# POWER SHOE

maximize your leverage o stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover





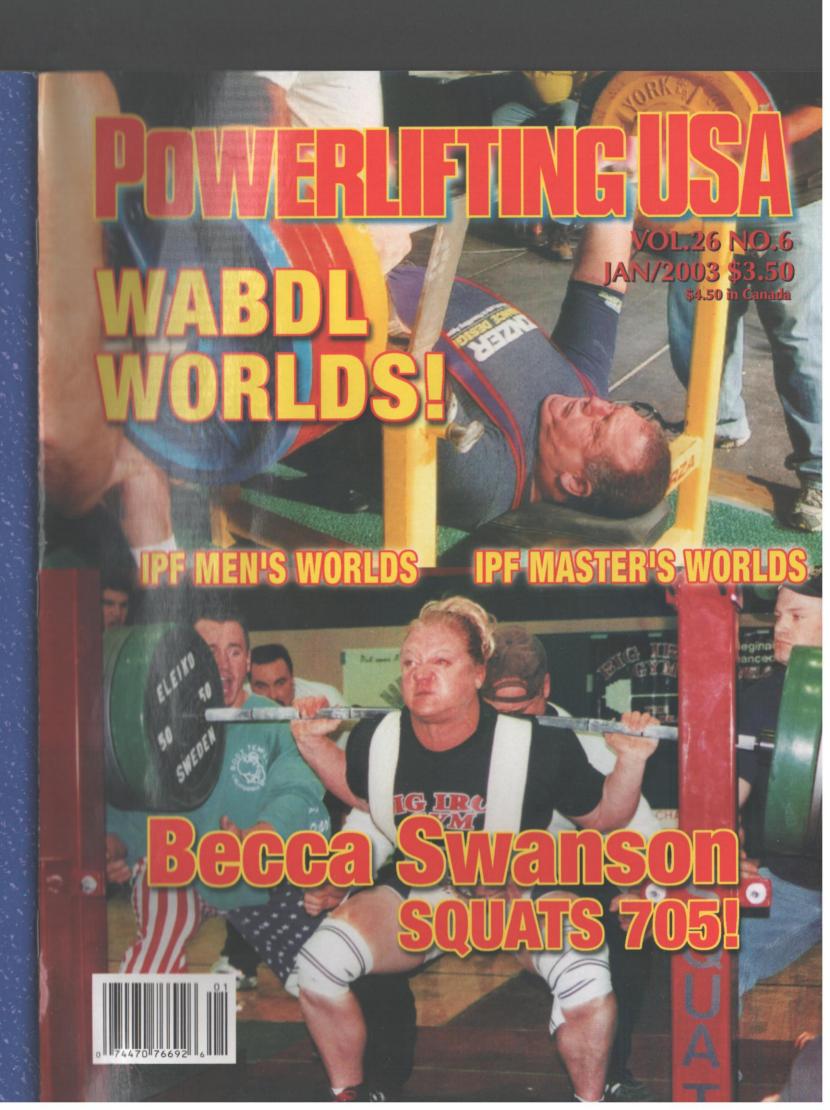
SOLE MOLDED TO PERFECTION Inside Sole is Flat and Same Height from
Toe to Heel. This Shifts the Load to the
Larger, More Powerful Muscles and
Power Position for a Bigger Squat.

INZER POWER SHOE \$119.95

Available in solid white with scarlet red logo, Solid black available soon, Sizes 4-1/2 - 15 **All-Direction Traction Bottom** 

# ADVANCE DESIGNS

The World Leader In Powerlifting Apparel P.O. Box 2981 • Longview, Texas 75606 800-222-6897 • 903-236-4012







**GLC 2000** 1 Full Spectrum Formula

**Just got Better** 100% Pure Compound Now in Capsules

> and Distributors Welcome Open an Account for your Gym or Do-Jo

The World's Greatest Martial Artists Can't Let Joint Pain Slow Them Down. That's Why Top Professionals and World Champions Use the Best

**GLC 2000** 

GLC is the World's Only Full Spectrum Glucosamine formula scientifically engineered to help your body regenerate Patent Pending damaged and worn articular cartilage.

Rob Fletcher and Relson Gracie

In the ring or in the gym, being the best

means pushing your body to the limit each

and every day. That's why Professional

Athletes and Medical Doctors rely exclu-

sively on the Patent Pending formula found

in GLC 2000 to help reduce pain, speed

Surgical Specialist

Co-founder CAPP Care Preferred Physicians Guild

GLC 2000 is the only product

vaste NaCl, KCl, HCl, N

World Record Holder

on what's most important,

taking my workouts

and contest prepara-

tion one step higher."

Conversion HCI.-KCI.+NaCl.NAD Ester Glucosamine 6 Phosphati

GLC 2000 is the ONLY joint supplement

strong enough for the World Powerlifting

Organization and strong enough for you.

2 K+ glucosamine Na+/glucos

"My knee and shoulder soreness from

exercise has completely disappeared.

GLC 2000 lets me concentrate

joint recovery and increase their flexibility.

which effectively addresses glucosamine utiliza-

tion. If you are serious about the care of your

joints, GLC 2000 is as good as it gets."

Glucosamine

Active Cellular

Transporter

and Nutrient

Ionic Transfer

World Champion Forced into retirement Gary Stevens November 1999 with degenerative arthritis

GLC 2000

### Attributes Full Comeback to GLC 2000 Year 2001 Earnings \$11,864,491.00

"This is absolutely the best product I have ever used. The Doctors told me I was out of options, my career was over; but after only 3 months using GLC, the pain totally went away and I'm able to live my dream once again. GLC 2000 has literally given me my life back! Thank you GLC

Jean Mae Cordova 81 years Young

"I have suffered with arthritis pain for the last 65 years. After taking GLC 2000 for only 3 weeks the pain disappeared and has never returned! What a relief to work out pain free and wake up in the morning without the achy stiff joints. Thank you for such a wonderful product."

GLC's powerful powder delivery system is now available in free form and capsules to help increase your bodies uptake and absorption levels. This 100% pure compound guarantees superior bioavailability and utilization. Don't waste your time and money on denatured tablets or sugar water drinks. Take control of your joint pain just like the pros. Get serious, get GLC 2000 No empty promises, just pure science.

Tito Ortiz and Bas Rutten

100% Pure Pharmaceutical grade powde

ach Level Scoop Contain

3.5 grams of Pure GLC

Superior Compound. Best Price Guarantee As the manufacturer and wholesaler we provide you the lowest price per gram of any reputable national brand GUARANTEED



\$.55 ea 1.79g

Powder Concentrate 350 grams- \$55.00 ea + \$4.95 S&H New Capsule Form 240 grams- \$38.50 ea + \$4.95 S&H

Toll FREE

Call NOW 1-866-GLC-DIRECT 866-(452-3473) WWW.GLCDIRECT.COM

valuated by the Food and Drug Administration.. This product is not intended to diagnose, treat or prevent any disease \*3 month supply based upon 350 gram jar and average body weight of 175 ib.

### Powerlifting USA Post Office Box 467 Camarillo, CA 93011

Editor-In-Chief Mike Lambert
Controller In Joo Lambert
Statistician Herb Glossbrenner
Publisher Mike Lambert

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

### PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr...........\$31.95
USA addresses, 2 yr........\$58.95
First Class Mail, USA, I yr .....\$54.00
Outside USA, surface mail .. \$42.00
US Outside USA, air mail ..\$84.00 US

Telephone Orders Subscription Problems 800-448-7693/805-482-2378 FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

# **MUSCLE MENU**

- Volume 26, Number 6 - January 2003 -

IPF MEN'S WORLDSPeter Thorne4
WABDL BENCH WORLDSGus Rethwisch6
IPF MASTERS WORLDSJohnny A. Graham10
BECCA SWANSON BREAKS 70012
SERIOUS MASS, PT. IIIAnthony Ricciuto14
FRED HATFIELD INTERVIEW, PT. IIDr. Larry Miller16
SPORTSMANSHIPDr. Judd Biasiotto18
PRODIGIOUS PUSH-PULLSHerb Glossbrenner20
MAKING THE CONVERSIONGeorge Halbert22
FORCE TRAINING Q&ADave Tate23
INTENSITY ZONE LOADING, PT. ILouie Simmons26
MANAGING MEET WARMUPSDoug Daniels32
WORKOUT OF THE MONTHEd Morishima33
NASS NORTH AMERICAN STRONGMANTony Soucie34
RESEARCH APPLICATIONSMauro Di Pasquale MD36
HARD CORE GYM #18Rick Brewer38
COMING EVENTSMike Lambert49
TOP 100 198sMike Lambert86
UNCLASSIFIED ADS87

ON THE COVER .... Bill Gillespie @ the WABDL Worlds (Goroza) and Becca Swanson's 705 squat (courtesy R. Hussey)

Copyright 2003 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

# POWERLIFTING USA Magazine

**ALL PURPOSE SUBSCRIPTION FORM** 

Address		
Address		
City	State Zip	

YES!	SIGN	ME	UP!
Check	one:		

NEW	
RENEWAL	

Address Change

\$31.95 for 12 monthly

issues. \$58.95 for 2 years
(USA address rates)
Payable to: Powerlifting USA,
Box 467, Camarillo, CA 93011
(MC/VISA also accepted)

# MARDEOREIII



Congratulations to Wade Hooper! Successful Pro Powerlifter, IPF Open World Record Holder and Multiple USAPL National Champ. After changing to Inzer Power Gear, and the HardCore, Wade's lifts have taken off!

### HardCore (v. 2.0), the first and the best of the new evolution in squat suit technology

- HardCore material has the most rebound power of any power material
- HardCore has a definite stopping point after coil, then rebounds to full return.
- The HardCore is designed by the powerlifting gear experts and is patented with two U.S. patents.
- New Core Lock™ prevents slipping of the legs without constricting your thigh.
- Squeezes the body like a powerful wrap, ensuring support even in the top range.
- · The perfect amount of non-stretch and rebound combination.
- Unlike another company's attempt at a "premium" suit, the HardCore is virtually blow proof as proven in recent top level competitions.
- The design and thickness of material provides a level of comfort that, up until the HardCore, has been a nonexistent feature of squat suits.
- HardCore material is over 40% heavier than the closest fabric on the market.
- Compared to the HardCore, a competitor's attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their premium price for a lesser suit, we recommend our proven, world-recordbreaking Champion and Z Suits at a significant savings)
- HardCore material was engineered and created to exact specifications for powerlifting gear. A first.
- A true investment and long term savings. Up until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.
- Does not sag or get baggy in the seat. Only HardCore has Memory™ which retains its shape and power after every use.
- The largest research and development production ever in powerlifting gear technology. Only Inzer Advance
  Designs could bring this new evolution to the powerlifting world.
- Built for all squat stances and styles. After you pull the crotch up and secure the HardCore legs in place, the Core Lock™ will help your legs stay firmly planted whether you use wide stance, ultra wide or close.
- The bottom line: When fitted properly, you will squat significantly more in a HardCore, over a longer time and with more comfort and greater safety.



Also ask us about the new **phenom** Bench Press Shirt!

The championships were held in the Slovakian town of Trencin. The excellent meet hotel and the lifting venue sat at the foot of a 12th century castle that overlooked the event, the city, and the surrounding countryside. The night before the championships a ceremony was held in an ornate seven hundred year old church. The mass for the lifters, given in English, included singing from opera stars from Bratislava. It was held to honor those lost and

# IPF MEN'S WORLDS

### as told to Powerlifting USA by Peter Thorne

suffering from September 11th as well as to bless the lifters competing in the 2002 powerlifting championships. The operatic voices resounded through the ancient church and one could imagine we had stepped into the medieval past.

Thursday November 14th we

were back to the present. The weather was perfect as the opening ceremonies were held, with participating athletes from 35 countries as well as Slovak dignitaries, powerlifting fans, and the IPF administrators. The Slovak Army Band gave the contest a rousing start. After brief

speeches by Slovak dignitaries, IPF President Norbert Wallauch declared the championship open and the lifting began. The classes were deep with competitive lifters. The 52 kg. group was the only class that started with less than 10 lifters, but even it was fiercely competitive. The 110 kg. class started with 24 lifters. There looked to be a battle in every division. The contest was well prepared as IPF and contest Technical Secretary, John Stephenson, had over 50



TEAM USA ... left to right, James Benemerito, Bettina Altizer, Nolan Crabbe, Gale Gillingham, Tim Taylor, Robert Keller, Ervin Gainer, Brad Gillingham, Wade Hooper, Jerry Dalley, Larry Maile, Tony Succarotte, Steve Johnson?, Dr. Bernie Miller, Greg Wagner, Alan Whigham, ?, Dr. Patrick Anderson, Ray Benemerito, ?, Mike Mastrean, ?, Tony Cardella, Sherman Ledford. (all photographs were provided by the courtesy of Peter Thorne)



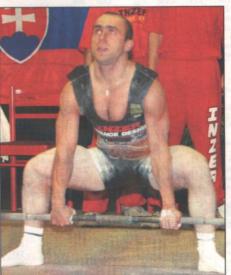
International Category referees on hand to judge the lifting.

52 kg. class: The once unbeatable Stanaszek was beaten for the gold the second year in a row. This time it was Ravil Kazakov of Russia who defeated Poland's champion. It took Stanaszek 3 tries to get in his opening 280 kg. squat and he made just one bench and one deadlift. Kazakov got 3 benches, 3 deadlifts, and the win. Stanaszek narrowly avoided an unimaginable replay of last year's 3rd place finish by virtue of his lighter weight. Taipei's heavier Hu/Chow-Hsiung was tied with him, both with a 580 kg. total. USAPL's Ervin Gainer had some problems on the bench and made his 130 kg. opener only on his third try. His 557.5 total landed him a solid 4th place finish in this class.

56 kg. class: again belonged to the 7 time World Champion Constantine Pavlov of Russia. The ever-youthful looking Pavlov has missed the gold only once since 1995. This day he had no failed lifts for a 652.5 kg. winning total. USA lifter Alan Whigham's first challenge was with Dutch immigration as he lost his passport in Holland. When Alan finally arrived in Trencin his next challenge was to get down to the 56 kg. class limit. He took on the nearly impossible task, for a lightweight lifter, of shedding 17 pounds in time to lift. Alan ended up with a first place in the weight loss department and 8th place in the 56 kg. powerlifting competition.

60 kg. class: was the third Russian win in a row. Mikhail Andruchin posted a 685 kg. total to best last year's champ, Ireland's Gerald McNamara. McNamara's 652.5 personal best could only insure 2nd place. USAPL's Tim Taylor had a tough day starting in the squats. He finally made his 200 kg. opener on a hard 3rd effort. Tim could only get in one deadlift for his 587.5 total and 7th place finish.

67.5 kg. class: was all Jaroslaw Olech of Poland with an 805 kg. total. Olech set a new world record his 2nd squat of 325 kg. and then another world record with a successful 330 kg. squat on a third attempt. Olech's 805 kg. total and 625.16 Wilkes points also won him the title of Champion of Champions, the best lifter in the meet. Olech's rival Alexei Sivokon was unable to compete. It was reported that the entire Kazakhstan team were unable to get visas in time for the competition. There were no Americans in the 67.5 class.



148 winner Olech is an excellent deadlifter



Furashkin coolly broke the Ausby Alexander squat record and the 1900 mark in the 165s

The 75 kg. class: started out with some controversy in the judging of the squat. There was some clamor from the coaches, especially the Russian coach, and the spectators joined in. When everything settled Victor Furashkin of Russia turned up the winner and with a world record squat (328.5 kg.) and 862.5 total on the way. Kutchner of Ukraine was 2nd. The USA's Wade Hooper, looking very powerful missed his first squat, on a technical error. That miss was part of the early controversy. Wade made his second attempt with 310 kg. look light. On his third squat of 317.5 kg., Wade blasted it up with power to spare. Wade felt like he had lots more left, and was disappointed that his third attempt was not for the IPF world record, a mark that has eluded him for some time. He did pick up the third place bronze medal overall, the first medal for Team USA.



Wade Hooper looked strong in the warmups

In the 82.5 kg. class: with 17 lifters from 15 nations there was sure to be stiff competition. Rob Wagner was up to the task as he provided everyone with a lesson in the squat. Rob came through with all the white lights he needed on all three of his big squats. He earned the gold in that lift with his 337.5 kg. 3rd attempt. Wagner made all three of his benches. His only miss was his 295 kg. final deadlift, which he had almost to lockout before the bar slipped from his hand. Rob, with a great day on the platform, reeled in the bronze medal, the second medal for Team USA. Dmytro Soloviov of Ukraine was the winner and Jan Wegiera was 2nd. Both men had an 837.5 total in this exciting competition. Dmytro won the gold by virtue of his lighter bodyweight.

(this article is continued on page 84)



Shop secure online: www.physiquebodywareusa.com

Six hundred ten lifters competed with over 900 benchers and deadlifters and 1073 names in the program with some mentioned 2 or 3 times. The attendance was 682 on Thursday, 724 on Friday, 1020 on Saturday, 584 on Sunday, and 496 on Monday. 1804 room nights were reserved at the hotel.

In Class I Bench Josh Harrison won at 132 with 297 - an AZ SR. Jon Shapiro of CA and Jason Imamura of HI were 2nd & 3rd with 286. At 148. Adam Chamie of NJ won with 352 and Eric Nahorniak of NV was 2nd with 319. Scott Graves of ID was 3rd with 286. At 165 Randall Wrye set a GA SR with 374 to beat out 6 competitors. Kenny Bateman of NV was 2nd with 325 and Ronnie High of TX was 3rd with 319. Kenny Rothe of UT was 4th with 308. At 181 Jamie Siebrecht set an IA SR with 413. Sofala Maiava of WA was 2nd with 407 and Rich Eley of NV was 3rd with 380 and Pablo Arriaga of TX was 4th with 358. At 198 James Whitney tied the TX SR with 418. Steve Ughe of CA was 2nd with the same weight but was heavier. Steve looks like a Clark Kent with glasses that belie his real strength. He is the owner of Palace Gym in Burlingame and brought a full team. There were 14 contestants at 198. Nathan Nelson was 4th with a NV SR 413. Sean Olsen was 6th

### WARDI BENCH WORLDS

WABDL	BEN	CH WORLDS		Nick Sinardi	253	Cristy Richer	192!
14-18 N	OV	02 - Reno, NV		220		148	
ENCH		David Bradshaw	413	Michael Elliott	314	Carie McKeefer	137*
RESS		Jason Gibson	402*	Steve Pena		165	
ONLY		Thomas Reiher	402	242		L. Richardson	292!
lass 1 Men		Michael Overbey		Cody Colchado	473	Stacey Hammar	203
32		Gary Hughes	391	Bobby Blackmon	369	Law/Fire Master 4	10-47
osh Harrison	297	Joshua Schrag	385	308	40.40	148	200
on Shapiro	286	Michael Rainey	363	Omar Sanchez	424*	David Edmondson	
ason Imamura	286	Harland Barrett	336	Disabled Women 97		4th	303!
Danny Dickey	231*	Dale Lindsey	259	Lisa Marie	82	181	435!
48	Tale	Ronald Edwards		Kathrine Todd	55	Lee Roy Banks	4331
dam Chamie	352	Robert Yost		SHW	33	Rudy Lopez 220	
ric Nahorniak	319	242			93	Craig Palmer	468
Scott Graves	286	Scott Cartwright	468	Alyxa Conlee	93	Zachary Clark	462*
G. Langmead	281*	Ed Barnes	451	Jr. M 20-25 165			435*
. Fernandez	242	Buddy McKee	446*	Matt Elrod	424	Jeffery Jones Ronald England	341
David Brinegar	187	Allen Leavitt	424	Gabe Hamel	402*	275	341
65		Michael Smyser	424	181	402	John Minahan	473
landall Wrye	374*	Anthony Dilk	407	Casey Dunaway	363*		4/3
enny Bateman	325	Frank Gonzales	402	Ryan LaPlace	303	David Marchant	585!
tonnie High	319	Tim Prince	391*	198	303	Law/Fire Master 4	
enny Rothe	308	Terry Putman	385	Chad Matthews	457	198	10+
. Stranghoener	242	Gregg Ramsdell	385	Mathew Christie	385	Charles Mcfarlane	1214*
om Swisher	203	Kevin Lockett	374	Jason Rooney	369	220	u314
errel Gray		Mike Murphy	347	220	309	Michael Overbey	2021
81		<b>Bobby Blackmon</b>	330	Chris Duffin	512	308	374.
amie Siebrecht	413	275		Brad Neal	501	Bruce Sabin	440
ofala Maiava	407	Jim Presley	490*	Richard McKeefer		SHW	440
tich Eley	380	Norman Rial	440	Brandon Chamras		Paul Goodwin	429*
ablo Arriaga	358	Leo Contreas	429	Joshua Schrag385		Law/Fire Master	447
orin McKellar	314	Carl Wimmer	424*	Jamie Bennett	319	Women 123	
nute Matthews	303	William Burke	402*	242		Leticia Buie	160
98		William Poston	374*	Phillip Davi	534	Law/Fire Master	
ames Whitney	418	308		Don Goldsworthy		Women 48+	
teve Ughe	418	David Dunn	507	Eric Wright	507	165	
efferey Waters	413	Colin Bonneau	501	Tony Arterburn	485	Camellia Luprete	154
Nathan Nelson	413*	4th	512	275		SHW	
Aichael Choate	407	Bruce Sabin	473	Michael Womack	519!	Carolyn Fay	99
ean Olsen	407*	Brett Fleak	440	Adam Gruver	462	Open Law/Fire M	en
ason Frickey	402	Matt Wattles	462	Jerry Pritchett	435	148	
tick MacQuarrie		John Newman	407	Bobby Snyder	369*	David Edmondson	1298
rank Powell	391	SHW		Jeremy Martin	352	181	
Matthew Christie		James Crawford	507*	308		Pablo Arriaga	358*
Jennis Sugimoto	374	John Wooner	485*	Josh Bryant	5841	198	
eff Ray	363	Marcus Matheney	440	Toby Levers	534	Jeffrey Waters	413
lobert Reynolds	341	Disabled Men		SHW	334	William Rivord	391
Aike Dees	292	148		Kevin Tashiro	407	220	371
20		Bryan Huffer	77	Jr. W 20-25	407	Malt Lamarque	545
Aick Quilici	462	198		97		Mike McKenzie	501
ruce Nichols	424	Jose Valtierra	369	C. Fernandez		Joe Guerra	479*
ohn Boettger	424	Ched Ward	303	C. remandez		Zachary Clark	462

# WABDL BENCH WORLDS

### as told by Meet Director GUS RETHWISCH

with a UT SR 407. At 220 Mick Quilici of NV set a SR with 462 to beat out 12 contestants. John Boettger of MO was 3rd with a 424 SR. Jason Gibson of UT set a SR 402 and 5th place. At 242 Scott Cartwright beat out 13 contestants with a 468. Ed Barnes was 2nd with a 451 and Buddy McKee of AL set a SR with 446 and finished 3rd. Allen Leavitt of ID was 4th with 424. At 275 Big Jim Presley, who has 23" arms, set a CA SR with 490 to beat out 6 contestants. Norman Rial of CA was 2nd with 440. Leo Contreras was 3rd with 429 and Carl Wimmer was 4th with a UT SR of 424. William Burke was 5th with a GA SR of 402. At 308 David Dunn tied a GA SR with a big 507. Colin Bonneau of Canada was 2nd with 501. Bruce Sabin was 3rd with a CA SR 473. Matt Wattles of ID was 4th with 462. At Super James Crawford, a transplanted Hawaiian living in WA, benched 507 for a WA SR. John Wooner was 2nd with a CASR 485. Marcus Mathenev of OR was 3rd with 440. Outstanding lifters were Adam Chamie at lightweight, Randall Wrve - middleweight, Mick Quilici at lightheavy, and Colin

> 253 Cristy Richer 192! 314 Carie McKeefer 137\*

Zachary Clark

Bonneau at heavyweight.

In Disabled, Cody Colchado of TX was Outstanding lifter with 473 at 242. Jose Valtierra of TX set a disabled WR with 369 at 198.

In Junior at 165 Matt Elrod of SC won with 424 and Gabe Hamel of OR set a SR with 402 for 2nd. At

181 Casey Dunaway set an ALSR with 363. Rvan Laplace of TX was 2nd with 303. At 198 Chad Matthews won with 457 and Matt Christie of GA was 2nd with a SR 385, Jason Rooney was 3rd with an ID SR 369. At 220 Chris Duffin set an OR SR 512 to with the Worlds and Brad Neal was 2nd with an OK SR 501 and Richard McKeefer also of OK was 3rd with 446. At 242 Phil Davi tied with

CA SR with 534 and Don Goldsworthy of WA was 2nd with 529 and Eric Wright of TX was 3rd with 507. At 275 Michael Womack of CA set a WR with 519. Adam Gruver was 2nd with 462. Jerry

Pritchett of AZ was 3rd with 435. Jerry also pulled a WR deadlift of 734. Bobby Snyder of AL set a SR with 369 to take 4th. At 308 Josh Bryant set a WR with 584. Tobu Levers of CA was 2nd with 534. At Super Kevin Tashiro of HI won with 407. Best lifters were Matt Elrod lightweight and Josh Bryant-Heavyweight.

In Junior Women, Cristy Richer of NV set a WR at 132 with 192. At 148, Carrie McKeefer set an OK SR

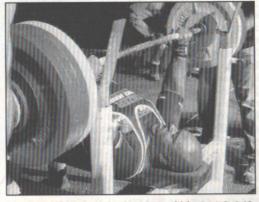


Michael Womack - a Jr. World Record 519

with 137. At 165, Leonetta Richardson set a WR with 292 and won outstanding lifter. Stacey Hammer of ID was 2nd with an ID SR

In Law/Fire Master 40-47 148

Joah Ash	451*	George Herring	501	132		Theodore Feight	187
Sean Boyle	440	Rick Brewer	418	Gary Bobrovitz	248	181	
242		Robert Reynolds	341	Homi Shivaie	209	Al Dalton	
Jason Jackson	633	David Bertier	325	148		Rich Tsutsui	363
Tony Arterburn 275	485	Mike McCormack 220	303	Clotario Portugal David Higgins	259	Jerry McCamman R. Contreras	325
Andrew Porter	429*	Bruce Young	440	165		Ritchie Creevy	303
Carl Wimmer	424*	Mike Robinson	429	Sheldon Weingus		Michel Rioland	292
George Sutton		Bruce Read	402	Randall Wrye	374*	198	
308		Larry Benner	402	Jim Cargill	347*	Dan Swift	402
Kevin Tashiro	407	Andy Gose	385	Ferrel Gray	242	Olicio do Santos	325
Law/Fire		Ray Whatley	380	181		T. Haggenmiller	319
Open Women		Paul Wondra	380	Edgar Martinez	341	G. Holzinger	303
123		D. Burlingame	363	Perry Plush	336	Bob Hill	292
Karen Gordon	171*	Ronald England	341	Rocco Parodi	330	242	
165		Michael Elliott	314	John Tyree	330*	George Nelson	529
Camellia Luprete		242		Ron Jones	242	Daniel Smith	402
Law/Fire Sub Mer	1	Dave Henderson	501	Eric Ansberry	220	McElvin Pope	363
165		Rich Ludlam	501	Fred Martichuski	203	<b>Burt Merriman</b>	336
AJ Agamao	440	Tom Starkweather		198		Harold Barrat	270
4th	468!	<b>Buddy McKee</b>	451*	Rocky Gingg	485!	308	
181		Chris Warrick	435	Tom Gonnering	440*	Colin Bonneau	501
Andy Ellis	380	Noble Cozine	418	Steve Ramey	424	4th	512
198		Frank Gonzales	402	Mark Mauldin	348*	Robert Smith	424
lames Whitney	418*	Al Dawson	374	Cecil Wood	281	Richard Hamilton	330
220		Steve Gaytan	352	<b>Ronald Proctor</b>		M 61-67	
Kenneth Millrany	468	Brad Stewart	314	220		148	
Rodger Broome		275		Randy Marchant	374	P. McKenzie	242
242		Joe Harms	523	Ronald Edwards	369	165	
Frank Wakakuwa		Jim Presley	490	Byron Sanford	325	Gerard Boucher	325
Doug Tracy	435	William Burke	402*	Raul Lopez	308	Richard Gidcumb	248
Michael Smyser	424	Ken Eyre	402	242		181	
. Soekardi		Robert Jackson	391	Bob Gunn	451	Rudy Lozano	352
Law/Fire Sub Wor	men	Bradley Butler	374*	Forest Hofer	385	Roy Guidry	325
123		Eddie McDonald	369	Doug Ward	352	Earl Beardall	242
Michael Lemes	126	308		Mike Murphy	347	198	
148			584	Gary Stevens	308	Ken Anderson	424
Latasia Anzai	159	Cyril Lewis	551	Willard Crossen		John Herbein	242
M 40-46		Paul Ratsch	523	275	***	Rodney Guidry	231
123	0.50	Steve Khader	451	Phil Andrews	496	220	
Bobby Sanders	253	Joe Mickelson	424	Don Frosland	496	Bob Bassman	341
165	2/0	John Newman	407	Sam Pecktol	462	242	201
Dan Marxheimer	369	SHW	( 701	Steve Brown	435*	Mike Bonifield	281
Danny Winslow	326	Bill Gillespie	672!	Leo Contreras	429*	275	400
Leo Mattoni	303	Tom Manno	666	Charles Kelly	380	Danny Herrera	402
Marloe Mosley	292	David Marchant 4th	585 600	William Poston 308	374*	Jimmy Duckett 308	330
Bob Levering	479*	James Young	512	Frank Beeler	562	<b>Gary Thomas</b>	424
Ed Morishima	479	Brian Rehberg	501	4th	567!	Gary Johnson	341
Lee Roy Banks	435	T. McKinney	496	SHW		M 68-74	
eff Jones	391	John Wooner	485	Carl Rosborough	507	148	
198		David Chase	485	M 54-60		Robert Cortes	242
Keith Kanemoto	501	M 47-53		148		165	1
The state of the s	-			CONTRACTOR AND ADDRESS OF THE PARTY OF THE P			



Dave Edmondson of UT set

a WR with 303. Dave also

did an outstanding job of

judging and helped in the

weigh-in room. His wife

Anice also did an excellent

job in the weigh-in room. At

181 LeRoy Banks of IL set

a WR with a 435 bench

without a bench shirt. He

broke the old record by 10#.

In law/fire master 40-47

Craig Palmer of MT edged

out Zach Clark 468 to 462.

Clark's lift was a CA SR.

Jeffery Jones was 3rd with

a NV SR 435. At 275 John

Minahan, the WR holder at

Marchant.

with 160 at 123.

Bill Gillespie

181. Jeff Waters set a TX record

with 413 at 198 and became World

Champion too. At 220, CA State

Jason Jackson benched an incredible 644 @ 242

contestants with a 545. Mike 502, had to settle for 473. At Super, Dave Marchant set a WR with a huge Mckenzie of CO was 2nd with 501 a SR Joe Guerra was 3rd with a TX 600. He is a Policeman from Murray, UT. Outstanding lifter was Dave SR 479. Joah Ash was 5th with an OR SR 451. In 242 Jason Jackson In Law/Fire master 48+ Michael of OK set a WR 644, and this is the Overbev set a WR with 392 at 220 4th time he has passed the drug test. and Charles McFarland set an OR He is a combination of power, speed, and aggression without being intimi-SR with 314 at 198. At super Paul Goodwin set a CA SR with 429. dating. He is undefeated in tough man competitions. Tony Arterburn In Law/Fire Master Women 40of Bragg, NC was 2nd with 485. For 47 Leticaia Rosales-Buie set a WR most of the last year, he was an In Law/Fire open men Pablo Army MP was guarding Al Queda Arriaga set a TX record with 358 at prisoners in Afganistan. At 275 Open

> 2nd with a SR 424. In Law/Fire open women Karen

law/fire Andrew Porter of CA set a

SR 429 and Carl Wimmer of UT was

Champion to	D. A	LZZU, CA SIO	ne	Ziid willi a 3	11 72	т.	
Chairman Ma	tt Lar	marque beat ou	t6	In Law/Fi	re op	oen women Ka	aren
Ed Morishima	220	198		Tom Manno	666	Don Moser	336
Martin Gary	220	Byron Beebe	451!	Chad Aichs	551	Brain Johnston	314
Ron Goodman	209	Allen Berry	440	<b>Tomas McKinney</b>	496	Matt Taylor	297
181		G. Warrington	534	J. Deaz de Leon	479	<b>Richard Anderson</b>	236*
Charles Ferrando	264	George Herring	501	William Baker	457	198	
198		Bill Shalkowski	501	Special Olypian N	len	Bill Shalkowski	501
Earl Cotton	297*	Ernie Mil-Homens	462	132		Allen Berry	440
220		<b>Chad Matthews</b>	457	Jon Shapiro	275	Jason Frickey	402
lack Puccio	319	Brant Bishop	446*	148		Andre Planchon	402
242		Tom Gonnering	440*	Chad McFarland	192	<b>Dennis Sugimoto</b>	
Ernie Anderson	440!	Frank Powell	391	Eric Janvier	143	Mike Dees	292
M 75-79		Delwin Chinn	380	Mike Sirard	110	220	
148		Fernando Salinas	319	165		Joe Raynor	545
<b>Authur Whinston</b>	110*	Ched Ward	303	Michael Bailey	159	Harry Woods	540*
165		Cecil Wood	281	Sean Coawrd	137	Kenneth Millrany	
Robert Fornachor	220	220		181		David Bradshaw	413*
Jim Schall	209	Matt Lamarque	545	Brent Ruth	203	242	
Dick Gibson	170	loe Raynor	545	Michael McHugh	192	Russell Kitani	600
181		Harry Woods	540	Antwon Belfils	154	Cody Colchado	476
Sonny Ronolo	292!	Mike Ludovico	529	198		Danny Dorado	440
220		Chris Duffin	512	Andrew Bixler	187	Robert Vessels	440
Eugene Miranda	242	Greg Stephens	512	Adam Markham	176	Allen Leavitt	424
Richard Turner	220	Patrick Thomas	507	Aaron Szoke	132	Terry Putman	385
M 80+		Brad Neal	501	220		1. Soekardi	
148		Joe Guerra	479	Scott Cortez	159	275	
lack Heizelman	165	Mike Desrosiers	468	Kasey Dean	198	John Stewart	650!
181		Richard McKeefer	446	Jeff Hybl	198	Carl Rogers	551
<b>Donald Dreyer</b>	143	Bruce Nichols	424	Anthony Johnson		Darren Thompson	
Open		Jason Gibson	402	Trevor Irwin	121	Joseph McMurray	380
132		Thomas Reiher	402	242		308	
Gerardo Jaramillo	281!	Paul Wondra	380	L. Henderson	176	Steve Wong	633
Jason Imamura	286	Dan Tubridy	330	Brian Jonasson	176	Jim Schermerhorn	
Jeff Thomure	270	Steve Pena		275		John Barada	589
148		242		Troy Hubbard	165	Sub W 34-39	
Danny Dickey	231*	Jason Jackson	633	Special Olypian		105	
Taylor Tom	435!	4th	644!	Women		Carmela Baqui	121
Kom Phanekham	347	Russell Kitani	600	105		114	
<b>Brad Montague</b>	347	Frank Wakakuwa		Soledad Rosas	104	Lori Walson	166!
L.Scott Graves	286	George Nelson	529	181		Carol Richardson	
165		Phillip Davi	518	Emily Matlack	93	Shelley Ellis	121
Ray Hickman	429*	Ryan Girard	479	Lauren Dare	88	123	
Matt Elrod	424	Robert Vessels	440	198	-	Julie Green	171
Sheldon Weingus		275		Holley Matlack	99	4th	176!
Monte Hokoana	374	Darren Thompson		Sub M 34-39		Jennifer Souders	143
Jesse Romero	369	George Sutton	479	Gerardo Jaramillo		Michael Lemes	126
Andrew Scherer	358	Jerry Prichett	435	4th	281!		
Kenny Rothe	325	Paul Meeker		148		Elodia Womack	121
Michael Haynes	303	308		Brian Crocker	352*		104
181		Jim Schermerhorn	n 600	165		148	
Ed Morishima	479	Jim Cunningham	589	AJ Agamao	440!		159
Lee Jones	468	David Dunn	507	Michael Haynes	303	Jeanne Walts	154
Jeff Sussman	451	Steve Khader	451	181		165	
Greg Bullington	358	SHW		Greg Buffington	358	Kelly Mahoney	176!
0		all all 1	-	0	2528	Caus Fauland	154

672 Darren Carr

352\* Gave England

from IL set a WR at 123 with 171.

In Law Fire Submaster AJ Agamao of CA set a WR 468 at 165 - that is a big time lift. James Whitney at TX won at 198 with 418. At 242 Frank Wakakuwa of HI put up 600. He's been consistently benching 600 for about 7

In master men 40-46 at 123 Bobby Sanders set a CA SR with 253. At 165 Dan Marxheimer won with a UT SR 369. At 181 Bob

Levering and Ed Morishima both benched 479, but Levering was lighter. Morishima is making a comeback after a 12 year retirement. He has benched 462 at 148 - one of the all time greats. At 198 another all time great, George Herring out of GA, got beat by Keith Kanemoto of CA. They both benched 501. George doesn't lose very often but on this day Keith was victorious. Rick Brewer, owner of House of Pain, came in 3rd with 418. If you need Inzer gear Rick Brewer and Wes Kampen of Monster Muscle are the people to see. Both are very loyal sponsors of WABDL. At 220 Bruce Young of HI won with 440 and Mike

Gordon a State Trooper and there were 10 contestants in all. At 242 Dave Henderson of OR, a true gentleman, edged out Rick Ludlam by being the lighter man they both did 501. 3rd place was Tom Starkweather with 473. Buddu McKee of AL was 4th with a SR 451. Noble Cozine was 6th with an IA record 418. Frank Gonzales was 7th with a NV Record 402. At 275 Joe Harms put up 523 to beat out 2 contestants. Jim Presley of CA was 2nd with 490. At 308 Jim Cunningham, who has been a big help to WABDL, won big with 584. Cyril Lewis of NV was 2nd with 551. Paul Ratsch of WA was 3rd with 523. At Super two Brahma bulls went at it in a big way. Bill Gillespie, the strength coach at U of WA, beat Tom Manno of AZ-672 to 666. It's the 3rd year in a row that Gillespie has won that battle. Dave Marchant of UT was 3rd with 600 - 3 guys over 600 - at master, no less. Randy Young and Brian Rehberg of WA were 4th and 5th respectively with 512 and 501 - Rehberg's 1st goray into the 500 club. Outstanding lifters were Dan Marxheimer lighweight, Keith Kanemoto middleweight, and Bill Gillespie Heavyweight.

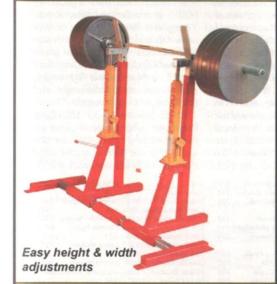
In master 47-53 132 Gary Bobrovitz, who survived prostrate cancer surgery, hit a 242 for the world title. At 148 Clorerio Ortiz

Bobby Hackett   374*   114   WM 47-53	154 arling 126 n 88 en 72' biro 16: dorris 93
Heidi Rodri	154 arling 126 n 88 en 72' biro 16: lorris 93 son 236
Charlie Cook   225   Donna Arndt   192   Heidi Rodri Carol Richardson   154   4th   Herry Williams   148   198   M. Bennett   292   Jenn MacQuarrie   121   Lizabeth Digital Rodri Carol Richardson   154   4th   Lizabeth Digital Rodri Carol Richardson   154   4th   Lizabeth Digital Rodri Carol Myers   121   Clenda Ega   Clenda Ega   Carol Myers   192   123   Carol Myers   194   Carol Myers   194	154 arling 126 n 88 en 72' biro 16: lorris 93 son 236
Nemark   148   198   Magnett   292   Jenn MacQuarrie   121   Lizabeth Dr.	arling 126 n 88 en 72' piro 16! torris 93 son 236
Seed   Parallel   Pa	n 88 en 72' biro 16! dorris 93 son 236
236   Kevin Bowen   225   Carol Myers   192   123   123   123   124   125	en 72' biro 16! borris 93 son 236
214   220	oiro 165 Iorris 93 son 236
Brandon Faulk   485!   Laci Livingston   165   132	oiro 165 Iorris 93 son 236
Adam Hix   402*   Drusilla Amos   148   Gerrie Shajing	son 236
rent Corey 132* Kaleb Crafts 363 Tiffany Dean 143 Margaret N	son 236
23   Kevin Adams   198   Danna Snow   137   148   14	son 236
23   Kevin Adams   198   Danna Snow   137   148	
rred Vogel 132 Jim Pritchett 281 Victoria Reese 253* 165 32 275 Mary Jacobson 236 Julie Orr avis Edwards 115 Max Higgins 440 Gael Okicich 104 181 48 308 165 Lynda Strar	
red Vogel 132 Jim Pritchett 281 Victoria Reese 253* 165 32 275 Mary Jacobson 236 Julie Orr ravis Edwards 115 Max Higgins 440 Gael Okicich 104 181 48 308 165 Lynda Strar	18
32 275 Mary Jacobson 236 Julie Orr ravis Edwards 115 Max Higgins 440 Gael Okicich 104 11 48 308 165 Lynda Strar	18
ravis Edwards 115 Max Higgins 440 Gael Okicich 104 181 48 308 165 Lynda Strar	
48 308 165 Lynda Strar	
	d 143
leffan Parodi 259 Terry Corwin 402 Lyn Silbert 275 198	
th 265! Teenage W13-15 Nicole Rodatos 126 Wilma Cad	avona 176
oty Hargett 236* 97 198 SHW	
dam Castleman 165 Katherine Todd 55 M. Aragon De 281! Carolyn Fay	99!
at Ward 143 132 Michelle Ichiyama 203 WM 54-60	
ustin Berman 115 Kaila Fairchild 148! Susan Adkinson 187 105	
ryan Huffer 77 148 Atalie Garrish 143 Mary Peder	son 88
65 Amanda Proctor 126* SHW 148	
ach O'Quinn 264 165 Kelly Franklin 341! Barbara An	derson 143
ndy Hedman 203* Nikki Williams 149 Kireen Ellis 236* Claire Heck	
eremy Fairchild 170 4th 154! Amy Vander Pol 214 Gael Okicie	h 10
81 M. O'Halloran 104* Carrie Novikoff 203 Ellie Cary	77'
osh Devereux 220* 198 WM 40-46 198	
ndy Munsey 214 Bridggett Brown 115* 114 Dawn Ivey-	Vick 93
dam Contreras 209 Teenage W16-19 Donna Arndt 192 Karen Pola	nsky 15
98 97 123 Pat Robey	143
Juluan Calvo 220 Lisa Garcia 82 Carol Myers 192! SHW	
20 148 Leticia Buie 160! Leilah Wats	on 18
Gillespie 264 Emily Pritchett 115 Denise Ruff 154 WM 61-67	
thristian Benvin 159* 181 Drusilla Amos 154 123	
eenage M16-19 Kelly Womack 220 Tiffany Dean 143 Jane Honey	cutt 71
05 4th 231! Ruth Kirby 110 132	
andall Griggs Debra Anderson 120 132 Nancy Gold	Istein 88
tefen Hudson 93 198 Alene Brisbane 154 4th	89
32 Alexandria Calvo 143 Jill Deuser 154 Martha Ho	pkins 77
huckie Snider 253* Antonia Maurer 132* Toni Jones 148 148	
Cory Johnson 187 SHW KC Inlow 148 Sue Clark	99
48 Jana Prothman 192* 148 WM 68-74	
yle Herzik 231 Alyxa Conlee 77 Robbin Finnerty 159 123	
the treatment of the country of the	sso 71
nomas jackson 203 11	30 /1
TEVOL SICWART 192 97	ner 13
os in the control of	13
DOCT CETTER 303 THAT TELESCOPE	
andrew Selecter 330 100	
Aichael Minahan 253 Betty Lafferty 126 Laura Feusi 214 M. Whinsto	
ason McWalter 198 Patricia Loera 115 Susan Adkison 187 4th	67
81 Mary Pederson 88* Margie Huston 137 (Deadilft -	next mont

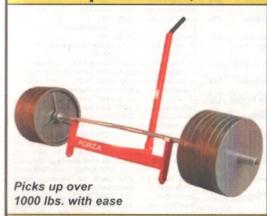
# FORZA STRENGTH SYSTEMS



### F 200 Power Bench \$550.00



F 709 Squat Stands \$995.00



F 806 Olympic Bar Lift \$165.00

1-800-769-9259
FORZA Strength Systems
11505 E. Trent
Spokane, WA 99206

www.forzastrength.com

David Higgins of WA was 2nd with 231. Portugal travelled about 10,000 miles to make to the Worlds and was on a plane for a total of 16 hours. He lives at the southern end of Brazil. At 165 Sheldon Weingust set a WR with 403 - his 3rd WR in a year. Randall Wrye of GA was 2nd with 374. Randall has only one leg and is a very courageous lifter. Jim Cargill of NV was 3rd with a SR 347. At 181 Edgar Martinez of CA set a SR with 341. Perry Plush of WA was 2nd with 336. At 198 Rocky Gingg of AZ set a WR 485. Rocky owns a dairy farm with 1500 head of cos. Byron Beebe set a un-official WR 486. Tom Gonnering was 2nd with 440 and Steve Ramey the GA State Chair man was 3rd with 424. At 220 the UT State Chairman Randy Marchant is the World Champion with 374. Ronnie Edwards of GA was 2nd with 369 with Byron Sanford and Raul Lopez 3rd and 4th respectively with 325 and 308. At 242 Bob Gunn of NC is the World Champion with 451 and Forest Hofer of OR was 2nd with 385. Hofer trains at Loprinz's Gym in Portland where Governor Jesse "The Body" Ventura trained when he was a pro wrestler. That gym opened way back in 1948. Doug Ward of ID was 3rd with 352. His street address is - believe it or not - Malfunction Junction, Garden Valley, ID. At 275 800# deadlifter Phil Andrews tied Don Frosland Jr. with 496, but Andrews was lighter and wins the World title. Sam Pecktol was 3rd with a PR 462. Steve Brown and Leo Contreras set CA SRs that were broken eventually by Phil Andrews. Charles Kelly set a MO SR with 380 and William Poston set a SC SR 374. At 308, Frank Beeler of Switzerland set a WR 567. At Super Carl Rosborough, who has 18" forearms, won with 507. Outstanding lifter lightweight was Randall Wrye. Outstanding lifter middleweight was Rocky Gingg and Heavyweight

outstanding lifter was Frank Beeler. Master 54-60 Rich Tsutsui, the WR holder at 181 with 374, managed 363, but it was enough to beat 5 lifters including Michel Rioland of France who finished with 5th with 292. At 198 Don Swift set an IL SR 402 to beat out 5 lifters for the World Title. Deadlifter extraordinaire Olicio do Santos of Brazil was 2nd with 325 and MN State Chairman Tom Haggenmiller was 3rd with 319. At 54-60 242 George Nelson of OR - the best master bencher in the World (he's done 615 weighing 260 at age 57) did 529 at age 59. He locked out 551, but was turned down 2-1. Daniel Smith III was 2nd with 402 and Mac Pope of MD was 3rd with 363. Burt Merriman of Canada was 4th with 336. At 308 Colin Bonneau of Canada set a WR with 512 and next year he says he's shooting for George Nelson's WR at 275 which is 610 - that is a courageous statement. Robert O. Smith of Canada was 2nd with 424 and was the former WR holder with 450. Outstanding lifter for lightweight was Dan Swift of IL and heavyweight was George

Nelson.

In Master 61-67, Precious McKenzie of New Zealand won with 242 at 148. A major motion picture with a 55 million dollar budget is being made about his life. He's in the Olympic Lifting Hall of Farne and has won numerous IPF World Championships and set 13 WR at the big Hawaee World Record Breakers meet alone between 1978 and 1986. Cuba Gooding Jr. will play Precious and - get this - Halle Berry will play his wife. Precious is a member of the British Empire (MBE), one step down from Knighthood, and there is talk about him being knighted. At 165 Gerard Boucher set a CA SR with 325. At 181 Rudy Lozano put up 352. At 198 Ken Anderson set a WR with 424



Gerardo Merino Jaramillo with a WABDL Submasters World Record of 281 lbs., weighing 105 lbs. (all photographs by C. Goroza)

beating the old record by over 70 pounds. He also had a 309 co-efficient which was only exceeded by Sonny Ronolo and George Nelson in the whole contest. Ken is also the WABDL TX State Chairman and has, along with Jim Snodgrass and Bob Garza, brought in about 350 lifters from TX into WABDL. Ken just missed 451. At 220 Bob Bassman was the World Champ with 341. At 242 Mike Bonifield put up 281 for the world title. At 275 Danny Herrera was impressive with 402. Herrera also was very helpful interpreting for the lifters from Ecuador, Brazil, and Guatemala. At 308 Gary Thomas, the WR holder with 429, did 424. Outstanding lifter lightweight was Ken Anderson and Danny Herrera in the heavyweights.

In Master men 68-74 Robert Cortes won at 148 with 242. Cortes used to live in Michigan and trained with Wayne Bouvier in Utica in the mid seventies and early eighties. At 165 Ed Morishima Sr. edged out Martin Garry of NV with 220. They both did the weight, but Morishima was lighter by .4 pound!

