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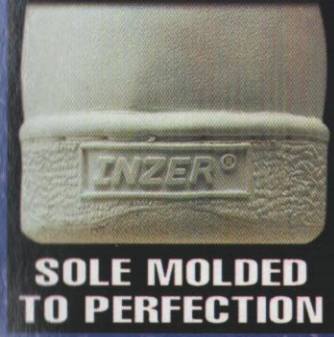
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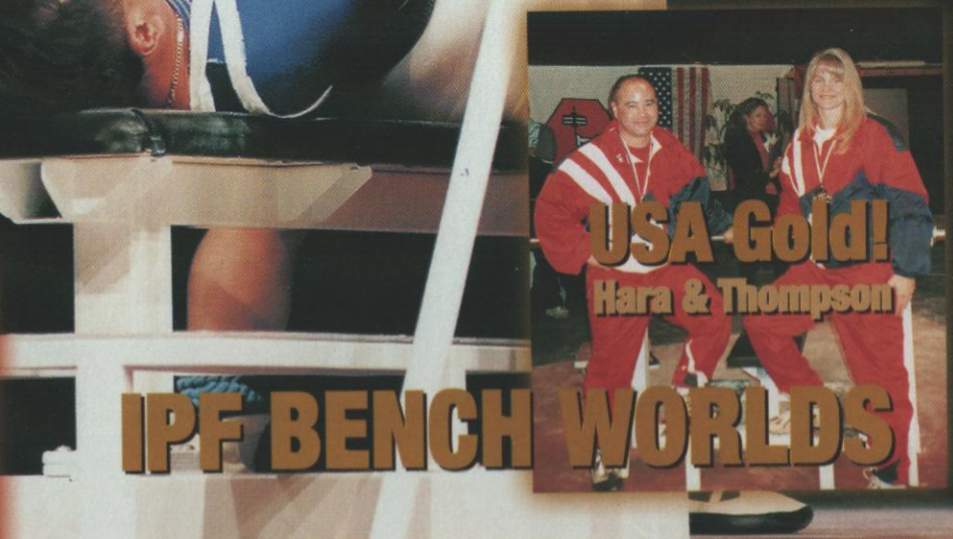
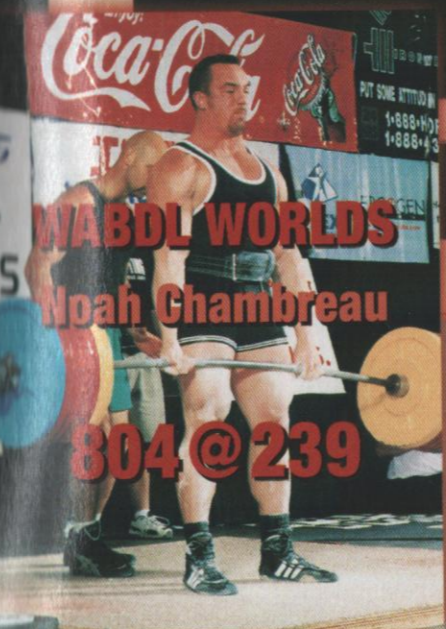
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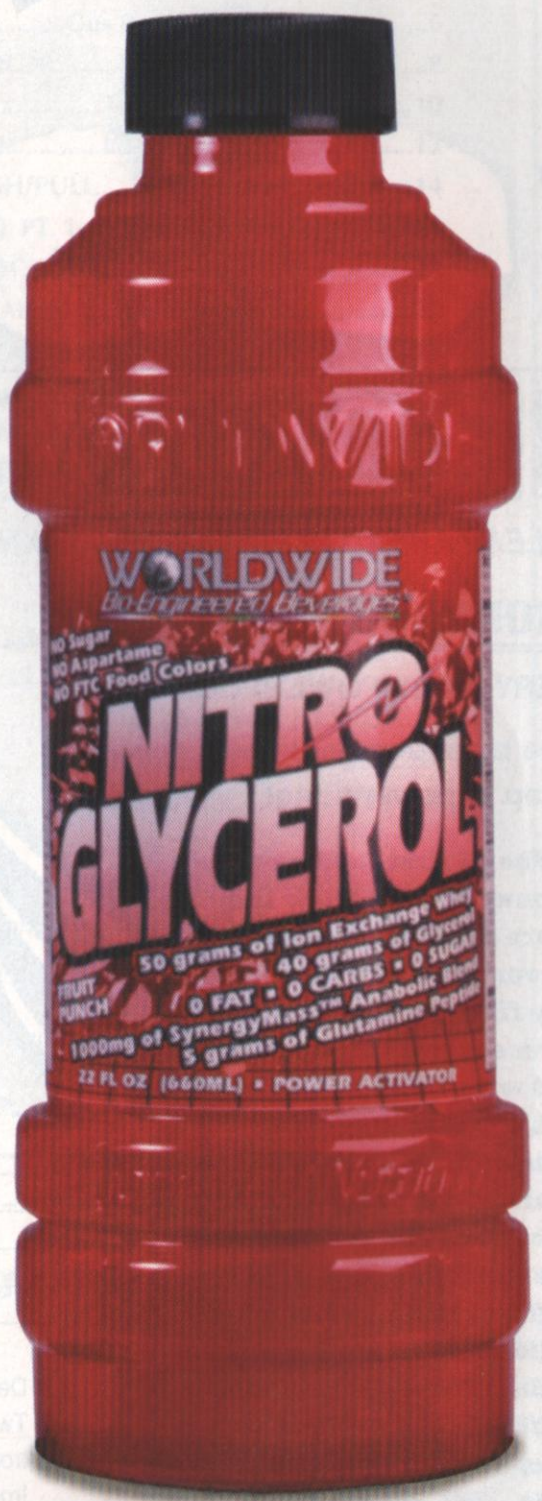
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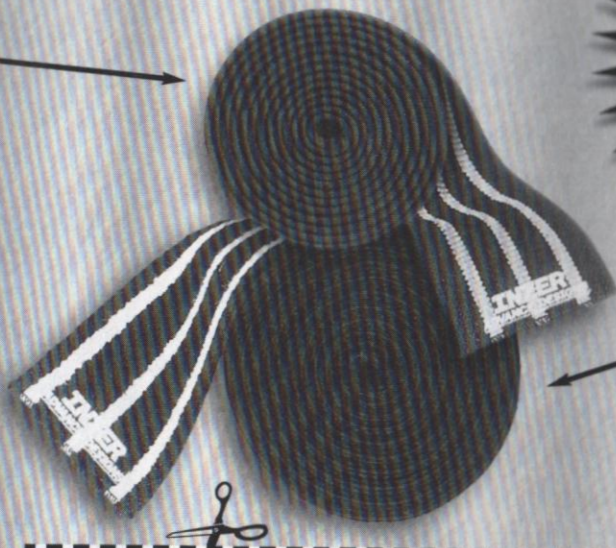
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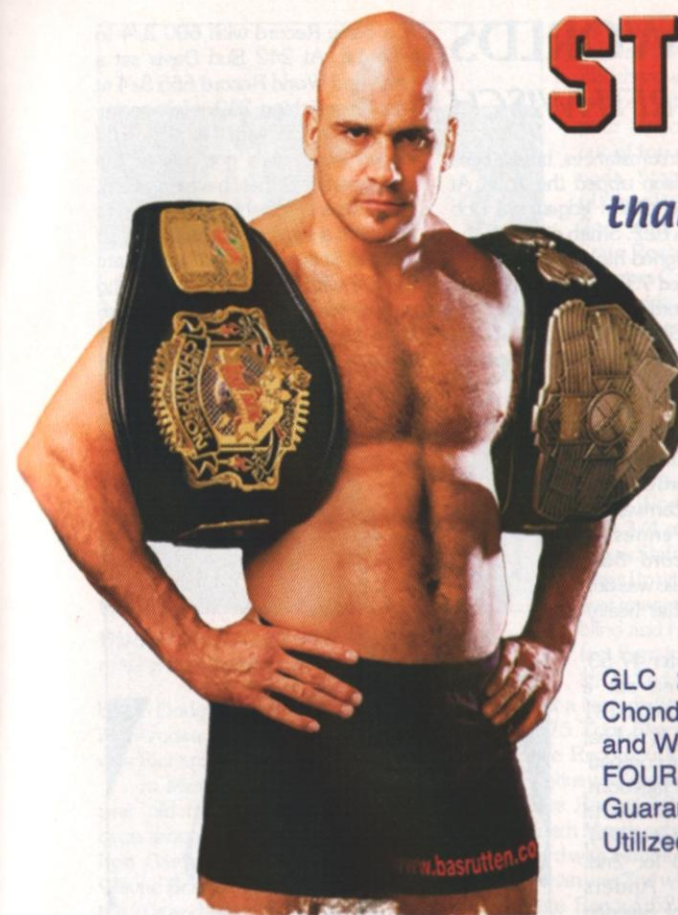


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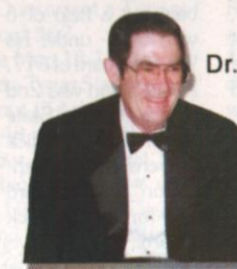
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(part II of the article from last month)

In Law/Fire Open, Andy Ellis at 165 set a Texas State Record with 545 1/2#. At 220, Zach Clark beat out 3 other contestants with a California State Record 661. Matt Lamarque was 2nd with 611. At 275 Casey Smith set a Mississippi State Record with 628. He is a much improved deadlifter, about 20 pounds worth. Outstanding Lifter was Brent Howard of Maine with a 744 at 242, about the same as he did a year ago.

In Master Men Law/Fire in 40-47 age group Zach Clark was outstanding lifter with a World Record 661 at 220#. Zach keeps improving with every meet. Also at 220, Dwayne England set a Texas State Record with 501 1/2. At 242, Arthur Clayton set a California State Record 551 and at 275 Walt Faulkner set a World Record 661. In master 48+ Eldon Elson set a California State Record 429 3/4 at 275.

In Submaster Law/Fire Andy Ellis of Texas set a World Record 545 1/2 weighing only 163 1/2. Eric Fox set an Oregon State Record at 181 with 479 1/2. At 220# Kevin Eller set an Oregon State Record 556 1/2. At 242 Tyler Kopta set an Oregon and World Record 540.

In Master Men Deadlift 40-46 at 123#, Bobby Sanders set a California State Record 429 3/4. Bobby is the leader of a small group of lifters from Aptos, California area - he could be called "little, but mighty". At 132 Nimrod Ochoa of Guatemala set a World Record 418 3/4. At 165 Richard Cirigliano set a huge World Record 584 to break John Tyree's

WABDL DEADLIFT WORLDS as told to PL USA by GUS RETHWISCH

old record of 578. Danny Winslow was 2nd with 540, and Idaho State Record. At 181, Leamon Woodley was outstanding lifter for the lightweight master 40-46 up to 198# with a World Record tying 672. Greg Zweig was 2nd with an Illinois State Record 639, which in any other federation would give him the win - but not against Mr. Woodley, who has never been beaten for an individual title or best lifter award. At 198, there were six competitors with George Herring of Georgia having an off day with 672. He holds the World Record with 734, but on this day, he was good enough for the win. David Bertier was 2nd with a California State Record 545 1/2. Kevin Dunford was 3rd with a Canadian National Record of 507. At 220#, Willy McCoy out of Nebraska set a very impressive World Record 744, weighing only 215. Willy has been in the game a long time and looks great. In 2nd place was Buddy McKee of Alabama with a 551 State Record. At 242, Dan Davidson of Alabama and Jerry Capello of Oregon had a Wild West Shootout. Davidson won the battle with a 722 with Capello doing 716. However, when it came to 4th attempts to beat Davidson's current world record of 733, it was Capello who walked away with the World Record of 734. Bobby Driskill was 3rd with a 683, which is a very good pull under

ordinary circumstances, but Capello and Davidson upped the ante. At 275, David Glahn edged out Bob Smith with 622. Smith did the same but he weighed more. At 308 Cyril Lewis pulled 733 and set a Nevada State Record. He also passed the drug test. Steve Khader of Alabama was 2nd with a 628 State Record. At Super, Randy Young pulled a PR 650 for the Gold. David Chase was 2nd with a Florida State Record 606 and Barry Duncan was 3rd with a Tennessee State Record 562. Jerry Capello was outstanding lifter heavy-weight.

In Master 47-53, John Tyree set a World Record at 181 with 601 3/4 to beat out 3 other competitors. Rick Hagedorn, the former world record holder at 584, pulled 573 for 2nd. At 198, Anders Wahlund of Sweden beat out a field of 6 with 595 - under his World Record of 617. David Solan was 2nd with a Nevada State Record of 584. Mick Stevens set a Washington State Record 540 for 3rd and Nick

Sinardi, who was won Blind World Championships, was 4th with a Florida State Record 540. At 220, Jon Wolbers from way up North in Williams Lake, BC, won the Gold with a 584 Canadian National Record. At 242, Cliff Sandberg set a Washington State Record with 633 to beat out 3 other competitors. Roger Nelson and Skip Grindall were 2nd and 3rd respectively with 578 1/2 and with Grindall's being a California State Record. At 275 Sam Pecktol set a World Record 672 to easily beat Tom Ekenberg, who did 600 3/4 for a Texas State Record. Mike Moore was 3rd with a California State Record 578 1/2. Outstanding Lifter heavyweight was Cliff Sandberg of Tri-Cities, Washington.

In Master Men 54-60, 181# class Roberto Contreras set a Texas State Record 496 to beat out 4 other contestants. At 198# Doc Leonard Lense set an Arizona State Record 556 1/2 to beat Tom Haggemiller, who tied his Minnesota State Record with 534 1/2. Jim Snodgrass was 3rd with a Texas State Record 485. At 220#, Onnie Jordan set a Louisi-

ana State Record with 600 3/4 to take 1st. At 242 Bud Davis set a Utah and World Record 655 3/4 at age 58 weighing 240. He's something to watch with his slow, stiff legged style. He's got one of the strongest backs that I have ever seen. Mac Pope of Washington, DC was 2nd with a strong 600 3/4. At 275 Ronnell Spikes set a California State Record with 589 1/2. My training partner Mike Fryar had an off day to finish 2nd with 523 1/2, but he will be back to take a shot at the World



Leamon Woodley pulled 672 @ 181. (Baertlein)

Record of 623 held by Bud Davis. At 308, Robert O. Smith of Canada, the world record holder at 584, had to settle for a 565 to win the gold. Outstanding Lifter lightweight was Leonard Lense and heavyweight were Bud Davis and Onnie Jordan.

In Master 61-17 at 148# Larry Vincent set an Oregon State Record 369 to beat Richard Gidcumb, who set an Arizona State Record 330 1/2. At 165 Richard Abbott at age 65 pulled a huge 501 1/2 World Record. Rich is happily married and his wife is always there to support him. They both have a great time and that's what counts at meets. At 198, Tom Barth, an Oklahoma Gentleman, set a state record 468. At 220, Bob Bassman set a Texas State Record 462 3/4 to beat Harold Smith, who set a Montana State Record 457 to finish 2nd. Roger Kunz was 3rd with a California State Record 430 3/4. At 242 Skip Sandberg set a World and Washington State Record of 600 3/4 and Omar Bruce was 2nd with a California State Record 545 1/2. At 308, Gary Johnson set a World Record 370#. Gary has a



World Champion Heidi Rodriguez of Guatemala with Glenda Egan (Brian Baertlein photo)

black Dodge Viper that has won numerous awards. Outstanding lifter was Richard Abbott.

In Master 68-74, at 148# 70 year old Robert Cortes, who has been around for 45-50 years in the Iron Game and used to train with Wayne Bouvier back in Michigan in the 70s and 80s, set a World Record 479 1/2#. His coefficient was around 520. Moving on to the 165# class, Jim Schall set a World Record 364 3/4 and Donovan Phillips was 2nd with an Oregon State Record 325. At 220, Lyndle Taylor set an Arkansas and World Record 479 1/2 weighing only 202 - again, that's very impressive for a 70 year old man.

In Master 75-79, Arthur Whinston, who at 77 is still a practicing attorney, set a World Record 165# deadlift in the 148# class. At 181# Bob Accosta set a World Record 319 1/2 and Enrique Garcia of Guatemala was 2nd with 308 1/2. At 242 Herb Brandt set a World Record and Florida State Record 352 1/2. At 275, Cal Davis set a World and Washington State Record 375 3/4. Robert Cortes was outstanding lifter in Master 68-74 and Bob Accosta was outstanding lifter in 75-79.

In Class I Deadlift at 148#, 14 year old Daniel Winslow set an Idaho State Record 424#. At 165, Richard Smith set a California State Record of 473 3/4 to beat out 5 other competitors. Joe Ojeda of Texas was 2nd with 457. At 181 Steve McMillan of Georgia won the Gold with 496. At 198 there were 7 competitors and Brett Blausey beat them all with a Nevada State Record 589 1/2. Michael Rainey was 2nd with a Georgia State Record 545 1/2 and Mark Pearce was 3rd

with a Texas State Record 534 1/2. At 220 there were 9 competitors with Christopher Nelson coming out of top with a Nevada State Record 606 and Bobby Myers 2nd with a Florida State Record 600 3/4. James Carter II, also of Florida, was 3rd with 573 and Michael Matteucci was 4th with a California State Record 551. At 242, there were 5 competitors with Cody Colchado setting a blind World Record 600 3/4 as well as a Texas State Record in Class I to win the Gold. Just imagine - Cody is blind and he has perfect form in the deadlift. In 2nd place Rob-

ert Budd set a Nevada State Record 562. At 275 Tom Ekenberg set a Texas State Record 600 3/4 and William Pontius was 2nd with a Washington State Record 600 3/4. At 308, Kenneth Merck set an Oregon State Record with a smoked 650 and John Newman was 2nd with a Washington State Record 523 1/2. At Super, Barry Duncan set a Tennessee State Record 562.

In Teenage Men 13-15 Deadlift Mitchell Ellis set a Texas State Record with 225#, about 15# shy of a World Record. At 148 teenage phenom Daniel Winslow set a World and Idaho State Record of 424# with room to spare. He's only 14. Clayton Pinson was 2nd with an Oklahoma State Record 248#. At 165 Phillip Boozer set a California State Record 374 3/4 to edge out Andy Munsey of Oregon who did 369. At 198 James Perry set a Washington State Record with 319 1/2. At 275, Zak Smith set a California State Record



Marc Morishige - 501 @ 123 - (Baertlein)

with a huge 496 - that's a big number for a 15 year old.

In Teenage Men 16-19, Randall Griggs set an Oregon and World Record at 105# with 281 3/4. At 132#, Damian Lewis took the Gold with 352 1/2 with Michael Brown in 2nd with a California State Record 303. At 148 Damian Osgood of Maine set a Maine State Record 462 3/4. At 165 Hayward Blake pulled an impressive 512 1/2. He's trained by John Ford. At 181 Nick Luiz pulled a California State Record 540 with Alex Francis coming in 2nd with a Georgia State Record 507. At 198 Matthew Christie pulled a Georgia State Record 507. At 220 Nick Heppner pulled an Oregon State Record 501 1/2. Nick was down a little. He's done 534 as a 15 yr. old. At 242 Brandon Huffer set a California State Record with 424. Outstanding lifters for 13-15 age group was Daniel Winslow and for 16-19 was Hayward Blake.

In Junior Men at Stanley Mendez set a Texas State Record 380. At 148 Steve Newman won the Gold with 440, about 12# off his California State Record. At 165 super puller Ryan Snelling set a Missouri State Record 562 to win the Gold over a field of 5 lifters. He came very close with 600 3/4. He's only 20. At 181 Steve McMillan set a Georgia State Record with 446 and John Harris set a Nevada State Record 418 3/4. At 198 Ernie Mil-Homens set a Canadian National Record with 639 to win the Gold over a field of 5. Chad Matthews was a worthy opponent in 2nd with 633. At 220 Phil Davi set a California State Record to take 1st and the World Title. At 242 Tony Arterburn set a North Carolina State Record with 611 3/4. At 275 Jason Parman, a great lifter and worthy drinking partner, pulled 633 for a Kentucky State Record. He will graduate from law school in April. Toby Levers was 2nd with a California State Record 600 3/4. Jerry

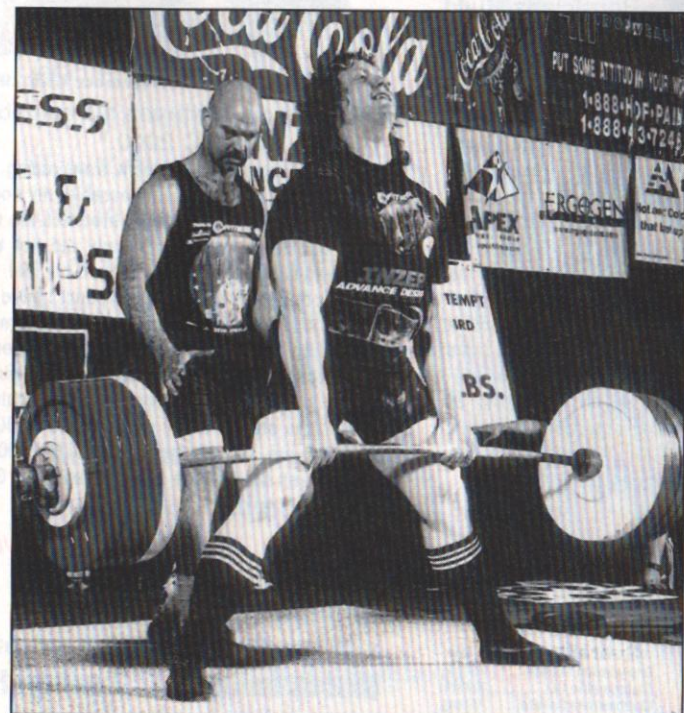
Pritchett, who holds the World Record with 716, pulled 705 to beat Ken Merck of Oregon who set an Oregon State Record with 650. Outstanding lifter in lightweight up to 198 was Ryan Snelling and heavyweight was Jerry Pritchett.

In Submaster men at 132, Salomon Marroquin of Guatemala set a World Record 424. At 148 Marvin Wideman, who is an Army Ranger out of Ft. Benning, GA, and who holds the World Record of 490, had to settle for 479 1/2, but it was still good enough for the gold. At 181, the official meet photographer Brian Baertlein pulled a 562 for the World title. At 198, Jeff Ray of Ala-

bama won the Gold with a 633 state record. Troy Weippert set a North Dakota State Record 578 1/2 for 2nd. At 220 Randy Green beat out 3 other competitors with a Nevada State Record 622 3/4. Dodd Adams of Texas was 2nd with 611. Dodd was not happy with his lifting as he holds the Texas State Record with 661, which he did on September 1. Having done a little deadlifting myself, I believe you only have two meet deadlifts a year in you, at least 4 months apart, and preferably 5 months apart. Bobby Myers was 3rd with a Florida State Record 600 3/4. At 242 Ron Harlow of Illinois and Rick Padgett of Georgia hooked up in a gunfight with Harlow finally getting his 3rd with 677. He missed it twice. Padgett set a Georgia State Record with 672 for 2nd. At 275, Matthew Hyrcha of Canada set a Canadian Record with 722 to easily win his class. Outstanding lifters were Jeff Ray lightweight and Matthew Hyrcha heavyweight.

