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

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ON THE COVER ... Nance Avigliano's historic squat (Herb Glosbrenner) and Larry Miller's historic bench (Hung Pham)

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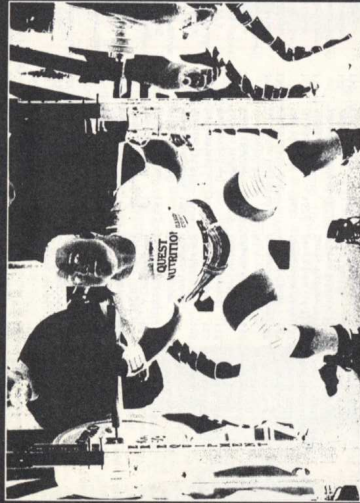
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WPC NORTH AMERICANS as told to Powerlifting USA by Herb Glossbrenner



Joe and Nance Avigliano of the Los Angeles Lifting Club (Herb photos)

I always enjoy covering events that Bruce Greig puts on. Even the smallest details are not overlooked, which make his competitions top notch. Bruce is a great organizer, promoting this meet months ahead of time. The conditions are conducive to top level performances and always attract excellent performers. A great bunch of people are those competitors who always make all the campers feel welcome with the courtesy they extend.

Back in March, I came up for Bruce's CPC Canadian Nationals with coach Joe Avigliano and two other LALC team members, to compete myself as well as cover that event in PL USA. It was there that two of Powerlifting's All-Time Best performers were established; with Scot Mendelson benching 766 @ 308 and Spokane, WA's Brent Mikessel shattering the All-Time Best Squat record, twice with 1052 and 1074 lbs. @ 330 lb.

Deja vu - here we were in Red Deer, Alberta, Canada again. West-center Park was once more the site, this time in an adjacent facility, even bigger than before, encompassing 25,000 sq feet. Where else could you find four Greg lifts in the warm-up area plus the big one for the platform, plus plenty of top notch bars, weights, and equipment. As usual there was free Chiropractic service for the lifters and even Massage Therapists available at the minuscule cost of \$15 (Canadian currency). There was a snack bar, plus water and fruit free for lifters in warmup area, and a pro photographer had 8 1/2 x 11" color prints on sale of all lifts for \$20 (Canadian).

Super referee Gordon B. Sante came up from Redondo Beach, CA to serve as Emcee and Technical Director. There were no mistakes by the capable spotter loaders. Everything moved with no unexplained delays, yet, there were breaks between lifts which gave the lifters adequate time to warmup. You can do this when everything runs like a well-oiled machine. The judging showed consistency and was fair and impartial. Bruce's awards are always spectacular. Huge 5 inch diameter medals were inscribed to mark this occasion. This meet was dedicated to SHIRLEY MOCK, Wendy Greig's mother, whose untimely passing was an additional stressful burden to bear for her and Bruce and the entire Greig family. Our heartfelt condolences go out to them. The only serious mishap was incurred by Chris Stearns, 19, who was scheduled to lift Sunday in the 198 lb. class Teen-age division. Chris tried to catch a dumped SQ in the warmup area on Saturday and suffered some broken bones in his hand. His prognosis is good, and he will be back in action

705.4 2nd attempt DL, it equals 1984. Jim is getting close to that magic 2000 sum he wants so badly. At 275 in 4th place was Brad Beecher. Brad also made three SQs. With a great 804.6 lift under his belt, Brad punched up 501.6 BP and then pulled himself up to a 1896 TOT. When he improves his DL, Brad will give the others all they can handle.

Kieran Kiddler came up from Florida to take another crack at a thousand pound squat. Weighing 307, Kieran had no problem with his 914.9 opener. He then leapt to 1003. Kiddler put it plenty low enough, started up, but shifted his hips and 'twanged' his hamstring. Fortunately, it wasn't that serious; as he applied an ice pack right away, but he had to drop out of the contest. He'll be back in action again.

In 3rd place Men's Open 275 classes was Tommy Fannon. He's been returned here minus his trademark - he used to head butt the bar before squatting, leaving a goose egg on his forehead with blood streaming down his face. Tommy nailed an 826.7 SQ for three good ones in a row. He opened with a strong 518.1 BP and further advances with 556.6 and 573.2 didn't materialize. Fannon opened with a 600.7 DL, then leapt big to 672.4 and got that by the skin of his teeth, bypassing a 517. TOT - 2017.2. What a comeback. The goal was to acquire the 275 gold medal was a real bummer. It was the old, tough, and experienced Brian Meek, 56, of Southern California VS the young, strong, and hungry Zach Hudak, 22. Zach is a lone wolf, who trains by himself yet seems to find this no detriment to steady progress. Ten weeks earlier he came in 5th at the APF Seniors (1989 TOT). Before coming here, he hit 2005 in a Michigan meet. It seems that when Zach isn't exercising his freedom of speech prerogative on the Internet, he is doing some serious training. As for Brian Meek, he epitomizes the phrase "ruthless aggression". He's relentless in his quest for improvement, continuing to improve while in his Flites. Before these two squared off, Chris Carlin was looking good. He hit a great 832 SQ at 274.3, BP 451.9, and then missed all his attempts twice with 705.4 and a final desperate 711 as well. Hudak had the lighter bodweight advantage (270.48 to 275.09 for Meek). Zach opened with 804 powerfully. He then succeeded with 832.2. He finally 854.2 - a big 3 whiter! Not at all intimidated, Brian commented with 788.1, and blew it right up. Next up to 854.2, and miss (50.54) WPC Masters age group world record. He nailed his depth perfectly and struggled upright. Brian passed

head lifts COMBINED (press, snatch, clean and jerk) to win the Heavy-Games title at the 1996 Olympic Games in Melbourne, Australia. Imagine what it must be like to lift this much amount of weight all at one time, squatting down with it and standing up to an erect position.

Everyone was on pins and needles as Brent came out to try the impossible. With a 2430.6 official total to his credit already, this would set Brent up with a genuine possibility to become the second man in history to surpass the 2500 lb. total barrier. Twice Mikessel wedged himself under the massive load and took it down into the deep hole where he always goes. Twice he came up, sticking at the three quarters position. It was a big disappointment to Brent, as he'd wanted it so badly. The certainty of the matter is that he will do it - another time - another place. As is his custom, Mikessel opened light in the BP - 451.9 - then jumped big to 589.7 - no problem. On a 3rd he missed - trying a PR 606.2. I guess he got tired of me nagging him the past couple of years, and he came with smooth pains, having shaken down those knobby calluses thanks to his wife, who had performed the task and was here to room him on. No more grip slip. He ripped up all three with room to dogged, elusive 804.6 was his - TOT 2392 - which could have very easily been 2491 with his huge SQ which he'd twice missed by a whisker. This leads me to believe that Brent, given the opportunity, would've gone for 815.6 on his final attempt, which would have given him 1135 kg (2502.2) We'll just have to wait until next time. Brent told me afterward that getting that eight hundred plus DL, finally, eased his disappointment regarding his squat and made the tip almost worthwhile!

The Open Men's Lightweights (148 lbs to 242) also provided some great competition and thrills on Saturday afternoon. Three individuals did the Bench Press only - Clint Shower @ 220.7 for 1383.3, and took the 198s with 457.4, 2nd lift. Terry Kay, 209.9, got 462, but missed his bid twice with record 502.7 tries. At 148, Roy Harper, Canada's best lightweight, went on a romp. After a 562.1 SQ (great lift), he missed a huge 600.7 dunk, and then Roy BPed 314.1 (all 3) and pulled 507.1 (2nd) for 1383.4 - his best ever. At 181, Jeff Greenhill was eliminated in the SQ. Brian Delgado of LALC, always the opportunist, lifted darn near perfectly, and blew his PRs to kingdom come: 567.7 SQ, 341.7 BP and 573.2 DL, TOT 1482.6. Brian's only miss was his final DL - 600.7. It's on his list of

future "things to do". Neither hernia nor high water detracted him from his goals. The 181 winner was Igor Shestakov, 33, from Russia. Two years ago in Sochi he made his best TOT of 1791.2. Now he's living in Canada with Andrei Butenko and thriving under his coaching. His lifts in Russia were 733.1, 407.9 and 650.3 DL. He made a huge SQ increase here. (God Bless the Frantz canvas suit). Commenting at a PR with 738.6, it was down and up, fast, like a yo-yo. A huge increase to 804.6 was handled just as easily. Prepare for a shock. On a final lift Igor went for the heaviest 181 class SQ in the history of PL - 385.0 kg / 848.7 lbs. Such power, just deep enough, and he exploded right up; no hesitation and no sticking point. This exceeds the former highest lift of 843 by the USA's Tony Kamand. Oh yes, the lift was also a WPC Men's Open WR. Coach Butenko predicts 400 kg (881.9 lbs) for Igor in his next competition. (Coming soon to a Greg lift near you!) Shestakov made a PR best BP (418.9) on a 2nd attempt, but 424.4 stopped him cold. His 617.3 opener DL popped right up in his smooth style, like an empty bar. It popped loose from his grip before the down signal - no lift. A 2nd attempt repeat went easily. On a third he went to 650.3. He pulled that up easily, but suddenly his grip came loose and he dropped it. final TOT - 855 kg (1884.9 lbs.) - a big result. Then came another attempt. Igor came out for a 4th attempt outside of the competition with 317.5/699.9 and blew it up like nothing for a new WPC Submaster WR. Had he made this lift within the contest his result would have been 892.5 kg/1967.7. The sky is the limit for Mr. Shestakov.

At 198 Jason Zaleski, at a light 182.5, totaled 1377.9 taking 2nd. The winner was Cory Evans. Cory was hotter than a firecracker here today. When I saw him back in March at the CPC Canadian Nationals he SQed 749.6 and TOT 1802.2 then. He squatted huge here - 804.6 on a 3rd attempt. BPed 485, but missed 501.6. He pulled the 500s, I'd seen him do previously 573.2, then missed a 600.7 try. This time TOT 1862.9. With more work on the BP and especially his DL, he'll break 1900 his next outing. Four contested at 220. In 4th was Steve Bodon, 209, with a 1317.4 first. PL bronze medalist in his first ever PL contest was A. Lifting Club. For training such a short while, Todd made a great debut. He was as happy as a hog in a turnip patch, with a permanent grin etched on his face the whole trip. It was a perfect 9/9 performance and all PRs for Todd.



WPO Prez Kieran Kiddler made a solid opener @ 914, but missed 1003

and finally 749.6 - no lifts. From then on it was smooth sailing for big Bill. With no more misses he BPed 429.9 and pulled 617.4 - TOT 1708.6 - good enough for second place. Brent Mikessel is no stranger to our Northern neighbors. He's posted three of his four biggest squats in PL History in Alberta. One in Lethbridge last October (1041.7) and the biggest two ever right here in Red Deer a mere 5 months ago (1052.7 and 1074.7). Brent was back again. At 61" tall and 329.9 lbs. this red haired (now) giant came with one purpose in mind. He was aiming to bust through that incredible barrier of 500 kilograms (1102.34 lbs). The only man who ever taken such a monstrous load for a round trip ride had been the legendary Paul Anderson. That was long before Powerlifting became an official sport, with rules about squat depth defined. The time was now and Brent looked ready for the task. Mikessel looked hard and lit and in great cardiovascular condition. He opened at 1003 a joke. Down he descended and rebounded to completion in a seemingly effortless manner. He went straight to it on his 2nd attempt - 500 kg (1102.34 lbs) in the past we'd been awestruck seeing eleven 44 kg plates stacked end to end on each side of the bar. Even with the heavy duty Pasanella bar there wasn't enough room to get more weight on the bar, so by necessity a few hundred pound plates were used this time. The bar didn't look quite as imposing, but the mass was deposited nearer his center of gravity. To give you an idea just how much weight this really is, imagine if you will that it was the same amount of weight that 304 lb. Paul Anderson had TOTaled in the three over-

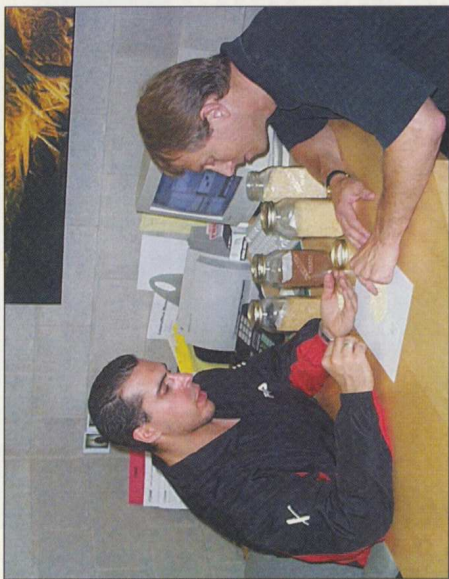
his 3rd SQ saving his energy for the remaining lifts. Meek's speak in the BP was his 512.6, which he got, following a missed opener. This lift was good enough to establish yet another World Record on this attorney's attack. Now came the "Big Zack" attempt. Hudak started with 485, went to 518.1, and got it. Meek missed his 540 try and Hudak failed his third with 551.1. Going into the final lift the younger had the older by a scant 5.5 lbs, plus being lighter. Meek opened with 622.8 and went straight to 683.4, a rousing success. Two more World Records, DL and TOT - 2050.3 - a lifetime best - so he waived his last try. The ball was in Hudak's court now. He raised 672.4 for 2044.8, and had two golden opportunities left. Up to 705.4. He had it up twice, but the weight slipped from his grasp. Meek had pulled off the win.

The Superheavyweights that always provide a fascination that captivates the audience. Size does matter, at least in the eye of the general public. It is rare to see the big boys take contest center stage right off the bat. Trust me when I tell you that nobody was dozing off. Tyler Spear carries about as much mass on a 577 frame as you could possibly imagine (383.5 lbs.). This conspicuous Canadian brings a 'new meaning' to the catch phrase 'wide load'. His length and breadth are about the same. Tyler was depth challenged this day. His 749.6 SQ opener got approved, but his attempts with 815.6 were not. Tyler must have hurt himself missing his 507 BP opener because he dropped out of the contest following the lighter bodweight advantage (270.48 to 275.09 for Meek). Zach opened with 804 powerfully. He then succeeded with 832.2. He finally 854.2 - a big 3 whiter! Not at all intimidated, Brian commented with 788.1, and blew it right up. Next up to 854.2, and miss (50.54) WPC Masters age group world record. He nailed his depth perfectly and struggled upright. Brian passed

NUTRITION

Power it up with PowerHouse Grains

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



Anthony Ricciuto (left) and Ian Murray (right) discussing the Ancient Power Grains

This month for my column in Powerlifting Nutrition, I wanted to give the readers something different. Part of my job as the contributing editor for sports nutrition, here at Powerlifting USA, is to give you new and exciting ways to increase your performance through sound nutritional practices. Instead of pre-writing to you another article, I decided to get an interview with one of the leading holistic health practitioners in North America. This article will definitely open your eyes to some new and exciting foods that will make a major difference in your performance.

Today we are going to be discussing some very ancient foods and how they will affect the performance of the strength athlete with internationally recognized holistic nutritionist Ian Murray.

Anthony Ricciuto: Ian, it's an honor to have you here today with us at Powerlifting USA magazine.

Ian Murray: It's an honor to be here. Ian, tell us a little about yourself and some of your accomplishments.

I: I am a Registered Clinical Sports Nutritionist and NSCA Certified Trainer. I am a faculty member of the Institute of Nutrition in Toronto, Canada where I teach courses in Sports Nutrition. In addition to providing seminars throughout Canada, I am a featured Nutritionist on the daily television series "Greco Health & Fitness". I also operate a private practice specializing in fitness and nutritional programs for amateur and professional athletes. I have also worked with some top level powerlifters on the Canadian scene.

A: Today we are going to be discussing some very interesting foods that most strength athletes really aren't familiar with, Ian, could you expand on this?

I: Yes, we are going to be taking an in depth look into several different ancient grains and the role they can play in optimizing the performance of the strength athlete.

A: What grains are these and what are some of the benefits of strength athlete could get out of incorporating them in their nutritional plan?

I: Whether your goal is weight loss, strength gain or just setting a new personal best in your powerlifts, whole ancient grains need to be part of your daily diet.

amaranth was used in human sacrifice ceremonies. Women made a mixture of amaranth, honey and human blood then shaped the mixture into idols that were eaten during the sacrifice. This practice offended the Spanish Conquistadors who believed that eliminating the amaranth would eliminate the sacrifices. The grain was forbidden and fell into obscurity for hundreds of years. If it wasn't for the determination of a few remote areas of the Andes and Mexico that continued to cultivate amaranth, it may have become totally extinct and lost to us. Amaranth grain is high in protein (15-18%) and contains good amounts of lysine and methionine, which are two essential amino acids that are not found very often in grains. It is high in fiber, calcium, iron, potassium, phosphorus, vitamin A and C. The fiber content of amaranth is three times that of wheat. Its iron content is five times that of wheat. It also contains twice the amount of calcium found in milk. The pale yellow seeds are smaller than mustard seeds and remain intact when cooked.

A: Ian, what about Quinoa? It is no doubt my favorite of all the ancient grains. I personally have at least 1-2 cups throughout the day on all my heavy training days. It has made a major difference in my training as of late and I have incorporated it into some of my athlete's nutritional programs as well.

