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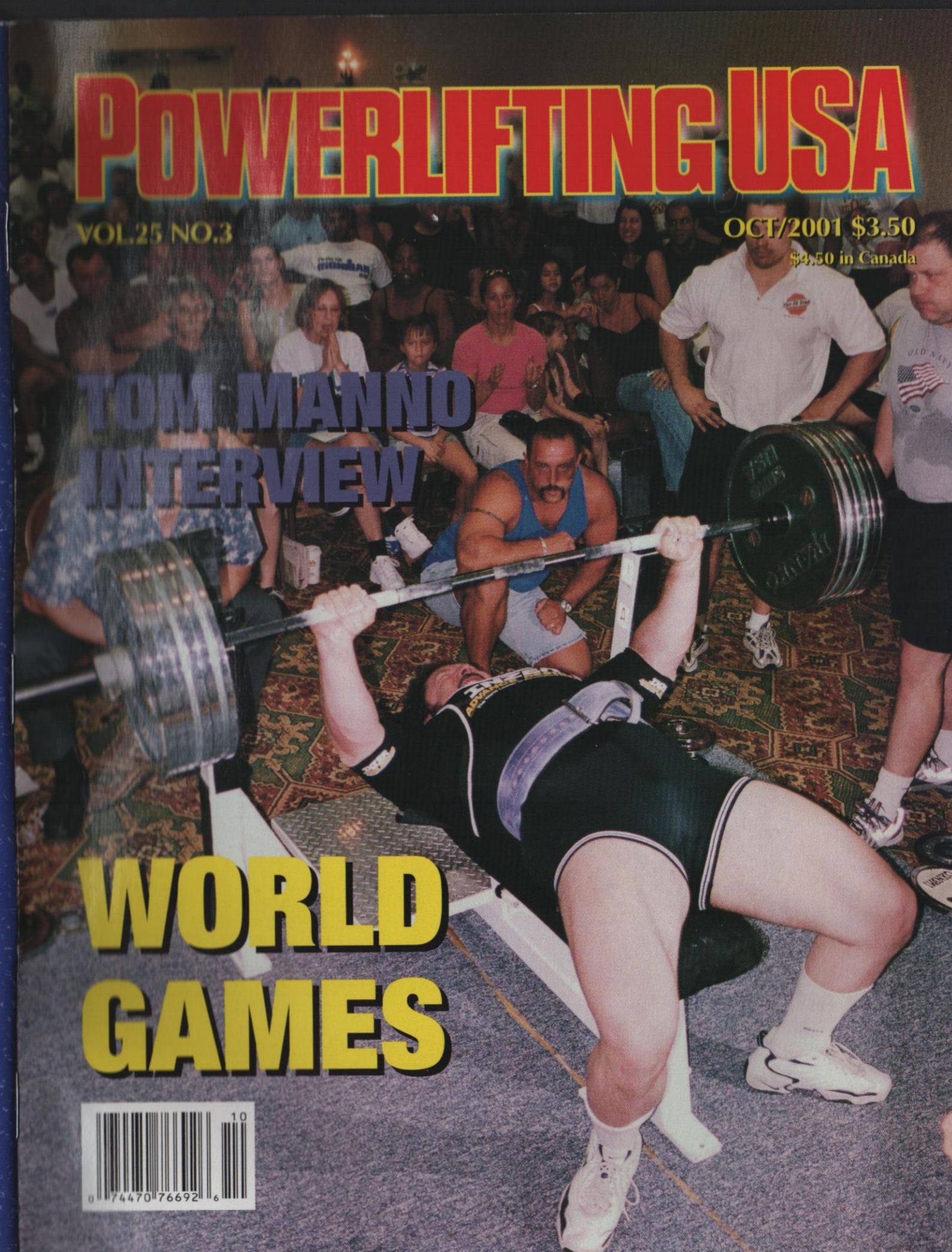
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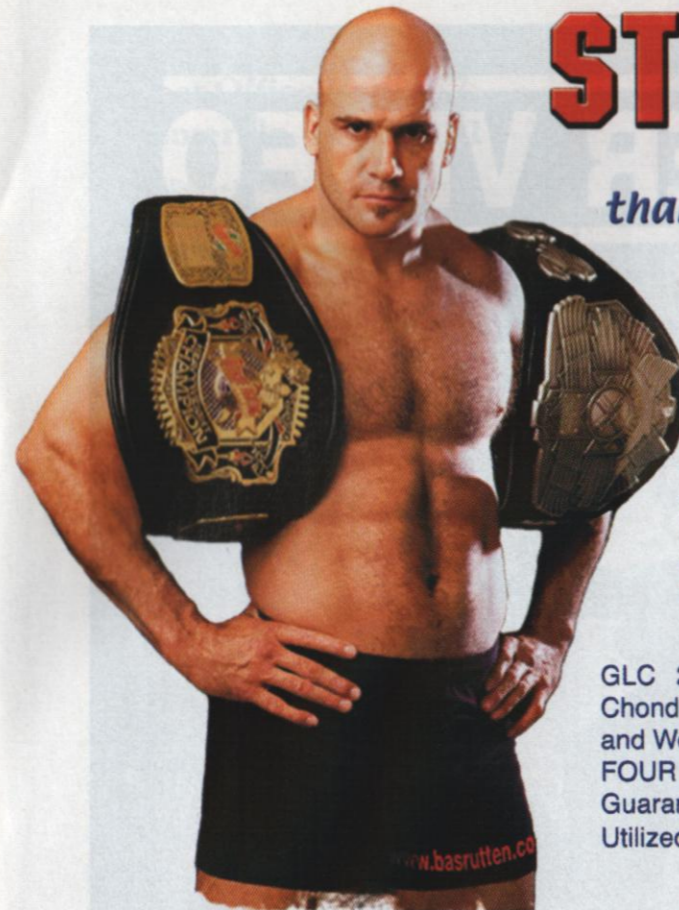
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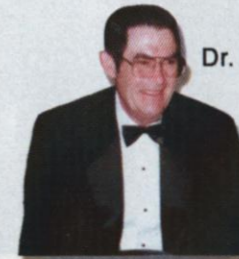
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ON THE COVER Tom Manno, a member of the Monster Crew Bench Press Team in a Charles Zemis photograph.

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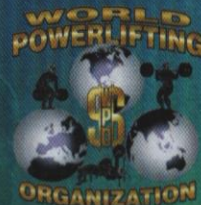
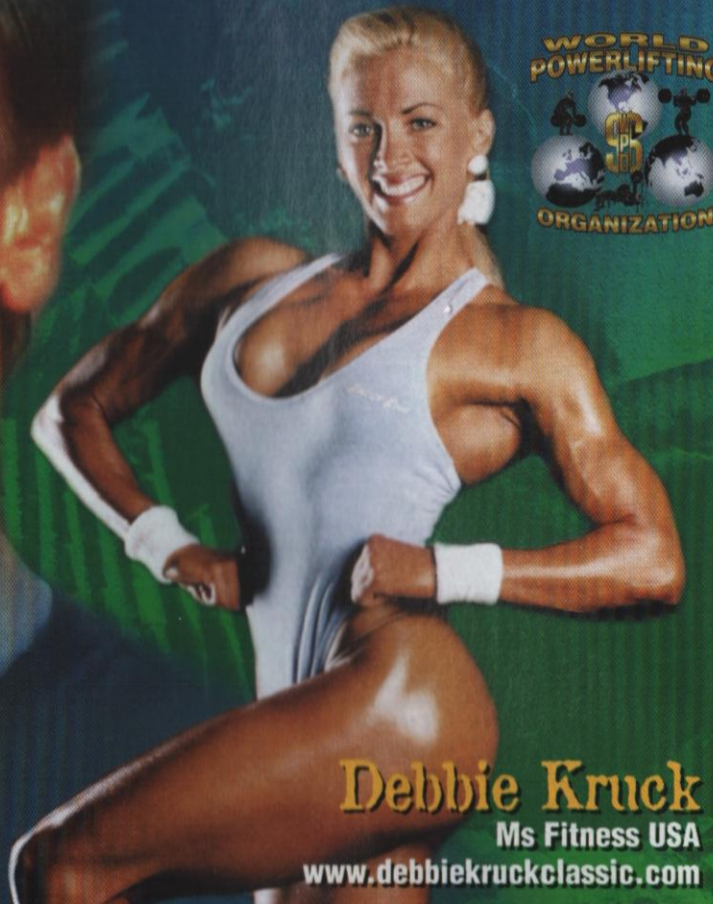
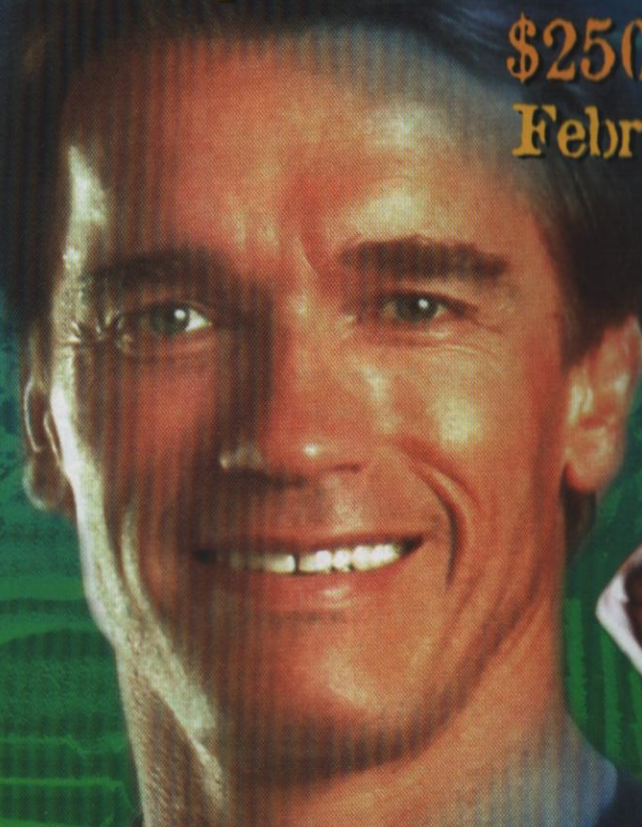
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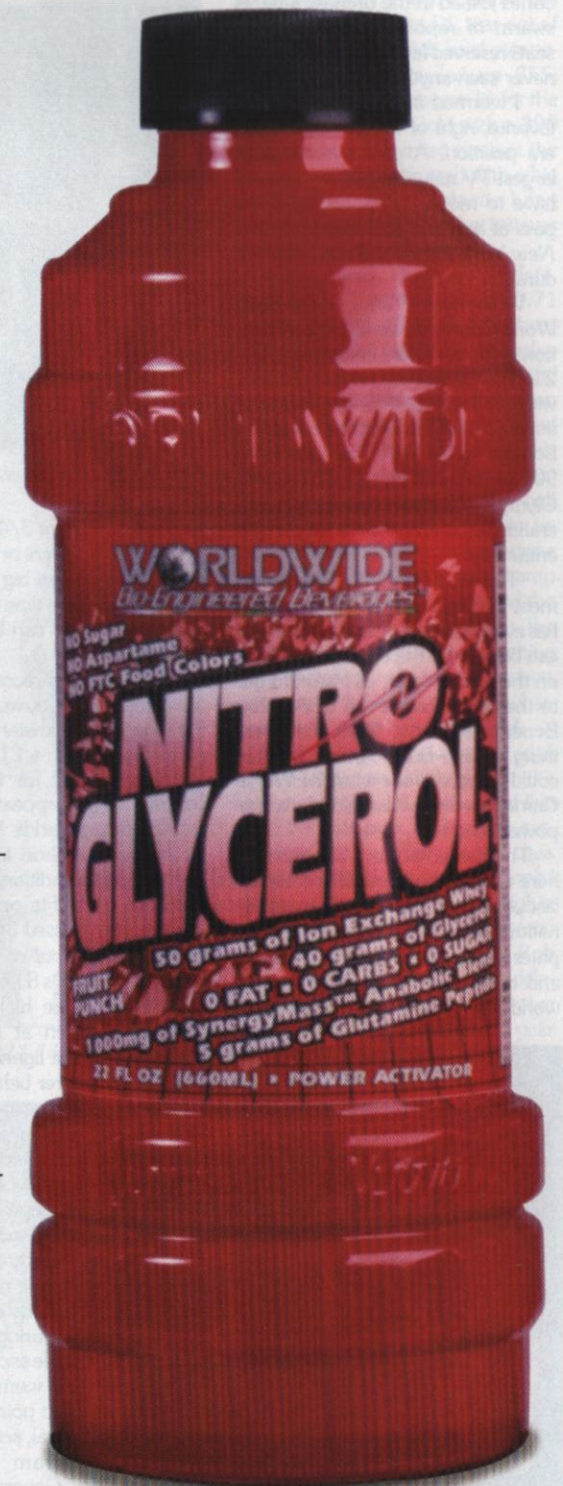
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"Am I at a powerlifting contest?" I stood at the back of the plush Akita Culture Hall before the first flight began and looked out on a large auditorium already half full. TV cameras, video crews and dozens of guys with Photo and Press bibs carrying cameras with zooms the size of road cones jostled in the orchestra pit. A swarm of reporters buzzed in the seats reserved for the print media. I'd never seen anything like it.

I wormed my way down to my favorite, right of center stage, camera position. A go-fer for Japan's largest TV network told me I would have to move. I flapped my press pass at him and told him I was the *New York Times* and dug in for the duration.

Where was I? Why, at the Sixth World Games powerlifting competition in Akita, Japan, held August 20-21. The Games are now sponsored with IOC recognition and cooperation as part of the Olympic program. Something like 4000 athletes from 90 plus countries contested 31 sports. Olympic and international sport federation bunting and icons draped the entire city.

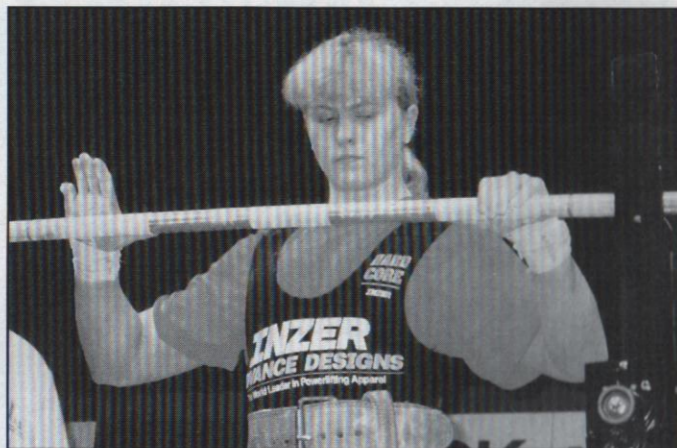
This was simply the finest and most prestigious event powerlifting has ever been part of, and not enough can be said for the organizers. More on the Games later, as I want to get to the lifting, but as the USA's Ray Benemerito put it, "This is the real thing. I wish every American lifter could be here to see what the World Games are and what World Games powerlifting is."

The heady, positive atmosphere here was unlike some IPF contests last year. No controversy or recriminations and no serious judging disputes were evident. Thirty five women and thirty one men, the cream of world powerlifting, were here to have



Sivokon... will he go 75 kg. in the near future? (Hartwig photograph)

6th World Games Report ... THE REAL THING as told to PowerliftingUSA by Paul Kelso



Marina Kudinova was amazing ... 1st in the middle class ... (Hartwig)

fun! It seemed like 3/4 of the lifters present were current or former world champions. A few big names were absent, but this was probably as good a group as can be gotten together.

Eleven world records lit up the affair, ten of them by women. Alexey Sivokon of Kazakhstan held up the men's honor with a 217.5 WR BP, but that was all for the boys. In contrast to his appearance at the 2000 Men's Worlds held here in November, Sivokon looked rested and in great condition, weighing a filled out 67.5. He opened with a 290 DL, but missed 305 kg. twice, the bar tearing out of his left hand both attempts. His 812.5 total easily rolled him to the highest formula score of all men at the meet at 626.43, and the lightweight Gold. The nearest scorer behind him was middleweight winner Viktor Furashkin of Russia with 588.25 points and an 822.5 total. The only speculation about Sivokon heard at this contest worth repeating is a wide spread belief he will move up to the 75s next year. Already a great star, a little more beef might raise him into the ranks of the Gods of the sport.

Yes, formula scoring. Three divisions of light, middle and heavy lifters for both men and women were decided by formulaic points based on bodyweight vs. total, set into a computerized program by Heiner Koeberich, IPF General Secretary. Sivokon's group included lifters from the 52, 56, 60 and 67.5 classes. Don't ask me to detail the formulas, except that the men's and women's are different.

Everyone in the auditorium knew where the competition stood at any

time. The lift-by-lift results and standings were projected on a screen scoreboard as each flight progressed. This all helped the lifters, the audience, and a math-challenged western reporter to keep track of who needed what to improve their placing.

Nobody kept up with Russia's incredible Marina Kudinova, not even Sivokon. The 67 kg. Siberian lass cranked three WRs; squat -2 47.5, BP - 148 and total of 620 for a whopping 635.5 formula score, highest at the contest. Her kilo total exceeded that of several 67.5 lifters at the last Men's World Championship! All this, while looking like an ingenue field hockey player for Bryn Mawr. Having such a day in such an important setting is a huge accomplishment.

Susumu Yoshida, Asian VP and bilingual announcer, called the former swimmer the strongest woman in the world, her score the highest of any woman in powerlifting, saying she would set records to last thirty years before she is done. Those who argue over the greatest all-time lifters, past and present, take note.

Here's a couple notes I took. The women cracked 10 world records. Kudinova's three, Alaskan Harriet Hall racked four Masters WRs, 47 kg. Yukako Fukushima of Japan got a fourth attempt 120.5 BP mark, her countrywoman Kumi Kobayashi raised the Masters BP WR for the 56 kg. class to 110, and Svetlana Miklasevich of Russia blew up a 170 BP in the 75s while winning the heavyweight women's class.

A typhoon was blowing up from the south, but Raija Koskinen of Finland breezed to victory in the light

class. The American women fattened their batting averages: Jennifer Maile (youngest lifter present) and Sioux-z Hartwig set personal records, Angie Overdeer's squat left town, but she hung in and Sandy Mobley nailed three USA national Masters records. Budding powerlifting journalist Leslie Look rewrote USA squat and total records in going nine for nine and irrepressible Liz Willett bopped out to the platform in time with the music to squat a 255 USA record and PR'd twice.

Let's talk about Harriet Hall a minute. Weighing 103, she went 225 132.5 212.5 570, all Master's world records. Lawrence Maile, North American IPF VP, coach, sire to future stars Jennifer and Justin, ref, writer, etc., says the I.V. therapy nurse has not reached her limits and is famous for competing only in a loose deadlift suit she can don by herself. They train together in Anchorage.

My bilingual Japanese wife Sumiko told me waggish announcer Yoshida stated in Japanese that Hall is the "the strongest *Oba-chan* in America." Huh? Well, that is an affectionate term for women "of a certain age" in Japan. When the allegedly submissive Japanese woman gets her kids grown and out of the house, she is famous for becoming strong-willed and she and her like are said to really run the country, despite what the chauvinist men think. I agree with Susumu. Harriet's a Boss Lady.

So who was the boss in hoisting absolute weight at this contest? I assumed that one of the lighter men in the heavyweight class, which included 100 kgs and up, would win the class as it is believed that taller, heavier men do poorly in proportional lifts, and it is more difficult for



Raija Koskinen of Finland (Kelso)



Daisuke Midote thrilled his countrymen in a spirited battle with Gillingham (left) and Ljungberg. (Hartwig)

them to lift X times bodyweight than a short 56 kg. guy. Nobody told Daisuke Midote of Japan, who is both heavy and short at 5'6". Pre-meet hype had him going for a giant squat or bench, but with little chance of Gold.

104 kg. Suslov of Russia was the favorite on paper, but when 132 kg. Midote squatted 415 kg and then played safe on benches, going 285-295-302.5, instead of trying 310 as predicted, I realized he was lifting tactically - and trying to win! He wasn't alone. Brad Gillingham, reigning IPF superheavy champ, also wanted the Gold, as did Jorgen Ljungberg of Sweden. Brad had bad luck with his second attempt BP hand-off at 272.5, but got off line with his third attempt (same weight) and rolled to his left, getting reds for uneven extension. Ljungberg missed first and second 237.5 bench attempts after posting a fine 390 squat,



Viktor Furashkin was 1st in the Middle Men's - 822.5 kg. total (Kelso)



Tamas Ajan, President of the International Weightlifting Federation (left) served as an observer for the International World Games Association, flanked by Norbert Wallauch and Heiner Koeberich. (P. Kelso)

but the crowd got behind him and he succeeded with his third.

"The meet don't start till the bar's on the floor," it is said. Midote chose well, pulling a 310 second DL. He then revised the cliché - "The meet isn't over till Midote drops the bar" - which he did with 320, perhaps the sixth or seventh time in a row he has had his third attempt DL tear out of his small hands in high-level competition. Ljungberg hauled up 355, leaving Brad with a choice: lift for the silver or go for the Gold with a 390 or more, by my hurried math at the time. Brad came through with a big 382.5 for second place, tying Midote's total of 1027.5 kg, but was bumped down by formula.

Close it was. The "new" Midote, clowning for the crowd, had 579.71 points, Brad G. 571.08, Ljungberg 571.02 and the much lighter Suslov 570.35. There were some ifs and buts. If Brad got a better hand-off on his second attempt, if Ljungberg had not needed three tries to get his opening BP, if Midote shaved that awesome 422.5 third squat a half inch lower and received whites on depth, the outcome might have gone several ways. 110 kg world champ Ivanenko of the Ukraine altered the dynamics by bombing out in the bench. If I have learned anything from watching powerlifting meets since the early Sixties, it is that whatever might have happened, did.

Ervin Gainer was disappointed in his five-lift day and sixth place in the light men. He finished ahead of five men, but I suspect the formula system was a jolt to many world class lifters who found themselves dropped several places from their usual higher ranks at conventionally scored meets. Philadelphia strength coach Rob Wagner totaled 837.5 kg at middleweight despite four misses. One more good lift would have beaten his year 2000 World's mark. Rob's rugged good looks had the kimono-wearing awards girls giggling over which movie star he resembles.

Greg Simmons of Indiana, whose authoritative lifting had the audience yelling at him to put some weight on the bar, and Justin Maile, a PFC in the First Marine Air Wing stationed in Okinawa, both had PRs in the lightweight group.

Ray Benemerito and Tony Cardella ran into a cursed 320 kg. DL load. The female "onna" demons of Akita - who were a symbol of the Games - lurked under the platform casting spells. Three times Tony had the bar knee high and failed, while Ray wondered who glued the bar to the boards.

Top five final standings went this way: Women - Kudinova, Russia, 635.5, - Abramova, Russia, 590, -

(article continued on page 82)

INTERVIEW

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

TOM MANNO

as interviewed for PL USA by Mike Lambert

ML: You take particular pride in bench pressing in a single thickness shirt. How much have you benched in that type of equipment, and have you done anything with the double thickness. How much have you benched without a shirt?

TM: I've done as much as 610 lbs. without a shirt on, but that was without a pause. With a pause, I'm not too far from that. I had not been exposed to lifting in a double ply shirt until last year. Throughout pretty much my entire career, I've been lifting with a single ply shirt, and up until last year I had been using, pretty much, the polyester shirts. This year I've switched to denim. Tim Isaac, here in Phoenix, actually taught me how to use a shirt, as I was a novice on how to use the denim. About this time last year, I was getting ready to lift in Gus's federation (WABDL) for the first time and in doing so I recognized that he allows the double ply shirts. I started to train with them at that time, and competed in two events, not knowing too much about how to use the shirt. After the first of the year, Tim showed me how to use it to my advantage. First of all, I was wearing a shirt that was a little too big for me. I had Jason over at Inzer's tweak me out a shirt that was cut a little bit smaller than the one I had normally been wearing. That seemed to do the trick, because just by making the shirt smaller, it did

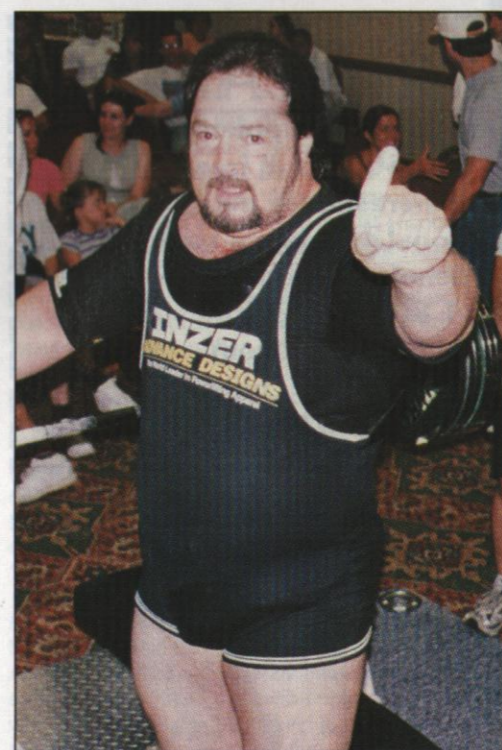
jump the weights up quite a bit. I actually put about 20-30 lbs. on the bench right away, just by changing the size of the shirt, which to me was miraculous. Nowadays, I am doing bigger lifts with the double ply shirt, because it does give you that much more support on the bottom end. I always tell people that if you have good raw strength from the bottom, then a denim shirt is probably a little more applicable due to the fact that it does give you more support on the bottom. That's exactly where it helps me. I've always had good shoulder strength, and as a result, I'm very, very strong off the bottom, so the denim shirts work a little better for me than the polyester, as a result. If I can get that thing moving, and carry it through to the top, that's where it enhances my lift. I do take a lot of pride in doing lifts with a single ply shirt. The most I've done with a single ply was just recently, at Rich's NASA World Cup, where I got that 650, which is the most done in the world this year, that I know of, with a single ply shirt. I am very, very proud that I am doing those kinds of numbers with a single ply shirt. I learned how

if you tweak the double ply too tight, it will be too hard to bring the bar down to your chest, and if you wear a single ply shirt that tight, the shirt will blow out on you, because you're not getting as much support from the material. At the NASA Arizona State meet, I blew out two shirts in one meet because of that, which was kind of unheard of. At the World Cup, I had several different sizes, so I could get into a shirt where I wouldn't have to worry about a blow out. My best with a double ply shirt is 672 (Editor's Note: this was increased to 678 at Kieran Kidder's Bench Bash for Cash, subsequent to this interview). Of course, I have done over 700 in the gym, several times now. On the day, I did 672 in a contest, I came very, very close to a 700 lift on a 4th attempt. I've actually done as much as 726 in the gym.

ML: You've lifted in various organizations. How do you compare them, one to another, in your mind. Are there major differences between WABDL, NASA, and whoever else you have lifted with?

TM: Obviously, there are quite a few differences between the federa-

tions. One major difference are rules and regulations. Of course, that's what keeps our sport from advancing into something that has continuity. I don't know if this has any effect on whether the Olympic Committee is taking us seriously, due to so much segregation amongst federations, based on what they believe to be the right or wrong way to do something. Then again, we are looking at a free enterprise system, and everybody feels that their way is a better way or the right way. Every federation I compete with has its pros and cons. Another difference is equipment. People say "look - that guy is doing X pounds in this federation, but he is wearing what we would consider to be illegal equipment, based on what we do". I don't blame them. You can get to the point where you have to ask if it's the person lifting the weight, or is it the equipment? The fact of the matter is, if all the big benchers in the world are utilizing this equipment to their advantage, we have to get on equal playing ground. If I'm going to do the same type of numbers, I'm going to utilize the same type of equipment to achieve those numbers. If anybody wants to point their finger at me, stating that's not the right way to do it or it's the wrong way to do it, then so be it. I can't control that. I can only respond to what each federation is offering. I've never used a triple ply



Will Tom become the first 40+ man to bench 700?

shirt, so I don't know what kind of advantage that gives you. I've heard pros and cons on that too, stating that it's almost "too much" support, where you really have a hard time getting the weight down to your chest.

You also have your personalities in the different federations. I get along with just about everybody, that's my nature. I've had difficulties at times, but I've learned how to wade through them, and turn a negative situation into a positive. When you go into a different federation, you're fighting a political agenda, which is understandable. If you go into a new federation, and you're establishing a new American or World record in that federation, and not that many people know who you are, they're going to make life a little bit difficult on you. The primary reason for that is that the record you are breaking might belong to someone who has been with that federation for many years and has shown a lot of loyalty to that federation and the people involved. For my part, I might break that record and never come back. What I'm trying to do now is establish loyalty in virtually all the federations I compete in. I've had a lot of success in all the federations I've competed in.

ML: Tell us about your supplement program.

TM: Well, I am actually coming out with my own line soon. It's going to be called Tom Manno's Pro Gram, which consists of virtually everything I've been taking for the last several years. First of all, I believe in taking a good protein powder. When I say good, I mean something that is very, very low in sugar. Of course, there's no problem with having a fructose sugar in it, but that's a simple sugar. You want to stay away from other forms of sugars. Obviously, you want something that tastes good and is user-friendly, that mixes well... like a Pro-Blend 55, that I've been taking over the years, which has a high protein content. I want something of that nature in what I'm developing. It also has to possess all 22 amino acids, both the essential and non-essential. People

can't get over the fact that I'm lifting what I'm lifting, on an on-going basis - day in, day out - year in, year out - and that I enter as many meets as I do - without getting hurt. I always tell people that the basic philosophy that I have involves two words that will help you in any sport. The first word is hydration. The second word is anti-inflammation. If you can do everything you can do, on a day to day basis, to take care of those issues in your body, you should have a long and healthy career. I also tell people that I believe in the three Rs - Rest, Rest, and Rest. This is a sport where less is better. When I say hydration - you have your creatine monohydrate, you have your glutamine, you have your ribose - which helps volumize the cells of the muscle, and along with that people have to be cognizant of taking in a lot of water. When you take these products, if you're not drinking a lot of water, you're going to be pulling water out of other parts of the body, and that will actually dehydrate you. On top of that, I take a good digestive enzyme, like the one in the Power Pack from Nutri-Fun. I've got Gus on these digestive enzymes also, and he loves them. If you're trying to find ways to combat steroid usage and get the body to become anabolic much faster, a great digestive enzyme is the way to go. Protein is the building block of the body, and it

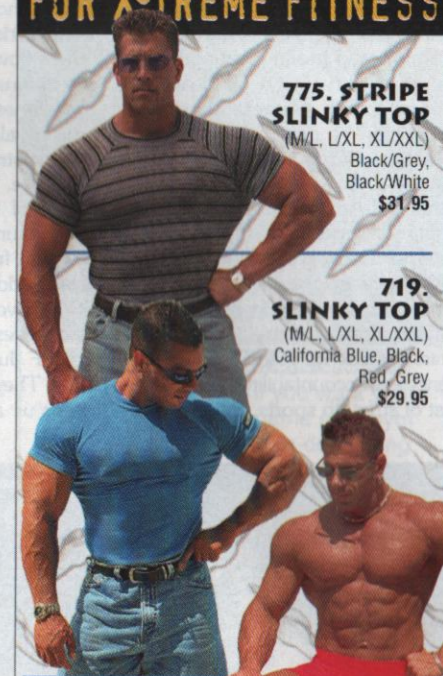
only makes sense to use those blocks more effectively and more efficiently to break down and assimilate most of the protein you're taking in. My wife is a breast cancer survivor and this product also enhances your immune system. She was taking megadoses of the stuff and it helped her tremendously. If someone tells you to take 70 grams of protein, to help you become anabolic right after you work out, that's all well and good, but if you're not assimilating that 70 grams properly, you're still going to be catabolic. If you do take a good digestive enzyme, you're more likely to become anabolic, faster. I also take anti-oxidants, strong ones, like Ester C. I take a good Cal-Mag formula. It's important to take supplements right after they work out. They're not allowing their recovery to be expedited. I take a product to increase glycogen storage, and also helps the amino acid transport system. I've been a national spokesman for Nutri-Fun for about 3 1/2 years now. We all took a leave of absence from the company for about a year during a restructuring - it used to be called Family Solutions. I also represent Arizona Health Foods here locally.

ML: What is your basic motivation in powerlifting and what is achievements are on your agenda for the upcoming year.

TM: My basic motivation started at a very young age. I had a paper route years ago, when it was safe to have a paper route, and I had a gentleman take me under his wing. I was always a pretty good sized kid, for my age, and this older teenager on my route said, one day, I have this weight set in my room, let's see how much you can lift. The first time I ever did it, I lifted about 100 lbs. over my head in the standing press. He thought that was pretty amazing for a seventh grader. I kept lifting periodically, and about a year later I could do 150 lbs. over my head, in the

(you will find this article continued on p. 80)

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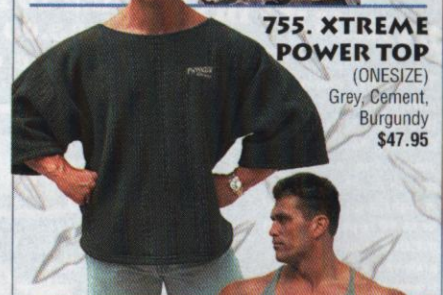
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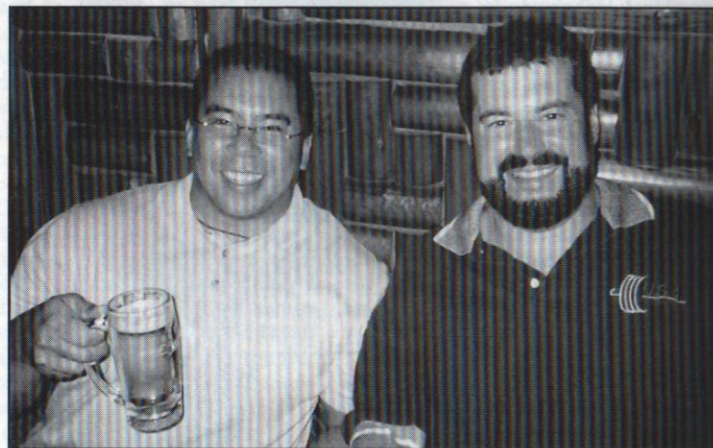


Tom Manno has been bench pressing for 33 years and he played football, up to the pro ranks, for 17 years. (Dwight Bennett photograph)

Regarding the Terrorist Attack

"To all our Powerlifting Brothers and Sisters, Our hearts and prayers go out to all of the victims and families who are suffering in this National Tragedy. We pray for their comfort and healing, strength and support as they, and we, deal with the aftermath of these senseless, evil acts. We must be strong and resolute. Our light of freedom will not be dimmed. All that the United States of America, and USA Powerlifting stands for is about free people choosing to make a positive difference in the world. We will remain unwavering in our support of our great country, and of the mission that we stand for - excellence and accountability in the greatest of strength sports. Being at the

top of anything, whether world politics or competitive sport, means also becoming a target for those with dishonorable agendas, who want to rise to the top by pulling others down. The strength of true champions will always survive this. Sometimes we will be battered and bruised along the way, but we emerge stronger and more true to the cause. We pray that this will be a part of the affirmation process that occurs as our great nation emerges from these dark events. Please add to your prayers those USA Powerlifting athletes who are now representing us in Bulgaria at the IPF Junior World Championships. They are doing their best to honor us and our country in the



Ray Benemerito with Mike Overdeer at the World Games. (Sioux-Z H.)

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midst of all the enormous pressure of the tragic events at home. We pray for their safety and well-being, and safe passage home at the conclusion of the event. Thanks very much. To Strength and to Freedom, To the Love of our Brothers and Sisters Everywhere. Sincerely, *Michael W. Overdeer*, USA Powerlifting President." and from Arnulf Wahlstrom of Norway and the IPF Executive Committee "Dear friends: I want to tell you that I am very sad for the tragedy that hit the American people. It has been a strong focus in all TV and radio channels here in Norway from the day it happened. Our Governments have expressed their sympathy and they have offered USA to send medical people or any other help if needed. As NATO allies we stand



Arnulf Wahlstrom from Norway

shoulder to shoulder with USA to find the guilty parties. The world must go on, but it will not be as before after this terrible crime. Please be strong. Regards, *Arnulf*" The Trade Towers incident took place around 15 miles from Dr. Ken Leistner's residence in Long Island. Everyone in Ken's immediate family is okay, but some of their acquaintances are still missing. Most poignantly, Ken's daughter Bari Ann has come home from school crying hysterically because some of her classmates don't know if one of their parents are alive or not.

A Stronger America is a Better America ... strength, whether it is physical or psychological, is a critical aspect of what has made the United States of America and its citizens great for over 200 years. Strength allows us to resiliently recover from the challenges we face, whether they are obvious or sudden and unexpected. Strength allows us to interact with the forces that exist in our world to bring about peace. It is time for all of us to energize ourselves and focus that energy in a way that will make us all stronger. Stay strong, America - FOREVER! (this material first appeared in the September 17th, 2001 edition of *POWER HOTLINE* newsletter)

W.P.O. NEWS

Kieran Kidder's HUGE IRON Bench Classic was a "great success" according to Louie Simmons of the Westside Barbell Club "with 5 men going over 700 lbs.!" Angelo Berardinelli won the lightweight with a 462 bench at 165 lb. George Halbert took the middleweight class weighing in at 215. He made all time world records of 701, 716 and 733, the greatest coefficient bench of all time. Rob Fusner won the heavywt. division with a 308 world record, another all time mark, 734 1/2 lbs. The next big show will be the Arnold Classic February 2002 in Columbus, Ohio." Also reporting on the event was John Bott of Iron Island Gym, who added that Kenny Patterson was 2nd to Halbert with a 661, and in the heavyweight division, Beau Moore was 2nd to Fusner with 733, followed by Clay Brandenburg at 722, John Zemmin with 705, and Tom Manno

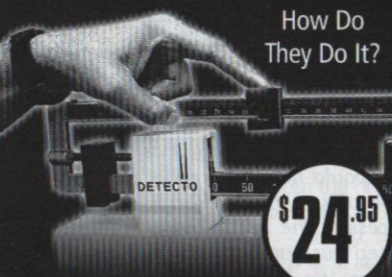
Kieran Kidder is changing plans and rather than have the WPO Finals in November, they will be incorporated into the presentation at the Arnold Classic over its 22-24 February 2002 schedule. Kieran felt that with so many other world championships being held in November, and with the difficulty of finding sponsorship dollars later in the year when budgeting had taken place well prior, he would switch the finals to the Greater Columbus Convention Center venue. For further information contact Huge Iron Fitness Center, 910 S. Atlantic Avenue, Ormond Beach, FL 32176, 386-677-4000, 877-HUG-IRON, or check out the web at www.hugeiron.com, or www.worldpowerlifting-organization.com

WPO Semi-Finals (Official Results) 12 Aug 01 - Orlando, Florida

	SQ	BP	DL	TOT
132 Clark, August	237.5	202.5	222.5	662.5
Taylor, Tim	225	152.5	275	652.5
Washington, Hennis	255	152.5	245	652.5
Whigham, Allen C.	215	115	242.5	572.5
Leverett, Christopher	220	117.5	210	547.5
Weisberger, Amy	195	137.5	212.5	545
148 Hoerner, T.J.	285	150	272.5	707.5
Schwab, Brian	272.5	157.5	262.5	692.5
Grayes, Rick	247.5	252.5	245	645
165 Conyers, Anthony	341	197.5	305	843.5
Laine, Jarmo	333	192.5	297.5	823
Hooper, Wade	340	225	257.5	822.5
Palmer, Ron	320	197.5	305	822.5
Berardinelli	312.5	215	275	802.5
Alday, Levi	282.5	222.5	285	790
Contreras, David	307.5	207.5	265	780
Caprari, Tony	272.5	182.5	300	755
Manca, Gianfranco	285	170	275	730
Holzbaauer, Jeff	272.5	175	267.5	715
Almodovar, Joey	277.5	155	282.5	715
181 Coleman, Arnold	340	247.5	295	882.5
Warren, Curtis	272.5	187.5	295	755
Strickland, Brian	285	182.5	262.5	730
Wambsgans, Fabian	300	127.5	272.5	700
198 Kellum Jr. Jesse	386	270	302.5	958.5
Zweng, Matthew	377.5	252.5	305	935
McCoy, Joe	305	230	300	835
220 Selsam, Harald	385	220	330	935
Vogelpohl, Charles	385	205	327.5	917.5
Mash, Travis	362.5	227.5	327.5	917.5
Rajala, Arto	350	225	320	905
Patterson, Kenneth	320	282.5	272.5	875
Gunnarsson, Jon	330	210	317.5	857.5
Burbank, Scott	305	235	317.5	857.5

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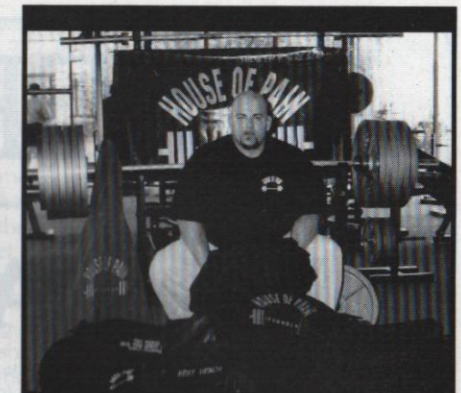
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Blue, Dondell	317.5	227.5	295	840
242 Coan, Ed	471	262.5	350	1083.5
Urchick, Paul	435	250	320	1005
Kymalainen, Janne	345	285	340	970
Douglas, Jeff	395	230	332.5	957.5
Garcia, Jose	390	235	332.5	957.5
Ingvarsson, Ingvar	280	225	280	785
275 Turtianen, Ano	456	272.5	391	1119.5
Labare, Art	372.5	262.5	337.5	972.5
Tokarski, Craig	322.5	290	355	967.5
Mills, Milo	350	240	355	945
Taylor, Chris	302.5	282.5	272.5	857.5
308 Hamalainen, Mikko	420	275	357.5	1052.5
Childress, Paul	430	272.5	350	1052.5
Barry II, Leon F.	365	282.5	375	1022.5
Grove, Jon	400	275	345	1020
Bryant, Josh	355	260	305	920
SHW Moore, Beau	410	312.5	345	1067.5
Voronin, Jim	387.5	315	315	1017.5
Brink, George	332.5	195	347.5	875



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Rules: You must use Power Hooks and perform a 10 repetitions bench press lift. Start with Power hooks on the overhanging bar at any height and finish with the Power Hooks at that same height on the bar with no help. Bench shirts are not allowed.