At 68-74 181 Charles Ferrando set a CA SR with 264, breaking his old record by 22 pounds. At 198 Earl Cotton Jr. set an OR Record with 297. At 220, Jack Puccio who has had a heart transplant, benched 319 at age 70! Unbelievable! At 242, Ernie Anderson set a WR with 440 and was named outstanding lifter.

In master 75-79, Arthur Whinston, who is still a practicing attorney at 77, benched an OR record 110 at 148. At 181, 79 yr old Sonny Rondo benched a WR 292 at 178. His coefficient was 446. He was also named outstanding lifter of the whole meet.

In Master 80+ 84 year old Jack Heizelman benched 165 at 148. A couple of months ago he just missed 200. At 180, 82 year old Dr. Donald



Colin Bonneau of Canada with a WABDL World Record Bench of 512 at Masters 54-60.



John Stewart was one of the meet's Best Lifters

Dreyer, a practicing physician, benched 143.

In open men at 105 Gerardo Merino of Ecuador set a WR 281 at 105. At 148 Taylor Tom of HI set a WR 435 and locked out 446 - an incredible lift. At 165 Ray Hickman set an OR Record with 429 to beat out 8 contestants. Matt Elrod of SC was 2nd with a SR 424. At 181 the legendary Ed Morishima benched 479 at age 40 to beat Lee Jones, who did 468. Jeff Sussman was 3rd with 451. At 198 Gus Warrington beat George Herring 534 to 501. Bill Shalkowski of CO was tied with Herring with 501. They both weighed the same. Ernie Mil-Homens of Canada was 3rd with 462. There were 11 contestants in all. At 220 Matt LaMarque beat out 16 contestants with 545. Joe Raynor of NC did the same weight, but was heavier. Harry Woods of AL was 3rd with a SR 540. Mike Ludovico of CA, who has done 573, was 4th with 529 - eight guys benched over 500! At 242, Jason Jackson benched 633 on a 3rd and 644 on a 4th to beat out 7

contestants. Russell Kitani of NV and Frank Wakakuwa of HI were 2nd and 3rd with 600. Frank has been very supportive of WABDL and Gus Rethwisch. Russell Kitani did his 1st 600 bench and is on the move for bigger things. At 275 Darren Thompson of ID won with 490. At 308 Jim Schermenhorn benched 600, one of ten lifters in the meet to do so. At Super, Bill Gillespie beat Tom Manno 672 to 666.

In Special Olympians, the outstanding lifter lightweight was John Shapiro with 275 at 132 and Anthony Johnson at heavyweight who did

264 at 220

In Submasters 105 Gerardo Merino Jaramillo of Ecuador set a WR 281. At 148 Brian Crocker set a CA SR 352. At 165 AJ Agamao set a CA Record 468. Michael Haynes of UT was 2nd with a SR 303. At 181 Greg Bullington of Arkansas set a SR 358. Darren Carr was 2nd with a UT Record 352. Brian Johnston of Canada was 4th with 314. At 198 Bill Shalkowski was the World Champion with 501 and a CO Record. Jason Frickey of LA was 2nd with 402 - a SR. At 220 Joe Raynor of SC was the World Champion with 545. Harry Woods was 2nd with an AL Record 540 and Ken Millrany was 3rd with a TN Record 468. At 242 Russell Kitani benched 600 for a NV Record, 16 pounds shy of the WR. Cody Colchado, who is blind, was 2nd with 473. At 275 John Stewart benched 650 for a WR and passed the drug test for the 3rd time. John has set 7 WRs in two years. Carl Rogers of UT was 2nd with 551 - a UT Record. At 308 Steve Wong benched 633 raw and then put on a bench shirt and came close twice with 705. Jim Schermerhorn was 2nd with 600. Outstanding lifters in the Submaster were Gerardo Merino (lightweight) and John Stewart



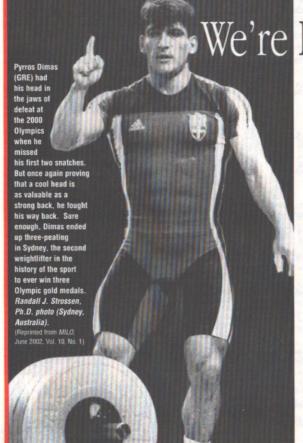
Marcia Turner with a World Record Bench of 132 lbs. in the 68-74 Women's 148 lb. class.

(heavyweight). Outstanding lifter Open Division were Taylor Tim (lightweight), Gus Warrington (middleweight), Jason Jackson (Light Heavy), and Bill Gillespie (Heavyweight).

In Submaster Women Lori Watson of HI set a WR with 166 at 114. Julie Green, the owner of Flex Gym in Sparks along with her husband Randy, set a WR with 176 and Kelly Franklin of MN had the highest bench ever by a woman in a WABDL with a WR 341 - a tremendous lift for a drug free woman. She passed a drug test in August and states that she is lifetime drug free. Sheri Wyatt was 2nd with 236.

In teen Men 13-15 Trent Corey set a GA SR with 132 at 105. Jared Vogel set a CA SR at 123 with 132 but Mitchell Ellis beat him with 159. Steffan Parodi of CA benched a WR 265 at 148 to beat Haywood Blake's old record. At 165 Zach O'Quinn benched 264 and Josh Devereux set a

(WABDL Worlds article continued on pg. 81)



# We're Number One . . .

### MILO: A Journal For Serious Strength Athletes

is in a class by itself: 128 pages packed with the information and inspiration to help you lift more, pull harder, throw farther. Olympic lifting, Highland Games, arm wrestling, strongman, all-round, power-lifting, and much more. Soft cover book format, no interior ads, and not the kind of thing you'd be embarrassed to be seen reading in public, *MILO* features authors and photographers who are among the most respected names in the field, bringing you stories and pictures you won't find anywhere else. From Olympic gold medalists to back-yard heroes, if strength is your passion, *MILO* is your magazine.

No. 1282 One year subscription (4 books, published in March, June, September, December), 128 pp. each

USA \$39.95 postpaid (CA residents \$42.90); Canada/Mexico US\$45.95 airmail; all others US\$59.95 airmail



IronMind Enterprises, Inc., P. O. Box 1228, Nevada City, CA 95959 USA; tel: 530-265-6725; fax: 530-265-4876; www.ironmind.com; e-mail: sales@ironmind.com

The 2002 IPF World Masters Powerlifting Championships were held in Villa Maria, Argentina. Villa Maria is a city of 70,000 people in the Argentinian state of Cordoba.

Months before the event, several lifters declined to compete because of political turmoil in this country. I must comment that the lifters found no problems in the city, and - in fact - the entire town was very supportive of all the lifters.

After arriving at the airport, we were greeted by an English translator who had been there for us back in 1998. That was the good part. The bad part was only having one bus for us. The German team arrived about thirty minutes before the USA team. Needless to say that one bus was not enough. So, we had to wait for another two hours for the next available bus to arrive. This was the start of a long and eventful week. When we finally got to Villa Maria, everybody was tired and just wanted to rest at the hotel. The hotel staff was not prepared for such a rush, but did an outstanding job getting everybody a room pretty fast. A "Thank you" to the hotel staff and the two English translators who were available at the front desk the entire week. They were very beneficial to everyone, whenever we needed anything they were there to help us out. Congratulations to the Hotel Republika.

After the technical meeting on Tuesday night, it faced the challenge of dealing with over 240 lifters, which made this one of the largest Masters Championships ever.

The contest was held in a gym-

### **IPF World Masters** 9-13 OCT 02 - Cordoba, ARG Women Masters I SQ BP DL TOT 97 lb. class 231 159 270 661 Bechar/FRA Matsumoto/JPN 253 143 71 275 Villacis/ECU 203 440 114 lb. class 286 248 Matsuura/JPN Nelson/USA 231 99 Monjaret/FRA 123 lb. class 165 319 Ferre/ARG 176 143 104 297 286 236 Bruder/GER Wender/BRA 275 214 Stapleton/USA 132 lb. 203 220 154 170 110 854 788 782 771 622 Ishikawa/JPN Simons/USA 330 275 352 Beretta/ITA Dingle/USA Sundell/SWE 319 286 148 lb. class Welding/USA Nabekura/JPN Lopez/USA 176 121 126 358 303 297 165 lb. class nev/USA 330 203 330 104 99 220 154 501 435 Montenegro/ARG 181 181 lb. class 275 148 286 710 286 242 341 870 Speth/GER SHW clas Pepper/GB Teams: USA-57 pts., JPN-45 pts., GB-24 pts., GER 21 pts., ARG - 20 pts., BRA - 17 pts., FRA - 12 pts., ECU - 9 pts., ITA - 8 pts., SWE - 6 pts. Best Lifter Ferre/446.85, Ishikawa/432.56, Bechar/426.27 Boulle/FRA 209 115 264 589

## I.P.F. WORLD MASTERS

as told by USA Team Coach Johnny A. Graham



Team USA 2002 Masters. (This photo provided courtesy of K. Cain)

nasium about a quarter of a mile from the hotel we were staying at. The gym itself was big enough to accommodate all the lifters. including a spacious warm-up area. The quality of equipment, however, left something to be desired. As a matter of fact, the bars that were used on the platforms were worse than some that were used in the warm-up area. After several lifters and coaches complained about the equipment, a bar was exchanged from the warm-up room to be used up front on the platform. This was not a good start for any of the lifters. Several injuries occurred due to bad equipment used

126 132

176 104 330 286

148 71

358 181

253 137

143

FIN 220

271 231

352 359 198

892 760 407

490 462

nosa/USA

Kumpuniemi/FIN 220 Montenegro/ARG 176

105 lb. class

Richou/FRA

urunen/FIN

Wang/AUT Guinard/FRA 123 lb. class

Beck/USA

Vainio/FIN

Thimm/GER

165 lb. class

132 lb. clas

114 lb. class

at this contest.

The ladies competed first. Donna Alimonosa, who is defending champion in the 97 lb. class, ran into a phenomenal lifter from France and finished 2nd. Nevertheless, Donna set an American record in deadlift with an outstanding lift of 253 lbs. Please note, we had to ensure Donna gained weight in order to compete in the 44 kilo class (97 lb. class) and she only weighed in at 92 pounds.

The oldest competitor in the contest, and probably the one with the biggest smile, was Elma Beck. Elma, at the young age of 79, competed in the 123 lbs. class, and came in 3rd. Elma and her husband George were both very concerned about whether or not it would be worth the trip for her to compete in the World Championships. After walking out with the bronze medal, I think she agrees with me when I say it WAS worth the trip. CONGRATULATIONS, Elma, on an outstanding job at this event.

Vera Nelson continued our march for medals, in the 114 lbs. class, and finished ni 2nd place and set a National Record in Deadlift with a 248 pound lift. Vera, we must also say, was probably the "Best Dressed Lady" at the banquet. She transformed from shorts and cowboy jeans into an outfit everyone noticed. Thank you very much Vera and her husband for an excellent job helping us throughout the event.

Gina Stapleton is probably the hardest working lady at the contest. After her last deadlift, finishing 4th place in the 123 lb. Masters 1, she took off her deadlift suit, put on her clothes, grabbed a clipboard and a calculator and started monitoring the competition for the USA team. She stood by Heiner, who functioned as scorekeeper, the entire week to ensure that everybody turned in their next attempts in a timely manner and made sure the competition was well monitored for our lifters, always keeping track of what lift we needed to receive the highest points for the US team. Thank you Gina, we couldn't have done it without. You did a great job for everybody, and we want to thank you again a million times.

The 132 lbs. class saw bench press specialist Angela Simons fin-

Weinstein/USA	534	292	540	1366	King/NZ	584	319	584	1488
Kilpel_inen/FIN	485	319	529	1333	Allan/RSA	529	358	462	1350
Riedel/GER	468	319	440	1229	Herrmann/GER	496	286	540	1322
Cuvelier/FRA	440	286	462	1190	Prakash/IND	396	253	396	1047
Abitol/FRA	418	264	462	1146	DeCarli/ITA				
Qualse/RSA	385	187	440	1014	Suurkivi/EST	573			
Khandanise/RSA	385	165	407	959	Asama/JPN	639			
Palombo/URU	286	198	363	848	220 lb. class				
165 lb. class					Ukhach/UKR	727	496	666	1889
Khosravi/IRN	556	363	584	1504	Luzanov/UZB	639	446	672	1757
Wilczynski/POL	562	319	595	1477	Hagfors/FIN	606	418	683	1708
Schmidt/RSA	485	363	606	1455	Siccoli/FRA	683	407	617	1708
Lewis/USA	595	314	529	1438	Melzig/GER	644	369	644	1658
Duhem/FRA	529	352	485	1366	Laxman/IND	551	341	584	1477
Gutierrez/ARG	507	319	529	1355	Dutoit/RSA	529	330	485	1344
Rasmussen/DEN	496	374	473	1344	Rodriguez/URU	496	330	496	1322
Kawabe/JPN	485	402	440	1328	Peloso/ARG	418	264	418	1102
Ollikainen/FIN	473	253	578	1306	Alesio/ARG				
Hernadez/FRA	479	275	540	1295	242 lb. class				
Konita/JPN	418	292	551	1262	Gorokhovsky/RU	5727	462	683	1874
Campagna/ARG	440	275	485	1201	Cain/USA	694	462	661	1818
Rangrej/IND	418	275	451	1146	Henderson/NZ	628	407	639	1675
Gelhar/GER	358	330	418	1107	Aaalto/FIN	595	468	595	1658
181 lb. class					Bellinger/GB	518	369	589	1477
Beaumaster/USA	633	385	545	1565	Strong/CAN	512	352	600	1466
Naleikin/RUS	606	374	584	1565	Ponnau/FRA	556	297	606	1460
Dio/PHI	578	363	595	1537	Skowron/GER	507	380	518	1405
Hampel/GER	595	308	611	1515	275 lb. class				
Sekot/CZE	562	385	540	1488	Gonzales/USA	683	485	639	1807
Fraser/CAN	507	396	578	1482	Bespalov/RUS	661	396	617	1675
Scully/USA	534	374	545	1455	Moses/GB	617	374	589	1581
Marentette/CAN	512	358	578	1449	Girrulat/GER	507	479	595	1581
Taavitsainen/FIN	551	341	551	1444	Botha/RSA	551	308	595	1455
Harada/JPN	473	385	529	1388	Pakoti/NZ	507	308	485	1300
Carlot/FRA	496	319	573	1388	SHW. class				
Dahlgren/FIN	512	297	529	1339	Zabolotny/UKR	749	396	661	1807
Criscione/ITA	496	264	578	1339	Nygaard/NOR	551	485	507	1543
Lemarchand/ARG	440	242	507	1190	Alvarez/ARG	578	314	562	1455
198 lb. class					Gaudreau/USA				
Mauchosse/FRA	650	418	606	1675	Teams: USA - 58	pts., IP	N-41	ots FRA	- 40 pts
Ferstler/USA	622	336	666	1625	RUS - 38 pts., GE				

1543



Ruth Welding, Lanette Lopez victory @ 148 (Photo by J. Graham)

ish 2nd. She also showed she is not only a bench presser, but also an all around lifter. Her 100 kilo (220 pound) bench press earned her the gold medal in this category. In 4th place was Kate Dingle-Craig, who traveled all the way from Alaska, at the last minute to fill a spot. She did not leave emptyhanded, as she walked away with a bronze medal in the deadlift.

Faith Ireland has had bad luck when it comes to international or national meets and she missed all of her squats and was disqualified from the contest in the Masters II 132 lb. class.

The 148 lb. class was definitely a big change for us as defending champion Donna Covington was unable to make it because of recent surgery. We had to move Lanette Lopez, usually lifting in the 123 lb. class, to the 148 lb. class. I'm sure she is going to hate me for doing that, but she came in 3rd in the class and also

352 341

496

573

440 512

529 600 485

529

628

1196

1041

1146

1041

992

1366

1218

1212

1190 1146

1499

1455 1410

1388

1322 1317

1223

1113

1587

1570 1554

1521

1438

1399

220

275 248

292 198

286

303

297

242

259

330

308 187

352

352 457 628 507

308 341 683

369 336 325

485 214

385 214

402 374 369

507

418

424 319

418

440 418

556 556

529 418

429

589

529 501 545

506.83, Gorokhovsky/505.92

Men Masters II

114 lb. class

123 lb. class

132 lb. class

Rosen/USA

Satoro/BRA

148 lb. class

Dufour/FRA

Pellegrino/USA Zapata/ARG 165 lb. class

Lokhov/RUS Alduenda/USA Dumoulin/FRA

Andersson/SWF

Macrow/GB

Pereyra/ARG

Gnntert/GER 181 lb. class

Lincoln/GB Richard/FRA

Kosasa/JPN Anderson/NZ

198 lb. class

Jane/GB

Schuricht/GER

Tachibana/JPN

DosSantos/BRA

Delaney/CAN

Mokadem/FRA

Mandlmeier/GER 512

Bouchakour/FRA 507

Vereshagin/RUS 606

Fraser/GB

had a personal best in the deadlift.

Nobody can stop Ruth Welding. Ruth has been with USA Powerlifting (ADFPA) for the last 23 years. She also lifted in the very first IPF Women's World championships, finishing 3rd. Age is nothing but a number when it comes to Ruth. She has finally secured her first IPF World Championship. Not only did she win the title, but at the end of the awards banquet, coach of the team Johnny Graham also presented the team award to her. Ruth, you have done an outstanding job for us. You are one of the most dedicated and loyal people in USA Powerlifting, and I



Deanna Channey, 165 Masters World Champion (photo Graham)

NOR-9 pts., CZE-6 pts., URU-5 pts., DEN-4 pts., ITA-1 pts. Best Lifter: Ukhach/523.58, Takahashi/ 440 242 529 1212 Chavez/ARG Hodne/NOR Fernandez/ARG 220 lb. class Korolev/RUS 1653 556 584 485 336 369 418 Clark/USA Buchs/FRA 1537 1482 1388 1366 Paananen/SWE Springstein/GER 496 Montenegro/ARG 507 485 385 308 518 1333 Surow/RUS Rossi/ITA 297 Sasaki/JPN 242 lb. class 578 699 606 573 589 551 584 617 595 573 578 578 496 352 407 White/GB Hudyma/USA Lebedev/UKR 1631 374 341 374 1543 1504 1504 Platzer/GER Szpalek/GB Burnet/USA Lopes/BRA 341 418 529 496 1449 1410 275 lb. class Morris/USA Matynyan/UZB Bolanos/VEN 562 551 540 485 424 352 286 330 551 551 573 1537 1455 1399 1344 Rocha/BRA 529 440 Carrizo/ARG Bostr\_m/SWE Sharliev/UKR 1256 SHW. clas Soria/ARG 573 540 440 639 617 374 352 1587 1510 Smague/FRA Tau/NZ 639 407 1488 Devich/ARG Teams: USA-59 pts., GB-55 pts., FRA-49 pts., ARG - 42 pts., JPN - 38 pts., RUS - 36 pts., GER - 33 pts., SWE - 20 pts., BRA - 18 pts., NZ - 13 pts., UZ - 9 pts., IND - 9 pts., CAN - 9 pts., UKR - 8 pts., VEN - 8 pts. Best Lifter: Inaba/ 528.12, Korolev/ 462.9, Vereshagin/ 462.02 Men Masters III 123 lb. class 336 242 330 909

want to personally thank you for the excellent work you do, for all these years that I've known you and all the great things you have done for this

Bonnie Cromwell, also lifting in the Masters II category, in the 148 lb. class won a silver medal. Bonnie set a national record in the squat and the deadlift and the total. She did a

much pressure on herself, she would be an outstanding lifter, and the coaches would not be as nervous as they were at this meet. Deanna still walked away with a gold medal in the 165 lb. class. This is a lady who has a lot of power to spare. Trust me, do not go by the numbers that you see on this report, because Deanna has a lot more in her. This was just not



The Masters I Ladies + the always ladies man Bill Scully (by Graham)

Deanna.

great job and she is always smiling.

Another coach's move was made in the Masters II 165 lb. class, as we moved Regina Hackney up from the 148 lb. class. Regina did an awesome job and won a gold medal in the squat, but she was unable to catch Donna Steele, who won the overall Gold Medal with her bench press power. They both tied on the deadlift, but the gold went to Donna on lighter bodyweight.

Now, if we can get Deanna Channey to keep from putting so

231

231 253

231

303 308 231

259 225 297

286 352 253

242

429 469 418

407 253

419 407

507 468

352 242

512

429 485

1025

1019

1383

1284 1234

1190 1129 1113

1103

1008 716 633

1223

176 126

363 330 374

352 187

440 424

363

507 490 473

385 308

440 451

501 352 507

7 pts., BRA-7 pts., URU-6 pts. Best Lifter: Kulikov

Kristensen/NOR 562 391

Aita/JPN Braillard/ARG 148 lb. class

Gambeta/ARG

Cortes/USA Latoniemi/FIN

Szloboda/GER Urruttia/ESP

Pustovalov/RUS H\_usler/GER

Mata/Spain Arlindo/BRA Estevez/URU

Satoh/IPN

181 lb. class

Kulikov/RUS Gimbert/FRA

Chazelle/FRA

Wettach/USA Martinez/ARG

Anderson/GB

Burlakov/UKR 220 lb. class Chatis/USA

Nardini/ARG

Cooper/GB 242 lb. class

Rood/USA

Kumpuniemi/FIN 363

Ringewold/USA 352 Behnke/GER 198 Venkata/IND 264

Zoilo/ARG

Nivault/FRA

Yamai/IPN

165 lb. class

The most difficult part for all the ladies was after winning the Masters I and the Masters II team categories, at the ceremony, somehow the meet director gave the 1st Place award to Japan, who left the day before. This upset a lot of people from the USA Team, but considering the way the week had been going already, it was not surprising. To top it off, the meet director offered the 2nd place award with the words "can you accept this for that time being", while we were checking out. Needless to say, I did not accept the award, and we are still waiting for our 1st Place Trophy.

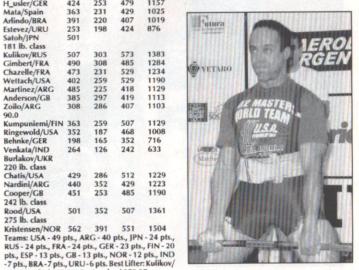
her day to max out on what she is

capable of. She did what we needed

to win the gold. Congratulations,

The second day of lifting was the day the men started to put the iron

(this article continued on page 74)



Weinstein's 225 DL. (J. Graham)

264 220 225 93 93 Ireland/USA 148 lb. class 286 270 363 352 Cromwell/USA 143 220 303 716 165 292 292 264 236 220 132 137 661 380 231 385 997 374 165

Steel/USA Hackney/USA Richards/GB 181 lb. class r/AUT 198 lb. class Hollands/GB Teams: USA-47 pts., FRA-42 pts., FIN-29 pts., AUT -24 pts., GB - 20 pts., GER - 12 pts., JPN - 12 pts., ARG - 9 pts. Best Lifter: Kimura/486.76, Wang/ 452.58, Beer/411.77 413 Taguibao/PHI 964 837 zules/FCU 303 203 330 123 lb. class 176 485 1102 Yamakawa/IPN Dixit/IND 358 192 385 936 132 lb. class Sotowa/IPN 187

545

391

507 1444

606 529

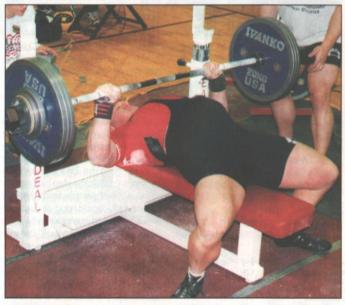
451

Almada/ARG

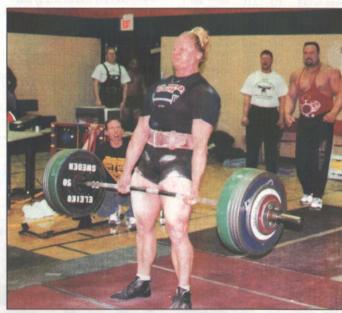
lacob/GER

pts., FIN - 28 pts., UKR - 24 pts., PHI - 20 pts., NZ 18 pts., IND - 17 pts., GB - 14 pts., CAN - 13 pts., IRN-12 pts., POL-9 pts., ECU-9 pts., UZB-9 pts.

Becca Swanson ... preparing to make history in Women's Powerlifting



Becca with her successful second attempt bench press of 352 pounds.



Becca Swanson caps off her remarkable day with a 600 lb. deadlift.

# BECCA SWANSON Breaks the 700 Lb. Barrier in the SQUAT!

"Saturday, Dec 7, Big Iron Gym sponsored the APF Big Iron and Nebraska State Open Powerlifting Championships. That is where Becca Swanson has proved once again she is the strongest female powerlifter alive. Becca weighed in at 219 3/4 lbs. She opened her squats 10 pounds heavier than her heavyweight world record previously set in South Africa. Her opener was 639.3 lbs. Second attempt was 661.3 lbs. The third attempt was 683.4. Her coach Rick Hussey was going to stop her at that. However the hometown crowd showed up to see one thing, the first female to squat over 700 lbs. She would not deny them this. Rick put the number in 705.5 lbs. Her form was just a good as the other three lifts. She went down in control and fired it up just as good as her 683.4 attempt. On to the bench, her trouble point. Becca is still looking for the right bench shirt to push her closer to the 400 mark. She hit 352.7 on her second attempt. The deadlift opener was easy at 573.2 lbs. The second attempt at 600.7 was all she had in her, as her third attempt 606.2 lbs was unsuccessful. With the second attempt squat and her opening bench and deadlift, she had already tied her best total. Her official total ended up at 1636.9 lbs, the first time a woman has broke the 1600 lb. barrier. Since the 705.5 lb. squat did not count toward the total, the unofficial total was 1658.9 lbs. Becca and Rick look forward to closing in on the 1700 lb. total, soon. Becca looks to hit bigger numbers at the Arnold Classic, Feb 28, 2003. Some side notes of overlooked publicity: Becca cut 30 lbs. from the South Africa WPC Worlds to the York, PA APF Nationals going into the 198 lb. class. There she set a new world record squat and a new total record, both all-time highs. She got best lifter and \$1000. After that she won the Strongwoman Nationals in St. Louis, again proving she is even strong enough to win other athletic sports. Powerlifting is good preparation for any other strength sport. She is in her powerlifting prime and has returned there to keep breaking records." (this information was excerpted from the December 16th edition of POWER HOTLINE. Thanks to Rick Hussey for photographs and information. Photo of her 705 lift is on the cover of this issue of POWERLIFTING USA)

### **NOW AVAILABLE IN THE U.S.**

# GRIPTECH RUBBERIZED LIFTING STRAPS

**Patent Pending** 

DESIGNED BY A COMPETITIVE WEIGHTLIFTER

GRIPTECH RUBBERIZED LIFTING STRAPS ARE DESIGNED AND USED LIKE REGULAR LIFTING STRAPS, BUT ARE COATED ON ONE SIDE WITH A UNIQUE SYNTHETIC RUBBER. ONCE IN CONTACT WITH YOUR HANDS, THIS FLEXIBLE RUBBERIZED SURFACE REDUCES BAR ROTATION, RESULTING IN A SUPER SECURE, NON-SLIP, COMFORTABLE GRIP FOR EVEN THE HEAVIEST LOADS.

MADE OF 100% POLYESTER FOR INCREASED BREAKING STRENGTH!

Padded \$9.50 U.S. Non-padded \$7.00 U.S.

- U.S. RESIDENTS ADD \$4.00 U.S. S&H
- CAN. RESIDENTS ADD \$3.00 U.S. S&H
- OVERSEAS RESIDENTS ADD \$6.00 U.S. S&H

CANADIAN RESIDENTS ADD G.S.T. (OR H.S.T. IF APPLICABLE) B.C. RESIDENTS ADD P.S.T.

PAYMENT METHODS: CERTIFIED CHECK, MONEY ORDER, VISA (MAKE CERTIFIED CHECK/MONEY ORDER OUT TO WORLD STANDARD FITNESS)

WORLD STANDARD FITNESS 606 W.22 AVE., VANCOUVER B.C., V5Z 1Z6

> ORDER TODAY, TOLL FREE 1-866-973-3232 RETAIL INQUIRIES WELCOME

> > ALL COSTS SUBJECT TO CHANGE WITHOUT NOTICE

## Testimony for John M. Pettitt from his daughter, Jessica

Hard to believe so many things - for some of you readers, it is probably hard to believe that I am almost thirty years old and Jonathan is quickly approaching twenty-five; on the other hand it might be hard to believe that even after all these years, I truly value my time with



A Recent Portrait of the late JOHN PETTITT

the USPF and at the powerlifting meets in Texas and neighboring states; however, it may be even harder to believe that John M. Pettitt died of massive heart failure November 11, 2002, while working out in Plano, Texas, just before meeting his personal training clients. Dad had a physical just weeks beforehand and was in the best shape of his life. Down to 195 pounds, 32 inch waist, and a 6 minute mile, John truly had found his stride. He had his oatmeal for breakfast and had just started doing his warm up exercises on the machines when he collapsed. Just a few hours later, never regaining consciousness, John died at 12:42pm, survived by two children and a twenty pound cat named Bob that joined our family ten years ago just before our mother died of cancer.

As many of you may know, or maybe not, John held many powerlifting records, was inducted into the National Hall of Fame, directed the World Championship Meet in Dallas, Texas, as well as revolutionized meet administration with computer technology, leadership, efficiency,

and dedication to not only the sport but to lifters and audiences alike. Over the years, since his "retirement" from powerlifting, he continued his work with fitness, nutrition, healthy

lifestyles, and exercise through Strength Systems, DFW Wellness Exchange, and a myriad of other outlets for his "energy." I say "energy" simply because the man would and could do anything he wanted. He might have pissed off a few people (ok, maybe a lot of people) along the way, but those left in his wake had a few things in common. We all love his heart. We all admired his passion. We all envied his superhuman efficiency. We will all miss him.

l ask now a few things of the powerlifting community. 1) Help me get back in contact with those that Dad wrestled with contacting. He feared disappointment you know who you are ... I know of a few names - "Stumpblower", "Purddy Mouth", Griffith, McGhee, Vanader, Inzer, Durecel,

Patterson, Smitty, Eddie Rabbit, Hudson, Salter, Billy Jack, Reed, the list goes on. 2) I created a scholarship in my father's name to offset costs to join the local Park and Recreation Center, Carpenter Park Recreation Center, for new members in financial need. For more information about the Memorial Scholarship fund go to <a href="http://www.jatecweb.com/johnpettitt/">http://www.jatecweb.com/johnpettitt/</a>, call or email Cindy Olson (972) 208-8087 or cindyo@plano.gov. Checks (with JMP in the Memo section) can also be mailed to Carpenter Park Recreation Center,

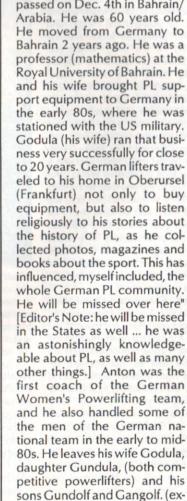
Att: Cindy Olson, P.O. Box 860358, Plano, Texas, 75086-0358. Last but not least, 3) Live your life like you mean it. If John, couldn't control his own demise (or at least talk his way out of it), I promise you can't either. Know your dreams. Make goals to accomplish them and then actually do it. Live out your legacy.

I truly value the powerlifting community and thank Mike Lambert for allowing me the space to say a few words. If you would like to contact Jonathan or me, for any reason, my email is pettittjess@hotmail.com. Thank you from my brother and I for your thoughts. You are our family now. Scary, huh!

Jonathan and Jessica .... children of John and Jan



Anton Von Bachhaus



cerpted from the December

16th POWER HOTLINE, pho-

tograph provided by the cour-

tesy of Heinz Vierthaler)



Young Jessica at one of her Dad's PL meets

Yes, it's finally here! You now have the final part in this three part series on how to go up a weight class, all the while making sure you don't look like you have been on a serious diet of hot dogs and marshmallows. Bu the time you finish this article you will know the Top 25 ways to put on solid muscle, so that going up your weight class is a little more scientifically based than raiding your local "All you Can Eat" buffet a couple times a week. In the final installation of this series, I will discuss the last 9 tips to make sure that your venture of going up a weight class was a success, not just a higher cholesterol rating.

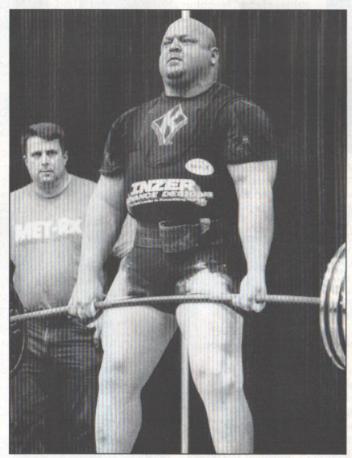
#17 - Avoid Processed and Junk Foods - I know I will get a lot of flak for this one, but I had to say it. When I hear most powerlifters discuss that they are going up a weight class it reminds me of children talking about how they are going to Disneyland. It's like they have just won the lottery. Just because you are going up a weight class doesn't mean you have a blank check to eat all the junk that you can get your hands on. I know this may sound funny, but it is a reality among a lot of powerlifters. Plain and simple, processed foods are not healthy for the body. When you look back to our ancestors, they ate mainly foods in a natural state. They didn't eat things like potato chips, chocolate tacos, ice cream, chocolate bars, deli meats, candy, and all the other junk foods that people go crazy for. Let's face reality for a second here, these "nutritious foods" may help you get a bigger total in "Bizarro World", but I am sad to tell you they won't help your total in this one! Not only will these foods add an extra roll of fat around your waist, they will also increase your chances for a whole slew of negative health conditions including heart disease, high blood pressure, high cholesterol, and diabetes among others.

#18 - Schedule a Cheat Meal - "Did you just say cheat meal? I thought you told us not to eat all the bad foods that you mentioned above." I know that powerlifters are human after all, not strength cyborgs from another planet. Yes, I don't want unhealthy junk foods to be a regular part of your diet, but if I told you to have a total abstinence from the foods that you have loved all your life, you will give up before you get started. The point here with your scheduled cheat day is that you allow yourself one cheat meal per week. Note I said cheat meal, not cheat day. This will allow you once a week to eat whatever you want in a reasonable amount for one meal on your cheat day. The main purpose of this is to allow you to have

# NUTRITION

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

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



Garry Frank believes in the nutritional guidance of Anthony Ricciuto

a mental break from your daily nutritional plan. At the same time it lets you enjoy something you like and it will help keep you on track the rest of the week

#19 - Consume Your Healthy Fats - If you have been a regular reader of my column, then you already know my view on fat. The type of fat that I will be discussing here is what is known in lauman's terms as "Healthy Fat". These healthy fats include your Omega 3-6-9. Omega 3 and 6 are known as polyunsaturated fats and Omega 9 known as monounsaturated fat. The Omega 3s are one of the most important since they have many benefits for the powerlifter. They increase insulin sensitivity, and reduce inflammation of your joints

and tendons. Your Omega 9s are important since they contain oleic acid which is known to keep the arteries of your heart supple, and they have a positive effect on your testosterone level. Carbohudrates and protein contain 4 calories per gram; while fat has over double that at 9 calories per gram. Not only will healthy fats help in many areas for health and strength, but they will provide an excellent source of calories. One tablespoon of flax or olive oil contains 114 calories and 14 grams of fat. Just say yes to healthy fats to keep your weight and total

#20 - Optimize Your Post Workout Nutrition - Now when I say the words post workout nutrition, what comes to your mind? Is it

go home and eat whatever you like? Is it to hit the local ice cream shop for a double scoop of chocolate fudge layered in marshmallows and sprinkles? Or is it something you have systematically and scientifically planned out to make sure that you are providing your body with the nutrients that it needs to gain benefit from that crazy workout that you just did? Now from most of the lifters that I have talked to, they don't have a clue what to eat after their workouts. They just go with the flow and eat whatever is lying around their house when they get home from their workouts, or whatever fast food drive thru is closest to the gym. This may sound funny, but if this is you I will tell you straight: you are destroying all the hard work that you just performed by not supplying your body with what it needs at the most important time of the day. Post workout nutrition is much more complicated than just simply eating your piping hot dinner (whatever it may be) when you get home from the gym. You have to supply your body with quality protein and carbohydrates along with a multitude of micronutrients and nutrient partitioning agents if you are looking to get the most from your training. In a future issue I will be discussing post workout nutrition and how it applies to the powerlifter. Just remember if you don't think that your post workout nutrition plan is optimal, it most likely is giving your competition a major advantage

powerlifters when they are trying to put on weight is that they jack up come contest day! their alcohol intake. I have heard #21 - Prepare Your Foods several lifters say things like the Ahead of Time - You are probably following. "Hey it will provide me wondering what this has to do with with some extra calories to help packing on mass. We are in a time when we are working more hours pack the weight on." Yeah, extra than we like, our family responsibiliweight on your waist and glutes! You will get extra calories, but they ties are at an all time high, deadlines will be empty calories with absofor work and life have to be met, and the amount of free time that we have for ourselves is very limited. With this in mind, I recommend for all my athletes to prepare their meals ahead of time. That is unless you live on a lavish estate where you have your very own servant and chef waiting at your every beck and call. Ok, back to reality here for a minute. The fact is if you try to stick to the guidelines that I have laid out for you in the past three articles of this series, it is unrealistic to think that you are going to prepare all of your foods on a daily basis every morning before going into the office. It's simply too much work to keep it up day after day. This is one of the reasons why many people fall off their diets, and fail to stick with their plan. I suggest that you prepare your foods for 2-3 days in thinking of. Protein and carbohyadvance. A Sunday evening would drates have a lot of performance be perfect for this. Prepare your benefits for the powerlifter. Protein

different foods and put them into

Tupperware containers in the fridge. "Vitamin C has been shown to reduce cortisol Now have a separate set of Tupperproduction. If that's not enough it has also ware containers that you will bring to work in your cooler bag every been shown to increase the powerlifter's faday. Just bring them to work and vorite hormone ... TESTOSTERONE! Now, I nuke them for a few minutes and, voila, vou have a ready-to-go nutrihave your attention, don't I? Yes, Vitamin C tious, high protein, carbohydrate has shown to not only keep the "Cortisol rich meal that will keep you fueled all day long. Do the same with your Monster" at bay but at the same time it has a protein drinks. Pick up a few propositive effect on testosterone levels as well." tein shaker bottles which you can get at any GNC store. Put your protein powder in each bottle and overloaded and will not be able to will help increase lean muscle tisthrow them in your bag. At work, sue, increase your metabolic rate. having a shake will be as simple as

helps in the recovery process, and increases protein synthesis. Carbohydrates provide your body with an excellent energy source, replace muscle glycogen stores after tough workouts, helps in the recovery process, plays a major role in cell volumization, and keeps our thyroid hormones in check. Now, how does alcohol play a role in this picture? It doesn't play any nutritional role and this goes to show you that it shouldn't be a major staple in our diet. Now you might be saving that you saw a study that showed alcohol actually helped lower cholesterol levels in some individuals. This is when it is used in moderate amounts, not in the way that some lifters consume alcohol. This doesn't give you a valid excuse to go out on the weekend and get loaded on a Friday and Saturday. Don't get me wrong, if you consume alcohol in moderation it can have health benefits but the key

adding some water, shaking and

drinking - all of which can be done

in under a minute's time. You have

to make eating healthy convenient

or you will turn into one of those

individuals that tells everyone that

you would like to eat healthy, but it's

just too time consuming. Yet these

are the same individuals that spend

3 hours every night in front of the

television to watch their favorite

shows. You have to prioritize what

is most important, and if you con-

sider vourself a serious powerlifter

then there is no way that you

shouldn't be bringing your cooler

bag to work with pre planned nutri-

tious meals. If athletes of other

sports can do this then there is no

reason why powerlifters can't do it!

Intake - I know that you didn't want

to hear this one. One of the things

that seem to increase with a lot of

#22 - Watch Your Alcohol

word here is MODERATION! #23 - Increase Your Calories Gradually - When looking to increase your calories, don't just jack them up like a maniac after reading this article. Don't go from your 3200 calorie diet and plan on attacking a 5500 calorie plan right off the bat. If you do you will be

process and absorb the nutrients from the massive increase in food volume. Take things in steps and you will eventually be where you need to be in no time. #24 - Take Extra Vitamin C a rock for the last half century, than

- Unless you have been living under you probably already know that Vitamin C has a positive effect on our immune system. There always seems to be mainstream media coverage on how this wonder vitamin can help you fight off the dreaded cold. Yes, the immune system boosting properties of Vitamin C are one of the reasons why I recommend its use but there is a lot more to this vitamin than what they tell you on TV. One very important benefit to Vitamin C is the effects that it has on cortisol levels. Cortisol is a catabolic hormone and is one that you want to minimize in your body. Its job is to breakdown valuable muscle tissue and increase fat storage. Sounds good if you want to be fat and weak! Vitamin C has been shown to reduce cortisol production. If that's not enough it has also been shown to increase the powerlifter's favorite hormone ... TESTOSTERONE! Now, I have your attention, don't I? Yes, Vitamin C has shown to not only keep the "Cortisol Monster" at bay but at the same time it has a positive effect on testosterone levels as well. One important function of vitamin C is in the formation and maintenance of collagen. This is the basis of connective tissue, which is found in skin, ligaments, cartilage, vertebral discs, joint linings, capillary walls,

and your bones and teeth. Taking extra Vitamin C when going through a pre-contest powerlifting cycle is an excellent idea to help your body repair and recover from all the stress you put upon it. These are just a few of the reasons why powerlifters need to supplement with Vitamin C. #25 - Stay Dedicated - With-

out dedication to not only your

training but your nutritional and

supplementation program, you will never see the results that you deserve. With powerlifters I have noticed that many will stick to the training program that they have laid out for their upcoming competition, but yet many get lazy when it is time to put the same effort forth for their nutritional program. Now you might be thinking that all this nutritional stuff is just for those bodybuilders and it really has nothing to do with the sport of Powerlifting. Well, I'll let you in on something. I believe that nutrition is even more important for the powerlifter than the bodybuilder. The main problem in our sport is that since we don't have to have a ripped midsection when we step on stage that gives us the green light to go and eat whatever we like. This is not the case and if you are of this mentality then I can guarantee that no matter how hard you train, no matter who your coach is, no matter how fine tuned your bench shirt is, you will never reach your optimal potential in this sport. I am currently working with close to 25 of the best powerlifters on this planet both men and women. They include world and national champion lifters, as well as World record holders from the United States, Canada, and Europe. I am working with strength athletes at such an elite level you would think that they have basically reached their limit in terms of their potential. Well, guess what, many of them are just scratching the surface in what they can accomplish in this sport. Many of them didn't have an optimal nutritional program when they came to me for counseling and program design. The fact that I have seen many of my world class powerlifters make unbelievable gains in such a short time is due to the fact that once your nutritional plan is customized to your individual needs, the results will be very surprising! If customizing the plan of World class powerlifters is causing them to have exceptional gains and helping them over come plateaus, just think of what optimizing your nutritional plan could do for you!

you have any questions or comments contact me at: aricciuto@XtremePower.com. To view more of my articles go to www.XtremePower.com

lutely no nutritional value. From a setting yourself up for disaster. Each nutritional point of view we have to week try to increase your daily catake a look at the macronutrient loric intake by 250-750 calories breakdown of different foods and depending on your weight, energy from here we can choose whether expenditure, metabolic rate, and they are a good or a bad choice. level of insulin sensitivity. You have From here we can decide to include to slowly increase your calories as or avoid them in our nutritional your digestive system will just get plan. Let's take a look at the caloric intake of our macronutrients for a "I believe that nutrition is even more imporminute. Protein and carbohydrates tant for the powerlifter than the bodybuilder. have 4 calories per gram. Fat has 9 The main problem in our sport is that since we calories per gram. Alcohol on the other hand has 7 calories per gram! don't have to have a ripped midsection when Isn't that crazy? Considering alcowe step on stage that gives us the green light hol has almost as many calories per gram as pure fat, doesn't it make to go and eat whatever we like. This is not the you wonder what it's going to do to case and if you are of this mentality then I can not only the look of your physique but your powerlifting performance guarantee that no matter how hard you train, as well? Now here is another probno matter who your coach is, no matter how lem that most of you may not be fine tuned your bench shirt is, you will never

reach your optimal potential in this sport."

# INTERVIEW

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

(thisinterview is continued from last month's issue of Powerlifting USA)

LM: The last piece of the puzzle is "limit strength" which is basically your 1 rep max. How often do

powerlifters have to train heavy in order to increase their limit strength? Would vou explain functional strength and is functional strength best developed as a percentage of limit strength?

FH: Again, let me give you a couple of workable definitions. Over the years many different classification schemes have been devised in order that we may better understand strength and the best methods of acquiring it. Here are a few of the more enduring terms used to differentiate strength classifications. You will see that they are either incomplete or too general.

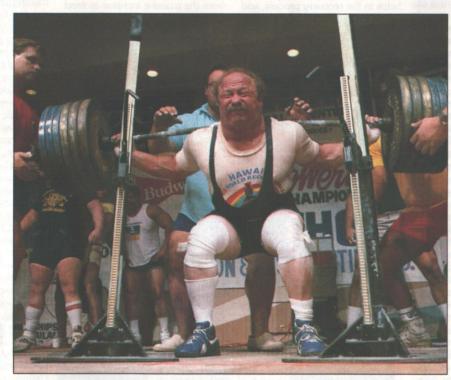
Limit Strength: How much musculoskeletal force you can generate for one all-out effort. The most effective means of increasing limit strength is through weight training. Re-

search indicates that 3-8 repetitions with 80-90 percent of maximum load works best. "Periodizing" your training intensity bodypart-per-bodypart (i.e., exercise-per-exercise) is essential because of the high likelihood of (cumulative overtraining microtrauma). Various therapeutic modalities as well as psychological techniques and supplements also have shown effectiveness in improving limit strength.

General Strength is a term that many coaches use to describe limit strength in all of your muscle groups and body movements. In this category, you train all the muscle groups without concentrating on the muscles that assist your particular sport skills. Training for general strength will give you a foundation (a "base") for your sport. Once you have developed general (overall) body strength, you should then work on the limit strength of the par- it is for powerlifters. Indeed, to

# Fred Hatfield

interviewed for PL USA by Larry Miller



Dr. Fred Hatfield with a 1014 squat, weighing 258, at the 1987 Hawaii Record Breakers

ticular muscle groups that will be most involved when you perform the event in which you compete. Traditionally, this has been called specific strength.

Special Strength. Each sport skill requires a specialized type of strength, or "special strength." Shot putters, for example, need explosive strength and starting strength, while wrestlers need anaerobic strength endurance to be able to apply limit strength or speed-strength in their movements throughout the match. Many sports - tennis and golf being two examples - require the application of starting strength ("ballistic force") with perfect con-

Optimal Strength, sometimes referred to as functional strength, is a reference to the fact that one's "limit" or "absolute" strength level is not necessarily as important for some athletes as train exclusively for limit or absolute strength will invariably detract from performance ability in most sports because one's Fmax - the level of force output in any given sport skill - will be retarded. Remember, in all the world of sport, SPEED is king. Speed is not necessarily improved by concentrating exclusively on maximizing one's limit strength. The optimal strength level of limit or absolute strength, then, for each sport will vary, and is defined as that level where one's Fmax, Tmax and F/T (explosive strength) is also maximized (see the illustration of the strength curve).

Some coaches schooled in the old Soviet approach to training separately refer to "reactive strength" or one's ability to switch from eccentric to concentric during the "stretch shortening cycle." It's often considered a third component of speed-strength. It is

alternately called the "amortization" phase or the "transition" phase. It is the application of great muscle force being applied to "put the breaks on" the eccentric phase - static contraction -

in preparation for the initiation of maximum fiber recruitment (the definition of "starting strength." As an interesting aside to the issue of "eccentric - to static - to - concentric" muscle contraction, Dr. Gideon Ariel, a leading biomechanics researcher from California believes that there is no eccentric contraction during running as propounded in classical stretch shortening cycle theory. He has demonstrated experimentally that whatever lengthening ("stretch") there is in the quadriceps during running takes place in the connective tissues of the quad muscle or the quad tendon, and NOT the actual myofibrils. He posited that many ballistic movements in sport are similar to running (a series of ballis-

tic acts) in their lack of true eccentric muscle contraction. If his tenet holds true, then amortization (reactive strength) is nothing more than the connective tissue reaching the limit of its viscoelasticity, and has little or nothing to do with the muscle's contractile strength. Be that as it may, most human movement involves a prelengthening (stretch) cycle before amortization.

LM: What is your ideal cycle program? How often should we perform the three lifts and how much rest do we need in between?

FH: There is no "ideal" cucle program. How each lifter periodizes his or her training is a very personal thing! Your ability to recover weighs heavily on your periodization. However, my experience has shown me that most lifters ought to refrain from doing the actual competition lifts during the off-season. Most precompetition cycles generally take

anywhere from 12 - 16 weeks to garner optimal results. I have actually given you a good "basic" program to start out with at www.drsquat.com.

LM: How often should lifters train with equipment? Do we need to feel heavy weight through a full range of motion in order to build tendon and ligament strength?

FH: Lifters with joint or connective tissue problems are well-advised to wear the equipment while training with weights in excess of 80 percent of an estimated max. But otherwise healthy lifters generally benefit from wearing competitive attire only during the last 4 weeks or so of a training cycle 9 i.e., when they're exceeding 85 Percent of max). This is to allow the tissues to adapt to the stresses of training. That includes tendons and ligaments.

LM: Some strength experts believe that we should deliberately overtrain. What are your thoughts on this?

