner in the women's division was Jennifer Robertson from Inwood, WV, weighing only 145 lbs. pressed 220 pounds. Frank Lupis from Martinsburg, WV won the lightweights with a 355 bench weighing 144 lbs. Barry Pochiba from Cannonsburg, PA won the heavyweights with a 480 bench at 218. Sherm Pensyl from East Freedom, PA took the Raw division with a 110 bench weighing 199. Thanks to all the lifters and Powerlifting USA for publishing the event and the results. Special thanks to Mike and Sharon Miller, Micah and Kimber Liller, Linda Snider, Gary Allen, Andy Pannone, Rick Malcolm, Bill Arnold, Glenn Murphy, Kenny Porter, Keith Lucas, and Linda Martin. (Thanks to Brian Miller for providing the meet results).

***At the 8th Annual Miller's Ironhouse BP**: (Front L-R) Jennifer Robertson, Frank Lupis, Deborah Robinson, Sherm Pensyl, James Rinker, Richard Murphy. (Back L-R) Monte Rosentrator, Jen Fuller, Barry Pochiba, Mike Leventry, Tyler Michael, Jeff Gibson, Vernon Haines, Randy Mongold, Bud Drummond, Candace Ramsburg, Peggy Russ. (Photo: Brian Miller)*

There were 37 competitors, of which 26 of them won an award in 1 of the 4 divisions. The divisions include: High School, Women's, Open, Men's Open, and Master's (35 years and older). Over 200 spectators witnessed the event that was sponsored by Nutrition First, Complete Wellness Center, Stewart Beverage, Economy Trophy, and Studio Mobil Sound Systems. Next year's event is slated for May 18, 2002. Quote: "Over 70% of those who competed walked away with a trophy. That helps build self-esteem and confidence for the young lifters and bragging rights in the local gym's for the older ones... either way... all are focused on improved physical conditioning... and that within itself is an outstanding achievement." (Thanks to Robert Ybarra for the meet results).

4th Newman Bench Press
19 May 01 - Sterling, IL

MEN		K. Herwig		230
Master 148 lb.		N. Leal		205
D. Devers-137	160	N. Nguyen		185
181 lb.		181 lb.		
H. Warren-169	350	C. Grove		210
Open 165 lb.		198 lb.		
R. Ybarra	265	L. Pro		230
181 lb.		J. O'Laughlin		225
T. Vacek	225	T. Whitebread		205
220 lb.		220 lb.		
R. Luyando	465	J. Wires		255
242 lb.		C. Heath		215
T. Osborne	315	B. Smith		215
M. Fredericks	285	242 lb.		
High School		S. Nelson		225
132 lb.		275 lb.		
A. Near	195	S. Meyer		230
148 lb.		C. Haley		205
N. Troy	190	WOMEN		
T. Walrath	190	Open		
S. Bland	175	B. Lauff-126		80
165 lb.		C. Ybarra-120		65

Newman Central High School held this competition to benefit the Newman Comets Football program. Over $1,500 was raised. There

Bullitt Co. YMCA Raw Bench
Jun 00 - KY

WOMEN		(25-30)		
125 lb.		L. Morris		395
A. Kulmer	155*	N. Kulmer		365
A. Bova	110	(30-35)		
MEN		J. Raley		315
Teen		(40-45)		
B. Cheat	225	K. Griffe		300
L. Cutsinger	125	R. Dietrich		250
(19-21)		Master		
D. Jewell	355	C. Holsclaw		285
R. Patton	350	B. Patton		255

*=KY State Women's record. This is a charitable event that had many first time lifters. Agnes Kulmer broke her previous 115 female KY state BP record of 135# by going 155# and just missing on 170#. Two 15 yr. olds Brandon Cheatern and Les Curtsinger competing in their first contest at age 15 had near doubl bodyweight benches. (Thanks to Jeff Parks, Meet Director, for providing the meet results).

Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s

Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s

Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons

Apr/00 ... Arnold Classic,WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.

Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s

Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights

Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP

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 SHWs

Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s

LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS), MAKE OUT A CHECK ($5 PER ISSUE) AND SEND IT TO *POWERLIFTING USA, BACKISSUES*, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

(Dr. DiPasquale's reponse is continued from page 32 of this issue)

Metabolic Diet).

And while I'm at it I must tell you that I'm not a proponent of depletion diets to maximize glycogen resynthesis. First of all depletion diets on Friday to maximize glycogen supercompensation on Saturday and Sunday can actually be counter productive. Anytime you're in starvation mode, you lose muscle, albeit perhaps less once you're fat adapted but you're still in an undesirable catabolic state. If you're in starvation mode on the Friday, a depletion workout will increase muscle catabolism even further. The catabolism is not worth the small increase in glycogen that occurs following a depletion diet. The idea behind my diets is to cycle to diet so that the overall effect is an increase in protein synthesis and a decrease in protein catabolism, while at the same time maximizing the oxidation of body fat and decreasing lipogenesis. Bottom line, in my view, is that it's not necessary to go into ketosis, at least as far as having significant ketonuria, in order to get the changes in body fat and body composition that accrue from using cyclic low carb/moderate to high carb diets such as the Anabolic and Metabolic Diets.

On the other hand, I agree with you to some extent about the importance of ketone production and utilization on low carb diets. The production of ketones does offer an alternative fuel supply to those tissues, like the brain which are unable to utilize free fatty acids directly as fuel but can utilize the smaller carbon groups (like ketones) aerobically via the TCA cycle.

But it's a misconception that the brain only uses glucose and ketones for fuel. In fact lactate has, over the last few years or so, been shown to be the preferred substrate for neurons whether provided endogenously, via the circulation or through the metabolic coupling that occurs between astrocytes and neurons (Magistretti PJ, Pellerin L. [Functional brain imaging: rolemetabolic coupling between astrocytes and neurons]. Rev Med Suisse Romande2000 Sep;120(9):739-42.)

The lactate so preferred by neurons can be produced endogenously within the neuron and/or astrocyte from glucose by either glycolysis or gluconeogenesis via direct gluconeogenic precursors forming glucose first and then going through the glycolytic pathway, or intermediates between glucose and pyruvate (such as glycerol which I feel is overlooked for its importance to glucose and lactate production considering that it makes up approximately ten percent of fat by weight) that fit in somewhere between glucose and pyruvate, or synthesized via the tricarboxylic acid (TCA) cycle secondary to an increase in anapleurotic flux via the various reactions of amino acids, odd chain fatty acids, TCA intermediates, and removal of oxaloacetate ormalate to form pyruvate and then lactate. The above schemata is grossly simplified but it will do for this discussion.

That aside, the brain and nervous system, although arguably the reason behind ketone production at time of low glucose availability, is not a significant player as far as the body's metabolic shift from using carbs tousing fatty acids as the primary fuel, and to harnessing the cyclical nature of the Metabolic Diet to achieve the beneficial changes in body composition. This all occurs secondary to the body's adaptation to the different macronutrient composition of the diet, which as you know is the route the body takes most of the time (for example the lipid content of cellular membranes will reflect the lipid content of the diet). Studies have also shown that the phase shift that occurs every week for anywhere between 12 and 36 hours (although as per my book the shift can be very flexible depending on the individual person's metabolism and reaction to the diet) does not adversely affect the established fat burning mode and as such does not reverse the enzymatic changes that have been induced as a result of the prior lower carb, higher fat phase.

This was shown again in a study published in December of 2000 (Louise M. Burke1, Damien J. Angus2, Gregory R. Cox1, Nicola K Effect of fat adaptation and carbohydrate restoration on metabolism and performance during prolonged cycling. J Appl Physiol 2000; 89(6):2413-2421.) in which the authors concluded that 5 days of exposure to a high-fat, low-CHO diet caused clear changes in fuel substrate utilization during submaximal exercise. At least some of these changes were independent of CHO availability because enhanced capacity for fat oxidation persisted despite restoration of muscle glycogen stores. Actually this study, while not as sophisticated as it might have been as far as its protocol, is an interesting read.

You ask about the necessity of ketones for protein sparing and the data that backs this up. First of all it's obvious that supplying the amino acid andother substrates that lead to an increased anapleurotic flux for gluconeogenesis and lactogenesis can be a catabolic process if the amino acids needed are rounded up endogenously. Supplying the amino acids via a high protein diet obviates most of the muscle catabolism. As such, in my mind protein sparing is thus mostly a function of increased protein intake and not dependant on ketone formation.

I think that it's important to realize that the studies are conflicting with some showing that ketones are protein sparing and others showing that they are not protein sparing. As well, most of the studies that show ketosis as being necessary for protein sparing are starvation or fasting diets (theMetabolic Diet being neither) and/or use ketone salts (which are not the same as an increase in endogenous ketones) as infusions. Looking at all the available literature and data it's my opinion that ketones are not protein sparing per se and as such excessive ketosis is counter productive and in the chronic state, catabolic in nature.

There is also one more big difference between the Metabolic Diet and the other ketogenic and CKD diets. You'll notice that I don't have people who start the diet worry about calories. I stress the metabolic transition phase first and once fat is acclimatized, I have them vary their calories. The point being two fold. First of all the tiredness that some people feel when they first start a ketogenic type of diet is not all from the lack of carbs but to some extent is simply due to a lack of calories. Going on a starvation diet at the same time as a ketogenic diet is counter productive. In my Metabolic Diet I stress the metabolic shift before I stress calories.

Even more importantly is that once a person has made the shift and most tissues in the body are using free fatty acids, and the gluconeogenic (and lactogenic) processes are more efficient, then cutting back on calories on the Metabolic Diet also spares muscle protein and allows the gradual loss of body fat while maintaining or at time even increasing muscle mass.

Please don't hesitate to write again if you have further questions or comments. Best regards, ***Mauro Di Pasquale MD***

NASA New Mexico Reg-2
9 Dec 00 - (kg)

PwrSports		P1			280 lb. Nov.			
BENCH		C. Stoy	110		N. Barnreiter	286	182.5	276	742.5
127 lb. HS		PwrLifting			205 lb. M2				
A. Purto	46	BENCH			K. Croxdale	230	160	260	630
138 lb. WM2		227 lb. M5			170 lb. SM2				
B. Reichel	40	K. Williams	185		T. Everett	200	132.5	222.5	666
205 lb. Nov		187 lb. M1			Nat				
M. Martinez	~~442.5~~	G. Schuster	147.5	M3	P. Buehler	195	120	202.5	617.5
CURL		M5			170 lb. Pure1				
170 lb. HSC		G. Schuster	147.5	154 lb. Jr.	B. Searcy	170	126	195	490
J. Gomez	50	M5			H. Richardson	176	96	200	470
101 lb. M6		G. Schuster	147.5	Nov.	V. Echavarry	126	97.60	180	402.5
V. McCormack	30	227 lb. M1			C. Philli	137.5	116	140	392.5
187 lb. M5		S. Purto	150	187 lb. M5					
C. Stoy	110	101 lb. WM6			J. Thomas	140	102.5	166	397.5
Nat.		V. McCormack	67.5	170 lb. WM1					
C. Stoy	110				D. Sexton	72.5	62.5	107.5	232.5
187 lb.					PwrSports	CR	BP	DL	TOT
WPN					138 lb. HS				
A. Deluca	90				C. Lovato	45	80	110	236
PwrLifting	SQ	BP	DL	TOT	127 lb. HS				
154 lb.					W. Banard	45	62.5	112.5	220
C. Brown	245	140	237.5	622.5	Teen				
280 lb. Nat					N. Livingston	32.5	70	100	202.5
M. Lausen	300	217.5	305	822.5	154 lb. HS				
154 lb. Pure					P. Valdez	37.5	82.5	105	225
D. Bracken	230	137.5	232.5	600	(Thanks to Mike Adelmann for these results).				

From the Originator of the Bench Shirt

INZER ADVANCE DESIGNS presents:

The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty
* extended power support range
* new arm lock design
* extra tricep support
* extra reinforced construction
* guaranteed more results than any other shirt
* recommended for experienced powerlifters only

Improved Heavy Duty
* tight tough fit
* strong support off chest
* extra comfort built in
* great immediate results

Extra High Performance Heavy Duty
* extra extended power support range
* new arm lock design
* more tricep support
* extra reinforced construction
* guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

Name _____

Address _____

_____

phone _____

Qty. Color

____ Heavy Duty Blast Shirt $58 _____

____ High Performance Heavy Duty $77 _____

____ Extra High Performance Heavy Duty $100 ____

relaxed measurements of shoulders _____
chest _____ arm _____

colors - Black,Red, Navy Blue, Royal Blue
MC VISA DVR COD CHECK add $6.00 S&H

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview, Texas 75606, 1-800-222-6897, 903-236-4012

HPHD & EHPHD, the secret experimental technology that assisted:

The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain

... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to **YOU**

More Items Available from

INZER ADVANCE DESIGNS
The World Leader In Powerlifting Apparel

800-222-6897
903-236-4012

Inzer Advance Designs T-shirts — 2 color logo
Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White **$8.00**
S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo **$10.00**

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red
S, M, L., XL, XXL **$28.00**

Wrestling Singlets with full 2 color Inzer Advance Designs logo **$33.00**

Wrist Wraps — full length with velcro and thumb loop **$9.95**

Wrist Wraps — heavy duty, full length with velcro and thumb loop **$17.00**

COMPETITION BELTS

Lever Belts

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

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

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

Buckle Belts

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

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

• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality **$29.00**

Chalk — The very best for grip — 1 lb. box of 8 - 2 oz. blocks **$10.00**
1 - 2 oz. block **$2.00**

Suit Slippers — makes putting on tight suits easier. M, L **$19.95**

Ammonia Caps - Box of 12 ..... **$5.00**

T-SHIRTS

(limited availability)

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

OFFICIAL MEET T-SHIRTS

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

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

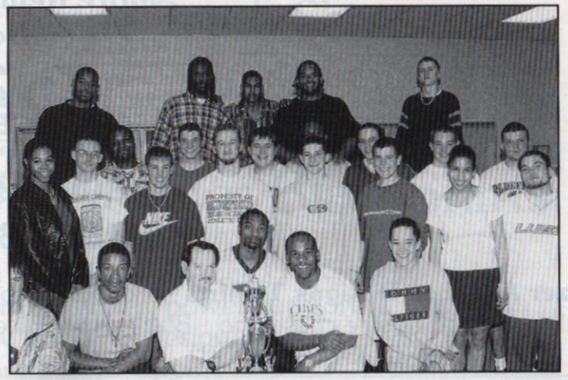
VIDEOS

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

Four Seasons High School Meet
31 Mar 01 - Bluefield, WV

Junior	SQ	BP	DL	TOT
114 lb. (14-15)				
T. Goins	205	150	245	600
C. Traylor	105	80	185	370
123 lb.				
B. Riffe	160	125	255	540
132 lb.				
D. Perdue	225	140	305	670
S. Short	185	135	275	595
148 lb.				
A. Perry	165	160	305	630
J. Brooks	150	135	240	525
165 lb.				
Z. Noble	250	185	350	785
M. Herald	185	175	275	635
181 lb.				
B. Cutlip	205	145	315	665
198 lb.				
A. Williams	300	205	315	820
220 lb.				
S. Keim	280	260	335	875
E. Price	300	150	335	785
242 lb.				
D. Williams	385*	235	455	1075*
275 lb.				
B. Pannell	370	245	445*	1060*
SHW				
C. Matthews	385*	270*	430*	1085*
Senior (16-18)				
114 lb.				
J. Lowe	165	95	245	505
123 lb.				
J. Brezinski	220	145	290	655
B. Tilley	155	125	185	465
132 lb.				
C. Gillespie	135	140	250	525
148 lb.				
J. Vaught	350	235	400	985
L. Harris	305	185	405	895
J. Ernest	275	220	340	835
165 lb.				
D. Thompson	325	175	405	905
W. Brown	260	230	250	740
D. Bailey	205	165	335	705
181 lb.				
N. Haynes	370	240	400	1010
T. Napper	315	205	410	930
J. Prol	260	230	380	870
E. Crandall	225	190	360	775
J. Luckaville	220	165	325	710
198 lb.				
P. Mercer	380	250	425	1055
R. Turpin	360	195	450	1005
T. Keim	350	315	335	1000
J. Hart	325	200	315	840
J. Baker	185	125	225	535
R. Spangler	300	220	—	520
220 lb.				
D. Cox	215	275	415	905
K. Walton	245	205	400	850
K. Peterson	245	215	385	845
242 lb.				
K. Kirk	415	360	425	1200
D. Hercey	285	215	—	500
R. Ernest	855	—	—	385
275 lb.				
J. Blankenship	395	235	455	1085
R. Kinzer	225	265	375	865
SHW				
J. Thompson	365	275	425	1065
G. Davis	225	250	315	790

*=West Virginia State High School Powerlifting Record. MEET DIRECTORS: Paul Sutphin, George Simons. TEAM CHAMPIONS of Sr. Division: 1st Bluefield High School "BEAVERS" Powerlifting Team coached by Paul Sutphin. 2nd High School Powerlifting Team coached by Jack Pack TEAM CHAMPIONS of Jr. Division: 1st Bluefield High School "BEAVERS" Powerlifting Team. SCOREKEEPERS: Beverly Barnett, Kayla Ruble, Jessica Palmer, Candace Tomes. OFFICIALS: Paul Sutphin, Mike Hill, Jack Pack, Guy Greene. SPOTTERS/LOADERS: Stuart Swope, Jonathan Murray. SPONSORS: T&N Trophies, Greater Bluefield Community Center. HIGHLIGHTS: In order to enhance the fluency of those who are taking time to read this article, it is important to activate what should be your prior knowledge of the iron game. A lifting contest IS NOT officially a Powerlifting event unless it consists of the SQUAT, the BENCH PRESS, and the DEADLIFT where all class winners are determined by T-O-T-A-L ONLY. In essence, consider the analogy of the following mathematical equation: SQUAT + BENCH PRESS + DEADLIFT = TOTAL. Remember the order of operations? You must go from left to right by Squatting first, then Benching, and finishing with the Deadlift. A summation of the poundages of all 3 lifts will give you the TOTAL which determines the contest winner. The Award's Presentation should come after EVERYONE has finished lifting. Otherwise, it is impossible to know who actually won. A few of us who are and have been "heavily" involved in Powerlifting are called upon frequently to provide a service to others for the sake of promoting our great sport. During January of 2001, it was decided between myself and veteran Coach Jack Pack of the STATE CHAMPIONSHIP Pikeview Powerlifting Team that a full-scale, Powerlifting event would be great for the participants of Bluefield High School and Pikeview High School. As a result, one of the most successful lifting events to take place across the state of West Virginia coupled with much excitement and enthusiasm was conducted on March 31, 2001 in one of the state's FINEST facilities, the Greater Bluefield Community Center. The 2001 FOUR SEASONS HIGH SCHOOL POWERLIFTING CHAMPIONSHIPS hosted a total of nearly 50 high school lifters. There were 51 lifters entered with 47 who actually competed. Among the 47 who competed, 16 lifters were in the JR. Division (Age 14-15) and 31 were in the SR. Divison (Age 16-18). The BLUEFIELD "BEAVERS" POWERLIFTING TEAM won the Team Championship in both the Jr. and Sr. Divisions. The PIKEVIEW POWERLIFTING TEAM (Winners of the WV State High School Bench Press Championships 3 weeks earlier) finished 2nd. The TOP PERFORMER and overall BEST LIFTER in the competition was KRAG KIRK of Graham High School in Bluefield, Virginia. Krag won 1st Place in the 242 lb. class of the Sr. Division with lifts of 415 SQ, 360 BP, 425 DL for a TOTAL of 1200. Kirk's Bench Press exceeded the existing USAPL VA State Record in the 16-17 age group in the 242 lb. class. Krag will have to lift within the state of VA to lift a mark for an official record. Other lifters from Graham High were TOM KEIM @ 198, Sr. Division, and his brother STEVE KEIM, 1st place winner @ 220 in the Jr. Division. Two of the "Beavers" who broke All-Time WV high School Powerlifting Records were DAVIN WILLIAMS, 1st Place winner @ 242 in the Jr. Division and BRENTON PANNELL, 1st Place Winner @ 275 (also Jr. Division, 14-15 category). Williams had a SQUAT of 385 "raw" and a TL of 1075. Panneli's DL of 445 and TOTAL of 1060 were new State High School Powerlifting Records in their respective weight classes and age groups. The Pikeview Powerlifting Team's top performers were JOHN VAUGHT, winner in the 148 lb. class Sr. Division with 350 SQ, 235 BP, 400 DL for a 985 TL. NATHAN HAYNES (Pikeview), 1st Place in the Sr. Division 181 lb. class with 370 SQ, 240 BP, 400 DL, for a 1010 TL. CHARLIE MATTHEWS (Pikeview) won the Jr. Division in the SHW with lifts of 385 SQ, 270 BP, 430 DL for a 1085 TL. All of Matthew's lifts are new All-Time WV State High School Jr. Division Powerlifting Records in the SHW class (age 14-15). Other exceptional performances were PATRICK MERCER of the "Beavers," winning 1st in the 198 lb. Sr. Division lifting 380 SQ, 250 BP, 425 DL and a 1055 TL. LARNELL HARRIS, also of the "Beavers" nearly pulled a 470 DL @ a bdywt. of 142. All of the "Beavers" Powerlifting Team lifted without the use of supportive gear and did not use knee wraps. I thank everyone who participated. My special thanks to MIKE HILL for his assistance in officiating. You can bet your last dollar that all of my students remember the equation. We are all looking forward to the 2002 event with the exact date TBA. (Thanks to Paul Sutphin for providing these meet results).



The Bluefield "Beavers" Powerlifting Team. *L-R (1st row- kneeling): John Baker, Larnell Harris, Strength Coach & High School Teacher Paul Sutphin, Tony Napper, Jonathan Murray, Kayla Ruble. L-R (2nd row-standing): Jessica Palmer, John Lowe, Brandle Tilley, David Thompson, David Perdue, Andy Perry, Candace Tomes, Patrick Mercer. L-R (3rd row - standing): Brenton Pannell, Jared Prol, Eric Price, Kenny Walton (behind Perdue), Devon Bailey, Zack Noble, Josh Hart. L-R (4th row-standing rear): Davin Williams, Dorian Cox, William Brown, John Thompson, Stuart Swope. Not Pictured: Adam Williams, Marcus Herald, Bobby Cutlip. (Thanks to Paul Sutphin for providing the photo)*

APA Los Banos BP & DL
02 JUN 01 - Los Banos, CA

BENCH			
WOMEN		D. Nunes	450
Open		A. Gerra	405
R. Verble/140	140	275	
V. Crowell/190		M. Cravea	340
4th	175*	SHW	
MEN		A. Ramsey	555
Teenage		DEADLIFT	
T. Nunes/198	320	WOMEN	
D. Nunes Jr/198	320	Open	
Masters 40-49		R. Verble/140	215
A. Ramsey/345	555	V. Crowell/190	245
D. Nunes/198	450	MEN	
D. Rene/173	315	Teenage	
Masters 50-59		D. Nunes Jr/198	475
D. Cone/220	340	Masters 40-49	
Masters 60-69		A. Ramsey	540
J. Peters/220	220	V. Reyes	390
Open		Open	
198		275	
		M. Cravea	455

Best Lifters: Art Ramsey (BP); David Nunes Jr. (DL). I would like to give special thanks to our sponsors Gatorade, Coca Cola, Costello Supplements, and Universal Nutrition. Each sponsor gave something to contribute to making this event more memorable for all. I'd also like to thank all the referees, spotters & loaders for doing a great job. Some great lifting was done and some new California records were set. The updated records will be published on the APA California website. Stay tuned as another APA event comes to Los Banos in August. (Thanks to Scott Taylor, APA President, for these results).

WHOLESALE NUTRITION
MEGA-STORE
We Can't Be Undersold...Guaranteed!
•We Carry All Major Nutritional Lines
•All Lines Discounted Daily 40% To 80% Off Retail Prices
•We Ship UPS Ground The Same Day You Order
•FREE Shipping For All Orders Over $100.00
•We Stock Over 20,000 Items
VISA MasterCard AMERICAN EXPRESS DISCOVER
891 1/2 State Road 436, Casselberry, FL 32707
(407) 261-9383 Fax (407) 261-9384
MAIL ORDERS: Call For The Most Competitive Price Available!
VISIT OUR WEB SITE AT:
WWW.NUTRITIONMEGASTORE.COM
(800) 215-2667

Natural Midwest Open: *(l-r) bottom Steve Andrews, Mike Spradling, Maria Scholten, Adam Miller, Christian Carter, Chris Gillentine; standing, Dave Barta, Andra Taylor, Joel Miller. Not shown: Andy Barr & D. Burlingame*

Natural Midwest Open
10 JUN 01 - Freeport, IL

BENCH			
Men		A. Barr	305*
Open 275		Open	
D. Barta	385	SHW	
SHW		A. Miller	595
J. Miller	365	Master 275	
DEADLIFT		A. Taylor	465
MEN		WOMEN	
Teenage 148		Open 220	
MEN		M. Scholten	300*
Teenage	SQ	BP	DL	TOT
165				
S. Andrews	395*	305*	395*	1095*
C. Carter	330*	205	345*	880*
181				
M. Spradling	385	290	385	1060*
Open				
165				
S. Andrews	395*	305*	395*	1095*
C. Gillentine	255	155	420*	840*
220				
D. Burlingame	765	390	665	1820*
Masters				
220				
D. Burlingame	765	390	665	1820*
275				
A. Taylor				

The Natural Midwest Open turned out to be an excellent meet. The meet was held in Freeport, IL sponsored by Pro Lab Nutrition, House of Pain Ironwear, Powerlifting USA, Optimum Nutrition and Powermag Magazine. I'd like to thank all our sponsors for their support with our drug free event. In the full meet, we had some great teenage lifters! Steve Andrews, 15 years old, won the 165 lb. class with a 395 squat, 305 bench, and a 395 deadlift, which gave him an awesome 1095 total. Second place went to Christian Carter-lifting without the use of any lifting gear. Christian finished the day with a 330 squat, 205 bench, 345 deadlift and a total of 880 lbs. Mike Spradling lifted in the 181 lb. teenage class also with no lifting gear. Mike put up a strong 385 squat, 290 bench, 385 deadlift for the win with a total of 1060 lbs. Once Christian and Mike get in some lifter gear, look out! All three of these lifters have a big future in our great sport. In the men's 165 open class, 15 year old Steve Andrews took the win with a 1095 total! Taking second in the 165 open was Chris Gillentine lifting in his first full meet. Chris had a 255 squat, 155 bench, and a great 420 lb. deadlift to give him a total of 840 lbs. Duane Burlingame won the 220 open and 220 masters with a 765 squat, 390 bench, 665 deadlift for a total of 1820. Andra Taylor lifting in his first full meet competed in the 275 lb. masters and was unable to get a squat in due to depth. Andra, then went on to enter the deadlift event. In the bench press event, big Dave Barta lifting in the 275 open class had an off day only getting his opener of 385. Way under his potential! SHW lifter Joel Miller also had an off day only getting his opener of 365. Bad day for our only two bench press lifters. In the deadlift only event, Andy Barr lifting in his first meet after working out only 2 months pulled 305 to take the win in the 148 lb. teenage class. Andra Taylor won the master men's 275 class with 465 lbs. Andra was also one of the winners for our prizes we gave away. Adam Miller lifting in the SHW class pulled 595 for the win. He can do a lot better. Maria Scholten asked to lift last due to first time nerves I would imagine. Maria pulled a great 300 lb. deadlift to win the women's 220 open class. Again, thank you Pro Lab Nutrition, House of Pain Ironwear, Powerlifting USA, Optimum Nutrition, and Powermag Magazine. Thanks to our spotters, loaders, and judges, Paul Mercado, Dave Barta, Robert Thomas, and Rich Andrews. A special thanks to Dave Barta's daughter for handing out the trophies and drawing names! Til next time train hard, heavy and drug free. Set a good example for our sport and support Mike Lambert, Powerlifting USA and all the quality meet directors and companies that help our great sport. (Thanks to Duane Burlingame for providing these results).

NASA Ohio Regional
30 Sept 00

Pwr Sports		138 lb. M2	
BENCH		D. Holzbaur	105
SHW Int.		154 lb.	
C. Newlin	230	S. Tharp	125
170 lb. Jr.		S. Stewart	150
D. Huff	135	205 lb. M2	
187 lb.		B. Bean	170
D. Toschbg	142.5	W. Smallwood	155
M2		W. Monroe	205
J. Abney	137.5	154 lb. M3	
205 lb.		H. Rome	400
W. McGonagle	115	205 lb. M5	
M5		B. Bean	170
Wigglesworth	155	Nat.	
Nov.		B. Pool	160
B. Pool	160	170 lb. Novice	
Pure		D. Cherer	160
B. Pool	160	187 lb.	
SM		D. Rohrer	175
B. Pool	160	J. O'Brien	120
227 lb.		205 lb.	
J. Christy	137.5	Q. Scott	155
CURL		154 lb. Pure	
170 lb. M3		C. Collins	165
J. Klein	35	170 lb.	
250 lb. M5		D. Cherer	160
Wigglesworth	75	205 lb.	
227 lb. SM		B. Pool	160
J. Ritzier	65	Q. Scott	155
J. Christy	60	227 lb.	
DEADLIFT		T. Davis	167.5
205 lb. M2		167.5 lb.	
W. McGonagle	182.5	J. Watkins	~~222.5~~
187 lb. M3		250 lb.	
D. Jenkins	237.5	I. Thomas	210
PwrLifting		B. Maupin	200
BENCH		227 lb. SM1	
170 lb. Int.		C. Smith	175
J. Elick	445	SHW	
227 lb.		N. Berkner	~~130~~
T. Davis	167.5	205 lb.	
119 lb. Jr.		SM2	
D. Coins	82.5	B. Pool	160
170 lb.		227 lb.	
D. Huff	135	J. Ritzier	182.5
280 lb.		I. Thomas	210
R. Bogennife	182.5	250 lb.	
P. Kern	187.5	B. Maupin	200

PwrSports	CR	BP	DI	TOT
205 lb. M1				
T. Boyer	60	162.5	190	412.5
M5				
T. Boyer	60	162.5	190	412.5
187 lb. Novice				
S. Spade	62.5	152.5	227.5	442.5
S. McGrath	47.5	120	187.5	355
227 lb.				
Novice				
J. Christy	60	137.5	182.5	380
Pure				
J. Christy	60	137.5	182.5	380
170 lb. SM				
P. Green	65	140	222.5	147.5
227 lb. AM				
J. Christy	60	137.5	182.5	380
PwrLifting	SQ	BP	DL	TOT
127 lb. HS				
C. Smith	112.5	82.5	127.5	322.5
154 lb. HS				
L. Dodson	140	87.5	155	382.5
138 lb. Int				
S. Edwards	1170	102.5	152.5	425
205 lb.				
T. Redman	217.5	165	257.5	640
R. Anderson	190	167.5	242.5	600
JR				
J. Blake	227.5	125	240	592.5
170 lb. M1				
R. Hamsher	192.5	135	220	547.5
205 lb. M1				
D. Bledsoe	445	147.5	180	472.5
138 lb. M2				
D. Holzbaur	155	105	170	430
154 lb. M2				
S. Tharp	177.5	125	200	502.5
187 lb. M2				
S. Miscoi	165	120	172.5	457.5
L. Donahue	155	107.5	170	432.5
205 lb. M2				
M. McGonagle	207.5	115	182.5	505
227 lb.				
B. Donovan	220	112.5	235	567.5
154 lb. M3				
R. Dodson	162.5	77.5	175	415
170 lb.				
J. Klein	52.5	95	62.5	220
138 lb. M5				
D. Holzbaun	155	105	170	430
205 lb.				
M. McGonagle	207.5	115	182.5	505
315 lb.				
A. Women	240	160	215	615
205 lb. MPure				
G. Krouse	192.5	142.5	210	545
138 lb. Net				
S. Edwards	170	102.5	152.5	425
138 lb. Novice				
S. Bray	137.5	115	175	427.5
187 lb.				
D. Rohrer	205	175	215	595
187 lb. Novice				
B. Allay	205	137.5	245	587.5
B. Lickliter	227.5	167.5	232.5	627.5
205 lb. Novice				
T. Smith	212.5	137.5	227.5	577.5
D. Mien	140	122.5	187.5	450
L. McClellan	207.5	147.5	185	245
170 lb.				
Pure				
J. Murphy	217.5	177.5	220	615
205 lb.				
D. Rothgery	305	177.5	250	732.5
C. James	172.5	92.5	195	460
T. Snow	172.5	102.5	140	415
S. Emmehainz	280	320	287.5	835
280 lb.				
D. Pounds	225	195	260	680
127 lb. SM1				
T. Johnson	82.5	32.5	95	210
187 lb.				
S. Hunt	215	147.5	200	562.5
205 lb.				
L. McClellan	207	~~147.5~~	185	245
J. Hoskinson	297.5	220	230	747.5
R. Matthews	212.5	147.5	215	575
280 lb.				
R. Gilmore	212.5	155	240	507.5
187 lb.				
SM2				
B. Bishop	237.5	167.5	272.5	677.5
205 lb.				
W. Snapp	215	142.5	215	572.5
J. Broadhurst	175	137.5	200	512.5
280 lb.				
C. Ferguson	~~272.5~~	—	—	-272.5
118 lb. WM1				
L. Lowery	95	57.5	105	257.5
170 lb. WM2				
S. Fischer	85	60	100	245
119 lb.				
WMPure				
L. Lowery	95	57.5	105	257.5
WNov.				
M. Lickliter	82.5	55	112.5	250

(Thanks to Mike Adelmann for these results)

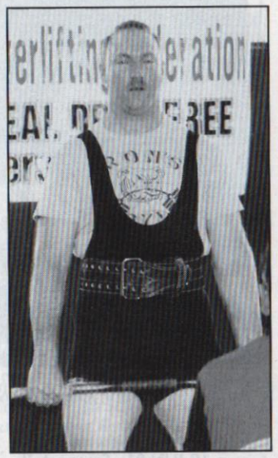
LOUIE SIMMONS PRESENTS
Training Secrets of Westside Barbell Club
NOW ON VIDEO!
Squat Workout $54.95
Bench Press Workout $49.95
Bench Press Secrets $35.95
Squat Secrets $29.95
Dead Lift Secrets $29.95
T-Shirts (M. L. XL. 2XL. 3XL) $14.95
Shipping/handling $5.00
Send check or money order to:
Westside Barbell Club
1417 Demorest Road
Columbus, OH 43228
back view of dog appears on back of t-shirt

