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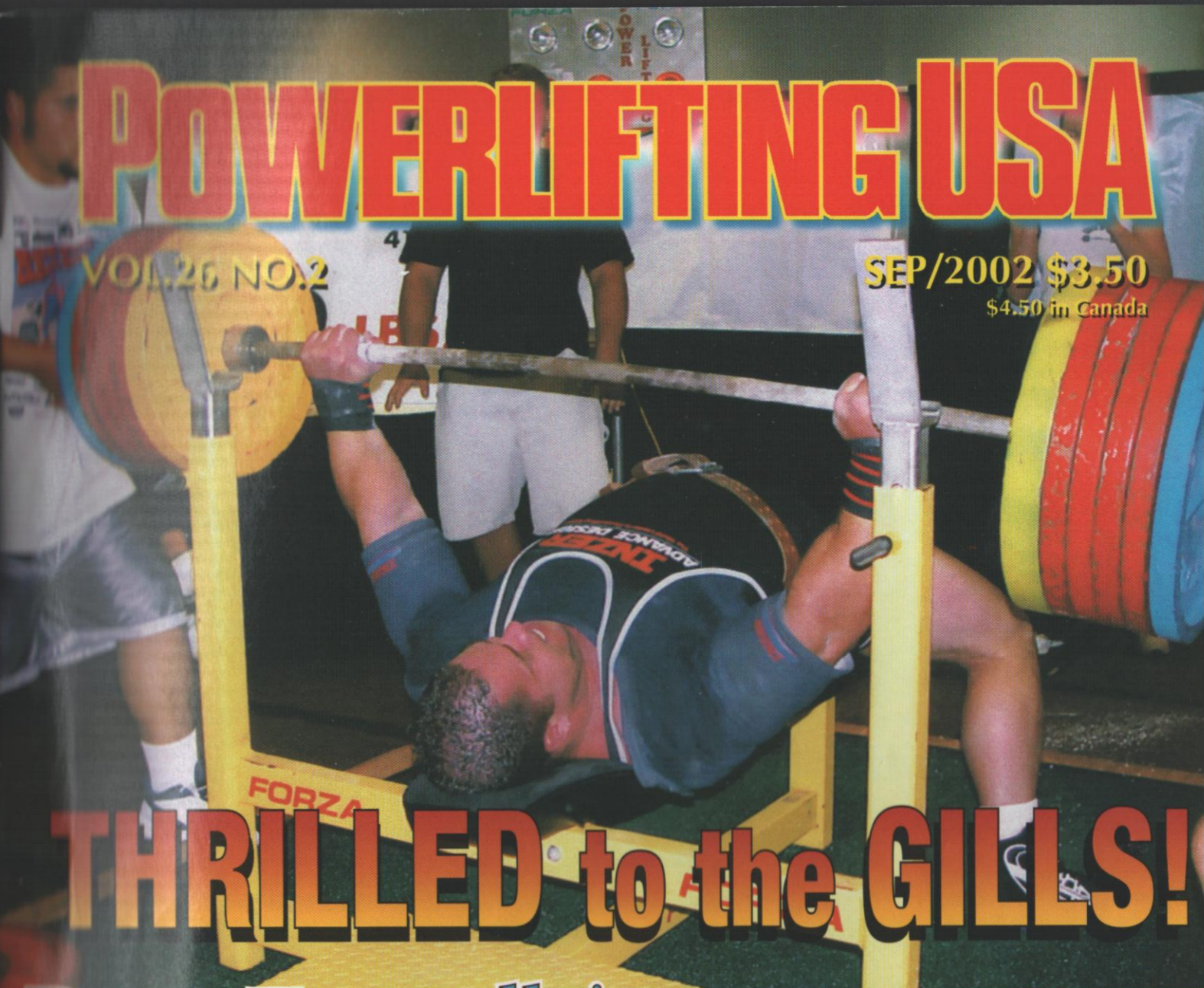
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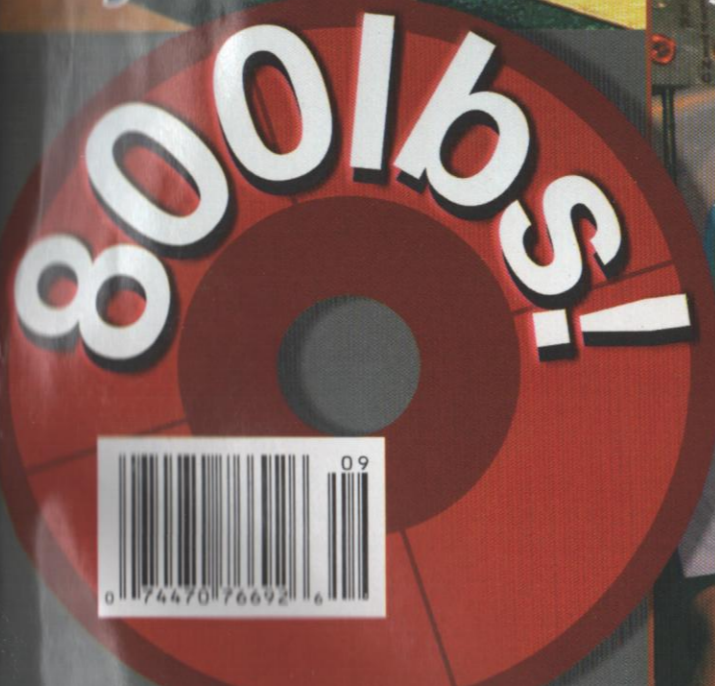
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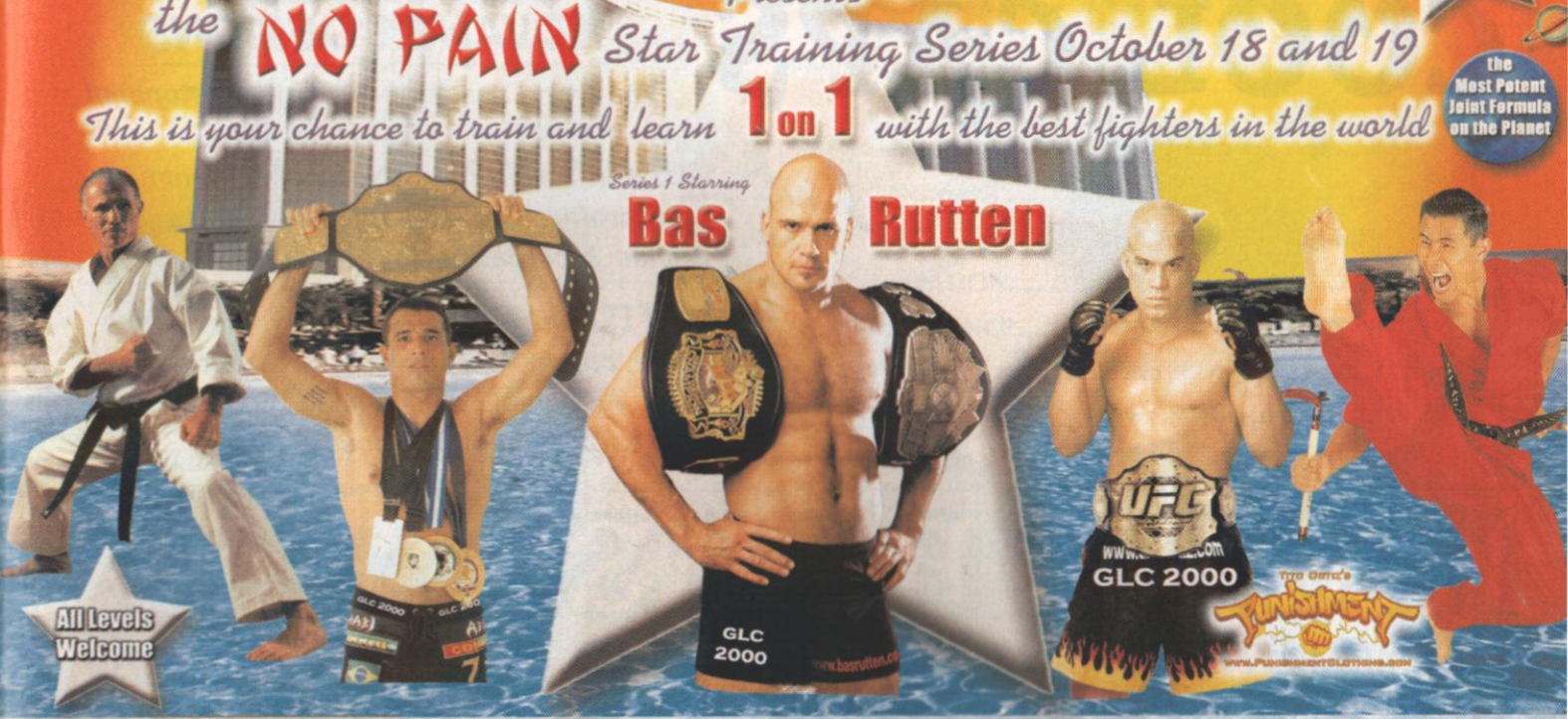
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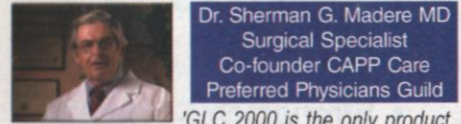
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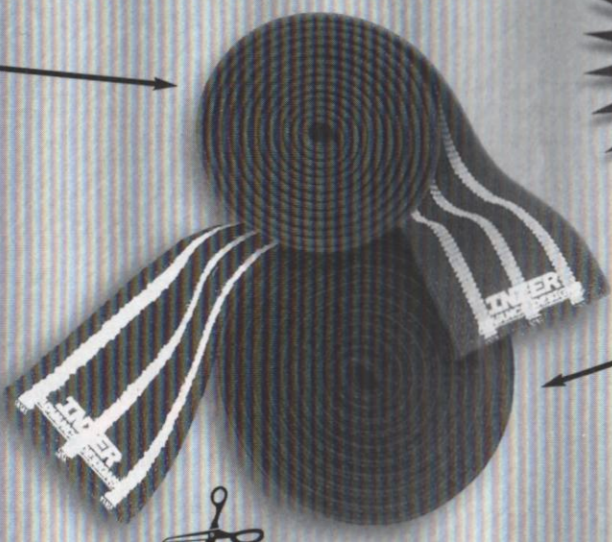
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ON THE COVER Ryan Kennelly benches 800 at the WABDL Monster Muscle.com North Americans. (Christine Goroza)

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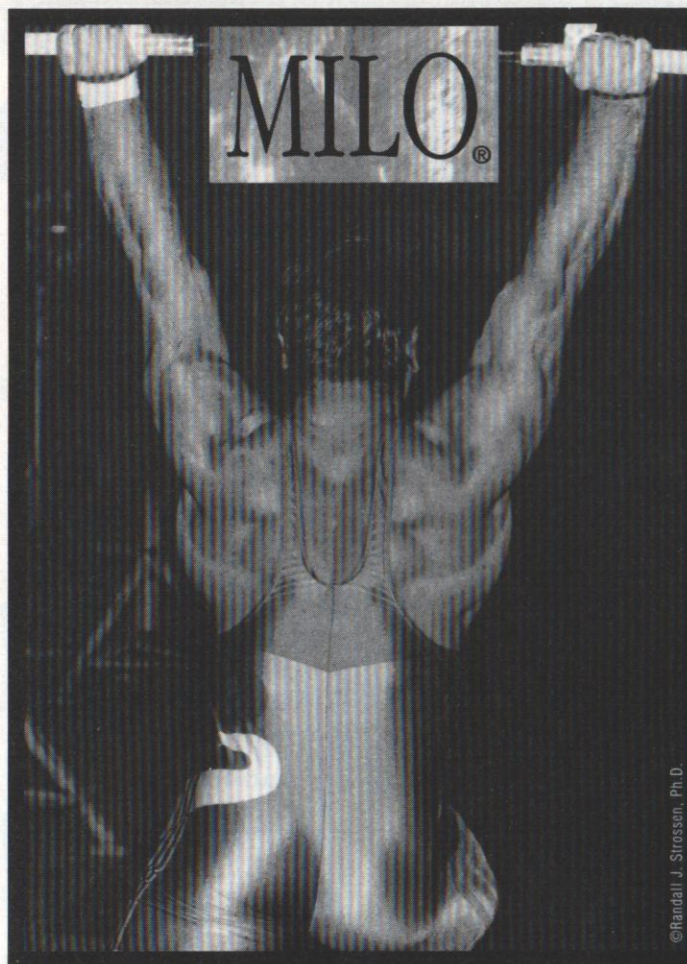
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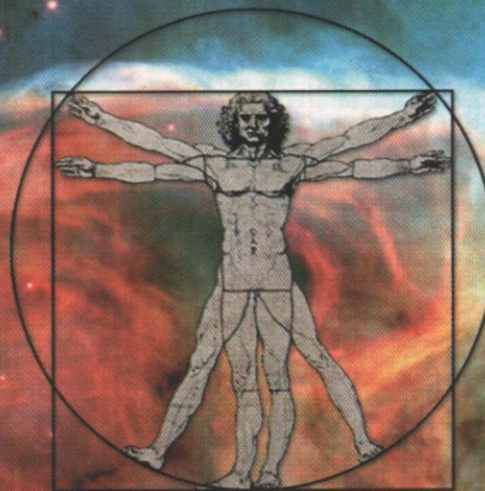
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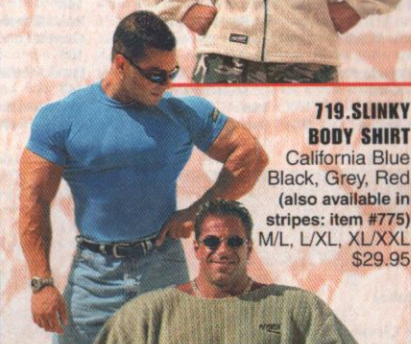
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St. Louis, MO was the site of this year's American qualifier for the World's Strongest Man competition. Jim Davis and his crew put on one hell of a show. Through the Strongman contests Jim has held, he has been able to raise close to \$100,000 for the Children's Miracle Network. Keep it up, guy. The world needs more people like you.

Thursday, July 18th, found our athletes at the West Port Plaza in St. Louis, MO. Only two events would be contested this day. The first event was the Axel Press, sponsored by Attilo's Discount Supplements. The event consisted of a 2 1/2" thick bar with two sizable tires attached to each end. Competitors had to clean the bar by whatever method they saw fit and press the 300 pound monster overhead for as many reps as possible. The clear winner in this event was Indiana native Brian 'Schoonie' Schoonveld with 16 reps. Brian's pressing ability is phenomenal. Right on Brian's heels was relative newcomer Jesse Marunde of Washington State with 15 reps. In contrast to Brian's brute power, Jesse used a split/jerk style.

Each competitor had his own style of cleaning and pressing the Axel. Most hitched the bar on their belt before shouldering it. Shawn Smith, in a unique style all his own, Zerchered the bar to his shoulders, which seemed to expend a lot of energy. It sure looked tough, but worked for him.

Poor Shawn had been ill both days of the contest. Illness and injuries plagued many competitors, most notably Phil Phister. Phil, of West Virginia, had been given medication

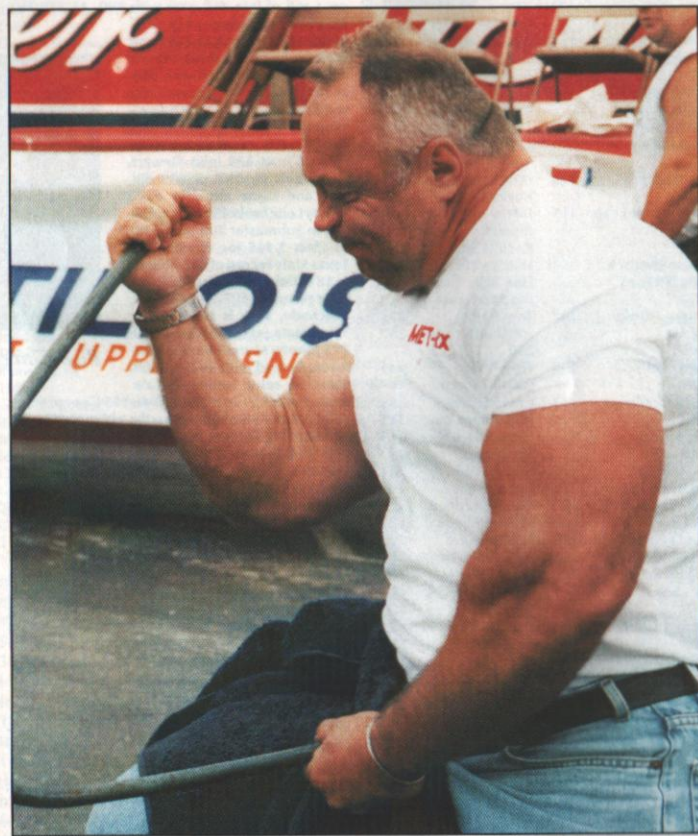


Brian 'Schoonie' Schoonveld Axel pressing for 16 reps (all photographs courtesy of Tony Soucie)

Budweisers 2002 American Strongman Championships

as told to PLUSA by NASS's IL State Chairman Tony Soucie

3 weeks prior the contest for a medical condition. Phil has been to the Worlds a number of times and has gotten bigger and stronger each time. This contest however would find Phil struggling, finishing 9th overall, killing his chances at this year's Worlds Strongest Man contest. The medication Phil was put on had an adverse affect on his overall strength. Just plain bad luck. Phil will be back and stronger than ever next year. Good luck, Phil, and get well soon.

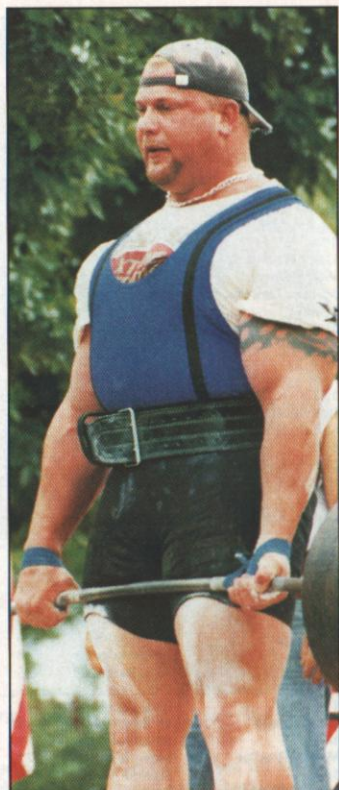


Bill Kazmaier, 3 time World's Strongest Man bending 1" thick steel rod

Between events Bill Kazmaier, 3 time World's Strongest Man (and the last American to hold the title) and member of the Omega Force Team, performed some classic Strongman feats such as tearing phone books in half, then quarters and bending 1" thick steel rods. If Bill ever decided to compete again he'd make many of the guys nervous. What about it Bill? Shoot for the title one more time?

The 2nd event of day one was the Harrah's Deadlift. The bar height was 15", not your standard deadlift plus the competitors were able to use straps. USAPL National Record holder, Pat McGettigan, dominated this event with a pull of 980 lbs

which looked to be a warm up for him. WSM veterans Mark Phillipi and Ken Brown were right behind Pat, however, both failed at their attempts of 980lbs. Ken Brown holds the World Record in the Silver Dollar Deadlift with a pull 1062lbs and was one of the favorites going into the deadlift event. Look for Pat McGettigan to make a name for himself in Strongman. The guy's got POWER. He lifted the bar with such speed and force I was unable to focus and get a shot of him.



Johnny Perry in the Harrah's DL

You are an inspiration to us all.

Another special guest was Mark Henry of WWF fame. Kaz announced Mark as the 'World's Strongest Man'. No disrespect to Mr. Henry, however, to earn such a title one has to qualify, compete, and win the WSM competition. 'Nuff said. Mark had recently cleaned and pressed the Thomas Inch Dumbbell a feat not many have duplicated. Bill Kazmaier a number of years ago attempted and succeeded, yet I know of no others to do the same. If you are not familiar with the Inch Dumbbell you cannot fully understand such a feat of strength. The thing's a beast. 170 plus pounds of solid steel globes with a handle about 4.5" long and over 2.5" thick. I guess I really need to watch more TV because I didn't realize Mark Henry had been sitting right next to me until Kaz made his announcement.

The competitors would rest Friday and do some charitable work at the local children's hospital. All these guys are a class act and have hearts of gold.

The second day of the contest, July 20th, was held at Harrah's Casino in St. Louis, MO.

Whoever came up with air-conditioning should be considered for sainthood. It was HOT, HOT, HOT! The announcer said the heat was around 125-130 degrees. Sure didn't help to have the events on the asphalt parking lot. Hardly any breeze and you could drown in the humidity. Being a spectator was one thing,

but to actually compete in such conditions really tells you about the character of these guys. What amazes me most was head referee Douglas Edmunds, promoter of the WSM. The guy always seems to wear black. Hat, shirt, pants, shoes ... black. The WSM contests have been in quite warm climates the past number of years. Las Vegas, Morocco, South Africa, Zimbabwe, etc.... Yet, he's in black. On the plus side, it keeps the wardrobe simple and stains aren't as evident. My vote is to have the WSM back in Iceland.

Event one of day two was the Ford Hercules Hold. This tested the grip to the utmost. The athlete stood between two Ford Explorers set on ramps. Handles were attached to the vehicles and handed to the competitors, who, upon the signal had to prevent the vehicles from rolling down the ramps. A true grit event for sure.

Johnny Perry held on for 31.33 seconds for the win. Johnny was the only person that day that I seen pull the vehicles 'towards' him. Bryan Neese, a middle school science teacher, came in second place with 28.59 seconds followed by Brian Schoonveld with a 28.35 second hold. Sneaking up on everybody was Steve Kirit with a 4th place finish.



Shawn Smith's Atlas Stone # 4

The handles did not have any knurling whatsoever and only chalk was permitted. Many of the guys could hardly speak after their attempt. The pain was evident on all their faces.

The MetRx Stones are up next. 5 stone spheres weighing 265, 300, 330, 365, 385, had to be placed on

to a 54" platforms. Usually, tacky is put on the forearms and hands to be

two separate WSM contests. One put on the Car Flip event and the



600 lb. bench presser Steve Kirit traveling 174 feet for the win in the Conan's wheel

able to get a better purchase on the stones. The stones had been sitting in the hot MO sun for so long the tacky became fluid and slippery. Most of the guys opted for chalk.

A personal favorite of mine in this event was Chad Coy, whom I have seen load a 410 stone. Chad is the Indiana Chairman for the North American Strongman Society and holds some top notch strongman competitions. He has become a master at this event, however, was only able to load the 4th stone. I learned later that Chad had been nursing an injured bicep.

The only person to load the 5th stone was Karl Gillingham, brother of USAPL Champ Brad Gillingham and son of Green Bay Packer Hall of Famer Gale Gillingham. Throughout the whole contest Karl had laid low and kept to himself, however not this time. After loading the 385 lb. beast, Karl celebrated by running around the arena yelling. It was nice to see some emotion.

The 24 hour Fitness Conan's Wheel had the athletes carrying a custom Harley Davidson around a track using a pole assembly. The pole had to held in the crook of the arms and carried for a maximum distance. One of the first up was Art McDermott, promoter of the Northeast Strongman Showdown and a Highland Games competitor, who made a 51 foot carry before injuring his lower leg. That injury would affect his performance for the rest of the contest.

The last couple of years Mark Phillipi has had a run of bad luck with injuries, blowing out both knees in

other knee on an event such as the one contested. Mark is definitely not a quitter. Most people would have thrown in the towel a long time ago with similar injuries. Phillipi made a carry of 56 feet without incident. Texas native Chad 'Turtle' Smith made a carry 138 ft. Don't let the nickname of 'Turtle' fool you. Chad is one of the fastest 340 lb.ers I have ever seen.

From the shadows came 600 lb. bench presser, Steve Kirit. Steve made a winning carry of 174 ft just beating Karl Gillingham's mark by about a foot.

A special thanks should go out to the Jim Davis crew for doing an excellent job of setting up, resetting, and dismantling each event in a timely manner. These guys deserve congratulations for a job well done. To get the crowd fired up 'Wild Wily', the owner of the Harley, rode his hog out of the arena only to spill the bike with a little bit of drama. Luckily, the only injuries were a skinned knee and bruised ego.

The Bud Girl Squat was the 4th event of the day. More of a backlift than a squat, the athletes had to lift the bar and platform a total of 9" to sound a horn to indicate a 'good' lift. Young ladies, small children and even cases of Budweiser were used as weights. Helping the Bud Girls up on the platform was 4 time World's Strongest Man Magnus ver Magnuson. I'm sure it was a tough job but Magnus, being the true champion he is, did his duty.

The weights were not announced during the squat so the actual poundage used is bit of a mystery. Last year

Johnny Perry had injured his lower back on this event and many people considered him to be 'gun shy'. Couldn't prove it by me. Perry looked very strong, making a lift with 5 girls. Beating out Perry was Walt Gogola with 5 and a half girls and Chad Smith with 6 girls. By this time the contest had been going on for over 4 hours and cases of heat exhaustion were popping up. One of the weights (aka Bud Girl) started to get quite sick. Medics were on hand and treated each case with care.

There was some controversy on this event. Jarod Spynbrook who had put everything he had into each event became a bit upset when his squat attempt was considered 'no good' because he failed to sound the horn. Only a fraction of an inch was needed.

The 5th and final event was the Car flip and Wheelbarrow sponsored by the

Carpenters Dist. Council of Greater St. Louis/Floor Layers Local 1310/FIC/Install. 3 Ford Escorts had to be flipped on to their sides and a S-10 Pick-up wheelbarrowed 60ft. Unfortunately my wife and I had to leave before the event got under way. Both of us had to work the next day and we were facing a 4.5 hour drive. It was reported to me that Brian Schoonveld had a 'full body cramp' from heat exhaustion. Brett Latta of Ohio finished the course in 47.34 seconds. Look to see this fellow in the future. A number of guys got a time under 30 seconds, namely Karl Gillingham, Jesse Marunde, Phil Phister. There may be a future for these guys as valets.

Here are the top 16 places. The top five qualify to go to Malaysia this fall.

1. Steve Kirit 32.5pts
2. Johnny Perry 40pts
3. Karl Gillingham 40.5pts
4. Brian Schoonveld 46.5pts
5. Jesse Marunde 50pts
6. Chad Smith 52pts
7. Walt Gogola 61 pts
8. Mark Phillipi 62.5
9. Phil Phister 64pts
10. Matt Methany 68pts
11. Ken Brown 71.5pts
12. Bryan Neese 75.5pts
13. Pat McGettigan 77.5pts
14. Jarod Spynbrook 87.5pts
15. Brett Latta 91 pts
16. Art McDermott 95.5pts

This year's World's Strongest Man Contest is said to be "heavier" than years past so it should be interesting. It's only a matter of time before the title comes back home. Good luck guys, we're proud of you!

When I say the words "Powerlifting Nutrition", I get some funny stares. "Did you just say *powerlifting nutrition*," is the reply. "Is there such a thing?" Now, this is bad when it comes from someone outside the sport, but it's even worse when it's one of us. The fact is a large majority of powerlifters are leaving pounds on the platform simply because they are not nutritionally fulfilling their needs to help them accomplish their goals. My mission in writing the sports nutrition section for *Powerlifting USA* is to change this mentality. Like it or not, your nutritional plan plays a major role in your performance in the gym and on the platform. I have seen average lifters become excellent lifters by altering their nutritional regimen. The purpose of this article is to give you a little insight into what powerlifting nutrition is, and what it can do for you.

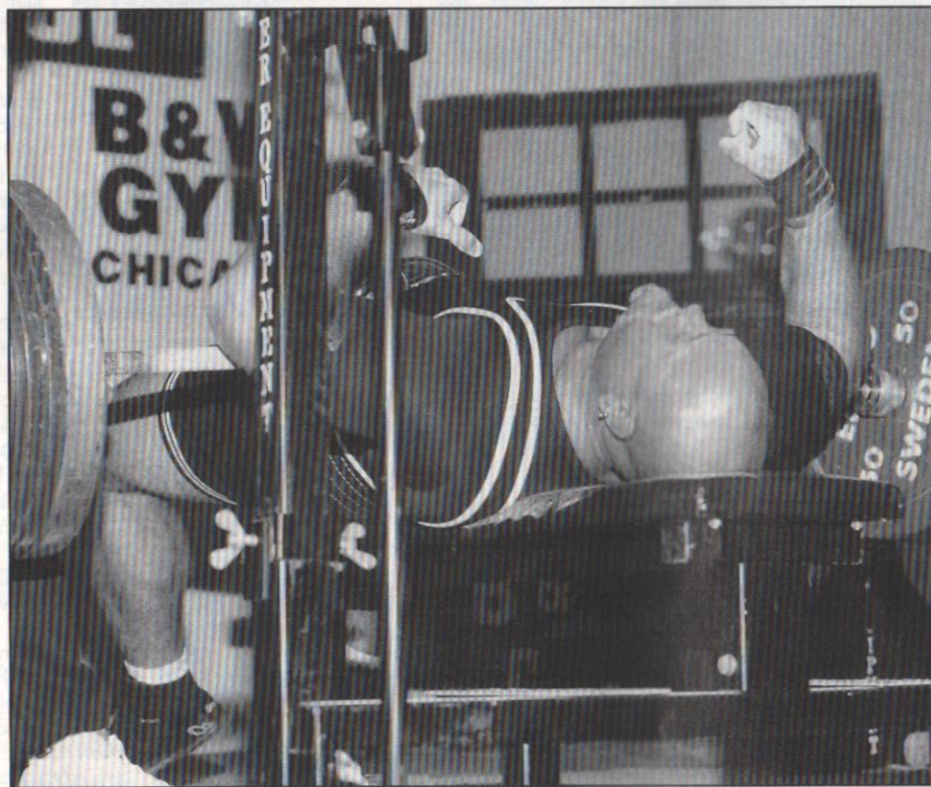
WHAT IS IT?

Powerlifting nutrition is specific nutritional protocols that are customized for the strength athlete. No, it's not the same thing as bodybuilding nutrition. Powerlifting nutrition also isn't mainstream "look good in 30 days" type dieting either. Nor is it a diet plan geared at helping the chronically obese. Powerlifters need specific nutrients at specific times and in specific amounts to reach their optimal performance. During my time here with *Powerlifting USA* magazine, I have received hundreds of e-mails from powerlifters looking to improve their nutritional plan. One thing that I have realized with many powerlifters is that their meal planning is their weakest link. As they say, "You are only as strong as your weakest link!" I hate to say this but the majority of the powerlifters writing in to me don't follow any set pattern of eating, nor do they have any idea what types or amounts of macronutrients to consume. If this is you, don't worry, because I am here to help you. These individuals basically eat what they want, when they

NUTRITION

What is Powerlifting Nutrition?

by Anthony Ricciuto B. Phed. C.F.T. S.P.N. S.W.N. F.T.



Van Hatfield did not actually rip his bench shirt at the USAPL Men's Nationals. The bar fell out of his hands and "buried" itself in his chest, and the shirt was cut off while he laid on the platform, but he has recovered and is back training hard again. (Photo is courtesy of Mike Lambert.)

want, and as much as they want. If today you feel like having sausage and ice cream for breakfast, then that's what it will be. If you feel like having a greasy cheeseburger with curly fries covered in gravy and washing it down with a double banana split and a nice diet cola to even things out, then that's "Powerlifting Nutrition" for that day. By the way, it's has to be a diet cola because there are way too many calories in regular soda. Ha Ha! I know this may sound funny, but if you could only see some of the powerlifting nutritional diaries that I have worked with, you would be surprised. Believe me, I am not recommending bodybuilding or marathon runner nutritional regimens. Believe it or not, I can fully understand that when it's time to have a cheat day ... it's going to be a cheat day for sure. The problem with many powerlifters is, every day is a cheat day, and this will do

nothing but hinder your performance.

We as powerlifters must get out of the mentality that the nutritional aspect of our sport is a joke. I have heard this several times from lifters. Some actually believe that if you eat a boatload of junk or you eat a serious power nutritional plan, the results would be the same. It is this type of misinformation that will hold back your progress. It is these same lifters that have that bench shirt tweaked just right several times before their contest, or they are the ones getting that pair of briefs taken in that little extra in the hips to get the most out of their squat. It is these same individuals that can be seen on contest day eating candy bars and drinking sugar

loaded soda. I am not talking about a post victory treat. I am talking about during their attempts and between lifts!

Bodybuilders and many other performance athletes have a good understanding about how nutrition affects the way they look and how it will affect their performance. The majority of powerlifters on the other hand, don't have the understanding how a serious nutritional plan can take their performance to new heights. This is in part due to the fact that there isn't a lot of information about powerlifting nutrition, and the general powerlifting mentality is that nutrition is only important to bodybuilders and not powerlifters. I have found that with a large population of powerlifters, they know everything there is to know about training. They understand and can draw graphs about how Soviet training theories are better than American theories. They know which material will give you the best bang for your buck to get the most from your bench press shirt. They know and use the latest gadget to get their knee wraps on tighter. Yet they don't have a clue what they should be eating on a daily basis. This is putting the carriage before the horse, since nutrition plays a significant role in your powerlifting progress. Powerlifters have ignored their nutritional planning for too long, but it's not too late.

MAJOR NUTRITIONAL MISTAKES

Contest day nutrition is one of the most important aspects for your performance. Your nutritional program for that day will make you or break you! The fact that most lifters don't use the right fuels on the most important day of the year is something that could be easily avoided. Just remember, if you are leaving your competition day nutritional plan to the "I'll grab something at the meet" mentality, then you better be ready to take second place.

Another major mistake I see with lifters is the way they try to lose weight for a contest. First off, the majority of lifters that I have had contact with, wait until the last 48 hours to get the job done. WHY?

From a performance standpoint, don't you think that it would be better to try to lose those last 10 pounds starting 8 weeks before the show instead of trying to sweat them all off for hours in a sauna the morning of the meet? The fact that the majority of what will be lost will be water, muscle, and valuable electrolytes and not fat, should make you think how it will affect your performance in the coming hours. Powerlifting nutrition shouldn't be a hit and miss game. Your performance on the platform is too important and precious to just guess and hope that you did the right thing. Just think of all those endless hours of blood and sweat in the gym. Think of all the sacrifices you made, avoiding all those late nights out with the boys. Calculate all the money that you have invested in your contest entry forms, organization memberships, supplements, endless amounts of powerlifting gear... bench shirts, wrist and knee wraps, suits, chalk, squat shoes, singlets, deadlift slippers and on and on. What about the air fare, hotel accommodations, car rentals, and all the other costs that go into stepping on the platform. To throw your performance out the window just because of your nutritional miscalculation and wrong judgements in the last weeks and day of the big show, would be the biggest waste of all. Don't let this happen to you! You have worked way too hard, sacrificed too much, and have invested way too much money into your contest preparation, only to lose it all because you were too busy to get your nutritional plan on track.

THE SPECIMEN

I run a private nutritional consulting practice out of Toronto, Canada. I mainly work with nationally ranked strength athletes as well as professional athletes from a variety of other sports. I have also worked with several World Champion and World Record holders in powerlifting. I will give you a story about one of my experiences working with one of my powerlifters. One day sitting in my office, I get a call from a gentleman in regards to my nutritional consulting services. He told me he was a powerlifter and was in desperate need to get his nutritional plan on track. I told him that it would be at least a 2 week wait for him to get to see me for consulting since I have a very busy schedule. He pleaded and begged and whined, until I finally gave in to see him after my normal hours. I guess I did it out of the goodness of my heart, or it could be that he invited me out for a steak dinner at the best steakhouse in town to discuss what we could do with his program. During the consultation he laid out his nutritional diary to me from the previous month. As I went through the pages, I couldn't believe my eyes. Could this really be what this guy eats? To put it politely, his diet was atrocious! I know that may seem a little harsh, but it really isn't considering what I was reading. Let me lay out some of things he had on the day of the consultation. He got up around 9 A.M. and guess what? He skipped his breakfast. What ever happened to eating the "breakfast of champions"? Well, around 12:30 he decided to have his first meal of the day. Here he had 2 bologna sandwiches with extra mustard, a chocolate cupcake and washed it down with 16oz of cola. Ok, this was a nice start to fuel him for the rest of the day. Sugar, refined carbohydrates, processed meat, nitrates, preservatives, fillers, binders, caffeine, corn syrup, food coloring, sodium

and did I forget, more sugar. A beautiful start for a beautiful day. At around 6 P.M. he decided to have his next meal. Here he had a frozen dinner with another 16 oz. of cola and 4 chocolate chip cookies. All this 1 hour before hitting the gym. I guess his concept of pre-workout nutrition and mine vary quite differently. In his journal he even made a side note that he felt sluggish during his workout and slightly bloated. GO FIGURE! If I inhaled that much grease and sugar an hour before training I would be looking for the nearest emergency room to get my stomach pumped, not the closest squat rack to bang out some heavy lifts. After his workout he devoured a pint of Double Fudge ice cream. When I asked him why he had this directly after his workout, he said because "he deserved it", he trained hard that day. If I decided to have a pint of ice cream every time "I deserved it" I would have about 70% bodyfat by now. OK, here I am thinking maybe there was some scientific basis for his meal design, but guess what ... there wasn't! Who am I fooling? This guy's nutritional plan couldn't get much worse ... or could it? Before bedtime he snacked on some pepperoni sticks and some potato chips. When I inquired about the pepperoni sticks he informed me that they are an excellent source of protein. I guess I must have missed that day at the University. As he dropped a nutrition revelation upon me, I looked at him with amazement. I was taught that pepperoni was one of the lowest quality proteins available and was loaded to the brim with saturated fat, cholesterol, nitrates and preservatives among a variety of other nice additives. As I was sitting there pouring over his nutritional diary, it hit me. Maybe one of the major supplement companies can take this guy's advice and come out with a 100% Pepperoni Protein powder. Now, that sounds delicious - NOT! So, as I looked at his journal entry with disgust on my face, he looks up at me and says, "I need a little fine tuning with my plan, eh?" I shake my head and tell him that his plan needs a lot more than a little fine tuning, it needs a TOTAL RECONSTRUCTION!!! Now get this, he looked a little shocked that I said that. Did he actually think he was eating like superstar? After some time discussing his mistakes and numerous shortcomings, we decided he needed some serious help to get his plan on track. We set up another appointment, but it was only after one stipulation. He had to follow exactly what I prescribed, and he promised that he wouldn't waste my time. He was dead serious on getting his nutritional plan optimized and I would be the guy to get the job done! After the initial consultation, I saw this gentleman once a week to monitor his progress and to make sure he was sticking with the plan. We did a complete assessment with him before we started the nutritional program. I measured his bodyfat and lean tissue percentages. We also took before and after photos. We took his maxes on all three of his powerlifts and other major assistance exercises. He had a blood test done by his doctor so we could monitor his cholesterol, blood pressure, thyroid function, as well as his blood sugar level. Since he had a case of borderline high blood pressure, this was one major consideration for his nutritional program.

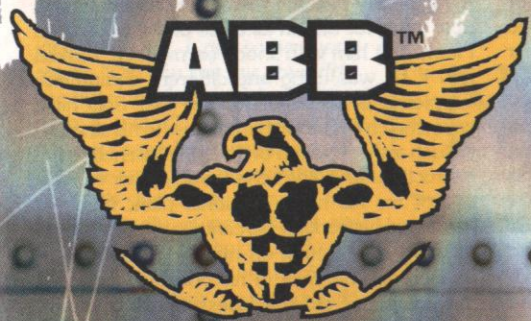
After one month of following my plan we did another assessment to see his progress. First let's take a look at the most important thing ... his strength on the powerlifts. In the one month period, the weights he was using for 3x2 now

miraculously became the same weight he was now using for 5x5 in all three of the powerlifts. I looked at him with shock on my face. I asked him if he was using any different equipment, supplements or other goodies that may have caused such a remarkable increase in his strength in such a short period of time. He listened to my instructions and didn't change any other variable except for his new nutritional plan. Next we measured his bodyfat percentage and his lean to fat ratio. As he took off his shirt I could see a noticeable difference in his bodyfat level since the last time I did the assessment one month prior. He measured in at 16%, down from 22%. I know we are not bodybuilders, but almost all lifters like to look leaner while being stronger. He also had some positive results with his blood sugar level and his blood pressure rating as well. I now had a 'believer'. He understood how proper nutritional planning can not only make a big difference in your overall health, but your strength and performance level on the platform! This would be just the beginning in a long career of success. This gentleman's performance was taken to new heights. During his time under my nutritional guidance, he has won 4 World Championships and 2 National titles as well. Before this time he competed mainly at the state level. The progress he has made under my guidance has been spectacular. He has even set several drug free World Records in the masters division. This client not only became one of my star subjects, but a close friend as well. The purpose of this example is not to make fun of his past nutritional habits, but to show you that you can make a huge difference on your performance when you follow the right nutritional plan!

WHAT IS THE FUTURE FOR POWERLIFTING NUTRITION?

