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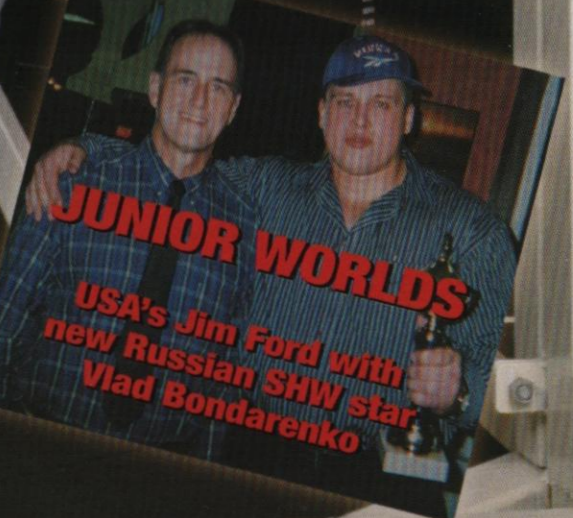
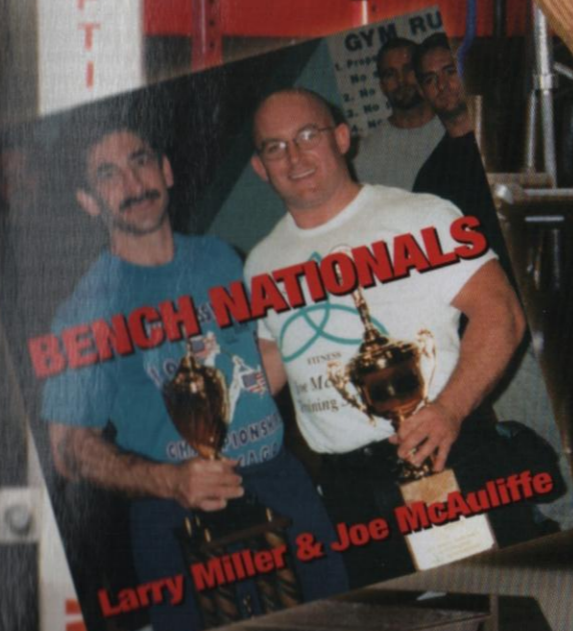
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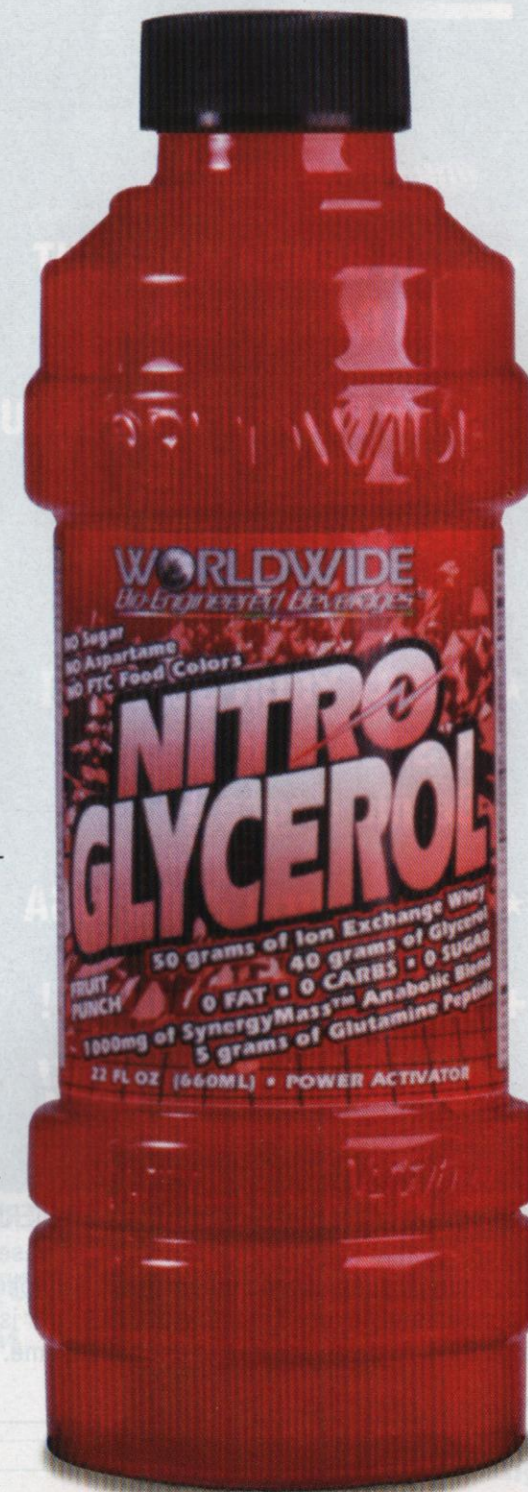
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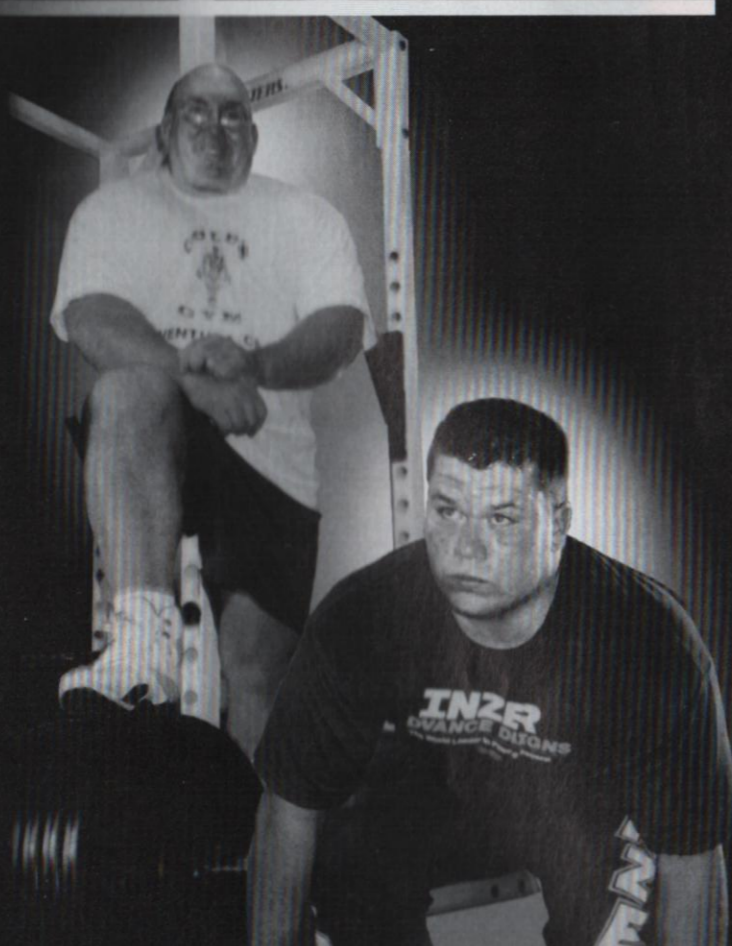
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ON THE COVER .... Nance Avigliano at the Los Angeles Lifting Club (Timothy Fielding), Larry Miller and Joe McAuliffe (left inset, courtesy Miller), Jim Ford and Vlad Bondarenko (Ford)

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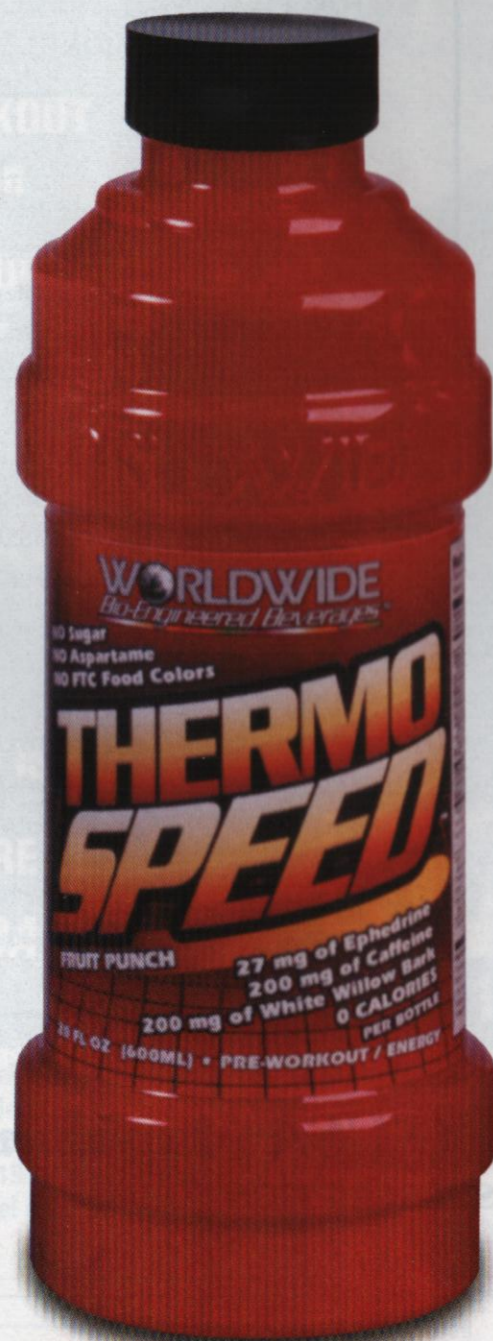
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# POWER PROFILE

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

Nance Avigliano was born July 19, 1956, the firstborn child of Burton and Sandra Greenspan of Philadelphia, Pennsylvania. In the beginning, she tipped the scales at 7 lbs. 12 oz., a robust baby girl. She spent her childhood in the "City of Brotherly Love". From the time she was 4, Nance learned ballet dancing, in order to become graceful. She has one sister - Margery - who is five years younger. Nance was a "tom boy" and kept up with all the neighborhood boys when it came to climbing trees and such. Growing up in a Jewish family, she didn't sit on Santa's knee or get presents on Christmas. She didn't miss out, because the Jewish holiday of HANUKKAH (festival of lights) falls at approximately the same time. So she got presents for each night of Hanukkah (8 days). That meant 8 times as many gifts! Nance was very popular in school, especially with the boys who hung around her like ivy on a fence. In high school, she always had a steady boyfriend. If they got too fresh, she'd clobber them and find another. She graduated from high school in 1974 at age 18, and she enrolled at Boston University, majoring in public relations. Nance had high aspirations: she wanted to be the first woman to become press secretary to the President of the United States. Later she transferred to Suffolk University (also in Boston, Massachusetts) because they had a better public relations program.

Always an extrovert, Nance was very resolute in her endeavors. During her Senior year she went to work for Howard Baker, a Tennessee Senator who was running in the primary for the Republican Presidential nomination (1980). Unfortunately for her, Baker was in a losing situation and dropped out of the race. Nance had been the second highest paid worker during Baker's unsuccessful campaign in Massachusetts. Nance's

## NANCE AVIGLIANO Powerlifting's Queen Of Extreme as told to PL USA by Herb Glossbrenner



Nance Avigliano training for the WPC Worlds. (all photographs by Timothy Fielding)

roommate at the time was a singer in a rock band, who'd quit her job. Nance decided to manage her following graduation. With her public relations expertise, she figured it would be a snap. Musicians or Politicians - what could be the difference.

There was a big difference - as she found out - but she did it from 1980 to 1993. It was time consuming, at times frustrating, and quite

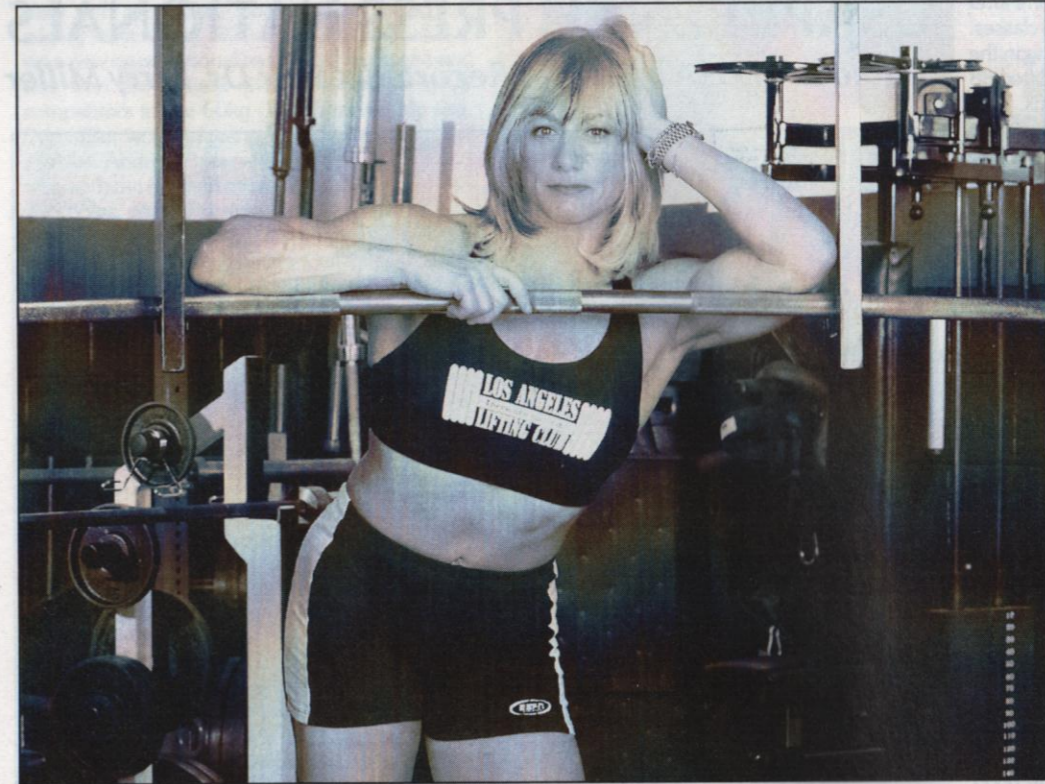
difficult to get ahead.

In 1990 Nance moved to Los Angeles from Boston. She'd been promised a job with a record company, as head of public relations. She drove 3000 miles and gave up her life in Boston for this bold venture. Surprise! When she arrived, Nance found out the job promised to her had already been given to someone else. She was very upset, as you can well imagine, but stayed in Cali-

fornia, and got back into band management.

One day, while she was walking down Hollywood Boulevard, a dark, handsome Italian fellow driving a jeep tried to pick her up. At this initial meeting, she wouldn't give him the time of day, but he turned out to be aggressive, persistent, and quite charming. It wasn't long before his macho manners won her heart over. This is how she met Joseph John Avigliano. One year later, they were married. Joe, a former football star from New York, was then working as a private personal fitness trainer. He'd drag Nance to the gym whether she wanted to go or not. One day in August 1993 they were driving down Ventura Boulevard. Suddenly, their Pathfinder was hit broadside by a grey Acura. Joe came out of the accident without a scratch. Nance wasn't as fortunate. She suffered trauma to two lower back vertebrae, compressed by the impact. Doctors, chiropractors, and acupuncturists didn't seem able to help her. She endured constant, agonizing pain in her back. Following the accident, the Aviglianos moved to Philadelphia and opened a pizza restaurant. It wasn't long before they hated it, sold the business, and moved back to California. Nance still continued to have back problems. After four years of her agony, and as a last resort, Joe put her on a strength training program. He figured by strengthening the hamstrings, back muscles, and abdominals, it could possibly alleviate

her constant pain. She started working out a few short months later (on Labor Day weekend - August 29, 1997) and her pain had miraculously disappeared! Joe noticed that Nance had developed an affinity for lifting heavy weights. He picked up a copy of POWERLIFTING USA and after scanning the results section, he believed that Nance could compete with other women in her weight



Nance Avigliano believes that femininity and fearsome powerlifting training are not mutually exclusive.

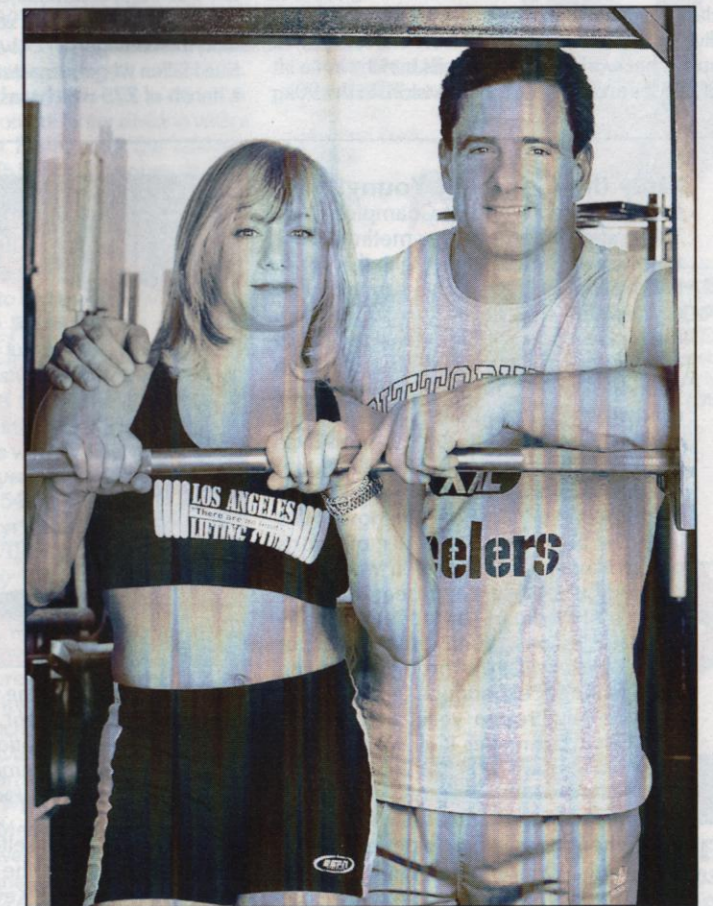
class. She emphatically said NO! Weighing 109, she had started getting bigger from her training, and she noted that her clothes seemed to fit better, after she had started training with weights. After months of badgering from Joe, she finally agreed to give powerlifting competition a try. At age 41, on March 28, 1998, she entered her first powerlifting competition. At the APF California State Novice in Fresno, CA, she won first place in the 40-44 age group, 123 lb. class: 193 SQ, 121 BP, 281 DL, 595 TOT. Having gotten her feet wet, she was off and running. Being the best in anything she did meant a lot to Nance. Training with Joe was push - push - push. He didn't let her rest on her laurels. They did a meet together soon after. It was the first official contest for Joe. Joe, who'd been raised in New York, wanted Nance to lift in Dr. Ken Leistner's Iron Island Deadlift Classic in Oceanside, NY - June 13, 1998. There she improved her 123 class DL mark, doing 295, and won both the Masters and Open divisions. Although she didn't make PL USA's TOP 20 Women's ranking list for that year, she became inspired to do so. Joe became the Strength and Conditioning coach for the West Coast Baseball Camp and Nance was his lovely assistant. Nance got a bit cocky and decided to run a few sprints with the boys. In doing so, she pulled her front thigh muscle. She been training for the APF National Push-Pull meet in Fresno.

Nance didn't make the lifts she wanted there because of the injury, but she did enough to win her division and win the best lifter award. Joe and Nance both knew they wanted a place to train with proper equipment, somewhere other powerlifters could train also. Having met Dave Fitzgerald, a 600 lb. bencher at a YMCA meet, they decided to form a partnership and open a gym. They decided to build the Los Angeles Lifting Club in a 2000 square foot building near Victory Boulevard in Burbank. Louie Simmons, the famed Westside coach in Columbus, OH, told Joe that he could get a Monolift and other equipment from Jamie Harris, who was closing down his Monster Factory gym. Dave and Joe flew out to Pennsylvania, rented a truck, and bought all of Jamie's equipment which included; a reverse hyper machine, a Simmon's bench cage, incline bench press, bars, weights, etc. They drove back to California loaded with equipment. Fitzgerald, being a skilled welder, built the gym's custom power rack, the dumbbell racks, weight holders, and standing calf machine. The Club's pulley machine was built by former Mr. America Dennis Tinerino. The L.A. Lifting Club opened for business on Halloween 1998. Everyone who came to the Open House got a free protein bar. Sometimes they came back, thinking they just might get some muscles too! After the gym opened, Nance started training again. On May 21, 1999 at the

APF Nationals in Fresno, CA, she won her 40-44 age group 123 lb. class (314 SQ, 165 BP, 363 DL,

843 TOT). Joe had big plans for the APF Senior Nationals the upcoming June in Daytona, FL. Before the Masters Championships, Nance suffered a torn right pectoral, the result of having her BP shirt yanked off. The stress of continuing to push the heavy weights made the condition worse, but she ignored the pesky injury and forged ahead. Her momentum couldn't be stopped. She not only won the Women's Open 123 division, but totaled ELITE in doing so: SQ 325, BP 165, DL 369 - Total 859. They both had big plans for the WPC Worlds that November to be held by Bruce Greig in Calgary, Alberta, Canada. 5 months out they realized that her pec injury needed surgical repair, which meant she wouldn't be able to lift in Calgary, a major disappointment. She had her pec surgery the Tuesday before leaving for Calgary. In March of 2000 she entered the Central California Open as her comeback meet. Only training 2 months she went 325, 165, 325 - 804. At the APF Senior Nationals in Warren, MI, she repeated as 123 Women's Open Champion, but making weight was an ordeal. Dehydrated, cramping, and weakened by starvation, she still posted some lofty numbers: 374 SQ, 182 BP, 386 DL - 942 TOT.

(article continued on page 74)

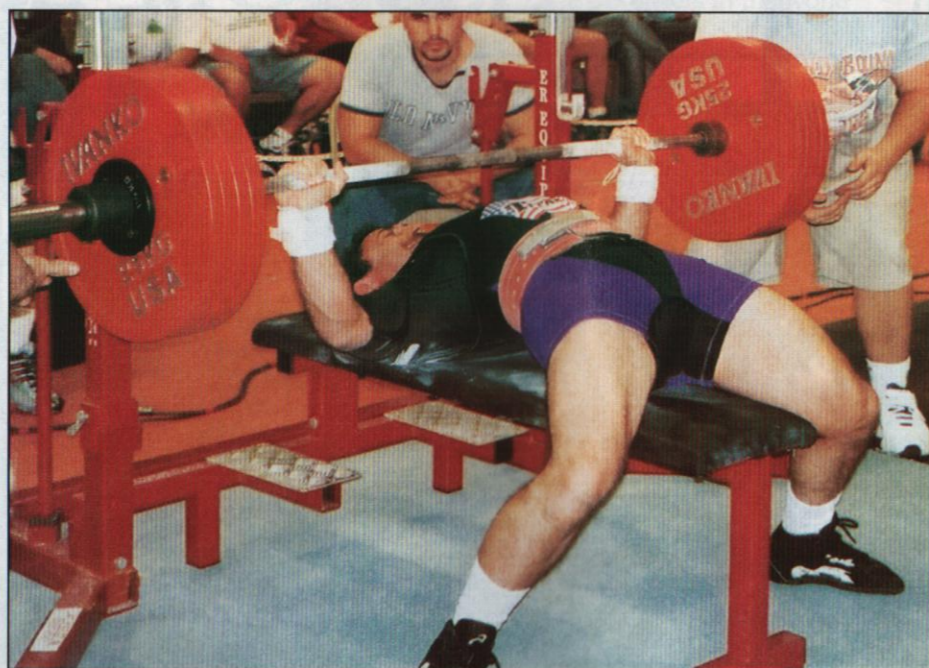


Nance & Joe Avigliano are demonstrating that "There are No Limits"

The women's competition started with one lifter in both the 44kg (97 lb) and 48kg (105 lb) classes. Ruth finished with a 115.5 lb bench and won the open and lifetime divisions. Peggy Bano lifted 88 lbs to win the open and master's divisions. Two lifters competed in the 52kg (114 lb). Local lifter Terri Distaulo finished with a 181.5 lb bench to finish ahead of Maura Shuttleworth. Three women competed in the 56kg class (123 lb) with Jeanne Harms winning the 45-49 division with a lift of 93.5 lbs. In the open division, local lifter Carmella Dixon finished ahead of Anne Boyle 159.5 to 115.5 lbs. In the 60kg class (132 lb) world silver medalist Jennifer Thompson missed a world record attempt of 286 lbs. but did manage a National record bench of 275 lbs., to finish ahead of Alaska's Jill Darling who finished with 253 lbs. Nicole Rendon won the Collegiate division with a bench of 132 lbs. There were 13 female competitors in the 67.5kg (148 lb) class. Kathy Jones lifted 187 lbs to finish ahead of Maureen Post to win the master's 40-44 age category. Helen Sauer finished ahead of Ruth Welding to win the master's 45-49 division with a bench of 225.5 lbs. Eula Compton won the 55-59 division with a bench of 148 lbs and Regina Hackney won the 60+ age division with a bench of 132 lbs. Tunde Szizak won the collegiate division with a lift of 126.5 lbs and Tammi Callahan finished ahead of Mary Ruffner to win the lifetime division with a bench of 231 lbs. The women's open was won by Angela Simons with a bench of 231 lbs to win on body weight over Tammi Callahan. Candy Mette won the 75kg (165 lb) age 40-44 division with a lift of 121 lbs & Jaclyn Thuener won the Collegiates with a lift of 132 lbs and another Kings Gym lifter Brooke Wessler finished ahead of Sandra Perron with a bench of 253 lbs. In the 82.5 kg (181 lb) class Maggen Millin won the teens 16-17 age division with a bench of 220 lbs. Andrea Sortwell upped her world record master's bench with a lift of 255 lbs and won the open division. In the 90kg

## USAPL BENCH PRESS NATIONALS

as told to **PLUSA** by World Record Breaker **Dr. Larry Miller**



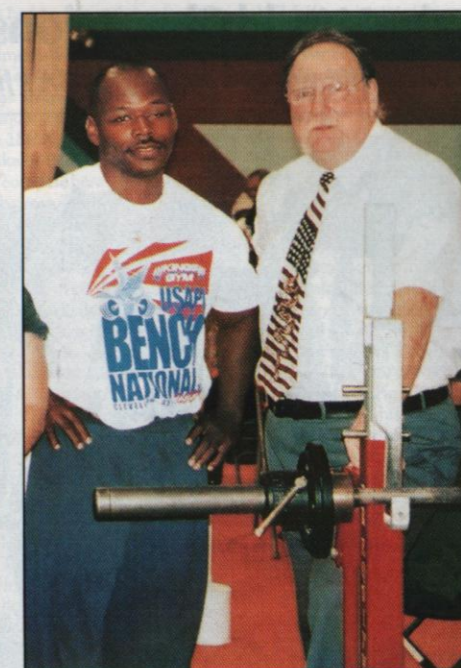
**Dr. Larry Miller** performed a beautiful IPF Masters and Open single lift world record of 498

(198 lb) class, Sue Ann Pack set a world record with a bench of 209 in the master's II division. Local lifter Linda Knittel-Kauk was unopposed in the open and lifetime and finished with a 192.5 bench. In the 90+kg (198+ lb) Brandy Patnode won the teenage 16-17 with a bench of 176 lbs. Sue Hallen won the master's 40-44 category with a bench of 275 which was also a national record.

Susan King won the 50-54 age group with a class bench of 181 lbs. Debbie Ferrell finished first with a national record bench of 374 lbs. In the light weight classes, Jennifer Thompson won overall best lifter and in the heavy wt. classes, Debbie Ferrell won best overall.

**MEN** - There were no entries in the 114 lb class. The competition began in the 56kg (123 lb)

class with my training partner Steve Petrencak edging Peter Wong, 330 lbs to 313.5 lbs. Steve set a new open national record in the process and also won the lifetime division. There were 10 competitors in the 60kg (132 lb) class. My son, Dan Miller won the teens 18-19 with a bench of 198 lbs. Andrew Bates set a national record and won both the raw and master's 50-54 with a lift of 225.5 lbs. Mike Freecom won the 40-44 age group with a lift of 192.5 lbs. Peter Balke edged Thomas Dirienzo to win the Collegiates with a third attempt 225.5 lbs. Joe Smith won the men's open with a bench of 302.5 lbs. There were 17 lifters entered in the 67.5kg (148 lb) class. Justin Scherer won the junior division with a lift of 203.5 lbs. John Barrett won the teen 18-19 and Police and Fire division with a bench of 236.5 lbs. Stoney Portis won the Collegiate division with a lift of 264 lbs. Joe Scribner won the masters 40-44 with 308 lb bench; Mike Anderson set a National record in the master's 45-49 age group with a bench of 308 lbs. Ted Feight finished first in the master's 50-54 age group with his opening lift of 181.5 lbs. In the men's open division Lance Slaughter repeated as National Champion with a lift of 385 lbs. Fifteen lifters entered the 75kg (165 lb) class with Hurley Meeks winning the masters 65-69 age division with a national record bench on each attempt, finishing with a 275 lb lift. Jim Merlino won the 60-64 group with a lift of 275 lbs. Jay Haines won the 50-54 group getting his third attempt at 330 lbs. Mike Hara won the 40-44 group with a 462 lb. bench. Mike almost lost his head on his first attempt as the bar rolled out of his hands toward his neck but the spotters got to it in time. Mike and I battled for the men's open. Mike had a higher lot number and lower bodyweight so his strategy was to do whatever I did. I started at 462 lbs, went to 484 and then went on to break Greg Warr's IPF world record bench with a lift of 498 lbs. Mike followed with the same weight and locked the weight out but his lift was turned down, 2-1. Mike and I are good friends and seem to push each other to new levels. Ricardo Garza won the Collegiate division with a bench of 330 lbs. Dan Callahan won the raw division with a lift of 297 lbs. Thirty one lifters were entered in the 82.5kg (181 lb.) class. Calvin Everett won the master's 70-74 division with 170.5 lbs. Rudy Lozano won the 60-64 age group and set a world record in the process with a lift of 352 lbs. World champion Jim Klostergaard upped his world record with a lift of 413.6 lbs in winning the 50-54 age group. Local lifter and training partner Gary Reale won the 45-49 age division with a bench of 286 lbs. World champion Greg Zangl won the 40-44 group with a national record bench of 423.5 lbs. Greg borrowed one of my bench shirts which he did in Luxembourg. I am still trying to figure out how we get in the same shirt. Dominic Schirripa won the teen 14-15 division with a 297 lb bench. Joseph Heyman won the collegiates with a third attempt bench of 324.5 lbs. Ben Scherer won the Police and Fire division with a 308 lb bench. Stuart Patrick won the raw division with a 390.5 lb bench. Tim Rickett won the lifetime division with a lift of 418 lbs. The open division was again won by Leonard McCormick who I will never figure out. Leonard did a touch and go on his opener. It reminds me of a baseball player letting the first pitch go by. Leonard finished with a 495 lb bench and then attempted a world record lift of 529 lbs. He was explosive but couldn't quite finish the lift. I wanted a good seat for the 90kg (198 lb) class. The master's 80-84 age division was won by



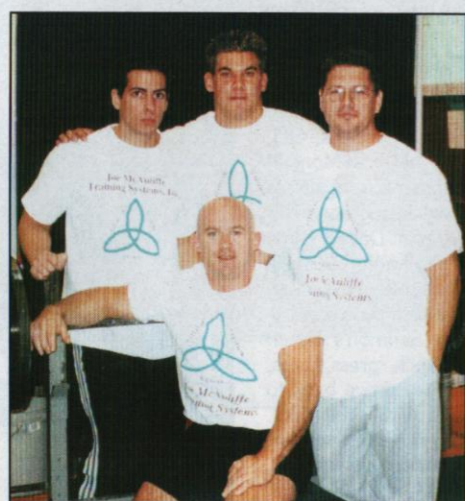
Spotter **ERIC CURRY** with Referee **AL SIEGEL**

Charles Lee who sets a national record every time he lifts. Charles finished with a 225.5 lb bench. Tom Scott won the 70-74 age group going 3 for 3 and finishing with 308 lb lift. Bill Phillips set a world record in the 60\*-64 age group with a 385 lb bench. John Mitsopoulos won the 55-59 group with an opening lift of 357.5 lbs. Robert Ingram won the 50-54 division with a big bench of 423.5 lbs. Phil Accordino won the 45-49 age group with a 341 lb bench. Wally Strosnider won the raw division with a 341 lb lift. Paulo Shakaran won the Collegiates with his opening lift of 264 lbs. Bryan Frizzelle won the juniors with a 401.5 lb bench. Steve Krebs won the junior division with a 407 lb bench. Kevin Farley won the Lifetime division with a 412.5 lb bench. The open division had nine lifters. Dennis Cieri had moved up from the 181's and Joe McAuliffe had moved down from the 220's. Both have traded American records in the past. Dennis was heavier than Joe so Dennis attempted to better Joe's third attempt bench of 539 lbs by 5 lbs, but Joe was more explosive and Dennis just missed. Training partner Steve Spinelli finished third. Steve also used one of my bench shirts which makes me wonder if I am in too big of a shirt. The 100kg (220 lb) class was another large one with 27 lifters competing. We had another 80+ year old lifter in Anton Reel winning with a lift of 154 lbs. G. William Sweeney won the 75-79 division with a bench of 220 lbs. Bill Remley won the 70-74 age group with a big 302.5 lb bench. Ray Klocek won the 65-69 division with a lift of 291.5 lbs. James Bourisaw set a national record with a bench of 363 lbs. David Chevalier set a world record in the 50-54 age group with an impressive bench of 475.2 lbs. Sidney Green won the raw division with an impressive 440 lb bench. Tim Anderson won the Police and Firemen division with a bench of 506 lbs. David Johnson won the Lifetime division with a lift of 506 lbs. Ennis White won the Military with a lift of 484 lbs. The Men's open was won again by last years world silver medalist Ralph Young from Ohio. Ralph managed a 544.5 lb bench to finish well ahead of the pack. The 110kg (242 lb)

(Dr. Miller's article is continued on page 73)

### Only the Good Lift Young! .....

In the publicized world of Championships, Titles, and Records, it is sometimes easy to forget why most of us are in this sport. Is it the love of lifting weights or the surge towards the spoils of victory? I feel I am the luckiest powerlifter on earth because of my contact with the kids. I own my own training facility and the majority of my clients are young athletes. The thrill of seeing young people improve themselves in the weight room is an experience that I highly recommend. Whether they play field hockey or football, our power lifts improve all physical aspects of sports performances. This has been well documented by science. My research on the science of the heart has taught me many valuable lessons along the way. Your heart muscle will grow through the giving of knowledge, experience, and wisdom that's come through years of competition. This what makes it all worth while. Now that I have reached most of my personal powerlifting goals, I get my inspiration from my kids. Their eyes open wide when they see me do perfect repetitions with 405 on the bench without drugs, shirts, or any of the other nonsense that has diluted our sport. This is the sport



**Joe and Crew ... at the USAPL Bench Press Nationals, left to right, Philip Felice, Bart Lombardi (collegiate national BP champ), Kevin Farley (lifetime 198 champ) and Joe (seated on the bench) (thanks to Joe for photograph)**

that should promote self-improvement and a healthy lifestyle, not the win at all costs attitude. My old friend Kevin Farley, who has done just as many meets as I (maybe more),

enthusiastically pontificates for hours when we speak about powerlifting. He gets the same fired-up look as I do when we meet. He has never won a national event, while I have won a few, yet we both still have "love" for the sport. At 36, I feel better than ever. My success at this year's USAPL Bench Press Nationals is directly related to the motivation I get from my team. If you are having trouble finding motivation - my advice to you is to mentor, coach, teach, and lead the future of our sport. Volunteer some time at a local High School or gym and share your experience. My training partners are now 14, 17, 18, 22, 23, 24, and 27. I seem to be feeding on their energy, having the best workouts of my life with them. I would like to personally thank Kevin Farley, Jim Waldron, Travis Roesler, John Plelan, Doug Grant, Brandon Calloway, Garret Mengen, John Zudima, Rob Pettiti, Eric Mele, Garret Golden, Bart Lombardi, Phil Felice, Brandon Felice, Chris Magnotta, Beau Reed, Pam Cosse, and the State Champion RBC Girls Basketball Team (to name a few) for allowing me to share my passion. Live Long, Be Strong, God Bless America!

Joe McAuliffe, MA, C.S.C.S.

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The 19th annual IPF Junior World Powerlifting Championships were held on September 11-16th, 2001 in Bulgaria's capital city of Sofia. Mr. Christo Meranzov was Technical Director, and Mrs. Roumjana Todorova was the Meet Director. The meet was held in the SPORT HALL "Christo Botev", a sports complex used in the past for many European & World weightlifting competitions. INZER ADVANCE DESIGNS provided a good IVANKO kilo set for the meet, along with suiting out the spotters. Their booth was on site, with Peter Thorne to supervise.