WNPF Lifetime Nationals
23-24 Jun 01 - Youngstown, OH

BENCH		N. Catsoules	360
Assisted		220 lb. (40-49)	
123 lb.		B. Misorski	260
Lifetime		Lifetime	
S. Petrencak!	330*	I. Hill	265
(33-39)		242 lb.	
S. Petrencak	330*	Lifetime	
181 lb.		S. Cooke!	430
Lifetime		(33-39)	
T. Richards	370	S. Cooke	430
(40-49)		275 lb. (40-49)	
J. Fiumara	375	D. Pounds	390
T. Richards	370	SHW (40-49)	
198 lb.		T. Ramey	400
Lifetime		Assisted	
S. Knight	460	SQUAT	
242 lb.		165 lb.	
Lifetime		Lifetime	
P. Vargo!	475	A. McVaney	590*
275 lb.		198 lb.	
(33-39)		Lifetime	
P. Aracre	475	S. Rowe	555*
(33-39)		275 lb. (33-39)	
B. Beck	400	J. Peshek	700*
SHW		Raw	
(40-49)		165 lb. (14-16)	
J. Wilson	135	J. Bednar	225*
220 lb.		181 lb.	
S. Popovich	355	Lifetime	
Raw		M. McNinch	475*
WOMEN		220 lb.	
105 lb.		Lifetime	
Lifetime		I. Hill	365*
S. Hennebert	60	242 lb. (40-49)	
123 lb. (33-39)		B. Lovejoy	450
T. Misorske	70	Assisted	
MEN		DEADLIFT	
132 lb. (17-19)		165 lb.	
J. Colley	160	Lifetime	
148 lb. (17-19)		A. McVaney	565
J. Tammaro	230	198 lb. (60-69)	
165 lb.		J. Herbine	530
Lifetime		220 lb. (40-49)	
L. Tyler	280	J. Adams	550
(14-16)		242 lb. (50-59)	
J. Bednar	170*	B. Baron	550
181 lb. (14-16)		275 lb.	
M. Kustoff	190	Lifetime	
(33-39)		J. Miller	520
K. Kopczynski!	370	(33-39)	
(70-79)		J. Peshek	610
E. Misorske	190	Raw	
(40-49)		165 lb. (14-16)	
J. Beal	345*	J. Bednar	275
(50-59)		198 lb.	
E. Freeman	310*	Lifetime	
198 lb.		J. Dawbler	440
Lifetime		220 lb.	
J. Schaffer	395	Lifetime	
C. Durant	380	I. Hill	460
N. Catsoules	360	(40-49)	
(33-39)		B. Misorske	410
Assisted	SQ	BP DL	TOT
WOMEN			

85 years young, *Anna Kowalski is pulling her last deadlift . (All photographs by Karen Deamicis).*

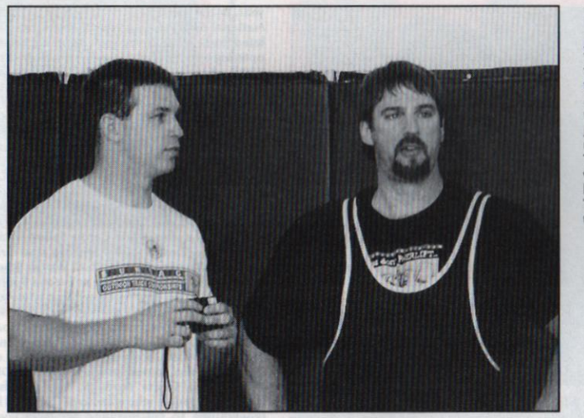
148 lb. (14-16)				
S. Schaffer	225	125	250	600
165 lb. Lifetime				
B. Wessler!	330	250*	375	955
MEN				
132 lb. (17-19)				
P. Mauro	340	240*	400*	980*
148 lb. (14-16)				
J. Ashworth	345	190	360	895
165 lb. Lifetime				
A. McVaney	590	320	565	1475
N. Mercorelli	500	385	460	1345
J. Elsberry, Sr.	405	345	450	1200
(33-39)				
A. McVaney	590*	320	565	1475*
(40-49)				
J. Elsberry, Sr.	405	345	450	1200
181 lb. Lifetime				
J. White	575	355	600	1530
198 lb. Lifetime				
S. Rowe	605	350	555	1510
D. Polis	550	375	550	1475
(33-39)				
D. Polis	550	375	550	1415
(50-59)				
J. Phillips	530*	365*	505	1400*
(60-69)				
J. Herbine	350	235	530	1115
Police/Fire				
S. Barker	525	315	500	1340
220 lb. Lifetime				
T. Adams	575	350	550	1475
(33-39)				
E. Alexander	460	350	430	1240
(40-49)				
J. Adams	575	350	550	1415
(50-59)				
B. Schaffer	450	310	450	1210
(70-79)				
M. Huff	400	240*	400	1040
Police/Fire				
A. Phillips	450	265	480	1195
(60-69)				
P. Manion	415	260	475	1210
242 lb. Lifetime				
T. Kristoff	710	405	6050	1730
R. Burress	580	465	585	1630
D. Peterson, Jr.	660	480	550	1580
275 lb. Lifetime				
D. Coleman!	650	505	650	1805
J. Miller	500	365	520	1385
(33-39)				
P. Aracre	630	475	500	1605
(40-49)				
T. Desantis	560	385	490	1435
SHW Lifetime				
J. Yoder	570	380	550	1500
Police/Fire				
J. Yoder	570*	380*	530*	1500*
Raw WOMEN				
123 lb. (80-89)				
A. Kowalski	40*	40*	75*	155*
148 lb. (14-16)				
J. Kreamb	190	100	245	535
165 lb. 940-49)				
D. Cairns	95*	75*	170*	340*
SHW (40-49)				
B. Lahr	145*	120*	220*	485*
(60-69)				
A. Collins	105*	90*	205*	400*
MEN				
165 lb. (14-16)				
J. Bednar	225	170	260	655
181 lb.				
(33-39)				
N. Kadle	455	330	545*	1330*
M. McNinch	475*	330	365	1170
(70-79)				
B. Creech	210*	120*	260*	590*
198 lb. Lifetime				
J. Schaffer	420	395	450	1265
J. Daubler	465	350	440	1255
(50-59)				
R. Doll	275*	185*	355*	815*
220 lb. Lifetime				
G. Titsevich	470	355	565	1390
D. Taylor, II	480	305	550	1335
J. Verrico	430	300	550	1280
J. Befue	375	325	450	1150
I. Hill	365	265	460	1090
Poloce/Fire				
J. Begue	375	325	450	1150
(40-49)				
B. Misorski	365	260	410	1035
275 lb. Lifetime				



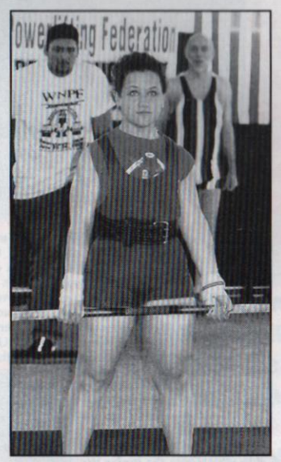
Police/fire 220 lb. *champion, Allen Phillips. (Karen Deamicis)*

T. Kustoff!	710*	415*	605	1730
B. Hennebert	510	350	400	1260
(33-39)				
T. Kristoff	710*	415*	605	1730*
242 lb.				
(40-49)				
B. Lovejoy	450	355	500	1305
275 lb. (40-49)				
D. Pounds	585*	390*	625*	1600
R. Luklan, Sr.	480	400	525	1405

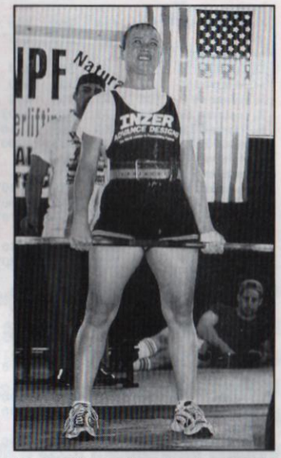
!=Best Lifter. *=National Record. The 2001 lifetime nationals were recently held at the Austintown community center with seventy lifters coming from several states to compete for national titles. In the assisted powerlifting women's divisions Sarah Schaffer returned to once again win her division and Brooke Wessler set an American record winning her class and also best lifter. In the men's divisions teens, Pete Mauro and Josh Ashworth turned in fine totals with Mauro setting two American records. In the 165 lb. lifetime division a close race took place with Allen McVaney winning the class and also placing first in the single lifts in his divisions. Johnny Elsberry Sr. took the Masters division and John White turned in a fine total in the 181 lb. class. In the 198 lb. class Scott Rowe and Dave Polis battled with Rowe edging out Polis in the lifetime division with Polis winning the Submasters. Other master lifters John Phillips and John Herbein turned in strong totals with Phillips setting three new records and Herbein also winning in the single lift deadlift. In the 220 lb. classes, a strong total was turned in by Jerry Adams winning the lifetime and masters divisions. Ed Alexander took the Submasters and Allen Phillips arrested the police division. Bill Schaffer returned to once again win a masters division and Melvin Huff did the same setting a new record. Paul Manion won his division rounding out a strong group of 220 lb. masters. In the 242 lb. class three strong lifters competed in the lifetime division with Tom Kristoff taking the title. The 275 lb. class lifters turned in some high totals with Tony Desantis winning the master class and Palmo Aracri winning the submasters. Dave Coleman took the lifetime division on his way to winning best lifter. SHW Jeff Yoder did some strong lifting winning the lifetime and police divisions setting all new records in the police/fire/military division. In the raw powerlifting classes teen lifter Jessica Kramb, hit personnel bests winning her division. Four wonderful ladies came down from Michigan to compete in the women's master classes with classes being won by 85 year young Anna Kowalski, Beverly Lahr, Darlene Cairns, and Anna Collins. Along with these ladies came their coach master Ben Creech who won his division setting all new records. New records were also set by all the female lifters, and Ben was also a pleasure to be around. In the men's divisions teen Jay Bednar won his division along with a couple of single lift divisions setting a record in the squat. Nathaniel Kadle and Mike McNinch battled in the 181 lb. submaster division with Kadle taking the class and new records being set by both lifters. In the 198 lb. classes Josef Schaffer and Join Daubler battled with Schaffer winning the division but Daubler won the single lift deadlift. Schaffer also won the bench in the lifetime division in another close battle. Robert Doll set all new records winning a masters division. In the 220 lb. class five lifters battled in the lifetime division with fine totals being posted by all the lifters as Gary Titsevich took the class followed closely by Donn Taylor who hit some personnel bests. Jeffrey Begue won the police/fire division and lifter Ian Hill did well in the single lift classes. Bill Misorski returned to win his masters class and also did well in the single lifts. In the 242 lb. classes Tom Kristoff took the lifetime and submasters classes setting four new records and best lifter. Brad Hennebert also turned in a fine total just missing a 640 lb. deadlift. Brad Lovejoy returned to win his masters division and also did well in the single lifts. In the 275 lb. class Dirk Pounds and Richard Lukland battled with pounds winning the division setting new records and also doing well in the single lifts. In the single lift bench assisted Steve Petrencak won two divisions setting a new record and winning best lifter in the lightweight classes. Paul Vargo took best lifter in the heavier classes winning his division. Tim Richards and Joe Fiumara battled in the 181 lb. masters division with Fiumara edging out Richards who won the lifetime division. Still recovering from an injury, Shawn Knight pushed up a strong lift to win his class as did Bill Beck and Steve Popovich who hit a personnel best. In the raw bench female lifters Shaunna Hennebert and Tina Misorski won their classes being new-comers to the sport. In the men's divisions teen lifters Joe Corley, Joe Tammaro and Jay Bednar put up fine lifts with Bednar setting a record. Larry Tyler and Steve Cooke came from Dayton to win their divisions with Cooke taking best lifter. Mike Kristoff came along with his father Tom and took the 181 lb. teen division. Also in the 181 lb. classes master lifters Ed Misorski, John Beal and Ed Freeman pushed up fine lifts with Beal and freeman setting new records. Nick Catsoules took the 198 submaster division and Thomas Ramey did well in the SHW masters division. Several fine single lift deadlifts were pulled and single squat records were set by several lifters. A special congratulations is to be sent out to newlyweds Brad and Shaunna Hennebert who were married on the 23rd and came and lifted on the 24th. Also thanks to all my spotters and judges who as always do a great job and to Stan Watson and Bill Kenny. And as always thanks to all the lifters and spectators who made this meet a great one. (Results provided by Ron DeAmicis).



198 lb. champion, *Scott Rose (left) and 242 lb. champion and best lifter, Tom Kustoff discuss strategy. (Photograph by Karen Deamicis).*



Teen Champion: *Sarah Schaffer*



Teen Champion: *Jessica Kramb*

World Natural Powerlifting Federation (WNPF)
Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ _____ DATE OF BIRTH _____ _____ _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

REGISTRATION FEE
$10.00 SPECIAL OLYMPICS
$15.00 HIGH SCHOOL
$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ _____ _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away fromcompetition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

CAPITOL DI$COUNT NUTRITION
$$$AVE Big Bucks on Top Name Supplements & Vitamins!!!
Call 1-800-499-4810

MuscleTech CellTech 4 lbs.	Retail: $59.99	Capitol: $36.29
Optimum Amino 2222mg. 300 caps	Retail: $30.99	Capitol: $17.49
Twinlab ZMA Fuel 90 caps	Retail: $24.99	Capitol: $14.99
Sportpharma Nutriforce 20 servings	Retail: $48.95	Capitol: $24.49
Optimum 5 Lb. Whey	Retail $39.95	Capitol: $22.49

WE CARRY SUBLINGUAL AND TRANSDERMAL ANDROS, THE **MOST POTENT** FORMS OF ANDRO LEGALLY AVAILABLE.

30-55% off on all brands ALL THE TIME!!!
THOUSANDS of items in stock

- Powerlifters & Bodybuilders on staff to answer calls and questions
- FREE DELIVERY on all net orders of $200 or more
- CHICAGO AREA CUSTOMERS: Free Delivery available with no $200 minimum

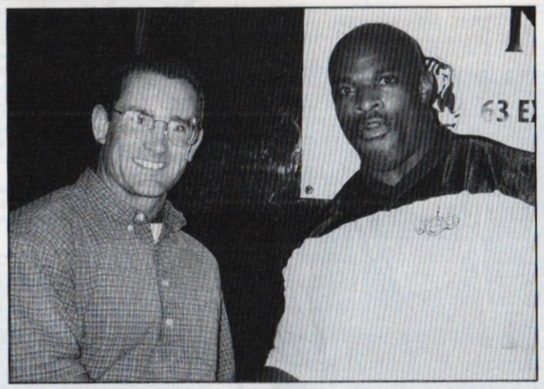
CAPITOL DISCOUNT NUTRITION
5480 159th Street
Oak Forest, Illinois 60452
1-800-499-4810

BioChem, Champion, Country Life, Cytodyne, EAS, Enzymatic Therapy, Labrada, Kaizen, Muscle Iinc, MuscleTech, Nature's Best, Next, Optimum, Solaray, Sportpharma, Twinlab, Worldwide AND MANY MORE!

USPF New Hampshire State
24 Mar 01 - Manchester, NH

WOMEN	SQ	BP	DL	TOT
Junior				
M. Roose-113	205*	105*	225	535
4th			230*	540*
Open				
A. Rogers-112	225*	150*	280	655
4th			290*	665*
M. Ferrara-113	140	110	200	450
4th	160*		210*	480*
C. Khoury-146	175	110	205	490
4th	190*	120*	215*	525*
Submaster				
M. Ferrara-113	140	110	200	450
4th	160*		210*	480*
Master				
C. Khoury-146	175	110	205	490
4th	190*	120*	215*	525*
MEN Junior				
D. Fragola-156	290	240	300	830
M. Wilusz-155	200	160	300	660
S. Wilusz-197	225	155	250	630
R. Lustman-259	405	275	425	1105
E. Thornell-211	370	350	490	1210
T. Heald-225	475	320	505	1300
R. Holmes-171	345	Bomb	—	—
Submaster				
T. Saunders-379	820*	475*	135*	1430*
J. Pettigrew-192	450*	325*	515*	1290*
J. Morrison-176	405*	310*	455*	1170*
Master 220 lb.				
B. Bailey-218	400*	300	450	1150
4th		310*	470*	1180*
Open 148 lb.				
C. Rogers	365	205	410	980
J. Paquette	335	275	350	960
165 lb.				
M. Hall	530	305	470	1305
181 lb.				
J. Morrison	405	310	455	1170
198 lb.				
J. Ascani	520	370	600	1490
D. Dore	445	295	590	1330
220 lb.				
S. Burbank!	650	500	700	1850
275 lb.				
S. Grey	585	Bomb	—	—
SHW				
T. Saunders	820	475	135	1430

*=USPF NH State Record. !=Best Lifter. Referees: Jamie Fellows, Rod Roy, Dave Miller, Dave Follansbee. Announcer: Rocco Boulay. Expeditor: Carole Fellows. Submaster Men, and Masters Men divisions are listed by lifters weight class for Powerlifting USA Ranking, and not necessarily by placement at the competition. This year's contest was held at the Comfort Inn in Manchester, NH. A great venue conveniently located off of Exit 4 on Interstate 293, it hosted one of the best contests I've ever seen! It was a little overcrowded, but we made due and had much exceptional lifting! And, my apologies to the lifter who complained to everyone (except me), about the the lack of music (and everything in general), but this is powerlifting, not the Fitness America... Never in my eight years of this sport have I seen such a great group of people! You guys can all come back to my contests anytime! Even WMUR Channel 9 came by to check out the action this year and broadcasted the event at 6 and 11 pm on March 24! They have also told me that they plan to return again next year! This truly was a breakthrough year in New Hampshire powerlifting! We had an exciting day with many New Hampshire records being set by many incredible athletes! In the junior Women's division, Meighan Roose set the record book on its ear and established many new state records which will stay for many years to come, I'm sure! Watch for her to dominate at the Junior Nationals very soon! In only their second contests and with 3 months each of powerlifting training ever, Marcy Ferrara and Carol Khoury dominated the women's open and Sub Master and Masters divisions, breaking many records between them. Carol destroyed her own records established back in January at the Granite State Championship in Concord and pulled an easy 215 deadlift which had escaped her back in January and Marcy came back to re-establish all of her records as well. And to think Marcy was on a Caribbean cruise just 2 weeks before the contest and entered on a whim! Jeff Morrison returned to the platform to break not only 9 year old submaster squat and deadlift records, but his own bench record set back in 1999, and he destroyed the total record to boot by 135 lbs.! Jeff is coached by 5-Time World Champion Rocco Boulay and should have that bench in the 400's in no time! Way to go, Jeff! In the Master Men's division, Bill Bailey, not only set the records, but he destroyed them! In the men 220 lb. 60-64 age division, Bill set some big numbers like 400, 310, 470 (!) that I'm sure will stand for many years, unless Bill decides to come back next year to take another crack at his new marks! John Pettigrew also had a fine day of lifting with submaster 198 lb. records set across the board! 2001 marked the return of Charlie Rogers who had a fine win at 148. Mark Hall was alone at 165, but with his numbers, it wouldn't have mattered as he would have dominated his competition. Joe Ascani joined us this year in the 198s with some fine lifting including a big 600 deadlift, which is just behind the state record 645, which belongs to the Power Zone's owner, Bob Rogers. I'm sure he'll have that record next year. 220 lb. winner Scott Burbank came in with big numbers to win the best lifter along his way to the USPF Sr. Nationals and WPO competition later this year. In the men's Open SHW, 2000 USPF Sr. National SHW Champ Tony Saunders annihilated the SHW squat record with his big 820 lb. opening attempt that seemed incredibly easy! 820 lbs. broke Matt Jurkovics record of 685 set way back in 1991. A jump to 880 proved to be a bit much and provided him with a bit of a quad injury, but Tony has done an official 903 at last years seniors, so he'll be back- better than ever! Even with an injury Big Tony still had enough in him to also break Dan "Tank" Tanguay's record of 445 with a strong 475. Get better soon, Tony. Tank assures me that record will fall, so perhaps we shall have a big SHW show down soon! Special thanks go out to Rocco Boulay, Jamie and Carole Fellows, Rod Roy, Lance Taylor, Jeff Compton and Eric Hillman, Marc Jacobs, "Tat Rat," Wayne Bowling, and rest of the the gang at Europa Sports who support my USPF powerlifting contests, Dale "Squirrel" Murdough (next year, buddy, next year...), Jeff Morrison, Dave Miller, Mom and George, William Dugay, Don Papciak and Steve, Ron Walsh, and everyone else for all of their help. Also, to our sponsors: NUTRITION 101, Europa Sports Products. We are also looking for people who want to get involved in powerlifting to get qualified for state level referee status as well as spotters and loader for next year. Contact me at 603-626-5489 to schedule a competition to test at. Remember, to see what's happening in New England powerlifting and for NH State Records, check out our USPF NH State website:
www.americanpowerlifting.com
or www.usabodybuilding.com. See ya all next year! (Thanks to Dave Follansbee, NH State Chair, for providing the results of this meet).



Jeff Morrison, seen here with Mr. Olympia Ronnie Coleman, won the men's open 181 class and broke one state record by 135 lbs. at the USPF New Hampshire State Meet. (photo by Krista Martineau).

NASA Lubbock Open
26 May 01 - Lubbock, TX (kg)

PwrSports	250 lb.	
BENCH	J. Fry	230
154 lb. Int	SQUAT	
R. Fragoso	127.5	187 lb. Jr.
170 lb. MS	C. Zielke	125
J. Carranza	112.5	PwrLifting
290 lb. Nov	BENCH	
S. Hurley	135	187 lb. M1
CURL	K. Simmons	145
205 lb. CM1	280 lb. MS	
R. Green	57.5	J. Tarter 165
M. Dorman	67.5	315 lb.
138 lb. HS	R. Sewell	115
J. Krobot	167.5	205 lb. Nov
170 lb.	C. Washburn	182.5
J. Jasper	227.5	T. Brown 192.5
187 lb.	SM2	
O. Griego	190	M. Sowell 157.5

PwrSports	CR	BP	DL	TOT
119 lb. Jr.				
C. Griffith	30	52.5	115	197.5
138 lb.				
C. Washington	22.5	45	92.5	160
M. Stark	17.5	27.5	60	105
187 lb.				
C. Zielke	42.5	87.5	170	300
154 lb. Nov				
D. Romero	20	27.5	80	127.5
250 lb.				
K. Garrard	77.5	142.5	207.5	427.5
110 lb. Pure				
B. Silva	15	35	65	115
250 lb. SM2				
T. Brown	92.5	182.5	257.5	532.5
164 lb. Teen				
T. Brown	42.5	72.5	142.5	257.5
101 lb. WNov				
R. Garrard	20	35	75	130

PwrLifting	SQ	BP	DL	TOT
250 lb. M1				
S. Cyranoski	322.5	197.5	265	785
M2				
G. Anderle	116.5	135	235	555
200 lb. MS				
J. Tarter	227.5	155	207.5	590
187 lb. Nov				
C. Rimmer	237.5	147.5	245	630
250 lb.				
S. Evans	172.5	120	236	521.5
Pure				
C. Rimmer	237.5	147.5	245	630
187 lb.				
R. Sema	190	105	210	595
227 lb.				
M. Doman	180	147.5	202.5	530
187 lb. SM1				
C. Rimmer	237.5	147.5	245	630
200 lb. SM2				
B. Castillo	270	177.5	225	672.5

(Thanks to Mike Adelmann for these results).

Application for Registration
UNITED STATES POWERLIFTING FEDERATION
(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat 1 Cat 2 Nat State	Y N	Y N	Y N

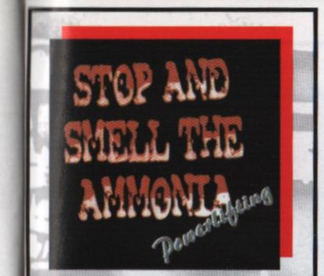
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

Registration Fee $25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

NOTE: $10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial _____ Signature _____



AMMONIA

HOLD THIS

GREAT DIVIDE

CHALK OUTLINE

LOGO MAN

We Sell ATTITUDE!
Put Some in Your Next Workout!

X-L Gym Bag ($49) 28"x14"x13"

Medium Gym Bag ($35) 20"x11"x10"

Large Gym Bag ($41) 24"x12"x11"

Need a gym bag with your name embroidered on it? We're the best place, with the best gym bags, and it's still only $1 to custom embroider your name on a **GYM BAG or JACKET!**

- Singlets
- Inzer Bench Shirts
- Inzer Squat Suits
- Max D/L Suits
- Hardcore Squat Suits
- Knee Wraps, Wrist Wraps
- Groove Griefs
- Ammonia, Chalk and everything else you need!

Brand New Catalog

Need powerlifting and supportive gear? We've got it all! Sure, you can get it from a lot of people, but if you have questions about sizing, call us. Still not sure about your size in a new **Squat Suit** or **Bench Shirt**? No problem! We'll keep exchanging until you say it fits. Want to try one of the new **Inzer Max D/L Suits**, or **Hardcore Squat Suits**? They're in stock in most sizes, and we will make sure it fits.

Tell you what; mention this flier when you buy $100 worth of powerlifting gear- and we'll throw in a free "House Of Pain Meet T-shirt"! Meet T's have the H.O.P. logo in front center chest so it shows between the straps of a Singlet, SQ Suit, or D/L Suit! Even if you're ugly, you'll look sharp at your next meet.

All of these DESIGN **T-SHIRTS** have the H.O.P. logo on the left chest, and these thought provoking designs on the full back. Preshrunk heavyweight 100% cotton t-shirts for long lasting comfort. Only $13 in M-XXL, and $14 in 3X & 4X.

Call 24 hrs a day to order, and get a live operator on every call.
1-888-463-7246 (1-88-H-OF-PAIN)
fax: 972-772-5644
or mail:
House Of Pain, P.O. Box 333
Fate, TX 75132

DISCOVER AMERICAN EXPRESS MasterCard VISA

HOUSE OF PAIN IRONWEAR

ustom Embroidery Still Only $1

XL Gym Bag ($49)
28" X 14" X 13" Colors? Black
Perfect size for P/L meets!

t everything you need for your WORKOUT?
ow about a Gym Bag to put it all in?

t one for your daily trips to the gym, and then get a bigger one
r your meets and trips. We ll embroider your name on both, so
one will try to borrow it !

Monster Travel Bag ($59)
30" X 16" X 14"
Colors? Black

Medium Gym Bag ($35)
20" X 10" X 10"
Colors? Black, Red, Royal

Leather Gym Bag ($79)
24" X 10.5" X 12"
Colors? Solid Black

Small Gym Bag ($29)
16" X 9.5" X 9"
Colors? Black

What Size Do You Want?

Large Gym Bag ($41)
24" X 12" X 11"
Colors? Black, Red, Royal

HOUSE OF PAIN
IRONWEAR

ention this flier (code:PLUSA) and get 10% off your order!

ention this flier when you buy $100 worth of powerlifting gear- and we ll throw in a free House Of Pain Meet T-shirt !

AAU Fitness Depot BP
19 May 01 - Plymouth, NC

Overall		A. Beane	370
114 lb.		220 lb.	
L. Norman	145	D. Brown	400
A. Biggs Jr.	105	242 lb.	
132 lb.		S. Lucks	390
T. Boatwright	145	275 lb.	
C. Biggs	140	C. Elliott	500
R. Biggs	70	A. Ange	425
148 lb.		Junior 242 lb.	
E. Ownley	225	W. Leary	370
B. Zak	205	Teen 105 lb.	
J. Webb	190	A. Biggs Jr.-13	370!
J. Frenchak	175	114 lb.	
G. Pike	135	L. Norman-17	145!
K. Purington	125	132 lb.	
165 lb.		T. Boatwright-16	145
V. Purvis	285	R. Bigs-10	70
J. Blyden (TBL)	275	148 lb.	
B. Norman	265	E. Ownley-17	225
C. Clay	205	J. Webb-15	190
A. Pugh	200	J. Frencmm-15	175
N. Howell	185	G. Pike-14	135
B. Blake	165	K. Purington-14	125
181 lb.		165 lb.	
J. Diggs	315	J. Blyden-l9	275
N. Arttsur	255	B. Norman-15	265
R. Young	245	C. Clay-15	205
C. Frazier	245	M. Pugh-16	200
A. Biggs	240	N. Howell-14	195
J. Riddick	225	B. Blake-13	165
R. Nixon	185	181 lb.	
198 lb.		N. Arthur-17	255
A. Beane (BL)	370	C. Frazier-18	245
V. Armstrong	350	J. Riddick-15	225
M. Leibacher	330	R. Nixon-17	185
E. Patrick	310	198 lb.	
B. Hinshaaw	225	B. Hinshaw	225
J. Payne	205	J. Payne	205
D. Norman	200	D. Norman	200
220 lb.		220 lb.	
P. Bossi	505	M. Maness-19	300
D. Brown	400	B. Jones-17	185
A. Maness	300	R. Hoggard-l7	145
B. Freen	270	242 lb.	
R. McCob	225	T. Fuller-16	200
B. Jones	195	275 lb.	
R. Hoggard	145	E. Payne-15	330!
242 lb.		T. Rush-16	260
B. Rush (SBL)	500	Submaster/Master	
S. Lucks	390	132 lb.	
R. Cody	210	C. Biggs	145
S. Norman	200	165 lb.	
T. Fuller	200	V. Purvis	285
275 lb.		181 lb.	
C. Elliott	500	R. Young-39	245
A. Ange	425	A. Biggs-40	240
W. Leary	370	198 lb.	
E. Payne	330	V. Armstrong-37	350
T. Rush	260	M. Leibacher-48	330!
WOMEN		E. Patrick-35	310
148 lb.		220 lb.	
J. Zak	115	P. Bossi-35	505*!
Open		B. Freethy-58	270
148 lb.		R. McCobb-53	225
B. Zak	205	242 lb.	
181 lb.		B. Rush-36	500!
J. Diggs	315	R. Cody-43	210
198 lb.		S. Norman-47	200

!–State Record. *–American Record. With 50+ benchers, this was the largest bench meet yet in Plymouth NC. Due to the strong showing, and the great ability shown by meet director Ricky Young, the 2001 AAU teen/open bench press state championships have been awarded to Plymouth NC. Before I go any further I want to thank our spotters of Joey Thompson and Perry White. Our announcer was Mike Price, and the head table was manned by the very reliable Janice Young. Our judges were Arlander Cherry, John Nesbitt, Carl Elliott, Paul Bossi, Victor Armstrong, Benak, and Jenn Zak. Our meet directors were Ricky Young and Janice Young. Ricky and Janice were excellent host to my my wife and I, as they provided a place to stay, and once again entertained us. Ricky is one of my favorite lifters, as he lifts to get stronger, but he's drug free, and in the end we realize it's all about fun, and hopefully longevity. There was a lot of great lifting at the meet, but in the interest of space I will mention the top lifter in each weight class, and mention state records that were set. In the 114 class Lavell Norman started the day off with a bang hitting a (16-17) 145 state record for the top bench of the class. Finishing with a 70 pound bench was Angelo Biggs Jr. There was a close match-up at 132, but Thomas Boatwright's 145 bench would edge out 2000 state champ Charles Biggs who ended with 140. Ed Ownley benched a solid 225 to control the 148 class. Vinson Purvis only got his opener in the 165 class, but his 285 was enough to earn the top spot. The real battle was for second place as Jermaine Blyden and Brandon Norman who were tied going into third attempts. Jeramine would hit a 275 on his third attempt to finish second overall, and win the best teen lifter award. John Diggs benched 315 at 181 to control the 181 class, and he could be a serious threat at the state championships. In the 198 class Alan Beane had his hands full, as he hit a 370 bench to win the class and out distancing 2000 state runner up Victor Armstrong. Victor has hit a LOT of meets this year, and given a few months to recuperate he should hit 380-400 in November! "Coach" Mike Leibacher set a great example for his kids as his 330 a (45-49) state record. To win the 220 class you had to hope Paul Bossi bombed out... he didn't, and his 505 bench was enough to earn him the submaster state and American record. This class was full of state records as Bill broke the (50-54) as well as the police/fire record with was the top bench in the 242 class, and crushed the most mortals, but a definite off day for Carl. Mike Ange hit 425, and at age 34 he's almost in range to destroy some submaster state records. William Leary broke the jr. record with 370, and we had a very strong young man in Eric Payne who broke the (14-15) state record with 330. The team divisions were incredibly close. In the open division we had two time defending state champions Coastal Carolina Powerlifters against probably the most storied powerlifting program in NC... King's Gym. When the dust settled it was a perfect tie, which means that in November we need closure ... wow. The teen division was nearly as close, but Kings Gyms teen team nipped Plymouth high school, coached by Robert Cody, 66-63. I hope to see both these powerful teams in November! If anyone has questions about the AAU then please call me (Ben Zak) at 1-252-441-4930. (Thanks to Ben Zak for providing these results).