I: Although new to North America, Quinoa has been cultivated in the South American Andes since 3,000 BC. The ancient Incas called it "The Mother Grain" and considered it sacred. Today, it is considered to be a supergrain of the future. Quinoa contains more protein than any other grain. It is considered a complete protein because it contains all eight essential amino acids, as well as high levels of calcium, phosphorus, iron and B vitamins. In addition, Quinoa supplies valuable starch and fiber to the powerlifting diet. Quinoa takes about 15 minutes to cook and will increase to three to four times in volume. As it cooks, the outer germ around each grain twists outward forming a spiral tail attached to the kernel. The grain itself is soft and

darker colors are earthier and taste like hazelnuts. Brown Tefl makes incredible breakfast porridge. When preparing Tefl, use 4 cups of water to one cup of grain. Add nuts, raisins, honey, the choices are endless. The Ethiopians use Tefl flour to make their staple bread, injera. Tefl is the only grain to have symbiotic yeast. Like grapes, the yeast is on the grain, so no yeast is added to the preparation of injera.

A: I heard that millet was actually the main grain used in China even before white rice became the norm. Is this true?

I: Millet was possibly the first cereal grain to be used for domestic purposes and the staple food in China before rice was introduced about 12,000 years ago. Millet has aroused the interest of food experts, such as in the case of the Hunza tribe where millet is a staple food in their diet. The Hunzas are a remarkable culture living in the Himalayan foothills and are known for their longevity and excellent level of fitness. Millet is well-balanced in essential amino acids and has more iron than any other grain. The protein value of millet is greatly increased by adding legumes. To cook millet, bring 4 to 5 cups of water to a boil and add 1 cup of millet. Lower the heat and simmer for 15 minutes.

A: Ian could you give the readers a few recipes on how to put them together so they can incorporate in their power meal plan?

I: I would love to. Here are a few of my personal favorites. Give



Above ... the Four Ancient Grains described in this article by Ian Murray (photographs by Anthony Ricciuto.)

delicate but the tail is crunchy, creating a great texture combination. Cooked with extra fluid, Quinoa is extremely enjoyable as a hot breakfast cereal where you can add walnuts, raisins, molasses or anything you want. A nice bowl of quinoa will be a great energizing start to your day.

A: What about some of the other grains like Tefl and Millet?

I: The name Tefl means "lost", because if you drop it on the ground, you won't find it. Originally in Ethiopia, seeds of Tefl have been found in the bricks of Egyptian pyramids dating back to 3300 BC. Ounce for ounce, Tefl, the smallest grain in the world, supplies more fiber than bran and nutritious germ than any other grain. It also has a mineral content that has 17 times more calcium than whole wheat or barley. It takes about 150 grains of Tefl to weigh as much as one grain of wheat, which accounts for its high nutritional value. It's about twice the size of the period at the end of this sentence. In any grain, the nutrients are concentrated in the germ and the bran. With Tefl, the germ and the bran make up the bulk of the grain, and because it's too small to hull, its nutrients stay intact. Tefl contains two to three times the iron of wheat or barley. Tefl contains 15% protein, 3% fat and 82% complex carbohydrate.

There are three varieties of Tefl—white, brown and red. Each has almost a nutty flavor. The white is chestnut in taste; the

Power Breakfast
 • One cup of any ancient grain.
 Add 2 cups of water; 4 cups if using Tefl
 • Bring to a boil and simmer for 20 minutes
 • Add nuts, honey, raisins, and almond milk for a daily variety.

Super shake
 • 1/2 cup of cooked quinoa. 40 grams of chocolate whey protein. 12 oz. of skim milk
 These are some of my athlete's favorite recipes. These are just a few of the many ways that you can prepare these grains to implement them in the powerlifter's nutritional plan.

A: What are some of the performance benefits that you have personally seen with your athletes?

I: First off, I have seen a major improvement in my athlete's energy levels. This is not only throughout the day, but also during their training. Their volume and workload capacity has seen a major difference even during the

first week of their consumption. After being on the grains consistently for approximately a month, you will notice its effects to a greater degree. I have noticed a much more balanced blood sugar level when they are consumed, especially with my athletes that suffer from hypoglycemia as well as those that run into these problems because of their poor nutritional practices.

A: Ian, you are definitely familiar with the protein needs of powerlifters. Do you think that these grains can provide an excellent source of non-meat protein?

I: Yes, the above mentioned grains are no doubt the best sources of protein when compared to any other grain or vegetable source. The quality is unparalleled. The amino acid spectrum is more complete, and the content is higher.

A: Where can powerlifters get these grains?

I: All these grains can be found at health food stores. Be sure to purchase only organic to ensure you are getting the original ancient grain that our ancestors used. All these grains can be combined with any food where you may have used complex carbohydrates in your daily eating regime.

A: So, there is no doubt that these ancient grains can make a major difference in the performance of the powerlifter when incorporated into their nutritional program.

I: Whatever way you choose, ancient grains are a serious try—they are easy to use, taste great, and will provide sustained energy for hours. These grains would give any strength athlete a competitive edge on competition day, as well as in their training.

A: Ian it has been a pleasure conducting this interesting interview. Mike Lambert and I would like to thank you for this very informative session that has shed some light on how the powerlifter can incorporate ancient grains into their nutritional program.

I: No problem, any time. If anyone is interested in finding out more information about these ancient grains or has any questions in regards to this interview please feel free to write me at lifeworks@nrc.com

Anthony Ricciuto can be reached at: aricciuto@xtremepower.com. For more articles by Anthony Ricciuto visit: www.xtremepower.com

Beforehand and even after he lifted he stoked his furnace with his favorite power food - chicken-fried chives...

He pulled 391.3 on a 3rd, following a miss... 18, bettered Chris Coleman at 165 (1058.2 to 948), both good pullers...

The magnificent performance of 46 year old Nance Avigliano... 1058.2 to 948, both good pullers...

Back in 1996 at the WPC Worlds in Durban, South Africa it was there to witness 38 year old Mary Ellen...

There were a lot of factors to take into consideration. Nance had lost some 16 lbs. bodyweight to make...

There she won with a marvelous 1190.5 TOT (607.1, 220.4, 462.9) going against her good friend...

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of relief washed over me, but there was no time to celebrate. Nance had lost some 16 lbs. bodyweight to make...

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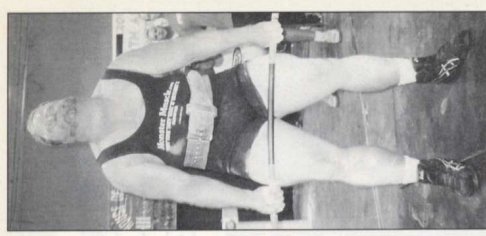
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Brenti Mikesell's easy 365kg DL

and slipped from her grasp. The expression on Joe's face was a quandary between bewilderment and disappointment. Once again I found myself holding my breath with anticipation as she mounted the platform with her opening attempt - 446.4 lbs.

With a super effort she pulled it up with nary a hitch. When the three whites flashed on all our woken vanishes. With that lift, she'd broken the WPC Women's Open Absolute TOT record held by Majestic Mary with 560 kg (1234.6 lbs). She'd shattered the TOT record by 38 lbs., and had set no less 9 World Records.

She'd busted the Open as well as the Masters (45-49) WR 3 times along with the Open WR TOT. She shattered the Masters SQ record also three along with the BP and TOT. Now with 462.9 as her 2nd attempt pull, Nance sought to break Amy's All-Time TOT record, going for 567.5 (1251.1). It became apparent that with her initial effort she'd burned out all her fuel. With her tank bone dry, she failed on her two last tries to secure 462, but what a marvelous performance by this incredible lady. She'd topped her TOT no less than 49.6 lbs., surpassing the great performance she had at the Seniors. She's solidified her place among the ultra-elite in Women's PL History. Only one task is left for her to accomplish, and that is to win the WPC Women's Open World Title this October in Helsinki, FIN. This will be the last mountain for her to climb, after which she'll retire from PL to pursue other ventures. Nance plans to go out with a bang! Just wait and see.

(this article continued on page 79)

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Wendy Greig's 157.5 kg deadlift

G.N.C. NUTRITION UPDATE

IMPROVING WHEY PROTEIN by Jeff Stout, PhD

Many athletes train hard, in order to get the most out of their performances. While you may feel you are training at your best, there is always something that you could be doing a little better. There is always room for improvement.

The same principle applies to whey protein supplements. While athletes have seen benefits from taking whey protein, GNC scientists saw an opportunity to help athletes even more. Their challenge was to develop a better whey protein product.

The result is a protein formula that's considered superior to taking just whey protein. GNC Pro Performance Mega Whey supplies 40 grams of the highest quality whey protein, in combination with 5 grams of glutamine and 3 grams of Branched-Chain Amino Acids (BCAAs).



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

have more positive effects on the immune system; and 5) is a better antioxidant. Therefore, my recommendation is that if you're going to use protein supplements immediately post-exercise, your best bet is to use supplements that primarily contain whey protein.

Glutamine

Glutamine, you might say, is the quintessential amino acid. Glutamine is one of the most abundant amino acids found in skeletal muscles, serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. Prolonged high-intensity exercise has been shown to decrease glutamine levels. By supplementing glutamine

.... "In comparison to casein, whey protein given immediately post exercise: 1) may be considered a higher quality protein; 2) is digested and absorbed faster; 3) increases protein synthesis to a greater degree; 4) may have more positive effects on the immune system; and 5) is a better antioxidant. Therefore, my recommendation is that if you're going to use protein supplements immediately post-exercise; your best bet is to use supplements that primarily contain whey protein."

in your diet, you may be able to prevent glutamine loss.

BCAAs

The three Branched-Chain Amino Acids (BCAAs) are Leucine, Isoleucine, and Valine. BCAAs comprise 30-35% of muscle tissue and provide 70% of free nitrogen to the body. If taken in adequate amounts, the BCAAs can increase protein synthesis and decrease protein breakdown, as well as spare the loss of muscle glycogen.

The Whey + Glutamine + BCAAs combo!

Recently a study compared the formula in Mega Whey to whey

protein alone. Healthy young males, who were experienced weight-trainers, were asked to supplement 40 grams of whey protein alone or combined with 5 grams of glutamine and 3 grams of BCAAs (the Mega Whey formula) for 10 weeks while on a weight training program. The results clearly demonstrated the superiority of the Mega Whey formula.

So there you have it, the science, better formula and superior results. Indeed, the GNC scientists have produced a better whey protein supplement.

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

"OBSESSED"

is just a word the lazy use to describe the DEDICATED.



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- ✓ DESIGNED TO SUPPORT PROTEIN SYNTHESIS BETWEEN WORKOUTS
- ✓ 15% LACTOSE-FREE
- ✓ ASPARTAME-FREE AND SWEETENED WITH SUCRALOSE.
- ✓ A NON-ABSORBABLE FORM OF SUGAR
- ✓ 5 GRAMS GLUTAMINE AND 3 GRAMS BCAA ADDED PER SERVING

SO WHAT DO THE STUDIES SHOW? RESULTS SUGGEST THAT THE COMBINATION OF WHEY PROTEIN, GLUTAMINE AND BCAA IS MORE BENEFICIAL THAN WHEY ALONE.

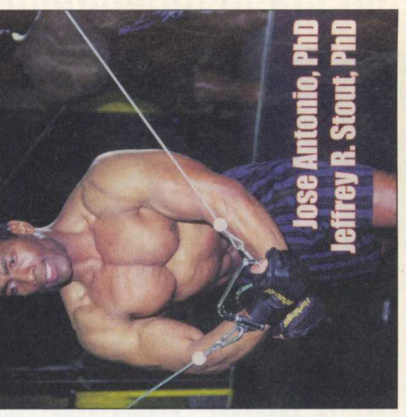
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NEW BOOK co-authored by Dr. Jeffrey Stout

STRENGTH-POWER Athletes



Jose Antonio, PhD
Jeffrey R. Stout, PhD

See advertisement on page 33 of this issue!

Dr. JUDD

Genetically Engineered Athletes are not an April Fool's Joke Anymore as told to Powerlifting USA by Judd Biasiotto Ph.D.

Approximately a decade ago, I wrote an April Fool's article for Powerlifting USA in which I said that the Eastern Bloc countries had developed a synthetic gene that could turn an average athlete into a super-human being. In the article, I went on to say that a number of genetically engineered athletes from behind the Iron Curtain were producing mind-boggling lifts and totals, and that even lifters as great as Lamar Gant and Eddie Coan would basically be "children among men" when compared to these biologically altered anomalies. I also indicated that the most vexing element of this Frankenstein sport's nightmare was that traditional drug testing wouldn't be able to detect a thing and that American domination in the sport of powerlifting was over.

Within days after the article appeared I was deluged with a prolific number of phone calls and letters requesting more information concerning the procedure. In fact, the article generated the second largest response that I ever received about any article I had written. The largest response came one month later when I informed the readers of Powerlifting USA that the article was an April Fool's sham. Unfortunately, not too many readers had a very good sense of humor. I got letters telling me that I was an idiot and that I should be fired. Astonishingly, some readers actually threatened to kick my butt.

could get them" said Dr. H. Lee Sweeney, who heads the Penn State, funded by the National Institutes of Health. "The potential for its use in athletes is very high. Combined with a normal training protocol, athletes will get more out of their work, will recover from injury more quickly, and... the number of years they will be competitive will increase immensely. The way it looks now, not even a heavily drugged athlete could compete with a genetically treated athlete in terms of strength and endurance. The response to this type of genetic manipulation seems to be that profound."

How does it work? Well it's not something you are going to be able to do in your basement, but it's not exactly rocket science either. In fact, for a genetic engineer the procedure is rather elementary. Simply put, the subject is injected with a growth factor similar to insulin. The growth factor changes the genes and stimulates the production of stem cells, known as satellite cells, which in turn brings about muscle growth. When muscles are stressed or injured the satellite cells divide and form new muscle tissue. In other words more active satellite cells translate into greater muscle growth after exercise and greater muscle recovery from injury or stress.

Now here is something that will really blow your mind. After the manipulation of the subjects (in this case the rodents) genetic make up, their satellite cells consistently stimulate muscular development until the very day they die. In fact, as they age, their bones become more dense and stronger. Their bodyfat decreases, and their muscle mass and strength increases even if they don't exercise. If they exercise, their muscles become even bigger and stronger. They live injected mice and rats were more muscular," Sweeney said. "If they were on a treadmill running, the difference became very noticeable. You can see they have broad definition - broad shoulders and big hind and forelimbs. They look like weightlifters."

Although only mice and rats have been treated in the three-year-old study, Sweeney is planning to start treating dogs some time this year. After that it is just a hop-skip-jump away from treating human beings. Since the experiment is basically designed to decrease muscle weakness in the aging, elderly humans will be treated first. From there, tests will be done on teenagers and young adults.

If the gene's effect in humans is similar to that in the rodents, the implication for athletes will be mammoth. Not only would the athletes be bigger and stronger, but they would also look leaner and harder. "Athletes injected with the gene would

"Athletes injected with the gene would look well muscled and extremely fit, but wouldn't be the bloated freaks that steroids have created. There won't be any of that characteristic steroid look around the neck and face," Sweeney said. And, in fact, they would be a lot stronger than steroid users."

How soon?... said Sweeney, "It's double now. The Human Genome Project has provided researchers with a genetic blueprint of the human body. Consequently, research can now identify and layout which genes are responsible for athletic prowess. If there were a government willing to do what East Germany once did for its athletes, it could be happening now. Actually it could be happening now."

Interestingly, when several Chinese teenage runners recently posted remarkable times, the specter of genetic engineering was raised. Of course, now every time an athlete who is government subsidized bursts onto the sport scene with a remarkable performance, eyebrows are going to be raised. The procedure is available, it's easily performed and -

good possibility that this will hold true in humans also. "We haven't seen any side effects in the rodents we worked with," Sweeney said. "Of course we know that if humans have high levels of IGF-1, it can cause cardiac problems and a number of other problems. But by having the muscles produce it within the muscle, none was getting into the blood. It was all being trapped in the muscle."

If this holds true and athletes are going to cheat to compete, at least they won't kill themselves doing it. Of course, the aim of synthetic gene engineering is not to produce super-human athletes, but rather to enhance the health and welfare of mankind. As amusing as that aim is, it's inevitable that coaches and athletes whose objective in life is to reach the pinnacle of success in sports will try to adapt the research to their own purpose. Amazingly, athletes are already lining up to "shoot up." "I've already gotten lots of calls from weightlifters and other athletes who had heard about this," Sweeney said. "I even heard from one high school football coach who wanted me to inject his entire team. If I had to guess it won't be long before entire sports teams will be composed of designer athletes, and those teams will be unbeatable if they compete against normal athletes."

Now I wish it were all just an April Fool's joke.