Our contingent of lifters, coaches and support staff consisted of 38 for the flight over. We arrived the morning of September 11, 2001, a date which will always be etched in our minds. The tragic events in NY, PA, and Washington rippled all the way to Bulgaria, and shook our young team. After traveling for 24 hours, dog-tired, we were finally deposited in our hotel for the stay in Bulgaria. We were all settling in and preparing for the Technical meeting that night at 8pm. Many team members gathered in my room and we were all watching CNN. Then, the tragic news began to build, and it held us spellbound for the next few hours. Powerlifting, which had been the focal point for this trip, was soon relegated to a different status. We realized our first duty was as Americans and we were witnessing a national tragedy. This was the first international travel for some of these young lifters, and now to be involved in an international situation was of great concern to all. We contacted the American Embassy and received some advice: don't leave the hotel except in small groups, and don't wear USA uniforms. At 8pm we had the IPF Technical meeting, and many countries sent their condolences to us for the tragedy. Due to the crisis, the airport was shut down indefinitely. Also, there was word of Moslem rallies in the city and the possibility existed we might need to be evacuated out of the country. Let me list our superb staff: Sandra Perron from Minnesota, Mike O'Donnell from Michigan, Wade Hooper from Texas, Larry Maile from Alaska, and myself from Texas. P.J. Couvillion from Hawaii was there as Technical Director for the IPF. Another coach, Greg Simmons from Indiana was delayed by weather, and then his flight was cancelled due to airport closings. Our Alternate lifter, Emilio Saldierna from LTU aided the staff, and assisted in team business. Team Captains were Trey Cunningham, Katie Ford, Nick Tylutki and Kimmi Goff. Marine Corps Capt. Keith Mishoe was there to assist Naval Academy lifter Julia Loya. Lifters voted for two teammates to represent them at opening ceremonies, Katie Ford & Nick Tylutki. Three coaches and three lifters had their luggage not show up at the airport. It was only through the aid of Mr. Evgeny Popov, of Bulgarian weightlifting fame, did we get any help from authorities in recovering the lost baggage.

Under these extreme conditions, we had our last team meeting late in the night of September 11th, 2001. We decided to dedicate our efforts to the victims and heroes back home who lost their lives in this senseless terrorist act. We would show the IPF nations and the world something of the American character, and it's true strength in times of adversity.

Wednesday, September 12th, 2001 - Women's Competition - 44.0 Kg class - Cruising to the magnificent win was Wei-Ling Chen of C. Taipei with a gold Medal in the Squat and Deadlift. Her 352 lb. Deadlift was enough to give her a huge 826 total, 50 kgs over Natalia Krikunova of Russia. Chen's 528 Wilks points were enough to give her the RUNNER-UP BEST LIFTER AWARD. Natalia Krikunova won the Silver Medal in Bench Press with a 154 press. Bronze

## IPF Junior World Championships as told to Powerlifting USA by TEAM USA's Jim Ford



Ukraine's Coach **Dimitry Soloviov**, TEAM USA Coach **Jim Ford**, and Women's Best Lifter **Larisa Vitsyevska**. (all photographs courtesy Ford)

Overall went to Oxana Sirant of Kazakhstan with a respectable 699 finish via Silver in the Deadlift with 319. The Bench Press had a three-way tie with 3 women doing 70 Kgs. By bodyweight was Rika Mura of Japan - Gold; Natalia Krikunova of Russia for Silver, and Benedict Lepage of France for the Bronze medal BP. Our premier lifter in this division, Steph McMillen, was out due to injury.

48.0 Kg class - Natalia of Russia was the clear winner with good across the board lifting. She Silvered in squat with a 275 lb. attempt and brought home the Gold for Bench & Deads. Her 777 lb. total was nearly 15 kg. over Olena Sychanina of the Ukraine who Silvered in Bench and Bronzed in Deads with a 744 total. Third went to Chinese Taipei's Shao-Mei Hsieh also with a 744 total and a Gold Medal in the squat. No USA lifters in this class.

52.0 Kg class - The 114s provided a good match-up of the top three, and premiered the USA's first lifter, Kim Goff from Louisiana Tech. Kim was hoping to make an attempt at a Jr. World Record pull. The events surrounding the tragedy back home weighed heavy on her mind, and being the first one on our team to lift was unsettling. She credits her focus to coaches Mike O'Donnell & Larry Maile. At the end of Squats it was Yi-Yu Chou of C. Taipei with a 145 Kg lift and Goff close behind with 140 Kg. Kimmi fell well back after the Benches. In the Deads, it was Farque with a 145 Kg pull to make a 335 Kg total and 4th overall. Hashimoto pulled 155 Kg for third. Goff and her coaches wisely called for 175 Kg (385) and a lock on the Silver overall. She pulled it convincingly. Chou, having won Gold on



The Award Winners at 52 kgs.: (l-r) Kim Goff (USA) - Silver, Yi-Yu Chou (C. Taipei) - Gold, Yumiko Hashimoto (Japan) - the Bronze.

made the best Deadlift in the class of 374 and a total of 898; Ogiyama, .2 kg. lighter, wisely pulled 363 to also total 898 and secure the Overall Silver Medal. Of note was an 181 lb. Bench Press by Tejashwini of India to win Gold. The USA had no lifter in this class, as Michelle Amsden was unable to attend.

60.0 Kg class - In the 132s we saw near perfection in the form of Larisa Vitsyevska of the Ukraine. Last year's runner-up Best Lifter, she came back much improved, dominating the class, and claiming overall WOMEN'S BEST LIFTER. Let me summarize her lifting: Gold in the Squat with a 197.5 Kg attempt. Gold in the Bench Press & a JR. WORLD RECORD press of 117.5 Kg. Gold in the Deadlift and a JR. WORLD RECORD of 462.9. JR. WORLD RECORD TOTAL OF 525 KG. Larisa Vitsyevska is a name destined for greatness in Women's Powerlifting. The Silver Overall went to Julia Shylaskaya of Belorussia, and the Bronze to Mandeep Kaur of India.

The USA team had two lifters in this division: Veronica Aguilar, now of MD and Nicole Sperbeck of Alaska. Veronica formerly lifted for the Australian Team and brings IPF experience to this class. She is one of our most colorful lifters; literally, her hair has no less than 3 shades! A surprise was her medaling in the Bench Press with a PR of 85 Kg.! Her 377.5 Kg total secured 6th place. Our other lifter, 18 year old Nicole Sperbeck, has the absolute hardest time shaving off those last few pounds before weigh-in. She actually stood on her head to make exactly 60.0 Kg. She literally looked like a Zombie from drying out, but after re-hydrating and eating, there was no more beautiful lady in the House! I believe she only got openers in a few lifts, but did manage a respectable 80 Kg Bench press (a Teenage American Record) and 7th place!

67.5 Kg class - The 148s was a battle between two Russian Powerhouses: Victori Pisarenko and Yule Chepushtenova. In the squats, Pisarenko dominated the class with a huge 462. Chepushtenova countered with a 435 lb. Silver Medal lift. The Bronze in the squat went to Nina Toropovska of the Ukraine. Chepushtenova came back to dominate the Bench Press with 253; and runner-up BP went to Hsiao-Li Hsu of Taipei with 242 lbs. and Pisarenko took the Bronze. Hsu pulled the best dead of class to secure 3rd over Toropovska on bodyweight. When Pisarenko pulled 402, the lighter Chepushtenova strategically called for 407 to win on bodyweight.

The USA team brought 2 lifters to this class: 23 year old Kim Callier from Bryan, Texas and 19 year old Robyn Niederkorn, from Galesville, Wisconsin. Callier, our first alternate, came with her coach & fiance', world-class lifter Wade Hooper. With Wade guiding her through her lifts and Kim in her perfectly tailored INZER gear, they were a flawless team. Kim went 6/9, but had PRs on her last squat & deadlift, equaled her best previous total, and finished 5th overall. Niederkorn, also in her first IPF meet, was nervous. Missing her openers in each lift, she settled down and completed the next two. She ended with a 370 kg total for 6th. Robyn is one of several 19 year olds who will be the core of our JWT in the next few years.

75.0 Kg class - The USA brought two lifters to this class, Julia Loya of the US Naval Academy and Katie Ford of the University of Texas. At the Technical meeting, it was thought Ford would have a better shot for team points if she went on up to the 82.5 Kgs., so away she went to drink water. In the squat, only 5 Kgs divided the top three squatters. Yana Petrenko of the Ukraine posted a huge 435, followed by Svetla Ivannikova of Russia with 429 and Tati Kudryavtseva of Kazakhstan with 424. Loya had a respectable 402 lb. squat. In the

Bench, Petrenko posted a 107.5 Kg press, but both Kudryavtseva and Ivannikova hit a 253 Bench Press, and the Gold in this went to Kudryavtseva on lighter bodyweight. Loya's 182.5 Kg pull was smooth and gave her 4th overall. This is Julia's 3rd JR World appearance. When Ivannikova pulled 170 Kg., that was good for a 480 Kg total and Bronze overall. Kudryavtseva pulled a big 192.5 Kg Deadlift and secured Silver with a 500 Kg finish. The Gold medal in the Deadlift and overall 75 Kg champion was Yana Petrenko of the Ukraine when she was able to handle an easy 451 on her final pull. Marie Thornton finished with a respectable 377.5 Kg total and is part of the new British Women's team that we will see big things from in the future.

82.5 Kg class - Katie Ford drank water and was a quarter pound over by weigh-in, along with Mazilova of Russia, Nanasi of Hungary, and Blinnikka of Finland to name a few. The two frontrunners, Natalia Polishuk of the Ukraine, in her last year of eligibility laid out the big squat @ 468, preceded by Chiu-Hui Hsieh of C. Taipei, who dunked 210 Kg for all white. The Bronze in squat went to Evgenia Mazalova or Russia with 195 kg. Katie Ford of the USA, in her 4th straight JR. Worlds competition, posted a PR squat of 162.5 Kg. Polishuk again dominated the best lifts in class by benching a class high 127.5 Kg, followed by Hsieh with 125 Kg and Yohiko Mure of Japan with 120 Kg. The Russian pulled 185 kg for a 485 kg total and bronze overall. Hsieh pulled 195 kg to lock up the Silver with a 530 Kg total. She tried a big one on her thirds for the win, but it was not there. The Gold went to Polishuk when she completed a huge 200 Kg Deadlift on her last attempt. That finished her up with a whopping 540 Kg total and 3 Golds for best lifts in the class. Ford, of the USA, placed 6th, going 8/9 and narrowly missing one bench attempt. Her 427.5 Kg total was her best ever IPF performance. She had PRs and National Records in Squat, Deadlift & Total. Her condition level had been cranked up a notch and it showed. She and Cunningham from the Men's team, were the veterans with the most IPF appearances (4); and she is also one of the younger 19 year olds who will shore up our teams of the future.

90.0 Kg class - Russian Yulia Kurina was the returning Champion. Her Gold medal winning squat of 250 Kg was a JR. WORLD RECORD. She tried 562, but a slight bar dip nullified the lift. Silver in the Squat went to USA's Jessica Watkins of

Indiana. Jess had trouble with her first two attempts, as she had trouble in set-up and depth. Adjustments were made in her suit & wraps and she easily completed her 3rd. A frustrated Jess stormed off the platform. Third in the squat was Chia-Hui Tsai of C. Taipei with a 180 Kg completion. 4th was Anna Sliwiska of Poland, who gained up from 181s to compete here. Kurina hit a big 120 Kg bench press; Tsai went 115 Kg., as did Sliwiska. Watkins followed in 4th with 107.5 Kg. The final numbers were; Kurina for the Gold overall with 1284, a JR. WORLD RECORD TOTAL. Tsai coped the Silver medal with 495 Kg. Watkins for the Bronze with 480 Kg. Sliwiska had a respectable 475 Kg total for fourth. Jessica Watkins is destined to make great improvements, as anyone could see her talent. If you're ever in the house when Jess is lifting, you're in for some wonderful action.

90.0+ Kg class - The favorite was C. Taipei's Yi Chun Chen, only 20, going against the veteran from the Netherlands, Bren vanderMeulen. The USA's lifter was 19 year old LTU student Mary Holt, and IPF first timer. The fourth lifter was Nilima Chattersee of India. Also, in the competition was Rumiko Ito of Japan. Chen dunked a big 195 Kg squat for the gold in that lift. vanderMeulen was close behind with 185 Kg. and Holt was third with a 167.5 Kg completion. Mary had some back pain soon after squatting, but she toughed it out until she got an adjustment from Coach Wade Hooper. vanderMeulen showed her dominance in the Bench Press with a division high 125 Kg press. The benching ability fell off from there: Chen - 85 Kg; Holt - 70 Kg; Chattersee - 60 Kg; and Ito was eliminated. In Deads Chen was able to overcome a 30 Kg lead by vanderMeulen when she pulled a 202.5 Kg Deadlift to total 482.5 Kg. vanderMeulen brought home the Silver Medal overall with a pull of 162.5 Kg to total 472.5 Kg. USA's Mary Holt brought home the Bronze Medal overall with her 170 Kg Silver Medal Deadlift pull. Chattersee finished fourth.

MEN'S COMPETITION - 52.0 Kg class - Once again pitted were the great Daruis Wazola of Poland and Dmitry Panin from Russia, along with two lifters from Japan; Tomoyuki Kondo and Akihisa Kurihara. Former champ Wazola dominated the squats with 217.5 Kg for the gold. Kondo followed him with a 200 Kg attempt. Panin was close for third with 197.5 Kg. Kurihara made it a 3 way race when he failed to complete an attempt. Wazola performed a PR bench of

127.5 Kg on his third attempt. Kondo put away the Gold for Bench press by hitting a 130. Panin stayed close by benching 110 Kg. Wazola pulled 190 Kg on his third and it gave him more than enough to put away another IPF Title. Kondo's 192.5 Kg pull gave him the Silver Medal. Panin locked the Bronze with a class high pull of 205 Kg and a total of 512.5 Kg.

56.0 Kg class - Last year's best lifter Tsung-Ting Hsieh of C. Taipei was again ready to prove his dominance. Russia sent a worthy opponent in Nikolay Asabin who immediately tied Hsieh for best squat attempt, and they both weighted in at exactly the same weight, 55.9 Kg. Following close was the Frederick Tenebra of France with 215 Kg. The USA's Micah Kiletico had a respectable 180 Kg attempt. In the benches, Hsieh increased his lead with a PR 150 Kg push; with second place being Asabin's 142.5 Kg. Tenebra was close again with 130 Kg. Kiletico had an all-time PR of 107.5 Kg and was in 5th at the subs. Hsieh is a DLing machine. His 250 Kg pull was 40 Kg over Asabin's and gave him another IPF World Title. His 620 Kg total was good enough for LIGHTWEIGHT CLASSES BEST LIFTER and 2nd BEST LIFTER OVERALL. It was Asabin for the Silver with 575 Kg. Tenebra capped the Bronze. Micah Kiletico, in his first IPF appearance, did a fantastic job. Only 20 years old, he was able to PR in the Deads with a huge 220 Kg pull for a 5th place finish. Micah, from New Orleans and going to school at LTU, is a great young talent.

60.0 Kg class - The 132s saw some great lifting for the Silver & Bronze Medals, while the Gold went to the clear-cut winner Alexander Gromov of Russia. Only 19, Gromov kicked things off with a huge 556 squat to easily cop the Gold in that lift. Volodom Pogrebnyy of the Ukraine hit 217.5 Kg, as did Trey Cunningham of the USA. Just 2.5 Kg back was Nikolas Jonsson of Sweden. Alexander Romankov of Belorussia also had a successful dunk with 215 Kg. In the Bench, Pogrebnyy won the lift with 160 Kg followed by Gromov and Johnson both completing 155 Kg. Cunningham dropped back with a fourth in the class press of 130 Kg. When it came to the deadlift, Trey gave his all and pulled a class high 230 Kg on a 2nd attempt, only to be followed moments later by Gromov matching his pull. Cunningham missed his third on a valiant effort. Trey took the Silver for Deadlift, as he was heavier. The final totals were: Gromov with 637.5 Kg, Pogrebnyy with 580 Kg;

Jonsson with 580 Kg., and Cunningham in fourth with 577.5 Kg. Trey's fellow World Team lifters thought enough of him to nominate him as one of this year's Team USA Captains, and the coaching staff has only high praise for his efforts.

67.5 Kg class - The two front runners were the veteran from Kazakhstan Maxin Lapshin; and 20 year old Oleksandr Kutcher from the Ukraine. Preliminary nominations indicated that Alexey Osokin of Russia would also be a contender. In the squat lift Lapshin showed his dominance with a huge 285 Kg (628) success which was a 17.5 Kg lead over the next best squat of 267.5 Kg by Fayaz Ahmad of India. Kutcher was close with 265 Kg. In the bench, Osokin of Russia showed dominance with a huge 190 Kg, tying Sivokon's record from 1994. Close behind was Lapshin with a 180 Kg completion. Lapshin's 465 Kg (1025) sub-total was as good as any in recent memory. It would need to be for the Ukrainian's Deadlift was known to be huge. It was at this point that great confusion occurred. There was much appeal to the jury and this will be talked about for years. It was, in my opinion, a mix-up of numbers at the scorer's table and due to circumstances beyond the jury's control they had to award the Gold medal jointly to Lapshin and Kutcher. Lapshin was credited with a 250 Kg pull for a total of 715 kg and 554.55 Wilks points. Kutcher's huge pull of 285 kg was best in class. It gave him, also, a total of 715 kg. They both weighed the same, 67.0 Kg. I think Lapshin's lift was in reality 2.5 Kg more, but it was posted wrong. The Ukrainians protested long and hard that Kutcher should have another attempt, to no avail. We had a joint champion. The Silver went to Osokin. This decision had direct effect upon the subsequent team standings. The USA's lifter in this class was Clay Grubbs from Texas who attends college at Louisiana Tech. I believe he hit a PR squat, but he could only manage a pull of 518; as the big one was not there. His 9th overall is commendable, and his IPF experience will be a foundation of next year's team.

75.0 Kg Class - The big match-up was with Artem Nikolenko of the Ukraine, Bronze medalist from last year, and two new Russians we hadn't seen before: Ruslan Vostrikov and Eduard Krainov. Nikolenko hit a huge squat; 310 Kg, a 30 kg improvement over last year. Chasing him were the 305 Kg squat by Vostrikov and 282.5 Kg for Krainov. The USA's Brad Robbins nailed two good squat attempts, only to be turned down on a 3rd that was every bit as deep. Alexander Kozlov of Kazakhstan, a bench specialist, had the best in class press with 187.5 Kg. Nikolenko followed with 185 Kg and the Russian Vostrikov completed 180 Kg. Krainov was 4th with 175. Robbins had some problems on his bench, missing his opener. He got it together and completed his last two for a 157.5 Kg best for the Georgia native. The Russian Vostrikov came from 10 Kg back at subtotal to blow out the competition with a huge 285 Kg Deadlift for the Gold Overall. His 770 Kg total was 20 Kg over No. 2 Nikolenko who DLed 255. The Bronze Overall went to Krainov with 732.5. Brad finished with a 6/9 day, missing one Deadlift. When he tore his hand badly on the tough knurled IVANKO BAR, he was attended to by none other than Rudy Kuster of Germany who used a wire brush on his cut hand. This either fixed the problem or brought him past the pain threshold so he was able to easily complete DL# 3 for a new Junior American Record total of 692.5 KG. Brad's 5th place finish overall was via a total that was a 32.5 Kg improvement over last years meet.

82.5 Kg class - The 181s was the largest of Men's classes with 19 lifters. Last year's

(article continued on page 70)



TEAM USA; front row (l-r) Jason Beck, Brad Robbins, Trey Cunningham, Clay Grubbs, Micah Kiletico, Emilio Saldierna, Nick Tylutki; (second row) Randall Harris, Wade Hooper, Kim Callier, Jessica Watkins, Veronica Aguilar, Kim Goff, Katie Ford, Robyn Niederkorn, Nicole Sperbeck, Julia Loya, Larry Maile; (back row) Mary Holt, Sandra Perron, Henry Thomsson, P.J. Chovanec, Tony Arterburn, Erik Steiner, Jim Ford, Mike O'Donnell

# FORCE TRAINING

by Dave Tate of  
Elite Fitness Systems



At Left-squatting out of the Monolift takes a bit of getting used to!!

how drags differ for a football or soccer player when compared to what a powerlifter would do? I assume they could use the sled to help recovery like you all do, but what would they need to do to improve speed and performance on the field. Any help would be great. Thanks.

**Answer:** I will answer this question because you have a great opportunity to help some of these athletes out with the use of a sled and most people have no idea how to get the best out of it. The same basic principles apply with the sled. For strength you will want to drag heavy for short distances of about 10 to 20 yards with moves such as forward dragging, backward dragging, ankle dragging and upper body static dragging to the front and too the back. For restoration you want to drag for greater distances such as 50 to 100 yards with the same type of any other type of movement. For the sports you mentioned I would put in some lunges to the front side and read as well as side ankle dragging. For GPP conditioning for athletes like soccer players I would keep the sled dragging constant with very little rest between sets. Start them out with 10 to 15 minutes and work it up to 30 to 45 minutes of constant work with very little rest 10 to 15 seconds between sets.

**Question:** I know you guys do most of your squatting out of the Monolift. My training partner was at a meet recently and had a very difficult time getting his feet and body placed under the Monolift. He seemed to fall forward after the racks were swung back. Do you have any suggestions on how to set up in the Monolift, especially how to stand up with the weight and not make it look like a good-morning. Thanks, Hank

**Answer:** You hit it on the head. Most people who are not used to a Monolift try and GM the weight out. You should arch the weight out. It should come straight up and have your body in position to squat. Most people don't get their feet far enough underneath of them. Have your partner get his feet forward more and arch it out.

For a complete archive of over 1900 questions answered, see the Ask Dave section of our web site at [www.elitefts.com](http://www.elitefts.com)

**Question:** I am currently training using the Westside methods, and have been making good strength gains. However, I am going to be joining the Marine Corps, and as a result, I have to add distance running of 2-6 miles to my training. I know endurance training and max strength training oppose each other, but I would like to keep improving my maximum strength, or at least maintain it. Do you think I should continue training Westside style, and just gradually push up the volume in the endurance training, or should I drastically change my weight training methods? Thanks a lot for your help.

**Answer:** Good question. As far as endurance training and max weights, yes they are a bit like oil and water, but that doesn't mean you can improve in both. You just won't run 4

minute mile pace and bench over 400 at the same time. Do you have to run any certain distance in a specific time? If so, the running training will change a bit, but the weights can stay the same. As for training, you just have to make sure you get the right amount of rest to recover. If you just have to be able to run distance a bit, you can work on your endurance and I don't feel it will hurt your max strength too much. Remember that a 2 mile run should only take about 12-14 min, so it isn't like you are running 2 hour marathons. There is a guy I work with named Mark Williams that runs 20 minutes on the treadmill 3 times per week and still benches over 400, so it is definitely possible to have both.

**Question:** On dynamic day I use

60% of shirtless max plus chains because they deload, right? But if I use bands I need to figure my band tension as part of the weight and not in addition to it. For example if my training weight is 185 I put 135 on the bar and the band tension is 50, right? When I do Dynamic bench I attach the purple (pink) band to the underside of the bench and the other end to the end of the barbell. I estimate this to be 50 lbs. (I have long arms). Does that sound correct, or do I need to use minis?

**Answer:** The mini bands are used for the bench. I must have forgotten to mention this before. When you use bands just take off the bar what the bands are on the chest.

**Question:** I have just recently built a sled for dragging. I was wondering

My name is T.J. Hoerner. I'm only 23, but I do have 8 years of powerlifting experience underneath my belt. I give God all the glory for my success and that is why He has continued to bless me in life and powerlifting as well. As a 148 pound lifter my best lifts in competition are a 650 squat, 336 bench, and a 617 deadlift. The squat routine that I will describe is very old, but has worked for me, and many lifters that I know. The average expected increase will be between 20 and 30 pounds. This is a ten week squat routine where you squat heavy one time per week and squat light one time per week. For example, I squat heavy on Mondays, then on Thursdays after my deadlift workout I do my light squat, which I refer to as my speed work. On that day focus on technique and speed coming out of the bottom of the squat. I would recommend that you use a weight somewhere between 45% to 55% of a one rep no gear max, for 6-8 sets of 2-3 reps. Let's assume your max is 500 pounds in the squat. Your heavy days will go as follows:

**Week 1** - 135 x 10, 185 x 3-5, 215 x 8, 245 x 8, 275 x 8, down sets at 195 x 5, 195 x 5

**Week 2** - 135 x 10, 205 x 3-5, 240 x 8, 270 x 8, 300 x 8, down sets at 210 x 5, 210 x 5

**Week 3** - 135 x 10, 225 x 3-5, 265 x 6, 295 x 6, 325 x 6 down sets at 225 x 5, 225 x 5

**Week 4** - 135 x 10, 225 x 3-5, 290 x 5, 320 x 5, 350 x 5 down sets at 245 x 5, 245 x 5

**Week 5** - 135 x 10, 225 x 3-5, 270 x 1-2, 315 x 5, 345 x 5, 375 x 5 down sets at 260 x 5, 260 x 5

**Week 6** - 135 x 10, 225 x 3-5, 290 x 1-2, 340 x 5, 370 x 5, 400 x 5 with knee wraps down sets at 280 x 5, 280 x 5

**Week 7** - 135 x 10, 225 x 5-6, 310 x 1-2, 365 x 3, 395 x 3, 425 x 3 with knee wraps down sets at 295 x 5, 295 x 5

**Week 8** - 135 x 10, 225 x 5-6, 315 x 2-3, 390 x 3, 420 x 3 with suit bottoms and knee wraps, 450 x 3 with suit bottoms and knee wraps. Walk out with 525 straps up and

## WORKOUT of the Month

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## T.J. HOERNER'S SQUAT ROUTINE



T.J. Hoerner squatting in IPF Junior World Championship competition. (Hiro Isagawa)

knee wraps. Down sets with suit bottoms 315 x 5, 315 x 5

**Week 9** - 135 x 10, 225 x 5-6, 315 x 2-3, 380 x 1, 415 x 2 with knee wraps, 445 x 2 with suit

bottoms and knee wraps, 475 x 2 with full gear, walk out with 550 full gear. Down sets, same as Week 8

**Week 10** - 135 x 10, 225 x 5-6, 315 x 2-3, 390 x 1-2, 440 x 2 with suit bottoms and knee wraps, 470 x 2 full gear, 500 x 2 full gear, walk out with 575 full gear, down sets, same as Week 8.

The last heavy workout should be performed 9-12 days prior to the contest day. Contest day: 135 x 10, 225 x 5-6, 315 x 2-3, 405 x 1. First attempt - 470, 2nd - 505, 3rd - 520 to 530.

Be sure to do the two down sets after you finish your top set for that day. Your two down sets should be approximately 70% of your top set for that workout. The down sets provide extra leg work and also give you another opportunity to work on technique and speed coming out of the hole. Also, do walk outs your last three heavy squat workouts. These are very important psychologically. Do not take these for granted! Make sure you have good spotters that can help you back into the rack. Set your pins as high as you can for safety. When doing walkouts you should really FOCUS on doing everything right. Concentrate on setting up with the weight perfectly. Once you walk out, and are set up, take a deep breath - just like you would if you were going to squat, then repeat 3-4 times (breathing). Then have your spotters help you rack the weight. I also believe in doing reverse hypers (3x12) and ab work on my squat and deadlift days.

I would like to thank Powerlifting USA for the opportunity to present to you this squat routine. A big thanks goes out to John Inzer for his support and for providing me with the best powerlifting gear in the world. To Paul Boutte, I can't thank you enough. You have been such a great coach, father-in-law and most importantly a great friend. To my beautiful wife Kristin, thanks for your support, patience and prayer. Thanks to the rest of my family, for their support, prayers and encouragement. To Allan Whigham, the power of prayer is awesome - thanks so much. Most importantly, I thank God, because without Him I am nothing.



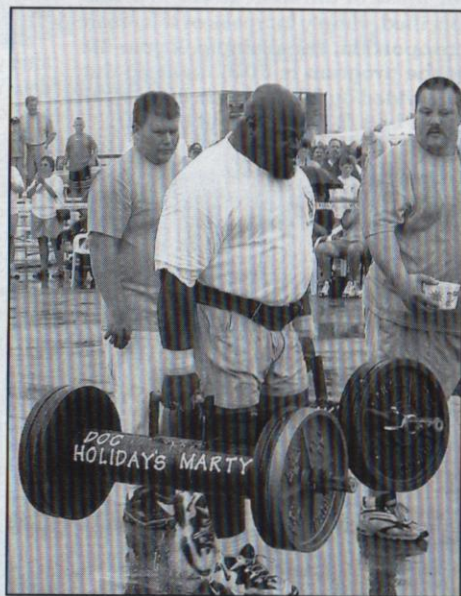
# POWER PROFILE

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

Strongman competition, as a spectator and participant sport, has taken off in the past few years. Beginning in the late 1970s, television was attracted to the behemoths who lifted, carried, moved, and supported what appeared to be awkward and huge amounts of weight. After a period of time that found most contests centered in Europe, the rise in popularity of the World's Strongest Man series under the auspices of Dr. Douglas Edmunds and the coverage of journals such as *MILQ* has arguably led to strongman being the most dynamic and fastest growing aspect of the iron related activities. In the United States, the rise of a number of competent, competitive athletes has also contributed to the public's positive perception of the sport. While Pfister, Schoonveld, and Phillipi arguably lead the U.S. contingent in performance internationally, there are other well known and popular stars-in-the-making such as Bryan Neese, Johnny Perry, and perhaps the most interesting of the entire group, Tony Scrivens.

I had my introduction to Tony through the pages of *MILQ*. His lovely wife Tracy provided the *MILQ* readership with a thumbnail sketch of this fine athlete's achievements in the June 2000 issue and thumbnail it was. Having met Tony, I was immediately struck, and remained somewhat awed by his presence and charisma. If you talk to any of the other competitors who are regulars at the various U.S. strongman events, Tony is the one guy who remains at the top of the "Most Popular" list with almost all of them. He also has far ranging interests and abilities that make him somewhat unique among iron game competitors. One can't miss his size, not at 5' 11" and 320 pounds. He is, from every angle, huge and it's easy to overlook his 23" arms when they sit between a neck that stretches the tape to 21" and a chest that borders on the 60" mark. After thirty consecutive and consistent years of training, exploring bodybuilding and powerlifting (with bests of an 885 squat and 800+ deadlift to his credit),

## TONY SCRIVENS RENAISSANCE STRONGMAN as told to PL USA by Dr. Ken E. Leistner

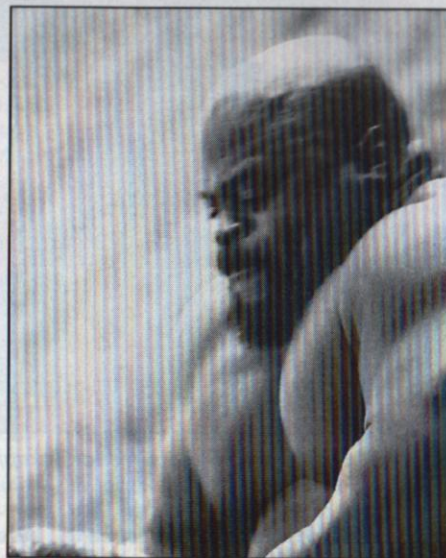


Tony Scrivens holds tight in the Farmer's Walk

he looks the part of a strongman. His story began in Baltimore, MD, but after joining the U.S. Army at the age of seventeen, he got to see quite a bit of the world, especially the southern part of the U.S. and Germany. He always had a desire to be strong which made his attraction to weight training a natural. His involvement in football and karate next led him to the weight room where he flourished. Highlighting his unique approach to almost everything he does, he also studied modern dance as an adjunct to his martial arts and strength training activities. He was also motivated by a desire to improve, not to impress others, but to improve strictly for the sake of bettering himself. His cousin Ricky Hawkins was a major influence, demonstrating through example that the "inner you" was more important than that which was seen by the world, that success came through an amalgam of the heart and head, not sheer

brute force. As a guiding principle, Tony has seen athletes such as Bryan Neese, John Beatty, Frank Grzesk, Chad Coy, and Brian Schoonveld reiterate that perspective time and again in the strongman arena. Strength training also tied in well with his quest for improved health and mental attitude.

Speaking with Tony can take you into many areas, some quite unexpected. At Chad Coy's American Hercules Strongman Contest the 2001 qualifier for the World's Strongest Man Contest, ably directed by Erica Neese, eight or ten of the fellows pushed me hard to ask Tony for his cheesecake recipes. Yes, recipes, plural! If Tony is known for anything on the strongman circuit, among the other athletes, it is for his tremendous overall power, huge smile and open personality, and his cooking and baking abilities. Emeril has nothing on this guy as Tony is a cheesecake chef extraordinaire. He augments his income by baking and selling gourmet cheesecake and



Pulling Truck in Indianapolis (photos by Tracy)

according to absolutely everyone who has sampled it (and it seems I was the only one who hadn't!), it is as Bryan Neese described it, "the very best you will ever have." You can't fool all of the people all of the time and I believe it because if there were forty competitors and officials at this contest, the thirty-eight who had eaten his wares were ecstatically enthusiastic about his ability to bring you to your knees with his cooking or baking. How does one go from strongman to the kitchen? I was told that it worked the other way around. Tony's mother raised him the right way. Besides his humility, graciousness, and genuine interest in others, she decided that he would have the ability to stand on his own two feet and thus taught him the fine domestic arts of cooking, washing the dishes, sewing, and "taking care of" himself. She did a great job and because there were a number of what Tony describes as "great cooks and chefs" in the family, and having been blessed with a big appetite, it was natural that he would excel as a cook. As a bodybuilder, his level of discipline was never in question, but after a while, the chicken and rice got to be a bit boring so Tony applied his culinary skills to his strict diet. The results encouraged him to grow in the kitchen just as his physique and strength levels were growing and he has a true love of cooking. It should be no surprise that watching cooking shows, and then experimenting with the ideas gleaned from them, are among his favorite leisure time activities. To say that the advent of the food network on cable television was the greatest thing to happen to the state of Wisconsin might be overstating a bit, but looking at Tony's smile when talking about it, you would have to wonder.

Of course, with Tony's stringent training schedule, leisure time isn't abundant, since without fail, he trains when he is supposed to and is fortunate enough to do so at home. His "home gym" would rival any commercial club or athletic training facility; Nautilus machines, tons of conventional barbell and dumbbell equipment, benches and racks, and an array of the specific apparatus used in



Tony puts his weight to work on the Tire Flip

strongman competition. His "home away from home" sits right behind his house which makes training frequency possible and convenient and like everything this man does, it is done "right"! His equipment is impeccably maintained and used hard. Tires, yoke, logs, stones, farmers walk implements - he has it all and uses all of it. Tony always trains alone since his usual training partner left the area, and trains each body part twice per week. He does event training two to three times per week and tries to get in a workout on Saturdays (the usual day of competition) at least three times per month. Through trial and error and thirty years of experimentation, he's tried many different routines and has a number of them that

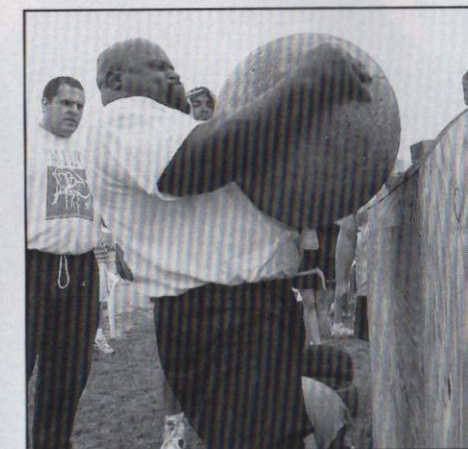
he "switches between", that he knows bring good results form him. Tony "hates" cardio work but does get a few sessions per week in. He notes that once his former training partner Frank Grzesk returns to Wisconsin, he'll kick things into a higher gear. While he loves to train, he has an attraction to

strongman competition simply he says, "Because I can and most people can't." That isn't an egotistical remark, just a footnote to this multi-faceted man that indicates that he relishes the huge challenges that life brings. In the barbell related sports, strongman competition isn't for the faint of heart as it requires qualities that are honed by the various "branches" of the iron game; athleticism, brute strength, explosive power, muscular endurance, a will of iron, and a commitment that is total. Tony recognizes that of all the sports, this one requires the athlete to pull all of it together, especially the mental aspects. He is also greatly attracted to the group of athletes, promoters, and fans that are involved with strongman

competition. He notes that "the athletes are a great group of guys and they'd bend over backwards for one another." For those who have been around strongmen, and especially those at the higher levels in the U.S., the level of camaraderie is immediately apparent.