Judging: Points will be awarded depending on contestants age, bodyweight and total weight of dumbbells lifted for ten reps.

Finalists will be contacted during the first week of November 2002. If an official judge is not available in your area, we will then need a video of you weighing yourself in on a scale and then weighing the dumbbells individually. All finalists will receive a prize. The winner will receive \$1,000.00.

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INTERVIEW

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

PL USA: Tell us about yourself

Harris: My name is Jamie Harris. I'm 30 years old and I'm from Elizabeth, PA. I work at Shuman Center in Pittsburgh, PA. I recently bench pressed 771 1/2 at the Mountaineer Cup III in Chester, WV. I also took a shot at 800 and narrowly missed it. I have returned to claim my rightful place as "King of the Bench Press".

PL USA: Why the return to Powerlifting?

Harris: Well, to be quite honest, I feel 800 was unfinished business. I did 760 in October of 1996 and soon after got involved with business ventures. Money was my focus, so I just worried about that, lifting unintensely and sporadically. In September of 1999, I started contemplating a return. I got tired of hearing how washed up I was and none of my lifts were legit from the past. I just felt I had a lot more to prove in this game.

JAMIE HARRIS

I will say this, "A lot of people talked a lot of smack on me and left me for dead, all of you can ask yourself if you have the heart to come back and face the same adversity I did!" I would have to believe that none of you mudslingers do. Success is the best revenge. I will keep pushing big numbers and make the haters sick. I will walk over any man who tries to get in my way of bench press supremacy!!

PL USA: Was there anything different you did in preparation for the Mountaineer as far as training, etc?

Harris: Conditioning was the key this time, period. I went back to the roots of my past training, with new twists that covered stabilization, psychological conditioning and equipment adjustments. My whole training regimen

is now available on my new training video "Harris Quest 800". No stone is left unturned. Every aspect of my training is covered in this tape. 15 years of trial and error have been laid out for you to become the bench presser you never thought possible. Let me say that mental preparation was the biggest item, though. Your mindset is so important. You can accomplish anything if you really believe it. That is what sets good lifters apart from great lifters.

PL USA: Outside of lifting, what are some of your hobbies?

Harris: Well, I enjoy practicing my Elvis karaoke. I recently have just started picking up my practice time. I am a really big Elvis fan. Last year I got to visit Graceland. I'm going to start doing local karaoke gigs again. I

really enjoy it. Also, spending time playing with my dogs, Otis and Jezebel (my Labs) is high up on the list.

PL USA: What's the future hold for the "Bad Boy of Bench?"

Harris: The Arnold Classic is priority number 1. I'm not going to talk crap about it - I'm going to do this, I'm going to do that. I'm going to train my ass off and let the chips fall where they may. I also want to start running meets again. Pittsburgh needs some good quality meets. I'm also working on sales of my video and my other products.

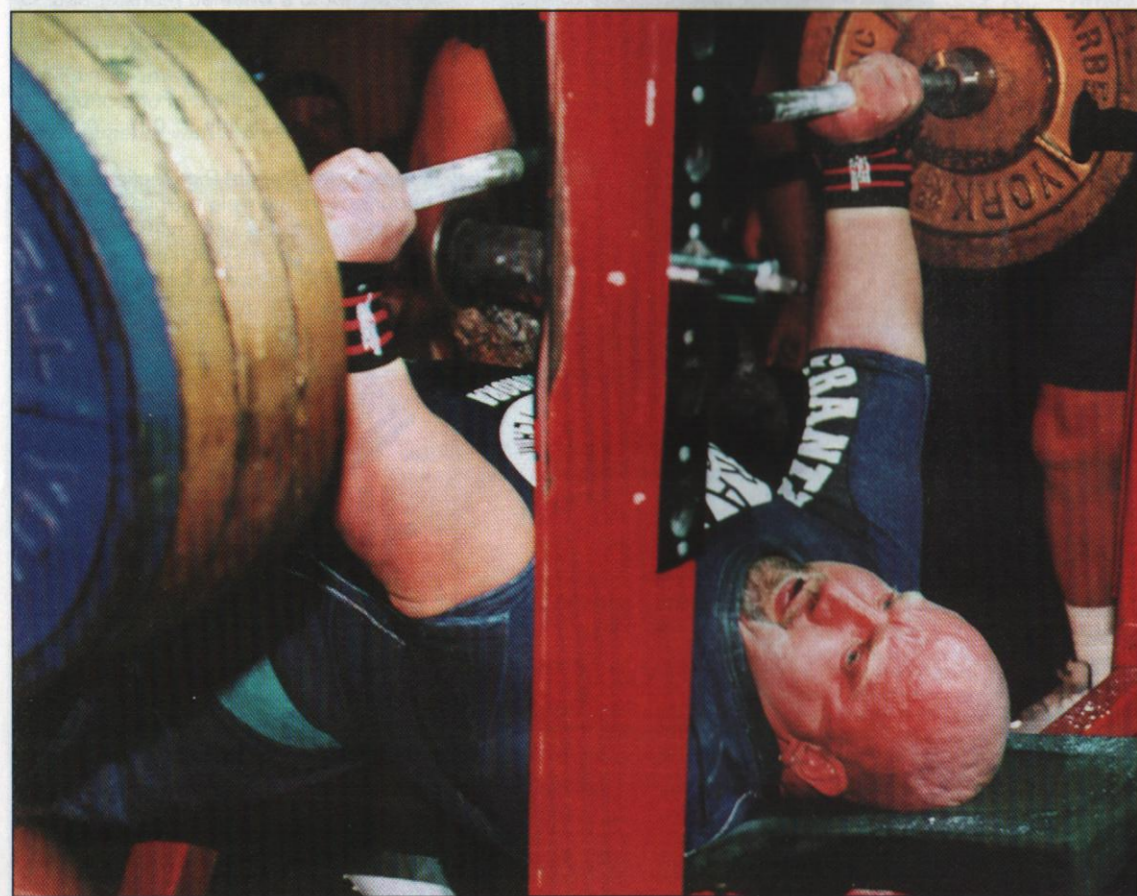
PL USA: Anything you would like to tell your critics out there?

Harris: Take a good long hard look at yourself before you throw stones!!! Adversity is the measure of a man! When you're down, everyone doesn't know you. When you're on top, everyone loves you, I've been getting e-mails from well wishers who once bashed me up on GoHeavy Forums. On the other hand, I would like to take the time to publicly thank members of "Team Harris". Bob Olinger, Ray Neff, Keith Batykefer, Tim Bentley, Tim Bruner, Jeff Ruscitto, Aldo Pucci, Dean Romano and "The Giant of Powerlifting" Tom Sevcik. Tom is 6'7", 350 lbs. and you're going to be seeing a lot of big things from him in the future. Everyone of these men have helped me believe in myself again. Thanks guys! Also, as always, my wife Michelle helps me out with all the little things and is always encouraging me to do the best I can. Also, thanks to Rick Brewer of House of Pain. Rick has stuck with me through thick and thin. I'm proud to endorse his gear.

PL USA: Is there anything you would like to say in closing?

Harris: Believe to Achieve! Buy my video and get a front row ticket at the Arnold.

Harris: Believe to Achieve! Buy my video and get a front row ticket at the Arnold.



At the Mountaineer Meet, Jamie Harris locked out this 800 pound bench press, but the effort was not accepted.

POWER SCENE

October already?

Time for pumpkins, and Halloween parties, and, of course, powerlifting. But then, it's always time for powerlifting.

Lance Slaughter, USAPL California State Chair, sent us a nice packet about the upcoming 2001 USA Powerlifting West Coast Open Push/Pull. It's been over five years since the last USAPL meet around here, and it's good to see the USAPL back.

November 3rd is the date, and Cal State Northridge is the site. Lance is expecting 60-90 lifters, and his contact number is 310-995-0047.

Lance himself has been lifting for six years, following his brother into powerlifting, and Lance has hit a BP PR of 415, weighing 148. We wish Lance and the USAPL much success with their meet.

If you're looking for a meet even sooner, Kevin Meskew is putting on the USPF 23rd annual Central California Open, on October 6th in Bakersfield. You can compete in the full meet, or do just the bench and/or deadlift parts. For more information you can contact Kevin at 818-899-7555.

Both of the above meets are indoors, and our summer of outdoor meets at the beach is over, but we do get one last chance to look



Stormie Seibold hit a 451 at Muscle Beach.

back and appreciate how wonderful it is to lift only yards from the ocean.

As we've mentioned before, Venice's Muscle Beach hosts a series of meets in the summer, and we caught up with the final one of the summer and saw some terrific bench pressing. Bob Evans hit 391, Stormie Seibold popped 451, and Tony Hardridge put up 490. Over 40 lifters competed and enjoyed the sights, sounds, and smells of the beach and the Pacific Ocean.

Cindy Dumo is the director for Muscle Beach, and we got a picture of her while she was checking out the meet.

As for Tony Hardridge, he's also getting into putting on meets, and there's one scheduled for November 17th in Lake Forest. It's a squat/deadlift meet, and for more info, call Tony at 949-307-9634.

Tony's been lifting for over 20 years, with PRs of 887 567 777 in the 275 lb. class and he's currently doing personal training and customized diet and nutrition programs.

Santa Barbara is also a beautiful setting for a beach meet, and a little more tranquil than Venice. We caught some of the action at Kevin Fisher's meet, and top lifters like Brian Meek, Josh Bryant, and George Brink were all in action, hitting their lifts only yards from the shore. Palm trees swaying in the breeze, beachgoers in bathing suits and sandals, the smell of sun tan lotion, and big-time powerlifting, all in the same place, yards from the ocean - not a bad way to spend a Saturday.

Finally, back in Venice, but this time at Gold's Gym, which is about 3 blocks from the beach, we ran into Robin Coleman, and her mother Linda, who was out



Tony Hardridge gets set to BP.



Bob Evans - 391 at Muscle Beach

visiting from Texas. Robin has competed in bodybuilding and one bench press contest, and is now training for the World's Strongest Woman contest, under the tutelage of strongman Tom Magee.

Robin had just been training for 3 weeks when we spoke with her, but she's at it six days a week, and is doing a lot of weight training, including squats, deadlifts, power cleans, and overhead lifts.

The contest is to be held in Zambia on October 15-17, and women from all over the world are aiming for it, including powerlifter Jill Mills.

We're hoping to bring more info on this in coming months, along with the rest of the *POWER SCENE*. 'Til then, stay healthy and strong, and have a Happy Halloween. NED LOW



Cindy Dumo is the new director of the powerlifting events at the world famous Muscle Beach Venice.



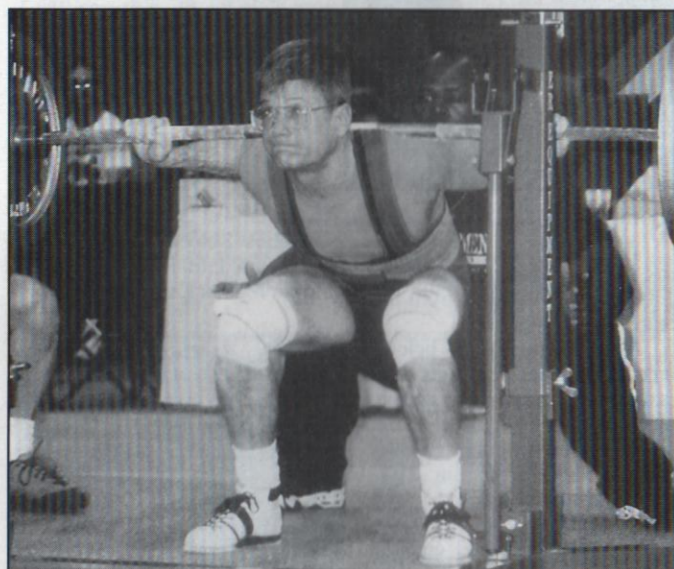
World's Strongest Woman? ... Robin Coleman hopes to contend for the title in Africa. (all photographs courtesy Ned Low)

INTERVIEW

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

Subject: John Corsello, Jr. **Age:** 43. **Marital Status:** Married with three children: Michael - thirteen, Christina - eleven, and Matthew - five. **Hometown:** Sparta, New Jersey. **Job:** Deputy Product Manager for the Crusader Armament and Resupply Product Development Team, associated with the U. S. Army Crusader Artillery System. **Hobbies:** Fishing; collecting stamps and fluorescent minerals with his children. **Height:** 5 ft. 7 in. **Weight Class:** 132. **Training Weight:** 142. **Equipment Used In Competition:** Suit: Titan Centurion for squat (James Benemerito's old suit); Inzer Outlaw for deadlift. Knee wraps: Titan Red Devil, white with red stripe. Shoes: Safe shoes

JOHN CORSELLO JR. interviewed for POWERLIFTING USA by Fred Rice



John squatting at the 2000 USAPL Masters National Championships

ing allergy and asthma problems, John realized that his health was rapidly declining. As a result he made a decision that if he was going to go down, he was going to go down fighting. Those who know John well know that his mild demeanor masks a fierce determination. Winners never quit, and quitters never win. John is definitely in the former category. He started training again in order to increase his lung capacity. This led to his signing up for the annual Picatinny bench press competition, which he did in order to hold his own feet to the fire. John took second place in the 148 and under category, and discovered that his health was improving. After this meet Fred Vogel, a fellow employee and Pro Fitness Team member, started training John. In April of 1995 John began

working out with us at the Pro Fitness facility in Rockaway, New Jersey.

Over the years John has become a very important component of the Pro Fitness Powerlifting organization. He currently serves as secretary-treasurer, and is very active in organizing meets.

As an indication of just how well he has done as a competitor, John has qualified for three IPF world teams.

FR: WHAT WAS YOUR ATHLETIC BACKGROUND PRIOR TO LIFTING?

JC: I played non-profit semi-pro football for the Yonkers Sonics. I was a wide receiver on the offense, and contain man on the kick-off team.

FR: HOW HAVE YOU DONE IN

COMPETING ON THE STATE LEVEL?

JC: I took first in the ADFPA/USAPL New Jersey States in both 1995 and 1996. Since then I have concentrated on lifting in national meets, and helping our team at state meets.

FR: WHEN DID YOU BEGIN COMPETING AT THE NATIONAL LEVEL?

JC: My first national meet was the 1996 USPF Masters and Sub-masters in Dayton, Ohio. Although I was already involved in the ADFPA, my team members saw this as a good opportunity to get my feet wet at the national level, as the ADFPA did not have a national sub-masters category at the time. In 1997 I competed at the ADFPA Lifetime Nationals, where I placed third. In 1999 I placed first at the USAPL Masters Nationals in New Orleans, Louisiana, and this qualified me to go to the IPF Worlds in South Africa. Unfortunately I could not afford to go. In 2000 I won the USAPL Masters Nationals in Bedford Heights, Ohio, and I was able to represent the USA at the IPF Worlds in the Czech Republic. In 2001 I represented our country at the IPF Masters World Bench Press Championships in Luxembourg.

FR: HOW HAVE YOU DONE AT IPF WORLD MEETS, AND DID YOU ENJOY YOUR INTERNATIONAL EXPERIENCE?

JC: I took fifth in the overall competition in the Czech Republic, but I won the silver medal in the bench press. This was a huge meet - the largest ever IPF masters world meet. The Czech Republic accommodations were spartan, but clean. We visited Prague, which was a beautiful city. The experience was wonderful, and I was able to communicate with the German competitors, as I speak German fairly well because of spending a year and a half in Germany as an Army exchange engineer. The Italians wanted their pictures taken with Jules Pellegrino and myself. We were very popular with them because our names ended with a vowel! At the 2001 IPF Masters World Bench Press Championships in Luxembourg I placed second. (Editor's Note: We have been informed that John

has been elevated to 1st place in this competition, due to a subsequent disqualification)
FR: WHAT ARE SOME OF THE RECORDS YOU HOLD?

JC: I hold all the New Jersey sub-master records at 132, and all the 40-44 master records at both 132 and 148.

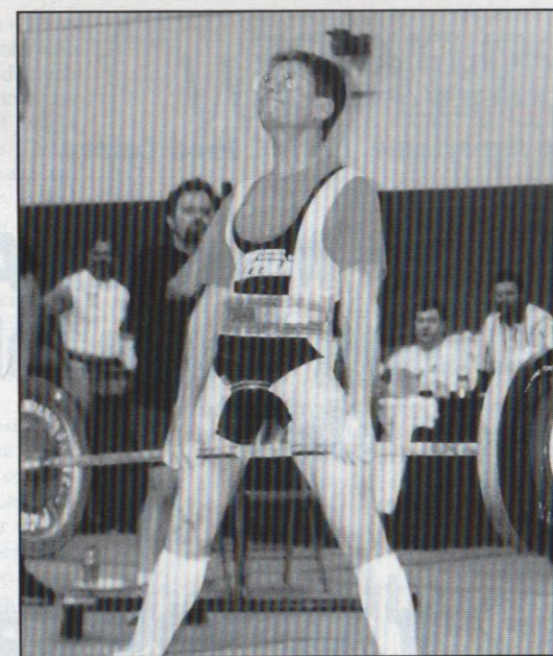
FR: WHAT ARE YOUR BEST LIFTS?

JC: In competition, at 132, I have squatted 358, benched 292, and deadlifted 413. My best total at 132 is 1052 lb.

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?

JC: I would like to get back to the IPF world championships, and win a gold medal. I would like to bench 300, squat 400, and deadlift 450 at 132. I also want to spend more time training my children. I have already begun training my two oldest children, Michael and Christina. I have given them an introduction to lifting, and they seem to enjoy it.

FR: DO YOU USE ANY SUPPLE-



John deadlifting 403 at 132 back in Bedford Hts., Ohio

MENTS OR FOLLOW ANY SPECIAL DIET?

JC: I eat a balanced diet. When I need to cut weight before a meet, I cut back on carbohydrates, and focus primarily on protein. I take multivitamins and vitamin C. I have always tried to eat right,

and I find that the better I eat, the better I train and compete.

FR: WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?

JC: If you can't do it without drugs, it's not worth doing it at all. I want to know what I can do, not what some substance can do. I think that the IPF should go to more than random testing. The top three competitors need to be tested at every meet in international competition. I also think that they need to consider more thorough types of tests, because standard

procedures may not be detecting certain substances.

FR: WHAT EQUIPMENT DO YOU USE IN TRAINING?

JC: I've been using less and less equipment under the tutelage of Bill "Red Light" Clayton. I typically don't use any equipment

until I get to triples.

FR: WHAT IS YOUR TRAINING PROGRAM?

JC: I do three work sets in the squat on Monday. On Tuesday, Bill Clayton has me doing 7 sets of 5 for conditioning, until I get into heavier weights, when I cut back on the number of sets. On Thursday I do front squats, box squats, and deadlifts. On Friday I again do 7 sets of 5 in the bench press. I do a cycle with rubber bands, and then a cycle without them.

FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?

JC: I think that it would be great, and it is a necessity if we are going to get into the Olympics. At this point of time, it looks like this is going to be very difficult. However, I'm glad to see that it will be at the World Games.

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

JC: I'm very proud to train with you guys as part of the Pro Fitness Powerlifting Team, and I consider myself privileged to have represented the USA in 2000 in the Czech Republic, and then at the first IPF World Masters Bench Press competition in Luxembourg.

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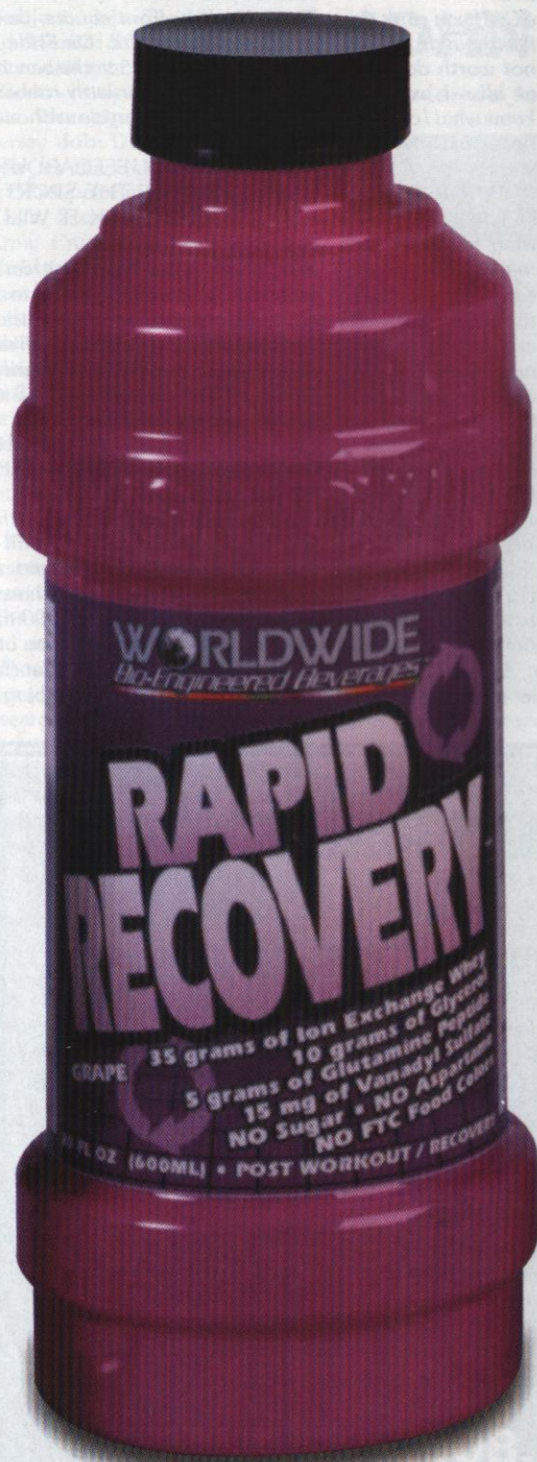
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This article was written with an intermediate lifter in mind, one who is capable of a 500 pound squat. This 18 week program will increase the lifter's maximum squat weight by at least 30 to 40 pounds. This is one of my routines that I have had much success with. The key aspect to this particular squat routine is the heavy poundage partials performed in the power rack. Of course, it is necessary that you have access to a power rack in order to complete this aspect of the routine. For the remainder of the routine you need regular squat racks.

There are two levels (position of the bar, in height) inside the power rack that the lifter needs to concern himself with, Level 1 and Level 2.

Level 1: Place the bar on the power rack pins 6 to 7 inches below the lifter's lockout position. Load the bar to the suggested poundage listed in routine. The lifter will position himself/herself under the bar in a partial squat position inside the uprights of the power rack, and begin to uplift the weight until the full lockout position is reached. Perform the suggested reps and sets listed in routine.

Level 2: The bar placement is lowered 12 to 13 inches below the lockout position. Four power rack pins will be needed for this movement. Two pins will be used to set the bar on, and two more pins must be inserted 6 inches above the lower bar location (12 to 13 inches below lockout). The power rack is set up properly when the bar is "sandwiched" between the four power rack pins. The range of motion of the squat movement is limited by the upper two pins, so you cannot uplift the weight to the full lockout position. The range of motion will only be 6 inches when the bar is uplifted from the lower rack pins and touches the upper pins.

Regular squats will be performed as dictated by the rules and regulations. Be sure to train them about 1 inch below parallel. I do not use tight lifting suits nor knee wraps when training in the power rack, because I like training at a disadvantage. However, you can use them or not; proceed at your own discretion.

Warm-Up Exercises: deep knee bends - 1 set of 15 reps; toe touches - 1 set of 15 reps. Do not use any weight.

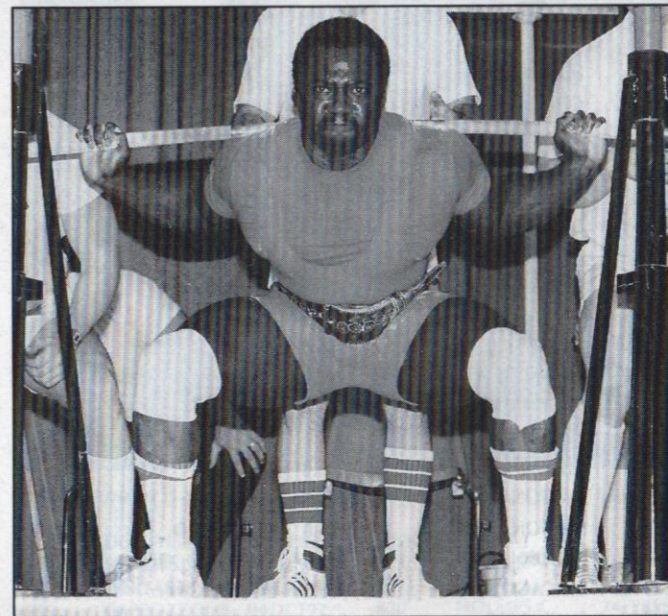
Assistance Exercises: I do not use any assistance exercises other than the power rack movements, which are already incorporated into the squat routine.

Week 1: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 460x1.

WORKOUT of the Month

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the Walter Thomas SQUAT PROGRAM



Walter Thomas has won too many world and national titles to count, with his last open IPF world title coming in 1994 at the age of 49! His classic squat routine is re-printed from the April 1987 issue of PL USA

235x8, 295x6, 365x4, 425x2, 450x1

Week 2: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 460x1.

Week 3: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 460x1.

Week 4: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 460x1.

Week 5: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 460x1.

Week 6: Rest week, no lifting

Week 7: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4.

Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1.

Week 8: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 480x1.

Week 9: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 480x1.

Week 10: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Fridays (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 480x1.

Week 11: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 480x1.

Week 12: Rest week, no lifting.

Week 13: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 495x1.

Week 14: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 495x1.

Week 15: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 495x1.

Week 16: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday: (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 495x1.

Week 17: Monday - Last power rack squats before meet day. Level 1: 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - Last regular squats before meet day 235x4, 295x3, 365x2, 425x1, 450x3

Week 18: No lifting Monday or Friday. Saturday is meet day. Warm-up procedure, day of the meet, 95x4, 155x2, 215x1, 280x1, 345x1, 425x1. 1st attempt - 460, 2nd attempt - 510, 3rd attempt - 530 or more.

FORCE TRAINING

by Dave Tate of
Elite Fitness Systems

Question: Thanks for the tip on raising the back of the GHR with a board. Worked great! Do you ever use a band to increase the resistance for GH raises? I can do around 25 reps with the back raised now.

Answer: There are many ways to increase the intensity of the glute ham raise. First off, if this is a movement you are really weak at then you have to get better. My first suggestion would be to use it at the beginning or end of every workout you do for a few sets of 8 reps. A second way to make the movement more difficult is with the use of bands. You can run one band under the front end of the bench and the other end around the back of your neck or upper back. This will provide more tension at the top of the movement. The key thing is to make sure you keep your chin tucked and not to arch your back. Many times when you add weight you will begin to arch your back, but don't let this happen.

A third way to make it more difficult we already discussed. This is to jack up the back end of the machine with boards and boxes. A fourth way is to hold plates or a heavy medicine ball in front of you while you do the movement. This will keep you in the proper position. The use of a heavy weight vest would also be a great way to add resistance. I have also seen a few other ways to do the movement. One is with a very ballistic action. With this you get into the top position and drop fast and try to rebound back up as fast as possible. Some have used heavy medicine balls or manual resistance to drop faster. I have also seen some do this by placing the machine in a power rack and with the use of a straight bar do suspended raises with the bar suspended on the chain. As you come up the bar lifts off the chains. Once again make sure your are not arching the back. There are countless ways to do any movement these are just a few.

Question: Does Westside ever do regular squats instead of box squats?



Glute Ham Raises ... there is an amazing variety of ways to do them.

And, if so, when? And, if not, why?
Answer: Yes, we do. At the meet! All of our training is done on boxes. After being a part of Westside for 12 years and seeing all the lifters we have in the gym, I see no reason why anyone would do it any other way. We have seen every possible body type and they all get better by box squatting.

Question: Dave, I was at one of the seminars in December of last year. Since then my deadlift and squat have gone way up. My deadlift is up 65 lbs. and my squat up around 50. However, my bench isn't going anywhere. I am sore for 3 to 4 days after a bench work out. My triceps are way over worked. I have tried cutting back, but it is still too much. Any ideas?

Answer: Keep the triceps work the same, but add in band pushdowns the day after you train the triceps. This will act as a feeder workout and help you to recover faster. Three or four sets of 20 to 25 reps should do the trick. What this does is bring blood into the muscle. Blood carries the

nutrients needed to help the triceps recover from the work done the day before.

Great to hear how well you are doing. Keep up the good work and if you need any more help give me a call. As I state in all the seminars, when you attend a seminar, I feel responsible for your progress or lack of, and am more than willing to help you all out.

Question: Thought you might be interested to know, we have a member that competes nationally in Olympic lifting and for the last year has been competing in powerlifting, following Westside methods. Without having done any cleans or snatches in training he still hit two PBs. I also have a question in regards to deadlifting. I just got back from a meet and am extremely frustrated. I deadlift with a sumo stance (toes touching the plates). I get the bar all the way up, but I can't get my hips to lock out. It is like I just hit a wall. What exercise would benefit that weak area?

Answer: Your lockout problem is in your glutes and hips. For the glutes, do ham/glute raises, reverse hypers, Dimel DLs, and belt dragging. For the hips do wide sumo DLs (put the collars on first and put your feet under the collars), spread eagle sit ups, pull throughs, wide low box squats (as your main ME exercise), and ankle dragging.

Question: Do you guys ever do good mornings down to pins in the power rack? I feel that they keep my

form a little cleaner as long as I don't bounce them off the pins. Actually, I like to rest the bar for a split second without relaxing my body at all. What do you think?

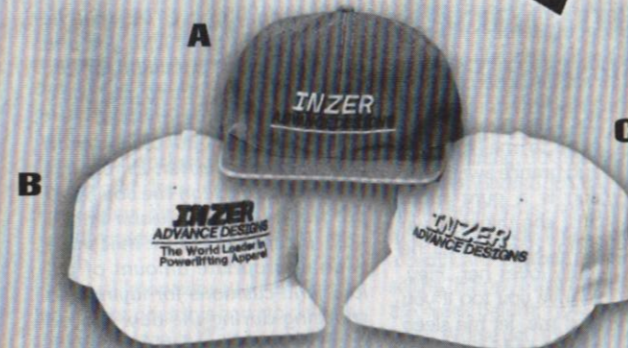
Answer: We used to do this quite a bit but switched over to suspending them from chains. With the chains you can get the bar into proper position and not have to start for an uncomfortable position. As you know the good morning is one of the best max effort movements you can do and by suspending them from chains you are taking them to the next level. To do this pick a bar like the safety squat or cambered squat bar. These are really the two best bars for this because of two reasons: First, they keep your hands away from the chains. Second, each bar works a little differently. For example the SS Bar is in a constant process of try to dump you forward. These are going to work the lower traps or middle upper back much more. This is important in squatting and deadlifting. You have to be able to keep the bar in the proper line when pulling and squatting and it is the training with this bar that teaches and strengthens the body to do this. The cambered squat bar is also great for this because it is a bit more unstable then the SS bar or straight bar. This added stability issue will work the muscles of the torso more. The cambered squat bar also keeps the hands lower because of the camber. This puts more stress on the spinal erectors because you can't pull your shoulders blades together as effectively as you could with a straight bar. Now to set the chains. When you get under the bar your body position should be the same as when you are deadlifting. In other words, if you were to drop your arms straight down in the bottom position they should rest about the same place as when you are deadlifting. From this point you lift the bar up in a good morning fashion. When the weights get heavier, don't worry about form, just get the damn bar up. This movement is great for developing the starting strength needed when deadlifting. Like the deadlift, there is no eccentric movement to start the bar. You can also do this movement with a straight bar but watch your hands so the chain does not smash them every time you lower the bar.

For a complete archive of over 1900 questions answered, see the Ask Dave section of our web site at www.elitefts.com

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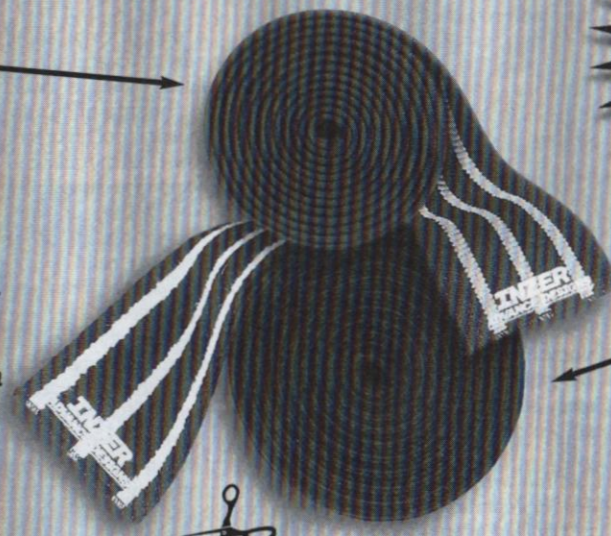
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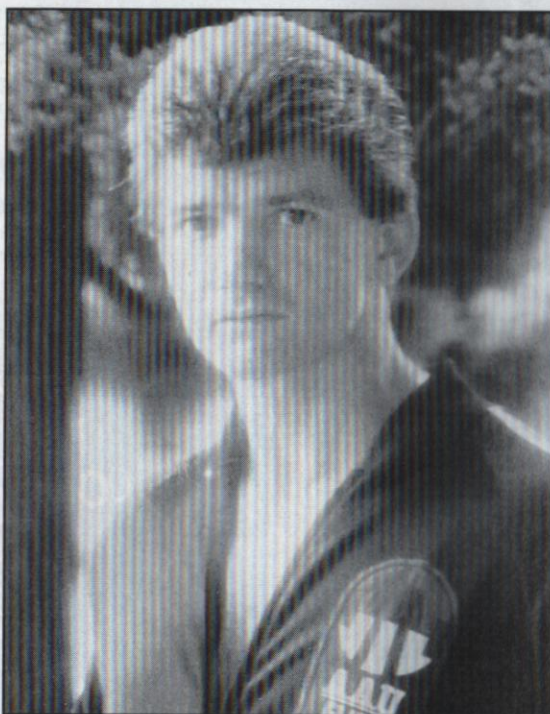
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You know, when I was growing up dogs were named like dogs should be named, real dog names like Duke, King or Caesar, if he was a male, and Muffin or Cuddles if you got stuck with one of those ankle biting lap dogs. Nowadays, in this society where people replace having the 2.5 kids with having a four-legged friend, they're named Cloe, Amber, Scotty. Heck, I even met a dog named Dave before. Now, if you really want to be on the cutting edge, you name your kid with a last name first, e.g., Madison, Connor, Kennedy. How's that for an "I'm better than you are" name. That was the path my girlfriend was on when she got her Chinese Shar-Pei eight years ago. Enter Mr. Humphries, a descendant from one of the earliest known breed of dogs, circa the Han Dynasty 220 a.d. Granted, if I was English and had the good fortune to have a butler, or better yet, a gentleman's gentleman, yeah, okay, if he was named Humphries, I can accept that.



Judd Biasiotto shares his adventure with Mr. Humphries

"Humphries, please lay out my gray suit. I'm having tea with the Baron today." See, that's some cool sounding stuff there. But to name a beast that can get away with masturbation in social settings just because he can reach it as "Mr. Humphries" just doesn't work for me.

Well, recently my girlfriend asked me if I would take care of Mr. Humphries while she went on a week long ski trip. By this time, I was used to addressing her dog as Mr. Humphries and had plenty of other issues to whine about concerning the dog like, "Tell me again why he has to sleep with us." Well, I may not be the biggest dog lover, but taking care of her dog was a no-brainer for me because I love my girlfriend and I know her "love me, love my dog" attitude. I also know that without me being nice to this beast, I'm going to be participating in a lot more socially unacceptable behavior than Mr. Humphries does. In fact, she loves Mr. Humphries so much that if she ever cheated on me I'm sure it would be with him. Okay, maybe that's an extreme and I feel a little threatened by this mongrel. But, hey, why shouldn't I... she never gave me a bath and I can't remember the last time she rubbed my stomach. As a matter of fact, I told her on a number of occasions that she acts like she

loves Mr. Humphries more than she does me. To which she always responds, "Yeah, but I love you more than the cat", which makes me feel, well, like a dog.

Don't get me wrong. I am not jealous of Mr. Humphries. It is just that he has this little attitude. You see, he thinks he is royalty because of his lineage. I know dogs can't read - although I wonder sometimes - and he doesn't know that his grandfather was a show dog and his mother won the Best in Show in a few local contests, but I swear you would think that this dog got on FamilyTree.com and did all kinds of research. Worse yet, he acts high society because of his noble blood. Even more frustrating is that my girlfriend treats him like a prince even though he treats her like last week's newspaper, and you know what dogs do with last week's newspaper. She will go and lay down next to Mr. Humphries, pet him and talk to him and he'll get up a few seconds later and walk away and go lie down somewhere else. Man's best friend? I seriously doubt it. I'd hate to be suicidal, come home and say, "At least my dog loves me," and then see

come from possessing titles but earning and deserving them. I promise I will take good care of him, but I am not feeding him breakfast in bed. He may have you acting as his servant, frying up hamburger meat for him, 90% lean, and scrambling eggs with cheese, but he is not treating me like that."

Now I would like to share with you the letter I got back from Mr. Humphries liaison, nom de plume - my girlfriend. Although she wrote in jest, I wonder.

Judd,

Mr. Humphries says his bloodline is pure and he has the papers to prove his lineage, if necessary. Mr. Humphries says that one day you'll be cooking him breakfast too, so enjoy your leisurely mornings while you can. Mr. Humphries says that he would never refer to me as his servant, but his caretaker. He feels that is more fitting. Mr. Humphries says that for one week you will have the privilege of being his caretaker too. Mr. Humphries says that when you start walking him, that he will

decide where to go and please don't insist on taking him one way when he wants to go another. You'll lose every time. The good news is Mr. Humphries says he is really looking forward to spending the week with you and, despite your non-acknowledgment of his royal history and DNA, that he thinks he can work with you and that you've got "possibilities." Oh, yeah, he wanted me to give you a list of personal preferences.

* Please don't put old water on top of the new water. Empty out the old water, clean the bowl, and put the fresh spring water in.

* Please make sure that there is an appropriate amount of pillows and cushions for laying and snoozing during the day. (Rayon coverlet is the material of choice surrounding the down feathers.)

* Baths are to be given only when necessary and when the odor emanating from his body is referred to as "a stench."

* A doggie door is a must so he can use it at his discretion for his comings and goings. He prefers not to have to notify his caretaker of this and sees this as a statement of his independence.

* Please contact your local butcher and notify him to keep in stock a good supply of marrow bones, which shall be cut no greater than two inches long and 1.25 inches wide. (Make sure the bones come from cows that have been fed organic product.)

* He would like a list of all local veterinarians and their educational background.

(This list is not totally inclusive of all requests and may change without notice.)

Now let me share with you my response.

Baby: (I always call her Baby when I have something to say that she will kick my ass for)

Obviously, Mr. Humphries reads as well as Roseanne Barr sings the National Anthem. I didn't say I denied his bloodline. I said I don't hold stock in genealogy. It is deeds that are important, not DNA. Still, I think once Mr. Humphries gets to my house, I can make an honest dog out of him. I will be glad to make his breakfast, protein shakes, of course, as I know he will be glad to fetch the morning paper. I will also be glad to take him for walks, as I know he will be glad to take the night shift and watch over my home and safeguard me. How does that go, a bone for a bone? And a doggie door he shall have for his comings and goings. And he certainly does not have to notify his caretaker of

Dr. JUDD

The Tale of Mr. Humphries

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

the thing shoot up his nose to me, turn tail and prance away. The dog is a pure snob. Still, she thinks down deep, deep, deep he really loves her. Hey, I'd love you too if you feed me, let me sleep all day, and I got to run around the house with just a collar on.

