

INZER[®]

POWER SHOE

maximize your leverage • stabilize your body

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



Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover

3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets for Lacing Speed Save Time and Energy While Providing Superior Control of Fit

All-Direction Traction Bottom

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

INZER POWER SHOE \$119.95

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

INZER[®]
ADVANCE DESIGNS

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



POWERLIFTING USA

VOL. 25 NO. 6
JAN/2002 \$3.50
\$4.50 in Canada

**BRAD GILLINGHAM
WINS THE IPF
SHW TITLE AGAIN!**

**GARRY FRANK
LOCKS IN YET
ANOTHER
ALL TIME
TOTAL RECORD
2606!**

**JERRY LYNN LIPPERT
with 331@132!!!**

@ the
**WABDL
WORLDS**



MARATHON SERIES

BRUSHED SUEDE
INSIDE AND OUT

DOUBLE PLY, TOP GRAIN
NATURAL LEATHER FOR
MAXIMUM THICKNESS

BLACK EDGES

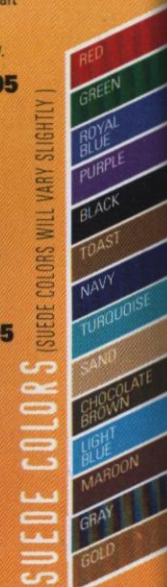
NINE
HEAVY
DUTY
NICKEL
PLATED
RIVETS

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

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

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

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



SUEDE COLORS
(SUEDE COLORS WILL VARY SLIGHTLY)

All custom belts are non-returnable!

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

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

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



WORLDWIDE
Bio-Engineered Beverages™

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

Your Body Is One Great Masterpiece Of Bio-Engineering.

Meet the Second.

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

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

The result: *nothing else even comes close.*



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

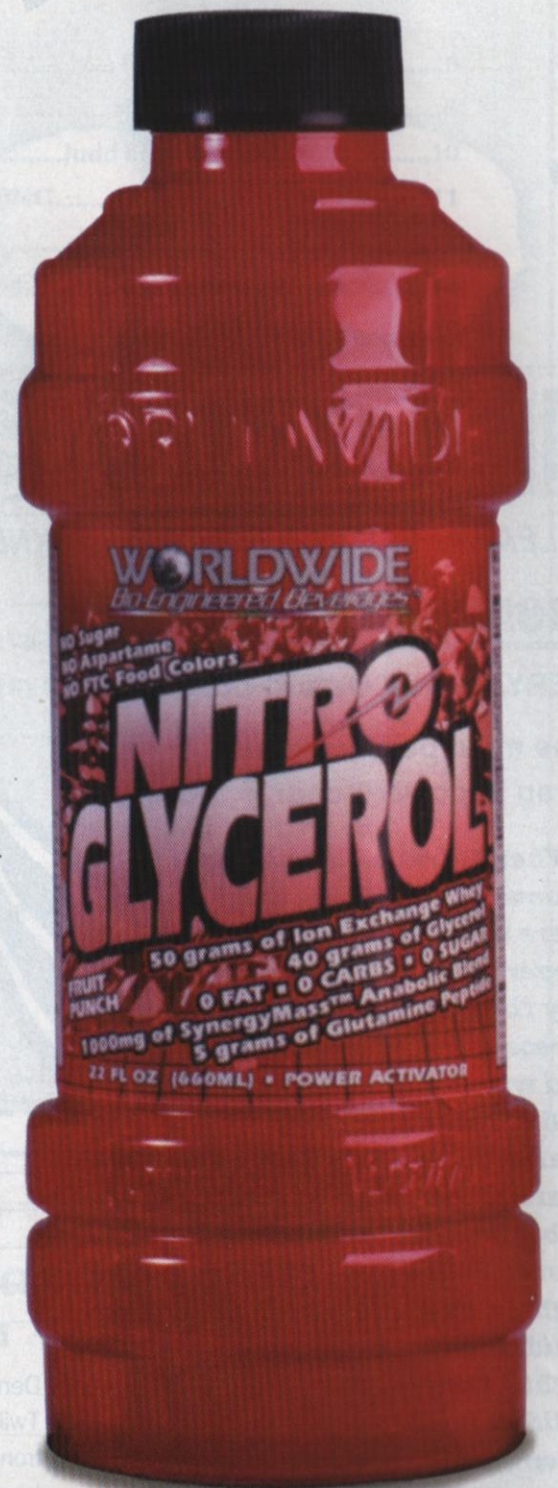
Available in Fruit Punch, Grape and Orange Cream.

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

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

Anything Else is Ancient History.™

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



WORLDWIDE
Bio-Engineered Beverages™
NO Sugar
NO Aspartame
NO FTC Food Colors
NITRO GLYCEROL
50 grams of Ion Exchange Whey
40 grams of Glycerol
0 FAT • 0 CARBS • 0 SUGAR
1000mg of SynergyMass™ Anabolic Blend
5 grams of Glutamine Peptide
22 FL OZ (660ML) • POWER ACTIVATOR

Cardillo

ORDERING INFORMATION

Catalog Request Line (\$3 per catalog)

1-617-394-9266

WWW.CARDILLOUSA.COM

TO PLACE AN ORDER ONLY

1-800-382-8081

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

New! COOL CAPS

from... **INZER**
ADVANCE DESIGNS

The World Leader In Powerlifting Apparel!



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

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

IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

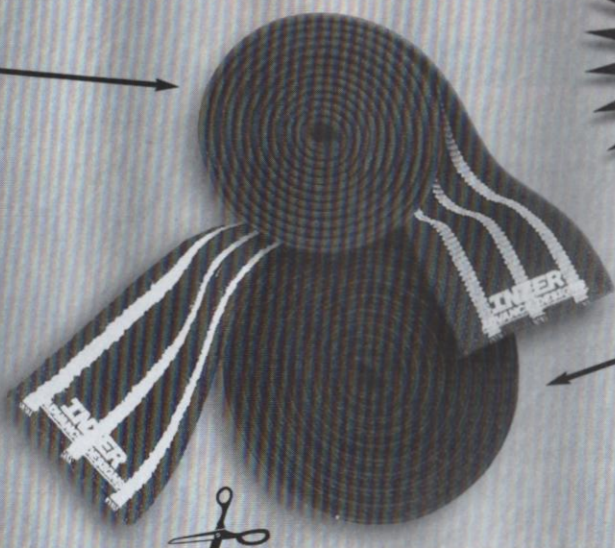
IRONWRAPS Z

VERY, VERY POWERFUL!
The most popular knee wrap in powerlifting!

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

Patrick Hall

Top National Competitor,



IRONWRAPS A ENGINEERED FOR:

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

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

A PARADIGM SHIFT IN KNEE WRAP DESIGN!

Name _____
Address _____
City _____ State _____
Zip _____ Phone _____
e-mail _____
Qty.
 _____ Denim Cap (A) \$16 _____
 _____ Twill Cap B C \$12 _____
 _____ Ironwraps A \$22 _____
 _____ Ironwraps Z \$22 _____
 _____ 2 pair \$40 _____
 Shipping \$5.50 _____
 Total _____

Overseas orders add 20% surface or 30% air.

Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS
P.O. Box 2981 • Longview, Texas 75606
903-236-4012 • 800-222-8897

Powerlifting USA
Post Office Box 467
Camarillo, CA 93011

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

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

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

PRINTED IN THE USA

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

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

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 25, Number 6 - January 2002 -

IPF MEN'S WORLDS	Dr. Larry Maile.....	6
W.P.O NEWS.....	Kieran Kidder.....	8
DR. JUDD	Judd Biasiotto Ph.D.....	10
HIGH REPS IN TRAINING.....	Doug Daniels.....	11
IPA NATIONALS.....		13
WABDL WORLDS PT. 1.....	Gus Rethwisch.....	14
HARD CORE GYM #8.....	Rick Brewer.....	18
TRAINING THE LOCKOUT.....	Louie Simmons.....	22
GIVE IT A REST!	J.M. Blakley.....	28
WORKOUT OF THE MONTH.....	Ken Lain.....	29
BOB LOWERY PROFILE.....	Marc Caviglioli.....	30
ASK THE DOCTOR.....	Mauro Di Pasquale MD.....	31
TOP 50 ALL TIME 275s.....	Herb Glossbrenner.....	32
JOSH BRYANT INTERVIEW.....	Paul Leonard.....	34
CARMEN PERROTTA INTERVIEW.....	Mike Lambert.....	37
COMING EVENTS.....	Mike Lambert.....	45
TOP 100 198s.....	Mike Lambert.....	78
UNCLASSIFIED ADS.....		79

ON THE COVER Brad Gillingham (H. Isagawa), Jerry Lynn Lippert (Brian Baertlein), and Garry Frank (Steve Notaras)

Copyright 2002 Powerlifting USA

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

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ State _____ Zip _____

YES! SIGN ME UP!
Check one:

- NEW
 RENEWAL
 Address Change
(indicate previous address)

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

For All You Hard-To-Please, Take-It-To-The-Limit Types, We Have Good News: Your Drink's Ready.

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

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

In our pursuit to develop new formulas, we introduced Quercetin to this highly potent drink. Quercetin "evens out" this powerful blend of ingredients so you



won't suffer from the jitters or feel any post workout "crash." There are **no** calories, **no** carbs, **no** sugar, **no** aspartame and **no** FTC food coloring in **Thermo Speed™**.

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

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

Thermo Speed™—
Anything Else is Ancient History™

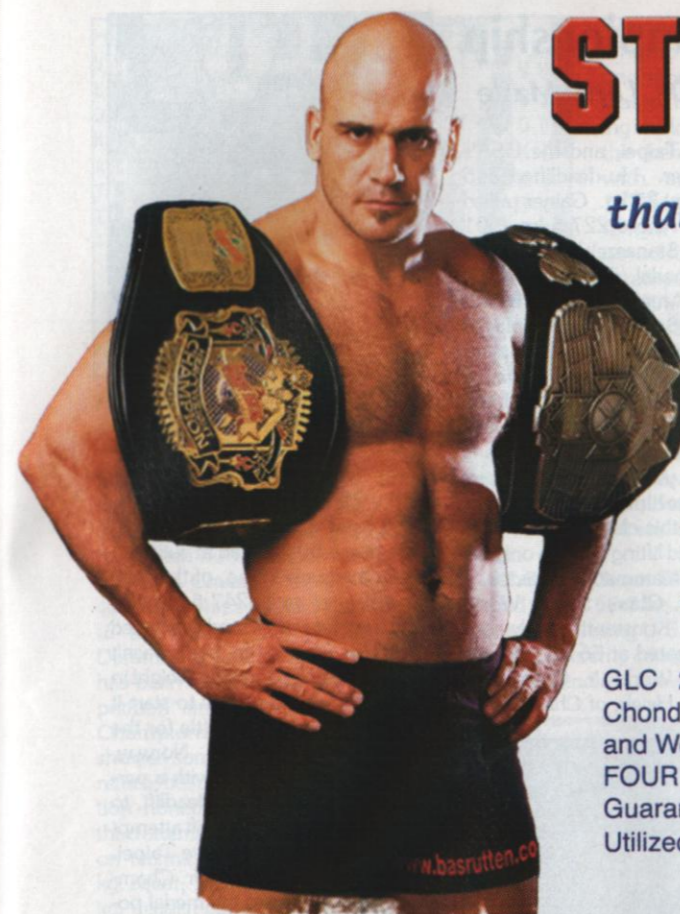


WORLDWIDE
Bio-Engineered Beverages™
**No Added Sugar. No Aspartame.
No FTC Food Colors.**

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

Anything Else is Ancient History™

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



STRONGER than Joint Pain



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

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

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



Jean Mae Cordova
Seniors Weightlifting Champion

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



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

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



"Gary Stevens Attributes his comeback to GLC 2000."

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

STOP Living with Joint Pain.

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

1 Bottle Lasts 3 Months*



Each level scoop contains 3.5g Pure GLC
Guaranteed Assay
Chondroitin Sulfate.....750mg
Glucosamine HCl.....750mg
Glucosamine Sulfate.....750mg
Glucosamine Potassium...750mg
N-Acetyl D-Glucosamine...225mg
Ascorbate.....225mg
Manganese Proteinat.....50mg

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

Don't Let Injuries or Father Time Slow YOU Down

FIGHT BACK

with the World's ONLY Full Spectrum
Glucosamine + Chondroitin

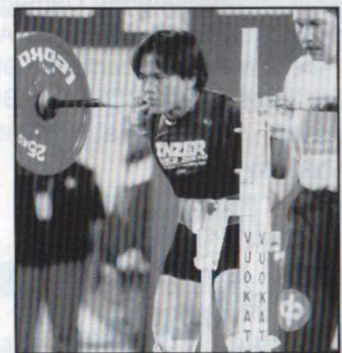
(859) 987-0847

www.GLCdirect.com

The BEST Product the BEST Price GUARANTEED

The 30th IPF Men's World Championships were held November 14-18 in Sotkamo, Finland. The competition was staged in the luxurious Holiday Klub Katinkulta, a large resort hotel complete with tennis courts, a bowling alley, restaurant, two night clubs, and indoor and outdoor swimming pools. The name Katinkulta, in Finnish, translates to "fools gold", but there would be no fools reaching for the gold here.

The venue was prepared in one of the large gymnasiums; the tennis courts were broken down, the floor carpeted, and stadium seating built. Cameras from the Finnish television network were set up in front of the platform and a television studio was built backstage. The competition was videotaped by the Finnish network for broadcast on Eurosport, and the feed was carried in the warmup room for competitors to follow throughout the competition. An overhead screen displayed the



114 Winner - Mr. Hu of Taipei

IPF Men's World Championship as told to Powerlifting USA by Dr. Larry Maile



Ervin Gainer, being wrapped by USAPL President Mike Overdeer, got silver at 114 lbs. for the USA.

progression of the competition, including completed and projected attempts, running total, order of lifting, and current placing.

52 kg. Class: The results of the 52 kg. class could not have been predicted. 8 time world champion and world record holder, Andrej Stanaszek was defeated for the first time in any competition, in years. Despite leading the squat competition by 35 kg. over Chun-Hsiang Hu of Chinese Taipei, and leading all competitors by 87.5 kg. at the subtotal, the deadlift was his undoing. It took the Pole 3 attempts to make his 130 kg. deadlift opener, and this opened the door for the

lifter from Taipei, and the USA's Ervin Gainer. Hu deadlifted 245 kg. to win by 25 kg. Gainer pulled a personal record 227.5 kg. (501 lbs.) to beat Stanaszek by 2.5 kg. for the silver medal. Ervin added 7.5 kg. to his American Total record. 41 year old Sergei Jouravlev placed fourth, setting 4 Master European records along the way. Dariusz Wszola, also of Poland, and the 1999, 2000, and 2001 World Junior Champion placed 5th. This was his last year of Jr. eligibility; so expect to see him as a contender for a medal in this class in the future. His balanced lifting left him only 15 kg. behind teammate Stanaszek.

56 kg. Class: 5 time World Champion, Konstantin Pavlov, of Russia repeated at 56 kg., defeating 4 time World Jr. Champion, Tsung-Ting Hsieh, of Chinese Tai-



Constant Winner - Pavlov @ 123



Sutrisno breaks Joe Bradley's 21 year old total record at 132 lbs.

pei by 25 kg. Pavlov's 247.5 kg. squat, and 175 kg. bench press gave him a 50 kg. lead at subtotal. Hsieh made up 25 kg. of this with his stronger pull (247.5 kg. vs. 222.5 kg. for Pavlov) and attempted 277.5 kg. for the win, but it wasn't to be. Hsieh has done this weight in the past, but was unable to start it this time, and had to settle for the Silver. Roy Brantzaeg, Norway, took the Bronze medal with a personal record 232.5 kg. deadlift, to overtake the second deadlift attempt of Shih-Wu Lu, of Chinese Taipei. Lu, also a former World Jr. Champion, tried to retake the medal position by 2.5 kg. on his final pull, but appeared too tired to respond. He settled for 4th overall and the Silver in the deadlift. Sergei Vatyuk, of Ukraine, placed fifth of the 5 competitors in this category with a 570 kg. total. The depth of this class



Hiro Isagawa of Japan, who provided these photos, broke the 132 lb. bench record twice.

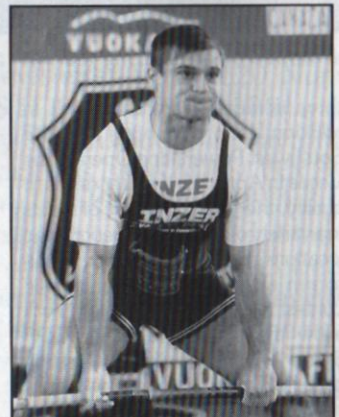
makes this a respectable total; all of the competitors totaled over 10 times bodyweight, and produced more than 500 Wilks points.

60 kg. Class: This year's World Championships marked the return to the international platform of Daramin Sutrisno, of Indonesia. He has been absent from world competition since the Men's World Championships in 1996. He showed some "platform rust" in his return, but dominated the competition nonetheless, despite missing third attempt squat and bench press on technical difficulties. His 270 kg. squat, 170 kg. bench, and 270 kg. deadlift combined in a 710 kg. total, erasing the record of the USA's Joe Bradley, which had stood since 1980. Last year's champion, Gerry McNamara, of Ireland, took the silver with a 655 kg. total. The bronze went to Russia's Mikhail Andryukhin, at 642.5 kg., a win on bodyweight over Japan's perennial champion, Hiro Isagawa. Isagawa, coming off a disappointing bomb at

World Masters Championships one month prior, erased the standing world record in the bench press with an EASY 187.5 kg. third attempt. He returned for a fourth attempt, easily handling 192.5 kg. The USA's Tim Taylor placed 5th with 622.5 kg., and was awarded the silver medal in the deadlift. He

attempted to grab the deadlift gold on his third attempt, being lighter than Sutrisno, but it stalled short of lockout.

67.5 kg. Class: Three lifters bombed in the 67.5 kg. class, unfortunately including U.S. lifter Jeremy Arias. Jeremy completed one squat, two benches, but was unable



Sivokon... just incredible at 148



Olech stood up with 727 at 148

to get a deadlift in. This shows that even a gifted lifter can have a bad day. Jeremy was problem solving for next year before leaving the venue. To no one's surprise, World Champion and world record holder, Alexei Sivokon, of Kazakhstan repeated as champion. He had a 6 for 9 day, totaling 815 kg. He lost his world squat record to Jaroslav Olech, of Poland, who easily dunked 320 kg., and came up with 330 kg. but didn't get the judges approval. Jaroslav attempted 317.0 kg. in the deadlift, which would have broken Sivokon's record, but it was slightly out of his range this year. Nonetheless, Sivokon's margin of

victory closed to 27.5 kg. this year due to a decrease on his part of 15 kg. and an increase of 12.5 kg. on Jaroslav's. Italy's Robert Sacco was 65 kg. behind the Pole for the bronze medal.

75 kg. Class: As I predicted at the Russian National Championships, the battle for the gold in this class would be between Victor Furashkin and Victor Baranov, both of Russia. Furashkin, the World Games Middleweight Champion, came out on top this time after losing to Baranov at the Nationals. Despite suffering a back injury that decrease his pressing power, Furashkin's relatively stronger bench carried the day, adding up 32.5 kg. of his 40 kg. margin of victory. His 832.5 kg. total established a new European record. The crowd favorite in this class, though, was Finland's Ismo Lappi. He had exceeded the US lifter Dan Austin's

(article continued on page 70)



Middleweights: Baranov, Furashkin, and Bazayev

IPF Men's World Championships - 15-18 NOV 01 - Sotkamo, Finland

114 lb. class	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
Hu TAI	462	485	496	220	236	240	733	496	518	540	1273
Gainer USA	407	429	440	270	286	292	716	468	496	501	1218
Stanaszek POL	573	595	595	352	352	360	925	286	286	286	1212
Jouravlev RUS	451	468	468	248	248	259	727	440	462	490	1190
Wszola POL	462	473	485	270	281	286	760	396	418	435	1179
Watanabe JPN	407	440	440	308	325	325	716	407	440	462	1157
Rudulis LAT	418	440	454	341	358	363	777	286	308	325	1102
123 lb. class											
Pavlov RUS	518	545	556	363	374	385	931	462	479	490	1421
Hsieh TAI	462	479	496	308	325	336	821	529	545	644	1366
Brandtzaeg NOR	507	540	518	275	286	286	804	485	501	512	1317
Lu TAI	529	540	540	242	253	253	782	518	529	534	1311
Vatyuk UKR	418	440	451	308	330	344	782	418	462	473	1256
132 lb. class											
Sutrisno INDO	551	595	606	341	374	396	970	529	573	595	1565
McNamara IRE	529	551	573	319	330	336	881	540	562	573	1444
Andryukhin RUS	554	554	551	297	314	349	865	545	545	551	1416
Isagawa JPN	468	490	504	380	396	413	903	473	496	512	1416
Taylor USA	451	479	496	303	349	319	799	529	573	595	1372
Srikumar IND	496	529	529	308	308	325	804	529	556	556	1333
Olech POL	473	485	485	275	286	286	760	518	540	554	1300
Richter GER	462	485	485	253	264	270	755	418	440	454	1195
Stacchini BRA	330	352	368	209	225	242	578	352	374	953	
Nurmeets EST	548	548	548								
148 lb. class											
Sivokon KAZ	639	666	683	440	462	473	1129	639	666	666	1796
Olech POL	661	705	727	352	369	380	1074	628	661	690	1735
Sacco ITA	584	617	622	319	330	330	953	595	639	666	1592
Richard GB	562	584	584	347	358	363	947	507	529	523	1471
Nieminen FIN	582	584	548	319	330	336	837	573	600	639	1438
Selbert SWE	518	551	567	330	352	352	920	451	485	512	1442
Noppers CAN	440	468	429	292	303	344	771	540	573	589	1361
Krishna IND	485	485	485	308	349	349	793	529	551	562	1355
Lettnier AUT	501	529	529	325	336	336	837	518	549		1355
Ruso CZE	518	540	551	259	275	275	826	473	496	507	1322
Nighiep AUS	451	449	499	220	231	236	688	551	584	595	1273
Arias USA	545	573	573	330	352	363	898	567	567	567	
El Beighiti FRA	562	584		314	349		876				
Huang TAI	529	529	529								
165 lb. class											
Furashkin RUS	661	683	699	429	451	462	1162	639	672	688	1835
Baranov RUS	661	683	694	374	391	396	1074	650	672	688	1747

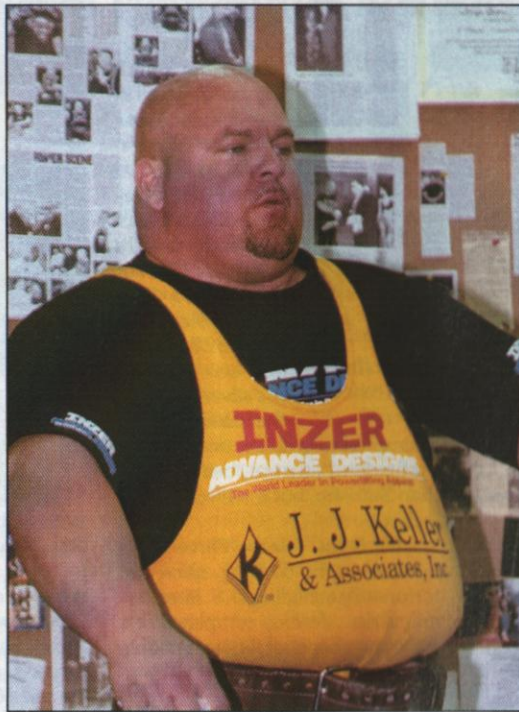
Bazayev UKR	666	677	677	380	391	402	1058	622	650	677	1708
Turakhanov KAZ	617	639	655	341	363	374	1019	617	644	672	1692
Wegiera POL	617	639	639	440	457	457	1058	584	606	617	1675
Lappi FIN	529	551	564	341	358	369	920	705	749	788	1669
Dangoyan KAZ	584	606	617	407	418	429	1047	573	595	606	1653
Elangov INDO	584	606	629	308	325	336	943	551	584	600	1543
Lehocky SLO	554	554	551	347	363	374	925	573	606	622	1532
Rasmussen DEN	496	529	556	363	363	380	892	496	540		1388
Muir AUS	462	485	496	292	308	344	793	529	556	556	1322
Anderson SWE	647	647	647								
Hsieh TAI	664	664	664								
181 lb. class											
Mor RUS	683	705	746	462	479	485	1190	661	683	694	1873
Gandner RUS	617	650	666	396	418	429	1096	639	683	699	1796
Tureson SWE	617	661	683	396	443	443	1080	661	677	705	1785
Soloivov UKR	689	683	705	473	490	490	1157	595	622	639	1779
Sohlman FIN	573	595	606	374	396	407	1003	705	744	789	1747
Silbaum EST	606	628		396	407		1025	672	705	746	1730
Panfilov KAZ	661	661	683	363	385	396	1069	551	617	639	1708
Singh IND	639	661	683	352	374	374	970	617	661	683	1653
Yannik IRL	595	595	628	352	374	374	970	617	661	683	1653
Nejat IRL	595	617	628	330	352	352	974	617	639	639	1587
v.d. Hoek NDL	551	584	595	352	369	374	974	573	606	617	1587
Grossbeck AUT	529	551	573	407	424	429	1003	540	562	584	1565
Favorito ITA	573	573	595	352	369	369	947	617	639	639	1565
Benemerito USA	534	556	567	380	396	413	953	551	578	606	1532
Chang TAI	573	606		363	385		959	562	584	584	1521
Costello AUS	462	496	512	325	347	358	859	584	617	639	1477
King NZ	497	551	562	286	308	349	870	529	573	594	1444
Summers CAN	496	529	529	325	347	363	859	529	573	589	1432
Bruggink NLD	551	584	584	363	363	363					
Malinen FIN	628	628	628								
Karatayev LIT	622	622	622								
198 lb. class											
Tarasenko RUS	727	760	788	485	518	540	1328	661	694	716	2044
Freydun UKR	716	744	744	496	512	523	1240	683	710	727	1967
Thueser CZE	716	738	755	462	485	496	1118	661	694	705	1945
Wagner USA	727	766	782	418	429	446	1195	633	661	677	1857
Sohlman FIN	661	694									

W.P.O. NEWS

Season Greetings and Happy New Year from the APF/WPO. If your New Year's resolution is to lift in a top notch powerlifting federation, you're in luck. As many of you know, I'm taking over the APF starting January 1, 2002. I look forward to the challenge of taking the APF to the next level. In this particular article I will elaborate on how on the APF will tie into the WPO, and then in the February PL USA I will explain in great length my new intentions and direction for the APF.

It is a common thought in the minds of many legitimate powerlifters that there should be one governing body that oversees powerlifting in it's entirety. Realistically, this will never happen. First, there is way too much political influence for a sport that's virtually unknown to the general public. Second, there are too many crybabies who purposely bounce from federation to federation to avoid lifting against quality lifters. This "big fish in small pond - trophy hog" mentality has diluted powerlifting and kept it from reaching its zenith. If I could wave a magic wand and make all the small time federations disappear, believe me, I would. Since I possess no magical powers, except making food vanish, I have devised an alternative solution. Every professional organization that has existed long term, whether it be a team sport or individual sport, has an amateur body associated with it. If you're a boxer you fight in the

Olympics, then the pros. If you want to be a pro football player, one plays in college (NCAA) then becomes pro (NFL). The same holds true for all major sports in American society. January 1st, 2002 the APF will become the amateur body of the WPO. Any lifter who has not competed in a WPO contest must come through the APF first. When the WPO first started I allowed lifters that had competed in the APF/WPC, USAPL/IPF, IPA, and USPF in the last five years to compete. Knowing that the acceptance of the WPO wouldn't happen overnight is why I allowed multi-federation qualification. This is no longer the case. Since the WPO's inception the course of powerlifting history has been altered forever, and warrants a more stringent internal qualification. By having the APF become the gateway into the WPO, it will only enhance the sport's credibility, and heighten the general public's positive perception of powerlifting. The WPO Qualifier and the APF Senior Nationals will be the only two annual qualifiers to advance lifters to the WPO Semi-Finals. Lifters not affiliated with APF who want to compete in the APF Senior Nationals must pre-qualify. Russ Barlow and I are allowing any APF three lift meet that he and I promote to be an APF Senior National Qualifier. Russ has a spring and fall APF three lift meet annually in Maine. I will be promoting my normal spring and fall APF



Garry Frank topped off an amazing year with a 2606!

or a smaller amount more often. The denominations that were listed in the letters to each finalist are the absolute lowest amount the prize money would be. It is a backup plan in case there ends up being no sponsorship input. The bottom line is - no professional organization has ever flourished without corporate sponsorship. For the record, I have some great sponsorship opportunities brewing as we speak. There have been many questions from lifters competing in the Finals on how much the prize money will be. Since I have no concrete figures from the sponsors yet, I thought a minimum amount would be appropriate in case sponsorship doesn't pan out. There will still be \$1000 for World Records and a substantial amount of money for the three Super

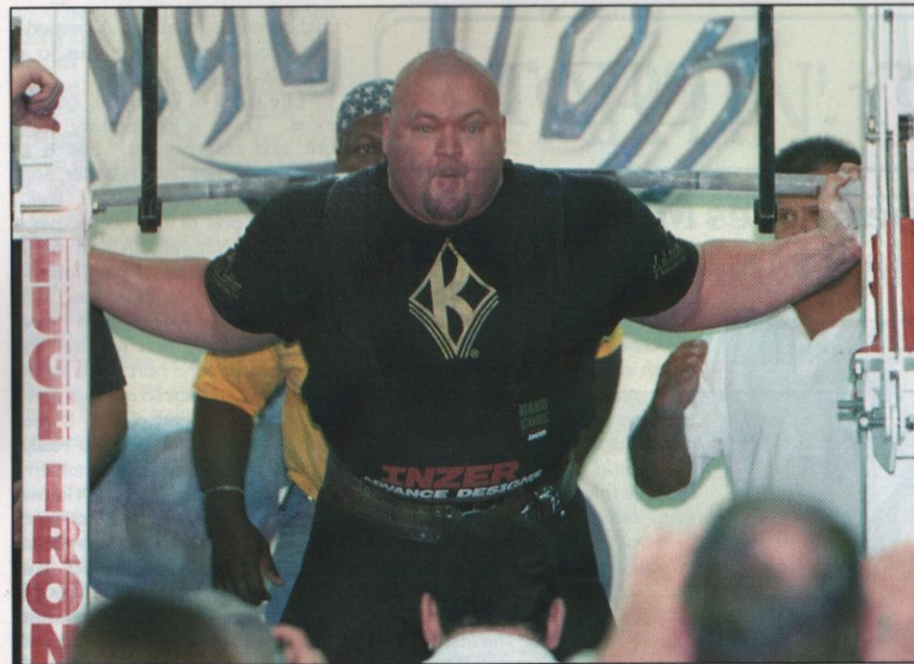
Open titles. When I am able to reveal the actual amounts they will be posted on our website. I am aware that I overloaded the bar prematurely by making the prize money too high for the WPO Semi-Finals, but I will apologize to no one for being over anxious. Everything is shaping up nicely for the Arnold Classic. I have been to Columbus a number of times, doing legwork in preparation for the contest. With two whole days of Huge Iron mayhem and heavy metal madness, it's sure to be the best powerlifting meet in history, and in front of thousands of out of control powerlifting fans. The exposure at the Arnold Classic is second to none! By January I will have total website updating capabilities, able to be done in-house and anywhere in the free world I promote a contest. I can't tell you how excited myself and everybody associated with helping me promote the WPO is. The city of Columbus, Ohio and Mr. Lorimer are welcoming the WPO with open arms, confident that the WPO will elevate the excitement level of the already prestigious Arnold Classic. Finally, I just want to thank everyone who has stuck by me through thick and thin. I assure you that I'm more focused and motivated than ever before. The powerlifting world can count on 150% dedication from me, and absolutely nothing will stand in my way in order for powerlifters to be perceived as the world's strongest professional athletes.

In closing, I just want to address a few issues pertaining to the WPO Finals at the Arnold Classic. I know that there must be some questions on the information that all the lifters competing in the WPO Finals received in the mail. I realize that there is going to be disappointment with a lesser dollar amount from the Semi-Finals in comparison to the Finals, but it has to be done for the long haul. Either we will lift for a lot of money one time

Thank you,
your WPO President,
Kieran Kidder

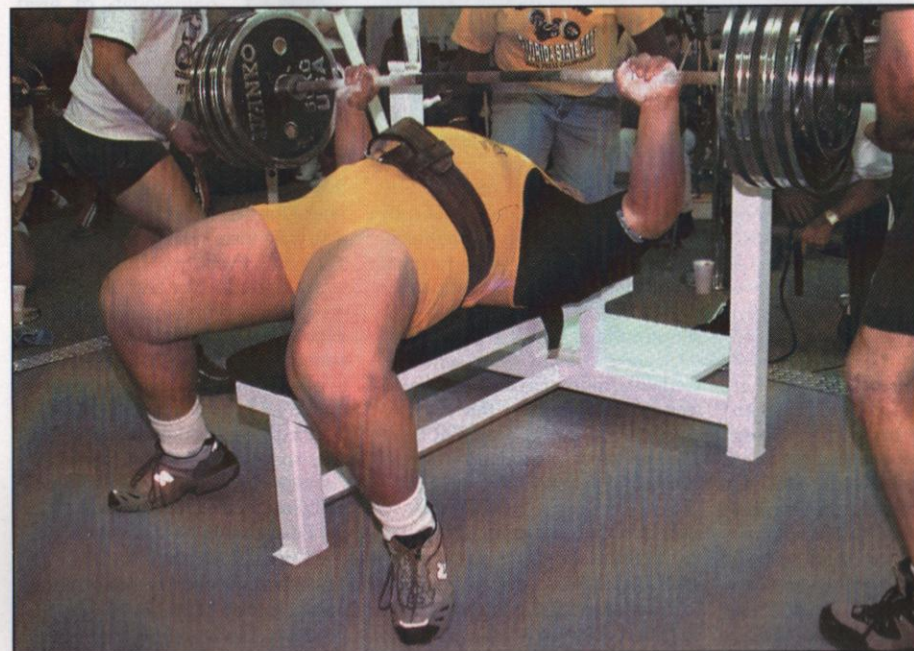


WPO President Kieran Kidder announcing the meet where Garry Frank went 2606!



Garry Frank squatted 1008 en route to yet another new All Time Total Record at the APF Southern States Championships on December 1st, 2001, promoted by the WPO's Kieran Kidder

(from POWER HOTLINE newsletter, Volume 20, Number 24, December 3rd, 2001) "FRANK DOES IT - AGAIN!!! - 2606 at the APF Southern States Open, promoted by Kieran Kidder in Daytona Beach, Florida on December 1st (we held back this issue of POWER HOTLINE a few days to include this report) Garry Frank continued his unprecedented assault on the All Time record book with a new record in the Superheavyweight class of 2606 comprised of a 1008 squat, 733 bench press, and 865 deadlift. The meet ran a bit late as the 53 pre-registered entrants were joined by 18 more at the last minute. Within one year, Garry broke the all time Superheavyweight total record FOUR times, (starting with his 2500 last December, 2530 shortly after that, and 2601 at the APF Seniors) and if you want to extend it to extend the look back another month, his lifting at the WPC Worlds would make it 5 times in 13 months"



Garry got a 733 bench at the Huge Iron facility meet in Daytona Beach to give him an incredible 1741 subtotal (these two photos and those on the previous page are taken by Steve Notaras)

PHYSIQUE BODYWARE FOR X-TREME FITNESS



775. STRIPE SLINKY TOP
(M/L, L/XL, XL/XXL)
Black/Grey,
Black/White
\$31.95

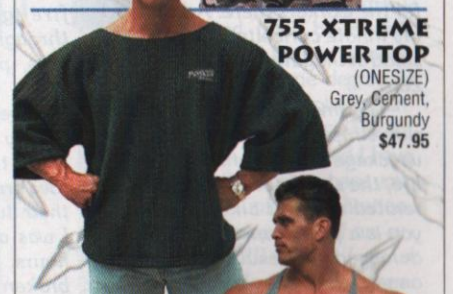
719. SLINKY TOP
(M/L, L/XL, XL/XXL)
California Blue, Black,
Red, Grey
\$29.95



726. HOT SHORTS
(S, M, L, XL) Black, Grey,
Yellow, Blue, Red
\$23.95



754. PHYSIQUE JACKET
(M/L, L/XL)
Oatmeal, Black
\$59.95



755. XTREME POWER TOP
(ONESIZE)
Grey, Cement,
Burgundy
\$47.95



725. Y-BACK STRINGER
(M/L, XL/XXL)
Black, Red, White,
Yellow, Grey, Blue
\$14.95

888.932.7488
ORDERS ONLY PLEASE!

PHYSIQUE BODYWARE
16 Birch Hill Drive, Poughkeepsie, NY 12603
845.473.4832 FOR CATALOGS
www.physiquebodywareusa.com

I recently received a letter from a very dear friend of mine named Debbie Sample. Let me mention from the start that Debbie is one of my greatest heroes in life. She is so loving, and so compassionate, and so full of wonderful things to share. Her entire life is one of giving and sharing - as I would like for my life to be, and I would hope that you would want your life to be. She is just a blessing for me.

In any event, I received this magnificent letter from her concerning the events surrounding 9/11. It was one of the most heart-rending compositions of literature I have ever read. I really mean that. I sat there reading with tears rolling down my cheeks and chills all over my body. This short essay taught me so much about suffering, love, and compassion that I want to share it with you. I think you will agree that her words are absolutely fervent yet extremely heartening. Debbie writes:

Dear Judd

I have had a very hard time coping with the aftermath of The World Trade Center disaster. I used to work there. I was there for the first bombing in 1993, which was one of the worst experiences of my life ... until now. I lost many of my former colleagues and one of my closest childhood friends on 9/11 and I'm just having a hard time processing the whole thing. I returned to NYC from California for the funerals, and had the opportunity to tour Ground Zero. In retrospect, I wish I had the wisdom or foresight to refrain, but I felt God prompting or convicting me to go and offer prayer over the site and support for the workers there. Add to that my innate curiosity ... and there I stood at the gates of Hell ... Ground Zero.

The images you see on television simply do not relay the true wreckage ... the senseless loss of life, the sheer horror and unadulterated evil of it all. All I will tell you is a part of me deep inside is damaged as a result of what I saw on my tour of Ground Zero, and I don't believe it will ever truly heal. I can only hope that this experience will help me somehow reach and help others for the remainder of my life.

Words cannot describe the sight, smell and sound of the area. It smells of death ... burning, rotting garbage ... and then it hits you ... that smell is emanating from the 5000+ still missing bodies that lie in the mangled burning rubble; but not just bodies ... mothers and fathers, daughters and sons, husbands and wives ... families torn apart beyond repair in one short

Dr. JUDD

All Experiences Make Us Grow
as told to PL USA by Judd Biasiotto Ph.D.



Jeremey Arias (with Coach Larry Maile) will use the pain of bombing at this year's IPF Worlds to make himself into a stronger and better lifter in the future. (Isagawa photo)

hour. It is the World's largest crematorium. It is incomprehensible only until you begin to travel around the entire city and see the pictures of these lost individuals posted on billboards and scaffolds by their distraught loved ones ... then all of a sudden it's very personal and a part of you aches from the loss ... a part of you dies inside.

And watching these firefighters, dig relentlessly through this mess, looking in their eyes, putting your arms around them, listening to their stories, you begin to realize what they clearly do not. You know, that when the dust settles, these heroes are going to begin the fight of their lives; a fight for their sanity. I was at the site for less than 3 hours. I currently suffer from a broken heart the like of which I have never known ... and let me tell something ... That's really saying something because I know what heartache feels like!!! These men have not even begun to process what they have witnessed. I now know what Hell must look like. And I am absolutely convinced I don't ever want to go there!!

I thought things could not get worse, and then I went to an even darker place. I was asked to help out at Pier 94 where the Salvation Army was issuing death certificates and conducting grief counseling for the families of the survi-

vors. People were lined up around the block waiting to receive these death certificates for their loved ones which they needed in order to process benefits from insurance plans and pensions so that they could collect the funds they desperately needed to support what remained of their families. The line was so long, that it was impossible to process them all by the end of each day. I spoke to people who reported they'd been there every day for the last 9 days and still had not gotten to the front of the line and would have to try again the next day. The gut-wrenching stories these people relayed were enough to make you weep from the deepest crevice of your soul for days. I wanted to drop everything in my life and go enlist in the armed forces to somehow right this terrible wrong against humanity.

Anyway, as I said, I will never be the same for what I experienced at Ground Zero and Pier 94. My pain and grief are virtually inconsolable at times, but I often find small patches of relief when I acknowledge that Great good will be the long-term result of this tragedy. Yes ... GREAT GOOD!!! As odd as this may sound, I have a confident assurance that it will. I must tell you, like no other time in my life, I felt God's presence with me every moment and I saw God's miracles all around me in both of those horrific places ... AND EVERY DAY since!!!

Isn't that extraordinary! You know, in America we are constantly pursuing happiness and self-fulfillment. Conversely, we go to great lengths to avoid any type of pain or heartache. Well, I don't want to sound morbid, but there is a great deal we can learn from suffering. Certainly, most of us would prefer to learn our lessons in the resplendence of joy, but to deny that there is some value in suffering is a mistake of significant magnitude. Of course, I am not suggesting that we seek out or cling to anguish or misery, but if suffering does manifest itself, I think it is in our best interest to experience it rather than run from it. When adversity strikes, experience it, embrace it, and then let it go. But do embrace it because it can teach us so much about what being

truly human is all about. All experiences good or bad elevate us to a higher level of existence.

Life is full of wonderful experiences. There is joy, ecstasy, rapture, and contentment. Sex is a great experience, love is better, and unadulterated happiness ... well, that's just one of the best experiences of all. Naturally, in life there is also the experience of pain, disappointment, despair, loneliness, and confusion. That's right, life is more than just ecstasy and rapture; it's also confusion and hurt and a lot of other good and not so good experiences. It's all a part of life. If you want to live life fully, if you really want to grow, you have to experience all that life brings. I don't know about you, but I want to experience everything. I want to open up all the boxes. I want to live my life fully. I'm not going to let fear rule my life. If I get the box called pain, I'll deal with it. It won't be fun, and I know it will hurt; I've encountered it a couple of times already, but I know the experience will help me grow ... so will the experiences called depression, rejection, loneliness, death and despair. And then when you say to me, "Judd, I'm afraid of being rejected," I can understand a little bit about your fear and on that point we have a chance to grow closer together.

I remember a few years ago, one of my best friend's father died. It was one of the toughest things he ever experienced. He was absolutely devastated. When he told me of his father's death, I felt terrible for him; I mean really terrible. I would call him every night to find out how he was doing. We would stay on the phone for hours - crying, reminiscing, and just talking. Every night I would call him and every night we would end up crying. Then one night I got a call from my mother and she said, "Judd, your father died tonight." When I first heard those words, it was like someone hitting me with a sledgehammer. It was just that painful. After I stopped crying, one of the first things I thought about was how insensitive I was towards my friend. Even though I called him every night, I never understood the emotional and physical pain that the experience "my father is dead" contained. Now I know, and I can relate to others who have opened that box ... just as I can relate to an athlete who experiences defeat, injury, failure, success, ecstasy and rapture. I've experienced all of those things, and I'm a better person for it.