Tony's list of accomplishments would fill a page and they range from the many strongman competitions to Rolling Thunder success and everything in between that's related to a barbell or strongman venue. However, it is his family, his wife and children, who keep him motivated. He told me that "I love my wife more than life itself, my kids the same. Though I don't show it enough, I know they know how I feel." Tracy is the one who keeps him centered. Tony, of course, wanted to cook everything for their wedding but settled for making the entire rehearsal dinner. However, in lieu of making a wedding cake, he baked nineteen (19!!) cheesecakes for the wedding. Did I men-

tion that he sings? He sings and his beautiful voice can bring you to your knees. In talking to Tony Scrivens, one tends to walk away with a smile. His many and varied interests reach in many directions and encompass so many areas. He is moving towards the upper echelon of American strongman competition and with a bit more experience and time spent on his few weak points, will make a bigger noise in the next year or two. Of course, if we hear singing, and noise coming from the kitchen, we'll know he's already arrived.



A classic Strongman Event ... hoisting stones.

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# POWER SCENE

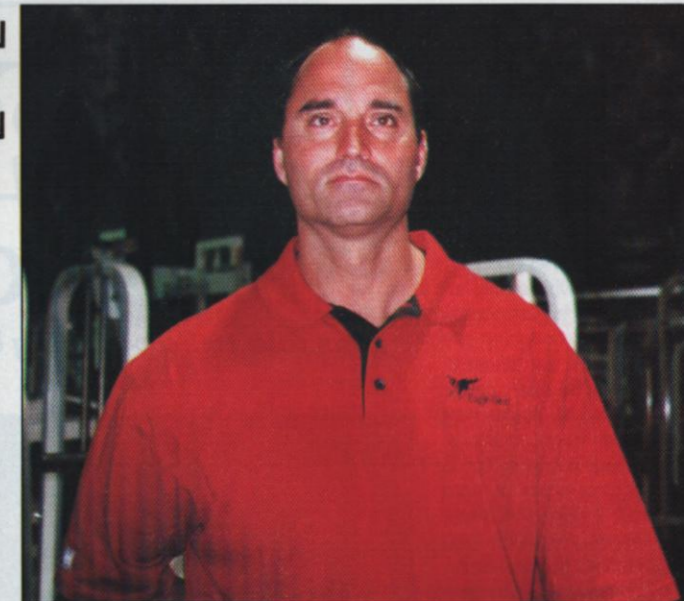


Tony Hardridge ... standing outside the offices of Strength Systems

POWER SCENE got on the freeway early in the morning recently, and headed into Orange County, home of the Lake Forest World Gym, and the site for Tony Hardridge's powerlifting workouts.

We wrote about Tony last

month, how he's hit some big numbers and we watched his squat and deadlift workouts. Tony does both on Monday mornings, with only a couple of minutes rest between the end of squatting and the start of deadlift. Even though by late Mon-



World Gym Lake Forest Owner Daniel Campbell. (Ned Low photos)

day morning, he's hit both lifts, Tony's still in the gym training through Friday, and then gets the weekend off.

But only from this training, because Tony is running meets at World Gym, and they've got a Squat & Deadlift meet scheduled for November.

And Tony also has a business, Strength Systems, which provides personalized training, diet, and nutrition advice. Tony's wife, Wendy Jameson, is the other part of Strength Systems, and we caught her in the office. Wendy has competed in powerlifting, bodybuilding, and fitness contests.

You can reach Tony and Wendy at Strength Systems at 949-307-9634.

Powerlifter Scott Marcinek was also on hand. He moved out to California from Ohio a few years back, and does some of his training at Worlds. Scott is currently competing in bench press contests, and has a PR of 424, at 198 body-weight.

Finally, we were introduced to the gym's owner, Daniel Campbell, who also competed in powerlifting (and bodybuilding). Daniel's PRs were 605 385 580, all at 198, and then, when he got injured, he moved into bodybuilding.

The gym is over 15,000 square feet, and has a huge variety of equipment, plus a powerlifting area. Daniel spoke of the supportive atmosphere in the gym for serious training, so all you serious lifters, you can call World Gym in Lake Forest at 949-770-2271.

Best Wishes for a Happy Thanksgiving, and safe and successful training. Stay Strong

NED LOW



Wendy Jameson ... Tony Hardridge's wife, at the desk inside the Strength Systems office in Lake Forest



Scott Marcinek ... former Ohioan

The best measurement of performance in any sport is in actual competition. No amount of practice or training can really be an adequate substitute. Major sports like pro basketball and baseball, etc., have pre-season games or leagues where teams can try out new players and plays under game situations, but in these games, the score does not matter all that much. Coaches and players are able to gauge where they are at so they can make adjustments in both personnel and coaching practices. Powerlifting is no different. Lifters need to be able to gauge their progress or try different things under meet conditions, but peaking properly for a meet requires a lot of hard work that, if done too often, can deter progress in the long run. So what's the answer?

Training meets can be a partial answer. What exactly are training meets? In short, a training meet would be a competition a lifter would compete at but not set his training cycle to peak out for. This may include not trying to make weight and competing in a higher than usual weight class. In addition, maximal efforts may not be taken on the platform.

Lifting at a training meet can make sense when a lifter is peaking for an important contest a few weeks away and needs to gauge his progress. Knowledge gained at this competition may be used to make adjustments in training or expectations at the upcoming targeted meet. By not worrying about making weight or going all out on lists or taking all attempts, the lifter would not lose strength because of cutting weight, which could hinder strength building. Not going all out also would prevent any premature burnout or unnecessary injury that could effect his performance at a meet when it counts.

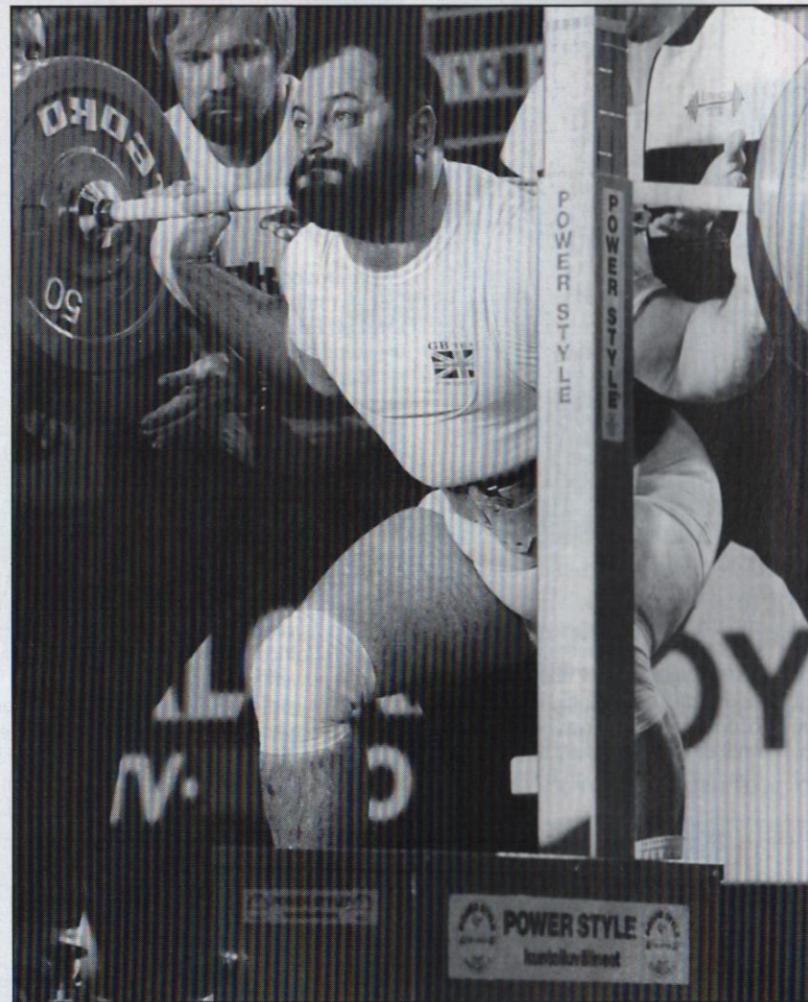
Let's take an example of a 148 class lifter who has chosen the state meet in October as his important meet of the season or year for that matter. However, there is a local meet 3 weeks prior to the state meet. He would still begin his contest preparation phase 12 weeks prior to the state meet. In Weeks 7 and 8, he would try hitting some 90-95% singles to quickly prepare for the local meet in Week 9. Normally, he would drop 6-8 pounds to compete at 148, but for this training meet, he would lift at whatever weight he was at, even having a good dinner the night before weigh-in. At the meet, he might only take 1-2 attempts on the squat

## STARTIN' OUT

A special section dedicated to the beginning lifter

## TRAINING MEETS

as told to Powerlifting USA by Doug Daniels



Could You Utilize a Training Meet to prepare for a major upcoming competition?

and deadlift while taking 2-3 cracks at the bench, which is the lift he needed to gauge. By analyzing any problems or successes he had, he can then go back to train the last 3 weeks with these in mind. Perhaps there was a problem with squat depth, bench press lockout unevenness or deadlift grip. By not going all out or cutting weight, he reduced the chance of peaking out too soon or risking injury on max lifts. He might also want to try out a new warm-up room routine or lifting gear under actual meet conditions.

Single lift meets are great for

training meets. A bench meet, relatively close to a major 3 lift event, can provide a good opportunity. This type of meet should not adversely effect the other 2 lifts, especially if you don't cut weight. Cutting weight for a one lift meet would not be a wise choice either. Training meets are a means to an end, not an end in themselves. A meet a week or two after a major contest can also be used as a training meet. Pass if you are excessively fatigued or have an injury or pain, but if you feel good, go for it! Do not consider cutting weight also. Regard yourself as a superheavy for

this one, not needing to make any certain weight; compete at whatever weight you are.

Not cutting weight may reveal that you should consider moving up a weight class. This can be evident if you lift considerably less at your lighter weight or have a hard time getting down. Your lifts may take off at a higher weight. I've always stated that over time; lifting will make you bigger. Keeping your weight down may have really held back your bench press or squatting power. Keep in mind most agree it takes a year to 'grow' into a weight class, so be patient also. Weight changes effect the bench the most followed by the squat and lastly, the deadlift. I would suggest no more than 1-2 training meets per year. Any more and you will not be able to devote proper time to peaking for meets that count. Lifters that compete too often usually do not improve.

Lifting at a training meet is considered a workout too. Take 3-4 days off before going back to the gym. If you lifted at a one-lift meet, you can train the others lifts sooner than that though. Resume your training where you should be in your cycle for that week.

As you gain experience and confidence, the necessity for training meets may decrease or disappear altogether. Newer lifters feel the need to gauge their progress more frequently than veterans do. Most of the times they suffer from lack of confidence. Many elite lifters compete only at National and World meets and get along fine. You should learn from every meet you lift at. Lifters are not the only athletes who use the training meet concept. Runners compete at runs of varying distances and regard them as training sessions, experimenting with controlling their speed throughout the race for best times at race that count. Approach training meets as another tool in your quest for those big lifts.

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

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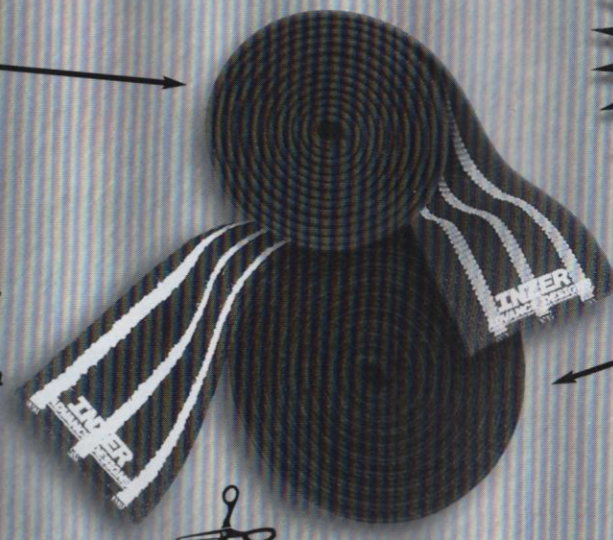
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The very first job I ever had was in professional baseball. I worked with the Kansas City Royals as a hypnotist. No joke! I would hypnotize anywhere from 10 to 20 ballplayers a week. In general I would hypnotize the players to help them increase their self-confidence, or decrease their anxiety or stress level. We also experimented with hypnosis in other areas, but nothing that was really earthshaking. Actually, later on in my baseball career, I functioned more like a sports psychologist than I did a hypnotist. That was after we found out that hypnosis was basically worthless as an aid to enhance athletic performance, but that is a whole other story in itself.

I had a wonderful job. It paid great, everyone treated me super, and I felt like I was doing some ground breaking research in the area of mind control. In truth, I loved my job, but my goal in life was to be a

## Dr. JUDD

### Follow Your Dreams

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

teacher. God only knows why, but that was always my dream. So when a friend informed me that he could get me a job teaching at an all black college I jumped at the chance. I'm serious! I quit my job in professional baseball and took a position at Albany State College for about one third the salary I was making in baseball.

When I told my parents what I

had done they freaked out. They said, "Judd, get a grip, if you are not going to stay in professional baseball at least think about getting into Medical school." That is what they always aspired for me to do. My sisters suggested I open up a sports psychology clinic. "At least you will make good money," they said. Some of my friends suggested that I should open a fitness center. My grandmother

recommended that I get married and have my wife take care of me. That was the cutest idea of all. Each of them had a reasonable goal for me to follow, but those goals weren't mine.

I wanted to make a difference in people's lives, but not through the medical profession, or psychology or a fitness service. I wanted to be a teacher. I want to show people how exciting and wonderful learning could be and how it could give them great hope for tomorrow. What could possibly be more exciting and rewarding? So that is what I did, I became a teacher. In other words, I made my dream a reality.

Now, I know you probably think I'm crazy, but if you are going to be happy in life you have to follow your own dreams, not somebody else's. No one knows better than me what is right for me, and no one knows better than you, what is right for you. That is something I am totally convinced of. You have to take the responsibility for defining and living your own life. You have to follow your own dreams.

Let me tell you about Ted Arcidi. In case you don't know him, he was one of the biggest and most powerful human beings on the planet. I swear, his anterior deltoids look like bowling balls and the middle of his back was like a drainage ditch. I'm serious, his back was so deep that I could crawl inside of it and take a bath. His chest, arms, and legs were just as massive. In short, his physical stature is almost beyond comprehension. Believe me, if Arcidi hit you on the top of the head, you would be eating through your fly for a month. What really set Arcidi apart though, is not his physical prowess, but rather his mental toughness. He had a will that could bend tempered steel. Once he set his mind to something, there was no turning back.

I remember when he was training to break the seven hundred pound barrier in the

bench press, a feat that was considered impossible at the time. He went to his father and told him that he was going to drop out of dental school so that he could train for the "lift." Of course, his father flipped out. As Ted put it, "He had a shit-storm." In fact, he kicked Ted out of his house. Actually, you really couldn't blame his Dad. After all, he had invested over ten thousand dollars in Ted's education, and like I mentioned, 700 pounds in a bench press at that time seemed a little ridiculous. The world record was around 633 pounds. Ted was probably the only guy in the world who thought the lift was possible.

Anyhow, after he got kicked out of his Dad's house, he rented a cellar in Newton, Massachusetts to live in. It was primitive at best. Ted called it "the catacomb." The floor and walls were constructed of stone and there were no windows in the place. At night it would get so cold in the cellar that he would have to sleep on the screen porch in the backyard, under the stars. Actually, the only thing he had in the cellar was a small gas heater, a couch, and an old fashioned chain-drawn toilet. He could cook his meals on the gas stove and he took his showers at the gym. To say the least, it was a Spartan existence.

Most guys would have said, "To

hell with this," and gone back home. Not Arcidi; instead, he looked at his situation as something positive. "My living conditions were great," he said. "It gave me a chance to really focus on my goal." And focus he did. If there was anything else significant going on in the world at that time, Arcidi was definitely unaware of it. He was totally riveted on his one objective - 700 pounds. He was going to make that lift, come hell or high water. Nothing was going to stop him.

Well, to make a long story short, Arcidi succeeded in his quest to become the first man in the world to bench press 700 pounds. Because Arcidi had the courage to put himself and his career on the line, he was able to go beyond himself and on to the stars. He went beyond the boundaries of what most men believed was possible. For an athlete, there is no moment more precious in life. This is the so-called "white moment" - the moment in time that an athlete trains a lifetime to experience. There is no amount of money, no amount of power, or status and no position in life that can equal the experience. It's totally awesome. Of course, Arcidi took a big chance in follow his dream, but everything in life is a risk.

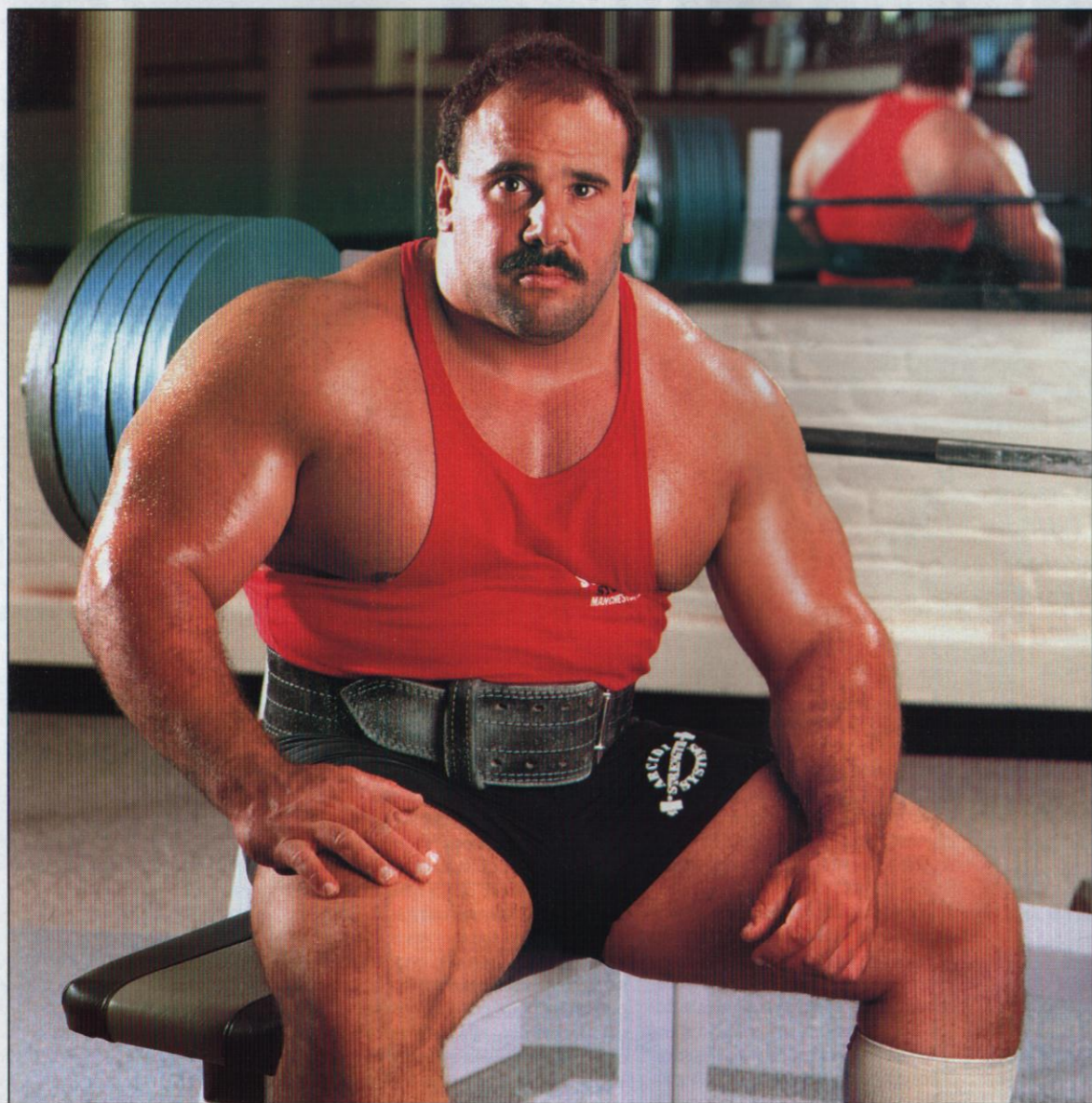
Sometimes you just have to go with what is in your heart, no matter what your parents, teachers or any-

one else thinks of your choice. Just because you are told you have to fulfill others people's expectations doesn't mean you have to. And here is something that you need to understand - you most like will be right most likely will be wrong. After all, who knows you better than yourself. Parents and teachers are wonderful guides, but only you can take the journey. They can give you alternatives, but you have to select which one is best for you.

I know I have said this before, but some words are worth saying more than once. One of the hardest things to do in this world is to be someone you are not. The easiest thing in the world is to be who you really are. Find yourself and then have the guts to be yourself. You will discover that it is a lot easier to be YOU and a hell of a lot more fun living that way. And here is something else you need to know. The hardest thing in the world is to be what other people want you to be. Don't let ANYONE do that to you. Don't let people mandate who you are, and what you should be. If you don't lead your own life I promise you someone else will lead it for you. And when you follow someone else, then you are not you, and - worse yet - you eventually you become them. You can't grow in someone else's shadow. You have to find

your own sun light. I love Judge Judy because she is always telling people what to do. It's amazing to me how she has all the answers for everyone else. It's delightful and fun listening to her telling people how they should live their life. I sit there and think, "Damn that's some really great advice." Deep down though I am very suspicious of people who have all the answers for other people. How does Judge Judy know what to tell someone else? She is not them, and she is not in their position. How can she know what is right for someone else. No one has the answers for you. They may have the answers for themselves, but you are not them. The answers to you are in you, and not in anyone else. So listen to yourself. Listen to your own heart. No one can tell you what is right for you. Only you know what that is. And nobody knows better than you, what is right for you.

Here is my take on all of this. You listen to everyone, but you take only what you need and let the rest go. Then you create your own dreams and follow them. Listen to yourself and believe in what you hear. Then just go about making your dreams the reality of tomorrow. When you do that, you will know that you are congruent with you and what you are doing is right for you. And then watch the magic begin.



Ted Arcidi's physical power, obvious in this photo provided by Curt Schisler, was exceeded by his mental strength.

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We have a photo on the HOUSE OF PAIN website of collegiate powerlifter Curt St. Romain bench pressing an attractive young lady, and I think most male lifters (and some females) would prefer this technique to chains or bands. Imagine my excitement when Sean Anderson mentioned the "Big Cat Bench Press!" Sean hails from Idaho - a state known for cougars (mountain lions, panthers, whatever) - so, my imagination was immediately off-and-running with the wild possibilities of benching a big hungry carnivorous cat! OK, so it turns out I was mistaken about the use of mountain lions - but I think it is something we should look into - what a spectator sport!

Back to Idaho. Sean sent this info to me and it looks good enough to run "as-is" although you have to remember a few things while you read; first of all, it's illegal to frown in public in Pocatello, ID - seriously. I heard this on the radio, so it must be true. This forced friendliness may carry over into the gym - which might explain why they claim their "floor attendants" are helpful and friendly, when we all know that gym personnel are supposed to be surly and unresponsive. (In case you are wondering, floor attendants are like flight attendants - except they don't serve food. Now that I think of it, floor attendants are exactly like flight attendants.) I'll let Sean tell it:

Pocatello, an industrial and railroad town nestled in the foothills of the Rockies in Eastern Idaho, is home to one of the most dynamic powerlifting gyms in the Rocky Mountain Basin, Fitness, Inc. For over ten years gym owner Bill Davis has been involved in hosting over twenty powerlifting competi-

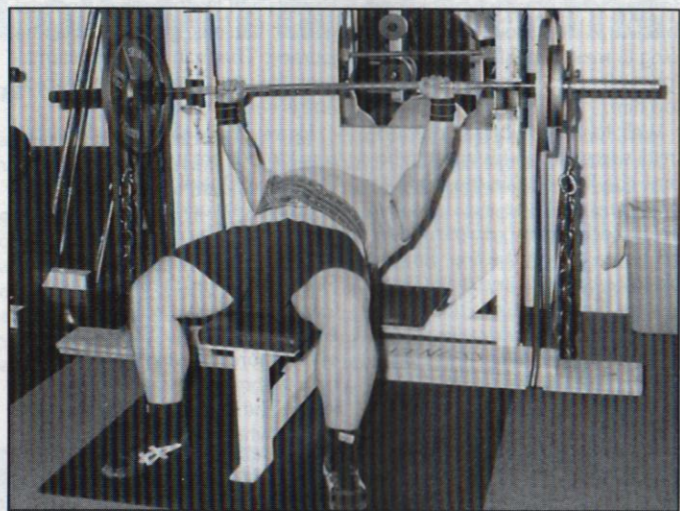


Owner Bill Davis and Team Fitness member Andy Anderson in front of the Mall entrance to Fitness Inc. (Wayne Rhoden photos)

## HARD CORE GYM#8

### Can Mountain Lions Make You Strong? (Fitness, Inc. of Pocatello, Idaho)

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



Andy Anderson at Fitness, Incorporated using bands and chains in a speed bench workout - note the special custom-made board, designed to accommodate band attachment in line with the direction of the lift.

tions and encouraging his gym members to enter powerlifting and to compete in his Team Fitness meets in Pocatello and at other meets throughout the West. Bill Davis is a friendly and unpretentious man who knows most of the over 4,000 members of his gym by name. Staff at the reception desk are also friendly while floor attendants are ready to help spot lifters or even help them into bench shirts or supportive suits.

Each November on the Saturday preceding Thanksgiving, Fitness Inc. hosts the USAPL sanctioned Idaho State/Open Powerlifting Championships and Bill's "Bad Ass Bench Press. Then each May the gym hosts the USAPL-sanctioned Rocky Mountain States Powerlifting Championship and the "Big Cat Bench Press." These meets have gained a reputation for strict and fair judging, efficient platform management, few accidents or injuries, and quick and accurate scoring. Several national caliber lifters, such as Misi Inoki, Vann Hatfield and others, have competed at these meets in order to qualify for national level meets. However, throughout the year the gym's 10-15 powerlifters are in constant training and preparation not only for these meets but other meets in other states and nations. Several of the state's record-holders call Fitness, Inc. their training home.

Note: "Fitness, Inc. has one special advantage for powerlifting meets: The basketball court where the meets are held has an upper level gallery from which people can watch or film the meet. The original facility was a multiplex theatre and the upper gallery had the projector rooms for each mini-theatre. When these were remodeled into a basketball court and leg room on one side and an aerobics room and racquetball courts on the other while the upper gallery was turned into a viewing room. During meets the aerobics room is commandeered as a lounge with food and drinks for lifters and spotters. Occasionally a racquetball will come flying over the gallery into the leg room which creates some excitement if you are doing heavy squats and the like. So far no one has been nailed by a racquetball, but I've seen one or two close calls."

Bill Davis has encouraged powerlifters at Fitness in several ways, not the least of which has been his willingness to invest in the training equipment essential for such a gym: The leg room has two squat racks, a safety squat bar, a cambered bar, both Olympic and Powerlifting bars, a reverse hyperextension machine, a glute-ham raise platform. One barbell, affectionately known as "Jaws" by the lifters, is reserved exclusively for use in the two annual meets. It's knurl-

ing is so super sharp that it provides a sure grip for even the most sweaty palmed lifter. But if you let it slip during a lift "Jaws" will take a bite out of your hand or calluses, as surely as its Movie namesake. (Note: Jaws is a 2000# test bar. Cool.) Although space at the gym is at a premium, Bill Davis has also allowed lifters to store their own specialized equipment in a storage closet and locker, including over 200 lbs. of chains, a complete set of Jump-Stretch bands, custom-made boxes and platforms for box-squatting and deadlift exercises, a front-squat harness and two sleds for dragging in the ample parking lot.

Two women lifters in Team Fitness have competed at the national and international level: Nan Phinney (maiden name Nan Norby) was ranked among the top 10 female benchers in the 148 weight class in the U.S.A. In 1998 and 1999 and also in the top 20 for the 132 weight class for 2000. Eula Compton is the current Women's Master (Division IV) record-holder for the bench, deadlift and total set at the USAPL Women's Nationals in 2000. She was also the only over-50 member of Team USA at the IPF Masters Bench Press competition held in Luxembourg last April, where she placed 5th in the 148 class. Male lifters Tony Hutchinson and Mike Hudson achieved a total placing him in the top 100 rankings in the 165 weight class in 2000 while Jeff Klinger achieved a total placing him in the top 100 ranking for the 242 weight class in 1998. Carl Bossung, a one-time Team Fitness member, has also competed on the German national team in the IPF while another Team Fitness member, Mitch Thorton, was formerly a member of the British national team.

Attracting young and newer lifters to powerlifting is often difficult since this is not one of the more 'glamorous' sports, however, Bill Davis and Team Fitness member Brad Compton came up with an ingenious way of encouraging interest among other gym members: A shelf of team and individual trophies spans the main weight room in the gym while the wall of the corridor separating the main weight room from the leg room is covered with individual plaques honoring the more than 20 lifters who have been past and present members of the gym's team. Each plaque has a photograph of the lifter completing a competition lift, the lifter's name, weight class and division, and his or her PRs along with mention of any current state records. These



Idaho State defensive lineman Joshua DelPrado experiments with chains in a squat workout at Fitness Inc.

have been produced by Compton using PowerPoint and are updated as each lifter achieves new PRs. Several newer lifters began powerlifting in order to gain this minor recognition. During each meet Bill Davis hires a photographer to chronicle his lifter's feats and other meet highlights.

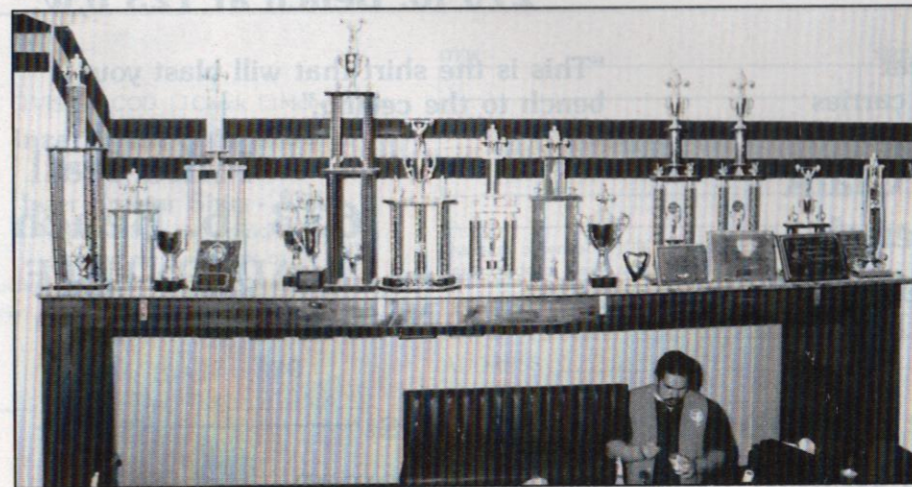
Powerlifters who are visiting Eastern Idaho or passing through Pocatello on business or vacation (Yellowstone Park is only a two hour drive north) will find Fitness Inc. a gym outfitted to serve powerlifters and with its own powerlifting community, lifters who are friendly and hospitable to visiting lifters. Often team members have given guest passes to visiting powerlifters to spare them the \$10 per diem charge.

Directions: Off of Interstate I-15 - turn west on Exit 67 and proceed to 5th Avenue where you turn right; proceed to Oak Street (major intersection) and turn left; proceed to McKinley

powerlifting with General Physical Preparedness and him doing lightweight training with aerobics. After several months we each would have a Coronary Risk Assessment done and compare results. Well, my analysis came out as 3.5 - the lowest on the entire scale whereas my lifting partner's was even less and my total cholesterol something like 143 with low LHL. When I asked Bill about his profile he tersely replied that he had "high cholesterol" and had to work on it, but he refused to say anything more. That was the end of the campaign to force Team Fitness members to join the aerobics classes!"

Next time, we'll go to Indiana. They don't have mountain lions either, but they train with DOGS. I swear, I'm not making this up. Stay tuned to find out.

Questions? rick@houseofpainironwear.com, www.houseofpainironwear.com



Shelf of Team Fitness and individual team member's trophies above the main weight room

and turn right; proceed two blocks and turn left into parking lot on north side of Westwood Mall where Fitness Inc. is located Hours: Monday - Friday 6:00am - 10:00pm, Saturday 8:00am - 8:00pm, Sunday 10:00am - 3:00pm. Telephone: (208) 233-8035.

Lest this sounds like too much of a sales pitch, check out the footnote we squeezed out of Jean: "Being the owner of a gym that caters not just to powerlifters but also to a general public, Bill Davis also has a cadre of aerobics instructors who occasionally cloud his judgement. After one gym member died suddenly of a stroke while playing basketball, Bill got zealous about making all of us powerlifters do "aerobics" to ensure our cardiovascular health. Never mind the fact that the unfortunate fellow was not a powerlifter and that many of us were already sled dragging, Bill thought we all needed to start Stair stepping, or taking 'spinning' or Tai-Bo classes. According to strength and conditioning experts such as Louie Simmons or Mel Siff lots of aerobics is the last thing trained and conditioned powerlifters need to do!

So instead I made this challenge to Bill: Let us engage in our own conditioning program, me following

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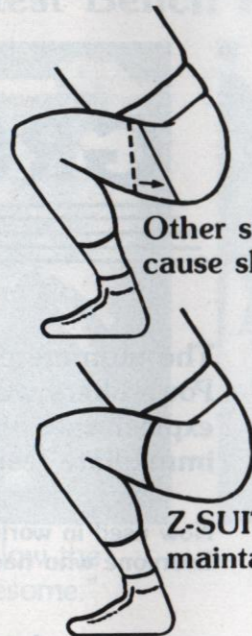
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## Ask the Doctor

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.)

(this month's question is actually a follow on inquiry to the question on Dr. Di Pasquale's training philosophy posed by Austin in the October 2001 edition of POW-ERLIFTING USA)

**DEAR MAURO:** In the later phases of the cycle do you still hit the bench hard twice a week?

Also did you follow a low carb diet during all the phases? I need to maintain my weight while losing fat. Thanks again for all the help. **Austin**

**DEAR AUSTIN:** As far as hitting the bench hard twice a week, it all depends on how I feel. If I'm still tight and not fully recovered, either physically or mentally, I'd lighten up the workout by dropping the weight by about 10%. Occasionally, especially in the last two weeks, I'd skip a workout altogether.

It's important to listen to your body otherwise you'll get injured and that will really hold you back. On the other hand if you do it right you should just be pretty close to peaking by your final workout of each phase. As such, you shouldn't be pushing so hard in the first three weeks that there's nowhere to go in the last one or two weeks.

Also it's important to have a training partner that knows what your training is like and what you're hoping to accomplish. He shouldn't just be following your lead but actually looking at your lifts to make sure you're not overdoing it and setting yourself up for an injury.

I followed a low carb diet all the way through and also cycled my nutritional supplements in each phase (as I outlined previously). In the bulking phase I would dramatically increase the calories on the weekend, taking in up to five or six thousand calories per day, whereas I rarely went above 3500 calories on the weekdays.

In the next or strength phase I'd cut back on the weekday and even more on the weekend calories. For example every week you might cut back one to two hundred calories or more per day on the weekday days and two to four hundred calories or more on the weekend days. It all depends on how high your calorie intake is in the bulking phase and how much fat you have to lose.

Remember to increase your protein intake as you drop your calories. This is so you can make use of the gluconeogenesis and increase the anapleurotic flux

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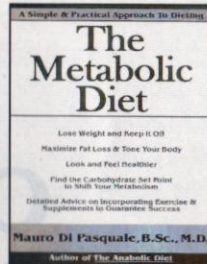
through the Krebs Cycle. Both processes will help you to train harder, maintain lean body mass and increase oxidation of fatty acids.