Well, I am not into all that blue blood rubbish. I look at a dog for what a dog is. Wake up and smell the Kibble and Bits, folks. A dog is a - how do I put this? - a dog. It's not about past titles and bloodlines. What is really important is a dog's demeanor, not his breed. And I told my girlfriend when she asked if I would dog sit Mr. Humphries, I said, "Well tell 'Mr. Humphries' that I am not impressed by royalty. Dignity does not

his going or coming. Nevertheless, with all the furry friends that inhabit the wildlife persevere where I live, none of who will be impressed by Mr. Humphries' ancestry but rather by his palatability, he may very well be going, but not coming - back. I might add that odor of stench emanating from the body is one of their favorite aromas. Tell him I already contacted the best vet in Georgia. I've got a feeling he will need it with all of his desire for autonomy and freedom. In other words, this is the real world here where a dog is judged by his strength, not his family credentials.

Now I know what you are thinking, "What does this have to do with the price of tea in China ... or Powerlifting?" Well, I will tell you. There are a lot of Mr. Humphries out there, guys who are more concerned about semblance than they are about substance, and I don't want you to be led astray. In America we are very impressed with people who have impressive titles. We have this idea that if someone has a M.D. or a Ph.D. he or she is insightful and wise. Well, don't let that fool you, because degrees and titles mean absolutely nothing in America. Some of the dumbest people I have ever met have a Ph.D. behind their name, and some

of the smartest people I ever met don't even know what a Ph.D. is! Believe me, anyone can get a Ph.D. Heck, I got one. Let me give you an example of what I am talking about. Recently a friend of mine told me he was going to become a certified fitness expert. He never had a single college course in physiology, biomechanics, kinesiology, zoology, anatomy, nutrition... heck, he's never taken a college course in anything. And he is not that scholarly when it comes to the elementary aspects of weight training. But one day he forked over two hundred dollars, sat through a four-hour fitness seminar and now he is a bona-fide fitness expert with a certificate to prove it. The guy was selling "Happy Meals" at McDonald's the week before; now he's a fitness guru. Worse yet, the guy thinks he is a fitness expert because he has a certificate. Do you believe that? Well don't! Even Aristotle made the distinction between titles and accomplishment when he wrote, "Dignity does not consist in possessing honors, but in deserving them."

A title is just a piece of paper. What's really important is your ability, not your title. In life and in sports you have to prove yourself. Do you really think IBM cared if Bill Gates had a degree? Heck no! They were interested in his production. All they wanted was for him to "crank out"

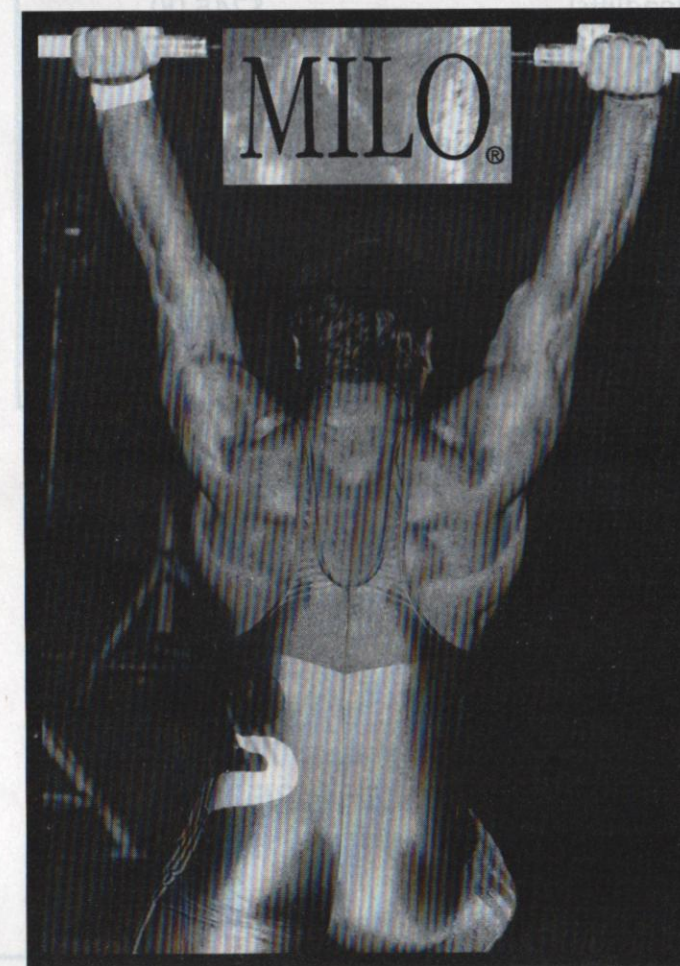
that software. The bottom line was, are you competent - can you produce? And that's the way it should be - competence-based performance. Believe me, that is the way it is in sports. Just because Carl Lewis shows up for a track meet you don't think all the other athletes are going to say, "Oh, Carl's here; give him the gold medal." No way! They're going to make him prove he's the best every time he walks on the track. They could care less that he's a world champion. Of course, Lewis can prove his worth when he walks on the track; he's worked his whole life in order to develop his skills. He didn't stop training once he won the gold either. He forged on because he knew that he would have to prove himself over and over again.

Unfortunately, that's not the case with most Americans. They get a degree or a title and, like Mr. Humphries, they tend to rest on their laurels. This is a mistake of significant consequence. Through that kind of immobility you will never grow, you will never change. We need to recognize a basic law of nature; that which does not grow dies. A life that is lived within fixed limits and travels only the well worn paths of habit and routine is diminished greatly by failing to recognize that we live in a constant state of change. In fact, we live in such a fast paced dynamic

"It is deeds that are important, not DNA."

society that by just doing nothing we fall way behind.

As mentioned, in life you have to prove yourself each and every day. You can't rest on your accolades. Once you think you have it made, you will reach a cumulative point, inertia will breed, and before you know it you will be on the backside. It's in man's best interest to never be totally dissatisfied, but to be always unsatisfied. I don't care where you are in life, you are still nowhere. Wherever you are, you are just beginning. There is more to be realized by a hundred-fold than what you are now. Consequently, we should always be reaching out, experimenting, learning, and growing. The pursuit of greatness is a life-long activity. Each day we should learn something new about the world, and in so doing we will never again be the same. You have to work long and hard if you want to really grow. And, remember, that which does not grow, dies.



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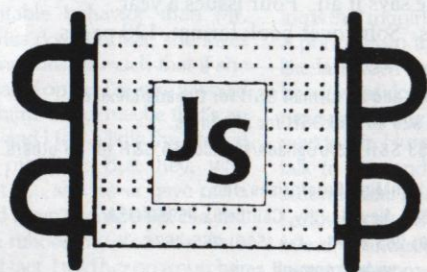
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Progressive gradual overloading was outdated in the early 1970s. Its creator realized it was a dead-end street even then.

Many times the type of cycling is related to the supply of lifters. The simplest methods will work if you have a great number of personnel to choose from. If you have 1000 candidates, it would seem logical that 10%, or 100 lifters, could make progress from any type of periodization. Westside Barbell is limited to people from one zip code. We would prefer to just squat, bench, and deadlift, but we realize that this is not logical. Great deadlifters are, for the most part, subpar benchers, and great benchers are subpar deadlifters. Why? Body structure.

We know there must be specialized training for lagging muscle groups. At least 99.9% of lifters have them. But what about special

TRAINING

SPEED CYCLING

as told to Powerlifting USA by Louie Simmons

strength? How do you develop the one you lack or at least are subpar in?

For squatting, Friday is known as speed day. However, there is a wide variety of speed.

Let's start with explosive strength. Box squatting alone will build explosiveness, but let's go one

step further.

The Squat

Phase 1: Explosive Strength. First, a 3-week wave is used with weights ranging from 50 to 60% of 10-12 sets of 2 reps. Rest periods are 45 seconds for the well-condi-

tioned athlete. Now let's combine the reactive method through the use of weight releasers with a special bar attached to them on which to add chains, which unload proportionately to accommodate your strength curve in the bottom of a squat. By doing this with chains, the eccentric overspeed is controlled. This will cause a contrast effect on the concentric phase and will make one very explosive indeed.

Phase 2: Speed Strength. This is another 3-week phase again using box squatting as a tool. The total barbell weight is a mixture of rubber bands and plates. The bar is loaded from 45 to 55%. This time we will add strong rubber bands attached to the bar so that they represent about 25% more tension at the top and 12% extra tension in the bottom. The bands will create an overspeed eccentric phase and ensure the effect of accommodating resistance. For speed strength do 6-8 sets of 2 reps with 45 seconds rest. Bands, even a small amount, are more taxing than chains.

Phase 3: Strength Speed. To ensure one can exert against a maximal load, the barbell must duplicate the bar speed of a max or supermaximal load. Again, bar weight and bands are mixed, and always squat on a box. The percent of barbell weight is, this time, much less than band tension. Roughly 60% of the total weight on the bar is band tension and 40% is barbell weight. The combination causes a tremendous eccentric overspeed effect. This effect enables you to overcome the load concentrically by supplying an enormous amount of kinetic energy that is transferred into the muscles and connective tissue, producing a great amount of prestretch that produces, in turn, reversal strength.

The methods I have discussed cannot be done with just bar weight, nor can just bands or chains produce the desired effect. This is because barbells are simply too heavy in the bottom and too light at the top. Bands and chains, on the other hand, are too light in the bottom and too heavy at the top. Alone, neither can accommodate resistance correctly.

The Bench

For benching, explosive strength can be greatly developed by four methods.

Dynamic Method. Do regular benches for 8-10 sets of 3 reps using 45-50% of a shirtless max. Lower the bar quickly and reverse it as fast as possible to completion.

Ballistic Benching. Again do 45-50% of a shirtless max for 8-10 sets of 3 reps. Drop the bar quickly,

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Speed Cycling has enabled Amy Weisberger to squat 450 at 123 and total 1201 at 132 at the WPO Semi-Finals. (photo by Eskil Thomasson)

but control it in the descent with the lats, not the arms. Catch the bar 1-3 inches off the chest and reverse it concentrically as fast as possible.

Floor Press. Once again use 45-50% of a shirtless max. Lie on the floor inside the power rack.

Lower the squat J-hooks to use as bench supports. Now lower the bar until the triceps are resting on the floor and the arms are relaxed. Violently contract all pressing muscles and drive the bar to completion. The floor press, like the box

squat, allows the lifter to hold some muscles static and some relaxed. This combines two proven methods that develop explosive and absolute strength at the same time. Do 8-10 sets of 3 reps.

Weight Releasers. This is an explosive strength phase. Load the bar to 50% of a shirtless max. Now add weight releasers to the bar with the chain weight equalling 30% of your max bench. Lower the bar loaded to 80% of your best bench at the top, and after stripping the 30%

explosive strength phase. Load the bar to 50% of a shirtless max. Now add weight releasers to the bar with the chain weight equalling 30% of your max bench. Lower the bar loaded to 80% of your best bench at the top, and after stripping the 30%

of chain weight, press up the remaining 50% on the bar as fast as possible. This is a contrast method that really increases one's reactive ability.

Speed Strength. Attach a 4 x 4 under each side of the power rack. Loop a mini-band under each 4 x 4. Stretch both ends of the mini-band around the bar. Do 8 sets of 3 reps. Lower the bar as fast as possible or catch the bar ballistically and return to the top.

Strength Speed. Use two sets of mini-bands in the same manner as above. This may sound light for the development of strength speed, but bands are much harder on the body than regular bar weight. In addition, when training the upper body, the bands are much more stressful. Your arms and shoulders are not as large or as durable as your legs and hips.

The Deadlift

Explosive Strength. Load the bar to 50% of a 1-rep max. Start the bar as quick as possible and go to lock-out. Do 8-12 singles with 20-30 seconds rest between lifts.

A second method is known as the lightened method. Attach bands to the top of a power rack. Insert the bar through the bands, which are supported from the rack. Use three different bands that reduce the weight on the floor by three different amounts, one per workout. This enables you to lock out a heavy load by as much as 150 pounds by lightening it in the bottom.

Forcefully pulling on a stationary bar will help the start. This is explosive isometrics. This requires one to go from resting to maximum or close to maximum tension in a very brief time frame.

Speed Strength. Load the bar with 50% of a 1-rep max. Then fasten the bands to accommodate resistance. The bands must supply tension at the floor level. At this point, the bands should provide an additional 10% at the start and increase to 35% at the top. A 700 pound deadlifter would place 350 on the bar, or 50% of 700. With the bands, the start weight would be 420 and the top around 600. Do 6-10 singles with 30-40 seconds rest between sets.

Do not do reps in the deadlift. The reason is there is no eccentric phase in this lift. Use special exercises to build the deadlift according to your weaknesses.

Strength Speed. Load a large amount of band onto the bar. The tension at the start must be great. Of course, this will make the finish much harder. If you can pull a max with 4 seconds of effort from start to finish, then the band deadlift must take at least that amount of

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and Sunday for the bench. The lifter must always concern himself with what type of speed is lagging. If you are training correctly, you will possess all special strengths. Of course, this is just one-third of the equation. You must also do max effort and GPP work. Max effort work should be done 72 hours later. In a weekly plan 24-30 speed benches are performed and 3-6 max efforts are done. (This means weights over 90-100%+) We perform an average of 3 max effort lifts: one at roughly 90%+ and 1 or 2 at 100%+. We prefer to do supermaximal weights, or least attempt them. Remember to work a wave no longer than 3 weeks. After that, progress will cease.

Don't neglect to do some extra workouts, at least 4 per week, 2 extra for benching and 2 extra for the squat and deadlift combined. Training must be linked together. If a link is missing, you will fail.

There are many factors to consider if you are to succeed. Remember, if you fail to plan, you plan to fail.

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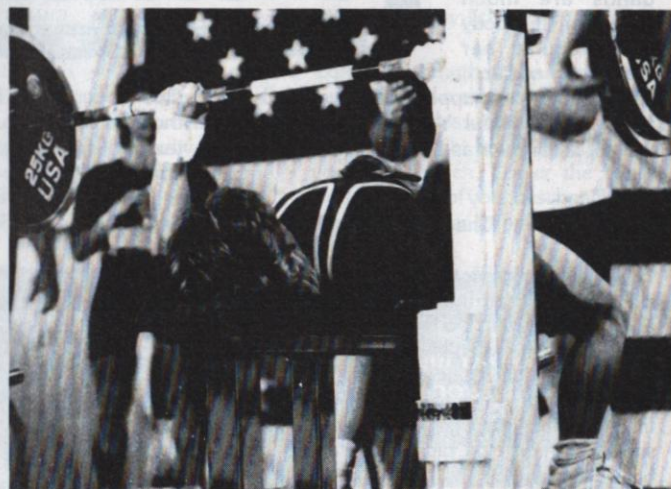


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Do all hard-core gyms play heavy metal tunes? Last time we visited Metroflex and they crank tunes all day. This time we have the noise coming from Kingston, NY; where Dan's Gym blares Godsmack, Pantera, and other standard heavy metal walls of sound.

The equipment list looks impressive including: 6 hoist machines, 2 flat benches, 1 incline bench, 1 decline bench, 1 set of Vulcan squat racks, 3 lat machines, 2 power racks, 1 smith machine, a cable crossover machine, a hack squat/leg press machine, reverse hyper machine, a reg. Hyper bench, a belt squat platform, 2 seated calf machine, an incline ab bench, 2 adjustable benches, 6 oly. bars, 7 ft. easy curl bar, a buffalo bar, 4 easy curl bars, front squat harness, an assortment of jump stretch bands, chains/weight releasers and cambered bars, dumbbells, 5 - 175 lbs. of oly. weight and 1000 of standard weight.

OK, still normal, right?

Here's what's not normal: it's all in a home gym! The entire setup is in a 20X40 ft. room at the home of Dan Cease! (Dan is a 242# powerlifter striving for a NY state record in Bench Press.) What else is different? The door is always open, and anyone can train there - with NO MEMBERSHIP FEES! Is this place weird or what?

The twenty or so regular members include powerlifters Helen Sauer, Bob Coisson, Nancy Cease, Pat Carroll, Mike Harris and Dan's son: Dan Cease, Jr. who's working on a big Bench Press - even though he's 18 years old. A pair of 275s: member Fred Dini is a 275# USAPL lifter with a 520# bench in the 46-49 age

HARD CORE GYM#7 HEAVY METAL HEAVEN-DAN'S GYM as told to PL USA by Rick Brewer, of House of Pain



Dan Cease's extensive home gym

class, and member Brad Klinger is a 275# USAPL lifter with a 560# bench in the 40-45 age class. Here's a photo of Brad Klinger getting 500 for double.

While the tunes don't vary much, the training methods do. Some lifters use progressive resistance - training with 8's, 6's, 4's and then 2's. A few

lifters are trying some of Louie Simmons' philosophies - training Westside style. There are several different schools of thought, and there are several groups of lifters; they hold YMCA powerlifting meets every year, and they even train the Town of Ulster Police cadets!

What else? They do a New York State Strongman contest every year. All of the money from the Strongman Contest goes to the Boys and Girls Club of Kingston. Check out the photo of Mike Harris pulling a 10 wheel dump truck as Brad watches his form.

I love variety, and this place has it. We all fear change, but we love change, but we love variety. Think about it. What can you do to make your gym more interesting? No, I don't mean wear a Robin Hood costume to the gym - so you can stop sending those pictures, Tim.

What exactly is required to make a gym hard-core? Attitude,

yes - but what is that? I think powerlifters breathe the same ammonia-rich air that free weights thrive in, but I also think stationary bikes and treadmills kill this air. It's just a theory, but it seems that whenever you add



Mike Harris pulls a ten wheel dump truck as Brad Klinger looks on closely.

more stationary cycles and treadmills - it pushes out a few powerlifters. It's a proven fact, that aerobics increases estrogen levels, and causes you to desire the body of a concentration camp victim. At least, I think it is.

Congrats to Dan Cease on an "excellent home gym," and thanks to Mike Harris for bringing it to our attention. Carry on. Next time, we'll see what they say in Pocatello, Idaho.

Until then; lift big - live strong.

Comments?

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Brad Klinger bangs out 500 for 2 reps with Dan's Gym owner Dan Cease spotting

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Ask the Doctor

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

DEAR MAURO: I am going for a world record in the bench press in about 18 weeks. I have stalled out with my current training and was wondering how you peak for a powerlifting contest. I train Westside Barbell style as of now. Thanks again for any help. **Austin.**

DEAR AUSTIN: My training was always pretty simple. I never followed complex periodization schemes, even though I tried them way back, or even the basic five stage one. I found that three phases worked best for me as long as I followed them fairly religiously and didn't miss many workouts. Although I'm a poor bench, at least relative to my squat and deadlift, I did manage to do 424 lbs. at 165 without a bench shirt. That's a mean feat given that, with my relatively long arms, I'm built more for deadlifting than benching.

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

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

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

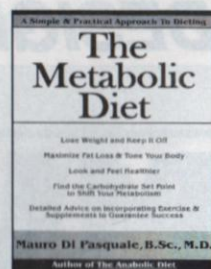
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bars.

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

I then took the week off before the competition. The emphasis in all three phases is to peak by the fifth week and on the fifth week only. That is you should make some progress from week four to week five.

I know that the way I train isn't fancy and complicated but it worked for me and everyone who trained with me.

All my best on making that world record bench.

Mauro Di Pasquale M.D.

When I think of the ultimate pair of biceps, I think of Larry Scott, the first Mr. Olympia. Scott set the standard of biceps development back in 1960s and is still used as a standard today. But, hey, isn't this a powerlifting magazine? For sure, but bicep power is very important to success in powerlifting. I remember an article done years ago by Dr. Terry Todd and Paul Anderson in an old Bob Hoffman *Muscular Development* magazine. These two legends of powerlifting were both advocates of the benefits of bicep power for the bench. One of the first big benchers, Mel Hennessy, sported an impressive set of bi's. Look at the top benchers today and you'll see biceps that would make Larry Scott sit up and take notice. Though biceps are not directly involved in powerlifting, they serve as stabilizers in the bench and lend indirect benefits to the squat and deadlift as well. They also balance out arm strength with most powerlifters' tricep power. In order to get best results they should be trained in an effective and efficient manner. Let's start off with a 'low tech' explanation of their function.

The biceps (bi meaning two) consist of two heads; one's function is to bend the elbow and other is to supinate or rotate the hand. To develop our biceps to the fullest, we should work each aspect or head. In order to accomplish this, we must use two different types of biceps exercises.

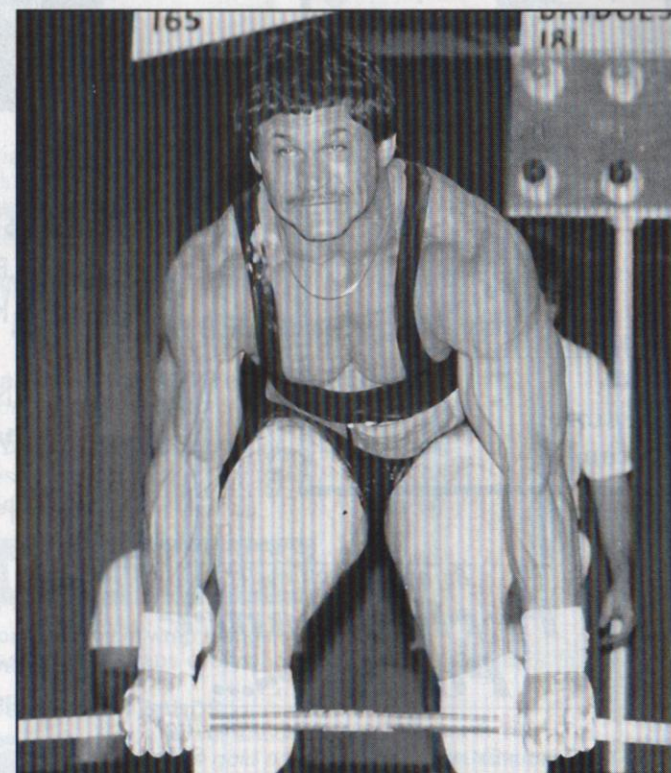
To develop the elbow-bending head of the biceps, look no further than to basic curls. Unfortunately, out of all the weight exercises known to mankind, curls are the most ineffectively performed. First, many lifters do not fully extend and contract the muscle while performing curls. What they are performing is a partial curl, and they are getting partial results, at best. This only shortens the distance of the move, enabling them to use more weight. As I have stated in many articles, the judges do not care how much you can use in your assistance exercises, curls included. What should matter is what benefits you can accrue through training to increase your competitive lifts. Other methods used to lower curls' effectiveness are swinging, almost power cleaning the bar up, and dropping the weight to the starting position using little negative resistance. Swinging results in more work being done by your back and legs than biceps. Combine swinging the bar with shortening the range of movement and your results will not be what you have hoped. This type of training not only adds up to a big waste of time and energy, but also increases chances for injury due to the ballistic movement of the bar. Dumbbells can also be used for the regular curl as well as a barbell or E-

STARTIN' OUT

A special section dedicated to the beginning lifter

BICEPS POWER

as told to Powerlifting USA by Doug Daniels



Well Developed Biceps never seem to hurt a powerlifter's efforts. Above, World Record Breaker in the deadlift, Jim Cash, pulls at Larry Pacifico's great Sr. National meet in Dayton. (Tim McCellan photo)

Z curl type bar.

The supination function can be worked with dumbbells or pulley machines. The same guidelines apply to these as they did to regular curls. Keep your elbows locked at your sides and don't allow them to drift back or up. The best exercise for supination is the alternate dumbbell or pulley curl. Begin with arms at your sides with palms facing back. Simultaneously rotate your hand to the palms up position and curl the weight up. Gradually rotate the hand; don't complete all of the rotation at the bottom part of the curl. At the top, twist the pinkie side of your hand inwards to further contract the bicep. On the way down, reverse the movement but take about twice as long to lower as it did to curl the weight up. While one arm is going up, the other arm can be going down. The other option is to do a full

rep with one arm and then do the other. Don't swing or drop the weight. I can't emphasize enough the need to lower the weight slowly. This adds negative resistance, making each rep you do more effective. Letting the weight free-fall down only uses one half of the exercise, make each rep count.

For some reason the hammer curl is a staple with many powerlifters. A hammer curl is performed with dumbbells with the hands positioned in a palms inward position just like you were striking a nail with a hammer. The logic must be the biceps are in this position during the bench, so curl in this position. This style limits the effectiveness of the curl due to restricting the motion of the exercise. I suggest the aforementioned supinating curl instead. This style works all aspects of the biceps without compromise. Leave ham-

mers to Bob Villa and Tim 'The Tool Man' Taylor.

Curling with dumbbells offers another advantage. Each arm must curl 50% of the weight. When using a barbell the stronger arm may lift more than its share, which compounds potential strength imbalances. If you have such a strength imbalance, I suggest stopping the set when the weaker arm fails. Eventually, unless you have a nerve problem, both sides will even up. I would not suggest doing extra work with either arm.

The effectiveness of curls can be enhanced by altering a few simple, yet critical aspects of its' execution. First, drop the weight you use if you are using faulty exercise style. Try to keep your elbows locked to your sides while curling. Sometimes your elbows may drift out and/or back. This will shorten the range of movement and add other muscles in moving the weight like the delts and traps. You want to keep other muscle involvement to a minimum. Machines, such as Eagle and Hammer, have an advantage over barbells because they provide resistance throughout the entire range of movement, which is very difficult to do with a barbell or dumbbell. The fixed motion of machines can also limit cheating, but the effectiveness of machines can also be reduced by not lowering all the way down or curling fully to the top. Remember full extension and contraction no matter what exercise you choose.

Work biceps two to five sets, twice per week. Reps are up to you. I suggest regular curls with a bar, dumbbells or machine one day a week, the second day do alternate supinating curls with dumbbells or pulleys. Remember bicep exercises are like other assistance work; the weight you use does not matter when meet day arrives. Assistance work is done to help you post higher competitive lifts. No one cares what weight you use or how much you can cheat curl. In addition to lifting more, no one ever minded a more impressive looking set of arms for that look of power. I won't promise arms like Larry Scott, but performing curls correctly can make a big difference in your results.

Doug's Web address:
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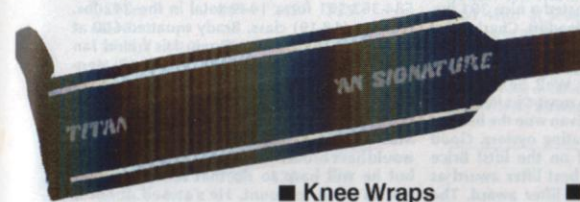
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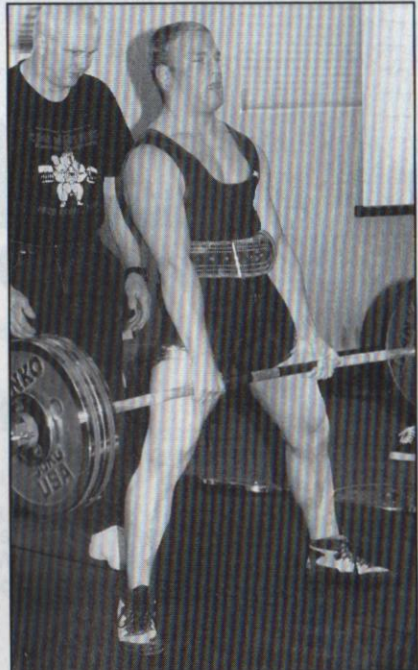
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MEN	SQ	BP	DL	TOT
Open 165 lbs.				
G. Olson	584	303	562	1449
181 lbs.				
B. Baertlien	578	418	529	1476
C. Zeph	413	270	440	1123
220 lbs.				
E. Arntzen	672	391	584	1647
P. Cicero	551	363	540	1454
M. Conner	Inj	-	-	-
242 lbs.				
K. Rose	578	479	562	1619
C. Williams	565	402	633	1600
R. Marvin	578	413	462	1453
275 lbs.				
A. Adalsteinsson	722	402	672	1796
L. Andrews	655	407	705	1767
D. Richardson	132	501	132	765
308 lbs.				
B. Gimble	854	429	744	1966
SHW				
V. Eldridge	600	413	705	1718
C. Symons	303	391	540	1234
Junior 242 lbs.				
K. Rose	578	479	562	1619
275 lbs.				
S. Edenfield	225	440	551	1161
308 lbs.				
B. Gimble	854	429	744	1966
K. Jensen	600	512	578	1690
Submaster (33-39) 181 lbs.				
J. Riley	501	363	501	1365
220 lbs.				
T. Kopta	507	358	523	1388
275 lbs.				
L. Andrews	655	407	705	1767
J. Munns	523	347	551	1421
308 lbs.				
A. Adalsteinsson	633	402	705	1740
Teen (16-17) 198 lbs.				
I. McKay	564	286	518	1355
(18-19) 242 lbs.				
B. Cyphert	584	363	501	1449
Novice 181 lbs.				
J. Koki	424	292	440	1157
WOMEN				
Open 123 lbs.				
D. Snow	132	132	248	512
198 lbs.				
T. Lopez	336	214	316	842
Master (40-44) 148 lbs.				
P. Estey	176	99	225	473
(45-49) 198 lbs.				
K. Hubbard	308	131	286	700
MEN				
Master (40-44) 165 lbs.				
R. Straker	325	165	402	892
(45-49)				
C. Smith	429	303	451	1184
(50-54)				
G. Olson	-	-	-	-
(40-44) 181 lbs.				
T. Wilson	551	308	529	1388
198 lbs.				
F. Peters	529	374	584	1487
(50-54)				
R. Ward	451	281	501	1234
(40-44) 220 lbs.				
B. Read	132	407	132	671
(50-54) 242 lbs.				
T. Hennessy	507	352	529	1388
M. Murphy	402	303	418	1123
(40-44) 275 lbs.				
S. Birdwell	639	440	573	1653
J. Smith	501	374	462	1338

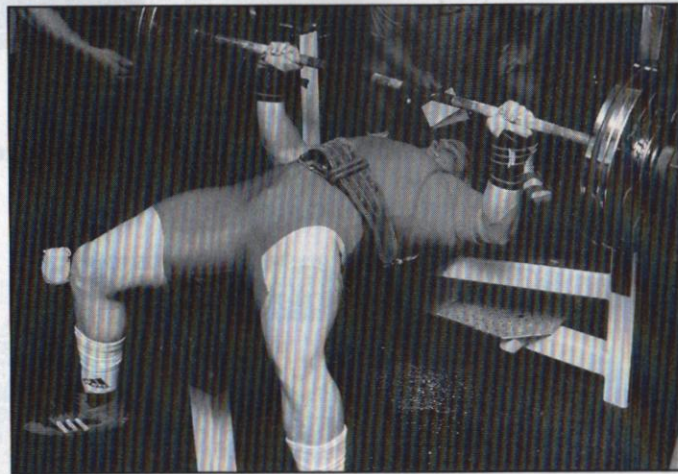
The 21st annual APF West Coast Open Powerlifting Championships took place at the Hallmark Resort. Every room had an ocean front view, including the warm-up room. This was the 2nd year that the Hallmark had been used for the West Coast Open - it makes for a great meet site. The first day consisted of the open class and submasters. Gordon Olson led the pack with some incredible lifting. He's only 52 years old, and competed in both the 165 open and masters classes. He did so to be eligible for the open best lifter awards, which were 3-1/2 foot long swords. Gordon had a great day with 584-303-562 for a 1449 total. Gordon attempted to break the Open 165 class squat record of 590 lbs., which has stood since 1982. Two tries at 600, but it just wasn't there that day. Gordon, you'll get it next time! All of Gordon's lifts were new masters records for Oregon. Jerry Riley lifted in the 181 lbs. submaster class, lifting 501-363-501 for a 1365 total, taking first place in his class. Brian Baertlien lifted in the 181 open class. He did well and set new submaster state records with his 578-418-529 for a 1476 total. Brian entered

the open class to vie for the swords as well. Charlie Zeph lifted in the 181 open class also, taking second place with his 1123 total. Mike Comer competed in the 220 Open class but had to bow out due to injury. He and his wife were very nice - we hate to see injuries happen, especially to the nice guys! Phil Cicero went 9 for 9 and took 2nd place in the 220 Open class with a respectable 1454 total. Evan Arntzen competed in the Open 220 class as well, taking first place with 672 391 584 for a 1647 total. Evan and his friend Charles Symons were responsible for bringing in the Monolift, which meant a 7 hour drive from Spokane! We really appreciated that, thanks guys! And thanks to Skip Sandberg for letting us use it at the meet. Tyler Kopta took first place in the 220 submasters with 507 341523 for a 1388 total. The battle between the 242 Open men was between Chris Williams, Kevin Rose and Ryan Marvin. Ryan Marvin came in 3rd with his 1 453 total, but the totals were close between Kevin and Chris. Kevin prevailed with a 1619 total while Chris had to settle for 2nd with his 1600 total. The 275 Open class was also competitive with 3 men: Darin Richardson of WA, Agnar Adalsteinsson also of WA, and Lou Andrews of OR. Darin came for the bench that day, taking token lifts in the squat and dead. He really came through on the bench, however, and blasted up a strong 501 bench press. He was all smiles after seeing the 3 whites. Lou Andrews, owner of Sports Nutrition Center in Tigard, had an AWESOME day with an easy 655 squat, 407 bench and similarly easy 705 deadlift for a 1767 total. Not bad considering he hadn't deadlifted over 600 in the gym! This was Lou's first meet in about 10 years. Agnar took first place with 722 402 672 for a 1796 total, beating Lou by only 29 lbs. on the total. 700+ lbs. squats and deads are what we like to see! James Mums had a good day with his 1421 total in the 275 submasters class. He took 2nd place to Lou, who had competed in the submaster class as well as the open. Steve Edenfield didn't know how his back was going to feel at the meet, so he took it easy on the squats in the Jr. 275 lbs. class. He posted a token lift and went on the bench 440, which he was totally stoked about. With his back feeling better after the bench, Steve easily deadlifted 551. All of his lifts were new Oregon state Jr. 275 lbs. records. The 308 lbs. class and SHW class produced some great lifting at the meet. Kris Jensen and Brice Gimble battled it out in the 308 lbs. Jr. class. Kris was strong and had great form on his lifts, going 600-512-578 for a 1690 total. His bench press was a new Jr. 308 lbs. Oregon state record. Brice had his own agenda for the meet, and that was to better his lifts from last year. Well, he did just that. He squatted a strong 854 to better his 832 from last year. The bench didn't go quite as planned, but he still put up an easy 429. The deadlift, however, was where he surprised us all. He pulled a pr 727 on his 3rd attempt to better his 722 from last year. He decided to go for a 4th attempt for the Jr. state record, and got fired up during his few minutes



Ian McKay pulled 518 at 16 years of age and 188 lbs. at the West Coast Open.

rest. 744 flew off the floor and he locked it out strong, stronger than the 727! Brice will deadlift 800 before long. His squat and deadlift were new Jr. 308 lbs. records. He posted a respectable 1966 total and took first place in the Jr. 308 lbs. class. Axel Adalsteinsson was impressive in the 308 lbs. submaster class. He went 633 402 705 for a 1740 total, taking 1st place. The SHW class was exciting as well. The 2 contenders were Vince Eldridge of Bremerton, WA and Charles Symons of Spokane, WA. Vince is a 20 year veteran of the sport and loves nothing more than to sit around and talk powerlifting with friends. He's always fun to talk to and has the right attitude about lifting. His best deadlift is 741 lbs. in competition. He posted a nice total of 1718 with 600 413 705 for the win. Charles Symons did a token squat due to a sore back, but posted a nice 391 lbs. bench press and 540 lbs. deadlift. Charles and Evan had a bet they made before the meet - whoever deadlifted less would be forced to eat 3 oyster shooters in a row. Well, he tried hard with 589, but 540 was the most Charles could muster on the deadlift, so Evan won the bet and Charles was stuck with eating oysters. Good way to motivate yourself on the lifts! Brice claimed the open men's best lifter award as well as the Jr. men's best lifter award. The person next in line for the open men's award, not taking the age factor in account was Gordon Olson. Not bad for the 50+ class! Gordon



Brady Cyphert (19) benched 363 @ 242. (photos courtesy McClung)

was also awarded with the APF NW Powerlifting Hall of Fame award this year. Ray Heilage had been given the award last year. Gordon was thankful and we're glad to have him at the meets. The open women's class consisted of Tori Lopez and Dafna Snow. Danna weighed in at a mere 116 lbs. having competed at a bodybuilding show just weeks before. She has been competing in powerlifting for 6 years. She had a good day and posted a 512 total. Tori Lopez had a plan when she came to the meet. She already had all the open 198 lbs. Oregon state records, except for the deadlift. She wanted to better her best lifts and take the deadlift record as well, and she did just that! Tori has worked hard to overcome a knee injury as well. She was elated with 336-214-316 for an 842 total, all new state records in the open 198 lbs. class. Tori also won the women's open best lifter award. The second day consisted of the masters, teen and novice classes. The masters women consisted of Paula Estey and Karen Hubbard. This was Paula's first meet, but she was cool and calm throughout! She did great with 176 99 225 for a 473 total. All of her lifts were masters state records in the 148 lbs. (40-44) category. Karen usually lifts in the 181 lbs. masters (45-49) class, but went in the 198 class this time. Her lifts just keep getting better and better. She set all new masters records with 308-137-286 for a 700 total. This was Karen's first time hitting a 300 lbs. squat in a meet, and she also went home with the best lifter award for master women. Robert Straker started off the master

men. Robert had double hernia surgery just 4 months prior to the meet, so just being present and competing was an accomplishment for him. He competed in the 165 (40-44) class and did well in pulling a 402 lbs. deadlift, and almost hit a 900 lbs. total with 892. Carl Smith won the 165 lbs. masters (45-49) class with 429-303-451 for a 1184 total. Carl was smiling big at finally hitting the 300 lbs. mark in the bench press. Jeremy Koki lifted in the 181 lbs. novice class and did well with an 1157 total. He had great form with an 8 for -0 day, you wouldn't have thought he was a novice! Terry Wilson also went 8 for 9, hitting a 1388 total in the 181 lbs. masters (40-44). Very nice lifting. Now for the teenage phenoms. Newport is producing some amazing teenage powerlifting talent. Brady Cyphert is only 19, and went 584-363-501 for a 1449 total in the 242 lbs. teenage (18-19) class. Brady squatted 600 at last year's West Coast Open. His friend Ian McKay, competed in the 198 lbs. (16-17) teenage men class. Weighing only 188 lbs., he went 564 286 518 for a 1355 total. This kid is incredible, and wants to go on to the Teenage/Masters APF Nationals next year. His squat would have broken the national teenage record, but he will have to do that at nationals or worlds for it to count. He's stoked about it nonetheless! Frank Peters won the 198 masters (40-44) class. His 584 lbs. deadlift was especially impressive. Robert Ward did well in winning the 198 masters (50-54) class. His 451 lbs. squat and 501 lbs. deadlift were new state records. Robert was also generous enough to not only take digital pictures of a lot of the lifters, he had a printer with him and was printing up photos for people. Bruce Read was another lifter who had strained his back before the meet, so he was forced to token lift in the squat and deadlift. He was all smiles with his successful 407 lbs. bench press in the 220 master (40-44) class. Mike Murphy did well, taking 2nd place in the 242 lbs. masters (50-54) class with an 1123 total. Thomas Hennessy IV was the victor of that class with a 1388 total. Thomas picked his numbers well, having a 9 for 9 day. Joe Smith and Scott Birdwell competed in the 27.5 lbs. masters (40-44) class. Joe took 2nd with a 1338 total, while Scott crushed some state records with a 639 lbs. squat and 440 lbs. bench press. Good job guys. A special thanks goes out to Rick and Anna, for organizing and running a great meet. The loaders and spotters: Big Bear's Gym meet crew were much appreciated. Way to handle those big kilo plates, Hollywood! Thanks also to Michelle Taylor for announcing both days. The judges did a fine job as well: Tod, Jo, Tom and Dave. (Thanks to Julie Havelka for writing up the results which were sent out via Rick McClung)

**WNPF Lifetime Drug Free
New England States & Ironman
20 May 01 - Stratford, CT**

BENCH	Cinelli	265
WOMEN	242 lb. (20-23)	
105 lb. Open	Fetzer	345
Proulx	145* (40-49)	
Open Raw	Bruneau	
Proulx	140* (40-49) Raw	
132 lb. (40-49)	Massaro	365
TAILLON	140 275 lb. Open	
148 lb.	Scott	-
Open	(40-49)	
Slaga	205* Foster	-
(33-39)	SHW Open	
Slaga	205* Fornaro	460
MEN	(40-49)	
123 lb. (9-11)	Fornaro	460
Swanson, Jr	90* DEADLIFT	
165 lb. Open	WOMEN	
Rezzutti	305 132 lb. (40-49)	
(40-49)	Taillon	250
Farrell	245 14 Open	
(40-49) Raw	Slaga	405*
Farrell	230 (33-39)	
198 lb. (20-23)	Slaga	405*
Chiariello	385 MEN	
Open Raw	148 lb. Open	
Faletra	230 Picard	540
198 lb. Open	198 lb. Open	
Swanson!	495 Faletra	455
(33-39)	(33-39)	
Swanson	495! Slaybaugh	620
220 lb. Open	(40-49)	
Barrett!	520 Buchbauer	470
Matta	385 220 lb. (50-59)	
Perotta	375 Cinelli	340
(33-39)	242 lb. (20-23)	
Barrett	520* Fetzer	520
Open Raw	(40-49)	
Kahn	345 Bruneau	495
Pol/Fire/Milt	(50-59)	
Raw	Dusenbury	545*
Prentny	415 SHW (40-49)	
(50-59) Raw	Fornaro	470*
WOMEN	BP DL TOT	
105 lb. Open	145* 210 355	
Proulx	123 lb. (14-16)	
Ayilla	85 225 310	
Guertin	95* 200 295	
132 lb. (17-19)	110* 250* 360	
Dupras	148 lb. (14-16)	
Clifford	105 315* 420	
(17-19)	115 300* 415	
Guertin	120* 255 375	
Finneran	181 lb. (17-19)	
Dalton	80* 245* 325	
MEN		
114 lb. (14-16)	105 245 350	
Costanzo	148 lb. (14-16)	
Kachmarsky	150 380 530	
(17-19)	165 400 565	
Simonson	(40-49)	
Corsi	260 475 735	
165 lb. (14-16)	205 415 620	
Swanson	(17-19)	
Pendlebury	225 420 645	
Open		
Noons	285 350 635	
(40-49)		
Farrell	245 325 570	
181 lb. (17-19)		
Farese	230 470 700	
Kramer	245 440 685	
(40-49) Raw		
Nelson	300 500 800	
198 lb. (14-16)		
Dalton	230 445* 675	
Murphy	190 400 590	
(17-19)		
Kent	255 565* 820	
Fortier	220 470 690	
Open		
Gardner	340 505 845	
Open Raw		
Faletra	230 455 685	
Pavao		
(33-39) Raw		
Bowers	340 570* 910	
Ellinger	365 545 910	
(33-39)		
Landman	- - -	
220 lb. (17-19)		
Koulopoulos!	280 650* 930	
Noonan	240 430 670	
(20-23) Raw		



Laura Proulx - 105 lb. lifetime National Champion; sponsored by Power Bar. (Photo: Mark Farrell).