AAU Suburban YMCA BP/DL
16 June 01 - Catasauqua, PA

BENCH		Teen (14-15)	
WOMEN		W. Poole-172	250+
114 lb. Raw		Panchesine-222	235
J. Groman	130*	J. Young-161	185
132 lb. Raw		B. Krajnak-131	145
K. Tracy	100	Mousseau-125	130
N. LoRusso	75	A. Franko-209	160
184 lb. Raw		Teen (16-17)	
M. Landis	150	N. Verta-188	325*
Master (50-59)		M. Ross-146	245+
E. Lonnberg	95*	Gonzalez-138	230
Master (70+)		A. Heydt-131	200
A. Quinby	60	DeStefano-177	250
MEN		R. Bennick-148	185
M. Hawk-147	165	(70+) Raw	
Teen (18-19)		J. Dorylis-194	165
Kuzmitsky-218	345+	DEADLIFT	
J. Poole, Jr.-180	300	WOMEN	
T. Wuench-188	305	114 lb. Raw	
T. Couch-192	270	J. Groman	210
J. Maresh-181	225	132 lb. Raw	
148 lb. Raw		K. Tracy	290+
J. Kurtz	240	N. LoRusso	185
165 lb. Asst.		MEN	
A. Thibault	320	Teen (14-15)	
181 lb. Asst.		P. Panchesine	345
C. Richard	365	Teen (16-17)	
198 lb. Raw		Gonzalez-138	470
J. Rock	330	DeStefano-177	525+
D. Subick	330	N. Verta-188	515
J. Petrella	310	Malinowski-290	600+
J. Ryan	290	B. Pensyl-115	250
J. Cowher-111	270	McCormick-226	445
198 lb. Asst.		Mousseau-153	335
T. Groman	325	R. Bennick-148	300
N. Dorio	300	J. Johnson-283	350
220 lb. Raw		Teen (18-19)	
K. Oldt	345	J. Poole, Jr.-180	490+
L. Butts	330	J. Maresh-181	385
242 lb. Raw		181 lb. Asst.	
M. Solderitch	405*	C. Richard	315
M. Buffington	360	198 lb. Raw	
D. Linton	340	J. Rock	550
J. Erb	335	220 lb. Raw	
242 lb. Asst.		K. Oldt	475
R. Morey	415	242 lb. Raw	
275 lb. Raw		E. Conrad	655*
M. Waldspurger	400	B. Philippi	480
W. Denes	380	242 lb. Asst.	
275 lb. Asst		J. Erb	530*
J. Sanders	365	275 lb. Raw	
SHW Asst.		J. Henning	600
M. Miller	535*	319 lb Raw	
Master (40-49) Raw		E. Malinowski	600
S. Lang, Jr.-247	365	D. Croley	520
L. Butts-217	330	Master (40-49) Raw	
Panchesine, Jr	315	B. Philippi-229	480*
G. Pappas-179	235	B. Panchesine, Jr	435
(50-59) Raw		G. Pappas-179	350
J. Rafetto-181	265	(50-59) Raw	
J. Poole, Sr.-160	215	J. Poole, Sr.-160	350
T. Tullio-130	165	T.y Tullici-130	285
(50-59) Asst.		J. Rafetto-181	375
J. Haines-164	340*!	Fremont-169	270
J. Cunningham	385	(60-69) Raw	
J. Fremont-169	260	G. Bechtel-194	375
(60-69) Raw		(70+) Raw	
G. Bechtel-194	240	P. Eberhardinger	210+

+–American Record. *–Best Lifter. A total of 70 lifters came out to compete in the 6th Annual Suburban North YMCA Bench Press/ Deadlift Classic. The competition was highlighted by eight AAU Single Lift American Records being set. The meet began with the Women's Open and Men's Master Divisions on the bench. Joan Groman, got the meet rolling by hitting 130 lbs. on her 3rd attempt to take 1st place and best open lifter honors. The 132 lbs. class had a battle between Kimberly Tracy and Nicole LoRusso, with Tracy taking first place by lifting 100 lbs. The Women's benchers finished off with three lifters from the North Penn YMCA team all taking first place in their respective classes, including 82 year old Andora Quinby who benched 60 lbs. on her third attempt. The raw Men's Master classes were next up, with Stephen Lang, John Rafetto, Gary Bechtel, and 79 year old John Dorylis all taking first place. In the teen divisions, placings were decided by formula. Will Poole set the days first AR by hitting 250 which took 1st place in the (14-15) age group. Records also fell for Michael Ross (16-17) with a lift of 245 and Troy Kuzmitsky (18-19) with 345. Best lifter in the teen class went to Nick Verta with a lift of 325 in the (16-17) class. In the raw Men's Open Division, Mike Solderitch took best lifter honors with 405 lbs. in the 242 class. Best lifter award for the assisted Men's Open Division went to Mike Miller, who had the heaviest bench in the meet at 535 while the B/L for the assisted Master Division went to Jay Haines who did 340 in the (50-59) class. In the deadlift, Kimberly Tracy set an American Record with her 290 lbs. lift in the 132 class. The raw Men's Master division saw 81 yr. old Paul Eberhardinger set an American Record with his 210 effort. Best lifter in the raw Men's Master division went to Bob Philippi for the second year in a row with his 480 lift in the (40-49) class. In the Teen Division, Willie Gonzalez (470), Rocco DeStefano (525), Ed Malinowski (600) and John Poole, Jr. (490) all set AR's, with Gonzalez winning best lifter honors for the 3rd year running. Finishing out the meet were the Men's Open lifters which featured the heaviest lifts of the day. Erik Conrad pulled 655 in the 242 class for first place and best lifter honors. Following close behind were Ed Malinowski and Jeff Henning both pulling 600. Joe Erb took best lifter honors in the assisted Open division with a pull of 530 in the 242 class. Team Scoring: High School 1st Place: Jim Thorpe H.S., 2nd place: Easton H.S.; Mixed Open 1st place: Suburban North YMCA, 2nd place: North Penn YMCA. Thanks to all of the lifters who participated in the meet. Special thanks to our Judges: Nick Theodorou, Pat Cuntrera and Frank Schlofer who were on the mark all day. Very special thank you to guest announcer, Joe Pyra, who offered his services and did his usual fine job. Other thank you's go out to the Twin City team members and wives who handled the platform and scorers table flawlessly yet again. Without their dedication and effort, the meet would not have been able to take place. Also thanks to Tom Seidel and his YMCA staff who are always prepared for our last minute changes, and allow us to take over his gym each year. (Thanks to Scott Nace, Meet Director, for the results).

ASSOCIATION OFFICE COPY

- This is a membership application form. Complete all areas and return Part One to the address shown.
- For information on registration and program, call 1-800-AAU-4USA.
- AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

	Regular Fee	"AB" Fee
Adult Athletes in the Following Sports:	20.00	23.50

Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting

Adult Athletes in the Following Sports:	20.00	25.00

Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling

Adult Athletes in the Following Sports:	Not Available	25.00

Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Tae Kwon Do Athletes	20.00	Not Available
Adult Powerlifting Athletes	30.00	35.00

AAU National Headquarters
c/o The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

SPORT CODE ____ ____ ASSOCIATION CODE ____ ____

MEMBERSHIP CATEGORY *CHECK ONE:* ___ Athlete ___ Coach ___ Official ___ Volunteer

CHECK ONE: ___ Youth Program ___ Adult Program | Added Benefit ___ Yes ___ No

Club No.: | Club Name: | E-Mail

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? ☐ Yes ☐ No

Date of Birth | Age | Sex ☐Male ☐Female | Application Date | Social Security Number

First | Middle | Last

Address

City | State | Zip Code

County | Phone (With Area Code)

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

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

Member's Signature _____

Parent/Guardian Signature _____

100% Raw Teen Nationals
27-29 Apr 01 - Rockville, MD

Billings Gym	**SQ**	**BP**	**DL**	**TOT**
WOMEN				
(16-17) 165 lb.				
K. Miller	255	135*	320*	700*
MEN				
114 lb. (14-15)				
E. Alban	180*	130	245	555
123 lb.				
D. Seeley	230	180*	300	710*
132 lb.				
J. Pollard	265	155	345*	765
148 lb.(16-17)				
C. Pollard	270	175	350	795
165 lb.(14-15)				
M. Dodson	230	170	330	730
(18-19)				
E. Seeley	340	300*	400	1040
220 lb. (16-17)				
J. Dodson	370	185	475	1000
Coach 181 lb.				
J. Billings	450	285*	525*	1260*
4th	460*			
Elizabeth City Elite				
WOMEN				
148 lb. (16-17)				
D. Lyons	145	105	230	470
198 lb. (12-13)				
D. Luff	155*	90*	205*	450*
198+ lb. (14-15)				
E. Owens	185	185	275	645
MEN				
97 lb. (8-9)				
J. Reeves	95	55	140*	290*
114 lb. (12-13)				
K. Houlroyd	185*	135*	310*	630*
132 lb. (14-15)				
T. Lyons	210	160	335	705
148 lb. (16-17)				
D. Sylvester	320	205	435*	960*
165 lb. (18-19)				
D. Nelson	300	215	400	915
181 lb. (14-15)				
J. Riddick	265	215	365	845
220 lb.				
J. Pierce	330	250	500	1080
275 lb. (16-17)				
T. Lesveque	135	180	350	665
319 lb. (16-17)				
K. Cole	335*	315	350	1000*
4th		330*	360*	
(18-19)				
J. Pendelton	375	355	450*	1205*
4th	400*	370*		
Coach 220 lb. (35-39)				
P. Bossi	300	475	425	1200
4th		485*		
Generation X-treme				
WOMEN				
97 lb. (10-11)				
T. Simmons	85*	45*	120	250*
4th			125*	
123 lb. (14-15)				
L. Dever	115	75	135	325
132 lb.				
K. Cox	75	65	130	270
148 lb.				
A. Neal	85	70	130	235
181 lb. (12-13)				
D. Cox	80	85	140	305
MEN				
123 lb. (14-15)				
J. Simmons	120	75	160	355
(16-17)				
W. Dillon	145	145*	215	505
165 lb.				
J. Sisk	180	135	250	565
242 lb.				
B. Kemmerer	235	220	400	855
Coach 198 lb. (40-44)				
P. Simmons	210	170	300	680
River Road PLing				
WOMEN				
148 lb. (14-15)				
S. Glasper	155	90	200	445
181 lb. (12-13)				
S. Williams	135	115*	240*	490*
MEN				
97 lb. (10-11)				
D. Battle	90*	70*	180*	340*
(12-13)				
B. Swyck	115	75	180	370
123 lb. (14-15)				
A. Armstrong	160	105	300	565
132 lb. (12-13)				
J. Goodman	150	85	175	410
M. Smith	110	80	160	350
148 lb. (12-13)				
K. Tschuor	110	90	180	380
R. Clay	—	130	250	—
(14-15)				
G. Pike	200	140	320	660
165 lb. (12-13)				
B. Blake	190	160*	320	670
4th			330*	
181 lb. (14-15)				
M. Hinton	215	170	350	735
D. Basnight	210	170	350	730
Coach				
C. Elliot	—	—	—	—
Thunderbird PLing				
WOMEN				
123 lb. (16-17)				
S. Lhota	155*	115*	210	480*
MEN				
105 lb. (10-11)				
C. Fleegle	150*	100*	195	445*
148 lb. (12-13)				
M. Kimmel	170	110	230	510
165 lb. (16-17)				
G. Childers	265	225	365	855
Coach				
220 lb. (45-49)				
D. Lhota	—	380*	—	—
Unattached Lifters				
MEN				
88 lb. (10-11)				
A. McCloskey	145*	70*	200*	415*
165 lb. (35-39)				
J. Audia	400*	355*	475	1135*
L. Bravard	315	255	475	1045
198 lb. (16-17)				
N. Desloge	385	260	470	1115
(45-49)				
M. Sansalone	—	—	560*	—
220 lb. (12-13)				
C. Ferrell	215	125	275	615
(35-39)				
B. Wrabley	380	280	570	1230
242 lb. (30-34)				
J. Deigan	605*	415*	655*	1675*
(45-49)				
B. Strauss	535*	330*	475	1340
J. Bechtel	385	320	525	1230
319 lb.				
W. Sewell	—	—	600*	—
SHW (35-39)				
J. James	575	360*	680	1615
US Naval Academy				
MEN				
181 lb. (18-19)				
S. McGillis	405	275	520	1200
R. Hillary	405	285	500	1190
(20-24)				
J. Sweger	425	355	505	1285
198 lb. (18-19)				
M. Newton	135	275	135	545
(20-24)				
C. Gon	315	190	430	935
220 lb.				
J. Alexander	485	330	550	1370
H. Potts	410	295	530	1235
Coach				
181 lb. (20-24)				
B. Bownas	135	135	550	820
W. Nottingham Academy				
MEN				
114 lb. (16-17)				
F. Mussie	115	90	245	450
4th			255*	
148 lb. (14-15)				
D. Verdugo	225	130	315	670
B. Heiney	135	125	245	505
(16-17)				
R. Byers	320	185	415	920
220 lb. (14-15)				
A. Townsley	220	95	275	590
(18-19)				
T. Patterson	200	125	275	600
242 lb. (16-17)				
C. Griffiths	350	205	385	940
275 lb. (18-19)				
R. Machlin	420	220	445	1085
Coach				
P. Griffith	—	—	—	—
Wilson PLing				
WOMEN				
105 lb. (10-11)				
E. Tshontikidis	65*	45*	100	210*
4th			115*	
114 lb. (16-17)				
K. McKenzie	185	95*	220	500*
4th	200*		250*	
A. Scales	120	85	175	380
123 lb. (14-15)				
Y. Ward	125	80	180	385
(16-17)				
C. Ward	130	80	215	425
132 lb. (14-15)				
S. Faterni	100	60	165	340
J. Sanford	90	50	140	280
(16-17)				
S. Gilberg	135	80	175	390
148 lb. (14-15)				
T. Williams	160	85	205	450
K. Denison	125	80	185	390
(16-17)				
R. Hawkins	215	120	315	650*
4th	225*		320*	
E. Green	205	150	290	645
4th		155*		
N. Griffith	155	95	205	455
N. Levinson	150	70	205	425
165 lb. (14-15)				
M. Yancor	140	75	190	405
M. Dinglasan	90	60	170	320
181 lb. (16-17)				
R. Kraft	190	100	245	535
4th	200			
(18-19)				
K. Whitaker	220	120*	280	620*
4th	235*		305*	
MEN				
66 lb. (5-Under)				
S. Tshontikidis	15	15	35	65
88 lb. (8-9)				
Y. Tshontikidis	135*	60	175	370
(10-11)				
A. Thau	60	50	130	240
114 lb. (14-15)				
N. Tran	175	130	245	550
132 lb. (16-17)				
S. Jones	155	135	215	505
148 lb. (16-17)				
J. Boyd	340	205	390	935
4th	365*			
L. Green	265	175	315	755
165 lb.				
D. Thau	205	145	320	670
(18-19)				
Y. Konan	415	250	500	1165
4th	435*			
G. Ferreyros	245	160	325	730
181 lb. (16-17)				
J. Boyles	245	155	315	715
D. Bums	200	145	300	645
198 lb. (18-19)				
B. Robinson	315	200*	400	915*
4th	330*		430*	
220 lb.				
G. Gremi	355	240	420	1015
Coach				
181 lb. (40-44)				
S. Tshontikidis	420	275	515	1210

*=World Records. Best Western Washington Gateway Hotel held this meet. "Not by power nor by might, but by My Spirit," saith the Lord Almighty. Great lifting, great fun, and lives saved at the second annual 2001 "100% RAW" Teenage National Championships! First, let us give thanks to our Father in Heaven for all He has done and will continue to do through the "100% RAW" ministry. The Lord was surely with us as numerous records were shattered and no injuries occurred (John, we'll have to get you some "stick-um" for the Seniors!).

Dr. Spero Tshontikidis *with a 495 lb. warm-up and no belt. 100% Raw 181 Master. (Photograph coutesy of Lance Bravard).*

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

LOUIE SIMMONS'

REVERSE HYPER MACHINE

patent #5,358,359

$1225 plus shipping

HOME MODEL

$825 plus shipping

Great for Strength and Rehabilitation

WESTSIDE BARBELL

1417 DEMOREST RD. COLUMBUS OH 43228

PHONE (614) 276-0923

Members of "Wilson Powerlifting" *celebrate their second team title at the 2001 Teenage Nationals. Kneeling (left-right): Tinika Williams, Krystle McKenzie, Grid Gremi; Standing (left-right): Emilia Green, Leszek Green, Emma Tshontikidis, John Boyd, Yao Konan, Brandin Robinson, Robin Hawkins. (Photograph by Lance Bravard to PL USA).*

Furthermore, enough proceeds were generated to cure a child of leprosy, allow a child suffering from river blindness to regain his/her sight, and continue to send financial support to our federation's two sponsored children - Brenda and Nicholas. Praise His name! Special thanks to Graham Bartholomew, Wardell Sewell, "Big Joe" Sauter (it was so great to see you, my friend!), Mike Sansalone, Grid Gremi, John Boyd, and Kevin Houlroyd for three days of spotting, loading, and encouraging each athlete that participated in the Nationals! Coupled with great music from Bride, Creed, POD, and Third Day, the platform was full of energy throughout the contest. Thank you all so much for your support! Thanks to Alan and Teresa Kelly of Kelly Sports for the professional service they provide our lifters and, more importantly, for the support and love they have for "100% RAW." We are so blessed to have Alan and Teresa as friends and colleagues, and wish them all the best with their new STRENGTH QUEST VIDEO JOURNAL. Thanks to Jerry Shockley of Virginia Polygraph Service for his continued support of our lifters. Jerry has drug-tested all of our meets, and we are very fortunate to have his professionalism within our federation as well as his support! Thanks to Dave Lhota, Tom Houlroyd, Carl Elliott, Paul Bossi, Jason Billings, Paul Griffith, John Audia, Jeff Deigan, Ben Bownas, Bob Strauss, and Bob McCloskey for officiating at the Nationals. As I reviewed clips from the contest video, I noticed on so many lifts how our judges were encouraging the lifters throughout each attempt with great enthusiasm. Thank you all so much for helping out! Thanks to Emma Tshontikidis, Kristen Whitaker, Peppertina Williams, Cortney Ward, and Sabrina Lhota for announcing at the Nationals. All the girls did an exceptional job scoring and announcing the contest, and it is an honor and a pleasure to train and compete with them. Love you all! Thanks to our coaches - Jason Billings (Billings's Gym), Paul Bossi (Elizabeth City Elite), Reverend Paul Simmons (Generation X- Treme), Carl Elliott (River Road Powerlifting), Dave Lhota (Thunderbird Powerlifting), Ben Bownas (United States Naval Academy), Paul Griffith (West Nottingham Academy), and Bob McCloskey, Bob Strauss, and Corey Ferrell (Unattached Lifters). Each of these men have dedicated a great deal of love, time, and energy to the athletes they train, and I want to thank and congratulate each of them for their efforts and accomplishments both on and off the platform. God Bless each of you! Speaking of coaches, a "coach's consensus" was taken several weeks prior to the Nationals concerning lifting dates and times. All the coaches agreed to constructing the flights by teams and scoring the meet by strength as well as by place setting. With the exception of Washington's "Wilson Powerlifting," each team made up a flight on one day and lifted together for all three lifts. Wilson, because of the team's size, split into three teams and competed each day. The strategy proved to be great fun and very exciting, with records being broken by every team. Friday's lifting saw team members from River Road and Wilson, as well as two unattached lifters: World Record benching specialist Carl Elliott's "River Road Powerlifting" competed on Friday with members of the Wilson squad. Solita Williams was the "Best Youth Female Lifter" with lifts of 135, 115, and 240. Youth lifters Dominic Battle and Ben Blake were also very impressive, with Dominic setting World Records across the board and Ben breaking World Records in both the bench and deadlift. Congratulations to the River Road team on their "100% RAW" debut and their first National Youth Team title! Several lifters from Washington's own "Wilson Powerlifting" competed on Friday. Sava and Yanni Tshontikidis posted great numbers, with Sava hitting a 35 pound deadlift and Yanni breaking his World Record in the squat at 135 pounds. Yanni also won Best Lifter honors for the KIDSTRONG division. Several new lifters also competed for Wilson on Friday. Asia Scales went nine for nine, including a strong 175 pound deadlift in the 114s, and teammate Danny Thau pulled 320 pounds in the 165s. Finally, Pennsylvania youth lifter Anthony McCloskey had an exceptional day, going 145, 70, 200, 415 in the 88 pound youth division. Anthony was joined by Corey Ferrell who posted an impressive 275 pound deadlift in the youth division. Welcome to both Anthony and Corey, and we look forward to seeing you on the platform real soon! Saturday's lifting saw team members from Billings's Gym, Elizabeth City Elite, Generation X-Treme, and Wilson, as well as two unattached lifters: "Billings's Gym" team captain and coach Jason Billings led the team, capturing "Best Teenage Male Lifter" honors with World Record lifts of 460 in the squat and a 525 deadlift. Teammate Kelly Miller was equally impressive with World Records in the bench (135), deadlift (320), and total (700). Jason has put together an outstanding group of lifters, and I am confident they will place very high at the Seniors despite the fact that they are all teenagers. A special congratulations to Jason for being named the 2001 Teenage Lifter of the Year, his newly earned (and greatly deserved) International Referee's status, and his team's first place finish in the Teenage Mixed Division. Paul "Red Pants" Bossi's "Elizabeth City Elite" lifted extremely well, breaking 21 World Records en route to their win in the Overall Men's Division. Elizabeth City was led by 114 pounder Kevin Houlroyd who broke four World Records and won Best Lifter honors in the Youth Division. A special thanks to Kevin and his father, Tom, for their help throughout the weekend. Tom judged all three days, and Kevin worked the platform on Friday and Sunday. Reverend Paul Simmons, a youth pastor at Manassas Baptist Church in Manassas, Virginia, brought his Generation X- Treme team for their "100% RAW" debut at the Teenage Nationals. The "X-Squad" lifted extremely well for their first meet, and we are looking forward to their continued participation and growth. The team was led by youth lifter Tori Simmons (Paul's daughter) who went nine for nine, breaking four World Records in the 97 pound class. Congratulations to Paul and the team, and welcome to "100% RAW!" Wilson was led on Saturday by Rachel Kraft and Sarah Gilberg, who performed the meet's best "captured on video" lifts. Rachel finally broke the 200 pound barrier in the squat, becoming Wilson's first of five women to squat 200 or better at the Nationals. Likewise, Sarah's 80 pound bench was a struggle from start to finish, but she never gave up and received three white lights for her efforts! Nghiem Tran and Leszek Green led the men's side, registering personal bests in all three lifts. Finally, John Audia and Jeff Deigan of "The Missing Link" competed with the teams on Saturday and put on quite a show. John broke three World Records (400 squat, 355 bench, and 1135 total) and Jeff posted four with lifts of 605, 415, and 655 in the 220s. Jeff was also the Best Senior Lifter for the weekend. As always, it was great to watch John and Jeff lift, and we're looking forward to seeing the entire team at the Senior Nationals in July! Sunday's lifting saw team members from West Nottingham Academy, Thunderbird Powerlifting, the United States Naval Academy, and Wilson, as well as several unattached lifters: It was great to see Master's World Champion Paul Griffith and his team at this year's Teenage Nationals! Fitsum Mussie led the West Nottingham Academy team, breaking a World Record in the deadlift with a 255 pull at a bodyweight of 112 pounds, Heavyweights Renard Byers (920 total at 198), Christopher Griffiths (940 total at 242), and Roger Machlin (1085 total at 275) also lifted extremely well. Welcome to Paul and the team, and we hope to see you on the platform at the Seniors! Indian Lake, Pennsylvania's "Thunderbird Powerlifting" brought five lifters to the Nationals, and they broke a total of seven World Records! Coach Dave Lhota left the judges chair three times over the weekend to break the Master's Bench Record in the 220s with a 380 pound effort. Dave's daughter Sabrina, competing in the 123s, broke three World Records with a 155 squat, 115 bench, and a 480 total. Teammate Casey Fleegle, lifting in the youth division, "dittoed" Sabrina's feat with a 150 squat, 100 bench, and a 445 total. Great job by the Thunderbirds, and we look forward to seeing the entire team at the Seniors! Senior Midshipman and Club President Ben Bownas, who managed a 550 deadlift despite an injured back, brought selected members from the United States Naval Academy Men's team to introduce them to "100% RAW" and possibly set up future meets. Junior Midshipman and next year's Club President Jason Anderson expressed his desire for future events, and we are certainly looking forward to Navy's presence in "100% RAW"! Jason posted the team's biggest total at 1370 in the 198s, and Joe Sweger's 1285 total in the 181s was the biggest for the meet. It was great to lift with the team again, and I am looking forward to competing with you all at the Seniors and the Worlds! Wilson's official scoring team competed on Sunday, and was led by juniors Krystle McKenzie and Robin Hawkins. Krystle, who won Best Lifter honors in the Teenage Division, broke four World Records to include a 200 pound squat at a bodyweight of only 110 pounds. Krystle is planning to drop back to the 105s for the Seniors, and hopes to break the 200 pound barrier again! Robin hit a 225 pound squat and a 320 pound deadlift in the 148s, and teammate Emilia Green set the World Record in the bench at 155 pounds. On the men's side, John Boyd squatted a World Record 365 pounds in the 148s and Yao Konan hit a 435 pound squat in the 165s. Both John and Yao are training for the Seniors, and hope to go 400 and 450+, respectively. Wilson won the Overall Mixed title for the second year in a row, and the team will be hosting the Seniors in July. Finally, several lifters took advantage of our "Senior Power Day" to get in a three-lift meet before the Seniors. Charlotte, North Carolina's "Dynamic Duo" of Nathan Desloge (560 pound World Record deadlift in the 16-17, 198s) and Bob Strauss (World Record lifts of 535 in the squat and 330 in the bench) led Sunday's charge, with Nathan winning his division. Master lifters Mike Sansalone and Wardell Sewell pulled big (560 and 600, respectively) after loading and judging, and John James's 360 bench was good for a World Record. It was great fun competing with all the Senior lifters, and we are looking forward to an awesome Senior Nationals! Once again, thank you Father! May Your Name be praised forever! (Thanks to Dr. Spero Tshontikidis for results).

APA Judgement Day
24 FEB 01 - St. Marys, PA

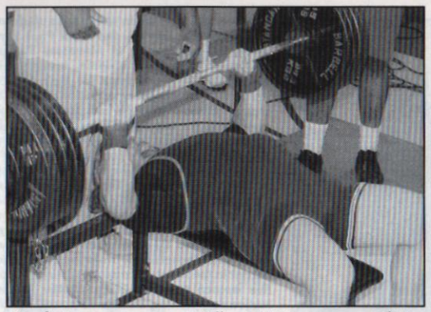
BENCH		**P. Fleming/162**	**360**
WOMEN		M. Pyne/210	400
Drug Free by formula		J. Howell/203	365
M. DeRose/122	100	J. Brown/153	300
T. Swanson/175	125	Gibson Sr./195	310
Teenage		Master	
Drug Free by formula		40+	
B. Fratto/235	390	J. Swanson/148	310
A. Rising/188	345	B. Shafer/195	340
R. Barr/198	300	R. Hoover/160	260
C. Sanchez/114	160	B. Carmack/242	335
J. Howell/136	185	Danchanko/192	275
S. Waite/140	185	S. Scarnati/263	330
J. Gibson Jr./130	150	J. Wilson/359	375
MEN		Women Rep Contest	
Drug Free		M. DeRose/122	39
123		Men Rep Contest	
G. Maddelena	260	J. Oaks/170	43
132		C. Madison/157	39
B. Rouzer	245	B. Hawk/205	35
J. Gibson Jr.	150	S. Pollard/215	25
148		RJ Stewart/255	15
J. Swanson	310	DEADLIFT	
K. Shaffer	265	Tiny Tot (ages 4-7)	
165		S. Mountain/55	45
C. Madison	360	Junior	
P. Fleming	360	(8-12)	
J. Brown	300	T. Mountain/87	90
R. Hoover	260	Kerchinski/105	100
181		R. Huff/65	105
J. Oaks	425	S. Parks/137	110
C. DeVallance	380	D. Perry/82	115
B. Wiernusz	320	C. Seeker/144	175
E. Reynolds	310	Teenage	
T. Reiley		Drug Free by formula	
198		B. Fratto/235	405
J. Viglione	410	Grieneisen/234	365
J. Gibson Sr.	310	S. Waite/140	315
S. Pensyl		J. Gibson Jr./130	260
220		R. Benson/260	245
P. Stateer	520	MEN	
Drug Free		Drug Free	
220		132	
S. Pollard	510	B. Rouser	380
T. Godden	500	148	
B. Hawk	450	L. Zmitravich	480
A.J. Comilla	450	K. Shaffer	425
P. Parks	450	165	
R. Claar	420	R. Hoover	430
J. Crumb Jr.	405	C. Madison	405
M. Pyne	400	181	
G. Geisinger	390	B. Wiernusz	410
J. Howell	365	198	
E. Barr	365	B. Bayer	555
J. Luczak	290	J. Gibson Sr.	430
R. Miller		220	
242		E. Barr	600
M. Watts	440	G. Geisinger	570
J. Stahl	350	J. Howell	560
B. Carmack	335	J. Luczak	505
E. Wells	325	242	
B. Harris	320	M. Watts	535
C. Brown	285	E. Wells	520
J. Spehar		C. Brown	500
Drug Free		J. Stahl	500
275		B. Carmack	480
J. Snyder	500	B. Harris	415
J. Toland	450	275	
R.J. Stewart	440	J. Toland	630
T. Toland	440	T. Toland	585
G. Scarnati	330	SHW	
275		JA Snyder	525
M. Barkman		Submaster	
SHW		(33-39)	
JA Snyder	300	Drug Free	
Drug Free SHW		J. Howell/203	560
K. Hampe	505	Gibson Sr./195	430
B. Godden	375	Master	
J. Wilson	375	40+	
M. Rosentrater		Drug Free	
Submaster		B. Bayer/196	555
33-39		R. Hoover/160	430
AJ Comilla/210	450	Danchanko/192	475
P. Parks/213	450	B. Carmack/242	480
J. Viglione/189	410	B. Shafer/195	315

(Thanks to APA for providing these meet results).

NASA Kinross Meet
19 May 01 - Kincheloe, MI

Raw	SQ	BP	DL	TOT
154 lb.				
Bruce	320*	220*	330*	870*
170 lb.				
Tate	280	175	325	780
187 lb.				
Hargett	330*	285*	485*	1100*
Ehrlich	350*	275	390	1015
Whitmore	325	255	400	960
Miller	285	245	395	925
Drollinger	—	—	—	Bomb
205 lb.				
Dost	470!	300	525	1295
Matthews	385	315	550	1250
Perkins	330	350	450	1130
Brown	405	265	450	1120
Hanner	355	275	475	1105
227 lb.				
Dozier	485!	325!	590!	1400!
White	300	310	425	1035
Yelle	—	—	—	bomb
250 lb.				
Dozeman	505!	345!	555!	1405!
Kutsche	360	275	525	1160
280 lb.				
Robertson	450*	350*	550*	1350*
Pure	SQ	BP	DL	TOT
154 lb.				
Brown	385*	215*	420	1020*
Green	265	200	365	830
170 lb.				
Dixon	365	250	400	1015
Owens	350	255	385	990
187 lb.				
Cushman	—	—	—	Bomb
205 lb.				
Magnuson	465	300	555	1320
Passino	435	320	500*	1255
227 lb.				
Faulkner	540	315	475	1330
250:				
Fargo	525	475!	455	1455
Mazzola	—	—	—	bomb

!=institutional Record. *=Over 40 Record. Meet Director: James Stevenson. Meet coordinator: Dave Mastaw. "Raw Boyz" First. 42 year old Mike Bruce put 90 pounds on his total since our last meet and tacked 40 on the squat which was a K.C.F. Raw Record. First time lifter Billy Tate lifted alone in the 170 Pound Division and showed some good form in all three lifts. Another first time "Rookie" and Master One Lifter Joe Hargett locked horns with training partner Mark Ehrlich. Mark sunk the best squat for a K.C.F. Raw over 40 Record but Joe's deadlift told the story of this battle which gave him the Gold in the 187 Pound Class. "Dost Was The Most" in the 205's. Mike Dost took First Place and squatted 470 with room to spare, in January he did 380. He was the "Most Improved Lifter" in the Raw Division since our last meet. But let it be known, hot on his heels out of Coach Faulkner's Stable is "Duke" Matthews who took second place and is a fine deadlifter. Detriot Homeboy, "Loco" Hanner couldn't make up his mind if he'd show for this one, so I had to do it for him. He was glad I did. An 85 pound improvement on his total and a 475 deadlift which was one of the most impressive lifts in the Raw Division. Chris "The Chosen One" Beaudoin sat this one out and let student Mike Bull-Dozier wet his beak for the first time and a First Place finish in the 227 Pound Class. Doz weighed in at 216 and has a lot of size at that bodyweight and potential. He posted the second highest total in the Raw Division at 1400. In the 250 Pound Division Future "Milo" Cover Man Robbie Dozeman left his battle gear in the footlocker and went raw for the first time, taking First Place. A very good day he had, making 7 of 9 lifts. J. Robertson, a long time lifter from Flint, Michigan who's been around the likes of powerlifting champ's Pat Person and Fred Toins lifted alone in the 280 Pound Class and opened the Raw Record Books with competitive lifts of 450-350-550 and a Over 40 Record Total of 1350. Only a total of ten lifters in the Pure Division but they did accomplish five K.C.F. Records. Patty Brown put on a show at 154 setting the over 40 marks in the squat, bench and total. "Mag" Magnuson easily won the 205's, he's a deadly force that a lot of people are asleep on, only his third meet and a 1320 total. Roy Faulkner took his powerlifting apparel out of "Mothballs" for this meet. Always a delight to watch him squat. He made a big 540 squat look easy. He passed on two deadlift attempts and had a decent total of 1330 while lifting alone in the 227 Pound Class. "Red" Fargo did all three lifts this time at one pound over the 227 limit to take first in the 250 Pound Division. A real bench presser by trade he set a K.C.F. Pure Division Record by pressing 475 pounds. After the squats were over at this meet I lost some workers and thought the rest of the meet would turn into a Jerry Lewis Labor Day Telethon consisting of guys riding around the gym on unicycle's playing kazoos. But I was not to be abandoned by all. Pete Vasher did a great job, as did my number one spotters and loaders, Tom-Tom, Tattoo, Leo Lemanski, Rick Konwinzki, Joe White, Mike "Murf the Surf" Murphy, Geno "Bean" Caracci, L.A. Thomas, "Gator" Jancar, "C.W." works and the best chop buster I know who really looked out for me when I needed it, Mike Hurley. Oh by the way, has anyone seen that guy from Toms River, N.J. ? (Thanks to Jim Stevenson for providing these meet results).



***"Red" Fargo** pressing 475 lbs., a KCF pure record. He weighed 228 lbs. & lifted in the 250 lb. wt. class. (Photograph provided courtesy of Jim Stevenson).*

The Videotapes

ED COAN

The holder of more than 100 official and unofficial world records shows you how to train with three great video tapes: *The Squat, The Deadlift, The Bench Press.* Watch and learn as Ed demonstrates workouts and his methodical approach to training. Be there as Ed squats 975, deadlifts 901, bench presses 575; even does a 400 lb. behind the neck press! Ed's program can help you no matter what your strength level. Gym and actual contest footage, too. Each tape is approximately 50 minutes long.

Each tape $39.95, add $5 Shipping and Handling in U.S. Illinois residents, add 7 1/4% ($2.90) **Outside** the U.S. add $10. PAL or SECAM add $5 each tape. **Call for credit card orders or send check/MO to: COAN Quest, 745 North Torrence Ave., Calumet City, IL 60409 USA. Phone: 708-862-9779. Visit us on the Web! www.quadsgym.com**

NASA East Texas
24 Mar 01 - (kg)

PwrSports		K. Anderson	187.5
BENCH		170 lb. Nov.	
227 lb. Nov.		D. Tarver	120
R. Cofty	160	187 lb.	
170 lb. Teen		S. Griffin	172.5
M. Colvin	117.5	G. Garner	140
127 lb. WM2		205 lb. SM2	
B. Reiche	45	G. Martin	172.5
CURL		154 lb. Teen	
187 lb. Int.		R. Morris	100
C. Williams	65	170 lb. WHS	
PwrLifting		T. Pellman	65
SQUAT		Wjr.	
108 lb. WSM2		T. Pellman	65
R. Hedrick	70	WM2	
280 lb. Jr.		S. O'Brien	45
H. Thomason	200	101 lb. WSM2	
250 lb. M1		T. Shrank	60
L. Elliff	222.5	110 lb.	
M2		R. Hedrick	45
G. McCoy	205	170 lb.	
D. Brooks	152.5	WTeen	
M3		T. Pellman	65
PwrSports	CR	BP	DL	TOT
280 lb. Jr.				
H. Thomason	60	200	285	50
170 lb. SM1				
J. Odom	60	105	140	305
Teen				
M. Colvin	52.5	117.5	132.5	302.5
205 lb. Teen				
J. Prothro	57.5	122.5	182.5	362.5
110 lb. WSM2				
R. Hedrick	22.5	45	100	167.5
Pwrlifting	SQ	BP	DL	TOT
280 lb. HS				
B. Simpson	247.5	160	232.5	640
Int.				
J. Calton	205	145	210	560
170 lb. Jr.				
N. Smith	227.5	137.5	265	630
154 lb. M1				
T. Hedrick	197.5	130	210	537.5
250 lb.				
J. Cannon	235	150	222.5	607.5
M2				
D. Brooks	230	152.5	232.5	615
154 lb. MP				
T. Hedrick	197.5	130	210	537.5
250 lb. Nat.				
J. Cannon	235	150	222.5	607.5
127 lb. Nov.				
A. Muntz	252	75	172.5	372.5
187 lb.				
S. Griffin	237.5	172.5	237.5	647.5
R. Brown	207.5	142.5	227.5	577.5
205 lb. Nov.				
M. Shipman	182.5	105	175	462.5
154 lb. Pure				
R. Morris	182.5	100	162.5	445
205 lb. PN				
M. Shipman	18.5	105	175	462.5
280 lb.				
R. McDonald	217.5	150	205	572.5
205 lb. SM1				
M. Shipman	182.5	105	175	462.5
280 lb.				
R. McDonald	217.5	150	205	572.5
315 lb.				
M. Scheffier	293	267.5	182.5	450
187 lb. SM2				
M. Butler	247.5	137.5	252.5	637.5
138 lb. Teen				
C. Styles	127.5	67.5	137.5	332.5
154 lb.				
R. Morris	182.5	100	162.5	445
187 lb.				
D. Serach	167.5	117.5	180	465
154 lb. WNat.				
M. Scheffler	472.5	75	157.5	405
138 lb. WInt.				
M. Morris	92.5	40	105	237.5
SHW WJr.				
T. Shepard	495	100	165	460
154 lb. WP				
M. Scheffler	72.5	75	157.5	405
WSM2				
M. Scheffler	172.5	75	157.5	405
101 lb. WTeen				
L. Ives	80	32.5	87.5	200
A. Denmon	82.5	37.5	67.5	187.5

(Thanks to Mike Adelmann for these results).