In the final or precompetition phase, again depending on how much weight/fat you have to lose, I'd cut back on the calories again on weekdays and weekends.

Don't forget that you shouldn't go down to your weight class limit, but stay at least four to five pounds heavy. You can lose that amount easily a day or two prior to the competition without it affecting your strength.

Also, keep a detailed diary of what you do and how you fare, (training, diet and nutritional supplements, etc.) and perhaps I can use it in my the new version of the ANABOLIC DIET that I'm presently working on.

I hope that this information helps. Let me know how you come along and if I can be of any further help. **Mauro Di Pasquale M.D.**



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"It was 1985, and powerlifter C. T. Fletcher was looking for an edge; something to enhance his already world class strength and move him to the top. When nothing else worked, he turned to steroids, but still no championship. Enter Dr. Arnold Nerenberg, a world renowned, trail blazing psychologist who convinced Fletcher that the power he needed was in his mind. Dr. Nerenberg developed a powerful new technique, called "Power Thoughts" which enabled rapid attainment of any goal. Fletcher subsequently got off steroids, practiced his "Power Thoughts" vigorously, and went on to set a drug-free world record in the bench press and a still standing 225 pound world record in the strict curl. "It's ironic that after building my body and strength up through rigorous training for so many years, I found that the most powerful 'muscle' I have is my mind," says Fletcher "Dr. Nerenberg showed me how to have my mind convince my body that I could do anything, and to achieve perfect harmony between mind and body." Adds Fletcher, "I never won any contest until I started using the Power Thought method and went off steroids. I actually got much bigger when I got off them - from 220 pounds to 320." Nerenberg's "Power Thought" program includes the development of a precise, powerful phrase of intention carefully crafted to address the particular needs of an individual. "The 'Power Thought' program is deceptively simple," notes Dr. Nerenberg. "Developing exactly the right wording is essential. Through a process of constructive cognitive enhancement a person discovers the most influential and meaningful language - something that acts as a bridge between where they are and where they want to be. The secret is in the exact frequency of repetition. Just as in pure memorization, once something is imbedded in your mind, it doesn't leave and in the case of 'Power Thoughts', the positive effect remains." Fletcher credits Nerenberg not with just helping him give up steroids and set world records, but with changing the trajectory of his life. "Dr. Nerenberg opened a door of emotional and personal opportunity for me," adds Fletcher. "With his help, I was able to reach my full potential, both as an athlete and a person. I credit him with making me who I am today. Without his help, I could not have achieved world records." In 2001, The Fletcher-Nerenberg relationship took a surprising and memorable twist. The teacher-student tables were turned when Nerenberg decided to enter the Spartan Bench Press Contest sponsored by the United States Powerlifting Federation. This time, it was Fletcher who guided Nerenberg through grueling physical workouts in preparation for the contest. As Nerenberg focused on developing a 'Power Thought' that would hopefully lead him to victory, Fletcher coached the amateur powerlifter on the finer points of bench press competition. Competing in the over 60 bracket on May 19, Nerenberg was forced to literally practice what he preached. Failing on his first two lifts, he was able to summon his 'Power Thought' energy and "Power Sound" and do something rarely accomplished in powerlifting competitions, rebound and win the contest on his third and final lift, and tie the California state record in the process. "The circle was completed when Dr. Nerenberg won the contest," Fletcher says. "He coached me in matters of the mind, and I won championships and then I was able to help him reach his strength potential and win a championship." For more information about Dr. Nerenberg, including his "Power Thought - True Warrior Athlete" video package, visit [www.DrNerenberg.com](http://www.DrNerenberg.com), or call 1-800-693-5833".



C.T. Fletcher at the Greatest Bench in America contest, promoted by John Inzer in 1995. Dr. Nerenberg's 'Power Thought' approach, which is used by C.T., seems to be incredibly simple, yet profoundly effective.



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World Record-Setting Powerlifter Champion C.T. Fletcher

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SQUAT		
1038	COAN,E	12AUG01
1032	GOGGINS,S	01JUN96
1004	WESSELS,W	11NOV95
959	URCHIK,P	11APR98
950	NICHOLS,B	18APR87
920	SIMMONS,L (M)	18JUN00
914	KARWOSKI,K	31JUL94
909	LESLIE,C	116JUL95
903	HATFIELD,F	04APR87
903	NESTOR,B	07JUL91
	10	
900	SUSCO,P	10FEB96
887	FURNAS,D	17DEC83
887	KRITSKY,T	29JUN86
885	CHROSNIAK,R	14APR85
881	MURATORI,D	11JUL99
876	REED,D	08APR94
875	COLE,D	27APR87
875	FLORIO,J	03FEB90
K870	CORNETT,R	05NOV92
K870	DOUGLAS,J	12AUG01
	20	
870	HARDRIDGE,T	24APR88
870	LAVITOLA,N	01NOV98
867	WOHLEBER,D	12JUL81
K865	JACOBY,D	08JUL84
K865	HECHTER,G	23MAR87
K865	BELL,W	22NOV87
K865	FARMER,P	16JUL95
K865	TREVIZIO,R	29OCT95
860	LOWE,G	14APR00
860	BAILEY,J	30SEP95
	30	
860	D'ANGELO,F	23NOV97
859	VOGELPOHL,C	06NOV94
859	GARCIA,J	12AUG01
854	SANDLIN,R	14DEC85
854	WARMAN,S	22NOV87
854	WAGNER,S	25JUN88
853	FRENN,G	15DEC70
850	SAVAINAEA,S	17JAN93
848	BORDEN,D	10MAR90
848	BORNHOP,J	26JUL92
	40	
845	MISTRIC,L	10MAY87
843	PHILLIPS,M	19MAR80
843	SNITKIN,C	31JAN82
843	PORETTA,M	02SEP89
840	MCFERRON,T	25MAR95
840	DIMIDUK,M (M)	23NOV97
837	SCHNEIDER,D	23OCT82
837	DAVIS,W	08APR84
837	DREW,M	16FEB89
837	SIAPANIDES,C	10NOV94
	50	
BENCH PRESS		
741	CONFESSORE,C	17JUN95
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661	BLAKLEY,J	02OCT96
655	LAIN,K	01SEP91
K650	SMITH,S	19APR99
644	ZEMMIN,J	11MAR00
640	WAKAKUWA,F	OCT96
639	MAGRUDER,J	28JUN87
	10	
633	GUARINO,P	26JUL98
631	MLODOZENIEC	07DEC86
630	SEIGLER,M	16SEP95
625	HERNANDEZ,R	27FEB88
625	WALSH,R	25APR99
620	BEANE, R	12JUL98
620	BEUCHLEIN,G	07NOV98
620	OBRADOVIC,J	05AUG00
617	ANDERSON,C	25JUN94
617	TAYLOR,C	11JUL99
	20	
616	BROWNFIELD,K	08JUL00
611	CHABOT,G	02DEC95
606	DICKS,P	14DEC85
606	LEE,J	APR88
603	MACDONALD	05NOV77

## MEN'S TOP 50 of ALL-TIME 110 kg. (242 lb.) as ranked by Herb Glossbrenner

SQUAT			DEADLIFT		
K600	THOMPSON,G	03SEP88	887	COAN,E	20DEC98
K600	WHITMIRE,R	01NOV95	887	KUC,J	19NOV80
K600	SLAZNIK,R	11APR87	859	RUSSEL,B	01OCT86
K600	BARJA,A	23JUN00	854	DRISCOLL,C	08JUN86
600	SAMANIEGO,S	29JAN83	845	CASH,J	14DEC83
	30		837	PORETTA,M	11JUL88
600	NIMMONS,S	30MAY92	837	GOGGINS,S	29OCT95
600	TORANZO,J	25OCT97	832	MCCORMICK,T	13JUL80
600	SULLIVAN,S	16JUL00	832	WILSON,S	29JUN86
600	BAYLES,J	17JUN01	832	BELL,W	03DEC88
592	PACIFICO,L	JUL73		10	
590	WILSON,R	29FEB92	826	HECHTER,G	23MAR87
589	LESLIE,C	03JUL94	825	CHAILLET,M	01MAY82
589	BROIHIER,T	21SEP96	825	HOLMES,C	18NOV00
589	FETTY,W	25JUN00	821	WOHLEBER,D	12JUL81
585	WILSON,S	21FEB85	821	SCHNEIDER,D	07FEB82
	40		821	SNITKIN,C	12FEB82
585	MURDOCK,V	28ARR91	821	BLOOM,W	03JUN83
585	REID,R	12DEC92	821	MARTINEZ,D	07JUN87
584	SPELLMAN,T	92	821	WARMAN,S	01DEC89
584	FARMER,P	16JUL95	821	STEWART,A	25AUG96
584	SIEBOLD,B	05AUG95		20	
584	BROGADO,L	03NOV99	820	LAVITOLA,N	20NOV94
584	MCSHANE,S	17NOV00	813	COLE,J	14MAR71
580	THOMAS,B	26SEP92	810	PEGUES,J	12FEB86
580	STRANGE,W	26MAR94	810	PHARR,T	28FEB87
580	KIPP,D	MAY99	804	DAVIS,W	13DEC81
	50				

804	WASHINGTON	25FEB88
804	NESTOR,B	07JUL91
800	ROSENSTERN,P	NOV80
800	TOKARSKI,C	08NOV87
800	D'ORIO,M	20MAR94
	30	
800	AUSTEN,W	08FEB98
800	EVANS	30OCT99
799	FURNAS,D	19NOV83
799	JACOBY,D	09JUL84
799	SANTOS,J	08JUN87
799	WESSELS,W	06APR97
795	CLAY,J	88
793	ATTERHOLT,D	08JUL84
793	FISHER,K	02JUN85
793	VOGELPOHL,C	03JUL94
	40	
790	WILSON,T	04APR82
790	DIMIDUK,M	07NOV84
790	CAHILL,J	29APR00
788	LADNIER,J	08JUL84
788	BOSKIN,J	20NOV86
788	FARMER,P	16JUL95
785	RAPP,T	22SEP84
785	PAPE,C	08FEB92
782	PATTERSON,C	15DEC79
782	BORDEN,D	12DEC87
	50	
TOTAL		
2463	COAN,E	12DEC98
2403	WESSELS,W	07APR97
2399	GOGGINS,S	01JUN96
2248	HECHTER,G	23MAR87
2243	URCHIK,P	19MAY01
2237	FARMER,P	16JUL95
2221	LESLIE,C	03JUL84
2210	WILSON,S	23FEB85
2210	NICHOLS,B	18APR87
2200	LAVITOLA,N	01NOV98
	10	
2204	KUC,J	19NOV80
2204	BELL,W	22NOV87
2204	NESTOR,B	07JUL91
2193	KARWOSKI,K	31JUL94
2180	PHARR,T	27MAR88
2177	KRITSKY,T	29JUL86
2177	VOGELPOHL,C	03JUL94
2166	SNITKIN,C	12FEB82
2166	JACOBY,D	08JUL84
2160	LADNIER,J	08JUL84
	20	
2155	PORRETTA,M	1JUL88
2149	HATFIELD,F	07JUL85
2143	DAVIS,W	13DEC81
2143	STEWART,A	02FEB91
2136	FURNAS,D	19NOV83
2135	COLE,J	14MAR71
2132	PATTERSON,C	13DEC79
2132	WARMAN,S	01DEC89
2132	SORENSONS	22JUL90
2127	SANDLIN,R	14DEC85
	30	
2127	SIEGLER,M	17APR94
2113	FRENN,G	15DEC70
2110	RUSSELL,B	13DEC86
2110	BORDEN,D	10MAR90
2110	BORNHOP,J	26JUL92
2110	DOUGLAS,J	12AUG01
2110	GARCIA,J	12AUG01
2105	THOMPSON,G	13APR86
2105	MAGRUDER,J	23MAR87
2105	DRISCOLL,C	17JUL83
	40	
2105	OLIVER,J	03DEC88
2105	SMITH,S	23JUL95
2105	MURATORI,D	11JUN00
2100	CHAILLET,M	01MAY82
2100	CHROSNIAK,R	04ARR85
2100	COLE,D	26APR87
2100	MISTRIC,L	10MAY87
2100	BRAGO,P	10MAY87
2100	GENTRY,P	08OCT88
2100	SIMMONS,L	25JUN99
	50	

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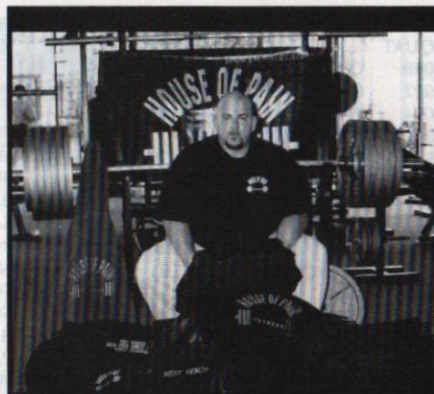
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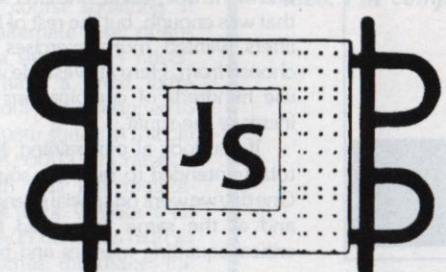
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# TRAINING

## Analyzing Your Squat Workout

as told to Powerlifting USA by Louie Simmons

Every time I pick up a *Powerlifting USA* I see some miracle squat program that calls for squatting 3 or 4 times a week. This is ridiculous, to say the least, and impractical for the full powerlifter. Those 4 times a week programs are intended for sports like track and

field and rugby, or sports for conditioning, not powerlifting. It would kill a bench press, and how would one do deadlifting workouts during this time? If you had bad form, this type of training would make it worse. If you have a muscle group that's lagging, you will have an injury

before long. Think about it. If you want to learn to box, why don't you box 4 times a week with Mike Tyson. Right, you would land in the hospital for sure.

I had a lengthy discussion with a long-time world record holder in the javelin. He told me how he trained: he threw everything but the javelin. He also said that the man who broke his record did even more specialty work and less javelin throwing than his

..... "If you know how to squat, there is no need to do extra actual squatting. In fact, if your squat form is not correct, more squatting will reinforce the same bad form." ... LOUIE S.

predecessor.

John Carlos was the world's fastest man in the late 1960s and was also in trouble a lot for spending most of his time in the weight room and not on the track.

Valery Borsov, the Olympic champion in the 100 meters, also concentrated his efforts in the gym, building his sprinting muscles with glute/ham raises and raising his GPP.

A football player plays football only about 20% of the time. The other 80% is composed of special drills.

I personally made a top 10 squat in 1972 and am third in 2001. The 9201 did this year ranks sixth on the 242 all-time list. At Westside Barbell we have many all-time top 10 squats. Not only do we not squat 4 times a week, we don't do any regular squats at all, just box squats.

We developed our training methods after the original Culver City Westside Barbell methods of training and then modified them to some extent to keep up with the times. In 1984, I then added the old, proven Soviet methods.

If there is one thing I have learned, no one can only squat to excel at squatting. And no one can squat 4 times a week and survive it. However, you can train the squat 4 times a week by special means.

In 1972, the Dynamo Club in Russia came up with a method of training called the conjugate method. This club consisted of more than 70 top lifters. First, 25-40 special exercises were used. At the end of the test period, one lifter said that was enough, but the rest of the lifters wanted more exercises to choose from. Here at Westside, we use hundreds of combinations to increase the squat.

If you look at our training, it is totally intended to raise the squat. One day we work on special strength and at the same time build the critical squatting muscles and per-

fect form. Three days later, we do an exercise that builds absolute strength, like a deep box squat, good morning, or some type of pull.

That's 2 days a week. Now, let's think logically. A chain is only as strong as its weakest link, and so is the squat. I see lifters that hurt their lower back, but instead of paying more attention to it, they go back and squat again. Obviously their lower back muscles are weak and need extra work. This extra work will prevent a weak link. The rest of your squat muscles may be able to squat 75 or 100 more pounds, but not as long as your lower back continues to get injured constantly. The same holds true for hamstrings or even the upper back or abs.

Again, do one dynamic squat workout a week using multiple sets with 50-60% and a max effort day where you work up to a max in a box squat, pull, or good morning. Remember, at certain times of the year you may not be able to break your all-time PR, but you must do all you can, much like the Bulgarian method.

Now let's look at two more workouts during the week for the squat. As a bonus, these will also increase your deadlift. The hamstrings and glutes are the primary movers for squatting. Each workout should last 15-30 minutes. A 30 minute workout is a long special workout. It should be almost nonstop. Always include abs in your extra workouts.

First, if you can't sit back in the squat, your glutes and hamstrings are weak. Try glute/ham raises. This exercise works the hamstrings properly. The hamstrings extend from the knee to the glute, and both attachments work simultaneously as if you were jumping or sprinting, or of course squatting. If you alternate a set of abs and a set of G/H raises, you have a great extra workout that is designed to raise your squat. In the old USSR, 600 G/H raises a month was just maintenance work. We like to tilt the G/H bench as high as 30 inches; this makes the

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**TRAINING SECRETS**

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exercise harder.

Pull-throughs work the glutes and hamstrings very well. Pick an ab exercise and do supersets. When you fail a squat, many times it is caused by your back bending. So good mornings are in order. Try using Jump-Stretch bands on the bar. We prefer high reps, but I never

count the reps. To change the intensity, use stronger bands. One workout do them with a bent-over style and the next, with an arched back. We also do a lot of regular weighted good mornings of all types.

For squatting without placing a bar on your back, do belt squats. One method is belt squats with

weights. A second method is to hook a Jump-Stretch band through your power belt and stand in both ends. Then do box squats. This will build lower body flexion.

Pull a weighted sled. Early in the week use the heaviest weight, and reduce the amount of weight as the week goes on.

You could substitute Reverse Hypers for a squat workout.

A number of extra workouts can be squatting. I suggest all be done on a box: front squat, Zercher squat, MantaRay squat, belt squat, safety bar squat, cambered bar squat, etc. Immediately after squatting, go to the special exercises that fit your individual needs.

If you know how to squat, there is no need to do extra actual squatting. In fact, if your squat form is not correct, more squat-

ting will reinforce the same bad form. To become biomechanically sound, you must have proper muscle control. Very few people have great form. If your back is weak, you will bend over, causing bad form. If your glutes and hamstrings are weak, it is hard to sit back properly. If your abs are weak, you will be weak in the bottom and fold over.

An extra workout can also be a flexibility workout. Whatever workout you decide to do, include ab work. Remember, don't train longer than 30 minutes for these extra workouts. If you are out of shape, these workouts should be done almost nonstop. The better condition you are in, the less stressful your heavy or high-volume training will be.

Matt Smith has made great progress by doing special exercises such as G/H raises and safety squat bar squats. His squat has gone from 733 to 930 and his deadlift from 633 to 800 in, believe it or not, 2 years. Mike Ruggiera's squat was raised from 780 to 1000 in 2 1/2 years. Reverse Hypers and pull-throughs helped Mike.

What I have been describing is called the conjugate method. Special exercises will not only increase strength but perfect form. This training has produced nine 900+ squatters and two at a grand, all from a small gym. Success usually requires a complex plan with many parts. If one part is missing, you will fail.

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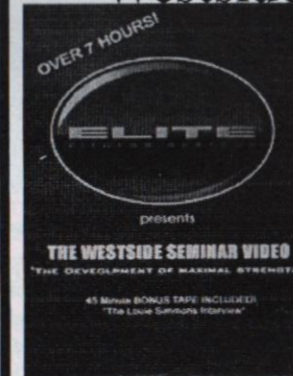
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# G.N.C. NUTRITION UPDATE

## A Better Whey as told to POWERLIFTING USA by Dr. Jeffrey Stout

Without question, reaching your goals takes hard work. Whether your goal is gaining lean body mass and strength or becoming a better athlete, dedicated training is a must. But what most exercise enthusiasts so often overlook is the fact that training, especially the high-intensity variety, also requires proper nutrition.

This is where protein comes into play. While it's been known for years that an inadequate protein intake can be detrimental, only recently have superior protein products been developed. Whey protein, for instance, is considered the most beneficial form of protein following workouts. While this is no longer a new revelation, the ongoing battle remains in the challenge to create the ultimate protein product. That's exactly what GNC's scientists have formulated with Pro Performance Mega Whey, a superior product in terms of both content and quality. Specifically, it contains 40 grams of high-quality whey protein in combination with glutamine and BCAAs.

Whey protein is rich in the amino acids leucine, isoleucine, and valine, which together are termed the branched-chain amino acids (BCAAs). These comprise 30-35% of muscle tissue and provide 70% of free nitrogen to the body. Obviously, these amino



Dr. Jeffrey Stout (in photo above) at work as Director of Sports Science for GNC's Pro Performance (R) line.

acids can stimulate an increase in protein synthesis, but they also play a role in decreasing protein breakdown.

In comparison to casein, whey is also considered a higher quality protein that stimulates protein

synthesis to a greater degree. In addition, it possesses anti-oxidant properties and may have positive effects on the immune system. These findings, as well as its high BCAA content, simply put whey at the top of the protein food chain, especially for post-exercise nutrition.

In addition to whey, Mega Whey also contains glutamine, one of the most abundant amino acids found in skeletal muscle. Glutamine, you might say, is the quintessential amino acid. It serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. Because high-intensity exercise can deplete glutamine levels, proper supplementation becomes even more important.

Recently, a study compared

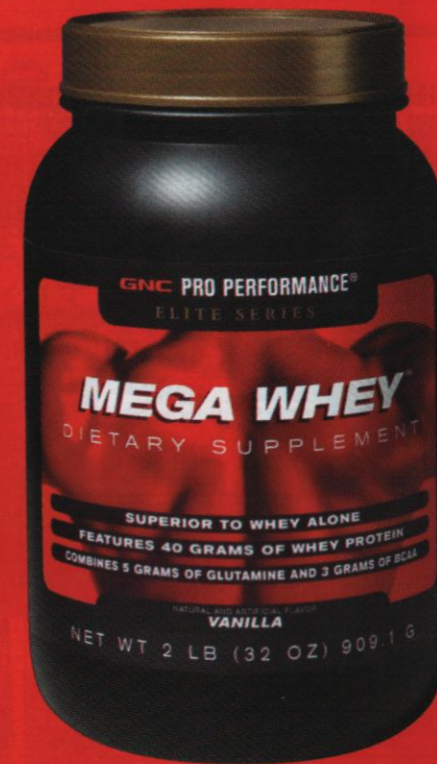
the formula in Mega Whey to whey protein alone. Healthy young males, who were experienced weight trainers, actually had better performance gains when using whey in combination with five grams of glutamine and three grams of BCAAs. Of course, this is the Mega Whey formula, the most potent combination of protein ever developed. So, if you accept nothing less than the best in your training and performance, your body will demand nothing less than Mega Whey.

Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, available at all GNC stores. More information is available at [www.gncproperformance.com](http://www.gncproperformance.com).

**.... "Glutamine, you might say, is the quintessential amino acid. It serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis."**

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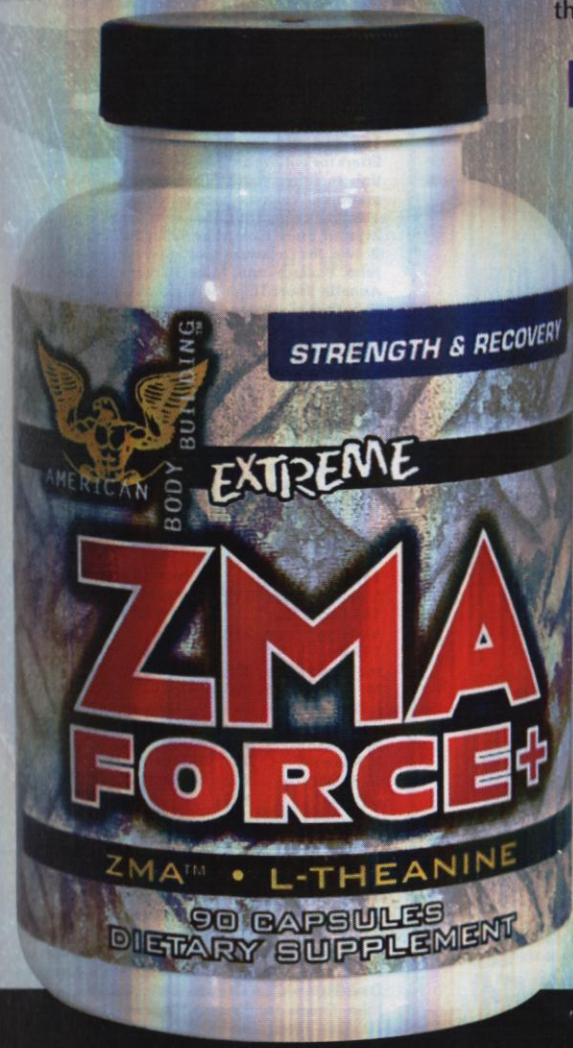
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### ZMA RESEARCH

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

L.R. BRILLA<sup>1</sup> AND VICTOR CONTE<sup>2</sup>

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

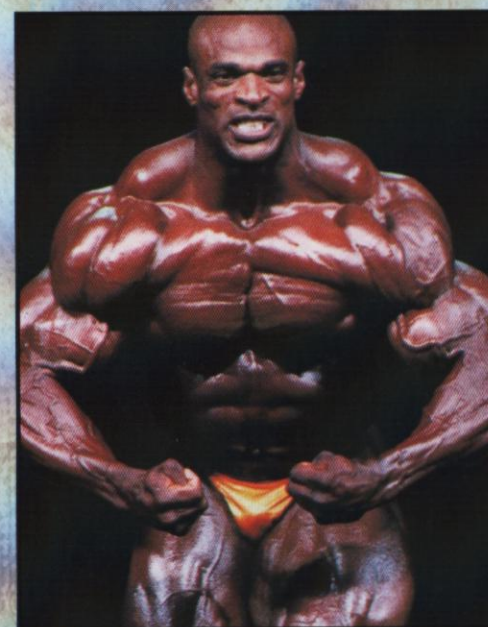
L.R. BRILLA AND VICTOR CONTE. *Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength*. *JEPonline*, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. **A double-blind randomized study was conducted with ZMA** (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml<sup>1</sup> 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml<sup>1</sup>; 19.68 to 18.04 µg/ml), respectively (P<0.001). **Free testosterone increased with ZMA** (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P<0.001); **IGF-I increased in the ZMA group** (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) (P<0.001). Muscle strength via torque measurements and functional power were assessed with a Biodex dynamometer. Differences were noted between the groups (P<0.001): ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). **The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.**

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

#### INTRODUCTION

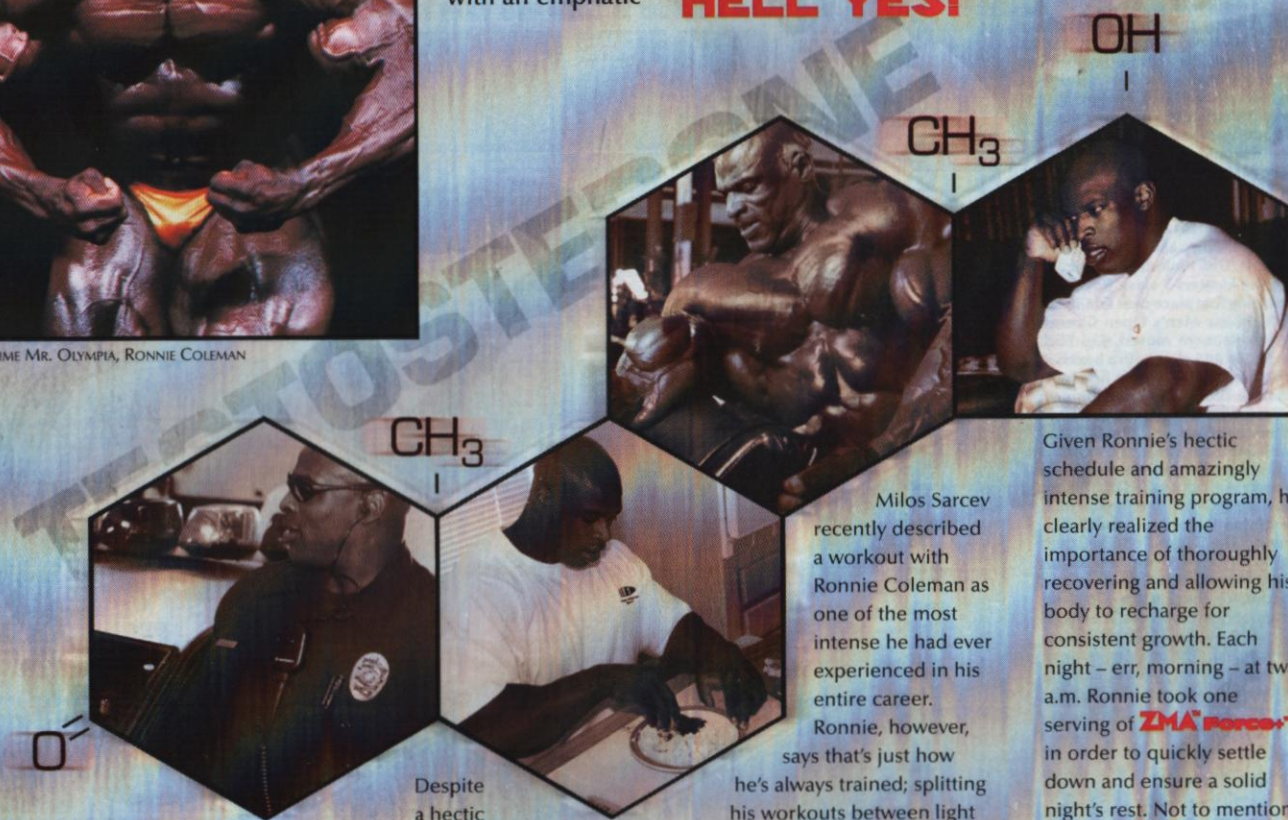
Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-1 (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). **Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance.** Testosterone's role in physical

# RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING



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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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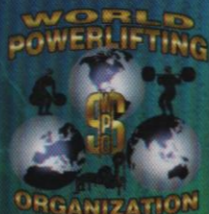
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# ARNOLD

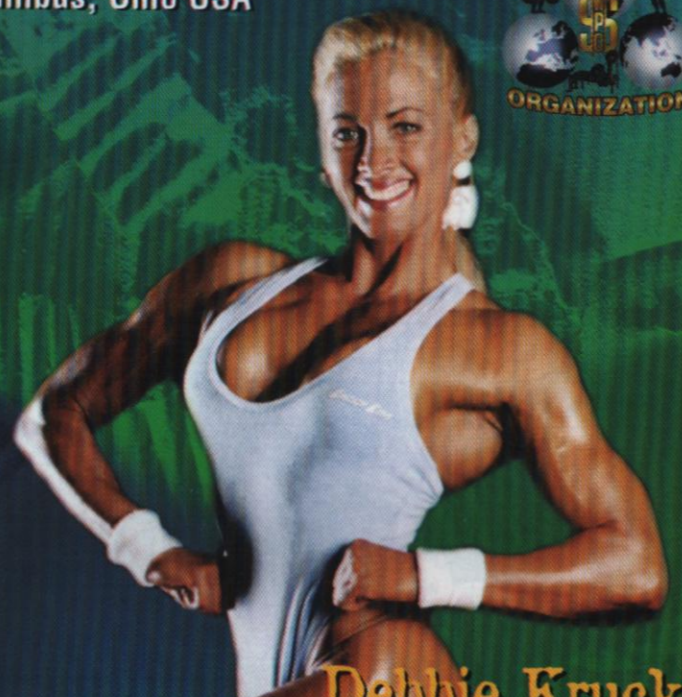


### ■ Schedule

Friday, February 22nd  
WPO Qualifier (No Prize Money)  
Saturday, February 23rd  
WPO Arnold Classic Bench Bash (\$-?)  
Sunday, February 24th  
WPO Final Superbowl Of Powerlifting (\$-?)