Evans	330	600*	930
Open Raw			
Evans	330	600	930
Open			
Matta	385	460	845
(50-59) Raw			
Cinelli	265	340	605
242 lb. (14-16)			
Barro	245	520*	765
Heinricher	250	500	750
(7-19)			
Barry	285	525	810
(20-23)			
Fetzer	345	520	865
(40-49)			
Bruneau			
275 lb. (17-19)			
Manning	235	445*	690
SHW (17-19)			
Kaiser	255	500*	755
Burkholper	275	410	685
I-BL. Outstanding Lifters: Proulx, Slaga, Picard, Swanson, Barrett & Koulopoulos. Team Champions: Bellingham High School. *WNPF American Record. T-Tied WNPF American Record. This was a great meet with 80+ lifters in attendance. We will be back in Connecticut next year with at least two meets. Many people came out to support this event and to cheer on every lifter. We heard nothing but compliments on how well the meet was run and we thank you. I have to mention one man; my good friend Roland Cote. Roland's mom passed			

away the morning of this event and Roland came to lift and he lifted well and he also judged the entire event. Roland deserves all the credit in the world for what he did on this day. He is a great friend, a great man and we will always remember this day. (Thanks to the WNPF for providing the results of this meet).

**WNPF Ralph Peace Memorial
23 Jun 01 - Henderson, NC**

BENCH	Ray	330
165 lb.	(40-49)	
Novice	Ray	-
Byson	300 275 lb.	
181 lb.	Lifetime	
(40-49) Raw	Gardner	280
Pagan	250 SHW	
(33-39)	(40-49) Raw	
Ashe	390 Ferguson	375
198 lb. Open	Open Raw	
Beane!	445 Ferguson	375
(33-39)	DEADLIFT	
Beane	445 165 lb. (14-16)	
Nelson	360 Pugh	410
Gardner	315 198 lb. (33-39)	
Lifetime	Gardner	455
Jones	350 SQUAT	
220 lb.	(40-49) Raw	
(40-49) Raw	Foster	275*
WOMEN	SQ BP DL TOT	
SHW (33-39)		
Phillips	315 235* 410*	960*
MEN		
165 lb. (40-49) Raw		
Foster	275 150 350	775
181 lb.		
Lifetime Raw		
Yanez	350 250 450	1050
(40-49) Raw		
Pagan	375 250 430	1055
198 lb. (40-49)		
Janfenfeld	290 235	325 850
2		

G.N.C. NUTRITION UPDATE

Meal Replacement Powders - A Perfect Sports Nutrition Product? *as told to POWERLIFTING USA by Dr. Edmund R. Burke*

Is there a perfect sports nutrition product? Well, according to some studies, it's already out there, and it's being sold in the form of powder.

MRPs are typically low in calories (about 200 to 300 per serving) unless they are designed specifically for weight gain, and then some of the products are nearly 500 calories per serving. They generally contain a balance of high levels of protein (about 25 to 45 grams) and carbohydrates (about 15 to 30 grams) and a small amount of fat. They also have between 50 and 100 percent of the RDA for many vital nutrients.

When MRPs started gaining widespread popularity in the early '90s, there was a lot of

hype and hyperbole, but the manufacturers didn't provide much, if any, scientific evidence to back it up. And sometimes, companies would refer to research findings that were extrapolated inappropriately. But that began to change and research is beginning to appear on the benefits of MRPs.

Richard Kreider, Ph.D., FACSM, with the Exercise and Sport Nutrition Laboratory, Department of Human Movement Sciences and Education at the University of Memphis conducted a study that looked at the effects of meal replacement powders on football players at the University of Memphis. During 84 days of winter training and spring practice, about 60 players supplemented

their diet with either a carbohydrate placebo or a MRP, which also contained creatine. Results indicated that mean gains in mass were significantly greater in the MRP group than in the carbohydrate.

MRPs provide a useful way to consume high levels of high-quality protein without the saturated fat that often accompanies traditional protein-rich foods. Different products contain different protein sources; some of which may be better absorbed into the body than others.

The amount of fat that's added to MRPs is minimal; it ranges from about one gram to three grams. But manufacturers use different types of fat

and like to extol the benefits of their own special formula or gleefully point to the failings of a competitor's.

Deciding whether powdered food is for you depends on your goals and your nutritional habits. "I think they're mainly intended for the active person who can't eat as ideally as they'd like to," Kreider says.

By substituting a possibly high calorie, high-fat meal with an MRP and maybe a piece of fruit, people could lower their calorie intake and eat a healthier diet. "We also have people who use these after they work out, and they feel their appetite is kind of reduced, so they don't eat as much later," he adds. "This is something you could use as a snack."

" Richard Kreider, Ph.D., FACSM, with the Exercise and Sport Nutrition Laboratory, Department of Human Movement Sciences and Education at the University of Memphis conducted a study that looked at the effects of meal replacement powders on football players at the University of Memphis. During 84 days of winter training and spring practice, about 60 players supplemented their diet with either a carbohydrate placebo or a MRP, which also contained creatine. Results indicated that mean gains in mass were significantly greater in the MRP group than in the carbohydrate."



Edmund R. Burke, Ph.D., is a member of the GNC Pro Performance Advisory Board. GNC's Pro Performance line is available at all GNC stores, and more information is available at www.gncproperformance.com.

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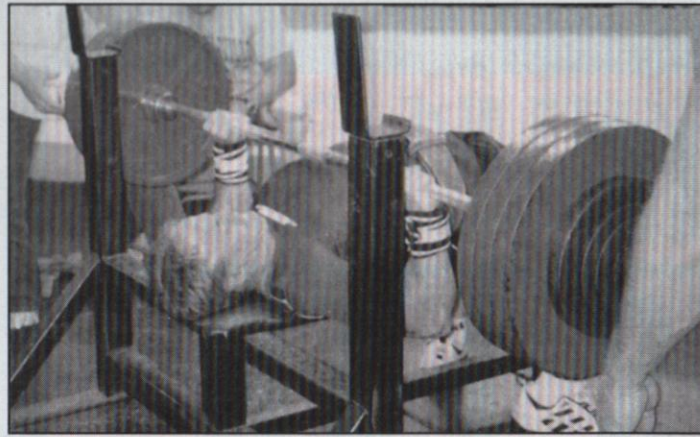
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Best Lifter at the Southeastern Illinois BP/DL-181 masters bench: Dana Rosenweig. (Photos provided by S & M Fitness to Powerlifting USA).

15th Southeastern Illinois BP/DL
28 Jul 01 - Harrisburg, IL

DEADLIFT	D. Rosenzweig	390
98 lb. O	181 lb. O	
C. Motsinger	145 C. Sorrentino	310
220 lb. P&F	181.5 lb.	
M. Carwyle	520 D. Evard	350
242 lb. O	181 lb. JR	
J. King	520 J. Green	320
275 lb. P&F	198 lb. M	
W. Hinkle	440 M. Ward	360
275 lb. O	220 lb. P&F	
J. Schenk	450 M. Carwyle	350
SHW	220 lb. M	
C. Rannals	770 R. Cuny	330
BENCH	271 lb. O	
98 lb. O	R. Hudnell	455
C. Motsinger	60 R. Hudnell	455
148 lb. W	W. Hinkle	330
S. Motsinger	120 SHW P&F	450
198 lb. W	R. RAMOS	450
D. Ital	140 SHW O	450
181 lb. M	C. Rannals	450
P&F-Police/Fire	O-Open, M-Masters	
W-Women	The 15th Annual Southeastern	

Illinois Bench Press and Deadlift Classic was held at S & M Fitness. Lifting began at noon and lasted till after three. This year the meet brought lifters from Arkansas and FL Wayne Indiana. There were also ages ranging from the youngest, Caleb Motsinger 11 to the oldest Ron Cuny 55. This was Caleb's first meet but not his last. Caleb went home with two first place trophies in the 98 lb. division. Caleb deadlifted 145 lbs. and benched 60 lbs. with a body weight of 89 lbs. The owners of S & M Fitness and the promoters of this meet, Mark and Suzanne Motsinger, were very proud of their son. Only two females lifted in this meet, DeAnn Ital and Suzanne Motsinger. DeAnn has been competing with the S & M team for some time. She placed 5th in the Nation earlier in the year. Suzanne has been lifting in power lifting meets for the last 10 years. The best lifter award went to Dana Rosenzweig age 44 from Bellville. Dana has been at this quite a while and has more than one best lifter trophy under his belt. Dana weighed in at 181 lbs. and bench pressed 390 lbs. That is over twice his body weight. Chris Rannals impressed the crowd with a 770

lb. deadlift. He opened with 700 lbs. then went to 750 and ended with 770 lbs. He made the weight look easy. Chris traveled to the meet from Paragould Ark. with two friends who expressed they were working on very little sleep. Chris is a police officer in the town of Paragould. The biggest bench came from one of our own, Robert Hudnell. Robert works as an LTA in a local correctional facility. Robert benched 455 lbs. and weighed in at as much as 57 lbs. under other competitors. Promoter Mark Motsinger once again put on a smooth meet. The next contests that Mark will be promoting will be a strong man/deadlift contest to be held in the fall and then the Illinois state USAPL full power meet in Feb. of 2002. Mark will be traveling to Russia as one of the coaches of the Jr. World USA powerlifting team later this year. (Results by S & M Fitness).



Chris Rannals at the Southeastern Illinois BP/DL: SHW, 770 DL

NASA Novice Nationals
4-5 Dec 00 - (kg)

PwrSports	205 lb. M1	212.5
BENCH	R. Harrison	
205 lb. M5	250 lb. M2	
R. Green	130 T. Wellborn	170
DEADLIFT	250 lb.	
250 lb. M1	B. Lumpkin	150
J. Wilde	177.5 B. Lumpkin	135
M5	187 lb. PN	
J. Wilde	177.5 T. Ratliff	132.5
PwrLifting	Pure	
BENCH	T. Ratliff	132.5
227 lb. Jr.	SM2	
S. McGill	187.5 T. Ratliff	132.5
PwrSports	205 lb. Jr.	
205 lb. Jr.	A. Howard	280 lb.
A. Howard	70	157.5 227.5 465
H. Thomson	65	170 295 530
250 lb. M1	J. Wilde	42.5 95 205 342.5
M3	J. Duckett	60 105 160 325
J. Duckett	60	105 160 325
M5	J. Wilde	42.5 95 205 342.5
154 lb. P	E. Walkingstick	60 110 182.5 352.5
E. Walkingstick	60	110 182.5 352.5
182 lb. Pure	D. McCue	60 120 200 380
D. McCue	60	120 200 380

227 lb. Am	60	120	200	380
D. McCue	SQ	BP	DL	TOT
PwrLifting	280 lb. N			
H. Thomson	327.5	—	—	327.5
205 lb. M1	R. Davis	175	97.5	207.5 480
R. Davis	175	97.5	207.5 480	
SHW	M. Mitchell	337.5	202.5	257.5 797.5
M. Mitchell	337.5	202.5	257.5 797.5	
M2	L. Pulliam	142.5	95	190 427.5
L. Pulliam	142.5	95	190 427.5	
315 lb. M5	H. Miller	235	137.5	230 602.5
H. Miller	235	137.5	230 602.5	
315 lb. SM1	A. Myers	320	210	287.5 817.5
A. Myers	320	210	287.5 817.5	

WNPF Tennessee Powerlifting
9 Jun 01 - Nashville, TN

BENCH	242 lb.	(40-49) Raw	405			
SHW	Flynn	DEADLIFT				
(14-16) Raw	Bussard	230 SHW				
Bussard	230	(14-16)				
MEN	114 lb. (9-10)	80* Bussard	375			
Phillips	181 lb.	MEN				
181 lb.	(14-16)	198 lb. (33-39)				
Cable	195 Ray	605*				
220 lb.	225* Bussard	410*				
(11-13)	WOMEN	SQ	BP	DL	TOT	
Dees	123 lb. (33-39) Raw	155	100	225	480	
WOMEN	Pomeroy	155	100	225	480	
123 lb. (33-39) Raw	SHW	14-16 Raw	410*	230	375	1015
Pomeroy	155	Bussard	410*	230	375	1015
SHW	14-16 Raw	MEN				
14-16 Raw	Bussard	148 lb. (17-19) Raw	285	205	435*	925
Bussard	410*	Harrison	285	205	435*	925
MEN	181 lb. (40-49)	Catina	505	275	505	1285
181 lb. (40-49)	Catina	505	275	505	1285	
Catina	505	275	505	1285		
Open	Catina	505	275	505	1285	
Catina	505	275	505	1285		
(14-16)	Cable	230	195	300	725	
Cable	230	195	300	725		
198 lb. Open	Ryan	405	—	—	—	
Ryan	405	—	—	—		
(33-39) Raw	Rayl	455	315	605*	1375	
Rayl	455	315	605*	1375		
242 lb. (40-49) Raw	Flynn	450	405	450	1305	
Flynn	450	405	450	1305		
275 lb. (40-49)	Jordan	400	300	515	1315	
Jordan	400	300	515	1315		
SHW Open Raw	Stanford	500	300	600	1400	
Stanford	500	300	600	1400		
Novice Raw	Dillard	365	385	450	1190	
Dillard	365	385	450	1190		
SHW	Young!	600	355	555	1510	
Young!	600	355	555	1510		

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

NASA Arizona Regional
18 Nov 00

PwrSports	205 lb. M1	170
BENCH	T. Ahearn	52.5 95 165 312.5
187 lb. Int	Nat	
G. Fizer	192.5 C. English	52.5 95 165 312.5
154 lb. M3	227 lb. Jr	
J. Lopez	92.5 M. Salcido	52.5 95 165 312.5
187 lb.	154 lb. M1	
M. Stainbrook	117.5 A. Martinez	52.5 95 165 312.5
154 lb. M5	D. Tanner	70 180 240 490
J. Lopez	92.5 T. Munson	70 130 167.5 367.5
187 lb. Nat	315 lb.	
M. Stainbrook	117.5 T. Manno	62.5 140 225 427.5
227 lb. Nov	Z. Zermeno	72.5 150 230 452.5
Z. Zermeno	175	154 lb. M3
315 lb.	J. Gainey	75 154 lb. Ant
D. Bernardi	215 187 lb.	32.5 60 110 202.5
170 lb. Pure	M. Stainbrook	117.5 Nov
T. Sullivan	130 205 lb.	32.5 60 110 202.5
187 lb.	S. Sacks	92.5
M. Stainbrook	117.5 280 lb. M5	32.5 60 110 202.5
315 lb.	T. Munson	190 SM
D. Bernardi	215 315 lb. MPure	32.5 60 110 202.5
227 lb. SM	T. Manno	272.5 PwrLifting
Z. Zermeno	175 227 lb. Nat	154 lb. HS
315 lb.	M. Salcido	162.5 D. Torrejon
D. Bernardi	215 315 lb.	227 lb. Int.
J. Smith	115 T. Manno	272.5 J. Marshall
205 lb. Teen	187 lb. Nov	J. Peru
P. Glen	112.5 C. English	170 205 lb. Jr.
CURL	170 205 lb. Jr.	242.5 140 230 612.5
187 lb. M3	R. Turner	210 187 lb. M1
M. Stainbrook	47.5 E. Haines	160 M. Einstein
Nat	205 lb. Pure	D. Tanner
M. Stainbrook	47.5 H. Green	172.5 227 lb.
227 lb. Nov	315 lb.	A. Ashley
Z. Zermeno	75 T. Manno	272.5 J. Sullivan
187 lb. Pure	M. Stainbrook	187 lb. M2
M. Stainbrook	47.5 C. Bair	217.5 147.5 260 625
SM	227 lb.	F. Millan
C. Bair	75 R. Turner	170 lb.
250 lb.	205 lb. SM2	J. Gainey
J. Drane	72.5 H. Green	172.5 M5
154 lb. Teen	J. Wiseman	140 J. Gainey
R. Tyler	50 250 lb.	227 lb. Nat
DEADLIFT	J. Riley	165 L. DeAlva
187 lb. Nov	154 lb. Teen	187 lb. Nov
B. Roberts	185 R. Tyler	92.5 M. Early

PwrSports	205 lb. M1	170
T. Ahearn	52.5 95 165 312.5	
Nat		
T. Ahearn	52.5 95 165 312.5	
Novice		
T. Ahearn	52.5 95 165 312.5	
Pure		
T. Ahearn	52.5 95 165 312.5	
E. Roe	70 180 240 490	
170 lb. SM	S. Mollohan	70 130 167.5 367.5
S. Mollohan	70 130 167.5 367.5	
J. Wiseman	62.5 140 225 427.5	
WOMEN		
154 lb. Ant	M. Sessious	32.5 60 110 202.5
M. Sessious	32.5 60 110 202.5	
M. Sessious	32.5 60 110 202.5	
SM		
M. Sessious	32.5 60 110 202.5	
PwrLifting		
154 lb. HS		
162.5 D. Torrejon	177.5 115 165 457.5	
227 lb. Int.		
J. Marshall	272.5 175 240 687.5	
J. Peru	227.5 205 240 672.5	
205 lb. Jr.		
R. Hudson	242.5 140 230 612.5	
187 lb. M1		
M. Einstein	212.5 142.5 217.5 572.5	
D. Tanner	175 117.5 185 477.5	
A. Ashley	250 142.5 250 642.5	
J. Sullivan	222.5 145 227.5 595	
187 lb. M2		
W. Kindred	217.5 147.5 260 625	
F. Millan	212.5 97.5 215 525	
170 lb.		
J. Gainey	157.5 75 167.5 400	
M5		
J. Gainey	157.5 75 167.5 400	
227 lb. Nat		
L. DeAlva	215 155 210 580	
187 lb. Nov		
M. Early	227.5 125 187.5 540	

CR	BP	DL	TOT
205 lb.	217.5	177.5	192.5 587.5
J. Mendoza	217.5	177.5	192.5 587.5
315 lb. Nov	240	155	270 665
J. Anderson	240	155	270 665
227 lb. Pure	230	210	220 660
R. Turner	230	210	220 660
280 lb.	260	180	240 680
E. Roe	260	180	240 680
227 lb. SM1	302.5	165	280 747.5
T. Turner	302.5	165	280 747.5
250 lb.	230	210	220 660
P. Holloway	262.5	217.5	297.5 777.5
SHW			
R. Valenzuela	287.5	185	237.5 710
D. Kralovetz	300	170	215 685
170 lb. SM2			
C. Smith	260	147.5	265 672.5
187 lb.			
A. Koehler	192.5	120	192.5 505
227 lb.			
A. Barnes	295	170	250 715
280 lb.			
G. Soto	347.5	135	272.5 755
170 lb. Teen			
R. Fizer	110	52.5	110 272.5
WOMEN 154 lb. Ant			
D. Manno	120	62.5	102.5 275
138 lb. M1			
R. Fox	72.5	42.5	75 190
154 lb. Nov			
L. Ortega	127.5	57.5	115 300
Pure			
D. Manno	120	62.5	102.5 275
SM2			
D. Manno	120	62.5	102.5 275

NASA Missouri State
5 May 01 (kg)

PwrSports	CR	BP	DL	TOT
154 lb. Nov	62.5	122.5	192.5	377.5
E. Walkingstick	62.5	122.5	192.5	377.5
227 lb. SM2				
J. Withington	60	137.5	217.5	415
138 lb. Teen				
B. Nelson	45	102.5	152.5	300
170 lb.				

(Thanks to Mike Adelman for these results).

Z. Cooper	60	142.5	190	392.5
WOMEN 170 lb. HS				
C. Artym	35	65	140	240
157 lb. M1				
D. Withington	30	60	102.5	192.5
PwrLifting	SQ	BP	DL	TOT
138 lb. HS				
A. Venable	167.5	102.5	205	475
187 lb.				
J. Priest	170	110	220	500
280 lb.				
S. Haynes	227.5	115	232.5	575
315 lb. Int				
D. Rohr	295	222.5	267.5	785
250 lb. Jr.				
B. Mann	275	160		

FORGET ANDRO

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

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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.

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*.



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

ZMA RESEARCH

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

L.R. BRILLA¹ AND VICTOR CONTE²

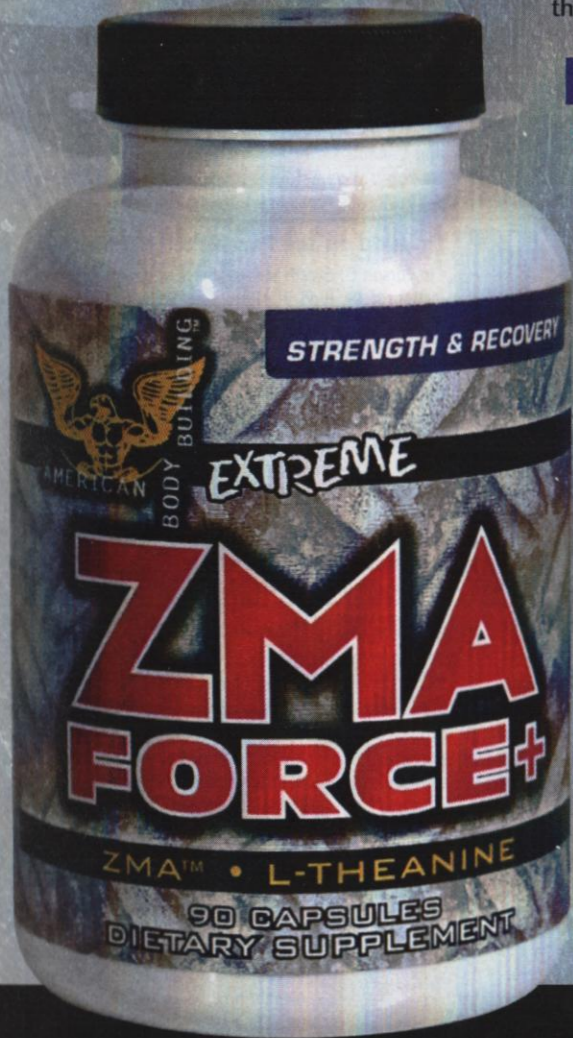
¹Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and ²BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. *Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength*. *JEPonline*, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. **A double-blind randomized study was conducted with ZMA** (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml¹: 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml¹; 19.68 to 18.04 µg/ml), respectively (P<0.001). **Free testosterone increased with ZMA** (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P<0.001); **IGF-I increased in the ZMA group** (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) (P<0.001). Muscle strength via torque measurements and functional power were assessed with a Biodex dynamometer. Differences were noted between the groups (P<0.001): ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). **The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.**

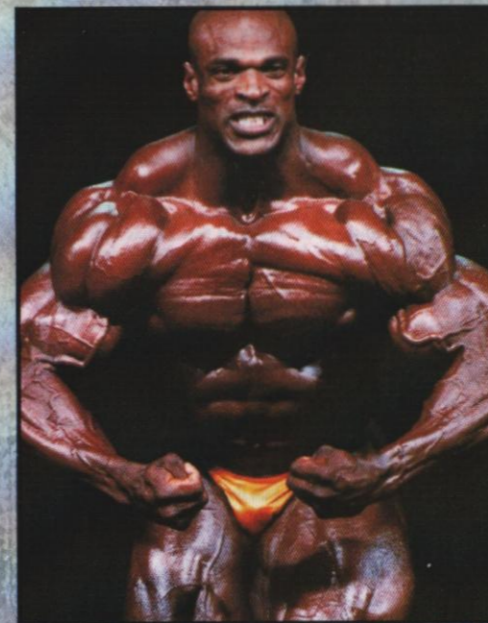
Key Words: vitamin B₆, anabolic hormones, testosterone, IGF-I, muscle

INTRODUCTION

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

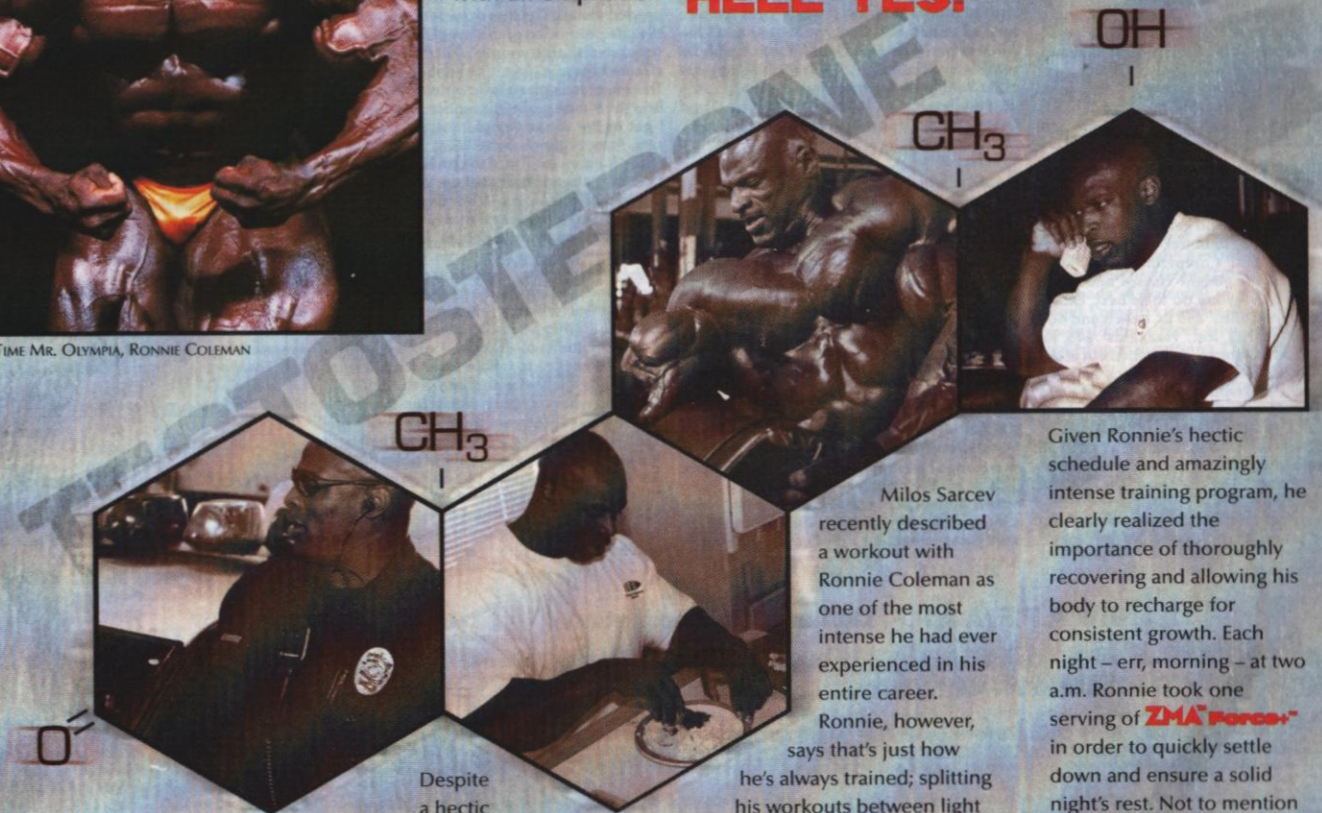


RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING



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™**.



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AMERICAN BODY BUILDING™ A FORCE IN THE GYM™

2nd Pendleton's Powerman Raw
31 May 01 - Pendleton, IN

Weight	SQ	BP	DL	TOT
132 lb.	275	295	405	975
Cobbs	255	180	350	785
Bailey				
148 lb.				
Elliott	265	265	375	905
Turner	275	200	260	835
Hazzard	—	270	445	715
Heavrin	—	200	375	575
165 lb.				
Hallock	355	290	405	1050
Jett	315	275	455	1045
Greiner	330	245	385	960
Engram	225	205	375	805
181 lb.				
Parker	390	400	500	1290
Smith	350	305	500	1155
Mason	240	250	465	955
Robbins	320	205	385	910
198 lb.				
Johnson	330	385	460	1175
Grass	365	300	435	1100
Bowers	330	280	455	1065
Hornbeak	335	300	405	1040
220 lb.				
King	475	375	575	1425
Lawrence	500	285	535	1320
Shelley	455	305	495	1255
Bateman	370	300	450	1120
242 lb.				
Owens*	600*	405	600*	1605*
Houston	450	385	545	1380
Thompson	390	280	500	1170
275 lb.				
Harrison	540	420	525	1485
Wicks	405	445	540	1390
Hatfield	330	305	—	635
275+ lb.				
Allen	495	465*	520	1480
Jones	325	335	425	1085

claiming he'd rather look good naked for the ladies than be fat and strong. In the 220 lb. class, King took the win after pulling 575 lb. in the deadlift. The 242 lb. competition brought me, (Owens) taking the win and best overall with a 600 lb. squat, 405 lb. bench and 600 lb. deadlift, equaling a stellar 1605 lbs. overall. Harrison did well in the 275 lb. class, with a 1485 lb. overall after making the 2nd best squat (540 lb.) in the meet. In the 276 lb. class and up, Allen won with 1480 lbs., while posting the best bench of the meet (465 lbs.) and just missing 485 lbs. at lockout. I want to thank my workout partners, Jaden Thompson and George Shelley for pushing me in the workouts and for doing well in their first meet. I also want to thank the rest of the Bros* for their support during the meet, with special thanks goes out to Big Bob, Lil Keith, Bowers and DR. IRISH POWER! It was a meet I'm sure we'll all remember. Congratulations to all the winners for a job well done. All results may be verified by Jim Harvey, Recreation Supervisor at the Pendleton Correctional Facility P.O. Box 28 Pendleton, In. 46064. (Thanks to David Owens for providing the results of this meet).



At the Pendleton's Powerman 2001 meet, David Owens benched 405 raw. (Photograph by Shot).

Mr/Ms Minnesota BP Open
15 Jun 01 - Minneapolis, MN

Weight	SQ	BP	DL	TOT
181 lb.				
Teen				
J. Grant	325*	198 lb.		
D. Pope	300	M. Burns	420	
N. Schmidt	295	D. Berding	345	
Master				
J. Marispini	390	K. Belisle	405	
J. Syrovatka	280	J. Prazak	420	
Open 148 lb.				
B. Thompson	295	198+ lb.		
165 lb.				
J. Miller	390	K. Franklin	300	

Minnesota Bodybuilding show. This, as many of you might know, is a well established event in the bodybuilding world. What made this idea even more interesting was that this bodybuilding show was drug tested one. It looked like both events would work well together. The event details were agreed on and we proceeded ahead. The one drawback we had was the late promotion of this event. The event was only advertised a month ahead of time. This effected turnout, but it did not effect quality. This event took place in downtown Minneapolis at the Minneapolis Convention Center. When I got to the venue I could not believe what I saw. Fans of the bodybuilding show were already flowing in. The platform for our contest I saw was already being set up. When I walked in, I had to look around a few times. The venue would be great for a national meet that could easily hold thousands of people. On one side of the venue there was a large stage for the bodybuilding show, at another corner I saw a rock band getting ready to play. I also saw many tables selling everything from drinks, food, clothes and books. This event looked like the Lollapalooza of strength. I walked around and got a chance to talk to some friends from both sports. I talked with some of the competitors that were getting ready for the bodybuilding show. Many of them were very interested in what we were bringing to the show and wanted to know more about powerlifting. Our conversations also turned towards drug testing. I found it surprising given the stereotypes that many have about bodybuilding and the use of drugs. It became clear that bodybuilders and powerlifters alike share the same

goal to be drug free. Our event was to start and I found myself running around helping people get bench shirts on. I was called to the platform to judge and the lifting began. I was joined by Steve Johnson and Shawn Cain. Spotters and loaders were Tony Williams (and I forget the other guy's name). Marv Gordon and Sandra Perron were helping out lifters to the platform and Jim Cahill announced. I first noticed teen lifters Joshua Grant and Dan Pope. Both lifters were under 165 doing some awesome weight. Dan finished with a 290 just missing 300 on his 3rd attempt. Josh managed to blast up a 325 for a state record (upon age verification). The well known 181 master lifter James Marispini came to stage looking like he meant business. Very intense he came to stage and set up. With the most narrow grip I have ever seen a bencher have, he attempted 37,0 but missed it. For some reason it looked like he didn't have the strength for it. I thought for a second that he opened up too high, boy was I wrong. James came back and destroyed 370 for a second and got 390 for a third for the best lifter award. Other great lifting I noticed was Keith Belisle from Wisconsin. Keith has done great things in full Powerlifting meets and it seems he has improved one of the great strengths that he has with a very solid 405 bench. Jake Prazak 220's from Iowa came to stage and loaded a very large 385 bench. He took 385 for a ride but missed his pause. It seemed he had plenty of power left in him. He then loaded the bar to 415 then 420 for his second and third attempts which met the same fate. I hope to see him back again next year, he shows promise. Newcomer Kelly Franklin came to represent the women in this contest started out with a 250 bench. This lift came up very easy and many in the crowd screamed out "put some weight on the bar." After the lift she had a very visible smile on her face and did just that. She made her second attempt of 285 and rode it up very easily. This breaks the women's 198+ record by 85 pounds! For her 3rd she took on 300 pounds but ran out of gas. I would say that will be the lift she gets at her next meet. This event shows some major promise for the future. I look forward to seeing many new faces at this meet next year. Thanks everyone for coming out and making this happen. For More Information Contact: USA POWERLIFTING OF MINNESOTA, Help@thePress.org. (Results by Dennis Green).

NASA Missouri Regional
25 Nov 00 - (kg)

Weight	SQ	BP	DL	TOT
PwrSports				
BENCH				
170 lb. M1				
K. Scott	150	J. Phillips	175	
CURL				
187 lb. Jr				
C. Wakefield	67.5	187 lb. Jr	142.5	
154 lb. SM				
J. Phillips	70	S. Deal	120	
DEADLIFT				
187 lb. Jr				
P. Loyd	182.5	187 lb. SM2	182.5	
PwrSports				
205 lb. SM				
T. Tucker	70	—	127.5	220
Pwrlifting				
138 lb. HS				
D. Heckmaster	95	77.5	155	327.5
154 lb.				
D. Evans	182.5	102.5	200	485
205 lb. HS				
J. Bolinger	—	—	—	—
227 lb. Int				
B. Barrow	182.5	165	185	532.5
205 lb. M1				
T. Bagby	175	122.5	167.5	465
187 lb. Novice				
R. McMullen	102.5	102.5	170	375
227 lb.				
B. Barrow	182.5	165	185	532.5
170 lb. Pure				
M. Cairns	100	125	165	470
250 lb. Ar				
S. Newman	142.5	142.5	177.5	462.5
170 lb. SM2				
R. Cairns	207.5	152.5	200	560
WOMEN				
170 lb. HS				
C. Artym	82.5	52.5	110	245

(Thanks to Mike Adelman for these results).

Capital City Classic IV
7 APR 01 - Lansing, MI

Weight	SQ	BP	DL	TOT
BENCH				
MEN				
Police & Fire				
275				
S. Murphey	435	319+	425	
319+				
J. Harrison	425	Submasters	425	
Teen 16-17				
165				
T. Benton	300	242	300	
198				
G. Whitehill Jr.	290	181	335	
220				
A. Harrison	420*	F. Stokes	335	
319				
A. Valadez	198	J. Hemenway	198	
Teen 18-19				
220				
148				
G. Miller	365	Masters 75-79	220	
B. Harrison	242			
165				
K. Harris	330	L. Coon	205*	
J. Webster	225	275	390	
Juniors				
181				
G. Ferris	390	WOMEN	220	
319+				
K. Hilliard	225	E. Hurchins	120*	
J. Talbot	300	120*	J. Gibson	242
198				
Masters 40-44				
B. Whately	350*	148	K. Harris	580
242				
J. Scibner	305	K. Hazen	115*	
J. Johnston	365	165	105	
275				
D. Stain	245	148	B. Amudsen	570
C. Ewald	365	181	S. Barker	165
Open				
R. Brandi	350	Masters 40-44	242	
132				
B. Fabiano	360	123	K. Harris	580
A. Bates	245	198	D. Hudson	105*
148				
D. Horn	315	132	319+	
T. Feight	175	220	M. Mellinger	370
165				
J. O'Brien	300	360	360	
E. Vasquez	285	G. Oshnock	300	
J. Smith	325	275	Masters 45-49	97
B. Willing	260	E. Webster	375	
S. Lake	320	319	C. Coleman	80*
181				
B. Edwards	515*	Masters 50-54	198	
V. Mahaffey	410	Masters 45-49	198	
D. Failla	245	148	S. Lipinski	95
H. McLaughlin	210	K. Romo	215	
198				
G. Coleman	185	Masters 55-59	132	
350				
G. Coleman	185	P. Frederick	125*	
J. Soule	425	242	Masters 60-64	198
P. Morris	365	R. Rogers	315	
O. Fidelino	235	275	E. Spears	105
M. Coleman	465*	J. Mayfield	335	
220				
Masters 50-54				
D. Hankins	395	132	G. Johnson	80*
A. Harrison	420	A. Bates	245	
J. Breneman	340	148	MEN	275
B. Barker	400	T. Feight	175	
R. Abfalter	395	165	Teen 16-17	198
J. Gibson	285	G. Batorri	295	
K. Harris	330	220	G. Whitehill Jr.	425
R. Lipinski	330	G. Fay	315	
B. Lawton	275	B. Keller	345*	
275				
M. Miller	230	B. Harrison	230	

Weight	SQ	BP	DL	TOT
Masters 55-59				
242				
J. Brodski	335	J. Kingsley	165	385
225				
G. Papdelis	225	181	J. Talbot	480
Masters 60-64				
165				
D. Steele	125	J. Brandyberry	550	
198				
R. Hemenway	315	J. Johnston	450	
C. Soles	385*	275	C. Ewald	570
242				
M. Marsh	390*	Open	132	
R. Soffredine	290*	J. Ciaramitaro	410	
Masters 70-74				
181				
D. Failla	405	H. McLaughlin	250	
198				
L. Korpai	160	J. Soule	575	
Masters 75-79				
220				
L. Coon	205*	O. Fidelino	485	
WOMEN				
220				
R. Abfalter	525	R. Abfalter	525	
132				
E. Hurchins	120*	J. Gibson	505	
242				
K. Harris	580	Masters 40-44	198	
115*				
R. Lipinski	580	Masters 50-54	181 lb.	
105				
275				
B. Amudsen	570	S. Lipinski	200	
165				
K. Miller	625	Masters 70-74	148	
Submasters				
242				
105*				
K. Harris	580	Masters 45-49	110	
319+				
145*				
K. Hilliard	445	Masters 40-44	181	
125				
Masters 40-44				
165 lb.				
DEADLIFT				
165 lb.				
S. Hepinstall	275	198 lb. Novice	181 lb.	
175				
J. Mudwig	175	Masters 70-74	148	
Masters 242 lb.				
Novice				
W. Rials	325	Open	198 lb.	
SQ				
BP				
DL				
TOT				
480				
525				
290				
485				
1300				
1240				

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6 OCT, NASA Kentucky Regional (Lexington Athletic Club) Greg Van Hoose, RT, 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@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, WNPFF E. Coast BP, DL, Ironman (Lancaster, PA) WNPFF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158
6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513
6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
6,7 OCT, Cam-Am World Cup PL/BP (Lethbridge, Alberta, Canada) Bruce Greig, 403-938-3067, Fax 403-938-0489
7 OCT, USAPL Deadlift Nationals (new date) (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
7 OCT, SLP Chicagoland Open BP/DL Classic

Coming Events

U.S.P.F. Bench Press Nationals
27 October 2001
(Chester, WV)
Dave Jeffrey, Box 231,
Parkersburg, WV 26102, 304-489-2428, FAX 304-489-2733,
uspf@net.assoc.net

(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, Tucson, AZ) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com
13 OCT, 7th APF Wolverine Open PL/Ironman/BP/DL, Jim Harbourn, 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 (Eules, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-6082 (e), wwilly@svbell.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-

New Training Seminars

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- Learn techniques used to increase your current **muscle mass**.

