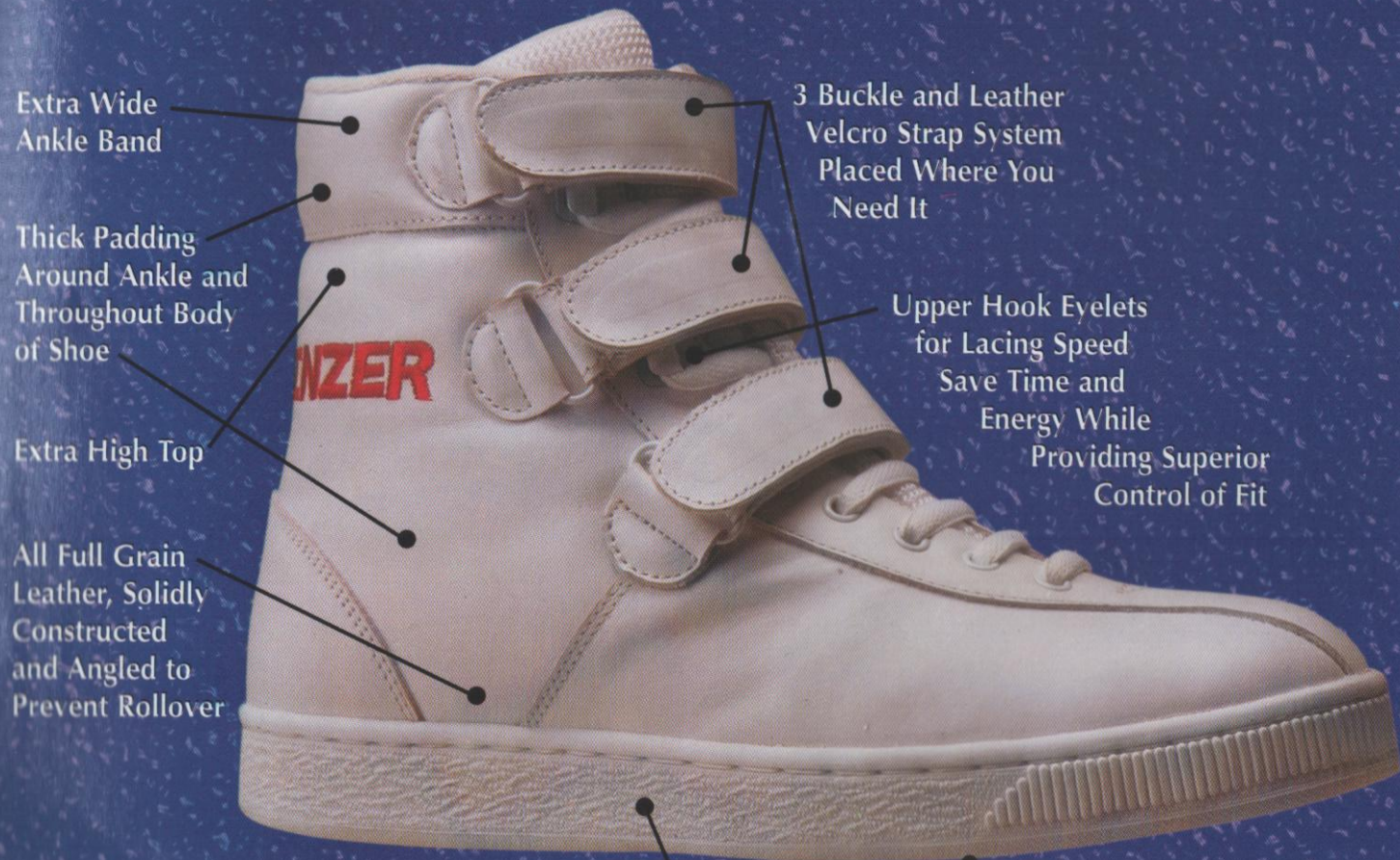


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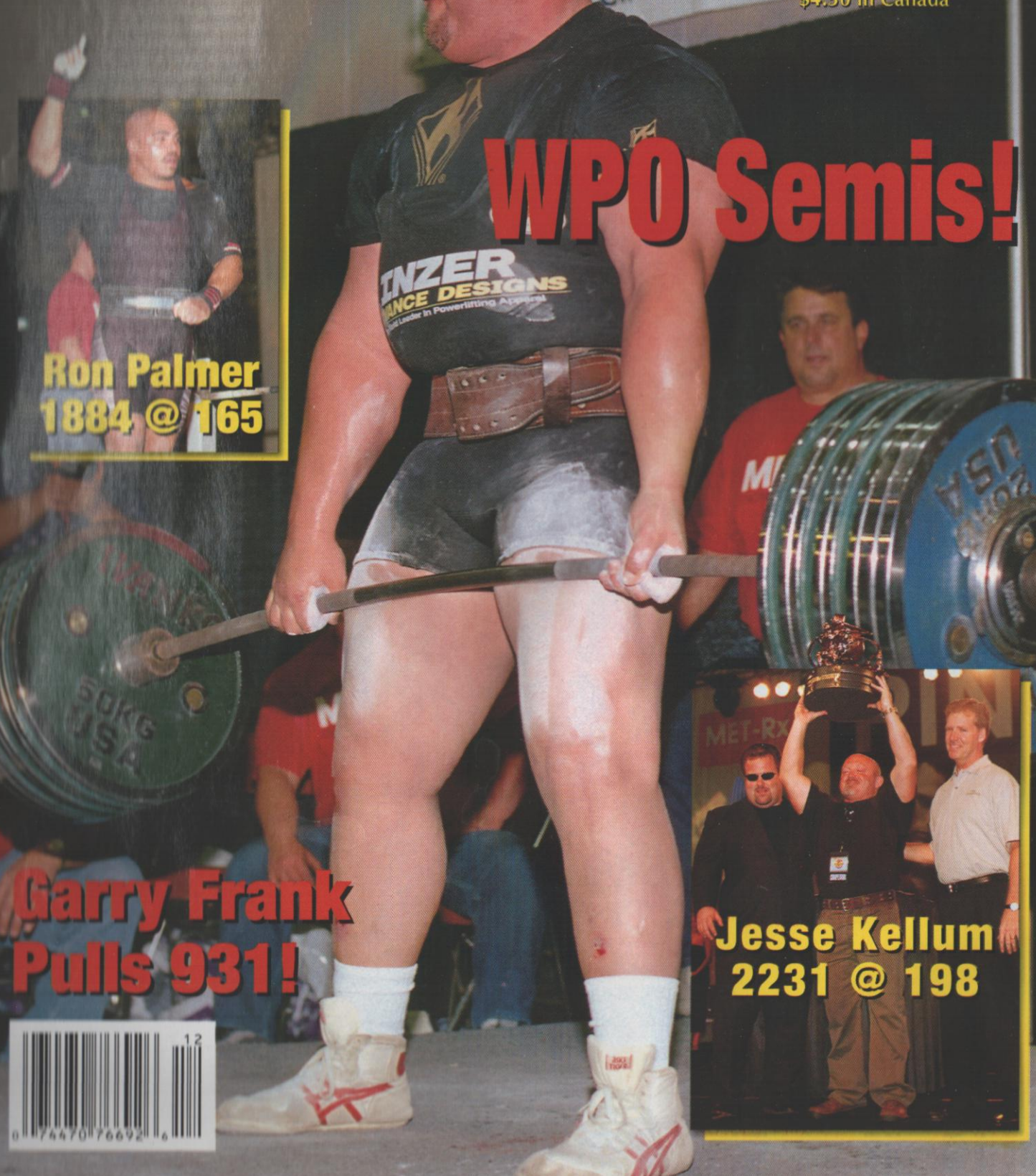
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WPO Semis!

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1884 @ 165

Garry Frank
Pulls 931!

Jesse Kellum
2231 @ 198





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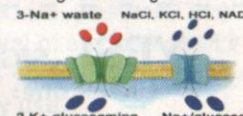
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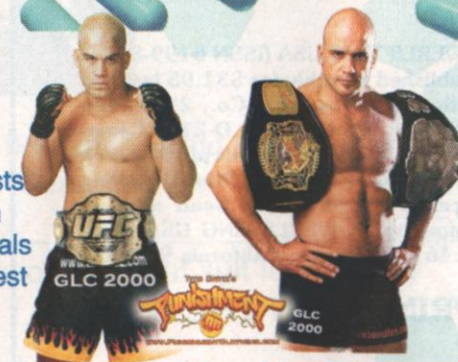
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ON THE COVER Ron Palmer, Jesse Kellum, and Garry Franks history making 931 deadlift at the WPO Semi-Finals.

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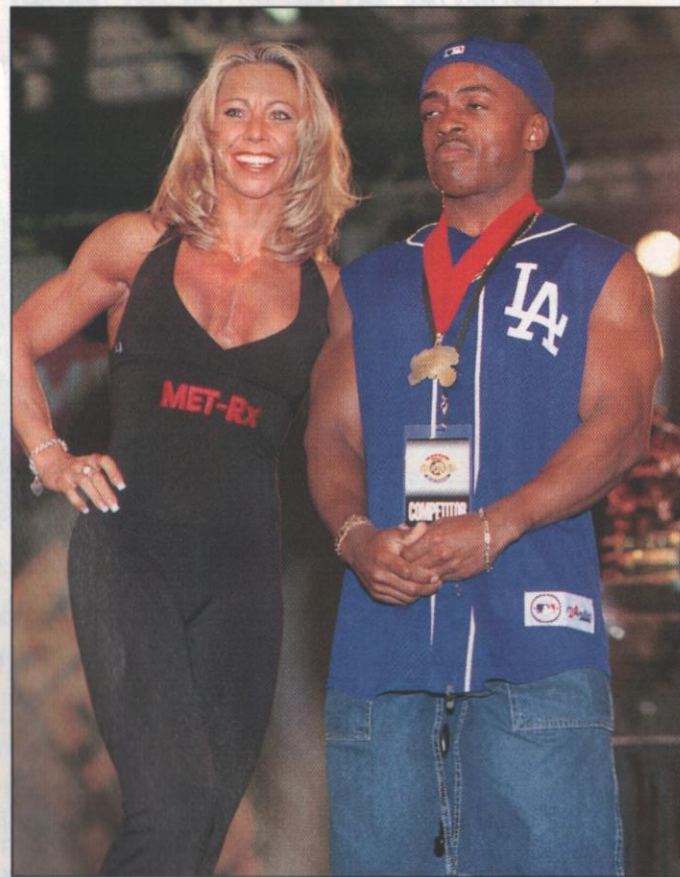
A new supershow of fitness has been born, and powerlifting is a significant part of it from the get-go. The GNC SHOW OF STRENGTH, a concept co-developed by Scott Johnson, the Chairman/CEO of Basic Media Group, and Jim Lorimer of Arnold Classic fame, was bumped up a year in the planning phase from 2003, and was staged at the enormous Morial Convention Center (named for the first African-American mayor of the city, among his many other firsts) ... right next to the French Quarter in fabulous New Orleans. It is hoped that this event, which is set for the "Big Easy" again next year, will become the third premier bodybuilding/fitness expo in the country, alongside the Arnold Classic and the Mr. Olympia contest. WPO President Kieran Kidder took advantage of the chance for a premium slot in this initial presentation and thus re-scheduled his Bench Bash for Cash and the WPO Semifinals to coincide. Some of the lifting flights actually took place on the central stage, arranged much like the Arnold Classic, fronted by spectator seating and numerous commercial booths, and others were staged at a special location in the facility where some of the truly heavy events (strongman and/or PL) could be more practically staged. Powerlifting was right there with very prestigious new men's and women's bodybuilding and fitness competitions (Gunter Schlierkamp upset multi-Mr. O. Ronnie Coleman ... there was over

The WPO SEMI-FINALS

as told by Powerlifting USA Editor Mike Lambert

\$320,000 in prize money at stake for these contests), an international wrestling event (the Kurt Angle Classic USA vs. the World duals, including the return from injury of upset Olympic Gold Medalist Rulon Gardner, plus a series of Louisiana high school bouts), and a great NASS strongman competition. Cash prizes were contested by the powerlifters (reportedly \$2500 for 1st place, \$1000 for 2nd, and \$500 for 3rd - sponsored by MetRX) as well as qualifying slots to compete in the WPO Finals to be held at the next Arnold Classic.

The event was promoted on a major local radio station, broadcasting from the site on opening day, and as a matter of post "9/11" respect, police, fire, and military personnel were allowed in for free (regular admission was a modest \$10). New NASS President (and former APF/WPC powerlifting superstar) Willie Wessels was a very well spoken host for the strongman competition (along with former PLer and strongman vet Gary Mitchell), and a number of the competitors had powerlifting backgrounds and got along well with the athletes there for the powerlifting events (they even used APT lifting straps in their pulling events). Mark Phillip, Odd Haugen, Steve Kirt, and Karl Gillingham used their pow-



Hennis Washington with his WPO medal presented by a MetRX lady.

erlifting credentials to compete against Bryan Neese, Brian Schoonveld, Phil Pfister, and Jesse 'the Kid' Marunde. (These guys



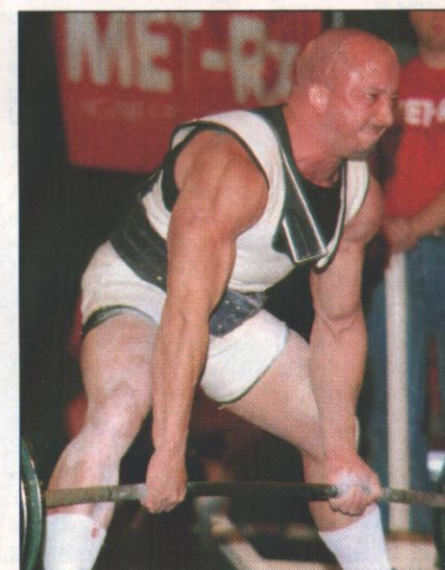
Chuck Vogelpohl was on fire, and didn't flame out with 964.

plugged their sponsors so often they sounded like stock car racers!) A major armwrestling tournament was also on the card. Bodybuilding aficionados could literally train with the Pros ... namely the likes of Shawn Ray, Bob Cicherillo, Kathy Priest, and Gunter Schlierkamp ... at various times during the expo. Lucky fans walked into the convention center full of anticipation and walked out with large, giveaway promotional bags full of free t-shirts, literature, and dozens of complimentary supplement samples.

The now renowned WPO card girls were on hand to introduce each lifter and their attempt, but cheerleaders from nearby Tulane University did the job on this first day of competition. Both Hennis Washington and August Clark Jr. were in ripped shape and would have done well in a lightweight bodybuilding championship, but they went at it in Powerlifting, taking it to the final

165s, where WPO lightweight champ Tony Conyers went 9/10 (missing a humungous 778 world record 4th attempt squat), but Ron Palmer was even more awesome - cutting to 165 after lifting at 185 a couple of weeks earlier. The weight loss effort was so extreme that Herb Glossbrenner indicated Ron had to get to the hospital to rehydrate afterwards. He missed a 755 4th attempt squat, but set a new all time total record with his 683 deadlift (1884), but he had even more in him and barely missed his final 705 deadlift, which would have cracked the 1900 total barrier. The weights he moves are so impressive when you consider how tall and lean he is compared to his competitors. Angelo Berardinelli came back with a sweet 760 squat on his third and then went a WPO world record 782 on a fourth attempt for another great success.

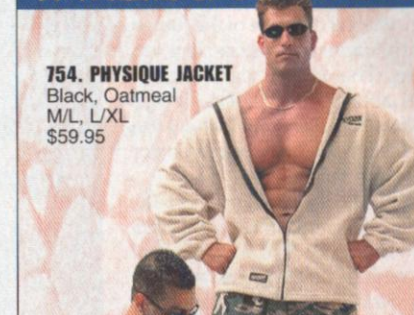
At 181, a lean Joe Dougherty handled Levi Alday, missing attempts at 771 in the squat, 490 and 507 in the bench, but making all three DLs. Alday missed a 501 BP and a 639 DL (twice). The 198s were awesome: John Wardell missed, then made a super 848 squat, but was not close on his BPs with 507 and 518 and was out. Matt Zweng, who had upset Kellum at their last big WPO clash, missed an 870 squat, looked Jesse in the eye as he walked off the platform, shook his hand, took a 518 bench, and that was it. Tatu Avola of Finland was starkly impressive with a slowly fought up 815 squat. He missed a 518 bench and 738 deadlift on third attempts, but that still left a big time 2033 lb. total. Tony Caprari, only 21 years of age, missed 826 in the squat and 822 (with the record breaking plates added to the bar) in the deadlift or his breakthrough 2044 total would have been even bigger. Arnold Coleman came in light for the weight class and went 8/8 for 2105, but all this excellence was to be superseded as Jesse Kellum was on home turf (Mandeville, LA) and ready to avenge his WPO loss. Virtually every one of his lifts looked easy: 821, an 888 world record, and he



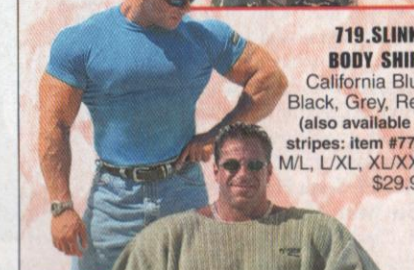
Brian Schwab balanced lifts = big total.

(WPO Semifinal article continued on page 85)

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The W.P.O Bench Bash for Cash was part of the GNC Show of Strength Spectacular held Nov. 10th at the magnificent Ernest N. Morial Convention Center located in the heart of New Orleans, LA, along the banks of the Mississippi River and within walking distance of the famed French Quarter and historic Jackson Square. The facility itself encompasses about 3 city blocks. It was quite a walk to Section F, where the competition was held, once you got entered the building.

WPO LIGHTWEIGHTS (148-165): Kevin Harmon of Fulton, MS @ 146.8 hoisted 352.7 on his final try to rank 5th among the finishers. Brian Strickland of Lakeland, FL came in 4th with a lift of 385.8 at 165. Third overall was Joe Mukite of Elgin, IL. Joe was going head to head against the Ragin' Cajun himself - August Clark Jr. of Folsom, LA. Clark had established a WR lift @ 132 two days prior of 451.9 lbs. in the WPO PL Semi-Finals, but he was a 148er here. Mukite opened with 424.4. Clark followed with 435.4 to take the lead. For his 2nd attempt Clark went for a WPO single lift WR

WPO BENCH BASH FOR CASH

As Reported for PL USA by Herb Glossbrenner



EXUBERANCE!!! ... August Clark Jr. blazed new trails as a lightweight.

and pressed 203.0 (447.5) - a good lift. Mukite, who'd done 450 back in April, felt confident to beat Clark, so called for 205 kg. (451.9) to take the record away, but failed to lift it in two tries. Clark was in a 'feeding frenzy' and took the same weight to beat his own WR, set moments before. With his coach/mentor - the great Jesse Kellum - urging him on, Clark took a 4th attempt with 207.5 (457.4) and made a yet another record to finish 2nd overall. The WPO lightweight Division winner was Marcus Schick from Germany. Despite having blocks to rest his feet on, Markus had trouble stabilizing following the handoff. Schick, at 74.1 bwt., missed his 529.1 opener, but came back

with a shaky 2nd attempt success to win the first place prize money. A subsequent try for a WR with 567.7 was too much.

WPO MIDDLEWEIGHTS (181-220) - In 5th place in the Middleweights was Kent Spires of Homestead, FL. Kent's best ever lift of 534.6 @ 181 was done a year ago. Here he got 3W for his strong 529.1 opening lift. Jumping to 551.1, he failed twice. On his last try the bar barely cleared his chest. 4th place went to the eldest of twin brothers, who both lifted in this competition. Bart Kelley of Easley, SC came in here at 217.8 and was the first born (15 minutes earlier than brother Brad - 21 JUL 1971). Bart opened at 529.1, then missed 551.1, before coming back and blasting it up a good 3rd attempt. In 3rd place was Rick Lawrence, 37, from Holiday, FL. This former BP specialist joined the 600 club a couple of years ago, and has been doing 3 lift meets since then. At 218.7 Rick commenced with 551.1 - good. He missed 573.2, but came back for a rousing success on a final try. Runner-up hailing from IL was Bill Gallagher, 29, Bill @ 191.8 was halfway between weight classes. He'd done 540 last Feb @ 181 and 585 @ 198 in a later meet. Bill looked right on track to do his best. He lifted, in turn, 551.1, then 573.2. Try as he might, he just couldn't lock out his 3rd lift with 584.2. Coming all the way from Zurich, Switzerland, Rene Imesch, 29, weighed 208.2. Rene has a best lift of 562 @ 198 done last year in Amberg, GER. Letting his bodyweight increase he achieved a tremendous lift of 275 kg (606.2) back in April weighing 207.7 at the WPC European BP Championships. Rene came to win and he did just that. He erred on his opener with 573.2, but increased to 584.2 on his 2nd attempt - good lift. For a final effort he nailed an excellent 270 kg., 595.2, to take home the top cash prize.

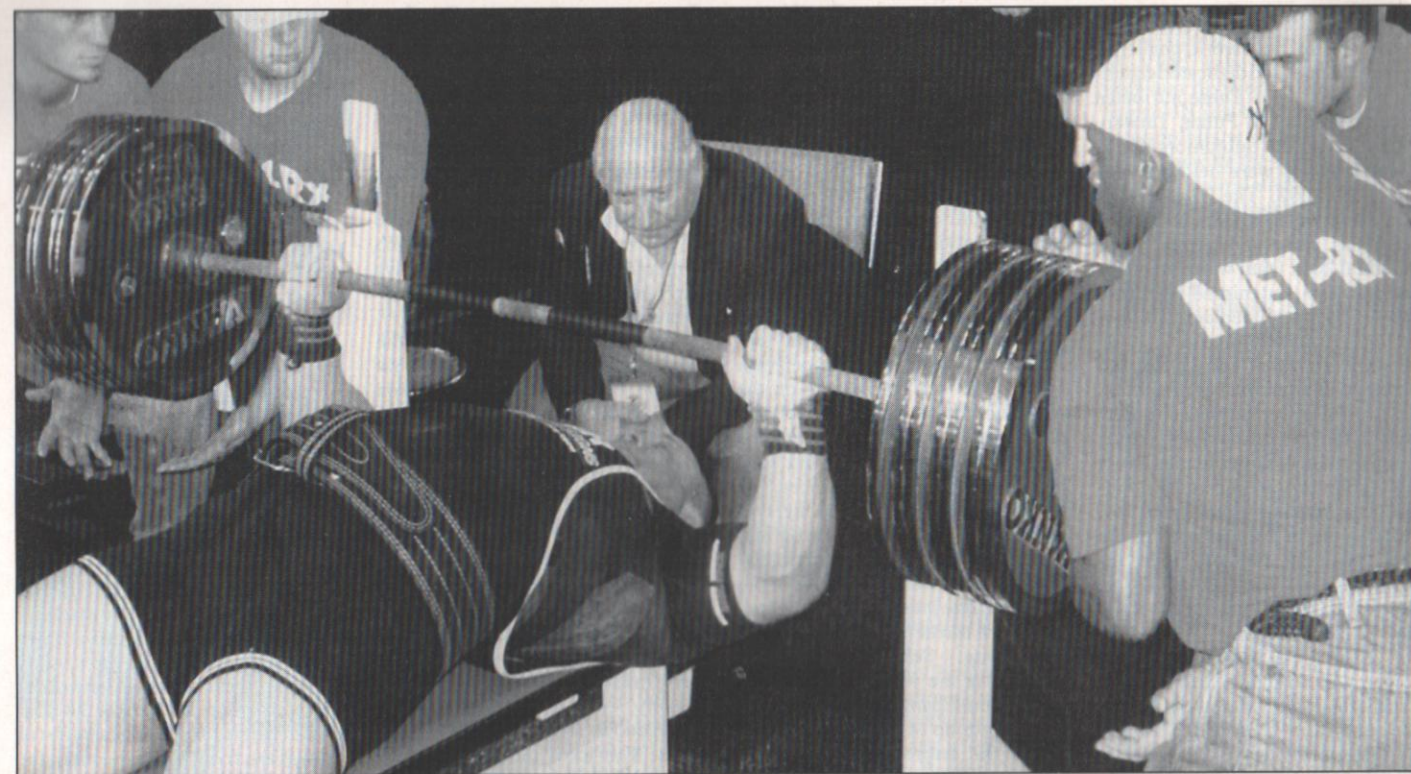
WPO HEAVYWEIGHTS (242-Superheavy) - Among the non-finishers was Michael Hummell, 247.1, out of Del Ray Beach, FL. Mike tried 573.2 and 600.7 (with the aid of a prosthesis in place of his missing left hand) - missed both and was out. Bill Carpenter, 29, of Dubuque, IA had high hopes coming in. He's 15th ranked in the World, All Time, at 242 with his best result of 290 kg. (639.4 lbs.) achieved this past March. Weighing 234.8, Bill missed his big opener with 655.8 and a subsequent increase to 672.4 also went nowhere and Bill was eliminated. Down, but not out, he'll be back! Beau Moore, 36, of Redington Square, FL had an official best lift of 722 to his credit weighing some 40 lbs. heavier. Having already done the 3 lift competition the day prior, Beau was entered to lift here also, but decided to pass. Finishing 4th was Tom Holzapfel, 38, 265.2 from Omaha, NE. Coming in with a best result of 580, Tom wanted to make sure he qualified for the WPO Finals next March, so he opened with a 501.5 success to assure that. Tom shirted up and went straight to 600.7. He locked it out, but raised his hips for no lift, then missed again on a 3rd. In 3rd place was the other Kelly twin, Brad,

who came in at 238.7. Brad performed some rather strange head and hand gestures before he commenced to bench, but put together a three good lifts; 611.8, 633.8, and finally 650.3 - a PR by 20 kg. The twins wanted me to inform you that they both were clean.

In 2nd place was John Zemmin, of Allen Park, MI. John was very impressive establishing a WPO, 275 class World Record of 327.5 kg. (722.1) on a 2nd attempt, coming through after missing this as his opener. This was worth a \$1000 extra cash for John. He leapt to a huge 347.5 (766.1) on a 3rd attempt hoping to own outright the biggest 275 BP of All-Time and exceed the mark of 760 held by Bill Crawford of Queensbury, NY. Not to be, this day, but congrats to John for producing yet another PR in his quest for excellence.

Big Clay Brandenburg, 28, of Southgate, MI is the huge training partner of John. At 394.6, he's almost as broad as he is tall. Clay opened with 328 kgs. going for the WPO Superheavyweight WR. He couldn't get the bar to touch his chest. Up to 345 kg. (760.6) for his 2nd attempt - also unable to make it. On a final try Clay went for 350 kg. (771.6). This time he was able to get it down and launched it up. The bar froze an inch from lockout. Another one bites the dust.

This left one man to prove that he is the strongest Bench Presser in the World, not just now but of all time. Scot Mendelson, 33, of Valley Glen, CA weighed in bigger than ever at 138.3 kg. (304.9). Since that was 2 days before he lifted (WPO allows a 48 hr. weigh-in), Scot got hungry and went on an eating binge. He tells me that the day he lifted he actually weighed between 318 and 322. Scot, recently, has been snowed by a deluge of BP shirts - each manufacturer wanting to provide the one which would give him that big stroke. Well, none of them panned out. One was guaranteed not to rip. He was told that he'd break both arms before the shirt would tear. A couple of weeks before coming here Scot put it on, and leaned toward the bar doing a partial pushup, and it split from breastbone to abdomen. What to do? Mendelson stuck with his 'old reliable' - the INZER EHDHP double polyester that he'd used since winning the '01 WPC BP Worlds in Johannesburg, RSA (738.6). The same one that he won the 2002 Arnold Classic with (755.1) and, yes, the same shirt he punched 766.1 with up in Canada. Would the MAGIC FABRIC hold up? Warming up here, Scot took 735 in the back



Scot Mendelson ... sapped by three tries to get 782 passed, he came this close with an historic 804 attempt. (Herb Glossbrenner photograph)

warming up, but couldn't get the load to his chest. He came out for his opener with 355 kg. (782.6 lbs.) looking incredibly big, his poly shirt skin tight stretched against his massive upper body. Scot was not THRILLED TO THE GILLS but he was JACKED TO THE MAX. With a couple of club like blows to the head by Big Daddy John Ford, Scot rushed to the bench, kicked his legs back to where he has the best leverage, fidgeted until he had his shoulders braced just right, and then came the handoff. He brought it down and touched his chest awaiting the press command from APF President Ernie Frantz. The signal came and the

monster payload exploded from his ten inch thick pectoral launching pad; traveling upward with great velocity and locking without the slightest bit of difficulty. You can imagine my shock, as well as everyone else's, when 2 reds came on. The side judges said his hips raised ever so slightly from the bench. The weight looked light, so he repeated. It was a carbon copy of the first lift, blasted up strongly to lockout with no waver or hesitation. Bedlam erupted, followed by gasps of dismay. Again - 2 red lights. The side officials said his buttocks came off the bench once again. There would be no gifts today! If he was to get credit for it, he

would have to do it perfectly. Last chance. Scot came out fuming. Once again he took the monster load chestward, paused with it, and - following the press command - pressed it up powerfully. This time GOOD LIFT - all three judges agreed. Having endured that fiasco, Scot went straight to the weight held trained for all along and was prepared to do; 365 kg. (804.7 lbs.) Unfortunately, even a superhuman has his limitations. Imagine benching 782.6 three times in succession, then trying 804.7. Scot blasted it within a scant three or four inches of completion before his strength finally waned. Imagine doing this in an old used double poly shirt.

It was a big disappointment for Scot, who wanted to retire as the undisputed best there ever was. He will postpone his retirement until after the Arnold Classic in March where he promises he will deliver the Big One. Is there anything left in his magic shirt? Yes, I'm certain there is. Scot wants Kennelly (especially) and any other claimants to show up and face him and suffer defeat with head held high like a man. There is no shame in coming in 2nd to Scot Mendelson, who is simply the strongest bench presser the World has ever seen. If anyone has any doubts, show up on March 2, 2003

and see for yourself. The TRUE KING OF THE MONSTER BENCHERS is Scot Mendelson. Everybody knows it, including his challengers. BE THERE and BEWARE!

Scot's wife Maricelle was on hand along with his children Jade Beven and Troy Scott as well as his sisters, proud father, and dozens of his clients (Scot is a personal trainer) to share in this moment. For winning the WPO Heavyweight Division, Mendelson won \$3500 plus \$1000 for setting his WR 782.6 BP. Total earnings were \$4500 - worth the trip. Oh, yes, Scot and Maricelle are expecting their third child any time now. As far as the biggest BP - Scot will deliver that himself March 2, 2003 in Columbus, Ohio. Pardon my redundancy.

WPO Bench Bash for Cash 10 NOV 02 - New Orleans, LA

| Class | BP1 | BP2 | BP3 | BP4 |
|------------------|-----|-----|-----|-----|
| 148 | | | | |
| August Clark Jr. | 435 | 447 | 452 | 457 |
| Joe Mukite | 424 | 454 | 454 | |
| Kevin Harmon | 325 | 352 | 352 | |
| 165 | | | | |
| Markus Shick | 529 | 529 | 567 | |
| Brian Strickland | 385 | 402 | 402 | |
| 181 | | | | |
| Kent Spires | 529 | 554 | 554 | |
| 198 | | | | |
| Bill Gallagher | 551 | 573 | 584 | |
| 220 | | | | |
| Rene Imesch | 573 | 584 | 595 | |
| Rick Lawrence | 551 | 573 | 573 | |
| Bart Kelly | 529 | 554 | 551 | |
| 242 | | | | |
| Brad Kelly | 611 | 633 | 650 | 702 |
| Bill Carpenter | 655 | 672 | | |
| 275 | | | | |
| Tom Holzapfel | 501 | 600 | 600 | |
| 308 | | | | |
| Scot Mendelson | 702 | 702 | 782 | 804 |
| John Zemmin | 722 | 722 | 766 | |
| SHW | | | | |
| C. Brandenburg | 723 | 760 | 774 | |



You Be The Judge ... on this attempt by Brad Kelly ... or is it by Bro Bart Kelly?



GERMAN POWER ... Markus Schick with Gunter Schlierkamp

IPF Subjunior Worlds

as told to Powerlifting USA by John Dickey

Where do good young lifters come from? Desire, teamwork, challenging experiences and dedicated coaching is a good bet. These attributes were on display in Putzu, Taiwan, where the 2nd IPF Subjunior World Championships were held September 25-29, 2002. The 2002 meet is the first in which a USA Subjunior Team has competed. Last year's inaugural 2001 team was primed for Sochi, Russia, but missed out due to travel concerns immediately following the 9-11 incident in NYC. With this year's arrival of Team USA, and increased international participation in powerlifting on the women's side, the 2002 ranks increased to 49 women (from 33 in Russia) and 48 men (from 42) despite late no-shows by countries experiencing travel problems. Participating in Taiwan were lifters from, Australia, Finland, India, Japan, Russia, Sri Lanka, USA, Uzbekistan, and from our gracious host, Chinese Taipei.

Team USA, consisting of 10 women and 10 men (most in their first international competition), came through with 5 GOLD, 5 SILVER and 2 BRONZE medals with numerous subjunior WRs and PRs, finishing 2nd only to a deep and technically polished Russian team. This showing is largely due to the coaching and organizational efforts by a staff headed by Tod Miller (Plainwell, MI), with Joe Lewis (Neenah, WI), Trey Cunningham (Louisiana Tech U., Ruston, LA) and Larry Maile, (Anchorage, AK).

Scoresheets only hint at the experience and team building gained by these young lifters, who qualified as champions and alternates at the National HS meet this spring in St. Louis. Bonding into a team was

instant among sub-cuzzes (as the 'subjunior cousins' called themselves). Some have competed and partied with each other for several years at national meets, so little introduction was needed for the core 'old-timers', the 18 year olds. From there, a shared enthusiasm for powerlifting by veterans and novices kicked in, and the team became Team USA. The 'real' old-timers on the trip found quick humor and fellowship in discussing how obsessions with powerlifting have taken sons and daughters to remote places.

Just after noon on a Sunday, two groups of lifters met in Detroit and New Orleans to begin 17 hour flights/layovers for a westward chase of the sun across the international date line. This first travel 'day' felt about 36 hours long. Schedules held well enough for the two groups to converge at the Chang-Kai Chek airport at the north tip of Taiwan in Taipei, where the entire 2002 Subjunior Team actually met for the first time. After clearing customs, the group boarded busses for a 3 1/2 hour trek, 2/3 of the way down the island on Highway 1, an interstate-style freeway that runs the length of Taiwan (which is about 1/4 the area of our own Michigan, Wisconsin, or Louisiana), to Chia-Yi city. Near Chia-Yi city we then turned west toward the sea and the venue at Putzu. First hoot - the women's team finding 'squatty-potty' facilities by at a freeway rest stop ... well, we sure weren't in the States anymore!

The busses arrived at the Chia

Chou Hotel in Putzu in evening darkness with no need to reset watches, but our 'body clocks' told us that it was 7:00 in the morning and not 7:00 in the evening. Kudos to Coach Miller for planning arrival a few days early help make what jet-lag adjustments we could.

The real adventures began on the first morning, when we got a first look at Putzu. Putzu (population about 30,000) is a bustling blend of the old and the new, East and West - crowded streets (few sidewalks), ornate temples, farmers markets, and street shopping ... sprinkled with 7-11s, Starbucks, and a McDonalds (first hero of the trip ... McD's ... for saving lives on the coaching staff). The streets were full of cars, bicycles, and especially mopeds, the transportation of choice in the city. The Taiwanese people were always friendly, or at least curious of the conspicuous strangers walking the street. The local old-timers, especially, liked having their pictures taken with us. School children came out to try out their English. First shopping pursuit for some was for the popular decorative pillows to help soften the ultra-firm bedding at the Chia Chou. Soon, the Pro internet cafe was located near the center of town, a place to catch up on the weekend football scores and maintain contact with the powerlifting community in the states via the USAPL Forum website, all for \$20 Taiwanese per hour (about 65 cents US). It was also found that mopeds could be rented daily or about \$200

Taiwanese (\$6.50 U.S.), which became a great source of noisy early morning fun for our Russian hotel mates.

On our second evening, several coaching staff and lifters bussed to the venue for a coaches' meeting and a chance to scope out the site. The venue was under an eye-catching tent-style fabric roof of the 10,000 seat Chia-Yi county stadium, which stood in modern architectural contrast to the nearby subtropical gardens and farms and the traditional city of Putzu. During the competition, good weather, the translucent fabric roof, and the white-walled stadium interior provided a bright, naturally lit setting for the officials and single performance platform at the basketball midcourt.

The venue offered two warm-up platforms provided in a sub-ground level loading dock area that ran underneath the length of the stadium. Later, during competition days, cheery Taiwanese ladies set up an impromptu kitchen at one end of the warm up area that kept a 30 foot banquet table loaded with a buffet of Taiwanese food. On inspection, the lifting equipment was fine, the only minor complaint being uneven warm-up and performance platforms. The platforms were constructed of numerous 4 x 4s bolted together, some of which were not quite 4 x 4. Depending on where the rack was located, the footing could be uneven, or, after setting the feet, the bar could start to roll away from a lifter into a trough between uneven beams. Leaving the stadium after dark ... the first games of the week on the plaza in front of the stadium ... Taiwanese firemen casting rolled fire hoses toward wooden 10-pins. Two parents assisting the group presented their volunteer fireman's cards from home and joined in.

Women's Summary

44 kg - Leading off the meet in this division (which lost one lifter to the weigh-in room) were Chen Yuan-Min (Taiwan) and Erin Dickey (USA). Dickey took the GOLD for the USA with a 300 kg total (422.43 Wilks), scoring a subjunior WR for bench (65.0 kg) and deadlift (127.5 kg). Erin went 8/9, only missing on an ambitious 2nd WR attempt on the bench. Yuan-Chen took the SILVER for host Taiwan with a solid 275 kg total, and a (brief) subjunior WR on deadlift, promising for a young international newcomer who was one of only two women 14 years of age in the 49 member women's field.

48 kg - This division was arguably the deepest of the meet, featuring the only two 500+ Wilks scores of the meet. **Jenn Maile (USA)** won the GOLD with a 430 kg total and a 570 Wilks. Maile, a veteran international competitor, began her ascent



Gold ... Maile (above), Dickey



with a 160 kg SQ, breaking the subjunior WR of 157.5 kg set minutes earlier by last year's 44 kg winner, Anna Ryzhkova (Russia). From there, Maile dominated in bench (90 kg) and D (180 kg) for a 430 total, outlifting Ryzhkova's SILVER medal 377.5 total (500.75 Wilks). Oxana Sokovna (Russia), who was initially slated for the 44 kg division, won the BRONZE with a 295 total. Following were 4th - Borkotoky/Sikhmo (India, 280 kg total), 5th - Leslie Kiletico (USA, 262.5), 6th - Lin/Hui-Chiao (Taiwan, 252.5), 7th - Sirsapal Bharati (India, 237.5), and Yumi Kokue (Japan, 200).

52 kg - The top of this division was dominated by a shootout between Russian lifters Natalya Tokareva and Maria Chouschina. Tokareva took an early lead with a subjunior WR 162.5 kg SQ and then captured the GOLD by holding off teammate Chouschina with a 385.0 total (489.37 Wilks), besting Chouschina's SILVER total of 367.5. The most drama in this division was for the BRONZE. Chang Shu-Ching (Chinese Taipei, 282.5 total) edged Keiko Matsuura (Japan, 280.0) for the bronze by pulling 10 more kilos on a 3rd deadlift. Following for 4th was Aya Hasada (Japan, 250.0). Carly Nogle (USA) was headed for an apparent bronze, but DQ'd on

deadlifts.

56 kg - Olga Ustinova (Russia) lead off with a subjunior WR 160 kg SQ and took the GOLD in the 56 kg division with a technically perfect 9/9, 400 kg total (471.96 Wilks). The battle for SILVER featured more last-lift drama. Alyssa Hitchcock (USA) took an early 127.5 - 120 kg SQ lead over Ai Takei (Japan), who responded with a strong 85 - 67.5 kg bench advantage (best bench of the division) over Hitchcock, for a 10 kg subtotal lead. Hitchcock, in turn, pulled a 3rd deadlift 147.5 - 135 advantage over Takai for a 342.5 total and slim 2.5 kg edge for the silver. Following were: 4th/5th - Minako Kaneda (Japan, 305.0) and B.V.S Laxmi (India, 305), 6th - Wang Shu-Jung (Taiwan, 295.0) and 7th - Arpana (India, 260.0).

60 kg - This division was a near repeat of the previous for the medal contenders. Following her 56 kg teammate, Margarit Kosareva (Russia) lead off with a subjunior WR 182 kg SQ and took the GOLD in the 60 kg division with a perfect 9/9, 445 kg total (497.42 Wilks), and bests for this weight division in all lifts. Amber Mesik (USA) took an early 145.0 - 137.5 kg SQ lead over Lo Hsiu-Jung (Chinese Taipei), who responded with a 85.0 - 75.0 kg bench advantage over Mesik, for a 2.5 kg subtotal lead. This time, Mesik pulled a 157.5 - 145 deadlift advantage over Hsiu-Jung for a 377.5 total and a bit more comfortable 10 kg edge for the silver. Following were: 4th - Ushari Mallika (India, 322.5 total), Eriko Sekiguchi (Japan, 230.0) and 5th - Yoko Mori (Japan, 210.0).

67.5 kg - The Russian women continued their run of outstanding performances as Vera Khalyavina won GOLD with an 8/9, 442.5 kg total (455.02 Wilks) and 105.0 subjunior WR (women's best) bench. Chen Ting-Yi (Chinese Taipei, 370.0 total) took SILVER while Satyendresh Kiran (India, 347.5) took BRONZE when Molly Dennany (USA, 337.5), the youngest lifter of the division, just missed a 3rd deadlift for the medal. Following was Mami Yamazaki (Japan, 205.0).

75 kg - Alina Polyanskaya (Russia) dominated for GOLD in this division with bests in all lifts, including subjunior WRs in SQ (190.0), deadlift (180.0) and total (460.0, 437.64 Wilks). Ashley Sanders (USA) took SILVER with second-bests in all lifts for a 382.5 total. Yang Ya-Feng (Chinese Taipei) took BRONZE with a 302.5 total. Following were: Aswathy Kaimala (India, 270.0), and Chie Kaiga (Japan, 245.0).

82.5 kg - This division featured only two lifters, losing one to the weigh-in room. Ya-Wen Chang (Chinese Taipei) took GOLD with a 485 total (443.14 Wilks). Maggen Millin (USA) took SILVER with a 397.5 total.

90 kg - This division was only one of two of the meet in which a lifter scored a subjunior WR on every lift. Yulia Stesenko (Uzbekistan) took GOLD with WRs of 190 kg SQ, 105.0 kg bench, and 170.0 deadlift for a 465.0 kg total (416.40 Wilks). Natalya Savinykh (Russia, 432.5 total) held on for SILVER, in spite of BRONZE medallist Ambili Gopalakrishnan's (India, 410.0 kg total) subjunior WR 172.5 kg deadlift, set moments earlier by Stesenko. Following were: 4th - Phukon Kakoli (India, 320.0) and 5th - Ya-Ju Hsu (Chinese Taipei, 272.5).

90.0+ kg - Ya-Yun Weng (C. Taipei) took GOLD with a strong 165.0 deadlift for a 445.0 kg total (369.52 Wilks), outdistancing SILVER medallist Alexandra Rogova (Russia, 427.5 total), and young and newly-emerging BRONZE medalist Erika Headrick (USA, 380.0).

Men's Summary

52 kg - Evgueny Bychayev (Russia) held off teammate's Mikhail Buranov superior 185.0 kg deadlift to take GOLD with a 465.0 total (459.09 Wilks) to Buranov's 455.0 total for SILVER. Michael Hafenbrack (USA 425.0) finished a strong 9/9 day with the BRONZE, deadlifting 182.5 kg, second only to Buranov in this division. To cap off this division, Buranov nailed a subjunior WR 190 kg on a 4th lift, ending a strong 10/10 day, only needing a better bench for the gold. Kenta Kusakabe (Japan) was DQ'd, running into technical problems and unable to get a good bench.

56 kg - Anton Cheremushnikov (Russia 487.5 total, 447.72 Wilks)

82.5 kg - Dmitry Saltykov (Russia) easily won this division with a subjunior WR 732.5 kg total (493.99 Wilks) on 9/9 lifting that included a 6/6 on two subjunior WR attempts in every lift: SQ (290.0), bench (170.0) and deadlift (272.5). Juhani Salo (Finland, 615.0) took SILVER. Appa K Duggesh (India, 562.5) took BRONZE by making up a 10 kg deficit to win by 2.5 on a last deadlift, edging Chiung-Te Wu (Chinese Taipei). Following was: 5th - Naoki Inoue (Japan).

90.0 kg - Alexander Maximov (Russia) narrowly took GOLD with a 712.0 total (475.59 Wilks), winning by 2.5 kg over Konstanti Pozdeev, who missed a last deadlift and settled for SILVER. Eban Traeger (Australia, 647.5) took BRONZE on the strength his deadlift, edging Derek Baker (USA, 637.5) who made a new best on SQ.

Drew Traub got an IPF Subjunior World Record in the deadlift - 689

took GOLD on 9/9 lifting. Yen-Hao Liu (Chinese Taipei, 407.5) took SILVER. Like his teammate in the previous division, Yutaro Shimizu (Japan) DQ'd when running into technical problems on bench. Unfortunately, among the missing competitors in a depleted division was Vincent Niedoliwka for Team USA, who scored a 502.5 total in this division at High School Nationals this past spring.

60.0 kg - Vitaliy Borisov (Russia) turned in the second best men's lifting the meet with a 580.0 kg total (495.43 Wilks) for the GOLD. Chih-Lun Su (Chinese Taipei) came up just short with a 567.5 total for the SILVER, just missing on two last dead lifts to tie. Taiji Ito (Japan, 460.0) took BRONZE. Following were: 4th - Ryan Smith (USA, 452.5) with a new best on bench, 5th - Yusuke Suzuki (Japan 450.0) and 6th - Harinder Singh (India, 430.0).

67.5 kg - Caleb Williams (USA) turned in the best men's lifting of the meet with a 620.0 total (496.24 Wilks) for GOLD on a 6/9 day that was technically close to being even better. Chen-Hsien Lee (Chinese Taipei) finished with strong deadlifting for SILVER, capping a 9/10 day with a successful 265.0 kg 4th deadlift for a subjunior WR. Serguey Faysulin (Russia, 572.5) took BRONZE. Following were: 4th - Sandeep Kumar (India, 515.0), 5th - Brently Marchand (USA, 470.0), and 6th - Yusuke Takeda (Japan, 450.0).

75.0 kg - Largely on the strength of a 172.0 subjunior WR bench, Alexey Ernando Ortega (Russia) took GOLD with a 665.0 total (476.53 Wilks). Kyle Ricchio (USA) went 9/9 and registered new bests on bench, deadlift, and total lifts (607.5) for SILVER. Sami Brunfeldt (Finland, 587.5) took BRONZE. Following was: 4th - Hibino Tomoyuki (Japan, 505.0).

82.5 kg - Dmitry Saltykov (Russia) easily won this division with a subjunior WR 732.5 kg total (493.99 Wilks) on 9/9 lifting that included a 6/6 on two subjunior WR attempts in every lift: SQ (290.0), bench (170.0) and deadlift (272.5). Juhani Salo (Finland, 615.0) took SILVER. Appa K Duggesh (India, 562.5) took BRONZE by making up a 10 kg deficit to win by 2.5 on a last deadlift, edging Chiung-Te Wu (Chinese Taipei). Following was: 5th - Naoki Inoue (Japan).

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(article continued on page 82)



2002 USAPL Subjunior World Team ... front row: Coach Larry Maile, Jennifer Maile, Erin Dickey, Leslie Kiletico, Maggen Millin, Caleb Williams, Molly Dennany, Ryan Smith, Derek Baker. 2nd row: Ashley Sanders, Alyssa Hitchcock, Amber Mesik, Carly Nogle, Brently Marchand, Michael Hafenbrack. 3rd row: Cody Walters, Erica Headrick, Drew Traub, Nick Rasmussen, Kyle Ricchio. 4th row: John Burford, Coach Joe Lewis, Coach Trey Cunningham, Coach Tod Miller. Back row: warmup assistants Andy Millin and John Dickey

WPC World Championships

as told to Powerlifting USA by Herb Glossbrenner

This year's WPC World Championship was held October 22-27th under the direction of Minna Osterberg in Helsinki, Finland. There were 157 lifters representing 20 Nations. The host had the most: Finland (40), USA (35), Great Britain (21), Latvia (14) Slovakia (6), Germany (6), Italy (5), Russia (4), Azerbaijani (4), Austria (4), France (5), Belgium (3) Estonia (2), South Africa (2), Sweden (2), Canada (1), Australia (1), Yugoslavia (1), Switzerland (1). Three other nations participated in the Bench Press Championships: Iran, Hungary and Poland, thus bringing the total number of countries active in these championships at a record 23!

The competition was held at a spacious sports arena less than 15 minutes from the beautiful meet hotel headquarters: The Radisson SAS Hesperia. There was a breakfast buffet for all open at 6 AM each morning that was out of this world. A streetcar or tram within a couple of blocks of the hotel transported us to the lifting venue for about US \$1.50 each way. It was almost a 7000 mile trip from Los Angeles, with a nine hour time difference. Everybody from the States had their world turned from day to night. It took a few days to get sleeping patterns adjusted to the drastic change.