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3 NOV, APA Power Rebel's Open PL & BP (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

3 NOV (new date), NASA PA Regional (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

3 NOV, NC AAU State BP/DL/Teenage Championships, Rickey Young, 819 Roosevelt Ave., Plymouth, NC 27962, 252-793-4414

3 NOV, USAPL West Coast Open Push/Pull, John Planas, 234 W. Fairview Ave., Glendale, CA 91202, 818-242-1906, jplanas@pacbell.net

3 NOV, USPF Texas Cup (Austin - Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire - awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

3 NOV, USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031

3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 NOV, SLP X-Treme Fitness Fall BP/DL

Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

3 NOV (new description), USBF Raw BP & USPC Eastern Regional Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@bellatlantic.net

3 NOV, AAPP Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

4 NOV, USA 'RAW' BENCHPRESS 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/i/ia/ianmorr

10 NOV, APA Texas Grand PL, BP, DL (Bellville, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

10 NOV (new date), NASA W.V. Regional Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@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 Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216

10 NOV, 3rd Ironworks Gym Bench Off (BP & DL - men, women, teen, masters - reps x bodyweight) Gary McCartney, Ironworks Gym, 1611 S. St. Rd. 7, N. Lauderdale, FL 33068, 954-974-9786

10 NOV (new date), Midwest/Iowa Open BP/DL & Trap DL (open, novice, teen, submaster, master (1, 2, 3), women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

10 NOV, 9th APA Mon Valley Fitness Center Classic (BP, DL, BP for reps) MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, MVFC@dp.net

10 NOV, ISA Gold's Bench Challenge Texas State BP Championships (Amarillo, TX) Blue Baggett, 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-PUSH-PULL, www.isapower.tv

10 NOV, 8th Ed Jubinville BP (men, women

- all age groups/wt. classes) Berkshire Nauticus, 42 Summer St., Pittsfield, MA 01201, 413-499-1217

10 NOV, USPF BP & DL Meet, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 NOV, (amended date) USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

11 NOV, ISA Gold's BP Challenge & Texas State BP (Gold's Gym - Amarillo, TX) Teresa @ 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-Push-Pull, www.isapower.tv

11 NOV, Quebec Championships PL/BP, Marcel St. Laurent, 457 Tieme 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

## Coming Events

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ters, grand masters, women) Bruce Lynch, BP/DL Classic (Roscoe, IL) Son Light Power,

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13-18 NOV, IPF World Mens (Sotkamo, Finland)

15-19 NOV (new contact info), 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rethwisch, Box 90305, Portland, OR 97290, 503-762-5066, FAX 503-762-5067

16-18 NOV, IPA Nationals (Columbus, OH - Holiday Inn Worthington 614-885-3334) Elite Fitness Systems, Dave & Traci Tate, 740-845-0987, www.elitefitnesssystems.com

17 NOV, APA Baddest Bench and Baddest Deadlift in the Carolinas (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

17 NOV, USAPL Central USA PL/BP (Cape Girardeau, MO - men & women, open, teen, masters & novice men) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242

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

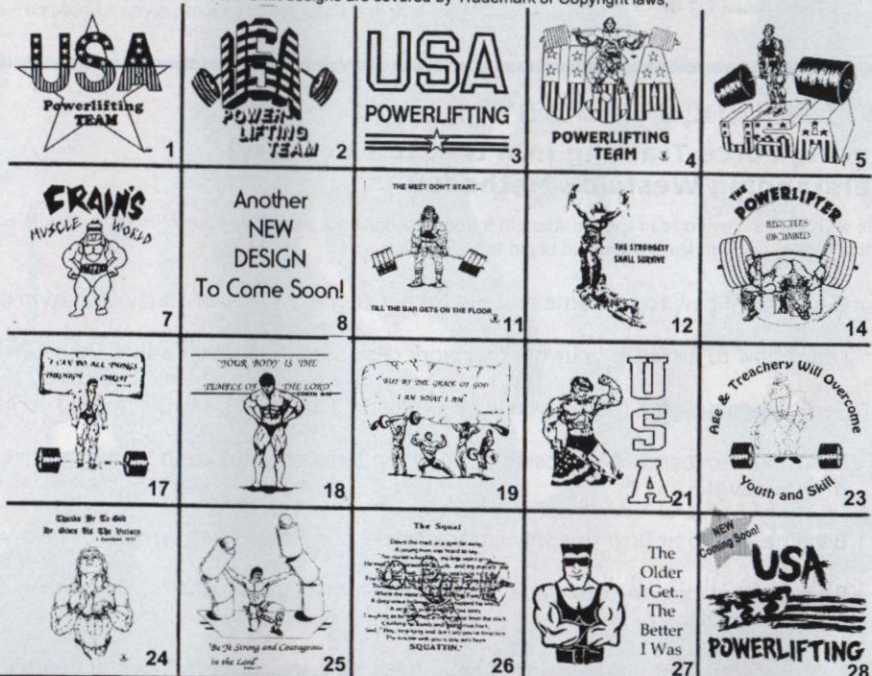
17, 18 NOV, USAPL MASS/RI States Open (men's open, grandmasters, master, submaster, jr., teen, special olympic - women's open, master, teen) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10 PM, Rene Moyon, 401-527-3711

17, 18 NOV, USAPL Maryland State PL (Edgemoade, MD) Mark Daniel, 301-317-5572, mdaniel55@home.com

18 NOV, AAU MASS State Open - deadline 11/4/01 (teen, open, raw, masters, submas-

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1 DEC, APA Nashville Open PL, BP, DL (Vanderbilt University) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com  
1 DEC, USBF BAAC Bench Press, Dave Capozzoli, 658 Boulton St., Bel Air, MD 21021, 410-627-4601, gtrdave99@aol.com  
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., Brewster, 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 21826, 410-742-9201, 749-9101, ask for Trend, Jimmy, or Fred  
1 DEC, Estrien Championships (PL & BP - Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax).  
1 DEC, "Miller Chev" Christmas BP Classic (open, teen, women, masters, police/fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064  
1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwilllyh@subell.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, Nrlpwr@pe.net  
1, 2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513  
2 DEC, 1st Iron House Open BP (Macomb, IL) Harvie Herrington, 309-836-2933  
2 DEC, American Bodybuilding Ohio Open Push/Pull (Powerstation Gym, Middletown, OH) Ruether Productions, 10258 Springbeauty Ln., Cincinnati, OH 45231, 513-825-3604, 423-9514  
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  
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, APA Central America BP & DL (Quincy, OH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com  
8 DEC, River Valley Bench Press, Horseheads H.S., 113 Halloran Dr., Bressport, NY 14816, John Comerkeski, 607-739-7322  
8 DEC, Immaculate Heart of Mary Holiday Bench Press (Youngstown, OH) Ron DeAmicis, 6531 New Rd., Austintown, OH 44515, 330-792-6670 after 4PM  
8 DEC, North Carolina Raw State Meet (no

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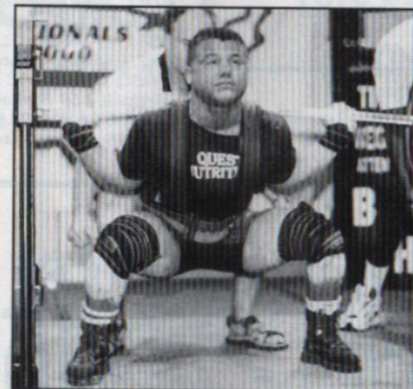
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late entries) John Howie, 209 Meyers St., Monroe, NC 28110, 704-289-4940, jfhowie@carolina.rr.com

**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 (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

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

**9 DEC**, SLP Midwest Open BP/DL (Indianapolis, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.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 Press (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@hunted.net

**9 DEC**, ADAU 9th Raw Drug Free "Coal Country" BP & DL Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel

Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com

**12-16 DEC (new date)**, **100% Raw World Championships (men & women, all age/wt. classes)** Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

**15 DEC**, AAU Southeastern Push/Pull World Qualifier (all divs/wt. classes) Sandy Lemonds, Box 704, Randleman, NC 27317, sandral@asheboro.com

**15 DEC**, APA Southeastern U.S. BP & DL (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

**15 DEC**, Nazareth Barbell Holiday Bench/Dead Bash (men, women, teen & masters - 1st place sculptured trophies) 610-746-7000

**15 DEC**, USPF Fifth Ever RMAC Push-Pull, RMAC, 1968 West 6000 South, Roy, UT 84067, 801-776-1873

**15 DEC**, Champions Sports & Rec High School & Youth Open (unsanctioned, USAPL rules) James C. Hart, 402-470-3672

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

**16 DEC**, USAPL Champions Sports & Rec High School & Youth BP & PL, Open PL, BP, DL, IronMan/Woman, 2 Man-Woman DL, James C. Hart, 402-470-3672

**29 DEC**, USAPL NorCal Winter Classic (Napa, CA) Jason Bumell, 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

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**12 JAN**, APA Tri-State Open BP, DL, Push-Pull (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

**12 JAN (NEW DATE)**, APF Michigan Bench for Cash (cash prizes for top 5 by Reshel Formula) Jim Harbourn, 1018 Cooldidge Ave., Clawson, MI 48017, 248-588-2114, jimharbourn@home.com

**12 JAN**, NASA Ohio State BP (West Liberty Salem H.S., W. Liberty, OH) Dick Cordia, 937-653-5504, squat@foryou.net

**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

**20 JAN**, APA Southern States PL & BP (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.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, drugreesports@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 @ stevemmann@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**, APA Houston Open PL & BP (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.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, gvhl@wirefire.com

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

**9 FEB**, 11th New Castle BP, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

**9 FEB**, APA Windy City Regional BP, DL, Push-Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.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

**22,23 FEB**, 100% Raw Women's International Open (all ages, wt. classes, 5 yr. drug testing, 02/02 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

**22-24 FEB**, Arnold Fitness Expo, Scharzenegger/Lorimer Productions, 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, www.arnoldclassic.com

**23 FEB**, APA Iron Warrior Open BP & DL (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.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

**FEB**, APA Maryland Open (Laurel, MD) Bruce Lynch, Box 272, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

**FEB**, USAPL BP or PL Meet, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614

**2 MAR**, 6th Paso Power Team King of the Bench (sculptured trophies, BP & SQ semi-nar) Rick Lawrence, 727-942-7894, or Mike at 727-863-2228

**2 MAR**, APA High School & Junior High School National PL & BP and APA Tri-State Open PL & BP (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

**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

**8-10 MAR**, 100% Raw Teenage Nationals (men & women, all ages, wt. classes, 5 yr. drug testing period, 02/09 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

**9 MAR**, ADAU Raw Drug Free New Jersey State 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, drugreesports@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, 2251 Sundew Ave., Grove City, OH 43123, 614-539-8311 (H), 614-266-2683 (O)

**15-17 MAR**, USAPL High School Nationals (St. Louis, MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, mcis904082@aol.com, usaplnationals.com

**16 MAR**, 14th Beast of the East BP/DL (Bradford, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

**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 Chaillet, 324 Harvest Field Ln., York, PA 17403, 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

**30 MAR**, Tamara Rainwater-Grimwood BP/DL Memorial (Lancaster, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

**31 MAR**, ADAU Seneca Nation of Indians Bench Press Warriors (open men & women, native, youth & teen, junior, submaster, masters) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@Fredonia.edu

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

**MAR**, AAU MASS State Open (male/female) Bruce Lynch, Box 272, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

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

**MAR**, USAPL Pennsylvania State (Greater

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

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

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

6 APR, Police & Firefighters Open National  
(Capitol Center Inn, Topeka, KS)  
James Duree, 913-596-7326,  
JDuree7086@aol.com

6-7 APR, Power Palooza IV PL, BP, DL,  
Eugene Rychlak Jr., 1432 2nd Ave., Royersford,  
PA 19468, 610-948-7823

7 APR, 3rd Pittsburgh Area Monster BP & DL  
(men, women - all classes - all divisions - cash  
prizes - Holiday Inn Airport) Mike Barravecchio,  
301 Spring Water Ct., Moon, PA 15108, 724-  
457-2708

8 APR, New Hampshire State & New Eng-  
land PL & BP, Dave Follansbee, Nutrition  
101, 865 Second St., Manchester, NH 03102,  
603-626-5489, 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 Champi-  
onship, 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, gvhl@wirefire.com

APR, USPF North American PL/BP (men/  
women open, 14-23, 35-39, 40+, collegiate)  
Dave Follansbee, 865 Second St., Manches-  
ter, 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, USAPL Missouri State/Ozark Open  
(St. Louis - men & women, open, teen,  
masters & novice men) Mike Cisseil, 15  
Lakeside Dr., Lake St. Louis, MO 63367,  
636-561-1242 8-10pm,  
mcs904082@aol.com, usaplnationals.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 Monstermuscle Record  
Breakers (drug tested, Doubletree Hotel, Pasco,  
WA) Gus Rethwisch, 503-762-5066

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

11 MAY, AAU Virginia State Open & Mid-  
Atlantic Triple Crown Classic (4 contests in  
one) Barbara Beasley, 1811 Southcliff Rd.,  
Richmond, VA 23225, 804-233-9570,  
barbeez@aol.com

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

18 MAY, AAU High School Raw Champion-  
ship (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 Olympi-  
an Slots, Tom North, 507 Cora #106, Ar-  
lington, TX 76011, 817-469-9169

24-26 MAY, APF Nationals (WPC World  
Qualifier - Picadilly Inn Hotel - Fresno,  
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,  
gvhl@wirefire.com

MAY, USAPL New England States Open,  
Greg Kostas, Bx 483, Whitman, MA 02382,  
781-447-6714 (8-10pm) Rene Moyan, 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, gvhl@wirefire.com

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

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7693 for details. We even do  
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11-14 JUL, 100% Raw Sr. Nationals  
(men & women, all ages, wt. classes, 5  
yr. drug testing, 6/15 deadline) Dr.  
Spero Tshontikidis, 10266 Redtail Ct.,  
New Market, MD 21774, 301-865-8274

18-20 JUL, IPA Worlds, Fitness  
America, 9109 Dyer St., El Paso, TX  
79924, 915-755-3032, 915-544-6559  
(FAX), Jesse Lopez or David Karam

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 (Ath-  
ens, GA) L.B. & Nadine Baker, 770-725-  
6684, lbaker@musclemaker.net,  
www.irondawg.com or  
www.musclemaker.net

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

10 AUG, Greene  
County Fair Strong-  
man/woman, John  
Shifflett, Box 941,  
Stanardsville, VA  
2 2 9 7 3 .  
valifting@aol.com

17 AUG, USAPL Mid-  
Atlantic Open PL/BP,  
John Shifflett, Box 941,  
Stanardsville, VA  
2 2 9 7 3 .  
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 Vir-  
ginia Regional  
(Charlottesville) Greg  
Van Hoose, Rt. 1 Box  
166, Ravenswood, WV  
26164, 304-273-  
2 2 8 3 .  
gvhl@wirefire.com

AUG, AAU Youth,  
Teenage and High  
School Nationals at  
the AAU Jr. Olympi-  
cs (Knoxville, TN)  
Rudy Garcia, Rt 1  
Box 212, New Can-

ton, VA 23123, 804-581-1910

10-15 SEP, IPF World Jrs (Venezuela)

9-13 OCT, IPF World Masters (Argen-  
tina)

15 SEP, ADAU Seneca Nation of Indians  
Allegany Reservation Bench Press Champi-  
onships II (open men & women, native,  
youth & teen, junior, submaster, master) Dr.  
Jay Toth, 3446 Center Rd., Salamanca, NY  
14779, 716-673-4613,  
Jay.Toth@Fredonia.edu

22 SEP, ADAU Connecticut Raw Drug  
Free PL & BP, Robert De La Vega, Power-  
house Gym, 71 Commerce Dr., Brookfield,  
CT 06804, 203-775-8548

SEP, NASA Kentucky Regional (Lexington)  
Greg Van Hoose, Rt. 1 Box 166, Ravenswood,  
WV 26164, 304-273-2283,  
gvhl@wirefire.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 (sculp-  
tured awards) PPL, 2250 Lumpkin Rd.,  
Augusta, GA 30906, 706-790-3806,  
pythongym@aol.com

12-17 NOV 02, IPF World Men's  
(Bratislava, Slovakia)

14-17 NOV, 100% Raw World Champi-  
onships (all ages, wt. classes, 5 yr.  
drug testing period, 10/19 deadline)  
Dr. Spero Tshontikidis, 10266 Redtail  
Ct., New Market, MD 21774, 301-865-  
8274

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

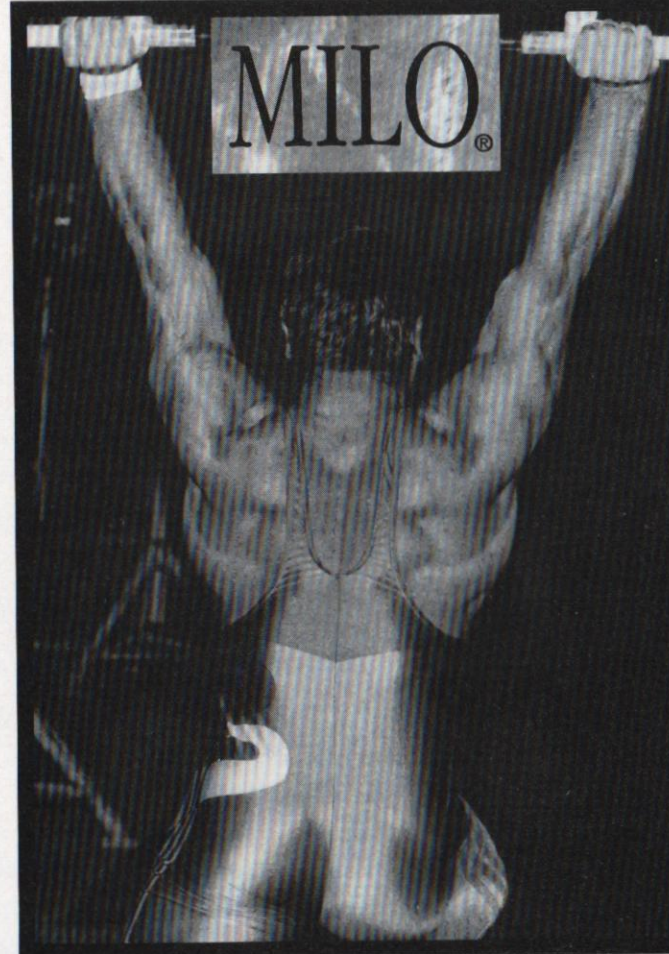
5-8 DEC 02, IPF World Bench Press  
(Luxembourg)

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

P.S. when writing include a Stamped,  
Self-Addressed Envelope . (USA meets  
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COLLECT.

P.P.S. Italicized entries in this listing are  
new competitions or updates to previous  
entries.



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Today I gave back to the greatest sport in the world. IPA provided this opportunity to me. On Saturday September 15 an invitational bench press competition was held at Titan Gym. This is my gym, which I own with my loving and beautiful wife Veronica. The gym was completely rearranged to accommodate this event. This competition was held in retrospect to the cowardly attack on our great and beloved country. The lifters and love for this sport created the atmosphere. No one was interested in cheap plastic awards. The only interest was to move big iron. When all the attempts were completed, all the lifters, spotters, loaders, and spectators remained to socialize. Many conversations developed addressing training, but mostly of our Nation's current situation. If there was ever a crew assembled to combat terrorism, I had them together. We provided everyone with something to drink (O.K some of it was beer!) and eat. This was all done free of charge for all IPA members, some organizations turn all events into a money grab. If you read my last column, you'll see where I went with this. (I assure you I don't make millions of dollars)

I spoke of an Iron bond. This was my chance to lead by example. Some people remained to assist in returning the gym to proper order. I assure you it was in complete disarray.

A special thanks to Mike Barravecchio, Jeff 'Gritter' Adams, and Rick Brewer from the House of Pain for their help. Many meet directors in the IPA have made great sacrifices to ensure well run events. Right now you're saying all meet directors do this for their respective organizations. This is true. I would not deny anyone their due. I tip my hat to all of you. I know it's not easy. It's just that I find many more of this type person in the IPA.

After countless years in this sport, many organizations came and went. The cream of the crop surfaced in the IPA. This is why our organization is the strongest and will endure all in encounters. You know what I mean; we make sacrifices for the love of the sport. It's easy to make a 'sacrifice' for an event when the director walks off with a large profit. I just had a conversation with Mark Chaillet and Dave Tate. I explained the money I invested in this event (Did I mention it was free to all current IPA members?)

Financially it was suicide. While I ran the sweeper and returned my gym to proper order, mentally I felt like a million dollars. Mark and Dave reassured me they had been there many times. This leads us to the upcoming IPA Nationals in Columbus. If you are planning on competition, register now! Space is limited and is filling up quickly. Dave runs a first class event. If you're undecided, let me help you make up your mind. This is an event you don't want to miss. If you don't plan on lifting, make plans to attend to see some of the greatest powerlifting in the world. Be a part of this any way you can. Entry deadline is November 2.

With all that being said, I wouldn't feel right if I didn't mention something about the September 11 cowardly attack on the greatest country in the world. When my wife and I first opened Titan Gym, the first thing placed on the wall was the American flag. It is a strong symbol to me personally, and many of my friends will tell you it didn't take and outbreak of war for me to display the flag. I am an American, and damn proud of it. I have many personal reasons for the level of patriotism I live my life by every day, but I won't bore with that. Just do me one favor, in your gym or where you train, place a flag in a highly visible place. Every once in awhile look over at it. There's many reasons in that flag that enables us to do what we do every day. You take it from there. See you in Columbus. Stay strong. Stay IPA

Any questions and comments regarding the IPA can be sent to: Rob Capozzolo, Titan Gym, 1816 Homeville Village Shopping center, West Mifflin PA 15122, (412) 466-4866, Robcapozzolo@msn.com

## International Powerlifting Association

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 Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

### NASA WV Open (kg) 22 JUL 01 - Buckhannon, WV

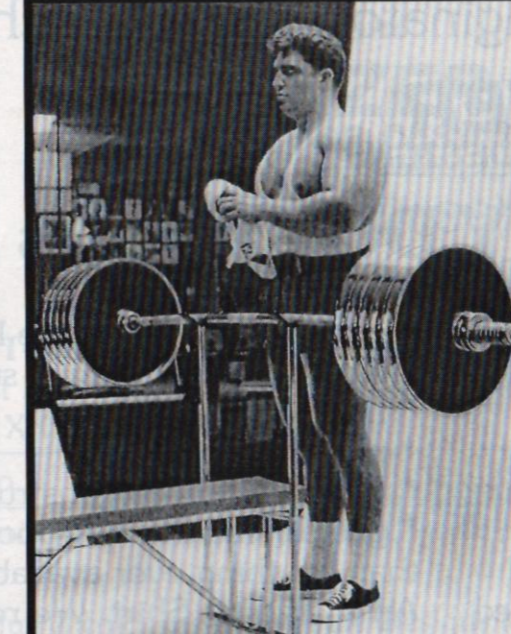
BENCH	SM1	SM2	SM3	TOT	
154 lbs. M2	D. Warnsley			150	
S. Stewart	142.5 LE				
Jr	D. Warnsley			150	
L. Meighan	135 Jr			160	
170 lbs. M3	S. Proctor			160	
K. Samples	117.5 LE				
M5	C. Swingler			190	
K. Samples	117.5 280 lbs. PN			160	
Int	M. Jones			160	
J. White	165 Int			100	
M. Snyder	25 T. Pratt			100	
187 lbs. Teen	HSP			155	
K. Kelly	150 S. Casto			272.5	
205 lbs. SM2	Int			225	
D. King	162.5 A. Shields			225	
M2	Pure			225	
B. Samples	150 K. Burgess			225	
M5	M1			225	
B. Samples	150 K. Burgess			225	
Jr	315 lbs. M5			225	
R. Hoffman	147.5 K. Burgess			175	
Teen	SHW Teen			175	
S. Sebok	-135 D. Nichols			175	
227 lbs.	PS SQUAT			185	
F. Beegle	115 205 lbs. Jr			185	
	B. Johnson			185	
	BP			185	
	DL			185	
	TOT			185	
128 lbs. M2		80	52.5	92.5	225
C. Carte		80	80	145	320
154 lbs. HSP		95	80	145	320
W. King		132.5	92.5	140	365
Teen		165	100	165	430
A. Wingfield		140	110	152.5	402.5
HSP		110	95	140	345
A. Helms		217.5	122.5	242.5	582.5
J. Wyant		160	150	175	485
170 lbs. Int		150	115	215	480
R. Carihfield		122.5	115	145	382.5
187 lbs. Jr		205	160	205	570
C. McKenzie		207.5	152.5	215	575
Teen		45	165	255	665
K. Kelly		227.5	160	227.5	615
205 lbs. SM1		185	160	195	540
P. Schafer		207.5	250	267.5	770
227 lbs. Teen		227.5	155	185	567.5
F. Beegle		170	97.5	152.5	420
SM2		182.5	175	215	572.5
W. Jones					
B. Rochefort					
280 lbs. M5					
B. Schafer					
M1					
R. Knically					
PN					
M. Jones					
Pure					
T. Tsouroutis					
315 lbs. HSP					
S. Casto					
SHW					
J. Tolley					
Teen					
D. Nichols					
PwrSports					
154 lbs. HSP					
J. Wingfield					
170 lbs. M3					
K. Samples					
205 lbs. M2					
B. Samples					
Jr					
B. Johnson					
187 lbs. Teen					
K. Kelly					

### 5th King of the Bench 16 Jun 01 - Holiday, FL

Master (40+)	W. Serocki	440
R. Williams	325 R. Daniels	390
Master (50+)	198 lbs.	
G. Arnold	335 M. Hernandez	440
D. Whitney	240 J. Banning	240
B. Grey	410 220 lbs.	525
Open 132 lbs.	T. Vellake	525
C. Wesley	210 242 lbs.	550
148 lbs.	M. Hummel	290
B. Schwab	375 G. Gass	290
J. Barah	250 275 lbs.	605
165 lbs.	M. Couch	605
R. Kinison	270 Lift	Cash
N. Cafaro	240 M. Couch	\$500
181 lbs.	Jackman	\$300
K. Spires	485 K. Spires	\$200
Overall Heavyweight:	Mike Couch.	Overall
Lightweight:	Kent Spires.	Overall Master:
Greg Arnold.	(Thanks to Rick Lawrence for results)	

### WNPF American BP/DL 9 Jun 01 - Baltimore, MD

FEMALE	BP	DL	TOT
97 lbs. BNH (20-23)			
D. Partowardojo	85	-	85
MALE			
123 lb. Open			
B. Miller	280	-	280
DL (40-49)			
R. Thompson	-	460	460
148 lbs. (60-69)			
L. Epshteyn	210	-	210
Raw			
B. Melrose	245	-	245
DL (60-69)			
L. Epshteyn	440	-	440
DL (Mil)			
B. Melrose	305	-	305
165 lbs. (20-23)			
R. Robinson	305	-	305
DL (17-19)			
B. Avery	-	300	300
DL (40-49)			
D. Smith	-	400	400
DL (Mil)			
C. King	-	315	315
181 lbs. BNH Raw Open			
E. Archer	350	-	350
DL (60-69)			
R. Pyatt	-	325	325
(Mil)			
L. Ham	-	370	370
FEMALE DL (Mil)			
K. Black	-	300	300
MALE DL Open			
M. Neiman	-	550	550
DL (P&F)			
B. Lewis	-	500	500
198 lbs. BNH Open			
T. Getsinger	-	380	380
S. Pollock	-	320	320
BNH (P&F)			
J. Gray	400	-	400
RAW (40-49)			
H. Sturman	335	-	335
B. Rosendfield	330	-	330
T. Evangelista	295	-	295
BNH+DL (60-69)			
B. Rosenfield	310	415	725
W. Richardson	280	420	700
BNH+DL Open			
J. Gray	400	630	930
DL (17-19)			
M. Miller	-	500	500
(60-69)			
T. Smith	-	550	550
Open			
T. Smith	-	550	550
S. Pollock	-	460	460
FEMALE DL Open			
E. BENNET	-	325	325
220 lbs. BNH (70-79)			
W. Strong	-	330	330
BNH Raw (40-49)			
B. Nagle	-	395	395
(50-59)			
R. Shanks	395	-	395
BNH+RAW Open			
M. Long	400	-	400
BNH+DL (40-49)			
B. Nagle	395	485	880
BNH+DL Open			
M. Long	440	600	1000
DL (40-49)			
P. Thomas	-	650	650
242 lbs. BNH (40-49)			
D. Peaker, Sr.	380	-	380
(20-23)			
N. Rico	-	325	325
DL (40-49)			
D. Peaker Sr.	-	535	635
Open			
D. Cooper	-	700	700
275 lbs. BNH Open			
S. Disantostefano	475	-	475
BNH+DL (40-49)			
B. Phillips	380	700	780
I. Brown	280	460	740
Open			
D. Stewart	385	460	845
DL (33-39)			
L. Szymanski	-	630	630
(40-49)			



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B. McGeorge (60-69)	55	110	162.5	Z. Passman	215	287.5	502.5
C. Smith (Mil)	72.5	120	192.5	D. Kirk	200	272.5	472.5
L. Szymanski (P&F)	50	85	135	R. Magni	175	265	440
L. Szymanski (P&F)				M. Swank	255	265	520
SHW BNH Open				Master (40-49)			
B. Rychlak, Jr.	165	245	410	T. Morris-43	195	282.5	477.5
G. Herbert	102.5	236	337.5	J. Hayes-43	185	260	446
BNH+DL	105	175	260	D. Tooker-42	170	255	425
G. Herbert	115	190	305	J. McKeekin-43 (60-69)	105	65	170
(Thanks to Brian Washington for these results)				B. Evans-54	177.5	212.5	390
	140	210	360	H. Myers-56	110	215	325
				B. MacKenzie-54 (50+)	130	200	330
	205	227.5	432.5	W. Leedy-70	130	205	335
	170	250	420	H. Brownstein-61	112.5	205	317.5
	147	240	387.5	D. Cronin-65	95	65	160
				Junior (14-16)			
	222.5	320	542.5	C. Shigley-16	112.5	140	252.5
	177.5	212.5	390	(20-23)			
	160	237.5	387.5	L. Rector-23	182.5	222.5	405
	117.5	192.5	310	J. Mancini-22	157.5	232.5	390
				J. Zumbado-21	192.5	195	387.5
	200	275	475	T. Sullivan-23	125	192.5	317.5
	147.5	227.5	375	NOTE: Masters & Juniors determined by formula. (by courtesy of Muscle Beach Venice)			

### APF Muscle Beach Push-Pull 11 Aug 01 - Venice, CA (kg)

WOMEN	BP	DL	TOT
-------	----	----	-----

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NH USPF Summer Slam Push/Pull						
14 Jul 01 -						
MEN						
BP	DL	TOT				
Juniors/Teen						
MacDonald, R-(242)	405	550	955			
Laudarowicz, J-(178)	305	455	760			
Moody, I-(164)	265	420	685			
Submasters						
Enquist, T-(222)				420	625	1045
Bourque, J-(194)				340	525	865
Davis, T-(259)				370	600	970
Masters						
Smith, J-(188)				285	515	800
Drouin, M-(242)				360	535	895
Gove, T-(232)				325	510	835
Grand Masters						

Wallin, C-(239)	240	505	745
Bennett, P-(198)	195	405	600
WOMEN			
Carroll, K	110	280	390
Kelec, D-(119)	90	180	270
Grand Masters			
Day, C-(171)	100	195	295
148 lbs.			
O'Connell, J	165	225	390
165 lbs.			
Carlson, C	300	425	725
Trelethen, R	285	415	700
Malone, M	315	365	680
Cannon, M	225	415	640
McLaughlin, A	235	295	530
Pech, G	180	325	505
181 lbs.			
Fowler, R	335	525	860
Laudarowicz, J	305	455	760
198 lbs.			
Bourque, J	340	525	865
Kemp, H	365	500	865
Smith, J	285	515	800
Mizula, B	290	475	765
Brousseau, S	240	465	705
Beatty, D	250	455	705
220 lbs.			
Ahern, M-BL	450	605	1055
Newman, S	375	475	850
Kulas, P	315	470	785
Gilbert, J	255	475	730
242 lbs.			
Enquist, T	420	625	1045
McDonald, R	405	550	955
Drouin, M	360	535	895
Gove, T	325	510	835
Mosonyi, J	290	445	735
175 lbs.			
Davis, T	370	600	970
Tuttle, W	340	500	840
Lamb, T	425	135	560
Carroll, J	425	-	425
SHW			
Otte, C	325	575	900
Adams, R	450	450	900

BL-Best Lifter. Meet Director: Jamie Fellows. Score Keeper: Paul Mancini and Rod Roy. On Saturday, 14 July 2001, the New Hampshire State Prison played host for the summer powerlifting championships. Jamie Fellows, (our meet director) and Dave Follansbee (NH State Chair) got off to a slow start because of the weight scale. That problem is solved thanks to the Recreation Director Rod Roy. The meet went on without a hitch after the long weigh-in. We had three Woman lifters. All did outstanding. We hope to see all the lifters come back to our future meets. J. O'Connell was the only one in the 148 class, we will try to have some competition in the class for him next time. The 165 lbs. class was loaded, but C.

Carlson did a fine job pushing up a 300 lb. bench and a 425 lb. deadlift that gave him first place. Second went to R. Trelethen, if he put some more weight on the bar I think he could of took first. The 181 lbs. class only had two lifters, Ray (Hollywood) Fowler had a personal best on the bench with 335 lbs. he also pulled 525 lbs. for the win, he did have trouble with 580 lbs. J. Laudarowicz took second. The 198 lbs. class had some close competition. First place was decided by 2 pounds of body weight. J. Bourque took first, with a 340 lb. bench and a 525 lb. deadlift. H. Kemp came in second with a 365 lb. bench and a 500 deadlift. The 220 lbs. class had the best lifter, Mike Ahern. he opened with 450 lb. on the bench and smoked it up, he called for the magic 510 lb. and just missed it. next time Mike. 605 lb. off the floor for a 1055 lb. total. Steve Newman came in second with a 375 lb. bench and a 475 lb. deadlift. The 242 lbs. class was won by Tom Enquist, he did a nice 420 lb. bench and a 625 lb. deadlift. he went for 655 lbs. on his last lift for the State record, but it didn't go. Ryan McDonald came in second with a 405 lb. bench and a 550 lb. deadlift. Not bad for his first meet. he did try 435 lb. on the bench for the State record. He also had a little trouble with the 145 lb. squat. after he settled down he smoked the 145 lb. The 275 lbs. class was won by T. Davis he pushed 370 lb. and pulled 600 lb. for the win over W. Tuttle who competed in his first meet. give this kid some time and Terry will have some competition. The SHW class was decided by body weight. C. Otte took first with a 325 lb. bench and a 575 lb. deadlift. R. Adams came in second with a strong 450 lb. bench. and a 450 lb. deadlift. Thanks to the spotters and loaders. Joel Smith, Bill Hill, and Sean Macdonald. Jamie Fellows, Dave Follansbee and Al Eason judged this meet. Rod Roy and Paul Mancini did the scorekeeping. (Thanks to Tom Enquist for the meet results)

### Lake County Ironman

29 Jul 01 - Gray's Lake, IL		
WOMEN		
BP	DL	TOT
T. Brewton-156	150	245*
D. Ruffner-148	145	-
Submaster		
M. Bates-174	240*	365*
A. Beahr-240	350	610*
P. Olsen-231	325	550
Master (40-49)		
J. Kinney-194	275*	445
Master (50)		
M. Levanti-241	360*	-
Open 181 lbs.		
A. Hernandez	325	-
R. Hernandez	390	550
I. Hernandez	220	505
220 lbs.		
J. Hull	420	-
C. Hansen	475*	-
242 lbs.		
A. Beahr	350	610*
P. Olsen	325	550
275 lbs.		
N. Kirakis	405	600
308 lbs.		
L. Seymore	350*	-

\*-State Record. Best Bench Press Lifter: Craig Hansen - 475. Best Deadlift Lifter: Alan Beahr - 610. A great time was had by all lifters. The weather was very hot so many of the lifters missed some easy lifts. There was some very impressive State Records set. Craig Hansen set the Pace with a 475 Bench Press in the 220 Open Class. He nearly missed a 500 but just could not push it up. We all know it was the heat. Al Beahr set a new Open 242 Deadlift record with a 610 pull. New APA lifter Mike Bates Set new Illinois Records in the Submaster 181 Division. Special Thanks to the Lake County Fair for a great meet site. Also thanks go out to Bobby Alan owner of Powerhouse Gym for providing all the equipment and the support. The spotters and loaders did a great job in the heat. Lastly, thanks to the APA State chairman Preston Olsen for another great meet he also had a tough day in the heat with misses in the Bench Press and the Deadlift and a back injury on the last attempt in the Deadlift. The meet was covered by the Daily Herald, and the APA got some nice press the next day with a great write up. Scott Taylor was missed but will be back in Illinois when the APA returns for its next meet at Powerhouse Gym on Oct 13th. Thanks Scott for all your hard work you do for the APA. (Thanks to Preston Olsen for results)

### NASA North Carolina State

2-3 May 01 (kg)	
BENCH	
187 lb. HS	170 lb. M1
J. Ferrann	J. Graboski
170 lb. M1	154 lb. M2
J. Graboski	J. Smith
154 lb. M2	187 lb. M5
J. Smith	F. Sumner
107.5 Pwrlifting	
BENCH	
187 lb. M5	187 lb. HS
F. Sumner	J. Earley
250 lb. P	315 lb.
S. Nisbet	165
205 lb. SM1	D. Jorgensen
D. Griffin	154 lb. Jr
187 lb. Teen	H. Earley
A. Long	227 lb. M1
WOMEN	D. McMillan
SHW M5	315 lb.
B. Kopley	120
250 lb. Nov	W. Ferguson
J. Tancil	205 lb. M2
205 lb. Nov	205 lb. M2
B. Cope	157.5
CURL	A. Earl
250 lb. HS	227 lb.
R. Redwine	J. Earley
154 lb. M2	185
J. Smith	M5
187 lb. M5	121.5
F. Sumner	250 lb.
227 lb.	B. Wilson
R. Lowery	154 lb. Nat
250 lb. Pure	H. Earley
S. Nisbet	250 lb. Nov
205 lb. SM1	L. Miller
A. Antonio	70
L. Crews	315 lb. Pure
187 lb.	W. Ferguson
Teen	205 lb. SM1
A. Long	77.5
DEADLIFT	M. Holbrook
Pwrsports	70
170 lb. M1	SHW
J. Graboski	M. Price
187 lb.	187 lb. Teen
R. Robbins	J. Earley
154 lb. M2	72.5
J. Smith	CR
280 lb. M3	BP
J. Jenkins	DL
187 lb. M5	TOT
F. Sumner	50
205 lb.	95
C. Steinbacher	182.5
250 lb.	327.5
L. Bizzell	40
B. Cope	75
205 lb. Pure	137.5
B. Nchols	40
227 lb.	75
T. Meadows	252.5
205 lb. SM1	55
D. Griffin	107.5
L. Crews	172.5
227 lb.	335
K. Benfield	55
205 SM2	97.5
S. Hancock	140
Pwrlifting	292.5
187 lb. HS	65
	125
	147.5
	337.5
	205 lb.
	60
	125
	230
	415
	82.5
	160
	230
	472.5
	60
	107.5
	210
	377.5
	80
	162.5
	257.5
	500
	80
	165
	205
	450
	80
	167.5
	220
	467.5
	70
	155
	225
	496
	62.5
	147.5
	192.5
	402.5
	62.5
	137.5
	202.5
	402.5
	210
	162.5
	182.5
	555
	112.5
	125
	147.5
	385

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T. Wheeling	210	112.5	200	522.5	205 lb.	180	122.5	185	487.5
227 lb.					L. Hogan	250 lb.			
M. Miller	182.5	97.5	170	450	B. Wilson	340	192.5	285	817.5
315 lb.					205 lb. PN				
D. Jorgensen	195	185	227.5	607.5	B. Lickliter	230	172.5	235	637.5
227 lb. Int					187 lb. Pure				
C. McCrary	200	140	220	560	T. Pardue	250	152.5	272.5	675
170 lb. M1					227 lb.				
J. Graboski	137.5	95	182.5	415	R. Gore	260	165	235	660
227 lb.					250 lb.				
T. Higgins	317.5	157.5	282.5	757.5	B. Wilson	340	192.5	285	817.5
B. Hale	237.5	190	200	627.5	K. Tillman	305	187.5	272.5	765
R. Medlin	227.5	160	227.5	615	205 lb. SM1				
250 lb.					R. Maynard	227.5	180	265	672.5
C. Winecoff	205	155	182.5	542.5	227 lb.				
M2					M. Johnson	285	182.5	232.5	700
W. Wheeling	210	162.5	182.5	555	170 lb. SM2				
187 lb. M5					D. Laws	195	115	200	510
F. Sumner	112.5	125	147.5	385					

187 lb.	250	125	240	615
J. Hargett				
227 lb.				
D. Huntsinger	200	110	190	500
250 lb.				
K. Tillman	305	187.5	272.5	765
138 lb. Teen				
C. Smith	102.5	65	150	317.5
154 lb.				
M. McGee	110	57.5	157.5	325
WOMEN				
154 lb. PN				
M. Lickliter	92.5	60	115	267.5

(Thanks to Mike Adelman for these results).