The main purpose for my writings in *Powerlifting USA* is that I want to educate you on how to eat like a true strength athlete. I have reviewed diet plans of some nationally ranked powerlifters and after digesting their nutritional diaries, I can only imagine what they could be accomplishing and what their totals would be, if they optimized their nutritional plan. After fine tuning my athlete's meal plan, the results that they see are incredible. The lean muscle tissue starts to increase. Their bodyfat level, no matter their weight class, begins to decrease. Their strength steadily increases, and their recovery between their workouts is shortened. Their overall energy level is drastically improved and their endurance and volume workload in the gym takes a huge step forward. There are so many areas in powerlifting that can be affected by your nutritional plan. If you have neglected your power meal plan, it is now time to throw down those Twinkies and pepperoni sticks, and start treating your body like a power machine that will be fuelled for strength and power like never before. There is no time better than now to take powerlifting nutrition into the millennium, and take our totals to a new level! If ignoring your nutritional plan was something you have been guilty of in the past, it's not too late to change. Get your powerlifting nutritional plan on track and watch your total soar!

For questions or comments in regards to this article email me at ariccuto@x-tremepower.com. You can also visit my website at www.X-tremePower.com



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TRAINING

Organization of Training: Part 1 as told to Powerlifting USA by Louie Simmons

When planning training, one must not plan for the next meet, but rather the next year or even longer. The following are some issues to consider.

- * Weight gain or loss
- * Improving form on competitive lifts or special exercises
- * Raising work capacity and improving general fitness
- * Gaining general training knowledge

- * Testing character and courage
- * Learning how to use legal equipment

The effectiveness of your training is based on all of these considerations.

Weight gain or loss. First, you must be in the correct weight class. If you are 6 ft tall and weigh 180 lbs, you need to gain weight. A lifter like this should increase his protein and calorie intake, or he cannot com-



Matt Dimel won APF Senior after he ruptured his patella tendons

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To solve the problem, on max effort day do max 3's up to max 6's. This will build extra muscle mass while also building absolute strength. At Westside we recommend doing only a total of four exercises per workout. To gain weight, add two exercises to add muscle mass. When you gain up to the proper weight class, drop back to the original four exercises, not counting abs. As far as food intake, skip the chocolate milk and cookies and learn about proper nutrition. Buy a book or two and read and learn.

You have gained too much if your deadlift goes backward. Your waistline will get too big and your hands will become too fat. I know. It happened to me. You must be disciplined. It might take 5 years of hard training to build yourself to the right weight class.

Improving form. Improving form is a necessity, but it is sometimes difficult. At Westside we have people who are very good in all lifts. To teach a new lifter, we place them in one of our groups. By interacting with that group, they are taught good form through watching and listening. We never criticize, but rather analyze. We always tell the truth to each other and especially to visitors, because many of them don't have the luxury of great training partners to watch over them.

Special exercises will play a large role in perfecting top form in all three lifts by doing exercises for whatever muscle group is lagging. This in itself will help perfect your form. If only stands to reason if you have a weakness in a muscle group, it can destroy your form. A word of caution: If you are starting out, start out right.

Matt Dimel always had a triceps problem, but year after year he

would gain little by little, and his poorest lift, the bench press, would increase. After rupturing both patella tendons, he eventually won the APF Seniors again. His improved bench press helped. A champion will become a champion by becoming better at his worst lift.

Raising work capacity and general fitness. Why is this so important? First, we all need to work on our weaknesses. Sometimes it is the ability to train at a fast pace. During a workout, your energy level can drop quickly. Some experts say at 45 minutes. Therefore, one must train at a fast pace to ensure the most important work is completed in 45 minutes. This involves lactic acid tolerance training. That is,

while training, a pump in the hips and lower back will occur while squatting and doing back work. To think that one must fully rest between sets is old thinking, to say the least. If you do a work task and fully recover and then repeat the same work, you will use the very same muscle fiber. You gain nothing by training this way. But, by enlisting shorter and shorter rest intervals between work sets, i.e., the interval method, the work will be far more intense, involving more muscle fiber. You will find that the last half of your speed sets will be more explosive, and the last set, the most explosive of all. When lactic acid is produced, so is growth hormone.

If you have a high work capacity, a high-volume, high-intensity workout is not as tiring for you, as it would be for someone out of shape. This enables you to train a little heavier and longer and a little faster than your enemies. This requires one to do small, roughly 20-minute, workouts during the week. The workouts are directed toward any particular weakness you have. It could be a muscle group, flexibility, conditioning, and even concentration, through meditation, or restoration, through massage, saunas, ice baths, back adjustments, or even watching films.

To raise general fitness to a high degree may take years. A lifter's goal should be to raise his classification ranking from class 4 to USPF standard Elite. At Westside we have developed 56 Elite lifters, starting out with nothing. Some who have achieved all-time world record per-

formances are Chuck Vogelpohl, Kenny Patterson, and Rob Fusner, to mention a few. They continually raised their work capacity. As they became stronger, their ability to recuperate, perfect form, concentrate, and raise volume increased.

Chuck and I do about 14 workouts a week. We will do a couple sets of dumbbell presses to failure or timed sets with some lat and ab work before squatting. We may do sled work and glute/ham raises before a bench workout. You can even do sled work or the Reverse Hyper machine before a squat or deadlift workout with no adverse effects when you are in top condition.

By doing a lot of sled work of all types your work capacity will greatly improve. On max effort day the heaviest sled work is performed. It may involve pulling up to six 45-pound plates on a flat steel sled. The sled is pulled in two ways: with the strap hooked to the back of your belt or holding the strap in your hands between your legs with an upright posture and with your arms straight. The amount of weight is reduced throughout the week until possibly a weight of roughly 60 pounds is used. The weight is lowered, but the length of pulling is greater: 600 feet for the heaviest work and up to 2000 feet for light work. For upper body work, I have dragged for 2 miles nonstop.

I sometimes do a lot of box jumps as a replacement for some of the sled pulling. Light fireman's carry can also be done. We also throw a medicine ball for a set time, usually

60, 45, or 30 seconds, depending on your level of fitness. A second variety is to add a push jerk or push press with each set. The sets should last 5-20 minutes. This is a tough one. Dumbbells can be done in a very slow fashion, for up to 8 minutes. Use the shortest time, 2 minutes, with the heaviest bells. For example, use 50-pound dumbbells continuously for 5 minutes, keeping track of the reps.

Walking lunges can also be done. But whatever exercise you do, it should slowly increase in intensity and volume as years pass.

Ease into the work, but always aim to increase the amount of work. The better condition you're in, the faster your new records will come.

There is much to learn if you are to succeed, and it takes time. You must gain mentally, technically, and physically. So be patient; it will come.

Part 2 will cover gaining training knowledge, testing character and courage, and learning how to use equipment.




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3-15 minutes with a ball weighing 10-40 pounds. Light powercleans are also very beneficial for conditioning. Do them in one of two ways: First, drop to a hang clean and do powercleans with the interval method. A set can be done every

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At this time, we want to congratulate **Dave Tate** from **Elite Fitness** on being our top dealer this year. We have decided to turn over our Powerlifting "Market" to him. From now on, you can place your band orders through him. Just so you know, he is selling our bands with our blessings. Thanks, Dave, for all your help!

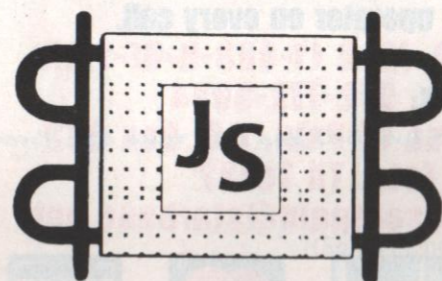
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Ryan Kennelly	Bench Press	780 lbs. all-time record
Luke Lenhardt	Bench Press	from 185 lbs. to 250 lbs.
Eugene S. Rychlak, Jr.	Bench Press	from 585 lbs. up to 620 lbs.
John Schimchick	Bench Press	from 420 lbs. to 450 lbs.
Dennis St. John (age 54)	Bench Press	400 lbs. (PR)
Jeff Welker (age 52)	Bench Press	from 365 lbs. to 390 lbs.

Thanks for sending us your success stories!!



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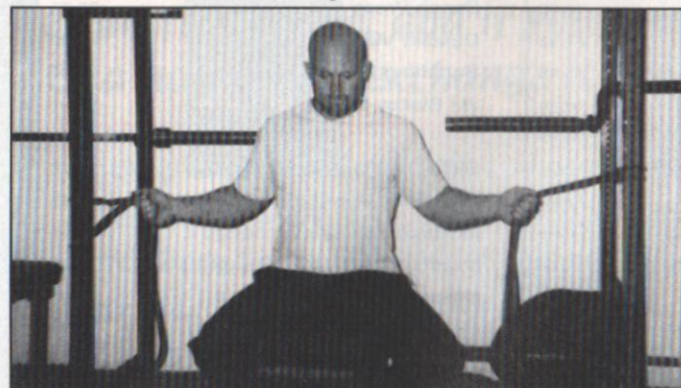
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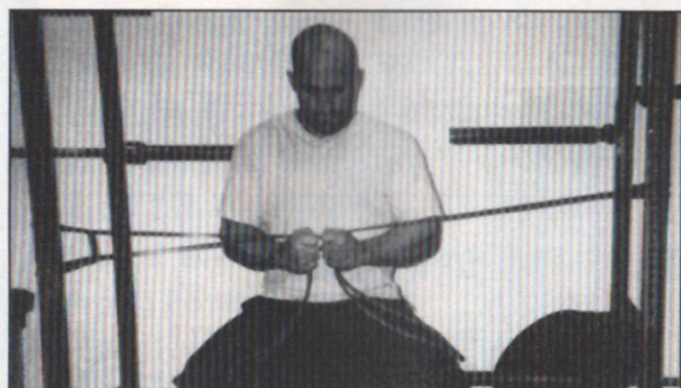
The BENCH

PREVENTIVE MAINTENANCE

as told to PL USA by **GEORGE HALBERT**



(above) Start - elbows tucked into body. (below) Finish - Elbows tucked into body. (All photographs are courtesy of George Halbert)



(above) Start - (below) Finish - be sure to force elbows into your sides



Let me start by telling you this article won't put 25 pounds on your bench in one month. The purpose of this article is to insure the longevity of your lifting career. The area of "preventive maintenance" that this article will deal with is the rotator cuff. The rotator cuff gets very little direct strength training in most bench press programs and as one becomes stronger and stronger in the delts, pecs, lats and triceps the stresses on the rotator cuff become greater and greater and an imbalance in the body will result. It is then only a matter of time before an injury sets in and rotator damage is a very time consuming injury to overcome. So, let's build a stronger rotator cuff.

There are 4 sets of exercises that I will show you that work the four areas of rotation of the rotator. Now these are not the only 4 exercises, but once you learn these

exercises and realize their distinct purposes you will be able to come up with your own exercises using the same principles to better suit the equipment available to you. I personally recommend doing these exercises as a second workout. The reason for this is it will not detract from your primary workout and you will be able to focus directly on the task at hand ... stronger rotators. Now, I understand that not everyone is able to get in a second workout, so it is ok to put this in with your main workout. It is most important that you do not neglect your rotators or they will neglect you. You should train your rotators 1-2 times a week, I recommend you start with once a week and work up to twice a week and then from there decide for yourself which works best for you. I recommend that you do 2-3 sets per each exercise (remember, total of 4 exercises) for

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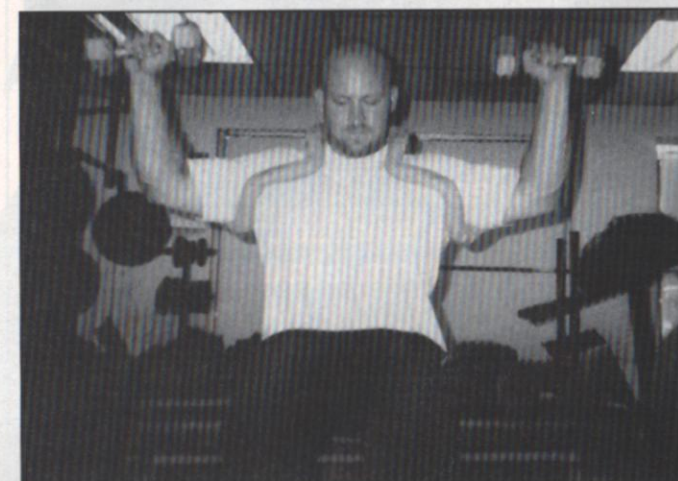
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(above) Start Position - (below) Finish position of the Shoulder Horn



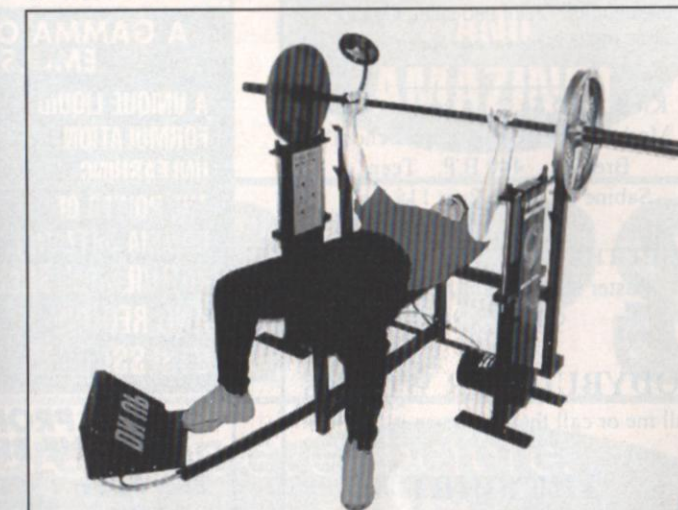
12-15 reps. It is crucial that you use strict form and do not swing or use momentum in any way. Let me use the shoulder horn exercise as an example. Let's say you decide that 2 sets per exercise works best for you. You will start with 15 pound dumbbells for 2 sets of 12. Let's say you are able to perform both sets for 12 reps. The next time you perform this workout you will attempt 15 pound dumbbells for 2 sets of 13. If successful the next workout you would try 15 pound dumbbells for 2 sets of 14. If suc-

... **"The rotator cuff gets very little direct strength training in most bench press programs and as one becomes stronger and stronger in the delts, pecs, lats and triceps the stresses on the rotator cuff become greater and greater and an imbalance in the body will result."**

cessful the next workout you would try 15 pound dumbbells for 2 sets of 15. Finally if successful for 2 sets of 15 the next workout you will move up to 20 lb dumbbells and drop back to sets of 12 trying once again to progress upwards in reps and then in weight. This is a form of progressive overload training. It is important to remember, with this type of training, not to move up if you are unable to complete the all the reps and they must be performed correctly and strictly. Also realize over time that your progress will stall in your rotator work using just strictly progressive overload training and that other training methods will become necessary to continue your improvement, but this will get you well on your way to very healthy rotators and a very long career in benching. For those of you not familiar with other types of training other than progressive overload I will cover more in future articles, but this will get you started.

Remember your rotators are your lifting career. Your rotators handle a high amount of stress from your primary muscles and from the weights you lift. Protect and strengthen your rotators and they will protect your lifting career.

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(above) Start - (below) Finish - always keeping the elbows stationary



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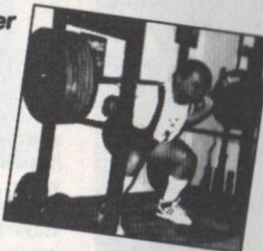
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Recently, Magnus Ver Magnusson of Iceland (former World's Strongest Man contest winner) came to the US for a strength symposium. There were athletes and researchers from all over the globe, with a wealth of information to share. Amazingly, though, what a lot of the people came to the seminar for was to see an exhibition in which a 198 pound lifter was going to attempt a bench press of 700 pounds.

You would think that most people would be interested in learning something to improve their own performance, rather than watching someone else perform. Still, I have to admit I was curious. This isn't something you see every day. Even Magnus, who has competed against the greatest strength athletes to walk the earth, was excited. When it came time for the exhibition, we joined the throng of inquisitive spectators.

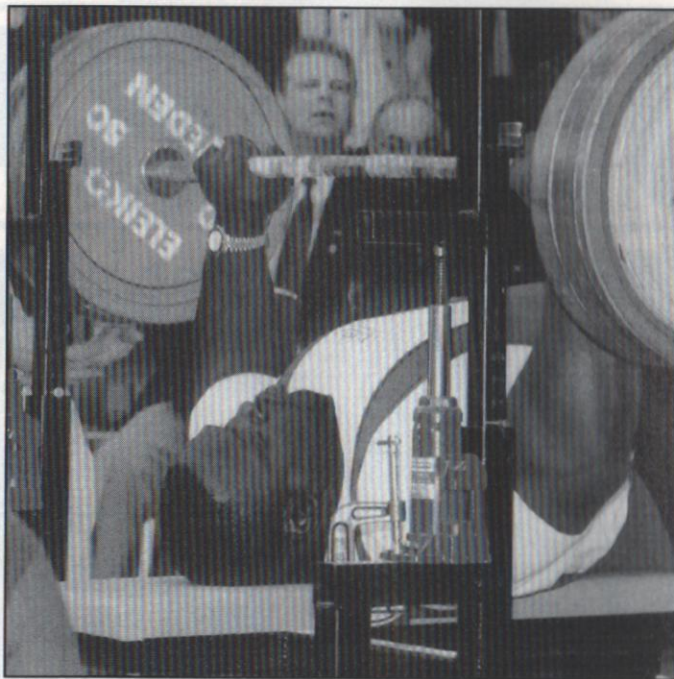
This was an international audience that holds strength athletes with the same esteem that Americans have for football and baseball players. A European witnessing a guy weighing 198 pounds bench pressing 700 pounds would be analogous to an American seeing Barry Bonds cracking five home runs in a single game. Magnus wanted to see the guy up close and personal. Before taking our seats in the audience, we went behind the scenes to meet him.

When we got backstage, the guy was warming up with 315 pounds. After he pumped out ten easy reps he stood up and looked our way. The guy had a huge chest and deltoids, and his arms were absolutely massive for a guy weighing 198 pounds. Yet, with all that upper body mass, he didn't exactly look like a guy who could bench press 700 pounds. To be honest, the only guy I had ever witnessed bench pressing that much weight was James "Hollywood" Henderson, and James weighed every bit of 400 pounds when he did it. I knew Anthony Clark and a number of other guys had lifted even more, but they too weighed close to 400 pounds. Heck, I met the best bench pressers in the world when I wrote my book *The Bench Press - The Training Techniques of the Worlds Greatest Bench Pressers*, and everyone one of those athletes were significantly bigger than this guy. Then, too, I have witnessed guys like Mike McDonald, who looked like they didn't have a muscle on their body, make lifts that were inconceivable. So, I wasn't really sure if he could do it or not.

The guy realized who Magnus was, and walked over and introduced himself. After some small

Dr. JUDD

No Mas! No Mas! by Judd Biasiotto Ph.D.



James Henderson's bench presses were done right. (Hiro Isagawa)

talk, he told us he would see us later and started walking back to the warm-up area. As he was walking away, he suddenly turned back and, as if an afterthought, yelled over to Magnus, "You are looking at a future World's Strongest Man. You don't want any of me." He was smiling as he said it, but somehow I felt the comment was in poor taste. Magnus acknowledged his proclamation with a smile of his own, but I could tell that he was a little taken aback by the guy's boldness. In all candor, I didn't like the way the guy handled the situation. He just came off as being a little too arrogant, which was unfortunate, because I could tell he was actually a good person.

For his next warm-up the guy took 425 pounds. The first repetition went up relatively easy, but the next four reps were pretty tough. After seeing that, I thought there was no way in the world this guy could even come close to bench pressing 600 pounds, let alone 700. He just didn't have the explosive power.

What transpired next was rather peculiar. One of the lifter's spotters came over and asked us to leave. He said that Magnus and I were distracting him. The first thing that ran through my mind was that if we

were distracting him what was an auditorium full of people going to do to his concentration? I was willing to comply with the request, but, ominously, Magnus informed the guy that he wasn't going to leave. There is an old cliché that states "Where does 1200 pound gorilla sit? (The answer being) -- anywhere he wants too." The spotter immediately turned, without saying a word, and went back to his business.

It didn't take us long to find out why he wanted us to leave. First, they taped a good three inches of padding to the lifter's upper back. I assumed they did that so that he could get a better arch when he was bench pressing. After they had the padding taped to him good and tight, they crammed him into a three-ply denim lifting shirt. Once in the shirt he had to walk around with his arms extended straight in front of him. The shirt was so tight that he couldn't separate his hands more than six inches apart. His outfit may have looked lampoonish, but boy was it effective.

He took one more warm-up with 525 pounds. Amazingly, he could barely get the weight to his chest with all of that equipment on, but once he did, he drove the weight back up with relative ease. I couldn't believe how easy he made that lift

especially after seeing him struggle with 425 pounds. I looked over at Magnus. He was shaking his head. I knew exactly what he was thinking ... "This is a joke."

It got worse. He opened up on stage with 600 pounds. Once again he had trouble getting the weight to his chest. This time, however, he had trouble getting it back up. In fact, the lift would have stalled a good inch below his sticking point if it weren't for his spotter, helping him up with it. I am serious, it was like he was doing a forced rep with the spotter lifting half the weight. Surprisingly, when they got the weight back into the rack, he jumped up and acted as if he actually made the lift.

He did 650 pounds exactly the same way, with the spotter assisting him from his chest right up into the rack. After that lift Magnus turned to me and said, "This is the best two man lifting I have seen in my life." Magnus was right, one guy was benching the weight and the other guy was deadlifting it. It was embarrassing to watch. To add insult to injury, they went on to attempt 700 pounds. Thank God, they both missed the weight this time.

After he missed the 700 pounds, he grabbed the microphone and apologized to the audience for missing the lift. He should have apologized for insulting their intelligence. Heck, he should have apologized for making a farce out of the sport.

After that exhibition, a lot of people were wondering out loud about the legitimacy of powerlifting records. I am sure Magnus is back in Iceland telling everyone this story and explaining how Americans establish such mindboggling lifts. Let me tell you this too ... because of my profession, I am around a lot of professional and world class athletes in other sports and they routinely raise the ethics issue concerning drugs and equipment and how the sanctity of powerlifting records have been compromised.

I would like to think that all of the lifts in powerlifting are legitimate. I would like to believe that all lifters perform naturally and that their strength is the product of hard work and not drugs or gimmicks. When you achieve something, it should be because you worked hard to achieve it. Unfortunately, I know better. There are more and more stories like the aforementioned circulating throughout the powerlifting community. More and more athletes are being accused of cheating or using gimmicks to make lifts. We know this is wrong, yet nobody does anything about it. Someone has got to stand up and say, "No Mas!, No Mas!"

Judd Biasiotto Ph.D.

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1	12.3328		SIVOKON, A.	73KAZ	67.30	830.0	1829.8	16NOV00
2	12.0401		MCNAMARA, GERALD	63IRE	59.80	720.0	1587.3	09SEP00
3	12.0000		GANT, LAMAR	57USA	60.00	720.0	1587.3	08APR88
4	11.9327		SUTRISNO, DARIMIN	INA	59.50	710.0	1565.3	15NOV01
5	11.9065		CONYERS, ANTHONY	59USA	67.40	802.5	1769.2	31MAY96
6	11.8065		OLECH, JAROSLAW	74POL	66.70	787.5	1736.1	16NOV01
7	11.7916		BRADLEY, JOE	USA	60.00	707.5	1559.7	27MAR82
8	11.7088		PAVLOV, KONSTANTIN	73RUS	55.30	647.5	1427.5	28FEB02
9	11.6279		STANASZEK, ANDRZEJ	71POL	51.60	600.0	1322.5	13MAY99
10	11.6060		BELL, GENE	56USA	82.50	957.5	2110.9	08APR88
11	11.5757		BRIDGES, MICHAEL	57USA	82.50	955.0	2105.4	10JUL82
12	11.5641		ALEXANDER, AUSBY	56USA	73.93	855.0	1885.0	02APR89
13	11.5185		AUSTIN, DANIEL	58USA	67.50	777.5	1714.1	08APR88
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26	11.1668		LU, SHIH-WU	75TPE	54.85	612.5	1350.3	04MAY01
27	11.1666		LAINÉ, JARMO	66FIN	75.00	837.5	1846.4	24FEB02
28	11.1607		THIOS, DENNIS	69INA	56.00	625.0	1377.9	08NOV92
29	11.1556		HOOPER, WADE	70USA	74.85	835.0	1840.8	24FEB02
30	11.1481		PEREZ, JOSE	USA	67.50	752.5	1658.9	05MAR90

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34	11.0894		GORBUNOV, V.	75RUS	51.40	570.0	1256.6	21JUN98
35	11.0600		LEE, YUNG-CHANG	60TPE	59.90	662.5	1460.6	03NOV97
36	11.0576		DEGOVETS, ALEXANDER	66UKR	52.00	575.0	1267.7	01JUL95
37	11.0315		DUNBAR, CHARLES	57USA	51.20	565.0	1245.6	07JUL84
38	11.0215		BARANOV, VIKTOR	67RUS	74.40	820.0	1807.8	29SEP00
39	11.0000		PRIMICH, NEVILLE	RSA	75.00	825.0	1818.8	06NOV94

WOMEN'S NINE TIMES BODYWEIGHT CLUB

PL	X	BWT.	LIFTER	NAT	BWT.	KG.	L.B.	DATE
1	9.8379		TESLEVA, SVETLANA	75RUS	43.20	425.0	937.0	25MAY00
2	9.6993		NIKOLAENKO, S.	81RUS	51.55	500.0	1102.3	27FEB02
3	9.5578		WEISBERGER, AMY	65USA	56.00	535.2	1180.0	20FEB00
4	9.5173		BOUDREAU, CARRIE	67USA	54.90	522.5	1151.9	21JUL95
5	9.4476		BELOVA, OKSANA	75RUS	51.60	487.5	1074.8	26DEC99
6	9.3974		GIBSON, VANESSA	GBR	55.60	522.5	1151.9	09NOV96
7	9.2857		ABRAMOVA, IRINA	74RUS	59.50	552.5	1218.1	02DEC00
8	9.2465		AVIGLIANO, NANCE	56USA	58.40	540.0	1190.5	14JUN02
9	9.2399		KUDINOVA, MARINA	77RUS	67.10	620.0	1366.9	20AUG01
10	9.2255		KOSKINEN, RAIJA	63FIN	43.90	405.0	892.9	21NOV98
11	9.2046		FILMONOVA, INNA	76RUS	55.95	515.0	1135.4	27FEB02
12	9.1964		HYSER, VICKY	RSA	56.00	515.0	1135.4	09NOV01
13	9.1826		JEFFREY, MARY	60USA	52.00	477.5	1052.7	21NOV87
14	9.1726		CHAN, CIEN-MING	76TPE	55.60	510.0	1124.4	99
15	9.1276		NELUBOVA, VALENTINA	66RUS	55.60	507.5	1118.9	25MAY01
16	9.1148		SHAPOVALOVA, N.	83RUS	47.45	432.5	953.5	27FEB02
17	9.1023		JERUMBO-WARMAN, M.	58USA	59.60	542.5	1196.0	09NOV96
18	9.0780		SHAFFER, RUTH	59USA	63.95	580.6	1280.0	22NOV85
19	9.0277		CHEN, CHUN-JU	82TPE	43.20	390.0	859.8	99
20	9.0000		FOMINA, ELENA	69RUS	60.00	540.0	1190.5	02MAR01

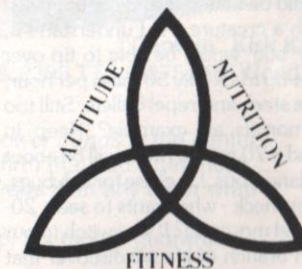


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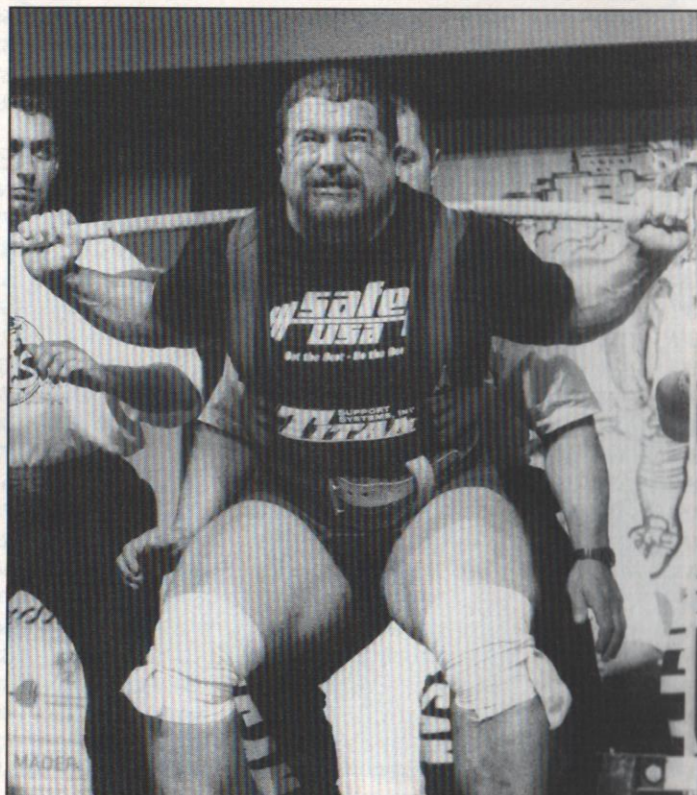
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It's a fact; as you read this writing thousands of situations exist capable of causing you an immediate release from this world. This is a dangerous, chaotic, violent reality we live in. Don't believe it? Cross the road, wearing dark clothes, when the bars let out in a college town. Go to a Snoop Dogg show in a KKK uniform, unarmed, alone. Date an NBA star. Drink the water in Third World countries. Just holding still in most parts of the Middle East can cause a quick end to your long-term investment plans. The fact that this is a high-risk world is made much more valid when combined with familiarity of nature's uneven distribution of survival factors. We, presuming the reader to be human (or a lawyer), got: self-awareness, and cool thumbs and wrists; other critters got exoskeleton armor, the ability to fly, run 65 miles an hour, horns, claws, fangs, incredible sensory capabilities, freedom from telemarketers, poison, and some don't even mate for life (or 5 minutes for that matter). As a Biologist that is also obsessed with strength and power, well, I quickly saw that we were ripped off (except for Brad Gillingham). Barring almost no exception we are the most FRAGILE organisms on this planet, pound for pound. Please imagine, if you will, an 80 pound Praying Mantis. This example would be smaller than the lightest weight category in powerlifting, by far. Yet even Big Brad G. would be at a loss to defend against such a creature. As I understand it, this 'bug' would be able to tip over pick-up trucks, fly 50 miles per hour, slice steel, and repel bullets. Still too glamorous an example? Keep in mind a 70 pound moth will be about as dangerous. Likewise for ladybugs, frogs, heck - who wants to see a 20-pound mosquito? If we switch to our own branch of life we discover that even as mammals we are the laughingstock of the party. Not counting the claws and fangs stuff, we are many times weaker per pound than the next most frail of mammals. Some are 7-9 times 'stronger' per bodyweight than healthy humans. Reliable evidence has shown baby apes to be VERY physically (and often intellectually) superior to adult human athletes. Dr. Judd has a great story of picking a fight with a small chimp, resulting in bruises where his insurance does not cover. What is my point in all this? In general, our only hope is to get stronger. Sure many other factors aid in survival, but don't bank on brains being the big winner in nature. Knowledge, information - yes. Just don't count on your great human ability to think making the difference in cold, hard nature. You won't get any slack from sharks, hyenas, timber wolves, etc. even if you have good SAT

"Things Will Try To Kill You" as told to Powerlifting USA by Mark Daniel



Kirk Karwoski would happily damage any bus that dared to hit him.

scores and can fix any automotive problem. Nope, it'll come down to force, I reckon. I know that many would ponder the lack of a mention for flexibility and cardio-vascular endurance. Well, actual range of motion is helpful, but will not be the deciding factor when an adult grizzly bear is attacking. So, on to endurance!

Allow me to recall a story from my dozen or so, "highly productive" years of college. Fact is, I wasn't the most 'goal-oriented' student around, but as an Exercise Physiology/Kinesiology major I did get the pleasure of being SURROUNDED by fit, wellness-oriented scholars (in other words: skeletons that could move for long periods of time, with nice running shoes). These folks saw large muscles as impediments; thought-disrupting tissues designed to hide insecurities, at best. I had many a lively debate with these classmates, and even with 'instructors'. My favorite opponent was a Phd. Candidate I will refer to herein as "Cecil" (his real name is much sillier). "Cecil" was a real-live ENDURANCE ATHLETE. If you don't know, these are the really competitive skeletons, with the nicest running shoes, and are able to do pointless, repetitive activities for hours, even without Ritalin.

"Cecil" was of the very common belief that, since I could bench press much more than I weighed, I was 1) an idiot; 2) on drugs; and best of all 3) ill suited to survive! I know enough not to contest anybody on issue #1. I have been drug tested quite a bit for being so weak a powerlifter, so #2 is a compliment. But #3 was unacceptable. Sure, "Cecil" was basically in control of my grades for this course, but I could not let such a slur from this 'Ally Mcbeal' looking geek pass uncontested. Seeing as how "Cecil" was about the same length, weight, and width, of an IPF legal knee wrap (only more flexible), one would assume he would see himself as at risk in the deadly realm of nature. Not so. He loudly and vigorously contended that an endurance athlete was better suited to 'survive' than a 'power' athlete, even if skill and body composition were identical! His primary assertion was simple; he would run away. In nature this is absurd. I challenge ANYBODY to come up with a group of creatures that hunt and kill at a JOG! Find a creature that will run fast AND far. Face it, good reader, if the bear hasn't caught you in about 40 seconds, he'll find other entertainment. Why would any animal burn hundreds of calories to obtain a few

hundred more, especially while risking injury? Fact is, the FASTEST eat/escape, the rest die. Okay, not too extraordinary so far. Here is the catch, where "Cecil" and his brethren strike me as insane: what propels the organism through the environment? In my life, I have never found out the mysterious answer that the enemies of strength believe. Science has shown for decades that only muscular force can be used to allow animals to move faster, all other things being similar. I STILL can't believe that there are maniacs that think that LOSING weight will INCREASE strength, as many wrestlers and some other athletes think. Would these guys rather tussle with Ray Benemerito than Allen Iverson (even unarmed)? Bigger engine - more propulsion, within reason. So, "Cecil" putters away, I use superior short-term acceleration to catch him, and possibly snap his cellphone antenna of a neck. End of story? Not so. He stated that his fantastic mobility would allow for evasion beyond my 'clumsy' ability. As this is an assumption based on the premise that LESS tissue allows for MORE agility, we'll just let it go. Next is the famous "my greater athleticism(?) will allow me to fashion a spear to toss at you" statement. Of course, I'll use a bigger projectile, throwing it harder and faster. Still, the uninformed see any muscular size as causing the amazing 'muscle-bound' effect. These people really need to see the upper bodies on male gymnasts, etc. - and there are as many scrawny inflexible klutzes as massive ones, I am sure. But "Cecil" might say he could scamper up a tree! Oh my, what is the strength athlete to do? Well, shake the tree, knock it down, or wait at the bottom, living off of greater body mass. It just makes sense; outrun, jump, swim, hit, and so on: the stronger creature can propel itself through the atmosphere harder and faster. One last thing "Cecil" and I disagreed on was more easily seen to most. If a bus hits Kirk Karwoski and the world's greatest marathoner with equal force, will the result be the same? Come on now. If he plants his feet Kirk may damage the bus! A larger, stronger animal will survive trauma better than a similar one with fantastic cardiovascular endurance. Come to think of it, endurance ain't gonna win much in nature. If a boxer knocks your head off in the first round, will anyone care that you WOULD have still been fresh in the twelfth? Nope. Things will try to kill you, and you'll have plenty of time to be bony after your funeral. Last I heard, "Cecil" got his Ph.D., but was permanently injured when it was dropped on his left leg. Train to be strong AND healthy, and more than just survive.

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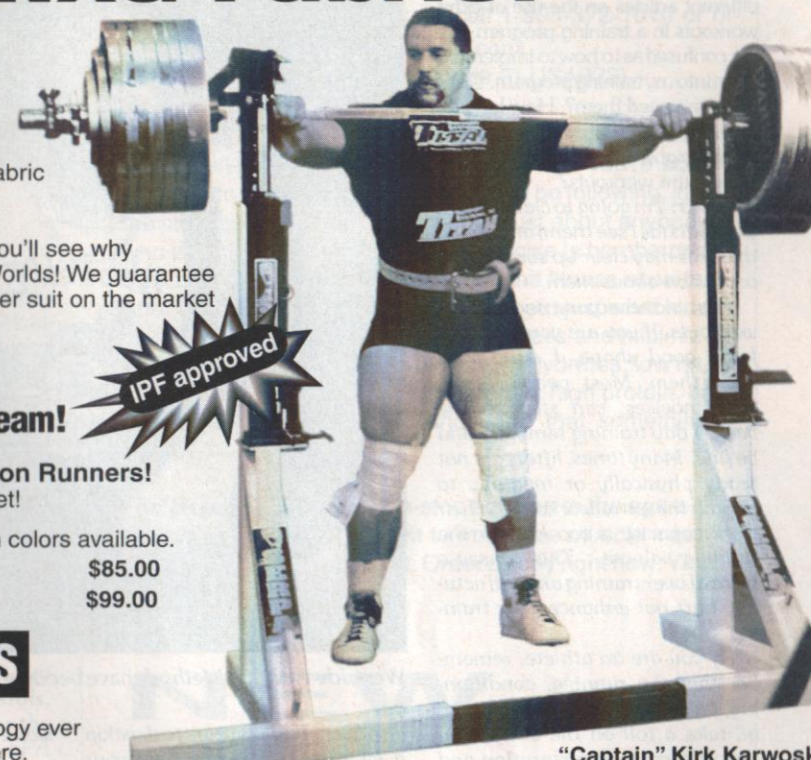
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FORCE TRAINING

by Dave Tate of
Elite Fitness Systems

Question: My question is concerning extra workouts. I've read several different articles on the use of extra workouts in a training program and am confused as to how to implement them into my training program. Does everyone need them? How long do they need to be? How do you determine weight % and reps per set for these extra workouts?

Answer: I'm going to clarify extra workouts (as I see them) and I hope that this may clear up some of the confusion about them.

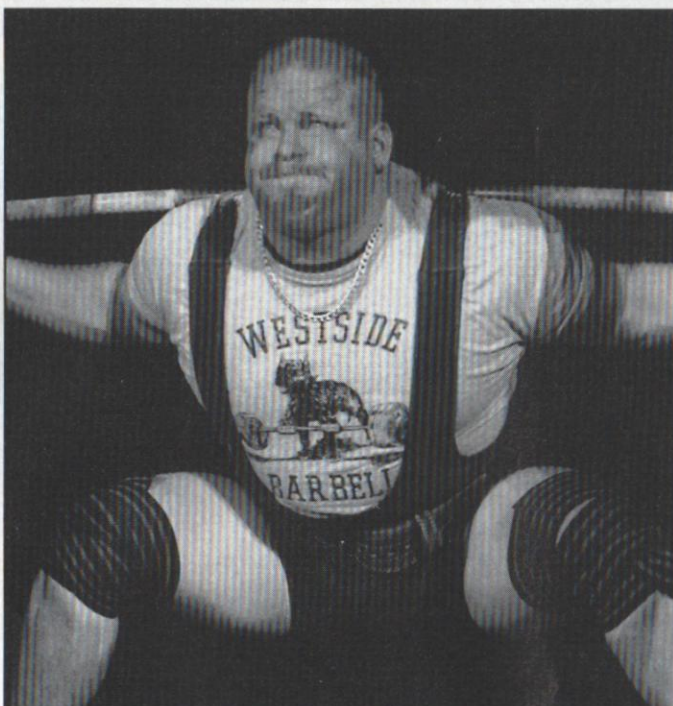
First, not everyone needs extra workouts. If you are young and in fairly good shape, I doubt you need them. Most people, especially novices, can stick to the basic 4 day training template and be fine. Many times, lifters are not ready physically or mentally to handle the extra workouts. Their work capacity is too low for the training volume. This causes a state of over training and will actually hurt not enhance your training.

If you are an athlete, remember that the running, conditioning, fieldwork, specialty work, etc. all take a toll on the body. You need to focus on restoration and rest: not hitting the weight room. Your mind needs a rest also, and just getting out of the training environment will do wonders.

Second, the term workout needs to be looked at differently. Most of the time it is seen as an intense training session. But in reality it can be anything. 2x15 of reverse hypers and some pull down abs could be a workout. In my Force Training seminar people are always amazed when I list band good mornings and stretching as a workout.

Third, an extra workout, in my opinion, is anything that helps you get ready for the big 4 sessions of the week. This could be some extra stretching at night, some light sled dragging to get rid of soreness, sitting on your couch eating pizza, or getting a nap in. Everything should be geared to making those workouts better. If you are doing triceps pushdowns every day, and your elbows are killing you and your ME work is down, what benefit are you truly getting from the extra workout?

Fourth, extra workouts need to be added in gradually. Don't do something just because someone



Westside Training Methods have become more prevalent nationwide.

else does. It takes years to develop a high work capacity. Take your time and be patient. Remember this; too many people are trying to do too much and make this system complicated.