This was a wonderful competition. It was the 2nd time I'd traveled to

Europe, and a turnaround from the attempted coup to overthrow WPC President Ernie Frantz at the 1998 WPC Worlds in Graz, AUT. Now the great country of Austria thrives under the direction of it's new president Franz Mares and his lovely wife Edith Pomgran. Both were present in Helsinki. Edith, a champion lifter herself, did not move iron but spent all week judging while Franz served as the meet emcee. He kept the crowd alive with tongue in cheek humor during crucial lifts ... "Get behind so and so - he MUST MAKE ZIS WAIT OR HE BOMBS AOT". Once in the Deadlift he noted that the "RACK HEIGHT IS ZERO!" They will be hosting the WPC World Cup in Austria this December. WPC President Ernie Frantz was absent at the bedside of his ill mother who is 91. Thanks to all the officials who worked so hard, providing the best scrutinizing of lifts I've seen in any World Championship. Radar Capehart made the trip from Texas. Bob Packer came from California. He, along with John Ford of Daly City, arranged for a sponsor who provided nice team uniforms for all the USA lifters. (A big thank you to EXTREME H2O a company that manufactures sports drinks).

Maris Sternberg was on hand and more than once she went to bat for lifters, in the capacity as technical director. Maris took minutes of the WPC General Meeting along with new WPC President Kieran Kidder who made a big impression. He proved that not only can he talk the talk, but walk the walk as well with his spectacular lifting.

I must give my heartfelt thanks to Sakari Selkainaho, who brought a local Finnish TV Station in to air the final day's Men's Open competition on national TV. These men were very professional and careful not to deliberately block the view of other members of the media who were taking pictures. A huge thank you to computer man Tero Virta who sought me out and made sure that I got all the tabular results immediately following each day's session. They take the media very seriously in Europe.

I must say something about the terrible dilemma that has befallen our comrades in WPC South Africa. Facing the clout of the South African Minister of Sport, the WPC South Africa organization has been forced to dissolve. An IPF representative in South Africa noted that drug testing policies were not prevalent in the WPC and

how could the Government fund an organization that did not follow the IPF guidelines? This caused great problems to our dear friends over there who had the thumbscrews tightened and had no recourse but to bow to their government's authority. The poor athletes over there have no right to chose. Everyone in the WPC extends their condolences to Neville Primich and all the fine officials who have been a part of the WPC since its inception.

At the WPC Meeting in Capetown last year it was voted to eliminate the submasters group (33-39) from World Competition. Henceforth, 3 lifters from each Nation will be eligible to qualify in the various other divisions for the Worlds. Here those winning their categories in the submaster group at the USA Nationals in Fresno were allowed to participate in the Open Division here. The first day of lifting took place on Tuesday, October 22, with the lifting beginning at 10 AM.

TEEN WOMEN AND MEN - Can you believe that a 14 year old girl captured everyone's heart with a spectacular display of lifting prowess, set 4 World Records, surpassed the Women's Open APF Elite rating by a huge margin, and won the outstanding teen lifter award - outdoing her male counterparts by a whopping 176.77 points on the Reshel formula? Nichelle Whitfield, a mere 120.6 lbs., put on a lifting

display that flabbergasted even the most died-in-the-wool male chauvinist. This little gal from Burbank, CA has only just entered her first year of Junior High School. You can call it genetics, perfect coaching by her coach Joe Avigliano, an anomaly or whatever. Her strength is uncanny, her demeanor mild. She listens, trains hard, and has achieved in less than two years far beyond what most train a lifetime to achieve. As pretty as a picture post card, she had her friends put the colors of her beloved L.A. Lifting Club in her hair (red, black and white). Her 352.7 SQ opener was huge, but she let out a squeal of anxiety when she lost her balance. Her 2nd attempt, easily done, was followed by a glorious success with 380.3. On a 4th attempt she nearly made 182.5 kg (402.3) a weight she has already done in practice. BP: all 3: 176, 187, and finally 193. The last lift broke her own WR done last May in Fresno, CA. Whitfield's 341 DL opener gave her the World title. She followed with 369.3, another WR lift, surpassing her own WR TOT of 914.9 with an aggregate of 427.5 kg (942.6 lbs). A final try with 380.3 stayed grounded, but she will make this and a whole lot more, and soon. Everyone wanted their picture taken with the "little girl who is so incredibly strong". Getting a week off from school was indeed a privilege. How could it have been denied her. There is always a price to pay

as Nichelle brought her homework along, and did it going back on the plane. Before she is through she will have explored territories of strength that we could not visualize in our wildest imagination. Nichelle wanted me to be sure and thank Joe and Nance for all the love and support they have given, her parents for allowing her to make this trip - a rare opportunity for one so young, and everyone at the L.A. Lifting Club for all the encouragement and support they've given her.

The only other Teen Female was Irina Rogovava, 19, RUS winning the 18-19, 148 class with 683.4 TOT. Outstanding among the Male Teens were: Vasif Askerov, 18, from AZE with a 1019.6 TOT @ 132 and Jason Mannerling, 17, also 132 in the 16-17 group with a 396.8 DL and 914.9 TOT. His famous father David, who participated in the Men's Masters, is somewhat of a British PL legend.

ALL WOMEN MASTERS and MEN MASTERS (THROUGH 148) lifted Tuesday, Oct 22nd in the afternoon. Kim Packer, 40, Bob's blushing bride from Fresno, CA grabbed herself a gold medal in the 40-44 Women's group with her 892.9 TOT. Kim is sweet as a big piece of sugar pie. Tarja Rantanen, 44, FIN @ 194.6, totaled huge (1168.4) making a stupendous BP of 352.7 on a 2nd attempt. Most impressive was 42 year old Yveline



Best Women Lifters .. Teen - Nichelle Whitfield (left), Open - Nance Avigliano (Glossbrenner)

Dujardin, BEL. At 130.3 she made amazing lifts of 396.8 SQ, 236.9 BP, and 374.8 DL for 1008.6 TOT, a cascade of WRs. Eva Kusau, 67, of Germany rewrote the WPC record book in her category. In the men's

division David Gellman, 76, representing CAN but living in MEX, brought his lovely daughter along who took 20 rolls of pix and got so hooked on PL that she plans to start doing it herself. David proved himself with a gold medal. Vladimir Sviderskiy, 51, RUS won the 50-54 148s with a 909.4 TOT. An injured Budgie Mullan, 58, took home a gold with 9,09.4 TOT. Lufthansa Airlines lost my bag of lifting gear worth \$1100 dollars, so I endured the pain of a pulled groin, and registered piddly lifts, set a WR measly 216 BP sans shirt and brought home a gold at 60-64, 148. I was CURSED UPON but AVERTED A BOMB.

MEN'S MASTERS (165 thru 198 on WED OCT 23 AM took place with the remaining of the categories in the afternoon) David Mannerling, 42, salvaged his do or die 424 final BP try to stay alive and win the 40-44, 165s with a 1592 TOT. Wolfgang Bzdok, also 42 of GER, was close behind in 2nd with 1554.2! USA had three gold medalists. Richard Cirigliano, 47, had to do his 600.7 DL twice to get official credit - TOT 1410.9. Richard's job takes him globe hopping. He can train only on the run. He left right after he lifted to make a business engagement in NOR. Paul Boutte, 50, of Vidor, TX - whose face is cracked cause he smiles too much - found out he was lifting against a Russian. I told him that in the entire history of PL a Russian had

| WPC WORLD CHAMPIONSHIPS (KG) - 22-27 OCT 02 - Helsinki, Finland | | | | | | | | | | | | |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--|
| WT | SQ1 | SQ2 | SQ3 | BP1 | BP2 | BP3 | ST | DL1 | DL2 | DL3 | TOT | |
| 50-54 | 160 | 172.5 | 80 | 85 | 87.5 | 260 | 155 | 167.5 | 427.5 | 427.5 | | |
| 55-59 | 115 | 120 | 125 | 55 | 57.5 | 60 | 180 | 120 | 125 | 130 | 310 | |
| 60-64 | 110 | 125 | 145 | 65 | 70 | 72.5 | 195 | 125 | 140.5 | 150 | 335.5 | |
| 65-69 | 160 | 170 | 170 | 85 | 95 | 95 | 255 | 190 | 200 | 207.5 | 462.5 | |
| 70-74 | 135 | 150 | 150 | 85 | 90 | 90 | 235 | 165 | 180 | 185 | 415 | |
| 75-79 | 220 | 235 | 120 | 130 | 135 | 355 | 200 | 215 | 225 | 580 | | |
| 80-84 | 180 | 190 | 92.5 | 100 | 105 | 280 | 170 | 180 | 185 | 460 | | |
| 85-89 | 200 | 220 | 230 | 110 | 125 | 130 | 355 | 240 | 215 | 235 | 570 | |
| 90-94 | 250 | 260 | 150 | 163 | 163 | 423 | 200 | 220 | 240 | 643 | | |
| 95-99 | 260 | 282.5 | 165 | 172.5 | 172.5 | 455 | 252.5 | 272.5 | 272.5 | 707 | | |
| 100-104 | 192 | 215 | 232.5 | 142.5 | 155 | 165 | 397 | 167.5 | 187.5 | 202.5 | 600 | |
| 105-109 | 200 | 220 | 120 | 130 | 135 | 360 | 190 | 200 | | 550 | | |
| 110-114 | 155 | 170 | 180 | 100 | 107.5 | 115 | 287.5 | 160 | 170 | 180 | 457.5 | |
| 115-119 | 90 | 90 | 90 | 45 | 50 | 56 | 140 | 95 | 105 | 110 | 245 | |
| 120-124 | 165 | 177.5 | 182.5 | 72.5 | 75 | 75 | 250 | 142.5 | 155 | 160 | 405 | |
| 125-129 | 170 | 180 | 180 | 150 | 160 | 167.5 | 330 | 180 | 200 | 215 | 530 | |
| 130-134 | 155 | 167.5 | 167.5 | 80 | 85 | 90 | 245 | 212.5 | 225 | 240 | 485 | |
| 135-139 | 65 | 65 | 65 | 35 | 35 | 130 | 100 | 120 | | 250 | | |
| 140-144 | 160 | 170 | 180 | 100 | 110 | 120 | 300 | 100 | 110 | | 410 | |
| 145-149 | 140 | 150 | 160 | 95 | 102.5 | 107.5 | 262.5 | 150 | 165 | | 412.5 | |
| 150-154 | 102.5 | 98 | 110 | 110 | 110 | 200.5 | 142.5 | | | | 343 | |
| 155-159 | 255 | 270 | 305 | 192.5 | 192.5 | 462.5 | 240 | 250 | 260 | | 722.5 | |
| 160-164 | 265 | 300 | 300 | 165 | 172.5 | 177.5 | 442.5 | 250 | 262.5 | 272.5 | 705 | |
| 165-169 | 195 | 230 | 230 | 125 | 137.5 | 137.5 | 245 | 272.5 | 272.5 | | 640 | |
| 170-174 | 202.5 | 222.5 | 232.5 | 115 | 127.5 | 132.5 | 365 | 200 | 217.5 | 232.5 | 597.5 | |
| 175-179 | 190 | 210 | 220 | 65 | 75 | 75 | 285 | 210 | 220 | 230 | 505 | |
| 180-184 | 260 | 260 | 300 | 166 | 175 | 175 | 435 | 250 | 270 | 270 | 685 | |
| 185-189 | 227.5 | 245 | 255 | 137.5 | 142.5 | 147.5 | 392.5 | 215 | 235 | 245 | 637.5 | |
| 190-194 | 260 | 270 | 270 | 155 | 162.5 | 170 | 432.5 | 290 | 300 | | 732.5 | |
| 195-199 | 250 | 260 | 260 | 140 | 150 | 160 | 420 | 240 | 265 | 280 | 700 | |

| | | | | | | | | | | | |
|------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Bianchi Sergio | 255 | 270 | 300 | 140 | 150 | 157.5 | 427.5 | 232.5 | 240 | 250 | 677.5 |
| 50-54 | | | | | | | | | | | |
| Laitter Paul | 260 | 280 | 300 | 160 | 170 | 175 | 450 | 240 | 260 | 285 | 735 |
| Bulans Karlis | 250 | 270 | 280 | 125 | 140 | 150 | 430 | 290 | 305 | 322.5 | 735 |
| Kelola Pekka | 230 | 245 | 250 | 145 | 152.5 | 155 | 400 | 220 | 240 | 250 | 650 |
| 55-59 | | | | | | | | | | | |
| Brown Robyn | 250 | 270 | 270 | 150 | 160 | 165 | 430 | 260 | 280 | | 710 |
| 60-64 | | | | | | | | | | | |
| Nougoumanov V | 220 | 240 | 255 | 140 | 150 | 155 | 410 | 200 | 210 | 220 | 630 |
| Bassman Robert | 195 | 200 | 220 | 150 | 150 | 150 | 345 | 195 | 215 | 215 | 540 |
| 65-69 | | | | | | | | | | | |
| Wilson Pete | 172.5 | 172.5 | 190 | 140 | 150 | 157.5 | 340 | 155 | 167.5 | 185 | 525 |
| MM 100 kg 40-44 | | | | | | | | | | | |
| Pessell George | 272.5 | 287.5 | 300 | 192.5 | 202.5 | 202.5 | 492.5 | 272.5 | 295 | 310 | 787.5 |
| Hayes Jeff | 142.5 | | | 105 | | | 247.5 | 145 | | | 392.5 |
| 45-49 | | | | | | | | | | | |
| Ranta Jarmo | 315 | 335 | 345 | 185 | 192.5 | | 530 | 295 | 310 | 322 | 852.5 |
| Buhl Heinz | 300 | 320 | 320 | 180 | 190 | 200 | 510 | 230 | 270 | 290 | 800 |
| Suurkivi Rain | 230 | 250 | 272.5 | 130 | 140 | | 390 | 210 | 230 | | 620 |
| 50-54 | | | | | | | | | | | |
| Luker Alan | 320 | 330 | | 152.5 | 157.5 | 160 | 480 | 320 | 342.5 | 350 | 830 |
| Stroj Heinz | 220 | 240 | | 140 | 150 | 160 | 400 | 240 | 260 | 270 | 660 |
| Burgard John | 210 | 235 | 235 | 132.5 | 142.5 | 142.5 | 352.5 | 207.5 | 227.5 | | 580 |
| MM 110kg 40-44 | | | | | | | | | | | |
| Avigliano Joe | 327.5 | 342.5 | 342.5 | 160 | 167.5 | 175 | 502.5 | 250 | 272.5 | 290 | 792.5 |
| 45-49 | | | | | | | | | | | |
| Wheeler Ken | 280 | 290 | 300 | 140 | 142.5 | 142.5 | 432.5 | 260 | 270 | 277.5 | 710 |
| Normunds T. | 250 | 290 | 270 | 150 | 160 | | 430 | 260 | 270 | 280 | 700 |
| 50-54 | | | | | | | | | | | |
| Reinholds Dainis | 250 | 270 | 300 | 200 | 210 | 210 | 480 | 240 | 260 | 270 | 750 |
| 55-59 | | | | | | | | | | | |
| West Bill | 320 | 360 | 370 | 190 | 205 | 210 | 565 | 280 | 310 | | 875 |
| MM 125 kg 40-44 | | | | | | | | | | | |
| Marshall Lee | 350 | 380 | 380 | 180 | 190 | 195 | 575 | 300 | 320 | 340 | 915 |
| 4th | | | | | | | | | | | |
| Morris Troy | 295 | 320 | 340 | 205 | 205 | 227.5 | 525 | 295 | 295 | | 820 |
| 45-49 | | | | | | | | | | | |
| Rintanen Olavi | 310 | 325 | | 200 | 210 | 220 | 545 | 315 | 335 | 350 | 895 |
| Siska Jan | 275 | 290 | 300 | 170 | 180 | 185 | 480 | 300 | 315 | 320 | 795 |
| Rantanen Pekka | 300 | 310 | 320 | 180 | 190 | 200 | 500 | 260 | 280 | 297.5 | 780 |
| Visser Ian | 260 | 290 | 300 | 160 | 180 | 190 | 480 | 220 | | | 700 |
| 140 kg 55-59 | | | | | | | | | | | |
| Meek Brian | 312.5 | 357.5 | 382.5 | 210 | 232.5 | 237.5 | 615 | 265 | 307.5 | | 922.5 |
| 140+ kg 40-44 | | | | | | | | | | | |
| William B | 272.5 | 300 | 320 | 222.5 | 222.5 | 222.5 | | | | | |
| 45-49 | | | | | | | | | | | |
| Tregloan Peter | 350 | | 375 | 190 | 200 | 200 | 540 | 310 | 330 | 330 | 850 |
| Tartia Lauri | 290 | 300 | | 200 | 210 | 215 | 510 | 280 | 300 | 310 | 820 |
| Paavilainen V. | 270 | 300 | 310 | 170 | 170 | 170 | 470 | 280 | 300 | | 820 |
| WJ 52 | | | | | | | | | | | |
| Cappato Lucia | 80 | 85 | 90 | 45 | 50 | 55 | 140 | 90 | 105 | 110 | 245 |
| 4th | | | | | | | | | | | |

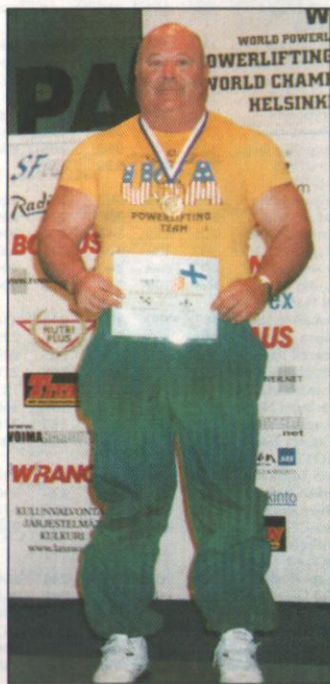


Krista Ford .. another WPC Title.

never beaten a Texan, and I was right on in my assessment. Paul outstripped Gennady Chuldenko, 54, 1317 to 1113. He chalked up 9 perfect lifts in doing so (512, 292, 512). Douglas Peterson, 47, was shocked when called for depth on his 562 3rd attempt SQ. Except for this Doug got whites for an 8-9 day capturing the gold unopposed with 1405 TOT in the 45-49 181s. GBR's Robyn Brown, 59, bitched about the Americans thinking in lbs. and not kilos. He's right, you know. Yet another World title for Robyn who weighed 86.9 kg (191.6) made some tremendous lifts with 595.2 SQ, BP 352.7 and a terrific 280k DL (617.4) for 710k TOT (1565.3). Robert Bassman, 64, a nice guy, took 2nd to RUS Valeri Nougoumanov, 63, who went 9-9 with a huge result - 1388.9. Bassman lifted 1190.5. Californian Pete Wilson, 65, had been a bit sick, but stuck it out for an 1157 sum. He's World Champ - take it any way you can get it. At 220 George Pessell, 43, brought his wife and took 1st for USA in the 40-44s with 1736 via 661.3 (all SQ's), 424.4 BP, and two pulls (650.3). Teammate Jeff Hayes, 42, hobbled around all week on a ruptured Achilles tendon. Did he throw in the towel. Heck, no. He tokened for a silver. At 45-49 Jarmo Ranta, 45, of FIN was unbeatable with 3 big SQ's (760.6), a 407.9 BP opener, and three big pulls (711), TOT 1879. Heinz Buhl, AUT, sans wife and kids TOT 1763 for 2nd. Bronze went to Rain Suurkivi, 46, of Estonia (1366). At 50-54 John Burgard, 53, USA lifted for bronze with a 1278 TOT. Heinz Stroj, 51, AUT, did 1455. The winner was an Alan Luker, 52, GBR. He gets almost as much joy from coaching others as he does lifting. Last APR Alan suffered a major heart attack, but he appears to be fully recovered. When the bar goes to the floor Alan turns into a pulling machine. He pulled in turn 705, 755, and finally 350 kg (771.6)! Take a bow to the Queen for that one, Alan - TOT 1829. He has his mind set on 365 kg (804.6) when the Worlds roll around next year in AUS. At 242 capturing gold for the USA was Joe Avigliano, 43, (40-44) coach emeritus of the Los Angeles Lifting Club. Plagued with multiple injuries, Joe trained only 6 weeks for this meet. He made a 722 SQ, 3 pushes in a poly (386), and then had a

surprise in store for the DL - a 639.4 PR 3rd attempt which came up so easily he looked good for 650 or more. Joe hardly ever does deadlifts, but he's awesome when it comes to good mornings, however, he didn't do many of those either since the Seniors. Color Joe's medal gold - 1747 TOT. Joe practices what he preaches: **START MORE CONSERVATIVELY, BUT BE HARD-CORE IF YOU HAVE TO BE!**

At 45-49, Ken Wheeler (49) was another CA boy who came home a winner. Ken doesn't pack much meat in his sandwich (only a 314 BP) but he fed on his bread. His SQ and DL were 639.4 and 611.8 respectively. This brought him to victory, 1565 to 1543 over Tanona Normunds, 45, the Latvian. At 50-54 the 242 winner was Dainis Reinholds, 50, with a 1653 combined total. Bill West, 56, un-retired himself was back as great as ever. He erased USA's Skip Sandberg from the WPC record book in his WR sweep: SQ - 793.6. He stood with 815.6, but got only 1 white for his effort. BP - 452 (2nd attempt) and pulled 683.4 for a huge 1929 TOT. I don't think anyone besides Bill himself will break that. At 275, the USA's blond, crew cut, Viking resemblant Troy Morris @ 6'6", age 41, was looking strong with a 705.4 SQ, a 2nd round 451.9 BP, before missing his 650.3 DL opener. His repeat went, and then he called it a day for 1807 & runner-up in the 40-44s. Lee Marshall, 43, GBR @ 252.8 proved he could move some massive iron. His 837.7 3rd SQ set him up for a 40-44 WR 4th with 393.0 (866.4). His aim is the magic 400 kg (881.9) down the road. He benched without any mishaps (429.9) and likewise pulled 3 good ones (749.6) for a 2017.4 TOT. Lee is now within striking range of the 2039.4 WR TOT set some 21 yrs. ago by



Outstanding Master Lifter... Brian Meek, who edged out Bill West.

USA's Bill Seno. Champion @ 45-49 is Olavi Rintanen, 47, FIN with 1973 TOT. Slovakian Jan Siska, 47, came from behind, and with his 694 DL he ousted Pekka Rantanen, 45, claiming the silver 1752 to 1719 TOT. Brian Meek, USA, 56, weighed 277.3 just enough to set off a 308 class record rampage. Brian swept all the WRs in this his 55-59 division. Beginning with a huge 843.2 SQ that he nailed perfectly, he benched 512.6, and added two record pulls 584.2 then 677.9 for a great 2033.9 TOT, and called it a day. This newest member of the L.A. Lifting Club earned the Outstanding Men's Master lifter award for his inspired efforts, edging out Bill West. Giant Brit, Peter Tregloan, 45, warmed himself up for the Open competition later on by winning the Men's Masters SH. Coming in at a scale groaning 381.2 he took one token lift in each discipline allowing the clock to run out on further increases, allowing the other lifters to get more rest. He also spent a lot of time refereeing all week long. You can be sure if Pete is judging you, you'd better do the lift right. USA's William Benjamin, 43, could've earned a medal. The 332 pounder unfortunately failed to secure any of his 490.5 BP tries after SQing with 661.4. Also failing to total was EST's Veikko Paavilainen, 47, who dunked 683.4 - then missed all his BP tries also. This allowed Lauri Tartia, 46, a 316 pounder to nab runner-up to Tregloan with a 683.4 DL and a 1807 combined sum.

JUNIOR WOMEN - Took the platform on Thursday Oct. 24, AM. Only two Junior (20-23) Ladies contested. They both took gold and World Titles in their respective categories. Licia Cappato, 22, ITA at 114 set EUR REC BP (110.2) and DL (231.4) en route. Alisa Salahova, 23, AZE, won at 132. Despite two spirited tries she was unable to surpass the WR SQ with 303. OPEN WOMEN - At 114 Leslie Watson, 47, GBR surprisingly missed her 187.4 SQ opener thrice and was eliminated. The 123 winner unopposed was Marie Herral, 33, FRA with 7-9 good lifts - 804.6 TOT.

USA's Nance Avigliano, 46, had posted the world's biggest total @ 132 only 2 months prior as well as recording the greatest SQ in the History of Women's PL. Nance had designs on eclipsing the Open SQ and TOT records here at 148, but she took ill with pancreatitis, and almost didn't come. She had been up to the full weight limit but, unable to eat, lost some 10 lbs. and came in at 138.6 here. Although depleted, Nance was determined to win the World Title which had eluded her last year. It was her last order of business as this would be her last competition. Taking no risks whatsoever, Joe opened her at a super safe 440.9 - piece of cake. Then, straight to 501.6, a 45-49 WR. It was down and up, a mere toy, but the judges thought she was a half inch shy and denied it. Rather than repeat, she went straight up to 240.5 (530.2) to break Mariah Ligget's Women's Open WR. Her depth was fine, but she stalled



Ron Palmer ... won a tight battle

during the upward trajectory for no lift. Nance was upset, but channeled her energies to the other two disciplines. Nance benched 214.9, then 225.9 strongly, before making 231.5 as well. The judges said no on her last attempt for some unknown irregularity. Cool as a cucumber, Nance made three back to back deadlifts, 429.9, 440.9 and finally, 446.4. The final lift was a deliberate selection by Joe to assure that she captured the Outstanding lifter award, edging Krista Ford's bid for that distinction - TOT 1113.4, a result which just have easily been 537.5 (1184.9) - not bad for being sick. Thereby Nance rang down the curtain on her short spanned (4 years) yet illustrious career. She ended hers as a World Champion and Best Lifter recipient. Surmounting a resistance was Lee Steggle, 40, GBR, who was runner-up to Nance. Lee was inspired. After SQing 396.8, she tried for an early lead following Nance's two misses. The 446.4 Lee tried was futile. She was able to come within 9 kgs. after posting a EUR record bench of 249.1, but 259 proved to be too heavy. In the DL, Steggle opened with 385.8, then got 3W for 407.9 - another EUR Women's Record for 40-44 Masters. Steggle went up to 468.4 on her final try hoping to pull off a Cinderella win. The barbell refused to budge. The 165 winner was most impressive. Wendy Michiels, 28, of Belgium. Her boyfriend/coach had prepared her well. Wendy weighed in at 149 and had a banner day. She will never be called for depth in her SQs, taking them down rock bottom. No wonder the official Belgium PL shirt Joe and Stefan Matthens gave me bears a female PLer on it. She is the best lifter in Belgium. Jonna Alaspaa, 24, FIN hit 804.6 TOT for silver at 181. The winner was USA's Krista Ford who was behind the eight ball from the get-go. She had to open without her knees wrapped, and her 457.4 looked none too easy. Wrapped for her 2nd SQ she got 518,

which was her limit, as 523 pinned her. Still nursing a rotator cuff tear Ford BPeD cautiously (237) then pulled two - 457 and 518. A final lift with 534 proved too heavy. Her total was below her best, but it was still an easy win for the ex-bobsledder.



Kieran Gets a GRAND 3 whites for a 1003 lb. squat. as a light SHW

MEN'S JUNIORS (20-23) Thursday OCT 24 - PM: The four lifters who competed up to the 148 class showed

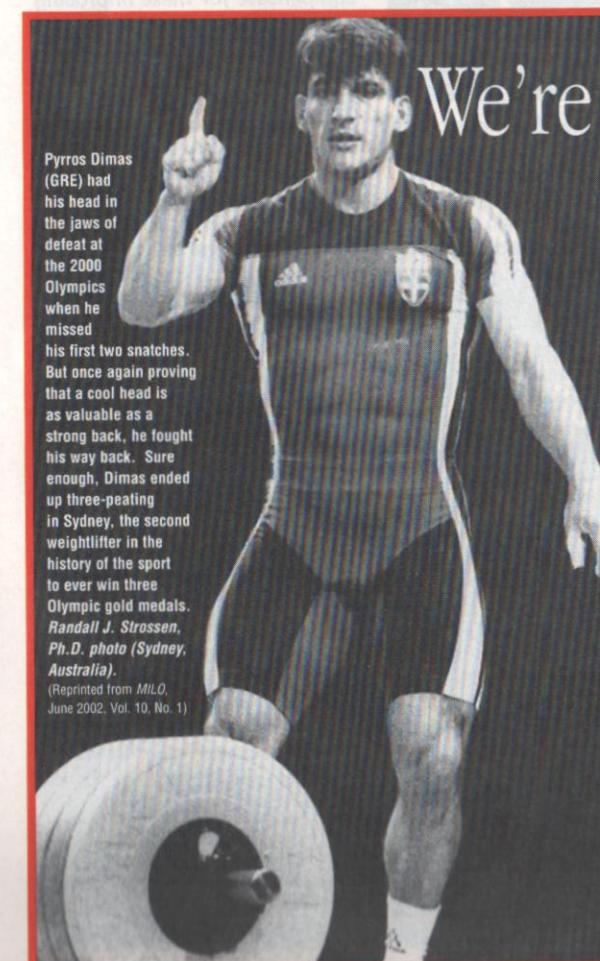
up in the morning expecting to lift, but instead were put in the last flight at the end of the day, and had to sit around all day watching the lifting.

Mihails Sabarovs, 23, a Latvian dwarf weighed only 105.1. He has a short torso and long legs. He SQed 2 EUR REC - 363 & 369. All his BPs were WPC Jr. WRs 209 - 220 - 231. After he won the 114s with a 374.8

opening pull (975.6) he stormed 429.9 twice hoping to establish WPC Jr. WRs in DL and TOT - but didn't get it. At 132, Adrian Zalzman, AUS sole representative, stayed ahead of USA's Dan Carpenter to win his Jr. World Title with 424, 248 and 441 for 1113. Carpenter, 23, just missed the 123 class (125.6) where he could have had gold. Dan did 391, 259, and 413 for 1063, a fine result - 2nd place. Pieter Calus, 20, BEL won at 148 with 1251 with well balanced lifting; 451.9 SQ, 292.1 BP and 507 DL. 165s - Juha Jaakkola, 23, FIN prevailed with a 1410.9 TOT. The champion @ 181 was Azerbaijan's Akbar Farajov, 21, with an excellent output: 562 SQ, 402 BP and 611 DL - TOT 1576. At 198 it was a 1-2 FINNISH FINISH with Samuli Perala, 22, tasting the sweet victory cake. He set a EUR REC SQ with 738.6, but got 2R trying a WR 760.6. He virtually destroyed the WR bench press - manhandling 551, a 2nd, then twice missed a monster load - 573.2. With his 661.4 DL opener Samuli scored a very impressive 1951.1 TOT. This beat the former WR of 1862.9 held by Meiring (RSA) significantly. Teammate Jyrki Varvas, 23, also exceeded the former WR TOT with 1884.9. Jyrki was 66 lbs. behind following his 683.4 DL start, assuring silver. Then he jumped straight to 716.4, hoping to beat USA's Mark Placek's record of 707. No go! He increased to 749.6 a try for the gold - no lift. At 220 - Bernhard Schwab, 23,

Austria's #1 lifter won the gold with a big 2039.4 TOT, after a scare from Ivars Cirulis, 22, LAT. Schwab SQed - 837 (2nd), then missed a WR try with 859.9. Cirulis was done dunking after 694, and seemed to pose no threat. Ilkka Haukijarvi, FIN, hung in there tough securing a strong 815.6, following a 2nd attempt miss due to balance with 804.6. Schwab BPeD 479.5. Then Hautamaki nailed 496, a good 3rd following a miss. Cirulis, came out of nowhere with an enormous 2nd attempt shove (551.1) demolishing the former WR of 525.7 belonging to USA's Rob Capozzolo. Haukijarvi then bombed in DL with 617.4. Schwab tagged two precision pulls, 683 then 722, but missed @ 733. This gave him a new JR WR TOT surpassing his own record of 2011. Cirulis, 71 lbs. back, opened with 727.6 - good lift. Next he lifted 760.6, breaking Schwab's WR of 728.7. He had a 2006 TOT. Up to a huge 799.1, the weight needed to win, but he couldn't pull it off. At 242, Pertti Ristiluoma, 22, FIN almost bombed taking all 3 to subdue his 661.4 SQ. The USA's Sherman Tank - Morgan Bugbee - took the early lead with 705.4 SQ, but lost two close tries with 733. Morgan has good flexibility and steel cables for hip flexors. Ristiluoma saw his golden opportunity and capitalized on it. His EUR Rec. 499.3 2nd attempt press led by 33, following Morgan's 418.9 (2nd). The Finn pulled

(article continued on page 76)



We're Number One . . .

Pyrrros Dimas (GRE) had his head in the jaws of defeat at the 2000 Olympics when he missed his first two snatches. But once again proving that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimas ended up three-peating in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. Randall J. Strossen, Ph.D. photo (Sydney, Australia). (Reprinted from *MILO*, June 2002, Vol. 10, No. 1)

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INTERVIEW

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

LM: Fred, it has been a while since you have graced the pages of *Powerlifting USA*. For those newer readers of our magazine, would you give us some background information about yourself and your accomplishments in powerlifting. What are you doing nowadays and where do you reside?

FH: Some of the lifting I did was good enough to get my name in the record book. However, my writings allowed many to achieve this. I live in Havre de Grace, Maryland, and am semi-retired. I still lift, although I haven't competed in awhile. I still work, although I do so for pure enjoyment. I spend most of my time with my woman.

LM: In a past article of yours, you stated: "I submit that it is there that you will gain understanding of strength far beyond your current level. I submit that once having done so you will be able to take your level of strength far beyond its current level." In other words, to be strong, you have to understand strength. Is this correct?

FH: Yes. I was talking about understanding the seven elements of the strength curve and how to manipulate each. This can only be accomplished by carefully choosing your training strategies.

LM: Where did the strength curve come from?

FH: I cannot say when it was first described, but it was certainly around over a half century ago. But it wasn't until Yuri Verkoshansky (and later Dettmar Schmidtbleicher) came along, that light was shed on the seven elements.

LM: Let's discuss the curve since it is so essential to understanding strength. You start with the eccentric phase. Why is eccentric training so important and is it the missing link in our sport?

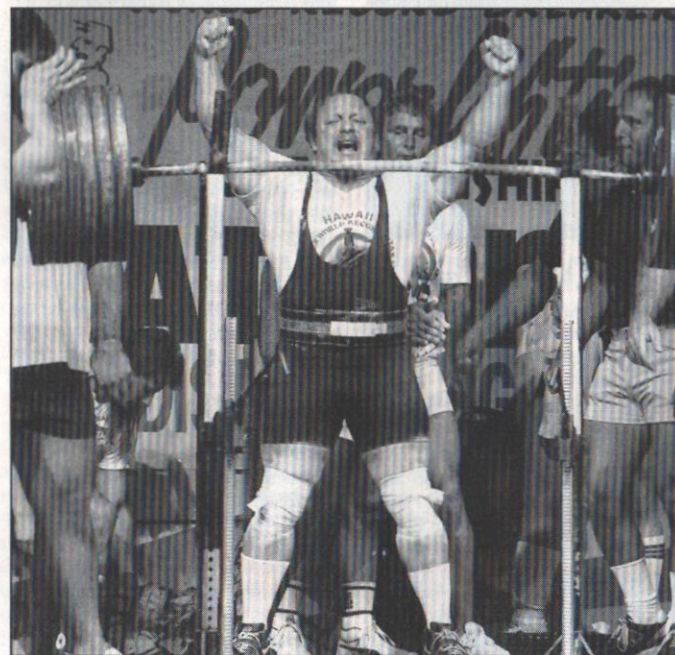
FH: There are no "missing links." The seven elements have been known by the more discerning powerlifters for decades. Somehow, though, no one has known enough to put all of them together into a carefully periodized training protocol. Eccentric training, in my view, is only one seventh of the equation. No more or less important than the other six.

LM: How do we train eccentrically for the three power lifts?

FH: The principal function of

Fred Hatfield

interviewed for PL USA by Larry Miller



Dr. Fred Hatfield at the scene of some of his greatest lifting exploits, Gus Rethwisch's Hawaii Invitational at the Waikiki Sheraton Hotel

eccentric training is to set you up for an explosive ascent. This is accomplished by eliciting both a strong reflex action (muscle spindles) as well as taking advantage of viscoelastic forces.

LM: Fred, could you give us some examples of how we can eccentrically train all three power lifts?

FH: Sure. Go down slow. Gotta tell ya, though! I don't advise anyone to train this way outside of the bodybuilding world. You'll get more eccentric stress than you need just from normal training. Concentrate on getting rid of that stress except on certain days.

LM: Eccentric training seems to be tough on the body. Is it easier to get injured when training eccentrically?

FH: Yes, it can be tough on the body. However, good technique together with careful periodization limits the damage caused by eccentric stress. Do it wrong and there will be the chance of both overreaching / overtraining and injury.

LM: Let's go to number 2 on your curve. The transition from down to

up or as you term it "the amortization phase". Is there an amortization phase in the deadlift? During the bench press we are supposed to pause at the chest, but during the squat we can bounce out of the hole. Do we have to train differently in order to keep our strength during the pause of the bench press versus the transition of the squat from down to up?

FH: In the technique I used in deadlifting there is amortization. Those who watched me lift know that I used to vertical jump and dive onto the bar. In my later career I had to refrain from this practice owing to a nasty grip problem. There is also an amortization effect in benching. If you lower the bar to your chest as rapidly as you are able, there will remain some viscoelastic energy as well as a significant vestige of contraction from a stretch-shortening effect.

LM: Concentric training involves the production of [upward] force and is what most powerlifters seem to focus on. What percentage of our

training should be spent on moving a weight quickly versus hitting the heavy weights?

FH: If you are compensatorily accelerating the bar during the concentric phase of the lift, you have rendered the weight on the bar to little importance. The reason for this is that your effort is close to 100 percent regardless of the weight on the bar. Of course, there has to be enough weight on the bar to slow your movement speed down to under 1/2 - 3/4 of a second, as that is how long it takes for you to generate maximum force. Except for a 3-6 week period early in your competition cycle, CAT should be done at all times.

LM: Fred, How would you define compensatory acceleration and why is it so important?

FH: As you progress through each of the lifts, leverages change. You can move more weight near the top of each of the 3 lifts than you can near the bottom. You compensate for these improving leverages by accelerating (increasing the speed of movement of) the bar.

LM: Bands and chains weren't available when you were training? Do you think they are essential to improving ones speed and recruitment of more muscle fibers?

FH: Bands and chains were used by several of the old time lifters as far back as I can remember. They are nothing new. I used bands to dampen end-points in each lift I performed so that the inertial stress wouldn't hurt me. I discarded the use of chains because this form of training proved to be redundant (CAT accomplished the same thing far more effectively), and dangerous with the heavier weights.

LM: Do you have any thoughts on how we should incorporate bands into the 3 power lifts?

FH: On days that you are training below around 75 percent of max, affix the bands to the bar in order that the inertial force at the end of each movement is dampened. On days that your poundage exceeds 75 percent, bands are unnecessary because the bar is moving so slowly.

LM: The goal of the powerlifter is to complete a lift as soon as possible by reducing T max. Does this mean we should squat quickly like Shane

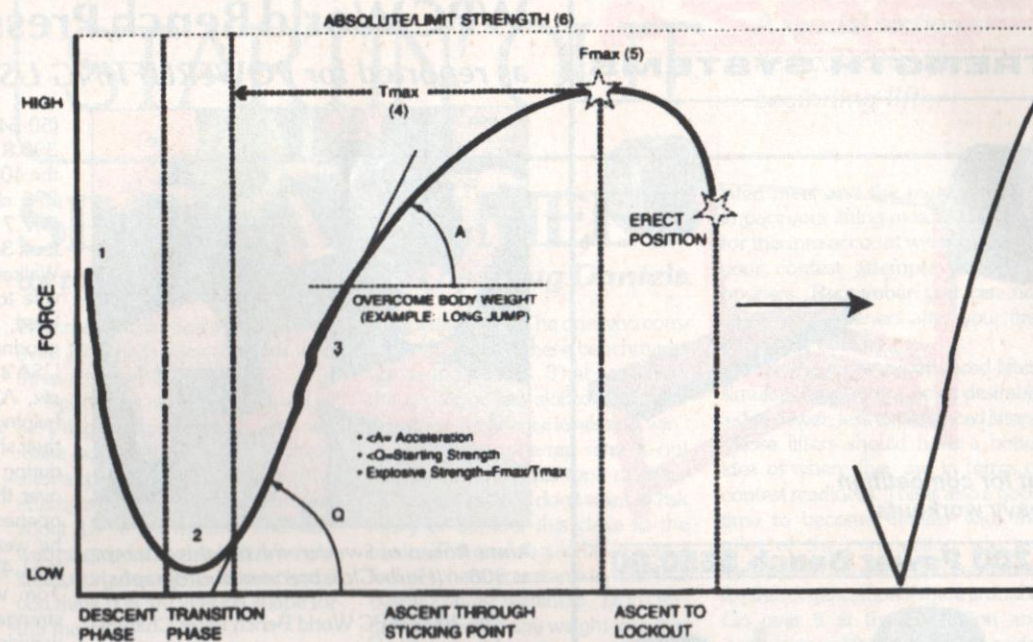
Hamman and Rob Wagner?

FH: In all the world of sport, SPEED is king! But look, I have NEVER seen anyone attempt a maximum attempt and not go as fast as they possibly can. I know of NO one who is even remotely capable of purposefully moving a maximum weight slowly! It is not possible.

LM: You define starting strength as the ability to turn on as many motor units as possible instantaneously and explosive strength as the ability to leave them turned on. How do we build this speed-strength?

FH: Let's start at the beginning. Here are some elementary definitions together with some training advice for each.

Starting Strength: Your ability to "turn on" as many muscle fibers (muscle cells) as possible instantaneously. A combination of weight training and light resistance training works best for improving starting strength. Weights should be in the 55-75 percent of maximum range, and the exercises should gradually (over a predetermined "period") become faster and more dynamic. Light resistance techniques include plyometric training, overspeed training and various forms of running and agility drills. Various therapeutic modalities as



well as psychological techniques also have shown effectiveness in improving starting strength.

Explosive Strength: Once your muscle fibers are turned on, your ability to LEAVE them turned on for a measurable period (i.e., through the entire lift) is referred to as "explosiveness." A combination of weight training and light

resistance training works best for improving explosive strength. Weights should be in the 70-80 percent of maximum range, and the exercises should gradually (over a predetermined "period") become more and more explosive. Light resistance techniques include plyometric training, overspeed training and various

forms of running and agility drills. Various therapeutic modalities as well as psychological techniques also have shown effectiveness in improving explosive strength.

(the conclusion of this interview, with further explanation of the strength curve, will appear in next month's edition of PL USA)

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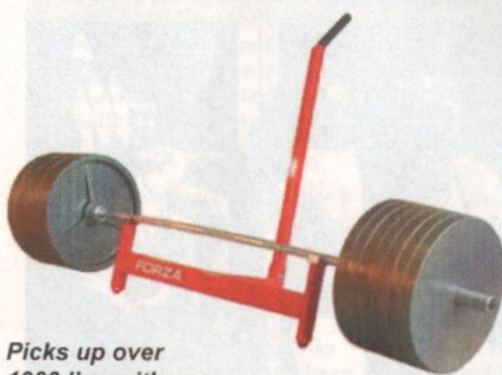
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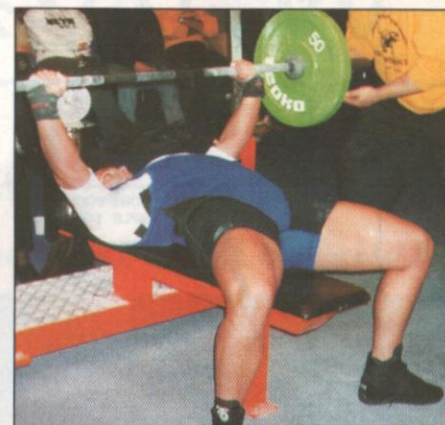
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WPC World Bench Press Championships

as reported for POWERLIFTING USA by Herb Glossbrenner



Anna Rosen of Sweden missed this attempt at 308. (Herb Glossbrenner photographs)

The 2002 WPC World Bench Press Championships were held in conjunction with the WPC World Powerlifting Championships the week of October 22-27 in a multisports arena in Helsinki, Finland. The bench pressers exhibited their strength beginning Friday, 10 AM Friday October 25 with the Teen, Juniors (20-23) and Masters (40+) lifting. On the last day, Sunday Oct. 27th the Women and Men Open Competitors did their thing.

The total number of participants was 109, representing 17 nations. Here is the breakdown: Finland (32), Germany (15), Latvia (11), USA (10), Austria (7), France (6), Sweden (5) Great Britain (5), Russia (4), Poland (3), Belgium (2), Switzerland (2), Estonia (2), Slovakia (2), Australia (1), Iran (1), Hungary (1)

Here are the highlights: FRI. OCT 25: TEENS: Juhani Niskanen, 18, FIN set a EUR REC in the 18-19, 148 class - a 2nd attempt- 145.5kg (320.7).

JUNIORS: Mihails Sabarovs, 23, LAT, who also won the Jrs. in PL, BPed 209.4 in the 114s at a mere 105.6 bwt. At 181, Uldis Laudams, 22, also of Latvia, pressed 407.9 to win. David Hanson, 22, USA who bombed in the PL, won the 198 BP gold to salvage his dignity with a 402.3 BP. At 220, Hannes Toivanen, 22, FIN set two JWR with 562.1 (1st) and 584.2 (3rd). Outstanding among the Juniors was Tomi Rantanen, 22, FIN, @ 274.4 pressed a tremendous 300 kg (661.4) on his 2nd lift, a EUR REC. On a 4th he tried but failed to break the WR with 305.5 (673.5).

MASTER (WOMEN): Two women who lifted in the full PL competition lifted here as well. Eva Kusau, GER, in the 65-69 group collected another gold in her 148 division. Yveline Dujardin, BEL, in the 40-44 group (132) set two great WR's: 237 and 242.5 lbs

MASTERS (MEN): Uwe Werner, 129.6 of GER, set a EUR Rec. (40-44) 132 class group record - 319.6 lb. In the same 40-44 bracket, Philippe Herzog, of Switzerland established a WR @ 148 - lifted 403.4 at a mere 141.1 bwt. - impressive! EUR Records were also established by Luis Guercio (50-54) FRA @ 148 (259) and Franz Haar (AUT) @ 165 (55-59) with 308.6. USA's Ronald Cuny got 2nd place at 198 (55-59), hoisting 319.6 no less! Senior official from AUT - Josef Pollendorfer - who sat in the hotseat flipping the switch all week - won the 242 class

(50-54) World Title with a strongly executed 396.8 lift. Andreas Mrosek, GER @ 253.5, won the 40-44 gold at 275 with 529.1. In the 45-49s, 275 class Viktors Pevko of LAT set a WR of 567.7 @ 270.7 bwt. Doug Williams (45-49) GB took 3rd behind Perko and his countryman, John Walker, in this same category (440.9). William's wife took a terrible fall in the lobby, struck her head, and suffered a mild concussion. Thank goodness she's okay. The Best Master Lifter was USA's Thomas Manno, 44, hailing from Phoenix, AZ. Tom was there every day, lending a helping hand backstage. He helped lifters get into their shirts, and was there motivating Team USA during the power meet also. Tom weighed just over the 308 limit (308.8- to be a SHW. Tom opened with 622.8 and obliterated it. Having won he went to a WPC 40-44 World Record 300 (661.4) and blasted that up successfully as well. Tom wanted to break the 700 lb. barrier. A strange European rule was invoked and they wouldn't allow him to take 318.0 (701). Pounds has no significance to the rest of the World as they think metric (right Robyn?) So, Tom attempted the next best thing: (317.5 kg.) 699.94 lbs. He got it up, but two of the three officials didn't think Tom's arms were completely straight. Anatomically they don't straighten fully and he even told them that before each lift (how, well I know this routine). No matter, he'll join the 700 club officially, soon, becoming the first man over 40 to achieve this amazing feat. He's the strongest Master Bencher ever and indisputably Mister "Nice Guy" - a rare trait among elite benchers.

WOMEN'S OPEN - Kirsi Rintala, FIN, set a WR 249.1 @ 114. Virpi Pukkila, FIN, established a EUR REC (216 @ 132). Michaela Zimmer, AUT, pressed a huge WR 303.1 @ 148. At 181, Taina Hatanpaa, also FIN, BPed a EUR REC 275.6 lbs. In the 198 category, Sweden's Anna Rosen lifted 286.6.

MEN'S OPEN - Adrian Zalzman, 22, from AUS added the BP World Title to the 3 lift gold he had already won; and popped up 253.5 @ 132. Short, stocky Frenchman Jean-Luc Garcia, 36, put up a EUR Record of 460.7 @ 165 on his 3rd attempt. Then on an extra attempt he locked out a big 468.5- breaking his own record before it had cooled down. Markus Schick, 26, from Germany weighed a mere 166 lbs. yet stroked an enormous 564.4 World Record into submission. Such strength he has! He failed to lift 260 kg. (573.2) on a final try. Mika Nikula, FIN, took the silver with 512.6 and his countryman/teammate Petri Kotka, yet another proficient Finnish bencher, pocketed the bronze with 507. Whatta class, wow! Former IPF World BP Champ - Onozo Szabolcs, 31, of Hungary, jumped the fence and tested his strength among the WPC Elite. He blasted WPC World Records of 569.9 and 573.2 to kingdom come, the 11th best performance All-Time in this class. Juha Someroja, 27, another fabulous FINN, was right on Onozo's heels collecting silver with a great lift of 250 kg (551.1). If you haven't noticed by now, FIN has some of the greatest benchers in the World. Their depth of talent is impressive and they just keep coming with new names popping up at every turn. Home team Finland placed 1-2 @ 220 with Nikkanen, 34, winning with 265 kg (584.2) while his teammate Vesa Kulmala, also 34, earned silver - lifting

(article continued on page 73)

We all know that actual competition in a sport is a lot different than the training for it. This applies to just about every sport, not just powerlifting. For one thing, a powerlifter must perform all 3 lifts in one day while most lifters work no more than two lifts in a training session. In addition, we must satisfy those nasty judges and endure long delays between flights and numerous platforms. These and many other variables exist that make the actual competition much different than gym lifting. The challenge for the most new lifters is to prepare adequately for their initial meets. The best way I know of is to have a 'simulated meet'.