Sometimes you have to experience defeat to relish victory. You have to experience rejection to understand love. You have to experience pain to appreciate pleasure. And sometimes you have to look at death to value life. All experiences make us grow.

The optimum number of repetitions to be performed for maximum results in powerlifting training has always been a controversial issue. This number, of course, varies with the goals of the trainee. For maximum strength building lower reps 1-8, are preferred by most experts. For bodybuilding purposes, higher reps, 6-15 get the nod. Even within these ranges, experts agree to disagree.

Research, as well as experience, has shown that no single rep scheme can effect all aspects of muscle cell development. Holistic training addresses this challenge. This method incorporates all rep ranges, either in each workout or over a period of workouts or cycles. This training method can definitely be applied to our sport of powerlifting.

Muscle tissue consists of myofibrils and mitochondria. Powerlifters, by nature, tend to develop the myofibrils through the near exclusive use of relatively low rep schemes. However, higher reps in the 20-30 rep range, develop the mitochondria, which make up 20-30% of muscle. This would seem to present an opportunity or another avenue to explore in our quest for maximum power. If we could devote a portion of our training time to developing these cells, we could achieve more complete muscular development and hopefully, a higher total. I am not saying that powerlifters should change from the basic low rep method, but slightly tweak their overall training plan to work these overlooked muscle cells. This tweaking can be accomplished in several ways.

One way would be to concentrate on high rep training immediately after a layoff from a long contest cycle. A few weeks of training devoting about 25-50% of your workout to high rep training will also be a refreshing change for both your mind and body after hitting max or near max weights leading to a contest. It would also simulate blood flow or pump to the muscles, carrying toxins

STARTIN' OUT

A special section dedicated to the beginning lifter

High Reps in Training

as told to Powerlifting USA by Doug Daniels



How Many Reps ... a question lifters like IPF Silver Medalist in the squat Rob Wagner have to ask themselves. (photo by Hiro Isagawa, who made a 452 bench at 132 at the IPF Bench Worlds)

out of the muscles and speeding recuperation.

Another method would be to include some high rep sets on your light training days. Also, high reps could be used as a finisher or 'pump' set after your heavy work. Older lifters will realize benefits from occasional use of high reps. This could

add to competition longevity. A steady diet of heavy, low rep sets over time can really take their toll on anyone's body.

Since high rep training will stimulate 20-30% more of the muscle structure, a side benefit may be an increase in muscle size. Bodybuilders Ronnie Coleman and Tom Platz

are big proponents of high rep training. Coleman does 50-70 reps of benches with 225 and Platz was famous for his super high rep squat workouts. These men definitely got some size in return for their efforts. Although size and strength are not related on a one-to-one basis, the increase in size could add an extra leverage advantage, hence bigger lifts in competition even without a corresponding increase in muscle strength.

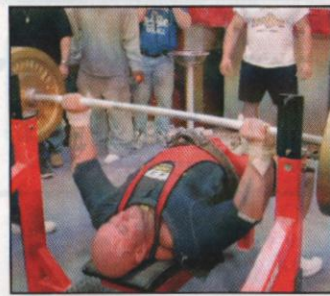
Which exercises you choose to work with high reps is up to you. Obviously, a set of 20-40 reps of squats is also going to have a profound effect on your cardiovascular system, another side benefit. Drop the high rep work at least three weeks prior a meet to avoid overtraining. Keep in mind that proper exercise form is critical for best results no matter what rep scheme you follow. Just because the weights are light enough to allow dozens of reps, does not mean that ballistic or partial reps are okay.

I hope I have stimulated your brain cells enough for you to incorporate some degree of high rep or holistic training into your workout plan in a method I have outlined, or perhaps your own unique application. Development of an extra 20-30% of your muscle cells is the potential reward, not to mention added exercise variety, enhanced recuperation and a longer career. Remember that basic low rep (1-8) training seems to be the preferred rep scheme for results in powerlifting, but don't stop there. No one method exclusively will yield maximum results in the long run.

Doug's Web address:
members.aol.com/ddani112345/default.htm

**IPA Nationals
17-18 NOV 01 - Columbus, OH**

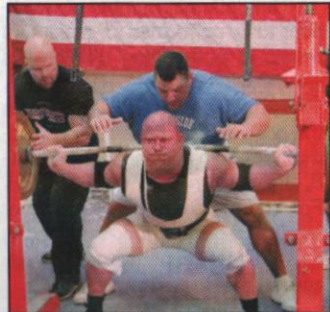
Women				
Pro Open				
132				
A. Weisberger	465	315	470	1250
SHW				
K. Sizemore	525	375	475	1375
Am Open				
132				
J. Rhodes	285	145	320	750
Am Junior				
132				
K. Carpenter	275	150	265	690
Am Submaster				
114				
S. Parrish	305	155	370	830
Am Master 45-49				
K. Kleinert	115	80	150	345
Am Master 65-69				
SHW				
A. Collins	115	100	225	440
Men Bench Press				
132				
D. Rudel	275			
165				
M. Valone				
181				
D. Kyser	335			
198				
J. Morsala Sr.	450			
220				
S. Lewis	560			
G. Austin	420			
242				
G. Buechlein	605			
M. Walters	375			
275				
J. Spencer	385			
308				
M. Teter	525			
D. Minks	400			
M. Barravecchio				
Mens Pro Open Powerlifting				
148				
D. Heath	505	445	505	1455
165				
E. Guy	400	300	410	1110
181				
J. Dougherty	730	540	700	1970
T. Kamand	780	430	700	1910
M. Maxwell	720	405	580	1705
B. Waites	585	500	530	1615
F. Wambsgans	650	280	635	1565
198				
J. McCoy	705	525	665	1895
S. Cuevas	740	530	540	1810
M. Hill	700	480	610	1790
M. Burrows	640	475	635	1750
O. Garcia	660	430	620	1710
J. Jester	550	430	510	1490
J. Corsitto	610	185	580	1375
M. Wiedemer				
S. Kerschner	500			
220				
C. Vogelphohl	1000	505	795	2300
K. Patterson	805	660	650	2115
K. Ferrara	780	515	775	2070
G. Scott	705	545	650	1900
E. Patterson	705	525	600	1830
S. Blanchard	685	470	670	1825
J. Augenstein	725	440	660	1825
W. Tomko	725	480	615	1820
E. Rectenwald	560	545	600	1705
B. Bennett	675	480	550	1705



Jerry Obradovic bped 660 @ 275

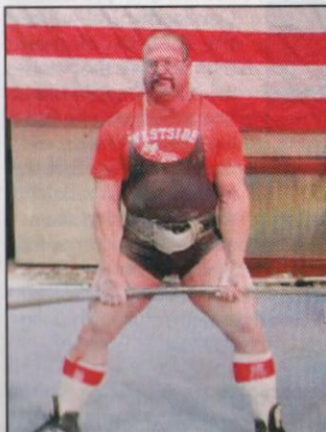
G. Larkins	500	340	555	1395
S. Eigenbrode	380	270	400	1050
D. Karam	242			
J. Bayles	840	605	755	2200
N. Lavitola	870	515	750	2135
M. Bartley	825	600	700	2125
B. Kyle	775	585	700	2060
C. Young	805	485	685	1975
C. Focht	740	530	670	1940
C. Shortland	625	600	665	1890
D. Beversdorf	700	500	610	1810
E. Covey	725	455	565	1745
T. Fouts	660	450	575	1685
E. Ruquet	700	415	545	1660
M. Rydelek	600	415	585	1600
M. Fessenden				
E. Clark				
L. Angle	675			
275				
G. Daniels	810	600	810	2220
J. Obradovic	800	660	710	2170
J. Meyers	805	510	750	2065
J. Green	900	460	700	2060
T. Beach	755	590	710	2055
J. Manly	750	525	725	2000
D. Hollis	740	530	680	1950
J. Bott	800	550	600	1950
J. Wendler	825	480	600	1905
T. Musser	720	550	585	1855
S. Robbins	700	500	635	1835
D. Dauge	685	460	655	1800
M. Stuchiner	680	440	615	1735
S. Allen				
C. Miller	650			
308				
C. Wiers	775	630	750	2155
J. Grove	820	570	600	1990
B. Lever				
SHW				
M. Smith	950	670	825	2445
D. Thompson	905	605	775	2285
R. Barlow	850	545	800	2195
T. Hutson	925	575	675	2175
J. Phillips	750	560	725	2035
M. Ruggiera				
J. Willoughby				
A. Henry				
Pro Junior				
220				
J. Murphy				
275				
T. Musser	720	550	585	1855
SHW				
M. Wilson	840	425	650	1915
Pro Submaster				
198				
S. Hailey	520	400	470	1390
242				
N. Lavitola	870	515	750	2135
R. Elrod	670	435	560	1665
308				
A. Klest	760	510	650	1920
B. Hodson	500	470	500	1470
Pro Master 40-44				
181				
T. Kamand	780	435	700	1910
198				
G. Clayman	570	425	610	1605
R. Althouse		340	440	
220				
G. Scott	705	545	650	1900
242				
E. Ruquet	700	415	545	1660
C. French	615	365	590	1570
275				
D. Dauge	685	460	655	1800
T. Desantis	500	420	550	1470
308				
R. Capocchia	800	540	695	2035
SHW				
J. R. Hunt	960	630	750	2340
S. Brodsky	835	515	655	2005

Pro Master 45-49				
148				
D. Heath	505	445	505	1455
198				
J. Corsitto	610	185	580	1375
R. Fortson	520	250	600	1370
242				
A.J. Henderson	760	390	615	1765
275				
M. Dimiduk	800	345	700	1845
Pro Master 55-59				
181				
F. Wambsgans	650	380	635	1565
Am Open				
165				
A. McVanev	570	315	550	1435
181				
B. Crowe	600	465	545	1610
G. Sotirakos	500	445	560	1505
D. Kirschen	545	420	500	1465
R. McMillan	475	305	465	1245
G. Brason				
198				
D. Wallace	645	400	575	1620
R. Crane	525	350	425	1300
220				
J. Cox	820	475	605	1900
P. Suthphin	685	370	575	1630
G. Austin	575	420	570	1565
D. Fields				
242				
P. Dick	680	500	575	1755
J. Voelkel	500	335	500	1335
W. McOnnas				
275				
S. Brooks	700	520	660	1880
P. Battle	705	460	635	1800
P. Simpson	650	470	605	1725
B. Saunders	650	450	585	1685
M. Brown	685	405	580	1670
308				
A. Howell	810	500	625	1935
A. Gianotti	550	325		
J. Davidson	700		600	
SHW				
C. Therman	800	500	625	1925
D. Oyler	735	395	670	1800
N. Delan	700	400	600	1700
Am Junior				
198				
R. Martucci	675	340	505	1520
275				
G. Benedetti	430	430	435	1295
J. Birney				
Am Submaster				
165				
A. McVanev	570	315	550	1435
181				
G. Brason				
198				
D. Wallace	645	400	575	1620
M. Majer	545	315	540	1400
S. Barker				
242				
E. Callaku	610	425	610	1645
J. Parrish	650	400	575	1625
K. Bardos	515	400	585	1500
275				
P. Araeri	650	500	545	1695
S. Glover	600	370	530	1500
SHW				
D. Oyler	735	395	670	1800
M. French	700			
Am Teen				
148				
A. Ankrom	455	280	450	1185
M. Welcheck	385	205	390	980
165				
J. Gunn	460	255	450	1165
A. J. Santino	400	250	465	1155
B. Mathews	390	225	390	1005
P. Curley	435		560	
181				

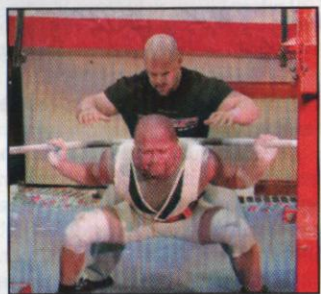


Kenny Patterson a fine 3 lift total.

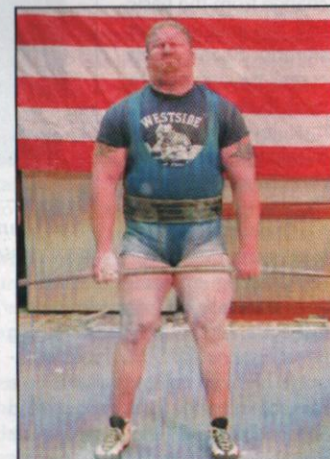
E. Melodini	430	290	480	1200
M. Schiff	400	250	200	850
220				
P. Delvey	540	375	550	1465
242				
K. Dewese	600	415	585	1600
Am Master 40-44				
148				
J. Gengo	410	300	490	1200
165				
R. Hamsher	425	315	450	1210
242				
R. Smith	605	405	565	1575
SHW				
N. Delan	700	400	600	1700
A. Phillips				
Am Master 45-49				
220				
P. Suthphin	685	370	575	1630
275				
P. Simpson	650	470	601	1725
Am Master 50-54				
148				
D. Brochey	355	270	345	970
Am Master 55-59				
220				
S. Glover	405	305	430	1140
SHW				
L. Smith	530	255	400	1185
Am Master 60-64				
198				
R. Furman	420	270	500	1190
R. Zavacky	385	300	460	1145
Am Master 65-69				
148				
N. Ravindran	95	90	155	340
Am Master 70-74				
181				
B. Creech	215	125	265	605
Am Police				
181				
C. Colondrillo	425	285	580	1290
220				
R. Williams	420	330	405	1155
242				
R. Esparza				
275				
M. Dimiduk	800	345	700	1845
Bench Press				
220				
A. Grese				
L. Gerczak				



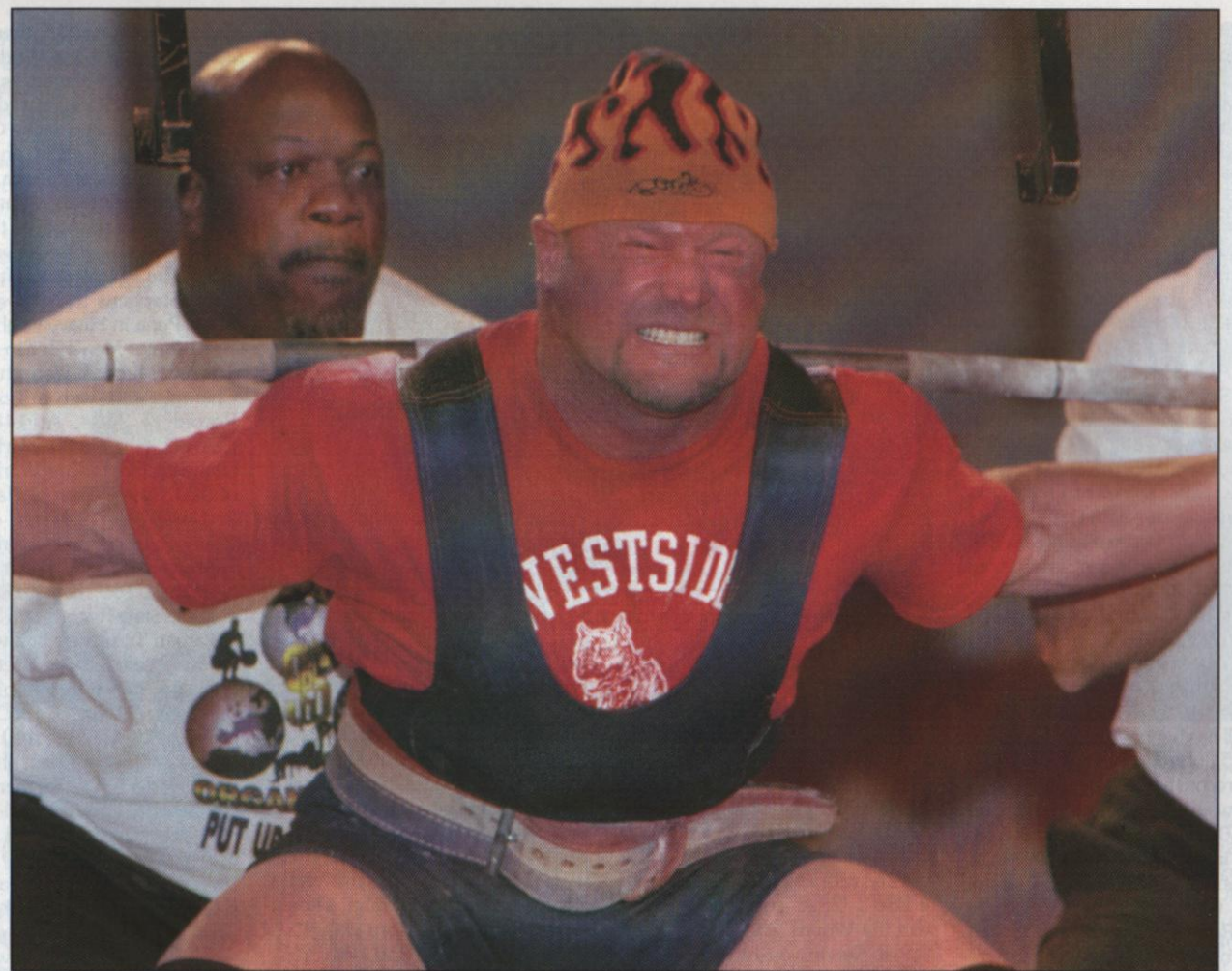
A Muscular Nick Lavitola at 242



Joe Dougherty- great total @ 181



**Matt Smith ... good in all the lifts
(all photographs by Dave Tate)**



CHUCK VOGELPHOHL squatted 1000 lbs. in the 220 lb. class at the IPA Nationals, after making an 848 at the WPO Semi-Finals

SUPPLEMENT DIRECT

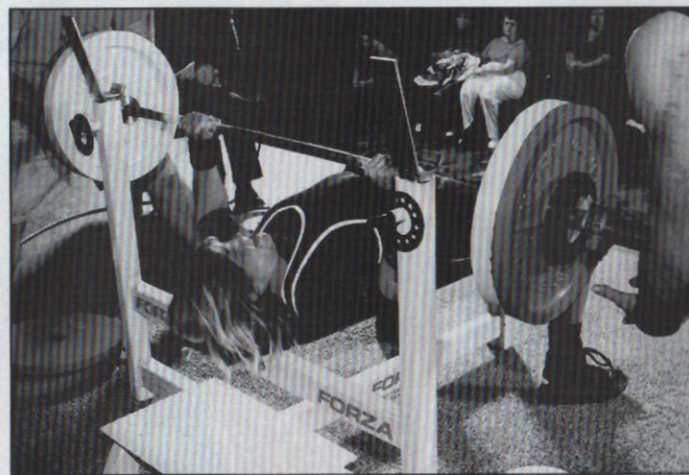
The best F#&%n' Supplements You'll ever buy. PERIOD!

<p>PURE WHEY PROTEIN</p> <p>2 lbs. - \$9.99 5 lbs. - \$19.99 11 lbs. bag - \$41.99</p> <p>WINNER BY FAR!</p> <p>VS</p> <p>PROTEIN</p> <p>TOD MUCH</p> <p>YOU SAVE \$50.00 EVERYDAY</p>	<p>SIMPLY COMPLETE WHEY</p> <p>5 lbs. - \$42.00</p> <p>NO BRAINER!</p> <p>YOU SAVE \$58.00 EVERYDAY</p>	<p>HIGH PERFORMANCE CREATINE</p> <p>7.7 lbs. - \$80.00</p> <p>WAY TOO MUCH</p> <p>YOU SAVE \$58.00 EVERYDAY</p>	<p>CELL TECH</p> <p>7 lbs. - \$80.00</p> <p>WHY BOTHER</p> <p>YOU SAVE \$18.00 EVERYDAY</p>
<p>MAXIMUM STRENGTH FAT BURNERS</p> <p>120 Capsules 60 Serving \$17.</p>			

Five hundred fifty two lifters showed up at the beautiful Peppermill Hotel in Reno, Nevada. There was a total of 927 benchers and deadlifters, with 927 trophies given out to lifters along with 70 outstanding lifter trophies and 6 team trophies. The trophy bill was \$21,640.00 and the cost of putting the meet on was \$43,214.00.

In the Bench Press in Submaster at 165#, A.J. Agamao set a California State Record 424 to edge out Steve Ward, who did 418 weighing 152. At 181#, Jose Marin set a Texas State Record with 413#. Edgar Bravo of Guatemala and Brian Baertlein both did 407. At 198# Johnny Hernandez of Idaho won the Worlds with 451. Troy Weippert was 2nd with a North Dakota State Record of 374#. At 220# Kenneth Millrany set a Tennessee State Record with 462 3/4 to beat Roderick Rogers of Alabama, who was 2nd with 418. At 242, Jimmie Fullerton tied a Texas State Record with 529 to beat Russell Kitani, who set a Nevada State Record with 523. Russell has benched as high as 562. At 275 John Stewart, who broke a world record in this category, 3 meets in a row, was off a little and ended up with 600. His World Record is 628. A fast improving Kendall Walden of Oregon was 2nd with 584. Jaimi Tovar was third with a California State Record 512 1/2. At 308, Jim Cunningham was the World Champion with 600 3/4 and had 628 within one inch of lockout. Julian Erevia was 2nd with 462. At Super,

WABDL World Championships as told to PL USA by GUS RETHWISCH



Joanne Warner was this close to a 341 Bench. (B. Baertlein photos)

big Dave Marchant of Utah set a Utah State Record with 556 1/2. Thomas McKinney of Texas was 2nd with 490. The outstanding lifters were Steve Ward in the lightweight division and John Stewart in the heavyweight division.

In Class I Bench, Randall Wrye was 1st with 292 and Eric Nahorniak was 2nd with a Nevada State Record of 286 1/2. At 165 Gerald Figard won the Worlds with 203. At 181 Nathan Nelson won the World Championship with a Nevada State Record 380. At 198, Greg Stephens set a California State Record 418 3/4

and Steve Ughe, the leader of the Palace Gym of Burlingame, California, was 2nd with 396. Brant Bishop of Alabama was 3rd with 391. At 220, there were 9 contestants and Steve Pena, who is blind, won with a very impressive 473 3/4 (California State Record). Joe Guerra was a distant 2nd with 413. At 242, there were 7 contestants and the World Champion was Kevin Hahn, who set a Missouri State Record with 457. Rich Ludlam was 2nd with 451. James Mazingo of the Marine Corps Mountain Training School (and soon to be heading for Afghanistan) was

3rd with 424. At 275, there were 7 contestants and the World Champion was Steve Hendricks, who set an Alabama State Record of 496. Mike Lutz was 2nd with a California State Record of 485#. In 3rd was Colin Bonneau of Alberta, Canada with 468 and 4th was William Pontius of Seattle, Wash. At 308, the World Champion was John Newman with 374. The outstanding lifters were Greg Stephens in lightweight and Steve Pena in Heavyweight.

In Junior Men's Bench at 132#, Stanley Mendez won the World Championship with a Texas State Record of 248#. At 148 Martin Cain of Utah won the Worlds with a Utah State Record and World Record of 380. Taylor Tom of Hawaii was 2nd with 369, however, on a 4th attempt he regained his world record, which he previously held at 355 with a 381. At 165, Bryan Bunn set a Georgia State Record with 341 1/2. Jonathan T Cruz was 2nd with 292. At 181, Jeff Sussman set a Calif. State Record with a whopping 440 3/4. Greg Gibson, also of Calif., was just as whopping with 440 3/4, but he was the heavier man and had to settle for 2nd. At 198, there were 7 contestants and Emie Mil-Homens of Canada won the World Championship with 451 3/4. In 2nd was Greg Stephens with a Calif. State Record 418. At 220, Josh Wilkins, who holds the world record at 220 with 525, won this time with 512. Phil Davi was 2nd with 501. At 242 Adrian Larsen put up an impressive 512 1/2 for an Oregon State Record.

Tony Arterburn of North Carolina was 2nd with 479 1/2. Andrew Quiroz was 3rd with a Texas State Record of 473. At 275 Jason Parman set a Kentucky State Record with 485 to win the Worlds. Cody Sacher was 2nd with 418 3/4. Cody has done 462 as a teenager. At 308 Jerry Pritchett of Arizona won with 435. Outstanding Lifters were Martin Cain at lightweight and Josh Wilkins at heavyweight.

In Teen Men Bench, 13-15 age group, Trent Corey set a Georgia and World Record of 110# in the 97# class. At 123, Kevin Pennington of

Washington was 1st with 137 1/2. At 132 Zach O'Quinn set a Texas State Record with 187. At 148 Clayton Pinson set an Oklahoma State Record with 165# for 1st. At 165, Andy Munsey of Oregon won with 159 3/4. At 181 Micky Martin of Oklahoma won with 143. At 198 James Perry won with 181 3/4. At 220 Viktor Tovar set a Calif. State Record with 203 3/4. Outstanding lifter for 13-15 was Zach O'Quinn.

In Teen 16-19, at 105#, Randall Griggs set an Oregon and World Record of 170 3/4. At 123 Chuckie Snider set two World Records, ending up with 270# and he threw in a couple of Texas State Records for good measure. At 132 Damian Lewis of Washington put up 220 for the World Title. At 148, Damian Osgood of Maine won with a respectable 308 1/2 and a Maine State Record. At 165 Paul Seaver, who holds the World Record at 13-15 165 with 281, beat Hayward Blake 326 to 325 in a real barnburner and took Blake's Calif. State Record in the process. At 181 Anthony Palomba of Louisiana won the World Championship with 341 1/2. At 198 Matthew Christie set a Georgia State with 358 to get his world title. At 275, DeShaun Milliken, who was the top running back in Washington State, set a world record 518. He has a football scholarship to the University of Oregon and runs a 4.4 forty, weighing 255#. Watch for this guy - he's a good bet to win the Heisman in a couple of years. Arnold Gonzales of Texas won the 308 class with 314. Outstanding lifters were Zach O'Quinn in lightweight and DeShaun Milliken in heavyweight.

In open bench at 123, Bobby Sanders won with a 248. At 132 Herbeth Garcia of Guatemala beat out Stanley Mendez of Texas with a 248. At 148, the current World Record holder Evan Davidson of Arizona beat Monty Hokoana of Hawaii, 380 to 352. Kom Phankham of Washington was 3rd with 341 1/2. At 165 Jesse Romero of Washington won the Worlds with 352



Johnny Hernandez and his daughter... Johnny got a 451 bench in the 198 Submaster class.

1/2. At 181 Bryan Beebe did a subpar, for him, 440 to edge Corey Evans of Canada, who also did 440, but was the heavier man. Byron holds the Masters World Record at 181 with 491. At 198, George Herring of Georgia, who has won numerous World Championships and set over 30 world records did a 496. He is usually capable of 520 or

(this article is continued on page 66)



Jason Jac kson got a spectacular 606 at 242.

WABDL World Championships 15-19 NOV 01 - Reno, Nevada

Bench Press	B. Gillespie BL	633	ZB. Wright	341	SHW	220	G. Lands	473	242	N. Bruckner
Master 40-46	C. Lewis	545	F. Beeler	529	D. James	451	K. Hahn	457	K. Hahn	457
123	S. Khader	451	B. Sabbin	462	61-67	L. Taylor	R. Padgett	440	R. Ludlam	451
B. Sanders	248	T. Manno	T. Myers	369	L. Vincent	270	E. Anderson	396	J. Mozingo	424
165	SHW	L. Barrett	SHW	4th	R. Gidcumb	287	J. Peters	231	J. Moomis	402
D. Winslow	308	A. Ramsey	L. Ward	165	G. Johnson	319	A. Whinston	104	W. Pontius	418
V. Ledford	297	R. Young	54-60	165	G. Boucher	303	T. Christensen	418	S. Hendricks	496
R. High	270	P. Benvin	165	181	R. Abbott	225	S. Ronolo	303	D. Goldworthy	468
B. Beebe	435	Master 47-53	S. Lemire	292	R. Abbott	181	D. Gibson	176	M. Womack	424
B. Leverling	429	132	L. Cardon	369	R. Lozano	352	J. Erevia	602	C. Bonneau	468
B. Cox	363	G. Bobrovitz	4th	374	4th	359	S. Wong	418	W. Pontius	418
J. Jones	148	H. Shivaie	R. Tsutsui	369	R. Guidry	325	E. Garcia	192	A. Dilk	407
A. Traylor	198	R. Wrye	4th	374	R. Withers	242	D. Marchant	556	F. Sondgeroth	402
G. Herring BL	496	165	R. Contreras	319	198	R. Monahan	143	Class I Men	J. Newman	374
K. Kanemoto	479	F. Evangelista	S. Hoffner	319	B. Miller	304	R. Turner	226	R. Wrye	292
F. Dena III	413	181	J. McCamman	308	J. Gladson	270	E. Miranda	226	E. Nahorniak	286
P. Radmilovich	358	R. Hagedorn	F. Isernio	303	220	R. Turner	209	R. Nahorniak	286	
D. Sperry	358	J. Maudlin	198	336	H. Smith	330	J. Shapiro	270	S. Mendez	248
D. Bertier	308	M. Rioland	R. Matheson	374	B. Bassman	319	H. Brandt	220	T. Corey	110
R. Reynolds	308	198	D. Hawkinson	369	R. Yoshida	308	275	165	M. Cain	380
D. Gomez	270	T. Gonnering	J. Snodgrass	319	R. Kunz	281	C. Davis	231	G. Figard	203
220	W. Orbaugh	402	R. Creevy	314	242	Submasters Men	A. Takayoshi	4th	T. Tom	369
B. McKee	380	R. Gessmann	T. Haggemiller	303	K. Anderson	429	165	S. Newman	123	K. Huff
P. Wondra	369	M. Stevens	L. Sandberg	402	A. Van Buskirk	336	181	165	Z. O'Quinn	87
L. Benner	341	R. Proctor	B. Kehl	402	S. Ward	418	R. Eley	358	B. Bunn	341
242	T. Zwolinski	253	J. Parham	369	306	181	G. Stephens	418	J. T Cruz	292
J. Harms	485	220	M. Urrutia	363	275	413	G. Stephens	418	M. McKinney	220
R. Ludlam	451	R. Gigg	F. Silva Jr.	275	D. Herrera	424	S. Ughe	396	N. Luttrell	165
A. Dawson	407	S. Ramey	G. Grant	259	B. Isley	341	B. Bishop	391	S. Stussy	402
C. Warrick	402	D. Madere Sr.	242	308	198	198	M. Rainey	363	G. Gibson	440
A. Clayton	402	J. Wolbers	D. Smith	407	G. Johnson	314	D. Gomez	270	J. Harris	286
J. LaGrill	380	D. Martinez	M. Pope	363	68-74	148	T. Weippert	374	D. Borchardt	148
275	556	G. McCoy	275	363	148	M. Dees	303	S. Pena	242	
C. Moon	485	R. Nelson	G. Nelson	540	R. Cortes	248	J. Guerra	413	A. Contreras	132
P. Ratsch	451	P. Fay	C. Bonneau	468	165	220	K. Millrany	462	R. Harris	181
K. Sacher	451	R. Marchant	E. Acey	429	A. Charbit	248	R. Rogers	418	M. Martin	143
B. Smith	446	275	A. Olson	407	J. Cavness	209	M. Hatfield	363	E. Mill-Homens	451
F. Sondgeroth	402	M. Moore	P. Velazco	407	J. Schall	203	G. Mitchell	380	C. Stephens	418
308	L. Contreras	391	R. Smith	429	R. Phillips	242	R. Kitani	523	C. Matthews	413
									R. McKee	380
									R. MacQuarrie	374
									J. Fullerton	529
									J. Anthony	369
									J. DePalmer	330
									R. Griggs	170

181	P. Thomas	198	M. Bivin	198	253	220	181	R. Malone	187	S. Butler	110	34-39
C. Snider	253	G. Herring	496	E. Sim	473	Z. Clark	458	M. Williamson	181	R. Gladson	104	105
D. Lewis	220	D. Soto	402	C. Palmer	435	J. Jones	413	A. Markham	154	A. Markham	165	L. Watson
J. Womack	181	T. Weippert	374	R. McKeefe	402	D. England	330	E. Greene	88	J. Hamblin	166	C. Baqui
148	M. Desrosiers	220	220	198	242	G. Ponder	407	D. Ruff	165	K. Polansky	148	T. Schrank
D. Osgood	308	220	M. Desrosiers	220	198	A. Clayton	402	L. Rosales-Buie	159	SHW	148	L. Christopher
L. Gray	264	M. Ludovico	551	220	170	J. Guerra	192	L. Rosales-Buie	159	D. Ivey-Vick	88	123
F. Jackson	143	M. Lamarque	534	220	148	Z. Clark	187	S. May	148	Masters Women 61-67	M. Lewis	170
P. Seaver	326	T. Martin	485	242	148	W. Faulkner	408	D. Amos	170	L. Young	116	H. Hughes
H. Blake	325	R. Rogers	418	242	396	R. Dunning	220	165	148	181	132	132
B. Pedroni	181	J. Boettger	402	374	606	A. Johnson	540	L. Silbert	270	G. Cloninger	115	E. Womack
A. Palombo	341	G. Mitchell	402	374	462	K. Dean	231	M. Jacobson	253	Masters Women 61-67	148	148
A. Francis	297	J. Loomis	374	374	435	J. Hybl	187	198	181	L. Feusi	242	132
M. Minahan	253	242	275	275	396	J. Gonzalez	181	SHW	181	S. Adkison	192	M. Mahoney
M. Christie	358	J. Jackson	606	606	402	L. Henderson	181	S. Adkison	192	M. Whinston	71	S. Wyatt
D. Milliken	518	G. Lands	473	473	363	M. Uon	176	Open Women	148	M. Turner	122	97
J. Davasher	363	A. Quiroz	473	473	363	E. Acey	429	Law/Fire	198	K. Gordon	170	G. Mighell
M. Morvai	176	P. Belone	462	452	385	E. Olson	407	Open Women's	236	Masters Women	40-47	82
A. Gonzalez	314	G. Mitchell	452	452	308	P. Velazco	407	105	105	Masters Women Law/Fire	K. DeLeon	93
Open Men's	123	275	275	275	308	E. Kubiak	149	47-53	114	40-47	165	165
123	T. Meeker	622	622	622	114	L. Christopher	121	H. Rodriguez	137	L. Rosales-Buie	159	N. Williams
B. Sanders	248	G. Nelson	540	540	123	S. Rinn	231	132	99	48+	148	B. Buck-Wood
132	P. Holloway	496	220	220	352	V. Tyree	209	L. Turner	143	R. Ballard	165	97
H. Garcia	248	P. Marcoff	424	402	473	M. Lewis	170	148	143	SHW	165	T. Kentris
S. Mendez	248	F. Silva Jr.	402	402	462	D. Snow	281	D. Lewis	143	R. Ballard	165	97
148	B. Stussy	402	402	402	462	N. Sinaridi	242	132	165	SHW	165	T. Kentris
E. Davidson	380	308	308	308	501	J. Lippert	319	R. Harrington	165	C. Fay	77	105
M. Hokoana	352	B. Gillespie	633	633	501	S. Pena	473	C. Melton	193	181	123	123
K. Phankham	341	J. Cunningham	600	600	556	E. Moore	165	C. Ashton	126	123	123	123
D. Osgood	308	S. Khader	451	451	556	D. Amos	170	SHW	93	A. Svendsen	132	148
M. Rodriguez	165	T. Manno	451	451	501	D. Chilgren	93	SHW	77	C. Fay	77	77
V. Romero	352	T. McKinney	523	523	132	S. Henrise	93	SHW	114	T. Ellingsworth	126	82
J. Ledford	297	Law/Fire	181	181	204	D. Morgan	148	148	143	C. Hansen	176	K. Womack
181	Open Men's	4th	181	181	402	J. Shapiro	253	181	143	C. McKeefer	115	SHW
B. Beebe	440	165	352	352	402	L. Hopkins	319	SHW	148	R. Malone	187	187
C. Evans	440	A. Ellis	352	352	402	B. Ruth	209	SHW	148	L. Richardson	259	K. Williams
J. Marin	413	181	181	181	435	D. Hodges	143	A. Van der Pol	187	C. Richer	187	(thanks to Gus Rethwisch for the results)

WORLDWIDE
Bio-Engineered Beverages™

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

**Your Muscles Are
Going To Thank Us
For This.**

**Our Competitors
Are Another Story.**

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

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

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

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

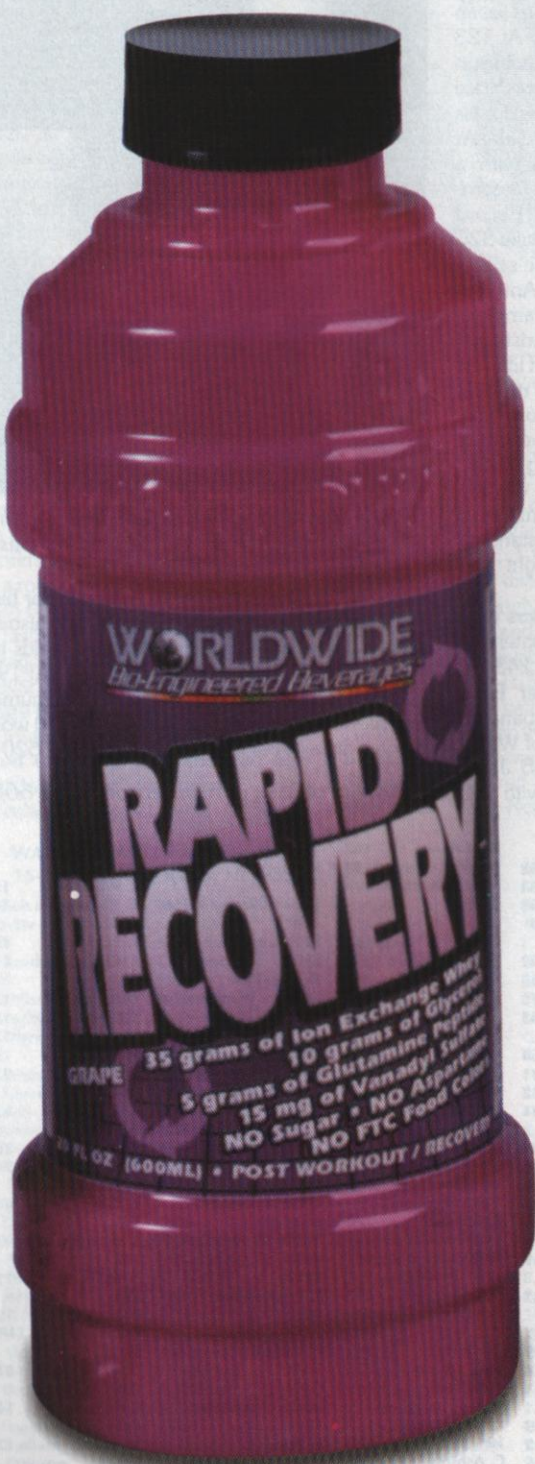
So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

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



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



Anything Else is Ancient History.™

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

INZER
ADVANCE DESIGNS

**NEW
AND
AMAZING!**

IRONWRAPS

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

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

Everything about this wrap exceeds any previous wrap.

VERY, VERY POWERFUL!

IRONWRAPS Z
(actual size)

IRONWRAPS A
(actual size)

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



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

Louie Simmons



"Ironwraps are the best I've ever used."

Bull Stewart

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

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

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

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

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

Guaranteed to out perform any other brand.

I love animals, because they are made out of meat. As a carnivore, this appeals to me. They are truly "meals on wheels" running loose. I imagine the first cavemen, walking the family dog back to the cave - and then eating it.

Speaking of caves and cavemen, let's look into the "Power B" rathole in Washington, Indiana. Last time, I promised you a gym that trains with dogs - here it is!

Nestled in the rolling hills of Southern Indiana in downtown Washington is a gym dedicated to the pursuit of strength enhancement. The gym is actually found in the basement of Glenn "Power B" Buechlein. The so-called rat-hole facility is frequented by several diehard lifters. Wednesdays and Saturdays are routinely the toughest and most intense workouts. Wednesday is a day of squatting coupled with strongman events in the alley. Curious neighbors often peer through their curtains to catch a glimpse of the psychos flipping tires, racing wheelbarrows, pushing trucks, and cleaning steel logs and kegs filled with water. Many individuals have come to strongman night never to return again. There is always a myriad of excuses, but the bottom line is that they lack heart and perhaps another body part or two. Saturday is devoted to the bench and assorted assistance exercises. The majority of participants are college football players who want to improve their overall strength and conditioning. A new addition to strongman night recently won a strongman competition sponsored by the well known Evansville, IN gym, The Pit.

The gym itself is like an underground cavern inhabited by troglodytes. The equipment is a collec-

HARD CORE GYM#9

"POWER B GYM": a dog-eat dog rathole!

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



Glenn "Power B" Buechlein recently hit this 605 in the 3 board press

tion that has taken a decade or more to compile. Key pieces of equipment include a specially constructed bench, a squat rack, reverse hyper, seated chest-supported row machine, and various bars. Other items that are mainstays of training are jump stretch bands, chains, sandbags, and boards. The gym houses approximately 1500 lbs. of plates. Only the essentials are needed because there is no room for frivolous machines that only take up valuable training space. As many as 8-10 people train at once, so the idea is to not give the slackers any place to rest or to converse about their latest date with their cousin. Also,

the music is cranked to ensure limited talking. The music of choice is imported from upper New York State. The master of metal Doug "the AXEMAN" Fortune provides the proper blend of metal mayhem to arouse the senses and increase the lifting juices. Favorites include Six Feet Under, Sepultura, Machinehead, Testament, and Nevermore. Music is a focal point of our workouts because the right choice of tunes is equivalent to any other facet of training. It is all about the mindset and ambiance of the room.

A profile of some regular attendees begins with the owner of Power

B, Glenn Buechlein. B is the oldest person in the gym at 35. He is mostly a contestant in bench-press meets, but also loves to squat and do strongman type training. His personal best in the bench is a 620 at 233 lbs. Glenn's cousin Eric Patterson was a frequent guest at the gym until his recent marriage to Nadine and subsequent move to Guatemala. Eric benched over 500 at 220 and totaled 1850 at 220. A long time member at the tender age of 23, Tony Lindauer has participated bench meets and has benched 400 at 198 lbs. He also is a 500 plus squatter. Dale Jennings has the potential to be a champ after he is done playing around with the pigskin. Dale is only 21 and squats over 500 and benches 350 without the use of equipment at the meager bodyweight of 165 lbs. Dustin Minks lifts in both bench and full meets. He has squatted over 600 and benched in the mid 3s. A newcomer, Jason "Harley" Davison, a strength coach from Indiana State University has made a great deal of progress. He benches over 400 and squats in the 600 range. He also won a recent strongman contest, mentioned previously. Garrett Devers, a recent high school graduate, has made prodigious improvements. He weighs in at 135 lbs., but has pulled close to 400. He squats over 300 and benches 225. Adam "Night Train" Lane, another eighteen year old, squats 525 and benches 325. He is preparing to play linebacker at the University of Indianapolis. Tom Brillhart, a lineman for ISU, has also been a consistent lifter at the facility. He has increased his bench and squat by 30-40 lbs. in just 2 months. There have been many others who have lifted at this subterranean hole, but their lack of attendance in recent times has caused them to be deleted from the training board and any mention in this article. A school teacher named Mike Berry has replaced them in the "line-up!"