In Open Men at 123 Marc Morishige was incredible with a 501 1/2 World Record. He's an old timer that has lot of years of training under his belt and he's good for at least 534 in the near future. Bobby Sanders was 2nd with a 429 3/4 California State Record. At 132, Herb Garcia of Guatemala set a World Record 451 3/4 to beat Precious McKenzie's old record of 447. Precious was 63 last year when he set the Open World Record!! At 148, Monty Hokoana pulled a monstrous 573 for a World and Hawaii Record. At 165, Richard Cirigliano pulled a bug 584 for a California State Record and Ryan Snelling was 2nd with a Missouri State Record 562. At 181, Leamon Woodley, who is in the Army out of Ft. Lewis, Washington, tied his world record with 672 to win the World Championship. Greg Zweig was 2nd with an Illinois State Record 639. Corey Evans was 3rd with a Canadian National Record 584. At 198, there were 5 competitors with the old legend, George Herring, winning with 672, well below his world record 734. Jeff Ray of Alabama was 2nd with an Alabama State Record 633 and Anders Wahlund of Sweden was 3rd with 595 and Troy Weippert was 4th with a North Dakota State Record 578 1/2. At 220 there were 10 contestants, with 2 no shows and 1 bombout. George Herring won that division also with a 683. Phil Davi was 2nd with a California State Record 639 and Scott Burgess was 3rd with a Nevada State Record 639. At 242 there were 8 contestants with a brand new phenom pulling 804 1/2 at 239# in his 2nd meet. If it wasn't for a torn callous, he would have pulled 827. He has passed two drug tests in

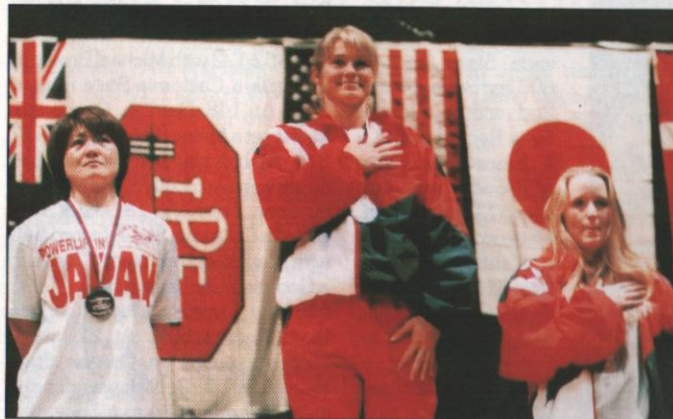
(article continued on page 74)



Dan Davidson pulled this 722 lb. deadlift to win the 40-46 242s. He has been lifting for 20 years. (photograph provided by Andy Mellown)

Before I begin summarizing the results of this year's IPF Bench Press Worlds, I would like to invite those bench press specialists to attend the 2004 IPF Bench Press Worlds to be held in Cleveland, Ohio. The Japanese have dominated the World Bench Press meets and hold a majority of the single lift bench press records. The Japanese will be competing when the meet comes to the U.S. and would like to compete against our best. The qualifying meet will be the 2004 USAPL Bench Press Nationals. This notice gives lifters in every organization plenty of time to train in a single ply shirt and

IPF BENCH PRESS WORLDS as told to Powerlifting USA by Dr. Larry Miller



132 lb. Medalists (l-r) Wada of Japan (2nd), Thompson of USA (1st), and Darling of USA (3rd). Photos by Isagawa unless otherwise noted



97 lb. winner - Svjantekova (SLO)



Japan's winners at 105 - Fukushima (left) and 114 lbs. - Sakurai. (right)

become familiar with USAPL rules. It would be great to see U.S. lifters dominate a true international event and it appears that a large number of countries (in the neighborhood of 30-40) will be attending.

This year's 12th IPF Bench Press Worlds were held in Christchurch, New Zealand. The Bench Worlds are always held the first weekend in December and are usually held somewhere in a cold European country. My wife Julie and I traveled to Sydney,



Brooke Wessler got bronze at 165. (photo courtesy of Brooke)

Australia prior to arriving in New Zealand. Both countries have their summers during December, so the weather is quite pleasant. Considering the great weather and the topless beaches, I would vote to have every IPF competition held in Australia or New Zealand. As an extra plus, we would probably not have any trouble getting coaches to attend at their own expense.

We received a very warm welcome in New Zealand. Everyone was very friendly and best yet, there were no language barriers. Sydney was an awesome city with cafe's everywhere as well as shopping mall after shopping mall. Sydney's aquarium was unbelievable, as it allowed you to watch the activity in the harbor, including some nice sized sharks swimming about. We could watch the surfers from our hotel room. My only complaint was the annoying flies which were relentless. New Zealand had beautiful mountain ranges, close encounters with seals, dolphins and whale watching. If you're a hiker, you will be in paradise.

The opening ceremonies were held outdoors and included a tribal dance

called the "haka" performed by the native "Maori" people. This dance was duplicated by a number of our lifters at the banquet, but had a bit of "Whaaaats up" U.S. flavor. They also had a custom of rubbing noses, but I tried to refrain since I didn't want to injure any one.

The meet was relatively small by IPF standards. My guess was that it was due to the expense of getting to New Zealand. The meet venue was at the Town Centre Hall, which was theatre-like in its set up. The meet was highly promoted in the local papers and television. U.S. lifter Debbie Ferrell was featured on the front page of their sports section. Mike Hodge and I were interviewed for television prior to the meet and Jennifer Thompson appeared on television following her lifts.

Our coaches were Mike Hartle



181 lb. class medalists ... (l-r) Elena Yurik (Russia) - 2nd, Andrea Kubinova (Czech Republic) - 1st, Eilja Strik (Netherlands) - in 3rd place.

and Sandra Perron. I thought we would be short-handed but our US lifters who were to compete on Sunday, helped with the women lifting on Friday, and everything else fell into place. Sandra was supposed to lift, but broke her foot 4 weeks out. He did all the pre-meet legwork for the team and helped get the lifters situated for their flights. She also did the numbers for a few lifters. I thought Mike did a fantastic job calling the numbers for our team. I believe that if it weren't for Mike, we would've been a few medals short in the final count. The Japanese men's and women's team were the pre-meet favorites.

The women's competition began with Eva Svjantakova from Slovakia winning the 97 lb. class with a bench

of 192 lbs. U.S. lifter Ruth Snyder finished 6th with a lift of 121 lbs.. Ruth's husband Steve was an enormous help with the lifters in the warm up area, helping to load the bar and helping with bench shirts. In the 105 lb. class, the Japanese lifters began their gold medal attack and finished 1st and 2nd. Yukako Fukushima finished with a phenomenal lift of 259 lbs. which gave her the best lifter award. I did an interview with some members of the Japanese team including Yukako which will hopefully be published in



90 kilo Flexibility shown by class winner Irina Naskripyak of Russia

a few months. In the 114 lb. class, Japanese lifter Syoko Sakura finished first with a 220 lb. bench. Chinese Taipei lifter Li-Min Liu won gold in the 123 lb. class on body-weight over Swedish lifter Riita Liimatuanen with a lift of 214 lbs. The 132 lb. class had 2 U.S. lifters competing. Jill Darling showed a lot of character after missing 248 lbs. on her second attempt and finished with 253 on her third attempt for a bronze medal. Jennifer Thompson did likewise, after missing 270 lbs. on her second; as she lifted 281 on her third

for one of two U.S. gold medals. Jennifer came with her husband Donovan who, like Steve Snyder, helped in the back putting on bench shirts and loading the bar. Jennifer finished 2nd overall in the best lifter category. Jennifer has only been competing for 3 years and is relatively tall, with long arms for a bench. In the 148 lb. class, multi-world champion Clara Kasbarian from France won with a lift of 303 lbs.. I attempted to invite Clara to the Bench Worlds in 2004 in the U.S. but my French and her English led to a snafu. The U.S. scored more team points with 2 lifters in the weight class, Angela Simmons and Tammi Callahan. Tammi finished in fifth with a bench press of 231 lbs. and Angela finished in seventh with a lift of 203 lbs. Austrian lifter Claudia Narovnigg won the 165 lb. class with a bench of 275 lbs. U.S. lifter Brooke Wessler, who trains at Kings Gym with me and Steve Petrencak, developed fluid in her ear while flying to the meet. She was dizzy and ended up dropping almost 10 lbs. of body-weight. Brooke very well could have won had she not been ill, but nonetheless she won a bronze medal with



Deb Ferrell (USA) went for a new IPF World Superheavywt. Record 396 on her 3rd attempt.

a lift of 248 lbs. Czech lifter Andrea Kubinova won the 181 lb. class with a bench of 319 lbs.. Andrea Sortwell finished in 5th with an IPF Masters World Record Bench of 259 lbs. Irina Naskripyak from Russia finished ahead of her teammate to win the 198 lb. class with a lift of 319 lbs. The 90+ kg class featured a show down between the Chinese lifter Chen-Yeh Chao and U.S. lifter Deborah Ferrell. Deb had the silver locked in on her opener and went for 396 lbs. on her third attempt for the Gold. Deb looked much stronger than the Chinese lifter, but just missed her big third attempt. I have no doubt who will win the Gold next year. Deb spent a day in bed following the meet with some bruised ribs. After being

(article continued on page 72)

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123 winner - Lin (Chinese Taipei)



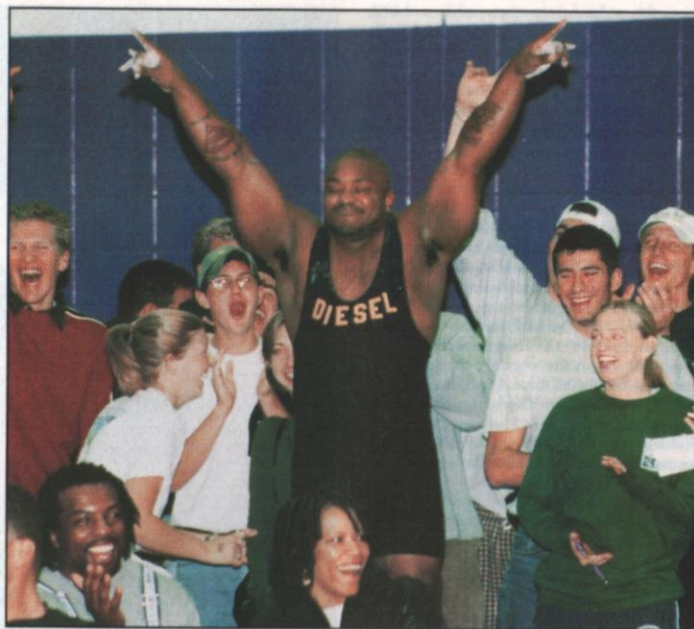
Clara Kasbarian of France won the 148 lb. class



Brian McSwain won a WNPFF World Title at 242. (Kate Tailon)

424 lbs. Bernard Henderson decided to put on the shirt this year and set a new masters world record with 352 pounds. Will Adams defeated Farrell in the masters 40-49 raw with a lift of 253 pounds. Jason Pagan, won best lifter, first place, gold medal, most popular, crowd favorite and more. Jason pressed 457 pounds in the 181 raw division. He defeated Wahab of Canada and Rayner of North Carolina in the juniors. Mr. Ryan, competing in his first WNPFF Worlds, defeated master lifter Richards, who placed first in the masters and Anthony Davis. Ed Freeman has really been improving since the beginning of the year. Ed set a new record at 330 pounds. Rudy Lozano also set a new WNPFF world record. Rudy came all the way from CA, had a good time, and then someone took his Team USA jacket in the audience. It's a shame when someone has to steal someone's personal belongings. Rudy, the WNPFF apologizes to you. Ron Madison from Michigan was ready for a showdown against John Wallace. Ron came to lift, pressing 479 pounds in the 198 raw open class. Ron missed the best lifter award by a point against Jason Pagan. Shawn Knight, torn pec and all, pressed 473 pounds in the 198 open division, Shawn is good for 500 - 510 if healthy. Mark Houseworth won his class in the 198 masters, John Phillips won the masters 50-59 division. Bill Dudley competing in his last event, won his class and pressed 303 pounds. Bill had open heart surgery a little over a year ago and he was told to give up the sport due to the pressure put on his body with the heavy lifting. Bill, you will be missed on the platform. LeVerne Dratt from NY set a new world bench and deadlift record and won both classes in the 198 60-69 raw division. Little powerhouse Logan Dees, only 14 years old, pressed 264. Peter Mehl defeated Bob Nagle and Tony Caterisano in the masters 40-49 raw division. Jerome Kluff and George Walker both became WNPFF world champs for the first time in the masters 60-69 and 50-59 divisions. Brad Kelley, the new superstar in the WNPFF. Brad pressed an amazing 584 pounds, and missed 606 with an uneven lockout. Brad and John Feehan from Ireland went head to head in the open division. Brad brought the best out in John, who got his opener of 556 and missed 589 on his third. John was going for the win and the thing I like the most was how both of these men hugged after Brad's third attempt. This is the kind of atmosphere at all WNPFF meets. Lifters cheer each other on, encourage each other, and pull for each other. I'm sure this battle isn't over in the 242 open class. In third came Mr. Vargo with a 501 pound bench. Paul has benched as much as 540 in the WNPFF. Keith McDougald, the powerhouse out of Jacksonville, FL, won the submasters raw

division with a 501 pound bench and best lifter, Francis McBride from FL came in this meet injured with a very bad knee, but he still managed to get a 281 bench. Chip Davis won this class with a 341 bench. We were hoping for a Mason Gathwright and Dan Smith showdown in the 242 masters 50+ raw division. Mason came and set a new record in this class with a 424 bench. Dan Smith from CA didn't make it this year, but hopefully we can see these two gentlemen go at it in the 2002 Worlds. Jeff Peshek from OH beat his opponents by over 100 pounds for the win, but watch out for Keaser and Vaughn next year. Al Edwards set a new world record with a 501 bench at 275 RAW, Raynor came in at 485, with Big George in third and Shaquan Ramos in fourth. Robert "Mule" Jackson made two attempts and won his class for the second year in a row. Robert was the oldest of the four masters in this class. Cantrell set a new masters 40-44 world record 413 bench. Smith from CA, the other Dan Smith, placed third with a 402. My man Bob Fultz came in fourth in this class with a 352 pound bench. Big and I do mean BIG Gene Rychlak made a 540 opener in the open superheavyweight class for his first WNPFF title. Chris Dixon won the subs with 473 and Gerald Cunningham won the masters division with a 501 bench. Mr. Mackey from Ireland beat two other American lifters in the masters 40-49 raw supers. Mackey made a 418 bench, Tom Ramey placed second, and Walter "The Truck" Ferguson placed third and "the Truck" also won the open class. World Deadlift Championships - Anthony Davis beat Mark Neiman and Andy Skinner from Canada in the 181 open class and A.D. also set a new world record in this class with a pull of 622 pounds. Larry White beat Andy Skinner in the masters 40-49 division and Andy placed first in the police division. Ron Madison (Mr. Bench) tried the deadlift and, guess what, he set a new world record in the raw division with a 611. Tee "Skinny Man" Meyers pulled 722 on his third attempt and 744 on a fourth to earn another WNPFF world title in the masters division. Tee is going to try full meets again in 2002, so watch out, master lifters. Tony Greene defeated Darren Gardner in the 198 submasters division. Both men are from S.C. Charlie Williams, Skinny Man's lookalike won the police division with a 507 deadlift. Matt Saunders from England made a big 733 pound deadlift to win best lifter and his second WNPFF World title. Perry Thomas won both the open and masters divisions with a 677 pull. Larry



Crowd Favorite ... John "Diesel" Wallace after a 462 BP (courtesy Troy)

Bucchioni, long time WNPFF member, won the masters 50-59 division with a 485 pound pull. The very competitive masters 50-59 division was won by Chip Davis with a 584 pound pull. The favorite Jim Raines got his opener at 556. Jim usually pulls in the 620-630 range. Bill Baron made his comeback after a seven year absence. Bill is very strong in the pull but he has a tendency to complete his pull with his shoulders rounded forward. Once he corrects this he will place higher. Larry Bizzell took home the gold in the masters 50-59 275 class. World Squat Championships - Mike McNinch defeated Nate Kadle in the subs 181 class with a 473 and Nate squatted 462. Broderick Chaves defeated Jeff Harlan in the 198 raw division. Jeff looked strong in the squat, but he wasn't getting deep enough to satisfy the judges. Scott Rowe, Paul Dunn, Dwight Huell, and Jerome Neal all won their classes in the Squat Worlds. Billy Warren made a 622 squat to win his division and Tarrig made 628 to win his division. These two may meet next year. Dave Silverbloom, lifting in full meets this year, after trying the

bench only last year set a new World squat record in the masters 40-49 275 class. Again I want to thank everyone that made this event possible. The numbers were down by 25% this year. We expected 250+ at this meet, but we fully understand why and appreciate the numbers we did have. Many of the lifters drove to S.C. for this meet, many of them driving more than 15 hours. Thanks to the Canadians for attending, thanks to the lifters from the Bahamas, and England, and Ireland. Thanks to the WNPFF staff for once again doing an excellent job. Thanks to Furman University for having us, a big thank you to Tony Caterisano for setting all of this up. Thanks to the fine Hilton Hotel in Greenville for having us. We hope that everyone will attend the Bench Press, Deadlift and Ironman Worlds in Pennsylvania in August and the Powerlifting and Squat worlds in Youngstown in October. We may hold a Raw World Championships in November or December in New Jersey also. Look in the coming events for a WNPFF qualifier or go to the WNPFF website at members.aol.com/wnpff (WNPFF)



World Natural Powerlifting Federation "TEAM OF THE YEAR" - t he Ephrata Recreation Center Team.

WPC World PL & BP Championships as told to PL USA by Meet Promoter Ian Morris

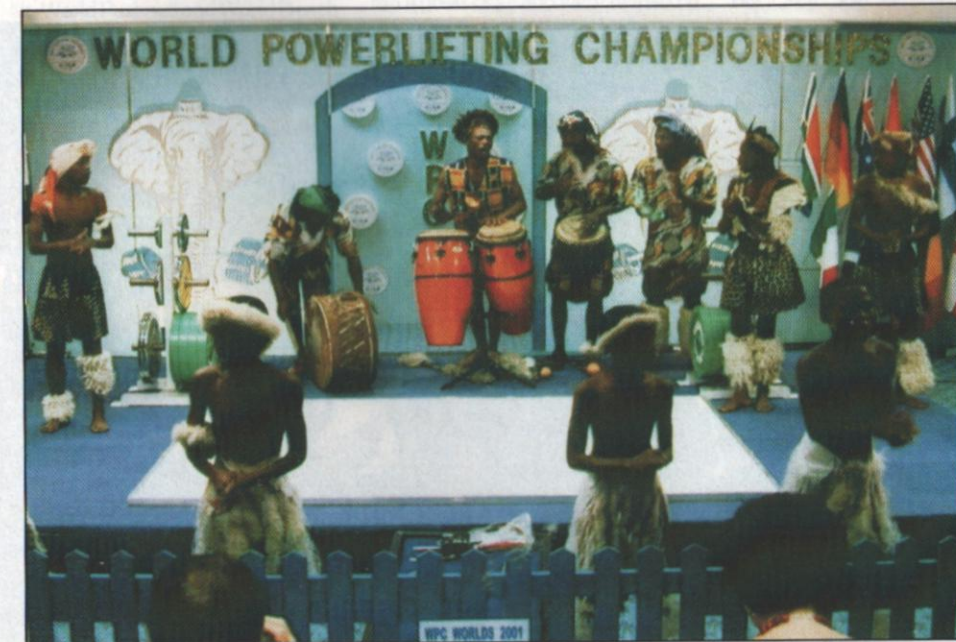
The venue for the 2001 WPC Worlds was the very popular and beautifully situated Holiday Inn Garden Court. The hotel is situated on the mountainside overlooking the City of Cape Town and the very busy waterfront area with the infamous Robben Island visible in the distance. With the towering Table Mountain as a backdrop, the setting for this year's Worlds was fabulous. The actual lifting was held in the hotel conference centre, which was superbly decorated, in an African theme. Two great elephants carrying weights in their trunks dominated the background and all the WPC nations flags were displayed in prominence. The lifting platform and referee's chairs were raised off the floor to give the large audience a clear view at all times. The lifting area was fenced off with constant security on the entrance to the warm up rooms; this insured that only lifters and their session coaches occupied these areas. For the first time ever spotters and loaders were provided in the warm up to assist competitors. We were complimented on this service as it helped the lifters tremendously. High resolution video projectors linked to a number of computers were used to project scoreboards onto large screens, both in the main hall and in the warm up area. Several video monitors placed strategically around the venue kept onlookers fully informed as to who was lifting and what was being attempted. Our newly developed scoring program worked really well, but could do with a few refinements especially in the area of master's age groups.

The meet opened on Monday morning, November 5, with a fantastic display of African tribal dancing performed by a large team of traditional Zulu dancers. They performed to great applause for about thirty minutes and had our visitors on their feet applauding. Ernie Frantz officially opened the Worlds at 9.30am with the first attempt in the bench press contested immediately afterwards. With over one hundred entries the pace was rapid

with a large number of national and world records being demolished during the long day of lifting. The absolute superstar of the day was Scott Mendelson of the USA who did a massive 335kg bench that looked so, so easy. Scott opened on a 320kg effort that shot up like an empty bar, I have never seen anything like it. For his second attempt Scott took the new world record 335kg and once again shot it up effortlessly, and then he took a 341kg and just missed it. Awesome lifting from this powerful young man. I feel we are going to hear a lot more of this incredibly strong bench in the not too distant future. It is very obvious that Scott has not come anywhere near his full potential. In this division Holgar Kuttrof of Germany placed second with 265kg and Mike Robinson of South Africa third with 230kg.