Set aside one training day 10-14 days prior to the contest to have a simulated meet in your gym with your training partners who will also be competing or others interested. The experience garnered here is potentially invaluable in actual competition.

First, conducting this simulated meet no later than 10-14 days prior to the contest is necessary to provide adequate recovery time before the meet. This time period will still allow about one more week of moderate workouts to brush up for the meet. I also suggest taking two days off prior to this session so you can lift reasonably fresh.

Try to simulate actual meet conditions as closely as possible. This includes taking the same warm-ups you plan to take in the contest and using the same supportive gear. It goes without saying, start with the squat and finish with the deadlift. At most meets, your actual attempts can come about 20-30 minutes apart so I would suggest mimicking this period between attempts also. This presents the challenge of keeping warm and focused between rounds in competition.

Having someone knowledgeable actually judge your attempts is key. If you can round up an experienced lifter who is not taking part in this simulation to act as judge, all the better. Otherwise, take turns objectively judging each other's attempts. Objectivity is critical! Treat a missed attempt just as you would at a contest.

STARTIN' OUT

A special section
dedicated to the
beginning lifter

SIMULATED MEET

as told to Powerlifting USA by Doug Daniels

That may require taking an attempt over. No one is allowed more than three attempts at each lift.

Spotting is critical, as you will all be lifting heavy weights. This will make you appreciate the spotters' efforts at contests. After finishing the attempts for each lift, take a break of about 15 to 30 minutes and start warming up for the next lift. You can limit your attempts to one or two if you think you are in good shape for the meet.

This is also an opportunity to conduct a friendly competition. Compete based on your results compared to your best previous training or

competition lifts. The one who compares the best to these benchmarks will be the winner. That way, even the newer or less skilled lifters can raise their confidence levels and 'win'.

Hitting a one-rep max is not necessary during this type of simulated session. You don't want to risk injury or burnout this close to the meet. The goal should be to gain a feel of where you stand in terms of overall contest readiness. Don't forget to allow for any weight loss that is still needed to make your intended weight class. This can affect your performance at the actual meet. Even a few less pounds between the simu-

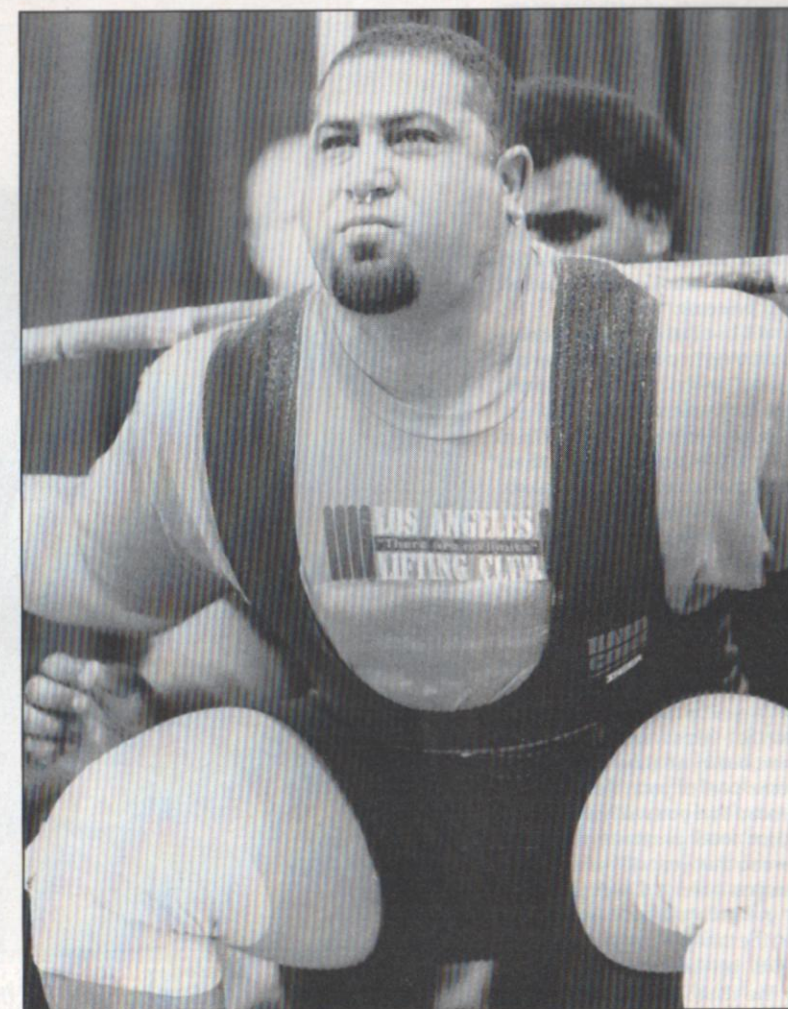
lated meet and the meet itself can impact your lifting measurably. Factor this into account when choosing your contest attempts, especially openers. Remember you can not lower your openers after your first attempt is taken.

For the more experienced lifter, simulations may not be as desirable as for newer, less experienced lifters. Those lifters should have a better idea of where they are in terms of contest readiness. This is also a good time to become familiar with the rules of the competition you are training for. Obtain the current rules for that organization if there is doubt. Go over it at the simulation and execute your lifts under those guidelines.

A simulated meet can be of value to many lifters. A lot can be learned about your contest preparations before the actual competition itself. Your supportive gear, warm-up procedure, attempt selection, technique, mental discipline and endurance can all be tested thoroughly in one day. Of course, the next day or two you may be quite sore. Take a few days off following the simulation and then take your last few workouts, going no higher than openers. This will help assure you that you are not burned out for the actual meet. This session is also a good time to take your last deadlift for the cycle. You should allow 10-14 days between your last deadlift and the meet itself so this timeframe could work out well for this.

A simulated meet can also be of value when there is a long period between meets to keep your competitive juices flowing. Remember to simulate actual meet conditions as closely as possible. If you are not up to a full blown 3-lift simulation, you can simulate one or two of the lifts. This can also work for a one or two lift meet. Don't risk injury or burnout by pushing too hard. A 90-95% effort should provide the feedback you need to perform well at the meet. Critique each other objectively on technique and optimum attempt selection. This is a prime opportunity to take videos of the your lifts for review. Even a simulated meet can not totally match actual competition, but it can provide an extra edge that can make a difference.

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



Oan Basson has done small, low-key meets right where he trains at Los Angeles Lifting Club as preparation for his virtually flawless performance at the WPO Semis.

NUTRITION

The Top 25 Ways to Pack on Serious Mass - Part II

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

In the first part of this series I discussed 8 top ways to pack on mass when going up a weight class. In the second part of this three part series I will continue with the next 8 tips to take you to success. Most people think that it is easy to pack on weight and they are right, if putting on fat weight is your goal. The purpose of this series is to make sure that the weight that you do put on is solid muscle, and not just an extra layer of fat around your hips and waist. Putting on quality weight that will lead to a bigger total is our objective. There are many misconceptions on how to properly go up to the next weight class. What we have to remember as powerlifters is that by going up a class we have to produce a total that is competitive at that new class. What was elite at your old class won't pull you through in the next division up. With this in mind what we must realize here is that we have to put on as much lean muscle tissue as possible while minimizing any fat gain. This can only be done through a well planned out nutritional and supplementation program. Here are the next 8 tips to pack it on!

#9 - Use a Protein Supplement - In a time when most of us live very busy lives and are constantly on the go, a protein supplement in the form of a meal replacement or protein shake is essential. If we take a look at one of the rules in Part I of this series, it was to eat 5-6 small meals per day. Now, eating 6 solid meals of food per day for most people would be a major problem. One way to make this much simpler is to eat your regular breakfast, lunch and dinner and have a protein shake in between each of those meals. I just made your life a lot easier, didn't I? The fact is that we need at least one gram of protein per pound of bodyweight as powerlifters, especially when we are trying to go up a weight class. Now if you have ever looked at a macronutrient breakdown chart of different foods you will notice that to consume all the protein that you need on a daily basis is almost unrealistic, that is unless you have an appetite like mine. When you look at the protein content of different foods and then you calculate how much you have to eat at your bodyweight, you then ask yourself, "How the heck am I supposed to get in all that protein without feeling like I just inhaled half of the country's livestock?" Having 2-3 protein shakes per day will help you fulfill your protein needs and will make your life in the kitchen a lot easier as well.

#10 - Consume Fast and Slow Acting Protein Sources - Like most people, you must be

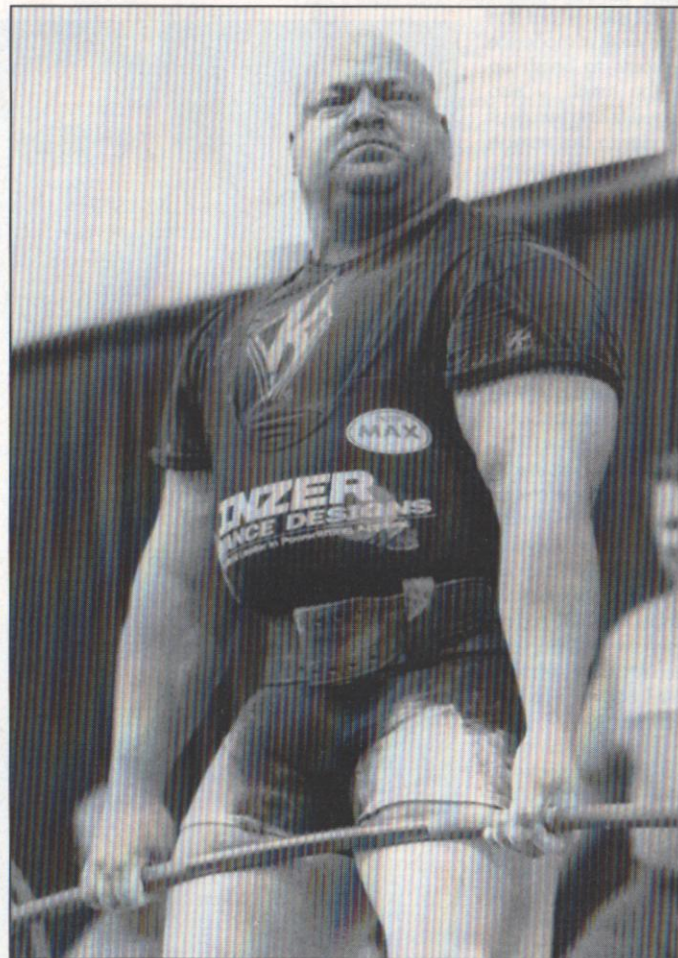
wondering what is a fast or slow acting protein? Fast or slow acting is in regards to the time your body releases the amino acids into the bloodstream. Now whey protein is a fast acting protein. It is the fastest to enter your bloodstream and to upload into your muscle cells. The problem with whey is that while it is highly anabolic or growth producing, it is not very anti-catabolic. A slow acting protein like casein will do a much better job at preventing you from going into a catabolic or muscle wasting state. Supplement companies are constantly bashing each other saying that their protein, whether it's whey or casein, is better than the other. The fact is you have to look beyond all the hype and look at scientific studies. The fact is that you need a combination of both to fully get the job done. Remember the best time to use whey is post workout so that the amino acids get pulled inside the muscle cell the fastest and during the day and night use a combination of slow and fast acting proteins.

#11 - Eat By the Clock - When trying to put on size, you just can't eat when you get hungry, otherwise it will take you a lot longer to get up to your next weight class. You have to eat by the clock, otherwise you will not meet your caloric and macronutrient needs by the time the day is over. With this in mind set a schedule that you will follow and have a meal or protein shake every 2.5 - 3 hours. Not 4 or 5 hours but every 3! This is very important in your quest for size. This will make sure that you get at least 5 quality meals in per day. I know that this sounds a little compulsive but in no time this will just become part of your lifestyle. This will mean that you will have to have all your food prepared the night before so that you will have it ready when you need it. Don't just think that you will just cook something when the time comes, as most likely you will get lazy and you will just skip the meal. Eating every three hours has many benefits. First, it will keep your metabolism elevated. Second it will keep your blood sugar

levels stable throughout the day and will prevent you from getting those after lunch energy lows that so many people complain of. Next, it will keep you in a positive nitrogen balance and will supply a constant stream of amino acids to your muscles, thereby keeping you in an anabolic state. As you can see eating by the clock is definitely worth it!

#12 - Eat Before Going to Bed - Now I knew I would get a lot of cheers for this one, but hold on a second. Just because I said that you should eat before going to bed

doesn't mean you have a blank check to go on a nightly binge of nachos and ice cream. Sorry to break your heart, but we have to make sure that we have specific nutrients that are going to keep you in an anabolic state throughout the night. It is during sleep that your muscles recover and grow from the tough workouts you perform in the gym. So not only is it important to get proper sleep time, as mentioned in part one of this series, but making sure that your body has the nutrients available to repair and rebuild lean muscle tissue while at rest. Now you must be asking, what should I be eating before going to sleep? First you want to make sure that you supply your body with a high quality protein source. This will keep you from going into a catabolic or muscle wasting state while you are sleeping. It is during your sleep that you go the longest time without food. You don't want to consume just a fast acting protein like whey either. Like I mentioned in Rule # 10 you have to consume a combination of both in your diet. At bedtime you want a protein

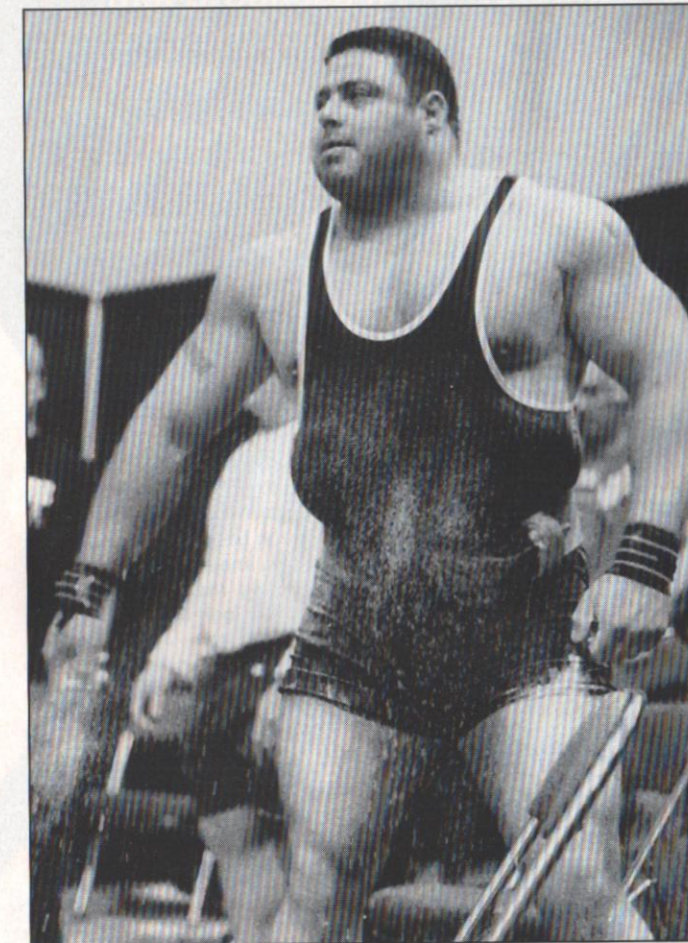


Garry Frank was very pleased with the results of his new nutritional program, designed by Anthony Ricciuto, at the WPO Semi-Finals, feeling that he had lots more energy. Anthony indicated that "His body is working like a well oiled machine now". Garry used to practice the 'see food diet' (as in 'I see food and I eat it') but not anymore.

source that is going to stay in the bloodstream as long as possible and provide a sustained release of amino acids to your resting muscles. One good example would be cottage cheese with whey protein mixed in. Next, you want to make sure that you provide yourself some healthy fats at this time as well. A nice Omega 3-6-9 formula will do the trick and provide a balanced ratio of the different fats. These fats are involved in many processes including reducing inflammation and testosterone production. What a better time to take advantage of this than when you are sleeping. Fat will also slow down the release of amino acids into the bloodstream even further. Eating the right things before going to sleep for the night is essential to putting on muscle and recovering from your workouts.

#13 - Take a Multi Vitamin and Mineral Formula - During times of hard strenuous training the body needs optimal amounts of micronutrients. These are your fat and water soluble vitamins, major minerals, trace minerals and electrolytes. These micronutrients even

though small in their dosages are very important for your performance and strength. Taking a multi vitamin and mineral pack is essential in making sure that you don't have any deficiencies in any of the above categories. Optimal intake of vitamins and minerals are essential for life. If a deficiency occurs, the body will not function optimally which can lead to illness and even death in severe cases. Vitamins act as co-enzymes which perform many roles and functions in our body. They work as catalysts to release energy from the foods that we consume. Minerals play a role in many processes. These include muscular contractions, fluid regulation, the production of energy, nerve transmission and protein metabolism. Do you remember the last time you cramped up at your competition after you weighed in? That most likely was caused by an electrolyte imbalance due to your method of losing water weight so close to the competition. Not taking a multi vitamin and mineral formula as a strength athlete is like driving a race car without a seat belt.



Who's The MAN? ... Andy Bolton of Great Britain asked the famous rhetorical question at the WPO Semi-Finals after deadlifting 926, then Garry Frank (at left, holding an all time best deadlift of 931 lbs. - seemingly FOREVER!) gave his answer. This subject will be raised once again early next year at the WPO Finals at the Arnold Classic.

#14 - Never Skip Meals - What's the big deal about skipping meals? If I didn't mention it then you wouldn't fully understand the consequences of skipping meals. I know, I have heard it all before. You get busy at the office or taking the kids to their soccer game. A few hours go by and boom. You forgot to eat your fourth meal of the day. You get a little busy picking up the dry cleaning and now you have missed your fifth meal too. Now let's take a look at what happens to you when you skip a meal. First off when you skip meals it slows down your metabolic rate. When you slow down your metabolic rate through skipping meals, two wonderful things happen to you. First you go into a catabolic or muscle wasting state. When this happens your body breaks down your lean muscle tissue and converts it to glucose to provide your body with energy. Next, since you brain thinks that you are starving to death it will tell your body to store any food that it does receive in the form of fat. So now you are losing valuable muscle tissue (and strength), as well as priming your body to increase its fat stores. Sounds great, doesn't it? So this is why I tell my clients not to skip meals and always plan ahead. When you have a major competition like a Nationals or Worlds right around the corner you don't want to the above happening to you.

#15 - Eat a Big Breakfast - You must be thinking that the only thing on this guy's mind is food. Being a sports nutritionist, I usually eat 6-7 meals per day and in between I am discussing and counseling my athletes about proper meal planning. Yeah, I guess you are right. All I think about is food! Breakfast is, no doubt, one of the most important meals of the day. You should always eat a large breakfast, as it is the base that will fuel you for the rest of the day. You have gone 8 hours during your sleep without food, so now is the time to fill up the tank with fuel once again before another long day of work and training. A lot of people either skip their breakfast or eat such a skimpy breakfast it makes you wonder how they can even think and function at their job. Having a cup of coffee and a muffin is not considered a breakfast, especially not for a strength athlete. At breakfast time you have to supply your body with a hearty source of complex and simple carbohydrates, and a nice portion of lean protein. A good example would be a large bowl of oatmeal with an apple and an egg white omelet. This is a breakfast, not that muffin and coffee joke that so many people fall in the trap of. The quality of your breakfast will

have a direct effect on how efficient your metabolic rate works for the rest of the day. With this said, make sure that you eat a true powerlifters breakfast.

#16 - Make sure your meals are balanced - "What type of balance are you talking about?" This refers to your macronutrient breakdown in each meal. Just as a refresher your macronutrients are your proteins, carbohydrates and fat. Each of your meal should be balanced in its proportion for each of the "Big Three". Now don't think that there is only one macronutrient ratio profile that is going to be optimal for everyone because there isn't. This is where a customized nutritional plan comes into play. Each person's metabolic rate, energy expenditure, insulin resistance and insulin sensitivity level are different, just to name a few variables. These all play a major role in designing a customized nutritional plan that is right for you. I can give one athlete a specific ratio of macronutrients and he will get ripped by following it. Yet another individual that I give the exact same plan to will cause an increase in his body fat level. With this stated, I will at least give you something to start with as a base. First off, never just eat one macronutrient and consider it a meal. This means in layman's terms, don't go out and eat a pasta dinner with a nice half loaf of Italian bread. As you can see you are lacking protein and healthy fats in the meal. At the same time don't scarf down a can of tuna and call it a meal either. A good example to follow for dinner would be a lean steak, a yam, and a serving of broccoli with olive oil. This is a balanced meal. Now, I would play with the ratios of the macronutrients to exact specifications and amounts to help you achieve your future goal according to your personal data for the different variables. See, I know how to make it look easy!

With this installment of the 'Packing on Mass' series, you now know that going up a weight class isn't as easy as you once thought. It takes planning and precise calculations to go up to your next class without looking like you gained all your weight from binges at the local buffet. As you can see, there is a science to proper weight gain, not simply stuffing your face with all types of fattening and sugar laden foods. In the next installment of this series I will give you the last 9 tips to help you pack on serious mass!

If you have any questions or comments feel free to write me at aricciuto@x-tremepower.com. You can view more of my articles at www.x-tremepower.com

FORCE TRAINING

by Dave Tate of
Elite Fitness Systems

Question: I am having some severe problems with my hip flexibility. During dynamic squats, it is difficult for me to squat down without severe pain. During a competition, I have a hard time reaching parallel especially when using a stance that is wider than shoulder width. I know that if my hips were more flexible, I could take my stance out wider and squat more weight. How do I correct this problem and what can I do in the meantime so I do not lose any training time?

Answer: This is a common prob-

lem with many athletes. As to what to do until your flexibility improves, try the following things. Try turning your toes out a little. This will open up your hip and make it easier to get down. Another thing that you can do is to start on a high box with a wide stance and as your warm-up go to a lower and lower box. As your hips warm-up the heavier weight will help push you down. You can also try some deep tissue massage and Active Release Therapy to help with the pain. In order to

improve your flexibility try the following exercises. The common way to perform these exercises is to use hurdles, but even mimicking the movements will do wonders for your hips.

(1) Duck Under - align 5-10 high hurdles in close sequence. Progress from one to the other "ducking under" the center beam. Make sure you "bend" with your lower body and not at the torso. Keep your upper body as straight as possible. Repeat facing the other direction.



Big DAVE TATE of Elite Fitness Systems handing off a bench press attempt at the WPO Semifinals.

(2) Step Over - align 5-10 low hurdles in close sequence. Progress from one to the other "stepping-over" the center beam. Make sure to keep your upper body erect by bringing your knee to your chest with your heel leading over the hurdle first. When you land in between hurdles it should be on the balls of your feet. Repeat facing the other direction.

(3) Alternating Duck Under and Step Over - align a low hurdle and a high hurdle consecutively and perform the same drills as above alternating them. Repeat facing the other direction.

(4) Wide Leg Swings Walk Over - align 5-10 low hurdles in close sequence. Progress from one to the other "swinging" your leg wide over the outside of the center beam. Maintain an erect torso and the landing in between hurdles should be on the balls of your feet.

You may feel a bit strange performing these exercises and some may look at you with wide eyes in the gym. Just remember that this extra work will help you train pain-free and help you squat bigger weights.

For more information on equipment, books, apparel, training accessories, articles, Force Training seminars and over 10,000 archived answers visit www.EliteFTS.com.

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How does that go ... never spit into the wind, don't tug on Superman's cape, and don't mess with big bad Leroy Brown? Let me add one rule to that list of DON'TS. Don't give corrective criticism to a powerlifter. Like my former coach Ben Lockett would say, "Don't give advice. The ignorant won't heed it and the wise don't need it." And he would conclude, "And more times than not the ignorant will kick your ass for doing it." He is probably right, but I have always functioned on the principle: "Tell the truth, the whole truth and nothing but the truth." When I think there is something wrong, I just have to voice my opinion. Heck, I feel a tremendous responsibility to do so, and I hope you feel the same way.

Well, Ben may have been right, I have certainly had my butt kicked now and then, but I still stand by the conviction ... ABSOLUTE TRUTH ... especially when it comes to journalism. Of course, there is no such thing as the absolute truth - and that is absolutely true. Consequently, there is always room for disagreement and discussion. I am certainly not afraid of arguments or disagreements. The only people who don't disagree are the people who don't care or who are dead. Divergence is what makes life exciting and challenging.

Anywho, since my articles "Old School" and "No Mas, No Mas" appeared in the August and September issues of *Powerlifting USA* respectively, I have received more mail than Chris Kringle the week before Christmas. That's no joke. In fact, due to the prolific amount of mail that I've received over the last two months, I've heard that the Postmaster General is now in the position to lower stamp prices instead of raising them. Now isn't that good news? I wish I could share all these wonderful letters with you.

As you might have guessed there was quite a variance in responses. For instance, I was given monikers that ranged from Judd "Stud" to Judd "Pudd" and everything in between. Even my sexuality was attacked. Can someone tell me what a hermaphrodite is?

More importantly though there seems to be little agreement when it comes to the equipment and rules issue in the sport of powerlifting. As mentioned last month, opinions stretched from one extreme to the other with every side insisting they were right. For instance, some indi-

"Don't give advice. The ignorant won't heed it and the wise don't need it." BEN LOCKETT

Dr. JUDD

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

viduals felt that powerlifting should abide strictly by rules, while others believed that rules were made to be broken, and/or significantly modified. Naturally there were a few individuals whose opinion fell somewhere in between. What follows are a few excerpts from letters and e-mails that I thought might interest you and my response to them. It should be noted that some of the e-mails I received were sent to me from a couple of Internet message boards.

"Dr. Crudd ... In the 1960s and 1970s there was way more steroid usage going on in comparison to present day. The use of steroids is now a hot news topic and steroids are now being tracked (pardon the needle pun) so you are just hearing about them more. Not only that, but D-Bol, one of the most infamous strength steroids, used to be as easy to obtain as gummy bears and now all that remains are overseas counterfeits.

The other problem with the Dr. Crudd topic, is that people are making wild claims about "what they could have done if they would have access to that". Could Kazmaier (or someone else) have benched 800 pounds wearing a bench shirt? Maybe, but maybe not. Glen Chabot beat Kazmaier's unassisted bench record and he has not benched 800 pounds in a shirt. The bottom line is "you did what you did" and anything else is only "hot air, pipe dreams, and ego pumping b.s.". Kennelly benched 800 pounds and Kazmaier didn't. To discredit the lifters of today, making them out to be "not as elite" or "not as talented", is a bunch of jealous garbage. **Conan McMillarkey**

Conan: Your points are well taken, but I think you are reading into my article a little too much. My intention was not to suggest that the lifters of yesterday are better than the lifters of today. In fact, there is no question in my

mind that athletes today, with few exceptions, are much better than the athletes of yesteryear. That's a no-brainer. The training methods, nutrition, supplements (including drugs), recuperation techniques, and equipment alone ensure that the contemporary athlete is head and shoulders above past generations. I also believe that today's athletes are more focused and driven than the athletes that competed in the past. And I am sure that the next generation of athletes will be better than today's athletes.

The point I was trying to make was that in powerlifting, performance is becoming more contingent upon gimmicks, poor officiating and equipment than physical prowess. I think that in the long run this type of strategy is going to be bad for the sport of powerlifting. People aren't stupid; they know that many of the lifts being made today are not legitimate. By letting athletes cheat in this manner, we jeopardize the integrity of the sport. **Dr. Judd**

Dear Dr. Judd "It was with great interest that I read your article No Mas! No Mas! In the September 2002 issue of *Powerlifting USA*. I have been involved in powerlifting as an athlete since the late 80s. My first teachers and role models in the sport were great lifters like Tom Henderson and George Hechter. I was competitive enough to win two Iowa State Championships, one with the USPF and one competing in NASA and more recently I won a Georgia State championship in the USPF. My squat is in the low 700s, I bench in the low 400s and deadlift in the middle 600s, with totals in the low 1700s. I do this without pharmacological assistance and while using basic, single ply gear that is not overly supportive nor overly loose. I find the sport to be one which breeds a community attitude, which is positive and rewarding. Most lifters are helpful and caring, the most supportive things being the attitudes towards each other.

Over the last decade, I have seen a disturbing trend develop in our sport. That trend, outlined by

your recent article, draws attention to the willingness of some within the powerlifting community to bend the rules, in order to accomplish lifts that are beyond their current physiological capacity. In short, this practice is cheating. It is true that this is a charged issue. Strength sports are by nature intricately connected to the ego of the participants. To defeat someone in a strength sport is to assert, figuratively and in actuality, the dominance of one, physically, over another. Under these circumstances individuals will seek means of gaining an advantage in order to avoid defeat, or to bolster their ego. The fact that your article touched upon this raw nerve is evident as the name-calling has begun. Unfortunately because of the egotistical nature of our sport and the fragility of some of the practitioners, it seems that the loudest voices would prefer to question the personal life of the "voice calling in the wilderness" as opposed to putting any thought upon the ethical nature of manipulating the leverages of the body via a garment in order to lift more weight. Indeed your article should cause every serious powerlifter to be offended by the flagrant cheating.

It seems that every time someone raises the issue of inappropriate or excessive or in this case, cheating, while using powerlifting gear, it causes such a furor. It was once the case that any powerlifting costume that included elements that were "incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition." Taping padding on oneself is a whole other level of rules violation.

Nevertheless, I think that the vast majority of those "outraged" by your article has missed the point. You make a valid point about cheating and having powerlifting, a sport we all claim to care about, brought into disrepute. That is the deal, ALL powerlifters should care about the fact that someone is cheating. This flagrant disregard of the rules of lifting harms all of us. Thank you for your article." **Jeff DeMott**

Jeff: I couldn't say it any better. Thanks for your letter. **Dr. Judd**

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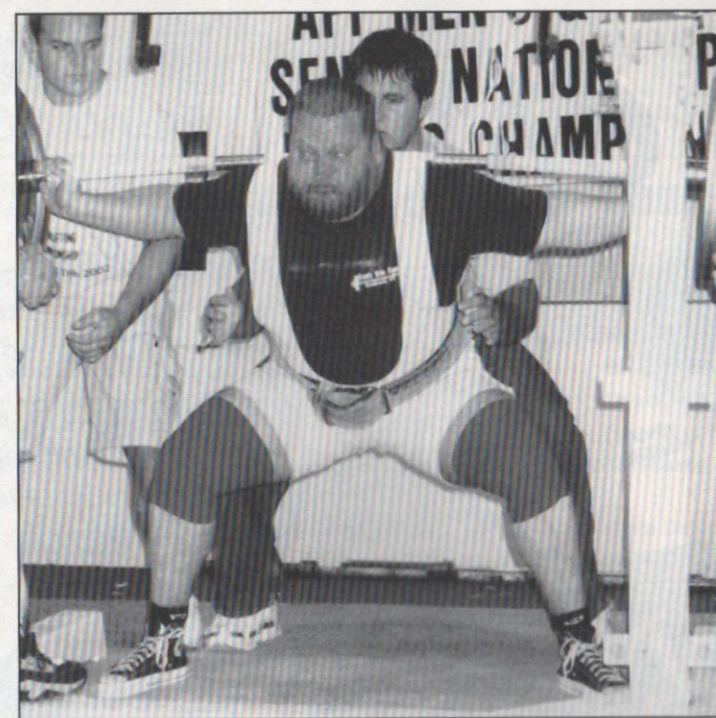
"Just read Dr. Judd's article in *Powerlifting USA* and thought it was one of the most foolish, ill thought out articles I have ever read. As usual with single ply fanatics, he laments on the decline of powerlifting and rails against gear

and how it is destroying the integrity of the sport. This type of thinking and commentary never ceases to make me laugh. It's funny how these "old school" guys cry about the advances in gear and complain about the numbers going up, but never seem to mention how in the good old days drugs were used and abused much more than today. In the "good old days," all the steroids were real, properly dosed, and extremely cheap. I remember in the late 80s when a bottle of testosterone would cost between 12 and 15 dollars and a vial of deca would be about 5-8 dollars. Try and find those prices today. I used to train at BODYDYNAMICS in Norwalk, CT and right next door was a pharmacy. On Saturday mornings the line would be twenty deep, as guys with 20 inch arms would be filling their prescriptions [yes, doctors used to help athletes]. I also recall visiting an area doctor that had a waiting room filled with powerlifters and bodybuilders waiting to get their injections, right in the doctor's office. Those were the good old days of powerlifting. Guys shooting their stuff right in the locker room, and the garbage can filled with syringes; guys taking tons and tons of stuff, but that's OK because they all wore single ply gear.

The last thing Dr. Judd says is something must be done about the gear and the decline of powerlifting. I agree. What must be done is for these so called old school guys to get out of the way and let the rest of us lift in peace. **Billy Mimnaugh**

Billy, Billy, Billy, I am not trying to convert anyone to my way of reasoning. And I certainly don't want to tell anyone how to think or conduct himself. No one knows better than you what is best for you. That has never been my intention. My objective in writing has always been to just share some of the things that I have learned along the way with the hope that I can help make the sport of powerlifting better for ALL of us. In other words, I am simply trying to give you food for thought. That's all! Take the ideas you like home with you and leave the others behind.

Still to put it bluntly: I don't believe in what has happened in powerlifting over the past two decades. The essence of sports is to pit one athlete's natural ability against another. Any time you surreptitiously use drugs, equipment, money or anything else to gain an unnatural advantage over your opponent - you are cheating. It is that simple. It's cheating in



Billy Mimnaugh trying a 903 squat at the APF Seniors. (Glossbrenner)

every way. And when you cheat you lose all of your credibility.

The issues I hear being discussed over and over in gyms across the country are whether the playing field is level or whether the records are legit in the sport of powerlifting. The general conscience of the public right now is that to a large degree powerlifting has become a travesty. I am sure that type of response is not what you nor anyone else who loves the sport wants to hear.

As far as the steroid issue goes, in all do respect, you are not even close. I know what the athletes were taking in the Seventies and Eighties, and I know what they are taking today. True, athletes in the States were more open about it then, but the dosages they were taking were significantly less. The amounts that athletes are consuming today are threefold what they were using in the Seventies and Eighties. In fact, I wrote a book with Klaus Arndt and Stephen Korte entitled "STERIODS - The World's Most Muscular, Strongest, and Fastest Athletes Talk About Their Steroid Program". We literally went all over the world to do that book, and we interviewed hundreds of elite athletes. I was shocked to find what these guys were taking. Some guys were consuming as much as 3000 milligrams a week. It wasn't just steroids either: it was human growth hormone, thermogenic drugs, and an assortment of mind elevators. If you think that steroids are NOT

available here in the America, you are totally out of touch with ergogenic drug trafficking in the United States. Even if you are right, which you definitely are not, does that mean because guys used illegal drugs in the past it is all right to cheat with equipment and dishonest officiating now? In other words, do two wrongs really make a right? **Dr. Judd**

"I found that Dr. Judd's comments were both appropriate and accurate ... equipment, drugs, and lax judging threaten to destroy any credibility the sport has." **Mike Harwell**

Mike: What can I say? You are perfectly right! **Dr. Judd**

"I don't have a problem with gear in and of itself but he (Dr. Judd) made a good point. EXCESSIVE gear and loose judging have definitively made "a lift made in one organization not the same as a lift made in another organization." **Chad Thomas**

Chad: In all candor, I don't have a problem with gear per se, if it is used for the safety of the athlete. I just don't see the point of using excessive equipment that not only increases the risk of injury but also gives the athlete an invalid performance level. **Dr. Judd**

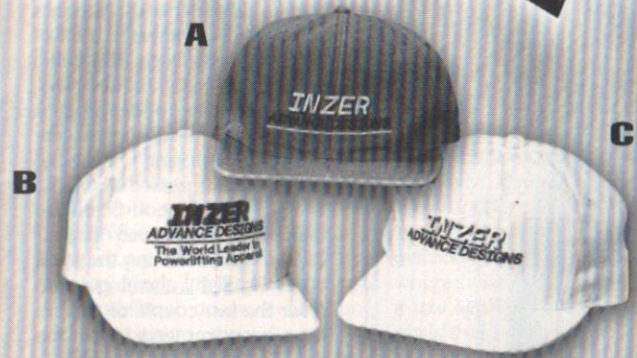
"I think all of your articles are great. They are extremely informative and motivational. I especially liked your last article entitled "Old School". To be quite honest I don't

have a problem with using equipment. My greatest peeve is the officiating. I have competed at meets where they actually got guys out of the audience who knew little or nothing about powerlifting to judge. I have also seen, on numerous occasions, friends judging friends. Needless to say I have witnessed a lot of partiality with illegal lifts being given to friends. I am not exaggerating. I have observed guys getting credit for squats that were a good 5" high, and I have seen bench presses passed where the lifters arched a good 3" off the bench. Like you said in your article, we are ruining the sport by letting all this cheating go on. Over the last couple of years, I have been to meets where the only time a red light goes on is when the lifter can't complete the lift. This is totally unfair to athletes who abide by the rules. I am just one of many powerlifters who has the hope that something will be done about this in the near future ... **Butch Campbell**

Butch: Believe this or not, there was actually a time that you had to be certified to be an official. I am dead serious. In fact, being an official was an honor, and it was not all that easy to become one. Before you could even sit in an officiating chair, you had to pass a written test with a score of 90% or more. In order to pass that test, you literally had to memorize the rulebook, which was a good 100 pages or more. Once you passed the test, you were then required to judge one hundred lifts under the supervision of two National officials. You had to judge properly 95% of those lifts to pass the skills test. If you failed either the written or the skills test, you had to be re-tested at a later date. If I am not mistaken, you had to pay to take the test, and the test was only administered at State, Regional and National meets. At that time the officials took their job seriously. It didn't matter who was lifting - Pacifico, Kaz, Gant; if they didn't make their lift legally, they were red lighted. Not only that, but all of the equipment that the lifter was going to use in competition was inspected and marked to ensure that no one would have illegal equipment. They would even measure the length and width of the wraps to make sure they were legal and that was standard practice at each and every meet. Needless to say, as far as officiating goes, powerlifting has undoubtedly taken a turn for the worse. **Dr. Judd**

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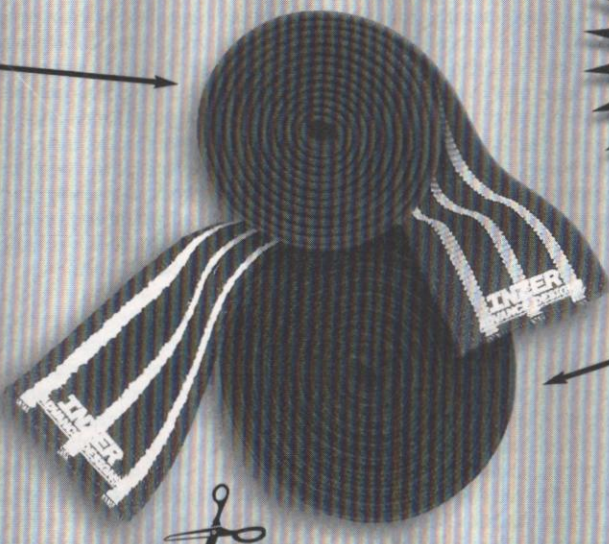
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TRAINING

Explosive Power And Strength as told to Powerlifting USA by Louie Simmons

It is essential that explosive strength play a large role in training, as it is not only a means of developing absolute strength but also a method of raising physical fitness that is directed toward solving a specific sports task.

Of course, many sports combine jumping as part of the sport itself, such as ball games and gymnastics. Here, jumping, or Plyometrics, aids greatly in raising GPP. In sports like powerlifting, explosive strength can be developed with the reactive or contrast method, which includes the use of weight releasers, bands, or chains or by special means such as jumping exercises. Examples of these exercises include jumping onto a box of a designated height or standard Plyometrics, which refers to depth jumps, altitude jumps, or bounding drills on one foot or both. The reason for including these exercises is the development of powerful legs and hips.

It is important to direct a series of work to closely duplicate your sport, in our case, the squat, deadlift, and bench. Two types of training methods are used to develop explosive strength. The first is the use of a barbell with special attachments, such as bands, chains, weight releasers, or a combination of all three. The second method involves jumping exercises.

Jumping exercises and/or plyometrics cause the fastest rate of explosive strength because as resistance is lessened, the motion time becomes shorter. This is caused by a sudden eccentric stretch of the muscles and connective tissue preceding a voluntary effort. Of course, the faster the eccentric phase, the faster the concentric phase through an increase in kinetic energy. How can this be accomplished with a barbell?

Explosive strength can be developed by using moderate resistance with maximum speed. This is the dynamic method. Two simple

training methods to accompany the dynamic method are the box squat for squatting and pulling strength and the floor press with dumbbells or a barbell. For both exercises, after the eccentric phase, many of the muscles are in a relaxed state. This is followed by an explosive concentric motion. This will increase the rate of force development (RFD). We also find that maximum concentric work also increases RFD. With the use of extremely heavy weights, bar velocity may be slow, but nevertheless, overcoming a large load dynamically causes a fast RFD.

At Westside we do quite a lot of concentric squats, benches, and good mornings, that is, without an eccentric phase. I believe this would help weight lifters greatly in the United States. They lift their weights fast enough, but can't move world class poundages.

Let's look at the contrast methods. We will load a barbell with 80% of a 1RM and place 20% on weight releasers. For example, 400 on the bar at the top equals 320 pounds of bar weight and 80 pounds on weight-releasers or, preferably, chains. Af-

ter the eccentric phase the 20% is released from the bar, making the load lighter on the concentric phase and building explosive strength. A more advanced method would be using Jump-Stretch bands on the weight releasers.

A second method is simply using Jump-Stretch bands on the bar, using a moderate amount of bands to increase the lowering phase. This added acceleration downward will increase kinetic energy. A light amount of bands plus a light weight (40-60% of a 1RM) causes an overspeed eccentric phase and accommodates resistance in both the yielding and the overcoming phases.

A third method is box squatting. Always use a box when doing your dynamic day squats. Learn to box squat properly, i.e., the Westside way. Box squatting allows you to overcome a load concentrically after a static phase where some muscle groups are relaxed. This produces a higher RFD than all other types of squatting.

Note to track and field trainers: At top sprint speed, 5-6 times bodyweight is being imposed on the runner, many times causing stress fractures. At no time have I seen



Joe Bayles jumps on a 40 inch box for explosive legs and hips (D. Black photo)

stress fractures from box squatting, nor is it possible to use 5-6 times bodyweight.

A fourth method is to attach two sets of bands to the bar. After performing the first rep, re-rack the bar. Have your training partners remove a set of bands and immediately do a second rep.

I will give one more method: the lightened method. Hook strong bands in a power rack or Monolift at the top. Next, place a loaded bar in the bands. It should be lightened by 20% of max in the bottom. For example, a 750 pound squatter would first load the bar to 150. When sitting on the box, the bar weight should be reduced to zero. After standing back up, the weight is again 150. Then add weight. Train with 50-60% of your 1RM, representing the weight at completion, for explosive strength. A 750 squatter would use 375-450 for 10 sets of 2 reps with short rest inter-

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vals, no more than 60 seconds.

The lightened method works well for floor press as well as regular benching, power cleans, high pulls, and push press or jerk in front or behind the neck with a barbell or dumbbells.

It is advantageous to use bands for the overspeed eccentric phase. For upper body explosive strength, use Jump-Stretch bands to enhance the eccentric phase during ballistic benching. Lower the bar as fast as possible and catch it before it touches the chest. Reverse to the concentric phase as fast as possible.

How can explosive strength be trained in the deadlift? Use the lightened method. Attach bands at the top of the rack to reduce 135 pounds to zero at the start. Next, stand on a platform that does not permit the plates to hit the floor. Take the bar off a set of pins and lower until the bar is 9 inches off the

floor. Reverse and pull explosively to completion. This works much like a hang clean and will serve the same purpose. By using the lightened method, one can get an explosive start. It works great for both explosive and absolute strength.

This brings me to a question that I was asked recently at a seminar: Why is the box squat superior to the power clean? It's simple. The box squat has an eccentric phase, a power clean does not. The eccentric phase utilizes the property of kinetic energy adding to the stretch reflex. Most lifters can hang clean more than an actual power clean for the same reason. But, remember, the squat weight can easily exceed clean weights and is more beneficial when done with the same speed.

Absolute explosive power causes a much greater increase in power with respect to time by na-

ture of a lighter load, most often bodyweight, i.e., jumping. In the United States, when power development is discussed, the Olympic lifts come to mind. But in Europe, where they are much more sophisticated, jumping and plyometrics are used. The greatest amount of power is developed with lighter loads. I recommend that everyone, except for the lightest lifters (165 pounds and below), do only jumping on boxes for explosive power.

First if you are to jump, you must avoid detraining by doing: small loads of jumping, first to condition yourself for more directed work toward improving your sport. You must choose the right amount of jumps per week and per month, leading into a yearly plan. Most importantly, you must choose a jumping exercise that is specific for your training.

Start by doing basic jumps. Drop

down and flex quickly to start a stretch reflex. Jump on boxes of different heights. We like to have two jumping days per week: moderate jumps on Wednesday, no less than 12 and no more than 24 jumps at about 70% of the height of the box used on Sunday, or maximum jump day. For example, if your max jumps are on a 30 inch box, then use a 21 inch box on the light jump day. For those who use a 40 inch box, the light day would call for a 28 inch box. From only a background of box squatting, John Stafford's top day was 44 inch box at a bodyweight of 285. A friend 5 sets of 5 jumps on and former Olympian, Jud Logan, U.S. record holder in the hammer, normally worked on a 44 or 48 inch box. His best is 5 jumps on a 54 inch box at 285 pounds bodyweight. His greatest increase in the throws came with an increase in his box height. This is because the greater speed with which you leave the ground, the higher you jump. First, muscular force becomes equal to your body weight. When it exceeds it, you jump upward and accelerate until maximum height is reached and speed returns to zero.

If you are extremely slow to start a load, here is a drill that works well. Kneel down on a gym mat with your hips relaxed. Then jump to your feet. When you have mastered this, kneel again but this time with a bar on your back and do the same. Next, kneel down with the bar held across your lap and jump into a power clean. For the last stage, kneel down and jump into a power snatch. This will greatly increase your reactive time.

For specializing in pulling or squatting my favorite method of jumping is done like this: Squat down onto a low box, about 10 inches. Relax and then jump onto a box about 20 inches high. After a warmup, hold weight or use a weight vest. I have never had strong front legs, but have seen amazing results with this exercise, even at 55 years old. Eighteen jumps are adequate for a great workout. Jud Logan advised me to do the heavy jumping on Sunday, the day before max effort day for the squat and deadlift, to eliminate delayed onset of muscle soreness (DOMS). This has paid off for me. After all, Jud gained his knowledge from the former East Germans.

Remember these points for jumping: (1) Get in shape to jump. (2) Specialize. (3) Plan your jump loads. (4) Land on the middle of the box. (5) Keep all reps at maximal velocity.

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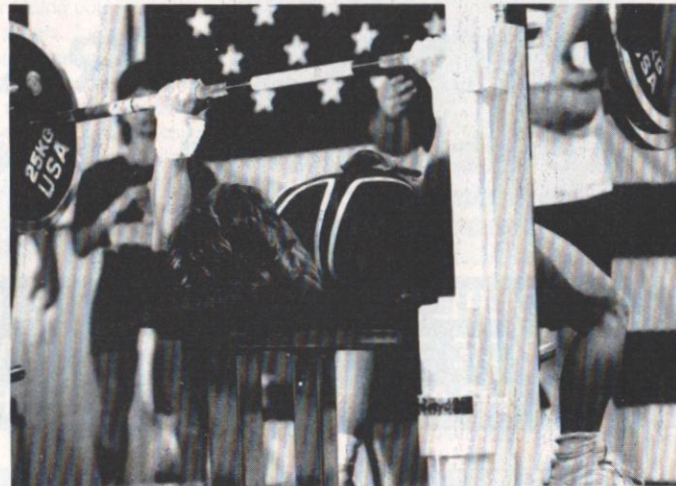


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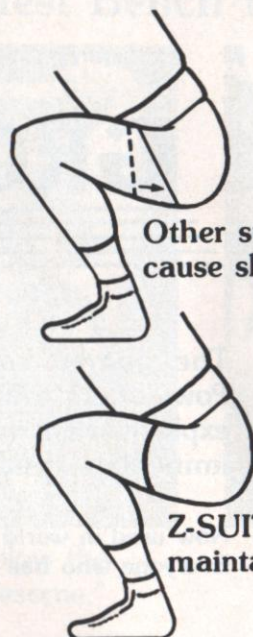
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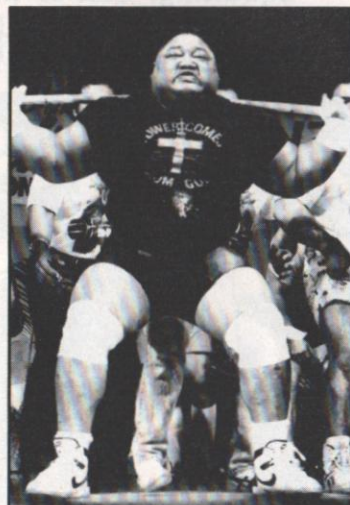


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A couple of months ago we got a challenge from "Pit Barbell Club." I hope that by the time this is printed several readers will have felt confident enough to e-mail me and accept the challenge of the Pit Barbell Club. What are the "stats" of your local powerlifters? If you e-mail me about everybody's strength - please include only "platform" lifters (no "gym lift" numbers).