USPF South Texas				
9 Jun 01 - Seguin, TX				
BENCH				
Open 148 lbs.	E. Wilkinson	524		
W. Fenton	320	242 lbs.		
T. Barnard	259	275 lbs.		
165 lbs.	R. Purdy	485		
S. Weingust	364	308 lbs.		
L. Schuchart	309	J. Quintero		
181 lbs.	309	Masters (40-49)		
R. Mickell	424	165 lbs.		
H. Meier	353	S. Weingust		
198 lbs.	391	198 lbs.		
G. Gutierrez	441	H. Meier		
J. Waters	391	198 lbs.		
J. DeLosSantos	259	M. Grass		
220 lbs.	259	Masters (50-59)		
B. Fusilier	485	275 lbs.		
D. Flunker	419	D. Brooks		
242 lbs.	419	(60+) 148 lbs.		
E. Molina Jr.	391	L. Dacey		
275 lbs.	391	Police/Fire		
J. Folkner	535	165 lbs.		
R. Purdy	485	P. Arriaga		
P. Guerrero	402	198 lbs.		
308 lbs.	402	J. Waters		
J. Trevino	463	308 lbs.		
Junior (13-15)	463	J. Trevino		
275 lbs.	463	WOMEN		
J. Trevino	259	Open 123 lbs.		
(20-23) 198 lbs.	259	S. Rinn		
A. Rodriguez	102	165 lbs.		
Submaster	102	T. Jones		
181 lbs.	102	148 WOMEN		
R. McCarty	452	Open 123 lbs.		
198 lbs.	452	S. Rinn		
J. Campbell	-	165 lbs.		
220 lbs.	-	T. Jones		
MEN				
SQ	BP	DL	TOT	
Junior (13-15)				
114 lbs.				
B. Trevino	171	127	209	507
148 lbs.				
V. Guerra	143	121	182	446
165 lbs.				
W. Edwards	292	182	325	799
181 lbs.				
N. Lyons	-	-	-	-
198 lbs.				
K. Edelman	452	198	457	1107
275 lbs.				
J. Trevino	474	259	402	1135
(16-17) 123 lbs.				

# PL USA Back Issues

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

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

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

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

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

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

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

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

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

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

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill

Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

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

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

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

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

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

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

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

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

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

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

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

S. Baltazar	303	193	325	821
W. Strickland	292	176	309	777
132 lbs.				
V. Guerra	314	204	347	865
148 lbs.				
M. Gillette	375	209	402	986
J. Fraugto	375	243	364	982
J. Warner	331	187	386	904
H. Floresla	353	209	331	893
165 lbs.				
J. Munoz	551	298	557	1406
B. Harris	—	—	—	—
H. Hinojosa	—	—	—	—
181 lbs.				
G. Menchaca	386	237	413	1036
198 lbs.				
B. Acevedo	435	281	468	1184
C. Medina	402	248	452	1102
220 lbs.				
J. Graham	402	226	507	1135
242 lbs.				
C. Morse	606	347	568	1521
275 lbs.				
J. Garcia	303	209	379	891
308 lbs.				
J. Flores	369	231	353	953
SHW				
P. Garcia	639	320	562	1521
(18-19) 181 lbs.				
C. Lund	452	276	452	1180
198 lbs.				
J. Allen	402	226	474	1102
220 lbs.				
C. Moreno	402	309	485	1196
242 lbs.				
E. Menchaca	546	314	551	1411
308 lbs.				
A. Gonzalez	639	402	452	1493
(20-23) 220 lbs.				
D. Cleveland	501	331	551	1383
D. Ortiz	452	276	491	1219
275 lbs.				
C. Trammell	546	314	601	1461
Submaster 165 lbs.				
T. May	507	247	501	1255
181 lbs.				
R. McCarty	165	452	165	782
220 lbs.				
T. Valdez	468	364	380	1212
242 lbs.				
D. Hughes	551	397	573	1521
S. Witt	601	276	463	1340
Masters (40-44) 165 lbs.				
R. Blount	353	231	501	1085
181 lbs.				
S. Smith	353	270	435	1058
198 lbs.				
M. Grass	491	270	413	1174
J. Stem	320	176	408	904
220 lbs.				
L. Mistic	645	435	628	1708
D. Ford	457	336	562	1355
242 lbs.				
G. Pamplin	617	441	524	1582
B. Olusola	—	—	—	—
C. Garcia	—	—	—	—
275 lbs.				
A. Leyton	364	303	452	1119
308 lbs.				
C. Bryant	639	402	568	1609
SHW				
T. Knighton	513	325	601	1439
(45-49) 242 lbs.				

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 Revis-

ited, 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 Karwowski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribosin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis,

World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s. May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s. Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s. Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken

Emrich Profile, Power Biceps Training, Larry Miller Interview, Top 100 Ltwt. 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 Philipp Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time

TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s. May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benching, TOP 100 275s. Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs. Jul/98... Kirk Karwowski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts. Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam. Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

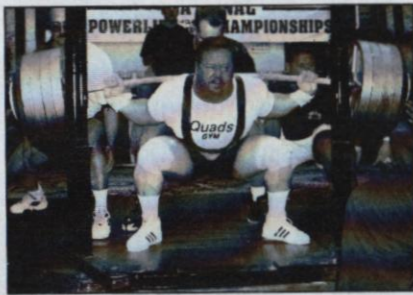
Oct/98... \*FUD\* Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s. Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones. Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s. Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s Mar/99... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to

Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials Apr/99... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s. May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s. Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs 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 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 Ed Wilkinson 220, Best Deadlift Men Jesus Munoz 165, Best Squat Men John Fowler 275, Open Women Brenda Coody 123, Junior Women Terrenza Leggett 114, Best Bench Women Susan Rinn 123, Best Squat Women Brenda Coody 123, Best Deadlift Women Brenda Coody 123, Records ESTABLISHED: 198 Jeffery Waters State Record Single Lift Bench Press 391.7, Police/Fire/Fighter SHW Pierre Garcia State Record Squat 639, Junior Men 16-17 SHW Pierre Garcia State Record Deadlift 567.6, Junior Men 16-17 198 Adam Rodriguez State Record Single Lift Bench Press 402.2, Junior Men 20-23 220 Ed Wilkinson State Record Single Lift Bench Press 523.5, Submaster Men 220 Ed Wilkinson American Record Single Lift Bench Press 523.5, Submaster Men 198 Kelby Eddleman State Record Deadlift 457.4, Junior Men 13-15 308 Jaime Trevino State Record Single Lift Bench Press 462.9, Police/Fire/Fighter 308 Charles Bryant State Record Squat 639.3, Masters 40-44 308 Charles Bryant State Record Bench Press 402.2, Masters 40-44 308 Charles Bryant State Record Deadlift 567.6, Masters 40-44 308 Charles Bryant State Record Total 1609.3, Masters 40-44 165 Sheldon Weingust State Record Single Lift Bench Press 363.7, Masters 45-49 242 Mike McDaniel State Record Squat 661.3 Masters 45-49. (results from Seguin Fitness)

## The Videotapes



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M. McDaniel	661	408	601	1670
308 lbs.				
B. Gresham	694	408	628	1730
(50-54) 148 lbs.				
J. Fisher	276	165	292	733
181 lbs.				
S. Sampson	430	265	441	1136
220 lbs.				
B. Johnson	—	—	—	—
275 lbs.				
D. Brooks	474	320	474	1268
(55-59) 220 lbs.				
D. Youngman	—	—	—	—
308 lbs.				
C. Wahl	314	215	364	893
165 lbs.				
BELOW CLASS I				
148 lbs.				
D. Pierce	435	309	480	1224
T. Barnard	259	259	331	849
W. Fenton	—	—	—	—
165 lbs.				
R. Hunt	314	209	336	859
181 lbs.				
T. Betting	430	298	457	1185
S. Smith	353	270	435	1058
L. McDonald	325	231	358	914
198 lbs.				
J. Steen	320	176	408	904
220 lbs.				
J. Haegge	468	358	457	1283
J. Dora	375	226	474	1075
242 lbs.				
C. DeLaRosa	529	342	457	1328
K. Zermeno	—	—	—	—
Open 148 lbs.				
W. Fenton	—	—	—	—
165 lbs.				
J. Munoz	551	298	557	1406
198 lbs.				
E. Luna	606	364	557	1527
220 lbs.				

B. Fusilier	683	485	595	1763
L. Mistic	645	434	628	1707
K. Kelly	601	336	639	1576
242 lbs.				
M. McDaniel	661	408	601	1670
C. Garcia	—	—	—	—
275 lbs.				
J. Fowler	800	408	661	1869
L. Neef	661	424	628	1713
J. Magendie	606	408	656	1670
308 lbs.				
D. Hartman	667	419	584	1670
C. Bryant	639	402	568	1609
SHW				
F. Lopez	711	502	601	1814
Police/Fire 165 lbs.				
P. Arriaga	358	265	413	1036
WOMEN				
Open 123 lbs.				
B. Coody	292	165	325	782
148 lbs.				
S. Ammann	276	127	364	767
M. Sisneroz	276	176	292	744
165 lbs.				
M. Gonzales	287	132	281	700
SHW				
K. Pitts	331	320	402	1053
Junior (13-15) 105 lbs.				
K. Leggett	116	77	165	358
M. Sustaia	215	83	248	546
SHW				
B. DeOreo	154	110	176	440
(16-17) 97 lbs.				
J. Hores	171	121	215	507
T. Leggett	231	127	265	623
123 lbs.				
L. Rios	198	110	226	534
132 lbs.				
A. Schulze	209	88	220	523
148 lbs.				
C. a Brune	270	149	265	684
165 lbs.				
T. Smith	182	105	270	557
198 lbs.				
M. Grimaldo	226	160	254	640
(18-19) 105 lbs.				
K. Hoerner	243	88	270	601
114 lbs.				
C. Boutte	254	105	287	646
(20-23) 132 lbs.				
J. Kersh	254	132	259	645
148 lbs.				
M. Garza	231	105	226	562
Masters 148 lbs.				
W. Wall-46	231	149	259	639
165 lbs.				
V. Laubach	204	116	259	579
181 lbs.				
L. Montemayor	182	88	138	408
Novice 132 lbs.				
A. Womack	231	143	276	650
132 lbs.				
A. Sdiulze	209	88	226	523
148 lbs.				
W. Wall	231	149	259	639
165 lbs.				
V. Laubach	204	116	259	579
119 lbs. Jr				
S. Widon	80	37.5	100	217.5
187 lb.				
J. Davis	175	137.5	210	522.5
205 lb. M3				
D. Taylor	77.5	90	100	267.5
119 lb. Nov				
J. Bray	145	92.5	162.5	400
127 lb.				

Emrich Profile, Power Biceps Training, Larry Miller Interview, Top 100 Ltwt. 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 Philipp 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

Bench Men Ed Wilkinson 220, Best Deadlift Men Jesus Munoz 165, Best Squat Men John Fowler 275, Open Women Brenda Coody 123, Junior Women Terrenza Leggett 114, Best Bench Women Susan Rinn 123, Best Squat Women Brenda Coody 123, Best Deadlift Women Brenda Coody 123, Records ESTABLISHED: 198 Jeffery Waters State Record Single Lift Bench Press 391.7, Police/Fire/Fighter SHW Pierre Garcia State Record Squat 639, Junior Men 16-17 SHW Pierre Garcia State Record Deadlift 567.6, Junior Men 16-17 198 Adam Rodriguez State Record Single Lift Bench Press 402.2, Junior Men 20-23 220 Ed Wilkinson State Record Single Lift Bench Press 523.5, Submaster Men 220 Ed Wilkinson American Record Single Lift Bench Press 523.5, Submaster Men 198 Kelby Eddleman State Record Deadlift 457.4, Junior Men 13-15 308 Jaime Trevino State Record Single Lift Bench Press 462.9, Police/Fire/Fighter 308 Charles Bryant State Record Squat 639.3, Masters 40-44 308 Charles Bryant State Record Bench Press 402.2, Masters 40-44 308 Charles Bryant State Record Deadlift 567.6, Masters 40-44 308 Charles Bryant State Record Total 1609.3, Masters 40-44 165 Sheldon Weingust State Record Single Lift Bench Press 363.7, Masters 45-49 242 Mike McDaniel State Record Squat 661.3 Masters 45-49. (results from Seguin Fitness)

### NASA Texas Classic 16 Jun 01 -

PwrSports	250 lb. M1				
SQUAT	Lee Elliff			230	
WOMEN	187 lb. Nat				
110 lb.	S. Griffin			172.5	
R. Hedrick	72.5	227 lb. Pure			
PL BENCH	J. Colbert			205	
Powerlifting	SQ	BP	DL	TOT	
WOMEN					
170 lb. SM2					
M. Scheffler	70				
CR	BP	DL	TOT		
PwrSports					
187 lb. Nov					
C. Rimmer	65	120	232	417.5	

J. Scroggins	142.5	105	147.5	395
E. Ramos	120	97.5	172.5	390
250 lb.				
L. Dominique	167.5	97.5	172.5	437.5
A. Leichinger	152.5	110	170	432.5
C. Phillips	132.5	97.5	182.5	412.5
P. Sheffield	137.5	97.5	165	370
280 lb.				
R. Middleton	220	117.5	212.5	660
E. Buckmaster	200	112.5	220	632.5
J. Brown	190	110	207.5	507.5
M. Harrell	195	107.5	197.5	500
J. Boudreanx	102.5	80	142.5	326
316 lb.				
J. Turknett	200	112.5	217.5	630
SHW				
S. Puett	160	75	177.5	402.5
Pwrlifting	SQ	BP	DL	TOT
BOYS				
Jr-Sr 119 lb.				
P. Pulchny	137.5	60	140	337.5
J. Perry	115	85	137.5	337.5
D. Chamberlein	70	37.5	87.5	195
127 lb.				
M. Johann	160	92.5	182.5	425
J. Boling	142.5	70	152.5	80
138 lb.				
J. Ortega	205	112.5	205	522.5
A. Moore	160	82.5	185	417.5
154 lb.				
E. Biggs	172.5	107.5	195	475
A. Nelson	160	110	205	465
L. Miller	167.5	97.5	192.5	447.5
J. Holland	154	166	182.5	437.5
B. Cathcart	137.5	82.5	160	380
170 lb.				
J. Sevy	225	115	222.5	662.5
B. Sunday	212.5	135	215	662.5
N. Wahlstrom	190	110	267.5	667.5
J. Gonzales	197.5	130	222.5	660
L. Dougan	207.5	125	202.5	535
Z. Griffith	215	100	205	620
E. Burgos	175	112.5	205	492.5
B. Blackman	162.5	122.5	200	485
M. Vail	182.5	112.5	182.5	477.5
M. Spradlin	175	95	195	465
J. Webber	130	112.5	400	422.5
D. Walters	162.5	87.5	172.5	412.5
J. Kelley	137.5	75	162.5	375
187 lb.				
C. Duff	237.5	137.5	227.5	602.5
D. Beavers	220	115	212.5	647.5
L. Masters	190	117.5	190	497.5
P. Cullor	182.5	97.5	195	475
S. Quintrall	167.5	107.5	160	415
205 lb.				
L. Scroggins#	262.5	145	245	662.5
A. Yannotta	242.5	137.5	185	665
S. Johnson	197.5	132.5	235	665
B. Allford	212.5	100	222.5	635
A. Rayne	217.5	120	195	632.5
C. Brown	172.5	95	192.5	460
J. Garton	167.5	100	185	462.5
J. Chandler	165	102.5	185	442.5
227 lb.				
J. Hager	200	140	227.5	667.5
M. Hines	192.5	115	200	607.5
J. Banks	182.5	110	200	492.5
C. Ring	177.5	120	192.5	490
J. Glasco	175	100	195	470
T. Watkins	122.5	102.5	137.5	362.5
N. Conen	195	115	205	105
250 lb.				
S. Miller	245	165	262.5	662.5
R. Foote	265	165	232.5	662.5
S. Reed	200	160	266	625
J. Small	202.5	117.5	227.5	647.5

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 Wipes, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s. Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights. Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai,

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- Shipping/handling ..... \$5.00



back view of dog appears on back of t-shirt

C. Malone	205	102.5	160	467.5
J. Cook	175	112.5	165	452.5
C. Douglass	125	80	162.5	367.5
H. Keeney	460	102.5	175	117.5
R. Tharp	299	112.5	102.5	112.5
280 lb.				
B. Simpson	260	167.5	237.5	665
Westmoreland	205	147.5	267.5	610
J. Hollier	167.5	130	180	477.5
B. Domanish	165	97.5	160	422.5
315 lb.				
T. Boutte	227.5	160	205	692.5
SHW				
C. Patton	170	127.5	207.5	605
B. Vacchina	272.5	166	262.5	185
GIRLS				
Fr-So 110 lb.				
J. Hill	80	42.5	100	222.5
138 lb.				
D. Armstrong#	117.5	67.5	120	295
164 lb.				
S. Brown	97.5	45	122.5	265
SHW				
N. Brown	137.5	62.5	147.5	347.5

Building the Torso, TOP 100 123s Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ-by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s. Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lighthteaves Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s

I. Stephenson 70 150 220  
MEN 148 lb.  
R. Bertel 185 375 560  
165 lb.  
D. Eskridge 275 425 700  
181 lb.  
B. Kleffner 300 - -  
220 lb.  
D. McClain! 325 495 820  
242 lb.  
J. McCuen 425 - -  
The Missouri Valley AAU presented a strength seminar and exhibition with 600 benchers Jeff Lewis. Jeff performed a RAW 555 pound Bench Press, followed by 34 reps with 225. Jeff answered questions and spoke about the importance of lifting DRUG-FREE! Thanks to Jeff for a great seminar. On June 10, 2001 Extreme Fitness hosted the 1st Missouri Kansas Bench Press Deadlift Championships. In the Bench Press, Lindsey DeForest won the girls 10-11 years old 114 pound class with three solid attempts of 45, 50 and 55 pounds. In the boys 11 year old 88 pound class Tim Stephenson put Lip a strong 65-75-85 pounds. Tim at a bodyweight of 77.25 impressed everyone with Dead Lifts of 135-140-150 for a perfect 6 for 6 day. Rick Bertel of Paris, Missouri made his opening Bench Press of 185 but couldn't quite make 200 on his 2nd and 3rd attempts. Rick weighed in at 147, 175 and pulled strong dead lifts of 345 and 375. Dennis Eskridge made two powerful benches of 265 and 275. Then followed that with three good DL's 405, 415 and 425. He has More DL power to show in the future. Jim McCuen who trains at Extreme Fitness started his presses at 385, followed by a solid 42.15 - the heaviest BP of the day! Darren McClain of O'Fallon, Missouri was the days Best Lifter with a BP of 325 and a beltless DL of 495! All lifters that were in this meet lifted. RAW despite the option of lifted Equipped. A special thanks to all the volunteers who helped make this meet happen. Bill White of Extreme Fitness Larry Gilley and John Hunt who ran the scoring table, officials "Fitz" and Pam Fitzgerald and Dave DeForest and spotter-loader Ken Riley. Thanks to all of you. (Thanks to AAU MO State Chairman, Darin Gilley for these meet results).

**Dungeon Gym BP Challenge**  
28 Jul 01 - Galt, CA

BENCH	148 lbs.
MEN	J. Malone 135
Youth (10-12)	Open 275 lbs.
148 lbs.	M. Knight 570*
M. Allen	115 Master (40-44)
R. Enos	100 275 lbs.
Youth (13-15)	M. Knight(272) 570*
*Personal Record. The Dungeon Gym Bench Press Challenge took place in Galt, CA. In the Youth Division, Maurice Allen won with a big 115 lb. raw Bench Press at 135 lbs. bwt. and 12 years old. In the 13-15 year old age category, 14 year old Jimmy Malone, Bench Pressed 135 lbs. at 145 Lbs. bwt., for 1st place. In the open and Master Division, 43 year old, Mike Knight Basted up a huge 570 lbs. at 272 lbs. bwt. and a new pr! I'd like to thank the spotters, loaders, and judges: Joseph Weiss, Darryl Skeva, and Kurt Heath. Thank you to Powerlifting USA Magazine. (Thanks to Kurt Heath for results).	

**AAU Missouri-Kansas BP/DL**  
10 Jun 01 - Union, MO

Raw	BP	DL	TOT
GIRLS 114 lb.			
L. DeForest	55	-	-
BOYS 88 lb.			

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s. Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double In-

terview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s. LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

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**100% Raw Senior Nationals**  
28,29 Jul 01 - Rockville, MD

WOMEN	SQ	BP	DL	TOT
97 lbs. (25-29)				
K. Vasquez!	170*	85*	200*	455*
M. Lineman	150	80	200	430
(12-13)				
T. Simmons	105*	55*	140	300*
	4th	145		
105 lbs. (10-11)				
E. Tshontikidis	65*	50*	90	205
114 lbs. (16-17)				
A. Scales!	125	90	175	390
123 lbs. (16-17)				
L. Dever	145	95	210	450
132 lbs. (16-17)				
S. Fatemi	100	65	185	350
(14-15)				
M. Hellybuick	95	70	140	305
148 lbs. (30-34)				
L. Highsmith	200*	105*	285*	590*
(20-24)				
M. Rios	145	70	210	425
K. Denison	105	70	175	350
(20-24)				
C. Lhota	-	130	-	-
165 lbs. (14-15)				
M. Yancor	145	80	200	425
181 lbs. (16-17)				
A. Massey	100	65	155	320
(50-54)				
C. Ramsburg	-	110*	-	-
198 lbs. (35-39)				
N. Ebersole	105*	250*	-	-
198+ lbs. (25-29)				
J. Sheller	-	170*	300*	-
MEN				
66 lbs. (5-under)				
S. Tshontikidis	20	20	45	85
88 lbs. (10-11)				
A. McCloskey	150*	80*	230*	460*
(10-11)				
Y. Tshontikidis	115	60	185	360
105 lbs. (14-15)				
K. Angus	120*	75*	165*	355*
114 lbs. (16-17)				
N. Tran	165	135	245*	545
123 lbs. (14-15)				
J. Simmons	150	80	230	460

148 lbs. (35-39)								
C. Simeone	405*	285*	490*	1180*				
(35-39)								
V. Aybar	370	260	475	1105				
(16-17)								
J. Boyd	375*	220	450*	1045*				
C. Tolson!	370	245	425	1040				
(55-59)								
P. Griffith!	400*	45*	360*	805*				
(12-13)								
K. Schwartz	60	65	135	260				
165 lbs. (25-29)								
O. Bermudez!	480	400	575	1480				
	4th	600						
(35-39)								
J. Audia	390	350	510	1250				
J. Lineman	325	290	570*	1235				
(40-44)								
J. Polak!	420	315	500	1235				
(35-39)								
L. Bravard	340	255	500	1095				
T. Flaherty	300	230	325	855				
(16-17)								
J. Sisk	225	140	315	680				
181 lbs. (30-34)								
D. Bellantoni	510*	340	640*	1490*				
(25-29)								
G. DeRamus	510*	335*	480	1345*				
	4th	500*						
(16-17)								
J. Billings	450	270	500	1220				
(55-59)								
T. Flemming	380	170	450	1000*				
4th	400*	465*						
D. Junkins	315	235*	380	930				
(50-54)								
F. Sumner	275*	280*	355*	910*				
(40-44)								
M. Anson	305	235	365	905				
198 lbs. (35-39)								
B. Nupieri	450	325	565*	1340*				
(30-34)								
S. Boylan	500	290	535	1325				
(40-44)								
S. Tshontikidis	400	260	505	1165				
(55-59)								
W. Barnett	300	285	400*	985*				
(70-74)								
D. Ginethal	305	185	405	895				
(40-44)								

\*-World Record. Teams: BG-Billings' Gym, DG-Doc's Gym, EP-Extreme Power, ML-Missing Link, TB-Thunderbird Power, TJ-Team Jesus, TP-Tayoun's Power Team, UN-Unattached, WC Warriors in Christ, WN-West Nottingham Academy, WP-Wilson Powerlifting, XS-X-Squad. "Not by power nor by might, but by My Spirit," saith the Lord Almighty. Praise God! Our second Senior Nationals saw nearly twice the amount of senior lifters from last year, our totals going through the roof, and the lives of innocent children saved! All in all, another successful meet thanks to our Father in heaven! Special thanks to my friends Graham Bartholomew (spotting, loading, announcing, judging, and encouraging), Dave Lhota (judging), Jason Billings (judging), John Polak (Budging), Cassi Lhota (judging and announcing), Omar Bermudez (judging), Kibian Vasquez (judging), Baptisi Nupieri (judging), William Emma (judging), Brian Miller (judging), Emma Tshontikidis (announcing), Jerry Shockley (drug testing) and Alan & Teresa Kelly of Kelly Sports (videotaping and encouraging). Thanks also to Susan and Neils Anderson for the awesome sculptures and plaques, Paul Bossi of Elizabeth City Trophy for the team trophies and medals, and Dave Ginethal of The Missing Link for putting the team trophies together. Finally, thanks to BRIDE, Christian music's supreme metal band, for keeping us pumped throughout the two-day event. Congratulations to The Missing Link, Tayoun's Power Team, Extreme Power, Doe's Gym, X-Squad, Wilson Powerlifting, and all the unattached lifters who participated in the meet. The contest's top lifters were Cedric Tolson (Unattached, Best Teenage-Lifter), Asia Scales (Wilson Powerlifting, Best Teenage Lifter), Omar Bermudez (Extreme Power, Best Senior Lifter), Kibian Vasquez (Extreme Power, Best Senior Lifter), John Polak (Unattached, Best Master Lifter) and Paul Griffith (West Nottingham Academy, Best Grand Master Lifter). The Deadlift Nationals are scheduled for September 22 in Indian Lake, Pennsylvania and the Worlds for December 10-16 in Washington, DC. Join us for great lifting and the opportunity to save lives! God Bless, Spero. (Thanks to Spero Tshontikidis for the results)

**Championnat Canadien de BP/DL**  
22 Apr 01 - Sherbrooke, Que. CAN

BENCH	BP	DL	TOT
275 lbs.			
J. Miller-27	560		
Plamondon-36	370		
Sub 275 lbs.			
F. Plamondon-36370			
M40-49 165 lbs.			
C. Dallaire-40	325		
148 lbs.			
S. Dionne	300		
165 lbs.			
M. Theriault-42	465		
40-49 242 lbs.			
M. Lehoux-45	275		
M40-49 198 lbs.			
J. Marchand-62	250		
M70-79 165 lbs.			
G. Labrecque-76	310		
M. Page	380		
4th	390		
220 lbs.			
J. Salmon-73	-		
DEADLIFT			
Junior 220 lbs.			
A. Pelletier-20	500		
165 lbs.			
P. Karim-25	350		
198 lbs.			
C. Dallaire-40	-		
242 lbs.			
M. Lehoux-45	500		
M70-79 220 lbs.			
J. Salmon-73	305		
Sub			
J. St-Pierre-36	500		
Push/Pull			
T13-19 198 lbs.			
Y. Brousseau-19	360	500	860
4th	510		
220 lbs.			
P. Dubeau	240	450	690
275 lbs.			
J. Snaden-17	300	455	755
4th	315	485	
Junior 165 lbs.			
J. Duplin-20	225	385	610
220 lbs.			
A. Pelletier-20	362	500	862
275 lbs.			
D. Daneault-21	450	565	1015
4th	475		
Open 148 lbs.			

**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
<b>APA</b> <b>P.O. BOX 27204</b> <b>EL JOBEAN, FL 33927</b>			
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		
P. Karim-25	290	350	640
G. Archambault	205	440	645
220 lbs.	4th	452	
E. Ouellet-30	345	540	885
242 lbs.			
B. Caron-25	395	430	825
SHW			
C. Marceau-40	350	410	760
Sub 181 lbs.			
G. Archambault-36	205	440	645
4th	452.5		
M40-49 165 lbs.			
C. Dallaire-40	325	637	962
220 lbs.			
G. Marceau-46	265	440	705
M40-49 242 lbs.			
M. Lehoux-45	275	500	775
SHW			

**NASA Colorado Grand**  
28 Jul 01 - (kg)

PS CURL	MS	CR	BP	DL	TOT
205 lbs. Cpure	R. Sewell	120	182.5	355	
J. Rostvedt	67.5	205 lbs. Pure			
B. Shalkowski	62.5	B. Shalkowski	202.5		
BENCH		M. Fine	135		
187 lbs. Int		250 lbs. SM1			
J. Franklin	157.5	J. Whithead	107.5		
205 lbs.		127 lbs. WM1			
J. Rostvedt	152.5	N. Hawkins	62.5		
M2		138 lbs.			
J. Lynn	115	C. Cavender	82.60		
250 lbs.		SHW WM2			
H. Blackmon	162.5	A. McTighe	90		
315 lbs. M3		127 lbs. WM5			
J. McIntyre	180	N. Hawkins	62.5		
		SHW			
		A. McTighe	90		
PwrSports		CR	BP	DL	TOT
205 lbs. Pure		62.5	120	182.5	355
D. Ialenti		SQ	BP	DL	TOT
Pwrlifting		170 lbs. M1			
170 lbs. M1		K. Boren	236	102.5	175
K. Boren		166	117.5	220	492.5
L. Cossey		138 lbs. M3			
138 lbs. M3		L. Balaz	132.5	57.5	160
154 lbs. Nat		C. Brown	227.5	142.5	230
C. Brown		227.5	142.5	230	600
Team Champions: McDemott's BP Team.					
(Thanks to Mike Adelman for providing the results of this competition to Powerlifting USA)					

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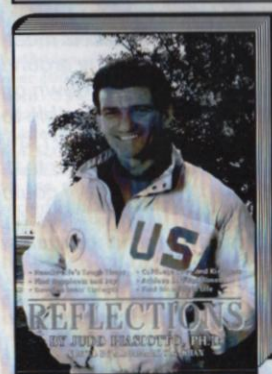
			Retail	Capitol
MuscleTech:	CellTech	4 lbs	\$59.99	\$36.29*
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Optimum:	100% Whey	5 lbs.	\$39.95	\$22.49*
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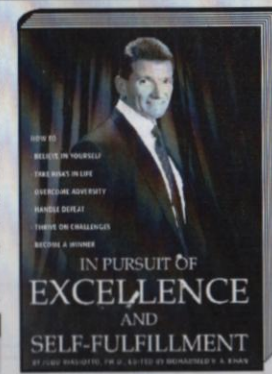
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**USAPL Commonwealth Games  
21 Jul 01 - Roanoke, VA**

BENCH	Teen (18-19)	MEN	Masters (45-49)	WOMEN
165 lbs. Open	220 lbs.	170 lb. M1	205 lb. M2	187 lb. M5
G. Columbo 375	Masters (50-54)	J. Graboski 100	F. Burrell 187.5	R. McCaslin 70
G. Wilkerson 275	C. Lilly (60-64)	157.5 205 lb.	N. Earley 207.5	280 lb. M3 150
J. Snider 260	F. Porter 270	155 205 lb. M2	E. Samples 140	J. Jenkins 67.5
165 lbs. Junior	Teen (16-17)	117.5 227 lb.	D. McMillan 215	187 lb. M5 150
A. Mamola 410	S. Keim 265	127.5 170 lb.	K. Samples 112.5	F. Sumner 65
Teen 16-17	242 lbs. Open	170 lb. Nat	140 187 lb. M3	205 lb. 127.5
D. McClellan	A. Read 430	140 187 lb. M5	D. Robbins 107.5	C. Steinbacher 67.5
181 lbs. Open	J. Hooper 315	F. Sumner 127.5	170 lb. 112.5	L. Bizzell 82.5
J. Hooper 315	M. Manico 315	170 lb. Nat	140 187 lb. M3	187 lb. Pure 67.5
M. Manico 315	J. Heglar 380	J. Crouch 160	D. Robbins 107.5	K. Myers 67.5
Coll.	Teen (16-17)	170 lb. SM2	280 lb. 90	B. Nichols 90
D. Latham 320	K. Kirk 360	S. Kearney 140	J. Jenkins 105	227 lb. 76
J. Hooper 315	275 lbs. Open	142.5 187 lb.	170 lb. M5	T. Meadows 76
198 lbs. Open	M. Gartland 380	P. Marcy 138 lb. Teen	K. Samples 112.5	205 lb. SM2 82.5
M. Cumbee 355	275 lbs. (60-64)	W. Sink 72.5	140 187 lb. M5	D. Griffin 82.5
E. Banks 330	B. Ewers 320	170 lb. HS	R. Lowery 142.5	119 lb. Teen 20
K. Johnson 305	275+ lbs. Open	J. Ferraro 42.5	E. Samples 140	S. Piercy 20
Masters (45-49)	K. Gank 500	280 lb. Int	170 lb. Nat	WOMEN
E. Banks 330	T. Crockett 325	S. Lail 60	J. Lawson 182.5	154 lb. SM2 36
Masters (45-49)	Masters (45-49)	154 lb. Jr	170 lb.	D. Wilson 50
G. Jennings 320	T. Crockett 325	D. Carter 60	S. Kearney 140	187 lb. HS 50
B. Brindle 225	WOMEN	170 lb. SM1	R. Lowery 142.5	138 lb. M2 22.5
Open 148 lbs.	SQ	80 lb. Solomon M1	C. McIntyre 85	T. Wade 22.5
K. Bowers 275	BP	J. Clark 80	R. Cash 80	154 lb. SM2 36
165 lbs. Open	DL	205 lb. M2	D. McMillan 215	D. Wilson 50
N. Greenwood 220	TOT	D. Martin 60	250 lb. 57.5	J. Wooller 82.5
MEN		E. Samples 57.5	M. Madison 280 lb.	E. Tackett 125
165 lbs. Teen (18-19)		170 lb. M3	180 lb.	315 lb. 125
J. Devereux 425		K. Samples 55	315 lb.	S. Casto 230
181 lbs. Open		187 lb. M5	F. Sumner 65	S. Shaw 175
J. Hooper 275		F. Sumner 205 lb.	227 lb.	J. Tolley 175
Masters (55-59)		R. Lowery 70	M. Price 262.5	170 lb. Int 222.5
M. Scott 400		D. Carter 80	K. Kenyon 215	C. Kerley 180
181 lbs. Coll.		J. Crouch 80	187 lb. Nov	R. Crichfield 110
J. Hooper 275		DEADLIFT	185 lb.	140 lb. M2 110
Teen (16-17)		119 lb. Int	185 lb. Jr	227 lb. 110
G. Walters 470		S. Piercy 77.5	B. Matney 295	140 lb. M2 110
198 lbs. Masters (50-54)		170 lb. M1	J. Shortt 230	140 lb. M2 110
B. Brindle 200		J. Graboski 200	227 lb. M1 207.5	140 lb. M2 110
198 lbs. Junior		227 lb. SM1	W. Jones 207.5	140 lb. M2 110
K. McCloskey 440		J. Clark M1	K. Hall 217.5	140 lb. M2 110
220 lbs. Open		187 lb. M5	F. Burrell M2	140 lb. M2 110
S. Bateman 550		F. Sumner SM	D. Wheeling 165	140 lb. M2 110
F. Porter 405		E. Ray 119 lb.	187 lb. M5 120	140 lb. M2 110
Masters (45-49)		Teen	F. Sumner 227.5	140 lb. M2 110
R. Loy 440		B. Lewis 75	L. Bizzell 227.5	140 lb. M2 110
(50-54)		138 lb.	205 lb. MP 227.5	140 lb. M2 110
C. Lilly 520		E. Lewis 70	L. Grant 237.5	140 lb. M2 110
(60-64)		SQUAT	Nat 195	140 lb. M2 110
F. Porter 405		154 lb. SM2	P. Mercy 195	140 lb. M2 110
242 lbs. Open		D. Wilson 132.5	205 lb. Nov 195	140 lb. M2 110
F. Galya 615		187 lb.	C. Lyons 227.5	140 lb. M2 110
N. Phillips 435		CURL	205 lb. Pure 227.5	140 lb. M2 110
M. Blackwell 480		119 lb. Jr	C. Titus 236	140 lb. M2 110
Teen (16-17)		F. Nichols 36	227 lb. 236	140 lb. M2 110
J. Copper 500		Pwrlifting	J. Abnee 288.5	140 lb. M2 110
275 lbs. Open		BENCH	M. Macklin Jr. 237.5	140 lb. M2 110
		119 lb.	205 lb. SM2 195	140 lb. M2 110
		R. Subok 45	250 lb. 195	140 lb. M2 110
		187 lb.	P. Piercy 142.5	140 lb. M2 110
		J. Ferraro 100	170 lb. Teen 135	140 lb. M2 110
		J. Earley 62.5	A. Everhary 135	140 lb. M2 110
		205 lb. HS 207.5	187 lb. 122.5	140 lb. M2 110
		280 lb.	C. Miller 122.5	140 lb. M2 110
		J. Saunders 150	M. Everhary 122.5	140 lb. M2 110
		315 lb.	205 lb. 137.5	140 lb. M2 110
		D. Jorgensen 175	J. Nester 137.5	140 lb. M2 110
		250 lb. Int	227 lb. 125	140 lb. M2 110
		M. Madison 192.5	F. Beegle 125	140 lb. M2 110
		280 lb.	Teen 105	140 lb. M2 110
		S. Lail 180	205 lb. SM2 170	140 lb. M2 110
		154 lb. Jr	187 lb. 170	140 lb. M2 110
		H. Earley 115	205 lb. 182.5	140 lb. M2 110
		D. Carter 107.5	227 lb. 170	140 lb. M2 110
		K. Kenyon 215	A. Hale 170	140 lb. M2 110
		B. Matney 212.5	315 lb. 175	140 lb. M2 110
		Pwrlifting 170 lb. Jr	D. Jorgenson 147.5	140 lb. M2 110
		187 lb.	S. Castro 62.5	140 lb. M2 110
		J. Norris 62.5	97.5 202.5 362.5	140 lb. M2 110
		187 lb.		140 lb. M2 110
		K. Myers 67.5	187.5 195 450	140 lb. M2 110
		170 lb. M1		140 lb. M2 110
		J. Graboski 60	100 200 360	140 lb. M2 110