FH: I have never heard this before. Doesn't sound right. Remember, overtraining is a result of cumulative microtrauma to the point of imminent macrotrauma. LM: Fred, are you familiar with the "Jump Stretch" rubber bands and do you think they play an important role in developing power?

FH: Yes, it is a good method of training, with applicability in improving explosiveness.

LM: How important is stretching to our sport?

FH: Only if you have a flexibility deficiency that prevents you from assuming correct positions in your

LM: Do you believe that powerlifters need to develop psychological skills to improve their meet performance?

FH: Uhhhhh! Perhaps more than just about any other factor! I've written a lot on this topic, but what can I say in a short interview? Read some of the articles at www.drsquat.com.

LM: What supplements should we be taking and how should athletes control their diet?

FH: Dietary manipulation and the use of various nutritional and nutriceutical preparations are vital all year long. I have written extensively on zigzagging your caloric intake in order to maximize muscle mass and minimize fat. You can read about it, as well as many other issues, at www.drsquat.com. In fact. I have a lot of supplement information for powerlifters there. It's free. I don't mean to blow this important question off - or the one regarding psychological strategies

just above this one - by not answering it directly, but to do it justice would take volumes!

LM: Complex training involves the performance of an explosive plyometric movement followed by a strength movement. Should powerlifters train this way and does it make sense to warm up this way prior to a competition?

FH: Complex training is not essential for powerlifters, in my view, because of the nature of the sport. Other sports, where there is throwing, jumping, pushing off, hitting and so forth benefit greatly from complex training. It's not a warm-up technique. It's a technique that helps you bridge the neural gap between strength and speed.

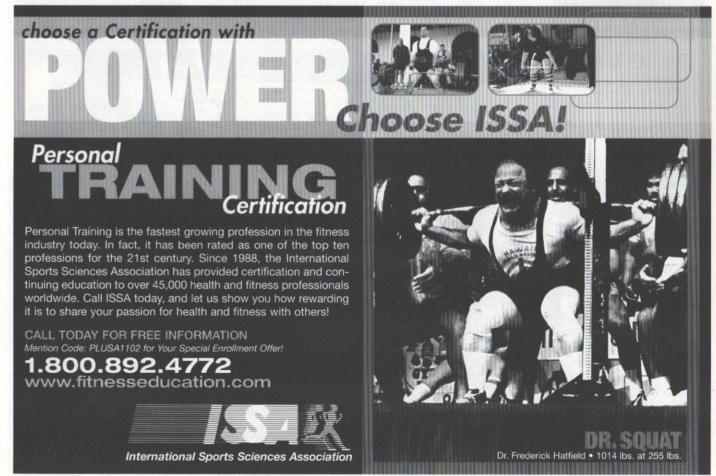
LM: Fred, what are some of your thoughts regarding the current status of Powerlifting? Do we have too many organizations, are we using too much equipment, are we relaxing the rules so that lifters are getting lifts passed that shouldn't be? FH: The politics of the sport (and the attendant relaxing of the rules in some of the bogus federations) are in a horrible mess. Selfinterests of a select few have ruined the sport. Thankfully, the lifters - who only wish to lift in fair competition - still have their love for the sport.

LM: Fred, are you still involved with your certification program and how can we get more information on it? FH: The International Sports Sciences Association (ISSA) was the first certifying body ever - in the entire world. Yes, it's still active, and is today probably the largest of all, It's certainly the best! Go to www.issaonline.com for an overview on what we do.

LM: Do you miss competing and do you still keep in touch with any of the powerlifters? Who are some of your all time favorites?

FH: Yeah, I miss it. My favorites have always been, and are always going to be, those who find a way to exceed the bounds of mere convention. For some - many lifting is fun in and of itself, and I salute those who like to play at it. But there are a few for whom lifting became a passion so mighty, so strong, that they became as "priests" to the discipline. I like that. As a side note. what if politicians approached their "discipline" this way? Doctors? Christians? Parents? Why, you'd see a lot less hypocrisy! Greater competence. More trust. LM: Any final comments or anyone you would like to acknowledge or thank?

FH: Dr. E.C. Fulcher Jr. for showing me the way.



"When you lose, you have nothing to say. Just accept it; don't make any excuses. And when you win, you say even less" - Virada Nirapathpongporn

When I was growing up, the athlete that I disliked the most was Muhammad Ali. Now, I know that Ali is one of the greatest athletes of the millennium, and without guestion he is the greatest heavyweight boxer of all time. Even as a small boy. I understood Ali's greatness. I knew that he was something very special, an athlete unlike any other I had ever witnessed. Still, I loathed him with a passion, and my dislike for him had nothing to do with his religious beliefs or his refusal to be inducted into the military. It was about him as an athlete.

He was just so brash and bold ... so arrogant. He wouldn't just defeat his opponents, he would taunt and belittle them. Often mocking his competitor's lack of talent and skill, he took great pride in humiliating those who were not in his class. He had no empathy or compassion for his opponents even after he had defeated them soundly. In effect, he exhibited a total lack of respect for everyone and everything that was associated with his sport. He displayed absolutely no style or class. He certainly didn't understand or chose not to understand the concept of winning with dignity and humility. In my opinion, he was the

# Dr. JUDD

### Sportsmanship by Judd Biasiotto Ph.D.

antithesis of what the true spirit of sport was all about. He went against everything that I was taught to honor and respect in sports. Naturally, I detested him.

What I have witnessed in today's

sports makes Ali look like Emily Post when it comes to sportsmanship. For example, I recently read where a mother of a 15 year old boy, who scored the winning run in a vouth league baseball game in Salt Lake City, was beaten up by a number of angry parents whose sons played for the losing team. Actually, they didn't just beat her up, they pounded her into unconsciousness. After the game, a number of women allegedly battered the woman with their umbrellas, punched her in the face and then hit her with a baby stroller, knocking her into oblivion. Police said the woman was still unconscious when they arrived. She was eventually transported to the hospital and treated for head injuries and facial

Unfortunately, things like this are happening more and more in the sports world. Last year, a high school wrestler head-butted the referee after he was pinned by his opponent. The referee was rendered unconscious for more than five minutes and sustained subtle brain damage from the injury. A few months later, a 40 year old father beat up a referee because he fouled his son out of a Youth Athletic League basketball game, Less than a week after that, an assistant baseball coach with the local Police Athletic League was charged with aggravated battery after allegedly throwing a punch that broke an umpire's jaw. That same week at a girl's softball game, dozens of parents rushed the field and started scuffling after a player was tagged out: two mothers, who were both coaches, each served ten days in jail. And just last week, (the reason I am writing this article) a lifter beat up a judge because he turned his lift

Can you believe all of that? Well, you probably can in light of what happened at a little league hockey scrimmage game recently.

A father who was frustrated after watching his son take an elbow confronted another father who was informally supervising the play. The two men got into a shoving match. A short time later they got into a fight. The larger man at 6' 1", 240 pounds allegedly knocked the much smaller man (165 pounds) to the floor and, kneeling on his chest, beat him to death while both men's children witnessed the incident.

The aforementioned incidents are not the exceptions to the rule either. In fact, they are more the rule. You can't watch a sports game without seeing a fight either on the field or in the stands, and sportsmanship among athletes is becoming extremely rare. Today we have kids in the little league talking "smack" and trying to denigrate their opponents. Of course, they have some really great role models for this type of behavior. Pro and college athletes are constantly doing something outrageous to draw attention to themselves and belittle their competitors.

Branch B. Rickey once said that the two worst traits an athlete can have are the fear of failure and an inordinate desire to win at all cost. When an individual's general attitude toward life is based on winning, and when competition is used as a means of creating self-worth, the worst in a person comes out. Ordinary fears and failures become greatly exaggerated and that is when

frustration leads to aggressive behavior. It's as if these people believe that only by winning all the time, only by being the best, will they be eligible for love and respect. Children who have been raised to measure themselves in this way often grow into adulthood driven by the compulsion to succeed, and when they don't succeed they strike out at what stands in their way. Unfortunately, most coaches,

teachers and parents do not use their influence and discipline to help cultivate altruism and humanity in the children. Instead of putting an end to self-interest and egotism, they foster it. They don't hold anyone accountable for their action. I see this all the time in the sports world. If you can hit a baseball or slam dunk a basketball, you can get away with damn near murder.

You know, competition can be extremely rewarding. It can drive us to push our hearts and souls to the further reaches of which we are capable. Without competition most of us would never know how far we could go. The true essence of sports is all about excellence and competition. As mentioned, though, there is also another side of sports that is not so wonderful. Remember in the movie Star Wars, Luke Skywalker

learns about "the force", but later on he encounters the evil Darth Vader and learns of "the force's" dark side. As Vader states. "You don't know the power of the dark side". So it is in sports and competition. There is a bright side, and a dark side and both of them are powerful forces. The difference is this: when you compete to have fun and you seek to discover what heights you can reach as an athlete, or when you challenge yourself to be the very best you can be, competition is healthy and rewarding. You bring forth the dark side, though, when you use sports to put yourself above others, or when your entire self worth is wrapped up in winning.

This is certainly one area where a lot of people are having problems today. We are in this I-me generation where everyone is concerned more about themselves than their neighbor. To be honest, we have become so selfish and self-centered that we have forgotten how to treat people. It seems like we have lost the capacity to step outside of ourselves and feel the pain of others. Perhaps, we should take the time to think before we act ... really ask ourselves how we would feel if someone humiliated us in front of an audience. In other words, try and

put ourselves in the other guy's

Let me tell you about a story I read in Pat Croce's book I feel Great and So Will You. It's about this thing called sportsmanship. The incident occurred at the Special Olympics in Seattle a few years ago. There were nine contestants for the 100 meter race. Of course, each one of the kids had either a physical or mental disability. Still, these kids are as passionate and dedicated as any athlete you will ever meet. I know that to be the case because I worked with the Special Olympics for a number of years. Believe me these kids push their hearts and souls right to the limit when they train. They want to win just as bad as you and I do.

Anyway, when the gun went off to start the race, all nine contestants stormed out of the starting blocks. Unfortunately, one of the kids got his feet tangled up and fell down no more than five feet from the starting point. When he hit the ground, he just lay there and started to cry. His pain was probably more a consequence of his disappointment and frustration than it was his injury. When the other runners, who were a third of the way down the track, heard him crying, they slowed up

and then stopped running. They looked at each other then turned around and ran back to the their injured competitor. It wasn't just one or two of them either. All of them went back.

When they reached the boy, they helped him up and brushed his shirt and pants off. A little girl who had Downs Syndrome gave him a big hug and kissed him on the cheek. "That will help make the hurt go away," she said. A slight smile appeared on the boy's face through his tears.

Once the boy was back on his feet, the kids were going to continue on with the race but they notice that the boy couldn't run on his twisted knee. So all eight of them lined up next to him, four on each side, and the nine of them linked arms and walked down the track together. They crossed the finish line in unison ... united as one. Isn't that great?

What a magnificent victory for the human spirit.

Often the smallest, most unnoticed acts of kindness serve to remind us that sports is merely a game and that winning is not as important as being the best person and athlete that you can be.

Judd Biasiotto Ph.D.

### SOLARIS INC. • P.O. BOX 52022 • ALBANY, GA 31703-2022 Phone: 229-436-1067 • Fax: 229-436-7434 • E-mail: solarisinc@aol.com

more information about these Solaris' books please surf to: www.novagenics.com in the "English Books tion you will find the table of contents, a long excerpt from the text, and lots of testimonials for each book.

absolutely loved it.

**Superior Bench Training** 

Bench press training with the best

thletes in the game: Clark, Tokar-

ski, Lain, Arcidi, Confessore, Hall,

Williams, Pfraumer, Bruegger, Saliger.



### Dr. Judd's Reflections on Sports & Life

"Reflections" is a treasure-chest of magnificent stories that will warm your heart, enlighten your mind, and inspire your soul to greatness. This book is a magical chronicle of Dr. Judd Biasiotto's rich and varied experiences as a renowned sports psychologist, an award winning speaker and writer, a celebrated educator and a world class athlete. A splendid manuscript about love, compassion, tolerance, courage and self-assurance. Once you read this book you will look at your life anew. It will give you the confidence to do or become whatever you want. Nasser El Sonbaty, IFBB Pro, Mr. Universe, says: "Simply put: One Hardcover, 133 Pages of the best books I have ever read. iust \$19.95



### Dr. Judd on The Pursuit of Excellence

To order books send check or money order (U.S. funds only) to Solaris. For

S&H please add: U.S. and Canada \$4 for 1 book, \$6 for 2 or more books

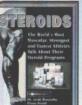
(COD \$2 extra). Foreign orders: prepaid only, for S&H please add \$9 for

one book, \$14 for 2, \$19 for 3 (U.S. funds only). Dealer inquires welcome!

you can conquer the world.

"In Pursuit Of Excellence And Self-Fulfillment" is a collection of Dr. Judd Biasiotto's entertaining and informative lectures, which were delivered worldwide over the last decade. After you read this book you will look at your life anew. Each chapter is filled with true and inspiring stories that will broaden your perspective of what it means to be fully human. It will enlighten you as to how compassion, courage, love and inner strength can be made a part of your daily life. Curtis Leslie, Multiple World Champion Powerlifter, says: "This book can and will enrich your life. It certainly did mine!" Mike White, All-Pro Cincinnati Bengals: Hardcover, 150 Pages "This book will make you feel like just \$19.95





### **Drugs in Weightlifting**

levealed: The drugs and dosages proessional athletes are using! Bodyuilders and Powerlifters talk straight about the incredible amounts and combinations of Steroids, IGF-1 and Growth Hormone Paperback, 110 Pages oday's athletes iust \$19.95



### **Planned Success**

Quickly record important lifting data, saving time each day. Pre-fabricated boxes and input fields for every detail of your workouts and diet, supple ments and the rest you get. See at a glance what you Spiral Binding, 150 P. put in and what just \$8.95

ou got out.



On becoming World Class will stun ou, it will make you laugh out loud, and it will help you to make the best of your weightlifting career. Dr. Judd eveals how to get a winning attitude by overcom- Paperback, 179 Pages ng defeat & be-ieving in yourself. just \$12.95



ANABOLIC

### heir exact training routines, tips & ricks, techniques Paperback, 126 Pages ipment, conjust \$19.95

test preparation.

outine with

weights & reps.

European Bulk-Up ain 20 pounds and more in only ur weeks! Professional preparation for the mass-training phase, top lass exercises, proven super-intensiy techniques, lots of photos and a etailed 4-week Paperback, 100 Pages

just \$9.95

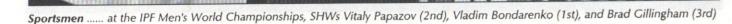


### **Rock-Hard Abs**

rief, hard, convincing results: Special bdominal training for an incredibly lean and ripped midsection. New and mproved exercises, the best exerise combinations, increased intensiy, how to avoid Paperback, 80 Pages