If you are thinking about submitting your local gym for a possible inclusion in this series - maybe it would help if we looked at the anatomy of this month's Hardcore Gym - to see what cred's they had. First, Deric's e-mails were sprinkled with references to actual powerlifting meets. Second, he is a converted bodybuilder of some stature (like Becca Swanson). Third, these guys know what equipment a serious gym needs - and what it doesn't need. Fourth, their training routine is highly modified Westside Barbell workout - and they advise everyone to buy the Westside tapes. Fifth, modesty forces Deric to say that he is NOT an experienced lifter - even though he has been training for 20 years. Sixth, he had good photos. We get info on a whole lot of gyms that we can not use - because we get no photos to prove anything. Enough preamble; I'll let Deric Stockton tell you in his own words:

"What was once a three car garage nestled in the Santa Cruz coastal mountains ... has now

HARD CORE GYM #17 The "IRON MAIDEN"

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

been morphed into a hard-core gym that would get most any lifter psyched (We are!) With enough weight and the right equipment to keep the "lifter" in us happy, enough cardio equipment and mirrors to keep the "builder" in us happy, and an atmosphere that screams, "Let's get it on!" But more than training hard take place here ... we pride ourselves on training smart. And for that, right off the bat, I'd like to thank Powerlifting USA, Louie Simmons, Dave Tate, J.M. Blakely, Jason Burnell, Dr. Judd, Rick Brewer (yeah, you too) and anyone who contributes to wealth of information available in PL USA. PL USA is like a portal to others who share our same passion for Iron. I love when I go get the mail and my new issue is waiting for me to devour it!... Thanks.

Anyways, back to our "Maiden" ... she features a nice line of selectorized Samson equipment to include a Lat Pull, Pec Dec, Crossovers, Leg Curl, Leg Extension (which doubles for a Reverse Hyper). A Samson Power Cage and a Samson Leg Press for which

we made a 4' sumo platform. We've got a Monolift which was rotting in an alley way near the Santa Cruz beach flats until a year ago! ... fixed the jack, sanded off the rust, and re-painted it ... it's awesome! Of course, a lifting platform which we built ourselves. An ancient, rusted standing calf machine ... but it gets the job done. A rack of bells from 3 lbs. to 105 lbs. Five Oly bars (one Texas Power bar). 3,500 lbs. of Olympic plates. A Precor treadmill, a Precor transport, and an old stationary cycle that we cart to meets with us to warm up on. And lots of other bells and whistles like, boxes, chains, bands, releasers, manta ray, stabilityball, and "bozzer" wrap roller, etc. Oh yeah, I've got to mention our wall charts ... we've got anatomy charts of muscles and tendons, bones and ligaments, peripheral nervous system, autonomic nervous system, shoulder and elbow, and knee and ankle. These are must for any gym!

We've also got a fridge, coffee maker, stereo, TV, track lighting, two sky lights which open and

close, fans, propane heaters ... but what I'm most proud of is our video set up. We set our video camera up anywhere in the gym and see ourselves in real time on television... this has been one of the most valuable learning tools. Because when it comes to retroactive inhibition (thanks Dr. Judd), everything and anything that fosters correct lifting technique is a must! We can pick up so many things (good and bad) that we just don't see with the naked eye. We've also got a VCR, so often I'll throw in a Westside tape ... and it's almost like we're training with Louie! (I can dream!)

The gym actually belongs to my friend and training partner of the past 5 years, Dr. Diederik Lagerwerff DVM. This sixty-one year old Dutchman has been training for the past twenty years, but powerlifting for only two years. This past year he broke the WABDL CA DL record with a 529 ... on a fifth attempt! Broke the USAPL M5/220 DL record with a 501, but got red lighted for racking to soon, and got the total record with around 1100ish ... what a stud! He will go over 600 lbs. with his DL ... I know it!

The third wheel of our powerlifting tricycle is Dr. Richard Hencke, MD. "Doc" is an emergency room physician with as much trauma to his own body as a month's worth of ER patients. I don't know if there's a joint in his

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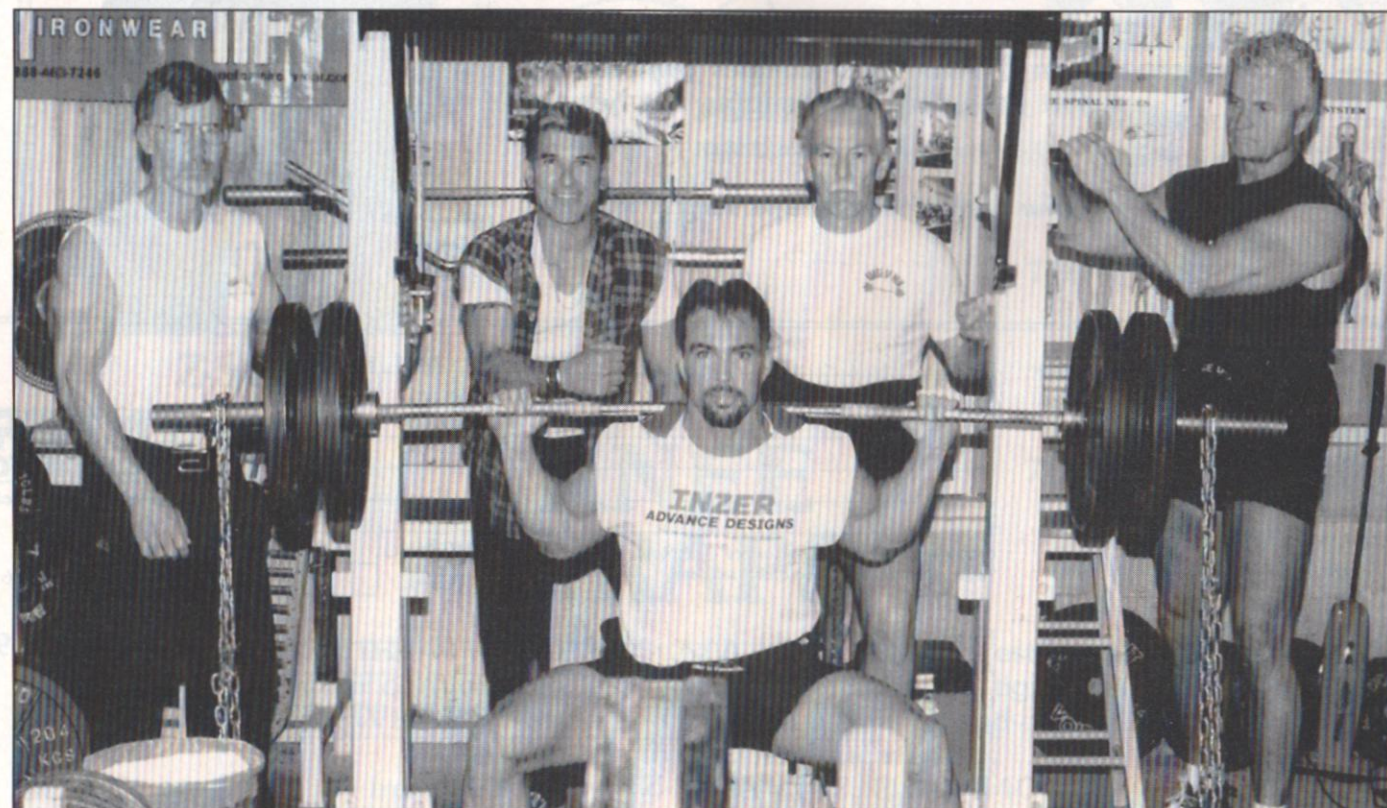
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IRON MAIDEN REGULARS ... (left to right) John Crites, Larry Ficarra, Deric Stockton (seated), Dr. Richard Hencke, Dr. Diederik Lagerwerff

body he hasn't torn up ... but let me tell you, that guy's got grit ... and he's got his first full PL meet coming up in December. His body is getting healthy, his joints are getting stable, his hips, back, and shoulder girdle are getting balanced, and his technique is getting dialed in ... he's doing and going to do great!

We've got a couple buddies that join us, who although they don't powerlift, they share our passion for iron ... kickboxer Larry "Cutter" Ficarra, and bodybuilder John "Cuts" Crites, and Olympic lifter, Ed Evans.

My name is Deric Stockton ... at 33, I've been lifting passionately for 20 years ... ever since I saw "Pumping Iron." I won my first bodybuilding contest in Manchester, England at the age of 15, and I've won and lost many contests since then. But I thank God for the complete paradigm shift my training took 3 years ago ... after one year of Westside training, I won the USAPL CA novice 220 class and third place in the open at the same meet behind Steve Pena (an awesome, blind lifter who I've had the opportunity to train with a couple of times). I discovered a whole new world of training that has existed right before me, but I never saw.

Now, instead of the endless sets to failure, my training is so much more holistic and complete. I only dedicate about 15% of my training to the repetition method ... and have expanded to include, max effort training, speed training, stability training, flexibility training, and tons of retroactive inhibition work. (Rick, I don't know if I used that last phrase correctly in that sentence?) Retroactive inhibition (re-developing ineffective patterns) to not only improve lifting mechanics, but to facilitate effective postural patterns when I sit, sleep, and stand ... this might sound weird, but I'm finding that people don't know how to do these mundane things ... let alone a hip flexion squat, with the knees pushed out, upper back arched, etc ... we must walk before we run and quite literally, we must learn to hold ourselves in good posture when we do the easiest of tasks before we can put a load on that structure and ask it to perform correctly ... right, Louie and Dave? ... this concept is like going too heavy on the bench before you know how to perform the lift. I'm training as hard and as smart as I know how ... I had a motorcycle accident 1 1/2 years ago and suffered a 3rd degree dislocation of my left ankle

(which Doc set for me when the ambulance brought me to ER) ... but I'm actually thankful for this experience because it made me realize that most people have movement patterns which load up one side more than the other. After all this time, my left hip has only begun to regain full strength, stability, and speed ... I'm, feeling centered and balanced and am shooting for a 1500 total at the APF Ironman meet in December. I will qualify for the USAPL Nationals with the help and support of my lovely wife Kindell, my hard-core training partners, and more knowledge and understanding of what it takes to be a great lifter from PL USA."

OK, Deric, that sounds great - but how do you train? We'll folks, let just say - that Deric is VERY SCIENTIFIC, and VERY SPECIFIC about how they train. In general, we'll say that they break up their workouts into: 25% Speed work, 25% Repetition Method/Fatigue, 25% Strength/Max Effort, 10% Stability and Equalization work, 10% Skill and Proprioceptive Work (look that word up!) and 5% Flexibility work. What else?

They flex the entire time on light sets (tip from Ernie Frantz), practice perfect form (tip from the Marines),

employ a wide variety of assistance work (tip from bodybuilding training - D says bodybuilders suck at the big 3 lifts and powerlifters suck at assistance work - fair enough in my book), do box squats/speed work/Zerchers (tips from Westside Barbell), and analyze their Max Effort work (per tips from J.M. Blakely's tape). Even though they do Max Effort and Speed Work on the same day - I think Louie Simmons will be happy to know that Deric says "buy the Westside tapes" about 3 dozen times in his long write up of their training techniques!

Deric's training info is detailed and useful, but too long for this article. If you want a copy, just e-mail me and request a copy - we'll e-mail it to you. Ask for the "Iron Maiden" training info - and then you can talk to Deric by e-mail if you have comments. Fair enough?

Next time, we'll look at a few of the gyms that have had a little trouble getting photos to us. (Cameras are tricky things, and the unskilled lifter could hurt himself with one.)

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PO BOX 333
Fate, TX 75132

WORKOUT of the Month

Rob Wagner's Squat Routine



Rob Wagner won a gold medal in the squat at the 2002 IPF Men's Worlds.

Whether I'm working in the gym or just working out, I usually get the question, "What can I do to get my squat up?" Like most of America today, they expect a McDonald's drivethrough solution and don't want to hear about twelve week cycles and a little sweat. However, for those who don't follow the McDonaldland philosophy, I have a very basic routine which can add from 30 to 40 lbs. onto your squat. I have used it to get my squat back on track when I've had trouble with other programs.

We will assume that the lifter squatted 500 lbs. at his last meet, and is committed to a twelve week cycle. This program will help you avoid two closely related and com-

mon setbacks, lack of recuperation and overtraining. You'll squat twice a week, once heavy and once light, with plenty of recuperation between heavy days, an important factor, especially to the natural lifter.

The squat can make or break you. Miss your 2nd and 3rd attempts, and you're in for a long day. Make them, and sometimes you can coast. When talking about the squat you must mention form. I'm not talking about wide vs. narrow, rather deep vs. high. Always train your squats deep. Remember - you play like you practice. The program will adjust from high reps to low reps, and gradually add in supportive equipment. You power squat once a week - say - on Monday. The

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

light day will incorporate Olympic style squats on Thursday.

The assistance work used in the program is just as important as the squat itself. One rule to remember with the assistance work is ALWAYS USE PROPER FORM. Me first assistance exercise is Squat Pauses. Use your normal squat technique and do from one to two sets depending on what phase of the cycle you're in. The added twist will be to hold the weight below parallel for a second or two, then ascend. This exercise will develop explosiveness out of the hole, and give you the confidence to go deep.

The next assistance exercise is the Olympic Squat. Here, the bar is placed on the traps and the heels should be no more than six inches apart. A board can be used under the heels if the ankle flexibility is not good. The back should remain straight and the lifter should break parallel at the bottom. If you have trouble with the form, lighten the weight. This really isolates the quads and aids in the strength needed to lockout that big squat. These will be done twice a week. On the heavy day, you will start with 3x8 and taper down to 2x6 by Week 8. The first set will be the heaviest in order

to get the most out of the legs, already tired from squatting. The second set will be lighter than the first and so on. The light day will involve sets of 8 and will never exceed 60% of the week's maximum. It will be used to flush the legs.

The last assistance move is leg curls. These should be done on a lying leg curl machine. Keep the tension on the hamstrings throughout the duration of the movement. The hamstrings are often neglected by the novice powerlifter. Strong hamstrings are essential for a balance of strength in the leg. Leg curls will also be done twice a week. The assistance exercises should be done at a quick pace with only 45-90

seconds rest between each set with the exception of the Pauses. You will receive cardiovascular work and a good pump.

As far as supportive equipment is concerned, stay away from it until five to six weeks before the contest. However, if you are not used to this practice, use it only when you feel it's necessary. The belt should be used from the start. I would avoid wraps for the first three weeks and then try to go as far as you can, unless it's specified to use them. If you need them, follow some guidelines. Wrap only on the heavy set and try to set a weight goal where you will use them, say 390 lbs. The suit is not to be used except where specified. Avoid wearing the suit with straps down during the workout. Training without the use of supportive gear, gives the lifter a psychological edge. Once the lifter has hit his best without it, he can look forward to the numbers he will hit with the equipment. I also feel that wraps rob the knees of the joint stability that would be developed without their use. Also, avoid using the supportive equipment on the assistance work.

The lifter's mental approach is very important. You must learn to respect and conquer the weight in the same instance. If you think you're going to blow a rep in the squat, you probably will. Visualize only the positive aspects of the lift. By the way, the weights listed in the program are reference points. Allow yourself to deviate five to ten pounds depending on how you feel. If you feel strong, got for it! If you feel tired, back off. Listen to your body, but don't deviate more than ten pounds; you want your new max at the meet, not in the gym.

Follow the program closely, get plenty of rest, maintain your form, and save your best for the meet. Stay Positive and good luck!

Week 1: Heavy Day (Monday), Squat 135x12, 185x8, 305x6, 355x8. Pauses 350x6. Olympic Squats 3x8 descending (i.e. 1x8 at 290... 1x8 at 260 ... 1x8 at 240). Leg Curls 1x15, 1x12, 2x10, 2x8.

Light Day (Thursday) Olympic Squats 1x10, 3x8 no more than 60% of heavy day's max. Leg Curls 4x8

Week 2: Heavy Day, Squat 135x12, 185x8, 225x8, 305x6,

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355x8. Pauses 355x6. Olympic Squats/Leg Curls same as Week 1.

Light Day, Olympic Squats/Leg Curls same as Week 1.

Week 3: Heavy Day, Squat 135x12, 185x8, 225x8, 305x6, 375x8. Pauses 360x6. Olympic Squats 3x6 descending (see Week 1), Leg Curls same as Week 1.

Light Day, Olympic Squats 4x8 no more than 60% of Monday's max, Leg Curls 4x8

Week 4: Heavy Day, Squat 135x12, 185x8, 225x6, 305x6, 355x2, 390x5. Pauses, 360x5, 360x5. Olympic Squats/Leg Curls same as Week 3.

Light Day, Olympic Squats/Leg Curls same as Week 3.

Week 5: Heavy Day, 135x12, 185x8, 225x6, 305x6, 365x2, 400x5. Pauses 365x5, 365x5. Olympic Squats 3x6 descending. Leg Curls 1x12, 1x10, 3x8, 1x6.

Light Day, Olympic Squats 4x8 no more than 55% of Monday's max. Leg Curls 4x8.

Week 6: Heavy Day: 135x12, 185x8, 225x5, 305x5, 365x2, 410x5, 440x2 with wraps only. Pauses 370x5, 370x5. Olympic Squats/Leg Curls same as Week 5.

Light Day, Olympic Squats/Leg Curls same as Week 5.

Week 7: Heavy Day, 135x12, 185x8, 225x5, 305x5, 365x2, 420x5 w/wraps only, 450x1 w/suit and wraps. Pauses 375x5, 375x5. Olympic Squats 3x8 descending in weight (see Week 1). Leg Curls 6x8 Light Day, Olympic Squat/Leg Curls same as Week 5.

Week 8: 135x12, 185x8, 225x5, 305x5, 375x2, 430x5 w/wraps only, 450x2 w/suit and wraps. Pauses 380x5. Olympic Squats 2x6 descending in weight. Leg Curls 6x8.

Light Day, Olympic Squat/Leg Curls same as Week 5.

Week 9: Heavy Day, 135x12, 185x8, 225x5, 305x5, 375x2, 415x2 w/wraps, 450x3 w/wraps only, 465x1 w/suit and wraps. Pauses 380x5. Olympic Squat/Leg Curls same as Week 8.

Light Day, Olympic Squat/Leg Curls same as Week 5.

Week 10: Heavy Day, 135x12, 185x8, 225x5, 305x5, 375x2, 415x2 w/wraps, 465x3 w/wraps and suit, 485x1 w/wraps and suit. Pauses 385x5. Leg Curls 5x8.

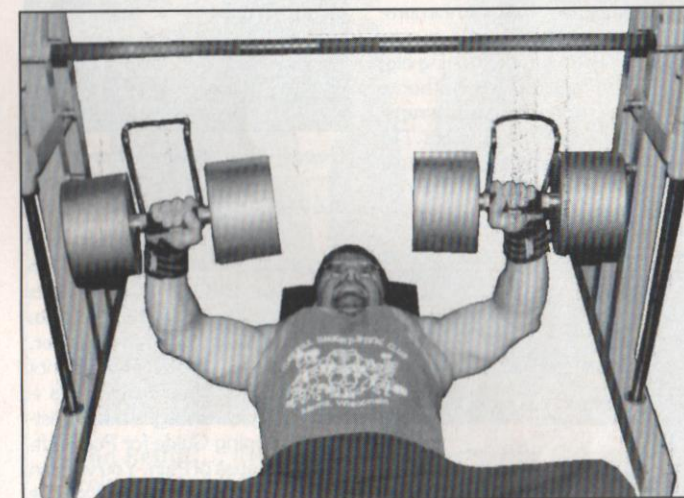
Light Day, Olympic Squats 3x8 no more than 45% of Monday's max. Leg Curls 3x8

Week 11: 135x12, 185x8, 225x5, 305x3, 425x2 w/wraps, 480x2 w/wraps and suit, 500x2 w/wraps and suit. Leg Curls 4x8 Light Day, Olympic Squats 3x8 no heavier than 45% of Monday's max. Leg Curls 3x8

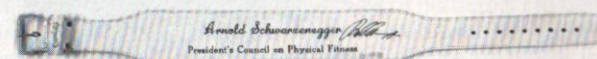
Week 12: 135x12, 185x5, 225x3, 305x3, 375x1, 425x1 w/wraps and suit, 475x1 w/wraps and suit, 490x1 w/wraps and suit. Do not deviate from the weights listed.

No light day

Contest: 135x12, 185x3, 225x3, 305x2, 415x2, 450x1. Attempts: 1st 490; 2nd 515; 3rd 530-540.



Country Power, Inc., congratulates Allan Myszka from Edgar, WI, for winning its first annual ten rep dumbbell bench press contest using Power Hooks. Allan, 36, 152 lbs., using Power Hooks lifted a total dumbbell weight of 270 lbs (135 lbs. dumbbells) for ten reps. Allan received \$1000 from Country Power Inc. for this lift. Country Power will be showing Allan's winning 10 reps on video at the 2003 Arnold Classic. Allen is a paraplegic. He cannot get any push or help in balancing from his legs and he's unable to arch his back. Allen is PURE POWER! Country Power Inc. is the manufacturer of Power Hooks, a patented and trademarked product. Power Hooks stay with your dumbbells and hang onto an overhead barbell. This puts you in proper lifting position without having to lift the dumbbell from the floor nor having to drop them back onto the floor after the exercise. The annual contest was started to prove that using Power Hooks is the best way to train with dumbbells. Using Power Hooks is the only way to effectively preload dumbbells. The easiest way to understand preloading is to imagine barbell benches which hold the weight above the head before we bench. Do you think you could work out with the same intensity taking the barbell from the floor? By being able to take the barbell off the uprights you get a preload. This allows the nervous system to be ready for the lift; therefore you're able to handle much more weight, resulting in maximum exercise benefit. You cannot get the proper preload by having your training partner hand you the dumbbells, or by you kicking up the dumbbells. Without the pre-loading you cannot train with the intensity that someone can with Power Hooks. There are dumbbell benches on the market but they have many problems that Power Hooks have solved. One problem is that dumbbell benches have fixed lifting points. This means you have to take the dumbbells from a fixed point and return the dumbbells to the same point. This is very difficult, as we all come in different sizes and shapes. Power Hooks do not have fixed points, you can start the lift and end the lift from any point on the barbell. Power Hooks also provide a better way to handle and spot dumbbells. So get a pair and enter the 2003 dumbbell bench press contest. If you have any questions feel free to contact Leo Jr. at 808-696-1979 or WWW.POWERHOOKS.COM



Go to EBay to see one of a kind belts made for and autographed by celebrities, professional athletes and WWE wrestlers. Search on EBay by seller name: King Cardillo. Some of the featured belts will be Anthony Clark, Michael Jordan, Stone Cold Steve Austin, Spiderman Commemorative Belt, Tennessee Titans, NE Patriots, etc.

POWER SCENE

It's December, and for *POWER SCENE* that means the annual Christmas shopping guide for powerlifters, but before we get to that, it's time for a little catch-up.

We haven't written about Anthony Clark for quite some time, but recently we got to spend many hours with the powerlifting legend, when *POWER SCENE* traveled to Las Vegas for the Olympia Expo. The Olympia Expo is mainly about bodybuilding, but there were a number of strength exhibits and events, and at the Inzer booth, looking big, strong, and relaxed, was Anthony. In between selling shirts and wraps, being interviewed by Russian TV, and continually being asked if people could take a picture with him, Anthony filled us in on what he's up to.



Deputy Sheriff Valerie Peters carries some big guns ... 57 curls in 60 seconds for a trip to Miami!



A Relaxed Anthony Clark at the Inzer Booth at the Olympia Expo

He's still spending four days a week in the gym training, and aiming for an upcoming PL meet, but his main focus has been on business. Anthony is a spokesman for Power Health International, a subsidiary of Tera Forma Health, and they're busy signing up sports and fitness figures to market their nutritional supplement products. Anthony says next year they'll begin a major TV campaign, so look for it then.

Also at the Olympia were curl contests; *POWER SCENE* was there the day of the women's event. Valerie Peters, a deputy sheriff from California, was the winner with a very impressive 57 curls in the 60 second time span. (We think the weight was 45 lbs.) Valerie is a bodybuilder and a former powerlifter, and she won a trip for two to Miami. Not bad for 60 seconds of lifting! (She did mention there was also 20 years of weight training before that 60 seconds.)

House of Pain recently expanded their space in Texas, tripling their warehouse space and bringing their embroidery and screen printing in-house. Their Christmas special is for orders over \$40, you get a free logo cap; for orders over \$50, you get a free tribal t-shirt. They also carry great gym bags and lots of PL gear, so check them out. We had model Jennifer Kaylor display a House of Pain shirt, which she did very nicely. We'll have more on Jennifer in a future *POWER SCENE* column.

Jennifer also displayed the Inzer tank top, one of many items available from Inzer Advance Designs. Bench shirts, squat suits, squat shoes, chalk, wraps—all top quality and helpful to your lifting. Call Inzer at 800-222-6897.

Crain's Muscle World — if it exists in the powerlifting world, they've probably got it. From books and videos to PL gear to wall clocks to t-shirts, etc. Crain's serves the PL world. You can reach them at 800-272-0051.

And now we turn to videos, a topic dear to our heart from all those years of making *POWERLIFTER Video*. That video series is no longer available, but Alan Kelly is producing a video magazine series called *Strength Quest*, covering powerlifting and strongman stuff, and you can reach him at 888-781-1304. Alan is also carrying Jamie Harris' video, Harris Quest 800.

There are currently lots of powerlifting videos for lifters to learn



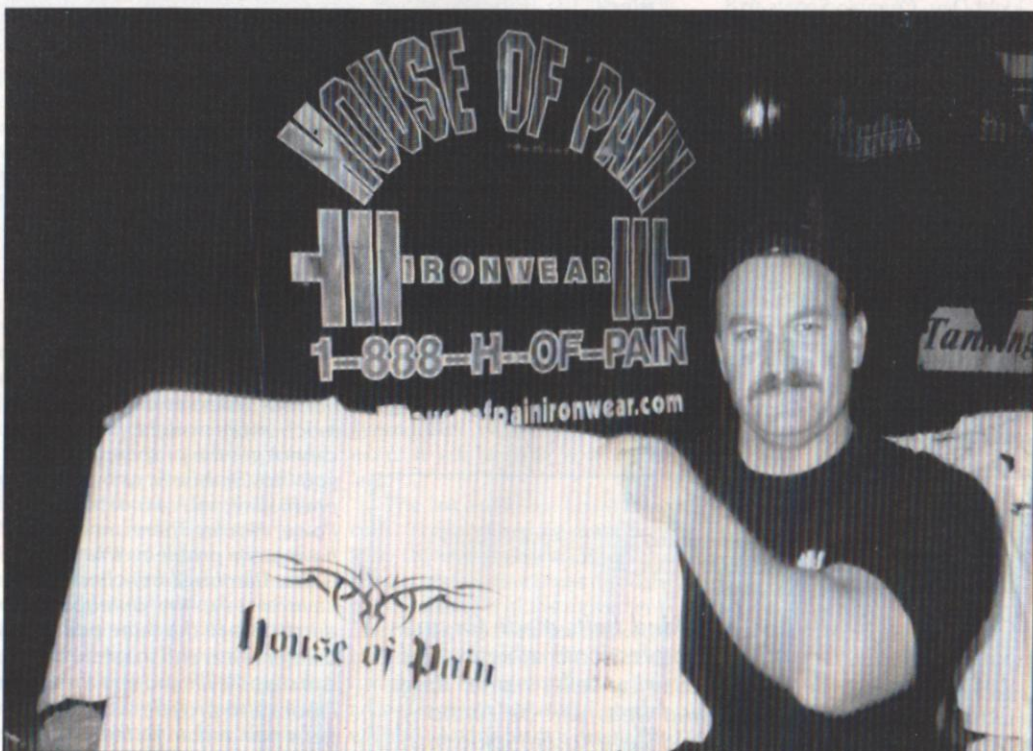
Jennifer Kaylor with her Inzer T-Shirt and POWERLIFTING USA.

from, so here's our brief rundown. Elite Fitness carries a line of Louie Simmons' videos, on all three lifts. Contact Elite at 888-854-8806.

J.M. Blakley, Ed Coan, George Halbert, and Joe McAuliffe all have instructional videos available; here's the contact info: For J.M.'s two videos, or his book or t-shirt, call 614-496-3005. For Ed Coan's videos, or the Ed Coan book, call 708-862-9779. For George Halbert's Bench Press video, call 614-237-0932. For Joe McAuliffe's "The Athlete's Edge" video, visit www.jmtrainingsystems.com.

And, of course, a gift of *Powerlifting USA* — only \$31.95 for a year of lots of powerlifting news and instruction — is always a fine choice. Call 800-448-7693 to reach *PL USA*.

Best wishes for a wonderful, happy, and strong holiday season.
NED LOW



Rick Brewer with the new House of Pain T-Shirt Design. (all photographs provided courtesy of Ned Low)

The Time Is Now by Anthony Ditillo "JR"



For everyone that once knew and loved him, Anthony Charles Ditillo died on February 28, 2002 at the age of 54. He was a lifter of almost 40 years; never once even considering to stop his love of lifting when being diagnosed with an enlarged heart at the age of 45. Also with this diagnostic, he suffered from his left side a ripped rear deltoid tendon and from his right side his tricep destroyed from nerve damage (both occurring from a standing press accident at around the same age of 45), and from chronic pain due to arthritis in his left ankle. Even with all these serious ailments in is way from the age of 45 until the end of his life, he still managed to train 4 to 5 times a week and with an intensity that would put most people into their grave while being young and healthy!

But when he was younger, he was a sight for sore eyes for any serious strength athlete. At around the age of 26 and at a bodyweight of 330 lbs., he pressed over his head 405 lbs., pressed to the top of the eye while standing with 500 lbs. for five sets of three reps., did a seated press behind neck with the bar resting on a pin at his massive traps in the power rack with 350 lbs., and did a two finger in the knurling close grip bench press and a pause with 405 lbs. From the ages of 28 through 32 he decide to drop all his excessive bodyweight and went to a lean, muscular bodyweight of 205 lbs. Even at this lighter bodyweight, however, he still manage to move some serious numbers. He benched with a medium grip and a pause with 405 lbs., pressed behind his neck standing with 255 lbs., did a standing press with 300 lbs., shrug pulled from the top of his knee in an Olympic style with 700 lbs., and squatted with 500 lbs., with only a tapered belt and down to a pin in a rack. As you can tell, he believed in making his lifts as strict as possible.

During all of these years he wrote for numerous lifting magazines, including *Powerlifting USA* in the early 80's with a monthly article entitled, "Tips From Tony D.." He also wrote two published books entitled, *The Development of Muscular Bulk and Power* and *The Development of Physical Strength*.

If there was any one key word do describe the life of Anthony Ditillo Sr., it would have to be without a doubt the word "strength." No matter what obstacle laid in his path, he always found a way to either climb it or get around it with all of his being. He believed and always told me, "The time is now!," to do what he wanted and to make of himself what he wanted to be. These are words that he passed on to me and I take with my soul everyday of my life. These words are also what I leave you, the readers of my father's articles and books, as his last words of wisdom to his fellow lifters and to the sport itself that he loved so dear and was still apart of him, even the day before his death: "The time is now!"

Anthony Charles Ditillo
Born: September 9, 1947
Died: February 28, 2002



John Pettitt the long serving referee (IPF Category II), tireless AAU/USPF administrator, powerlifter (400+ bench and 600+ deadlift — if I'm not mistaken — as a lean 198 pounder!), sports businessman (one of the original partners in the formation of lifting equipment manufacturer Elite Sales), extremely professional meet director/promoter (up to and including IPF World Championship events) — probably the true Pioneer of Modern Powerlifting in Texas, died unexpectedly on November 11th, while exercising on a treadmill at a recreation center, suffering an apparent heart attack. According to one of his many good friends, Kenny Croxdale, "They did CPR on him and got him to the hospital, but evidently it was a massive attack and he could not be revived. John was 55". He is survived, in his immediate family, by a son and daughter. After the tragic and even earlier death of his wife, John decided to withdraw from his extensive commitments in Powerlifting to pursue what quickly proved to be a very successful career in personal training. He had more clients than he could handle, and even had a fitness column in one of the major newspapers. Ironically, John had quite recently dropped some bodyweight and had a clean checkup with his cardiologist, according to another of John's friends - George Handyside. Only a few months before, John had — for no stated reason — sent many of his old books and videos about the sport to *Powerlifting USA*. He was one of the most capable and productive individuals you could ever know, in so many different aspects of the sport, and life in general, and many times he would pick up the ball (figuratively) when someone else dropped it and make some great things happen as a result. Who knows what heights this sport would have risen to presently, if John had been elected President of the USPF way back when? Texas is one of the greatest of states when it comes to Powerlifting, and one of the greatest reasons for that status was John Pettitt.

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Post Workout Nutrition

There's been a lot of debate on what's the best nutrition strategy for that critical post workout phase. We know that the body is primed to make the best use of nutrients in the two hours or so after training, but we're still trying to figure out what works best. Most studies suggest that a combination of protein and amino acids taken within a few hours of training stimulates protein synthesis, increases muscle glycogen levels and helps recovery.

Without some nutrient intake, net muscle protein balance is negative in the hours immediately after exercise. That means that muscle is still being broken down even after your workouts. It's been shown that taking in some protein after training leads to a positive net muscle protein balance and a subsequent increase in muscle mass. But that's not the whole story since the type of protein is also important.

A recent study has shown that only small amounts of the essential amino acids (EAA), as little as 6 grams, stimulates protein synthesis and that adding either more protein or amino acids, or even carbs, doesn't do any more. (i)

The study also shows:
* That using carbs alone does almost nothing for protein synthesis.
* Adding carbs to the 6 grams of EAA doesn't increase protein synthesis or net protein balance.

* And an insufficient amounts of EAA, under 6 grams, stimulates protein synthesis but is dose related with what seems like a maximum effects at the 6 gram level.

Although the results of the present study show that ingestion of 6 g of EAA alone without addition of carbohydrate effectively stimulated muscle protein synthesis after resistance exercise, there is still some controversy as to the importance of carbs and other amino acids and protein in post exercise nutrition, as well as to the timing of nutritional intake.

In my view, the best approach is to consume an EAA mixture immediately after exercise, perhaps with the addition of ingredients that facilitate growth hormone and insulin release and a few select conditionally essential and non-essential individual amino acids, and then within

New Research Applications as told by Mauro DiPasquale M.D.

an hour or so of taking this mixture consume a meal or a protein/carb shake.

It's also important to keep dietary protein intake high for a few days after training since studies have shown that protein synthesis is elevated for 48 hours after resistance exercise. (ii)

Music and Exercise

While it's important to find out what affects both central and peripheral fatigue there's more to training than the physical side. The mental side can be just as or even more important in the grand scheme of things. Motivation, drive, concentration and dedication are all factors that can't be found in levels of creatine phosphate, ATP, TCA cycle intermediates but usually mean the difference between success and failure in bodybuilding.

There are many factors involved in increasing the mental drive for training. Many are beyond our immediate control and depend on our circumstances and genetic makeup. But there are some things that can help us all. A number of different studies have investigated the benefits of listening to music while exercising, which include increasing endurance and boosting mood. (iii)

New research, by Dr. Robert T. Herdegen and Jonathan D. Meeks of Hampden-Sydney College, shows that people who listen to their favorite music while exercising may have a lower level of perceived exertion and thus push themselves harder compared to people who prefer not to listen to music.

In this study 12 male college students rode an exercise bike as far and as fast as they could for 10 minutes. On one day, they rode with no music, on another they listened to music of their choice while riding, and on another, they rode accompanied by the sound of radio static. The investigators found that students traveled 11% further while listening to music than they did when they heard silence or noise, and also rated their levels of exertion while listening to music as

the lowest of the three conditions.

The reason why music works is a matter of debate. Many researchers suspect the benefits of exercise stem from its ability to relax people, which might enable them to perform better. Another reason could be that music simply distracts people from their exertions. And if they don't think about how hard the workout is, they are less likely to experience the discomfort that might make them slow down or stop working out.

In my view there's more to it than that. When training hard with weights I find that the right kind of music increases my drive and motivates me to train harder and longer. Listening to music also allowed me to focus more while at the same time decreasing the effects of any distractions around me, for example other people chatting and moving about.

However, in some cases, especially when doing aerobics, I do find music distracting and relaxing at the same time, allowing me to endure the relative monotony of this form of exercise.

Muscles Without Exercise?

A recent report suggests that a natural molecule in the body may be able to increase the conversion of type II fibers (the ones responsible for increased muscle mass) to type I fibers (the ones responsible for endurance) when this molecule is expressed by type II muscle fibers. (iv)

The molecule, dubbed transcriptional co-activator, peroxisome-proliferator-activated receptor-gamma co-activator-1 (PGC-1alpha), is expressed in several tissues including brown fat and skeletal muscle, and normally activates mitochondrial biogenesis and oxidative metabolism - basically increasing the cells ability to form ATP aerobically. The result is a muscle that doesn't fatigue as easily and has more endurance.

PGC-1alpha has previously been shown to be active mainly in type I muscle fibers, the fibers in-

involved in muscle endurance. PGC-1 has also been found to produce certain proteins needed by high-endurance muscle fibers, and helps trigger the production of mitochondria, structures in cells that enable slow-twitch muscles to contract efficiently for long periods.

However, when mice were engineered to carry PGC-1alpha in both types of skeletal muscle, they appeared to have higher than normal levels of type I fibers, and were able to contract their muscles for 7 minutes during endurance tests, while untreated mice lasted only 2 minutes.

So what does all of this mean. Well, the research is so new that the implications of these discoveries haven't as yet been determined. It's quite possible that expression of PGC-1alpha in type II fibers might produce a muscle that can both hypertrophy and have more endurance. It'd be interesting to see the new breed of marathon runners that this technology would produce.

On the other hand if fiber conversion from type II to type I is the main result of the action of PGC-1alpha, then blocking this effect may result in a predominance of type II muscle fibers and a greater ability for muscles to hypertrophy, perhaps without having to be exposed to much of an adaptive response such as resistance training. The effect of blocking PGC-1alpha might result in effects similar to the blocking of myostatin - massive muscles without exercise.

Are You Overtraining and Underachieving?

We've all been there. Maybe by being a little too enthusiastic. Or perhaps by thinking that our lack of progress is because we're just not training hard enough so we hit the weights a little harder. The fact that we might be overtraining usually doesn't even enter our minds. After all we read about the marathon workouts of the stars of bodybuilding and fitness and figure that is the only way to make real progress is to train like they do. And besides we figure it takes a long time to get overtrained and we took a break just three of four months ago.

The fact is that getting just the right amount of exercise isn't as

easy as you might think. If you underexercise, you won't make any gains because you're not challenging the body to adapt. If you overexercise, you're not allowing the body to recuperate and so you still won't make any gains. Most bodybuilders err in the direction of overtraining. When they're not making the gains that they think they should, they often step up the pace thinking that they're just not doing enough.

So how can you tell if you're overtraining or undertraining? The undertraining part is easy. If you finish your workout without any discomfort and an hour later you could do it all over again, if delayed onset muscle soreness (DOMS) is totally foreign to you, and if heavy duty to you means a type of battery, then you're undertraining.

Figuring out if you're overtraining or even overreaching, is a tad harder. Overtraining is defined as an increase in training volume and/or intensity of exercise resulting in performance decrements. Recovery from this condition often requires many weeks or months. A shorter or less severe variation of overtraining is referred to as overreaching, which is easily recovered from in a week or so.

Although most of us think that we're not doing enough, or haven't been training long enough to be overreaching or overtraining, two recent studies have shown just how easy it is to overtrain.

In one study 8 subjects completed 2 weeks of normal training, 2 weeks of intensified training and 2 weeks of recovery training. (v) After one week of the intensified training, 6 of the 8 athletes met the criteria of overreaching - increased fatigue and reduced training performance. The authors concluded that a state of overreaching can be induced by as little as 7 days of intensified training with limited recovery, and that if high training loads are continued with insufficient recovery from the overreached state, the overtraining syndrome may develop.

In the second study nine elite canoeists were put on a training regimen that consisted of cross-country skiing and strength training, corresponding to a 50% increase in training load. (vi) Again there was a significant decrease in performance and an increase in fatigue after the six days.

These studies show us that it's easy to overreach, and if we're not careful to overtrain. The lesson we can take home is that we should be on the alert and make sure we recognize the first signs and symptoms of overdoing it in our workouts. That's because you can recover from overreaching in a few

days to weeks, whereas it may take months to recover from overtraining.

So if your training isn't going so good, your gains are glued to the floor, and you would rather iron your socks than train, you're likely overreaching. In order to avoid a full scale burned out state you have to listen to your body because when you don't fully recover from training, you can actually lose muscle instead of gaining it. Besides lack of progress, signs of overreaching and overtraining include lack of enthusiasm for your workouts, problems sleeping, restlessness or irritability, loss of appetite, weakness, fatigue or a sense of exhaustion, and muscle soreness that just won't quit.

Once you determine that you're overdoing it and suffering from the overreaching syndrome, what can you do about it? First of all, back off from your training and take a good hard look at what you've been doing for the past few weeks. Take at least one week off (yeah, I know you live in the gym - but try to get a life elsewhere) and then start again at 1/2 speed, without pushing yourself, until you get that old desire back. Above all, once you're back on the right road, watch out for those overreaching signs and symptoms.

Getting to the point where you're overreaching isn't all that bad if you recognize it and take appropriate action. But that's as far as you should ever let it go. Once you recognize that you are overdoing it and overreaching, it's time to re-evaluate how you're training and make some changes before you go over the line into the overtraining syndrome.

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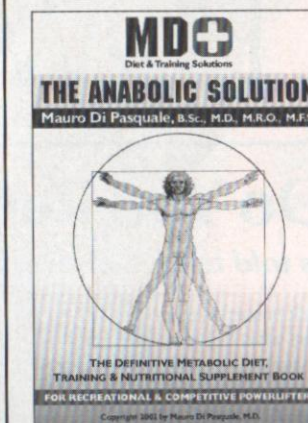
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Oh, I remember like it happened yesterday. I have only shared this experience with my closest friends. Heck, my wife didn't even know about it until I wrote this article. The following is a very graphic description of a young adolescent coming to terms with the racing surge of testosterone that led to this momentous occasion. (Caution, you might consider the following be for mature audiences only. Please, however, read the entire article before deciding for sure)

I was 14 (yes, it was many years ago), but oh, the memory of this blessed event will be forged in my brain forever. I had just returned from watching one of those "movies" that lead to this type of activity. I was desperately looking for something to try my hand at (no pun intended). As I searched around my bedroom, I realized I would have to do this thing solo. Then, there was an unexpected knock at the door. One of my older high school buddies with wheels (actual automotive wheels, not massive thighs from years of squatting) told me about a "secret" place that could fulfill all of my 'fleshy' fantasies.

We arrived at what appeared to be an old warehouse, but once inside, I realized we had entered what was a temple of both pain and pleasure. The bevy of "beauties" I saw before my eyes caused me to step

POWER HUMOR

Do You Remember Your First Time?

as told to Rick Brewer of *HOUSE OF PAIN*, by his friend Dave Mullins

back in quick desperation as I considered what I was about to do.

Several questions raced through my mind: Would my Mom approve of such activity? Could I be arrested for doing this kind of thing? Will this do something weird to my young adolescent body? What if I catch something from doing this? These questions lasted only for a fleeting moment, and I do mean fleeting, because I could not take my eyes off the virtual playground before me. I was literally having a hard time breathing as I considered all the things I could do with these beautiful "playthings".

Oh, I forgot one other question! Maybe, the ultimate question! How much would this all cost (\$\$\$)? I mean, I had heard about these kinds

of places from more mature friends. Let's face it, most 14 year olds do not have much discretionary income to spend in these ways.

Okay, I have digressed. I'm going to cut out about the formalities that were required to get into this place and get right to into it. I soon found myself experiencing the most incredible pleasure in my whole life (yep, all 14 years of it). I had never felt or "seen" this type of sensation. Oh boy, as my young body shook from the experience, I felt euphoric, even heady. It was over way too quickly.

I knew that I was now hooked, just like a junky. I wanted to do this again, and again, and again. All of my questions had been answered:

1. Mom would approve (hey, it's

natural, right?)

2. It is legal (in all fifty States, as far as I can tell!)

3. My body would never be the same (I never saw this particular part of my anatomy get so big in such a short period of time)

4. I didn't catch anything (at least not this time)

5. Finally, how much was this experience going to cost? The "owner" of this establishment told me I could come back and do this as much as I wanted to for only \$15 a month, to which he added: "You really enjoyed those squats, didn't you, boy"

USAPL Ironman/Women BP/DL 12 OCT 02 - Red Lion, PA

| Female Teen | BP | DL |
|-----------------|-----|-----|
| Theresa Rowello | 100 | 235 |
| 148 Master | | |
| Carl Portzline | | 235 |
| 165 Master | | |
| David Lehman | 270 | 375 |
| 165 Open | | |
| Mark Richmond | 405 | 430 |
| Scott Davenport | 250 | 430 |
| 181 Open | | |
| Andrew Halko | 415 | 570 |
| Marc Vitale | 340 | 400 |
| 198 Open | | |
| Ralph Rodriguez | 450 | 650 |
| 220 Open | | |
| Don Eisenhour | 400 | 575 |
| Tom Getsinger | 410 | 550 |
| Brian Keener | 335 | 575 |
| 275 Open | | |
| Jim McElwee | 475 | 540 |
| Bob Norris | 425 | 475 |
| SHW Open | | |
| Ron Scandle | 430 | 540 |
| Tony Forella | 295 | 405 |

The MC Sportsplex in Red Lion, PA was the site of the 2nd annual USAPL PA Ironman/Ironwoman Bench Press and Deadlift Championships. The event was hosted by meet Director Dennis "Niko" Hulslander, who is the Asst. State Chairman for the United States of America Powerlifting here in PA. Drew Moore, owner of Moore Muscle, allowed this event to occur in his fine spacious facility. Titan Support Systems, Crain's Muscle World, and House of Pain Clothing were all major sponsors of the contest. Although only 15 lifters took part in this event; the efforts put forth were world class by all who participated. Some lifters came from the local area, but also from other states as well. Mark Richmond came all the way from Orange, New Jersey to take away the 165 lbs. Weight class title over Baltimore County Police Officer from Parkton MD, Scott Davenport. Don Eisenhour from York, took the 220 lbs. Weight class from another one of Baltimore County's finest Tom Getsinger. Tom resides in Baltimore, Maryland. Ralph Rodriguez, from Lebanon, PA took home Best Male Lifter Honors, as Theresa Rowella at just 15 years old took the Female Best Lifter. Special Thank You's go out to spotters, Chris, Paul, and Duane. Joe and Theresa Nealis were spectacular as judges. To Dan "The Ratch" Ratchford for always being there,

words cannot express the gratitude. Dyan Hulslander did an outstanding job as the singer of the National Anthem and as MC. We look forward to hosting more contests and hope to see you all at the next one. Thank you and Best wishes. (Niko)

4th annual SCI FIT Bench Press 21 SEP 02 - Macon, GA

| WOMENS | | Bert Brown | 250 |
|------------------|-----|------------------|-----|
| Karen Medina | 95 | James W. Cox Sr. | 250 |
| 123 OPEN | | 242 OPEN | |
| Len Burgamy | 185 | Chip E Oalgo | 515 |
| 148 NOVICE | | Chad Woodall | 365 |
| Tony Barnes | 240 | 242 NOVICE | |
| Adam Lavender | 205 | Rogers Holsley | 400 |
| 165 OPEN | | Chad Woodall | 365 |
| Quadro Smith | 360 | 275 OPEN | |
| Ras Mobley | 325 | Mike Holston | 525 |
| A. Washington | 315 | Buddy Cawley | 515 |
| 181 OPEN | | Michael Webb | 450 |
| Malcom Gunter | 405 | 275 NOVICE | |
| Steve Rogers | 375 | Buddy Cawley | 515 |
| James Bourgeault | 360 | 308 OPEN | |
| Rufus Maddox | 315 | Eric Teal | 460 |
| 181 NOVICE | | 308 NOVICE | |
| Steve Rogers | 375 | Tony Crawford | 345 |
| Sean Jones | 325 | SHW OPEN | |
| John Ryan | 325 | Ron Johnson | 520 |
| 198 OPEN | | SHW NOVICE | |
| Tony Medina | 405 | Ron Johnson | 520 |
| T. McNelson | 400 | MASTERS LIGHT | |
| Greg McCranie | 330 | Rufus Maddox | 315 |
| 198 NOVICE | | Melton Harrell | 210 |
| Danny Patterson | 325 | John Fair | 215 |
| David Brasswell | 250 | H. Miller Norris | 180 |
| 220 TEEN | | MASTERS MEDIUM | |
| Jeremy Mullis | 350 | Phil Newsome | 390 |
| 220 OPEN | | Jimmy Fowler | 340 |
| Mark Dreggers | 515 | Jimmy May | 300 |
| Daryl Bailey | 480 | Willie Buntley | 410 |
| Heath Gillis | 430 | MASTERS HEAVY | |
| Jamie Roberson | 425 | Joe Otto | 400 |
| Calvin Robinson | 325 | Ed Smith | 315 |
| James W. Cox Sr. | 250 | Buddy Cawley | 515 |
| 220 NOVICE | | Ron Johnson | 520 |
| Blake Lott | 430 | Michael Gregory | 375 |
| Craig Thompson | 380 | | |
| Eric Ganer | 365 | | |
| Calvin Robinson | 325 | | |

(Thanks to Joe DeVerville, owner of Sci Fit of GA, for providing the meet results to Powerlifting USA.)

THE ANABOLIC SOLUTION ... The Definitive Metabolic Diet, Training & Nutritional Supplement Book for Recreational & Competitive Powerlifters by Mauro DiPasquale M.D. is just out, and it is the perfect guide for powerlifters to incorporate the unique diet plan that Dr. Di Pasquale has been refining for the last few years into a powerlifting program. Forget drugs, this book is about using a scientifically developed approach to diet to gain strength while you manipulate your body mass and bodyfat to optimum levels. Mauro's diet work has previously been applied to bodybuilding and general fitness applications, but now he lays it out for the athletes he knows best - powerlifters. As a former IPF World Champion and World Games champion, he brings the outlook of an iron sport aficionado along with his medical and research credentials and the result is a diet that makes practical sense, while it stands backed up by reams of scientific research. In as much detail as you wish to handle, Dr. Di Pasquale explains how this diet literally CAN NOT FAIL ... "It is a biochemical inevitability". Once you determine your individual parameters with respect to the Metabolic Diet, you can not help but spare muscle while you burn carbs, as your body adapts to the "stress" of dietary manipulation like your muscles adapt to the stress of training. The delightful aspect of the Metabolic Diet is that on the weekends you are "pretty free to take in whatever foods you like". The right foods to eat are identified, technically and practically. This isn't a training book per se, as the emphasis is on how to use the diet, but there is common sense section on the basics of training. The use of Mauro's new MD+ line of supplements within the Metabolic Diet framework is also detailed ("I thought you'd never ask" says Mauro) He even gets to the subject of the Anabolic Solution and Westside Barbell training. This is the Powerlifter's Ultimate Performance Diet Book. (see ordering information elsewhere in this issue).