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BENCH-SHIRT BLUES

as told to PLUSA by
J.M. Blakley



Love 'em or hate 'em it looks like they're here to stay. The truth is, that what started out as a good idea has like lots of things in extreme sports, gone a bit too far. I am the first to admit it: Bench shirts are out of hand these days. But let me follow that statement immediately by saying that I'm not about to let my competitors leave me in the dust just because I don't exactly agree with the way the sport is moving. I think there is something inherently wrong when you load 50, 100, or even 150 pounds more than you are capable of lifting (by yourself) onto a bar for your opening lift. That just seems dangerous. Not to mention artificial. You are still lifting the weight yourself, but Good God! If you max out at 450 w/o a shirt and blast up 605 at the meet wearing one, certainly no one can reasonably argue that some real aid was not afforded your

450 pound press! Let's face it, nobody wears a bench shirt to protect their shoulders. They wear a bench shirt because they can lift a hell of a lot more weight! I know the shirt was originally intended to save wear and tear on the shoulders. But today's shirt is nothing like that in function or in design. It is engineered to boost poundage and not as a joint protector. I won't even waste time arguing with any one who maintains that "all it (the shirt) does is support my shoulders." I still have to lift all the weight. That's just nonsense and I won't give it any more attention. The shirt makes it possible to "lift" more than you can lift—plain and simple. I am conceding the artificiality of it.

But that's sort of like the first time a fiberglass pole was used in the pole vault. All the steel pole guys said it was the pole bending in half and

doing all the work and called it "cheating". Well, I'd like to see a guy vault over 19 feet with a steel pole. Nowadays it's carbon fibers and graphite and such. The point is that the sport (and technology of the sport) moved ahead even though there were protests of artificiality. What I'm saying is that just as it is extremely unlikely that there would be many 19 foot vaults with steel poles, it is also unlikely there would be many 700 pound benches without bench shirts. (There is only one single individual who has done this legitimately and it has never been repeated; my respects to Mr. Henderson.)

There are 5 (and most surely soon to be 6) 700 pound benchers in my own town! I can say with certainty that without the bench shirt there would be none. That is just the level that the sport is at. At the top level, the bench shirt is an essential

part of the work and called it "cheating". Competing today without it is a disadvantage akin to an NFL line-backer hitting the field without a helmet! It is pointless to argue about it.

So what do you do if you've got a case of the Bench Shirt Blues? You get to work! Quit whining and get busy figuring out how to use it right! Sure, I still do an occasional meet "raw" and that's a great marker of strength and lots of fun, I advocate doing an occasional meet shirt-free just for the challenge of it. But don't count on the sport swinging back to the good ol' days where lifts were made in T-shirts and singlets. It won't happen! Get yourself up to speed with the technology and learn the shirt.

What should you expect from a bench shirt? At a minimum, you must strive for an added 60 pounds.

But for a rule of thumb we'd better call it 100 pounds for an average and 130+ pounds for a top end. No matter what style or make, if you aren't getting 60, you haven't learned to use it. Most people talk to get 40 or so. There is plenty of room for improvement! I wrote an article or did an interview around '96 where I said everyone should keep working on the shirt and try to get 100 pounds out of it as a top end. I had seen this done and knew it was possible even though I was getting only about 80 or 90 consistently from my shirt. Now, in 2002, I am re-adjusting that expectation. I have on more than one occasion gotten the 100 pounds myself (although not consistently) but have seen people get 150-200 pounds out of the shirt ... (and their skill with it). I know, I know it seems unbelievable especially if you're at 35 or 45 or so now, but I have one trainee who is getting 130 every time. I have spoken to several of today's top lifters at major competitions and they reveal that 150 is nothing and that much more can be attained ... and then they prove it by lifting incredible poundages right before my eyes! I believe them! I've seen it! And you can believe me, I'm working very, very hard to get stronger, but I'm working even harder to get the groove on my shirt to be able to get more than 100 pounds out of it. I used to think I had to bench 630 raw to hit a 715-720. Now I believe that a raw

630 bench can put me over seven and a half. If a guy benching 375 raw hits a 500 right in front of you, you start asking yourself why not me?!

The first thing to do is to start expecting more. In fact, you must demand more from your shirt-work. It's admittedly tough to think of all that weight on the bar when you haven't used those poundages before. You must get past that and you must believe that you can do it if others can. If you don't expect more, you'll end up satisfied with only 55 or 60 pounds thinking "hey, 60 pounds is pretty good!" Well, that ends right now. You can do much better than that. Even if you're at 90 pounds or more, keep pushing the envelope. If no one kept pushing we wouldn't know that you can actually get 150 pounds out of a shirt! Whatever you're getting now, set a higher expectation for yourself! You have to believe strongly that it is do-able.

The reason that this is needed for belief is so important is that it will not be an easy task. I NEVER SAID IT

WOULD BE EASY, I ONLY SAID IT WOULD BE WORTH IT. In truth, it will most likely be frustrating, time consuming, and expensive. But, then again, if you won't pay the price you can't have the benefits. You will tear your shirt, you will have to make many alterations and size changes, you will

pull the bar back toward their head (back over their chest) and muscle the lift up. You can spot this mistake when you see the bar travel horizontally right after the press call. This begins to move up to lockout. This makes use of the shirt's supportive qualities, but little power is gained from the initial push. And it usually falls.

The other common mistake is to let the bar fall off the bubble toward your face. This can be disastrous! The lift looks OK at first then as the bar rises the elbows flare and the bar moves up the chest and promptly falls like a rock in water toward your neck! This is the same problem of not staying on the bubble but to the top side of the arc. At times a lifter will get "hand-cuffed" this way and stall out, but more often the spotters end up saving the guy's teeth! Remember: the greatest benefit to your lift is where you feel the greatest pressure as you lower the bar. Don't go around this pressure. Neither high nor low. Go right into it! Your eyes feel like they will pop out and your head feels like it will explode and the shirt is biting your triceps and armpits like a pit bull terrier... and if that's what you feel, I'd say you were on the right track! Don't fall below the pressure toward your abdomen. Keep lowering the bar on the bubble! Hold your line. Go right for the point of greatest pressure. Pressure is your friend! Embrace it! Don't hide

from it. The pressure is what is going to help you hoist that extra 100 pounds on the bar that you can't lift. That energy has to come from somewhere! Learn to tolerate pressure. You will get used to it. Lower the bar slowly and with great control. Steer the bar into the pressure. Pay attention. Feel for the most discomfort and you'll probably be right on it! This energy will come back to you on the press.

If you can't feel "the bubble" then your shirt is most likely too loose. I don't know you and I've never seen you lift, but I can say with good confidence that your shirt is probably too loose for you! This is an early stumbling block that a mentor or coach will remedy. Suffice it to say that whatever you now think is too tight is actually too loose and that what you think is impossibly too tight is almost tight enough and what you think is completely ridiculous is just right! Only experience and mentoring will change this but a good rule of thumb is that your

you only some of what the middle part too high toward the throat when you lose the support of the ball as well. The ball offers the most help to you where it is the biggest and has the most pressure. The bench shirt is the same. There is an arc of support

from your collar to the abdomen and at some point the pressure of the shirt is greatest. This is the groove of the shirt. It can be so supportive that it can be difficult to even get the bar to touch the chest. The shirt's fibers and construction tighten up and most trainees feel that they can not make the bar touch where they normally would because the pressure (and pain) is so great. They make the classic mistake of moving the bar toward their stomach away from the bubble's greatest strength (low on the arc). They move around the pressure of the bubble and also out of their own bench groove. This leaves the lifter with little compression from the shirt and with their hands too far in front of their elbows and shoulders. It's tough to push at that angle and the bar usually winds up falling back down after traveling up only 3-4 inches. You can't bench from "behind" the bar. You must be "under" the weight. Sometimes a lifter is lucky enough to touch the bar below the bubble and then with great effort

have to gain or lose 5-10 pounds of bodyweight to fit yourself to the shirt. As little as 4 pounds can alter the fit substantially. There is a ton of fussing and reworking of the shirt and the technique. Many people just give up. I don't blame any one of them. It is a huge hassle. But the payoff is also huge... imagine getting 120 pounds out of your shirt ... where would you have placed with that in your last meet?!

My Best Advice
By far, the most important advice I can give you is to ride the bubble. Let me explain. When you have a properly fitting bench shirt, which usually means excruciatingly tight, it gives you support over your chest in a half-circle. Imagine half a beach ball sitting on your ribcage. This is the bubble. If you bring the bar down on the largest part of the ball (the center) it provides the most support back to the bar. If you lifting the bar down too low (by your abdominals) there is less support and resistance from the ball. It will give

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pull the bar back toward their head (back over their chest) and muscle the lift up. You can spot this mistake when you see the bar travel horizontally right after the press call. This begins to move up to lockout. This makes use of the shirt's supportive qualities, but little power is gained from the initial push. And it usually falls.

The other common mistake is to let the bar fall off the bubble toward your face. This can be disastrous! The lift looks OK at first then as the bar rises the elbows flare and the bar moves up the chest and promptly falls like a rock in water toward your neck! This is the same problem of not staying on the bubble but to the top side of the arc. At times a lifter will get "hand-cuffed" this way and stall out, but more often the spotters end up saving the guy's teeth! Remember: the greatest benefit to your lift is where you feel the greatest pressure as you lower the bar. Don't go around this pressure. Neither high nor low. Go right into it! Your eyes feel like they will pop out and your head feels like it will explode and the shirt is biting your triceps and armpits like a pit bull terrier... and if that's what you feel, I'd say you were on the right track! Don't fall below the pressure toward your abdomen. Keep lowering the bar on the bubble! Hold your line. Go right for the point of greatest pressure. Pressure is your friend! Embrace it! Don't hide

from it. The pressure is what is going to help you hoist that extra 100 pounds on the bar that you can't lift. That energy has to come from somewhere! Learn to tolerate pressure. You will get used to it. Lower the bar slowly and with great control. Steer the bar into the pressure. Pay attention. Feel for the most discomfort and you'll probably be right on it! This energy will come back to you on the press.

If you can't feel "the bubble" then your shirt is most likely too loose. I don't know you and I've never seen you lift, but I can say with good confidence that your shirt is probably too loose for you! This is an early stumbling block that a mentor or coach will remedy. Suffice it to say that whatever you now think is too tight is actually too loose and that what you think is impossibly too tight is almost tight enough and what you think is completely ridiculous is just right! Only experience and mentoring will change this but a good rule of thumb is that your

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First, learn the proper technique and then set up the proper training and use proper training technique to meet your strength goals.

GEORGE HALBERT

The BENCH

Technique versus Training as told to PL USA by GEORGE HALBERT

Improvement in your technique, just add on weight. Once you have come to understand technique (as an ongoing process), you will be ready to set up your training. Once you understand good technique, training becomes the most important aspect to your progress. However, technique in training now becomes paramount. How is it that my training partner and I can perform the same exercise (5 board lockouts) and only my lockout improves while his lockout is stuck? I realize that there are numerous reasons that this phenomenon may occur, but the number one answer is technique. This is the number one problem I experience with my training partners - their technique in training is lacking. If performed my 5 board bench presses using the same technique they use, my lockout would be stuck too. Believe me, my lockout was stuck for years because of this. One must learn proper technique in training and program the body to respond using this technique. This is the biggest problem with trying to instruct someone how to become stronger. I am not a good enough writer to explain to you proper technique and relationships on paper. Instead, I try to give basic principles and ideas and then it becomes up to the reader as to how that information gets processed. This is also the downfall of video. Although I can relay information better to you in my video through visual stimulation, it is still up to the viewer to process the info. In a recent discussion I had with Louie on some advanced training books, Louie said "you need to sit back and read it and then open your mind to what it is saying". So, when I describe the 5 board bench press in my articles or my video I say "As you lower the bar with arms extended towards your stomach you will feel the weight shift into your triceps" do you respond by thinking - unrack the bar and then lift it - or do you open your mind to the relationship of your triceps to the load of the weight. So, back to training vs. technique, and let's say my technique suffers because I can't get the bar off of my chest. Simple solution - understand the relationships of your pecs to the initial movement of

to a meet. If you don't know how to use your pecs, your chest development will suffer. Begin doing wide grip benches with elbows out and push up by squeezing in on the bar. I've heard about confusion by some, because I say proper technique in the bench press is squeezing out on the bar, but here I say squeeze in. It is here that you must understand that pecs squeeze in so to best isolate them one must squeeze in on the bar. However, once you've learned your pec relationship to the bench press, proper technique is to squeeze out on the bar. Now, you evaluate and adjust your training accordingly to improve on your new weaknesses and so on and so forth.

One must learn the concepts of training and technique deserves much more time and ink than I have spent on them. However, I have tried to relay some basic concepts and principles

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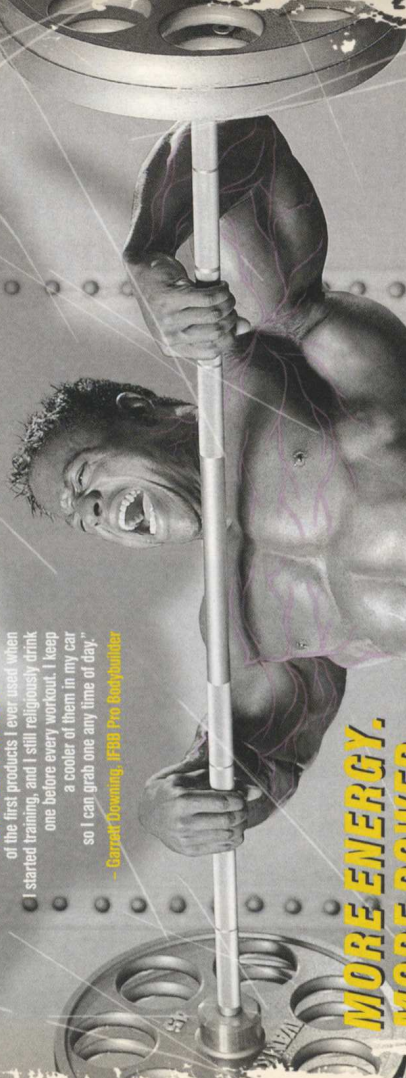
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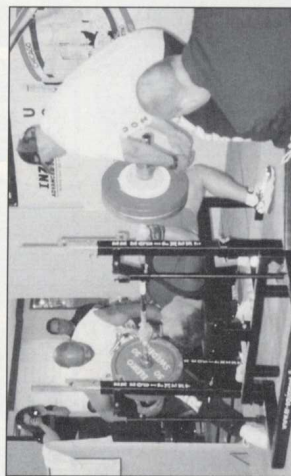
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Joe McAuliffe breaking the IPF record in the bench press with 577 lbs.

In an effort to improve maximal strength it is important to realize the most important aspect of performance, the nervous system. Muscular contraction is governed by the efficiency of the nervous system. The interaction between the nervous system and muscular system refers to the neuromuscular system.

A motor unit describes a nerve cell and all the muscle fibers it innervates. When the motor unit is activated, all the innervated muscle fibers are stimulated to contract. It is the activation of the motor unit and the contraction of the muscle which leads to force production. Therefore, it is the athlete with the most efficient neuromuscular system that can recruit the most motor units and maximize force production.

Research has shown individuals are capable of improving maximal strength without increases in muscular hypertrophy (1). These improvements in strength are typically seen in the beginner or athlete who incorporates a new exercise into the training program. The typical time course for strength development without increases in muscular hypertrophy is up to eight weeks. After this point, the contribution of increased muscular hypertrophy to strength production can be observed.

The increased strength produced without increased muscle mass is due to the improved efficiency of the nervous system. Strength improves by the ability of the nervous system to increase the number of motor units involved in muscular contraction, the rate at which the motor units are stimulated, increased inhibition of the antagonist muscle, increased activation of synergistic muscles, inhibition of neural protective mechanisms, and increased motor neuron excitability. The improved efficiency of the nervous system leads to an increased recruitment of muscle fibers, which leads to an improved rate of force production and greater strength.

The ability to increase strength without increasing body weight is important to the strength/power athlete who desires to improve performance without the added bodyweight. Sports where weight classes are important such as powerlifting, weightlifting, and wrestling can benefit from specific strength/power training of the nervous system along with any athlete who feels an increase in body weight will hinder performance.

Motor units are recruited in order of the "size principle" which states that the lower threshold motor units are activated first, followed sequentially by the higher threshold motor units (1). It is important to

be a method of increased loading. Athletes typically incorporate negative overload training into their programs in an attempt to improve their concentric strength. Research to support the theory that increased eccentric loading will display any carry-over effects on concentric strength is inconclusive.

One effect of maximal eccentric work often overlooked is the psychological benefits of handling increased resistances. Since maximal performance is dependent on the athlete's confidence and psychological arousal, the performance of eccentric training may provide the positive reinforcement necessary to perform at maximum levels. Simply stated, the lifter will be accustomed to the "feel" of weights well above maximum and new personal records in the actual lifting of the weight will not feel as intense.

An efficient means to transiently improve strength performance is to perform eccentric overload training prior to attempting maximal concentric contractions. The performance of a "negative" overload will excite the nervous system and aid in the enhancement of muscular contraction. Strength coaches have long used maximal contractions to improve neural drive (2). One example of such physiological rationale is wave loading programs. This training technique takes advantage of the increased neural drive to transiently improve strength. Incorporating an increased eccentric contraction into the training program will give the benefits of increased neural drive, improve neuromuscular efficiency, and improve the psyche of the lifter all in one set. The negative overload is basically a preparatory method.