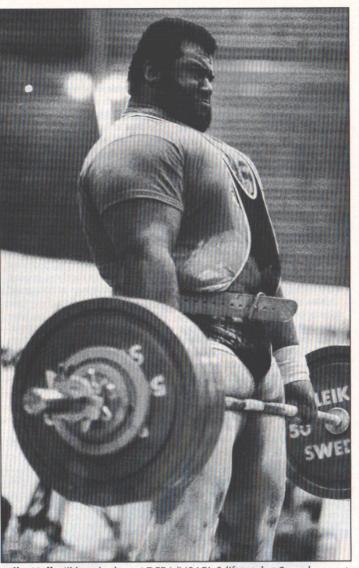
e most comn just \$6.95





# PRODIGIOUS PUSH-PULL - 100 ALL TIME BEST compiled for Powerlifting USA by Herb Glossbrenner

2 688.00 1516.78 8010n.A GBR 328 590 926 28JUR02 28JUR02 34 680.00 1500.23 Kazmaier, B USA 319 675 830 19MOZ 34 680.00 1500.23 Kazmaier, B USA 319 675 830 19MOZ 34 680.00 1500.23 Kazmaier, B USA 319 671 827 827 827 827 827 827 827 827 827 827		KG	LBS.	Lifter Frank C	NAT USA	BWT 362	SQ 722	DL 903	DATE 16JUN02
1	1	737.50	1625.91	Frank,G Rolton A					
680.00   1500.23   Karmaier, B									19NOV00
5 678.12 1495.00 Smith, M USA 335 670 825 18NOV017 6 663.00 1467.07 Finehoud, D USA 335 670 825 18NOV017 7 663.00 1462.00 Cillinghum, B USA 226 24 837 24 COCT72 8 663.00 1466.00 Cillinghum, B USA 226 28 83 82 22 COCT72 8 664.00 1455.05 Funer, R USA 282 80 82 22 COCT72 8 660.00 1455.05 Funer, R USA 282 80 82 22 COCT72 8 660.00 1455.05 Funer, R USA 282 80 82 22 COCT72 8 660.00 1455.05 Funer, R USA 282 80 82 22 COCT72 8 660.00 1455.05 Funer, R USA 387 705 749 1705 740 1									
1463-50			1495.00	Smith,M					
66.51.5   1462.00   Cole.]									
665.00									
10   662,50   1460,56   Pagazov, V   Like   239   573   887   17DECS98   17									
11 62.50 1460.56 Papazov, V UKR 283 622 837 28MAR02 12 660.00 1455.05 Moore, B USA 34 294 669 766 1900.00 1455.05 Moore, B USA 317 705 749 12MAY01 15 657.70 1450.00 Shever, I USA 318 650 804 16JUN02 16 657.50 1450.03 Shever, I USA 318 650 804 16JUN02 17 657.50 1449.53 Kenady, D USA 345 660 790 29MAR02 18 657.50 1449.53 Kenady, D USA 345 904 06APR06 18 657.50 1449.53 Kenady, D USA 345 904 06APR06 19 657.50 1449.53 Kenady, D USA 345 904 06APR06 19 657.50 1449.53 Kenady, D USA 345 904 06APR06 19 657.50 1449.53 Kenady, D USA 345 904 06APR06 19 657.50 1449.53 Kenady, D USA 345 904 06APR06 19 657.50 1449.53 Kenady, D USA 345 904 06APR06 19 657.50 1449.53 Kenady, D USA 345 904 06APR06 19 657.50 1449.53 Kenady, D USA 345 904 06APR06 19 657.50 1449.53 Kenady, D USA 325 660 799 07APR70 12 655.51 1440.00 Kuc, D USA 325 660 799 07APR70 12 655.50 1449.51 Novaral, SWE 375 551 892 31NOV87 12 655.51 1440.00 Kuc, D USA 325 660 815 31NOV87 12 655.50 1438.51 Badenhort, G KSA 306 551 887 14OCT90 1438.51 Wisenan, S CAN 307 651 892 31NOV87 1438.51 Wisenan, S CAN 307 651 892 32HAN02 15 655.51 1438.51 Siders, B USA 321 660 789 799 19MAY01 15 657.50 1438.51 Wisenan, S CAN 307 651 892 32HAN02 15 655.50 1438.51 Wisenan, S CAN 307 651 892 32HAN02 15 655.50 1438.51 Wisenan, S CAN 307 659 799 19MAY01 15 656.00 1433.00 Kirk, F NA 308 552 876 16F889 15 655.00 1432.00 Kirk, F NA 308 552 876 16F889 15 655.00 1422.00 Fromin, Y RUS 321 573 848 848 17NOV2 15 655.00 1422.00 Fromin, Y RUS 321 573 848 848 17NOV2 15 655.00 1422.00 Fromin, Y RUS 321 573 848 848 17NOV2 15 655.00 1422.00 Fromin, Y RUS 321 573 848 848 18NOV3 15 655.00 1422.00 Fromin, Y RUS 321 573 848 848 18NOV3 15 655.00 1422.00 Fromin, Y RUS 321 573 848 848 18NOV3 15 655.00 1422.00 Fromin, Y RUS 321 573 848 848 18NOV3 15 655.00 1402.00 Fromin, Y RUS 321 573 848 848 18NOV3 15 655.00 1388.91 V MILLING, WAS 310 554 889 821 22NOV3 15 655.00 1388.91 V MILLING, WAS 310 554 889 821 22NOV3 15 655.00 1377.88 Kench, WAS 310 575 785 10NOV3 15 655.00 1377.88 Kench, WAS 310 575 785 10NOV3 15 655.00									and the second second
12									28MAR02
14 600.00					USA				19NOV00
155   557.70   1450.00   Nimery   USA   308   665   785   13OCTD									
16   657.750   1459.00   Thompson,D   USA   345   660   790   29MAR02   790   29MAR02   791									
175 657.50 1449.53									
18   657.50   1449.53   Clark, A									
19   657,50   1449,53   Tregloan,P   G8R   352   589   859   10NOV96   21   657,50   1449,53   Wessels,W   USA   239   650   799   07AP879   22   655,40   1444,500   Kuc,J   USA   232   644   864   22JUN97   23   655,00   1444,02   Noran,L   SWE   307   551   892   15NOV87   24   653,17   1440,00   Mirnonov,V   RUS   275   605   815   025   15NOV87   25   653,17   1440,00   Mirnonov,V   RUS   275   605   815   025   15NOV87   26   652,50   1438,51   Malenhorst,G   KA   306   551   887   14OC179   27   652,50   1438,51   Wiseman,S   CAN   307   639   799   19MAY01   28   652,50   1438,51   Wiseman,S   CAN   307   639   799   19MAY01   29   652,50   1438,51   Wiseman,S   CAN   307   649   822   21NOV2   20   650,00   1433,00   Hamalainen   FIN   306   650   837   22HP802   21   650,00   1433,00   Hamalainen   FIN   306   650   837   22HP802   21   650,00   1433,00   Hamalainen   FIN   306   650   837   22HP802   21   650,00   1433,00   Hamalainen   FIN   306   650   837   22HP802   21   640,00   1433,00   Hamalainen   FIN   306   650   837   22HP802   21   640,00   1432,00   Bondarenkov, RO   SA   300   552   866   16F889   23   645,00   1422,00   Formin, V   RUS   275   601   821   22HNA78   24   645,00   1422,00   Formin, V   RUS   233   573   848   30SEP00   24   641,00   1422,00   Formin, V   RUS   323   573   848   30SEP00   24   641,00   1422,00   Formin, V   RUS   323   573   848   30SEP00   24   644,10   1420,00   Formin, V   RUS   323   573   848   30SEP00   24   644,10   1420,00   Formin, V   RUS   323   573   848   30SEP00   25   645,00   1422,00   Formin, V   RUS   323   573   848   30SEP00   26   645,00   1422,00   Formin, V   RUS   323   573   848   30SEP00   26   646,00   1410,96   Formin, V   RUS   323   573   848   30SEP00   27   646,00   1410,96   Formin, V   RUS   323   573   848   30SEP00   28   646,00   140,00   Formin, V   RUS   323   573   848   30SEP00   29   646,00   140,00   Formin, V   RUS   323   573   848   30SEP00   20   646,00   140,00   Formin, V   RUS   323   573   848   30SEP00									
21			1449.53	Tregloan,P	GBR	352			10NOV96
22         655.44         1444.02         Noran, Noran, SWE         332         600         845         11100V72           24         653.17         1440.00         Ware, J         USA         343         600         840         29]ANB9           25         653.17         1440.00         Winmonov, V         USA         343         500         840         29]ANB9           26         652.50         1438.51         Badenhort, G         RSA         306         651         887         140CT90           28         652.50         1438.51         Siders, B         USA         281         650         788         22]UNO2           31         650.00         1433.00         Kiri, R         FIN         320         664         793         20AUGOZ           31         650.00         1433.00         Bondarenko, V         USA         320         584         848         17NOVO2           31         645.00         1422.00         Formac, D         USA         325         573         854         848         18NOVO2           38         645.00         1422.00         Formiger, P         USA         225         610         221         244R802									
135.00   1444.02   Noran, I   SWE   307   551   892   ISNOV87									
24         653.17         1440.00         Ware, J         USA         343         600         840         29]ANB9           25         652.59         1438.51         Badenhorst, G         RSA         306         551         887         140CT90           28         652.59         1438.51         Siders, B         USA         231         639         799         19MAY01           30         650.00         1433.00         Kiri, R         FIN         320         655         387         21JAN89           31         650.00         1433.00         Bandarenkoy         RUSA         320         584         848         17NOV02           31         644.07         1428.59         Wilson, O.D.         USA         320         584         848         17NOV02           36         645.00         1422.00         Fornt, M         USA         275         610         821         184BAY89           37         645.00         1422.00         Fornia, Y         USA         275         617         804         18APAY99           38         645.00         1422.00         Fornia, Y         USA         275         617         804         18APAY99 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>									
25         653.17         1440.00         Mirmonovy N         RUS         275         605         835         02FEB91           26         652.50         1438.51         Wiseman, S         CAN         307         639         799         19MAY01           29         652.50         1438.51         Wisen, C         USA         307         644         793         20AUC02           29         652.50         1433.00         Hamalainen         FIN         306         650         782         22HE802           31         650.00         1433.00         Bondarenkoy, RUS         230         584         848         17NOV02           33         646.00         1422.00         Pasanella, D         USA         325         876         16FEB89           35         646.37         1427.49         Pasanella, D         USA         225         561         821         28HBA93           36         645.00         1422.00         Fomin, Y         RUS         223         573         88         848         817NOV2           37         646.50         1422.00         Fomin, Y         RUS         223         573         88         83         212HBA93									
26 652.50 1438.51 Badenhorst,G RSA 306 551 887 140CP39 27 652.50 1438.51 Siders,B USA 281 650 788 22JUN02 29 652.50 1438.51 Siders,B USA 281 650 788 22JUN02 30 650.00 1433.00 Kiri,R FIN 320 995 837 21JAN89 31 650.00 1433.00 Wisno,D.D. USA 380 650 84 848 17NOV02 31 650.00 1433.00 Wisno,D.D. USA 380 552 876 16F689 33 646.00 1422.49 Pasanella,D USA 275 573 854 28MAY89 35 646.37 1425.00 Grant, M USA 322 650 775 12F880 36 645.00 1422.00 Furnas,D USA 275 677 12F880 37 645.00 1422.00 Fyrnas,D USA 275 617 804 18AP89 38 645.00 1422.00 Fomin, Y RUS 323 573 848 30SEP00 40 644.10 1420.00 Hunt,J.R. USA 400 665 755 01NOV98 39 645.00 1422.00 Grain, M USA 325 650 775 12F880 41 642.50 1422.00 Fomin, Y RUS 323 573 848 30SEP00 410 1422.00 Fomin, Y RUS 323 573 848 30SEP00 410 644.10 1420.00 Hunt,J.R. USA 400 665 755 01NOV98 41 642.60 1410.96 PodhymyM RUS 286 501 909 10DEC01 41 642.50 1410.96 PodhymyM RUS 286 501 909 10DEC01 46 637.50 1410.96 PodhymyM RUS 286 501 909 910DEC01 46 637.50 1405.45 Hechter, G USA 333 584 821 31NOV94 48 640.00 1410.96 PodhymyM RUS 286 501 909 10DEC01 49 635.03 1400.00 Salford, I USA 333 654 821 30SMAP2 49 635.03 1400.00 Salford, I USA 333 654 821 30SMAP2 50 635.03 1400.00 Salford, I USA 333 654 821 30SMAP2 51 635.00 1399.93 Voronin, I USA 337 657 95 99NOV07 50 635.03 1400.00 Salford, I USA 375 600 810 18NOV01 51 635.03 1400.00 Salford, I USA 376 699 699 24JUN01 52 635.00 1388.91 Wisson,S USA 242 536 832 29JUN16 53 632.67 1395.00 Greig,B CAN 300 655 757 93 APR89 54 630.00 1388.91 Malanichev RUS 275 600 810 18NOV01 55 632.50 1399.00 Pilts,G USA 376 699 699 24JUN01 56 630.00 1388.91 Malanichev RUS 275 600 810 18NOV01 57 630.00 1388.91 Malanichev RUS 275 600 812 12JUR18 58 630.00 1388.91 Malanichev RUS 275 570 800 1388.91 PORTOR 170 PORT									
28         652.50         1438.51         Siders, B         USA         281         650         788         22JUN02           29         652.50         1433.00         Kiri, R         FIN         320         650.00         1433.00         Kiri, R         FIN         320         595         837         21JAN92           31         650.00         1433.00         Bondarenko, Y         RUS         320         584         848         17NOV02           32         640.00         1422.49         Pasanella, D         USA         225         587         857         284         28MAY89           34         647.50         1422.00         Furnas, D         USA         275         617         975         725         1676           36         645.00         1422.00         Formin, Y         RUS         275         617         904         184289         28100         2818         395         906         645.00         1422.00         Tokariki, C         USA         2275         601         821         281000         1842.00         1842.00         1842.00         1842.00         1842.00         1842.00         1842.00         1842.00         1842.00         1842.00         1842.00			1438.51	Badenhorst,G	RSA	306	551		14OCT90
29         562.50         1438.51         Wiers, C         USA         307         644         793         20AUCO2           30         650.00         1433.00         Hamalainen         FIN         302         595         837         211AN89           21         650.00         1433.00         Bondarenkoy, RUS         320         584         848         17NOV2           32         664.00         1422.69         Wilson, O.D.         USA         380         552         876         16F8889           35         646.37         1422.90         Grant, M         USA         322         660         775         12F880           36         645.00         1422.00         Fernas, D         USA         275         601         821         2811987           37         645.00         1422.00         Fomin, Y         RUS         225         617         804         18AP899           39         645.00         1422.00         Fomin, Y         RUS         298         3848         305500           41         647.00         1416.47         Goggins, S         USA         258         562         854         24JUNO1           41         646.20 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>									
10   10   10   10   10   10   10   10									
131 650.00 1433.00 Nambalainen FIN 306 650 782 24FEB02 2 2 650.00 1433.00 Nambalainen FIN 306 650 782 24FEB02 3 2 650.00 1432.00 Wilson,O.D. USA 380 552 876 16FEB89 3 35 646.37 1425.00 Grant, M USA 322 650 775 12FEB03 3 36 645.00 1422.00 Final USA 275 601 821 28JB03 3 37 645.00 1422.00 Final USA 275 601 821 28JB03 3 38 645.00 1422.00 Fomin, Y RUS 323 573 848 30SEP00 3 39 645.00 1422.00 Fomin, Y RUS 323 573 848 30SEP00 3 40 641.01 1420.00 Hunt,I.R. USA 400 644.10 1420.00 Goggins, S USA 258 562 832 24JUN01 422 641.83 1415.00 Heisey, G USA 358 490 925 15MAR92 440 640.00 1410.96 PodhymyM RUS 286 501 909 10DECD1 15MAR92 440 640.00 1410.96 PodhymyM RUS 286 501 909 10DECD1 366 637.50 1405.45 Hechter, G USA 353 584 821 03MAR85 486 636.00 1402.10 Meszaros, T HUN 324 507 895 19NOV97 49 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 49 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 49 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 49 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 275 600 810 18NOV01 50 635.03 1400.00 Salford, I USA 387 659 699 24JUN01 1 USA 388 650 00 1388.91 Malanichev Missell Buston 1 USA 388 650 00 1388.91 Malanichev Missell Buston 1 USA 380 562 810 1 15MAP9 50 630.00 1388.91 Malanichev Missell Buston 1 USA 380 562 812 1 15MAP9 50 630.00 1388.91 Malanichev Missell Buston 1 USA 380 562 812 1									
150,000									
33									17NOV02
155									16FEB89
645.00	34	647.50		Pasanella,D	USA	275			28MAY89
37									
86   645.00   1422.00   Fomin, Y   RUS   323   573   848   30SEP00   400   644.10   1420.00   Hunt, J.R.   USA   400   665   755   01NOV98   410   644.10   1420.00   Hunt, J.R.   USA   400   665   755   01NOV98   410   644.10   1420.00   Hunt, J.R.   USA   400   665   755   01NOV98   410   644.10   1410.96   USA   338   490   925   ISMAR92   410   644.10   410.96   Curianov, M   RUS   298   589   821   21NOV99   646   637.50   1405.45   Hall, M   USA   275   600   810   18NOV01   646   637.50   1405.45   Hall, M   USA   410   633   771   26FE889   44									
99 645.00 1422.00 Tokarski,C USA 275 639 782 12AUGO1 40 644.10 1420.00 Hunt,J.R. USA 400 665 755 01NOV99 41 642.50 1416.47 Goggins,S USA 258 562 854 24JUN01 41 642.50 1416.96 Gurianov,M RUS 286 501 909 10DEC01 43 640.00 1410.96 PodtymyM RUS 286 501 909 10DEC01 46 637.50 1405.45 Hechter, G USA 353 544 821 03MAR85 47 637.50 1405.45 Hechter, G USA 353 544 821 03MAR85 48 637.50 1405.45 Hechter, G USA 353 544 821 03MAR85 48 636.00 1400.00 Williams, J USA 353 544 821 03MAR85 50 635.03 1400.00 Williams, J USA 275 605 795 29MAR02 50 635.03 1400.00 Safford, J USA 275 605 795 29MAR02 51 635.00 1399.93 Voronin, J USA 387 699 699 24JUN01 52 635.00 1399.93 Voronin, J USA 387 699 699 24JUN01 53 632.76 1395.00 Greig,B CAN 300 585 810 15MAY91 54 632.76 1395.00 Pitts, G USA 356 640 753 27MAR94 56 630.00 1388.91 Wilson,5 USA 275 666 735 12DEC08 57 630.00 1388.91 Wilson,5 USA 275 666 735 12DEC08 63 630.00 1388.91 Wilson,5 USA 275 666 735 12DEC08 64 630.00 1388.91 Mikesell,B USA 330 584 810 15MAY91 65 630.00 1388.91 Mikesell,B USA 330 584 810 17MOV02 64 627.50 1383.40 Dimel,M USA 360 640 735 12DEC08 65 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG02 65 627.50 1383.40 Dimel,M USA 360 562 821 26JU192 66 627.50 1383.40 Dimel,M USA 360 562 821 26JU192 66 627.50 1383.40 Dimel,M USA 360 562 821 26JU192 67 625.00 1377.88 Kerr,A GBR 301 545 832 22WAY83 68 625.00 1377.88 Kerr,A GBR 301 545 832 22WAY83 68 625.00 1377.88 Kerr,A GBR 301 545 832 22WAY83 69 619.15 1366.86 Wren,P USA 370 640 755 800 800 800 800 90 900 900 900 900 900									
40									
41 642.50 1416.47 Goggins, S USA 258 562 854 24 UN01 42 641.83 1415.00 Heisey, G USA 358 490 925 15MAR92 43 640.00 1410.96 Gurianov,M RUS 298 589 821 21NOV99 44 640.00 1410.96 PodlymyM RUS 286 501 999 10DEC01 46 637.50 1405.45 Hechler, G USA 353 584 821 03MAR85 47 637.50 1405.45 Hechler, G USA 353 584 821 03MAR85 48 636.00 1400.10 Meszaros, T HUN 324 507 895 19NOV01 50 635.03 1400.00 Safford, J USA 275 605 795 29MAR02 51 635.03 1400.00 Safford, J USA 275 605 795 29MAR02 52 635.00 1399.93 Voronin, J USA 367 699 699 24 UN01 53 632.76 1395.00 Preig, B CAN 300 585 810 15MAY91 55 632.50 1399.03 Preig, B CAN 300 585 810 15MAY91 56 630.50 1398.42 Coales, R USA 356 640 755 27MAR94 57 630.00 1388.91 Wilson, 5 USA 242 556 832 29 UN86 6 630.00 1388.91 Pearce, R USA 370 639 735 12DEC08 58 630.00 1388.91 Mikesell, B USA 370 639 735 12DEC08 61 630.00 1388.91 Mikesell, B USA 370 639 735 12DEC08 61 630.00 1388.91 Mikesell, B USA 370 639 735 34M893 61 630.00 1388.91 Mikesell, B USA 370 632 731 39M.00 61 630.00 1388.91 Mikesell, B USA 370 632 731 39M.00 61 630.00 1388.91 Mikesell, B USA 370 632 731 39M.00 61 630.00 1388.91 Mikesell, B USA 370 632 731 39M.00 61 630.00 1388.91 Mikesell, B USA 370 632 731 39M.00 61 630.00 1388.91 Mikesell, B USA 370 632 731 39M.00 61 630.00 1388.91 Mikesell, B USA 370 632 738 484 14DEC66 64 627.50 1383.40 Dimel, M USA 380 562 821 26 UU92 65 627.50 1383.40 Dimel, M USA 380 562 821 26 UU92 66 627.50 1383.40 Dimel, M USA 380 562 821 26 UU92 66 627.50 1377.88 Kerr, A GBR 301 545 832 22MAY83 68 625.00 1377.88 Kerr, A GBR 301 545 832 22MAY83 69 622.50 1377.88 Kerr, A GBR 301 545 832 22MAY83 69 622.50 1377.88 Kerr, A GBR 301 545 832 22MAY83 60 622.50 1372.37 Collins, H USA 320 573 844 14DEC66 610.75 1366.86 Myren, P USA 320 573 844 24 14DEC6 66 620.00 1366.86 Myren, P USA 320 573 840 14DEC68 61 61.51 1365.00 Myren, J USA 275 560 815 89DOV 99 80 80 80 80 90 90 90 90 90 90 90 90 90 90 90 90 90									01NOV98
44   640.00						258	562	854	24JUN01
44   640.00	42								15MAR92
45 639.56 1410.00 Daniels, C USA 275 600 810 18NOV01 46 637.50 1405.45 Hechter, G USA 353 584 821 03MAR92 48 636.00 1402.10 Meszaros, T HUN 324 507 895 19NOV01 50 635.03 1400.00 Safford, J USA 343 675 725 09NOV07 50 635.03 1400.00 Rychlak, G USA 715 665 795 29MAR92 51 635.50 1399.93 Voronin, J USA 387 699 699 24JUN01 52 635.00 1399.93 Voronin, J USA 387 699 699 24JUN01 53 632.76 1395.00 Pitts, G USA 356 640 755 27MAR94 55 632.50 1394.42 Coales, R USA 300 585 810 15MAY91 56 630.50 1390.00 Rychlak, G USA 366 640 755 27MAR94 57 630.00 1388.91 Wilson, S USA 242 556 832 29JUN86 58 630.00 1388.91 Pearce, R USA 307 639 755 12DEC98 58 630.00 1388.91 Pearce, R USA 275 606 782 21ER89 59 630.00 1388.91 Mikesell, B USA 307 622 766 09NOV02 61 630.00 1388.91 Mikesell, B USA 307 622 766 09NOV02 63 627.50 1383.40 Henry, M USA 405 518 804 244UG02 64 627.50 1383.40 Henry, M USA 405 518 804 244UG02 65 627.50 1383.40 Henry, M USA 405 518 805 29CH092 66 627.50 1383.40 Henry, M USA 405 518 805 29CH092 67 625.00 1377.88 Relhwisch, G USA 370 632 821 26JU192 68 625.00 1377.88 Relhwisch, G USA 370 633 744 25JUN09 67 625.00 1377.88 Kerr, A GBR 301 543 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 543 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1377.88 Kerr, A GBR 301 545 832 24JUN09 67 625.00 1366.86 MCCormick, T USA 325 550 800 28NOV98 68 620.00 1366.86 MCCormick, T USA 325 550 800 28NOV98 69 617.50 1361.35 Molina, J USA 325 550 800 28NOV99 617.50 1361.35 Molina, J USA 325 550 800 28NOV99 617.50 1361.35 Molina, J USA 325 550 800 28NOV99 617.50 1361.35 Molina, J USA 325 550 800 28NOV99 617.50 1361.35 Molina, J USA 325									
46 637.50 1405.45 Hechter, G USA 353 584 821 03MAR85 48 636.00 1402.10 Meszaros, T HUN 324 507 895 19NOV01 49 635.03 1400.00 Sylvilliams, I USA 343 675 725 09NOV72 51 635.03 1400.00 Rychlak, G USA 715 605 795 29MAR95 51 635.03 1400.00 Rychlak, G USA 715 685 17NOV02 51 635.03 1490.00 Rychlak, G USA 715 685 17NOV02 51 635.03 1399.93 Voronin, I USA 387 699 699 24JUND1 53 632.76 1395.00 Greig, B CAN 300 585 810 15MAY91 53 632.76 1395.00 Greig, B CAN 300 585 810 15MAY91 54 632.76 1395.00 Wilson, S USA 366 640 755 27MAR94 55 632.50 1399.03 Work, Mison, S USA 367 639 755 12DEC98 56 630.50 1399.00 Ruggiera, M USA 610 780 17NOV02 57 630.00 1388.91 Wilson, S USA 242 556 832 29JUNS6 58 630.00 1388.91 Pearce, R USA 275 606 782 21FE887 59 630.00 1388.91 Malanichev RUS 272 567 821 03MAR02 61 630.00 1388.91 Malanichev RUS 272 567 821 03MAR02 61 630.00 1388.91 Mikesell, B USA 300 584 804 24AUC02 63 627.50 1383.40 Young, C USA 380 622 766 09NOV2 63 627.50 1383.40 Dimel, M USA 380 562 821 26JUNG6 64 627.50 1383.40 Dimel, M USA 380 562 821 26JUNG6 66 627.50 1383.40 Dimel, M USA 380 562 821 26JUNG6 66 627.50 1383.40 Dimel, M USA 380 562 821 26JUNG6 67 625.00 1377.88 Kerr, A GBR 301 545 832 29UNS6 68 625.00 1377.88 Rethwisch, G USA 340 523 854 18DEC84 67 625.00 1377.88 Rethwisch, G USA 340 523 854 18DEC84 67 625.00 1377.88 Rethwisch, G USA 340 523 854 18DEC84 68 625.00 1377.88 Rethwisch, G USA 340 523 854 18DEC84 68 625.00 1377.88 Rethwisch, G USA 340 523 854 18DEC84 68 625.00 1377.88 Rethwisch, G USA 340 523 854 18DEC84 68 625.00 1366.86 Grove, J USA 340 540 826 12JUN00 68 622.50 1372.37 Farmer, P USA 242 540 843 779 90 8JULM8 69 625.00 1366.86 Grove, J USA 340 540 826 12JUN00 69 617.50 1361.35 Boucer, W USA 321 550 800 410000 60 1366.86 Grove, J USA 340 540 826 12JUN00 60 617.50 1361.35 Boucer, W USA 321 550 804 170000 60 616.88 1360.00 Hords, W USA 322 555 800 41 700000 60 616.88 1360.00 Hords, W USA 322 555 800 42 100000 60 616.88 1360.00 Hords, W USA 322 555 800 420 10000000 60 616.88 1360.00 Hords, W USA 322 555 800 420 10000									
47 637.50 1405.45 Hall,M USA 410 633 771 26FEB89 48 636.00 1402.10 Meszaros, T HUN 324 507 895 19NOV01 50 635.03 1400.00 Safford, J USA 275 605 795 29MAR02 51 635.03 1400.00 Rychlak,G USA 715 685 17NOV02 52 635.00 1399.93 Voronin, J USA 387 699 699 24JUN01 53 632.76 1395.00 Greig,B CAN 300 585 810 15MAR02 54 632.76 1395.00 Pitts,G USA 366 640 755 27MAR94 55 632.50 1394.42 Coales,R USA 307 639 755 12DEC98 56 630.50 1390.00 Ruggiera,M USA 610 780 17NOV02 57 630.00 1388.91 Wilson,S USA 242 556 832 29JUN86 58 630.00 1388.91 Wilson,S USA 242 556 832 29JUN86 59 630.00 1388.91 Wilson,S USA 242 556 832 29JUN86 60 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG01 61 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG01 62 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG01 63 627.50 1383.40 Young,C USA 370 622 766 09NOV02 64 627.50 1383.40 Young,C USA 370 622 766 09NOV02 66 627.50 1383.40 Young,C USA 370 632 821 26JUL92 66 627.50 1383.40 Henry,M USA 380 562 821 26JUL92 67 625.00 1377.88 Magee,T CAN 290 573 804 17APR83 68 625.00 1377.88 Kerr,A GBR 301 545 832 29OCT95 68 630.00 1377.88 Kerr,A GBR 301 545 832 22DEN66 68 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 69 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1377.88 Kerr,A GBR 301 545 832 22DEN67 60 625.00 1366.86 McCormick,T USA 275 573 804 17APR83 60 600.00 1366.86 McCormick,T USA 275 570 800 28EB89 60 617.50 1361.35 Moure,Pull, USA 304 550 820 88NOV9 60 617.50 1361.35 Moure,Pull, USA 304 550 823 833 22DEN67 60 617.50 1361.35 Moure,Pull, USA 304 550 823 833 22DEN67 60 617.50 1361.35 Moure,Pull, USA 304 550 823 833 22DEN67 60 616.									
48         635.00         1400.00         Williams, J         USA         324         507         895         19NOV01           49         635.03         1400.00         Williams, J         USA         245         605         725         09NOV01           51         635.03         1400.00         Salford, J         USA         275         605         795         29MAR02           52         635.00         1399.93         Voronin, J         USA         387         699         699         24JUN01           53         632.76         1395.00         Pitts, G         USA         356         640         755         12DEC98           56         632.50         1390.00         Pitts, G         USA         307         639         755         12DEC98           56         630.00         1388.91         Wilson,S         USA         242         556         832         29JUN86           58         630.00         1388.91         Malanichev         RUS         272         567         822         1FEB87           59         630.00         1388.91         Malesell,B         USA         330         584         84         24AUG02           61 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>									
50         635.03         1400.00         Safford, J.         USA         275         605         795         29MAR02           51         635.03         1400.00         Rychlak, G.         USA         387         699         699         49JUN01           52         635.00         1395.00         Creig, B.         CAN         300         585         810         15MAY91           54         632.76         1395.00         Pitis, G.         USA         356         640         755         27MAR94           55         632.50         1394.42         Coales, R.         USA         307         639         755         12DEC98           56         630.00         1388.91         Wilson, S.         USA         242         556         682         29JUN86           58         630.00         1388.91         Pearce, R.         USA         275         606         782         21FEB87           59         630.00         1388.91         Mikesell, B.         USA         330         584         804         24LUC02           61         630.00         1388.91         Mikesell, B.         USA         307         622         766         99NOV02					HUN	324	507		19NOV01
51 635.03 1400.00 Rychlak,G USA 715 685 17NOV026 52 635.00 1399.93 Voronin, J USA 387 699 699 24JUN01 53 632.76 1395.00 Greig,B CAN 300 585 810 15MAY91 54 632.76 1395.00 Pitts,G USA 356 640 755 27MAR94 55 632.50 1394.42 Coales,R USA 307 639 755 12DEC98 56 630.50 1390.00 Ruggiera,M USA 26 610 780 17NOV02 57 630.00 1388.91 Pearce,R USA 275 666 782 21FE887 59 630.00 1388.91 Pearce,R USA 275 666 782 21FE887 60 630.00 1388.91 Malanichev RUS 272 567 821 03MAR02 61 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG02 62 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG02 63 627.50 1383.40 Young,C USA 370 534 848 14DEC86 64 627.50 1383.40 Young,C USA 370 534 848 14DEC86 65 627.50 1383.40 Henry,M USA 380 562 821 26JU192 66 627.50 1383.40 Gankov,A RUS 242 540 843 5NOV98 67 625.00 1377.88 Magee,T CAN 290 573 804 17APR93 68 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Gamble,J USA 275 573 804 24JUR86 67 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Fethwisch,G USA 275 560 815 19NOV9 79 620.00 1366.86 Wrenn,P USA 275 560 815 19NOV9 79 620.00 1366.86 Wrenn,P USA 340 540 540 841 22MAR81 70 622.50 1372.37 Farmer,P USA 242 584 788 16JUL95 70 621.42 1370.00 Mills,M USA 275 550 810 810 19NOV9 70 620.00 1366.86 Wrenn,P USA 340 540 562 804 19NOV9 70 620.00 1366.86 Wrenn,P USA 340 540 562 804 19NOV9 70 620.00 1366.86 Wrenn,P USA 340 540 562 804 19NOV9 70 620.00 1366.86 Wrenn,P USA 340 540 562 804 19NOV9 70 620.00 1366.86 Wrenn,P USA 340 540 562 804 19NOV9 70 620.00 1366.86 Wrenn,P USA 340 540 560 760 12NOV9 70 620.00 1366.86 Wrenn,P USA 340 540 562 804 19NOV9 70 620.00 1366.86 Wrenn,P USA 340 540 560 600 760 12NOV9 7									
52 635.00 1399.93 Voronin, J USA 387 699 699 24JUN01 53 632.76 1395.00 Pitts, G USA 300 585 810 15MAY91 55 632.50 1394.42 Coales, R USA 307 639 755 12DeC98 56 630.50 1390.00 Ruggiera, M USA 610 780 17NOV02 57 630.00 1388.91 Wilson, S USA 242 556 832 29JUN86 58 630.00 1388.91 Saliger, K AUT 312 595 793 APR93 60 630.00 1388.91 Mikesell, B USA 330 584 804 24L0C02 61 630.00 1388.91 Mikesell, B USA 330 584 804 24L0C02 63 627.50 1383.40 Dimel, M USA 307 622 766 09NOV02 63 627.50 1383.40 Dimel, M USA 307 622 766 09NOV02 64 627.50 1383.40 Dimel, M USA 307 622 766 09NOV02 65 627.50 1383.40 Dimel, M USA 305 584 848 14DEC86 66 627.50 1383.40 Dimel, M USA 405 518 865 29OCT95 67 625.00 1377.88 Magee, T CAN 290 573 804 17APR83 68 625.00 1377.88 Kerr, A GBR 301 545 832 22MAY88 69 625.00 1377.88 Rethwisch, G USA 340 523 854 18DEC84 67 625.00 1377.88 Rethwisch, G USA 320 523 854 18DEC84 67 625.00 1377.88 Rethwisch, G USA 320 523 854 18DEC84 67 625.00 1377.88 Rethwisch, G USA 320 523 854 18DEC84 67 622.50 1377.87 Rethwisch, G USA 320 523 854 18DEC84 67 622.50 1377.88 Camble, J USA 275 573 804 24JUR86 68 625.00 1377.88 Rethwisch, G USA 320 523 854 18DEC84 67 622.50 1377.87 Rethwisch, G USA 320 523 854 18DEC84 67 622.50 1377.87 Rethwisch, G USA 320 523 854 18DEC84 67 622.50 1377.88 Camble, J USA 275 570 800 28FE899 68 622.00 1376.86 McCornick, T USA 275 570 800 28FE899 68 620.00 1366.86 Wren, P USA 320 562 804 19NOV0 68 620.00 1366.86 Wren, P USA 340 540 826 12JUR86 69 620.00 1366.86 Wren, P USA 340 540 826 12JUR8 69 620.00 1366.86 Wren, P USA 340 540 826 12JUR8 69 620.00 1366.86 Wren, P USA 340 540 826 12JUR8 69 619.15 1365.00 Myers, J USA 275 579 800 28FE899 60 617.50 1361.35 Mimnaugh, B USA 319 540 821 16JUR8 60 616.88 1360.00 Henderson, T USA 275 572 885 04MAY8 60 616.88 1360.00 Henderson, T USA 275 575 885 04MAY8 60 616.88 1360.00 Henderson, T USA 275 575 885 04MAY8 60 616.88 1360.00 Byles, J USA 242 542 540 820 20000 61 616.88 1360.00 Byles, J USA 242 542 540 800 20000 61 616.88 1360.00 Byles, J USA 242 540 830 20000 61 616.						275			
53 632.76 1395.00 Greig,B CAN 300 585 810 15AM,Y91 554 632.76 1395.00 Pitts,G USA 307 639 755 27MAR94 555 632.50 1394.42 Coales,R USA 307 639 755 12DeC98 66 630.50 1390.00 Ruggiera,M USA 610 780 17NOV02 57 630.00 1388.91 Wilson,S USA 242 556 832 29JUN86 58 630.00 1388.91 Pearce,R USA 275 606 782 21FEB87 630.00 1388.91 Malanichev RUS 272 567 821 03MAR02 616 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG02 63 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG02 63 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG02 64 627.50 1383.40 Voung,C USA 370 534 888 14BeC68 627.50 1383.40 Dimel,M USA 380 562 821 26JUL92 65 627.50 1383.40 Dimel,M USA 380 562 821 26JUL92 65 627.50 1383.40 Gankov,A RUS 242 540 843 5NOV98 66 627.50 1383.40 Gankov,A RUS 242 540 843 5NOV98 66 627.50 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Camble,J USA 275 573 804 24JUL86 63 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 623.60 1377.88 Kymalainen FIN 242 628 749 12AUG01 776 622.50 1372.37 Bathy,M USA 275 633 744 22JUN00 247 622.50 1372.37 Bathy,M USA 275 573 804 24JUL86 830 620.00 1366.86 Wren,P USA 242 584 788 16JUL95 776 622.50 1372.37 Farmer,P USA 242 584 788 16JUL95 776 621.42 1370.00 Culnan,S USA 275 523 843 22MAR81 81 620.00 1366.86 McCormick,T USA 275 529 837 22MAY89 60 619.15 1365.00 Pharr,T USA 242 589 771 24JUN00 28EB87 779 611.50 1366.86 Muravlyev,V UKR 269 562 804 19NOV9 10 611.88 1360.00 Pharr,T USA 275 525 835 04MAY88 96 619.15 1365.00 Pharr,T USA 275 525 835 04MAY88 96 616.88 1360.00 Evolution, USA 275 525 835 04MAY88 96 616.88 1360.00 Evolution, USA 275 525 835 04MAY88 96 616.88 1360.00 Evolution, USA 275 525 835 04MAY88 96 616.88 1360.00 Evolution, USA 275 525 835 04MAY88 96 616.88 1360.00 Evolution, USA 275 525 835 04MAY88 99 616.88 1360.00 Bayles,J USA 242 542 544 540 575 7785 07APS99 96						297			
54         632.76         1395.00         Pitts,G         USA         356         640         755         27MAR94           55         632.50         1394.02         Coates,R         USA         307         639         755         12DEC98           56         630.00         1388.91         Wilson,S         USA         242         556         832         29JUN80           58         630.00         1388.91         Pearce,R         USA         275         606         762         21FEB87           59         630.00         1388.91         Malanichev         RUS         272         567         821         03MAR93           60         630.00         1388.91         Malanichev         RUS         272         567         821         03MAR96           61         630.00         1388.91         Childress,P         USA         307         622         766         09NOV02           62         630.00         1388.91         Childress,P         USA         307         534         848         14DEC86           64         627.50         1383.40         Dimel,M         USA         380         562         821         26JU192           65									
55         632.50         1394.42         Coales,R         USA         610         780         17NOV02           56         630.50         1390.00         Ruggiera,M         USA         610         780         17NOV02           57         630.00         1388.91         Wilson,S         USA         242         556         832         29JUN86           58         630.00         1388.91         Saliger,K         USA         275         606         792         21FEB87           60         630.00         1388.91         Malanichev         RUS         272         567         821         03MAR02           61         630.00         1388.91         Mikesell,B         USA         30         584         804         24AUG02           62         630.00         1383.40         Young,C         USA         30         584         804         24AUG02           64         627.50         1383.40         Dimel,M         USA         30         562         821         26JU192           65         627.50         1383.40         Gankoy,A         RUSA         340         518         852         29OCT95           66         627.50         1377.88 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>27MAR94</td>									27MAR94
57 630.00 1388.91 Wilson,S USA 242 556 832 29JUN86 58 630.00 1388.91 Saliger,K AUT 312 595 793 APR93 60 630.00 1388.91 Malanichev RUS 272 567 821 03MAR02 61 630.00 1388.91 Mikesell,B USA 330 584 804 24AUG02 62 630.00 1388.91 Childress,P USA 307 622 766 09NOV02 63 627.50 1383.40 Young,C USA 370 534 848 14DEC86 64 627.50 1383.40 Young,C USA 370 534 848 14DEC86 627.50 1383.40 Henry,M USA 380 562 821 26JUL92 66 627.50 1383.40 Gankov,A RUS 242 540 843 5NOV98 67 625.00 1377.88 Gamble,J USA 275 573 804 17APR83 69 625.00 1377.88 Gamble,J USA 275 573 804 24JUL86 69 625.00 1377.88 Rethwisch,G USA 340 523 854 18DEC87 630.00 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 623.60 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 623.60 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 623.60 1377.88 Kymalainen FIN 242 628 749 12AUG01 74 622.50 1372.37 Farmer,P USA 242 584 788 16JUL92 75 622.50 1372.37 Farmer,P USA 242 584 788 16JUL92 75 622.50 1372.37 Farmer,P USA 242 584 788 16JUL92 75 622.00 1366.86 McCormick,T USA 275 570 800 28FE899 620.00 1366.86 McCormick,T USA 275 523 843 22MAR81 620.00 1366.86 McCormick,T USA 275 529 837 22MA					USA	307	639	755	
58         630.00         1388.91         Pearce,R         USA         275         606         782         21FEBB7           59         630.00         1388.91         Malanichev         RUS         272         567         821         03MAR02           61         630.00         1388.91         Mikesell,B         USA         330         584         804         24AUCQ2           62         630.00         1388.91         Mikesell,B         USA         330         584         804         24AUCQ2           63         627.50         1383.40         Young,C         USA         370         534         848         14DEC86           64         627.50         1383.40         Dimel,M         USA         380         562         821         26JUJ2           65         627.50         1383.40         Gankow,A         RUS         242         540         843         5NOV98           67         625.00         1377.88         Magee,T         CAN         290         573         804         17APB83           68         625.00         1377.88         Kerr,A         GBR         301         545         832         22MAY83           69         <	56	630.50	1390.00						
59         630.00         1388.91         Saliger, K         AUT         312         595         793         APR93           60         630.00         1388.91         Malanichev         RUS         272         567         821         03MAR02           61         630.00         1388.91         Mikesell,B         USA         330         584         804         24AUG02           62         630.00         1388.91         Childress,P         USA         307         622         766         09NOV02           63         627.50         1383.40         Dimel,M         USA         305         562         821         26JUL92           65         627.50         1383.40         Henry,M         USA         405         518         865         29OCT95           66         627.50         1377.88         Magee,T         CAN         290         573         804         17APR83           68         625.00         1377.88         Kerr,A         GBR         301         545         832         22MAY83           69         625.00         1377.88         Rethwisch,G         USA         275         573         804         24JUB6           71									
60 630.00 1388.91 Malanichev RUS 272 567 821 03MAR02 61 630.00 1388.91 Mikesell, B USA 330 584 804 24AUG02 62 630.00 1388.91 Childress, P USA 370 534 848 14DEC86 64 627.50 1383.40 Young, C USA 370 534 848 14DEC86 64 627.50 1383.40 Dimel, M USA 380 562 821 26JUL92 656 627.50 1383.40 Henry, M USA 405 518 865 29OCT95 66 627.50 1383.40 Gankov, A RUS 242 540 843 5NOV98 67 625.00 1377.88 Kerr, A GBR 301 545 832 22MAY83 69 625.00 1377.88 Gamble, J USA 275 573 804 17APR83 70 625.00 1377.88 Kerr, A GBR 301 545 832 22MAY83 69 625.00 1377.88 Kerlwisch, G USA 340 523 854 18DEC86 70 625.00 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 623.68 1375.00 Barno, D USA 275 560 815 19NOV9 74 622.50 1372.37 Baty, M USA 275 560 815 19NOV9 75 622.50 1372.37 Farmer, P USA 242 584 788 16JUL95 76 622.50 1372.37 Farmer, P USA 242 584 788 16JUL95 76 622.50 1372.37 Farmer, P USA 242 584 788 16JUL95 76 620.00 1366.86 McCormick, T USA 275 523 843 22MAR81 81 620.00 1366.86 McCormick, T USA 275 523 843 22MAR81 620.00 1366.86 McCormick, T USA 275 529 837 22MAY83 620.00 1366.86 McCormick, T USA 275 529 837 22MAY89 83 620.00 1366.86 McCormick, T USA 275 529 837 22MAR81 620.00 1366.86 McCormick, T USA 275 529 837 22MAR81 620.00 1366.86 McCormick, T USA 275 529 837 22MAY89 83 620.00 1366.86 McCormick, T USA 275 529 837 22MAY89 83 620.00 1366.86 McCormick, T USA 275 529 837 22MAY89 83 620.00 1366.86 McCormick, T USA 275 529 837 22MAR81 620.00 1366.86 McCormick, T USA 275 529 837 22MAY89 83 620.00 1366.86 McCormick, T USA 275 529 837 22MAY89 83 620.00 1366.86 McCormick, T USA 275 529 837 22MAR81 620.00 1366.86 McCormick, T USA 275 529 837 22MAY89 93 610.00 1366.86 McCormick, T USA 275 529 837 22MAY89 93 610.00 1366.86 McCormick, T USA 275 529 837 22MAY89 93 610.00 1366.86 McCormick, T USA 275 529 837 22MAY89 93 610.00 1366.86 McCormick, T USA 275 529 837 22MAY89 93 610.00 1366.86 McCormick, T USA 275 529 837 22MAY89 93 610.00 1366.86 McCormick, T USA 275 529 837 22MAY89 93 610.00 1366.86 McCormick, T USA 275 529 837 22MAY89 93 616.88 1360.00 Halley, M									
61 630.00 1388.91 Mikesell,B USA 330 584 804 24AUGO2 62 630.00 1388.91 Childress,P USA 307 622 766 09NOVO2 63 627.50 1383.40 Young,C USA 370 534 848 14DEC86 64 627.50 1383.40 Dimel,M USA 380 562 821 26JUL92 65 627.50 1383.40 Henry,M USA 405 518 865 29OCT95 66 627.50 1383.40 Gankov,A RUS 242 540 843 5NOV98 67 625.00 1377.88 Magee,T CAN 290 573 804 17APR83 68 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Rethwisch,G USA 340 523 854 18DEC84 70 625.00 1377.88 Smith,S USA 275 573 804 24JUL86 71 635.00 1377.88 Kymalainen FIN 242 628 749 12AUGO1 73 623.68 1375.00 Barno,D USA 275 633 744 25JUN00 74 622.50 1372.37 Baty,M USA 321 573 799 08JUL84 75 622.50 1372.37 Collins,H USA 320 617 755 02AUG92 77 621.42 1370.00 Culnan,S USA 325 550 820 08NOV98 86 620.00 1366.86 McCormick,T USA 275 523 843 22MAR88 81 620.00 1366.86 McCormick,T USA 275 529 837 22MAY88 82 620.00 1366.86 Wrenn,P USA 340 540 826 12JUL81 83 620.00 1366.86 Wrenn,P USA 340 540 826 12JUL81 84 620.00 1366.86 Long,T USA 275 529 837 22MAY89 85 620.00 1366.86 Grove,J USA 301 606 760 12JUL81 86 620.00 1366.86 Mren,P USA 340 540 826 12JUL81 87 620.00 1366.86 Mren,P USA 340 540 826 12JUL81 88 619.15 1365.00 Myers,J USA 225 562 804 19NOV0 89 616.88 1360.00 Bayles,J USA 322 585 077 990 610.00 90 617.50 1361.35 Bouvier, W USA 322 587 77 790 600 600 765 110000 90 616.88 1360.00 Bayles,J USA 275 525 835 04MAY81 91 617.50 1361.35 Mimnaugh,B USA 319 540 821 16JUN96 91 616.88 1360.00 Bayles,J USA 242 555 835 04MAY81 93 616.88 1360.00 Bayles,J USA 320 575 785 07499 90 616.88 1360.00 Bayles,J USA 242 542 543 843 2200000 90 616.88 1360.00 Bayles,J USA 242 542 540 842 2200000 90 616.88 1360.00 Bayles,J USA 242 542 540 842 22000000 90 616.88 1360.00 Bayles,J USA 242 542 540 842 220000000000000000000000000000000									
62 630.00 1388.91 Childress,P USA 307 622 766 09NOV02 63 627.50 1383.40 Young,C USA 370 534 848 14DEC64 64 627.50 1383.40 Dimel,M USA 380 562 821 26JUL92 65 627.50 1383.40 Henry,M USA 405 518 865 29OCT95 66 627.50 1383.40 Gankov,A RUS 242 540 843 5NOV98 67 625.00 1377.88 Magee,T CAN 290 573 804 17APR83 68 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Camble,J USA 275 573 804 24JUL86 71 635.00 1377.88 Kethwisch,G USA 340 523 854 18DEC64 71 635.00 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 623.68 1375.00 Barno,D USA 275 660 815 19NOV92 74 622.50 1372.37 Rathy,M USA 321 573 799 08JUL87 75 622.50 1372.37 Collins,H USA 330 617 755 02AUG92 76 622.50 1372.37 Farmer,P USA 330 617 755 02AUG92 77 621.42 1370.00 Kulls,M USA 325 550 820 08NOV97 86 621.42 1370.00 Mills,M USA 275 570 800 28FE899 79 620.00 1366.86 McCormick,T USA 340 540 826 12JUL81 81 620.00 1366.86 Wrenn,P USA 340 540 826 12JUL81 82 620.00 1366.86 Mrenn,P USA 340 540 826 12JUL81 83 620.00 1366.86 Mrenn,P USA 340 540 826 12JUL81 84 620.00 1366.86 Arvai,I HUN 262 562 804 19NOV0 85 620.00 1366.86 Arvai,I HUN 262 562 804 17NOV0 86 610.00 1366.86 Arvai,I HUN 262 562 804 17NOV0 87 620.00 1366.86 Arvai,I HUN 262 562 804 17NOV0 88 619.15 1365.00 Pharr,T USA 222 589 771 24JUL83 89 619.15 1365.00 Pharr,T USA 225 550 830 04MAR8 89 619.15 1365.00 Pharr,T USA 225 551 840 829 10NOV0 80 617.50 1361.35 Bouvier, W USA 322 585 771 890 29FE897 91 617.50 1361.35 Double,M USA 275 525 835 04MAR8 92 617.50 1361.35 Phillipl,M USA 275 525 835 04MAR8 93 617.50 1361.35 Phillipl,M USA 275 525 835 04MAY8 94 617.50 1361.35 Phillipl,M USA 275 525 835 04MAY8 95 616.88 1360.00 Henderson,T USA 242 540 820 20NOV0 99 616.88 1360.00 Bayles,J USA 242 645 575 850 775 785 074 799  86 616.88 1360.00 Bayles,J USA 242 645 655 755 18NOV0  87 616.88 1360.00 Bayles,J USA 242 645 655 755 18NOV0									24AUG02
63 627.50 1383.40 Young,C USA 370 534 848 14DEC86 64 627.50 1383.40 Dimel,M USA 380 562 821 26JUL92 656 627.50 1383.40 Henry,M USA 405 518 865 29OCT95 66 627.50 1383.40 Gankov,A RUS 242 540 843 5NOV98 67 625.00 1377.88 Magee,T CAN 290 573 804 17APR83 68 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Gamble,J USA 275 573 804 24JUL86 625.00 1377.88 Smith,S USA 275 573 804 24JUL86 70 625.00 1377.88 Kerlwisch,G USA 340 523 854 18DEC84 71 635.00 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 623.68 1375.00 Barno,D USA 275 560 815 19NOV99 623.00 1372.37 Baty,M USA 275 560 815 19NOV99 74 622.50 1372.37 Collins,H USA 330 617 755 02AUG9, 76 622.50 1372.37 Collins,H USA 321 573 799 08JUL84 78 621.42 1370.00 Culnan,S USA 275 550 820 08NOV99 620.00 1366.86 McCormick,T USA 275 523 843 22MAR81 82 620.00 1366.86 Wcren,P USA 242 584 788 16JUL95 88 620.00 1366.86 Wcren,P USA 299 501 865 06MAR81 620.00 1366.86 Grove,J USA 275 523 843 22MAR81 620.00 1366.86 Grove,J USA 261 661 705 16JUN01 88 620.00 1366.86 Grove,J USA 261 661 705 16JUN01 88 620.00 1366.86 Grove,J USA 261 661 705 16JUN01 88 619.15 1365.00 Myers,J USA 322 589 771 24JUL81 96 620.00 1366.86 Sedmik,Z CZE 324 617 749 17NOV01 88 619.15 1365.00 Myers,J USA 322 589 771 24JUL81 99 6119.15 1365.00 Myers,J USA 322 589 771 24JUL81 99 6119.15 1365.00 Myers,J USA 329 570 790 60NOV9 96 616.88 1360.00 Bayles,J USA 325 552 835 04MAY89 99 616.88 1360.00 Henderson,T USA 275 525 835 04MAY89 96 616.88 1360.00 Henderson,T USA 275 525 835 04MAY89 96 616.88 1360.00 Henderson,T USA 275 525 835 04MAY89 96 616.88 1360.00 Bayles,J USA 326 575 785 07M99 96 616.88 1360.00 Bayles,J USA 320 575 785 07M99 96 616.88 1360.00 Bayles,J USA 242 645 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 645 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 645 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 645 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 645 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 645 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 645 540 820 20NOV9 99 6									09NOV02
65 627.50 1383.40 Henry,M USA 405 518 865 29OCT95 666 627.50 1383.40 Gankov,A RUS 242 540 843 5NOV98 67 625.00 1377.88 Magee,T CAN 290 573 804 17APR83 68 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Camble,J USA 275 573 804 24JUL83 70 625.00 1377.88 Smith,S USA 275 573 804 24JUL83 635.00 1377.88 Smith,S USA 275 633 744 25JUN00 72 635.00 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 622.50 1372.37 Baty,M USA 275 560 815 19NOV98 622.50 1372.37 Baty,M USA 321 573 799 08JUL84 75 622.50 1372.37 Baty,M USA 321 573 799 08JUL84 75 622.50 1372.37 Farmer,P USA 242 584 788 16JUL95 76 622.50 1372.37 Farmer,P USA 242 584 788 16JUL95 77 621.42 1370.00 Culnan,S USA 275 550 820 08NOV98 620.00 1366.86 McCormick,T USA 275 523 843 22MAR81 620.00 1366.86 Wrenn,P USA 340 540 826 12JUL81 82 620.00 1366.86 Wrenn,P USA 340 540 826 12JUL81 82 620.00 1366.86 Grove,J USA 299 501 865 06MAR83 620.00 1366.86 Grove,J USA 299 501 865 06MAR88 6620.00 1366.86 Avrai,I HUN 262 562 804 19NOV0 87 620.00 1366.86 Grove,J USA 261 661 705 16JUN0 87 620.00 1366.86 Grove,J USA 261 661 705 16JUN0 87 620.00 1366.86 Sedmik,Z CZE 324 617 749 17NOV0 88 620.00 1366.86 Sedmik,Z CZE 324 617 749 17NOV0 88 619.15 1365.00 Myers,J USA 322 589 771 24JUL83 96 617.50 1361.35 Boscacy,B USA 329 570 790 06NOV9 90 617.50 1361.35 Mimnaugh,B USA 319 540 821 16JUN0 92 617.50 1361.35 Mimnaugh,B USA 319 540 821 16JUN0 94 617.50 1361.35 Mimnaugh,B USA 319 540 821 16JUN0 95 616.88 1360.00 Bayles,J USA 275 525 835 04MAY89 96 616.88 1360.00 Henderson,T USA 275 525 835 04MAY89 97 616.88 1360.00 Bayles,J USA 275 525 835 04MAY89 97 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18					USA	370	534	848	
66         627.50         1383.40         Gankov,A         RUS         242         540         843         5NOV98           67         625.00         1377.88         Magee,T         CAN         290         573         804         17APR83           68         625.00         1377.88         Kerr,A         GBR         301         545         832         22MAY83           69         625.00         1377.88         Gamble,J         USA         275         573         804         24JUL86           70         625.00         1377.88         Smith,S         USA         275         573         804         24JUL86           71         635.00         1377.88         Kimhh,S         USA         275         633         744         25JUN00           73         623.68         1375.00         Barno,D         USA         275         560         815         19NOV9           74         622.50         1372.37         Batly,M         USA         321         573         799         08JUL84           75         622.50         1372.37         Farmer,P         USA         242         584         788         16JU195           76         621.4	64	627.50		Dimel,M	USA	380	562	821	26JUL92
67         625.00         1377.88         Magee,T         CAN         290         573         804         17APR83           68         625.00         1377.88         Gamble,J         USA         275         573         804         24JUL86           69         625.00         1377.88         Gamble,J         USA         275         573         804         24JUL86           70         625.00         1377.88         Rethwisch,G         USA         340         523         854         18DEC84           71         635.00         1377.88         Kymalainen         FIN         242         628         749         12AUG01           73         623.68         1375.00         Barno,D         USA         275         560         815         19NOV9           74         622.50         1372.37         Baty,M         USA         321         573         799         08JUL84           75         622.50         1372.37         Farmer,P         USA         321         573         799         08JUL84           76         621.42         1370.00         Culnan,S         USA         325         550         820         08NOV9           78         <									
68 625.00 1377.88 Kerr,A GBR 301 545 832 22MAY83 69 625.00 1377.88 Gamble,J USA 275 573 804 24JUR69 70 625.00 1377.88 Rethwisch,G USA 340 523 854 18DEC84 71 635.00 1377.88 Smith,S USA 275 633 744 25JUN00 72 635.00 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 623.68 1375.00 Barno,D USA 275 660 815 19NOV93 74 622.50 1372.37 Baty,M USA 321 573 799 08JUR84 75 622.50 1372.37 Collins,H USA 330 617 755 02AUG93 76 622.50 1372.37 Farmer,P USA 320 617 755 02AUG93 77 621.42 1370.00 Culnan,S USA 275 560 820 08NOV93 78 621.42 1370.00 Mills,M USA 275 570 800 28FE899 79 620.00 1366.86 McCormick,T USA 275 523 843 22MAR81 80 620.00 1366.86 Wrenn,P USA 340 540 826 12JUR81 81 620.00 1366.86 Wrenn,P USA 390 501 865 06MAR81 82 620.00 1366.86 Grove,J USA 299 501 865 06MAR81 83 620.00 1366.86 Grove,J USA 301 606 760 12AUG01 84 620.00 1366.86 Grove,J USA 301 606 760 12AUG01 85 620.00 1366.86 Avai,I HUN 262 562 804 19NOV9 86 620.00 1366.86 Sedmik,Z CZE 324 617 749 17NOV02 87 620.00 1366.86 Sedmik,Z CZE 324 617 749 17NOV02 88 619.15 1365.00 Myers,J USA 322 589 771 24JUR83 90 617.50 1361.35 Boscacy,B USA 319 540 821 16JUN92 91 617.50 1361.35 Bosvier,W USA 322 589 771 24JUR83 92 617.50 1361.35 Chaillet,M USA 275 512 848 29JUN86 93 617.50 1361.35 Mimnaugh,B USA 319 540 821 16JUN92 94 616.88 1360.00 Bayles,J USA 264 565 835 04AMA98 95 616.88 1360.00 Bayles,J USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0									
69         625.00         1377.88         Gamble, J         USA         275         573         804         24JULB6           70         625.00         1377.88         Rethwisch, G         USA         340         523         854         1BDEC84           71         635.00         1377.88         Smith, S         USA         275         633         744         25JUN00           72         635.00         1377.88         Kymalainen         FIN         242         628         749         12AUG01           73         623.68         1375.00         Barno, D         USA         275         560         815         19NOV9           74         622.50         1372.37         Batty, M         USA         321         573         799         08JUL84           75         622.50         1372.37         Farmer, P         USA         242         584         788         16JUL95           76         621.42         1370.00         Mills, M         USA         225         550         820         08NOV9           78         621.42         1370.00         Mills, M         USA         275         570         800         28FE899           79									
70 625.00 1377.88 Rethwisch,G USA 340 523 854 18DEC84 71 635.00 1377.88 Smith,S USA 275 633 744 25JUN00 72 635.00 1377.88 Smith,S USA 275 633 744 25JUN00 73 623.68 1375.00 Barno,D USA 275 560 815 19NOV07 74 622.50 1372.37 Collins,H USA 321 573 799 08JUL84 75 622.50 1372.37 Collins,H USA 321 573 799 08JUL84 75 622.50 1372.37 Farmer,P USA 324 584 788 16JUL95 76 621.42 1370.00 Mills,M USA 325 550 820 08NOV98 79 621.42 1370.00 Mills,M USA 275 570 820 08NOV99 620.00 1366.86 McCormick,T USA 275 570 820 08NOV98 820 08NOV9 1366.86 Long,T USA 275 570 820 08NOV8 16 620.00 1366.86 Wrenn,P USA 340 540 826 12JUL81 82 620.00 1366.86 Long,T USA 299 501 865 06MAR83 620.00 1366.86 Grove,J USA 301 606 760 12AUG01 84 620.00 1366.86 McCormick,T USA 301 606 760 12AUG01 85 620.00 1366.86 McCormick,T USA 301 606 760									
71 635.00 1377.88 Smith,S USA 275 633 744 25JUN067 72 635.00 1377.88 Kymalainen FIN 242 628 749 12AUG01 73 623.68 1375.00 Barno,D USA 275 560 815 19NOV95 74 622.50 1372.37 Collins,H USA 321 573 799 08JUL87 75 622.50 1372.37 Collins,H USA 320 617 755 02AUG95 76 622.50 1372.37 Farmer,P USA 242 584 788 16JUL95 77 621.42 1370.00 Culnan,S USA 325 550 820 08NOV95 79 620.00 1366.86 McCormick,T USA 275 570 800 28FE899 79 620.00 1366.86 McCormick,T USA 275 570 800 28FE899 80 620.00 1366.86 Wrenn,P USA 340 540 826 12JUL81 81 620.00 1366.86 Grove,J USA 299 501 865 06MAR8 82 620.00 1366.86 Grove,J USA 301 606 760 12AUG01 84 620.00 1366.86 McCormick,T USA 301 606 760 12AUG01 86 620.00 1366.86 McCormick,T USA 301 606 760 12AUG01 86 620.00 1366.86 Avrai,I HUN 262 562 804 19NOV01 85 620.00 1366.86 Avrai,I HUN 262 562 804 17NOV01 88 619.15 1365.00 Pharr,T USA 242 555 810 29FE887 90 617.50 1361.35 Bouvier, W USA 322 589 771 24JUL83 93 617.50 1361.35 Bouvier, W USA 322 589 771 24JUL83 93 617.50 1361.35 Phillipi,M USA 319 540 821 16JUN96 94 617.50 1361.35 Phillipi,M USA 319 540 821 16JUN96 95 616.88 1360.00 Bayles,J USA 242 555 835 04MAY81 97 616.88 1360.00 Henderson,T USA 299 501 616.88 1360.00 Bayles,J USA 302 575 785 074999 96 616.88 1360.00 Bayles,J USA 324 545 845 845 845 845 845 845 845 845 84								854	18DEC84
73 623.68 1375.00 Barno,D USA 275 560 815 19NOV9: 74 622.50 1372.37 Baty,M USA 321 573 799 08JULB47 75 622.50 1372.37 Collins,H USA 330 617 755 02AUG92 76 622.50 1372.37 Farmer,P USA 242 584 788 16JUL95 77 621.42 1370.00 Mills,M USA 325 550 820 08NOV9 78 621.42 1370.00 Mills,M USA 275 570 800 28FE899 79 620.00 1366.86 McCormick,T USA 275 570 800 28FE899 80 620.00 1366.86 Wrenn,P USA 340 540 826 12JULB1 81 620.00 1366.86 Long,T USA 299 501 865 06MAR83 82 620.00 1366.86 Long,T USA 299 501 865 06MAR83 83 620.00 1366.86 Long,T USA 301 606 760 12AUG01 84 620.00 1366.86 Grove,J USA 301 606 760 12AUG01 85 620.00 1366.86 Muravlyev,V UKR 269 562 804 19NOV0 85 620.00 1366.86 Avrai,J HUN 262 562 804 19NOV0 86 620.00 1366.86 Sedmik,Z CZE 324 617 749 17NOV0 87 620.00 1366.86 Sedmik,Z CZE 324 617 749 17NOV0 88 619.15 1365.00 Myers,J USA 304 556 804 26MAR8 90 617.50 1361.35 Boscaccy,B USA 304 556 804 26MAR8 91 617.50 1361.35 Boscaccy,B USA 304 556 804 26MAR8 92 617.50 1361.35 Bowier, W USA 322 589 771 24JUL83 93 617.50 1361.35 Bowier, W USA 319 540 821 16JUN96 94 617.50 1361.35 Phillipl,M USA 319 540 821 16JUN96 95 616.88 1360.00 Estoly,B USA 300 575 785 07APS91 96 616.88 1360.00 Bayles,J USA 320 575 785 07APS91 96 616.88 1360.00 Bayles,J USA 324 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 324 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 324 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 324 545 835 07APS91 90 616.88 1360.00 Bayles,J USA 324 545 845 20NOV9 99 616.88 1360.00 Bayles,J USA 324 545 845 20NOV9	71	635.00	1377.88	Smith,S					
74         622.50         1372.37         Baty,M         USA         321         573         799         08JUL84           75         622.50         1372.37         Collins,H         USA         330         617         755         02AUG92           76         622.50         1372.37         Farmer,P         USA         324         584         788         768         16UL95           77         621.42         1370.00         Culnan,S         USA         325         550         820         08NOV98           78         621.42         1370.00         Mills,M         USA         275         570         800         28FE899           80         620.00         1366.86         Wrenn,P         USA         275         523         843         22MAR81           81         620.00         1366.86         Wrenn,P         USA         299         501         865         06MAR88           82         620.00         1366.86         Grove,J         USA         301         606         760         12AUG01           84         620.00         1366.86         Muravlyev,V         UKR         269         562 <t>804         19NOV02           <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<></t>									
75         622.50         1372.37         Collins,H         USA         330         617         755         02AUG92           76         622.50         1372.37         Collins,H         USA         242         584         788         16JUL95           76         621.42         1370.00         Culnan,S         USA         232         550         820         08NOV98           78         621.42         1370.00         Mills,M         USA         275         570         800         28FEB99           79         620.00         1366.86         McCormick,T         USA         275         523         843         22MAR81           80         620.00         1366.86         McCormick,T         USA         340         540         826         12JUL81           81         620.00         1366.86         Long,T         USA         299         501         865         06MAR83           82         620.00         1366.86         Grove,J         USA         301         606         760         12AUG01           84         620.00         1366.86         Arvari,J         HUN         262         662         804         19NOV01           85									
76         622.50         1372.37         Farmer,P         USA         242         584         788         16JUL95           77         621.42         1370.00         Mills,M         USA         325         550         820         08NOV98           78         621.42         1370.00         Mills,M         USA         275         570         800         28FE899           79         620.00         1366.86         McCormick,T         USA         275         523         843         22MAR81           80         620.00         1366.86         Long,T         USA         340         540         826         12JUB18           81         620.00         1366.86         Long,T         USA         299         501         865         666AMAR8           82         620.00         1366.86         Grove,J         USA         301         606         760         12AUG01           84         620.00         1366.86         Muravlyev,V         UKR         269         562         804         19NOV0           85         620.00         1366.86         Arvai,I         HUN         262         562         804         17NOV0           88 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>									
77 621.42 1370.00 Culnan,S USA 325 550 820 08NOV997 621.42 1370.00 Mills,M USA 275 570 800 28FEB99 79 620.00 1366.86 McCornick,T USA 275 523 843 22MAR81 80 620.00 1366.86 McCornick,T USA 295 523 843 22MAR81 81 620.00 1366.86 Long,T USA 299 501 865 06MAR81 620.00 1366.86 Jonsson,A ISL 275 529 837 22MAY99 83 620.00 1366.86 Jonsson,A ISL 275 529 837 22MAY99 84 620.00 1366.86 McLavley,V UKR 269 562 804 19NOV0 86 620.00 1366.86 Ladnier, J USA 261 661 705 16JUN02 86 620.00 1366.86 Arvai,I HUN 262 562 804 17NOV0: 87 620.00 1366.86 Arvai,I HUN 262 562 804 17NOV0: 88 619.15 1365.00 Pharr,T USA 242 555 810 29FEB87 99 619.15 1365.00 Myers,J USA 261 661 705 17NOV0: 90 617.50 1361.35 Boscaccy,B USA 304 556 804 26MAR81 91 617.50 1361.35 Boscaccy,B USA 304 556 804 26MAR82 92 617.50 1361.35 Chaillet,M USA 275 512 848 29JUN86 93 617.50 1361.35 Mimnaugh,B USA 319 540 821 16JUN89 94 617.50 1361.35 Mimnaugh,B USA 319 540 821 16JUN89 95 616.88 1360.00 Cassidy, H USA 275 525 835 04MAY8: 97 616.88 1360.00 Bayles,J USA 320 575 785 07APR1 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0: 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0: 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0: 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0: 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0: 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0: 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0: 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0				The state of the s					
79         620.00         1366.86         McCormick,T         USA         275         523         843         22MAR81           80         620.00         1366.86         Wrenn,P         USA         340         540         826         12JULB1           81         620.00         1366.86         Jonsson,A         ISL         275         529         837         22MAY88           82         620.00         1366.86         Grove,J         USA         301         606         760         12AUG01           84         620.00         1366.86         Grove,J         USA         301         606         760         12AUG01           85         620.00         1366.86         Ladnier, J         USA         261         661         705         16JUN0           86         620.00         1366.86         Arvai,I         HUN         262         562         804         17NOV0           87         620.00         1366.86         Sedmik,Z         CZE         324         617         749         17NOV0           88         619.15         1365.00         Pharr,T         USA         242         555         810         29FE887           90 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td>550</td><td>820</td><td>08NOV98</td></t<>							550	820	08NOV98
80         620.00         1366.86         Wrenn,P         USA         340         540         826         12JULB1           81         620.00         1366.86         Long,T         USA         299         501         865         06MARB           82         620.00         1366.86         Grove,J         USA         301         606         760         12AUG01           84         620.00         1366.86         Muravlyev,V         UKR         269         562         804         19NCV02           85         620.00         1366.86         Arval,I         HUN         262         562         804         17NCV02           86         620.00         1366.86         Arval,I         HUN         262         562         804         17NCV02           87         620.00         1366.86         Sedmik,Z         CZE         324         617         749         17NCV02           88         619.15         1365.00         Myers,J         USA         242         555         810         29FE887           90         617.50         1361.35         Boscaccy,B         USA         304         556         804         26MAR8           92	78	621.42	1370.00	Mills,M					
81         620.00         1366.86         Long,T         USA         299         501         865         06AMAR8           82         620.00         1366.86         Jonsson,A         ISL         275         529         837         22MAY99           84         620.00         1366.86         Grove,J         USA         301         606         760         12AUG01           85         620.00         1366.86         Muravlyev,V         UKR         269         562         804         19NC901           86         620.00         1366.86         Sedmik,Z         CZE         324         617         749         17NC902           87         620.00         1366.86         Sedmik,Z         CZE         324         617         749         17NC902           88         619.15         1365.00         Pharr,T         USA         242         555         810         29FEB87           90         617.50         1361.35         Boscaccy,B         USA         304         556         804         26MAR8           91         617.50         1361.35         Bouvier, W         USA         322         589         717         24JUL86           92									
82         620.00         1366.86         Jonsson,A         ISL         275         529         837         22MAY98           83         620.00         1366.86         Grove,J         USA         301         606         760         12AUG01           84         620.00         1366.86         Maraylev,V         UKR         269         562         804         19NOV01           85         620.00         1366.86         Ladnier, J         USA         261         661         705         16JUN02           87         620.00         1366.86         Sedmik,Z         CZE         324         617         749         17NOV02           88         619.15         1365.00         Pharr,T         USA         242         555         810         29FEB87           90         617.50         1361.35         Boscaccy,B         USA         304         556         804         26MAR8           92         617.50         1361.35         Bouvier, W         USA         322         589         771         24JUL83           93         617.50         1361.35         Chaillet,M         USA         275         512         848         29JUN86           94									
83         620.00         1366.86         Grove, J         USA         301         606         760         12AUG01           84         620.00         1366.86         Muravlyev, V         UKR         269         562         804         19NOV0           85         620.00         1366.86         Arvai, I         HUN         262         562         804         17NOV0           86         620.00         1366.86         Sedmik, Z         CZE         324         617         749         17NOV0           87         620.00         1365.00         Pharr, T         USA         242         555         810         29FE887           89         619.15         1365.00         Myers, J         USA         304         556         804         26MAR8           89         619.15         1361.35         Boscaccy, B         USA         304         556         804         26MAR8           90         617.50         1361.35         Bouvier, W         USA         322         589         771         24JUL83           92         617.50         1361.35         Chaillel, M         USA         325         512         848         29JUN86           94									
84         620.00         1366.86         Muravlyev,V         UKR         269         562         804         19NOVO'           85         620.00         1366.86         Ladnier, J         USA         261         661         705         16JUN02           86         620.00         1366.86         Sedmik,Z         CZE         324         617         749         17NOVO'           87         620.00         1366.86         Sedmik,Z         CZE         324         617         749         17NOVO'           88         619.15         1365.00         Pharr,T         USA         242         555         810         29FEBSD'           90         617.50         1361.35         Boscaccy,B         USA         304         556         804         26MAR8'           91         617.50         1361.35         Bouvier, W         USA         322         589         771         24JULB3'           92         617.50         1361.35         Challet,M         USA         319         540         821         16JUN96'           94         617.50         1361.35         Mimnaugh,B         USA         318         573         788         27OCTDIN           9									12AUG01
85         620.00         1366.86         Ladnier, J         USA         261         661         705         16JUN02           86         620.00         1366.86         Arval, I         HUN         262         562         804         17NCV02           87         620.00         1366.86         Sedmik, Z         CZE         324         617         749         17NCV02           88         619.15         1365.00         Pharr, T         USA         242         555         810         29FEB87           90         617.50         1361.35         Boscaccy, B         USA         304         556         804         26MAR8           91         617.50         1361.35         Bouvier, W         USA         322         589         771         24JUL83           92         617.50         1361.35         Chaillet, M         USA         275         512         848         29JUN86           93         617.50         1361.35         Milliph, M         USA         319         540         821         16JUN96           94         617.50         1361.35         Milmaugh, B         USA         318         573         788         27OCT01           9									19NOV01
87         620.00         1366.86         Sedmik,Z         CZE         324         617         749         17NOV0:           88         619.15         1365.00         Pharr,T         USA         242         555         810         29FEB87           89         619.15         1365.00         Myers,J         USA         600         765         17NOV0:           90         617.50         1361.35         Boscaccy,B         USA         304         556         804         26MAR8:           91         617.50         1361.35         Dalilet,M         USA         322         589         771         24JUL83           93         617.50         1361.35         Phillipi,M         USA         319         540         821         16JUN96           94         617.50         1361.35         Mimnaugh,B         USA         318         573         788         27OCT0           95         616.88         1360.00         Cassidy, H         USA         290         570         790         06NOV7           96         616.88         1360.00         Brodsky, S         USA         320         575         785         07APR91           98         616.88 <td>85</td> <td>620.00</td> <td>1366.86</td> <td>Ladnier, J</td> <td>USA</td> <td></td> <td></td> <td></td> <td>16JUN02</td>	85	620.00	1366.86	Ladnier, J	USA				16JUN02
88         619.15         1365.00         Pharr,T         USA         242         555         810         29FE887           89         619.15         1365.00         Myers,J         USA         600         765         17NCVO           90         617.50         1361.35         Boscaccy,B         USA         304         556         804         26MAR8:           91         617.50         1361.35         Bouvier, W         USA         322         589         771         24JUL83           92         617.50         1361.35         Chaillet,M         USA         275         512         848         29JUN86           93         617.50         1361.35         Phillipl,M         USA         319         540         821         16JUN96           94         617.50         1361.35         Mimnaugh,B         USA         318         573         788         27OCT01           95         616.88         1360.00         Cassidy, H         USA         290         570         790         06NOV7           96         616.88         1360.00         Brodsky, S         USA         320         575         785         07APR91           98         616.88<									17NOV02
89         619.15         1365.00         Myers, J         USA         600         765         17NOVO           90         617.50         1361.35         Boscaccy, B         USA         304         556         804         26MARS           91         617.50         1361.35         Bouvier, W         USA         322         589         771         24JULB3           92         617.50         1361.35         Chaillet, M         USA         275         512         848         29JUN86           94         617.50         1361.35         Phillipi, M         USA         319         540         821         16JUN96           95         616.88         1360.00         Cassidy, H         USA         290         570         790         06NOV7           96         616.88         1360.00         Brodsky, S         USA         320         575         785         07APR91           98         616.88         1360.00         LaVidola, N         USA         242         540         820         20NOV9           99         616.88         1360.00         Bayles, J         USA         242         605         755         18NOV0									
90 617.50 1361.35 Boscaccy,B USA 304 556 804 26AMAR8. 91 617.50 1361.35 Bouvier, W USA 322 589 771 24JUL83 92 617.50 1361.35 Chaillet,M USA 275 512 848 29JUN86 93 617.50 1361.35 Phillipi,M USA 319 540 821 16JUN96 94 617.50 1361.35 Mimnaugh,B USA 318 573 788 27OCT01 95 616.88 1360.00 Cassidy, H USA 290 570 790 06NOV7 96 616.88 1360.00 Henderson,T USA 275 525 835 04MAY8. 97 616.88 1360.00 Bordsky, S USA 320 575 785 07AP81 98 616.88 1360.00 LaVitola,N USA 242 605 755 18NOV0 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0						242			
91 617.50 1361.35 Bouvier, W USA 322 589 771 24JUL83 92 617.50 1361.35 Chaillet, M USA 275 512 848 29JUN69 93 617.50 1361.35 Phillipi, M USA 319 540 821 16JUN96 94 617.50 1361.35 Mimnaugh, B USA 318 573 788 27OCT01 95 616.88 1360.00 Cassidy, H USA 290 570 790 06NOV7 96 616.88 1360.00 Brodsky, S USA 320 575 785 07APR91 98 616.88 1360.00 LaVitola, N USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles, J USA 242 605 755 18NOV0						304			
92 617.50 1361.35 Chaillei,M USA 275 512 848 29JUN86 93 617.50 1361.35 Phillipi,M USA 319 540 821 16JUN86 94 617.50 1361.35 Mimnaugh,B USA 318 573 788 27OCT01 95 616.88 1360.00 Cassidy, H USA 290 570 790 06NOV7 96 616.88 1360.00 Henderson,T USA 275 525 835 04MAY8: 97 616.88 1360.00 Brodsky, S USA 320 575 785 07APR19 98 616.88 1360.00 LaVitola,N USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0									
93 617.50 1361.35 Phillipi,M USA 319 540 821 16JUN96 94 617.50 1361.35 Mimnaugh,B USA 318 573 788 27OCT01 95 616.88 1360.00 Cassidy, H USA 290 570 790 06NOV7 96 616.88 1360.00 Henderson,T USA 275 525 835 04MAY8: 97 616.88 1360.00 LaVitola,N USA 320 575 785 07APR91 98 616.88 1360.00 LaVitola,N USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0									29JUN86
95 616.88 1360.00 Cassidy, H USA 290 570 790 06NOV7 96 616.88 1360.00 Henderson,T USA 275 525 835 04MAY8. 97 616.88 1360.00 Brodsky, S USA 320 575 785 07APR91 98 616.88 1360.00 LaVitola,N USA 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0		617.50	1361.35	Phillipi,M	USA				16JUN96
96         616.88         1360.00         Henderson,T         USA         275         525         835         04MAY8:           97         616.88         1360.00         Brodsky, S         USA         320         575         785         07APR19:           98         616.88         1360.00         LaVitola,N         USA         242         540         820         20NOV9           99         616.88         1360.00         Bayles,J         USA         242         605         755         18NOV0									27OCT01
97 616.88 1360.00 Brodsky, S USA 320 575 785 07APR91 98 616.88 1360.00 LaVitola, N US.A 242 540 820 20NOV9 99 616.88 1360.00 Bayles, J USA 242 605 755 18NOV0									
98 616.88 1360.00 LaVitola,N US.A 242 540 820 20NOV9 99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0									
99 616.88 1360.00 Bayles,J USA 242 605 755 18NOV0									
									18NOV01
	100	616.88	1360.00	Hutson,T	USA				17NOV02



Mike Hall still has the best ADFPA/USAPL 3 lift total at Superheavywt.



Not Just a Bencher ... Craig Tokarski had pull power too. (Ron Allured)

# INZER ADVANCE DESIGNS



# IRONWRAPS

enable you to lift more than ever before.

A leap ahead in powerlifting knee wrap technology.

IRONWRAPS Z stores a very dense, propulsive energy that produces more power than any knee wrap ever before!

Everything about this wrap exceeds any previous wrap.

**VERY, VERY POWERFUL!** 

"I've tried every knee wrap ever

made and the Ironwrap far out-

performs them all."

Tronwraps are the best I've everused Bull Stewa

**Louie Simmons** 

IRONWRAPS A are super comfortable.

Very big support, especially behind your

knees for explosive rebounds out of the bottom of the squat. Like squatting on a

provide so much powerful support to be

cloud. It's amazing how Ironwraps A

IRONWRAPS Z (actual size)

IRONWRAI<sup>2</sup>S A (actua<mark>l si</mark>ze)

> o it to yours u the greatest or vraps of all!

Inzer Power Gear is backed by the Inzer Performance Guarantee.

iteed to out perform any other brand.

Name \_\_\_\_\_\_\_ State \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_ Phone \_\_\_\_\_ Qty. \_\_\_\_\_ Ironwraps A \$22 \_\_\_\_\_ Ironwraps Z \$22 \_\_\_\_ 2 pair \$40 Shipping \$6.00 \_\_\_\_ Total \_\_\_\_ Overseas orders add 20% surface or 30% air.

Overseas orders add 20% surface or 30% air Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS

P.O. Roy 2081 A Longridge Toxas 75505

P.O. Box 2981 • Longview, Texas 75606 903-236-4012 • 1-800-222-6897

# The BENCH

# **Making the Conversion**

### as told to PL USA by GEORGE HALBERT

Well, this February after the Arnold

I ran into Mike and got him to come

back down to train at Westside in April.

In this environment Mike would best

be able to make the conversion. The

conversion I speak of is a conversion of

technique which would shift the em-

phasis of the bench from the chest and

shoulders to the triceps (not the big

part of the triceps toward the shoulder,

but the part of the tricep near the

elbow). Mike knew coming in that this

conversion would not be easy: in fact,

he understood that he would have to

elbows out at the lockout and very little

lockout leverage (using today's equip-

ment). His new technique would leave

him with elbows in and arms under-

neath the bar at the top to help him

squeeze the bar out. So one of Mike's

goals was to strengthen the correct

aspect of his triceps, but to do this he

had to learn to use his back to lock in

his elbows. Don't misunderstand me-

from years of training, however, he

never understood how to use his back

in training. Well, at Westside we

bombarded him with explanations

of how to use his back. The expla-

nation that he finally understood

was that his back should be used in

the same exact fashion as when he

would do a bent over row. The first

time he tried this he said his back

got pumped during the workout

and his benches felt much more

explosive as he could now "lock his

power in". Now that he came to

understand the role of his back, he

could focus in on his triceps. One

of his favorite exercises to gain

tricep strength was the board press.

In the beginning, Mike hated this

exercise because he would get

crushed in his workouts by his

training partners who could board

press 100+more pounds than him.