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**APF 48th Iron Man
Open PL & BP, Mr. & Ms.
& Mr. Over 40 Iron Man
8 December 2001
(Centerpoint Athletic Center
- located in Fresno, CA)
contact BOB PACKER
559-439-4394, 559-760-2970**

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 Kaylene 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, Ashtabula YMCA Bench Press Championships (touch bench - no pause) Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 440-964-3013
20 OCT, Bob Hajner Championships (men, women, teen, special olympian, master, BP & DL, PL) Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-9622
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) 302-328-5438
20 OCT, 10th Muscle Beach Special Olympics Lift-Off (Muscle Beach - Venice, CA) 310-399-2775
20 OCT, 19th ADAU Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com
20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513
20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
21 OCT, USAPL "2001 Iron maiden Potomac Push Bench Press Contest" George 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, pthongym@aol.com
21 OCT, CAN AM BP & DL & Push/Pull (Montreal) Marcel St. Laurent, 457 7ieme Ave. Nord, #1, Sherbrooke, Quebec, J1E2S2, 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, wnpl@aol.com
26-28 OCT, **AAU Worlds (Mayaguez, PR)** Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-

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
5-10 NOV, **WPC World Powerlifting & World Bench Press Championships (teen, jr., submasters, seniors, masters - men & women - Cape Town, South Africa)** Ian Morris, 27-21-794-2033, FAX 27-21-794-7284, ianmorr@iafrica.com, http://users.iafrica.com/l/ia/ianmorr
10 NOV (new date), NASA W.V. Regional Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com
10 NOV (new date), Matt Heydinger BP Memorial (men, women, teen by formula) Steve Aicholz, 424 S. Kibler St., New Washington, OH 44854, 419-492-2715
10 NOV, Cider Cup BP/DL Classic (Phenix Fitness - Allentown, PA) Allen Davis, 610-778-9891
10 NOV, The Gym BP & DL Championship (Fredericksburg, VA) Petey Cropp, 540-710-9500
10 NOV, Power Wars on Veteran's Day, Joe Mitchell, 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
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,

**DECEMBER 8th, 2001
14th Elkhart
Bench Press
Classic
\$300 - Best Lifter**

**Jon Smoker
30907 County Road 16
Elkhart, IN 46516
219-674-6683**

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/w/nt. classes) Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201, 413-499-9891
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

HUGE IRON PowerliftingSchedule
Nov. 3, 2001 - AAPF Southern States
Dec. 1, 2001 - APF Southern States
**Huge Iron Training Center, 910 South
Atlantic Avenue, Orlando, Florida 32176,
877-HUGE-IRON or 386-252-8193**

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 meet (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, 7 4 0 - 8 4 5 - 0 9 8 7, www.elitefitnesssystems.com
17 NOV, 5th Southern States BP & DL (open, novice, submaster, master, law enforcement) Tito's Gym, 78 Creekbend, Brownsville, TX 78521, 956-504-3324
17 NOV, Raw Meet III (open, teen, masters) Doug Moore's The Gym Training Center, 3701 Old Shakopee Rd. W., Bloomington, MN 55431, 952-884-9144
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, USPF Winter Classic SQ & DL, World Gym, Lake Forest, CA, Tony Hardridge, 949-307-9634, ahardridge@msn.com, www.powerliftingca.com
17 NOV, Kansas Open PL & PS (Red Coach Inn, Salina, KS) James Duree, 913-596-7326, JDuree7086@aol.com
17 NOV, USAPL NE Regional (ME, NH, VT, MA, RI, CT, NY, PA, NJ, MD, DE, VA, IL, IN, OH, WV, KY - at Penn Tech University, Williamsport, PA) Dave Bellomo, 570-321-5339, www.geocities.com/steventmann/NERegionalInformation.html
17 NOV, 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 AZ Reg. (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 Moyer, 401-527-3711
17,18 NOV, USAPL Maryland State PL (Edgemede, 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
24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513
1 DEC, Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 3989 (h)
1 DEC, USAPL New York State Blackberry Bench Press, Bruce Swanson, 902 Village Dr., Breuster, NY 10509
1 DEC (NEW DATE), ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695, or Joe Carini, 973-942-0199
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 Freepoint Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064
1 DEC, **NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, willyh@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, Ntrlpr@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 (Guest Lifter - Glen Chabot), 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, North Carolina Raw State Meet (no late entries) John Houie, 209 Meyers St., Monroe, NC 28110, 704-289-4940, jfhouie@carrollina.rr.com
8 DEC, 14th Elkhart Bench Press Classic, Jon Smoker, 30907 County Road 16, Elkhart, IN

46516, 219-674-6683
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@hunted.net
8 DEC, SLP Christmas for Kids BP/DL Classic (Mattou, 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, AAU Mo. Valley PL Championships (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537
9 DEC, YMCA High School Winter Bench PRes (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@hunted.net
9 DEC, ADAU 9th Raw Drug Free "Coal Country" BP & DL Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com
12-16 DEC (new date), **100% Raw World Championships (men & women, all age/w/nt. classes) Dr. Spero Tshonikids, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274**
15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
29 DEC, USAPL NorCal Winter Classic (Napa, CA) Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464 before 8:30 please, www.usapl-ca.org
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, Capitol District BP/DL, Albany YMCA, 274 Washington Ave., Albany, NY 12203, Tom Corazzini, 518-449-7196 ext 48
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
20 JAN, Winter Blues BP/PL (Wyoming, MI) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683
26 JAN, AAU Star Bench Press Classic (Fairfax County, VA) Bill Calhoun, 703-585-9425, drugrepsports@yahoo.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, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090
2 FEB, NASA Virginia State (Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.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
10 FEB, AAU Missouri State (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537
22-24 FEB, **Arnold Fitness Expo, Scharzenegger/Lorimer Productions, 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, www.arnoldclassic.com**
23 FEB, WABDL California State, Matt

Lamarque, 831-277-4766
23 FEB, 12th Winter Bench Press Classic (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683
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, ADAU Raw Drug Free New Jersey St. PL / Out of State (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807
9 MAR, AAU All American Raw BP, Bill Calhoun, Fairfax County, VA, 703-585-9425, drugrepsports@yahoo.com
9 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
9,10 MAR, Pepsi WABDL Northwest Regional (Doubletree Hotel, Springfield, OR) Gus Rethwisch, 503-962-5066
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 Oregina, 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 Chaille, 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
23 MAR, 13th Cabin Fever DL plus BP, Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471
23 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570
MAR, NASA Kentucky State (Lexington Athletic Club) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@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, Dungen 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 Ryehack Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
7 APR, 3rd Pittsburgh Area Master BP & DL (men, women - all classes - all divisions - cash prizes - Holiday Inn Airport) Mike Barroauechio, 301 Spring Water Ct., Moon, PA 15108, 724-457-2708
8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-

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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



5489, usabodybuilding@aol.com

13 APR, ADAU Raw Drug Free New York City Open BP & BP/DL, Pete Sanzio, 462 Doane Ave., SI, NY 10308, 178-605-1402

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, NASA WV State, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@uirefire.com

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 - Lahaina, Maui) Mike Saito 808-373-5739

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, WABDL Monstercup Record Breakers (drug tested, Doubletree Hotel, Pasco, WA) Gus Rethuitch, 503-762-5066

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

18 MAY, ADAU Pennsylvania State (men, jr., teen-national qualifier) Joe Oreglia, 4468 W. 26th, Erie, PA 16506, 814-833-3727

18 MAY, AAU High School Raw Championship (National Qualifier - Fairfax, VA) Bill Calhoun, 703-585-9425, drugfreesports@yahoo.com

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

18,19 MAY, USAPL Texas State & Region 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9169

24-26 MAY, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel - Fresno,

POWER WARS on Veteran's Day (IPA) November 10th The World Gym Amsterdam, New York Contact: Joe Mitchko 518-762-3216

CA) Bob Packer, 559-439-4394, 760-2970

MAY, NASA Pennsylvania State (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@uirefire.com

MAY, USAPL New England States Open, Greg Kostas, Bx 483, Whitman, MA 02382, 781-447-6714 (8-10pm) Rene Moyon, 401-527-3711

MAY, NE Regional World 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, Bill Calhoun, Fairfax County, VA, 703-585-9425, drugfreesports@yahoo.com

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

JUN, NASA WV Open (Buckhannon) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@uirefire.com

JUN, AAU Raw Nationals (Boston, MA) Dennis Brennick, 617-567-5177

19 JUL, AAU National Raw PL, Bill

Calhoun, 703-585-9425,

drugfreesports@yahoo.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

2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-725-6684, lbbaker@muscle-maker.net, www.irondawg.com or www.muscle-maker.net

3 AUG, Team Weber Strength Powerlifting, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 563-259-8695

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

19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

31 AUG, NASA Virginia Regional (Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@uirefire.com

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

10-15 SEP, IPF World Jrs (Venezuela)

9-13 OCT, IPF World Masters (Argentina) SEP, NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@uirefire.com

10 OCT, ADAU Raw Drug Free Open New Jersey BP & BP/DL (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

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

19 OCT, 6th Pennsylvania Power Challenge (BP/DL) Gene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

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)

18 NOV, The Pennsylvania Power Press (non-sanctioned BP - open, women, teen, master) Dan Swope, 1024 Cranberry Dr., Erie, PA 16502, 814-459-7693

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

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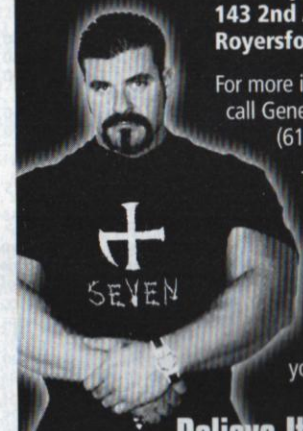
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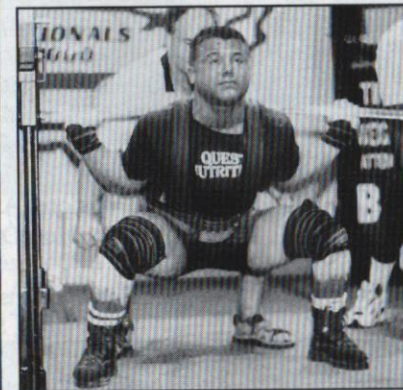
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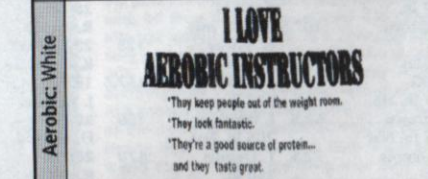
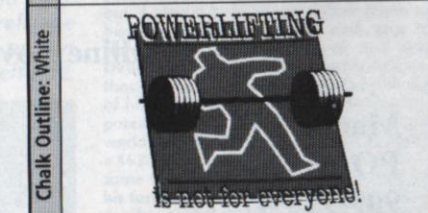
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**2001
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Powerlifting Championships
October 18,19, 20, 21st
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SLP Superman Classic BP/DL

9 Jun 01 - Metropolis, IL

Master (40-44)

WOMEN 275 lb.

Master (50-54) W. Hinkle

148 lb. 300*

P. Berry 170* Open 148 lb.

G. Paff 75 L. Khoan 300

MEN 4th

Teen (13-15) 315*

275 lb. 165 lb.

C. Zirbel 240* J. Kesler 305

Teen (16-17) J. Trovillian 245

308 lb. 198 lb.

B. Masden 380* D. Nealy

Teen (18-19) 620*

165 lb. R. Coggins 415

J. Stratton 305* 4th 430

220 lb. K. Garrett 400

M. Helton 375* 220 lb.

Junior 198 lb. K. Parrish

B. Rose 400 540*

4th 425 J. Groves 500

275 lb. 275 lb.

S. Cook 465* G. Lealiifano 600*

Submaster 450

181 lb. 308 lb.

B. Stevens 380 A. Wood 450*

275 lb. P. Stephenson 435

G. Lealiifano 600* Guest Lifter

S. King 525 SHW 740

4th 540 A. Clark

D. Lowe 420 DEADLIFT

Master (40-44) WOMEN

165 lb. Master (50-54)

J. Kesler 305* 148 lb.

198 lb. G. Paff 210*

K. McDonald 370* Teen (13-15)

B. Cole 285 275 lb.

4th 325 C. Zirbel 370*

275 lb. Teen (16-17)

R. Rath 450* 308 lb.

Master (50-54) B. Masden 600*

B. Adams 415 Junior

4th 425* 220 lb.

Master (55-59) J. Gaddis 455*

198 lb. Master (50-54)

J. Mitsopoulos 400* 275 lb.

Police/Fire B. Adams 450*

181 lb. Police/Fire

B. Smith 350 Master (40-44)

275 lb. 275 lb.

D. Bates 300 W. Hinkle 485*

Police/Fire Open

*-SLP Illinois State record, Best BP Lifter: Dewayne Nealy, Best DL Lifter: Kenny Garrett.

The SLP Superman Classic was held at the home of Superman high school in Metropolis, Illinois on June 9, 2001. We owe a special debt of gratitude to Butch Adams who has worked so hard the past two years to make this annual event a success. Butch was awarded a special plaque in appreciation for his efforts. Along with the festive atmosphere of the event was the presence of Anthony Clark, who was there giving away autographed pictures, signing shirts and inspiring everyone as he demonstrated his great benching strength. Anthony worked his way up to 740 for a double, and even though he wasn't able to get the weight all the way down to his chest, he just simply blew the weight up to lock out. This with just a doublely Inzer shirt! If you have ever had any doubts about this man's strength you just have to watch him lift and you know you're in the presence of someone special. This man is devoting his life to inspiring lifters of all ages to do the best they can, whatever their dreams, all the while promoting the sport of powerlifting in the positive kind of way it should be promoted. I was very pleased to finally meet Anthony and have him be a part of our celebration. Hey, we had a great bench competition, with several new Illinois state records, but even more importantly we had several new pr's set, with lifters getting their first 400, 500 and even 600 benches! Starting off with the women, the Classic marked the return to competition our old friend Peggy Berry. Lifting in the master 50-54 division Peggy demolished the existing Illinois state record in the 148 lb class with a strong final attempt of 170. (200 by the Indiana State Fair?) Taking second place to Peggy was Gayle Paff, who matched her personal best with 75. Gayle is simply one of the nicest, sweetest ladies in our organization and its always fun to have her compete. In the teenage men's division we had four lifters, each of which set new state records in their respective classes. First, in the 13-15 age group, Cory Zirbel showed lots of promise as he finished with 240 in the 275 class; this being his first

competition. Byron Masden got his record at 308, pressing a clean 380 to lockout. At 18-19 it was Justin Stratton at 165 with 305 and Marcus Helton finishing with 375 @ 220. Brandon Rose got a new pr with his win of the junior 198 class, when he was successful with a fourth attempt of 425. Steve Cook also got a pr of 465 along with a state record as he won the junior 275 title. In the submaster division Bruce Stevens had a great day, finishing with a personal best of 380 as he captured the title at 181. At submaster 275, George Lealiifano finally got his first 600 bench, and it was a good one! George brought the weight down strong, and after a solid pause blew the weight to full extension, much easier than his 580 second attempt. Congratulations, brother! Placing second at 275 was another great bencher, Jim King. Having just gotten his first 500 bench only two months ago, Jim worked his way through his attempts, hitting 515 on his second, 525 for his third and a strong 540 pr fourth attempt to finish his best day of competition yet! Third place at 275 was David Lowe (315), the later being a new Illinois state record at 148. John Kesler became the first double winner of the day with his win at 165 over Joel Trovillian who finished with 245. At 198 we had the number two bencher in the world, Dewayne Nealy. Dewayne opened with an easy 560 before missing 620 on his second attempt. Adjusting his shirt a little, Dewayne settled back, took the lift off, came down and got the press signal, then simple blew the same 620 away. Good Lift! Another state record, a pr for Dewayne and at a 192 bwt, best lifter honors for the competition. Second place at 198 went to Ricky Coggins, who also had a great day of lifting. Ricky got his first 400 bench on his second attempt, then 415 and 430 for his fourth, all new pr's on the day. Kenny Garrett also got his first 400 bench, finishing third at 198. Congratulations to all three of you lifters. Keith Parrish won at 220 with some great benching, finishing with a personal best and state record 540. Keith's previous best was 485. Second at 220 was Jack Groves who got a couple of pr's including his first official 500 which he got on his final attempt. George Lealiifano won his second title of the day with his first 600 @ 275, another state record, followed by Larry Young's 450. Larry has some problems with uneven extension due to a shoulder injury but is still strong as a horse. Anson Wood did good in his first competition, taking the 308 class with a state record 450. Anson is being trained by George Lealiifano. Pat Stephenson was second at 308 with a personal best 435. In the deadlift competition Gayle Paff equaled her previous best with 210 to capture the title at master women 50-54/148. This was a new state record for Gayle, who also holds the Kentucky state record in that same weight class. Cory Zirbel set the state record at teenage 13-15/275 when he locked out 370 on his second attempt. Byron Masden showed lots of power as he pulled a state record 600 in his win at teenage 16-17/308. This was also a new personal best for Byron. At junior men/220 Jarrod Gaddis got his state record on his final pull with a strong 455. Butch Adams finished the day with his second state record as he pulled 450 for the title at master 50-54/275. Wes Hinkle also got his second state record of the day with his 485 pr attempt as he took the police & fire/master 40-44/275 class. Kenny Garrett pulled the biggest lift of the meet with his win in the open 198 class. Kenny broke the current record with a strong 680 pull, just missing a pr 720 at lockout. At a 198 bwt, Kenny easily won best lifter honors. Taking the open 220 class was training partner Jack Groves, who finished with 650. Thanks to Sherry Stevens for helping me at the table, my son Joey, Butch Adams and everyone else who helped out. See you all next year! (Thanks to Dr. Darrell Latch for providing these results).



Here's the guys at the Superman Meet from Independence, MO (l-r): Keith Parrish (540 PR @ 220 open), Dr. Darrell Latch, Jim King (540 pr @ 275 submaster), Bruce Stevens (380 @ 181 submaster), (kneeling) Steve Cook (456 pr @ 275 junior). (Photograph provided courtesy of Dr. Darrell Latch to PL USA).

competition. Byron Masden got his record at 308, pressing a clean 380 to lockout. At 18-19 it was Justin Stratton at 165 with 305 and Marcus Helton finishing with 375 @ 220. Brandon Rose got a new pr with his win of the junior 198 class, when he was successful with a fourth attempt of 425. Steve Cook also got a pr of 465 along with a state record as he won the junior 275 title. In the submaster division Bruce Stevens had a great day, finishing with a personal best of 380 as he captured the title at 181. At submaster 275, George Lealiifano finally got his first 600 bench, and it was a good one! George brought the weight down strong, and after a solid pause blew the weight to full extension, much easier than his 580 second attempt. Congratulations, brother! Placing second at 275 was another great bencher, Jim King. Having just gotten his first 500 bench only two months ago, Jim worked his way through his attempts, hitting 515 on his second, 525 for his third and a strong 540 pr fourth attempt to finish his best day of competition yet! Third place at 275 was David Lowe

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who finished with 420, which he got on his second attempt. At master 40-44 John Kesler got a new state record with his 305 second attempt at 165 for the win there. At 198 it was Kevin McDonald posting another state record, finishing with a pr 370 final attempt. Coming in second to Kevin was first-time competitor, Bo Cole. Bo finished with an easy 285 but came back with a successful fourth of 325. Robert Rath set the record at 275 with an easy 450, just missing his final attempt at 480, which would have given him a new personal record. Butch Adams looked strong in his win at master 50-54/275, finishing with a pr 415 third attempt and a new Illinois state record 425 fourth. John Mitsopoulos returned from New Jersey this year, again taking the master 55-59/198 class. John set a new record in that class with 400, which ties his APA world record attempt of the past year. In the police & fire division Bob Smith got a pr with his win at 181, finishing with 350. Doug Bates took the 275 class with a pr 300. This was Doug's first competition. Police & fire/master men 40-44/275 winner Wes Hinkle also got a new state record with his 300 opening attempt. Two more attempts at 345 fell short of lockout. In the open division Lay Khoan got a pair of pr's with his third (300) and fourth attempt (315), the later being a new Illinois state record at 148. John Kesler became the first double winner of the day with his win at 165 over Joel Trovillian who finished with 245. At 198 we had the number two bencher in the world, Dewayne Nealy. Dewayne opened with an easy 560 before missing 620 on his second attempt. Adjusting his shirt a little, Dewayne settled back, took the lift off, came down and got the press signal, then simple blew the same 620 away. Good Lift! Another state record, a pr for Dewayne and at a 192 bwt, best lifter honors for the competition. Second place at 198 went to Ricky Coggins, who also had a great day of lifting. Ricky got his first 400 bench on his second attempt, then 415 and 430 for his fourth, all new pr's on the day. Kenny Garrett also got his first 400 bench, finishing third at 198. Congratulations to all three of you lifters. Keith Parrish won at 220 with some great benching, finishing with a personal best and state record 540. Keith's previous best was 485. Second at 220 was Jack Groves who got a couple of pr's including his first official 500 which he got on his final attempt. George Lealiifano won his second title of the day with his first 600 @ 275, another state record, followed by Larry Young's 450. Larry has some problems with uneven extension due to a shoulder injury but is still strong as a horse. Anson Wood did good in his first competition, taking the 308 class with a state record 450. Anson is being trained by George Lealiifano. Pat Stephenson was second at 308 with a personal best 435. In the deadlift competition Gayle Paff equaled her previous best with 210 to capture the title at master women 50-54/148. This was a new state record for Gayle, who also holds the Kentucky state record in that same weight class. Cory Zirbel set the state record at teenage 13-15/275 when he locked out 370 on his second attempt. Byron Masden showed lots of power as he pulled a state record 600 in his win at teenage 16-17/308. This was also a new personal best for Byron. At junior men/220 Jarrod Gaddis got his state record on his final pull with a strong 455. Butch Adams finished the day with his second state record as he pulled 450 for the title at master 50-54/275. Wes Hinkle also got his second state record of the day with his 485 pr attempt as he took the police & fire/master 40-44/275 class. Kenny Garrett pulled the biggest lift of the meet with his win in the open 198 class. Kenny broke the current record with a strong 680 pull, just missing a pr 720 at lockout. At a 198 bwt, Kenny easily won best lifter honors. Taking the open 220 class was training partner Jack Groves, who finished with 650. Thanks to Sherry Stevens for helping me at the table, my son Joey, Butch Adams and everyone else who helped out. See you all next year! (Thanks to Dr. Darrell Latch for providing these results).

WNPF BP/DL/Ironman Nationals
5 May 01 - Las Vegas, NV

BENCH 242 lb.

WOMEN Lifetime

123 lb. Watson 415

(40-49) James Flynn 380

MEN 275 lb.

Open Thompson 500

165 lb. Thompson 500t

Ward 400

(33-39) Thompson 500t

Ward 400t

181 lb. Thompson 500

(40-49) Raw Lee 450

410 Jackson 480*

198 lb. Open Raw

(20-23) Edwards! 480*

Cardona! 480*

Open Lifetime Raw

Cardona Edwards 480*

480 SHW (40-49)

410 Raw

(40-49) Irby 450

Zwolinski 225

(50-59) MEN

Matheson 375

220 lb. (40-49)

Wondra 340

(40-49) Wondra

242 lb. Lifetime Raw

Police Raw 405

Prenty 635

Ironman BP DL TOT

WOMEN 148 lb. (33-39)

Williams 135 250 385

MEN 181 lb. Open Raw

Higginbotham 280 470 750

198 lb. (33-39)

Hatchette 250 445 695

Police/Fire

Robsly 280 485 765

Open

Derosier 410 530 940

220 lb. (33-39)

Maxwell 230 405 635

Open Raw

Chaves! 405 550 955

242 lb. (70-79) RAW

Brandt 220* 350* 570

(50-59) Raw

Smith 405* 365* 770

SHW Open

Ferrell 360 720 1095

Police/Fire/Milt

Ferrell! 360 720 1095

*-WNPF American/National Record. !=Best Lifter. We had just over 35 lifters for this event. Although small, we had some very good lifting at this event. We are trying to make our mark on the west coast with WNPF events and I believe we will be fine once we have a few WNPF meets on the west coast. Thanks to all the lifters that traveled so far for this event and thanks to the WNPF staff. (Result by the WNPF).

WNPF Powerfest/Pol/Fire/Mil/HS
2 Jun 01 - Carteret, NJ

BENCH 165 lb.

Police Open Edwards 480

Caliguari 300 Denherder 370

198 lb. (60-69) (40-49)

Miozza 250 Kleinsmith 470

Open SHW

Dalzell 430 (40-49)

Lifetime Semmon

Dalzell 430 Police Subs

220 lb. Lopez 500

Copenhaver

242 lb. DEADLIFT

(11-12) Grade Raw 148 lb.

Lamotta 350 Takfiar 225

Open

Maltezos! 525 Dambach 430

Maltezos 475 242 lb. (60-69)

Lifetime Serritella 425

Maltezos 475 SQUAT

(60-69) Raw 242 lb.

Serritella 425 Open

275 lb. Maltezos 675*

Open Raw Lifetime

Edwards 480 Maltezos 675*

Powerfest SQ BP DL TOT

WOMEN (33-39) 114 lb.

Frailey 185 125* 195 505

148 lb. (33-39)

Smith 220 125 250 595

165 lb. Open

Musser! 400* 230* 390 1020

High School Natl.

MEN

123 lb. (9-10)

Grade Raw Kester 180 165 265 610

148 lb. (10-11)

Grade Raw Erickson 265 190 340 795

198 lb. (9-10) Grade Raw

Reiman 265* 155* 370* 790*

242 lb. (9-10) Grade Raw

Cuccurullo 280 190 405 875

Powerfest 2001

165 lb. (20-23)

Barnes 450 330 450 1230

Landis 350

Open

Ingram 470 360 470 1300

181 lb. (33-39) Raw

Baez 380 320 405 1105

198 lb. (33-39) Raw

Stewart 430 315 475 1220

(60-69)

Miozza 300 250 285 835

275 lb. Open

Adzima 480 365 530 1375

Lifetime

Adzima 480 365 530 1375

(40-49)

Kleinsmith 575 470 475 1520

SHW

Lifetime

Raw

Rightetti! 615 430 700* 1745

Police/Fire/Milt Natl.

181 lb. Open

Warshany 505* 195 560 1460

220 lb. (33

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USPF West Virginia				Law/Fire			
25 Mar 01 - Institute, WV				B. Reynolds Senior			
SQUAT	T. Pratt	578		374	314	501	1190
MEN	Holley Open			R. Harbert	518	523	485 1526
181 lb.	DEADLIFT			Submaster			
D. Corney	220 lb.	435		B. Chapman	540	391	529 1460
A. Kwitakeski	Master (55-59)	446		Teen (14-15)			
220 lb.	D. Blosser			J. Roberts	220	192	275 688
Master (50-54)	242 lb.			(16-17)			
D. Hall	Teen (14-15)	518		R. May	363	192	451 1008
242 lb.	R. Life	374		(18-19)			
Law/Fire Senior	BENCH			J. Blankenship	363	237	435 1036
B. Reynolds	374 MEN			275 Senior Law/Fire			
Master (40-44)	123 lb. Senior			T. Pratt	578	363	633 1576
B. Reynolds	S. Caldwell	187		Submaster			
275 lb.	148 lb.			M. Macklin	501	275	556 1333
Submaster	L. O'Brien	319		Teen (16-17)			
M. Macklin	Teen (18-19)	501		R. Kinzer	286	253	374 914
275 lb.	S. Morris	253		(18-19)			
Law/Fire Senior	181 lb.			R. Ernest	402	303	424 1129
T. Pratt	Master (60+)	578		E. McComas	402	230	440 1047
Senior	K. Samples	226		308 lb. Teen (14-15)			
T. Pratt	Teen (16-17)	578		C. Mathews	258	264	440 1091
DEADLIFT	J. Daniels	187		SHW Teen (16-17)			
MEN	(18-19)			G. Davis	203	231	314 749
181 lb. Senior	W. Winter	259		Holley Open			
D. Carney	S. Hatfield	242		WOMEN			
440 Collegiate	198 lb. Law/Fire			123 lb. Master (40-44)			
A. Kwitakowski	Master (40-44)	485		P. Kusar	330	214	369 914
198 lb.	D. Searls	297		MEN			
Submaster	(50-54)			165 lb. Teen (14-15)			
G. Bryant	B. Samples	314		S. Wade	259	220	303 782
220 lb.	(60+)			220 lb. Junior			
Master (50-54)	D. Robins, Sr.	253		K. Boltz	523	424	562 1510
D. Hall	242 lb. Senior	501		Submaster			
Law/Fire Senior	R. Harbert	523		K. Boltz	523	424	562 1510
J. Rubenstein	Submaster	518		Teen (18-19)			
Law/Fire	J. Hoover	451		J. Pine	374	198	418 992
Master (45-49)	R. Perkins	402		242 lb. Master (40-44)			
J. Rubenstein	Teen (18-19)	518		J. Kusar	573	369	600 1543
Master (55-59)	D. Perry	292		275 lb. Law/Fire Senior			
D. Blosser	(16-17)	446		T. Spencer	479	347	551 1377
275 lb.	A. Houser	325		Let me start out by saying a plain and simple - Thank You! In all of the years that I have been involved in Powerlifting, I have never seen a group of people come together and put out such an effort while putting organizational beliefs and affiliations on the back burner. Why do I say this? Because due to a little set back, I was unable to be available and fulfill my obligations towards promoting the contest. Now don't get me wrong - I have never been able to claim the state championships was all my doing - that simply is not true - over the year that the Holley Strength System has sponsored the contest it has always been a team and group effort. Yet, this year was different. Not only did our guys, the Bio-Muscle guys, and our other dependable regulars do their part, and more, even the other officers and promoters			
Submaster	275 lb.						
M. Macklin	Master (40-44)	556					
Law/Fire Senior	N. Caruthers	319					
T. Pratt	Senior	578					
Senior	J. Jefferies	418					
WOMEN	SQ	BP	DL	TOT			
132 lb. Teen (14-15)							
A. Samples	176	110	209	496			
181 lb. Master (60+)							
S. Pack	231	209	292	733			
Senior							
S. Pack	231	209	292	733			
MEN							
114 lb. Teen (14-15)							
T. Goirs	187	143	248	578			
C. Taylor	93	71	181	347			
123 lb.							

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from rival organizations stepped up to offer their help and efforts. Just please know this - bottom line - powerlifters are powerlifters - plain and simple! When the rally call goes out, I don't care where or what organization you lift in here in W. VA, our people respond. God Bless you all, each and everyone, lifters, promoters, officials and officers - you are all the "BEST"! Now on to our contest. As usual numerous high quality lifters turned out and gave a great performance. Yes, judging was tough, expectations in some instances fell a little short. But know this - you all did an exceptional job - the results are a testament to that. To all our young folks - keep working hard toward your lifting goals, to our veterans - you're hard work showed. Because I did not witness hardly any of the lifts I'm not going to elaborate on the lifting - but as I read the results it left no doubt our future is bright and our sports harbors some class acts and a great deal of hope for the future. Congratulations to Carmel Hughes and Sue Ann Pack for being elected to our USPF Hall of Fame. You have and continue to serve as an inspiration to all of us, keep it up. I'll say it again, thank you all so very, very much. Your efforts alone made all the difference in the world. I promise to do my very best to not let you down next year. (Result by John Messinger).

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.

NASA Tennessee Regional

14 Oct 00 - (kg)		
PwrSports	227 lb. HS	
BENCH	D. Arnold	300
162 lb. Int.	SQUAT	
C. Sloan	170 lb. Int.	200
269 lb. M3	C. Sloan	
J. Jenkins	280 250 lb. SM	276
119 lb. M5	R. Dilworth	
D. Adams	42.5 PwrLifting	
280 lb. MP	BENCH	
B. Dearman	105 187 lb. M1	180
170 lb. 157 lb.	M. Pittman	135
J. Schragger	105 C. Adams	
154 lb. P	227 lb.	
R. Davis	162.5 E. Akins	172.5
250 lb. SM	250 lb.	
M. McRoberts	220 M. Petty	165
CURL	SHW M2	
227 lb. M	J. Kennedy	227.5
A. Leggett	75 227 lb. MPure	
280 lb. M3	E. Akins	172.5
J. Jenkins	57.5 SHW	
170 lb. Novice	J. Kennedy	227.5
J. Schragger	62.5 250 lb. Pure	207.5
205 lb.	J. Maggart	
J. Hall	85 154 lb. SM1	87.5
Pure	B. Merz	
J. Hall	85 170 lb. SM2	122.5
154 lb. SM	D. MacArthur	
B. Merz	50 187 lb.	160
DEADLIFT	S. Landers	
280 lb. M3	250 lb.	
J. Jenkins	152.5 D. Anguish	192.5
205 lb. LN	280 lb. Teen	
G. Shackelford	195 K. Arnold	175
PwrSports	CR BP DL TOT	
250 lb. Nov	67.5 160 240 467.5	
P. Dempsey	170 lb.	
K. Joseph	62.5 160 240 467.5	
R. Palmer	52.5 120 172.5 345	
205 lb.		
R. Noble	75 152.5 227.5 455	
170 lb. Pure		
K. Taylor	67.5 140 210 417.5	
187 lb. SM		
B. Boyer	75 155 252.5 482.5	
205 lb.		
B. Dickens	80 147.5 220 427.5	
250 lb. SM		
D. Anguish	88.5 192.5 296 577	
250 lb. MS		
R. Dilworth	88.5 197.5 287.5 573.5	
170 lb.		
Teen		
C. Pagnani	55 80 137.5 272.5	
PwrLifting	SQ BP DL TOT	
138 lb. HS		
R. Fowler	52.5 47.5 97.5 197.5	
250 lb. Int.		
S. Hill	272.5 182.5 310 765	
SHW Int.		
A. Ervin	255 152.5 250 657.5	
154 lb. Jr.		
N. Diah	120 92.5 185 397.5	
M1		
R. Fowler	182.5 85 182.5 397.5	
187 lb. M5		
D. Witly	155 102.5 170 427.5	
250 lb. N		
J. Moore	192.5 152.5 192.5 537.5	
154 lb. Nov.		
B. Merz	137.5 87.5 165 390	
P. Prater	107.5 92.5 137.5 337.5	
G. Shackelford	182.5 127.5 195 505	
227 lb.		
D. Conner	230 165 230 625	
J. Brandon	255 167.5 297.5 720	
PN		
R. Mays	245 130 235 610	
250 lb.		
J. Moore	192.5 152.5 192.5 537.5	
W. Johnson	307.5 192.5 260 760	
227 lb. PNov		
L. Contratti	172.5 125 187.5 485	
250 lb.		
T. Ciaffaglione	190 137.5 217.5 545	
280 lb.		
Pure		
T. Dunlap	305 172.5 320 797.5	
154 lb.		
SM1		
B. Merz	137.5 87.5 105 390	
205 lb. SM1		
L. Dupre	240 155 240 635	
SM1		
B. Dickens	215 147.5 220 582.5	
M. Medlin	177.5 127.5 185 490	
227 lb.		
C. Nelson	245 170 237.5 652.5	
D. Theriwt	200 130 240 570	

250 lb.	245	155	252.5	652.5
D. Franks				
315 lb.				
J. Brandon	255	167.5	297.5	720
187 lb. SM2				
W. Agnew	242.5	172.5	280	675
B. Boyer	245	172.5	257.5	675
280 lb.				
T. Dunlap	305	175	320	800
315 lb.				
W. Johnson	307.5	192.5	200	760
187 lb. WNov				
M. White	72.5	97.5	-	35

AAU Fitness BP/DL

31 Mar 01 - Seneca Falls, NY			
BENCH	D. Herbst	330#	
Raw	(55-59)		
11 & under	S. Shales	400#	
148 lb.	(40-44)	242 lb.	
B. Hanvey	135# M. Arcarisi	209#	
(12-13)	(35-39)		
D. Duthoy	75# R. Murray	470#	
(18-19)	M. Harrison	360#	
T. Nicoletta	285# Open		
(16-17)	D. Kingwater	475#	
181 lb.	(35-39)	319 lb.	
J. Venturino	300# S. Rogers	470#	
(18-19)	DEADLIFT		
J. Macaluso	385# (12-13)	319 lb.	
(16-17)	D. Duthoy	170#	
G. Jones	300# (15-16)	220 lb.	
(16-17)	J. Lattimer	355#	
J. Lattmier	250 (18-19)		
(18-19)	J. Serio	510#	
J. Serio	345# (14-15)	181 lb.	
Open	M. Kristoff	375#	
J. Davoll	260# (35-39)	242 lb.	
(40-44)	Harmon(equ)	500#	
R. Brown	420# Open	220 lb.	
(18-19)	D. Miller	585#	
T. Ryko	405# (40-44)		
(35-39)	D. Herbst	525#	
S. CARTER	410# Open	275 lb.	
Equipment	T. Kristoff	580#	
Open	11 & under		
N. Hall	315# 148 lb.		
(40-44)	B. Hanvey	240#	

*New York state record. 1-Best lifter award. This AAU sanctioned event was held at the Mynderse Academy High School. A total of 12 bench records were set and 6 deadlift records were set. Bench records were set by Billy Hanvey, David Duthoy, Tony Nicoletta, John Venturino, Jeremy Macaluso, Ron Brown, Tony Ryko, Mike Hall, Scott Shales, RL Murray, Dave Kingwater and Steve Rogers tied his own state record. Teen lifter in the bench was Jeremy Malcaluso. Best lifter in the bench was Dave Kingwater with his first ever state record.

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Congrats to you both. The deadlift records were set by David Duthoy, James Serio, Mike Kristoff, Mark Harrison, and Billy Hanvey. The best deadlifter of the meet Dan Miller. Special thanks to Seneca Falls Recreation, Maximum Fitness, Champion Fitness, also to Ron Talomie, Steve Sciarabba, Terry Stafford, Jason Stafford, RL Murray, Dan Miller, Steve Rogers, through their efforts of setting up and tearing down these meets are possible. Thanks to the judges, Terry Stafford, Tom Kristoff, Jim Crowley and Steve Rogers. Thank you to the spotters and loaders Rich Molisani, Mark Howell and Jason Stafford. I can't say enough about these guys. They have the most difficult job. Thank you to Cody Bartlett and Steve Sciarabba for running the head table. Thank you Buzzy Black for doing the boards and my niece Michelle Milella for selling the T-shirts. (Thanks to NYS Chairman Steve Rogers for providing these results).



Application for Registration

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Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
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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	IIF Cat 1 Cat 2 Nat State	Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date
Y N	Y N	/ /</		

1st 4-Star BP/DL Classic
14 Jul 01 - Williamsport, MD

BENCH	220 lb.			
WOMEN	M. Tabler	341		
Spec. Olympian	MEN			
148 lb.	Open Amateur			
D. Handy	198 lb.	143		
MALE	J. Zerke	-		
Teen Amateur	Open Pro			
148 lb.	242 lb.			
D. Clopton	J. Hepner	242	462	
MEN	BP	DL	TOT	
Spec. Olympian				
198 lb.				
C. White	187	451	639	
242 lb.				
J. Wood	220	451	672	
Junior Amateur				
181 lb.				
L. Thomas	286	507	793	
Open Amateur				
242 lb.				
J. Marvel	374	523	898	
Masters				
(40-44)				
Amateur 220 lb.				
G. Ford	231	407	639	



Lifters and event staff at "The 4-Star Athletic Complex Bench Press and Deadlift Classic" pose for a photo. (Photograph by Michelle Grimes).

4-STAR ATHLETIC COMPLEX BENCH PRESS AND DEADLIFT CLASSIC. The First Annual 4-Star Athletic Complex Bench Press and Deadlift Classic was held at the 4-Star Athletic Complex. The meet was sanctioned by the Y.E.S. Inc. Powerlifting Association (YESPA). In the bench only division the biggest bench of the day belonged to Jaimie Hepner, who benched 462 lbs. and he took 501 lbs. for a ride before it stalled short of lockout. Special Olympian Dawn Handy was the only female lifter, but was not to be out done by the guys. She went 3 for 3, and finished the day with a 143 lb. bench. Brandon Tabler, who is only 16 years old, was a horse on the bench. He went 3 for 3 and finished the day with a 341 lb. bench press. Jimmy Marvel had a monster day in the bench and deadlift division. He went 6 for 6 and had the biggest total of the day at 898 lbs. Special Olympian Jeff Wood had a strong 5 for

6 day and totaled 672 lbs. Many thanks to Judges Buck Carmack, Cliff Richardson, and the Mighty J.R. Hunt. Thank you to spotters and loaders, Josh Reid and Anthony Robinson. Thank you to the YESPA event staff: Kay Mauzy, Julius Blattner, Jen Wilson, Adam Ramses, and Fred Vanderveen. A special thank you goes out to Justin Kelbaugh and Nica Stich of 4-Star Athletic Complex. Anyone interested in joining the YESPA should call 410-742-9201 or e-mail yes@ezy.net. Visit our web site at www.ezy.net/~yes for upcoming events. (Thanks to Trend Dashiell, YESPA Program Director, for providing these meet results).

