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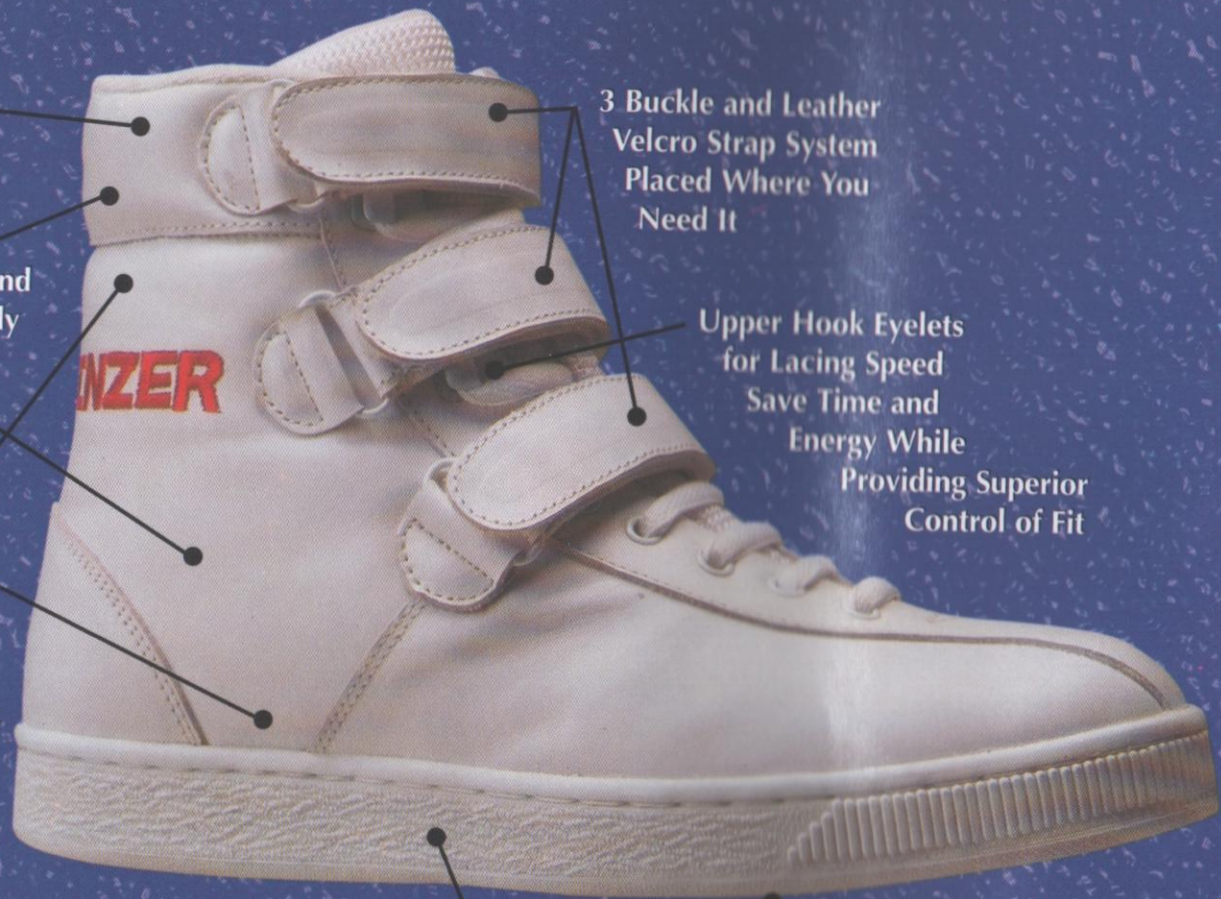
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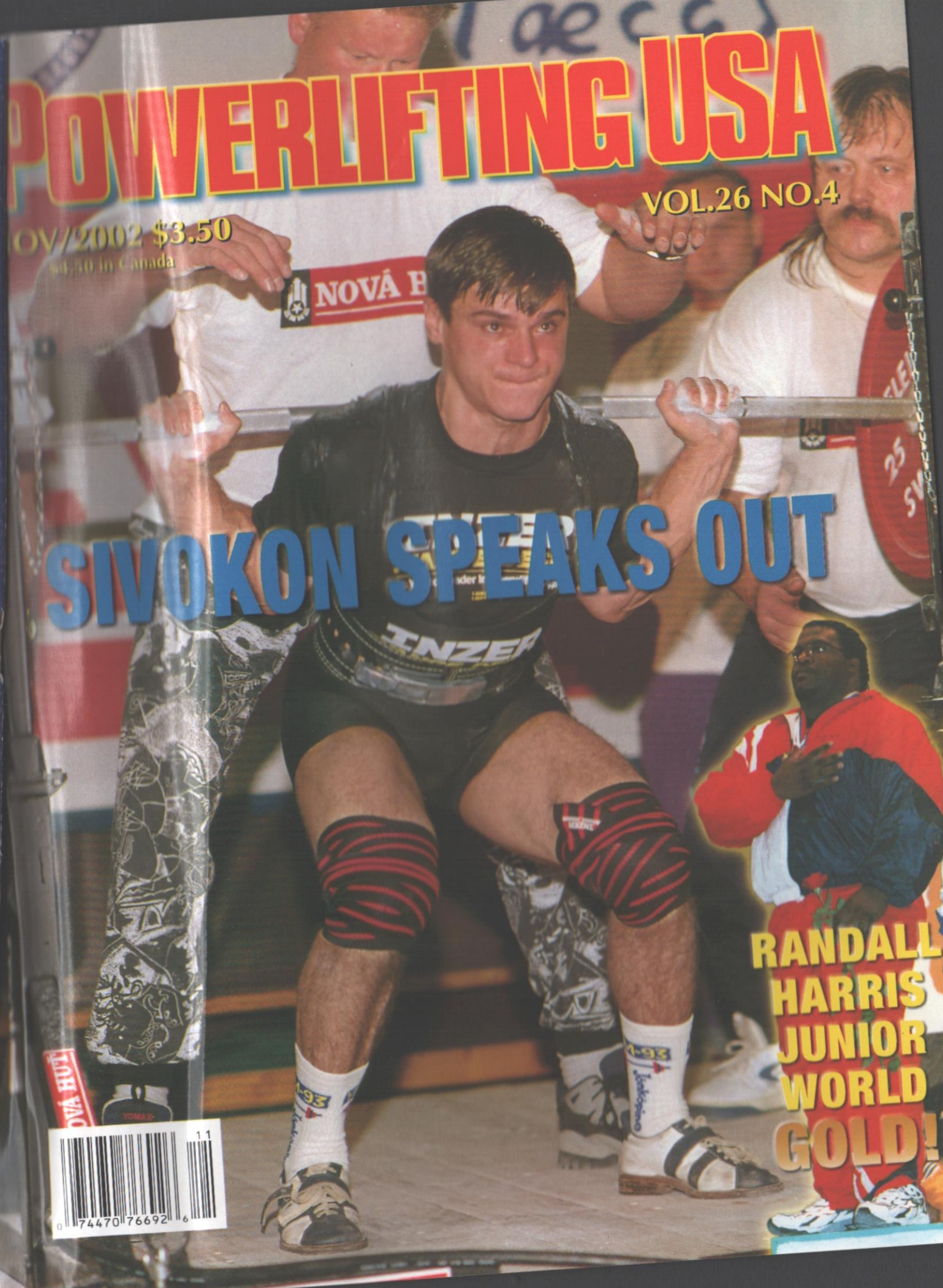


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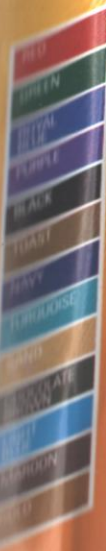
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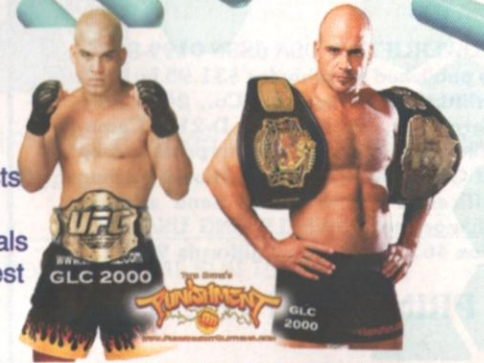
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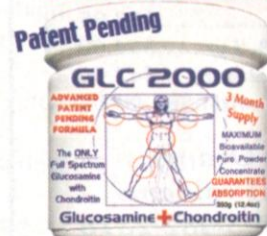


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Controller In Joo Lambert  
Statistician Herb Glossbrenner  
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ON THE COVER .... IPF star Alexei Sivokon and the USA's 1st IPF SHW Jr. World Gold Medalist in 18 years, Randal Harris. (photograph courtesy of the Russian Powerlifting Federation)

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# INTERVIEW

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

## ALEXEI SIVOKON

interviewed for PL USA by WADE HANNA

If you have been involved with Powerlifting in the last 10 years then at some point you have probably heard of Alexei Sivokon from Kazakhstan. With a resume like that listed below it is easy to see why he is aptly dubbed one of the greatest powerlifters ... ever.

**1991** - IPF European Junior Championships - bronze; IPF Men's world powerlifting championships - silver

**1992** - IPF Asian championships - gold (champion of champions)

**1993** - IPF Junior world powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold

**1994** - IPF Junior world powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold; IPF Bench Press world championships - gold

**1997** - World Games - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships

- gold

**1998** - IPF Asian powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships - gold

**1999** - IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships - gold

**2000** - World Games - gold (champion of champions); IPF Bench Press world championships - gold

**2001** - World Games - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions)

**2002** - IPF Asian Championships - gold

**World Records:** 67.5 kg. (148 lbs.) Bench Press: 215 kg./473.3 lbs., Deadlift: 316.5 kg./697.7 lbs., and Total: 830 kg./1829.8 lbs. 75

kg. (165 lbs.) Bench Press: 225 kg./496 lbs. and Total: 852.5 kg./1879.4 lbs.

I consider it a distinct privilege to have been able to speak with Alexei. I have been fortunate enough to interview a number of very great Powerlifters and Strongmen. I consider Alexei to be one of those great athletes as well as a great ambassador for International powerlifting. It is my sincere hope that we American lifters enjoy this opportunity to hear a little from one of the truly great Powerlifters of our time. So, with no further commentary from me ... enjoy the interview!

**WH:** Can you give us biographical information like height, weight, age, occupation?

**AS:** Currently I am 158 cm. tall, weighing 70 kg. (154 lbs), 28 years old. Education: university degree in coaching/teaching. Current job:

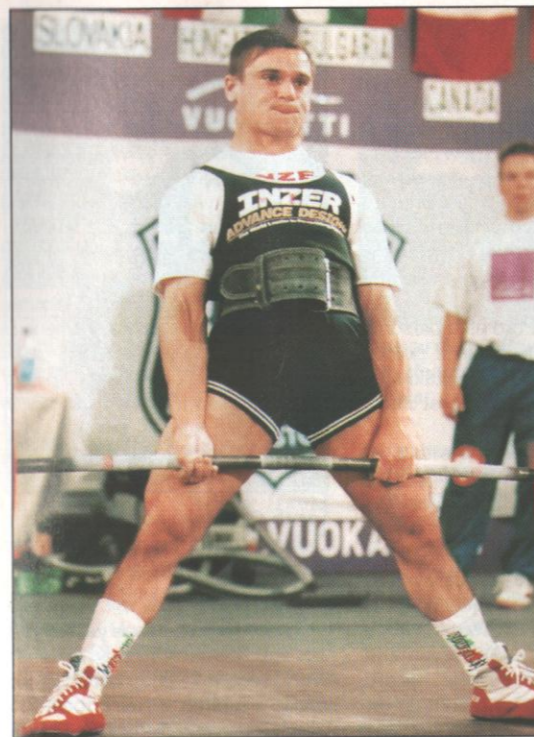
coach at a junior sports school.  
**WH:** When and how did you get involved in powerlifting?

**AS:** I've been involved in weightlifting (olympic style) since 1985. In 1989 I had a knee trauma, so I became unable to proceed in that sport. After some discussion with my coach, we decided that I should try to perform in powerlifting. In 1989 I made my first attempt to perform at the Championship of Kazakhstan. I won at the event and so remained in this sport.

**WH:** What are the fundamental aspects of your program that make it so successful for you?

**AS:** I do my training every day (but Sundays), 2-3 hours at a time. Basically I work with weights 80-90% (of the best result). A very considerable jump in results was after I had begun to use WEIDER NUTRITION products. My favorite supplements are MEGA MASS 2000, Amino Acids, 90% Protein, and Creatine. I always use them for my workout.

**WH:** Do you have a coach? If you have a coach, please tell us about



Alexei winning the 2001 IPF Men's Worlds (Isagawa)

him or her. What does your coach do that is effective?

**AS:** Now I have several coaches who help me. They are: Arkady Nikitin and Anatoly Bykov. My manager and sponsor is Sergey Kordjev (Secretary General of Kazakhstan Powerlifting). My first coach in powerlifting was Boris Sheiko who had been Kazakhstan's Chief Coach before 1996. Then he migrated to Russia, and now he is Russia's Chief Coach.

**WH:** Do you plan to stay in the 67.5 Kg. (148 lb.) class? If not, how much longer will you stay there?

**AS:** All depends on one's own weight. Currently my weight is around 70 kg. (154 lbs.). If it is at least 72-73 kg. (158-161 lbs), then I'll enter the 75 kg. (165 lb.) class. My feeling is that in the class up to 67.5 kg. (148 lb.) it's possible to raise the world record up to 850-870 kg. (1873 - 1918 lbs.). I will say it again; it all will depend on one's own weight.

**WH:** Do you have any specific goals that you would like to accomplish as a 67.5 Kg. (148 lb.) lifter?

**AS:** No.  
**WH:** Do you think an 862.5 Kg. (1901 lbs.) total is possible at such a low bodyweight?  
**AS:** I'm sure it's possible. My best official result is 830 kg. (1829 lbs.), but in workouts I have already lifted 320-230-320 (870 kg. in total). [That is, for the metrically challenged: 705 507 705 1918!!]

(NOTE: Since this interview was originally conducted, Alexei has totaled 860 kg (1896 lbs) as a light 75 kg. at the Kazakhstan Nationals and subsequently followed that with an 852.5 kg. (1879 lbs.) total at the Asian Championships which now stands as the world record in the IPF for 75 kg.)

**WH:** Do you have any goals, regardless of weight class, before you decide to stop compet-

ing?

**AS:** So far I haven't been thinking about it. I'm not about to quit my training and performances so far.

**WH:** What are some other more important aspects of winning a competition?

**AS:** I spoke about my training. This must be 100% correct. The same is true about the powerlifting gear. I tried to use other companies' products, but Inzer is what I like best of all. It suits me 100%. I see other champion lifters and those winning sportsmen are wearing Inzer gear too. They learned, like me, to lift the most weight you must have the Inzer gear.

**WH:** What has been your greatest accomplishment in powerlifting?

**AS:** It is too hard to say.  
**WH:** How would your training differ in preparation for the IPF World Championship to preparation for the IPF World Bench Press Championship?

**AS:** There's no special preparation for World Bench Press Championships on my part. Between the World Powerlifting Championship and the World Bench Press Championship there are only 3-4 weeks, I simply exclude squats and deadlifts

from my workouts. There is not enough time for me to recover after the World Powerlifting Championship. I'm sure if I trained and performed just in bench press, my results in this exercise would be much better.

**WH:** You are one of the best lifters of all time! What lifters do you look to for motivation? Who do you consider to be the greatest lifters in the world, both past and present?

**AS:** No doubt, this is Mr. Inaba from Japan.  
**WH:** What sort of hobbies and interests do you have besides powerlifting?

**AS:** My spare time I try to spend with my family. I like to go to swimming pools with my son. I'm keen on music, videotaping, and computer games.

**WH:** Having traveled for your multiple IPF competitions, which places would you want to visit again? Any specific locations you would like to visit?

**AS:** I've been to numerous countries. Out of those I've been to, it was Canada I liked best. It has beautiful nature with kind and responsive people. The weather is like ours in Kazakhstan. I dream of visiting the United States at least once.

**WH:** Address any topics you think were missed in this interview. People want to know what you have to say. Any people you would like to thank or issues you would like to talk about?

**AS:** I'd like to try to perform at professional competitions and earn some money. Surprisingly the IPF bans it under the threat of disqualification. Even in Olympic sports, such as soccer, track and field, tennis, boxing, etc., everywhere there are commercial tournaments where leading athletes may earn money. However, the IPF doesn't hold such tournaments itself, nor allows us to take part in them. I consider it unfair.

**WH:** Thank you for your time and thoughts, best wishes in your continued successes both on, and off the platform.

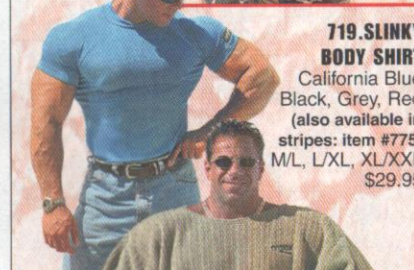
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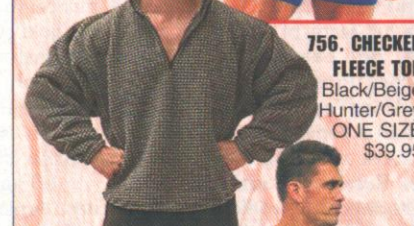
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# IPF Jr. World Championships as told to Powerlifting USA by Peter Thorne



TEAM USA in Sochi, Russia for the IPF Junior Worlds (Greg Simmons)

America's team of 20 lifters, 11 men and 9 women, arrived in Sochi, Russia for the IPF Junior World Championships and, luckily, almost all the luggage arrived with them. Sochi is a resort area on the Black Sea, historically the summer home of Russian Presidents. In fact, Russian President Putin was in town, evident by police on every bridge and at every intersection. The young athletes and officials were housed in hotels near the beach. Buses ran to the venue, about 10 kilometers away. Sandra Perron, USAPL Head Coach, had a full team of lifters, but was short on coaches. Vladimir Bogachev, President of the Russian Powerlifting Federation, helpfully assigned an experienced Russian coach for almost every flight of USAPL lifters. Russian Coach Alexandre Bickchurin actually worked every day coaching the American team. There was additional help by the coach from South Africa, who arrived in Russia with one lifter only to find out that his competitor was too old to compete.

After an opening ceremony of music, speeches, and Russian dancers, IPF General Secretary Heiner Koberich announced the opening of the championships and the lifting was underway with the first flight of 44 and 48 kg. women. The Russians dominated the two classes, but an excited young 44 kg. Erin Crapo got the bronze bench press medal she came to Russia for. The smallest lifter of the competition, Annette Axt, got a personal best squat. The

venue was a theatre with a stage, and was often full and especially on the weekend.

52 kg. class - no American lifters, and another win for Russia as they demonstrated their continuing dominance in the sport at all levels.

56 kg. - a determined Michelle Amsden (USA) came ready to do battle with the best Eastern Bloc lifters. She set 3 national records and totaled 460 kg. on the way to a first place tie with the winning Uzbekistan lifter. After an awesome performance, she was disappointed to lose the gold by bodyweight, as this was her final meet as a junior. Heiner Koberich assured the teary-eyed Michelle that her 541 Wilkes point put her on a par with the best of Russian lifters.

60 kg. class - again a Russian win. America's Robyn Niederkorn ended up 4th, beating lifters from



Michelle Amsden lost the 123 lb. gold on bodyweight. (Simmons)

Poland, Germany and Japan and picked up a bronze bench press medal.

67.5 kg. - There was some confusion about the pre-meet scales and as a result Kim Callier (now Hooper) spent the afternoon in the sauna. Kim made weight just in time to struggle to 4th in this class. Fellow USAPL lifter Desteny Joyner was 5th. Guminska of Ukraine was first with a 572.5 total.

75 kg. - Katie Ford hit a personal best squat earning 5 place points. The winning lifter from Kazakhstan had, by formula, the 2nd best lifts of the competition.

Yavorska of Ukraine with a Jr. World Record Deadlift and 580 kg. Jr. World Record Total won the 82.5 kg. division, a class with no US lifters.

90 kg.: USAPL's Jessica Watkins was unable to get in a squat and was out. Kurina of Russia started with a world record 262.5 kg. squat, and followed with a Jr. World Record deadlift of 230 kg. and another Jr. world record total of 602.5 kg.

90 kg. + - USA's Sarah Greenup was very strong and started with a personal best 240 kg. silver medal squat. Sarah picked up a bronze in the bench and another silver by making her personal best 200 kg. Deadlift. Sarah's 557.5 kg. total won her a well-earned silver medal.

In the team competition, the USA came in 3rd with 44 points behind first place Russia and 2nd place Ukraine. At 67.5 kg. Lisa Guminska, of the Ukraine was the best lifter with a 572.5 kg. total and 584.92 points, the highest of the competition.

In the Junior Men's competition the Russians scored 72 points, the maximum number possible, to win their competition. In fact, the Russians won the first five classes. The 11 Russians won 8 gold medals, 2 silvers, and one bronze. Ukraine was 2nd with 54 points. USA came in 3rd with 47 points beating an ever-stronger team from India by 5 points.

Nikolai Suslov, at 110 kg., was the best male lifter with a 970 kg. total and 580 points. Suslov, a previous Junior Champion, was also the Men's Open Champion in the 100 kg. class in 1999. This year he will compete in the 110 kg. Men's Open in Slovakia, a big class with 28 lifters already nominated.

The 52 kg. Men's class featured 2 American lifters. Damarrio Holloway picked up 3rd place points and a 220 kg. gold medal Deadlift. Jeremy Scuggs was 4th with a bench press bronze medal. Fedosienko of Russia was 1st totaling 582.5 kgs.

56 kg. - another run away win for Russia as Kazakov totaled 600 kg. USAPL's Micah Kiletico took 6th place and silver medal in the press with a strong 122.5 kg. bench.



Sarah Greenup got a silver in the Deadlift (photograph courtesy the Russian Powerlifting Federation)

The 60 kg. class was yet another win for Russia. Gromov set a Jr. World record 170 kg. bench on his way to a 645 kg. winning total. The USA's Marcus Williams came in 2nd after a scare in the bench. He made his opening 112.5 bench on his third attempt. There was some international excitement surrounding Marcus's 2nd place finish. Russian President Vladimir Bogachev knew that the Ukraine coach had misfigured Marcus's bodyweight at 60 kg., slightly heavier than the Ukraine lifter. Bogachev understood that Marcus weighed 58.8 kgs, slightly lighter than the Ukraine lifter.

Bogachev, through his Russian coach, called the weights for Marcus. The result was a tie in totals and the Ukraine lifter ended, unexpectedly, in 3rd place much to the upset of the Ukraine coach. It was a great result for Marcus with a silver medal total, a bronze in the squat, and a silver in Deadlift. Marcus was at his first World Championship, and has 4 more years as a junior - a bright spot in USA lifting.

The 67.5 kg. class was another win for Russia with Korotygin's 690 kg. total. There were no USA athletes in this class. Ahmad of India was very strong with a 672.5 kg. 2nd place total. The Indian team gets stronger. Some of the motivation may come from the fact they can earn as much as \$10,000.00 from their government for a gold medal. Mr. Dutta, the Indian General Secretary, has earned respect and assistance from his government. His work is an example of what can be done in the sport of powerlifting.

The 75 kg. class produced the 5th consecutive gold for the Russians as Belaev won with 757.5 kg. total. This time there was a surprise challenge by 2nd place Ron Hernan of Venezuela. Ron's 313 kg. squat was a new junior world record. It

came down to the final Deadlift where the Venezuelan lifter missed his pull for a win. The very strong Venezuelan said this was his first international competition and that he was just too nervous to make his lifts. USA's Todd Straub totaled 635 kgs for an 8th place finish.

The 82.5 kg. class was the first in the men's competition where we did not get to hear the Russian national anthem. The two Russian lifters came in 2nd and 3rd behind Ukraine's Sergi Nalekyn's 822.5 kg. total. Young Sergi hit a 332.5 squat on his way to the gold. His coach was his father, Victor Nalekyn, a 400 kg. plus squatter, Ukraine's many time champion and former Mountaineer Cup winner. USAPL's David Zaworski got only his opening squat on his way to a 667.5 total and 8th place.

The 90 kg. class had no American lifters. Vorona of Kazakhstan got his 312.5 Deadlift for the win totaling 822.5. Likhanaov of Russia failed 2 times with the same weight in his try to win and ended with the silver medal.

In the 100 kg. class Barahatov of Russia posted a monster 927.5 kg. total and a Jr. World Record Bench Press of 245 kg. on his way to the gold medal. Khalid from Pakistan had a long trip and a longer stay at customs with visa problems. He missed his plane and got to Sochi



Damarrio Holloway won gold in the deadlift. (photo is courtesy Russian Powerlifting Federation)

just in time to lift and in time to pick up the silver medal. Khalid is very strong and if he has no more travel problems he will be in Slovakia in November for the Open Championships. Matt Goldin of the USA took 5th place with his 722.5 total and USAPL's James Townsend's 685 kg. total earned him 7th.

The 110 kg. class belonged to Nikolai Suslov. He only took two squats. His 2nd lift, 390 kg. (859 lbs.), was a new Jr. World record. Suslov took a final attempt for a new Deadlift and total world record and did not quite finish the lift. He settled for a 970 kg. (2138 lb.) total and the Best Lifter of the meet award. He saved his third squat as he is gearing up for the 2002 IPF Men's Worlds in Slovakia.

The 125 kg. class was Russian

## IPF Jr. World Championships 12-15 SEP 02 - Sochi, Russia

Women	SQ	BP	DL	TOT
97 lb. class				
Krikunova RUS	292	154	286	733
Miura JPN	153	165	281	699
Trubilina POL	264	121	281	666
Rutka UKR	264	110	264	639
Hattori JPN	236	121	253	611
Crapo USA	187	126	203	518
Axt USA	203	82	198	485
Apuli FIN	264			
105 lb. class				
Taranova RUS	330	187	330	848
Dmytruk UKR	319	176	330	826
Sechanina UKR	297	181	336	815
Renuka IND	314	143	325	782
Ochoa ECU	314	132	308	755
Hasimoto JPN	286	137	286	710
114 lb. class				
Dmytruk UKR	363	187	358	909
Farque FRA	297	137	325	760
Dieudonne FRA	297	176	275	749
Yakovleva KAZ	286	165	259	710
Alex IND	275	110	286	672
123 lb. class				
Malugina UZB	402	192	418	1014
Amsden USA	380	209	407	1014
Pavlovskaja RUS	385	209	385	981
Naidu IND	358	181	358	898
Moosova CZE	264	159	286	710
Wilczynska POL	259	143	286	688
Kehanen FIN	374		385	
132 lb. class				
Sukhacheva RUS	429	209	429	1069
Gaifulina KAZ	391	220	424	1036
Amaya VEN	352	159	363	876
Niederkorn USA	314	170	292	810
Leszczynsk POL	347	143	308	799
Schreiber GER	286	132	341	760
Sasagawa JPN	253	132	253	639
148 lb. class				
Guminska UKR	512	275	473	1262
Chepustnova RUS	479	281	440	1201
Jakovleva RUS	440	253	451	1146
Callier USA	352	170	347	870
Joyner USA	314	159	341	815
Takuma JPN	281		319	

165 lb. class				
Kudrytvsya KAZ	462	319	451	1234
Mazailova RUS	485	253	468	1206
Toropovska UKR	468	264	451	1184
Petrenko UKR	457	242	462	1162
Ford USA	358	198	391	947
181 lb. class				
Yavorska UKR	473	308	496	1278
Boroday UKR	462	275	435	1173
Sliwiska POL	429	253	407	1091
Razhabova UZB	385	198	341	925
198 lb. class				
Kurina RUS	578	242	507	1328
Lytvyn UKR	507	281	396	1184
Watkins USA				
SHW				
Sheglova RUS	518	292	440	1251
Greenup USA	529	259	440	1229
Kravchenko RUS	462	275	407	1146
Alvarado VEN	545	220	363	1129
Hugdall NOR	451	242	396	1091
Tani JPN	330	203	264	799
Team Competition: Russia 69, Ukraine 63, USA 44, Japan 29, Kazakhstan 28, Poland 26, India 20, Uzbekistan 19, France 17, Venezuela 15, Norway 6, Czech Republic 6, Ecuador 6, Germany 5. Best Lifters: Guminska 584.92, Kudryavtseva 551.2, Malugina 550.48				
Men	SQ	BP	DL	TOT
114 lb. class				
Fedosienko RUS	496	308	479	1284
Kurihara JPN	429	264	429	1124
Holloway USA	402	203	485	1091
Scruggs USA	347	242	473	1063
Miranda VEN	402	220	429	1052
Isroilov UZB	374	198	374	947
Piskunov UKR	330	209	330	870
123 lb. class				
Kazakov RUS	551	341	429	1322
Khan IND	440	242	507	1190
Prasad IND	451248	473	1173	
Koga JPN	440	264	451	1157
Constante ECU	446	264	435	1146
Kiletico USA	429	270	440	1140
Jakovlev FIN	374	259	440	1074
Shiraishi JPN	413	209	407	1030
Kepczynski POL	385	220	424	1030
132 lb. class				

Medvedev's with a 922.5 kg. total, beating out Yarymash of the Ukraine for the gold. Horset of Norway took the bronze medal. Emilio Saldierna of the USAPL was 6th with a 782.5 kgs total.

125 kg. + - It was the big man with the big lift as USA's Superheavy Randal Harris brought home the gold. It was a great finish for Randal in his last meet as a junior lifter. Randal was concerned about eating new and different foods. The result was a 15 pound weight loss prior to his lifting, but Randal was a crowd favorite. He battled Tallqvist, a huge 345 pound Finn, all the way to the Deadlift. Randal made all three deadlifts, up to his 322.5 kg. for the win and a 930 kg. total. Randal felt his big weight loss hurt his lifts, but he did enough for the win. Tallqvist tried a 317.5 deadlift, but could not make it and ended with the silver medal overall.

The last song of the day was the USA's National Anthem. There had been some technical problems with the playing of the anthems. Many on the USA team had decided if the system went down again they would be prepared to sing our National Anthem. However, the system worked and we finally were able to treat the rest of the countries to our national song.

Vladimir Bogachev, President of the Russian Powerlifting Federation, and his meet director hosted a fine

awards banquet Sunday night after the competition. Both Mr. Bogachev and the meet director thanked Inzer Advance Designs, the sponsor of the Sochi Junior World Championships. This writer was personally presented a hand carved Russian Bear for his support and promotional efforts on behalf of the sport of powerlifting. (Note: promotional and support efforts made for powerlifting by the support of John Inzer and Inzer Advance Designs). The other sponsor of the Junior World Championships was Ivanko Barbell. It was unfortunate that the complete set of weights presented to the championships by Ivanko got delayed in transit and never made it to the contest in time to be used.

According to USAPL Head Coach Sandra Perron, this was the best powerlifting banquet she had ever attended. Sandra also acknowledged the generous help and support the USAPL team received from the Vladimir Bogachev, President of Russian Powerlifting. It was a time for good food, refreshments, and great fellowship. Traditional Russian and Armenian dancing was fun to watch as well as the "earthy" dancing from some South American lifters. As we left on Monday morning, the only evidence of the festivities were a few headaches and lots of great memories and many personal achievements.

198 lb. class				
Voronin KAZ	722	402	688	1813
Likhanov RUS	699	429	672	1802
Kopienka POL	705	374	683	1763
Jamroz SWE	595	457	595	1647
Mamabayev KAZ	606	385	606	1598
Kirkeiteig NOR	617	363	611	1592
Virzi GER	606	385	573	1565
Roessen NDL	606	352	507	1465
220 lb. class				
Barkhatov RUS	799	540	705	2044
Khalid PAK	694	468	677	1840
Bemetsyan ARM	666	402	683	1752
Singh IND	677	352	628	1658
Goldin USA	617	385	589	1592
Kurahashi JPN	617	451	512	1581
Townsend USA	567	402	540	1510
Harutynyan ARM	595			
Vinayan IND				
242 lb. class				
Suslov RUS	859	529	749	2138
Voroshilin UKR	782	446	710	1940
Avagyan ARM	578	418	611	1603
Mestari FIN	595	374	551	1521
Hawkshaw CAN	562	325	518	1405
Kentner NDL	485	259	529	1273
275 lb. class				
Medvedev RUS	793	529	710	2033
Yarymash UKR	777	551	694	2022
Hopp NOR	727	468	733	1929
Mardel CAN	666	507	672	1846
Hoffman GER	727	407	639	1774
Saldierna USA	710	413	600	1724
SHW				
Klimov KAZ	595	330		
181 lb. class				
Nalkeykin UKR	733	462	617	1813
Zvarikin RUS	733	413	639	1785
Ozerov RUS	672	451	639	1763
Wilc POL	672	429	655	1757
Nikitin KAZ	639	352	633	1625
Loricourt FRA	606	336	644	1587
Yessipov KAZ	595	385	584	1587
Miwa JPN	595	451	462	1510
Zaworski USA	562	396	512	1471
Hadicke GER	518	396	523	1437
McDonald CAN	540	308	562	1410
Lichtenaue GER				

Team Competition: Russia 72, Ukraine 54, USA 47, India 42, Japan 34, Finland 32, Kazakhstan 29, Poland 26, Pakistan 17, Armenia 16, Venezuela 15, Canada 14, Norway 13, Belorussia 12, Sweden 12, Germany 11, Netherlands 8, Uzbekistan 8, Ecuador 6, France 5, Czech Republic 4. Champion of Champions Competition: Suslov 580.33, Fedosienko 575.10, Barkhatov 564.94.

My time here at *Powerlifting USA* has been one that has been very interesting and exciting. As you probably already know, I work as a sports nutritionist working with a variety of professional athletes including bodybuilders, powerlifters, weightlifters, strongmen, armwrestlers, football and hockey players among others. I have always had a large percentage of my nutritional clientele being powerlifters, but as of late it has really increased. I have had a tremendous response from lifters reading *Powerlifting USA* magazine. I receive numerous emails regarding proper nutritional planning on a daily basis. Sometimes I have a hard time just keeping up with all the mail I receive from our readers. One of the most asked questions that I receive is how to gain lean muscle tissue while maintaining their current bodyfat percentage. Well, this month you are in luck! I will be discussing with you the Top 25 Ways to Pack on Serious Mass. For all the lightweight lifters out there looking to go up a class, or you mass monsters looking to put on yet more size, this will definitely get you on your way to some serious mass!

**#1 - Eat 5-6 Times per Day** - What did you just say? Eat 6 times per day? Yes, that's right! Don't think that you are going to gain quality size eating 3 square meals per day. The only type of mass you will put on eating this way will be the fat type, and this is not our objective. There is no way that you can reach your caloric or your macronutrient needs eating 3 meals per day. If by some magical reason you can eat them in 3 meals, than you will be so full and bloated, you won't be able tie up your own shoes let alone pound out some heavy deadlifts. Get rid of the mentality that powerlifters can optimize their performance on three meals per day, it's scientifically impossible. Eating 5-6 times per day will also keep your blood sugar levels stabilized and your metabolism elevated. Eating several times per day instead of the "Big 3" that most are used to, will provide your body with a constant supply of nutrients that you need to recover from your hard workouts. This will cause you to increase your lean tissue, while reducing your bodyfat percentage. Our goal here is to put on lean muscle mass, not take our body fat level to new heights.

**#2 - Drink Water** - Water is very important for many reasons. Water is good for you, believe it or not. It has many health and performance benefits. It keeps your organs functioning properly, clears toxins, reduces excess sodium from your body, and it hydrates your

# NUTRITION

## The Top 25 Ways to Pack on Serious Mass - Part 1

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



Garry Frank has changed his nutritional program, per Anthony Ricciuto's recommendations and expects some monster PRs soon

muscle cells. It even liberates fat stores on your body so they are burned off as an energy source. Dehydration will cause a major decrement in performance. Even a 2% state of dehydration will cause your performance to go out the window. Just because most powerlifting events aren't out in the heat, it doesn't mean that proper hydration isn't important. Water plays a major role in cell volumization. This is where nutrients are pulled inside of the muscle cell causing a multitude of reactions that leads to muscle growth. Water is very important in many processes including digestion, transportation and the absorption of nutrients. So how much water should you drink on a daily basis? You should drink on average at least 1 oz. of water per kilogram of bodyweight. This is a figure that can be increased depending on many factors that affect your hydration level. This amount will start as your baseline from which you can build upon. A 220 pound (100 kg.) powerlifter would need to drink 100 ounces or slightly over 3 quarts of

water per day as his minimum daily water intake. There are also many benefits to drinking water. They include lowering your chances for high blood pressure and kidney stones. Both of these nice little health problems can really cause havoc on your training. Try banging out some box squats when you're passing kidney stones the size of jawbreakers. It's not going to happen

**#3 - Sleep** - This is not considered a food group, so why am I talking about it in my nutritional column you ask? The reason why sleep is going to be discussed here is that it is essential in gaining lean mass. Your body repairs and recovers from your workout as you sleep. During this time, your muscles grow! Remember this, if you aren't sleeping -- you aren't growing and getting stronger. Think back to a time when you couldn't get optimal sleep either during university exam time, or another time when sleep was of the essence. Think back how your strength level was, or how you were actually losing size. So how much

sleep do you need per day? You should be getting at least 8 full hours of sleep per day. If you can get a 1-2 hour nap per day on top of this it would be even better. Getting proper sleep is a must for muscle growth. Without it, you can kiss gains in strength and size goodbye!

**#4 - Consume Enough Protein** - "I eat enough protein. I probably ate around 50 grams today." Now if this sounds like you, we are in some serious trouble. That is unless you are a 60 pound child whose major energy expenditure for the day is playing with your Tonka Trucks. Ok, down to the serious stuff here. If you don't eat optimal amounts of protein, you will never put on the muscle mass that you so much desire. You are also hindering your strength gains as well. If you are going up a weight class and you aren't eating the proper amount of protein, guess what? You will put on a nice extra layer of fat around your waist, instead of gaining lean muscle tissue. When trying to put on size, you have to make sure you constantly supply your body with essential amino acids throughout the day. You should consume at least 1 gram of protein per pound of bodyweight per day. I have some of my athletes consume between 1.25-1.5 grams of protein per pound when trying to pack on size. If you just jack up your carbs and fat without supplying your body with the protein that it needs, you will end up looking like "Mr. Marshmallow" instead of a strength athlete. Amino acids are the building blocks that you will need to gain lean muscle tissue and to ensure that going up a weight class will be muscle, not fat. Protein helps in the recovery of your muscles from the intense training you perform as a powerlifter. As you probably already know, protein is the main nutrient responsible for increasing lean muscle tissue. You can work out all day long, but if you don't eat the right amount of protein for your specific needs and activity expenditure, than you will never reach your peak in strength, that's guaranteed!

**#5 - Maximize your Carbohydrate Intake** - Carbs ... You gotta love them. Yes, we all know that they are definitely the tastiest of all the macronutrients, but how do we incorporate them in putting on size. If you are familiar with my previous articles "The Carbohydrate Manifesto" series, then you already know about the different types of carbohydrates and their function. Make sure that when you are trying to gain solid weight, you consume plenty carbs. Now, don't think that there is only one way to do this. I

have had great success with my clients using diets that include both carbs on a daily basis, and plans that restrict them for a certain number of days and then super-compensate on them for a specific number of days. What you need to know is that there is more than one way to get the job done.

When trying to put on size with a nutritional plan where carbs are going to be consumed on a daily basis, you should consume 1.5-3 grams of carbs per pound of bodyweight per day. You must be thinking, how can I eat all that? This doesn't all have to come from food, as there are many good glucose polymer drinks available that can help you fulfill your daily requirements. One glucose polymer drink can supply 100 grams of carbohydrates in as little as 12-16 oz. of water. I just made this a lot easier didn't I? The majority of carbohydrates that you should consume when you are trying to go up a weight class should come from complex carbohydrates. These include oatmeal, whole wheat pasta, potatoes, yams, brown rice, ancient grains including quinoa, amaranth, millet, and teff. I gave you an in depth look into these ancient grains in the last issue of *PL USA*. What's nice about these grains is that they provide variety in your diet and are an excellent source of complex carbohydrates. Let's not forget your fibrous carbs including your salads and vegetables. These are very important and should be consumed with at least 3 of your daily meals. Fiber is very important in the digestion process and eliminating toxins from the body. If you are not getting adequate amounts of fiber in your nutritional plan, it is now time to increase your daily intake. It's hard to pack on size if you have a severe case of constipation. You may laugh, but this is one of the first things that happen to someone trying to gain weight. Many individuals increase their caloric and protein intake yet, they forget to do the same with their fiber and water.

**#6 - Bump up your Fat Intake** - If you read my article in the June issue of *Powerlifting USA* "Fatten Up Your Total", then you already know the importance of fat in the powerlifter's nutritional program. Fat is where it's at, especially if you are a strength athlete. I know you get as sick and tired as I do of all those aerobicizers telling you that you should eat 10 grams of fat per day. Your fat intake is definitely associated with how strong you will be. Now don't get the wrong idea here. This doesn't mean put extra Mayo on your tuna sandwich, or a quart of gravy on your turkey breast. Nor does it mean to put some extra non-dairy creamer in your coffee, or load up on fatty cuts of bacon and sausage. Yes, you want to increase your saturated fat intake slightly when trying to pack on size for your new weight class, but the majority should come from your polyunsaturated and monounsaturated fats. Fats should consist of 30% of your total caloric intake. This is not written in stone, as I have had my clients on programs that were higher and lower than the above. By the way, fat has 9 calories per gram, so this will help you out with your calculations. Good sources of Omega 3 fats are salmon and other cuts of fatty fish. In the past, athletes and bodybuilders avoided these fatty fish. Now, they realize the benefits of these fish fats and understand how beneficial they are not only for your health, but your performance. You can get some good sources of monounsaturated fats from various nuts and avocados. With this all said and done, you now know that fat is a very important

nutrient in your quest for strength and size. Without it optimized in your plan, you are giving your competition more than a "Fat Chance" of beating you on the platform.

**#7 - Drink Milk** - Milk ... It does a body good! You should have known this would be on the list. Milk is the drink of all strength champions throughout history. Let's take a look back into the past. Paul Anderson, a man whose strength feats have gone down in history used to drink several gallons of milk per day. I read that he used to drink a gallon of milk just during his workout. If you look at the eating habits of the strongmen and powerlifters of the past, milk was a major part of their diet. Even the old school bodybuilders used to drink large amounts of milk. It supplies the body with an excellent source of protein. Its main source is casein protein, which is a slower released protein source than whey. It also supplies simple carbohydrates, vitamins and minerals to help round things out. Milk has different caloric rates depending on which type you consume. Powerlifters should drink 2% or whole milk, as it will supply you with valuable calories when looking to gain weight. The best time to consume milk is with your protein shake as it can really help with the taste. When trying to pack on mass, milk should definitely be part of your plan!

**#8 - Increase your Meat Consumption** - I knew you would like this one. What true powerlifter wouldn't? Now again, don't get me wrong here. The point is that you should increase your lean meat consumption during a mass phase. Note I said lean meat consumption. This doesn't include bacon, ham, sausage, deli meats, beef jerky, or pepperoni sticks. I know you wish that is what I would be recommending, but your ever visibly growing waistline and your triglyceride rating wouldn't be thanking me down the road. The types of meat that you should be consuming should include skinless chicken breasts, lean cuts of steak, extra lean ground beef, turkey, veal and lean cuts of pork. When trying to put on size, you should consume lean red meat on a daily basis. At least one meal of the day should consist of red meat and the other meals can be comprised of fish and lean white meats like turkey and chicken. Make sure that the cuts are lean and you cut off any visible fat. Sorry about that, but if you consume all the fatty meats the only thing that will go up is your cholesterol level, not your performance. Lean cuts of meat should be a staple in all powerlifter's diets.

Here you have the first part in this three part series on how to go up a weight class while making sure that the weight that you put on is lean tissue, not just another roll around your waist. After reading the first installment of this series, you should realize that going up a weight class doesn't mean it's time to load up on your favorite junk food to help fill out your new weight limit. To properly gain quality weight you have to make sure that your nutritional plan is on the money, otherwise you can forget about going up a weight class while retaining your current body fat level. In Part Two of this series (next month) we will discuss another 8 tips to pack on size and strength for your new weight class!

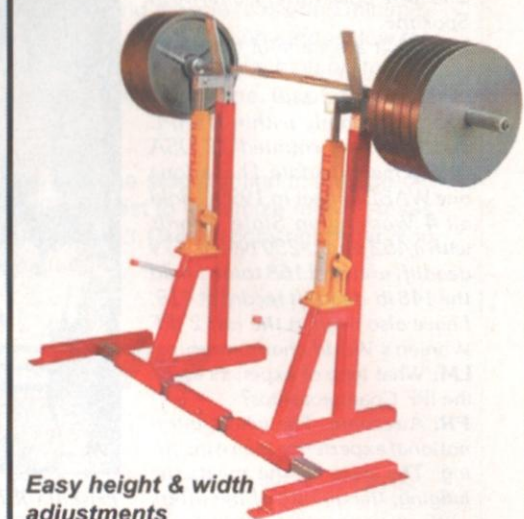
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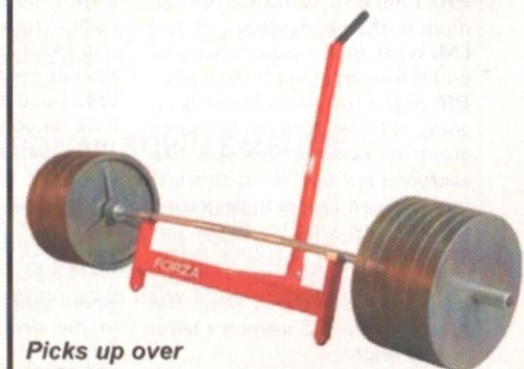
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# INTERVIEW

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

**LM:** Priscilla, give us some background information about yourself.  
**PR:** I am 29 years old and live in Spokane, WA. I have lived there all my life and I am a Project Manager at an Agricultural Bank. I have been lifting weights since December of 1999.

**LM:** How did you get involved in Powerlifting?

**PR:** I took basic weight training in High School. I took 10 years off, joined a gym, and entered a meet. Within a week or two of joining the gym I found 2 guys who were powerlifters, a rarity in Spokane.

**LM:** What are some of the meets you have competed in and what records do you have?

**PR:** I lift mainly within USAPL and I recently counted 12 USA PL/IPF meets to date. I have done one WABDL meet in 1999. I hold all 4 Washington State records with a 452 squat, 259 bench, 479 deadlift and an 1168 total. I hold the 148 lb. deadlift record at 419. I have also been in the last 2 IPF Women's World championships.

**LM:** What type of experience was the IPF Championships?

**PR:** Awesome. The whole international experience is awe inspiring. The pace of the meet, the judging, the quality of the lifters -- it's an awesome experience.

**LM:** I gather you plan on returning for a few more?

**PR:** I hope to stand on the podium in the near future.

**LM:** What are the expectations for the US women's team in the future?

**PR:** In the two years I have been going, it is pretty much the same group of women. It seems like everyone put up PRs at this last meet so we all seem to be getting stronger, working harder on our technique, and working better with our gear. We also are picking our numbers better. I think the future for the US women's team is very bright.