The motto of the gym is Ad Astra Peraspera. It literally means to the stars through hardship. Another belief of the gym is that if you do not want to improve and risk failure then you should not be here. We do not make fun of anyone who lifts hard no matter what the amount of weight. We only chastise individuals who sandbag and strive for mediocrity. Also, a favorite saying is that "this ain't the Y!" We have a problem with most commercial gyms because of the emphasis on socializing and chrome equipment. A caveat is to prepare for the pre-training rants by the B who believes in numerous conspiracies and who is a proponent of the idea that, "Government is not the solution to problems, they are the problem!" <Rick's note: Glenn is right! The smaller the government;



"POWER B" and the Wonder Dog "CHANCE"

the freer the people.>

Lastly, if you want to lift at the gym you must be a dog lover. Power B has 3 dogs and they are the owner's pride and joy. They rule the roost, especially the boxer named Cheyenne. I asked Glenn if anyone had been attacked by these dogs, since the only thing better than eating an animal is for the animal to eat a person. Fortunately, the answer was yes! The boxer was behind the couch, and he tried to lure her out with a piece of cheese. Since she was a dog, and not a mouse, she instead took a chunk out of Glenn's hand. Blood was everywhere, and Glenn "Power B" had to go the emergency room. The boxer also bit the neighbor lady, who sometimes defies Glenn's warnings and reaches across the fence. Even though her hand gets snapped by a dog, she is known as the "cat woman" since they claim the urban legend about the cat in the microwave trick started in her kitchen. She is obviously "toting an empty gym-bag" since everyone knows you deep-fry a cat. For all of you P.E.T.A. activists; yes, I have pets. I have 3 kids, 2 dogs, a cat, and a hamster. The hamster looks like a furry little sausage. We had a lot of other animals, but ... better not tell all that right now.

The matron of metal is Power B's wife Kelly. She is always positive about the lifting even though some unscrupulous souls are in her humble abode. It is also not uncommon for the crew to pitch in and have a feast after the lifting is done. The grill is usually fired up every other week so the lumbering lummoxes can feed their face and prepare for the next workout. If you are ever in the vicinity give the B a call at 1-812-257-1048 and we will be glad to push some iron with you. By the way, no one pays dues to lift at the gym. B "B" is independently wealthy because of his position as a schoolteacher. Ha!

OK, sports fans: is this a hard-core gym or what? Doesn't take much money does it? All you whine-bag lifters: take note, and create your own hard-core training spot! Next time, we'll either go to Rattlesnake Mountain, or go get a tan. (I haven't decided.)

Comments?

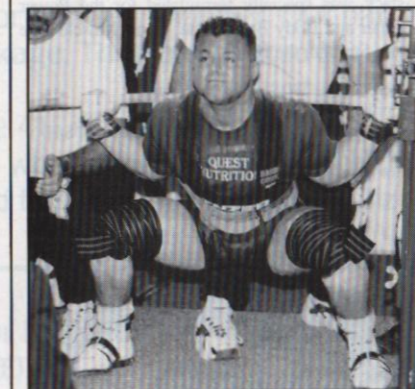
rick@houseofpainironwear.com,
www.houseofpainironwear.com

QUEST NUTRITION

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

Wade Hooper

- Multi IPF World Champion -



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

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

Call for informative brochure!!

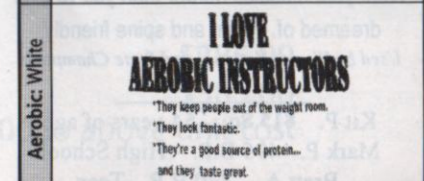
Tel: (770) 495-0787

Fax: (770) 497-1817

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

QUEST NUTRITION
3000 Mattison St. NW
Duluth, GA 30096

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



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



(Left to Right); Tony Lindauer, Garrett Devers, Power B buechlein, Dustin Minks, Jason Davison (Buechlein)

Beyond a Century, Inc.
**Performance
Powders...**

How much have you been paying?
Tribulus Ext. 45% Bulgarian 100gm \$9.75
Ribose 100gm 12.00
5-Methyl-7-methoxy Isoflavone 20gm 22.00
Ipriflavone, 50 grams pwd 9.50
DIM, Diindole Methane, 20 grams 9.75
Androstenedione 50mg 60 tabs 8.75
5-Androstenediol 20 grams pwd 16.00
4 Androstenediol, 20 grams pwd 23.75
Norandrostenediol, 20 grams pwd 49.75
Creatine Mono. 99+%, Micronized, 1kg 22.50
Chrysin, pure powder, 50gm 24.50
Yohimbe 2% Std. Extract! 50gm 8.50
Glutamine 300gm/1kg 17.50/45.00
Ephedra, 25mg ephedrine 100 caps 6.75
"Low Heat" Whey Protein 80% 2 lbs 13.50
ZMA, 808 mg, 100 capsules 11.50
Arginine base powder, 300gm 15.00

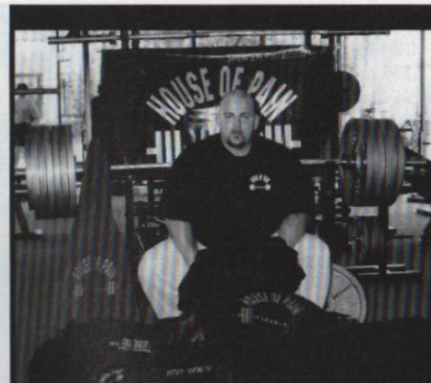
We will Match Advertised Prices!!
Shipping only \$4.75 any size order!
Visa/MC/Dscvr/Amex orders call:
800-777-1324
Or send money order to:
Beyond a Century, Inc. -since 1983-
HC76 Box 200P Greenville ME 04441
Hundreds of Products - **FREE** catalog!
Order On-Line with our Secure Server:
www.beyond-a-century.com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

**THE NEW
POWER STACK
by GORILLA®
SPORTS NUTRITION**

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

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

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



Texas bench press kingpin **Tiny Meeker** shows off some of the **HOUSE OF PAIN** products he has had customized.

CUSTOMIZED H.O.P. GYM BAGS



If you want your name on a gym bag-don't hang some wimpy tag on it-let us embroider it on! We'll embroider your name on any of our gym bags for only \$1.00!

Just like a tattoo, embroidery lasts forever and it looks sharp, too! We have gym bags from 16" to 34" long; from light-weight to a wheeled monster bag!

CUSTOMIZED H.O.P. JACKETS

Let us embroider your name or nickname on the left chest of one of our jackets. (Only \$1.00)

From our midweight Big Poplin jacket to our new heavyweight Solid Leather jacket, we'll fit you with style & comfort at a good price. With sizes from med-XXXXL, we can fit almost anyone! (Ask about our new leather vest!)



Mail Orders:
HOUSE OF PAIN
P.O. Box 333
Fate, TX 75132

24 hrs/ Toll Free!
1-888-H-OF-PAIN
(1-888-463-7246)
fax 972-772-5644

Order or fill out our training survey at houseofpainironwear.com
e-mail houspain@flash.net

BODYBUILDER

A GAMMA ORYZANOL EMULSION

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



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

"Body Builder delivers. My lifts are way up and my body fat lower than ever!"



-W. KIT PRICE World Champion Power Lifter

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

WWW.EQUIAIDE.COM

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

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

GET THE ROPE ADVANTAGE
Poster Manual and Apparatus
Only \$49.95

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

THE SHIRT

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

Send checkor money order to:
The Body Hobby Shop
77 Santa Isabel Blvd. #5-16
Laguna Vista, TX 78578
956-943-2618

E-Mail address: kit.price@prodigy.net
<http://home1.gte.net/mlp/kit/hobby.htm>

Rubber Bands for All Sports

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

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

Bands	Cost/Pair
Mini (1/2" wide, purple, green or blue)	\$20.00
Light (1-1/8" wide, now PURPLE)	\$37.00
Average (1-3/4" wide, GREEN)	\$45.00
Strong (2-1/2" wide, BLUE)	\$57.00

We also offer 2 different **platform bases** for doing deadlifts:

	Cost
Standard Base (approximately 3 ft. wide)	\$145.00
Extra-Wide Base (has a 51" deck for sumo-style deadlifts)	\$245.00

Packages are available as follows:

Ultimate Unit (comes w/ 3 prs. of bands, plus standard base)	\$285.00
Heavyweight Unit (comes w/ 6 prs. of bands, plus standard base)	\$385.00
Substitute Extra-Wide Base for either unit	add \$100 to above unit cost

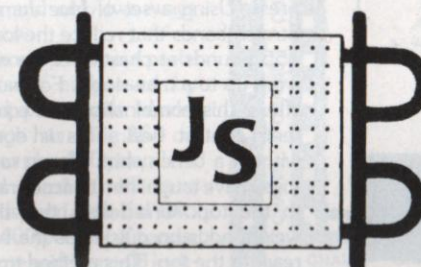
We also offer the following **Videos** for \$10 each: Powerlifting, Football, Baseball, Basketball, Cross Country, Martial Arts, Flexibility, Explosive Training, and Rehab (Ankle/Knee/Shoulder/Back).

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

Now Available!

Louie Simmons' new video:

Training Secrets of Westside Barbell (Reactive Method)
cost \$40.00



Jump Stretch, Inc.

1437 Turnberry Dr. • Boardman, OH 44512

Toll-Free 1-800-344-3539

330-629-2511 • Fax 330-629-2440

www.jumpstretch.prodigybiz.com

TRAINING

TRAINING THE LOCK-OUT

as told to Powerlifting USA by Louie Simmons

We are in a new millennium, and the times are a changing, as they say. Bench press shirts are a major part of powerlifting, so get with the program. No one cares what you bench press without a shirt. There are a lot of gym world champs, as long as they stay in their own gym.

I've always been a slightly above

average bencher. I was eighth in 1980 without a bench shirt and ninth in 1997 with a shirt. So if I can keep up with the times, so can you.

Here at Westside we have 12 men who bench more than 600 and four over 700 at the time I am writing this. Also four different men at Westside have held an all-time world record. Is this a coincidence?

..... "To be great, it takes planning, work, dedication, courage, and aggression. If you lack one of these, you will fail, and you have no one to blame but yourself. Losers hate winners, so it's better to be hated in powerlifting than to hate".

Hardly. We have a training plan that is designed to produce explosive power and incredible absolute strength.

I have discussed the dynamic

method many times. Basically we use 45-50% of a shirtless max with mostly close grips for 8 sets of 3 reps. This is followed by triceps, lats, and rear and side delt work. But what happens max effort day at Westside that has produced four 700 pound benchers, with more to come? We max out like the Bulgarians: Regardless of our level of preparedness, we do as much as possible on that day. While it may not be our all-time best, it is absolutely all we can do on that particular day.

Let's start with J.M. Blakley, who has done 710. J.M. likes to do floor presses. He drapes 200-320 pounds of chain over the bar, doing triples. After loading the chains he adds weight; after 225 he jumps 20 pounds a set. This adds up to 12-18 total lifts.

Another exercise that is popular for J.M. (and myself) is the J.M. press. It is done with a close grip, lowering the bar in a straight line down toward the upper chest, stopping about 6 inches above the chest. The elbows are at a 45 deg angle from the body, thereby taking the delts out of the lift, leaving the triceps to do most of the work. I refer to these as J.M. presses out of respect for J.M., who first demonstrated them for us. J.M. is very dedicated to powerlifting, having traveled all over the United States and overseas to compete. I am honored that he represents us with such passion and dignity.

Kenny Patterson was the youngest to bench 700 at 22 years old. He has held all-time world records in the 275, 242, and 220 weight classes, and no doubt will break more records. One of Kenny's favorite exercises is overhead band press. Using a set of blue Jump-Stretch bands that reduce the load 155 pounds at chest level, he will work up to a max single. For most lifters, this combination will equal their contest best. This is done without a bench shirt. Kenny says these have taught him to accelerate to the top. One learns that the weight adds on quickly as the bar reaches the top. This method truly

is accommodating resistance. Kenny will also have a record with green or pink Jump-Stretch bands.

Kenny's favorite triceps extension is with dumbbells with palms facing each other. He has worked up to 125's for sets of 8-10 reps. That takes strong triceps, and that's what it takes to break world records.

Rob Fusner has benched an all-time record of 735 at 308. What makes Rob so incredible is that he has totaled 2358 in a full meet. One of Rob's favorite exercises is the floor press with bands. The bands add roughly 170 pounds at the top. Rob will use a close to moderately close grip. After starting with the bands, he will add weight and work up to a max single.

Rob's standard triceps extension exercise is steep incline dumbbell extensions with the elbows pointed out to the sides and the dumbbells touching the upper chest. They remain touching as Rob extends them to the top. This method really works the area around the elbows, and this area is responsible for locking out the arms. Rob will perform 8-12 reps for sets until the triceps are fatigued. We look for Rob to not only break more bench records but also break the total record some day.

George Halbert was stuck at a 475 bench for 2 years. After joining us, he made an official 628 after 1 year of training at 275. George had a lock-out problem, but obviously he solved it. He dropped down to 198 and made a 683. Then George jumped up to 215 and made 701, 716, and 733 at one meet. This is the greatest bench press according to coefficient to date. How does he do it? Well, I'll tell you two ways and only two ways for now.

George's lock-out problem was addressed by board press with bands. George has done 365 on the bar plus 400 pounds of band tension off four boards, and Rob did 345 plus 400 pounds of bands. George said he could lock-



J. M. does five-board press with bands for the lockout. (photo by Eskil Thomasson)

out that much and so could Rob. He was right. George had the stamina to do three benches over 700 at 215, while Rob made 661, 694, 716, and 735. As long as you are explosive enough to blast the weight into the lock-out zone, you can lock-out almost anything.

The second exercise helps George blast the bar into that zone. On dynamic day George, being very strong and explosive, uses 170 pounds of band tension at the top. This also provides 80 pounds of tension at the bottom. George does his speed sets with 205 for sets, jumping 5 pounds each set up to 245 for a total of 8 working sets.

Bands have many benefits. One is accommodating resistance. Second, they add kinetic energy in the eccentric phase, by out-accelerating gravity. Third, bands work much like muscle and connective tissue. Fourth, they build tremendous stability: just watch someone trying to bench with bands for the first time.

I have talked about four of the greatest benchers on the planet. They will lift anywhere and any time, out of respect for our competitors and for the sake of competing.

I have presented eight exercises, but there are many more to choose from. They all work for someone, and you may be that someone.

To close, I have some personal advice for all who read my articles: I keep a bottle of testosterone sitting on a triple-layer bench press shirt in the back of my gym, but I have yet to see it bench 5 pounds. To be great, it takes planning, work, dedication, courage, and aggression. If you lack one of these, you will fail, and you have no one to blame but yourself. Losers hate winners, so it's better to be hated in powerlifting than to hate.

Westside Barbell
614-276-0923

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

FORCE TRAINING

LOUIE SIMMONS
NATIONALLY RENOWNED
POWERLIFTING COACH

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

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

PACKAGE INCLUDES: 2 HOUR VIDEO PROVIDING EXERCISE TECHNIQUES, DEMONSTRATIONS, AND FUNDAMENTALS THAT COVER:

- * WEIGHT TRAINING
- * LATERAL SPEED
- * SPEED
- * ANAEROBIC CONDITIONING
- * BOX SQUATTING
- * CHAIN UTILIZATION
- * SPORTS SPECIFIC TRAINING
- * SLED UTILIZATION

- * PLYOMETRICS
- * ACCELERATION
- * MEDICINE BALL
- * SANDBAG TRAINING
- * FLEXIBILITY
- * JUMP ROPES
- * POWER ENDURANCE
- * FOOT FREQUENCY

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

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

VIDEO \$69.95

MANUAL \$19.95

PLUS SHIPPING AND HANDLING

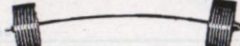
TO ORDER 1-800-411-4352

Visa / MC accepted

CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS

TOPPER SUPPLY COMPANY




2108 S. HIGH STREET
COLUMBUS, OHIO 43207



THE SEARCH STOPS HERE FOR 5/8 AND 1/2 CHAINS!!!
THE COMPLETE POWERLIFTING ASSEMBLY IS ALSO AVAILABLE FOR THE ELITE AND PROFESSIONAL POWERLIFTERS.

TO ORDER CALL: (866) 424-2467
ASK FOR IVAN, LARRY OR RON
EST: 7:30 AM TO 4:30 PM MON-FRI.
SAT: 7:30 AM TO 12:00 NOON

**LOUIE SIMMONS
TRAINING SECRETS**

CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS

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

INZER BLAST SHIRT

Patent # 4473908

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

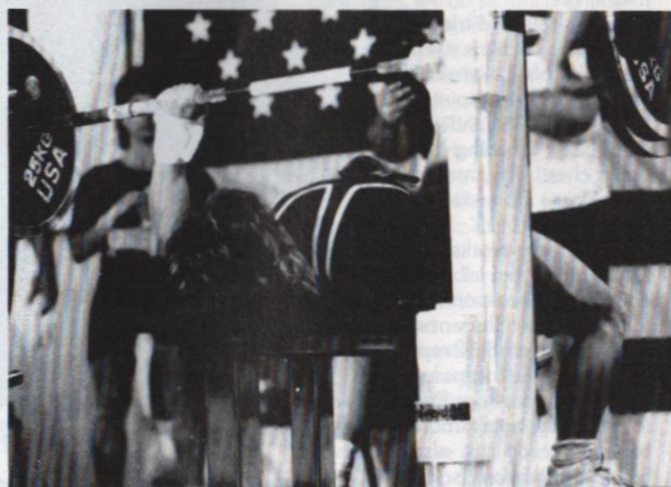
The strength and durability characteristics of the exclusive material used in the Inzer Blast Shirt is the best for support throughout the range of motion and makes it virtually impossible to tear.

Proven by the Greatest Bench Pressers in the world.



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

Ken Lain
722 lb. Bench at SHW



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

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

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

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

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

Mike Hall
633 lb. Bench
ADFPA-USPF
National Champion

Plus these all time best benchers:

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

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

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

INZER ERECTOR SHIRT

-Customized-

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

GROOVE BRIEFS

BY INZER

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

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

Z-SUIT and CHAMPION SUIT on next page—

MC VISA COD Check Money Order

Inzer Blast Shirt - \$38

Save \$10. Buy 2 for \$66

Inzer Erector Shirt - \$38

Please indicate size or include relaxed measurements of

shoulders _____ chest _____ arm _____
 Colors: Black Navy Blue Royal Blue
 Red

Groove Briefs - \$20

Ht. _____ Wt. _____ Upr. Thigh _____ Hips _____

ITEM	SIZE	QTY.	PRICE	SUB-TOTAL
Overseas orders add 10% surface or 20% air mail. Texas residents, please add 8.25% sales tax			SHIPPING	\$6.00
			TOTAL	

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

INZER ADVANCE DESIGNS
 We Make Power Gear A Science

PO Box 2981
 Longview, TX 75606

1-800-222-6897

903-236-4012

INZER
ADVANCE DESIGNS
 We Make Power Gear A Science

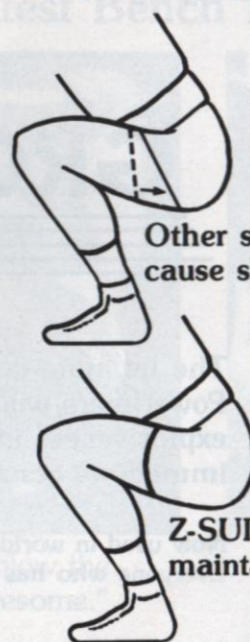
1-800-222-6897
 903-236-4012

IMMEDIATE SHIPPING

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

Z-SUIT

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



Worn By:

Other suits slip and cause slack in hip area.

Z-SUIT stays maintaining tightness.

Z-Lock (anti-slip mechanism)



Anthony Clark
 2531 TOTAL/1031 SQUAT

John Inzer
 744 SQUAT at 165 b.w.

O.D. Wilson
 1003 SQUAT

Jesse Jackson
 711 SQUAT at 148 b.w.

Matt Dimel
 1010 SQUAT

KNEE WRAPS

NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps.

Super comfortable, easy to wrap to maximum tightness

INZER IRON WRAPS - Style Z - Powerful rubber strand construction. For

those who like that super squeeze feel.

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

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

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

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

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

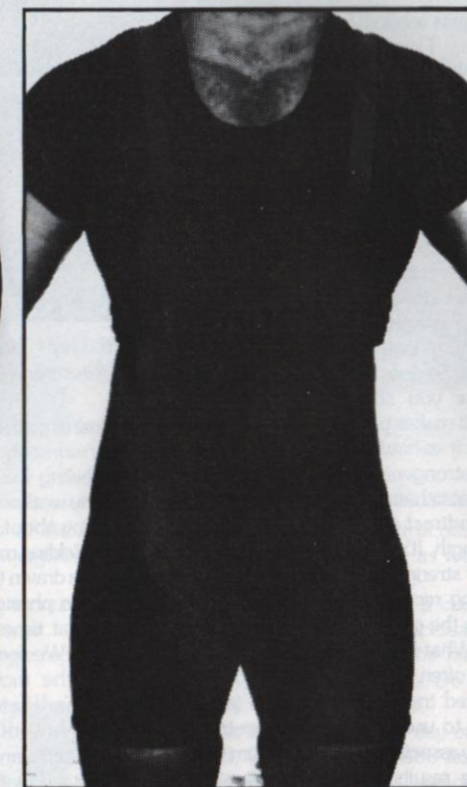
CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip support necessary for squatting the heaviest poundages.

Now With Wider Straps Than Pictured

CHAMPION SUIT

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

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



CHAMPION SUIT

MC VISA COD Check Money Order

Please indicate size or include measurements of:

Height _____
 Weight _____
 Upper Thigh _____
 Buttocks _____

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

ITEM	SIZE	QTY.	PRICE	SUB-TOTAL

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

SHIPPING \$6.00
 TOTAL

\$42 or 2 for \$76

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

INZER
ADVANCE DESIGNS
 We Make Power Gear A Science

PO. Box 2981
 Longview, TX 75606

1-800-222-6897

903-236-4012

It is easy to get caught in the trap of under-recovery. And we can all understand why. We associate getting stronger with the gym. So standing on that assumption, we feel that more time and days we spend in the gym will surely equal more strength for us. And, of course, in the early years of training this thinking is supported by the facts. We add to our modest efforts and ... presto! ... more results. It's hard to argue with that kind of reinforcement.

But the truth is that one DOES NOT get stronger in the gym. One gets stronger during RECOVERY after the workout in the gym is long over. One actually gets weaker in the gym. That's right! Think about it, could you produce a higher one rep max on your way to the gym or on your way home from the gym? If your workout was worth anything you'll be exhausted and your strength will actually be down (temporarily) as a result of the training you've just done! So does the gym make you stronger?

No! it makes you weaker, it tires you out, it exhausts you! What makes you stronger is your body's response to that exhaustion. The gym has only an indirect effect on your increased strength. It's direct effect is to lower your strength. Strength gain comes during recovery when you're miles from the gym!

What I'm getting at here is that too often an intermediate or advanced trainee will begin to (and I hate to use this phrase) over-train. They associate more in the gym with more results. And sadly, after the novice stage, nothing could be more of a mistake. This is a source of deep confusion and real frustration for all who can't shake the "more is not better" attitude.

My own answer to that is that more is not better; only better is better. You must fully understand the importance of recovery if you are ever to tap your full potential.

The first step is to let go of the old attachment to the gym. I know that this is almost impossible to do. The gym has been a place of psychological power and self-esteem and the layers of mental attachment are too deep for me to tackle here. People like us hold the gym environment in an almost sacred light. And it's no wonder we have gotten so many great emotional benefits from one particular place that it's hard not to kind of aggrandize the whole thing. We feel great there. It makes us feel

TRAINING

GIVE IT A REST!

as told to Powerlifting USA by J.M. Blakley



The author J.M. Blakley kicks back with a stogie and tries to learn the Art of Recovery! (photograph by C. Narwocki)

good just to go there. Even if we have a lousy workout, it's better than that awful feeling we get when we miss too many workouts. You know what I'm talking about. The weights are a very unyielding mistress! And we will always be drawn to them for reasons other than physical.

But at times can hamper our progress. We seem to just be going through the motions and hit the dreaded (and I hate to use this phrase) plateau. We work harder and harder, but our results are not forthcoming. So we give it that little bit extra. We dig deep. We say more must be what it takes. And still, meager results or worse even a slight decline! Frustration! And somewhere between the stale workouts, the inevitable small injuries, and the re-determined will to try harder we come to accept that we have reached our so-called "genetic potential" and without saying it try to feel satisfied with where we are.

B.S.!

I don't believe that anyone knows what his or her full potential is, I don't believe in genetics as a ceiling for performance, and I don't believe in plateaus. If I did I would have stopped lifting when I hit a 500 pound bench for I assure you I was convinced that that was all I could ever lift!

You shouldn't believe it either. If you do you're lost. You can always fall back on one of those excuses for

sub par performance. And some people always do. But if you are to break away to the next level you must evolve your thinking. REMEMBER THIS: what got you here - got you here. It is not necessarily what will take you on ahead. If you keep doing what you always do you'll keep getting what you always got.

Fresh Mind

The answer to most plateaus is added recovery. You want an answer that involves more? OK! Rest more!!! Take more days in between workouts. The training program you are using must be somewhat sound or you would have aborted it along ago. The reason you cling to it now is that it used to work! And it probably still will. Give it a rest. Add one or two extra days between training sessions. That's my big magical answer Just plan in more recovery. Then watch the numbers begin to climb like they used to! This is what needs to evolve. Not necessarily your training (but eventually this too must change) but for now adapt your recovery schedule.

The Law of Recovery

The rule is simple: the harder (meaning heavier) you train, the longer it takes to recover. That's the law. Don't miss this! I'll repeat: you need more recovery the heavier you lift. That's the whole point of this article. If you've been making progress on your current program your strength has undoubtedly gone up. What modifications in your recovery have you made to coincide with this? I'll bet none. I'll bet you train on the same schedule as you did when you began the program when you were 20% weaker and your training loads were 3/4 what they are now. You did not observe the rule! The harder (heavier) you work, the more rest you need. I am suggesting that if you invoke the rule you can remain on your current program and still see

good results. (bear in mind though that at some time this too will pass).

Stretch out your recovery time. This is very, very uncomfortable to those who hold fast to their gym attachment. They feel they will get weaker if they don't bench every so many days and go into a mild panic when told to stay out of the gym. This is irrational but understandable. There have been efforts over the years to alleviate this gym withdrawal by prescribing "light days" of exercise to help the gym addict make it to the next real training session. I generally disagree with this. If a workout is not of a sufficient level of intensity, it will not induce growth or strength gain. Going in and squatting a couple hundred pounds for a few sets and reps will in no way cause strength increase for a 650 lb. squatter. In my opinion it is senseless and cuts into recovery time if done too heavily. So there is no chance of gains but a decent possibility of making recovery incomplete. I don't like the odds. Stay out of the gym! If you want to loosen up or get circulation going to aid recovery, use a non-gym approach. Perform stretches or walk or swim or whatever at a low intensity level. Going back to the gym is just too tempting and you may hinder rather than help. For the love of God, people, there's a whole wide world out there!! You can exercise without weights.

This article was written to emphasize the need for two things. The need for added recovery with increased workloads, and the need to let go of the gym and evolve your attitude of where strength really comes from. My advice is to take a few extra days (1 or 2) in between training bouts.

I write from personal experience. This was a very difficult lesson for me to grasp. Each month I was having fewer training sessions per body part. It seemed backwards. But four intense, all-out, balls-to-the-walls workouts a month will get you a hell of a lot farther than 12 mundane, mediocre go-through-the-motions workouts. It is all linked to the quality and intensity of your training. As you progress you will get stronger. Your training loads will go up. You can't expect that your body can recover just as easily and in the same time span as it did with the lighter weights. You must adapt your recovery time. Your thinking must evolve. You will have to find something to do with yourself outside the comfort and security of the house of pain or the dungeon or whatever you call your little iron sanctuary. Read a book. Smoke a good cigar. Take the wife out to dinner I don't know. But if you're at a plateau and you're frustrated, stay out of the gym. Give it a rest.

WORKOUT

of the Month

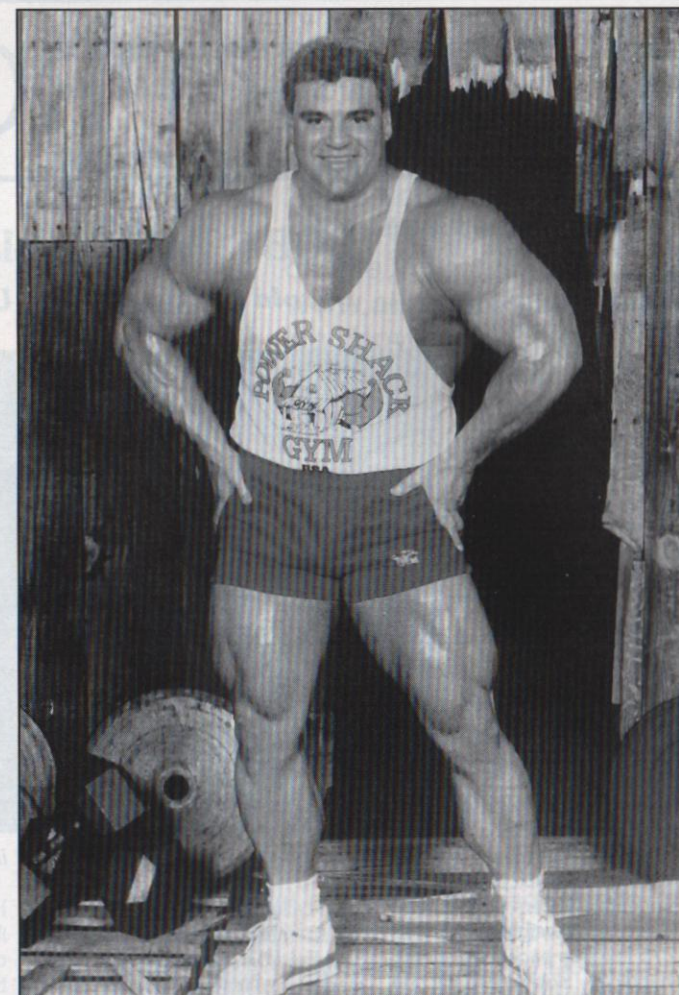
A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of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

Ken Lain's Bench Routine

The bench press is THE most respected lift in the eye of the general public. When someone notices the physique of a powerlifter or bodybuilder, 98% of the time they want to know what they bench and how big their arms are. They have little interest in how much a guy can squat or how big his calves are.

The following routine is designed for an intermediate lifter who is capable of benching 500 lbs. In the club that I own, 80% of the lifters have increased their bench by 50 lbs. by using this routine. I would like to stress that the weight will feel extremely light at first and you will have a tendency to want to increase it, but don't. Follow the program to the letter, for it is designed to increase the strength of the ligaments

and tendons along with the muscles. This workout is done twice a week with one heavy day and one light day. You should do no more than 80% on light days, which in my example are Thursdays, with the heavy days being on Monday. Use the same auxiliary work on the light day that you used on heavy day, but again, only 80% of what is used on heavy day. All auxiliary work should stop by Week 8 so you can concentrate entirely on the bench. Be sure to pause all reps and work on good form. Stay tight through the whole movement. This routine is designed on a percentage basis of your expected max bench, so to figure it you should start at the bottom and work up. In this case, we assume the lifter is shooting for a 550 max



KEN LAIN was one of the best built benchers of all time, particularly in the Superheavyweight ranks, and one of the most likable as well.

based upon a 50 lb. increase from the present 500 lb. max.

I have added a single rep max in

each week, which is only a confidence builder and not necessary. You should warm up to the max, then back down to the reps. Do no heavy singles on light days.

Week 1: 55%, Heavy day only 1x490, 3 sets, 10 reps, 300 lbs.

Week 2: 60%, Heavy day only single 1x495, 3 sets, 10 reps, 330 lbs.

Week 3: 65%, Heavy day only single 1x500, 3 sets, 8 reps, 355 lbs.

Week 4: 70%, Heavy day only single 1x505, 3 sets, 7 reps, 385 lbs.

Week 5: 75%, Heavy day only single 1x510, 3 sets, 6 reps, 410 lbs.

Week 6: 80%, Heavy day only single 1x515, 3 sets, 5 reps, 440 lbs.

Week 7: 85%, Heavy day only single 1x520, 2 sets, 4 reps, 465 lbs.

Week 8: 90%, Heavy day only single 1x525, 2 sets, 3 reps, 495 lbs.

Week 9: 95%, Heavy day only single 1xO, 1 set, 2 reps 520 lbs.

Week 10: 100%, Meet. 1st attempt, 500 lbs.; 2nd attempt 530 lbs.; 3rd attempt, 550 lbs.



Ken blasted one all time Superheavyweight record after another to well over 700 lbs., and then surprised the World of Powerlifting by dropping way down to the 242 lb. class to make a remarkable 655.

POWER PROFILE

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

The 1960s were the fledgling decade for powerlifting. What an exciting time it must have been to participate then. Bob Lowery, an early grass roots powerlifter of that era, is not necessarily a household name. He represents, instead, the essence of those early days. Bob and his cronies formed the backbone of an upcoming movement, as Madison, Wisconsin became an enclave of strength.

Training at the Madison Y, Bob fell in with Stu Boyd, a national shot-put record holder, who later played tight end for the Vikings. His first taste of battle was third place in a county meet and with lifts of 345 bench, 475 squat, and a 565 deadlift. At the first Wisconsin State meet, Bob's team had an excess

of competitive 242ers, so Bob competed as a SHW weighing only 243 (no 275 lb. class back then). With this handicap, Bob placed second with 400, 500 and 600. In his next meet, Bob came close to breaking the state squat record of 590, but missed 595. Deadlifts in those days included the legal application of Vaseline to the bar, facilitating a smooth glide up the thighs. Following a competitor who'd heavily greased the bar, Lowery struggled to maintain his grip, pulling 650, only to have it slip from his hands. He's never lost another that way since. Bob's 1625 total broke the state record by 15 lbs., falling just short of Masters ranking (1655).

Interruptions were in the cards. Bob met and married his wife, had kids, and "settled down." Powerlifting was forced to the back seat as Lowery attended to diapers, station wagons and picket fences. Bob's 1976 return to competition was precipitated when Dennis Hegge asked him to become a partner in a new downtown

BOB LOWERY - Blast from the Past as told to Powerlifting USA by Marc Cavigioli



Bob Lowery squats a Wisconsin record 611 in 1978. Back spotter at left is Dr. Fred Hatfield

gym called the Madison Weightlifting Center. Among the partners was Fred "Dr. Squat" Hatfield, who had taken a teaching position at the University of Wisconsin. The hardcore environment gestated notable lifters (Bill Kazmaier among them) in its iron womb. Steve DeSalvo, who wrestled as Steve Strong in the WWF, was also a patron - benching 565 in national competition and squatting around 800.

Returning at a 210 bodyweight, Bob thought he'd lift light, avoid

heavy squats, and emphasize flexibility, but he couldn't resist the pull of heavy iron and went on to win three more state championships. He culminated them with best competition lifts of a 450 bench, 612 squat, and a 720 deadlift. Bob rarely did singles in training, but believes his gym lifts transferred to a 635 squat, as he was tripling 600, and a 750 deadlift, having tripled 675.

By 1979, Bob's joints were shot. Then working as a jail guard, he scrapped with an inmate and tore his thigh. The state meet was only a few weeks away. Bob competed in spite of the injury, and won. Chronic tendonitis then forced him to minimize his squat training to one heavy set per week. Nonetheless, in ten years of state meets his rankings included 2nd in '70, 1st in '71, 2nd in '72, 1st in '73, 1st in '74, and 1st in '77, '78, and '79.

cade of training, Lowery tried many workout systems, but found the classic powerlifting paradigm the most productive. He trained four days per week, squatting and deadlifting heavy once per week, and benching twice per week, once heavy and once light. He usually lowered reps on an instinctive basis, eschewing structured cycles.

Assistance work included pull-downs or chins, behind the necks, and dips in which he hung up to two hundred pounds around waist. Taking the idea from Vasily Alexiev, he began doing hyperextensions, working up to about 160 pounds. His power cleans reached an apex of 300 X 5.

Bob feels he overtrained much of his competitive career. Workouts often lasted two hours or more. After months training too heavy, too often, a few weeks hiatus was the only way to recover from soreness and fatigue. Older, wiser and no longer competing, he is now more perceptive of overtraining symptoms. At their onset, he backs off by decreasing workload.

Bob quickly noticed differences in people's mental capacity. Few were able to consistently push with the requisite intensity for maximum performance. An observation he had about Bill Kazmaier, while training with him, was his tremendous ability to push, week after week, without burning out.

Today, Bob trains 3 to 4 days per week including 35-40 minutes on a stationary bike. Strength training work lasts no more than an hour. To circumvent old shoulder problems, he benches mostly with dumbbells. No longer needing to surpass others, Lowery is satisfied by "a good feel" from a workout.

Bob, and those of his era, represent the genesis of our great sport. Their pioneering commitment set the groundwork on which powerlifting was built. For that we can all be grateful.

Marc Cavigioli



575x5 by Bob at the Madison YMCA in 1974. (courtesy Lowery)

Ask the Doctor

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

DEAR MAURO: I have been on the 'Metabolic Diet' for about 5 weeks now and I'm getting great results. I was wondering about how many carbs would you recommend in a post workout shake? What kind of carbs? Also, should I have fat with that shake? Currently I'm 215 and about 10-11% body fat. My goal is to gain muscle and lose as much fat as possible. It seems as if I respond best to eating 50-100 carbs a day. So, could you give some recommendations on a post workout shake. Thank you for your time!!! Mark

P.S. I read in your book that you worked with the WWF. Currently I wrestle for an independent league called UPW. The WWF shows some interest in me and my goal is to get ripped and get a WWF contract. Thanks for your help!

DEAR MARK: Sorry to be so long in answering, but things have been really hectic the past month. If you've successfully adapted you should include some fat in your shake, preferably in the form of healthy fats such as the essential fatty acids (for example flax seed and fish oil), and/or an oil high in the monosaturated fatty acid, oleic acid (as found in olive oil). A recent study shows that while the addition of fat slows down both amino acid and carb absorption in those that are carb adapted, it doesn't do so in those that are fat adapted.

As far as how many carbs to include, based on the carb levels that work best for you I'd include up to about 50 grams of high glycemic carbs. A lot of it depends on what phase of training you're in. For example in a heavy mass/strength phase, it's a good idea to increase the high glycemic carb intake by about 50 grams on top of your usual post workout nutrition (for example you could use my MRP LoCarb or LoCarb Sports Bar or even a meal, with the added carbs used first) to get an added insulin spike but not a good idea to prolong this increase in carbs after that spike as it impacts on the dynamics that the Metabolic Diet puts in place.

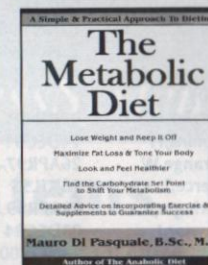
The way I handle my post workout nutrition when I'm trying to gain mass and strength but still keep fat gain to a minimum, is to use my Amino (check www.MetabolicDiet.com for what's in it) immediately after the workout in order to produce an amino acid and insulin spike that immediately increases protein synthesis, insulin AND growth hormone levels (something that won't happen if you use carbs at that time). After that, maybe once I've showered and gotten dressed, I take 50 grams or so of high glycemic carbs and follow that up five minutes or so later with my regular post workout nutrition as mentioned above. The carbs are in the form of high glycemic foods (check the list in the Appendix of the Metabolic Diet or even on www.MetabolicDiet.com (I think we have it on line) or even straight dextrose, so that I get a real insulin spike prior to taking in the other food. When I'm in my

Metabolic Diet Book

Mauro DiPasquale, M.D.

Price: \$39.95

Availability: Ships within 24-48 hours. To order call 1-720-479-8342 or order on site from www.allprotraining.com Hardcover - 512 pages publisher: AllProTaining



If you're confused as to what kind of diet you should be following, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and fitness experts. After a while it gets pretty hard to sort out just what kind of diet is best for maximizing muscle mass and minimizing body fat. Should you do high carbohydrates, low fat, low carbohydrates, high fat, low protein, high protein, or maybe just cycle them all and hope that something works?

The Metabolic Diet is a one - stop solution to the age - old dilemma of what diet is best to maximize muscle mass and strength. Don't miss out. Order a copy right now. You won't be disappointed.

APT Nutritional Supplements

The most advanced line of nutritional supplements - EVER. Formulated for the Metabolic Diet - For information go to www.allprotraining.com

JointSupport (TM) Suggested Price: \$29.95

AllProTraining JointSupport (TM) is a premier formulation for supporting cartilage and joint function. It's the perfect solution for maintaining healthy joints and dealing with minor muscle ache experienced after exercise.

leaning out phase I'll forget about the extra high glycemic carbs before the post workout nutrition. Best of luck on the diet. Let me know how you're getting along. Mauro Di Pasquale M.D.

DEAR MAURO: I had heard something about drinking hot water to maintain or reduce weight, is this true? Thank you, Victor

DEAR VICTOR: There's no truth to that. The best use of hot water is for a relaxing bath, or for coffee/tea. All the best, Mauro Di Pasquale MD

1036	Goggins,S	12AUG01
1030	Pasanello,D	28MAR89
1014	Hatfield,F	23MAR87
1010	Lowe,G	14NOV98
1003	Karwowski,K	23JUL95
985	Furnas,D	16NOV86
970	Nichols,B	08FEB98
964	Warman,S	07AUG93
964	Coan,E	25JUN00
960	Wohleber,D	12DEC82
950	Bailey,D	17JUN00
936	Trevizo,R	07FEB99
931	Gallo,C	05JUL98
925	White,J	13JUN93
925	Florio, J	19NOV95
925	Barno,D	28JUN98
921	Isaac,T	03JUN89
920	Chaillet,M	25JUL92
912	Hackett,E	26MAR83
909	Waddington,D	07FEB82
909	Moran,L	04DEC82
903	Davis,J	07FEB87
903	Ward,G	18NOV87
903	Derrico,D	06DEC87
903	Kolberer,R	01JUN96
900	Wisner,J	06APR96
900	Calfo,A	24NOV96
900	Borden,D	15NOV97
900	Green,J	19NOV00
900	Olmo,M	10FEB01
892	Gamble,J	24JUL83
892	Davis,W	28JUN87
887	Thomason,H	13AUG00
881	Kidney,L	14NOV81
881	Sandlin,R	08JAN83
881	Colangelo,D	03JUN84
881	Hardridge,T	03DEC88
880	Fusner,R	20FEB00
876	Welch,G	27FEB88
875	Wood,J	13NOV88
875	Battles,M	27MAR93
875	Gjerme,B	15MAY94
871	Dempsey,R	04DEC83
871	Henderson,T	04MAY85
871	Morelli,J	01DEC85
871	Smith,C.B.	29JUN86
871	Bentley,T	28JUN87
870	Taylor,L	07FEB87
869	Cole,J	17SEP72
865	Martin,T	24JUL82
750	Crawford,W	10FEB01
733	Kennelly,R	03JUN00
728	Patterson,K	11NOV95
711	Zammin,J	08SEP01
K705	Tokarski,C	21MAY94
705	Chabot,G	26JUN99
705	Toranzo,J	28APR01
680	Desmond,R	01MAY99
672	Halbert,G	29OCT95
672	Lane,H	04MAR01
672	Smith,S	01DEC01
670	Lain,K	25APR92
670	Blakely,J.M	16SEP95
661	Guarino,P	11OCT98
660	Fusner,R	20FEB00
660	Obradovic,J	18NOV01
K655	Meeker,P	19NOV00
K650	Arcidi,T	13NOV83
K650	Ritchie,J	11DEC99
K650	Mendelson,S	24JUN01
650	Reagan,B (m)	15MAY99
650	Taylor,C	19NOV99
640	Hickey,R	08FEB98
640	Nichols,G	06MAR99
640	Lajoie,C	26JUN99

MEN'S TOP 50 of ALL-TIME

125 kg. (275 lb.) as ranked by Herb Glossbrenner

639	Samaniego,S	03AR85
633	Wakakuwa,F	03JUL99
628	Stewart,J	17NOV00
625	Kirit,S	22NOV98
625	Barravecchio,M	19NOV00
625	Siegler,M	02JUN01
620	Collins,H	14DEC91
620	Strange,W	26APR97
617	Pierce,J.	16JUL95
617	Springer,P	18APR99
615	Raynor,J	03DEC94
615	Pagtakhan,S	19NOV00
614	Hardman,T	23OCT82
611	Young,D	03APR78
611	Pearce,R	16AUG87
611	Piech,B	21JUL90
610	Byers,J	04SEP94
610	Aman,W	11MAR00
610	Nelson,G (m)	15APR00
606	Isaac,T	06NOV94
606	Inoke,M	13DEC98
606	Higgins,T	10APR99
605	Hanson,G	23APR88
605	Hittinger,M	25FEB89
605	Tancil,J	08MAR97
(50)		



Steve Goggins leads the way in the squat category at 275 with his massive 1036 at Kieran Kidder's WPO Semi-Finals back in Aug. 2001.