NASA Kansas State PL/BP/PS
12 May 01 - (kg)

PwrSports BENCH	187 lb. Int.				
205 lb. HS	T. Stuart	140			
D. Randall 227 lb.	205 lb.				
M. Waswo 187 lb.	T. Lyon	155			
R. Sharp 280 lb. Int.	170 lb. Jr.	105	132.5		
S. Trohman 227 lb. MP	R. Jensen	102.5	N. Scott	137.5	
R. Kempf 154 lb. Teen	M2	192.5	G. Maloney	192.5	
L. Johnson CURL	170 lb. MPure	85	D. Mounkes	137.5	
170 lb. HS	315 lb.	187 lb. Nat.	205 lb.	215	
B. Sunday 205 lb.	N. Scoff	137.5	B. Burtzloff	215	
D. Randall 187 lb. Jr.	R. Ortiz	132.5	187 lb. Nat.	137.5	
N. Scott 62.5	T. Law	60	N. Scoff	137.5	
Nat.	B. Hubert	62.5	138 lb. Pure	137.5	
N. Scott 62.5	M. Ewoldsen	62.5	154 lb.	155	
Nov	N. Russell	62.5	138 lb. Pure	157.5	
N. Scott 62.5	P. Mounkes	62.5	227 lb.	137.5	
Pure	G. Johnson	62.5	B. Whitt	137.5	
N. Scott 170 lb. Teen	119 lb. SM1	57.5	187 lb.	222.5	
A. Nelson 187 lb.	M. Maupin	57.5	N. Scott	222.5	
N. Scott 62.5	187 lb.	62.5	A. Myers	205	
280 lb. Int.	E. Williams	62.5	138 lb. SM2	167.5	
S. Trohman Pwrlifting	280 lb.	62.5	T. Williams	332.5	
BENCH	315 lb.	62.5	187 lb.	332.5	
PwrSports CR	205 lb. SM2	62.5	A. Myers	137.5	
205 lb. HS	B. Carey	52.5	205 lb. SM2	250	
J. Chandler	S. Stout	102	170 lb. Teen	217.5	
J. Garton	A. Nelson	102	170 lb. Int.	160	
227 lb. HS	SHW WHS	102	187 lb. Nat.	115	
M. Waswo	J. Komeman	57.5	138 lb. WJR	110	
R. Sharp	138 lb. WJR	47.5	L. Williamson	110	
187 lb. Pure	187 lb. WM4	52.5	187 lb. WJR	110	
J. Vogt	J. Stevenson	52.5	170 lb. WM4	60	
280 lb. MPure	170 lb. WMPure	55	R. Stevenson	92.5	
R. Newton	92.5	55	205 lb. Nov.	47.5	
205 lb. Nov.	C. Claussen	60		100	
		60		240	

One KILOGRAM equals 2.2046 Pounds

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

138 lb. Pure	50	110	162.5	322.5	
K. Ewoldsen 187 lb.	65	120	160	345	
M. Bruders 154 lb. SM2	57.5	107.5	160	325	
B. Anderson 187 lb.	65	120	160	345	
M. Bruders 138 lb. WSM2	30	47.5	102.5	180	
L. Anderson Pwrlifting	SQ	BP	DL	TOT	
154 lb. HS	70	40	87.5	197.5	
C. Farney 170 lb.	215	135	215	565	
B. Sunday 145	86	167.5	397.5		
J. Nealis 205 lb.	167.5	407.5	202.5	477.5	
J. Chandler 185	102.5	185	472.5		
J. Garton 227 lb. Int.	202.5	170	240	612.5	
P. Thomas 280 lb.	290	182.5	237.5	710	
J. Hodgson M. Graham	227.5	165	307.5	700	
154 lb. Jr.	162.5	102.5	140	405	
R. Davis 227 lb. M1	182.5	125	220	527.5	
C. Camarena SHW	340	210	255	805	
M. Mitchell 205 lb. M4	120	95	157.5	372.5	
E. Steventon 170 lb. MPure	205	137.5	197.5	540	
D. Mounkes 227 lb.	300	200	260	760	
P. Mounkes M. Steventon	240	140	212.5	592.5	
280 lb.	182.5	110	192.5	495	
R. Newton 315 lb.	272.5	222.5	305	800	
B. Burtzloff 205 lb. Nat.	250	175	260	685	
B. Carey 250	162.5	210	622.5		
C. Bell 119 lb. Nov.	142.5	77.5	142.5	362.5	
M. Maupin 170 lb.	205	162.5	217.5	685	
W. Stutesman 172.5	117.5	192.5	482.5		
B. Feight 205 lb.	240	145	227.5	612.5	
J. Dassel 185	125	162.5	472.5		
R. Ortiz 205	115	222.5	542.5		
T. Law 192.5	130	177.5	600		
B. Hubert 255	130	247.5	632.5		
M. Ewoldsen 227 lb.	300	200	260	760	
N. Russell P. Mounkes	205	127.5	220	552.5	
172.5	115	192.5	480		
172.5	115	192.5	480		
300	200	260	760		
205	127.5	220	552.5		
142.5	77.5	142.5	362.5		
215	125	216	655		
332.5	222.5	320	875		
322.5	220	320	862.5		
250	175	260	685		
217.5	155	240	612.5		
160	115	205	400		
110	72.5	112.5	295		
110	65	127.5	292.5		
60	40	90	190		
92.5	47.5	100	240		
(Thanks to Mike Adelman for meet results).					

WNPF Pan-American

28-29 Apr 01 - W. Palm Beach, FL

BENCH	185*	125*	235*	545*	
132 lb.					
Pol/Fire/Milt					
Sainato	235*	(70-79) Raw			
165 lb.	245	Romero			
Pol/Fire/Milt					
Chazal	335	Open Raw			
181 lb.	475	Jahn			
Pol/Fire/Milt					
Cohn	280	Jahn			
198 lb. (20-23)	400	Open			
Frizzelle!	470	Ferguson			
(40-49) RAW					
Lopez	325*	Ferguson			
Pol/Fire/Milt					
Shakarian	285	165 lb. Open			
220 lb. Open	575	Wright			
Calloway	420	220 lb. Open			
(33-39)	540	Massrock			
Calloway	420	(33-39)			
Morzella	345	Schmidt			
Open Raw					
Brown	430	Massrock			
(50-59) Raw					
Walker	385	Martin			
(60-69) Raw					
Kluft	300*	Pol/Fire/Milt			
242 lb. Open	600	Martin			
Martini!	500	SHW Open			
Donahue	435	Fromberg!			
Pol/Fire/Milt					
Donahue	435	181 lb.			
McBride	285	Pol/Fire/Milt			
(50-59)					
McBride	285	242 lb. Open			
Raw	405*	Donahue			
Gathwright					
WOMEN					
105 lb. Open					
Goodman	230	170*	305	705	
(40-49)					
Goodman	230*	170*	305*	705*	
114 lb.					
(14-16)					
Suarez	165*	75*	210*	450*	
123 lb. (17-19)					
Ragsdale	90*	70*	160*	320*	
132 lb. (40-49)					

198 lb. (17-19)	305	290	370	965	
Mendoza	325	215	340	880	
Guisto					
Open I					
Edwards	510	360	540	1410	
(33-39)					
Brown	275	275	430	980	
(40-49)					
Jackson	400	300	450	1150	
Pol/Fire/Milt					
Cooper	460	330	510	1300	
220 lb. (14-16)					
Desiderio	285	180	330	795	
(17-19)					
Hopper	655*	405*	585*	1645	
Open					
Mosley	585	420	600	1605	
Klayhold	650	400	550	1600	
Weippert	555	390	580	1525	
White	550	395	575	1520	
Schmidt	525	370	545	1440	
(33-39)					
Weippert	555	390	580	1525	
Schmidt	525	370	545	1440	
Open Raw					
Rivers	450	360	525	1335	
Garcia	430	320	440	1190	
Pol/Fire/Milt Raw					
Rivers	450	360	525	1335	
242 lb. (14-16)					
McClelland	365	210	400	975	
Open					
Donahue	475	435	520	1430	
(50-59) Raw					
Cusibian	385	250	480	1115	
275 lb. (17-19)					
Harris	500	365	500	1365	
Open					
Edinger	640	375	605	1620	
(33-39)					
Edinger	640	375	605	1620	
Pol/Fire/Milt Raw					
Silverbloom	525	315	525	1365	
(40-49) Raw					
Silverbloom	525	315	525*	1365*	
SHW Open Raw					
Fromberg	550	340	680*	1570	
(33-39) Raw					
Dixon	550	450	530	1530	
242 lb.					
*WNPF American Record. 1=Best Lifter. Team Champions: Santaluces High School Powerlift-					

ing. Thanks to Dwayne Kouf for bringing his high school team to this event and thanks to the West Point Military Academy for sending down a team. We had just over 80 lifters at this meet and it was a great contest. We will be back next year with the intentions of drawing over 100 lifters in 2002. Thanks to the WNPF staff for putting on a great show. (Thanks to the WNPF for providing the results of this meet).

Travis AFB BP/DL
9 Dec 00 - Travis AFB, CA

WOMEN	BP	DL	TOT	
105 lb.				
M. Zierold	95	225	320	
132 lb.				
D. Zunica	95	225	320	
148 lb.				
S. Wilber	145	275	420	
MEN				
148 lb.				
J. Allen	275	375	645	
D. Eyster	225	300	525	
K. Eads	230	275	505	
165 lb.				
T. Cordes	365	415	785	
181 lb.				
M. Trudell	370	480	850	
C. Wheeler				

250 lb.	P. Jackson	305	187.5	310	802.5	
S. Hill	290	192.5	310	792.5		
M. Whiting	282.5	200	300	762.8		
D. Tuley	310	205	260	775		
280 lb.	S. Fanning	377.5	247.5	282.5	907.5	
T. Dunlap	305	210	270	790		
315 lb.	M. Adelmann	370	235	330	935	
187 lb. SM1	L. Carroll	250	145	240	635	
P. Roberts	85	122.5	210	517.5		
205 lb.	G. Titus	290	195	275	760	
G. Titus	227 lb.	M. Romero	300	215	260	775
J. Warring	207.5	170	220	597.5		
250 lb.	D. Tuley	310	205	260	775	
D. Robbins	207.5	127.5	212.5	547.5		
280 lb.	T. Williams	310	227.5	310	847.5	
T. Dunlap	307.5	177.5	305	790		
C. Cookson	290	180	260	730		
315 lb.	R. Denson	272.5	205	330	397.5	
187 lb. SM2	G. Green	255	170	250	675	
B. Broussard	260	152.5	245	657.5		
205 lb.	S. Beccue	245	165	257.5	667.5	
227 lb.	R. Henderson	287.5	202.5	322.5	812.5	
S. Richardson	272.5	167.5	272.5	712.5		
250 lb.	P. Jackson	305	187.5	310	802.5	
R. McKinzie	257.5	170	232.5	660		
280 lb.	R. Mayes	265	197.5	265	727.5	
B. Blake	262.5	177.5	265	705		
119 lb. Teen	M. Gil	95	50	115	260	
138 lb.	S. Seymour	152.5	105	182.5	440	
154 lb.	T. Peters	105	75	150	330	
WOMEN	127 lb. HS	A. Smith	72.5	40	97.5	210
Int	B. Maxwell	85	50	120	255	
187 lb.	S. Fletcher	160	92.5	182.5	435	
Jill Corder	150	77.5	170	397.5		
110 lb. Jr	O. Markham	85	40	90	215	
138 lb. Jr	S. Woomeer	90	47.5	120	257.5	
shw	T. Shepard	195	95	165	455	
138 lb. M1	M. Hetzel	155	80	150	385	
154 lb.	D. Gil	107.5	57.5	160	325	
M2	K. Lamb	90	47.5	100	237.5	
138 lb. N	M. Sheffler	165	86	161	412	
154 lb.	D. Manno	425	57.5	110	292.5	

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 squat 'Face Me', Tribroxin, 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.

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C. Jones	341	347	429	1117	
(55-59)	W. Kindred	473	308	573	1354
(60-64)	P. Wilson	451	347	424	1222
(75-79)	R. Monahan	187	143	319	649
220 lb. (35-39)	P. McNeil	584	396	1507	1487
(40-44)	J. Durso	622	418	622	1662
(45-49)	R. Edmund	479	336	551	1366
(50-54)	B. Arrendondo	512	374	479	1365
(50-54)	B. Evans	490	336	462	1288

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s. Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW. Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s. Aug/97... Power of Color, How to BP 500, Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s. Sep/97... USAPL/USPF/AAF 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 Revo-

ED COAN

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McNeil - Submaster Men, Robert Cortes - Master light, & Willie Kindred - Heavy. The USPF Submaster and Master Nationals in Las Vegas was a fine exhibition of strength and power. We appreciate all those lifters that were able to come out and lift during the Mother's Day weekend. Even though the numbers were down, the lifting was spectacular. There were two American Records set in two different weight classes and age groups. First off, Robert Cortes broke all the American records in the 148 lb. class 70-74 age group while Bill Johnson broke the American squat record in 198 lb. class 50-54 age group. Congratulations to both of these gentlemen. Especially significant is the fact that Robert Cortes just competed a week earlier at the USAPL Master Nationals in Texas and took first in his weight class there. Robert brought many of his family members to Vegas to cheer him on and support him. He has had many great years of lifting and still has many

more. Robert Cortes set his first state record in the early 80's while in the 45-49 age group. He has American and state records in 45-49, 54-54, 55-59, 60-64, 65-69, and now 70-74. All records have been set in the 148 lb. weight class. That is incredible to be able to set that many records and be able to stay in the same weight class for over 20 years of competitive lifting. Congratulations to Robert for being a true die hard champion. Bill Johnson was our other American record breaker in the 198 class, 50-54 age group. Bill successfully squatted 633 lbs. breaking the old squat record of J.B. Adams who set the record at 628 lbs. in the squat back on May 14, 1988. Congratulations to Bill Johnson for his fine efforts in breaking this 13 year record. Since I am the California state chairman, I am also recognizing those lifters who broke state records. If there are other state records from outside California that were broken, please get a hold of your

181	G. Kalk	147.5	85	175	405
UNL	C. Reynolds	172.5	102.5	167.5	442.5
MEN	Teen 14-15	114			
J. Meyer	132.5	67.5	145	345	
148	J. Norwood	140	100	140	380
165	J. Huczko	115			
A. James	140	90	177.5	407.5	
181	B. Kaech	127.5	82.5	170	380
198	J. Eberenz	160	102.5	170	432.5
220	R. Ramirez	127.5	117.5	142.5	387.5
C. Rallis	182.5	110	215	507.5	
Teen 16-17	114				
N. Trzaskas	115	67.5	132.5	315	
132	W. Spalding	135	85	167.5	387.5
148	M. Escalana	102.5	80	137.5	320
G. Dedas	152.5	95	177.5	425	
M. Thompson	122.5	85	145	352.5	
165	K. Ramser	142.5	112.5	175	430
198	B. Ziebarth	192.5	125	202.5	520
UNL	C. Bischoff	237.5	142.5	185	565
Teen 18-19	132				
S. Weppler	110	90	170	370	
148	A. Maldonado	110	72.5	150	332.5
J. Chapman	165				
M. Wohlgamuth	172.5	112.5	217.5	485	
181	C. Madras	207.5	122.5	195	525
198	W. Lital	240	142.5	255	637.5
S. Davies	212.5	145	237.5	595	
UNL	T. Nelson	250	135	205	590
Junior	148				
M. Vega	198				
M. Robertson	172.5	112.5	217.5	502.5	
220	M. Bugbee	250	152.5	272.5	675
M. Kavanaugh	227.5	147.5	220	595	
Masters 40-49	123				
S. Meadows	155	112.5	203	470	
148	J. Daviera	181			
D. Wiley	267.5	155	250	672.5	
198	T. Olszta	237.5	142.5	240	620
J. Thompson	182.5	130	182.5	495	
M. Johnson	220				
220	J. Valpatic	237.5	145	237.5	620
242	A. Probyn	195	112.5	195	502.5
165	T. Sallee	275			
L. Vanbuskirk	140	100	165	405	

USAPL Viking Open (kg) 20 MAY 01 - Chicago, IL

WOMEN	SQ	BP	DL	TOT
105				
J. Gedney	115	57.5	120	292.5
148				
R. Welding	142.5	82.5	162.5	387.5
F. Gross	125	80	150	355
165				
L. Vanbuskirk	140	100	165	405

Apr/99 ... The ED COAN Book, Why Why?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s. May/99 ... LA Tech Program, 'Sir Guggulot', The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s. Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, 'Choking', TOP 100 SHWs. Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s. Aug/99 ... The Rubber Band Man, the 'Muscle town 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 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s. Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s. Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s. Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s. Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA

P. Diggins	240	145	247.5	632.5
UNL				
R. Keyes	272.5	185	287.5	745
Masters 50+				
181				
R. Gilbert	167.5	97.5	172.5	437.5
198				
E. Fink	282.5	92.5	265	640
275				
R. Sadowski	190	117.5	237.5	545
Open				
123				
S. Meadows	155	112.5	203	470
148				
M. Vega				
165				
L. Kirchner	227.5	190	220	637.5
P. Kubica	215	132.5	220	567.5
J. Cecil	185	115	202.5	502.5
C. Rzany	152.5	82.5	182.5	417.5
E. Nickson				
K. Dickson				
181				
R. Perine	247.5	180	257.5	685
D. Wiley	267.5	155	250	672.5
T. Crigger	237.5	157.5	252.5	647.5
T. Scagliarini	245	147.5	220	612.5
198				
M. Willett	292.5	187.5	317.5	797.5
J. Prusha	275	172.5	250	697.5
M. Placek	250	170	275	695
L. Welch	255	152.5	287.5	695
R. Horrihgs	272.5	160	255	687.5
R. Williams	255	145	255	655
E. Beshears				
220				
M. Reda	295	172.5	300	767.5
J. Ulvang	282.5	182.5	280	745
C. Crigger	272.5	172.5	285	730
M. Lawrence	282.5	177.5	267.5	727.5
K. Hazlett	242.5	175	220	637.5
D. Gonzalez	212.5	160	212.5	585
D. Babulak	190	162.5	207.5	560
242				
J. Leinfelder	300	210	295	805
B. Salscheider	317.5	182.5	300	800
R. Auxer	287.5	192.5	305	785
P. Andrich	282.5	177.5	285	745
A. Atef	62.5	162.5	65	290
275				
P. McGettigan	365	222.5	370	957.5
S. Lade	345	245	280	870
E. Lilliebridge	250	172.5	275	697.5
UNL				
L. Karabel	327.5	227.5	320	875
R. Keyes	272.5	185	287.5	745
D. Cotter	245	157.5	240	642.5
Best Squat: Pat McGettigan; Best Bench: Scott Lade; Best Deadlift: Pat McGettigan; Best Teen 14-15: Charles Rallis; Best Teen 16-17: Brett Ziebarth; Best Teen 18-19: Wayne Literal; Best Women: Judy Gedney, Ruth Welding, Lisa Vanbuskirk; Best Junior: Morgan Bugbee; Best Men: Pat McGettigan, Mike Willett, Scott Lade; Best Master 40-49: Dave Wiley; Best Master 50+: Ed Fink. (Thanks to USAPL for the results).				
USAPL Nation's Capital Cup PL/BP				
19-20 MAY 01 - Oakton, VA				
WOMEN	SQ	BP	DL	TOT
K. Ryman	210	270	270	590
114				

Open				
K. Muttart	190	105	235	530
40-44				
K. Muttart	190	105	235	530
132				
Open				
L. Lilienfeld	200	135	275	610
40-44				
L. Lilienfeld	200	135	275	610
165				
Open				
L. Sanders	300	175	380	855
R. Cohen	205	135	245	585
181				
60-64				
S. Ann Pack	265	205	300	770
114				
198+				
Teen				
B. Pendleton	295	135	300	730
Open				
S. Covington	290	175	315	780
M. Morris	300	155	315	770
MEN				
114				
Teen				
N. Barbee	105	105	165	375
148				
45-49				
J. Marchio	325	215	445	985
165				
Teen				
J. Brothers	340	225	365	930
Junior				
S. Scarantino	410	335	425	1170
Open				
T. Asselin	465	330	505	1300
S. Jaffe	400	340	380	1120
L. Johnson	380	240	480	1100
S. Snider	230	250	350	830
40-44				
T. Asselin	465	330	505	1300
55-59				
J. Freemont	270	265	260	795
181				
Teen				
R. Holmes	295	240	385	920
Open				
A. Ornoski	370	280	375	1025
D. Barbee	290	320	405	1015
40-44				
D. Barbee	290	320	405	1015
70-74				
E. McCulloch	145	145	145	435
198				
Open				
T. Shelton	500	385	620	1505
T. Henriques	495	360	625	1480
J. Young	450	330	510	1290
35-39				
B. Mears	455	340	500	1295
D. Silveus	475	270	400	1145
J. Downs	400	265	405	1070
40-44				
Lichtenberger	570	460	530	1560
54-58				
W. Brothers	400	245	375	1020
220				
Open				
H. Gerard	690	480	630	1800
C. Smith	600	340	625	1565
B. Dougherty	530	380	575	1485
40-44				
M. Boswell	425	300	440	1165
242				
Open				

G. Loretta	550	420	515	1485
D. Johnston	485	330	525	1340
D. Donahue	460	315	530	1305
40-44				
B. Calhoun	550	405	575	1530
G. Loretta	550	420	515	1485
55-59				
M. Nichols	395	270	500	1165
J. Payne	305	240	420	965
275				
Open				
J. Madden	660	420	550	1630
S. Brookshire	590	370	550	1510
BENCH				
40-44				
D. Barbee	320			
WOMEN				
Open				
J. Beasley	80	Open		
165				
J. Madden	120	S. Francese	405	
198+		M. Cumbee	365	
L. Fahringer	170	A. Stalman	315	
M. Morris	315	D. Brovero	315	
45-49				
A. Stalman	315			
L. Petropulos	310			
220				
40-44				
M. Boswell	300			
55-59				
B. Arnold	360			
S. Jaffe	340	275		
M. Harrington	290	Open		
L. Johnson	240	G. Bunch	400	
55-59				
G. Bunch	400			
C. Hyman	405			
Open				
J. Snider	250	M. Boswell	300	
J. bourque	250	55-59		
Submasters				
S. Jaffe	340	275		
M. Harrington	290	Open		
L. Johnson	240	G. Bunch	400	
55-59				
G. Bunch	400			
C. Hyman	405			
Open				

W. Griffin Jr.	65	147.5	190	402.5
154 lb. Pure				
J. Norris	57.5	95	195	347.5
205 lb. M1				
E. Coulu	60	-	-	-
Nov				
W. Griffin Jr.	65	147.5	190	402.5
154 lb. Pure				
J. Norris	57.5	95	195	347.5
205 lb. M1				
E. Coulu	60	-	-	-
Nov				
K. Taylor	70	145	220	435
250 lb.				
J. Maggart	77.5	190	240	507.5
227 lb. SM2				
B. Dickens	67.5	140	195	402.5
227 lb. SM2				
C. Smith	75	182.5	230	487.5
Int				
J. Stockard	240	142.5	247.5	630
R. Brown	262.5	192.5	290	420
250 lb.				
N. Peppers	290	197.5	287.5	775
S. Sells	260	170	245	675
SHW				
A. Ervin	262.5	155	240	657.5
138 lb.				
N. Dinh	132.5	95	202.5	430
227 lb. Jr				
B. Pendergrass	240	175	262.5	677.5
187 lb. M1				
T. Hylton	210	110	200	520
227 lb. M2				
B. Beerman	402.5	142.5	-	40
205 lb. M3				
R. Finch	190	120	190	500
154 lb. MP				
R. Fowler	172.5	77.5	192.5	442.5
170 lb.				
J. Garafola	202.5	130	215	547.5
154 lb. Nat				
S. Alford	232.5	137.5	225	595
B. Merz	137.5	82.5	175	395
Nov				
P. Prater	117.5	95	132.5	345
227 lb.				
R. Brown	262.5	192.5	290	420
250 lb.				
S. Sells	260	170	245	675
154 lb. Pure				
P. Prater	137.5	82.5	175	395
187 lb.				
T. Hylton	210	110	200	520
W. Foster	250	170	292.5	820
250 lb.				
J. Carter	337.5	190	292.5	820
N. Peppers	290	197.5	287.5	775
J. Maggart	240	205	240	685
154 lb.				
R. Merz	137.5	82.5	175	395
205 lb.				
B. Dickens	227.5	162.5	227.5	617.5
227 lb.				
C. Nelson	247.5	172.5	237.5	657.5
316 lb.				
J. Brandon	295	162.5	285	742.5
154 lb.				
S. Alford	232.5	137.5	225	595
227 lb.				
C. Smith	285	182.5	230	697.5
Teen				
C. Pelletier	250	182.5	262.5	695
(Thanks to Mike Adelman for these results).				

NASA TN State PL/BP/PS					
14 Apr 01 - (kg)					
BENCH					
187 lb. Jr					
K. Myers	185	S. Caviness	235	T. Moore	222.5
Nov		205 lb. SM1		227 lb. Int	150
K. Myers	185	B. Dickens	195	SM1	150
P		140		SM2	150
K. Myers	185	J. Moore	150	SM2	150
205 lb. SM1		140		SM2	150
B. Dickens	140	J. Dowlen	460	SM2	150
CURL		227 lb. M1		SM2	150
170 lb. P		E. Atkins	172.5	SM2	150
K. Taylor	70	154 lb. SM		SM2	150
154 lb. SM		42.5		SM2	150
B. Merz	42.5	E. Atkins	172.5	SM2	150
205 lb. SM1		154 lb. Nat		SM2	150
B. Dickens	67.5	B. Merz	82.5	SM2	150
Pure		Pure		SM2	150
G. Shackelford	222.5	J. Moore	150	SM2	150
227 lb. Int		SM1		SM2	150
S. Caviness	235	B. Merz	82.5	SM2	150
205 lb. Nat		205 lb.		SM2	150
G. Shackelford	222.5	B. Dickens	162.5	SM2	150
227 lb.		170 lb.		SM2	150
S. Caviness	235	S. Caviness	235	SM2	150
205 lb. P		C. Pagnani	90	SM2	150

Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic/WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s. Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s

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

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, Complex Training, How Brad Cillingham

**NASA VA State PL/BP/PS (kg)
10 Feb 01 - Charlottesville, VA**

PwrSports	G. Ferrell	182.5			
CURL	M1				
WOMEN	F. Sumner	127.5			
154 lb. Int.	M3				
K. James	30	D. Robbins, Sr	115		
MEN					
227 lb. M3		M. Delaney	172.5		
J. Gibson	127.5	205 lb. Pure			
170 lb. M5		R. Cash	190		
K. Samples	52.5	Nat.			
187 lb. M1		R. Cash	190		
F. Sumner	65	227 lb. PN			
280 lb. M1		K. Kenyon	225		
J. Sheets	72.5	Jr.			
DEADLIFT		K. Kenyon	225		
154 lb. Int.		Nat.			
K. James	115	D. Benson	180		
227 lb. M3		SM2			
J. Gibson	127.5	D. Benson	180		
BENCH		M1			
F. Sumner	127.5	S. Morris	192.5		
154 lb. M1		M3			
S. Zerbe	145	J. Gibson	110		
Pure		250 lb. PN			
L. Johnson	117.5	D. Pullen	177.5		
SM2		SM1			
L. Johnson	117.5	D. Pullen	177.5		
170 lb. Pure		Pure			
K. Samples	112.5	W. Mullins	192.5		
PN		M5			
K. Samples	112.5	W. Mullins	192.5		
M3		M2			
K. Samples	112.5	J. Alen	150		
M5		280 lb.			
K. Samples	112.5	Int.			
187 lb. SM2		M. Garland	170		
G. Ferrell	182.5	Pure			
Nat.		M. Garland	170		
PwrSports	CR	BP	DL	TOT	
170 lb. M1					
L. Zingg	37.5	57.5	120	215	
M6					
L. Zingg	37.5	57.5	120	215	
154 lb. Int.					
D. Cook	40	135	170	305	
SM2					
L. Johnson	45	117	220	382.5	
Pure					
L. Johnson	45	117.5	220	382.5	
187 lb. M1					
F. Sumner	127.5	192.5	447.5	340	
315 lb. M1					
T. Patterson	67.5	130	197.5	412.5	
M5					
T. Patterson	67.5	130	197.5	412.5	
Pwrlifting	SQ	BP	DL	TOT	
WOMEN					
119 lb. SM2					
C. Beasley	82.5	52.5	105	240	
127 lb. PN					
G. Manuel	95	45	122.5	262.5	
Int.					
G. Manuel	95	45	122.5	262.5	
138 lb. Teen					
K. Dean	127.5	75	125	327.5	
HSP					
K. Dean	127.5	75	125	327.5	
Nat.					
K. Dean	127.5	75	125	327.5	
MEN					
154 lb. Int.					
T. Thomas	167.5	110	180	457.5	
170 lb. PN					
R. Bernhard	195	165	182.5	542.5	
SM2					
R. Bernhard	195	165	182.5	542.5	
205 lb. Pure					
K. Spitzer	245	177.5	255	677.5	
M1					
K. Tabor	137.5	120	180	437.5	
D. Reid	117.5	115	137.5	370	
227 lb. Int.					
B. Rochefort	227.5	130	215	572.5	
LE					
B. Rochefort	130	357.5	215	572.5	
250 lb. Pure					
C. Swingler	250	182.5	250	682.5	
250 lb. LE					
C. Swingler	250	182.5	432.5	682.5	
M1					
M. Durrett	295	182.5	272.5	750	
M2					
J. Alen	235	150	210	595	
B. Gagne	147.5	120	147.5	415	
M5					
W. Mullins	300	192.5	290	782.5	
280 lb. M1					
J. Sheets	220	137.5	227.5	585	
LE					
T. Tsouroutis	295	202.5	275	772.5	



IN MEMORY ... "It is with much regret that I am informing the Powerlifting community of the untimely death of one of its great up and coming stars. Peter E. Lanzani, a 19 year old powerlifter on Big K's Powerlifting Team and a freshman at Kent State University in Cleveland, Ohio died very unexpectedly on February 4, 2001 of a brain aneurysm at home in his mothers arms. Peter was a multiple State and National Champion in both the NASA and USAPL. He is still the current USAPL Ohio Record Holder in the Deadlift for the High School Division. He was an outstanding football player, wrestler and powerlifter at Brecksville-Broadview Heights High School. He was the captain and the driving force behind the establishment of Big K's High School Powerlifting Team. And he was the co-founder of The Battle of The Great Lakes Powerlifting Tournament in Cleveland, Ohio. This years meet, The Battle of The Great Lakes IV, began with a moment of silence as the Lifters, Meet Officials and Fans paid their respect to a fallen lifter. In tribute to Peter, the best lifter award at our meet is now called, The Pete Lanzani Memorial Award. This year Six (6) Swords were awarded and next year we will award ten (10). Pete was many things to many people. He was a Beloved Son of John and Nikki Lanzani. He was a Loving Brother of Dean and Tony Lanzani. He was a Gifted Student, He was a Talented Athlete, And He was a Dear Friend. My Favorite movie of all Time is The Christmas Tradition "It's a Wonderful Life" Although it's nearly 55 years old, It's meaning still holds true to this day. In the movie we get to see how one man's life, George Bailey's, affected so many other lives. Many got to witness how Pete Lanzani's Life affected so many as nearly 500 poured into Reppeppi's Funeral Home and were at St. Basil's Church to pay their final respects to a dear friend. Yes, my friend, you had a wonderful life. Though very short, it touched so many other lives! I tell my athletes all the time it's not the 6 minutes in a wrestling match that matters. Its what you do in those 6 minutes that matters the most. Let us not lean on our own understanding, and say he only had 19 years. Understand it was God's Plan and let us focus on what Pete accomplished in those 19 years. Peter had a PASSION for life and he lived it to the fullest. Let us not remember how he died, BUT HOW HE LIVED! We Could All Learn A Lesson From Pete. Life is too short to be angry, to hold grudges or harbor hatred in our hearts. Life is too short to go a minute, a day, a week or a year without saying; I Love You To Someone Special. We need to love each other, as Pete loved us, and as God Intended. We've got to love each other like there's no tomorrow, Cause when you get down to it, no one is guaranteed a tomorrow. I got to witness many of times this LOVE Pete possessed. He would always give his father John and mother Nikki a kiss and hug and say I LOVE YOU. It wouldn't matter to him if they were in public or private. This is a rarity in today's youth. This is a rarity in today's adult. Yes, we could all learn a lesson from Pete. To live life to the fullest and to love one-another like there is no tomorrow. I'll Always Remember Peter's Smile, His Funny Laugh, His Warmth and Compassion, His Dedication, The Way he, C.J. and the Scalmato's Brothers ate me out of house and home, The Mohawk he gave me instead of a crew cut, How easy it was to con him to do yard work for food, All the great talks we had, Our daily lifting and powerlifting meets with his parents & the boys. BUT ... Most of all, I'LL ALWAYS REMEMBER MY FRIEND - PETE! - Keep The Weights Racked For Me ... We'll Have A Great Lift Again Soon!" Gary "Big K" Kanaga. (above, Pete Lanzani (2nd from left) next to Coach Kanaga with his Best Lifter Sword award from the 1998 Battle of the Great Lakes competition.)

R. Prince	245	195	262.5	702.5
K. James	232.5	145	277.5	655
SM2				
Y. James	232.5	145	277.5	655
315 lb. PN				
J. Weimer	297.5	207.5	235	740
SM2				
J. Weimer	297.5	207.5	235	740
154 lb. HSP				
J. Wingfield	112.5	142.5	340	749.5
Pure				
L. Johnson	165	117.5	220	502.5
SM2				
L. Johnson	165	117.5	220	502.5
170 lb. PN				
R. Crinfield	120	112.5	142.5	375
187 lb.				
J. Petrylak	160	115	207.5	482.5
SM2				
L. Delaney	232.5	147.5	252.5	632.5
M1				
F. Sumner	122.5	127.5	447.5	397.5
205 lb. HSP				
F. Beagle	122.5	110	155	387.5
R. Nicosia	242.5	165	265	672.5
Pure				
R. Nicosia	242.5	165	265	672.5
SM1				
R. Nicosia	242.5	165	265	672.5
119 lb. SM				
J. Hal80	220	145	235	600
227 lb.				
T. Benson	202.5	150	352.5	557.5
D. Benson	202.5	150	352.5	557.5
154 lb. Teen				
J. Wingfield	47.5	138 lb.		
DEADLIFT				
170 lb. M2				
R. Baker	137.5	M. Giese	160	
250 lb. PN		205 lb. Pure		
B. Johnson	205	J. Hal	207.5	
SQUAT				
250 lb. Int				
P. Molloy	170	C. Poore	200	
BENCH		C. Phillips	150	
127 lb. HSP		K. Burgess	222.5	
B. Bertram	85	SHW		
154 lb.		J. Orr	190	
J. Wingfield	92.5	227 lb. SM1		
170 lb.		R. Nicosia	170	
J. Burch	92.5	205 lb. SM2		
205 lb.		P. Piercy	147.5	
F. Beagle	112.5	227 lb.		
280 lb. HS		S. Sullivan	205	
J. Saunders	147.5	D. Guffey	-117.5	
316 lb. HSP		280 lb. SM2		
S. Casto	155	R. Richey	192.5	
SHW		127 lb. Teen		
J. Tolley	102.5	E. Davis	75	
205 lb. Int		SHW		
A. Carter	145	D. Nichols	170	
138 lb. Jr		170 lb. WPN		
J. Wins	107.5	D. Shirley	82.5	
PwrSports	CR	BP	DL	TOT
187 lb. Int				
P. Williams	105	165	102.5	267.5
227 lb.				
J. Greenwell	92.5	147.5	200	347.5
250 lb.				
P. Melby	95	150	200	350
154 lb. Jr				
J. Elam	125	180	167.5	347.5
227 lb. M1				
M. Williams	147.5	217.5	175	392.5
250 lb.				
J. Thomas	92.5	147.5	187.5	335
154 lb. M2				
G. Paff	32.5	55	92.5	147.5
170 lb.				
R. Baker	102.5	152.5	137.5	290
205 lb.				
J. Donnelly	157.5	217.5	230	447.5
250 lb. M5				
J. Thomas	92.5	147.5	187.5	335
154 lb. N				
J. Elam	125	180	167.5	347.5
227 lb. Pure				
M. Dickenson	145	207.5	227.5	435
280 lb.				
J. Klotz	182.5	267.5	257.5	525
Pwrlifting	SQ	BP	DL	TOT
WOMEN				
138 lb. M1				
R. Hack	155	80	167.5	402.5
154 lb. PN				
A. Ramos	80	60	112.5	252.5
170 lb.				
D. Shirley	137.5	82.5	155	375
SM2				
D. Shirley	82.5	220	155	375
187 lb. M2				
S. Hunter	162.5	82.5	197.5	442.5

**WNPF Upstate NY BP/DL Ironman
19 May 01 - Binghamton, NY**

BENCH	Raw	Tolmie	330
165 lb.	DEADLIFT		
Open Raw	105 lb.		
Legg	(50-59)		
Lifetime Raw	Bertoli	300*	
Legg	Open		
(40-49) Raw	Bertoli	300*	
Legg	165 lb.		
Police Raw	Open Raw		
Legg	Legg 350		
181 lb. OPEN	Lifetime Raw		
Foil	Legg	350	
Open Raw	Legg	(40-49) Raw	
Wahab	Legg	350	
198 lb. (40-49)	Legg		
Jackson	Police Raw		
(50-59) Raw	Legg 350		
Davis	181 lb.		
220 lb. (33-39)	LIFETIME		
Brown	Skinner	500	
Liberatore	(40-49)		
242 lb.	Skinner	500	
Police	Skinner	(50-59)	
Dibari	Jeffords	340	
Police	242 lb. (40-49)		
Dibari	Leblanc	635	
Dibari	275 lb.		
(40-49)	Open		
Leblanc	Tolmie	485	
275 lb. Open	BP	DL	TOT
Ironman			
165 lb. Police			
Engstrom	250	425	675
Police Raw			
Legg	225	350	575
Open Raw			
Legg	225	350	575
(40-49) Raw			
Legg	225	350	575
Lifetime Raw			
Legg	225	350	575
181 lb. (14-16) Raw			
Kristoff	150	315	465
Open Raw			
Wahab	365	425	790
198 lb. (20-23) Raw			
Loux	325	500*	825
220 lb. Open			
Kuhn	410	525	935
Police			
Neal	365	495	860
(33-39)			
Brown	425	550	975
242 lb. (40-49)			
Leblanc-BL	420	635	1055
420			
*-WNPF American Record. 1- Best Lifter			
(Thanks to the WNPF for these meet results).			

**NASA KY State PL/BP/PS
24 Mar 01 - Lexington, KY**

PwrSports	154 lb.	130			
BENCH	L. Meighan	250 lb.			
187 lb. HSP	100	R. Saunders	165		
T. Cummins	205 lb. M1				
205 lb. M1	160	P. Piercy	147.5		
T. Boyer	250 lb.				
B. Johnson	155	Hesselchwartz	150		
170 lb. M2		205 lb. M1			
R. Baker	102.5	T. Adams	182.5		
154 lb. M5		H. Cecil	142.5		
M. Evans	110	280 lb.			
205 lb.		K. Burgess	222.5		
T. Boyer	160	170 lb. M2			
250 lb.		R. Baker	102.5		
B. Johnson	155	250 lb.			
SM		M. Keeney	157.5		
J. Parks	185	315 lb. M3			
CURL		Hesselschwendi	170		
170 lb. HSP		127 lb.			
J. Burch					

NASA WV State - 4/28-29/01 (kg)	
PwrSports	E. Tackett 102.5
BENCH	B. Chapman 125
170 lb. Pure	205 lb. Teen
K. Moose	132.5 S. Sebok 437.5
M3	J. Nestor 127.5
K. Samples	47.5 SM2
CURL	D. Hypes 162.5
187 lb. Pure	SM1
B. Kimble	62.5 K. Ankeney 152.5
205 lb. M2	PN
B. Samples	55 B. Samples 145
Pure	W. Kirkendall 177.5
M. Parriski	75 Nat
DEADLIFT	D. Muenich 170
205 lb. Teen	M5
J. Nestor	192.5 B. Samples 145
BENCH	M2
227 lb.	B. Samples 145
J. Forren	160 M. McGonagle 112.5
119 lb. HSP	S. Milam 165
K. Eschbaugh	55 Int
Pure	D. Muenich 177.5
R. Sebok	47.5 227 lb.
127 lb. Teen	C. Underhill 195
G. Simms	60 Nat
Jr	R. Nicosia 172.5
S. Caldwell	87.5 SM1
138 lb. Teen	S. Criser 180
J. Guthrie	65 Teen
154 lb.	F. Beegle 112.5
J. Wingfield	102.5 SM1
SM1	L. Boyer 157.5
E. Walsh	150 PN
Jr	S. Proctor 150
J. Mullins	112.5 SM2
Int	R. Perkins 172.5
R. Crichfield	92.5 250 lb. SM1
HSP	J. Jeffries 187.5
J. Wingfield	102.5 M1
170 lb. PN	N. Caruthers 160
K. Samples	112.5 Jr
M5	R. Saunders 162.5
K. Samples	112.5 280 lb. HSP
M3	C. Heimerl 142.5
K. Samples	112.5 J. Saunders 140
LE	315 lb. Int
W. Fredrick	127.5 A. Shields 265
170 lb. Jr	Teen
J. McGill	85 J. Ice 142.5
Int	HSP
J. Mite	160 S. Casto 160
187 lb. SM1	SHW
C. McIntyre	192.5 M2
PN	E. Nicholson 165
B. Kimble	145 Int
C. McIntyre	192.5 J. Orr 165
Jr	Jr
C. Miller	95 J. Tolley 100
HSP	D. Nichols 170
Pwrlifting	SQ BP DL TOT
127 lb. HSP	
R. Dickerson	50 30 77.5 157.5
138 lb. M2	
C. Carte	67.5 55 92.5 215
154 lb. PN	
B. Hackworth	82.5 37.5 120 240
HSP	
A. Whited	95 47.5 115 257.5
119 lb.	
T. Goins	100 75 115 290
127 lb. Teen	
G. Simms	77.5 67.5 120 265
HSP	
J. Bradenski	95 67.5 140 320.5
Teen	
J. Bradenski	95 67.5 140 302.5
127 lb. Jr	
J. Bradenski	95 67.5 140 302.5
HSP	
C. Gillispie	67.5 65 120 252.5
138 lb. Nat	
T. Vickers	157.5 157.5 152.5 467.5
Teen	
C. Smith	120 100 142.5 362.5
HSP	
J. Brooks	65 62.5 110 237.5
154 lb.	
A. Helms	157.5 95 162.5 415
J. Wyant	122.5 107.5 152.5 382.5
Int	
R. Crichfield	105 92.5 125 322.5
Jr	
J. Mullins	110 112.5 142.5 365
Teen	
J. Vaught	155 102.5 175 432.5
170 lb. HSP	
W. King	92.5 77.5 137.5 307.5
M2	
B. Richardson	110 92.5 150 352.5
E. Tackett	120 102.5 165 387.5
187 lb.	
R. Turpin	167.5 87.5 205 460

POWER PEOPLE



Rodney "Gator" Cleveland is 6'1" and 318 lbs. and has done a seated shoulder press with 475 lbs.. According to Dr. Darrell Latch, who supplied this photo, "Rodney, who is a Christian and a very humble man, has had to overcome many obstacles in his life and his hoping to encourage others to do the same through his lifting and example."