Not only did he get beat, but often

times he would revert back to his old

form to try to depend on muscles he

was more familiar with. In the begin-

ning I wondered if he would be able to

stick it out because his frustration was

evident. Then, on top of it all, he

strained his right shoulder during a

floor press session when he reverted

back to his old form. However, this

strain proved to be a great learning

tool, because then he had to use cor-

rect form to take the pressure off of his

Mike has a massive and strong back

Mike's old technique left him with

go backwards to go forwards.

As a lifter I am always seeking training or technical tips that will help me to progress to the next level. Two of the best sources are either someone who is continually improving themselves or someone who has been stuck or been making little progress for years and suddenly they make a big improvement. This is an account of the

Mike Ruggiera has struggled with his bench press progress over the past 4 years. With a competition best squat of 1000 and deadlift of 805 only his bench press has held him back from that big 2400 total. Let me give you a brief history of his bench press progress. In June of 1999 Mike had a partial tear of his right tricep. Prior to this injury his best bench was 545. Since then his benches are as follows: November 99 -500, February 2000 - 515, July 2000 - 525, November 2000 - 535, Februaru 2001 - 565, March 2002 - 575. As you can see, Mike slowly got back up to his old record and than improved about 10 pounds a year. Not only was Mike's progress very slow, but he had a difficult time locking out his right elbow to the point where it was not



Mike's Progress in the bench had been lagging hisgains in the squat.

clear to spectators if his arm was locked

Another factor about Mike was that his bottom end power was stronger than most 600+ benchers in this modern equipment era. In other words, I once saw him outpress a 670 pound bencher on the cambered bar press. I always said Mike had a 700 lb. chest and shoulders and 550 lb. triceps. However, if you looked at Mike's triceps they are mammoth, so what was

shoulder and any mistake in form could immediately be felt in his shoulder. Mike also figured out that by putting a mini-band around his wrists that he was able to better able to keep form. Using his new form Mike made good progress on a weekly basis and his tricep strength continually improved. Now there was no doubt that his arms were locked out at the top and his form was perfect. Within less than 6 months Mike had achieved perfect technique

However, one day Mike couldn't make it to our session at Westside and took a workout in a local gym and tried a "raw" bench press max. To his chagrin, Mike was about 20 pounds off of his best raw lift. This greatly frustrated Mike. Back at Westside we explained to him that by switching his technique, his bench press strength now came from his triceps and not his chest and shoulders and therein lie the problem. He did not get weaker, but instead got

stronger in a different technique (one more suitable to today's equipment). Well, to make a long story short Mike just hit 610 with a near miss at 625 at the 2002 IPA Nationals in November. His confidence is soaring and he now understands how he will have to train to continually improve. His mottos are: stay persistent, keep plugging away, and find your weaknesses and make them stronger.

Making the conversion from one technique to another can be very difficult. The two biggest problems are confidence and re-programming the body to a new way of doing things. However, Mike and others have shown that persistence pays off. Mike did not let frustration or ego get in his way, but instead believed in the method and gave 100% effort. Mike now possesses the knowledge to continue his bench press progress. Mike went backwards to go forwards - a true sign of a

# To MASTER The

**BENCHPRESS** 

George Halbert explains the Brave New World of Bench Pressing and the Five Goals of his Video:

- 1. Which Muscles Are Involved
- 2. The Theory of Rubber Bands
- 3. Proper Benching Technique
- 4. Setting Up Your Program
- 5. How to Adapt Your Program

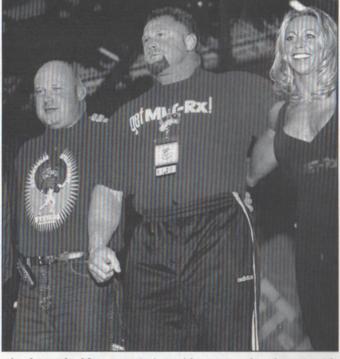
Footage of George's Spectacular 683 BP at 198 and 733 at 220 are included ' "one 'solid gold' training tip after another" - Send your check for \$44.95 plus \$5 shipping and handling to George Halbert, 3063 Noelle Ct., Columbus, OH 43232, 614-237-0932

# FORCE TRAINING

by Dave Tate of Elite Fitness Systems

Question: I have read on message boards on the Internet and heard some lifters in my gym talk about doing a hybrid Westside routine. Most of them talk about doing a standard periodization model instead of Max Effort work or not performing box squats. Some of these guys are pretty strong and seem to know what they are talking about. I was wondering what your thoughts were on this subject and if there is any reason to hybridize the Westside program.

Answer: There are several things I would like to touch on concerning this subject. I receive many phone calls from people that first attempt the Westside system and become frustrated. They call me and complain about how the program just didn't work for them and that they are going nowhere in their lifts. I begin asking questions about their training and the problems are apparent from the outset. I usually begin with their Dynamic Squats. I first ask them if they are using bands. If they aren't, they need to start using them. Those that do use bands are invariably setting them up the wrong way. When doing the Force Training Seminars across the country I rarely see people setting up the bands the correct way. There needs to be tension throughout the entire lift! The next thing I ask is if they are squatting correctly. Are they sitting back? How wide is their stance? Are they spreading the floor? All of these things are discussed in great detail in my article "Box Squatting from Head to Toe" which can be found at EliteFTS.com. Most people do not box squat correctly. Read the article, attend a seminar, have someone who knows how to squat critique you or watch one of the training videos. These will help people learn how to squat correctly. If you can, film yourself squatting and compare it to the videos. You may be surprised at your form. I then ask them about their Max Effort work. Are they performing good mornings? Are they really doing a maximum effort or do they routinely leave a little in reserve? Max Effort work needs to be intense and those that are afraid to fail will always be afraid to succeed. A moderate effort is not a max effort. I then ask them about their accessory work. Are they performing heavy ab work? Are they doing glute ham raises? What about low back work? These things are often



Chuck Vogelpohl's training is derived from years of work at Westside

left out and can offer a simple solu-

tion to their problems. When discussing the bench press, I ask the same question about their Max Effort work. The Dynamic Effort is almost always performed with too heavy of a weight. This is mostly because of ego. Many times people will see a large increase in their bench by simply putting their ego aside and using a smaller percentage. I ask them if they are using chains and bands on this day. Again, many people are setting them up the wrong way. If you are confused about this, check out the article "Accommodating Resistance." It shows how to use bands and chains as well as giving guidelines for strength levels. I then ask them about their triceps and lat work. Many times they haven't changed their accessory work for their triceps. If dumbbell extensions aren't working, try JM Presses or a 5-Board Press. Many are too afraid to try something new and it may be this change that could put 15 pounds on their bench press.

I also ask them about their training volume. Many times people are still stuck in their bodybuilding mode. They are doing too many exercises and too many sets. I will always say that drug-free lifters do way too much. They often feel that they need to do more sets to make up for the fact that they are not using anabolics. This is exactly the opposite! Workouts need to be less than an hour and most of the time shorter. If you are working out too long you are either doing too much or are not focused. Again, this is a simple solution to the problem

that I often encounter. Another big problem I hear about is people trying to do what Chuck Vogelpohl or George Halbert does. People need to remember a couple of things about these guys. Both of them, for years, did the basic Westside routine and have modified it to fit their needs. But this happened over a number of years. Chuck's squat routine is insane and only Chuck can do it. I ask them if they are can squat 1025 at 220 pounds. His band tension and overall attitude is something that is entirely unique to him. George is in the same category. Many people forget that he posted some huge numbers with the basic Westside template: max effort work, dynamic work and working on weaknesses throughout the year. George, like Chuck, is a freak of nature and does things that few could ever replicate. Does this mean that you cannot learn from them? No. But

you have to realize that they have been at this for a number of years and have learned from a lot of trial and error. I guarantee that if you talked to them now, they are still trying new things but will tell you the same thing I am telling you now. Stick to the basics and introduce new stimuli slowly and with reason. Do not do something simply because someone else is doing it.

Having said that it is not uncommon for people to tweak the system to fit their needs. This is what the program is designed to accommodate. If you ask any of the staff at EliteFTS.com what they do, you will find a similar philosophy, but all have certain unique aspects to their training. But remember that all of them are Elite level powerlifters and have achieved this status with intelligent training but keep the basic principles of the program intact. There needs to be a balance

When reading the Internet and talking to lifters in your gym, ask yourself this question: How many people have they trained with their system? Are they at an elite level or do they have a long way to go? What kind of numbers do they post at meets or do they even compete at all? The Internet can be a great way to exchange information, but many times people have their own agenda and hide behind their monitors rather than prove themselves on the plat-

In short, don't be afraid to try something new, but make sure you have a reason and a purpose. If your lifts are stagnant approach the problem in a systematic and thoughtful way. Examine your weaknesses and be honest with yourself. Do not simply say that this program doesn't work. Take a look at our lifters and those that use our system correctly. Their accomplishments speak for

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

> Dave Tate Elite Fitness Systems 1695 Itawamba Trail London, Ohio 43140 888-854-8806 www.elitefts.com Dave@elitefts.com

INZER ADVANCE DESIGNS

The World Leader In Powerlifting Apparel!



A DENIM CAP — Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.

B 'TWILL CAPS — "Constructed" style
white, cotton twill cap with buckram backed
front. Adjustable plastic snap. Embroidered
with two designs to choose from.

# IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

# **IRONWRAPS** Z

**VERY, VERY POWERFUL!** 

The most popular knee wrap in powerlifting!

"When I first held a pair of Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

Patrick Hall

Top National Competitor,
Fireman and C.P.T.



# • Por

Name		
Address	mercanal 5A	Shins and Leading
City	STATE NO.	_ State
Zip	Phone _	Charles and
e-mail	Service transfer or was	Cook in the
Oty		

\_\_\_\_ Twill Cap LIB LIC \$12 \_\_\_\_\_ \_\_\_ Ironwraps A \$22 \_\_\_\_\_ \_\_\_ Ironwraps Z \$22 \_\_\_\_\_ \_\_\_ 2 pair \$40 \_\_\_\_\_

Shipping \$5.50

Overseas orders add 20% surface or 30% air. Texas residents add 8.25% sales tax. INZER ADVANCE DESIGNS

P.O. Box 2981 • Longview, Texas 75606 903-236-4012 • 800-222-6897



- Powerlifters
- Strongman Competitors
- Powerbuilders
- Bodybuilders
- Various Types of Athletes
- Doing Multiple Rep Sets

Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

A PARADIGM
SHIFT IN KNEE
WRAP DESIGN!

### FEATURED PRODUCTS

1		
	EFS Seminar Video (New)	154.
1	Reactive Method Video	39.
1	Forced Relaxation Video	24.
1	Supertraining (Must Have!!)	55.
1	Dragging Sled	115.
1	Trigger Wheel	19.
	Back Nobber	29.
1	Anabolics 2002	49.
	EFS Long sleeve t-shirt	24.
1	Westside T-Shirt	14.
	Shoulder Horn	59.
1		

CHECK OUT OUR WEBSITE FOR HUNDREDS OF ARTICLES, Q&A'S, FAQ, ETC.

### **ACCESSORIES & BANDS**

The state of a second s	
Mini Band	10.00
Light Band	18.50
Average Band	22.50
Strong Band	28.50
Manta Ray	41.95
Ab Wheel	13.95
Red Oxx Ab Strap	19.99
Red Oxx Hanging Ab Strap	29.99
Red Oxx Neck Harness	15.95
Stability Ball	51.95
Gym Chalk	9.95
Leather Neck Harness	39.99
Tricep Rope	24.95
Super Heavy Duty Dead Lift Strap	13.99
JS Standard Band Platform	145.00
JS Sumo Band Platform	245.00

### **BOOKS & VIDEOS**

The Squat Workout Video	54.
Bench Press Workout Video	49.
The Reactive Method Video	39.
Bench Press Secrets Video	35.
Deadlift Video	29.
Squatting Secrets Video	29.
JM Blakey Bench Video	39.
and the second s	
Diets Designed for Athletes	18.
High Perf. Sports Conditioning	22.
n Pursuit of Excellence-3rd	15.
Science&Practice of Strength Train.	35.
Science of Sports Training	39.
Secrets of Bodyweight Manip.	24.
Secrets of Soviet Sports FitaTrain.	15.
The 40-Yard Dash	34.
Supertraining	55.
Managing training of the weightlifter	20.

RAININ

G

# www.ELITEFTS.BOM

### **EQUIPMENT**

Last Palacont Character and	
Combo Power Rack	811.
Glute Ham Raise	749.
Mono Style Squat Stand	2799.
Reverse Hyper Pro	1095.
Reverse Hyper Standard	736.
Roller Pend. Rev Hyper(New)	1290.
Standard Power Rack	610.
Weight Releasers	81.
Dragging Sted	115.
Gripper Machine	176.
Box Squat Box	165.0
Chalk Box	155.0
Competition Bench	675.
Dead Lift Jack	149.
Belt Squat Machine	2700.0

### **BARBELLS & BALLS**

3000000000000000000000000000000000000	
Cambered Squat Bar	429.0
Crepinsek Combo Bar	475.0
Crepinsek Safety Squat Bar	349.5
Power Bar(1500lb)	219.66
Power Bar(1000lb)	145.6
Rackable Cambered Squat Bar	365.0
Westside Cut Safety Squat Bar	399.9
Cambered Bench Bar	165.6
Texas Power Bar	199.0
10 lb Medicine Ball	53.6
20 lb Medicine Ball	77.7
30 lb Medicine Ball	94.9
40 lb Medicine Ball	96.9
50 lb Medicine Ball	126.9
60 lb Medicine Ball	154.4
100 lb Medicine Ball	199.5
150 lb Medicine Ball	250.0

### **SEMINARS**

July 27-28	New York, NY	CAL
August 3-4	Dallas, TX	CAL
August 10	Columbus, OH	CAL
August 11	Columbus, OH	CAL
August 24-25	Nazareth, PA	CAL
October 5-6 2003 DATES	St Louis, MO	CAL
Jan 18-19	Lebanon, PA	CAL
Feb 8-9	West Palm, FL	CAL
March 15	Chicago, II	CAL

STOP DREAMING OF THE STRENGTH
YOU TRULY DESERVE...SIGN UP TODAY!!
CHECK OUR WEBSITE FOR SEMINAR
INFORMATION AND OUTLINES.

DON'T SEE WHAT YOU ARE LOOKING FOR? CHECK OUT OUR ONLINE STORE FOR HUNDREDS OF PRODUCTS.

(Shipping not included, call for current shipping price)

Prices subject to change. Please call or check the web for current pricing and shipping information

1.888.854.8806

A loading plan is necessary if one intends to reach the top in any sport, including powerlifting. The plan must be divided into microcycles of 1 week. At Westside all maximal effort work is done in microcycles. In this way we are able to do lifts of 100% or more each week simply by switching a core exercise that resembles and contributes to raising either the squat, bench, or deadlift.

Our special exercises, such as triceps extensions, lat work, low back work, and abs, are performed in macrocycles, or 2-6 week periods. At Westside, these macrocycles are on the short side, 2-3 week

This coordinates with our speed, or dynamic method, day. For squatting we use a pendulum wave of 3 weeks. A squat cycle off a box is 50TRAINING

# INTENSITY ZONE LOAD-**ING. PART 1. THE SQUAT**

as told to Powerlifting USA by Louie Simmons

60% of a contest max, always ac-pounds of chain (week 3). As you commodating resistance. The simplest method is to use chains. Three of our lifters squatted 804 by using 405 and 80 pounds of chain at the top (week 1), 450 and 80 pounds of chain (week 2), and 480 and 80

can see, this represents 50\*-60% of 800 pounds, 24 total lifts at 50 and 55% in weeks 1 and 2, 12 sets of 2 reps with 45 second rest periods. In week 3, 10 sets of 2 reps, or a total of 20 lifts at 60%, are done. The equipment we use is groove briefs and a suit with the straps down.

When one compares training sets to a max box squat, it is 58% in week 1, 64% in week 2, and 68% in week 3 of a real box record. You will not become faster or stronger after 3 weeks. The 3-week pendulum wave is continuous, but if translated into a 4-week, or monthly, plan it equals 92 lifts per month.

For slow, or strength speed, work, which is weight at or above 90%, use Jump-Stretch bands. Many times, the total weight at the top is over 100% of a contest max. At the bottom or at box level, the weight is also extreme due to the overspeed eccentric phase.

A weekly load is 5 sets of 2 reps. For pure strength speed the cycle lasts 2 weeks. Here, a monthly total would be calculated this way: 20 lifts are done for strength speed. These are done with band tension representing 65% and bar weight 35%. The next 2 weeks are explosive-power and speed strength work with 40% bar weight of a 1RM and 25% of band tension for a total of 65%. Twelve sets of 2 reps for 2 weeks equals 48 lifts, bringing the total lift count to 68 lifts in a mixed monthly load.

A monthly cycle like this must sometimes be used to regulate the training for an upcoming meet. When the contest is 5 weeks away, the last phase of training begins. It is the circa-max (near-maximal) phase, which lasts 4 weeks. Again, always use the pendulum wave system. The bar weight is 47% week 1, 50% week 2, and 52% week 3. The rest is band tension, about 40%. We know a circa-max weight is 90-97% of a 1RM, but bands add kinetic energy with overspeed eccentrics, which causes additional muscular soreness and accommodates resistance maximally throughout the entire range of motion. The monthly plan, or macrocycle, is 10 lifts per week, 5 sets of 2 reps. At this

intensity, rest periods of 60 sec-

onds are used.

The circa-max as well as the strength speed work is extremely difficult. At Westside 12 lifts per month on max effort day is constant during the year. With the 10 lifts on squat day, a combined number of 52 lifts per month are done. This can cause you to overtrain in the highest intensity range, 90-100%. For the first few circa-max phases, it is advisable to pass on core exercises on max effort day every other week. However, once you become accustomed to the intense loading, you can resume the max effort day as before. Instead of doing a max effort day, replace it with repetition work on glute/ham raises, the Reverse Hyper machine, lat work, and

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

# **FORCE TRAINING**

### **LOUIE SIMMONS**

NATIONALLY RENOWNED **POWERLIFTING COACH** 

### KENT IOHNSTON

STRENGTH & CONDITIONING COACH **SEATTLE SEAHAWKS GREEN BAY PACKERS 1992-1998** 

LOUIE AND KENT INTRODUCE YOU TO "FORCE TRAINING" A NEW APPROACH TO TRAINING THE POWER ATHLETE

PACKAGE INCLUDES: 2 HOUR VIDEO PROVIDING EXERCISE TECHNIQUES, DEMONSTRATIONS, AND FUNDAMENTALS THAT COVER:

- \* WEIGHT TRAINING
- \* LATERAL SPEED
- \* SPEED
- \* ANAEROBIC CONDITIONING
- \* BOX SQUATTING
- \* CHAIN UTILIZATION
- \* SPORTS SPECIFIC TRAINING
- \* SLED UTILIZATION

- \* PLYOMETRICS
- \* ACCELERATION
- \* MEDICINE BALL
- \* SANDBAG TRAINING
- \* FLEXIBILITY
- \* JUMP ROPES
- \* POWER ENDURANCE
- \* FOOT FREQUENCY

PLUS: A 60 PAGE MANUAL WITH EXAMPLE PROGRAMS FOR THE FOLLOWING SPORTS: FOOTBALL, BASKETBALL, BASEBALL, SOCCER, HOCKEY, WRESTLING, TRACK AND FIELD, TENNIS, VOLLEYBALL, BODYBUILDING AND BOXING.

INCLUDED IS A SECTION ON APPLICATION OF FORCE TRAINING AT THE HIGH SCHOOL LEVEL.

VIDEO \$69.95

Manual \$19.95

PLUS SHIPPING AND HANDLING

TO ORDER 1-800-411-4352 Visa / MC accepted

During the download week, the week before the meet, drop back to the first week weight of the pendulum wave and do 2 or 3 singles to check form and your physical state. Again, push the special work in-

In summary, the dynamic, or speed strength, work equates to 92 lifts a month. When using jumping exercises, use Prilepin's table to regulate the number of jumps by their intensity: maximal jumps, 7-10 jumps; jumps of 80% of top height, 10-20 jumps; jumps at 70% of top height, 12-24 jumps. When weighted jumps are used, use the same formula to calculate the number of iumps.

When controlling the amount of special work for a particular muscle group, do it instinctively, which means, does the exercise

still work for you? How are you responding to the work? Sometimes it is better to divide special work into two separate workouts. Many times, more work can be done in the second workout due to rest or restoration methods done between workouts, for example, ice, hot tubs, massage. Many times simple relaxation acts as restora-

The special work is raised

throughout the first 3 weeks in an upward wave. If one does glute/ ham raises for more than 3 weeks, progress will stop. At Westside we recommend training special work as hard as possible. By doing this,

you are unable to make further gains after 3 weeks. The lifter then switches to an exercise that closely mimics the preceding exercise. This is the conjugate method. As you can see, Westside utilizes this method for all facets of training.

On max effort day, a maximum of 3 lifts are performed. The first is at roughly 90% of a 1RM Next an attempt at a PR and maybe one more attempt are done. An advanced lifter will be able to break only one or two records per workout.

Even restoration methods must be constantly switched.

One must learn to regulate training in this manner to succeed. You must become faster to become stronger, and to become stronger, you must become faster. The special work will make

you bigger. Bigger, faster, stronger. Isn't that what we're after?

> Westside Barbell 614-801-2060

# **BEŞT PRICE NUTRITION**

TOTAL DESIGNATION OF THE PARTY OF THE PARTY

2108 S. HIGH STREET

**COLUMBUS, OHIO 43207** 

THE SEARCH STOPS HERE

FOR 5/8 AND 1/2 CHAINS!!!

THE COMPLETE POWERLIFTING

ASSEMBLY IS ALSO

AVAILABLE FOR THE

**ELITE AND PROFESSIONAL** 

POWERLIFTERS.

TO ORDER CALL: (866) 424-2467

ASK FOR IVAN, LARRY OR RON

EST: 7:30 AM TO 4:30 PM MON-FRI.

SAT: 7:30 AM TO 12:00 NOON

**LOUIE SIMMONS** 

TRAINING SECRETS

CHAINS CHAINS CHAINS CHAINS CHAINS CHAINS

201 E 56th STREET, WESTMONT, IL 60559 1-800-499-4810

Powerlifters and bodybuilders are on staff to answer questions.

### SSSAVE BIG BUCKS ON TOP NAME SUPPLEMENTS & VITAMINS!!!

			Retail	Best Price
Muscle Tech:	CellTech	4 lbs	\$59.99	\$35.99
Natures Best:	Isopure	20 servings	\$59.95	\$31.49
Optimum:	Amino 2222mg	300 capsules	\$34.09	\$17.95
Optimum:	100% Whey	5 lbs.	\$43.99	\$23.99
Twinlab:	ZMA Fuel	90 capsules	\$24.99	\$13.99

\*Please mention Powerlifting USA ad when you order.

\*We carry sublingual and transdermal andros, the MOST POTENT forms of andro legally available.

\*30-55% off on all brands ALL THE TIME!!! THOUSANDS of items in stock!

\*Shipping within the continental USA, only \$4.90 for orders 10 lbs. and under; over 10 lbs. and/or outside the continental USA, at standard UPS rate.

BioChem, Champion, Country Life, Cytodyne, EAS, Enzymatic Therapy, Labrada, Kaizen, Molecular Nutrition,

MuscleTech, Nature's Best, Next, Optimum, Solaray, SportPharma, Twinlab, Worldwide, and many more.

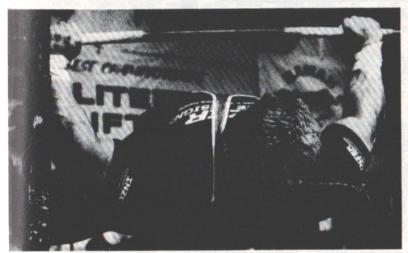
**INZER BLAST SHIRT** 

Patent # 4473908

The patented Inzer Blast Shirt is guaranteed to be at least twice as effective as any shirt existing.

The strength and durability characteristics of the exclusive material used in the Inzer Blast Shirt is the best for support throughout the range of motion and makes it virtually impossible to tear.

Proven by the Greatest Bench Pressers in the world.



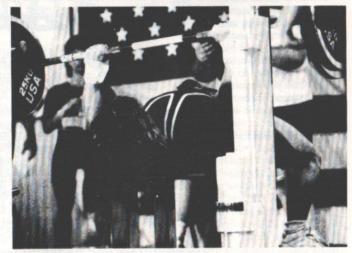
"With the Inzer Blast Shirt, I just blow the weights off my chest! It's truly awesome."

Ken Lain 722 lb. Bench at SHW

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

> **Anthony Clark** 775 lb. Bench

First Teenager ever to crack the 600 barrier!



"I've set many world records wearing the Inzer Blast Shirt. It's the greatest shirt for benching power!"

Mary Jeffrey 275 lb. Bench at 123 b.w.

"This is the shirt that will blast your bench to the ceiling."

> Mike Hall 633 lb. Bench ADFPA-USPF **National Champion**

☐ MC ☐ VISA ☐ COD ☐ Check ☐ I

Plus these all time best benchers:

Jan Harrell-385 Bench. Most ever by a woman. David Bullock-470 Bench World Record 148's

Inzer Advance Designs offers the most personalized service in the business. Your satisfaction is totally guaranteed. All orders are shipped immediately! Overnight air and two day air are available on request. Each shirt, suit and brief is inspected and marked with its own quality control serial number.

Most all the latest developments in Power Gear technology come from Inzer Advance Designs first. Plus, we continually improve on already superior products so the products we send you are always the most advanced to date!

# **INZER ERECTOR SHIRT**

-Customized-

Upper torso support when deadlifting and squatting. Call or write for more details on this special garment. Allow 3 days before shipping for special tailoring on Erector Shirt.

# GROOVE

BY INZER

The ultimate competition-legal underwear for Powerlifters will give you much more explosiveness in your squat. Guaranteed immediate results.

Now used in world record setting performances. Everyone who has tried them says-Groove Briefs work!

SHIPPING

### Z-SUIT and CHAMPION SUIT on next page -

\$6.00

	ITEM	SIZE	C
MC UISA COD Check Money Order			-
Inzer Blast Shirt - *38 Save *10. Buy 2 for *66	3374		
Inzer Erector Shirt - \$38	Early leady III is all		
Please indicate size or include relaxed measurements of shoulders chest arm	Overseas orders add 10% surface or 20% air mai Texas residents, please add 8.25% sales tax		
Colors:   Black   Navy Blue   Royal Blue  Red	NAME	12 1 12	
Groove Briefs - \$20	ADDRESS		10
Ht Wt Upr. Thigh Hips	CITYS	TATE _	-

PHONE

	INZER
-	ADVANCE DESIGNS
+	We Make Power Gear A Science

P.O. Box 2981 Longview. TX 75606

1-800-222-6897

903-236-4012

**Z-SUIT** 

When Fitted properly, the Z-SUIT will substantially increase your squat over any other suit on the market, thanks to the special Z-lock leg design. Z-SUIT locks in on your leg to prevent slipping up the back of thighs.

**Z-SUIT** 

Worn By:

Other suits slip and cause slack in hip area.



**Z-SUIT** stays

**Anthony Clark** maintaining tightness. 2531 TOTAL/1031 SQUAT



mechanism)

John Inzer 744 SQUAT at 165 b.w.

> O.D. Wilson **1003 SQUAT**

Jesse Jackson 711 SQUAT at 148 b.w.

> **Matt Dimel** 1010 SQUAT



NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps. Super comfortable, easy to wrap to maximum tightness INZER IRON WRAPS - Style Z-Powerful rubber strand construction. For

> those who like that super squeeze feel. Iron Wraps A or Z-1 pair \$22, 2 pair \$40

A few of the growing number of powerlifters who wear Z-SUIT and/or Champion SUIT

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA -WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money O

Please indicate size or include measurements

CHAMPION SUIT and Z-SUIT colors:

\$42 or 2 for \$76

☐ Black ☐ Navy Blue ☐ Red ☐Royal Blue

Weight

Buttocks

Upper Thigh

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

> CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip support necessary for squatting the heaviest poundages.

> > Now With Wider Straps Than Pictured

6 Month

Guarantee

**Against Blow-outs** 

on Both

**CHAMPION SUIT** 

and Z-SUIT

# CHAMPION SUIT

The CHAMPION SUIT will endure more stress and outlast any other suit on the market!



**CHAMPION SUIT** 

SIZE	QTY.	PRICE	SUB-TOT
. Jackson	1/2/07	Ments	E- 103
A GOSTA	D-UE	Mole is	N 900
	1	- V 2015	
	100		
res lan res	611	IDDING	\$6.00
nail.			\$6.00
	SIZE	ail. SH	

NAME		THE RELEASE
ADDRESS		The Estate Sale
CITY	STATE	ZIP _
PHONE	(C) a differential subst	k of Living



P.O. Box 2981 Longview, TX 75606

1-800-222-6897 903-236-4012

Most athletic events are preceded by some type of warm-up procedure Runners stretch their hamstrings and run short bursts to warmup. Baseball players play catch or shag fly balls. Bowlers roll a few frames to get the feel of the lanes. Most athletes wouldn't dream of starting competition without a regimented warm-up progression. Over the years. I have noticed a lot of powerlifters do not warm-up in the most effective manner. Manuare warmed-

up too early or too late in preparation for their initial attempt. On top of that. manu still do too manu warmup sets and come to the platform as if they were already on their second or third attempt. This can add up to lower lifting totals and increased chance for injury.

The purpose of a warmup is twofold. The first is to prepare the body and mind for the heavy lifting to follow. The second is to practice your meet technique and build confidence for the lifts that count. If your warm-ups fail to satisfy either of these requirements, all that time training could go down the drain.

Warm-up conditions at meets vary drastically. I've been to meets where there was satisfactory equipment with spacious, well-ventilated, temperature controlled facilities Other meets I've attended had warm-up areas in hallways or off a swimming pool where temperature and humidity can really sap your strength and energy level. This is not to mention, the circumstance of absolutely terrible

weights and equipment or too little of same to go around. This aspect of the meet is uncontrollable for the participants. In order to make best use of what facilities are available, a lifter must have a plan to warm-up effectively.

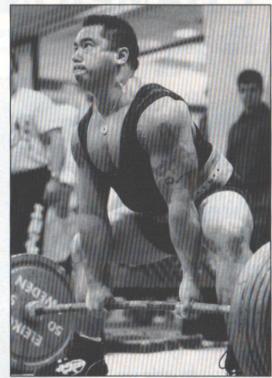
Timing your warm-ups, however, is one factor you do have some control over. By having an idea of when you will lift, you can prepare and execute the warm-up progression to be ready to lift with the optimum time between the last warmup and the first attempt on the platform. The rounds systems, used in just about all meets, has made timing warm-ups much easier. First, find out how many lifters are in your flight and your position in it. For example, if your flight has 10 lifters and you are fifth, you have at least 5 minutes after the flight starts before you lift. If weight changes are involved, that time could be slightly higher. That also means you have at least 5 more minutes to complete your warm-up

# STARTIN' OUT

A special section dedicated to the beginning lifter

# **MANAGINGMEETWARM-UPS**

as told to Powerlifting USA by Doug Daniels



Winning Lifters like Ray Benemerito have mastered the art of proper warmup, so they are prepared to put out a maximum effort on the platform when it counts.

progression than the first lifter in the flight. Remember, after each flight, the lifting order can change, so you will not always be fifth, but by then, warm-ups will no longer be a factor.

If you are lifting in the second or succeeding flights, you also can approximate when you will lift. Count the total lifters in the previous flight and multiply that number by 3 for the total amount of attempts. For example, if there were 10 lifters in the previous flight, the total amount of attempts would be 30. Allow a minimum of 1 minute per attempt; allow an additional 50% for the weight changes and that would come out to be about 45 minutes for the flight, which still could be on the low side. The squat will take longer than the other 2 lifts and the deadlift will go the fastest. In addition, find out if there will be a break between flights or lifts, or if the meet will continue without interruption. As in the first example, factor in when you will lift in your flight. If you lift in a later flight,

you have the advantage of seeing just how smoothly the meet is running, in order to aid your estimate. Your opening lifting position will most likely differ in each of the three lifts, so you must follow your plan for each discipline.

The unexpected can happen at any time, so have a helper keep tabs on the progress of the contest in case the flow of the meet changes from what you had anticipated. The perfect period of time between your last warm-up and first attempt varies from lifter to lifter. A rule of thumb would be about 10 minutes.

Estimating how long it will be until you lift is just one part of getting the most out of your meet warm-up. Another critical part is the ac-

tual progression of weights, reps, etc. that you follow. Earlier, I mentioned that many lifters do either too few or too many warm-ups for the meet. I would say the biggest problem is too many. Too often I've seen lifters take their opener, or close to it, as their last warm-up. If you are not sure you can get your opener, you should re-evaluate your choice of that opening weight. The purpose of an opener is to get in the meet, not to win it. A weight you can triple is best to open with for a novice lifter.

What follows is an example of what a warm-up progression could look like for a lifter who will open with a 400 pound squat. If you are doing more reps or sets than this, you should really think hard as to

135 x 8 - no equipment 225 x 5 - add belt 275 x 3 - add knee wraps 315 x 2 - add squat suit 365 x 1 - as above

If you are starting at a higher weight, you may need a set or two more, so make necessary time adjustments. In the same vein, if you are opening lower, you may need a set less. Try this progression, adjusted for your strength level, during your last couple of squat workouts. especially ones where you hit a big single. In my example, you get an adequate warm-up, technique practice, and a little confidence building without taking a virtual workout before hitting the platform. Remember, you want to hit the platform warmed-up, but fresh - not feeling like vou've already taken several at-

Another factor to consider in timing your warm-ups is the time and energy required to get on your squat suit and bench shirt. For some lifters. these are loose fitting and go right on. For other lifters, this can be a time consuming struggle. If your helpers are doing their job, they will do some of the work for you, especially when putting on your bench shirt and squat suit. Make sure you have tried on and used the gear before the meet. This way you know it fits and works correctly.

A final thought is to try to be considerate of lifters at meets who are not as organized as you may be. You still should be able to get your warm-ups in even if you allow a lifter who is only minutes away from his opener to get in his last warm-up. By the same token, if you find lifters who are warming up too early and are getting in your way, please tell them what your time table is and ask to get your warm-ups in, as you are actually going to lift in the next few minutes.

I trust this article gave you a few extra things to consider in rounding out your training plan. You can do everything right just prior the meet, but if you don't warm-up in the most efficient and effective manner, according to a plan, all that could go for naught. I like to stress in my articles that there are factors other than following the latest routine, using the latest hi-tech squat suit, and gorging on the latest protein drink. Treat you meet warm-ups like the rest of your training plan and you'll reach your goals more quickly and safely.

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

# WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a 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).

# Ed Morishima's Triple Bodyweight **Bench Routine**

Ed Morishima was one of the first triple bodyweight benchers, and this bench routine was very popular when it was re-printed in Joe Weider's MUSCLE & FITNESS. Pictured below at one of Gus Rethwisch's fabulous Hawaii Invitational meets, Ed is now making a comeback as a master lifter.

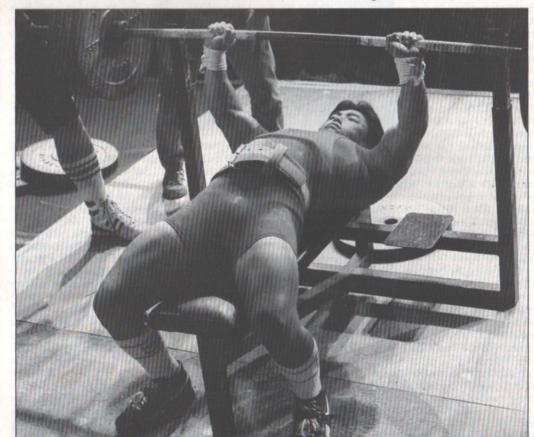
Over the years I've had many people approach me on how to increase their strength on the bench press because they've stopped making gains. I found that the majority of these lifters were not training specific body parts that give the best strength and leverage for the bench press. I believe that the delts, triceps, biceps, forearms, and lats are the areas that are sometimes neglected when training the bench. Don't forget to work them! Also. every lifter needs to be aware of a specific spot on his/her chest, where the bar needs to touch on the descent to enable the lifter to utilize all their leverage and explosive power when performing the lift.

Using an eight week cycle, Monday and Thursday are my bench press days. Monday is a light workout and Thursday is heavy. On my light day I like to stay with the same top set for three sets for the entire eight weeks. This keeps things light and still works my chest with some reps and gets the muscles pumped. On my heavy day, I use top sets of five reps, then four, triples, doubles, and an easy single. I do not do any down sets during the cycle because I do not want to concentrate on anything other than my top set.

As far as doing assistance exercises for the bench, the following should be done: Light Day - incline dumbbell bench, include flyes, tricep pushdown, dumbbell concentration curls, and hammer curls. Heavy Day - flat dumbbell bench, flat flyes, tricep extension, barbell curls, and wrist curls. Also, try to hit your lats and delts on another day. Lats-lat pulldowns (front and back), dumbbell rows, and seated rows. Delts - dumbbell military press, behind the neck press and front delt

The following equipment should be helpful: Inzer Blast Shirt (properly fitted) and wrist wraps. I would recommend using the Blast Shirt on the last two heavy days

The routine that follows involves



a little less than what I normally do as far as assistance work, but this should suit a novice or intermediate lifter. Hopefully you can increase up to 30 lbs. in the next eight weeks, assuming a 350 lb. max coming off your last meet and into this routine. Good Luck!

Week 1: Monday: Light Bench, 135x8, 225x5, 275x5x3 sets. Incline dumbbell bench, 3 sets of 5. Incline flyes, 3 sets of 5. Tricep pushdown, 3 sets of 8. Dumbbell concentration curls, 3 sets of 8. Hammer curls, 3 sets of 8. Thursday: Heavy Bench, 135x8, 205x4, 265x1, 300x5. Flat dumbbell bench, 3 sets of 5. Flat flues, 3 sets of 5. Tricep extension, 3 sets of 8.

Barbell curls, 3 sets of 8. Wrist Curls, 3 sets of 8.

Week 2: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 205x4, 275x1, 310x4. Same assistance.

Week 3: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 285x1, 320x4. Same assistance.

Week 4: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 295x1, 330x3. Same assistance.

Week 5: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 305x1, 340x3, Same assistance.

Week 6: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 315x1, 350x2, Same assistance.

Week 7: Monday: Light Bench. same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 275x2, 325x1, 360x2. Same assistance.

Week 8: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 285x2, 335x1, 370x1. Same assistance, but go

When it comes to training what is it about Strongman that attracts some and scares the hell out of most everyone else? I believe it's the shear brutality that causes the rift. Those few wonderful fanatics that look for ward to challenging their bodies and minds through some of the most rigorous training (namely the puking medleys), week in and week out, are heads above the rest of the wannabes who always seem to mention how much they can bench. Don't get me wrong I love all strength sports. However since becoming the NASS IL Chairman I have come across many bodybuilders and powerlifters that decided to give Strongman a chance, many competing without any formal Strongman training under their belt and finding out the tough way just how demanding the sport can be. I have yet to come across someone that stated it "was

People have asked me many times 'what got you into it and why do you do it?' Therapy - is my reply. They always laugh until they realize I'm serious. I just don't feel right if I haven't trained for a period. Last year I visited most of the local 'bigger' gyms in the area looking for a winter home. C'mon, training in sub zero temps is not fun, especially when the fingers freeze to the bar and ice collects in your beard. My "gym" consists of a 10' by 16' wooden shed with no electricity, heat or air conditioning. Builds character at least

Well, the gyms that were visited all had a number of things in common: NO chalk, NO velling, NO powerlifting movements ('cept bench, go figure) or olympic lifts, NO and I mean NOOOOO Strongman stuff (considered too dangerous). However, they did try to sell me on their brand spanking new machines (move over Bo-Flex, here comes something meatier!) and cardio equipment. They were quite persistent on the cardio. Told the employee "purty, but you'll get a better strength/ cardio workout if you take the machines and carry them around the parking lot..." At one gym I noticed as we were taking the tour a man doing sets of Smith Squats over in the corner. While the employee praised the potential of joining the gym I was taking notice of the man's sets. He performed a few sets of shallow movements, not really squats at all, with a 35 and change on each end of the bar. Overheard him telling his gym buddy that he has a hard time gaining any mass. Jeez, it took all I had not to shout 'load the Freak'n bar!!!'. Needless to say I stayed in my ice-box that winter.

"Why not Powerlifting or Bodybuilding?" some ask. Powerlifting is what I consider to be one of the

# NASS NORTH AMERICAN STRONGMAN CHAMPION-SHIPS by NASS IL Chairman Tony Soucie

greatest ways to improve one's base strength. Over the past few years though the issue of equipment such as bench shirts and squat/deadlift suits have gotten out of hand. Sure, the guys are strong but just how much work will be performed by the equipment?

As for Bodybuiding, there is absolutely NO WAY you are going to get me to stand on stage in my undies (actually, there less than undies) in front of an audience and pose like a Greek statue. Another point is the BB diet. I think NOT! Steak and potatoes all way baby and keep 'em comin'. Lots of Bumpy Bodies (as my grandfather called the sport) but does it really matter if you look like a lean mean 20 pound concentration curling machine?

This brings me back to Strongman. Since starting Strongman there has been many attempts on my part to acquire training partners for a Saturday session of log lifting, stone carrying and truck pulling. There has yet to one guy that has stuck with it. Intense, yes. Brutal, can be. Hard work, hell yeah! The so-called wt. trainers just don't understand just how much HARD work it is. It's a bit disappointing when you set everything up and no one comes out and/or gives you a sheepish excuse. It's a good way to weed out the wieners.

In 2000, Willie Wessels, former powerlifter and now President of the North American Strongman Society, competed in the first contest that I promoted. The contest was an attempt to attract local athletes in the county for a friendly competition. Willie showed me that day what a real strength athlete was all about. Strength not just in body but also spirit, concentration and character and, boy, is Willie a character, a down to earth dude with a great sense of humor. From that day on I was hooked. I joined the NASS and shortly after that volunteered to become the NASS IL Chairman. It has been one of the best decisions (second only to marry my wife, Anna) I have made. The people that are involved in the sport of Strongman are some of the greatest human beings I have ever come across. It's the people of Strongman that makes this sport so worthwhile and rewarding. This is the motivation behind my decision to do Strongman and they don't ask you to oil them down or shave their body hair.

If you have never had a chance to do a Strongman show you are really missing out. And if you plan on doing a Strongman show I suggest

you do a show promoted by Willie Wessels and his wife Dione. What a powerhouse couple. Beauty, dedication, strength and Dione isn't bad herself (0000000 ... am I going to hear about that one!). Seriously though, this couple took over the reigns of the NASS in Feb of 2002 from NASS founder Bill and Linda Holland and the organization has doubled in size in 8 months. Every show that has been run by the Wessels clan has been a wonderful experience - professional, smooth, and VERY fast. An example of this was the NASS National Championship held Oct. 5th. 2002 at the Holiday Inn near Lambert Airport, St. Louis, MO. 84 competitors representing 27 states were battling it out for the top Lightweight and Heavyweight positions.

The contest started with the Lightweights starting at 9AM. Five events and 40 plus competitors later, Lightweights were finished and the set up for the Heavyweights began. After an hour break the Heavyweights took the field promptly at 2PM and get this, finished by 4:30pm with roughly the same number of athletes as the lightweights had. Whew!

The events were the same for each division, however, the weights were adjusted for the light and heavy classes. 7 Wt. classes ranging from 175 to SHW were contested with the cut off between lights and heavies at 225 lbs.

First event was the Yoke and Flip. 600 lbs for both apparatuses for the Lightweights and 700 lbs. on the yoke and the same 600 lb. tire for the heavies. The course was 50 ft. down and 50 ft. feet back. The event was in heats of two with a time limit of 90 seconds. You didn't want to diddle dally around, believe me.



Jeremy King (Heavyweight) in the Yoke & Flip. (photos by Soucie)

Some of these guvs 'ran' with the event while just a few hit the wall just short of finishing. I took notice of two individuals that seemed to stand out from the rest of the pack. Neither one won the event, but both came in second, Chris Bogart from the Lights. who bu the way went sans belt or wraps and wore what looked to be pretty floppy shoes (heck, he could've worn sandals and still place), and Heavy Nick Courtad. Both of these men would place well throughout the contest, maube not first in each event, but high enough to really make the rest of the field work to keep up.

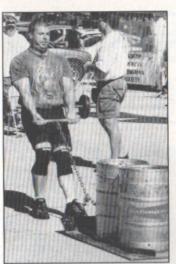
Next event was Deadlift for Reps. 400 lbs. for the Lights and 500 for the Heavies. Conventional only and straps were allowed, although quite a few decided not to use them or tossed them aside during the event. A 60 second time limit was issued and in order for the rep to count they had to be completely locked out. Four stations were positioned in a wide U on the field. If you hadn't gotten in your warm-ups by the time the event was to start, you were out of luck, like Mike Wortham of the SHW class found out. The pain was evident on all their faces as the heats flew by. A number of times I cringed



Dan Fagan (LT) Deadlift for reps

at the form of some of these guys. Made me hurt just watching them. The most reps by the lights were by Kirk Nowack and Joe Decaminada with a whopping 26 mind-numbing attempts. As a side note some contestants' reps were discounted due to either improper lock out or if the bar was lowered before the judge gave the down signal. Later in the contest the Axel Press would mirror the same problems. A very focused and determined Nick Courtad would take the heavy win with 16 reps.

The third event was the Carry, Load, and Drag. This is one of the puker medleys I mentioned earlier. Heats of two with 2 - 200 lb. kegs for Lights and 2 - 250 lb. kegs for Heavies had to be carried (not shouldered, no cheating. Tisk-tisk) 50 ft. to a 40" tall platform and then you

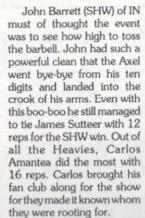


Carry & Drag ... demonstrated by Tony Plozizka (LT - above) and Brian Amundson (HVY - below).



had to drag a 400 lb. sled for the Lights and 500 lb. sled for the Heavies back down the 50 ft. course across the finish line. Time limit was 90 seconds. This is where cardio comes into play. Stationary bike or Stairmasters won't help in this event. If anybody out there owns a warehouse with a loading dock you may want to consider hiring these guys. Who needs a forklift anyway? 200 lber Dan Fagan of MO just flew through the event as if the kegs were empty. Dan's time was tops in the 200 class with only a couple of 225 lbers with better times, albeit not much better. Dan may be one to look out for in the near future.

No rest for the weary as the Axel Press for Reps was next. Same set up as the Deadlift using 2" thick barbells that had to be cleaned to the shoulders once and pressed overhead for as many reps as possible in 60 seconds. 200 lbs. for Lights and 240 lbs. for Heavies. Wt. training is challenging, however do the lifts with a 2" thick bar and the task at hand has just jumped ten-fold. Some power cleaned the beast while other hitched it from their belt.



Now the last event, Conan's Wheel, which has been a classic World's Strongest Man event for years. It's only right that the amateurs get to play with the same toys too. The event gets its name from the Wheel of Pain, a torture device used in Conan the Barbarian. Earlier this year the Pro American Qualifier run by Jim Davis had a similar event only using a very sweet Harley Davidson as the weight The bikes were owned by 'Wild Willie'. I had mis-

spelled his name in a previous article and didn't realize it until WW came up to me to let me know. Sorry about that. 'Wild Willie' is part of Jim Davis' crew that sets up and breaks down the events. These guys work hard and are quite fun to be around. During the Conan's events I overheard them cheering the guys on to make a full revolution of the apparatus. The cheering was usually followed by "Aaaaagh!" when they realized the guy didn't make it and they had that much farther distance to reset the bar. Kegs were used on this day as resistance with a total wt. of 450 lbs. for the lights and 550 lbs. for the heavies. The bar had to be



Craig Richards .. in the Axel Press



Chris Bogart ... the overall Lightweight Winner in the middle of the final event, Conan's Wheel.

held in the crook of the arms and carried for distance around the circular path. This hurts. It keeps you from breathing while straining the spinal erectors, biceps, and rips the skin from the forearms. Both Craig Richards (LT) and Jeff Jarzynka (SHW), training partners from IL, were unable to train this event prior Nationals. This would be their first attempt and both would have respectable distances. Craig hit 141' 10" while Jeff came in behind Mike Wortham's SHW win of 95' with 90'. Not bad. I'm proud of you guys. You've come a long way from the first show of mine in 2000. Heck I'm proud of all my guys, and by that I mean everyone that has competed in one of my shows that were present at Nationals. Those guys that were: Mike Wortham, Jeff Jarzynka, John Barrett, Jason Davidson, Jeromy Moore, Jesse Merrell, Brian Admundson (helped this spring, thanks guy), Jeremy King, Craig Richards, Mike Zimmermann, and Tony Plozizka.

During clean up Nebraska Chairman Joe Secord had a fight with a bungee cord and lost, injuring both eyes. Joe had to be rushed to the hospital, however, I've learned that Joe's alright and is looking forward to when the doc will release him to start training again. Had us worried there, Bud. Get well soon.