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| BENCH PRESS | MASTER | 470 |
|---------------|----------------|-----|
| 148LB | F.BROWN | 470 |
| OPEN | SUBMASTER | |
| C.VENTURELLA | T.BARRAVECCHIO | 340 |
| NOVICE | 308LB OPEN | |
| J.JOHNSON | A.BAKER | 240 |
| MASTER | J.PETROPOULOS | 425 |
| C.VENTURELLA | J.KAVULIC | 340 |
| 165LB | NOVICE | |
| OPEN | A.BAKER | 550 |
| F.WILLIAMS | J.MEDVAN | 325 |
| M.HART | MASTER | 290 |
| NOVICE | J.PETROPOULOS | 425 |
| M.HART | SHW OPEN | 290 |
| J.CAIRNS | D. CARMACK | 500 |
| MASTER | DEADLIFT | |
| T.WEBB | 132LB | 400 |
| SUBMASTER | OPEN | |
| L.WRIGHT | S.ANTONINETTE | 315 |
| 181LB | 148LB | |
| OPEN | OPEN | |
| T.BOWSER | R.NEUROHR | 340 |
| J.METZ | 165LB | 310 |
| NOVICE | OPEN | |
| D.KASCHALK | M.HART | 325 |
| GRANDMASTER | F.WILLIAMS | 475 |
| L.LINDSAY | NOVICE | 300 |
| G.GREENBERGER | M.ZEIGLAR | 260 |
| SUBMASTER | 181LB | |
| M.KINNICK | OPEN | 335 |
| JUNIOR | S.SIWIAK | |
| J.METZ | 640 | 310 |
| TEEN(14-16) | GRANDMASTER | |
| C.BEER | G.GREENBERGER | 335 |
| E.MELODINI | TEEN(14-16) | 315 |
| 198LB | E.MELODINI | |
| OPEN | 515 | |
| R. CELLI | 198LB | 520 |
| C.DWOREK | OPEN | 480 |
| A.ROYHAB | R. CELLI | 405 |
| R.GAUDELLI | A.ROYHAB | 335 |
| C.WARGO | J.FERRARO | 320 |
| POLICE | 500 | |
| J.MONTEMURRO | J.FERRARO | 375 |
| R.GAUDELLI | GRANDMSTR | 335 |
| M.WATTS | MASTER | 290 |
| GRANDMASTER | K.MCNEISH | 610 |
| E.BOLLINGER | J.VALCHINE | 345 |
| D.SIRIANNI | SUBMASTER | 265 |
| MASTER | S.CARPENTER | 410 |
| J.MONTEMURRO | TEEN(17-19) | 375 |
| TEEN(14-16) | V.LAUB | 500 |
| A.GROTE | 220LB | 275 |
| TEEN(17-19) | OPEN | |
| V.LAUB | T. MANKAMYER | 325 |
| 220LB | B.WOOD | 600 |
| OPEN | J.FARELLI | 410 |
| S.LEWIS | NOVICE | 525 |
| B.ZEMAITIS | C.DORNETTO | 425 |
| J.FARELLI | J.DIMATTEO | 365 |
| NOVICE | POLICE | |
| D.REAGAN | L.STINSON | 405 |
| J.DIMATTEO | GRANDMSTR | 330 |
| C.DORNETTO | M.LINDSAY | 315 |
| GRANDMASTER | L.STINSON | 555 |
| M. LEVIN | 242LB | 385 |
| MASTER | OPEN | |
| G.LANGHAM | M.DIORIO | 425 |
| SUBMASTER | G.OLIVER | 605 |
| B.ZEMAITIS | D.HAVRILESKO | 425 |
| D.HILLIAR | S.PALUCKA | 345 |
| JUNIOR | 500 | |
| J.BATYKEEFER | T.SMITH | 440 |
| D.JETT | MASTER | 430 |
| 242LB | R.VILLANI | |
| OPEN | SUBMASTR | 520 |
| R.MILLER | M.DIORIO | 540 |
| S.POLLARD | B.FLEMING | 530 |
| R.DELAMARE | D.HILLIARD | 500 |
| T.GIBSON | 500 | |
| F.BROWN | 275LB | 470 |
| S.MARSHALL | OPEN | 455 |
| D.HAVRILESKO | Z.HUDAK | 450 |
| S.PALUCKA | 308LB | 400 |
| NOVICE | OPEN | |
| S.PALUCKA | R.GAYDOS | 400 |
| POLICE | 625 | |
| C.SLOVICK | A.BAKER | 465 |
| MASTER | NOVICE | |
| R.VILLANI | WOMEN BENCH | 390 |
| SUBMASTER | 123LB | |
| R.DELAMARE | OPEN | |
| T.GIBSON | D.CELLI | 500 |
| F.BROWN | 132 LB | 500 |
| B.FLEMING | TEEN(1416) | 470 |
| TEEN(17-19) | R.HARRIS | 405 |
| S.MARSHALL | WOMEN DEADLIFT | 455 |
| 275LB | 132 LB | |
| OPEN | GRANDMASTER | |
| BARRAVECCHIO | K.OBERST | 475 |
| J.KRAFT | N.SCHUCERT | 470 |
| NOVICE | 148 LB | |
| J.KRAFT | OPEN | 470 |
| POLICE | T.PEMBERTON | 470 |
| BARRAVECCHIO | 165LB OPEN | 475 |
| | K.BLAIR | 315 |

year was the most competitive, with 74 benchers and 42 deadlifters, watched by over 600 spectators. There were eight benches over 500 pounds with Ryan Celli taking home the \$150.00 cash prize with a 520 pound bench at 198 lbs. Way to go, Ryan, I know you had more left! In the deadlifting competition, there were 13 lifts over 600 pounds and 3 over 700 pounds. Mark Diorio made the trek from Rhode Island and won the \$150.00 cash prize with a lift of 765lbs at 242. I'll see you next year, Mark. You promised you'd be back to defend your title. I would like to give special thanks to Rob Capozzolo @ Titan Gym, Steve Swiak @ Bodytorium and Dave Brown @ Allegheny Athletic Club. These three gyms have supported the Monster Meet from day one by sending me great lifters. Thanks guys, I greatly appreciate the support. I would like to thank the following people, because without them this meet would not be the success it has become: My number one supporter, secretary and loving wife, Stephanie, Mom and Dad, Mike and Tami Scappe, Sean Worch, Strongman Steve Kiril, Joe Vallese, Donnie DeSalle, Ken Wolf, Head Judge Rob "715" Capozzolo, Mike Crapis, Craig and Ann Bischak, Andy and Anita Snyder, Mickey Lonkert, Larry Hanasky, Bob Gift, Don Neely, and Chuck Carr. Thanks to all of you, you are the best! Finally, a big thanks to "uncle" Frank (1982 Mr. Pittsburgh) and World Class Fitness Center, a 25,000 square foot Powerlifting Powerhouse located just West of Pittsburgh. I look forward to seeing everyone back

next year for the 4th Annual Monster Meet on March 30, 2003 at the Holiday Inn Pittsburgh Airport. Train Hard!! See you there! (Thanks to Mike Barravecchio for providing the meet results.)

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14-16 JUN 02 - Frederick, Maryland

| Women's | SQ | BP | DL | TOT |
|------------------|------|------|------|------|
| 97 25-29 | | | | |
| Kilbian Vasquez | 180* | 85 | 190 | 455 |
| 114 16-17 | | | | |
| Krystle McKenzie | 185 | 95 | 205 | 485 |
| 132 16-17 | | | | |
| Quintae Ballard | 170! | 90! | 245! | 505! |
| 80-84 | | | | |
| Josie Merrell | 55* | 50* | 120* | 225* |
| 148 40-44 | | | | |
| Pachel Manning | 95* | 105* | 170* | 370* |
| Kimberly Camp | | | | 100 |
| 165 16-17 | | | | |
| Kharin Sears | 145 | 85 | 215 | 445 |
| 181 55-59 | | | | |
| Candi Ramsburg | | 105 | | |
| 198+ 30-34 | | | | |
| Tammy Ford | 270* | 115 | 330 | 715* |
| 4th | | | | 340* |
| MEN | | | | |
| 114 14 - 15 | | | | |
| Kevin Angus | 170 | 100 | 215 | 485 |

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|-----------------|------|------|------|-------|
| Dave Ginenthal | 310* | 215* | 410* | 935* |
| 198 16-17 | | | | |
| Matt Echave | 275 | 170 | 375 | 820 |
| 18-19 | | | | |
| Bryce Kemmerer | 260 | 220 | 350 | 830 |
| Matt Ashley | 245 | 180 | 400 | 825 |
| 18-19 | | | | |
| Sawo Jones | 205 | 175 | 305 | 685 |
| 35-39 | | | | |
| Victor Aybar | 370 | 270 | 475 | 1115 |
| 55-59 | | | | |
| Paul Griffith | 380 | 185* | 375 | 940 |
| 60-64 | | | | |
| Henry Dudley | 215 | 120* | 300* | 635* |
| 165 16-17 | | | | |
| Toby Wantz | 250 | 230 | 405 | 885 |
| 35-39 | | | | |
| Chris Simeone | 430 | 320 | 510 | 1260 |
| Lance Bravard | 325 | 235 | 475 | 1035 |
| 50-54 | | | | |
| Brad Lane | | 265 | 320 | |
| 80-84 | | | | |
| Rev. R. Merrell | 100* | 75* | 160* | 300* |
| 181 18-19 | | | | |
| Jason Billings | 460* | 305* | 530* | 1295* |
| Carl Nevserson | 375 | 220 | 355 | 950 |
| 50-54 | | | | |
| Ed Lough | 315* | 215 | 375 | 905 |
| 55-59 | | | | |
| Doc Junkins | 330 | 240* | 430 | 1000 |
| 70-74 | | | | |

| | | | | |
|---|------|------|-------|-------|
| Jeff Deigan | 635* | 400 | 685* | 1720 |
| Albert Proctor | | 450 | | |
| Dan Maticic | | 445 | | |
| Jay Bechtel | 455 | 315 | 525 | 1295 |
| Andrew Townsley | 330 | 150 | 350 | 830 |
| Daniel Corridean | 625! | 390! | 730!* | 1745! |
| 40-44 | | | | |
| Ben Cangelosi | 660 | 470 | 620 | 1750 |
| Anthony Roberts | | 450 | | |
| 35-39 | | | | |
| Randy Byers | 380 | 215 | 425 | 1020 |
| 25-29 | | | | |
| Glenn Evans | 590 | 315 | 615 | 1520 |
| 319 14-15 | | | | |
| Miles Fisher | 320 | 170 | 340 | 830 |
| SHW 35-39 | | | | |
| John James | 530 | 355 | 630 | 1515 |
| ! - "100% RAW" World Record. * - RAW World Record. Praise! Before we do anything, let us first give praise to the Lord Almighty for watching over the lifters (no injuries) throughout the weekend! Moreover, we praise God for enabling RAW to continually lend financial support to each of our chosen charities on a monthly basis! Prayer! Please pray for Missing Link team captain Peter Gisondi. Peter underwent shoulder surgery just prior to the Nationals, and is expecting a long recovery process. Please remember Master lifter John Polak in your prayers as well. John is in the process of moving back to Washington area after living in Ohio. Please pray for Larry Buccchioni. Larry is | | | | |

undergoing surgery on his knee and we look forward to his return to the platform! RAW's Moved! The new address and phone number for "100% RAW" are: RAW, Inc. 308 Spruce Hill Road, Calhoun, VA 24531, ATTN: Spero, 434-432-3016. Thanks! Special thanks to Graham Bartholomew, Wardell Sewell, and Dan Maticic for an awesome job of spotting and loading; Caryn Tshontikidis, Glen Murphy Jr., Victor Aybar, Jeff, Doc Junkins, and everyone else who helped out officiating; Neils Andersen for the sculptures; Paul Bossi (Elizabeth City Trophy) for the Best Lifter awards, medals, and engraving; Jerry Shockley for drug testing; everyone who helped out setting up and cleaning up; and our Father in heaven for his love! Lifting! This year's contest saw awesome performances by several veteran senior lifters. Kibian Vazquez, of Baltimore's "Extreme Power" team was the top female lifter with her 455 total in the 97 pound class. Chris Simeone of the Missing Link dominated the men's platform, going 430, 320, 510 in the 165s. Chris' 1260 total not only won him the class but also Champion of Champion honors as the strongest lifter of the tournament. Teammates Jeff Deigan and Dave Ginenthal lifted flawlessly as well. Jeff broke both the squat and deadlift World Records and Dave, competing in the 70-74 age group, broke four World Records to win his class. Maryland's Victor Aybar, competing in the 148s won Best Lifter honors with his 1115 total. Ben Cangelosi of Tayoun's Power Team finished with a

1750 total in the 275s. While his total is impressive, it is important to note that nearly completed lifts of 700 in the squat and 500 in the bench. Finally, Daniel Corridean, lifting without a belt, registered lifts of 625, 390, and 730. These lifts, as well as his 1745 total, are some of the best in the nation for RAW powerlifting - especially without a belt! Finally, Maryland lifters Terry Parsons (465, 330, 535, 1330 at 198) and Paul Griffith (380, 185, 375, 940 at 148) won Best Lifter honors in the Master's and Grand Master's divisions. Wilson lifters Krystle McKenzie (RAW) and Quintae Ballard (100% RAW) captured top honors in the teenage division. Teammate John Boyd was the meet's outstanding teenage lifter without a belt, and Maryland's Jason Billings was the outstanding teenage lifter with a belt. Congratulations and thanks to all the lifters! See you all at the third annual "100% RAW" World Championships in November! God Bless (Thanks to Spero for providing these meet results/report.)

USAPL Michigan Hall Of Fame
14 SEP 02 - Lansing, MI

| BENCH | Junior 220 | Open 165 | Ralph Soffredine | 369 |
|--|------------|-----------------|------------------|------|
| Jake Gunter | 407 | Migue Ruelan | 358 | |
| Men Master 1 | | Scott Hazelton | 336 | |
| 165 | | Scott Luke | 325 | |
| Terry Bruce | 281 | 181 | | |
| 181 | | Mavin Coleman | | |
| Ralph Brandi | 358 | Doug Maillette | | |
| 198 | | 198 | | |
| Fred Stokes | 330 | Brent Barker | 380 | |
| Darrell Horn | 330 | 220 | | |
| 242 | | Dan Drupp | 462 | |
| Pete Van Camp | 314 | 242 | | |
| 275 | | Fred Tallman | 473 | |
| Brian Martin | 473 | Brain Stears | 385 | |
| Men Master 3 | | Robert Lipinski | 369 | |
| 220 | | Mark Lillywhite | | |
| Greg Fay | 308 | SHW | | |
| 242 | | John Lambes | | |
| G. Washington | 319 | 181 | | |
| Men Master 5 | | Scott Stewart | 281 | |
| 198 | | 198 | | |
| Ron Hemanway | 308 | David Freville | 402 | |
| Jim Kiszleik | 143 | Women | | |
| Below 198 | | Master 1 | | |
| Robert Denny | 292 | Cynthia Johnson | 165 | |
| 275 | | 123 | | |
| Murray Marsh | 407 | Kay Drexler | 88 | |
| Men Master 6 | | SQ | | |
| Men Junior 165 | | BP | | |
| Joshua Kingsley | 215 | 209 | 385 | 809 |
| 181 | | Nicholas Lewis | 501 | 330 |
| 501 | | Men Master 1 | 578 | 1408 |
| Steve Sielawy | 501 | 308 | 545 | 1353 |
| Arthur Sharpe | 314 | 314 | 402 | 1029 |
| 198 | | | | |
| Tyrone Ward | 336 | 561 | | |
| Men Master 3 | | | | |
| 148 | | | | |
| Bill Lowe | 402 | 176 | 462 | 1040 |
| Men Master 4 | | | | |
| 165 | | | | |
| Don Lurkin | 143 | 132 | 468 | 743 |
| 242 | | | | |
| Ross Arnold | 198 | 330 | 275 | 803 |
| Master Men 5 | | | | |
| 165 | | | | |
| Donald Steele | 182 | 143 | 264 | 589 |
| Master Men 7 | | | | |
| 165 | | | | |
| Ben Creech | 165 | 110 | 237 | 512 |
| Open | | | | |
| 148 | | | | |
| Todd Greenman | 369 | 264 | 429 | 1062 |
| 165 | | | | |
| Matt Smith | 424 | 292 | 418 | 1133 |
| Andrew Sandri | 281 | 237 | 385 | 902 |
| 198 | | | | |
| Scott Outman | 418 | 308 | 550 | 1276 |
| 220 | | | | |
| Jesse Soule | 501 | 440 | 589 | 1529 |
| SHW | | | | |
| James Chuntler | 539 | 380 | 528 | 1447 |
| Teen | | | | |
| 198 | | | | |
| Zachary Sylvian | 330 | 264 | 352 | 946 |
| 275 | | | | |
| Michael Dennis | 506 | 385 | 484 | 1375 |
| Women | | | | |
| Master 3 | | | | |
| 165 | | | | |
| Betsy Luman | 132 | 121 | 226 | 479 |
| B. Giendinning | 160 | 77 | 231 | 468 |
| Below 198 | | | | |
| Jean Chisnell | 242 | 99 | 336 | 677 |
| Master 6 | | | | |
| Anna Collins | 116 | 93 | 226 | 418 |
| Master 7 | | | | |
| 132 | | | | |
| Georgia Johnson | 88 | 77 | 121 | 286 |
| Open 148 | | | | |
| Dawn Steele | 308 | 193 | 303 | 803 |
| (Thanks to USAPL for providing these meet results) | | | | |

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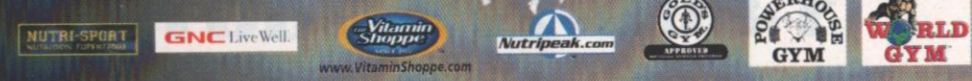


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- 3-22-03 APF Jacksonville Open Powerlifting Championship (Jax, FL.)
- 4-5-03 APF Florida State Bench Press Championships (Daytona Beach, FL.)
- 4-11+12+13-03 AAPF Nationals Powerlifting + Bench Press (Chicago, Ill.)
- 4-26-03 AAPF Florida State Powerlifting Championship (Tampa, FL.)
- 5-9+10+11-03 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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- 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, 510-232-4755, 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, APA East Coast Bench Press and Deadlift Classic (Ft. Washington, Maryland), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com
- 4 JAN, USAPL Midwest Squat Meet, Open, Masters, Women's, teens (Granite City, IL) Maureen Post, 618-345-6574 lv msg., mpost57@msn.com
- 11 JAN, ADAU Ohio Classic Raw Bench Press (Kent, Ohio), John Kuhar 330-678-5897, kuhar@qulxnet.net
- 11 JAN, USAPL Fargo Invitational, Rich Edinger, 1022 3rd Ave. S. Fargo, ND 58103, 701-237-4036
- 11 JAN, NASA Ohio State Bench Press, West Liberty High School, West Liberty OH, Spanky Cordial 937-653-5504, squat@ioryou.net
- 18 JAN, APA Tri-State Bench Press And Deadlift, (Montgomery, AL) Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046,

- Scott@apa-wpa.com or Gold's Gym Attn: Johnny Sheakley, johnnysheak@aol.com
- 18 JAN, USAPL Central California Push/Pull, Bakersfield, CA, Steve and Lisa Drennis on, PWRLFTSR@POWERLIFTINGCA.COM, http://www.powerliftingca.com/, 661-664-7724
- 18 JAN, SLP Broad Ripple Winter BP/DL Classic (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 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 Championships (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, APF Deal With The Steel BP/DL (Elizabeth, PA) Jamie Harris, Keith McNeish 412-384-5051, oatzje@aol.com
- 25 JAN, SLP A Cold Day In ... Tuscola BP/DL Classic, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

Coming Events

- sonlight@netcare-il.com
- 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.virginiasapl.com
- JAN, PPL Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM
- 1 FEB, SLP Powerhouse Open BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.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
- 8 FEB, USAPL VI Bill Beckwith's Bench, Deadlift & Qualifier, (Wayland, Mich) All USAPL Womens & Mens weight classes - Teen, Masters, Open, Police/Fire and Raw, Richard Van Eck, 269-521-4031
- 8 FEB, 12th Annual New Castle's BP Championships (Touch and Go), Men, Women, Teen, Master Divisions, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529
- 8 FEB, APA Illinois State Bench Press/Deadlift Championships, BP, P/P, DL competitions, Roger Broeg, Burlington IA 52601, 319-753-0676, touapachair@apa-wpa.com
- 8 FEB, SLP Chain O' Lakes BP/DL Championships (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 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 darningilley@aol.com
- 15 FEB, Gym Yard Dog Open - St. Valentine's Day Massacre (Men + Women), Johnny Bender, Body Creations, 9103 Old Staples Mill Rd, Richmond, VA 23227, 804-262-8004
- 15 FEB, SLP Central USA Open PL/BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 15 FEB, WNPFL Tennessee State (Cleveland, TN) 770-996-3418, WNPFL@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
- 15 FEB, USAPL Minnesota State J/R Master & Novice, Joe Cooper, 5344 Ugsstog 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, gvh@wirefire.com
- 16 FEB, USPF Can-Am Bench Press & Region 1 BP, Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, SQ700@aol.com
- 16 FEB, USA 'RAW' BENCH PRESS FEDERATION WINTER NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 16 FEB, WNPFL Georgia State (Atlanta, GA) 770-996-3418, WNPFL@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
- 22 FEB (new date), IPA Beast of Bench, Mike Miller 610-746-700, nazbar@enter.net
- 22 FEB, SLP Mason-Dixon Open BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 22 FEB, NASS Strongman Contest - St. Louis, MO (AM), Rick King - 314-423-2525, Willie Wessels - 314-609-6031, dwes370162@msn.com or www.nastrongman.com
- 22 FEB, APF Missouri State Record Setters (PM), Rick King 314-423-2525, Willie Wessels 314-609-6031, dwes370162@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.muscleworkspower.com, BigBencher@hotmail.com
- 22 FEB, WABDL Pendulum Fitness Texas BP + DL (Dallas) Bob Garza, 281-820-5923
- 23 FEB, SLP Brazil YMCA BP/DL Challenge II (Brazil, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 28 FEB - 1 MAR, AAU/USPF Oklahoma State BP/DL/Powerlifting Championships & Oklahoma Open, Tulsa, Oklahoma, Rickey Dale Crain 405-275-3689, rcrain@charter.net or Hugh Dunagan 918-492-3717
- 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, SLP Southern Illinois Open BP/DL Championships (Effingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 1 MAR, WNPFL Natural Northeastern (Edison, NJ) 770-996-3418, WNPFL@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
- 1 MAR, 12th Larry Frederick Jr. Memorial BP, North Penn YMCA, Lansdale, PA, Steve Unrath, 215-368-1601
- 1 MAR, USAPL Great West BP & PL, Steve Howard, 2107 Arrow Ct, Rapid

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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.virginiapl.com

1 MAR, NASA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Nats Qualifier), Rich Peters SQBPD@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 Garcia, 916-482-2868

2 MAR, WNPFF New York Championships, Waterloo, New York, Ron DeAmicis, 6531 New Rd., Youngstown, Ohio 44575

2 MAR, SLP Missouri State Raw Powerlifting/BP/DL Championships (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com

sonlight@netcare-il.com

2 MAR, WNPFF Pennsylvania State (Lancaster, PA) 770-996-3418, WNPFF@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, APA US Open Bench Press and Deadlift (Kennewick, WA), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

8 MAR, Albany Strength PL/BP (Upstate NY Halo of Fame Induction Ceremony) John Payonne, 332 Central Ave., Albany, NY 12206, 518-433-1703, www.albanystrength.com

8 MAR, APA Midwest Powerlifting Open, P, BP, P/P, DL competitions, Roger Broeg, Burlington IA 52601, 319-753-0676, iowaapachair@apa-wpa.com

8 MAR, USPF Oregon PL, Terry Wilson, 541-774-6829, TeamJCSO@yahoo.com

8 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 MAR, WNPFF South Carolina State (Greenville, SC) 770-996-3418,

WNPFF@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 & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186

8 MAR, NASA BENCH PRESS & DEADLIFT NATIONAL CHAMPIONSHIPS, Offering a "New" Unlimited Equipment Division along with our regular Single Ply Divisions in the BP only (Springfield, OH) Rich Peters SQBPD@aol.com or 405-527-8513

8 MAR, USAPL Battle of the Great Lakes VI PL/BP (Cleveland, OH - M/F Open, H.S. I&II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil. Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com

8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 1135 Hillside Ave., Succasunna, NJ 07876, 9 7 3 - 5 8 4 - 7 4 1 0, pamerman@worldnet.att.net

9 MAR, SLP Southwest Missouri BP/DL Championships (Springfield, MO) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14-16 MAR, APF Jr. Nationals PL/BP (Open to all APF lifters who have not won the Seniors and meet qualifying total) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-277-6696

15 MAR, USAPL Georgia State and Southern State Championships, Sherman Ledford, 3000 Mattison St. NW, Duluth, GA 30096, 770-623-1504

15 MAR, USAPL Ironman BP/DL and Record Breakers, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156

15 MAR, SLP Heath Clifton Memorial BP/DL Championships (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 MAR, WABDL Michigan Meet, Bob Garza 281-820-5923

15 MAR, Winona Spring Class BP (Winona, MN) 608-787-5693 or 507-452-7133, DWG Productions, 2018 Jackson St., LaCrosse, WI 54601

15 MAR (NEW DATE), APF Jacksonville Open Powerlifting Championship (Jax, FL) 386-252-8193 or email hugeiron@logicalcity.com, 904-378-1551 (gym), 904-219-6754 (cell)

15-16 MAR, APF Massachusetts State (Open to all APF lifters, all Divisions) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-277-669

15,16 MAR, NASA NATURAL NATIONALS PL, BP & Power Sport (Okla. City, OK) Rich Peters SQBPD@aol.com or 405-527-8513

21-23 MAR, USAPL High School Nationals, James Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

22 MAR, SLP High School Nationals (Indianapolis, IN) Dr. Darrell Latch, www.sonlightpower.com

22 MAR, APA Battle of the Badasses II Powerlifting and Bench Press Championships (Clayton, NC), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

22 MAR, WNPFF Western PA (Beaver Falls, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

22 MAR, WNPFF Alabama State (Montgomery, AL) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

22 MAR, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Oreggia, 4468 W. 26th St., Erie, PA 16506 814-833-3727, www.pikilup.com

22-23 MAR, Canadian Powerlifting Championships, Bruce Greig, Box 4, Okotoks, Alberta T1S1 A4, Canada, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com

23 MAR, SLP Illinois Open BP/DL Championships (Hillsboro, IL) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, sonlight@netcare-il.com

23 MAR, USPF Rhode Island State Powerlifting + Bench Press Championships, Ted J. Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, Email: uspf-ri@cox.net

29 MAR, USPF GA State (Forsythe, Ga), Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltel.net

29 MAR, SLP John Ware Classic Powerlifting/Bench Press/Deadlift Championships (Kirksville, MO) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 MAR, WNPFF USA vs Bahamas (Freeport, Bahamas) WNPFF, Box 142347, Fayetteville, GA 30214, wnpff@aol.com, 770-996-3418

29 MAR, 4 Seasons Spring Bench Press, Kevin Deming, Four Season Association, 904 Four Seasons Rd., Bloomington, IL 61701, 309-663-2022 ext. 34, Kevin@4Seasons-club.com

29 MAR, NASA VA State Championships, PL, BP & PS (Charlottesville, VA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

29 MAR, APF/AAPF Georgia State Open PL & BP (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, www.irowdawg.com

30 MAR, SLP Indiana State BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30 MAR, Pittsburgh Monster BP & DL (men & women - all divisions - all classes - cash prizes - Holiday Inn Airport - Moon Township, PA) Mike Barravecchio, 301 Springwater Ct., Moon, PA 15108, 724-457-2708

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Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

MAR, APR, USPF Virginia State Open PL/BP, Gayle Schroeder, strength@exis.net, 757-481-6963, info: <http://www.powerandstrength.com> (Online Entry Soon)

5 APR, USA "RAW" BENCH PRESS FEDERATION SPRING NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 APR (new date), IPA AM OPEN Bench Press Championships + Pro Invitational Bench Press, Gene Rycklak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

5 APR, WNPFF Lifetime Drug Free Bench Press & Deadlift Nationals, Ironman & Powercurl (Atlantic City, NJ) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

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

5 APR, APF Florida State Bench Press (Daytona Beach) 386-252-8193 or email hugeiron@logicalcity.com

6 APR, SLP Primitime Fitness BP/DL Championships (Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 APR, AAU Spring Break Bench Press Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or ausports.org

11-13 APR, AAPF Nationals Powerlifting + Bench Press (Chicago IL) 386-252-8193 or email hugeiron@logicalcity.com

12 APR, APA Eastern U.S. Powerlifting and Bench Press, APA Maryland State Powerlifting, (Ft. Washington, Maryland), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

12 APR, SLP Memphis Open BP/DL Championships (Memphis, TN) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 APR (NEW DATE), WNPFF Dayton Open (Dayton, OH) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

12 APR, Downton Fitness BP (Reedsburg, WI) 608-787-5693 or 608-524-4282

12 APR, NASA Ohio State PL, BP, Power Sport, (Springfield, OH) Rich Peters SQBPD@aol.com or 405-527-8513

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

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

12,13 APR, AAU Triple Crown Classic (Richmond, VA)

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Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or ausports.org
12,13 APR, AAU Fire and Law Nationals (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or ausports.org
12,13 APR, AAU VA State Championships, (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or ausports.org
12,13 APR, USAPL Collegiate Nationals, Michael Cissell, 15 Lakeside Drive, Lake St. Louis, MO 63367, 636-561-1242, mcis904082@aol.com
12,13 APR, Power Palooza V PL, BP, DL, Gene Rycklak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
13 APR, 18th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527
19 APR, APF Louisiana State / Open (Baton Rouge) Garry Frank 225-926-7473
19 APR, SLP Midwest Muscle Classic BP/DL Championships (Wausau, WI) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
25 APR, 25th anniversary Met-Rx USPF Women's Sr. National Powerlifting Championship (cash prizes - Wayfarer Inn Convention Center, Bedford, NH) Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-6226-5489, www.americanpowerlifting.com, davefollansbee@aol.com
26 APR, 24th Raw ADAU "Power Day Classic" (separate BP & DL contests, open and all age groups for men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-768-3214, al@pikilup.com
26 APR, USAPL Zumbro Valley Open, Steve Johnson, 405 5th ST NW, Kasson, MN 55944, 507-634-4730
26 APR, SLP NATIONAL BP/DL CHAMPIONSHIPS, Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
26 APR, Azalea Festival Strongman Challenge, Norfolk, VA, Gayle Schroeder, strength@exis.net, 757-481-6963, info: <http://www.powerandstrength.com> (Online

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

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physicality, Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

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NOTE: Parent/Guardian signature required if member under 18 years old.

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|-------------|---------------|
| 20.00 | 23.50 |
| 20.00 | 25.00 |
| 20.00 | 25.00 |
| 20.00 | 25.00 |
| 20.00 | Not Available |
| 30.00 | 35.00 |

Adult Athletes in the Following Sports: Baseball, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting

Adult Athletes in the Following Sports: Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling

Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Tae Kwon Do Athletes

Adult Powerlifting Athletes

Entry Soon)
26 APR (REVISED DATE), WNPF PAN-AM Championships - Stuart, FL (30 miles north of Palm Beach), 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
26 APR, Chickahominy YMCA BP Classic (Teen 15, 16-17, 18-19, Junior 20-23, Open 24 and Over, Masters 40+ Five year increments) Chickahominy Family YMCA, 5401 Whiteside Rd, Sanston, VA, 804-737-9622
26 APR, AAFP Florida State (Tampa, FL) 386-252-8193 or email hugeiron@logicalcity.com
26 APR, 9th Annual Dungeon Powerworks Slam Bench & Deadlift, Drug Free Only, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042 (616) 435-7586 or Tyrone Ward (616) 273-1092
26 APR, NASA High School National Championships, PL & Power Sports, (OKC, OK) Rich Peters SQBPD@aol.com or 405-527-8513
26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com
27 APR, SLP Little Rock Open BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
APR, US Open PL & BP (Cash prizes), USPF Collegiate Nationals & Junior Nationals, USPF New Hampshire State & Region 1 PL/BP/DL, Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, SQ700@aol.com
APR, WPA World Powerlifting Championships, Can-AM Bench Press and Deadlift, APA IL State Powerlifting Championships (Chicago, IL), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P. 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com
APR, 100% Raw Battle of the Benches, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004
APR, PPL Georgia State "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythonym@aol.com
APR, Laughlin's River Run BP (Laughlin,

men, women, masters - book early!!!)
 Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-215-0115, kostas@frazmtn.com
2-4 MAY, USAPL Masters Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586
3 MAY, SLP Mid-South BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
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, gvh@wirefire.com
4 MAY, SLP Southeast Iowa BP/DL Championships (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
4 MAY, WNPF Teen, Junior, Youth National Championships (Philadelphia, PA) 770-996-3418, WNPF@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, APA Western USA Powerlifting, Bench Press, and Deadlift Championships (Kennewick, WA), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P. 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com
10 MAY, SLP Cross County Pull BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
10 MAY (NEW DATE), APA Buckeye BP (Springfield, OH) Bruce Stotler, apa_ohio@yahoo.com

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10 MAY, Old Dominion BP and Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
17 MAY, USPF Spartan Bench Press - Granada Hills, Entry Form at www.powerliftingca.com, Kevin Meskeu, 9235 Woodale Ave, Arleta, CA 91331, (818) 899-7555, warrior01@earthlink.net
17 MAY, USBF Larry Garro Memorial Bench & Ironman/Ironwoman Open; USPC Power curl (Cash Award); Brian Washington, PO Box 20042, Baltimore, MD 21284-0042; 410-265-8264, Brian@usbf.net
17 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17 MAY, WNPF Raw Nationals & Powerfest 2k3 (Stamford, CT) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
17 MAY, APF Masters, Juniors + Teenage Nationals (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com
10 MAY, APA Western USA Powerlifting, Bench Press, and Deadlift Championships (Kennewick, WA), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P. 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com
10 MAY, SLP Cross County Pull BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
10 MAY (NEW DATE), APA Buckeye BP (Springfield, OH) Bruce Stotler, apa_ohio@yahoo.com

5920 N. Ridge, Chicago, IL 60660, 773-561-9692
24 MAY, 4th Annual Police & Fire Powerlifting Nationals, Capital Center Inn, 914 S.E. Madison, (Madison & 10th St. exit) Topeka, KS 66106, 888-421-9020 or 785-232-7721, or James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326 or E-mail JDuree7086@aol.com
30-31 MAY, 1 JUN, APF Mens + Womens Senior Nationals Powerlifting + Bench Press 386-252-8193 or email hugeiron@logicalcity.com
31 MAY, SLP Harrodsburg Open BP/DL Championships (Harrodsburg, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
MAY, 100% Raw Elizabeth City Open PL, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004
MAY, NASA MD State High School BP (Keymar, MD) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@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, gvh@wirefire.com
31 MAY-1 JUN, USAPL Heavy Metal Classic, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156
1 JUN, SLP Indiana Summer BP/DL Championships (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
6-8 JUN, WABDL Pendulum Fitness

61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
18 MAY, WNPF Police Nationals (Edison, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
21-25 MAY, IPF Women's World Powerlifting Championships, Dennis Brady, bigkanaga@aol.com

Nationals BP + DL Championships, Houston, TX, Bob Garza, 281-820-5923
7 JUN, SLP Superman Classic BP/DL Championships (Metropolis, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
7 JUN, USAPL Pete Lenzi Memorial BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com
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, WNPF Mens USA PL/BP/DL/SQ Nationals (Atlanta, GA) 770-996-3418, WNPF@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 SQBPD@aol.com or 405-527-8513
14 JUN, USPF California State Powerlifting, Bench Press & Deadlift Championship - Norwalk, Entry Form at www.powerliftingca.com, Chuck LaMantia 714-994-5198, 714-944-5198, CKCLAMA@aol.com
14 JUN, SLP Illinois State BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
14 JUN, APF Florida State (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com
21 JUN, SLP Wisconsin Rapids BP/DL Championships (Wisconsin Rapids, WI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
21,22 JUN, WNPF Drug Free Nationals (World qualifier) Ron DeAmicus, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
22 JUN (NEW DATE), WNPF Women's Nationals & Men's Elite Nationals (Philadelphia, PA) 770-996-3418,

WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
28 JUN, USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
JUN, 100% Raw North Carolina State BP, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004
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
5 JUL, SLP Ft. Hamilton Days BP/DL Championships (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
12 JUL, Body Factory Full Power Challenge / Bench, Jim Parrish, 436 Blue Valley Dr, Bangor, PA 18013, 610-863-1090
12 JUL, SLP Waupaca Open BP/DL Classic (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
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, gvh@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
13 JUL, SLP Heart of Illinois Open BP/DL Classic (Peoria, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
18-20 JUL, USAPL Men's Nationals, Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039
19 JUL, GA Games Powerlifting and Bench Press Championships (Marietta, GA), Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltel.net
19 JUL, ANPPC WORLD CUP, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
19 JUL, Raw ADAU Single Lift Nationals (men & women of any age, in all wt. classes - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-768-3214, al@pikitup.com
19 JUL, WNPF New Jersey State (Bordentown, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
20 JUL, SLP Mid-Summer Open BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
20 JUL, WNPF Newark Open BP/DL (Newark, DE) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
26 JUL, WNPF Submaster & Masters Nationals & Gulf Coast (PL/BP/DL/SQ - Biloxi, MS) WNPF, Box 142347, Fayetteville, GA 30214, wnfp@aol.com, 770-996-3418
26 JUL, USAPL NJ Bench Press Open, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156
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, Pythonym@aol.com
2 AUG, SLP Ohio State Fair BP/DL Championships (Columbus, OH) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
9 AUG, SLP Wisconsin State Fair BP/DL Championships (West Allis, WI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
10 AUG, SLP Missouri State Fair BP/DL Championships (Sedalia, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com, sonlight@netcare-il.com
15,16,17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070
16 AUG, SLP Indiana State Fair BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, 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
17 AUG, SLP Illinois State Fair BP/DL Championships (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17 AUG, USPF Northern California Push/Pull Championship - Modesto, Entry Form at www.powerliftingca.com, Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com and Dave Cummerrow, david_cummerrow@yahoo.com
23 AUG, SLP Kentucky State Fair BP/DL Championships (Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 22-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
30 AUG, SLP DuQuoin State Fair BP/DL Championships (DuQuoin, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
6 SEP, SLP Tennessee State Fair BP/DL Championships (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429,

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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 updated monthly

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46225

(219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

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

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

Name: _____ Phone: (____) _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year; any meet) - \$30.00 • Special Olympian - \$10.00
 • High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
 High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qty. ____)(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)
 • Polo Shirt - \$35.00(s-x) \$37.00(xd & up) (size ____ qty. ____)(colors: navy, white) • Navy Sweatshirt - \$30.00(s-x) \$32.00(xd & up) (size ____ qty. ____)
 • White Referee Designation Polo - \$30.00(s-x) \$32.50(xd & up) (size ____ qty. ____) • 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)

Check/Money Order # _____ Membership Price: \$ _____
 Credit Card: Visa-Mastercard-Discover Exp. Date: _____ Merchandise Total: \$ _____
 Card # _____ Merchandise Shipping: \$4.00
 Cardholder Signature: _____ Total Purchased: \$ _____

All memberships expire 12 months from date of purchase.

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)



Membership Application

AMERICAN POWERLIFTING FEDERATION



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| AREA CODE | | | TELEPHONE NO | | | DATE OF BIRTH | | AGE |
| MO | | DAY | | YR | | SEX | U.S. CITIZEN | |
| YES | | NO | | YES | | NO | | NAME OF CLUB YOU REPRESENT |
| REGISTRATION FEE | MASTERS | CLUB MEMBER | | | | | | |
| \$30.00 | YES | NO | | | | | | |
| <p>ATHLETES, fill out card completely and mail with fee to.</p> <p>MAKE CHECK PAYABLE TO: A.P.F. Headquarters 62 S. BROADWAY AURORA, IL 60605 (630) 892-1491</p> | | | | | | | | |
| IF UNDER 18 HAVE PARENT INITIAL | I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF | | | | | | SIGNATURE X | |

61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

13 SEP, USPF Eastern Regional Open; Div(s): Bench, Ironman/Ironwoman, AAA Armwrestling, & USPC Power Curl; Brian Washington, PO Box 20042; Baltimore, MD 21284-0042; 410-265-8264, Brian@usbf.net

13 SEP, WNPFF Lifetime Drug Free PL/BP/DL/SQ Nationals (Atlantic City, NJ) WNPFF, Box 142347, Fayetteville, GA 30214, wnpff@aol.com, 770-996-3418

13 SEP (NEW DATE), IPA PA State/NE Regionals - Bangor, PA, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

13 SEP, IPA PA State / NE Regionals, Gene Rychlak, Jr., 610-863-1090

19 SEP, RAW Virginia State Bench Press, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com

20 SEP, SLP OPEN POWERLIFTING/BP/DL NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

26 OCT, SLP Midwest Open BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 OCT, SLP Iowa State BP/DL Championships (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

11 OCT, USPF Central California Powerlifting, Bench Press & Deadlift Championship - Bakersfield, Entry Form - www.powerliftingca.com, Lisa Denison, 661-644-7724, PWRLFTRS@msn.com

11 OCT, SLP Arkansas State BP/DL Championships (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

18 OCT, SLP Wisconsin State BP/DL Championships (Kaukauno, WI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 OCT, 21st Raw ADAU Central PA Open (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-768-3214, al@pikittup.com

25 OCT, ANPPC NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

26 OCT, SLP Midwest Open BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 NOV, SLP Chicagoland Classic BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 NOV, SLP Chicagoand Classic BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.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

1 NOV, USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

2 NOV, SLP Effingham Open BP/DL Classic (Effingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 NOV, RAW Blue Ridge Bench Press

Classic, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com

8 NOV, SLP Fitness One Fall BP/DL Championships (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8-9 NOV, USAPL NJ State PL, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156

9 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 NOV, SLP Kentucky State BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 NOV, SLP NATIONAL 'RAW' POWERLIFTING/BP/DL NATIONALS (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 DEC, SLP The Last One! BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 NOV, SLP Chicagoland Classic BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 NOV, SLP Central Illinois Open BP/DL Championships (Hillsboro, IL) Son

Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.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, SLP Christmas For Kids BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

7 DEC, 11th Raw ADAU Coal Country Classic (separate BP & DL contests, open and all age groups - men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-768-3214, al@pikittup.com

7 DEC, SLP Northern Illinois Open BP/DL Championships (Mechesney Park, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9-14 DEC, WABDL Worlds (Riviera Hotel, Las Vegas, NV) Gus Rethwisch, 503-762-5066

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

14 DEC, SLP Little Rock Open II BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 DEC, SLP Little Rock Open II BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

27 DEC, SLP The Last One! BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 DEC, SLP The Last One! BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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27 DEC, SLP The Last One! BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

WABDL Bend Summer Strength 08 JUN 02 - Bend, OR

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| Frank Winbigger | | | |

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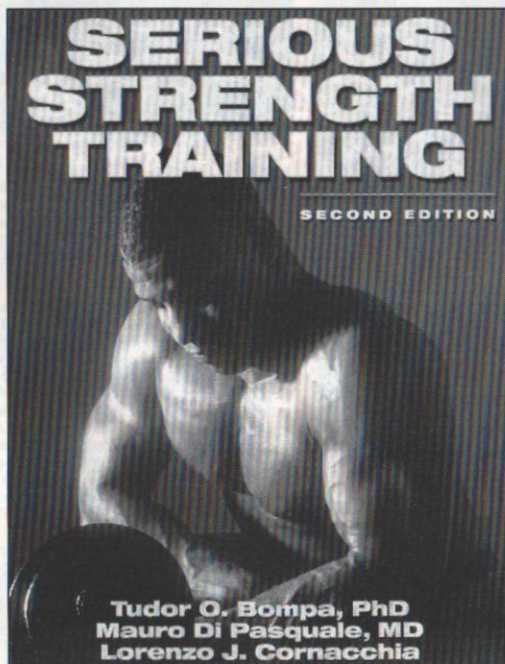
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possible sale of *Weider Publications*, *Olympic Lifting at the Arnold Classic*, the *World's Strongest Man* contest results (*Polish Power!*), the new book that is coming out about training with elastic resistance (and the CD that goes with it!), the new "training ball" from Harbinger that can withstand 750 pounds of pressure and let you do a wide variety of stability exercises, a quick report of the fantastic lifting done at the *WPO Semi-Finals and Bench Bash* and the passing of *Texas Powerlifting Legend John Pettitt* (both stories out weeks before we could possibly get them into *PL USA!*), plus **MUCH** more. Each edition is packed with a variety of *IRON GAME*-oriented information - almost all of which you will never find in any other composite source. It's only \$28 for 24 info packed *FIRST CLASS* issues (\$39 for overseas air mail) to *PL USA*, Box 3238, Camarillo, California 93011



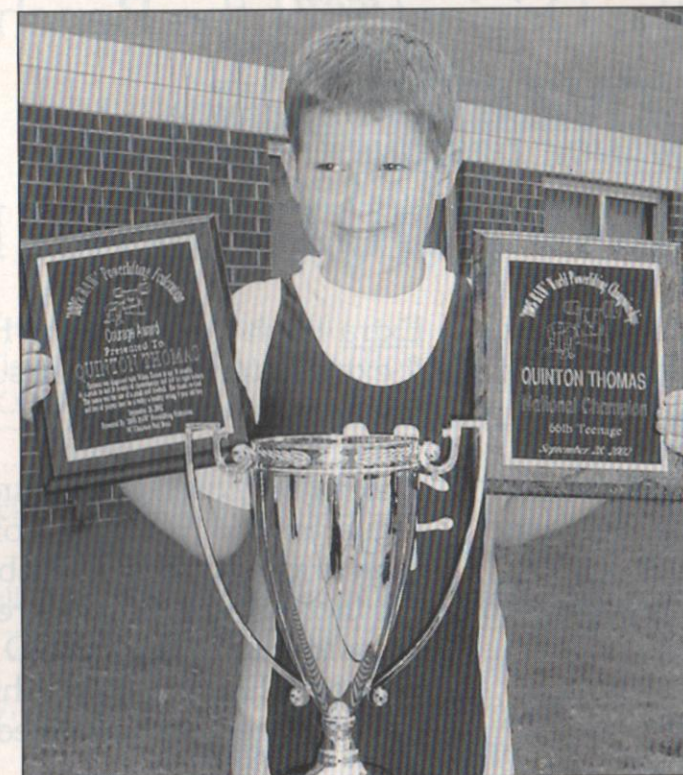
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| OVERALL | | | |
|----------------|-----------------|--------------|-------|
| 114 | S. Roth | 242 | |
| D. Williams | 115 | B. Sullivan | 450 |
| A. Williams | 85 | K. Mallory | 440 |
| S. Brower | 50 | C. Russell | |
| Q. Thomas | 40 | 275 | |
| 123 | B. Faircloth | 480 | |
| A. Christian | 135 | A. Roberts | 435 |
| 132 | 319 | | |
| B. Swain | 190 | C. Elliott | 520 |
| H. Johnson | 80 | H. Canada | 385 |
| 148 | 8-9 | | |
| T. Hague | 275 | 66 | |
| B. Zak | 230 | Q. Thomas | 405a |
| N. Falcon | 100 | 10-11 | |
| L. Armstrong | 65 | 88 | |
| 163 | S. Brower | 50a | |
| B. Chisholm | 335 | 12-13 | |
| A. Tipton | 250 | 132 | |
| D. Sylvester | 245 | H. Johnson | 80 |
| A. Biddle | 235 | 165 | |
| M. Franklin | 225 | M. Williams | 130 |
| C. Ballance | 215 | D. Brown | 135a |
| M. Bertrand | 170 | 275 | |
| M. Williams | 130 | A. Chamblee | 1555a |
| 181 | 14-15 | | |
| K. Williams | 315 | 114 | |
| J. Riddick | 300 | A. Williams | 85a |
| N. Good | 170 | 148 | |
| X. Watkins | 70 | N. Falcon | 100 |
| 198 | 242 | | |
| W. Lynch | 435m | 242 | |
| K. Webber | 350 | B. Woodard | 145a |
| H. Williams | 350 | 16-17 | |
| J. Freeman | 350 | 114 | |
| C. Powell | 290 | D. Williams | 115a |
| J. Bean | 270 | 123 | |
| W. Bateman | 240 | A. Christian | 135a |
| S. Williams | 135 | 148 | |
| D. Brown | 135 | T. Hague | 275a |
| 220 | 165 | | |
| P. Bossi | 475 | D. Sylvester | 2455a |
| B. Rockwell | 410 | A. Biddle | 235 |
| S. Freeman | 390 | M. Franklin | 225 |
| D. Owens | 390 | C. Ballance | 215 |
| J. Rascoe | 390 | 18-19 | |
| J. Perez | 365 | 220 | |
| M. Leibacher | 340 | J. Hood | 245v |
| G. Holzmilller | 255 | 20-24 | |
| J. Hood | 245 | 198 | |
| S. Roth | 242 | J. Freeman | 315a |
| 242 | 25-29 | | |
| B. Sullivan | 450 | 220 | |
| A. Proctor | 450 | D. Owens | 3905a |
| K. Mallory | 440 | 30-34 | |
| R. Spiers | 340 | 148 | |
| R. Staten | 335 | B. Zak | 230a |
| S. Deuel | 320 | 198 | |
| B. Woodard | 145 | C. Powell | 290 |
| G. Russell | 275 | 220 | |
| 275 | J. Perez | 365a | |
| B. Faircloth | 480 | 35-39 | |
| A. Roberts | 435 | 165 | |
| J. Hillard | 435 | A. Tipton | 250a |
| A. Chamblee | 155 | 198 | |
| 319 | J. Bean | 270 | |
| C. Elliott | 530m | 220 | |
| G. Briggs | 450 | P. Bossi | 475 |
| H. Canada | 385 | S. Freeman | 390 |
| E. Owens | 190 | 242 | |
| K. Bryant | 115 | S. Deuel | 320a |
| 148 (14-15) | 275 | | |
| L. Armstrong | 655a | B. Faircloth | 480a |
| 165 Open | 198 | 40-44 | |
| M. Bertrand | 170v | 198 | |
| 181 Open | 120v | H. Williams | 3505a |
| N. Good | 70a | 220 | |
| X. Watkins | 135a | B. Rockwell | 410v |
| S. Williams | 190a | J. Rascoe | 3755 |
| SHW (15-16) | 1155a | 242 | |
| E. Owens | 450a | A. Proctor | 450v |
| SHW (1 2-13) | 335 | 319 | |
| K. Bryant | 190a | G. Briggs | 450a |
| Police/Fire | 1155a | 45-49 198 | |
| 165 | 242 | W. Bateman | 240a |
| M. Bertrand | 170v | 275 | |
| MEN | 275 | B. Sullivan | 4505a |
| Open | 4355a | R. Staten | 335 |
| 132 | J. Hillard | G. Russell | |
| B. Swain | 50-54 220 | | |
| 148 | M. Leibacher | | |
| B. Zak | 60-64 220 | | |
| 165 | C. Holzmilller | | |
| B. Chisholm | 242 | | |
| 181 | R. Spiers | | |
| K. Williams | 315 | 65-69 | |
| J. Riddick | 300 | B. Swain | 1905a |
| 198 | Police/Fire 220 | | |
| W. Lynch | 435 | B. Rockwell | 410a |
| K. Webber | 350 | S. Freeman | 390 |
| W. Bateman | 240 | 242 | |
| 220 | A. Proctor | | |
| P. Bossi | 475 | 275 | |
| D. Owens | 390 | A. Roberts | 435a |