A. Gandon	145	107.5	175	427.5
N. Haynes	162.5	107.5	185	455
C. Miller	132.5	95	155	382.5
187 lb. LE				
J. Carpenter	195	145	200	540
R. Wright	210	132.5	235	577.5
M2				
R. Simpson	172.5	140	200	512.5
PN				
B. Kimble	167.5	145	207.5	105
SM1				
R. Wright	210	132.5	235	577.5
SM2				
J. Carpenter	195	145	200	540
Teen				
J. Woofter	82.5	67.5	120	270
C. McKenzie	227.5	135	235	597.5
205 lb. Int				
T. Parson	205	-	205	410
M1				
M. Soter	155	142.5	137.5	435
M2				
M. McGonagle	200	117.5	177.5	495
M5				
M. McGonagle	200	117.5	177.5	495
B. Gabbert	177.5	140	192.5	510
227 lb. PN				
R. Nicosia	240	172.5	260	672.5
Nat				
R. Nicosia	240	172.5	260	672.5
SM1				
R. Nicosia	240	172.5	260	672.5
PN				
S. Criser	272.5	180	272.5	725
Teen				
F. Beegle	115	112.5	155	382.5
Pure				
M. Parriski	185	200	65	450
HSP				
C. Mullins	212.5	125	227.5	565
Pure				
J. Adkins	250	205	242.5	697.5
250 lb. SM1				
J. French	227.5	167.5	245	640
J. Voekel	192.5	150	225	567.5
SM2				
K. Bardos	215	180	252.5	647.5

Nat	W. McComas	307.5		307.5	
Teen	J. Canterbury	170	100	170	440
HSP	R. Ernest	185	132.5	192.5	510
	E. McComas	195	105	212.5	512.5
Nat	M. Highfield	230	150	232.5	612.5
M5	M. Highfield	230	150	232.5	612.5
M1	C. French	265	152.5	265	662.5
280 lb. HSP	C. Matthews	182.5	125	205	512.5
SM2	M. Macklin	247.5	130	227.5	605
Jr	K. Ice	247.5	165	267.5	680
Nat	K. Ice	247.5	165	267.5	680
Jr	K. Ice	247.5	165	267.5	680
Nat	J. Sheets	262.5	185	292.5	740
315 lb. M5	M. Patterson	220	125	220	565
Teen	S. Casto	220	160	200	580
Int	A. Shields	272.5	265	260	797.5
Teen	J. Ice	217.5	142.5	205	565
Jr	J. Ice	217.5	142.5	205	565
SHW HSP	G. Davis	100	105	132.5	337.5
Int	J. Orr	292.5	195	292.5	780
PN	J. Orr	292.5	195	292.5	780
HSP	J. Tolley	152.5	100	150	402.5
M2	L. Smith	232.5	137.5	170	540
SHW M5	L. Smith	232.5	137.5	170	540
Teen	D. Nichols	170			
CR	BP	DL	TOT		
119 lb. SM					
S. Bowling	35	55	115	205	
138 lb. M2					
B. Parker	40	90	140	270	
M5					
B. Parker	40	80	140	260	
PwrSports	CR/SQBP	DL	TOT		
187 lb. Pure					
B. Kimble	167.5	142.5	207.5	165	
M3					
S. Pack	30	82.5	125	237.5	
PN					
M. Morrison	60	155	202.5	417.5	

Pure	H. Dales	55	130	142.5	327.5
SM1	G. Nichols	57.5	127.5	167.5	352.5

(Thanks to Mike Adelman for these results.)

Iowa Open Summer Blast

3 Jul 01 - Oskaloosa, IA

WOMEN	Master-1				
148 lbs.	Swank, J.				350
Hance, A.	130	Townsell, G.			300
Master-3					
Teen	Dewey, D.				190
280 lb. Novice					
165 lbs.	Mallonee, M.				365
Millage, B.	290	Dobbins, D.			335
Teen 198 lbs.					
Walker, J.	280	Hauschildt, S.			415
Hurlbut, B.	225	Weikert, T.			380
Hendricks, B.	205	Master-2			
Open 148 lbs.		Sergio, F.			295
Cawley C.	290	242 lbs. Open			
Dacey L.	140	Bonjour, R.			420
Submaster		Perez, J.			290
Whitt B.	370	Submaster			
Tremmel, D.	305	Anderson, J.			475
Master-1		Bickel, R.			450
Cawley, C.	290	Woodsmall, K.			420
Novice		Matthews, J.			410
Towsley, J.	265	Master-1			
Submaster		Cozine, C.			425
Ruse, D.	280	Bonjour, R.			420
Master-1		Bombe, R.			350
Petersen, D.	345	Master-2			
Novice 198 lbs.		George, R.			340
Stein, E.	335	Master-1			
198 lbs.		White, F.			420
Prati, T.	295	275 lbs.			
Open		Master-2			
Fisher, R.	335	Marley, H.			295
Key, W.	300	Novice Hwt.			
submaster		Storey, R.			375
Hilsenbeck, K.	380	Submaster			
McCanna, K.	370	Storey, R.			375

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At the APA High School Pearl Harbor meet (l-r): Dukens Laguerre (Petty Officer - United States Navy), Mynor Garcia (Best Lifter award - poster of the Arizona Memorial), Osvaldo Rosado (Petty Officer - United States Navy). (Photograph provided courtesy of Joe Steele to PL USA).

**APA HS Pearl Harbor Memorial
7 Dec 00 - New Haven, CT**

BENCH	123 lb.	80	75	100	90	225	200	195	190	100	100	100	100	
Patterson-123	T. Conte-120	J. Cotton-132	J. Toney-130	M. Garcia-148	M. Veishma-140	Brain, Meet Director	Judge: Joseph Steele	Sponsor: United States Navy	Meet Report: The 3rd Annual APA (H.S.) Pearl Harbor Memorial Bench Press Championships	went very well with 15 lifters taking part. The contest was held in connection with the anniversary of the Japanese Attack on Pearl Harbor December 7, 1941. United States Navy Petty Officer Osvaldo Rosado, gave a lecture to all the lifters on the attack on Pearl Harbor. The Navy representative gave a poster of the Arizona Memorial as the Best Lifter Award. In the Men's Division, Mynor Garcia was Best Lifter and won the 148 lb. class with a 225 lb. lift. (Thanks to Joe Steele for these meet results).				

W. Hamsher	192.5	142.5	227.5	562.5	A. McNier	120	67.5	137.5	325
K. Hall	200	155	255	610	L. Lowery	105	62.5	105	272.5
S. Sharp	180	120	182.5	482.5	M. Lickliter	100	57.5	127.5	285

M. McGonagle	210	110	185	505	L. Lowery	1050	62.5	105	272.5	(Thanks to Mike Adelmann for these results).
L. Smith	215	125	172.5	512.5	Canadian Drug Free Nationals 5 May 01 - Taber, Alberta					
R. Dodson	165	70	170	405	BENCH	M2				

**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	Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927
Social Security Number	Registration Fee: \$20 High School Athlete: \$10		
Parents Initial if Under 18 yrs.	I Certify that the above answers are correct X		

where were some very good lifting witnessed at this competition with many world and Canadian records being broken. The judging was very strict but fair and the spotting was second to none. All lifters at this competition qualified to compete at the single lift world championships to be held in Taber on August 24, 25, and 26. It was great to see lifters from all across the country make the trip and compete at this years nationals. (The results by Randy Sparks).

**SLP Ft. Hamilton Days BP/DL
7 Jul 01 - Hamilton, OH**

BENCH	97 lb.	105*	110*	110*	110*	110*	110*	110*	110*	110*	
W. Smallwood	P. Wilder	Police/Fire	4th	C. Anderson	405*	M. Ferguson	405*	R. Jones	310	D. Capps	325*
J. Wood	M. Ferguson	205*	B. Smallwood	325	R. Jones	310	D. Capps	325*	C. Anderson	405*	

in the 16-17 age division we began with the 132 winner Bryan Kline. Bryan only got in his opener of 140, missing 150 twice. Chad Warvel took the 148 class with 255 over Shawn Donohue (245) and Steven Schwab (225), setting a new Ohio state record there. Mike Rossi set the record at 220 with his 285 third attempt while Anthony Lovins did the same at 275 with a strong 335 final attempt. Jason Cain took the 18-19/165 class with a new state record 260 and Brian Bradford won at 18-19/220 finishing with a record 345, getting just his opening attempt in. In the junior division it was Jay Zurlinden taking the 148 class with a strong 275 state record, just missing his final attempt with 290. Richard Smith, Jr. pressed a great state record at 181, getting 350 on his third attempt and 370 for his fourth. Ritchie McKenzie was second at 181 with a personal best 315 third attempt. It was Jon Brown at 198 with an easy opener of 405, though he missed his next two attempts with 425. Next up was Josh Dorans with a pr 375, taking the junior 220 class with another Ohio state record. Then at 275 was winner Tony German, who finished with 405, still another state record. In the submaster men's division we had a real battle at 181 between Tracy Conner and Steve Watts. This time Steve had to settle with 405 and second place after missing his third attempt with 415. Tracy went on to make his third with that same 415, following that with a successful fourth attempt of 425. This not only gave Tracy the title but also a new pr, a state record and best lifter honors for the meet. At 198 it was Mark Wilder with a 380 state record, just missing a pr fourth with 405. Barry Smallwood took the title at 220, finishing with a new state record there of 385. This was Barry's first competition. Harold Mobley, Jr got a big 455 on his third attempt, after missing that weight for his second, for the record and title at 275. In the master men's 40-44/242 class it was Bob Conley, setting the state record there with 235. Tom Boyer won at 220 in the master 45-49 division, finishing with a personal best 400! Mike Giese was also at 45-49, taking the 308 class with a state record 370. At 50-54 it was Bob Bean at 198 and Mike Ferguson at 242 for the wins, both setting new state records. Bob finished with a new pr of 390, just missing his first 400, while Mike only got his opener in of 405. Mike brought several people with him and we all know how hard it is to help several people and compete also. I'm sure they all appreciated your help Mike. I know I do. Mike also went on to capture the title at police & fire 405, setting yet another state record. Ken Howell won at 55-59/165, setting the record there with an easy 240 personal best while Big Dick Ledford won at 275 with another record of 430. Wayne Smallwood, our host, had his



Meet Director Wayne Smallwood with his 2001 NASA master/submaster national championship awards. (Photo: Dr. Darrell Latch).

greatest day of lifting to date, getting his first 400 bench! Wayne set the record on his final attempt of the day, taking the 60-64/198 class. Paul Wilder, another great master lifter, was second at 60-64/198 with two new pr's, a third attempt with 330, followed with a successful fourth with 335. Also at police & fire along with Mike Ferguson was Chris Anderson, who only got one lift in at 198 with 405. This was a new Ohio state record for Chris, as was his win in the open 198 class. In the open division Robert Impke was the winner, finishing with a new state record 345. Brian Smallwood was second with 325, followed by Ryan Jones at 310. Dan Capps set the record at 181 finishing with 325 on the day. We had our biggest class at 220 with five great lifters. Taking the title and state record was Mike Young who finished with 480. Mike even came close with a personal best 500 on his final attempt. Derek Barnickel was second with 450, also coming close on his final attempt with a personal best 480. Third place went to Christopher Smith, who got a big 440 @ 215. David Eckerfield was fourth at 320 followed by Jeff Wyatt at that same weight, coming in two pounds heavier than David. Jeff went on to make 350 on his fourth attempt. Bobby Burdine, aka "The Waterboy", did well in his first competition, finishing with 390 and the win at 242. Bobbie didn't tackle anyone but he did set the record there. Randy Rhoades came in looking for a big 600 but failed, injuring his hand on his opening attempt. We all wish the best for Randy and hope to see him back in competition soon. At 308 it was Shawn Brooks with a new state record in his win over Blaine Hodson 500 to 445. Shawn came close with 530 on his last two attempts. Best lifter for the heavier classes was Mike Young who finished with 480 @ 216. In the deadlift competition teenager Bo Hall showed plenty of potential as this fifteen year old pulled four great deadlifts, finishing with a pr and state record 440. How'd you like to feed this growing 275 lb. kid! Great job, Bo. Mark Wilder captured both the submaster 198 class and the best lifter title with his pr 525 final attempt. This was a new Ohio state record, as was Bernard Smith's 470 fourth attempt at submaster 220. This was Bernard's first competition. At master 50-54/198 Bob Bean finished with a strong 510 second attempt. Bob was going for a pr 540 on his third attempt but decided to pass after a slight bicep pull on his second. Master 60-64/198 winner showed off his great pulling style as he shattered the record there with an easy 470. Thanks to my son Joey to the whole "Smallwood Clan" and everyone else who helped out. (Thanks to Dr. Darrell Latch for providing the results of this competition to Powerlifting USA).



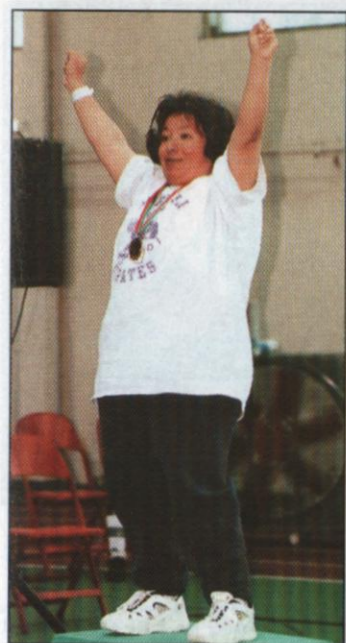
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If under 18, have parent initial _____ Signature _____



AMELIA HERNANDEZ CELEBRATES after getting the first of three medals for her efforts at this year's Summer Games. (Photo provided courtesy of Mable Smith).

J. Campbell	120*	230*	350*
A. Richards	115	230*	345
181 lb.			
M. Dickson	110	235*	345
198 lb.			
M. Palcowski	100	135	135
220 lb.			
J. Clark	105	205	310
R. Prieto	95*		
242 lb.			
D. Zimmerman	215	350	565
P. Hampshire	95	190	285
275 lb.			
Doorneweerd	105	200*	315
M. Medina	70	85	155
SHWT			
J. Farmer	125	315	440
Intermediate 127 lb.			
J. Kraeger	70		
148 lb.			
S. Short	125	240	365
A. Peters	130	200	330
165 lb.			
T. Calahan	200	230	430
P. Kozora	115	345*	460
J. Whiteside	140	240	380
S. Scala	130*	150*	280*

M. Swieszcz	110*	140*	250*
198 lb.			
T. Strack	120*	130*	250*
242 lb.			
B. Evans	200	375*	575
J. Simpson	205*		
Submasters 127 lb.			
C. Rodriguez	70		
148 lb.			
T. Hahn	120	205	325
J. Naughton	80		
165 lb.			
T. Collins	130	235	365
K. Sorensen	115	150	265
J. Flexter	95		
181 lb.			
K. Harding	165	165	330
198 lb.			
T. Eller	250*	305	555
D. Piercy	170	290*	460
R. Levinthal	150*	230*	380*
220 lb.			
G. Pina	120		
275 lb.			
E. Polivka	210	425*	635
315 lb.			
J. Fajdich	200	375	575

Masters-1 132 lb.			
L. Tanaka	65		
148 lb.			
M. Balich	80		
165 lb.			
J. Thorman	105	225	330
181 lb.			
G. Hemphill	110	215*	325
B. Bartz	75		
198 lb.			
F. Lorenzo	115*	205	320
P. Puniszko	105	200*	305
242 lb.			
M. Ketcham	125	230	355
J. Garfi	120	230*	350
A. Perez	75	115*	190
Masters-2 132 lb.			
B. Seeforth	65	170	235
165 lb.			
P. McHugh	115	175	290
242 lb.			
F. Olivo	100*	205*	305*

*-Personal Best Lift. The 2001 Illinois Special Olympics Summer Games showed the continued improvement of Special Olympics powerlifting with nearly every attempt valid and capable of being passed in any organization -

IL Special Olympic Summer Games
15-16 Jun 01 - Bloomington, IL

Master-1	BP	DL	TOT
119 lb.			
M. Weber	85	180	265
165 lb.			
A. Hernandez	65	145*	210
220 lb.			
D. Scott	75*	155*	230*
Intermediate 127 lb.			
B. Coleman	60	60	120
165 lb.			
C. Johnson	90*	195*	285*
198 lb.			
L. Penkas	75	215*	290
275 lb.			
S. Campbell	125	285	410
Juniors 148 lb.			
S. Coleman	55		
181 lb.			
C. Rangel	80		
220 lb.			
N. Riggs	65	135*	200
275 lb.			
O. Jamaica	80		
Submasters 148 lb.			
L. Newbury	55	105	160
165 lb.			
K. Guthrie	85	90*	175
181 lb.			
C. Rustick	55		
275 lb.			
G. Reed	70		
MEN			
Teen 165 lb.			
T. Mabbott	90*	150*	240*
181 lb.			
S. Towne	120	190*	310
198 lb.			
J. Lardi	85	135*	220
220 lb.			
N. Wedeking	155	355	510
242 lb.			
C. Chesson	105	225	330
315 lb.			
J. Gehrig	180*	310*	490*
Juniors 119 lb.			
A. Richards	50	90	140
127 lb.			
J. Weaver	175*	230*	405*
R. Strzowski	65*	80	145
132 lb.			
R. Coleman	105	130	235
148 lb.			
J. James	95	165	260
N. Rhodes	100	155	255
165 lb.			

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sanctioned meet in the nation. This year's meet followed the format of the past several with all female lifters and males through the 148-pound class. One of the highlights of the first day was the deadlifting of Decatur Park District SRA athlete Brandi Coleman, who despite needing crutches to get to the platform, set-up, reached down and hoisted 60 pounds to a locked out position. The efforts of 127 pound Brandi brought the crowd to its feet. Also bringing the crowd to its feet were the lifts of veteran Shannon Campbell. A member of Coach Keith Eller's powerful Region II Team, Shannon has dropped considerable weight since last year, but her final lifts were all still just outstanding with the women's heaviest bench at 125-pounds and deadlift at 285-pounds for a 410-pound total. Another veteran who turned in a perfect showing at the state meet was Prairie Estates Master's I lifter Doris Scott. Doris enjoyed a perfect six-for-six day, plus posted personal bests of 75 pounds in the bench, 155 pounds in the deadlift and a 230-pound total. One of the day's best efforts was turned in by Master's I lifter Marianne Weber. Marianne posted the meet's fourth best total at 265 pounds, but weighed in at less than 119

pounds. The men's side on Friday saw Marquette Park's Scott Short come back from placing second in the bench press to ML Greenwood's Andrew Peters (130-125) for the win in the 148-pound intermediate class with a 365 total. But the big lifts of the day were turned in by second-year competitor Joshua Weaver from Effingham with the 127-pound junior lifter posting a personal and day's best bench press of 175 pounds, then backing it up with a PR deadlift of 230 pounds for a 405-pound total. Randy Coleman in the 132-pound junior class was even more impressive than Brandi when he also surrendered his crutches on the deadlift platform, then locked out 130 pounds to finish the day with a 235-pound total. The big boys ruled the platform on Saturday with Eddie Polivka from the Chicago area's SOAR program posting a personal - and meet - best of 425 pounds in the deadlift for the day's heaviest total of 635 pounds. The tandem of John Fajdich, from Mann Park and Centennial Special Olympics' Benjamin Evans both notching 575-pound totals. Big John's total was down from last year, but he also participated in a tennis demonstration as part of Friday's opening ceremonies and that might have



NASA'S CONTRIBUTION to the Illinois Special Olympics Summer Games consisted of (front, l-r) the United States Army's Kelli Harr, April Smith, (middle, l-r) Mable Smith, Callie Ettleson, Amber Britton, Bethany Schwaninger, Smitty, and (back, l-r) Andy Lake, Diana Gill, Erin Maxwell and Kay Lamb. (All photographs provided courtesy of Mable Smith to Powerlifting USA).

robbed him of some of his reserves for his final deadlift. Region II teammates Dustin Zimmerman and Todd Eller posted the fourth and fifth best totals. Dustin, who represented Illinois in powerlifting at last year's World Games in North Carolina recorded lifts of 215 in the bench and 350 in the deadlift for a 565 total. Todd pushed up the meet's heaviest bench press with a strong 235-pound effort. Overall, the meet was probably one of the most successful - not because of the number of lifters or amount of the weight lifted - but because the coaches all seemed willing to call weights the athletes could lift and the athletes all lifted well. The days of "Give Me" lifts have passed in Special Olympics and it certainly appears both athletes and coaches have responded by taking their skills to the next level. As has been the case the past several years, Scott and Rachel Chalmers served as judges both days and were excellent at both the judging and explaining why certain lifts weren't passed. Dick Lapolice once again took vacation time to run the scoreboard before leaving on an extended vacation. Duane Fish continued to settle in as the co-venue director and drew praise for the smoothness of the meet. Once again, the Natural Athlete Strength Association sent a large number of volunteers to the meet with Andy Lake, Josh Hinkle, Bethany Schwaninger and Amber Britton serving as spotters and loaders. Josh also served as a coach on Friday. Callie Ettleson announced with Diana Gill and Kelli Harr serving as both judges and announcers. Diana, along with Kay Lamb, April Smith and Mable Smith worked the table and had results ready to be announced as soon as the bar hit the floor the final time. Erin Maxwell continued to divide her time between coaching and helping by serving as the meet photographer - along with Kay Lamb. Special praise has to go out to Kelli Harr who drove more than 16 hours from Fort Hood, Texas to get to Flora, took an hour's break to visit with her parents, then crawled back in a van and made the three-hour drive to Bloomington for two days of setting up, judging and tearing down the meet site. Kelli took a week's leave to return to help with the meet. Numerous other people, whose names have been lost through the aging process also contributed to the success of this year's program. A personal note to powerlifters across the country - get involved in Special Olympics if you want to know the real thrill of victory and taste success in a way that can be experienced only through the act of giving. Next year's meet promises to continue the improvement. (Thanks to Mable Smith for providing the meet results).

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RICKEY DALE CRAIN
5 TIME WORLD CHAMPION - 800 lb @ 165 lb

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AAU All South Classic**25 Mar 01 - Asheboro, NC**

BENCH	220 lb.			
Assisted	K. Burkett	485		
Master-1	E. Freeny	440		
242 lb.				
F. Burrell	375	D. Patrick	500	
BOYS				
Teen (16-17)	J. Raynor	550*		
275 lb.				
B. Weaver	485			
B. Cormack	375*	B. Rush	475*	
242 lb.		S. Cassell	350	
T. Rush	270	BENCH		
198 lb.		Raw		
B. Hinshaw	220	Teen (14-15)	242 lb.	
220 lb. (18-19)		D. Reeder	155	
M. Maness	280	275 lb.		
MEN		E. Payne	300	
Junior 242 lb.		MEN		
B. Matney	460	Junior 242 lb.		
Submaster		G. Tomey	365	
K. Burkett	485	Master-1 220 lb.		
P. Capps	410	M. Leibacher-48	330*	
Open 181 lb.		Youth (6-7)		
J. Black	320	T. Raynor		
WOMEN		BP		
Assisted Open	132 lb.	DL		
S. Korie	240*	TOT		
MEN				
275 lb.				
B. Weaver	565	485	650	1700
Submaster 220 lb.				
P. Capps	560	410*	500	1495
K. Burkett	400	485	500	1385
Master-1 181 lb.				
B. Walker	135	135	575	845
C. Wright	490*	290	605*	1355
Master-2				
M. Lewis	560	380*	530*	1440*
D. House	525*	310*	515*	1340*
Master-3 275 lb.				
A. Arrington	575*	310*	505	1390
220 lb.				
T. Cable	510*	300*	525*	1335

Teen (14-15) 148 lb.	V. Grainger!	350*	205*	420*	975*
(16-17) 198 lb.	B. Hinshaw	375*	220*	405*	1000*
Junior 242 lb.	B. Matney	600	460	600	1660
275 lb.					
C. Graham	525*	325*	520*	1370*	
Submaster 220 lb.					
J. Brown!	515*	325*	565*	1405*	
Master-1 181 lb.					
M. Baker	255	255*	365	875	
Master-2 181 lb.					
M. Brady	225	285*	500*	1010	
F. Sumner	250	270	325	845	
165 lb.					
N. Torrez	240	160	185	585	
Junior 181 lb.					
D. Hill	385*	270	375	1030*	
Teen (14-15) 165 lb.					
M. Pugh!	300	180	405*	885	
242 lb.					
B. Jessup	315	210	370	895	
(18-19) 242 lb.					
K. Wall	350*	400*	510*	1260*	
*-State Record. !-Best Lifter. (Thanks to Sandy Lemonds for providing these meet results).					

Thanks in part to our Activities Manager, Mr. Thomas Rovinski; SCI-Dallas is again supporting the varsity sports programs that were discontinued in 1998. To the enthusiasm of many athletes, the weight lifters in particular, one of our most popular programs, the Prison Postal Powerlifting Meet was revived on May 27, 2001. The contest was completely "RAW" with the exception of knee wraps.

Paving the way for the future of our Varsity Powerlifting team is led by our new coach, and Activities Specialist, Charles "Chuck" Maculloch. He began by re-tapping the men's interest and desire to compete by championing over 40 lifters vying for the few available

FOR REVIEW Dale Harder (author of the *STRENGTH & SPEED RATINGS* books previously offered through *PL USA*) has decided to deal with the awkward problem of comparing performances within different sports domains with the establishment of a system for fairly evaluating achievements over time and variable conditions according to a normalized scale that allows one to put in perspective just what all time great athletic feats might be the very greatest of all. The results of his effort are revealed in his new book *"Sports Comparisons - You Can Compare Apples To Oranges"*, and our sport of Powerlifting figures prominently in this new work. Dale explains the rationale of his sport-specific ranking systems and compensation factors to an extensive degree. Track and Field efforts represent the majority of the content of the book, but weightlifting and powerlifting are close seconds. Other strength sports are analyzed, from all-around lifting, to grip strength, and rope climbing, and from there he delves into 20 other non-strength sports, ranging from archery, to mountain climbing and rock climbing, to speed skating, triathlon and more. The scope of this effort is astonishingly broad, and the results Dale has come up with will be of interest to both those athletic fans whose interests run to just about everything, as well as those interested in just one of the specific sports considered. Powerlifters will find page after page of analysis, looking at such factors as raw, IPF/USAPL, or other competition style, several comparisons between weightlifting and powerlifting competition, and there are discussions of the factors of weight, height. Each lift is evaluated according to the aforementioned factors, and the issue of the length of lifting career is also considered. See Dale's advertisement for his new book (with its clever cover) on page 43 of the August 2001 edition of *POWERLIFTING USA*, or contact him directly for further information at Education Plus, 18584 Carlwyn Drive, Castro Valley, CA 94546-2032, daleharder@home.com



During the AAU All South Meet ... Meet Director Sandy Lemonds of King's Gym in Asheboro, NC was inducted into the North Carolina Weightlifting Hall of Fame by Charles Beane (left). "She was given the honor because of her support to the sport of powerlifting as a gym owner, meet promoter, referee, coach, manager, and national committee voting member." Sandy is the first woman to receive this honor.

spots on the varsity powerlifting team.

Beginning with the 123 lb. weight class, first place went to Samkol Ouch, known to his friends as the "Big O." Diverting his attention from his true target, which was to beat the previous record set by his close friend Thanh Le, the "Big O" launched an all out attack on the 123 lb. records. He prevailed handily by setting a new squat record of 365 lbs., a new bench record of 220, and a 410 deadlift. He didn't stop there as his aim moved toward breaking Le's prior total, which he successfully did with a 990 total. Le moved up to the 132 lb. weight class where he finished first with a 355 squat, 225 bench and a 410 deadlift. Rumor has it that Le moved to the 132 lb. class in an effort to avoid becoming the "Weakest Link" in the 123's.

Tyheed "Shorty" Roane easily handled his 165 lb. weight class with a 525 squat, 275 bench and an effortless 625 deadlift. Finishing second to Roane was Donnie Dozier with a 485 squat, 325 bench and a 590 deadlift. Taking third was Rob Gonzales's 540 squat, 285 bench and a 405 deadlift.

Finishing first in the 181 lb. weight class was Jimmy Favinger squatting 460, benching 305, with a 535 deadlift. Second place was Sean Darrington, with a 415 squat, 305 bench and a 505 deadlift. Third place in the 181 lb. class was Richard Brinson squatting 405, benching 250 and a deadlift of 505.

One of the fiercest battles of the day was in the 198 lb. weight class. Taking first place was David Wyatt. Going up against Eugene Sanford who defeated him by five lbs. last year, Wyatt maximized his strategy this year by responding with a 500 squat, a 385 bench and a 550 deadlift. Sanford finished second with a 540 squat, 365 bench and a 525 deadlift. As the numbers reflect, Wyatt returned the favor by out-totalling Sanford by the same five pounds he was beaten by last year. In third place was Vincent Barber with a 450 squat, 315 bench and a 475 deadlift.

In another close battle in the 220 lb. weight class, Carl Wells walked away with first place honors. Wells squatted 575, benching 365 and had a 570 deadlift. Second place went to Trola Moore with a 555 squat, 350 bench, and a 550 deadlift. In third place was Russell Davis, squatting 500, and benching 350 with a 500 DL.

Arthur Johnson had no problem taking first place in the 242 lb. weight class. He finished with a 540 squat, 400 bench and a 600 deadlift. Finishing second, his closest competitor Pedro Terreforte squatted 505, benching 315,

with a 505 deadlift. Assuring himself of a spot on tile team with a third place finish was Roland "Rocky" Scandle. Rocky had a 465 squat, 285 bench, and a 515 deadlift.

Having a modest first place finish in the 275 lb. weight class was Rich "Iron Man" Williams. The Iron Man squatted 455, benched 415, with a 655 deadlift. Following in second place was Fulton Jenkins with a 400 squat, 355 bench and a 650 deadlift. Third place finisher was Kerby Keller, squatting 365, benching 235, with a 235 deadlift.

Ending the show in the super heavyweight division was first place finisher, Samuel Brown. Brown squatted 635, benched 425 and had a 600 deadlift. The only other super heavyweight and finishing second, was Super Sethman. He finished with a 605 squat, 430 bench and a 600 deadlift.

Earning recognition for the best lifter in the lightweight category was Tyheed Roane. Best lifter in the heavyweight category was Carl Wells.

The best overall lifter for the day, was none other than Tyheed "Shorty" Roane. He has been a thorn in the sides of many lifters in the 148 lb. weight class for several years. Roane has maximized his 5-foot 4-inch 165 pound frame by working hard to develop his weightlifting skills. His dedication has paid off, as he is the current P.A. D.O.C. record holder in both the squat and the deadlift. Although he is a dominant lifter in the lighter weight classes, Roane is a little man who lifts with the ferociousness of a Super Heavyweight.

We would like to extend our thanks to the following men whose tireless efforts to make the return of our Prison Postal such a successful event: James Gillespie, Steve Frederick, Charles Haas, Joe Deinarowicz, Elliott Cox, Billy Turner, Robert Hubble, William Beatty, Larry Brown, Owen Williams, Darrell House, Bobby Payne, James Grimes, Thomas Humphrey, Daniel Graves, Edgar Rogers, John Blocker, Maurice Calhoun, Damian Hill, Ronnie Carter, Richard Coolbaugh, Nate Moore and Kevin Cannady.

Excellence is not a singular act, but a team effort. This includes the men from Power House Gym who did a terrific job in judging the contest. They include Robert Granko, Stewart Mitchell Michael Gavin, Vito Moceyunas, Joseph Moceyunas, and Paul Duffy.

Congratulations to all the lifters for their extraordinary performances. (Thanks to Thomas Rovinsia, activities manager, for providing these results).

SLP Frankfort Hotdog BP/DL**28 Jul 01 - Frankfort, IN**

BENCH	181 lbs.			
MEN	L. Clark	370		
Junior 181 lbs.	198 lbs.			
J. Hiles	320*	M. Nelis	405	
Submaster		C. Dailing	390	
198 lbs.				
M. Hinders	400*	D. Smith	410	
Master (40-44)		4th	420*	
220 lbs.		DEADLIFT		
M. Robinson	335*	MEN		
(45-49) 165 lbs.		Youth		
S. Hepinstall	300*	D. Campbell-8	100	
(50-54) 181 lbs.		Police/Fire		
L. Clark	370	165 lbs.		
Police/Fire		B. Campbell	455*	
165 lbs.		Open 198 lbs.		
B. Campbell	320*	C. Dailing	570*	
Open 148 lbs.		220 lbs.		
P. Whitaker	255	S. Mendel	505	
165 lbs.		242 lbs.		
M. Hiles	275	M. Struck	550	
		S. Fisher	500	

Best Lifter BP: Matt Nelis. Best Lifter DL: Chad Dailing. *-Son Light Power Indiana state record. The SLP Frankfort Hotdog Festival was a fun short meet. A very special thanks to Mike Hinders who did most of the work for this competition, including putting up the tent, bringing the weights, etc. Thanks also to Bryce Davis and my son Joey for loading and spotting. In the bench competition it was Josh Hiles, lifting "raw" as usual, taking the junior 181 title with a new Indiana state record of 320. Josh also holds the record in the 18-19/181 class, having just turned twenty. Mike Hinders broke his own state record with a strong 400, winning at submaster 198. A newcomer to the sport, Mike Robinson, struggled in the beginning, but finished strong with a new state record at master 40-44/220 with 335. It was good to see Sam Hepinstall again, who won at master 45-49/165. Sam came all the way down from Michigan to get his first official 300 bench. Congratulations, Sam! Lane Clark traveled from Carbondale, Illinois to take the titles at master 50-54 and open 181 with 370. Lane continues to have problems with his shirt, missing his opener, then coming back with his second at 370 before passing on his third. Brian Campbell, fresh off his win at the Police & Fire World Olympics, showed why he is one of the best as he set the state record at police & fire/165 with a strong 320. In the open division, another first-time competitor P. J. Whitaker, did well, winning the 148 title with 255. P. J. had 270 in him, but jumped up to 280 instead; a

I have been around powerlifting for more than half of my life. This is what I believe to be the better half. Through all these years, many faces have become familiar. When I was just beginning at the local competitions, I saw the same familiar faces competing year after year. As my own lifting developed, I moved on to bigger events. There too, I began to recognize familiar faces. When I finally went "big time", the familiar faces still surfaced. Although this was a great time in my powerlifting life, one thing was missing. I could not put my finger on it.

When I first became involved with the IPA, I realized exactly what it was that was missing. It was not anything tangible, like a special platform, lights, or even a particular type of bar. It was the camaraderie. I found this immediately, even before the lifting began. We had not even stepped foot on the platform. We were not even in the warm-up room. We were just weighing in the day before. Like most lifters I needed to cut weight. Several others found themselves in the same situation. By the way, did I mention they were in the same weight class? To make a long story short, we all made weight, we all lifted well, and we all made friends. From the hotel lobbies, restaurants, and anywhere outside the actual competition area you can find many lifters exchanging anything from some training information, to some good "old fashioned b.s." I personally enjoy this almost as much as the lifting itself.