Suspense built up when the winners wouldn't be announced 'til that night at the banquet in the Holiday Inn. I'm sure the caterers had a heart

attack when they witnessed these guys eat enough to feed a small 3rd world country. Whatever weight was lost before the contest was certainly gained back by evening. Trophies were handed out to the top 3 places in each wt. class and the overall light and heavy weight winners were announced. Lightweight Chris Bogart received the 1st place LT overall Trophy and 300 lber Nick Courtad won the overall Heavyweight title. along with beating the rest of the field for the American-IFSA pro card. Look for Nick to be competing against the likes of Kirit, Schoonveld, and Chad Smith next sea-

Also during the banquet NASS founders Bill and Linda Holland were inducted into the NASS Hall of Fame located at Cactus Jacks, St. Louis, MO. Clint Darden was awarded the James Little John Award for his 'never give up' attitude during the contest. Pour Clint had become severely dehydrated

during the events, and refused to go to the hospital. He came there to compete and no one was going to stop him. The James Little John Award was presented in honor of Brian Holts' brother who had fought cancer with the same attitude. Brian Holt is the South Carolina Chairman of the NASS and Title Sponsor, SC Super Strength Productions, of the Nationals. Brian has agreed to host the Nationals at Myrtle Beach next year and you can bet it will be one heck of a show. Nick Osbourne was awarded Chairman of the year and Joe Secord and yours truly were awarded for our work in promoting Strongman.

If any one of you guys would care to compete at next years Nationals get out there and COMPETE and qualify. For more information on Strongman you can go to the NASS web site www.nastrongman.com for amateur contests across the nation or for the pro shows try Jim Davis's www.X-TREMESTRONGMAN.com

Final Results - 175: 1st Shane Neal, 2nd Jonathan Havens, 3rd Scott Hughes. 200: 1st Kevin Antly, 2nd Dan Fagan, 3rd Cameron Gardner. 225: 1st Chris Bogart, 2nd Joe Decaminada, 3rd Kirk Nowack. 250: 1st Ryan Myers, 2nd Jason Luss, 3rd Matt Cook. 275: 1st Eric Todd, 2nd Steve Slater, 3rd Tim Hunt. 300: 1st Nick Courtad, 2nd Corey St. Clair, 3rd David Ostlund. SHW: 1st Mike Wortham, 2nd Jeff Jarzynka, 3rd James Sutteer

# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

### Weight Loss And Exercise Go Hand in Hand

Several recent studies and reports, two from the US Centers for Disease Control and Prevention(1) confirm what we've suspected for years. That Americans, and for that fact almost everyone worldwide, are getting fatter than ever, and so are our children. While we can all think of several reasons for this epidemic, everything from genetics, lifestyle factors to societal changes, it's time we accepted this trend and looked for some solutions, or suffer the health consequences down the line.

There is no doubt that exercise is an important component of bodyweight management. Many studies have shown that exercise combined with dietary energy restriction results in improved weight loss compared with either treatment alone and that the level of exercise participation may be one of the best predictors of long-term weight maintenance. A study published in 1999(2) reported that individuals engaging in greater levels of exercise maintained greater weight loss compared with individuals not achieving this level of exercise. This and other research over the years have shown that high levels of exercise help to maintain long-term weight loss.

A study published in the October 2002 issue of Medicine and Science in Sports and Exercise(3) looked at the exercise/weight loss equation from a slightly different viewpoint. Instead of examining whether exercise and dieting were independent factors that added together to produce weight loss, they examined whether changes in exercise levels reinforced dietary and behavioral changes and thus increased dietary success and long-term weight loss.

The results of the study suggest that increased physical activity during a behavioral weight loss program is associated with changes in eating behaviors and energy intake, which results in an improvement in long term weight loss when compared to the combination of diet and behavioral changes without exercise. In other words, it was the exercise that seemed to help people stick to their diets and lose weight or keep weight off. In a nutshell, stick-

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

ing to a long term exercise program is crucial to losing and keeping weight off, not just because it increases energy output but because it helps people stick to their diets as well.

### How Much Water Do You Really Need?

Almost everyone agrees that water is good for you and that the biggest problem with water intake is that you don't drink enough. We've all had it drummed into us that we need to drink at least eight glasses of water a day. That it's important to drink water before and during exercise. That coffee and tea don't count because caffeine can dehydrate our bodies. And that you can't trust your thirst as an accurate measure of when you need water since if you're thirsty you're already dehydrated. Well, think again. According to a recent review in the Journal of Physiology, most of these accepted truths seem to be myths.(4)

This review looked at the scientific evidence of the 8-8 mantradrinking at least eight 8 ounce glasses of water a day, and found that there really was none. The claimed benefits of taking in that much water each day, including benefits for weight loss, bowels, fatigue, arthritis, mental alertness and headaches, losing weight, preventing constipation, are also mostly unsubstantiated.

Other water myths that are debunked in this article include:

\* By the time a person is thirsty that person is already dehydrated. This in fact isn't true and the best measure of how much water to drink is your thirst.

\* Dark urine means dehydration. Again that's not strictly true either as there are many other factors that can contribute to dark urine.

\* Caffeinated beverages dehydrate us. As you'd expect much of this is also unsubstantiated. In fact, contrary to popular opinion, a recent study has found that coffee, tea and sodas are hydrating for people used to caffeine and thus should count toward their daily fluid total.

While this review focuses on the



Dr. Mauro Di Pasquale represented Canada at the initial World Games in Santa Clara, California in 1981 and won the gold medal in the Middleweight division.

validity of the various water myths, no one seriously disputes that getting enough water is crucial. However, fears of dehydration and the constant barrage telling us we don't drink enough water, has led to a mistaken belief that the safe thing to do is to drink as much and as often as possible. But drinking too much water can be hazardous to your health.

The reason why overhydrating can be dangerous is that when we consume large amounts of water when exercising, blood plasma (the liquid part of blood) increases, while the sodium concentration in the body fluids decreases, both as a result of the dilution by the water but also because sodium is lost by sweating. Hyponatremia, or low blood sodium, generally happens after drinking too much plain water and can lead to adverse effects and tissue damage, and interfere with brain, heart, and muscle function. Early symptoms can be difficult to spot and include confusion, nausea, fatigue, muscle cramps, and weakness. More severe symptoms can include vomiting, muscle twitching, delirium, seizures, coma and

A new review of three deaths of US military recruits highlights the dangers of drinking too much water.(5) Like in sports, the military has traditionally focused on dangers of not drinking enough, especially under conditions often associated with exercise and hot conditions. However, getting overzealous over the need to drink large amounts of water and overhydrating can have deadly consequences.

So how much water should you drink. My recommendation is to drink when you're thirsty, and if you think you should be drinking more, don't overdo it. As far as drinking water in and around exercise, I've outlined a few simple guidelines that will make sure you're well hydrated without hitting any extremes.

Within an hour or so of training, drink a few glasses of water so you start well hydrated. While training you can drink a glass or so of water for every 15 minutes you train, especially if you're sweating it out. However, even during times of heavy sweating don't take in more than a quart and half of water per hour. As far as how much your daily intake of water should be, The American College of Sports Medicine states that 12 quarts is the maximum amount to drink in a 24-hour period.

### REFERENCES:

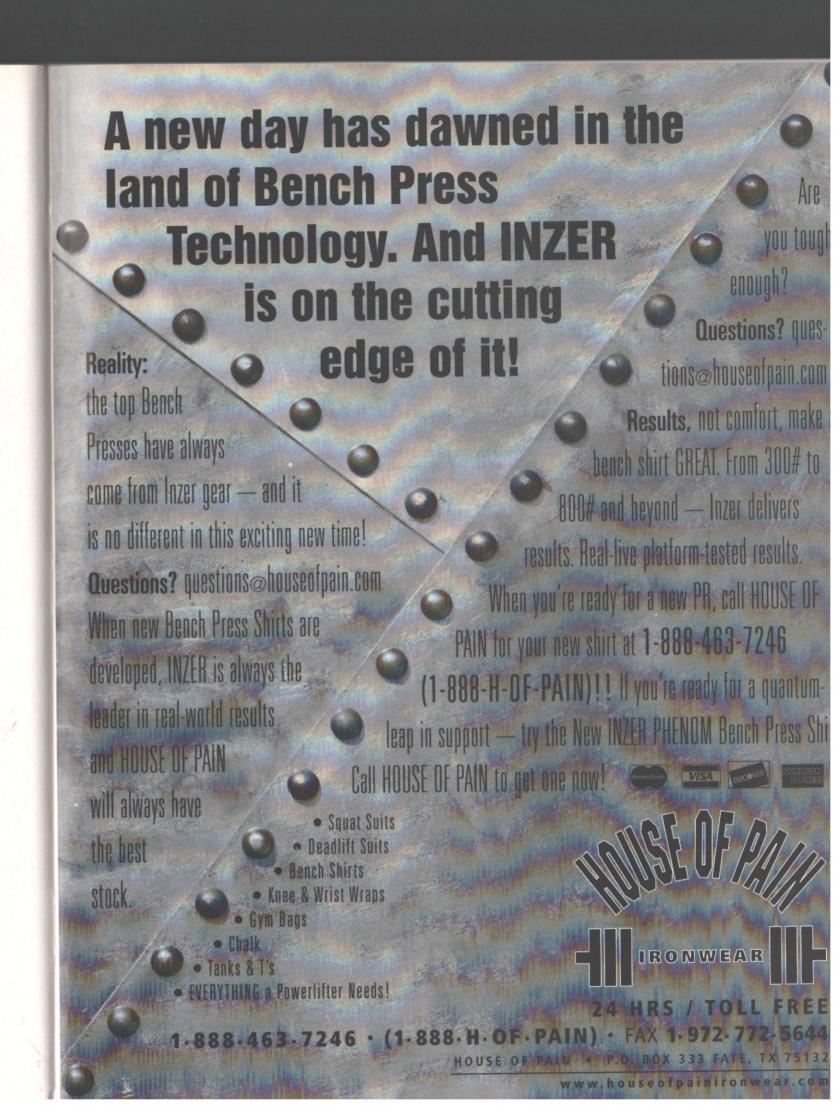
(1) Various articles in the Journal of the American Medical Association 2002; 288:1723-1732;1758-1761;1772-1773.

(2) Jakicic, J. M., C. Winters, W. Lang, and R. R. Wing. Effects of intermittent exercise and use of home exercise equipment on adherence, weight loss, and fitness in overweight women: a randomized trial. *JAMA* 1999; 282: 1554-1560.

(3) Jakicic JM, Wing RR, Winters-Hart C. Relationship of physical activity to eating behaviors and weight loss in women. *Med Sci Sports Exerc* 2002 Oct; 34(10): 1653-9

(4) Valtin H. "Drink at least eight glasses of water a day." Really? Is there scientific evidence for "8 x 8"? Am J Physiol Regul Integr Comp Physiol 2002 Nov;283(5):R993-R1004.

(5) Gardner JW. Death by water intoxication. *Military Medicine* 2002:167:432-434.



Kenny Toth e-mailed me about North Scranton Barbell, and I was immediately captured by their motto: "Don't Show Your Teeth If You Don't Bite!" I love this motto!

It reminded me of a lifter I haven't seen in years - we used to call him "Bigs". (I don't remember his real name, so he'll have a hard time complaining.) I worked at a gum at the time, and Bigs would always talk trash whenever he came to work out. I would make fun of his small/weak leas, and he would tell me what he intended to do for upper body strength. We argued and laughed every day. He talked a great game, and he was pretty strong. At this gum, we took membership cards at the front desk - and returned them when the lifters went home. One night I took his card, and while he was working out, I laminated a new one. It was an official card with his name and membership number on the front - but on the back it said: "If you can't run with the big dogs, just stay on the porch and bark like a Chihuahua!" He didn't notice the addition when he left, so the next time he presented the card, I was able to read his motto to everyone in the foyer. Bigs couldn't believe it and had no idea how it had gotten on his card

Back to the present, at North Scranton Barbell. Yes, they have a

**Extra Heavy Duty** 

Bench Press with

spotters platform

Only \$499

**Reverse Hyper** 

Plate Loaded \$595

**Power Racks All** 

Sizes Custom Made

Dip Stand with

**Stainless Steel** 

Handles

**Power Sled** 

**Plyometric Boxes** 

All American Gym, 309 W. Main St.

Lakeland, FL 33815, 863-687-6268

www.AllAmericanGym.com

www.Kensnellpower.com

25 Years Experience

# HARD CORE GYM #18

# North Scranton Barbell Club

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



"You're Never Too Old OR Young to be Hard Core" Kenny Toth and his Son Kyle (WNPF American Record Holder - Youth Div.) in the gym.

bulldog for a mascot - and some really great looking heavy chains. too. (I'm jealous of those great big chains.) Kenny says "it's nice to some hard-core places get some press!" I'll let him tell you about his place:

"North Scranton Barbell's motto - 'Don't show your teeth If you don't bite' is certainly a hard core motto. The gym is located in Scranton, Pennsylvania, so we breath the same air and share some of the same grounds as powerlifting legends John Kuc and Jim Williams did in their heydays, certainly HARD CORE. The gym is loaded with a wide variety of hard core training equipment including: 2 power racks, DBs 1-150 lbs., 5000 lbs. of free weight, variety of special bars, reverse hyper, bands, chains, 3 platforms and attitude, all in a 800 sq. ft. gym. NSB is climate controlled - cold in the winter and hot in the summer. Do these things make a gym hard core, HELL NO! Hard core is an attitude that a lifter is born with and carries in his heart. This attitude is that 'I am here to lift

regardless of the conditions around lifters spend their lunch breaks writing workouts. heavy set later in the day.

This man is totally hard core. He has been a lifter since the mid-40s and has won numerous titles: Pan American, National in Olympic lifting. He currently could surpass most of the national age group records in his weight class in powerlifting if he chose to compete. What makes Joe hard-core? For one, he works on a water truck for 40 hours a week, loading and carrying 5 gallon jugs of water. Then he reports to the gym as usual, often in his work clothes. So what? Joe never complains about being tired or how the physical work affects his workout. Joe is a leader. no excuses (you had better not make any around him either.) He is an old school, hard core lifter, who is an ambassador from the iron game, continually encouraging young lifters to join the sport.

the gym working out; he didn't want to miss his scheduled workout. HARD CORE.

Lou Cap, 38, Olympic lifter,



Some of the Boys ... (kneeling) Lou Cap, King Joe. (standing) Big Mike, James Simrell,

Ultimate Squat Rack II Only \$1695 New Revolutionary Design, No Hydraulic lack to Leak or Fail, Improved Leverage, Easy to Use

> me, the type of bar I use. the type of shoes I wear, or the music on the radio is irrelevant.' Hard core dreaming about that In the gym they are focused, the weight on the bar is the only important thing, this is life's battle -- their struggle for survival in the iron arena. With a quick first look at NSB one might say the lifters are all old men, women, and children. The

members range in age

from 9 - 75. One who knows the Hard Core Mentality might say children and old men; how could that be hard core? Let me tell you about a few of the lifters and you can decide Joe Amendalaro, 75, 'King Joe'

HARD CORE. Bob D'Angelo - 'The Butcher' as Joe calls him. Bob is a 60 year old ex-marine who is as tough as nails. How tough? Bob spends most of his fall and early winter at his 'hobby' as a deer cutter. Last season Bob cut approximately 700 deer for many appreciative hunters in the area. Along with his full time hob he still managed to get his workouts in. Bob even bought a bar and weights for his full time job so he could lift during his breaks and lunch hour. Bob competes in Olympic lifting, powerlifting, all round-odd lifting, and just about anything else that might come up. One story comes to mind: after winning his age group at a recent bench contest, I went to congratulate Bob. I found him at



Matt, and Bob "The Butcher" D'Angelo.

### disappointed by their plastic GOT PROTEIN? attitudes. She finds that progress can be made at a faster pace in a place where, 'the attitude' is in place. HARD CORE.

Kyle Toth - 10 years old. Not at These Prices You Don't! Can a 10 year old be hard core? Come and watch Kule lift in the gym or at a contest. Kule is an American record ProteinCustomizer.com

holder in the WNPF 66 lbs. offers a full line of class in all three lifts and total. HARD CORE. specialty proteins, including, but not

Kenny Toth - 43, Kenny has been a powerlifter since the mid 70s. He has competed in over 100 meets. Best lifts: 725 415 665. Recently he has competed in Highland Games and Olympic lifting. Kenny has been a 'garage gorilla' most of his life, with a few brief stints in hard core training holes in 70s - 80s. Most of those gyms are gone now. Kenny has competed in malls, parks, and on the back of trucks. Being hard core gives a lifter an advantage in less than perfect conditions that sometimes occur at contests. When others begin to complain about meet conditions being less than perfect, the hardcore lifter smiles because he knows he now has

gums, but has always been

the advantage - 'the attitude'. Hard core lifters are everywhere. The attitude is old school - the methods eclectic. Some use periodization, some Louie Simmons. What methodology you follow is important, how you approach training makes all the difference in the world. So when you look at a gym, don't judge it quickly and say all they have is old men and children. The old men are hard core and are passing the message on to children. This will preserve 'the attitude', allowing the old ways to be passed down to a new gen-

Kenny and "Big Mack" ... getting ready

to do a little cardio. (courtesy of Toth)

who trains hard despite the condi-

tions inside or outside the gym.

Lou never complains about the

temperature. Why? Well, Lou

works for the city as a sanitation

worker. He can be seen jogging

behind the truck (to get his cardio

in). Lou is one of the strongest,

most focused men in the gym. He

is a student of the iron game. His

idea of a great day is getting a

lifting video in the mail and spend-

ing the evening dissecting it for

technique and pointers. This old

school hard core attitude will break

him into elite status in the near

the six million-dollar man: a mar-

tial artist, runner, Olympic lifter,

powerlifter - James does it all. He

ments in the last two years. She

has trained in a few commercial

James Simerll, 41. James is

future. HARD CORE.

Sounds great Kenny, and congrats on a great Hard Core gym! Also, I love the bulldog! (The best thing about bulldogs is that if you grind them up and add enough beef they taste just like pork!)

Keep those photos and letters coming, and remember: teach your children - if you can sit on a toilet without pain - you need to squat heavier

> Comments? Rick@houseofpain.com HOUSE OF PAIN 911 W. Holiday Fate, TX 75132

ALL INSTANTIZED FOR EASY MIXING!

limited to:	
Whey Protein	
CFM Whey Isolate	\$6.99/lb
Ion Exchange Whey Isolate .	\$6.99/lb
Hydrolyzed Whey Peptides	\$7.25/lb
Micellar Casein	\$8.75/lb
Milk Protein Isolate	\$4.75/lb
Egg White Protein	\$3.99/lb
Flavored BCAA + Glutamine	Anabolic
Workout Drinks	\$22.50/lb

Custom mixing is available upon request, no extra charge!



"BCAA's are a critical component for fast recovery from my extreme training. The best part about it is the BCAA and proteins from ProteinCustomizer really do make a significant difference in my strength and recovery!" Thanks Again,

Karl Gillingham: IFSA Pro Strongman Champion and World's Strongest Man Competitor

"As a Doctor of Chiropractic, Board Certified Nutritionist and a competitive powerlifter, I know the importance of supplementing an athlete's diet with branched chain amino acids. By increasing my body's supply of BCAAs, I can speed up the recovery process from intense and grueling workouts, all while doing it drug-free. BCAAs should be a part of the drug-free athlete's arsenal of supplements and the BCAA powder

from ProteinCustomizer is my personal choice!" Michael A. Hartle, D.C., D.A.C.B.N., C.C.N., C.C.S.P., C.S.C.S.

L-Glutamine, BCAA, Creatine, Hydrolyzed Peptides, Carbohydrates, Joint Care, Specialty Supplements, all at the lowest prices on the planet!

For Secure Ordering Log On To:

ProteinCustomizer.com

Or Phone: 630.231.4900

Get THE ROPE Advantage Work your muscles harder than you've ever dreamed of. Joint and spine friendly. Used by World, National and State Champions

Kit P. 815 Sq. 54 years of age Mark P. 495 B.P. High School Brett A. 440 B.P. Teen Sabine S. 205 B.P. at 115 lbs.

GET THE ROPE ADVANTAGE Poster Manual and Apparatus Only \$49.95

### **BODYBUILDER WORKS**

Call me or call them, but use it!!!

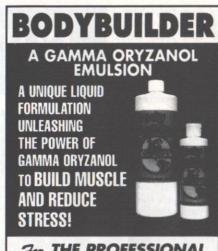
### THE SHIRT

Padded where the bar sits for more comfortable squats Only \$29.95.

Please include shirt size with order

Send check or money order to: The Body Hobby Shop 1531 S. State Highway 121 #215 Lewisville, TX 75067 214.227.2997

E-Mail address: kit.price@prodigy.net http://home1.gte.net/mlp/kit/hobby.htm



For THE PROFESSIONAL And THE BEGINNER

"Body Builder My lifts are way up and my body fat lower than ever!" -W. KIT PRICE

**EQUI-AIDE PRODUCTS** PO Box 393 • Merrick, NY 11566 516 378-0271 • 1-800-413-3702

WWW.EQUIAIDE.COM



How much have you been paying? 1.4 ADD, 200-400 dose! 20gm Tribulus Ext. 45% Bulgarian 100gm 12.00 Ribose 100am 5-Methyl-7-methoxy Isoflavone 20gm. 22.00 Ipriflavone, 50 grams pwd DIM, Diindole Methane, 20 grams 975 Androstenedione 50mg 60 tabs 5-Androstenediol 20 grams pwd 16.00 4 Androstenediol, 20 grams pwd 23.75 Creatine Mono. 99+%, Micronized, 1kg 19.80 Chrysin, pure powder, 50gm 22.50 Yohimbe 2% Std. Extract! 50gm 8.50 Glutamine 300gm/1kg 17.00/44.00 Ephedra, 25mg ephedrine 100 caps. 6.75 "Low Heat" Whey Protein 80% 2 lbs 13.50 ZMA, 808 mg. 100 capsules 11.50 Arginine base powder, 300gm 15.00

Visit our website for current sale prices! Shipping only \$4.75 any size order! Visa/MC/Dscvr/Amex orders call: (800-777-1324)

Or send money order to:

Beyond a Century, Inc. -since 1983 173 Lily Bay Road, Greenville ME 04441 Hundreds of Products - FREE catalog! Order On-Line with our Secure Server: www.beyond-a-century.com Authenticity of Products Guaranteed!

### THE NEW POWER STACK by GORILLA® **SPORTS NUTRITION**

Power stack consists of the New Advanced CREATINE C-4TM with Monohydrate and Citrate crystallized formula the one and only of it's kind, back up with the New NITRO 275TM 3+4+5 Androstenedione chewable tablet this Androstenedione is absorbable through the glands in your mouth it by passes the liver that's what makes it good to stack with Creatine this stack was specially formulated for the Power Lifter and Body Builder that wants Muscle Size and Strength the Natural way.

Gorilla C-4 - \$40.95 - 362.16 Grams Gorilla Nitro -\$59.95 - 60 Tablets Buy both & save 30% - \$70.63, plus \$5.00 for S/H Dealers Inquiries Welcome For more information or to place an order call:

1-800-852-0425

or check our Web Site @



# QUEST NUTRITION

Find out what some of the top level athletes are taking!!!

Wade Hooper

- Multi IPF World Champion -



Wade's favorite Quest Products

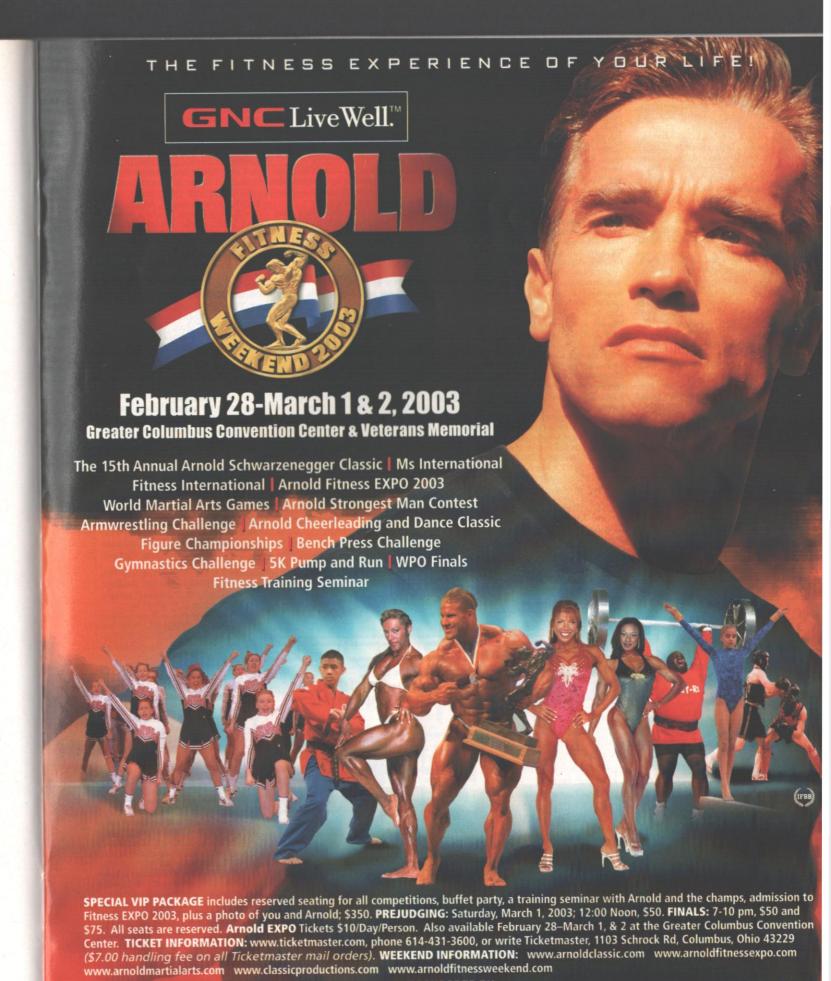
- Synergy
  - 34 g Protein
  - 5 g Creatine
  - 3 g Glutamine
- Quest Whey New Flavors Now available in 2 lbs and 5.1 lbs.
- Creatine
- Glutamine Unrivaled Quality!
- · Questalean, Thermaslim, Pyruvate....
- Today's Essentials A Multivitamin you can actually feel!
- HARD CORE "The Ultimate Anticatabolic" containing HMB, Glutamine

Call for informative brochure!!

Tel: (770) 495-0787 Fax: (770) 497-1817

Online ordering available at: www.Quest-Nutrition.com

> QUEST NUTRITION 3000 Mattison St. NW Duluth, GA 30096



HUMMER













AUGUST 2002 CLASSIC PRODUCTION

A SCHWARZENEGGER/LORIMER PRESENTATION (DBA) CLASSIC PRODUCTIONS, INC.

SPONSORED BY

### PL USA Back Issues

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

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

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

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

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

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

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

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

May/94... USPF/ADFPA 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. ADEPATOP 20 181s

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

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

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

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

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

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

Mar/95... Women's TOP 20, Don Reinhoudt, 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 Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

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

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

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

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

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

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

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

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

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

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

Voorld Cup, 107 100 132s.
Oct/96.. WDFPF Worlds, Ed Coan/Kirk
Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to
the Response", TOP 100 148s

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

3/16" Solid Construction

RUSS BARLOW

Full 5' I.D. Base New Easier To Use Rack In/Out Adjus

New One Hand Rack Release Lever With Safety Stop An Improved Leverage Handle To Close Rack

An 11 Ton Jack With Easy To Use Release Handle

What's The Difference?

(207) 225-5070

CHRISTOPHER WIERS

cout, Paul Wrenn profile, TOP 100 165s

Jan/97 ... IPF Men's Worlds, WPC Worlds, Step by Step Trainnig 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/APFTriple Seniors Issue, IPFWomen's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resis-

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

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

2595 DO +SHBH

By Lifters For Lifters

SCOTT BLANCHARD

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 TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. Jun/98... Mark Henry, Ernie Milian, 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 National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

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

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

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

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

Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s. Feb/99 ... WPC Worlds Pt. 2, Coan goes

2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s Apr/99 ... The ED COAN Book, Why

Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir

Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s. Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Na-

tional Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Over-

coming 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 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

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

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

Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF

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 20 Years Ago in PL USA .... Master Lifter Jim Lem was on the cover, but the news flash was the breaking of the 900 lb. barrier in the deadlift by Danny Wohleber, at 275 in the Lake Erie Open (960 410 900 2270). We had a Power Profile on a new bench sensation called TED ARCIDI. We had Point versus Counterpoint on the subject of Compensatory Acceleration between Jeff Everson and Dr. Fred Hatfield. The JAM Power Suit was offered for sale. Ron Fernando reviewed predictions in a 1968 MUSCLE BUILDER Magazine of future PL records: (examples: 148s: 625 435 650 1600 (as of '83 the IPF marks were 653 427 688 1614; SHWs: 990 725 1000 2500 (as of '83 the IPF marks were 981 661 886 2425). We had the Women's TOP 20 list .... top lifters at 148 were Debbie Dewitt with a 410 SQ, 230 BP, and 1050 TOT, and Jan Todd with a 451 DL, and at SHW the best lifts were a 473 SQ, 473 DL, and 1140 TOT by Annie McElroy and a 264 BP by Wanda Sander. The TOP 100 list for 181s was headed by Mike Bridges, in all categories: 837 SQ, 512 BP, 755 DL, 2105 TOT. Ronnie Paull was 99th in the squat with 589, Jim Vrabel was 97th in the bench with 385, Jon Smoker was 97th in the deadlift with 606 and Vip Peterson was 96th in the total with 1550. At the German Championships, Rudy Kuster won the SHWs with a 1653 total. Joe Orengia won the 181s at the Allegheny Mountain Championships with 580 310 630 1520 and Joe Orengia Jr. won the 114s with 220 125 260 605. The Di Mark Co. advertised the lever action lifting belt. The late Ed Nellor won the Nebraska State title at 198 with 640 360 660 1660. P. (Paul?) Urchick placed 3rd at 181 in the Michigan State meet with 510 310 540 1360. Buddy Duke got 2nd at the Central Georgia BP meet with 450 @ 220. Robert Kerr MD was offering a book "The Practical Use of Anabolic Steroids with Athletes" for \$12.00. The AMPF/APF was announced ... "Don't be dictated to - lift the way you want to lift. Don't want testing? We won't have any". Ben Brent lifted in the Interior Alaska meet, at 158, and went 380 205 450 1035. Chris Garcia won the 198s at the Edward S. Hudson Memorial meet in Houston with 644 385 617 1647. At the Caesar's Palace Invitational in Las Vegas, Bill Ennis won the 220s with 677 512 705 1895, followed by Kevin Fisher with 716 402 722 1840. Bob Packer squatted 617 at 242 at the Iron Man Championships, where Lee Moran went 909 578 622 2110 at 275. The Elite Deadlift Bar was introduced by Chip McCain. Kathy Tuite (now Kathy Leistner) held all the Indiana State Records at 105 with 270 126 315 710 and Vickie Gagne (now Vickie Hembree) held all the California Records at 181 with 463 270 501 1234.

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', KneeWrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Chemical Exercise, 107 100 2795.

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, Power lifting'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 Louis Simmons, TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s. Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands,

Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes
2535, Bill Crawford BPs 750, Daisuke
Midote, Jeremy Arias, Power Breaking,
Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP
Training, Russian Nationals, Rob Fusner's
Program, Why Can't I Gain Weight by
J.M. Blakley, Top 100 275's
Jun/01 ... Siouz-Z Hartwig Interview, Rus-

USAPL Women's Nationals, Westside

Jun/01... Slouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview/700 BP Club, Speed Caroline by Louis 5, TOP 100 148s.

Cycling by Louie S., TOP 100 148s. Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Sr 1at Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Iill 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/002 ... WABDLDL 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/Qualifer/Arnold Bench Bash, Ano Turtiainen Interview, Louie on DI Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s May/02 ... Brent Mikesell's 1074 Squat Plyometrics, Finnish DL Secrets, TOP 100 Benchers (Schwartz/Wilks), Jennifer Maile Workout of the Month, TOP 100 275s. Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs. Jul/02 ... Kennelly Benc hes 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s. Aug/02 ... APF Seniors, USAPL Men's

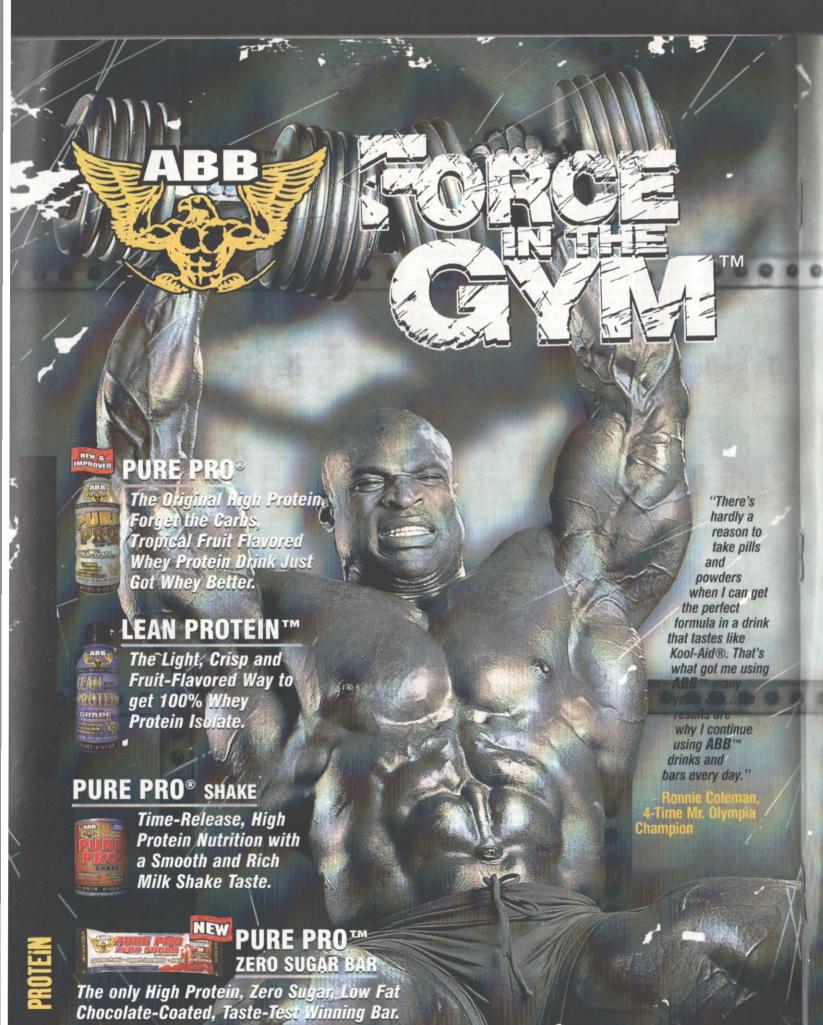
Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Recods by Louie, Your Bench Shirt by Halbert, TOP 123s. Sep/02 ... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Crains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan Deadlift Workout, TOP 100 165s Dec/02 ... WPO Semis (931 DL!), Bench

Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield Interview, Louie on Explosive Strength, TOP 100 181 LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK IS-

SUES, POST OFFICE BOX 3238, CAMA-RILLO, CALIFORNIA 93011, USA.

10 Years Ago in PL USA ... on the cover was the winning USA team at the IPF Men's Worlds in Birmingham, England. USA winners included Dan Austin (148), Dave Ricks (165), Sly Anderson (198), Dave Jacoby (242), Kirk Karwoski (275). The USA contingent had 68 points to Russia's 53 and Great Britain was 3rd with 45. Kieron Stanley reported on the WPC Worlds from Stone, England. Among the USA winners were Radar Capehart - 407 259 407 1074 at 148 (50-54), Maris Sternberg - 308 137 308 755 at SHW, and Curtis Leslie at 242 with 870 556 75 2182. Former Russian researcher Moris Silber Ph.D. investigated whether Plant Steroids could build strength. At the ADFPA National Masters, Ed Nellor was 3rd in the 198s (40-44) with 562 336 628 1526. Walter Thomas won at 181 (45-49) with 650 429 650 1730 and Al Siegel won at SHW (50-54) with 451 281 501 1234. The creators of Hot Stuff (National Health Products) introduced their new product "Up Your Gas". Larry Kye won the NASA Big River Classic at 220 with 606 341 540. Craig Tokarski benched 660 at 242, and missed 685 at the APF Central Plains meet. Ernie Surell won the Masters class at the ADFPA South Carolina State meet with 825 420 605 1860 at 275. Nathan Andrus won the ADFPA East Beach meet in Santa Barbara with 523 374 644 1570 at 181. At the German Nationals, Rudy Kuster got 2nd in the SHWs with 716 347 661 1724. 6 year old Samantha Jo Crain, daughter of Rickey Dale Crain, was pictured pulling a 100 lb. deadlift, weighing 55 lbs. Brian Baertlein won the 181s at the ADFPA West Coast Open with lifts of 600 385 550 1535. At the Iron Island Kell Klassic DL meet in Oceanside, NY guest lifter Gary Heisey amazed all with a double at 855 in the deadlift. The ADFPA TOP 20 275 list was topped by Greg Lowe's 913 squat, 760 deadlift, and 2120 total, as well as Joe Naperkowski's 560 BP. 13th in the squat was Mark Phillipi (722), 20th was Brad Gillingham in the bench (490), 16th was Bill Gillespie in the deadlift (660), and Gene Roberson was 17th in the total (1802). On the TOP 100 148s list, Dan Austin had 3 of the top spots with his 655 squat, 705 deadlift, and 1713 total, while David Bullock topped the BPers with 470. John Audia was 85th in the squat with 485, Derek Beatty was 56th in the bench with 336, Keith Scisney was 78th in the DL (501) and Mike Wonvetye was 69th in the total with 1278. The Maryland "PROFESSIONAL" Bench Press Championships (\$500 for 1st place in each wt. class) was advertised in our Coming Events section. Dr. Randy Strossen's Iron Mind Enterprises introduced the Buffalo Bar to PL USA's readers.

42



# **ENERGY & THERMOGENESIS\***

### **DIET FORCE®** NEW

The Non-Ephedra, Legitimate Way to Oxidize Fat, and Increase Thermogenesis and Energy without the Calories.\*

**TURBO TEA®** 

Caffeine, Guarana, Ginseng and Carbs in a Freshly Brewed Lemon Iced Tea Energy System.



## **DIET TURBO TEA®**

Like Freshly Brewed Lemon Iced Tea with a Non-Ephedra Herbal Energy Kick.

# SPEED STACK



Great Taste With an Intense Rush of Serious Energy and **Thermogenesis** without the Calories. \*\*



The Complete Pre-Workout Drink for

When you Haven't Eaten and Need Energy and Fuel.



# RIPPED FORCE®

America's #1 Selling Serious Energy Drink in the Gyms.



### EXTREME RIPPED FORCE®

The Best Tasting Maximal Energy Drink on the Planet.



# ADRENALIN STACK

The Non-Ephedra. Insanely Powerful Way to Rev Up your Energy Levels and Fat **Burning Machine.\*** 

# **RECOVERY & DAILY NUTRITION\***

# **BLUE THUNDER®**



The Original High Protein. Total Nutrition Fruit Flavored Drink for the Bodybuilder Who Wants It All.



## **CARBO FORCE®**

The Incredible Fruit Flavored, Natural way to Replenish and Energize Muscle.\*



When Immediate Post-Workout Isn't Soon Enough and the

Time to Rebuild Lean Muscle is Now.\*

# EXTREME **Because Who are** You Kidding...

Size Does Matter!



Complete, No Hassle, **High Protein Nutrition Because Mixing** Powder Sucks.



ABB™ and YOU

A FORCE IN THE GYM™ since 1985

www.AmericanBodyBuilding.com or call 1-866-FLEX-ABB







BEYOND TECHNOLOGY OF PILLS AND

POWDERS THERE'S A BETTER WAY TO







have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### SLP Kentucky State Fair BP/DL 24 AUG 02 - Crestwood, KY

BENCH PRESS		242	
special olympic	000	Brent Goodman	580
198 Sam Chapala 4th	230	Keith Griffee master men 45-49	300
teenage women 1		148	
148		Mark Evans	245
Lesleigh Berry	100*		375
4th submaster women	105*	Stan French 308	375
181		Mike Giese	390
Jane Brown	115*	4th	400
4th	120*	shw	
open women 123		Stephen Matzek master men 50-54	345
Agnes Kulmer	170	242	
teenage men 16-1		Mike Ferguson	420
148		shw	
B. Cheatham	295	Ernest Jackson master men 55-59	500
teenage men 18-1 165	,	181	
Steven Schwab	255	<b>Bob Klinglesmith</b>	285
198		198	21270
James Travis	320	Chuck Holsclaw 275	265
220 Brad Wethington	320*	Don Stevens	335
junior men	320	police & fire	333
148		242	
Ray Lesshafft Jay Zurlinden	275*	Mike Ferguson	420
Jay Zurlinden 181	265	open men 165	
Robert Patton	365	Michael Burton	335
198		198	
Doug Cottner	460*	Byron Reynolds	405
220 Jonathan Dietrich	E00*	Jason Walson	370 365
Kyle Snider	370	Grant Lanning 220	303
242		James Hall	500
Ron Winter	480*	Clint Poore	465
Jason Conway	440	Jesse Branch	460
Russell Lesshaffi submaster men	365	242 Keith Conrad	505
275		Jim Laird	303
Jeff Parks	435	275	
4th	450	Chris Magnuson	450
308 Bret Chamberlain	400*	308	555
DEADLIFT	480	Bill Sharp Bret Chamberlain	
leenage women 1	3-15	master men 40-44	400
148		181	
Lesleigh Beny	235*	John Beny	400
leenage women 1 181 Jay Morris	285*	James Robinson	570
4th	325*	242	3/0
teenage men 13-1		Keith Griffee	350
Scott Simmons	185*	master men 45-49	
teenage men 18-1 165	9	148 Mark Evans	425
Steven Schwab	350*	open men	423
4th	365*	181	
Junior men		Robert Patton	410
148	365*	198	
Jay Zurlinden 4th	380*	Rod Smith Grant Latining	575 560
submaster men	300	Jason Watson	470
275		220	
Jeff Parks	500	Shane Jean	510
4th master men 40-44	535	A. J. Simon	575
181		Jim Laird	313
John Berry	225	275	
198		Jack Jesse	550
Dennis George	340	Bryan Kelly	500
220 James Robinson	325	308 Brian King	585
		veight-ROBERT PAT	
Best Lifter - heavy	weigh	- BRENT GOOD!	MAN

DEADLIFT: Best Lifter - ROD SMITH. \*Son Light Power Kentucky state record, Team Champio PRIMETIME FITNESS. The 2002 Son Light Power Kentucky State Fair Bench Press/Deadlift Champi-Kentucky State Fair Bench Press/Deadlift Championship was held on August 24 at Primetime Fitness in Crestwood, Kentucky. Thanks to Lewis Oliveros for once again hosting this annual competition. In the bench press event special olympic lifter Sam Chapala showed great determination as he worked through his attempts, finishing with a personal best fourth attempt of 230. In the teenage women's 13-15 division 148 winner Lesleigh Berry finished with 100, then returned for a successful fourth of 105. Both were new state records for Lesleigh, Jane Brown set a new state record with each of her lifts,, as she finished with 1 1 5, followed by a fourth of 120 for the win at submaster 18 1. Anges Kulmer as she linished with 11.5, tollowed by a fourth of 120 for the win at submaster 18.1. Anges Kulmer won at open 123, matching her own state record there of 170. Teenage 16-17/148 winner Brandon Cheatham set the record there with 295, while 18-19/165 winner Steven Schwab finished with 255. James Travis won at 18-19/198 with 320 and 220 winner Brad Wethington set the state record for the class there with 320 also. In the junior division Raymond Lesshafft took the win over Jay Zurlinden at 148 with a new state record bench of 275. Jay finished with 265. Robert Patton only got his opener of 365 in at junior 181 but was good nough for the win and best lifter honors for the lighter classes. At 198 it was Doug Cottner with 460, which set the record there. Jonathan Dietrich



Mike Giese, at the SLP Kentucky Fair, locks out his first 400 Bench!

set the record at 220 with a great 500 bench, as Kyle opener of 365. James Hall took first in the alwaysset the record at 220 with a great 500 bench, as Kyle
Snider finished second with 370. Ron Winter got a
competitive 220 class with 500, just missing his
big state record 480 for the win at 242, though
third with a pr 525. Second place went to Clint
making just his opener, Jason Conway was second
at 242 with 440, also making just his opener, and
Russell Lesshafft was third with 365. In the submaster division it was Jeff Parks at 275, getting two new
with 505 for the win after Jim Laird failed to get his
with 505 for the win after Jim Laird failed to get his

with 505 for the win after Jim Laird Iailed to get his Myron V prs with his third (435) and fourth (450) attempts.

Bret Chamberlain set the state record at 308 with his great pr 480 second attempt. At 40-44 it was John Berry at 18 1, finishing with 225. Dennis George took the 198's with 340 and James Robinson won at 220, finishing with 325. At 40-44/242 it was Brent Goodman for the title with a big 580 second strength in the deadlift competition Lesleigh Beny 242 won her second title of the day at 13-15/148, G. Wash Strength Prayaking the state record the term Waishing with a state record 235 pull. Jay Morris, a Novice 1 with 480. In the deadlift competition Lesleigh Beny 242 won her second title of the day at 13-15/148, G. Wash Strength Prayaking the state record the second with a state record 235 pull. Jay Morris, a Novice 1 with 480. In the deadlift competition Lesleigh Beny 242 won her second title of the day at 13-15/148, G. Wash Strength Prayaking the state record with a state record 235 pull. Jay Morris, a Novice 1 with 480. In the deadlift competition Lesleigh Beny 242 won her second title of the day at 13-15/148, G. Wash Strength Prayaking the state record with the wash of the state record at 308 with his opener of 515 in. Chris Magnuson won at 275 with 505 while Bill Sharp won at 308 with his opener of Ken Luck Magnuson won at 275 with 505 while Bill Sharp won at 308 with his opener of Ken Luck Magnuson won at 275 which was also a new Kentucky state record Make With 480 won her second title of the day at 13-13/148 won her second attempt, breaking the state record at big 580 second attempt, breaking the state record at big 580 second attempt, breaking the state record at 13-13/148 ground attempt, breaking the state record at 242 went to keith Griffee, who finished with 300. In the master 45-49 division it was Mark Evans with 245, successfully defending his title once again at 148. Stan French won at 275 with 375, which was also a new state record there. Mike Giese came down from the did on his third attempt with 390. Mike then called and made his first 400 bench on his fourth attempt, pushing the record even higher. Our last lifter at 45-49 was 308 winner Stephen Matzek who finished with a state record at 45-49/308, whiched with a state record at 50-54/422 with 420 and Rev. Ernest 44-44/181 with his 500 third and 535 fourth attempts at submaster 275. John Berry won again rated at 50-54/422 with 420 and Rev. Ernest 44-44/181 with his 400 pere, while James 15-59/181 with 285 while Chuck Holsclaw did the same at 198 with 265. Our final competition. Chuck Holsclaw did the same at 198 with 265. Our final competitor in the 55-59 division was 275 winner Don Stevens, who finished with just his second title of the day at 181, finishing with a 308 opener of 335. Mike Ferguson also won at police & state record 410. Rod Smith won at 198 with 575 fire 242, setting the record there with his 420 bench. In the open division Michael Burton won at 165 with his opener of 335 while Byron Reynolds while Jason Watson was third with 470. Shane Jean bench p won at 198 with 405, Jason Watson was second at 198 with 370 and Grant Lanning third with his at 242 with 575, Jim Laird failed with his opener of quite n



Best Lifters - Rod Smith, Brent Goodman, Robert Patton (Photo by Latch)

540 at 242. At 275 it was Jack Jesse with 550 over Bryan Kelly, who finished with a personal best 500. Then at 308 it was Brian King with his second pull of 585. Best lifter of the competition was Rod Smith who pulled 575 at a 185 bodyweight. Primetime who pulled 575 at a 185 bodyweight. Primetime Fitness won the team honors. At the awards ceremony Lewis Oliveros was awarded a plaque thanking him for hosting the event. Also receiving special awards were Mike Ferguson, for all his help during the meets he attends, and for the many young people he has trained over the years; and to his wife, Marcia for being named the "2002 SLP Female Lifter of he Year". Thanks again to my son Joey, Mike Ferguson, Chuck Holsclaw, Jay Zurlinden and Steven Schwab for all their help loading and spotting. See you again next year! (Thanks to Dr. Darrell Latch for providing these results to PLUSA.)

### Summer '02 PUSH/PULL MEET

ung a 365 at 198. In the 181's Terry Woodling came back after several years away and won with a 500 while only weighing 170. He'll quickly push that higher if he stays on the come-back trail. Avery happy Chad Dahling had bit bett day were with a 612.17

had his best day ever with a 612 1/2 ranked lift at 198. He had calculated

what he needed to get best lifter over Jim Casemier who also had a great pr of 655 which will also garner him a ranking in the 242s. Noah Snyder

was very impressive in the teen 275s with a 520, which was also the lift

made by professional wrestler Brian 'the Crippler' Costello, the most I've ever seen him make. In the 275 Nov-

ice div. Ron Rodriguez made a very impressive debut with a 550. Also pulling hitting the 600 barrier were

Mike Banner with a 605 at 242 and

Vincent Tubbs, with a 625 at 275 (Thanks to Jon Smoker for results.)