NASA St. Louis Regional (kg)
4 Nov 00 - St. Louis, MO

PwrSports		205 lb. M2	
BENCH		D. Wilson	125
110 lb.		187 lb.	
WPBP		J. Wood	175
K. Bailey	32.5	MP	
PwrLifting		J. Wood	175
170 lb. M1		205 lb. P	
A. Zimmerman	127.5	D. Wilson	125
PwrSports	CR	BP	DL	TOT
187 lb. M1				
R. Furey	72.2	145	230	447.2
205 lb. M3				
R. Chezem	60	102.5	165	327.5
PwrLifting	SQ	BP	DL	TOT
205 lb. P				
L. Morgan	207.5	120	227.5	555
227 lb.				
N. Steele	187.5	135	235	567.5
205 lb. SM1				
L. Morgan	207.5	120	227.5	555
187 lb. SM2				
D. Grimm	180	137.5	220	537.5
154 lb. WNov.				
S. Slaughter	85	40	92.5	217.5

(Thanks to Mike Adelmann for these results).

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

Iowa Midwest Open
21 Apr 01 - Oskaloosa, IA

WOMEN		Westphal, J.	405
123 lb.		Submaster	
Falke, M.	115	Snider, D.	340
132 lb.		Master-1	
Rath, K.	105	Townsell, G.	315
148 lb.		Master-2	
Laurence, S.	135	Sergio, F.	300
165 lb.		Novice 242 lb.	
McGraw, C.	120	Watson, D.	345
198 lb.		Lawrence, M.	330
Langer, K.	100	Manock, M.	315
Teen 132 lb.		Levang, N.	345
Matthews, J.	130	Open	
Hennigar, J.	125	Bonjour, R.	420
Majors, J.	120	Kalbach, H.	370
Hennessey, A.	105	Submaster	
148 lb.		Anderson, J.	460
Millage, B.	270!	Woodsmall, K.	410
McCabe, D.	205	Matthews, J.	400
181 lb.		Arnold, S.	360
Blount, A.	260	Harris, J.	340
Mossman A.	240	Levang, N.	345
Burns, D.	200	Master-1	
Shipman P.	160	Bonjour, R.	420
Green C.	160	Green, D.	400
198 lb.		Hennessey, M.	365
Grage, R.	205	Novice 275 lb.	
Anderson, S.	190	Leach, J.	480
Green, M.	170	Mullis, K.	370
220 lb.		Open	
Schafer, N.	230	Leach, J.	480
275 lb.		Submaster	
Christy, D.	320	Madlock, J.	410
Green, J.	300	HWT.	
HWT.		Brantley, J.	490
Calvin, T.	400!	Green, J.	350
Open 148 lb.		Master-1	
Weber, E.	320	Butts, M.	430
Cawley, C.	290	DEADLIFT	
Submaster		WOMEN	
Finger, R.	270	132 lb.	
Master 148 lb.		Rath, K.	265
Cawley, C.	290	Teen 148 lb.	
Novice 165 lb.		Pike, W.	350
Burns, S.	250	181 lb.	
Open		Lehmkuhl, C.	400
Scanlon, P.	235	Anderson, L.	355
Novice 181 lb.		198 lb.	
Kopf, B.	370	Anderson, S.	365
Gonzales, S.	360	Brandt, C.	350
Groomes, T.	350	220 lb.	
Rossie, B.	340	Vice, C.	280
Tudor, S.	280	Open 165 lb.	
Open 181 lb.		Fannin, C.	450
Gonzales, S.	360	181 lb.	
Dressler, K.	340	Petersen, D.	575
Hennigar, R.	325	Submaster	
Submaster		Maynard, B.	485
Gonzales, S.	360	Novice 198 lb.	
Maynard, B.	350	Purdy, B.	475
Hennigar, R.	325	Open	
Tudor, S.	280	Herbert, C.	525
Master-1		Michael, M.	465
Leazer, B.	350	Submaster	
Master		Weikert, T.	525
Peterson, D.	335	Novice 220 lb.	
Novice 198 lb.		Musson, S.	575
Bishop, E.	285	242 lb.	
Scovotti, R.	165	Levang, N.	405
Open		TRAP/DEADLIFT	
Bom, A.	415	WOMEN	
Michael, M.	390	148 lb.	
Knoll, W.	385	Meyer-Lind, N.	300
Herbert, C.	355	Teen	
Meyer, P.	255	Grundall, J.	425
Submaster		Open 165 lb.	
Dill, S.	420	Seymour, S.	620!
Weikert, T.	375	Teen 181 lb.	
Hugunin, T.	360	Hahn, S.	550
Wood, D.	320	Ohsann, A.	410
Ruse, D.	315	Novice	
Master-2		Blount, A.	550
Goeders, D.	300	Teen 198 lb.	
Scovotti, R.	165	Grage, R.	580
Master-3		Open	
Dewey, D.	180	Meyer, P.	625!
Novice 220 lb.		Teen 220 lb.	
Wright, A.	440	Mandot, M.	550
Musson, S.	420	242 lb.	
Stuart, J.	355	Tucker, M.	400
open		Christy, D.	550

Many thanks to the lifters and all who helped to make the Iowa Midwest Open a success. There were many fine lifts at the competition. Teenagers Brandon Millage (270) and Thomas Calvin (400!) stand out in my mind. Eric Weber was strong at 148 as well as Brad Kopf, Steven Gonzales, Tim Groomes and Bill Maynard at 181. The 181 class was deep and the lifters quite strong. Alan Born had a big 415 bench at 198. Steve Dill (420) and Adrian Wright (440) made the trip to Oskaloosa and put up big numbers. John Anderson (460), Jeff Leach (480) and Jerald Brantley were the best benchers of the heavyweight classes. Jerald Brantley (490) had the biggest bench of the meet. Doug Petersen and Tim Weikerlit both bench and deadlift with such good technique that they are a pleasure to watch. Scott Musson and Doug Petersen shared biggest deadlift honors with 575. Coach Bob Weber brought a group of trap deadlifters to the meet and they all made a lot of attempts. Sean Seymour pulled a big 620 at 165. Patrick Meyer was the top trapper with a 625. Nancy Meyer-Lind had a good day at what I think was her first meet. The next meet in the area will be the Midwest/Iowa Open Bench Press, Deadlift, Trap-deadlift in Oskaloosa, Iowa on November 10, 2001. Contact Wayne Hammes at (641) 673-5240 for information requests about this meet. Good luck with your training! (Thanks to Wayne Hammes for providing these meet results).

Southern Cup
2 Dec 00 - Adel, GA

Open	SQ	BP	DL	TOT
148 lb.				
J. Thompson	182.5	137.5	227.5	547.5
165 lb.				
G. Kiser	272.5	170	317.5	760
C. Brooks	212.5	175	227.5	615
E. Landron	—	—	—	—
181 lb.				
D. Williams	250	170	240	660
J. Thornton	220	177.5	250	647.5
198 lb.				
D. Blue	285	197.5	305	787.5
J. Norman	227.5	165	260	702.5
S. Herrera	272.5	185	242.5	700
M. Rainey	140	152.5	187.5	480
220 lb.				
J. Dennis	282.5	207.5	277.5	767.5
K. Seamann	305	177.5	260	742.5
M. Vicker	275	167.5	277.5	720
G. Fields	322.5	195	—	—
242 lb.				
M. Fennel	287.5	200	272.5	760
S. Sylvester	287.5	185	272.5	745
J. Schottel	250	207.5	282.5	740
J. Griffis	300	177.5	255	732.5
R. Johnson	275	177.5	250	702.5
C. Castile	322.5	—	—	—
275 lb.				
J. Haley	342.5	2005	337.5	885
D. Rogers	320	182.5	337.5	840
R. Boynton	315	215	280	810
J. Green	310	155	327.5	792.5
S. Soper	285	187.5	260	732.5
M. Jones	255	190	250	695
R. Howell	327.5	—	—	—
D. Williamson	62.5	—	—	—
308 lb.				
M. Fernandez	345	182	290	817
K. Southwood	297.5	227.5	275	800
M. Rhyne	—	—	—	—
Police/Fire				
242 lb.				
J. Griffis	300	177.5	255	732.5
308 lb.				
K. Southwood	297.5	227.5	275	800
198 lb. Teen-1				
T. McAfee	165	125	210	500
181 lb. Teen-2				
R. Nord	140	145	170	455
WOMEN				
Novice 132 lb.				
E. Burton	107.5	72.5	130	310
148 lb.				
C. Sylvester	137.5	75	145	357.5
Open 132 lb.				
L. Nelson	140	72.5	142.5	355
E. Burton	107.5	72.5	130	310
148 lb.				
C. Nestor	160	100	157.5	417.
C. Sylvester	137.5	75	145	357.5
Master-1 275 lb.				
J. Haley	342.5	2005	337.5	885
165 lb.				
G. Kiser	272.5	170	317.5	760
275 lb.				
R. Boynton	315	215	280	810
242 lb.				
F. Shook	260	155	267.5	682.5
165 lb.				
K. Davis	187.5	125	245	5575
220 lb.				
A. Truslow	235	155	255	645
C. Jones	220	170	250	640
Master-2 275 lb.				
S. Schultz	275	190	255	720
181 lb.				
D. Pittman	237.5	147.5	227.5	612.5
J. Fair	145	100	182.5	427.5
220 lb.				
J. Galeani	182.5	87.5	170	440
275 lb.				
A. Clarkson	162.5	—	—	—
Novice 165 lb.				
E. Landron	—	—	—	—
181 lb.				
W. Pullum	240	152.5	240	632.5
198 lb.				
S. Raulerson	195	150	235	580
M. Rainey	140	152.5	187.5	480
220 lb.				
A. Driggers	262.5	177.5	240	680
A. Truslow	235	155	255	645
C. Jones	220	170	250	640
M. Soong	240	130	230	600
J. Mock	207.5	162.5	220	590
J. Galeani	182.5	87.5	170	440
242 lb.				
J. Schottel	250	207.5	282.5	740
E. Mericle	227.5	165	217.5	610
J. Myers	227.5	157.5	220	605
J. Bruce	210	140	245	595
S. Bessent	210	122.5	227.5	560
Z. Knight	205	137.5	205	547.5
275 lb.				
M. Jones	255	190	250	695
P. Savage	242.5	160	227.5	630
G. Lamb	200	152.5	220	572.5
A. Clarkson	162.5	—	—	—
308 lb.				
C. Savage	280	175	260	715

TEAMS: 1st Team Jax-1 98 pts. 2nd Team Add 78 pts. 3rd Team Jax-2 77 pts. GA State records: 1) Trey McAfee, age 15, 198#, 462 DL. 2) Jerry Haley, age 48, 275#, 755 SQ, 451 BP, 1951 TOT. New Submaster American Record: Keith Southwood, age 36, 308#, 655 SQ, 501 BP, 606 DL, 1763.5 TOT. American Master Record: Sheldon Shultz, age 61, 295 #, 606 SQ, 418 BP, 562 DL, 1587 TOT. Thanks to all the many people that came forth to make this contest the longest running contest in the southeastern United States. Thanks to all the past competitors that came forth to either train new lifters, compete, or just come to add to help put the contest on. Trying to single out one person is hard to do when you talk about the many that come each year. Some have not missed a single meet. Thanks to the many competitors that come each year to test their strength. The first Saturday in December has become to be known as the contest to attend, not because of me, but that enjoy coming to add and helping to be a part of a quality event. (Result by Buddy Duke).

***Team Weber** had a strong showing at the April Iowa/Midwest Bench/Deadlift Competition. In the center front row is Bob and Jeri Weber. (Photograph provided by the courtesy of Wayne Hammes to PL USA).*

Curwood Bench Press
3 Jun 01 - Owosso, MI

13-Years		165.5 lb.	
T. Forsythe	155	D. Loynes	280
M. Tobey	85	181.5 lb.	
15-Years		R. Michael Jr.	350
J. Case	265	198.5 lb.	
J. Dorn	135	D. Covey	400
16-Years		D. Gilmore	335
M. Ham	255	220.5 lb.	
J. Griffin	250	P. Morris	400
B. Hart	200	B. Cochran	370
17-Years		J. Jones	350
E. Cotic	190	242 lb.	
WOMEN		P. Baumchen	390
A. Forsythe	160	J. Norton	380
S. Brainard	90	C. McNinch	365
Masters		275 lb.	
(40-49)		D. Schwartz	435
B. Kline	400	M. Marcotte	385
M. Forsythe	375	319 lb.	
B. Cochran	370	M. Sanders	510
Masters (50)		C. Tithof	425
G. Washington	365	W. Ailles	280
148.5 lb.		Superheavy	
I. Laurain	265	J. Harrison	365

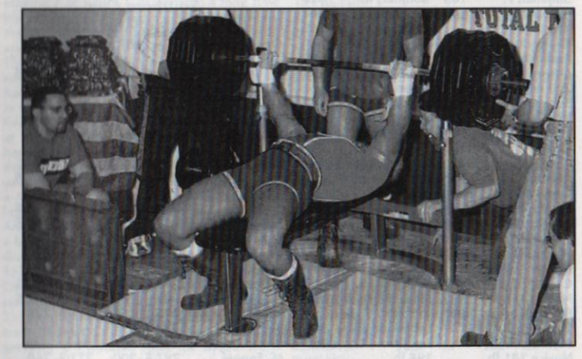
Most improved Lifter: Jamison Griffin, 75 lb. improvement. (The results by Justin McGraw).

USAPL Maine State
12 May 01 - Union, ME

BENCH		242 lb.			
WOMEN		J. Guay			365
Open 132 lb.		J. Moses			340
K. Marston	150	S. Reardon			180
148 lb.		275 lb.			
M. Guenther	170	N. Doucette			480
165 lb.		SHW			
D. Dow	155	A. Miller			450
MEN		Teen (form)			
Open 148 lb.		C. Clifton			225
L. Izra	265	Sub-M (form)			
165 lb.		R. Thibeault			370
R. Thibeault	370	A. Miller			450
F. Marsh	285	Master (form)			
181 lb.		M. Rainey			405
J. Cronkite	355	G. Duckworth			240
198 lb.		GM (form)			
E. Moore	405	D. Refuse			275
M. Lloyd	285	G. Duckworth			240
220 lb.		P&F (form)			
M. Chamberlain	460	R. Thibeault			370
M. Laliberte	380	A. Miller			450
M. Dube	355	S. Drake			405
D. Groder	335	D. Groder			335
D. McKnight	315	D. Claroni			275
WOMEN	SQ	BP	DL		TOT
Open 123 lb.					
M. Beliveau	200	120	250		570
132 lb.					
T. Deary	205	100	245		550
148 lb.					
M. Guenther	300	171	320		791
N. Gillooly	230	135	275		640
165 lb.					
D. Dow	305	155	325		785
Teen (Form)					
J. Blair	160	105	220		485
MEN					
Open 132 lb.					
C. Michael	265	150	350		765
148 lb.					
S. McIssac	405	250	425		1080
H. Ho	380	250	370		1000
165 lb.					
S. Beaupre	550	385	530		1465
C. Hurd	480	275	510		1265
J. Oliviera	440	270	520		1232
F. Marsh	440	285	500		1225
M. Chamegnone	425	215	400		1040
M. Iacone	405	200	385		990
181 lb.					
T. Morton	375	250	440		1065
C. Peasley	325	240	—		—
198 lb.					
M. Lloyd	525	385	545		1455
M. Twitchell	475	360	500		1335
M. Michael	550	340	—		—
R. Deasey	485	340	—		—
R. Moyer	—	—	—		—
220 lb.					
M. Laliberte	600	380	535		1515
B. Polofsky	525	405	580		1510
D. Lang	380	365	500		1245
D. McKnight	420	315	460		1195
G. Peterson	320	245	430		995
242 lb.					
M. Eugley	630	410	620		1660
S. Gagnon	570	365	620		1555
J. Moses	520	340	540		1400
J. Peters	500	350	550		1400
J. Guay	475	365	440		1280
R. Mealy	450	300	485		1235
L. Reardon	605	350	—		—
G. Russo	640	470	550		1660
J. Kilduff	475	305	500		1280
SHW					
J. Pouliot	540	330	575		1445
Teen (form)					
J. Hill	430	285	500		1215
B. Vincente	340	235	435		1010
T. Mitchell	265	175	360		800
P. Duperry	450	285	405		1140
E. Thibault	275	205	365		845
A. Crass	315	225	395		935
D. Hartford	300	240	415		955
A. Arsenault	270	185	360		815
Sub-M (form)					
D. MacLeod	600	335	580		1515
L. Izra	360	265	385		1010
J. Kilduff	475	305	500		1280
Master (form)					
G. Boudreau	600	420	565		1585
GM (form)					
B. Dempsey	365	275	465		1105
D. Refuse	300	275	350		925

We had a great turn out with lifters from all over New England and Canada. The Team Champions were Powerzone from Rhode Island. The Bench press Team Champions were Point Lookout-MBNA. We would like to thank John Mathiau, Sonya Roy, Mike Danforth, Amy Clevette and Allen Holmes. The Meet directors were Mark Clevette and Lynn Athearn. (Thanks to Mark Clevette for the meet results).

Knut Ortiz *benched 575 (above) in the 275 class at the Rock Sprinpgs meet, while* ***Scott Walker*** *locks out 307 in the 242s. (McCoy photos).*



12th Rock Springs Bench Press
28 Apr 01 - Rock Springs, WY

MEN		R. Chavez	400
Youth		E. Rieker	372
K. Thompson	90	M. Uroita	355
Teen (13-15)		198 lb.	
D. Arayon	205	D. Clayton	405
(16-17)		G. Patterson	365
A. Bisbee	220	J. Prado	350
(18-19)		220 lb.	
D. Bingham	310	D. Martinez	420
C. Schnider	170	R. Wehrle	420
W. Resner	135	L. Capozza	320
WOMEN		242 lb.	
M. Bassett	145	S. Walker	507
J. Walker	125	D. Gilbertson	415
S. Wehrle	110	M. Sowder	350
Master		275 lb.	
P. Bisner	140	K. Ortiz	575
J. Walker	125	J. Thompson	460
S. Wehrle	110	R. Branniny	440
MEN		Super	
Open 132 lb.		J. Dennison	545
D. Olson	315	J. Miller	430
D. Pucknett	155	Master (40+)	
148 lb.		S. Walker	507
B. Montegoe	330	D. Clayton	405
C. Nowlin	175	M. Urita	355
J. McCoy	150	(50+)	
165 lb.		E. Acey	435
J. Cunningham	410	G. Patterson	365
C. Fraughton	315	B. Yarber	315
C. Vitley	307	(60+)	
181 lb.		B. Wehrle	230

Once again the contest was a great success, drawing a huge gallery of spectators to watch these lifters from five different states make molehills out of mountains. This years contest was held at Total Body Fitness, a new gym to the city. People were in awe not only at the strength of the lifters, but also at the beauty and quality of this new facility. The stars must have been in line on this day, because the people were extremely pumped up and records seemed to fall from the sky. Some of the lifts made that day were only to be defined as nothing short of incredible. Hold on as you read some of these massive accomplishments. In the under 12 division, Kyle Thompson of Green River, Wyoming set the new mark with an easy 90 lb. push, while in the teen 13-15 division Derek Aragon also of Green River set the new mark at 205 lbs. Arin Bisbee got the new 16-17 title with a 220 lb. push and Dustin Binghum of Rock Springs made the new 18-19 year old title at 310 pounds. The new 132 lb. class title went to Del Olson of Worland, Wyoming with an awesome lift of 315 lbs. nearly 2.5 times his bodyweight. Del has no use of his legs, but proudly dismounts his wheelchair and straps himself down, proving that there is nothing that can stop a man whose heart and will push through the barrier of life's setbacks. Del should truly be an inspiration to us all. Jon Cunningham of Idaho set the new 165 lb. record with an incredible display of a 410 lb. lift. Rick Chavez of Rock Springs got the new 181 class record with an easy 400 push, even with a hurt shoulder. Scott Walker of Green River set both the 242 lb. and Masters 40+ title with an astonishing 507.5 pounds. Ed Acey of Utah got the new masters 50+ record with a lift of 435 pounds and Bill Wehrle of Montana set the new masters 60+ mark at 230 pounds. The outstanding lifters received a beautiful engraved sword for their accomplishments, and they were. Knut Ortiz of Larmie Wyoming for the men's heavyweight 575 lbs. Jon Cunningham for the men's lightweight 410 lbs. Dustin Bingham for the teen division 310 lbs. and Melissa Bassett for the women's division 145 lbs. The team trophy went to Bud's Gym, from Utah. As always, following the meet, a banquet was held at Sante Fe Trails restaurant with live music and all the food you could eat. (Lifters seem to eat a lot). Everyone had a great time dancing and eating with door prizes given to sum up the event. So mark April on your calendar for next year. We will see ya then. For information about this meet call Rick Wehrle 307-362- 4071. (Thanks to Rick Wehrle for providing us with the results of this contest).

WE HAVE WHAT YOU NEED:

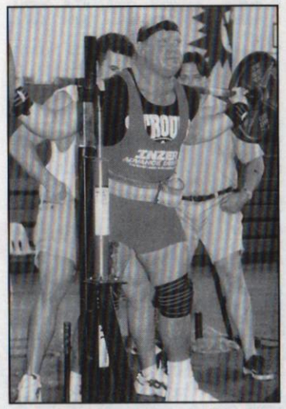
- ☑ Reverse Hyper Pro model 1225.00*
- ☑ Glute/Ham Machine 780.00*
- ☑ Reverse Hyper Standard model 825.00*
- ☑ Power Bench Rack 785.00*
- ☑ Bench Workout video 55.00*
- ☑ Combo Power Rack 900.00*

614-276-0923

WESTSIDE BARBELL

1417 Demorest Road
Columbus, OH 43228

*Shipping included. Send check or money order.



David Muns *won the Best Lifter award for the heavyweight sat the APA Texas Open. (Photo provided courtesy of Scott Taylor to PL USA).*

APA Texas Open PL & BP
12 MAY 01 - Houston, TX

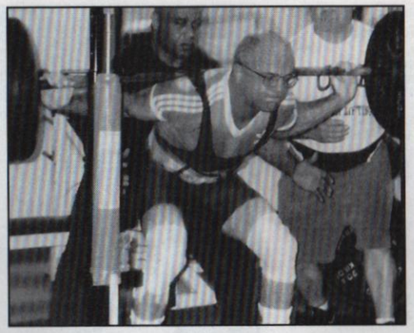
BENCH		D. Flunker			415
Master 40-49		J. Ames			260
(formula)		275			
D. Menchaca (BL)	520	D. Brackin			420
G. Wagenseller	315	308			
Master 50-59		M. Sanford			415
(formula)		Teen 220			
D. Brackin/266	420	E. Gambrell			85
Teen		Teen 242			
148		S. Farrag			215
M. Rocha	210	S. Powell			155
D. Randle	165	Teen 275			
165		H. Farrag			150
R. Brown	135	P. Alcala			95
MEN		275			
Open		Guest Lifter (DL)			
220		T. McCullough			770
Formula	SQ	BP	DL		TOT
Submaster					
D. Muns/268	780	490	675		1945
R. Hardy/218	680	420	600		1700
Master 40-49					
G. Edwards/215	400	235	400		1035
Teen					
148					
D. Randle/148	200	165	350		715
Women Teen					
165					
T. Turner/161	255	155	290		735
4th	290				
Men					
Open					
181					
O. Sifuentes (BL)	315	245	460		1020
198					
J. Mendoza	660	365	590		1615
220					
R. Hardy	680	420	600		1700
D. Flunker	325	415	620		1360
F. Sihota	455	300	450		1205
G. Edwards	400	235	400		1035
J. Ames	240	260	300		800
242					
L. Gonzales	500	350	525		1375
275					
D. Muns (BL)	780	490	675		1945

Texas Records set: Michael Rocha (Teen 13-15, 148 class - 210 bench press), Darrell Randle (Teen 13-15, 148 class - 350 deadlift, 715 total), Tashauna Ann Turner (Womens Teen 16-17, 165 class - 290 squat, 155 bench, 290 deadlift, 730 total), Roy Hardy (Submaster 220 class - 680 squat, 1700 total), Dan Flunker (Submaster 220 class - 620 deadlift), John Mendoza (Junior 198 lb. class - 660 squat, 365 bench press, 1615 total), David Muns (Submaster 275 class - 490 bench press, 675 deadlift, 1945 total), Tom McCullough (Master 40-44, 275 class - 770 deadlift), Tom McCullough (Men's Open 275 class - 770 deadlift), David Muns (Men's Open 275 class - 780 squat, 1945 total), Joe Ames (Special Olympics 220 class - 240 squat, 260 bench, 300 deadlift, 800 total), Gene Wagenseller (Master 40-44, 220 class - 315 bench press), David Menchaca (Master 40-44, 275 class - 520 bench press), David Muns (Submaster 275 class - 780 squat, 1945 total). Louisiana Records set: Danny Brakin (Master 50-54, 275 class - 420 bench press). World Records set: Tom McCullough (Master 40-44, 275 class - 770 deadlift), Joe Ames (Special Olympics 240 squat, 260 bench, 300 deadlift, 800 total). The 2001 APA Texas Open Powerlifting and Bench Press Championships was very successful due to the efforts of Tom McCullough and the students of Revere Middle School of Houston, Texas. I would like to thank Tom and all the students who busted their backs to make this meet happen and turn out as nice as it did. Special thanks to Dan Dumoit, Shannon McDougal, and Tom McCullough for putting in a long day in the judges chairs, and to the teachers of the school who set up a great concession area where lifters could get lunch and snacks. Tom McCullough provided complimentary Gatorade to all the lifters which also helped immensely. Lots of Texas records were broken with new records to replace them, one new Louisiana record was set and a couple of world records were broken. It was loads of fun. The APA will be running several more events in Texas this year so stay tuned for more great lifting action. (Thanks to Scott Taylor - APA President for providing the meet results).

APA Planet Fitness
Steamboat Days Meet
16 Jun 01 - Burlington, IA

123 lb.	SQ	BP	DL	TOT
T1				
S. Davis	—	—	160	160
M4 198 lb.				
D. Lawrence	600	290	540	1430
O				
D. Lawrence	600	290	540	1430
W. Bullock	—	405	620	1025
M4				
D. Lawrence	—	290	540	830
WO				
C. Engel	265	180	315	760
C. Engel	—	180	—	180
220 lb. O				
R. Hernandez	630	325	605	1560
242 lb. N				
A. Baehr	505	320	600	1425
O				
A. Baehr	505	320	600	1425
N. Cozine	—	410	—	410
308+ lb. O				
T. Calvin	—	390	—	390

At first I was a bit disappointed by the small numbers, but by the time the meet was over, I was excited about it and ready to run another one. We established a number of state records, which I believe will stand for a long time. First there was Carolee Engel. Carolee came in as a light 198 lb. lifter. This gal gets stronger every time I see her. Carolee ended up with a 265 lb. squat, establishing a state record, which will stand for a LONG time to come. Next was Al Baehr from Illinois. This was only Al's second ever competition. Al went 505 in the 242's. After that came Dave Lawrence from Spencer, Iowa. Dave weighed in at 192-1/2 lbs. At the age of 56 Dave went 600 lbs. in the squat for a WPA world record. As well as an Iowa State Record which will be hard to break. We then had Rob Hernandez from Illinois who squatted 630 in the 220's for a nearly triple bodyweight squat. Rob weighed in at 213-1/2. Now comes the bench presses. Carolee got a strong 180 on her second attempt, she then gave 195 a good ride on her third, but it was not to be. 180 will be a fine long- standing state record for Carolee. Dave Lawrence hit a good 290 for another lasting state record in the Masters 55-59 age group, as well as the open. Rob Hernandez nailed 325 his first attempt, but missed on 385 twice. Al Baehr was not accustomed to his new bench shirt yet and opted to lift without it. Al got a STRONG 300 his first attempt. He hit 320 on his second but barely missed 330 on his third. Thomas Calvin, a young man with a LOT of promise, nailed 390 on his first attempt, but missed 410 on his next two. Thomas was lifting in the SHW division. I have a feeling Thomas will be the one to blast through his own State Record. Next we have William Bullock. Quite a story there. William checked his weight early in the weigh-ins. He was at 202-1/2 He told me he had hoped to hit 123-1/4 and pulled 160. It is always good to see young people take up an interest in something as positive as powerlifting. Carolee Engel finished her day with a 315 deadlift and a 760 total. A nice start on Women's state records. Good lifting Carolee. Dave Lawrence pulled 540 on his second attempt and passed on his third. Guess that world record squat took it's toll. Still an AMAZING pull by a 56 year old 192-1/2 lb. man. Dave ended up with another world record 1430 in the total! CONGRATULATIONS Dave! Next was Al Baehr. Al pulled a PR and new Illinois State Record 600 lbs. for a whopping 1425 total. Good Job Al. Rob Hernandez finished his day with a lift of 605. Rob put together a total of 1560. Incredible for a light 220. Finally we come back to the dehydrated William Bullock. Remember his goal? 620 at 198. With the 198 out of the way all he had to do was pull the 620 and he did that on his second attempt! It was a strong pull and he tried for 630 on his third. It was a gallant struggle but not meant to be, William finished his day with a 1025 total in a push/pull! GREAT JOB William! At this time I would like to thank Paul and Holly Armstrong, owners of Planet Fitness, for sponsoring this event. I would also like to congratulate them on their recent marriage. Thanks also go to DeEdwin Shaw who stuck out the entire meet spotting and loading when he had a wedding to attend shortly after it was over. Dedication like this is rare and to be commended. Kudos also goes to Rex Beetner and Bill Stout who worked hard to help DeEdwin. Thanks to my wife who worked hard with me to run the event. And of course thanks go to my judges, Lynn Kartel, Ryan Swailes, and Roger Gibbs. (Results provided by Roger Broeg).



On his way up *at the APA Planet Fitness meet ...Dave Lawrence with his world record squat of 600. (Photo provided courtesy of Roger Broeg).*

APPLICATION FOR REGISTRATION
American Powerlifting Association

Last Name First Name Initial Date of App.

Street Address City State or Province

Country Zip Code Telephone Number

Date of Birth Age Sex

Social Security Number

Mail and make checks payable to
APA
P.O. BOX 27204
EL JOBEAN, FL 33927

Registration Fee: $20 High School Athlete: $10

Parents Initial if Under 18 yrs.

I Certify that the above answers are correct
X_____

APA Centenial Open
19 MAY 01 - Aurora, CO

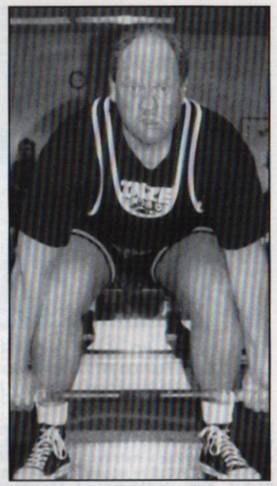
BENCH		D. Veal			290
WOMEN		198			
148		J. Burton			425
R. Maes	160	275			
MEN		W. Ramsey			450
Master 40-49		DEADLIFT			
R. Gillock/322	450	MEN			
Master 50-59		Master 60-69			
H. Blackmon/234	350	D. Smith/255			350
Master 60-69		Open			
D. Smith/255	235	198			
Open		A. Huber			625
181		E. Barnabas			
WOMEN		BP	DL		TOT
Submaster					
T. Derry/138		110	200		310
4th			220		
148					
R. Maes		160	295		455
MEN					
Master 50-59					
B. Beamer/160		250	420		670
Master 60-69					
D. Smith/255		235	350		505
Open					
275					
W. Ramsey		450	565		1015

1st place team: New Beginnings Fitness Power Team of Sterling, Colorado. Push - Pull Meet Best Lifter: Will Ramsey; Deadlift meet best lifter: Andrew Huber; Bench Press Meet best lifter: Jared Burton. (Results provided by APA).

APA Great Lakes Open PL & BP
5 MAY 01 - Waukegan, IL

BENCH		J. Hull		400
Teenage		242		
J. Meyer/111	135	N. Kirkiris		380
Master		275		
M. LeVanti/234	350	J. Leineberg		385
Open 220		S. Christian		315
WOMEN	SQ	BP	DL	TOT
Submaster				
G. Thomas/212	250	180	320	750
J. Durbin/148	180	120	265	565
MEN				
Teenage				
J. Meyer/111	295	135	305	735
Junior				
T. Perez	415	365	475	1255
Submaster				
D. Schar/231	575	350	550	1475
P. Olsen/232	440	310	550	1300
A. Baehr/238	425	300	560	1285
J. VanEtten/181	310			
Open				
165				
Panagiotopoulos	355	45	430	830
220				
R. Hernandez	550	375	605	1475
242				
D. Schar	575	350	550	1475
P. Olsen	440	310	550	1300
A. Baehr	425	300	560	1285

Best Lifters: James Hull (BP); Rob Hernandez (Powerlifting). A great time was had by all at the APA Great Lakes Open Championships thanks to some great spotters and excellent officials. Special thanks to Powerhouse Gym for providing us with a great facility, spotters, and meet equipment. I'd like to thank Preston Olsen for his efforts at making this fine meet possible and Craig Gordon, Preston Olsen, and Nectar Kirkirus for officiating. This was a first time ever experience for many of the lifters and they did an excellent job on the platform. I'd like to make special mention of 111 lb., 13 year old Jeremy Meyer who wowed us all with an amazing 295 lb. squat and 305 lb. deadlift. Not only is Jeremy a great athlete but he is also quite a well mannered young gentleman. He will go far in this sport. I look forward to the next APA event which will be held in July by meet Illinois State Chairman Preston Olsen. (Thanks to Scott Taylor, APA President, for providing the results of this contest to *PL USA*).



***Al Baehr** deadlifting 560 at the APA Great Lakes Open. (Photograph provided by Scott Taylor).*

Front Squats are Back!