Powerlifting kicked off on Tuesday morning with teenagers and juniors that produced some very respectable poundage. Sixteen year old David Ramokadi of South Africa lifting in the 67.5kg division placed first with three excellent lifts of 240 132.5 225 597.5kgs.; not bad for his first appearance at world champs. Another South African lifter Pierre Viviers won the 75kg teens with 275 120 240 635kgs. Fourteen year old Lizi Roux also from SA went 80 45 120 260 to take the title in that age group. Lizi is a product of the Hannie Smith camp in North West Province and is improving at each meet she attends. With a training partner like Vicki Heyser her lifting can only get better. In the 60kg teenage division a young lady - Natasha Bracale - only in powerlifting for a few months, broke four South African teenage records and took home gold with 110 60 115 285kgs. Natasha weighed in at 59kgs. In the junior men's 82.5kg Akbar Farajov of Azerbaijan was almost 200kgs ahead of his nearest rival, Rowland Owen. Akbar went 240 185 280 705kgs to win easily. Jyrki Varvas of Finland in the junior

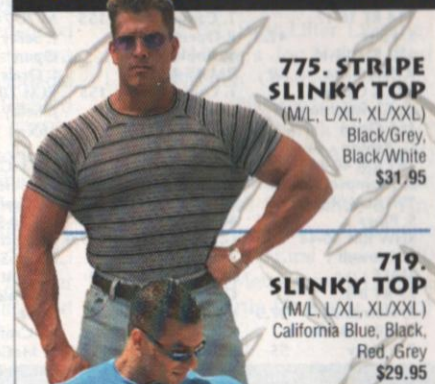
(the WPC article is continued on page 65)



Traditional Zulu Dancers opened the ceremonies at the 2001 WPC World Championships

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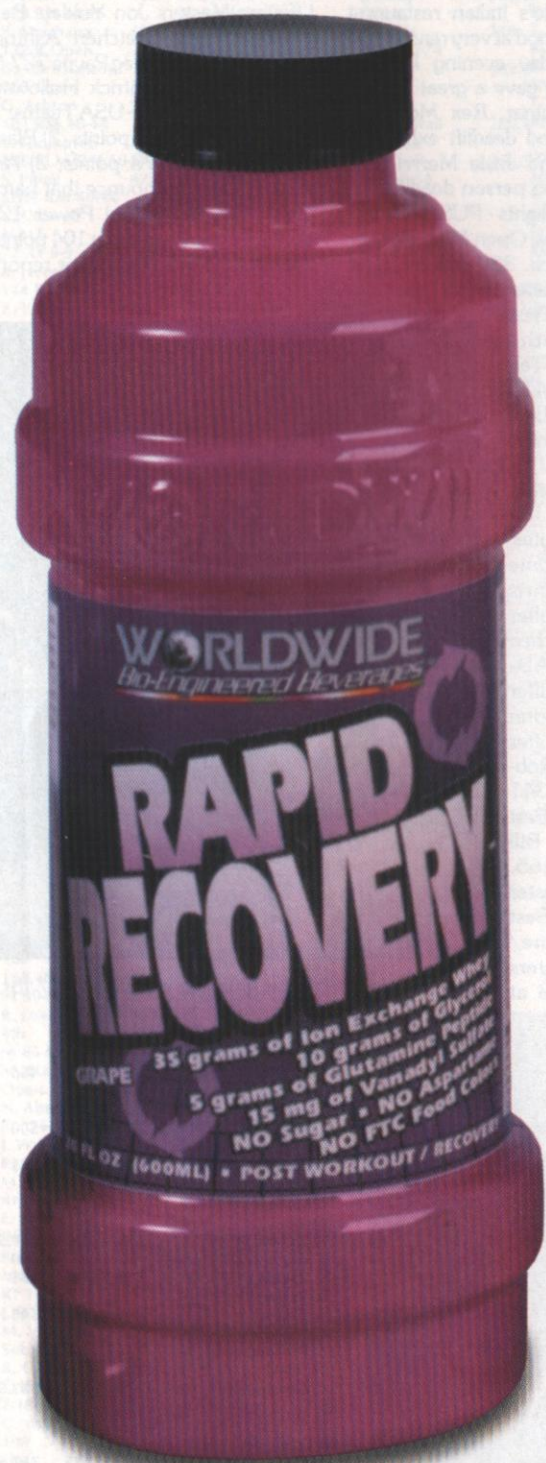
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John Gore shakes hands with Mr. Ed Coan at the Mountaineer Cup.

Who saw the movie *Terminator*? Let's see the hands ... OK, almost all of you saw it. The ones who didn't see it need to lay this magazine aside, go rent *Terminator* and watch it before you finish reading.

OK, the first *Terminator* movie was a real classic in every sense of the word. You've got gunfights, home-made explosives, car chases, and a really smelly bad guy. The whole thing makes me nostalgic for my childhood - whoops, got off track in wistful bliss for a minute.

Kyle Reese is having a flashback (to the future ruled by machines) and we see him going through this dark underground tunnel where he comes up on some kids watching TV. Of course, they have no electricity, so they are merely watching a small wood fire burn inside the gutted shell of the TV. In this gripping moment,

HARD CORE GYM#10

Make-Do With What's Available (Part 1)

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



You know you're bad when you can hike up the mountain with a loaded bar on your back. John Gore definitely "brings his training to new heights!" <Yeah, it's comy, but it's a direct quote from John. - Rick B.>

we see them making do with what is available. Cool.

That is exactly what we all need to do at our local gyms - make do with what is available. I really appreciated J.M. Blakely's comment on the secret of Westside Barbell (Attitude & Louie Simmons), and Blakely was very clear in pointing out that they had no special equipment secrets - and didn't even have room to deadlift - but they "got their business done."

John Gore wrote and told me about his gym in Ashland, NH. It's called J&S Fitness Center, and they even have images of the 3 powerlifts

on their business cards. They have some heavy-duty equipment (I spotted a MonoLift among other things), but that isn't really what really appealed to me. I liked the fact that they do what they can to use what is available, and promote powerlifting.

John works full-time, so they have a 24 hour key pass system. This has to be the ultimate availability. * myself have fond memories of midnight workouts when I was younger, after which I would stagger home in the middle of the night. I was so tired one night that I took a bunch of my dog's seizure medicine with my vitamins and protein shake. (I was messed

up, but I had zero seizures.) There's just something about driving through deserted streets to work out. I love it.

At J&S they have a monthly fee with no annual contracts, so it's safe and easy for someone to get started. Once they start, there are SQUAT

CLUBS, BENCH CLUBS, and DEADLIFT CLUBS to join - and track your progress on the wall for all to see. This sort of informal challenge leads to PRs on a frequent basis. It's easily available in your gym, too. You should start them.

New members even get free personal training! Quit it, John, you're killing us.

John traveled to the Mountaineer Cup with gym member Tony Saunders. They enjoyed meeting Capt. Kirk, Ed Coan, and other top powerlifters. More importantly, John helped and cheered for his buddy Tony. Do you help the other powerlifters in your gym?

Tiny Meeker was recently telling me about a well-known lifter who won't help anyone - because they are always saving their strength for their own lifts. There is a time to save your energy, but it's not EVERY DAY! Again, do you help the other lifters in your gym?

Next time, we'll contrast two unusual extremes: US Army Reserve Training vs. USA Hockey Team. Who has more equipment? Who gets more results?

Until then, make do with what's available. By the way, did you like (Linda Hamilton) Sarah Conner better as the young airhead in Part 1, or the buff iron queen in T2? If you didn't think she was hot in T2, you better check your thermostat!

Comments?
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Leg Workout Day at J&S Gym is that big Tony Saunders under the squat bar? (photos courtesy Brewer)

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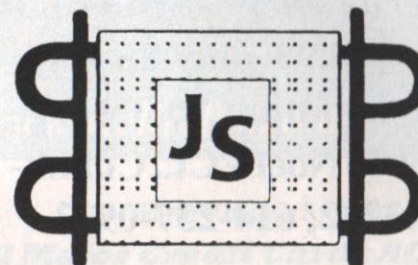
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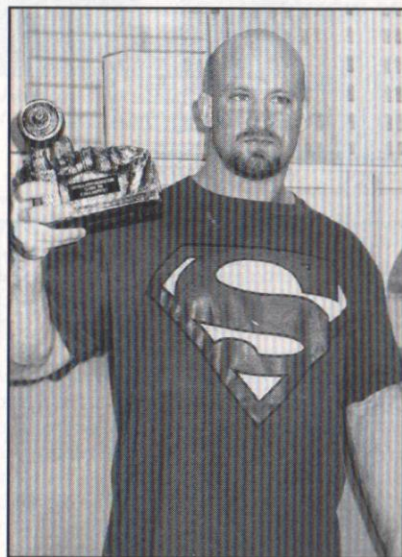
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The biggest problem most benchers have today is finishing out the lockout. How many times have you seen others blast the weight off their chest only to fail at their lockout. So, what's the solution? When I first came to Westside Barbell this too was my dilemma. My first attempts to solve this problem were futile. I tried tricep extensions, tricep pushdowns, lockouts, board presses, etc., only to have very little progress and, mostly, just elbow tendinitis. My first breakthrough came with the introduction of floor chair presses. By doing these on my maxi-



George Halbert has set 10 all time world bench records in his career. (Ned Low)

mum effort day I started to see a little progress on my lockouts, however, I was still dissatisfied with my progress and then, finally, a huge breakthrough was made. I found by slightly modifying the board press exercise, my triceps were hit in a new way that had a great carryover to my lockout strength.

So, let's set up this altered board press. The first rule, and most important rule, to this exercise is **DRIVE YOUR ELBOWS INTO THE SIDE OF YOUR BODY AT ALL TIMES DURING THE LIFT**. This means on the descent and ascent of this lift, your top priority is driving your elbows in. Now, you will need enough boards that you will only be working the top 4 inches of your bench - this meant 5 boards to me, but may be more or less to you. You will be using a close grip. I go about an inch from the smooth part of the bar. You will probably need a handout and you will definitely need a good spot. Take the weight out of the rack and without breaking at the elbows, lower the bar as far towards your stomach as possible without dropping the weight out of your hands. As you lower the bar in this method you will feel the weight transfer right into your tricep and out of your chest and shoulders. Once you have reached this point, you will want to break at the elbows

The BENCH

Unlocking Your Lockout as told to Powerlifting USA by George Halbert

and lower the bar to the boards as low on your stomach as possible. Now, drive the bar back up towards your feet. If you hit the groove right it will feel like it's on the verge of dropping out of your hands. Now, did you remember the first rule - **TO DRIVE YOUR ELBOWS INTO THE SIDE OF YOUR BODY THE WHOLE TIME**. You should only feel the weight in your triceps. If you feel it somewhere else, your form is incorrect. Try this exercise as a max effort and you will see great improvement. Now, let me warn you, as the weight increases on the bar your body will fight the correct form until you build the right muscles up. So, don't cheat, or it won't work. Sure, you will be able to do more weight when you cheat, but your lockout will not improve - so what's the point? Another tip is to always squeeze the bar as

hard as possible. This is how the 5 board press works, but it is only the beginning.

Once you have mastered this exercise, you will be ready for the next step. You should notice that your board press is much easier with a nice heave off of the boards. This heave is normal and should not be fought, however, it also greatly hinders total tricep strength because of momentum - so, what to do with this dilemma? The answer is bands. Start with a small percentage of bands and build up over time to as high an amount of bands as possible. These bands will give your triceps a workout like they've never seen and will send your lockout through the roof. However, these bands will once again make it hard to use correct form, until you build the right muscles up, so **DON'T CHEAT**. By performing this exercise over time, you will realize the secret to locking out with your arms is to keep your arms underneath the weight. This leads to the final modification of this exercise.

This modification should only be performed after the five board band press has been mastered. First, you will want to take a board out, and next you will want to go to a max grip, or at least a pinky finger on the ring. You

will want to use as great a percentage of bands as possible. Now, instead of driving the bar towards your feet, drive the bar straight up, however, you will want to squeeze out on the bar to lock it out. Also, instead of driving your elbows in, you will want to lock them in place at about 30-35 degrees angle to your body. This means - don't let them flare out, but keep them locked in place. This will reinforce the need to

keep your arms underneath the weight. At least this way, if you miss, it will be because your arms failed and not your technique. This is the maximum effort exercise that is now my favorite, however, I took small steps to get here and I did not start here. First, you must build your arms up and teach your body how to bench correctly.

This is not an easy road. I have seen some fail on this road because they were unable to perform the first step correctly and chose to cheat instead of lowering the weight. Sometimes, to go forward, you must take a step back and take the detour. Be diligent and persistent and you too can solve the lockout riddle. It only took me 14 years and Westside Barbell to solve the riddle. You can take the shortcut and save yourself a lot of time and save yourself from elbow tendinitis. Just remember - **DON'T CHEAT AND DRIVE YOUR ELBOWS IN** and next time you'll be able to grind that PR out.

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TRAINING

DON'T CHASE YOUR TAIL

as told to Powerlifting USA by Louie Simmons

I am fascinated whenever my pit bull, Jackie, chases his tail. Round and round he goes, going nowhere fast, until he finally realizes he's right back where he started. But I will give him credit; at least he knows he's going nowhere fast. My dog attended obedience school for 4 weeks, so maybe he has an advantage over his human counterparts, i.e., those Ph.D.s in exercise physiology in schools that are still teaching progressive gradual overload.

I recently read an article by a U.S. Ph.D. He described a yearly plan consisting of four phases. The first phase is designed to increase muscle mass, i.e., hypertrophy, and to increase the training base.

A point that must be made is that after the end of phase 1, in as little as 2 weeks, your muscle size will start to diminish, by 10-15%, causing, in a sense, a detraining effect. The stronger the lifter, the faster this will happen. For example, work your lats or abs intensely for 2 or 3 weeks. Then stop completely. You will notice a great decrease in muscle mass. This does not make much sense to me, and I hope it doesn't make sense to you either.

Raising muscle mass, if that is the goal, or raising GPP is not only a yearly goal but a multi-year goal. It can be accomplished by incorporating a dynamic day, on which just one of a variety of special strengths is refined, and a maximal effort day that occurs 72 hours later using several sets of well-thought-out exercises for the particular muscle groups that need strengthening. This can also be accomplished by doing extra workouts during the week.

For max strength, weights from 30 to 100%+ of a 1 rep max are used, which causes a restricted blood supply, resulting in a hard muscle contraction, thus providing a strength gain. The extra workouts that use weight or resistance less than 30% will

effect restoration by increasing circulation. Ten extra workouts a week is a normal load. Doing special exercises for the classical lifts will increase your strength and perfect form. Concentrate on only the muscle groups that aid in raising the lift or total. For example, don't squat, but do special exercises for squatting, such as glute/ham raises, pull-throughs, Reverse Hyper, or belt squats, plus ab work. Also do exercises for flexibility.

In place of benching, do triceps extensions with a bar, dumbbells, or bands, delt raises, lats, upper lock, and external rotation work. With this method, one never stops building muscle mass. Switch exercises that work the same muscles (the conjugate method). This will allow one to constantly build muscle mass, GPP, and SPP.

According to the article I was reading, phase 2 is the precompetitive phase, normally lasting 6 weeks. The Ph.D. now states one must raise top strength, or absolute strength. During this phase the lifter concerns himself with raising his squat, deadlift, and bench press using all major exercises, rack

work, good mornings, etc.

Let's look at an alternative method: the maximal effort method. This incorporates the conjugate method: using special exercises that closely resemble the classical lifts. Examples are squatting with special devices, such as the MantaRay or cambered bar, concentric work, good mornings, or deadlifts using the contrast or reactive method. The weights are always 100% plus, depending on your level of preparedness, i.e., how close one is to top lifting form, which incidentally should never drop below 90% of your all-time records.

The maximal effort method is calculated much like the Bulgarian system, meaning always doing the most possible, even when far from contest time. As you can clearly see, this method allows you to lift your current max every week of the year, not just for a few weeks near one or two contests during the year.

Well, so far the Ph.D.s from the U.S. advocate building muscle mass, then allowing it to disappear after ceasing the hypertrophy phase. This is not training, but detraining. The same happens after phase 2. The Westside method, however, allows one to become larger and more muscular and stronger all year long. The Ph.D.'s classes are now learning phase 3, for explosive strength. This phase again lasts about 6 weeks. For this phase the main goal is to increase bar speed. The weight here reaches 60-85% of a 1 rep max, and they add plyometrics. Then they move into the peaking or contest phase. Here they recommend going from high

reps, light weights or high volume, low intensity to heavy weights, low reps, which results in lower volume, but high intensity.

Controlling volume and intensity is very important. When one does sets with 70, 75, 80, and then 85% for doubles, it is impossible for the lifter to understand what task is the goal. How do you determine if you are lifting with the same effectiveness at each percentage? If the weights are moving at the same max rate of acceleration, all is well. But when the weights are raised that high, this is not possible. Rule of thumb: train at intensities of 60%, 70%, 80%, or 90-100%+. Prilepin's studies of more than 1000 Olympic, National, and European champions showed that



Louie's Dog Jackie has a P.E.E. degree from Pitbull University (P.U.) photo by Diane Black.

there is an optimal number of reps at certain percent ranges (see table). If one uses one percent per workout, the task is easier to realize. Lighter weights are used for explosive and speed strength (60-80%) and weights of 90% or more for strength speed. It is not advisable to train for two types of strength in one workout.

Here's how it's done. For speed strength, use a pendulum wave. During week 1, use 60% for multiple sets: 1 rep for pulls, 2 reps for the squat, and 3 reps in the bench. Week 2: 65%. Week 3: 70%. Then drop back to 60% on week 4 and 65% on week 5. Use 70% on week 6. Then drop back down again. This is a pendulum wave. This kind of wave is used because one cannot increase in speed or top strength after 3 weeks of increasing the weight. If one continues to increase the weight, the bar speed will suffer dramatically, which must not happen.

What about absolute strength? Three days separate the dynamic workout and the max effort day. This is because the major muscle groups recuperate in 72 hours. The max effort workout is performed with the conjugate method. This allows one to lift weights of 100%+ each week. This is possible by switching exercises each week.

For example, for the squat and deadlift day, week 1, 10-inch low box with the MantaRay; week 2, bent-over good mornings; week 3, 12-inch low box with the Safety Squat bar. For the bench press, week 1, three-board press; week 2, floor press; week 3, lightened band press. There are many core exercises to choose from. For the Olympic lifter, week 1, snatch grip high pulls; week 2, straight leg power cleans; week 3, cleans from above the knee.

This method of training allows one to work on weak areas often overlooked by doing the classical lifts. It will also perfect form and coordination. This type of training also allows one to perform extra workouts for strength, restoration, and flexibility.

With the progressive overload method, it is virtually impossible to control the volume. But, if you train at one percent range, it is easily controlled. To squat 600, we know that a total volume of 7200 pounds is needed. This is arrived at by using a top percent of 60% and a lower percent of 50%. For example, 50% of 600 = 300 x 12 sets of 2 reps = 7200 pounds. On week 3 the weight is 60% of 600 = 360 x 10 sets of 2 reps = 7200. A volume of 9600 is used to squat 800. 50% of 800 = 400 x 12 sets of 2 reps = 9600 pounds. 10 sets of 2 reps with 480

(60%) = 9600 pounds. This works for any squat of any weight. This is called flat loading. During the 3-week wave you also rotate special exercises such as glute/ham raises, pull-throughs, and the Reverse Hyper. In week 1, you are unfamiliar with the exercise that will promote a bigger squat, so the volume is understandably low. By week 3 you have grown familiar with the exercise and the volume grows.

One cannot succeed by doing only the classical lifts. One will cease to make progress. The greater the lifter, the more tasks you need to stimulate progress.

Progressive gradual overload accomplishes only one goal at a time, while actually detraining the phase you just completed in as fast as 2 or 3 weeks. In addition, after a contest you must start over exactly

Number of Reps for Percent Training			
percent	reps per set	optimal total	range
55-65	3-6	24	18-30
70-75	3-6	18	12-24
80-85	2-4	15	10-20
above 90	1-2	7	4-10

where you started. But the system Westside has adapted from the old Soviet system allows you to build muscle mass, speed, and absolute strength, perfect form, raise your GPP, increase your flexibility, and provides restoration all year long, year after year. We raise all qualities gradually, never neglecting one for another.

I am in no way criticizing the Ph.D.s in the United States. It is the material in the text books that is

terribly outdated and perpetuated to be the truth, when - in fact - it leads nowhere, just like my dog Jackie's tail chasing. I suggest reading books such as *Supertraining*, which contains the ideas of many well-respected foreign experts on strength qualities. This book can be purchased from Elite Fitness Systems (888-854-8806).

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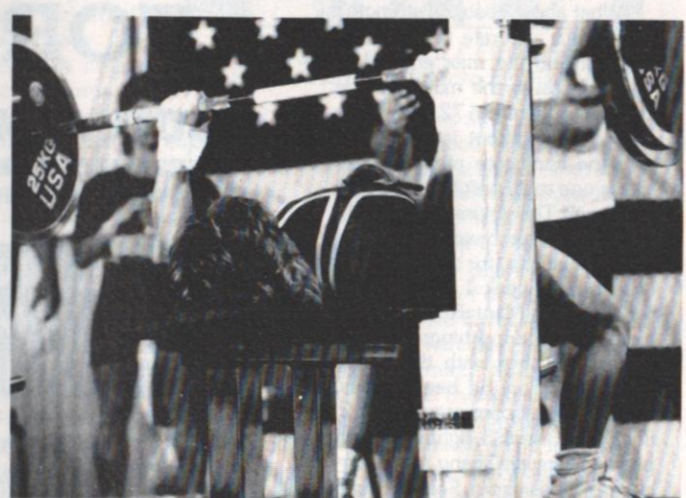
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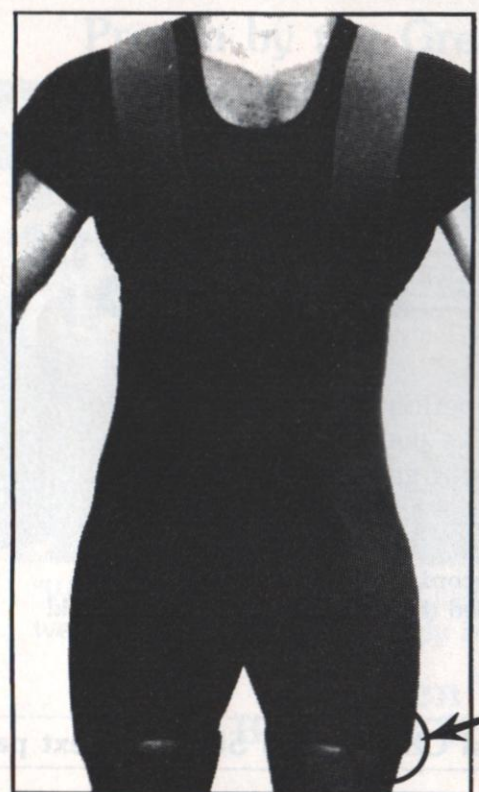
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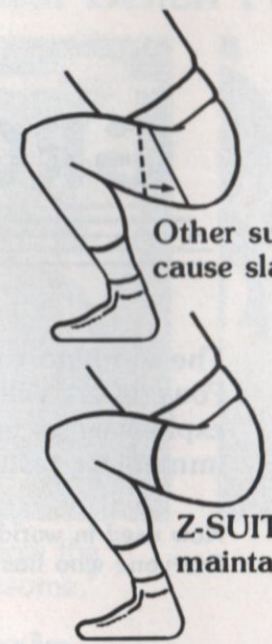
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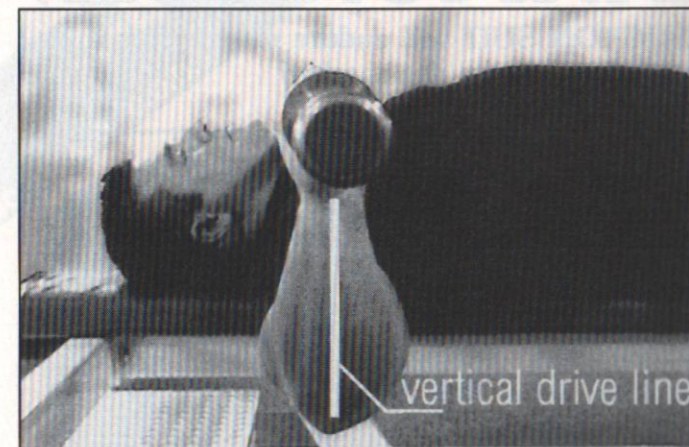
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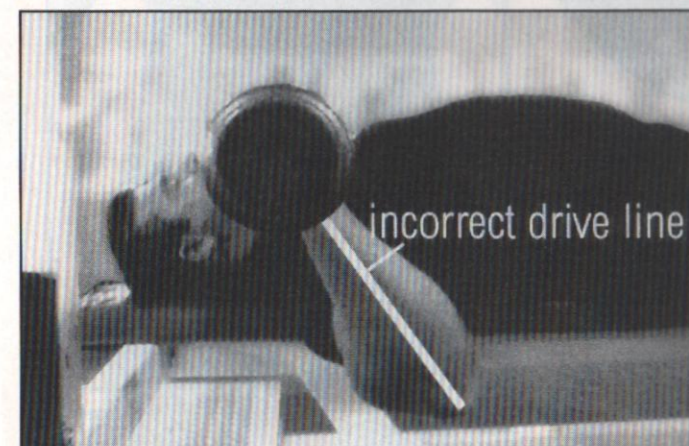
I designed this program to build shoulder strength for stabilization, not for shoulder power to boost the bench directly. This will have an indirect effect of keeping the shoulders tighter and thereby helping you create a cleaner drive line with less waste of power due to wobble. It will build some bulk to the shoulder which will have an inherent tendency to stabilize. It will also place an adaptive stress on the connective tissues (fascia, tendon, and some ligament) that don't

see as much tension in the flat bench, causing them to become denser and thicker. This may have a protective effect and help you avoid injury (this can't be proven, but it sure can't hurt!).