The negative will prepare the lifter mentally and physiologically for the maximal concentric contraction. Care should be taken not to go to maximal eccentric failure and to allow proper rest to ensure complete recovery of the neuromuscular system. The ATP-CP immediate energy system may recover between 3-5 minutes between heavy sets, but the nervous system may need considerably longer rest. Rest periods of 5-10 minutes may be necessary for complete or near complete nervous system recovery. Experimentation may be necessary to gauge the optimal work to rest ratio.

The application of Exercise Science and principles of neuromuscular potentiation helped Joe McAuliffe break a 25 year old IPF world bench press record. Joe recently incorporated negative training his last competition training cycle and benched 577 at 220. The following is Joe's personal comments on the benefits of increased eccentric training.

"The application of negatives into my training definitely helped me break a 25 year old record of the bench press. Controlling supramaximal loads prepares you for big contest personal records. If you lift raw or with a shirt it is a great way to feel weights that you have never gotten all the way to lock out. Supramaximal eccentric loads will also help you know whether your shirt will withstand the heavy weights. If done carefully, I think negative training will gradually allow your muscles, tendons, ligaments, and bones to adapt and thus become stronger and more resistant to injury.

Also, the negative is the first half of the bench press. Proper control of the negative is extremely important to consistently preserve the right position and maintain the correct groove for a successful attempt. Since most, not all, federations make you pause on your chest you must control the bar at a moderate speed. This will help maximize conservation of energy by not lowering the bar too fast and having to control a bounce off the chest. This is sport specific training. If you do it in a meet you will do it in training. I have personally found an increased eccentric overload of 5-10% over your previous best with or without a shirt to improve neural preparation for

give you!"

maximal attempts. The gradual adaptation of your nervous system will allow your muscles to use more weight for more reps. I used these techniques during my strength and power cycles to get ready for my last meet. The training cycle outlined below is for a 515 raw bench press and a 577 shirt assisted bench press.

This is the heavy day for a bench presser peaking for a contest who only benches one day per week. I would recommend you have a couple weeks under your belt before you try this cycle.

Additionally, this training cycle requires experienced, trustworthy spotters who can grab the bar off your chest after the negative set is complete. If you are a powerlifter in the midst of a hypertrophy cycle in an attempt to move up and compete in a heavier weight class, I recommend no more than 1 or 2 singles at an intensity of 15-20% over your prescribed work sets. Since I have only incorporated these techniques into my program this year I am cautious to recommend them on a year round basis. I would experiment in your off season to see how it works. You must give it 6-8 weeks in your program to see a difference. Keep an open mind and explore the positive results that negatives can give you!"

WORKOUT of the Month

by Joe McAuliffe, IPF World Bench Press Record Holder

Week 1: 3x3 60% + blue band x 2 + green band (Speed/Power), 1x1x550 (95%) + contest shirt (Negative**), 3x1-2x455 (88%) (Strength**)

Week 2: 3x3 63% + blue + green band (Speed/Power*), 2x1x425 (83%) (Negative**), 5x4x385 (75%) (Strength**)

Week 3: 3x2 65% + blue band x 2 (Speed/Power*), 2x1x455 (88%) + loose shirt (Negative**), 5x3x405 (79%) (Strength**)

Week 4: 3x1 60% + blue band (Speed/Power*), 2x1x505 (88%) + loose shirt (Negative**), 3x3x420 (82%) (Strength**)

Week 5: 5x3 60% + blue band x 2 (Speed/Power*), 2x1x525 (91%) + loose shirt (Negative**), 3x2x440 (86%) (Strength**)

Week 6: 5x2 65% + blue band x 2 + green band (Speed/Power*), 1x1x550 (95%) + contest shirt (Negative**), 3x1-2x455 (88%) (Strength**)

Week 7: 5x2 60% + blue band (Speed/Power*), 1x1x600 (104%) + contest shirt (Negative**), 2x1x475 (92%) (Strength**)

Week 8: 5x1 60% + blue band (Speed/Power*), 1x1x625 (108%) + contest shirt (Negative**), 3x3x315 (light) (Strength**)

Week 9: Opener or second attempt to get shirt groove.

Week 10: Light week for rehab and recovery. 3x3x375-315

Week 11: Break PR/Contest

* Percentages are based on raw max. ** Sets x Repetitions

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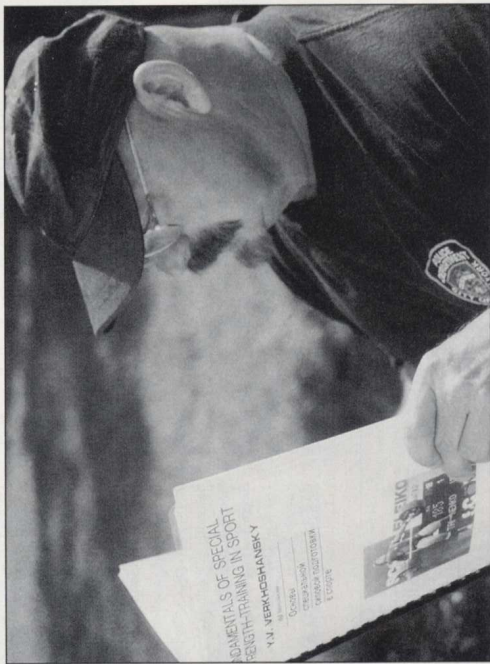
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TRAINING

Organization of Training Pt. 2 as told to Powerlifting USA by Louie Simmons



Louie brushes up on the fundamentals of special strength (Photograph was provided by D.Black)

got a personal record, I know his ego will hold him back. The real contest is with yourself. A trophy proves only what you have done, but has no bearing on what will happen next. You must always do better and better. That's the real world. You can be the greatest powerlifter in the world, but the day you retire, you're forgotten. If you quit one time, you're a quitter. You may go for a year or two without progress before coming out of a slump. Training knowledge as well as technology will make it possible to make progress for a very long time if you want to. Powerlifting is a tough sport. No one said it wasn't.

As far as training partners go, if you run with the lame, you will develop a limp. So only train with those who have the same goals as your own. Everyone cannot be a world champ, but we all can be better. At Westside we have many in-house contests, mostly on your best effort day. They can happen without notice, and most often, that's the case. I recall pulling a heavy sled on a Monday a few years ago. I was minding my own business when Chuck Vogelpohl yells out the door, "get your old ass in here. We're going to have a deadlift contest off pin 1 in the power rack." Well, I'm dead tired from pulling the sled, but someone was running their mouth as usual and now I'm being pulled into a contest on something I had not broken a PR in 15 years. But I'm obligated to take part, and somehow break my record. How? I guess I was so pissed off at those nitwits that the only way I could get even was to get a PR. When I lose, I use my age (54) as an excuse, but if I win, I rub it in. It's been said, show me a good loser and I'll show you a loser. Thank goodness we have some very bad losers at Westside. If someone refuses to engage in a spontaneous contest, we

will throw challenges at him when he least expects it. If someone regularly backs out, we boot him out of the club. We know by experience that if a lifter will not take a challenge in friendly surroundings, he will fall apart in a real meet.

Our training in general is designed to build confidence year round by doing so many different exercises. We are always breaking out to DMX and the other one is listening to Patsy/Cline's "Fall To Pieces", which going to put your money on? Well, or you won't raise your weights. It may take years to learn to focus on training, let alone meets. Some of us are late bloomers, while others start fast but fade just as fast. Many times the brighter star burns out the fastest.

Westside loves to see successful teams like Donny Thompson's Maximus team rising fast. The LA Lifting Club is moving up fast as well, thanks to Joe's pushing and

pulling with the help of his wife, Nance. And there's my Finnish friend Sakari Seikkainaho, who lifts and coaches his teammates Jarmo, Avo, Miko, and the rest. I love to see teams or individuals gaining momentum to see how the guys at Westside react to it.

Just remember, if you're a betting man and two lifters are coming out to squat and one's psyching up to DMX and the other one is listening to Patsy/Cline's "Fall To Pieces", which going to put your money on? Why do some lifters put limitations on themselves? What I'm talking about is all the "world champs" and "world record holders" I talk to every day. Now wait a minute. There's only one world record in each lifting category and one world champ per weight class. That person holds the biggest total of the present year or of all time in his weight class. Yes, I'm talking to you

master and teen lifters. You may think I'm an asshole for saying this, but you are selling yourself short, my man. If you get in a fight and you're a master, do you get to throw the first three punches? Hell, no. When there's a hottie in the lounge, are you always hitting on the young babes. Right? So why limit yourself by age? Just do the best you can, and you are a champ.

Using equipment. This is 2002 and it's time we all think that way. For example, why don't all federations use Monoballs? Or a bar for each event? Not only is it stupid not to do so, it's dangerous. Don't be stuck in the past. If NASCAR kept the same pace as we old guys are always hitting on the young babes. Right? So why limit yourself by age? Just do the best you can, and you are a champ.

By one or two great lifters. Please don't get them hurt because you're backward thinking has you on the verge of extinction, just look at your membership totals slipping lower and lower.

If there's only one top 100 list, then make all things equal: suits, shirts, weights, etc. It's not the gear, drugs, or equipment that McMahon says, "It's the size of your grapefruits." You are paying card members, so speak up. Take control of your own destiny.

Gaining general training knowledge. I hate to say this, but at Westside we have lifters who don't even read Powerlifting USA, let alone some of the books I frequently mention, such as those I am about to describe.

Michael Yessis published The Soviet Sports Review. There was some valuable information in those articles translated from mostly Russian sports scientists in a quarterly magazine. It covered many sports, but was invaluable to me at the time. The first book that made me a believer was The Managing of the Weight Lifter by Laputin and Oleshko. In this book was shown a table that explained how to regulate volume by intensity zones. The writing of Verkhoshansky such as Fundamentals of Special Strength Training in Sport and many more including Supertraining by Mel Siff are valuable books. A highly respected author is A. S. Medvedev, who wrote A Program of Multi-Year Training in Weightlifting. Of course, there are several other highly accomplished authors including P. V. Komi, Thomas Kurz, Tamas Ajari, and Tudor Bompa. Lazar Baroga's book Weightlifting Fitness for All Sports is a must-read. Zatsiorsky is particularly valuable to anyone who participates in sports or weightlifting. Try Science and Practice of Strength Training for one. I also enjoy Starzynski and Sozanski for information on explosive power training and Pavel Tsatsouline for stretching and ab work. Without these men, who have dedicated their lives to the promotion of sports science used in a practical environment, I would have ended my lifting career in 1983. The results worldwide speak for themselves. I wish I could thank each of these men personally. Thank goodness I have the opportunity to speak with Dr. Siff and participate in a few seminars with him so I can play a small role in the development of others.

To obtain the books mentioned, call Elite Fitness Systems at 888-854-8806.

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The following are issues to consider when planning your training in a multilevel program.

- Weight gain or loss.
- Improving form on competitive lifts or special exercises.
- Raising work capacity and improving general fitness.
- Learning how to use legal equipment.
- Gaining general training knowledge.

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

In this part I will discuss testing character and courage, learning how to use legal equipment, and gaining general training knowledge.

Testing character and courage. I am a huge fan of most sports, but when I watch basketball, I frequently hear the announcer say the player passed up an open shot to another player because he did not have the confidence to shoot the ball himself, or during a football game, the announcer will say that a certain player is a natural leader. So what are the other 10 players? Natural-born followers? I hope not, but who knows? Why can't the other 10 teammates step up and take over?

Angelo Bernardelli said it best: "They are two types of people, the prey and the predator." Which are you? And don't stroke your ego. I watched Angelo try to break the world middleweight squat record for years. He was always close, but was never able to. The record kept going up, from 766 to 771 to 773. Finally at the WPO in York, PA, in June 2002 he made 777. Now Angelo has that world record, and he dares anyone to take it away from him. The top middleweights this year are all predators.

When I hear someone tell me what place he got in a meet rather than what his numbers were or if he

INTERVIEW

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

Less than 1% of the adult male population can Bench Press twice their bodyweight. Less than 1/2% of the adult female population can Bench Press their bodyweight, since most females have less upper body strength. (No offense to Kara "Bench Press Barbie" Bohigan - or any other great female benchers!)

Back to the 1% of adult males who can bench twice bodyweight. How many of these do you think are over the age of 50? (Not many.) How many over age 60? What if I told you that in Texas, we have a guy over 70 years old - that can still bench twice bodyweight?

Do you believe it? You better believe it. John Cantu of Corpus Christi, TX will enjoy his 72nd birthday by the time you read this - and he can bench twice his bodyweight. Joe is a 190# lifter who benches about 400 pounds!

He was a recreational bodybuilder for 40 years, until he finally saw the light and found something with objective goals. His friend George Johnson (another W/R holding powerlifter) encouraged and coached Joe for this first meet. He entered his first powerlifting meet in Dallas in 1998. Since that meet, his strength and bench press results have grown rapidly. Another great masters powerlifter (and TX legend) - Ken Anderson is Joe's current trainer. Ken holds several W.A.B.D.L. world records in the bench press, and has known Joe since they both grew up in Corpus Christi, TX. (Evidently, Ken kept growing a little longer - because he is one or two weight classes heavier than Joe.)

I have heard about Joe for a long time, and finally got to meet him at the HOUSE OF PAIN World Cup in Irving, TX this April 2002.

Joe, I understand you started out as a bodybuilder. Which do you prefer: bodybuilding or powerlifting?

Joe: I prefer powerlifting because it's a greater challenge to me.

ME: Do mean that you were just born handsome - ready to kick-tail in a bodybuilding show, but you have had to work for strength?

Joe: Um...

JOE CANTU interviewed for PL USA by Rick Brewer An Old Dog Learns New Tricks!



Joe Cantu can bench twice his bodyweight at age 72 (Photo by Rick Brewer)

ME: How much could you bench when you were 30? Age 50?

Joe: At age 30, I could only lift 175 pounds. At age 50, I could only lift 225 pounds. I was just going for bodybuilding and did not start heavy powerlifting 'til I was in my 60's. [Note: at his current rate, he'll be able to bench 500 by the time he turns 100!]

ME: I understand Ken Anderson is your trainer; will he be as strong as you in a few years when he is your age?

Joe: Of all the trainers, Ken Anderson is the very best. He will definitely be as strong as I am at my age. He holds several world records, and he knows the game inside and out.

ME: Is it true that you sandbag (downplay your ability) in order to set more records?

Joe: YES! I sandbag to set more world records.

meet?

Joe: I go on an eight-week cycle and rest one week before a meet.

ME: Did you eat cleaner/better as a bodybuilder or a powerlifter?

Joe: I have never had a special diet for either bodybuilding or powerlifting. I ate anything that I wanted to. [Sounds like you would do great on "Fear Factor!"]

ME: What makes you strong?

Joe: I come from a strong family and strong genes.

ME: Married? Kids? Grandchildren?

Joe: I am happily married to my wife Della. I have two sons, Joe Jr. and Manuel, and I have two granddaughters, Marissa and Rachel.

ME: What is your most effective bodyweight?

Joe: My most effective body weight is 195 pounds, although I have world records in different weight classes. Note that he said 195#, and not 198#. I recently weighed in at 195# and hit a PR bench of 440# at the HOUSE OF PAIN World Cup. I thought I would've been stronger at the class limit of 198#, but maybe not...

ME: Is it true that HOUSE OF PAIN dominates the world of power?

Joe: Without a doubt, HOUSE OF PAIN is the best thing to happen to the world of powerlifting. I highly recommend it.

OK, the next time some loser in the gym (or elsewhere) tells you that they too old to start powerlifting - remember Joe Cantu! I met a 48-year-old woman at a powerlifting meet this weekend; it was her 1st meet, and SHE LOVED IT. She'll be back for sure.

I know an ex-Marine named Aubrey who personal trains at a local gym. He is almost 60 years old, and he has one of the top deadlifts in the gym. I don't know if I'll be able to pull over 500# when I'm his age, but at least I have a goal (I want to be like these guys when I grow up).