With the Amazing New Front Squat Harness TM by PowerAtomic (U.S. Patent 5,472,398) "Finally, work your quadricep muscles, getting the full benefit of a free weight front squat without struggling to hold the bar. Add more weight, do more reps... Solid steel harness with welded steel pins fully support your weighted barbell in proper position. Inch thick foam padding provides complete comfort. Excellent for use on the Smith Machine, too!" Send check or money order for $159.99 (for regular size), or $199.99 (for XL, 55 plus inch chest size only). Includes UPS shipping and handling in the cont. US, to PowerAtomic, Inc., PO Box 271, Swampscott, MA 01907. Call or E-Mail for brochure: (781) 581-6929, FrontSquat@aol.com. New pricing effective Oct. 1, 2000.

NASA Texas Regional
16 Sep 00

PwrSports		250 lb. Int.	
BENCH		R. McCoy	192.5
BP M1		Nat	
G. Eastes	105	R. McCoy	192.5
DEADLIFT		Pure	
127 lb.		R. McCoy	192.5
WDLSM		187 lb. MP	
D. Craine	95	S. Kivela	155
280 lb. M1		Teen	
G. Eastes	165	J. Saldana	170
SHW Int.		315 lb. Nov	
L. Newton	145	C. Anderson	207.5
CURL		227 lb. SM1	
480 lb. M1		P. Guy	145
G. Eastes	57.5	205 lb. M2	
SQUAT		G. Boelter	137.5
227 lb.		MP	
L. Cicconi	265	G. Boelter	137.5
PwrLifting		119 lb. WJR	
BENCH		L. Saldana	62.5
170 lb. M2		WAnt.	
D. Brooks	155	L. Saldana	62.5
250 lb. M1		119 lb. WPN	
L. Elliff	217.5	L. Saldana	62.5
MP		138 lb. WM2	
G. McCoy	195	B. Reichel	37.5
PwrSports	CR	BP	DL	TOT
---	---	---	---	---
280 lb. SM1				
A. Colorado	75	197.5	287.5	560
187 lb. Int.				
S. Thomas	52.5	107.5	212.5	372.5
PwrLifting	SQ	BP	DL	TOT
170 lb. M1				
F. Langhorst	215	130	222.5	567.5
205 lb. Jr.				
K. Hettie	227.5	170	257.5	655
Novice				
K. Hettie	227.5	170	257.5	655
M2				
R. Thomas	250	155	222.5	627.5
Novice				
S. Donegan	235	147.5	212.5	595
227 lb. Sm1				
P. Guy	182.5	145	227.5	555
280 lb. M2				
D. Brooks	217.5	155	225	597.5
170 lb. Novice				
J. Henson	132.5	85	142.5	360
S. Mohta	60	52.5	92.5	205
138 lb. WNov				
E. Yuan	60	27.5	82.5	170
WPure				
E. Yuan	60	27.5	82.5	170
138 lb. WSM1				
E. Yuan	60	27.5	82.5	170

(Thanks to Mike Adelmann for these results).

DUNGEON GYM BP CHALLENGE
23 Jun 01 - Galt, CA

BENCH		C. Daniels	405
MEN		SHW	
Youth (10-12)	148 lbs.	M. Knight	550
T. Knight	190	Master (40-44)	242 lbs.
M. Allen	100	C. Daniels-238	405
R. Enos	95	Master (40-44)	SHW
Open 242 lbs.		M. Knight-277	550

The Dungeon Gym Bench Press Challenge took place on Saturday, June 23, 2001, in Galt CA. In the Youth Division, Tony Knight took first place with a huge 190 lb. RAW Bench at 140 lbs. BWT! Tony is one of the strongest 12 year old benchers that's ever lived! Check the stats Mr. Herb Glossbrenner, Tony hit 205 at 132 in his last meet. That's in the bench press, most kids that age can't even deadlift that. Craig Daniels won at 242 lbs. with a 405 lb. bench, at age 43. In the SHW division, weighing 277 lbs., master lifter Mike Knight bench pressed a big 550 to close the show. I'd like to thank the spotters, loaders, and judges: Kurt Heath, Joseph Weiss, and Darryl Skeva. Thank you to Powerlifting USA Magazine. (Thanks to Kurt Heath for providing these meet results).

NASA PS Nationals
4 Feb 01 - (kg)

BENCH		G. Landess	152.5
205 lb. SM2		250 lb.	
P. Piecy	145	J. Thomas	185
J. Ritzier	162.5	SQUAT	
SM1		154 lb. WM2	
B. Dickens	155	C. Fuller	55
154 lb. Pure		119 lb. WJr.	
R. Davis	165	B. Book	85
205 lb.		187 lb. Teen	
C. Poore	202.5	C. Pagnani	110
SHW		315 lb.	
W. Newlin	222.5	P. Paff	145
205 lb. Novice		119 lb. SM2	
L. Schrader	142	V. Small	112.5
119 lb. Nat		154 lb.	
T. Merillat	85	J. Green	182.5
250 lb. M5		187 lb.	
Wigglesworth	155	B. Boyer	216
315 lb.		250 lb.	
J. Ayers	210	J. Ritzler	195
250 lb. M3		315 lb.	
J. Duckett	105	W. Johnson	267.5
315 lb. M2		250 lb. Pure	
J. Ayers	210	J. Carter	277.5
187 lb. M1		280 lb.	
D. Daniel	142.5	K. Johnson	285
DEADLIFT		J. Moore	170
154 lb. WM2		P. Malloy	157.5
G. Pelf	87.5	119 lb. Nat.	
205 lb. SM2		T. Merillat	95
P. Piecy	230	280 lb. M1	
250 lb.		P. Bouchard	250
D. Anguish	300	CURL	
280 lb.		315 lb. Teen	
R. Richey	227.5	P. Paff	52.5
SM1		250 lb. SM2	
E. Spence	170	D. Anguish	85
205 lb.		205 lb. SM1	
B. Dickens	210	B. Dickens	67.5
Pure		Pure	
C. Poore	240	J. Hall	82.5
G. Shackleford	220	250 lb.	
L. Schrader	155	D. Anguish	85
250 lb.		Nov.	
D. Anguish	300	J. Thomas	50
Nov.		205 lb. Nat.	
205 lb.		J. Hall	82.5
G. Shackleford	220	250 lb.	
227 lb.		J. Ritzler	65
S. Caviness	220	D. Beaven	45
250 lb.		P	
J. Thomas	185	Wigglesworth	77.5
205 lb. Nat.		M3	
P. Piecy	230	J. Duckett	57.5
227 lb.		280 lb. M2	
J. Stockard	247.5	D. Beaven	45
250 lb.		205 lb. M1	
K. Phillips	215	L. Schrader	67.5
M3		250 lb. M1	
250 lb.		J. Thomas	50
J. Duckett	147.5	170 lb.	
M1		HS	
138 lb.		M. Hires	52.5

PwrSports	CR	BP	DL	TOT
119 lb. WSM2				
V. Small	32.5	55	120	207.5
101 lb. WSM1				
W. Cross	22.5	35	93.5	151
WP				
B. Lemus	32.5	65	82.5	180
154 lb. WM2				
G. Paff	22.5	32.5	87.5	142.5
C. Fuller	22.5	35	80	137.5
119 lb. WJr.				
B. Book	27.5	55	115	197.5
170 lb. WHS				
C. Artym	30	45	120	195
187 lb.				
V. Hudson	25	32.5	92.5	150
Teen				
C. Pagnani	35	85	150	270
315 lb.				
P. Paff	52.5	95	172.5	320
154 lb. SM2				
J. Green	52.5	112.5	205	370
187 lb.				
B. Boyer	75	165	257.5	497.5
R. Carver	60	92.5	150	302.5
P. Piecy	60	145	230	435
250 lb.				
D. Anguish	85	167	300	552
J. Ritzier	65	162.5	195	422.5
E. Cross	52.5	135	205	392.5
W. Johnson	72.5	177.5	262.5	512.5
187 lb. SM1				
E. Spence	42.5	117.5	170	330
205 lb.				
B. Dickens	67.5	155	210	432.5
170 lb. Pure				
W. Foster	62.5	152.5	247.5	462.5
K. Taylor	72.5	150	217.5	440
187 lb.				
E. Spence	42.5	117.5	170	330
205 lb. Pure				
C. Poore	72.5	202.5	240	515
250 lb.				
D. Anguish	85	167	300	552
J. Carter	77.5	170	277.5	525
J. Ritzier	65	162.5	195	422.5
280 lb.				
K. Johnson	70	192.5	287.5	550
J. Moore	67.5	142.5	215	425
315 lb.				
W. Johnson	72.5	177.5	262.5	512.5
119 lb. Novice				
T. Merillat	42.5	85	125	252.5
154 lb.				
J. Norris	55	102.5	192.5	350
187 lb.				
K. Joseph	65	152.5	185	402.5
E. Spence	42.5	117.5	170	330
227 lb.				
J. Mulvey	72.5	150	195	417.5
227 lb.				
J. Gaines	42.5	82.5	165	290
205 lb. Nat				
P. Piecy	60	145	230	435
L. Schrader	67.5	142	157.5	367
J. Ritzler	55	162.5	195	422.5
315 lb.				
C. Foresman	50	67.5	150	267.5
250 lb. MPure				
Wigglesworth	77.5	155	227.5	460
K. Phillips	67.5	147.5	215	430
J. Thomas	50	87.5	185	322.5
187 lb. M3				
D. Robbins	42.5	~~105~~	—	-62.5
205 lb.				
R. Finch	47.5	97.5	185	330
250 lb.				
J. Duckett	57.5	105	147.5	310
315 lb. M2				
C. Foresman	50	67.5	150	267.5
138 lb. M1				
G. Landess	42.5	82.5	152.5	277.5
205 lb.				
L. Schrader	67.5	142	155	364.5
227 lb.				
J. Clark	67.5	147.5	272.5	487.5
280 lb.				
P. Bouchard	77.5	182.5	272.5	532.5
154 lb. Jr.				
J. Norris	55	102.5	192.5	350
187 lb. Int.				
A. Carnal	22.5	35	75	132.5
227 lb.				
J. Greenwell	57.5	97.5	215	370
127 lb. HS				
J. Adams	40	67.5	137.5	245
138 lb.				
D. Heckmester	45	75	160	280
154 lb.				
D. Holley	40	82.5	182.5	305
170 lb.				
D. Evans	55	100	195	350
187 lb.				
J. Priem	60	105	205	370
M. Hires	52.5	105	187.5	345
205 lb.				
M. Ramos	47.5	80	155	282.5
250 lb.				
A. McNeely	40	97.5	180	317.5
J. Stark	67.5	122.5	232.5	422.5

(Thanks to Mike Adelmann for these results).

A WORLD OF PROTEIN JUST ISN'T ENOUGH!

AMERICAN BODY BUILDING™

AMERICAN BODY BUILDING™ IS PROUD TO OFFER THE LATEST SCIENTIFIC BREAKTHROUGH IN GREAT TASTING, READY TO DRINK PROTEIN SHAKES. INTRODUCING **PURE PRO™ SHAKE** – BURSTING WITH 35 GRAMS OF HIGH QUALITY PROTEIN, ONLY 4 TO 6 GRAMS OF CARBOHYDRATES, 0 SUGARS, 1 GRAM OF FAT AND ASPARTAME FREE!

PURE PRO™ SHAKES DON'T CONTAIN SOME CHEAP PROTEIN MATRIX. WE SPARED NO EXPENSE IN USING HIGH QUALITY PROTEIN SOURCES THAT YOU NEED TO BUILD YOUR BODY AND REACH YOUR GOALS WITHOUT COMPROMISING YOUR LOW CARBOHYDRATE DIET REGIMEN.★

AMERICAN BODY BUILDING™ PURE PRO™ SHAKES CONTAIN A PROPRIETARY PROTEIN BLEND DERIVED FROM MILK PROTEIN ISOLATE, CALCIUM CASEINATE AND WHEY PROTEIN CONCENTRATE. MILK PROTEIN ISOLATE (MPI) CONTAINS ABOUT 80 PERCENT CASEIN AND 20 PERCENT WHEY PROTEINS. IN OTHER WORDS, YOU GET THE BEST OF BOTH WORLDS IN THAT WHEY SUPPORTS YOUR BODY'S OWN MUSCLE MACHINERY AND THE CASEIN HELPS SLOW DOWN THE ABSORPTION OF THE WHEY FOR SUSTAINED AMINO ACID RELEASE.★ TO BOLSTER MPI, WE ADDED MORE PROTEIN IN THE FORM OF WHEY PROTEIN CONCENTRATE (WPC) AND CALCIUM CASEINATE. THIS ADDS TO THE TOTAL PROTEIN CONTENT AND PROMOTES THE BENEFICIAL ACTION OF THE WHEY AND CASEIN.

OUR MPI AND WPC ARE PROCESSED FROM WHOLE MILK IN A GENTLE EXTRACTION THAT LEAVES MORE OF THE NATIVE PROTEIN STRUCTURE INTACT AND KEEPS **PURE PRO™ SHAKE** VIRTUALLY LACTOSE FREE. WE ENSURED THESE PROTEINS WERE PROCESSED OUTSIDE OF THE TRADITIONAL CHEESE BYPRODUCT ROUTE THAT CAN OFTEN ROB IMPORTANT NUTRIENTS AND FRACTIONS FROM THE PROTEINS. EACH OF THESE MILK PROTEINS HAS SPECIFIC APPLICATIONS AND SEPARATE HEALTH BENEFITS FOR MAINTAINING AND ACHIEVING OPTIMAL HEALTH AND FITNESS.★ BY USING SPECIALLY PROCESSED PROTEINS WE PROVIDE YOU WITH A PRODUCT THAT IS UNSURPASSED IN THE READY TO DRINK PROTEIN SHAKE MARKET.

EXCEPTIONAL TASTING AND HIGH QUALITY **PURE PRO™ SHAKE**, BY **AMERICAN BODY BUILDING™** – OPTIMAL PROTEIN, OPTIMAL FORMULA.

PURE PRO™ SHAKE

- 35 G OF PROTEIN
- 0 G OF SUGARS
- 4 TO 6 G OF CARBS
- ONLY 1 G OF FAT
- ASPARTAME FREE
- GREAT TASTE

A FORCE IN THE GYM™

1-800-627-0627

WWW.AMERICANBODYBUILDING.COM

★These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

205-A1

USPF USA National PL & BP
11,12 Nov 00 - Burbank, CA

BENCH		220 lb. (45-49)	
WOMEN		R. Echeverria	413
198 lb.		Master (55-59)	
M. Pennington	176	J. Parker	264
132 lb.		242 lb. Open	
Master (50-54)		A. Franco	501
L. Tamura	154!	B. Lopez	440
148 lb. Teen		D. Robuck	440
A. Contreras-13	104!	R. Cosio	407
165 lb. Open		A. Waldon	—
J. Chavez	225	Master (50-54)	
R. Lopez	220	M. Nakamura	286
Master (80+)		275 lb. Open	
H. Benner-80	192*!	R. Speno	446
181 lb. Open		Master (55-59)	
G. Nishida	303	M. Cunningham	385!
Submaster		Master (60-64)	
K. Tate	369	D. Herrera	402*!
Master (40-44)		308 lb. Open	
A. Hoyos	270	P. Leonard	534
Master (45-49)		Master (45-49)	
G. Nishida	303	S. Brown	462*!
198 lb. Submaster		Master (50-54)	
S. Marcinek	374	B. Garvey	385
Master (40-44)		308+ lb. Submaster	
L. Claggett	286	O. Walker	451
Master (65-69)		Master (45-49)	
S. Collela	264	L. Contreras	424!

WOMEN	SQ	BP	DL	TOT
114 lb. Open				
S. Alves	44	55	115	214
198 lb. Open				
L. Baldridge	214	126	264	606
MEN				
148 lb. Open				
S. Layman	534	363	512	1410
C. Balanga	429	363	479	1272
165 lb. Open				
G. Covarrubias	473	275	551	1300
181 lb. Open				
A. Hoyos	391	270	496	1157
Junior (20-23)				
Z. Gordon	325	225	391	942
Master (40-44)				
A. Hoyos	391	270	496	1157
198 lb. Submaster				
B. Wayne	468	303	534	1305
Master (40-44)				
M. Brown	402	292	462	1157
220 lb. Open				
J. Branham	677	396	650	1724
J. Bostick	490	347	600	1438
Master (40-44)				
M. Straley	518	314	479	1311
242 lb. Junior (20-23)				
R. Meulenberg	556	374	611!	1543
Open				
S. Landry	622	440	661	1724
D. Robuck	606	440	562	1609
A. Gonzales	595	352	655	1603
Submaster				
S. Landry	622	440	661!	1724
Master (40-44)				
J. Hayes	501	391	551	1443
Master (60-64)				
C. Haflich	352	259	402	1014
275 lb. Teen (16-19)				
J. Bryant	727!	501!	501	1730
A. Austin	479	314	573	1366
Open				
R. Speno	622	446	611	1680
B. Trujillo	578	429	562	1570
D. Brown	551	402	562	1515
275 lb. Master (45-49)				
D. Brown	551	402	562	1515
G. Ridgeway	551	385	534	1470
Master (60-64)				
D. Herrera	220	402!	220	842
308 lb. Teen (13-15)				
K. Ezell	203!	198!	303!	705!
Open				
A. Labare	843	518	705	2066
Master (45-49)				
S. Brown	551	462*	551	1565*
308+ lb. Open				
G. Brink	716!	424	804!	1945!
C. Lewis	633	391	661	1686
Submaster				
K. Alves	385	407	380	1173
Master (50-54)				
G. Brink	716!	424	804*!	1945*!

*=American Record. !=State Record. Powerlifting: Best Lifter Women: Lisa Baldridge. Best Lifter Open Men Light: Scott Layman. Best Lifter Open Men Heavy: Art Labare. Best Teen Lifter: Josh Bryant. Best Submaster: Steve Landry. Best Master light: Andrew Hoyos. Best Master Heavy: George Brink. Bench Press Best Lifter Women: Mary Pennington. Best Open Men Light: Gary Nishida. Best Lifter Open Men Heavy: Alberto Franco. Best Submaster: Ollie Walker. Best Master light: Harrison Benner. Best Master Heavy: Danny Herrera. The USA National Powerlifting and Benchpress Championship were held at the Burbank Airport Hilton in Burbank, CA. We had a well run meet, and everyone had a great time. Thanks to our spotters and loaders: Ian Stallings, Steve Denison, John Bostick, Gary Garcia, Ryan Miller, and Scott Layman. Thanks to our referees: Kevin Meskew, Lisa Denison, Jack Hughes, Gary Ridgeway, Don and Fran Haley, and Scott Layman. Thanks to Chris and Krishna Kostas for running the score table. Thanks to Chuck LaMantia, and Digital Disc Jockeys for the use of their sound equipment. Thanks to Chris and Krishna Kostas and Wright's Power Promotions for bringing their equipment and to Steve & Lisa Denison for bringing equipment and organizing the meet. Thanks again to Gene Estrada for the use of his competition squat racks and time clock. (Thanks to Steve Denison and Chris Kostas for providing the meet result).

Big Bench Shootout III
23 Jun 01 - Keene, NH

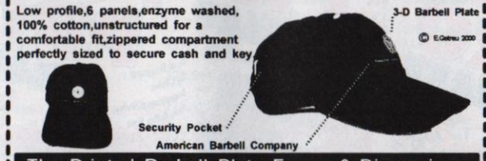
MEN		F. Juju	95
Open		MEN	
165 lb.		Novice	
P. Soto	310	Borromed-192	375
E. Guy	280	P. Thomsen-215	375
181 lb.		Teen (13-15)	
D. Bloom	345	J. Mackay-218	245
C. Brien	340	T. Ruschioni-137	130
A. Colon	300	(16-17)	
198 lb.		K. Fisk-142	225
K. Mattson	435	J. Willette-168	205
B. Borromed	375	(18-19)	
220 lb.		K. Fisk-181	280*
P. Thompson	375	Submaster (33-39)	
242 lb.		E. Paskell-236	575
E. Paskell	575	B. Keller-312	465
R. Delamare, Jr.	525	D. Bloom-168	345
S. VanBrunt	460	Borromed-192	375
308 lb.		C. Brien-173	340
R. Desmond!	710	F. Engel, Jr.-217	350
SHW		Master (40-44)	
B. Keller	465	198 lb.	
WOMEN		K. Mattson	435
Open 0-148 lb.		R. Brogna-234	415
D. Savoie!	170	P. Thomsen-215	325*
Over 140 lb.		(50-54)	
B. Berndt	160	C. Frost, Jr.-190	360
Junior (20-23)		(55-59)	
B. Berndt	160	P. Soto-157	310
Master (45-49)		B. Matchett-228	310*

!=Best Lifter. *=State record. Place: Spectators Sports Bar and Grille. Head Judge: Joe Romano. Side Judges: Bill Durant, Jim Supry. Spotters/Loaders: Phil Thomsen, Jerry Boucher, Lionel Fisk. Best Lifter Women: Diana Savoie. Best Lifer Men: Ryan Desmond. Best Lifter Teen: Kevin Fisk. Best Lifter Master: Peter Soto. The absolute highlight of this contest was Ryan Desmond's 710 at 285 bwt. Ryan opened with 700 and couldn't quite get it to his chest. Then went 710 and destroyed it, and almost had 720 locked out. Each attempt was flawless. Nice going Ryan. I'm sure 750 plus is just around the corner. Peter Soto won the 165 class. The master's (55-59) class and also best master lifter. Peter weighed 157 and is 58 years old. Ken Mattson won the 198 class, quite easy with 575 and came extremely close with 600. Elwin also won the submaster's class. R.J. (Bob) Delamare Jr. came to this contest to bench 500. He smoked 525 in the process. R.J. is a very likeable guy and will do well in the future. Phil Thomsen set a master's 40-44 age group record with 375 at 215. Phil broke his own NH record by 15 lbs. Kevin Fisk benched 280 at 181 and 19 years old to set a NH state record. Dr. Brian Matchett weighing 228 benched 310 for a NH state record. Brian is 58 years old and is from Rochester, NH. Nice going Brian. (Thanks to Louie LaPoint for the meet results).

Ryan Desmond *just missed this attempt at 720 at the Big Bench Shootout III , and below we have Jody Berndt, Becca Berndt, Ryan Desmond, Randy Brogna, and Elwin Paskell of Desmond's Strength & Fitness from Fitchburg, MA - the 1st place team at the meet. (LaPoint)*

3-D DARBELL PLATE HAT w/POCKET

Low profile,6 panels,enzyme washed, 100% cotton,unstructured for a comfortable fit,zippered compartment perfectly sized to secure cash and key



The Printed Barbell Plate Forms 3 Dimensions

$17.99 Or 2 For $29.99

For Fast Delivery Call (614) 833-0147 Or (614) 937-5090

Or Send Check Or Money Order To E.Getreu

6589 Warriner Way Canal Winchester OH 43110

Add $2.00 For Shipping And Handling

Name_____ Address_____

City,State,Zip_____ Phone# ( )

1st Powerlifting Meet
16 Jun 01 - Cortland, NY

DEADLIFT		J. Surft	235
D. Card, Sr.	465	165 lb.	
BENCH		C. Bryan	250
181 lb. Teen		181 lb.	
K. Lanphe	255	D. Johnson	225
148 lb. (18-19)		Master (40-44)	
J. Vimthisery	250	220 lb.	
WOMEN		J. Reagan	350
154 lb. Open		(45-49) 198 lb.	
A. Seyfried	135	E. George	340
MEN		(50-54) 181 lb.	
Open		G. Nitti	275
132 lb.		(55-59)	
IRONMAN		D. Wilcox	285

	BP	DL	TOT
220 lb. (18-19)			
R. Ingraham	230	405	635
Open 181 lb.			
J. Newton	325	450	775
242 lb.			
D. Kingwater	490	475	965
4th	500		
275 lb.			
K. McCadam	325	390	715

POWERLIFTING				
Open	SQ	BP	DL	TOT
220 lb.				
R. Loisella	500	305	500	1305
Submaster (35-39)				
M. Yoyda	550	400	365	1315
Master (40-44) 242 lb.				
D. Mantella	365	280	450	1095
Master (50-54) 198 lb.				
B. Ryon	600	340	520	1460

(Thanks to Cortland Fitness Center for results).

Ken Snell *gets psyched to pull a masters record deadlift of 440 in the 123 class. (Photograph provided courtesy of Scott Taylor).*

APA Sunshine State BP & DL
22 APR 01 - Lakeland, FL

BENCH		275	
WOMEN		S. Lacey	515
Open		J. Macartney	470
K. Sabin/206	235	308	
K. Romano/123	120	Rodriquez (BL)	600
Master		SHW Guest Lifter	
D. Allen/161	120	B. Moore	660
MEN		DEADLIFT	
Teenage		WOMEN	
I Anderson/142	285*	Open	
T. Walters/158	260	K. Austin/107	225
Submaster		Master	
Rodriquez/306	600	D. Allen/161	265
A. Stevens/196	470	MEN	
S. Lacey/253	515	Teenage	
J. Taylor/246	445	C. Baixauli/220	480
Master 40-49		I. Anderson/142	350
A. Ainscoe/236	465	Junior	
S. Pullero/196	365	M. Mann/159	480
Master 50-59		M. Leshley/159	465
Baumsten/251	425	Submaster	
J. May/221	320	J. Williams/212	550
L. Ford/233	300	Hammock/284	600
M. Churchman/212		Robertson/205	530
Master 60-69		D. Eldridge	560
J. Best/245	200	Master 40-49	
Open		M. Francis (BL)	725
114		M. Whitten/168	530
S. Beasley	110!	Open	
123		114	
K. Snell	270*	S. Beasley	255!
165		123	
R. Birt	315	K. Snell	440*
181		165	
R. Fraizer	430	M. Mann	505
B. Strickland	370	181	
H. Griffin	270	B. Strickland	580
B. Highnote		198	
198		J. Bellemare	500
A. Stevens	470	220	
S. Pullero	365	R. Meyer	650
220		J. Krause	600
R. Meyer	500	P. Mangenello	550
S. Schuler	480	J. Webb	550
242		242	
J. Keene	520	M. Francis (BL)	725
J. Davis	465	D. Peer	500
E. Falcone	405	308	
D. Wiesenfeld	400	J. Hammock	600

* denotes record lift; ! denotes Special Olympics Record. 1st place team (BP): All American Gym - Lakeland, FL; 2nd place team (BP): Gold's Gym - Lakeland, FL; 1st place team (DL): All American Gym - Lakeland, FL. Referee's: Amy Keene, Scott Taylor, Jimmy May, Jay Macartney. The 2001 APA Sunshine State Open BP & DL was a huge success. Special thanks to Rich Meyer, Jason Keene, and Gold's Gym for all the hard work and effort that made this gym a huge success. I'd also like to thank Lou Baltz for the use of his light system and for all the work he volunteered throughout the meet which made the platform run very efficiently. Lots of exciting lifting took place and some great lifts were registered. Several new records were set and several of the lifters hit all time personal bests. Gold's was an excellent meet site and had a large ample room and plenty of spectator seats to make the event comfortable for all. Stay tuned as the APA returns to Lakeland in a couple months for more exciting lifting action. (Thanks to Scott Taylor, APA President, for providing the results of this meet).

NASA Iowa Regional
21 Oct 00 - (kg)

PwrSports		138 lb. Pure	
BENCH		B. Whitt	152.5
138 lb. HS		B. Albert	147.5
B. Millage	105	205 lb.	
Int.		M. Heruth	200
B. Albert	147.5	227 lb. SM1	
D. Phipps	152.5	D. Walker	177.5
A. Allen	~~207.5~~	280 lb.	
187 lb. Jr.		S. McVey	202.5
B. Edwards	142.5	138 lb. SM2	
205 lb.		B. Whitt	152.5
T. Risius	167.5	205 lb.	
187 lb. M1		M. Heruth	200
J. Heather	115	227 lb.	
187 lb.		G. Lathrop	150
J. Heather	110	SHW	
280 lb.		J. Brantley	217.5
S. Felton	232.5	PwrSports	
205 lb. M2		BENCH	
R. Olson	207.5	119 lb. HS	
227 lb.		Q. Varce	40
F. Risius	162.5	205 lb. Pure	
250 lb.		L. Gibson	—
D. McAnally	115	119 lb. Teen	
shw		Q. Varce	40
T. Wright Sr.	160	CURL	
187 lb. M3		250 lb. CM2	
G. Labelle	97.5	D. McAnally	57.5
M5		187 lb. M3	
J. Heather	115	G. Labelle	45
J. Heather	110	205 lb. M5	
205 lb.		J. Swank	62.5
J. Swank	157.5	250 lb. SM	
SHW M5		G. Elliot	77.5
T. Wright Sr.	160	138 lb. Teen	
L. Betzer	125	B. Millage	45
N		154 lb. HS	
A. Allen	~~207.5~~	M. Chapman	270
280 lb.		SQUAT	
S. Felton	232.5	119 lb. HS	
170 lb. Novice		Q. Varce	52.5
S. Ginkel	130	187 lb. Jr.	
227 lb. P		C. Napoli	215
G. Lathrop	150	119 lb.	
SHW		Teen	
J. Brantley	217.5	Q. Varce	52.5

PwrLifting	SQ	BP	DL	TOT
170 lb. WM1				
D. Cornelison	97.5	67.5	127.5	292.5
138 lb. WP				
T. Thorn	92.5	55	110	257.5
170 lb.				
D. Classon	110	65	120	295
187 lb. WSM1				
T. Marks	115	55	127.5	297.5
119 lb. WTeen				
J. Davidson	55	37.5	80	172.5
PwrSports	CR	BP	DL	TOT
187 lb. Int.				
T. Groomes	62.5	147.5	190	400
205 lb.				
B. Cucci	70	—	—	—
127 lb.				
A. Wright	65	190	192.5	447.5
170 lb. Jr.				
K. Johnson	70	152.5	200	422.5
187 lb.				
C. Napoli	77.5	165	242.5	485
280 lb. M1				
C. Frazier	60	120	210	390
138 lb. Pure				
K. Ewoldsen	56	112.5	167.5	336
Pwrlifting				
154 lb. Int.				
J. Baker	200	125	195	520
187 lb.				
J. Merchlewitz	272.5	175	252.5	700
E. Rebhuhn	162.5	135	207.5	505
205 lb.				
B. Cucci	265	177.5	242.5	685
250 lb.				
E. Hoopes	292.5	197.5	300	790
205 lb. Jr.				
L. Schnathorst	190	132.5	227.5	550
154 lb. M1				
R. Williams	185	100	185	470
170 lb.				
D. Felton	160	107.5	251	518.5
205 lb.				
D. Anderson	232.5	122.5	227.5	582.5
250 lb.				
W. Hammes	292.5	175	280	747.5
170 lb. M2				
B. Weber	182.5	105	235	522.5
187 lb.				
D. Rhoades	280	145	277.5	702.5
SHW				
T. Wright Sr.	260	150	237.5	657.5
M5				
T. Wright Sr.	260	160	237.5	657.5
280 lb. Pure				
E. Ohnemus	275	170	250	695
127 lb. Nat.				
J. Gering	122.5	65	147.5	335
154 lb.				
K. Wilson	187.5	110	187.5	485
205 lb.				
J. Madsen	230	167.5	232.5	630
315 lb.				
F. Clary	307.5	165	227.5	750
127 lb. Novice				
J. Gering	122.5	65	147.5	335
205 lb.				
R. Clark	207.5	160	215	582.5
227 lb.				
P. Thomas	192.5	162.5	215	570
280 lb.				
C. Moeckly	250	167.5	237.5	655
187 lb. Pure				
J. Merchlewitz	272.5	175	252.5	700
C. Crigger	250	172.5	277.5	700
SHW				
A. Kooiker	230	185	220	635
187 lb. SM1				
C. Smith	242.5	155	242.5	640
J. Madsen	230	167.5	232.5	630
R. Clark	207.5	160	215	582.5
S. Drake	287.5	177.5	287.5	752.5
315 lb.				
F. Clary	307.5	165	277.5	750
138 lb. Teen				
B. Millage	110	105	117.5	332.5
315 lb.				
J. Kimbro	190	155	215	560

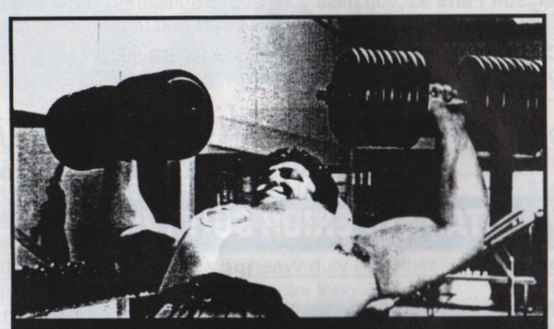
(Thanks to Mike Adelmann for meet results).

Top Gun BP/PL
17 Mar 01 - Randolph AFB, TX

BENCH		181 lb.	
MEN		S. Boyd	325
148 lb.		M. Brown	315
B. Gray	225	B. Dilo	300
J. Allison	202	198 lb.	
165 lb.		J. Johnson	335
A. Watkins	455*	Masters	
M. Walker	275	242 lb.	
J. Miller	267	M. Darrah	480

MEN	SQ	BP	DL	TOT
165 lb.				
M. Walker	305	275	400	980
J. Miller	300	267	315	882
181 lb.				
S. Boyd	500	325	555	1380
Masters 242 lb.				
M. Darrah	706	480	685	1871

*=Best Lifter. Although it was a small meet we had some outstanding individual lifts. Big Al Watkins came over from Mississippi to dominate the bench press competition. Half man half amazing ...this guy is a FREAK! Weighing in at only 163 lbs. he opened up with 405 lbs. and nailed it. Al then went straight to 455 lbs. and blew it away. His third attempt was an unbelievable 500 lbs. which he managed to press but it was turned down due to lack of a pause. Al took the best lifter award in the bench press. Mike Darrah of San Antonio had his best day ever two days after his 40th birthday! This may well be his last full meet as his knees just can't hold out any longer. He is due for an ACL operation later in March of this year. Mike recently won the 2000 AAPF World Powerlifting Championships in the open 275 lb. weight class, but he was unhappy with his total. As a result, he thought he would give it one last shot and he made the best of it. Mike hit a PR total of 1871 lbs. and earned the meet's "Best Lifter" award. (Thanks to Shannon Lynch, Meet Coordinator, Head Judge, for results).



Pat Casey

King of Powerlifters

now reveals how he became the first man to:

- Bench Press over 600 pounds
- Dumbell Incline Press 220 pounds each hand
- Squat over 800 pounds
- Total over 2000 pounds

First Time Ever - actual training routines with real poundages

Send **$15.95** + 4.50 shipping & handling to:

Bruce Wilhelm Exercise Equipment

P.O.Box 2269

Daly City, CA 94017

The Next Generation of Fabric and Suits are Here

The new millennium ushered in an era of radical change at Titan. We improved our original fabric with Ultra Might Plus. But we knew we could do better. So we kept working and what resulted was a whole new fabric, **NXG**(Next Generation Fabric). **IPF LEGAL**

NXG is the strongest, most stable fabric in the lifting world. **NXG** has the least stretch of any fabric used in the lifting world, is run-proof and virtually tear-proof. How much support will **NXG** provide. Read this guarantee carefully.