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123 saw Richard Toro come out on top with a 750 total. In the 132 class Jose Semidey set new Waymart records in the squat 380, deadlift 465, and tied the record for total at 1085. Vic Rodriguez returned again to dominate the 148 class setting new Waymart records across the board. Vic squatted 530, benched 310, and pulled a whopping 540 to total 1380. Mike Weand put in a solid effort to secure 2nd in the 148's. The 165 class saw Tyrone "Breeze" Peterson edge out a victory over Juan Rivas and newcomer John "the Dog" Hunt. In the 181 class Joey Diaz returned to powerlifting after a long layoff and very little training. He was able to win the class with very little effort and will be training full time for our upcoming Invitational meet in January and expects to post some big numbers. Malik Thompson came down from the 220 class to take over the 198 class and was able to secure first place over newcomer Den Ingram. The 220 class was hotly contested, newcomers Damon Kennard and Dan Swearingner were in a tight battle and both totalled 1285 with Kennard being awarded 2nd place over Swearingner via lighter bodyweight. Justin Dixon improved from last year to win the 220's with a 1400 total. There was a battle in the 242 class between Karl Pernsley and Donnie Eisenhour. This was the 3rd time these two have competed against each other. Pernsley squatted 530 and had more in him but ran out of attempts. He benched 375 and missed 395 twice. The deadlift is his strong lift but he was only able to get 605 today missing 640 twice. Then came Eisenhour who had the highest squat of the meet at 575. He easily pressed up 410 in the bench and deadlifted a strong 605. Eisenhour totaled 1590 and once again won the battle for 1st place in the 242 class. Michael "Mr. Bench Press" Pepe was victorious in the 275 class setting a new Waymart record in the bench press with a 460. He just barely missed 480 and expects to break the 500 barrier in January. Pepe totaled 1625, the highest total of the meet. Roberto Marte claimed 1st in the SHW class setting new Waymart records across the board. He squatted 475, benched 385, and deadlifted 615 to total 1475. The Outstanding Lifter Awards go to Vic Rodriguez in the lightweight division and Donnie "Big Daddy" Eisenhour in the Heavyweight Division. All the lifters would like to thank Activities Manager Jerry Matous and Powerlifting Coach Robert Pegula for providing a well run meet. A special thanks goes to the officials who came in for along day: Claude Welcome, Mike Welcome, and Scott Pentasuglio. Also thanks to the loaders and spotters: John Dillabough, Frank Sanfillipo, Charles Broadnax, and Ralph Williams. Activities Clerk Specialist: Nicolas "Big Duke" Duca. Gym Equipment Manager: Victor Ferree. (Thanks to R. Pegula for providing this report)

123 lbs.	148 lbs.	165 lbs.	181 lbs.	198 lbs.	220 lbs.	242 lbs.	275 lbs.
Toro	Semidey	Peterson	Diaz	Eisenhour	Pernsley	Pepe	Pepe
750	1085	1285	1380	1590	1285	1625	1475
380	530	530	530	530	530	460	475
465	310	310	310	310	310	385	385
1085	1380	1285	1285	1285	1285	615	615

**NASA Grand Nationals  
21-22 Jul 01 - Hickory, NC**

Pwrsports	BENCH	170 lb. M1	227 lb.	B. Solomon	157.5	205 lb.	155	205 lb. M2	117.5	187 lb. M5	F. Sumner	127.5	170 lb. Nat	140	187 lb. M3	D. Robbins	107.5	280 lb.	160	170 lb. SM2	S. Kearney	140	187 lb. M5	K. Samples	112.5	187 lb. Pure	67.5	107.5	195	460
J. Graboski 100	187 lb. M2	T. Baroody 160	157.5 205 lb.	N. Earley 207.5	E. Samples 140	D. McMillan 215	170 lb.	K. Samples 112.5	140 187 lb. M3	D. Robbins 107.5	280 lb. 90	J. Jenkins 105	170 lb. M5	K. Samples 112.5	205 lb. SM2 82.5	D. Griffin 82.5	119 lb. Teen 20	S. Piercy 20	WOMEN	138 lb. M2 22.5	T. Wade 22.5	154 lb. SM2 36	D. Wilson 50	187 lb. HS 50	J. Wooller 82.5	E. Tackett 125	315 lb. 125	S. Casto 230	147.5 182.5 560	
170 lb. M1	187 lb. M2	160	205 lb.	207.5	140	215	170 lb.	112.5	140	107.5	90	105	170 lb. M5	112.5	205 lb. SM2 82.5	119 lb. Teen 20	S. Piercy 20	WOMEN	138 lb. M2 22.5	T. Wade 22.5	154 lb. SM2 36	D. Wilson 50	187 lb. HS 50	J. Wooller 82.5	E. Tackett 125	315 lb. 125	S. Casto 230	147.5 182.5 560		
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AAU USA BP/DL (kg)			
28,20 Apr 01 - Moreno Valley, CA			
<b>FEMALE</b>			
105 lbs.	M (45-49)		170
R Sub	R. Gingg		
K. Mayo	M (50-54)		160
114 lbs.	M. Drake		
RT (14-15)	M (60-64)		157.5
S. Fultz	G. Homer		
132 lbs.	Open		162.5
R Novice	T. Cathers		
K. Silva	RM (40-44)		182.5
MALE	S. Arase		170
132 lbs.	H. Fultz		
RH (16-17)	Staudenmeima		107.5
148 lbs.	RM (45-49)		170
M (70-74)	R. Gingg		
J. Selby	RM (55-59)		147.5
R Novice	M. Stewart		
L. Arenas	220 lbs. Open		242.5
RH (16-17)	B. Dunham		
B. Short	Mil/Law		92.5
RM (70-74)	C. Dodson		175
J. Selby	R Sub		117.5
RT (16-17)	C. Dodson		175
B. Short	RLM (75-79)		62.5
165 lbs.	J. Gilmour		102.5
LM (60-64)	RM (60-64)		105
J. Lopez	M. Rau		
M (60-64)	RM (70-74)		110
G. Boucher	A. Pio	155	181 lbs. Life
RJR	RM (75-79)	102.5	M. Owen
C. Esquivias	242 lbs. Novice		195
S. Ayala	M. Lohr	145	237.5
R Novice	RM (45-49)		432.5
S. Ayala	M. Owen		195
R Open	M. Pike	120	237.5
S. Ayala	275 lbs. LM (45-49)		432.5
R Open	M. Owen		195
S. Ayala	C. Milligan	155	205
RH (16-17)	M. Milligan		360
J. Williams	Mil/Law		102.5
D. Jarrett	D. Smith	200	160
RM (45-49)	M. Owen		237.5
E. Silva	R Mil/Law		432.5
RT (16-17)	B. Fraley		132.5
J. Simpson	S. Vauters	155	180
L. Simmons	RH (16-17)		312.5
RLM (45-49)	R. Rabulan		87.5
Z. Zambelli	J. Lemus	100	170
181 lbs. RM (45-49)	M. Ross		257.5
Z. Zambelli	RH (18-19)		127.5
RT (16-17)	RH (18-19)		205
M. Koalska	G. Wible	100	307.5
RT (18-19)	B. Kissinger		95
J. Maier	RM (40-44)		192.5
198 lbs. Life	F. Weiss		287.5
C. Turner	B. Weiss	120	220
LM (50-54)	F. Staudenmeima	165	340
M. Drake	198 lbs. Life		107.5
M (40-44)	C. Meier		87.5
C. Deleo	M (40-44)		190
Push/Pull	C. Deleo		270
FEMALE	R Novice		305
114 lbs. R. Life	J. Gallerani		140
V. Cortez	R Open		190
RH (18-19)	C. Deleo		330
T. Johnson	R Open		137.5
148 lbs. M (40-44)	C. Settle		232.5
G. Ashton	T. Faulk		370
Open	RH (14-15)		140
G. Ashton	C. Sanchez		215
R Mil/Law	RH (16-17)		355
L. Wernli	E. Santacruz		85
165 lbs. R Open	S. Davis		160
D. Vigario	B. Schaefer		245
198 lbs. R Mil/Law			252.5
G. Styles			
MALE			
123 lbs. R Open			
M. Booker			
RH (16-17)			
Z. Galvez			
RH (14-15)			
R. Ward			
148 lbs. RH (16-17)			
M. Garcia			
RH (16-17)			
C. Lopez			
M. Perez			
N. Holmes			
F. Philips			
R Open			
R. Castaneda			
165 lbs. RH (14-15)			
W. Robards			
RH (16-17)			
J. Rushing			
A. Ramos			
A. Whitney			
RH (18-19)			
L. Chacon			



Mike Booker with an AAU American & World Record Bench Press, 341lbs. "Raw" weighing only 115. (photo courtesy of Martin Drake)

N. Maldonado	87.5	165	252.5	RM (60-64)			
181 lbs. Life				B. Strange	137.5	222.5	360
M. Owen	195	237.5	432.5	RM (70-74)			
LM (45-49)				R. Simon	102.5	162.5	265
M. Owen	195	237.5	432.5	RT (14-15)			
M (45-49)				A. Watt	92.5	182.5	275
M. Owen	195	237.5	432.5	220 lbs. M (50-54)			
M (60-64)				B. Evans	172.5	220	392.5
R. Lozano	155	205	360	R Novice			
Mil/Law				L. Guzman	102.5	160	262.5
M. Owen	195	237.5	432.5	R Sub			
R Mil/Law				M. White	155	212.5	367.5
B. Fraley	132.5	180	312.5	M. Fleischmann	140	207.5	347.5
S. Vauters	87.5	170	257.5	RH (16-17)			
RH (16-17)				J. Smith	115	182.5	297.5
R. Rabulan	127.5	205	332.5	A. Morton	110	165	275
J. Lemus	102.5	180	282.5	RM (45-49)			
M. Ross	80	155	235	E. Berteaux	147.5	242.5	390
RH (18-19)				W. Harris	150	192.5	342.5
RH (18-19)				RH (16-17)			
G. Wible	117.5	190	307.5	J. Barba	-	190	190
B. Kissinger	95	192.5	287.5	RLM (50-54)			
RM (40-44)				G. Abernathy	155	227.5	382.5
F. Weiss	120	220	340	RM (40-44)			
F. Staudenmeima	107.5	87.5	195	W. Lillywhite	137.5	200	337.5
198 lbs. Life				275 lbs. Open			
C. Meier	190	270	460	R. Speno	212.5	270	482.5
M (40-44)				R Open			
C. Deleo	120	185	305	M. White	142.5	237.5	380
R Novice				RH (16-17)			
J. Gallerani	140	190	330	J. Crite	137.5	227.5	365
R Open				J. Crite	137.5	227.5	365
C. Deleo	137.5	232.5	370	RH (18-19)			
R Open	140	215	355	J. Granilla	87.5	180	267.5
C. Settle				RM (60-64)			
T. Faulk				D. Herrera	175	190	365
RH (14-15)				319 lbs. M (50-54)			
C. Sanchez	85	160	245	D. Dreyer	147.5	260	407.5
RH (16-17)				Open			
E. Santacruz	115	182.5	297.5				
S. Davis	97.5	165	262.5				
B. Schaefer	92.5	160	252.5				



AAU USA Bench Press & Deadlift Best Lifters: (front) Bob Strange; (back) Chris Meier (NP), Bob Dunham (NP), Martin Drake (NP), Mitch Owen (NP), Rocky Gingg (Unatt). NP - Natural Power Team Members.

W. Anderson 165 247.5 412.5  
 R Novice  
 J. Hedt 160 235 395  
 RH (16-17)  
 J. Lavea 145 250 395  
 D. Kobashigawa 120 175 295  
 Sub  
 W. Anderson 165 247.5 412.5  
 320 lbs. RH (16-17)  
 J. WEAVER 102.5 175 277.5  
 High School Team: Oceanside High School.  
 Masters Team Champions: Natural Power.  
 Open Team Champions: Natural Power. This  
 spring time event has become a staple for Drug  
 Free Powerlifters. Over 140 lifters, including a  
 large team from Oceanside High School, came  
 prepared to go to war and set American and  
 World Records. The Best Western Image Suites  
 was once again the venue for this great event.  
 USA BENCH Women: Karen Mayo not only  
 won the 105 Submaster and Raw Submaster  
 classes, but was the Best lifter recipient. Her  
 she set American and World records with a 99  
 pound lift. Sierra Futz also set American and  
 World records with her 93.7 pound winning lift  
 in the Raw Teen 14-15 class. New lifter Kim-  
 berly Silva was victorious in the Raw Novice  
 132 section. Men: Jim Selby (won both the 148  
 Masters and Raw Masters classes, setting  
 records in the Raw division. Louie Arenas  
 made his 148 pound raw novice debut a suc-  
 cess. World Champion Bobby Short set World  
 and American records with his 259 in the 16-  
 17 148 Raw teens. John Lopez (HM) took the  
 Lifetime Masters LT WL Best Lifter honors with  
 his 242 record lift in the 60-64 165 class.  
 Gerard Boucher nailed a great 275 opener to  
 take the 165 60-64 masters title. In the 165 Raw  
 Juniors, Christian Esquias edged Sammy Ayala  
 308-303. Sammy did however win the Raw  
 Novice and Raw Open classes. Another close  
 battle took place in the Raw High School 165  
 16-17 class with John Williams defeating Daniel  
 Jarrett 209 to 204. Eli Silva dropped down to  
 the 165 45-49 raw class, and the move secured  
 him the win. In the Raw Teen 16-17 Jay Simpson  
 of Arizona took the top honors defeating Lionell  
 Simmons. Zam Zambelli (say that fast) used a  
 solid 303 to win the Raw and Raw Life 45-49  
 181 classes. The 181 Raw Teen 16-17 181 class  
 was won by Matt Koalska with Justin Maier  
 winning the 18-19 class. Chris Turner hit a solid  
 424, just missing 451, to garner gold in the 181  
 lifetime class Using a 352 World Record Mar-  
 tin Drake took both the 198 Lifetime 50-54  
 class and the Best Lifter Lifetime Masters  
 awards. Martin also won the Masters 50-54  
 class. New lifter Graig Deleo claimed victory in  
 the 198 40-44 masters. The Best Lifter Masters  
 award went to Rocky Gingg despite him experi-  
 encing an off day. His raw 385 gave him the  
 45-49 and raw 45-49 198 class wins. Gerald  
 Homer destroyed a solid 347 to take the 198  
 60-64 class and records. His teammate Todd  
 Cathers hit 358 for the 198 Open win. In the  
 198 40-44 masters San Arase took top honors  
 with a 402. Second went to World Champion  
 Henry Futz with a 374.75. Third went to Frank



Chris "2 Strong" Turner with a 451 attempt @ 198. (M. Drake photos)

Staudenmeier. Malvin Stewart used a 325 to  
 win the Raw 55-59 class Open Best Lifter Bob  
 Dunham opened up with a massive 534 at 220.  
 He was able to push up a great 56, but it was  
 red-lighted for a 'dip'. Chris Dodson won both  
 the 220 Raw Mil/Law and Raw Submasters  
 classes via a 385. Seventy Nine year old John  
 Gilmour is amazing. His 225 Raw World record  
 at 220 was easy. Only slightly more amazing is  
 Al (aged 71) hit a raw 352 at a light 205. He was  
 awarded the Raw Masters Best Lifter trophy.  
 Mo Rau made a great debut winning the 220  
 raw masters 60-64 class in record style. The  
 242 Raw Novice title went to Michael Lohr  
 while his namesake Mike Pike was the 242 Raw  
 High School champ. Lifetime Masters 275  
 pound champion Charles Milligan was very  
 happy with his 347. Even if he let a much older  
 (50 to 49) much lighter (197; 270) and far  
 better looking (so I lied) Martin Drake beat  
 him. WDFPF and AAU World Champion  
 Charles Milligan did also win the masters 45-  
 49 class. Young Dan Smith won the 275 40-4  
 class with a 441, while his protegee Neil Ferone  
 took the 275 Raw 40-44. Brett Williams hit a PR  
 to take second. Jim Merlino was here simply to  
 qualify for June in the 60-64 Raw class. USA  
 Deadlift and Push-pull. Women: Jew Nugent  
 set a world record in the 10-11 youth 105 class  
 with a 110 pound deadlift. Diana Vigario did  
 likewise with a 363 at 165 in the Raw Open.  
 Diana also won her push-pull class. Virginia  
 Cotez used a World record bench and solid  
 dead to win the 114 Raw push-pull Ditto for  
 the 114 RH 18-19 Champ Tiffanie Johnson.  
 Women's Best Lifter Gretchen Ashton took the  
 open and Masters 40-44 classes. Lisa Wernli  
 was an easy winner in the 148 Raw Mil/Law  
 class with a World record deadlift and fine two  
 lift total. Gemma Styles was successful in her  
 unlimited military debut. Men: Best Lifter Raw  
 Open Champ Mike Booker is awesome. Weigh-  
 ing only 115 Mike smashed a 341 raw bench  
 and 330 raw deadlift. Another 123 lifted bril-  
 liantly. Zefferino Galvez benched 171 and  
 deadlifted 341 in the Raw HS 16-17 class. The  
 148 14-15 winner was Richard Ward. A great  
 battle was waged in the 148 16-17 raw high  
 school class. First went to Mike Garcia with a  
 551 two lift aggregate. Second was Christian  
 Lopez(490) Third Miguel Perez (485). Nicho-  
 las Holmes and Frank Phillips finished 4th and  
 5th respectively. World Champion Jim Selby  
 again won the 148 Masters and Raw Masters  
 classes. At 165 14-15 William Robards was  
 declared the winner. Teen Best Lifter Jovann  
 Rushing hit a solid 672 to take the 165 RH 16-  
 17 top honors. Second was Adrian Ramos,  
 while Andrew Whitney settled into third. In the  
 165 RH 18-19 class it was Larry Chacon edging  
 Noah Maldonado. The 165 Raw Open winner  
 was veteran Ralph Castaneda with a solid 744  
 Best Lifter Masters Champion Mitch Owen  
 was unstoppable in the Masters 45-49, life 45-  
 49, Lifetime and mil/Law 181 classes. Second in  
 the Military/Law was Brad Fraley. World Cham-  
 pion Rudy Lozano totaled a great 794.7 in the  
 181 60-64 class. Sean Vauters reigned victori-  
 ous in the 181 Raw Military class. The Raw HS  
 16-17 class saw Rommel Rabulan slide past  
 Johnathan Lemus and Mike Ross respectively  
 for the win. The 181 RH 18-19 class was taken  
 by Gianpaolo Wible who slid past Ben Kissinger.  
 Referee supreme Bill Weiss finished ahead of  
 Frank Staudenmeier in the 181 Raw Masters  
 40-44 division. Chris Meier was proclaimed  
 the Lifetime Best Lifter via his fine 1014 two lift  
 total at 198. Shane Toal took the Colegiate

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finished in a dead heat at 242 in the 16-17 HS  
 division. Guess which one was fatter? Ageless  
 Danny Herera benched 385 and deadlifted  
 419 in the Raw 60-64 275 category. Juan  
 Granilla took home bragging rights in the 275  
 18-19 class. Dave 'I will never see 275 again'  
 Dreyer lifted like the World Champion he is,  
 culminating in the 319 50-54 title. Still got out  
 benched by a 198. Must train with Milligan.  
 Jason Lavea and Devon Kobashigawa were 1  
 and 2 in the RH 16-17 319 class. John Hedt  
 came from Nevada to take the 319 Raw Novice  
 win. Big William Anderson keeps improving  
 each meet. Here he took the 319 Open and  
 Sub Classes. OOOOPSSSS I should say Sub-  
 master, the word 46 'sub' makes Dreyer hun-  
 gry. Young Super Heavy weight Joshua Weaver  
 took gold in the 16-17 RH class. (Martin Drake)

ASSOCIATION OFFICE COPY

This is a membership application form. Complete all areas and return Part One to the address shown.  
 For information on registration and program, call 1-800-AAU-USA.  
 AAU membership provides each member with an opportunity to participate in AAU events.  
 Membership benefits include accident insurance (which is secondary and is applicable after any  
 primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.  
 Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Adult Athletes in the Following Sports:	Regular Fee	"AB" Fee
Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting	20.00	25.00
Adult Athletes in the Following Sports:	Not Available	25.00
Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling		
Adult Athletes in the Following Sports:	20.00	Not Available
Chinese Martial Arts, Judo, Jujitsu, and Karate		
Adult Tae Kwon Do Athletes	30.00	35.00
Adult Powerlifting Athletes		

AAU National Headquarters  
 c/o The Wall Dairy World Resort  
 PO Box 10,000  
 Lake Buena Vista, FL 32830

SPORT CODE: \_\_\_\_\_ ASSOCIATION CODE: \_\_\_\_\_

CHECK ONE: Youth Program \_\_\_\_\_ Adult Program \_\_\_\_\_ Added Benefit \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_  
 Club No. \_\_\_\_\_ Name: \_\_\_\_\_ E-Mail \_\_\_\_\_

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE?  Yes  No

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female Application Date: \_\_\_\_\_ Social Security Number: \_\_\_\_\_

First: \_\_\_\_\_ Middle: \_\_\_\_\_ Last: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

County: \_\_\_\_\_ Phone (With Area Code): \_\_\_\_\_

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_

(article continued from page 11)

winner, 18 year old Ivan Shyakhtha, with his huge DL of 335 Kg was nowhere to be found. Team Ukraine sent a great replacement in 18 year old Anton Yatskov. Also returning was last year's Silver medalist Christian Bower of Germany and 4th place finisher Chia-Tsun Chang of Taipei. The USA had no lifters in this class. Yatskov was the clear winner with a Gold in Squat and a Silver in Deadlift to total 795 Kg. Svarikin of Russia took the Silver in Squat and Bronze in DL to win Silver overall. A surprise was Peter Rick of Hungary taking the Bronze overall with a class high DL of 307.5 Kg.

90.0 Kg class - Last year's Gold Medal winner Aleksey Baluev of Russia was replaced by the 20 year old Maxim Barkhatov. Returning was last year's Silver Medalist Jiri Hornik of Czechia in his last JR year. Fourth place finisher last year, Takayuki Arakawa, was also back. The Bulgarians had two favorites in this class - Ivalio Christov and Toly Ivanov, as did the USA with Nick Tyutki and first time IPF lifter Jason Beck. These two have an intense, yet friendly, rivalry. Barkhatov set the standard with a class high squat of 320 Kg and the USA's Beck followed with good 302.5 Kg. Four lifters hit 300 Kg, but the Bronze went to Milyutin of the Ukraine. Nick went for an easy 628 opener, and only wanted 639 on his second. He then called for a huge jump to 672, which he just missed. The bench saw a big controversy involving the USA lifters. To hometown cheers, Bulgarian lifter Christov completed a 210 Kg push. Hornik and Milyutin both completed 200 Kg. Nick made his opener. Jason, last to lift, missed his opener on a hip raise and had to repeat. When Jason made his repeat opener, the table was confused thinking Jason and Nick were the same attempt. I think they were looking at "USA" and not the lifter's name. Nick was skipped for his second, and we lost an appeal to Heiner's decision. The confusion started, and time was running. Jason was timed out on his second. He made his third on a "do or bomb" attempt. It was too bad that he didn't get three attempts, as he would have contended for the Gold in Bench Press. Nick missed his 3rd @ 352 lb. It was all we could do to get our guy's heads back in the meet. Poland's 20 year old Karol Kopienka pulled a huge 337.5 Kg DL to win Silver overall with 817.5 Kg. Barkhatov of Russia was the clear winner with a Silver Medal for pull of 325 Kg and the overall victory with 840 Kg. Hornik was close behind the Pole with an 815 Kg total. Both USA lifters Deadlifted like "machines" going 3/3. Nick's was a PR and he held it an extra second to look at the table that had denied

him on the benches. Must be a Minnesota thing! Jason's was all courage as he tore both hands badly on his 2nd attempt and there was real concern that he would not be able to go for a third, but he did finish nicely with 285 Kg and 5th overall. Nick's 8th place finish was highlighted by a 305 Kg pull, 4th best in class. His Teammates though enough of Nick to vote him team captain, and also for him to carry the USA flag at the opening ceremonies. Thanks Nick, you represented your team and country well.

100.0 Kg class - From Ukraine was 20 year old Olesky Rokochoyy. From Russia was Vladimir Kotkov, 21 years old. There was also the heavily built 20 year old from Kazakhstan, last year's 110 Kg Silver Medalist, Dmitry Fateyev. Here to defend last year's JW title was the USA's P.J. Chovanec. Chinese Taipei sent Wen-Hao Lin. The first surprise was in the warm-up area, where it appeared that possible front runner Fateyev had hurt his back. He was set to OPEN in squat with 340 Kg, but adjusted his lifts, and fought pain all through the meet. He struggled to perform a passing lift with 310 Kg, just by the skin of his teeth & pure heart. Kratchovil of Czechia went 310 Kg, and Kusenda of Slovakia went 310 Kg. P.J. Chovanec, smiling and joking, was able to put 302.5 Kg on the boards. In the Bench Press, Fateyev still walked away with the Gold with a 220 Kg push. Rokochoyy followed with 210 Kg and the Russian Kotkov was close with 207.5 Kg. PJ held on with a good 195 Kg. Fateyev was known to be a huge Deadlifter. He hung back on the first two attempts and was planning one mighty assault for the win. Kotkov managed a clean 320 Kg pull to finish with 852.5 Kg. PJ and Rokochoyy both pulled class high lifts of 327.5 Kg. Fateyev called for 347.5 Kg to be loaded for the win. The lift was not in him that day, and only went one or two inches off the floor. So it was 1st the Ukrainian, 2nd the Russian, 3rd USA's Chovanec, and 4th for the "Hulk" look-alike from Kazakhstan, Fateyev.

110 Kg class - A young Russian Powerhouse dominated. 20 year old Igor Medvedev came in at exactly 110 Kg. Returning from last year was Hannu Kopola of Finland who won the Bronze in Taiwan. Two new lifters this year were from The Islamic Republic of Iran: Hoshiyar & Talkhghi. The USA brought two talented young men to test themselves against the best: Tony Arterburn, a member of the U.S. Army, from Texas and stationed at Ft. Bragg, NC. Our second lifter was Erik Steiner from State College, PA. He was an alternate, but had volunteered to come along and help the team, even before he was guaranteed a chance to lift.

Medvedev, just like last year's winner Genady Dedulia, secured the win early on with a giant squat. His 360 Kg was thus far the meet's highest completed squat. Kopola took Silver for the squat with an impressive 327.5 Kg. Steiner completed 310 Kg, and tried for a PR, but it was beyond his means. Tony Arterburn was a different story. He had trouble early on in the squats, being red-lighted for depth. Trying valiantly to adjust, judges said no. 2 was still not low enough. On his third, he was much lower still, and one judge gave a white, but he lost out on a 2/1 call and was out. He had wanted badly to try a WR in the Bench Press, his specialty. I have no doubt that he will not let this setback stop him in pursuing his goals in Powerlifting.

Medvedev continued his dominance with a class high 230 Kg bench, followed by Kopola doing a smooth 210. Steiner seemed to get better with each lift and finished with an easy PR of 200 Kg. Medvedev put it away on his opening Dead, as did Kopola in securing the Silver overall. Steiner, with a badly torn hand, pulled for the Bronze. No problem! Medvedev was impressive with a 915 Kg total. Hannu Kopola got second, up

from third for the last two years. Steiner got the USA team a Bronze.

125.0 Kg class - The 275s had only 9 lifters and the only returning lifter was Alexander Hoffman of Germany. Ukrainian Victor Karpik brought home the Gold. Most notable was his 360 Kg squat and a total of 890 Kg. To the cheers of all the hometown fans, Stoian Andreev of Bulgaria brought home the Silver with a big Bench of 225 Kg. The race for 3, 4, and 5 spots was the battle to watch as all finished with 845 Kg., Bronze going to Jorm Hoyset of Norway by way of his Best in Class Deadlift of 335 Kg. Fourth place went to Hoffman. Under the watchful eye of Coach Rudy Kuster, he got PRs in squat, bench and total.

The USA lifter in this class, Henry Thomasson, was seeded No. 1 in the nominations and that put some extra pressure on him. His plane was delayed in London during the crisis, and he got in late and tired. Perhaps he never really recovered. To make a long story short, he squeaked through a very tough meet. He had talked about how he wanted to give a try for a big 900 LB squat. After an opener of 350 Kg (771), he wanted 387.5 Kg. It buried him twice. The Russian coaches were puzzled. They don't get that athletes have a say, in our system. In the benches he got an opener, and missed his next attempt with 195 Kg. He got it up on his third, but uneven extension scrapped the lift. I think only his opening DL was passed, as he had hitching problems on the rest. He came away with a 6th place finish. This meet was a good "eye-opener" for this young man on how hard it is to travel and be in top form for a competition. He has the potential and I'm sure he now has the experience to put it all together.

275.0+ Kg class - When we came to the Heavyweights there was another battle going on, aside from the obvious one. The Russians had gotten use to claiming the team title with almost perfect scores, but were getting more than the usual 1 or 2 challenges for those 12 point, number one finishes. Team Ukraine had challenged all though the meet, and were now actually ahead on points, 63-57 points. (Now you can see how the Lapshin - Kutcher controversy was so significant) With no Ukrainian in this class, the Russians would need a point winner, to place top 4 or above. If he could, he would not only bring glory for himself, but retain the pride and honor of Russia, as the greatest of Powerlifting nations. Enter here the Great Russian Superman, Vladimir Bondarenko. Anticipation for his performance had built all week long.

Randall Harris from the USA, in his first IPF meet, had prepared long and hard for this opportunity. He was our first alternate choice for good reasons. He weighed in at 138.6 Kg (305) and is hugely muscled, particularly in the upper body. Kenneth Talkqvist of Finland was the biggest man in the meet at 148.5 Kg (327). Rodney Fullerton from Great Britain and Sastoshi Masuda from Japan were both returnees. The hometown favorite was Christo Pelov from Bulgaria. We found Bondarenko and the Russian coaches in the warm-up room at least an hour and a half before lifting. It was obvious there was much mental preparation going on. Quite often he would go off by himself in deep concentration; even lightly banging his head on the wall a few times. This was to be the last of many successful JR World meets for him, and he was going to make it memorable. The Bronze Overall went to big Kenneth Talkqvist from Finland. Coming off a 4th place finish at last year's meet in Taiwan, his 365 Kg squat was good for the Silver medal and his 310 Kg Deadlift was good for the Bronze in that lift. The Silver Medal Overall went to Big Randall Harris, who is from Texas and a student at NTSU. Randall squatted a nice 352.5 Kg and made



USA's Randall Harris congratulates Gold Medalist Vladimir Bondarenko of Russia. Bronze went to Kenneth Talkvist (FIN)

a close miss with 375 Kg. He benched a silver medal 245 Kg and pulled 335 Kg. He's quiet, unassuming, very courteous, and built like a doublewide Frigidaire freezer. The double takes he got in airports were hilarious.

Vladimir Bondarenko made 10 near perfect lifts in his last IPF JR. World competition. I don't believe there was a red light on any attempt. All attempts, save possibly the last squat with 405 Kg (892) CRJ, had more in them. His 2nd squat attempt with 390 Kg was done to utter silence. Then, as he approached unquestionable depth, he seemed to pause in the hole motionless, as if to emphasize his mastery. As he rose up to lockout like it was a last warm-up, the crowd released a deep "ooohhh", and then cheers. He lifted like a robot with unchallengeable technique, performing two WR Bench Presses. The 4th attempt with 260 Kg was every bit as easy as the third. When the Deads were over he had also pulled a magnificent 377.5 Kg JWR for an all-time JWR total of 1035 Kg (2281). Few have had as glorious a JR lifting career as this Russian Giant. It was obvious to all he will do much more. He was the CHAMPION OF CHAMPIONS for the 2001 IPF JR. World Championships.