Question: What do you guys do to prevent elbow pain? My triceps strength is going up, but several days after a workout they still ache. I don't want to stop training, but feel like I may start going backwards if I can't get rid of this pain. Please help!

Answer: This has been a complaint of many powerlifters over time and isn't unique to any one thing. What one person can do without pain can set another lifter back several weeks. The trick is finding what exercises and movements hurt and simply stop doing them. There is always an alternative; it's just up to you to find what that is. I have talked about this issue with many lifters and here are some remedies that have helped various people over the years.

1. Make sure you warm-up properly. This may mean that you need to take 10-20 more minutes than your training partners before a workout to get ready or it may mean that you need to progress

slower to your working weight.

2. Use liniment. There are various liniments that can be applied topically that will help with the pain.

3. Wear neoprene elbows sleeves when training. This will help keep the elbows warm.

4. Take an anti-inflammatory before you train.

5. Ice after training.

6. Have ultra-sound done to your elbows.

7. Move your grip out when squatting.

8. Use glucosamine/MSM.

9. Try Active Release Therapy

Try any combination of the above and see what happens. The important thing to remember is that you are not going to be stronger if you are hurt, so you have to find a way around the pain until it fully heals.

Question: I got into a debate with a strength coach that wanted to take the bands off the bar after DE day and work up to a single. I told him it wasn't a good idea, but he insisted that his athletes do it. I know you've made some references to it before but I couldn't remember them. Is it detrimental to take the bands off during a session?

Answer: Yes. Here is why. The bands allow the bar to drop faster than gravity. This is called accelerated eccentrics. The faster the bar moves on the way down, the faster it will come up. Of course, the eccentric phase must still be controlled and strong; this is not an invitation for every lifter to lose form and hurt themselves. Having said that, by taking the bands off of the bar during a session, the eccentric portion of the lift will be slowed significantly and thus the concentric (the raising of the bar) will be slower. Louie did an informal experiment with Matt Smith that he detailed in his article "Training Methods." Here is a quote from the article, "With 550 pounds of only weight on the bar, the eccentric portion took 0.9 seconds and the concentric 1.35 seconds. With a combination of weight and bands (375 lbs. + 175, 550 at the top and 375 at the bottom) the eccentric phase was 0.55 seconds and the concentric 0.76 seconds. When only bands were used (750 at the top and 550 at the bottom), the eccentric phase was 0.53 seconds and the concentric 0.57 seconds. Bands work like muscle and connective tissue; they lengthen and contract in addition to absorbing kinetic energy." Although this was not a formal study, it shows why the bands shouldn't be taken off of the bar. All one really needs to do is try it themselves. Perhaps if your strength coach actually trained what he coached, he would understand why. This is the main reason why I constantly preach that coaches should have some education under the bar and not just at a desk. Every guy in our gym would tell you to keep the bands on the bar. They may not know the exact science or reasoning behind it, but they are experienced enough to know that the bar speed would significantly decrease.

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Ask the Doctor

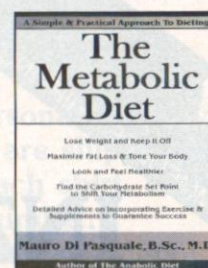
This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I have two quick questions for you regarding the Metabolic Diet. I am already through the assessment phase and everything is going well. I know you are very busy so I will keep the questions short as possible. 1 - At the back of the book in the food tables, using steak as example, it gives values regarding fat, carbs, protein and calories, but when it says per 3 oz. does it mean raw or after cooking, as I know the meat will weigh less cooked? 2 - I am getting most of my protein through fish and lean meats and protein powders. I am getting at least 25% of my fats from good fats, but the rest is from dairy fats such as double cream and cheese. I know these are very high in saturated fats, but are not heated or processed in any way. Is my health at risk? I am taking lots of flax seed oil and GLA and EPA, etc. Thank you so much for having the time to read and hopefully answer my e-mail. I did E-mail you last week congratulating you on your brilliant book. I will not bother you again. Yours faithfully **Rob**.

Dear Robert: 3 oz is for the raw food. That's the only real way to measure foods since the amount they shrink depends on how they are cooked. I've found that most people on the Metabolic Diet don't run into any significant adverse changes to their serum cholesterol, especially if they take in a reasonable amount of good fats such as the omega three and omega six EFAs (flax - ALA and LA, fish oils - EPA and DHA, GLA, etc.) and the monosaturates like the oleic acid from olive oil. If you're at all worried, have your serum cholesterol levels done and even compare them to what they were before you went on the diet. As far as bothering me again, it's OK. Let me know how you get along and if you decide to check your cholesterol, what your values are. All the best, **Mauro**

DEAR MAURO: I've been on the Metabolic Diet for a few months and I think it's fantastic. I've put on muscle mass and dropped body fat at the same time. I've got to squeeze down to 165 for a powerlifting contest coming up. I am currently not dieting, just hoping to maintain my current weight of about 180. Is this a good way (the Metabolic Diet) to get down to a realistic weight, so I can cut the rest the day before weigh-ins? I need every bit of strength I can get, and I'm trying not to lose any. I appreciate your time, and you did a great job with the book. Several of my friends have tried it with much success as well (the losing bodyfat bit, while retaining muscle). Thanks for your time, **Mark**

Dear Mark: The Metabolic Diet is an excellent way to cut back to say around the 172 lb. mark, plus or minus a few pounds, over several weeks so it won't significantly effect your strength. Then drop the rest of the weight within 48 hours prior to the weigh in, getting much of it back, and usually a lot more if you've been following the Metabolic Diet, before you get into the serious lifting. BTW, I'm just finished writing an e-book, the Anabolic Solution for recreational and competitive Powerlifters. It ties in the Metabolic Diet with phases of training and nutritional supplement use. It also includes extensive information on making weight and what to do prior to weighing in, after you've weighed in and during the competition to maximize your functional bodyweight and strength. After all, the more muscle you have at any given weight class, the more weight you can lift. This was shown (as if we really need scientific proof) in a recently published study (Brechue WF, Abe T. The role of FFM accumulation and skeletal muscle architecture in powerlifting performance. Eur J Appl Physiol



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Mauro DiPasquale, M.D.

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

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2002 Feb;86(4):327-36.) The Anabolic Solution has over 220 pages of information that will allow to increase your strength and lean body mass while at the same time cutting back on your body fat, and get into the best competition shape of your life, competition after competition, and year after year. The Anabolic Solution is all about manipulating the body's anabolic and the catabolic hormones and growth factors to give you the anabolic edge as far as your training and competitions. You can order the Anabolic Solution for Powerlifters from www.MetabolicDiet.com, and if you enter the special PLUSA discount code you'll get an automatic 10% off anything you order from the store. Best of luck with the competition. **Mauro**

I once heard that there is a fine line between "hobby" and "mental illness". People usually say something like this to criticize me for my iron obsession, and I never try to explain anything to them. But to you, I'll explain that anything worth doing - is worth doing to excess! I can't stand "well-rounded individuals;" send the mentally ill fanatics to me instead. They're more fun!

Real lunatics have nicknames, and that is one way to check the authenticity of an asylum. Some of the more interesting people I've worked out with include: Hillbilly Bigs, Hippy Jeff, The Bulgarian Brothers, Animal, Big Billy, Ed (not his real name), and so forth. (You get the idea.) Some people want to go to a bar "where everybody knows your name." Fine, but give me gym where everyone knows my nickname!

When Dan Matthews contacted me about Ironworks gym in Florida, the first thing I noticed was the nicknames (and the Monster Truck). I got photos of Kamikaze Dan, Strongman Ron, Henry the Czech, G. Man Gary, and Tom the Transvestite. Oh wait, that last photo was from another stack. Anyway, these names intrigued me - and then I found out they do Powerlifting meets there, they have Strongmen, and they even have a guy "training to be run over by a truck!" IS THIS A GREAT GYM OR WHAT?!

Here's the story, as told by Dan Matthews:

In 1975, Rafael Guerrero, Cuban fighter pilot, weightlifting champion, acrobat, international weightlifting coach, strength statistician and historian, opened Gold Coast Gym in North Lauderdale, Florida. Rafael built most of the equipment himself, so there is no chrome and lots of aluminum paint. Five years ago he sold the gym to Gary and Leigh Anne McCartney who changed the name to Ironworks. Rafael, then in his 70's, got married and now travels the world with his bride as international representative for York Barbell Company.

The gym was intended as a haven, for the many serious athletes who live or visit in South Florida. Gary and Leigh Anne have continued that tradition. Ironworks is located in the shade of an overpass. The parking lot looks like a warm-up room for monster trucks,

HARD CORE GYM #15 "Modern Alchemy Gold into Iron"

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

where the super-heavyweight champion is Gary's silver growl-

and Roman chair sit-ups, squatting with safety squat bars and pulling with trap bars and bending bars with partials and lockouts; and doing floor presses, board presses, and cambered presses. Men and women both do high pulls, power snatches, and power cleans. Somebody is always working with stretch bands, chains, or bungi cords. The heavy bags are constantly thump-



Strongman Ron Fortin is training to be run over by a truck

ing mastodon with Ironworks painted on the side.

Inside, there is a racket: guys laugh, shout and bang plates with Def Leopard and Spanish rap rattles the windowpanes. There is a juice bar with no juice, but Pan American Champ Jimmy Burgos whips up 1000-calorie protein shakes complete with bananas and Yoo-Hoo. The place smells like Icy-Hot, ammonia, and sweat on iron. There are no Otomix, but lots of work shoes and Chuck Taylor's, no spandex, but lots of meet shirts and competition gear. And there is chalk

There is always a crowd at the floor platform (complete with DJ jack), power rack and a jack-up squat racks, where there is also a 10-inch box to keep everybody honest. Guys are doing THG-raises, reverse hypes,



Pan American Champ Jimmy Burgos is bold enough to shoot an Arnold (photographs by Dan Matthews)

ing. There is no sauna, but the heavy bag room is un-ventilated. New England's Strongest Man Ron Fortin, who is training to be run over by a truck likes to lie on the floor and stake plates on his stomach. A couple of guys hang their heels to raise their blood pressure for big lifts. There is a bowling ball if any one wants to play catch. There is even an arm wrestling pulley.

Since there is no place for dance aerobics, Tai-Bo or spinning, there are no certified fitness twinkies on the payroll. But Gary, Leigh Anne, and Jimmy are always available to help newcomers. There are seven world champion powerlifters who train here along with about 30 up-and-coming competitors. Ron has recruited 5 or 6 strongman competitors, who have an annex which includes beer kegs, boulders, a Conan's wheel, and a truck to drag around Detroit Lions Oscar Smith, the friendliest T-Rex on the planet, holds court in the gym every afternoon. Independent professionals, like strength coach Kamikaze San Matthews (NASA World Champ) and Joe Kozma (Collegiate National Bodybuilding Champ), bring their clients here to train. So Ironworks is alive with training tips and inspiration, and is such a friendly place that youngsters and novices are quickly adopted.

Ironworks produces champs in many sports. In just 6 weeks this Spring the Ironworks power team took home 11 first place trophies and the team championship at WNPf Pan-American Championships. Jeff Lawson set an AR 410 bench at 165.

Jindrich Cervenka (Henry the Czech) took 3rd place at the St. Louis

Strongmen II, only 2 weeks after his Pan-American win at 242. Heath Allison was 5th and Ron was 9th.

Rob Keller went to Russia for the IPF Collegiate World's. No results yet.

WNPf World Champ Lance Mosley won the APF State Championship with an elite 1789 @ 198. Lance has been training for 2 years. This qualifies him for the WPO Money Meets.

Undefeated Thai boxer and 3rd generation soccer goalie Doug Almeida led the Coral Springs Strikers to their league championship.

And owner Gary, the G-man himself, who has posted 1725 and a 515 bench at 238lbs., won 1st place and best poser in the Super Natural Bodybuilding Championships.

The high point of ironworks year is the South Florida Bench-off and Deadlift competition, held every October. This meet is held in the sun, in the parking lot outside the gym, and usually attracts about 80 lifters. Local fans get to see some big iron move: deadlifts go past 700, and middleweight AAU World Champ Greg Wright always does 6 plates and change. There is also a max rep bench press event, where 30+ bodyweight reps will get you in the contest and 40 will win.

In May, IPA World Champ Adam Rubin moved here from Iron Island Gym. We now have two members who are benching 400+ pounds at 165. There are some, gyms who can boast of 1 or 2 superstars in their membership, but very few have the depth and diversity of Ironworks.

Many people think a gym like Ironworks is not commercially feasible, but the gym has never advertised, and our membership renewal rate is about 75%.

Another note: And why not?! Who wouldn't renew with all this fun and excitement going on? Gym owners - take note! Put on strength events, cultivate fanatics - and THEY WILL COME! Heck, I want to go to Ironworks, and I live in Texas! OK, I better get back to work. (I just got a shipment of the new Monster Mini Bands, and I'm dying to try them out.)

Remember: if at first you don't succeed, skydiving is not for you. No, no; what I meant to say is that if you train real hard - you might be able to be run over by a truck someday too!

Hard Core gym info? Comments?

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HOUSE OF PAIN
PO BOX 333
Fate, TX 75132

INTERVIEW

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

Brent Mikesell

interviewed for PL USA by Bruce Citerman

BC: BRENT, GIVE US SOME PERSONAL BACKGROUND ON YOURSELF.

BM: Well, I'm 35 years old. I work full time as a teacher and coach. I've been married for 9 years to my wife Connie and have three wonderful children, Shelbie, Kalli and Maximus. I was born in the small town of Sand Point, ID and moved to Spokane, WA at the age of 6.

BC: WHAT IS YOUR ATHLETIC BACKGROUND?

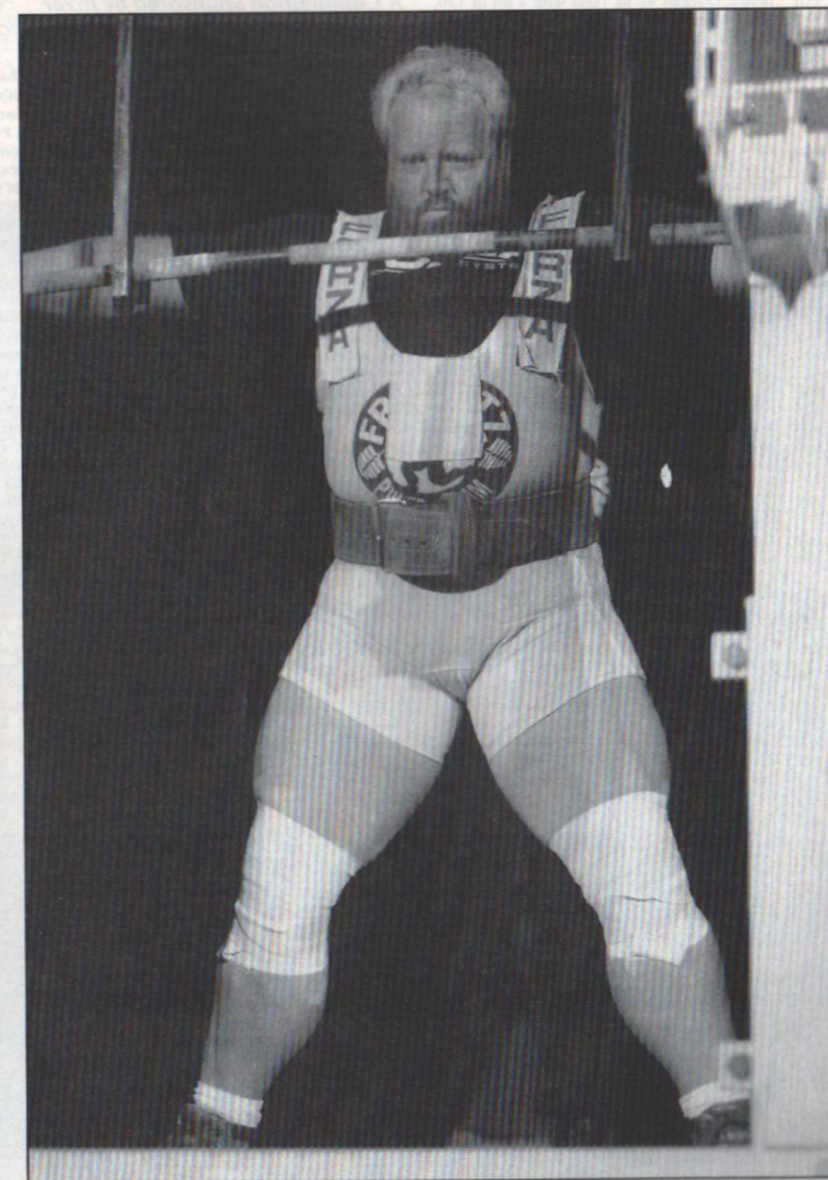
BM: I played soccer, baseball, football, track, and basketball when I was real young, but found in high school that I liked football and track best. I played football at the University of Montana under former head coach, Don Read.

BC: HOW DID YOU GET INTO WEIGHTLIFTING AND COMPETING?

BM: I started competing in Powerlifting in my junior year in high school and soon found out that I enjoyed that competition more than football. I won my first ever meet and got best lifter. I found strength fascinating at an early age. My football coach at the time was very serious about us lifting weights and that attitude carried through to me. He inspired me to start and gave me inspiration to compete. After college, however, I took 7 years off to do other things before I got serious again.

BC: WHAT ARE SOME OF THE MAJOR CONTESTS YOU HAVE ENTERED AND WHAT WERE THE RESULTS?

BM: APF SENIOR NATIONALS '98 4TH PLACE; APF SENIOR NATIONALS '99 3RD PLACE; APF SENIOR NATIONALS '00 2ND PLACE; WPC WORLD'S '99 - SUBMASTER SHW 1ST PLACE; WPC WORLD'S '00-SHW OPEN 2ND PLACE. My best competition lifts are squat 1074.5, bench press 601, and deadlift 788. The squat is the all time world record and will be entered in the Guinness Book this fall unless it



Will Big Brent Break the 1100 barrier in the squat at Bruce Greig's North Americans?

is broken again soon. My best three-lift total is 2430, which is the 7th highest total of all time in the sport of Powerlifting. My deadlift would be much higher, probably around 850, but my grip is bad on one hand due to a missing index finger from a gun accident when I was 5 years old.

BC: TELL US ABOUT YOUR TRAINING VIDEO.

BM: Well, I spent a year filming, editing, clipping, and putting together a video of me training, speaking, and competing. It emphasizes the squat, but also includes tips for the bench and deadlift. It comes with a com-

plete training routine that I used to break the world record in the squat as well as routines for the dead and bench. It has me narrating and instructing on technique and training. It also shows lifters

how to use bands and chains for those who have never used them. Finally, the video has 71000+ lb. squats on it (including the world record). You can order it through my website

at www.brentmikesell.com or even order pictures from my site too.

BC: WHAT IS YOUR TRAINING ROUTINE?

BM: I train 4 days a week: on Monday, Wednesday, Friday and Saturday. Monday is bench and assistance, Wednesday is squat and assistance, Friday is a max bench day, and Saturday is lower back and squat assistance. Monday: Bench 3-4 warm ups sets of 5, heavy double, heavy single. Decline 2 heavy sets of 5. Lockouts - Power Rack 2 sets of 2-3 reps. Pushdowns 3 sets of 10. Seated Rows 3 sets of 8. Military Press 2 sets of 8. Hammer Curls 2 sets of 8. Wednesday: Squat 5-6 warm up sets of 5, heavy triple, heavy single. Reverse Hypers 2 sets of 8. Leg Curls 2 sets of 10. Smith Machine Squats 2 sets of 5. Friday: Floor Press warm-up in sets of 3, max out until failure. Skull Crushers 3 sets of 10. Pull-downs 3 sets of 10. Plate Raises 3 sets of 10. Reverse Curls 3 sets of 8.

riam machine 2 sets of 6. Seated Calves 2 x 10

BC: WHAT KINDS OF VITAMINS OR SUPPLEMENTS DO YOU TAKE?

BM: I like to use whey protein made by EAS and glutamine and creatine supplied from GNC. I take glutamine 6 days a week, 2 servings of protein drinks a day and creatine only for 4 weeks prior to a contest.

WISCONSIN'S BEST BENCH PRESS
13 APR 02 - Independence, WI

WOMEN	Mukite, Joe	450	Submaster	220
Masters 1	4th	455	181	Hager, Curt 405
148	Feaster, Charlie	265	Smith, Paul	325 242
Goldsmith, D.	Nordloy, Larry	260	198	Wahl, Scott 350
181	165		Jensen, Andrew	345 275
Grohn, Sue	150	165		Reiter, Daniel 400
Mastes II	Stinson, Todd	360		
165	Kegler, Brent	330		
Hovind, G.	65	Malyuk, Matt	320	
Open	Drager, Dave	310		
148	Adamson, B.	300		
Say Kally, Amie	145	Harmon, Kevin	280	
165	181			
LaFavor, Jolyn	160	Madsen, C.	375	
shwt	Nielson, Redgie	350		
Hovre, Chanty	215	Ogle, Ben	325	
Pre-Teen	Steller, Keidi	300		
123	198			
Woodman, J.	110	Hanneman, B.	385	
Russett, Austin	85	Jaberi, Joby	300	
Submaster	Dotson, Cierald	250		
165	220			
Meyer, Sandy	170	Leverance, Eric	410	
Teen	97	Hager, Curt	405	
Docken, Jennie	130	Larson, Nick	365	
132	Kaczmarek, B.	355		
Miemiety, Beth	105	Jacob, Drew	300	
148	242			
Klinger, Dianna	110	Pechmiller, Bill	540	
165	Becker, Shawn	490		
Steinberger, A.	120	Niles, Kel	450	
Teen Boys	Buchman, Iban	420		
114	114	Page, Mike	420	
Bechel Jason	180	Kester, John	410	
132	Draxler, Mike	405		
Wintrone, Chad	275	Kulig, Kevin	400	
Rosen, Kody	155	Welfzien, Darin	370	
Abts, Jacob	150	275		
Koch, Keith	135	Herrmann, Karl	425	
148	308	Easterly, John	405	
Pope, Dan	300	Flint, Ray	500	
Knopps, Derek	265	Soley, Tim	405	
Abts, Brian	235	Bromeis, Scott	400	
Waughtal, Joe	190	Riggs, Jon	300	
Mulholland, J.	170	Masters 1		
Allen, Paul	170	165		
165	165	McCredie, Al	305	
Cady, Josh	300	181		
Kundert, Brian	300	Sullivan, Tim	365	
Sullivan, Scott	265	Woodman, L.	250	
Manlev, Rob	225	198		
Pru sinski, Caleb	215	Jenkins, Mark	405	
Ge sler, Ryan	205	Kaminski, Steve	385	
Ro tering, Dean	205	Phillip, Ricky	350	
Ellingson, Arin	195	Kim, Joe	330	
Yo lrath, Sam	205	True, Michael	330	
Madion, Ryan	205	Schmitt, Barry	280	
Behrens, Mitch	180	220		
Kirchner, Luke	180	George, Dennis	340	
Hattier, Jonathan	155	Maloney, Mark	310	
Wros, Pat	120	Polus, Keith	242	
Grensing, Justin	181	242		
181	Rasmussen, V.	385		
Jones, A.J.	330	Glowacki, Dan	355	
Schneider, Cory	315	275		
Kramolis, J.	300	Fronk, Steve	435	
Smeija, Dustin	290	308		
Paelow, Dan	245	Brust, Jeff	500	
Julson, Justin	190	shwt		
Durham, Marvin	198	Wojciechowski, J	405	
198	Masters II			
Ritscher, Chris	335	148		
Powers, Mike	280	Feaster, Charlie	265	
Haffner, Justin	225	181		
Hovind, Mike	75	Goldsmith, Bob	280	
220	Spalding, Roger	270		
Hund, Matt	295	242		
Jeff Justin	290	Seeman, Kurt	340	
McMartin, Kyle	290	275		
Olson, Tracey	255	Brod, Bob	310	
Dix, Levi	245	shwt		
242	Nelson, Tom	350		
Martin, Nick	310	Masters III		
Vamer, Jake	250	181		
Wente, Tyler	245	Rotter, Chris	200	
Cook, Cody	215	198		
275	Briggs, Brian	310		
Osborn, Pat	350	220		
Ryun, Mike	320	Dingfelder, Bob	325	
Lieding, Sean	310	McGinley, R.	320	
Dingfelder, R.	300	275		
308	Murphy, Don	270		
Johnson, Stuart	290	Police/Fire		
Snyder, Steve	195	181		
Rundquist, Josh	100	Smith, Paul	325	
shwt	198			
Hinker, Jamie	335	Kaminski, Steve	385	
Open Men	148	242		
		Becker, Shawn	490	

On April 13th, Wisconsin's Best Bench Press had 140 athletes enter its 4th annual contest. People came from all over the Midwest to compete in this benefit for the Athletic Department for Independence High School. We would personally like to thank all the lifters, judges, spotters, announcers, Independence High School, our concession workers, volunteers, and our head table workers who helped make this event a success. In the Pre-teen division, at 123 lbs. it was Josiah Woodman with a lift of 110 pounds to take first over Austin Russett who finished second with a bench of 85 lbs. In the women's category we had eleven lifters all unopposed in the weight classes or divisions. Those taking first in the Teen division were, Jennie Docken 97 lb. class with a lift of 130, Beth Miemiety 132 lb. class, 105 pounds, Dianna Klinger in the 148's lifting 110 pounds and Amber Steinberger in the 165's took home a 160 pound press. In the open division 148's Amie SayKally put up 145, Jolyn LaFavor in the 165's hit a nice 160 lb. bench and on an off day Charity Hovre in the heavyweight class still put up 215. Sandy Meyer in the sub-master 165 class benched 170. In the Masters I Dorothy Goldsmith put up 110, along with Sue Grohn in the 181's hitting 150. In the masters 11 newcomer and recent grandmother in her first meet, Georgette Hovind benched 65 lbs. In the Teen 114 class newcomer Jason Bechel took first with a 180 lb. press. In the 132's Chad Wintrone dominated with a big 275 lb. bench besting his class by more than 100 pounds. The 148's again belonged to Dan Pope who notched a beautiful 301 lb. lift to take first by 351 lbs. over Derek Knopps. The 165 teen class was the biggest ever as it had 15 entries within. When it was over Josh Cady and Brian Kundert both hit 300, but Cady took first based on body weight. The 181's for the 2nd year in a row were won by A.J. Jones who hit a 330 bench, beating Cory Schneider by 15 and Jeremy Kramolis by thirty. The 198's saw Chris Ritscher blow by everyone with a 335 lb. press, the next closest was Mike Powers at 280. The 220's was our tightest battle with the top three being separated by a total of 5 pounds. Matt Hund Placed first with 295, followed by Justin Jeffrey, and Kyle McMartin finishing with 290. In the 242 lb. class, Nick Martin put up a 310, with Jake Vamer taking second with a 250. The 275's saw Pat Osborn distance himself from the others by 30 pounds as he hit a big 350 lb. press. The 308's had Stuart Johnson bench 290 for first place, and in the heavyweight class BIG Jamie Hinker blew up 335 pounds. In the open division, we have made a little history here in Independence. Joe Mukite, from Elgin, IL rocked the auditorium with a triple body-



A Competition Sponsored by Inzer ... competitors at the Wisconsin's Best Bench Press tournament. (thanks to Glenn Woychik for photos)

weight 450 lb. third attempt, then added a 455 lb. fourth attempt to take first by 185 pounds. This guy is really something, he is simply guts and determination! The 165's had a nice battle between Todd Stinson and Pat Sullivan, but in the finish it was Stinson by 10, with a 360 pound press. The 181's had Christian Madsen take first with a 375, with Redgie Nielson taking second with a 350 pound bench. Brad Hanneman took the 198's with force, and notched a 385 lb bench. The 220 open class had a tremendous battle with Eric Leverance and Curt Hager trying for the top spot. Eric prevailed with a 5 pound victory over Curt by putting up 410 lbs. The 242's was a bunch of meat eaters, with eight of the nine entries hitting 400 or more. Bill Pechmiller, the veteran, stole the show today with an awesome 540 bench at 237 pounds body weight. Shawn Becker was second with a 490, but did manage a 500 on his fourth attempt. The 275's had Karl Hermann beating out John Easterly, when they went 425, and 405 respectively. The 308 class belonged to Ray Flint who muscled up a nice 500, and notched a 520 fourth attempt. First time lifter Tim Soley was second with a 405 press. In the sub-masters, we had five entries all unopposed in their weight classes. Paul Smith at 181, hit 325. Andrew Jensen benched 345 in the 198's, as well as Curt Hager pounding up a 405 in the 220's. The 242's had Scot Wahl nail a 350, and Daniel Reiter in the 275's rack 400. In the masters I division, Al McCredie was the lone entry in the 165's hitting 305. The 181 lb class had Tim Sullivan beating out Leonard Woodman by benching 365, to Woodman's 250. The 198's had long time lifter Mark Jenkins rack a smooth 405, taking first over Steve Kaminski who pressed 385. Taking third was the wild man Ricky Phillips, with a



Joe Mukite joined the Triple Bodyweight Club, with a drug test to boot, at the Wisconsin Best BP contest.

Dear Mike: I will be sending you some photos from my recent meet at Wisconsin's Best Bench. It was not sanctioned but they seem to follow APF rules. Glen Woychik ran the meet and did a great job, in comparison to other meets I've attended. He is big on promoting teens into the sport. The photos are not of great quality, but they show the lift. I am also doing some photo shoots for "House of Pain", which will probably be better quality. I'll send some of those in addition to my drug test from Ernie Frantz.

I just got back into lifting 2 years ago. I had shoulder surgery 5 years ago and the doctor told me I'd never lift again. I guess miracles do happen because I put up 455 @ 147.5 at the Wisconsin's Best Bench. My goal is to break 500 pounds and doing it drug free. I am emphatic about my methods and believe that heart and mind are the true way to the top. I have nothing against non-tested lifters - a lot of techniques I have learned come from non-tested lifters - I just think they don't believe in themselves enough. Hopefully, someday, I can make believers out of the same people. My training program even works for the beginner. I have helped friends who lift (w/o competing) and they have made 100 pound gains in one year. I personally have made a 100 pound gain in the last 18 months from 353 to 455 and I'm not done. When I do blocks - I have hit 525 for two with 5 blocks. I have no lid on my jar and, God willing, I will keep making gains. I believe we get out of life what we put into it. I think the key word there is "believe."

I am speaking at our High School's Sport Banquet this year and hope to pass on what I have learned in my quest to be the best. I plan on helping local area sports with weight training to develop power. I am going to continue my quest to be the best drug free bencher ever and "500 Pounds."

I do plan on lifting in other drug free divisions with different gear. I recently talked to Lance Slaughter to get his views on it all. I kind of fell into the AAPF since I am from Illinois but am open to lifting in all divisions. I do have to say that I will miss Ernie Frantz since he is semi-retiring. He is one of the few guys that will invite you into his club and teach you what he knows, he'll take your phone call and he doesn't care who you are - he just wants to help people interested in the sport. And ... he never wants anything in return.

Mike, keep your eye on me. I will answer anyone's questions and have nothing to hide. And with the exception of you / my wife / and our local newspaper - I do not brag about myself nor will I ever gloat on what I have done.

Thanks for listening, **Joe Mukite**



Joe Mukite (front) benched 455 weighing only 147.5, virtually equivalent to the 8 bags of concrete shown above, at the Wisconsin Best Bench meet, in this photo that was taken for the House of Pain catalog. (in the rear are Garrett Tershel, Joe's wife Marily Mukite, and Joe Hummel).

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)

A few months ago I returned to Powerlifting. I had always enjoyed lifting, but I could never keep motivated for more than six months. Six years had passed since the last time I had lifted regularly. Entering my mid-thirties, I wanted to reclaim some of my lost youth. I decided that I was going to return to Powerlifting. I had always been a good deadlifter, but these months back in the gym have been exciting. At 210 pounds, I took my deadlift from 500 to 700 pounds, naturally! No illegal substance here. Just hard work and right eating. In a recent deadlifting workout, I pulled 605 for a set of five, doubled 650, and pulled 675 for a single. I anticipate pulling 730 in the next few months.

I don't claim to be an expert. I just want to tell you what works for me. This article was written for the beginning lifter. The more advanced lifter might scoff at my approach; but if you are new to the sport and experiencing difficulty deadlifting, I believe that this information will be of help to you. Give it a try; you might find yourself deadlifting a lot more than you thought possible!

If you have spent any time in the gym, you have probably had the concept of "form" preached to you. Everyone stresses form, but so few truly practice it. Bad form will hinder your progress and increase your risk of injury. The first thing we have to do when deadlifting is to think of it as one fluid movement. Each muscle should be working in unity with other muscle groups. Muscles are in unity when the legs lock out, hips drive forward, and the shoulders roll back -- all at the same time. If any of these muscle groups lock out before the others, you have a form problem. If your form is off, decrease the weight and correct it. Each muscle group should reach lock out at the same time.

When approaching the bar, foot

"BACK TO BASICS" DEADLIFTING DOs as told to PL USA by Robert Karacson



Robert Karacson of Rockwood, Michigan, pulling 650 for reps while training in the gym.

placement is crucial. Whether you use a conventional (narrow) stance or sumo (wide) stance, your shins should just lightly touch the bar. Be careful not to get too close to the bar as you move into position. If you move too close, you create friction against the bar increasing the difficulty of the lift. Move Back! The less friction you create, the better. If you sumo lift, your shins should be about an inch away from the bar. As you bend over to take hold of the bar, your shins will naturally move forward and lightly touch the bar. If you use a conventional stance, you will have to stand back 2-3 inches from the bar. Like the sumo stance, your shins will move gently against the bar when you move into position.

Next, look at your hand and feet positions. You should use a reverse grip and tightly grip the bar. If you use a sumo stance, your hands will

rest inside your thighs and extend straight down from your shoulders. Your feet will be slightly to moderately turned out. If you use a conventional stance, your arms will extend on the outside of your thighs and your feet should be facing straight ahead.

When you descend to grip the bar, get your hips (butt) down -- only raising them gradually as the bar moves into the lockout position. In the sumo position, your thighs should be slightly above parallel. If you use a conventional position, your legs will be in a high squat position. If you are in the right position, this will help give you the drive to lift the bar off the ground. The greatest mistake that deadlifters make is raising their hips and locking out their legs too early. This will move the weight too far out in front and places tremendous stress on the back. The legs and back

must drive *simultaneously*. Because legs are typically stronger than the back, they have a tendency to lock out earlier. Remember, all muscle groups need to work together. If your legs are stronger, use them to create momentum for you back. But be careful, though, if your legs ahead of your back, you've just increased the likelihood of a missed attempt.

To keep your legs from getting ahead of the rest of your body, keep your back flat or slightly arched. A lifter gets into trouble when his back rounds. Once your back is rounded, it is very difficult to recover. Lifters can avoid this problem by looking ahead or slightly upward. Look in the direction you want the bar to go. If you are looking down, that is where the bar will stay -- down! In a good deadlifting position, the lifter is leaning forward. If you are too upright, you will eliminate the use of your back muscles. A slight to moderate lean will maximize the lifter's use of back muscles.

If your form is correct, the bar should move up in a straight line. Read that *again!* The bar should move up in a *straight line*. If I were standing at your side, I shouldn't see the bar move toward or away from your body. I should be able to draw a line perpendicular to the resting bar position to the completed lift. If the bar moves from that path, you have a problem. Chances are the problem rests with one of those issues already mentioned. Go back, isolate the problem, and make the necessary changes.

Deadlifting is more than a pull; it is an explosion! Many deadlifters fail because they lack explosiveness -- not strength. When training for the deadlift, begin slowly and lightly, but as you warm up, use greater speed. You want that bar to "snap" as you lift the weight off the floor. Work on speed during your intermediate sets. Don't wait for poundage to increase; fire that bar up

throughout your workout. Speed is crucial in moving the weight. If you lack speed, your effectiveness as a deadlifter will be hindered.

Unlike the squat and bench, there is no lowering of the weight in deadlifting. When you lower the bar in the other strength movements, you store up energy for the push. In the deadlift, there is no energy storage phase or negative movement. The bar only moves in one direction -- UP! Granted, the bar comes down, but only after the lift is complete. Because the bar moves in only one direction there is no wasted energy. Maximal energy can be used to drive those hips and throw those shoulders back.

I know that the current trend in deadlifting is *not* to deadlift; but for the beginning deadlifter, this is a mistake. I work from this simple principle: "If you want to be a good deadlifter, then *deadlift!*" It is difficult to develop good deadlifting form if you are doing "good mornings" and other movements all the time. If after several years of training you hit a plateau, then you can incorporate more advanced and assistance training. Until that point, there is no substitute for deadlifting.

I personally find that my body responds best to sets of five. I begin light, but work myself up to one heavy set of five and then I go down

in weight. For example, I usually take 3-4 sets at 135 to get a good stretch. Then I do one set of five at 225, 315, and 405. Then I usually do a single at 495 to prepare my body for my heavy set. My last heavy set of five is 585. After completing five at 585, I go down to 495 for a set of five. My last set of five is at 405. In all my previous sets, I use a sumo stance. In my final set, I use a conventional stance.

When working out, listen to your body. If it is hurting or excessively sore, back off! Give your body time to recuperate. There have been many times when I have gone to the gym expecting to lift big weights only to return home after a few sets. Lift heavy sets of five for 3-4 weeks, and then lighten up. The rest your body receives will empower you for your next phase of deadlift training.

Lastly, what to do about those nasty calluses? Many a good deadlifting workout has been brought to a halt because of torn calluses. I have found that the easiest way to remove calluses was to take a hot bath. After letting your calluses soak for a while, use your finger nail to scrap away the dead skin. If you've soaked it long enough, the dead skin should come off in layers. There is no reason for calluses to affect your next training session, if you follow this tip.

Strength & Speed New! 2002 fun fact book by Dale Harder. Like *Guinness Book + Believe It Or Not* combined, this beefy encyclopedia is crammed with strength & endurance records for every age 1 to 100. Do you want to see the evolution of world records in every track & field event? See how you compare! Do you know the heaviest man to run a 4:00 mile? The lightest man to put the shot 70'? Which president could do a one-arm chinup? Do you know what 300 lb man can do chinups, holding 200 lb? Anecdotes and percentile ratings in track & field, weightlifting & powerlifting. Plus articles on highland games, stone lifting, Basque lifting, grip strength, pullups, pushups, caber tossing, farmer's walk, fire walking, martial arts, canal vaulting, apnea diving, high diving, fittest man, Inch dumbbell, strong men, & much more. 356 huge pages.

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POWER SCENE



Ken Tate in action at Venice's Muscle Beach, hitting a 380 at 181.

Power Scene hopes you've been having a fun, and strong, summer. Out here in sunny Southern California, in addition to all the other summer fun, summer means powerlifting at Venice's Muscle Beach. Power Scene was there to catch the action at a couple of the beachside meets.

June's bench press contest drew overcast skies, along with 38 lifters and lots of friends, coaches, and spectators. Scott Marcinek hit a successful opener of 407, weighing 198; he does his training at the Lake Forest World Gym. The American Eagle Gym's Ken Tate, who's been training for ten years, hit a 380 at 181.

We caught up with Ken and American Eagle Gym owner Sherry Houston, and they've got a bench meet coming up on October 6th, the Mid-Cities BP. American Eagle Gym is now in its 15th year, and you can get hold of them at 562-863-1308.

As for Muscle Beach, it's hold-

ing the APF West Coast Bench Press Championships on September 14th. For info on that meet, or any of the various Muscle Beach events, call 310-399-2775.

Announcing the meet were Brenda Reyes and Chuck LaMantia; Chuck has been a fixture at Muscle Beach for over a decade. (He may have been there longer than some of the palm trees.) Chuck was a competitive powerlifter from the late 1970s through the early 1990s, and had PRs of 575 SQ, 400 BP, and 575 DL.

Chuck was back at the announcer's table for July's deadlift competition, where John Ford ripped a big 710, and James Kegrice took Best Lifter honors with a 661 at 198. Kevin Meske did his usual fine job as meet director.

In the crowd was star deadlifter George Brink, who was looking great at 265 lbs. George had dieted down from 331, and is thinking about doing the Tournament of Champions bodybuilding show later



Big George Brink is looking lean these days (N. Low photographs)

this year, then coming back to powerlifting next year in the 275 lb. class.

Finally, in doing our own training, we visited the Angel City Fitness Gym in Marina del Rey, and we came across Marie Sandstrom Escamilla, a very talented young woman who came here from Sweden eight years ago.

Marie covers the bodybuilding and strongman scene for a variety of magazines, many of them overseas. Here in the U.S. she writes for graphicmuscle.com and IRONMAN; in Sweden she has a monthly column in B+K. You can check it out at www.b-ksportsmag.se

Marie also writes for FLEX's German edition, and for Body Fitness, which appears in Spain and France. And she speaks over a half dozen languages, and competes in figure competitions, and was on the Nike performance team in Europe, and does fitness modeling.