We guarantee that even our basic suit will outperform any other suit on the market. This includes our competitors premium suit that cost over three times as much!

This is not a marketing gimmick. Our new fabric is simply that good, that strong, that supportive. So imagine what you'll get with our more advanced models such as the Custom A, Custom B, the Centurion, the Dual Quad and Deadlift Suits.

Super Suit Fans – if you miss your Super Suits, then you'll love our suits. There are a few things you'll have to get used to however... no runs, no tears, better support and unparalleled guarantees.

WPC, WPO, IPA etc. – ask about our new **BOSS** suits. This was designed specifically for unlimited divisions and delivers performance exceeding that of canvas!

The most radical performance guarantee ever:

All suits feature 1 YEAR on blowouts and 1½ YEARS on runners!

TITAN SUPERIOR SUIT (VICTOR)

sizes 26 –69 — IPF✓ — **$49.95**

CUSTOM A

Custom made with commercial Serger side seams. Regular, meet or competition fit. — IPF✓ — **$65.00**

CUSTOM B

Custom made with our original 3 cm side seams. Regular, meet or competition fit. — IPF✓ — **$70.00**

DEADLIFT SUIT

sizes 26 – 60. — IPF✓ — **$49.95**

THE CENTURION

Features our patented harness system. In sizes 26 – 60. — IPF✓ — **$85.00**

DUAL QUAD

Custom made with our patented harness system. Regular, meet or competition fit. — IPF✓ — **$99.00**

THE BOSS

Features Boss fabric and our patented harness system. In sizes 26 – 60. — WPC✓ — **$130.00**

CUSTOM BOSS

Custom made version. Built to your specs. — WPC✓ — **$150.00**

IPF✓ = IPF approved WPC✓ = WPC, WPO, IPA legal

POWER WASH

Revolutionary, patented wash that actually strengthens fabric and even makes it more resistant to runs. Works on any synthetics. i.e. – suits and shirts. — **$7.95**

1-800-627-3145 • 361-991-6749 • FAX 361-991-9470

#1 in Powerlifting Performance TITAN SUPPORT SYSTEMS, INC. www.titansupport.com

RED DEVIL

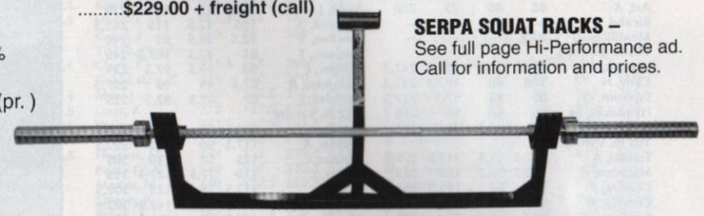
KNEE WRAPS – One of the most supportive, tightest wraps ever! **$17.95/pr.**

WRIST WRAPS– 6 month guarantee! Titan stitching and Aplix (30% stronger than Velcro).

Standard 12"..	$11.95 (pr.)
50cm.....	12.95
Mid Length 24".....	13.95
Full Length 36".....	15.95

EQUIPMENT

Ivano Power Bar – 1500 lb. test bar with center knurl. The only bar made in the USA certified by the IPF .....$229.00 + freight (call)



SERPA D/L HELPER – Lifts the entire bar and keeps it suspended with any amount of weight! ....**$115.00 + Frt.(call)**

SERPA SQUAT RACKS – See full page Hi-Performance ad. Call for information and prices.

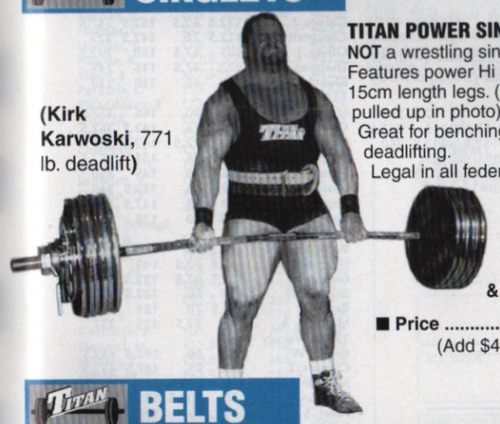
SAFE'S SQUAT SHOES

CONTENDER: *Designed & manufactured* **exclusively** *for powerlifting.* Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; lateral strap (7) Avg. width & standard heel **$119.95**

OTHER PRODUCTS

CHALK: 1 lb.	$9.95
AMMONIA CAPS: Box of 10	$4.00
SPEED COLLARS:	$36.50
DIP BELT:	$21.50
TRAINING BELTS: 4 x 2 1'/2"	$22.50
4 x 4"	$25.00
USAPL T's: 3 color logo	$15.00
SUIT SLIP ONS: get into suits easier! give weight	$19.00
BRIEFS: Titan quality and performance	$20.00
DUAL QUAD BRIEFS: Patented Harness Design	$30.00
DEADLIFT SLIPPERS: Low profile, rubber soled	5.00
DRY HAND LIQUID CHALK: Silica compound grip enhancer!	7.50
LIFTING STRAPS: 1.5", 2" , heavy duty & leather	Call
Titan T'S AND TANK TOPS: 3 color logo	8.75
ADIDAS DEADLIFT SHOES: Gummed rubber soled	44.95
TRICEP ROPE: Great for cable work	19.50

SINGLETS



(Kirk Karwoski, 771 lb. deadlift)

TITAN POWER SINGLETS **NOT** a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting. Legal in all federations and RAW meets. **Black, Royal Blue, Red & Gold**

■ **Price .....$30.00** (Add $4.00 for logo)

BELTS

COMPETITION buckle belts; feature stainless steel seamless roller & full leather buckle foldover.

LEVER belts; feature Hi-Tech patented lever for maximum tightness and easy on/off application.

All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.

■ **Price.....$79.00**

ORDER FORM

ITEM	Color 1st	Color Alt.	Size	Quantity	Price

Hi or Low Cut _____

CUSTOM SUIT ❑ Reg. ❑ Meet ❑ Comp ❑ Style A ❑ Style B ❑ Dual Quad

Male ❑ Female ❑

Height _____ Weight _____

Hips (Buttocks) _____ Leg (Largest part) _____

Overall (TOP OF TRAP TO 6" BELOW CROTCH) _____

Shipping & Handling	$5.50
Overseas add 30% Air	
Tx. Res. add 7.875%	
Total	

Titan Support Systems, Inc. • 921 Rickey • Corpus Christi, TX 78412 • USA
Visa, MC, Amex, Discover, Diners Club and Carte Blanche, COD
www.titansupport.com.

1-800-627-3145 • 361-991-6749 • FAX 361-991-9470

USAPL High School Nationals
30 Mar-01 Apr 01 - Killeen, TX

WOMEN	SQ	BP	DL	TOT
97 lb. Fr/Soph				
Moreno, J	80	42.5	102.5	225
Murrieta, Y	77.5	35	100	212.5
Johnson, B	70	32.5	82.5	185
97 lb. Varsity				
Docken, J	100	42.5	110	252.5
Dicky, E	87.5	47.5	110	245
LaBorde, L	95	45	97.5	237.5
Flores, J	77.5	50	97.5	225
Coon, A	66	37.5	100	202.5
Degeneffe, K	70	35	97.5	202.5
Axt, A	85	40	75	200
Ricahd, C	–	–	–	–
McMillian, L	82.5	–	–	–
105 lb. Fr/Soph				
Warren, A	97.5	37.5	112.5	247.5
Carly, N	100	40	102.5	242.5
Esposito, D	85	45	97.5	227.5
Hendricks, M	85	40	90	215
Plotner, K	65	37.5	82.5	185
105 lb. Varsity				
Traylor, A	117.5	47.5	112.5	277.5
Mannino, C	102.5	57.5	105	265
Chavira, P	90	50	112.5	252.5
Camilly, M	82.5	45	112.5	240
Sampson, G	92.5	37.5	95	225
Kemp, L	90	40	92.5	222.5
Robichaux, M	172.5	45	102.5	220
Thalman, P	77.5	40	85	202.5
114 lb. Fr/Soph				
Leggett, T	112.5	45	122.5	280
Raquel, T	92.5	47.5	115	255
Holmes, J	95	40	115	250
Seeling, A	82.5	45	115	242.5
Nguyen, C	77.5	45	112.5	235
Kemp, J	75	32.5	97.5	205
Wilson, M	77.5	32.5	90	200
White, K	72.5	32.5	90	195
Perez, K	72.5	35	80	187.5
Sherman, L	52.5	27.5	80	160
Dee, J	–	–	–	–
Rodriquez	–	–	–	–
114 lb. Varsity				
Grubbs, C	130	70	125	325
Maban, A	122.5	47.5	135	305
Jacobs, C	122.5	57.5	120	300
Hitchcock, A	107.5	45	137.5	290
Ramirez, P	105	47.5	127.5	280
Foret, A	107.5	47.5	112.5	267.5
Irwin, C	87.5	42.5	115	245
Terrell, M	85	42.5	107.5	235
Catuire, K	52.5	32.5	90	175
Kohler, J	60	37.5	90	187.5
123 lb. Fr/Soph				
Honeywell, B	102.5	57.5	145	305
Bohannan, J	115	57.5	120	292.5
Fernandez, R	117.5	47.5	122.5	287.5
Carter, S	87.5	45	117.5	250
Baer, S	85	47.5	115	247.5
Jacobson, S	80	40	102.5	222.5
Rasmussen, J	80	40	100	220
Deslattes, K	70	40	97.5	207.5
Rios, L	87.5	52.5	–	–
123 lb. Varsity				
Lewis, P	142.5	57.5	170	370
Matt, A	105	57.5	127.5	290
McLean, N	92.5	67.5	130	290
Hornes, E	110	45	132.5	287.5
Cable, L	87.5	47.5	135	270
Jackson, A	100	52.5	117.5	270
Sanders, C	87.5	47.5	107.5	242.5
Morrison, M	85	45	107.5	237.5
132 lb. Fr/Soph				
Carter, A	112.5	57.5	137.5	307.5
Vlachakis, S	122.5	57.5	112.5	292.5
Vanderlick, K	100	42.5	127.5	270
Swift, J	102.5	45	122.5	270
Duncan, A	105	42.5	115	262.5
Docken, S	92.5	52.5	95	240
Cariano, T	85	47.5	107.5	240
Harper, L	90	47.5	97.5	235
Colombo, B	87.5	45	95	227.5
Mendez, S	85	47.5	92.5	225
132 lb. Varsity				
Mesik, A	130	55	150	335
Queen, A	117.5	60	145	322.5
Lanoux, L	125	50	130	305
Balcer, C	110	77.5	127.5	315
Cruz, G	112.5	55	135	302.5
DenCausse, S	107.5	52.5	142.5	302.5
Morello, J	117.5	50	132.5	300
Molbert, L	107.5	55	127.5	290
Ford, A	115	55	117.5	287.5
Bord, K	105	52.5	120	277.5
Christensen, F	100	57.5	112.5	270
Flory, S	105	45	100	250
Fraust, J	90	50	110	250
Burnett, A	82.5	50	115	247.5
Ingram, A	90	45	90	225
Collins, B	–	–	–	–
148 lb. Fr/Soph				
Hardisty, J	120	57.5	142.5	320
Roberts, R	110	55	127.5	292.5
Emnott, L	100	67.5	125	292.5
Hall, C	97.5	65	127.5	290
Smith, R	105	45	112.5	262.5
Jarred, S	95	42.5	115	252.5
Martin, M	90	47.5	110	247.5
Bordeaux, A	90	45	110	245
Mertzig, G	90	45	107.5	242.5
Wilcoxson, M	82.5	52.5	90	225
148 lb. Varsity				
Niedrkom, R	160	87.5	162.5	410
Sanders, A	142.5	62.5	155	360
Sterrick, H	150	62.5	142.5	355
Munkiewicz, A	137.5	60	147.5	345
Miles, T	130	62.5	145	337.5
Calderone, C	120	60	147.5	327.5
Nichols, M	120	67.5	137.5	325
Mertzig, H	110	70	137.5	317.5
Brune, C	127.5	65	122.5	315
Vlachakis, L	125	55	132.5	312.5
Wyont, B	125	57.5	127.5	310
Michiefs, K	120	57.5	125	302.5
Raehl, J	100	50	137.5	287.5
Keller, L	100	55	132.5	287.5
Fayerwether, I	102.5	57.5	122.5	282.5

Brentley Marchand, *a Sophomore at East Ascension High School, broke 2 national records en route to his USAPL National High School title, and he also set 2 American Teenage records with his 418 deadlift and 1003 total. 431 lifters competed in the event. Slidell High School (Louisiana) won the Boys National Team Championship, upsetting Glen Mills (Pennsylvania) string of 11 National Team titles. Alexandria Sr. High (Louisiana) placed 2nd and Glen Mills was 3rd. In the Girls Team competition, Alexandria Senior High was first, followed by Neenah High School, and Slidell High School. (thanks to Paul Fletcher for photo & info)*

White, P	122.5	55	102.5	280
Haiderson, A	95	57.5	115	267.5
Hawkins, C	95	52.5	112.5	260

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

Johnson, J	97.5	42.5	102.5	242.5
Waggenspack	82.5	27.5	87.5	197.5
Dickinson, S	–	–	–	–
Danny, J	–	–	–	–
165 lb. Fr/Soph				
Lundgren, A	117.5	57.5	120	295
Nelson	102.5	47.5	132.5	282.5
Armatoski, N	100	45	115	260
Set, A	87.5	50	112.5	250
Porche, A	–	–	–	–
165 lb. Varsity				
Krystal, K	145	70	162.5	377.5
Wray, A	152.5	85	137.5	375
Maggen, M	117.5	87.5	142.5	347.5
Meynard, L	135	52.5	145	332.5
Proctor, E	122.5	75	127.5	325
Rhiannon, G	115	62.5	137.5	315
Ecker, A	120	47.5	137.5	305
Hampton, A	127.5	42.5	127.5	297.5
Schmidt, A	105	60	127.5	292.5
Dean, M	115	47.5	130	292.5
Smoot, K	97.5	52.5	140	290
Clark, C	100	52.5	127.5	280
Severson, M	102.5	55	117.5	275
Martin, C	–	–	–	–
181 lb. Fr/Soph				
Kummel, A	125	65	142.5	332.5
Lind, S	112.5	55	122.5	290
Rolfe, E	90	55	90	235
181 lb. Varsity				
Haynes, J	155	70	172.5	397.5
Baker, K	147.5	75	165	387.5
Sommers, T	155	57.5	165	377.5
McCoy, K	142.5	80	147.5	370
Enxing, M	140	62.5	137.5	340
Klein, J	105	57.5	127.5	290
Disselhoff	115	45	122.5	282.5
198 lb. Varsity				
Clark, J	157.5	62.5	157.5	377.5
Owdry, M	147.5	62.5	152.5	362.5
Degenhardt, L	115	65	122.5	302.5
Margaretie, M	122.5	50	122.5	295
Ital, D	97.5	55	127.5	280
McMasters, A	110	52.5	112.5	275
SHW Fr/Soph				
Donley, T	150	55	152.5	357.5
Moran, E	120	47.5	117.5	285
Browning, T	97.5	42.5	107.5	247.5
SHW Varsity				
Drals, T	187.5	102.5	195	485
Mullin, L	205	67.5	180	452.5
Gibson, N	157.5	82.5	177.5	417.5
Oiler, J	162.5	87.5	145	395
MEN				
114 lb. Fr/Soph				
Hafenbrack	147.5	72.5	165	385
Gaines, J	132.5	62.5	152.5	347.5
Coscarart, L	112.5	70	142.5	325
Oliver, J	105	57.5	130	292.5
Thalman, S	82.5	47.5	115	245
Blunchi, R	75	45	110	230
114 lb. Varsity				
Hilton, T	122.6	90	165	377.5
Grafton, P	145	75	142.5	362.5
Khan, S	140	72.5	142.5	365
Seades, A	122.5	75	155	352.5
Dewaters, D	135	70	145	350
Moses, S	122.5	65	152.5	340
Rogers, T	110	75	147.5	332.5
Keeler, J	92.5	50	125	267.5
123 lb. Fr/Soph				
Warmke, C	142.5	90	155	387.5
Humfeld, B	107.5	72.5	145	325
Guedry, R	122.5	67.5	132.5	322.5
Brignac, D	120	60	132.5	312.5
Reedy, T	107.5	70	135	312.5
McBride, A	87.5	42.5	125	255
123 lb. Varsity				
Keyne, W	180	80	192.5	452.5
Casares, T	170	95	187.5	452.5
Niedoliwka, V	175	102.5	165	442.5
Moseley, T	150	102.5	182.5	435
Foret, S	160	75	180	415
Adkins, M	160	87.5	165	412.5
Baumann, A	137.5	85	182.5	405
Holmes, A	142.5	82.5	177.5	402.5
Heckman, N	142.5	75	165	382.5
McCreary, B	137.5	75	167.5	380
Smith, R	140	80	157.5	377.5
Bowman, R	145	80	147.5	372.5
Wilson, J	130	82.5	152.5	365
Courville, S	130	77.5	140	347.5
Xong, M	112.5	70	155	337.5
Howe, T	95	80	130	305
Grimes, R	100	67.5	125	292.5
Benrud, J	110	42.5	137.5	290
132 lb. Fr/Soph				
Marchand, R	175	90	190	455
Johnson, D	147.5	87.5	147.5	382.5
Sacia, S	135	90	152.5	377.5
Edgren, G	127.5	65	155	347.5
Klima, J	115	67.5	152.5	335
Casemove, C	115	62.5	142.5	320
Angelo, N	97.5	57.5	135	290
132 lb. Varsity				
Smith, L	187.5	97.5	215	500
Burton, J	185	92.5	182.5	460
Pham, P	177.5	100	167.5	445
Jenkins, J	160	87.5	185	432.5
Kud, D	147.5	90	190	427.5
Diagre, W	165	85	167.5	417.5
Bauer, M	155	102.5	160	417.5
Pham, L	132.5	110	170	412.5
Calderone, R	137.5	70	180	387.5
Devine, J	135	80	160	375
Komperud, E	135	80	167.5	382.5
Klopp, J	155	65	142.5	362.5
Maurer, D	115	70	167.5	352.5
White, P	130	72.5	137.5	340
Montrovadi, J	105	70	152.5	327.5
Tomei, J	107.5	55	137.5	300
Sorg, M	160	–	–	–
148 lb. Fr/Soph				
Pinkerman, N	172.5	120	200	492.5
LiftleJohn, W	180	100	187.5	467.5
Bryant, C	175	87.5	200	462.5
Jacobs, J	152.5	85	170	407.5
Cosgrove, M	142.5	92.5	170	405
Komperud, M	145	90	165	400
Black, B	145	82.5	165	392.5
Vittetoe, E	130	85	175	385
Leone, V	140	87.5	152.5	380
Morgan, C	130	75	167.5	372.5
Perez, E	120	85	165	370
Spinney, D	122.5	60	157.5	340
Kauble, B	112.5	72.5	155	340
Dahm, G	112.5	75	147.5	335
Nagele, A	125	70	135	330
Barth, G	122.5	55	150	327.5
Luckett, C	127.5	65	135	327.5
Beachum, Z	137.5	–	–	–
148 lb. Varsity				
Gallavan, D	212.5	140	207.5	560
Kibler, D	215	107.5	227.5	550
Veal, W	190	110	237.5	537.5
Perez, M	195	117.5	217.5	530
Beasley, M	195	125	210	530
Keeler, R	192.5	105	227.5	525
Strobel, M	185	120	205	510
Sweet, J	195	105	192.5	492.5
Street, A	170	107.5	212.5	490
Henderson, A	167.5	117.5	205	490
Steele, R	180	102.5	202.5	485
Matthews, L	172.5	115	195	482.5
Brooks, B	170	107.5	195	472.5
Cox, A	205	92.5	172.5	470
Kochan, J	170	97.5	200	467.5
Holmes, C	167.5	97.5	197.5	462.5
Hoosier, B	170	100	185	455
Nagele, R	172.5	87.5	192.5	452.5
Sterry, J	157.5	112.5	172.5	442.5
Perdaris, C	155	102.5	175	432.5
Thibodeaux, E	175	87.5	160	422.5
Stith, M	157.5	100	165	422.5
Updike, C	155	82.5	182.5	420
Ouellette, J	137.5	95	172.5	405
Wilcoxson, C	142.5	100	155	397.5
Lemoine, V	122.5	95	170	387.5
DeJohn, G	185	100	–	–
Scott, J	–	–	–	–
165 lb. Fr/Soph				
Ausen, A	175	117.5	205	497.5
Laughlin, T	182.5	110	202.5	495
DiBiasi, M	175	100	207.5	482.5
Curtis, C	185	102.5	195	482.5
Fritsch, C	152.5	102.5	205	460
Stuhr, S	160	102.5	170	432.5
Corcoran, B	165	95	167.5	427.5
Donnici, M	157.5	85	180	422.5
Jenkins, T	152.5	75	185	412.5
Fulton, M	142.5	90	157.5	390
White, J	140	85	155	380
Dahm, S	115	82.5	160	357.5
DuRousseau	127.5	67.5	160	355
McPherson	112.5	–	–	–
Smith, T	–	–	–	–
165 lb. Varsity				
Mclauchlin, S	242.5	142.5	230	615
McCall, E	205	130	280	615
Clark, C	202.5	122.5	267.5	592.5
Kreft, D	215	130	235	580
Kimbrew, R	215	137.5	215	567.5
Kummer, L	200	120	215	535
Huguley, R	187.5	132.5	210	530
Fazzio, S	185	100	245	530
Beary, J	195	100	207.5	502.5
Smieja, D	187.5	110	182.5	480
McKay, B	185	97.5	195	477.5
Robert, M	167.5	102.5	177.5	447.5
Saunders, L	155	100	190	445
Staley, C	155	92.5	195	442.5
Lyons, M	145	97.5	162.5	405
Clark, R	137.5	85	172.5	395
Kaufman, P	147.5	102.5	–	–
Hawkins, M	–	–	–	–
Villens, N	–	–	–	–
181 lb. Fr/Soph				
Towner, N	172.5	112.5	227.5	512.5
VanLoon, D	195	120	197.5	512.5
Parnafiella, N	145	97.5	172.5	415
Faucheux, A	145	85	180	410
Juarez, R	125	92.5	170	387.5
Walston, C	–	–	–	–
181 lb. Varsity				
Williams, D	230	137.5	272.5	640
Arceneaux, B	230	122.5	265	617.5
McCrae, R	247.5	120	245	612.5
Holman, C	207.5	130	235	572.5
Nines, R	220	125	222.5	567.5
Harris, J	185	110	260	555
Patrick, B	200	120	230	550
Clark, C	202.5	117.5	227.5	547.5
Sanders, M	192.5	107.5	245	545
Todd, S	205	120	217.5	542.5
Kingston, K	200	122.5	215	537.5
Fonte, B	210	120	202.5	532.5
Reimbold, N	205	115	210	530
Betzinger, J	192.5	105	205	502.5
Kytasaai, T	162.5	105	207.5	475
Rippy, C	130	105	170	405
198 lb. Fr/Soph				
Paletta, B	167.5	92.5	200	460
Possa, D	185	85	182.5	452.5
Savoie, L	185	80	185	450
Mikulich, S	162.5	100	180	442.5
Easley, B	150	85	195	430
VanHaver, B	105	75	147.5	327.5
Komassa, B	–	–	–	–
198 lb. Varsity				
Herbert, M	212.5	125	272.5	610
Gloeckner, S	232.5	142.5	235	610
Stehoo, J	215	150	245	610
Burford, J	232.5	135	232.5	600
Sanchez, M	232.5	135	227.5	595
Rinehimer, D	220	130	240	590
Araujl, O	230	125	212.5	567.5
Tin, M	220	110	217.5	547.5
Harris, J	202.5	122.5	210	535
Vice, T	215	112.5	207.5	535
Baker, D	215	110	210	535
Miller, K	192.5	112.5	205	510
Myers, T	190	110	195	495
Maland, I	175	105	182.5	462.5
220 lb. Fr/Soph				
Trent, J	225	115	220	560
Kaxlien, G	200	97.5	200	497.5
Graham, J	177.5	97.5	220	495
Trahan, B	160	102.5	195	457.5
Ezinga, R	85	62.5	115	262.5
220 lb. Varsity				
Sampson, M	295	165	250	710
Kedrick, G	282.5	140	257.5	680
Johnson, J	252.5	185	240	677.5
Harris, B	255	137.5	265	657.5
Hronek, H	227.5	130	265	622.5
Beasley, T	240	137.5	227.5	605
Skelton, S	205	137.5	210	552.5
Brettstalsby, E	210	107.5	205	522.5
Biggs, B	180	100	227.5	507.5
McDonald, M	177.5	100	227.5	505
Stronzand, E	185	102.5	195	482.5
Bedler, B	230	125	–	355
Peetz, J	–	–	–	–
Bompane, M	–	–	–	–
242 lb. Fr/Soph				
Carrillo, D	182.5	142.5	237.5	562.5
Marien, J	235	122.5	205	562.5
Devries, M	182.5	145	182.5	510
Gates, J	150	85	160	395
242 lb. Varsity				
Clark, T	272.5	165	290	727.5
Field-Eaton, C	275	160	270	705
May, J	280	152.5	272.5	705
Doss, K	275	127.5	297.5	700
Walters, C	252.5	157.5	267.5	677.5
Emnott, J	275	140	225	640
Higgins, M	255	155	222.5	632.5
Possa IV, C	270	125	232.5	627.5
Martin, N	240	122.5	262.5	625
Xroyn, R	260	115	247.5	622.5
Brock, A	247.5	117.5	250	615
Smith, A	242.5	135	222.5	600
Martis, J	240	125	220	585
Hammonds, L	235	112.5	205	552.5
Charles, J	202.5	92.5	210	505
Williams, T	215	102.5	185	502.5
Klahn, K	127.5	77.5	155	360
275 lb. Fr/Soph				
Lewis, E	190	107.5	242.5	540
Hefferan, D	160	102.5	237.5	500
Lysaker, D	190	110	192.5	492.5
Gallimore, B	147.5	95	162.5	405
275 lb. Varsity				
Hunt, K	320	192.5	285	797.5
Theriot, G	280	145	265	690
Sharon, D	272.5	172.5	215	660
Madden, C	232.5	145	227.5	605
Santana, V	192	150	245	587
Osborn, P	235	140	210	585
Smith, J	217.5	122.5	215	555
Bagley, N	205	120	190	515
McKone, R	200	112.5	192.5	505
Craig, J	185	125	180	490
Tew, B	175	127.5	187.5	490
Johnson, B	180	92.5	200	472.5
Wallace, T	160	107.5	190	457.5
Alitz, C	–	–	–	–
SHW Fr/Soph				
McElroy, S	185	147.5	220	552.5
Leger, Z	227.5	107.5	197.5	532.5
VanPutten, J	125	100	150	375
SHW Varsity				
Jones, R	285	187.5	250	722.5
DeLeon, A	280	180	250	710
Greenlee, E	272.5	152.5	280	705
Jarred, J	272.5	170	252.5	695
Estes, B	275	152.5	260	687.5
Deamond, I	277.5	185	207.5	670
Tofferi, N	250	187.5	220	657.5
Settles, K	282.5	117.5	245	645
Martin, C	260	155	227.5	642.5
Waldron, R	227.5	147.5	217.5	592.5
Jones, D	212.5	137.5	227.5	577.5
Bilskemper, J	–	–	–	–

(Thanks to USAPL for providing these results).

ARW/WA Meet (kgs.)
18 Feb 01 - Perth, AUS

	SQ	BP	DL	TOT
M. Cook-36	80	70	115	265
C. Biggs-18	90	60	120	270
T. Nguyen-23	135	100	170	405
B. Kappel-56	122.5	115	160	397.5
P. Phillips-47	230	140	235	605
H. Perryman-72	115	77.5	135	325
D. Jones-46	155	85	195	435
K. Robertson-41	100	60	162.5	322.5
T. Rowlinson-53	145	100	170	415

The results are as follows (Overall Results on formula basis): 1st Peter Robert PHILLIPS. 2nd Bill KAPELL 3rd. Tony NGUYEN. Western Australia has lost it's status of being the leading Powerlifting State of Australia. Unfortunately the situation has actually reached crisis point where the sport is now almost non-existent. In an effort to resurrect the Sport ALL-ROUND WEIGHTLIFTING W.A. has stepped in to the breach, on February 18/2001 the Association held its first ever Powerlifting Competition. The Power Lifts are a part of the extended number of lifts recognized by the INTERNATIONAL ALL-ROUND WEIGHTLIFTING ASSOCIATION; however the International Powerlifting Federation Rules have been amended to exclude support items with the exception of allowing the standard belt in addition to knee wraps for the Squat and wrist bandages. It is virtually a Raw Powerlifting Meet. The Competition was reasonably successful, attracting one woman, one junior, one open and six Masters Lifters. While the performances may not be up to IPF standards they were reasonably good and could improve substationaly if future competitions are held. The Council of Australia Powerlifting Organizations (C.A.P.O.) National Powerlifting Championships are scheduled to be held in Perth, Western Australia, Saturday/Sunday August 18-19/2001. (Thanks to Frank Lamp for providing the meet results).

NEW A.P.F./A.A.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION
AMERICAN AMATEUR POWERLIFTING FEDERATION

A.P.F./A.A.P.F.

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPL

CITY | STATE | ZIP CODE (ZIP CODE MUST BE PRESENT)

AREA CODE | TELEPHONE NO | DATE OF BIRTH MO DAY YR | AGE | SEX | U.S. CITIZEN YES NO

REGISTRATION FEE $25.00 | MASTERS YES NO | CLUB MEMBER | NAME OF CLUB YOU REPRESENT

ATHLETES, fill out card completely and mail with fee to:

MAKE CHECK PAYABLE TO: **A.P.F.**
62 S. BROADWAY
AURORA, IL 60505

ARE YOU A PREVIOUS A.P.F. MEMBER ☐ YES ☐ NO

IF UNDER 18 HAVE PARENT INITIAL

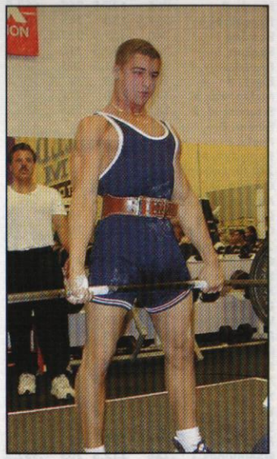
I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F.