**LM:** Why do you think we are finishing behind the teams from Russia and the Ukraine?

**PR:** I think the biggest thing is that Powerlifting is their life. They have their dedicated coaches and they don't have a 40 hr. work week.

**LM:** Do you think it will make a difference for them having to compete on US soil?

**PR:** Most definitely. I can't wait for the home court advantage.

## Priscilla Ribic

interviewed for PL USA by Larry Miller



Priscilla Ribic ready to deadlift at the 2002 Womens Nationals

They'll have to deal with the time difference and the food difference. I think holding it in a big city like Chicago will be an eye opener for them.

**LM:** What type of goals do you have for yourself?

**PR:** I want to continue medaling in the IPF. I got the gold medal for the deadlift this year. Hopefully, next year I can medal for my total. Individual numbers that I am looking for are 500 in the squat, 300 in the bench and 500 in the deadlift and a 1300 lb. total.

**LM:** That's impressive. If you add a few more pounds, you could qualify for Men's Nationals. What does your training program look like?

**PR:** I am naturally strong. I take after my dad. I don't believe I have begun to tap into my potential. Right now when I squat, there is no technical part behind it. My coach is Larry Maile and he has helped me out quite a bit with technique. He's also helped me in understanding my gear. I use

Inzer Hard Core for the squat, and Inzer extra heavy duty high performance bench shirts. I train 5 days a week. Monday is my squat day. I take off Tuesday, and Wednesday is heavy bench day. On Thursdays I work biceps, triceps and shoulders. Friday is my deadlift day and Saturday is my light bench day.

**LM:** Do you learn much from going to meets and watching other lifters?

**PR:** I do a lot of watching. I have made arrangements with Larry Maile to send him video clips so that he can watch me and critique. I still feel like a novice in the sport so I rely on those people who coach me.

**LM:** Have you tried working with the bands or chains?

**PR:** I haven't tried the bands or chains yet. I have used the glute-ham machine, which has been great for my deadlift and I also like using the reverse hyper.

**LM:** What are your views about drug testing?

**PR:** I think we need more out of meet testing, especially internationally. I have been tested on average 3-4 times a year, both in and out of meet.

**LM:** How do you feel about the IPF drug suspension periods?

**PR:** I think if their suspensions follow ours, then I think that is fair. It might help clean up some of the lifters there that we obviously suspect.

**LM:** What about supplements?

**PR:** The last 6 weeks of my training cycle I take Glutamine.

**LM:** What would be your advice to get more women involved in our sport?

**PR:** I think there is a lot of untapped potential. I think I am the only woman in Spokane that powerlifts. I think we need to publicize it which is what we did with the women's calendar this year.

We need to change the image of women and powerlifting. We need to show that powerlifters are not ugly musclebound women. We are real people that you can see in everyday jobs.

**LM:** Have you had any funny things happen to you in the sport?

**PR:** I tried on my Hard Core the first time and spent an hour and a half trying to get it off. I have also managed to do a number of misloads on my lifts. At my first meet, I ended up wearing my Champion Suit for the Bench Press. The guys didn't tell me that I could wear a singlet for the bench.

**LM:** Do you have any lifters you have come to admire over your short career?

**PR:** The Mailes have been a great help to me over the years and so have the women from the Nationals. We see each other a few times a year and it is like a big slumber party.

**LM:** How much longer do you plan on competing?

**PR:** I just plan on competing, setting goals, and then setting new goals.

**LM:** What are some of your favorite assistance exercises?

**PR:** For my squats, it is the glute-ham and reverse hyper. I do narrow grip benches and tricep push-downs. For my deadlifts, I do good mornings and straight legged deadlifts.

**LM:** What do you think about all the different organizations and all the different records out there? Do you have any thoughts about the outrageous equipment we see?

**PR:** There are definitely too many organizations out there. It would be great if we could narrow it down to one or two. It would make a world record have some meaning. I am a gear lover so I say what ever your organization allows, go for it. I don't like to see people using equipment beyond their physical ability.

**LM:** They are starting to introduce money into the sport. Do you have any thoughts on that?

**PR:** Money is the root of all evil. I would like to see more money for the women. It seems like the WPO is more geared towards giving money to the men.

**LM:** Are there any people you'd like to thank for helping you along the way?

**PR:** First of all, I need to thank my coach Larry Maile and his family. My brother Ivan is my gear guy. He comes to all my meets and wraps my knees. I would also like to thank my work out partner, Brent Mikesell. He helps me in the gym and gives me encouragement.

## Ask the Doctor

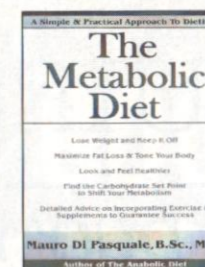
This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your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

**DEAR MAURO:** I'm doing your Metabolic Diet with success. I want to be more competitive & have less fat & more muscle. I read that iodine & potassium are good for this. What dosage is recommended & why are they good for weight & fat loss? Thanks, Mike

**DEAR MIKE:** Iodine is necessary for the proper functioning of the thyroid, which in turn helps regulate metabolic rate & fat burning. As such, I recommend low levels of iodine in case there's a marginal deficiency present. The most common sources of iodine are iodized salt, milk & dairy products, kelp, & fish. If you're not getting enough of these foods then you can supplement your diet with various iodide salts. Be careful. Iodine excess can be as bad as not enough iodine & maybe worse. That's because the thyroid is unable to reduce iodide uptake in spite of having enough in store. To avoid overdoing the iodine & running into thyroid problems, adults shouldn't consume more than the 1100 micrograms daily. Potassium tends to run low on people who exercise &/or lose weight, more so in women because of their cycles of fluid retention & fluid loss, which tends to deplete potassium. Again too much potassium can be as bad as too little, so you have to be careful. For more information on potassium check out one of my articles at [www.coachsos.com/potassium.html](http://www.coachsos.com/potassium.html). As far as supplementation, in general, I usually recommend a starting daily dose of 50-100 mg of elemental potassium. I took all this into account when I formulated my line of nutritional supplements (see [www.MetabolicDiet.com](http://www.MetabolicDiet.com)). Cellusol, for example, only includes iodine in one of its three formulations (ReNew has 150 micrograms of potassium iodide). Potassium, in the form of potassium phosphate (phosphate, BTW, also supports thyroid function) is present in both Metabolic & ReNew, which also contains a small amount in the form of potassium iodide (covers the iodine & the potassium). MVM covers both iodine (since it's used daily I only included 70 micrograms of iodine) & potassium. Power Drink, used while training, contains potassium, & other electrolytes, which are depleted while exercising. BTW have a look at the new powerlifting section of my CoachSOS site at [www.coachsos.com/coach\\_powerlifting.htm](http://www.coachsos.com/coach_powerlifting.htm). Best of luck, Mauro

**DEAR MAURO:** I'm trying to adopt a diet that will let me keep my hard gained muscle & strength & lose some fat, (2-4%). I just visited your web site & was impressed although I ran into some questions when I read on your "what to eat" site. It has a part of it that I don't understand. I opened the "Strict Carb Diet" & there are some examples in there that confuse me. You are stating that at a strict diet of 2500 calories (week 1) I can eat 4 scrambled eggs w/1tsp butter, 8 slices of bacon, & a cup of coffee. Your stating 0 CARBS? My figuring is 4 large scrambled eggs is 5.4 carbs, then add the butter which isn't much, but it's not 0 either. Now 8 slices of bacon, is around 6 grams of carbs. So my aprox. total is 11.5 grams of carbs. I'm confused. Please advise & explain your figuring. Thanks, Steve

**DEAR STEVE:** You're not confused. I made some calls when I set up the Metabolic Diet so that it would make for easier reading & also make it easier to follow. There is no such thing as zero carbs as even a steak has some carbs due to the glycogen that's present in all mammalian tissues, including fat. I set up the 30 gram carb limit to have at least a plus or minus 10 gram carb variation built into it. As such, anything that has 1 gram of carbs or less, such as a medium sized egg or an ounce of many cheeses, is, according to the way I set up the



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

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Metabolic Diet, a 'no carb' food. The only time that it would become significant is if a chap was having a few dozen eggs a day & that would be rare. Even then the calorie intake would obviously be very high & the chap would likely be in a mass phase, & at that time you can vary from the 30 gram carb limit a tad more, as seen by the higher calorie, 2 week sample diets. The sample diets were also done to make things easy for most people to understand & follow. As far as bacon, it has zero carbs (or at least well under one gram of carbs) unless it's prepared & cured in such a way that carbs are added. BTW all this info is in our food lists in appendices 4 & 5 so that if people wanted to be really strict they could make up their own diets using these charts. Best, Mauro.

# G.N.C. NUTRITION UPDATE

## 'THE DYNAMIC DUO' by Jeff Stout, PhD

Recently, GNC scientists designed one of the most potent synergistic supplements ever to appear on the market — MEGA Creatine. This combination of five grams creatine with one gram of phosphates, along with a patented effervescent delivery technology, has provided a one-two punch like nothing before. Take a gander at the science and I bet you will be as impressed as I was.

Phosphates, or Phosphorus, is a non-metallic element and, following calcium, is the most abundant mineral in the body. Accordingly, phosphates are extremely important in human metabolism. Approximately 80-90% of the phosphorus in the body combines to form calcium phosphate, which is used for the development of bones and teeth. Other phosphate salts, such as sodium phosphate, are involved in acid-base balance. The remainder of the body's phosphates are found in a variety of organic forms, including phospholipid, which help form cell membranes and DNA, which is part of your genetic material. (Bucci, 1993).

Phosphates are also essential to normal function of most of the B vitamins involved in the energy processes within the cell. They are also part of the high-energy compounds found in the muscle cell, such as ATP and phosphocreatine, which are needed for muscle contraction. Glucose also needs to be phosphorylated in order to proceed through glycolysis, which is a metabolic pathway that produces ATP. Finally, organic phosphates are also part of a compound in

red blood cells known as 2,3-DPG (2,3-diphosphoglycerate), which facilitates the release of oxygen to the muscle tissues. (Bucci, 1993). So in a nutshell, you need phosphates for your skeleton, DNA, energy systems, and for oxygen delivery. If that doesn't convince you of the importance of this nutrient, then Elvis truly is alive and kicking.

Creatine, a nitrogenous amine, is naturally occurring in the body (mainly muscle) and in food such as meat. For instance, you'll find about five grams of creatine in 2.5 lbs of meat. Creatine is an essential, natural substance required for energy metabolism and muscular movement. The human body makes creatine from three amino acids: glycine, arginine, and methionine.

### How the Combo Works

The mechanism by which phosphate works is based on its ability to buffer lactic acid, improve the body's ability to deliver oxygen to contracting muscles, and enhance the cardiovascular system's ability to deliver more nutrients to the muscle. Creatine supplementation works by increasing creatine phosphate levels in the muscle. Creatine is clearly one of the best and most effective supplements on the market. But when creatine is ingested, it enters the bloodstream as free creatine. It must first be phosphorylated (here comes the need for phosphates again!) in order to be trapped by the muscle cell (the same goes for glucose to make glycogen).

The amount of creatine that is phosphorylated (a phosphate is attached) is dependent on how much phosphate is available. The human body can only supply a limited amount, and unfortunately, that may not be enough. As a result, a lot of creatine may be lost during the loading phase. Furthermore, during intense exercise, muscle fatigue develops quickly as the ability to produce enough ATP for muscle contraction diminishes. The regeneration of ATP for repeated reps and sets in the gym relies more on glycolysis and creatine phosphate. It has been suggested that if phosphates can be provided to the muscles during intense exercise it would prolong the exhaustion of creatine phosphate stores.

### Show ME the evidence!

A recent study investigated the effect of supplemental creatine alone versus creatine plus phosphate. Male and female subjects were given either five grams of creatine four times per day or five grams of creatine plus one gram phosphate four times per day for five days. The combination of creatine plus phosphate resulted in a significantly higher performance, suggesting performance benefits over creatine alone (Wallace et al. 1997).

In agreement, a more recent study examined the effects of creatine vs. creatine plus phosphate (Mega Creatine) on anaerobic working capacity (AWC). Male subjects were randomly put into one of three treatment groups: placebo (PL), five grams of Creatine



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

(Cr) or five grams of Creatine + one gram phosphates (Mega Creatine). Each subject was asked to dissolve his supplements in 16 oz. of water and ingest it four times per day for six consecutive days. The subjects performed a cycle ergometry test to determine AWC. The placebo and Cr group increased AWC by -3.0 and +16.0%, respectively. The Mega Creatine group increased their AWC by an incredible +49% percent (see Figure below; Eckerson et al. 2001). To date, I am unaware of any supplement being able to improve AWC this much.

### Conclusion

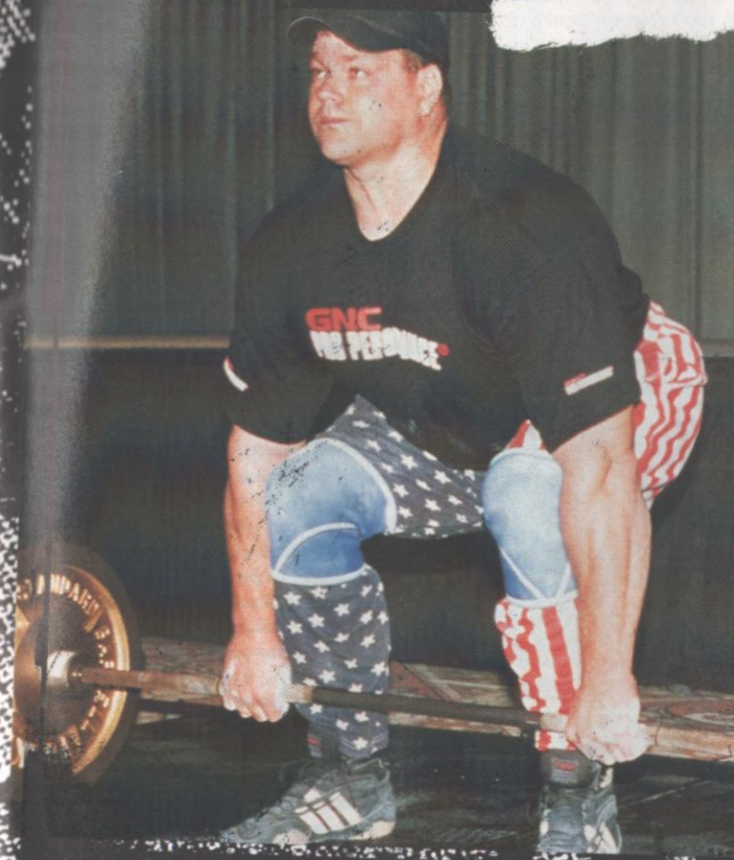
Taking phosphates with creatine may form a potent one-two punch. If you want to boost the effects of creatine, take a one-gram serving of phosphates (preferably a sodium-potassium mix) with every serving of creatine, or just take GNC Pro Performance's MEGA Creatine.

### References

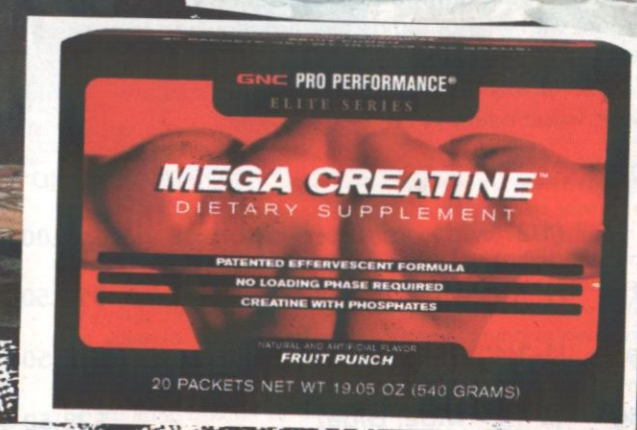
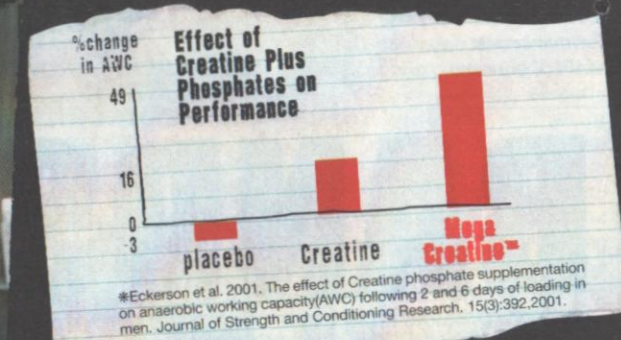
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Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, available at all GNC stores. More information is available at [www.gncproperformance.com](http://www.gncproperformance.com).

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# FORCE TRAINING

by Dave Tate of  
Elite Fitness Systems

**Question:** I just purchased the weight releasers and wondered if you had any general guidelines on when to use them and what kind of loads to use.

**Answer:** Weight releasers are a great way to add heavy eccentrics to your training. Weight releasers can be used on dynamic day and max effort day. There are no set rules on how to use them, but there are several different things that I have used with success. On dynamic bench day, load the bar to 60% of your max, and load 50%

of the max on the weight releasers. This will total 110% at the top of your first rep. You lower 110% of your max but only push up 60%.

**"Make sure you are wearing a flat soled shoe. This will allow you to push out on the sides of your shoes without rolling over."**

The following two reps are normal speed training. You can use them with your max effort bench days in several ways. You can take a set bar weight and add weight to the weight releasers on every set. Or you can add bar weight and keep the weight on the weight releasers the same. Be careful of using them too often on bench days as the added eccentric loading can cause excessive soreness. We have been using the weight releasers on dynamic squat day, but use chains instead of plates on the weight

releasers. Work up to about 50% your max squat weight with your regular band tension. Then add the weight releasers with one chain or two each side. You will do one rep per set. With each set add another chain until you feel like your head is going to blow off.

**Question:** When I box squat I have a tendency to lean forward as I come off the box. My glutes will come up first and then my hips will follow. It's almost as if the squat is done in two movements. I don't lose the arch in my back and my training partners say that I am sitting back far enough. How do I correct this?

**Answer:** It sounds as if your form is the weak link. There are several ways to attack this problem. Make sure you are pushing out on the sides of your shoes. The way to remember this is by having your training partners give you verbal commands during your reps. Have them remind you by saying "spread the floor" or "knees out". Verbal commands are a great way to reinforce technique. Make sure you are wearing a flat soled shoe. This will allow you to push out on the sides of your shoes without rolling over. You may also need to learn to push your abs against your belt during the squat. Try this experiment. Look in the mirror and take a deep breath. If your shoulders rise during the breath, you are breathing wrong. Your air should fill your belly, not your chest. Wear your belt one notch looser than usual and practice pushing your abs against it. Another technique adjustment that may help you is pulling your elbows underneath you as you squat. This will help you keep upright. Your problem may be any one of the above or all of them. Have your training partners examine your form thoroughly and see what needs to be worked on.

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## HARD CORE GYM #16 Do You Walk The Walk? (Challenge from The Pit)

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

My friend Daniel showed up the other day with another black eye and skinned up knuckles. (Youngsters!) Someone said the wrong thing to his fiance. I've known him to get in a little scuffle (or two) in the past, but he doesn't talk tough or run his mouth like so many wannabe fighters. Come to think of it, that's generally the way you can recognize a real fighter - he is banged up from fighting.

How do you recognize a real Hard Core Gym? (Anyone can throw a few chains out and talk about how strong they are.)

Powerlifting competition is the great equalizer. A lot of people talk a good game, but don't move serious iron when there are witnesses. Powerlifting is the objective yardstick by which all gym lifters should be judged.

Having said that; what if I told you I know of a gym that challenges everyone in the U.S. to top their drug-tested team?

Meet the Pit Barbell Club team (in their own words):

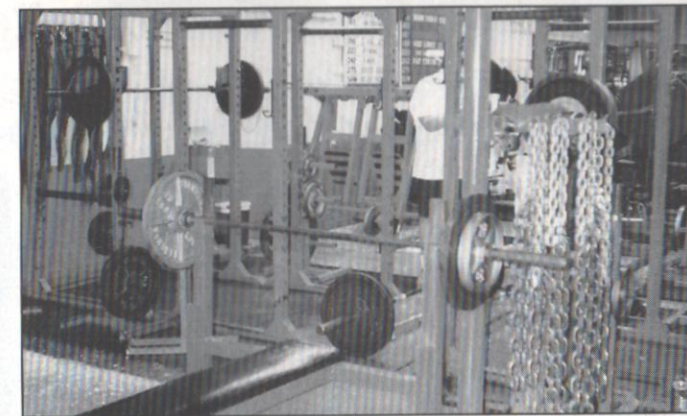
"Near downtown Evansville, Indiana, a deep red brick building sits unassumingly on the corner of Michigan and Edgar. In the late Sixties the building was a grocery store until it was purchased and made into a gym. The only identifying mark is a metal sculpture of a mace-wielding executioner hanging above the door. This daunting symbol tells everyone who dares to open the door that he is entering The Pit Barbell Club. The red color of the door reminds him of the "blood" shed everyday.

Entering The Pit resembles being warped back into time. The first machines one sees are old, blue, first generation Nautilus machines. Next you notice pictures of historical powerlifting meets proudly lining the walls. As one's eyes move along the wall, one sees early pictures of The Pit and owners Bud Downen and Coach Dick Conner. As one gazes at this photographic collection, one is comforted as he reads JESUS IS THE ANSWER on a plaque. You know that this is more than just a motto. It symbolizes a high expectation of attitude and respect to be maintained in the gym.

Walking into the gym area you see The Pit's slogan painted on the wall: No Carpet, No sauna, Just Iron. This truly epitomizes The Pit since there are no aerobic



Above... Drug Tested Contest Records on display at The Pit... Below... Power Racks and Chains up to 40# for use by members of The Pit. (Photographs are provided by courtesy of The Pit)



classes, and there are only three aerodynes and two treadmills for those who believe in the wimpy act of cardiovascular conditioning. In the first gym area you find about twenty old Nautilus machines and a few odd and end pieces. On the other side of the gym there are pulley machines, Super Slow machines, Hammer Strength machines, pre-set straight and curl bars up to 130 pounds, dumbbells up to 150 pounds a few machines that Coach has made himself. Venturing to the far side of the gym you can see a header that lists the results of the last drug tested competition that The Pit Team was involved in as well as the best result in each weight class and lift. Several other boards represent state, national and world champions. The Hall Of Fame boards show the name with the very best totals in each weight class for the open and master lifters. Coach's newest board de-

picts drug-tested lifters accomplishing at least a 700 pound squat or deadlift and a 500 pound bench press. Once passing all this, you finally find the powerlifting area wherein stands five hand-made power racks capable of holding the entire weight of the gym building and all of its contents. Three flat benches, a Monolift and an incline bench press, a Hammer deadlift machine, and a deadlift platform are also scattered throughout the area.

One of the endearing qualities of The Pit is its ability to keep old tradition alive. For example, the look of The Pit compares to the look of an ancient dungeon, not only by the old equipment but also by the concrete floor with only a few rubber mats. The lifter doesn't have to worry about any shiny weights glaring him in the eye or cushiony carpet softening his image here. However, The Pit also strives to bring new ideas into strength training. Lifter

philosophies at The Pit differ as widely as the physiques of the people who lift here. Some lifters believe in using the old school approach of training with the "Go Heavy or Go Home" approach. The older, wiser lifters are constantly trying to teach those who have youth and ignorance that "Lighter is Wiser". Many of The Pit regulars are Super Slow (tm) advocates and are immediately identifiable by the stopwatches hanging from their necks. A few lifters follow the teachings of Louie Simmons. These lifters are the ones who use chains and rubber bands yelling "Speed!" or "More tonnage!" Coach, who incorporates several of these philosophies, recently made the best set of chains that any gym has ever seen. Coach is also giving praises to Arthur Jones, the

founding father a modern lifting techniques. Even with all these different philosophies in training The Pit still produces some of the finest drug tested lifters in the county. Coach Conner had produced numerous national champions from teenage to master lifters since 1972. In the opinion of this writer, there is no other gym able to provide its lifters a place to train in close vicinity to their home and able to produce an eleven-man, drug tested team that can beat The Pit Team.

Powerlifting is one of the best ways to test your strength. A Pit lifter can take several challenging tests of strength such as strong man lifts from logs to grippers to either have their name written on one of the boards or to have their name immortalized on a brass plate. Coach is presently creating a unique set of strong man apparatus. Surrounding the gym like a wreath of fame are trophies of every shape and size from almost every organization in the world. This is a testimony to the consistency and strength of The Pit lifters."

OK, folks; I think Pit Barbell has issued a challenge to you and your gym! You can see their numbers in the photos. What have you got? Write me and tell me! If you think your friends are stronger - I'll pass the info on to the guys at The Pit!

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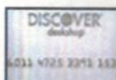
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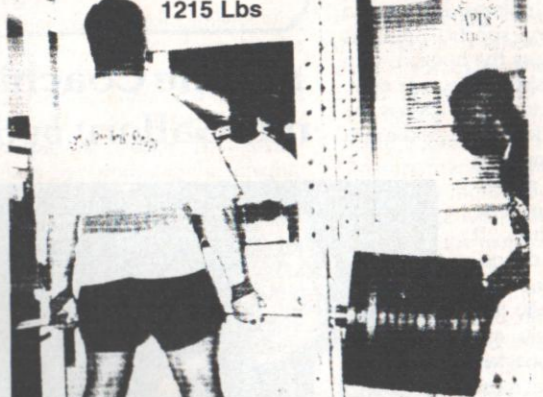
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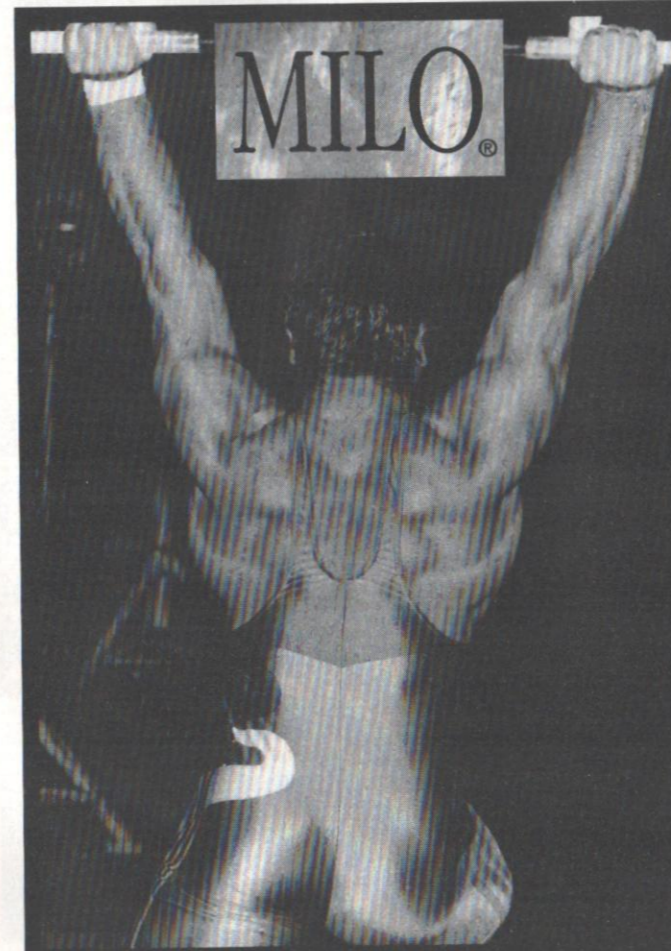
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After my article "Old School", appeared in the August issue of *Powerlifting USA*, my e-mail was jammed with responses, giving new meaning to the phrase "you've got mail". As with almost anything in contemporary sports, opinions stretched across the horizon, with every side insisting they are right. Encouraging to me at least is the fact that a large majority of the mail I received supported my view that powerlifting needs to be revamped when it comes to drugs, equipment, and officiating. Actually this was extremely encouraging, considering the fact that most people are not motivated to write unless they feel slighted. Needless to say, I had my detractors, too. The old expression "a hit dog will holler" certainly held true to form here. Guys who were offended by the article basically told me that if they wanted to use drugs and equipment it was their business and that I should keep my mouth shut. Some of the language they used to express themselves was ghastly ... words and phrase that would make a New York hooker blush. Very impressive! There was also a number of respondents who really didn't take a stand one way or another. They more or less stood



Don Reinhardt did a 2420 total with hardly any "equipment"

mid-road seeing the pros and cons of each side of the issues being discussed. Very wise! Anyway, the following are a few excerpts from letters and e-mails, as well as my responses, that I thought might interest you.

**Dear Sirs:** "On page 35 of August/2002 issue of "DR. JUDD" 2nd paragraph, he says that Pete Rose would never have gotten 4,000+ hits had he played anywhere else but Three Rivers Stadium. "WELL" Pete played at Riverfront Stadium in "Cincy" for most of his career. He also came into the league when the Reds played at Crosley Field, which is grass. He started the All-Star game at 5 different positions, having over 500 hits at each during his playing time - Lifetime .306 hitter "on the road" vs. count them, 14, pitchers who

# Dr. JUDD

## A Little Coaching From The Peanut Gallery by Judd Biasiotto Ph.D.

saying that they would not be able to put up the numbers they did if they played in other stadiums. In the same light, if you put Bonds in Coors Field, he would probably hit significantly more than seventy three home runs. That is not just my opinion either; most people in professional baseball will tell you the same thing. It is not what I would call esoteric information.

The point I was really trying to make was that if rules, equipment, and standards vary significantly from one competitive event to the next, you can not make valid comparisons from one event to the next. That is not exactly penetrating insightfulness either. It's just common sense.

Anyhow, as far as your comment concerning me

are now in the Hall of Fame. DR. JUDD should write about what he knows, that's bashing powerlifting". **D.W.**

**Dear D.W.** "You are perfectly right, Rose did play at Riverfront Stadium in "Cincy", not Three Rivers Stadium in Pittsburgh, which was really a dumb mistake on my part considering that I worked with Cincinnati and before that with Pittsburgh. Still, my point was that Rose most likely would not have had as many hits if he played in a different stadium. Along those same lines I don't believe that Barry Bonds or Mark McGwire would have had 70 home runs if they played in different stadiums. That is not to say that Rose is not one of the greatest hitters in baseball history, nor does it mean that McGwire and Bonds are not two of the greatest home run hitters of all time. I was simply

bashing powerlifting, that was certainly not my intention. I would never do anything to hurt the sport, and, in fact, what I was attempting to do is keep others from marring and damaging it. The use of unnecessary equipment, gimmicky and poor officiating is, in my opinion, hurting the sport. Of course, that is just my opinion, but because it is my opinion, I feel a responsibility to my readers and the sport of powerlifting to address it. I don't consider that bashing the sport. I consider it an attempt to rectify it. I think we all have a responsibility to make the sport as strong as possible, and if we see something we feel is wrong, we not only have the right to voice that wrong, but a responsibility to do so. Of course, when you criticize something, even if it is corrective criticism, you run the risk of being criticized and rebuked. I understand

that responsibility, and I understand the risk, and I am willing to be held accountable for what I believe.

**Dr. Judd** "Your position against drug use and equipment to enhance performance is absolutely right. If Powerlifting had more people like you, the sport wouldn't be in the mess it is now". **Constance**

**Dear Constance:** I just love how clearly and distinctly you see things. Obviously, you have the wisdom of Solomon and the intelligence of Einstein. In other words, thanks for seeing things my way. Still, I have been around long enough and have experienced enough to know that I don't always have to be right, and, in fact, many times I am wrong. This time I believe unequivocally that I am right.

To be honest I would like to think that all of the lifts and records in powerlifting are legitimate. You'd like to believe that all the lifters perform naturally and that their strength is the product of hard work and not drugs or gimmicks. When you achieve something, it should be because you worked hard to achieve it. Still, it doesn't take Lieutenant Colombo to figure out that drugs and gimmicks have become more the rule than the exception in powerlifting. The sad part is that records that once seemed as solid as Mount Rushmore have turned into pharmaceutical and manufactured contrived junk.

Say what you will about Lamar Gant - that he was a genetic freak or that he only pulled his deadlifts three inches. He was real. And so was his 672 deadlift. No drugs, no gimmicks ... just God given talent and hard work. When I was informed that Kaz bench pressed 661 pounds, I didn't have to ask myself "Did he lock it all the way out? Did he have a triple denim shirt on? Was he wrapped in duct tape? Did he touch and go the lift? Was his butt three feet off the bench?" I knew that the lift was genuine. Like Gant, his lifts were real. So were Hatfield's, Pacifico's, and Bridges'.

**Dr. Judd** "... I recently read that one of the greatest authorities in powerlifting said that he has a bottle of Anadrol 50 and a triple denim shirt sitting in the corner of his gym and until this day neither the shirt nor the steroids have lifted an ounce of weight. What do you say about that?" ... **Vaughn H.**

**Vaughn:** If the quote is right, I assume, he is saying that it isn't steroids or the equipment that is allowing guys to lift small apartment complexes: it is the athletes themselves.

Let's be real here. I have a hydraulic jack in the corner of my

garage. Till this day it has not lifted a thing on its own. If I use it, though, I can easily lift the front end of a ten ton tractor-trailer. Does that mean I am stronger than Anthony Clark because the most he ever lifted was a two ton automobile?

I have been told by a number of coaches and athletes that steroids, if stacked in a certain way, can increase strength by as much as 20 to 30%. I have also been told that a triple denim shirt can add, conservatively speaking, 10% to 15% to your lift. Now let's do a little math here. You take a guy with a solid 500 pound bench press. You let him train with that stuff in the bottle in the corner of the gym, and if the experts are right, he is going to bench somewhere between 600 and 650. Then you take that triple denim shirt and you stick him in it, and - presto - the guy is benching right in the neighborhood of 700 pounds. In other words, you got a guy who would probably be hard pressed to ever break the 500 pound barrier, handling 700 pounds or more. Ben Johnson is a prime example of what I am talking about. With drugs, he was the fastest human who ever walked the face of the earth. When he attempted a comeback, drug free, he was at the very best a mediocre world class

sprinter.

The discouraging part of this type of thinking is that, I hear very few people concerning themselves with the morality or the ethics or the integrity of the sport.

**Dr. Judd:** "What is your problem? If guys want to use triple denim shirts or other equipment to ensure their safety or enhance their lifting, what is so bad about that? Why do you have to malign and insult them?" **Chris H.**

**Dear Chris:** Now, let me say right here that I have absolutely no problem with guys using equipment, drugs (if they are lawful), or bending the rules to make lifts that exceed their physiological limits. If a particular organization says that using a hydraulic jack is acceptable for making lifts, I think that is just fine, as long as everyone in that organization has an equal opportunity to use the jack. I don't see that as cheating or anything close to cheating. Cheating is when you surreptitiously use drugs, equipment, money or anything else to gain an unnatural advantage over your opponent. If everyone is using the same equipment, the same drugs and the same rules and/or officiating, then no one is gaining an unfair advantage. I can live with that, but let's be

honest. If you hit a hundred home runs, playing in a field that is 180 feet down the lines and 210 feet dead center, call it what it is ... Little League.

When you compare athletes who lift by the rules set down by the founding fathers against athletes using lifting enhancing aids, the latter group of athletes has a nonsensical, unfair edge. That advantage is compromising the integrity of the record books and the sport. Worse yet, it belittles and depreciates the performance of athletes who have competed under the strict standards that were set down by the organizers of the sport. Is it really fair that there are guys walking around claiming lifts that were made in meets where there were basically no rules? Is it fair that guys who are lifting un-aided are not mentioned in the rankings, while guys who use everything under the sun to get a lift up dominate those rankings? I'll answer that for you ... NO!

Maybe some lifters from the Counter Culture Era, where drug use was the remedy for everything from boredom to psychotic behavior, dismiss the fraudulence of "Better Lifting through Better Chemistry". Maybe we shouldn't worry that lifters jeopardize their health and well-being with anabolic and

thermogenic drugs to bolster their lifts. Maybe we shouldn't care if lifts are being made with illegal equipment or in meets that have fewer rules than professional wrestling, but powerlifting, over and above most sports, is embodied in numbers. Statistics are the sport's lifeblood. We study meet scores, compare lifters' totals, memorize the record books, and scrutinize Herb Glessbrenner's powerlifting lists month after month. If you ask Mike Lambert, he will probably tell you that one of the major selling points of *Powerlifting USA* is its ability to bring the reader the most up-to-date statistics and/or lifts that are recorded around the world. The problem now is that those statistics have to be looked at with an incredulous eye.

As far as the safety issue goes, if the equipment - in fact - does decrease injuries, I am all for it. However, from what I have read, heard, and witnessed a lot of the equipment out there may actually increase the risk of injury by allowing lifters to attempt weight that is well beyond their physical parameters.

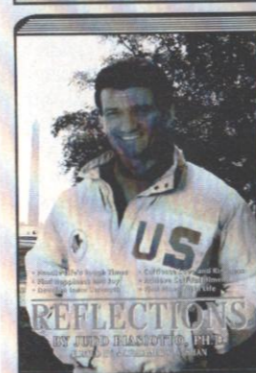
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(Dr. Judd can be contacted at Dr.Judd2@aol.com)

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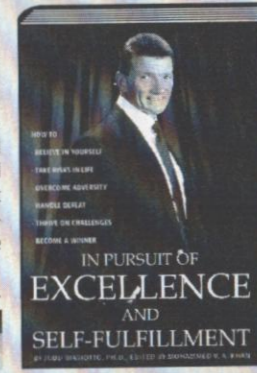
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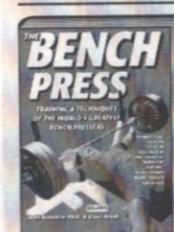
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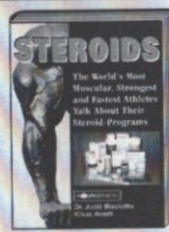
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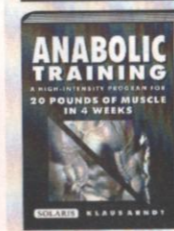
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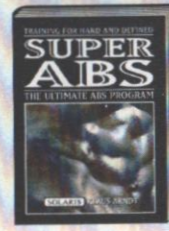
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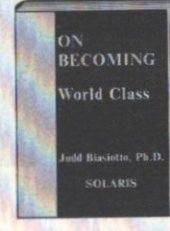
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# INTERVIEW

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

**TS:** Thanks for doing this interview Willie. Could you provide some personal information?

**WW:** My name is Willie Wessels. I have been a teacher for 17 years. My wife, Dione, is also a teacher, but now she stays home with our two girls Whitney (21 months) and Mackenzie (10 months). We live in St. Louis, MO and pray the Rams do better this year.

**TS:** Growing up, what sports were you involved with and what made you decide to get into the Iron Game?

**WW:** As with many weightlifters, I played every sport available to me. Those sports included football, basketball, track and field, and baseball. I did not have time for anything else. Once in college, I realized that playing sports was not my career, therefore, I concentrated on school. Since that time, I have needed an activity to release the extra energy and the competitive side of myself, and I chose weightlifting which was a perfect for me. I had always messed around with weights, but I didn't get serious with them until 1982. I started competing in 1985, and haven't stopped yet.

**TS:** As a powerlifter, what would you consider your greatest achievement?

**WW:** As a powerlifter winning

## Willie Wessels

as interviewed for PL USA by Tony Soucie

the Nationals and Worlds, in two different weight classes, meant a lot to me. Being the lightest man to ever squat a 1000 lbs. was also nice. Benching 661, totaling 2403 lbs, and being #1 in the 242 weight class in 1997 was the high-

light of my career. Now I coach Dione in powerlifting and I am having a great time. Training with Ernie Frantz were some of my best workout times.

**TS:** Recently you and your wife have become the head of the North

American Strongman Society (NASS). How did that come about?

**WW:** I have served as Missouri State Chair for 2 years. Bill Holland and I talked about the future of NASS for a while. This past winter, Bill called and asked me about taking NASS over. On 02/01/02, my wife and I did. I appreciate everything Bill and Linda have done for NASS and for Dione and myself.

**TS:** Could you elaborate a little about the NASS?

**WW:** NASS is the premier amateur strongman organization. NASS has grown a lot this year. We have 29 states involved now. The NASS State chairs are some of the greatest people I know. The competitors in NASS are unbelievable. They are strong and dedicated to the sport. Our website is [www.nastrongman.com](http://www.nastrongman.com). If you are interested in strongman competitions, please check it out. We have competitions for teens, women, masters, and open competitors. Thanks to sponsors like Rick Brewer from "The House of Pain" and Jeff Bach from "The Weak Get Eaten", we are able to provide a lot for NASS members.

**TS:** What are the future goals of NASS?

**WW:** For the future, we want to keep growing. We would also like to add some corporate sponsors. Getting NASS on television is one of our goals for the future along with continuing to develop strongmen and women so they can become professionals and have a shot at the "World's Strongest Man" and "Woman" title. We will continue to provide safe and fun competitions for all strong men and women.

**TS:** Thanks Willie. Any final comments?

**WW:** Be strong and train smart. See you soon at a NASS contest.



Willie Wessels pulling the "RV from Hell" at the 2001 NASS Illinois Strongest Man Contest.

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Several years ago, I had the good fortune to chat with a former national champion at a big meet. One comment he made that stunned me was he said some of my articles I wrote for *PL USA* had a positive impact on his career. One article in particular was on setting up to squat. The point I am making is to not pat myself on the back, but to show how much value properly setting up for the squat can be to your results. Witness some novice lifters from the time they sit down to wrap until they finally get the squat signal. These episodes can range from wrapping too soon or too late, to exhausting backouts from the rack. By the time the squat signal comes, they have spent a great deal of physical and mental energy leaving less than desired for the actual squat itself. A close miss could have been changed to a success with better set-up. As an extra added bonus, efficiently setting up to squat can mean not only a bigger squat, but can greatly lessen the chance for injury.

Let's start at weigh-ins. Lifters get measured for bar height and choose their preference to have the racks in or out. "In" means the lifter places his hands outside the racks, near the inside of the collars. Many larger lifters go this route because they can not get their arms in close to the body due to their size and flexibility limitations. Smaller lifters tend to set the racks 'out', meaning the lifter's hands go inside the rack, away from the collars, and closer to the body. Some lifters have their buddies set their bar height for them. I would suggest each lifter personally get measured for the most accuracy. A valuable tip to remember is when you are actu-

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Setting Up Right for the Squat as told to Powerlifting USA by Doug Daniels

ally squatting, wearing a tight squat suit may 'shorten' you a bit. For that reason, consider a setting one notch below what you measure without a squat suit on. If you find after your first attempt, it is too high or too low, have the meet workers adjust your bar height for subsequent attempts. In most cases, lifters have the bar set too high. They must tip toe to get the bar out of the racks. This can be tricky with max weights. If the height is set too low, the lifter ends up doing a partial squat to get the bar up and out. Both scenarios waste energy and add to anxiety, not a good thing.

The next step for the squat is in the 'on deck' circle. Being aware and organized in getting your gear on can save a lot of energy from the get go. Start with your squat suit on with the shoulder straps down. When the lifter on the platform takes the weight out of the rack, begin to wrap your knees. In addition to the time it takes the lifter to attempt the lift and the spotters take to get the bar back into the rack, there may be a weight change involved. Combining this with the customary one minute between lifts should provide you with ample time to get into full squat gear. It is

key to not begin the wrapping process too soon as having all that confining gear on for even seconds too long can sap energy. After your knees are wrapped, have a helper get you up from your chair and have him get your shoulder straps of your squat suit up. After that, put your wrist wraps on if you use them. Follow this with getting your lifting belt cinched on. It may be best for a helper to cinch the belt on tightly, again saving energy. Have a helper spread chalk on your back where the will bar rest to reduce the chance of the bar slipping during the squat. Lastly, chalk your hands for a better grip, and then you're ready for your best impersonation of a human fork-lift. Your helpers are extremely important here, as their main responsibilities are to keep tabs of when you are due to lift and completing the gear-up process.

When the pre-set up stuff is out of the way, we can move to getting into position to squat. The main goal of setting up is to get into ready-to-squat position quickly and safely and with the least expense of energy and anxiety possible. Saving that energy for later during the squat can mean

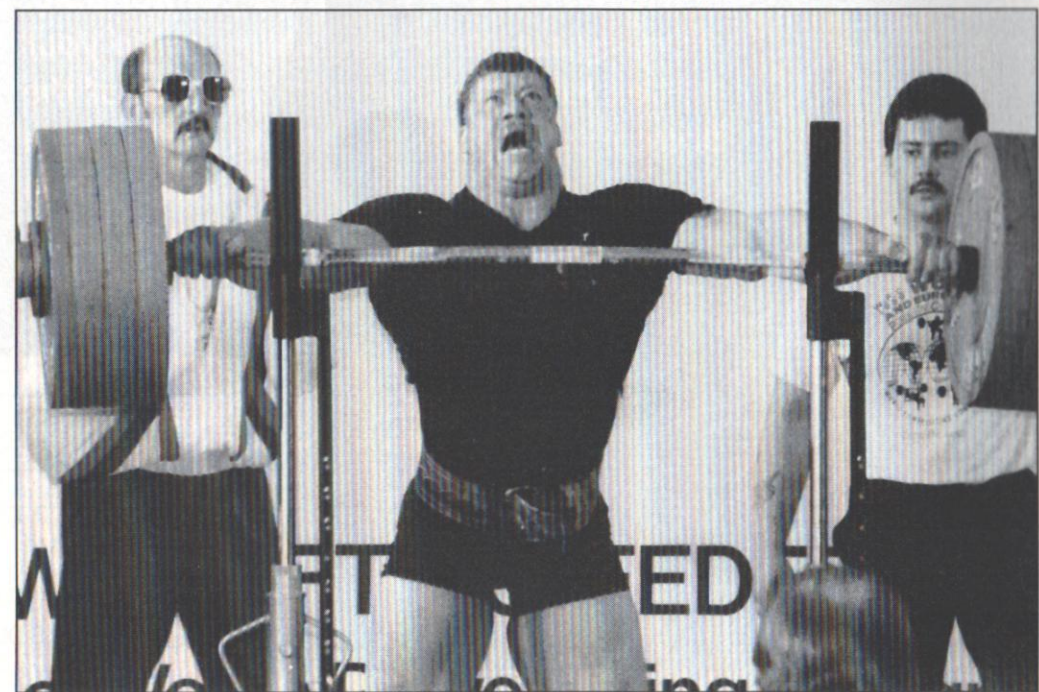
the difference between success and failure. Many lifters waste an extreme amount of energy backing out of the rack and then add to this by shuffling the position of their feet, searching for that perfect stance. I've seen some lifters take numerous steps backward while setting up, taking the spotting team on the hike with them. Never mind they have to walk all the way back to the rack with the weight after the attempt. That can even tough after getting 2 or more red lights. Seems like it's even a longer way back then.

Optimally, the squatter should take one step back with each leg, getting right into starting position for the head judge's 'squat' signal. The only way this can be accomplished is with a lot of practice during your training. Practice backing out of the rack and into position with one step on every rep you do in training, from that 135 warm-up to your max lifts. This will make setting up second nature. If you need more than one step back to clear the rack, I suggest you re-evaluate your squatting style. Perhaps, you do not need as much room between yourself and the rack as you may think.