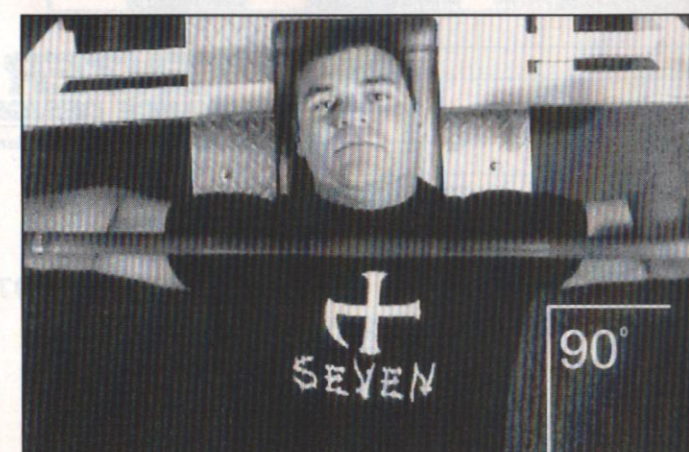
There are 4 core exercises. Bench-to-Neck, Ultra-wide press, Rainbow press, and Reverse-grip 1/2 press. Each is done 4 sets of 20 reps. Think of it as bodybuilding for your bench press! Again, this is not training to directly increase your benching power. This will increase your shoulder stabil-



Bench to Neck Exercise: the arms are at a 90 degree angle to the body



Bench to Neck Exercise: the elbows are directly under the hands



Bench to Neck Exercise: the elbows are not in the proper position.

TRAINING

Eight Week Off Season Shoulder Program

as told to Powerlifting USA by J.M. Blakley

ity, internal strength and overall shoulder joint health.

Exercise One: Bench-to-neck - This exercise places direct stress on the anterior joint capsule and frontal deltoids. If not done properly, this exercise could do more harm than good. Having poor form on this movement will counteract every reason for doing it in the first place. Be very deliberate and disciplined when performing this exercise. There is your warning. If you don't feel you can exhibit the control necessary to perform this lift safely as described, PASS ON IT! It's not worth the risk. You come to the gym to get strong, not to get hurt. Don't let your concentration go on this one, please.

Take an Olympic bar in competition grip or slightly wider. Keep the weight light. (I only use between 135-185 lbs). Put your elbows out at 90 degrees straight out to the sides. Bring the bar down to your Adam's Apple on your neck. Let it touch and remain there for a "one" count. Keep the elbows up toward the ears. Don't let them fall down toward the stomach. They stay at 90 degrees. When you push the bar up try not to use any pec or tricep strength. Concentrate on only flexing the deltoids. Squeeze the bar up with your shoulders. Don't let your triceps help out near the top. Just keep thinking 'shoulders!' all the way. This is exactly what you avoid in the competition bench press movement with the heavy loads, and that is why we purposefully pinpoint it here with light weight. It is important to keep this a linear movement. At the bottom near your neck, you will have a tendency to want to let the elbows "roll under". This will put strain on the internal rotator cuff muscles and is to be avoided. If you can't touch your neck without letting your elbows move away from your head, try a wider grip. This won't give you as much stretch, but it will be easier on the rotators. The bar moves straight up and straight down. The elbows move straight out (90 degrees) and straight in, no rotation. This is a very "square" movement.

There is a great stretch on the shoulder, especially at first. Don't over do it. If you can't seem to get all the way down even with a wide grip, be

patient and go as deep as you can. In time your flexibility will increase and you can move your grip back in. Drive up slowly with no jerk or pop. This is a controlled flexing of the deltoids not 'reppin' out'. Do one rep at a time, deliberately feeling only the shoulder working. If you move too fast, you risk injury and will inevitably use tris and pecs. Stay smooth and concentrated. You won't need a lot of weight this way, believe me!

Exercise Two: Ultra-wide Press - This is another exercise that places more direct stress on the shoulders. Uniquely, though, the worst part about this movement is the strain on the wrists! Use wraps and only go as wide as your wrists can tolerate.

Take a very wide grip on a lightly loaded Olympic bar. This should be at least 1 inch outside the rings (more if possible). If your wrists will permit it, go all the way to the collars! Let the wrist strain be your guide. You will be able to go farther and farther in time as your wrists adjust.

Lower the bar to your normal touch point. This will be a very short stroke. It may only be a few inches. That's OK. The range that it does hit will effectively train the deltoids. Press the bar up in a similar style as outlined above, by flexing only the delts and limiting the pecs and tris. Concentrate all the work in the front of your shoulders, that's what this exercise is all about! Squeeze the bar up by flexing across the delts. At lockout, which comes very soon, be sure to keep the tris from taking over.

You may use a slightly higher load on this exercise than on the previous movement, but not much more. Keep the weight light enough that you can maintain your concentration on your form through all the reps with quality. If the weight is too heavy, you will fatigue and not be able to feel the muscles working on the last reps, and will just be pumping reps to get to 20. That's not focused effort. Sure there is a burn and lots of fatigue, but make sure you're not just counting reps off and that each rep is a purposeful movement: make every rep important!

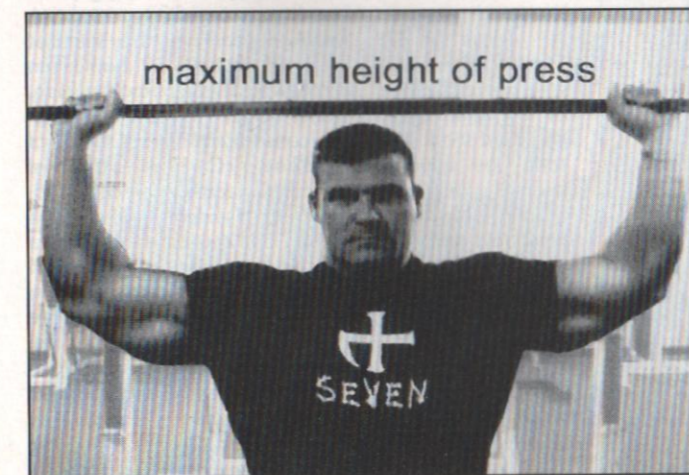
Keep it slow and controlled. Keep the work in the shoulder. Keep the grip as wide as your wrists will allow.

Keep the weight light enough to feel the work.

A word of caution: be extra careful not to pinch your fingers in the rack! Your grip spacing may be right where the uprights are! In this case use a lift off man and start with a competition grip to take the bar out of the rack then with the support of the helper, slowly slide your grip out to Ultra-Wide position. This is awkward at first, but the weight is light enough that it poses no real risk. After you finish your reps reverse the process and move your grip back in while the weight is held stable by a helper. Have the helper guide you back into the rack. I never advise taking wide grips back to the rack yourself, especially after fatiguing yourself. It's just too easy to mis-rack and catch a pinky. Let someone help you.

This exercise should be done in the same drive line as your competition press. The only difference is how short the movement is and how exclusive the work is to the shoulders. This will really help stabilize your press.

Exercise Three: Rainbow Press - This is a traditional exercise done in a non-traditional manner. Set up a military press station so that you can achieve about 10-15 degrees of backward lean. If all you have is a straight-back military pad, then shift your hips forward on the seat to allow a slight angle backward (15 degrees). Perform the exercise just as you normally would with only one exception: lower the bar down in front to a point just past your chin then press up ONLY high enough to clear the top of your head. At this point move the bar behind your head and lower it to the base of your neck. Again, press up ONLY high enough to clear your head and bring the bar back down in front of your face to your chin and repeat. Thus the bar is arcing (making a half-circle or rainbow) in front and behind your head. You never extend the arms to full overhead lockout position. This has the effect of keeping the triceps out of the exercise and keeps the load on the delts the entire time. This is another partial movement that focuses on the shoulders.



Rainbow Press Exercise: only push high enough to clear your head.

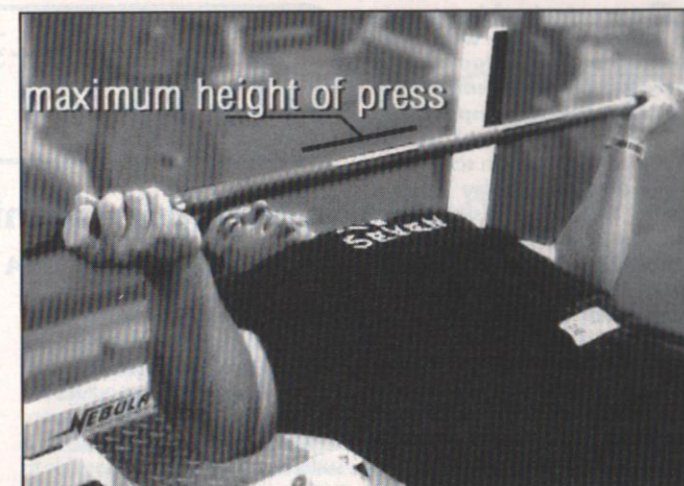
Once you try it (a set of 20 is 10 front alternated with 10 behind) you will immediately feel how it will benefit you in strengthening and stabilizing your shoulder joint.

By eliminating the top half of the movement the work is effectively limited to the delts. The triceps are not allowed to share any of the load as they do in the full military press. Besides, you'll train triceps later. This is an exercise specifically for your shoulders. The bottom portion of the movement is where they get all their work anyway. So we just throw out the triceps portion and put all the effort into the delt portion!

As before, think of flexing out the reps, keeping tight in the shoulders, not just lifting and lowering - but squeezing. The style and rep count will necessitate a light weight

Exercise Four: Reverse Grip 1/2 Press - Here's another partial movement that attempts to focus on deltoid work while limiting triceps involvement. Take an underhand (reverse) grip on an Olympic bar at or slightly wider than competition grip. Put your pinkies where your index fingers usually go. Turn the hand so that the fingers point out at an angle away from the body not straight down toward the feet. This just takes some strain off the wrists but is not crucial to the exercise. It is difficult to take out the bar yourself with a reverse grip so, as usual, I highly recommend a spotter to lift it out to you. The grip should feel wide, even though you positioned yourself at competition width. This is because the index fingers are switched around and you will sense this distance. That's normal. It should feel wide.

When you take the bar from the spotter, cock your wrists back and let the bar settle into your hands. This will take some practice to get accustomed to. Always wrap your thumbs. This exercise is a bit risky because of the reverse grip itself, and there is no need to increase the risk by using a thumbless grip. Hold on firmly. The bar should rest deeply in your palms if you have your wrists cocked, but don't let that persuade you to loosen your



Reverse Grip 1/2 Press Exercise: don't involve the triceps. (all photographs by Will Homan). Always use spotters in these movements

grip. Don't become lazy! If the bar ever does roll out you'll wish you'd kept a tight grip. (Even 135# can knock out a few teeth!) Don't slack!

Take the bar down to a very low point on your lower ribcage/upper abdomen. This movement is not performed anywhere near your groove. Touch the bar lightly and, as usual, flex your way out of the bottom with only shoulder strength. Only push about 1/2 of the way up. Any more than 6-7 inches is too far. Above this point the triceps engage and the benefit switches away from delts. Return the bar back to the low ribcage point and repeat. You only perform the bottom portion of the movement. This concentrates the work on the shoulders and never gives the triceps a chance to take over. That doesn't mean you can't use the tris plenty in the movement, if you're not careful. You must still concentrate on using only delts and shutting down the arm drive.

The elbows are kept in, close to the body. This creates a strange stretch in the deep shoulder. Try not to let the elbows drift out too wide. Keep the movement strict and tight. On the last rep do a full lockout and have an assistant aid you in racking the bar.

You should feel this on the outside of your shoulders and a bit down low near the insertion on the humerus beside the biceps. Remember to limit the pecs and certainly the triceps. Focus on the deltoids. The weight will be a bit heavier than the other lifts outlined here, but keep your mind on technique and tightness rather than big strength increases.

My own experience with these exercises has been spectacular. I did just a 6 week cycle at first and noticed such an increase in stability that I put 5 trainees on a full 8 week program to see if they would show similar results. Without exception, everyone showed vastly improved control over the bar path when we began to bench again. I could have spent eons shouting "stay tighter!" trying to get more control from them, but in only 8 weeks they

finally began to exhibit the kind of strict, firm bar control we wanted. All the encouragement and shouting in the world could never have taught them that. They learned how to fix and flex their shoulders so that the tension stayed throughout the whole rep. Their line was cleaner and the wobble exhibited on their max lifts was almost negligible! All this after only one cycle of these lifts!

Now I make it a point to do at least one cycle of this shoulder program every year. It's a great break from heavy benching, builds stability, lessens the likelihood of injury (I believe), works muscles in a way that they don't often get used, and provides a mental break from the heavy loads as well while providing an excellent challenge that relates back to competition indirectly. After 8 weeks you will be rested, and mentally charged to get it on with the Big Iron again. And your shoulders will love you for it!

If you have trouble with stability or shoulder strength, I would even recommend 2 cycles per year. This is that effective!

That is my own off season program. I do no actual flat benching during this time. I let my joints rest from the big loads. I focus on muscle work and give the joints a break.

This builds a deep down shoulder strength that feels solid all the way to the bone! If that kind of support sounds good to you, set aside 8 weeks and work through this rep program. Your bench will benefit and you'll be a long way ahead on resisting those pesky aches and little nagging injuries. Be sure to keep the weight light (20 reps sees to that!) and smoothly control the movements. These exercises do place a great deal of stress directly on the shoulder. If done too violently or too heavy an overuse inflammation is likely. Keep it light and super strict and the shoulder will toughen. Too aggressive and the shoulder will rebel!

Good lifting, **J.M.**

The greatest achievements in sports and life were performed by individuals, who were too dumb to realize that what they did was impossible.

When I was in high school, we were scheduled to play Reading Central Catholic in basketball. At the time they were a basketball power. They were the defending State Champions and were undefeated when it came time for us to play them. Even more impressive was the fact that they would beat teams by thirty and forty points. We had a great team too, but in all honesty we were not of the caliber of Central. Consequently, no one gave us a snowball's chance in hell of winning that game. Still, we wanted to win that game more than you can imagine, and we believed that it was possible. In the first half we played really well, but everything seemed to go wrong for us. We got a number of bad calls from the referees, and we missed a lot of easy shots and threw away a number of passes. I guess we were just trying too hard. It was like the law of reverse effect. You know the postulate where the harder you try the worse things get. Well, the way things worked out when the whistle sounded, ending the first half, we were 21 points down. We were absolutely devastated because we had played so well, and we were still 21 points behind.

I hate to admit this but I thought it was hopeless. I really did. At half time our school janitor, Mr. Boilen, came into the locker room and sat next to me. Our coach was screaming at us for blowing the game. He said, "You could have beaten these guys, but you've blown it. You should be ashamed of yourselves." After our coach got done reaming us out, Mr. Boilen turned to me and said, "You can beat these guys. They can't guard you. You are better than they are. You can beat them." I looked at him like he was nuts. Hell, even our coach knew we were finished. I told him thanks, but I said, "This is hopeless. They are 21 points ahead of us.



Joshua Aybar, accepting the award for his father, Victor Aybar, at the 2001 USAPL Maryland State Championships. Perhaps Joshua will be the one to break the records of his father and a lot of other fathers out there. (courtesy Aybar)

Dr. JUDD

Impossible-nothing is impossible

told to **Powerlifting USA** by **Judd Biasiotto Ph.D.**

Even if we play out of our minds we will never out-score them by 21 points." Do you know what he said? He said, "Why not? They out scored you by 21. Why can't you out score them by that number." All of a sudden, what seemed impossible to me seemed very possible. It may sound stupid, but those few words made me believe that we could win that game. Guess what happened? We went out and beat Central by 3 points. That's right; we out scored them by 24 points. It was one of the biggest upsets and one of the greatest comebacks in Pennsylvania high school basketball.

In order to win, you must expect to win. If you talk to people who have achieved success, you will find that they are individuals of vision. Their success was in their mind before it ever materialized in reality. Think about this, O.J. Simpson was only ten years old when he told Jim Brown, the greatest running back

ever to play pro football, that one day he was going to break every record he held. At the time, Brown didn't know Simpson. He was just a skinny kid with a dream. Brown knows him now. George Herring was only seven years old when he told his parents that he was going to be the strongest man in the world. Cassius Clay was only eight years old when he told his mother he would one day become the heavy-weight champion of the world. Neil Armstrong was 10 when he told his dad he was going to be a famous aviator. Robert Kennedy, while in grammar school, told his classmates that one day he would be the President of the United States. Here's something that will really blow your mind. In 1985, while performing in small comedy clubs for minimum wage, Jim Carey wrote himself a check for 10 million dollars for services rendered and dated it 1995. And you know what? The day before Thanksgiving,

1995, Carey signed a movie contract for, you guessed it, 10 million dollars. Isn't that great? You know, it's interesting, but some of the greatest achievements in sports and life were performed by individuals who were too dumb to realize that what they did was impossible. Men with vision, men who believe, are the men who rule the world.

I love the Bill Gates story because it's a prime example of how vision, belief and hard work can take you beyond yourself - into new galaxies. Maybe, I have told some of you this before, but it occurs to me now, and it is such a great example that I want to share it with you - even if I have told you it before. I'm sure you know who Bill Gates is, but do you

really understand what this man has accomplished? Well, let me tell you. This guy went up against some of the most powerful corporations in the world and literally kicked their butt. Think about what happened there. His established rivals had everything, hundreds of researchers, sophisticated equipment, access to the most current information available, and near limitless financial backing. What did Gates have? Comparatively speaking, he had zilch! It was just he and a friend in the basement of his house with a computer. The odds of Gates defeating any of the Big Guys had to be a million to one. Believe me, Gates knew that the odds were near impossible. Still, he risked everything he had, because of a dream and the belief that he would fulfill that dream. Well, as you know, he realized that dream and some. Not only did Gates beat them to the finish line, but he also totally outmaneuvered them along the way. What Gates did would be analogous to a Volkswagen winning the Indianapolis 500 or "Pee Wee" Herman kicking Evander Holyfield's butt. It's that improbable. It's a feat that is almost beyond human comprehension. Today Bill Gates is worth around 56 billion dollars. In one year alone, he made 18 billion dollars - more than China's gross national product for the same year. What an accomplishment - all by a man who wasn't afraid to follow his dream - a man who wasn't afraid of living his life - a man who believed in himself. It's one of the most inspiring stories I have ever heard.

Impossible - nothing is impossible. Never say never. Impossible? Of course, it is possible. Everything is possible. Some of the greatest feats in the history of man have been called impossibilities - and then someone went out and proved that the impossible was possible. Think about this. It wasn't that long ago that people were saying that a 600 pound bench press was impossible. Funny, isn't it. Now, guys are bench pressing 800 pounds. A couple of years ago, they said that Mark McGwire's 70 home run record would never be broken. Barry Bonds beat it. And baseball's longest consecutive games streak of 2,632 set by Cal Ripken, the most impossible record to break according to the experts, will also be broken one day if someone has a mind to do it, as will every record in the books. Nothing is hopeless; nothing is impossible, and there are no boundaries for man. If you believe in yourself, there's nothing you can't do. Remember that, the next time you are down by 21 with only a half to play against the defending State Champions.