Do you have a goal? Comments: Rick@houseofpainironwear.com

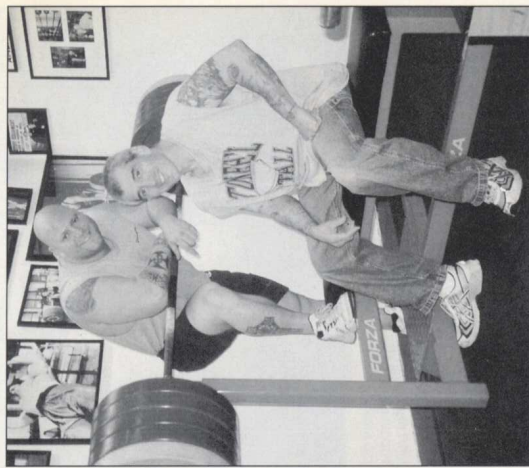
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POWER PEOPLE



Dr. Ken Leistner with Tom O'Riordan, who stars as the court officer on "THE JUDGE HATCHETT SHOW", working out in Dr. Ken's garage on a newly acquired FORZA bench. (photo courtesy of Giorgio Usai)

"Supplements for Strength-Power Athletes" is the new book by Jose Antonio and Jeffrey R. Stout. Dr. Antonio received his doctorate in muscle physiology from the University of Texas Southwest-Stout Medical Center and has written extensively in *Muscle & Fitness*. Dr. Stout received his doctorate in exercise physiology from the University of Nebraska at Lincoln, and has written widely as well - several times he has contributed articles for the "GNC Nutrition Update" in *Powerlifting USA*. Recognized as experts in the state of the art nutrition, this book represents a distillation of their broad knowledge into a conveniently useful format. 30 of the top supplements currently on the market are evaluated -- each according to the same "to the point" criteria -- with direct answers to the questions "What Is It?", "How Does It Work?", "The Evidence: Pro or Con", "Guidelines for Use", and "Precautions". The great thing about these authors is that they are neither excessively cynical about supplements in general, as many with their credentials often are, nor do they "gush" excessively about positive hypothetical or anecdotal results. What you are getting here is objectivity... they are not afraid to point out which research supports, or does not support, the efficacy of a given product. The products covered in the book include Acetyl-L-Carnitine, Alpha-Ketoglutarate, Alpha-Ketoglutarate, Androstenedione and Androstenediol, Beta-Hydroxy-Beta-Methylbutyrate, Boron, Branched-Chain Amino Acids, Caffeine, Carbohydrate, Chromium, Colostrum, Creatine, Dehydroepiandrosterone, Glutamine, Ipriflavone, Norandrostenedione and Norandrostenediol, Octacosanol, Omithine, Alpha-Ketoglutarate, Protein, Ribose, Sodium Bicarbonate, Sodium Citrate, Tribulus, Vitamin C, and 6 supplement combinations, including: Colostrum, Creatine, Carnitine, and Coenzyme Q10; Creatine, Beta-Hydroxy-Beta-Methylbutyrate; Essential Amino Acids; Phosphates and Creatine; Whey Protein, Glutamine, and Branched-Chain Amino Acids; and Zinc-Magnesium Complex. Accessing this book will quickly give you valid answers about supplements in a format that will allow you to compare various aspects of each product rapidly. If you are seeking knowledge about supplements for heavy weight training, this book will make your search quick and efficient. Where appropriate there are comparative graphs of product performance, which tell the story at a glance. This 160 pg. book is available for \$19.95 plus \$4 s&h from Powerlifting USA, Box 467, Camarillo, CA 93011 (plus sales tax for California residents)

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Powerlifting USA Magazine Dedication



TROY MCNETT passed away on Aug. 19th, 2002. He was 42 years old. Troy competed in powerlifting for 20 years. He won 2 National Championships, the 1988 USPF Natural Nationals, and the 1996 USPF Submaster Bench Nationals. His best lifts were 711 squat, 551 bench, 700 deadlift, and he totaled over 1900. All lifts were lifetime drug free and done in single layer, I.P.F. legal equipment. He hated the new wave of powerlifting: loose judging, double and triple layer equipment. He left behind 3 kids; Tiffney, Kandice, and Craig. He will be sadly missed by a lot of friends and fellow lifters. He was born and raised in Kansas City, KS, but came to Huntington, W.V. on a football scholarship to play for Marshall in 1980, and that is where he lived ever since. His strength and size is legendary in this state. Here is a picture of Troy with Bill Kazmaier - as you can see, he was one Big Man. * (from Willie Williams)

NEW PRODUCT



FROM CONCEPTS 2000, INC THE ALL NEW POWER PRESS™ PAT. PEND. SELF-SPOTTING SYSTEM. The All-New patent pending PowerPress incorporates electric actuators into heavy-duty safety stands that the user can activate by foot pedal to Spot himself/herself at any time. The stands will lift the barbell and hold it in place when the foot pedal is released. No assembly required. Just set the stands and foot pedal in place, connect the cords, plug into any standard 110V AC and your ready to safely bench without the worry of getting stuck or the hassle of finding a spotter. Also great for partial rep Powerlifting training. The Power Press can be used with virtually any flat bench, Barbell, weights, and bench not included. 400-lb capacity model \$1995.00 plus shipping. 600-lb capacity model also available. For more info, contact Concepts 2000, Inc. at 386-615-3478, or email genmg@conceptis2000inc.com or visit our website at www.conceptis2000inc.com

FOR REVIEW ... the Jamie Harris bench press video "HARRIS QUEST 800" represents the distillation of 15 years of intensive trial and error experience by this very great bench presser, and the result - for you - will be dozens of very useful tips on how to improve your bench. Jamie covers the basics like grip width, etc. but perhaps the greatest value in this tape is his undeniable expertise in utilizing the bench shirt, an art of its own these days. Jamie clearly knows his stuff in this regard ... and if you are using a shirt and need some advice, this could be a profoundly useful source of information. Other items of equipment are also discussed, like wrist wraps (more important that you might have known) and how to use a lifting belt in proper conjunction with a bench shirt. The section on preventive chiropractic care of the shoulders, etc. is another very interesting segment ... particularly since Jamie himself has had some issues involving the dirty words of heavy lifting: *exhaustion* ... how about a 750 double in the bench, and equally impressive lifts in the incline and other movements. There is truly spectacular footage of Jamie's lifting at the Mountaineer Cup of 2001, where he made a 771 and locked out 801 strongly (wasn't passed, though). Through his presentation on the tape, Jamie reveals himself to be very well spoken, and another unique aspect of his personality comes out in the final footage ... Jamie is an Elvis impersonator ... not just an amateur, he is a professional, who has paid gigs, etc. Obviously, this is "Elvis" at a heavier bodyweight, but Jamie has acquired some outfits from the same source that made the original clothes for Elvis and he has the singing voice and persona of Elvis down to a very entertaining degree. To order the video call 888-781-1304 or via e-mail at outjez@aol.com



Jamie Harris as "THE KING" ... his bit of giving female admires a kiss and the towel around his neck is priceless. Check out the tape above.

TOO LATE for the COMING EVENTS SECTION ... there will be a USAPL American Open Competition on December 15th in King of Prussia, Pennsylvania. For further information, contact Kim Newman, Post Office Box 639, Fairfield, Pennsylvania 17320, 717-642-8582.

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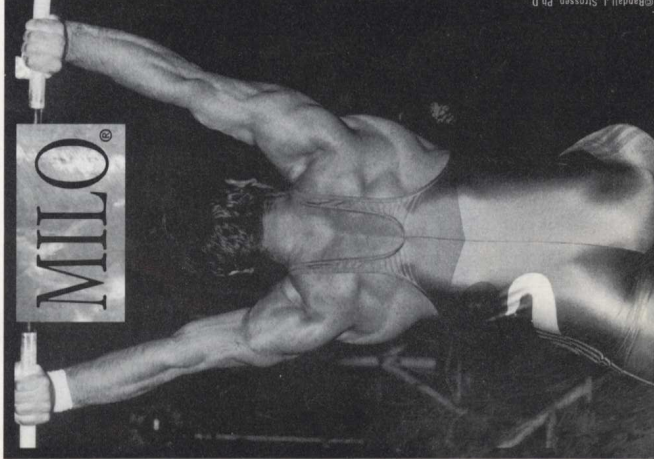
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POWER PROFILE

NAME: Ervin Gainer
HOMETOWN (OR CURRENT): Indianapolis, Indiana
HEIGHT: 5'2"
OCCUPATION: Corporate Trainer w/Liberty Mutual Insurance Group

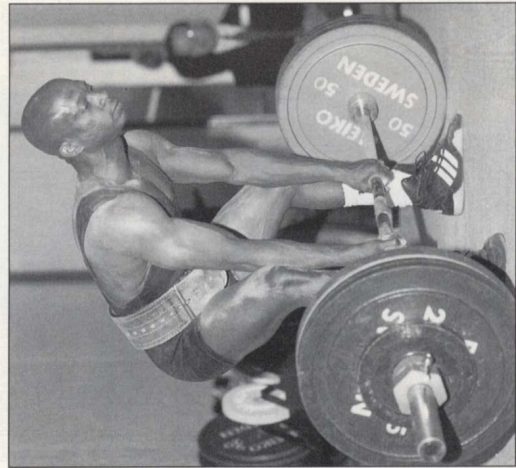
WT. CLASS: 52k (114 lb.)
TRAINING WT.: 118
YEARS TRAINING/COMPETING: 7 years - training and competing

WHERE DO YOU TRAIN? (GYMNAME, ETC.): Jewish Community Center (JCC) - Indianapolis, IN

BEST COMPETITION LIFTS:
 Squat: 195 kg.; Bench Press: 132.5 kg.; Deadlift: 230.5 kg.; Total: 552.5 kg.

LIFTING ACCOMPLISHMENTS: State Tournaments:
 1995 Indiana State; Second Place - 52 kg. wt. class; 1996 Bluegrass Open; First Place - 52 kg. wt. class.
National Tournaments:
 1997 USPF Senior National; Second Place - 52 kg. wt. class; 1996 ADFFPA Men's National; Second Place - 52 kg. wt. class; 1997

ERVIN GAINER SR. as told to PL USA by Greg Simmons

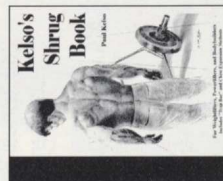


mination. **FUTURE PLANS/GOALS:** My future goals are the following: To surpass the 1,300 lb. total mark and

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

UPSL Men's National; First Place - 52 kg. wt. class; 1998 USAPL Men's National; First Place - 52 kg. wt. class; 1999 USAPL Men's National; First Place - 52 kg. wt. class; 2000 USAPL Men's National; First Place - 52 kg. wt. class; 2001 USAPL Men's National; First Place - 52 kg. wt. class; 2002 USAPL Men's National; First Place - 52 kg. wt. class.
International Powerlifting Federation Men's Tournaments: 1998 I.P.F.; Sixth Place - 52 kg. wt. class; Cherkassy, Ukraine, 1999 I.P.F.; Fifth Place - 52 kg. wt. class; Trento, Italy, 2000 I.P.F.; Fourth Place - 52 kg. wt. class; Akita City, Japan, 2001 I.P.F.; Second Place - 52 kg. wt. class; Solkamo, Finland.
International Powerlifting Federation "World Games" Championships (held every 4 years): (Placing based on 'formula' rankings) 2000 I.P.F. WORLD GAMES: Sixth Place - 52kg, 67.5k block, Akita City, Ja-

pan. **IPF World Championship Medals:** 1999 I.P.F.; Bench Press Bronze Medal - 52 kg. class; Trento, Italy, 2000 I.P.F.; Bench Press Silver Medal - 52 kg. class; Akita City, Japan, 2000 I.P.F.; Deadlift Bronze Medal - 52 kg. class; Akita City, Japan, 2001 I.P.F.; Deadlift Silver Medal - 52 kg. class; Solkamo, Finland, 2001 I.P.F.; Total Silver Medal - 52 kg. class; Solkamo, Finland.
USAPL American Records: 52k Open Total - 552.5k (1218 lbs), 52k Open Deadlift - 230.5k (508 lbs).
PL GEAR USED (BRANDS, ETC.): Titan for squat, Titan Fury for bench, Titan for deadlift, Adidas shoes.
TRAINING SUMMARY/PHILOSOPHY: I have a few philosophies that I try to follow or meditate on while training. Train Smart and Hard. Success is a journey, not a destination, Philippines 4:13 can do all things through Christ who strengthens me. And the difference between the possible and the impossible lies within a person's determination. I never knew existed.



FOR REVIEW ... Paul Kelso has ... finally ... updated his original book on shrugs, a rewrap so comprehensive that the new version is actually 75% longer! He not only added a lot of material, but re-wrote much as well, cutting out some stuff he no longer believes in and actually adding two new chapters, including one on bench pressing that demands your attention. He has also codified his philosophy into what may evermore be known as "Kelso's Shrug Laws". This is not just an exhaustive treatise on an relatively under-utilized body of training movements; it is an effort to really "think through" the exercise and develop every conceivable practical application for it. After reading a proof of the book, I was struck by the depth of Paul's historical investigation of the exercise (he carefully and consistently notes that he did not "invent" much when it comes to the shrug ... but he sure has organized virtually all that has ever been known about it), as well as the way he places this exercise into its proper context within physical culture. Paul has a reverence for strength that underlies all he writes, and he's a terrific yarn teller to boot. If you never do a shrug, you will still be the better for reading this book, because in the telling of the tale of the shrug, you will indirectly come to understanding of the essence of why men and women lift weights in the first place. As I said, the chapter on the shrug and the bench press will merit your consideration ... recent devotee Collin Rhodes put 44 lbs. on his already accomplished bench press in just one year, using shrug principles - like the "lateral" arch. Paul Kelso is a great guy and he has written a great book. See the ad for the book on page 51 of this PL USA, and give it a shot.

FORCE TRAINING

by Dave Tate of Elite Fitness Systems



and bar weight is in the 90% plus range for three to four weeks then is followed by a slight de-load. It should be noted that this kind of training is meant for the experienced lifter and if you are not an elite lifter or anywhere near, you should stick with the basic three week pendulum wave as outlined in my "Tips and Tricks, Part II" at www.EliteFTS.com.

Question: I've been looking through all of the articles but I haven't found anything on the technique of dynamic benches. Should you arch and set up (except for the closer grip) be the same as your competition setup for dynamic benches?

Answer: The dynamic bench press should be performed the same way as the competitive bench except for a few modifications. First, the competitive bench as explained in the "Bench Press 600 lbs." article talks about bringing the bar down low to the upper abdominals. The dynamic bench should be brought down to your lower chest. This will place more stress on the triceps. Second, you may want to try "catching" the bar on dynamic day. This is done by lowering the barbell last and stopping it about 1 to 2 inches off your chest then exploding the bar back up. We have been using this type of bench in and out of the training for the past 5 or 6 years. We first noticed that George Halbert did it all the time because he used to bounce the bar off his chest and this was the only way he knew how to do it. About 4 years ago during a dynamic bench training session Chuck Vogelpohl noticed I was bouncing the bar too much and told me to start catching the bar. Six weeks later I made a 40 pound personal record on my bench. My advice with this is to use it in and out as you see fit. This kind of training can be tough on your elbows and shoulders. The last important point is you do not want the barbell to pause at

any point during the three reps. You want to perform them as fast as possible.

Question: Do you guys ever do power mornings down to pins in the gym rack? I feel that they keep my form a little cleaner as long as I don't bounce them off the pins. Actually, I like to rest the bar for a split second without relaxing my body at all. What do you think?

Answer: We used to do this quite a bit but switched over to suspending them from chains. With the proper position and not have to start from an uncomfortable position. As you know the good morning is one of the best max effort movements you can do and by suspending them from chains you are taking them to the next level. To perform this exercise pick a bar like the safety squat or cambered squat bar. These are really the two best bars for this because of two reasons: First, they keep your hands away from the chains. Second, each bar works the posterior chain a little differently. For example, the safety squat bar is in a constant process of trying to dump

you forward. These are going to work the lower traps and upper back much more. This is important in squatting and deadlifting. You have to be able to keep the bar in the proper line when pulling and squatting and it is the training with this bar that teaches and strengthens the body to do this. The cambered squat bar is also great for this because it is a bit more unstable than the safety squat bar or straight bar. This added instability will work the muscles of the torso more. The cambered squat bar also keeps the hands lower because of the camber. This puts more stress on the spinal erectors because you can't pull your shoulders/blade together as effectively as you could with a straight bar. The bar should be suspended about 3 feet above the ground. When you get under the bar your body position should be the same as when you are deadlifting. In other words, if you were to drop your arms straight down in the bottom position they should be deadlifting. From this point you lift the bar up in a good morning fashion. When the weights get heavier don't worry about form; just get the bar up. This movement is great for developing the starting strength needed when dead lifting. Like the deadlift, there is no eccentric movement to start the bar. You can also do this movement with a straight bar but watch your hands so the chain does not smash them when you lower the bar.

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POWER PROFILE

The Re-invention of Krista Ford as told to PL USA by Zandra R. Conway

Krista Ford is definitely "Ford Tough," a true powerlifting veteran. This past June, she won her sixth APF National Championship title. She is soon to be on her way to compete in the WPC World Championships in Finland. Ford has made some important progress, but she has plenty of game left.

Besides an aggressive training schedule, she has put together a powerlifting team with lifters from the Metro-Atlanta area. The name of the team—what else? Ford Tough! Here is the lineup: Sonja Baldwin - 148 weight class, Savoe Curtis - 275 weight class, Joe Williams - 220 weight class, and Nate Akyempong - 181 weight class. The team is seeking exposure, from which they're hoping to establish a loyal support base, which will attract sponsors. Ford has retained the services of ZeeCee Productions, LLC to represent her in various athletic and personal endeavors. President and Owner Zandra Conway's goal is to make the best use of the facts available about Krista in order to position her creatively in the marketplace.

There is a persistence that is a key to Ford's extraordinary success; it is, in fact, the underlying ethic to all athletic competition—the idea of never giving up. In business it's called persistence; in sports it's called "guts."

What is a "perfect Powerlifter?" This phrase could be used to characterize a powerlifter who can squat and deadlift the same weight. This is feat that Ford has achieved for years. At the USA 2002 APF USA Championships, she lifted 540 pounds in the squat and 540 in the bench press category.