812	Frenn, G	21AUG71
812	Barwick, W	09JAN82
810	Kretsch,B	03DEC88
810	Lowe,G	15NOV97
810	Austen,W	20DEC97
810	Andrews,P	19NOV00
810	Daniels,G	18NOV01
805	Stuber,E	23SEP84
805	Morelli,J	DEC88
804	Kazmaier,W	27AUG78
804	Hackett,E	01FEB81
804	Oliver, J	28JUL90
804	McDonald,F	29SEP91
804	Obradovic,J	22JUN97
804	Springer,P	08NOV97
801	Cundy,D	30AUG69
800	Draupal,J	04APR82
800	Desmond,R	25OCT97
799	Santos,J	15NOV87
793	Rapp,T	29JUL90
793	Nichols,B	29JUL90
790	Pape,C	12MAR94
788	Heide,B	22NOV81
788	Ufford,K	19JAN84
	TOTAL	
2458	Pasanello,D	28MAY89
2419	Goggins,S	24JUN01
2403	Furnas,D	28JUN87
2403	Coan,E	25JUN00
2314	Warman,S	25JUL92
2309	Karwowski,K	28JUL96
2285	Lowe,G	21MAR98
2276	Nichols,B	21OCT87
2275	Barno,D	28JUN98
2275	Fusner,R	20FEB00
2274	Wohleber,D	12DEC82
2270	Gamble,J	24JUL83
2259	Cole,J	17SEP72
2254	Trevizo,R	07FEB99
2237	Smith,S	25JUN00
2230	Henderson,T	04MAY85
2226	Chaillet,M	29JUN86
2221	Waddington,D	07FEB82
2220	Daniels,G	18NOV01
2218	Isaac,T	03JUN90
2215	Hackett,E	01FEB81
2210	Moran,L	24JUL83
2210	Obradovic, J	22JUN97
2204	Pearce,R	21FEB87
2204	Hardridge,T	03DEC88
2204	Gallo,C	05JUL98
2200	Wilson,S	20DEC82
2200	Wood, J	13NOV88
2200	Stewart,A	10APR99
2199	Bentley,T	17JUL88
2193	Dempsey,R	24JUL88
2188	Hatfield,F	01APR84
2182	Smith,C.B.	29JUN86
2177	McCormick,T	12FEB82
2171	Kidney,L	12JUL81
2171	Davis,W	01APR87
2169	Kuc,J	11MAY85
2166	Kretsch,B	13AUG88
2165	Morelli,J	DEC86
2160	Shaw,D	12DEC82
2160	Colangelo,D	03JUN84
2160	Davis,J	07FEB87
2160	Welch,G	20MAR87
2160	Ward,G	18NOV87
2160	Ross,L	10DEC88
2160	Springer,P	01APR95
2154	Draupal,J	12DEC82
2150	Stafford,J	20NOV99
2150	Daniels,G	17JUN01
2149	Villanucci,V	03DEC88
(50)		

Seminars
Consultations
Programming
Training

www.elitefts.com

www.EliteFitnessSystems.com

Training Articles
O and A
Gym Directory
Shop Online

www.elitefts.com

Videos

Squat Workout (Simmons) : \$54.95
Bench Press Workout (Simmons) : \$49.95
The Bench Press Video (Simmons): \$35.95
The Squat Video (Simmons): \$29.95
The Dead Lift Video (Simmons) : \$29.95
Building the Perfect Beast (Blakley) \$40.00
The Reactive Method (Simmons) : \$44.95
Westside Seminar Videos: \$159.95
The Grip Machine: \$235.00*
Mono Squat Rack: \$3100.00*
Roller Pendulum Reverse Hyper: \$1590.00*
Competition Power Bench \$870.00*
*Shipping Included

Books

Supertraining "Revised".....\$54.95
Science and practice.....\$35.00
Science of sports training.....\$39.00
How to write strength T. Programs.....\$36.00
The 40 Yard Dash (Rooney).....\$34.95
Program and Organization of Training\$17.95
The Training of the Weightlifter.....\$25.95
Stretching Scientifically.....\$23.95
Sports Restoration and Massage.....\$37.95
Shipping/handling\$ 5.00

Flex Bands

by Jump Stretch Inc

Mini Band: \$10.00
Light Band: \$18.50
Average Band: \$22.50
Strong Band: \$28.50
Shipping/handling\$ 7.50

New Items

The Reactive Method: \$44.95*

Westside Seminar Videos: \$159.95*

The Grip Machine: \$235.00*

Mono Squat Rack: \$3100.00*

Roller Pendulum Reverse Hyper: \$1590.00*

Competition Power Bench \$870.00*

*Shipping Included

MEDICINE BALLS

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

Reverse Hypers

Pro Model: \$1225.00*
Standard: \$820.00*
Roller Pendulum: \$1590.00*
*Shipping Included

Gym Equipment

Glute Ham Raise: \$829.00*
Power Rack: \$959.00*
Combo Power Rack: \$777.00*
Mono Squat Rack: \$3100.00*

Bars

Safety Squat Bar: \$385.00*
Cambered Squat Bar: \$465.00*
Cambered Bench Bar: \$187.99*
1500lb Power Bar: \$199.59*

Accessories

Pulling Sled: \$130.00*
Weight Releasers: \$87.00*
Manta Ray: \$43.00*
Stability Ball: \$55.00*
Leather Neck Harness: \$43.00*
Nylon Neck Harness: \$20.95*
Leather Tricep Strap: \$37.95*
Red Oxx Abdominal Strap: \$24.95*
Hanging Abdominal Strap: \$34.95*
Abdominal Wheel: \$14.99*
*Shipping Included

Advancing Force Training into the 21st Century...

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

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

INTERVIEW

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

Santa Barbara, California typifies the images that most people, who have never been to Southern California, envision. Beautiful hillside homes overlook sun-drenched beaches teeming with Barbie quality blondes, laid-back surfers, and scores of affluent young people who were obviously born with a silver spoon in their mouths. Looking around, one would hardly guess that this area is home to the strongest junior lifter in the United States today. Standing approximately 5' 11" and weighing in at a burgeoning 300 pounds Josh Bryant is on a mission to become the strongest powerlifter in the United States. At the ripe old age of 20 Josh has best official lifts of a 782 lb. squat, 573 lb. bench, a 672 lb. deadlift and a 2027 lb. total. How many lifters out there can total 100 times their age?

JOSH BRYANT - PL Phenom as interviewed for PL USA by Paul Leonard



The Bryants: One Powerful Family (left to right) Noah (17), Josh, and father Dan.

So how did Josh get so strong at such an early age? Genetics certainly played a role. If you have ever have the pleasure of meeting Josh's father Dan and brother Noah you will observe that both have a larger stature than Josh himself and both are accomplished athletes in their own right. Training or competing with Josh would allow you to see that he is extremely driven and will do whatever is necessary to excel at becoming stronger. When I trained with Josh at Yorba Linda Barbell, he would drive three hours to get to the gym for his squat workout on Saturday mornings. All the genetics in the world cannot make up for the desire which Josh displayed in making the effort to train with a serious group of lifters, incorporate sound training principles and, in turn, learn to self-coach himself to discover what works best for him.

The World Leader In Fitness Certification - Since 1988


START YOUR New Year WITH AN Exciting Career!

PERSONAL TRAINING CERTIFICATION

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

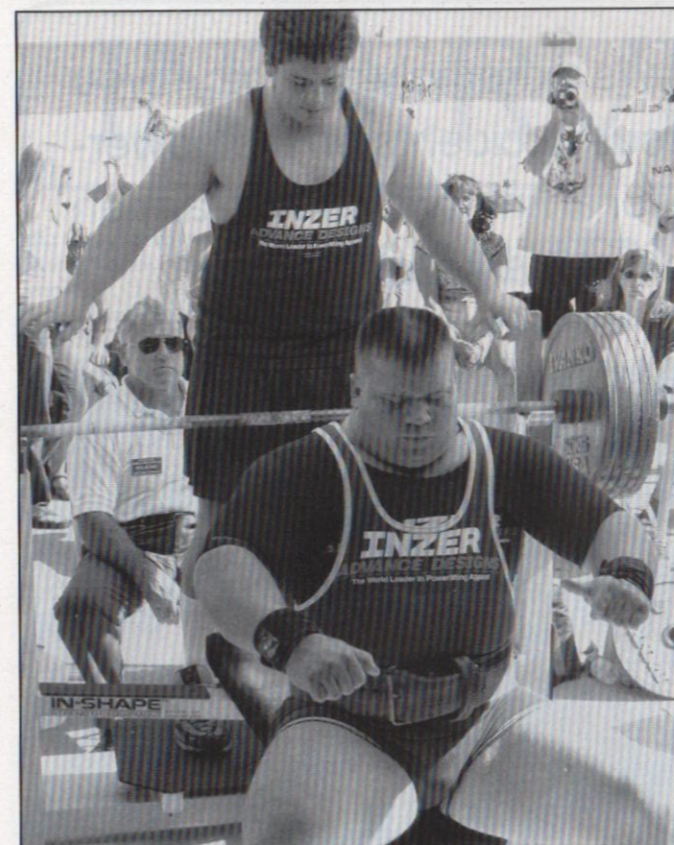
Choose A Certification with Power,
Choose ISSA!

Call Today for Free Info - Mention Code: PLUSA102
1.800.892.4772
www.FitnessEducation.com



International Sports Sciences Association

DISA Hatfield
ISSA TRAINER & COMPETITIVE POWERLIFTER



Benching on the Beach in Santa Barbara, Josh gets a hand off from his brother Noah (photographs provided courtesy of Paul Leonard)

As with many lifters Josh began lifting as an adjunct to playing football. In 2000 Josh began to focus 100% on powerlifting after having hit best official lifts of a 555 lb. squat, 445 lb. bench, and 580 lb. deadlift at a UASPL Toys for Tots meet where he weighed in at 255 and had played in a junior college football bowl game the weekend prior to the meet. By the following June, Josh hit a 677 lb. squat, a 501 lb. bench, a 644 deadlift for an 1824 lb. total at a bodyweight of 267 lbs. This performance garnered him first place, as well as the best lifter trophy, at the USAPL Teenage Nationals.

A synopsis of Josh's competition history will disclose that he has lifted in the USPF, USAPL, APF, AAPF, WABDL, AAU, and he has now graduated to the WPO. Like the others before him from Yorba Linda Barbell Josh goes where the action is, whether it is to train or compete - fully believing that a lifter should hit his personal records at national level contests against the best competition and stringent judging.

The following is an interview I conducted with Josh concerning how he went from an 1800 lb. total to over 2000 lbs. in a 14 month time period:

PL: To what do you attribute your meteoric rise in strength over the course of the following year Josh?

JB: I would say that I have greatly matured over that period of time. I stopped diverting my energies towards playing football and put them into training for power. I sought out local lifters such as

PL: Any other factors that led to your vast improvements?
JB: I have certainly gained lots of functional weight and I hate to miss a meal. Taking in substantial amounts of calories fuels my hard workouts and allows me to rebuild myself stronger than ever. At my age most everything I eat turns into gains on the platform.

PL: Ok, enough about eating, this is making me hungry. Tell me about where you are currently at in your training?

JB: I believe in an off-season in which I work on a lot of high reps for the most part. I hate doing the reps, but they do make me stronger so I continue to work on them. Recently I hit 440 X 20 reps in the squat with no gear on at all, including a belt. I have done 495 for 5 reps in the stiff-leg deadlift and also recently completed 18 reps with 365 in the bench.

PL: What about in-season, closer to a meet?

JB: In season, I do a lot of volume and plenty of assistance, cutting out most assistance two weeks before a meet. I like to train with heavy overloads such as doing a walkout in the squat with 1050 lbs. and a forced rep in the bench with 300 lbs. over my max. I love doing a forced rep in the bench

with 800 lbs. This is made easier by training with George Brink, an official 804 deadlifter.

PL: I knew you were a freak, Josh. George told me that you pushed up that 800 pounds a bit without too much of his help! Can you comment on that?

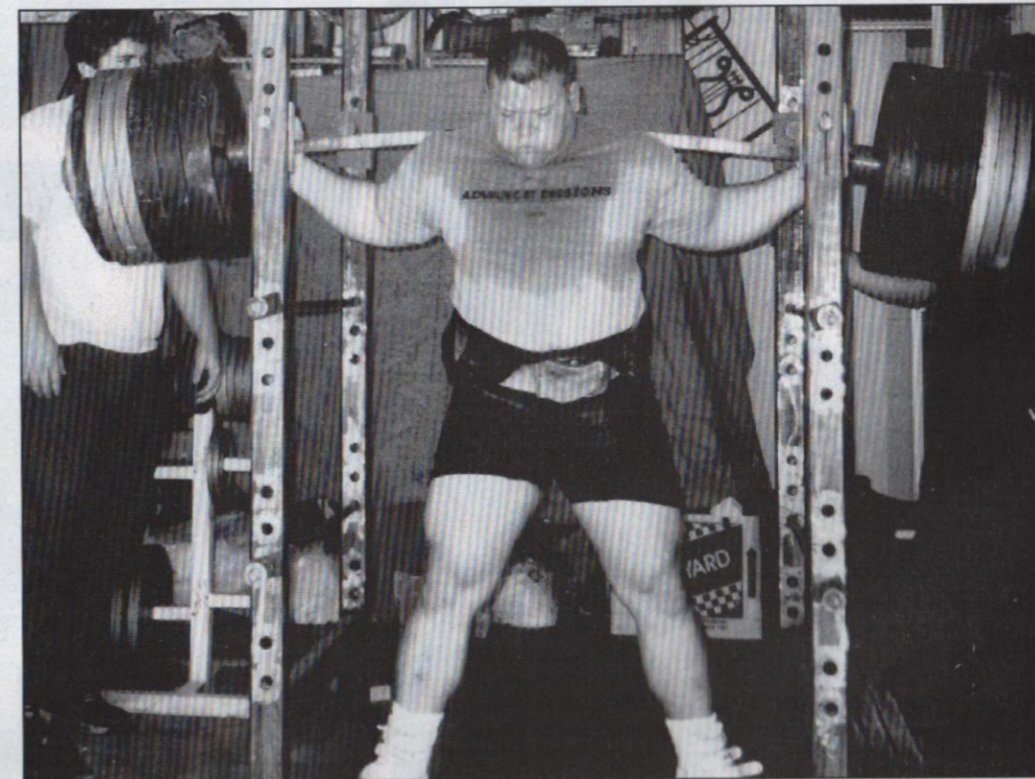
JB: I have done a 530 lb. bench raw as well as a close grip with 505 and a set of skull-crushers with 315 for 6. I like Louie Simmons triceps exercises.

PL: What about your deadlift? How soon until you become the 7th member of Yorba Linda Barbell to officially deadlift 700 pounds in a meet?

JB: My deadlift is going great, as I have learned that rack pulls and heavy shrugs really benefit me by overloading my weak points. I guarantee that I will be joining that 700 lb. club this year.

PL: Right on, and you will no doubt bench it the next year!!! Anything you would like to add Josh?

JB: I would like to thank first and foremost my parents, Dan and Susie, as well as my brother Noah for being incredibly supportive of me. I would like to thank God for blessing me with genetics as well as allowing me to lift injury free. Thanks to Steve Holl for starting me out in powerlifting, everyone at Yorba Linda Barbell, and to John Inzer for making the best powerlifting gear on the planet. I would like to also thank Gold's Gym Ventura, California. In closing, I would like to add that I have accomplished everything while being lifetime drug-free.

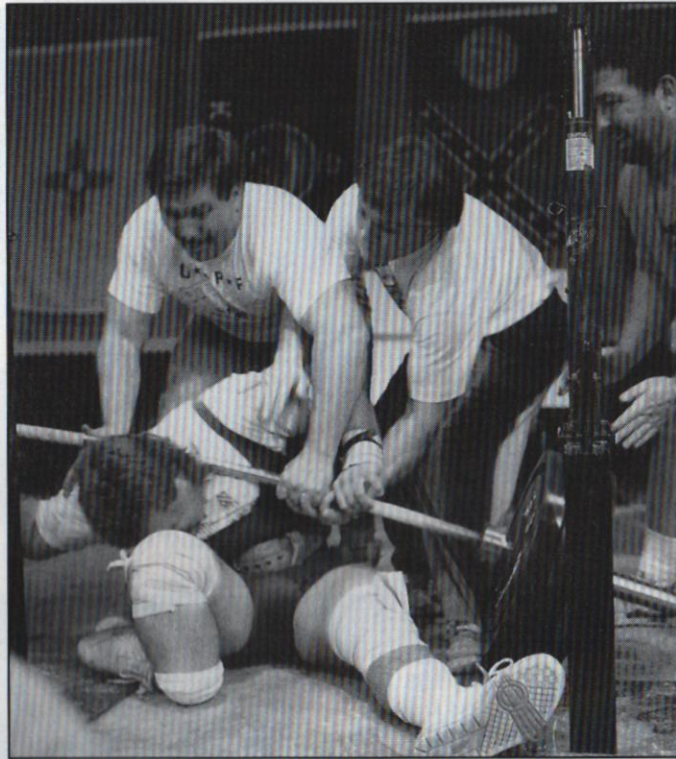


Josh incorporates walkouts with well over 1000 lbs. in his squat workouts at the Yorba Linda Barbell Club

WARNING ... the material below is extremely graphic. If you are squeamish about viewing serious accidents on the power-lifting platform, go to the next page for an interview with Carmen Perrotta about this incident and his remarkable recovery.



In a horrific accident at the 1990 USPF Natural Nationals, Carmen Perrotta's leg snapped as he was setting up to attempt a squat. The spotters, Rich Peters among them (out of frame, but holding up the end of the bar that went across Carmen's neck) were just able to save Carmen from more serious injury. Carmen has recently come back in spectacular fashion, squatting 875, coming close with 925, and hoping for more.



INTERVIEW

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

CARMEN PERROTTA as interviewed for PL USA by Mike Lambert



Carmen Perrotta came up with this 925 squat at a recent APA Meet.

ML: Can you remember what happened that day? It's been over 10 years now. (1990)

CP: I remember it like it was yesterday. I ain't gonna forget that, Mike.

ML: It was your opening squat, right?

CP: A 733 opener as a 198er. What happened was when I came out with the weight, the rack was high, and I hit it. When I went to set it up, my leg just snapped.

ML: Was it a stress fracture?

CP: I had to be some kind of fracture, because of the way it snapped, but the doctors couldn't really explain it. I used to be a valet parker years ago, and I was always pounding on the hard ground. Between that and the lifting, I guess I really stressed it out. You've got to look at it this way too: my squats went from a 600 something to a 733 in a year, and that's a lot of increase.

ML: They took you out of the meet on a stretcher and into the ambulance. What happened after that? You had to stay a few extra days, I guess.

CP: I had to stay in Reno, Nevada for 2 weeks. That's how bad it was. They had to put a pin in my leg. I was on the Junior World Team for two years, and I was out there in Reno with the team for Rich Peters' Natural Nationals.

ML: How did you recover?

CP: When I got home, I just laid around, and put on a little weight. I went back into the gym, doing benches, while I was on crutches. About six months later, I came back to squats and it took me about 6-7 weeks and I squatted 600 again.

ML: So that bone healed right up.

CP: That bone is strong. I've still got the rod in it. After a couple of years, I did 800 without any wraps in the gym at 240. Then I got up

to 855, and recently, in the gym, I did a 950 in a suit, with the straps down, and with wraps.

ML: So, there's no lasting after

effect from the injury at all.

CP: No. (without hesitation!)

ML: Not even, psychologically

CP: No. I am just that type of

person. I will not let it beat me. I'm not trying to act like a tough guy. It's like when you fall off a horse - you've got to get back on. I told myself - 'I'm coming back.' I can't go out that way. I gotta break that 1000.

ML: How about the day you did the 875 at the recent APA meet. Was that your opener?

CP: I opened up with 800. Scott Taylor came up to me afterwards and he couldn't believe it. It came up like there was nothing on there. I sunk it and just shot it right up. Then I went 875 - same way - that thing went up like it was only 225 on that bar. When I went to the 925, I was hitting the racks, so the spotters said 'we'll help you lift it out'. When they helped me, it came

out off balance. I wasn't set up right, but I came down with it, and I cut it short. It didn't feel right, because it wasn't set on my back right. On that day, even Scott said so, I had about a 950 in me. My next contest I'm gonna open up with 905.

ML: Where are you going to lift next?

CP: I'm looking at something in May. The APA is having a meet in Lancaster (PA). I'll try to hit around 975 then.

ML: How about your other lifts? How are they doing?

CP: Good, good. When I came out with the 925, and I cut it, when I came back to the rack, I had pulled my bicep tendon, so I didn't go on with the meet. I did a 545 in the bench at a meet in Lancaster last year.

ML: Yeah, I thought I saw your name in a couple of meet results.

CP: You know, when you've got a great squat, it's like you're never a great bencher. Why is that?

ML: Well, one may take something out of the other.

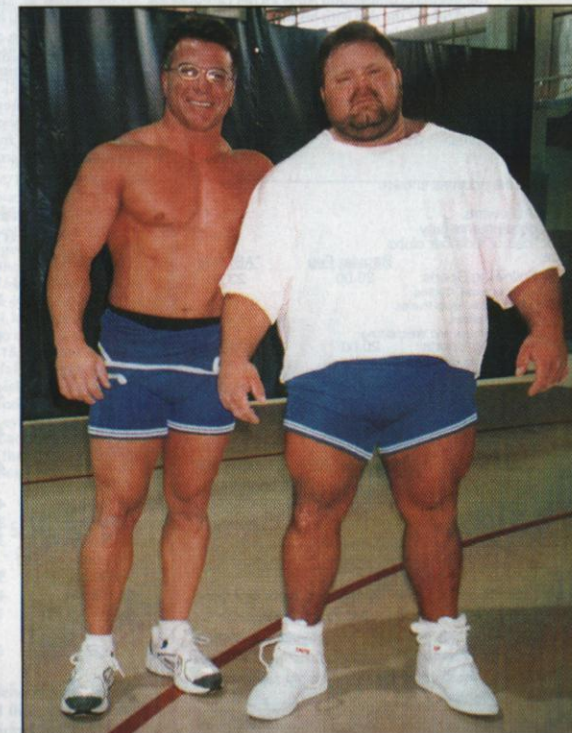
CP: My shoulders get so beat up. I always have bicep tendon problems. My bench is not bad, but it's not great. My deadlifts are fair. I'm going to try to pull an 800 next year.

ML: What are you weighing now?
CP: When I did the APA meet in Virginia, I was 276 lbs. I didn't want to cut it. I just wanted to go in and see what I could do. I'll go 275 in the future.

ML: I see you are from Hamonton, New Jersey. That's where Paul Sacco coaches. Do you know him?

CP: I used to work out with Paul and all those guys. Tommy Eiseman was my lifting partner there when I was coming up. Phil Pelura at Oceanside Gym trained us both. He trained Rob Wagner too. When Tommy pulled that 800 deadlift, Phil was training him. Phil knew his stuff. Now I train with Dr. Sanfilippo. He helps me out a lot. He's my chiropractor, plus a real good training partner. I've had some good company. I gotta give a lot of thanks to those guys. I need that extra 'oomph' from guys like them. If it wasn't for them, I don't know if I would do this.

Like I was saying, look for me. I'm gonna hit that 1000, around the end of next year.



Carmen with his training partner and chiropractor Dr. Emanuel Sanfilippo. (these photos courtesy of Carmen)



Best Lifters at the Fall BP/DL Classic were (left to right) T. C. Roesch (DL) and Clint Van Tress (BP). photograph provided by Dr. Darrell Latch

**SLP Fall BP/DL Classic
6 OCT 01 - Mattoon, IL**

BENCH PRESS	shw	teenage men 16-17	114
Andy Eichel	160*	Earl Yngst	500*
Robert Connell	215*	DEADLIFT	teenage men 16-17
Dennis Frost	175	114	114
4th	190*	Andy Eichel	200*
master men 40-44	242	4th	230*
Clint VanTress	480*	teenage men 18-19	148
Chuck Price	435	Duane Frost	280*
Loren Betzer	360*	4th	300*
master men 65-69	275	master men 40-44	198
John Luallien	250	4th	300*
police & fire	181	master men 45-49	610*
181	310	4th	610*
John Luallien	320*	master men 65-69	275
open men	105	4th	275
114	160*	John Luallien	320*
Andy Eichel	181	men	310
181	300	105	105
Joe Malek	300	Alonzo Munoz	175*
Steven Zelman	335	181	181
242	320	Joe Malek	470*
Bob Williams	320	198	198
242	440	Steven Zelman	440
T. C. Roesch	440	242	242
		T. C. Roesch	700
		shw	
		Loren Betzer	575*

* Son Light Power Illinois state record. The eighteenth annual SLP Fall Bench Press/Deadlift Classic was held once again at the Cross County Mall in Mattoon, Illinois on October 6, 2001. Many thanks to the mall association for their continued support of powerlifting. In the bench press event we began with the teenage division. Lifting at 16-17/114 was first time competitor Andy Eichel. Andy finished with his opener of 160 but was good enough for the win and a new Illinois state record. Andy also competed in the open 114 class setting the state record there as well. Robert Connell was also competing in his first bench meet, taking the 13-15/198 class with a new state record of 215. Dennis Frost tied the existing state record in the junior 148 class with his fourth attempt of 190. Prior to that Dennis had finished with 175 for the win. In the master 40-44/242 class Clint Van Tress set both a new pr and Illinois state record with 480. And that was a "raw" lift! Just think what Clint could do with a good shirt! Second place at 242 went to Charles Price who finished with a new personal record of 435. At 40-44/shw it was Loren Betzer with another personal best and state record, finishing with 360. John Luallien finished with 250, five pounds less than his own state record, for the win at 65-69/275. First-timer Josh Yargus captured the police & fire title at 181, finishing with 310. A fourth attempt with 335 for the state record failed at lockout. Joe Malek took the open 181 title with his opener of 300. Having trouble with his shirt, Joe failed at his next two attempts of 320. Steven Zelman won at 198, making all three of his attempts to finish with 335. At 220 it was Bob Williams for the win with 320. At 242 T. C. Roesch looked strong as he finished with 440 for the win there. A final

LOUIE SIMMONS PRESENTS

Training Secrets of Westside Barbell Club

NOW ON VIDEO!

- Squat Workout \$54.95
- Bench Press Workout \$49.95
- Bench Press Secrets \$35.95
- Squat Secrets \$29.95
- Dead Lift Secrets \$29.95
- T-Shirts (M, L, XL, 2XL, 3XL) \$14.95
- Shipping/handling \$5.00

Send check or money order to:
Westside Barbell Club
1417 Demorest Road
Columbus, OH 43228



back view of dog appears on back of t-shirt

attempt with a pr 465 came close, just failing at lockout. Our final competitor was Earl Yngst. Earl took the shw title with his first official 500 bench. Earl even came close with a fourth attempt of 520, just missing it at the top. The best lifter award went to Clint Van Tress who finished with 480 at 240. In the deadlift competition Andy Eichel captured his third title of the day with his win at teenage 16-17/114. Andy finished with 200 followed by a successful fourth of 230 for the win. Both were also new Illinois state records for the class. Duane Frost broke the record at 18-19/148 with a strong 280 final attempt, then called for and made a fourth with 300. At 40-44 Mark Johnson broke the state

record at 198 with 600. A fourth with a personal record 610 was also good. James Ewing broke his own state record at 45-49/242 with a solid 535. John Luallien also broke his own state record in the 65-69/275 class with his 320 second attempt. In the open division Alonzo Munoz broke the existing state record at 105 with 175. Eleven year old Alonzo now holds the state record at 105 and 114! Joe Malek set the record at 18 1, making just his opener of 470. Steven Zelman repeated as 198 champion, finishing with 440. At 242 it was state record holder T. C. Roesch pulling a great 700 for the win and the best lifter title. Then at shw Loren Betzer pulled a new pr and state record of 575 for the win. Thanks to my son Joey for all his help. (thanks to Dr. Darrell Latch for providing results)

**Mid America BP
21 Jul 01 - St. Louis, MO**

WOMEN	K. Hahn	429
123 lbs. (40-44)	SHW	
A. Apple	105	551
148 lbs.	165 lbs. (50-54)	
K. Jones	192	214
181 lbs. (40-44)	G. Schoonmaker	214
Open 132 lbs.	C. Heleine	303
K. Otte	(50-54)	
181 lbs.	J. Springmeyer	314
Y. Russell	363	264
198 lbs.	B. Harris	264
D. Riney	418	352
220 lbs.	W. Strosnider	352
D. Johnson	479	303
J. Boettger	385	336
D. Noonan	352	336
242 lbs.	242 lbs. (45-49)	
D. Doan	540	479
G. Chrun	275+ lbs.	
	E. Finnell	424
	Police/Fire 242 lbs.	
	B. Lewis	275
	275 lbs.	
	M. Werges	402

Team Champions: Rolla Power. Team members include: Bill Harris, Curt Poling, George Heleine, Ed Finnell, and Bryan Lewis. Best Lifters: Open - Dave Doan, Masters - Greg Chrun. Womens - Kathy Jones. (Thanks to Directors Kurt and Bill Richardson for providing these results to POWERLIFTING USA)



Best Lifter Andy Spielman locks out 400 @ 161 at the Son Light Power National Raw Championships (photo provided by Dr. Darrell Latch)

**SLP National "Raw" Championship
30 SEP 01 - Tuscola, IL**

junior men/132	SQ	BP	DL	TOT	187 lb.	62.5	102.5	212.5	377.5
B. TURNER	260*	185*	270*	715*	J. Priem	62.5	102.5	212.5	377.5
BENCH PRESS					205 lb.	42.5	92.5	192.5	327.5
junior men					J. Amer	42.5	92.5	192.5	327.5
165					250 lb. PHS	57.5	120	200	377.5
A. SPIELMAN	400*				C. Fisher Jr	57.5	120	200	377.5
master men 40-44					A. McNeely	40	100	175	315
242					C. Douglas	42.5	75	147.5	265
D. HAYCRAFT	450*				280 lb. Jr	70	137.5	242.5	450
4th	460*				J. Stark	70	137.5	242.5	450
master men 50-54					WOMEN				
242					170 lb. Fr	37.5	62.5	137.5	237.5
JIM BRIDGES	400*				C. Artym	37.5	62.5	137.5	237.5
open men					187 lb.	25	35	87.5	147.5
181					V. Hudson	25	35	87.5	147.5
JASON CARSON	415*				Pwrlifting	SQ	BP	DL	TOT
					GIRLS				
* Son Light Power national "raw" powerlifting record. Best Lifter-ANDY SPIELMAN. The Son Light Power "Raw" Powerlifting Championships were moved from Missouri to Illinois as a last minute thing, really affecting our turnout. But, as I have always done, the competition was not cancelled and despite the poor turnout we still had a good time, with every lifter setting a new national record in their respective classes. In the powerlifting event we had one lifter who was competing for the first time, so we took a lot of time to teach him as much as he could learn as we "walked" him through the lifts. Brandon Turner set all new national records as he recorded his win in the junior men's 132 class. Brandon squated 260 with good depth, got his opener of 185 in the bench, then pulled a strong 270 for a 715 total. This kid's got lots of potential and we hope to see him again real soon. In the bench press competition we had four great lifters. First in the junior men's 165 class was Andrew Spielman. Andy opened with a 390 national record, but had his eyes set on that magical 400. Well, on his second attempt that became a reality as Andy got his first official 400 bench. A third with 410 was just too much. At master 40-44/242 the winner was Doug Haycraft. Doug set four national records, one with each attempt! Starting with 410 Doug next went to 430 then 450 and finally a 460 fourth attempt for the win. Jim Bridges came all the way from Hannibal, Missouri for the title at master 50-54/242. Jim made all three of his attempts, all new national records to finish with 400. A fourth with a pr 405 fell just short of lockout. In the open division Jason Carson won at 181, also making all three of his attempts to finish with 415, another national record. A fourth with a pr 430 failed at lockout. Best lifter honors went to Andy Spielman who finished with 400 at 161. Thanks to Linda Middleton, who helped with the powerlifting event and to my son Joey Justin for their help. It's back to Missouri next year again! Hope to see you there! (thanks to Dr. Darrell Latch for providing these meet results)									

**NASA Missouri State HS
10 Mar 01 - (kg)**

PwrSports	CR	BP	DL	TOT
154 lb. Fr				
D. Holley	40	75	187.5	302.5
170 lb.				
D. Gaddis	47.5	90	182.5	320
187 lb.				
M. Ramos	50	92.5	165	307.5
127 lb. Jr				
J. Adams	45	82.5	137.5	265
138 lb.				
D. Heckmaster	50	82.5	167.5	300
170 lb.				
A. Buster	50	85	150	285

**APPLICATION FOR REGISTRATION
American Powerlifting Association**

Last Name	First Name	Initial	Date of App.
Street Address		City	State or Province
Country		Zip Code	Telephone Number
Date of Birth	Age	Sex	Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927
Social Security Number			

Registration Fee: \$20 High School Athlete: \$10

Parents Initial
if Under 18 yrs.

I Certify that
the above answers
are correct
X

187+ lb.				S. Mikulich	155	92.5	172.5	420
J. Korneman	122.5	52.5	110	285	227 lb.			
110 lb. Jr				J. Trent	227.5	115	217.5	560
L. Kemp	77.5	35	87.5	200	250 lb.			
J. Howard	67.5	45	90	202.5	B. Gallimore	135	90	155
C. Clark	97.5	52.5	127.5	277.5	119 lb.			
A. Disselhof	100	42.5	120	262.5	P. Grafton	142.5	75	142.5
BOYS					Z. Rice	125	72.5	140
138 lb. Jr					154 lb.			
M. Craigie	132.5	75	160	367.5	A. Henderson	182.5	117.5	205
Z. Sewell	102.5	62.5	125	290	W. Reeves	142.5	77.5	152.5
154 lb. Fr					170 lb.			
M. Ginestra	167.5	97.5	177.5	442.5	B. Coroocan	165	97.5	162.5
E. Vittetoe	142.5	87.5	160	390	M. Hawkins	145	100	177.5
V. Leone	135	87.5	155	377.5	187 lb.			
G. Dahm	117.5	75	142.5	335	C. Clarke	192.5	110	217.5
A. Carter	112.5	57.5	140	310	T. Kytasaari	162.5	105	200
S. Criley	65	35	100	200	A. Prentice	177.5	85	200
J. Hardisty	125	57.5	145	327.5	205 lb.			
A. Askins	115	50	130	295	K. Miller	72	185	105
M. Wilcoxson	85	47.5	90	222.5	250 lb.			
C. Benson	70	40	97.5	207.5	J. May	287.5	150	272.5
170 lb.					S. Dahm	120	80	155
A. Lundgren	117.5	55	120	292.5	187 lb.			
					J. Smith	227.5	125	212.5
					280 lb.			
					B. Tew	175	127.5	182.5
					T. Wallace	157.5	102.5	187.5
								447.5

**International Powerlifting Association
"Lifting for Lifters"**

Application for Registration

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

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

FORGET ANDRO

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

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

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

ZMA™

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



L-THEANINE

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

ZMA RESEARCH

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

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

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

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

INTRODUCTION

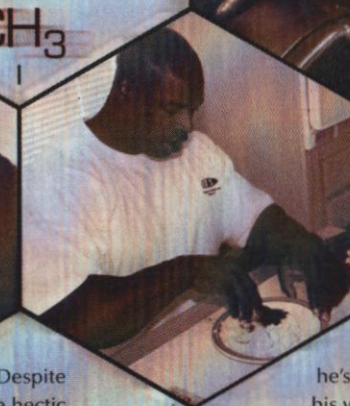
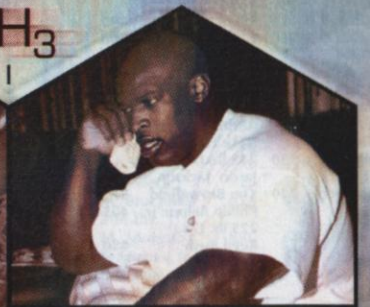
Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). **Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance.** Testosterone's role in physical

RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING

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



THREE-TIME MR. OLYMPIA, RONNIE COLEMAN



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™**.



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

AMERICAN BODY BUILDING™ A FORCE IN THE GYM™

WORLD POWERLIFTING ORGANIZATION · NEW PROFESSIONAL POWERLIFTING FEDERATION

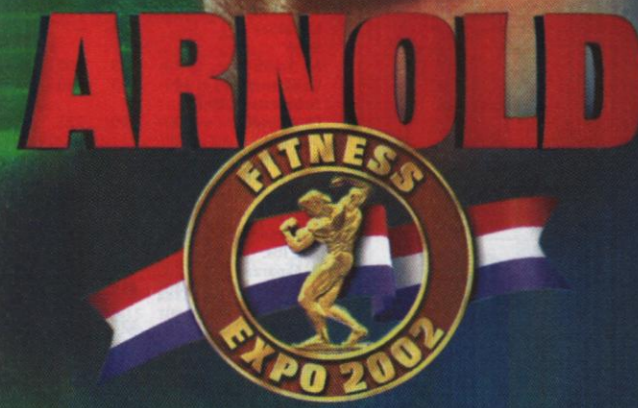
\$WPO\$

Super Bowl Of Powerlifting Finals

\$Cash & Prizes\$

February 23 & 24, 2002

■ **Meet Location:**
GREATER COLUMBUS CONVENTION CENTER
Columbus, Ohio USA



Debbie Kruck
Ms Fitness USA
www.debbiekruckclassic.com



■ Schedule

Saturday, February 23rd

WPO Qualifier (No Prize Money)

WPO Arnold Classic Bench Bash (\$-?)

Sunday, February 24th

WPO Final Superbowl Of Powerlifting (\$-?)

■ Information

Huge Iron Fitness Center

910 S. Atlantic Avenue

Ormond Beach, FL 32176

386-677-4000

877-HUG-IRON

www.hugeiron.com

www.worldpowerlifting-organization.com



New Training Seminars

Advancing Force Training into the 21st Century!

"Understanding Westside
Methods"

Seminar Dates

- January 12th - 13th Pittsburgh, PA (bgr, Int, Adv)
- January 19th - 20th West Palm, FL (bgr, Int, Adv)
- January 26th Columbus, OH
- January 27th Mastering the Squat Columbus
- February 2nd - 3rd Peshtigo, WI (bgr, Int, Adv)
- March 23rd Columbus, OH (int, adv)
- March 24th Mastering the Bench Press Columbus
- April 13th - 14th Tucson, AZ (bgr, Int, Adv)
- April 20th - 21st Seattle, WA (bgr, Int, Adv)
- May 18th Columbus, OH (bgr, Int)
- May 19th Mastering the Squat Columbus
- June 29th - 30th Dallas, TX (bgr, Int, Adv)
- July 13th - 14th New York, NY (bgr, Int, Adv)
- August 10th Columbus, OH (Int, Adv)
- August 11th Mastering the Bench Press Columbus
- August 24th - 25th Nazareth, PA (bgr, Int, Adv)
- October 19th Columbus, OH (bgr, Int, Adv)
- October 20th Mastering the Squat Columbus
- December 7th Columbus, OH (bgr, Int, Adv)
- December 8th Mastering the Bench Press Columbus

Bgr = Beginner
Int = Intermediate
Adv = Advanced

Elite Fitness Systems

888-854-8806

Or visit our web site

www.elitefts.com

ACT FAST

Seminars are limited in attendance
and fill up quick!

Coming Events

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

12 JAN, APA Tri-State Open BP, DL, Push/Pull (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

12 JAN, APA Winter Survival Push/Pull, BP & DL (River Valley Club, 33 Morgan Dr., Centerra Park, Lebanon Park, NH 03766, 603-643-7720) Cal Frost, 802-674-6571

12 JAN, NASA S.W. PL, BP, PS Classic (Longview, TX) SQPBDL@aol.com

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 Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114, jimharbourne@home.com

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

13 JAN, Big Dog Classic BP and/or DL, John or Kayleen Blackstone, Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

19 JAN, Legends of the Game BP/DL, Marty Schnorf, Box 183, Charleston, IL 61920 or Jim Dinaso 217-348-0819, FAX 217-345-3767, charlestonweightliftingclub@yahoo.com

19 JAN, USPF Kentucky State & Pikeville Open BP (Pikeville Area YMCA) Pro-Fitness Multi Sports, Don Fields, 1243 S. Lake Dr., Prestonburg, KY 41653, 606-886-8604, profitns@multisports.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

19 JAN, APA 1st Patriot Middle School Meet, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest, Houston, TX 77042, Powerlifter@angelfire.com

19 JAN, SLP Eric Maroscher Illinois Open BP/DL (Park Forest, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

19 JAN, USAPL Barbender PL Invitational (free entry) Tom Peterman, SCI Rockuleu, Box A1, Bellefonte, PA 16823

19 JAN, USPF Orange County Push/Pull Extravaganza (World Gym, Lake Forest, CA) Anthony Hardridge, 949-307-9634

19 JAN, Winterfest Power Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

20 JAN, WNPF Florida (PL, BP, DL, SQ, PC - national qualifier - Lake City, FL) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

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

26 JAN, WNPF Delaware (PL, BP, DL, SQ, PC - national qualifier - Newark, DE) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

26 JAN, SLP A Cold Day in Tuscola BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

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

2 FEB, NASA Virginia State PL, BP, PS (Charlottesville, VA) Greg Van Hoose, gvhl@wirefire.com

2 FEB, Extreme Strength Extravaganza Strongmen and Powerlifting Record Breakers, Rick King & Willie Wessels, Eagle Gym, 2551 Woodson Rd., Overland, MO 63114, 314-423-2525 or 609-6031, dwes370162@msn.com

2 FEB, WABDL Texas State BP/DL, Bob Garza, 9234 Beaver Bend Ct., Houston, TX 77037, 281-820-5923

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, APA Houston Open PL & BP (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

2 FEB, WABDL Texas State BP & DL (drug tested - Houston, TX) Bob Garza, 218-820-5923

2 FEB, SLP Chain O' Lakes Push/Pull (Waupaca, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

2nd or 9th FEB, NASA Bench Press & Deadlift Nationals (Nashville, TN) SQPBDL@aol.com

8-10 FEB, USAPL Women's Nationals, Dennis & Sandi Brady, 773-561-9692

9 FEB, Tomah Winter Classic Bench Press (The Fitness Connection - Tomah, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or Mike Krause 608-372-3883

9 FEB, Mass. Attack BP, Rip the Grip DL, Bay State Push/Pull (3 separate meets -

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!