Setting up can also apply to the spotters; they can make mistakes too. Your helpers can assist in this department. Have them verify that the bar is loaded correctly and evenly and the racks are set to the correct 'in' or 'out' position. The platform tends to get covered with chalk and powder over the course of the meet. Have a helper instruct the spotters to clean it up before you take the platform. Waiting for the spotters to reset the rack or clean off the platform while wrapped and belted can really add to frustration, again draining precious energy.

A lot of hard work and thought go into your contest preparation. All that can go up in smoke if you waste too much energy setting up to squat. Practice setting up efficiently for the squat on every set and rep in training. This type of focus is the only way to insure you are in the best position to get maximum results on contest day. The importance of paying attention to such details can make a difference in your meet results as well as safety. It has made a difference to champions, it can for you also.

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



Racks In .... allows the bodies of lifters in the heavier classes to be accommodated by the racks more easily.

## TRIPLE BODYWEIGHT CLUB as compiled by Herb Glossbrenner for PL USA

TIMES	BWT	LIFTER	NAT	BWT	KG.	LBS	DATE
1	3.6985	SCHICK, MARCUS	76GER	68.94	255.0	562.1	09SEP00
2	3.5361	FOKKEN, ROY (4TH)	USA	68.94	243.8	537.5	03JUN01
3	3.5079	STANASZEK, ANDRZEJ	71POL	50.60	177.5	391.3	16NOV94
4	3.5051	WARR, GREG	69USA	66.00	231.3	510.0	04JUN94
5	3.4242	VILLE-PITTERI, EROLA	FIN	82.50	255.0	562.1	06APR02
6	3.4168	HALBERT, GEORGE	71USA	89.81	310.0	683.4	03MAR01
7	3.4420	OTSUBO, MAKATO	68JPN	55.20	190.0	418.9	03JUN00
8	3.4318	ISAGAWA, HIROYUKI	53JPN	59.88	205.5	453.0	07DEC01
9	3.4246	KAWAKAMI, T	JPN	59.86	205.0	451.9	01SEP01
10	3.3854	NEALY, DEWAYNE	USA	87.09	294.8	650.0	09FEB02
11	3.3806	CLARK, AUGUST	USA	59.90	202.5	446.4	12AUG01
12	3.3717	WATERMAN, DAVID	USA	84.82	286.0	630.5	09SEP00
13	3.3662	KARLSSON, MAGNUS	67SWE	55.70	187.5	413.4	14NOV96
14	3.3333	ITO, KIMIHISA	72JPN	67.50	225.0	496.0	29JUN02
15	3.3269	IKEDA, NAOYA	JPN	52.00	173.0	381.4	29JUN02
16	3.2766	KELLUM, JESSE	USA	93.44	301.1	675.0	28SEP02
17	3.2589	MIYAZAKI, YUJI	68JPN	56.00	182.5	402.3	29JUN02
18	3.2550	MILLER, LARRY	usa	74.50	242.5	534.6	24AUG02
19	3.2443	SAVINO, GREG	USA	82.45	267.5	589.7	23FEB02
20	3.2414	SIVOKON, ALEXEI	73KAZ	67.10	217.5	479.5	09DEC00
21	3.2343	PARNIAN, TAGY	NDL	58.90	190.5	420.0	19AUG00
22	3.2121	WERNER, SCOTT	USA	74.84	240.4	530.0	10APR93
23	3.1941	VOROBYEV, ALEXE I	69RUS	81.40	260.0	573.2	11JUN01
24	3.1896	O'NEIL, CHRISTOPHER	USA	52.62	167.8	370.0	21NOV92
25	3.1799	HARA, MIKE	USA	73.90	235.0	518.1	24AUG02
26	3.1761	BOOKER, MICHAEL	USA	53.52	170.0	374.8	09FEB02
27	3.1753	MUKHAMATYAROV, F.	72RUS	55.90	177.5	391.3	28FEB02
28	3.1692	BULLOCK, DAVID	59USA	67.50	213.5	470.9	25APR92
29	3.1494	PATTERSON, KENNETH	USA	98.43	310.0	683.4	09SEP00
30	3.1474	PAVLOV, KONSTANTIN	73RUS	55.60	175.0	385.8	15NOV01
31	3.1431	RUDULIS, ANDRIS	77LAT	51.70	162.5	358.2	15NOV01
32	3.1385	ITO, DEREK	USA	67.13	210.7	464.5	28APR95



Marcus Schick of Germany reigns at the top of Herb Glossbrenner's exclusive list of male triple bodyweight plus bench pressers. He is seen at left competing at the Arnold Bench Press Classic in a photograph taken by PL USA editor Mike Lambert

33	3.1333	SAKUTA, S.	JPN	75.00	235.0	518.1	98
34	3.1302	SHERMAN, JEFF	USA	81.87	256.3	565.0	04SEP93
35	3.1298	COUCH, RICK	USA	59.42	186.0	410.0	20NOV93
36	3.1250	COLEMAN, ARNOLD	USA	80.00	250.0	551.1	18NOV00
37	3.1188	CONFESSORE, CHRIS	65USA	81.76	255.0	562.1	17JUL88
38	3.0995	HEATH, DOUGLAS	55USA	60.00	186.0	410.0	07MAR98
39	3.0992	PEREZ, JOSE	USA	74.27	230.2	507.5	26MAR94
40	3.0981	NAKAYAMA, HISAYUKI	JPN	58.10	180.0	396.8	01SEP01
41	3.0932	RORIE, LEE	64USA	88.90	275.0	606.3	07OCT95
42	3.0818	CAPOZZOLO, ROB	USA	105.23	324.3	715.0	MAY02
43	3.0662	ROBBINS, DONALD	USA	82.10	251.7	555.0	16DEC00
44	3.0643	WEIL, RICK	58USA	82.40	252.5	556.7	29JUN86
45	3.0487	HOOPER, WADE	70USA	74.39	226.8	500.0	05MAY01
46	3.0416	UNTEN, KIERWIN	USA	60.00	182.5	402.3	17FEB01
47	3.0357	BUTTERBAUGH, DAVID	USA	56.00	170.0	374.8	11NOV95
48	3.0349	SUCCAROTTE, A	64USA	82.37	250.0	551.1	23JUL89
49	3.0277	LEE, JULIAN	USA	90.00	272.5	600.8	02APR89
50	3.0155	POKU, ALEX	68USA	65.43	197.3	435.0	13JAN90
51	3.0137	MORISHIMA, ED	62USA	67.36	203.0	447.5	03SEP88
52	3.0080	GALLAGHER, BILL	USA	74.80	225.0	496.0	23JUN01
53	3.0012	BRADLEY, JOE	USA	60.00	180.1	397.0	06DEC80
54	3.0000	WRIGHT, CHAD	USA	54.43	163.3	360.0	13APR96

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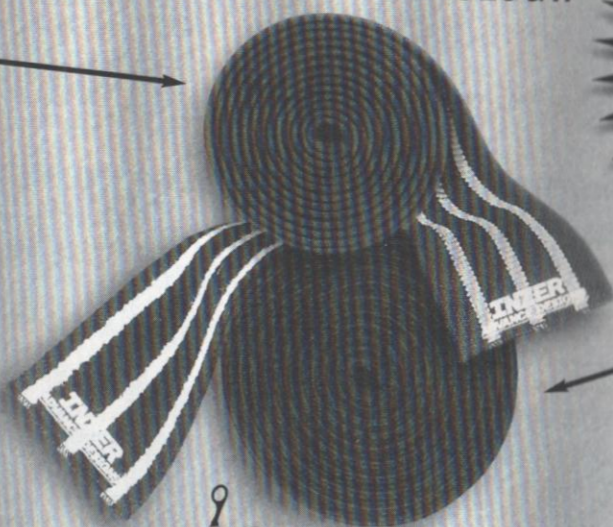
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# TRAINING

## Fred: A Boldt of Lightning

as told to Powerlifting USA by Louie Simmons

Fred Boldt moved from Buffalo, NY, in October 2001 to Columbus to train at Westside Barbell. His bench press was 400 in the 165 pound class and had been stuck there for a year. After training at Westside for 10 months, Fred pushed his official bench up to 495.

Fred found his weakest areas and corrected them. First, his form needed work. He would push the bar over his face and miss the lock-out. This was due to a weakness in the triceps and lats. We also noticed that his upper back was weak. Fred had always trained using the progressive overload method. He was fairly



Fred Boldt chalks up for a workout at Westside Barbell (D. Black)

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strong, but somewhat slow, lacking explosive power. We switched him from a light/heavy system to a much more effective system of a dynamic method day followed by a max effort day 72 hours later. This brought his speed up very fast, which is extremely important. Remember that force equals mass times velocity divided by time.

Before Fred trained at Westside he was doing triples with 315, then working up to a heavy single. Now his training weight is 185 with two sets of chains, which add 40 pounds at lock-out. This reduces bar deceleration. After 3 weeks, he switches to mini Jump-Stretch bands, which add 85 pounds at the top and 40 pounds at the bottom. The bands also add to the eccentric phase, resulting in a greater stretch reflex. This is accomplished through a gathering of energy in the muscle and connective tissue. This is an extreme workout indeed. Fred performs 9 sets of 3 reps with a maximal eccentric overspeed phase and a quick recovery phase with maximum acceleration to completion.

Instead of doing a so-called heavy day, Fred does a maximal effort day using the conjugate method. Fred used to max out each week, going heavier and heavier until he failed, not aware that training with weights above 90% of a 1-rep max for 3 weeks in a row will result in a lack of progress. Now, Fred will switch a core exercise each week and max out with 100+%. This can be done by switching to a new exercise each week. These exercises may include floor press with bands or chains, board press, and overhead band press. Both dynamic and max effort workouts are concluded with first triceps, then lats, upper back, and side and rear delts.

Fred used certain key exercises

on max effort day. First he used board presses with bands. This exercise raised his bench to 450 (in a meet). Then it stalled out. At the time, Fred could not out-board-press me. I knew this shouldn't be because I made a 575 at the same meet.

We had him do straight bar extensions to the throat. A 45 pound bar for 5 reps was hard for him. This was the first key to progress. When he could do 95 pounds for 5 reps, his bench was 480. Now what else could help?

Next was push-ups. That's right, simple push-ups. He would place a bar in the bottom of a power rack and elevate his feet on a 13-inch box. Raising the feet simulates an incline press and forces blood into the upper body. When the feet are on the floor, push-ups work like a decline. More weight or reps can be performed with the feet on the floor. Fred will try for a rep record with bodyweight only or with a 45- or 100-pound plate on his upper back, with one edge of the plate at the base of his neck. He also has personal records with a 150-pound person and a 200-pound person sitting on his back.

Fred's new system of training raised his bench press to an official 495, thus making Westside's record board, which is not that easy. When push-ups stopped producing results, Fred moved on to dumbbell extensions, two different types. The first is done with the palms facing each other, and the arms are held straight at the beginning of the movement. Then by bending at the elbow, the dumbbells are lowered until one end of the dumbbell touches the delt. Then it is rolled backward until a full stretch is felt in the triceps near the elbows. To start back up the elbows are pulled slightly forward and ex-

tended to completion. The second method is to lay the two dumbbells vertically on the chest with the elbows out to the sides as far as possible. This removes the lats from the movement and places most of the work on the part of the triceps that attaches to the elbow. This builds the extension of the elbow, and, of course, this is a lot of your lock-out.

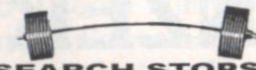
At Westside, we frequently hear how good Bill Crawford and his guys are at using their bench shirts. After all, he didn't just break Kenny Patterson's 275 record, he destroyed it with his latest 760 pounds. One of his tricks is to do board press while wearing his contest shirt. First Andre Henry tried it, on max effort day, and made a 635 off two boards and a 675 regular bench in the gym. John Stafford did 585 on two boards and then made a 620 regular bench. I was told that Tony Hutson made a 635 on two boards in the gym and then benched 660 at a meet, a 55

... "Next was push-ups. That's right, simple push-ups. He would place a bar in the bottom of a power rack and elevate his feet on a 13-inch box. Raising the feet simulates an incline press and forces blood into the upper body. When the feet are on the floor, push-ups work like a decline. More weight or reps can be performed with the feet on the floor. Fred will try for a rep record with bodyweight only or with a 45- or 100-pound plate on his upper back, with one edge of the plate at the base of his neck. He also has personal records with a 150-pound person and a 200-pound person sitting on his back." ...




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other way. Guys like Bill Crawford are willing to give back to their fellow lifters, and, after all, he is a world record holder. If you are a nobody or a has-been, don't complain about the modern equipment, but rather learn to use it correctly. Hell, if your psychologist tells you using a bench shirt is cheating, save that \$200 an hour and I will buy you a bench shirt, you know, one of those items that is allowed according to the rules.

Fred is just learning to find what will raise his bench and what will not. No time is wasted. What's next for Fred? Time will tell. It is important that he stay injury-free and prepare himself for stardom in the middle-weights. At Westside we start a lifter in a direction to sooner or later reach the top. And we think

Fred will Boldt to the top.

There is a lot of information out there. Don't be a fool and look the

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# POWER SCENE



Jamie Harris, Worlds Strongest Elvis impersonator, as "THE KING".

As **POWER SCENE** starts getting near its 100th appearance (this should be about the 93rd), we thought it might be time to start a little update section, catching up on some of the many lifters, coaches, and gyms we've written about over the years.

Perhaps no one has been covered in **POWER SCENE** more than Jamie Harris, so there's probably no better place to begin. Big Jamie is busy aiming to hit the three lift stage, at Russ Barlow's November APF meet in Maine. Jamie's still recovering from a pec tear last January, but his bench is moving back up and he's hard at work on his squats and deadlifts.

Jamie's also running APF meets in the Pittsburgh area; he hosted one in late September and is planning the next one for next January. He's also active as the World's Strongest Elvis impersonator. Jamie spends many weekends doing shows in one (or more) of his three special Elvis outfits. We're looking forward to the day when Jamie can run a meet, lift in it, and put on his Elvis act at the meet. Or maybe he can just do his lifting in the Elvis suit.

Can you get a squat suit or bench shirt in the Elvis style?

We caught up with Ralph Raiola of New York's powerlifting mecca, the Iron Island Gym. Even though



Ellen Stein and Louie Simmons in Las Vegas (Photo courtesy Low)

Iron Island is no longer the site for PL meets, it's still got a lot of active powerlifters training there, among them Joey Almodovar, John Bott, Melanie Diamond, and Gregg Savino. It's also got two Monolifts now, plus bands and chains. For Iron Island info, call them at 516-594-9014.

We also caught up with top USAPL lifter Ellen Stein, who told us she's taking a year off from competition, while she drops ten pounds, then she'll be returning for next year's USAPL Women's Nationals in the 123s. Ellen is doing lots of core stability work with her trainer Basil Butcher, a Level 2 Paul Chek practitioner.

Out here in California, Gold's Gym in Venice had a 37th anniversary party. At over 500 gyms worldwide, it's the world's largest gym operation, and they've always been a strong supporter of **POWER**

**SCENE**, and always were of *Powerlifter Video*. Just a partial list of the powerlifters videotaped in their powerlifting workouts at Gold's/Venice over the last ten years reads like a who's who of powerlifting: Anthony Clark, Ted Arcidi, Garry Frank, Glen Chabot, J.M. Blakley, Chris Confessore, Scott Werner, Rachel Mathias, Tom Platz, and Joe DeAngelis.

After ten years of videotaping and photographing so many top lifters at Gold's, we want to say thank you (to Gold's and to the lifters) for their wonderful support, and wish them many more decades of success.

To the thousand who haven't been in **POWER SCENE**, we wish you much success, and hope that more of you will be in this column in the future. Until next time, stay strong and healthy, and good luck and good lifting. **NED LOW**



Gold Gym's 37th Anniversary - (l to r) M. Baker, Mike Kozachenko, Amy Jurist, K. Johnson, & Tracy Burton

## WORKOUT of the Month

### ED COAN'S SUMO DEADLIFT ROUTINE

In my opinion, the DEADLIFT is probably the most important lift in a meet. It is a lifter's last chance to win or lose. That is why I have put a lot of work into it. My cycle for the deadlift is 12 weeks. It consists of 3 weeks of 8 reps, 4 weeks of 5 reps, 4 weeks of 3 reps, and the week before the meet includes just a double at or around your opener.

Assistance work is done on Tuesday, because I deadlift on Saturday. It consists of 3 sets of chinups (with weight) for 8 reps, 2 sets of 8 reps of long pulley rows, and 2 sets of 20 reps of shrugs with a front grip to improve gripping strength. The poundages I have selected for this routine, assume the lifter coming into the routine has deadlifted 600 pounds in his last meet.

When I used to deadlift Sumo style, conventional deadlifts were done after my Sumo deadlifts. If you are a conventional deadlifter, just do your first 3 weeks of the cycle off a 2 inch block.

NO BOUNCING. Regardless of whether or not you are using Sumo or conventional style there are 3



Ed Coan has deadlifted 900 lbs. sumo style in the 220 lb. class ('91 USPF Seniors)

steps to remember: After you set up, do these in order:

1. Drive with the legs.
2. Pull the weight into your

body.

3. Pull the head up and back while pushing the chest out.

Week 1: 135x8, 240x5, 340x3, 425x8, conventional 390x8 (off

block)

block)

Week 2: 135x8, 240x5, 340x3, 445x8, conventional 400x8 (off block)

Week 3: 135x8, 240x5, 340x3, 465x8, conventional 410x8 (off block)

Week 4: 135x8, 240x5, 340x3, 490x5, conventional 435x5 (off block)

Week 5: 135x8, 240x5, 340x3, 510x5, conventional 445x5 (off block)

Week 6: 135x8, 240x5, 340x3, 525x5, conventional 455x5 (off block)

Week 7: 135x8, 240x5, 340x3, 535x5, conventional 465x5 (off block)

Week 8: 135x8, 240x5, 340x3, 555x3, conventional 475 for reps off block

Week 9: 135x8, 240x5, 340x3, 570x3, conventional 485 for reps off block

Week 10: 135x8, 240x5, 340x3, 580x3, conventional 495 for reps off block

Week 11: 135x8, 240x5, 340x3, 590x3, conventional 500x3 off block.

Week 12: 135x8, 240x5, 340x3, 600x2, no conventionals..

Meet Day: Attempts: 584, 617, 639.

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IPA EAST COAST CHAMPIONSHIPS

22-23 JUN 02 - NAZARETH, PA

105w Pro	SQ	BP	DL	TOT
Janet Farone	275	215*	310	800
114w Amateur				
Anna Shander	200	155	265	620
123w Amateur				
Jenny Burkey	410	200	280	910
132 Amateur				
Chris DeCarlo	410	300	425	1135
132w Amateur				
Karen Carpenter	300	160	265	725
148 Amateur				
Mike Welch	400	210	400	1010
148w Pro				
Bonnie Graube		215	215	
165 Amateur				
Steve Shanebrook	525	330	445	1300
181 Pro				
Mark Van Alstyne	605	395	565	1565
181w Amateur				
David Kirchen	645	430	540	1615
181w Amateur				
Vinney Cofield	405	335	455	1195
181 JR Amateur				
Octavio Marrero	520	355	530	1405
198 Pro				
Russell Dell	640*	405	580	1650
198w Amateur				
Tim Werkheiser	550	300	550	1400
220 Pro				
Tony Kamand	760	410	685	1855
220w Amateur				
David Garcia	605	400	450	1455
220w Amateur				
Robert Clark	645	405	550	1600
220w Amateur				
Walter Welch	540	350	540	1430
198 JR Amateur				
Ryan Martucci	750	375	450	1575
220w Pro				
Paul Bauer	675	425	500	1600
220w Amateur				
Brian Richard	500	405	545	1450
220w Amateur				
Jimmy Marvel	600	375	565	1540
220w Pro				
Hal Wilson	515	405	510	1430
220w Amateur				
David Alhoff	600	380	550	1530
220w Amateur				
Jason Cox	840	500	625	1965
242 Pro				
Scott Haddaway	600	440	580	1620
242w Amateur				
Scott Brady	525	385	500	1410
242w Amateur				
Nick Matkins	600	340	570	1510
242w Pro				
Kevin Emery	660	475	525	1660
242w Amateur				
Bobby Field	725	555	600	1925
242w Amateur				
David Moore	645	405	570	1620
242w Amateur				
Sean Donegan	630	405	565	1600
242w Pro				
Steve Castone	600	350	450	1355
242w Amateur				
Sebastian Burns	700		700	
242w Amateur				
John Stahl	640	455	540	1635
242w Amateur				
Bob O'Brian	475	330	500	1305
242w Amateur				
Gerald Groff	645	400	530	1575
242w Pro				
John Bott	870	490	615	
242w Amateur				
Mark Watts	660	505	500	1665
242w Pro				
Allen Hicks				
308 Amateur				
Robert Weber	800	500	600	1900
308w Pro				
Terry Tsouroutis	700	465	600	1765
308w Amateur				
Ted Forbes	850	470	700	2020
308w Amateur				
Rocco Capoccia	850	570	650	2070
308w SHW				
Eric Myrishi	600	365	650	1615
308w Amateur				
Matt Wilson	855	530	670	2055



John Bott had a nice day at the IPA East Coast Meet. (courtesy Miller)

GAN SATURDAY MORNING WITH WOMEN, JUNIORS, AND LIGHT MEN UP TO 220. JANET FARAONE AT 105.5 BODYWEIGHT STARTED THE MEET OFF RIGHT WITH A 275 SQUAT, A WORLD RECORD 215 LB. BENCH AND A 310 LB. DEADLIFT FOR AN 800 LB. TOTAL. THIS SEALED HER SPOT AS BEST FEMALE LIFTER. NEXT UP FROM THE ASPHALT GREEN CLUB WAS ANNA SHANDER. ANNA SQUATTED 200 LBS, BENCHED 135, AND DEADLIFTED 250 LBS., GIVING HER A 620 LB. TOTAL. JENNY BURKEY, COACHED BY THE METAL MILITIA'S BILL CRAWFORD, WOVED THE CROWD WITH A FLAWLESS 410# SQUAT (TALK ABOUT INTENSITY), A WORLD RECORD 220 LB. BENCH AND A 265 LB. DEADLIFT FOR A 910 LB. TOTAL - WOW!! KAREN CARPENTER WAS NEXT WITH A 250 LB. SQUAT, 150 LB. BENCH, AND A 265 LB. DEADLIFT, GIVING HER A 725 LB. TOTAL. BEST FEMALE BENCH WAS AWARDED TO BONNIE GRAUBE. WITH HUSBAND/COACH JOHN AT HER SIDE, BONNIE STEPPED ONTO THE PLATFORM, MISSED HER FIRST TWO ATTEMPTS AND ON HER THIRD ATTEMPT HIT A WORLD RECORD BENCH OF 215#. BIG DAVE NETTLES WAS IN THE HOUSE COACHING OCTAVIO MARRERO. OCTAVIO BROKE THE TEEN RECORD WITH A TOTAL OF 1405. IT WON'T BE LONG BEFORE HE'S AFTER LEWIE EIFALT'S JUNIOR WORLD RECORD OF 1565. DAVE KIRCHEN TOOK 1ST IN THE 181 CLASS WITH A MASSIVE 645 LB. SQUAT, 430 LB. BENCH, AND A 540 LB. DEADLIFT FOR A 1615 LB. TOTAL. TIM WERKHEISER, A FIRST TIME AMATEUR JR. COMPETITOR FROM NAZARETH BARRELL, TOALED 1400 AT 198. TIM TRAINED UP TO WEDNESDAY; HE'S NEVER COMPETED BEFORE. RYAN MARTUCCI, A 198 LB. JR., IMPRESSED THE CROWD WITH A 750 SQUAT. TONY KAMAND TOOK FIRST PLACE IN THE 198 LB. PRO DIVISION WITH A 760 LB. OPENER ON HIS SQUAT (JUST MISSING 825 ON HIS SECOND ATTEMPT), A 410 LB. BENCH PRESS, AND A MASSIVE 685 LB. DEADLIFT FOR AN 1855 LB. TOTAL. 220 1ST PLACE AMATEUR WENT TO JIMMY MARVEL WITH A STRONG 1500 LB. TOTAL. THE 220 LB. PRO DIVISION WAS WITHOUT QUESTION DOMINATED BY JASON COX. JASON DESTROYED 840 LBS. ON HIS THIRD SQUAT ATTEMPT, BENCHED 500 LBS., AND DEADLIFTED AN INCREDIBLE 625 LBS. FOR AN OUTSTANDING 1965 LB. TOTAL. REMEMBER WHEN THAT WAS A GOOD TOTAL FOR SUPERHEAVYWEIGHTS? WAY TO GO, JASON. PAUL BAUER, WOULD HAVE PLACED SECOND IN THE 220 LB. PRO, HAD HE MANAGED TO MAKE IT TO THE GYM ON THE CORRECT DATE. PAUL LIFTED AS A 220 LB. ON SUNDAY AND AT A BODYWEIGHT OF 217 GOT A 675 SQUAT, 425 BENCH, AND 500 DL. SCOTT BRADY, WHO HAS NOT COMPETED SINCE 1985, CAME BACK AT AGE 47 TO HIT A 1410 TOTAL IN THE 242S. BOBBY FIELDS ROCKED THE CROWD AND RULED THE 242 LB. PRO CLASS, NAILING 8 OUT OF 9 LIFTS. BOBBY STARTED WITH A 725 SQUAT, HIT A 600 BENCH AND MADE HIS 2ND ATTEMPT 600 DL IN THE 242S. BOBBY GAVE 625 A TRY ON HIS THIRD ATTEMPT, GOT IT ABOUT 3 INCHES FROM LOCKOUT, BUT COULDN'T HOLD IT. IRON ISLAND LEGEND JOHN BOTT HAD A GREAT DAY MAKING ALL 3 OF HIS SQUAT ATTEMPTS. JOHN STARTED WITH A 770 LB. OPENER. MOVED ONTO 830, AND HIT HIS FINAL 870 LB. WITH EASE. THANKS FOR THE

TALK THEM INTO DOING IT ALL OVER AGAIN! (THANKS TO MIKE MILLER FOR REPORT)

NPA Meet  
MAR 02 - Freeport, IL

Teen BP  
Josh Burlingame 170  
Kirby Puckett 185  
Mike Spradling 305  
Open BP  
SHW  
Adam Miller 365  
Master  
220  
Carl Green 315  
275  
Dave Barton 405  
Open DL  
SHW  
Joel Milel 560  
Full Meel  
220 Open/master  
D. Burlingame 805 410 680 1895  
Competing for the first time were teenage lifters Kirby Puckett and Josh Burlingame, both lifting without gear. Josh put up a strong 170, while Kirby hit a PR of 185. Also in the teenage was Mike Spradling with a great bench, hitting a PR to 305. In the Masters bench press, Carl Green - lifting in his first meet - put up 315 raw, winning the Master 220 class. Dave Barton, lifting in the Master 275 class, put up a strong 405. He will bench 450 and beyond in time. In the SHW Open, it was Adam Miller putting up 365 lbs. for the win. In the full meet, Duane Burlingame had a good day, with a squat of 805, bench of 410, and d/lift of 680 for an 1895 total. In the d/lift, Joe Miller took the win in SHW with a 560 pull. He will pull over 600 soon. Our meet was sponsored by House of Pain and Powerlifting USA. Thank you for your support. (thanks to Duane Burlingame for providing results)

WABDL Great Northern BP & DL  
02 MAR 02 - Seattle, WA

BENCH  
114 Master T. McKinney 430  
Jenni Goldberg 80 165 Open  
Traci Andrews Matt Taylor 500  
132 Teen Jody Cranston 580  
M. McMillion 95 165 Master  
165 Open Dan Marxheimer 450  
Jody Cranston 285 181 Master  
165 Master Frank Irsenar 425  
Dan Marxheimer 350 181 Teen  
181 Master Tamara Long 275  
Frank Isernio 305 198 Master  
181 Teen Mark Moore 420  
Brandon Walton 230 198 Open  
198+ Submaster Don Decapario 675  
Sheri Wyatt 195 198 Teen  
198+ open Matthew Dixon 375  
Carrie Nouchhoff 205 198+ open  
220 Carrie Nouchhoff 300  
Daivid Dixon 198+ Sub Master  
242 Junior Daria Cal 370  
Leon Englund 225 Sheri Wyatt 365  
242 Master 275 Sub Master  
Mike Murphy 305 Ron West 550  
105 Teen 275 Open  
105 Teen Jim Westling 550  
Mahdika Jenkins 200 319 Teen  
132 Teen Jordan Wilson 325  
O. Doidhowu 225 242  
Deanna Brooks Leon Englund  
148 Junior 242 Master  
Keith Walton 365 Mike Murphy 420  
Bull Stewart was the meet director and it was held at the Gateway Athletic Club where Bull works as a Personal Trainer. (by courtesy of Gus Rethwisch)

RENEGADE BENCH PRESS  
05 APR 02 - Danville, IL

132 SANDERS 175  
HAYES 240 198  
148 WARD 380  
EDWARDS 310 THOMAS 375  
JORDAN 305 ROLAND 295  
OROCHO 250 GARNER 295  
165 ROGERS  
THOMAS 375 220  
SIGMON 315 HUNT 450  
McCORD 290 SALINAS 315  
GONZALES 280 242  
181 L. PACE (M) 390  
BOOKER 385 LANE 350  
WILLIAMS 380 275  
WILLIAMS 340 WILLIAMS 425  
COLLINS 315 SHW  
HAYES 240 HESTER 405  
M - MASTER. Thanks to Greg Watson and the spotters/loaders for a great meet and a lot of fun for all that came. Great job Greg! (results provided by courtesy of Robert Bethel)

SUPERMEN SUBTOTALS - 100 ALL TIME BEST  
compiled for Powerlifting USA by Herb Glossbrenner

TOT	KG	LBS.	LIFTER	NAT	BWT.	SQ + BP	DATE
1	790.00	1741.65	Frank, G	USA	375	1003 738	24JUN01
2	789.25	1740.00	Clark, A	USA	333	1015 725	28MAR93
3	747.50	1647.95	Mikesell, B	USA	334	1047 601	29JUN02
4	737.50	1625.91	Moore, B	USA	331	920 705	01DEC01
5	737.50	1625.91	Smith, M	USA	346	959 666	16JUN02
6	733.77	1617.70	Moran, L	USA	316	1000 617	08JUL84
7	733.50	1617.09	Coan, E	USA	237	1038 578	12AUG01
8	732.55	1615.00	Kovacs, D	USA	319	950 665	23NOV97
9	730.28	1610.00	Thompson, D	USA	345	950 660	29MAR02
10	730.00	1609.37	Hamalainen	FIN	306	959 650	24FEB02
11	728.50	1606.06	Turtianen, A	FIN	274	1005 601	12AUG01
12	727.50	1603.86	Pasanella, D	USA	275	1030 573	28MAY89
13	727.50	1603.86	Wessels, W	USA	239	953 650	07APR97
14	725.74	1600.00	Hutson, T	USA	351	1000 600	30MAR02
15	725.00	1598.35	Coates, R	USA	307	959 639	12DEC98
16	722.50	1592.84	Fusner, R	USA	294	904 688	19NOV00
17	721.21	1590.00	Hunt, J. R	USA	396	960 630	18NOV01
18	720.00	1587.32	Kamaier, B	USA	330	926 661	31JAN81
19	720.00	1587.32	Midote, D	JPN	290	926 661	00
20	719.84	1587.00	Ware, J	USA	343	987 600	29JAN89
21	718.94	1585.00	Furnas, D	USA	275	985 600	16NOV86
22	718.94	1585.00	Gallo, C	USA	315	1005 580	23MAR02
23	712.50	1570.79	Voronin, J	USA	388	904 666	11JUN00
24	710.00	1565.28	Hall, M	USA	410	931 633	26FEB89
25	710.00	1565.28	Goggins, S	USA	258	1003 562	24JUN01
26	708.00	1560.87	Bolton, A	GBR	328	970 590	28JUL02
27	707.60	1560.00	Ruggieria, M	USA	380	1000 560	24FEB01
28	707.50	1559.70	Hechter, G	USA	347	975 584	02JUN85
29	707.50	1559.70	Karwoski, K	USA	267	1003 556	23JUL95
30	705.50	1555.36	Papazov, V	UKR	282	949 606	12MAY02
31	705.00	1554.25	Wilson, O. D.	USA	380	1002 552	29JAN89
32	704.42	1553.00	Waddington	USA	308	1003 550	13JUN81
33	703.07	1550.00	Barno, D	USA	308	950 600	17JUN00
34	702.50	1548.74	Fely, D	USA	331	981 567	12DEC82
35	702.50	1548.74	Isaac, T	USA	311	975 573	JUN89
36	702.50	1548.74	Childress, P	USA	304	947 601	12AUG01
37	700.80	1545.00	Pitts, G	USA	356	905 640	27MAR94
38	700.00	1543.23	Badenhorst	RSA	306	992 551	14OCT90
39	698.53	1540.00	Dimel, M	USA	319	1010 530	03MAY86
40	698.53	1540.00	Vogelphol, C	USA	220	1025 515	29MAR02
41	697.50	1537.72	Hatfield, F	USA	258	1014 523	23MAR87
42	697.50	1537.72	Hamman, S	USA	373	1008 529	10MAR96
43	697.50	1537.72	Nettles, D	USA	344	953 584	16JUN02
44	696.26	1535.00	Skiver, T	USA	300	900 635	23MAR02
45	695.00	1532.21	Robinson, M	RSA	309	937 595	14OCT90
46	695.00	1532.21	Mehan, A	CAN	290	1008 523	20MAY00
47	695.00	1532.21	Barry, L	USA	318	881 650	16JUN02
48	695.00	1532.21	Russ, E	USA	356	970 562	16JUN02
49	692.50	1526.70	Masters, W	USA	304	909 617	05JUL98
50	692.50	1526.70	Basson, O	ISR	308	903 622	16JUN02
51	690.00	1521.90	Saliger, K	AUT	314	926 595	APR93
52	687.50	1515.68	Wrenn, P	USA	340	975 540	12JUL81
53	687.50	1515.68	Nichols, B	USA	275	959 556	21OCT97
54	687.50	1515.68	Mersberg, J	USA	418	942 573	29FEB92
55	687.50	1515.68	Minnnaugh, B	USA	318	942 573	27OCT01
56	687.19	1515.00	Williams, J	USA	343	860 655	06MAY72
57	685.50	1511.26	Kutroff, H	CER	308	916 595	07MAY00
58	685.00	1510.16	Maddy, J	USA	390	848 661	09DEC90
59	685.00	1510.16	Urchik, P	USA	238	959 551	12AUG01
60	685.00	1510.16	Ladnier, J	USA	261	848 661	16JUN02
61	683.11	1506.00	Reinhoudt, D	USA	357	904 601	03MAY75
62	682.65	1505.00	Kuc, J	USA	322	905 600	11NOV72
63	682.65	1505.00	Safford, J	USA	275	900 605	29MAR02
64	682.50	1504.65	Kellum, J	USA</			

# INTERVIEW

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

**GB:** J.D. Carr has been a powerlifting legend in military circles for many years. A member of the stellar Armed Forces Powerlifting teams of the 1980s and winner of multiple national and world titles. In this article you will get a snapshot of the life of J.D. Carr.

**JD:** My name is John Dewayne Carr and I'm married to Gloria. I have three sons Austin, Zachary, and Sammie Jr. After twenty plus years in the US Marine Corps, I'm now employed at Honeywell Inc. in Houston, Texas.

**GB:** How did you get involved with lifting and strength training?

**JD:** I was born and raised in Chicago, Illinois. I began lifting at age 6, but was not able to compete until I was 8 years of age because the city would not allow anyone to lift weights competitively until they had reached the age of 8. I started mainly because my family resided in the projects of Chicago and we had youth programs that organized activities in all sports. Wrestling is the big sport between myself and my brothers, which led to lifting weights. I clean and jerked 40 lbs. when I was 6 years old. My Mother was directly responsible for me and my siblings entering into the sports program to keep us out of trouble. My Mother was very proactive in civic projects near our home. She was the Southside president of activities and organization for youth programs. She organized gangs into sports teams, such as baseball and basketball. During that time I was able to meet some important people, to include Martin Luther King Jr., Bobby Kennedy, Jessie Jackson, Diana Ross, Gale Sayers, Chicago Mayor Daley and The Jackson 5.

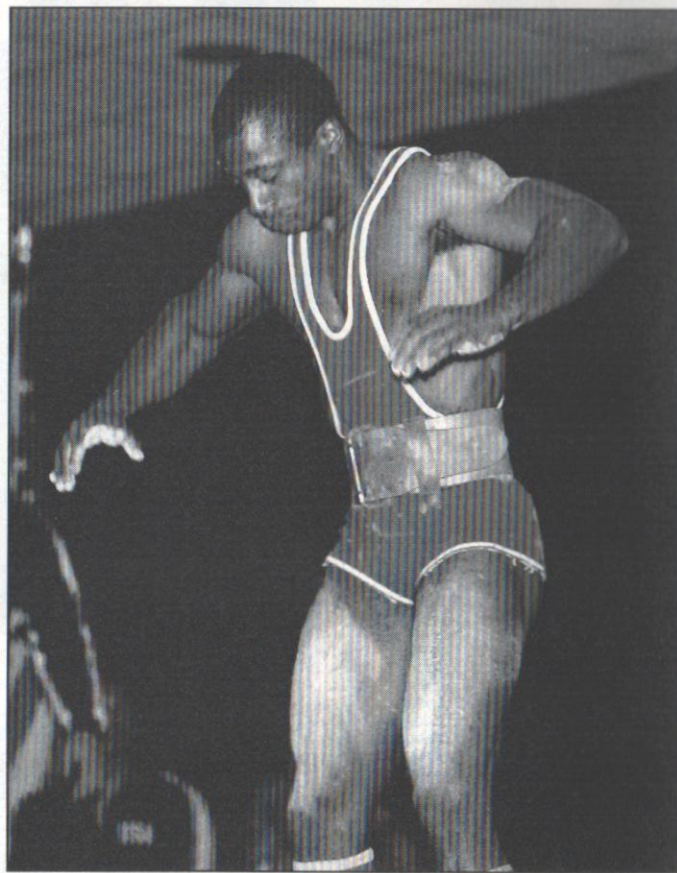
**GB:** What was your military career like?

**JD:** I joined the United States Marine Corps at age 17, spent 21 years of service and am very proud of it. The Marine Corps taught me how to deal with life and I truly feel I owe them more than just retirement. The Marines gave me an opportunity to be a World Class Powerlifter in spite of duties and a full military schedule. I thank them for the opportunity to do so.

**GB:** What other activities were you involved in growing up?

## J.D. CARR Marine Powerlifting Legend

interviewed for PL USA by Gene Bell



J.D. Carr gets ready to pounce on the deadlift that gave him the victory at the 1984 Juniors and put him on the map in the 132 lb. class.

**JD:** I mentioned some important people I've met and it was due to the band that my family had. I was the drummer of the group. Our family competed in area competitions, which could have led to music contracts, but at the time they were awarded to the Jackson 5. (Good choice!). The Jacksons had some good backing on their part, more so from their Father. I can also play other percussion instruments. I haven't done so for a long time, but I can still play.

**GB:** When did you start powerlifting?

**JD:** I first started lifting in Olympic style lifting (weightlifting). I actually started Powerlifting in 1979 when I became a member of the Marine Corps.

**GB:** What were some of your high

points in your lifting career?

**JD:** I will list a few the contests in my lifting career

\* 1st powerlifting meet in 1980 (San Diego, CA): I took first place - 123 lb. class

\* 1984 Armed Forces Champion

\* 1984 USPF Junior National Champion, Deadlifted 589, posted a 1322 total - 132 lb. class

\* 1984 USPF Senior National runner-up, 132 lb. Class

\* 1986 Armed Forces Champion, 132 lb. class

\* 1986 USPF Senior National Champion, 132 lb. class

\* 1986 APF World Champion, 132 lb. class, posted a total of 1440 with a 620 lb. deadlift

\* 1987 APF Senior National Champion, 132 lb. Class, Outstanding lifter

\* 1987 APF World Champion, 132 lb. class

\* 1988 Armed Forces Champion, 132 lb. class, 606 lb. deadlift for an Armed Forces record

\* 1988 USPF Senior National runner-up, 132 lb. class

\* 1988 member of the USA Powerlifting team Perth, Australia, 132 lb. class

\* 1989 member of the USA Powerlifting team, World Games - Karlsruhe, Germany

\* 1990 USPF Senior National runner-up, 132 lb. class

\* 1998 USPF Master National Champion, 132 lb. class

\* 2001 Military National Champion, 132 lb. class

\* 2001 USAPL Master National Champion, 132 lb. class, American Record Deadlift 529 lb.

\* 2001 USAPL Masters World Champion, 132 lb. class, American Record Deadlift 534 lb.

**GB:** Can you share a most memorable moment in your lifting career?

**JD:** The meet was the Junior Nationals in Portland, Maine in 1984. Gene Bell was one the Armed Forces coaches of the world-class military powerlifting team. I was cramping pretty bad throughout the meet and didn't know if I was going to be able to finish. Going into the deadlifts, I was 88 lb. behind the 1st place lifter. I was actually in 8th place. Someone asked a few of our team members why I was opening so high in the deadlift. When Gene replied, "Just sit back and watch this", Boom, Boom, a new National powerlifting champion out of the military ranks was born. That actually started my powerlifting career and established me as a world class deadlifter. It felt good to go to a meet and have someone have that kind of confidence in me.

**GB:** What nutritional and supplement plan do you follow?

**JD:** I take very little supplements because I don't digest them well. My eating habits are o.k, but could be better. I always suggest to everyone to enjoy life now because there is no guarantee tomorrow. You can actually get a lot of nutritional value out of the

foods you eat, it depends on how much you consume, what you consume, and how it is prepared. I've tried numerous kinds of diets and found one that works for me, but I would not recommend for anyone else. I believe you will have to experiment at times to find the right combination.

**GB:** Any tips on the gear you use for meets?

**JD:** Ideally, I would prefer not to use any gear at all. However, I've used pretty much every brand of lifting gear known such as Marathon, Frantz, Titan, Inzer, and Crain Muscle World. I've found that Crain suits give me an edge and the suits fit exactly how I like them. I'm not saying that other equipment is not sufficient; it's just finding the right combination for your body structure.

**GB:** What do you suggest to peak for a meet?

**JD:** In the past, I would set my training for 16 weeks prior, now I train for 12 weeks. I don't heal as fast as I once did:

\* Squat once a week - 15 lb. increases per week @ 6 rep x 3 sets

\* Bench once a week - 10 lb. increases per week @ 6 rep x 4 sets

\* Deadlift once every other week - 25 lb. increases @ 5 rep x 3 sets

### USPF ADMINISTRATION

**President** - David Jeffrey, P.O. Box 231, Parkersburg, WV 26012, (304) 489-2428

**Vice President** - Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, (912) 896-3988

**Secretary/Treasurer** - Jan Shendow, 1968 West 6000 South, Roy, UT 84067, (801) 776-2300

**Executive Committee** - Earl Leverett, 2326 East 43rd St., Savannah, GA 31404, (912) 232-4575, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, (912) 896-3988, Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, (732) 886-0199, Mike Wlosinski, 241 Misty Ln., East Amherst, NY 14501, (716) 880-0575, Gary Pendergrass, 1415 E. Court, Seguin, TX 78155, (830) 372-3396, Dave Kyle, Box 815, Parkersburg, WV 26102, (304) 422-4717

**Regional Chairs:**  
**Region 1:** Maine, New Hampshire, Vermont, New York, Massachusetts, Connecticut, Rhode Island - Dave Follansbee, 865 Second St., Manchester, NH 03102, (603) 626-5489

**Region 2:** Pennsylvania, New Jersey, Delaware, Maryland, District of Columbia, Virginia - Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, (732) 886-0199

**Region 3:** North Carolina, South Carolina, Georgia, Alabama, Tennessee, Florida - Buddy Duke 201 N. Burwell,



J.D. does a television interview at the 1988 Armed Forces PL Meet.

**GB:** What are your best lifts in training and in a meet?

**JD:** My best lifts were at 148 lb. class at the San Jose Open in 1985: Meet squat 562 (Training 590), Meet bench 314 (Training 355) and Meet Deadlift 644 (Training 672). My actual body-

weight at the weigh-in was 142 lbs

**GB:** Future goals in life and PL?

**JD:** I plan on retiring from work at age 53, and Golfing and Powerlifting until life ends.

**GB:** JD, who would you include on your powerlifting dream team?

**JD:** Lamar Gant, Ausby Alexander, Dan Austin, Gene Bell, Rickey Crain, Sylvester Anderson, Ed Coan, Steve Goggins, Doug Furnas, John Santos, Terry McCormick and O.D. Wilson. Coaching staff would be Sean Scully, Terry McCormick, and Johnny Graham.

**GB:** Did you have a favorite place to train?

**JD:** Samsons Gym - Orange, California.

**GB:** Who were your mentors in life and PL?

**JD:** My Mentor in life was my late Mother. In Powerlifting my mentor was the Great Terry McCormick. This man taught me a lot about powerlifting.

**GB:** Any additional comments?

**JD:** Our sport needs to come back together to enable powerlifting to be a valid sport. The separation has placed doubt in the Olympic Committee's minds. You can only have one and only one true Champion. For example, I won 2 world championships in the APF and I felt a little empty, however when you win against the Eastern Bloc countries it is a sweeter victory! The efforts are set forth for the clean up in the sport. Set the pride aside.

J. D. Carr  
World Champion

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# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

How many times have you watched a lifter and wondered, "Why on earth would they do that?" It could be in a gym or at a national meet. It could be a truly bizarre pre-lift ritual, or a beginner's mistake, as simple as chalking thighs and powdering the hands. Whatever the strangeness, if you have been training for a while, you have probably seen it happen.

The amazing counter-point to such phenomena is that we seldom question our own reasoning. We all have habits, learned when we were just starting out. Simple things, like for instance, how we wrap our knees.

I have wrapped my knees the exact same way for the last 20+ years. I wrap in the manner where the wrap crosses diagonally across the kneecap, making what appears to be overlapping "X"s working up the knee. The rationale being that since a wrap is made to stretch lengthwise, more vertical wrap over the knees equals more stored energy and a bigger squat. This method seems to make sense and has

## "THAT'S A WRAP?"

as told to PL USA by Gary Reichert

worked well for me over the years.

Nearly every other lifter I know wraps in a spiral, overlapping roughly parallel layers working up or down the knee with almost no wrap placed vertically over the knee. This method was obviously inferior (please note: this is sarcasm) for two reasons. First, wraps stretch lengthwise. If no wrap passes vertically over the knee it cannot stretch efficiently and therefore does not provide maximum rebound. Secondly, that's not the way I did it.

While we all accept some aspects of what we learned as fact, I had never seen any actual data to prove I was right and the other 90% of the world was wrong. So I decided to prove my theory myself in a logical fashion that other meatheads would understand.