The World of Sport has seen Ford's persistent nature. She has triumphantly performed to the best of her athletic abilities not only in Powerlifting but also as member of the U.S. Olympic Team as a Bobsledder. Her dreams for the 2002 Salt Lake Winter Games were cut short when her driver was injured in the second heat of the Olympic Trials. It is her persistent nature that pushes her to seek new athletic goals. Powered by her tenacious spirit, she will concentrate on re-inventing herself as a professional Powerlifter. Her specific athletic goals in this sport are to break the world record in the squat (now

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

at 620 pounds), bench press (at 402 pounds) and the deadlift category (now at 590 pounds). Ford has been ranked in the Top Twenty for women powerlifters since 1990. Her future goals are to start training for the World's Strongest Woman competition in 2003-04 and to soon be competing on the Pro Archery circuit. With her impressive athletic background, she will be successful, and she has the zeal to prove it! Potential sponsors will see her as a marketable product.

To hit the bookstands in the coming year, Ford is co-authoring a book about her life as an athlete and overcoming the challenges set before her. "Just Like Moses" will be a self-help book designed to help readers resolve problems in their personal lives. Ford says that writing this book will help "heal and strengthen" her as a Christian, woman, professional, and athlete. As a motivational speaker, Krista shares her inspiring life-stories with audiences of all ages. She continues to make a difference in the lives of others with her community involvement.

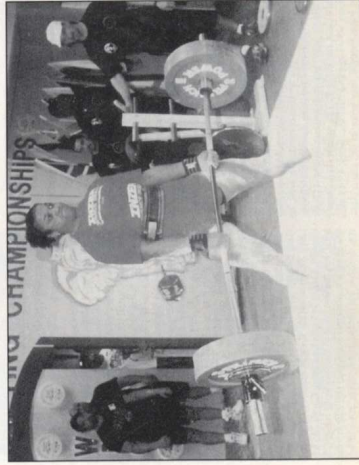
Krista attributes her success to her strong belief in God. She feels that she has been blessed in many ways. She is thankful for the support of her coaches, Janice Roge, the late Dawn Reshel-Sharon and Laura Dood, and to one of her sponsors, John Inzer, who provides Krista with her Powerlifting equipment.

She hopes to continue to be a role model to other Powerlifters. She believes she will be able to open doors for more women of color to compete in Powerlifting and other extreme sports.

As her career continues to flourish, Krista believes that "if you want it and think it - you can do it. I love Powerlifting, the people, the travel, and how it makes me look and feel. It is a great outlet." The Powerlifting World will see the "Reinvented" Krista Ford make her mark in the sport.

For more information about sponsorships, contact Zandra R. Conway, President, ZeeCee Productions, LLC, at 678-309-9540.

At left... Krista Ford Tough! Ford in competition at the 2001 WPC World Championships in South Africa. (Photos courtesy of Ford)



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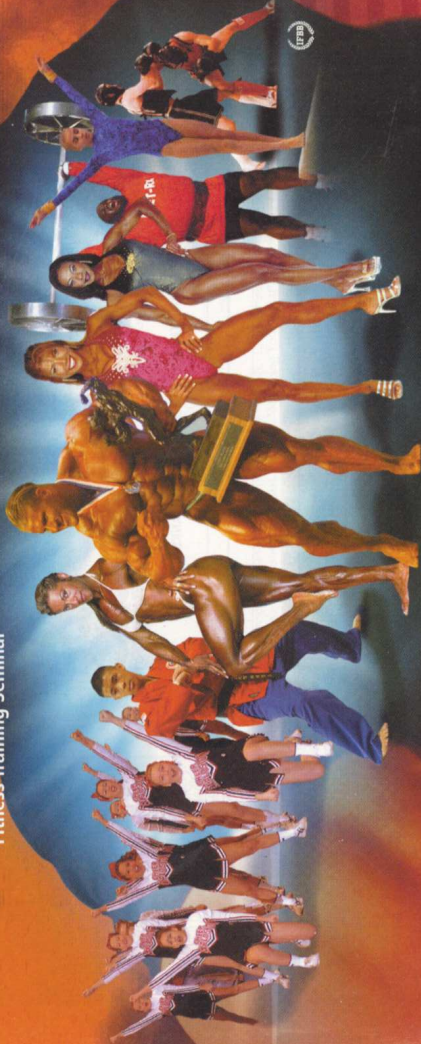
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Huge Iron Powerlifting Schedule

- 11-02-02 APF 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)
- 12-01-02 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)
- 2-15-03 AAPF Gulf Coast Powerlifting Open (Tampa, FL)
- 3-14-15-16-03 APF Jr. Nationals Powerlifting/Bench Press Championships (Boston, Mass.)
- 3-22-03 APF Jacksonville Open Powerlifting Championship (Jax, FL)
- 4-5-03 APF Florida State Bench Press Championships (Daytona Beach, FL)
- 4-11-12-13-03 AAPF Nationals Powerlifting + Bench Press (Chicago, Ill.)
- 4-26-03 AAPF Florida State Powerlifting Championship (Tampa, FL)
- 5-9-10-11-13-03 APF Masters, Junior + Teenage Nationals (Daytona Beach, FL)
- 5-30-31-4-1-03 APF Mens+Women's Senior Nationals Powerlifting + Bench Press (location tba)
- 6-14-03 APF Florida State Powerlifting Championship (Daytona Beach, FL)
- 7-12-03 APF Florida Push/Pull (Daytona Beach, FL)
- 8-03 ANPC Worlds Powerlifting + Bench Press (date + location tba)
- 9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, FL)
- 10-25-03 AAPF Southern States Powerlifting Championship (Daytona Beach, FL)
- 12-6-7-03 APF Southern States Powerlifting Championship (Daytona, FL)

Call 386-252-8193 or E-mail us hugeiron@logicalcity.com or write us at 606 N. Halifax Ave., Daytona Beach, FL 32118

MEET DIRECTORS... a listing here is a FREE service to help you contact 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.

9-13 OCT. IPF World Masters (Argentina)
 12 OCT. WNPFF Palmetto Classic BP/DL (Greenville, SC) T. 864.623.4747
 12 OCT. USAFL PA Ironman & Ironman BP/DL Dennis Hulslander, 6 Church St., Stewartstown, PA 17363, 7171-993-8000
 12 OCT. AFB Monster Bench Press Tour (St. Pete, FL) Rusty Ivey, (852) 793-8796, P.O. Box 2335 Bushnell, FL 33513, kindrestrength.com
 12 OCT. WPL World Championships (open, women, masters, teenagers, Holiday Inn Midtown - Savannah, GA) Ann or Earl Leverette, 2326 E. 43rd St., Savannah, GA 31409, 912-232-4575 (CORRECTED PHONE NUMBER) or 660-1066, planetmuscle.com
 12 OCT. ADAU Raw North Country Open BP & DL (Saracoc H.S.) Dr. John Cerutti, 83 River St., Lake Placid, NY 12946, 518-523-7173
 12 OCT. WPA World Bench Press Championships (Kennewick, WA) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, scott@apa-wpa.com
 12 OCT. APF Northwest Region BP (Kennewick, WA) Scott Taylor, Box 27204, El Joeban, 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. Barbara Rd., Oxon Hill, MD 20745, 301-505-2255
 12 OCT (revised date), APFN Calloria Open PL & BP (San Francisco, CA) John Ford 650-757-9506
 12 OCT. 8th APF Wolverine Open PL & DL (Aronson, Jim) Wolvorne Open PL & DL (Pangould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 12 OCT. 4 Seasons Association Fall Bench Press, Kevin Deering, The Four Seasons Association, 904 Four Seasons Rd., Bloomington, IL 61701, 309-663-2022 ext.34 or kevin@4-seasons-club.com (Pangould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 12 OCT. NASTA Tennessee Regional PL, BP, PS (Nashville, TN) SQBPDL@aol.com
 13 OCT. APA Northwest Region DL (Kennewick, WA) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, scott@apa-wpa.com
 13 OCT. WPL World Deadlift Championships (Kennewick, WA) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, scott@apa-wpa.com
 13 OCT. WPA World Bench Press Championships (Kennewick, WA) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, scott@apa-wpa.com
 12 OCT. APF Northwest Region BP (Kennewick, WA) Scott Taylor, Box 27204, El Joeban, FL 33927, 941-697-7962, scott@apa-wpa.com

Coming Events

& Power Sports (Longview, TX) Rich Peters, SQBPDL@aol.com or 405-527-8513
 19 OCT. USAFL The Intergated Being Invitational Women's Challenge, Paula Houston, 7627 106th SW, Lynnwood WA, 98036, 425-673-0668
 19 OCT. USAFL Maine Holiday Classic 2002, Lance Cressell, PO Box 614, Cornish ME 04427, 207-285-7656
 19 OCT. USAFL Thunder Mountain Open, Ft. Worth, Wheeler & Mountain 538-4328/533-3180 AZ 85613, 520-533-3180
 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. Ashabula YMCA BP Touch 'n Go (Ashabula, OH) Lonnie Anderson, 440-964-3013
 19 OCT. Thunder Mountain Opens (Bismarck, ND) 215-651-3100, 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 Halmer Championship PL, BP, DL - open, women, teen, master, special olympian) Bob Halmer, 12105 Lake Louise Dr., Grtna, LA 70056, 504-393-9521 or otaoba@aol.com
 19 OCT. USBF Maryland State Bench Press, B4M4, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D. Augustynski, 410-515-1607, 800-998-9988
 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 Rychak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823
 19-20 OCT. NASTA Iowa Regional PL, BP, PS (Des Moines, IA) SQBPDL@aol.com
 20 OCT (tentative), East Coast Strongman Challenge (Virginia Beach, VA) Gayle Schroeder, strength@exis.net, www.powerandstrength.com
 20 OCT. SLP Pennsylvania Fitness Fall BP/DL (St. Petersburg, FL) IL 61953, Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 20-25 OCT (new address & terms) AAU Richmond International Bench Press (cap of 100 benchers) VA Powerlifting Association, 1811 Southchiff Rd., Richmond, VA 23225, Barbara 804-266-8908, FAX 804-266-8908, jill 804-559-4624, Jill 804-730-8810
 20-25 OCT (new address), AAU Richmond International Open Meet VA Powerlifting Association, 1811 Southchiff Rd., Richmond, VA 23225, Barbara 804-266-8908, FAX 804-266-8908, jill 804-559-4624, Jill 804-730-8810
 26-27 OCT. NASTA North Carolina Regional PL, BP, DL, PS (Fletcher, NC) Rich Peters, SQBPDL@aol.com or 405-527-8513
 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 Joeban, FL 33927, 941-697-7962, scott@apa-wpa.com
 27 OCT. NASTA PA Regional Qualifier PL, BP, PS (Greig Van Hooser, Rt 1 Box 166, Boonswold, WV 26164, 304-273-2283)
 OCT. PFL Drug Free Nationals (cup-tured awards) PFL, 2250 Lumpkin

7 December 2002 APF 49th Annual Iron Man Open Powerlifting & Bench Press Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658- 5437, 322-6805

877-HUG-IRON
hugeron@logicalcity.com
9 NOV, USAPL, 49th Annual Super
Wellness & Fitness Bench Press
Open, Mr. Iron Man, Ms. Iron
Woman, Over 40 Mr. Iron Man,
139 Bend Farm Rd, Fredericksburg, VA
22408, 540-368-9580, or Jack Cox-804-
556-2938
2 NOV, New England Strongest Man
(trap bar DL, BP off rack, standing jerk
press, chin up with ut., Thomas Inch
Dumbbell lift - cash prizes. Proceeds to
Paxton Fire Dept., Paxton, MA - hosted
by Bill Kazmaier). Total Foote, 107 N.
Spencer Rd., Spencer, MA 01562, 508-
853-5686
2 NOV, USAPL, Southern California
Qualifier, California Lutheran Uni-
versity, Thousand Oaks, CA, (limited to
first 15 entrants) www.usapl.org,
lance.slaughter@earthlink.org, 310-958-
0047
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 formulae)
Chuck Ventura, 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, 24-
29 age groups), submaster, masters (5
and up age groups to 70+), Bench, Police/
Spartan, TX 78155, 800-378-6460,
www.uspf.com
2 NOV, SLP Illinois State BP/DL, Dr.
Dannell Latch, 122 W. Sale St., Tuscola,
IL 61953, 217-253-5429,
www.sonlightpower.com
2 NOV (added category), USBF East-
ern Regionals Raw & Assisted Bench
Open, USPC Power Curl, AAA
Armresting, Brian Washington, Box
20042, Baltimore, MD 21284, 410-265-
5284, Brian@usbf.net
2 NOV, USAPL Iowa Regional PL, BP
& Powerlifters, Des Moines, IA, Rich
Packer, SQBPDL@aol.com or 405-527-
252.
3 NOV, CPA Championship Overalls
PL, Marcel St. Laurent, 457 7th Ave,
Avenue Nord #1, Sherbrooke, QC J1E
2S2, 819-346-9466,
marcel@laurent@sympatico.ca
3 NOV, USA "Raw" Bench Press
Federalation Grand Nationals, Dr. Dar-
rell Latch, 122 W. Sale St., Tuscola,
IL 61953, 217-253-5429,
www.sonlightpower.com
8.9 NOV (NEW DATE), WPO Power-
lifting Semi-Finals (New Orleans, LA
- Ernest Morial Convention Center)

School, Plainville, MI 49080, Mike
Poirier, poirierm@aol.com, 269-685-
5614
9 NOV, USAPL, Debates Open PL & BP,
Steve Howard, 2107 W. Rapid City,
SD 57702, 605-948-4039
9 NOV, 11th Men Valley Fitness Con-
tender BP Classic (BP, DL, BP for reps)
MVFC, Box 567, Dunlevy, PA 15432,
7 2 4 4 8 3 2 4 3 8
MVFC@zoominternet.net,
www.monvalleyfitness.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, NWSA WV Regional Qualifier
PL, BP, PS, (Ravenwood, WV) Greg Van
26164, 304-973-2737
9 NOV, USAPL, Mike State Meet &
Great Lakes Open, Mike Poirier, 1275
103rd Ave., Plainville MI 49080, 269-
685-5614
9 NOV, USAPL, Hawaii State, Tony Le-
liao, 3036A Kahaloa Dr., Honolulu, HI
96822, 808-988-6378
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-
0946, scot@apa-wpa.com
9 NOV, SLP Fitness One Fall Classic BP/
DL, (Waukegan, 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 Rd 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 - H U G - I R O N -

Dear APF/WPC Lifter: "Don't be fooled by cheap imita-
tions! As the new WPC President I just want to clarify some
confusion that has surfaced from a few former APF/WPC referees.
L.B. Baker, Jim Rouse, and Les Cramer have been kicked out of the
APF/WPC, and I have no affiliation with the federation at all. They
will never run or officiate a APF/WPC sanctioned contest ever
again. They are jealous old men who have a hard time accepting
reality. Apparently they have a problem with me using the name
owner of the APF/WPC. L.B. Baker has posted in PL USA that he
is hosting the APF Senior's, Master's, Junior + Teenage Nationals.
He's completely delusional! His pathetic attempt to persuade you
is a ploy to get you to join his new federation supposedly called the
NAPF/WPI. He also listed a AAPF/APF/WPC contest. If you
decide to lift in any of his contests that is your prerogative. But any
results or records will not be recognized by AAPF/APF/WPC
whatsoever! Since I have become the new WPC President, multiple
affiliated WPC Nations have informed Ernie Frantz and myself that
L.B. has contacted them slandering the two of us. He has been
trying to persuade WPC Countries to jump ship and join his new
NAPF/WPI federation. All the countries have contacted us asking
who is this L.B. character, and he has lost his mind! The WPC
Members Nations have voiced 110% support! I will be travelling to this
years WPC Worlds in Finland to personally answer all WPC related
questions. The way I see it L.B.'s secretive attempt to sway the WPC
Countries his way, means that even he realizes he's finished in the
APF/WPC. L.B., Baker and Jim Rouse are living in a fantasy land.
They are under the impression that they are going to make mega
bucks off powerlifting and get rich. L.B. has admitted to Ernie Frantz
that he wants to host the Master's Bench. He could make a lot of
money. Then if he had the Seniors along with it he could make even
more money. Take it from an experienced meet director who has
run his fair share of contests, powerlifting is the last thing in the
world you want to do if you're looking to get rich. Every dime that
I have spent on powerlifting has been based on a deep seeded
passion for our beloved sport to thrive and nothing else! Thank you
for your support, Kieran Klidder WPC/WPO President.

hugeron@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 Bar, Men, Novice, open, submaster,
Box 433, Okobuck, IA 52577, 515-
675-5240
12.17 NOV 02, IFF World Men's
(Branislava, Slovakia)
14-17 NOV, 100% Raw World Cham-
pionships (all ages, ut. classes, 5
yr. drug testing period, 10/19 dead-
line) Dr. Spero Tsonitkidis, HMA,
200 Military Dr., Chatham, VA
24531, 434-432-3016
14-18 NOV, WABDL World BP & DL
Championships (drug tested -
Peppermill Hotel, Reno, NV) Gus Re-
7629, 503-762-5066, FAX 503-
7629-5066
15-17 NOV, (THIS MEET IS SOLD
OUT) IPA, Natick, MA (Holiday Inn
Washington) Elke Fink, Lord, OH
43140, 888-854-8806,
www.alletra.com
16 NOV, EdJubille Memorial Bench
Press Contest, All divisions all weight
classes, send entry and a self addressed
stamped envelope to Roy Dunn, Berk-
shire Nauticus 42 Summer Street,
Pittsfield, MA 01201, 413-499-1217
16 NOV, APF Region 6 Championships
(Rich East, H.S., Park Forest, IL) Ernie
60505, 630-892-3900, Broadview, Aurora, IL
16 NOV (NEW DATE), NWSA Illinois
& Indiana Regional PL, BP, PS (Pana,
IL) SQBPDL@aol.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, NWSA PA Regional Qualifier
PL, BP & PS (Uniontown, PA) Greg Van
Hoose, RTE 1 Box 166, Ravenswood,
WV 26164, (304) 273-2283,
gvl@earthlink.com
16 NOV, SLP Kentucky State BP/DL
(Pleasure Hill) Dr. Darrell Latch, 122 W.
Sale St., Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com PL & BP
Championships, Ted Isabella, 40 Hiller,
Dr. Cranston RI 02921, 401-946-5350
17 NOV, SLP Rhinos' 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 WNPFF
Drug Free for Life World Powerlift-
ing, BP, DL, SQ, and Ironman Cham-
pionships (Atlanta, GA) Troy Ford,
Box 142347, Fayetteville, GA 30214,
770-396-3418
22 NOV, NWSA Kansas Regional
(Wichita, KS) Dr. Darrell Latch, 122 W.
Sale St., Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com or 405-
527-8513, Rich Packer, SQBPDL@aol.com or 405-
527-8513
23 NOV, USAPL Idaho States 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. Garfield, Burlington, IA 52601,
319-753-0676, lowapachair@apa-
wpa.com
23 NOV, USAPL, Mass/Atlantic States
Open (Wareh, RI) Greg Kostas, Box
483, Whitman, MA 02382, 781-447-
6714 (8-10PM)
23 NOV, Eastern American BP/Holiday
Inn - Forsyth, GA - 175 /Est 186 - Open
- Over 40 - Women - Novice - Teen -

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Police/Fire, Submasters) Sarah Ellis, 150 Sagenush Rd.,
Stockbridge, GA 30270-474-2653
23 NOV, Omaha Open (full meet, BP, DL, Push-Pull)
4808 Cass, Omaha, NE 68132, Keith Machuda 402-

When is... KELSO'S SHRUG BOOK ... gonna be available? NOW!!