NO MIDDLEMAN!
Free 48 Page **WHOLESALE** Catalog fully describing our 50 one-of-a-kind Bodybuilding supplement formulas that produce results!

CALL 1-800-798-9798
TOLL FREE CATALOG ORDER HOTLINE

Fitness Systems Manufacturing Corp.
104 Evans Ave. Dept. PL0102
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

Men, Women, Teen, Submen, Master - Fitchburg, MA), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (late entries accepted)

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

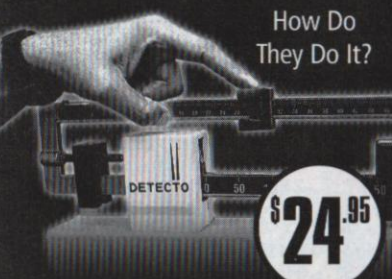
9 FEB, APA Windy City Regional BP, DL, Push-Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

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

New From J.M. Blakley and The Seventh Level

Secrets of Cutting Weight

How Do They Do It?



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

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

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

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

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

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

9 FEB, APA Spartanburg Open BP & DL (Spartanburg, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

9 FEB, WABDL Arizona State BP & DL (drug tested - Mesa, AZ) Gus Rethwisch, 503-762-5066

9 FEB, AAU New York State Drug Free BP/DL (Lanscaster's Party House, Clyde, NY - 1st 50 lifters) Steve Rogers, 315-365-3377 after 5:30PM (do not call meet location)

9 FEB, SLP Mason-Dixon Open BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 FEB, Oswego State University Open BP, Frank Patno, Oswego State Baseball, Laker Hall, Johnson Rd., Oswego, NY 13126, 315-312-2405, patno@oswego.edu

10 FEB, WNPFL Georgia (PL, BP, DL, SQ, PC - national qualifier - Atlanta, GA) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

10 FEB, Pump Total Fitness BP&DL, Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 989-224-2441

10 FEB, AAU Missouri State (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

16 FEB, WABDL Southeastern Regional BP & DL (drug tested - Pensacola Beach, FL) Dan Belanger 850-995-7323

16 FEB, USA "Raw" Bench Press Federation Winter Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

16 FEB, WNPFL North Carolina (PL, BP, DL, SQ, PC - national qualifier - Charlotte, NC) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

16,17 FEB, NASA Ohio State H.S. & Teen World Record Breaker (Springfield, OH) Greg Van Hoose or Richard Peters SQPBDL@aol.com

17 FEB, APA Maryland Open PL & BP (open to all lifters from all states - Laurel, MD) Jeff McVicar, gomarines@hotmail.com, or Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

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

23 FEB, WPO Qualifier & Arnold Bench Classic (Columbus, OH) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-HUG-IRON, www.hugeiron.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 Budweiser California State BP/DL (Monterey, CA), Iron Society - 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

23 FEB, APA Iron Warrior Open BP & DL (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com, or Johnny Sheakley, Johnnysxx@aol.com

23 FEB, WABDL California State BP & DL (drug tested - Monterey, CA) Matt LaMarque 831-277-4766

23 FEB, SLP Southern Illinois Open BP/DL (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24 FEB, WNPFL Ohio (PL, BP, DL, SQ - national qualifier - Youngstown, OH) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

24 FEB, WPO Final Superbowl of Powerlifting (Columbus, OH) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-HUG-IRON, www.hugeiron.com

24 FEB, WNPFL Ohio St., Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

FEB, APA Maryland Open (Laurel, MD) Scott Taylor, Box 27204, 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, 11th Larry Frederick Memorial BP Challenge, Steve Unrath, North Penn YMCA, 608 E. Main st., Lansdale, PA 19446, 215-368-1601 ext. 230

2 MAR, 5th AAU Hawaii State (Waimanalo Carnival Pavillion), Keith Ward, Box 654, Waimanalo, HI 96795, 808-259-9800

2 MAR, USAPL Georgia St. (open, teen, masters -

NATIONAL POWERLIFTING FEDERATION

Hard-core lifters need
SERIOUS CLOTHES.
Don't believe it? Do an experiment:
NEXT HEAVY-DAY,
WEAR SOME
Flowered Panties.

If you like it, call Victoria's Secret.
If not, call us.

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

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

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

HOUSE OF PAIN
IRONWEAR

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



www.houseofpainironwear.com

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

Duluth, GA), Sherman or Ryan, 770-495-0787, ry5520@yahoo.com

2 MAR, 6th FASO Power Team King of the Bench (sculptured trophies, BP & SQ seminar) 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, WABDL Great Northern BP & DL (drug tested - Seattle, WA) Bull Stewart, 206-725-7894

2 MAR, SLP Iron House Open PL/BP/DL (Hoopetown, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

2,3 MAR, WNPFL BP/DL Nationals & SQ Nationals & Power Curl (all single lifts - no totals - Bordentown, NJ - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

2,3 MAR, NASA Natural Nationals PL, BP, PS (Oklahoma City, OK) SQPBDL@aol.com

3 MAR, SLP Iron Slam/Jamma BP/DL (Indianapolis, IN) 217-253-5429, www.sonlightpower.com

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 Na-

tionals (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, USPF New Jersey High School Bench Press & Deadlift (drug free - students only - Hammonton, NJ) Paul Sacco, 537 Pine Rd., Hammonton, NJ 08037, 609-567-0046

9 MAR, NASA East Texas State PL, BP, PS (Longview, TX) SQPBDL@aol.com

9 MAR, ADAU Raw Drug Free New Jersey St. PL / Out of State (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

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

9 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9,10 MAR, AAU USA BP, Push/Pull, DL (Best Western Image Suites, Moreno Valley, CA - world qualifier, open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

9,10 MAR, WABDL Pepsi Northwest Regional BP & DL (drug tested - Doubletree Hotel, Eugene, OR) Gus Rethwisch, 503-762-5066

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-

2202 Huge Iron Powerlifting Schedule

- 2-23-02 WPO Qualifier/WPO Arnold Classic Bench Bash (Columbus, Ohio)
- 2-24-02 WPO Super Bowl of Powerlifting Finals (Columbus, Ohio)
- 4-06-02 APF Florida State Bench Bash (formerly Bike Week B.B.)
- 4-20-02 APF Nevada State and APF Southwest Powerlifting Open (Las Vegas, NV - qualifier for APF Senior Nationals)
- 5-11-02 AAPF Florida State Powerlifting Championships
- 6-01-02 APF Florida State Powerlifting Championships (qualifier for APF Senior Nationals)
- 6-2-02 APF Bench Press Nationals and WPO Bench Press Qualifier (contest will determine who is selected for WPO B.B.C./WPO A.C.)
- 6-22+23-02 APF Mens + Womens Senior National Powerlifting Championships and WPO Qualifier (only other qualifying meet for WPO Semi Finals, Loc. tba)
- 7-13-02 APF Florida Push/Pull (for total)
- 9-7-02 WPO Bench Bash for Cash
- 10-?-02 WPO Powerlifting Semi-Finals (Loc. tba)
- 11-02-02 AAPF Southern States Powerlifting Championships
- 11-30-02 APF Southern States Powerlifting Championships (light day)
- 12-09-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

All contests will be held in Daytona Beach, Florida unless otherwise specified.

Call us @ 877-HUG-IRON or

E-mail us, hugeiron@bellsouth.net for further info.

Niels Andersen Sculptures



PH. 480 596 4047

www.nielsandersen.com

Offering a variety of sculptures

Starting at \$13.50 ea.

SPECIAL PRICING THRU FEB 1, 2002

266-2683 (O)

10 MAR, USAPL Military Nationals (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

10 MAR, SLP Pecatonica Fitness BP/DL Classic (Pecatonica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

16 MAR, NASA Ohio State PL, BP, PS (Springfield, OH) SQPBDL@aol.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 Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

16,17 MAR, CPC Canadian Championships (Red Deer, Alberta, Canada - open to US lifters - entry 50 Canadian) Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067, 403-938-0489

16,17 MAR, WNPFL Youth, Teen, Submaster, Masters Nationals, Ralph Peace Memorial, South Carolina State and Power Curl (Greenville, SC - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

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

23 MAR, APA Kentucky Regional PL & BP (open to all lifters in all states) Jay Gibson, zetchok@hotmail.com, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

23 MAR, USAPL Battle of the Great Lakes PL/BP (Cleveland, OH - male/female, men's open, HSI, HS2, Jr., Collegiate, masters, women's open, police/mil/fire, raw, novice) Gary Kanaga,

brownfieldpower@lakewebs.net

16 MAR, SLP Heath Clifton Memorial BP/DL Classic (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

16 MAR, NASA Ohio State PL, BP, PS (Springfield, OH) SQPBDL@aol.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 Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

16,17 MAR, CPC Canadian Championships (Red Deer, Alberta, Canada - open to US lifters - entry 50 Canadian) Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067, 403-938-0489

16,17 MAR, WNPFL Youth, Teen, Submaster, Masters Nationals, Ralph Peace Memorial, South Carolina State and Power Curl (Greenville, SC - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

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

23 MAR, APA Kentucky Regional PL & BP (open to all lifters in all states) Jay Gibson, zetchok@hotmail.com, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

23 MAR, USAPL Battle of the Great Lakes PL/BP (Cleveland, OH - male/female, men's open, HSI, HS2, Jr., Collegiate, masters, women's open, police/mil/fire, raw, novice) Gary Kanaga,

440-884-7608, bigkanaga@aol.com

23 MAR, Georgia State PL & Deep South BP (Holiday Inn Convention Center, Forsyth, GA, exit 186 on I-75) Buddy Duke, 229-896-3988 (d), 896-3989 (after 8pm), bduke@south.com

23 MAR, Winona Springs Classic BP, Boardwalk Gym, 71 W. 3rd St., Winona, MN 55987, Jim Heaton, 608-787-5693

23 MAR, APF/AAPF Illinois State PL/BP (Rich East H.S., Park Forest, IL) Craig Hanson, 1629 Trainer Rd., Rockford, IL 61108, 815-227-0935

23 MAR, WNP Western Ohio (PL, BP, DL, SQ, PC - national qualifier - Dayton, OH) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

23 MAR, SLP Missouri State "Raw" PL/BP/DL (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

23 MAR, APF Nebraska State & Midwest Open, Big Iron Gym, 4519 S. 24th St., Omaha, NE 68107, Rick 402-392-2446

23 MAR, 1st Annual John Ware Classic Collegiate Invitational, TSU Irondogs, Student Involvement SUB, 100 E. Norman, Kirksville, MO 63501, Zac Cooper, tsuirondogs@hotmail.com, 660-785-4850

23 MAR, USPF West Virginia State & Single Lift SQ and DL & Holley Strength System Open PL, BP, DI (Institute, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

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

23, 24 MAR, NASA Iowa State PL, BP, PS (Des Moines, IA) SQPBDL@aol.com

24 MAR, NPA Northern Illinois Open (tested - PL, BP, DL) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, ask for or leave message for Duane

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

COUNTRY POWER INC.

presents it's first annual 10 reps dumbbell bench press contest

\$1000.00 to be awarded
no entry fee

To enter: Send a post card or letter no later than Oct. 1, 2002 to Country Power Inc. with your name, address, phone number, body weight, age, and your best 10 reps dumbbell lift that you bench pressed using Power Hooks.

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

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

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



POWER HOOKS

Why this contest was started: Our main goal is to further prove that using Power Hooks is the best way to train with dumbbells. If you desire to enter this contest but don't have Power Hooks, they can be purchased for \$39.95 plus \$5.75 shipping and handling from the address listed below. To order by credit card call toll free 1-888-669-6316. They are also available at some sports equipment stores.

Country Power Inc.
85-979 Farrington Hwy.
Waianae, HI 96792

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 St., Greg Van Hoose, gvhl@wirefire.com

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, E. Taunton, 02718, 508-822-4534

6 APR, APA Colorado Open BP, DL &

Push/Pull (Sterling, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-upa.com

6 APR, APF/AAPF Georgia State PL & Georgia Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbaker@musclemaker.net

6 APR, NASA Tennessee State PL, BP, PS (Nashville, TN) SQPBDL@aol.com

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

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

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

6 APR, USA "Raw" Bench Press Federation Spring Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

6 APR, WNP Western New York PL (Niagara Falls, NY - national qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

7 APR, WNP Alabama (PL, BP, DL, SQ, PC - national qualifier - Bessemer, AL) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

7 APR, WNP Western New York Meet (Niagra Falls, NY), Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670

7 APR, WNP Florida State Bench Bash (formerly Bike Week B.B. - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

6, 7 APR (new date), USAPL Pennsylvania State (Greater Scranton YMCA, Dunmore, PA) Joe Luciano 570-961-0915 (w), 342-8155, www.geocities.com/steventmann/vmeets.html

6, 7 APR, IPA New York State PL & BP, Joe Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216

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

7 APR, SLP Primitime Fitness Spring BP/DL Classic (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 APR, WNP Western New York PL (Niagara Falls, NY - national qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

7 APR, WNP Western New York Meet (Niagra Falls, NY), Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670

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

12-14 APR, USAPL Collegiate Nationals, (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

6 APR, WABDL Idaho State BP & DL (drug tested - Nampa, ID) James Preston,

6 APR, USAPL Illinois State / Great Rivers BP AND PL, Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

6 APR, APF Florida State Bench Bash (formerly Bike Week B.B. - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

6 APR, NASA Tennessee State PL, BP, PS (Nashville, TN) SQPBDL@aol.com

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, USAPL Missouri State / Ozark Press, Glen Woyschik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.usconsinstsbestbench.com

13 APR, APF Central California Open/ Nounce (open, submasters, teen, women, Jrs., masters) Bob Packer, 559-322-6805 (w), 559-658-5437 (h)

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

13, 14 APR, WNP Raw Nationals & Powerfest 2002 (PL, BP, DL, SQ, PC - Lancaster, PA - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

13, 14 APR, NASA High School Nationals (PL, PS - Oklahoma City, OK) SQPBDL@aol.com

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

17-21 APR, IPF Masters World Bench Press Championships, (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

20 APR, APF Nevada State & APF Southwest PL Open (Las Vegas, NV - qualifier for APF Sr. Nationals) 877-HUG-IRON, hugeiron@bellsouth.net

20 APR, Georgia State Open BP/WABDL BP & DL Qualifier (open, master, teen, women, novice - Atlanta, GA) George Herring 770-963-6788, Steve Ramey 770-955-1400

20 APR, SLP Effingham Open BP/DL Classic (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

20, 21 APR, NASA N. Carolina St. (all events, Hickory/Conover, NC) SQPBDL@aol.com

27 APR, South Florida Spring Bench Press (Lantana, FL) Bob Youngs, 561-718-9877, byoungs@bellsouth.net

27 APR, 23rd Raw ADAU "Power Day Classic" separate BP & DL contests (open and all age groups - men & women - Bigler, PA) Stegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikttup.com

27 APR, USAPL Kansas State & Sun Flower Meet (Red Coach Inn, 2110 W. Crawford, Salina, KS 67401) James Duree, 913-596-7326, JDuree7086@aol.com

27 APR, SLP National BP/DL Championships, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

27, 28 APR, WABDL House of Pain World Cup (drug tested - Holiday Inn Select North - Irving, TX) Gus Rethwisch, 503-762-5066

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., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

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

4 MAY, NASA IL/IN St. (Flora, IL) SQPBDL@aol.com

4 MAY, Coastal Bench Press Extravaganza Biggest Bench Meet in the Southeast (15 divisions, 11 wt. classes, guest lifters, demos, seminars, videos, t-shirts, and products - Savannah, GA), 912-660-0033

4 MAY, USAPL Missouri State/Ozark

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 MAY, 3rd annual Bench Press Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

4 MAY, SLP Indiana State BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Saito 808-373-5739

4 MAY, v. .BDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Saito 808-373-5739

4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Saito 808-373-5739

lifting Society Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18 MAY, NASS Missouri Strongman with the Microbrewery Festival, Jim Davis & Willie Wessels, 314-837-1372 or 609-6031, dwes370162@msn.com

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

18, 19 MAY, WABDL Capitol City BP & DL (drug tested - Rancho Cordova, CA) Jody Woods 916-417-7647, FAX 916-443-6200

18, 19 MAY, USAPL Texas State & Region 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9375

24-26 MAY, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel - Fresno, CA) Bob Packer, 559-322-6805 (w), 559-658-5437 (h)

25 MAY, WNP Western Pennsylvania (Beaver Falls, PA) Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670

MAY, NASA Kansas St. SQPBDL@aol.com

MAY, NASA New Mexico PL, BP, PS SQPBDL@aol.com

MAY, NASA PA St. Greg Van Hoose, gvhl@wirefire.com

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 Moyer, 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)

31 MAY, 1 JUN, AAU North American Push/Pull, BP, DL (River Palms Casino - Laughlin, NV - world qualifier, open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntripur@pe.net

MAY/JUN, USAPL Hudson Valley Ironman (Worlds Gym, Neuburg, NY) Frank Panaro, 839 Rt. 52, Walden, NY 12586, 845-778-1884

1 JUN, APF Florida State PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

1, 2 JUN, WNP American Championships (full meet & single lifts & power curl - Bordentown, NJ - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

1, 2 JUN, NASA Masters/Submasters Nationals PL, BP, PS (Nashville, TN) SQPBDL@aol.com

2 JUN, APF Bench Press Nationals & WPO Bench Press Qualifier (contest will determine who is selected for WPO B.B.C./WPO A.C. - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

2 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 JUN, USPF South Texas Championships (men/women - open, below 1, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench,



Fall special! 1/2" competition belts.
Max. IPF Specifications
Lever Buckle \$69.99
Single or Double Prong Buckle \$59.99



All your powerlifting needs: www.ironviking.com
519-685-3671

Great gift for power-lifters and bodybuilders!

NEW GYM APPROVED
PATENT NO. 5971339

POWER HOOKS stay with your dumbbells and hang onto any overhead barbell. This puts you in proper lifting position without having to lift or return the dumbbell from the floor.

MANY USES!

Local tested to your 100 lbs.

AWARD-WINNING POWER HOOKS

The New Power Hooks were designed primarily to provide lifters who work-out with multiple sets of dumbbells a rapid and easy way to install and remove the Power Hooks from one set of dumbbells and install to another set.

SPECIAL INTRODUCTORY OFFER
\$49.95 plus \$5.75 SH
30 DAY MONEY BACK GUARANTEE

MADE IN THE U.S.A.

Inquiries and orders from other than U.S.A. call 1-888-669-1979

After only a few months users increase 20 to 30 lbs. of weight to each dumbbell.
POWER HOOKS are highly recommended by a variety of training professionals.

MAKE DUMBBELL TRAINING INTENSE
ORDER NOW!
To order by credit card call toll free 1-888-669-6316 or send check or money order to:

COUNTRY POWER INC.
85-979 FARRINGTON HWY
WAIANA, HI 96792

The original Power Hooks are still available for \$39.95 plus \$H

Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

8 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8,9 JUN, WABDL Bend Summer Strength & Fitness (drug tested - Bend Riverside Motel, Bend, OR) Gus Rethwisch, 503-762-5066

14-16 JUN, USAPL Teen/Jr. Nationals (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

15 JUN, USA "Raw" Bench Press Federation Summer Nationals (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

15 JUN, WABDL Utah State (drug tested - Provo, UT) Randy Marchant, 801-375-8781

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

15 JUN, NASA Texas Classic PL, BP, PS (Longview, TX) SQPBDL@aol.com

22 JUN, USAPL California State Bench Press (Los Angeles) Lance Slaughter, 310-995-0047, Lance.Slaughter@heart.org, John Planas, 818-242-1906, jplanas@pacbell.net, www.usapl-ca.org

22 JUN, WABDL Hard Hitters Louisiana State BP & DL (drug tested - New Orleans, LA) Arrid Hansell, 504-392-9743

22 JUN, SLP Iron House Gym Open PL (Hoopeston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22,23 JUN, WNPFF USA (PL, BP, DL, SQ, PC - Atlanta, GA - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

22,23 JUN, APF Men's & Women's Senior National PL & WPO Qualifier (only other qualifying meet for WPO Semi-Finals. loc. tba) 877-HUG-IRON, hugeiron@bellsouth.net

29 JUN, USBF Lawrence Garro Memorial Raw Ironman/Ironwoman (BP & DL) Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com

29 JUN, WNPFF CAN-AM National BP-DL, IronMan Championships & Power Curl - Ottawa, Canada - world qualifier) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

29 JUN, USBF Wayne Detling Memorial Raw Bench Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com

30 JUN-6 JUL, AICEP Team Russia & Team Canada versus Team Russia, Team Finland, Team Sweden in Helsinki, Finland - AICEP, 15 Cartier, Suite 3, Pointe-Claire, Quebec, H95 4R5, Canada, 514-697-0628 (FAX) 514-697-3735, www.aicep.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

3 JUL, Iowa/Midwest Open Touch and Go BP (Sigourney, IA - teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

6 JUL, SLP Ft. Hamilton Days BP/DL Classic (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL

61953, 217-253-5429, www.sonlightpower.com

6,7 JUL, WNPFF Nationals (Youngstown, OH - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

8 JUL, Raw ADAU Pennsylvania St. & open (from any state) for men submaster, master, and women of any age (Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkittup.com

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

13 JUL, 4th annual Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

13 JUL, ANPPC World Cup, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

13 JUL, APF Florida Push/Pull (for total - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

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

20 JUL, SLP Mid South BP/DL (Paducah, KY), Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

20 JUL, Santa Barbara PL Championships, Kevin Fisher, 25 E. Arrellaga, Santa Barbara, CA 93101, 805-963-3439, KFISHER54@aol.com

20,21 JUL, WNPFF Lifetime Nationals, Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

26 JUL, USPF Barbee Classic (men/women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yr age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

26,27 JUL, WABDL National BP & DL Championships (drug tested - Clarion Hotel, Houston, TX) Bob Garza, 281-820-5923

26,27 JUL, WABDL National BP & DL (Houston, TX - Clarion Hotel) Bob Garza, 281-820-5923

27 JUL, 26th Southeastern Illinois BP & DL Classic (open, teen, police & fire, masters, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

27,28 JUL, NASA Grand Nationals (all events, Hickory, NC) SQPBDL@aol.com


JUL, NASA Arizona State PL, BP, PS SQPBDL@aol.com

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

1-4 AUG, AAU Youth, Teenage and High School, & Junior Nationals in conjunction with the AAU Jr. Olympics (Knoxville, TN) Rudy Garcia, Rt 1 Box 212, New Canton, VA 23123, 804-581-1910, ironsportsofa@hotmail.com

2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-725-6684, www.musclmaker.net




WHEELER'S



Presents

2002



A.P.F.



National Powerlifting Championships
Masters, Submasters, Teens, Juniors

May 24, 25, 26, 2002
Picadilly Inn Hotel
4691 N. Cedar Ave.
Fresno, California
Men & Women's WPC World
Powerlifting & Bench Press Qualifier

For further information
or entry blanks
contact:
BOB PACKER
559-322-6805
OR
559-658-5437

ibbaker@musclmaker.net, **www.irondawg.com** or **www.musclmaker.net**

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

3 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

3 AUG, USPF Gulf Coast (Vidor, TX - men/women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yr age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

3,4 AUG, WNPFF World Bench Press - World Deadlift - Single Lift or Combined - Lancaster, PA - lifters must qualify at a WNPFF national or major championship) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

3,4 AUG, WABDL North American BP & DL (drug tested - Holiday Inn Airport - Portland, OR) Gus Rethwisch, 503-762-5066

10 AUG, WABDL Midwest Regional BP & DL (drug tested) Rich Edinger, 701-298-0764 or 361-8813

10 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

10,11 AUG, NASA World Cup (all events, Oklahoma City, OK) SQPBDL@aol.com

11 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 AUG, WABDL West Coast BP & DL (drug tested - Rancho Cordova, CA) Jody Woods, 916-417-7647, FAX 916-443-6200

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

18 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

22 SEP, SLP Wisconsin State BP/DL (Burlington, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP, SLP National 'Raw' Powerlifting Championships (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP, USBF Raw BP Nationals (open, masters, teen, police/fire, military - wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com

28 SEP, NASA Wisconsin Regional PL, BP, PS (Marshfield, WI) SQPBDL@aol.com

SEP, NASA Kentucky Regional (Lexington, KY) Greg Van Hoose, gvhl@wirefire.com

SEP, NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

5 OCT, 22nd annual Record Breakers Meet, Jamie Fellows, Box 375, Belmont, DL (DuQuoin, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

31 AUG, NASA Virginia Regional (Charlottesville, VA) Greg Van Hoose, gvhl@wirefire.com

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

AUG/SEP, USAPL East Coast DL (Worlds Gym, Newburgh, NY) Frank Panaro, 839 Rt. 52, Walden, NY 12586, 845-778-1884

10-15 SEP, IPF World Jrs (Venezuela)

1 SEP, APF/AAPF Muscle Maker Push Pull & Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-0-725-6684, lbbaker@musclmaker.net

7 SEP, WPO Bench Bash for Cash (Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

7 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

14 SEP, SLP Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

14 SEP, Iron Boy Bench Press Classic (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboyenterprises.com

14 SEP, WABDL Washington State BP & DL (drug tested - Hogueam, WA) Don Bell, 360-533-5711

15 SEP, SLP Iowa State BP/DL (Coralville, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships 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

21 SEP, SLP Open National Powerlifting Championships (Hoopeston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

22 SEP, SLP Wisconsin State BP/DL (Burlington, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP, SLP National 'Raw' Powerlifting Championships (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP, USBF Raw BP Nationals (open, masters, teen, police/fire, military - wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com

28 SEP, NASA Wisconsin Regional PL, BP, PS (Marshfield, WI) SQPBDL@aol.com

SEP, NASA Kentucky Regional (Lexington, KY) Greg Van Hoose, gvhl@wirefire.com

SEP, NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

5 OCT, 22nd annual Record Breakers Meet, Jamie Fellows, Box 375, Belmont,



BERTHA BEANER
932-500-775-2207 @ 165#

Do I have your attention?

Are you tired of the crap that drug-fed, absurdly assisted powerlifters are trying to feed everyone?

Are you ashamed of deceitful, foolish lies that have moved into the sport of Powerlifting?

The health and fun have been replaced by death before you are 40, and by public ridicule.

If you are really serious about POWERLIFTING...
COME ON DOWN!

MARCH 16th, 2002
GREAT LAKES DRUG-FREE
RAW POWERLIFTING
CHAMPIONSHIPS &
MAY 18th, 2002
"NO DRUGS ALLOWED"
CHAMPIONSHIPS
ERIE, PA
814-833-3727

NH 03220, 603-267-8158

5 OCT, NASS North American Strongman Championships (St. Louis, MO) Willie Wessels, 314-609-6031, dwes370162@msn.com

5 OCT, NASA Ohio Regional PL, BP, PS (Springfield, OH) SQPBDL@aol.com

9-13 OCT, IPF World Masters (Argentina)

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

12 OCT, SLP Arkansas State BP/DL (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

12 OCT, NASA Tennessee Regional PL, BP, PS (Nashville, TN) SQPBDL@aol.com

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

19 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

19,20 OCT, NASA Iowa Regional PL, BP, PS (Des Moines, IA) SQPBDL@aol.com

20 OCT, SLP Peconica Fitness Fall BP/DL Classic (Peconica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

25-27 OCT, WNPFF World PL & SQ Championships (Youngstown, OH -

lifters must qualify at a WNPFF national or major championship) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

26 OCT, 20th ADAU "Central PA Open" (open and all age groups for both men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkittup.com

26 OCT, ANPPC Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

26,27 OCT, NASA North Carolina Regional PL, BP, DL, PS (Hickory, NC) SQPBDL@aol.com

OCT, WPO Powerlifting Semi-Finals (loc. tba) 877-HUG-IRON, hugeiron@bellsouth.net

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

2 NOV, USPF Texas Cup (Austin, TX - men/women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yr age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

2 NOV, SLP Illinois State BP/DL, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

2 NOV, AAPF Southern States PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

2 NOV, USBF Eastern Regionals Raw Bench Open, USPC Power Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com

3 NOV, USA "Raw" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9 NOV, NASA Illinois & Indiana Regional PL, BP, PS (Flora, IL) SQPBDL@aol.com

9 NOV, SLP Fitness One Fall Classic BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

14-17 NOV, 100% Raw World Championships (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

14-18 NOV, WABDL World BP & DL Championships (drug tested - Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-762-5066, FAX 503-762-5067

16 NOV, SLP Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 NOV, WNPFF Lifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

17 NOV, SLP Rhinno's Fitness BP/DL Classic (Roscoe, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

30 NOV, APF Southern States (light day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

1 DEC, APF Southern States (heavy day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

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

7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 DEC, APF/AAPF Georgia Muscle Maker Open PL, DL, BP, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclmaker.net

7,8 DEC, AAU World BP, Push-Pull, DL (Riuer Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntripwr@pe.net

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

8 DEC, 10th Raw ADAU "Coal Country" Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkittup.com

8 DEC, WNPFF South Florida BP/DL (single lift or combined) & Power Curl - West Palm Beach, FL, Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

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

28 DEC, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

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

MEET DIRECTORS... there are HUNDREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We even do the typesetting for you - FREE!!

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS presents:

The Inzer HEAVY DUTY Series Blast Shirts

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

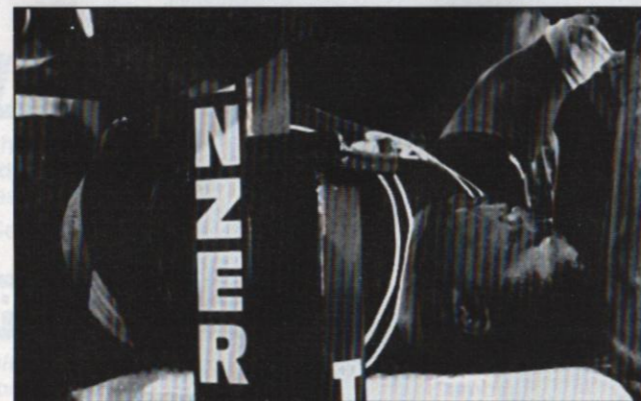
Extra High Performance Heavy Duty
 * extra extended power support range
 * new arm lock design
 * more tricep support
 * extra reinforced construction
 * guaranteed more support and power than anything ever available before now
 An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

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

HPHD & EHPHD, the secret experimental technology that assisted:



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



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

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

Name _____
 Address _____
 phone _____
 Qty. _____ Color _____
 _____ Heavy Duty Blast Shirt \$58 _____
 _____ High Performance Heavy Duty \$77 _____
 _____ Extra High Performance Heavy Duty \$100 _____
 relaxed measurements of shoulders _____
 chest _____ arm _____

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

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

More Items Available
 from

INZER
ADVANCE DESIGNS
 The World Leader In Powerlifting Apparel

800-222-6897
 903-236-4012

- Inzer Advance Designs T-shirts** — 2 color logo
 Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White \$8.00
 S, M, L, XL, XXL, XXXL, XXXXL
-
- Tank Tops** — 2 color logo \$10.00
-
- Wrestling Singlets** — Black, Navy Blue, Royal Blue, Red
 S, M, L, XL, XXL \$28.00
-
- Wrestling Singlets** with full 2 color Inzer Advance Designs logo \$33.00
-
- Wrist Wraps** — full length with velcro and thumb loop \$9.95
-
- Wrist Wraps** — heavy duty, full length with velcro and thumb loop \$17.00

COMPETITION BELTS Lever Belts

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

- 10 cm x 13 mm • 6 rows of stitching \$68.00
 10 cm x approximately 10 mm • 4 rows of stitching \$58.00

Buckle Belts

- 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
- single or double prong • any color • made in USA • lifetime guarantee \$70.00
- suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00
- suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.00

- Chalk** — The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00
 1 - 2 oz. block \$2.00

Suit Slippers — makes putting on tight suits easier. M, L \$19.95

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS

(limited availability)

- Inzer Intensity** - multi-color deadlift design \$10.00
- OFFICIAL MEET T-SHIRTS**
- Baddest Bench in America** - multi-color design \$10.00
- Hawaii World Record Breakers** - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

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

DUQUOIN STATE FAIR BENCH
02 SEP 01 - DuQUOIN, IL

junior men	181	David Stewart	275	285	4th	submaster men	275	David Lowe	375	master men 40-44	181	Mark Hagen	195*	4th	200*	242	Mark Aydt	450	275	Robert Rath	485*	Shawn Hankins	525*
181	198	William Paul	330	275	Bob Walker	540*	181	Jerry Wood	425*	4th	435*	police & fire	308	Wes Monroe	365	open men	242						

*Son Light Power Illinois state record. Best Lifter - BOB WALKER. The DuQuoin State Fair Bench Press (Championship was held September 2, 2001 on the fairgrounds once again. A special thanks to the girls at special events for all their hospitality. Even with only ten entries we had some great lifters, such as NASA world champion Jerry Wood and WAPF world champion Bob Walker. But more than that it became a reunion of old friends and the meeting of new ones. In the junior men's division David Stewart was competing for the first time and he did good. Lifting in the 181 class David finished with a personal record 285 fourth attempt. David Lowe took the submaster division, lifting in the 275 class. David had some problems with his opener but finished with 375 and lots of room to spare. Mark Hagen was also competing for the first time, going four for four with two new personal records. Mark finished with a 190 third attempt followed by a 200 fourth as he won the title at master 40-44/148. Mark Aydt keeps getting stronger with each new competition, finishing with 450 at 40-44/242. Robert Rath got a new pr at 40-44/275 with 485, just missing his lockout with 500 for his fourth attempt. At 45-49 it was William Paul for the title at 198, finishing with a personal best 330. Also at 45-49 was Bob Walker who set a new state record at 275 with a solid 540. A little bit of a shoulder problem was all that kept Bob from locking out a pr 570. 600 ain't far away. Then at 50-54/181 there was Jerry



Jerry Wood locks out 435 on a 4th attempt at the SLP DuQuoin State Fair Bench Press Championships, a lift which put him 40th on the TOP 100 181 lb. class listing in last month's edition of POWERLIFTING USA. (photograph provided to us by Meet Director Dr. Darell Latch)

Wood. This guy has more national and world titles that you can count! Jerry finished the day erasing his own state record with a 425 third attempt followed by a solid 435 fourth. Wes Monroe took the police & fire/308 class with 365, getting just his opener in after missing his last two attempts with 400 and 430. In the open division lone competitor Shawn Hankins

got his first 500 bench on his second attempt. A third with 525 was just as strong, as Shawn garnered the state record at 242. The best lifter award went to Bob Walker after a close battle with Shawn. Thanks to my son Joey and wife Susan for all their help. See you all again next year! Dr. Darrell Latch (thanks to Dr. Darrell Latch for providing results to PL USA)

Body Factory Challenge
25 Aug 01 - Pen Argyl, PA

BENCH	M. Matcher-173	315		
WOMEN	C. White-148	220		
S. Bietsch	100	Heavy		
MEN	J. Baer-206	405		
Light	C. Kitchen-232	450		
Shoemaker-140	330	E. Habecker-240	415	
		B. Nagle-223.5	400	
		J. Trubilia-206	335	
		L. Berisford-310	500	
		BP	DL	TOT
WOMEN	SQ			
114 lbs.				
S. Parrish	275	170	355	800
123 lbs.				
L. Martin	210	135	265	610
MEN 148 lbs.				
K. Cramer	365	255	365	985
165 lbs.				
S. Larrisey	145	310	510	965
J. Evans	305	220	385	910
198 lbs.				
R. Crane	500	340	450	1290
C. Benizoni	405	375	470	1250
M. Berger	430	335	450	1215
S. Lewis	365	375	450	1190
S. Steitler	390	255	460	1105
R. Zavery-62	385	285	405	1075
220 lbs.				
P. Delvey-18	620	350	630	1600
R. Zsido	550	400	550	1500
B. Rundie	560	310	560	1430
L. Dalton	465	265	575	1305
M. Zavagansky	490	345	425	1260
242 lbs.				
J. Parrish	630	—	660	1290
T. Skelly	580	400	530	1510
P. Kelley	525	360	530	1415
P. Eberhardinger-82	—	—	—	215
215				
R. Duff!	380	260	410	1050
M. Klecknir!	335	255	375	965
308 lbs.				
J. Grove!	395	275	485	1155
SHW				
G. Rychlak	715	550	600	1865

! - designates a competitor who is competing Raw. (Thanks to the Body Factory of Pen Argyl, Pennsylvania for providing these meet results)



DOING IT!!! ... wning Best Deadlifter at the SLP Iowa State Meet was Matt Robbins with this 550 at 181.

SLP Iowa State Bench Press/Deadlift
16 SEP 01 - Coralville, IA

BENCH PRESS	148		
teenage men 13-15	Jeff Cribbs	250*	
114	220		
Chris Calvin	95*	John Lambert	360*
242		open women	
Cody Coey	200*	198	
teenage men 18-19	Jo Phillips	170*	
123		DEADLIFT	
Adam Kephart	140*	submaster men	
junior men	275		
shw	James Schrader	580*	
Thomas Calvin	420*	master men 40-44	
4th	430*	220	
submaster men	John Lambert	520*	
275		master men 45-49	
James Schrader	360*	shw	
master men 40-44	Loren Betzer	525*	
220		master men 60-64	
John Lambert	360*	242	
master men 45-49	Jimmy Duckett	350*	
181		open men	
Rick Dexter	315*	105	
4th	325*	Ben Schrader	135*
242		148	
Cozy Cozine	420*	Jeff Cribbs	350*
4th	430*	4th	365*
shw		181	
Loren Betzer	340*	Matt Robbins	550*
master men 60-64	220		
242		John Lambert	520*
Jimmy Duckett	305*	275	
open men		James Schrader	580*
105			
Samuel Schrader	45*		

*Son light Power Iowa state record. Best Bench - COZY COZINE. Best Deadlifter - MATT ROBBINS. The SLP Iowa State Bench Press/Deadlift Championships were held at Gold's Gym in Coralville on September 16, 2001. A special thanks to the owners and staff at Gold's for hosting this event. In the bench press event Chris Calvin took the teenage men's 13-15/114 class with a new Iowa state record of 95. Also at 13-15 in the 242 class first time competitor Cody Coey set the record there at 200. At teenage men 18-19/123 Adam Kephart also got a new state record with his 140 second attempt. Thomas Calvin looked strong as he captured the junior men's shw title with a record 420. A fourth with 430 was also successful as Thomas posted a new personal record for that class. Jim Schrader got a new personal record at submaster 275 with his new Iowa state record of 360. John Lambert also pressed 360, making only his opener, setting the state mark at master 40-44/220. At master 45-49 we had three competitors. First at 181 was Rick Dexter, who shattered his old state record with a 315 third attempt, followed by a 325 fourth. Cozy Cozine won at 242 finishing with 420, then came back with a 430 state record fourth attempt. By a close margin Cozy won best lifter honors also. Our

last competitor at 45-49 was Loren Betzer who won at shw. Loren came all the way from Leavenworth, Kansas, finishing with a new state record of 340. Jimmy Duckett came from even further away, to set the record at master 60-64/242 with 305. A resident of Sallisaw, Oklahoma, Jimmy went away with a new personal record to go with his new Iowa state record. In the open division Samuel Schrader took the 105 class with a new state record of 45, making just his opener. Hey, the kid's seven years old, weighs 60 pounds and has perfect form! At 148 it was Jeff Cribbs with a new state record of 250. John Lambert also captured the open 220 class with 360, another state record. In the open women's division Jo Phillips got her new state record at 198 with 170, erasing her old mark of 165. In the deadlift competition James Schrader continued his winning ways with his victory at submaster/275, finishing with a state record 580, which was a new personal record for him also. John Lambert only got in his opener of 520 but that was good enough for the win and new state record at master 40-44/220. Loren Betzer got his second state record of the day, at master 45-49/shw with his second attempt pull of 525. Jimmy Duckett also got his second state record of the day when he pulled an easy 350 in the

60-64/275 class. Ben Schrader won at 105 in the open division with 135, setting the record there. Jeff Cribbs pulled a 350 third followed by a 365 fourth attempt to establish the record at 148. Best Lifter Matt Robbins set the record at 181 with a strong 550, looking good for twenty pounds more. John Lambert won his second deadlift title of the day with a record-setting 520 pull at 220, while James Schrader did the same at 275 with 580, the biggest pull of the day. Thanks to my son Joey for all his help. (thanks to Dr. Darrell Latch for providing the results of this competition to PL USA)

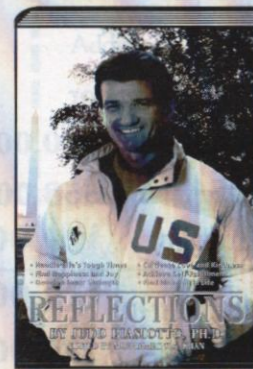
Midwest Drug-Free BP
27 Jan 01 - Oshkosh, WI

WOMEN	Open 148 lbs.	106	B. Schuelke	275
D. Doan	105	D. Aldag	205	
165 lbs.		165 lbs.		
S. Cagle	150	J. Roberts	390	
198 lbs.		M. Zwiers	360	
R. Hintz	166	M. Z-Man	340	
MEN		B. Glatz	315	
Teen 148 lbs.		M. Katchen	310	
B. VanAsten	225	C. Hamburg	295	
165 lbs.		W. Lee	170	
K. Evers	189	P. Weske	—	
198 lbs.		181 lbs.		
B. Jens	245	S. Ceman	360	
220 lbs.		S. Heathman	355	
R. Zemple	265	M. Menor	335	
Master		J. Moericke	305	
148 lbs.		J. McDonald	305	
B. Heiner	265	R. Zuege	290	
D. Conner	250	B. Ebert	—	
D. Aldag	205	198 lbs.		
165 lbs.		J. Zwiers	435	
J. Riggoni	295	R. Keil	420	
W. Lee	170	B. Wright	420	
181 lbs.		C. Dunham	415	
J. Pitsch	300	M. Ambia	386	
S. Berger	250	D. Lammert	315	
198 lbs.		220 lbs.		
G. Rigoni	275	L. Malcomson	500	
T. Lisack	380	T. Schmidt	400	
M. Gillette	360	A. Lee	315	
M. Walker	276	242 lbs.		
242 lbs.		D. Doan	570	
V. Rasmussen	360	C. Alsteen	510	
275 lbs.		K. Niles	410	
P. Harvey	450	I. Polishinski	390	
S. Fronk	385	275 lbs.		
M. Hert	300	K. Bessler	470	
SHW		SHW		
D. Jansen	400	S. Delene	410	
J. Schaub	375	S. Kessel	405	
		R. Gries	400	
		D. Jensen	400	

Best Lifter: David Doan. (courtesy Dave Doan)

SOLARIS INC. • P.O. BOX 52022 • ALBANY, GA 31703-2022

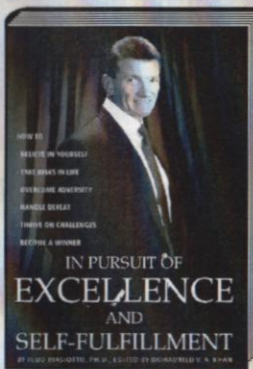
Phone: 912-436-1067 • Fax: 912-436-7434 • E-mail: solarisinc@aol.com
For more information about these Solaris' books please surf to: www.novagenics.com In the "English Books" section you will find the table of contents, a long excerpt from the text, and lots of testimonials for each book.