Marie is also currently doing a lot of personal training, and working on a training video (in English). You can contact her at simplifyfitinc@aol.com

September means the end of summer, and back to school, and back to the gym if you've been taking the summer off. 'til next time, stay strong and healthy. NED LOW



Brenda Reyes and Chuck LaMantia - announcers at Muscle Beach.



Maria Sandstrom Escamilla at Angel City Fitness in Marina Del Rey

In the last two decades or so, it seems every discipline has developed its own group of specialists. This applies to medical doctors, oil and telecom creative financial gurus, and to the guys at the Home Depot. Powerlifting too has always had its specialists, lifters who excelled or concentrated their efforts on one of the three lifts. In the last few years we have witnessed an explosion of bench press specialists that have seemed to rewrite the record book in every issue of PL USA. What makes powerlifting so much different than many other endeavors, is that each lift is so unique, compared to the others. Some lifters seem better suited for one powerlift over the others. Only an elite few rank at or near the top in all 3 events. A decision many lifters make is whether to specialize in a certain lift they prefer or have relatively better body structure for, or place equal emphasis on each lift for a balanced total. In order to make this decision; a lifter must examine the factors involved.

The first factor is body structure. If you remember my past series of articles on body structure and each of the lifts, you know body structure can not be altered. If you have long arms, this will tend to favor the deadlift and be detrimental in the bench. Shorter legs would be a plus in the squat, while shorter arms would be a boost in the bench. Of course, varying grip, stance, etc. can partially compensate for most shortcomings. In the end, your body structure will be the ultimate physical limitation on each lift. That is, no matter how hard or smart you work your bench, if you have NBA basketball player arm length, don't expect to make the PL USA Top Five list in the bench. By the same token, this doesn't mean that you should not train the bench hard, nor that you can not improve, however, if you do have a body structure that favors a lift that would be an important factor in your decision to specialize.

Another factor is self-fulfilling prophecy. If you favor one lift over the others, it could very likely show the most progress over time. Just looking at this, a lifter might say that this lift should

STARTIN' OUT

A special section dedicated to the beginning lifter

Novice Specialization

as told to Powerlifting USA by Doug Daniels



Not a Novice, and Not a Specialist... but... "On the 28th July, at the BPC British Championships, Andy Bolton pulled a world record 420 kg deadlift, 926 lbs. Take a long hard look at the picture above, think of the last time you ever saw someone deadlifting anywhere near this kind of weight so proficiently, comfortably and, of more importance, undeniably. This is how a finished deadlift should look; the lifter stood erect, with knees locked and shoulders back. At the 2000 WPC Worlds, in Vegas, Bolton pulled 407.5 kg, deleting the long-standing 140 kg class record of 402.5 kg, by South Africa's Gerrit Badenhorst. The following year, at the nationals, he upped this mark to 410 kg. At the 2001 Worlds, he came in as a super-heavy and pulled 418 kg, to take Heisey's WPC record. At the Arnold Classic earlier this year, Andy and man-mountain, Mark Henry, gave us history's greatest ever display of deadlifting prowess, when both men went head to head in a contest for reps with 402.5 kg (887 lbs)!!! Andy emerged the victor, with three reps to Mark's two! His recent 926 should now establish him as history's greatest deadlifter, but there is plenty more left in this man. His attempt came up so fast that it was blatantly clear he was probably around 15-20 lbs short of his maximum! The icing on the cake for Andy was that his WR deadlift also gave him a new record total of 1128 kg. -2487 lbs. Andy had been nursing a shoulder injury and was holding things back for the upcoming worlds. He turned up at the nationals not really knowing how strong he was (he had only gone to 320 kg on the deadlift), hence his 9 for 9 performance. His 440 kg squat was deep and explosive, as he smiled his way to the top. He was refereed by three international referees of different nationalities in a high caliber international competition (England, Scotland and Wales)" Brian Batchelor

leaving the bench press as the lift of choice. Shoulder problems could limit your benching, but could have no effect on your ability to train the squat or deadlift.

Next, we should examine goals.

There are primarily two types of meets, 3-lift meets and bench press meets. There are very few meets that feature either the squat and/or the deadlift. The large amount of bench meets provides an avenue for bench specialists to compete. This could be a justification for bench specialization. Some 'bench-only' men do lift at 3-lift meets in order to be eligible for state and national records, which may be required by various organizations to be set at 3-lift meets. In this situation, many take token squats and deadlifts just to make the necessary total. Very few big bench men seem to dominate important 3-lift meets. What this indicates is that the other two lifts may be more critical in the final total. This could provide clues as to the best attack in the long run for the 3-lift competitor.

Sometimes in order to get a lagging lift in line with the others, a lifter may choose to specialize on that lift. This could mean more sets of assistance work and/or more sets of the actual lift. This could lead to overtraining that lift and actually cause a decrease in it. As always, let common sense be your guide. Listen to your body for signs of overtraining, like unusual amounts of soreness and decreasing strength. Before you consider doing extra work, again evaluate your technique for flaws or give thought to moving up a weight class. This makes even more sense if you struggle to make weight for meets. Let your body grow and perhaps your lagging lift will grow with you.

My recommendation to novice lifters is to train all three lifts with equal concentration and dedication for at least a year or two. Do not expect to be equally as proficient in each lift, but don't let that be an excuse to not train them hard. Better training, lifting technique, mental focus and changes in bodyweight are all factors in your long-term progress. Specialize in increasing your overall total and your future goals will be more obvious.

be the one that should receive specialization or priority in training. Again, this should be balanced with how hard and consistently you have trained the other lifts. Some lifters do a lot of benching and little squatting and even less deadlifting. These two lifts require much more energy to train and some lifters are just plain guilty of being too lazy to train them hard enough. Not to be forgotten is inefficient lifting technique. It could be very possible your lagging lift could be caused by bad lifting style. Consult an experienced lifter for a critique of your lifting techniques. This could reveal some untapped power you never knew you had.

An overlooked factor is bodyweight. Changes in bodyweight have different effects on each of the lifts. A general rule of thumb is the bench is most effected by any bodyweight change, followed by the squat, then the deadlift. As a lifter increases in bodyweight, the lift that was once your strong suit may not improve as well another. This could change the lifter's whole training strategy, including specialization. Your bench could really take off when you move up in bodyweight, and your once relatively strong deadlift may increase fractionally in comparison. In this case, your current bodyweight may determine your stronger lifts. This would indicate that your stronger lift might not always remain the same over your career. This could greatly effect how you view your goals, strengths and weaknesses. This, of course, could apply in reverse in the event of weight loss. A weight loss could spell a drop in your bench, all things being equal.

Injury may effect your choice to specialize. Back or knee problems may limit training volume in the squat, thus

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

G.N.C. NUTRITION UPDATE

"Gaining Mass with MEGA MRP" by Jeff Stout, PhD

Judging by millions of Americans, you would think that gaining weight is easy. Just take a look around any public place, and it's a given that you'll probably see enough obese individuals to give you sensory overload. In fact, according to the U.S. Surgeon General's office, about one of every two adults in the United States is overweight (www.surgeongeneral.gov/topics/obesity/). And although this should come as no shock to anyone when you consider our fast-food society, keep in mind that these people aren't even trying to gain weight!

That's the problem. While there are enough obese people to take over the entire McPlanet, those dedicated individuals who are earnestly trying to pack on lean mass simply can't do it. It seems simple enough - just hit the weights and take in more calories than you expend, right? Actually, there's more to it than that. Basically, unless you have Arnold's genetics, you will likely fall into one of two unfortunate categories.

The first is the "no-gainer." This poor individual's metabolism is so sky high that his body uses all those extra calories for bodily processes, not sparing a bit towards gaining muscle. But the other category may be even worse. While this second individual may be able to gain weight, it usually only contributes to the growing spare tire that sits about his waist. Again, gaining lean body mass is the tantalizing prize that sits just out of reach.



Dr. Jeffrey Stout - is the Director of Sports Science for G.N.C. Inc.

But relax, my friends, there is hope. In essence, years of painstaking research have been the driving force behind the latest crucial discoveries in the quest for new lean mass. As we've found, the answer goes beyond simply adding calories and loading up on protein. If it were that simple, we could list an abundance of ways to obtain a power-packed, nutritious meal. For instance, egg whites are a great source of protein, lean meat is fantastic for delivering needed amino acids, and many carbohydrate foods are solid energy boosters. But interestingly, most meal replacement powders are no better than these foods. What separates MEGA MRP, both from traditional meals and other powders, is a formula that utilizes the complex deliv-

ery of the precise amount and combinations of key nutrients that prime the body for protein synthesis while avoiding unwanted fat. (Try getting that from everyday foods!) It's this research-driven combination of ingredients that makes MEGA MRP so distinguished, and it's why GNC scientists have made it the preeminent formula on the vast meal replacement market.

So who should take it? Well, obviously anyone looking to pack on lean mass, but let's not narrow the scope of the product's genius. Because of the precise ratio of protein and carbohydrates, as well as the host of powerful ingredients (we'll get to those later), it's an ideal powder for any fitness enthusiast. With new lean mass you also improve your metabolism and general health, which is important for football players and ballet dancers alike. Plus, it doesn't hurt that it's convenient and tastes like a smoothie.

Now, the ingredients. MEGA MRP contains a premium protein blend, creatine, glutamine, BCAAs, and Aminogen(R) and Carbogen(R). Here's a closer look:

Whey + Egg + Casein proprietary protein blend

Gaining mass is impossible without first achieving positive nitrogen balance. This is accomplished when your body takes in more nitrogen (proteins are made up of amino acids, which contain nitrogen) than it

eliminates as waste. So, taking in enough protein is crucial, but the types and amounts are equally important.

The combination of protein in MEGA MRP is specifically designed to produce both a quick rise in amino acids (from the whey protein) and a slow, sustained increase (from the egg and casein). All contained nicely in a convenient package!

Creatine

By now, creatine is world-renowned in its ability to improve high-intensity exercise performance. It's a natural component of muscles and is present as free creatine and creatine phosphate. Creatine phosphate is the primary high-energy fuel of skeletal muscle during intense weight training, so including it in MEGA MRP is an obvious choice.

Glutamine

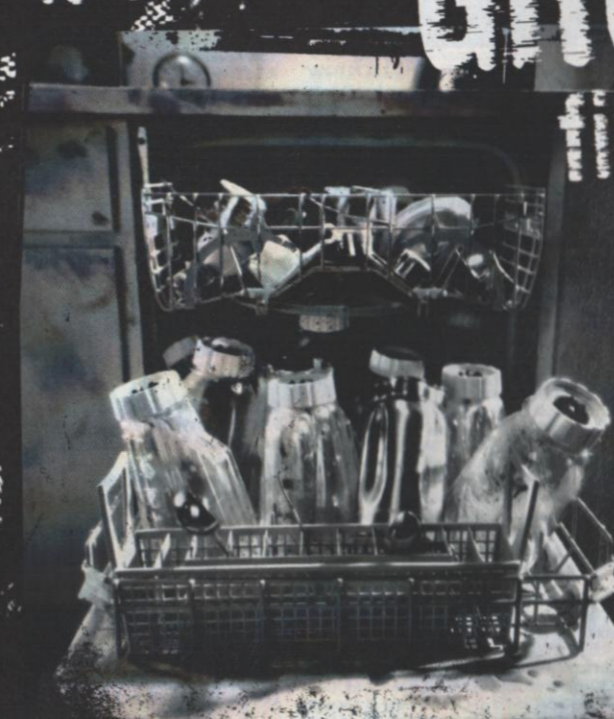
Glutamine can be thought of as the ultimate amino acid. Not only is it one of the most abundant amino acids found in muscle, it also serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. And, since high-intensity exercise can deplete glutamine levels, it makes sense to supplement glutamine in the diet through MEGA MRP.

BCAAs

Together, the amino acids leucine, isoleucine, and valine (the Branched-Chain Amino Acids) compose 30-35% of muscle tissue and provide 70% of free nitrogen to the body. Without a doubt, these are the Big Boppers, and study after study has indicated their involvement in achieving positive protein balance. They can also spare the loss of glycogen, thus fueling intense workouts. It's no surprise then that they are the most depleted amino acids during training, making their supplementation all the more crucial. Of course, MEGA MRP is loaded with them, especially within the whey protein, which contains a high BCAA content.

Of course, MEGA MRP would not be complete without a flawless array of vitamins, minerals, and carbohydrates. It never hurts to be healthy when packing on the pounds.

SUPERIORITY cannot be defined but it can be GROUND into a fine powder AND EATEN.



GNC'S PRO PERFORMANCE® MEGA MRP™

TRULY HARDCORE BODYBUILDERS SEEK CUTTING-EDGE SPORTS NUTRITION PRODUCTS. ENTER PRO PERFORMANCE™ MEGA MRP™.

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- ✓ 2.5 GRAMS OF CREATINE TO HELP FUEL YOUR SKELETAL MUSCLES
- ✓ 3 GRAMS OF FREE FORM GLUTAMINE ADDED TO EVERY SERVING
- ✓ PATENTED ENZYME SYSTEM FEATURING AMINOGEN® AND CARBOGEN®
- ✓ 24 VITAMINS AND MINERALS, INCLUDING COMPLEX CARBOHYDRATES AND BCAA'S
- ✓ CONVENIENT PRE-MEASURED SINGLE-SERVE PACKETS

THE BEST TIME TO TAKE MEGA MRP™ IS RIGHT BEFORE GOING TO BED, BECAUSE HIGH QUALITY FAST AND SLOW ABSORBING PROTEINS IN THIS BLEND MAY PROVIDE IMPORTANT AMINO ACIDS TO YOUR BODY DURING DOWN TIME. PLUS, IT'S EASIER TO ABSORB SLOW PROTEIN WHILE YOU SLEEP.

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"While there are enough obese people to take over the entire McPlanet, those dedicated individuals who are earnestly trying to pack on lean mass simply can't do it. It seems simple enough - just hit the weights and take in more calories than you expend, right? Actually, there's more to it than that."

**ADAU MEN'S PA STATE OPEN
18 MAY 02 - Erie, PA**

97	SQ	BP	DL	TOT
12-13 Doug Perhacs	160	90	205	455
		4th	95	
105				
14-15 Brad Pataky	170	145	270	585
		4th	200	
123				
12-13 Chris Michalak	160	85	215	460
14-15 Dustin Crissey	210	170	280	660
16-17 Jake Reed	240	145	340	725
		4th	255	
148				
Open Ramone Cruz	415	280	470	1165
Joe Martucci	330	245	445	1020
16-17 JJ Tomasino	305	210	355	870
Kyle Motherwell	280	180	370	830
18-19 Jason Munch	245	165	395	805
165				
Open Joe Dibello				
14-15 Mike Artise	250	160	350	760
Tom Davis	200	115	300	615
16-17 Justin Boland	220	140	315	675
181				
Open Matt Catalino	520	365	560	1445
Rob Saxton	340	255	410	1005
16-17 Mark Schroder	335	200	395	930
18-19 Jim Folmar	440	250	530	1120
Adam Hersperger	380	310	500	1190
198				
Open Josh Ferraro	450	275	540	1265
D. Grandinetti	420	335	500	1255
14-15 Greg Hallstrom	200	165	275	640
16-17 Ben Mills	385	260	515	1160
18-19 Mike Fiorelli	405	270	515	1190
Ben Kuchia	385	230	430	1045
Junior 20-23 Scott Reichard	315	230	470	1015
220				
OPEN Pat Hakola	550	400	550	1500
Bart Wood	450			
16-17 Rickie Thompson	400	260	500	1160
Jon Kutler	305	200	400	905
275				
16-17 Steve Laskowski	360	205	470	1035
18-19 Tank Byerly	465	270	525	1260
319				
16-17				



Joe's Gym - The A.D.A.U. Pennsylvania open team champs - (back row - left to right) Adam Hersperger, Matt Catalino, Jason Munch, Dave Grandinetti, coach Joe Oreglia. (front row - left to right) Ramone Cruz, Chris Michalak, Doug Perhacs. (Photo courtesy of Joe Oreglia)

Scott Mchenry	410	350	500	1260
MEN				
132				
Jeff Davis	270	235	310	875
18-19				
Jeff Davis	210	235	370	875
148				
Ramone Cruz	415	280	470	1165
40-44				
Ramone Cruz	415	280	470	1165
D. Grandinetti	420	335	500	1255
John Kmetz	430	280	500	1210
R. Breckinridge	345	235	500	1080
16-17				
John Kmetz	430	280	500	1210
40-44				
R. Breckinridge	345	235	500	1080
242				
Greg Hopkins	470	345	600	1415
319				
Terry Wallick	400	260	300	960
Scott Galbraith	145	435	155	735
Sub Master 35-39				
Scott Galbraith	145	435	155	735
55-59				
Terry Wallick	400	260	300	960

the ones that make it work. With out them the meet directors would probably cancel the contest and go fishing. What a great group of people the ADAU members are. They show up on time, all the time, and stay until everything is cleaned up. Thank you - Many more lifters qualified for the Nationals in July and many new records were set; starting with 12-year-old Doug Perhacs at 97 pounds in the 12-13 year old class. He gets better at every contest and what a gentleman. Doug won the title and set all new teen American records. Newcomer Brad Pataky won the 14-15 105 class with all new records and will be DYNAMITE at the nationals. Chris Michalak, Dustin Crissey and Jake Reed were the top teens in the 123 class with Reed setting three new teen records in the 16-17 year old division and winning the teenage lightweight Champion of Champions award at 148, master lifter Ramone Cruz dominated once again and will be defending his national title in Pittsburgh-Teens, JJ. Tomasino and Jason Munch were GOLD winners and will be heading for Pittsburgh, too. Matt Catalino used this contest for a primer for July and won the 181 class and the Champion of Champions award-Teens Mark Schroder and Jim Folmar won their divisions with Adam Hersperger on Folmar's tail after missing making weight for the CHAMPION OF CHAMPIONS Men-Matt Catalino. LI. WI. teen-Jake Reed. Hvy. WI. teen -Adam Hersperger. TEAM CHAMPIONS Men's team -Joe's Gym of Erie Teen team -Northeast High School. CHAMPION OF CHAMPIONS: Ramone Cruz Thanks to the many volunteers that showed up, once again, to help with tire contest. They are

forecast in the 220s between Pat Hakola and Bart Wood, but Hakola came out the winner after Wood pulled a quad muscle on his second squat and had to drop out. He went on to coach his Northeast team to win the Teenage State team title-At 275, teenager Tank Byerly had a great day and set all new teen state record, with teammate Scott McHenry winning the 319 teen title. In the Open Championships, Jeff Davis from Ohio won the 132 class while setting two teen American records and Ramone Cruz won the 148's and the Champion of Champions award. Dave Grandinetti won the 198 class with teenager John Kmetz placing second & setting the teen sq and tot records. Yours Strongly, Drug Free, and Raw Joe Oreglia "Success is simply a matter of luck- Ask any failure!" ...-Earl Wilson.

**Best of the Southwest "Natural Raw"
28 OCT 01 - McMurray, PA.**

BENCH	CORY WALKER	500
W. MASTER	MARK BRODY	425
T. ANTOINETTE	J. MEDVAN	365
W. GRANDMASTER	DEADLIFT	
CAROL KOCH	100	TEEN LIGHT (14-16)
TEEN LIGHT (14-16)	S. ANTOINETTE	400
ERIC HAHN	200	W. HEAVYWEIGHT
S. ANTOINETTE	170	VICKI RIZZO
155		
TEEN LIGHT (I 7-19)	WOMENS	
ROSS HUGHES	235	MASTER
MENS MASTER	T. ANTOINETTE	255
C. VENTURELLA	330	W. GRANDMASTER
M. SCHWARTZ	300	N. SCHUCHERT
Men Grand Master	K. OBERST	260
B.SIMANOVICH	400	MENS MASTER
TONY SIKORSKI	250	M. SCHWARTZ
132	D. SPHAR	325
K. STEVENSON	250	MEN GRANDMASTER
148	TONY SIKORSKI	350
C. VENTURELLA	330	132
CHRIS TARR	260	K. STEVENSON
400	RICK NEUROHR	230
148	165	RICK NEUROHR
465	J. WILLIAMS	390
CHRIS TARR	375	MIKE HART
290	165	B.CARMICHAEL
240	MIKE HART	560
198	J. WILLIAMS	410
B. ZEMAITIS	380	198
T.SIMANOVICH	345	ADAM GAVLAK
600	ADAM GAVLAK	335
BOB BRODY	550	220
T.SIMANOVICH	550	220
B.SIMANOVICH	350	220
TOM SIWIAK	335	B.SIMANOVICH
660	242	
JIM WOODS	490	GREG OLIVER
640	TERRY GIBSON	465
S. PALUCKA	410	275
RON VILLANI	475	360
R. HENNINGS	425	355
HEAVYWEIGHT	545	MARK BRODY
545	HEAVYWEIGHT	500
JOE MEDVAN	500	

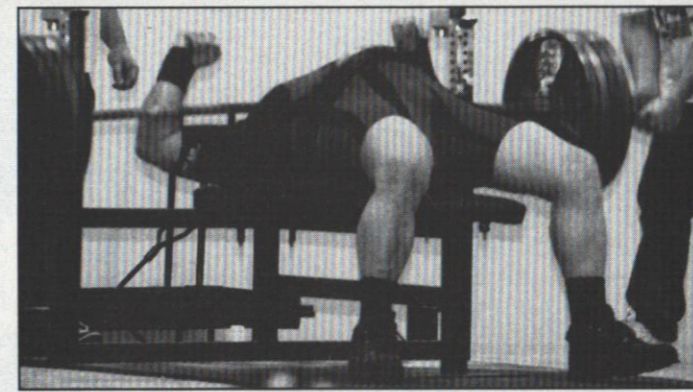
**2nd Annual USAPL BP Competition
08 JUN 02 - Gillette, WY**

114	123	
T 14-15	Verla Nicholas	165
148	Men Master 50-54	242
Colby Wilson	143	220
165	Men Master 40-44	
Joey Sairl	165	Randy Lang
T-16-17	165	429
Donia	143	Ken Aragon
181	148	270
M. Renner	154	OPEN
148	148	248
Medina	198	165
165	Todd Craig	237
Gonzalas	154	Ken Aragon
198	Phil Spizzing	292
Davis	226	Jeff Hernandez
148	148	281
Adam Kamrad	248	Jay Opp
198	181	325
198	Jim Miller	319
Matt Ullrick	297	C. Marchiando
275	220	330
Strickland	303	Randy Lang
242	242	430
Alex Dickinson	413	Alex Dickson
148	275	413
W	Jason Whitaker	286
Therese Chaulk	121	SHW
165	Rob Lester	573
Melanie Mosley	171	Todd Koenig
408		408

(Thanks to USAPL for providing meet results)

**4th OK STATE BP/DL (WABDL)
16 MAR 02 - McAlester, Ok.**

Bench	David Lewis	430
Youth Development	275	
148	Kelly West	450
Brian Mincher	185	Jeremy Murrell
435	SHW	
Teen/114	170	Ron Richter
530	Open/165	
123	George Baker	405
Bart Noriss	160	Larry Bradham
360	198	
Jimmy Forehand	290	Patrick Thomas
440	220	Randy Moore
Charles Johnson	230	220
148	220	430
Brian Morris	250	Chad Henry
195	165	242
Shawn Blevins	195	242
Clayton Pinson	165	242
Floyd Jackson III	140	Jason Jackson
198	198	600
Brandon Ward	300	David Lewis
275	275	430
242	Kelley West	450
Terry Austin	255	Jeremy Murrell
435	308	
275	308	
Josh Quickle	330	Mike Hamby
515	SHW	
Junior/181	340	Ron Richter
530	340	Women's
Breck Berry	340	123
198	123	
Richard McKeefe	405	Karen Gordon
150	165	
Ben Baker	360	165
220	290	Masters (47-53)
Mike Bivin	290	Marlane Welch
225	220	225
Brad Neal	405	DEADLIFT
242	405	YOUTH DEVELOPMENT
Ryan Myers	485	148
275	148	(10yrs.Old)
Jeremy Murrell	435	Brian Mincher
185	165	185
Novice	165	Teen
132	270	132
John McBride	270	Charles Johnson
330	195	148
Gene Collier	195	Brian Morris
375	181	Floyd Jackson III
240	340	240
Jeff Dombek	340	220
Luke Ellsworth	315	220
198	198	Pierre Ngo
K. Loudermilk	405	535
John Bowen	415	415
360	360	Junior
Frank Powell	355	181
Breck Berry	540	540
Jeffrey Landers	295	198
Floyd Jackson Jr.	210	198
220	220	Barry Dotson
335	335	525
242	242	Novice
148	148	148
Terry Putnam	360	Craig Trantham
335	360	335
N. LaChappelle	330	165
Jerry Linder	285	Gene Collier
350	181	350
275	181	275
Steve Morgan	440	Luke Ellsworth
435	435	198
Jeremy Murrell	400	400
Anthony Davis	400	400
308	308	308
Brett Fleak	340	220
550	220	550
Masters	165	242
165	405	Terry Putnam
George Baker	405	530
Dennis Berry	215	N. LaChappelle
390	390	525
275	275	Jerry Linder
Roy Weaver	350	390
Greg Bersche	330	275
Lawson Essex	315	275
T.C. Lewis	275	308
220	275	Brett Fleak
345	165	565
Billy Lumpkin	345	Masters
W. Hollecker	295	165
242	181	242
Ken Anderson	420	Dennis Berry
410	410	355
Jimmy Harper	345	181
275	275	William Watts
Jim Schulz	260	410
275	260	275
Ron Hood	530	Russell Morton
308	308	665
Russell Morton	375	Jimmy Duckett
580	300	300
Jimmy Duckett	300	Doug Lowrey
308	300	580
165	165	Submasters
Mike Hamby	515	165
Austin Webb	415	181
Submasters	415	181
165	415	Joe Stone
Bobby Lee	290	405
181	290	405
Greg Bullington	340	450
220	242	450
D. Chesmore	400	242
242	400	Greg Bullington
Ron Harlow	400	450
Terry Putnam	360	242
275	360	242
Ray Elliott	405	Randy Moore
540	405	540
SHW	220	SHW
Ron Richter	530	220
Law/Fire/242	530	Chris Bogart
Jason Jackson	600	655
R. Muhammad	470	Womens
335	470	123
		Karen Gordon
		335



Ken Anderson dropping 448 lbs. on his chest, tho the spotters caught it before it really hurt him (Photograph courtesy of Kim Brownfield)

What a meet!!!!!! There were 119 of the finest lifters in the Midwest on this day. How about the 290 lb. WABDL teenage world record set by Jimmy Forehand of Krebs, Ok. Marlane Welch made her return to lifting and is as strong as ever with a 225 lb. Bench. Jason Jackson became only the 4th lifter from Oklahoma to legitimately lift 600 lbs. In the state. Jason just keeps getting stronger. The masters lifting was incredible with the master himself Ron Hood returning to competition with a very impressive 530 lb. bench. Ron is now 54 yrs. old and his lifts always are very impressive. Ken Anderson made the journey from Dallas and had a new master world record but upon locking it out it slipped from his hands and 447 lbs. Hit him square on the chest. The spotters stopped the sudden mishap from becoming a deadly one. Ken got up from the bench and walked away. What a tough guy. He did later on find out he had a broken thumb. Mike Hamby and Ron Richter just keep on getting stronger and stronger. They both lifted very well. The Illinois Crew took home some hardware also. Karen Gordon won overall lifter awards in the Bench and the Deadlift. Ron Harlow had the biggest dead lift for the day with a

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— Ronnie Coleman, 4-Time Mr. Olympia Champion

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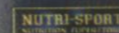
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2202 Huge Iron Powerlifting Schedule

- 11-02-02 AAPF Southern States Powerlifting Championships
- 11-10-02 WPO Bench Bash for Cash
- 11-8,9-02 WPO Powerlifting Semi-Finals (New Orleans, Louisiana)
- 11-30-02 APF Southern States Powerlifting Championships (light day)
- 12-01-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

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

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

14 SEP, USAPL Michigan Hall of Fame PL, Bob Fabiano, 5660 W. Clark Rd., Lansing, MI 48906, 517-668-8068

14 SEP, Harbor Days Bench Press Contest, Randy Gallan, (760) 724-3947, rgallan@vusa.k12.ca.us, www.benchpressproductions.com

14 SEP, WABDL 9th Mad Dog BP (Muskogee, OK - open, teen, masters, jr., submasters, law/fire, women) Ron Hood, 918-681-1112

14 SEP (NEW DATE), WNPFLifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

14 SEP, APA California State PL, BP, DL (Sacramento, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, APA Nevada State PL, BP, DL Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, APA Oregon Staet PL, BP, DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, United we Stand BP (Touch 'n Go- Men + Women - New Castle, PA -

Open, Novice, 14-16, 17-19, 20-23, 33-39, 40-49, 50+, Police/Fire. 24" Trophies 1st-5th, \$100 - Best lifter 97-181 + 198- SHW. Portion of Proceeds Donated to help families of 9/11 tragedy.) Charles 724-654-4117

14 SEP, Pittsburgh Legends of the Platform BP & DL, Jamie Harris, 412-384-5051 Ext 1, OATJEZ@AOL.COM

14 SEP, Muscle Beach/APF West Coast BP Championships (open, masters, juniors, spec. olympians - t-shirts & medals to all participants) Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

14 SEP (correct state), YMCA Challenge 1st annual Open BP, 19550 N. 10th St., Covington, LA 70433, Linda, 985-893-4800

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

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

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

15 SEP, USAPL Slippery Rock Bench Bash, Jason Beck, One Good Place #1, Portersville, PA 16051, 724-368-8932

15 SEP, Midwest Open Drug Free PL, BP, DL, Fitness Lifestyles, 641 W. Stevenson St., Freeport, IL 61032, 815-233-2292

15 SEP, 4th Deadlift on the River, Jon Smoker, 30907 CR16, Elkhart, IN 46516, 219-674-6683

15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships II (open men & women, native, youth & teen, junior, submaster, master)

Coming Events

Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@Fredonia.edu

21 SEP, Barbarians Strongman Challenge, 50 Hamptonburg RD, Campbell Hall, NY, Ben 845-590-6236, or 201-996-7238

21 SEP, 1st Bartlesville Classic, Gilkeys Karate and Fitness @ 5701 SE. Adams Blvd, Bartlesville 74006, Jim Duree, 5619 Pawnee Ave, Kansas City, KS 66106, (913) 596-7326, JDuree7086@aol.com

21 SEP, 3rd Lynch Mob Shirtless Bench Press (Circleville, OH) John Weaver, 740-477-6847, or Jon Elick, 740-420-3063, antman517@aol.com

21 SEP, NASA New Mexico Regional, Mike Adelmann, Box 44651, Rio Rancho, NM 87174, 505-301-3887

21 SEP, 4th Sci-fit of Georgia BP (Georgia State Farmers Market) Joe DeVerville, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005

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

21-21 SEP, USAPL Nevada State PL & BP, Jim Kralich, 150 Chris Ave, Elko, NV 89801, 775-777-7591

22 SEP, USAPL Wyoming Open PL & BP, Ron Erickson, 11214 Blazer Rd, Cheyenne, WY 82009, 307-778-2043

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

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

28 SEP, ABF Monster Bench Tour (Atlanta, GA) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, Kineticstrength.com

38 SEP, USAPL World Gym's ID State BP & DL, Cindy Kynoch, 1515 Northgate Mile, Idaho Falls, ID 83402, 208-529-8254

28 SEP, USAPL Squat & Deadlift Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

28 SEP, USAPL Colorado Open Bench Press, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 304-273-2283

303-475-3366

28 SEP, 9-11 Bench Press (N. Carroll H.S., Hampstead, MD - all wt. classes, age groups, divisions - men & women) Coach David Dodson, 717-359-9594

28 SEP, APA Southeast Coast BP, DL (Winter Park, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

28 SEP, USPF Florida State PL, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

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

28 SEP (additional contest, change in designation), USBF BP Nationals & USPC Power Curl Nationals (open, masters, teen, police/fire, military - wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

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

28,29 SEP, IPA Pennsylvania State/Northeast Regional PL & BP, Gene Rycklak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

5 OCT, Ottumwa YMCA Strength Team presents the Budweiser Octoberfest Bench Blast, Top Lifter - \$500 CASH, Jared Beard, 611 N. Hancock St., Ottumwa, IA 52501, (641) 684-6571

5 OCT, USAPL Indiana State BP & PL, Ervin Gainer Sr., 6449 Waterloo Ln., Indianapolis, IN 46268, 317-379-1613

5 OCT, 2nd annual Fall Classic BP and/or DL (teen, raw, open, women, submaster, masters) John & Kayleen Blackstone, Muscle Bound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

5 OCT, Central California PL & BP (open men, teen, 20-23, 35-39, master, women) Lisa & Steve Denison, 5012 Rogue Water Ct., Bakersfield, CA 93313, 661-664-7724, pwrliftr@powerliftingca.com, www.powerliftingca.com

5 OCT, 100% Raw Nationals, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

5 OCT (date determined), NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283

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John Ford

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gwhl@wirefire.com
5 OCT, APA Bay State Open BP, DL (Northampton, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
5 OCT, 2nd annual Record Breakers Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158
5 OCT, NASS North American Strongman Championships (St. Louis, MO) Willie Wessels, 314-609-6031, dws370162@msn.com
5 OCT, NASA Ohio Regional PL, BP, PS (Springfield, OH) SQPBDL@aol.com
6 OCT (NEW DATE), SLP Iowa State BP/DL (Coraville, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
9-13 OCT, IPF World Masters (Argentina)
12 OCT, WNPF Palmetto Classic BP/DL (Greenville, SC), Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418
12 OCT, USAPL PA Ironman & Ironwoman BP/DL, Dennis Hulslander, 6 Church St., Stewartstown, PA 17363, 717-993-8000
12 OCT, ABF Monster Bench Press Tour (St. Pete, FL) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, KinetiStrength.com
12 OCT, WPL World Championships (open, women, masters, teenage - Holiday Inn Midtown - Savannah, GA) Ann or Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4574 or 660-1006, e.leverett@att.net
12 OCT, ADAU Raw North Country Open BP & DL (Saranac H.S.) Dr. John Cerruti, 83 River St., Lake Placid, NY 12946, 518-523-7173
12 OCT, WPA World Bench Press Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
12 OCT, APA Northwest Region BP (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
12 OCT (NEW DATE & phone number correction), Olympus Gym Open BP & DL (raw & assisted - men/women open - novice, teen, jrs., submasters, masters, police, fire, military) Vernell Morris, 5470 St. Barbarus Rd., Oxon Hill, MD 20745, 301-505-2255
12 OCT (revised date), APF N. Califor-

nia Open PL & BP (San Francisco, CA) John Ford 650-757-9506
12 OCT, 8th APF Wolverine Open PL & Ironman, Jim Harbourn, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourn@comcast.net
12 OCT, 4 Seasons Association Fall Bench Press, Kevin Deming, The Four Seasons Association, 904 Four Seasons Rd., Bloomington, IL 61701, 309-663-2022 ext 34 or kevin@4-seasons-club.com
12 OCT, SLP Arkansas State BP/DL (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
12 OCT, NASA Tennessee Regional PL, BP, PS (Nashville, TN) SQPBDL@aol.com
13 OCT, APA Northwest Region DL (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
13 OCT, WPA World Deadlift Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
13 OCT, White's Truck Stop YMCA BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
13 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527
19 OCT, USAPL Thunder Mountain Open, Maj. Wm. Wheeler, 115 Madden Circle, Ft Huachuca, AZ 85613, 520-538-4328/533-3180
19 OCT, The Boardwalk Gym Fall Classic BP (Winona, MN), DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or 507-452-7133
19 OCT, Walker's Gym BP Classic (open & raw - men, women, master, teen, police, military, fire - 5 places) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
19 OCT, Ashtabula YMCA BP Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013
19 OCT, Thunder Mountain Open (Barnes Fieldhouse Gym, AZ 85613) Maj. William Wheeler, 520-538-4328, & Kathy Gray 520-533-3180
19 OCT, 11th Muscle Beach Special Olympics Power Lift-Off, Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
19 OCT (updated), Bob Hafner Championship (PL, BP, DL - open, women, teen, master, special olympian) Bob Hafner, 12105 Lake Louise Dr., Gretna, LA 70056, 504-393-9521 or ottohaf@aol.com
19 OCT, USBF Maryland State Bench Press, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D.