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www.countrypower.com

444-5596
 23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hills, OH 44146, 440-337-6641, Ed and Frank King Press Club
 23 NOV, USAPL Pan American Bench Press Championships, 101 865 Follansbee, NUTRITION 101 865 630 3 6 2 6 2 6 4 8 9
 www.usabodybuilding.com
 23 NOV, USAPL Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101 865 630 3 6 2 6 4 8 9
 www.usabodybuilding.com
 24 NOV, SLP Lake Shelbyville Open II BPPDL Championships (Shelbyville, IL) Dorrell Litch, 122 W. Sale St., Waukegan, IL 60093, 217-253-5429, www.usabodybuilding.com
 24 NOV, USAPL 3rd Annual USAPL 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 Hills, OH 44146, 440-439-5464, Ed and Frank King
 30 NOV, USAPL Midwest Senior States PL & BP, (Omaha, NE) Tim Anderson, 11111 42nd St., Omaha, NE 68154, 402-491-8085, www.nebraskaathletics.com
 30 NOV, USAPL 3rd Annual USAPL Home Cup, (Louisiana) Jon Magendie, Home: 985-446-0654, Work: 985-448-4811, Fax: 985-448-4814
 30 NOV, USAPL Texas Regional & Police & Fire, (Waco, TX) PL, BP & Power Sports, Rich Peters SQBPD@aol.com or 405-527-8513
 30 NOV (NEW DATE & INFO), APF/AAPL Ironbowl Open PL, BP, APF SR, National Qualifier - Holiday Inn, Manetta, TX L.B. & Nadine Baker, 770-725-6684, <http://www.ironbowl.com>
 30 NOV, 100% Raw Bench Press

Beach, FL 877-HUG-IRON, hugeron@logically.com
 7 DEC, 19th Annual SFP Cup PL and BP, Buddy Duke, 201 N. Burnell Ave, Adel, GA 31620, day: (229) 896-3988, night: (229) 896-3989, bduke@alltel.net (corrected e-mail address)
 7 DEC, APF/PAL Open (Houston, TX) Tom McCulloch, Paul Reverse Middle School, 10502 Blair Forest Dr., Houston TX 77049
 7 DEC, APF 4th Iron Man, Ms. Iron BP Classic, 40 Mr. In the Desert, Woman, Open 40 Mr. In the Desert, CA Bob & Kim Peden, 559-658-9437, 322-6805
 7 DEC, MPA Miller Chevrolet Christmas Bonderson, Rick Hussey, 462-392-2446, Big Iron Gym
 7 DEC, (new date) USA/PL Maryland Center, Mark Daniel, 9413 Spines Ct., Lanham, MD 20646, 301-317-5572, 301-317-5572, 301-317-5572
 7 DEC, Pan American Heart of Bench Press, Youngstown, Ohio, Ron Deamatis (330) 792-6670
 7 DEC, USA Power Open BP & DL Championships, B&R Health Club, 1040 Millicreek Dr., Feasterville, PA

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 Ever wonder how many more reps you could get if you had two guys to hold you up? Ever wonder how many more reps you could get if you had two guys to hold you up? Ever wonder how many more reps you could get if you had two guys to hold you up?

WDFPF NEWS

Calendar of Events 2002:
 27-29 September - European Single Lift Championships - Antwerp, Belgium
 18-20 October - World PL Championships & Congress - Edinburgh, Scotland
 22-24 November - World Single Lift Championships 2003 - Como, Italy
 World European Championships - St. Petersburg, Russia (tentative)
 World European Championships - Maromme, France (tentative)
 Enquiries from new countries
 From Arthur Gevirkyan, representing a drug free group in Armenia, wanting to know how to set up their country's drug free organization
 Hot on the heels of that enquiry, comes another from Primoz Stejnar from Slovenia, whose existing PL body has expressed a wish to join the WDFPF.
 Details of the WDFPF drug testing policy & conditions of affiliation have been sent out to both organizations. It is hoped that both may be on board in time for at least one of our internationals this year.
 Reminder: In addition to categories of competition typical throughout powerlifting - the WDFPF is the only international body to sanction women and regional championships and records in RAW or "unequipped" competition.

Marin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, marindrake@earthlink.net
 7 DEC, USA/PL Virginia State PL, BP, Push/Pull, Box 941, Stanardsville, VA 22973, vailling@aol.com
 8 DEC, River Valley Classic Bench Press, Horseshoe, NY, (all divisions) John Comerski, 113 Holliston Dr., Breesport, NY 14816, 607-739-7322
 8 DEC, Big Bench Shootout IV (Men, Women, Teen, JR, Submaster, Master) Louie LaPointe, 337 Roxbury St., Keene, NH 03431, 603-352-8590
 8 DEC, APA Nuning State Open BP & DL (Newch, CT) Donna Slaga, 38 John Brook Rd., Chantbury, CT 06331, (860) 417-567-5177, Home: 617-387-1891
 8 DEC, APF Sage McKay BP, DL & Classic, 10th Ridge Road, Westford, MA 01886, 978-392-1414, 978-392-1414
 8 DEC, APF Hardcore Christmas Bench Press Championship + Parity, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070
 28 DEC, USAPL Nor Cal Winter Classic PL, BP, DL, (Napa, CA) Jason Burnell, 510 2 3 2 4 7 5
 28 DEC, SLP The Last One! BP, DL masters open, David Woodell/770-531-0750, ddw@bellsouth.net
 28 DEC, NAPA Missouri Regional PL, BP, Powerlifting (Carthage, MO) Rich Peters SQBPD@aol.com or 405-527-8513
 14 DEC, 15th Elkhart BP Classic, John Smoker, 30907 CR 16 W, Elkhart, IN 46516, 219-674-6683
 14 DEC, ABF Monster Bench Tour (Olando, FL) Russ/145, (520) 793-8796, P.O. Box 2335 Bushnell, FL 33513, kinderstrength.com
 14 DEC, USAPL "North American Gladi-

ator", Michigan State Open BP & DL, Gladiator broadwoods and helmets as major trophies, many side contests and 7000 lbs. of High Lifts/High Raw/Plawell
 M49080, Mike Peden, 559-658-9437, vailling@aol.com
 8 FEB, APF West Coast Push Pull (San Mateo, CA) Stak's Gym/John Ford, 650-757-9506
 9 FEB, AAU Mo State PL, X-Treme Fitness, 607 North Highway 47, Union, MO, 63084, (636) 853-1179, Darrin Gallo, 2820 Old Gray Summit Rd, Pacific, MO 63069, (636) 742-4-637 darringallo@aol.com
 15 FEB, USA/PL Pennsylvania State Legiate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, hk@verizon.net
 12 MAR, APF California State Meet (Sacramento) Al Garcia, 916-482-2868 (Harrisburg, PA) Gene Ryback Meet (Harrisburg, PA) Gene Ryback, 143 2nd Ave., Royersford, PA 19068, 610-948-7823
 8 MAR, NABA BENCH PRESS & DEADLIFT NATIONAL CHAMPIONSHIPS, Offering a "New" Unlim-

gan Bench for Cash, State BP Championships (Cash prizes 1st-5th based on Rival Formula - \$1000 for 1st place) Jim Harboure, 1018 Cockeagle Ave, Clawson, MI 48017, 313-610-2019, harboure@comcast.net
 18 JAN, APA State Championships, TX Tom McCulloch, Paul Reverse Middle School, 10502 Blair Forest Dr., Houston TX 77049
 22 FEB, IAPF World Cup, (Tampa, FL) Bob Gerza, 281-820-5923
 28 FEB - 12 MAR, Arnold Classic Bench Press Challenge & WPO FI, nals, Classic Productions, Inc., 1456 Worthington Woods Blvd., Worthington, OH 43085, 614-431-3493, 2600, FAX 614-431-3493, arnoldfitnessexpo.com
 1 MAR, IAPF North American Cup (Philadelphia) Robert Keller, Box 829 Ambler, PA 19002, hk@verizon.net
 1 MAR (NEW DATE), USA/PL Virginia State PL, BP, Push/Pull, Box 941, Stanardsville, VA 22973, (434) 985-3932, vailling@aol.com
 1 MAR, NABA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Qualifier), Rich Peters SQBPD@aol.com or 405-527-8513
 1 MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCulloch, Paul Reverse Middle School, 10502 Blair Forest Dr., Houston, TX 77049
 1 MAR, USPF/AAU Oklahoma State PL/BP/DL Rocky Dale Cream, 3803 N. State St., Shawnee, OK 74804, 800-272-0051
 12 MAR, USAPL Pennsylvania State Legiate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, hk@verizon.net
 12 MAR, APF California State Meet (Sacramento) Al Garcia, 916-482-2868 (Harrisburg, PA) Gene Ryback Meet (Harrisburg, PA) Gene Ryback, 143 2nd Ave., Royersford, PA 19068, 610-948-7823
 8 MAR, NABA BENCH PRESS & DEADLIFT NATIONAL CHAMPIONSHIPS, Offering a "New" Unlim-

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- * recommended for experienced powerlifters only

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 - * new arm lock design
 - * more tricep support
 - * extra reinforced construction
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Name _____
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CAMANCHE DAYS MEET
10 AUG 02 - Camanche, IA

GIRLS	230	250	295
BOYS	230	250	295
ADIAN DESER	50	200	250
JUSTIN HARGAVE	85	155	240
JOHN HARGAVE	85	155	240
SAM DREMON	90	200	290
JEFF WILGUNG	70	160	230
YVES COZZOLINO	140	300	440
2 YVES COZZOLINO	140	300	440
TOM BAUGHMAN	130	280	440
MICHAEL PAYSAN	85	185	270
HIGH SCHOOL	105	365	470
LINDSEY TIGH	105	365	470
BOYS	200	400	600
JARED DETERMAN	200	400	600
SHANE COZZOLINO	150	400	600
CHARIE BRANDI	200	475	675
JARED PINGEL	165	450	645
JAMES OPEN	200	450	645
MENS OPEN TEEN	200	450	645
PATRICK MEYER	250	660	910
RYAN GAGE	235	600	835
RYAN GAGE	235	600	835
ALEX BLAUNT	310	600	910
TRAVIS HOLL	265	450	715
TRAVIS HOLL	265	450	715
JAY COVALLI	405	620	900
AUSTIN BLONDI	335	550	835
MENS OPEN 20-29	410	675	1105
BOB WELCHER III	430	675	1105
DAANE GERONIM	335	420	755
MENS OVER 40	410	610	1050
BOB WELCHER JR.	240	555	795
BOB DUCAN	265	480	745
BOB WELCHER JR.	240	555	795
BOB WELCHER JR.	240	555	795
BOB WELCHER JR.	240	555	795

COMPETITORS at the Camanche Days Meet in Camanche, IA (This photograph provided by Robert Weber)

119	Richard Baker	65	122.5	172.5	360	100.5
127.8	Yifang Deng	23	27.5	50	100.5	100.5
154.3	Jeremiah Owsley	32.5	65	102.5	200	200
170.8	James Murgowze	23	30	47.5	100.5	100.5
170.8	Carlson Ophelm	32.5	42.5	112.5	187.5	187.5
170.8	Joe Harris Jr.	135	77.5	145	357.5	357.5
170.8	Bill Helmich	135	112.5	142.5	392.5	392.5
170.8	Elaine Vaughn	23	37.5	80	140.5	140.5
170.8	Colin Rhodes	125	202.5	115	442.5	442.5
170.8	Joe Harris Sr.	225	182.5	257.5	665	665
170.8	844 Denech	272.5	175	260	702.5	702.5
170.8	181	115	220	345	680	680
170.8	165	300	475	955	1530	1530
170.8	181	380	575	955	1930	1930
170.8	181	285	415	700	1400	1400
170.8	181	180	370	550	1000	1000
170.8	181	370	540	910	1380	1380
170.8	181	290	410	700	1100	1100
170.8	181	370	540	910	1380	1380
170.8	181	430	565	995	1530	1530
170.8	181	430	565	995	1530	1530
170.8	181	385	550	935	1410	1410
170.8	181	270	540	810	1080	1080
170.8	181	270	540	810	1080	1080

NASA New Mexico Regional (kg)
29 DEC 01 - Albuquerque, NM

119	Richard Baker	65	122.5	172.5	360	100.5
127.8	Yifang Deng	23	27.5	50	100.5	100.5
154.3	Jeremiah Owsley	32.5	65	102.5	200	200
170.8	James Murgowze	23	30	47.5	100.5	100.5
170.8	Carlson Ophelm	32.5	42.5	112.5	187.5	187.5
170.8	Joe Harris Jr.	135	77.5	145	357.5	357.5
170.8	Bill Helmich	135	112.5	142.5	392.5	392.5
170.8	Elaine Vaughn	23	37.5	80	140.5	140.5
170.8	Colin Rhodes	125	202.5	115	442.5	442.5
170.8	Joe Harris Sr.	225	182.5	257.5	665	665
170.8	844 Denech	272.5	175	260	702.5	702.5
170.8	181	115	220	345	680	680
170.8	165	300	475	955	1530	1530
170.8	181	380	575	955	1930	1930
170.8	181	285	415	700	1400	1400
170.8	181	180	370	550	1000	1000
170.8	181	370	540	910	1380	1380
170.8	181	290	410	700	1100	1100
170.8	181	370	540	910	1380	1380
170.8	181	430	565	995	1530	1530
170.8	181	430	565	995	1530	1530
170.8	181	385	550	935	1410	1410
170.8	181	270	540	810	1080	1080
170.8	181	270	540	810	1080	1080



Competitors at the Camanche Days Meet in Camanche, IA (This photograph provided by Robert Weber)

119	Richard Baker	65	122.5	172.5	360	100.5
127.8	Yifang Deng	23	27.5	50	100.5	100.5
154.3	Jeremiah Owsley	32.5	65	102.5	200	200
170.8	James Murgowze	23	30	47.5	100.5	100.5
170.8	Carlson Ophelm	32.5	42.5	112.5	187.5	187.5
170.8	Joe Harris Jr.	135	77.5	145	357.5	357.5
170.8	Bill Helmich	135	112.5	142.5	392.5	392.5
170.8	Elaine Vaughn	23	37.5	80	140.5	140.5
170.8	Colin Rhodes	125	202.5	115	442.5	442.5
170.8	Joe Harris Sr.	225	182.5	257.5	665	665
170.8	844 Denech	272.5	175	260	702.5	702.5
170.8	181	115	220	345	680	680
170.8	165	300	475	955	1530	1530
170.8	181	380	575	955	1930	1930
170.8	181	285	415	700	1400	1400
170.8	181	180	370	550	1000	1000
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170.8	181	370	540	910	1380	1380
170.8	181	430	565	995	1530	1530
170.8	181	430	565	995	1530	1530
170.8	181	385	550	935	1410	1410
170.8	181	270	540	810	1080	1080
170.8	181	270	540	810	1080	1080