Dr. Judd's Reflections on Sports & Life

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

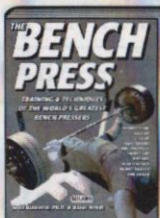
Hardcover, 133 Pages
just \$19.95



Dr. Judd on The Pursuit of Excellence

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

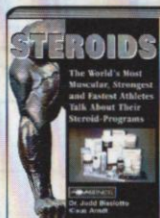
Hardcover, 150 Pages
just \$19.95



Superior Bench Training

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

Paperback, 126 Pages
just \$19.95



Drugs in Weightlifting

Revealed: The drugs and dosages professional athletes are using! Bodybuilders and Powerlifters talk straight about the incredible amounts and combinations of Steroids, IGF-1 and Growth Hormone today's athletes are using.

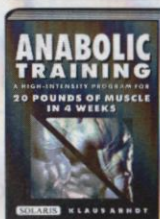
Paperback, 110 Pages
just \$19.95



Planned Success

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

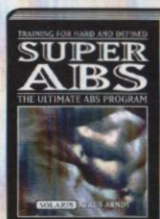
Spiral Binding, 150 P.
just \$8.95



European Bulk-Up

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

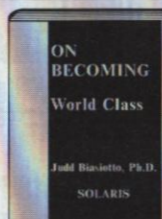
Paperback, 100 Pages
just \$9.95



Rock-Hard Abs

Brief, hard, convincing results: Special abdominal training for an incredibly lean and ripped midsection. New and improved exercises, the best exercise combinations, increased intensity, how to avoid the most common mistakes.

Paperback, 80 Pages
just \$6.95



Best of Dr. Judd

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

Paperback, 179 Pages
just \$12.95



Cozy Cozine took Best Bench Presser at the SLP Iowa State Championships. (photos provided by Meet Director Dr. Darell Latch)

Application for Registration
UNITED STATES POWERLIFTING FEDERATION
(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (if known)
			Y N	
Street Address				Club Name
City				State
Zip		Area Code / Telephone		
Current USPF Classification	Retiree Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat 1 Cat 2 Nat State	Y N	Y N	Y N
Current Colleague	U.S. Citizen	Date of Birth	Sex	Today's Date
Y N	Y N	/ /	M F	/ /

Registration Fee \$25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO Special Olympians; High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

If Under 18 have Parent Initial _____ Signature _____

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 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. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
 Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
 Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
 Aug/94... APF SRs, Paula Suzuki Inter-

view, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
 Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
 Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
 Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
 Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
 Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
 Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, 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 Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
 Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
 Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
 Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supple-

ments, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
 Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
 Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
 Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
 Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
 Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
 Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
 Oct/96... WDFPF Worlds, Ed Coan/Kirk Karvoski Interview, Anthony Clark Interview, Herb Glosbrenner "Responds to the Response", TOP 100 148s
 Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s
 Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s
 Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
 Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
 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/AFPTriple 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 Ltws.
 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 Karvoski, 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 I, 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

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/AFPTriple 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 Ltws.
 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 Karvoski, 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 I, 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, TOP 100 275s.
 Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
 Aug/99 ... the Rubber Band Man, the "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
 Sep/99 ... USAPL Men's Nats., 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, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
 Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
 May/00 ... Dennis Cieri, What is a J.M. Press, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
 Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.
 Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____
 STREET ADDRESS _____
 CITY, STATE, ZIP _____
 AREA CODE, TELEPHONE: _____ DATE OF BIRTH _____
 AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

REGISTRATION FEE
\$10.00 SPECIAL OLYMPICS
\$15.00 HIGH SCHOOL
\$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
 WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
 (770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____
 DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

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

Feb/01 ... Garry Frank Goes 2500, WPC Worlds Pt. 1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
 Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP
 Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s
 May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
 Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
 Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
 Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching

With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
 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, Tom Manno Interview, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
 Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s
 Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
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)



NEW A.P.F./A.A.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION
 AMERICAN AMATEUR POWERLIFTING FEDERATION



PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME _____ FIRST NAME _____ INITIAL _____
 STREET ADDRESS _____ DATE OF APPL _____
 CITY _____ STATE _____ ZIP CODE _____
 AREA CODE _____ TELEPHONE NO _____ DATE OF BIRTH _____ AGE _____ SEX _____
 MO _____ DAY _____ YR _____ ZIP CODE MUST BE PRESENT
 U.S. CITIZEN _____ YES _____ NO _____
 REGISTRATION FEE **\$25.00** MASTERS YES _____ NO _____ CLUB MEMBER _____
 NAME OF CLUB YOU REPRESENT _____

ATHLETES, fill out card completely and mail with fee to:

MAKE CHECK PAYABLE TO: **A.P.F.**
62 S. BROADWAY
AURORA, IL 60505

ARE YOU A PREVIOUS A.P.F. MEMBER
 YES NO

IF UNDER 18 HAVE PARENT INITIAL _____
 I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F.
 SIGNATURE _____



USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46225
 (219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

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

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in *Powerlifting USA*, or any other publication that USAPL so chooses.
 (All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____
 Name: _____ Phone: _____ E-Mail: _____
 Address / City / State / Zip Code: _____
 Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

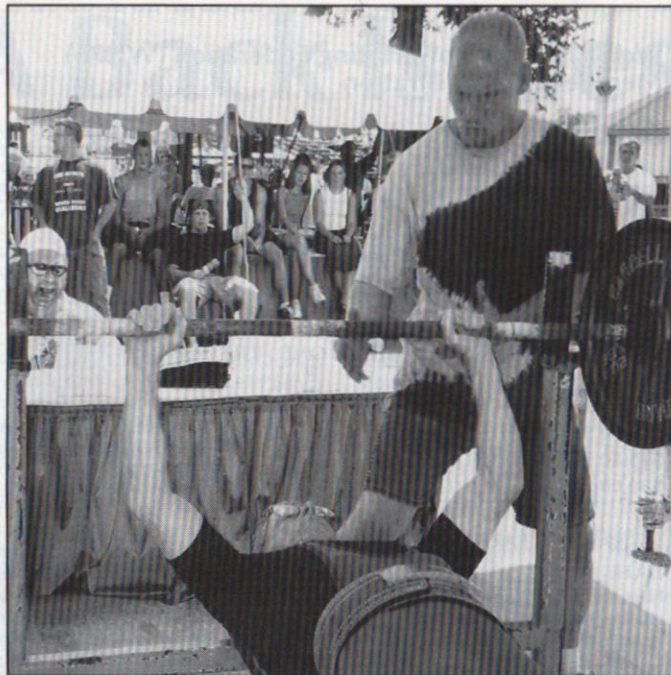
Competing Divisions:	Membership Prices:
Open	Adult - \$40.00
Teen (14-19 yrs.)	
Junior (20-23 yrs.)	High School - \$30.00
Master (40 yrs. & up)	
Collegiate	Special Olympian - \$10.00
Military	
Police & Fire	Tax Deductible Donation
High School	
Special Olympian	\$ _____

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

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

SLP Indiana State Fair BP/DL
18 AUG 01 - Indianapolis, IN

BENCH PRESS		165	
teenage women 16-17	181	Joe McGowen	330
148	181		
Tiffany Evans	120*	Ron Palmer	480*
submaster women		Darnell Griffin	375
97		Jesse Pryor	340
Melanie Gibson	95*	198	
open women		Paul Cardwell	450*
114		Matt Nelis	420
D. Vermillion	65*	4th	430
148		Chris Anderson	420
T. Anderson	115*	Mike Gugino	410
teenage men 18-19		Nate Wilson	385
132		220	
Darren Collins	225*	Marty Mills	520*
165		Derek Barnickel	500
C. Jackson	300	Chris Smith	470
Zack Ziegler	295	Jeff Wyatt	355
Aaron Ridgway	280	Roberto DeLuna	350
181		242	
Brent Oertel	290	Michael Johnson	480*
junior men		Dennis Smith	450
165		4th	465
Lester Mast	300*	Chris Staples	315
Aaron Wilson	290	275	
181		G. Lealiifano	600*
Phillip Zeunik	360*	308	
198		Jason Orick	515
David Hanson	375*	Anson Wood	480
Eric Allen	300	Dave Allen	475
242		4th	500
D. Vestermark	340*	SHW	
submaster men		Dave Callaway	505*
181		DEADLIFT	
Tracy Conner	435*	youth men	
4th		440*	(8)
Steve Watts	405	Andre English	70
198		open women	
Paul Cardwell	450*	114	
242		D. Vermillion	175*
Don Baize	365	teenage men 13-15	
275		242	
G. Lealiifano	600*	Joel Theiss	365*
Gregg Catt	425	teenage men 16-17	
Rocky Tuilson	410	165	
308		Benjamin Martin	485*
Dave Williams	—	4th	500*
165		teenage men 18-19	
Skye Retherford	225*	Brent Oertel	530*
198		junior men	
John Dylenski	320	165	
Jerry Kemna	300	Aaron Wilson	500*
220		4th	510*
Jeff Cardinal	400*	Lester Mast	405
242		198	
Clint Van Tress	450*	Jason Tressler	480*
Brett Kramer	410	242	
Dave Perry	365	D. Vestermark	480
master men 45-49		submaster men	
132		198	
Gary Landess	180*	Bill Ardery	505*
242		275	
Mike Murphy	500	Rocky Tilson	655*
275		master men 40-44	
S. Cunningham	525*	165	
Lynn Allen	390	Steve Retherford	480*
308		198	
Dave Allen	475*	Jerry Kemna	625*
4th		500*	198
shw		Mark Johnson	580
Mike Boyer	380*	master men 45-49	
master men 50-54		132	
275		Gary Landess	355*
Ted Striverson	530*	shw	
master men 60-64		Mike Boyer	525
198		master men 65-69	
W. Smallwood	375*	181	
master men 65-69		Luke Anderson	420*
220		4th	450*
Gaylord Good	305*	police & fire	
master men 80-84		165	
148		Lester Mast	405
Jack Heizelman	180*	open men	
police & fire		181	
165		Ron Palmer	650*
Lester Mast	300	Jesse Pryor	450
181		198	
Bob Tichy	300*	Mike Gugino	465
198		220	
Chris Anderson	420*	Keith Warren	575*
275		Aaron Dashiell	560
Tony Macik	400*	Steve Mendel	555
308		Richard Harrell	525
Dave Pyle	515*	Roberto DeLuna	500
open men		275	
148		Sanders Fisher	600*
Elliott Franklin	290	shw	
P.J. Whitaker	265	Todd Johnson	560*



EIGHT THREE Year Old JACK HEIZELMAN locks out 170 at 148. He came all the way from Texas to compete in the SLP Indiana State Fair Championships. (photographs provided courtesy of Dr. Darrell Latch)

*Son Light Power Indiana state record. Best Bench - lightweight - RON PALMER. Best Bench-heavyweight - GEORGE LEALIFANO. Best Deadlifter - lightweight - RON PALMER. Best Deadlifter - heavyweight - JERRY KEMNA. The SLP Indiana State Fair Bench Press/Deadlift Championships were held August 18 at the fairgrounds. We had one hundred and three entries which was the biggest turnout ever since starting this event five years ago. We also had a great crowd of spectators, as usual, cheering on the lifters which made it another great competition. A special thanks to Keeley Carson of Special Events for all her help and support in making this one of the most successful events of its kind in the country. In the bench press competition we began with first-time lifter Tiffany Evans who competed in the teenage women's 16-17/148 class. Tiffany only got her opener of 120 in but that was good enough for the win and a new Indiana state record. Also scoring a new state record was submaster/97 winner Melanie Gibson who finished with her opener of 95. Melanie followed this with two close attempts at 105. In the open women's division Danielle Vermillion took the 114 class with a solid 65 while Tiffany Anderson won at 148 with her opener of 115. Both of these open competitors set new state records for their respective classes. In the teenage men's division we had five great lifters, all in the 18-19 age group, spread over three classes. At 132 the winner was Darren Collins who set the state record there with 225. Cameron Jackson won at 165 with a solid 300, making all three of his attempts. Second place at 165 went to Zack Ziegler who finished close with 295. Aaron Ridgway was third with a personal best 280. Our final teenage competitor was 181 winner Brent Oertel. Brent captured that title with a personal best of 290. Moving to the junior division, it was Lester Mast setting the state record at 165 with 300. A close second was Aaron Wilson who finished with 290. Phillip Zeunik took the 181 class with a strong 360 state record press, which he made on his second attempt. At 198 it was David Hanson with a pr 375. This was David's first competition and a new state record for him. Eric Allen was second at 198 finishing with 300. Dean Vestermark took be 242 title with another state record, here with 340. The friendly battle continues in the submaster 181 class between Tracy Conner and Steve Watts, as Tracy comes out on top again with a 435 third and 440 state record fourth attempt. This was also a new personal record for Tracy at 181. Steve finished with 405 after a 415 pr attempt was turned down due to hip movement. Paul

Cardwell got a big pr and state record at 198 with his third attempt of 450. This great NASA world record holder in the squat at 205 (808) continues to improve with age! Don Baize took the 242 class with a solid 365, after missing his opener of 350. In the 275 class George Lealiifano also missed his opener then

came back with a big 600 second attempt for the win. A final with a pr 620 failed at lockout. George's state record 600 also earned him best lifter honors for the heavier lifters. Second place at 275 went to Greg Catt, who finished with a personal best 425 while Rocky Tilson ended up third with his 410 opener. At 308 Dave Williams failed with his opener of 480, which would have been a new state record for him. Once again we had a great turnout of master competitors starting with the 40-44 age group. At 165 it was Steve Retherford for the win and a new state record of 225. John Dylenski won at 198 with a strong 320, missing only his final attempt of 340. Second place at 198 went to Jerry Kemna who finished with 300. Jeff Cardinal got a new state record at 220 with his final attempt of 400 while at 242 Clint Van Tress nailed a state record 450 final attempt for the win there. Second place at 242 went to Brett Kramer who finished with 410 along with Dave Perry, who finished third at 365. In the master 45-49 age group Gary Landess returned to competition with his win at 132, posting a state record 180 for his final attempt. Mike Murphy got his first 500 bench with his win at 242 while 275 winner Steve Cunningham came all the way from Louisiana to finish with 525 and the win there. Steve also set the state record at 45-49/275. Cousin Lynn Allen was second at 275 with his opener of 390. A third cousin, Dave Allen, finished with 475 then followed with a 500 fourth for a new state record and the win at 308. Mike Boyer broke his own Indiana state record with his 380 final attempt for the win at shw. Ted Striverson captured the title at 50-54/275, posting a new state record of 530, which he made on his final attempt. Wayne Smallwood came from Hamilton, Ohio to take the 60-64/198 title, finishing with a new state record of 375. At 65-69/220 it was Gaylord Good with 305, setting the mark there. Then at master 80-84, all the way from Texas came eighty-three year old Jack Heizelman. Lifting in the 148 class Jack set the Indiana state record there at 180. Eighty-three! In the police & fire division Lester Mast, 165 junior winner, also took the 165's here to finish with 300. Bob Tichy set the state record at 181 with his win, finishing with



BEST HEAVYWEIGHT BENCHER GEORGE LEALIFANO with Meet Director Dr. Darrell Latch (at left)

300 also. Then at 198 it was Chris Anderson with a big 420 state record for the win. Tony Macik also got a new state record with his win at 275, ending with a strong 400. Weighing in at a slim, trim 304, our final police & fire competitor was Dave Pyle who won at shw, setting the record there with 515. Don't believe you'd want to mess with this fella! In the open bench division it was Elliott Franklin for the win at 148 over P.J. Whitaker 290 to 265. Joe McGowan won at 165 with a solid 330, a double bodyweight bench! Then at 181 was the phenomenal Ron Palmer. Ron finished with a personal best 480, weighing in at just 173! This, of course, was a new Indiana state record and, of course, gave Ron the best lifter title for the lighter classes. And he doesn't even have a decent bench shirt! Darnell Griffin was second at 181 with 375, another double bodyweight bench! Jesse Pryor was third with 340, another fine bench! At 198 it was Paul Cardwell with another state record, finishing with 450 and his second title of the day. Matt Nelis finished second with two new prs, 420 on his third attempt and 430 for his fourth. Chris Anderson was third with 420 followed by Mike Gugino at 410 and Nate Wilson with 385. Marty Mills captured the 220 title with a great 520 state record final attempt, Derek Barnickel was a close second, finishing with 500 after a 520 third attempt failed. Chris Smith was third with 470, followed by Jeff Wyatt at 355 and Roberto DeLuna at 350. Roberto was lifting in his first competition. Michael Johnson, also lifting in his first meet, won at 242, setting an Indiana state record with 480, missing only his final with 500. Second place at 242 was Dennis Smith with 450. Dennis was also successful with a fourth attempt of 465. Chris Staples finished third with 315. George Lealiifano won his second title of the day with his win at 275 setting the mark there with 600. At 308 it was Jason Orick with a strong 515, coming close with a 550 third attempt. Second place at 308 went to Anson Wood with a personal best 480. Dave Allen was third with 475, followed by his 500 fourth attempt. Dave Callaway won at shw with an easy 505 which established a new state record there. In the deadlift competition eight year old Andre English opened the show with 70 for the win in the youth division. Andre had actually locked out 100, but was called for hitching. Great job! Danielle Vermillion won her second gold of the day with her 175 record pull at open 114. Joel Theiss set the record at 242 with a great 365 pull in the teenage 13-15 class. At 16-17 it was Benjamin Martin at 165 for the win and another state record. Ben pulled two triple bodyweight deadlifts with his 485 third and 500 fourth attempt all at a 159 bw! Brent Oertel also came through with a great pull, finishing with 530 for the record at 18-19/181. In the junior division Aaron Wilson won at 165 with a record 500 third attempt followed by a great 510 fourth, weighing in at just 159! Second place at 165 went to Lester

Mast who finished with 405. Jason Tressler took the 198's with a record 480, the same weight Dean Vestermark pulled for his win at 242. In the submaster division Bill Ardery pulled a personal record 505 as he captured the title and a new state record at 198. Rocky Tilson won at 275 with a strong 655 second attempt, breaking his own state record there. Steve Retherford won his second title of the day with his victory in the master 40-44/165 class, finishing there with a new state record 480 pull. Best lifter in the heavier classes, Jerry Kemna, pulled a strong 625 state record for the win at 198. Second place at 198 went to Mark Johnson who finished with 580 after missing a 630 final attempt for the win. Gary Landess also won for the second time on this day, locking out with a 355 state record to take the 45-49/132 title. Indiana state record holder Mike Boyer finished with 525 for the win at 45-49/shw. Our oldest competitor in the deadlift, sixty-nine year old Luke Anderson, pulled a strong 420 third and an even stronger 450 fourth attempt to take the 65-69/181 title! This bodybuilder/powerlifter has the body of a twenty-five year old! Lester Mast won his first state title in the police & fire division, taking the 165 class with 405. In the open men's division we saw some great lifting also. Starting with Ron Palmer who again captured the best lifter title among the lighter lifters. At a 173 bw, Ron pulled an easy 650, just missing a 705 fourth attempt for the win at 181. This man almost locked out an attempt which was more than four times his bodyweight! Unbelievable! And there is no doubt he will pull more than that in the near future! Great job, Ron! Second place at 181 went to Jesse Pryor who finished with 450. Mike Gugino took the open 198 class with a solid 465 pull, just missing his third with 505. A big class at 220 with five great pullers, Keith Warren came out on top with a state record 575 pull. Aaron Dashiell finished a close second with 560 after failing on his final attempt with 585. Third place went to Steve Mendel who pulled a personal best 555. Richard Harrell was fourth with 525 followed by Roberto DeLuna with 500. Great class! Sanders Fisher got his first 600, on his final pull, for the title and record at 275, after missing that weight on his second attempt. Then at shw Todd Johnson rounded out the field with a new state record 560 pull, which he made on his final attempt. In the man & woman deadlift Ron Palmer and Michelle Sultzler pulled a strong 800 state record for their second attempt before passing on their third. Steve

Mendel and Luke Anderson set the record at 198 with their 900 second attempt. Then the big pull of day came from the team of Ron Palmer and Rocky Tilson as they locked out an all-time best 1230 state record for the 220 class. Team honors went to Broad Ripple Fitness, with team members Jerry Kemna, Gaylord Good, Mike Boyer, Bill Ardery, Roberto DeLuna, Darnell Griffin, Sanders Fisher and Jeff Cardinal. House of Herbs, led by George Lealiifano was second and Rocky's finished third. I want to take this time and thank my wife Susie, son Joey and Daniel Moutria along with any others who helped load and spot, but also to all the great lifters who supported our efforts at the fair. It's all of you lifters, all of the friends I continually make throughout the country that make it all worthwhile. Aside from the fun of competition itself what I really love about this sport is the people I meet. And I know we'll always remember standing in that small tent, with the rain pouring down around us, trying to finish the deadlift competition. Now that's the mark of a true powerlifter. And, oh yes, by the way I promise to stay away from all tents from now on. (thanks to Dr. Darrell Latch for these meet results to POWERLIFTING USA)

USAPL Mississippi St. BP/BP
11 Aug 01 - Gulfport, MS

BENCH		Open 132 lbs.	
Teen (16-17) 198 lbs.	245*	C. Sheppard	148 lbs.
Z. Clancey	225	B. Permontie	310*
(18-19) 275 lbs.		H. Wilkins	245
400		S. Sheppard	245
(45-49) 198 lbs.		220 lbs.	
T. Carrigan	355*	A. Schroeder	—
L. Tilley	260	242 lbs.	
(50-54)		B. Nichols	490
M. Skrmetta	240*	LADIES	
220 lbs. (45-49)		Master (45-49)	
T. Sylverson	305	198 lbs.	
Submaster		S. Adkinson	160
J. Young	300*	Open 165 lbs.	
		M. Hare	180*
		SQ	BP
123 lbs.		DL	TOT
(14-15)		275	135
D. Brignsc	148 lbs. (16-17)	310	720
S. Hill	300	200	330
(18-19)		330	830
C. Perrin	340	265	345
198 lbs.		945	
H. Baldwin	440	255	555
Open 181 lbs.		1250	
B. Green	465	310	530
		1305	

J. Dyar	430	340	505	1275
M. Casano	450	315	145	910
198 lbs.				
M. Johnson	525	340	585	1450
J. Vinning	370	430*	440	1240
242 lbs.				
B. Nichols	560	490	520	1570
275 lbs.				
P. Fletcher	745	490	730	1965
B. Murphy	585	405	605	1590
N. Gewirtzman	—	—	—	—
Junior 242 lbs.				
M. Brann	530*	330*	600*	1460*
Submaster 198 lbs.				
R. Underwood	435*	340*	460*	1235*
220 lbs.				
J. Young	405*	300*	505*	1210*
Master (40-44) 148 lbs.				
A. Bridges	505	335	555	1395
(60-64) 165 lbs.				
J. Lyons	325*	175*	340*	830*
(45-49) 181 lbs.				
T. Smith	400	300	400	1100
(50-54)				
J. Wood	445*	275	490	1310
(60-64)				
V. Bazzone	375*	255*	470*	1100*
(45-49) 198 lbs.				
L. Tilley	45	260	145	450
T. Carrigan	525	355	540	1420
(55-59)				
L. Langlinais	440*	250	500	1190*
R. Hinkins	395	270	500*	1165*
(40-44) 220 lbs.				
B. Gex	425	245	435	1105
(45-49)				
T. Sylverson	450	305	530	1285
(40-44) 275 lbs.				
B. Murphy	585*	405*	605*	1590*
SHW				
R. Smith	500	375	525	1400
LADIES				
Master (45-49)				
Teen (16-17) 114 lbs.				
L. Kiletico	195	85	205	485
Master (40-44) 132 lbs.				
T. Gandour	210*	90*	260*	560*
(45-49) 198 lbs.				
S. Adkinson	300	160	330	790
Open 132 lbs.				
H. Rodd	235	115	250	600
S. Moore	175	100	260*	535*
220 lbs.				
T. Johnson	270*	150*	300*	720*

*-State Record. Best Lifter Master: Arval Driggs. Best Lifter Open: Paul Fletcher. Best Lifter Teen: James Baldwin. (Thanks to Coordinators Doc Rhodes & James Wold for results)

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?
LOUIE SIMMONS'
REVERSE HYPER
MACHINE

patent #5,356,359

\$1225
plus shipping

HOME MODEL
\$825
plus shipping

Great for Strength and Rehabilitation

WESTSIDE BARBELL
1417 DEMOREST RD. COLUMBUS OH 43228
PHONE (614) 276-0923



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



PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

AAU Big Dawg Record Breakers
26 May 01 - Savannah, NY

BENCH	242 lbs.	330
RAW 148 lbs.	D. Herbst	
(18-19)	Open	
A. Silva	210 M. Harrison	340
(14-15)	(35-39)	
D. Sanatrone	240* R. Murray	475*
181 lbs. (14-15)	275 lbs. Open	
M. Kristoff	180* J. Behari	430
220 lbs.	319 lbs.	
(20-23)	(35-39)	
D. Ridley	365* S. Rogers	465
(14-15)	DEADLIFT	
J. Lattimer	250 220 lbs. Raw	
242 lbs.	D. Miller	605*
(16-17)	242 lbs. (40-44)	
J. McAllister	275* D. Herbst	505*
275 lbs. Open	(35-39)	
T. Kristoff	410 M. Harrison	505*
EQUIPMENT	(18-19)	
181 lbs. (45-49)	T. Ryrko	545*
N. Santarone	385* 319 lbs. (35-39)	
220 lbs. (40-44)	S. Rogers	400*
W. Carroll	375	

*-State Record Set. The Big Dawg Bench Press Deadlift Record Breaker meet was held at the Savannah Elementary School. These fine lifters beat state records: NY State bench press records were set by Mike Kristoff, Jessie McAllister, Dan Santarone, John Lattimer, Nick Santarone, RL Murray, and David Ridley. Deadlifter state records were set by Tony Ryrko, Dan Miller and Mark Harrison. Three lifter of the meet awards were given not for lifting but for being the best spotters you can have; Rich Molisani, Jason Stafford and Mark Howell. Without them all of these meets would not be possible. Special thanks to my wife Michelle for all of her support and work towards these meets. As always Cody Bartlett for his fine job announcing. To Jim Lee, Rich Molisani, Terry Stafford, Jason Stafford, RL Murray and Mark Howell who help set up and tear down every time. Referees Mark Kodya, Jim Crowley, Tom Kristoff, and Terry Stafford. I hope that all of the AAU lifters enjoy these meets and appreciate myself and the rest of my crew for a fine job. Until next time. (Thanks to STEVEN ROGERS, NYS AAU State chairperson, for these results)



Participants in the Big Dawg Record Breakers; Front Row: T.C. Carroll, Nick Santarone, David Ridley, Adam Silva, John Lattimer, R.L. Murray, Ryan Harrison, Mark Harrison; Back Row: Wayne Carroll, Dave Herbst, Tom Kristoff, Steve Rogers, Dan Miller, Tony Ryrko, Joe Behari, Dan Santarone, Jessie McAllister.

170 lb. Pure	230	172.5	195	597.5
C. Winston SM1	230	172.5	195	597.5
C. Winston SM1	227.5	147.5	211.5	592.5
187 lb. Int	240	147.5	205	592.5
S. Biro Pure	20	150	390	247.5
D. Hughes 187 lb. HSP	130	112.5	170	412.5
E. Tacked M2	137.5	127.5	202.5	407.5
J. Alcoff	90	80	130	300
J. Woolfer				

205 lb. SM2	310	190	280	760
J. Allesandro M3	182.5	117.5	235	535
J. Herbein 205 lb. M3	182.5	117.5	235	535
J. Herbein	235	142.5	237.5	615
G. Woods	130	102.5	170	402.5
C. Miller	227 lb. Jr	217.5	170	227.5
J. Hackett	182.5	110	185	477.5
M. Lenzi M3	210	120	220	550
P. Marion M2				

R. Harper, Sr	165	437.5	320	757.5
S. Glover, Sr HSP	197.5	130	190	517.5
F. Beegle M5	120	120	170	410
S. Glover, Sr PN	197.5	130	190	517.5
J. Whigman SM1	212.5	137.5	232.5	582.5
B. Bagnall 250 lb. SM2	255	175	250	680
D. Henderson Pure	287.5	190	312.5	700
A. Brown PN	250	155	287.5	692.5
A. Brown SM1	250	155	287.5	692.5
S. Glover, Sr 280 lb. M5	232.5	145	227.5	605
B. Lenzi 315 lb. SM1	255	211	262.5	728.5
R. Denson	277.5	182.5	272.5	727.5
S. Casto Pure	215	62.5	62.5	340
J. Kavulio SHW HSP	237.5	160	242.5	640
J. Tolley	155	107.5	155	417.5

(Thanks to Mike Adelman for these results).

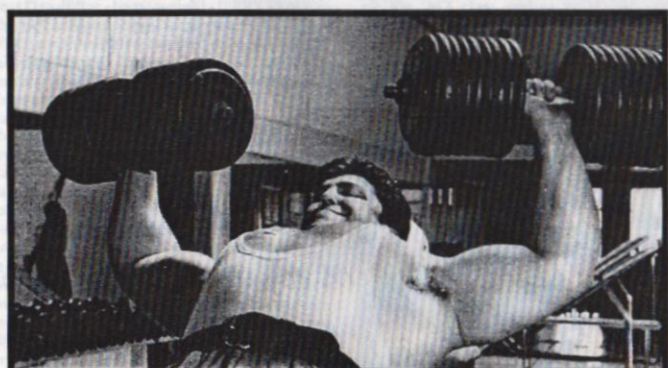
Raw is War Bench
28 Jul 01 - Pearl Harbor, HI

WOMEN	148 lb.		
Junior 198 lb.	H. Ellis	290	
M. Lillmer	135	165 lb.	
MEN	J. Hiang	320	
Junior 165 lb.	B. Beaumont	280	
D. Plunkett	240	181 lb.	
B. Kress	185	J. Asuncion	365
181 lb.	E. Bishop	315	
D. Chiras	275	M. William	275
242 lb.	198 lb.		
J. Ewell	340	K. Parker	380
Submaster 198 lb.	J. Aulds	315	
P. Colon	275	P. Colon	275
220 lb.	220 lb.		
B. Young	385	G. Boykin	365
Master 181 lb.	J. Lewis	250	242 lb.
J. Lewis	250	D. Evans	450
Open	123 lb.	Guest Lifter	
J. Nagum	225	W. Chun	335

Mid Atlantic Bench Press
11 AUG 01 - Stanardsville, VA

198	242		
Open	Open		
George Farrell	425	Mark Madison	420
220	275		
Open	Open		
Louis Persinger	385	Allen Hicks	640
18-49	Dan Pullen	440	
Mike Gorman	365	35-39	
	Randy Goodrick	405	

(Thanks to Meet Director John Shifflett for providing these results to Powerlifting USA)



Pat Casey
King of Powerlifters
now reveals how he became
the first man to:

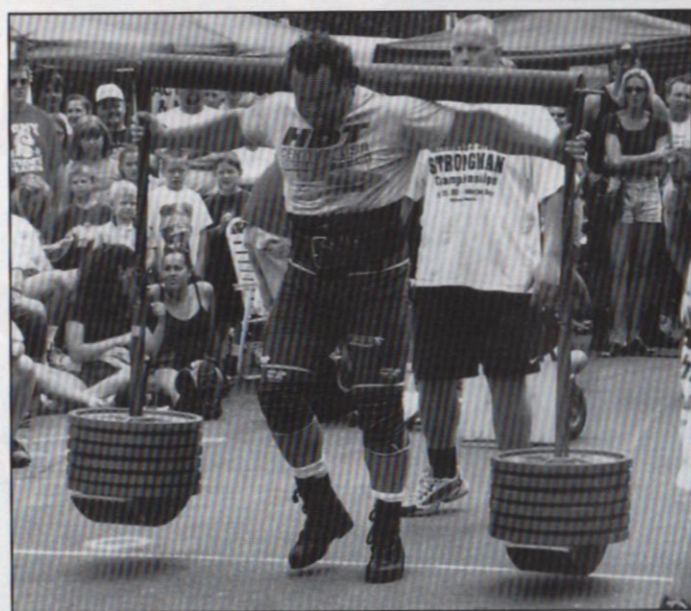
- ◆ Bench Press over 600 pounds
 - ◆ Dumbbell Incline Press 220 pounds each hand
 - ◆ Squat over 800 pounds
 - ◆ Total over 2000 pounds
- First Time Ever - actual training routines with real poundages**

Send \$15.95 + 4.50 shipping & handling to:
Bruce Wilhelm Exercise Equipment
P.O.Box 2269
Daly City, CA 94017

NASA Pennsylvania State
12 May 01 (kg)

BENCH	280 lb. M5	211
138 lb. PN	B. Lenzi	
A. Delbert	82.5 SHW Pure	205
154 lb. Pure	J. Orr	205
Q. Demo	165 Int	205
Nat	J. Orr	205
Q. Demo	165 127 lb. SM2	100
Int	T. Tucker	100
Q. Demo	165 Pure	100
170 lb.	T. Tucker	100
D. Demo	157.5 PN	60
SM2	T. Burgman	60
D. Demo	157.5 PwrSports	
PN	DEADLIFT	
D. Demo	157.5 127 lb. Pure	142.5
Pure	N. Salem	
K. Stoner	117.5 185 lb. M2	202.5
M1	J. Alcoff	202.5
K. Stoner	117.5 Pure	65
HSP	R. Gregory	65
R. Williamson	102.5 CURL	
187 lb. M2	127 lb. Pure	
J. Alcoff	127.5 N. Salem	57.5
PN	154 lb. Int	
M. Sattler	165 Q. Demo	65
Int	185 lb. M2	
M. Sattler	165 J. Alcoff	62.5
HSP	187 lb. HSP	52.5
J. Reck	117.5 J. Rerk	48.5
227 lb. SM1	M. Lenzi	48.5
B. Bagnall	175 Pure	
D. Brandenstein	182.5 R. Gregory	65
250 lb. Pure	205 lb. PN	
G. Edmondson	237.5 J. Savanna	72.5
SM1	227 lb. Int	
G. Edmondson	237.5 T. Bachman	85
	227 lb. PN	
	T. Muccino	77.5

Pwrlifting	SQ	BP	DL	TOT
154 lb. Jr	107.5	65	107.5	280
F. Gundman	127 lb. SM2			
T. Tucker	145	100	182.5	427.5
Pure				
T. Tucker	145	100	182.5	427.5
154 lb. Teen				
J. Wingfield	145	95	180	420



Tim Hunt in the Super Yoke event at the First Annual Minnesota Strongman Championships. (photos courtesy of Connie Bissonnette)

The First Annual Minnesota State Strongman Championships by Connie Bissonnette - The North American Strongman Society, Jeff Bissonnette State Chairman, held its first sanctioned Minnesota State Championship on July 28th, 2001. The event was a main attraction of the Lumber Jack Days celebration in Stillwater, Minnesota. Contest promoters were Jacquelyn Bissonnette and David and Connie Bissonnette. The judge (referee) was Wade Gillingham. Wade did an excellent job keeping everything running according to the rules. Thirty-three contestants were entered including one woman. The Farmers walk, the first event was won by Nick Osborne from Columbus, Ohio. 200# each side for 120 ft. Nicks time was 11.4 seconds. Next the log press, 220 lbs. for reps within 90 seconds. Again won by Nick Osborne with 12 reps. Greg Wagner from Granite Falls, MN. (placed 6th at the USAPL Nationals), Sam McMahan from Rochester, MN. and John Riggs from Eau Clair, WI. All had 11 reps. John was competing in SHW class. The Super Yoke, 700 lbs. for 80 ft., was won by Sam McMahan with a time of 0.1497 seconds. Sam's 19 yr. old brother, Pete, 6'8, 325 lb. freshman football player at the University of Iowa, won the Super Heavyweight class. The tire flip, 600 lbs. for 60 ft. was a great crowd pleaser with 23 athletes going the distance. Nick Osborne won the event with Jason Adamski 2nd, Jeff Bissonnette 3rd, Chris Doyle 4th, and Greg Wagner 5th, all under 30 seconds. The top 12 competitors from the first four events went on to the two final events. The Atlas Stones and the Truck Pull. Jeff Bissonnette from Stillwater, MN. came on strong in the finals, winning both events. In the stones, Jeff was the only athlete to put up all five. The Atlas Stones are 240 lbs, 275 lbs, 300 lbs, 335 lbs, and 365 lbs. Jeff's time was 25 seconds. The crowd really got into this event and went wild when Jeff got the 5th stone up. The last event was the truck pull. Because the crowd was so large, the truck was moved to a different location. This location had not been inspected by the officials and of course it turned out to be slightly up-hill. The athletes were able to move the truck only a few feet and even that was a real test of strength. The event was won by Jeff Bissonnette with 12 ft 2 inches.



The Overall Winner Nick Osbourne got twelve reps in the Log Press

WHOLESALE NUTRITION
MEGA-STORE

We Can't Be Undersold... Guaranteed!

- We Carry All Major Nutritional Lines
- All Lines Discounted Daily 40% To 80% Off Retail Prices
- We Ship UPS Ground The Same Day You Order
- FREE Shipping For All Orders Over \$100.00
- We Stock Over 20,000 Items



891 1/2 State Road 436, Casselberry, FL 32707

(407) 261-9383 Fax (407) 261-9384

MAIL ORDERS: Call For The Most Competitive Price Available!

VISIT OUR WEB SITE AT:
WWW.NUTRITIONMEGASTORE.COM
(800) 215-2667

from Jason Keen (Jason placed 13 over all) "I am going to go with Jon on this one and say that Jeff's contest was literally one of the best I have ever competed in or watched. They had plenty of help and even more importantly, helpers who were competent. The scoring and keeping track of placings was done right and mart did they keep moving things along at a quick pace. I think the four preliminary events were done by 2:30 and they started at 11:00. This kept the crowd interested and fired up the whole day long. I think another interesting side note is that the competitors did not have to wear a meet shirt and that added a lot of interest by the crowd. I know this having to wear the official shirt is often done to appease sponsors, but I think it then makes it hard for a big crowd to tell who is who. At the Minnesota meet the crowd was yelling at people by name halfway through and stopping you and talking to you, as you would go by them. I think that it really helped the whole atmosphere and got the crowd jumping because they were picking out their favorites. So, thanks Jeff, and I would absolutely recommend any competition you promote again to anyone based on how you guys pulled it off this weekend. Congrats." (thanks to Connie Bissonnette for providing the report)



Jeff Bissonnette struggles for just one more flip of the 600 pound tire

SLP WISCONSIN BP/DL
23 SEP01-BURLINGTON, WI

BENCH PRESS		master men 70-74	
teenage men 13-15	198	Peter Jensen	220
114		police & fire	132
Jeremy Meyer	160	Dave Surita	255
148		198	
P. Montelbano	245	Randy Hudzinski	255
4th	250	4th	270
181		242	
A. Dahlstrom	190	Shawn Becker	440
teenage men 16-17		open men	
114		181	
Adam Koch	180	P. McCormack	300
teenage men 18-19		220	
220		Joe Cozza	440
Aaron Mickelson	365	242	
4th	370	David Walker	520
181		308	
Mike Strom	370	Ray Flint	455
4th	375	DEADLIFT	
submaster men		teenage men 13-15	
181		114	
Theo Muir	315	Jeremy Meyer	350
198		submaster men	
Tony Coduto	380	181	
4th	400	Theo Muir	425
242		4th	440
David Walker	52	master men 40-44	
Mike Coenen	330	181	
275		Dave Felton	550
Carlos Garcia	430	master men 45-49	
master men 40-44		198	
220		David Anderson	515
Joe Cozza	440	198	
master men 45-49		Randy Hudzinski	455
198		220	
D. Anderson	285	Stuart Coogan	535
Randy Hudzinski	255	master men 50-54	
4th	270	181	
master men 50-54		Bob Hochstein	550
181		master men 70-74	
S. Renzelmann	270	198	
181		Peter Jensen	350
Bob Hochstein	245	police & fire	
198		198	
Jim Verhagen	300	Randy Hudzinski	455
master men 55-59		open men	
165		181	
J. Ball	215	P. McCormack	475



Meet Promoter Dr. Darrell Latch with Best Lifters at the SLP Wisconsin State Meet (left to right) Jeremy Meyer (DL) and David Walker. (Thanks to Dr. Darrell Latch for providing this photograph)

Championships were held in Burlington, Wisconsin on September 23, 2001. Many thanks to David Walker for all the efforts he, his family and workout partners put into making this event successful. In the bench press competition we had five teenagers; three in the 13-15 age division. First, at 114 was Wisconsin State Fair champion Jeremy Meyer. Jeremy won here also, finishing with 160, below his own state record. At 148 it was Peter Montelbano who set the state record at 245 with his third attempt, then followed that with a successful fourth of 250. Andrew Dahlstrom took the 181 title with 190, another new Wisconsin state record. In the 16-17 age group Adam Koch set the state record in the 114 class with 180. Then at 18-19/220 it was

another winner at the state fair, took the submaster 275 title with a strong 430 state record. Joe Cozza broke the record at master 40-44/220 with his third attempt of 440. At master 45-49/198 it was David Anderson over Randy Hudzinski 285 to 270. David's winning mark set the state record there even with Randy's successful fourth attempt of 270. Steve Renzelmann took the 50-54/181 title with a new state record 270 over Bob Hochstein's 245. Also at 50-54 Jim Verhagen set the record at 198 with 300. Newcomer John Ball took the master 55-59/165 class with his 215 third attempt, another state record. Our final master competitor was Peter Jensen, who won the title at 70-74/198 with 220, tying his own state record. In the police and fire division Dave Surita finished with a state record 255 for the title at 132. Randy Hudzinski finished with 255, followed by a personal best 270 fourth for the record and title at 198. Then at 242 it was Shawn Becker for the win and new state record with 440, which was also a new personal record for him. In the open division Patrick McCormack took the 181 title with 300 as Joe Cozza won his second title of the day with a state record 440 at 220. David Walker also won his second title at 242 setting the record there at 520. Ray Flint brought his own personal record up by thirty-five pounds to finish with another state record of 455 for the win at 308. The best lifter award went to David Walker who pressed 520 at a 234 bwt. In the deadlift competition Jeremy Meyer broke the state record in the 13-15/1-14 class with an amazing 350 pull! Weighing in at just 107, this fourteen year old pulled more than three times his bodyweight! Best lifter honors to the kid! In the submaster division Theo Muir set the state record at 181 with 425 followed by a 440 state record pull, which was also a new personal mark for him. Dave Felton won at master 40-44/181 with a great 550 state record pull at 181. In was David Anderson over Randy Hudzinski again, this time 515 to 455. David's 515 established a new state record there. Stuart Coogan broke his own state record at 45-49/220 with his 535 second attempt pull. Bob Hochstein got a new personal record to go along with his new state record at 50"-54/181 with his final pull of 550. Peter Jensen broke his own state record at 70-74/198 with a solid 350. In the police & fire division Randy Hudzinski got a new personal record at 455, which also established the state record there. In the open division lone competitor Patrick McCormack broke his own state record with a strong 475 pull. Thanks also to my son Joey, Mike Strom and Sean Corbett for their help loading, spotting and judging. (D. L.)