BENCH Youth 1 Jacob L Teen 14 198

Paul Lu

123 Cody P

Darrel 242

JUN	02 - Elkhart, IN		Lester Mast	315	Glenn Pit 198
	Open			323	E.Hender
					198
wski 70		405		270	Patrick M
					220
	242	300	Keith Nicholson	410*	Chad Dai
ski 19	0 Jim Casemier	410	220		4th
	Jesse Garza	405	John Righeimer	330	Joe Princi
	275		4th	340	275
on 16	0 Joe Conley	480	275		Scott Vic
	Mike Gruppen	425	Scott Vickery	510	Jeff Beato
22	5 Women 148		DEADLIFT		Jack Jesse
	Nicci Dean	350	teenage men 16-1	7	master m
18			123		181
		155	Cody Patterson	305*	Stan Fow
33			4th	340°	181
		365	teenage men 18-1	19	Mike Line
ns 34			shw		198
		285	Tony Binder	425*	Ron Fem
			junior men		198
		520	123		Joe McD
22			Chuck Coleman		4th
		425		340*	police &
n 33					165
		285		470*	Floyd Joh
n 16					4th
					open me
22		480		425	165
					John Kist
27					198
		450			Michael
z 35					198
					Patrick N
		430			4th
				9	220
33		612.5			Chad Da
- 22		F10		360-	242
		310		205	Leon Fish
		COF			275
g 29				333	Scott Vic
45		323		200	275
43		550	The state of the s		Jack Jess
ki 42					
		320			
		455			
		033			
48		625			
			the bench press e	vent M	issy Shabe
			records there. 10	ny bine	the seather
	wski 70  16  27  18  33  34  41  48  22  27  23  35  33  45  41  48  49  45  41  48  41  44  45  41  45  45  45  45  45  45	ski 190 Jim Casemier Jesse Carza 275   275   275   275   276   160   Joe Conley Mike Gruppen   Women 148   Nicci Dean   185   Youth 114   Jacob Luczkowski   330   Teen 14-15 198   Paul Luczkowski   340   Teen 16-17 123   Cody Patterson   Ski 410   Teen 18-19 275   Noah Snyder   225   Master 50+ 148   Mike Wider   187   Novice 123   Cody Patterson   187   Novice 123   Cody Patterson   187   Novice 123   Cody Patterson   188   Novice 123   Cody Patterson   189   180   180   181   Terry Woodling   Clen Puttman   188   189   180   181   182   182   183   184   185   186   186   187   188   189   180   180   181   181   182   183   184   185   186   187   188   189   180   180   181   181   182   184   185   186   187   188   189   180   180   180   181   181   181   181   182   183   184   185   186   187   1	Open 198 wski 70 Chad Dahling E. Henderson 242 ski 190 Jim Casemier Jesse Carza 405 275 Jon 160 Joe Conley Mike Gruppen 425 Women 148 Nicci Dean 350 Joe Loney Joe Harring Joe	Open 198 wski 70 Chad Dahling E. Henderson 242 ski 190 Jim Casemier Jesse Garza John Righeimer 4th Jesse Garza John Righeimer Ath Jesse John John Righeimer John John Righeimer John John John John John John John John	Open 198 wski 70 Chad Dahling E. Henderson 242 ski 190 Jim Casemier Jesse Garza John Righeimer 330 Mike Gruppen 425 Vomen 148 Nicci Dean 185 Vouth 114 Jacob Luczkowsi 330 Teen 14-15 198 Paul Luczkowski 330 Teen 14-15 198 Paul Luczkowski 330 Teen 14-15 198 Paul Luczkowski 340 Teen 16-17 123 Cody Patterson Ski 410 Teen 18-19 275 Noah Snyder 225 Master 50+148 Mike Wider Mike Mider Mike Lindsey Mike Lin

d of 185. Cody 123 5-17/123, setting LISA o. In the teenage ay looked strong 1 twice, with his Jason Ohms did d 330, both new records there. Tony Binder, lifting in his first com-petition, won at shw with another state record of the biggest bench overall, belonged to Steve Jarausch, who got a 485 just over the 309 limit and coming close with a pr 510. In the deadlift Nicci Dean had a great day getting a pr 350 in the women's 148. 14 year old Paul Luczkowski was also impressive, getting a 365 at 198. In the 181's Terry

K. ISZKULA 285. In the junior men's division Lester Mast won at 181, getting two new personal records, first at 4th 230 B. ZIMMERMAN 175 自由的新 POWER LIFTIN

SLP Best Lifters - Kevin Hutchinson & Michael Coe (photo by Latch)

### SLP MIDWEST OPEN BP/DL 19 OCT 02 - Indianapolis, In.

		OI LIV BI / DE		315 for his third and			
19 OCT 0	2 - Ir	ndianapolis, In.		attempt. Lester also w			
BENCH PRESS		198		181 classes. Bruce Ha			
submaster womer	1		325	class with 270, this be Keith Nicholson bro	ing Bruce's ke his own	first comp	petition.
Missy Shaber	185*	Kevin Hutchinson	565*	submaster 220 wit			
teenage men 16-1		master men 55-59 181		Righeimer finished w (330) and fourth (340	ith two ner	w prs on	his third
123	1051		320*	at submaster 275, ge	tting a nev	v persona	record
Cody Patterson	185*	police & fire	320	there with 510. Scott	also won th	ne open 2	75 class.
teenage men 18-1 181	9	181		Stan Fowler took the	master 45-	49/181 d	ass with
Aaron Ridgway	340*		315	a new state record	of 360 wh	ile Mike	Lindsey
4th	345*		325	finished with a person			
220	3.10	open men	STATE OF	McDonald with a per	sonal best	360 over	Kurt Lee
Jason Ohms	325*	181		who finished with 325	. Best lifter	Kevin Hul	tchinson
4th	330*		315	won at 45-49/275 br			
shw		4th	325	with 565. At 55-59/1			
Tony Binder	285*	198		record with his 320	final atter	mpt. In th	ne open
junior men		Michael Coe	430	division Michael Coe	won at 19	98 With 4.	30 while
181		198		Glenn Pitts was secon	d with 380.	. Endesna	Datrick
Lester Mast	315	Glenn Pitts	380	son was third at 198	with 360, 10	75 This	y Patrick
4th	325	198		McCusker, who finis			
submaster men		E.Henderson	360	Endesha and Patrick' was Chad Dailing wit	s mist com	petition.	425 and
181		198		a fourth with 435 f	or the wir	loe Pri	incinata
Bruce Harvey	270	Patrick McCusker	275	another first-timer, w			
220		220	100	just his opener. Seco			
Keith Nicholson	410*	Chad Dailing	425	Beaton, who finished	d behind S	cott Vick	ery with
220	220	4th	435	480. Jack Jesse was I	hird at 275	5 with 45	0. In the
John Righeimer	330	Joe Principata	365	deadlift competition			
4th	340	275 Scott Vicken	510	ond title of the day			
275	510	Scott Vickery Jeff Beaton	480	pulling a 305 third at			
Scott Vickery DEADLIFT	310	Jack Jesse	450	a successful fourth o			
teenage men 16-1	7	master men 45-49		record. Tony Binder	won again	at 18-19/s	shw with
123		181		a new state record of	425. Junior	men's 12	3 winner
Cody Patterson	305*	Stan Fowler	510*	Chuck Coleman pull			
4th	340*	181		finishing with 340. Ja			
teenage men 18-1		Mike Lindsey	450	setting the record the	re with 470.	. At subma	aster 220
shw		198		John Righeimer got	his secon	d pr on	the day,
Tony Binder	425*	Ron Femando	465	finishing with 425. So			
junior men		198		275, pulling the bigg	est weight	of the me	et with a
123		Joe McDonald	460	great 675 state recor			
<b>Chuck Coleman</b>	320*	4th	465	the record in the ope Brian Kreiner won a			
4th	340*	police & fire		attempt pr of 405. Sta	n Fowler w	on his sec	and title
220		165	400	of the day at 45-49/	181 with a	510 perso	onal best
Jason Ohms	470*	Floyd Johnson	400	and state record pu	II. Mike Lin	ndsey was	second
submaster men		4th	430	again with 450. Ron	Fernando	won at 45	5-49/198
220 John Righeimer	425	open men 165		with a big 465 final	attempt pu	III. Joe M	cDonald
275	423	John Kistler	390	pulled a 460 third a	ttempt for	second p	lace, fol-
Scott Vickery	675	198		lowed by a 465 four	rth to tie R	ton's state	e record.
master men 40-4		Michael Coe	610*	Floyd Johnson won a	t police &	fire/165 v	with 400.
198		198		Floyd followed that	with a p	ersonal b	best 430
Brian Kreiner	390	Patrick McCusker	485	fourth. In the open d	ivision John	n Kistler g	ot a new
4th	405	4th	500	pr at 165 for the win	, finishing	with 390.	Michael
master men 45-4	9	220		Coe won his second o	pen title at	198, pulli	ing a new
181		Chad Dailing	585*	state record 610. Pat	rick McCus	sker was s	econd at
Stan Fowler	360*	242		198 with 485, but ca	me back wi	th his hirst	300 pun
181		Leon Fishers	600*	on his fourth attemp	or. Chao Di	5 while I	oon Fish
Mike Lindsey	325	275		ers won at 242 with	a state reco	ord 600 L	ack lesse
4th	335	Scott Vickery	675*	finished second to S	cott Vicker	v at 275	finishing
198		275	car	with a big 625 pull.	Thanks to a	Il who he	lped out.
Joe McDonald	360	Jack Jesse	625	including Endesha h	tenderson	and my s	son loev.
<b>Light Power India</b>	na stat	<ul> <li>Kevin Hutchinson.</li> <li>le record. Best Lifter</li> <li>Son Light Power Mi</li> </ul>	Dead-	(Thanks to Dr. Darrel	Latchfort	hese meet	results.)
Open Bench Pres	ss/Dea	dlift Championships	s were	ADAU C	entral P	A Open	
held October 19	, 2002	at Powerhouse G	ym in		02 - Big	The second second	
Indianapolis, Ind	iana. 1	hanks to owners Pa	at and				TOT
Larry Darling for	spons	oring this competiti	ion. In	WOMEN S	Q BP	DL	тот
the bench press e	vent M	lissy Shaber came do	own to	97 A. ZIMMERMAN 8	0 45	85	210
the 165 weight c	lass of	the submaster divisi	on for	A. ZIMMERMAN 8			

tion. iohn in third won cord ass. with disey ass. with disey as lee the state between the cord ass. with disey as lee the cord as lee the cord as lee the cord. (123, with state with inner ords, 220, the cord day, assert of the cord assert of the cord assert of the cord. (198) and (198) assert of the cord. (198) assert of the cord assert of the cord. (198) assert of the cord assert of the cord. (198) assert of t new chael new nd at pull 220, Fish-Jesse shing I out, Joey. sults.) D. MA MEN 114 CHRI 4th TOM

315 for his third and then at 325 for his fourth

### LISA MCKEOGH 255 D. ZIMMERMAN 150 180 255 540 LISA BARTOS 105 225 120

198

B. WOOLSTON 475 STUART HOUGH 490 DON MILLER 450 D. GRANDINETTI 450

IOHN POOLE 420

DAVE HEINTZEL 385
KEITH MILLER 405
DON KUHNS 400
A. MANGINI 365
CHAS CATHERS 300
NICK VERTA 400

M. MARTUCCI 500 KARL BYERLY 575 GEORGE DAVIS 475

RICHARD JENKS 440 CHRIS CATHERS 405

FD RFT7A

ED BETZA 400 A. CAMPIERE 300 LEROY BURTON 200

525

545 500 530

530

465 410

435 370

465 475

400 455

300 345 575 600

300 275

320 345 200

1450

1450 1420

1205

1120

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

# UIE SIMMONS' REVERSE HYPER MACHINE



### WESTSIDE BARBELL 1417 DEMOREST RD. COLUMBUS OH 43228 PHONE (614) 801-2060

				02	(02.)				
198	W.				242				
D. MARTUCCI	260	120	320	700	BART WOOD	440	350	625	1415
KIM NEWMAN	200	125	240	565	CARL AMSTONE	495	335	500	1330
MEN					CHRIS BORDER	490	305	500	1295
114					PAT HUNTLEY	440	315	525	1280
CHRIS BLOOM	180	125	250	555	MARK BOWEN	450	265	500	1215
4th	185				275				
TOM BARGER	190	125	240	555	D. RAYBUCK	550	350	600	1500
DOUG PERHACS	185	110	230	525	319				
	4th	115			BILL OGDEN	460	320	455	1235
MEN					CRAIG AMSTON		235	470	1140
123					OUTSTANDINGE				
BRAD PATAKY	230	155	300	685	23 YEARS OLD FI				
148					STANDING LIGH				
JOSE MARTUCC	340	235	430	1005	39 YEARS OLD FE				
RYAN REX	305	260	360	925	INGHEAVYWEIG				
TONY DIMURA	315	205	385	905	33 YEARS OLD FRO				
BARRY PENSYL	340	180	370	890	ING: 1. JOE'S GY				
165					TOWN WEIGHTL				
N.THEODOROU	440	230	560	1230	DERGROUND-30				
. A.HERSPERGER	375	290	500	1145	- 13. (THANKS C				
MARK SKAL	340	310	465	1115	PROVIDING THE	SE MEE	T RESU	LTS TO	PLUSA.)
MIKE DECKER	335	270	480	1085					
181									
IOE BRACA	480	330	630	1440	PT - 1-1 NI-	42	I T	· ch-	
MATT CLICKETT	600	340	475	1415	Finnish Na				
MATT CATALING	515	340	560	1415	26 OCT 02	<ul> <li>Joen</li> </ul>	suu, F	inland	d (kg)
DONALD TEETER		330	570	1400	1. Sotkamon Visa	SO	BP	DL	TOT
IOE ORENGIA	370	270	510	1150	Kyosti Kehanen	267.5	165	310	742.5
4th	380				Jari Niskanen	280	182.5	280	742.5
IAMES TRAVIS	345	275	475	1095	Mika Smura	277.5	175	315	767.5
STEVE FISHER	370	240	445	1055	Hannu Malinen	265	202.5	320	787.5
MIKE HERTNER	375	230	445	1050	2. Tikkurilan Kaja				
TOTAL TENTIAL		_00	-		Z: 1141		167	202 5	717 5

		Tean		
26 OCT 02 ·	Joen	suu, F	inland	(kg)
1. Sotkamon Visa	SQ	BP	DL	TOT
Kyosti Kehanen	267.5	165	310	742.5
lari Niskanen	280	182.5	280	742.5
Mika Smura	277.5	175	315	767.5
Hannu Malinen	265	202.5	320	787.5
2. Tikkurilan Kajas	stus			
Timo Koistinen	270	165	282.5	717.5
Tapani Laitala	275	170	285	730
I. Pekka Luiro	225	140	310	675
M. Kilpelainen	230	145	250	625
3. Joensuun Puntt	i-Pojat			
Petri Heikkinen	272.5		275	547.5
Antti Partanen	225	160	230	615
Mika Parviainen	255	175	275	705
A. Saastamoinen	260	157.5	277.5	695
4. Pietarsaaren Vo	oimailija	at		
Jan Mestari	295	180	255	730
Markus Norrena	270	180	265	715
Mikael Makinen	232.5	150	250	632.5
Juhani Salo	230	125	240	595
5. Tapanilan Erg				
Ari Kurjenkallio	200	150	200	550
Juha Tuononen	245	222.5	240	707.5
Timo Nieminen	245	157.5		402.5
Esa Jantunen	310	220	320	850
Referees: Kalevi	Sorsa, ks to He		Parviai	

# ARE YOU THE STRONGEST MAN IN AMERICA?

(America's 1st Unsanctioned National Benchpress Championships)





(formerly the Rosemont Horizon, Chicago, IL)

# SATURDAY, JULY 5, 2003

Weight Classes: 114 - SHW (open to the top 5 U.S. lifters in each weight class)

### Mission Statement



One day, one bench, one bar, no sanctions... you bring your best bench and prove you're the best in America. Lifting comes from the heart, and if we can put our differences aside for one day, we can prove who are the biggest benchers of them all. Competing in front of a potential 15,000 fans, newspaper reporters, and possible ESPN coverage will show how powerful this sport really is. So come represent your sanction and sponsors - you don't want to miss a chance of a lifetime. You cannot replace what competing for a solid gold, silver, or bronze medal will mean to you for the rest of your life.



For more information log on to www.BenchAmerica.com

### Huge Iron Powerlifting Schedule

2-15-03 AAPF Gulf Coast Powerlifting Open (Tampa, Fl.)

3-14+15+16-03 APF Jr. Nationals Powerlifting/Bench Press Championships (Boston, Mass.)

3-22-03 APF Jacksonville Open Powerlifting Championship (Jax, Fl.)
4-5-03 APF FLordia State Bench Press Championships (Daytona Beach, Fl.)

4-11+12+13-03 AAPF Nationals Powerlifting + Bench Press (Chicago,

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.)

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

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

18 JAN (NEW DATE), APF Deal With The Steel BP/DL (Elizabeth, PA) Jamie Harris, Keith McNetsh 412-384-5051, active@eal.com

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, johnnysixx@aol.com 18 JAN, USAPL Central California Push/ Pull, Bakersfield, CA, Steve and Lisa Denison, PWRLFTRS@POWERLIFTINGCA.COM, http://www.powerliftingca.com/, 661-664-

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 Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourne@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, Jungle Gym Meet, Jungle Gym Fitness, 206 S. Walnut, Ridgeville, IN 47380, 765-857-252, PowerHouse562@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, sonlight@netcare-il.com

25 JAN, WNPF Delaware State (Newark, DE) WNPF, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPF@AOL.COM
25 JAN, Iron Boy Push/Pull Champion-

ships, Winston-Salem, North Carolina, Keith Payne 336-766-3347, keith@ironboyenterprises.com 25 JAN, White's Truck Stop/YMCA Winter Bench Press and Deadlift. John Shifflett.

Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com JAN, PPL Augusta Open Drug Free, Tee

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/

# Coming Events

BP, Jim Parrish, 610-863-1090, 436 Blue Valley Dr., Bangor, Pa. 18013 1 FEB, APA Houston Open, (Houston, TX)

1 FEB, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

8 FEB, USAPL Minnesota State Open, Brad Madvig, 2713 Louisiana Ave S, St. Louis Park, MN 55426, 612-619-5178 8 FEB, NASA East Texas Open, Longulew, TX, NASA, PO Box 735, Noble, OK. 73068. www.nasa-sports.com

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, iowaapachair@apawpa.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, WNPF Ohio State, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

9 FEB, AAU MO State PL, X-Treme Fitness, 607 North Highway 47, Union, MO, 63084, (636) 583-1179, Darin Gilley, 2820 Old Gray Summit Rd, Pacific, MO 63069, (636) 742-4537 daringilley@aol.com

15 FEB, Midwest BP/DL (Moline, IL) Ed Angstrom, 563-391-5734, jbroo411541@aol.com

15 FEB, W. Va. High School Powerlifting Championships, South Charleston, High School, John Messinger, 304-744-2475 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, WNPF Tennessee State (Cleveland, TN) 770-996-3418,

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

15 FEB, USAPL Minnesota State JR/Master & Novice, Joe Cooper, 5344 Ugstag 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, whl@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

sonlight@netcare-il.com

16 FEB, WNPF Georgia State (Atlanta,
GA) 770-996-3418, WNPF@AOL.COM,
P.O. Box 142347, Fayetteville, GA 30214

22 FEB, APF BENCH BASHER + DL,
1825 S. Franklin Rd, Indianapolis, IN
46239, APF State Chairman: Rocky
Tilson, 317-862-6033, 317-359-1900

Tilson, 317-862-6033, 317-359-1900 **22 FEB,** Winter Bench Press Classic, Brendan Yoder, 57745 CR117, Goshen, IN 46528, 574-875-0471

22 FEB, 1st Annual Pro-Fitness "Raw with a Pause" Bench Press Championships (Shelby, NC) Tim Brittain, 1243-B East Dixon Blvd, Shelby, NC 28150, 704-494 1909.

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

22 FEB, APF Missouri State Record Setters (PM), Rick King 314-423-2525, Willie Wessels 314-609-6031,

FITNESS MAX
Bench Press Championships
Sponsored by

# INZER ADVANCE DESIGNS

800-222-6897

March 29th Tupelo, Mississippi DWG Productions 608-787-5693 dwgsmg78@msn.com

# 8 February 2003

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

John Ford 650-757-9506 Entries at www.calapf.com

dwes370162@msn.com

www.nastrongman.com 22 FEB, Saratoga YMCA Bench Press, John Hart, 20 Old Gick Rd., Saratoga, NY 587-3000, (518) www.geocities.com/ muscleworkspowerteam, BigBenchers@hotmail.com

22 FEB, WABDL Drug Tested Pendulum Fitness Texas BP + DL (Dallas) Bob Garza, 281-820-5923

22,23 FEB, WABDL Drug Tested California State Bench Press and Deadlift Championships, Monterey, CA. Fairgrounds, Matt Lamarque, 831-277-4766 23 FEB, SLP Brazil YMCA BP/DL Challenge II (Brazil, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253www.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-

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, 1 MAR, SLP Southern Illinois Open BP/ DL Championships (Effingham, IL) Son Light Power 122W Sale St. Tuscola II. 61953. 217-253-5429, www.sonlightpower.com,

1 MAR, WNPF Natural Northeastern (Edison, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, (Edison.

Fayetteville, GA 30214

1 MAR, 12th Larry Frederick Jr. Memorial
BP, North Penn YMCA, Lansdale, PA, ve Unrath, 215-368-1601

1 MAR, USAPL Great West BP & PL, Steve Howard, 2107 Arrow Ct, Rapid City, SD 57702, 605-348-4039

1 MAR, IPF North American Cup (Phila delphia) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net 1 MAR (NEW DATE), USAPL Virginia Open PL & BP John Shifflett Box 941 Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

1 MAR, NASA Western State Nationals PL. BP, & PS, (Mesa, AZ - Masters Nats Quali-

fier), Rich Peters SQBPDL@aol.com or 405-527-8513 1 MAR, APA Teenage Nationals/Tri

AND DEADLIFTERS (WABDL)

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 Pennsulvania State. (Philadelpia - 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-

2 MAR, WNPF 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. 217-253-5429 www.sonlightpower.com.sonlight@netcare-

2 MAR, WNPF Pennsylvania State (Lancaster, PA) 770-996-3418, WNPF@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, USAPL Albany Strength Powerlifting BP Championships, John Payette, 332 Central Ave, Albany NY 12206, 518-

8 MAR, WABDL Drug Tested House of Pain World Cup Bench Press and Deadift Championships, Holiday Inn Hotel and Suites, Meso, AZ (Phoenix), Gus Re-thwisch, 503-762-5066, Mike Desrosiers,

8 MAR, APA Midwest Powerlifting Open, P, BP, P/P, DL competitions (Blue Springs, MO) Roger Broeg, 319-753-0676,

towaapachatr@apa-wpa.com 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-

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, WNPF South Carolina State (Greenville, SC) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS

Last Name	First N	ame		Initial	Renewal Y N	Current Card # (If Renewal)
Street Address						Club Name
City		State		Zip		Area Code/Telephone
Current WABDL Classification	Referee Status  World National State	U.S. Citizen?	Date of Birth	Sex M F	Today's Date	Card Issued By

Registration Fee \$20.00 Make checks payable to and mail to: WORLDASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 90305

Portland, OR 97290

If under 18, have parent initial \_\_\_

NOTE: All WABDL-sanctioned meets will be subject to

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature\_

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 Marshlvn Dr. Niles, MI 49120, 269-687-

8 MAR. NASA BENCH PRESS & DEAD LIFT NATIONAL CHAMPIONSHIPS. Offering a "New" Unlimited Equipment Division along with our regular Single Ply Divisions in the BP only (Spring-field, OH) Rich Peters SQBPDL@aol.com or 405-527-8513 8 MAR. All Church Contest (open to all church members and church sponsored leams) Pastor Pete Amerman, Hillside LBC, 113S. Hillside Ave., Succasunna, NJ 07876, 9 7 3 - 5 8 4 - 7 4 1 0 ,

pamerman@worldnet.att.net 9 MAR, Pump Total Fitness 12th Annual BP Contest (Teen, Masters, Women, Open - Raw + Shirt), Pump Total Fitness, 2352 US Hwy 27, St. Johns, MI 48877, 989-

9 MAR. 4th Annual West Lafavette Classic, Muscle Bound Fitness Center, 102 East Main Street, West Lafayette, OH 43845. John or Kauleen Blackstone @ 740-545-0840 or 740-545-6577

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 (NEW DATE) USAPI 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 15 MAR, Great Northern Bench Press & Deadlift Championships (with poerlifting) Gateway Athletic Club, Seattle, WA, Bull Stewart, 206-725-7894 & 206-343-4692 15 MAR, W. Va. USPF State Powerlifting, Squat & Deadlift Championships, & Holley Open Powerlifting & Bench Press, Institute, W.Va., John Messinger, 304-

15 MAR, IPA Ohio Open Bench Invitational, Competitive Edge, 33501 - A Lake Rd, Avon Lake, OH 44012, Drew Lindsley 440-930-2272

15 MAR, USAPL MN State BP/Ironman Championships, Brad Madvig, 2713 Loui-siana Ave S, St. Louis Park, MN 55426, 612-619-5178

15 MAR, USPF Virginia State Open PL/ BP. Gayle Schroeder, strength@exis.net, 757-481-6963, info: http://www.powerandstrength.com (Online En-

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

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

15 MAR, WABDL Drug Tested 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

hugeiron@logicalcity.com, 904-378-1551 (gym), 904-219-

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-

15,16 MAR, NASA NATURAL NATIONALS PL, BP & Power Sport (Okla. City, OK) Rich Peters SQBPDL@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, 40th annual Great Lakes Drug-Free, Raw Powerlifting Championships (Erie, PA) 814-833-3727 22 MAR, World Gym BP, World Gym, 3845 Bayshore Dr., North Cape May, NJ 08204, 609-898-3800

22 MAR, AAPF/APF Snake River PL & Push/Pull, YMCA, 155 N, Corner St, Idaho Falls, 83402, Mike/ Linda Higgins, 208-523-0600, snakeriverp@yahoo.com 22 MAR, Minnesota State High School Bench Press & Powerlifting Championships, Pelican Rapids, Minnesota, Steve Nelson 218-863-7758

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, WNPF Western PA (Beaver Falls, PA) Ron

DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-

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

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

22,23 MAR, WABDL Drug Tested Pepsi Northwest Regional Bench Press and Deadlift Championships, Double Tree Hotel, Springfield - Eugene Hotel, Springfield, OR, Gus Rethwisch, 503-5066

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, www.sonlightpower.com, 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, Fitness Max Bench Press Championships, (Tupelo, Mississippi) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or 662-841-

29 MAR, WABDL Drug Tested Oklahoma State Bench Press and Deadlift Championships, Springfield - Eugene Hotelm Springfield, OR 503-762-

29 MAR. NASA Missouri State. Carthage, MO, NASA, PO Box 735, Noble, OK. 73068, www.nasa-

29 MAR, MPA State Powerlifting Championships, JR's Powerhouse Gym, 2900 Rice Street, Little Canada, MN 55117, 651-486-4945

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

29 MAR, USPF GA State (Forsythe, Gal. Buddy Duke. 201 N. Burwell Ave. Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltell.net 29 MAR. SLP John Ware Classic Powerlifting/Bench Press/Deadlift Championships (Kirksville, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 217-253-5429 61953. www.sonlightpower.com,

sonlight@netcare-il.com 29 MAR, WNPF USA vs Bahamas (Freeport, Bahamas) WNPF, Box 142347, Fayetteville, GA 30214,

wnpf@aol.com, 770-996-3418 29 MAR, 4 Seasons Spring Bench Press, Kevin Deming, Four Season Association, 904 Four Seasons Rd.,

Bloomington, II 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,

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, nlight@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

MAR, 100% Raw North Carolina State, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004 5 APR, WABDL Drug Tested Southeast Regional Bench Press and Deadlift Championships, Jackson, GA (Near Atlanta), Randell Wrye, 770-504-8054

5 APR, NASA Colorado State, Denver, CO, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com 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 Champi onships + Pro Invitational Bench Press, Gene Rychlak Jr. 143 2nd Ave., Royersford, PA 19468, 610-948-7823

5 APR, WNPF Lifetime Drug Free Bench Press & Deadlift Nationals, Ironman & Powercurl (Atlantic City, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Favetteville, 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
5.6 APR. APF Maine State Powerlifting Championships

(open contest), Russ Barlow, 175 Kennebec Trail, Turner, ine 04282, 207-225-5070 6 APR. SLP Primetime Fitness BP/DL Championships

(Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
11 APR, AAU Spring Break Bench Press Classic (Rich-

mond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org
11-13 APR, AAPF Nationals Powerlifting + Bench

Press (Chicago IL) 386-252-8193 or email geiron@logicalcity.com 12 APR, Downtown Fitness BP (Reedsburg, WI), DWG Productions, 608-787-5693 or 608-524-4282

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 HIGHEST QUALITY SUPPLEMENTS DIRECT!!! NO MIDDLEMAN! Free 48 Page WHOLESALE Catalo

12 APR, SLP Memphis Open BP/DL Championships (Memphis, TN) Son Light Power, 122 W. Sale St., Tuscola,

sonlight@netcare-il.com 12 APR (NEW DATE), WNPF Dayton Open (Dayton, OH) 70-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fauetteville, GA 30214

IL. 61953, 217-253-5429, www.sonlightpower.com

12 APR, NASA Ohio State PL, BP, Power Sport, (Springeld, OH) Rich Peters SQBPDL@aol.com or 405-527-8513 12 APR, ISA Superman (Clean & Jerk, BP, and DL), Push/pull, BP contest, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton GA 30117

12 APR, White's Truck Stop/YMCA Spring BP, John nifflett, Box 941, Stanardsville, 22973, (434) 985-3932,

valifting@aol.com, www.virginiausapl.com
12,13 APR, IPA Powerlifting Competition/Iron House lassic, Newark, OH, www.ironhousezanesville.com or Mike Maxwell mmaxwel@columbus.rr.com or 740-704-

12,13 APR, WPA World Champtonships, Burlington, Iowa, APA, PO Box 27204, El Jobean, Florida 33927-7204. apapresident@vahoo.com

12,13 APR, AAU Triple Crown Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or asusports.org 12,13 APR, AAU Fire and Law Nationals (Richmond

VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org 12,13 APR, AAU VA State Championships, (Richmond,

VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.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 Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823 13 APR, 18th APF Olympic Fitness BP (St. Charles, IL)

Terry Dangerfield, 630-377-7527

13 APR, WABDL Drug Tested Southwest Regional



Bench Press and Deadlift Championships, Marriott, Fullerton, CA, Jody Woods, 916-

13 APR, 18th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

19 APR (NEW DATE), PPL Georgia State "Drug Free", Python Power League, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com, hometown.aol.com/pythongym 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, 122W. 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 603-6226-5489. 03102. www.americanpowerlifting.com,

davefollansbee@aol.com

26 APR. APF Central California Open & Novice PL & BP (Fresno, CA) Bob Packer, 559-658-5437 or 559-3220-6805

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, 814-765-3214,

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 Chai lenge, Norfolk, VA. Gayle Schroeder, strength@exis.net, 757-481-6963, info: http://www.powerandstrength.com

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. Fauetteville. GA 30214 26 APR, Chickahominy YMCA BP Classic

Tested to over

\* Dumbbell training

procedures safer and

easier, resulting in

maximum exercis

benefits. + After only a few months users incre

20 to 30 lbs. of weight to each dumbbell.

1000 lbs.

Power Hooks stay with your

dumbbells and hang onto any

overhead barbell. This puts

you in proper lifting position

the dumbbell from the floor.

without having to lift or return

To order by credit card call

"toll free" 1-888-669-6316

COUNTRY POWER INC.

85-979 FARRINGTON HWY

WAIANAE, HI 96792

or send check or money

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, AAPF Florida State (Tampa, FL) 386-252-8193 or email

hugeiron@logicalcity.com

(Teen 15, 16-17, 18-

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

26,27 APR, NASA High School National Championships, PL & Power Sports, (OKC, OK) Rich Peters SQBPDL@aol.com or 405-527-8513 26-27 APR, NASA WV State Champion ships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, auhl@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., Eliza-beth City, NC 27909, 252-338-2004 APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-215-0115,

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

Rubber coated area for spo-

Patent no. 5971339

and handling dumbbells

Fit all dumbbell sizes and styles.

big guys to hand you the

dumbbells when you

were already on the

bench? Ever wonder how

many more reps you

could get if you didn't

have to waddle over to

the bench and try to get

into pressing position

without killing yourself?

WABDLIS COMING TO MICHIGAN

**ALMOST EVERY LIFT WILL BE A RECORD** THE BEST TROPHIES AND T-SHIRTS IF YOU'RE GOOD ENOUGH COME AND COMPETE RECORDS FOR INDIANA ILLINOIS OHIO AND CANADA CAN ALSO BE SET AT THIS MEET March 15, 2003 For Info Call Bob Garza 281-820-5923

> 3 MAY, SLP Mid-South BP/DL Championships (Paducah, KY) Son Light Pov 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429. www.sonlightpower.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, gvhl@wirefire.com 3,4 MAY, WABDL Drug Tested Monster Muscle World Record Breakers, West Coast Hotel, Pasco, WA (Formerly Double Tree Hotel), Gus Rethwisch, 503-762-

3,4 MAY, NASA North Carolina State, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.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, Fauetteville GA 30214

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

10 MAY, WABDL Drug Tested Oregon Best Bench Contest, Timber Hotel, Coas Bay, OR, Byron Beebe, 541-751-9505 10 MAY, IPA Ohio Invitational Full Power & Bench Press, Competitive Edge, 33501 - A Lake Rd, Avon Lake, OH 44012, Drew Lindslev 440-930-2272

10 MAY, APA Western USA Powerlifting,

COUNTRY POWER INC. invites you

to enter its 2nd annual 10 reps dumbbell bench press contest. This contest was

started to further prove that using Power

The winner will receive \$1000.00.

To enter: Send a post card or letter no

body weight, age, and your best 10 reps

Rules: You must use Power Hooks and

perform a 10 repetitions bench-press lift. Start with Power Hooks on the overhangin

bar at any height and finish with the Pov

Hooks at that same height on the bar with

depending on contestant's age, bodyweigh and total weight lifted for ten reps.

Finalists will be contacted during the first

video of you weighing yourself in on a scale (bathroom scale is ok ) and then weighing the dumbbells individually followed by the

week of Nov. 2003. We will then need a

Judging: Points will be awarded

bbell lift that you bench-pressed using

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-

10 MAY SIP Cross County Pull BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, II. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-

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

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

Moines, IA, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

17 MAY, No Druggles Allowed Single Lift Championship (SQ, BP, DL - Erie, PA) 814-833-3727 17 MAY, USAPL Rocky Mountain States

& Bill's Big Cat BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

17 MAY, APA North American BP/DL (Robbinsdale, MN) APA, PO Box 27204, El Jobean, Florida 33927-7204, apapresident@yahoo.com 17 MAY, WABDL Drug Tested Riverfest

Bench Press and Deadlift, Gadsen, Alabama, Rick Hagedorn, 256-441-0143 17 MAY, WABDL Drug Tested Florida State Bench Press and Deadlift Championships, Lakeland, FL, Ken Snell and Louis Baltz, 863-687-6268

17 MAY, WABDL Drug Tested House of Pain Rocky Mountain Regional Bench Press and Deadlift Championships, Holiday Inn Airport, Boise, ID, Gus Rethwisch, 503-762-5066

17 MAY, NASA West Texas State, Lubbock, TX, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com 17 MAY, USPF Spartan Bench Press

Granada Hills, Entry Form at www.powerliftingca.com, Kevin Meskew, 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 NATU-RAL POWERLIFTING SO-CIETY 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 Na-(Stamford, CT) 770-996-3418 WNPF@AOL.COM. P.O. Box 142347, Fayetteville, GA 30214 17 MAY, 2nd USPF Open BP and Deadlift Contest (Spon-

sored by Erie C.C. Football Team - Buffalo NY) Open -Women - Teen - High School -Submasters - Masters, Dennis Green 716-851-1898 17 MAY, USAPL New En-

gland States Open, Greg Kostas 113 Linden St. Whitman, MA 02382, 781-

17 MAY, ADAU "NO druggies

Allowed" Squat - Bench- Deadlift Championships (No total - single lift national qualifie open + all age groups - men + women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikitup.com

18 MAY, SLP Chicagoland 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

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

21-25 MAY, IPF Women's World Powerlifting Championships, Dennis Brady, 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 Email 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, WABDL Drug Tested Capitol

City Bench Press and Deadlift Championships, Marriot Hotel, Rancho Cordovo CA (Near Sacaramento), Jody Woods, 916-485-3808

31 MAY, SLP Harrodsburg Open BP/DL Championships (Harrodsburg, KY) Son Light Power, 122W. 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., Elizaeth 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, gvhl@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, gvhl@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 Cham-

pionships (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

BERTHA'S BACK 985 - 530 - 815 - 2330 AT 181# WHY DO THE MAGAZINES PROMOTE THIS KIND OF CRAP ??????? HIGH SQUATS, NO PAUSE BENCH PRESS, ABSURD ASSISTANCE GEAR, LIGHT WEIGHTS AND BARS GIVE ME A BREAK !!!!!!!! YOU HAVE TO BE ASHAMED OF ALL THIS DECEITFUL FOOLISHNESS. IF YOU ARE REALLY SERIOUS ABOUT LEGITIMATE POWER-LIFTING CONTESTS (DRUG TESTED AND RAW) "COME ON OVER" MARCH 22nd, 2003 - \*40TH ANNUAL GREAT LAKES DRUG-FREE, RAW POWERLIFTING CHAMPIONSHIPS AND MAY 17th, 2003 - "NO

814-733-3727

DRUGGIES ALLOWED" SINGLE

LIFT CHAMPIONSHIPS

(SOUAT - BENCH - DEADLIFT) -

**ERIE. PENNSYLVANIA** 

6-8 JUN, WABDL Drug Tested Pendulum Fitness Nationals BP + DL Championships, Houston, TX, Bob Garza, 281-820-5923 7 JUN. APF Venice Beach Open BP (Venice Beach, CA) 310-399-2775

7 JUN, MPA State Bench Press & Deadlift Championships, Dave Harrison, The Gym in Elk River, 550 Freeport Ave, Elk River, MN 55330, 763-441-4232 7 JUN, USAPL Pete Lenzi Memorial BP + DI (Cleveland, OH - M/F Open, H.S. 1&

II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com7

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, 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 SQBPDL@aol.com or 405-527-8513 14 JUN, NASA USA Championships & alimited Bench Press, Springfield, OH NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com
14 JUN, USPF California State Powerlift

ing, Bench Press & Deadlift Championship Norwalk, Entry Form at www.powerliftingca.com, Chuck LaMantia 714-994-5198 714-944-5198, CKCCI AMA@aol.com

14 JUN, SLP Illinois State BP/DL Cham pionships, Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-

14 JUN, APF Florida State (Daytona Beach, FL) 386-252-8193 or email

hugeiron@logicalcity.com 21 JUN, 4th Annual Blackberry Barbell Barbender BP + DL Classic, Bruce Swanson, 902 Village Dr, Brewster, NY 10509, 845-279-2346, http:// www.geocities.com/bruceswan500/

index html 21 JUN, NASA East Texas Open Longview, TX, NASA, PO Box 735, Noble,

OK. 73068, www.nasa-sports.com
21 JUN, SLP Wisconsin Rapids BP/DL Championships (Wisconsin Rapids, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 217-253-5429 61953. www.sonlightpower.com, sonlight@netcare-

21,22 JUN, AAU National Bench,

Deadlift & Push Pull Championships, Vista (San Diego) Ca, (meet capped at 300 lifters), Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-

4797, ntrlpwr@pe.net 21,22 JUN, WNPF Drug Free Nationals (World qualifier) Ron DeAmicis, 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, WABDL Drug Tested Utah State Bench Press and Deadlift Championships. Salt Lake City, UT, Randy Marchant, (801) 377-0294

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, lowa/Midwest Open Touch and Go Bench Press (teen, novice, open, submasters, master 1-2-3, women) Waune Hammes

Box 433, Oskaloosa, IA 52577, 641-673 5 JUL. America's 1st Unsanctioned National Bench Press Championships (Allstate Arena, Chicago, IL)

www.BenchAmerica.com 5 JUL, NASA 4th of July Spectacular Houston Area, NASA, POBox 735, Noble,

OK. 73068, www.nasa-sports.com
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, APF Venice Beach Open DL, 310-399-2775 12 JUL, NASA Arizona State, Mesa, AZ.

NASA, PO Box 735, Noble, OK. 73068, v.nasa-sports.com

12 JUL. NASA Bluegrass Open Powersports, Bench Press & Deadlift Championship, @ Henderson, Ky, Info: Showtime @ 1-270-830-7290 12 JUL, Body Factory Full Power Chal-

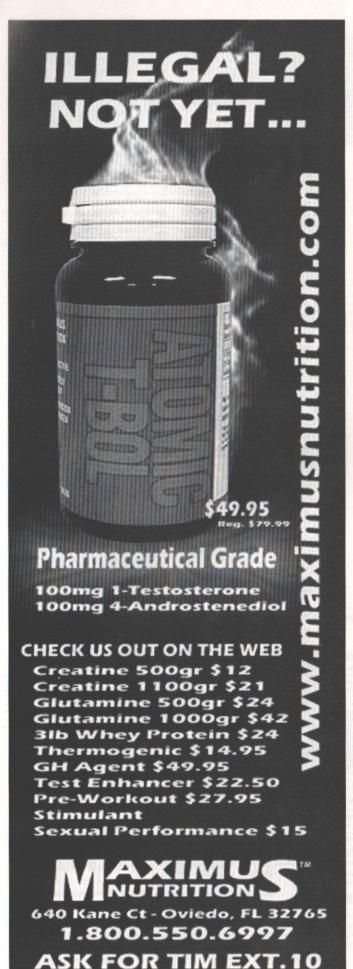
enge / Bench, Jim Parrish, 436 Blue Valley Dr, Bangor, PA 18013, 610-863-1090 12 JUL, SLP Waupaca Open BP/DL Clas sic (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com,

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

(219) 248-4889 e (219) 248-4889 f (219)

or a banned substance or doping method on the Internet, in Powerlifting USA, or	any other publication that USAPL so chooses.		THE THE STATE OF T	
GIGNATURE:	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 Clu	b Represented:		
Membership Prices: (please circle one) • Adult - \$40.00 High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru				
Competing Divisions: (please circle all that apply)  Open digh School - Full Year High School Seasonal - 6 mo. Dec.		20-23 yrs.) Mast	er (40 yrs. & up) Collegiate	Military
SAPL Merchandise: (please circle choices)	s: navy, white)  Navy Sweats sizeqty)  Logo Patc	shirt - \$30.00(s-xl) \$32.0	0(xod & up) (size qty) apg for patch: .50)	7.7
Check/Money Order #	((() a a TM		embership Price: \$	
Credit Card: Visa-Mastercard-Discover Exp. Date:	(     U.S.A.	M	erchandise Total: \$ Merchandise Shipping	r \$4 00
Cardholder Signature:	POWERLIFTING	Tota	I Purchased: \$	

Police & Fire W All memberships expire 12 months from date of purchase. (White Original - National Office . Yellow - Seller's Copy . Pink - Lifter's Copy)



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,

gvhl@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, 217-253www.sonlightpower.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 hduke@alltel net 19 JUL, ANPPC WORLD CUP, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, light@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. 814-765-3214. al@pikitup.com

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

19,20 JUL, NASA Grand Nationals, Hickory, NC, NASA, PO Box 735, Noble, OK. 73068, www.nasa-

20 JUL SLP Mid-Summer Open BP/DI 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, WABDL Drug Tested Midwest Regional (Holiday Inn Minneapolis West, St. Louis Park) Gus Rethwisch, 503-762-

26 JUL, NASA High School Summer Championships, Okla. City, OK, NASA, PO Box 735, Noble, OK. 73068,

26 JUL WNPF Submaster & Masters Nationals & Gulf Coast (PL/BP/DL/ SQ - Biloxi, MS) WNPF, Box 142347, Fayetteville, GA 302 wnpf@aol.com, 770-996-3418 30214,

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 (706) 790-3806. Puthongum@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

2,3 AUG, Monster Muscle North American Bench Press and Deadlift Championships. Sheaton Airport Hotel, Portland. OR, Gus Rethwisch, (503) 762-5066 2,3 AUG, NASA World Cup PL, BP, & PS, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

8-10 AUG, IPA World Powerlifting Championships, Radisson Penn Harris Hotel and Conference Center, Harrisburg, Pennsylvania, Mark Chail-717-495-0024. Chailfit@NFDC.net or Ellen Chail-

let: echaillet@aol.com 9 AUG, APF Vench Beach Push/Pull PL, 310-399-2775

9 AUG, SLP Wisconsin State Fair BP/DL Championships (West Allis, WI) Son Light Power, 122W, 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, niausapl.com

10 AUG, SLP Missouri State Fair BP/DL Championships (Sedalia, MO) Son Light Power, 122W. 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, Drug Tested WABDL Southern Regional Bench Press and Deadlift Championships, New Orleans, LA, Arrid Hansell, 504-491-5061

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,

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,

23 AUG, USPF Northern California Push/ Pull Championship - Modesto, Entry Form at www.powerliftingca.com, Jason Burnell, 5 1 0 - 2 3 2 - 4 7 5 5 deepsquatter@deepsquatter.com and Dave ummerrow.

david\_cummerow@yahoo.com 23 AUG. 7th Annual WABDL Drug Tested Alki Beach Bench Press and Deadlift Championships, Alik Beach, Seattle, WA, Bull Stewart, 206-725-7894 and

206-343-4692 23 AUG, SLP Kentucky State Fair BP/DL Power, 122 W. Sale St., Tuscola, IL, 61953.

Championships (Crestwood, KY) Son Light 217-253-5429, www.sonlightpower.com. sonlight@netcare-il.com

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

23,24 AUG, AAU North American Powerlifting, Bench, Deadlift and Push Pull, San Bernardino, California, Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797. ntrlpwr@pe.net

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

6 SEP, APF Venice Beach West Coast Open BP, 310-399-2775

6 SEP, SLP Tennessee State Fair BP/DL Championships (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com,

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

6,7 SEP, WABDL Drug Tested West Coast Bench Press and Deadlift Championships, Marriot Hotel, Rancho Cordova, CA, (near Sacramento), Jody Woods, 916-

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@ushf.net

13 SEP, WNPF Lifetime Drug Free PL/ BP/DL/SQ Nationals (Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@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, WABDL Drug Tested Hawati State Championships Bench Press & Deadlift, Waimanalo, Hawaii, Keith (808) 259-9800, toll free 877-259-5267, Kenekes@hawaii RR com

20 SEP, SLP OPEN POWERLIFTING/ BP/DL NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com,

27 SEP, WABDL Drug Tested Washington State Bench Press and Deadlift Championships (with Powerlifting), Aberdeen, WA, Dr. Don Bell, 360-532-8339

28 SEP. SLP Missouri State 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

4 OCT, NASA Colorado Regional, Denver CO, NASA, PO Box 735, Noble, OK. 73068. www.nasa-sports.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-

5 OCT, 18th Semi-Annual APF Olympic Fitness BP (St. Charles, IL) Terry Dangerfield, 630-377-7527

5 OCT, SLP Iowa State BP/DL Champion ships (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253www.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, APF Northern California Open PL-&BP(San Francisco, CA) John Ford 650-757-11 OCT, USPF Central California Power-

lifting, Bench Press & Deadlift Champion-- 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. Gayle

Schroeder, strength@exis.net, 757-481http:// www.powerandstrength.com (Online En-

18 OCT, SLP Wisconsin State BP/DL Championships (Kaukauno, WI) Son Light Power, 122W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, nlight@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, 814-765-3214, al@pikitup.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. SI P Midwest Open BP/DI. Championships (Indianapolis, IN) 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" Powerliftmpionships, 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

1,2 NOV, NASA North Carolina Regional, Hickory, NC, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.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,

16 NOV. SI PNATIONAL 'RAW' POW-ERLIFTING/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 NOV, SLP Chicagoland Classic BP/DL Championships (Naperville, IL) So Light Power, 122 W. Sa

e 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 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. APF 50th annual IRON MAN Open PL & BP challenge, Mr. Iron Man. Ms. Iron Woman, and Over 40 Mr. Iron Man (Fresno, CA) Bob Packer, 559-658-

5437 or 559-322-6805 6 DEC, USAPL New York State Bench -Deadlift Championships, Bruce Swanson, 902 Village Dr., Brewster, NY 10509, 845-279-2346, http://www.geocities.com/

bruceswan500/index.html 6 DEC, 3rd Toys for Tots Christmas BP,

Glenn Murphy Jr, BOX 1013, Westminster, MD 21158 6 DEC, Miller Chevrolet Christmas Bench

Press Classic, Dave Harrison, The Gym in Elk River, 550 Freeport Ave, Elk River, MN 55330, 763-441-4232

6 DEC, NASA Bluegrass Regional Powersports, Bench Press & Deadlift Championship, @ Henderson, Ky Info: Showtime @ 1-270-830-7209

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.

6,7 DEC, AAU World Bench ress, Deadlift and Push Pull Championships, Laughlin, Nevada, (meet capped at 400 lifters), Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

6-7 DEC, APF Southern States (Daytona, 386-252-8193 or

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, 814-765-3214, al@pikitup.com
7 DEC, SLP Northern Illinois Open BP/DL

Championships (Mechesney Park, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 217-253-5429 61953 www.sonlightpower.com, sonlight@netcare-

(Riviera Hotel, Las Vegas, NV) Gus Rethwisch, 503-762-5066

13 DEC. NASA Missouri Regional Carthage, MO, NASA, PO Box 735, Noble,

OK. 73068, www.nasa-sports.com
13 DEC, ISA Presents Superman of the Century, Superman, Powerlifting, perman 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.virginiausanl.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-

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 9-14 DEC, WABDL Drug Tested Worlds previous entries.