Quinton Thomas set an American State Record in the 66 lb. class and was awarded the courage award (Photograph is courtesy of Ben Zak)

him as he missed the weight. At 181 we had a great match up between Jamal Riddick and Kendall Williams. Kendall started with 285, and worked his way up to 315. Jamal opened with 300, but two attempts at 325 proved too much, and Kendall earned the 181 national title. The man to beat at 198 has been Will "Chill" Lynch, and his 435 state/American record as well as the best lifter light award led him to the national title. Will's weakness is he chooses tough openers, and one day it may cost him. In second place it came down to bodyweight as Kevin Webber would defeat Howard Williams. Paul Bossi easily won the class with his American record 475, and best lifter (35-39) award. Earning a world title will be a lot harder as there is a Mr. Burkett that also pushes big numbers. Fighting for second at 220 was a host of lifters, but it was Blair Rockwell's 410 that would win it. I've seen Blair hit 450 at 242, so he could be one to watch at the Worlds. Also in the class was Michael Leibacher who hit 340 to earn the best lifter (50-59), and now holds five different state records. The most exciting class of the day was 242. We had perennial Elizabeth City winner Albert Proctor, we had the legendary master lifter Brian Sullivan, we had a wild card in new face Giles Russell (he had a big opener), and we had the rapidly improving young Kinta Mallory. The battle quickly fell to three as Giles couldn't get his attempts of 435 passed. Kinta Mallory showed improvement as he hit 440 for third. Brian Sullivan would win on bodyweight over Albert Proctor, as both lifters hit 450. Brian would earn the best lifter 40-49 award, and Albert won the best lifter police/fire. Also in the class was Robert Spiers who won best lifter 60-69 with a 340. At the Worlds we will have a great rematch, unless Shawn "500+*" Reid shows up. In the 275 class it took Bert Faircloth two tries to get 465, but it paid off with a national title. In second Anthony Roberts and Joseph Hillard tied for 435, but the nod went to Anthony on bodyweight. At 319 Carl Elliott had been stuck for years in the 400-440 (assisted) range, but after training with Paul Bossi he now hits 500-555 RAW, and his 530 bench was enough for a meet/American record, as well as best lifter heavy award. Finishing in second was Gerald Briggs. Gerald has the distinction of having such big arms that it looks like he's gonna bench 700. In the women's class top teen honors went to Erin Owens w/ 190. In the women's open division top honors went to Michelle Bertrand who benched 170. In the teen divisions five time NC teen state-champions River Roads Middle School won the national title. In the police/fire it was the always impressive Intruders of Va. In Open it was Fitness Ware house. Thank to all the fine lifters who supported the meet, and I hope we see you all at the worlds in November. (These meet results and meet report are courtesy of Ben Zak)

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| Women Novice 181 | Scott Berger 160 | Jerry Bourquin 137.5 | 105 200 442.5 |
| Kim Masterson 45 | Master 45-49 181 | Open 181 | |
| Women Novice 196 | Bob Baker 152.5 | Brendon Sullivan 187.5 | 140 210 537.5 |
| Barbara Fairchild 45 | Master 50-54 | Open 220 | |
| Women Submasters 181 | Doug Ward 152.5 | Jason Gibson 255 | 170 245 670 |
| Kim Masterson 45 | APF BENCH | Sean Anderson 255 | 165 235 656 |
| Men Youth | Men | Byron Anderson 207.5 | 142.5 205 555 |
| David Penny 45 | Teen 18-19 198 | Submaster 220 | |
| Teen 14-15 | Josh Tibbs 140 | Jerry Fisher 182.5 | 122.5 210 515 |
| Jeremy Fairchild 62.5 | Teen 18-19 220 | Submaster 242 | |
| Teen 18-19 186 | Kaleb Craft 165 | Allen Leavitt 242.5 | 192.5 255 690 |
| Heinrick Meyers 107.5 | Open 165 | Submaster 275 | |
| Teen 18-19 198 | Jon Cunningham 177.5 | Darrn Thompson 187.5 | 215 185 587.5 |
| Dusty Laub 140 | Submasters 165 | Master 40-44 148 | |
| Men | Jon Cunningham 177.5 | David Edmondson 235 | 132.5 227.5 585 |
| Devin Thompson 112.5 | Master 40-44 148 | Master 45-49 220 | |
| Josh Tibbs 140 | David Edmondson 132.5 | Sean Anderson 255 | 185 235 655 |
| Teen 18-19 220 | Open 132 | Master 50-54 198 | |
| Kaleb Craft 165 | Spencer Myers 115 | Andy Scardino 192.5 | 212.5 530 |
| JT Jicha 132.5 | Open 181 | AAFP POWER TEAM | |
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| Cliff Janikowaid 92.5 | Open 220 | Open 165 | |
| Novice 132 | Jason Gibson 170 | Jerry Bourquin 137.5 | 105 200 442.5 |
| Phillip Gillpin 85 | Open 242 | Teen 18-19 132 | |
| Novice 181 | Benji Hill 205 | Zack Krasser 130 | 100 160 390 |
| Steve Masterson 85 | Master 40-44 148 | Junior 132 | |
| Open 165 | David Edmondson 132.5 | Spencer Myers 142.5 | 115 192.5 450 |
| Jon Cunningham 177.5 | APF BENCH | Master 45-49 220 | |
| Robert Hughes 142.5 | Men | Teen 18-19 198 | |
| Open 198 | Devin Thompson 112.5 | Junior 132 | |
| Jake Phippan 147.5 | Spencer Myers 115 | Open 220 | |
| Novice 198 | Open 220 | Jason Gibson 170 | 170 245 670 |
| Kevin Coombs 185 | Brandon Branning 170 | Open 181 | |
| Open 220 | Open 220 | Jason Gibson 170 | 170 245 670 |
| Jason Gibson 170 | Submaster 242 | Allen Leavitt 192.5 | 192.5 255 690 |
| Open 275 | Submaster 275 | Darren Thompson 215 | 215 185 587.5 |
| Keith Kreimann 185 | Darren Thompson 215 | Master 40-44 242 | |
| Tyvan Schmitt 180 | Master 40-44 242 | Terry Hawes 190 | 190 245 670 |
| Submaster 165 | Terry Hawes 190 | Master 45-49 275 | |
| Jon Cunningham 177.5 | Master 45-49 275 | Ralph Branning 205 | 205 255 755 |
| Submaster 220 | Ralph Branning 205 | Master 50-54 | |
| Gary Hughes 165 | Master 50-54 | Peter Herdt 152.5 | 152.5 185 567.5 |
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| | Patrick Ward 75 | | |
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| | Teen 132 | | |
| | Kaila Fairchild 105 | | |
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| Robert Hughes 142.5 | Men | Teen 18-19 198 | |
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| Novice 198 | Open 220 | Jason Gibson 170 | 170 245 670 |
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| Open 220 | Open 220 | Jason Gibson 170 | 170 245 670 |
| Jason Gibson 170 | Submaster 242 | Allen Leavitt 192.5 | 192.5 255 690 |
| Open 275 | Submaster 275 | Darren Thompson 215 | 215 185 587.5 |
| Keith Kreimann 185 | Darren Thompson 215 | Master 40-44 242 | |
| Tyvan Schmitt 180 | Master 40-44 242 | Terry Hawes 190 | 190 245 670 |
| Submaster 165 | Terry Hawes 190 | Master 45-49 275 | |
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| Tyvan Schmitt 200 | Snake River PL | SQ | |
| Master 40-44 148 | Men | BP | |
| David Edmondson 132.5 | Youth | DL | |
| Master 40-44 165 | David Penny 85 | TOT | |
| Robert Hughes 142.5 | Youth 132 | | |
| | Patrick Ward 75 | | |
| | Teen 14-15 123 | | |
| | Rob Hughes 75 | | |
| | Teen 18-19 165 | | |
| | Henrick Myers 137.5 | | |
| | Teen 18-19 220 | | |
| | JT Jicha 190 | | |
| | Junior 165 | | |
| | Cliff Jenikowski 150 | | |
| | Novice 148 | | |
| | Nick Dunn 150 | | |
| | Open 148 | | |
| | David Edmondson 235 | | |
| | Nick Dunn 150 | | |
| | Open 220 | | |
| | Jason Gibson 255 | | |
| | Hank Echler 177.5 | | |
| | Open 274 | | |
| | Jorge Bravo 215 | | |
| | Master 40-44 148 | | |
| | David Edmondson 235 | | |
| | Master 45-49 198 | | |
| | Richard Neumann 165 | | |
| | APF POWERLIFT CHAMPIONSHIPS | | |
| | Women | | |
| | Open 165 | | |
| | Kim Packer 167.5 | | |
| | Kim Packer 167.5 | | |
| | Men | | |
| | Kaleb Craft 205 | | |
| | David Edmondson 235 | | |
| | Jason Gibson 255 | | |
| | Jimmy Garza 250 | | |
| | David Edmondson 235 | | |
| | AAFP POWERLIFT CHAMPIONSHIPS | | |
| | Women | | |
| | Teen 132 | | |
| | Kaila Fairchild 105 | | |
| | Open 123 | | |
| | Frannie Taylor 90 | | |
| | Men | | |
| | Junior 132 | | |
| | Spencer Myers 142.5 | | |
| | Junior 220 | | |
| | Scott Mehan 245 | | |
| | Teen 18-19 165 | | |
| | Heinrick Meyers 137.5 | | |
| | Teen 18-19 132 | | |
| | Zack Kresser 130 | | |
| | Open 148 | | |
| | David Edmondson 235 | | |
| | Open 132 | | |
| | Spencer Myers 142.5 | | |

| Snake River AAFP/APF BP & PL | | | |
|------------------------------------|-----------------------|------------------------|-----------------|
| 17-18 AUG 02 - Idaho Falls, ID(KG) | | | |
| SNAKE RIVER BP | Master 45-49 242 | Open 165 | |
| Women Novice 181 | Scott Berger 160 | Jerry Bourquin 137.5 | 105 200 442.5 |
| Kim Masterson 45 | Master 45-49 181 | Open 181 | |
| Women Novice 196 | Bob Baker 152.5 | Brendon Sullivan 187.5 | 140 210 537.5 |
| Barbara Fairchild 45 | Master 50-54 | Open 220 | |
| Women Submasters 181 | Doug Ward 152.5 | Jason Gibson 255 | 170 245 670 |
| Kim Masterson 45 | APF BENCH | Sean Anderson 255 | 165 235 656 |
| Men Youth | Men | Byron Anderson 207.5 | 142.5 205 555 |
| David Penny 45 | Teen 18-19 198 | Submaster 220 | |
| Teen 14-15 | Josh Tibbs 140 | Jerry Fisher 182.5 | 122.5 210 515 |
| Jeremy Fairchild 62.5 | Teen 18-19 220 | Submaster 242 | |
| Teen 18-19 186 | Kaleb Craft 165 | Allen Leavitt 242.5 | 192.5 255 690 |
| Heinrick Meyers 107.5 | Open 165 | Submaster 275 | |
| Teen 18-19 198 | Jon Cunningham 177.5 | Darrn Thompson 187.5 | 215 185 587.5 |
| Dusty Laub 140 | Submasters 165 | Master 40-44 148 | |
| Men | Jon Cunningham 177.5 | David Edmondson 235 | 132.5 227.5 585 |
| Devin Thompson 112.5 | Master 40-44 148 | Master 45-49 220 | |
| Josh Tibbs 140 | David Edmondson 132.5 | Sean Anderson 255 | 185 235 655 |
| Teen 18-19 220 | Open 132 | Master 50-54 198 | |
| Kaleb Craft 165 | Spencer Myers 115 | Andy Scardino 192.5 | 212.5 530 |
| JT Jicha 132.5 | Open 181 | AAFP POWER TEAM | |
| Junior 165 | Brandon Sullivan 140 | Men | |
| Cliff Janikowaid 92.5 | Open 220 | Open 165 | |
| Novice 132 | Jason Gibson 170 | Jerry Bourquin 137.5 | 105 200 442.5 |
| Phillip Gillpin 85 | Open 242 | Teen 18-19 132 | |
| Novice 181 | Benji Hill 205 | Zack Krasser 130 | 100 160 390 |
| Steve Masterson 85 | Master 40-44 148 | Junior 132 | |
| Open 165 | David Edmondson 132.5 | Spencer Myers 142.5 | 115 192.5 450 |
| Jon Cunningham 177.5 | APF BENCH | Master 45-49 220 | |
| Robert Hughes 142.5 | Men | Teen 18-19 198 | |
| Open 198 | Devin Thompson 112.5 | Junior 132 | |
| Jake Phippan 147.5 | Spencer Myers 115 | Open 220 | |
| Novice 198 | Open 220 | Jason Gibson 170 | 170 245 670 |
| Kevin Coombs 185 | Brandon Branning 170 | Open 181 | |
| Open 220 | Open 220 | Jason Gibson 170 | 170 245 670 |
| Jason Gibson 170 | Submaster 242 | Allen Leavitt 192.5 | 192.5 255 690 |
| Open 275 | Submaster 275 | Darren Thompson 215 | 215 185 587.5 |
| Keith Kreimann 185 | Darren Thompson 215 | Master 40-44 242 | |
| Tyvan Schmitt 180 | Master 40-44 242 | Terry Hawes 190 | 190 245 670 |
| Submaster 165 | Terry Hawes 190 | Master 45-49 275 | |
| Jon Cunningham 177.5 | Master 45-49 275 | Ralph Branning 205 | 205 255 755 |
| Submaster 220 | Ralph Branning 205 | Master 50-54 | |
| Gary Hughes 165 | Master 50-54 | Peter Herdt 152.5 | 152.5 185 567.5 |
| Submaster 275 | Peter Herdt 152.5 | Snake River PL | |
| Tyvan Schmitt 200 | Snake River PL | SQ | |
| Master 40-44 148 | Men | BP | |
| David Edmondson 132.5 | Youth | DL | |
| Master 40-44 165 | David Penny 85 | TOT | |
| Robert Hughes 142.5 | Youth 132 | | |
| | Patrick Ward 75 | | |
| | Teen 14-15 123 | | </ |

Outlaw BENCH PRESS Invitational
05 OCT 02 - Port Clinton, OH

| | | | | |
|-------------|--------------|----------------|-----|--|
| Men Open | 275 | | | |
| 165 | Nate Johnson | 550 | | |
| Fred Boldt | 540 | Eskil Thamason | 550 | |
| 220 | Danny Dague | 500 | | |
| Jeff Adams | 530 | Eugene Covey | | |
| Galen Scott | 520 | Randy Rhoades | | |
| Chris Smith | 515 | 308 | | |
| 242 | Zach Bowling | | | |
| Chris Focht | 540 | SHW | | |
| | Andre Henry | | | |

The Outlaw Barbell Club, would like to send a special note of thanks to Louis Simmons and Jeff Adams, without their help this meet would not have been possible (Results - Outlaw Barbell Club)

S.C.I.-ROCKVIEW "FALL BRAWL"
05 OCT 02 - Bellefonte, PA

| | | | | |
|-----------|-----|-----|-----|------|
| 123 | SQ | BP | DL | TOT |
| Nash | 200 | 165 | 250 | 615 |
| 132 | | | | |
| Hunter | 425 | 235 | 425 | 1085 |
| Speer | 345 | 220 | 415 | 990 |
| Maldonado | 300 | 260 | 375 | 935 |
| 148 | | | | |
| Wilson | 510 | 295 | 505 | 1310 |
| Schaeffer | 325 | 275 | 375 | 975 |
| Holmes | | | | |
| 165 | | | | |
| Hill | 505 | 345 | 500 | 1350 |
| Kling | 455 | 270 | 470 | 1195 |
| 181 | | | | |
| Guaba | 620 | 305 | 615 | 1540 |
| Conway | 500 | 325 | 540 | 1365 |
| Leone | 380 | 310 | 430 | 1120 |
| 198 | | | | |
| Beck | 670 | 460 | 670 | 1800 |
| Jordan | 705 | 390 | 660 | 1755 |
| Johnson | 525 | 365 | 550 | 1440 |
| Adams | 300 | 210 | 350 | 860 |
| 220 | | | | |
| McCode | 720 | 450 | 650 | 1820 |
| Evans | 700 | 400 | 625 | 1725 |
| Ladner | 410 | 285 | 500 | 1195 |
| 242 | | | | |
| Mann | 740 | 505 | 620 | 1865 |
| McFerren | 780 | 425 | 575 | 1780 |
| Collins | 600 | 455 | 615 | 1670 |
| Shannon | 675 | 415 | 575 | 1665 |
| McCabe | 525 | 375 | 525 | 1425 |
| 275 | | | | |
| Lowe | 950 | 505 | 800 | 2255 |
| Ford | 500 | 350 | 600 | 1450 |
| 319 | | | | |



Fred Boldt, of Westside Barbell, with his coach Louie Simmons, benched 540 @ 165 at the Outlaw Invitational (Photo by D. Black)

Smith 575 350 600 1525
Bulfone 200 335 365 900
319+
Laudadio 700 500 650 1850
On Saturday, October 5th, 2002, S.C.I.-Rockview held its first annual "Fall Brawl" powerlifting meet. The West Point Military Academy's powerlifting team, Slippery Rock University's powerlifting team, and S.C.I.-Rockview's own powerlifting team competed in this contest. Slippery Rock University won the overall team title, West Point was second, and S.C.I.-Rockview placed last in this contest. Slippery

Rock's team captain Jason Beck, in the 198 lb. class won the outstanding lightweight lifter title with an 1,800 lb. total. Greg "Beetle" Lowe from S.C.I.-Rockview took the outstanding heavyweight award with a 2,255 lb. total in the 275 lb. weight class. Steve Mann, the Pennsylvania State Chairman for U.S.A. Powerlifting took first place in the 242 lb. weight class with an impressive 1,865 lb. total. Another notable showing was James "Boo" McCode who placed first in the 220 lb. class with an 1,820 lb. total in his second only U.S.A. Powerlifting sanctioned in there were several U.S.A. Powerlifting records broken in this meet, these being as listed: Greg "Beetle" Lowe sets records in the 275 lb. open class with a 950 lb. squat, and 2255 lb. total. Beetle also set these same records in the 45-49 age group. Jason Beck in the 198 lb. class set records in the 20-23 age group with a 670 lb. squat and a 460 lb. bench. Beck also set the bench record in the Collegiate class with his 460 lb. bench. Tony "Might Dog" McFerren set a record in the 242 lb. class 40-44 age group with his 780 lb. squat. Overall, this was a very successful meet with all weight classes involved represented excellently. This was a 100% drug-free meet. S.C.I.-Rockview would like to thank U.S.A. Powerlifting, the West Point Military Academy, and Slippery Rock University for their effort and participation in this meet. The Rockview Powerlifting Team would like to thank their coach Rick Davis for his involvement and help in their training for this contest. We want to also thank Ed Schnars, who was the Meet Director, for his effort in running this meet. (Thanks to Tommy A. Peterman for providing these results.)

NASA Tri-State Natural Regional
17 JUL 02 - Flora, IL

| | | | | |
|---------------|-----|-----|-----|------|
| POWERLIFTING | SQ | BP | DL | TOT |
| WOMEN | | | | |
| 154.3 | | | | |
| Masters 2 | | | | |
| Judy Rapp | 185 | 95 | 245 | 525 |
| MEN | | | | |
| 127.7 | | | | |
| Juniors | | | | |
| Travis Wilbum | 370 | 205 | 425 | 1000 |
| 170.2 | | | | |
| Sub-Masters | | | | |
| David Rogers | 415 | 295 | 470 | 1180 |
| 187 | | | | |
| Masters 2 | | | | |
| Keith Pickens | 475 | 300 | 400 | 1175 |
| 205 | | | | |
| Sub-Masters | | | | |
| Pure | | | | |
| Tom Nuzum | 440 | 325 | 500 | 1265 |
| Masters 1 | | | | |
| Curtis Horn | 495 | 325 | 575 | 1395 |
| Natural | | | | |
| Jeff Fidler | 350 | 380 | 465 | 1195 |
| Pure | | | | |

| | | | | |
|--|------|-----|-----|------|
| Mike Murphy | 550 | 440 | 560 | 1550 |
| BENCH PRESS | 1st | 2nd | 3rd | Best |
| 154.3 | | | | |
| Pure | | | | |
| Jason Roelle | 260 | 285 | 295 | 285 |
| 170.8 | | | | |
| Masters 2 | | | | |
| Ron Corey | 250 | 275 | 300 | 300 |
| Fourth Attempt | 305 | | | |
| Pure Novice | | | | |
| Ron Corey | 250 | 275 | 300 | 300 |
| Fourth Attempt | 305 | | | |
| Masters Pure | | | | |
| Ron Corey | 250 | 275 | 300 | 300 |
| Fourth Attempt | 305 | | | |
| POWER SPORTS | | | | |
| Lifter | Curl | BP | DL | TOT |
| Youth | | | | |
| 80 | | | | |
| Andrew Conley | 30 | 45 | 105 | 180 |
| Fourth Attempt | | | 135 | |
| 154.3 | | | | |
| High School | | | | |
| Jacob Tucker | 100 | 215 | 350 | 665 |
| 205 | | | | |
| High School | | | | |
| David Denham | 110 | 215 | 400 | 725 |
| Fourth Attempt | | | 425 | |
| 250.2 | | | | |
| Masters 1 | | | | |
| Brett Kramer | 175 | 345 | | 520 |
| Special Olympics | | | | |
| Women | | | | |
| 205 | | | | |
| Master's 2 | | | | |
| Doris Scott | 35 | 70 | 145 | 250 |
| Men | | | | |
| 154.3 | | | | |
| Master's 2 | | | | |
| Jerry Thorman | 55 | 105 | 235 | 395 |
| Sub-Master's 1 | | | | |
| Jerry Flexter | 50 | 95 | | 145 |
| (Thanks to Lindell Smith for providing the results.) | | | | |

SCI Powerlifting Meet
28 AUG 02 - Georgetown, DE

| | | | | |
|--------------|-----|-----|-----|------|
| 114 Lbs. | SQ | BP | DL | TOT |
| R.Robinson | 225 | 245 | 385 | 855 |
| J.Mills | 185 | 155 | 315 | 655 |
| 132 Lbs. | | | | |
| K.Grooms | 250 | | 345 | 595 |
| 148 Lbs. | | | | |
| B. Price | 330 | 340 | 450 | 1120 |
| D.Miller | 225 | 265 | 325 | 775 |
| M.Drummond | 185 | 245 | 305 | 735 |
| B.Williams | 275 | | 350 | 625 |
| 165 Lbs. | | | | |
| D.Medley | 275 | 250 | 445 | 970 |
| D.Crenshaw | 275 | 265 | 405 | 945 |
| C.Dorsey | 275 | 225 | 430 | 930 |
| J.West | 275 | 245 | 405 | 925 |
| B.Sturgis | 225 | 260 | 375 | 860 |
| M.Connor | 200 | 240 | 320 | 760 |
| 181 Lbs. | | | | |
| B.Long | 405 | 290 | 440 | 1135 |
| G.McNair | 365 | 405 | 335 | 1105 |
| B.Briscoe | 345 | 275 | 480 | 1100 |
| L.Hampton | 340 | 300 | 445 | 1085 |
| A.Jones | 275 | 275 | 495 | 1045 |
| L.Davis | 275 | 275 | 455 | 1005 |
| W.Goldsboro | 315 | 255 | 670 | |
| 198 Lbs. | | | | |
| E.Loffland | 480 | 335 | 580 | 1395 |
| G.Cannon | 295 | 380 | 525 | 1200 |
| C. Borroughs | 295 | 340 | 525 | 1120 |
| J.Crippen | 380 | 335 | 405 | 1120 |
| 198 lbs. | | | | |
| R.Hassett | 315 | 275 | 485 | 1075 |
| N.Jarmon | 335 | 300 | 425 | 1060 |
| L.King | 300 | 280 | 425 | 1005 |
| T.Lyons | 350 | 200 | 405 | 955 |
| D.Cale | 295 | 315 | 335 | 945 |
| M. Robinson | 315 | | 315 | |
| 220 Lbs. | | | | |
| W.Wright | 375 | 315 | 550 | 1240 |
| K.Walker | 405 | 500 | 905 | |
| J.Watson | 315 | | 315 | |
| 242 Lbs. | | | | |
| J.Drummond | 405 | 385 | 505 | 1240 |
| M.Clough | 495 | 225 | 500 | 1220 |
| D.Chandler | 275 | 295 | 475 | 1045 |
| 275 Lbs. | | | | |
| W.Scott | | 330 | 390 | 680 |
| SHW. | | | | |
| S.Kelly | 450 | 450 | 500 | 1400 |

I would like to thank the prison administration for allowing this meet to take place. Thanks to "Warr Parry" for all his organizing skills & determination to make things run smoothly. Thanks to Charles "Smooth" Smack for his score keeping and putting up with the cry babies. Thanks to Scott "Richard Simmons" Moragn and Tom "the snake" Carper for their part in making things work which, wasn't true! Thanks to all the lifters who did their very best and thanks to Lou Hampton for putting on one hell of a show. Thanks to Mike "Sir Chester" Clough for lifting even tho he had a bum elbow and a year off any lifting. Thanks to all the meet participants for a good time (Chester Marvel provided the results)

IPA Bench Nationals
10 AUG 02 - Queensbury, NY

| | | | | |
|------------------|------|-------------------|------|--|
| 98 Teen | 275 | Am Police | | |
| Sam Pellino | 60 | Jeff Analtyme | 375 | |
| 114 Teen | | 308 Open AM | | |
| Ronald Wilcox | 160 | John Hart | 530 | |
| 165 Teen | | 308 Am Sub | | |
| Eddy Debus | 265 | Brian Riley | 605 | |
| 165 Teen | | Women | | |
| Jeremy Butz | 255 | 123 Open AM | | |
| Amateur | | Jenny Burkey | 200 | |
| 114 Open Am | | 132 Open AM | | |
| Phil Carey | 260 | Bridgett Hyney | 145 | |
| 165 Open Am | | 148 Open AM | | |
| Steve Dussault | 355* | Pam Hamilton | 135 | |
| 181 Open Am | | Sandi McCaslin | 120 | |
| Craig Schmolz | 475* | Women Pro | | |
| 181 Open Am | | 1 14 Pro | | |
| Mike Vanranken | 365 | Janet Farone | 240* | |
| 198 Open Am | | 148 Pro | | |
| Chris Kinch | 335 | Master 11 (45-49) | | |
| 198 Sub Am | | Bonnie Graube | 230* | |
| Steve Hartlaub | 435 | Men Pro | | |
| 198 Sub Am | | 148 Pro | | |
| Vinnie Coefield | 400 | Jeff Manfredi | 460* | |
| 198 Master Am | | 198 Pro Master | | |
| Matt Guthrie | 280 | Matt Jones | 355 | |
| 198 Master Am | | 220 Sub Pro | | |
| Cody Bartlett | 245 | Jim Howell | 440 | |
| 220 Open Am | | 242 Pro Open | | |
| Mike Ferlito | 315 | Bobby Fields | 605 | |
| 220 Master Am | | 275 | | |
| Rich Putnam | 440 | Pro Open | | |
| Scott Shales | 410* | Sebastian Burns | 725 | |
| Jim Mitchell | 365 | Daniel Dean | 440 | |
| 242 Open Am | | Jason Naja | 420 | |
| John Zemken | 475 | 275 Pro Junior | | |
| Zane McCaslin | 325 | William Byiers | 530* | |
| 242 Master Am | | 308 Pro Open | | |
| Al Kirby | 370 | Vincent Dizenzo | 625 | |
| 275 Open Am | | SHW Pro Open | | |
| Ruben Harrington | 530 | Mike Miller | 655 | |
| Steve Castore | 430 | Chris Semon | 520 | |



Sebastian Burns' 725 @ 275 at the IPA BP Nationals (Photo by Miller)

242 Dewayne Miles 550 325 450 1325
Troy Hammond 380 285 430 1095
275
Jamie Fellows 675 410 620 1705
Mark Drouin 475 385 560 1420
Vincent Wynn 475 330 450 1255
Meet Director: Jamie Fellows. State Chairman: Jeff Morrison. Scorekeepers: Rodney Roy and Paul Mancini. On Saturday October 5th 2002 the New Hampshire State Prison hosted the "Record Breakers" full power meet. Anxieties were high due to this being the last full power meet of the season for the New Hampshire Region as well the anticipation for the "Record Breaking" attempts! We are also glad that there were no DQ's this meet. Nice calculations boys. Unfortunately this was a fairly small meet. Here is how the standings went: Sean Runkel won the 165 lb. class. His squat was smooth 300 lbs., a way to easy 220 lb. bench press and a personal best deadlift of 400 lbs. Joseph O'Connell took second place in the 165's with a 250 lb. squat, a 215 lb. bench press and an easy 400 lb. deadlift, to total his day an overall 865 lbs. Joel Smith won the 181 class. He had an awesome Squat of 500 lbs., a bench press of 275 lbs., and a whopping 525 lb. deadlift. Good job Joel. Second place went to Ray Fowler with a 425 squat, a sweet 315 lb. bench press and a 540 lb. deadlift. Nice job Ray. Also good luck on the outs. It's been an adventure training with you. Third for the 181 class goes to Bill Brown. Bill's day consisted of a 455 lb. squat, an impressive 350 lb. bench press and a 455 lb. deadlift. His total for the day was 1260 lbs. Yusuf Torres won the 198 lb. class. He did an outstanding job with a 505 lb. squat, a 275 lb. bench press and smoked a 560 lb. deadlift. His total for the day was

a 1340. Donald Beatty took second place with a 1300 total. Beatty squatted a 480; benched a 315 and deadlifted a 505 to end his day. Third place went to Randy Duquette with an 1130 total. Steven Newman won the 220 lb. class. Newman squatted a 450, blew up 400 balloons on his bench and pulled a 535 deadlift to finish his day. Keith Mountjoy took a second place finish in the 220's. He rolled away with a big 550 lb. squat, a 290 lb. bench press and called it a day with a 525 lb. deadlift. Rufino Pacheco settled for third in the 220 lb. class with a 470 lb. squat, a 300 lb. bench press and a 530 lb. deadlift. Dewayne Miles won the 242's squatting an easy 550 lbs., bench pressing a 325 and deadlifting 450 lbs. to walk away on top. Troy Hammond took second place with an overall total of 1095 lbs. Hammond squatted 380 lbs., benched pressed 285 lbs. and deadlifted 430 lbs. to finish the day. The 275 lb. class was lead and won by meet director Jamie Fellows. His squat was an impressive 675, he smoked a 410 lb. bench press and closed the day out with a deadlift of 620 lbs. Fellows total for the day was a respectable 1705 lbs. Good job Jamie. Mark Drouin took second place with a 475 lb. squat, a 385 lb. bench press and a 560 deadlift. Vincent Wynn with his 475 lb. squat, a 370 lb. bench press and a 450 deadlift ending the day with a 1255 total. The following individuals set new "State Records" in their classes. In the 165's Joe O'Connell across the board with a 250 squat, a 215 bench press and a 400 lb. deadlift. Joel Smith reset the 181 masters class records across the board with a 500 lb. squat, a 275 bench press and a 525 lb. deadlift. Daniel Hudson reset the 198 juniors class records. He had a squat of 350 lb. to set a new record and pulled a record-breaking 460 lb. deadlift. Mark Drouin reset the 275 lbs. Masters class

records across the board with a 475 squat, a 385 bench press and a 560 lbs. deadlift. That's all she wrote!! All in all the "Record Breakers" Full Power Meet was a success. All the competitors did an awesome job; all the spectators were supportive and encouraging. We look forward to bigger meets the future. Finally thanks to the spotters Andreas Antoniou, Brian Reynolds, Jeff Wheeler, Nice job boys. Thanks to all the loaders for all their back breaking work, and special thanks to Jeff Morrison, Jamie Fellows and to our Judges and Score keepers Rodney Roy and Paul Mancini. Until the next meet, train hard boys (Thanks to Andreas Antoniou for providing these meet results and the meet report.)

Body Factory Power Challenge / BP
24 AUG 02 - Bangor, PA

| | | | | |
|------------------------|-----------------|----------------|-----|------|
| Bench Only | Paul Scarpone | 265 | | |
| Youth | Rudy Hilliard | | | |
| Joey Mazza | 55 | Men's Heavy | | |
| Teen | (Formula) | | | |
| Aaron Heydt | 230 | Heath Wilson | 650 | |
| Men's Light (Formula) | Brian Hagenbach | 420 | | |
| Joe Mazza | 475 | Dave Harman | 500 | |
| E. Sanfilippo | 405 | Rich Rineer | 505 | |
| Pete Grohowski | 480 | Paul Tangiani | 295 | |
| Mike Kuhns | 310 | Gary Benedetti | | |
| Youth | SQ | BP | DL | TOT |
| Josh Parrish | 75 | 45 | 125 | 245 |
| Teen (Formula) | | | | |
| Dan Tillman | 295 | 175 | 335 | 805 |
| Tim Kunkle | 290 | 200 | 310 | 820 |
| Jules Johnson | 475 | 310 | 440 | 1225 |
| Women (Formula) | | | | |
| Shannon Parrish | 395 | 165 | 380 | 940 |
| Kyleen Rundle | 185 | 75 | 220 | 480 |
| | | 4th | 240 | |
| Joanne McCollan | 300 | 120 | 330 | 750 |
| Men's Master (Formula) | | | | |
| Fred Piermanttei | 590 | 405 | 575 | 1570 |
| Ron Zavacky | 405 | 305 | 405 | 1115 |
| Men's 132 | | | | |
| Mike Opperman | 325 | 185 | 375 | 885 |
| Men's 148 | | | | |
| Mark Piermanttei | 440 | 235 | 450 | 1125 |
| Men's 198 | | | | |
| S. Eigenbrode | 425 | 280 | 425 | 1130 |
| Men's 220 | | | | |
| Rason Mink | 600 | 380 | 600 | 1580 |
| Jon Zsido | 560 | 415 | 540 | 1515 |
| Ed Alexander | 510 | 360 | 400 | 1270 |
| Pat Delvey | 830 | | | |
| Men's 242 | | | | |
| Mark Hoffman | | | | |

White's Truck Stop/ YMCA BP
13 APR 02 - Staunton, Virginia

| | | | | | |
|----------------|------------------|-----------------|-----|--|--|
| WOMEN | 198 | | | | |
| 114 | Open | | | | |
| Open | George Farrell | 430 | | | |
| Angle Mamola | 155 | 20-23 | | | |
| 181 | Scott Chattin | 340 | | | |
| 50-59 | 60-69 | | | | |
| Avis Henderson | 120 | George Litos | 225 | | |
| MEN | 220 | | | | |
| 123 | 16-17 | | | | |
| Open | Charles Lockhart | 240 | | | |
| Travis Lilly | 110 | 20-23 | | | |
| 132 | Richard Stokes | 360 | | | |
| 14-15 | 35-39 | | | | |
| Brett Maness | 200 | Derrick Benson | 400 | | |
| 148 | 40-49 | | | | |
| 16-17 | David Stanley | 375 | | | |
| Sam Smith | 150 | 50-59 | | | |
| 40-49 | Jim Sams | 265 | | | |
| Scott Zerbe | 335 | 242 | | | |
| 165 | Open | | | | |
| 35-39 | Petey Cropp | 605 | | | |
| Steve Chittum | 240 | 14-15 | | | |
| 50-59 | Derek Ramsey | 240 | | | |
| Paul Nadeau | 225 | 35-39 | | | |
| 181 | Randy Robinson | 420 | | | |
| Open | 275 | | | | |
| Adam Mamola | 430 | Open | | | |
| Dan Noel | 275 | Dan Pullen | 480 | | |
| Tad Bliss | 265 | Bud Drummond | 415 | | |
| 40-49 | Supers | | | | |
| Ernest Banks | 335 | Open | | | |
| | | Marcus Maynard | 500 | | |
| | | Carroll Thorton | 420 | | |
| | | Mike Gartland | 415 | | |

(thanks th the USAPL for providing these results)

WNPF PAN-AMERICANS

| | | | | | |
|------------------------------------|--------------|-----------|------|--|--|
| 27,28 APR 02 - West Palm Beach, FL | | | | | |
| DEADLIFT | 40-49 | | | | |
| 165 | LAWSON | 410* | | | |
| OPEN RAW | 181 | | | | |
| RIJOS-SOTO | 600 | OPEN RAW | | | |
| 181 | HOLLODICK | 305 | | | |
| OPEN RAW | 35-39 RAW | | | | |
| HOLLODICK | 480 | HOLLODICK | 305 | | |
| 35-39 RAW | HUGHES | 265* | | | |
| HOLLODICK | 198 | | | | |
| 40-49 RAW | OPEN RAW | | | | |
| GROSS | 500 | KELLY | 295 | | |
| 220 | LIFETIME RAW | | | | |
| 14-16 | KELLY | 295 | | | |
| SCHUTZMAN | 505 | 220 | | | |
| CATSMAN | 242 | 14-16 | | | |
| 70-79 RAW | SCHUTZMAN | 270 | | | |
| BRANDT | OPEN | | | | |
| SQUAT | 360 | WALKER | 385 | | |
| 181 | BRICE | 385 | | | |
| OPEN RAW | WALKER | 315 | | | |
| HOLLODICK | CALLOWAY | | | | |
| 35-39 RAW | LIFETIME | | | | |
| HOLLODICK | 495* | WALKER | 315 | | |
| POWER CURL | 495* | 35-39 | | | |
| 181 | CALLOWAY | | | | |
| 50-59 | WALKER | 385 | | | |
| SUMNER | 130* | 60-69 RAW | | | |
| 198 | KLUFT | 320 | | | |
| OPEN | 242 | | | | |
| KELLY | 170 | LIFETIME | | | |
| BELLE MARE | 145 | DONAHUE | 420 | | |
| 242 | MERRY | 370 | | | |
| 70-79 | 35-39 | | | | |
| BRANDT | 110* | MERRY | 370 | | |
| OPEN | 50-59 | | | | |
| DONAHUE | 175 | MCBRIDE | 290 | | |
| BENCH | 80 | POLICE | | | |
| YOUTH 9-10 | MCBRIDE | 290 | | | |
| RAW | 70-79 RAW | | | | |
| EDWARDS | 55 | ROMERO | 215 | | |
| 105 | 275 | | | | |
| 40-49 | OPEN RAW | | | | |
| LEMUS | 150* | MCDUGALD | 505* | | |
| 148 | OPEN | | | | |
| NISKOCCH | 305 | WITZ | 405 | | |
| 35-39 | 35-39 | | | | |
| NISKOCCH | 305 | WITZ | 405 | | |
| 40-49 RAW | 50-59 RAW | | | | |
| CHAKRAVORTY | 200* | BUZZO | 440 | | |
| 165 | 50-59 | | | | |
| OPEN | BUZZO | | | | |
| LAWSON | 410 | SHW | | | |
| 132 | 40-49 RAW | | | | |
| LIFETIME | DANTOS | 315 | | | |
| GOELZ | 300 | BP DL TOT | | | |
| 181 | 300 | 375 | 675 | | |
| OPEN RAW | | | | | |
| HOLLODICK | 305 | 480 | 785 | | |
| HOLLODICK | 305 | 480 | 785 | | |

| | | | | | |
|------------|----------|-----|-----|-----|--|
| 198 | LIFETIME | | | | |
| BELLE MARE | 220 | | | | |
| OPEN | 325 | 555 | 880 | | |
| BRICE | 385 | 500 | 885 | | |
| WOMEN | SQ | BP | DL | TOT | |
| 105 | | | | | |
| MACKAY | 125 | 70 | 160 | 355 | |
| 123 | OPEN | | | | |
| WHIDDEN | 240 | 125 | 280 | 645 | |
| 40-49 | | | | | |
| WHIDDEN | 240 | 125 | 280 | 645 | |
| 132 | | | | | |
| 14-16 | | | | | |
| VASQUEZ | 160 | 85 | 195 | 440 | |
| 148 | | | | | |
| 14-16 | | | | | |
| RAMOS | 225 | 70 | 235 | 520 | |
| SHW | | | | | |
| 14-16 | | | | | |
| STANLEY | 195 | 70 | 225 | 490 | |
| 40-49 RAW | | | | | |
| MCGEE | 155 | 110 | 300 | 565 | |
| 132 | | | | | |
| 17-19 | | | | | |
| SINGLETON | 265 | 220 | 315 | 800 | |
| 148 | | | | | |
| 17-19 | | | | | |

| | | | | | |
|-----------|------|-----|------|-------|--|
| DOBSON | 275 | 190 | 310 | 775 | |
| 14-16 | | | | | |
| BACKS | 245 | 160 | 330 | 735 | |
| GUARNIERI | 155 | 160 | 275 | 580 | |
| 165 | | | | | |
| 17-19 | | | | | |
| STEVENS | 265 | 200 | 365 | 830 | |
| SAPYTA | 200 | 225 | 385 | 810 | |
| 14-16 RAW | | | | | |
| COOPER | 260 | 230 | 325 | 815 | |
| 14-16 | | | | | |
| ROTHROCK | 265 | 160 | 350 | 775 | |
| GONZALEZ | 225 | 150 | 355 | 730 | |
| DUBAY | 245 | 190 | 275 | 710 | |
| BAKER | 215 | 160 | 295 | 670 | |
| CLEMMONS | 215 | 155 | 300 | 670 | |
| LIFETIME | | | | | |
| WRIGHT | 500 | 350 | 575 | 1425 | |
| 40-49 | | | | | |
| WRIGHT | 500 | 350 | 575* | 1425* | |
| 50-59 | | | | | |
| BROGAN | 425 | 270 | 440 | 1135 | |
| 181 | | | | | |
| 14-16 | | | | | |
| RENITEZ | 285 | 175 | 360 | 820 | |
| HYMEL | 275 | 170 | 355 | 800 | |
| LOHMAN | 225 | 145 | 350 | 720 | |
| OPEN RAW | | | | | |
| HOLLODICK | 495* | 305 | 480 | 1280 | |
| 35-39 RAW | | | | | |
| HOLLODICK | 495* | 305 | 480 | 1280 | |

| | | | | | |
|-----------|-----|------|------|------|--|
| 50-59 RAW | | | | | |
| SUMNER | 210 | 250 | 320 | 780 | |
| 14-16 | | | | | |
| PEREZ | 315 | 180 | 360 | 855 | |
| ROSSER | 250 | 155 | 305 | 710 | |
| OPEN | | | | | |
| HERRERA | 650 | 380 | 550 | 1580 | |
| EDWARDS | 540 | 400 | 540 | 1480 | |
| LIFETIME | | | | | |
| BROWN | 300 | 300 | 440 | 1040 | |
| 40-49 | | | | | |
| BROWN | 300 | 300 | 440 | 1040 | |
| 70-79 | | | | | |
| CARR | 315 | 285 | 385* | 985 | |
| 220 | | | | | |
| 14-16 | | | | | |
| SCHUTZMAN | 455 | 270* | 505* | 1230 | |
| DESIDERO | 370 | 215 | 425 | 1110 | |
| 20-25 | | | | | |
| BURGOS | 455 | 375 | 450 | 1280 | |
| OPEN RAW | | | | | |
| RIVERS | 520 | 355 | 550 | 1425 | |
| 242 | | | | | |
| 14-16 | | | | | |
| GONZALEZ | 280 | 140 | 300 | 720 | |
| OPEN | | | | | |
| CERVENKA | 600 | 405 | 630 | 1635 | |
| LIFETIME | | | | | |
| DONAHUE | 500 | 420 | 500 | 1420 | |
| GARCIA | 465 | 370 | 500 | 1335 | |

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the battle in the 220 open division with a 385 bench and he also won the masters division. Donahue defeated Merry in the lifetime division. Francis McBride won the masters and police divisions with a 290 bench. Keith McDougald moved up a weight class and benched 505 pounds in the 275 raw division. Frank Buzzo returned to the WNPf after a 6 year layoff and benched 440 pounds. Carlos Rijos deadlifted 600 pounds in the 165 open class. Herb Brandt set a new record in the deadlift and curl. Ricky Holodick set a new American record in the squat with a 495. Bellemare had the second highest total in the Ironman event with a 880 in the 198 class. Jason Brice totaled 885 in the 220's. Lynnie Whidden lifted well in the masters 113 class with a 645 total. Winners in the teenage division included Singleton, Dobson, Stevens, Rothrock, Benitez, Perez, Schutzman, Gonzalez, Martin, Urban, Marala and Harris with most of this kids lifting under the direction of Dwayne Kouf and Santaluces High School. Mr. Wright moved to the 165 masters class with a bang setting a new deadlift and total record. Joe Brogan returned to the WNPf platform after a 7 yr. absence and totaled 1135. Frank Sumner won the masters 50-59 raw division in the 198's. Heffera defeated Edwards in the 198 open class. Mr. Carr set a new deadlift record in the over 70, 198 class. Schutzman lifted outstanding and had a lot of support in the audience, he went on to break numerous WNPf records. Thanks to all

the people that supported this event and again we will be back in 2003 on April 26-27. (Thanks to WNPf for providing these meet results to PLUSA.)