CAPITOL DISCOUNT NUTRITION

5480 W 159TH Street, Oak Forest, IL 60452
1-800-499-4810

Powerlifters and bodybuilders are on staff to answer questions.

\$\$\$AVE BIG BUCKS ON TOP NAME SUPPLEMENTS & VITAMINS!!!

			Retail	Capitol
MuscleTech:	CellTech	4 lbs	\$59.99	\$36.29*
Natures Best:	Isopure	20 servings	\$59.95	\$34.50*
Optimum:	Amino 2222mg	300 capsules	\$30.99	\$22.95*
Optimum:	100% Whey	5 lbs.	\$39.95	\$22.49*
Twinlab:	ZMA Fuel	90 capsules	\$24.99	\$14.99*

*Please mention Powerlifting USA ad when you order.

- We carry sublingual and transdermal andros, the MOST POTENT forms of andro legally available.
- 30-55% off on all brands ALL THE TIME!!! THOUSANDS of items in stock!
- Shipping fee within the continental USA, only \$4.90 for orders 10 lbs. and under; over 10 lbs. and/or outside the continental USA, at standard UPS rate.

BioChem, Champion, Country Life, Cytodyne, EAS, Enzymatic Therapy, Labrada, Kaizen, MuscleLinc, MuscleTech, Nature's Best, Next, Optimum, Solaray, SportPharma, Twinlab, Worldwide, and many more.

A WORLD OF PROTEIN JUST ISN'T ENOUGH!



AMERICAN BODY BUILDING™ IS PROUD TO OFFER THE LATEST SCIENTIFIC BREAKTHROUGH IN GREAT TASTING, READY TO DRINK PROTEIN SHAKES. INTRODUCING **PURE PRO™ SHAKE** — BURSTING WITH 35 GRAMS OF HIGH QUALITY PROTEIN, ONLY 4 TO 6 GRAMS OF CARBOHYDRATES, 0 SUGARS, 1 GRAM OF FAT AND ASPARTAME FREE!

PURE PRO™ SHAKES DON'T CONTAIN SOME CHEAP PROTEIN MATRIX. WE SPARED NO EXPENSE IN USING HIGH QUALITY PROTEIN SOURCES THAT YOU NEED TO BUILD YOUR BODY AND REACH YOUR GOALS WITHOUT COMPROMISING YOUR LOW CARBOHYDRATE DIET REGIMEN.★

AMERICAN BODY BUILDING™ **PURE PRO™ SHAKES** CONTAIN A PROPRIETARY PROTEIN BLEND DERIVED FROM MILK PROTEIN ISOLATE, CALCIUM CASEINATE AND WHEY PROTEIN CONCENTRATE. MILK PROTEIN ISOLATE (MPI) CONTAINS ABOUT 80 PERCENT CASEIN AND 20 PERCENT WHEY PROTEINS. IN OTHER WORDS, YOU GET THE BEST OF BOTH WORLDS IN THAT WHEY SUPPORTS YOUR BODY'S OWN MUSCLE MACHINERY AND THE CASEIN HELPS SLOW DOWN THE ABSORPTION OF THE WHEY FOR SUSTAINED AMINO ACID RELEASE.★ TO BOLSTER MPI, WE ADDED MORE PROTEIN IN THE FORM OF WHEY PROTEIN CONCENTRATE (WPC) AND CALCIUM CASEINATE. THIS ADDS TO THE TOTAL PROTEIN CONTENT AND PROMOTES THE BENEFICIAL ACTION OF THE WHEY AND CASEIN.

OUR MPI AND WPC ARE PROCESSED FROM WHOLE MILK IN A GENTLE EXTRACTION THAT LEAVES MORE OF THE NATIVE PROTEIN STRUCTURE INTACT AND KEEPS **PURE PRO™ SHAKE** VIRTUALLY LACTOSE FREE. WE ENSURED THESE PROTEINS WERE PROCESSED OUTSIDE OF THE TRADITIONAL CHEESE BYPRODUCT ROUTE THAT CAN OFTEN ROB IMPORTANT NUTRIENTS AND FRACTIONS FROM THE PROTEINS. EACH OF THESE MILK PROTEINS HAS SPECIFIC APPLICATIONS AND SEPARATE HEALTH BENEFITS FOR MAINTAINING AND ACHIEVING OPTIMAL HEALTH AND FITNESS.★ BY USING SPECIALLY PROCESSED PROTEINS WE PROVIDE YOU WITH A PRODUCT THAT IS UNSURPASSED IN THE READY TO DRINK PROTEIN SHAKE MARKET.

EXCEPTIONAL TASTING AND HIGH QUALITY **PURE PRO™ SHAKE**, BY AMERICAN BODY BUILDING™ — OPTIMAL PROTEIN, OPTIMAL FORMULA.



PURE PRO™ SHAKE

35 G OF PROTEIN
0 G OF SUGARS
4 TO 6 G OF CARBS
ONLY 1 G OF FAT
ASPARTAME FREE
GREAT TASTE

A FORCE IN THE GYM™

1-800-627-0627
WWW.AMERICANBODYBUILDING.COM

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

(article continued from page 15)

more. Hoss Rhoton of Texas was 2nd with 479 1/2. At 220 Dr. Mike Ludovico put up a 551 to beat the California State Chairman Matt LaMarque, who did 534. At 242, Jason Jackson of Oklahoma keeps on trucking - he put up a 606 and has passed three drug tests in this federation and was tested at this event. He is undefeated in 13 tough man contests. He won his 2nd World Title. Joe Raynor of North Carolina was 2nd with a North Carolina State Record 562. Joe has competed in numerous IPF World Championships. Jimmie Fullerton of Texas was 3rd with a Texas State Record 529. At 275 Tiny Meeker opened with a 622, and he too has passed two drug tests in WABDL. He went to 683 and then to 711, but they were both too much. He was probably good for 670. Fifty seven year old George Nelson was 2nd with 540 on an opener. At 308 Bill Gillespie, the strength coach for the University of Washington, opened at 633 for the World Title. He also has passed two drug tests in WABDL. Jim Cunningham was 2nd with 600, but had 629 within one inch of lockout. Tom Manno opened with 673, but couldn't get it. He holds the World Master Record with 672. Steve Khader was 3rd with an Alabama State Record 451. At Super, Thomas McKinney of Texas won the Worlds with 529. Outstanding Lifter lightweight (114-198) was George Herring, middleweight 220-242 was Jason Jackson, and Heavyweight was Tiny Meeker.

In Master Men 40-46 age group, Danny Winslow of Idaho set an Idaho State Record at 165# with 308 to beat out two other lifters for the

World Title. At 181, Byron Beebe of Oregon came through with 435 for the World Title. Bob Levering of California was 2nd with 429. At 198 there were 8 contestants with George Herring the World Champion with 496. Keith Kanemoto was 2nd with a California State Record 479 1/2. At 220, Buddy McKee won the Worlds with 380#. Paul Wondra was 2nd with 369. At 242, there were 6 contestants. Joe Harms of Oregon set an Oregon State Record with 485# to win the World Title. Rick Ludlam was 2nd with 451. At 275 there were 6 contestants, and Carroll Moon won the World Title with 556 1/2 - a World Record. Mike Lutz was 2nd with a nice 485. At 308, Bill Gillespie put up a big 633 on an opener and Cyril Lewis of Reno was 2nd with 545 1/2, well

below a 578 he did earlier in the year. At Super, Art Ramsey, the World Record Holder at 578, did a 567 to beat out Andy Young, who did 518. Art weighed in at 354 and Randy weighed 326. Outstanding lifters were George Herring (lightweight) and Bill Gillespie (heavyweight)

In Master 47-53, Gary Bobrovitz of Canada brought home the Gold for the Maple Leaf with a Canadian National Record at 132# of 253 1/2. Home Shivaie set a Calif State Record of 214 3/4 for the silver. At 148, Randall Wrye of Georgia won the Worlds with a 292. At 165 Freddie Evangelista, who may be the most consistent, improved lifter in WABDL, set the World Record in master 40-46 165 with 391. At 181, Mr. Non-Bencher - Ace-Dead-

lifter Rick Hagedorn snuck in the back door with a World Title with 336. Rick is the WABDL Alabama State Chairman and is a world judge. Jamey Mauldin of Texas was 2nd with 308 and Michel Rioland of France was 3rd with 253 1/2. At 198 there were 6 contestants and Tom Gonnering of Alabama set an Alabama State Record with 413 to beat Warren Orbaugh of Guatemala, who did 402. Rainer Gessman of Germany was 3rd with 319 1/2. At 220, Rocky Gingg of Arizona and Steve Ramey of Georgia locked horns and ended up even at 485, with Rocky winning the World Title and Steve winning Best Lifter because he was older than Rocky. Steve's lift was a Georgia State Record. He is the WABDL State Chairman. At 242, Greg McCoy of Texas edged

Roger Nelson of Washington 457 to 451. At 275, Mike Moore of California put up 396 to edge out Leo Contreras, who did 391. At 308 Frank Beeler of Switzerland put up a huge 529 and just missed 547 to beat Ron Hood's World Record. Bruce Sabin of Calif set a California State Record with 462 3/4 to finish 2nd. Tim Myers of Montana was 3rd with a Montana State Record of 369. At Super, Lorenzo Barrett of Washington, DC won the Gold with 424. Outstanding Lifters were Freddie Evangelista at lightweight and Steve Ramey at heavyweight.

In Master Men 54-60, at 165 Steve Lemire set a Washington State Record with 292 to take 1st. At 181, there were 6 contestants with attorney Larry Cardon from Virginia and Rick Tsutsui trading world records.

Cardon won the World Title with 369 by being the lighter man. Tsutsui did the same, however, on 4th attempts, when the dust settled, they both did 374 3/4 with Tsutsui doing it 1st, so he ends up with the World Record. At 198 there were 5 contestants with Ron Matheson of Arizona winning his 2nd world title with an Arizona State Record 374 3/4. Daniel Hawkinson of Minnesota was 2nd with 369 and a Minnesota State Record. At 220, World Record holder Bill Sekermestrovich didn't come up with a World Record, but did put up 446 for the World Title. Bill has set 8 World Records and has won 3 World Titles over the last 5 years. Jim Parham set an Oklahoma State Record with 369 for 2nd. At 242 Daniel Smith III of California won the Worlds with a 407 3/4. Mac

Pope of Washington, DC, was 2nd with 363 3/4. At 275 there were 6 contestants. The problem was that 5 had no chance against George Nelson, even when he had an off day. George, who has a World Record 610 and who has done 615 in a non-sanctioned meet and 600 in another sanctioned meet and who has set over 30 World Records, opened with 540 with a pec tear! He locked out 573, but was turned down, so 540 is where it ended. Colin Bonneau of Canada was 2nd with a Canadian Record 468. Ed Acey of Utah was 3rd with a 429. At 308 Robert O. Smith of Canada who holds the World Record of 450 settled for a 429 3/4 for the World Title. At Super, Don James - who holds the World Record of 473, won his Gold with 451 3/4. Outstanding Lifters

were attorney Larry Cardon of Virginia and George Nelson of Oregon at Heavyweight.

In Master 61-67, where there were 22 lifters and about 5 no-shows, some very good lifting took place. If you're over 50, this federation is a perfect fit. At 148, Larry Vincent set a World Record 287 1/2 to easily beat Richard Gidcumb of Michigan who did 220. Very impressive lifting, pound for pound, at his age. At 165, George Johnson put up 319 1/2 to win the Gold. His World Record is 330. Gerard Boucher set a Calif. State Record of 303 for 2nd. At 181, Rudy Lozano set a World Record 359 to beat Roy Guidry of Louisiana, who was 2nd with a nice 325. Rudy has won 7 World Titles and set numerous World Records in at least 3 different federations. Robert Withers of Australia was 3rd with 242 1/2. At 198 Bernie Miller set a Washington State Record of 304 to claim his World Title. At 220 Harold Smith of Montana set a Montana State Record of 330 1/2 to beat Bob Bassman of Texas, who set a Texas State Record of 319 1/2. Richard Yoshida was 3rd with a Hawaii State Record 308 1/2. At 242, Ken Anderson, the WABDL Texas State Chairman, who his 3rd World Title with a 429 3/4. He broke the World Record twice this year and owns it at 440 3/4. Skip Sandberg of Washington was 2nd with 407 and a Washington State Record. At 275, Danny Herrera set a Calif. State Record with 424 and Bill Isley was 2nd with an Oregon State Record of 341 1/2. At 308, Gary Johnson of Walla Walla, Wash. put up a 314 to win the Gold. Outstanding Lifter in the 61-67 was Ken Anderson.

In Master 68-74, at 148 Robert Cortes - who has been around for 50 years competing - put up a 248 at age 70! He holds the World Record with 253 1/2 and he's close to a 500 lb. deadlift. At 165 Andre Charbit of France won the World Title with a 248. Joe Cavness was 2nd with a California State Record 209. At 181 Ross Phillips won the Worlds with 242 1/2. At 220, 70 year old Joe Cantu out of Corpus Christi, Texas set a World Record with 385 3/4 weighing only 205. In 2nd was Lyndle Taylor with a 259 Arkansas State Record. At 242, 68 year old Ernie Anderson set a World Record 396 3/4. Ernie has been around a long time and has benched close to 500 pounds at age 60. Outstanding lifter in 68-74 Master was Joe Cantu.

In Master 75-79, 77 year old Arthur Whinston of Portland, Oregon, who is still a practicing attorney, who his World Title with a 104 1/2 bench at 143#. At 165, Sonny Ronolo of Hawaii had the highest coefficient of the whole meet (a 457)

The POWERBELT™ . . . worn by Champions

 Style A \$89.99 3 Color Suede Double Thickness	 Style B \$84.99 2 Color Suede Double Thickness	 Style C \$79.99 1 Color Suede Double Thickness	 Style E \$69.99 4" Tapered Suede Single Thickness
 Style F \$31.00 4" Leather Single Thickness	 Style H \$23.00 4" Tapered Leather Single Thickness	 Style I \$55.00 Economy Suede Belt	 Style J \$24.00 4" Nylon Adjustable Belt with velcro
 Style L \$79.99 Single Color Lever Action Belt 2-Color add \$5.00 / 3-Color add \$10.00 Lever only \$18.00	 Style M \$35.00 Import Economy Suede Belt Limited Colors / 2XL & 3XL \$38.00	 Style N \$109.99 Same as Style C w/embroidered name	 Style O \$109.99 Same as Style L w/embroidered name
 Style P \$99.99 THE ULTIMATE POWER BELT Single Color Suede MAXIMUM Thickness 2-Color Add \$5.00 / 3-Color Add \$10.00	 Style 1 \$35.00 FULL DIP BELT	 Style 2 \$20.00 DIP BELT WITH LOOP AND CHAIN	

- 100% American Prime Hide / Suede
- Aircraft Type Rivets
- Stainless Steel / Seamless Roller Buckle
- Maximum Legal Thickness

FOR BELT ORDERS GIVE COLOR / WAIST SIZE / SINGLE OR DOUBLE PRONG

CRAIN'S
Muscle World, Ltd.
THE ONLY SQUAT SHOE
EVER DESIGNED FOR SQUATTING
BY A WORLD CLASS SQUATTER

- Wedge Heel • 2 Velcro Straps For Support
- Cowhide Outer For Stiffness • Pigskin Inner For Comfort
- Sizes 03-15 • Made in U.S.A.


Power Deadlift Slipper
\$12.00
Sizes 01-15
Call for Colors


Power Deadlift Shoe
\$50.00
Sizes 03-14
Call for Colors


Otomix "The Ultimate Trainer"
\$99.00
White / White-Charcoal / Black
Sizes 04-14


Power Shoe™
\$115.00
White w/Black

THE NEXT GENERATION IN POWER GEAR
BY
CRAIN'S MUSCLE WORLD, LIMITED

The Genesis DEADLIFT SUIT
The Genesis POWER SUIT

NEW NEW NEW

Devastatingly Hi-Tec And Unbelievably Effective
So Incredibly Superior, They Should Be Illegal
We find that the support and explosive power generated in the squat and deadlift, by the Genesis POWER SUIT, and the Genesis DEADLIFT SUIT surpass any other suits manufactured in todays market!

You Asked For It And Now You Have It!

NEW! BOZZER WRAP ROLLER A wrap roller that REALLY WORKS!
Introductory Price Good Till 12-31-01 **\$99.95**

The Genesis POWER WRAP™ **\$19.95**
w/wrist loop

The Genesis POWER WRIST WRAP™ **\$16.95**
w/wrist loop

REDLINE POWER WRAP™ **\$17.95**
w/wrist loop

REDLINE POWER WRIST WRAP™ **\$12.95**
w/wrist loop

POWER WRIST WRAP™ (Vented Material w/Velcro) **\$10.95**
SHIPPING \$6.95

CRAIN'S
Muscle World, Ltd.
3803 North Bryan Road
Stawnee, Ok. 74864-2314 USA
email: crain@msw.com
catalog: www.crainmuscleworld.com
power: 800-272-0051 http://members.bearshare.com/powerworld

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.)
Customer Service 1-405-275-3689 Fax 1-405-275-3739

1-800-272-0051

THE GENESIS POWER SUIT \$55.00
LG Trademark Reg #1544517 Sizes 16-40 Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgundy, White or Two & Three Color Combinations

Genesis Power Suit Double Thick \$115.00
Genesis Training Power Suit (No Straps) \$42.00
Genesis Training Power Suit Double Thick (No Straps) \$89.00
Genesis Power Brief \$29.00
Genesis Power Brief Double Thick \$63.00

THE GENESIS DEADLIFT SUIT \$55.00
LG Trademark Reg #1544517 Sizes 16-40 Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgundy, White or Two & Three Color Combinations

Power Brief \$19.95
Custom Alterations \$15.00
NEW! Power Slickers (an easier way to put on a tight suit) \$17.95

FOR ALL SUIT ORDERS GIVE HEIGHT / WEIGHT / THIGH MEASUREMENTS

LYCRA / COTTON LIFTING SINGLET...XS - XL...\$35.00
Navy Blue, Black, Red, Royal Blue, other colors & prints available

INZER ADVANCED DESIGN
Power 8413196 Navy Blue, Black, Red, Royal Blue Gen Chest/Sleeve/Shoulder Measurement Sizes 34 - 64

Blast Shirt \$38.00
Double Thick Blast Shirt \$75.00
Heavy Duty Blast Shirt \$58.00
Double Thick Heavy Duty Blast Shirt \$100.00
High Performance Heavy Duty Blast Shirt \$77.00
Double Thick High Performance Heavy Duty Blast Shirt \$127.00
Extra High Performance Heavy Duty Blast Shirt \$100.00
Double Thick Extra High Performance Heavy Duty Blast Shirt \$160.00
Erector Shirt \$42.00
Custom Alterations \$25.00



Lori Watson out from the Islands



George Herring (lt.) with Troy Weippert (right)

with his 303 bench weighing 161 at age 78!! At 181, Enrique Garcia of Guatemala set a World Record with 198. In the 198# class, Rex Monahan of Colorado put up 143# for a Colorado State Record and the Gold. At 220 Eugene Miranda of Calif. set a California State Record of 226 to beat fellow California Richard Turner, who did 209. At 242, Herb Brandt of Florida won the Gold with 220 and at 275. Cal Davis won his World Title with 231#. Sonny Ronolo was outstanding lifter.

In Submaster Law/Fire, A.J. Agamao set a World Record at 165# with 424 and Andy Ellis was 2nd with a Texas State Record of 352 1/2. At 198, Ed Sim of Oregon put up a 473. Ed has done 504 as recently as two years ago, but had wrist surgery a year ago. At 220, Kenneth Millrany set a Tennessee State Record with 462 3/4. At 275 Jaime Tovar set a World Record 512 1/2 and at Super 321# Dave Marchant out of Utah put up a big 556 1/2 for a Utah State Record. Outstanding lifter was A.J. Agamao.

In Law/Fire Open at 165, Andy Ellis set a Texas State Record with 352. At 181, Mike Bivin of Oklahoma won his World Title with 253 1/2. At 198, Craig Palmer of Montana finished 2nd with 435 and Ed Sim was the World Champion with 473. At 220, Matt LaMarque set a Calif. State Record 534 for the World Title. Joe Guerra set a Texas State Record 457 for 2nd. Zachary Clark was 3rd with 418. At 242, Jason Jackson put up a huge 606 that wasn't even an Oklahoma State Record because Kim Brownfield has the World and Oklahoma record of 616. Regardless, Jason only weighed 239 and won Best Lifter for heavyweight. Frank Wakakua of Hawaii was 2nd with 573 and Phillip Belone of Louisiana, who is a member of a SWAT Team, was 3rd with a 462 3/4 State Record. At 275, Flip Silva Jr. of Texas beat Kevin Tashiro of Hawaii, 402 to 363. At 308, Tim Johnson set a Texas State Record with 385 3/4 for his World Title. Outstanding Lifters were lightweight Ed Sim and heavyweight Jason

Jackson.

In Master Men Law/Fire 40-47, Robert Straker set an Oregon State Record 204 3/4 at 165. At 181, Rudy Lopez set a World Record 407 3/4. At 198 Craig Palmer of Montana pushed 435. Craig is a State Trooper. At 220, Mike McKenzie set a Colorado and World Record with 458. He held the old record with 457. Zach Clark was 2nd with 418 and the first workout partner I ever had back in Hawaii in 1973, Jeff Jones, set a Nevada State Record 413. Jeff is a Police Sergeant with the Sparks Police Department. At 242 Glen Ponder edged Arthur Clayton 407 to 402. At 275 Walt Faulkner set a California State Record with 408 3/4. At 308, Big John Minahan set a World Record with 540. John has broken that World Record 3 meets in a row. Outstanding Lifter was John Minahan.

In Master 48+, David Martinez won at 220 with 363 3/4. He currently holds the World Record with 374 3/4. Patrick Fay won at 242 with 363. At 275, Ed Acey of Utah won the World Title with 429 3/4. Eldon Olson was 2nd with a California State Record 407 3/4 and Pedro Velasco of Guatemala also put up 407 3/4, but finished 3rd because he was the heavier men. Bruce Sabin was the World Champion in 308 with a California State Record 462 3/4. Outstanding Lifter for Law/Fire 48+ was Ed Acey of Utah.

In Men's Disabled, Cody Colchado of Texas set a World Blind Record with 407 3/4 at 242. The Outstanding Lifter was Steve Pena with a 473 at 220 which was done with perfect form. Paraplegic Chard Ward out of Alabama won the 198s with a 281 and Nick Sinardi of Florida was 2nd with 242 1/2.

In Special Olympian, Roger Slingerman, who is in charge of sports for the Northern California Special Olympics, brought 22 Special Olympian men and women and they were the stars of the whole meet. At 132# Eric Janvier put up 148#. At 148 Jon Shapiro set a Special Olympian World Record with 253 1/2 at 148# and was named Outstanding Lifter. At 165 Brent Ruth benched a



Joyce Hamblin won & got a WABDL World Record Bench Press of 166 lbs. at age 60



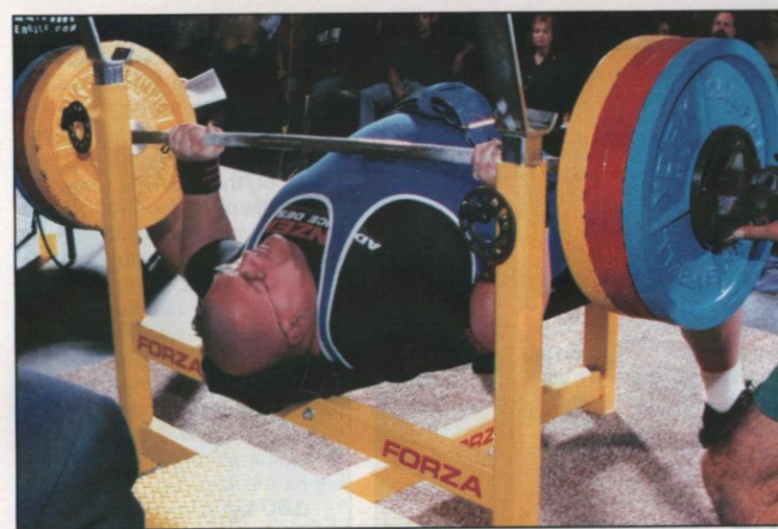
Bruce Sabin (left) and John Minahan (right)

respectable 209. At 220, Anthony Johnson did a big 264 1/2.

Now on to the ladies, where some of the best female lifters in the World put up some big numbers. In Open Women, Emily Kubiak at 105# benched 149 3/4. At 114 Lynda Christopher put up 121 to win the World Title at 114. At 123 Susan Rinn set a World Record 231. Valerie Tyree was 2nd with 209. At 132, Jerri Lynn Lippert is the best female lifter in the world in any federation. She did a 319 1/2 bench and then went for the all time best of 331 1/2 and was ever so close. She deadlifted 413 for good measure. Her 319 1/2 was a WABDL World Record. Christy Melton was 2nd with an Alabama State Record 193 3/4. At 148 Dru Amos set an Alabama State Record with 170 3/4. At 165 Lyn Silbert of Hawaii beat Mary Jacobson 270 to 253 1/2. At 181, Joanne Warner of Pennsylvania put up 319 1/2 and just missed 341. She holds the World Record of 335. Ms. Warner is trying to make the Olympic Team in the Hammer Throw. At 198+, Amy VanderPol set a Nevada State Record with 187# and Rachel Malone or Oregon was 2nd with the same weight, but was the heavier woman. Michelle Williamson was 3rd with an Arizona State Record 181 3/4. Outstanding Lifters were Jerry Lynn Lippert in lightweight and Joanne Warner in heavyweight.

In Master Women 40-46, Denise Ruff won the World Title with 165# in the 123# weight class. Leticia Rosales-Buie was 2nd with 159. At 148, Dru Amos tied her Alabama State Record with 170 3/4. At 165 Lyn Silbert put up 270 and Laura Feusi set a World Record 242 1/2 at 198. At 198+, Susan Adkison set a Florida and World Record of 192 3/4.

In Master Women 47-53, Heidi Rodriguez of Guatemala set a World Record at 114# with 143#. She was the most exuberant lifter of the meet - very lively and a lot of fun to watch. Louise Turner of Pennsylvania won the 132# class with



Dave Marchant of Utah got a 556 bench press in the Superheavyweight class.

143. Rae Ballard set a California State Record with 166 to win the 148# class. Rosemary Harrington won the 165# class with 165#. Claire Ashton-Heckathorn won the 181# class with an Idaho State Record 126 3/4. Claire ran for State Representative in Idaho and lost in a close election. Delia Chilgren set a Calif. State Record 93 1/2 to win the 198+ class. Outstanding Lifter was Heidi Rodriguez.

In Master Women 54-60 in 105# class, Betty Lafferty of Alabama set a World Record 143# at age 57 - very impressive. At 123 "Lloyd Hopkins" won the World Title with 82 1/2. At 148 Sharon O'Brien set a World Record 115# to beat Sandi Butler, who previously held the record at 110. Sandi tied her old record with 110. Ruth Gladson of New Zealand was 3rd with 104 1/2. At 165#, Joyce Hamblin set a World Record 166#. Joyce has set 17 World Records since 1994. Karen Polansky set a Calif. State Record 148 3/4 to win the 181# class. Dawn Ivey-Vick won the 198+ with 88#. Outstanding Lifters were Betty Lafferty and Joyce Hamblin at lightweight and heavyweight respectively.

In Master 61-67, Lolita Young set a World Record at 148# with 116 1/2#. At 181 Grace Cloninger set a World Record with 115 1/2#. In Master 68-74, Pauli Forquer put up 82 1/2 at 132#. Melicent Whinston was 2nd with an Oregon State Record of 71 1/2#. Melicent still competes in Masters Track & Field events. At 148#, Marcie Turner put up a World Record 126 3/4 at age 69 - an 11 pound PR over her previous meet. Gloria Mighell won the 198 class with 82 1/2#. Outstanding Lifter was Marcia Turner.

In Open Women Law/Fire Karen Gordon of Illinois set a World Record 170# in the 123# class. Karen works for the Illinois State Police and is an avid motorcycle rider.

In Master Women Law/Fire Leticia Rosales-Buie was Best Lifter with a 159 bench weighing 121 and Rae Ballard set a World Record 166# at 148.

In Junior Women Bench, Tamara Coulombe was Best Lifter with a World Record 215 3/4, weighing only 120 and was named Outstanding Lifter. Leonetta Richardson shattered the World Record at 165 with 259 and, of course, has the Hawaii State Record too. Christy Richer was 2nd with a Nevada State Record 187#.

In Submaster Women, Lori Watson of Hawaii set a World Record 165# at 105# and was named Outstanding Lifter. Teresa Schrank of Texas set a World Record at 114 with 165#. At 123, the World Record was 143 held by Julie Green of Nevada. She upped it to 159 3/4,

however, Maria Lewis of Hawaii upped it even further to 170 3/4 and left town with the record. Kelley Mahoney won at 148 with 137 3/4 and Sheri Wyatt set a Washington State Record to win the 198+ class.

In Teen Women 13-15 age group, Lisa Marie Garcia of the Washington School for the Blind put up 66# at 89# bodyweight. At 123# Katherine DeLeon set a Washington State Record of 93 1/2. At 165# Nikki Williams set a Georgia and World Record of 143#. At 181 Bonnie Buck-Wood set a Washington and World Record of 143#.

In Teen Women 16-19 age group, Emily Kubiak set a Calif & World Record of 149 3/4 in the 105# class. At 114# Merissa Baker set a Texas Record 121#. At 123# Angela Pate set an Oklahoma record of 110#. At 165, Kelly Womack set a Calif Record of 181 3/4# and at 198+ Krista Williams was 2nd with a Georgia State Record of 149 3/4 and Rachel Malone set an Oregon State Record 187 3/4 to win the World Title. Emily Kubiak was the Outstanding Lifter.

In Women's Disabled Lisa Marie Garcia was Best Lifter with a 77# lift weighing 88# and Bernadette Hanson was Best Lifter for Special Olympians with a 99# bench at 165 and a Junior Special Olympian Record.

And finally, Guest Lifter Ryan Kennelly, smoked 672, 711, and just missed 739 twice. He weighed

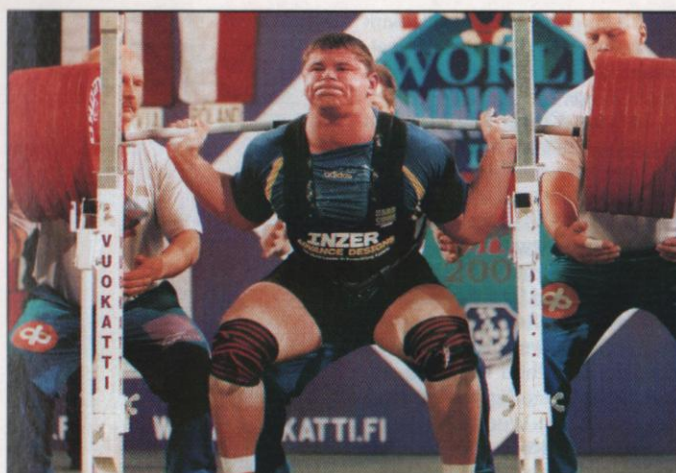
in at 290 and his arms were a tight 22 1/2" cold. He wears a two ply shirt.

Team Scoring: 1) Team Fitness America of Duncanville, Texas coached by John Tyree (236 pts.), 2) Flex Gym of Reno, Nevada coached by Randy & Julie Green (228 pts.), 3) Jerry Capello's team of Medford, Oregon (218 pts.), 4) Iron Society of Monterey, Calif. coached by Matt LaMarque (212 pts.), 5) Team Texas Red of Dallas, Texas coached by Ken Anderson (212 pts.), 6) Body by George of Atlanta, Georgia coached by George Herring (204 pts.), 7) Pena's Raiders of San Jose, Calif. coached by Steve Pena (192 pts.), 8) Team Texas Blue of Carrollton, Texas coached by Jim Snodgrass (188 pts.), 9) Palace Gym of Burlingame, Calif. coached by Steve Ughe (180 pts.), 10) Seattle, Washington Power Team coached by Bull Stewart (162 pts.), 11) Team Guatemala coached by Warren Orbaugh (130 pts.)

The following people were drug tested: Cyril Lewis, Willie McCoy, George Herring, Jerry Capello, Carroll Moon, Art Ramsey, Onnie Jordan, John Tyree, Jerri Lynn Lippert, Mary Jacobson, Valerie Tyree, Lyn Silbert, Bud Davis, Joanne Warner, Dr. Michael Ludovico, Jason Jackson, John Stewart, Jimmie Fullerton, Johnny Hernandez, Noah Chambreau, Ronald Harlow, Jeff Ray, Laura Feusi, Matt Hyrcha, Marc Morishige, Ernie Mil-Homens. As of this writing, results aren't available.

(thanks to Gus Rethwisch for results. NEXT MONTH - Gus has promised us the article on the Deadlifters at his meet.)

WABDL									
Application for Registration									
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)									
Last Name		First Name		Initial	Renewal	Current Card # (if Renewal)			
					Y N				
Street Address						Club Name			
City			State		Zip	Area Code/Telephone			
Current WABDL Classification		Referee Status		U.S. Citizen?	Date of Birth	Sex	Today's Date		Card Issued By
Elite Master I II III IV		World National State		Y N		M F			
Registration Fee \$20.00					NOTE: All WABDL-sanctioned meets will be subject to drug testing.				
Make checks payable to and mail to:					In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.				
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS									
4264 SE 122nd Ave. #31									
Portland, OR 97236									
If under 18, have parent initial _____					Signature _____				



Papazov of the Ukraine, a young Junior lifter, amazed people at 275.

McGettigan. The two met at 2001 Nationals with Tony coming out on top, and that was the case here as well. Tony placed 8th overall, with a 917.5 kg. total (his second 2000+ lb. total) and Pat finished 11th with a 900 kg. effort. Both of these athletes benefited from the competition between them, and this duel for national supremacy (which is sure to go back and forth) can only push our standard at 125 kg. higher. Both were supportive of each other, and the other competitors, displaying the sportsmanship that America is known for.

Superheavies: The +125 class was the stage for some fireworks that were not predictable. What was clear was that this would be a rematch between last year's champion, Brad Gillingham, and the World Games Champion, Daisuke Midote, of Japan. Brad is a balanced lifter with a strong finish, and Midote gains his lead through his huge squat and bench press. Midote finished the squat 35 kg. in front, with a 410 kg. squat, and added to his lead with a 300 kg. bench press. Midote has struggled before with depth problems, and problems with lockout in the bench press, but they

were not evident here. He had what appeared to be a comfortable sub-total lead over Brad (67.5 kg.) and the strongest bartender in the world, the Ukraine's 48 year old Victor Naleikin (70 kg.). Hungary's Tibor Meszaros was 100 kg. behind Midote at the pause. Gillingham's opening deadlift brought him within 2.5 kg. of Midote. Naleikin, who had pulled weights approaching 400 kg. with only a thin belt, appeared to have hurt his back, and opened uncharacteristically light at 335 kg., essentially moving him out of the running. Midote was unable to finish his second attempt, 312.5 kg. and saw Gillingham pull ahead by 7.5 kg. The Japanese champion was unable to pull a repeat on his third, assuring Gillingham the championship. The surprise was the Hungarian, who jumped from third placed and a 390 kg. pull to 406.5 for a new world deadlift record. After what seemed like a minute long pull, he locked it, earning the silver medal, and edging Midote. Naleikin totaled 1000 kg., and finished fourth. New Yorker Sean Culnan had a solid day, totaling 962.5 kg. on an 8 for 9 day.

The team championship went to Russia, first in the pre-meet nominations, and with a nearly perfect 69 points. They had 5 individual World Champions. The Ukraine finished second in the team standings with 56 points and three individual champions. The U.S.A. placed third, edging Poland by three points. Big Brad repeated as the World Champion. Alexei Sivokon repeated as the Champion of Champions, with 633 Wilks points. Daramin Sutrisno was second with 610, with Vitaly Papazov third at 597 points.

Several lessons were learned at this championships. First, that if you are tied with a

Finnish lifter at sub-total, you are in trouble. Someone joked that if you pull less than 340 kg. in Finland, you have to leave the country. It doesn't look like anyone is leaving. Second, the depth of many of the country's lifting programs means that they can do well even with second string lifters. Finally, no detail was too insignificant for our Finnish hosts in preparing for this championships. Nothing was left undone, from pre-meet paperwork, to the assignment of volunteers. The venue was spectacular, and the crowd for many sessions was standing room only, and supportive of all lifters. Powerlifting is a very popular spectator sport in Finland, and even though we were distant from Helsinki, the crowds showed up. Our host and the competition organizer, Heikki Perannen, was tireless in his efforts, showing up at the venue early in the morning, and staying until long after the last deadlift hit the floor.

No report of a world championships would be complete without mentioning the coaching and support staff from the U.S.A. Coaches included Michael and Angie Overdeer, Nolan Crabbe, Karl and Gale Gillingham, John Rivanno, and myself. Responsibility was shared seamlessly, and everyone pulled his or her weight. Our Team Physician, Bernie Miller, D.C., kept our lifters performing in top condition.



Meszaros of with a new SHWDL record of 895

Dr. Miller was recognized for his dedication and hard work in his appointment as Chair of the IPF Medical Committee. P.J. Couvillion, as always, served as our primary referee, and assisted the meet organizer with the technical aspects of running the competition. It's truly a labor of love for P.J., who travels at his own cost to many championships each year to assure that U.S. lifters can score maximum points, and that coaches are free to assist lifters.

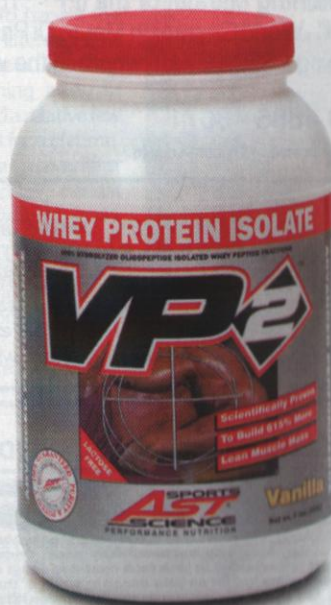
Next year's Men's Open Championships will be held in Bratislava, Slovakia toward the end of November. We look forward to another excellent championships, and to see our friends and fellow competitors on the platform again.



Brad Gillingham wins the Superheavies again for the USA!



TEAM USA: bottom (l-r) Dr. Larry Maile, Dr. Bernie Miller, Jeremy Arias, Ervin Gainer, Tim Taylor, Anthony Harris; top - Nolan Crabbe, Brad Gillingham, Sean Culnan, P.J. Couvillion, Robert Wagner, John Rivanno (?), James Benemerito, Pat McGettigan, Tony Cardella, Angie Overdeer, Mike Overdeer, Ray Benemerito



VP2 Proves To Be Above The REST!! - Golden, Colorado - "Not just another protein supplement, VP2 Whey Isolate from AST Sports Science is scientifically proven to build 6 times more lean muscle mass than any other protein available. In a recent clinical study at the prestigious Victoria University in Australia, subjects using VP2 Whey Isolate gained a staggering 11 pounds of lean muscle while experiencing a 3.14 pound decrease in body fat in just 10 weeks. VP2 Whey Isolate consists of specific isolated whey fractions that are then hydrolyzed to specific length peptide chains. This allows for rapid absorption and makes VP2 Whey Isolate the perfect muscle building tool. VP2 Whey Isolate is truly unlike any other protein available and its mind-blowing results speak for themselves. Now in great tasting Chocolate Flavor. For more information on AST Sports Science Products and a FREE copy of our magazine call: 1-800-627-2788.

PERSONALIZED Powerlifting Training

Courses Designed by PL USA writer Doug Daniels and WDFPF World Bench Champ Jim Vrabel.

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

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

Payable to:

STRENGTH INK, INC.
DEPT. PL-15 Box 1974
Highland, IN 46322

Foreign orders add \$2.00 per order
Will mail out questionnaire with each order

Crepinsek Strength Equipment

Safety Power Squat Bar \$362

Optional Rack Handles \$32

Weapons of Champions

Combo Bar \$385



Armor Clad Power Rack
Pictured with Full Beam Safety Power Hook
Custom Sizing Available
\$Call

NO Back Stress
Shoulder Pain
Knee Pain
Spotter

831-637-0797

Call For Other Products & Models

Call/Fax

Factory Direct / Shipping Included
Crepinsek 130 Barnhiesel Rd
Hollister, CA 95023
USA

DESTROYED Available in Black Only
 (Available in Black Only) 100% premium
 cotton/low profile/unfaded for a comfortable
 fit. Lay flat for "wash out" look.

POCKETED Available in Black Only
 Low profile, lay flat with
 zippered compartments to
 secure cash and keys.

\$18.00
 2 for \$30.00

The Printed Barbell Plate Forms 3 Dimensions
 For Fast Delivery Call (614) 937-5090 or 833-0147
 Or Send Check Or Money Order To E.Getreu
 6589 Warriner Way Canal Winchester OH 43110
 Add \$3.00 For Shipping And Handling

FOR REVIEW ... "A Practical Approach to Powerlifting" by Larry Sheppard and Bill Jamison is, in fact, the OFFICIAL training manual of the International Powerlifting Federation (IPF). Sheppard is a former national team coach for the Canadian Powerlifting Union and a former member of Canada's National Weightlifting Team, among other qualifications. Bill Jamison is a long time IPF Category I referee, former IPF Vice President for North America, and former President of the Canadian Powerlifting Union. Perhaps the true uniqueness of this book is that it seamlessly merges the concepts of training (for powerlifting and other sports) with the IPF standards for performance of each lift. Accompanying the description of the lifts themselves are a series of instructive photographs, taken from multiple angles. There are a number of helpful suggestions for how to train, from

the viewpoint of people who have long experience in working out the practical challenges of the sport. Assistance exercises are covered extensively in a separate chapter, and there is also another chapter on training programs for the beginner. The basic equipment used to powerlift in and with is described and illustrated in an easy to grasp fashion.

IRON VIKING Shop Secure online for all your powerlifting needs...
www.ironviking.com

The Official Training Manual of the IPF - "The only book you'll ever need" - World Champion Mauro Di Pasquale MD. Book and shipping - \$22.99 - anywhere in the world.

Call - 1 - 519 - 685 - 3671
 the **IRON VIKING** - located in London, Canada

Another valuable section is dedicated to the step by step preparation necessary to compete in a powerlifting meet. The Wilks formula is included, and there is a special chapter covering blind powerlifting, PL for

the physical disabled, and Special Olympics Powerlifting. There is also an extensive bibliography for those interested in further research. There are so many things that experienced lifters take for granted, which the up

and coming lifters need to learn, one way or another, and too often it's the hard way. Sheppard and Jamison have given back to the sport that has provided them with such a rich experience with a guide to benefit the thousands of lifters to take up PL each year, so many of them turning away in frustration and a relative few sticking with it for a lifetime. Every novice powerlifter would substantially benefit from the privilege of access to this book. See the Iron Viking ad in this issue of PL USA as they are the exclusive distributors of this fine publication.