It seemed reasonable that the amount of rebound provided by a

wrap would be proportional to the stretch it experienced. The wraps stretch as the knee bends, descending from standing to below parallel in the squat. More stretch should translate to more rebound. Therefore, by measuring the stretch, we can measure the potential rebound provided by each method of wrapping.

The stretch could occur in one of two perpendicular directions, either along the wraps length or across its width.

To measure the changes in a wrap during a squat, my training partner and I drew a 1.5 inch square on an un-stretched wrap. The box was drawn with sides parallel and perpendicular to the edge of the wrap. We wrapped a knee diagonally, and took pictures of the knee while standing erect, and again at parallel. The procedure was the

repeated with the knee wrapped spirally. We used a 14" box to ensure that the amount of knee bend was identical for both trials. By measuring the change in the 1.5 inch square, we reasoned that we could measure the change in stretch throughout the squat.

After the pictures were developed, measurements were made along the edge of square. We recorded the starting length and the final length of the square in both directions. We used the data to calculate the percentage change, from the initial length. The greater the change in length, the more rebound the wrap should provide.

Yeah, yeah, I know this sounds like a lab report from high school, but if we didn't go through this everyone would figure the article was BS because the conclusions didn't agree with their opinion. Now you can all realize that I'm actually right.

The raw data, change in dimensions and change as a percentage of original length are provided in the following table:

### Trial #1 Spiral Wrap

Change in dimension (units)  
Change in dimension (%)

### Trial #2 Diagonal Wrap

Change in dimension (units)  
Change in dimension (%)

	Length	Width
Standing	19.3	13.9
Parallel	22.3	15
	3	1.1
	15.54%	7.91%

	Length	Width
Standing	17.9	14.2
Parallel	21.4	14.8
	3.5	0.6
	19.55%	4.23%

To summarize the results:  
1) Using the diagonal method caused the wrap to stretch more along its length than the spiral method. The stretch increased by 26% with the crossing wrap.  
2) Using the spiral method caused more stretch across the width of the wrap, than the diagonal method. The perpendicular stretch increased by 83%.  
3) The total stretch for length and width for both methods were identical.

The \$1,000,000 question is "Which wrapping style will make me squat more?" Interestingly, the total amount of stretch was identical in both methods. If elastic recoil is equal in both directions (we did not attempt to measure this, and it probably changes between brands of knee wraps anyway) both methods would be pretty close. The only answer I can justify completely is "My way is,

always has been and always will be the best." That said, if you spiral wrap, take a good look at your knee wraps. When you spiral wrap approximately 1/3 of the stretch occurs across the width of your wraps (twice as much as with the diagonal wrap). If your wrap is only designed to stretch one direction and you wrap spirally, you lose 1/3 of the potential rebound. If we assume

wraps give an additional 20 pounds, you just gave away 3 to 5 on your squat. Five pounds won't turn most of us into 1,000 pound squatters, but it could change your placing in a close meet, or make a new PR. The bottom line is to look at your equipment objectively as possible. Smarter training is better training. Over a lifetime of lifting, an additional 5 pounds here and 3 pounds there adds up



Photograph Number 1 ... Diagonal Wrap, standing position.

Photograph Number 2 ... Diagonal Wrap, standing position.

Photograph Number 3 ... Spiral Wrap, standing position.

Photograph Number 4... Spiral Wrap, parallel position.

SLP Missouri State Fair BP/DL  
11 AUG 02 - Sedalia, MO

BENCH PRESS	Matt Majerle	525*
junior women	275	
123	Kyle Gulledge	700*
Jennifer Wallace	140*	
165	198	
Melissa DeVeau	180*	350
submaster women	220	
123	Mark Runyan	425*
Ellen Krueger	105*	
165	123	
Linda Blackburn	325*	160*
181	165	
Cyndi Crossland	285	270
220	181	
Melinda Sykes	135*	290
master women 45-49	198	
165	Gene Bauer	375*
Deb Withington	180*	
master women 65-69	220	
Nancy Northcutt	80*	365
teenage men 13-15	148	
114	Mike Slyman	265*
Dominic Scalise	120*	
teenage men 16-17	165	
165	John Kesler	310*
Beau Wickham	190*	285
181	Roger Broeg	
Nathan Gentges	335*	300*
198	220	
Chris Holloway	355*	360*
teenage men 18-19	132	198
148	Floyd Ouder Kirk	300*
Charles Johnson	240*	290
205*	Greg Stachurski	
220	220	
Derrick Beanland	205*	360*
165	Ken Russell	198
Aaron Armstrong	340*	285*
275	Tom Barth	
Kyle Gulledge	365*	185*
junior men	165	
165	181	
Mike Beanland	335*	370*
Sam Wry	255	310
181	275	
Zac Cooper	410*	485*
open men	114	
Nick Breeding	198	
415	Andrew Hrenchir	220*
385	220*	
C. J. Watson	375	
Doug Pratt	385	
Brian Beanland	355	260*
220	165	
Richard McKeefer	450*	310
242	John Kesler	285
Brandon Griffin	440*	285
275	Troy Jarvis	
David Gulledge	500*	375*
Chris LaStrada	405	545*
Kevin Ballenger	385	
DEADLIFT		
submaster women 181	Demetrius Davis	325
Cyndi Crossland	375*	
master women 45-49	165	
165	Ron Ogle	500
Deb Withington	300*	500
master women 65-69	165	160
165	Ted Belt	
Nancy Northcutt	185*	580*
teenage men 16-17	275	
181	David Gulledge	650*
Nathan Gentges	500*	
220	220	
Joshua Hurdle	350*	475
teenage men 18-19	165	
165	Mark Runyan	525
Aaron Armstrong	445	550
220	4th	
	242	
	Brandon Cass	800*



Nancy Northcutt's 185# deadlift

**BENCH:** Best Lifter - lightweight - ZAC/COOP/COOPER heavyweight - KEITH PARRISH. **DEADLIFT:** Best Lifter - lightweight - RYAN SNELLING, heavyweight - BRANDON CASS. The 2002 SLP Missouri State Fair Bench Press/Deadlift Championships were held August 11 at the Show Me Stage on the fairgrounds. Thanks to everyone at Special Events for all their help once again. This year we had seventy-three competitors, our largest turnout ever, with several new lifters from Kansas and Oklahoma. In the bench press event Jennifer Wallace set the record at junior 123 with a solid 140. Jennifer now holds records for that class in three different states. One of our newest members from Oklahoma, Melissa DeVeau, had a great day at junior 165, finishing with a new state record of 180. In the submaster women's division Ellen Krueger broke the existing state record at 123 with 105. At 165 was one of the nations top female benchers at 148 and 165, Linda Blackburn. Weighing in at a light 151, Linda finished with a state record 325, before missing her final attempt of 335! Cyndi Crossland took the 181 class with an easy 285 while Melinda Sykes won at 220 with her state record 135 opener. This was Melinda's first competition. Debbie Withington got a big pr and state record 180 with her win at master 45-49/165. Our final lady lifter was sixty-eight year old Nancy Northcutt, the "meanest woman in Holt's Summit", Missouri. Nancy set the record for the 65-69/165 class with 80! In the teenage men's division Dominic Scalise set the record at 13-15/114 with 120. Beau Wickham set the record at 16-17/165 with 190. Another record fell at 16-17/181 with Nathan Gentges' opener of 335. Chris Holloway also broke the state record for his class, finishing with 355 at 16\*-17/198. At 18-19/132 it was Charles Johnson with 240 while Derrick Beanland won at 148 with 205. Aaron Armstrong got 340 at 165 and Kyle Gulledge got a strong 365 at 275. All of the lifters in the 18-19 age division set new Missouri state records! We had a big group of junior competitors with thirteen lifters in six different classes. First up at 165 was Mike Beanland, who won that class with a 335 state record second attempt. Second place at 165 went

to Sam Wry who finished with just his opener of 255. Birthday boy Coop Cooper was the big winner at 18 1, finishing with a personal best and new Missouri state record 410! Also taking the best lifter trophy for the lighter lifters gave Coop the best of birthday presents! Second place at junior 181 went to Nick Breeding, who finished with 350. Bob Boothe got a new pr at 181 with his win there, making his third attempt with 415. C. J. Watson was second with 385 while Doug Pratt finished third with a personal best 375 over Bryan Beanland who got a pr 355 for fourth place honors. Richard McKeefer, the current WABDL national champion at 220, set the Missouri record there with 450. Brandon Griffin got a new state record at 242, finishing with 440. The biggest lift of the junior competitors came from Big David Gulledge, who got his first 500 bench, the title at 275 and a new state record. Second place at junior 275 went to Chris LaStrada who finished with 405 while Kevin Ballenger settled for third with 385. This was Kevin's first competition. In the submaster men's division Warren Holloway successfully defended his title at 198, finishing with 350. Mark Runyan set the state record at 220 with a personal best and new state record 425. James Bryant set the state record for the master 40-44/123 class with 160 and the win there. Anthony Slyman won at 165 with 270 while John Clark took the 181 class with a personal best 290. Gene Bauer broke his own state record at 198, setting a personal mark there with 375. Then at 220 was Terry King for the win with 365. In the 45-49 age group Mike Slyman set the record at 148 with 265. John Kesler broke the record at 165 with his 310 winning bench while Roger Broeg finished second with his personal best 285. Leon Shaw won at 181 with 300, setting the state record there. Then at 220 Jim Braithwait set the state record there with his 360 final attempt. In the 50-54 age division Floyd Ouder Kirk got his first 300 bench as he won the title from Greg Stachurski, who finished with 290 after missing his final attempt with 305. Ken Russell also set a new state record, finishing with 360 at 220. Oklahoma's favorite son, Tom Barth, made this meet his comeback from shoulder injuries. Finishing with a new Missouri state record of 285, Tom won again at 60-64/198. Kenneth DeBoer won at 70-74/198 with 185. In the police & fire division Dan Bequette got the win at 181, finishing with a new state record 370. Mike Scalise was second at 181 with 310. Also at police & fire was Jeremy Murrell, who won at 275 with another state record of 485. In the open division Andrew Hrenchir broke the existing record at 114 with a personal best 220. Joe Willard won at 148 with 260, another state record. John Kesler won his second title of the day at 165 while Troy Travis finished in second place with 285, making just his opener. At 181 it was Jamie Proctor with a new state record of 375. Keith Parrish got a big pr and state record with his win at 220, finishing with 545. Doing the same at 242 was training partner Jim King, who got a big 550 for his final attempt. Second place at 242 went to Demetrius Davis who finished with 325. This was Demetrius' first competition. At 275 it was Ron Ogle, taking just his opener of 500. Also getting 500, which was a pr for him, was Mark Austin, who weighed in at twenty-eight pounds heavier. Third place went to Ted Belt who got a personal best 160. Best lifter honors for the heavier lifters went to Keith Parrish who finished with 545 @ 216. In the deadlift competition Cyndi Crossland broke the state record at submaster 181 with 375. Debbie Withington broke her second state record at master 45-49/165, finishing with a personal best 300. Up next was that mean woman from Holt's Summit, taking the master women 65-69/165 class with 185. After getting two red lights on her final attempt Nancy threatened to beat up me and my whole family, so after some deep discussions with the side judge (my daughter Christine) good lift! Nathan Gentges pulled his first 500 deadlift at 16-17/18 1, setting the state record there. Also at 16-17 was 220 winner Joshua Hurdle who finished with a state record 350. Aaron Armstrong finished with 445 for the title at 18-19/165 while Matt Majerle set the state record at 220 with 525. Kyle Gulledge pulled a big 700 state record at 18-19/275 for the win there. In the junior men's division 165 winner Ryan Snelling pulled a 580 state record which also gave him best lightweight lifter honors for the competition. David Gulledge got the record at 275 with an easy 650, just missing a fourth with 675. At submaster 220 it was Mark Runyan for the win, finishing with 475. In the open division Jon Heisinger pulled a 525 third, followed by a 550 pr fourth for the win at 220. Up next was the long-awaited pulls of Brandon Cass. Having

tried 800 for a number of times in the past year, he was ready. Third attempt and Brandon goes for the magical 800 with plenty of power and a lockout that even I could not find fault with. Congratulations, Brandon, you deserve every bit of it ... best lifter, heavyweight! Thanks to my sons D. C. and Joey, my daughter Christine and Sheny Stevens for all their help. See you all again next year! (Thanks to Dr. Darrell Latch for providing the meet results.)

PowerWorks Dungeon Drug Free  
27 APR 02 - Constantine, MI

Teen Bench Press	Chris Marlow	405
123	Jason Breneman	380
12	Josh Smith	350
David Baty	80	295
14-16	242	
Cody Patterson	175	435
165	AJ Swolenski	425
16-17	Brian Stears	425
Bobby Logan	285	400
17-19	Dave Currie	335
Nick Ball	210	300
242 16-17	275	
Jeff Iciek	330	465
275	Richard Wilson	430
14-15	Justin Jacobs	400
Chris Underwood	155	400
18-19	Brian Amundsen	375
Billy Ferris	375	360
Sub Master BP	148	
Tom Holloway	290	505
181	Kevin Stanley	450
Tim Schuiteboer	325	123
Joe Randazzo	290	12
198	David Baty	180
Wade Blyly	405	14-15
220	Cody Patteron	270
Patrick Morris	400	132
Ron Robinson	385	14-15
Master BP	181	235
242	Tom Allies	
Jon Smoker	295	16-17
Jerry Hammond	280	Jeff Iciek
Mark Hagenbuch	260	420
Tom Hoffman	225	275
198	18-19	
Darrel Horn	350	565
Fred Stokes	350	DL Master
Dennis Bona	320	132
220	George Rorex	525
Dave Dempsey	360	181
Myron Williams	360	455
Greg Fay	315	Don Larkin
242	Jerry Hammond	385
Tom Iciek	400	220
G. Washington	350	575
Ray Zimmerman	365	275
Pete Van Camp	335	500
275	DL Open	
Gary Krueger	405	Cody Patterson
Tim Knariah	360	Brian Young
SHW	360	575
Tom Bennett	450	Chad Dailing
W. Banaczewski	340	515
Open BP	123	Scott Outman
123	220	Greg Green
Cody Patterson	175	220
165	Josh Smith	600
Nicholas DeLuise	375	Chris Marlow
Andrew Davis	300	515
198	Jason Breneman	450
Chad Dailing	415	275
220	AJ Swolenski	570
Michael Newell	480	Bill Mosher
Teams : 1st - PowerWorks Dungeon. 2nd - The Health Store. (thanks to Mark Mellinger for results)	220	545
	Vincent Tubbs	615
	Brian Amundsen	590

USAPL CALIFORNIA BENCH PRESS  
15 JUN 02 - Northridge, CA (kg)

WOMEN	Michael Green	
M2 Women 132	M5 men 198	122.5
Gerrie Shapiro	Ed Rust	
open women 148	John Prather	180
Melody Jordan	C. Register	137.5
open women 198	Nick Wahidi	132.5
A. Mitchell	M1 men 220	
MEN	M. Womelsdorf	137.5
M1 men 132	M4 men 220	112.5
Mark Schultz	Ed Owens	
TI men 148	M4 men 220	160
Michael Spector	Bob Evans	242
open men 148	137.5 Alvin Waldon	205
Jerry Swift	Joe Grissom	177.5
M1 men 148	137.5 M3 men 242	
Jerry Swift	Alvin Waldon	205
open men 165	open men 275	
Jason Rollo	Rodney Sheetz	182.5
M5 men 165	M1 men 275	
Jim Merlino	Chuck McGuire	
M3 men 181	M5 men 275+	
Edgar Martinez	Denny Faler	125
open men 198		
(Thanks to USAPL for providing the meet results)		



Best Lifters - Brandon Cass, Ryan Snelling, Keith Parrish and Coop Cooper (Latch)

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**SLP FT HAMILTON DAYS**  
06 JUL 02 - Hamilton, OH

BENCH PRESS	master men 45-49	
teenage women 18-19	198	250*
132	Bill Kelble	
Crystal McCredie 105*	220	
submaster women	Tom Boyer	390
97	master men 50-54	
Melanie Gibson 95	181	
148	Jim Abney 110	
Kelly Whitaker 145*	198	
148	Bob Bean	390
Jody Hurrn 105	242	
master women 45-49	Mike Ferguson	
165	275	
Marcia Ferguson 390	Charlie Peer	420*
open women	4th	430*
165	master men 60-64	
Marcia Ferguson 250*	198	
165	W. Smallwood	385
Casey Freidlander 390	master men 65-69	
198	shw	
Marie Gehle 160*	Jeff Telljohn	415
teenage men 13-15	police & fire	
123 Tyler Gibson 105*	242	
4th	110*	
teenage men 16-17	Mike Ferguson	
165	275	
Bob Snyder	405	
308		
Chad Warvel 275*	308	
220	Carl Watts	365*
Jeremy Peters 340*	open men	
242	148	
Mike Brown 430*	Dave Kelhoffer	270*
teenage men 18-19	165	
165	Jason Chappell	290
Jason Cain 260	181	
165	Eric Felts	
Steven Schwab 250	198	
181	Chris Crabtree	
Adam Kelble 280	220	
198	Derek Barnickel	525*
David Schmitz 385*	242	
198	Nate Wilson	430
Donald Sizemore 250	242	
Aaron Butler 320	Mathew Haumesser	
275	425	
Brad Watkins 325*	Drex Welch	555*
Junior men	275	
148	John Martinez	550
Jay Zurlinden 255	275	
181	Patrick Shiland	
Richie McKenzie 330	shw	
198	John Louallen	520*
David Hanson 425*	DEADLIFT	
198	teenage men 18-19	
Josh Doran 355	165	
submaster men	Steven Schwab	335*
220	181	
Abe Napier 365	Adam Kelble	405
242	220	
Jeff Ritzler 450	Richard Anderson	365*
master men 40-44	Junior men	
181	148	
Tracy Conner 440*	Jay Zurlinden	
198	350*	
Steve Watts 425*	master men 45-49	
4th	198	
242	Bill Kelble	350*
M.Wigglesworth 430*	4th	360*



Best lifters at SLP Hamilton BP/DL (Left to right): **Tracy Conner BL-BP - LT, Derek Barnickel BL-BP-HVY, Eric Felts - BL-DL, and Fitness One Owner - Wayne Smallwood** (Photograph courtesy Dr. Darrell Latch)

Class Winners Only  
Women  
198 Teen  
Susan Schuman 140\*  
148 Open  
Jenny Stanek 140\*  
Men  
198 Teen  
Kyle Laack 235  
275 Teen  
Chris Alitz 365  
ShwTeen  
Santiago Garza 335\*  
123 Open  
Brian Poellinger 210  
181 Open  
Craig Koffler 345  
181 Chris Romer 205  
Patrick Shiland  
shw  
John Louallen 520\*  
DEADLIFT  
teenage men 18-19  
165  
Steven Schwab 335\*  
181  
Adam Kelble 405  
220  
Richard Anderson 365\*  
Junior men  
148  
Jay Zurlinden  
350\*  
master men 45-49  
198  
Bill Kelble 350\*  
4th  
360\*

Best Lifter - ERIC FELTS "Son Light Power Ohio state record. The SLP Ft. Hamilton Days Bench Press/Deadlift Championships were held July 6, 2002 at the Sports Zone in Hamilton, Ohio. A special thanks to Fitness One owner Wayne Smallwood who once again hosted this event. Thanks also to Wayne's son Barry for all his help loading and spotting. In the bench press event Crystal McCredie came all the way from Wisconsin with a personal best and Ohio state record of 105 with her win at teenage 132. State record holder Melanie Gibson again won at submaster 97, finishing with just her opener of 95. Kelly Whitaker won at submaster 148, finishing with a new state record there of 145, while Jody Hurrn was second with a personal best 105. In the open women's division Marcia Ferguson set the state record at 165 with a strong 250 final attempt. Casey Friedlander was

second at 165 with 110, lifting in her first competition. Marie Gehle, who was also lifting in her first competition, finished with 160 for the win and state record at 198. Marcia Ferguson won her second title of the day with her win at master 45-49/165, establishing the record there with her great 250. Marcia, who is one of the nation's top female bodybuilders, also won the best lifter award among the women. Tyler Gibson now holds the state record for both the 114 and 123 class of the teenage men's 13-15 division with his win at 123. Tyler finished with 105 before coming back with 110 for his final attempt. Chad Warvel only got in his opener of 275, but that was good enough for the win and a new state record at teenage 16-17/165. Jeremy Peters set the state record at 220 with his 430 second attempt while Mike Brown got a big 430 state record at 242. In the 18-19 division Jason Cain tied the existing state record at 165 with 260, as Steven Schwab finished a close second with 250. Adam Kelble won at 181 with 280 while David Schmitz won at 198 with a state record finish of 385. Donald Sizemore was second at 198 with 250, making just his opener. Aaron Butler won at 242, finishing with a personal best 330 fourth attempt. Then at 275 it was Brad Watkins, who finished with a new state record of 325. In the junior men's division Jay Zurlinden won at 148 with 255 while Richie McKenzie took the 181 class with her win at teenage 132. State record holder Melanie Gibson again won at submaster 97, finishing with just her opener of 95. Kelly Whitaker won at submaster 148, finishing with a new state record there of 145, while Jody Hurrn was second with a personal best 105. In the open women's division Marcia Ferguson set the state record at 165 with a strong 250 final attempt. Casey Friedlander was

198's with state records for both his third (425) and fourth (430) attempts. Mike Wigglesworth got a new pr as well as a new state record at 40-44/242, finishing with 430. Al McCredie set the state record at 45-49/165 with an easy 305 while first-time lifter Bill Kelble got the record at 198 with 235. Tom Boyer won at 220 with 390. In the master 50-54 division Jim Abney got a state record at 181 with 315 as Bob Bean took the 198's with 390. At 242 Mike Ferguson failed to get his opener in, failing at 365 three times. Charlie Peer won at 275, setting the state record there with his 420 third and 430 fourth attempts. Wayne Smallwood took the 60-64/198 class with 385. It was Jeff Telljohn's sixty-sixth birthday and I would say he had a good one, finishing with a personal best and new state record 415 for the 65-69/shw title. While Mike Ferguson failed to place in the police & fire/242 class, Bob Snyder got a pr at 275 with 405, which tied the existing state record. Carl Watts set the record at police & fire/308 with 365. In the open division Dave Kelhoffer broke the state record with his win at 148, finishing with 270. Jason Chappell won at 165 with 290 while Eric Felts and Chris Crabtree failed with their openers in the 181 and 198 classes respectively. At 220 Derek Barnickel came away the winner, breaking his own state record with his opener of 525. Second place at 220 went to Nate Wilson who finished with 430. Mathew Haumesser took the title at 242 with 425. Drex Welch, who just last month joined the '600' club, was only able to get his opener in at 275. Finishing with a new state record of 555, Drex won a close one over John Martinez, who finished with a personal best 550. Patrick Shiland failed to get in a lift, but showed improved form with his new shirt. John Luallen won at shw, setting the state record there with 520. In the deadlift competition Steven Schwab set the record at teenage 18-19/165 with his 335 final attempt. Also at 18-19 was 181 winner Adam Kelble who finished with 405. Richard Anderson set the state record at 18-19/220 with 365. In the junior division, 148 winner Jay Zurlinden upped his own state record by five pounds to finish with 350. Bill Kelble set his second state record of the day with his second win at 45-49/198, finishing with 350, then following up at 360 for his fourth attempt. Tom Boyer set the state record at 220 with a solid 400 pull. Bob Bean broke his own state record at 50-54/198 with his final pull of 555, while Dennis McCune won at police & fire/master 50-54/181 with 410, another state record. Carl Watts won his second title of the day with his win at police & fire/308, pulling a strong 500. In the open division Dave Kelhoffer won at 148 with a state record pull of 400. Eric Felts pulled a big state record 580 at 181 for the win and best lifter honors. Mathew Haumesser took the 242 title with 550. Thanks again to Wayne and all his helpers and to my son Joey for all his help. See you all again this fall! (Thanks to Dr. Darrell Latch for these results.)

**10th MVFC BENCH PRESS CLASSIC**  
4 MAY 02 - Dunlevy, PA

BENCH	Butch Zemitis	450
Women	Wayne Sempre	315
Kathy Blair	155	Sub Master Amature
Women Teen	Len Bishop	450
Gena Romano	225	Master
Men Teen	Pat Mulroy	315
Wesley Dean	350	Paul Henderson 400
Josh Marks	330	DEADLIFT
Chris Guerra	260	Women Open
Dustin Crissey	190	Tina Pemberton 300
Dave Fisher	160	Women Submaster
Troy Baxendell	195	Kathy Blair 235
165	Tina Pemberton	223
Pat Mulroy	315	Women Master
198	Nancy Schuehert	255
Tyrell Sitterfield	405	Men
Kieth McNeish	400	181
Ed Freeze	320	Brad Posi 450
220	198	
Sean Varrati	380	Ed Freeze 510
Jeff Crispin	365	198
Chuck Dornetto	330	open
Travis Godden	500	Keith McNeish 570
242	220	
Scott Pollard	540	Jeff Crispin 550
Jeff Holt	470	Chuck Darnetto 550
Joe Ross	220	Sean Varrati 500
242 Amature	242	Open
John Rolan	600	John Bolen 535
Robert Miller	550	242
Doug Havrilesko	460	Jeff Holt 600
275	275	
Dean Romano	505	Keith Troupe 470
Keith Troupe	385	308
275 Amature	Al Baker	600
Martin Gatti	425	Masters
Chris Bishop	415	Walt Donaldson 520
308	Submasters	
Al Baker	560	Kevin Cyprowski 320
Buster Godden	440	Bob Fleming 315
SubMaster	Brad Posi	286
Dean Romano	505	Wayne Sempre 267

(Thanks to MVFC for providing these meet results.)

**SLP Chain O' Lakes "Brats in the Lot"**  
27 JUL 02 - Waupaca, WI

BENCH PRESS	220	
master women 40-44	Mike Amboya	450
105	242	
Janet Heiner 90*	Jeff Myers	420
master women 45-49	275	
165	Jeff Reed	465
D.Goldsmith 100*	4th	470
4th	110*	DEADLIFT
open women	Junior women	
97	123	
Michelle Johnson 105*	Amanda Doman	260*
148	open women	
Michelle Zank 160*	97	
teenage men 16-17	Michelle Johnson	255*
shw	148	
Eddie Saenz 350*	Michelle Zank	305*
teenage men 18-19	181	
123	Jen Biscoe	275*
Keith Koch 125*	teenage men 13-15	
4th	130*	148
148	Jake Mountjoy	265*
Scott Donahue 265*	4th	280*
junior men	teenage men 18-19	
148	123	
Jeremy Hemmrich 295	Keith Koch	210*
165	4th	225
Evan Hagen 270*	148	
181	Scott Donahue	340*
Pete Bowen 370	junior men	
submaster men	148	
220	Jeremy Hemmrich	380*
John Righheimer 325*	165	
master men 40-44	Evan Hagen	400
198	submaster men	
Dave Rabe 225	220	
275	John Righheimer	395
Jeff Reed 465	4th	420
4th	470*	master men 40-44
master men 45-49	198	
165	Dave Rabe	325
Jim Blackburn 175	220	
181	Mike True	510
Dave Parker 310	master men 45-49	
4th	320	198
198	Ron Fernando	485
Gary Koch 130	master men 50-54	
220	165	
John Koenig 340	Bob Goldsmith	435*
4th	350	165
master men 50-54	Gary Soffa	340
148	4th	350
Bob Heiner 285*	master men 55-59	
242 Terry Turner 360*	165	
4th	370*	Bary Hein 385*
master men 55-59	181	
165	master men 60-64	
Bary Hein 260*	Jim Sodolski	390*
police & fire	4th	400*
220	master men 80-84	
John Klarkowski 415	165	
275	Bob Stephan	340
Jamie Kuffel 445	open men	
open men	97	
165	Tyler Johnson	110*
Kelly Peterman 300	4th	120*
181	181	
Pete Bowen 370	Jay Teela	465
181	181	
Dave Parker 310	Tim Lencki	440
4th	320	275
	Brian Durham	680*

\* Son Light Power Wisconsin state record The Son Light Power Chain O' Lakes "Brats in the Lot" Bench Press/Deadlift Championships were held July 27, 2002 at Health & Fitness Headquarters in Waupaca, Wisconsin. We had a great turnout with fifty entries and a good crowd of spectators to cheer them on. A special thanks to Bob and Janet Heiner for all the work they put into this competition and to the hospitality they showed to my son Joey and me. In the bench press competition feisty Janet Heiner lifted for the first time, finishing with a new Wisconsin state record of 90 for the master 40-44/105 class. Dorothy Goldsmith had a great day, making 100 for her third attempt, then followed up with a 110 fourth as she won the master 45-49/165 class. This established the state record there also. Michelle Johnson won the open 97 class with a personal best and state record 105, while Michelle Zank set the record at 148 with 160. Lifting in her first competition, Michelle also won the best lifter award for the women. Eddie Saenz won the teenage men's 16-17/shw class with 350, setting the state record there. Keith Koch set the record at 18-19/123 with 125, followed by a fourth attempt with 130 while Scott Donahue broke the state record at 18-19/148 with 265. Jeremy Hemmrich was tough at junior 148, finishing with a state record 295 for the win. Evan Hagen set the record at junior 165 with 270, another state record! Pete Bowen was strong at 181, ending the day with 370 and the win there. In the submaster division John Righheimer set the state record at 220, taking the win with a personal best 325. In the master men's division we had our largest group with nine competitors. Taking the win at 40-44/198 was Dave Rabe, who finished with 225. Jeff Reed broke



9 yr old Tyler Johnson, @ Brats in the lot, with a state record 120 (Photograph by Dr. Darrell Latch)

her great 305 state record pull at 148. Then at 181 it was Jen Biscoe, setting the record with a solid 275, just missing a final pull with 300. Best lifter honors for the women went to Michelle Johnson who pulled 255 @ 96! In the teenage men's division Jake Mountjoy pulled four great deadlifts to finish with a 280 pr and state record for the 13-15/148 class. Keith Koch won at 18-19/123 with a 210 third and 225 fourth attempts to set the state record there. Scott Donahue broke the state record at 18-19/148 with his win, finishing with the day at junior 148 with his great 380 pull while Evan Hagen won at 165 with 400. John Righheimer took the submaster 220 title with 395 before pulling a personal record 420 fourth attempt. Dave Rabe won at master 40-44/198, finishing with 325 while Mike True pulled a big pr at 40-44/220 with 510. At master 45-49/198 Ron Fernando pulled a solid 485 for the win there. Bob Goldsmith won at 50-54/165 with 435, breaking the existing state record. Gary Soffa was second at 165 with 340, followed by a 350 fourth attempt. Bary Hein won at 55-59/165 with 385, another state record. At 60-64 Jim Sodolski broke the state record twice, with his 390 third and 400 fourth attempts. Eighty-one year old Bob Stephan wowed the crowd once again as he pulled a great 340 @ 165, just missing a state record 365 final attempt. In the open division nine year old Tyler Johnson had a great day, pulling four times to end up with a new Wisconsin state record of 120 for the title at 97. This was Tyler's first competition and with each pull his form just kept getting better. Great job, Tyler. At 181 it was Jay Teela over Tim Lencki 465 to 440. Best lifter Brian Durham finished the day with a great 680 for the title at 275. This was also a new state record for Brian. Thanks to my champion Jack Twet for his help judging and to world champion Jack Twet for his help loading, spotting and judging. See you all at the fair! (Thanks to Dr. Darrell Latch - results)

her great 305 state record pull at 148. Then at 181 it was Jen Biscoe, setting the record with a solid 275, just missing a final pull with 300. Best lifter honors for the women went to Michelle Johnson who pulled 255 @ 96! In the teenage men's division Jake Mountjoy pulled four great deadlifts to finish with a 280 pr and state record for the 13-15/148 class. Keith Koch won at 18-19/123 with a 210 third and 225 fourth attempts to set the state record there. Scott Donahue broke the state record at 18-19/148 with his win, finishing with the day at junior 148 with his great 380 pull while Evan Hagen won at 165 with 400. John Righheimer took the submaster 220 title with 395 before pulling a personal record 420 fourth attempt. Dave Rabe won at master 40-44/198, finishing with 325 while Mike True pulled a big pr at 40-44/220 with 510. At master 45-49/198 Ron Fernando pulled a solid 485 for the win there. Bob Goldsmith won at 50-54/165 with 435, breaking the existing state record. Gary Soffa was second at 165 with 340, followed by a 350 fourth attempt. Bary Hein won at 55-59/165 with 385, another state record. At 60-64 Jim Sodolski broke the state record twice, with his 390 third and 400 fourth attempts. Eighty-one year old Bob Stephan wowed the crowd once again as he pulled a great 340 @ 165, just missing a state record 365 final attempt. In the open division nine year old Tyler Johnson had a great day, pulling four times to end up with a new Wisconsin state record of 120 for the title at 97. This was Tyler's first competition and with each pull his form just kept getting better. Great job, Tyler. At 181 it was Jay Teela over Tim Lencki 465 to 440. Best lifter Brian Durham finished the day with a great 680 for the title at 275. This was also a new state record for Brian. Thanks to my champion Jack Twet for his help judging and to world champion Jack Twet for his help loading, spotting and judging. See you all at the fair! (Thanks to Dr. Darrell Latch - results)

**USPF FIREFIGHTER OLYMPICS**  
07 JUL 02 - Midland, TX

OPEN BENCH PRESS	Herb Cavanaugh	402
181	220	
Kris Chitty 380	Emilio Carvajal	375
181	242	
Charlie Salazar 341	Davy Sanchez	331
198	242	
Chuck McGinnis 265	Joseph Cox	220
275	Bobby Moore	402
220	275	
OPEN WOMEN	SQ	BP
114	DL	TOT
Dana Deutsch 143	94	236
123	473	
Tricia Swavey 254	116	248
148	617	
Robin Gerdes 182	88	221
181	491	
Malinda Baum 363	215	402
181	981	
Deanne Tooker 276	143	276
181	694	
MASTERS MEN 50+		
Smith Ribble 352	341	369
1064		

**LaCrosse Interstate Fair Bench Press**  
20 JUL 02 - W. Salem, WI

Class Winners Only	Craig Koffler	345
Women	198 Open	
198 Teen	Randy Fry	240
Susan Schuman 140*	242 Open	
148	John Kester	405
Open	308 Open	
Jenny Stanek 140*	Glen Woychik	510
Men	Shw Open	
198	Scott Kennelly	370
Teen	Sub 242	
Kyle Laack 235	Mike Kaufman	470
275	Master 1	
Chris Alitz 365	Rick Ingalls	315*
ShwTeen	Master 2	
Santiago Garza 335*	165	
123 Open</		

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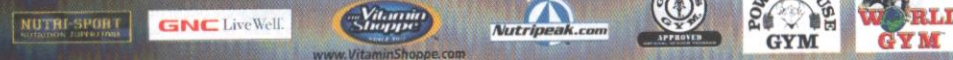
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**SLP MID SOUTH BP & DL  
20 JUL 02 - Paducah, KY**

Junior women	police & fire	
123	242	
Jennifer Wallace	140*	415*
teenage men 13-15	308	
148	Bill McDonough	
Derek Stepp	180*	
teenage men 16-17	165	
220	Justin Perkins	320
Eric Walker	300*	181
teenage men 18-19	242	
220	Greg Bridges	335
James Travis	315*	230
Junior men	275	
132	Joe Carter	435
Grant Rogers	275*	DEADLIFT
198	teenage men 16-17	
Jon Whitehead	305	220 Eric Walker 410*
4th	310	4th 430*
submaster men	275	master men 40-44
148		
Matt Day	435	Haywood Lee 380*
master men 40-44	220	master men 45-49
148		
Haywood Lee	300	Jim Bell 435*
275		master men 50-54
Robert Rath	475*	242
master men 50-54	Gerry Barsky	500*
198	4th	520*
Wally Strosnider	370*	open men
4th	375*	275
master men 55-59	Joe Carter	660*
308		



Best Lifters Awards, at the MidSouth BP/DL, (Left to right) Joe Carter - DL, Robert Rath - BP (This photograph is courtesy of Dr. Darell Latch)

ANPPC World Cup champion Butch Adams. Finishing with 410 Butch set the Kentucky state record there. Jim Kenny set the state record in the police & fire division, 242 class with a strong 415, getting just his opener. Police & fire world champion Bill McDonough failed with his opener of 935 twice then passed on his final attempt. In the open division Justin Perkins won at 165, finishing with 320. Greg Bridges, another first-time competitor, won at 181 with 335. James Westerfield took the 242's with 230. This was James first competition as well. Joe Carter won at 275 with 435. The best lifter award went to Robert Rath from Marion, Illinois. In the deadlift competition Eric Walker earned his second title of the day at 16-17/220, making a 410 third, followed by a 430 fourth attempt to set the state record there. Haywood Lee also won his second title of the day with his win at 40-44/148 with a state record pull of 380. Jim Bell came all the way from Missouri to win at 45-49/220, finishing with a state record pull of 435. Then at 50-54/242 it was Gerry Barsky, all the way from Jericho, New York for the win and a new state record pull. Gerry finished with 500, then pulled a 520 fourth. Best lifter Joe Carter only got in his opener of 660 for the win at 275, which was still another Kentucky state record for the day. Thanks again for everyone's support. See you all again November 16 for the SLP Kentucky State BP/DL Championships. (Results thanks to Dr. Darrell Latch)

**USAPL Cornhusker Summer Games  
20 JUL 02 - Lincoln, NE**

123	SQ	BP	DL	TOT
HAFENBRACK, M	340	185	410	935
132				
HINRICH, JON	270			

148	HAFENBRACK, M	325	190	360	875
135	HART, RYAN	135	205	375	715
85	KOCI, RICHARD	85	190	360	
255	KUZMINSKI, S.	255	185	285	725
420	LOFING, MONTE	420	260	460	1140
300	BOHN, STEVE	300			
170	GOODWIN, DAN	165	170	315	650
265	MARSHALL, S.	265			
320	WORDEN, R.	320	330	650	
260	DIVINE, MARK	260	230	370	860
500	ERR, ROGER	500	500	500	
200	ERR, CLINT	200	425	625	
135	GERTEN, JAMIE	185	135	240	560
315	HAISLET, G.	315			
185	HOUDEK, ZACH	185	365	550	
290	HUFFMAN, STEVE	375	290	360	1025
205	VRBA, TJ	205			
405	GEISTLINGER, D.	405	405	405	
275	HART, JAMES	275	475	750	
275	MUELLER, DEREK	275			
295	PUTZ, JIM	295	295	295	
75	SCHMIDT, PAM	220	75	225	300
155	BISHOP, ROBERT	155	250	560	
130	DAILY, KEVIN	200	130	300	630
265	HOLMAN, BUCK	350	265	460	1075
320	HUFFMAN, H.	305	320	420	1045
415	PROBASCO, J.	415			
410	YOUNG, DON	410			
240	BOSTOCK, J.	240	150	350	740
560	SINDELAAR, BILL	560			
365	YOUNG, T.	365	445	800	

COE, MARK	400	315	400	1115
WALTERS, BRIAN	550	480	450	1480
275+				
BADER, BRIAN	135	230	365	
CARPER, ROBERT	230	205	315	750
F-97				
SIEPS, BARB	185	90	200	475
F-105				
CRAPO, ERIN	125	225	350	
F-114				
VAN MEVERN, C.	175	100	230	505
F-132				
BIRMAN, LINDA	175	90	190	455
HANDLEY, ANNA	80	205	285	
HARTMAN, L.	280	100	305	685
242				
ROELFS, ALLEN	405	290	440	1135
F-165				
CARLSSON, KELLI	270	125	235	560
HOLMAN, R.	155	110	250	515
MERRICK, T.	165	105	255	525
SWANSON, R.	280	210		
F-198				
KLEIN, JESSICA	300	135	360	795

The Meet directors: James C. Hart and Erin Crapo. (Thanks to USAPL for providing the meet results.)

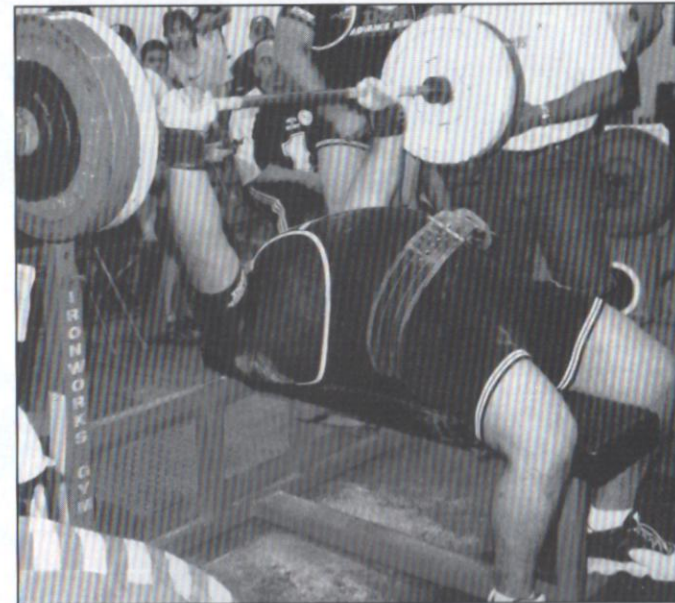
**Big East Bench Press  
08 DEC 01 - Keene, NH**

Men's Open 148	Sam Maloney	335	
Jamie Floyd	275	Jamie Floyd	275
Alex Collares	175	Kevin Fisk	285
165	Sub Master Men 33-39		
Dyke Naughton	380	Angelo Ramirez	430
Peter Soto	310	John Flynn	500
Irvin Rodriguez	275	Dyke Naughton	380
181	Chris Brien	350	
Angelo Ramirez	430	Lloyd Miles	340
Joel Monroe	375	Master Men 40-44	
Chris Brien	350	Frank Quirk	325
Sam Maloney	335	Phil Thomsen	380
Frank Quirk	325	Lionel Fisk	325
198	Craig Burns	325	
Mickey Ruiz	480	Mark Wilder	275
220	Master Men 45-49		
Phil Thomsen	380	Ned Giroux	325
JOE MORSE	350	Master Men 55-59	
Lionel Fisk	325	Peter Soto	310
242	Novice Women		
John Flynn	500	Ivonne Vasquez	130
Lloyd Miles	340	Master Women	
Teen Men 16-17	Panchi YuYu	110	
Jared Burns	285	Mens Novice	
Kevin Ellis	230	Phil Thomsen	380
Nick Smith	235	Jamie Floyd	225
Justin Willette	205	Jorge Ortega	280
Todd Tucker	185	Lionel Fisk	325
Teen Men 18-19	Craig Burns	325	
Joe Morse	350	Mark Wilder	275
Andy Crowder	200	Chris Campbell	225
J.R. Men 20-23	Alex Collares	175	
Men's Open Best Lifter - Mickey Ruiz. Teen Men best lifter - Joe Morse. Men's Master best lifter - Peter Soto. Wome's Best lifter - Panchi YuYu. Team Champions - M.R.H.S. Weight Club. Meet director Louie LaPoint. Judges - Joe Romano, Jim Supry, Bill Durant. Table Dave LaRoche. Spottors - Jerry Boucher, Phil Thomsen, Tim Nash. (Thanks to Louie LaPoint for providing the results to PLUSA.)			