SIGNATURE x

APA CT Open BP/DL
10 Jun 01 - Norwich, CT

BENCH		V. Dizenzo	555*!
WOMEN		J. Toland	460
114 lbs.		J. Mugovero	445
Master		J. Milavsky	440
D. Baker	105!	T. Toland	415
MEN		A. Tuller	410
Teen (13-16)		308 lb.	
(formula)		B. Paolettii	475w
D. Rivers-165	290*	A. Mecteau	430
H. Cedeno-131	170*	DEADLIFT	
D. Schleifer-251	245*w	MEN (formula)	
Teen (17-19)		Teen13-16	
(formula)		J. D'Angelo-155	405w
J. Beaudry-169	300	4th	420w
D. Whitman-211	345	M. Perez-96	175*
B. Chiarillo-163	230	C. Williams-129	215*
McGowan-184	250	4th	235*
Junior (20-21)		J. Levesque-88	135
(formula)		Teen (17-19)	
A. Donovan-176	350*	(formula)	
Rodriquez-155.5	310*	J. Beaudry-169	485
G. Boyea-173	295	P. Crowley-145	425*
E. Bochner-209	300	J. Fannon-182	480
D. Held-154	215	B. Anouc (252)	550*
Submaster (33-39)		McGovan-184	475*
(formula)		J. Retkowski-202	500*
B. Barker-192	430	A. Pagano-180	435
J. Saber-179	405	B. Chiarillo-163	325*
G. Todice-179	380*	Junior (20-23)	
B. Ford-322	465	(formula)	
M. Mitchell-238	405	B. Crowley-181	550*
L. Cruz-184	330	M. Brockway	405*
Master (40-49)		4th	420*
(formula)		E. Boehner-209	430
J. Abely-207	105	Submaster (33-39)	
Wilcox Sr.-247	425	(formula)	
Montembault	375	L. Cruz-184	465
J. Milne-209	330	Master (40-49)	
J. McNulty-180	300	(formula)	
Master (50-59)		R. Lopez	650*
(formula)		Montembault	575
R. Paoletti-304	475!w	J. McNulty-180	470*
J. Mugovcro-270	445*	J. Milne-209	455
R. Cote-216	400	Master (50-59)	
Master (60-69)		(formula)	
(formula)		C. Ryan-161	505*!
G. Beals-203	225	J. Novak-144	330*
Open 132 lbs.		Master (60-69)	
K. Bergeron	225	(formula)	
165 lbs.		D. Tracy-176	400*
M. Povinelli	355	4th	407.5
B. Moorehead	335	MEN Open	
D. Warrender	285	132 lbs.	
R. Clough	775	K. Bergeron	275
181 lbs.		148 lbs.	
T. Stucke	420!	P. Crowley	425*
J. Saber	405	165 lbs.	
A. Donovan	350	B. Moorehead	430
198 lbs.		181 lbs.	
B. Barker	430	B. Crowley	550*
S. Wade	430	198 lbs.	
M. Taylor	410	D. Swinburn	550
F. Chiarillo	385	M. Brockway	405*
D. Swinburne	305	4th	420*
220 lbs.		220 lbs.	
J. Sprague	485*	J. Hardgrove	555
4th	500*	E. Boehner	430
E. Cormier	475	242 lb.	
J. Hardgrove	455	B. Davis	460*
K. Dulmer	405	4th	475*
J. Abely	405	275 lbs.	
E. Boehner	300	D. Wilcox Jr.	700*!
242 lbs.		J. Toland	630
J. Knobler	440	A. Tuller	575
M. Mitchell	405	T. Toland	—
E. Paskell	—	308+ lb.	
275 lbs.		N. Fitzpatrick	575w

w = APA World Record. * = CT State Record. ! = Best lifter. The 2001 APA CT Open Bench Press & Deadlift Championships were held at World Gym in Norwich, CT. Thanks to Jolene Bowers for hosting this event and many thanks to Mark Slaga, Dawn & Lon Baker, Janet Arel, Gary Larson, Mikel Brockway, Roland Cote, Andy Mecteau, Lynn Cannamela, Kurt Bergeron, Mike Taylor, and Justin and Cory for all their help. I couldn't have done it without you! We had a total of 86 lifters from 6 states turn out for this event. Dawn Baker got us off to a good start in the bench press with a World record attempt. She came ever so close, but today it was just not to be. Dawn is 51 yrs. old and in incredible shape. She is quite the inspiration. The Teen (13-16) yr. old division was a hard fought battle with all 3 competitors setting records. Don Rivers came out on top setting a new CT state record in the 165 lb. class with an impressive 290. Hector Cedeno was a first time competitor, but you would have never known it. He set his own CT state record with 170. David Schleifer wasn't about to be outdone and after missing a new APA World record on attempt, he came back to make it with strength to spare. The Teen 17-19 was won by Josh Beaudry. Josh recently made *PL USA*'s Teen Top 20 and showed why. The Junior division was won by Frank Chiarillo with a nice 385. Allen Donovan and David Rodriguez didn't go down without a fight, settling CT state records in their respective weight classes in the process. Bobby Barker came from NY to compete and made it worth his trip by taking home first place in the submaster division with a terrific 430. Gary Todice set a now CT state record with 380 while only submaster division, as well. The Master 40-49 division was won by Jim Abely. Jim gave a new state record of 425 a ride but just Missed it. Bob Paoletti was another lifter who came from NY to lift. He looked great today setting a new APA World record in the 50-59 yr. old division with an easy 175. He looked good for at least 20 lbs. more. He took home Best Master Lifter honors for his effort. Joe Mugovero added another CT state record to his collection with a very impressive 445. Gerry Boats took home first place in the Master 60-69 division and has his sights on setting his own state record soon. The Open 132 lb. class war won by first time competitor Kurt Bergeron. Kurt did very well and just missed 235. Look for more from him soon. It was great to see Mike Povinelli back on the platform. Mike looked stronger than ever, making a nice 355 to win the 165's. Tom Stucke took home Best lightweight litter while winning the 181 lb. class with a very impressive 420. The 198 lb. class was won by the submaster winner Bobby Barker. Nice job Bob. Jason Sprague put on quite the show in the 220 lb. class. Jason ended his day with a new CT state record of 500 at only 213 lbs! The 242 lb. class was won by Jason Knobler. Jason came very close with 455 twice, but just couldn't quite lock it out. Next time Jason. Vincent Dizenzo got the place buzzing. He broke a 10 yr. old record with a massive 555 on his opening attempt. He also gave 575 a try and is certain to get that next time. Vincent took home Best Heavyweight lifter for his effort. The 308 lb. class was won by Master Best Lifter Bob Paoletti. The deadlift portion of the meet, got started with an amazing bunch of teenagers. 7 CT state records and 1 APA World record was set by these guys. The Teen 13-16 division was won by 16 yr. old Jordan D'Angelo. Jordan set a now APA World record with a very impressive 420 at only 155 lbs. In this division, Marcus Perez and Chris Williams also set CT state records and Joshua Levesque showed he's no slouch by pulling a nice 135 at only 88.5 lbs. bodyweight. The Teen 17-19 division was the largest division in the whole meet with 8 lifters entered. There was quality from top to bottom. Josh Beaudry came out on top with 485. Patrick Crowly has moved up a weight class and set a nice CT state record of 425. Brian Lanoue added another state record to his collection with a smooth 550. Dave McGowan, John Petkowski and Bill Chiarillo also set CT state records. Nice job guys! The Junior division was won by Bill Crowley. Hill looked great pulling a massive 550. First time competitor Mike Brockway set a new CT state record in this same division. Submaster division won by Luis Cruz who had a nice 3 for 3 day and bad strength to spare. The Master 40-49 division was won by a very impressive Ray Lopez. Ray shattered the CT state records with a huge 650! It was great to see Jay McNulty back out on the platform and he made a memorable return by setting his own CT state record. The Master 50-59 division was won by Chuck Ryan. Chuck lifted so well, a CT state record 505 at 164 lbs., that he won Best Master lifter and Best lightweight Lifter over the young guns. Congratulations Chuck! John Novak wouldn't go down without a fight and pulled his way into the CT state record book with a nice pull of his own. The Master 60-69 division was won by Don Tracy. Don asked for an APA World record and with a great crowd urging him on, pulled his heart out. There was no way he was going to stop until he had it locked out and he did just that. Nice job Don! The Open 132 lb. class was won by Kurt Bergeron. Kurt had never deadlifted before and could have easily pulled another 50-75 lbs. Pat Crowley had an incredible set of lats on him and used them to win the 148 lb. class. Brett Moorehead came from Maine to lift and pulled a nice 430 to win the 165. Bill Crowley didn't want to be outdone by his younger brother Pat, so he pulled his own CT State record with a big 550 to win the 181's. The 198 lb. class was won by David Swinburne who came very close with SRO. Justin Hardgrove showed he's a good deadlifter as well as a bencher by winning the 198 lb. class. The 242 lb. class was won by Bob Davis. This was Bob's first meet and he set a nice CT state record as a Submaster. Nobody could wait for David Wilcox Jr. to hit the platform. David weighed in as a very light 275er and got the crowd on it's feet with a silky smooth 700. A 720 attempt didn't go, but it will, no doubt in my mind. Dave won Best Heavyweight lifter for his effort and set a new CT state record. The 308's were won by 18 yr. old Neil Fitzpatrick. Neil came from MA to lift and pulled a new APA World record 575. Good job, Neil. I'd like to thank all displaying both their strength and their sportsmanship. This was our biggest meet yet and I truly appreciate the support. Train hard and we'll see you it the next one! (Thanks to Donna Slaga for providing *PL USA* with the meet results).

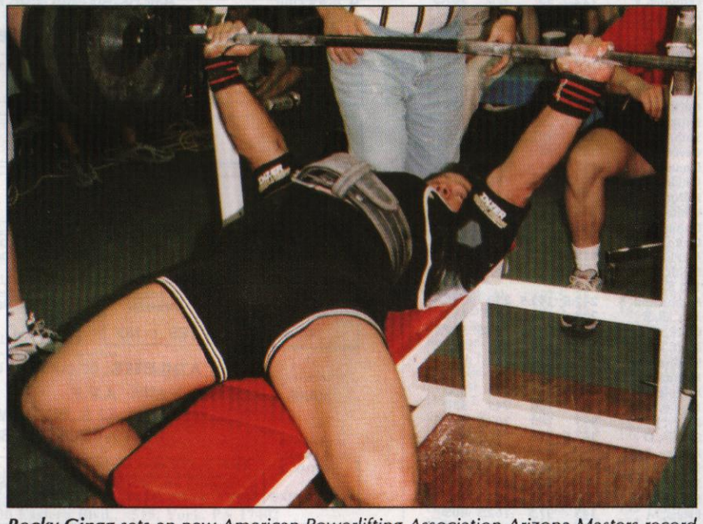


***Jordan D'Angelo** pulled a Teenage WPA World Record 420 weighing 155 at the APA Connecticut Open. (by Donna Slaga)*

APA AZ Open BP & Push/Pull
26 MAY 01 - Tucson, AZ

BENCH		MEN		
Teenage		Open		
D. Chacon/147	175	181		
Submaster		M. Stainbrook		240
D. Bernardi/302	480	M. Asanovich		
Master 40-49		242		
R. Gingg/202	450	S. Winegarden		430
Master 60+		308		
Stainbrook/171	240	D. Bernardi		480
WOMEN		BP	DL	TOT
Master				
B. Paletz/130		75	195	270
Submaster				
J. Kenn/314		390	585	975
MEN				
Open				
181				
J. Allen		315	585	900
242				
S. Albaltan		280	530	810
T. Strouse		300	505	805
T. Kartchner		255	455	710
SHW				
J. Kenn		390	585	975

The meet was held at the University of Arizona's Beardown Gym which proved to be a great meet site. Attendance was relatively low because the event was held during Memorial Day weekend and lots of people were elsewhere but we still had a great time and some nice lifts were registered. I'd like to give special thanks to Todd Kartchner who lined the event up and did a lot of work to make this event possible and very enjoyable. Referees Professor Robert Chambers, Trevor Cottrell, and Keith Mitchell did an excellent job judging the event. Salaiman Albaltan set our first Saudi Arabia records and will be our Saudi Arabia Chairman when he returns to his homeland in a few weeks. Best Lifter in the bench press event was Rocky Gingg and best lifter for the push - pull event was James Allen. (Thanks to APA for results).



***Rocky Gingg** sets an new American Powerlifting Association Arizona Masters record with a 450 BP weighing only 202 at the APA Arizona State Meet (Scott Taylor photo)*

MASS AND MUSCLE

Pump up With

Get defined.

Streamlined.

Ultra firm.

Build muscles.

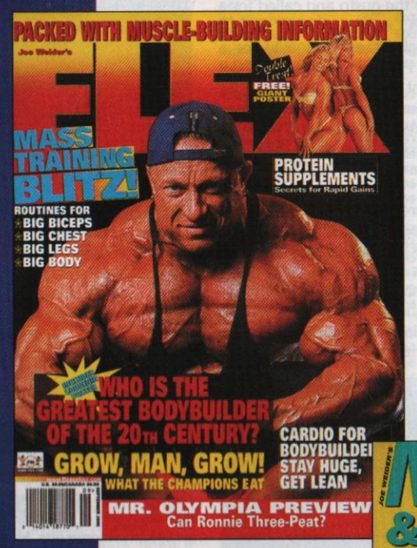
Get lean.

Develop stamina.

Increase energy.

Get motivated.

Be inspired.

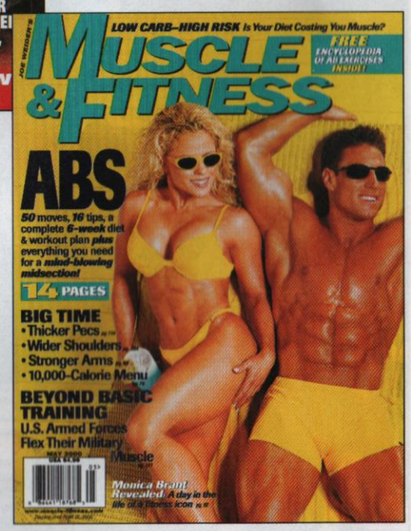


FLEX, the Voice of Champions, shows hardcore bodybuilders how to add size and symmetry for awesome results.

One Year (12 issues)
$29.97 **Save 58%**

MUSCLE & FITNESS is the fitness trainer for goal-oriented men and women who want to reach peak physical condition.

One Year (12 issues)
$34.97 **Save 51%**



SAVE up to 58%

Subscribe online and SAVE OFF the newsstand price!

OR CALL TOLL FREE
1-800-493-4337*
*Refer to code YDBW

FIND US ON THE NET

www.flexonline.com
www.muscle-fitness.com

Rates good in the U.S. only. Outside the U.S., please write to:
WEIDER PUBLICATIONS, INC., P.O. Box 37230, Boone, IA 50037-0230

(article continued frompage 7)

match his total. Harald Selsam is a sensational power athlete - efficient, muscular, and fiercely strong. His squats were excellent - and 881 came up just like the others, perhaps called a tad high. He seemed quite enthused by his success with his 727 deadlift.

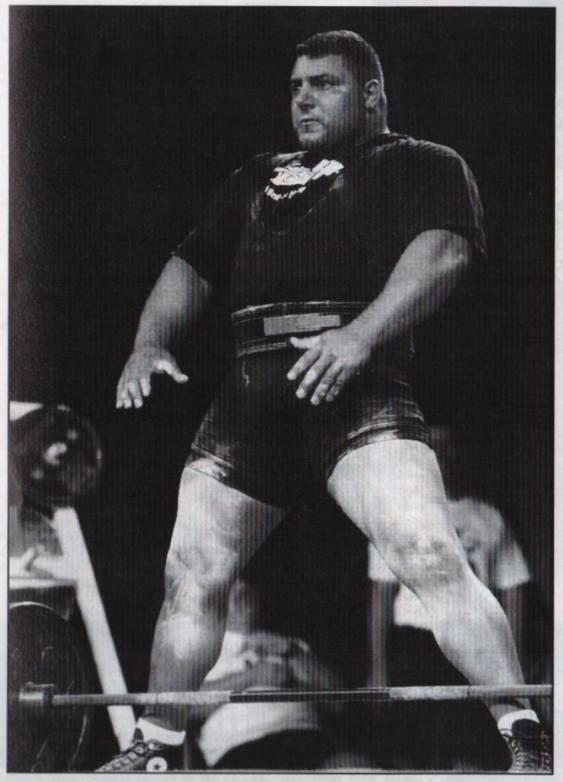
In the 242s, James Jacobs made one appearance on stage with an attempt at an 810 squat. Jeff Douglas made 10 appearances highlighted by a super attempt at an 870 squat, and then a bold burst to 915, but that was too much. Jose Garcia looks like he could gain a couple of weight classes on his lean young frame, but lifts like he's already there. He makes great use of his leverage and is a natural at using the Monolift style racks for squatting. He is one of APF founder Ernie Frantz's favorites, and Ernie was on hand, making sure things went well on the platform. Janne Kymalainen, a bespectacled 28 year old from Finland, opened with a WPO world record bench of 628, but did not manage two tries at 639. Speaking of masters at using the Monolift, Paul Urchick looks like he was born doing it, non-chalantly jumping from 876 to 915 to 959 with the weight hardly seeming to make a difference. Unfortunately, Paul was in the same class as Ed Coan, who was making his eagerly awaited WPO debut. This was a special challenge for Ed, who likes things consistent from meet to meet, and who also had a still healing bicep tear to deal with. He had the great Doug Furnas on hand to help out, along with one of his training buddies, a Chicago area policeman whose bench handoffs are indispensable, and his always supportive family. His 1003 squat was solid, and after Goggins hit a new record of 1036 in the 275s, Ed went for the gusto and called for a new WPO record of 1038 at 242 and fought it out ruggedly for a success. He was benching well, but 589 went astray. Ed reportedly has an obvious deficit in his biceps when he "makes a muscle" and while he clearly could have done more, he called it a day after his 771 deadlift opener.

There was talk all over about Steve Goggins meeting up with the man he's felt a festering rivalry with for years - Ed Coan - despite the caveat that they would be in different weight classes. Steve was definitely doing some talking of his own after coming back from a miss at 1036 in the squat to make a fine, deep success with it on his 3rd attempt. Dave Jeffrey stated that Ed went over and congratulated Steve on his squat afterwards and got a less than gracious response in return. Steve opened with 562 in the bench, and then after two unsuccessful attempts, he was out of the competition. The finality of the issue hit him as he sat on the end of the bench, contemplating more than just the money involved, at this meet and potentially at the WPO Finals. Chris Taylor, with his APF classification tattooed proudly on his arm, looked like one of Ronnie Ray's kids grown up with his massive upper body and short hair style. Long, tall Milo Mills had one of the most impressive hand off persons in the person of his wife, Jill, whose powerlifting built muscularity was hard to miss. Art Labare impressed many with his fitness, but seemed a bit befuddled at the calls that took away some bigger lifts. Mikko "Voodoo Power" Hamalainen did virtually equivalent damage in each discipline and really separated himself from the Americans, but not from his amazing countryman Ano Turtiainen. Ano looks like he was born to deadlift, but he really knows how to squat as well, with a big smile emanating after each of his carefully controlled ascents with progressively more massive attempts - to a new WPO world record poundage of 1005. The man with long legs also knows how to use his long arms, as he steadily jammed up attempt after attempt in the BP - up to 600! In the deadlift, it was all so easy - even the 861 WPO world record he nailed on a third attempt. It should be pointed out that the contest, which started a bit after 11 in the morning, was now pushing the 3:00 AM barrier that the Hard Rock Live people said was going to be "cut the power" time, so Ano was a bit rushed to try 881 on a 4th attempt, and it didn't go. With a proper rest, he may have gotten it. Credit where due - 2462 is remarkable - especially for a lifter this lean. If Ano ever wants to go 308, the 2500 lb. barrier and beyond is well in his hands.

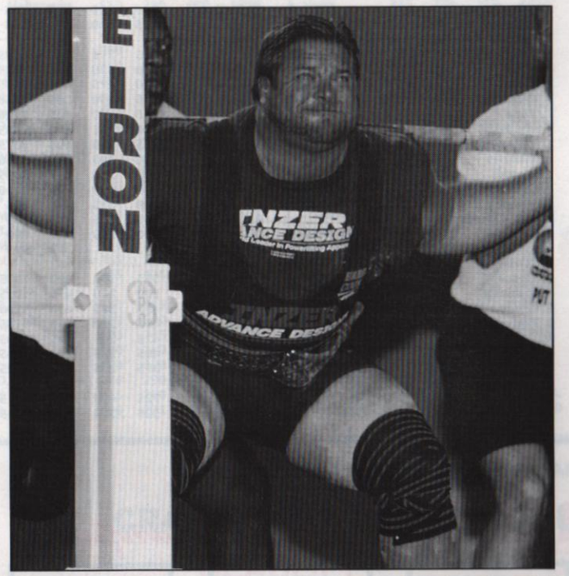
In the 308s, Rob Fusner was ready to show his 700 plus Westside benching power, but twanged something in his leg during squat warmups and could not get through the first lift. Don Thompson couldn't get himself set right and missed his first two lifts as well. Brian "Too Big for the Apparatus" Siders could barely fit under the squat bar, but the young West Virginian really likes to bench most of all, but two misses sent him packing early. Large Lou Lavarro got hurt on his 600 bench attempt, and rolled off the bench in pain, not to return. Big squatters Craig Gallo and Al Mehan had difficulties setting up in their best lift, and they both bombed with too high a start in the deadlift. Jovial Josh Bryant broke form from the heavy metal or rap genres on his theme music with what sounded like the William Tell overture and it helped him hit some quality PRs. Craig Tokarski made his recent return to three lift competition a profitable one by breaking a WPO bench record on his 1st and 2nd attempts, and the 37 year old police officer showed that he can still pull big, with a smooth 782. Bearded Jon Grove calmly marched through 3 great squats and a bench before 606 had to be re-mastered, and then he carried on through three smooth pulls. A very huge Lee Barry was good in all the lifts and put together a very commendable total of 2253 on his behalf. Looking bigger than 308, Paul Childress of Lancaster, New York could easily have had 55 more lbs. in the squat, but the velcro strap on the shoulder of his squat suit came undone, as he got under the bar, and it could not be re-rigged in time to make the try.

In the Supers, we did not see Aaron Lawrence come out for either of his called attempts in the squat, and Mike Ruggiera - who rivals Jim Voronin for the thickest neck in powerlifting - was one of the unfortunate few who seemed to lose the knack of setting up right in the Monolift and he was gone too

IRON VIKING
Shop Secure online for all your powerlifting needs...
www.ironviking.com
The Official Training Manual of the IPF - *"The only book you'll ever need"* - Mauro Di Pasquale MD.
Book and shipping - $29.99 - anywhere in the world.
Call - 1 - 800 - 600 - 8241
the IRON VIKING - located in London, Canada
Iron Viking Logo Now Legal for all IPF Competitions



Childress *literally mauled every weight he could get his hands on.*



Beau Moore *squats with the same drive and style he benches with.*

(ON THE COVER .... upper left - the Huge Iron Dancers had actual fireworks go off while they were performing their dance number; upper right - Anto Turtiainen pointed to the crowd after making his WPO World Record deadlift of 861; below right - Tony Conyers celebrates after pulling the 672 that won him the $10,000 first place prize in the 165s; below left - Ed Coan with the amazing 1038 all time best squat he gutted out in the 242s; and in the middle - the man who made the whole thing happen - Kieran Kidder)

early. Another bombout, even more shocking, was that of the 2601 lb. man - Garry Frank. Garry seemed unusually agitated prior to his lifts - as if he was trying to motivate himself on a day when things weren't going to go his way, no matter what. 903 in the squat was apparently high, but 914 was accepted, but troubles came up on 953, and then he missed his first two benches, looking like he wasn't used to the shirt he was wearing, and he was out of the meet. Bob Yitts, a very tall and massive plumber from Connecticut, met a similar fate in the deadlift. Californian Master phenom George Brink was on hand to move his personal best deadlift mark up, but he started shaking too much with 810 and that was the signal for him to put the bar back down. Jim Voronin looked like he was going to bust the 700 barrier in the bench for sure, after 694 went up so cleanly in his reverse grip style, but 705 quickly fell back to his chest. He knew each time he tried and missed the 744 deadlift, that he had raised his hips too soon. Beau Moore looked very big and he showed stunning improvement in the squat, with 903 being done in excellent form. 688 was a nice bench, but 713 - for a WPO record bonus - was beyond him, but only on this day. A 760 pull resulted in an excellent 2352 total and the respect a top quality three lift man deserves.

It should be said that there was some excellent spotting at this meet. Several lifters were saved from virtually certain injury by some heroic efforts. In one incident, even one of the referees literally leaped to assist when one lifter was not going to get the bar back into the racks and saved the day. Dennis Burke, long time IPF Category I official, served as head referee, and - though still quite spry - he was not the referee who did the amazing spotting. Number One man in the 123s, Ken Snell also spent some time in the head chair.

Kieran Kidder was apologetic about the length of the meet, which didn't allow time for an award ceremony at the lifting venue, but is it a sin to try to make a great meet even greater? Ambitious meet directors have always faced the dilemma of dealing with so much talent in a limited time period. Kieran's passion for Powerlifting remains ablaze - he actually stated that if some of the top pro athletes are making $10,000,000 a year, he thinks it only right that he make it so that powerlifters - and, the sooner the better - can make twice that - or he will "die trying". Kieran also revealed that WPO is also going to start incorporating strongman competition, with an Iceland versus the USA challenge in the near future. Magnus Ver Magnusson is mentioned as being among those to participate. This spectacular meet was only one step on a visionary path along which Kieran continues to accelerate. Super Class winners at the WPO Finals can expect $25,000, a valuable championship belt, and a car for their efforts. Beyond that - who knows? Kieran has already brought in a level of real financial opportunity that this sport has never known before, and he's just getting started.

WPO Semi-Finals - 12 AUG 01 - Orlando, FL (unofficial results)

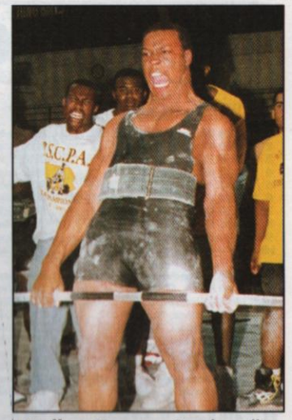
132 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
August Clark	?	490	523	391	418	435	959	451	479	490	1449
					4th	446					
Tim Taylor	?	451	496	308	336	~~352~~	832	529	562	606	1438
H. Washington	?	540	562	308	325	336	898	496	540	~~567~~	1438
Allen Whigham	?	~~534~~	~~534~~	242	253	~~264~~	?	507	529	534	?
Chris Leverett	?	457	485	231	~~259~~	259	744	429	462	~~523~~	1206
Amy Weisberger	?	429	~~454~~	286	303	~~319~~	733	413	468	~~490~~	1201
148											
T.J. Hoerner	?	600	628	~~303~~	314	330	959	567	589	600	1559
Brian Schwab	?	578	600	347	~~374~~	~~374~~	947	551	578	~~611~~	1526
Rick Grayes	?	534	545	308	325	336	881	~~540~~	540	573	1455
S. Selkainaho	?	595	611	363	~~385~~	385	975	~~554~~	~~554~~		
165											
A. Conyers	?	705	733	413	435	~~454~~	1168	650	~~672~~	672	1840
		4th	750								
Jarmo Laine	?	716	734		413	424	1157	617	655	~~705~~	1813
Wade Hooper	?	~~733~~	733	485	496	~~518~~	1229	567	~~595~~	~~595~~	1796
		4th	749								
A. Berardinelli	?	~~688~~	688	424	473	~~496~~	1162	573	606	~~633~~	1769
Ron Palmer	?	~~705~~	~~705~~	418	435	~~454~~	?	622	672	~~705~~	
Levi Alday	?	~~650~~	~~650~~	402	473	490	?	600	617	628	
					4th	~~501~~					
Dave Contreras	?	677	~~694~~	457	~~479~~	~~479~~	1134	562	584	~~600~~	1719
Tony Caprari	?	~~644~~	~~644~~	374	391	402	?	661	~~672~~		
G. Manca	?	~~683~~	~~683~~	330	352	374	?	584	606	~~622~~	
Joey Almodovar	?	~~644~~	~~644~~	314	341	~~350~~	?	584	622	~~644~~	
Jeff Holzbauer	?	578	600	347	369	385	986	562	~~589~~	589	1576
Ed Bridges	?	~~644~~	~~644~~	396	~~407~~	~~407~~	?	~~617~~	~~617~~		
181											
Arnold Coleman	?	~~749~~	749	501	534	545	1295	650f	~~699~~		1945
Curt Warren	?	~~633~~	~~633~~	402	413	~~435~~	?	633	650		
Brian Strickland	?	628	~~650~~	363	385	402	1030	545	578	~~595~~	1609
F. Wambsgans	?	661	~~705~~	~~281~~	281	~~319~~	941	600	~~644~~	~~672~~	1543
J. Dougherty	?	688	~~733~~	~~468~~	~~468~~						
198											
Jessie Kellum	804	850	~~881~~	573	595	~~597~~	1444	606	650	~~666~~	2110
Matt Zweng	760	804	832	512	540	562	1394	628	672	~~683~~	2066
		4th	~~854~~								
J. Gunnarson	?	672	727	396	462	~~485~~	1190	617	699	~~749~~	1890
Joe McCoy	?	~~733~~	~~733~~	507	~~606~~	~~620~~	?	611	661	~~672~~	
220											
Harald Selsam	771	848	~~881~~	462	~~485~~	485	1333	639	705	727	2061
Travis Nash	?	~~774~~	799	479	~~501~~	501	1300	677	705	722	2022
C. Vogelpohl	804	832	848	429	451	~~473~~	1300	722	~~749~~	~~749~~	2022
Arto Rajala	760	793	~~815~~	473	496	~~512~~	1289	705	~~733~~	~~733~~	1994
Scott Burbank	?	~~722~~	~~722~~	501	518	540	?	672	699	~~716~~	
K. Patterson	~~672~~	672	705	~~622~~	622	~~672~~	1328	562	600	~~647~~	1929
Dondell Blue	?	?	722	451	473	501	?	606	650	~~672~~	
Ingvar Ingvarson	~~595~~	617	661	396	440	496	1113	551	617	~~639~~	1730
242											
Ed Coan	953	1003	1038	562	578	~~589~~	1614	771			2386
Paul Urchick	876	914	959	518	551	~~567~~	1510	705	~~755~~		2215
J. Kymalainen	716	760	~~782~~	628	~~639~~	~~639~~	1388	705	727	749	2138
Jose Garcia	782	821	859	501	~~518~~	518	1377	683	733	~~760~~	2110
Jeff Douglas	?	832	870	485	507	~~518~~	1377	688	716	722	2099
		4th	~~915~~								
James Jacobs		~~810~~									
275											
Ano Turtiainen	925	970	1005	556	578	600	1603	793	815	861	2462
									4th	~~881~~	
M. Hamalainen	881	925		584	606	~~620~~	1532	705	749	788	2319
Art Labare	744	821	~~876~~	507	~~570~~	578	1399	705	744	~~774~~	2143
Milo Mills	722	~~771~~	771	501	529	~~554~~	1300	722	782	~~804~~	2083
Chris Taylor	628	666	~~710~~	589	622	~~641~~	1289	600	~~622~~		1889
Steve Goggins	970	~~1036~~	1036	~~562~~	~~562~~						
308											
Paul Childress	859	947	~~1003~~	540	584	600	1548	683	733	771	2319
Lee Barry	771	804	~~815~~	573	~~622~~	622	1426	771	815	826	2253
J. Grove	793	843	881	556	~~606~~	606	1488	722	749	760	2248
Craig Tokarski	710	~~733~~	~~733~~	630	639	~~650~~	1350	710	766	782	2132
Josh Bryant	?	766	782	551	573	584	1366	617	655	672	2039
Al Mehan	~~914~~	914	~~953~~	540	573	~~595~~	1488	~~699~~	~~699~~		
Craig Gallo	~~903~~	903	~~925~~	~~529~~	556	573	1477	~~705~~	~~705~~		
Lou Lavarro	744	793	~~799~~	578	~~600~~		1372				
Brian Siders	771	~~804~~	~~832~~	~~614~~	~~622~~						
Don Thompson	~~826~~	~~848~~									
Rob Fusner	~~832~~	~~832~~									
SHW											
Beau Moore	826	870	903	661	688	~~713~~	1592	722	760		2353
Jim Voronin	~~854~~	854	~~903~~	650	694	~~705~~	1548	694	~~744~~	~~744~~	2243
George Brink	?	733	~~766~~	429	~~473~~	~~473~~	1162	766	~~810~~		1929
Bob Yitts	826	~~903~~	~~903~~	600	~~650~~	650	1477	~~722~~	~~722~~		
Garry Frank	~~903~~	914	~~953~~	~~672~~	~~716~~						
M. Ruggiera	~~925~~	~~925~~									
Aaron Lawrence	~~774~~	~~804~~									

123 lb. sophomore *Keyne Washington squatted 460 lbs. (Photograph provided courtesy of Jeff Hill).*

PSCPA State High School
12 May 01 - Concordville, PA

	SQ	BP	DL	TOT
114 lb. Class-V				
S. Khan	325	155	305	785
T. Khang	260	135	300	695
A. Ekhtiarzadeh	—	245	340	585
123 lb. Class-JV				
K. Washington	460	205	445	1110
123 lb. Class-V				
N. Heckman	375	195	345	915
M. Stokes	260	195	300	755
J. Davis	325	175	145	645
132 lb. Class-JV				
C. Strohl	280	170	300	750
B. Crest	175	105	230	510
132 lb. Class-V				
W. Gonzalez	440	240	435	1115
J. Burton	415	235	440	1090
M. Tullio	395	240	430	1065
J. Decker	365	255	405	1025
D. Raymond	350	185	390	925
J. Beezup	285	165	365	815
A. Barrett	275	180	310	765
148 lb. Class-JV				
J. Sweet	480	235	445	1160
R. Johnson	430	220	425	1075
J. Barnett	390	245	360	1055
J. Glover	365	225	440	1030
B. Spadt	365	245	395	1005
L. Hallman	360	190	430	980
D. Johnson	375	225	365	965
D. Buchanan	345	200	405	950
D. Nice	365	215	365	945
D. Strohl	320	180	350	850
T. Summer	230	220	385	835
J. Hersh	300	205	330	835
J. Perez	265	175	300	740
R. Bennick	260	175	250	735
D. Petrikin	275	160	300	735
D. Keller	250	155	305	710
W. McDonald	210	175	250	635
G. Schwartz	205	125	280	610
148 lb. Class-V				
B. Ahmadzadeh	465	275	500	1240
R. Steele	430	220	465	1115
W. Desheilds	425	255	415	1095
L. Mangino	350	300	430	1080
D. Lowe	460	205	405	1070
T. Knepper	380	215	460	1055
L. Stvenson	440	190	425	1055
C. Criscera	375	255	420	1050
J. Richards	370	235	430	1035
M. Xiono	330	205	380	915
M. Blymer	305	190	360	855
J. Herbert	275	225	330	830
V. Casiano	270	185	300	755
165 lb. Class-JV				
W. Littlejohn	435	235	445	1115
D. DeAntonio	405	260	450	1115
K. Fox	390	185	485	1060
M. Cosgrove	440	225	385	1050
R. Hauke	365	210	425	1000
B. Keiper	325	215	345	885
J. Young	300	180	360	840
J. Ehritz	325	185	300	810
R. Dunnette	300	185	300	785
S. Brown	270	155	355	780
H. Acevedo	260	135	225	620
A. Bellenghi	250	—	335	585
J. Lukus	—	240	—	—
165 lb. Class-V				
M. Noctor	490	280	570	1340
R. Kimbrew	475	335	530	1340
R. Huguley	455	305	510	1270
J. Scohlers;	510	255	480	1245
J. Johnson	500	270	450	1220
J. Kochan	415	245	480	1140
A. Greene	405	235	500	1140
C. Hawkins	300	220	375	895
C. Mausseou	300	200	330	830
L. Poziviak	300	275	—	—
A. Martik	280	225	—	—
181 lb. Class-JV				
J. Hines	450	275	500	1225
E. Moore	405	230	520	1155
G. Marinelli	340	315	450	1105
S. Stanistaw	400	260	435	1095
N. Pinchek	365	210	430	1005
G. Granland	420	215	340	975
K. Supinski	380	210	370	960
T. McCabe	325	190	335	850
K. Lynn	300	205	340	845
S. Onufryk	215	185	375	775
M. Taylor	270	150	300	720
181 lb. Class-V				
M. Sanders	500	300	540	1340
J. Harris	435	265	610	1310
J. Rickabaugh	475	255	470	1200
J. Frack	460	290	450	1200
N. Calderelli	410	280	470	1130
S. Callahan	405	215	480	1100
B. Kline	385	225	460	1045
D. Mulhern	400	210	425	1035
J. Foresmow	340	245	350	935
A. Willover	330	190	400	920
J. Salyards	325	212	335	885
E. Dick	285	215	300	800
W. Massey	—	235	350	—
198 lb. Class-JV				
K. Parnmer	505	305	475	1285
G. Fisher	500	255	475	1230
J. Harris	465	280	475	1220
A. Housen	440	240	430	1110
B. Shihinski	420	255	435	1110
B. Gordon	405	270	435	1110
S. Zwoyer	370	220	410	1000
M. Glass	365	230	400	995
M. Wallace	365	280	350	995
R. Kolb	385	240	355	980
A. Dinkelacker	380	215	385	980
N. D'ortone	290	250	410	950
E. Asevedo	340	180	390	910
D. DeGrazia	315	225	335	865
D. Willouer	215	190	360	865
198 lb. Class-V				
O. Araujo	605	315	565	1485
T. Beasley	570	330	585	1435
T. Curtis	475	290	385	1150
B. Cover	415	260	445	1120
K. Staehle	380	265	440	1085
P. O'Brian	355	230	490	1075
K. Goodwin	390	240	430	1060
R. Santorsa	345	275	435	1055
D. Ghinier	330	230	450	1010
J. Maresh	300	245	370	915
A. Kerlin	250	205	400	855
M. Pavelic	430	260	—	690
R. Freed	—	—	375	375
220 lb. Class-JV				
W. Cox	575	300	460	1335
E. Lee	500	270	455	1225
J. Salvatore	455	265	480	1200
R. Eck	435	270	450	1155
D. Costa	425	265	395	1085
N. Manuk	405	235	425	1065
Z. Bender	375	245	405	1025
220 lb. Class-V				
M. Sampson	725	410	580	1715
R. Myshko	525	310	500	1335
J. Haberman	510	330	480	1280
J. Pizzuto	475	300	500	1275
C. Hart	465	305	500	1270
J. Helms	500	475	450	1225
K. Walker	410	310	500	1220
M. Hedglin	450	265	500	1215
D. Howard	425	245	460	1130
N. McClain	415	190	450	1055
D. Ferrainola	330	225	400	955
J. Rineer	—	235	485	720
242 lb. Class-JV				
M. Collins	500	265	485	1250
C. Psarsky	485	285	475	1245
P. Fazoi	470	295	465	1230
M. Sardceno	450	280	450	1180
B. Baver	440	290	445	1175
M. Kondart	410	235	440	1085
N. Laudenglager	365	230	405	1000
M. Chambers	245	175	315	735
242 lb. Class-V				
R. Arroyo	655	265	510	1430
T. Smith	535	300	595	1430
J. Albeck	605	315	505	1425
J. Beck	490	300	565	1355
J. Leva	470	330	550	1350
D. Kenderdine	440	290	225	1255
K. Lukens	435	260	535	1210
R. Cook	400	275	475	1150
A. Hoke	335	225	450	1010
M. Votodian	370	280	335	985
M. Bucari	—	290	435	725
W. Groff	415	270	—	685
275 lb. Class-JV				
S. Mckenna	575	290	520	1385
A. Brock	550	305	525	1380
F. Ruch	535	365	430	1330
N. Torres	365	250	405	1020
D. Gilmore	320	175	400	895
W. Zimpfer	400	—	430	830
275 lb. Class-V				
S. Dewalt	640	350	525	1515
K. Settles	615	315	570	1500
J. Cooney	585	350	525	1460
S. Haas	615	410	425	1450
V. Sanana	450	315	565	1330
D. Lewis	500	375	450	1325
E. Gallo	300	290	450	1040
M. Dougherty	380	225	400	1005
M. Allen	350	225	375	950
SHW Class-JV				
L. Wertman	475	265	500	1240
SHW Class-V				
D. Jones	545	335	535	1415
M. Scranton	225	355	475	1055