When I first arrived in the sport, I approached it like everyone was my enemy, not another competitor. Sure I want to win, hell, I always want to win (who doesn't), but our true opponent is ourselves. It's just one man up there against that iron. Isn't our true opponent gravity? I never particularly cared much for Sir Isaac Newton and his physics! All our training partners, coaches, and friends can only cheer you on at that point. Your desire to make PRs is what drives you to keep coming back. While flying back to Pittsburgh after a national competition in Chicago, I came to realize what this sport is about. Although the stereotypical powerlifter exists in all of us, we all come from different walks of life. Some of us are doctors, lawyers, teachers, factory workers, police officers, mechanics, plumbers, etc... hell, with the exception of owning a gym, I'm a barber! This leads us to one thing, a common denominator - POWERLIFTING! The fact is that we all have chosen a sport that does not reap any financial benefits, yet we are driven harder than any other athlete I have ever been associated with. Here's your camaraderie right here. Share something with the next guy, because when the meet is over we all have to return to whatever direction and walk of life we came from. The quest to get stronger will keep bringing those familiar faces of the IPA back again and again. Trying to lift insane poundage is our common denominator. To share this rare attribute with someone means they can't be all that different. If you keep seeing the same familiar faces, meet after meet, don't hesitate to introduce yourself. Acknowledge your competition. They might be like you. The friends I have made in the IPA are many. The iron bond is strong. The faces of the IPA are more than familiar to me now. They are now real people with real lives. The IPA powerlifters might be the biggest fraternity around. I guess that makes us brothers? We talk often. Believe it or not, we even have conversations about subjects other than training. It was just the other day when I spoke to Mark Chaillet about my annual motorcycle trip. He told me that I was nuts! Doesn't sound like a training related conversation to me. The IPA has a foundation made of concrete. It's reasons like this a federation can exist and continue to consistently get stronger, thus allowing for well run events. We all benefit. The roots run much deeper than what is visible the day of the competitions. The tangibles are there. The intangibles we provide. Camaraderie is our sport's greatest ally. I'll see you at the next big IPA event. Any questions or comments regarding the IPA can be addressed to me at; ROB CAPOZZOLO, TITAN GYM AND FITNESS CENTER, VILLAGE SHOPPING CENTER, 1816 HOMEVILLE RD., WEST MIFFLIN, PA 15122, RobCapozzolo@msn.com



Best Lifters at the Hot Dog Festival ... (left to right) Chad Dailing (DL) and Matt Nelis (BP). Photograph provided courtesy of Dr. Darrell Latch

APF Muscle Beach DL**14 Jul 01 - Venice, CA**

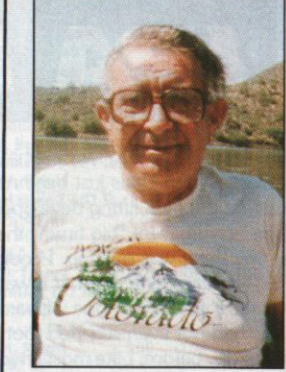
WOMEN	SHW			
Open/Master	G. Brink	793		
114 lbs.	Masters (40-49)			
E. Davis	181	J. Avila-44	562	
Open 148 lbs.		T. DiFilippi-48	507	
V. Tanabe	507	A. Ramsey-43	529	
165 lbs.		R. Neal-42	330	
D. Winslow	507	(30-39)		
Y. Toned	330	G. Brink-51	793	
181 lbs.		D. Winslow-14	391	
N. Hawkins	418	(17-19)		
D. Contreras	413	J. Grainger-17	501	
220 lbs.		C. Price-18	512	
S. Watson	501	A. Stuart-19	424	
308 lbs.		(20-23)		
J. Pritchett	705	J. Pritchett-21	705	

little too heavy for this day. At 165 it was Micah Hiles, Josh's older brother, winning with his opener of 275. Micah also had more in him on this day, but was wearing a shirt that just didn't give him anything, pushing him out of his natural groove. Matt Nelis won the open 198 class with an easy 405 before failing twice with a 420 state record. Matt holds that record with 415, and at a 196 bwt. also won best lifter honors for the competition. By the way, Matt, congratulations to you and your wife on the recent birth of your first child, a son. No doubt, another great bencher of the future. Chad Dailing was second at 198 with a new personal best of 390. Chad's wife, Michelle was there with each attempt, kissing him right on the lips. How disgusting! Just think of the germs! Up last was Dennis Smith, who also got a new personal record (even without a kiss). Lifting in his first competition, Dennis finished with 410, then locked out 420 on a fourth attempt for a new Indiana state record at 242. This guy will be at 500 within the next year. In the deadlift competition eight year old Daniel Campbell was lifting in his first meet, finishing with a strong 100. Daniel actually locked out 120 but did a little too much hitching for the judges. Daniel's dad, Brian won at police & fire 165 with another Indiana state record of 455. Great pull! Chad Dailing broke his own state record at 198 with his win there, pulling 570 for his second attempt. Chad passed on his third, winning also the best lifter title for the day. (Another kiss from Michelle!) Steve Mendel had one of those off days, getting only his opener of 505 with his win at 220. Mark Struck took the 242 title with a solid 550 pull over Sanders Fisher, who finished with just his opener of 500. Thanks again to everyone who supported this event. (courtesy Dr. Darrell Latch)

Best Lifters: Women - E. Davis. Lightweight - J. Avila. Heavyweight - G. Brink. Master - G. Brink, Junior - J. Pritchett. A rather low turnout did nothing to dampen the spirits of the athletes, as several lifters posted new personal records. Vince Tanabe continues to improve, even at greatly reduced bodyweight. Danny Winslow brought his son down from Idaho, and both lifted very impressively. Javier Avila made a comeback after injuries hampered his training over the years, and his 562 at just 163 lbs. shows he's on the right trail. Young Jerry Pritchett showed he's a lifter to be reckoned with, and he'll only get better! 51 year young George Brink backed up his 804 from last November with a strong 793, but 810 didn't have the wings it needed to fly off the ground on this day. NOTE: Masters and Juniors results were determined by formula. (Thanks to Muscle Beach Venice for providing these results to POWERLIFTING USA)

(article continued from page 9)

8th grade. I was in a garage, with my peers, watching them lift weights after one of my friends got a new weight set. They were struggling with about 70-80 lbs. and they asked me how much I could do. I told them I could do about twice that, and they all said "Get out of here! You're crazy" Sure enough, I got off my bike, and showed them and did about a 150 lb. standing press. Their jaws just dropped to the ground. Up until that time, I never really had a gauge from my peers to go by. Their reaction was what really got me, and I haven't looked back since. I've been lifting about 33 years now. The motivation was being able to do something that someone else couldn't do. Lo and behold, I'm still here doing it, doing some things that no man my age has ever done before. Of course, I've had many influences here, being around Jon Cole for many years, and I got a chance to work out with guys like Bruce Wilhelm, years ago, who went to the Olympics. Being around some of the strongest men in the world back then, also influenced me. If you witness the best, it gives you kind of a jump start. I lifted weights to be an athlete, of course. I played 17 years of football, and that's where my weight lifting back-



In Memory of Tom's Father - Anthony C. Manno. Every event this year, I am dedicating to my father, who passed away on June 16th of this year. We as athletes have a chance to utilize this platform we call powerlifting to demonstrate our physical strength and to set new standards in this area. However, there are many forms of strength in our world. I tell people "my physical strength is just a by-product of my inner and spiritual strength". There are many influences in our lives in order to develop these strengths, but none more profound than the influence of our parents, and in this case, my father! Our fathers teach us, and my father taught me characteristics such as nobility, self-esteem, dedication, intestinal fortitude, perseverance, humility, and other characteristics that have given us all a will to fight, a will to win, and a will to become a champion. So, Dad, I will always love you for that ... and to all our Fathers, thanks so much! A special thank you to Mike Lambert and POWERLIFTING USA for printing this dedication.*

ground actually comes from. I was always willing to do whatever it took to become a better ball player. No matter where I went, I was always one of the strongest, if not the strongest, man on the team. I had a lot of personal pride in that also. When I retired from playing football, in 1985, from the Tampa Bay Bandits of the USFL, I took about a year hiatus from doing anything, but I was such a competitor that I wanted to get back into doing something in that area. That's when I decided to get back into bench pressing. I had been doing all three events before that, and I had always been a fairly decent squatter and

deadlifter, based on the standards of those days. I didn't know if I could be great at both of those. I knew I could be a great bench presser, so I decided to stay with my strength, and solely enter bench press competitions from that point on. One step at a time - now, here I am, having broke 53 world records. Also, back then, if you were a full (three lift) meet lifter, you really didn't see yourself lifting more than 3-4 times a year, because it took so much out of you, training for and during the event, as well as the recovery time. The method behind my madness, just doing one event, is that I can do more contests, on a

consistent basis, over the course of the year. I've been averaging anywhere between 10 and 12 meets a year, which gives me more exposure, and I can accomplish more national and world championships. **ML:** Do you think you'll be over the 700 barrier in the near future? **TM:** I plan to lift at Kieran's meet in Florida, and I may do one in Northern California, and I will be getting ready for the WABDL Worlds in Reno. At all of these meets, I will be attempting 700 or better. I want to break that barrier, to really make an impact on this sport. I will be the first man over 40 to do that. I will take a lot of pride in that.

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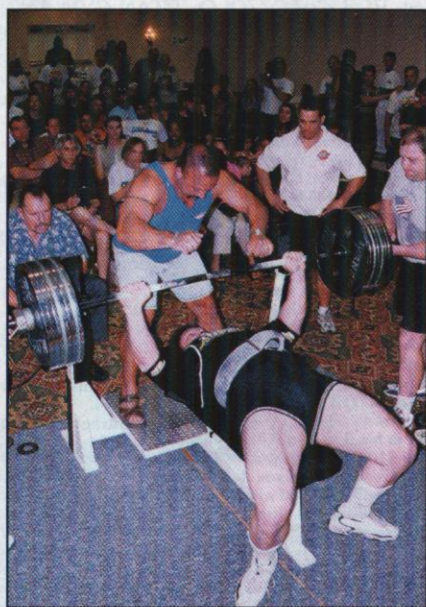
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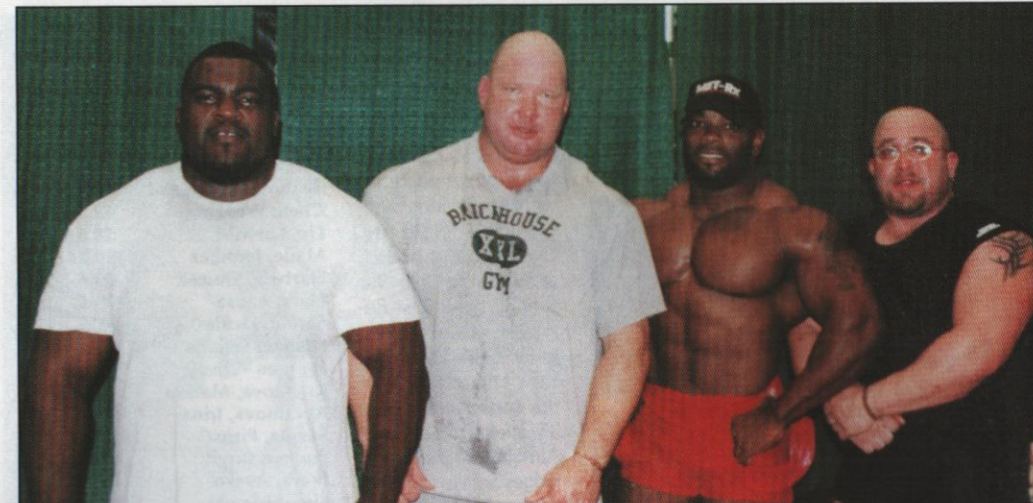


Tom Manno, World's Strongest Man Over 40 and National Spokesperson for NutriFun International Products
76 American Records
51 World Records
672 lb. Bench Press

INSA USA Championships 16 Jun 01 - Plano, TX

AMATEUR	125 kgs. Novice		
BENCH	D. Mann	207.5	
WOMEN	140 kgs. Submasters		
52 kgs. Submaster	C. Spirrisson	242.5	
T. Schrank	85	Professional	
75 kgs. Open		BENCH	
L. Blackburn	125	82.5 kgs. Open	
MEN		D. Contreras	197.5
67.5 Novice		100 kgs. Submasters	
P. Rios	127.5	A. Grissom	205
Masters		110 kgs. Open	
J. Heizeiman-83	75	R. Pierce	237.5
75 kgs. Teen (18-19)		125 kgs. Submasters	
L. Bavill	142.5	D. Muns	220
82.5 kgs. Open		140 kgs.	
C. Lee	185	C. Spirrisson	242.5
90 kgs. Masters		Amateur	
G. Mekuly	147.5	DEADLIFT	
63 kgs.		WOMEN	
B. Bassman	147.5	56 kgs. Submasters	
100 kgs. Teen (13-15)		H. Hugh	127.5
C. Baker	120	MEN	
110 kgs. Submasters		57.5 kgs. Novice	
E. Ross	200	P. Rios	197.5
Masters 52 kgs.		75 kgs. Teen (18-19)	
G. McCoy	205	L. Bevell	192.5
		82.5 kgs. Novice	
		M. Bauman	230

WOMEN	SQ	BP	DL	TOT	
Novice 56 kgs.					
H. Hughes	92.5	60	127.5	280	
Submaster					
H. Hughes-39	92.5	60	127.5	280	
60 kgs. Open					
N. Moore	102.5	60	115	287.5	
MEN 44 kgs. Teen					
N. Smith-13	25	55	115	253.5	
52 kgs. Open					
J. Struggs	177.5	97.5	187.5	462.5	
Teen					
D. Van Huss-14	70	45	75	190	
67.5 kgs. Novice					
P. Rios	215	127.5	197.5	540	
Teen					
L. Bevell-19	217.5	142.5	192.5	552.5	
82.5 kgs. Novice					
M. Bauman	185	117.5	230	532.5	
T. Wooley	152.5	125	195	472.5	
M. Moore	132.5	112.5	175	420	
D. Hornsby	107.5	95	142.5	345	
Submaster					
T. Wooley-39	152.5	125	195	472.5	
Teen 100 kgs.					
J. Richards-16	127.5	77.5	122.5	327.5	
C. Baker-15	187.5	120	172.5	480	
110 kgs. Novice					
L. Gonzales	222.5	162.5	222.5	607.5	

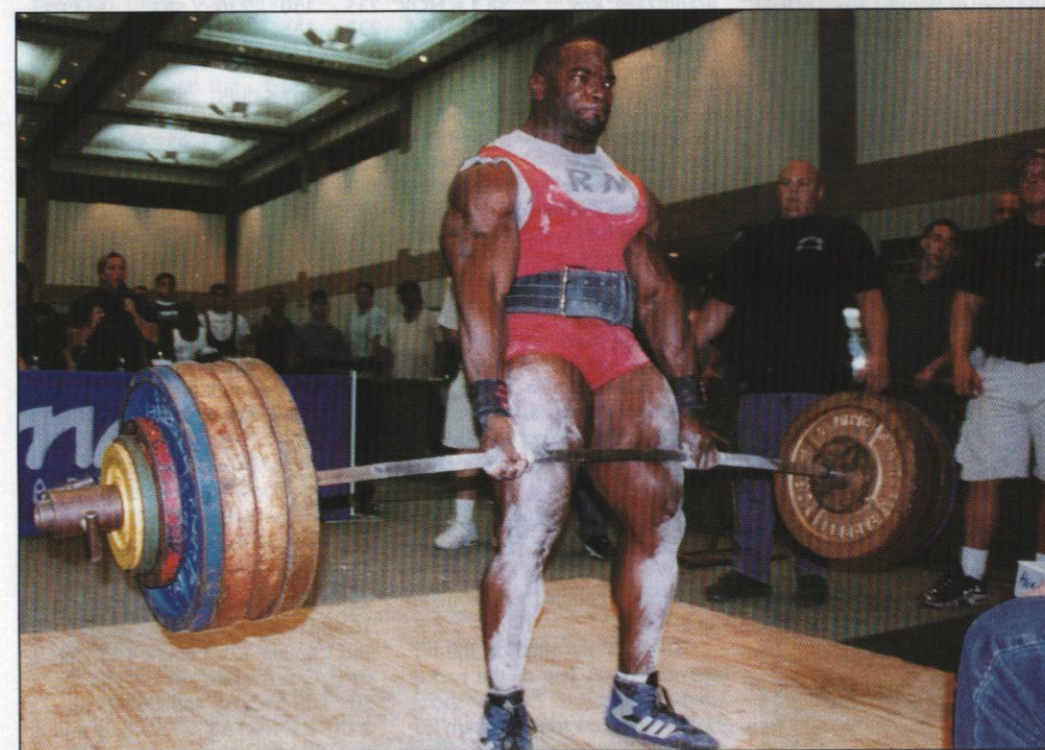


Some of the Big Lifters at the INSA USA Championships... (left to right) Randell Harris (2067), David Muns (1896), Johnny Jackson (2072), Ray Pierce (2000). Photos provided to PL USA courtesy of Jim Yakubovsky.

Open	SQ	BP	DL	TOT
A. Schwerdt	272.5	192.5	302.5	767.5
125 kgs. Open				
C. McDowell	227.5	190	235	652.5
140 kgs. Teen				
M. Oray-18	205	160	240	605
150 Open 22 R. Harris	350	242.5	345	
PRO MEN Open 90 kgs.				
J. Jackson	287.5	185	227.5	700
100 kgs.				
J. Jackson	342.5	227.5	370	940
110 kgs.				
R. Pierce	365	237.5	305	907.5
125 kgs.				
D. Muns	340	220	300	860
Submaster				
D. Muns-34	340	220	300	860

impressive lifts, both the amateur and professional divisions. Kirk and Samm Stroud of Strouds Fitness in Bedford, Texas hosted the meet. This powerlifting team always puts on an excellent meet. The judging was strict in both divisions and drug testing was conducting in the amateur division. Judges for the meet were Radar Caphart, Pat Casper, Lee Everst and Billy Barkley. In the amateur division (drug tested) there were many first time lifters and with the encouragement of the veteran lifters and the crowd and with no "gimes" from the judges none "bombed" out. But the highlights of the amateur division revolved around two lifters, 17-year-old 114 lb. Jeremy Struggs. His best lifts of 177.5 (391.3 lbs) squat; 97.7 (214.9 lbs.) bench, and 187.5 (413.4 lbs.) were just awesome to watch as witness by a crowd of over 700 spectators. Jeremy was given a fourth attempt at a 181.5 kg (400 lbs) squat. His descent was extremely smooth as he ascent, however, a slight backward step before the rack command got three red lights. But if you add up the three lifts, his total was an amazing 462.5 kg (1019.7 lbs). Jeremy will up a future star in the world of powerlifting. The other amateur lifter that impressed everyone was the massive Randell Harris (150 kg) of

DeSoto, Texas. Randell freshly graduated from college posted an impressive 937.5 kg (2067 lbs.). All three of Randell's lifts looked easy, which is to say that everyone felt he had more in him. His 350 kg (771.7 lb.) squat equaled his colligate best; a 242.5 kg (534.6 lb.) bench was a personal best as was his 345 kg (760.6 lb.) deadlift. Watch out in the future for this lifter because with the right coaching and training everyone believes that he will be totaling with the best in our sport. The professional division was nothing short of fantastic. Jason Jackson, in the 90 kg class, total of 700 kg (1543.3 lbs) was the beginning of the big lifts. Although Jason was only credited with one good squat, it was a 287.5 kg (633.9 lb.) attempt. He did it so easy everyone was surprised by his misses on his next two attempts. After Jason, came the "big uns." Johnny Jackson (100 kg), Ray Pierce (110 kg) and David Muns (125 kg). OH WHAT FUN! I hope that I can give you a glimpse of what the crowd was able to witness. I'm going to reinsert Randell. Harris' lifts again because without it the reader could not fully appreciate the event. Squats - David Muns drops and comes back up with 340 kg (749 lb) squat. The crowd gather around the platform gives a big "ahh" and an appreciative round of applause. Up steps Johnny Jackson (no relation to Jason Jackson and soon to be professional bodybuilder-a recent 1st place finisher in a national contest) to the bar and makes 342.5 kg (755.1 lbs.) and makes it look like taking candy from a baby. Randell then completes his 350 kg (771.7 lb) squat. But then the focus turns to Ray Pierce who confidently approaches his 365 kg (804.7 lb) attempt and makes it look so sweet and so easy (as if any 800 lb. squat can look easy). What's next, the bench of course, and these four lifts didn't let anyone down. David completed a 220 kg (485 lb.) bench followed Johnny's 227.5 kg (501.5 lbs.), then Ray's 237.5 kg (523.6 lbs.) and the Randell's 242.5 kg (534.6 lb.). Well, the only event left is the deadlift. By now the crowd gather around the platform had grown to over 900, all with anticipation of a great finish. And they were not to be disappointed. Just review the totals. I have been to a lot of meets over the years and the only time you get to watch this kind of competition is at the national level, but here goes. The "light" lifter of the foursome ended up being David Muns with just a 300 kg (661.4 lb.) attempt. Ray Pierce better David by pulling 305 kg (672.4 lb.). Big Randell followed Ray with an impressive 345 kg (760.6 lb.) lift. But the king of the lift on this day was to be Johnny Jackson weighing only 230 lbs. and a great lift of 370 kg (815 lbs). The crowd erupted when all three lights came on green. The only thing left is giving the totals. David Muns - 860 kg (1896.1); Ray Pierce-907.5 kg (2000.8); Randell - 937.5 kg (2067 lbs. and Johnny - 940 kg (2072.5 lbs. WOW! Thanks to all the spotters and loaders. Shack, Yak, Larry, Dan and Doug. To Stephanie Shackelford to taking pictures. To Ray Casper for his computer work and Martha and Pat for the overhead positions. Samm Stroud did a great of keeping the crowd in the meet with her announcing. (Thanks to Jim Yakubovsky for providing these results)



A Very Muscular Johnny Jackson pulled in an 815 lb. deadlift to top off his 2072 lb. total in the 220s.

(article continued from page 7)

Miklasevich, Russia, 575.9, - Koskinen, Finland, 571.13, and Chen Kuan-Teng, Chinese Taipei, 557.1. For the men: - Sivokon,



Harriet Hall set new IPF Masters marks (Kelso)

ing, are subjects for a separate article.

OK. Soapbox time. Some Internet gripers claim IPF judges require a deeper squat than is called for in the rulebook, blaming this alleged problem on European refs with weightlifting backgrounds. Baloney. Other xenophobes, unaware the Cold War is over, think East European refs still have it in for USA lifters. I've seen little or none of this nonsense at recent IPF affairs I've attended. Almost all lifters and judges here were tuned to the same channel, with only Eltsova bombing out in the squat. These critics either don't understand the rules or are just whining. And, measures are in place to prevent such problems and improve the judging.

P.J. Couvillion, IPF Assistant Secretary, holds referee clinics before each world contest. He tries never to place more than one referee from any region on stage. Refs from three different regions, usually Europe, Asia, and North America, judged five of the six classes here. Heavy men's flight refs included Wahlstrom of Norway, Rossi of Italy, and Parage from Luxembourg: all Western Europeans, true, but three of the best. Also, new faces like Nick Cabalza of the Philippines are making their mark. This same distribution effort created an alert jury table. Diversity is not always possible to maintain because of the larger number of European judges and the fact



Svetlana Miklasevich was part of the Russian domination. (Hartwig)

World Games - 20,21 August 2001 - Akita, Japan (kg)							
Women - Div. 1							
	BW	NAT	SQ	BP	DL	TOT	PTS
Koskinen, Raija	43.9	FIN	170	72.5	162.5	405	571.13
Chen, Kuan-Ting	47.90	TAI	175	90	155	420	557.13
Fukushima, Yukako	47.3	JPN	145	117.5	145	407.5	545.52
			4th	145			
Liimatainen, Riita	51.4	SWE	170	92.5	170	432.5	543.99
Shapovalova, Natal	48.7	RUS	165	87.5	160	412.5	540.49
Chen, Wei-Ling	43.5	TAI	152.5	67.5	160	380	538.30
Lin, Lin-Min	51.5	TAI	165	97.5	160	422.5	530.66
Maile, Jennifer	50.2	USA	157.5	90	160	407.5	521.92
Hartwig, Sioux-z	49.6	USA	150	82.5	145	377.5	487.91
Hara, Azusa	43.6	JPN	142.5	70	130	342.5	485.93
Sandu, Jackie	51.6	CAN	142.5	67.5	157.5	367.5	460.88
Eltsova, Tatjana	51.8	RUS					
Women - Div. 2							
Kudinova, Marina	67.1	RUS	247.5	148	225	620	635.50
Abramova, Irina	61.2	RUS	210	115	212.5	537.5	590.17
Savola, Pirjo	55.5	RIN	185	87.5	200	472.5	559.86
Fischer, Birgit	59.4	GER	187.5	90	215	492.5	553.37
Ikeya, Ayako	58.7	JPN	190	102.5	185	477.5	541.48
Hsu, Hsiao-Li	63.8	TAI	180	107.5	197.5	485	515.94
Malyugina, Nadejda	59.5	UZB	185	87.5	170	442.5	496.52
Overdeer, Angie	59.6	USA	155	100	175	430	481.90
Mobley, Sandy	59.7	USA	165	87.5	170	422.5	472.86
Kobayashi, Kumi	55.1	JPN	132.5	110	150	392.5	467.70
Dennis, Kim	66.3	CAN	140	80	140	360	372.20
Orsini, Antonietta	65.2	ITA	205				
Women - Div. 3							
Miklasevich, Svetlana	74.9	RUS	220	170	215	605	575.59
Payusova, Natalia	89.5	RUS	230	160	235	625	541.31
Chao, Chen-Yeh	112.5	TAI	265	177.5	225	667.5	540.20
Blikra, Inger	69.0	NOR	205	112.5	200	517.5	519.98
Jamin, Cecile	69.3	FRA	200	97.5	220	517.5	518.43
Look, Leslie	82.3	USA	225	115	220	560	504.61
Hall, Harriet	103.5	USA	225	132.5	212.5	570	470.07
Willett, Liz	139.7	USA	255	137.5	202.5	595	463.26
Katoh, Midori	85.3	JPN	177.5	90	182.5	450	398.29
Seino, Mariko	68.0	JPN	140	72.5	135	347.5	352.81
Lee, Chia-Sui	119.2	TAI	265				
Men - Div. 1							
Sivokon, Alexey	67.5	KAZ	305	217.5	290	812.5	626.43
Pavlov, Konstantin	55.8	RUS	245	172.5	220	637.5	582.35
Andruchin, Mikhail	60.3	RUS	270	142.5	250	662.5	562.46
Lu, Shih-Wu	55.5	TAI	247.5	115	240	602.5	553.33
Nabe, Yakan	51.7	JPN	200	147.5	200	547.5	540.54
Gainer, Ervin	52.5	USA	190	127.5	222.5	540	535.30
Hsieh, Tsung-Ting	59.0	TAI	225	152.5	240	617.5	534.87
Inaba, Hideaki	51.6	JPN	220	95	220	535	529.27
Brandtzaeg, Roy	58.1	NOR	235	130	220	585	514.03
Wagner, Greg	67.4	USA	235	155	247.5	637.5	492.08
Maile, Justin	67.3	USA	235	137.5	237.5	610	471.46
Men - Div. 2							
Furashkin, Viktor	74.6	RUS	310	207.5	305	822.5	588.25
Tarasenko, Andrey	89.0	RUS	345	240	320	905	581.10
Mor, Sergey	82.2	RUS	327.5	212.5	312.5	852.5	572.36
Theuser, Peter	90.5	CZE	342.5	227.5	305	875	560.17
Soloviov, Dimitro	82.3	UKR	310	215	280	805	540.07
Turakhanov, Dovran	74.8	KAZ	292.5	170	292.5	755	538.99
Wagner, Robert	89.3	USA	335	200	302.5	837.5	536.83
Takahashi, Koki	74.9	JPN	292.5	195	265	742.5	536.68
Kobayakawa, Wataru	82.1	JPN	285	190	272.5	747.5	502.24
Men - Div. 3							
Midote, Daisuke	131.8	JPN	415	302.5	310	1027.5	579.71
Gillingham, Brad	145.2	USA	380	265	382.5	1027.5	571.08
Ljungberg, Jorgen	114.9	SWE	390	237.5	355	982.5	571.02
Suslov, Nikolay	104.4	RUS	375	235	342.5	952.5	570.35
Naleikin, Viktor	134.5	UKR	395	225	370	990	556.67
Gurianov, Maxim	128.3	RUS	380	255	330	965	547.15
Stiklestad, Eric	98.5	NOR	340	205	332.5	877.5	537.29
Satoh, Kazunori	90.3	JPN	270	227.5	280	777.5	495.50
Benemerito, Ray	98.3	USA	340	230			
Ivanenko, Volodimir	113.4	UKR	380				
Cardella, Tony	124.5	USA	347.5	222.5			

that some scheduled judges might not show up.

364 refs are listed on the IPF Internet site. A few of the names listed are inactive. Europe shows 219 overall, 184 from Western Europe. East Europe has 35 including Russia (15). All others number 145

with Africa having 7, Asia 66, Oceania 16 and North America 56, (USA 44 and Canada 12). I count 143 Category One referees, the USA having 10. The training and testing program for referees is growing and succeeding. Grandpa told me folks who don't know what's what ought

to keep shut.

What Else Was Going On?

- The WADA (World Anti-Doping Agency) was to begin out of meet drug testing in September. The initial focus will be on lifters committed to the Men's World Championships in November. WADA officials pulled eight out for testing at Akita, one guy twice, some before the contest. One fellow was grabbed getting off the airplane. Add WR setters and the number tested was about eighteen percent of those present. One hopes for few embarrassing positives from the testing, but - if so - it indicates the program is working.

- The way the contest was run impressed IOC officials. Several were present both days. Tamas Ajan, IOC member and President of the International Weightlifting Federation, seemed positive about PL's chances for IOC recognition.

- IWGA president Ron Froelich said the IPF, when recognized, will get Olympic status and financial support even if not a part of the regular Olympic games. IOC Summer Games saw 10,900 athletes show up last time and officials want to get it under 10,000, not add more bodies.

- Estimates of up to 3000 participants attended the World Games Party August 19th. The Games had a very large group of Japanese and international sponsors, plus the support of the national and local governments. The latter worked on this affair almost five years, providing venues, guides and volunteers throughout Akita Prefecture - transportation, meals, you name it.

Posted on the UNOFFICIAL USAPL FORUM Internet site, August 24 - **BRAD GILLINGHAM ON THE WORLD GAMES** - "I had been excited about competing in the World Games for the past couple of years. I anticipated the greatness of this event and I expected to see a World Class Multi-Sport International Event. This event met and exceeded all of my expectations. The people of Akita City, and the Japan Sports Association put on quite a show. I will go out on the line, but I believe this has to be the best event that powerlifting has ever been associated with. As Larry Maile indicated the World Games are now an Olympic Event. The Olympic Flag was flying in all venues. IOC people attended all events. The City of Akita was transformed into a huge venue, with an impressive World Games Plaza/Village. Thousands upon thousands of World Games flags lined all major streets. This event was not a powerlifting event, it was an International Sports event featuring around 4,000 athletes from 31 sports. It is a great event to have powerlifting associated with.

For those that doubt that powerlifting will ever be in the Olympics, I have to tell you that we are all ready there. Hopefully we can now take the next step into the Summer Games or that the World Games will continue to grow in the eyes of the media. Internationally we saw a lot of media presence; unfortunately we did not see much media presence from the USA. I talked to a lot of athletes from various sports including most of the powerlifters that could speak English, and they all shared the same enthusiasm.

Being a part of this team was great. I would like to thank all of the team members and the great coaching staff for making this past week the best experience that I have ever had in powerlifting".



Team USA/Canada: back row - Mike Hartle, Larry Maile, Mike Overdeer, Tony Cardella, Greg Simmons, Ron Burdett, Justin Maile, Leslie Look, Ervin Gainer Sr., Rob Wagner, Camille D'Amato, Jackie Sandu; front row - Kim Dennison, Bernie Miller, Angie Overdeer, Jenn Maile, Brad Gillingham, Sandy Mobley, Sioux-z Hartwig. Not pictured (cut off) Ray Benemerito, Liz Willett, Harriet Hall. (photograph provided by Sioux-z Hartwig)

- TV coverage: Daily national and local in Japan and some other countries. Euro Sport (ESPN) negotiations are now under way for coverage of IPF events in Europe and they're trying to get the USA arm of ESPN on board. The publicity budget for the World Games was only 1/50th that of the Nagano Winter Olympics. The same man did great PR for both. The Japan Times (English) ran PL stories in sports pages, featuring Midote and Inaba and a

little on Sivokon and Kudinova. Yukako Fukushima got play in the sports tabloids, partly because she is so darn cute, but Acrobatics got the most attention.

Odds and Ends

- Inaba said it. "Before I am shipped off to the old folk's home I think it's great that I was able to lift for my hometown crowd." A delegation of family and friends cheered him on and waved banners supporting the fifty seven year old legend. He signed hundreds of autographs and posed for pics with mobs of fans and powerlifters. It was good to see.

- On an end to politics: The last persistent public detractor of the IPF leadership still howling at the moon is toning down his remarks somewhat and giving credit to Wallauch and Koeberich for their work leading powerlifting into the IOC.

- Nabe Yakan (Watanabe) of Japan, fifth in the light men's, is a national TV comedian. The meet went so fast



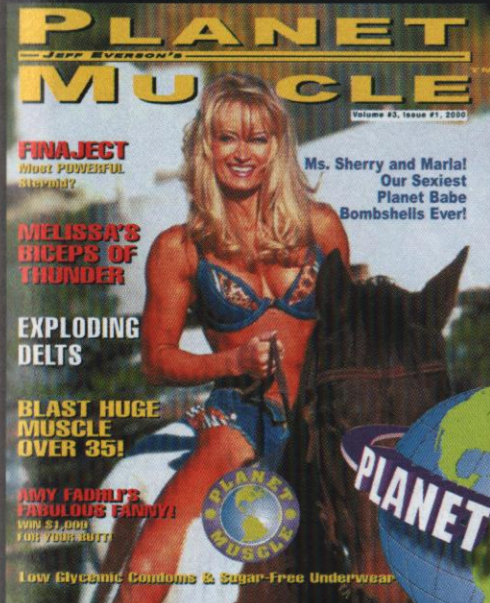
IPF ICON ... Inaba signing autographs (P. Kelso)

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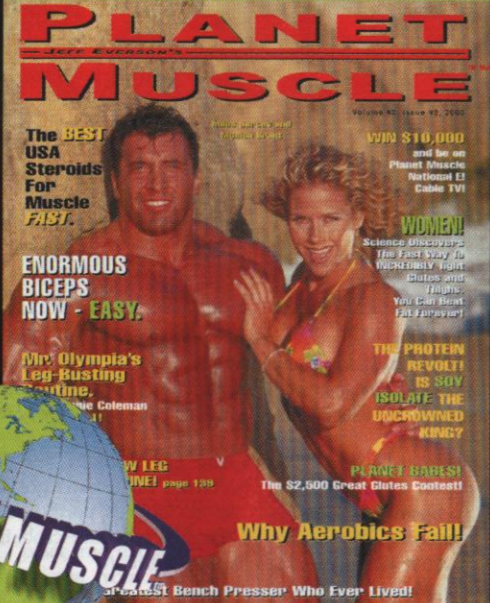
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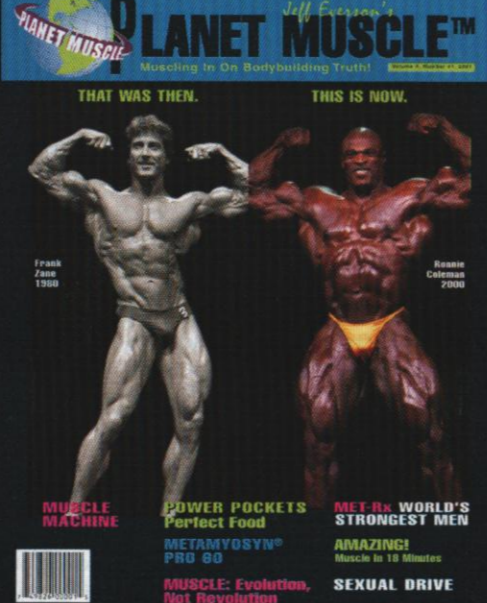
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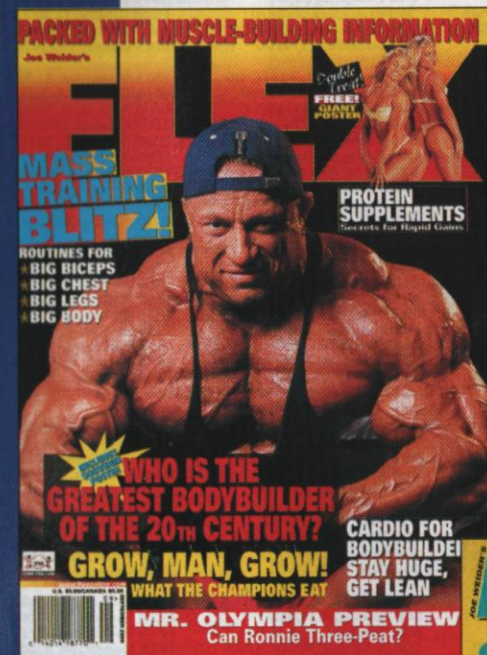
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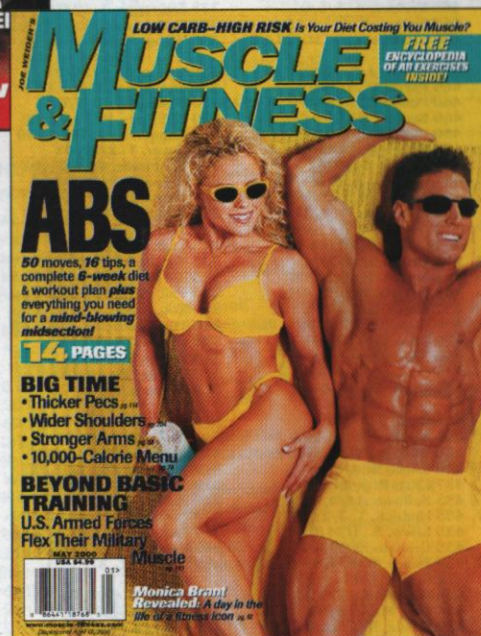
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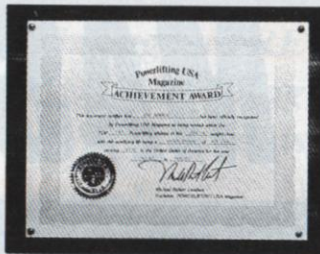
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NEXT MONTH... TOP 165s

Corrections... The results of the PPL Augusta Open on p.73 of the August issue of PL USA, should show a total of 1205 for J. Herbein in the 198 lb. class. On the TOP 100 list Jim Voronin should have received credit for a 666 bench press, L. Polk for a 562, N. Rodriguez for a 610, and Scott Mendelson for a 644. Jerry Pritchett's lifts of 675 425 650 1750 were not reflected on the Teenage TOP 20 listing for the SHW class in 2000. 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 in our compilation, sometimes the results are not available, and sometimes the bodyweights of the competitor are not indicated - (Sometimes, it takes a while to verify the correction).

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ties 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 via FIRST CLASS MAIL. Recent issues have covered such stories as the 700 lb. bench press by Dallas Cowboy lineman Larry Allen, the new head of the APF, the arrest of a prominent strength coach, which several time PL USA author has received the "Hot Trainer of the Year" award nomination from ROLLING STONE Magazine, what's coming up at next year's Arnold Classic, the bench show that will take place as part of the MR. OLYMPIA competition, the new strength anatomy book by the former editor-in-chief of the French PowerMag, and more. 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

Doug Moore's THE GYM BP 18 Aug 01 - Bloomington, MN

BENCH		308+ lbs. (40-49)	
WOMEN	Rambo	500	
132 lbs. Raw	Open 165 lbs. Raw	375	
R. Skaunak	B. Kegner	295	
160lb	J. Passeri	285	
Master (40-49)	M. Benson	282	
K. Lerom	198 lbs. Raw	350	
181 lbs. (60-69)	C. Nelson	340	
S. Segal	220 lbs. Raw	415	
198+ lbs. Open	M. Hufnagel	370	
K. Franklin	308+ lbs. Raw	315	
Teen 198 lbs. Raw	C. Stalpes	305	
J. Rueben	308+ lbs. Raw	375	
T. Knudsvig	308+ lbs. Raw	375	
Open	P. Kath	315	
P. Kath	J. Taylor	375	
J. Taylor	G. Prill	375	
G. Prill	—	375	
Master (50-54)	L. Rein	350	
D. Hawkins	360 242 lbs. Open	5351	
242 lbs. (40-49)	J. Biever		
C. Edwards	375 308+ lbs.		
308 lbs. Raw	K. Sartin	517	
C. Peterson	355 275 lbs. Exhibition	615	
(60-69) Raw	A. Fiedler	615	
G. Fink	180		

Doug Moore's The Gym Bench Press Classic is now history. Meet Director Doug would like to thank the competitors for their good sportsmanship, mannerly conduct and enthusiasm; Doyle Schultz from Marty's Auto Sales in Savage, MN for being the major sponsor; Health & Happiness Cafe for making it so easy to provide such a healthy, tasty, nutritional break for most everyone; Dragon Productions for capturing the fun on video (STW, call the Gym in Bloomington to get one!); Paul Pithey of Net Source Printing, Platform staff and referees, were Ulrike Kruger, Brian Hudyma, John Dorsher, Nick Rachuna, Nick Simones

and Dennis Green. Announcing was Jerry Gnerre with Sandy Green taking care of registrations. Live music was provided by Doug Moore and the Muscletones (Brian Smith, bass guitar and Neil Adams, percussion). Doug would also like to thank the Minnesota Powerlifting Association and each and every spectator who supports The Gyms and powerlifting in Minnesota. The next event at The Gym in Bloomington will be MINNESOTA'S RAW MEET III on November 17. (Thanks to Dennis Green for providing the competition results)

8th Annual Border Classic BP 28 JUL 01 - Brownsville, TX

MEN		SHW	
Teen	Jerry Duval	500	
105	Robert Jackson	370	
Marty Contreras 185*	SUBMASTERS	165	
123	Charles Garcia	190	
Jesus Ortega 245	242		
George Jackson 135	Cody Colchado	400	
132	Al Mendez	275	
Joey Alaniz 235*	MASTER		
148	335*	165	
Mike Gaona 335*	Gene Diaz	245	
Coty Hargett 135	Marloe Mosley		
165	181		
Juan Guerra 360*	Ernie Garcia	265	
Mario Vallejo 245	220		
Miguel Solis	Rick Garcia	350	
181	Mario Banda		
Duane Zbranck 305	240		
Steve Romans 300	Leo Benavidez	340	
220	R. Martinez	215	
Roger Alaniz 425*	Robert Jackson	390	
Brett Buckelman 320	Mike Whitney	375	
Angel Carrizales 280	MASTERS 50+		
Ignacio Pinalez 270	181		
Julio Ochoa 245	181		
275	Art Menton	335*	
Lenny Leal 325*	R. Contreras	330	
NOVICE	198		
123	Pete Ramirez	330*	
V. Villarreal 135	220		
165	Felipe Silva	250*	
Ramiro Morales 315	275		
Santiago Castillo 315	Aaron Gonzalez 335*		
Jaime Garcia 295	LAW ENFORCEMENT		
Frank Rodriguez 295	165		
181	Frank Rodriguez	295	
David Salinas 330	181		
198	Arthur Barrera	320	
B. Chornopyski 280	198		
220	David Blackmen	425	
Idelfonso Ortiz 225	A. Benavides	320	
220	220		
Jose Ramirez 395	Joe Guerra	480	
Noe Urrea 385	Santos Leal	320	
Mauel Trevino 335	242		
Hector Casarez 315	Scott Lambaria	415*	
275	275		
Javier Lozoya 385	Flip Silva	415*	
Mike Whitney 375	WOMEN		
Arron Gonzalez 335	TEEN		
SHW	198		
Jerry Duval 500	Tomie McDaniel 130*		
Gerald Johnson 355	Novice		
OPEN	123		
148	S. Dowdall	115*	
G. Hernandez 245	132		
Coty Hargett 135	Denise Martinez	95	
165	181		
Jimmy Gonzalez 380*	Karen King	185	
Johnny Vasquez 345	198		
198	Anna Rojas	140	
David Blackmen 425	SUBMASTER		
Recardo Ayala 365	114		
A. Benavides 320	Dee Bernal	135*	
Juan Reyna 315	165		
B. Chornopyski 280	Becky Valdez	155*	
220	181		
Cleovon Rollins 440	Cyndi Crossland 275*		
Joe Guerra 420	OPEN		
Jose Tujilo 375	181		
242	Cyndi Crossland 275*		
Cody Colchado 400	Karen King	185	

* denotes New Record. On behalf of the Mata Family and Tito's Gym, we would like to thank Valle Vista Mall in Harlingen TX for allowing us to promote our annual event at your mall. It was an excellent turnout with over 500 screaming supporters, which created a perfect environment for record setting lifting. 19 New RGV record were set. We had 84 participants; a new record for RGV bench press competitions. Our next meet will be in Nov. 2001 (Who is the Strongest Man in the Valley). For Info. Please call (956-504-3324) ask for Tito Pres. RGV Powerlifting Federation.

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