World Gym "Gorilla Thrillia" BP
27 APR 02 - Idaho Falls, ID

BENCH PRESS Thompson, D. 245
Santo, M. 360
Davis, A. 115
Schmitt, T. 440
Hope, B. 410
Gaivin, J. 400
Huskinson, J. 365
Jackson, E. 340
McBride, M. 235
Reece, B. 230
181
Brummer, D. 225
Coffman, K. 300

WOMEN
Open
114
Davis, A. 115
Schmitt, T. 440
Hope, B. 410
Gaivin, J. 400
Huskinson, J. 365
Jackson, E. 340
McBride, M. 235
Reece, B. 230
181
Brummer, D. 225
Coffman, K. 300

MEN
Open
114
Davis, A. 115
Schmitt, T. 440
Hope, B. 410
Gaivin, J. 400
Huskinson, J. 365
Jackson, E. 340
McBride, M. 235
Reece, B. 230
181
Brummer, D. 225
Coffman, K. 300

Meet Director: Kristen Morgan. (Meet Results Provided By Brad Compton: The USAPL State Chair)

United We Stand Touch 'N Go BP
14 SEP 02 - New Castle, PA

| | | | |
|-------------------|-----|-----------------|-----|
| Men Open | 123 | Junior 20-23 | 123 |
| Zac Symmons | 175 | Zach Symmons | 175 |
| 148 | | 148 | |
| Phil Detore | 400 | Mike Neurohr | 250 |
| Charles Venturrla | 380 | 165 | |
| Brian Abeid | 330 | Ben Moran | 335 |
| 165 | | 220 | |
| Ben Moran | 335 | JR Fangos | 330 |
| Pat Mulroy | 330 | 308 | |
| Phil Rottuno | 310 | Adam Bulfone | 350 |
| Lou Deloe | 300 | Submaster 33-39 | |
| 181 | | 242 | |
| Tom Proya | 435 | Terry Gibson | 540 |
| T. Sariginopoulos | 370 | 275 | |
| Ron Johnson | 345 | Jeff Peshek | 640 |
| 198 | | James Smith | 440 |
| Greg Tarr | 500 | Teen 14-16 | |
| Scott Jenkins | 410 | 123 | |
| Mike Rice | 370 | Chuck Greco | 140 |
| Jeff Surdyn | 350 | 148 | |
| Chris Loomis | 250 | Tom Reed | 225 |
| 181 | | 181 | |
| Donald Johnson | 485 | Ryan Alger | |
| Gary Jenkins | 460 | 198 | |
| Kim Niezbeth | 405 | Chas Cathers | 220 |
| 242 | | Meet 17-19 | |
| Paul Vargo | 550 | 181 | |
| Terry Gibson | 540 | Nick Dichicko | 330 |
| 275 | | 198 | |
| Jeff Peshek | 640 | DOug Mangino | 300 |
| Barry Clark | 490 | 220 | |
| 308 | | Scott Prozy | 360 |
| Blaise Karlovic | 600 | 242 | |
| John Ryan | 490 | Arron Forttunna | |
| SHW | | Master 40-49 | |
| Nate Rolle | 395 | 148 | |
| Dave Champ | 315 | C. Venturrella | 380 |
| Men Novice | | 181 | |
| 123 | | Tom Proya | 435 |
| Zach Symmons | 175 | 198 | |
| 148 | | Chris Loomis | 250 |
| Jim Moffett | 190 | 220 | |
| 165 | | Steve Popovich | 345 |
| Ben Moran | 335 | 242 | |
| Phil Rottuno | 310 | Chester Bendar | 360 |
| 181 | | 275 | |
| Tom Rice | 250 | Barry Clark | 490 |
| 198 | | Paul Henderson | 425 |
| Scott Jenkins | 410 | 308 | |
| Derrick Bowman | 375 | Jerry Wilson | 340 |
| Mike Rice | 370 | SHW | |
| 220 | | Nate Rolle | 395 |
| Gary Jenkins | 460 | Grandmaster | 50- |
| Justin Hephner | 405 | 54 | |
| Chris Cathers | 300 | 148 | |
| 242 | | Phil Detore | 400 |
| Chester | | | |

APA BP & DL NATIONALS
26-27 OCT 02 - St. Petersburg, FL

| | | |
|-------------------|-------------------|-------|
| BENCH PRESS | T. Smith | 415 |
| 132 | G. Hayes | 415 |
| Women Drug Tested | 50-59 | |
| R. Russillo | 170SF G. Walker | 430 |
| 12-15 | 4th | 435F |
| R. Gross | 100 60-69 | |
| Drug Tested | L. Barry | 355Fm |
| B. Goetz | 310 J. May | 290 |
| E. Knight | Drug Tested | |
| Junior | J. Walker | 375 |
| C. Newman | 315F Men's Open | |
| 14B | S. Grim | 365 |
| 16-17 | DEADLIFT | |
| I. Anderson | 360JF 60-69 | |
| Drug Tested | L. Barry | 520F |
| I. Anderson | 360JF BENCH PRESS | |
| 165 18-19 | 242 | |
| T. Sherwood | 360F 16-17 | |
| Men's Open | D. Beers | 320 |
| J. Rubio | 365 40-49 | |
| J. Nardo | R. Hoover | |
| Drug Tested | DEADLIFT | |
| J. Rubio | 365 Drug Tested | |
| J. Mouzan | 360 E. Lynch | 650 |
| Submaster | BENCH PRESS | |
| J. Rubio | 365 G. Gass | 405 |
| J. Nardo | DEADLIFT | |
| 70-79 | Men's Open | |
| D. Giller | S. Grimm | 600 |
| 181 | BENCH PRESS | |
| Women's Open | M. Chaffin | 475 |
| C. Ryals | 315 DEADLIFT | |
| 18-19 | 275 | |
| M. Rosen | 245 Junior | |
| Submaster | C. Robertson | 510F |
| S. Karney | BENCH PRESS | |
| Drug Tested | Submaster | |
| J. Querido | 425 M. Wiltner | 550 |
| S. Karney | D. Rutherford | 505 |
| 19B | 40-49 | |
| 16-17 | R. Boynton | 465 |
| M. Broyles | 275 DEADLIFT | |
| 4th | 315F D. Poucher | 455 |
| Junior | BENCH PRESS | |
| R. Szurko | 315 T. Gainer | 400 |
| 50-59 | D. Poucher | 705 |
| G. Arnold | 425mF50-59 | |
| B. Grey | 340 T. O'Donnell | 495mF |
| Men's Open | Men's Open | |
| B. Highnote | J. Jacobs | 630 |
| DEADLIFT | M. Wiltner | 550 |
| Drug Tested | D. Rutherford | 505 |
| J. Bellamare | R. Boynton | 465 |
| BENCH PRESS | Drug Tested | |
| B. Highnote | T. Gainer | 400 |
| DEADLIFT | DEADLIFT | |
| 220 | G. Gass | 505 |
| Submaster | 50-59 | |
| D. Robertson | 540 T. O'Donnell | 660mF |
| BENCH PRESS | BENCH PRESS | |
| J. Walker | 375 SHW | |
| DEADLIFT | Drug Tested | |
| 40-49 | B. Moore | 670 |
| M. Hendley | 40-49 | |
| BENCH PRESS | M. Rodriguez | 650mF |



Tom O'Donnell pulled 660 at the APA Nationals, and Miguel Rodriguez benched 650. (Photos by courtesy of Scott Taylor.)



Team Award: 54th Avenue Gym. Best Lifter (Bench Press): Beau Moore. Best Lifter (Deadlift): Dwayne Moore. Best Lifter (Total): Beau Moore. Best Lifter (Total): Beau Moore. Best Lifter (Total): Beau Moore.

record. j - Junior record. S - Women's Master World Record. Special thanks to 54th Avenue Gym for providing excellent equipment and meet staff. The events were run very efficiently without a flaw. Unfortunately, 2 other competitions were run in Florida this weekend which affected the turnout, which was still great. Some excellent lifts were registered including an awesome 290 bench by 75 year old Dick Giller who weighed in at only 158 pounds. Dick is competitive with men 60 years younger than he! What an accomplishment! I would like to thank the spotters especially for doing a fantastic job and saving a few lifters with their quickness. (Thanks to Scott Taylor for results.)

WNPF USA CHAMPIONSHIPS
22,23 JUN 02 - ATLANTA, GA

| | | | | |
|-----------------|-------------|-----------|-----|------|
| DEADLIFT | 60 | | | |
| 123 | 9-10 | | | |
| OPEN RAW | PADGETT | 65* | | |
| BAYERLEIN | 205* | 123 | | |
| MEN | 14-16 | | | |
| 60 - YOUTH 9-10 | TURNER | | | |
| PADGETT | 105* | 60-69 RAW | | |
| 123 | | 155 | | |
| 14-16 RAW | TURNER | 280* | | |
| 148 | | 330 | | |
| 60-69 RAW | GREER | 330 | | |
| PADGETT | 275* | BROWN | | |
| 181 | | 300 | | |
| 40-49 | WHITE | 450 | | |
| 198 | | 310 | | |
| 40-49 | MEYERS | 710 | | |
| BROWN | 405 | BRINSON | | |
| SIMPSON | 181 | | | |
| OPEN RAW | 20-25 RAW | | | |
| RAY | 600 | MYERS | | |
| CLARK | 570 | OPEN | | |
| 220 | | 370 | | |
| 17-19 | RUTHERFORD | 370 | | |
| LEWIS | 350 | OPEN | | |
| 35-39 | SIMPSON | 410 | | |
| WOODS | 450 | 40-49 | | |
| 500 | | 410 | | |
| WALKER | BROWN | 265 | | |
| SQUAT | OPEN RAW | | | |
| MEN | MCCRAY | 375 | | |
| 198 | MARTIN | 325 | | |
| CLARK | BALDWIN | 270 | | |
| 40-49 | 40-49 RAW | | | |
| BROWN | 385 | GASKIN | | |
| 220 | | 320 | | |
| 17-19 RAW | O'CONNELL | 315 | | |
| REYNOLDS | 220 | | | |
| CURL | 17-19 | | | |
| 148 | LEWIS | 315 | | |
| OPEN | 35-39 | | | |
| CURTIN | WOODS | 475 | | |
| MEN | OPEN | | | |
| 148 | WOODS | 475 | | |
| OPEN | MITCHELL | | | |
| GREER | 150 | OPEN RAW | | |
| CLARE | 100 | STATEN | | |
| 50-59 | CANUP | | | |
| SIMPSON | 80* | 242 | | |
| 198 | 14-16 | | | |
| 40-49 | DEES | 250 | | |
| SIMPSON | OPEN RAW | | | |
| OPEN | GILLIAM | 420 | | |
| MARTIN | OPEN | | | |
| BALDWIN | PIERCE | 550 | | |
| 220 | 55+ | 242 | | |
| OPEN | FOWLER | 400 | | |
| WOODS | 170 | 275 | | |
| BENCH | OPEN RAW | | | |
| 105 | BELK | 505 | | |
| 11-13 RAW | SHW | | | |
| PADGETT | 105* | OPEN RAW | | |
| 165 | BLANKENSHIP | 350 | | |
| OPEN RAW | 35-39 | | | |
| BEASLEY | CRUMP | 455 | | |
| RAYNOR | 125 | 40-49 | | |
| MEN | CUNNINGHAM | 480 | | |
| 123 | SQ | BP | DL | TOT |
| OPEN | | | | |
| WHIDDEN | 240 | 115 | 300 | 665 |
| 40-49 | | | | |
| WHIDDEN | 240 | 115 | 300 | 665 |
| SHW | | | | |
| OPEN-RAW | RAFFEE | 165 | 140 | 250 |
| 40-49 RAW | MCGEE | 150 | 115 | 290 |
| MEN | 80 | | | |
| YOUTH 9-10 RAW | EDWARDS | 65 | 65* | 140* |
| 114 | | | | |
| 14-16 RAW | WILLIAMS, A | 150 | 115 | 250 |
| 132 | | | | |
| 17-19 RAW | WILLIAMS, J | 160 | 135 | 265 |
| 148 | | | | |
| 50-59 RAW | | | | |

The 4th Annual DL on the River
15 SEP 02 - Iron Works, Elkhart, IN

| | | | | |
|-------------------|---------------|---------------|-----|--|
| Teen | 220 | | | |
| 123 | Chad Dahling | 580 | | |
| Cody J. Patterson | 330 | 242 | | |
| Master | Bill Mosher | 550 | | |
| 55+ | 242 | | | |
| 148 | Brendan Yoder | 455 | | |
| Mike Wider | 440 | 275 | | |
| Youth | Paul Sippola | 555 | | |
| 132 | Bench Press | | | |
| Dave Baty | 220 | 198 | | |
| Open | Al Reed | 450 | | |
| 181 | 242 | | | |
| Al Robinson | 440 | Brendan Yoder | 415 | |

Best lifter - Cody J. Patterson. Special thanks to: Lynne Boshoven, Paul Sippola, Rich Salvagni, Brendan Yoder and Mike Wider. Yet again we were blessed with picture perfect weather for this meet, 70 degrees with a gentle wind, and the morning rain stopped about 2 hours before the start of the meet. So as to be expected, there was lots of great lifting: 12 year old Dave Baty made all personal bests, finishing with 220. Mike Wider, back to a full 148, made his best deadlift in over a decade, with a 440 even though he hit a new Masters age level. Another Master lifter, Bill Mosher, made an all-time pr with a 550 at 225. Also registering a pr was Paul Sippola with a 555. As has been my custom for several years best lifter goes to the lifter making the highest ranked lift based on the latest charts from PL USA. So one of the little guys came out on top this time, C. J. Patterson, whose 330, top 90 lift, made him an easy winner over his trainer, Chad Dahling who tried an unsuccessful 635 in an effort to take the top honor away from him. I keep wondering when one of these meets is going to be in 55 degree weather, but until that happens I'm just going to enjoy it as this is my favorite meet of all the ones I promote. (Results from Jon Smoker.)

(article continued from page 16)

545.6! Notwithstanding the freaky, advantageous leverage of Markus Schick, the man who impressed me the most of the whole BP competition was Reza Golmohammadi, 27, who is from Iran, now residing in Finland. He came out with three absolutely incredible lifts of 282.5 (622.8), followed by 292.5 (644.8) and finally 300.0 (661.4) at a bodyweight of 239.2. Overshadowed by Reza's stupendous lifting were Unto Raatiniemi, 36, SWE's strongest with 622.8 - earning the silver, and FIN'S Jukka Lahikainen, 34, who raised 595.2 on his 2nd attempt to secure the bronze medal. Capturing the three heaviest categories were a tremendous trio of homeboys. It was indeed a FINNISH finish, proving their great prowess in this discipline. At 275 Terho Pasanen, 41, a marvelous Master won with a huge press of 617.4 at a mere 257.2 bwt. Keep your eye on this guy, Tom Manno! Petri Sirkka, 29, captured the 308 division with membership in the exclusive 300 kg club off his 661.4 2nd attempt. He failed to raise 305 kg (672.4) on his final effort. The USA's Dan Cummings, 37, from Omaha, NE is tough enough not only to be winning a battle with leukemia, but is extraordinary in his will to forge on - refusing to yield to the barbell as well. Tom made everyone, especially his coach Rick, very proud with his incredible intestinal fortitude. He established a lifetime best lift of 272.5 kg (600.8) on a 2nd round lift to capture the bronze medal for Team USA. A fine performance for Big Dan - all 289.4 lbs. of him.



Tom Manno received his award in the great TEAM USA warmups

Mikko Hamalainen, 25, is one of the strongest men that Finland has ever produced. He owns the 2nd biggest PL TOT of all time at 308. He did 2392 at the WPO Finals this past February in Columbus, OH. The effort of his final deadlift herniated discs in his lower back. He has not yet healed from this trauma, but has been concentrating on the BP until he's recuperated. Back in September in Tampere, FIN, weighing into the SH category (312.6) Mikko pressed 305 kg (672.4) more weight than anyone in the World outside the USA has ever done at Super-heavyweight. He won on his 2nd



Reza Gohmohammed a very impressive bencher.

attempt here with 300 kg (661.4), missing a 3rd attempt try to break his own EUR Record with 310.0 (683.4). Mikko has designs on becoming the first man outside the USA to break the 700 lb. barrier (318.0/701). Among a couple of top notch performers who fell by the wayside was Jamie Shell, USA, who is 14th ranked All-Time at 308 with 319.8 kg (705.0) done a year ago in his home state of Michigan. Jamie tore a bicep here trying for 320.0 (705.4) which would have been the biggest BP ever done in Eu-

rope. Heal fast, Jamie. Another fatality - failing to get a lift in - was the gigantic German Volker Stamm (6'5" - 330 lbs.) going out with 617.4. Everyone was disappointed that USA's King of the Monster Bencher's Scot Mendelson didn't come. Scot wanted to but would be competing two weeks after these champion-

WPC World Bench Press (kg)
22-27 OCT 02 - Helsinki, Finland

| | | | | |
|-------------------|-------|-------|-------|-------|
| BENCH PRESS | BP1 | BP2 | BP3 | FINAL |
| 167.5 | | | | |
| 18-19 | | | | |
| Niskanen Juhani | 445 | 145 | 450 | 145.5 |
| 4th | | | | 452.5 |
| 175 | | | | |
| 16-17 | | | | |
| Blake Hayward | 147.5 | 402.5 | 402.5 | 147.5 |
| Todavics Janis | 130 | 135 | 440 | 135 |
| 182.5 | | | | |
| 16-17 | | | | |
| Marcis Pauls | 120 | 430 | 435 | 120 |
| 18-19 | | | | |
| Berzins Kristaps | 120 | 130 | 140 | 140 |
| 2100 | | | | |
| 18-19 | | | | |
| Eneslalt Henrik | 492.5 | 206 | 206 | |
| 1140 | | | | |
| 16-17 | | | | |
| Makinen Teemu | 100 | 120 | 445 | 120 |
| 152 | | | | |
| Sabarovs Mihails | 95 | 402.5 | 402.5 | 95 |
| 182.5 | | | | |
| Laudams Uldis | 175 | 185 | 492.5 | 185 |
| 190 | | | | |
| Hanson David | 182.5 | 200 | 200 | 182.5 |
| J100 | | | | |
| Toivanen H | 255 | 265 | 265 | 265 |
| 4th | | | | 272.5 |
| Cirilus Ivars | 240 | 257.5 | 257.5 | 240 |
| Mick David | 175 | 185 | 490 | 185 |
| Sateri Janne | 400 | 400 | 180 | 180 |
| 1110 | | | | |
| Greier Daniel | 220 | 227.5 | 233 | 227.5 |
| Hartikka Jarmo | 215 | 225 | 230 | 225 |
| Ristiluoma Pertti | 210 | 220 | 232.5 | 220 |
| P125 | | | | |
| Rantanen Tomi | 290 | 300 | 305 | 300 |
| 4th | | | | 305 |
| WM60 | | | | |
| 40-44 | | | | |
| Dujardin Yveline | 100 | 107.5 | 112.5 | 112.5 |
| 4th | | | | 445 |
| WM67.5 | | | | |
| 65-69 | | | | |
| Kusau Eva | 47.5 | 52.5 | 56 | 52 |
| 40-44 | | | | |
| Werner Uwe | 135 | 445 | 145 | 145 |
| MM67.5 | | | | |
| 40-44 | | | | |
| Herzog Philippe | 175 | 180 | 183.5 | 183.5 |
| MM67.5 | | | | |
| 50-54 | | | | |
| Guercio Louis | 105 | 110 | 117.5 | 117.5 |
| Svidenskiy V | 105 | 110 | 115 | 115 |
| Wintorscheidt J | 85 | 90 | 95 | 90 |
| MM75 | | | | |
| 40-44 | | | | |
| Berthold Rien | 140 | 155 | 462.5 | 155 |
| 55-59 | | | | |
| Haar Franz | 130 | 440 | 140 | 140 |
| MM82.5 | | | | |
| 50-54 | | | | |
| Koulinnikov Ivan | 120 | 125 | | 125 |
| MM90 | | | | |
| 45-49 | | | | |
| Eugeniusz M | 165 | 170 | 475 | 170 |
| 45-49 | | | | |
| Suurkivi Rain | 130 | 150 | 475 | 170 |
| 50-54 | | | | |
| Leskenmaa Risto | 120 | 160 | 180 | 180 |
| 55-59 | | | | |
| Gotz Roland | 150 | 160 | 462.5 | 160 |
| Cuny Ronald | 145 | 450 | 450 | 145 |
| 60-64 | | | | |
| Stolz Alfred | 165 | 472.5 | 180 | 180 |
| Noungoumanov V | 140 | 150 | 455 | 150 |
| MM100 | | | | |
| 40-44 | | | | |
| Brasseur Robert | 230 | 240 | 240 | 230 |
| 45-49 | | | | |
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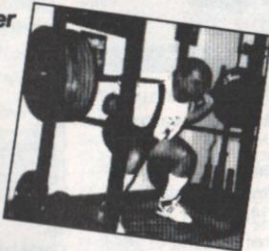
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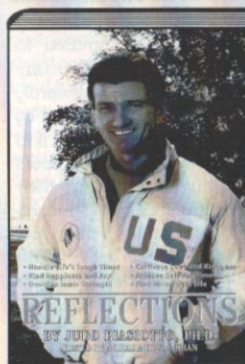
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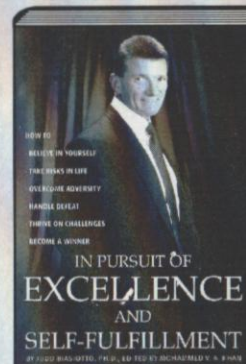
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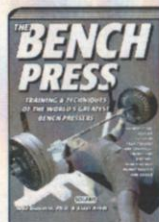
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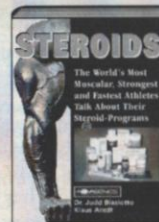
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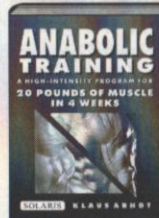
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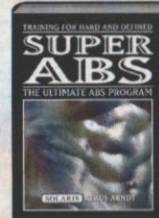
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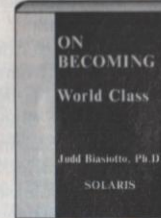
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(article continued from page 13)

flawlessly (650.3) for 1807 TOT - and won it. Bugbee, vastly improved in DL since switching to conventional style, had no misses either, and ripped up a PR and CA record 628.4, looking good for more. Silver medal - 1752.6. Bugbee's father flew to Helsinki to see his son lift for the first time and came away from it as a proud pop.

The 275s had the USA's Zack Hudak, a fast rising young star at 22. Two months earlier, Zack looked real sharp SQing 854 up in CAN, and totaling 2044 there. He felt prepared to give 410 kg. (903.9) a go here, but Murphy's law jumped right out of Pandora's Box and attacked Zack. He made a conservative start with 810, but something went wrong each time - and he got no lifts at all. It occasionally happens to the best of us.

Konstantin Konstantinovs, only 23, @ 268.5 is a rapidly blossoming superstar from LAT. He made an indelible impression, smoking through 8 great lifts with the power of a runaway locomotive. Best SQ - 837.7, TOP BP - 596.3 - a 3rd attempt JR WR which surpassed the 595.2 mark owned by Mikko Hamalainen, FIN. He uses no technique deadlifting; hips high, back rounded - he just pulls. His opening attempt of 375 kg (826.7) freaked everyone out. Next he went to 390.5 (860.9 lbs.) hauled it up in the same disc-rupturing manner. Painfully slow, he locked it out for a hard earned new WPC European and Junior World Record. Earlier this year he passed the record of 389 kg (857.6) held by Andrew Bolton of GB done in 1992 with 390 (859.9) and now he surpassed his own lift here. I predict that within 3 years he will be the man to beat in Open competition. Either that or he'll be finished having done major damage to his back. His TOT of 1041 kg. is HUGE (2295). A Finland duo took silver and bronze. Jaakko Korpela,



Konstantin Konstantinovs of Latvia ... strong in each of the powerlifts.

22, finished 2nd and Lasse Pajunoja ranked 3rd. Only a solitary lifter in both the 308 and the over 308 (SH) categories. Kaspars Bogdanovics was smart enough to weigh 275.8 knowing his mighty teammate Konstantin's abilities. He won gold with a 1973.1 TOT. At 337.7 the bald and rotund Timo Lehtonen, only 21, is another promising up and coming star from Finland's deep pool of talent. Timo looked real strong with 826.7 SQ, 529.1 BP, and 705.4 DL and 2061.3 TOT. Don't be at all surprised if Timo is doing over 1000 kg (2204.6) by next year.

MEN'S OPEN - The 132 & 148 classes were held Thursday afternoon OCT. 24, Champ at 132 was Toni Haaparanta, 28, FIN. He set a EUR Open SQ record of 529.1 (3rd). Later on Toni tried to pull a 507.1 DL to give himself the magic 600 kgs. (1322.8) - a big barrier for 132s. He didn't get it, but TOT 1289.7 to win the title. Luca Cavagna Sr., 31, scored 1135.4 taking 2nd place. A BP specialist, 44 year old Uwe Werner, GER, flaunted his big press with 3 (40-44) age group WRs - 287 - 319 - and finally 326.2. He tokened in the other lifts for 964.6 and the bronze medal. The 148s was a full class (7 men). Luca Cavagna Jr, 19, nephew to 2nd place finisher at 132 with same name took the low, road - 1080 TOT. In 6th was USA Vincent Centauro @ 1146. Luca Segre, 33, another Italian was 5th (1234). Phil Randall, 39, USA, duplicated Segre's TOT, but finished 4th as lighter man. Timo Heiskanen, 32, FIN captured the bronze finish with 1344. Fighting it out for gold was Thomas James Hoerner, 25, USA and Vladimirs Morozovs, 34, of Latvia. Hoerner had balance and depth problems in the squat and only got his 589.7 opener, after 3 tries. Morozovs got 606.2, and led by 16. Hoerner BP'ed 336.2, but raised his butt finishing 347.2 (no lift). Vladimirs established Jr. WRs on his first 2 - 352.7 & 385.8 before missing a big

407.9. The Latvian led by 66 now. Hoerner pulled 2 (573.2), but could not raise 622.7. Morozovs succeeded with 574.3, a EUR record pull (2nd), then missed 611.8 his final tow. Morozovs got an upset - 1565 to Hoerner's 1499. A big disappointment for Thomas James, who hasn't been the same, DL-wise, since he had a Monolift mishap at last years WPO Semi-Finals in Orlando, FL. The 165 class saw Sweden's Martin Almqvist, 26, out-pull Finnish coach Sakari Selkainaho, 40, to claim the gold medal. Sakari out-squatted his rival 606.2 to 589.7, and punched out a great 396.8 3rd attempt BP for a 5.5 lead going into the last lift. Almqvist forged into the lead with a 595.2 opening pull. Sakari managed two (573.2), but could not negotiate 595.2. Almqvist won by 16. He tried a 606.2 2nd, couldn't get it, and passed his 3rd. Had Sakari made his final lift (since both men weighed in exactly the same) it would have necessitated a re-weigh to determine the winner. Gary Reichert, 42, USA captured the bronze medal easily over Rudolf Siska, 31, SLO - a fine 1493 TOT. The 181 division was the most exciting and dramatic of the whole week long competition. It pitted a relative newcomer to the sport, Ron Palmer, the new USA Senior National Champ, against the seasoned veteran - Jarmo Laine, the cyborg squatting machine from Finland. Palmer lifted in his first 3 lift competition just a little more than a year and a half ago. Discovered by Rocky Tilson of Indianapolis, IN, Palmer trains under his guidance, but had a backup strategist/coach Joe Avigliano who helped Ron win the Seniors in the Rock's absence. How great it is to have so many good people in your corner. Through the whole contest it was tit for tat - one man making his move, the other responding with a countermove. Jarmo told me that it had become increasingly difficult keeping his weight down, so he decided to go up a weight class. Unfortunately, Laine had a major distraction coming in, with his mother terminally ill in the hospital. He had spent much time at her bedside. Keeping one eye on the other FINN Ilkka Mursu, 37; Palmer didn't want to get KO'ed by a 1-2 Finnish punch. Mursu finished in 3rd place with lifts of 705.4 SQ, 451.9 BP and 672.4 DL for 1829.8 TOT. Palmer opened with a deep 705.4, but took a step - no lift. His repeat was strong. Laine got a cramp on his big opener (771.6) and had to take it over - a good lift, but he passed his 3rd. Palmer followed the game plan - to concede the SQ but stay close. He went up to 766.1, a substantial increase, took it way deep and stood right up. Good lift. Laine punched up 3 perfect benches - the final 451.9. Palmer did 451.9 on his opener, missed - then made - a crucial jump to 468.4. Palmer had an 11 lb. lead, but that wasn't safe. Ron opened with 644.9, but Laine responded with 655.9, taking the lead as lighter man. Palmer countered with a big lift of 683.4 and felt confident. Laine had lulled the

USA contingent into a false sense of security because first lift looked pretty hard. Then Laine came out and ripped up a PR 694.4 on his 2nd attempt to tie Palmer once again and go ahead as lighter man. Already committed to 705.4, Ron came out cool as a cucumber. He doesn't appear outwardly psyched up. He stirred the crowd by cupping his ear ala Hulk Hogan as if to say "I can't hear you." The crowd responded enthusiastically with their customary rhythmic clapping in unison. The AZE team, sitting behind me, started chanting: "USA", "USA"! Ron set himself, grasped, and began his long slow journey up. Slow and steady, with nary a hitch, the barbell inched into the final position, ramrod straight with knees locked. He returned it to the platform and when the 3 whites flashed their brilliance the crowd erupted with cheers. Mighty Jarmo had the last say and the winning lift was loaded - 325 kg. (716.4). I would not have bet against this strong man who resembles the late, great movie actor James Cagney. The crowd began spontaneously clapping for this brave warrior. Try as he could, the barbell resisted his pull with invisible talons holding it to the platform. TOT 1918 (870 kg) and the silver medal goes to the great Jarmo Laine of Finland. Ronald Palmer of the USA was now WPC World Champion to go with his USA Sr. National Title. His magnificent result of 1940 lbs. (880 kg) was awe inspiring. As it turned out Palmer was the only WPC Men's Open Champ for the USA Team this year.

198's - Accolades to the bronze medalist James Kegrice, 37, USA, who out-did himself nipping Erik Athias of FRA, 30, in a nip and tuck battle that wasn't decided until the deadlift. Both men tied after SQ (705), with Athias ahead as lighter. Kegrice had a 5.5 lb. advantage, winning the BP duel 413 to 407. The DL would decide. The Frenchman raised 661.4 (2nd) for 1774. Kegrice capitalized on his chance - and hoisted 644, then a PR equaling 683.4 for his goal (1802), then finally 694.4 for a personal best for both DL and TOT (1813). Way to go Jimmy!

USA's John Wardell, 34, a gym owner from Haworth, NJ, maintains a great physique. He is also one awesome squatter and proved that with his tremendous 382.5 kg. lift (843.2) at this year's Sr. Nationals. He even took a WR 403 kg (888.5) down into a deep hole there, but couldn't recover. With his ultra wide foot stance, almost touching the Monolift base on either side, he took 744 low and deep for his opener. The man to beat appeared to be Tatu Avola, 29, FIN who commenced with 727, then set a EUR Rec 771.6, before missing 793.6. John didn't get his 2nd attempt turned in within the one minute limit, and had to waive it. He took a big one - 826.7 - for his 3rd lift. John's technique relies on precarious balance, and he lost it in the hole. Avola then took a 33 lb. lead with a 485 to John's 479 BP. Wardell pulled 644 (2nd), sewing up the silver medal for USA - 1868.4 - he was having a bad

day, The FINN won the gold by pulling two - 683.4 & 733.1 - before missing a EUR Rec. try with 777 - TOT 1989.6

220 - Harald Selsam, 34, is the best lifter in Germany. He has twice registered TOTs of 935 kg (2061.5). He'd just opened a new gym, and had been unable to train for this meet the way he'd like to have. Still, he came away with the gold medal. Back in April he set a 33-39 WPC WR at the EPC Championships in Schmolin, GER by SQing 390 (859.9). Today he nailed a huge 402.5 (887.4) - 3rd attempt following a missed 2nd. Harald benched 473, but missed twice trying 496. His 683 DL opener cinched the title. He also raised what appeared to me to be a perfect 705.4 but the judges denied the lift - TOT 2044. Giving Selsam all he could handle was Arto Rajala, FIN, who did an 815.6 SQ, 496 BP, and pulled 716.4 to capture the silver medal @ 2028. Arto tried 733 for the win. The first time the barbell barely broke the floor. The final try didn't budge. Kari Pontinen took bronze for FIN with 1873.9 TOT.

242 - Jani Ihalainen accumulated a sum of 927.5 kg (2072.3) to become the 242 World Champion, yet another golden victory for home team Finland. Jani displayed perfect control executing his SQ attempts - his great 870.8 final lift got 3W and deservedly so. Harri Hiissa, another FIN, attempted resistance - SQ 793.6. Jim Gorrell, 31, the Oklahoman, who was USA Seniors runner up, issued a challenge to both of them. Jim horsed up a PR equalling 821.2 on his final try. Hiissa benched 485, better than his countryman Ihalainen who stroked 473. Following a miss, Gorrell came back on a final lift with 501.5, the biggest push in the whole class. Going into the DL, it looked like this: Ihalainen - 1344, followed by Gorrell with 1322, with Hiissa ranked 4th with 1278. Another FIN had upstaged him. Krister Kangas, ranked 3rd at subtotal, having lifted 837.7 for an early lead, and BP'ed 47e for 1300. Kangas opened too big (771.6) and withdrew. Jani Ihalainen cinched the 242 title pulling two (727.6). Now Gorrell fought with Hiissa to determine who'd get which of the remaining medals. Gorrell came in at 672.4 - no problem! He had a big 55 lead on Harri with both men having two more lifts. Twice he failed to secure 705.4 - his TOT for the bronze was 1995. Hiissa claimed the silver, hoisting 705.4, then lifting 722 cleanly, for the 5.5 advantage (2000).

275 - What a wonderful surprise for Ron Palmer's coach and my good buddy - Rocky Tilson, 39, and owner of Rock's Nutrition Center of Indianapolis, IN. Rock, an unselfish guy, who had the ingenuity to obtain sponsorship so he could pay his protegee Ron's way to this event and also bring along his lovely wife Penny and her teenage daughter and a couple of teen free loaders as well. What a guy. As it turned out, Rocky ended up with the bronze medal for USA by using smart strength to preside over his impulsive



Finnish Power ... (left to right) 275 lb. Men's Open Keisala (2nd - FIN), Turtiainen (1st-FIN), Tilson (3rd - USA). Photos by Herb Glosbrenner

nature. Andrejs Svincovs of Latvia was an early fatality in the SQ. The 3rd FIN man Jaani Vilen had the lead over Rock by 22 in the SQ, but opened too high in BP and zeroed. Tilson wanted to open with 705.4 in the squat, but I convinced him to play safe. After a birdweight 606.2 he was on the board, and tried his 711. It shifted coming up, and Rock couldn't finish it. On a 3rd attempt he fought the weight to completion for a 2-1 affirmative call. The head official tried to over-rule the side judges saying the lift wasn't good because the bar shifted on his back after the SQ command and she ordered him to rack it. The music was blaring so loudly nobody heard this. Thanks to Joe Avigliano, Rock had a better shirt than the one he'd planned to use and got a 385.8 2nd attempt. He earned the bronze with a TOT of 1670 which just have easily could have been 1736. The silver medal went to Jarkko Keisala of FIN, a new face to me. He totaled a big 2116.4 via 892.9 SQ, 518.1 BP, and 705.4 DL. The winner was a foregone conclusion. Ano Turtiainen, 35, is currently Finland's best lifter and has the 2nd biggest TOT in the History of PL next to Garry Frank (1119.5 kg/2468.1). Ano was on the record trail here and prepared for big things. His SQ opener was a titanic 450 kg. (992.1). He took it down, broke parallel, and struggled up. It was difficult, but he straightened up completely. He jumped huge on his 2nd attempt to (468 kg) 1031.8. This would be a WPC Absolute Men's WR, surpassing the epochal 467.5 (1030.6) established back in 1989 by the late great David Pasanella, USA. It was a gutbusting recovery that sapped all his strength. Good lift, the judges decreed. After this tremendous exertion, he had no more left and passed his 3rd attempt. A year ago Ano posted a 272.5 (600.7) BP as part of his All time titanic total. Since then, one right after the other, he tore both triceps.

It was this unfortunate occurrence which prevented him from totaling the 1135 kg. (2502.2) he had dreamed of. Not knowing his abilities in this lift he

tested his capacity: 440.9, then 485. Both lifts shot right up. He leapt to 529.1. The strength was clearly there, with the weight exploding rapidly off his chest. Shy of lockout his right arm collapsed. Too bad. Ano still had designs to surpass the All-Time biggest DL achieved by Brit Andrew Bolton this past summer, even though Andy weighed 325, a true superheavyweight! Ano opened with 837.7, which was relatively easy. His 2nd attempt with 400.5 (882.95) surpassed his own WPC WR @ 275, but was a struggle to finish. The SQ had taken too much out of his back. He gamely tried 420.5 (927.1) to surpass Bolton's ceiling by one half kilogram (1.1 lb.), but it didn't come off the platform very much. TOT - 2399.7, incredible lifting considering his diminished finish. Ano's best official lifts of 468 (1031.7) SQ, 272.5 BP (600.7) and 405.5 DL (894) add up to 2526.5.

308 - Close competition among the six men who contested the 308s. Mike Robertson, 293.3, from RSA - TOT 1940. In 6th was Yugoslavia's strongest man, larger than life at 6'6" and 303, Milan Jovanovic. SQ - 848.8 easily done, BP 485 (effortless) and a 694.4 DL (with ease) TOT 2028 - 5th place. Ivars Salzemnieks, LAT, heaved to hearty tie with FIN's 39 year old Kari Kalliola. Both men TOT 927.5 kg (2044.7). Ivars ended up winning the bronze medal with his big come from behind pull (he was 159.9 lbs. behind Kalliola) of 766.1, a 2nd attempt. He was the lighter man 289.9 to 301.15 and that spelled the difference. Germany's Dietmar Zint, 295.85, was a refreshing new face on the rise. He came out of the blue to finish runner-up with well balanced lifting: 804.7 SQ, a big 589.7 BP, and a good 733.1 DL for a grand TOT of 2127.4. The 308 winner was Niko Laaperi, yet another new impressive Finnish lifter, who did 837.7 SQ, 573.2 BP, and 771.6 DL for the winning sum of 2182.5!

SUPERHEAVYWEIGHT - The last class turned out to be a grand showdown between the USA's Kieran Kid-

der, 33, weighing 311.95 and the British giant Peter Tregloan, 45, who tipped the scales at 380.73. Kidder had the day of his life. He broke his lifetime best TOT record of 990 (2182.6 lbs), by a whopping 70 kg (154.4 lbs). Yes, the new WPC President, made a believer of us all regarding his lifting ability on the platform. It's said that he spent a couple of weeks training with the PL guru himself in Columbus, OH to make him razor sharp. Kieran marched through all nine attempts with no misses: SQ: 892, 959, and finally that elusive 1003 he's wanted so bad for so long, taken deep and controlled to completion, garnering 3 unanimous white lights. The BP went just as incredibly. He shattered his PR of 551, easily on a 1st attempt with 567.7. Loaded with an over abundance of fast twitch muscle fibers, Kieran blasted up 600.7, and finally 622.8. Believe it or not, he did his final lift so easily he looked good for as much as 644.7. In the meantime Tregloan was also having a good day. The Giant from Jersey, ENG, man-handled his attempts with utmost authority - 826 - 903 - and finally a 45-49 World Masters record of 959 (a PR by 22 lbs.). Pete had won his 6th Men's Open title last year in Capetown, recovering from a triceps injury. Today he saw flashes of his old power in this discipline managing all 3 418, 518, and finally 529. Bolton had taken Pete's long standing British Record away just this past summer, lifting 268 kg (590.8) surpassing Tregloan's best of 589.7 done in 1997. The subtotal saw Kidder way in the lead by 65 kg (143.3 lbs.). Tregloan had no chance of catching the hot American now did he? Wrong! Dead wrong! Tregloan is one of the strongest Deadlifters in History, his PR being a mind boggling 887.4, the 7th heaviest SH pull in PL History, but that was done 5 1/2 years ago. Did he still have it in him. Kidder pulled all 3: 644.8, 677.9, and finally 711. His TOT was 1060 kg (2336.9) - a huge result. Tregloan came out and with each attempt and bridged the seemingly insurmountable gap, putting himself 2.5 kg (5.5 lbs) ahead with each lift of the round: 793.6, then 826.7. It all boiled down to his final lift. The bar was loaded to 390 kg, (859.9 lbs) for the big man. Pull it and he wins his 7th World Title. Could he do it? Yes, he could. Both men had 9 for 9 days - perfect lifting. Kidder was happy with his performance, and I heard him say "Pete is a great champion and deserved to win. At least I made him work for it..." Could Tregloan have lifted more if he had to? Peter has his sights set on doing 455 kg SQ (1003), DL - 410 kg (903.9) and 1100 kg TOT 2425 before he calls it quits. I believe that he will do it.

I'll have to rate this years WPC Worlds the best in every aspect I can think of. Hats off to Minna, Ano, Sakari and everyone who worked so hard to make this memorable meet possible. Next year the WPC Worlds will be held "Down Under" in Australia. Blimey Mate, I hope to see ya there!

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 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 Rankings, 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 132s
May/94... USPF/ADFFA 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/Women's, 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 Women's 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 Glosbrenner "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribosin, 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 Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller Interview, TOP 100 Ltws.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark 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 Millan, 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 Middlelvs., 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-ton 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 Louie 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 PL USA Scott Werner celebrated his breaking of the 500 lb. bench press barrier at 165 on the cover, and Jay Siegel covered the WDFPF Worlds in Derby, England inside. Among the winners were Eric Kupperstein at 148 (534 275 562 1371), Sean Cain at 220 with 683 413 650 1747, and Bull Stewart at 242 with 760 462 760 1984. At 129, Bettina Altizer won with 380 225 363 970, and Andrea Sortwell won at 154 with 347 203 413 964. Monolift introduced "The Super Squat Rack". Leaders of the TOP 100 132 lb. list were Kevin Westbrook's 556 squat, Doug Heath's 405 bench, and Lamar Gant's 644 deadlift and 1498 total. Bettina Altizer's 418 squat was 52nd, Jim Benemerito's 292 bench was 42nd, Rachel Mathias' 418 deadlift was 98th, and Mary Warman's 1063 total came in 75th. Paul Fletcher won the 275s at the USPF National Bench Press meet with 479 at 275. We had a report from Iceland of the World's Strongest Man contest, won by a 7 foot 350 lb. specimen, Ted Van Der Parre of Holland. Marty Gallagher described the anticipated change in weight classes for olympic lifting, and wondered if changes in powerlifting weight classes would be far behind? Future world record holder Dely Palk won the 114s at the Texas State meet with 250 160 300 710. Dennis Cieri won the 181 lb. class lifetime title at the ADFPA All American Bench Press Championships with a 430. Larry Miller won the 165s at the Columbus PAL Bench meet with 440, and the placings in the 220s at that meet were Chuck Vogelwohl (465), J.M. Blakley (465), Ken Patterson (440), and George Halbert was 2nd in the 242s with 470. Greg Lowe won the 275s at the ADFPA Graterford Open with 913 490 700 2103. Hugh Dunagan won the Junior 198s at the NASA Oklahoma Regional with lifts of 622 407 600 1631. Tee Meyers won the Submaster 181s at the WNPF Nationals with lifts of 590 340 690 1620. Dave Tate won the 275s at the Hall of Fame meet in Toledo, OH with 760 520 675 1955. Former IPF World Record holder in the bench, Arrington Rafael, won the ADFPA California/West Regional at 165 (40-44) with 551 347 501 1399. Joe McAuliffe won the 181s at the ADFPA New Jersey State meet with 650 440 585 1675. A professional powerlifting meet, with \$6000 in prize money, was advertised for Carson City, Nevada. Best lifters on the ADFPA TOP 20 242s were Ernie Surell (805 squat), William Minor (518 bench), Bull Stewart (760 deadlift and 1989 total). Also ranked were Gary Grosso's 699 squat (10th), Raoul Donati's 512 bench (2nd), Mike Anderson's 665 deadlift (14th), and C.J. Batten's total of 1703 (19th). At the Asian Championships in Jamshepur, India, Mr. Bhaskaran set a new world record in the deadlift at 114 with 535, and 19 year old Alexei Sivokov made his international debut at 148 with a winning 573 363 (374 4th attempt) 617 1554. USPF President Sandy King indicated that there were approximately 20,000 powerlifters in the United States, and 12 card selling federations. Current strongman star Karl Gillingham won the ADFPA Hawk Country Open at 242 with 620 425 655 1700.

Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s
Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s
Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s
Nov/00... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies
Jan/01... IPF Men's Worlds, WABDL 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 275s
Jun/01... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double In-

terview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
Sep/01... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s
Nov/01... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s
Dec/01... IPF World Masters, WPC Can Am, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
Jan/02... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s
Feb/02... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s
Mar/02... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02... WPO Finals/Qualifier/Arnold Bench Bash, Ano Tuurtainen Interview,

interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
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Mar/02... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02... WPO Finals/Qualifier/Arnold Bench Bash, Ano Tuurtainen Interview,

20 YEARS AGO in PL USA Rickey Crain was on the cover ... in a shot taken at the Olympic Basketball Hall in Munich, Germany ... the best lighting for a powerlifting meet ever ... as part of our report of the 1982 IPF Men's World Championships. USA winners included Lamar Gant (123), Rickey Crain (165), Mike Bridges (181), Walter Thomas (198), and John Gamble (275). A new procedure was instituted by the IPF whereby no world records could be set unless an IPF approved drug control officer is present (the only such officers were Bill Jamison of Canada and George Bostrom of Sweden) and IPF drug testing procedures were followed. 1972/74 National Collegiate Champ Jake Boyer was interviewed by Tim McClellan, in which he proposed that the IPF hold a Teenage World Powerlifting Championship in 1983. Gary Zeolla described his vegetarian power diet. Qualifying totals for the USPF Senior Nationals were 1069 for the 114s, 1190 for 123s, 1284 for 132s, 1410 for 148s, 1625 for 165s, 1714 for 181s, 1813 for 198s, 1895 for 220s, 1984 for 242s, 2061 for 275s, and 2143 for SHWs. The TOP 100 165s had Rick Gaugler at Number One in the squat (710), deadlift (716), and total (1879), with Rick Weil tops in the BP (465). Fran Ruettinger was 80th in the squat with 540, Fabian Wambsgans was 98th in the bench with 350, Dave Karam was 98th in the deadlift at 562, and Joe Oregia was 79th in the total at 1415. Nominations for 5 Athlete's Rep spots included Richard Peters, Vince White, Larry Pacifico, Juli Thomas, Vicki Steenrod, Tony Fitton, Bill Davis, Jack Sideris, Michelle Greenspan, and George Hummel. Paul Brodeur won the 275s at the Oklahoma Grand with 843 446 710 2000. Fred Glass won the 123s at the Delaware Valley Open with 315 150 410 875. Danny Wohleber exceeded the world record in the 275s with a 909 squat and got one white light on an 854 deadlift try. At the same meet, Joe Ladinier won the 220s with 705 457 650 1812, and Mariah Liggett took the women's division with 330 192 424 837. Ivan Zwick won the 148s at the Northern Illinois Bench Press with 295, and Tom Hardman got a new world record of 614 in the bench at 275. Bob Wahl set a world record in the squat at 148 with his 650 at the Mountaineer Open, where Mary Ryan (later to become Mary Jeffrey) went 308 176 319 804 at 114. Former many time USA Team Coach Sean Scully won the 242s at the Vacationland Open with 633 451 677 1763. Winners at the controversial International match at Wits University in South Africa (under international sports embargo due to apartheid policy) included Hideaki Inaba at 123, Joe Bradley at 148, Ron Collins at 181, Eamon Toal at 198, and Fred Hatfield at 242 (870 440 749 2061). Marc Morishige won the Northwestern US Collegiate at 132 with 430 270 500 1200. Curtis Leslie won the 181s at the Georgia BP & DL with 350 500. T. Bruner (Tim Bruner?) was 6th out of 21 in the Novice 165s at the Texas Cup ... 11th in the class was Brad Kiltz, who later went to the Winter Olympics as a bobsledder, and Hal Hudson took the Masters Division with 573 402 600 1576 as a 275er. Eddie Morishima won the Hawaii State 148 title with 573 374 529 1477. John Ford won the Temple Hills Open with 788 429 727 1945 at 275. Tony Conyers won the Southern States 148 lb. class title with lifts of 540 390 550 1480, and his long time friend Bill Beeley took the 220s with 700 420 640 1760. Anna Liisa Prinkkala won the Finnish Women's 105 lb. title with lifts of 231 99 281 611. Jules Pellegrino won the North Jersey Districts at 148 with lifts of 500 340 470 1310. Tom Buljat was 3rd in the 181s at Power Day IV in Clearfield, PA.

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(article continued from page 9)

Following was Jaspreet Singh (India, 377.5)

100.0 kg - Marat Chirkov (Russia) got a subjunior WR 187.5 bench on his way to a 775.0 total (474.89 Wilks). Che-Jung Hsu (Chinese Taipei, 560.0) too SILVER. The competition never quite materialized in this division as **John Buford (USA)** DQ'd on SQ, while Constantine Badrakos (Australia), who was 2nd after SQ, DQ'd on bench.

110.0 kg - Team USA was strong in this division with two medals. **Drew Traub (USA)** took GOLD with a 742.5 total (437.48 Wilks), then finished off a 9/10 day with a 4th deadlift for a 313.0 subjunior WR. Traub's strong deadlifting erased a 15 kg subtotal deficit to pass Andrey Surikov (Russia, 725.0) who took SILVER. **Cody Walters (USA, 670.0)** took BRONZE. Following was: 4th - Amrit-Pal Singh (India, 535.0).

125.0 kg - **Nicholas Rasmussen (USA)** was one of the younger men competitors, and was best on every lift in this division to score a 672.5 total (390.45 Wilks) for GOLD. Chung Mao-Feng (Chinese Taipei, 617.5) took SILVER. Ransi Jayathilaka, the first lifter from Sri Lanka (570.0) took BRONZE. Following were: 4th - V.S. Prason (India, 462.5), and 5th - Biurushan Singh (India, 455.0).

125.0+ Kg - In a strangely sparse division, Sugal Kushal (India, 555.0, 310.85 Wilks) took GOLD while teammate Bibin Bendeict (435.0, 244.07 Wilks) took BRONZE.

Both men's and women's teams finished 2nd, for a team overall 2nd to the deep overall 1st place Russian team. Host Chinese Taipei was a strong overall 3rd followed closely by 4th place India and 5th place Japan.

Best Lifters - Team USA also claimed both men's and women's Champion of Champions. Maile's 570 Wilks was the performance of the meet. For the men, Williams put together big lifts in the clutch during a 6/9 day for a 496.24 Wilks, edging two very fine Russian lifters, Borisov (495.43), and Saltykov (493.99 Wilks) for honors.

USA Subjunior WRs - Dickey and Maile combined for three sub-jr WRs, while Traub finished a 9/10 day with a sub-jr WR on a 4th deadlift. Perhaps most importantly, there were numerous personal bests throughout the meet.

The defining moment of the international camaraderie may have been captured in one lift for Hibino Tomoyuki of Japan. Scoresheets will simply show a deadlift score and a 4th place finish in the men's 75 kg division. Out of the medal race, but determined, Tomoyuki needed a good deadlift on a 3rd try to avoid a DQ.



Gold for Nick Rasmussen in the 275 s. (photos courtesy Coach Miller)

Added to the drama were the hurried arrival of Tomoyuki's parents with a small sibling from Japan, delayed by transportation problems. Team USA led other teams to join the Japanese team in cheering Tomoyuki through, who responded and fought through to a good final lift. For moments like these, national differences dissolved in respect for the individual side of the sport of powerlifting. While, in a sense, there is no real 'friendly competition', there was good, hard competition and appreciation of personal bests among international lifters who are now new friends.