The Glen Mills School hosted the P.S.C.P.A. State High School Championships 2001. 200 lifters and twenty schools were represented. The State High School Championships are divided into two divisions. They are J.V. and Varsity. The crowd that was present witnessed some outstanding lifting by the young men. In the J.V. division Glen Mills's Keyne Washington was the lone competitor in the 123 lb. weight class. Washington put on a show! He set the Varsity and J.V. State Record for the squat with a 460 lb. effort. He set J.V. records for the bench (205 lb), deadlift (445 lb.) and total (1110 lb.). Washington is the 2001 U.S.A.P.L. National High School Champion. He is only a sophomore and has quite a future in the sport. Chris Stahl of Jim Thorpe was the 132 lb. J.V. Champion. His 750 lb. total out distanced the competition. James Sweet of Glen Mills set the State squat record of 480 lbs. En-route to an 1160 lb. total and the first place finish in the 148 lb. weight class. William Littiejohn continued the winning ways for Glen Mills as he won the 165 lb. weight class with a total of 1115 lbs. David D'Antonio of Carbondale High School also totaled an 1115 lb. but lost on bodyweight. Miles Cosgrove (East) set the State record in the squat with a 440 lb. effort. Justin Hines (Glen Mills) was the winner in the 181 lb. weight class. His 1225 lb. total was also a State High School record. Parkland's Kyle Pamner stole the show in the 198 lb. weight class. His impressive 1285 lb. total came via a 505 lb. squat, 305 lb. bench and 475 lb. deadlift. Glen Mill's Windall Cox broke the State High School squat record with a 575 lb. effort en-route to posting a 1335 lb. total and winning the 220 lb. weight class. Fellow Glen Mills lifter Mario Collins won the 242 lb. weight class. His 1250 lb. total narrowly edged Christopher Psarsky of Parkland. Sean McKenna of Parkland won the 275 lb. weight class. The competition between McKenna and Glen Mills Akeem Brocks was fierce. The title came down to Brocks final deadlift attempt. His attempt at 535 lb. was a narrow miss which paved the way for a well-earned victory for McKenna. Parkland continued it's winning ways when Jon Wertman totaled 1240 lbs. and won the SHW division. In the Varsity divisions, Glen Mills Sarrith Khan won the 114 lb. division. I was hoping for a bigger squat, but it was not to be on this day. Khan's teammate Tou Khang finished second with a 695 lb. total. Glen Mills Nathan Heckman won the 123 lb. Varsity division. His 915 lb. total easily outdistanced Wilson's Matt Stokes. Returning State Champion William Gonzalez of Jim Thorpe totaled 1115 lb. as he defeated Glen Mill's Jameel Burton and Strath Haven's Matt Tullio. Gonzalez will return next year and attempt a three peat. Abington Height's B. J. Ahmadzadeh totaled 1240 lb. winning the 140 lb. weight class. Ahmadzadeh will also return next year to defend his title. He is one of a long line or excellent lifters that come from Coach Claude Welcome stable of lifters. Parkland's Matt Noctor and Glen Mill's Ronsha Kimbrew resumed their battle that started in February at the Pennsylvania State Teenage Championships. In that meet Kimbrew pushed Noctor to the final deadlift. This meet was no different. Kimbrew pulled five hundred and thirty pounds. This forced Noctor to pull 570 lbs. which he did and captured the State High School title. Glen Mill's Milton Sanders was the 181 lb. title with a 1340 lb. total. However Pennridge's Jimmy Harris ended his career with a 610 lb. deadlift, which eclipsed the State record. Glen Mill's Octavio Arrayo was the 198 lb. weight class. His 1405 lb. total outdistanced the 1435 lb. total posted by his teammate Terrance Beasley. Maurice Sampson of Glen Mills stole the show in the 220 lb. division. The sophomore squatted 725 lbs, benched 410 lbs. and deadlifted 580 lbs. to total 1715 lbs. This set the State record and eclipsed a 14-year old school record. Quite a day for the young Mr. Sampson. Glen Mills continued their winning ways in the 242 lb. weight class. Ryan Arroyo beat Tony Smith on body weight. Both competitors totaled 1430 lbs. Jesse Albecks of Allentown Central Catholic totaled 1425 lbs. and concluded a long and storied history of fine Albecks lifting at the High School level. Albecks teammate Salvatore DeivValt was the 275 lb. weight class with a 1515 lb. total. Glen Mill's Ken Settles was close behind with a 1500 lb. total. Finally Derek Jones of Glen Mills won the SHW lb. weight class with a 1415 lb. total. (Thanks to Glen Mills for providing these competition results).



198 lber, *Terrance Beasly pulling 585 pounds. (Provided by Jeff Hill).*

The **POWERBELT**™ .... worn by *Champions*

Style A $89.99
3 Color Suede
Double Thickness

Style B $84.99
2 Color Suede
Double Thickness

Style C $79.99
1 Color Suede
Double Thickness

Style E $69.99
4" Tapered Suede
Single Thickness

Style F $31.00
4" Leather
Single Thickness

Style H $23.00
4" Tapered Leather
Single Thickness

Style I $55.00
Economy
Suede Belt

Style J $24.00
4" Nylon
Adjustable Belt with velcro

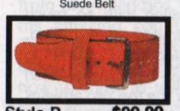
Style L $79.99
Lever Action Belt
1,2,3 Color Suede
Lever only $18.00

Style M $35.00
Import Economy
Suede Belt

Style N $109.99
Same as Style C
w/embroidered name

Style O $109.99
Same as Style L
w/embroidered name

- 100% American Prime Hide / Suede
- Aircraft Type Rivets
- Stainless Steel /Seamless Roller Buckle
- Maximum Legal Thickness


Style P $99.99
THE ULTIMATE POWER BELT
1,2,3 Color Suede
MAXIMUM Thickness

Style 1 $35.00
FULL DIP BELT

Style 2 $20.00
DIP BELT WITH LOOP AND CHAIN

FOR BELT ORDERS GIVE COLOR / WAIST SIZE / SINGLE OR DOUBLE PRONG

CRAIN'S Muscle World, Ltd.

THE ONLY SQUAT SHOE EVER DESIGNED FOR SQUATTING BY A WORLD CLASS SQUATTER

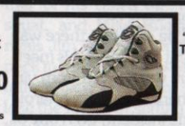
• Wedge Heel • 2 Velcro Straps For Support
• Cowhide Outer For Stiffness • Pigskin Inner For Comfort
• Sizes 03-15 • Made in U.S.A.

The Genesis™ Power Shoe™

$115.00
White w/Black
White w/Navy Blue

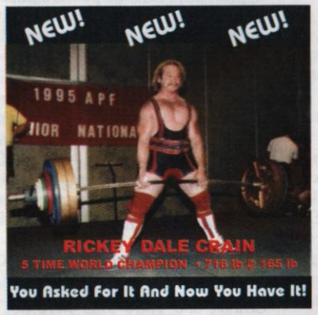
Power Deadlift Slipper
$12.00
Sizes 01-15
Call for Colors

Power Deadlift Shoe
$50.00
Sizes 03-13
Call for Colors


Otomix "The Ultimate Trainer" MODEL #4444
$99.00
White
White/Charcoal
Black
Sizes 04-14

THE NEXT GENERATION IN POWER GEAR
By
CRAIN'S MUSCLE WORLD, LIMITED

The Genesis™ DEADLIFT SUIT



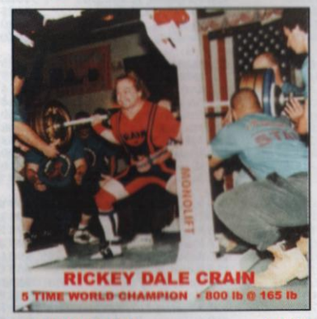
You Asked For It And Now You Have It!

Devastatingly Hi-Tec
And Unbelievably Effective

So Incredibly Superior,
It Should Be Illegal

We find that the support and explosive power generated in the squat and deadlift, by the *Genesis* **Power Suit®**, and the *Genesis* **Deadlift Suit**, surpass any other suit manufactured in todays market!

The Genesis™ POWER SUIT®



The Genesis™ Power Wrap™
$19.95
APF Legal 2.5 meters $25.95

The Genesis™ Power Wrist Wrap™
W/Wrist loop
$16.95
IPF Legal 50 CM $16.95

$17.95
REDLINE Power Wrap™

(w/wrist loop)
$12.95
REDLINE Power Wrist Wrap™

Power Wrist Wrap.....(Vented Material W/Velcro).....$10.95

The Genesis POWER SUIT®	$55.00
US Trademark Reg. #1544517 Size 16-46 Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgandy, White - Two & Three Color Available	
The Genesis DEADLIFT SUIT	$55.00
Double Thick Genesis POWER SUIT®	$109.00
Training Genesis POWER SUIT® ..... No Straps	$42.00
Double Thick Training Genesis POWER SUIT®	$83.00
Genesis POWER BRIEF™	$29.00
Double Thick Genesis POWER BRIEF™	$57.00
The POWER SUIT®	$39.00
US Trademark Reg. #1544517 Size 18-46 Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgandy, White - Two & Three Color Available	
Training POWER SUIT® ..... No Straps	$29.00
POWER BRIEF™	$19.00
Custom Alterations	$10.00 - UP

FOR ALL SUIT ORDERS GIVE HEIGHT/ WEIGHT / THIGH MEASUREMENTS

LYCRA/COTTON LIFTING SINGLET ... XS - XL ... $35.00
Navy Blue, Black, Red, Royal Blue, other colors & prints available
XXL ... $37.00 XXXL ... $39.00 XXXXL ... $41.00

INZER ADVANCED DESIGN
Patent #4473908 Navy Blue, Black, Red, Royal Blue Give Chest/Bicep/Shoulder Measurement Size 34 - 64

Blast Shirt	$ 42.00
Blast Shirt Double Thick	$ 75.00
Heavy Duty Blast Shirt	$ 60.00
Heavy Duty Blast Shirt Double Thick	$100.00
High Performance Heavy Duty Blast Shirt	$ 79.00
High Perf. Heavy Duty Blast Shirt Double Thick	$127.00
Extra High Performance Heavy Duty Blast Shirt	$104.95
Extra High Perf. Heavy Duty Blast Shirt Double Thick	$150.00
Erector Shirt	$ 42.00

CRAIN'S MUSCLE WORLD,LTD
3803 North Bryan Road
Shawnee, OK 74804-2314 U.S.A.
e-mail crain@ionet.net
web page www.crainsmuscleworld.com
power forum www.venus.beseen.com/board room/i/26492

Shipping $6.00
Outside U.S. Handling $6.00+
30% Surface or 40% Airmail
Minimum $6.00
Oklahoma Residents Add 8.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / C.O.D. ($25.00 min.)
Outside USA and Customer Service Call 1-405-275-3689
FAX: 1-405-275-3739
Call Toll Free - Orders Only
1-800-272-0051

TOP 100

For standard 132 lb./ 60 kg. USA lifters in results received from July/2000 through June/2001.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	530 Williams, M..3/24/01	429 Fokken, R..9/16/00	578 Green, B..7/8/00	1388 Taylor, T..11/16/00
2	500 Williams, C..6/15/01	402 Unten, K..2/17/01	578 Taylor, T..11/16/00	1300 Green, B..7/8/00
3	468 Taylor, T..11/16/00	382 Byrnes, C..10/22/00	540 Carr, J.D..3/4/01	1300 Williams, M..3/24/01
4	462 Green, B..7/8/00	341 Taylor, T..11/16/00	520 Rorex, G..2/10/01	1245 Cunningham, T..3/10/01
5	458 Avigliano, N..5/18/01	330 Ortiz, D..7/22/00	515 Weiss, D..12/9/00	1212 Washington, H..12/2/00
6	457 Cunningham, T..3/10/01	319 Allen, R..9/16/00	515 Williams, M..3/24/01	1205 Weiss, D..12/9/00
7	450 Martinez, A..3/24/01	315 Tiffany, d..1/27/01	507 Washington, H..12/2/00	1200 Williams, C..6/15/01
8	446 Smith, T..11/11/00	315 Olson, D..4/28/01	507 Cunningham, T..3/10/01	1195 Carr, J.D..5/5/01
9	440 Whigham..11/17/01	314 Lippert, J..11/17/00	505 Whigham..11/17/00	1184 Edralin, D..7/8/00
10	440 Ortega, J..3/24/01	314 Weisberger, A..3/4/01	475 Ortega, J..3/24/01	1180 Whigham..11/17/00
11	440 Hernandez, G..3/24/01	314 Nero, C..4/7/01	473 Edralin, D..7/8/00	1145 Weisberger, A..12/2/00
12	440 Pharr, C..3/24/01	310 Shoemaker, B..10/7/00	473 Smith, L..3/30/01	1145 Ortega, J..3/24/01
13	440 Gonzalez, W..5/12/01	330 Flath, D..3/31/01	470 Williams, C..6/15/01	1140 Hernandez, G..3/24/01
14	435 Medina, P..3/24/01	297 Miller, B..9/16/00	460 Weisberger, A..12/2/00	1124 Smith, T..11/11/00
15	425 Colston, K..3/24/01	297 Young, A..11/17/00	460 Cooke, J..6/15/01	1120 Brown, M..3/24/01
16	424 Edralin, D..7/8/00	295 Cobbs..5/31/01	457 Hansen, S..3/3/01	1115 Medina, P..3/24/01
17	420 Bryant, M..3/24/01	292 Washington, H..12/2/00	455 Neurohr, R..7/8/00	1115 Gonzalez, W..5/12/01
18	415 Burton, J..5/12/01	292 Edralin, D..12/2/00	455 Brown, G..3/24/01	1110 Pharr, C..3/24/01
19	413 Washington, H..12/2/00	286 Corsello, J..4/3/01	450 Allgeier, M..7/8/00	1109 Avigliano, N..6/23/01
20	413 Smith, L..3/30/01	285 Weiss, D..12/9/00	450 Hernandez, G..3/24/01	1105 Colston, K..3/24/01
21	410 Brown, M..3/24/01	281 Petrencak, S..8/12/00	450 Brown, M..3/24/01	1105 Cooke, J..6/15/01
22	410 Mercer, C..3/24/01	281 Martinez, O..11/17/00	450 Colston, K..3/24/01	1102 Smith, L..3/30/01
23	405 Weiss, D..12/9/00	281 Cunningham, T..3/10/01	450 Mercer, C..3/24/01	1090 Martinez, A..3/24/01
24	402 Womack, K..4/21/01	280 Portnoy, P..4/7/01	450 Judge, J..4/6/01	1090 Burton, J..5/12/01
25	402 Lamb, B..6/2/01	275 Nelson..7/8/00	450 Price, H..4/6/01	1085 Mercer, C..3/24/01
26	400 Jordan..1/13/01	275 Abrham, B..7/00	440 Huey, J..1/27/01	1065 Reinitz, C..3/17/01
27	400 Kuhns, M..4/21/01	275 Fellows, S..11/17/00	440 Rose, A..4/6/01	1065 Tullio, M..5/12/01
28	396 Sainato, J..3/10/01	275 Thompson, J..11/11/00	440 Hill, K..4/6/01	1052 Osgood,D..10/28/00
29	396 Carr, J.D..5/5/01	275 Engle, J..12/9/00	440 Burton, J..5/12/01	1050 Jordan..1/13/01
30	395 Tullio, M..5/12/01	275 Forehand, J..12/9/00	435 Smith, T..11/11/00	1045 Rose, A..4/6/01
31	391 Pham, P..3/30/01	275 Jones, T..3/24/01	435 Smith, M..1/27/01	1041 Hansen, S..3/3/01
32	390 Smith, M..1/27/01	270 Young, D..9/9/00	435 Reinitz, C..3/17/01	1041 Corsello, J..5/5/01
33	385 Rosen, L..10/18/00	270 Anderson, L..1/13/01	435 Pharr, C..3/24/01	1040 Price, A..4/6/01
34	385 Osgood, D..10/28/00	270 Harrison, J..2/7/01	435 Price, A..4/6/01	1036 Engle, J..12/9/00
35	385 Weisberger, A..12/2/00	270 Carr, J.D..5/5/01	435 McMillian, Q..4/6/01	1035 Smith, M..1/27/01
36	385 Marchard, B..3/30/01	270 DeCarlo, C..6/15/01	435 Gonzalez, W..5/12/01	1030 DeCarlo, C..6/15/01
37	385 Rose, A..4/6/01	265 Coisson, B..8/12/00	435 Avigliano, N..6/23/01	1025 Semidey..1/14/01
38	385 Hill, K..4/6/01	264 Holland, D..4/28/01	430 Morrow, J..4/6/01	1025 Decker, J..5/12/01
39	385 Mixon, V..4/6/01	260 Horton, J..10/14/00	430 Tullio, M..5/12/01	1020 Allgeier, M..7/8/00
40	385 Cooke, J..6/15/01	260 Brown, M..3/24/01	425 Semidey..1/14/01	1020 Brown, G..3/24/01
41	385 Diamond, M..6/23/01	260 Medina, P..3/24/01	425 Martinez, A..3/24/01	1020 Hill, K..4/6/01
42	380 Rogel, O..11/11/00	260 Curtis, M..3/24/01	425 Urbanczyk, B..3/24/01	1019 Sainato, J..3/10/01
43	380 Altizer, B..3/10/01	260 Cooke, J..6/15/01	425 Ortega, L..3/24/01	1014 Rosen, L..10/18/00
44	380 Reinitz, C..3/17/01	259 Green, B..7/8/00	424 Shivaie, H..11/17/00	1014 Morris, J..3/10/01
45	375 Urbanczyk, Zb..3/24/01	259 Altizer, B..9/16/00	424 Remiticado, G..11/17/00	1010 Morrow, J..4/6/01
46	375 Hunter, D..4/6/01	259 Smith, S..2/7/01	424 Martinez, O..11/17/00	1008 Speakman, J..3/10/01
47	374 Ware, V..11/17/00	255 Williams, M..3/24/01	424 Miskell, R..1/27/01	1003 Marchand, B..3/30/01
48	374 Kennedy, D..3/24/01	255 Luna, c..3/24/01	420 Medina, P..3/24/01	1000 Pham, P..3/24/01
49	374 Delgallo, R..5/18/01	255 Morrow, J..4/6/01	418 Rogel, O..10/7/00	1000 Jones, T..3/24/01
50	370 Semidey..1/14/01	255 Decker, J..5/12/01	418 Stein, E..10/17/00	997 Toro, D..3/10/01
51	370 Price, A..4/6/01	250 Jordan..1/13/01	418 Rosen, L..10/18/00	997 Womack, K..4/21/01
52	370 Ward, A..4/6/01	250 Reinitz, C..3/17/01	418 Osgood, D..10/28/00	995 Urbanczyk, B..3/24/01
53	369 Wessels, D..11/11/00	250 Hernandez, G..3/24/01	418 Marchard, B..3/30/01	992 Nero, C..4/7/01
54	369 Toro, D..3/10/01	248 Osgood, D..10/28/00	418 Kuri, D..3/30/01	990 Judge, J..4/6/01
55	365 Simone..9/00	248 Snider, C..2/17/01	415 Sainato..11/4/00	990 Le..5/27/01
56	365 Edwards, C..11/4/00	248 Morris, J..3/10/01	415 Karas, R..2/10/01	985 Ortega, L..3/24/01
57	365 Jones, T..3/24/01	248 Speakman, J..3/10/01	413 Toro, D..3/10/01	985 Nino, D..3/24/01
58	365 Ortega, L..3/24/01	245 Rouzer, B..2/24/01	413 Corsello, J..5/5/01	985 Price, H..4/6/01
59	365 Lewis, J..3/24/01	245 Verrett, D..3/17/01	410 Allgeier, J..7/8/00	985 Hunter, D..4/6/01
60	365 Decker, J..5/12/01	245 Bates, A..4/7/01	410 Robinson..7/16/00	981 Edwards, C..3/10/01
61	363 Morris, J..3/10/01	242 Smith, T..11/11/00	410 Coffey, N..12/2/00	981 Lercangee, P..5/18/01
62	363 Daigre, W..3/30/01	242 Edwards, C..3/10/01	410 Hannon, D..4/6/01	981 Delgallo, R..5/18/01
63	363 Ward, J..5/18/01	242 Perrin, C..3/10/01	410 Le..5/27/01	980 Lewis, J..3/24/01
64	360 Luna, H..3/24/01	242 Pham, L..3/30/01	410 DeCarlo, C..6/15/01	975 Miskell, R..3/24/01
65	360 McMillian, Q..4/6/01	240 Neurohr, R..7/8/00	408 Lippert, J..11/17/00	975 Ward, A..4/6/01
66	358 Engle, J..12/9/00	240 Prince, D..8/19/00	407 Speakman, J..3/10/01	975 Cobbs..5/31/01
67	358 Gunn, C..5/19/01	240 Myers, J..9/9/00	407 Jenkins, J..3/30/01	970 Simone..9/00
68	358 Overdeer, A..5/24/01	240 Osorio, J..10/14/00	407 Womack,K..4/21/01	970 Rogel, O..10/7/00
69	355 Nino, D..3/24/01	240 Nino, D..3/24/01	405 Simone..9/00	970 Ware, V..11/17/00
70	355 Johnson, M..3/24/01	240 Hayes, D..4/6/01	405 Kawasaki, N..11/10/00	970 Luna, C..3/24/01
71	355 Le..5/27/01	240 Gonzalez, W..5/12/01	405 Deaton, C..3/24/01	970 Ward, J..5/18/01
72	352 Hansen, S..3/3/01	240 Tullio, M..5/12/01	405 Hunter, D..4/6/01	970 Overdeer, A..5/24/01
73	352 Speakman, J..3/10/01	236 Jacobson, M..10/7/00	405 Ward, A..4/6/01	970 Lamb, B..6/2/01
74	352 Miskell, R..3/24/01	236 Calhoun, B..11/3/00	405 Decker, J..5/12/01	965 Allgeier, J..7/8/00
75	352 Jenkins, J..3/30/01	236 Coughlin, M..3/10/01	405 Cobbs..5/31/01	965 Mixon, V..4/6/01
76	352 Sorg, M..3/30/01	236 Sainato, J..3/10/01	402 Engle, J..7/16/00	955 Altizer, B..3/10/01
77	352 Corsello, J..5/5/01	235 Whigham..11/17/00	402 Morris, J..3/10/01	953 Jenkins, J..3/30/01
78	352 Lercangee, P..5/18/01	235 Pharr, C..3/24/01	402 Johann, M..4/7/01	947 Kawasaki, N..11/10/00
79	350 Ortiz..9/00	235 Price, A..4//6/01	402 Tucker, T..5/12/01	947 Kennedy, D..3/24/01
80	350 Mauro..3/10/01	235 Willison, D..4/21/01	402 Ward, J..5/18/01	942 Stein, E..10/17/00
81	350 Davis, R..4/6/01	235 Burton, J..5/12/01	400 Young, D..9/9/00	942 Dirienzo..3/10/01
82	350 Raymond, D..5/12/01	235 Swift, J..6/16/01	400 Ortiz..9/00	942 Kuri, D..3/30/01
83	350 DeCarlo, C..6/15/01	233 Kawasaki, N..11/10/00	400 Jordan..1/13/01	942 Tucker, T..5/12/01
84	347 Muntz, A..6/16/01	232 Avigliano, N..6/23/01	400 Pham, P..3/24/01	940 McMillian, Q..4/6/01
85	341 Stein, E..10/17/00	231 Hansen, S..3/3/01	400 Price, C..4/6/01	936 Johann,M..4/7/01
86	341 Bauer, M..3/30/01	231 Kennedy, D..3/24/01	396 Someda, D..7/15/00	935 Mauro..3/10/01
87	341 Klopp, J..3/30/01	231 Lercangee, P..5/18/01	396 Calderone, R..3/30/01	935 Davis, R..4/6/01
88	340 Allgeier, M..7/8/00	230 Allgeier, M..7/8/00	396 Lercangee, P..5/18/01	931 Thompson, J..1/20/01
89	340 Brown, G..3/24/01	230 Allgeier, J..7/8/00	395 Lewis, J..3/24/01	930 Coffey, N..12/2/00
90	340 Prince, H..4/6/01	230 Dirienzo..11/4/00	395 Luna, C..3/24/01	925 Ortiz..9/00
91	330 Deaton, C..3/24/01	230 Semidey..1/14/01	391 Edwards, C..3/10/01	925 Luna, H..3/24/01
92	330 Johann, M..4/7/01	230 Lee, B..3/10/01	391 Dirienzo..3/10/01	925 Raymond, D..5/12/01
93	330 Dirienzo..4/28/00	230 Kinnard, A..3/17/01	391 Delgallo, R..5/18/01	920 Huey, J..1/27/01
94	325 Allgeier, J..7/8/00	230 Ortega, J..3/24/01	390 Nino, D..3/24/01	920 Deaton, C..3/24/01
95	325 Perrin, C..12/2/00	230 Colston, K..3/24/01	390 Mixon, V..4/6/01	920 Daigre, W..3/30/01
96	325 Aguila, V..1/20/01	230 Wood, J..4/8/01	390 Raymond, D..5/12/01	920 Bauer, M..3/30/01
97	325 Collins, B..3/16/01	230 Kuhns, M..4/21/01	385 Lee, B..3/10/01	909 Perrin, C..3/10/01
98	325 Kuri, D..3/30/01	230 Williams, C..6/15/01	385 Overdeer, A..5/24/01	909 Pham, L..3/30/01
99	325 Johnson, D..3/30/01	225 Robinson..7/16/00	380 Ware, V..11/17/00	900 Ross, J..6/16/01
100	325 Morrow, J..4/6/01	225 Dugger, J..8/26/00	380 Daigre, W..1/27/01	895 Gunn, C..4/6/01

PL USA Top 100 Achievement Awards

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - add 7% tax).

NEXT MONTH... TOP 148s

Corrections... .Allen Whigham's topranked squat on last month's TOP 100list for the 123s should have been listed as 479. Herb Glossbrenner points out that Scott Mendelson should have been credited with a 644 bench on the TOP 100 SHW list. N. Minnetti's 730 deadlift and 1880 total were not reflected on that list either. Henry Thomasson's lifts of 887 squat, 661 deadlift, and 1962 total were actually done in the 275 lb. 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.).

What Kind of PL USA TOP 100/20 sportswear would you be interested in; letterman's style jackets, windbreakers, caps, t-shirts, tank tops, championship style rings? Let us know your wishes at Box 467, Camarillo, California 93011

UNCLASSIFIED ADS

$3.00 per line per insertion
Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells **& Handles,** thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel,polished, painted & stainless steel.Much more. From the same folks who have brought you affordable **accurate machined steel fractional plates** since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard $5.85 US, 9.95 elsewhere **PDA** 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

IRON MAN MAGAZINE, honest coverage of the Iron Game. $29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only $3.00 each shipped, complete catalog $3.00; C. Miller, P.O.Box 1234, Ft. Laud, Florida 33302

Frantz Sports Ctr for all your powerlifting needs. Call 1-800-537-5532

Discount Sports Nutrition www.massmedia-online.

HAVE YOU EVER NOTICED ... How many world and national records have been set on Sorinex brand equipment? Many pro and college teams depend on us for their strength needs! We have it all! 803 781 9471, PO Box 121 Irmo S.C. 29063, www.**sorinex**.com

Insane prices – Compete Supplements has them on: ANSI, Betastatin, Biotest, Champion, Cytodyne, E.A.S., FSI, HDT, ISS Research, Muscletech, Nature's Best, next Proteins, Optimum Nutrition, P.A. C. Research, Scitec, Sopharma, Syntrax, Twinlab, VPX, and many more! We willnot be beaten by anyone, anywhere on price or product knowledge. Call 618-233-1080, or visit or website at Completesupplements.com. Be prepared for huge savings!

Sarden Strength Equipment. Inc. Heavy duty Powerlifting and commercial fitness equipment. Freeweight, plate loaded, and selectorized equipment. Custom designs. www.sarden.com. Toll free: 1-888-465-7719

IPF Certified Leoko Weights & Bars, Olympic lifting and strongman equipment, Stone spheres, kettle bells, unique thick bars, supplements, books and videos. Order by phone, Internet, or snail mail. Atomic Athletic PO Box 183, Howell, MI 48844. (517)540-1040. Check out our upgraded web site www.atomicathletic.com

Defying Gravity by Bill Starr. Hardbound $20, Soft $15 + $4 s/h. Signed. 1011 Warwick Dr. Suite 3-C, Aberdeen Md. 21001

Wanted - need to buy used Monolift competition squat rack and training platform, Monolift Bench press. In good condition. Will pay top dollars. Also need Sollo-Assist squat rack. Call (202)- 462-1902

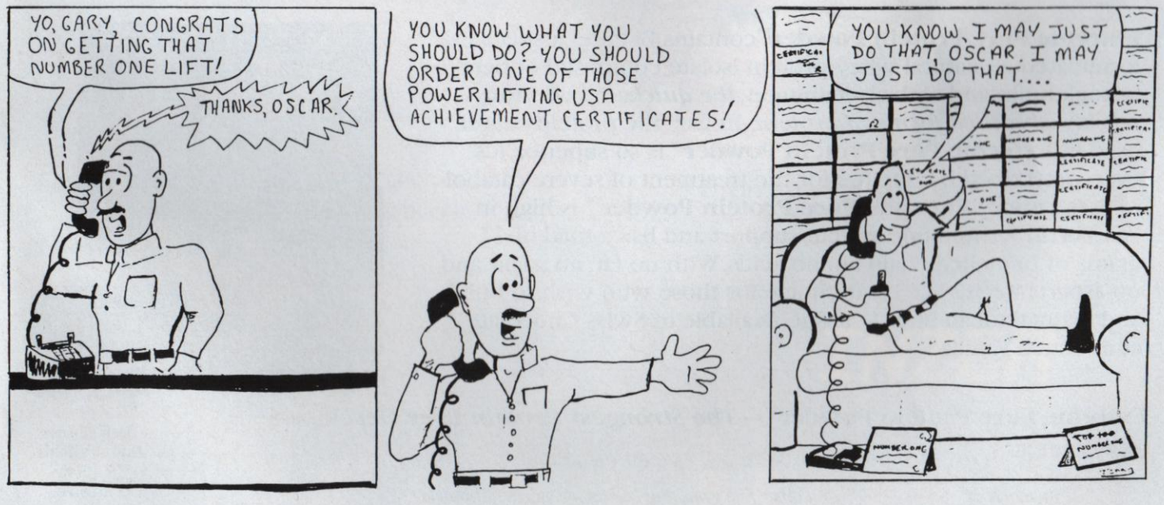
THERMO, Increases Strength, Work Out Qualifty, Mental Focus and Power. If you want that Ultimate Workout - Order Now! Only 17.95 for 60 cap bottle. Call 520-434-0712

"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 *PL USA*, page 10). Price for a copy of the book is $20 plus $4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, Califomia 9301 1, before this book sells out again FOREVER!

The response to our offer of the new book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations). Paperback edition is $23.50 plus $4 shipping and handling per book (we have some more of the hardbound books in stock - $65 plus $4 s/h). Send orders for MUSCLETOWN USA payable to Powerlifting USA,Post Office Box 467, Camarillo, CA 93011.

REMEMBERING MUSCLE BEACH ... those were the golden days of physcial culture, heading to what would become the most famous beach in Iron Game history - MUSCLE BEACH - hitting poses, working out on the rings, pumping iron, building human pyramids just for the crowds walking by to appreciate. So many great names of Physical Culture used this particular stretch of sand as their touchstone to a collective of ideas and personalities who would go on to influence thousands, if not millions, around the world. The story of how this magical place came about, and what became of those whose paths crossed there will connect you with the roots of your sport. (128 pages, 125 classic black and white photos, available from Powerlifting USA, Box 467, Camarillo, CA 93011 for $26.95 plus $4.00 for postage and handling.

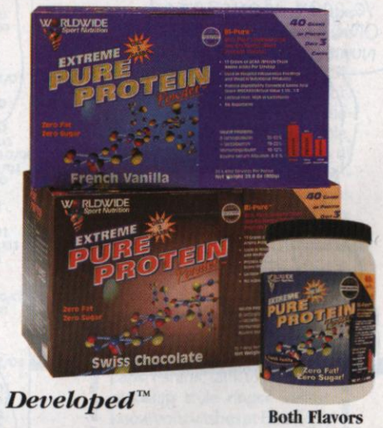
POWER HOTLINE *is the twice a month FLASH bulletin of the Iron Game, sent out t via FIRST CLASS MAIL. Recent issues have covered such stories as the 700 lb. bench press by Dallas Cowbosy lineman Larry Allen, the new head of the APF, the arrest of a prominent strenth coach, plus by the time you read this, current POWER HOTLINE subscribers will have already received their on the spot report of the big WPO Semi-Final Meet ($160,000 is cash). Each edition is packed with a variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. It's only $28 for 24 information packed FIRST CLASS issues ($39 for overseas air mail) to PL USA, Box 3238, Camarillo, CA 93011*



To Our Extreme Pure Protein Powder™, Your Muscles Look Exactly Like This.

Extreme Pure Protein Powder™—One of The Quickest and Most Readily Absorbed Forms of Protein.

Extreme Pure Protein Powder™ contains Bi-Pure™ a specially formulated all natural whey protein isolate composed of beta-lactoglobulin and alpha-lactalbumin, *the quickest and most readily absorbed forms of protein.* In fact, the protein source used in **Extreme Pure Protein Powder™** is so superior, it's even prescribed by doctors for the treatment of severe catabolic tissue injury. **Extreme Pure Protein Powder™** is high in lactoferrin for immune system support and has a total of 17 grams of branched chain amino acids. With no fat, no sugar and no aspartame, it's the clear choice for those who wish to build and maintain lean muscle tissue. Available in Swiss Chocolate and French Vanilla.



Both Flavors Now Available in A New 1 lb. Size.

Extreme Pure Protein Powder™—*The Strongest Protein Ever Developed™*

WORLDWIDE Sport Nutrition 800.854.5019 • www.sportnutrition.com

Available at GNC Live Well. *and other fine gyms and healthfood stores nationwide.*

INZER
ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

13mm lever belt $68
13mm buckle belt $70
10mm buckle or lever belt $58
Tapered buckle or lever belt $52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style

suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER
WE MAKE POWER GEAR A SCIENCE
1-800-222-6897