Augustilus, 410-515-1607, Gtdave99@aol.com
19 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
19,20 OCT (additional day), 6th Pennsylvania Power Challenge (BP/DL - 19th, PL - 20th) Gene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823
19,20 OCT, NASA Iowa Regional PL, BP, PS (Des Moines, IA) SQPBDL@aol.com
20 OCT (tentative), East Coast Strongman Challenge (Virginia Beach, VA) Gayle Schroeder, strength@exis.net, www.powerandstrength.com
20 OCT, SLP Pecatonica Fitness Fall BP/DL Classic (Pecatonica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
25 OCT (new address & terms), AAU Richmond International Bench Press (cap of 100 benchers), VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbbeez@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810
25-27 OCT, WNPF World PL & SQ Championships (Youngstown, OH - lifters must qualify at a WNPF national or major championship) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
26 OCT, USAPL Central USA PL/BP, Michael Cissell, 1296 Henke RD, Lake St. Louis MO 63367, 636-561-1242
26 OCT (date assigned), South Florida Halloween Bench Blast, Bob Youngs 5 6 1 - 7 1 8 - 9 8 7 7 , southsidebarbell@hotmail.com
26 OCT, IPA Nazareth Barbell Bench Dead Bash, Mike Miller or Deb Ames, 610-746-7000, nazbar@enter.net, www.bigbenchpress.com
26 OCT, APA Bench Press Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
26 OCT, White's Truck Stop YMCA BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
26 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527
19 OCT, USAPL Thunder Mountain Open, Maj. Wm. Wheeler, 115 Madden Circle, Ft Huachuca, AZ 85613, 520-538-4328/533-3180
19 OCT, The Boardwalk Gym Fall Classic BP (Winona, MN), DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or 507-452-7133
19 OCT, Walker's Gym BP Classic (open & raw - men, women, master, teen, police, military, fire - 5 places) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
19 OCT, Ashtabula YMCA BP Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013
19 OCT, Thunder Mountain Open (Barnes Fieldhouse Gym, AZ 85613) Maj. William Wheeler, 520-538-4328, & Kathy Gray 520-533-3180
19 OCT, 11th Muscle Beach Special Olympics Power Lift-Off, Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775
19 OCT (updated), Bob Hafner Championship (PL, BP, DL - open, women, teen, master, special olympian) Bob Hafner, 12105 Lake Louise Dr., Gretna, LA 70056, 504-393-9521 or ottohaf@aol.com
19 OCT, USBF Maryland State Bench Press, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D.

barbbeez@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810
26,27 OCT, NASA North Carolina Regional PL, BP, DL, PS (Hickory, NC) SQPBDL@aol.com
27 OCT, SLP Central Illinois Open BP/DL Championships (Hillsboro, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
27 OCT, APA Deadlift Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
OCT, NASA PA Regional Qualifier PL, BP, PS, Greg Van Hoese, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283
OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
2 NOV, 2nd Body Structure Bench Press (touch and go, 24" trophies 1st-5th, men & women, open, novice, 20-23, 33-39, 40-49, 50+, 14-16, 17-19 - no formulas) Chuck Ventrella, 718 Mabel St., New Castle, PA 16101, 724-654-4117
2 NOV, USPF Texas Cup (Austin, 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
2 NOV, SLP Illinois State BP/DL, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
2 NOV, AAPF Southern States PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com
2 NOV (added category), USBF Eastern Regionals Raw & Assisted Bench Open, USPC Power Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net
3 NOV, CPA Championnat Quebecois PL (Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc. J1E 2S2, 819-346-9466, marcelstlaurent@sympatico.ca
3 NOV, USA "Raw" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
8,9 NOV (NEW DATE), WPO Powerlifting Semi-Finals (New Orleans, LA - Ernest Morial Convention Center) 8 7 7 - HUG - IRON , hugeiron@logicalcity.com
9 NOV, Gold's Gym BP Challenge (touch and go) Greg or Buffy Gordon, 1630 N. Main St., Morton, IL 61550, 309-444-9955
9 NOV, NASA WV Regional Qualifier PL, BP, PS, (Ravenswood, WV) Greg Van Hoese, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283
9 NOV, USAPL Michigan State Meet & Great Lakes Open, Mike Poirier, 1279 103rd Ave, Plainwell MI 49080, 269-685-5614
9 NOV, USAPL Hawaii State, Tony Leiato, 3036A Kahaloa Dr., Honolulu, HI 96822, 808-988-6378
9 NOV, USAPL Maryland State PL (Laurel Sr. H.S) Mark Daniel, 9413 Squires Ct., Laurel, MD 20723, mdaniel55@comcast.net
9 NOV, APA Longhorn Open PL/BP (Brenham Fitness Center - Brenham, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
9 NOV, 11th Mon Valley Fitness Center

BP Classic (BP, DL, BP for reps) MVFC, Box 567, Dunlevy, PA 15432, 742-483-2438, MVFC@zcominternet.net
9 NOV, NASA Illinois & Indiana Regional PL, BP, PS (Flora, IL) SQPBDL@aol.com
9 NOV, SLP Fitness One Fall Classic BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
9,10 NOV, USAPL New Jersey State PL, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156
10 NOV (NEW DATE), WPO Bench Bash for Cash (New Orleans, LA - Ernest Morial Convention Center) 8 7 7 - HUG - IRON , hugeiron@logicalcity.com
10 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
10 NOV, Iowa/Midwest Open BP, DL, Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240
12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)
14-17 NOV, 100% Raw World Championships (all ages, wt. classes, 5 yr. drug testing period, 10/19 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274
14-18 NOV, WABDL World BP & DL Championships (drug tested - Peppermill Hotel, Reno, NV) Gus Rehwisch, 503-762-5066, FAX 503-762-5067
15-17 NOV, IPA Nationals (Holiday Inn Worthington) Elite Fitness Systems, 1695 Itawamba Tr., London, OH 43140, 888-854-8806, www.elitefts.com
16 NOV, Lake Holcombe BP (male/female - teen, open, masters - Lake Holcombe H.S.) Brian Briggs, 27140 240th Ave., Holcombe, WI 54745, 715-239-0411
16 NOV, NASA PA Regional Qualifier PL, BP & PS (Unlontown, PA) Greg Van Hoese, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gwhl@wirefire.com
16 NOV, SLP Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
17 NOV, Rhode Island State PL + BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, T_Isabella@msn.com
17 NOV, SLP Rhino's Fitness BP/DL Classic (Roscoe, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
22-24 NOV (new location), 1st WNPF Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418
23 NOV, USAPL Idaho State/Open, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035
23 NOV, Planet Fitness APA Winter Classic (PL, P/P, BP, DL) Roger Broeg, 525 S. Parkfield, Burlington, IA 52601, 319-753-0676, iowaapachair@apa-wpa.com
23 NOV, USAPL Mass/Atlantic States Open (Warwick, RI) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 (8-10PM)
23 NOV, Eastern American BP (Holiday Inn - Forsyth, GA - I-75 / Exit 186 - Open - Over 40 - Women - Novice - Teen - Police/Fire, Submasters) Sandy Ellis, 150

Sagebrush Rd., Stockbridge, GA 302, 770-474-2633
23 NOV, Omaha Open (full meet, BP, DL, Push-Pull) 4808 Cass, Omaha, NE 68132, Keith Machulda 402-444-5596
23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King
23 NOV, USPF Pan American Bench Press Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 6 0 3 - 6 2 6 - 5 4 8 9 , www.usabodybuilding.com, usabodybuilding@hotmail.com
23 NOV, USPF Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com
24 NOV, APF Pine Tree State Open + National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
24 NOV, USAPL Ohio State PL & BP (2 contests - open mens and women, mens and women raw, mens master, mens masters raw, police & fire, mens teen) Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King.
30 NOV (NEW DATE & INFO), APF/AAPF IronDawg Open PL, BP, (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, lbaker@irondawg.com
30 NOV, 100% Raw Bench Press Worlds, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27099, 252-338-2004
30 NOV, APA Mississippi Open BP, DL (Vicksburg, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
30 NOV, CPA Championnat Quebecois BP & DL, Push & Pull, Curl (Montreal) Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc., J1E 2S2, 8 1 9 - 3 4 6 - 9 4 6 6 , marcelstlaurent@sympatico.ca
30 NOV, APF Southern States (light day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com
30 NOV, 1 DEC, 2nd annual YESPA Powerlifting & Bench Press Nationals (Fruitland, MD) 410-749-9101 or 742-9201, ask for Trend or Fred
1 DEC, The Best of the BP/DL Raw #6 (sculptured trophies) Body Fitness Center, McMurry, PA, Steve 724-941-7270
1 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riversdale, RI 02915, 401-437-1728
1 DEC, APF Southern States (heavy day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com
5-8 DEC 02, IPF World Bench Press (Luxembourg)
7 DEC, ISA presents Full Power II, PL, Push/Pull, BP, 24-Hour Total Fitness, Lithia Springs, GA, (866)push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117
7 DEC, 19th Annual SE Cup PL and BP, Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, day - (229) 896-3988, night - (229) 896-3989, bduke@alltel.net
7 DEC, APA Patriot Open (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049
7 DEC, APF 49th Iron Man Open PL &

BP Challenge, Mr. Iron Man, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805
7 DEC, MPA Miller Chevrolet Christmas BP Classic (19 & under, open - non-residents welcome, masters, police/fire/military, 40+ police/fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)
7 DEC, USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http://www.geocities.com/brucewan500/index.html
7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
7,8 DEC, AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nueces, CA 92567, 909-928-4797, ntrlpwr@pe.net
7,8 DEC 02, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
8 DEC, APA Nutmeg State Open BP & DL (Norwich, CT) Donna Slaga, 33 John Brook Rd., Canterbury, CT 06331, (860) 546-2091, dslaga@yahoo.com
8 DEC, 10th Raw ADAU "Coal Country" Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikkitup.com
14 DEC, 15th Elkhart BP Classic, Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683
14 DEC, ABF Monster Bench Tour (Orlando, FL) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, KinetiStrength.com
14 DEC, USAPL Michigan State Open BP & DL, Mike Poirier, 1279 103rd Ave, Plainwell, MI 49080, 269-685-5614
14 DEC, CPA Championnat Regional PL & BP (Granby, Quebec) Benoit Brodeur, 450-378-7666, 450-372-0087
14 DEC, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
15 DEC, WNPF Sarge McCray BP, DL + Ironman (Bordentown, NJ) Troy Ford, Box 142347, GA 30214, 770-996-3418
28 DEC, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
18 JAN (NEW DATE), 3rd APF Michigan Bench for Cash, State BP Championships (cash prizes 1st-5th based on Reshel Formula - \$1000 for 1st place) Jim Harbourn, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourn@comcast.net
18 JAN, APA Texas State (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049
24-26 JAN, USAPL 2003 Women's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
25 JAN, White's Truck Stop/YMCA Winter Bench Press and Deadlift, John Shifflett, Box 941, Stanardsville, VA 22973, (434) 985-3932, valifting@aol.com, www.vtrginiausapl.com

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JAN, PPL Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM
1 FEB, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049
8 FEB, APF West Coast Push Pull (San Mateo, CA - Stark's Gym) John Ford, 650-753-9506
9 FEB, AAU MO State PL, X-Treme Fitness, 607 North Highway 47, Union, MO, 63084, (636) 583-1179, Darin Gilley, 2820 Old Gray Summit Rd, Pacific, MO 63069, (636) 742-4537, darinilley@aol.com
15-16 FEB, NASS OH State HS & Teen World Record Breakers PL, BP & PS (Springfield, OH) Greg Van Hoese, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gwhl@wirefire.com
1 MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049
1 MAR, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Sawnee, OK 74804, 800-272-0051
8 MAR, USAPL Battle of the Great Lakes VI PL/BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com
8 MAR, USAPL Virginia Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.vtrginiausapl.com
8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net
21-23 MAR, USAPL High School Nationals, James Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672
22 MAR, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Oregina, 4468 W. 26th st., Erie, PA 16506 814-833-3727, www.pikkitup.com
23 MAR, USPF Rhode Island State PL + BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921 T_Isabella@msn.com
29 MAR, NASS VA State Championships, PL, BP & PS (Charlottesville, VA) Greg Van Hoese, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gwhl@wirefire.com
29 MAR, APF/AAPF Georgia State Open PL & BP (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, www.irondawg.com
12 APR, ISA Superman (Clean & Jerk,

BP, and DL), Push/pull, BP contest, 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

12 APR, White's Truck Stop/YMCA Spring BeP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapowerlifting.com

12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

25 APR, 25th anniversary Met-Rx USPF Women's Sr. National Powerlifting Championship (cash prizes - Wayfarer Inn Convention Center, Bedford, NH) Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-6226-5489

www.americanpowerlifting.com, davefollansbee@aol.com

26 APR, 9th Annual Dungeon Powerworks Slam Bench & Deadlift, Drug Free Only, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042 (616) 435-7586 or Tyrone Ward (616) 273-1092

26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, guh1@wirefire.com

APR, PPL Georgia State "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-215-0115, kostas@frazmtn.com

2-4 MAY, USAPL Masters Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586

3 MAY, NASA KY State Championships, PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-

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


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



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2283, guh1@wirefire.com
10 MAY, Old Dominion BP and Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapowerlifting.com
17 MAY, USAPL New England States Open, Greg Kostas, 113 Linden St., Whitman, MA 02382, 781-477-6714
17 MAY, ADAU "NO druggies Allowed" Squat - Bench - Deadlift Championships (No total - single lift national qualifier - open + all age groups - men + women) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikitung.com

29 MAY - 1 JUN, APF National Championships (Seniors Open, Masters, Teen, Juniors men and women - Holiday Inn, Marietta, GA. WPC World Qualifier for WPC Worlds in Darwin, Australia) L.B. Baker, Box 40, Bogart, GA 30622, 770-725-6684, www.IronDaug.com
7 JUN, USAPL Pete Lenzi Memorial BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com
JUN, Strawberry Fest. Strongman/woman, RAWBP/Outside, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapowerlifting.com
7 JUN, USPF/AAU Sooner State Games, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051
12 JUL, Independence BP & Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapowerlifting.com
18-20 JUL, USAPL Men's Nationals, Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039
JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest, to be held at the Boys Club in Bedford, Indiana, (866) push-pull, (770) 739-0184,

or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117
JUL, PPL Southeastern "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com
9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapowerlifting.com
16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapowerlifting.com
13 DEC, ISA Presents Superman of the Century, Superman, Powerlifting, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117
13 DEC, Christmas BeP Classic/Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiapowerlifting.com

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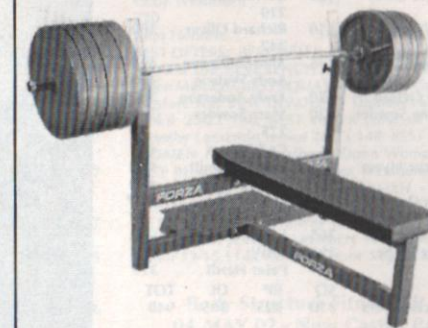
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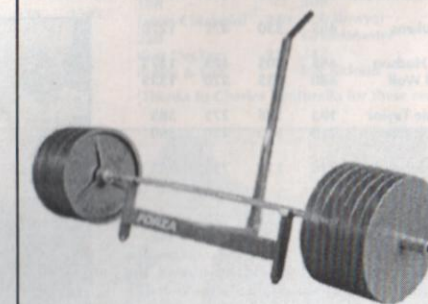
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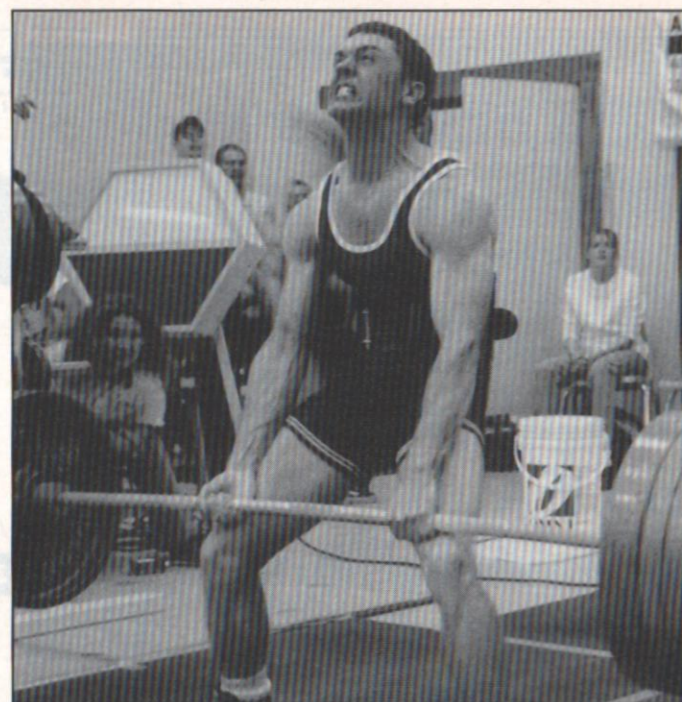
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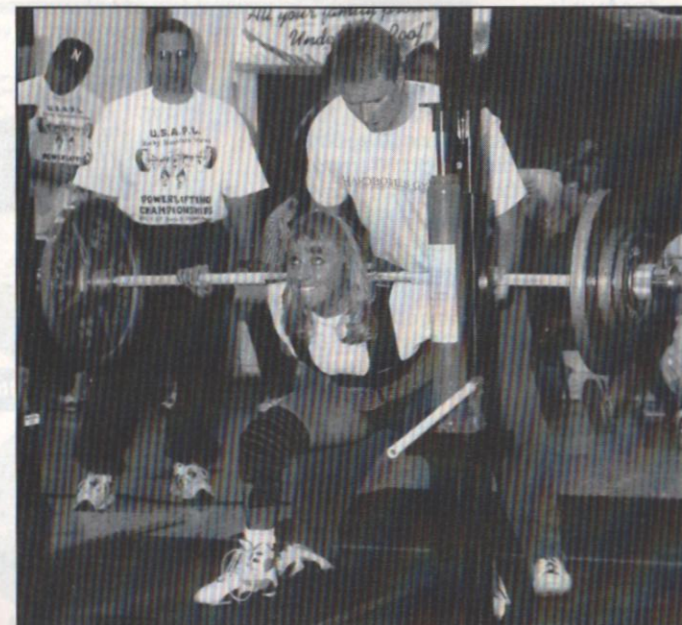
**USAPL Rocky Mountain
11 MAY 92 Polatello, ID**

BENCH	Scott Jenne	Mike Haynes	245		
123	198				
Frannie Taylor	125	Doug Clayton	400		
132		Bob Baker	345		
Suanne Casey	130	Darren Jacobs	330		
148		220			
Eula Compton	150	Richard Oliver	380		
165		242			
Hannah Cowgill	135	Alex Dickinson	405		
198		Andy Watson	400		
Holly Oxford	220	Andy Anderson	385*		
Kristina Sowder	120	Marc Sowder	340		
Men		275			
132		Carl Rogers	475		
Spencer Myers	225*	Tyvan Schmitt	440		
148		Chris Carlin	420		
Adam Davis	270	Scott Berger	335*		
165		319			
Tony Hutchins	365	J. Schermerhorn	540		
Kenny Rothe	290	SHW			
		Peter Herdt	315		
132		SQ	BP	DL	TOT
Spencer Myers	310	225	405	940	
148					
David Edmonson	420	250	485	1155	
Adam Davis	370	270	400	1040	
Craig Sulton	355	205	385	945	
165					
Jerry Bourquin					
Robert Wright	510	365	625	1500	
Tony Hutchins	425	365	475	1265	
Kenny Rothe	420	290	480	1190	
Joel Weiss	325	225	400	950	
181					
Dave McCarthy	490	310	525	1325	
Mike Hudson	485	305	485	1275	
Justin Barrett	345	225	490	1060	
198					
Doug Clayton	475	400	570	1445	
Andy Scardino	425	290	485	1200	
Darren Jacobs	350	330	420	1100	
220					
Ryan Ragain					
Scott Mecham	505	420	550	1475	
Jim Lukens	465	330	475	1270	
242					
Andy Anderson	605	385	545	1535	
Mike Casey	560	360	585	1505	
Andy Watson	500	400	485	1385	
David Wolf	480	335	520	1335	
275					
Chris Carlin	750	420	720	1890	
Brandon Clark	700	405	620	1725	
242					
Alex Dickinson	425	405	450	1280	
Trey Stevens	350	220	370	940	
242					
Andy Anderson	605	385	545	1535	
Doug Clayton	475	400	570	1445	
165					
Tony Hutchins	425	365	475	1265	
Dave McCarthy	490	310	525	1325	
198					
Andy Scardino	425	330	485	1240	
148					
David Edmonson	420	250	485	1155	
220					
Jim Lukens	465	330	475	1270	
181					
Mike Hudson	485	305	485	1275	
David Wolf	480	335	520	1335	
123					
Frannie Taylor	185	125	275	585	
Suanne Casey	210	130	220	560	
123					
Meredith Ruland	220	110	255	585	
165					
Holly Oxford					
Hannah Cowgill	245	135	270	650	
Kristina Sowder	195	120	225	540	



Spencer Myers attempting a 435 lb DL (All photographs by Wayne Rhoden)

13 foot fall from his truck. By blocking his fall with his hands he broke both wrists with 12 fractures in each wrist. This injury laid him up for over 15 weeks interrupting his own powerlifting training which started in 1997. This was Darren's first full power meet following the accident. Darren is the coach of Frannie Taylor and has helped train other aspiring powerlifters. The most impressive bencher was Jim Schermerhorn from Utah, age 38, who benched 540 in the 319 class. This meet normally attracts some very competitive seasoned lifters from throughout the Rocky Mountain States area. This year we also had a large number of new powerlifters, seven for whom this was their first full three lift power meet, including one teenaged competitor as well as two new benchers. One Team Fitness member, Spencer Myers, in the men's 132 class qualified for participation in the USAPL Men's Open Notionals and planned to compete in this July 2002 Men's Open Notionals. Thanks to the commitment of time, energy, and personal resources shown by such people as meet direc-



Frannie Taylor, at the 11th Annual Rocky Mountain States, demonstrating beauty and strength while completing a squat being spotted by Darren Jacobs

**USAPL Hermantown Meet
FEB 02 - Hermantown, MI**

WOMEN	SQ	BP	DL	TOT
123				
18-19 teen				
Peri Sharpe	250	160	300	710
148				
40-49 masters				
Judy Drenth	240	145	305	690
MEN				
123				
14-15 teen				
Travis Friedsam	200	120	265	585
132				
Spencer Sharpe	255	135	325	715
148				
16-17 teen				
Rob Parrott	275	160	375	810
165				
Mike Giddings	355	160	375	890
Frank Dusek	290	165	375	830
18-19 teen				
David Lerach	425	250	460	1135
Neil Wedel	300	200	405	905
181				
16-17 teen				
Cory Nelson	405	280	415	1100
Ben Deering	320	210	370	900
18-19 teen				
Matt Lucas	400	250	415	1065
198				
16-17 teen				
Ryan Boiler	340	210	420	970
18-19 teen				
Nate Armstrong	430	250	460	1140
Joe Lofaid	350	235	450	1035
220				
16-17 teen				
Robert Klein	240	165	275	684
242				
Ryan Carlson	405	225	450	1080
275				
Dan Kennedy	605	365	505	1475
JeffreyStevenson	425	305	420	1150
165				
20-23 jr.				
Tony Williams	485	280	450	1215
275				
Kenneth Andrs	575	260	545	1380
181				
40-49 masters				
James Klein	475	290	475	1240
David Aldrich	370	285	390	1045
50-59 masters				
Sid Reid	460	270	525	1255
198				
40-49 masters				
Gary Grahn	420	290	490	1200
220				
50-59 masters				
Joel Bemson	530	360	560	1450
Tom Haggemiller				
60-69 masters				
Philip Markert	325	200	350	875
242				
40-49 masters				
Rick Kolbeck	600	380	585	1565
50-59 masters				
Brian Hudyma	610	405	595	1610
275				
40-49 masters				
Dan Rgnonti	625	400	660	1685
Steve Johnson	510	410	535	1455
50-59 masters				
Roy Simmons	550	400	600	1550
181				
novice				
Derrick Gieske	390	380	515	1285

The Hermantown crew headed up by Joe Cooper & myself put on this annual event again in fine fashion in Hermantown Minnesota which has become the mecca of Powerlifting in Minnesota. This event every year not only brings out the best in Masters lifting, it also brings new lifters into Powerlifting. Some noteworthy lifting that I saw was Judy Drenth setting a new women's master deadlift record of 305. Tony Williams setting a new state record squat of 485. Joel Bernsten setting 3 master state records, in Squat, Bench and Deadlift, Dan Kennedy a 275 lbs. in 16-17 division squatted 605 and totaled 1475 simply outstanding, he's got great potential to become one of the best. Thanks to all that lifted you did an outstanding job and gave the spectators an awesome show, also thanks to all that helped judge, spot & load without you guys there wouldn't be meets! Thanks again, Rick Stanius. (Thanks to USAPL for providing the meet results and the report)

**APA CT Open Bench Bash
03 MAR 02 - Canterbury, CT**

Women	Gerry Beals	275*	
123 lbs.	Men's Master 70+		
Jaymie Piper	125!	Austin Myers	210
4 lb	135!	Men's Open	
Darlene Cowee	100	123 lbs.	
132 lbs.	Vincent Pichay	240*	
Jenn Trayner	120	148 lbs	
WM 40+ (formula)	Bob Gittleman	330	
Tanya Lucas	170\$	Jason Strucinski	275
Carla McComb	140	Nathan Tarr	250
Cris Carl	140	165 lbs.	
Men	Brett Moorehead	360\$	
Teen 13-16 (formula)	Michael Marzik	320	
Michael Marzik	320*	Dean Warrender	300
Ben Kuehn	340*	Robert Rawn	290
Fred Bonheim	210*	Ryan Clough	290
Teen 17-19 (formula)	Eric Quintin	265	
Don Rivers	375!	181 lbs	
Dan Rivers	390*	Allen Donovan	385
A. Exarhoulias	285	Rich Podlenski	325
J.Mioduszewsk	275	198 lbs.	
JR 20-23 (formula)	Jonathan Saber	455	
Bryan Hitchcock	330	Gabriel Ting	405
Eric Boehner	370	Ken Mattson	400
Tim Gardiner	370*	Daniel Driscoll	390
Jeff Vynalek	300*	David Swinburne	380
Sub 33-39 (formula)	220 lbs.		
Elwin Paskell	580!	Erik Cormier	480
Brendan Ford	490	Jason Knobler	475
Glenn Jackson	450	Curtis Clapp	430
Luis Cruz	350	Craig Plante	400
Robert Rawn	290	242 lbs.	
Master 40-49(formula)	Elwin Paskell	580	
Jonathan Saber	455	Justin Hardgrove	460
Billy Tucker	510	Jason Kegler	405
Bob Gittleman	330	Eric Boehner	370
Curtis Clapp	430	John Beirne	370
D. Montembault	430	275 lbs.	
Ken Mattson	400	Brian Sisk	550
Jay McNully	350	James Toland	480
Vincent Pichay	240!	Glenn Bourgault	475
Jeff Milne	370	Glenn Jackson	450
David Wilcox	365	308 lbs.	
Master 50-59 (formula)	Vincent Dizenzo	655!	
Roland Cole	420\$	Billy Tucker	510
Art Nixon	250	Joe Maningas	445
Master 60-69 (formula)	SHW		
Brendan Ford	490		

1 - APA / WPA World Record. * - CT State Record. \$ - Best Lifter. 5 World and 11 CT State records were set. Thanks to sponsors World Gym - Norwich for a great meet site and Crain's Muscle World for the terrific gift certificates. To Gary Larson, Janet Arel, Lynn Cannamela, Dawn and Lon Baker, Michelle and Mikel Brockway and my terrific husband Mark, I've gotten many compliments on our meets and that is due to all your hard work. You guys are the best. This meet was very well attended and had a huge and very supportive crowd, continuing our trend of ever larger meets. 15 yr. old Jaymie Piper of MA got us off to a great start winning the lightweight women's division and setting a 4th attempt World Record. Jenn Trayner won the women's middleweight division with a fine 120 and I expect to see more from her soon. 53 yr. old Tanya Lucas from RI proved you don't get older, just better, winning the women's master division with a solid 170 lbs. All 3 teens entered in the 13-16 division set CT state records. Michael Marzik came out on top with 320 at only 156 lbs. Ben Kuehn and Fred Bonheim weren't about to be outdone and set CT state records of their own. The teen 17-19 division was a battle between 17 yr. old twin brothers Dan and Don Rivers. Don came out on top this time setting a new World Record with a nice 375. Dan wasn't far behind setting a CT state record with an impressive 390. Bryan Hitchcock won the junior division but not before Tim Gardiner and Jeff Vynalek got their names in the CT record books with some fine lifting. The men's Submaster division was won by MA lifter Elwin Paskell. Elwin had a shirt rip on him but still got a very impressive World Record of 580 at only 235 lbs. bodyweight. The men's Master 40-49 division was a huge class with 10 lifters. Jonathan Saber came out on top with a terrific 455 at only 189 lbs. 49 yr. old Vincente Pichay also lifted in this class and smashed his own World Record with a whopping 240 at only 122 lbs. Perennial winner Roland Cole took the Master's 50-59 division with style. Gerry Beals came to add some pounds to his CT state record in the 60-69 division and did just that with an easy 275 lbs. The Master 70+ division was won by Austin Myers. Austin currently holds 3 CT state records in the bench and I expect to see another addition soon. In the Men's Open division, Vincente Pichay added to his World Record in the master division with a CT state record in the open 123 lb. class. Bob Gittleman won the 148 lb. class with a solid 330. Brett Moorehead came from ME and made it count with an impressive 360. Brett unfortunately tore his shirt on his opening attempt so we never got to see what he really had in him. Next time. Allen Donovan gutted out some tough lifts to take first in the 181's. Jonathan Saber, the 40-49 Master's champ, took the 198 lb. class as well. 220 lb. winner Erik Cormier edged Jason Knobler for the win. Erik locked out a new state record but got turned down



Vin Dizenzo came close with 700 lbs. (photo by Donna Slaga)

on a technicality. Look for that record and more to fall soon. Our Submaster division winner Elwin Paskell won the 242 lb. class as well. Elwin is still trying to find the right shirt and when he does, look out. Brian Sisk just continues to improve. He made a nice 550 in the 275 lb. class and came close with a new CT state record. 295 lb. Vincent Dizenzo stole the show. With Glen Chabot on hand to lend support, Vincent left us speechless. He opened with 605 lbs. and is the most explosive lifter I've ever seen. If you blinked you missed it, it was that fast. 655 was equally as fast, effortless. The magic 700 was called for and Vincent came ever so close, no more than 1" from lockout. Expect for him to join the 700 club soon. Brendan Ford was our SHW champ having a great 3 for 3 day. He ended with 490 but looked good for at least 20 lbs. more. Thanks to all the lifters for a great show of sportsmanship, you make all the effort we put into our meets worthwhile! (Results from Donna Slaga.)

**USPF BARBEE CLASSIC
27 JUL 02 - Seguin, TX**

NOVICE WOMENSQ	BP	DL	TOT	
148				
Stacy Urso	314	165	402	882
181				
Dana Woods	220	171	254	645
MASTERS WOMEN 60-64				
198				
Dorothy Rawe	121	72	193	386
WOMENS BENCH PRESS				
132				
Kimberly Vasquez		165		
198				
Dorothy Rawe		72		
SUBMASTER WOMEN 35-39				
165				
Diana Weatherly	402	276	413	1091
JUNIOR WOMEN				
97				
Carin Stocks	127	55	132	314
114				
Amanda Silvas	254	149	298	700
123				
Stephanie Williams	259	116	292	
667				
148				
M. Eikenburg	243	116	2*54	612
148				
Patricia Medina	165	83	220	468
OPEN WOMEN				
165				
Diana Weatherly	402	276	413	1091
181				
Susan Hartley	176	116	209	502
SHW				
Lisa Yeager	320	160	281	761
WOMENS DEADLIFT				
123				
Latisha Harrison		353	353	
132				
larena Rodarte		265	265	
BELOW CLASS 1 MEN				
148				
Timothy Lamando	441	270	485	1196
148				
Eric Gonzalez	336	281	397	1014
198				
Adam Upson	501	336	551	1389
220				
Joe Vargo	463	342	540	1345
220				
Billy Cooper	480	342	424	1246

242					
Shawn Hartley	424	358	424	1207	
MASTERS MEN 75-79					
198					
Adolph Hoffman	254	132	308	694	
MASTERS MEN 60-63					

**10th Annual Senior Olympics BP
16 JUN 02 - Arcadia, CA**

55-59	Haskvitz, Allen	205	
LW	Sneider, Sarah	75	
MW	Spankle, Tom	200	
65-69	Williams, Wayne	150	
LW	Mora, Manny	180	
HW	Mighell, John	130	
MW	Johnson, Edward	275	
70-74	Cronin, Douglas	210	
Martin, Louise	Roncelli, Gino	190	
50-54	Roncelli, Gino	190	
HW	DiPietra, John	315	
75-79	MW		
55-60	DiSessa, Robert	205	
LHW	Weinstock, Bill	195	
HW	Manjikian, Haig	150	
MHW	Bonnell, Robert	210	
80-84	Lynch, Jack	340	
LHW	Patchen, Ray	180	
HW	Malin, Eugene	130	
HW	Connelly, Robin	205	
60-64	Glosser, Isadore	140	
LHW	85-89		
LW	Cowell, Alfred	100	
MW	90-94		
ACosta, Carlos	223	LHW	
Alshiller, Arthur	210	Manjikian, Joe	45

Light weight. MW - Middle Weight. LHW - Light heavy weight. MHW - Mid heavy weight. HW - Heavy Weight. The Senior Olympics is a rapidly growing organization with over 600,000 athletes participating in the United States. Powerlifting is a very popular event in Southern California. This year we had the first ever 92 year old participate in this very exciting bench press competition. The highlight of the competition was an outstanding lift by Robert DiSessa who at age 76 and weighing 166 lbs put up 205 lbs. Robert was the co-winner of the best lifter award along with Dr. Harry Sneider. Louise Martin, age 74, pumped up 70 lbs and got the best lifter award for the women in the competition. Louise Jones from San Marino California was able to put up 105 lbs in her second competition and is training for a national AAU championship. Jack Lynch put up a very impressive 340 lbs and hopes to enter international events very soon. Harry Sneider, who has won numerous world and national championships put up a very easy 400 lbs. Those who may be looking for some good old fashioned fun, fellowship, and great competition can contact Dr. Harry Sneider at 115 Loralyn Dr., Arcadia, California 91006 or give him a call at 626-355-8964 for further details on how one can participate in this very enjoyable event for those 50 years of age and older. (Thanks to Harry Sneider for providing these meet results and the meet report.)

**APA BATTLE OF THE BADASSES
03 AUG 02 - CLAYTON, NC**

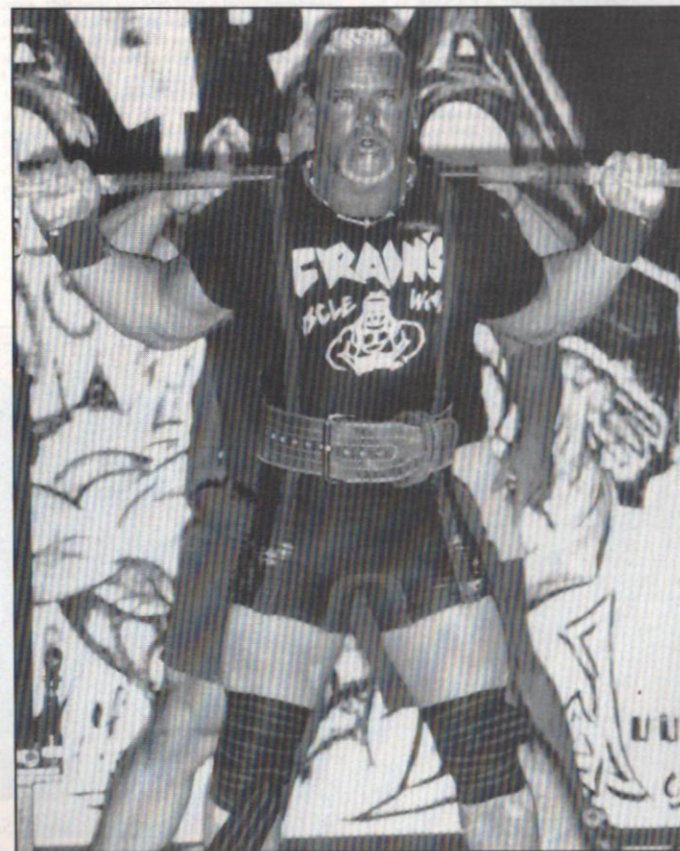
Bench - Men 40-49	242				
Gunn, Bob	445				
Wicker, Mike	270				
Bench - Men's Junior	460				
Wesley, Scott	475				
Stanley, Brian	290				
4th:	300s				
Bailey, Philip	245				
Bench - Men's Open	530				
Stanley, Brian	290				
181	Gullie, Chad	285			
181	Harrington, Phil	198			
123	McVicar, Jeff	560			
220	Matonic, Jenny	130			
Peterson, Jon	530s	165			
220	Lewis, Douglas	435			
198	198				
Power - Men's 40-49	380	550s	1515s		
Hines, Stewart	585s	240s	405s	1020s	
Moore, Jack	375s	260	270	340	870
Wicker, Mike	260	270	340	870	
Power - Men's 50-59	405	250	400s	1055	
Burton, Coley	405	250	400s	1055	
Men's Junior	550s	455s	575s	1580s	
Robertson, Kyle	550s	455s	575s	1580s	
Power - Men's Submaster	450	455	1420		
Ceasar, Clarence	515	450	455	1420	
Slate, Rusty	485	350	525	1360	
Hemplepp, Mike	405	360	450	1215	
Power - Men's Teen age	420	270	450	1140	
Pratt, Mathew	420	270	450	1140	
4th	455s	1145			
Van Dyke, Chad	405	250	430	1085	
Power Women's Junior	405	235	405	1045	
Vaughan, Amy	405	235	405	1045	
4th	435las	242s	420las	1097las	
Power Women's Teenage					



Left to Right ... Sr. Olympics Meet Director Dr. Harry Sneider with gold medal winner Joe Manjikian, age 92, and Sarah Sneider, gold medalist in the women's division. (courtesy Sneider's Family Fitness)

Simpson, Becky	315s	175s	315	805	
4th			323!	813s!	
Power Men's Open					
198	McVicar, Jeff	685	560!	615	1860a
220	Hodges, Lynn	475	365	485	1325
Mash Travis	820s	525	695	2040!	
Brookman, Mike	630	400	540	1570	
Power - Womens Open					
148	Vaughan, Amy	405	235	405	1045
4th		435las	242s	420las	1097las

attended. Special thanks to the sponsors: Universal Chevrolet, Quality Towing, Chiropractic Partners, Wendell Auto Brakes, Spellman's Transmission, Mimi's Tanning Shak, Kai's Sports Bar & Grill, and National Discount Nutrition. The lifters were very happy the cash prizes that were distributed among the best lifters. Unfortunately, we had 3 bomb-outs, we had several State, American and World records set. The atmosphere was great and this added to the multitude of records set. Special thanks to Planet Fitness for providing a great meet site and special thanks to it's owner Kevin for setting up a DJ station and making announcements with music provided for each lifter. Some highlights from the meet were the 16 year old Becky Simpson totalling 813 for a WPA World record, Amy Vaughan's squat of total of 1097 winning best woman lifter with World records in the Squat, Deadlift, & total, Jeff McVicar's total of 1860 at 193 lb. bodyweight, and freaky 560 bench which gave



Battle Winner ... Jeff McVicar took the Men's Open Bench and Powerlifting in Clayton, North Carolina. (photo courtesy Scott Taylor)

him Men's Best Lifter in the bench press, Travis Mash winning men's best lifter at bodyweight 220 and a total of 2040 for an American record in the total Julie Scanlons incredible 330 bench and 2 near lifts of 350 only to be red lighted for her butt coming off the bench to win Women's Best Lifter in the Bench Press. Spotting was fantastic with Strongman competitor Johnny Perry as center spotter as well as Capt. Kirk Karwoski spotting many of the lifters. I would like to commend the spotters/loaders and all meet staff for doing an excellent job and referee's John Demchak, Jerry Tancil, & Randy Smith. Unfortunately, I lost my complete list of helpers so I know I am forgetting a few names but thank you especially to the beautiful ladies who helped me out at the scoretable (they did all the work). Stay tuned as the APA returns to Clayton, NC this December for yet another exciting event. The equipment was great, the meet staff was very organized, the trophies were outstanding. What an incredible meet it was. (Thanks to Scott Taylor for providing these meet results and the meet report.)

**World Gym Bench Press Meet
29 JUN 02 - Lake Orion, MI**

181 Master	220 Open		
54(Women)	Tony Butson	425	
Sandy Britton*	Bob Hillier	370	
181 Teenage	242 Open		
Brett Hewitt	Robert Lipinski*	500	
198 Master 45-49	Jeff Campion	435	
Joe Burd 250	275 Open		
198 Master 60-64	Kevin Wood	315	
Ron Hemenway	275 Master 60-64		
198 Open	Ralph Soffredine	350	
Bo Schumacher	315	Super Heavy Weight	
Tom Pecheniuk	245	Joe Pecheniuk	400
198 Teenage			
Adam Paulsen	315		

*Best Female. **Best Male. It was a light turn-out for the first World Gym Lake Orion bench press meet, but there was no shortage of enthusiasm. Most of the lifters were first timers and were a little nervous. However, once the lifting started, excitement replaced nervousness. The meet was held in the World Gym of Lake Orion and our thanks to the owners Bo Schumacher and Camilla Denison. Thanks to our judges/spotters, Dan Kozar, Hany Miller, Richard Allen and lifting legend Kenny Richardson. A special thanks to Tony Butson for the use of his bench and power bar. Trophies supplied by John Smoker. (Results are courtesy Lydia & Les Hasler, meet directors.)

**USAPL BIG BENCH BLOWOUT
30 JUN 02 - Denver, CO**

148	Chris Mann	363	
Teen 18-19	Blake Hutchison	374	
Deanne Gertner	170	275	
165	Norm Prewitt	429	
Schlachthoven	148	181	
123	40-44 Masters	270	
Teen 14-15	James Shires	270	
Jason Trudell	181	Dan Sheahan	297
Teen 16-17	198		
Dane Karras	198	Jeff Miller	347
Open	Masters 60-64	303	
132	Bill Helmich	303	
Troy Kibel	198	220	
165	Masters 65-69	303	
Nick Arguello	347	Bill Bradley	303
Lance VanDyke	314	Ernie Tauck	281
Jeff Miller	347	242	
Fred Prutch	347	Masters 60-64	303
Steve Heyl	358	Bob Fleming	303
Russel Clark	363	275	
220	Masters 65-69	374	
Todd Ruppert	330	H. Blackman	374
Mike Ota	462	SHW	
165	Masters 55-59	418	
Teen 14-15	Gip Duggon	418	
Mike Sell	187	Masters 65-69	347
Open	John McIntyre	347	
242	John Klemob	341	

Outstanding Lifters: Open Mens - Mike Ota, Master Men - Jon McIntyre, Teen Men - Dane Karras, Teen Womens - Deanne Gertner, 2 state records Women's teen - Deanne Gertner 170 bench, Masters 65-69 Hoorad Blackmon 374 bench, Mike Ota missed what would have been his 3rd state record at 3 different weight classifications. He failed to wait for the bench press 'start' command from the head referee. He did the weight easily & probably cannot wait for the next bench meet. (Thanks to USAPL for providing the results to Powerlifting USA.)

**CHICKAHOMINY YMCA BP
20 APR 02 - Sandston, VA**

132	O	Bobby Vincent	350	
O	Bev Crocket	110	H. Proisie	350
JoAnn Rossi	105	220		
148	O			
T 16-17	Kevin Jones	430		
Bennett Barlowe	165	M 45-49		
J 20-23	Paul Sutphin	315		
Emmanuel Urban	210	242		
O	T 15			
Melvin Webb	250	Andrew Conner	185	
165	O			
T 18-19	Chris Ayers	285		
Jeffrey Ladd	195	M 45-49		
181	Carroll Lucas	350		
O	M 40-44			
Tremel Collier	225	WM. Wansickum	265	
M	275			
55-59	A. Harrison	375		
Paul Smith	220	SHW		
O	M 45-49			
William Waller	385	G. Engleheart	370	
Chris Gregory	245	O		
198	Jeff Pierce	460		
M 40-44	D. Thompson			
Rick Edwards	275	Tom Woodson	335	

The 2nd annual Chickahominy YMCA Bench Press Contest drew a record number of 24 lifters. Some of the highlights of the meet were William Waller's 385 bench press @ 181 which was done "Raw" and Kevin Jones' 450 @ 220 bench press which was also a double body weight assisted bench. Special thanks goes out to Chickahominy YMCA staff and volunteers. Without them this meet would not have been possible. (Thanks to meet director Phillip Battle.)