(Mike Lambert)



(Left) Steve Howard squatting at the Power Surge Championships (photo courtesy Michelle James). Steve will be directing the 2003 USAPL Men's Nationals in Rapid City, SD. He's got 15,000 square feet of space to work with, and great shopping, restaurants and night life nearby. Also nearby are such landmarks as Mt. Rushmore, Devil's Postpile, the Custer's Last Stand battlefield, Deadwood, the famous Dakota Badlands.

USAPL Power Surge 2001
18 AUG 01 - Alliance, NE

Female	SQ	BP	DL	TOT
97				
Annette Axt	220	99	214	534
Erin Crapo	192	94	291	479
114				
Lori Spath	181	99	231	512
132				
Danielle Gorecki	115	72	154	341
165				
J. Hart	143	77	176	396
T. Rosencrantz		132		
198				
L. Schaefer	259	187	432	878
SHW				
S. Greenup	501	242	418	1162
Males				
132				
R. Hart	291	148	259	600
148				
P. Prado		264		
165				
R. Davis	347	325	440	1113
K. Aragon	402			
S. Hill				
M. Herman				
J. Kempf		341		
181				
R. Erickson	462	286	545	1295
M. Gorecki	407	259	440	1107
N. Backous		281		
198				
C. Hill	451	325	501	1278
S. Gavne	413	253	435	1102
J. Hart	330	231	479	1041
N. Runge	303	220	402	925
220				
C. Pelletier	501	413	501	1405
K. Rutledge	451	297	479	1229
C. Blair	435	253	473	1162
B. Fleming	341	248	457	1047
J. Brown		3784		
242				
C. Cottrell	600	468	451	1521
D. Conroy	325	308	413	1047
275				
B. Collins	600	451	551	1603
S. Howard	518	325	440	1284
D. Pearce		380		
SHW				
B. McCune	529	396	705	1631
J. Clark	440	214	402	1058
T. Koening		402		
D. Gaudreau				

The second annual USAPL Power Surge 2001 went well with lifters from Tennessee, Colorado, Nebraska, Wyoming, South Dakota, and Iowa. We had 3 lifters break American Records including Nebraska's young Sara Greenup. She managed to wop up an incredible 501 pound squat. She hit the bench and total Junior American Record as well. Linda Schaefer of Littleton, Colorado had an off day, but still managed to up her Master American Record in the Deadlift to 432 lbs. Brent McCune of Denver, Colorado amazed the crowd with the biggest lift of the day. He might as well be best just lifting up the entire stage with the power he had behind his 705 lb. deadlift. That, of course, was a new Masters American Record as well. We had a great bunch of lifters and a great crew. Thank you PL USA and all the other sponsors for supporting our meet. Special thanks to Jim Hart, Steve & Brenda Howard, Robb Grisham, Mike Taylor, and Monte Lofing for bringing down equipment and helping the meet to be such a success. See ya all next year! (thanks to Meet Director Michelle James for results and report)

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

HYDRAULICS

7/16 inch holes for safety pins at each inch. 20x20x3/8 inch steel base. Hydraulics rated 6,000 lbs. per pair. Absolutely safe, noiseless, effortless way to get your own perfect height for the bar. Ruggedly, but beautifully made. Once you've tried their smooth, effortless operation you'll never go back to the old pin adjusted or jack rack operated squat stand or bench press. Don't waste another minute lifting heavy bars to change the height on your bench or squat or that of a training partner. Jack racks can and do slip... they are dangerous. See how your garage or service station lifts heavy weights, then buy

CRAIN'S MUSCLE WORLD, LIMITED HYDRAULICS!



The Official Para-Olympic Bench Press
 Designed For And Used At The 1996 Atlanta Para-Olympics

Without Hydraulics... \$ 800.00
 With Hydraulics... \$1100.00

EACH ARE A GREAT VALUE AT ONLY \$699.00 WITHOUT HYDRAULICS \$499.00

- Supplier of bars for the WPC • APF • WPF • USPF • IPA • IPF • USAPL • WABDL
- TEXAS POWER BAR**\$199.00
OKIE SQUAT BAR ...25 kg\$449.00
OKIE DEADLIFT BAR\$269.00

- Olympic Power Bar - 5 ft...(30 lb).....\$ 100.00
 Olympic Power Bar - 6 ft...(35 lb).....\$ 110.00
 Olympic Power Bar - chrome or black-Imported.....\$ 70.00
 Olympic E-Z Curl Bar.....\$ 44.00
 Super Duty Cambered Olympic Bench Press Bar...45 lb.\$159.00
 Olympic Tricep Bar.....\$ 52.50
 Double Wide Deadlift Jack - Regular or Adjustable.....\$150.00
 Safety Squat Bar.....500 lb.....\$399.00
 700 lb.....\$443.00
 1500 lb.....\$489.00
 Olympic Gerard Trap Bar...call for availability and price.....\$165.00

- Olympic Dumbbell Handles w/ collars \$72.00/pair
 Rubber Gym Floor Mats 4'x6'-5'8" thick.....\$70.00/m²

- Quik-Lok Olympic Tube Collars \$60.00
 Spin-Lok Olympic Collars \$28.00
 Okie-Grip Collars \$90.00
 Olympic E-Z on Spring Collars \$9.95
 E-Z Curl Olympic Collars \$12.00

- 5 pair Dumbbell Racks 10 pair
 Pro Style Dumbbell 50" Two Tier Dumbbell Rack Pro Style Dumbbell
 or Hex Dumbbell Rack 48" Three Tier Dumbbell Rack Hex Dumbbell Rack
 \$288.75 \$130.00 \$220.00 \$437.50

- Plate Holders
 1" Plate Rack Vertical \$76.00
 2" Plate Rack Vertical \$90.00
 Heavy Duty Horizontal Plate Holder \$100.00
 Heavy Duty Triangle Plate Holder \$96.25

- OLYMPIC SOLID HEX DUMBBELLS \$.56 lb.
 PRO STYLE DUMBBELLS (with Chrome & Knurled Handles) 4.4" \$.60 lb.
 OLYMPIC PLATES\$.58 /lb.



CRAIN'S
 Muscle World, Ltd.
 3803 North Bryan Road
 Shawnee, Ok. 74804-2314 USA
 e-mail crain@charter.net
 catalog www.crainsmuscleworld.com
 power forum http://members.boardhost.com/powerforum/

Freight FOB Shawnee SHIPPING \$6.95

Outside U.S. 30% Surface or 40% Airmail Oklahoma Residents Add 8.5% Sales Tax

YOUR ORDER MAY BE SUBJECT TO BULK SHIPPING CHARGES

ALL PRICES SUBJECT TO CHANGE PLEASE CALL FOR UPDATED PRICES CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.) Customer Service Call 1-405-275-3689 Fax 1-405-275-3739

1-800-272-0051

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

Yes ... we have **Immucol**

Boost your immune system

Prevent disease

Slow aging

Raise glutathione levels

Nutritional Technologies
 Easton PA
 1 800 973-2436
 nutritek@aol.com
 www.nutritek.net

CREATINE / RIBOSE

Optimum **CREATINE Powder**
 1200 gram / \$43.99
 \$20.39
 2000 gram / \$59.99
 \$35.99



NUCARE **Crealtine Power Tabs**
 1 bottle - 28 day supply / \$29.95
 \$12.50



NUCARE **Crealtine Power Gum**
 30 / 2 piece pouches / \$43.95
 \$22.00

Optimum **RIBOSE Powder**
 150 gram / \$59.99
 \$35.99

ANDRO PRODUCTS

Optimum **ANDRO-STACK 850**
 2 capsules contain - 100 mg Androstenedione
 100 mg DHEA - 650 mg Tribulus Terrestris
 120 capsules - Reg. \$29.99
 \$17.99

AST Research **19-NOR 3-ANDRO**
 100 mg. Nor-Androstenedione - 100 mg. Androstenediol
 100 mg. Androstenedione - 60 capsules - Reg. \$64.95
 \$42.22

AST Research **5-DIOL 250**
 250 mg. 5-Androstenediol
 FOR POTENT ANABOLIC EFFECTS
 TESTOSTERONE BOOSTING PROPERTIES
 60 capsules - Reg. \$38.95
 \$23.37

AST Research **3 ANDRO XTREME**
 Ephedra Extract - L-Phenylalanine - L-Tyrosine - Caffeine
 L-Dopa, 5-Diol, 19-Nor
 60 capsules - Reg. \$39.95
 \$23.97

MISC. Optimum **GLUCOSAMINE plus CSA**
 120 capsules / Reg. \$35.98
 \$17.99

CRAIN'S MUSCLE WORLD, LTD.
 3803 North Bryan Road
 Shawnee, Oklahoma 74804-2314 USA
 crain@charter.net
 www.crainsmuscleworld.com
 http://members.boardhost.com/powerforum/

MAIL ORDER ONLY
 You must ask for these prices. While supplies last.

BUY WHOLESALE
1-800-272-0051

FATBURNING
 AST Research **DYMETADRINE 750 XTREME**
 600 mg Ephedra Extract 8% - 300 mg L-Phenylalanine
 300 mg L-Tyrosine - 200 mg Caffeine
 100 mg Willow Bark Extract
 100 capsules / Reg. \$29.95
 \$17.97

SPORT DRINKS
 Optimum **RAZOR**
 18 oz. bottles - 24 per case
 Herbal combination of Ma Huang and Guarana with L-Carnitine
 and Chromium Piccolinate - Only 90 calories
 Reg. \$45.36
 \$28.50

Optimum **MUSCLE MALT PROTEIN SHAKE**
 24 grams protein
 12 oz. cans - 24 per case
 Reg. \$42.00
 \$28.00

Optimum **VITAMINS AND PAKS**
 Optimum **SUPER MULTI PAK**
 30 packets / Reg. \$22.99
 \$13.75

Optimum **PRO PAK**
 30 packets / Reg. \$32.99
 \$19.79

Optimum **OPTI - VIT 75**
 60 tablets / Reg. \$13.50
 \$6.75

CMW PRODUCTS
 Crain's Muscle World, Ltd.
II Children's Chewables
 60 tablets / Reg. \$ 4.98
 \$1.99

Crain's Muscle World, Ltd.
Multi-Min
 100 tablets / Reg. \$ 4.38
 \$2.19

Crain's Muscle World, Ltd.
C-Complex
 1650 mg
 100 tablets / Reg. \$11.52
 \$5.76

SHIPPING \$6.95
 Outside U.S. 30% Surface or 40% Airmail Oklahoma Residents Add 8.5% Sales Tax

YOUR ORDER MAY BE SUBJECT TO BULK SHIPPING CHARGES

PROTEIN POWDERS AMINO ACIDS

AWESOME DEAL!
 Optimum **100% WHEY Protein Powder**
 5 lb / Reg. \$43.99
 \$26.39
 NOW AVAILABLE 1 10 lb / Reg. \$72.99
 \$43.79

Optimum **OPTI-PRO MEAL**
 Economy 4.82 lb. / 30 servings / 40 grams of protein per serving
 Reg. \$56.95
 \$34.19

Optimum **PRO COMPLEX POWDER**
 4.4 lb / Reg. \$62.99
 \$37.79

Optimum **EGG D'LITE**
 2 lb. / Reg. \$34.99
 \$20.79

Optimum **MIGHTY ONE**
 8 lb. / Reg. \$29.97
 \$17.98

PROTEIN BARS
 Optimum **COMPLETE PROTEIN DIET BARS**
 21 g Protein 3 g Sugar 4.5 g Fat
 15 - 1.8 oz bar / Reg. \$28.35
 \$17.00

Optimum **OPTI-PRO MEAL BAR**
 12 - 2.64 oz. bars / Reg. \$27.00
 Reg. \$30.00 - \$23.88
 \$17.88

OAT BAR™
 (142g bar)
 a high energy oat bar, 100% natural.
 May reduce your risk of heart disease.
 47g carbs, 3.5g fat, 12.5g protein, 6g fiber, 269 calories
 Reg. \$1.75
 \$1.00

SHIPPING \$6.95
 Outside U.S. 30% Surface or 40% Airmail Oklahoma Residents Add 8.5% Sales Tax

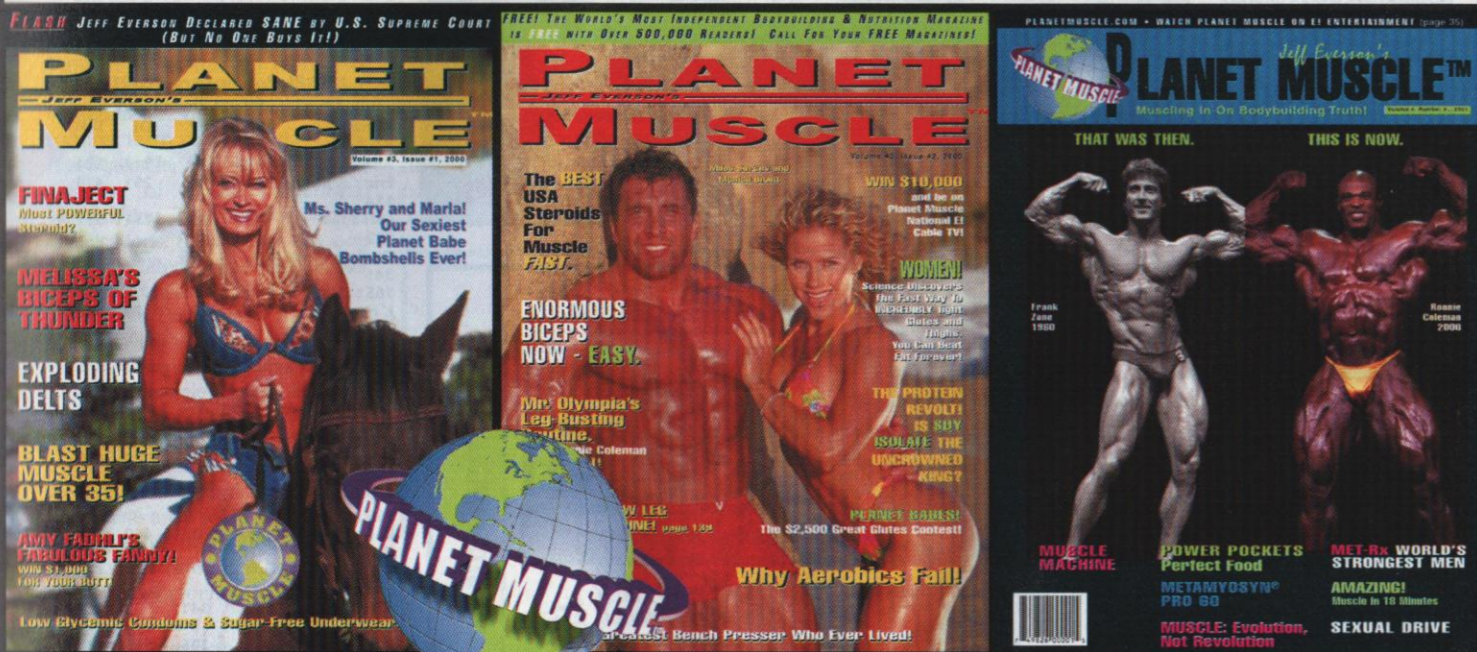
YOUR ORDER MAY BE SUBJECT TO BULK SHIPPING CHARGES

ALL PRICES SUBJECT TO CHANGE
 CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.)
 Customer Service 1-405-275-3689 Fax 1-405-275-3739
1-800-272-0051

Get **PLANET MUSCLE™** FREE!

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

Call Now 800.940.5978 For Your **FREE** Subscription!



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

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

WATCH PLANET MUSCLE WEEKLY ON E! ENTERTAINMENT CABLE!

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

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

CALL 800.940.5978
planetmuscle.com

Subscribe **FREE** to Planet Muscle Magazine!

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

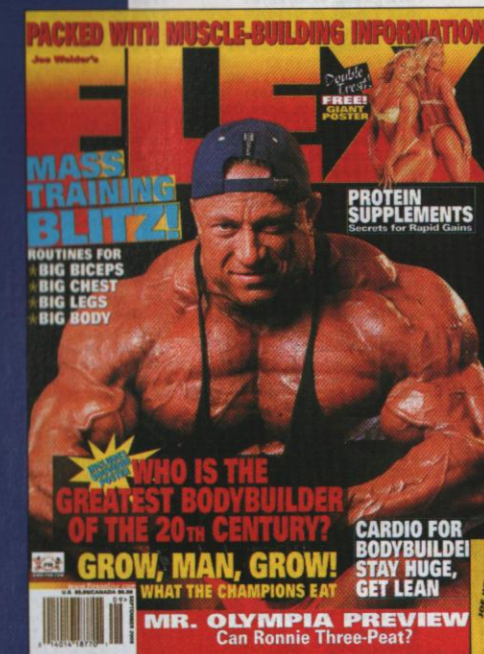
Please Cut Out and Mail to:
 Planet Muscle Magazine
 PO Box 260500
 Highlands Ranch, CO 80163

PLUSA

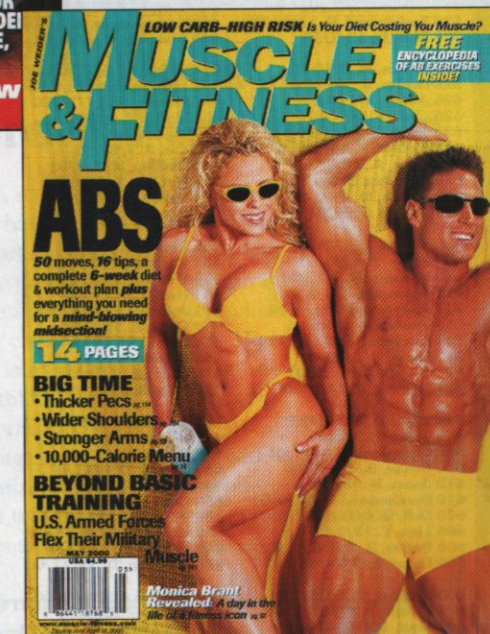
MASS AND MUSCLE

Pump up With

- Get defined.
- Streamlined.
- Ultra firm.
- Build muscles.
- Get lean.
- Develop stamina.
- Increase energy.
- Get motivated.
- Be inspired.



SAVE up to 58%



FLEX, the Voice of Champions, shows hardcore bodybuilders how to add size and symmetry for awesome results.

One Year (12 issues)
 \$29.97 Save 58%

MUSCLE & FITNESS is the fitness trainer for goal-oriented men and women who want to reach peak physical condition.

One Year (12 issues)
 \$34.97 Save 51%

Subscribe online and **SAVE OFF** the newsstand price!

OR CALL TOLL FREE
 1-800-493-4337*
 *Refer to code YDBW

FIND US ON THE NET

www.flexonline.com
www.muscle-fitness.com

Rates good in the U.S. only. Outside the U.S., please write to:
 WEIDER PUBLICATIONS, INC., P.O. Box 37230, Boone, IA 50037-0230

TOP 100

For standard 198 lb./90 kg. USA lifters in results received from Nov/2000 through Oct/2001.

SQUAT

BENCH PRESS

DEADLIFT

TOTAL

1	880 Carnaghi, T..10/27/01	683 Halbert, G..3/4/01	775 Terry, C..10/27/00	2112 Kellum, J..8/12/01
2	850 Kellum, J..8/12/01	620 Nealy, D..6/9/01	734 Herring, G..7/29/01	2061 Zweng, M..8/12/01
3	832 Zweng, M..8/12/01	595 Kelum, J..11/18/00	720 Meyers, J..11/18/00	1923 Mastrean, M..11/4/00
4	777 Wagner, R..7/14/01	585 Gallagher, B..8/19/01	710 Willett, M..12/9/00	1910 Carnaghi, T..10/27/01
5	755 Mastrean, M..2/25/01	575 Adams, J..6/16/01	705 Benemerito, R..11/17/00	1900 Adams, J..6/16/01
6	735 Blankenship, D..6/16/01	557 Warrington, G..11/18/00	705 Benyamovich, J..2/10/01	1890 Wagner, R..7/14/01
7	705 Spitalo, D..11/11/00	556 Zweng, M..8/12/01	700 Ferrara, K..11/18/00	1885 Blankenship, D..6/16/01
8	705 Alessandro, J..11/18/00	555 McVicar, J..10/20/01	694 Traub, L..5/6/01	1884 Benemerito, R..11/17/00
9	700 Adams, J..11/18/00	539 McAuliffe, J..9/23/01	683 Mastrean, M..11/4/00	1840 McCoy, J..8/12/01
10	694 Benemerito, R..11/17/00	534 Herring, G..11/18/00	683 Byas, A..5/6/01	1824 Danforth, M..6/24/01
11	694 Jones, G..3/31/01	533 Cleri, D..9/23/01	680 Garrett, K..6/9/01	1818 Jones, G..3/31/01
12	685 Terry, C..11/4/00	530 Swankner, J..2/24/01	677 Jones, G..3/31/01	1815 Terry, C..11/4/00
13	685 Burrows, M..6/16/01	515 Swanson, B..12/2/00	675 Melecha, S..3/17/01	1757 Willett, M..5/20/01
14	683 McCoy, J..2/24/01	515 Webb, S..8/19/01	675 Blankenship, D..6/16/01	1750 Burrows, M..6/16/01
15	683 Danforth, M..6/24/01	507 Feinberg, M..2/3/01	672 Blue, D..12/2/00	1736 Blue, D..12/2/00
16	677 Maslow, L..5/19/01	507 McCoy, J..8/12/01	672 Ksepka, K..5/5/01	1730 Fanone, M..10/27/01
17	677 Perkins, T..6/3/01	500 Brown, T..4/21/01	672 Zweng, M..8/12/01	1725 Phillips, M..4/28/01
18	672 Carroll, D..3/11/01	500 Cuevas, S..8/11/01	672 Tytki, N..9/14/01	1724 Richardson, K..3/11/01
19	670 Phillips, M..4/28/01	490 Mastrean, M..11/4/00	670 Phillips, M..4/28/01	1724 Beck, J..9/14/01
20	666 Beck, J..9/14/01	489 Spinelli, S..9/23/01	670 Carnaghi, T..6/23/01	1710 McVicar, J..10/6/01
21	665 Cuevas, S..8/11/01	485 Benemerito, R..11/17/00	666 Wagner, R..11/17/00	1708 Thompson, J..10/7/01
22	660 Mendoza, J..5/12/01	485 Piggee, D..11/18/00	666 Kellum, J..8/12/01	1705 Alessandro, J..11/18/00
23	660 Kuderick, S..7/14/01	485 Beebe, B..11/18/00	661 Danforth, M..6/24/01	1703 Poulich, A..2/25/01
24	655 Peterson, D..11/11/00	485 Bell, A..4/4/01	661 McCoy, J..8/12/01	1703 Maslow, L..5/19/01
25	655 Corralto, J..11/18/00	485 Mitchell, T..4/22/01	660 Welch, L..8/19/01	1700 Melecha, S..3/17/01
26	655 Richardson, K..3/11/01	485 Rhoton, H..5/12/01	660 Fanone, M..10/27/01	1700 Cuevas, S..8/11/01
27	655 Tytki, N..6/24/01	480 Crawford, M..3/24/01	655 Landry, S..8/26/01	1695 Benyamovich, J..2/10/01
28	655 Andrus, M..10/13/01	480 Cardona, L..5/5/01	655 Fahrfield, W..10/27/01	1688 Pilkenton, M..6/3/01
29	650 Welch, L..11/10/00	480 Smith, M..6/23/01	650 Becker, J..11/4/00	1685 Baumgart, J..4/28/01
30	650 Pearlstein, D..3/25/01	480 Beane, A..8/18/01	650 Linn, T..12/3/00	1685 Gibson, C..8/18/01
31	650 Davis, P..3/24/01	480 Newman, D..8/19/01	650 Clark, Z..12/9/00	1681 Traub, L..5/6/01
32	650 Pilkenton, M..6/3/01	479 Danforth, M..6/24/01	650 Calhoun, J..1/13/01	1680 Andrus, M..10/13/01
33	650 Martucci, R..6/16/01	475 Blankenship, D..6/16/01	650 Ferstler, G..9/1/01	1670 Becker, J..11/4/00
34	650 Butson, T..6/24/01	473 Wilkinson, E..12/3/00	640 Rep, J..1/27/01	1664 Tytki, N..6/24/01
35	650 McVicar, J..10/20/01	473 Sinn, E..3/4/01	640 Baumgart, J..4/28/01	1658 Wright, C..6/24/01
36	644 Willett, M..5/20/01	473 Thompson, J..10/7/01	639 Andrus, M..11/18/00	1658 Clayton, J..8/19/01
37	644 Kanemoto, K..7/21/01	470 Kerschner, S..11/18/00	639 Pilkenton, M..2/23/01	1647 Goodhue, J..12/9/00
38	640 Wallace, D..11/18/00	470 Stevens, A..4/22/01	635 Bowman, N..11/4/00	1647 Kanemoto, K..5/12/01
39	640 Carthy, M..2/10/01	470 Marsala Jr., J..9/16/01	635 Tavares, J..3/25/01	1645 Lomp, D..12/3/00
40	640 Fanone, M..10/27/01	465 Parks, W..11/11/00	635 Gibson, C..8/18/01	1642 Hines, T..7/14/01
41	639 Atkinson, J..5/19/01	465 Dworek, C..12/2/00	635 Fortin, E..9/15/01	1640 Carthy, M..2/10/01
42	633 Lorenz, A..12/3/00	465 Coleman, M..4/7/01	635 Slaybaugh, C..10/27/01	1636 Callahan, N..3/4/01
43	633 Johnson, B..5/12/01	465 Lowe, D..4/8/01	633 Goodhue, J..12/9/00	1635 Pearlstein, D..3/25/01
44	633 Jackson, J..16/16/01	463 Berry, A..4/22/01	633 Thierry, D..2/10/01	1631 Peterson, D..11/11/00
45	630 Murphy, J..11/18/00	462 Kanemoto, K..2/17/01	633 Richardson, K..3/11/01	1631 Carroll, D..3/11/01
46	630 Lomp, D..12/3/00	462 Poulich, A..2/25/01	633 Matthews, C..5/12/01	1631 Kouf, D..6/2/01
47	630 Conklin, T..2/17/01	462 Owens, J..5/19/01	633 Kouf, D..6/2/01	1625 Spitalo, D..11/11/00
48	630 Davis, J..3/24/01	460 Tarr, G..4/21/01	633 Wright, C..6/24/01	1625 Jones, R..12/9/00
49	628 Taghivand, B..11/11/00	460 Lichtenberger, M..5/20/01	633 Goklin, M..6/24/01	1625 Landry, S..8/26/01
50	628 Blue, D..12/2/00	460 Kennedy, C..6/23/01	633 Rhoad, W..7/29/01	1620 Byas, A..5/6/01
51	628 Goldin, M..3/10/01	460 Knight, S..6/24/01	630 Jones, R..12/9/00	1615 Mendoza, J..5/12/01
52	625 Becker, J..11/4/00	460 Harless, D..8/25/01	630 Ratliff, K..1/27/01	1614 Burgess, C..5/19/01
53	625 James, J..1/4/01	457 Omura, W..11/18/00	630 Campbell, C..3/24/01	1610 O'Brien, J..11/19/00
54	625 Chaves, S..5/12/01	457 Hall, J.T..3/24/01	630 Shelton, T..8/25/01	1609 Welch, L..11/10/00
55	625 Clark, R..6/16/01	457 Hernandez, J..4/22/01	628 Callahan, N..3/4/01	1603 Vasquez, J..12/3/00
56	625 Kiousis, P..10/13/01	457 Lee, J..7/21/01	628 Beck, J..3/10/01	1603 Chalmers, S..3/31/01
57	622 Haga, A..12/3/00	455 Wolfley, M..3/1/01	628 Burgess, C..5/19/01	1600 Clayton, G..11/18/00
58	622 Rhoades, D..3/17/01	455 McCray, T..5/20/01	625 Kraus, J..12/9/00	1600 Kuderick, S..7/14/01
59	622 Adams, M..3/31/01	455 Vining, J..6/23/01	625 Harolson, C..1/27/01	1598 Taghivand, B..11/11/00
60	622 Fink, E..5/20/01	455 Reed, A..10/27/01	625 Huber, A..3/10/01	1598 Burch, P..12/3/00
61	622 Wright, C..6/24/01	451 Beck, J..3/10/01	625 Hall, D..3/17/01	1598 Jenness, R..2/25/01
62	622 Hines, T..4/28/01	451 Clayman, G..5/19/01	625 Glandon, M..3/24/01	1598 Goklin, M..6/24/01
63	620 Melecha, S..3/17/01	451 Seibold, S..8/11/01	625 Henriques, T..5/20/01	1592 Linn, T..12/3/00
64	620 Baumgart, J..4/28/01	451 Hall, P..9/23/01	625 Adams, J..6/16/01	1589 Perkins, T..6/3/01
65	617 Anderson, D..11/4/00	451 Jackson, L..9/23/01	625 Burrows, M..6/16/01	1585 Conklin, T..2/17/01
66	617 Poulich, A..2/25/01	450 Clark, Z..12/9/00	625 Kenma, J..8/18/01	1585 Soule, J..9/15/01
67	617 Chalmers, S..3/31/01	450 Carthy, M..2/10/01	623 Hayes, T..11/18/00	1575 Calhoun, J..1/13/01
68	617 Harby, C..5/19/01	450 Heruth, M..3/17/01	622 Johnson, D..11/18/00	1575 James, J..1/14/01
69	617 Clayton, J..8/19/01	450 Clark, B..3/31/01	622 Lewis, R..12/2/00	1575 Thierry, D..2/10/01
70	611 Norman, J..12/2/00	450 McMellen, R..3/31/01	622 Vasquez, J..12/3/00	1570 Lewis, R..12/2/00
71	611 Vasquez, J..3/24/01	450 Ives, D..5/21/01	622 Poulich, A..2/25/01	1570 Lorenz, A..12/3/00
72	611 Traub, L..5/6/01	450 Nunes, D..6/2/01	622 Reynolds, K..3/10/01	1570 Sotirakos, G..3/18/01
73	611 Thompson, J..10/7/01	450 Ferrell, G..6/2/01	622 Lohman, M..5/6/01	1570 Atkinson, J..5/19/01
74	610 Bower, B..11/18/00	450 Carroll, D..8/11/01	622 Maslow, L..5/19/01	1565 Johnson, A..3/11/01
75	610 Jones, R..12/9/00	450 Gibson, C..8/18/01	622 Hines, T..7/14/01	1565 Williams, T..3/18/01
76	610 Benyamovich, J..2/10/01	450 Cardwell, P..8/18/01	622 Thompson, J..10/7/01	1565 Preston, G..4/22/01
77	610 Dell, R..6/16/01	450 Young, M..8/19/01	620 Romberger, S..5/12/01	1565 Rhoades, D..10/7/01
78	606 Linn, T..12/3/00	450 McManus, D..8/25/01	620 Bullock, W..6/16/01	1560 Miller, S..2/17/01
79	606 Baxter, R..3/4/01	450 Stucke, T..10/20/01	620 Lomp, D..7/28/01	1560 Lichtenberger, S..5/20/01
80	606 Lunas, E..3/24/01	446 Peterson, D..11/11/00	620 Soule, J..9/15/01	1559 Rouse, J..5/19/01
81	606 Burgess, C..5/19/01	446 Wagner, R..11/17/00	617 Davi, P..11/18/00	1559 Newman, D..5/19/01
82	606 Prusha, J..5/20/01	446 Jones, G..3/31/01	617 Burch, P..12/3/00	1559 Butson, T..6/24/01
83	606 Kouf, D..6/2/01	446 Shalkowski, B..7/28/01	617 Clayton, J..8/19/01	1555 Kerschner, S..11/18/00
84	605 Araujo, O..5/12/01	445 Cichelli, L..12/16/00	615 Sanders, J..11/18/00	1555 Kiousis, P..10/13/01
85	605 Mintus, L..6/16/01	445 Perconte, R..10/6/01	615 Conklin, T..2/17/01	1550 Davis, P..3/24/01
86	605 Rowe, S..6/24/01	445 McNutt, R..10/27/01	615 Lindquist, S..3/17/01	1548 Norman, J..12/2/00
87	600 Clayman, G..11/18/00	441 Cutierrez, G..6/9/01	611 Beck, G..2/25/01	1548 Newkirk, D..2/25/01
88	600 O'Brien, J..11/19/00	440 Kaneshiro, D..11/4/00	611 Beck, G..2/25/01	1548 Lohman, M..5/6/01
89	600 Lewis, R..12/2/00	440 Palmer, C..12/16/00	611 Meier, C..8/26/01	1548 Owens, J..5/19/01
90	600 Wisenbaker, J..12/2/00	440 Frazier, R..1/13/01	610 O'Brien, J..11/19/00	1543 Wisenbaker, J..12/2/00
91	600 Herrera, S..12/2/00	440 Hansen, C..1/27/01	610 Johnson, M..10/6/01	1543 Herrera, S..12/2/00
92	600 Burch, P..12/3/00	440 Bugg, J..3/3/01	606 Milfield, E..11/4/00	1543 Haga, A..12/3/00
93	600 Goodhue, J..12/9/00	440 Abrams, S..3/10/01	606 Lynch, R..11/10/00	1543 Jackson, J..6/16/01
94	600 Kegrice, J..12/9/00	440 Sotirakos, G..3/18/01	606 Taghivand, B..11/11/00	1540 Still, R..1/20/01
95	600 Rawls, J..1/13/01	440 Chalmers, S..3/31/01	606 Gatronica, J..11/12/00	1540 Tavares, J..3/25/01
96	600 Miller, S..2/17/01	440 Burrows, M..6/16/01	606 White, E..5/6/01	1540 Chaves, S..5/12/01
97	600 Broussard, B..3/3/01	440 Hernandez, M..6/16/01	606 Placek, M..5/20/01	1540 Shelton, T..8/25/01
98	600 Williams, T..3/18/01	435 Matchik, T..11/18/00	605 Iverson, D..12/16/00	1537 Madere, D..11/4/00
99	600 Massey, R..3/24/01	435 Blue, D..12/2/00	605 Still, R..1/20/01	1537 Gatronica, J..11/12/00
100	600 Klein, A..3/24/01	435 Handlin, J..1/21/01	605 Bolton, D..2/10/01	1537 Mangum, M..12/3/00

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - add 7% tax).

NEXT MONTH... TOP 220s

Corrections... Bill Gallagher should have been credited with a 523 bench on the TOP 100 181 lb. class list. Michael Welcheck should have been credited with lifts of 280 squat, 145 bench, and 695 total on the TOP 100 114 lb. class list, and a 350 squat on the TOP 100 for 132s. Roy Maxwell was not credited with a 560 squat on the TOP 100 for 181s. Steve Lumpe was not credited with a 501 squat on the TOP 100 list for 165s. Kyle Pighini's 585 bench was not listed on the All Time list for 242s. Dyke Naughton's 377 bench and 497 squat were not listed on the TOP 100 for the 165s. Neil Schoenebeck was not credited for the 485 bench he made in the 220 lb. class (40-44) at the APF Masters Nationals. 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 lifts in our compilation, sometimes the results are not available, and sometimes the bodyweights of the competitor are not indicated - (Sometimes, it takes a while to verify the correction.). **ATTENTION: Women - Teens - Masters**, if you are not sure your lifts are on hand for the upcoming **TOP 20** rankings, contact your meet director.

UNCLASSIFIED ADS

\$3.00 per line per insertion
Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere PDA 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

IRON MAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Build Your Own Professional Metal Gym Equipment, 120 different plans

available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O.Box 1234, Ft. Laud, Florida 33302

Frantz Sports Ctr for all your powerlifting needs. Call 1-800-537-5532

Discount Sports Nutrition
www.massmedia-online.

Insane prices - Complete Supplements has them on: ANSI, Betastatin, Biotest, Champion, Cytodyne, E.A.S., FSI, HDT, ISS Research, Muscletech, Nature's Best, next Proteins, Optimum Nutrition, P.A. C. Research, Scitec, Sopharma, Syntrax, Twinlab, VPX, and many more! We will not be beaten by anyone, anywhere on price or product knowledge. Call 618-233-1080, or visit our website at Completesupplements.com. Be prepared for huge savings!

Sarden Strength Equipment. Inc. Monolift, glute ham bench, power racks, sleds. Leverage and cable equipment. Custom designs. www.sarden.com toll free 1-888-465-7719

"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the

Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, California 93011, before this book sells out again FOREVER!

BUILT TO SUIT
Racks & Benches
Spotless Release Hooks
Safety Bars & More
www.HOLLINET.COM/~CREP
see mag add or call
831-637-0797

Defying Gravity by Bill Starr. Hardbound \$20, Soft \$15 + \$4 s/h. Signed. 1011 Warwick Dr., Suite 3-C, Aberdeen, Md. 21001

Strength-In-Speed.com The Fitness Nutrition and Athlete's Information Source

THE AWESOME WORKOUT Awesome workout program for real champions. J. James Gregory, P.O. Box 371, Lovington, Virginia 22949. 1) The Awesome workout \$10. Plus five dollars S&H. Overseas add ten dollars for S&H. Please allow six to eight weeks for delivery

POWER HOTLINE is the twice a month FLASH bulletin of the Iron

Game, sent out via FIRST CLASS MAIL. Recent issues have covered such stories as the new contest honoring 1000 lb. squatter John Ware, the Synergy Foundation, working with kids, which has middleweight squat master (751 lbs.) Tony Conyers as President, which IPF Federation will be voting to eliminate the use of supportive equipment, the new strength anatomy book by the former editor-in-chief of the French PowerMag, how the wife of a well known lifter used to cut the hair of one of the Sept. 11th terrorists, the IPF World Bench Press Championship results, Mike Booker's 360 bench press at 114, what Shawn Cain had to say about being on the cover of PL USA, Markus Schick's return to competition at the WPC World Cup, and more. Each edition is packed with a variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. It's only \$28 for 24 information packed FIRST CLASS issues (\$39 for overseas air mail) to PL USA, Box 3238, Camarillo, CA 93011

Texas Power Bar by MAC Barbell \$235.00 plus shipping. Weightlifters Warehouse 1-800-621-9550

We Have A Different Perspective

O.K

**To Our
Extreme Pure
Protein Powder,TM
Your Muscles
Look Exactly
Like This.**



**Extreme Pure Protein PowderTM—One of The Quickest
and Most Readily Absorbed Forms of Protein.**

Extreme Pure Protein PowderTM contains Bi-PureTM a specially formulated all natural whey protein isolate composed of beta-lactoglobulin and alpha-lactalbumin, *the quickest and most readily absorbed forms of protein.* In fact, the protein source used in Extreme Pure Protein PowderTM is so superior, it's even prescribed by doctors for the treatment of severe catabolic tissue injury. Extreme Pure Protein PowderTM is high in lactoferrin for immune system support and has a total of 17 grams of branched chain amino acids. With no fat, no sugar and no aspartame, it's the clear choice for those who wish to build and maintain lean muscle tissue. Available in Swiss Chocolate and French Vanilla.



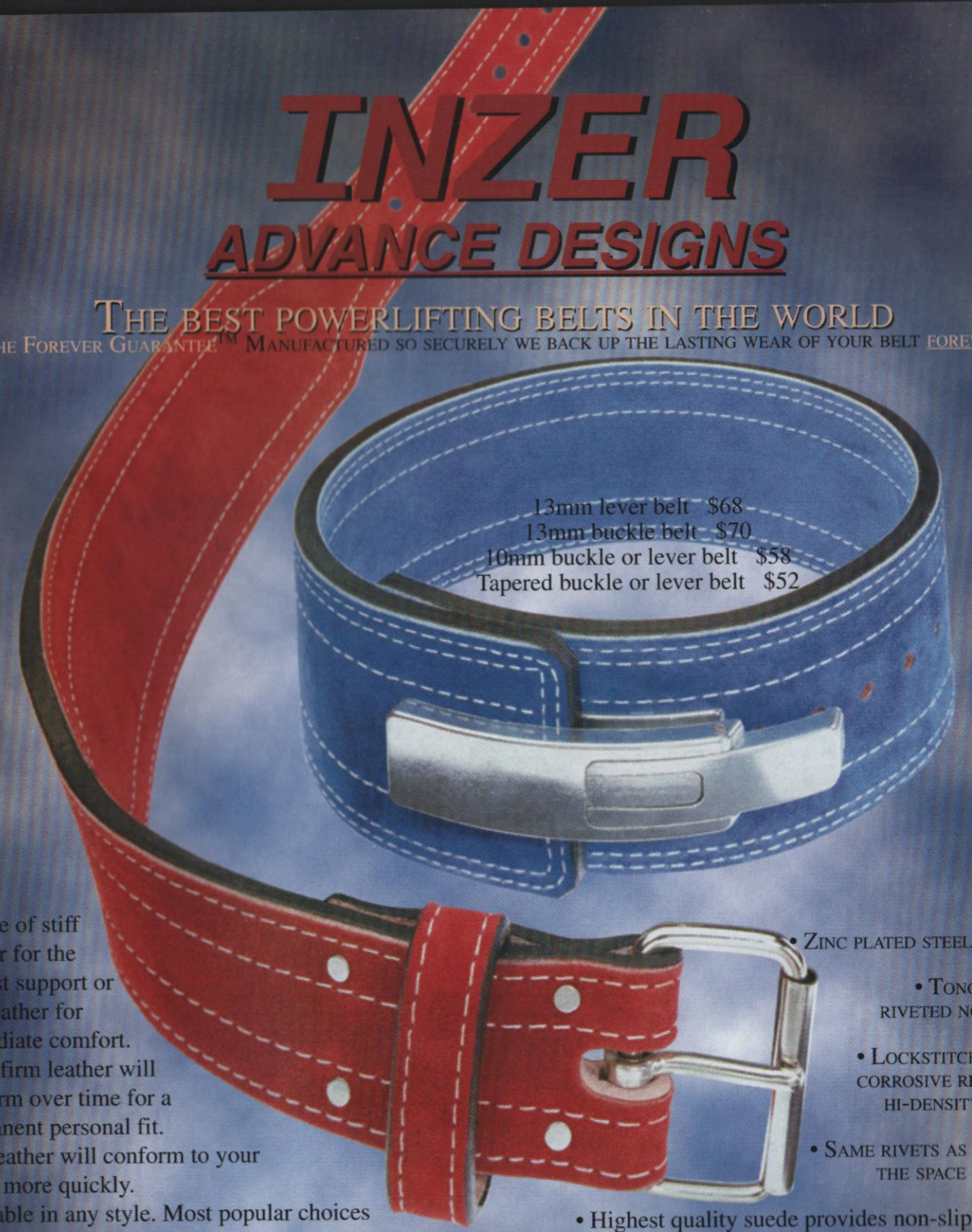
Both Flavors
Now Available
in A New
1 lb. Size.

Extreme Pure Protein PowderTM—*The Strongest Protein Ever DevelopedTM*

WORLDWIDE Sport Nutrition 800.854.5019 • www.sportnutrition.com
Available at GNC Live Well and other fine gyms and healthfood stores nationwide.

**INZER
ADVANCE DESIGNS**

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEETM MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER



13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER
WE MAKE POWER GEAR A SCIENCE
1-800-222-6897