**WABDL Idaho State BP & DL  
06 APR 02 - Nampa, Idaho**

DEADLIFT	198		
WM 47-53	Saam Motlagh	319	
Claire Heckathorn	242	Jason Rooney	336
UL	242		
Wilma Cadavon	325	TJ Wing	300
Jr. W 20-23	148	Class 1 Men	
123			
Rachel Long	270	L.Scott Graves	286
165			
Stacy Hammer	303	Ramiro Heredia	231
Teen W 13-15	132	Justo Hernandez	325
132		Robert Hughes	303
Kailla Fairchild	203	Curt McKenzie	242
W	181		
114	Noe Gomez	336	
Jenny Macy	275	198	
Open	Brian Adams	303	
165	Dan Monterdeoca	55	
Curt McKenzie	418	Jason Rooney	336
181			
Noe Gomez	446	Gary Hughes	352
James Preston	473	Bruce Nichols	413
Class 1	148	Ryan Nielson	369
		Mel Weil	402
Jeremy Brower	391	242	
165		Allen Leavitt	455
Curt McKenzie	418	275	
220		Mariano Godoy	402
Ryan Nielson	523	Shane Palmer	429
Mel Weil	479	308	
242		Gary Brower	501
Paul Haskett	600	Super	
275		James Preston	352
Mariano Godoy	551	Sub M 34-39	
Shane Palmer	485	148	
308		Filemon Ramirez	253
Gary Brower	253	198	
Teen M 13-15	105	Dan Montesdeoca	55
105			
Dusty Nourse	264	Gary Hughes	352
123		Allen Leavitt	455
Bobby Hughes	203	275	
148		Darren Thompson	512
Jeremy Fairchild	220	Teen M 13-15	
165		105	
Daniel Winslow	462	Dusty Nourse	99
181			
Rob Logan	385	148	
198		Jeremy Fairchild	148
Jesse Haney	435	181	
220		Rob Logan	203
Jacinto Alvarez	336	220	
SHW		Schinto Alvarez	198
Tyson Bosen	352	JAWW	198
Teen M 16-19	154		
165		Tyson Bosen	154
Will Ayotte	325	132	
Gary Rowell	413	Scott Tucker	181
95			
Tyler Nourse	225	Jesse Lamberson	187
Law/Fire 40-47	165		
275		Will Ayotte	203
Ken Eyre	501	Andy Lopez	308
Jr. M 20-25	148	Gary Rowell	220
148			
Jeremy Brower	391	Cody Gilbert	236
242			
TJ Wing	473	Tyler Nourse	99
M 40-46	165	M 40-46	
165			
Danny Winslow	551	Robert Hughes	303
242		Danny Winslow	314
Brad Stewart	540	242	
275		Brad Stewart	330
Ken Eyre	501	275	
308		Ken Eyre	374
Gary Brower	253	308	
M 47-53		Gary Brower	501
220		M 47-53	
Raul Lopez	501	220	
BENCH		Raul Lopez	330
Jr W 20-25		275	
123		Law/Fire 40-47	
Rachel Long	120	Ken Eyre	347
165		Open	
Stacy Hammar	170	123	
W		Scott Tucker	181
114		132	
Jenny Macy	176	Jesse Lamberson	187
WM 47-53		148	
165		L.Scott Graves	286
Claire Heckathorn	121	181	
UL		Noe Gomez	336
Wilma Cadavona	165	220	
Teen W 13-15		Cody Gilbert	236
132		Bruce Nichols	413
Kailla Fairchild	110	275	
Jr M 20-25		Tom Lusk	369
165		Darren Thompson	512
Ramiro Heredia	321	SHW	
		Eli Martinez	540

In the bench press in Open Men in Open 275 Darren Thompson set a Idaho State Record with 512 and Eli Martinez almost got a huge 556 but had to settle for a 540 Idaho State Record at super. In Master Men Law/Fire 40-47 Ken Eyre set a Utah Record at 275 with 347. In Master Men 40-46 at



Elias Martinez's 540 pound BP @ SHW (Photos courtesy E. Martinez)

165 Danny Winslow set an Idaho State Record with 314. At 242 Brad Stewart set a Utah State Record with 330. At 275 Ken Eyre set a Utah State Record with 374. At 308 Gary Brower set an Idaho State Record with 501. In Master 47-53 at 220 Raul Lopez set a Nevada State Record with 330. His previous attempt at 320 was also a Record. In teen Men bench 13-15 at 132 Dusty Nourse tried a World Record 132 but had to settle for an Idaho State Record 99. At 181 Rob Logan set an Idaho Record with 209. At 220 Jacinto Alvarez set a State Record with 187. At 165 Andy Lopez set an Idaho State Record with 309. At 220 Cody Gilbert set an Idaho Record with 249. At age 12 Tyler Nourse set an Idaho Record at 97 with 111. In submaster bench at 148 Filemon Ramirez benched a State Record 253. At 220 Gary Hughes put up a 352 and at 242 Alan Leavitt was impressive with 455. At 275 Darren Thompson set a Idaho state Record with 512. In Class 1 bench at 148 Scott Graves set an Idaho Record with 286. At 165 Justo Hernandez set a Idaho State Record with 336. At 181 Noe Gomez set a Idaho State Record with 336. At 198 James Rooney set an Idaho State Record with 336. However Brian Adams beat Rooney's Record with 338 on a 4th attempt. At 220 Bruce Nichols put up

Hughes set an Idaho Record with 225. At 148 Jeremy Fairchild set an Idaho Record 220. At 165 Daniel Winslow set a World Record 462 at age 14 - That's huge. At 181 Rob Logan set a State Record 385. At 198 Jesse Haney set a State Record 435. At 220 Jacinto Alvarez set ab Idaho State Record 341. At super Tyson Bosen set a World Record 369. In 13-15 97 Class Tyler Nourse set an Idaho State Record 225. In teen 16-19 at 165 Gary Rowell set an Idaho Record with 413. In Class I dead Curt McKenzie set a Idaho State Record 418 at 165. At 220 Ryan Nielson set an Idaho State Record with 523. At 242 Paul Haskett set an Idaho State Record with 600. Anytime you can hit 600 on the dead and your drug free your are an accomplished dead-



Jeremy Brower's 391 pound DL

lifter. In Open Women Jenny Macy set an Idaho State Record with 286 at 114. In ten Women at 132 in the 13-15 age group Kailla Fairchild pulled 214 for an Idaho State Record. In Junior Women Rachel Long pulled 270 at 123 for an Idaho State Record and Stacy Hammar set an Idaho State Record with 275 at age 51 in the 165 Class. In the Unlimited Wilma Lee Cadavona set an Idaho Record with 325 in 47-53 age group. I would like to thank James and Heidi Preston the meet directors for doing a great job. The next meet they put on will be in a better venue in the ballroom of the Holiday INN Airport in Boise. The judges were Gus Rethwisch, Eli Martinez, Johnny Hernandez and Andy Lambert. James Preston was the MC. The spottors were House of Pain with Rick Brewer and Inzer Advance Designs. There were 57 lifters. (Thanks to Gus Rethwisch for meet report)

**USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725**

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Conditions of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

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 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
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High School - Full Year	High School Seasonal - 6 mo. Dec. 1 - May 31	Special Olympian					

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•White Referee Designation Polo - \$30.00(s-d) \$32.50(od & up) (size _____)	•Logo Patch - \$5.00 (qty. _____) (Shpg for patch: .50)	
•Lifter Classification Patch - \$5.00 (qty. _____) (must provide meet results)	•Hats - \$15.00 (qty. _____)(colors: white, navy, black)	

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- 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 FLordia 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+11-03 APF Masters, Junior + Teenage Nationals (Daytona Beach, FL)
- 5-30+31+6-1-03 APF Mens+Womens 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)
- 8-15-17-03 AWPC Worlds Powerlifting + Bench Press (Saco, Maine)
- 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)

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- 22-24 NOV (new location), 1st WNPFF Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418
- 23 NOV, USAPL Southwest New Mexico Open, Doug Lees, 501 Broken Arrow Dr., Silver City, NM 88061, 505-538-8806
- 23 NOV, USAPL Tri-Service Meet, Peter Balke, 31121 Paterson, West Point, NY 10996, 845-515-1465
- 23 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burlison Rd., Austin, TX 78744, 512-385-5420
- 23 NOV, NASA Kansas Regional (Wichita, KS) PL, BP & Power Sports, Rich Peters SQBPD@aol.com or 405-527-8513
- 23 NOV, USAPL Idaho State/Open, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035
- 23 NOV, Planet Fitness APA Winter Classic (PL, P/P, BP, DL) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, iowaapachair@apa-wpa.com
- 23 NOV, USAPL Mass/Atlantic States Open (Warwick, RI) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 (8-10PM)
- 23 NOV, Eastern American BP (Holiday

- Inn - Forsyth, GA - I-75 / Exit 186 - Open - Over 40 - Women - Novice - Teen - Police/Fire, Submasters) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 302, 770-474-2633
- 23 NOV, Omaha Open (full meet, BP, DL, Push-Pull) 4808 Cass, Omaha, NE 68132, Keith Machulda 402-444-5596
- 23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King
- 23 NOV, USPF Pan American Bench Press Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com
- 23 NOV, USPF Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com
- 24 NOV (new date), 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 - open raw) Chuck Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117
- 24 NOV, SLP Lake Shelbyville Open II BP/DL Championships (Shelbyville, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 24 NOV, APF Pine Tree State Open + National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
- 24 NOV, USAPL Ohio State PL & BP (2 contests - open mens and women, mens

## Coming Events

- and women raw, mens master, mens masters raw, police & fire, mens teen) Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King.
- 30 NOV, USAPL Midwest Senior States, Tim Anderson, 207 W. 4th St, Kennar, NE 68034, 402-427-8085
- 30 NOV, 1 DEC, 2nd annual YESPA Powerlifting & Bench Press Nationals & AAU Youth & Teenage Maryland State, Youth Exercise Services Inc., 123 Main St., Fruitland, MD 21826, Fred Vanderveen 410-742-9201, Trend Dashiell 410-749-9101
- 30 NOV, USAPL Midwest Senior States PL & BP, (Omaha, NE) Tim Anderson, 402-427-8085, timanderson@hunteil.net, http://www.nebraskapowerlifting.com
- 30 NOV, USAPL 3rd Annual University Cup, (Louisiana) Jon Magendie, Home: 985-446-0654, Work: 985-448-4811, Fax: 985-448-4814
- 30 NOV, NASA 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/AAPF IronDawg Open PL, BP, (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, lbaker@irondawg.com
- 30 NOV, 100% Raw Bench Press Worlds, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004
- 30 NOV, APA Mississippi Open BP, DL (Vicksburg, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
- 30 NOV, CPA Championnat Quebecois BP & DL, Push & Pull, Curl (Montreal) Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc., J1E 2S2, 819-344-6666, marcelstlaurent@sympatico.ca
- 30 NOV, APF Southern States (light day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com
- 1 DEC, The Best of the BP/DL Raw #6 (sculptured trophies) Body Fitness Center, McMurry, PA, Steve 724-941-7270
- 1 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728, joemusclehead@cs.com
- 1 DEC, APF Southern States (heavy day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com
- 5-8 DEC 02, IPF World Bench Press (Luxembourg)
- 7 DEC, USAPL Blacksmith Open PL & BP, Michael Ouerdeer, 124 W. Van Buren, Columbia City IN 46725, 260-248-4889
- 7 DEC, USAPL World Gym Holiday Push Pull, Liz Willett, 4701 Cleo Rose Ln, Ferndale, WA 98248, 360-383-9041
- 7 DEC, Toys-For-Tots Bench Press @ Four Seasons Sports Complex, Hampstead, MD (All weight classes & age groups for male & female) Info: Glenn Murphy, Jr., P.O. Box 1013, Westminster, MD 21158
- 7 DEC, Iron Island Classic PL/BP, APF/AAPF Sanctioned, Iron Island Gym, 3465 Lawson Blvd, Oceanside, NY, Info: JTB2040@aol.com (John Bott) or PWRFRK650@aol.com (Chrts Taylor)

- 7 DEC (revised date), Body Factory BP/DL, Jim Parrish 610-863-1090, 436 Blue Valley Dr., Bangor, Pa. 18013
- 7 DEC, APF Big Iron Open/Nebraska State, PL, BP, Push-Pull, Florence Community Center, 2902 Bonderson, Rick Hussey, 462-392-2446, Big Iron Gym
- 7 DEC, (new date) USAPL Maryland State, Mark Daniel, 9413 Squires Ct., Laurel, MD 20723, 301-317-5572
- 7 DEC, Immaculate Heart of Mary Holiday Bench Press, Youngstown, Ohio, Ron Deamicis (330) 792 - 6670
- 7 DEC, USA Power Open BP + DL Championships, B&R Health Club, 1040 Millcreek Dr. Feasterville, PA 19053, David West, 215-355-2700
- 7 DEC, USA Power Open Bp & DL (separate events) David West, 1040 Mill Creek Dr., Feasterville, PA 19053, 215-355-2700
- 7 DEC, NASA Tri-States Regional, PL, BP, & Power Sport, (Davenport, IA) Rich Peters SQBPD@aol.com or 405-527-8513
- 7 DEC, ISA presents Full Power II, PL, Push/Pull, BP, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117
- 7 DEC, 19th Annual SE Cup PL and BP, Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, day - (229) 896-3988, night - (229) 896-3989, bduke@atitel.net (corrected e-mail address)
- 7 DEC, APA Patriot Open (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049
- 7 DEC, APF 49th Iron Man Open PL & BP Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805
- 7 DEC, MPA Miller Chevrolet Christmas BP Classic (19 & under, open - non-residents welcome, masters, police/fire/military, 40+ police/fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)
- 7 DEC, USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http://www.geocities.com/brucewan500/index.html
- 7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 7 DEC, AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nueces, CA 92567, 909-928-4797, ntrlpw@pe.net
- 7 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
- 8 DEC, USAPL Colorado State, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366
- 8 DEC, River Valley Classic Bench Press, Horseheads High School, Horseheads, NY, (all divisions) John Comereski, 113 Halloran Dr., Breesport, NY 14816, 607-739-7322

**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**

**8 DEC**, Big Bench Shootout IV (Men, Women, Teen, JR, Submaster, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590  
**8 DEC**, APA Nutmeg State Open BP & DL (Norwich, CT) Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, (860) 546-2091, djslaga@yahoo.com  
**8 DEC**, 10th Raw ADAU "Coal Country" Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com  
**14 DEC**, USAPL Ketchikan Record Breakers, Doug Gregg, 1225 S. Higgins, Ketchikan, AK 99901, 907-247-8463  
**14 DEC**, AAPF Michigan State, Coopersville Farm Museum, Contact: lifthuy1@yahoo.com or call Andy Briggs 616-844-6350  
**14 DEC**, USAPL KY State Bluegrass Open PL & BP, Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354  
**14 DEC**, Utah Winter Open PL & BP, RMAC, 1968 West 6000 South, Roy, UT 84067  
**14 DEC**, SLP Little Rock Open BP/DL Championships (Little Rock Ar.) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**14 DEC**, Hall County BP, Gainesville, GA (raw, equipped, men + women, teen, masters, open) David Waddell 770-531-0750, dduk@bellsouth.net  
**14 DEC**, NASA Missouri Regional PL, BP, & Power Sports, (Carthage, MO) Rich Peters SQBPDL@aol.com or 405-527-8513  
**14 DEC**, 15th Elkhart BP Classic, Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683  
**14 DEC**, ABF Monster Bench Tour (Orlando, FL) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, Kineticstrength.com  
**14 DEC**, USAPL "North American Gladiator", Michigan State Open BP & DL, Gladiator broadswords and helmets as major trophies, many side contests and give aways. Plainwell Highschool, Plainwell MI 49080, Mike Poirier, 1279 103rd Ave, Plainwell, MI 49080, 269-685-5614, Mike D e v e n n e y . o n e \_ o n \_ o n e \_ f i t n e s s @ y a h o o . c o m , www.one-on-one-fitness.com/maytheg20wes.html  
**14 DEC**, CPA Championnat Regional PL & BP (Granby, Quebec) Benoit Brodeur, 450-378-7666, 450-372-0087  
**14 DEC**, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

**15 DEC**, USAPL Champion Sport & Recreation Open, James C. Hart, P.O. Box 82264, Lincoln, NE 68501, 402-470-3672, Fax: 402-470-3684  
**15 DEC**, USAPL American Open (King of Prussia, PA) Steve Mann, Kim Newman, Box 639, Fairfield, PA 17320, 717-642-8582  
**15 DEC**, AAU Massachusetts State (Scituate, MA) Dennis Brennick, Work: 617-567-5177, Home: 617-387-1891  
**15 DEC**, WNPFL Sarge McCray BP, DL + Ironman (Bordentown, NJ) Troy Ford, Box 142347, GA 30214, 770-996-3418, WNPFL@aol.com  
**21 DEC**, APF Hardcore Christmas Bench Press Championship + Party, 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, 5 1 0 - 2 3 2 2 - 4 7 5 5 , deepsquatter@deepsquatter.com  
**28 DEC**, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com  
**4 JAN**, USAPL Midwest Squat Meet, Open, Masters, Women's, teens (Granite City, IL) Maureen Post, 618-345-6574 lvmsg., mpost57@msn.com  
**11 JAN**, NASA Ohio State Bench Press, West Liberty High School, West Liberty OH, Spanky Cordial 937-653-5504, squat@foryou.net  
**18 JAN**, USAPL Icebreaker Bash, Tommy Peterman, SCI Rockview, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874, Ext. 229  
**18 JAN**, USAPL Wisconsin State, Jeff Johnson, 19031 Otter Trail, Muscoda WI 53573, 608-739-4292  
**18 JAN (NEW DATE)**, 3rd APF Michigan Bench for Cash, State BP Champion-

ships (cash prizes 1st-5th based on Reshel Formula - \$1000 for 1st place) Jim Harboure, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharboure@comcast.net  
**18 JAN**, APA Texas State (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049  
**19 JAN**, The Winter Blues PL/BP Meet (Goshen, IN), Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683  
**24-26 JAN**, USAPL 2003 Women's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779  
**25 JAN**, WNPFL Delaware State (Newark, DE) WNPFL, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPFL@aol.com  
**25 JAN**, Iron Boy Push/Pull Championships, Winston-Salem, North Carolina, Keith Payne 336-766-3347, keith@ironboyenterprises.com  
**25 JAN**, White's Truck Stop/YMCA Winter Bench Press and Deadlift, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com  
**JAN**, PPL Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@aol.com  
**1 FEB**, NASA Power Sports Nationals (Lexington, KY) Rich Peters SQBPDL@aol.com or 405-527-8513  
**1 FEB**, Body Factory Power Challenge/BP, Jim Parrish, 610-863-1090, 436 Blue Valley Dr., Bangor, Pa. 18013  
**1 FEB**, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049  
**7 FEB**, USAPL Bill Beckwith Classic VI BP & DL Qualifier, Richard Van Eck, 45451 Peninsula Dr, Grand Junction, MI 49056, 616-521-4031  
**8 FEB**, APF West Coast Push Pull (San Mateo, CA - Stark's Gym) John Ford, 650-757-9506  
**9 FEB**, WNPFL Ohio State, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670  
**9 FEB**, AAU MO State PL, X-Treme Fitness, 607 North Highway 47, Union, MO, 63084, (636) 583-1179, Darin Gilley, 2820 Old Gray Summit Rd, Pacific, MO 63069, (636) 742-4537 daringilley@aol.com  
**15 FEB**, WNPFL Tennessee State (Cleveland, TN) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
**15 FEB**, IPA Beast of Bench, Mike Miller 610-746-700, nazbar@enter.net  
**15 FEB**, USAPL Minnesota State JR/

Master & Noulce Open, Joe Cooper, 5344 Ugstad Rd, Duluth, MN 55811, 218-729-8940  
**15 FEB**, The Fitness Connection Tomah Winter Class BP (Tomah, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, 372-3883  
**15 FEB**, AAPF Gulf Coast Open (Tampa FL) 386-252-8193 or email hugeiron@logicalcity.com  
**15,16 FEB**, Gary Grosso IPA Dedication Meet (Harrisburg, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823  
**15-16 FEB**, NASA OH State HS & Teenage Nationals PL, BP & PS (Springfield, OH) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com  
**16 FEB**, WNPFL Georgia State (Atlanta, GA) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
**22 FEB**, NASS Strongman Contest - St. Louis, MO (AM), Rick King - 314-423-2525, Willie Wessels - 314-609-6031, dwe370162@msn.com or www.nastrongman.com  
**22 FEB**, APF Missouri State Record Setters (PM), Rick King 314-423-2525, Willie Wessels 314-609-6031, dwe370162@msn.com or www.nastrongman.com  
**22 FEB**, Saratoga YMCA Bench Press, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, (518) 587-3000, www.muscleworkspowerteam.com, BigBenchers@hotmail.com  
**22 FEB**, WABDL Pendulum Fitness Texas State BP + DL (Dallas, TX) Bob Garza, 281-820-5923  
**28 FEB - 1,2 MAR**, Arnold Classic Bench Press Challenge & WPO Finals, Classic Productions, Inc., 1456 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, FAX 614-431-3493, www.arnoldfitnessexpo.com  
**1 MAR**, WNPFL Natural Northeastern (Edison, NJ) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
**1 MAR**, 12th Annual Larry Frederick Jr. Memorial BP Challenge, North Penn YMCA, Lansdale, PA, Steve Unrath, 215-368-1601  
**1 MAR**, USAPL Great West BP & PL, Steve Howard, 2107 Arrow Ct., Rapid City, SD 57702, 605-348-4039  
**1 MAR**, IPF North American Cup (Philadelphia) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net  
**1 MAR (NEW DATE)**, USAPL Virginia Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com  
**1 MAR**, NASA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Nats Qualifier), Rich Peters SQBPDL@aol.com or 405-527-8513  
**1 MAR**, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049  
**1 MAR**, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051  
**1,2 MAR**, USAPL Pennsylvania State, (Philadelphia - Open, Teen, Junior, Collegiate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net  
**1,2 MAR**, APF California State Meet (Red Lion Inn, Sacramento) Al Garcla, 916-482-2868  
**2 MAR**, WNPFL Pennsylvania State

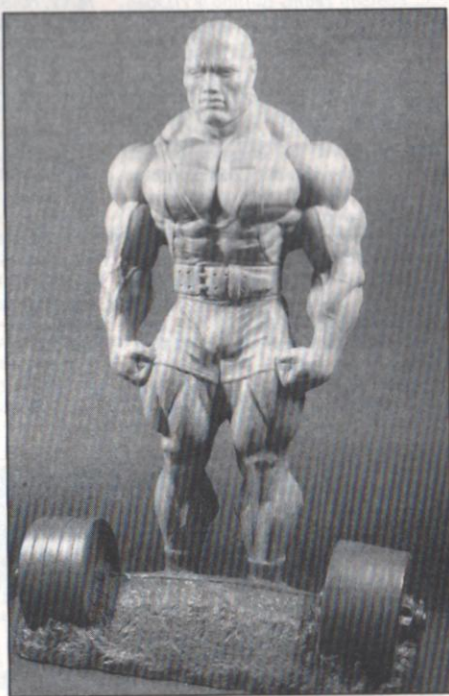
(Lancaster, PA) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
**2 MAR**, NJ High School Drug Free Powerlifting Championships (Students Only), Paul Sacco 609-567-0046  
**2 MAR**, NPA Northern Illinois Open BP, DL, & PL (Drug Tested) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032  
**8 MAR**, WNPFL South Carolina State (Greenville, SC) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
**8 MAR**, USAPL 5th Annual Michiana PL meet, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186  
**8 MAR**, USAPL Michigan State Collegiate/Jr. PL & Teenage Nationals PL, BP & PS (Springfield, OH) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com  
**16 FEB**, WNPFL Georgia State (Atlanta, GA) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
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**1 MAR**, 12th Annual Larry Frederick Jr. Memorial BP Challenge, North Penn YMCA, Lansdale, PA, Steve Unrath, 215-368-1601  
**1 MAR**, USAPL Great West BP & PL, Steve Howard, 2107 Arrow Ct., Rapid City, SD 57702, 605-348-4039  
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**1 MAR**, NASA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Nats Qualifier), Rich Peters SQBPDL@aol.com or 405-527-8513  
**1 MAR**, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049  
**1 MAR**, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051  
**1,2 MAR**, USAPL Pennsylvania State, (Philadelphia - Open, Teen, Junior, Collegiate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net  
**1,2 MAR**, APF California State Meet (Red Lion Inn, Sacramento) Al Garcla, 916-482-2868  
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(Lancaster, PA) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
**2 MAR**, NJ High School Drug Free Powerlifting Championships (Students Only), Paul Sacco 609-567-0046  
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**8 MAR**, WNPFL South Carolina State (Greenville, SC) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
**8 MAR**, USAPL 5th Annual Michiana PL meet, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186  
**8 MAR**, USAPL Michigan State Collegiate/Jr. PL & Teenage Nationals PL, BP & PS (Springfield, OH) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com  
**16 FEB**, WNPFL Georgia State (Atlanta, GA) 770-996-3418, WNPFL@aol.com, P.O. Box 142347, Fayetteville, GA 30214  
**22 FEB**, NASS Strongman Contest - St. Louis, MO (AM), Rick King - 314-423-2525, Willie Wessels - 314-609-6031, dwe370162@msn.com or www.nastrongman.com  
**22 FEB**, APF Missouri State Record Setters (PM), Rick King 314-423-2525, Willie Wessels 314-609-6031, dwe370162@msn.com or www.nastrongman.com  
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**1 MAR**, 12th Annual Larry Frederick Jr. Memorial BP Challenge, North Penn YMCA, Lansdale, PA, Steve Unrath, 215-368-1601  
**1 MAR**, USAPL Great West BP & PL, Steve Howard, 2107 Arrow Ct., Rapid City, SD 57702, 605-348-4039  
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**1 MAR (NEW DATE)**, USAPL Virginia Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com  
**1 MAR**, NASA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Nats Qualifier), Rich Peters SQBPDL@aol.com or 405-527-8513  
**1 MAR**, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049  
**1 MAR**, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051  
**1,2 MAR**, USAPL Pennsylvania State, (Philadelphia - Open, Teen, Junior, Collegiate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net  
**1,2 MAR**, APF California State Meet (Red Lion Inn, Sacramento) Al Garcla, 916-482-2868  
**2 MAR**, WNPFL Pennsylvania State

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Pineridge Rd., Frazier Park, CA 93225, 661-215-0115, kostas@frazmtn.com  
**2-4 MAY**, USAPL Masters Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-

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3 MAY, USAPL MI State HS/Teen & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles MI 49120, 269-687-8186

3 MAY, NASA KY State Championships, PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh1@wirefire.com

4 MAY, WNPFF Teen, Junior, Youth National Championships (Philadelphia, PA) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

9-11 MAY, APF Masters, Juniors + Teenage Nationals (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

10 MAY (NEW DATE), APA Buckeye BP (Springfield, OH) Bruce Stotler, apa\_ohio@yahoo.com

10 MAY, Old Dominion BP and Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

17 MAY, WNPFF Raw Nationals & Powerfest 2k3 (Stamford, CT) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

17 MAY, 2nd USPF Open BP and Deadlift Contest (Sponsored by Erie C.C. Football Team - Buffalo NY) Open - Women - Teen - High School - Submasters - Masters. Dennis Green 716-851-1898

17 MAY, USAPL New England States Open, Greg Kostas, 113 Linden St., Whitman, MA 02382, 781-477-6714

17 MAY, ADAU "NO druggies Allowed" Squat - Bench - Deadlift Championships (No total - single lift national qualifier - open + all age groups - men + women) Joe Oregia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikilup.com

18 MAY, WNPFF Police Nationals (Edison, NJ) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

24 MAY, 4th Annual Police & Fire Powerlifting Nationals, Capital Center Inn, 914 S.E. Madison, (Madison

# 8 February 2003

## APF West Coast Push Pull (San Mateo, CA - Stark's Gym)

John Ford  
650-757-9506

Entries at [www.calapf.com](http://www.calapf.com)

& 10th St. exit) Topeka, KS 66106, 888-421-9020 or 785-232-7721, or bigkanaga@aol.com 7 JUN, Strawberry Fest. Strongman/woman, RAW BP Outside, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

30-31 MAY, 1 JUN, APF Mens + Womens Senior Nationals Powerlifting + Bench Press 386-252-8193 or email hugeiron@logicalcity.com

MAY, NASA MD State High School BP (Keymar, MD) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh1@wirefire.com

MAY, NASA PA State Championships, PL, BP & PS Championships (Uniontown, PA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh1@wirefire.com

6-8 JUN, WABDL Pendulum Fitness Nationals BP + DL Championships, Houston, TX, Bob Ganz, 281-820-5923

7 JUN, IPA PA State / NE Regionals - Bangor, PA, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

7 JUN, USAPL Pete Lenzi Memorial BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/

Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, wbigkanaga@aol.com 7 JUN, Strawberry Fest. Strongman/woman, RAW BP Outside, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

7 JUN, USPF/AAU Sooner State Games, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

7,8 JUN, WNPFF Mens Elite Nationals & Womens Nationals (Lancaster, PA) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

7,8 JUN, NASA Masters/Submasters National Championships PL, BP, & PS, (Mesa, AZ - You must qualify to lift if you live in a State where NASA conducts meets), Rich Peters SQBPDL@aol.com or 405-527-8513

14 JUN, APF Florida State (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

21,22 JUN, WNPFF Drug Free Nationals (World qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

21-22 JUN, WNPFF USA Championships (Atlanta, GA) 770-996-3418,

WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

3 JUL, Iowa/Midwest Open Touch and Go Bench Press (teen, novice, open, submasters, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

12 JUL, NASA WV Open/High School State BP & DL (Buckhannon, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh1@wirefire.com

12 JUL, APF Florida Push/Pull (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

12 JUL, Independence BP & Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

18-20 JUL, USAPL Men's Nationals, Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039

19 JUL, WNPFF New Jersey State (Bordentown, NJ) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

20 JUL, WNPFF Newark Open BP/DL (Newark, DE) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest, to be held at the Boys Club in Bedford, Indiana, (866) push-pull, (770) 739-0184, or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117

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

9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

15,16,17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932,

## WDFPF NEWS

### Calendar of Events 2002:

22-24 November - World Single Lift Championships - Como, Italy 2003

17-19 October - World P/L Championships - Palace of Youth & Culture, St. Petersburg, Russia

Bids are being negotiated for the WDFPF World Single Lift Championships & European Championships in 2003

### Enquiries from new countries

Full details of affiliation procedures and details of drug control requirements have been passed on to new drug-free groupings in Armenia (Arsen Gevorgyan), India (Vishal Chaturvedi) and Morocco (Mohamed Elmamoun). All three bodies have agreed to begin implementing WDFPF procedures on out-of-meet testing. Laboratory contacts have been made, and the issue of test kits to those countries has been authorized. The latest enquiry of WDFPF affiliation comes from a group in Romania, whose representative Iurie Terna has asked us for details of WDFPF conditions of membership. It appears that we are now beginning to make real headway in expansion in Europe and elsewhere. The WDFPF depends for its drug-free status on the commitment and integrity of our own officials in member countries around the world. At this time we have every confidence that all our officials - without exception - share a common dedication to the drug-free principle, and to the procedures designed to safeguard our drug-free international platform. The WDFPF therefore has no need to employ the services of outside agencies to implement out-of-meet testing of lifters in our various member countries. Our own officials within those countries can be relied upon to carry out this function themselves. Reminder: In addition to categories of competition typical throughout powerlifting - the WDFPF is the only international body to sanction world and regional championships and records in RAW or "unequipped" competition.

valifting@aol.com, www.virginiausapl.com

16,17 AUG, North American Powerlifting Championships, Capri Center, Red Deer, Alta, Bruce Greig, Box 4, Okotoks, Alta-T1S1A4, Can, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com

23 AUG, Body Factory Power Challenge/Bench, Jim Parrish 610-863-1090, 436 Blue Valley Dr., Bangor, Pa. 18013

23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

23,24 AUG, USAPL Bench Press Nationals, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

6 SEP, APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

5 OCT, 19th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 00174, 630-377-7527

11 or 18 OCT, US Navy Fleet Week, East Coast Strongman Championship, Va Beach, VA. NAS Oceana. Gayle Schroeder, strength@exis.net, 757-481-6963, Info: <http://www.powerandstrength.com> (Online Entry Soon)

25 OCT, AAPF Southern States Powerlifting Championship (Daytona Beach FL) 386-252-8193 or email hugeiron@logicalcity.com

OCT, PPL USA "Drug Free" Powerlifting Championships, Full Power, Bench Only, Deadlift only & Iron Man, Python Power League, Attn: Tee "Skinny Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906,

706-790-3806

Pythongym@aol.com

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

6 DEC, USAPL Virginia State PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

6-7 DEC, APF Southern States (Daytona, FL) 386-252-8193 or email hugeiron@logicalcity.com

13 DEC, ISA Presents Superman of the Century, Superman, Powerlifting, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

13 DEC, Christmas BeP Classic/Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

26-28 MAR 04, USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210

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

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

Tested to over 1000 lbs. **GYM APPROVED** **POWER HOOKS** Fit all dumbbell sizes and styles. The right way to train with dumbbells. Install & remove in seconds.

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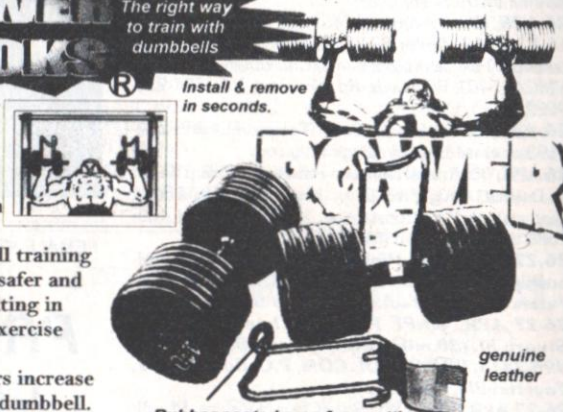
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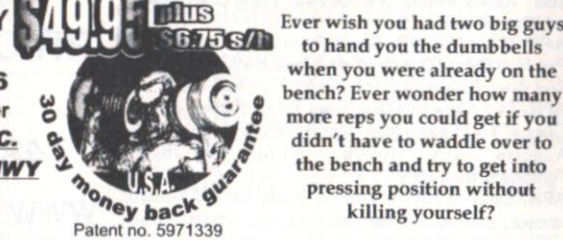
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Rubber coated area for spotting and handling dumbbells.



COUNTRY POWER INC. invites you to enter its 2nd annual 10 reps dumbbell bench press contest. This contest was started to further prove that using Power Hooks is the best way to train with dumbbells. The winner will receive \$1000.00.

To enter: Send a post card or letter no later than Oct. 1, 2003 to Country Power Inc. with your name, address, phone number, body weight, age, and your best 10 reps dumbbell lift that you bench-pressed using Power Hooks. Please have video available (see below).

Rules: You must use Power Hooks and perform a 10 repetitions bench-press lift. Start with Power Hooks on the overhanging bar at any height and finish with the Power Hooks at that same height on the bar with no help.

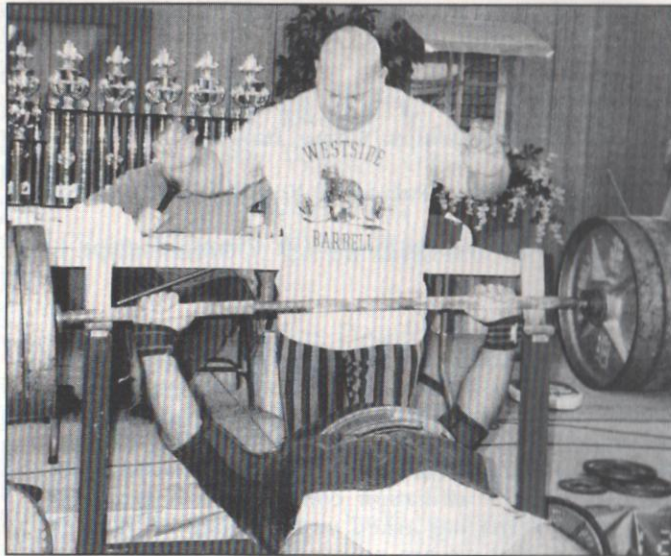
Judging: Points will be awarded depending on contestant's age, bodyweight and total weight lifted for ten reps.

Finalists will be contacted during the first week of Nov. 2003. We will then need a video of you weighing yourself in on a scale (bathroom scale is ok) and then weighing the dumbbells individually followed by the ten rep dumbbell lift.

Top five entries will be listed on [WWW.POWERHOOKS.COM](http://WWW.POWERHOOKS.COM) updated monthly

**SLP DUQUOIN STATE FAIR BP/DL**  
31 AUG 02 - DuQuoin, IL

<b>BENCH PRESS</b>			
teenage women 13-15	Roy Grathler	380*	242
197	275		
Bianca Puella	100*	420	100*
4th	110*	420	110*
open women	David Lowe	420	100*
148	110*	420	110*
Christi Keams	205	350*	205
teenage men 13-15	4th	365*	275
Brian Hagene	190	275	275
junior men	Wes Hinkle	360*	4th
242	4th	375*	4th
Trent Hudgens	440*	455*	440*
4th	455*		455*
submaster men	198		198
220	Chad Hillard	415	400
Jeff Porritt	400	open men	420
4th	420	181 Mike Ward	400
master men 40-44	4th	420*	198
165	198		200
Mark Hagene	200	Chris Grant	250
4th	205	220	220
242	Lloyd Edwards	420	4th
Mark Aydt	435	4th	430
master men 45-49	4th	330	330
275	4th	345	4th
Bob Walker	570*	242	242
4th	600*	Ed Clark	540
DEADLIFT	275	275	275
open women	Mark Rose	550	550
148	4th	560	4th
Christi Keams	285*	police & fire open men	500*
4th	300*	242	525*
police & fire/	4th	500*	220
master men 40-44	198	open men	220
198	220	275	480
Tony Carwyle	500*	4th	500
275	4th	510*	242
Wes Hinkle	495*	242	242
4th	510*	242	242
police & fire/	Ed Clark	575	575
submaster men			



Bob Walker locks out his first 600 BP @ the SLP DuQuoin State Fair

personal best and new Illinois state record 455 on his fourth. Jeff Porritt did well at submaster 220, making a 400 third, followed by a 420 pr fourth for the win there. Mark Hagene took the master men's 40-44/165 class, matching his personal best of last year with 205 for his final attempt of the day. Also at 40-44 was 242 winner Mark Aydt, who finished with 435. At 45-49/275 was Bob Walker, two-time

attempt. In the open division Mike Ward won at 181 with 400, but came back with a successful fourth of 420 to tie the existing state record. Chris Grant had some problems with his shirt and was only able to get his opener of 250 in for the win there. At 220 Lloyd Edwards had a great day, finishing with two new prs with his third (420) and fourth (430) attempts, taking the victory there.

BENCH: Best Lifter - BOB WALKER. DEADLIFT: Best Lifter - ED CLARK \* - Son Light Power Illinois state record. The Son Light Power DuQuoin State Fair Bench Press/Deadlift Championship, held at the Expo Building on the fairgrounds, was a huge success with twenty-five entries from throughout southern Illinois and southeastern Missouri. Many thanks to Melanie and the gang at Special Events for all their help with the competition and with the great facility we were furnished! In the bench press event first-time competitor Bianca Puella wowed the crowd with her size and strength. The fifteen year old, ninety-four pound bundle of power finished the day with a new state record in her class making all three of her attempts, followed by a great 110 fourth. In the open women's division Christi Keams won at 148 with a personal best 205. Another first-timer was Brian Hagene, who finished with 190, taking the teenage men's 13-15/148 class. In the junior men's division it was Trent Hudgens for the win at 242. Trent had a great day, making all four of his attempts, finishing with a



Ed Clark, Dr. Darrell Latch, Bob Walker & daughter Rachel

APF world bench press champion, who has been looking for that elusive 600 bench for the past five years. Well today was the day, as Bob finally got in the groove with his third attempt of 570. Then with a mightily push off his chest, after a clean "press" call, Bob locked out 600 for his fourth attempt of the day! Congratulations, Bob! 600 @ 255, just a few months shy of his fiftieth birthday! In the police & fire, submaster division, Roy Grathler had some problems getting started at 242, but finished strong with a new state record bench of 380. David Lowe won at 275 with 420; strong even with some physical problems he's working through. At police & fire master 40-44 Tony Carwyle had a great day, setting the state record there with his third attempt of 350, followed by a personal best fourth of 365. Wes Hinkle did the same at 275 with his 360 third and 375 fourth attempts. Both were new Illinois state and personal records for Wes. In the open police & fire division, taking the win at 198 was Chad Hillard who finished with 415, just missing the state record there of 425 for his final



Bianca Puella's State record 110 @ 97lbs

Best lifter Ed Clark finished the day with 575 for the win at 242. Thanks to my son Joey who did what he could with his broken foot, but thanks also to David Lowe who helped unload the equipment and to Brian and Mark Hagene who spotted and loaded during the meet and even helped load the equipment after the competition. See you all next year! (Thanks to Dr. Darrell Latch for the meet results.)

**APA Houston Record Breakers**  
27 JUL 02 - Houston, Texas

Bench Only	Larry Fenti	475		
Junior 20-23	Drug Free 308			
132	John Williamson	480S		
Deadlift Only				
Open 220	Master 50-54			
S. McDougald	181			
Drug Free 242	Brian Kline	455S		
Teen 13-15	SQ	BP	DL	TOT
148	200	155	255	610
Justing Kubricht				
Junior 20-23				
148				
Aaron Muntz	375	220	365	960
Drug Free				
148				
Chris Frei	225	220	350	795
Drug Free				
165				

Tammy Flowers	225	110	185	520
Teen 18-19				
198				
Stephen Hewer	645S*	385S	505S	1535S*
Drug Free				
198				
Josh Ash	450	305	500	1255
Junior 20-23				
220				
J. Steigerwald	475	325	503	1303
Submaster 33-39				
220				
Dan Flunker	475S	433S	600	1508S
Master 40-44				
220				
David Muntz	565S	405S	520S	1490S
Drug Free 242				
Larry Fenti	640	475	670S	1785
Submaster 242				
Michael Kubricht	435	365	500	1300
Open 242				
Randall Pike	500	315	520	1335
Teen 18-19				
275				
Caleb Rowton	620S	460S*	620S*	1720S*
Submaster 33-39				
275				
Steve Burtshell	575	433S	550	1558
* Texas record. * World Record. I would like to thank Paul Rever Middle School and the Houston Independent School District for giving us the facilities to host this meet and John Inzer of Inzer Advances Designs for his sponsorship and continuous support. Special thanks to our spotters, judges Shannon McDougald and Jim Royce and officials Susan McDougald, Jack and Ela Ruth McCullough, without the help of these individuals, this meet would have not been possible. All the lifters did a fine job and we came out with 17 new Texas records and 5 new world records. Keep an eye out for 18 year old Caleb Rowton from the Woodlands, Texas and 18 year old Steven Hewer from Deer Park, Texas. These two young men have been setting Texas on fire with their big lifts. (Thanks to Tom McCullough for providing the meet results.)				

**IOWA OPEN SUMMER BP CLASSIC**  
3 JUL 02 - Sigourney, Iowa

Women	198	Stein, Eric	350
master 2	220 novice		
105	VanderHeiden, D.	315	
Stigler, Karo	80	Dunkin, Dennis	305
148 Open	160	open	
Fehrie, Margaret	132 teen	Jennings, Tim	320
132 teen	submaster		
Graham, Adam	190	Hauschildt, Scott	420
165	165	Rene, Doug	335
Millage, Brandon	325	Jennings, Tim	320
181	master 1		
Bensmiller, Dustin	130	Hansen, Jeff	310
198	220		
Walker, Josh	300	242	
220			
Stange, Richard	305	Voss, Tim	510
Hendricks, Brian	305	Risus, Travis	455
hw	275	submaster	
Schroeder, Tyrel	270	Matthews, Jake	400
148	novice		
novice	210	master 2	
Coker, Benton	210	Risus, Fred	405
148	275		
master 2	100	open	
Rutgard, Jeff	165	Leach, Jeff	475
165	submaster		
Hungerford, Brent	285	Leach, Jeff	475
181	master 1		
Hennigar, Roger	340	Cozine, Cozy	500
Dressler, Kirk	335	Sombel, Ron	325
Tremmel, Don	300	master 2	
Towsley, Jeremy	300	George, Ron	325
181	open		
submaster			
Hennigar, Roger	340	Storey, Reed	380
340			
Thanks to all that made the meet possible by helping including Mark Hennessey, Greg Peiffer and others. A good group of lifters for the July outdoor meet. Karo Stigler and Margaret Fehrie looked strong in the women's divisions. Adam Graham lifted well pushing up 190 at 132 teen. Brandon Millage is a very good teen bench to watch in Iowa and had the biggest teen bench putting up 325 in 165 class. Roger Hennigar always does well and lifted 340. Eric Stein and Scott Hauschildt benched well in their weight classes. Tim Voss had the biggest bench of the meet with a strong 510. Jake Mathews looked good putting up 400. Jeff Leach put up a fine 475 and will soon do 500 in competition. Reed Storey look good at heavyweight. Cozy Cozine has been lifting in the Midwest for years and hit a personal best 500 at this meet. Hats off to him and Tim Voss for their accomplishment. Our next area meet is 10 November in Oskaloosa, Iowa. Call Wayne Hammes at (641) 673-5240 for information or to get on our mailing list. See you in November! (Thanks to Wayne Hammes for providing these meet results.)			