**USAPL Colorado Bench Press
10 FEB 02 - Parker, Colorado**

WOMEN OPEN	STEVE HEYL			
165	242			
C. KROEKER	94	J. ONORATO	507	
WOMEN MASTERS	ROBERT LEWIS	407		
198	242			
A. MCTIGHE	198	BILL MAJOR	391	
MENS-TEEN	B. FINCH	374		
242	JON KLEMOLA	341		
A. DICKINSON	374	275		
MENS OPEN	JAY TAMSETT	418		
13 2	J. EHRHARDT	418		
LUKE HANIFEN	308	SHW		
148	BOB BURCHAM	518		
RON FRY	352	MENS MASTERS		
DAVID JOSEPH	165	J. MCINTRYE	380	
ROBERT AUDAY	314	JOHN LUJAN	396*	
181	R. FLEMING	292*		
JOE FRANKLIN	418	R. MINSHEW	352*	
220	H. BLACKMON	330		
MICHAEL PEEK	203	R. MARTINEZ	352	
J. ROSTVEDT	352	JEFF MELLER	341	
TODD RUPPERT	352	JIM SHIRES	264	
	B.SHALKOWSKI	451		

* STATE RECORD. (results courtesy of USAPL)

**USAPL TEXAS / REGION 8
18,19 MAY 02 - Arlington, TX**

WOMEN	SQ	BP	DL	TOT
123				
T 14-15				
Y. Miranda	231	110	270	611
K. Ramirez	209	104	203	518
T 16-17				
J. Bohannon	225	137	242	606
M. Lopez	214	110	236	562
132				
T 14-15				
H. Whited	214	126	220	562
Open				
J. Ray	358	231	363	953
Novice				
H. Hughes	248	143	319	722
148				
D. Ryan	203	132	253	589
181				
Open				
M. Baum	325	192	385	903
198				
T 16-17				
L. Burdick	259	148	253	661
198+				
B. Brittany	253	143	236	633
MEN				
123				
T 16-17				
J. Brown	341	187	303	826
T 18-19				
J. Scrubbs	380	225	429	1047



Chickahominy YMCA Bench winners: (Left to right) Front Row - Tremel Collier, Kevin Jones, William Waller, Bobby Vincent, Phillip Battle, Chris Gregory, Carol Lucas. Middle Row - Gene Engleheart, Ashberry Harrison, Jeffrey Ladd, Tom Woodson, Rich Edwards, Bev Crocket, Chick Nickleson. Back Row - William Van Sickle, Jeff Pierce, Andrew Conner, and Brandon Fisher. (This photograph was courtesy of Phillip Battle.)

Open				
T. Fair	330	181	347	859
132				
Novice				
A. Muntz	303	192	352	848
M 40-44				
R. White JR	314	231	347	920
148				
14-15				
C. Hargett	303	198	369	870
A. Shelton	259	143	264	666
W. Tooker	248	115	242	606
Novice				
E. Gonzales	303	292	391	1003
Open				
B. Chason	336	225	396	959
D. Dansby	264	203	314	782
Master 40-44				
P. Alaniz	374	253	374	1003
Bench				
G. Zenick	176			176
165				
T 14-15				
J. Devereux	253	181	330	766
Open				
J. Vasquez	518	336	479	1333
I. Charra	451	275	446	1173
N. Gutierrez	440	248	413	1102
181				
Master 40-44				
T. Hambric	451	352	529	1333
Master 55-59				
R. Contreras	402	286	501	1410
Bench				
K. Rice	402			402
198				
T 16-17				
P. Chaney	325	231	358	936
T 18-19				
C. Wofford	507	297	507	1311
D. Claton	501	270	440	1212
T. Emmite	446	314	424	1184
P. Chaney	468	253	407	1129
Novice				
A. Upson	446	308	540	1295
D. Crotzer	473	330	462	1276
Open Master 40-44				
Novice				
B. Tacket	424	253	446	1124
Master 55-59				
J. Yakubosky	457	303	462	1267
Master 50-54				
M. Madison	363	187	462	1014
Open				
M. Stokes	683	413	705	1802
R. Parnell	628	358	589	1576
S. Griffin	578	363	540	1499
R. Cummings	469	363	501	1333
W. Smith	462	281	551	1295
Open Bench				
G. Martin	397			391
G. Kaiser	385			385
220				
T 16-17				
J. Jordan	523	253	611	1388
T 18-19				
C. Clark	473	330	473	1278
Novice				
A. Bonelli	496	314	473	1284
C. Ruiz Jr	325	259	380	964

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 Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
 Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
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 Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
 Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs
 Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
 Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
 Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPW Worlds, TOP 100 220, ADFPA TOP 20 132s
 May/94... USPF/ADFP Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
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 Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
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Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

USAPL 20TH ANNUAL VIKING OPEN

19 MAY 02 - Chicago, IL (kg)

WOMEN	SQ	BP	DL	TOT
48				
Gale Sampson	105	47.5	102.5	225
56				
April Marlatt	105	60	125	290
60				
Angie Overdeer	170	97.5	190.5	457.5
Erin Waltherman	120	65	142.5	327.5
Sarah Nettis	70	65	130	265
67.5				
Ruth Welding	142.5	82.5	170	395
Shelly Murawski	140	70	150	360
Amy Hasner	135	55	137.5	327.5
Devon Doan	122.5	75	127.5	325
Emily Hasner	122.5	42.5	130	295
Adrian Potter	97.5	52.5	132.5	282.5
75				
Rebecca Haas	100	57.5	100	257.5
Unlimited				
Sue Hallen	170	125	150	445
82				
Open				
Jeremy Meyer				
Teen 14-15				
Dan Niteken	100	55	112.5	267.5
Jeremy Meyer				
56				
Open				
Sam Meadows	165	107.5	210	482.5
Teen 14-15				
B. Hatfield	135	65	160	360
Teen 16-17				

Nick Trzaskas	150	80	167.5	397.5
60				
Teen 14-15				
David Norris	130	70	135	335
Teen 16-17				
C. Blesinger	142.5	82.5	160	385
67.5				
Open				
C. Carter	175	100	167.5	442.5
Steve Wielgos	145	105	170	420
Teen 16-17				
A. Shuarkman	155	90	182.5	427.5
Teen 18-19				
C. Carter	175	100	167.5	442.5
Master 50+				
John Loftus	110	70	115	295
75				
Open				
Erick Nickson	252.5	172.5	287.5	712.5
Manuel Rivera	210	155	215	580
A. Maldonado	170	107.5	190	467.5
Chris Ranzy	137.5	85	170	392.5
Teen 16-17				
Blake Dedas	175	110	200	485
Teen 18-19				
A. Maldonado	170	107.5	190	467.5
Junior				
Tad Metzger	175	97.5	230	502.5
Nicholas Deluise	40	167.5	40	247.5
Masters 40-49				
Manuel Rivera	210	155	215	580
Duane Young	205	112.5	215	532.5
Bernie O'Connell	192.5	145	185	522.5
Michael Tetric	65	132.5	65	262.5
Master 50+				

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Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
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Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
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Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltws.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gau-

Dan Zager	142.5	105	200	447.5
82.5				
David Wiley	280	152.5	242.5	675
Troy Crigger	232.5	152.5	272.5	657.5
John Maccaanekki	222.5	150	227.5	600
John Figarella	142.5	102.5	150	395
Greg Zweig	230			
Teen 14-15				
Levi Jungbluth	182.5	112.5	222.5	517.5
Joseph Tronzo	167.5	107.5	182.5	457.5
Philip Whalen	125	72.5	160	357.5
Teen 16-17				
Jeff Eberenz	187.5	115	197.5	500
Manuel Aponte	122.5	95	160	377.5
Teen 18-19				
Louis Heimbrock	137.5	95	170	402.5
Junior				
Dan Weingart	197.5	140	217.5	555
Masters 40-49				
David Wiley	280	152.5	242.5	675
90				
Open				
Jim Morchlewitz	267.5	185	250	702.5
Jim Prusha	260	152.5	255	667.5
Tyrene Ward	227.5	142.5	272.5	642.5
Brett Masouka	192.5	140	215	547.5
Reggie Anglin	205	125	215	545
Teen 14-15				
Vincent Abrego	180	112.5	190	482.5
Teen 18-19				
Ross Grady	267.5	145	267.5	680
Wayne Literal	220	150	227.5	597.5
Brett Ziebarth	197.5	132.5	215	545
Masters 40-49				
Tyrene Ward	227.5	142.5	272.5	642.5

Jim Thompson	182.5	137.5	65	385
Master 50+				
Jim Rouse	217.5	157.5	240	615
100				
Chad Crigger	295	170	285	750
Miguel Salazar	227.5	182.5	250	660
John Valpatic	217.5	132.5	235	585
Teen 14-15				
Alex Reid	160	102.5	180	442.5
Mark Tawfik	147.5	90	165	402.5
Teen 16-17				
Joseph Mathy	230	155	207.5	592.5
Marcus Tabani	185	125	192.5	502.5
Senior				
Lauren Cohen	285	185	265	735
110				
Jay Leinfelder	312.5	197.5	295	805
Richard Auxer	297.5	190	312.5	800
Pete Andrich	287.5	185	287.5	760
Andy Nettis	260	177.5	165	702.5
Ahmad Atef	212.5	172.5	250	635
Teen 18-19				
Emmanuel Buck	185	165	205	555
125				
Open				
Scott Lade	350	260	290	900
Abdul Weslowski	320	177.5	320	817.5
E. Lilliebridge	272.5	187.5	282.5	742.5
Richard Haas	265	195	227.5	687.5
Teen 14-15				
Tommy Gleason	215	135		
Junior				
Ryan Benson	250	152.5	250	652.5
Master 40-49				
Patrick Diggins	242.5	142.5	257.5	642.5

Masters 50+				
Rich Sadowski	200	120	230	550
Amen Unlimited				
Open				
John Magee	250	210	200	660
Daniel Coyter	222.5	170	252.5	645
Teen 18-19				
Nick Slusher	227.5	107.5	200	535
Junior				
Michael Norwood	222.5	170	267.5	660
Master 40-49				
Rob Keyes	270	192.5	280	742.5
Kirih Vance	227.5	142.5	272.5	642.5
Master 50+				
John Magee	250	210	200	660
Best lifters - Open:				
Scott Lade, Erick Nickson, Jay Leinfelder, Women: Angie Overdeer, Teen: Ross Grady, Junior: Lauren Cohen, Master: Jim Rouse.				
Best Squat: Scott Lade. Best Bench: Scott Lade. Best Dead Lift: Erick Nickson. Team B & W Gym, Lake View. Meet highlights: Angie Overdeer - American deadlift record - 190.5. Erin Waltherman - American teen deadlift record - 142.5. Devin Doan - American Teen Bench press record - 75. Levi Jungbluth - American teen deadlift record - 222.5. Michael Tetric - Illinois Master Bench Press Record - 132.5 (Thanks to USAPL for providing the meet results)				

USAPL Nebraska State
25 MAY 02 - Blair, NE

97	SQ	BP	DL	TOT
Barb Sieps	148s	83s	170s	402
Annette Axt	214	99	225	540
Teen				
Annette Axt	214	99	225	540
Open				
105				
Erin Crapo	242oj	126	242	611

BENCH				
97				
Open				
Barb Sieps	83s			
132				
Anna Hadley	88			
Master				
Linda Birman	94m			
148				
Rita Calson	115m			
165				
Open				
Rachel Swanson	203			
132				
Teen				
Ryan Hart	192i			
148				
Matt Hafenbrack	170			
181				
Master				
Ben Scherer	352mp			
198				
Teen				
John Petersen	292			
Master				
Jim Putz	314m			
148				
Rita Carlson	165			

220				
Open				
Joe Secord				

275	Open				
Baron Dixon	625	405	550	1580	
David Wood	465	320	435	1220	
Sub-Masters 35-39					
Baron Dixon	625	405	550	1580	
Masters 40-44					
David Wood	465	320	435	1220	
Dan Beschler	145	135	145	425	
Lifetime Masters 40-44					
David Wood	465	320	435	1220	
Dan Beschler	145	135	145	425	

... American record. * - Virginia Record. Well the AAU and the East Coast are up and running with another set of big and successful meets. On the weekend of May 10-12 the Women of Steel promoted three AAU events, the Triple Crown Classic (world qualifier), the Virginia State Championship and the Old Dominion Bench Press Contest. The meet was held at the Showplace Annex in Richmond, Virginia. The Triple Crown Classic was the AAU world qualifier for the East Coast and we had an amazing turnout of 125 lifters who traveled from as far away as Florida, Wisconsin, Michigan, Massachusetts and Tennessee. Twelve states were represented. The lightweight day started with the 66-181 weight class. In the assisted open women's division, 11 year old Catlin Miller lifted 210, 90, 240 with a big total of 540. In the women 198 open & submaster division, Karen Phillips did a 335, 235, 435 for a grand total 1005. Also Lynn Nestel in open and masters division of 148:305, 170, 400 for total of 875 which were all American & V.A. Records. The women's raw divisions started with 66 lb. 10 year old Kendra Miller with a 145, 85, 180 and total of 410 and all were American records. Also in the 123 open and submaster new comer Sherrie Fosdick with a 170, 110, 260 and total 540 and with Sharon Burkholder close behind with 525 total. In the Men's assisted division, 165 open Luis Hernandez lifted 545, 390, 565 and total 1500. Truly a grand lifter to watch. In the master 55-59 age group it was a close neck to neck with Howard Gulnick 410, 270, 510 with a total of 1190 and Michael Scott 400, 230, 490 - 1120 which for both were American records. In the 165 open class was won by Mark Drinkard 500, 360, 590 - 1450 and Mark Light taking second but finishing first in the master 40-44 with a 475, 360, 500 - 1335. On the second day, two of Walker's Gym 15 year old teenagers walked away with records, Brett Switzer finished with all V.A. Records in the assisted division and Mike Pigram with all V.A. Records and one American record for the bench in the raw division. In the assisted 198, Jim Coleman 500, 385, 525 - 1410 placed first with second to friend and fellow marine Tony Benedict with 1 - 1350. In the masters 40-44 Tom Holland won with 545, 390, 545 - 1 - 1460. Great lifter Tom. Masters lifter Paul Sutphin in the 45-49 came away with big numbers: 625, 350, 575 - 1550. 242 open was won by Jeff Jobs 600, 400, 560 - 1560. Now the 275 submaster was won by Anthony Goodman: 700, 460, 700 - 1860. In the raw 198 junior, Kevin McCloskey 500, 385, 540 - 1425. Miles Baker finished first in the 198 master 45-49 American record in both s - 460, and b - 325. Bill Lindsey also had American records in s - 460 and b - 340 in master 55-59. In the 275, Tennessee Scott Odom won with a 600, 455, 640 - 1695. And one of our favorite lifters, Baron Dixon in submaster won and set of V.A., records with 625, 405, 550 - 1580. Mathew Miller was a new comer to the sport with grand totals of 500, 270, 575 - 1345 at 275 youth and 16 years old. The day finished with big Nick Minneti in the open division with three American records: 750, 440, 775 - 1965 in open 319 class. Congratulations to all the winners. Now on Friday night we held the Old Dominion Bench Press contest with 61 benchers. The women's division for assisted was won by master 45-49 Risa Montgomery with 135 and American record. In the raw women's all women, Carolyn-70, Amy-110, Barbara-145, Teresa-85, Sue-185 and Monika-185 all set American records. In the men's assisted the big bench was from Paul Bossi with a 530 in the open 220. And Curtis Bryant registered both raw and assisted totaled 475. 275 open Curtis Calloway benched 485. The raw division was led off by 8 year old 66 lb. Tyler Rudacille with an American record of 55. 14 year old Damell Floyd also won and set an American record with 85 in the 97 lb. class. In the 132 master 40-44 Curtis Munchika won and set an American record with 260. Jonath Goode benched 340 in 165 class. 70 year old Morris Skelton benched 300 at 220 class. In the 275 masters 50-54 Wayne Thompson benched 365 and broke the American record along with good friend, Walter Ferguson at 319 benched 360. The SHW was won by newcomer and big man on the block, Jeff Pierce with a 500. I expect to see close to 575 from him in the near future. Last lifter was SHW Larry Hicks with a 350 and American record in master 40-44. The team trophies were: 1 - Mike's Gym, 2 - Mike's Gym, 3 - Team NSR-Weight Room and 4 - Tayouns Power team. The Old

Dominion Bench Press team trophy went to Project Lift out of Henderson NC and run by William Hawkins. William and his men have taken a lot of time with this team of 10 young men. They deserve a hand for all their efforts and time they have put into training these new and young athletes. The boys did a great job in their lifting and you can just feel the team spirit in the group. We the Women of Steel would like to thank all our good friends, referees, volunteers and family for helping us put on these three meets. Our special thanks to Fred "Dr. Squat" Hatfield for his wonderful and informative lecture on squatting. And to Chris Lawyer owner of the Weight Room for the loaner of the weights. The Women of Steel: Judy Wood, Jill Meads and Barbara Beasley really owe a great amount of our success to Steve Wood, Judy's husband. For without him and his support and helping hands this meet would have never taken off. Steve put endless hours of work into helping all of us but most of all for putting up with three compulsive disordered women. We look forward to see you all in October 25-27 for the AAU 2002 World Championship, Richmond International Open and Richmond International Bench Press. Train hard and train heavy. Barbara, Judy and Jill, the Women of Steel. We also presented a trophy in memory of one of Virginia's finest masters lifters who passed away this year, Fred Lange. Fred was a long time member of Mike's Olympic Gym in Mechanicsville, V.A. He has won numerous trophies and still holds the records in AAU and USAPL

in the masters division and as well as the American records. The powerlifting world will miss Fred and his smiling face and his tons of encouragement and support he gave to each of the fellow powerlifters over the years. We honored our good friend Fred by presenting the Fred Lange Memorial Award to be given to a fellow powerlifter for his sportsman-like spirit, his helping to support and promote powerlifting here in Virginia and for his kindness and willingness to help others. The award was presented to Dave Wood of Mike's Gym. Dave has been a great person not only in helping support the sport of powerlifting here in Virginia and AAU but also he is known for his kindness and willingness to help others in training, at meets, helping to keep our VA records and in everyday life. Congratulations Dave. (Thanks to Barbara Beasley for results)

25th Junior Europeans (kg)
20-23 JUN 02 - Balatonelle, Hungary

JUNIOR W	SQ	BP	DL	TOT
44 kg				
N.Krikunova	135	72.5	132.5	340
Sanna Apuli	115	57.5	130	302.5
Made Durk	70	47.5	92.5	210
48 kg				
Natalia Tokareva	155*	65	120	340
H. Rantala	117.5	70	120	307.5
Ines Tronke	120	62.5	115	297.5

Angela Vizi	60	35	70	165
52 kg				
V. Dieudonne	130	82.5	125	337.5
B. Szabone	75	45	105	225
Agnes Feher	80	37.5	100	217.5
56 kg				
Kira Pavlovskaja	170	92.5	185	447.5
Elodie Farque	140	65	160	365
A. Wilczynska	110	72.5	130	312.5
Zsuzsa Graner	105	70	115	290
Z. Detki	102.5	72.5	110	285
60 kg				
A. Sukhacheva	187.5	85	185	457.5
Katka Feckova	140	80	170	390
A. Leszczynska	155	60	150	365
Anne Domer	132.5	92.5	135	360
Linda Hoiland	145	65	150	360
67.5 kg				
Chepushtanova	215	125	197.5	537.5
A. Jakovleva	210	115	200	525
Zhanna Ivanova	207.5*	110*	200*	517.5*
Juliana Toth	150	72.5	175	397.5
Romy Schreiber	137.5	67.5	157.5	362.5
Dora Vari-Szabo	140	70	140	350
S. Lefevre	130	72.5	110	312.5
75 kg				
Yana Petrenko	212.5	117.5	222.5	552.5
E. Mazailova	215	120	217.5	552.5
N. Toropovska	200	110	190	500
N. Szucs	130	70	142.5	342.5

82.5 kg					
V. Sheglova	225	130	190	545	
K. Boroday	210	120	195	525	
Dziewickiewicz	170	95	180	445	
Jana Sedlakcova	160	82.5	195	437.5	
Marie Thornton	175	75	170	420	
Emese Gal	170	87.5	157.5	415	
Kristin Blinnikka	142.5	92.5	157.5	392.5	
Nikoletta Nanasi					
90 kg					
Yulia Kurina	252.5#	117.5	215	585\$	
Ganna Lytyyn	222.5	120	190	532.5	
Anna Sliwivna	205	117.5	192.5	515	
90+ kg					
V. Olentynsa	217.5*	125	217.5*	560*	
K. Kravchenko	205	117.5	182.5	505	
H. Hugdal	205	107.5	187.5	500	
R. Buckner	160	70	160	390	
Ildiko Kelemen	105	35	130	270	
JUNIOR MEN					
52 kg					
S. Fedosienko	205	135	205	545	
T. Zennbrzycki	155	77.5	155	387.5	
D. Kowalski	137.5	82.5	155	375	
Gergo Toth	80	62.5	100	242.5	
56 kg					
Dmitry Alekseev	230	120	215	565	
Dmitrij Jakovlev	170	115	190	475	
G. Kepczynski	175	100	180	455	
Chad Mitchell	165	90	172.5	427.5	

Rafal Kurowski					
60 kg					
A. Gromov	250	167.5\$	210	627.5	
V. Pogrebnyy	242.5	160	205	607.5	
S. Dyachenko	220	130	200	550	
Vince Schlakta	190	132.5	210	532.5	
Pawel Bucior	170	100	205	475	
Oliver Szikora	160	105	172.5	437.5	
67.5 kg					
O. Borysov	240	155	257.5	652.5	
Niklas Jonson	245	187.5	200	632.5	
Karel Jirousek	225	127.5	237.5	590	
Tomas Andersen	215	140	215	570	
Mastrolorenzo	210	127.5	222.5	560	
Jan Matej	215	132.5	192.5	540	
Vladimir Christo	190	90	245	525	
B. Szymkowiak	220	100	200	520	
T. Jarosiewicz					
75 kg					
Aleksei Osokin	260	200\$	265	725	
W. Skorlutowski	230	155	250	635	
Joakim Bjerke	240	175	210	625	
Jan Lenart	222.5	147.5	235	605	
Bjorn Tue	205	145	250	607.5	
Tomas Lacko	232.5	145	212.5	590	
Regis Favre	220	120	240	580	
Peter Vadaz	215	170	190	575	
Daniel Hennel	235				
82.5 kg					
Alexei Svarikin	330#	180	290	800	

Sergiy Naleykin	320	190	272.5	782.5	
Peter Rick	255	190	320	765	
Michal Wilk	280	185	290	755	
Gary Bowman	275	175	275	725	
A. Kirketeig	270	172.5	270	712.5	
M. Lindholm	280	152.5	272.5	705	
R. Loricoourt	265	150	277.5	692.5	
Marec Zak	270	160	260	690	
C. Lichtenaue	270	150	247.5	667.5	
C. Servofte	270	167.5	230	667.5	
Michael Jensen	245	150	245	640	
Maik Hellwig	220	122.5	265	607.5	
A. Marazzini	215	125	225	565	
Pavel Ozerov					
Roland Kanya					
Anton Yatskov	300				
90 kg					
Ivan Freyduun	335	235	330	900	
D. Likchanov	315	200	317.5	832.5	
A. Nikolov	295	195	280	770	
Francesco Virzi	285	182.5	280	747.5	
Stefan Jamroz	272.5	210	265	747.5	
E. Bernetsyan	285	170	280	735	
Oliver Hadicke	245	185	235	665	
Zsolt Sinka	240	165	250	655	
Karol Kopienka					
A. Myronenko	300	185			
Christoph Senn	180	130			
100 kg					
Nikolai Suslov	375	230	335	940	

O. Rokochy	355	217.5	315	887.5	
T. Lenarciak	255	220	272.5	747.5	
Frode Fjogstad	285	175	265	725	
Linas Palivonas	250	160	265	675	
Markus Erlacher	230	165	245	640	
A. Harutyunyan	250	115	240	605	
Florina Sauerer					
Ivailo Christo	350	225			
110 kg					
M. Barkhatov	355	240	345	940	
Igor Medvedev	350	240	332.5	922.5	
R. Voroshilin	340	200	310	850	
Jan Mestari	285	175	250	710	
Jan Pedersen	277.5	182.5	250	710	
Zsolt Molnar	240	177.5	290	707.5	
S. Avagyan	245	175	265	685	
Norbert Toth	250	190	245	685	
Hansa Ozdemir	220	190	255	665	
125 kg					
Y. Yarymbash	345	245	317.5	907.5	
Jorn Hoyslet	335	207.5	340	860	
Sergei Marinin	330	190	340	860	
A. Hoffmann	355	202.5	300	857.5	
J. Kondraschow	300	205	225	730	
Mario Novak	230	200	240	670	
A. Petrosyan	260	180			
125+ kg					
Vliy Papazov	400	267.5	360	1027.5	
K. Tallqvist	360	215	300	875	
Tamas Hajdu	310	222.5	320	852.5	
Bela Kathi	312.5	260	275	847.5	
Vitalij Golder	295	170	300	765	

* - European Record. \$ - World Junior Record. * - World Sub-Junior Record. WOMEN - Best Lifter: Jul Chepushtanova, Kira Pavlovskaja, Yana Petrenko. Team Points: Russia - 72-12+12+12+12+12+12. Ukraine - 58-12+12+9+9+8+8. Hungary - 45-9+8+7+7+7+7. Poland 32 - 8+8+8+8. France - 25-12+9+4. Ireland 22- 9+9+4. Germany 21-8+7+6. Great Britain 21-8+7+6. Slovakia 16-9+7. Norway 14-8+6. MEN - Best Lifter: Vitaliy Papazov, Ivan Freyduun, Nikolai Suslov. Team Points: Russia-72-12+12+12+12+12+12. Ukraine - 66 - 12+12+12+12+9+9. Poland 49-9+9+8+8+7. Hungary - 42-8+8+7+7+7+5. Norway - 35-9+8+7+6+5. Germany - 31-7+7+6+6+4+1. Finland - 29-9+9+7+4. Sweden 15-9+6. Czech Republic 15-8+5+2. France 15-6+4+3+2. Denmark 14-7+6+1. 12. Great Britain 13-7+6. Armenia 13-5+4+4. Bulgaria 12-8+4. Slovakia 12-7+5. Austria 10-5+5. Lithuania 6-6. Belgium 1-1. Italy 1-1. (thanks to Thomas Klose for the meet results)

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- 1999 USPF Men/Women Senior Nationals - Dallas, TX - 2 tapes
- 1999 USAPL Men National Championships - Saint Louis, MO - 3 tapes
- 1999 WABDL Bench Press / Deadlift World Championships - Portland, OR - 3 tapes

**P.S.C.P.A. STATE HIGH SCHOOL
04 MAY 02 - Glen Mills Schools**

114 J.V.	JEFF BUCKLEY	170	125	210	505
114 VARSITY	J. DRUMMOND	355	190	420*	965*
PAO KHANG	395	190	375	960	
DEKOVEN KERR	360	160	405	925	
123 J.V.	DWON HUNTER	405	205	450	1060
J. CLACANO	275	155	300	745	
JAMES HOWKINS	200	140	245	585	
123 VARSITY	JEREMY SHAULIS	275	190	375	840
112 J.V.	R. STEVENSON	390	205	395	990
EVON MATEO	345	185	450	980	
C. RAYMOND	340	170	370	880	
CHRIS STOHL	300	180	320	790	
DAN FLANNERY	180	145	225	550	
132 VARSITY	D. NORTHERN	455	255	490*	1200*
DAVID HILL	390	210	460	1060	
TODD ZELIZNIK	390	220	410	1020	
JOE BEEZUP	340	180	400	920	
J. DECHELBOR	305	185	305	795	
148 J.V.	O. WHITAKER	415	210	455	1080
JIMMY MCVEIGH	300	200	380	880	
TONY BEAMER	250	205	395	850	
MATT VERNA	300	145	325	770	
R. MOUSSEAU	250	155	275	680	
148 VARSITY	JAMES SWEET	620*	290	540*	1450*
BJ AHMADZEH	540	295	530	1365	
S. BRISCOE	455	275	440	1170	
D. BUCHANAN	450	230	460	1140	
T. KNEPPER	385	240	460	1085	
LUKE HALLMAN	400	200	430	1030	
JOE PEREZ	325	215	365	905	
ERIC GISKOWSKI	315	200	380	895	
JOHN BUCKLEY	215	180	270	665	
165 J.V.	M. COSGROVE	415	255	425	1095
KEVIN RILEY	375	220	475	1070	
JULIUS DAVIS	400	215	455	1070	
DICK STROHL	350	210	450	1010	
MIKE FERGUEN	275	250	410	935	
DAN RIMBEY	350	200	375	925	
D. CROISSETTE	315	210	350	875	
J. HERRMAN	280	170	400	850	
NATHAN SINKO	290	200	360	850	
M. SOUCHAK	300	190	335	825	
RAY GRIFFITHS	185	135	250	570	
JOSH HARDING	305	120	385	690	
JIM NAUM	270	120	170	290	
165 VARSITY	DURANBEEKS	510	355	550	1415*
MATT NOCTOR	500	280	560	1340	
DUSTINKEEL	505	275	500	1280	
LEWIS ADKINS	525	275	475	1275	
JAMES CLOSE	500	265	420	1045	
AJ WILLOUER	345	200	405	950	
C. MOUSSEAU	300	190	350	840	
RYAN BENNICK	270	210	325	805	
MATT TAYLOR	300	175	285	760	
JOHN KING	175	175	350	750	
181 J.V.	JASON THOMPSON	515*	245	490	
1250	B. SHIHINSKI	430	265	430	1125
JUSTIN YOUNG	350	220	460	1030	
DAVE WILLOUER	360	195	400	955	
M. KIRKPATRICK	300	180	365	845	
BLAKE WATCHER	290	220	345	845	
RYAN CONLEN	280	150	365	795	
DOUG BABBITT	300	165	315	780	
SCHMITTINGER	265	170	335	774	
P. LUKASEVICH	250	165	275	690	
181 VARSITY	RICARDO MEEKS	500	300	550	1350
KEITH FOX	490	270	515	1275	
DANNICE	450	300	480	1230	
G. SCHWARTZ	270	160	375	805	
198 J.V.	JAMES SISSON	400	205	460	1065



James Sweet, at the P.S.C.P.A. State High School Championships, psyching up for his 3rd DL (This photograph is courtesy of J.C. Hill)

T. JACKSON	285	150	325	760	
SHANE SPENCER	225	180	320	725	
V. MARSHALL	310	190	390	700	
SHAWN BROWN	205	205	425	620	
R. CUMMINGS	200	115	225	540	
198 VARSITY	EUGENE MOORE	585	290	640	1515
J. HABERMAN	480	320	460	1260	
G. MARINELLI	430	345	465	1240	
RICHARD WILLIS	475	285	465	1225	
J. RYAN KOLB	425	250	475	1185	
LEON TEE	415	260	505	1180	
MARK WALLACE	370	280	360	1020	
PAT KREIDLER	450	285	350	1085	
MIKE SLOTCOFF	205	380	585		
220 J.V.	C. GRANLAND	505	265	440	1210
KEITH LYNN	470	255	455	1180	
RYAN ESCHBACH	400	230	465	1095	
M. CICCIMARO	365	245	435	1045	
JAKE HEYDT	335	225	425	985	
C. COTRILL	300	205	410	915	
JOHN LUCAS	300	205	400	905	
JTKING	300	155	325	780	
MIKE MCFADDEN	355	350	705		
DONMARSTELLER	210	350	560		
CHRIS ROBERTS	160	315	475		
220 VARSITY	T. BEASLEY	560	400	560	1520
N. RAISON	535	355	540	1430	
JAMES HELMS	525	315	515	1380	
S. STANISLAV	440	330	520	1290	
D. HOWARD	490	265	465	1220	
242 J.V.	HOLLIN FISHER	425	270	500	1195
BRYAN SMITH	435	220	480	1145	
ABU CLARK	405	290	445	1140	
PHILLIP YANONE	350	275	420	1045	
242 VARSITY	RYAN ARROYO	615	285	575	1475
F. CARPENTER	490	285	500	1275	
NAIM MCCLAIN	450	250	460	1160	
KYLE DEVENNEY	350	225	450	1025	
275 J.V.	C. BRIGHT	500	315	585*	1400*
DAVE VUKOVIC	460	305	490	1255	
DON GILMORE	375	215	425	1015	
WES HARPEL	350	200	400	950	
MIKE CHAMBERS	330	225	355	910	
275 VARSITY	WILL ZIMPFER	500	230	510	1240
BRAD BAYER	470	285	480	1235	
NATE HARPEL	300	230	510	1040	
MATT ALLEN	350	275	410	1035	
SHW J.V.	IAN WERTMAN	540*	285	500	1325
L. JONES	440	225	400	1065	

MOST OUTSTANDING LIFTER - VARSITY JAMES SWEET - GLEN MILLS SCHOOLS. **MOST OUTSTANDING LIFTER - JV** DWON HUNTER - GLEN MILLS SCHOOLS. **TEAM RESULTS** BIG SCHOOL - GLEN MILLS 1ST PLACE. CHELTENHAM 2ND. PLACE PARKLAND 3RD PLACE. SMALL SCHOOL - UPPER PERKIOMEN 1ST PLACE. JIM THORPE?ND PLACE MINORSVILLE 3RD. (Thanks to J.C. Hill for providing the results of this meet)

**USAPL TEENAGE / JR. NATIONALS
14-16 JUN 02 - Killeen, TX (kg)**

114	SQ	BP	DL	TOT		
14-15	Jeremy Meyers	117.5	72.5	147.5	332.5	
Bryan Prescott	102.5	57.5	122.5	282.5		
Dan Nitzken	87.5	55	112.5	255		
16-17	Mike Hafenbrack	155	82.5	180	417.5	
JR	Marc Barbier	107.5	92.5	167.5	367.5	
123	Brandon Hatfield	142.5	70	147.5	360	
14-15	V. Niedoliwka	182.5	112.5	220.5	515.5	
Dane Karras	137.5	87.5	162.5	385		
Nick Trzaskus	137.5	80	160	377.5		
18-19	Jeremy Scruggs	172.5	107.5	212.5	492.5	
JR	Herve Harvey	170	107.5	195	472.5	
132	Ryan Hart	122.5	87.5	167.5	377.5	
David Norris	130	65	100	295		
16-17	Charles Blessinger	152.5	95	167.5	415	
Rory Bogan	142.5	87.5	167.5	397.5		
JR	Trey Cunningham	205	122.5	210	537.5	
Micah Kiletico	192.5	122.5	217.5	532.5		
Luke Hanfen	157.5	132.5	172.5	462.5		
Spencer Myers	145	95	172.5	412.5		
148 14-15	Jason Thomas	142.5	82.5	157.5	382.5	
Caleb Williams	250	137.5	237.5	625		
148	14-15	16-17				
Loren Mangino	175	127.5	227.5	530		
Daniel Lepert	175	107.5	187.5	470		
Anthony Lucas	150	115	187.5	452.5		
A. Schvartsman	167.5	102.5	170	440		
Jon Norwood	167.5	112.5	157.5	437.5		
Adam Nagela	167.5	87.5	182.5	425		
N. Pinkgrman	148					
David Kibler	237.5	125	230	592.5		
David Hammers	212.5	137.5	220	570		
JR	M. Rodriguez	197.5	105			
165	Jake Ragusa	187.5	105	217.5	510	
Jeremy Auerbach	130	115	165	410		
16-17	Colby Larson	200	127.5	187.5	507.5	
Blake Dedas	177.5	112.5	200	490		
Paul Bunce	192.5	92.5	195	482.5		
Robbie Roybal	165	112.5	192.5	470		
Shane Oakley	177.5	95	197.5	470		
18-19	William Lubeck	195	137.5	192.5	525	
Benjamin Brooks	190	110	210	510		
Ryan Nagle	180	107.5	205	492.5		
Nicholas Gutigras	JR					
Todd Straub	215	145	250	625		
Ryan Snelling	207.5	145	262.5	615		
Eric Walton	215	145	257.5	600		
Clay Grubbs	225	130	237.5	592.5		
Clint Edwards	227.5	142.5	212.5	582.5		
Tony Williams	230	132.5	220	582.5		
181	Joseph Tronzo	172.5	107.5	190	470	
Justin Young	160	95	215	462.5		
16-17	Ryan Keathley	227.5	150	230	592.5	
Cory Salzman	207.5	117.5	242.5	567.5		
Dan Papesch	170	95	200	465		
18-19	C. Nasser	215	127.5	252.5	595	
Greg Dennison	170	105	240	515		
JR	David Zaworski	242.5	175	240	657.5	
Dan Fletcher	215	152.5	272.5	630		
Nicholas Piazza	225	155	250	630		
Scott McManus	212.5	137.5	252.5	602.5		
Kevin Gwin	197.5	160	222.5	580		
198	16-17	Ryan Meniniga	215	120	227.5	562.5
Simon Mitchell	197.5	107.5	217.5	515		
Jeff Eberent	195	117.5	202.5	510		
Brandon Clark	170	130	195	495		
18-19	Jeremy Hartman	245	170	272.5	687.5	
Casey Wafford	245	137.5	242.5	625		
Wayne Litterel	227.5	145	217.5	582.5		
JR	Shawn Geernaert	265	192.5	292.5	750	
Lauren Cohen	272.5	185	270	727.5		
Seth Abrams	210	207.5	220	637.5		
220 14-15	Alex Reid	157.5	105	197.5	445	
18-19	S. Kouimani	277.5	182.5	255	715	
Joseph Harris	190	147.5	242.5	510		
Adam Dyce	235	147.5	240	622.5		
16-17	M. McFarlane	217.5	137.5	250	605	
Brian Lemay	227.5	135	222.5	585		
Carles Rallis	195	132.5	245	572.5		
JR	J. Townsend	245	180	267.5	707.5	
242	16-17	N. Rasmussen	250	130	278	642.5
18-19	Drew Traub	262.5	157.5	302.5	722.5	
Rob						

**APF West Coast Open
29 JUN 02 - Newport, Oregon**

BENCHPRESS		DEAD LIFT		SQUAT	
Women		Women		Women	
181	132	132	132	132	132
(18-19)	55-59	55-59	55-59	55-59	55-59
R. NYLANDE 231	JO WALKER 391	JO WALKER 391	JO WALKER 391	JO WALKER 391	JO WALKER 391
Men					
165	181	181	181	181	181
NOVICE	S. FAULHABER 203	S. FAULHABER 203	S. FAULHABER 203	S. FAULHABER 203	S. FAULHABER 203
(45-49)	OPEN	OPEN	OPEN	OPEN	OPEN
MARK RICHTER 314	DUANE TRAVIS 672	DUANE TRAVIS 672	DUANE TRAVIS 672	DUANE TRAVIS 672	DUANE TRAVIS 672
181	BILL LOVE 507	BILL LOVE 507	BILL LOVE 507	BILL LOVE 507	BILL LOVE 507
OPEN	(16-17)	(16-17)	(16-17)	(16-17)	(16-17)
BILL LOVE 380	D. MCFARLAND 451	D. MCFARLAND 451	D. MCFARLAND 451	D. MCFARLAND 451	D. MCFARLAND 451
220	220	220	220	220	220
(40-44)	(40-44)	(40-44)	(40-44)	(40-44)	(40-44)
BRUCE READ 429	JEFF HOLLOWAY 551	JEFF HOLLOWAY 551	JEFF HOLLOWAY 551	JEFF HOLLOWAY 551	JEFF HOLLOWAY 551
242	275	275	275	275	275
(55-59)	OPEN	OPEN	OPEN	OPEN	OPEN
G. NELSON 540	J. MCGRATH 479	J. MCGRATH 479	J. MCGRATH 479	J. MCGRATH 479	J. MCGRATH 479
SHW					
(50-54)					
R. PATTERSON 617					
OPEN MEN					
165					
JASON HANSEN 402	253	462	1118		
181					
G. OLSON 584	303	601	1488		
198					
IAN MCKAY 611	314	589	1492		
220					
EVAN ARNTZEN 699	402	628	1730		
220					
PHIL CICERO 540	352	556	1448		
NATHAN ELLER 451	319	457	1228		
242					
BRADY CYPHERT 727	391	551	1647		
275					
T. FANNON 771	534	639	1945		
308					
JOSH BRYANT 848	601	705	2154		
C. SYMONS 710	451	639	1801		
SHW					
BRENT MIKESSELL 1047	601	782	2430		
VINCE ELDRIDGE 606	446	705	1757		
JR MEN					
242					
BRADY CYPHERT 727	391	551	1647		
SUBMASTER MEN (33-39)					
165					
GERALD FIGARD 325	225	418	969		
ROBBY FISHER 270	253	402	925		
181					
ERIC FOX 562	341	542	1434		
JERRY RILEY 501	380	501	1383		
220					
KEVIN ELLER 529	303	562	1394		
275					
LUKE HARRIS 755	485	672	1912		
SHW					
VINCE ELDRIDGE 606	446	705	1757		
TEEN MEN					
148					
C. FIELD-EATON 325	225	402	924		
198					

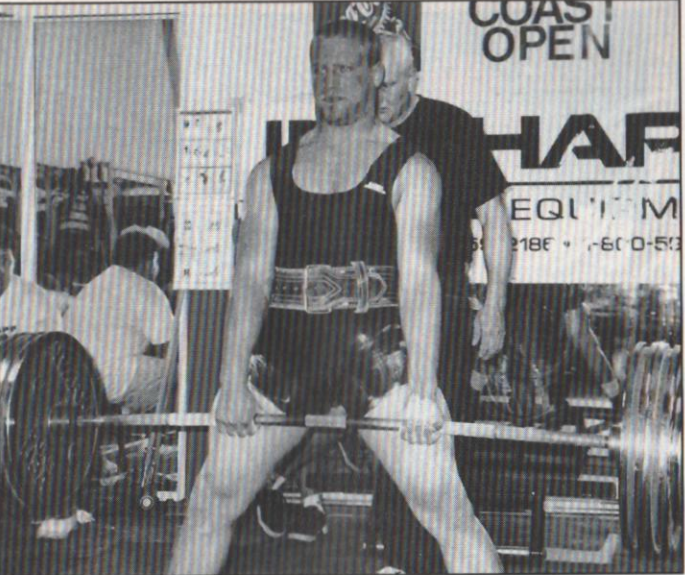


Josh Bryant with a 848 squat @ 308 open at 21 years old(photo by APF)