Downtown Fitness Bench Press
20 APR 02 - Reedburg, WI

119	Richard Baker	65	122.5	172.5	360	100.5
127.8	Yifang Deng	23	27.5	50	100.5	100.5
154.3	Jeremiah Owsley	32.5	65	102.5	200	200
170.8	James Murgowze	23	30	47.5	100.5	100.5
170.8	Carlson Ophelm	32.5	42.5	112.5	187.5	187.5
170.8	Joe Harris Jr.	135	77.5	145	357.5	357.5
170.8	Bill Helmich	135	112.5	142.5	392.5	392.5
170.8	Elaine Vaughn	23	37.5	80	140.5	140.5
170.8	Colin Rhodes	125	202.5	115	442.5	442.5
170.8	Joe Harris Sr.	225	182.5	257.5	665	665
170.8	844 Denech	272.5	175	260	702.5	702.5
170.8	181	115	220	345	680	680
170.8	165	300	475	955	1530	1530
170.8	181	380	575	955	1930	1930
170.8	181	285	415	700	1400	1400
170.8	181	180	370	550	1000	1000
170.8	181	370	540	910	1380	1380
170.8	181	290	410	700	1100	1100
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170.8	181	430	565	995	1530	1530
170.8	181	430	565	995	1530	1530
170.8	181	385	550	935	1410	1410
170.8	181	270	540	810	1080	1080
170.8	181	270	540	810	1080	1080

APA Southwest Florida BP
10 AUG 02 - Fort Myers, FL

Open 220	380
Open 165	380
Open 120	380
Open 90	380
Open 70	380
Open 50	380
Open 30	380
Open 15	380
Open 7.5	380
Open 3.75	380
Open 1.875	380
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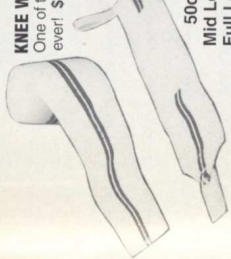
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 CUSTOM A	IPF ✓	\$65.00	 DUAL QUAD	IPF ✓	\$99.00
Custom made with commercial Serger side seams. Regular, meet or competition fit.			Custom made with our patented harness system. Regular, meet or competition fit.		
 CUSTOM B	IPF ✓	\$70.00	 THE BOSS	WPC ✓	\$130.00
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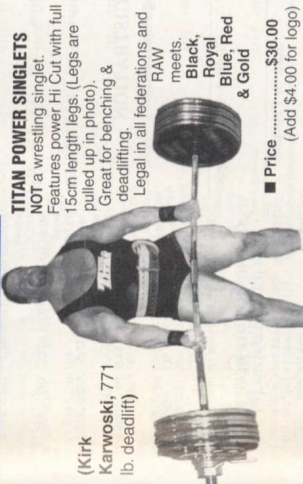


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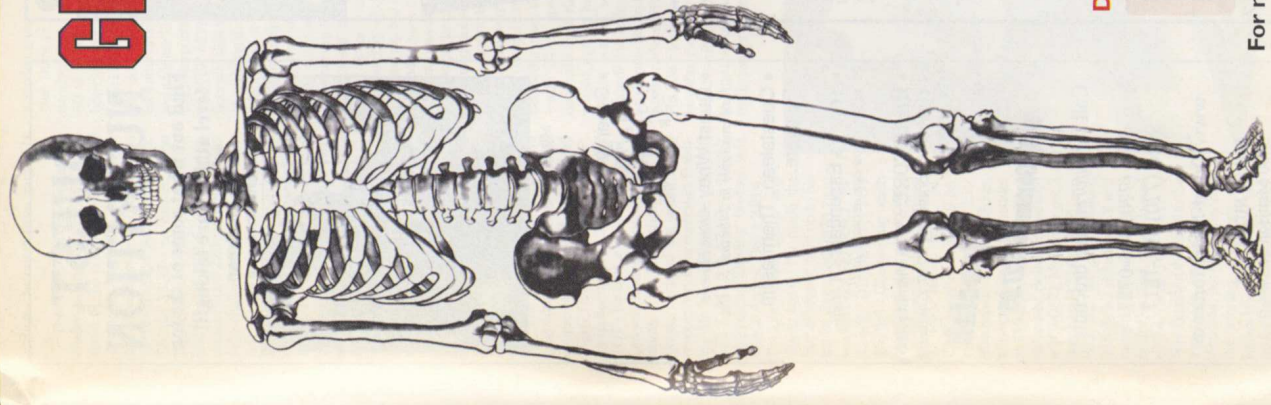


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(article continued from page 11)

The Master and Submaster Men challenged the barrel for the grand finale of the competition - Sunday afternoon Aug. 25th. I'll highlight the Submasters first. Three did the BP only division. At 198, Pat Platz, 35, did 352.7 - no misses. Mario DeBenedetti, 37, 237, made 490.5, and wanted 501.6, but failed it. James Fuss @ 220 got 308.6. Physically challenged lifter Herald Russell, 32, got lots of crowd support. He really enjoys PL. Each time he came out and lifted, it warmed our hearts. He missed only once in 9 attempts. Brian Johnson, 37 @ 181, did SQ 672.4, TOT 1515.7. Winner at 198 was Ken Allen, 6 for 9, with a 584.2 SQ for a 1449.5 TOT. Dale Murphy, 34, 232.3, had his way at 242 with no misses - a 1328.3 TOT won the gold. Jeff Beaminish still gave Dale good competition with 1300.7. Jeff tried 600.7 to win - not today! Third went to Marc Berthiaume, 34 @ 106.6. Impressive, indeed, was Len Desjarlais, 38, who captured the Supers. He used his 346.7 lb. body mass to overpower the barrel. He made all SQs (777.1), showed up a 507.1 BP, and pulled up 661.4 for a line 2006.2 TOT - his best ever lifting for sure. Len was floating on cloud nine afterwards. The 220s showcased the closest battle of the entire 2 day competition. Four contested. Finishing 4th was Gray Kittle, 33, with 622.7, 341.7 & 573.2 - a 1526.7 aggregate. Earning bronze was Trevor Andrus, 36 @ 215.4. Trevor looked sharp and strong today. He made the barrel submit, right up to his last DL, but a pesky 573.2 just wouldn't go: SQ 600.7, BP 418.9, DL 551.1, TOT 1570.8. Challenging each other for class supremacy were two fiery redheads, going head to head. Randy Estell, 38, CAN, weighed in at 219.36. His adversary was Eric Maroscher, 35, from Illinois, who tipped the weigh-in scales at 219.095. Only 120 grams difference. Both men tied with a 749.6 SQ. Maroscher got 3 benches (424.4). Estell was back 5.5 lbs. now, making 418.9, but risked 440.9 and missed. Maroscher pulled 644.9, a 2nd, then missed 672.4; final TOT 1818.8. Now Estell put the pedal to the metal. He did 650.3, for a virtual tie, but Maroscher had the winning advantage via lighter bodyweight. One last try for Randy. He tried 666.9 to no avail. Maroscher prevails - it's the tale of the scale.

The Master Men were quite

his usual radical methods. He set a WPC 50-54 World SQ Record of 611.8, did a token BP, and pulled 573.2 for a 1411 TOT. Next he missed a 606.2 WR DL try. This earned him the best lifter award for master men. Archie Uly won the 45-49, 181s, doing only 1 SQ to save himself. Roy Mitchell was one of two Septuagenarians who tested the meet. He took the 70-74 age group single-handedly at age 74. Danain Miller, 78, was in the 75-79 division. He was unchallenged also, but made a good 308.6 @ 193 btw. These guys give me something to live for and dream about. Also at 198, we saw victories by Kevin Dunford (40-44) and John Ashby, 48, @ 45-49. The real tight competition came with the 50-54 198ers! Two strong old rams came out, head-butting right from the start. Scott Velliquette, 54 (196.4) was the shorter, stockier of the two. In contrast, Canada's Jon Wolbers, also 54, was tall and gangly @ over 6 feet & 193.1. With only 7 men in the lift, Scott rushed through all his attempts (no misses) then sat down feeling great. Wolbers missed none either: SQ 479.5, Velliquette made a big PR for himself - a deep bench at 341.7 final, Scott's opponent weight. Then Scotie distanced himself further (two more good ones) to 358.2. With an 88 lb. advantage, Velliquette wasn't out of the woods because Wolbers is a big puller. His first two lifts with 540.1, then 562.1, proved that beyond a shadow of doubt, Wolbers figured he'd won



Igor Shestakov, age 33, RUS, #1 Heaviest SQ - 385 kg - All Time in the 82.5 kg class

when he yanked up an easy 578.7. Some crazy coaching by Joe Avigliano changed Scott's final try from 490.5 to 496 giving the ole Los Angeles Lifting Club stud a ruffin the victory 1405.4 (PR) to Wolbers' 1399.9. Afterwards, Scott was still in a daze. Wolbers was a good sportsman and shook Scott's hand in the friendship of competition. At 220, Tony Torra, 40, TOT 1603.8, going 8/9. Second was Dale Fuller with 1146.4. Age 50, Norm Lambert took the 50-54 group, pocketing the 242 class saw Bret Stradelski, 40, SQed all 3 (722) for 1399.9, winning @ 40.44. Cory Velling, 45, @ 237 took 2nd with 1565.3 in the 45-49s. Winning the class was Duane Fiss, 45, 239.4. Duane cut through big lifts like a hot knife through butter: SQ 744.1, AT 473.9 BP, he did a WPC WR 513.7, then tried for more (523.6) his only miss of the day. No errors in DL (633.9) - final result 1891.3 TOT, a great result. My old friend Bert Merriman went 8 for 8. He trains alone yet still makes astonishing progress: 595.2 SQ, 418.9 BP, 606.2 DL, and passed his final attempt 1620.4 TOT. Wayne Ferris, 57, had the 55-59, 242 class for the taking, but he missed all his benches. Jerry O'Connor, 35, and light in his 275 class (259.7) took charge with 1394.4. He's the 55-59 champ, uncontested. Tom Brooks, 43, @ 250 right on the button, doesn't look like Tom Selleck anymore since he shaved his head. He built up a lot of nervous energy spending the best part of two days relieving. He unleashed his pent-up frustration on the platform and was a virtual ball of fire. Tom dunked a big 699.9 good 3rd SQ, and BPed 352.7 before his only miss all day (374.8) went astray. Could Tom deadlift as much as he squatted. He nearly pulled his guts out with that final 699.9 try, but locked it out perfectly! It was the biggest pull of the day - TOT 1752.7, now that's impressive.

It was a great contest. It's always a pleasure to come to Canada. Thanks to Wendy and Bruce for making every one feel welcome. Their hospitality is always gratifying. We'd witnessed a perfect meet, staged as only Bruce can do. For those who didn't come, you really missed out. On behalf of all the team members of the L.A. Lifting Club, thanks a million to Joe Avigliano - coach nonpariel. The next big meet is the WPC Worlds in Helsinki. Will you be there?

(article continued from page 5)

Lance Slaughter looked impressive with a final bench of 192.5 kg to win the open division. Lance claims that his high protein diet has helped immensely, which would be tough to debate based on his performance. In the 165 lb. class, Jay Haines secured another world team spot by winning the Masters II with a national record bench of 160 kg. Jim Merlino won the Masters III with a 135 kg bench. Local lifter Jeremy Auerbach set a national teenage bench record with a lift of 120 kg, and the Teen III was won by Dustin Whitehead with a lift of 160 kg. The Juniors had 4 lifters with Nicholas Deluise finishing on top with an impressive bench of 185 kg. Jeremy Trevis won the Collegiate with a 127.5 kg bench. Dan Callahan won the police and fire division with a lift of 140 kg, and Joe Tramonte finished on top in the raw division with a 145 kg bench. Andy Furnas lifted 190 kg, to secure first place in the lifetime division. Although this is the second straight year I have beaten Mike Hara at the Nationals I would gladly trade it for one of his past 2 world championship lifts. Mike is one of the top 10 free lifters in the world and he came back strong after his opening miss. Mike finished with a 235 kg bench and I finished with an unofficial world



Hung Pham got a National Record 303 lb. bench in the 114 lb. class

record in the Masters I with a bench of 232.5 kg. If you were to design the profile of the perfect powerlifter, you would have to use Gene as your model. The open division had 12 raw division, Howard Sturman finished first with a lift of 157.5 kg, James McPhee set a national record in the Teen I with a lift of 125 kg, and Jeremy Hartman won the Teen III with a 185 kg bench. Mark Huffnagel won the Juniors and Collegiates with a lift of 177.5 kg. Mike Crawford looked strong to win the Police and Fire as he finished with a national record bench of 230 kg. Gene Bell won the military and set a world

record in the Masters I with a bench of 232.5 kg. If you were to design the profile of the perfect powerlifter, you would have to use Gene as your model. The open division had 12 raw division, Howard Sturman finished first with a lift of 157.5 kg, James McPhee set a national record in the Teen I with a lift of 125 kg, and Jeremy Hartman won the Teen III with a 185 kg bench. Mark Huffnagel won the Juniors and Collegiates with a lift of 177.5 kg. Mike Crawford looked strong to win the Police and Fire as he finished with a national record bench of 230 kg. Gene Bell won the military and set a world



High Protein Power ... 424 on Lance Slaughter's 3rd attempt (photos courtesy Dr. Larry Miller)

190 kg, to win the Masters II. Jim Bourisaw won the Masters III with a national record bench of 175 kg. Brandon Clark won the Teen II with a 147.5 kg lift and Mark Jesenovec won the Teen III and Collegiates with his 165 kg bench. Local lifter and periodic training partner Alan Solomon won the Juniors with 205 kg bench. Tim Anderson won the Police and Fire with a 227.5 kg bench. Joseph Schaffer won the Raw division with a bench of 190 kg. Kevin Mayer won the Lifetimes with a lift of 230 kg. Tony Sacconette snuck up on Joe McAuliffe to win the Open with his lift of 255 kg. Joe was looking to do 600 after his opener, but had some shirt trouble. Hopefully, we will see both on the World team. I wanted a good seat for the 242s which promised to be very competitive. Richard Ludlam won the Masters I with his big 227.5 kg bench and in the Masters II Greg Chrun set another world record with his 230 kg lift. Greg continues to progress even into his 50s. Earl Robinson won the Masters III with a 150 kg bench. George Washington won the Military with a 145 kg bench. Arthur Jones set what had to be a raw record with a lift of 252.5 kg, and we were afraid to think what he could do in a bench shirt. Jon Kester won the Collegiates and Juniors with a bench of 185 kg. There were 6 lifters in the open division that could have won. Collin Rhodes finished in 6th place which shows you how competitive the class was. Last year, local lifter Pat Wilson won, but this year Dave Doan came with his new Fury bench shirt, ready to lift over 600. Dave lifted 275 kg to win the open, lifetime, and police and fire - all of which were national records. Pat Wilson, however, got his 4th attempt world record lift of 276 kg, to let Dave know he is still a great lifter. The 275s saw Brad Klingner win the Masters I with a world record lift of 252.5 kg. Ted Striverson won the Masters II with an impressive bench of 230 kg and Murray Marsh set a world record in winning the Masters III with a lift of 182.5 kg. John Erickson set a national record to win the Juniors with a lift of 235 kg. Keven Herbert won the Police and Fire division with a bench of 230 kg. Dr. Mike Hartle lifted 227.5 kg to win the Lifetimes. The open saw the return of Horace Lane, who also had shirt trouble, but still managed a 280 kg bench to finish a head of colorful George Leaulifano. The Superheavies started with teenager Justin Newsome lifting 145

kg, to win the Teen II and Ryan Risner was very impressive in winning the Teen III with his big bench of 232.5 kg. Dan Gaudreau hit a world record bench of 260 kg, to win the Masters I and Don Jansen won the Masters II with a world record lift of 210 kg. John Blackmon continued the tradition by setting a world record to win the Masters III with a bench of 202.5 kg. Chuck McGuire won the raw division with a lift of 157.5 kg, and Matt Harp won the collegiates with a bench of 185 kg. Guy Powell won the Lifetime division with a lift of 220 kg, and Mike Hodge finally got a little something out of a bench shirt which helped him hit a 285 kg bench. In the women's division there were no surprises in the best lifter category. Jennifer Thompson had the overall highest women's coefficient in winning the lightweight best lifter category. In the men's division I had the highest coefficient followed closely by Mike Hara and Pat Wilson won the award for his big bench on Sunday. The team trophy went to team Titan. Six of the eleven men's weight classes were won by lifters using the new Fury bench shirt.

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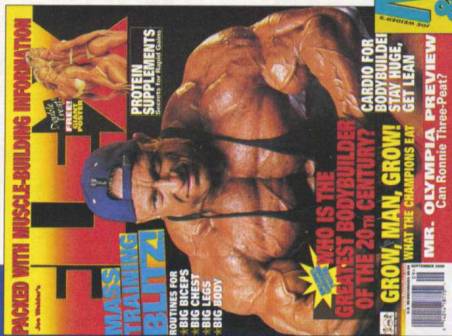
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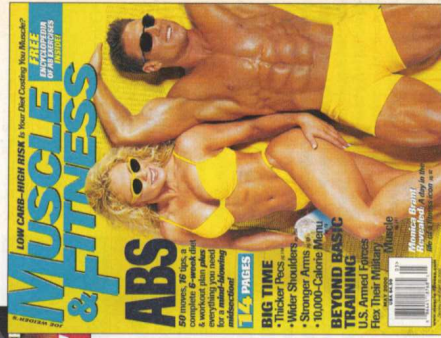


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