**WABDL Riverfest BP & DL**  
18 MAY 02 - Gadsden, AL.

<b>DEADLIFT</b>			
WOMEN	275	Eric Roberts	633
Master 40-46	Teen 16-19		
114	123		
Vickie McNeely	270	R. Hawthorne	503
181	391	Queutin Jarrell	391
Susan Adkinson	358	132	
Open Women	Michael McCook	336	
123	148		
Annette Wright	314	Ryan Caprari	424
4th	319	165	
165	Ben Martin	451	
Nickie Pylant	231	4th	462
181	Bobby Kelly	413	
Susan Adkinson	358	198	
Master 47-53	Rex Hubbard	501	
148	4th	512	
Patty Ehmen	253	Isaac Holden	485
4th	270	Nicholas Poppell	473
Law/Fire Open	Nicholas	473	
148	Adam Hix	529	
Melissa Webster	253	G. Washington	529
4th	264	242	
Class 1	Seth Becker	473	
148	Teen 13-15		
Melissa Webster	253	165	
4th	264	Richard Mizzell	402
Teen 16-19	148	Micah Poppell	391
148	BENCH		
Kayla McCurley	286	Women	
Submaster 34-39	148	Submaster 34-39	
148	148		
Susan Hilton	286	Susan Hilton	110
MEN	Open		
master 54-60	123		
220	Annetta Wrigh	148	
Skip Hall	181		
242	Susan Adkinson	148	
Rex Harrison	534	Law/Fire Open	
47-53	148		
181	Melissa Webster	121	
Ron McNeely	551	Master 40-46	
Rick Hagadorn	603	165	
40-46 Master	Cindy Weber	137	
Steve Khader	628	181	
148	Susan Adkinson	148	
Law/Fire Master 48+	Master 47-53		
220	148		
Teb Butler	600	Patti Ehmen	99
Junior Men	165	Law/Fire 40-47	
165	Patsy Rowe	176	
Michael Aultman	429	Class 1	
4th	446	148	
181	Melissa	121	
Casey Dunaway	501	MEN	
220	Class 1		
William Hamilton	534	132	
275	Jeremy Ison	225	
Bobby Snyder	507	165	
Jack Dyer	534	Daniel Brown	253
Class 1	123	Ben Martin	
123	181		
Quentin Jarrell	391	Daniel Hagen	341
165	165	A. Machristie	336
William Mosley	457	Chris Holden	330
Daniel Brown	424	4th	341
181	198		
A. Machristie	545	Aaron Hagan	314
Daniel Hagen	501	220	
Cris Holder	485	Brian Fox	385
198	485	Jeff Ray	363
Brant Bishop	573	Jeff Tucker	363
Isaac Holden	485	Josh Nelson	358
220	242		
Bobby Myers	617	Gary Bell	352
Troy Nichols	556	4th	374
4th	567	275	
Adam Hix	551	Bill Poston	352
Skip Hall	407	4th	369
242	Bobby Snyder	336	
Gary Bell	512	Junior 20-25	
275	148		
Bobby Snyder	507	Daniel Weekley	308
308	165		
Bubba McConnell	573	Mathew Elrod	429
Open	181		
123	Chad Rutherford	363	
R. Hawthorne	503	Casey Dunaway	330
181	220		
A. Machristie	545	Josh Nelson	358
220	William Hamilton	319	
William Hamilton	534	275	
Jeff Ray	655	Bobby Snyder	336
J.D. McDuffie	733	Jack Dyer	319
SubMaster	242	Law/Fire Open	
181	242		
Richard Anderson	341	Blane Tindull	407
4th	369	4th	418
220	Rex Harrison	325	
220	Law/Fire Master 48+		
Jeff Ray	655	220	
Bobby Myers	617	Ted Butler	341
Troy Nichols	556.5	Master 47-53	
4th	567	275	
242	Bill Poston	352	
Rick Padgett	650	4th	369
650	Master 80+		

Jack Heizelman	165	181	
4th	181	Richard Anderson	209
Master 40-46	220		
220	Harry Woods	473	
Jeff Tucker	363	Brian Fox	385
242	Jeff Ray	363	
Keith Taylor	534	Special Oly/ Disabled	
Blane Tindull	407	4th	
4th	418	Chad Ward	297
308	Teen 16-19		
Steve Khader	451	132	
4th	473	Michael McCook	165
Open	165		
165	Ben Martin	242	
Mathew Elrod	429	Bobby Kelly	192
181	220		
Daniel Hagan	341	Adam Hix	380
A. Machristie	336	G. Washington	264
4th	341	Teen 13-15	
198	97		
Brant Bishop	424	Treat Corey	115
220	132		
Harry Woods	473	Jeremy Ison	225
Seth Greene	203		
Steve Khades	451	165	
4th	473	Richard Mizzell	198
SubMaster 34-39	4th	214	
165	Micah Poppell	181	
Eugene Gardner	341		

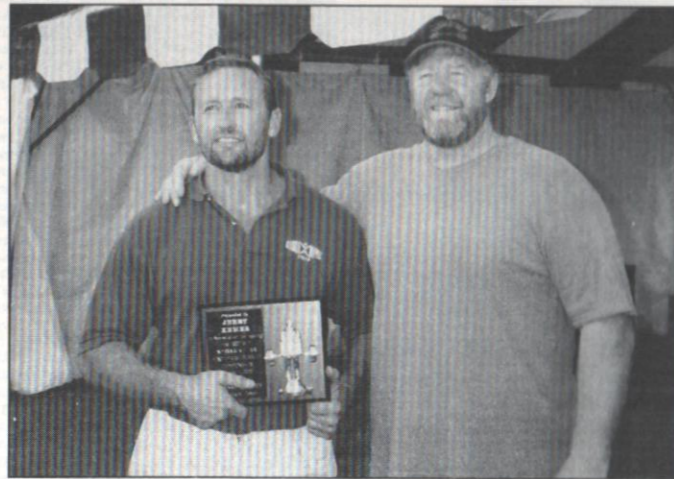
Alabama Record 418 at 242. In Junior 148 Daniel Weekly set a Florida Record with 308. At 165 Mathew Elrod set an Alabama Record with 429 only about 20 from the World Record. At 181 Chad Rutherford set an Alabama Record with 363. At 220 Josh Nelson set an Alabama Record with 358. In Class I bench press at 132 Jeremy Ison set a Georgia Record with 225. At 282 Chris Holden set a Florida Record with 341 on a 4th. However Daniel Hagen was 1st with 341 and Andrew Machristie was 2nd with 336. In Class I 200 there were 4 combatants and Brian Fox was the winner with 385 and an Alabama Record. At 242 Gary Bell set a Mississippi Record with 374 and at 275 Bill Poston set an Alabama Record with 369. In Women Law/Fire Master 40-47 148 Patsy Rowe set a World Record with 176. In Open Women 123 Annette Wright set an Alabama Record with 148 and at 181 Open Susan Adkinson set a Florida Record in master 40-46 181. In Master Women 40-46 114 Vickie McNeely pulled an Alabama Record with 270. I want to thank Rick Hagedorn, Brant Bishop, Bobby "House" Priscoll, Bubba McConnell, Golds Gym of Rainbow City, Rick Brewer of House of Pain. There were 92 lifters in this meet. (courtesy of Gus Rethwisch)

**Utah State Championships**  
23 MAR 02 - Brigham City, UT

Open Bench Press	Selita Nonu	65		
67.5	67.5			
Dave Edmondson	90	Giovanni Ozaine	85	
82.5	82.5	Master's Bench Press		
Jon Cunningham	175	67.5		
Shane Vernon	142.5	Dave Edmondson	90	
90	90			
Joseph Adams	132.5	Andy Scardino	125	
100	110 (40-44)			
Tully Watson	172.5	Sean Anderson	165	
Jason Gibson	152.5	110 (55-59)		
110	Bud Davis	1		

SLP Indiana State Fair BP/DL  
17 AUG 02 - Indianapolis, IN

BENCH PRESS		
181	Stan Fowler	350*
148	Mike Lindsey	320
Marcia Ferguson	250*	4th 330
165	Tom Boyer	380
Peggy Berry	180*	275
4th	185*	Linn Allen 430
open women	308	
148	Dave Allen	460*
Marcia Ferguson	250*	master men 50-54
Nicci Dean	185	242
teenage men 16-17	Mike Ferguson	420*
220	4th	430*
Ryan Michalski	300*	master men 55-59
242	181	
Eric Michalski	240*	John Howard 305
teenage men 18-19	police & fire	242
148	242	
Steven Schwab	245*	Mike Ferguson 420*
junior men	4th	430*
165	open men	
Daren Sea	255	165
220	Steve Benson	375*
Eric Allen	310	Ron Langwell 365
242	198	
Nick Polley	345*	Michael Coe 460*
submaster men	Jesse Pryor	425
165	Rico Killebrew	420
Michael Evans	375*	4th 430
Scott Pingleton	365	220
Vincent Gartin	345	Marly Mills 530
220	Robert Coats	435
Keith Nicholson	405	242
George Lealifano	530	Dennis Smith 500
master men 40-44	Mike Murphy	470
181	Joe Kathman	365
John Tabasco	250	Jon Fowler 355
220	Jason Coldiron	
Jeff Cardinal	420	275
242	Jeff Beaton	470
Brett Kramer	420	Randy Bee 435
DEADLIFT	4th	450
youth	George Lealifano	530
Davon Inman	70	308
4th	80	Jay Montgomery 500
Andre English	120	shw 560*
open women	Doug Ehr	560*
148	master men 55-59	
Nicci Dean	355*	165
148	M. Montgomery	450*
181	181	John Howard
Steven Schwab	325*	open men
165	165	
Benjamin Martin	500*	Steve Benson 475
242	198	
Richard Anderson	370*	Michael Coe 605*
submaster men	Jesse Pryor	500
220	220	
Keith Nicholson	605	Richard Harrell 550
242	242	
John Koval	480*	Aaron Dashiell 540
master men 45-49	Jon Fowler	480
181	275	
Stan Fowler	485	Randy Bee 600
master men 45-49	4th	610
	John Biddle	540
man-woman		
165 S. Benson/N. Dean	765	
181		
J. Tabasco/P. Berry	400*	
2-man		
M. Lindsey/J. Pryor	850	
220 A. Dashiell/R. Harrell	1050	



Special Award to host Jerry Kemna with Dr. Latch (Photo by Latch)

master 220 with a 405 finish. George Lealifano had problems with his shirt and had to lift 'raw', then finished with 530 for the title at 275. In the master men's division 40-44/181 winner John Tabasco finished with his opener of 250 while Jeff Cardinal won at 220 with a personal best 420. Brett Kramer took the title at 40-44/242 with 420, just missing a fourth with ten pounds more. Stan Fowler looked strong at 45-49/181, taking the title there



Steve Benson and Nicci Dean with a team man/woman deadlift 765

with a new state record of 350. Mike Lindsey was second at 181 with a 320 third and a 330 fourth attempt for the day. Tom Boyer won at 45-49/220 with his 380 opener, missing a state record 400 while Linn Allen took the 45-49/275 class with 430. In the teenage men's division 16-17 it was Mike Ferguson setting a new state record with his 420 third and 430 fourth attempts while John Howard finished with 305 for the title at 55-59/181. Mike Ferguson also captured the police & fire title at 242, again setting the state record with 430. In the open division Steve Benson won at 165, setting a new state record with 375 over Rob Langwell who finished with his opener of 340. Michael Coe, fresh from his win at the APF Senior Nationals, got a new



Marcia Ferguson with a State record 250 lbs at 148 lb bodyweight

Andre English also go a new pr with his win at heavyweight youth, finishing with 120. Nicci Dean had a great pull at open women 148, finishing with a new state and personal record of 355. In the teenage men's 16-17 division, Steven Schwab set the state record at 148 with just his opener of 325 while Benjamin Martin set the record at 165 with 500. At 242 it was Richard Anderson with a record 370 pull. Keith Nicholson set his second state record of the day with his win at submaster 220, finishing with a personal best 605. John Koval won at submaster 242, setting the state record there with 480. In the master men 45-49 division Stan Fowler finished with 485 for the win at 181. In our oldest age bracket, Martin Montgomery set the record at 165 with 450 while Jon Howard bowed out of the competition. In the open division Steve Benson won at 165 with 475 while Michael Coe set a new personal and state record with 605 at 198. Second place at 198 went to Jesse Pryor who finished with 500. Richard Harrell got a big pr with 550 for the win at 220. At 242 it was Aaron Dashiell over Jon Fowler 540 to 480. Randy Bee got two new prs with his 600 third and 610 fourth attempts for the win at 275. Second place at 275 went to John Biddle who finished with 540. In the man-woman event Steve Benson and Nicci Dean combined for a 765 total at 165 while John Tabasco and Peggy Berry pulled a new state record at 181 with 400. In the 2-man event Mike Lindsey and Jesse Pryor pulled 850 @ 181 while the team of Aaron Dashiell and Richard Harrell locked out successfully with 1050. Best lifter awards for the deadlift went to Benjamin Martin (500 @ 165) and Michael Coe (605 @ 197). Thanks to my son Joey and Mike Ferguson for all their help loading and spotting and to Amalia Lotaki and Heather Bryce for their help (!) at the table. See you all again next year, hopefully back at the fair again (results-Dr. Darrell Latch)

Central Virginia BP & DL Champs  
03 AUG 02 - Fredericksburg, Virginia

BENCHPRESS	148	Chris Milam	385
Scott Zerby	345	Nicholas Tibbs	350
Ike Kinlaw	260	MEN'S 181	
MEN'S OPEN	181	Ron Marks	530
Brian Abernathy	345	Jeremy Schreffler	355
Thomas Comfort	280	MEN'S 198	
MEN'S OPEN	198	Ben Liebermann	530
George Ferrell	480	Bill Snow	485
Brian Heitzel	300	John Dowdell	435
MEN'S OPEN	220	Robert Hampton	405
William Byers	525	Michael Baughm	350
Shawn Bateman	470	MEN'S 220	
Ron Barley	440	Shawn Bateman	640
Carlos Osegueda	325	Mike Canaday	440
MEN'S OPEN	242	MEN'S 242	
Andrew Rozewicz	460	Andrew Rozewicz	570
Randy Brooks	415	MEN'S 275	
MEN'S OPEN	275	Brent Lever	760
Allen Hicks	675	Ryan Horton	650
Jeff Turner	515	MEN'S SHW	
Bud Drummond	435	Bert Wagner	600
MEN'S OPEN SHW		MEN'S SUBMASTER	
Carroll Thornton	450	Robert Hampton	405
MEN'S SUBMASTER		MEN'S MST 40-49	
Randy Robinson	530	Bert Wagner	600
Danny Pullen	485	MEN'S MASTERS 50+	
MEN'S MASTERS	40-49	Ron Marks	530
Jack Cox	450	TEEN	
Johnny Dean	350	Nicholas Tibbs	350
Mark Moats	335	WOMEN	
Rick Fox	325	Gracey Manuel	300
MEN'S MASTERS	50+	Wendy Monoskey	275
Sam Morris	525	Mary Kozlow	250
Ron Barley	440	Mallory Anspach	225
Randy Brooks	415	MEN'S 181	
MEN'S RAW		Ron Marks	530
James Nowlin	450	Jeremy Schreffler	355
Julius Smith	290	MEN'S 198	
Michael Sweeney	340	Ben Liebermann	530
Mike Canaday	350	Bill Snow	485
John Dowdell	325	John Dowdell	435
Mike Fiore	270	Robert Hampton	405
Tad Bliss	245	Michael Baughm	350
TEEN		MEN'S 220	
Brett Maness	250	Shawn Bateman	640
Adam Moats	280	Mike Canaday	440
Tray Smith	185	MEN'S 242	
Bob Walls	190	Andrew Rozewicz	570
David Robinson	220	MEN'S 275	
WOMEN'S OPEN		Brent Lever	760
Bonnie Graube	225	Ryan Horton	650
Laurie Galante	165	MEN'S SHW	
Mallory Anspach	145	Bert Wagner	600
WOMEN'S RAW		MEN'S SUBMASTER	
Wendy Monoskey	150	Robert Hampton	405
Patricia Courville	120	MEN'S MSTR 40-49	
Julie Compher	115	Bert Wagner	600
Kristin Lichtenfels	115	MEN'S MASTERS 50+	
Martha Oliver	115	Ron Marks	530
Mary Kozlow	85	TEEN	
Jen Myers	80	Nicholas Tibbs	350
DEADLIFT CONTEST		WOMEN	
MEN'S 148		Gracey Manuel	300
Ike Kinlaw	440	Wendy Monoskey	275
Mike Fiore	375	Mary Kozlow	250
MEN'S 165		Mallory Anspach	225

(Thanks to John Graube for providing these results)

SLP WICONSIN RAPIDS BP/DL  
29 JUN 02 - Rapids, WI

BENCH PRESS		
220	Mike Fleming	420
n. women 50-54	242	
148	Shawn Becker	505*
Ann McCredie	75*	275
teen women 18-19	Jamie Kuffel	450*
132	open men	
Crystal McCredie	100	148
148	Allan Myszka	415*
Kelly Flanagan	175*	4th 420*
teenage men 16*-17	165	
165	Shawn Brehm	335*
Brian Kundert	320*	165
275	165	
Mike Ryun	345*	Paul Zanchetti 300
teenage men 18-19	198	
148	Andy Adrian	440*
Scott Donahue	240	220
junior men	Joe Cozza	465*
148	4th	470*
Jeremy Hemnuich	285*	220
181	Matt Nielsen	450
Pete Bowen	370	4th 465
198	242	
Brad Hanneman	380*	Shawn Becker 505
198	275	
Jeff Zastrow	290	Steve Day 530
220	4th	540
Eric Leverance	420*	275
submaster men	275	
181	Guy Powell	500
Paul Smith	335	Jeff Reed 450
198	4th	460
Andy Jensen	370	308
4th	380	Glen Woychik 525*
master men 40-44	308	
181	Ray Flint	515
Jim Bravick	330	308
275	J. Wojciechowski	415
Jeff Reed	450*	308
4th	460*	Scott Bromeisl 405
308	DEADLIFT	
J. Wojciechowski	415*	teenage men 16-17
165	Brian Kundert	460*
Al McCredie	310*	275
4th	315*	Mike Ryun 600*
181	181	teenage men 18-19
Tim Sullivan	390*	148
220	Scott Donahue	275*
Joe Cozza	465*	4th 300*
4th	470*	junior men
220	148	
Mike Gillette	410	Matt McCredie 340*
242	4th	350*
V. Rassmussen	405*	198
275	Brad Hameman	460*
Steve Fronk	365	4th 500*
master men 50-54	181	master men 40-44
275	181	
Robert Brodt	345*	Jim Bravick 500
shw	master men 45-49	
Don Jansen	440*	198
master men 65-69	Tom Glembin	605*
275	master men 50-54	
Don Murphy	285	165
police & fire	Bob Goldsmith	420*
181	master men 80-84	
Paul Smith	335*	165
198	Bob Stephan	360
Andy Adrian	440*	open men
220	165	
John Klarkowski	430*	Shawn Brehm 445

We had a great time at Wisconsin Rapids! The meet took place at Rapids Health & Fitness on June 29, 2002. Thanks to meet organizers Ray Flint and Shawn Becker for all their help and hospitality in making this event the great success it was. In the bench press event first-time competitor Ann McCredie won the master 50-54/148 class with 75, a new Wisconsin record there! Daughter Crystal, also competing for the first time, won the teenage 18-19/132 class with a personal best 105. Kelly Flanagan looked strong as she finished with a new state record of 175, winning the 18-19/148 class. In the men's 16-17 age division Brian Kundert won at 165, setting the state record there with 320. Mike Ryun won at 275 with just his opener of 345, though it was a new state record. Our only other teenager was 18-19/148 winner Scott Donahue who finished with 240. Jeremy Hemmrich broke the state record in the junior men's 148 class with his second attempt of 285. Pete Bowen won at 181 with 370, while Brad Hanneman won over Jeff Zastrow 380 to 290 for the title at 198. Brad's 380 was a new Wisconsin state record. Eric Leverance broke the state record at 220 with his second attempt of 420, taking the title there. In the submaster division Paul Smith won at 181 with 335 while Andy Jensen took the title at 198 with 370. A fourth with 380 for Andy was also successful. Moving to the master men's classes, Jim Bravick won at 40-44/181 with a solid 330. Jeff Reed had his best day yet, breaking his own state record at 40-44/275 three times. Making all four of his attempts, Jeff finished with 450, followed by a great 460 personal best fourth. At 308 it was Big John Wojciechowski, setting the state record there



81 Year Old wonder Bob Stevens locks out 360 lbs (Photo by Latch)

with 415. In the 45-49 age group we had six great lifters, beginning with 165 winner Al McCredie, who broke his own state record there with a personal best 310. Tim Sullivan won at 181, finishing with a new state record of 390. Joe Cozza had a great day, taking the 220's and breaking his old state record with 465. Joe then came back with a successful fourth to up that record to 470. Second place at 220 went to Mike Gillette, who finished with 410. Verlyn Rassmussen got all three of his attempts in, finishing with a state record 405 for the win at 242, while Steve Fronk settled with his opener of 365 and the win at 275. Robert Brodt set the state record at 50-54/275 with 345 while Don Jansen did the same at shw with a solid 440. Don Murphy won at 65-69/275 with 285. In the police & fire division Paul Smith won his second title of the day, taking the 181 class and establishing a new state record with 335. Andy Adrian set the record at 198, taking the victory there and finishing with 440. At 220 John Klarkowski edged out Mike Fleming 430 to 420 for the win and the state record. Shawn Becker got a new state record as well as a new personal record of 505 with his win at 242. Then at 275 it was Jamie Kuffel for the win and a new state record of 450. In the open division Allan Myszka wowed the crowd with his lifting at 148. Allan finished the competition with a personal best 415, followed by a great 420 fourth, which were both new Wisconsin state records! At a bodyweight of just 144, Allan also won best lifter honors among the lighter lifters. At 165 it was Shawn Brehm for the win, finishing with a new

state record of 335. Paul Zanchetti was second at 165 with 300. Andy Adrian won his second title of the day, setting his second state record of the day, with 440 at 198. Joe Cozza also won a double, breaking his record at 220 with 470. Matt Neilsen was second with 450, followed by a pr 465 fourth attempt. Shawn Becker won at 242 with 505, his second win of the day. Steve Day came away the winner at 275 with 530. Steve came back with a personal best 540 fourth for the title over Guy Powell, who finished with 500. Weighing in at just 253, Steve was awarded the best lifter trophy for the heavier lifters. Jeff Reed was third with 450. Our largest class had the largest guys at 308. Must be all the beer in Wisconsin! There was quite a battle going on between the current state record holder, Ray Flint, and the eventual winner, Glen Woychik. Going down to the last lift, Ray finished with a pr and state record 515. Glen then came back with a successful 525 to claim the win and record. Third place went to Jacob Wojciechowski who finished with 415, followed by Scott Bromeisl in fourth place at 405. In the deadlift competition Brian Kundert won his second title of the day at 16-17/165, finishing with a new state record of 460. Mike Ryun also won his second title of the day, finishing with a big state record pull of 600 at 16-17/275. Scott Donahue also doubled at 18-19/148, finishing with a 275 third and a 300 fourth attempt, both new state record pulls. Junior 148 winner Matt McCredie had a great day, finishing with 340 followed by a great 350 fourth attempt pull, breaking his own state record there. Brad Hanneman also got all four of his attempts at 198/198, finishing with a state record of 500. At master 40-44/181 it was Jim Bravick again with a new personal record of 500. Tom Glembin moved the state record up to 605 with his win at 45-49/198. At 50-54/165 it was Bob Goldsmith with a new state record of 420 for the win. Then at 80-84/165 it was legendary Bob Stephan. Eighty-one year old Bob tied his own state record with 360, after failing to completely lock out a 365 fourth attempt. In the open division Shawn Brehm won at 165 finishing with 445. The best lifter award went to Tom Glembin who pulled 605 @ 198. Team honors went to Wisconsin Rapids Power Team. Thanks again to Ray and Shawn, to loaders and spotters Paul Smith, Eric Leverance and others, and to my son Joey for all their help and to Bob and Janet Heiner. See you all again next year! (Thanks to Dr. Darrell Latch for providing these results/report.)

USAPL Mountain State PL & BP  
11 MAY 02 - Bluefield, WV

BENCH				
220	Rick Perkins	370		
Teen (14-19)	60+ 181			
Matt Knoff	185	Ken Samples 225		
181	Open			
Steve Kiem	300	242		
Masters (40-44)	Ronnie Harbert	545*		
Powerlifting	SQ	BP	DL	TOT
Teenage (14-15)				
148				
David Perdue	250*	175*	315*	740*
198 (16-17)				
Liney Barber	375*	255*	425*	1055*
242 (18-19)				
Tom Kiem	450	310	425	1185

\* - Denotes New West Virginia Powerlifting or Bench press record! (Thanks to USAPL for results.)

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STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

AREA CODE, TELEPHONE: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ CHECK ONE: LIFETIME DRUGFREE \_\_\_\_\_ 5 YRS. MIN. \_\_\_\_\_

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(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPf officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPf for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

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**ANPPC WORLD CUP**  
13 JUL 02 - Tuscola, IL

BENCH PRESS	master men 40-44	open men	198	2002
165	Ronnie Ozbourn	420*	198	2002
Lester Mast	295*	165	Lester Mast	295
308	Doug	242	Doug Haycraft	505*
Butch Adams	400*	181	Wade Phillips	405
181	Wade Phillips	405	181	405
Mike Strom	380*	181	Jason Carson	405
police & fire	181	405	181	405
submaster men	181	405	181	405
165	Jason Carson	405	181	405
Lester Mast	295*	181	Daryl Evrard	385
181	181	385	181	385
Wade Phillips	405*	385	181	385
181	181	385	181	385
Lee Roy Banks	415*	242	Tyrone Carson	245*
242	242	245*	242	245*
David Walker	550*	242	David Walker	550*
275	242	550*	242	550*
Stewart Venable	455*	550*	242	550*
275	181	550*	242	550*
Brian Holmes	430	550*	242	550*
148	275	550*	242	550*
teenage women	5Q	BP	DL	TOT
Brandi Funburg	255*	120*	230	605*
open women/148	255*	120*	230	605*
Christi Kearns	305	200*	275	780
teenage men 16-17/198	305	200*	275	780
Adam Robinson	450	300	460	1210
4th	300	460	1210	1250
teenage men 18-19/198	450	300	460	1210
Brett Zeibarth	550	330	480	1360
4th	330	480	1360	1380
teenage men 18-19/198	550	330	480	1360
Heath Severson	410	250	550	1210
4th	250	550	1210	1250
teenage men 18-19/220	410	250	550	1210
Andy Lentz	475*	310*	425*	1210*
submaster men/181	475*	310*	425*	1210*
Wade Phillips	600*	405*	505*	1510*
submaster/181	600*	405*	505*	1510*
Daryl Evrard	500	385	460	1345
submaster men/275	500	385	460	1345
Stewart Venable	550*	455*	600*	1605*
master men 40-44/181	550*	455*	600*	1605*
Manuel Rivera	475	390*	525*	1390
4th	390*	525*	1390	1400
master men 40-44/198	475	390*	525*	1390
Tom Carnaghi	820*	390	640*	1850*
master men 40-44/220	820*	390	640*	1850*
Tom Riemer	710*	380	640	1730
master men 40-44/242	710*	380	640	1730
Jeff George	600	335	600	1535
master men 50-54/shw	600	335	600	1535
John Magee	750	485*	500	1735
master men 55-59/308	750	485*	500	1735
Butch Adams	400*	405*	450*	1255*
police & fire/242	400*	405*	450*	1255*
Jeff George	600*	335	600*	1535*
open men/181	600*	335	600*	1535*
Wade Phillips	600*	405	505	1510
open men/198	600*	405	505	1510
Tom Carnaghi	820	390*	640	1850
open men/198	820	390*	640	1850
Scott Kuderick	700	400	540	1640



**Christi Kearns locks out 275 for the win at 148 (Photo by Latch)**

open men/220  
Tom Riemer 710 380 640 1730  
open men/220  
Dennis Long 575 320 525 1420  
open men/220  
Jeff Robison 500 300 440 1240  
open men/shw  
John Magee 750 485\* 500 1735  
\* ANPPC world record. The 2002 ANPPC World Cup was held at the Tuscola Community Center in Tuscola, Illinois on July 13. We had a good group of lifters and spectators where anticipation was high for the assault of Tom Carnaghi on the all-time squat record at 198. Many thanks to Inzer Advance Designs and House of Pain for their sponsorship of this event. Thanks also to all who helped; judges Susan Latch, Dave Bragg and Darrell Kibler; loaders and spotters Joey Latch, Rob Mann, Dave Bragg and Darrell Kibler; and to my daughters Tammy and Christine and granddaughter Bailey for all their help during the competition and cleaning up afterwards. In the powerlifting event Brandi Funburg won the teenage women's title at 148, setting three world and two national records along the way. Brandi finished with a record 255 squat, followed by another record in the bench with 120. Her pull with 230 gave Brandi a great world record total of 605. Taking the open women's 148 class was first-time competitor Christi Kearns. Going nine for nine on the day, Christi finished with a 305 squat, 200 bench and a 275 deadlift for a 780 total. Christi's 200 bench set the world mark for that class which had been held by Linda Belsito for fifteen years. In the teenage men's 16-17 age division, 198 winner Adam Robinson finished with his opener squat of 450, 300 in the bench and a 460

pull for a 1210 total. Adam did come back with 500 for a successful fourth pull to up his total to 1250. At 18-19/198 Brett Zeibarth led the way, beginning with a great 550 squat. Brett followed that with a 330 bench and a 480 deadlift for a 1360 total. He too pulled a fourth with 500 for an unofficial 1380 total. Wisconsin's own Heath Severson finished second at 198, making all eleven of his attempts. Finishing with a 410 squat, Heath got a 250 bench and a 550 pull for a 1210 total. Heath then came back with a 425 squat and a truly great 575 deadlift on his fourth attempts to raise that total to 1250. Teamate Andy Lentz set all new world marks at 18-19/220, making a 475 squat, 310 bench and a 425 deadlift for a 1210 total. Wade Phillips got a big pr and world record 600 squat with his win at submaster 181. Wade also set world record marks in the bench (405), deadlift (505) and total (1510). Last year's winner, Daryl Evrard, finished second with a 500 squat, 385 bench and a 460 deadlift for a great 1345 total. Stewart Venable was our last submaster competitor, taking the 275 class in style. Coming all the way from Kansas, Stewart posted all new world and national record with his win, going 600-335-600-1605. In the master 40-44 division Manuel Rivera successfully defended his title once again, finishing with a 1390 total. Taking just his opener squat of 475, Manuel came back with a 390 bench, followed by a 400 pr and wr fourth. A 525 world record pull gave Manuel a big 1400 total (with his fourth attempt bench). Tom Carnaghi got the biggest total of the competition with his win at submaster 198. His 820 squat, 640 deadlift and 1850 total were all new world records for the class. At 220 it was Tom Riemer with a 710 squat, 380 bench and 640 pull for a 1730 total. Tom's 710 squat tied the existing world record there. Jeff George took the 40-44/242 title with a 1535 total. Jeff squated and deadlifted 600, together with a 335 bench for the win. Big John Magee won again at 50-54/shw with a 1735 total. John only got in one of each of his lifts, starting with a 750 squat. John followed that with a world record 485 bench and a 500 pull. Butch Adams also got only his openers in, finishing with 400-405-450-1255 for the win at 55-59/308. Butch established all new world record marks with his lifting. Jeff George won his second title of the day with his win at police & fire 242. Jeff's squat (600) and deadlift (600) along with his total of 1535 were all new world records for the police & fire division. In the open division Wade Phillips won at 181, breaking the existing world mark in the squat with 600. Tom Carnaghi had been training for the all-time squat record at 198, hoping for 910 to break Ed Coan's mark of 904, but it just wasn't in the cards on this day. Opening with 820, Tom missed 870 for his second attempt. Two weeks earlier Tom had gotten an easy 882 at Ernie Frantz' gym in Aurora, Illinois where he has been training. But even though he seemed to be out of the groove, Tom decided to go for the record, calling for 905. Good depth, just not enough strength on this day. Well, back to the gym and aim for the nationals in October. Still, very impressive to see someone with that much weight on his back! Scott Kuderick was second at 198, finishing with a 700 squat, 400 bench and a 540 deadlift to total a personal best 1640. Tom Riemer won at 220 with his great pr 1730 total. Dennis Long was second at

220 with 1420, making a 575 pr squat, 320 bench and a 525 deadlift. Teamate Jeff Robison was third with a 500 squat, 300 bench and a 440 pull for a 1240 total. At shw it was John Magee, breaking his own world record in the bench with his 485 opener. Best lifter honors once again went to Tom Carnaghi, a 1850 total at a 198 bodyweight! In the bench press event Lester Mast broke the existing record in the junior 165 class, finishing with 295. Mike Strom got a new pr and new world mark as he took the junior 181 class with 380. Wade Phillips won the submaster 181 class with another world record bench of 405. David Walker upped his own submaster 242 record to 550 with his win there, as Stewart Venable did the same at 275 with 455. New competitor Ronnie Ozbourn took the master men's 40-44/198 class with his wr 420 third attempt. Doug Haycraft set a new pr along with his world record at 40-44/242, making good with 505. Tyrone Carson won his first world title with his record setting performance at 45-49/181, finishing with 245. Richard Palmer also got a new world record at 50-54/181, finishing with 280. Barry Blackmon posted a new world mark at 50-54/275 with his 420 final attempt. Our final master competitor, Butch Adams, set the mark at 55-59/308 with his 405 opener. In the police & fire division it was Lester Mast with his second world record of the day at 165. Lee Roy Banks won at 181, setting the mark there with 415. David Walker's second win of the day came at 242 while Brian Holmes won at 275 with 430. In the open division Lester Mast won his third title of the day with his 295 at 165. Wade Phillips won at 181 with 405 while Jason Carson was second with that same weight, weighing in just 2 pounds more than Wade. Third place at 181 went to Daryl Evrard who finished with 385. David Walker won his third title along with his third world record bench with his victory at 242. David also won the best lifter trophy for the bench press competition. Thanks again to everyone who helped out and to the City of Tuscola for their support. See you all at the ANPPC Nationals on October 26! (Results by Dr. Darrell Latch)

**South Florida Summer Bench Blast**  
17 AUG 02 - South Florida, FL

Womens:	Masters
Open	55-59
Ann Lacombe	143
John Mitsopoulos	347
132	220
Ded Toby	132
George Walker	397
148	Masters 65-69
Fran Napolitano	116
181	254
Bill Tinkler	254
Open:	Open:
165	165
Brian Schwab	451
Chris Fiorita	259
Adam Rubin	424
John Crowell	298
Stephen Petrassi	193
Teen	287
Will Holloway	287
17-19	276
Steve Powers	276
165	Patrick O'Grady
Jason Castiglione	287
181	397
Bill Frisch	308
198	397
Derek Penkava	457
D. Permenier	287
275	220
Jeff Tingler	463
Lance Mosley	474
Andrew Collura	650
Jeffrey Walker	364
Submasters	242
165	551
Rich Meyer	551
Adam Rubin	424
220	275
Jay Macartney	529
Jeffrey Walker	364
Jim Taylor	518
242	452
Paul Donahue	452
Harry Garcia	402
John Lacombe	441
275	SHW
John Lacombe	441
Lenny Persin	463

Special Thanks To: Ed Rectenwald, Dwayne Kouf, Doug Hollis, Sarah Moss, Mike Necolettos, Jay Macartney, Brian Schwab, Tony DeFalco, Greg Larkins, Fran Napolitano, David Ward, Brandon Ward, Derek Penkava, Lance Mosley, Cynthia Geffer, Eric Martin, the Santaluces HS cheerleaders, Our Sponsors: Inzer Advance Designs and Elite Fitness Systems (www.elitefitness.com or 888-854-8806). This was our second meet and it ran smoothly. We had no misloads and the meet was done in less than 3 hours. The lifting was outstanding. Bill Frisch made his first official 500 pound bench by hitting 524 in the teens. In the Juniors Andrew Collura stole the show. Big Andrew hit a very strong 650 and he did it with no equipment at all. That's right, he did it in a t-shirt with no wraps or belt. Adam Rubin hit 424 in the 165 Submasters. George Walker led a strong Masters group by hitting 397 at 220. Brian Schwab hit a big 451 at as a light 165. Look for Brian to take a shot at the WPO bench record in the 148s. Rich Meyer got a huge PR by hitting 551 at 242. Our next meet will be on October 26th. Please contact us by e-mail (southsidebarbell@hotmail.com) or phone (561-718-9877). (Results - Courtesy Southside Barbell)

**2002 APA BAY STATE BP & DL**  
05 OCT 02 - Nothampton, MA

BENCH	Open 242	450
Womens Open	M. Mitchell	425
D. Slaga	M. Slaga	260
R. Crapo	G. Sibley	260
F. Ruggiero	J. Sprague	260
Womens 40-49	Open 275	
C. McComb	K. Clark	520
C. Carl	J. Bourgeault	430
WOMENS 50-59	G. Jackson	415
F. Ruggiero	Open 308	
Teenage	V. Dizenzo	705
C. Wasniewski	4th	730
Junior	J. Hart	535
N. Rybicki	B. Tucker	510
4th	DEADLIFT	
J. Beaudry	Women Open	
M. Brockway	F. Florette	300
M. Morin	C. Fontaine	280
S. Kershner	4th	
Submaster	290!	
V. Dizenzo	Women 40-49	
4th	C. McComb	265
C. Byrnes	4th	
4th	350*	270!
R. Daly	Women 50-59	
L. Cruz	F. Ruggiero	300*
G. Jackson	300*	
40-49	Teenage	
B. Tucker	C. Wasniewski	585
D. Montebault	Junior	
C. Clapp	H. Riddle	530
F. Willard	J. Beaudry	550
S. Dussault	M. Brockway	515
M. Slaga	A. Pagano	475
K. Willett	E. Boehner	550
R. Cote	Submaster	
50-59	E. Difruscia	585
T. Whalen	L. Cruz	500
V. Klein	40-49	
B. Paoletti	D. Montebault	575
Open 148	C. Clapp	575
C. Byrnes	J. Milne	430
N. Rybicki	340	
C. Rata	335	
Open 165	270	
R. Beattie	V. Klein	430
E. Quintin	Open 148	
M. Morin	M. DiMauro	465
M. Brockway	C. Rataj	345
Open 220	Open 198	
C. Jenkins	E. Difruscia	585
C. Clapp	H. Riddle	530
J. Milne	M. Brockway	515
	Open 242	
	C. Clapp	575
	E. Boehner	550
	G. Sibley	430

! - denotes Massachusetts record. \* denotes World Record. I would like to thank Universal Health & Fitness for providing a great meet venue, the spotters who put in a lot of hours doing a fantastic job with several saves, the referee's who performed an excellent job with some great judging, Donna Slaga for providing some great meet equipment,



**Carla McComb pulls a MA Master record at the Apa Bay State DL**

and all others who were involved in making this a memorable and fun event. Several records were set. At the time of this writing I have not had time to research all the records that were set but did jot down a few which I mentioned in this write up. If your name is not mentioned, fear not because your name will appear in the records listings soon. Several members of Southside Barbell were on hand helping lifters out. A few of the folks that were helping people out were Billy Mimnaugh, Mike Olmo & Disa Hatfield. Special thanks to others who were also there. I don't remember everybody's name and I apologize for that. I will say that the folks mentioned were classy people and I would be happy to see them at any event. A lot of great lifts were registered in both the bench press and dead-

**APPLICATION FOR REGISTRATION**  
American Powerlifting Association

Last Name	First Name	Initial	Date of App.
Street Address			
City			
State or Province			
Country			
Zip Code			
Telephone Number			
Date of Birth	Age	Sex	Mail and make checks payable to
APA			
P.O. BOX 27204			
EL JOBEAN, FL 33927			
Social Security Number			
Registration Fee: \$20 High School Athlete: \$10			
Parents Initial	I Certify that		
If Under 18 yrs.	the above answers		
	are correct		
	X		

lift portions of the event.	148's saw a tough battle with Byrnes (133.5 bodyweight) taking the show with 340 and then going for a 4th attempt for a record lift with 350. Following close in his heels was Neil Rybicki who ended up with 335. Vince Dizenzo benched over 700 pounds four times during the event and ended up with a 730 Submaster World Record on his 4th attempt. He missed his 3rd due to a very technical interpretation issue as the sleeves on his bench shirt were a little long and it was hard to determine the lockout. When the sleeves were shortened a hair the weight flew up yet again and the record was registered indisputably. Referee's from several organizations including USAPL showed up as spectators and they all came up afterwards and commented on how clear cut and cut and dried his lift was. The meet was a lot of fun. I got to meet lifters and officials from several federations and they were all fantastic people. It was nice to have a gathering with such a variety of folks under the same roof and even better was the fact that channel 22 came in and televised the contest. I could go on and mention almost every lifter in the meet but the results speak for themselves. Lifting quality was high and some very big lifts were done under some very tight judging. Once again, thanks to the lifters, spotters, referee's, those helping lifters, and the spectators for making this an event to remember. It was a great day and lots of fun. (Thanks to Scott Taylor - APA President - for providing the meet results and meet report.)			
OPEN COX	700	450	600	1750
ADZIMA	400	340	425	1165
DASKO	405	255	450	1110
POLICE				
ADZIMA	400	340	425	1165
275 OPEN				
FERRELL	700	350	740	1790
FEAIRHELLER	475			
50-59				
O'BRIEN	425	330*	475*	1230*
ONLY	SQ	BP	DL	CURL
80				
9-10 RAW				115
POLLOCK				
132				
40-49 RAW				
SANSALONE		180*		100*
148				
OPEN RAW				
ALAS	315*	315	400	
165				
OPEN				
CALIGUARI				300
POLICE				300
CALIGUARI				300
181				
OPEN				
ROSS				375
SANNICANDRO				140
198				



**NASA Western States**  
23 MAR 02 - (kg)

Bench Press Only	187				
127.8	170				
Genaro Pineda	90	227			
154.3	132.5				
Shaun Strickland	155	227			
170.8	132.5				
Reuben Wallace	165	187			
138.8	142.5				
Justin Kirkpatrick	37.5	205			
154.3	162.5				
Gay Gustakson	65	280			
227	227.5				
Kevin Scully	222.5	315			
227	210				
Aw Ashley	135	280			
154.3	227.5				
John Lopez	105	138.8			
227	37.5				
Jerry Homer	172.5	227			
187	132.5				
S. Kirkpatrick	132.5	127.8			
187	47.5				
Powersports	SQ/C	BP	DL	TOT	
187	160			160	
Cameron Bair	160			160	
187	175			175	
Zeke Zeremeno	175			175	
187	80			80	
Jim Sullivan	80			80	
170.8	37.5			37.5	
Mike Stainbrook	37.5			37.5	
170.8	70			70	
Steve Mollohan	70			70	
187	80			80	
Jim Sullivan	80			80	
187	80			80	
Cameron Bair	80			80	
187	75			75	
Zeke Zeremeno	75			75	
154.3	35			35	
Gay Gustakson	35			35	
127.8	30	62.5	80	172.5	
Jeremiah Sullivan	30	62.5	80	172.5	
170.8	35	70	120	225	
Quinn Meyers	35	70	120	225	
170.8	35	55	127.5	217.5	
Jim Garvey	35	55	127.5	217.5	
187	42.5	95	137.5	275	
Eliseo Benitez	42.5	95	137.5	275	
280	35	87.5	170	292.5	
Barry Charters	35	87.5	170	292.5	
187	70	132.5	220	422.5	
Charles Folinus	70	132.5	220	422.5	
187	55	137.5	230	422.5	
Walter Sword	55	137.5	230	422.5	
227	70	112.5	200	382.5	
Keith Imm	70	112.5	200	382.5	
187	70	132.5	220	422.5	
Charles Folinus	70	132.5	220	422.5	
187	55	137.5	230	422.5	
Walter Sword	55	137.5	230	422.5	
187	40	112.5	170	322.5	
Jack Thomas	40	112.5	170	322.5	
187	70	132.5	220	422.5	
Charles Folinus	70	132.5	220	422.5	
187	55	137.5	230	422.5	
Walter Sword	55	137.5	230	422.5	
205	65	145	232.5	442.5	
J. Wiseman	65	145	232.5	442.5	
187	72.5	165	185	422.5	
Erik Mecker	72.5	165	185	422.5	
205	52.5	115	192.5	360	
Brett Larue	52.5	115	192.5	360	

wm3	154.3				
Janey Musgrove	25	35	72.5	132.5	
187	122.5	87.5	117.5	327.5	
Ben Shedroff	122.5	87.5	117.5	327.5	
187	122.5	92.5	120	335	
Richard Gordon	122.5	92.5	120	335	
138.8	112.5	102.5	192.5	407.5	
Matt Infantolino	112.5	102.5	192.5	407.5	
154.3	147.5	90	152.5	390	
Gabe Eleserio	147.5	90	152.5	390	
170.8	167.5	85	182.5	435	
Grant Young	167.5	85	182.5	435	
170.8	140	102.5	177.5	420	
RJ Sudberry	140	102.5	177.5	420	
170.8	107.5	90	132.5	330	
Chuck McGaha	107.5	90	132.5	330	
187	225	115	280	620	
Nick Wahlstrom	225	115	280	620	
187	202.5	110	220	532.5	
Lee Hill	202.5	110	220	532.5	

187	202.5	105	217.5	525	
Chris Hosmer	202.5	105	217.5	525	
187	147.5	97.5	230	475	
Darren Glau	147.5	97.5	230	475	
187	170	92.5	197.5	460	
K. Boardman	170	92.5	197.5	460	
187	162.5	115	180	457.5	
Chris Hayes	162.5	115	180	457.5	
187	115	95	155	365	
Braelen Coby	115	95	155	365	
205	175	110	202.5	487.5	
Dustin Jackson	175	110	202.5	487.5	
205	177.5	112.5	175	465	
Jason Powers	177.5	112.5	175	465	
205	165	97.5	175	437.5	
Samuel Chung	165	97.5	175	437.5	
227	255	142.5	277.5	675	
Nate Wahlstrom	255	142.5	277.5	675	
227	215	117.5	237.5	570	
Peter Wahlstrom	215	117.5	237.5	570	
227	170	115	210	495	
Chris Sauerese	170	115	210	495	

227	155	112.5	210	477.5	
Joe Dignotti	155	112.5	210	477.5	
227	155	102.5	172.5	430	
Andrew Pettas	155	102.5	172.5	430	
250.2	162.5	100	195	457.5	
Nick Spreir	162.5	100	195	457.5	
250.2	150	87.5	200	437.5	
Lorin Bean	150	87.5	200	437.5	
250.2	142.5	117.5	140	400	
Vincent Rosato	142.5	117.5	140	400	
280	150	170	200	520	
Adam Poling	150	170	200	520	
315	292.5	172.5	227.5	692.5	
Brey Vacchina	292.5	172.5	227.5	692.5	
315	210	145	227.5	582.5	
Thomas Gagliardi	210	145	227.5	582.5	
315	165	115	222.5	502.5	
Joey Montoya	165	115	222.5	502.5	
315	235	115	227.5	577.5	
Thomas Liaga	235	115	227.5	577.5	
187	215	152.5	220	587.5	
Mike Early	215	152.5	220	587.5	

187	230	145	375		
Jason Puleri	230	145	375		
187	182.5	137.5	182.5	502.5	
Scott Striepeke	182.5	137.5	182.5	502.5	
119	87.5	57.5	107.5	252.5	
Aaron Eliserio	87.5	57.5	107.5	252.5	
187	227.5	150	250	627.5	
Cortney Teasley	227.5	150	250	627.5	
187	220	140	227.5	587.5	
Michael Brown	220	140	227.5	587.5	
205	177.5	112.5	175	465	
Jason Powers	177.5	112.5	175	465	
227	65	52.5	137.5	255	
Jeff Berard	65	52.5	137.5	255	
127.8	162.5	95	190	447.5	
John Bissen	162.5	95	190	447.5	
154.3	162.5	140	237.5	540	
Alex Martinez	162.5	140	237.5	540	
170.8	240	140	262.5	642.5	
George Smith	240	140	262.5	642.5	
227	237.5	135	65	437.5	
A w Ashley	237.5	135	65	437.5	
154.3	127.5	85	182.5	395	
Lance Janhunen	127.5	85	182.5	395	
187	197.5	147.5	245	590	
Willie Kindred	197.5	147.5	245	590	

187	140	112.5	170	422.5	
Jack Thomas	140	112.5	170	422.5	
170.8	272.5	222.5	320	815	
Patrick Holloway	272.5	222.5	320	815	
295	167.5	295	757.5		
Thomas Burke	295	167.5	295	757.5	
307.5	197.5	267.5	772.5		
Don Kravoleiz	307.5	197.5	267.5	772.5	
280	210	262.5	752.5		
Raul Valenzuela	280	210	262.5	752.5	
102.5	90	155	347.5		
Stephen Goldberg	102.5	90	155	347.5	
122.5	87.5	117.5	327.5		
Ben Shedroff	122.5	87.5	117.5	327.5	
292.5	172.5	227.5	692.5		
Brey Vacchina	292.5	172.5	227.5	692.5	
80	50	97.5	227.5		
Nicole Lipko	80	50	97.5	227.5	
145	75	122.5	342.5		
Taralyn Galligan	145	75	122.5	342.5	
147.5	75	166	388.5		
Laura Ortega	147.5	75	166	388.5	

220	160	265	645		
James Allen	220	160	265	645	
272.5	222.5	320	815		
Patrick Holloway	272.5	222.5	320	815	
295	167.5	295	757.5		
Thomas Burke	295	167.5	295	757.5	
307.5	197.5	267.5	772.5		
Don Kravoleiz	307.5	197.5	267.5	772.5	
280	210	262.5	752.5		
Raul Valenzuela	280	210	262.5	752.5	
102.5	90	155	347.5		
Stephen Goldberg	102.5	90	155	347.5	
122.5	87.5	117.5	327.5		
Ben Shedroff	122.5	87.5	117.5	327.5	
292.5	172.5	227.5	692.5		
Brey Vacchina	292.5	172.5	227.5	692.5	
80	50	97.5	227.5		
Nicole Lipko	80	50	97.5	227.5	
145	75	122.5	342.5		
Taralyn Galligan	145	75	122.5	342.5	
147.5	75	166	388.5		
Laura Ortega	147.5	75	166	388.5	

220	160	265	645		
James Allen	220	160	265	645	
272.5	222.5	320	815		
Patrick Holloway	272.5	222.5	320	815	
295	167.5	295	757.5		
Thomas Burke	295	167.5	295	757.5	
307.5	197.5	267.5	772.5		
Don Kravoleiz	307.5	197.5	267.5	772.5	
280	210	262.5	752.5		
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Ben Shedroff	122.5	87.5	117.5	327.5	
292.5	172.5	227.5	692.5		
Brey Vacchina	292.5	172.5	227.5	692.5	
80	50	97.5	227.5		
Nicole Lipko	80	50	97.5	227.5	
145	75	122.5	342.5		
Taralyn Galligan	145	75	122.5	342.5	
147.5	75	166	388.5		
Laura Ortega	147.5	75	166	388.5	

youth  
Tommy Manno 32.5 45 37.5 115  
(Thanks to Mike Adelman for providing results)

**NASA Arizona Regional**  
11 NOV 01 (kg)

Bench Only	142.5				
154.3	110				
John Lopez	110				
154.3	90				
Lance Janhunen	90				
170.8	235				
David Bernardi	235				
142.5	142.5				
Robert Serafin	142.5				
137.8	130				
Rob Turner	130				
154.3	280				
David Bernardi	280				