The Nationals. The previous record had stood for 20 years. Up a weight class at 181, weighing 175, Gordon won 584 303 601 for 1488 total. All but the squat were new Oregon APF Master records. Gordon also earned the best lifter award for master men. Although the women were sparse in the 3 lift portion of the meet, the quality made of for lack of quantity. Priscilla Ribic came in as a guest lifter and blew everyone away with her deep squats, ending with a new pr and APF WA state record of 485. 500 is just around the corner. She also PR'd in the bench press with an easy 275 lb. lift. Priscilla is used to IPF rules which require the lifter to wait for a start signal on the bench. Well, she forgot that the APF doesn't have a start signal, only a press signal, and gave her friends a good chuckle as she held the bar waiting for a signal. I think Agnar finally said "Go!". And in what she calls "the longest pull of her life", Priscilla again PR'd, this time in the deadlift with a 485 lb lift. She took home a proud 1245 lb. total, set all new APF WA state records, and best of all, had a blast doing it. Priscilla also took home the coveted open class best lifter award for the women, a silver barbarian sword with dragon's head handle. There was some good competition on the men's open, master and submaster classes. Eric Fox set a new submaster 181 lb. record in the dead lift with a 542 lb. lift. Jon Wolbers flew down from British Columbia to compete, and set a new Canadian record in the dead lift with a 562 lb lift in the 50-54, 198 lb class. Charles McFarland and Gerald Brown battled it out in the 198 (45-49) class. Gerald set new OR state records with a 479 squat, 352 bench and 1371 total. Charles set the deadlift record at 540 lb. Gerald also dead lifted 540 lbs., but Charles weighed lighter than Gerald. Dean Wilson and

Teny Wilson went at it in the 198 (40-44) class. They both took home records. Dean claimed the bench press with a 376 lb. lift, and Terry took the squat, dead lift and total with 562 545 1454, respectively. But the 220 open men's class was the fullest class, with Evan Arntzen, Phil Cicero and Nathan Eller up against each other. Nathan and his brother Kevin both competed in the 220s, but the latter went in the submaster class. Evan, an experienced powerlifter who still holds APF WA state records from 1990, led the pack and finished with a fine 1730 total. Phil came in second and Nathan took third. Robert Straker had a great day with new pr's in the 165 (40-44) class: 374 220 418 for a 1013 total. Robert came surprisingly close to locking out 468 on a 4th attempt deadlift for the record. He'll get it next time for sure. Robert was quite pleased to finally break the 1000 lb. mark in the total. The oldest lifter of the meet was Ward Church, who lifted in the 181 class at age 75. He set all new state records with his lifts and even jugged up to the trophy area to receive his award at the end of the day. Now there's an example of how lifting keeps you young! Besides the teen phenoms - brothers Cam and Cohn Field-Eaton, Newport locals Ian McKay and Brady CypHERt made a strong showing and just keeping getting way stronger every year. Ian has been competing in the APF WCO since it came to Newport in 2000, where as a 15 year old he totaled 1206 in the 181's. Ian went up to the 198's in 2001 and totaled 1355. This year, still in the 198's and having just turned 18 the day before the meet, Ian set all new teenage Oregon state records with 611 314 589 for a 1492 total, and best lifter in the teens. He's adding about 150 lbs. to his total every year! Brady impressed the crowd going 727 391 551 for a 1647 total at 242, age 20. How many 20 year olds do you know who can squat 700 lbs? The 242 (40-44) class was close. John Lagrill just beat out Tyler Kopta for the win with his 1460 total to Tyler's 1448. Jay Dankers had a great day and took home some records to boot. Jay went 474 352 440 1258 in the 242 (50-54) class. Jay weighed in at 224; all of his lifts were new masters OR state records. Part of Brent Mikesell's "Spokane Crew", Agnar Adalsteinsson finally broke 2000 going 832 474 710 for a 2017 total in the 275 (40-44) class. Luke Harris, another of Brent's crew, was pleased with his performance in the 275 submaster class. Luke went 9 for 9 with 755 485 672 for a 1912 total, weighing only 261. Luke also took home the best lifter award for the submasters. Another awesome lifter from WA state who came all the way to Newport was Tommy Fannon. Tommy showed everyone just how strong you can be after serious injury. Less than two years ago, Tommy had a bad pec tear and had it repaired. He has since had a full recovery and blew away the crowd with impressive lifts: 771 534 639 for a 1945 total at 275 open. The heavyweight classes just keep getting better. Big lifter Josh Bryant came up from CA to lift, weighing in at 308 on the dot. Josh posted some mind-boggling lifts for a mere 21 year old: 848 601 705 for a 2154 total. Josh is on his way to a tremendous lifting career. Keep your eyes on this "kid"! Taking second to Josh was Charlie Symons. Charlie made some great gains from last year and ended with 710 451 639 for an 1801 total. The SHW class was the part of the show no one missed! Everyone in the lifting world knew that Brent Mikesell had sustained a small tear to his quad just prior to the APF Sr. Nationals which took place on June 15th. Brent really wasn't sure how he would feel in the WCO meet. After carefully warming up, Brent opened with 903 in the squat, the same number he ended with at Sr's. Everything feeling good, he went on to squat 1008 and 1047. The 1047 was easy and deep! Brent will squat 1102 in the near future! Brent also

had a great day in the bench press, finally breaking the 600 lb. barrier with a 601 lb. lift. He finished the meet with an easy 782 deadlift and a PR total of 2430. It is no surprise that Brent easily took home the best lifter trophy in the open men, a silver barbarian sword just like Priscilla's. Vince Eldridge came in 2nd to Brent and was all smiles about the PRs he'd set. He squatted an easy 606, benched 446 and finished with an effortless 705 pull to total 1757. Vince was particularly pleased with his 705 pull, as his hamstring had been bothering him off and on since the bench presses. The total was a PR for him as well. That concludes the 3 lifters. The single lift meet, which was originally scheduled for Sunday, was mixed in with the Saturday meet for simplicity. The women in the single lift meet put on a good show. Rachel Nylander impressed everyone with a strong bench press of 231 lbs in the 181 class. Rachel is only 19 years old! Stacia Faulhaber had a great day and pulled a 203 dead lift in the 165 open class. This was Stacia's first meet she was very pleased at how supportive the other lifters were. She'll be back for more! Deadlifting phenom Jo Walker is back on track with her deadlifts. A bit of a hiatus last year due to a shoulder injury meant that Jo had to work her way back up on the deads. Well, it's obvious she's back up there, because she pulled a strong 391 dead lift weighing only 130 lbs. and at age 58! Jo is the premier master female deadlifter in the world! Jo took home best lifter in the open deadlift class, as well, beating all the guys. Dustin McFarland set a new state record in the 198 lb (16-17) class with a 451 lb dead lift. Duane Travis set a new APF WA state record in the open 181 lb. weight class with an incredible 672 lb. lift weighing only 180 lbs! You don't see something like that every day! George Nelson went head to head with Randy Patterson on the bench for best lift award in the bench press. George ended the day with a 540 lb. lift in the 242 lb. class, age 57. Randy ended the day with a 617 lb. lift in the SHW class at age 54. Randy's second attempt of 606 lbs. was dedicated to the late Doyle Kennedy. Randy just squeezed out George for best lifter in the bench press. Great lifting all around, guys. Altogether, six lifters qualified for the APF Sr. Nationals with their totals. The people that made this meet happen are not to be overlooked. The loaders and spotters worked harder than the lifters and never complained. We'd like to thank Don Taylor, Larry Hollywood Johnson, Jason Jones, and Mark Ross for doing an awesome job of loading and keeping the lifters safe with great spotting. Don's wife Michelle did a great job announcing, and we really appreciate her helping out with that. Thanks also to Kris Varela for helping with scorekeeping, your efforts are invaluable. Rick and Anna McClung did a ton of work to make this meet happen as well. Rick is the guy who gets all the helpers together, and Anna is the one who makes sure things happen on meet day. Without you two this meet wouldn't exist. Thanks also to Brice Gimble, who judged all day without complaint, and to Tod Becraft and Julie Havelka. Tod did head judging all day and had to be on his toes for that. He is consistent and fair - a great head judge and invaluable to the meet. Thanks also to Lou Andrews and Levi Serrao who stuck around and helped with trophies and just general morale at the meet. (Thanks to Julie Havelka for results.)



Ian McKay 589 deadlift @ 198 teen during the APF West Coast Open

B. Bruneau		C. Dore		C. Forman		S. Newman		K. Mountjoy		J. Knowles		P. Bennett		T. Enquist		D. Miles		J. Fellows		G. Lander		A. Antoniou		J. Wheeler		M. Drouin		A. Felipe		SHW		T. Saunders*																											
400	300	440	1140	340	275	400	1015	450	390	500	1340	450	290	560	1300	375	350	430	1155	340	205	430	975	655\$	440\$	660\$	1755\$	505	310	440	1255	585	420	625	1630	600	365	535	1500	475	415	555	1445	505	360	525	1390	400	360	555	1315	260	320	350	930	930	530	670	2130

records across the board for his impressive 1755 lb. total and easy 665 lb. squat, a big 440 lb. bench, and a 660 lb. deadlift. We wish Tom the best as he rejoins the world as a focused and disciplined individual in great part due to dedicated weight training. Dwayne Miles won second place in the 242 lb. class. He pushed a 505 lb. squat, a 310 lb. bench, and pulled a 440 lb. deadlift. Meet Director Jamie Fellows won the 275 lb. class after an easy 585 lb. squat, 420 lb. bench, and closed the day with a 625 lb. deadlift. His total for the day: a sweet 1630 lbs. Garth Lander won second place: 600 lb. squat, 365 lb. bench, and a 535 deadlift. Andreas Antoniou made personal bests across the board, and completing a successful day of competition won third place in the 275 lb. class with a 475 lb. squat, big 415 lb. bench, pulled a 555 lb. deadlift, and totaled 1445 lbs. The Super-heavyweight Class was won by Tony Saunders, a big man with a big heart and a big personality that ignites meets. Tony set state records across the board with an incredible 930 lb. squat, 530 lb. bench, and capped his day with a 675 lb. deadlift for an awesome total of 2,130 lb.. Before closing, the following individuals set state records: Jeff Wheeler in the Masters Class set state records for his 505 lb. squat, 360 lb. bench, and 1,390 lb. total. Masters Class Mark Drouin set a state record for his 555 deadlift, and Bob Bruneau - a 189 lb. Grand Masters - set state records across the board with a 400 lb. squat, 300 lb. bench, 440 lb. deadlift, and 1140 lb. total. All in all, the Winterfest Meet was a success and the competitors did a great job. The spectators were encouraging and supportive and we look forward to bigger meets during the rest of the year. Finally, thanks to the loaders and spotters, Dave Follansbee, Jamie Fellows, and to our judges and scorekeepers Rodney Roy and Paul Mancini. Until next meet, make the lifts count (thanks to Andreas Antoniou for the results).

USAPL EASTERN BENCH PRESS

15 JUN 02 - Charlottesville, Virginia

Open	40-44	Steve Horton	360
140	198	Tim Kontos	310
Men	20-23	Scott Chaitin	345
165	16-17	Josh Dunbar	450
230	220	M. Lichtenberger	450
College	20-23	College	242
310	181	Jimmy Myers	310
310	35-39	Rory Duley	242
310	55-59	Bill Mears	320
260	198	Andrew Ballinger	260
290	198	Jim Shoaf	319
435	Open	John Blackman	435

(Thanks to John Shifflett for these meet results)

New Hampshire USPF Winterfest

19 JAN 02 - Concord, NH

Juniors	SQ	BP	DL	TOT
J. Laudarowicz	450	345	505	1300
M. Cannon	375	260	530	1165
J. Knowles	375	350	430	1155
Sub Masters				
T. Saunders	930\$	530\$	670\$	2130\$
P. Kulas	480	330	475	1285
S. Newman	450	390\$	500	1340
Masters				
J. Wheeler	505\$	360\$	525	1390\$
M. Drouin	400	360	555\$	1315
R. Powers	375	280	460	1115
Grand Masters				
P. Bennett	340	205	430	975
B. Bruneau	400\$	300\$	440\$	1140\$
Women				
D. Kelecly	135	95	190	420
148				
J. O'Connell	200	180	345	725
165				
M. Cannon	375	260	530	1165
L. Walch	350	175	400	925
S. Runkle	285	200	415	900
D. Stone	300	170	415	885
G. Peck	300	230	350	880
181				
R. Fowler	425	300	580	1305
J. Laudarowicz	450	345	505	1300
G. Monaney	345	325	475	1145
R. Powers	375	280	460	1115
M. Lowman	260	200	315	775
198				
P. Kulas	480	330	475	1285
Y. Torres	475	305	500	1280
D. Beatty	450	260	485	1195

Membership Application
AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME		FIRST NAME		INITIAL	
STREET ADDRESS		DATE OF APPL			
CITY		STATE	ZIP CODE		
AREA CODE	TELEPHONE NO	DATE OF BIRTH	AGE	SEX	ZIP CODE MUST BE PRESENT
		MO DAY YR			U.S. CITIZEN
					YES NO
REGISTRATION FEE	MASTERS	CLUB MEMBER	NAME OF CLUB YOU REPRESENT		
\$30.00	YES NO				

ATHLETES, fill out card completely and mail with fee to:
MAKE CHECK PAYABLE TO: A.P.F. Headquarters
62 S. BROADWAY
AURORA, IL 60505 (630) 892-1491

IF UNDER 18 HAVE PARENT INITIAL _____
I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE BY ACCORDANCE WITH THE RULES OF THE A.P.F.
SIGNATURE X _____

Membership Application
AMERICAN AMATEUR POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME		FIRST NAME		INITIAL	
STREET ADDRESS		DATE OF APPL			
CITY		STATE	ZIP CODE		
AREA CODE	TELEPHONE NO	DATE OF BIRTH	AGE	SEX	ZIP CODE MUST BE PRESENT
		MO DAY YR			U.S. CITIZEN
					YES NO
REGISTRATION FEE	MASTERS	CLUB MEMBER	NAME OF CLUB YOU REPRESENT		
\$30.00	YES NO				

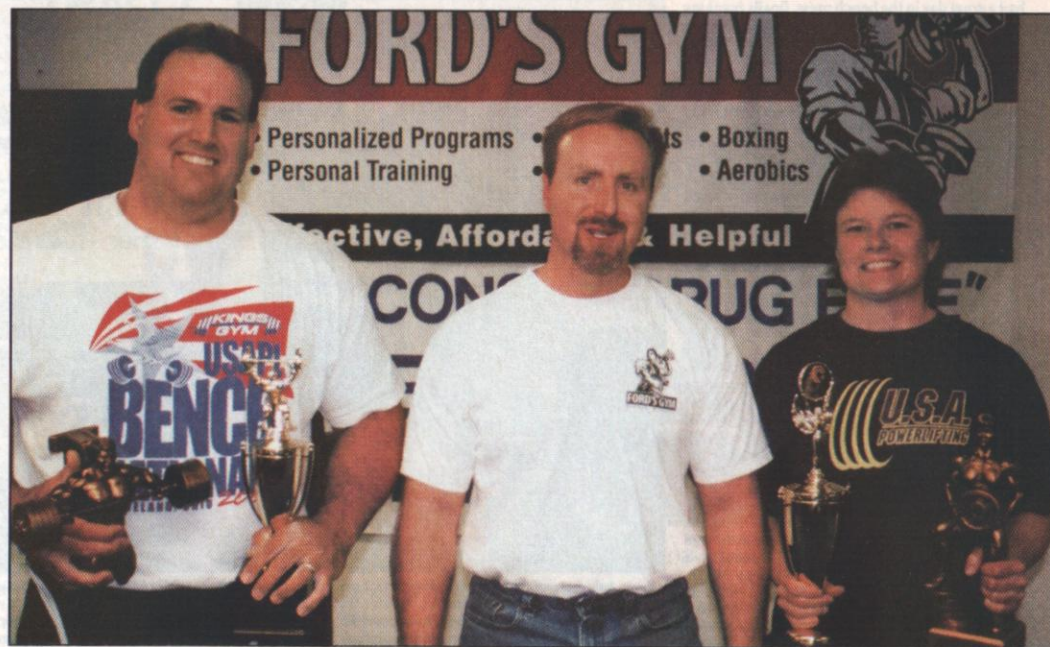
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SIGNATURE X _____

**WISCONSIN STATE BP CHAMPS
04 MAY 02 - Madison, WI**

TEEN MALE:	Kevin Bonde	430	
148	242		
Dan Pope	310	360	
132	165		
Chad Wintrone	255	300	
242	SHW		
J. Edwards	330	365	
165	Open Men's		
Ryan Hansel	260	148	
132	Jason Reeves	305	
Boon Xiong	205	Dave Aidag	240
148	Michael Guetzke		
D. Pierstorff	215	165	
181	Bret Funk	345	
Taylor Rose	245	James Overland	305
148	Al McCredie	300	
Dustin Fuller	155	181	
Women's Masters	Jonah Roberts	462	
165	Steve Heathman	410	
Pam Zangle	160	198	
198	Brian Wright	440	
Royal Johnson	130	John Shields	355
Open Women's	Chad Holtink	350	
148	Jon Deitrich	300	
Kathy Wolfgram	175	220	
165	Michael Banda	420	
Laura Styrund*	220	David Johnson	
Lisa VanBuskirk	220	242	
MEN	Patrick Rohde	415	
Masters	John Rublein	325	
181	Ryan Eckert	300	
Ron Elkendier	325	SHW	
220	Mike Hodge	620	
Brian Briggs	305	Dave Martin*	600
SHW	Dave Meservey	365	

* Best lifter (Thanks to Ford's Gym for these results)



2002 Wisconsin State Bench Press Championships (left to right) Men's Best Lifter - Dave Martin. Meet Director - Ford Sheridan and Women's Best lifter - Laura Styrund (Photograph courtesy of Ford's Gym)

2002 European Union Cup (kg)

20-21 JUL 02 - Arnhem, Netherlands				
44kg Women	SQ	BP	DL	TOT
L. Hernandez	127.5*	67.5	130	325*
Marie Durk	70	50	95	215
48kg				
Raija Koskinen	172.5*	80*	167.5*	420*
52kg				
M. Rantamaki	152.5*	82.5	170	405*
Dagmar Wang	130	80	147.5	357.5
S. Guihomat	135	67.5	137.5	340
56kg				
Laura Locatelli	160*	85	195	440*
Allison Seabright	122.5	72.5	137.5	332.5
A. Sagarrio	120	55	125	300
K. Vestergaard	115			

60kg									
Marvi Sirkia	152.5	90	172.5	415					
Isabelle Fabre	160	85	160	405					
Aly Keizer	147.5	82.5	170	400					
Susanne Cunat	100	80*	122.5	302.5					
67.5 kg									
vanderMeulen	155	85	170*	410					
Sabine Zangerle	135	67.5	140	342.5					
75kg									
Paivi Haapoja	200*	92.5	197.5	490					
Jackie Blasberry	160*	90	190	440					
82.5 kg									
Ielja Strik	205*	130*	205	540*					
S. Mogensen	177.5*	95	200	425					
Rosemarie Beer	170	110	170	450					
Marie Thornton	180*	77.5	1*80	437.5					

90kg									
Leila Duhem	192.5	137.5*	187.5	517.5*					
Katarina Nokua	210*	107.5	195	512.5					
vanderMeulen	182.5	122.5	162.5	467.5					
Jean Maton	165	100	180	445					
90+ kg									
Joanne Schaefer	217.5*	130*	205	552.5*					
Wilna Monte	180	107.5	185	472.5					
MEN									
John Maxwell	185	112.5	210	507.5					
60kg									
Frederic Timebra	230	130	205	565					
J. Nemeth	195	100	220	515					
67.5 kg									
Sami Nieminen	230	155	290*	675*					
Max Riviere	270*	150	235	655					

Mark Woodcock	230	122.5	235	587.5
75kg				
A. Rodriguez	270	170	262.5	702.5
A. Zeilinger	255	192.5*	252.5	700
Erik Rasmussen	235	177.5	215	627.5
Arnaldo Gruzza	190	127.5	215	532.5
82.5 kg				
G. Grossbeck	270	190	265	725
Piotr vd Hoek	265	170	277.5	712.5
Frode Berentsen	277.5	185	245	707.5
M. Lindholm	275	152.5	277.5	705
G. Servotte	275	170	240	685
Shane Brody	262.5	155	260	677.5
Joe Bullock	257.5	157.5	260	675
Ayman Kichi	235	137.5	252.5	625
Georg Thomas	195	135	215	545
90kg				
Anibal Coimbra	320*	202.5	317.5	840*
Seppo Sohlman	285	205.5*	345*	835
Herve Recule	282.5	177.5	290	750
Nick Milner	257.5	152.5	270	680
Bass Roessen	262.5	152.5	240	655
100 kg				
Jarmo Sohlman	315	220	325	860*
Orhan Bilican	300	200	270	770
E. Bontekoning	275	145	287.5	707.5
M. Oszwald	260	147.5	260	667.5
Roger Piron	250	162.5	235	647.5
110 kg				
Stephan Vorup	350*	182.5	297.5	830
Asbjorn Randen	320	195	315	830
T. Omland	322.5	207.5	297.5	827.5
Lars Soerige	307.5	217.5	287.5	812.5
Jorge Gonzales	310	207.5	280	797.5
Rudi Kuster	295	120	295	710
Bram Haz	270	167.5	270	707.5
Cor Hilgersom	280	170	245	695
Marco Oliva	255	110	262.5	627.5
Mark Neele	332.5			
125 kg				
Clive Henry	387.5*	220	320	927.5*
Morten Soerig	330	212.5	297.5	840
Henry Larsen	327.5	205	295	827.5
Jean-Luc Collart	320	195	272.5	787.5
125+ kg				
F. Veldeman	320	255	302.5	877.5
Niels Staerkjaer	342.5*	277.5*	255	875

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

PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

Last Name	First Name	Initial	
Street Address/P. O. Box			
City	State	ZIP	
Telephone Number	Date of Birth	Age	Sex
Social Security Number	Occupation	Date of Application	

IF UNDER 18 PARENT MUST INITIAL

BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™

SIGNATURE _____

YEAR 2000 Membership Registration Fee: \$ 25.00

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

**ADAU Northeast Championships
15 JUN 02 - Northeast, PA**

WOMEN	SQ	BP	DL	TOT
OPEN				
105 CLASS				
Benita Steffan	160	90	250	500
		4th	260	
123 CLASS				
Becky Skal	180	155	315	650
		4th	156 1/4	
132 CLASS				
Shanna Kaizer	165	100	205	470
Lucinda Hawes	135	80	225	440
TEEN				
16-17				
132 CLASS				
Shanna Kaizer	165	100	205	470
SUB-MASTER 35-39				
105 CLASS				
Benita Steffan	160	90	250	500
		4th	260	
MASTER				
40-44				
132 CLASS				
Lucinda Hawes	135	80	225	440
MEN				
OPEN				
114 Class				
Zack George	115	95	175	385
148 CLASS				
Ramone Cruz	425	275	470	1170
		447 1/2		
165 CLASS				
J.J. Tomasino	315	195	405	915
Kyle Motherwell	300	190	335	825
Tom Davis	190	110	275	575
181 CLASS				
Jim Folma'r	455	265	540	1260
Tim Lesondak	380	210	425	1050
Tom Fafinski				
198 CLASS				
Josh Ferraro	450	275	535	1260
D. Grandinetti	415	340	490	1245
Mike Fiorelli	420	270	510	1200
Al Mangini	330	185	405	920
220 CLASS				
Jeremy Green	430	330	515	1275
Rick Thompson	370	260	505	1145
Jon Kutner	305	190	410	905
242 CLASS				
Terry Johnson	475	305	470	1250

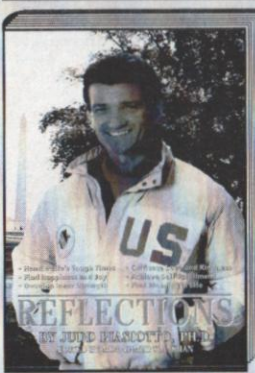
J.J. Tomasino	315	195	405	915
181 CLASS				
Kyle Motherwell	300	190	335	825
220 CLASS				
Tim Lesondak	380	210	425	1015
220 CLASS				
Rick Thompson	370	260	505	1145
242 CLASS				
Jon Kutner	305	190	410	905
319 CLASS				
Jon Stewart	420	320	440	1180
319 CLASS				
Scott McHenry	425	345	450	1220
YOUTH				
12-13				
105 CLASS				
Zack George	115	95	175	385
TEEN				
14-15				
165 CLASS				
Tom Davis	190	110	275	575
TEEN				
16-17				
165 CLASS				



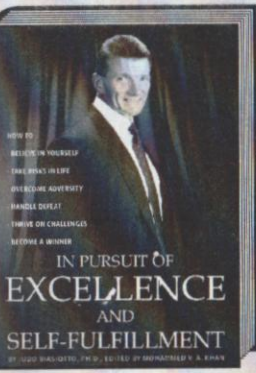
Rick Emerick with a 600 squat in the 275 pound class, this meet was used in preparation for the Nationals (photo courtesy of Joe Oregina)

MASTER 40-44
148 CLASS
Ramone Cruz 425 275 470 1170
4th 447 1/4
MASTER 45-49
198 CLASS
Al Mangini 330 185 405 920
MASTER 50-54
275 CLASS
Larry Huff 225 345 375 945
CHAMPION OF CHAMPIONS WOMEN:
Becky Skal. MEN: Ramone Cruz. TEEN: Jim Folmar. TEAM CHAMPIONS OPEN: Joe's Gym Of Erie. TEEN: Northeast High A big thank you to coach Bart Wood and the North East High team for holding a great contest on this beautiful summer day. Consistent officiating by the Siegels, Al and Brenda, Matt Catalino, Adam Herspiger and yours strongly as more records were set or attempted. Benita Steffen had a great day while setting all new sub-master American records for her Gold medal at 135. Becky Skal won the Womens Champion of Champions award with her efforts at 123 pounds. Her 650 RAW total included a new open American record in the bench of 156 1/4. Sixteen year old Shanna Kaizer and forty two year old Lucinda Hawes keep improving at each contest and both won their age group at 132 pounds. Zack George, brother of the infamous George sisters and son of World Champion Carol George, competed in his first contest and won the open and age group titles. At 148, Champion of Champions, Ramone Cruz used this contest for a primer for the A.D.A.U. Nationals and set a new open and masters squat record with 447 1/2. Teenage Champion of Champions, Jim Folmar was the 181 pound winner with a great 1260 RAW total while Josh Ferraro and Dave Grandinetti battled it out at 198, with teenager Mike Fiorelli right on their tail. Jeremy Greene pulled out a nice first place at 220 and Terry Johnson did the same at 242. They, along with 275 winner, Rick Emerick used this contest for a primer for the Nationals. Nice lifting ladies and gentlemen - See you in Pittsburgh in July. (Thanks to Joe Oregina for providing the competition results and report)

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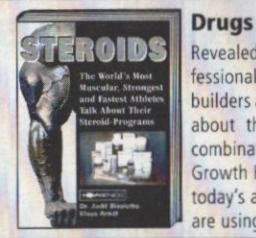
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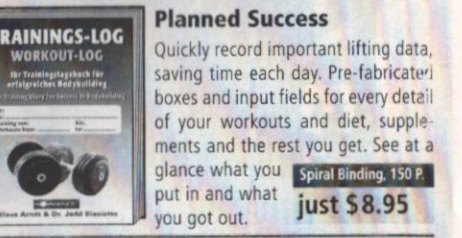
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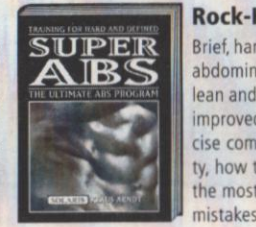
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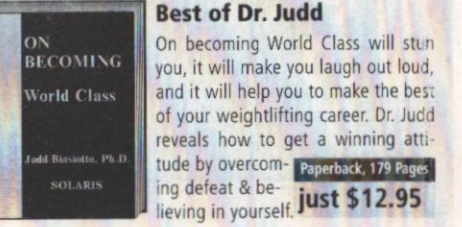
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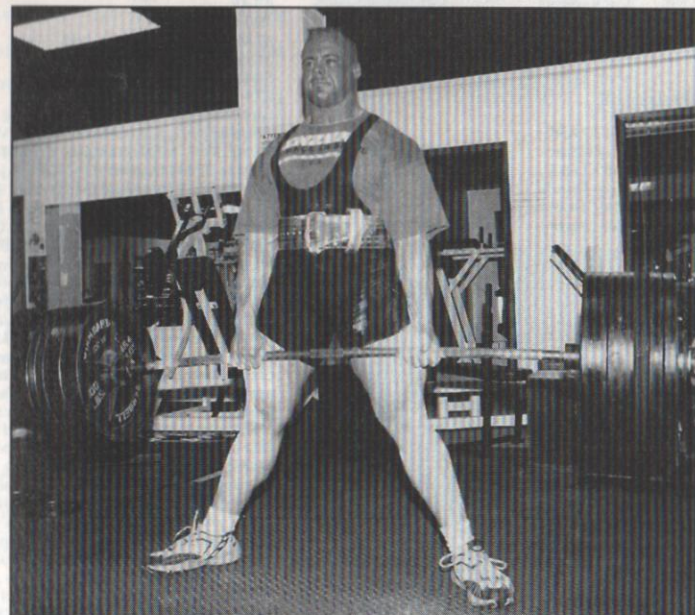


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APA MIDWEST REGIONALS
11 MAY 02 - Burlington, IA

WO	SQ	BP	DL	TOT
123	210	90	230	540
C. Gassmann				
TI				

2000
198
C. Engel
220
P. Thomas
365 520 885
This meet was small but was a great place for Jerrod



Brandon Cass locks out @ 755 & totaled 2000 @ 229 (Photo by Broeg)

165				
J. Appenzeller	360	265	375	1000
T3				
R. Anderson	425	230	400	1055
O				
242				
B. Cass	755	490	755	

Appenzeller to get his feet wet in competition. In his first ever competition Jerrod totaled 1,000, and set 2 world records in the 165lb division at the age of 15. Jerrod's squat and dead lift each established a new IA state records. Big show of the meet was Brandon Cass who totaled 2,000 at 229 pound body weight via 755, 490, 755! Brandon is a young man and may very well be one of the world's

greatest Powerlifters some day. Lots of state records were broken and established. All of Crystal Gassmann's lifts established solid state records for the women's 123 open. In the teen 18-19 Ryan Anderson broke his own state records in all 3 lifts plus the total. Pat Thomas set a good solid single lift state record in the dead lift for the men's open 220s. Carolee Engel went with the bench as a single list and established a state record 20lbs higher than her previous performance. And of course Brandon Cass established Missouri state records, which will stand a long time in the 242s. Many thanks to all who helped me with running this meet; particularly Joe Garcia who drove up from Kansas City and provided the referee lights. Also thanks goes to Paul and Holly Armstrong, owners of Planet Fitness Gym, for providing the equipment and venue to run the meet. (thanks to Roger Broeg for the results.)

USAPL South Dakota Championship
27 APR 02 - Sioux Falls, SD

Teen Women	SQ	BP	DL	TOT
148				
Carl Payne	181	137	220	540
Ashley Blake	181	110	231	523
Teen Men				
148				
Josh Craig		132		132
Jon Christensen	259	154	259	627
Open Women				
132				
N. Griesenbrook		132		132
123				
Angie Engel	231	176	281	688
132				
Master				
Brenda Howard	253	143	281	677
165				
Teen Men				
16-17				
Colby Larson	413	253	429	1096
Brendan Hurley	303	214	314	843
220				
Brian LeMay	479	297	507	1284
Open Master				
148				
40-49				
Monte Mason	462	275	429	1168
165				
40-49				
Ron Cox	314			314
314				
Mike Dowling	369			369
242				
Larry Bitz	341			341
275				
Mike Bridge	418			418
181				
50-59				
Ken Leisinger	220	270	341	832
Harlan Payne	231	203	253	688
60-69				
Jerry Ochs	319	121	391	832
18-19				
Riley McManigal	429	303	446	1179
Ryan Telling	374	314	485	1173
275				
J. Christensen	529	347	562	1438
OPEN				
123				
Peter Wong	413	308	407	1129
148				
Put Bezenk	336			336
148				
Andrew Priebe	391	220	391	1003
165				
Brad Rilling	451	325	490	1267
181				
Jon Dalen	369	314	497	1091
Dan Cheeseman				
Curt Marchiando	330			330
198				
Joe Rueter	275	209	314	799
181				
Todd Craig	435	253	501	1190
198				
Jeff Blindauer	512	424	551	1488
Troy Knebel	562	374	545	1482
John Bokker	562	374	551	1488
Chris Blair				
198				
Carey Mitzel	507	396	534	1438
181				
Mike Jorgensen	330			330
Ed Wendel	584	374	683	1642
Brad Leisinger	529	391	617	1537
Brad Slining	418			418
Jona Leo	600	501	573	1675
Joe Kunzman	540	358	545	1444
198				
Dale Pearce	358			358
Jerry Leisinger	402			402
Jeff Blindauer				

Jeff Blindauer was the coordinator (Thanks to USAPL for providing the meet results to PLUSA)

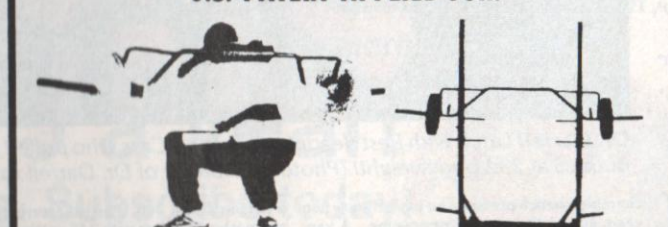
WNPF WESTERN PA
04 MAY 02 Beaver Falls, PA

BENCH ASSISTED	Dennis DeLauter	100			
FEMALE					
Teen					
181					
17-19					
Ronald Narog JR	240				
MEN					
220					
40-49					
Brian Weaner	360				
275					
Lifetime					
Brad Nenebert	315				
40-49					
181					
Natural					
John Rouc	315				
40-49					
Deadlift Raw					
242					
Lifetime					
9-11					
RJ Cook	200				
475					
Teen 17-19					
181					
Ron Narog JR	350				
475					
Deadlift Assisted					
50-59					
FEMALE					
123					
35-39					
Lee Ann Hillard	220				
220					
198					
Steve Masura	450				
40-49					
Squat Raw					
165					
Jordan Blinn	400				
500					
Squat Assisted					
17-19					
198					
Steve Masura	575				
ASSISTED	SQ	BP	DL	TOT	
Teen					
132 14-16					
Dallas White	260	145	300	705	
198					
Tyler Stevenson	300	135	350	785	
275					
Matt Dutro	325	180	405	910	
FEMALE					
123 60-69					
C. Winkelblech	180	85	270	535	
181 14-16					
Beth Schuster	225!	90	225	540	
MEN					
181 Natural					
Don Graham	455	145	505	1105	
35-39					
415					
335					
450					
1200					
405					
250					
400					
1055					
40-49					
Don Graham	455	145	505	1105	
198 Lifetime					
William Evans	550	370	500	1420	
40-49					
Pete Catina	525	290	550	1365	
220 70-79					
Melvin Huff	365	240	400	1005	
Lifetime					
Kenny Mox	475	225	225	925	
275					
Bill Beck	500	350	500	1350	
40-49					
Tom Stevenson	475	275	450	1200	
RAW					
Youth					
80					
9-11					
Matt Misorski	125	65	155	345	
R. Stevenson	100	45	115	260	
100					
C. Stevenson	95	60	115	270	
141					
12-13					
Matt Lyden	150	95	215	460	
Steve Stevenson	125	60	160	345	
FEMALE					
105					
Lifetime					
S. Hennebert	75	75	115	265	
123 40-49					
Rose Nail	125	115	180	420	
165 35-39					
RondaHernon	220	110	215	545	
MEN					
181					
NATURAL					
Jon Rock	425	315	500	1240	
220					
Lifetime					
Josef Schaffer	445	400	500	1345	
Don Taylor	430	320	550	1300	
40-49					
Kurt Brenkus	400	260	425	1085	
242					
Lifetime					
Eric Kelly	300	240	400	940	
275					
Lifetime					

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**14th Elkhart Bench Press Classic
8 DEC 01 - Elkhart, IN**

BENCH PRESS	Wade Talley	415
junior women	Keith Pardsh	510*
97	Terry Venable	475
Alisha Doucet	4th	500
master women 40-44	Bruce Head	350
114	242	
Terry Morris	105	525*
teenage men 13-15	Jim King	490
181	Brandon Cass	425
Shay Ehrhardt	200*	275
198	Mark Austin	425
Jeff Bailey	275*	DEADLIFT
shw	master women 40-44	
Jonathan Vick	330*	114
teenage men 16-17	Terry Morris	225
220	open women	
Jason Jones	285	132
teenage men 18-19	Tonya Simmons	185*
198	4th	200*
Jason Hobbs	285*	teenage men 13-15
4th	295*	132
junior men	Daniel Young	290*
165	165	
Jonathan Harris	260*	425*
198	Craig Brandon	181
Bobby Boothe	375*	B. Hardwick315*
Derek Formon	360	4th
submaster men	198	330*
165	Josh Hamlett	315*
Parrish Morris	245*	330*
198	4th	220
Bruce Stevens	-	Mark Cumpton
275	4th	185*
D. D. Nichols	675*	242
master men 50-54	Shane Wade	365*
148	4th	405*
Harry Wakefoose	205*	shw
165	Jonathan Vick	605*
Daniel Singleton	240*	submaster men
198	165	325
Rusty Stopp	380	Parrish Morris
open men	165	open men
165	165	325
Glen Thomas	350	Glen Thomas
165	220	475*
Lay Khoan	340	Terry Venable
165	242	550*
Lance Greer	315	Brandon Cass
181	275	760*
Chris Sorrentino	330*	Shane Lancaster
198	275	485*
Ricky Coggins	430*	Jim Tidd
550*		



Dr. Darrell Latch with Best deadlifter Brandon Cass who pulled 760 pounds at 232 bodyweight! (Photo is courtesy of Dr. Darrell Latch)

champion bench presser who passed away two years ago at the age of twenty-nine. A very special thanks to Heath's cousin, Kevin French, owner of Pro Fitness, for hosting this event once again. In the bench press competition Alisha Doucet won the women's junior 97 class with a solid 100, which established a new state record there. Terry Morris, tied her own state record at master 40-44/114 with 105, just missing her final attempt with 110. In the teenage 13-15/181 class first time competitor Shay Ehrhardt won with a state record 200. Jeff "Bettle" Bailey won at 13-15/198 with 275, another state record. Then at shw was Big Jonathan Vick who finished the day with a state record 330. In the 16-17 age division Jason Jones won at 220 with a state record 285. Jason Hobbs also had a great day, setting the state record at 18-19/198, finishing with a 285 third followed by a 295 fourth attempt. Junior 165 winner was Jonathan Harris who finished with a state record 260. At 198 it was Bobby Boothe, who finished with a state record 375, after missing a pr third attempt with 400. Derek Formon was second at junior 198 with

a personal best 360. Parrish Morris took the submaster 165 class with 245, setting the state record there. Bruce Stevens, who had injured his shoulder a few weeks earlier, was unable to get his opener of 400 in at 198. We all hope Bruce has a speedy recovery. Then at submaster 275 it was the great D. D. Nichols. Opening with an easy 600 D. D. moved next to a personal best 650, which seemed almost as easy. Taking a final attempt with a new state record 675, D. D. locked it out with no problem. Using only an older Inzer double ply polyester shirt, can you imagine what he could do with a stronger shirt? This may be the greatest weight ever lifted in the submaster division! Well, at least there was no question as to who would take the best lifter trophy! In the master division we had three lifters in the 50-54 group, all of whom set new state records in their respective classes. At 148 it was Harry Wakefoose, who finished with 205. Daniel Singleton won at 165 with 240 and Rusty Stopp set the record at 198 with 380. In the open division there was a close one at 165 between Glen Thomas and Lay Khoan. Glen came out the winner with 350 after Lay's 365 was turned down, leaving him with 340. Lance Greer was third with 315. Chris Sorrentino got a new pr and broke his own state record at 181 with 330. Ricky Coggins upped his state record to 430 with his win at 198 over second place finisher Wade Talley, who finished with 415. Keith Parrish broke the state record at 220 with his second attempt of 510, taking the win over Terry Venable, who finished with 475, but came back with a successful fourth of 500. Third place at 220 went to Bruce Head, who finished with 350. Bruce was lifting in his first competition. Jim King finished with 525 and a new state record at 242 with his win there. Brandon Cass was second with 490, just missing a personal best of 500 for his final attempt. Mark Austin won at 275, making just his opener of 425. In the deadlift event Terry Morris depended her title at master 40-44/114 again, finishing with 225. First-time competitor Tonya Simmons seemed to get stronger with each attempt, finishing with a state record 200 for the win in the open 132 class. Daniel Young won at teenage 13-15/132 with a state record 290. Craig Brandon won at 13-15/165 with 425, another state record. At 181 it was Brandon Hardwick with a 315 third followed by a 330 fourth attempt for the win and the state record there. Josh Hamlett did the same, finishing with a state record 330 at 198. Mark Cumpton got a 185 third and a 225 fourth for the record and win at 220. At 242 it was Shane Wade with 365 and 405, setting new state records there. Then at shw it was fifteen year old wonder Jonathan Vick, finishing the day with 605! Fifteen years old and already pulling over 600! Winning at submaster was Parrish Morris who finished with 325. In the open classes Glen Thomas broke the existing record at 165 with a solid 475 final pull. Terry Venable, lifting in his first competition, won at 220 with a state record 550. One on the top pullers in the country, Brandon Cass, won at 242, as well as best lifter, with a strong 760. With a more solid platform Brandon could have pulled 800! Second place at 242 went to

Shane Lancaster, who pulled a personal best 485. Our final competitor was Jim Tidd, who won at 275 with a new state record 550. A very special thanks goes out to coaches Shane Lancaster and Jim Tidd who brought many of the teenage lifters from Kennett, Missouri. We appreciate all you have done with these fine young men. Thanks also to the spotters and loaders and to my son Joey for all he does. (thanks to Dr. Latch for providing these results)

**WNPF DAYTON OPEN PL CHAMPS
23 MAR 02 - Dayton, OH**

BENCH ONLY	OPEN RAW		
WOMEN	COOKE	415	
165	LIFETIME RAW		
LIFETIME RAW	COOKE	415	
BEASLEY	210	OPEN	
OPEN RAW	TAYLOR	310	
BEASLEY	210	OPEN RAW	
123 14-16 RAW	SIMPSON	455	
NAPIER	110	NOVICE	
148	BUTLER	300	
LIFETIME RAW	SHW		
TINKHAM	155	40-49 RAW	
40-49 RAW	RAMEY	325	
TINKHAM	155	LIFETIME	
165	LOUALLEN	600	
17-19 RAW	DEADLIFT ONLY		
WARVEL	265	132	
OPEN RAW		12-13	
TYLER	315	BECK	190
GILLUM	255	181 LIFETIME RAW	
LIFETIME RAW	ROCK	560	
TYLER	315	242 70-79 RAW	
181	CRUSE	315	
LIFETIME RAW	SQUAT ONLY		
ROCK	325	132 12-13	
50-59 RAW	BECK	205	
FREEMAN	325	POWER CURL	
198	132 40-49		
LIFETIME	LANDESS	90	
SIMPSON	425	181 60-69	
LIFETIME RAW	CURLEY	125	
DURANT	380	198	
35-39	40-49		
KIGHT	480	SIMPSON	180
DALTON	420	35-39	
OPEN RAW	KNIGHT	170	
DALTON	385	220	
50-59 RAW	40-49		
HYMAN	260	GONZALEZ	125
220	242	OPEN	
17-19 RAW	TAYLOR	95	
BUTLER	315	275	OPEN
40-49 RAW	HOPKINS	170	
BOYER	345	SHW	
GONZALEZ	340	50-59	
242	242	BYALESS	
WOMEN	SQ	BP	DL
SHW 14-16	250	110	300
QUEEN			660
MEN			
123 14-16 RAW			
NAPIER	185	110	250
132			545
LIFETIME RAW			
LANDESS	215	170	335
40-49 RAW			720
LANDESS	215	170	335
165			720
60-69			
DODSON	340	170	400
181			910
17-19 RAW			
DESTAFANO	425	265	500
LIFETIME RAW			1190
ROCK	405	325	560
50-59 RAW			1290
MC ORKLE	400	205	400
LIFETIME			1005
COLLINS	470	265	455
242			1190
40-49			
BRAMMER	530		
275			
HUGG	530	385	545
35-39			1460
BECK	525	440	540
OPEN			1505
FERGUSON	600	340	135
40-49 RAW			1075
POUNDS	585	400	575
IRONMAN			1610
198			
40-49			
SIMPSON	425	530	955
275 35-39			
BECK	440	540	990

(Thanks to Troy Ford for providing the results.)