50 TOP SQUATS OF ALL TIME

as told to **PL USA** by **Herb Glossbrenner**

KG	LBS.	LIFTER	ATT	BWT.	DATE	LOCATION
472.5	1041.7	MIKESELL, BRENT	3	323	07OCT01	Lethbridge, CAN
471.0	1038.3	COAN, ED	3	237.2	12AUG01	Orlando, FL
470.0	1036.1	GOGGINS, STEVE	2	257.2	12AUG01	Orlando, FL
468.5	1032.8	Goggins	3	241	01JUN96	Atlanta, GA
467.5	1030.7	PASANELLA, DAVID	3	275.1	28MAY89	Rosemont, IL
465.0	1025.1	CLARK, ANTHONY	4	332	08APR88	Honolulu, HI
462.5	1019.6	Pasanella	3	275	08APR88	Honolulu, HI
462.5	1019.6	Coan	3	242	25JUL99	Dallas, TX
460.4	1015.0	Clark	3	333.5	28MAR93	Lancaster, PA
460.0	1014.1	HATFIELD, FRED	3	258	23MAR87	Honolulu, HI
	(10)					
458.5	1010.8	MEHAN, ALLEN	4	284.4	19NOV00	Las Vegas, NV
458.1	1010.0	DIMEL, MATT	3	319	03MAY86	Sandusky, OH
458.1	1010.0	LOWE, GREG	3	260	14NOV98	Huntingdon, PA
457.5	1008.6	Hatfield	2	250	06APR89	Honolulu, HI
457.5	1008.6	HAMMAN, SHANE	3	373.5	10MAR96	Philadelphia, PA
457.5	1008.6	Goggins	2	241	01JUN96	Atlanta, GA
457.5	1008.6	Mehan	3	297.6	20MAY00	Daytona, FL
457.5	1008.6	Mikesell	2	323	07OCT01	Lethbridge, CAN
457.5	1008.6	Frank	3	274.2	01DEC01	Daytona, FL
456.0	1005.3	TURTAIINEN, ANO	3	274.2	12AUG01	Orlando, FL
	(20)					
455.5	1004.0	WESSELS, WILLIAM	3	233.9	11NOV95	Chicago, IL
455.0	1003.1	WADDINGTON, D.	3	308	13JUN81	Zanesville, OH
455.0	1003.1	KARWOSKI, KIRK	2	267.8	23JUL95	Baton Rouge, LA
455.0	1003.1	Goggins	3	241.5	29OCT95	Columbus, OH
455.0	1003.1	Coan	3	239.8	17DEC98	Las Vegas, NV
455.0	1003.1	Coan	2	242.6	25JUL99	Dallas, TX
455.0	1003.1	Mikesell	3	334	11JUN00	Warren, MI
455.0	1003.1	Mikesell	2	328	17JUN00	Newport, OR
455.0	1003.1	Mehan	3	289	29JUL00	Okotoks, CAN
455.0	1003.1	Mikesell	3	334	16NOV00	Las Vegas, NV
	(30)					
455.0	1003.1	Goggins	3	258.4	24JUN01	Ormond Beach, FL
455.0	1003.1	FRANK, GARRY	3	375	24JUN01	Ormond Beach, FL
455.0	1003.1	Coan	2	237.2	12AUG01	Orlando, FL
454.5	1002.0	WILSON, O.D.	3	380	16FEB89	Long Beach, CA
454.4	1002.0	PASSILO, MARK	3	305	30OCT99	Troy, NH
453.8	1000.4	MORAN, LEE	3	316.6	08JUL84	Dayton, OH
453.6	1000.0	WARE, JOHN	3	360	12MAY90	E. Moline, IL
453.6	1000.0	Lowe	3	262	21MAR98	Huntingdon, PA
453.6	1000.0	BRYAN, TERRY	3	380	19NOV00	York, PA
453.6	1000.0	RUGGERIA, MIKE	3	360	24FEB01	S. Charleston, WV
	(40)					
453.6	1000.0	VOGELPOHL, C.	3	220	18NOV01	Columbus, OH
450.0	992.1	BADENHORST, G.	3	307	14OCT90	Pescara, ITA
450.0	992.1	Coan	3	240.9	03DEC00	Corpus Christi, TX
447.7	987.0	Ware	3	343	29JUN89	Galesburg, IL
447.5	986.6	Hamman	3	SH	31JUL94	Houston, TX
446.8	985.0	FURNAS, DOUGLAS	3	275	16NOV86	Maui, HI
445.0	981.0	FELY, DWAYNE	3	331.8	12FEB82	Honolulu, HI
445.0	981.0	Furnas	3	275.2	28JUN87	Bloomington, MN
445.0	981.0	Coan	2	242	17DEC89	Las Vegas, NV
445.0	981.0	Mehan	3	284.4	19NOV00	Las Vegas, NV
	(50)					



Dave Waddington was the first man to squat 1000 over 20 years ago.

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)

Lamar Gant's Deadlift Routine

People tend to either overtrain or undertrain the deadlift. It is the one lift that demands the most mental toughness, but that doesn't mean you have to go all out every workout. You need to pace yourself in the deadlift. When you are doing 8 reps in a work set, you should be using a weight that you are actually capable of doing 11 reps with. Otherwise, you burn out before you reach your peak. Don't focus so much on the amount of weight you are handling every time you come to the gym; don't do all you are capable of, give yourself space.

In this routine, you will be doing 4 weeks of 5 sets of 8 reps, followed by 4 weeks of 5 sets of 5s, and 4 weeks of 5 sets of triples. Even in the 5 sets of 5 period, you should be capable of one or two more reps. The triples tend to be all out efforts, however, to peak you for the meet.

As for the gear you need, don't wear shoes with a heel, because they put the body too far forward in the pull. You should definitely use a power belt, which probably adds 40 pounds to your max lift. A supportive suit is recommended, because it helps you "build resistance" as you descend into the lift. In any lift, building this resistance is important. For example, in the squat, if you can do 500 lbs., try starting from the bottom position and you won't be able to stand up with anything close to that weight. However, when you take the bar out of the rack, get set, and slowly take it down, you can build up a resistance that just isn't there if you get under the bar loosely. In the deadlift, people usually just bend down, grab the bar, and pull. There's no real "resistance" built up. I've explained this to several top lifters and now they see a big difference in their deadlifts. Go down as tight as possible. Make the body feel like it's hard to reach that bar. Once at the bottom, you are ready to explode upward. That's exactly why I take a long time to get down to the bar in the deadlift. It's like I'm compressing a spring.

Assistance work, including hyperextensions, is recommended for more advanced lifters, and I can be contacted for personalized, advanced routines incorporating the more effective assistance exercises.

Week 1: warm up and work up to 5 sets of 8 reps with 350.

Week 2: warm up and work up to 5 sets of 8 reps with 365.

Week 3: warm up and work up to 5 sets of 8 reps with 380.

Week 4: warm up and work up to 5 sets of 8 reps with 390.

Week 5: warm up and work up to 5 sets of 5 reps with 410.

Week 6: warm up and work up to 5 sets of 5 reps with 420.

Week 7: warm up and work up to 5 sets of 5 reps with 430.

Week 8: warm up and work up to 5 sets of 5 reps with 435.

Week 9: warm up and work up to 5 sets of triples of 460.

Week 10: warm up and work up to 5 sets of triples with 470.

Week 11: warm up and work up to 5 sets of triples with 480.

Week 12: warm up and work up to 5 sets of triples with 490.

This workout assumes the lifter comes into the program with a 500 lb. maximum lift on the books. After successfully completing this routine, the lifter may expect to be capable of as much as 530 to 540.

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 ANDREA: Here's my take on the supplements you asked about. All the best, Mauro Di Pasquale MD

Methoxyflavone - This isoflavone (Methoxyflavone is 5-methyl 7-methoxyisoflavone) is a phytoestrogen and has weak estrogenic activity. Theoretically, some phytoestrogens, because they may inhibit the aromatase enzyme and thus decrease estrogen formation from testosterone and androstenedione, and because they may act as inhibitors of estrogen by competitively binding to the estrogen receptor, may increase testosterone production much the same way that anti-estrogens (such as clomiphene - Clomid) and the newer aromatase inhibitors (such as anastrozole - Arimidex), by decreasing the inhibitory effects of estrogen on GnRH and LH (resulting in LH driven increased testicular steroidogenesis and subsequently increased testosterone production).

Many animal studies and studies on postmenopausal women, however, have shown, that while the various phytoestrogens vary somewhat in their properties in general they have a dampening effect on the hypothalamic-pituitary-testicular axis and result in decreased levels of both total and, due also to increased levels of SHBG, bioavailable testosterone. As well, isoflavones (such as Methoxyflavone) are significantly poorer inhibitors of aromatase than flavones (such as chrysin - the ingredient I use in my TestoBoost product).

The bottom line is that phytoestrogens, while they may have specific health benefits, and may act to control endogenous sex hormone levels in both men and women, are generally counterproductive for athletes wishing to increase muscle mass and strength.

On the other hand, as already mentioned, some bioflavonoids (a somewhat loose umbrella term that includes isoflavones, anthocyanins, flavans, flavonols, flavones, flavanones hesperidin, rutin, and citrus bioflavonoids) may be useful under certain circumstances. For example, in one study, quercetin and fisetin, two naturally occurring bioflavonoids were shown to mobilize lipids and enzymes in the absence or presence of epinephrine in intact rat adipocytes. The results of this study suggest that some flavonoids act synergistically with epinephrine on beta-adrenergic receptors to stimulate adipocyte lipolysis. Thus these bioflavonoids may be especially useful in the high fat, high protein, low carbohydrate anabolic diet. I included quercetin in both Thermo and ReNew, two of the three formulations in Cellusol, my weight and fat loss product. Quercetin also has significant immune system and antioxidant effects (another reason why it's particularly useful in ReNew - for info on ReNew check it out on my web site www.MetabolicDiet.com <<http://www.metabolicdiet.com/>> .)

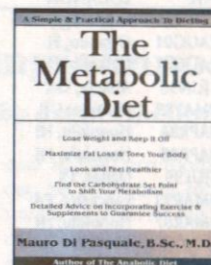
Ecdysterone - I wrote about ecdysterone (also known as ecdysterone and 20-hydroxyecdysone, but also commonly referred to as ecdysone, wrongly so since ecdysone is the precursor of ecdysterone - the enzyme ecdysone 20-monooxygenase converts ecdysone to ecdysterone) and related plant and animal sterols over two decades ago (I saw the first mention of the possible hormonal action of ecdysterone in mammals, including plant sources, over three decades ago even though it wasn't until 1991 that the structure determinations were made of both ecdysone and 20-hydroxyecdysone). And taking into account the available information and research since then, my views are still basically the same. First a brief intro.

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Ecdysterone (a phytoecdysteroid) is an insect molting hormone with other phytoecdysteroids (ecdysteroids) implicated in the molting seen in crabs and lobsters. A variety of phytosteroids, both agonists and to a lesser extent, antagonists, and are found in many plant species. In fact the presence of ecdysone-like molecules, molecules that act as ecdysteroid agonists, in the plant kingdom is nearly universal and new ones, such as the phytoecdysteroid, 3-epi-20-hydroxyecdysone, are constantly being discovered. Plants use ecdysteroids as natural insecticides, yet it appears that phytoecdysteroids are completely innocuous in mammals. Despite

(Dr. Di Pasquale's answer will be continued next month)

No, this article is not about a moldy oldie from the last century or how NFL quarterbacks and wide receivers tremble when they see the Chicago Bear's Brian Urlacher, or Mike Brown, coming at them in the corner of their eye. This article is about a too common tendency of lifters exhibiting knee shake or bowing during the execution of the squat or deadlift. The result of this knee movement is usually a lower total, which is the powerlifter's equivalent of a sack or fumble.

Let's start with examining this phenomenon in the squat. When a

STARTIN' OUT

A special section dedicated to the beginning lifter

SHAKE, RATTLE AND BOW

as told to Powerlifting USA by Doug Daniels

lifter rises up from the bottom of the squat and hits a sticking point, some-

times his knees tend to bow inward which usually causes spectators to grimace in sympathetic pain. More often than that, it usually causes the lifter to miss the squat. Squatting in this manner is very inefficient, as the thigh muscles are not in a good leverage position to do their job of moving the bar upwards. Fortunately this problem is easy to identify and correct with proper action.

First off, many lifters who are guilty of this don't even realize they're doing it. This is primarily due to lack of good coaching. If the lifter would be made aware that they are bowing their knees in at the critical point of the lift, they're half way to overcoming the problem. This should be the job of an alert coach or training partner. If you can't rely on others, I suggest taping yourself during the squat from various angles and watching the tape with an objective and critical eye.

Assuming the lifter is aware of the problem, let's look at the second part, the resolution of the matter. When the knees bow in, what is happening is that weaker muscles of the thighs that should be contributing to keeping the knees straight ahead are losing out to stronger, yet still probably weak, muscles that are causing the knees to bow in. Actually naming the muscles is no more than an exercise in anatomical trivia, so let's move on.

The first step would be to lower the training weights and squat with super intense concentration to keep the knees straight ahead during squats. Do not increase the weight until all sets and reps are done properly. Even when doing assistance work like leg presses, maintain the proper knee position throughout. The leg press is a very good exercise to actually see if you tend to bow your knees inward. You can see your knee position throughout the entire press right in front of you. Lower the weight used on the leg press also, until you execute every rep with your knees locked straight ahead. Very shortly, the problem will be overcome.

If your gym has a Nautilus or Keiser-type inner/outer thigh machine, you're in luck. These machines enable you to directly work

the inner and outer thigh muscles that are not normally overloaded when performing any other exercise. I'd say 1-2 sets of 15-25 reps each, once a week should suffice. No, this isn't a 'girl only' exercise. You'll be surprised at the extra strength you'll develop in a very short time. A pulley attachment tied to your ankle will work if no specific machine is available.

The execution of the deadlift can also suffer from knee shake. This is common among novice lifters as well as lifters lacking sufficient leg strength. What you'll notice is that as the bar is pulled up, the lifter's knees will shake, sometimes violently. Again, just like in the squat, power contribution from the legs is compromised. In most cases, the lifter's back and grip have the power, but their legs limit the lift. Most knee shakers lose the lift just below or above the knees. Ed Coan told me a long time ago that knee shake will go away as the lifter squats more; due to better overall leg strength. Sumo lifters do not generally suffer from knee shake as much as conventional style deadlifters do.

Luckily, most of the same solutions apply. The first, of course, is to know you tend to shake your knees during heavy deadlifts. The saying 'knowledge is power' is bunk; acting on that knowledge is power. If you combine attention to squatting with proper knee position your leg strength will improve and the deadlift will follow.

A lifter can exhibit both knee abnormalities in both lifts so overall improvement to the three lift total could be quite noticeable. Be patient in your training as results may not come overnight, but they still could come quicker than you may think, if you have a plan.

As I mentioned several times in this article, knowing you have a problem with knee bow or shake is just half the battle. Use that knowledge and a few of the tips I have just given you and this glitch in your squat or deadlift will be a thing of the past. Continually monitor your form on all your lifts, as sometimes these old glitches come back or new ones appear. I really can't suggest too much in the way of avoiding Urlacher and Brown though.

Doug Daniel's
Web address:
[members.aol.com/ddanil12345/
default.htm](http://members.aol.com/ddanil12345/default.htm)

W.D.F.P.F. NEWS - Calendar of Events for

2002: European PL Championships - June - Belfort, France; European Single Lift Championships - September - Antwerp, Belgium; World PL Championships & Congress - 18-20 October - Edinburgh, Scotland; World Single Lift Championships - 22-24 November - Como, Italy. **2003:** European Championships - June - St Petersburg, Russia (tentative). **WORLD SINGLE LIFT CHAMPIONSHIPS 2001 -** Taber, Canada - some best lifts - Equipped Squat: NEIL ABERY (Eng) 82.5 JR - 270. Equipped Bench Press: JOHN FEEHAN (Ire) 110 OPEN - 252.5. JOHN BERTRAM (Can) 125 M1 - 250. Unequipped Bench Press: RON MADISON (U.S.A.) 90 OPEN - 215.5, DAN SUBERLAK (Can) 145+ OPEN - 232.5. Equipped Dead Lift: MATT SAUNDERS (Eng) 100 OPEN - 335 - **Enquiries from new countries** - The following is an extract from a letter received in November 2001, from Riquier Banhoud in the Democratic Republic of Congo: "... if our federation decides to apply to join the WDFPF, it is because we are quite conscious that your organization does not accept athletes and federations which use drugs to achieve performances. We agree completely with your policies because the drug-taking does not reflect the true level of the athletes. I visited your web site section on drug control and I perfectly seized your opinion and our federation fully approves and supports this policy. We agree to doing tests on our athletes. Please inform me in which approved laboratories we can make these tests? Please send me your conditions for affiliating our national federation to WDFPF." The following e-mail message was received in December from Andrei Buruian in Moldova: "I want to announce to you the probability that our powerlifting federation will apply to become a part of the WDFPF. You will shortly receive the mail address of the President of the Moldovan P.F. I hope that our team will visit the European Championships this summer. Wish us good luck!" It remains to be seen whether either or both of these approaches results in actual registration. This will depend on how effectively the organizations concerned are able to put their drug control policies into practice. One thing seems clear, however - it is understood that the top priority of the WDFPF is the dedicated approach of all its members to the kind of drug control which makes an international drug-free platform a reality. We will give these applicants our full support and help. ANDREW COMINOS, President, WDFPF

G.N.C. NUTRITION UPDATE

How to Use Various Proteins for Maximal Results by Jeff Stout, PhD

Protein - the building blocks - The word protein is derived from the Greek word meaning "of prime importance." And suffice it to say that protein is pretty darn important to the human body. Enzymes, antibodies, muscle tissue, red blood cells, organs, and many other structural and functional components of your body are comprised of proteins.

Although the primary function of protein is to provide the needed amino acids for maintaining an anabolic state, there are times when it may actually be used as a fuel source. This usually occurs when you're in a carbohydrate-depleted state (ex. on a low carb diet, exercising continuously for >2 hours). The RDA of 0.8 grams per kilogram body weight per day is much too low for athletes. Current research suggests that 1.5-2.0 grams per kilogram per day is better suited for athletes. If you happen to be metric-illiterate, that translates into 0.68 to 0.90 grams per pound of bodyweight. To be on the safe side, perhaps 1.0 grams of protein per pound of bodyweight is best.

Which proteins are best? - You want to eat a complete protein; one that has all of the essential amino acids. Incomplete proteins, such as from peanuts, do not contain all essential amino acids. But if you mix incomplete proteins (e.g., rice and beans), you can get all the essential amino acids. But they are not as well assimilated as protein from animal sources. In addition, we have fast and slow proteins. How can we take advantage of the properties of these special proteins? Like the glycemic index for carbs, the speed in which you absorb various amino acids dictates how well your body uses them. For instance, when you eat a large protein meal, you'll get an initial high peak in blood levels of amino acids followed by a rapid decline. But if



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

you take the same protein in a slow but continuous fashion (e.g., eat small meals throughout the day) you get a smaller, but more sustained increase in serum amino acids. And even though you may be eating the same quantity of the various amino acids, the time in which they're delivered can have a profound effect on protein synthesis and breakdown. So which is better, a large quick rise followed by a quick drop? Or a slow rise that's sustained for a longer period of time? The answer's easy. Both.

In a study performed by French scientists, they examined the effects of casein and whey protein as a single meal ingested (dose = 0.45-0.61 grams protein per kg body weight) by normal healthy adults. They examined blood levels of amino acids for up to seven hours after consuming the protein meal. As expected, the whey protein group experienced a quick rise in blood levels of amino acids with a steady decline while the casein group showed a slow increase that was sustained for the seven hour period. Whole body

protein breakdown decreased by 34% after casein ingestion but not with whey protein. On the other hand, protein synthesis increased by 68% in the whey protein group while the casein group increased by 31% (1).

So why the tremendous differences in protein metabolism? Whey protein is rapidly emptied from the stomach yet casein clots in the stomach. Casein's absorption tends to be much slower. Although casein stimulated protein synthesis less than whey, it had a better effect on inhibiting protein breakdown. This was not due to differing insulin levels (i.e. insulin is a potent inhibitor of protein degradation) since blood levels were similar between the two meals. Interestingly, it may be that you need to maintain a minimal sustained level of blood amino acids in order to inhibit (support?) protein synthesis.

So which is better, casein or whey? Depends on your circumstances. If you are pressed for time and can only get in 2 or 3 meals a day, perhaps a combination of whey and casein will work. On the other hand, if you can eat multiple meals

(5-6) throughout the day, it may be best to stick with whey protein. Also, whey protein contains subfractions of various peptides (i.e. small proteins) (e.g., alpha-lactalbumin, beta-lactoglobulin, immunoglobulins, and lactoferrin). Each of these subfractions may have health benefits.

When should you take your protein supplement?

* First thing in the morning. A "fast" protein such as whey will deliver amino acids quickly and efficiently to your "starving" muscle fibers. My Recommendation - Pro Performance MEGA Whey.
* Post-training. Immediately after a hard workout, consume a "fast" protein (e.g., whey) to get an immediate boost in protein synthesis. Follow it 1 hour later with your regular meal. My Recommendation - Pro Performance Distance. Distance not only has fast protein, but also contains, carbohydrates, and electrolytes, to help rehydrate and replenish energy.

* During the day. If you consume an MRP during the day, it is probably best to go with the "slow" proteins (e.g., casein or casein/whey mix) to insure a sustained level of amino acids in your blood for a long period of time. My Recommendation - Pro Performance MEGA MRP.

* Immediately before bed. Go with the slow protein! This will insure that you keep high levels of amino acids in your blood as you snooze for 6-8 hours. My Recommendation - Pro Performance MEGA MRP.

1. Boirie Y et al. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci U S A. 1997 Dec 23;94(26):14930-5.

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

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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

World Natural Powerlifting Federation (WNPFF) Membership Registration

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I agree to submit to any testing procedures in or out of contest by WNPFF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPFF 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.