At the conclusion of the competition, the host country, as per custom, held a closing banquet for all the competing nations. Rather than the usual large dinner, it was more of a dress-up cocktail party affair. Lifters visited, officials talked technical matters, there were photo opportunities, and final good-byes were made. The USA delegation presented Mrs. Todorova, the meet promoter, with a large bouquet of flowers for her great job. As per Bulgarian custom, there was an even number of flowers meaning "good luck" in the future. The IPF officials, Heiner Koberich, Jon Stephenson, and PJ Couvillion made Team presentations. In the Women's Competition the Overall Winner was Russia with 66 points, Chinese Taipei was second with 62, and the Ukrainian Women came in third with 58 points. I'm proud to announce the TEAM USA WOMEN'S BEST LIFTER. In a touching moment, Kim, in conjunction with other team members, gave her trophy to Katie Ford and said they thought she was most improved and her three PRs and all-time best IPF showing was an inspiration to all. Katie, genuinely surprised, was speechless. Many tears followed. The coaches then made their selection for Team USA MEN'S BEST LIFTER and it went to Big Randall Harris. It was well deserved, and also a great surprise to Randall. This year the coaches handed out a new honor, to the Team member who best exemplifies the spirit of TEAM USA. It rewards actions that unselfishly serve the team and our country. These College & JR

### IPF Junior World Championships 11-16 SEP 01 - Sofia, Bulgaria

Women	SQ	BP	DL	TOT
97 lb.				
Chen TAI	330	143	352	826
Krikunova RUS	270	154	292	716
Sirant KAZ	264	115	319	699
Rutka POL	286	126	270	683
Lepanse FRA	259	154	270	683
Miura JPN	242	154	270	666
Ermolaeva UKR	209	99	236	545
Kaur IND	198	61	231	490
Durk GB	165	104	214	485
105 lb.				
Natalya RUS	275	165	336	777
Sychanina UKR	264	165	314	744
Hsieh TAI	297	137	308	744
Raduchovskaya	264	148	314	727
Kozakova UKR	242	126	303	672
Kawasaki JPN	203	121	264	589
114 lb.				
Chou TAI	319	154	391	865
Goff USA	308	99	385	793
Hashimoto JPN	286	159	341	788
Farque FRA	275	143	319	738
Tejashwini IND	242	181	286	710
Chen TAI				
Nikolayenko RUS				
123 lb.				
Poletayeva RUS	347	231	341	920
Ogiyama JPN	325	209	363	898
Gaifulina KAZ	341	181	374	898
Chou TAI	303	198	330	832
Lytarevich BLO	308	154	314	777
Nakayama JPN	236	209	297	744
132				
Vitsyevska UKR	435	259	462	1157
Shlyskaya BLO	363	253	374	991
Kaur IND	374	176	396	947
Wendt GER	352	170	402	925
Feckova SLO	319	176	402	898
Aguliar USA	314	187	330	832
Sperbeck USA	264	176	292	733
148				
Chepushtanova	435	253	407	1096
Pisarenko RUS	462	231	402	1096
Hsu TAI	374	242	446	1063
Toropovska UKR	418	220	424	1063
Callier USA	358	181	341	881
Neiderkorn USA	314	181	319	815
Kaur IND	308	170	286	766
Varl-Szabo HUN	275	143	297	716
Takuma JPN	248	154	297	699
165				
Petrenko UKR	435	236	451	1124
Kudryavtseva	424	253	424	1102
Ivannikova RUS	429	253	374	1058
Loya USA	402	198	407	1008
Sedlakova SLO	363	176	429	970
Suzuki JPN	341	159	358	859

Thornton GB	341	132	358	832
Ananieva RUS	407	220		
181				
Polishuk UKR	468	281	440	1190
Hsieh TAI	462	275	429	1168
Mazailova RUS	429	231	407	1069
Mure JPN	352	264	396	1014
Nanasi HUN	402	209	396	1008
Ford USA	358	203	380	1041
Hashizuma JPN	363	214	341	920
Blinnikka FIN	319	192	363	876
Rani IND	352	165	352	870
198				
Kurina RUS	551	264	468	1284
Tsai TAI	396	253	440	1091
Watkins USA	429	236	391	1058
Slivinska POL	396	253	396	1047
SHW				
Chen TAI	429	187	446	1063
Meulen NDL	407	275	358	1041
Holt USA	369	154	374	898
Chattersee IND	292	132	286	710
Ito JPN				
Teams: Russia 66, Chinese Taipei 62, Ukraine 58, United States of America 43, Japan 39, India 30, Kazakhstan 25, Belorussia 22, Poland 14, France 13, Slovakia 12, Netherlands 9, Hungary 9, Germany 7, Great Britain 6, Finland 3. Champion of Champions: Vitsyevska 586.84, Chen 528.82, Chepushtanova 511.03				
MEN	SQ	BP	DL	TOT
114 lb.				
Wszola POL	479	281	418	1179
Kondo JPN	440	286	424	1151
Panin RUS	435	242	451	1129
Kurihara JPN				
123				
Hsieh TAI	485	330	551	1366
Asabin RUS	485	314	462	1262
Tinebra FRA	473	286	451	1212
Hsu TAI	440	253	473	1168
Kiletico USA	396	236	485	1118
Kumar IND	418	203	490	1113
Dyachenko UKR	440	259	396	1096
Kepczynski POL	363	192	385	942
132				
Gromov RUS	556	341	507	1405
Pogrebnyy UKR	479	352	446	1289
Jonsson SWE	473	341	462	1289
Cunningham	479	286	507	1284
Kuan TAI	462	255	462	1179
Romankov BLO	473	259	429	1163
Shlaktla HUN	380	270	402	953
Rzany POL	396	259	391	947
Makii JPN	418	220	396	936
Andersen AUS				
148				
Lapshin KAZ	628	396	551	1576
Kutcher UKR	584	363	628	1576

Osokin RUS	562	418	562	1543
Poshelyuk BLO	518	369	606	1493
Ahmad IND	589	347	551	1488
Huang TAI	534	380	573	1488
Klimov KAZ	529	286	518	1333
Higashi JPN	479	347	462	1289
Grubbs USA	479	275	518	1273
Mitev BUL	473	303	490	1267
Fukuda JPN	440	358	462	1262
McFairlane GB	429	286	485	1201
Vadasz HUN	440	341	418	1201
Tue DEN	429	264	485	1179
Lagis AUS	413	248	512	1173
165 lb.				
Vostrikov RUS	672	396	628	1697
Nikolenko UKR	683	407	562	1653
Krainov RUS	622	385	606	1614
Spychala POL	573	374	595	1543
Robbins USA	606	347	573	1526
Naleykin UKR	617	363	529	1510
Bjerke NOR	589	374	540	1504
Koslov KAZ	529	413	529	1471
Gergov BUL	501	363	573	1438
Kato JPN	518	325	556	1399
Nowak GER	551	352	485	1388
Henell SWE	496	319	540	1355
McDonal CAN	473	281	540	1295
Hsieh TAI	661			
181				
Yatskov	694	385	672	1752
Svarikin RUS	672	391	650	1714
Rick HUN	562	385	677	1625
Wolejko POL	617	418	584	1620
Brauer GER	595	358	628	1581
Normunds LAT	595	451	529	1576
Varchola SLO	556	396	606	1559
Kirketeig NOR	600	352	606	1559
Nikolov BUL	611	369	573	1554
Miwa JPN	551	396	529	1476
Kanya HUN	529	374	529	1432
Jensen DEN	512	330	540	1383
Kichi SPA	534	292	551	1377
Christiansen	523	352	451	1328
Haddou FRA	551	198	507	1256
Loricourt FRA	551	297	220	1069
Zaitsev KAZ				
Chang TAI	617			
Mamabayev	567			
198				
Barkhatov RUS	705	429	716	1851
Kopienka POL	661	396	744	1802
Hornik CZE	661	440	694	1796
Christov BUL	661	462	644	1768
Beck USA	666	429	628	1724
Milyutin UKR	661	440	551	1653
Ivanov BUL	639	424	589	1653
Tyutki USA	639	330	672	1642
Arakawa JPN	595	429	617	1642
Chen TAI	606	341	617	1565
Sura GER	617	363	567	1548

Grgic FRA	595	325	628	1548
Darko FRA	578	374	567	1521
Izajkhin IND	584	330	595	1510
Roessen NDL	562	330	551	1443
Karmakar IND				
220				
Rokochoyy UKR	749	462	722	1934
Kotkov RUS	716	457	705	1879
Chovanec USA	666	429	722	1818
Fateyev KAZ	683	485	595	1763
Fatemi IRN	628	446	639	1714
Kusenda S				

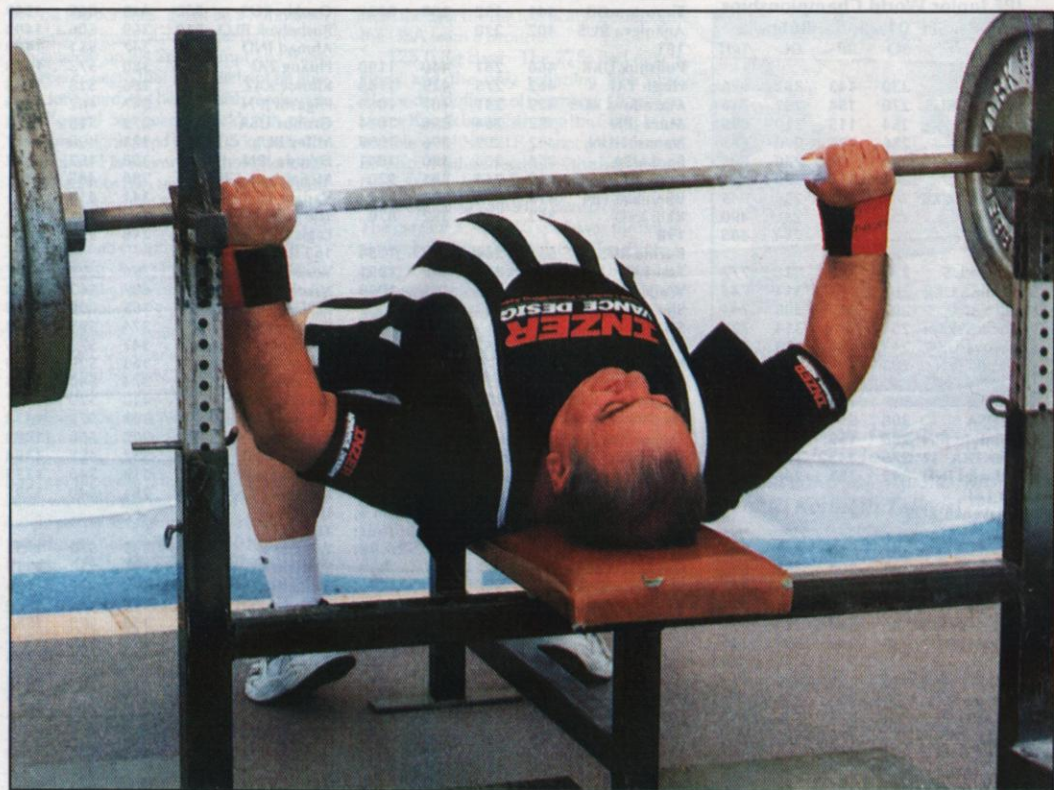
**2nd Italian Open BP Classic**  
19 Aug 01 -

MEN	BP	B. Galland	314
Guest		Open 181-1/4 lbs.	
W. Gregg	132	A. Rameriz	385
JR		F. Papalado	325
M. Dowling-23	363	Open 220-1/4 lbs.	
C. West-23	319	P. Murtaw	429
Master (40-49)		B. Crescenzo	402
P. Murtaw	429	C. Stoyer	385
Master (50+)		Open 242-1/2 lbs.	
P. Soto	325	J. Flynn	534
Novice		Submaster	
B. Galland	314	J. Flynn	534
F. Papalado	325	J. Speranza	358
A. Colon	308	A. Rameriz	385
Open 165-1/4 lbs.		Teen	
J. Speranza	358	C. DeCherico-16259	
P. Soto-58	325	M. Ogwuru-18	336
		J. Cappa-15	159

TEAM: Paradise Power Team. Best Lifter Heavy: John Flynn. Best Lifter Light: John Speranza. Spotters/Loaders: Friends of Italian American Club. Judges: Scott Blanchard, Lynne Barlow, Russ Barlow. Marshal: Monique Cote. Table: Norm Guay, Erica Blanchard, Chad Curtis, Michelle Curtis. Director: John Speranza, Russ Barlow. (Thanks Russ Barlow for the results)

**USPF Barbee Classic**  
28 Jul 01 - Seguin, TX

BENCH	148 lbs.			
WOMEN	L. Gray-17	270		
132 lbs.	Submaster			
K. Reinhard	143*	181 lbs.		
148 lbs.	R. McCarty-37	463*		
P. McCormick	154	220 lbs.		
220 lbs.	J. Campbell	408		
P. Calhoun	237	242 lbs.		
MEN	J. Hendrix	419		
Open 181 lbs.	Masters			
R. McCarty	463*	220 lbs.		
198 lbs.	G. Dzuris-44	204		
J. Waters	402	Disabled		
220 lbs.	G. Dzuris	204		
G. Dzuris	204	Police/Fire		
242 lbs.	165 lbs.			
J. Hendrix	419	P. Arriaga	287	
Junior	198 lbs.	J. Waters	402	
MEN	SQ	BP	DL	TOT
Below Class I				
165 lbs.				
P. Arriaga	402	287	441	1130
181 lbs.				
S. Johnson	314	215	314	843
198 lbs.				
J. Woodward	524	342	507	1373
S. Collins	385	331	529	1246
B. Simank	353	298	342	993
220 lbs.				



Richard Austin with a 4th attempt of 353 lbs. at the APF Maine State Push/Pull. Richard is 70 years of age and weighed 229 lbs. and wants us to know "That's not my stomach - it's the shirt!" (courtesy Russ Barlow)

M. Rojas	518	402	529	1449	275 lbs.			
242 lbs.					I. Sandoval	463	265	480
P. Dungan	645	441	612	1698	Junior (16-17)	123 lbs.		
275 lbs.					S. Baltazar	276	182	325
J. Nicholosi	568	336	501	1405	148 lbs.			
SHW					L. Gray	386	270	386
D. Griffin	573	331	501	1405	J. Sausto	325	254	386
Junior (13-15)					J. Reid	281	182	254
114 lbs.					198 lbs.			
L. Ford	187	105	204	496	M. Cardenas	402	248	474
132 lbs.					242 lbs.			
Z. O'Quinn	265	176	281	722	H. Golson	524	331	474
181 lbs.					M. Nguyen	524	281	524
N. Lyons	457	292*	480*	1229*	Junior (20-23)	220 lbs.		
220 lbs.					D. Ortiz			
E. Owens	336	215	325	876	242 lbs.			

P. Dungan	645	441	612	1698	275 lbs.			
275 lbs.					G. Solis	606	342	501
Bemie Miller (mo)	242 lbs.				Submaster (35-39)	181 lbs.		
J. Perez	386	276	463	1125	198/90			
Peter Balke (college)					Linda Knittle-Kauk (wo-life)	192		
T. Valdez	452	358	402	1212	Sue Ann Pack (wm5)	209w		
Thomas Dirienzo (college)					198/90+			
Daniel Miller (m3)	192				Debbie Farrell (wo) BL	374 n		
Michael Freecorn (mm1)	148				Sue Hallen (wo-wm1)	275n		
Lance Slaughter (mo)	385				Lori Loughney (wo-wm1)	203.5		
Paul Wong (mo)	363				Susan King (wm3)	181		
Trey Collins (mo)	346				Brandy Patnode (wo-w12)	176		
Joe Scribner (mml)	308				Men's Division:			
Mike Anderson (mm2)	308 n				Steve Petrencek (mo-life)	330n		
Loren Mangino (m2)	302				Peter Wong (mo)	313		
Dan Pope (m12)	301				132/60			
Muaz Haffar (m12)	297				Joe Smith (mo)	301		
Jules Pellegrino (mm4)	291n				Luke Hanifen (mo-mt3-jr)	291		
Ivan Zwick (mm5)	269				Bemie Miller (mo)	291		
4th attempt:	280w				Andrew Bates (mm3-raw)	225n		
Stoney Portis (college)	264				Peter Balke (college)	225		
John Barrett (m13-p&f-coll.)	236.5				Thomas Dirienzo (college)	220		
Justin Scherer (junior)	203.5				Daniel Miller (m3)	198		
Ted Feight (mm3-mo)	181.5				Michael Freecorn (mm1)	192		
165/75					148			
Larry Miller (mo-mm2) BL	498				Greg Fay Sr. (mm7)	302		
open and master's world record					Ray Klocak (mm6)	291		
Mike Hara (mo-mml)	462				C. Wm. Sweeney (mm8)	220		
Joe Warpeha (mo)	407				Joseph Waddill (mm7)	159		
Ricardo Garza (coll)	330				Anton Reel (mm9)	154		
Jay Haines (mm3)	330				110/242			
Frank Warpeha (coll)	330				Pat Wilson (mo)	572		
David Miller (mm2)	319				Dave Doan (mo-p&f-life)	550		
Dan Callahan (mo-raw)	297				Raoul Donati (mo-life)	544		
Jim Merlino (mm5)	275				Kevin Mayer (mo-life)	517		
David Seman (raw)	275				Dane Robinson (mo-life)	511		
Joseph Mroszczyk (coll)	275				Byron Nichols (mo-life)	484		
Hurley Meeks (mm6-life)	275				Greg Chrun (mm2)	478n		
David Berwath (mm3-raw)	275				Tom Babcock (mml)	429		
Tom Byington (mm3)	253				Andrew Wilson (mm1-raw)	429		
John Kocisko (raw)	253				Ralph Brown (mm3)	412		
181/82.5					John Ciurciu (raw)	401		
Leonard McCormick (mo)	495				Murray Marsh (mm5)	374n		
Mary Coleman (mo)	462				Dennis Callanan (jr)	368		
Joe DeMatteo (mo)	451				Vince Taranino (raw)	357		
Greg Zangl (mo-mml)	423n				C. Washington (mm3-mil)	324		
Tim Rickett (mo-life)	418				James McGuire III (mm5-life)	313		
Jim Klostergaard (mm3)	413w				Joseph Yanovitch (mm6-life)	313		
Joseph Delgado (jr)	407n				Earl Robinson (mm5)	308		
Micah Gerraghty (mo-life)	401				Sheldon Levy (mm7)	242		
Dana Rosenzweig (mml)	396				n			
Stuart Patrick (raw)	379				125/275			
James Peretick (mml)	379				Scott Lade (mo)	566		
David Flank (raw)	352				Collin Rhodes (mo)	561		
Jack Hamady (raw)	346				Dwayne Meeks (mo-p&f)	550		
Rudy Lozano (mm5-life)	352w				George Lealifano (mo)	539		
Joe McDermott (mm5)	341				Brad Klinger (mo-mml)	528		
Stewart Wiegand (mm5)	341				Frank Palmer (mo)	528		
Pat Carroll (mml-mo-life)	330				Wayne Dresser (mo)	5215		
Joseph Heyman (coll)	324				Jon DuFoor (mo)	506		

**USAPL Bench Nationals 22,23 SEP 01 - Bedford Hts., OH**

Women's Division:	Scott Weber (raw)	319
97/44	Fred Stokes (mml)	319
Ruth Snyder (wo-life)	Adrian Griffin (raw)	313
105/48	Ben Scherer (p&f)	308
Peggy Bano (wo-wm2)	George Welsh (mo-life)	308
52/114	Dominic Schirripa (mll)	297
Terri IDistalio (wo)	Gary Reale (mm2)	286
Maura Shuttleworth (wo)	Drew Lindsey (mm5)	253
123/56	Steve Harms (mm2)	247
Carmella Dixon (wo)	Calvin Everett (mm7)	225
Anne Boyle (wo-life)	Bob Dunihue (mm7)	170
Jeanne Harms (wm2)	90/198	
132/60	Joe McAuliffe (mo) BL	539
Jennifer Thompson (wo) BL	Dennis Cleri (mo)	533
Jill Darling (wo-college)	Steve Spinelli (mo)	489
Nicole Rendon (college)	Isaiah Jackson (mo)	451
148/67.5	Patrick Hall (mo)	451
Angela Simmons (wo)	Robert Ingram (mm3)	423
Tammi Callahan (wo-life)	Mark Williams (mo)	423
Mary Ruffner (wo-life)	Kevin Farley (mo-life)	412
Christy Newman (wo)	Steve Krebs (mo-jr)	407
Jennifer Robertson (wo)	Brian Moore (mo)	401
Helen Sauer (wo-wm2)	Bryan Frizzelle (jr)	401
Kathy Miller (wo)	Bill Phillips (mm5)	385
Kathleen Jones (wo-wm1)	w	
Ruth Welding (wo-wm2)	John Mitsopoulos (mm4)	357
Maureen Post (wm1)	Chris Marlow Or	352
Eula Compton (wm4)	Joe Nealis (mm3)	346
Regina Hackney (wm5)	David Hardy (mm3)	341
Tunde Szizak (college)	Wally Strosnider (mm3)	341
165/75	Phil Accordini (mm2)	324
Brooke Wessler (wo)	Ronald Hemenway (mm5)	308
Sandra Perron (wo)	Tom Scott (mm7)	264
Jaclyn Thuener (wo-college)	Paulo Shakaranian (coll)	225n
Candy Mette (wm1)	Charles Lee (mm9)	225n
181/82.5	100/200	
Andrea Sortwell (wo-wm1)	Ralph Young (mo)	544
Maggen Millen (wo-w12)	Tim Anderson (mo-p&f)	506
Sara Tomechko (wo)	Larry Malcomson (mo-p&f)	506
198/90	David Johnson (mo-life)	506
Linda Knittle-Kauk (wo-life)	Anthony Succarotte (mo)	495
Sue Ann Pack (wm5)	Michael Landino (mo-life)	495
198/90+	Ennis White (mo-mil)	484
Debbie Farrell (wo) BL	Dave Chevalier (mm3)	475w
Sue Hallen (wo-wm1)	Sidney Green (raw)	440
Lori Loughney (wo-wm1)	Mike Tylor (mo-mil)	434
Susan King (wm3)	Ken Levatino (mo-p&f)	429
Brandy Patnode (wo-w12)	Joe DeFranco (mo-life)	407
Men's Division:	Frank Schuetz (mo-mil)	401
123/56	James Cash (mm3)	390
Steve Petrencek (mo-life)	Steve Caldwell (mm3)	385
Peter Wong (mo)	James Bourisaw (mm5)	363
132/60	n	
Joe Smith (mo)	Joe Melchioris (raw)	346
Luke Hanifen (mo-mt3-jr)	Lou Sposalto (mm5)	346
Bemie Miller (mo)	Dennis Ballen (mm5)	330
Andrew Bates (mm3-raw)	Tony Horvath (mm2)	330
Peter Balke (college)	Daniel Dougherty (mm2)	303
Thomas Dirienzo (college)	Bill Remley (mm3)	302
Daniel Miller (m3)	Greg Fay Sr. (mm7)	302
Michael Freecorn (mm1)	Ray Klocak (mm6)	291
148	C. Wm. Sweeney (mm8)	220
Lance Slaughter (mo)	Joseph Waddill (mm7)	159
Paul Wong (mo)	Anton Reel (mm9)	154
Trey Collins (mo)	110/242	
Joe Scribner (mml)	Pat Wilson (mo)	572
Mike Anderson (mm2)	Dave Doan (mo-p&f-life)	550
Loren Mangino (m2)	Raoul Donati (mo-life)	544
Dan Pope (m12)	Kevin Mayer (mo-life)	517
Muaz Haffar (m12)	Dane Robinson (mo-life)	511
Jules Pellegrino (mm4)	Byron Nichols (mo-life)	484
Ivan Zwick (mm5)	Greg Chrun (mm2)	478n
4th attempt:	Tom Babcock (mml)	429
Stoney Portis (college)	Andrew Wilson (mm1-raw)	429
John Barrett (m13-p&f-coll.)	Ralph Brown (mm3)	412
Justin Scherer (junior)	John Ciurciu (raw)	401
Ted Feight (mm3-mo)	Murray Marsh (mm5)	374n
165/75	Dennis Callanan (jr)	368
Larry Miller (mo-mm2) BL	Vince Taranino (raw)	357
open and master's world record	C. Washington (mm3-mil)	324
Mike Hara (mo-mml)	James McGuire III (mm5-life)	313
Joe Warpeha (mo)	Joseph Yanovitch (mm6-life)	313
Ricardo Garza (coll)	Earl Robinson (mm5)	308
Jay Haines (mm3)	Sheldon Levy (mm7)	242
Frank Warpeha (coll)	n	
David Miller (mm2)	125/275	
Dan Callahan (mo-raw)	Scott Lade (mo)	566
Jim Merlino (mm5)	Collin Rhodes (mo)	561
David Seman (raw)	Dwayne Meeks (mo-p&f)	550
Joseph Mroszczyk (coll)	George Lealifano (mo)	539
Hurley Meeks (mm6-life)	Brad Klinger (mo-mml)	528
David Berwath (mm3-raw)	Frank Palmer (mo)	528
Tom Byington (mm3)	Wayne Dresser (mo)	5215
John Kocisko (raw)	Jon DuFoor (mo)	506
181/82.5	Fred Dini (mo-mm3-life)	500
Leonard McCormick (mo)	Brian Martin (mm1)	495
Mary Coleman (mo)	Bart Lombardi (jr)	451n
Joe DeMatteo (mo)	Scott Haas (m12)	429
Greg Zangl (mo-mml)	Chis	

(article continued from page 7)

With her weight down and looking ripped, she decided to compete in the Miss Los Angeles Bodybuilding Championships shortly thereafter. She finished 3rd there, but following that effort, and as a result of her crazy dieting (no carbs at all) she blew back up to 148 and retained enough fluid to fill the L.A. river. Attempting to cut weight back down to 123 for the 2000 WPC Worlds in November at Las Vegas took a heavy toll. Her goal was to total over 1000, and she was hoping for lifts of 413, 209, 418. She had made gym lifts of a 405 SQ, 205 BP, and 405 DL. The rigors of making 123 nearly did her in. She looked like death warmed over and felt even worse. Somehow, she got some strength back, and won the Bench Press title with a Masters WR (193) three days before she competed in the overall championship. It seemed as if she got stronger as the contest progressed, as she did 363, 193, 391, 937 and took runner-up honors. Nance and Joe made an important decision. She decided to lift at the Master Nationals in Maine in May 2001 at 132 so as not to be stressed by making weight. As a result, her strength level skyrocketed, and she manhandled her SO attempts: 424, 441, 452! On a 4th attempt she hit her 4th 40-44 WPC World record with an incredible 458, the 2nd biggest SQ of all time for USA Women in the 132lb. class, surpassing Mariah Liggett's 457 mark and surpassed only by Mary Jerumbo's 529. She made a 204, 220, and finally a 226 BP. In the DL she pulled 418, and 429 for an 1107 TOT. With 7 WRs under her belt, she hoisted 441 on her last try, but it was turned down, 2-1, on a call that could have gone either way. Training for the Senior Nationals in Daytona, FL, Nance posted some awesome training squats: 440, 460, 475, 485, and a close attempt at 500. During this time the terminal illness of L.A. Lifting Club team member and close friend George Rada created much stress. At the Seniors, Nance won her 3rd consecutive championship title, but didn't post the huge numbers she'd hoped for. She blew away her 441 SQ opener. The increase to 468 proved to be a tad too much (missed twice). In the BP, she made 220 with strength to spare. Next, she did 232.5 for a Masters 40-44 WR. She wanted 237 for a 3rd which was misloaded by over a hundred lbs. Fifty kg. plates made it more than she asked for (264). That should have made it obvious, but a pair of 15 kg. plates were added, plus additional change. Joe told them 3 times that it was wrong - nobody listened. Joe handed off, but

rescued her immediately, as she cried "Take it before I'm crushed". Momentarily supporting 2.7 times her own bodyweight re-injured her pec, and it has gotten progressively worse since this incident. Loaded correctly, she got the attempt over, but the damage was done and it went nowhere. She broke her own Masters WR Deadlift mark, pulling 435, but missed a 446 final try at knee height - TOT 1109 - still a personal best. Right after this competition, Nance had a small abdominal hernia fixed.

INTERVIEW

**H.G.:** What are your immediate goals in Powerlifting?  
**N.A.:** To become 2001 WPC Women's Open World Champion

in Capetown, South Africa.

**H.G.:** In what category will you be competing and what are the lifts that you're hoping for?  
**N.A.:** At 132; Squat - 474 to 501; Deadlift - 441 to 463.  
**H.G.:** What about your bench press?  
**N.A.:** As a result of the negligence on my 3rd attempt misload back at the Nationals, and continuing to lift, I have torn ligaments in my chest. As a result, I have also developed bicep tendinitis, which hampers my bench press training. I will lift whatever I can lift when the time arrives. That is all I know.  
**H.G.:** What are your future lifting plans?  
**N.A.:** I want to win the APF Seniors for a 4th consecutive time and also the WPC Worlds. I would

also like to break Mary Jerumbo's WPC World Record Squat.

**H.G.:** What are your favorite foods?  
**N.A.:** Kentucky Fried Chicken and lobster. My favorite sweets are sticky buns.  
**H.G.:** What are your favorite pastimes?  
**N.A.:** Favorite pastime? Scuba diving, helping to get Joe into his tight briefs and suit, and dieting. I really love eating tuna fish, cottage cheese, and starving myself. I've found out that if it doesn't kill me, it makes me stronger.  
**H.G.:** What is the most exciting moment of your lifetime other than lifting?  
**N.A.:** One year to celebrate my birthday I jumped out of an airplane. It was the most exhilarat-

ing feeling that you can possibly imagine.

**H.G.:** Would you ever consider bungee jumping?  
**N.A.:** Let me think on that awhile.  
**H.G.:** From where do you draw your inspiration and motivation?  
**N.A.:** My husband Joe motivates me to be the best I can be. He exemplifies the best in sports competition and human behavior, not only as a coach, but as a person as well. Joe is the first person to lend a helping hand to others, even at the expense of his own needs. Joe brings out my strength in life. In my mind, I believe there are no limits, if someone believes in you and you believe in yourself. Joe's made me believe in myself. As long as I can I will continue to

promote PL for women.

**H.G.:** Anything special you want to say?  
**N.A.:** Thanks to Bob Lorsch, one of our clients, for absorbing our travel costs to the upcoming Worlds in South Africa. Thanks to Mike Lambert for this month's cover of me on PL USA and all he's done to promote the wonderful sport of PL through his publication for the past 24 years. I don't know where the sport would be today without PL USA magazine. I thank everyone at the L.A. Lifting Club for their support and help in regards to our lifting. It's one big happy family. Thanks for telling my story, Herb.  
 In closing, I must make the read-

ers aware that Nance Avigliano is a rarity. It is most unusual to start such a rigorous sport as powerlifting at age 41 with no competitive athletic background. In less than 4 short years on the competitive lifting platform her rise to the top has truly been astronomical. It is the result of unrelenting pursuit, iron will, dogged tenacity, and the suffering of hardship and pain. It illustrates that it is never too late in life to realize your dream if you want it bad enough. Nance's hunger for big numbers has not clouded her objectivity for maintaining feminine beauty coupled with a great physique, radiant health, and incredible strength. She is, unquestionably, the total package. Not only does Nance Avigliano hoist huge weights, but she looks great doing it!

**WPO News ....** "I just wanted qualified WPO Final lifters to know, that things are on the up and up in the WPO. The WPO Semi-Final was quite an experience and I learned a lot that day, and for the immediate future as well. There is a new direction the WPO will be going in for the 2002 season. These changes will ultimately allow the sport to prosper for the long haul, ensuring that it isn't short lived. I was just up in Columbus, Ohio meeting with Mr. Jim Lorimer to discuss the logistics for the 2002 Arnold Classic. Mr. Lorimer is Arnold's personal friend and overseer of the Arnold Classic, and he has given the WPO 7000 sq. ft. of space for powerlifting. The WPO Qualifier (2-22-02), and the WPO Final - the Superbowl of Powerlifting (2-24-02) will be run in this space. It is in a high traffic area where the spectators pick up their tickets, right in front the main entrance into the Expo. Also, people coming off the street pass right by the powerlifting area as well. The Bench Bash will be held on the main stage, as usual, in the Expo area. Three whole days of powerlifting should make for the greatest Arnold's Classic ever! As many of you know the WPO motto is "Put Up or Shut Up!" With some of the new changes please keep this additional motto in your iron mind. "In the WPO success is a journey not a destination." Please log on to hugeiron.com for very important WPO information. Your WPO President,

Kieran Kidder  
 P.S. I would personally like to extend my condolences to any lifters whose families might of been affected by the horrible loss of life that took place on 9-11-01. It dawned on me that there could possibly be some lifters in the NYC and Washington D.C. areas that could be affected by the tragedy. I hope that the individuals in the powerlifting world are supporting President Bush, and not responding like these pacifists that make me sick. Every person in this country, powerlifters included, should want justice for their fellow Americans that died for their country unexpectedly. Americans should not be concerned with innocent loss of Afghani life, but realize that we are just as innocent and vulnerable as they are. Bottom line is - they want to kill us! So we must kill them first! You can bet that the WPO will pay tribute to America at the Arnold Classic. God Bless America!

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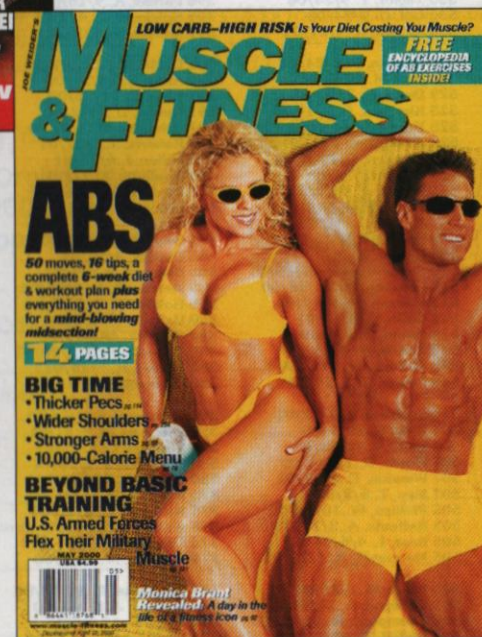
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## NEXT MONTH... TOP 181s

**Corrections...** Joe Silano's DL in the Iron Island Classic (4/28/01) was actually 365. 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 body-weights of the competitor are not indicated - (Sometimes, it takes a while to verify the correction).



2001 World's Strongest Man Winner is Svend Karlsen (NOR)

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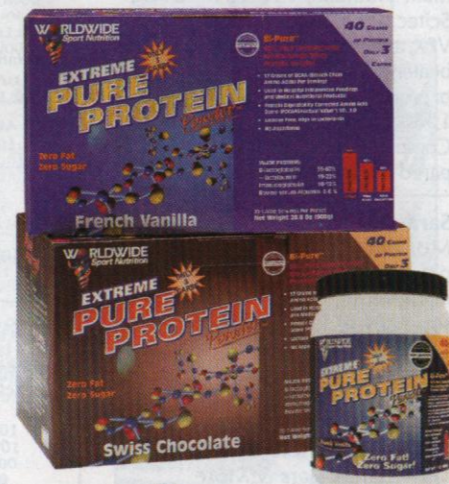
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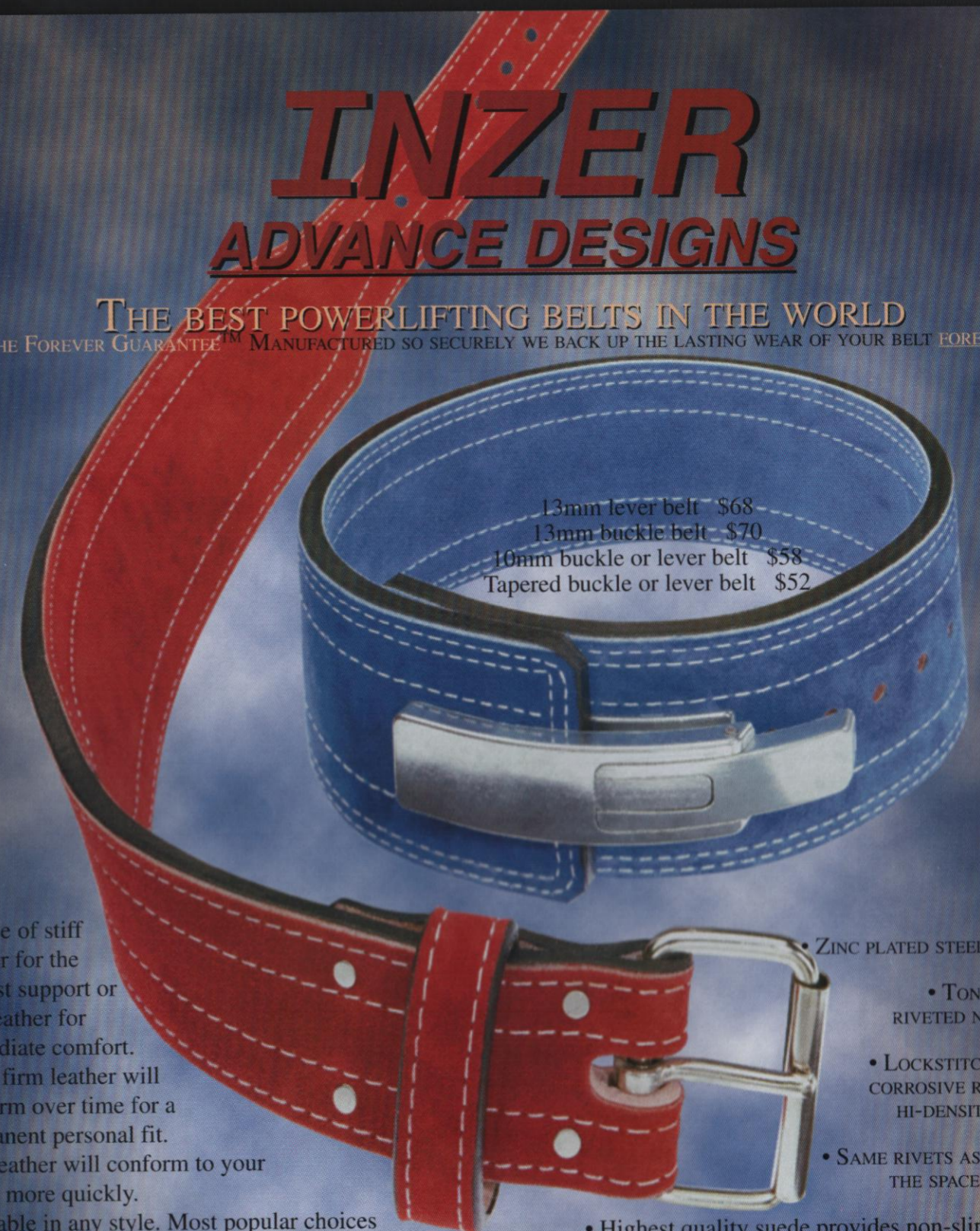
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