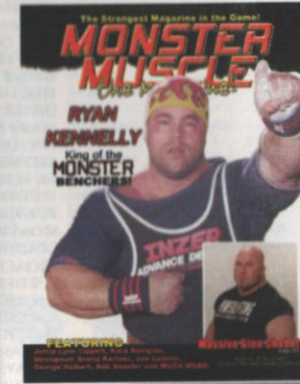
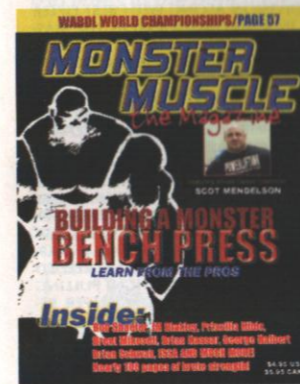
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**W.N.P.F. Drug Free Nationals
6-7 JUL 02 Youngstown, OH**

MEN'S BENCH PRESS		LIFETIME	
148		242	
Lifetime		Terry Gibson	455
C. Venturella	355	Steve Cooke	440
David Rippee	270	Police/Fire	
35-39		Ed Dibari	405
Frank Ranelli	310\$	SHW	
40-49		40-49	
C. Venturella	355!	Tom Ramey	410\$
181		132	
Lifetime		17-19	
Tim Richards	370	Shawn Heffner	235!
35-39		RAW SQUAT	
Mike Cletti	325	Youth 12-13	
40-49		Kevin Beck	95!
Tim Richards	370	198	
Joe Fiumara	360\$	17-19	
60-69		Steve Mosura	465!
Stoney Curley	350\$	242	
198		Lifetime	
Lifetime		Tom Kustoff	640
Scott Rowe	445	40-49	
220		Brad Lovejoy	500!
20-25		SQUAT ASSISTED	
Bud Fetty	530!	148	
14-16		40-49	
Shawn Stanislav	305!	John Dye	385!
40-49		165	
Steve Popovich	345	Lifetime	
242		Allen McVanev	570\$
Lifetime		198	
Paul Vargo	530	17-19	
Issac Thomas	465	Derek Baker JR	575!
35-39		220	
Issac Thomas	465	Lifetime	
50-59		Scott Rowe	635!
Ralph Brown JR	425\$	D. Fryberger	540
275		35-39	
Lifetime		Bill Beck	530!
Jeff Peshek	620!	114	
SHW		40-49	
40-49		John Dye	385\$ 235\$ 380\$ 1000\$
Jerry Wilson	320	165	
MEN'S BP RAW		Lifetime	
148		Allen McVanev	570\$ 340\$ 570\$ 1480\$
17-19		Russ Metivier	425 275 475 1175
Michael Ross	260!	40-49	
165		Russ Metivier	425 275 475 1175
Lifetime		60-69	
Larry Tyler	320\$	Brad Lovejoy	480
35-39		John Klein	245\$ 185\$ 315\$ 745\$
Larry Tyler	320\$	181	
Mark Guillam	255	33-39	
17-19		Don Graham	455 250 505 1210
Bill Wharry	365!	40-49	
50-59		Mike Cletti	420 325 425 1170
Ron Karkoska	260\$	40-49	
181		Don Graham	445\$ 250\$ 505\$ 1210\$
14-16		Police/Fire	
Mike Kristoff	205	Greg FOy	430 260 375 1065
50-59		198	
Ed Freeman	320	Lifetime	
198		Allen McVanev	570!
Lifetime		220	
Christian Durant	385	14-16	
Nick Catsoles	370	Shawn Stanislav	530!
40-49		242	
Dave Vargo	330\$	40-49	
		Eric Leblanc	605
		SHW	
		35-39	
		Palmo Aracri	570
		570	
		Dave Polis	570 370 580 1520
		James Perry	545 370 600 1515
		Thomas Chaffin	450 335 500 1285
		50-59	
		Bill Schaffer	450\$ 315\$ 435\$ 1200\$
		60-69	
		Paul Manion	430 260 485 1175
		70-79	
		Melvin Huff	350 240 400 990
		242	
		Lifetime	
		Tom Krustoff	640 400 605 1645
		40-49	
		Eric Lebunc	515 410 605 1530
		Brian Brammer	475\$ 330\$ 450\$ 1255\$
		50-59	
		Ralph Brown JR	525! 425! 505\$ 1455\$
		Chuck Evans	235 325 235 795
		275	
		35-39	
		Harold Mobley JR	620 445 550 1615
		Jeff Peshek	350 620\$ 315 1250
		40-49	
		Ranoy Hugg	495 365 535 1395
		Lifetime	
		Kenneth Howard	740 380 780! 1900
		Dave Coleman	650 575 665\$ 1830
		SHW	
		Lifetime	
		Ron Graham	705 405 625 1735
		35-39	
		Palmo Aracri	590 490! 510 1590
		165	
		50-59	
		Steve Thard	350! 250! 425! 1025!
		181	
		70-79	
		B. McClelland	185! 200! 285! 670!
		198	



Teen Lifter Derek Baker JR setting a squat record of 575 pounds in the 198 17-19 division (All photographs are courtesy of Ron Deamicis)

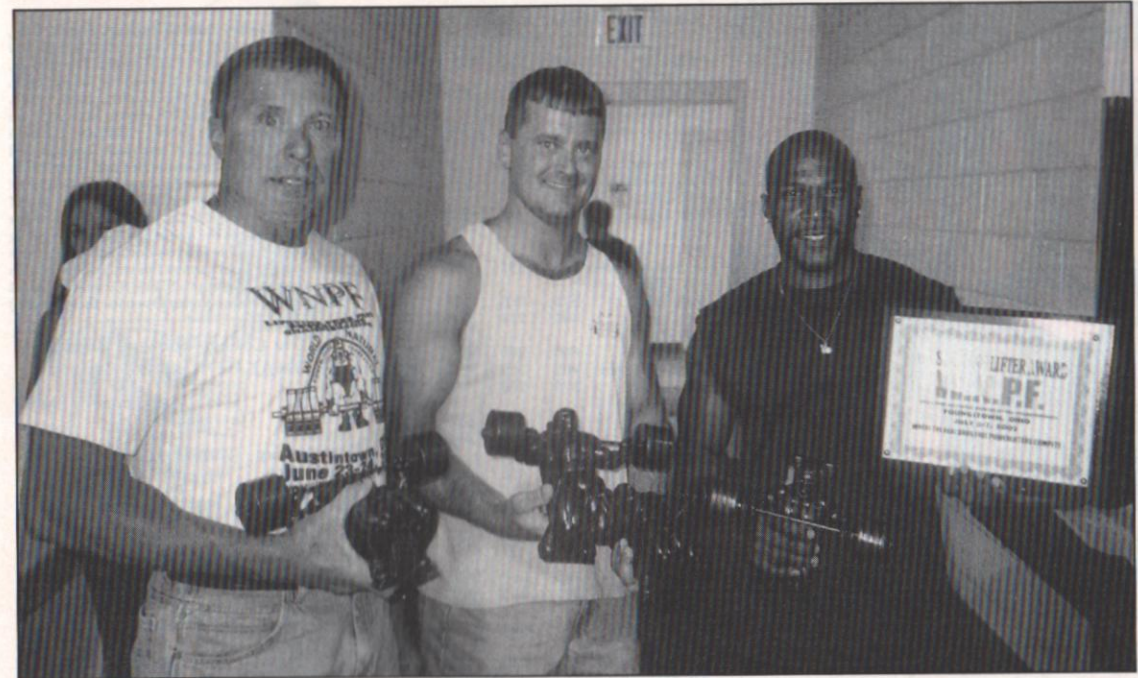
FEMALE RAW		LIFETIME	
105		220	
Lifetime		Mike McNinch	500 365\$ 450 1315
198		Lifetime	
S. Hennebert	90\$ 85\$ 135\$ 310\$	Lifetime	
40-49		Gary Tisevich	490\$ 355 555\$ 1400\$
Rose Nall	160! 120! 230! 570!	Josef Schaffer	450 420\$ 570 1380
148		Donn Taylor	455 310 540 1305
17-19		40-49	
Jessica Kramb	195\$ 95\$ 215\$ 505	Kirk Brenkus	360\$ 265\$ 435\$ 1060\$
MEN ASSISTED		242	
148		Doug Koch	500! 335 565! 1400!
40-49		Lifetime	
John Dye	385\$ 235\$ 380\$ 1000\$	Dave Kingwater	420 420! 445 1285
165		Natural	
Lifetime		Tom Krustoff	640 400 605 1645
Allen McVanev	570\$ 340\$ 570\$ 1480\$	35-39	
Russ Metivier	425 275 475 1175	Tom Krustoff	640 400 605 1645
40-49		40-49	
Russ Metivier	425 275 475 1175	Pete Primeau	565! 450! 600\$ 1615!
60-69		Brad Lovejoy	500 360 480 1340
John Klein	245\$ 185\$ 315\$ 745\$	242	
181		Police/Fire	
Lifetime		Ed Dibari	480 405 470 1355
Don Graham	455 250 505 1210	275	
33-39		Lifetime	
Mike Cletti	420 325 425 1170	Ken Howard	740! 380 780! 1900!
40-49		Brad Hennebert	500 390\$ 575 1465
Don Graham	445\$ 250\$ 505\$ 1210\$	40-49	
Police/Fire		Rich Luklan	530 385 580 1495
Greg FOy	430 260 375 1065	198	
Lifetime		Lifetime	
Allen McVanev	570!	Scott ROwe	635 445 575 1655
220		50-59	
14-16		John Phillips	495 360 495 1350
Shawn Stanislav	530!	Daniel Stellfof	405 270 405 1080
242		220	
40-49		Lifetime	
Eric Leblanc	605	Dave Polis	570 370 580 1520
SHW		35-39	
35-39		Dave Polis	570\$ 370\$ 580\$ 1520\$
Palmo Aracri	570	James Perry	545 370 600 1515
570		Thomas Chaffin	450 335 500 1285
		50-59	
		Bill Schaffer	450\$ 315\$ 435\$ 1200\$
		60-69	
		Paul Manion	430 260 485 1175
		70-79	
		Melvin Huff	350 240 400 990
		242	
		Lifetime	
		Tom Krustoff	640 400 605 1645
		40-49	
		Eric Lebunc	515 410 605 1530
		Brian Brammer	475\$ 330\$ 450\$ 1255\$
		50-59	
		Ralph Brown JR	525! 425! 505\$ 1455\$
		Chuck Evans	235 325 235 795
		275	
		35-39	
		Harold Mobley JR	620 445 550 1615
		Jeff Peshek	350 620\$ 315 1250
		40-49	
		Ranoy Hugg	495 365 535 1395
		Lifetime	
		Kenneth Howard	740 380 780! 1900
		Dave Coleman	650 575 665\$ 1830
		SHW	
		Lifetime	
		Ron Graham	705 405 625 1735
		35-39	
		Palmo Aracri	590 490! 510 1590
		165	
		50-59	
		Steve Thard	350! 250! 425! 1025!
		181	
		70-79	
		B. McClelland	185! 200! 285! 670!
		198	



Lifters from the Firm Gym: (front row left to right) Shaunna Hennebert, Bl Rose Nall. (back row) B. Hennebert, Donn Taylor

(\$) - STATE RECORD. (!) - NATIONAL RECORD. GREAT LIFTERS, SPECTATORS AND OF COURSE MY EXCELLENT CREW HELPED MAKE THIS YEAR'S NATIONALS IN YOUNGSTOWN THE BEST EVER. NINETY-FIVE LIFTERS CAME TO THE NATIONALS TO CHALLENGE THE AMERICAN RECORDS WITH MANY NEW AMERICAN AND STATE RECORDS BEING SET. IN THE YOUTH DIVISIONS THE STEVENSON BOYS CAME DOWN FROM NEW YORK AND DID SOME FINE LIFTING WINNING THEIR DIVISIONS. MIKE GIESEY AND KEVIN BECK BATTLED IN THE 132 LB. YOUTH DIVISION WITH BOTH LIFTERS SETTING NEW STATE RECORDS.

IN THE TEENAGE DIVISIONS TYLER STEVENSON DID SOME FINE LIFTS WINNING THE 198 LB. CLASS AS DID MATT DUTRO IN THE 275 LB. CLASS. STEVE MASOURA TURNED IN THE BEST TOTAL IN THE TEEN DIVISIONS WINNING HIS DIVISION AND BEST TEEN LIFTER. IN THE FEMALE DIVISIONS LEE ANN HILLARD SET ALL NEW STATE RECORDS AS DID SARAH SCHAFFER WITH SCHAFFER SETTING AN AMERICAN RECORD IN THE SQUAT, BOTH WINNING THEIR DIVISIONS. LIFTERS ERIKA GAY, BETH SCHUSTER, AND CLARA QUEEN ALL SET NEW STATE RECORDS WINNING THEIR DIVISIONS ALONG WITH AMERICAN RECORDS BEING SET BY SCHUSTER AND GAY WITH GAY WINNING BEST LIFTER IN THE ASSISTED DIVISION. RAW LIFTERS SHAUNNA HENNEBERT, ROSE NALL, AND JESSICA KRAMB SET NEW STATE RECORDS IN THE RAW DIVISIONS WITH NALL SETTING ALL NEW AMERICAN RECORDS AND WINNING BEST LIFTER. MASTER LIFTER CAROL WINKELBLECH TURNED IN A FINE TOTAL WINNING HER DIVISION. ALL THE FEMALE LIFTERS DID SOME GREAT LIFTING AND WERE VERY INTENSE AND COMPETITIVE DURING THE MEET. IN THE MEN'S ASSISTED DIVISIONS JOHN DYE SET ALL NEW STATE RECORDS IN THE 148 LB. CLASS. IN THE 165 LB. CLASS ALLEN MCVANEV SET ALL NEW STATE RECORDS ON HIS WAY TO WINNING HIS DIVISION AND ALSO BEST LIFTER. MASTER LIFTERS RUSS METIVIER AND JOHN KLEIN PUT UP SOME FINE LIFTS WINNING THEIR DIVISIONS WITH KLEIN SETTING ALL NEW STATE RECORDS. DON GRAHAM ONCE AGAIN DID SOME FINE LIFTING WINNING THE LIFETIME AND MASTERS DIVISIONS IN THE 181 LB. CLASS SETTING NEW STATE RECORDS IN THE MASTERS DIVISION. MIKE CLETTI AND GREG FOY ALSO DID SOME FINE LIFTING WINNING THEIR DIVISIONS. IN THE 198 LB. CLASS SCOTT ROWE TOOK THE LIFETIME DIVISION ALONG WITH BEST LIFTER TURNING IN A STRONG TOTAL. IN THE MASTERS DIVISION JOHN PHILLIPS EDGED OUT DAN STELFOX WITH JOHN TURNING IN ANOTHER STRONG TOTAL. IN THE 220 LB. CLASS THREE LIFTERS BATTLED IN THE SUBMASTER DIVISION WITH DAVE POLIS EDGING OUT JAMES PERRY AND THOMAS CHAFFIN TO WIN THE DIVISION. POLIS SET ALL NEW STATE RECORDS BREAKING HIS OLD RECORDS AND HE ALSO WON THE LIFETIME DIVISION. MASTER LIFTERS PAUL MANION AND MELVIN HUFF TURNED IN FINE TOTALS WINNING THEIR DIVISIONS WITH MELVIN HAVING TO PULL HIS LAST DEADLIFT TO STAY IN THE MEET. MELVIN APPROACHED THE BAR KNOWING HE NEEDED THE LIFT AND GAVE IT A GREAT FIGHT PULLING THE LIFT. MASTER LIFTER BILL SCHAFFER RETURNED TO WIN HIS DIVISION ONCE AGAIN SETTING ALL NEW STATE RECORDS. IT'S ALWAYS A PLEASURE TO HAVE BILL AT A MEET AND HE IS ALWAYS A GREAT HELP. MANY THANKS ONCE AGAIN BILL! IN THE 242 LB. CLASS TOM KRISTOFF HAD AN OFF DAY BUT STILL TURNED IN A GREAT TOTAL WINNING THE LIFETIME DIVISION ALONG WITH THE SUBMASTERS AND NATURAL RAW DIVISIONS. MASTER LIFTERS ERIC LEBLANC AND BRIAN BRAMMER TURNED IN FINE TOTALS WITH BRAMMER SETTING NEW STATE RECORDS AND ERIC WINNING THE DIVISION. IT WAS GREAT TO HAVE ERIC BACK AFTER TAKING SOME TIME OFF. MASTER LIFTERS RALPH BROWN JR. AND CHUCK EVANS COMPETED IN THE 50-59 DIVISIONS WITH BROWN SETTING ALL NEW STATE RECORDS AND A NEW AMERICAN RECORD IN THE BENCH WINNING THE DIVISION. CHUCK HAS BEEN BETTER DAYS HAVING TO GO LIGHT BECAUSE OF A BACK INJURY. IN THE 275 LB. CLASSES SUBMASTERS HAROLD MOBLEY JR. AND JEFF PESHEK BATTLED WITH MOBLEY WINNING THE DIVISION THIS YEAR. PESHEK PUT UP A SUPER BENCH SETTING A NEW STATE AND AMERICAN RECORD. GREAT JOB JEFF. SPECIAL THANKS TO JEFF'S WIFE CARL WHO AGAIN THIS YEAR KEPT THE LIFTERS AND SPECTATORS FED BY SERVING HER DELICIOUS HOME COOKING. MASTER LIFTER RANDY HUGG TURNED IN A FINE TOTAL WINNING HIS DIVISION FINISHING WITH A STRONG DEADLIFT. IN THE LIFETIME DIVISION A GREAT BATTLE WAS SEEN BETWEEN KEN HOWARD AND DAVE COLEMAN WITH HOWARD TAKING THE DIVISION ALONG WITH WINNING BEST LIFTER IN THE RAW DIVISIONS AND TYING FOR BEST LIFTER IN THE ASSISTED DIVISIONS. BOTH HOWARD AND COLEMAN RETURNED AFTER TAKING SOME TIME OFF AND IT WAS GOOD TO HAVE THEM BACK BECAUSE THEY'RE TWO GREAT GUYS WHO DO SOME GREAT LIFTING. IN THE SHW DIVISIONS RON GRAHAM AND PALMO ARACRI PUT UP SOME STRONG NUMBERS WINNING THEIR DIVISIONS WITH PALMO SETTING A NEW AMERICAN RECORD IN THE BENCH. IN THE RAW DIVISIONS STEVE THARP SET ALL NEW AMERICAN AND STATE RECORDS WINNING THE 165 LB. MASTERS DIVISION AND ALSO BEST LIFTER. MASTER BLADEN MCCLELLAND CAME DOWN FROM MICHIGAN TO SET ALL NEW AMERICAN RECORDS AND TO GIVE US THE PLEASURE OF HIS FINE COMPANY. MIKE



Top lifters in the Bench Press: (from left to right) Ed Freeman, Mark Gullium, and overall Best Lifter Larry Tyler

MCNINCH ONCE AGAIN WON THE 198 LB. LIFETIME DIVISION PUTTING UP SOME STRONG LIFTS SETTING A NEW STATE RECORD IN THE BENCH. IN THE 220 LB. LIFETIME DIVISION THREE LIFTERS HAD A CLOSE BATTLE WITH GARY TISEVICH WINNING THE DIVISION SETTING THREE NEW STATE RECORDS. JOSEF SCHAFFER SET A NEW STATE RECORD IN THE BENCH COMING IN A CLOSE SECOND. DON TAYLOR ROUNDED OUT THE FIELD RAVING ANOTHER GOOD DAY. MASTER KIRK BRENKUS SET ALL NEW STATE RECORDS WINNING HIS DIVISION. DAVE KINGWATER DID SOME FINE LIFTING SETTING A NEW BENCH RECORD WINNING THE 242 LB. LIFETIME DIVISION. DOUG KOCH SET THREE NEW AMERICAN RECORDS WINNING THE JUNIOR DIVISION. IN THE MASTERS DIVISION PETE PRIMEAU SET ALL NEW STATE RECORDS AND THREE AMERICAN RECORDS EDGING OUT BRAD LOVEJOY TO WIN THE DIVISION AND ED DIBARI TURNED IN A FINE TOTAL WINNING THE POLICE/FIRE DIVISION. 275 LB. LIFTERS BRAD HENNEBERT AND KEN HOWARD DID SOME GREAT LIFTING BOTH SETTING NEW RECORDS. MASTER LIFTER RICH LUKLAN ALSO TURNED IN A STRONG TOTAL WINNING HIS DIVISION AGAIN. IN THE ASSISTED BENCH PRESS DIVISIONS CHARLES VENTURELLA AND FRANK RANELLI SET NEW RECORDS WITH CHUCK WINNING BEST LIFTER. TIM RICHARDS TOOK THE LIFETIME AND MASTERS DIVISION IN THE 181 LB. CLASS FOLLOWED CLOSELY BY JOE FIUMARA WHO SET A STATE RECORD. MIKE CLETTI AND SIDNEY CURLEY PUT UP SOME STRONG LIFTS WINNING THEIR DIVISIONS AND SIDNEY SETTING A NEW STATE RECORD. BUD FETTY AND

SHAWN STANISLAW SET NEW AMERICAN RECORDS IN THE 220 LB. CLASS AND STEVE POPOVICH HAD ANOTHER GOOD LIFT WINNING HIS DIVISION. PAUL VARGO DID A STRONG LIFT EDGING OUT ISSAC THOMAS IN THE 275 LB. LIFETIME DIVISION WITH THOMAS WINNING THE SUBMASTERS. SHW JERRY WILSON DID A NICE LIFT WINNING THE MASTERS DIVISION AGAIN THIS YEAR. RALPH BROWN JR. AND JEFF PESHEK SET NEW RECORDS WITH PESHEK HAVING THE BIGGEST BENCH OF THE DAY. IN THE RAW BENCH LARRY TYLER PUT UP A STATE RECORD WINNING THE LIFETIME AND SUBMASTER DIVISIONS IN THE 165 LB. CLASS AND ALSO BEST LIFTER. TEENS MICHAEL ROSS, BILL WHARRY, MIKE KRISTOFF, AND SHAUN HEFFNER DID SOME GREAT LIFTS WITH WHARRY, ROSS, AND HEFFNER SETTING NEW RECORDS. MASTER LIFTER ED FREEMAN ONCE AGAIN TOOK HIS DIVISION, AS DID SHW TOM RAMEY WHO SET A NEW STATE RECORD. IN THE 198 LB. CLASS CHRISTIAN DURANT EDGED OUT NICK CATSOLES IN THE LIFETIME DIVISION WITH CATSOLES WINNING THE SUBMASTERS. MASTER DAVE VARGO SET A NEW STATE RECORD WINNING HIS DIVISION. IN THE 242 LB. CLASSES TERRY GIBSON EDGED OUT STEVE COOK IN THE LIFETIME DIVISION WITH STEVE WINNING THE SUBMASTER. BOTH LIFTERS PUT UP STRONG LIFTS AS DID ED DIBARI IN THE POLICE/FIRE. SEVERAL NEW RECORDS BOTH STATE AND AMERICAN WERE SET IN THE SINGLE SQUAT AND DEADLIFT DIVISIONS WITH THE HEAVIEST SQUATS GOING TO TOM KRISTOFF, SCOTT ROWE, AND TEEN DEREK BAKER JR. TOP LIFTS IN THE DEADLIFT BELONGED TO ERIC LEBLANC AND ALLEN MCVANEV FOLLOWED CLOSELY BY BILL BECK AND SHAUN STANISLAW. ONCE AGAIN THANKS TO ALL THE LIFTERS AND HOPEFULLY WE WILL SEE YOU AT THE WORLDS. THANKS TO MY GREAT CREW AND TO THE AUSTINTOWN BOARD OF EDUCATION AND MR KENNY FOR THE USE OF THE MEET SITE. AND HEY TROY AND PIT, THANKS FOR COMING. (THANKS TO RON DEAMICIS FOR PROVIDING THE MEET RESULTS.)

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Evgeniy Popov, team KSV Bochum, with a 340 kg SQ @ 153.1 body wt. at the German Bundesleage (Photograph courtesy of Thomas Klose)

GERMAN BUNDESLEAGE 24 APR 02 - Bochum, KG					USAPL STAR CITY SUMMER OPEN 22 JUN 02 - Lincoln, NE				
	SQ	BP	DL	TOT		SQ	BP	DL	TOT
114					242				
KSV Bochum					M PL				
Peter Hillebrand	235	165	270	670	Mark Coe				
Evgeniy Popov	340	230	350	920	198				
Valeriy Kraus	262.5	140	292.5	695	M				
A. Kwaschny	300	220	310	830	PL				
Ulrich Rambow	325	190	290	805	Jim Hart				
Cemnitzer P.S.V.					181				
Uwe Hase	290	217.5	282.5	790	T PL				
Wolfgang Bzdok	255	162.5	250	667.5	Steve Huffman		125		
G. Schooner	280	165	287.5	732.5	Dave Huffman		165		
Marco Sura	292.5	165	260	717.5	242				
T. Marhoffer	247.5	160	260	667.5	PL				
Power Gym WSB					Allen Roelfs		172.5	135	195
Andy Doerner	345.5	175	300	820	220				
Andreas Koch	350	225	305	880	M				
Marcus Hinz	280	170	260	710	PL				
Andreas Fenzel	265	142.5	300	707.5	Howard Huffman		145	140	190
Manfred Georg	255	200	245	700	T PL				
Winner was KSV Bochum, Andy Doerner of					Aaron Matzke		165	172.5	215
Wiesbaden set a German Record (242) in the					OB				
squat with 345.5 kg, around 763 lbs. The high-					Tim Anderson				
est total belonged to Evgeniy Popov at 920 kg,					198				
2030 lbs. (Thanks to Hermann Korte for results)					D. Geistlinger		177.5		177.5

USAPL ZUMBRO VALLEY OPEN PL
27 APR 02 - KASSON, MN

	SQ	BP	DL	TOT
132 OPEN				
Christy Bang	230	125	250	605
132 MASTER				
Angela Simons	275	225	315	815
148 Master				
Judy Drenth	245	145	320	710
Coty Ginsberg	240	115	270	625
198 OPEN				
Deb Anderson	270	130	260	660
MEN				
165 OPEN				
M. Schultenover	535	335	490	1360
181 OPEN				
Tony Reid	515	380	575	1470
Joe Cooper	440	270	505	1215
181 NOVICE				
Cory Nelson	440	300	435	1175
David Adamson	405	265	435	1105
Ben Deering	375	200	410	985
181 MASTER				
Sid Reid	450	290	520	1260
Bob Sainati	345	220	465	1030
198 OPEN				
J. Merchewitz	605	400	545	1550
Blake Hanson	530	310	520	1360
Jeff Johnson	475	275	450	1200
198 Master				
Gary Grahm	400	280	450	1130
198 MASTER +				
Ed Krall	375	270	450	1095
Jerry Donatell	390	290	405	1085
220 OPEN				
Eric McGowen	465	360	500	1325
220 MASTER				
Gary Edwards	440	350	520	1310
220 MASTER +				
T. Haggemiller	340	275	480	1095
Phil Markert	330	210	355	895
242 OPEN				
Mark Budensiek	670	420	650	1740
Brian Durham	640	370	620	1630
Jason Murphy	575	340	575	1490
Brain Becker	520	300	610	1430
242 NOVICE				
George Callahan	535	345	525	1405
242 MASTER				
Greg Steele	585	340	580	1505
275 OPEN				
Greg Wagner	780	505	665	1950
Brad Madvig	690	445	700	1835
Antonio Holley	600	435	560	1595
275 NOVICE				
Jeff Stevenson	430	310	390	1130

per, Rick Stanius, Brad Gillingham, Shawn Cain, Angela Simons, and Keith Hare. SPOTTERS and LOADERS: Jeff Rendler, Scott Rendler, Gary Glawe, Jerry Unger, Mike Tully, Derek Tuly, Bruce Rahlf, Charlie Bradford, Archie Langdon, John Lynch, Billy Gullickson, Nick Fitch, Dean Tlougan, Don Coughlon, and Nate Nord. HELPERS: Jim and Marlene Coughlon, Curt and Tess Johnson, Bill Omundson, John Kreidermacher, and Larry Smith. ANNOUNCER: Scott Safe—best in the business! SCHOOL: Kasson-Mantorville High School. MOST OF ALL MY WIFE, Dawn Johnson! All of these people were there the entire day. I truly thank you all for the incredible job you do! To all thanks! The success of the meet assures this will continue as an annual event. (Thanks to STEVE JOHNSON, Meet Director of Zumbro Valley Open for these results)

Erie College Football BP/DL
18 MAY 02 - Orchard Park, NY

BENCH	Vip Peterson	530*
WOMEN	BENCH	
Open	148	
C. Dillenburg	140*	Andre Jackso 390
Peg Scanlon	145	Mike Panzarella 165
Teen 16-17	165	
B. Labushesky	125	Tom Graham 335
Jenna Gane	135	181
Master		Woodley Hazzan 335
Benda Kelly	140	Dan Gould 365
MEN	198	
18-19		Vinson Moore 335
Dart Larson	385	Mike Dwyer 350
Brad Myers	350	Paul Klatman 275
Paul Saly	275	220
Marc Scarlata	225	Trent Drake 340
Dan Rodda	185	Mike Egnote 385
Sub Master		Rhyreef Patton 380
Tom Schmidt	485	Matt Mosher 300
Paul Tout	300	242
Masters Light		Wayne Carroll 385
P. DeFrancisco	310	David Bowen 475
Dennis Brochey	260	275
Paul Trusso	285	Fank Vicks 470
Tom Graham	335	John Watkins 345
Walt Bartlett	235*	M. Malisiewicz 330
Juan Collazo	295*	Tony Egnote 325
Master Heavy		Matt Schimpf 405
Wayne Carroll	385	Joe Pisarski 305
Vip Peterson	305	DEADLIFT 330
Warren Kelly	330	148
Regan Ward	400	Andre Jackson 450
Don Boardman		181
Scott Shales	385	Woodley Hazzan 485
John Stellrecht	350	198
Larry Huff Sr.	365	Vinson Moore 420
Maurice Harling	420	Trent Drake 405
DEADLIFT		220
Women		Nike Egnote 600*
148		Matt Mosher 550
Sarah Chaffee	250	Rhyreef Patton 550
Teen		Trent Drake 475
18-19		585
Brad Myers	585	275
Paul Saly	425	M. Malisiewicz 600
Master		Tony Egnote 500
P. DeFrancisco	440	Joe Pisarski 485
Juan Collazo	415	Matt Schimpf 345
Dennis Brochey	345	Super 620
Jack Toy	475	Jeff Miller

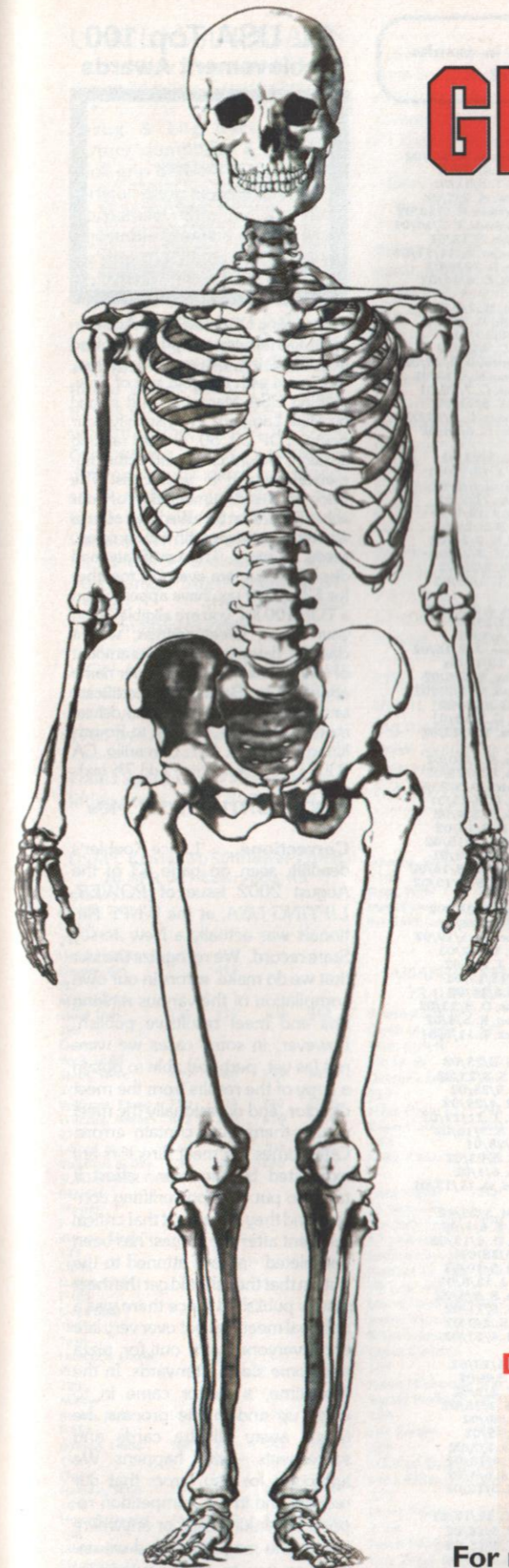
Erie Community College Football's 1st Annual Bench and Dead lift Championship contest had forty-five bench contestants and twenty-five dead lift contestants. The meet directors were Head Football Coach Dennis Greene and National USPF referee Chuck Wuest. The referees were headed by Mike Walenski the North East Chairman for the USPA. Four New York State records were set in bench. Carol Dillenburg, 57 in the 181 lb. Class did 140 lb. Tom Schmidt 35, in the 220 lb. Sub Masters did 485 lb. Juan Collazo 65 in the 181 lb. Masters did 295. Walt Bartlett 65 in the 165 lb. Masters did 235 lb. in his first bench contest. Andre Jackson 148 lb. won the Best Bench Award with a lift of 390 lb. Dave Bowen 272 lb. was close with a lift of 475 lb. A Dead lift State Record was set in the 198 lb. masters by Yip Peterson, 56, with a lift of 530 lb. Yip has been competing in power for 37 years. The award for Best Dead lift went to Yinson Moore 198 lb. with a lift of 550 lb. Rhyreef Patton 220 lb. was close with a lift of 600 lb. The contest proceeds will benefit the ECC Football Booster Club. The coaching staff and 3 players provided the loading and spotting. Coach Greene hopes to run the contest again in May of 2003 (Thanks to Dennis Greene for providing these meet results.)

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Full Meet	SQ	BP	DL
MEN			
Phil Hile	365	250	455
Greg Dennison	385	240	510
Mark Jesenovec	425	335	505

(Thanks to USAPL for providing the results.)

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Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

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CHECK ONE: Youth Program _____ Adult Program _____ Added Benefit _____ Yes _____ No _____

Club No.: _____ Club Name: _____ E-Mail _____

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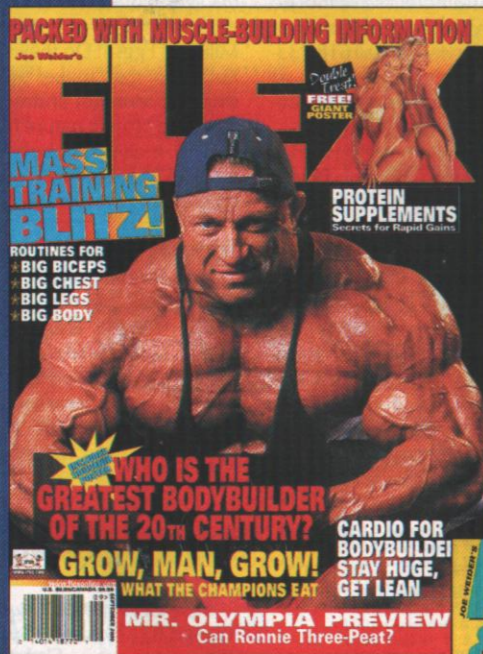
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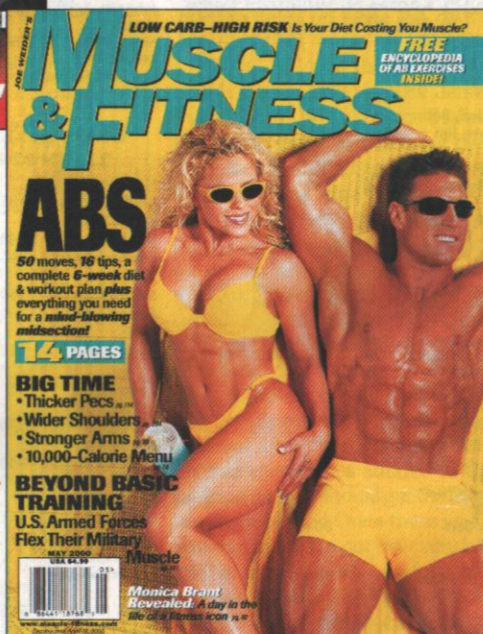
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