900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies
Jan/01... IPF Men's Worlds, WABDL

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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
Jan/02... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s
LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)




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YEAR 2000

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Social Security Number	Occupation		Date of Application	
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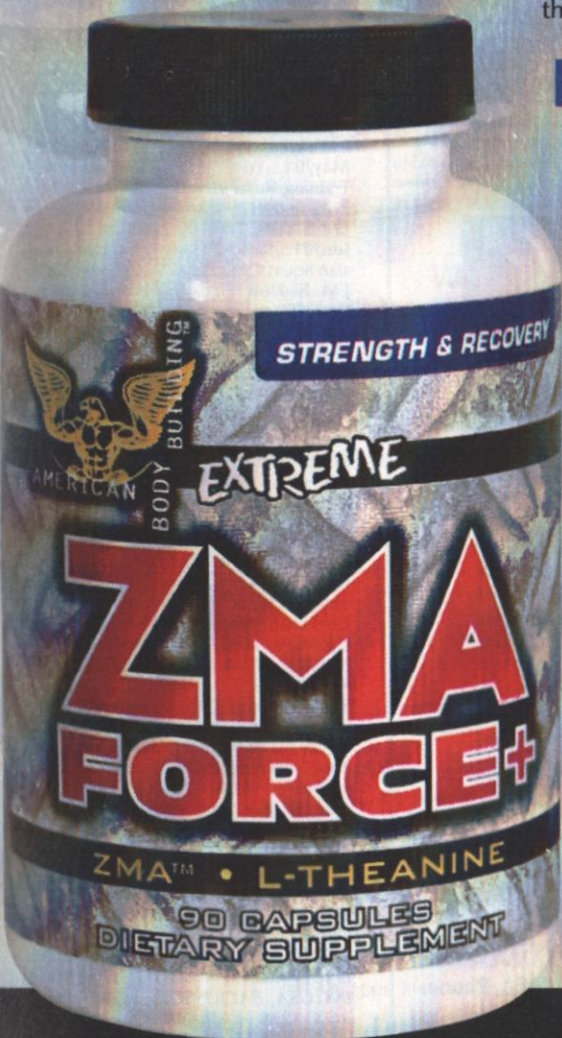
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ZMA RESEARCH

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

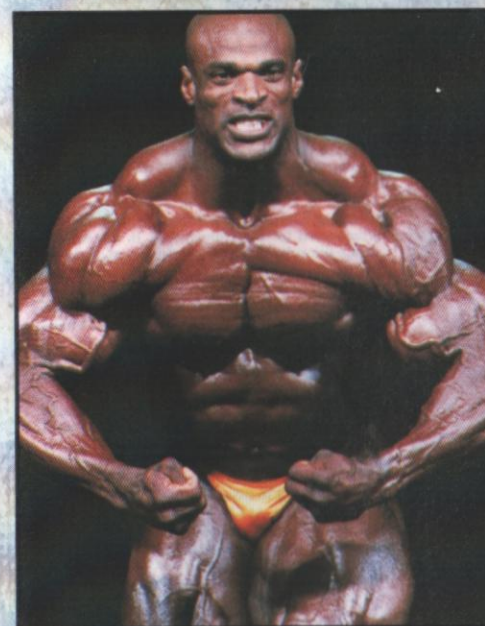
L.R. BRILLA AND VICTOR CONTE. *Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength. JEPonline*, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week 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

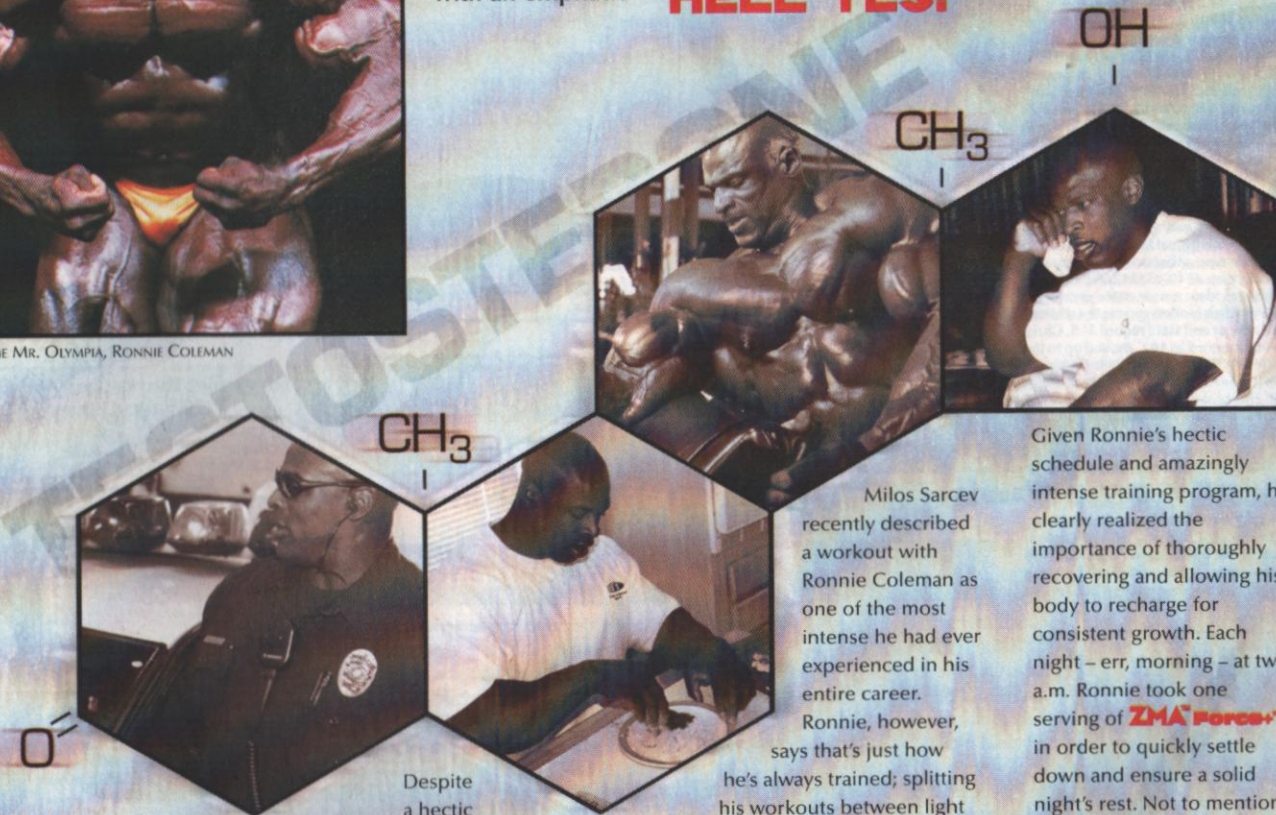
Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance. Testosterone's role in physical

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

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

Milos Sarcevic recently described a workout with Ronnie Coleman as one of the most intense he had ever experienced in his entire career. Ronnie, however, says that's just how he's always trained; splitting his workouts between light and heavy days to help avoid burn-out, but going extremely heavy and intense on those days designated as "heavy."

Given Ronnie's hectic schedule and amazingly intense training program, he clearly realized the importance of thoroughly recovering and allowing his body to recharge for consistent growth. Each night - err, morning - at two a.m. Ronnie took one serving of ZMA™ Force+™ in order to quickly settle down and ensure a solid night's rest. Not to mention his using ZMA™ Force+™ as a vital tool for aiding his recovery process via the additional hormonal benefits of ZMA™.



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Saturday, February 23rd

9AM, 2002 WPO Qualifier (Ballroom 1)

1PM, 2002 WPO World Record Bench Bash

(Main Stage Exhibit Hall)

Sunday, February 24th

11AM, 2001-2002 WPO Finals (Ballroom 1)

ARNOLD



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Coming Events

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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 - 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

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 (Lancaster'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 Paino, Oswego State Baseball, Laker Hall, Johnson Rd., Oswego, NY 13126, 315-312-2405, paino@oswego.edu

10 FEB, Pump Total Fitness BP&DL, Jeff Davis, 2352 N. US27, 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

16,17 FEB, APF California State, Sacramento Barbell, 4343 Marconi Ave. #7, Sacramento, CA 95821, 916-482-2349, sacbarbellclub@earthlink.net

16,17 FEB, Northeast Strongman Showdown (Wilmington, MA) Art McDermott, 978-657-4202, www.highlandstrength.com, amcdermott@mediaone.com

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 (new date), WNPFL North Carolina (PL, BP, DL, SQ, PC - national quali-

fier - Charlotte, NC) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

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, Johnnysix@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, Walker's Gym Bench Press Classic (Open & raw - men, women, teen, master, fire, police, military - 5 places - Virginia) Barry Walker, 458-7918

2 MAR, APF/AAPF Silver State Open & Nevada State Closed, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

2 MAR, Junior Olympic PL, AAU Nevada State Meet, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

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 Pavilion), Keith Ward, Box 654, Waimanalo, HI 96795, 808-259-9800

2 MAR, USAPL Georgia St. (open, teen, masters - Duluth, GA), Sherman or Ryan, 770-495-0787, rg5520@yahoo.com

2 MAR, 6th Pasco Power Team King of the Bench (sculptured trophies, BP & SQ semi-

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nar) Rick Lawrence, 727-942-7894, or Mike at 727-863-2228

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

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

2 MAR, WABDL Great Northern BP & DL (drug tested -

Seattle, WA) Bull Stewart, 206-725-7894

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

2,3 MAR, WNPF BP/DL Nationals & SQ Nationals & Power Curl (all single lifts - no totals - Bordertown, 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, USPF New Jersey State High School Championships (Healthquest - Flemington, NJ) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFehorton@aol.com

3 MAR, SLP Iron Slamma-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 Nationals (men & women, all ages, wt. classes, 5 yr. drug testing period, 02/09 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

9 MAR, 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 Northwestern 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), 614-266-2683 (O)

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

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

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

15 MAR, Texas State High School Girls State (Ft. Hood, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

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

16 MAR, 8th Midwest Bench Press & Deadlift, Beyond Fitness, 1134 S. Military Ave., Green Bay, WI 54304, 920-494-8446

16 MAR, USAPL Ironman BP, DL, and Record Breakers, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

16 MAR, APA Virginia Open PL & BP (lifters from all states welcome - Roanoke, VA) Mike Brookman, brookmanmec@earthlink.net, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

16 MAR, APA Gulf Coast BP & DL, 54th Ave. Gym, 4195 54th Ave., N., St. Petersburg, FL 33714, 727-521-6162, Jages55236@aol.com

16 MAR, USPF Texas State (Houston, TX - men/women - open, below 1, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

16 MAR, WABDL Oklahoma State BP & DL (drug tested McAlester, OK - open, teen, class I, women, jr., law/fire, masters, submasters) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059, brownfieldpower@lakewebs.net

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- March 17th Bench Press Columbus
- March 23rd - 24th Reading, PA
- April 13th - 14th Tucson, AZ
- April 20th - 21st Seattle, WA
- May 18th Columbus, OH
- May 19th Squat Columbus
- June 29th - 30th Dallas, TX
- July 13th - 14th New York, NY
- August 10th Columbus, OH
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- August 24th - 25th Nazareth, PA
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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 Oregina, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

16,17 MAR, APF/AAPF Texas & Oklahoma State (separate meets) PL, BP, DL, Radar Capehart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575 (H), 214-543-9691 (C)

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, WNPF 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, APF Michigan State (Harrison Township, MI) Jim Hinze, 33949 Curcio St., Sterling Hts., MI 48310, 810-381-6499, jimh@teamubs.com

23 MAR, 12th Weightlifting Unlimited Bench Press, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288

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, HS1, 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@southsouth.com

23 MAR, Winona Springs Classic BP, Boardwalk Gym, 71 W. 3rd St., Winona, MN 55987, Jim Hearon, 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, WNPF 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, DL (Institute, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

23 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley Veiv Rd., Ashland, OR 97520, 541-488-2570

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.)
- 6-14-16-02 APF Mens + Womens Senior National Powerlifting Championships and WPO Qualifier (only other qualifying meet for WPO Semi Finals, York Barbell Hall of Fame, York, PA)
- 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)

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

24 MAR (new date), WNPF Western New York PL (Niagara Falls, NY - national qualifier) Ron Dearmics, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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 (new date), 13th Cabin Fever DL plus BP, Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471

30 MAR, IPA Mountaineer Championships, Mike Hill, 1007 Dartmouth, Charleston, WV 25302, 304-727-2593

30 MAR, 22nd Central Ohio BP (open, teen, women, masters) Dean Glitt, 351 John St., Circleville, OH 43113, 740-474-9776

30 MAR, USAPL March Madness BP/DL (E.Greenbush, NY) Sean Culnan, 518-384-1100 ext 525, sculnan1@nycap.rr.com

30 MAR, MPA Minnesota State PL (SQ, BP, DL - Teen, Open, 40+, Police - Fire - Military) The Gym in Elk River, 550 Freepart Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

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

MAR, NASA Kentucky St., Greg VanHoose, 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

5 APR, APF/AAPF First National Curl Contest (Pensacola, FL) Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

5-7 APR, AAPF Nationals (Teen, Masters, Juniors, Open, men/women - Pensacola, FL) Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

6 APR, IPA East Coast Bench Press Nationals, Drew Lindsley, 33501-A Lake Rd., Avon Lake, OH 44012, 440-930-2272, FAX 440-930-2608, bodybydrew@mediaone.com

6 APR, Bench Press Mania, Rick Padgett, 141 Traylor Ave., Fitzgerald, GA 31750, 912-423-7434

6 APR, USAA BP, DL, Ironman Nationals (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

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-wpa.com

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

WPO Semi-Finals, York Barbell Hall of Fame, York, PA) 877-HUG-IRON, hugeiron@bellsouth.net
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
21,22 JUN, IPA Worlds - Nazareth Barbell Strength Spectacular (55 lifters/day) Mike Miller or Deb Ames, Nazareth Barbell (PA), 610-746-7000, nazbar@enter.net, www.bigbenchpress.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) Arnd Hansell, 504-392-9743
22 JUN, SLP Iron House Gym Open PL (Hoopston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
22,23 JUN, WNPFL USA (PL, BP, DL, SQ, PC - Atlanta, GA - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418
22 or 29 JUN, WABDL Silver State Push & Pull & Nevada State Closed, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103,


702-873-1593, www.weightheadgym.com
29 JUN, SLP Wisconsin Rapids Push/Pull BP/DL (Wisconsin Rapids, WI) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
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, USSA CAN-AM National BP/DL & Ironman (Ottawa, CAN - tested, non-tested) USSA, Box 1656, Griffin, GA 30224, 707-227-0008
29 JUN, WNPFL 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
29,30 JUN, APF West Coast Open PL, BP, DL & Power Sport, Big Bear's Gym, Box 304, Yachats, OR 97498, 541-574-4507, bigbearsgym@hotmail.com
30 JUN-6 JUL, AICPEP Team Russia & Team Canada versus Team Russia, Team Finland, Team Sweden in Helsinki, Finland - AICPEP, 15 Cartier, Suite 3, Pointe-Claire, Quebec, H95 4R5, Canada, 514-697-0628 (FAX) 514-697-3735, www.aicpep.com
JUN, YMCA National PL & Curl Competition, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.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, WNPFL Nationals (Youngstown, OH - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
7 JUL, USSA PL Nationals (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 707-227-0008
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, APF Venice Beach Open DL (Venice Beach, CA) 310-399-2775
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, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183
20 JUL, Midwest open PL & PS (Red Coach Inn, Salina, KS) Jim Duree, 913-596-7326, JDuree7086@aol.com



Presents



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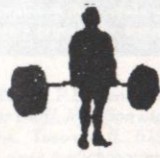



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20 JUL, USSA USA PL Championships & S.C. State (tested, non-tested - Gaffney, SC) USSA, Box 1656, Griffin, GA 30224, 707-227-0008
20 JUL, Blackberry Barbender BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http://www.geocities.com/bruce500/index.html
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
26 JUL, USPF Barbee Classic (men/women - open, below 1, jr. (13-23, 2 year age groups), submaster, masters (5 yrs 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 Molsinger, 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, ironsportsofva@hotmail.com
2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-725-6684, lbaker@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 1, jr. (13-23, 2 year age groups), submaster, masters (5 yrs 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, WNPFL World Bench Press - World Deadlift - Single Lift or Combined - Lancaster, PA - lifters must qualify at a WNPFL 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, USAPL New Jersey Bench Press Open, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156
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

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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, APF Venice Beach Push/Pull Powerlifting Championships (Venice Beach, CA) 310-399-2775
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
19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807
24 AUG, WABDL Alki Beach BP & DL (drug tested - Seattle, WA) Bull Stewart, 206-725-7894
24 AUG, SLP Kentucky State Fair BP/DL (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
24,25 AUG, AAU National PL (equipped) & Raw USA PL & International BP (Convention Center, San Bernardino, CA - last world qualifier for Virginia & Laughlin, NV: Nationals - open, masters, lifetime, jr., mil/law, submasters; Raw USA & BP: open, masters, lifetime, jr., youth, mil/law, disabled, submasters - book rooms @ 909-381-6181) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntripwr@pe.net
25 AUG, USSA Teen, Jr., Submaster, Masters Nationals (Lake City, FL - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 707-227-0008
31 AUG, USPF Bench Press Nationals (Ocean

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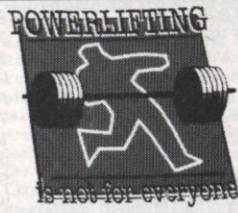

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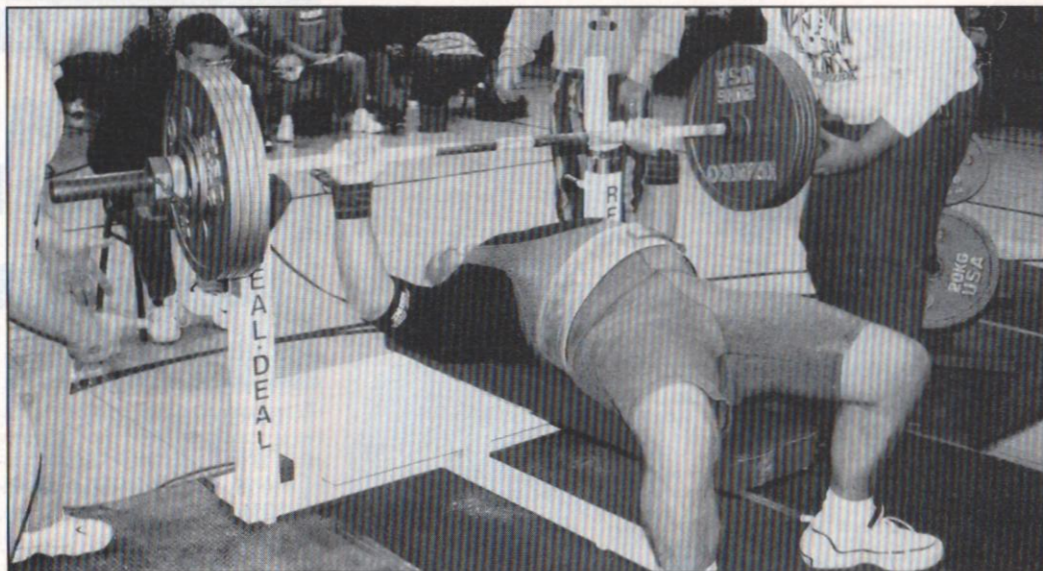
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APF Big Iron Open
27 OCT 01 - Omaha, NE

BENCH	275			
Novice	J. Papek			478
148	Submaster			
M. Tajori	235	242		
198	T. Holzapfel			551
T. Kowal	324	275		
220	D. Cummings			578
M. Moody	369	Master I		
J. Balkus	358	165		
242	C.J. Salas			341
B. Nelson	429	Master II		
Teen	220			
275	C. Garmong			314
G. Maher	385	275		
Open	T. Holzapfel Sr.			451
165	B. Kubat			402
C. J. Salas	341	Deadlift		
198	Novice			
T. Sandel	358	181		
220	J. Bobier			391
M. Will	545	Open		
D. Berger	391	242		
242	B. Cass BL			749
B. Hein	511	275		
B. Simet	374	B. Busted		711
Women	SQ	BP	DL	TOT
Teen				
97				
A. Axt BL	248	104	237	589
165				
R. Taylor	264	121	303	688
Open				
97				
E. Crapo	209	99	203	512
165				
K. Grandick	358	209	198	755
SHW				
B. Swanson	639	352	363	1355
Master 1				
114				
L. Spath	203	99	242	545
Bench				
Teen				
114				
M. Barlett	99			
Men				
Novice				
242				
T. Young	490	325	463	1278
Teen				
198				
D. Kress	418	270	451	1140
N. Runge	352	242	451	1047
220				
A. Napier	474	286	529	1289
Open				
165				
J. Ground	314	237	402	953
242				
B. Cass BL	744	474	749	1967



Tom Holzapfel Sr. has only been lifting for one year. In South Africa, at the WPC World Championships on Nov. 5th, 2001, Tom earned a WBC (World Bench Congress) bench press world record in the 125 kg. wt. class with a 207.5 kg. effort. (photograph and information provided to PL USA by Becca Swanson)

APF Natl. Records set by A. Axt (Teenage - SQ, BP, TOT), E. Crapo (Junior - SQ, BP), D. Abbey (Submaster - SQ), B. Swanson (Open - SQ).

USAPL Fall Classic
27 OCT 01 - Gonzales, LA

Women	SQ	BP	DL	TOT
97				
C. Richard	180	95	210	485
B. Seimeca	150	55	185	390
114				
S. Campanile	230	135	280	645
123				
A. Smith	225	130	290	645
132				
J. Rey	325	210	360	895
M. Morello	270	130	300	700
148				
J. Newman	215	140	270	625
165				
L. Picou	215	85	280	580
181				
K. Lonque	260	130	305	695

Men				
114				
M. Holmes	280	190	330	800
123				
D. Brignac	275	120	285	710
R. Choppin	215	185	305	705
148				
G. Luce	460	275	460	1195
J. Jenkins	370	220	420	1010
R. Steele	185			
165				
C. Gallo	495	260	520	1275
J. Comardelle	420	345	490	1240
Master				
J. Lyons	310	185	315	810
181				
K. LeBouef	370	250	505	1125
J. Blackwell	315	205	380	900
M. Luckett				
198				
D. Brewer	530	330	600	1460
M. Godawa	480	375	500	1355
S. Arnold	485	285	510	1280
E. Howard	435	375	450	1260
D. Kernion	405	230	430	1065
C. Holman				
220				
T. Werner	670	410	575	1655
K. Reynolds	520	275	575	1370
D. Possa	500	225	410	1135
242				
J. Magendie	640	410	650	1700
N. Ruppert	360	355	465	1180
T. Babcock	420			
C. Steele	370			
275				
B. Locklair	600	480	620	1700
SHW				
K. Wnuk	750	500	705	1955
D. Sharon	575	340	500	1415
G. Reed	340	305	475	1120

Meet Director: Paul Fletcher. Meet Site: Lamar Dixon Expo Center. (results courtesy USAPL)

Bethel Baptist Van Fund Bench Press
15 SEP 01 - Stanardsville, VA

8-9 year old	Open		
65 pound	Louis Persinger	365	
165	45-49		
Tyler Rudacille	50		
165	Sam Morris	460	
Raw	242		
Jason Kline	275		
35-39	Open		
T. Comfort	275	Allen Hicks	585
198		Klye Pighini	560
20-23	Raw	Gentry Maddox	385
Richard Stokes	275	Gentry Maddox	385
220	275		
16-17	RAW		
Brandon Tabler	345	Randy Goodrick	385
18-19	Supers		
Mike Gorman	385	Jim Smith	355

(Thanks to John Shifflett for providing the results)

SLP Arkansas State BP/DL
13 OCT 01 - Rector, AR

BENCH PRESS	198			
submaster women	Ricky Coggins			420*
181	275			
Cyndi Crossland	310*	D. D. Nichols		600
master women 40-44	DEADLIFT			
114	junior men			
Terry Morris	105*	220		
teenage men 18-19	Matt Harvey			480
220	master men 40-44			
Drew Price	300	198		
master men 40-44	Tim Hawkins			420*
198	master men 60-64			
Tim Hawkins	320*	198		
master men 60-64	Toni Barth			460*
242	242			
Jimmy Duckett	310*	Jimmy Duckett		350*
master men 70-74	220			
220	Lyndle Taylor			475*
Lyndle Taylor	260*	open men		
openmen	105			
148	105			
Albert Pyland	315*	Seth Dearing		135*
165	165			
Glen Thomas	360*	Parrish Morris		375
Parrish Morris	280	220		
181	Jose Muro			—
Chris Sorrentino	Matt Fisher			450
	275			
	James Schenck			500*