Jeremy Kolmer	237.5	237.5	127.8	Teri Ishimatsu	85	57.5	105	247.5	170.8	Sidney Curley	150	154.3	Chad Warvel	112.5	112.5
sqsm1			127.8	wnov				127.8	m3			227	Glen Burley	157.5	170.8
227			127.8	127.8				127.8	170.8			227	Sidney Curley	55	55
Jim Allison	277.5	277.5	127.8	Teri Ishimatsu	85	57.5	105	247.5	Harry Rome	87.5	nov	315	hs		
wbpnov			127.8	Dee Walter	102.5	52.5	115	270	227			119	Dave Douglas	41	72.5 152.5 266
138.8			127.8	wpure				127.8	Tom Boyer			227	hs		
Angela Jurewicz	60	60	127.8	127.8				127.8	177.5			227	Glen Burley	157.5	154.3
Powerlifting			127.8	Teri Ishimatsu	85	57.5	105	247.5	227			227	pure		
hs			127.8	Dee Walter	102.5	52.5	115	270	J. Q. Scott			227	int	57.5	117.5 205 380
154.3			127.8	154.3				127.8	152.5			227	sm1	70	180 297.5 547.5
Danny Torrejon	57.5	137.5	57.5	252.5	Diane Manno	130	65	122.5	317.5	m5		227	m5		
hs			127.8	170.8	wsm2			127.8	250.2			227	280		
187			127.8	170.8	154.3			127.8	250.2			227	M. Wigglesworth	75	152.5 215 442.5
Martin French Jr.	137.7	147.5	70	282.5	Dee Walter	102.5	52.5	115	270	nov	145	227	pure		
hs			127.8	170.8	170.8			127.8	250.2			227	227		
227			127.8	170.8	170.8			127.8	250.2			227	227		
Cesar Lopez	182.5	115	182.5	480	Diane Manno	130	65	122.5	317.5	nov	80	227	227		
int			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
John Pena	295	177.5	262.5	735	youth			127.8	250.2			227	227		
int			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
Jon Marshall	287.5	165	255	707.5	Tommy Manno	27.5	17.5	35	80	187		227	227		
int			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
shw			127.8	170.8	170.8			127.8	250.2			227	227		
Joseph Anderson	275	172.5	282.5	730	(thanks to Mike Adelman for providing results)			127.8	250.2			227	227		
jr			127.8	170.8	170.8			127.8	250.2			227	227		
187			127.8	170.8	170.8			127.8	250.2			227	227		
Carl Lehman	235	185	237.5	657.5				127.8	250.2			227	227		
jr			127.8	170.8	170.8			127.8	250.2			227	227		
227			127.8	170.8	170.8			127.8	250.2			227	227		
Ronny Hudson	252.5	147.5	227.5	627.5				127.8	250.2			227	227		
m1			127.8	170.8	170.8			127.8	250.2			227	227		
138.8			127.8	170.8	170.8			127.8	250.2			227	227		
John Bissen	192.5	100	210	502.5				127.8	250.2			227	227		
m1			127.8	170.8	170.8			127.8	250.2			227	227		
154.3			127.8	170.8	170.8			127.8	250.2			227	227		
Alex Martinez	165	130	235	530				127.8	250.2			227	227		
m1			127.8	170.8	170.8			127.8	250.2			227	227		
187			127.8	170.8	170.8			127.8	250.2			227	227		
Walt Sword	230	155	227.5	612.5				127.8	250.2			227	227		
m1			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
Marty Einstein	237.5	160	230	627.5				127.8	250.2			227	227		
m2			127.8	170.8	170.8			127.8	250.2			227	227		
187			127.8	170.8	170.8			127.8	250.2			227	227		
Willie Kindred	217.5	152.5	265	635				127.8	250.2			227	227		
m2			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
Fred Millan	235	100	232.5	567.5				127.8	250.2			227	227		
m2			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
James Turpin	275	182.5	250	707.5				127.8	250.2			227	227		
m5			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
Steve Westrich	190	125	200	515				127.8	250.2			227	227		
m5			127.8	170.8	170.8			127.8	250.2			227	227		
250.2			127.8	170.8	170.8			127.8	250.2			227	227		
Karl Deutsch	265	167.5	250	682.5				127.8	250.2			227	227		
nov			127.8	170.8	170.8			127.8	250.2			227	227		
170.8			127.8	170.8	170.8			127.8	250.2			227	227		
Michael Lechuga	250	140	227.5	617.5				127.8	250.2			227	227		
nov			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
James David	175	110	205	490				127.8	250.2			227	227		
nov			127.8	170.8	170.8			127.8	250.2			227	227		
227			127.8	170.8	170.8			127.8	250.2			227	227		
Alex Dacanay	255	167.5	215	637.5				127.8	250.2			227	227		
nov			127.8	170.8	170.8			127.8	250.2			227	227		
280			127.8	170.8	170.8			127.8	250.2			227	227		
Corey Anderson	212.5	130	222.5	565				127.8	250.2			227	227		
pure			127.8	170.8	170.8			127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
John Pena	295	177.5	262.5	735				127.8	250.2			227	227		
pure			127.8	170.8	170.8			127.8	250.2			227	227		
250.2			127.8	170.8	170.8			127.8	250.2			227	227		
Karl Deutsch	265	167.5	250	682.5				127.8	250.2			227	227		
pure			127.8	170.8	170.8			127.8	250.2			227	227		
250.2			127.8	170.8	170.8			127.8	250.2			227	227		
Todd Hafner	215	167.5	227.5	610				127.8	250.2			227	227		
sm1			127.8	170.8	170.8			127.8	250.2			227	227		
170.8			127.8	170.8	170.8			127.8	250.2			227	227		
Michael Lechuga	250	140	227.5	617.5				127.8	250.2			227	227		
sm1			127.8	170.8	170.8			127.8	250.2			227	227		
227			127.8	170.8	170.8			127.8	250.2			227	227		
Jim Allison	277.5	192.5	302.5	772.5				127.8	250.2			227	227		
sm1			127.8	170.8	170.8			127.8	250.2			227	227		
227			127.8	170.8	170.8			127.8	250.2			227	227		
Bryan Thompson	272.5	165	237.5	675				127.8	250.2			227	227		
sm1			127.8	170.8	170.8			127.8	250.2			227	227		
227			127.8	170.8	170.8			127.8	250.2			227	227		
Rob Turner	220	197.5	192.5	610				127.8	250.2			227	227		
sm2			127.8	170.8	170.8			127.8	250.2			227	227		
154.3			127.8	170.8	170.8			127.8	250.2			227	227		
Stephen Goldberg	120	75	145	340				127.8	250.2			227	227		
205			127.8	170.8	170.8			127.8	250.2			227	227		
J. Wiseman	272.5	165	252.5	690				127.8	250.2			227	227		
250.2			127.8	170.8	170.8			127.8	250.2			227	227		
Todd Hafner	215	167.5	227.5	610				127.8	250.2			227	227		
280			127.8	170.8	170.8			127.8	250.2			227	227		
Raul Valenzuela	272.5	205	255	732.5				127.8	250.2			227	227		
want			127.8	170.8	170.8			127.8	250.2			227	227		
170.8			127.8	170.8	170.8			127.8	250.2			227	227		
Diane Manno	130	65	122.5	317.5				127.8	250.2			227	227		
wm5			127.8	170.8	170.8			127.8	250.2			227	227		
138.8			127.8	170.8	170.8			127.8	250.2			227	227		
Renee Fox	75	50	90	215				127.8	250.2			227	227		
wmp			127.8	170.8	170.8			127.8	250.2			227	227		

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NASA North Carolina State  
4,5 MAY 02 - (kg)

Bench Only	315			
int	167.5			
227	167.5			
Jeff Crouch	165	sm1		
m1	205			
315	205			
Walter Ferguson	167.5	sm2		
mpure	205			
205	205			
Robert Howell	160	sm1		
250.2	205			
Byron Samuels	160	sm2		
pure	147.5			
POWERSPORT	SQ/C	BP	DL	TOT
bpint				
187				
Rodney Sanders	122.5			
bpint				
205				
Jason Evans	145			
bpm2				
205				
David Martin	127.5			
bpsmp				
205				
Lee Crews	160			
cm1				
170.8				
Jason Clemons	50			
cm1				
187				
Mitchell Joines	55			
cm2				
205				
David Martin	60			
cm2				
154.3				
Eric Miller	50			
cm2				
205				
Lee Crews	75			
dhs				
227				
Ben Kinder	207.5			
djr				
170.8				
Shaun Brinegar	182.5			
djm1				
170.8				
John Graboski	201			
djm1				
187				
Mitchell Joines	130			
dinov				
170.8				
Christopher Hanks	182.5			
hs				
227				
Corey Batchelor	55			
int	117.5			
205	200			
Arnold Kirk	67.5			
int	135			
205	230			
Rosco Millsaps	75			
int	142.5			
227	182.5			
Jeff Crouch	82.5			
int	165			
227	227.5			
Tyrone Meadows	72.5			
jr	187.5			
154.3				
Terry Greene	62.5			
m1	137.5			
170.8	142.5			
John Graboski	57.5			
m1	107.5			
280	201			
John Leonard	70			
mpure	185			
205	295			
Robert Howell	65			
mpure	160			
205	205			
Chris Steinbacher	65			
sm1	137.5			
170.8	227.5			
Jeff Sasser	55			
sm1	107.5			
187	155			
Wayne Pennell	70			
sm1	157.5			
227	252.5			
Ralph Dishman	77.5			
sm2	175			
205	185			
Gary Stool	85			
sm2	172.5			
205	225			
Jeff Sasser	55			
sm2	107.5			
205	155			
Blake Mills	57.5			
wdlteen	170			
119.8	202.5			
Stephanie Graboski	92.5			
92.5				

wteen	119.8			
S. Graboski	27.5			
youth	35			
youth	92.5			
Cody Winfrey	15			
Powerlifting	25			
hs	45			
154.3	85			
Matthew McGee	122.5			
int	82.5			
170.8	182.5			
Chad Kerley	227.5			
int 227	142.5			
Chad McCrary	222.5			
m1	147.5			
250.2	237.5			
Randy Winecuff	235			
mpure	162.5			
250.2	227.5			
Bobby Wilson	337.5			
mpure	215			
250.2	292.5			
Bobby Wilson	337.5			
sm1	215			
shw	292.5			
Chris Clark	287.5			
sm2	-210			
170.8	272.5			
Danny Lewis	182.5			
sm2	115			
187	205			
502.5				

Randy Snow	182.5			
sm2	122.5			
250.2	237.5			
John Arnett	251			
smp	120			
205	227.5			
Blake Mills	170			
smp	170			
227	202.5			
Bob Lickliter	235			
mpure	187.5			
250.2	250			
John Arnett	251			
smp	120			
shw	227.5			
Chris Clark	287.5			
sm1	-210			
138.8	272.5			
Kyle Winecuff	135			
teen	70			
154.3	147.5			
C. Clarke	147.5			
teen	92.5			
187	167.5			
Jordan Childress	115			
wsm2	65			
170.8	155			
Michelle Lickliter	100			
youth	65			
youth	125			
290				
Taylor Lickliter	27.5			
sm2	27.5			
20	75			
(Thanks to Mike Admann for providing results.)				

NASA New Mexico State (kg)  
11 MAY 02 - Albuquerque, NM

Bench Only	227			
wm1	127.8			
127.8	127.8			
Yvette Breden	52.5			
m2	227			
154.3	150			
Jack Greenberg	117.5			
m5	227			
170.8	130			
Wowie Rosales	145			
m3	227			
187	115			
Homer Brantley	125			
m3	227			
187	165			
Bill Helmich	137.7			
jun	280			
Carlos Siddell	205			
PowerSport	SQ	BP	DL	TOT
wm5				
101				
Vikki McCormick	32.5			
whs	65			
119	67.5			
Anna Sanchez	25			
mhs	45			
105	175			
127.8				
Win Benard	47.5			
yh	70			
142.5	260			

127.8				
N. Adelman	25			
yh	25			
57.5	102.5			
127.8				
Tiffany Dench	20			
whs	30			
62.5	110			
127.8				
Jenny Gomez	25			
wm1	40			
127.8				
Yvette Breden	25			
mhs	52.5			
102.5	180			
138.8				
Michael Falkov	47.5			
wm5	90			
137.70	275			
154.3				
Sharon Carroll	32.5			
m5	40			
102.5	172.5			
154.3				
Janey Musgrove	25			
mhs	35			
75	135			
154.3				
Jaron Franklin	55			
wsm2	92.5			
145	292.5			
170.8				
Carelton Opheim	35			
pure	52.5			
120	207.5			
170.8				
Nathan Vance	72.5			
hs	122.5			
192.5	387.5			
227				
Chris Anderson	57.5			
Powerlifting	110			
162.5	330			

fnov				
127.8				
Mayra Plata	132.5			
fnov	67.5			
135	350			
127.8				
Rachel Bustos	82.5			
mhs	55			
120	257.5			
138.8				
Michael Falkov	112.5			
wm1	90			
137.70	337.5			
154.3				
Sue Ann Yazzie	82.5			
wpure	37.5			
97.5	217.5			
154.3				
Sue Ann Yazzie	82.5			
m2	37.5			
97.5	217.5			
154.3				
Jack Greenberg	147.5			
m5	117.5			
195	460			
170.8				
Wowie Rosales	185			
pure	145			
215	545			
170.8				
Wowie Rosales	185			
hs	145			
215	545			
170.8				
Cody Luce	137.70			
hs	102.5			
177.5	417.5			
170.8				
Joe Harris Jr	120			
nov	82.5			
172.5	375			
187				
Michael Brown	235			
147.5	255			
637.5				

nov				
187				
Skip Mackay	232.5			
nov	155			
212.5	601			
187				
Brian Ammerman	205			
m3	167.5			
210	582.5			
187				
Bill Helmich	160			
492.70	137.70			
m5	195			
205				
Kenny Croxdale	240			
m5	167.5			
280	687.5			
205				
Philip Rivera	230			
m5	135			
237.5	602.5			
205				
Gary Schuster	205			
m1	157.5			
215	577.5			
205				
Philip Rivera	230			
nat	135			
237.5	602.5			
205				
Philip Rivera	230			
m5	135			
237.5	602.5			
205				
Danny Madrid	172.5			
nov	140			
177.5	490			
205				
Eric Furman	250			
pure				
315				
Rick Dench	272.5			
165	265			
702.5				
(Thanks to Mike Adelman for providing results)				

Michael Teupell	192.5			
m1	195			
217.5	605			
227				
Ralph Garcia	205			
m1	160			
205	570			
227				
Orlando Espinosa	210			
m2	125			
195	530			
227				
Greg Faith	175			
m5	100			
192.5	467.5			
250				
Ken Williams	227.5			
sm2	160			
205	595.5			
M. McDonald	202.5			
int	170			
207.5	580			
280				
Justin Alexander	220			
pn	185			
142.5	547.5			
280				
Nate Barreiter	322.5</			

Chris Cindric sm2	67.5	132.5	225	425
250.2				
Geoff Elliott sqp	80	150	205	435
138.8				
Kevin Ewaldsen sqsm1	125			125
187				
Greg Schellack int	162.5			162.5
170.8				
Tim Groomes int	187.5	152.5	202.5	542.5
170.8				
Mike Patton int	187.5	142.5	195	525
227				
Jeff Blaine int	272.5	155	252.5	680
315				
R. Belmaster jr	255	182.5	250	687.5
170.8				
Ryan Anderson jr	170	-102.5		67.5
227				
Claude Frazier IV m1	152.5	130	192.5	475
154.3				
Randy Williams m2	205	100	185	490
187				
Dale Rhoades m2	277.5	160	272.5	710
227				
Jim Davis m5	165	102.5	172.5	440
227				
Lance Smeins nov	195	155	217.5	567.5
170.8				
Corey Smith nov	230	160	232.5	622.5
170.8				
Mike Patton nov	187.5	142.5	195	525
205				
Jason Kaiman pure	245	145	255	645
205				
R. Henderson pure	285	190	342.5	817.5
205				
Joe Thompson pure	277.5	215	282.5	775
227				
Pat Thomas pure	205	170	242.5	617.5
227				
Nick Steele pure	210	130	230	570
250.2				
Peter Jackson pure	300	182.5	320	802.5
shw				
Aaron Kooiker sm1	275	200	245	720
205				
R. Henderson sm1	285	190	342.5	817.5
205				
Rob Clark sm1	232.5	165	222.5	620
250.2				
Kent Nessa leen	295	207.5	255	757.5
170.8				
Ryan Anderson wint	170	-102.5	157.5	225
119				
Amy McCauley wms	102.5	65	110	277.5
127.8				
Gina Stepleton wp	102.5	40	107.5	250
187				
Tracy Marks	137.5	65	130	332.5
(Thanks to Mike Adelmann for providing results)				

**NASA KANSAS REGIONALS**  
24 NOV 01 - Wichita, KS (kg)

BP	mp		
int	250.2		
205	Louis Goins	205	
Troy Stuart	182.5	snat	205
227	170.8		
Travis Lyon jr	160	Paul Stuart Jr.	110
170.8	nov		
Amos Williams m1	170	Amos Williams	170
shw	227		
Mark Mitchell m2	212.5	Travis Lyon	160
187	sm1		
Gordan Maloney m3	182.5	Chuck Cookson	187.5
227.5	sm2		
315			
Bill Lumpkin	160	Al Myers	205

Powersports	SQ/C	BP	DL	TOT
bpm1				
170.8				
Tal Crim	107.5			107.5
bpmp				
170.8				
Tal Crim	107.5			107.5
bpnov				
170.8				
Tal Crim	107.5			107.5
cm1				
170.8				
Tal Crim	52.5			52.5
cmp				
170.8				
Tal Crim	52.5			52.5
cnov				
170.8				
Tal Crim	52.5			52.5
dimp				
280				
Rick Newton			205	205
dly				
youth				
Keyonn A. Parkin jr			42.5	42.5
hs				
119				
Caelan Crawford	38.5	57.5	110	206
nov				
227				
Jerry Linder	57.5	120	162.5	340
pure				

227	Donald Mc Cue	60	127.5	230	417.5
sm2					
227	Donald Mc Cue	60	127.5	230	417.5
sqmp					
280	Rick Newton	205			205
leen					
138.8	Jordan Crawford	58.5	90	152.5	301
POWERLIFTING					
hs					
138.8	Morgan Johann	155	97.5	195	447.5
hs					
170.8	Lakaito Miller	165	107.5	190	462.5
hs					
170.8	Jason White	127.5	100	160	387.5
hs					
187	D. Domnamish	152.5	90	182.5	425
hs					
227	Steven Chrisman	192.5	115	190	497.5
sm2					
170.8	Chad Wella	217.5	137.5	217.5	572.5
jr					
250.2					

Tyson Meyers	327.5	172.5	277.5	777.5	
m2					
205	Eddie White	255	165	292.5	712.5
nov					
227	Rick Collins	170	137.5	205	512.5
pure					
187	Doug Mounkes	227.5	170	205	602.5
pure					
250.2	Tyson Meyers	327.5	172.5	277.5	777.5
pure					
250.2	Phil Mounkes	282.5	200	267.5	750
sm1					
119	Michael Maupin	142.5	87.5	142.5	372.5
sm1					
280	Tamo Williams	337.5	227.5	320	885
sm2					
227	Rick Collins	170	137.5	205	512.5
sm2					
160	Jason Calton	160			160
bpmp2					
205	Terry Lancaster	142.5	142.5		285
bpn					
205	Tim Morris	157.5	157.5		315

**NASA EAST TEXAS REGIONALS**  
20 OCT 01 - (kg)

Bench Only	George Martin	177.5			
m1	sm1				
250	Lee Elliff	227.5	205		432.5
int	Joseph Veitch	155			155
250.2	m5				
Craig Martin	205	280			485
sm2	Danny Brackin	100			100
Powersports	SQ/C	BP	DL	TOT	
bpint					
308					
Jason Calton	160				160
bpmp2					
205					
Terry Lancaster	142.5				142.5
bpn					
205					
Tim Morris	157.5				157.5

bpn					
315	Carl Causin	195			195
cm2					
205	Terry Lancaster	70			70
youth					
Rhianna Peters	15				15
jr					
205	Jeff Erickson	65	120	212.5	397.5
jr					
227	Bobby Graham	70	160	185	415
jr					
227	Paul Scotte	70	127.5	165	362.5
jr					
250.2	John Scotte	85	167.5	232.5	485
m2					
154.3	Jeff Phillips	72.5	125	217.5	415
m2					
205	Terry Lancaster	70	142.5	190	402.5
nat					
315	Derrick Martin	90	225	295	610
pure					
315					

Derrick Martin	90	225	295	610	
sm1					
205	Terry Tucker	75	137.5	235	447.5
sm1					
315	Derrick Martin	90	225	295	610
int					
154.3	Jeff Phillips	185			185
sqsm1					
205	Terry Tucker	152.5			152.5
sm2					
138.8	Betty Reichel	47.5			47.5
Powerlifting					
m1					
280	Derrell Bowie	330	177.5	300	807.5
m1					
280	Jeff Capps	300	175	300	775
m1					
154.3	Terry Hedrick	210	135	212.5	557.5
mp					
154.3	Terry Hedrick	210	135	212.5	557.5
sm2					
205	Mike Butler	232.5	130	222.5	585

jr					
187	John Davis	197.5	142.5	215	555
nov					
205	Chad Hensley	200	145	250	595
int					
205	Michael Hall	237.5	152.5	205	595
m1					
170.8	Frank Langhorst	190	122.5	200	512.5
nov					
187	Keith Rains	182.5	122.5	227.5	532.5
jr					
227	Kincy Lloyd	212.5	167.5	195	575
wsm2					
138.8	Micki Scheffler	182.5	92.5	167.5	442.5
nat					
138.8	Aaron Muntz	150	82.5	165	397.5
m3					
187	Dave Brady	150	110	150	410
wjr					
shw					
Tracy Shepard	206	97.5	132.5	436	
nov					
250.2	Danny Shepard	182.5	75	145	402.5
wsm1					
154.3	S. McClenden	115	55	112.5	282.5
whs					
170.8	Shonda Douglas	105	65	120	290
youth					
youth					
Rhianna Peters	45	32.5	60	137.5	
(Thanks to Mike Adelmann for providing results)					

**NASA TEXAS STATE (kg)**  
09 MAR 02 - Longview, TX

Powersports	SQ/C	BP	DL	TOT	
bpteen					
154.3	Matthew Qualls		132.5	132.5	
cinl					
170.8	Ricardo Frago	62.5		62.5	
m3					
315	Jim Royce	37.5	90	112.5	240
sm1					
280	Robert Hughes	235		235	
wm1					
187	Charlene Cannon	37.5	95	175	307.5
youth					
119	Scott Hughes	17.5	42.5	67.5	127.5
Powerlifting					
Full meet					
m1					
250.2	Jerry Cannon	227.5	147.5	232.5	607.5
m5					
187	David Summers	207.5	155	240	602.5
m5					
280	Todd Hughes	235	162.5	227.5	625
nat					
250.2	Jerry Cannon	227.5	147.5	232.5	607.5
nov205	Larry Pikas	205	137.5	205	547.5
nov					
227	Kevin Foster	227.5	155	195	577.5
pure					
187	David Summers	207.5	155	240	602.5
nov205					
227	Kevin Foster	227.5	155	195	577.5
sm1					
315	Derrick Martin	137.5	217.5	302.5	657.5
wsm2					
127.8	Heather Hughes	112.5	67.5	147.5	327.5
wsm1					
127.8	Heather Hughes	112.5	67.5	147.5	327.5
Bench					
Only					
int					
170.8	Ricardo Frago	172.5		172.5	
138.8					
Sharon O'Brien	56			56	
(Many thanks goes to Mike Adelmann for providing these NASA meet results to Powerlifting USA)					

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## PL USA Back Issues

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

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

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

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

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

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

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

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

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

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

**Jun/94...** NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

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

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

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

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

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

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

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

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

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

**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight

Classes, Joe McAuliffe Squat Workout, TOP 100 275s

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

**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

**Sep/95...** TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s

**Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

**Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

**Mar/96...** TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice

**Jun/96...** WPA Worlds, ADFPA Womens, Subtotal Supermen, HMB, KIC, LEUCINE, Homeopathic Testosterone, All Time Records, Lifting Belts, TOP 100 SHWs

**Jul/96...** AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

**Aug/96...** ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s

**Sep/96...** USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s

**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s

**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout,

Paul Wrenn profile, TOP 100 165s

**Jan/97...** IPF Men's Worlds, WPC Worlds, Step by Step Training by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s

**Feb/97...** Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

**Apr/97...** Clark Benches 800 - Waterman 600@181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s

**May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s

**Jun/97...** J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

**Jul/97...** Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s

**Aug/97...** Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

**Sep/97...** USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Man, NEW Mineral Orotates, Progressive Overload, TOP 100 132s

**Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Erlich Profile, Power Biceps Training, Larry Miller Interview, TOP 100 148s

**Nov/97...** U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s

**Dec/97...** Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

**Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

**Feb/98...** WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

**Mar/98...** Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

**Apr/98...** Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s

**May/98...** Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benching, TOP 100 275s

**Jun/98...** Mark Henry, Ernie Millian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs

**Jul/98...** Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts

**Aug/98...** USAPL Men's Nationals, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hamman, Top 100 Bantam

**Sep/98...** APF Seniors, Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

**Oct/98...** "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s

**Nov/98...** A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones

**Dec/98...** IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

**Jan/99...** WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s

**Feb/99...** WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

**Apr/99...** The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s

**May/99...** LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s

**Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs

**Aug/99...** the Rubber Band Man, the "Muscle Town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

**Sep/99...** USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

**Oct/99...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

**Nov/99...** Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s

**Dec/99...** IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

**Jan/00...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s

## 10 Years Ago in Powerlifting USA ...

Phil Farmer was on the cover, winning his gold medal in the 220s at the IPF Junior World Championships in Australia. Dan Wagman expressed his opinion about the divisions in powerlifting in the United States and the practice of allowing an internationally suspended lifter to continue competing on the national level. On the TOP 100 list for 123s, the top lifters were Mays (509 squat), Fielder (315 bench), Tim Taylor (556 deadlift and 1267 total). Amy Weisberger was 81st in the squat with 330 and Sandi Brady was 85th with 325. Miguel Castro was 80th in the bench with 225, and Mike Wider was 64th in the deadlift with 375, and 97th in the total with 870. 800 lb. ADFPA deadlifter in the 198 lb. class, Steve Scialpi, shared his pulling routine in the Workout of the Month. Judd Biasiotto and Amy Ferrando described how "He Who Uses Negatives Will Positively Fail" (Part I). The developer of Weight Releasers, Bob Kowalczyk, described the theory behind his new product in "Stretch and Release". Dr. Ken Leistner profiled the "resurrection" of football star and equipment manufacturer Chip Kell. John Ware discussed the latest research on "Cortisol and the Catabolic Response". Dawn Reshel was pictured in her bodybuilding debut, in an article that went into detail about her success with the "residual effect" method of training. Marc Henry explained a mis-interpretation of his comments on whether a construction could come into powerlifting and be competitive within one year, versus what it took to become competitive in Olympic lifting. MONOLIFT introduced the "Super Squat Rack". Willie Wessels won the ADFPA Ozark BP/DL with lifts of 485 in the bench, and 705 in the deadlift in the 220 lb. class. Dan Harvie won the 198s at the Sharon (VT) Open BP with 375 in the 198s. Ken Snell won the 114s at the ADFPA Florida meet in Palatka with lifts of 281 198 303 782. Matt Zweng won the ADFPA Teenage Nationals at 18-19 in the 165s with lifts of 573 352 540 1466. Tamara Rainwater Grimwood won the Women's BP division at the APA Winning Factor BP/DL Classic with 280, a WPA world record. On the ADFPA TOP 20 list for the 220s, the top guys were Willie Austin (777 squat), D. Smith (505 BP), Ed Riley (749 DL) and Shawn Cain (1879 total). Willie Croner was 12th in the squat with 683, Russ Kitani was 17th in the bench with 451, Phil Andrews was 20th in the deadlift (655) and ASU Strength Coach Richie Wenner was 19th with a 1699 total. Chris Confessore got a 625 BP at 220 at the USPF Bench on the Beach meet in Faulkner, MD, where Kirk Karwoski got 500 in the 275s, and The Dumbbell Power Rack came out in our New Product feature.

**Feb/00...** WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s

**Mar/00...** USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons

**Apr/00...** Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

**May/00...** Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s

**Jun/00...** Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs

**Jul/00...** WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights

**Aug/00...** USAPL Men's, APF Sr. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s

**Sep/00...** USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s

**Oct/00...** Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's

300 Bench Press Club, TOP 100 148s.

**Nov/00...** Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights

**Dec/00...** Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lighthteavies

**Jan/01...** IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louie Simmons, TOP 100 198s

**Feb/01...** Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

**Mar/01...** TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP

**Apr/01...** Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s

**May/01...** Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's

**Jun/01...** Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

**Jul/01...** IPF Women's Worlds, Bill

**Apr/02...** WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtiainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s

**May/02...** Brent Mikesell's 1074 Squat Plyometrics, Finnish DL Secrets, TOP 100 Benchers (Schwartz/Wilks), Jennifer Maile Workout of the Month, TOP 100 275s.

**Jun/02...** Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.

**Jul/02...** Kennelly Bench hes 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

**Aug/02...** APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.

**Sep/02...** Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s

**Oct/02...** 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s

**LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.**

## 20 Years Ago in Powerlifting USA ...

George Herring graced the cover, and Robert Kelm Sr. discussed how the polygraph could be used for drug testing purposes. One of the founding officers of the American Drug Free Powerlifting Association, Vice President George Hummel (in his day one of the TOP 10 lifters in the world for the 132 lb. class) was profiled by ADFPA Coach Extraordinaire Tim McClellan. Our Power Gym Directory, of gyms that catered to PLers, was published with over 100 names, only a dozen or so of which still remain prominent currently. Drs. Judd Biasiotto and Ed Ritter expounded on the "Fear of Success". Fred Hatfield described the trip that he and Joe Bradley took to South Africa, then on the list of "verboten" sports nations because of apartheid. Jeff Everson talked about combining training for football and powerlifting, and we had photo coverage of how three powerlifters, including veteran Gary Menaker, swept the Las Vegas bodybuilding championships. Top spots on the TOP 100 148 lb. class list went to Joe Bradley for his 633 squat, 424 bench, and 1614 total, with George Niesyty leading the deadlifts with 655. Tom Eiseman was 56th in the squat (500), future World Champion Bob Wahl was 87th in the bench (314), Jesse Kellum was 79th in the deadlift with 512 (but he was pictured elsewhere in the magazine with a teenage world record squat of 514!), and Fabian Wambsgans was 90th in the total (1255). Rich Peters won the Sooner Classic at 220 with lifts of 617 424 611 1653. Andrea Sortwell was 2nd in the women's 132 lb. class at the Southern Colorado meet, with lifts of 190 145 285 620. Rickey Crain won the 181s at the Oklahoma Open BP/DL with a 606 pull and was 2nd in the bench press at 385. John Messenger won the Southern West Virginia BP at 242 with 400. At the Southern Ohio Open, Rick Weil won the Class I and over 165s with 525 465 530 1530 and Matt Dimel won the SHWs with 730 440 700 1870. Hideaki Inaba set a new World Record in the squat at 114 with 513 lbs. Greg Shepard, the developer of the "Bigger - Faster - Stronger" football training program, took 4th in Jan Shendow's Rocky Mountain Athletic Center meet, with lifts of 429 264 485 1179 in the 198 lb. class. There was a "T. Taylor" who went 270 210 380 860 at 114 in the Okefenokee Invitational in Waycross, GA... was that the famous Tim Taylor? Future IPF World Champ Sylvester Anderson won the El Toro Open with lifts of 500 325 580 1405 in the 165 lb. class. John Varrone won the Eastern America Championships at 165 with lifts of 573 308 551 1432. Ernie Frantz won the 220s at the Hastings Barbell Co. Open with 750 465 750 1965.

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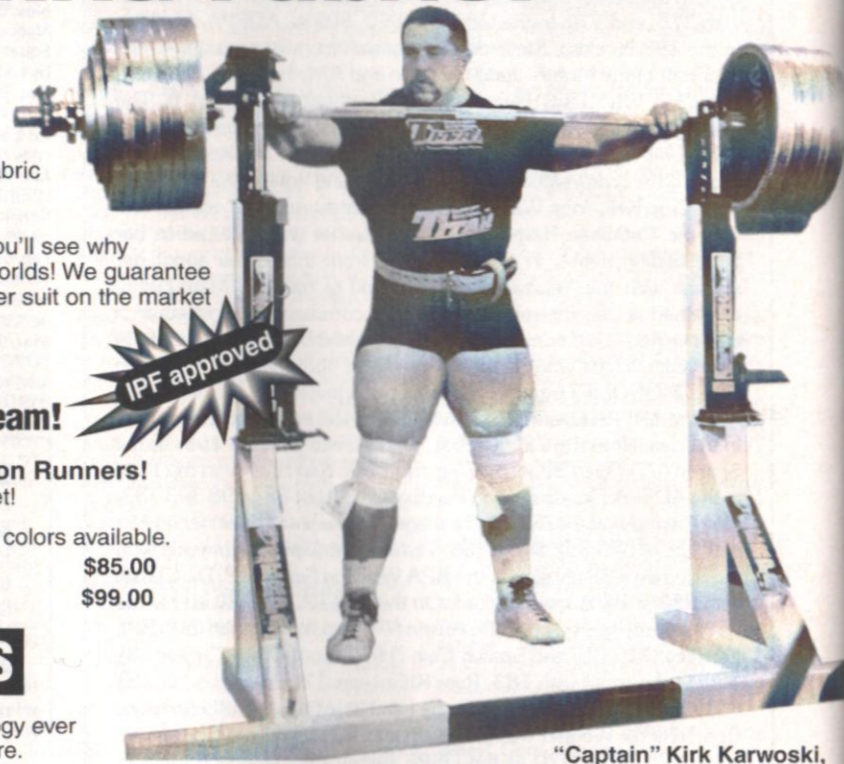
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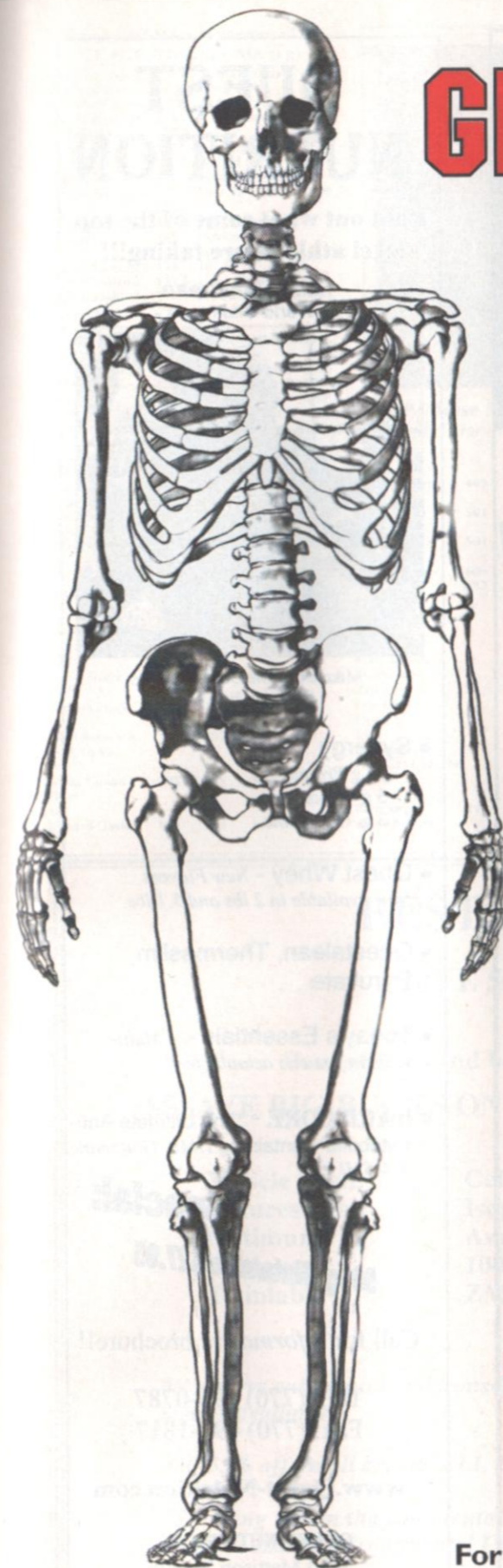
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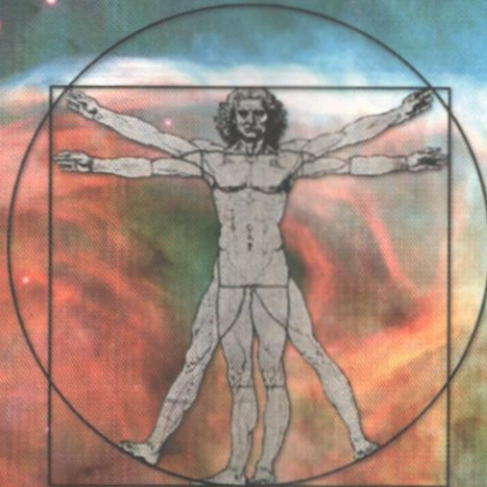
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**APF Legends of the Platform  
14 SEP 02 - Elizabeth, PA**

Women	BP	DL
Open 97		
P. Lorenzi	90	220
Men		
Teen		
Teen 165		
A. Cifelli	335	
Open 165		
M. Hart	285	565
181		
T. Eiseman		705!
220		
J. Blackstone		560
B. Zemaitis		
242		
B. Fleming		620
J. Alessandro	500	
275		
R. Miller	503	
Submaster		
181		
M. Kinnick	340	
275		
K. Troupe	415	475
Masters		
198		
W. Semple	320	425
D. Sirianni		450
F. Gallagher	350	

The meet, even though had a small turn out was exciting and full of great lifting. Jamie Harris and New PA APF State chair Keith McNeish made sure there was no detail overlooked. We would also like to thank the lifters and help for their contribution in making this a great meet. The legends of the platform ceremony saw Tim Bentley, Jeff Wright and Mark Prince inducted into the Pittsburgh Powerlifting Hall of Fame. Special thanks to Rick at House of Pain, and Rickey Crain for their generous sponsorship. Also to Carl Seeker for bringing his trophies. Any meet director interested in having Carl's Trophies at your next meet will be pleasantly surprised at how nice they are. The next outing will be in Jan. Deal with the steel. Lets bring the APF back to the Burgh. (Jamie Harris provided results.)



APF Pittsburgh Legends of the Platform (left-right) Leo Wysocki, Jamie Harris, and Tim Bentley (These photos are courtesy of Jamie Harris)

POWERCURL	198	FALETRA	265	475	740
181	OPEN RAW	35-39 RAW			
OPEN	KAHN	ELLINGER	335	345	575 920
SANNICANDRO	120	LIFETIME RAW			
198	KAHN	17-19	335		
OPEN	BETTINI	HEINRICHER		260	515 775
GUERRIE	100	PUGLISI		275	500 775
KAHN	242	MCKENNA		190	450 640
OPEN	SWANSON	OPEN	465		
35-39	SWANSON	PERROTTA		400	550 950
OPEN	BEIRNE	BEIRNE	465		400 500 900
170	220	40-49		400	520 920
OPEN	RAW	BRUNEAU			
275	WHITE	275	265		
DEADLIFT	190*	FALETA		240	510 750
198	35-39 RAW	35-39 RAW	420	230	475 705
PRENTY	35-39	PRENTY	450		
40-49	PRENTY	50-59	450		
GALANTE	430	20-25 RAW	415		
40-49	BUCHBAUER	20-25 RAW			
500	242	COTE			
20-25 RAW	440	OPEN			
CONTI	220	BEIRNE			
220	OPEN RAW	40-49			
FALETRA	475	BRUNEAU			
242	40-49 RAW	MASSARO			
LIFETIME	O'CONNOR	275	425		
275	50-59	20-25 RAW			
DUSENBUR	550*	WHITE			
40-49	BRUNEAU	OPEN RAW			
520	275	20-25			
20-25	FETZER	OPEN			
SHW	580	WHITE			
40-49 RAW	SHW	40-49			
FORNARO	585*	SHW 40-49			
BENCH	132	FORNARO			
LIFETIME	SWANSON	150*			
FORNARO	17-19	FELICEITA	270	340	610
270	SIMANSON	175	405	580	
165	KACHMARSKY	165	400	565	
40-49	CORSI	270	480	750	
165	14-16	DOMINQUES	170	325	495
O'HARA	17-19	160	310	470	
FULLER	181				
215	DIAZ				
385	WONG				
600	GUERTIN				
181	14-16				
2225	VARRIALE				
500	165	260	450	710	
725	KONTOULIS	165	505	670	
405	17-19	195	460	655	
135	SANTOS				
270	LIFETIME				
405	MAITA				
181	OPEN				
390	GUERRIERI				
845	50-59 RAW				
300	CORRIE				
500	220				
800	14-16				
300	MERCURIO				
430	17-19				
730	BARTRO				
275	OPEN RAW				
505					
780					



Thomas Eiseman's 705 Deadlift

**WNPf NORTH AMERICANS & HS  
NATIONAL BP/DL & IRONMAN  
19 MAY 02 - Stamford, CT**

IRONMAN/MAIDEN	BP	DL	TOT
114			
14-16			
ANDIORIO	85	245*	330
123			
17-19			
GUERTIN	95	225	320
148			
14-16			
CLIFFORD	120	320	440
181			
14-16			
DALTON	110	260	370
17-19			
CAREY	235	300	535
MEN			
114			
14-16			
MCGRATH	125	265	390
123			
14-16			
COSTANZO	145	300	445
148			
14-16			
KONTOULIS	145	345	490

TOLAND  
OPEN  
LANDERS  
SHW  
40-49  
FORNARO 525 585 1110  
\* WNPf American Record, Teams- Bellingham High School- 1st place, Donovan High 2nd place. Bruce Swanson Jr. set a new record with a 150 pound bench, this kid improves each and every year, I hope he sticks with it. He has a great coach in his dad Bruce Sr., Bruce hit a 465 bench in the 198's. Jamie Malta won the lifetime 198's with a 390 bench. John Prenty won the submasters raw and equipped divisions lifting 420 and 450. Roland Cote lifted and judged and did an outstanding job with both. Amil Bruneau benched 400 in the masters division. Ben White broke the Junior record with a 500 raw bench and put on a shirt and lifted 550. Al Fornaro hit 525 in the masters SHW. Paul Buchbauer long time WNPf member deadlifted 500 pounds. Jim Dusenbury won the best lifter in the deadlift and pulled 550 pounds. Andiorio set a new deadlift record at 245 pounds in the teenage 14-16 114 pound class. Ms. Carey benched 235 and deadlifted 300 pounds to win the best lifter award. Mr. Corsi won the masters 40-49 division, 148's. Diaz pulled 500 in the 181 14-16 group and won best lifter. Tom Corrie lifting in his first meet in I believe 12 years came back strong lifting 300 in the bench and 500 in the deadlift. James Toland benched 480 and pulled 620 to total 1100 pounds raw in the 275's. Thanks to the two High Schools that attended and thanks to all the lifters that attended. We will be back in 2003 at this same location for the Raw Nationals and Powerfest 2K3 meet in May. (Thanks to WNPf for these results.)

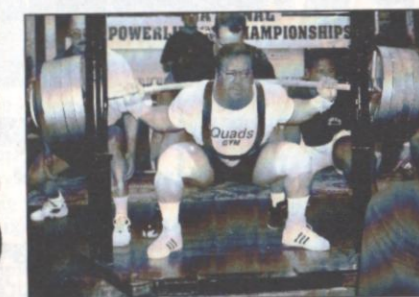
**Blue Ridge Fall Bench Press Classic  
21 AUG 02 - Stanardsville, Virginia**

Female	16-17	198 Open
165	Jay Chichester	245
16-17	198 Open	
Rachel Kell	95	Tim Kontos
181	40-49	285
16-17	John Shifflett	350
Nicole Parker	105	275
Men	Open	
148	Allen Hicks	700

Allen Hicks from Fredericksburg broke the 700 barrier with ease opening at 700 pounds. He moved to 765 and got it halfway up. Allen weighed in that day at 255 pounds! (Results - John Shifflett)

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**Dragon Bench Press**  
29 JUN 02 - Washington, PA

Women	Bench	Open	
Yvette Vlack	225	132	
Audrey Bodnar	170	Yvette Vlack	225
Deborah Currie	115	Z. Simons	175
Ilani Taylor	175	1 4 8	
M. Leymarue	135	C. Venturella	350
Teen Lt.		165	
N. Dechiko	145	F. Williams	300
R. Alger	125	H. Taylor	225
R. Gidaro	300	181	
C. Smith	85	M. Maroni	385
Teen Heavy		J. Toth	370
A. Fortuna	330	R. Johnson	335
J. Carosi	310	B. Moran	290
T. Hull	270	198	
D. Mangino	265	M. Lindsay	475
Submaster		P. Breeden	400
D. Swope	580	J. Kish	215
S. Poward	525	220	
T. Gibson	510	K. Smay	400
J. Woods	470	D. Brandenstein	385
M. Maroni	385	M. Keyser	350
J. Smith	450	K. Andersen	310
D. Breeden	400	242	
D. Brandenstein	385	D. Swope	580
M. Keyser	350	S. Pollard	525
L. Alexander	350	T. Gibson	510
H. Taylor	255	M. Leventry	480
Master		J. Woods	470
M. Lindsay	475	R. Bailey	415
C. Venturella	350	C. Bednar	330
G. Langham	425	275	
D. Hull	380	*R. Freitag	550
N. Rolle	400	B. Rowland	480
C. Bednar	330	J. Smith	450
Grand Master		T. DeSantis	390
B. Anton	360	Hwt. (308)	
F. Gallagher	300	N. Rolle	400
		A. Bullone	335



Dragon Bench 2002 Best Lifters: Left to Right - Yvette Vlack - Women, Dan Swope - Heavyweight, J.M. Blakely - Meet Guest, and Mike Lindsay - Lightweight Div. (This photograph is courtesy of Barry Pochiba)

believe it, his methods get results. Freitag posted a 3rd lift of 550 @ 273 body weight. For a 1st place with room to spare - I very much recommend obtaining J.M.'s book and videos if you want to progress in your training. After the meet concluded J.M. graciously held a 45 minute seminar with the lifters. He is a truly fine gentleman and an awesome athlete. In the women's Class 132 pound Yvette Vlack swept the field with a 225 bench without a bench shirt! She also won the women's rep contest with a Mind-blowing 100+ reps at 45 lbs (1/3 her body weight). Audrey Bodnar followed 2nd with a nice 170 in her 1st meet-way to go! Yvette Vlack is a force to contend with in the women's class - look out! 148 lb. Chuck Venturella (top 148 master) packs enormous energy and will shortly push in the range of 370+ Mike Lindsay (198 & master) is one to watch - he should shortly be doing 500 lbs. at a muscular 198 body weight. Powerhouse Dan Swope (242) cranked up 580 on his third attempt with ease - the Swopemeister has posted 600 lbs in the past and will show us more in the future - another dedicated athlete who shows us how hard work and determination pays off. All in all this meet ran

**Illinois Special Olympics**  
21,22 JUN 02 - Bloomington, IL

WOMEN	BP	DL	TOT	Hector Mota	95	185	280
TEENS (13-19) 139				165			
Michelle Miller	70	150	220	Mark Talley	180	295	475
181				T. Callahan	95	150	245
Lukia Frye,	70	185	255	Jose Reyes	65	85	150
220				181			
Sara Dunn	65	130	195	Paul Kozora	120	325	445
JUNIORS (20-23)				T. Callahan	205	220	425
215				Sebastian Scala	120	120	240
Nicole Riggs	95	155	250	Wayne Debnar	60	110	170
275				198			
Olivia Jamaica	70			John Whiteside	145	235	380
INTERMEDIATE (24-29) 165				220			
139				Joseph Ailey	135	185	320
Paul Bianchini	130			242			
148				D. Zimmerman	205	400	605
Chad Broomfield	90	220	310	Benjamin Evans	195	350	545
181				SUB-MASTERS 1 (30-34)			
Todd Eller	235	305	540	220			
220				Paul Bianchini	130		
Curtis Hopkins	170	310	480	148			
Thomas Strack	115	225	340	Chad Broomfield	90	220	310
242				181			
Eddie Polivka	225	395	620	Todd Eller	235	305	540
Dion Phillips	100	125	225	220			
315				Curtis Hopkins	170	310	480
Bobby Stroud	200	360	560	Thomas Strack	115	225	340
Jason Raschke	50	225	275	242			
SUB-MASTERS 2 (35-39)				Eddie Polivka	225	395	620
165				Dion Phillips	100	125	225
Kathleen Guthrie	60	80	140	315			
181				Bobby Stroud	200	360	560
Beth Swatowick	70	140	210	Jason Raschke	50	225	275
Christina Rustick	55	65	120	165			
MASTERS 1 (40-49) 119				Thomas Collins	125	235	360
148				Thomas Hahn	110	165	275
Marianne Weber	90	175	265	Jerry Flexter	100		
Marcia Spellman	75	120	195	181			
148				Javier Reyes	55	80	135
A. Hernandez	65	135	200	181			
MASTERS 2 (50-59)				Robert Levinthal	150	235	385
220				Tony Perkins	115	215	330
Doris Scott	70	140	210	Bryan Lewis	105	185	290
MEN				220			
TEENS (13-19)				C. McDaniels	185	335	520
105				242			
Dustin Dickens	105	155	260	Clifford Cook	95	155	250
181				SHWT			
Matthew Comp	100	315	415	William Hopkins	275	440	715
Timothy Mabbott	115	200	315	John Fajdich	215	420	635
JUNIORS (20-23) 139				MASTERS 1 (40-49)			
Ramon Strzewski	95	130	225	127			
148				Andrew Britz	110	130	240
Nicholas Rhodes	105	175	280	139			
165				M. Cavanaugh	105	235	340
Jason Campbell	120	255	375	Felix Benitez	45	65	110
Michael Dickson	90	230	320	181			
Casey Duchon,	55	100	155	Ronald Bridges	50		
220				198			
Thomas McKeon	105	90	195	Florencio Lorenzo	90	200	290
242				Paul Puniszeko	95	175	270
Brent Perkins	105	250	355	Thomas Kerman	70	75	145
Chris Chesson	135	205	340	MASTERS 2 (50-59)			
275				139			
M. Doomeweerd	105	215	320	Bill Seeforth	85	170	255
275				165			
Michael Credio	55			Jerry Thorman	105	250	355
315				Patrick McHugh	120	155	275
Moises Medina	75	85	160	181			
SHWT				Gale Melton	75	155	250
Jeremy Farmer	155	340	495	242			
INTERMEDIATE (24-29)				Frank Olivo	105	195	300
139				242			
Jeffrey Kraeger	95	125	220	Merle Ketcham	125	235	360
Ross Valenzo	75	85	160	Angel Perez	65	85	150
148				SHWT			
				Mike Brown	235	375	610
				(Thanks to Lindell Smith for providing the results.)			