Adventures continued on the trip home. At a rest stop on the way back to Taipei, Coach's '5 minutes only!' turned into an hour when fluid began leaking from the engine of one of the tour busses. Cramming everyone into one bus actually looked like fun, but would have created The Bus That Couldn't Make Weight. Finally, just the luggage was crammed aboard, and we waited 30 minutes for a smaller passenger-only bus. At one point, Coach Miller's football instincts kicked in as he seemed to be drawing 'plays' on the ground in the parking lot for our Chinese-speaking driver (much to great amusement of our other Chinese-speaking driver). A new bus arrived on time, and thanks to Coach Miller's penchant for leaving early, we made our flight on time in Taipei with time to spare.

Experience, Team USA unity, new goals, new friends, and more stories than can be told here. ... event banners on lampposts and at the Chia-Chou Hotel ... T-shirt swapping (Japan had cool shirts) ... moped racing ... 'don't parking' signs in Putzu ... Ambassador Amber Mesik ... Coach Vassily ... the \$30 menu at McDonald's ... palm oil, soy, and teriaki ... deep fried duck heads ... the Japanese team ... You Are My Sunshine karaoke, led by Coach Cunningham ... interest in Andy Millin's knee wrap rolling machine

... shopping in Chia-Yi city ... 'neehow' ... foreign participants being photographed with our team members at the banquet ... firecrackers

**2nd IPF Subjunior Worlds
25-29 SEP 02 - Putzu, Taiwan**

| Women | SQ | BP | DL | TOT |
|---|-----|-----|-----|------|
| 97 lb. | | | | |
| Dickey/USA | 236 | 143 | 281 | 661 |
| Chen/TAI | 231 | 99 | 275 | 606 |
| 105 lb. | | | | |
| Maile/USA | 352 | 198 | 396 | 947 |
| Ryzhkova/RUS | 347 | 159 | 325 | 832 |
| Sokovina/RUS | 275 | 154 | 220 | 650 |
| Borkotoky/IND | 220 | 115 | 281 | 617 |
| Kiletico/USA | 220 | 110 | 248 | 578 |
| Lin/TAI | | 242 | 93 | 220 |
| 556 | | | | |
| Bharati/IND | 209 | 82 | 231 | 523 |
| Kokue/JPN | 176 | 77 | 187 | 440 |
| 114 lb. | | | | |
| Tokareva/RUS | 358 | 170 | 319 | 848 |
| Chouschina/RUS | 325 | 148 | 336 | 810 |
| Chang/TAI | 253 | 93 | 275 | 622 |
| Matsuura/JPN | 236 | 126 | 253 | 617 |
| Hasada/JPN | 220 | 99 | 231 | 551 |
| Nogle/USA | 292 | 154 | | |
| 123 lb. | | | | |
| Ustinova/RUS | 352 | 181 | 347 | 881 |
| Hitchcock/USA | 281 | 148 | 325 | 755 |
| Takei/JPN | 264 | 187 | 297 | 749 |
| Neda/JPN | 220 | 165 | 286 | 672 |
| Laxmi/IND | 264 | 110 | 297 | 672 |
| Wang/TAI | 264 | 121 | 264 | 650 |
| Arpana/IND | 220 | 110 | 242 | 573 |
| 132 lb. | | | | |
| Kosareva/RUS | 402 | 192 | 385 | 981 |
| Mesik/USA | 319 | 165 | 347 | 832 |
| Lo/TAI | 303 | 187 | 319 | 810 |
| Mallika/IND | 292 | 110 | 308 | 710 |
| Sekiguchi/JPN | 198 | 99 | 209 | 507 |
| Mori/JPN | 154 | 88 | 220 | 462 |
| 148 lb. | | | | |
| Khalyavina/RUS | 385 | 231 | 358 | 975 |
| Chen/TAI | 303 | 159 | 352 | 815 |
| Kiran/IND | 314 | 132 | 319 | 766 |
| Dennany/USA | 297 | 143 | 303 | 744 |
| Yamazaki/JPN | 143 | 77 | 231 | 451 |
| 165 lb. | | | | |
| Polyanskaya/RUS | 418 | 198 | 396 | 1014 |
| Sanders/USA | 358 | 148 | 336 | 843 |
| Yang/TAI | 286 | 137 | 242 | 666 |
| Kaimala/IND | 236 | 99 | 259 | 595 |
| Kaiga/JPN | 176 | 132 | 231 | 540 |
| 181 lb. | | | | |
| Chang/TAI | 451 | 198 | 418 | 1069 |
| Millin/USA | 314 | 198 | 363 | 876 |
| 198 lb. | | | | |
| Stesenko/UZB | 418 | 231 | 374 | 1025 |
| Savinykh/RUS | 407 | 198 | 347 | 953 |
| Gopalakrish/IND | 374 | 148 | 380 | 903 |
| Kakoli/IND | 297 | 104 | 303 | 705 |
| Hsu/TAI | 242 | 115 | 242 | 600 |
| SHW | | | | |
| Weng/TAI | 396 | 220 | 363 | 981 |
| Rogova/RUS | 374 | 231 | 336 | 942 |
| Headrick/USA | 330 | 187 | 319 | 837 |
| Teams: RUS-69, USA-60, TAI-58, IND-44, JPN-40, UZB-12. Champion of Champions: Maile 570.39, Kosareva 497.42, Tokareva 489.37. | | | | |

and parades to the temple ... 50 TV channels in Chinese ... Australian Eban Trager, Lifter Most Likely to be Taken Home by the US Women's Team ...

The Taiwan trip succeeded on many levels for this first Subjunior Team. For Team USA, there were some medals and some PRs. There were 'successful' performances that, nonetheless, fell short of personal expectations. There were also the inevitable missed lifts and unfortunate DQs for this young team. The spotlight and pressure of high-level competition can be a valuable diagnostic experience that tells a lifter exactly where they stand. Strengths and needs for solid fundamentals in lifting technique and mental approach were illuminated ... watching the consistent Russian lifters provided inspiration on this point. Given how our Team USA lifters respond to personal challenges, and the enthusiasm and dedication exhibited by the coaching staff, we surely expect to see everyone back again in high level competition, confident, hungry, and better than ever from the Taiwan experience.

| | | | | |
|--|-----|-----|-----|------|
| 114 lb. | | | | |
| Bychae/RUS | 396 | 253 | 374 | 1025 |
| Buranov/RUS | 385 | 209 | 407 | 1003 |
| | | 4th | 419 | |
| Hafenbrack/USA | 347 | 187 | 402 | 936 |
| Kusakabe/JPN | 242 | | | |
| 123 lb. | | | | |
| Cheremush/RUS | 418 | 225 | 429 | 1074 |
| Liu/TAI | 374 | 170 | 352 | 898 |
| Shimizu/JPN | 286 | | | |
| 132 lb. | | | | |
| Borisov/RUS | 507 | 292 | 479 | 1278 |
| Su/TAI | 473 | 292 | 484 | 1251 |
| Ito/JPN | 385 | 242 | 385 | 1014 |
| Smith/USA | 363 | 209 | 424 | 997 |
| Suzuki/JPN | 363 | 264 | 363 | 992 |
| Singh/IND | 330 | 264 | 352 | 947 |
| 148 lb. | | | | |
| Williams/USA | 545 | 308 | 512 | 1366 |
| Lee/TAI | 501 | 264 | 584 | 1350 |
| Faysulin/RUS | 490 | 275 | 496 | 1262 |
| Kumar/IND | 429 | 253 | 451 | 1135 |
| Marchand/USA | 418 | 203 | 413 | 1036 |
| Takeda/JPN | 407 | 187 | 396 | 992 |
| 165 lb. | | | | |
| Ernandos/RUS | 556 | 380 | 529 | 1466 |
| Ricchio/USA | 490 | 292 | 556 | 1339 |
| Brunfeldt/FIN | 523 | 275 | 496 | 1295 |
| Hibino/JPN | 385 | 242 | 485 | 1113 |
| 181 lb. | | | | |
| Saltykov/RUS | 639 | 374 | 600 | 1614 |
| Salo/FIN | 518 | 286 | 551 | 1355 |
| Duggesh/IND | 496 | 264 | 479 | 1240 |
| Wu/TAI | 512 | 264 | 457 | 1234 |
| Inoue/JPN | 374 | 220 | 451 | 1047 |
| 198 lb. | | | | |
| Maximov/RUS | 617 | 341 | 611 | 1570 |
| Pozdeev/RUS | 606 | 325 | 633 | 1565 |
| Traeger/AUS | 540 | 303 | 584 | 1427 |
| Baker/USA | 567 | 281 | 556 | 1405 |
| Singh/IND | 275 | 181 | 374 | 832 |
| 220 lb. | | | | |
| Chirkov/RUS | 650 | 413 | 650 | 1714 |
| Hsu/TAI | 523 | 270 | 440 | 1234 |
| Buford/USA | | | | |
| Badrakos/AUS | 534 | | | |
| 242 lb. | | | | |
| Traub/USA | 606 | 341 | 688 | 1636 |
| | | 4th | 689 | |
| Surikov/RUS | 606 | 374 | 617 | 1598 |
| Walters/USA | 507 | 363 | 606 | 1477 |
| Singh/IND | 418 | 297 | 462 | 1179 |
| 275 lb. | | | | |
| Rasmussen/USA | 540 | 352 | 589 | 1482 |
| Chung/TAI | 512 | 330 | 518 | 1361 |
| Jayathilaka/SRI | 529 | 220 | 507 | 1256 |
| Prason/IND | 352 | 176 | 490 | 1019 |
| Singh/IND | 418 | 176 | 407 | 1003 |
| 125.0+ | | | | |
| Kushal/IND | 518 | 264 | 440 | 1223 |
| Bendeict/IND | 385 | 176 | 396 | 959 |
| Team Points: RUS 72, USA 61, TAI 52, IND 50, JPN 32, FIN 17, SRI 8, AUS 8. Champion of Champions: Williams 496.24, Borisov 495.43, Saltykov 493.99 | | | | |

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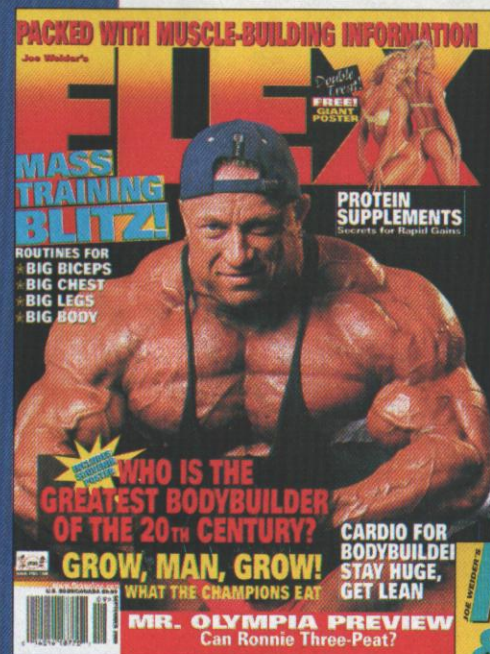
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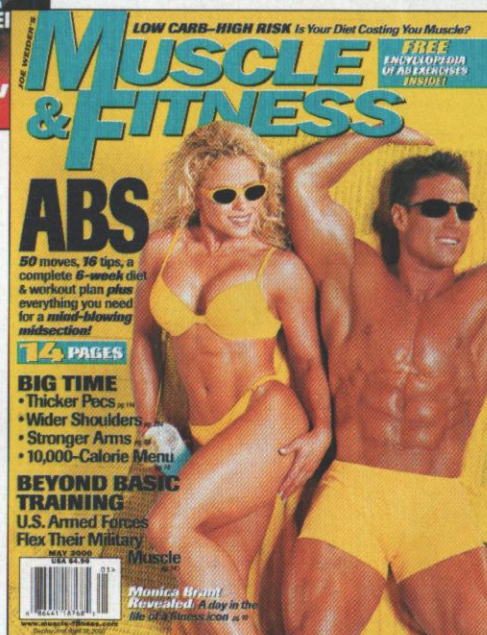
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(article continued from page 5)

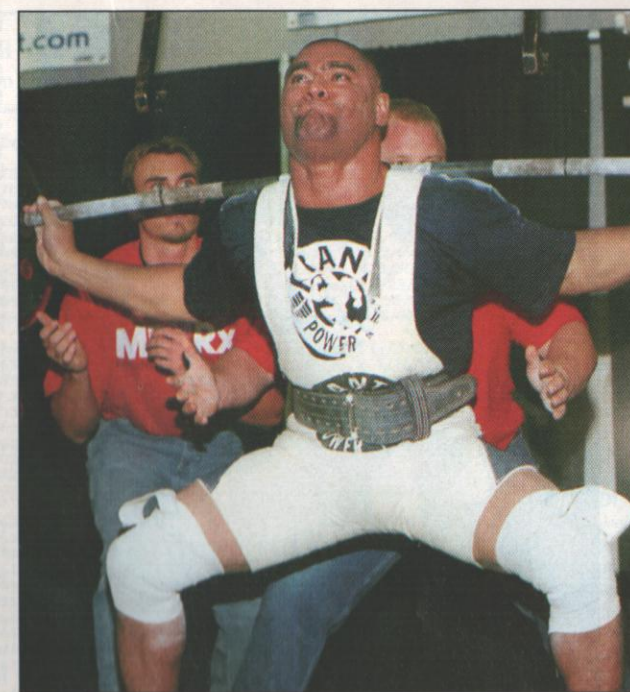
then had a four minute WPO wait for a further barrier bursting world record 909 in the squat. (He even tried a 931 4th attempt!) He opened up with a world record in the bench at 611, and then rammed up 633, and the 650 - driving them all up strongly, from a very efficient starting position. On a 4th attempt he did not get 684, in an effort to exceed Halbert's all time 683 lift, but did it matter? Every one of his deadlifts produced a world record total, finishing up with the all time best of 2232. After all the mayhem on the record book, Jesse ended up with \$4500 for his placing and record breaking (or was it \$5500?).

In the 220s, Chuck Vogelpohl was psyched to the max, but his far out wide stance initial attempt at 964 in the squat was a problem. He came back to bury the weight convincingly, and erupted upward with a sudden surge of pure explosive power. He missed 804 in the deadlift twice or he would have gone over 2300. Neo-three lift man, Kenny Patterson got a world record 673 bench on his second attempt and missed a shot at 700. Germany's Harald Selsam came up razor clean with a 903 squat, but it must have been high, but he still finished up with 2039 for 3rd place. Keith Ferrara nailed an 865 squat, after dumping 821 initially, but he could not get his benches going. Be-tattooed Arto Rajala of Finland missed two squats

of 815 and did not continue. Five different nations were represented in the competition (Germany, Finland, Switzerland, Great Britain, USA).

It was competitive in the 242s, though tall Jose Garcia was obviously in charge, especially after an impressive 903 squat. He missed only a 545 bench, but repeated for a success. Jeff Douglas fought back to get his 903 squat on the board, as well as a 518 BP, missing a 727 deadlift. Janne Ihalainen, lean and tall, bled dark blood from his nose after an 887 squat, and missed only a 496 bench and a 777 deadlift. He's from the same mold as countryman Ano Turtiainen. Dondell Blue weighed in at a mere 101 kgs., yet went well over 2000, missing an 876 SQ, 523 BP, and 722 DL. Paul Urchick missed a 936 squat and a PRish 584 BP, then proceeded to drop 705 twice in the DL and shock everyone, especially himself. Marc Bartley missed a 573 bench twice and was out.

At 275, Steve Goggins was ready to tackle WPO champ Turtiainen once more time. He squatted 903, then 981 (like it was 'nothing') and then a world record 1015 squat to break Ano's world record. He Bped a nice 573, missing 589, and then overhand gripped an 843 D-lift, missing 859 (although he has apparently made 900 in training with this new grip style) for a superior 2431 total. The sleek Finn is having tricep problems, this time on the opposite side, and despite getting his squat record back with 1019 (missing a further WR 1041 with a dump that had the medics come to fetch one of the spotters, who stoically absorbed the blow to his foot), he missed the 898 world record deadlift he also wanted. The miss in the squat left Ano limping a bit, otherwise, he had been expected to go 900 plus in the deadlift. Phil Story missed his 804 opener squat, and took it over for a good lift, and then missed big jumps



Jose Garcia pushed 903 to completion in his classic upright form.

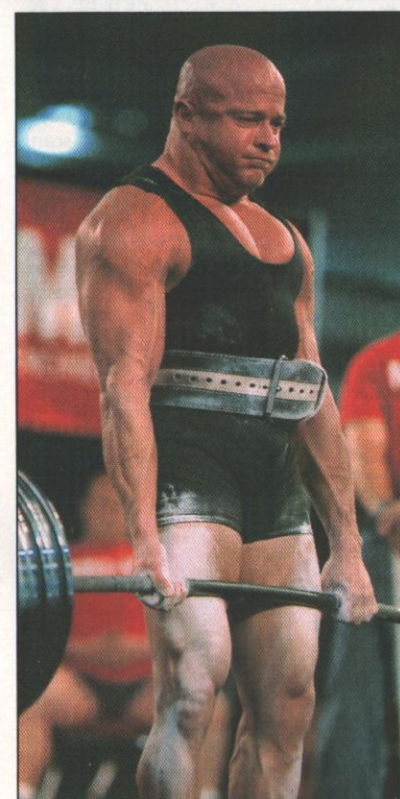
light' under his butt, noted his training partner - Kieran Kidder). Joe Ladnier was not going to compete after having shoulder surgery 39 days before, but he was able to hit 505 in the bench on his last training session, so he came along to surprise himself with a 573 BP on his 2nd attempt and he qualified for the WPO finals as well.

Big Paul Childress came back to get a nosebleeder 1014 on his 3rd attempt squat for a new world 308 record, then came back again to get 622 on his final BP. He

in the bench of 584 and 628 (day - missed a world record 794 deadlift,

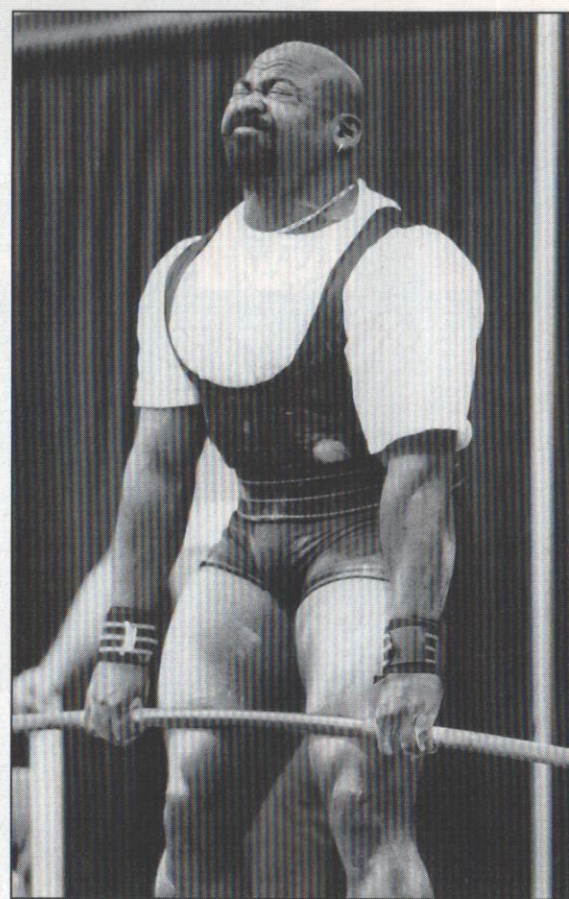
WPO Semifinals - 8,9 NOV 02 - New Orleans, Louisiana

| 132 lb. | SQ1 | SQ2 | SQ3 | BP1 | BP2 | BP3 | ST | DL1 | DL2 | DL3 | TOT |
|-----------------|-----|------|------|-----|-----|-----|------|-----|-----|-----|------|
| H. Washington | 540 | 584 | 606 | 319 | 336 | 352 | 942 | 507 | 551 | 567 | 1493 |
| August Clark | 628 | 523 | 567 | 435 | 454 | 451 | 975 | 518 | 594 | 534 | 1493 |
| A. Weisberger | 424 | 457 | 468 | 286 | 303 | 314 | 771 | 413 | 440 | 479 | 1212 |
| 148 lb. | | | | | | | | | | | |
| B. Schwab | 606 | 622 | 639 | 380 | 424 | 447 | 1046 | 562 | 578 | 606 | 1625 |
| S. Seikanaho | 573 | 611 | 639 | 380 | 391 | 396 | 1030 | 540 | 562 | 570 | 1592 |
| T.J. Hoerner | 600 | 644 | 672 | 314 | 336 | 347 | 1008 | 551 | 595 | 595 | 1559 |
| 165 lb. | | | | | | | | | | | |
| Ron Palmer | 666 | 710 | 733 | 435 | 462 | 468 | 1201 | 644 | 683 | 705 | 1884 |
| 181 lb. | | | | | | | | | | | |
| Joe Dougherty | 672 | 733 | 774 | 468 | 490 | 507 | 1201 | 617 | 666 | 705 | 1906 |
| Levi Alday | 622 | 661 | 688 | 402 | 473 | 504 | 1162 | 600 | 639 | 639 | 1763 |
| 198 lb. | | | | | | | | | | | |
| Jesse Kellum | 821 | 888 | 909 | 611 | 633 | 650 | 1559 | 622 | 650 | 672 | 2232 |
| 220 lb. | | | | | | | | | | | |
| Arnold Coleman | 755 | --- | 804 | 523 | 545 | 562 | 1366 | 661 | 705 | 738 | 2105 |
| Tony Caprari | 749 | 799 | 826 | 451 | 496 | 496 | 1295 | 699 | 749 | 822 | 2044 |
| T. Avola | 738 | 782 | 815 | 496 | 496 | 548 | 1311 | 694 | 722 | 730 | 2033 |
| Matt Zweng | 782 | 837 | 870 | 518 | --- | --- | --- | --- | --- | --- | --- |
| J. Wardell | 804 | 848 | 848 | 518 | --- | --- | --- | --- | --- | --- | --- |
| 242 lb. | | | | | | | | | | | |
| Chuck Vogelpohl | 964 | 964 | --- | 542 | 518 | 534 | 1498 | 744 | 804 | 804 | 2243 |
| Kenny Patterson | 766 | 804 | 826 | 622 | 673 | 700 | 1476 | 600 | 633 | 655 | 2110 |
| Harald Selsam | 771 | 859 | 903 | 473 | 490 | 490 | 1332 | 603 | 705 | 746 | 2039 |
| Keith Ferrara | 821 | 821 | 865 | 504 | 504 | --- | --- | --- | --- | --- | --- |
| Arto Rajala | 845 | 845 | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 275 lb. | | | | | | | | | | | |
| Jose Garcia | 826 | 881 | 903 | 523 | 545 | 545 | 1448 | 694 | 738 | 771 | 2221 |
| Jeff Douglas | 848 | 903 | 903 | 496 | 548 | 518 | 1421 | 683 | 710 | 727 | 2132 |
| J. Ihalainen | 815 | 859 | 887 | 440 | 473 | 496 | 1360 | 705 | 749 | 777 | 2110 |
| Dondell Blue | 799 | 854 | 876 | 473 | 501 | 523 | 1355 | 655 | 699 | 722 | 2055 |
| Paul Urchick | 876 | 920 | 936 | 540 | 573 | 584 | 1493 | 705 | 705 | --- | --- |
| Marc Bartley | 843 | 892 | 892 | 573 | 573 | --- | --- | --- | --- | --- | --- |
| 275 lb. | | | | | | | | | | | |
| Steve Goggins | 903 | 981 | 1014 | 545 | 573 | 599 | 1587 | 799 | 843 | 859 | 2431 |
| A. Turtiainen | 975 | 1015 | 1019 | 440 | 485 | 507 | 1526 | 749 | 837 | 890 | 2364 |
| 308 lb. | | | | | | | | | | | |
| Phil Story | 804 | 804 | 848 | 567 | 584 | 620 | 1415 | 705 | 727 | 755 | 2171 |
| Joe Ladnier | 804 | 804 | --- | 507 | 573 | --- | 1377 | 699 | --- | --- | 2077 |
| 308 lb. | | | | | | | | | | | |
| Paul Childress | 910 | 1014 | 1014 | 600 | 622 | 622 | 1636 | 722 | 766 | 794 | 2403 |
| Oan Basson | 903 | 959 | 1003 | 584 | 622 | 639 | 1642 | 644 | 677 | 705 | 2347 |
| 4th | | | | | | | | | | | |
| Craig Gallo | 942 | 1003 | 1025 | 485 | 556 | 584 | 1510 | 672 | 755 | 782 | 2265 |
| Beau Moore | 832 | 884 | 884 | 644 | 644 | 689 | 1476 | 655 | 744 | --- | 2221 |
| Jon Grove | 815 | 870 | 903 | 573 | --- | --- | 1443 | 722 | 760 | 771 | 2215 |
| SHW | | | | | | | | | | | |
| Garry Frank | 959 | 1019 | 1019 | 672 | 672 | 744 | 1631 | 859 | 909 | 931 | 2562 |
| Don Thompson | 925 | 964 | 986 | 633 | 633 | 672 | 1619 | 766 | 804 | --- | 2425 |
| Andy Bolton | 815 | 859 | 903 | 540 | 573 | 589 | 1492 | 749 | 837 | 926 | 2420 |
| 4th | | | | | | | | | | | |
| Matt Smith | 848 | 934 | 970 | 647 | 617 | 672 | 1465 | 749 | --- | --- | 2215 |
| Brent Mikesell | 903 | 1003 | 1044 | 451 | 584 | 584 | 1454 | 744 | --- | 804 | 2199 |



Joe Dougherty made 3 nice pulls @ 181

but had already cracked the 2400 barrier to win his class. Oan Basson was a stunner in 2nd. He went 9/10 missing only a 1026 world record squat on a 4th attempt that even his coach Joe Avigliano hardly dreamed he would even be trying, and he put almost 150 PR pounds on his total. Craig Gallo was the man who ended up with the new world record in the squat for the class with 1025, and he would have totaled much more if his shirt problems had not prevented his 556 and 584 bench attempts from counting. He was ferociously explosive in the deadlifts, but 782 would not spring up like the others had. Beau Moore tried a 308 lb. class world record in the bench with 689, but 644 had already taken him 2 tries to get circled on the scoresheet. Longbeard Jon Grove coolly qualified for the Finals with a 6/7 day.



Steve Goggins ... giving the double overhead pull a try.

In the Supers, Brent Mikesell seemed nearly asleep in the staging area prior to his opener 903 squat, and he missed attempts of 1041 in the squat, 584 in the bench, and 804 in the deadlift, but had more than enough to win his qualifying spot. Matt Smith had troubles, missing the return signal on his 931 squat and dumping 970, as well as a sizable jump to a 672 bench, but also qualified. Andy Bolton of England steamrolled through 9 successful attempts, with his squats-particular - looking easier as the weight increased. He opened in the deadlift with 749 ("nothing"), then used his unusually massive lats and traps to hoist up 837, and then a terribly fast 926. Almost surprisingly, he missed a world record 932,

just 6 lbs. more, but it was his 4th pull of the day. Don Thompson took advantage of a 6/8 day to pull his way into 2nd place in the SHWs with 2425 (missing a 672 bench, after making 633 on a re-take). With his head shaved (Kieran Kidder notes that "hair is over-rated" in the WPO), Don looks like Garry Frank's brother, and the star of the show, albeit on a rough day, was that same Garry Frank. Almost a hometown guy (about 80 miles away in beautiful Baton Rouge), Garry had dropped his bodyweight from 395 to 368, and he's got the athleticism to get his hand well above a 10' basketball rim, so he felt quick and explosive. GF opened nicely with a 959 squat, but

then had trouble setting up with 1019 (racks too high?) and then did that weight easily, but it was not passed (it would have been the EIGHTH successful 1000 lb. plus squat of the contest ... when has that ever happened at a meet before?) Kieran Kidder announced that Garry had handled as much as 1070 in training. Likewise, things did not go that well in the bench, where Garry had an open back bench shirt on, but he missed 672 on his opener and had to come back to get it on the board, and that big jump to 744 wouldn't go. Garry feels that if you have to 'flare' your elbows to get the bar down to your chest, the lift is basically over anyway. He had done 650 as a final warmup ... without a shirt! With a chance at the 2700 lb. total out of reach, there was still plenty for Garry to concentrate on, with Mr. Bolton, asking "Who's the MAN" when it comes to being the world's best deadlifter, in the house. Garry opened at a huge 859, done nicely, then he jumped to 909 and looked over at his competitor after making in cleanly. After Bolton made his 926, Garry strode out with a finality of purpose for the heaviest deadlift of all time - 931 pounds. Garry is both big and tall and that bar has an epic distance to travel to reach lock out, but Garry just kept hauling it up to the finish and then he held the ponderous weight for a shocking amount of time, talking and looking around with no sign of a grip problem - what an unforgettable feat of strength. He later stated that he just couldn't stop enjoying the moment, especially when the crowd got wilder and wilder in awed appreciation. Garry indicates that he felt prepared to pull as much as 948 if he had to do so, and wonders aloud if anyone will ever pull 1000. He got some nice congratulatory phone calls from some of the old timers in the sport, after word of his 931 spread around the country, from people who understand that an all time record in the deadlift is not something done with gimmicks. Even with the misses in the bench and squat, Garry still posted the 3rd highest total of all time with 2562 - and wait until the Finals roll around as there

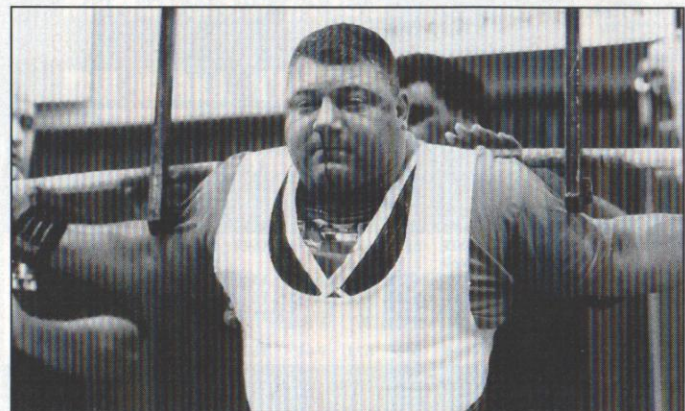
will likely be some more great pulling! (Maybe Ano can join in the fun then, too!)

The on-stage powerlifting awards ceremony was quite a spectacular, with the MetRX girls presenting the champions with their medals (when they could fit them over their heads!) and a very special award that had been conceived by Scott Johnson ... like a 'Stanley Cup' of Powerlifting. Realizing the success of our kind of lifting at the Arnold Classic, and with the Show of Strength being held in the South, Scott commissioned a one of a kind sculpture by a Russian artist he was acquainted with and decided a North - South (above and below the Mason Dixon line) competition would be recognized there. The award portrays each power discipline arrayed above the international globe. WPO Prez Kieran Kidder announced the results of this year's competition ... 31 points for the South and 22 for the North. Jesse Kellum was chosen to receive the award on behalf of the South. Of course, in the 198 lb. class he now owns the South, and the North (and the East and West, breaking the several all time Coan marks in this class). Next year in Columbus, the Westside guys will have their chance to re-claim this unique trophy, but these first year's winning lifters will already have their names engraved on it.

One of the greatest lifters in the world proved himself to be one of the greatest fans of powerlifting as well. Ed Coan was on hand, shaking hands, swapping stories, and helping several lifters, including Markus Schick, Andy Bolton, and - graciously - his sometimes rival Steve Goggins. Ed looked in great condition, and it seems the repairs from his scary accident at the Mountaineer Cup are working out 100%. He's back training, hitting 551x8 in the deadlift before coming to New Orleans to enjoy this meet, and he hopes to make his comeback at next year's Mountaineer Cup.



A Recovering Ed Coan with Louie Simmons and Arto Rajala wants to know what they're saying



Paul Childress was one of 5 guys to go over 2400 in total at this contest.

TOP 100

For standard 181 lb./82.5 kg. USA lifters in results received from October/2001 through September/2002

| SQUAT | BENCH PRESS | DEADLIFT | TOTAL |
|--------------------------------|------------------------------|------------------------------|------------------------------|
| 1 804 Coleman, A. 2/24/02 | 589 Savino, G. 2/23/02 | 730 Austin, D. 3/2/02 | 1984 Coleman, A. 2/24/02 |
| 2 780 Kamand, T. 11/18/01 | 540 Dougherty, J. 11/18/01 | 705 Esemann, T. 6/2/02 | 1970 Dougherty, J. 11/18/01 |
| 3 755 Maxwell, M. 7/20/02 | 540 Gallagher, B. 2/23/02 | 700 Dougherty, J. 11/18/01 | 1910 Kamand, T. 11/18/01 |
| 4 749 Wagner, R. 4/6/02 | 535 Frazier, R. 1/20/02 | 700 Kamand, T. 11/18/01 | 1901 Palmer, R. 6/15/02 |
| 5 749 Dougherty, J. 6/15/02 | 523 Coleman, A. 2/24/02 | 688 Palmer, R. 6/15/02 | 1829 Wagner, R. 4/6/02 |
| 6 744 Palmer, R. 6/15/02 | 523 McCormick, L. 8/25/02 | 680 Travis, D. 1/12/02 | 1800 Austin, D. 3/2/02 |
| 7 715 Austin, D. 3/2/02 | 522 Harrington, P. 8/17/02 | 675 Warren, C. 3/23/02 | 1770 Maxwell, M. 3/30/02 |
| 8 685 Wambsgans, F. 7/20/02 | 505 Stevens, A. 6/22/02 | 672 Woodley, L. 11/17/01 | 1755 Warren, C. 3/23/02 |
| 9 677 Lavelle, T. 6/15/02 | 501 Rhoton, H. 4/28/02 | 661 Wagner, R. 4/6/02 | 1724 Lavelle, T. 6/15/02 |
| 10 675 Woodley, L. 5/18/02 | 500 Waites, B. 11/18/01 | 655 Coleman, A. 2/24/02 | 1700 Crowe, B. 4/6/02 |
| 11 666 Perkins, T. 6/9/02 | 500 Palmer, R. 3/3/02 | 640 Siwiak, S. 4/7/02 | 1675 Bridges, E. 2/23/02 |
| 12 661 Bridges, E. 2/23/02 | 500 Clark, B. 3/31/02 | 639 Zueig, G. 11/17/01 | 1675 Woodley, L. 5/18/02 |
| 13 655 Guaba, 1/19/02 | 490 Swanson, B. 12/1/01 | 635 Wambsgans, F. 11/18/01 | 1653 Decker, J. 7/13/02 |
| 14 650 Warren, C. 2/24/02 | 490 Moore, C. 12/8/01 | 630 Moore, C. 12/8/01 | 1647 Solomon, M. 6/22/02 |
| 15 645 Crowe, B. 4/6/02 | 490 Saber, J. 6/23/02 | 630 Guaba, 1/19/02 | 1642 Strickland, B. 6/15/02 |
| 16 645 Kirschen, D. 6/23/02 | 475 Crowe, B. 11/18/01 | 630 Andrus, N. 6/22/02 | 1625 Waag, N. 12/9/01 |
| 17 640 Randle, J. 3/23/02 | 475 Schmolz, C. 8/10/02 | 625 Bridges, E. 6/22/02 | 1615 Waites, B. 11/18/01 |
| 18 639 Guzman, Q. 12/8/01 | 473 Lavelle, T. 6/15/02 | 625 Diaz, J. 7/21/02 | 1615 Kirschen, D. 6/23/02 |
| 19 633 Decker, J. 7/13/02 | 470 Kirts, J. 2/10/02 | 622 Davis, 10/27/01 | 1605 Kusmicki, 4/20/02 |
| 20 622 Williams, D. 4/13/02 | 462 Hudson, J. 4/13/02 | 620 White, J. 11/11/01 | 1603 Gibson, L. 4/6/02 |
| 21 622 Roy, M. 5/5/02 | 462 Roberts, J. 5/4/02 | 620 Braca, J. 7/02 | 1600 Talton, J. 3/2/02 |
| 22 622 Strickland, B. 6/15/02 | 462 Danforth, M. 9/7/02 | 617 Talton, J. 12/1/01 | 1598 Williams, D. 4/13/02 |
| 23 617 Wiley, D. 5/19/02 | 460 Conner, T. 10/20/01 | 617 Waag, N. 12/9/01 | 1592 Guzman, Q. 12/8/01 |
| 24 617 Solomon, M. 6/22/02 | 460 Alvarez, O. 10/27/01 | 617 Sonne, D. 4/6/02 | 1585 Guaba, 1/19/02 |
| 25 611 Gibson, L. 4/6/02 | 460 VanCheri, C. 3/16/02 | 617 Thompson, B. 5/4/02 | 1580 Diaz, J. 7/21/02 |
| 26 610 Davis, R. 3/23/02 | 460 Masello, B. 3/17/02 | 615 Kusmicki, 4/20/02 | 1570 Piermattiel, F. 8/24/02 |
| 27 606 Denton, T. 3/02 | 457 Pagan, 10/27/02 | 611 McCall, E. 3/16/02 | 1565 Wambsgans, F. 11/18/01 |
| 28 606 Beaumaster, P. 5/5/02 | 457 Stotirakos, G. 9/7/02 | 611 Decker, J. 7/13/02 | 1565 Beaumaster, P. 5/5/02 |
| 29 605 Van Alstyne, M. 6/23/02 | 451 Perine, R. 4/27/02 | 610 Diaz, 2/10/02 | 1565 Perkins, T. 6/9/02 |
| 30 600 Hickombottom, 12/9/01 | 451 Levering, B. 5/19/02 | 610 Solomon, J. 3/23/02 | 1565 Van Alstyne, M. 6/23/02 |
| 31 600 Phillips, W. 7/13/02 | 450 Proya, T. 10/14/01 | 610 Maxwell, M. 3/30/02 | 1560 White, J. 11/11/01 |
| 32 600 Diaz, J. 7/21/02 | 450 Willard, C. 11/10/01 | 607 Penny, K. 4/7/02 | 1559 Scully, B. 10/19/01 |
| 33 600 Clickett, M. 7/28/02 | 450 Santarone, N. 12/8/01 | 606 McNeish, K. 12/1/01 | 1543 McNeish, K. 12/1/01 |
| 34 590 Nickerson, J. 5/18/02 | 440 Waller, W. 10/6/01 | 606 Lynch, R. 12/8/01 | 1543 Coe, M. 2/23/02 |
| 35 590 Piermattiel, F. 8/24/02 | 440 Evans, C. 11/17/01 | 606 Solomon, M. 6/22/02 | 1532 Roy, M. 5/5/02 |
| 36 585 Waites, B. 11/18/01 | 440 Sussman, J. 11/17/01 | 605 Miller, R. 12/15/01 | 1525 Newman, D. 5/18/02 |
| 37 585 Kusmicki, 4/20/02 | 440 Gibson, G. 11/17/01 | 605 Foster, W. 6/8/02 | 1521 Funakoshi, E. 12/8/01 |
| 38 584 Scully, B. 5/5/02 | 440 Coe, M. 2/23/02 | 603 Hagedorn, R. 5/18/02 | 1521 Ridyard, S. 4/13/02 |
| 39 584 Olson, G. 6/29/02 | 440 Gibson, L. 4/6/02 | 601 Tyree, J. 11/17/01 | 1521 Wiley, D. 5/5/02 |
| 40 580 White, J. 11/11/01 | 440 Banks, L. 6/15/02 | 600 Scully, B. 10/19/01 | 1520 Reid, T. 11/3/01 |
| 41 578 Waag, N. 12/9/01 | 435 Kirschen, D. 9/29/02 | 600 Merrick, T. 11/3/01 | 1510 Frankl, S. 12/8/01 |
| 42 573 Smith, G. 11/17/01 | 430 Wood, J. 10/13/01 | 600 Carter, J. T. 12/1/01 | 1510 Moore, C. 12/01 |
| 43 573 McNeish, K. 12/1/01 | 430 Kamand, T. 11/18/01 | 600 Hickombottom, 12/9/01 | 1510 Phillips, W. 7/13/02 |
| 44 573 Luna, E. 3/16/02 | 430 Swackhammer, 12/8/01 | 600 Kadie, 12/15/01 | 1505 Schweikard, J. 3/30/02 |
| 45 573 Peterson, D. 5/25/02 | 430 Ramirez, A. 12/8/01 | 600 Strickland, B. 6/24/02 | 1505 Jackson, J. 9/22/02 |
| 46 570 Urchick, J. 10/13/01 | 430 Warren, C. 3/23/02 | 600 Schweikard, J. 3/30/02 | 1504 Sonne, D. 4/6/02 |
| 47 570 Markley, H. R. 12/8/01 | 430 Mamola, A. 4/13/02 | 600 Crowe, B. 4/6/02 | 1504 Steele, J. 4/27/02 |
| 48 567 Hibbert, T. 3/10/02 | 430 Giraldi, L. 4/29/02 | 600 Crigger, T. 5/19/02 | 1504 Wunz, S. 6/1/02 |
| 49 567 Delgado, B. 8/25/02 | 430 Elick, J. 8/3/02 | 600 Fletcher, D. 6/15/02 | 1504 Brown, J. 6/02 |
| 50 565 Talton, J. 3/2/02 | 430 Lewis, T. 8/17/02 | 600 Olson, G. 6/29/02 | 1500 Soule, J. 10/27/01 |
| 51 562 Lynch, R. 12/8/01 | 430 Homes, T. 8/24/02 | 600 Reid, T. 9/7/02 | 1500 Diaz, 2/10/02 |
| 52 562 Lyons, A. 3/16/02 | 430 Bedore, K. 8/02 | 595 Garofalo, R. 9/28/02 | 1500 Randle, J. 3/23/02 |
| 53 562 Wunz, S. 6/1/02 | 429 Frankl, S. 12/8/01 | 590 Lyons, A. 3/18/02 | 1500 Hall, R. 7/20/02 |
| 54 562 Fox, E. 6/29/02 | 429 Wang, N. 12/9/01 | 590 Drinkard, M. 5/11/02 | 1499 Lynch, R. 12/8/01 |
| 55 562 Brown, J. 6/02 | 429 DeMatteo, J. 8/10/02 | 585 Soule, J. 10/27/01 | 1488 Merrick, T. 11/3/01 |
| 56 562 Zaworski, 9/14/02 | 425 Carson, J. 4/6/02 | 585 Morrison, L. 9/28/02 | 1488 Cannizzaro, P. 2/16/02 |
| 57 560 Newman, D. 5/18/02 | 425 Tingle, T. 4/7/02 | 584 Evans, C. 11/17/01 | 1488 Olson, G. 6/29/02 |
| 58 555 Fields, D. 1/19/02 | 425 Ryan, 4/14/02 | 584 Smith, G. 11/17/01 | 1485 Hickombottom, 12/9/01 |
| 59 555 Solomon, J. 3/23/02 | 425 Furnas, A. 5/4/02 | 584 Hambric, A. 3/10/02 | 1485 Nickerson, J. 5/18/02 |
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| 63 551 Funakoshi, E. 12/8/01 | 424 Strickland, B. 2/24/02 | 580 Colomb, K. 3/23/02 | 1477 Sotirakos, G. 5/4/02 |
| 64 551 Cannizzaro, P. 2/16/02 | 424 Zanli, G. 4/20/02 | 580 Felts, E. 7/6/02 | 1471 Hibbert, T. 3/10/02 |
| 65 551 Coe, M. 2/23/02 | 424 Marin, J. 4/28/02 | 580 Anderson, E. 8/10/02 | 1471 Zaworski, 9/14/02 |
| 66 551 Woodworth, M. 3/3/02 | 424 Thurman, D. 5/25/02 | 578 McManus, S. 2/2/02 | 1470 Gomez, G. 11/17/01 |
| 67 551 Winkler, D. 3/02 | 424 Solomon, M. 6/22/02 | 578 Lewis, N. 9/14/02 | 1470 Markley, H. R. 12/8/01 |
| 68 550 Scagliarini, T. 12/1/01 | 420 Savage, J. 10/13/01 | 575 Felton, D. 9/28/02 | 1470 Black, 4/20/02 |
| 69 550 Moore, C. 12/8/01 | 420 Talton, J. 3/2/02 | 575 Gomez, G. 11/17/01 | 1465 Dialo, ZB. 11/10/01 |
| 70 550 Wormley, 1/6/02 | 420 Gentry, T. 8/18/02 | 575 Ferguson, D. 3/23/02 | 1465 Catalino, M. 3/16/02 |
| 71 550 Meeks, R. 2/9/02 | 420 Ward, M. 8/31/01 | 575 Ford, J. 5/18/02 | 1455 Clickett, M. 7/28/02 |
| 72 550 Diaz, 2/10/02 | 419 Klostergaard, J. 8/25/02 | 575 Piermattiel, F. 8/24/02 | 1454 Winkler, D. 3/02 |
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| 74 550 Lysobey, V. 3/24/02 | 418 Funakoshi, E. 12/8/01 | 573 Nasser, C. 11/10/01 | 1450 Brown, 1/26/02 |
| 75 550 Henninger, T. 4/6/02 | 418 Franklin, J. 2/10/02 | 573 Guzman, Q. 12/8/01 | 1450 Solomon, J. 3/23/02 |
| 76 550 Morrison, L. 5/18/02 | 418 Wagner, R. 4/6/02 | 573 Hibbert, T. 3/10/02 | 1450 Drinkard, M. 5/11/02 |
| 77 550 Hall, R. 7/20/02 | 418 Williams, D. 4/13/02 | 573 Ridyard, S. 4/13/02 | 1449 Lehman, C. 11/11/01 |
| 78 546 Nigro, M. 3/02 | 418 Steele, J. 4/27/02 | 573 MacGillis, S. 4/13/02 | 1449 McCall, E. 3/16/02 |
| 79 545 Brown, 1/26/02 | 415 Soule, J. 10/27/01 | 573 Wunz, S. 6/1/02 | 1449 Lyons, A. 3/16/02 |
| 80 545 Velasquez, E. 3/23/02 | 415 Hillyard, R. 12/8/01 | 573 Lavelle, T. 6/15/02 | 1449 Crigger, T. 5/19/02 |
| 81 545 Schweikard, J. 3/30/02 | 415 Moore, T. 8/25/02 | 573 Delgado, B. 8/25/02 | 1445 Davis, R. 3/23/02 |
| 82 545 Broussard, B. 6/9/02 | 415 Scarnell, R. 2/9/02 | 570 Urchick, J. 10/13/01 | 1437 Luna, E. 3/16/02 |
| 83 540 Reid, T. 11/3/01 | 415 Dickey, T. 3/2/02 | 570 Hostein, B. 11/10/01 | 1435 Carter, J. T. 7/20/02 |
| 84 540 Sonne, D. 4/6/02 | 415 Geraghty, M. 3/30/02 | 568 Phuah, P. 8/4/02 | 1432 Fletcher, D. 12/8/01 |
| 85 540 Ridyard, S. 4/13/02 | 415 Foster, W. 6/8/02 | 567 Reichert, G. 4/27/02 | 1432 Fox, E. 6/29/02 |
| 86 540 Walker, J. 4/20/02 | 415 Watts, S. 8/3/02 | 565 Halko, A. 10/20/01 | 1430 Wolter, J. 4/20/02 |
| 87 540 Socca, P. 4/29/02 | 413 Rosenzweig, D. 11/17/01 | 565 Ducharme, B. 12/2/01 | 1427 MacGillis, S. 2/9/02 |
| 88 540 Bider, A. 5/5/02 | 413 Lehman, C. 3/23/02 | 565 Ronney, J. 12/8/01 | 1427 Thurman, D. 5/25/02 |
| 89 535 Gomez, G. 11/17/01 | 413 Lewis, P. 4/20/02 | 565 Beaumaster, P. 1/27/02 | 1425 Davis, 10/27/01 |
| 90 535 Stumpf, B. 3/8/02 | 413 Green, J. 4/28/02 | 565 Motichka, 6/2/02 | 1420 Lysobey, V. 3/24/02 |
| 91 535 Catalino, M. 3/16/02 | 413 Fursusho, T. 5/5/02 | 565 Van Alstyne, M. 6/23/02 | 1420 Warshany, 6/2/02 |
| 92 535 Jones, M. 3/23/02 | 413 Martinez, J. 8/25/02 | 570 Urchick, J. 10/13/01 | 1416 Hambric, A. 3/10/02 |
| 93 534 Santos, R. 3/16/02 | 410 Solomon, A. 11/11/01 | 565 Harrington, P. 8/17/02 | 1416 Allen, J. 3/23/02 |
| 94 534 Reichert, G. 4/27/02 | 410 Orrell, R. 2/17/02 | 562 Catalino, M. 10/20/01 | 1415 Meeks, R. 2/9/02 |
| 95 530 Black, 4/20/02 | 410 Heathman, S. 5/4/02 | 562 Teeter, D. 10/20/01 | 1410 Urchick, J. 10/13/01 |
| 96 529 Michael, B. 4/13/02 | 410 Clark, L. 5/11/02 | 562 Dialo, B. 11/10/01 | 1405 Woodworth, M. 3/3/02 |
| 97 525 Ripley, G. 10/13/01 | 410 Brown, J. 6/8/02 | 562 Baertlein, B. 11/17/01 | 1405 Denton, T. 3/02 |
| 98 525 Yeargin, 3/16/02 | 410 Russo, T. R. 8/3/02 | 562 Shurley, J. 2/2/02 | 1405 Reichert, G. 4/27/02 |
| 99 525 Dewbre, J. 3/23/02 | 410 Cooper, Z. 8/11/02 | 562 Mumaw, J. 4/7/02 | 1405 Merrero, M. 5/11/02 |
| 100 525 Nevac, C. 3/23/02 | 407 Baertlein, B. 11/17/01 | 562 Steele, J. 4/27/02 | 1405 Barrero, O. 6/23/02 |

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 10mm buckle or lever belt \$58
 Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

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