* Son Light Power Arkansas state record. The SLP Arkansas State Bench Press/Deadlift Championships were held at Pro Fitness in Rector, Arkansas. A special thanks to owner Kevin French for once again hosting this event. In the bench press competition Cyndi Crossland came from Oklahoma to set still another state record. Holding state records in Illinois, Kentucky and Missouri, Cyndi can now add Arkansas to the list. Competing in the submaster women/181 class Cyndi finished with a strong 310, just missing a pr 320 fourth attempt. In the awards program Cyndi was given a special award designating her as the SLP Female Powerlifter of the Year. Our only other female competitor was Terry Morris. Terry repeated as champion at master 40-44/114, breaking her own state record with a strong 105. Drew Price tied his own state record at teenage 18-19/220, finishing with 300 for the win there. At Master 40-44/198 Tim Hawkins had a great day, taking that title with a new state record of 320, which was also a new personal record for him. Jimmy Duckett came all the way from Oklahoma for the title at master 60-64/242, finishing with a personal best and Arkansas state record of 310. Then at 70-74/220 there was Lyndle Taylor, one of the premier master lifters in the world. Lyndle set the record at 260, looking stronger with each lift. In the open division Albert Pyland retained his title at 148 with a new state record of



Cyndi Crossland with a new Arkansas State Record of 310 in the Submaster Women's 181 pound class

315, which he made on his final attempt. At 165 Glen Thomas had his best day of lifting, finishing with a personal best and Arkansas state record 360 for the win. Parrish Morris, sore shoulder and all, finished second with 280, tying his own personal record. Chris Sorrentino failed to get his opener of 300 in at 181. Ricky Coggins broke his own state record at 198, finishing with a 420 personal record as well. At 275 it was D. D. Nichols, opening with an easy 580 before moving to an equally easy 600 second attempt, then passing on his third. Once again, the big man captured the title at 275 and best lifter award, as usual. In the deadlift competition, Matt Harvey finished with a new personal record of 480 as he captured the title at junior 220. Tim Hawkins continued his winning ways as he captured his second title of the day at master 40-44/198. Tim finished with another pr and Arkansas state record with 420. Tom Barth set the record at 60-64/198, pulling an easy 460. Tom looked good for another fifteen pounds as he prepared for the

WABDL Worlds the next month. Our other master lifter at 60-64, Jimmy Duckett, won at 242, pulling an easy 350. Jimmy "The Baby" Duckett quit after his easy second attempt, when he should have gone on to pull a pr of 400 (I should have over-loaded the bar at 350 to at least 375!) I guess just doing enough to get the state record and trophy is enough for some people! Our final master competitor was seventy-one year old Lyndle Taylor. Lyndle captured the title at 70-74/220, setting the record there with 475. Weighing in at 206 gave Lyndle the best lifter honors for the competition also! That's the first time I can remember a lifter of that age winning the best lifter trophy. In the open

division seven year old Seth Dearing set the state record at 105, pulling a personal best 135 with perfect form. Parrish Morris won at 165 with 375, missing his final attempt with a pr 430. Matt Fisher opened a little too high and failed to get his opener of 575 in at 220. Taking first place at 220 was first-time competitor Jose Muro, who finished with 450. Last up was James Schenck, current record holder at 242. James got all three of his lifts in, finishing with a personal and state record 500 for all his help, my son Joey and Glen Thomas for all your help. See you all again next year! (thanks to Dr. Darrell Latch for providing these results to POWERLIFTING USA)

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At the SLP Arkansas State Meet: 71 year old wonder Lyndle Taylor with (L-R) Pro Fitness owner Kevin French and Best Lifter in the Bench Press D.D. Nichols (600 @ 275). Both photographs courtesy Dr. Darrell Latch

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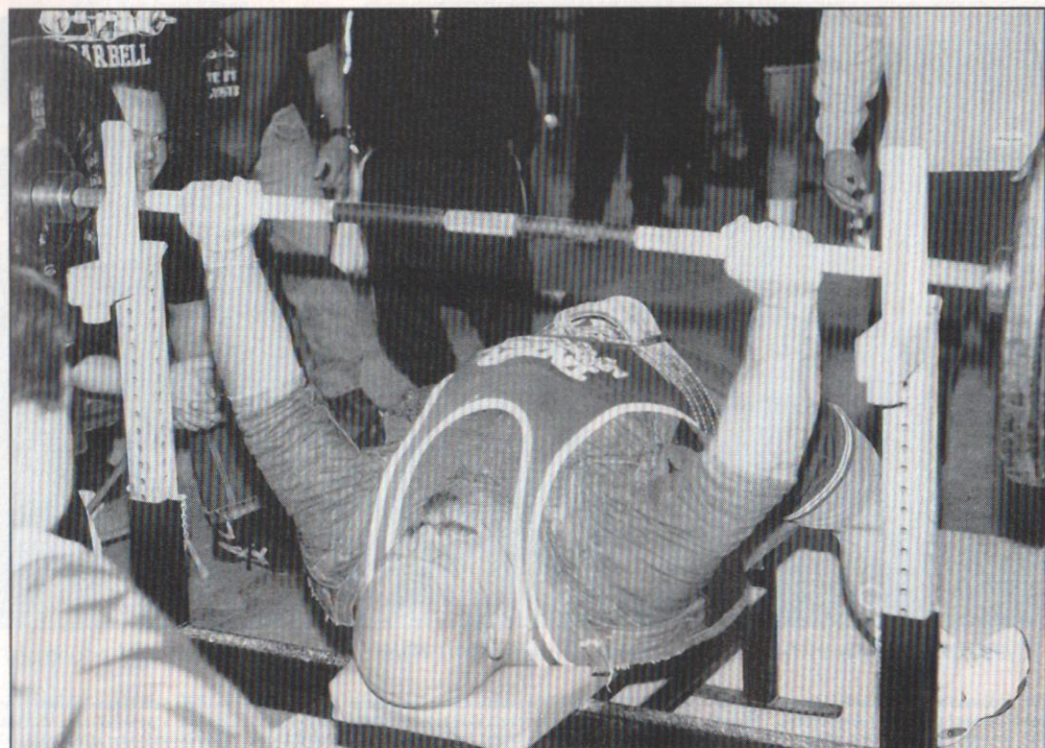
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Louie Simmons benches 575 in the 220s at the IPA Power Den "Git Cha Sum" Meet. (Eskill Thomasson)

IPA Power Den "Git Cha Sum" BP/DL
27 OCT 01 - Beaver Creek, OH

BENCH PRESS	308
165	B. Hodson 465
M. Vallone	SHW
181	"Tilt" Henry 19 605
F. Boldt	J. Guthridge
T. Huffer	Deadlift
198	220
R. McNutt	575 L. Simmons 705
J. Adams	242
220	B. Evans 535
L. Simmons	575 D. Tate 700
242	275
B. Evans	450 B. Coe 600
B. Denlinger	275 SHW
D. Tate	500 J. Guthridge 635

Mike Vallone bombed with 405. Tom Huffer bombed with 500. Jeff "Gritter" Adams bombed with 602. Bill Denlinger bombed with 545. (thanks to Jeff "Gritter" Adams for the results)

USAPL Pacific Coast Meet
16 Jun 01 - Seattle, WA

WOMEN	SQ	BP	DL	TOT
132 lb. (60-64)	175	80	185	440
S. Olson	175	80	185	440
148 lb. (55-59)	215	120	235	570
F. Ireland	215	120	235	570
Open				
V. Selca	175	120	220	515
(40-44)				
P. Houston	330	190	305	825
165 lb. (50-54)	205	110	275	590
C. Chapman	205	110	275	590
(55-59)				
D. Backiel	215	85	260	560
181 lb. (45-49)	245	135	265	645
L. Smith	245	135	265	645
198 lb. Open				
R. McCaughy	550	320	450	1270
Open 198+ lbs.				
220 lb. (55-59)	295	215	345	855
B. Davenport	295	215	345	855

275 lb. (45-49)
R. Hendrix 700 450 650 1800
Held at the Gateway Athletic Club. (via USAPL)

USAPL Mr. Ms. MN BP
16 Jun 01 - Minneapolis, MN

MEN	165 lbs.	J. Miller	390
Teen	181 lbs.		
J. Grant-165	325*		
D. Pope-144	300	E. Alter	275
N. Schmidt-165	295		
Master	198 lbs.	M. Burns	420
Marispini-BL	390	D. Berding	345
J. Syrovatka-146	280*		
Open 148 lbs.	220 lbs.	K. Belisle	405
B. Thompson	295	J. Prazak	420
		WOMEN	
		Open 198+ lbs.	
		K. Franklin	300

*-State record. (Thanks to USAPL for results)

PPL Drug Free Georgia State
21 JUL 01 - Augusta, GA

BENCH PRESS ONLY	PETE MESSINA	345
LADIES ***	242 LB CLASS	
148 LB CLASS	(PFM & OPEN)	
RAW	KEITH MACKEY	480
NORMA PECK	275 LB CLASS	
181 LB CLASS	(33-39)	
RAW	A. HARRIS	375
S. THOMPSONN	(17-19)	
4 TH	150*	JOSEPH CLARK
MEN	(40-49)	
165 LB CLASS	THOMAS PRICE	360
(14-16)	SHW	
J. JOHNSON	235*	(50-59)
(OPEN)	ROGER WEAVER	470
CHRIS NEAL	310	DEADLIFT ONLY
198 LB CLASS	181 LB CLASS	
(NOVICE)	(33-39)	
C. MORGAN	365	A. MCCHRISTIE
220 LB CLASS	(40-49)	(10-13)
(40-49)	C. LAWRENCE	405*
GARYJONES	370	(33-39)
(PFM)	A.HARRIS	510
IRON MAN		
242		
40-49		
T. PRICE	360	530 890
POWERLIFTING		
165		
14-16		
J. JOHNSON	315	235* 330 900
NOVICE		
D. SMALLWOOD	275	265 345 885
181		
D. HAGAN	500	350 500 1350
S		
A. MCCHRISTIE	530*	340
NOVICE		
J. STREETMAN	400	300 425 1125
220		
P. MCCOHAN	635*	375 735* 1745*
242		
40-49		
R. WRIGHT	555*	410 525 1490
50-59		
B. MONEY	505*	375 455 1360*

* INDICATES NEW PYTHONLEGUE RECORDS.
BEST BENCH - KEITH MACKEY. BIGGEST BENCH - KEITH MACKEY. BEST DEADLIFT - PAT MCCAHOON. BIGGEST DEADLIFT - PAT MCCAHOON. BEST LIFTER - PAT MCCAHOON. BIGGEST TOTAL - PAT MCCAHOON. BEST LEGENDS LIFTER - BOB MONEY. MISSISSIPPI, FLORIDA, ALABAMA, SOUTH CAROLINA, GEORGIA AND NORTH CAROLINA WERE IN THE HOUSE AND THE HOUSE WAS A-ROCKIN' AS WE PUT ON OUR SECOND STATE CHAMPIONSHIP IN AUGUSTA, GEORGIA. WE HAD SOME NEW STARS SUCH AS CHRIS "RHYN0" LAWRENCE, JUSTIN "LIL JAY" JOHNSON, NORMA PECK AND OLD STARS SUCH AS BOB "BIG DOG" MONEY, ANDREW MCCHRISTIE, DANIEL HAGAN AND ALBERT HARRIS BUT THE BIGGEST STAR OF THE SHOW WAS "THE MACHINE" PAT MCCAHOON FROM FT. LAUDERDALE, FLORIDA. THIS 21 YEAR OLD CYBORG SQUATTED AND DEADLIFTED LIKE HE WAS POSSESSED AND SPEAKING OF POSSESSION, WHEN HE LEFT THE MEET HE WAS IN POSSESSION OF FIVE AWARDS! A CHALLENGE WAS ISSUED BETWEEN THE MACHINE, MARK PHILLIPS AND YOURS TRULY. EVERYONE SEEMS TO WANT TO BEAT THE SKINNY MAN BUT AS I HAVE TOLD THEM "YOU MAY BEAT ME ONE DAY, BUT TODAY IS NOT THAT DAY! AS YOU CAN SEE WE HAD FUN, FUN, FUN! THAT IS WHAT WE ARE ABOUT ... STRICT JUDGING, HAVING FUN AND MAKING FRIENDS! I'D LIKE TO THANK MY STAFF ... MELLIE MEL GIVENS, HAMBONE, JEREMIAH "JUKEBOX" SMITH, SANDRA "COCOA" WALKER, LANESHA "NI NI" WALKER, SHAYLA "LAST LICK" BROWN, MARIE "DA WATUSI", SAM, DANNY MORAETES, DOUG GURTH, DWAYNE "BUDDA BEAN" REYNOLDS, ISAAC "WARRIOR" SCOTT AND GREG "DA HEAD" CAMPBELL. WITHOUT THESE FINE FOLKS IT WOULD HAVE BEEN JUST ANOTHER SATURDAY BUT INSTEAD WE HAVE NEW CHAMPIONS, NEW FRIENDS, NEW RECORDS AND WE SHOWED THE CROWD WHAT DRUG-FREE POWERLIFTING IS ALL ABOUT! STAY CLEAN, STAY STRONG AND I'LL SEE YA ON THE PLATFORM! (THANKS TO TEE" SKINNY MAN" MEYERS, PRESIDENT, PYTHON POWER LEAGUE, FOR RESULTS)

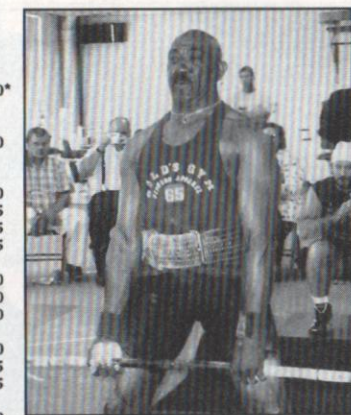
Lincoln Gym & Fitness Invitational	16 JUN 01 - Lincoln, NE
132	SQ BP DL TOT
M. Hafenbrack	280 140 310 730
165	
T. Laughlin	410 250 415 1075
220	
J. Hart	145 145 415 705

Judges: Monte Lofing, Don McClravy, Mike Taylor. (thanks to the USAPL for the results)

SLP Eastern Indiana Fall Classic
20 OCT 01 - Richmond, IN

BENCH PRESS	master men 50-54
teenage women 16-17	198
148	Bob Bean 410*
Tiffany Evans	145* police & fire
teenage men 13-15	165
220	Lester Mast 310
Eric Michalski	225 openmen
275	165
Bo Hall	250* Lester Mast 310
teenage men 16-17	Sergio Cabral 305
148	4th 315
Chad Warvel	255* Mike Elleman 195
4th	260* 198
198	Bob Bean 410
Ryan Michalski	290* Shawn Miller 360
teenage nmen 18-19	Jeff Wyatt 330
132	220
Darren Collins	255* Chris Smith 480
4th	270* Nate Wilson 415
181	David McQueen 415
Jese Toombs	285
junior men	4th Jeff Ritzler 410
165	510*
Lester Mast	310* 308
198	John Martinez 480
David Hanson	400* DEADLIFT
teenage men 13-15	275
123	
Joe Antrim	205* Bo Hall 450*
242	junior men
Jeff Ritzler	410 165
4th	510* Brandon Elmore 400
242	master men 45-49
Rick Oliver	405 220
master men 40-44	Tom Boyer 425*
181	master men 65-69
Tracy Conner	445* 181
4th	460* Luke Anderson 430
master men 45-49	4th 460*
220	open men
198	198
Tom Boyer	395* Shawn Miller 535
275	4th 540
K. Hutchinson	525* Steve Mendel 515
	308
	Andrew Adkins 670*

* Son Light Power Indiana state record. The SLP Eastern Indiana Fall Classic Bench Press/Deadlift Championships were held at Powerhouse Gym in Richmond, Indiana. A special thanks to the staff at Powerhouse Gym for all their help in setting up and



69 Year Old Luke Anderson locks out a State Record (SR) 460 at 181.

running the meet. In the bench press event lone women's competitor Tiffany Evans broke her own Indiana state record with a great 145 second attempt. In the teenage 13-15 division Eric Michalski won at 220 with 225 while Bo Hall set the record at 275 with 250. Chad Warvel broke the state record at 16-17/148 with a 255 third followed by a 260 fourth attempt. Ryan Michalski also set a new Indiana state record at 16-17/198 with a strong 290 second attempt. At 18-19/132 Darren Collins got his first double-bodyweight bench with his 270 fourth attempt, weighing in at just 130. Both his third attempt with 255 and his fourth were new state records for the class. Also at 18-19 was Jesse Toombs, who took the 181 class with 285. This was Jesse's first competition. Lester Mast captured the junior 165 title with a new state record of 310. David Hanson got his first 400 bench with his win at junior 198. Joe Antrim, getting just his opener of 205 in, set the record at 123 for the submaster class. At submaster 242 it was Jeff Ritzler, who opened with 410 before missing his second and third with 510; a big jump! However, a fourth with that same weight proved successful and along with his win Jeff also had a new personal and Indiana state record. Second place at 242 went to Rick

Oliver who finished with 405. Tracy Conner had his best day of lifting to date as he captured the title at master 40-44/181. Tracy finished with 445 for his third and an even stronger 460 fourth attempt, both new state records. These lifts were also new personal marks for Tracy, who had just recently moved up to the master's class. Tom Boyer continues to set records at 45-49/220 wherever he goes, breaking his own state record with a great 395. Best lifter Kevin Hutchinson got a solid 525 for the win at 45-49/275, weighing in at 253. This was also a new Indiana state record for that class. Bob Bean is another one who just keeps getting stronger with each new outing. Taking the win at master 50-54/198, Bob finished with a new pr and state record 410. Lester Mast captured his second title of the day with his win of the police & fire 165 class. Lester won still another class with his 310 final attempt, taking the open 165s. Second place at 165 went to Sergio Cabral who finished with 305, followed by a personal best 315 fourth. Mike Elleman, competing in his first meet, finished third with 195. At 198 it was Bob Bean for his second win of the day, followed by Shawn Miller's 360 and Jeff Wyatt's opener of 330. Another fine lifter, Christopher Smith, had a great day with his win at 220. Chris, who weighed in at just 218, finished with a personal best 480. Nate Wilson was second at 220, setting personal records with each attempt to finish with 415. Dave McQueen also lifted 415, but



New PR & SR for Tracy Conners - 460@181 Master 40-44. (D. Latch)

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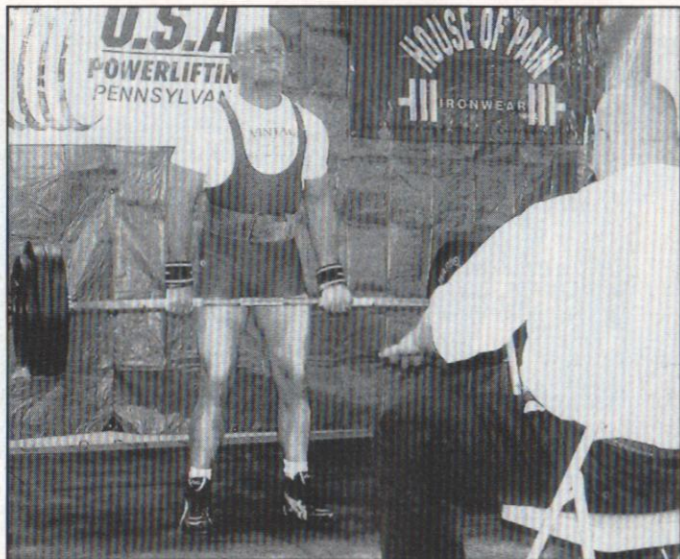
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USAPL Ironman/Ironwoman BP/DL
20 OCT 01 - New Freedom, PA

Table with columns: WOMEN, BP, DL, TOT. Lists lifters such as T. Neil, A. Hare, K. Newman OL, L. Mangino, D. Lehman, M. Richmond, S. Davenport Jr., D. Darinci, C. Gates, M. Vitale, J. Zentz Jr., A. Halko, J. Adams, T. Getsinger, J. Nealis, L. Lindsay, M. Allen, J. Besche, S. Disantostefano, J. Gourley, R. Scandle, T. McCarthy.



Joe Nealis pulls a 455 deadlift to go with his PR 365 bench to win the 198 lb. Masters division at the USAPL Ironman/Ironwoman competition. Meet Director Dennis "NIKO" Hulslander is judging at right.

Thirty one lifters came from all parts of the country to the facility located in New Freedom, PA. Dennis "Niko" Hulslander, Asst. State Chairman of the USAPL and Marketing Director of the Bulldog Gym, was the host of this inaugural event. Niko reported that the contest was kicked off with the singing of the National Anthem, which was sung by his wife, Dyan. Immediately after, the excitement of the contest grew as female competitor, Kim Newman, 43, of Fairfield, PA set a new PA State record in the deadlift of 230 pounds! Roughly 70 spectators witnessed young Anthony Martin of Freehold, MD, compete in his very first powerlifting contest. Anthony, 15, bench pressed 125 pounds and deadlifted an outstanding 265 pounds while himself only weighing in at 114! It didn't stop there, as 17 year old Teenage Bench Press National Champion Loren Mangino, weighing in at 148 pounds, pressed 315 and competed a rugged deadlift of 420 pounds. Both of these lifts became new State Records for Loren. Dan Carinci came all the way from Ellwood, PA to set a new deadlift record in the 165 pound weight class for men between the age of 20-23 by pulling a bar bending 560 pounds! As the day continued, Andrew Halko, 23, of Yardley, PA shoved a mind boggling 400 pounds off his chest to

arms length for a new State Record in the 181 weight class. More impressive lifts were completed by Nate Williams of Scranton, PA. Nate competed in the 242 weight class weighing in very light at 221. However, this did not deter him from winning male best lifter. His efforts resulted in a 460 bench press and a huge 650 pound deadlift. And BIG Steve Disantostefano of Baltimore, MD drove up North to post the biggest bench of the meet, a whopping 500 pounds! Moving on, it seems as though an inspirational moment has its own special way of recognizing the individual while humbling the rest of us. Niko reports that three days prior to the meet, he received a call from a gentleman asking if it was too late to enter the contest. Niko informed the man that it was not too late, but sensed that this was no ordinary "meet info" phone call. The gentleman continued to ask questions regarding the different categories a lifter could enter. Niko described the categories, which were essentially broken down according to a lifter's age. With that, the man inquired if there was a separate division for handicapped persons. Pausing for a brief moment, Niko did not anticipate having a handicapped person's division for this local contest, but he then told the man that he would be more than honored to have this gentleman

come and lift. Robert Costigan of Harvey's Lake, PA (north of Wilkes-Barre) lost his leg in February and explained that this would be his first endeavor into the sport of powerlifting, but he wanted to give it a try! Well, try he did, and then some. Robert first successfully attempted 215 pounds in the bench press and steadily increased to an awesome press of 225! With each successful lift, Niko reports that he could see Robert gain confidence in himself and the cheering of the crowd got louder and louder!!! Congratulations to Robert and to all the lifters. A special recognition needs to be sent out to all those who volunteered their hard work to make this special event so special. Thanks goes out to Titan Support Systems, Quest Nutrition, House of Pain, Crain's Muscle World, Powermag Magazine, Spataro's Family Restaurant, Apple Bagel, ESPN WYOK AM 1350 Radio, HealthSouth Rehab, DaleGullio, Dan Ratchford, Cathy Boyd, Katie Boyd, Lauren Adams, Ed Conway, all the spotters and loaders, as well as the judges - Steve Mann, Erik Steiner, and Theresa Nealis. You made the records possible (results by "Niko" Hulslander)

USAPL Salem Wellness Bench Press
6 OCT 01 - Salem, VA

Table with columns: BENCH PRESS, FEMALE, MALE, lists lifters such as M. Carter, J. Shaner, D. Seacrist, M. Cumbee, L. Facemire, D. Patrick, J. Crocker, W. Murrell, D. Reynolds, M. Dennis, M. Vandervort, R. Peck, T. Gladden, E. Banks, M. Cassell, A.C. Burke, K. Christian, F. Porter.