**Iron Boy Bench Press Classic**  
14 SEP 02 - Winston-Salem, NC

Male	Masters 50-54 Asst	Jimmy Earley <th>450</th>	450
88 lb. Class	Masters 45-49 Raw	Lyle Hogan	305*
Youth (8-9) Raw	Intermediate Raw	Chris Jackson	360
132 lb. Class	50*	Steven Shick	410*
Timmy Payne	115*	Wayne Lemmons	315
Teen 14-15 Raw	148 lb. Class	242 lb. Class	
Matt Payne	115*	Submaster Asst	
Youth 10-11 Raw	Eric Payne	Marty Pevette	405*
Teen 16-17 Raw	Brenon Payne	Terry Mitchell	385
120*	Chris Clark	John Arnett	270
Teen 14-15 Asst	Open Raw	Open Raw	
Open Raw	Joe Collins	Brian Nance	425*
275*	Ricky Prachith	255*	Open Asst
Open Asst	Open Asst	Michael Smith	565*
David Young	300	Todd Searce	450
Ricky Prachith	255	4th	475
Intermediate Raw	165 lb. Class	Novice Raw	
Ricky Prachith	255	Brian Nance	425*
Submaster Asst	Eric Bryson	Masters 45-49 Raw	
Eric Bryson	350*	Larry Ray	350*
Open Raw	Open Raw	Masters 45-49 Asst	
Clarence Miller	345*	Larry Ray	420
Cliff Freeman	310	Masters 40-44 Asst	
Novice Raw	4th	Todd Searce	450
Cedric Green	330	4th	475*
Intermediate Raw	Intermediate Raw	Tyrone Meadows	405*
Chris Bathgate	305*	Intermediate Asst	
181lb. Class	Jeff Crouch	425	
Open Raw	276 lb. Class		
Sean Redfern	375*	Submaster Raw	
Dan Sliwinski	370*	Richard Boyd	315*
Open Asst	Submaster Asst		
Phil Harrington	Curtis Rabon	550*	
Novice Raw	Tom Shupe	440	
Chris Lomax	250	Open Raw	
Masters 45-49 Asst	Michael Belk	520*	
V. Constantino	385*	Curtis Rabon	505
Masters 40-44 Asst	Open Asst		
David Pagan	295	Curtis Rabon	550*
Junior Raw	David Connor		
Dan Sliwinski	370*	Novice Asst	
Intermediate Asst	Gabe Teeple		
Jeff Heatherly	375	David Connor	
198 lb. Class	Junior Raw		
Teen 14-15 Asst	Kent Wall	430*	
Jordan Childress	155*	Intermediate Asst	
Open Raw	Carl Elliott	570*	
Lynn Hodges	330	Kevin Gardner	325
Open Asst	319 lb. Class		
Chris Asbury	Open Raw		
Masters 50-54 Raw	Arthur Fisher	435*	
Ernie Goode	250	Walter Ferguson	370
Masters 40-44 Asst	Open Asst		
Tim Welton	290	Josh Cash	565
Intermediate Raw	Masters 50-54 Raw		
Lynn Hodges	330	Arthur Fisher	435*
Intermediate Asst	Masters 45-49 Raw		
Chris Asbury	220 lb. Class	Walter Ferguson	370
Teen 14-15 Raw	Josh Cash	565*	
Toshier Mackie	260*	SHW Class	
Submaster Raw	Andy Nelson	370*	Submaster Asst
Police/Fire Raw	Chris Clark	465*	Police/Fire Asst
Chris Jackson	360*	Mike Price	565
Police/Fire Asst	Open Asst		
Joseph Perkins	450*	Michael Neal	575
Open Asst	Mike Price	565	
Paul Bossi	545*	Intermediate Raw	
Jimmy Earley	450	Steve Hall	365
Novice Raw	Female		
Mark Wall	350*	148 Class	
Robert Zeigler	335	Teen 16-17 Asst	
Gabriel Ward	300	Becky Simpson	190*
Novice Asst	165 Class		
Wayne Lemmons	315	Open Asst	
		Karen Bowers	226*

\* - Denotes Iron Boy Record. Teams - House of Payne Open - 1st. Olympic Fitness BP Team Open - 2nd. New River Valley Open - 3rd. Big Dawgs (open raw) - 1st. House of Payne Masters - 1st. - Denotes Iron Boy Record. We had another great turnout at the 2002 Iron Boy Bench Press Classic held in Winston-Salem, North Carolina. There was some extraordinary lifting with 7 competitors benching 545 pounds or better. Many Iron Boy records fell throughout the day. Timmy Payne started the lifting by breaking his own IR record as did Matt Payne and Brenon Payne. Joe Collins and Ricky Prachith broke records in the 148lb. class. In the 165 and 181 classes Eric Bryson, Clarence Miller, Chris Bathgate, Sean Redfern, Vince Constantino, and Dan Sliwinski also broke records. Phil Harrington tried a triple bodyweight bench but was unsuccessful. Jordan Childress broke the teen record in the 198lb. class. Toshier Mackie, Andy Nelson, Chris Jackson, Joseph Perkins, Mark Wall, Lyle "Hilman" Hogan, Steven Shick and Paul Bossi set records in their particular divisions of the 220lb. class. In the 242 class Marty Pevette, Brian Nance, Larry Ray, Tyrone Meadows, and Michael Smith set IR records. Todd Searce also set a record with his



Carl Elliot (Left) & Paul Bossi Best Lifter (Right) at the Iron Boy BP

fourth attempt by knocking out a double bodyweight press in his Masters division debut. The 275lb. class was also loaded with great lifters. Richard Boyd, Curtis Rabon, and Carl Elliot broke IB records. Michael Belk and Kent Wall both were impressive while breaking raw records. The outstanding 319 class included Josh Cash, Walter "Truck" Ferguson and Art Fisher. Josh and Art both broke IB records. The SHW class created some fireworks as usual with the battle between Mike Price and Michael Neal. Chris Clark broke the record in the Submaster division. In the Women's division Becky Simpson and Karen Bowers broke records and were both outstanding. The "Biggest

state chairman) for participating in the meet. It was truly a day where many powerlifting organizations literally came together under one roof. That is what the Iron Boy is all about. Thanks to our Special Guest Chris Confessore for helping us out. Thanks thanks go to Mike Lovelace and Tom Payne. We couldn't do it without you. (Thanks to Keith Payne - House of Payne Powerlifting - <http://www.houseofpaynepowerlifting.com> for results)



Michael Neal prepares to attempt 575lb @ Iron Boy BP (Photos courtesy Iron Boy Enterprises)

Bench" (198 and under) award went to Vince Constantino for his 385lb. press. The "Biggest Bench" (over 198) award went to Michael Neal for his 575lb. press. The most outstanding lifter awards went to Paul Bossi (Men's Open), Jimmy Earley (Men's Masters), Toshier Mackie (Men's Teen), Karen Bowers (Women's Open) and Becky Simpson (Women's Teen). The team awards went to the Big Dawgs 1st (Open Raw), House of Payne 1st (Open), Olympic Fitness 2nd (open), New River Valley 3rd (Open) and House of Payne 1st (Masters). Red Swaim, Gene Neal, Chris "Ox" Mason, John Demchak, Danny McMillan and Mario Torrez did a great job judging. Our loader/spotters were Lynn Hodges, Jason Robertson and James Lopes. They did an outstanding job! Steve Lundy did an exceptional job announcing as always. VerLinda McMillan did an excellent job with the video. Marc Norris did a fantastic job with the sound system. Kelly Sports also did a great job with the video. Thanks to John Demchak (APA state chairman), Paul Bossi (100% RAW state chairman), Phil Harrington (USAPL state chairman) and Bob Strauss (AAU

**NPA Midwest Open**  
15 SEP 02 - Freeport, IL

BENCH	275	Dave Barla	426
Open		DEADLIFT	
SHW		SHW	
Joel Miller	365	Adam Miller	601
275		220	
Dave Barla	426	Master	
Master		Stuart Coogan	551

The Natural NPA Midwest Open was held in Freeport, IL at Fitness Lifestyles. The meet was held in a large air conditioned cardio room. Our meet was sponsored by House of Pain Ironwear and Powerlifting USA magazine. We had a small turnout as a number of lifters had informed me they would not be competing due to injuries or other meets they were training for. We had beautiful Red, Black, and Gold trophies to give out which were high quality. Joel Miller took the win in the SHW class with his 2nd attempt of 360 lbs. Joel got out of the groove on his 3rd attempt, he came over from Iowa. He has been lifting for about 14 years. Taking the win on the 275 master ad 275 open was Dave Barla. Dave had an excellent day getting a PR on his 2nd attempt of 410 then took 426 on his 3rd and nailed it. Lifts were done by the book as they always are at our meets. No foot movements, rear stays on the bench, even lockout, no downward movement. In the deadlift, Adam Miller - brother to Joel - lifting in the SHW class pulled a strong PR on his 3rd attempt, 601! Stuart Coogan came from Wisconsin lifting in the 220 masters class and he also got a PR hitting 551 on his 3rd attempt. Stuart has been lifting for about 8 years. A big congratulations to all the lifters, not just because of their success, but as they are all Natural Powerlifters. Thank you House of Pain Ironwear and Powerlifting USA for all you do for our great sport, till next March train hard, heavy, and drug free, set a good example for our great sport and support our great powerlifting companies, meet promoters, and the awesome Powerlifting USA magazine. (Thanks to Duane Burlingame for providing the meet results)

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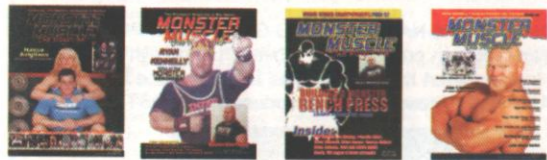
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**ADAU Single Lift Nationals  
17 AUG 02 - Catasauqua, PA**

SQUAT	4th	395
148 Female	Master 40-44	
Sub-Master 35-39	Paul Felix	320
Sandi McCaslin	225	242 Open
181 Female	Ralph Laiuvara	455
Sub-Master 3 5-39	Open	
Elizabeth Brown	250	Mark Slivka
132 Open	Sub-Master 35-39	430
Mike Kuhns	435	Mike Solderitich
148 Open	Open	415
Master 55-59	Troy Kuzmisky	380
Paul Griffith	385	Brian Gaumer
148 Sub 35-39	Master 50-54	350
Gary Teeter	275	Gregory Yeage
165 Master 50-54	Open	310
Nick Theodorou	425	Zane McCaslin
165 Master 55-59	275 Master 40-44	290
Italo Bonacc	315	Stephen Lang
181 Master 55-59	319 Master 40-44	41 0
Joe Oreglia	355	John Doherty
1 98 Open	Sub-Master 35-39	450
Dave Grandinetti	430	Pat Cuntrera
Junior 20-23	SHW Sub 35-39	280
Ryan Cidzik	1405	Robert D'Antonio
Teen 18-19	DEADLIFT	445
John Poole	400	148 Female
Master 50-54	Sub-Master 3 5-39	
Don Kuhns	385	Sandi McCaslin
Master 45-49	181	225
Albert Mangini	345	Elizabeth Brown
4th	355	148 Open
Master 60-64	275	Jason Munch
4th	280	4th
Sub-Master 35-39	Master 50-54	440
Daniel Calfrey	Barry Pensyl	375
220 Master 40-44	Sub-Master 35-39	
Bob Philippi	425	Gary Teeter
4th	435	4th
Paul Felix	385	165 Master 50-54
242# Open	Nick Theodorou	570
Brian Gaumer	435	Teen 18-19
Zane McCaslin	385	Adam Hersperger
242# Junior 20-23	Open	520
Troy Kuzmisky	380	M ichael Decker
319# Sub 35-39	Master 55-59	440
Pat Cuntrera	385	Italo Bonacci
114# Female	181# Open	370
BENCH PRESS	Master 55-59	
114# Female	Joe Oreglia	530
Master 40-44	4th	550
Jean Blom	110	Open
148 Female Sub 35-39	Open	
Sandi McCaslin	130	Robert Gregory
114# Teen 16-17	Sub-Master 35-39	480
Hunter Claypatch	125	Anthony Luciani
4th	130	Sub-Master 35-39
132# Open	Master 50-54	450
Mike Kuhns	275	Herman Elasser
148# Open	198# Sub 35-3 9	400
Mark Riggelman	285	Daniel Calfrey
Open & Sub 35-39	Open & Teen 18-19	520
Gary Teeter	265	John Poole
Teen 14-15	Open	480
Brian Rebarchak	225	Dave Grandinetti
4th	245	Master 45-49
165# Teen 18-19	Albert Mangini	420
Adam Hersperger	305	Master 60-64
Master 45-49	Gary Bechtel	360
Wayne Claypatch	275	220 Open
181 # Sub 3 5-3 9	Krzysztof Ksepka	665
David Jones	325	Master 40-44
Master 40-44	Bob Philippi	515
Mark McGregor	275	Teen 18-19
Master 55-59	Andrew Finland	500
Joe Oreglia	270	Master 40-44
4th	275	Paul Felix
Master 50-54	Master 80-84	490
Herman Elasser	230	P. Eberhardinger
198# Open	242# Open	200
Dave Grandinetti	355	Zane McCaslin
Open & Master 40-44	Open	480
Derek Subic	340	Brian Gaumer
Junior 20-23	Junior 20-23	475
Ryan Cidzik	330	Troy Kuzmisky
Sub-Master 35-39	275 Master 40-44	425
Daniel Calfrey	320	Teddy Finland
Teen 18-19	Teen 14-15	610
John Poole	275	Jack Lee, III
Master 50-54	319 Open	410
Don Kuhns	235	Jack Lee, Jr
Master 60-64	Open & Sub 35-39	605
Gary Bechtel	225	Doug Croley
Master 45-49	Sub-Master 35-39	500
Albert Mangini	190	Pat Cuntrera
220# Open	John Kuhar	405
Master 50-54	365	

Fifty-six lifters from five states vied for National titles in their specialty lift of squat, bench press or deadlift at the 2002 ADAU Single Lift National Championships held at the Suburban North Family YMCA in Catasauqua, PA. Ranging in age from 14-year-olds Jack Lee III and Brian Reparchik to the ever-irrepressible 82 year-old Paul Eberhardinger, many American records were set to the delight of the energetic and appreciative crowd. The Best Squat award went to Mike Kuhns with 435. Best Bench went to Ralph Laiuvara with 455 and the Best Deadlifter award went to meet director Nick



At ADAU Single Lift Nationals Miss Pennsylvania Autumn Marisa and Nick Theodorou (The photograph is courtesy of Nick Theodorou)

Theodorou with 570. The Women's Best Squat went to Sandi McCaslin with 225, Best Bench Press went to Jean Blom with 110 and the Best Deadlifter went to Elizabeth Brown with a lift of 325. Eight athletes were drug tested via urinalysis with seven passing and one failing the 1/e ratio. Full details of the contest can be found at the ADAU website www.pikilup.com. Scroll down to 2002 Single Lift National Results. A highlight of the meet was the appearance of 2002 Miss Pennsylvania, Autumn Marisa, who signed autographs and photos and handed out the deadlift awards. Special thanks to all who helped make this meet a huge success! Al and Brenda Siegel of Siegel Engraving, who supplied the beautiful Eagle trophies, judged and ran the head table. Judges Joe Pyra and Dean Lewis who sat for every single attempt. Special thanks to the Twin City Powerlifters who went above and beyond the call of duty; Chris Border, Chris Cimigliaro, Don Kuhns, Mike Hitcho, Laura Courtright, Brandon Pensyl, Barry Pensyl, Linda Pensyl, Brian Ramage and Greg Yeager. Special

220 LB CLASS

40-44	BRANTLEY KELLY	550	295	600	1445
45-49	PAT RYAN	540	270	540	1350
60-64	ED GILLIE	450	275	490	1215
275 LB CLASS					
40-45	D. POUCHER	600	435	700	1735
50-54	T. O'DONNELL	680	455	675	1810
OPEN					
165	J. MC ELOY	525	315	500	1340
181	VINNIE LYSOBEY	525	340	480	1345
198	LUIS FREYTES	485	315	510	1310
220	TIM BURNS	500	375	500	1375
242	PAT RYAN	540	270	540	1350
265	BRIAN GILLIE	455	355	490	1300
280	TOBYRBY	500	425	575	1500
SHW	MATT SEYMOUR	625	420	655	1700
SHW	HARRY HARRIS	475	475	460	1410

(Thanks to Bill Beekley for providing these results.)

USAPL Deadlift Nationals  
28 SEP 02 - Sheridan, CO

WOMEN OPEN	M2	
198	JERRY HANDLEY	440
LINDA SCHAEFER	440*	275
WOMEN MASTER	FRANK BAJA	611*
M1	M3	
148	J. LIVINGSTON	231
M2	LARRY EMERSON	501
132	STEVE HARMS	369
JEANNE HARMS	253*	242
MENS OPEN	BILL SINDELAR	540*
132	M4	
SCOTT HANSEN	479	165
TROY KIBEL	363	TOM BYINGTON
165	M7	
MARK SIGALA	606*	165
181	DAN GOODWIN	286*
RON GARAFALO	595	220
NATE WAAG	567	ERNIE TAUCK
JOEY MARTINEZ	501	M8
JEREMY PHILLIPS	485	181
198	BOB DUNIHUE	297*
JOE TALBERT	501	MENS JUNIOR
220	148	
RYAN LANDIS	606	CHRIS RODGERS
242	220	
D.DICKSON	622	MATT HARATUN
B. HUTCHINSON	551	MENS SPECIAL OL
MENS MASTER	132	
M1	TROY KIBEL	363*
181	198	
RON GARAFALO	595	JERRY HANDLEY
181 LB CLASS		440*
JOE SANSEVERE	405	300
	460	1165

\* DENOTES NATIONAL RECORD (THANKS TO DAN GAUDREAU FOR PROVIDING RESULTS.)

**USPF FLORIDA STATE**

28 SEP 02 - Tampa, FL

JUNIORS	SQ	BP	DL	TOT
242				
R. MACHLIN	375	245	495	1115
MASTER				
181 LB CLASS				
JOE SANSEVERE	405	300	460	1165



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**ADAU NATIONALS**

27,28 JUL 02 - Pittsburgh, PA

WOMEN	SQ	BP	DL	TOT
Youth 10-11				
A. Zimmerman	75*	45*	100*	220*
Open & Master 40-44				
Paula Lorenzi	120	85*	200*	405*
Open & Sub Master 35-39				
Benita Steffan	155	85	245	485
Teen 16-17				
Shanna Kalzer	155	80	240	475
Master 40-44				
S. Elchynski	245*	120	295	660
Open & Sub Master 35-39				
Sondralee Villo	225	135	260	620
Open & Teen 18-19				
Kaleena Iszkula	220	115	295	630
		4th	310*	
Teen 12-13				
B. Zimmerman	175*	100*	190	465*
MENS				
10-11				
Ben Cleary	140*	60	145	345
123				
Teen 14-15				
Ryan Horne	240	215*	275	730
132				
Open & Teen 18-19				
Jeff Davis	290*	230	390*	910*
Teen 16-17				
Lonnie Herr	235	205	420*	860
Teen 14-15				
Dustin Crissey	235	210	330	765
148				
Open & Master 40-44				
Ramon Cruz	440	280	485	1205*
	4th	450**		
Open & Junior 20-23				
Michael Allgeier	400*	225	500*	1155
Master 55-59				
Paul Griffith	400*	210	390	100*
Teen 16-17				
JJ Tommasino	310	215	385	910
Kyle Motherwell	310	185	385	880
Teen 14-15				
Todd Herr	265	210	400*	875
Open & Teen 18-19				
Jason Munch	275	175	425	875
165				
Open & Junior 20-23				
Matt Catalino	480	340	535	1355
Teen 18-19				
Adam Hensperger	410	310	515	1235*
		4th	531.25*	
Joe Wysznski	365	290	470	1125
Teen 16-17				
Tim Lesondak	380	215	440	1035
Teen 14-15				
Mike Artise	255	170	335	760



Ramon Cruz's 450 SQ @ ADAU Nat's (Photo by Siegel Engraving Co.)

Tom Davis	185	120	235	540	Michael Fiorelli	385	245	490	1120
181					181				
Open					Rickie Thompson	380	265	445	1090
Matt Clickett	600*	380	475	1455	Master 40-44				
Open & Sub Master 35-39					R. Breckenridge	340	235	475	1050
Roy Charlton	425	325	510	1260	Junior 20-23				
Teen 18-19					Scott Reichard	330	235	475	1040
John Kmetz	450	300	500	1250	Men 220				
Open & Teen 18-19					Open & Master 40-44				
Jim Folmar	440	255	535	1230	Nickolas Vlasic	565*	460*	565	1590*
Junior 20-23					Open & Teen 16-17				
Warren Olesinski	370	315	500	1185	Steve Morse	385	290	485	1160
Teen 18-19					Jon Kullerna	320	205	425	950
Benjamin Mills	385	280	510	1175	242				
Master 45-49					Open				
Steve Fisher	365	245	465	1075	Greg Hopkins	480	335	550	1365
Open & Master 40-44					Terry Johnson	475	295	505	1275
George Vosburgh	325	240	285	850	Tom Clumac	420	330	500	1250
Master 198					David Kiled	315	400	405	1120
Open					Teen 14-15				
D. Ferraro	460	260	555	1275	Chris Martin	290	175	405	870
D. Grandinetti	435	350	490	1275	Samuel peters	260	225	350	835
Open Master 40-44					275				
Dave Heintzel	365	300	525	1190	Open & Master 40-44				
Teen 18-19					Bart Shuman	600*	490	630	1720*
					4th	501.25**			
					Submaster 35-39				
					Jeff Lawson	450	310	540	1300
					Teen 16-17				
					S. Laskowski	400	210	425	1035
					Open & Master 55-59				
					Patrick Buratti	300	205	480	985
					4th	500*			
					Teen 14-15				
					Jack Lee, III	350	225	400	975
					319				
					Open & Master 40-44				
					Jack Lee, Jr	530*	350	600	1480
					Master 40-44				
					Dale Stoner	500	400	520	1420
					Teen 18-19				
					Anthony Byerly	435	275	535	1245
					Teen 16-17				
					Scott McHenry	425	350	460	1235
					Open & Master 45-49				
					Bill Ogden	435*	295	440	1170
					Open & Master 55-59				
					Terry Wallick	300	260	300	860
					* - American Age Record. * - American Open				

Record. Nine lifters were urine tested with eight "Passing" and one "Failure" for "Methandrostenolone" and a 56.1/1 ratio resulting with him being removed from the results and "suspended" from the ADAU. 1st place open team: Joe's Gym of Erie PA - 110 Points. 1st place Mixed Team: North East PA Powerlifters - 116 Points. 2nd Place Mixed Team: Ultimate Fitness of Ohio - 94 points. (Thanks to Al Siegel for providing results.)

USAPL Mississippi State			
03 AUG 02 - Gulfport, MS			
Bench	Reginald Naylor	490	
132	Jon Stewart	425	
14-15 Teen	Todd Ernest	400	
Cody Anderson	Billy Kellum	300	
198	JR		
John Vining	Richard Krumm	420	
18-19	Submaster		
David McDuffie	James Young	305	
Master 50-54	40-44 Master		
Mike Skmetta	230		
Open	Brock Henry	420	
45-49 Master	Bill Murphy	405	

Open	SQ	BP	DL	TOT
132				
Allen Whigham	485	260	515	1260
220				
Patrick Hudin	555	425	675	1655
Mark Johnson	590	375	605	1570
Richard Krumm	485	420	570	1475
Jon Stewart	570	425	620	1615
242				
Jeff Douglas	775	475	700	1950
Kelvin Doss	690	340	675	1705
Derrick Lott	550	325	580	1455
275				
Neil Gewirtmann	640	385	585	1610
309				
Paul Fletcher	775	470	725	1960
40-44 Master 132				
Kevin Jones	375	230	360	965
60-64 Master 165				
Jim Lyons	345	210	365	920
45-49 Master 181				
Travis Smith	405	285	400	1090
40-44 Master 198				
Barry Marotte	535	345	500	1380
45-49 Master 198				
Thom Carrigan	455	315	530	1300
55-59 Master				
Ron Jinkins	410	325	500	1235
Lewis Langlinas	445	245		
60-64 Master				
Victor Bazzone	385	290	470	1145
Submaster				
Rick Amos	415	280	470	1165
220				
James Young	410	320	505	1255
40-44 Master 309				
Paul Fletcher	775	470	715	1960
45-49 Master				
Robert Smith	545	400	555	1500
50-54 Master 220				
Ronnie Randall	500	360	465	1325
JR				
Jon Stewart	570	425	620	1615
Richard Krumm	485	420	570	1475
14-15 Teen 114				
Joe Cefalu	200	100	220	520
David Albus	225	105	285	615
16-17 Teen				
Robert Blunsch	245	125	300	670
132				
Daniel Brignal	325	155	335	815
18-19 Teen				
R. Hawthorne	385	250	515	1150
14-15 Teen 148				
Scott Hymel	220	170	240	630
16-17				
Casey Bellard	330	200	355	885
Ryan Caprari	400	210	440	1050
165				
David Starkey	425	245	450	1120
Greg Barthe	335	170	390	895
David Amond	305	150	400	855
181				
Eric Thompson	520	315	560	1395
Luke Savoie	470	245	540	1255
Josh Hahn	460	270	490	1220
198				
Garrett Halpehn	405	290	475	1170
220				
Shane Raliet	390	235	400	1025
John Burford	600	265	535	1500
242				
Mitchell Downing	340	170	400	910
Ernest Wilkes	500	315	570	1425
18-19				
Kelvin Doss	690	340	675	1705
275				
Greg Theriot	665	330	625	1620
SHW				
Edwin Greenlee	570	340	570	1480
Open				
165				
Monica Hare	350!	220!	360!	930!
16-17				
105				
M. Hendricks	170	80	220	470
114				
Rachel Touchet	185	85	210	450
148				
Randi Smith	305	120	255	680
14-15				
165				
Kate Savoie	245	115	270	530
16-17				
181				
Ashley Porche	315	140	300	755
SHW				
Elise Moran	340	150	315	805
! - Denotes state record. Host: Rhodes Club Fitness.				
Announcer: Patrick Moore. Scores: Jo Moore,				
Karen Rhodes. Judges: Doc Rhodes, Brad Rhodes,				
Chad Rhodes, Vinson Keyhea, Andrew Caprari,				
Joey Ladnier, Jim Wold, Victor Bazzone, Beau Gex,				
Gary Frank, Brock Henry, Bill Murphy, Allen				
Whigham, Tony Caprari, Robert Smith. Best Lifter				



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## APA SOUTHEAST COAST BP & DL 28 SEP 02 - Winter Park, FL

Bench	M. Chaffin	455
Women's Open	V. Lopez	415
R. Russillo	T. Wright	
A. LaConib	Open 275	
Teenage	L. Lavarro	550
B. Hopper	J. LaComb	425
T. Wright	T. Gainer	390
Junior	G. Gass	
L. Morrison	Open 308	
SubMaster	S. White	530
J. LaComb	Open SHW	
R. Koller	M. Rodriguez	575
M. Spellman	Deadlift	
Master 40-49	Women's Open	
M. Rodriguez	K. Noblit	315
M. Cain/45/349	Teenage	
4th	R. Bent	500
Doug Huston	B. Hopper	
T. Gainer	Junior	
A. Barkus	L. Morrison	585*
G. Godwin	Master 40-49	
Master 50-59	T. Lynch	410
J. Otto	G. Godwin	425
J. Stehman	Master 50-59	
F. McBride	L. Russell	570
Master 60+	J. Stehman	490
B. Bradford	T. Haller	370
D. Botelho	Open 148	
Open 132 lb.	B. Schwab	575
B. Goelz	Open 165	
Open 148 lb	P. O'Grady	450
B. Schwab	J. Lynch	410
T. McCoy	Open 181	
Open 165 lb	L. Morrison	585*
J. Mouzon	Open 198	
Open 181 lb.	J. Cervero	625*
L. Morrison	J. Bellemare	560
J. Quirido	Open 220	
Open 220lb	L. Russell	570
F. Anderson	Open 242	
Open 242 lb	M. Chaffin	550
J. Keene	Open 275	
4th	L. Lavarro	705

The Southeast Coast Bench Press & Deadlift Championships was a very successful event with lifters coming from as far away as the state of Maine to participate. Lifting quality was excellent and the quality of those judging the event. Several records were set. Special thanks to John Herrick for setting up this event and some very good sponsorships. Between MetRx and GNC the best lifters saw some excellent prizes with the best lifter of the Bench



Brian Schwab prepares to attempt 600 @ 147 bodyweight at the APA Southeast Coast Deadlift (The photograph is courtesy of Scott Taylor)

Press receiving an expense paid trip for two including airfare to the Mr. Olympia contest and the best lifter in the deadlift event receiving a cash prize and free supplements from GNC. The event will take place again the same weekend next year and we look forward to another successful event in 2003. Special thanks to the referees and spotters for an excellent job. (Scott Taylor provided these results.)

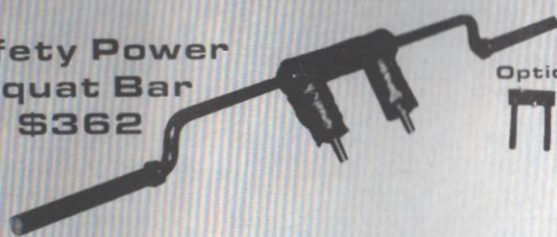
## USAPL Illinois State and Midwest BP 05 JAN 02 - Buffalo Grove, IL(kg)

WOMEN	D. GONZALEZ	170
165	R. WALSCHEID	
R. HAAS	57.5	242
TEEN	N. KIRKIRIS	177.5
132	242	
D. GONZALEZ	87.5	M. PHILLIPS 145
148	275	
M. HAFEEZ	150	R. HAAS 195
JUNIOR	MIDWEST OPEN	
123	MASTERS	
M. TELLEZ	107.5(40-49)	165
181	165	
N. DELUISE	160	M. TETRICK 132.5
MASTERS	UNL	
165	S. ELLIS	245
M. TELLEZ	107.5R. HARVEY	205
181	MASTERS	
D. WILEY	167.5(50 & UP)	
198	UNL	
ROSENZWEIG	180	D. JANSEN 190
220	OPEN	
T. MULL	205	198
OPEN	K.FARLEY	192.5
181	220	
D. WILEY	167.5T. MULL	205
198	J. REYES	185
ROSENZWEIG	180	R. WALSCHEID
M. DEW	165	UNL
220	R. HARVEY	205
J. REYES	185	D. JANSEN 190

BEST LIFTERS: ILLINOIS STATE - WOMEN: R. HAAS, TEEN: M. HAFEEZ, JUNIOR: N. DELUISE, MASTERS: D. ROSENZWEIG, OPEN: T. MULL, D. ROSENZWEIG, D. WILEY, MIDWEST OPEN MASTERS: S. ELLIS, OPEN: T. MULL, K. FARLEY, R. HARVEY. (And thanks to Dennis Brady for providing the meet results to Powerlifting USA)

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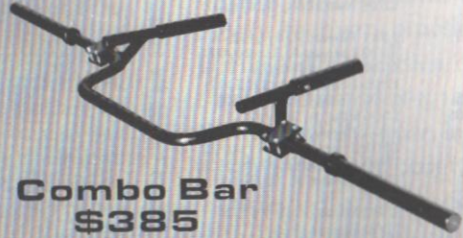


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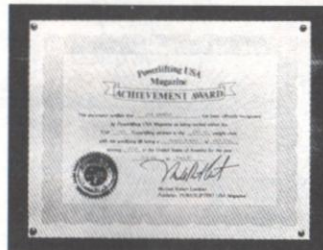
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## NEXT MONTH... TOP 181s

**Corrections...** There was a typographical error on the results of the IPA World Cup (p.68, Oct/02 PL USA) where Derek Barker should have been credited with a 700 squat in the 220 lb. class. Also in that issue, Brendan Rohan should have been credited with a 547.5 kg. total in the 148 lb. class (p.39). In the results of the APA Southwest Florida BP, Mike Couch should be credited with 665 in the bench press. In the results of the Sept. 29, 2001 MCI Norfolk Senior PL meet, C. Carroll should have been credited with a 4th attempt 675 in the deadlift in the 220 lb. class. Dr. Judd's comments on Pete Rose playing in Three River Stadium, should have noted that he played at the similarly named Riverfront Stadium. We recognize the fact that we do make errors in our own compilation of the various ranking lists and meet results we publish, however, in some cases we were not able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Post Office Box 467, Camarillo, California 93011.

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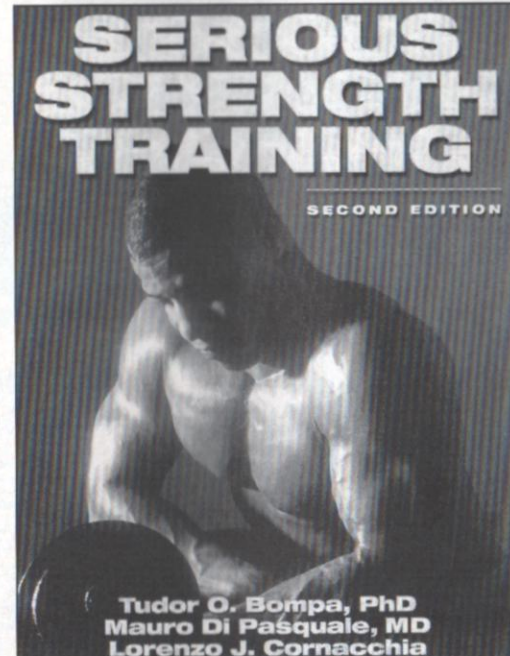
nation on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. (432 pages, 70 illustrations). Paperback edition is \$23.50 plus \$4 shipping and handling per book hardbound books in stock - \$65 plus \$4 s/h. Send orders for MUSCLETOWN USA payable to PL USA, Box 467, Camarillo, CA 93011.

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SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1 777 Berardinelli, A. 6/14/02	529 Miller, L. 8/24/02	685 Conyers, T. 3/23/02	1879 Conyers, T. 2/24/02
2 773 Hooper, W. 2/24/02	518 Hara, M. 8/24/02	672 Nickson, E. 12/8/01	1840 Hooper, W. 2/24/02
3 766 Conyers, T. 12/1/01	500 Mazzo, J. 6/15/02	639 Cayer, R. 10/27/01	1813 Berardinelli, A. 6/14/02
4 700 Salvagni, R. 10/28/01	496 Hooper, W. 2/24/02	625 Wright, R. 5/11/02	1750 Salvagni, R. 10/28/01
5 640 Crowe, B. 10/20/01	495 Bold, F. 7/20/02	625 Castro, M. 8/10/02	1650 Crowe, B. 10/20/01
6 620 Friend, J. 7/20/02	480 Taylor, F. 3/30/02	622 Braca, J. 11/17/01	1598 Cayer, A. 10/27/01
7 611 Olson, G. 8/24/02	475 Salvagni, R. 10/28/01	606 Macri, M. 4/6/02	1570 Nickson, E. 5/19/02
8 606 Robbins, 9/14/01	470 Kilts, J. 2/10/02	605 Bridges, E. 8/18/02	1563 Brandon, M. 7/13/02
9 606 Brandon, M. 7/13/02	462 Berardinelli, A. 9/8/01	601 Cirigliano, R. 5/18/02	1535 Bridges, E. 9/22/01
10 600 Perez, J. 11/10/01	452 Luther, J. 3/9/02	600 Rijos-Soto, 4/27/02	1532 Petrillo, D. 2/23/02
11 585 Bridges, E. 9/22/01	451 Conyers, T. 9/8/01	600 Berardinelli, A. 6/14/02	1526 Robbins, 9/14/01
12 575 Curley, P. 7/20/02	451 Kaneshiro, S. 5/4/02	590 Wright, G. 11/12/01	1504 Perez, J. 11/10/01
13 573 Cayer, A. 5/4/02	446 Baker, G. 7/26/02	589 Petrillo, D. 2/23/02	1500 Wright, R. 5/11/02
14 573 Petrillo, D. 6/14/02	440 Franzaglia, D. 11/18/01	589 Hooper, W. 2/24/02	1500 Bermudez, L. 5/11/02
15 573 Bracken, D. 7/13/02	440 Phillips, W. 4/27/02	585 Snelling, R. 2/10/02	1490 Beaupre, S. 5/18/02
16 570 McVane, A. 11/17/01	435 Crowe, B. 10/20/01	584 Hokoana, M. 5/4/02	1482 Dinkel, D. 12/8/01
17 565 Beaupre, S. 5/18/02	430 Elrod, 8/3/02	575 Crowe, B. 10/20/01	1480 McVane, A. 7/6/02
18 562 Lewis, 10/19/01	429 McCarly, R. 3/16/02	575 Salvagni, R. 10/28/01	1476 Macri, M. 4/6/02
19 562 Woodworth, M. 6/8/02	424 Ferrerio, D. 9/8/01	575 Bermudez, L. 12/15/01	1465 Olson, G. 5/25/02
20 560 Schupbach, J. 11/10/01	424 Agamao, A. J. 11/18/01	575 Wright, 4/27/02	1460 Friend, J. 7/20/02
21 556 Nickson, E. 5/19/02	421 Harrington, P. 3/9/02	575 DiCataldo Jr., S. 5/18/02	1450 DiCataldo Jr., S. 5/18/02
22 555 Cruz, E. 3/23/02	420 Hattenberger, D. 6/8/02	575 Curley, P. 6/15/02	1448 Davis, K. 7/13/02
23 551 Smith, G. 11/10/01	420 Daly, R. 7/13/02	573 Robbins, 9/14/01	1448 Bracken, D. 7/13/02
24 551 Wiltshire, G. 12/8/01	418 Ward, S. 11/18/01	573 Watkins, A. 11/10/01	1440 Schupbach, J. 11/10/01
25 551 Macri, M. 4/6/02	418 Cunningham, J. 4/20/02	573 Carinci, D. 11/17/01	1437 Lewis, 10/19/01
26 550 Beeks, D. 2/9/02	418 Slaughter, L. 4/27/02	573 Olson, G. 8/24/02	1437 Woodworth, M. 6/8/02
27 550 Barnes, B. 3/23/02	418 Furnas, A. 8/24/02	570 McVane, A. 7/6/02	1435 Curley, P. 7/20/02
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30 550 Keenan, P. 8/17/02	413 Scardina, S. 2/16/02	570 Turner, A. 8/17/02	1416 Wiltshire, G. 12/8/01
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34 534 Yezer, A. 4/6/02	410 Williams, J. 8/3/02	565 Retz, G. 12/8/01	1410 Hughes, C. 7/13/02
35 530 Clay, 1/19/02	407 Tischer, B. 9/8/01	562 Smith, G. 11/10/01	1400 Keenan, P. 8/17/02
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43 523 Matsumoto, R. 12/8/01	400 Spielman, A. 9/30/01	551 Brown, D. 12/8/01	1377 Hill, J. 7/13/02
44 523 Cagliola, M. 4/6/02	400 Lundgren, T. 9/01	551 Matsumoto, R. 12/8/01	1372 Smith, C. 10/6/01
45 520 Rodriguez, A. 3/23/02	400 Pelkey, B. 11/10/02	551 Dargin, C. 3/2/02	1372 Watkins, A. 11/10/01
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50 518 Lumpe, S. 5/25/02	400 Birt, R. 6/22/02	550 Hill, J. 3/9/02	1361 Garza, R. 11/17/01
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56 512 Hughes, C. 7/13/02	390 Bermudez, L. 5/11/02	540 Santee, G. 10/6/01	1355 Catalino, M. 7/27/02
57 510 Wright, R. 5/11/02	385 Evangelista, F. 11/18/01	540 White, 12/1/01	1350 Carinci, D. 11/17/01
58 507 Smith, C. 10/6/01	385 Marsipini, J. 12/1/01	540 Davis, K. 3/2/02	1350 Turner, A. 2/17/02
59 507 Watkins, A. 11/10/01	385 Richmond, M. 12/1/01	540 Ricchio, K. 3/8/02	1350 Thomas, 3/16/02
60 507 Atkins, L. 3/16/02	385 Bullard, O. 4/20/02	540 Bourgeault, J. 3/10/02	1345 Polak, J. 3/9/02
61 507 Hill, J. 4/6/02	385 Nickson, E. 7/13/02	540 White, F. 3/10/02	1345 Cruz, E. 3/23/02
62 507 Kenney, M. 5/4/02	380 Bentley, C. 3/23/02	540 Williams, B. 3/16/02	1340 Guthrie, G. 10/27/01
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64 505 Retz, G. 12/8/01	377 Naughton, D. 4/6/02	540 Garza, R. 11/17/01	1339 Bourgeault, J. 3/10/02
65 505 Ricchio, K. 3/8/02	375 Cordez, T. 12/8/01	540 Kanavas, C. 5/4/02	1339 Sweager, J. 4/13/02
66 505 Keel, D. 5/4/02	375 Davis, K. 2/16/02	540 Beaupre, S. 5/18/02	1335 Siewa, S. 10/27/01
67 501 Green, J. 10/27/01	375 Wong, P. 3/16/02	540 D'Allesandris, D. 5/18/02	1335 Marshall, G. 5/18/02
68 501 Brown, C. 12/8/01	375 Thomas, 5/4/02	540 Boutte, P. 5/25/02	1333 Barnes, 10/27/01
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70 501 Kanavas, C. 5/4/02	375 Linerud, D. 5/4/02	535 Siewa, S. 10/27/01	1328 Cardwell, V. 11/10/01
71 501 Cirigliano, R. 5/25/02	375 Mouzan, J. 8/10/02	535 Polak, J. 3/9/02	1328 Kwiatkowski, A. 3/23/02
72 501 Scanlon, J. 6/14/02	375 Evans, M. 8/17/02	535 Jarrad, N. 3/23/02	1325 McCarthy, D. 11/17/01
73 501 Straub, T. 6/15/02	375 Benson, S. 8/17/02	535 Catalino, M. 7/27/02	1325 Ricchio, K. 3/8/02
74 501 Edwards, C. 6/15/02	375 Nardo, J. 8/24/02	534 Flores, R. 4/6/02	1322 Walton, E. 6/15/02
75 501 Corpuz, N. 7/13/02	374 Schaub, B. 9/8/01	531 Hersperger, A. 7/27/02	1320 Rodriguez, A. 3/23/02
76 501 Freeman, M. 7/20/02	374 Whit, B. 10/6/01	530 Cannon, M. 1/19/02	1317 Hurd, C. 6/29/02
77 500 Siewa, S. 10/27/01	374 Perez, J. 11/10/01	530 Peterson, 2/10/02	1317 Wade, T. 7/27/02
78 500 Turner, A. 2/17/02	374 Luther, L. 3/9/02	530 Cruz, E. 3/23/02	1315 Peterson, 2/10/02
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92 490 Barnes, 10/27/01	365 Davis, B. 2/16/02	520 Gallo, C. 10/27/01	1300 Barnes, B. 3/23/02
93 490 Cardwell, V. 11/10/01	365 Fleming, P. 3/16/02	520 Schupbach, J. 11/11/01	1300 Cirigliano, R. 5/25/02
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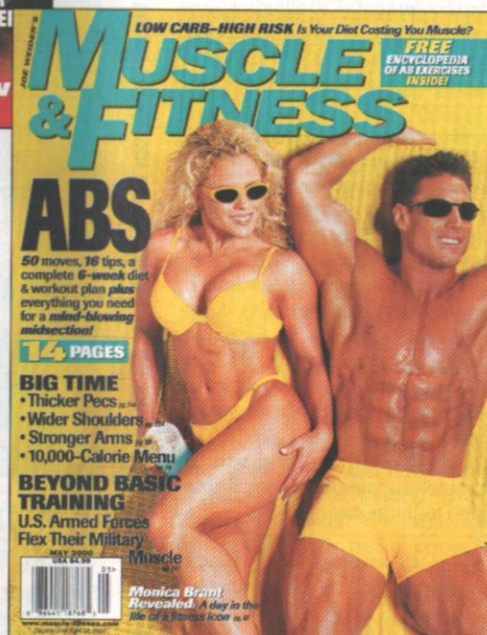


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