(article is continued from p. 13)

90kg division was very impressive winning the class with 300.5kgs (European Record squat) 215 (European Record bench) 310 825kgs total. Gerald Matthys, a 100kg junior from South Africa, went 320 160 300 780kgs to win the class by a 50kg margin. Top South African junior Toni Correia had a fight on his hands with his team mate Duane Matthys. Toni came out tops by 20kgs with 330 225 290 845kgs. Zach Hudak of the USA took the 125kg class with 320 205 320 845kgs. Zach attempted a 365kg squat twice, but failed both times.

Wednesday started with the submasters and masters ladies. A lot of the classes were uncontested, but nevertheless the lifting was impressive. Two of the heavier sub-masters did very well - South African Johan Rheeder and Russian Karkh Viatcheslav. Johann made 340 230 330 900kgs and attempted a 342.5kg squat for a new world record, but the force of gravity was too strong. Viatcheslav went 335 245 300 880kgs to place second.

Thursday was start of masters and what a line-up from all over the world. Masters are fast becoming the largest category and what good lifting they produced. Long time campaigner Dave Mannering of Great Britain kicked off by winning the 75kg division Master 1 with an easy

635kg total and South African Pieter DeWaal winning Master 275kg with 270 140 260 670kgs. Piet has had a long forced layoff through injury, so it was a well lifted comeback. My good friend and long time campaigner Gordon Santee of California was in top form going 192.5 142.5 245 580kgs and then pulled 255.5kgs on a fourth attempt for a new world record, not bad for a fifty five year old. Jan Ferriara of South Africa and Robyn Brown of Great Britain fought it out in the Masters 4 class 82.5kg division. Jan had the edge with 765kgs to Robyn's 685kgs. Richard Flores of the USA made a new world deadlift record of 243kgs in the Masters 5 division. In top form this year was John Atkinson of USA setting three new world records. John went 292.5 185.5 260 738kgs - great lifting, John. Jim Rouse of USA coasted through with three world records 277.5 200 232.5 710kgs. It is always an absolute pleasure to watch Jim in action.

In the Masters 3 / 100kg division big Alan Luker of Great Britain pulled an awesome 341kg to set a new world record deadlift and totalled 801kgs to win the division. Johnny Kay of South Africa came in first in the Masters 4 / 100kg division and Valerie Nongoumanov of Russia took the Masters 5. Naas Cronjje, Danie Snyman, Thenus Naude, Marius Pottas, Ian Visser and JEP Ras - all South Africans - won their respec-

tive divisions. Joe Avigliano of Los Angeles had a bad day with depth. Joe shot up his openers only to get red lights each time. Big Pete Tregloan also hit only reds. Both Joe and Pete re-entered in the open class to be contested on Saturday.

Friday started with a bang - a big controversy started over the weigh-in procedure for top South African lady Vickie Heyser - and someone queried the legitimacy of her body weight, which set off a huge argument. Anyway Gordon Santee eventually resolved it and Vicki went on to set a new world squat record in the senior ladies open class 56kg. Vickie's lifts were 212.5 115 187.5 515kgs. Jane Thomas of Great Britain placed second. We have since heard that Brian Batchelor of Great Britain has lodged an objection with Ernie Frantz so to save any further drama the South African Powerlifting Association have put forward the following suggestion. Vicki will not claim the records broken at the Worlds providing Brian Batchelor and Vanessa Gibson attend the 2002 South African Championships in Durban next year and personally supervise Vickie Heyser's weigh-in. The matter is now academic in any case as Vickie improved on all three lifts at the North West Championships in Johannesburg (after the Worlds) and I can personally assure everyone that she was correctly weighed in under the supervision of three inter-

national referees and a senior law enforcement officer. The weigh-in has also been recorded on video for anyone that cares to again question the integrity of our officials. I have been to twelve world championships and have never seen weigh-ins done one hundred percent as the rule-book states, yet it is the first time the integrity of an official or a lifter has come into contention. Hey guys, we have to have some drama at the Worlds - look what happened with the refereeing two years ago in Canada - yet no objection was lodged nor anyone's integrity questioned.

South African teenager David Ramokadi had also entered in the open and for the second time in a week took to the platform and beat Finnish lifter Timo Heiskanen into second place with an improved total of 625kgs - look out for this young man in the future. SA again with another winner in the 75kg open Franco Manca went 775kgs to take gold. Krista Ford of the USA an absolute delight to referee with her classic squat style. Krista leaves no doubt as to depth or other infringements. Krista went 227.5 132.5 230 590kgs and they all looked like openers. Andries Randall from SA is a comparatively newcomer to world class lifting, but one thing is for sure, he is on his way to the top of the

(meet results follow, however, the article is continued on page 68)



Scott Mendelson was in a record jamming mood, eventually shoving up a 738 bench in the 308s. (all photographs provided by Ian Morris)

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2 JUN 01 - Sacramento, CA

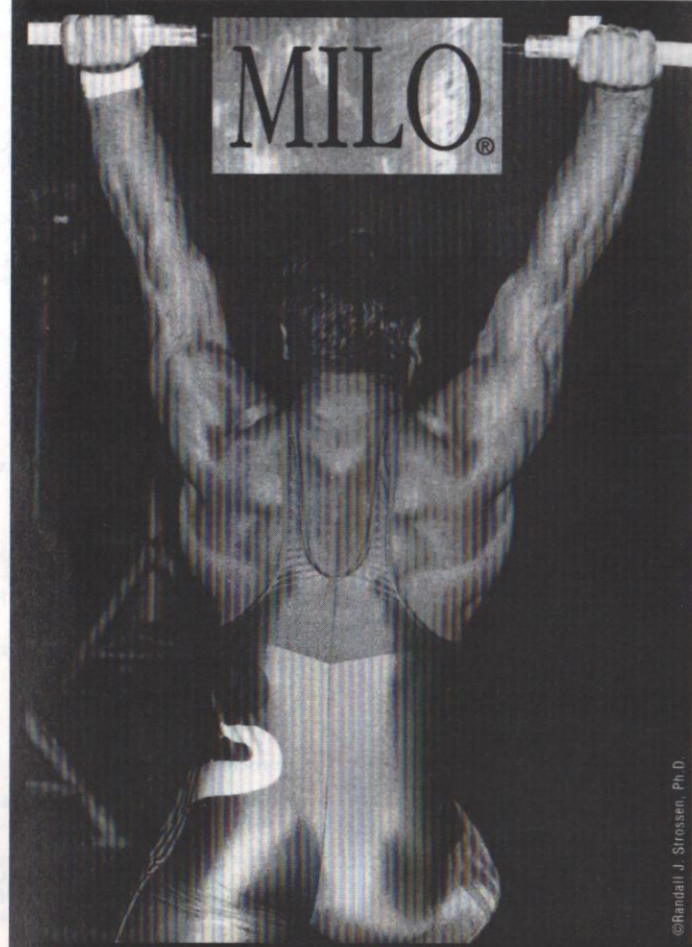
Table of lifters and their results across various categories like BENCH, Law/Fire, Master Women, etc. Columns include name, weight, and lift.



Walt Faulkner with his 633 deadlift that was a California State Record and a World Record in the Law/Fire Master category, 275 lb. class. (photograph was provided by Gus Rethwisch)

Paulie Forquer set a World Record at 132 with 165# and she looks terrific. Now on to the bench press. In Junior Women Robin Jaffe set a California State Record at 132 with 115 1/2. Louisa Appelt at 148 put up a fine looking 187 for a California State Record. At 165, Christy Richer set a Nevada State Record of 165. In Submaster Women, Rebecca Granados set a California State Record at 114 with 148 3/4. At 123 Julie Green, the co-owner of Flex Gym in Reno, pushed a Nevada State Record 143# and Tammi Callahan rammed up a California State Record with 418 3/4. At 275 Bill Passero set a Nevada State Record with a big 534 1/2 and Jaimi Tovar set a California State Record 485 to finish 2nd. In Class I Bench at 181# Rick Eley set a Nevada State Record with 374 3/4 to win a 3 way race. Michael Jones set a California State Record in 220 with 429 3/4 and Rick MacQuarrie was 2nd with a Nevada State Record 363 3/4. At 242 Steve Pena set a World Blind Record with an impressive 473 3/4 as well as a California State Record in Class I. At 275 Anthony Dilk set a Nevada State Record with 385 3/4 and at 308 Bruce Sabin set a California State Record with 451 3/4. In Submaster Law/Fire Bench at 165, A.J. Agamao, ably coached by Matt Lamarque of the Iron Society, set a World Record 402. At 275 Jaimi Tovar, also coached by Matt Lamarque, set a World Record 485. In Master Men Law/Fire 40-47, Rudy Lopez set a California State Record with 303. At 181, John Harris pushed 281 for 1st and a Nevada State Record. Andy Horvath was 2nd with 275 but got a California State Record on a 4th with 286 1/2. At 275 Michael Womack set a California State Record with 380. In Junior men at 148, Steve Newman set a California State Record with 259#. At 275 David Freeland set a California State Record with 380. In Open men Michael Hara was the story Durlap, Jon Broun, Steve Keep, Gretchen Etzold, and Loraine Woods. The MCs were Greg Broan and Jody Woods. The spotters were Jeremy Fountain, Steve Wong, Ryan Hubler, Ron Evans and Steve Evans. Gold's Gym and Tim Bonham provided the warm up weights. Steve Ughe provided the nice Ivanko competition weights. John Ford provided the competition bench. Tim Hardcastle provided the facility and Wilson Trophy provided the nice looking gold medals. The head judge was John Ford - other judges were Gustavo Warrington, Matt Lamarque, Gus Rethwisch, and Jody Woods. The meet director was Jody Woods, who did an excellent job and provided accommodations for the judges at a class hotel. Elma Thomas did the computer work with great competence and Gary Thomas and Gus Rethwisch handled the weigh-ins. (results and report provided by Gus Rethwisch)

* - world record. c - state record. About 135 lifters showed up for Jody & Loraine Woods' meet in Rancho Cordova, a suburb of Sacramento. According to Gordon Santee, it was the biggest meet ever in California. In master men 40-46 age group deadlift, Bobby Sanders set a California State Record with 413, weighing only 120! That's close to 4 times his bodyweight. At 148, Brian Uyeoka pulled 473, short of his own 496 California State Record. At 165 Dan Marxheimer set a Washington State Record with 457. At 242 John LaGrill pulled 551. At 275, Bob Smith set a California State Record with 640# - a big pull for a master lifter. Ted Stewart of Sparks, Nevada was 2nd with 573. Mike Moore was 3rd with 573. At 308, Big Cyril Lewis set a Nevada State Record with 705. You don't see too many 700# deadlifters any more. Walk Faulkner was 2nd with 633 3/4. At Super, Patrick Benvin set a Nevada State Record with 407 3/4. In Master men 47-53 age group Dave Solan broke the state record by over 100# at 198# with 578 1/2. At 220, Donn Imrie set a California State Record with 490 1/2. Rick Spill was 2nd with 486, which was the California State Record until Imrie broke it. At 275 Skip Grindall set a California State Record with 573. At 308, Leo Contreras pulled a 507. In Master 54-60, Jerry Pujol pulled a state record 429 3/4. At Master 61-67, 220, Roger Kunz set a state record 429 3/4. In master 75-79, Bob Accosta set a World Record of 303 at age 77 - that's 3 bales of hay with one pull! In Open Men's Deadlift, Bobby Sanders set a California State Record with 413. Bob Smith pulled a 473 3/4 at 181. Marcine Wheatfall pulled a solid 567 1/2 at 220. At 275 Anthony Dilk was 2nd with a 534 1/2 Nevada State Record. In 1st place was Riccardo Magni with 617. At 308, it was an all Nevada Shootout with Cyril Lewis the winner with 705 and Chad Aichs in 2nd with 650. Lewis' 705 was a Nevada State Record. In Submaster Men, Randy Green set a Nevada State Record at 198 with 600 3/4. He and his wife Julie brought a full team of good, serious lifters, who train at his gym - Flex Gym in Reno. At 242, California State Record holder Robert Exum was way off his 573 record with 523. At 275, Leo Harju pulled a nice 600 3/4. Leo is a 100% serious lifter. It permeates his whole being. At 308, Dean Askanas pulled 567 to win. At 198 Greg Buffington pulled a 529. In Junior Men, Steve Newman pulled a State Record 462 3/4 at 148. At 220, 20 year old Phil Davi, who is a 700# pulled in the making, set a California State Record with 633 3/4. At 275, Dave Freeland set a California State Record with 352 at 148. At 181 Nathan Nelson set a Nevada State Record of 523 1/2. At 198 Steve Ughe set a California State Record with 507. At 220, Christopher Nelson set a Nevada State Record of 540 to beat fellow Flex Gym member Rick MacQuarrie, who did 501 1/2. At 242 John La Grill pulled a 551. At 275, Anthony Dilk pulled a Nevada State Record of 534 and at Super Leo Contreras set a California State Record 507. In Teen Men, 13-15, 132# Dean Harter set a California State Record 264 1/2. At 220, Paul McKiernan set a World and California State Record of 473 3/4 - that's a big time lift for a 15 year old. In Teen, 16-19, 165# Hayward Blake pulled 473. At 181, John Harris set a Nevada State Record with 424, but Andy Horvath won with a California State Record 446 3/4. At 220, Johnny Taylor set a State Record of 380. At 242, Chris Clark set a California State Record with 418 3/4 and at 275 Mike Womack pulled a California State Record 451 3/4. Womack is coached by big Russ Lewis, a Gulf War veteran and a very nice guy. In open men's law/fire deadlift at 220, Zach Clark coming back from a major illness, smoked a 650 for a California State Record. At 242, Mike Smyser set a California State Record with 567 1/2. In Master Men 40-47 Zach Clark set a World Record with 650 at 220. At 308 Walt Faulkner set a California State Record with 633 3/4. In Master Women's



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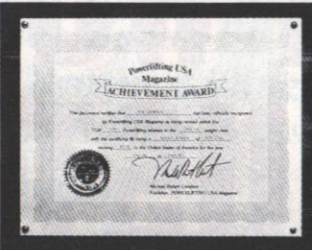
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NEXT MONTH... TOP 20 lists

Corrections... Steve Wunz's lifts of 507 squat, 530 deadlift, and 1362 total were not reflected on the TOP 100 for the Middleweight Class. Also, Alex Martinez's Master Class lifts of 319 in the bench press and 496 in the deadlift were not reflected on the TOP 100 for the 148 lb. class. We recognize that we do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results themselves contain errors as well. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections that you find to "PL USA ERRORS" Department, P.O. Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify the correction.)

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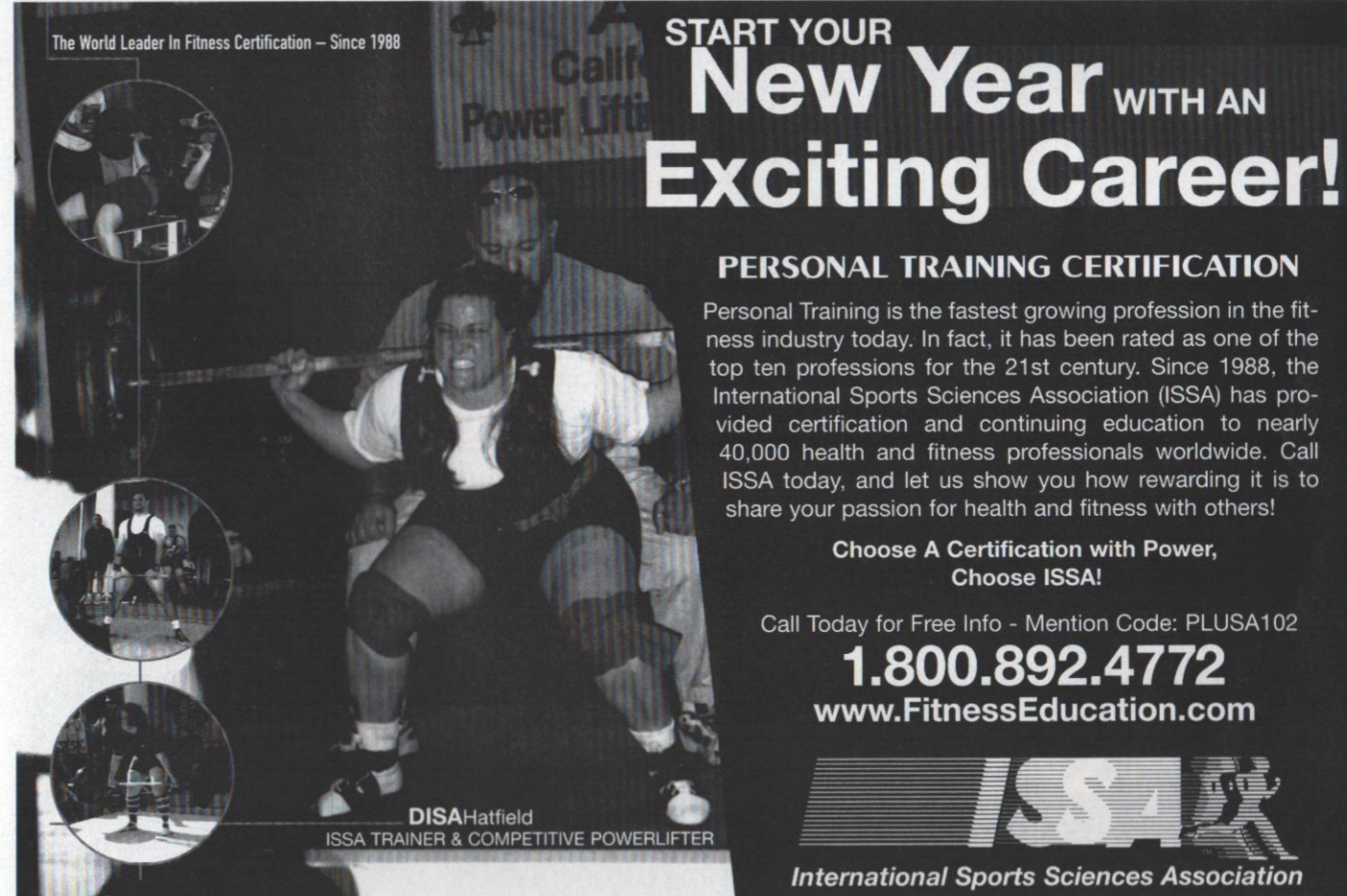
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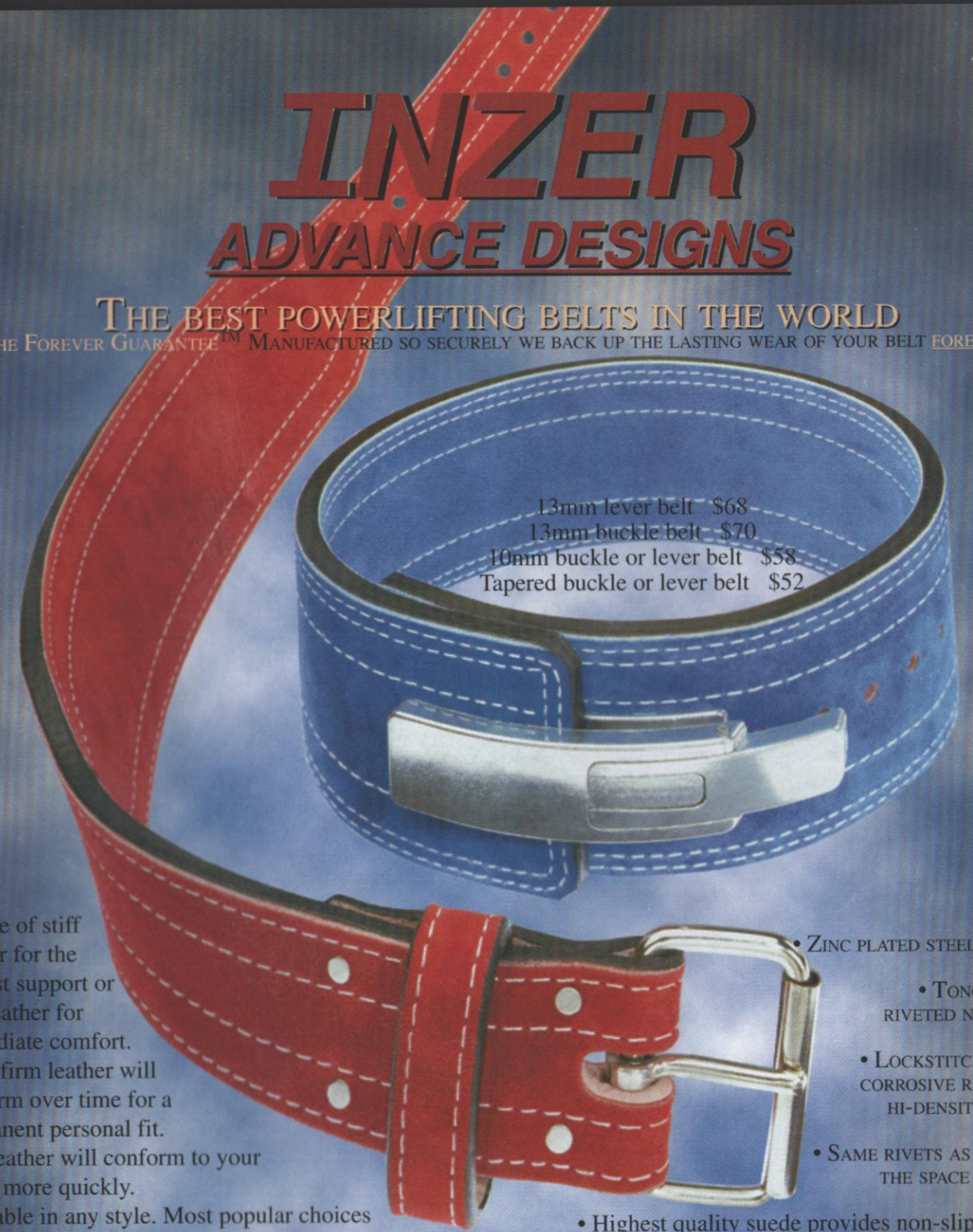
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