MEET DIRECTORS... there are HUNDREDS of meets for readers of PLUSA to choose from each month. Put a display ad in POWERLIFT-ING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We even do the typesetting for you -FREE!!

SLP WISCONSIN STATE FAIR BP/DL 10 AUG 02 - West Allis, WI

RENCH PRESS

BENCH PRESS		master men 40-4-	4
junior women		198 G. Eigenberger	500
Amanda Doman		220	
master women 70	1-74	Chris Tibbals 308	480
Dottie Holzgrafe	90*	David Meservey	550*
open women 165		master men 40-44	1
Patricia Schutte	150*		355*
teenage men 13-1	15	G. Eigenberger	300
148 Ben Coenen G. McCormick	170 160	220 Steve Korff	380
teenage men 16-1		308	300
132	195	David Meservey	385
Casey Staat 165	193	master men 45-49	,
Pete Nees	225	Randy Hudzinski	270
Erik Naselius Malt Montonati	215 190	220 Bob Vivier	405
Alex Lang	155		310
198 Matt Schiff	250*	shw Jerr Watt	520*
242		master men 50-54	
Bob Diehn	265	198	
shw Eddie Saenz	375*	Jim Verhagen Dave Mickelson	270
Santiago Garza	365	master men 55 -	
teenage men 18-1 123	9	148 Richard Luckman	220*
Keith Koch	130	181	230
165		Ron Etkendier	350*
Brandon Mathew 181	s250*	master men 70-74	
Ed Simonic	235	Peter Jensen	215
242	315*	police & fire/	
Jason Raupp j unior men	315	submaster men 220	
148		George Larson	345*
Jeremy Hemmrich 181	1285	police & fire/ master men 45-49	
Mike Strom	400*	198	
198	220	Steve Kaminski	400*
Jeff Zastrow 220	320	Barty Borchert police & fire/oper	380
Aaron Mickelson	440*	165	
242 Malt Pagel	455*	Shane Stange 242	245
308		David Walker	510*
Dave Berglund	375*	open men	
submaster men 165		148 Jason Reeves	325
	2201		
Al Knapinski	330*	165	
220		Bret Funk	380*
	425* 405		380* 330 315
John Ricchio Luke Stem Tony Bauer	425* 405 315	Bret Funk Al Knapinski D. Constantineau 181	330 315
John Ricchio Luke Stem	425* 405	Bret Funk Al Knapinski D. Constantineau	330
John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Ieenage women 1	425* 405 315 300	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud	330 315 500* 490 355
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181	425* 405 315 300 8-19	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas	330 315 500* 490 355 355
John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women	425* 405 315 300	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220	330 315 500* 490 355
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123	425* 405 315 300 8-19 325*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar	330 315 500* 490 355 355 250 435
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman	425* 405 315 300 8-19 325*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220	330 315 500* 490 355 355 250
John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132	425* 405 315 300 8-19 325* 275*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker	330 315 500* 490 355 355 250 435 400 510
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Ieenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe	425* 405 315 300 8-19 325* 275*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons	330 315 500* 490 355 355 250 435 400 510
John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132	425* 405 315 300 8-19 325* 275*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308	330 315 500* 490 355 355 250 435 400 510
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Ieenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee	425* 405 315 300 8-19 325* 275* -74	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw	330 315 500* 490 355 355 250 435 400 510 500
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123	425* 405 315 300 8-19 325* 275* -74 125*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt	330 315 500* 490 355 355 250 435 400 510 500 385 520*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165	425* 405 315 300 8-19 325* 275* -74 125* 105 185*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49	330 315 500* 490 355 355 250 435 400 510 500 385 520*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165	425* 405 315 300 8-19 325* 275* 125* 105 185* 275*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 165 165	330 315 500* 490 355 355 250 435 400 510 500 385 520*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walleman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132	425* 405 315 300 8-19 325* 275* 125* 105 185* 275*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181	330 315 500* 490 355 355 250 435 400 510 500 385 520*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Palricia Schutte teenage men 13-1 132 J. J. Watt	425* 405 315 300 8-19 325* 275* 105 185* 275* 275* 275*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 Bavid Anderson	330 315 500* 490 355 355 250 435 400 510 500 385 520*
John Ricchio Luke Stem Jony Bauer Mark Hinston DEADLIFT Ieenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Palricia Schutte teenage men 13-1 132 J. J. Watt Ieenage men 16-1	425* 405 315 300 8-19 325* 275* 105 185* 275* 275* 275*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da. Constantineau 181 David Anderson	330 315 500* 490 355 355 250 435 400 510 500 385 520* 625* 460 530*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Palricia Schutte teenage men 13-1 132 J. J. Watt teenage men 16-1 148 Steve Mikulecky	425* 405 315 300 8-19 325* 275* 105 185* 275* 5	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski	330 315 500* 490 355 355 250 435 400 510 500 385 520* 625* 460 530*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt teenage men 16-1 148 Steve Mikulecky David Labrie	425* 405 315 300 8-19 325* 275* 105 185* 275* 7 415 400	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220	330 315 500* 490 355 355 250 435 400 510 500 385 520* 625* 460 530*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Palricia Schutte teenage men 13-1 132 J. J. Watt teenage men 16-1 148 Steve Mikulecky	425* 405 315 300 8-19 325* 125* 105 185* 275* 5 225* 7 415 400	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier	330 315 500* 490 355 355 250 435 400 510 500 385 520* 625* 460 530*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottic Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt Icenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242	425* 405 315 300 8-19 325* 125* 105 185* 275* 7 415 400 450*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Wivier Stuart Coogan mäster men 50-54	330 315 500* 490 355 355 250 435 400 510 500 385 520* 625* 460 530* 600 450
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Ieenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Doltie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt Ieenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn	425* 405 315 300 8-19 325* 125* 105 185* 275* 5 225* 7 415 400 450* 415	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Bob Vivier Stuart Coogan master men 50-54 181	330 315 500* 490 355 355 250 435 400 510 500 385 520* 625* 460 450 550 540
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt leenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch	425* 405 315 300 8-19 325* 125* 105 185* 275* 275* 415 400 445* 415	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59	330 315 500* 490 355 355 250 435 400 500 385 520* 625* 460 530* 6450 450 450
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt teenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch 165	425* 405 315 3300 8-19 325* 74 125* 105 185* 275* 5 225* 7 415 400 450* 415 9 245	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148	330 315 500* 490 355 355 250 435 440 500 385 520* 625* 460 450 540 450
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt leenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch	425* 405 315 3300 8-19 325* 74 125* 105 185* 275* 5 225* 7 415 400 450* 415 9 245	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59	330 315 500* 490 355 355 250 435 440 500 385 520* 625* 460 450 540 450
John Ricchio Luke Stem Jony Bauer Aark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Jaren Lee 123 Elishb Oliver 165 Palricia Schutte teenage men 13-1 132 J. J. Watt teenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic	425* 405 315 300 8-19 325* 125* 105 185* 275* 415 400 450* 415 9 245 400* 430*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Wivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton	330 315 500* 490 355 355 355 250 435 4400 500 385 520* 625* 460 530* 450 450 450 4450 4450 4450
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottic Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte Icenage men 13-1 132 J. J. Watt Icenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn Icenage men 18-1 Keith Koch 165 Brad Mathews 181 Brad Mathews 181 Brad Mathews 181 Ed Simonic 220	425* 405 315 300 8-19 325* 125* 105 185* 275* 5 105 185* 275* 410 450* 440* 440* 440* 440* 440*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da. Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton Bob Morton Bob Morton master men 60-64	330 315 500* 490 355 355 355 250 435 4400 500 385 520* 625* 460 530* 450 450 450 4450 4450 4450
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT teenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Pafricia Schutte teenage men 13-1 132 J. J. Watt teenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men	425* 405 315 300 8-19 325* 125* 105 185* 275* 5 415 400 450* 415 9 245 440* 430* 585*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton master men 60-64	330 315 500* 490 355 355 355 250 435 4400 500 385 520* 625* 460 450 450 450 450 440 450 460* 460* 460* 460* 460* 460* 460* 460
220 John Ricchio Luke Stem Tony Bauer Aark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte Icenage men 13-1 132 J. J. Watt Icenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn Icenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men	425* 405 315 300 8-19 325* 125* 105 185* 275* 55 225* 7 415 9 245 400* 430* 430* 585*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Bob Morton master men 60-64 181 Jim Sodolski master men 60-64	330 315 500* 490 355 355 355 250 435 4400 500 385 520* 625* 460 450 450 450 450 440 450 460* 460* 460* 460* 460* 460* 460* 460
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottic Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte Icenage men 13-1 132 J. J. Watt Icenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn Icenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men 148 Iceremy Hemmrich 198	425* 405 315 300 8-19 325* 125* 105 185* 275* 105 185* 275* 416 400 450* 430* 430* 430* 430* 430*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodolski master men 66-69 148 Richard Lee Richard Lee	330 315 500* 490 355 355 250 435 4400 510 500 385 520* 625* 6460 450 450 4450 4450 4405 195*
Jean Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt Icenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn Icenage men 18-1 Keilh Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men 1448 Jeremy Hemmrich 1148 Jeremy Hemmrich 1148 Max Lucchetta	425* 405 315 300 8-19 325* 125* 105 185* 275* 5 225* 7 415 400* 430* 585* 390* 605*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodolski master men 60-64 181 Jim Sodolski master men 60-64 181 Jim Sodolski master men 65-69 148 Richard Lee master men 70-74	330 315 500* 490 355 355 250 435 4400 510 500 385 520* 625* 6460 450 450 4450 4450 4405 195*
John Ricchio Luke Stem Jony Bauer Mark Hinston DEADLIFT Iteenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 167 Jaren Lee 123 Elishb Oliver 165 Palricia Schutte teenage men 13-1 132 J. J. Watt Iteenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 J. J. Watt Iteenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men 148 Jeremy Hemmrich 198 Max Lucchetta Jeff Zastrow Max Lucchetta Jeff Zastrow	425* 405 315 300 8-19 325* 125* 105 185* 275* 415 400 450* 440* 430* 585*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Wivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodolski master men 65-69 148 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodolski master men 65-69 148 Richard Luckman 210 Robert Morton Robert Marter R	330 315 500* 490 355 355 355 250 435 4400 510 500 385 520* 625* 460 450 450 450 450 450 450 450 450 450 45
Jean Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Iteenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 77 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt Iteenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men 1448 Jeremy Hemmrich 198 Max Lucchetta Jeff Zastrow 242 Maxt Lucchetta Jeff Zastrow 242 Matt Pagel	425* 405 315 300 8-19 325* 105 185* 275* 105 185* 225* 7 415 400 450* 430* 585* 390* 605* 460 715*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodoiski master men 60-64 181 Jim Sodoiski master men 60-67 148 Richard Luckman 220 Rob Morton master men 60-64 181 Jim Sodoiski master men 60-64 181 Jim Sodoiski master men 60-64 181 Jim Sodoiski master men 60-64 181 Peter Jensen Peter Jensen open men	330 315 500* 490 355 355 250 435 4400 510 500 385 520* 625* 6460 450 450 4450 4450 4405 195*
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt teenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men 148 Max Lucchetta Jeff Zastrow 242 Matt Pagel Luke Peters	425* 405 315 300 8-19 325* 125* 105 185* 275* 5 225* 7 440 440 440 430* 585* 400* 430* 585*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Iviter Stuart Coogan master men 55-59 1481 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodolski master men 60-64 181 Jim Sodolski master men 65-69 148 Richard Lee master men 65-69 148 Richard Lee master men 70-74	330 315 500* 4490 355 355 250 435 4400 510 500 385 520* 625* 6460 450 450 450 450 450 450 450 45
Jean Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Iteenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 77 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt Iteenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men 1448 Jeremy Hemmrich 198 Max Lucchetta Jeff Zastrow 242 Maxt Lucchetta Jeff Zastrow 242 Matt Pagel	425* 405 315 300 8-19 325* 105 185* 275* 105 185* 225* 7 415 400 450* 430* 585* 390* 605* 460 715* 465 550*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 Jawes Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Bob Vivier Stuart Coogan master men 50-54 181 Tom Schetter master men 55-59 148 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodolski master men 60-64 181 Jim Sodolski master men 65-69 148 Richard Lee master men 65-69 148 Richard Lee master men 67-69 148 Richard Lee master men 67-69 148 Richard Lee master men 67-69 148 Richard Lee master men 70-74 198 Peter Jensen open men 105 Josh Robbins 165	330 315 500* 490 355 355 250 435 4400 510 500 385 520* 625* 460 450 4450 4450 4450 4460* 405 195* 215
220 John Ricchio Luke Stem Tony Bauer Mark Hinston DEADLIFT Icenage women 1 181 Erin Walteman junior women 123 Amanda Doman master women 70 132 Dottie Holzgrafe open women 97 Taren Lee 123 Elishb Oliver 165 Patricia Schutte teenage men 13-1 132 J. J. Watt leenage men 16-1 148 Steve Mikulecky David Labrie 198 Matt Schiff 242 Bob Diehn teenage men 18-1 Keith Koch 165 Brad Mathews 181 Ed Simonic 220 Brendon Luedtke junior men 148 Jeremy Hemmrich 198 Max Lucchetta Jeff Zastrow 242 Matt Pagel Luke Peters 308	425* 405 315 300 8-19 325* 125* 105 185* 275* 5 225* 7 450 450* 440* 430*	Bret Funk Al Knapinski D. Constantineau 181 Lance Kirchner Scott Keman Jaime Poventud Jesse Ocanas Chris Rzany 220 James Widmar Tom Wilson 242 David Walker Resheik Simmons 308 David Meservey shw Jerr Watt master men 45-49 165 Miguel Castro Da.Constantineau 181 David Anderson 198 Charles Williams Randy Hudzinski 220 Bob Iviter Stuart Coogan master men 55-59 1481 Tom Schetter master men 55-59 1481 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodolski master men 60-64 181 Jim Sodolski master men 60-64 181 Jim Sodolski master men 60-69 148 Richard Luckman 220 Bob Morton master men 60-64 181 Jim Sodolski master men 60-69 148 Richard Lee master men 70-74 198 Peter Jensen open men 105 Josh Robbins 165 Luis Hemandez	330 315 500* 490 355 355 250 435 4400 510 500 385 520* 625* 460 450 4450 4450 4450 4460* 405 195* 215

580\* 181

Eric Anderson	580*	John Sowinski	660
Derron Bohne	580*	4th	700*
John Shields	540	Lowell Beede	570
John Macanelli	510	242	
Chris Rzany	425	<b>Resheik Simmons</b>	660
198		Matt Gunville	560
Max Lucchetta	605*	275	
Charles Williams	600	John Buginski	660
220		Pete Robbins	620
Ryan Stills	680	308	
4th	700*	David Meservey	550*
man-woman			
123			
Richard Lee/Tares	n Lee	205*	
181			
Ryan Stills/Erin W	/altern	nan 800*2-m	an
J. Maccanelli/Ras	heik Si	mmons 1000*	
<b>BENCH: Best lifte</b>	r - ligh	tweight - Lance Kir	chner
heavy weight-Day	id Wal	ker DEADLIET Res	Hifte

lightweight - MIQUEL CASTRO heavyweight MATT PAGEL\* Son Light Power Wisconsin State record. The 2002 Son Light Power Wisconsin State Fair Bench Press/Deadlift Championships were held August 10 at the Expo Center on the fair-grounds. With one hundred and twenty-one en-tries, this may have been the biggest state fair competition ever held anywhere. Thanks so much to the Special Events personal for providing a great air conditioned stage facility which provided ample seating for the more than five hundred steady spectators. Afterwards, the sound manager informed us that over one hundred thousand people had filed through the Expo Center on that day, with most stopping by our event! Wow! In the bench press event state record holder Amanda Doman broke the current record at junior 123, finishing with 110. Dottie Holzgrafe, lifting in her first competition at the age of seventy-two, finished with a state record 90 for the 132 class. Patricia Schutte also -set a new state record with her 150 bench in the open 165 class. In the teenage 13-15/ 148 class Ben Coenen won over Garrett McCormick 170 to 160. Both missed their final attempts. At 16 17 it was Casey Staat for the win at 132, finishing with a new state record of 195, At 165 it was Pete Nees with 225 for the win. Erik Naselius was second with 215, after missing his final attempt with 230. Matt Montonati was third with 190, followed by Alex Lang with 155. Matt Schiff broke the state record at 198 with his final attempt of 250. Bob Diehn also got a new state record with his win at 242, finishing with 265. Then at shw it was a battle between current state record holder Eddie



ended with a state record 375. Al Knapinski broke I simonic did the same at 181 with 430. The biggest John Ricchio did the same at 220 with 330 while John Ricchio did the same at 220 with 405. Tony Bauer was second at 220 with 405. Tony Bauer was strird with 315 followed by Mark Hinkston in fourth at 300. In the master men 40-44 record 390 pull. Mad Max Lucchetta broke the division jersonal and state record 355. Gerald With a personal and state record 355. Gerald Vision personal Al 108 with a strong 605 pull while Jeff Vision personal Al 108 with 300. The biggest tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also to tors and people at Special Events. Thanks also

won at 308 with 385. Randy Hudzinski successfully attempt. This was also a new Wisconsin state defended his crown at 45-49/198 with 270. Bob record for the junior 242 class. Luke Peters was Vivier won at 45-49/220 with 405, taking that title over Robert Cooper, who finished with a respect-state record at 1242 with 465. Dave Berglund set the over Robert Cooper, who finished with a respect-state record at junior 308 with 550. In the submas-able 310. Big Jerr Watt broke his own state record at the division Eric Anderson broke the state record at the cooper of the property of the proper able 310. Big Jerr Watt broke his own state record at 45-49/shw with a great 520 bench, Jim Verhagen took the master 50-54/198 title with his opener of 270. Dave Mickelson was second with 250. Richard Luckman, a great national champion from the past, won at 55-59/148 with a new state record of 230. Ron Elkendier also set a new state record, Jifting in the 181 class and finishing with 350. Our oldest competitor was state record holder at master 70-74/198, Peter Jensen. Peter won his class with 215, downfrom his 270 prof last year. George Larson won again at police & fire/submaster, this



Best Lifters-Lance Kirchner, Ryan Stills, Miguel Castro (Photo-Latch)

Best Lifters-Lance Kirchner, Ryan Stills, Miguel Castro (Photo-Latch)

Best Lifters-Lance Kirchner, Ryan Stills, Miguel Castro (Photo-Latch)

battle between current state record holder Eddie it was Eddie with the win and a new state record of 375 over Santiago's 365. Keith Koch tied his own state record at 18-19/123 with 130 and the win there. Brandon Malhews set the state record at 18-19/123 with 130 and the win there. Brandon Malhews set the state record at 18-19/165 with 250 while Edditinonic won at 181 with 235. Another state record fell at 18-19/242 as Jason Raupp won that class with 315. Jersem Henimrich won again at junior/148 with 285, while Mike Strom broke his own state record at 181 with his first ever 400! Congratulations, Mike! Jeff Zastrow won at Junior/ 198 with 320 while Aaron Mickelson set the state record at 120 with a personal best 440. The heaviest lift in the junior division came from 242 winner Malt Pagel, who finished with a state record 455. Our final junior Missed with a 155 bws. Lance Kirrchner won at 181 with a great 500! At a state record at 60-64/181 with each new 335. Also with 355 was Jesse Ocanas for fourth, followed by Chris Rzany in fifth with 250. Jim Wilmar won at 220 with a personal best 440. Best lifter David Walker claimed his second tille of the day at 242 with 510 while Resheik Simmons finished second with 510. Arise Record at 165 with 245. At 181 with 250. Jim Wilmar won at 220 with a personal best 443. The wilmar won at 220 with a personal best 445. At 181 with 450 will a strong 355 pull. In the open division latempt! Scott Keman was second at 198 with 450 while glot a strong 460. At 181 it was a close one with 510 while case of the day at 242 with 510 while polion Eric's 181 gave with 510 while polion Maccanelli finished fourth with 520. Link each of the day at 240 with a personal best and state record at 198 between Maccanelli finished fourth with 520. Link each of the day at 240 with a personal best and state record at 198 between Maccanelli finished fourth with 520 In the deadlift competition Erin Walterman set the record at teenage women 18-19/148 with a great final pull of 325. Amanda Doman won her second title of the day along with settling her second state record of the day along with settling her second state record of the day along with settling her second state record of the day at junior 123 with 275. Up near the word of 500, Charles placed second behind bottle Holzgrafe. Dottle claimed her double with Dottle Holzgrafe. Dottle claimed her double with a state record 125 pull. In the open women's division ten year old Taren Lee won at 97 with 105. Elisb Oliver won at 123 with a solid 185 state record while Patricia Schutte set the state record at 165 with 275. J. J. Walt pulled a state record 225 for the win at leenage men 13-15/132, in the 16-17 get a page ab 16 660 pull at 275 for the win while Pete Robbins the win at teenage men 13-15/132. In the 16-17 age division Steve Mikulecky got the win and a new finished second with 620. At 308 David Meservey state record at 148 with his 415 second stater tector dat 148 with his 415 second state record of the day with his over David Labrie, who finished with 400. Matt Schiff pulled a state record 450 for the win at 198 pulled in the state record 4150 final attempt. Keith Koch continues to dominate the 18-19/123 class with another win dominate the 18-19/123 class with another win dominate the 18-19/123 class with another win state record 375. Al Knapinski broke conded with a state record 375. Al Knapinski broke state record at 165 with 400 as Ed simonic did the same at 181 with 430. Then at 220 in the 2-man pull John Maccanelli and Resheik Simonos set the state record with 400. Matt school with Rinship with 550. In the man-woman school win, Ininshing with 550. In the man-woman school production in the property of the wind at 198 pull Richard Lee and his ten year old granddaughter traren set the state record at 181 with 400. Then at 220 in the 2-man pull John Maccanelli and Resheik Simonos set the state record with 400 as Ed 1000. Thanks again to all the competitors, spectations and people at Special Events. Thanks also to row and people at Special Events. Thanks also Eigenberger was second at 198 with 300. Steve Korff won at 220 with 380 while David Meservey weight of the competition with his great 715 final (Thanks to Dr. Darrell Latch for these meet results.)

ANPPC Nat				hips	
26 OC	T 02		,		man dilibit.
BENCH PRESS submaster men			IFT men 65	-69	
181 Wade Phillips 220	410*	John Bi		440*	
Robert Gray 4th	335 350	275 Chris C	holston	520*	
master men 40-44 shw		open m 181			· 中国国际 1
Fred Sorg master men 45-49 181	400	Wade I		415 410	
Tyrone Carson master men 55-59	240	Robert 4th	Gray	335 350	1 11 . 4
308 Butch Adams	405	Jason U shw	Inderwo	ood 430*	
open women	SQ	Fred Sc BP	DL	TOT	
148 Lisa Haenke	250	150	250	650	A CHIP
4th teenage men 198	300			700	1 4
Brett Ziebarth 4th	550	345	510 530	1405 1425	
submaster men 181				78.	
Wade Philips 220	585	410*	470	1465	
Robert Gray 4th	350	335 350	350	1035	1 1
master men 40-44		2001		1515*	A
Manuel Rivera shw	600*	390*	525		ANIBBC Best Life on Cl
Fred Sorg master men 45-49 220	665	400	560	1625	ANPPC Best Lifters - Cl
Bernie Ferro master men 50-54 shw	705*	395	650	1750	ing national record in the squat finishing with 705. A little down Bernie could only manage his ope
John Magee master men 55-59	700	470	500	1670	did, however, finish with a 650 pul second biggest total of the meet opened with 700 in the squat b
Butch Adams police & fire	405*	405	460*	1270*	cramp with 820 and backing out. 470 in the bench was easy but 510
165 Anton White	325*	350*	375*	1050*	twice. John finished with his ope 500 for a 1670 total and the title
4th 242	350*		400*	1100*	Butch Adams had been having pro shoulder but decided to do the full
Tommy Harrison 4th	675* 700*	520*	585	1780* 1805*	moment, then proceeded to set thr records at 55-59/308. Butch got h squat (405), deadlift (460) and total
open men 165					with his bench of 405 Butch won
Jason Bever 4th 181	450 475	320	465 1245	1235	title for that class. In the police & saw almost every record fall in represented. At 165 Anton Wh
Wade Phillips	585	410	470	1465	records with a 325 squat, 350 be deadlift for a 1050 total. Anton
Louie Rein 181	465	350	500	1315	successful fourth attempts in the deadlift (400) to give him a 110
					Buchably the most improved lifter

410 990 **Rob Mann** 225 350 1035 700 470 1670 500 Fred Sorg 665 400 560 1625
Best Lifter Bench Press - Chris Gholston. \* ANPPC national record. Best Lifter - BERNIE FERRO. The ANPPC National Powerlifting Championships were held October 26, 2002 at Son Light Power Gym in held October 26, 2002 at son Light Power Cym in Tuscola, Illinois. Another great turnout and an-other great competition! In the powerlifting event first time lifter Lisa Haenke had a great day, taking the open tille at 148. Lisa finished with a 250 squat then came back with a 300 fourth attempt, which was also a personal best. She followed that with a 150 bench and a 250 deadlift for a great 650(700) total Brett Ziebarth missed his second attemp squat with 550, but came back to get it on his third, then nailed a 345 bench. Finishing with a 510 deadlift, Brett came back with 530 for a 1405(1425) total and the title at 18-19/198. Wade Phillips had sort of an off day, finishing with a 585 squat, after missing his third with a personal best 620. Making just his opening bench with 410 (which was still a national record for the submaster/181 class), Wade also pulled 470 for a 1465 total. Robert Gray won at submaster 220, lifting conservatively with a 350 squat, 335(350) bench, and a 350 deadlift for a 1035(1050) total. Robert has been struggling with a neck injury for some time now and is scheduled for surgery soon. We wish him a speedy recovery and hope to see him back on the platform soon. Manuel Rivera retained his title at 40-44/181 setting a new national record in the bench with his 390 final attempt. Manuel also squated 600 and total and the title at 18-19/198, Wade Phillips had 390 final attempt. Manuel also squated 600 and pulled 525 for a great 1515 total. Big Fred Sorg putied 523 for a great 1515 total. Big Fred Sorg won at 40-44/shw with an easy 665 squat, followed by a 400 bench and a 560 pull for a 1625 total. Fred has been plagued with a knee injury and was hesitant to go any heavier, even though his squats looked easy. Bernie Ferro had a good day, taking

the 45-49/220 class again. Bernie broke his exist



hris Gholston (BP) & Bernie Ferro (DL) (Latch)

back with a great 700 personal best. Another great with in the bench, bener of 395. He will, giving him the eet. John Magee before getting a wit. His opener of 165. Jason got new prs with fourth attempts in the open division it was Jason Bever for the win at 165. Jason got new prs with fourth attempts in the squat (450) and deadlift (475). Along with his 200 pening deadlift of itle at 50-54/shw.

In the opener of 165. Jason got new prs with fourth attempts in the squat (450) and deadlift (475). Along with his 200 pening deadlift of itle at 50-54/shw.

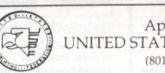
In the opener of 165. Jason got new prs with fourth attempts in the squat (450) and deadlift (475). Along with his 200 pening deadlift of itle at 50-54/shw.

It is opener of 165. Jason got new prs with fourth attempts in the squat (450) and deadlift (475). Along with his with a 1315 total. Louie fine with a 165 total. Louie finished with a personal best 465 squat, 350 bench and a 500 pull or the day. Lifting in his first meet, between the pening squat of 340, but came back with a 240 bench and a solid 410 deadlift for a 990 total. Robert Gray took his second title of the day with his with his bench of 405 Butch won his first national title for that class. In the police & fire division we saw almost every record fall in the two classes represented. At 165 Anton White set all new records with a 325 squat, 350 bench and a 375 deadlift for a 1050 total. Anton came back with successful fourth attempts in the squat (350) and deadlift (400) to give him a 1100 record total. Probably the most improved lifter of the meet was Tommy Harrison, who won at 242. Tommy set the national record in the squat with 675, then came

per of 400. Tyrone Carson won his first ANPPC national title at 45-49/181, finishing with 240 Butch Adams won at 55-59/308 with 405 while Chris Gholston got the biggest bench of the day at police & fire/275. Chris finished with a national record 520, winning also the best lifter award for the bench competition. In the open division, Jason Carson won the 181 class with a solid 415 over Carson won the 181 class with a solid 415 over Wade Phillips. Robert Gray won his second national bench title of the day at 220. Jason Underwood only got in his opener of 430 but that was good enough for the title at 308 and a new national record there. At shw it was Fred Sorg once again. We had one lifter in the open deadlift competition, sixty-six year old John Bressner. Taking the title at 65-69/181 John also set a new statement was the set of the statement with 440 opensal best Carst ing the title at 63-69/101 John also set a new national record with his 440 personal best. Great job, John! Thanks to everyone who helped out. See you all again next year! (Dr. Darrell Latch - results.)

### **APA Southeast Regional Champs** 27 JUL 02 - Montgomery, AL Wainwright, C. 310

	Brown, Kevin Stammer, Lance	415	VanHoo Master		450
	Open 275	240	Wainwr		310
	Brown, Kevin	415			
	PL - Junior	SQ	BP	DL	TOT
	Avery, Shawn Master 40-49	500	305	570	1375
	Wainwright, C.	425	310	430	1165
	Lewis, Dewayne Men Open	325	190	275	790
	181				
	Finlayson, Jeff	405	285	430	1120
	Walker, Dusty	550	370	460	1380
at of	Avery, Shawn 220	500	305	570	1375
15	Beald, Tom	625	430	625	1680
In at	Flower, James 242	510	365	425	1300
ne.	Watson, Pat	630	460	610	1700
15	Eastham, Barrett 275	660	450	550	1660
ne ie	Wainwright, C. 308	425	310	430	1165
ie	Savage, Chris SHW	580	400	600	1580
t, ly	Endress, Robert Submaster 33-39				
al.	Beald, Tom	625	430	625	1680
is	Flowers, James	510	365	425	1300
at er	Underwood, R. Women	400			
st	Open	100		DJ 155	4
ch	Endress, Sharon	305		310	780
ne	Lindsay, Nicolle	185	105	210	500
th	Women Teenage		105	210	500
er	Lindsay, Nicolle	185		210 Poold I	
is ois	Best Lifter (powe (BP)-Tracey Van	Hoorr	ne. (Resul	ts by Sco	ott Taylo



# Application for Registration UNITED STATES POWERLIFTING FEDERATION

Last Name		RESERVE TO	First	Name		DX.		Iruti		Renewal Y N	Cut	rent Card # (If	Kenewal
Street Address			1		- 2	32					Ch	ab Name	
City			a v	I I	Sta	te			Zıp		Are	ea Code/Telepi	hone
Current USPF Classification	n IV	Reteree Status	Cat 2	Nat	State	Curren		School	Special	Olympian	J	Inmate	N
Current Collegiate		Citizen N	Date o		,	1	Sex M	F	Toda	iv s Date		Card Issued	Ву

Registration Fee \$25.00 Make checks payable to and Mail to: UNITED STATES POWERLIFTING FEDERATION NATIONAL HEADQUARTERS P.O. Box 650 Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment, and inmates when paid with astitution check. All USPF sanctioned meets will be subject to drug

In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial \_

Eric Anderson

# From the Originator of the Bench Shirt

# presents:

# The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty

- \* extended power support range
- \* new arm lock design
- \* extra tricep support
- \* extra reinforced construction
- \* guaranteed more results than any other shirt
- \* recommended for experienced powerlifters only

Improved Heavy Duty

- \* tight tough fit
- \* strong support off chest
- extra comfort built in
- great immediate results

Heavy Duty Blast Shirt \$58

relaxed measurements of shoulders

colors - Black, Red, Navy Blue, Royal Blue MC VISA DVR COD CHECK add \$6.00 S&H

High Performance Heavy Duty \$77

Extra High Performance Heavy Duty \$100

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview,

Texas 75606, 1-800-222-6897, 903-236-4012

-	extra extended power support range
	new arm lock design
*	more tricep support

Extra High Performance Heavy Duty

- \* extra reinforced construction
- \* guaranteed more support and power than anything ever available before now An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHD & EHPHD, the secret experimental technology that assisted:

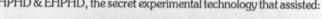


The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



.. and now assisting Anthony Clark, who has benched 700. 725, 735, 738, 746, 750, 770, 775 in his guest for 800.

Top Secret and Experimental until now! Now Available to YOU







More Items Available from



903-236-4012	
Inzer Advance Designs T-shirts — 2 color logo Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White S, M, L, XL, XXL, XXXL, XXXXL	<sup>\$</sup> 8.00
Tank Tops — 2 color logo	\$10.00
Wrestling Singlets — Black, Navy Blue, Royal Blue, Red S, M, L., XL, XXL	\$28.00
Wrestling Singlets with full 2 color Inzer Advance Designs logo	\$33.00
Wrist Wraps — full length with velcro and thumb loop	\$9.95
Wrist Wraps — heavy duty, full length with velcro and thumb loop	\$17.00
COMPETITION BELTS Lever Belts	The survivage of the control of the
Both styles: lifetime guarantee, suede on both sides, patented lever action buck tighter than any other belt, tightens or releases in less than 1 second, hi-tech available in any color (s), made in U.S.A.	design and appearance,
10 cm x 13 mm • 6 rows of stitching	\$68.00
10 cm x approximately 10 mm • 4 rows of stitching	\$58.00
是一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个一个	

# **Buckle Belts**

1 - 2 oz. block ...... \$2.00

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller

Chalk —	The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.0
<ul> <li>suede on both sides</li> <li>suede on both sides</li> <li>6</li> </ul>	4 rows of stitching • heavy duty rivets • any color • made in USA \$58.0 rows of stitching • double prong • Black, Navy Blue or Red • good quality \$29.0
<ul> <li>single or double pron</li> </ul>	g • any color • made in USA • lifetime guarantee

Suit Slippers — makes putting on tight suits easier.	M, L	\$19.95
		. \$5.00

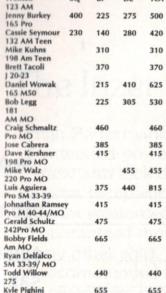
### T-SHIRTS

(limited at	
Inzer Intensity - multi-color deadlift design	\$10.00
OFFICIAL MEET T-SHIRTS	Minute and controlled and controlled the controlled
Baddest Bench in America - multi-color design	\$10.00

## Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00 **VIDEOS**

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

### IPA Nazareth Barbell BP/DL Bash 26 OCT 02 - Nazareth, PA TOT 400 225 275 500 enny Burkey 165 Pro Cassie Seymo 132 AM Teen Mike Kuhns 310 310



425

720 655

525

435

430 415

640

440

365 475

225 305 530

640

425

655

525

435

415

640

440

290

475

725 725

Am SM 33-39

Brian Riley

rian Ernst

Dave Barno

Wayne Aman

Am MO

Pro Mo

Pro MO

Am MO

SM33-39

Brian Riley

M40-44

Mike Dutt

**Gerald Schultz** 

M 50-54 Am

Bob Legg Am M55-59 Pro

Pro Todd Willow

Am Matthew Guthrie

Bill Brauner

Stephen Hartlaub

James Howell Johnathan Ramse



Mike Miller (left) along side Joel Toranzo and his two month old son Michael Joel at the IPA Nazareth BP/DL (Photo thanks to J. Toranzo)

Robert O'Brien		340	450	790	Jacob Smith	255	175	310	740	
Police/ Fire					Robert Fonville	245	140	300	685	
M 50-54/Pol/ O	Am				M. Simmons	225	145	240	610	
Bob Legg		225	305	530	Lloyd Nelson	170	145	245	560	
<b>Best Lifter Award</b>	s: Best	Bench -	loel Tora	anzo - 720	148					
Bench. Best Dead	dlift - D	ave Bar	no - 725	Deadlift.	Israel Huante	350	240	425	1015	
Best Bench/Dead	Hift - Ja	mes Ho	well - 1	005 com-	<b>Thomas Matthew</b>	315	190	425	930	
bined total. Awar					<b>Garrett Burkhart</b>	310	205	395	910	
Kershner - 1st	Bench	MO 18	31 Pro.	Jonathan	Nick Tensley	300	185	420	905	
Ramsey - 2nd Be					J.C. Sanders	270	195	325	790	
33-39 220 Pro. (T	hanks t	o Mike	Miller fo	or results.)	Justin Johnson	260	175	350	785	
					Clay Matthews	255	145	315	715	
					Sage Pruett	175	150	235	560	
AAU Arkan	sas O	nen/	High S	chool	<b>Bradley Trantham</b>	150	133	255	538	
					Scott Terrell	135	135	235	505	
27 API					165					
Male	SQ	BP	DL	TOT	John Jackson	330	240	355	925	
HIGH SCHOOL					Mitchell Cole	310	225	380	915	
114					Justin Byrd	310	150	395	855	
Jacob Fumeaux	240	210	255	705	Cory Biggs	305	180	330	815	
Trevor L. Taylor	185	150	295	630	<b>Bobby Lepitre</b>	220	200	370	790	
Jamie Robinson	175	105	235	515	Louis Mace	270	185	315	770	
Brad McGriff	155	105	220	480	Justin Cortright	250	130	375	755	
123					Jon Halford	250	140	310	700	
Zach Byerly	270	175	320	765	Mike Johnson	230	165	285	680	
M. Resendez	255	175	325	755	<b>Brandon Strobbe</b>	220	160	280	660	
Ryan Rogers	245	145	280	670	Stuart Thomas	205	145	300	650	
Wesley Phenis	215	155	295	665	Tyler McCarty	225	130	260	615	
D. Dispennefte	170	120	240	530	181					
132					Andy Echlin	475	250	520	1245	
C. Goodman	300	165	355	820	Craig Brandon	335	225	440	1000	

### International Powerlifting Association "Lifting for Lifters"

### Application for Registration

Last Name First		First	Initial	None	Danasal
Last Name		First	mida	New	Renewal
Street Address		Photos	City		
State or Province		Zip Code	William	Country	
Telephone	Date of Birth	Age	Sex	Pro A Elite Am	m
Sign if above answer	rs are correct. Parer	nts sign if under 18 v	vears.	Date	

Adult \$25 ~ High School and Special Olympics \$15 Registration Fee: Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

Dentwone Gipso	n 290	190	405	885	
J.J. Pacheco	250	165	335	750	
198	230	103	333	730	
Charles Hall	365	255	475	1095	
Jake Pruett	320	235	400	955	
Justin Bradley	315	233	380		
				915	
R. Curington	315	185	365	865	
Brian Key	250	185	300	735	
Bryant Rochell 220	245	150	325	720	
John A. Lane	505	255	505	1265	
Jason Jones	440	260	500	1200	
John Rodgers	405	265	425	1095	
Nathan Clifton	335	225	415	975	
Wilson McKnight 242		155	375	745	
<b>Bradley Pillow</b>	425	255	440	1120	
Aaron Madan	380	230	405	1015	
Justin Bass	375	250	380	1005	
Jeremy Shirey	345	200	375	920	
David Key 275	280	190	370	840	
Craig Johnson	465	300	515	1280	
David Farr	450	265	500	1215	
Andrew Owen	400	185	460	1045	
Scott Williams	375	265	375	1015	
M. Hermandez	315	220	400	935	
319				I.a.	
Larry Kitchens	315	215	350	880	
Antoine Nihart	325	210	300	835	
Robert Morrison SHW	290	190	350	830	
Jonathan Vick Female	630	330	580	1540	
123					
Shea Purcell 114	165	95	235	495	
Emily Hartmeier 165	190	115	240	545	
Lauren Smith Male	220	130	250	600	
Open/Master's 198					
Rusty Stopp High School 220		380		380	
Daniel Stidham Open 148		260		260	
Justin Tumey High School 148		245		245	
Anthony Sipes Master's 165		180		180	
Harold Hager 198		195		195	
Leon McLean 220		350		350	
Ken Counts High School 242		290		290	
Jason Stephens Open 319		242		242	
Kris Shinn Master 220		435		435	
Ken Jordan	325	225	400	950	
Master/Bench Lyndle Taylor Female Open 165	365	260	480	1105	
Aiga Porter Male 220	300	165	335	800	
ose Muro	405	235	455	1095	
Submaster 275 Larry Jordan 198	450	430	405	1285	
Kurt Mattison	455	320	475	1250	
Thanks to Larry Ky					

Kendrick Walson 340 185 420 945 Shawn Gilliam 315 170 425 910

# **BCF Columbus Day Meet**

Open Division	SQ	BP	DL	TOT
148				
Mike Garmany	315	305	330	950
165				
Gregory Easter	315	280	420	1015
James Gough	270	240	430	940
Lawrence Young 181	280	225	410	915
Demetrese Grave	s460	355	540	1355
Scott Simmons	370	240	485	1095
Ben Jones	330	300	405	1035
Danny Alexander 220	315	270	405	990
Robert Howard	450	365	490	1305
Michael Hooper	410	355	500	1265
D. Thompson 242	400	280	490	1170
Jeffrey Williams	370	255	440	1065
Super Heavyweigh	ht			
Alphonso Graves	550	410	600	1560
Best Total - Alpho	nso Gr	aves - 1!	560 lbs.	Best Lifter
- Demetrese Gra	ves. A	II comp	etitors	ifted w/o
equipmInet (RAW				
IN DOC guidline				
bench press. Mee				
Craig George.(Tha	inks to	Glenn	Buechlie	en results)

### SLP ILLINOIS STATE BP/DL 02 NOV 02 - Tuscola, IL

STATE OF THE PARTY	. 02	ruscola, it	
BENCH PRESS		181	4702
junior women			470*
114	2221	submaster men	
Jennifer Wallace		220	220
teenage men 18-1	9		320
148		master men 50-54	
Kelly Galster	215	181	
165		Michael Carrent	275
<b>Aaron Armstrong</b>		police & fire	
4th	390*	181	
198		ree not parine	415
Matt Bell	300	220	
Junior men		Robert Hilliard	450°
148		4th	460*
Matt Ruff	320*	open men	
4th	330*	148	-
181		Billy Jeffries	275
Coop Cooper	425	181	
4th	430*		425*
181		198	
Nick Young	425	Stephen Webb	530
DEADLIFT		4th	550
junior women		198	
114		Jeremy Long	320
Jennifer Wallace		junior men	
4th	225*	275	
teenage men 16-1	7	Ryan Stewart	465
123		master men 40-44	
Kellen Craig	330*	198	
4th	345*		520
teenage men 18-1	9	master men 45-49	Land V
165		242	
<b>Aaron Armstrong</b>	445	James Ewing	460



Kellen Craig with 345 @ 16-17/ 123 @ SLP Illinois State (Dr. Latch)

Best Lifter Bench - STEPHEN WEBB. \* Son Light Power Illinois state record. Best Lifter Deadlift - MIKE RAYA. The Son Light Power Illinois State Bench Press/Deadlift Championships were held November 2, 2002 at Son Light Power Cym in Tuscola, Illinois. In the bench press competition Jennifer Wallace dropped down to the 114 class of the junior women's division to break the current state record with 150. This was also a new personal greecord for Jennifer. In the men's 18-19 age group record for Jennifer. In the men's 18-19 age group Kelly Galster was the victor at 148 with 215. This Relly Calster was the victor at 148 with 215. This was Kelly's first competition. At 165 it was Aaron Armstrong with 375, followed by a successful fourth attempt of 390. Another state record for the Truman University Powerdogs! Matt Bell, lifting in his first compatition, you at 100, with a call 200. fourth attempt of 390. Another state record for the Truman University Powerdogs! Matt Bell, lifting in his first competition, won at 198 with a solid 300. In the junior men's division Matt Ruff set two new personal and state records with his 320 third and 330 fourth attempts for the title at 148. Coop Cooper won by bodyweight over Nick Young at 181. Coop went on to break his own state record with a 430 fourth attempt. Nick, a solid 500 bencher at 198, dropped all the way down to 180 for the competition, then naturally had problems with his at 190, dropped an ine way about to 100 to competition, then naturally had problems with his shirt not fitting. Terry Smalley only got in his opener at submaster 220, settling with 320 after 340 failed twice. Richard Carlson also had problems after his opener of 275, missing a pr 290 three times. Lee Roy Banks broke the state record at police & fire 181 with a solid 'raw' bench of 415, while Robert 181 with a solid 'raw' bench of 415, while Robert Hilliard won at 220 with 450 and a 460 fourth. This was a new state record for 'Lance' in the police & fire division. In the open division Billy Jeffries finished with his opener of 275 for the win at 148. Brian Schoenman broke the state record at 181 with three great lifts, finishing with 425. Up next was Stephen Webb, who not only won the open 198 class, but also captured the best lifter award for the day. Stephen vol an r 530 for his second for the day. Stephen got a pr 530 for his secon attempt then came back with a miss at 550 for his third before making that same weight for his fourth

attempt. Jeremy Long was second at 198 with 320. In the deadlift competition lennifer Wallace con-In the deadilit competition Jennifer Wallace con-tinued her winning streak with another state record—Sean Dicataldo in the junior women's 114 class, Jennifer pulled a pr 210 before coming back with a successful fourth of 225. In the 16-17 age group Kellen Craig set a new state record at 123 with his 330 third and 345 fourth attempts. Aaron Armstrong won his second title of the day at 18-19/165, tying his own state title of the day at 18-19/165, tying his own state record there with 445. At 181 it was Nick Jahnke, 220 who also tied the state record in his class with 470. Josh Gotlieb Josh Stewart won the junior men's 275 title with 465 while Mike Raya won at 40-44/198 with his opener of 520. James Ewing retained his title at 45-49/242 with his 460 opener. The best lifter award went to Mike Raya who finished with 520 at a 192 Dave McNight was 180 miles and 1 went to Mike Raya who finished with 520 at a 192 Dave McNigni bodyweight. Thanks to my son Joey and Rob Mann Rob Porter for loading and spotting and to Mary Tewell and my wife Susie for helping with the judging duties. I want to also extend my appreciation to Zac 'Coop' Cooper for all his efforts in organizing and training the Truman University Powerdogs from Missouri. (Thanks to Dr. Darrell Latch for results.)

### USAPI Maine State

27 APR	02 -	PROCESS OF THE PARTY OF	Main	e
BENCH		198	nt.	205
148		James Mc	Phee	205
A. Williams	260		1 7000	
181		Jeremy Ty	ler	215
Louie Morrison	360	Mens Tee 181	n BP 1	6-17
Dave Claroni 220	340	Eric Thiba 220	ult	240
Josh Gotlieb	425			265
Michael Dube	380		BP 18	-19
Galen Moddy	370		120	
Rob Porter		Jeffery Pie	rce	195
Dave McKnight	315			
242	313	Jennifer T		100
Lynn Athearn	410			
Jamie Guay	365			410
Robert Mealey	350			320
275	330	Bill Demp		300
Ben Bruno	470			195
Sam Tyler	420			120
+275	420	Mens Ma		
Albert Stork	440			370
Mens Junior BP	440	Fred Bela		350
Louie Morrison	360			
	240			440
Paul Haney		Mens Pol		
Mens Teen BP 14	15	Dave Clar		340
148		Mens Sub		
Justin Freeman	155			
165		Andrew A		420
Darrick Trask	245			TOT
Women Open 132	SQ		DL	
Lynn Hopkins	210	120	240	570
Shella Sullivan Mens Open 132	260	130	275	665
Richard DelGallo	365	195	380	940
Herman Ho	400	275	405	1080

Ken Leisinger Mark Hufnagel Randy Lang Dale Pearce 225 400 1430 Jason Dalen Master 40-49 Fric Fartin Ken Aragon Dave Claroni 225 340 375 940 Todd Craig 198 Mike Cole 1460 1360 1350 1325 1270 335 575 220 Tim Schepper Michael Reed 300 315 320 500 480 440 525 475 242 Ray Meyers SHW 1110 350 510 Jason Dalen 515 520 450 365 350 480 475 1365 Open Women 114 1275 Masters 40-49 Dan Wiswell Joe Kilduff 565 535 165 330 530 1360 Ken Aragon 275+ Walter Sabine Andrew Miller Jason Pouliot 675 570 570 560 Ray Meyers 485 320 50-59 165 525 530 1410 Steve Nill Mens Junior 560 380 375 385 1430 Ken Leisinger Louie Morriso Chris Lentini Chris Lentini 410
M. Campagnome 410
Paul Haney 230
Men Teen (14-15)
Lustine Freeway 200 300 260 240 1090 1045 855 60+ 165 Jerry Ochs Teen 1 14-15 165 Huberto Garcia 203 Men Teen (14-15)

Justine Freeman 200 155

James McPhee 235 205 300 320 655 760 Chris Benton 187 Michael Benton 154 Buke Schonrocr 181 Mens Teen (16-17) Eric Thibanlt 2 295 280 Teen 2 16-17 Cardyl Trionfante 468 Jason Cilley Men Teen (18-19) Michael Campbell 410 300 James Salabert 360 230 Jeffery Pierce 235 195 450 132 Ricky Fatland 198 126 253 578 Mario Medina 253 165 363 782 Ray Schwedler 110 126 209 446 Rapid city was the site of the 2002 Dakota Open 350 300 940 730 Mens Grandmaste 320 195 300 555 1350 Rapid city was the site of the 2002 Dakota Open Powerlifting & Bench press championship. We had a relatively low turnout of 27 lifters a change from the 50 and 60 lifter turnouts we have had lately but those lifters who showed reaped some nice benefits. All lifters received a free meet t-shirt Crain's Muscle World supplied certificates good for Crain power suits, Inzer Advance Designs supplied t-shirts, wraps, & gift certificates which were also distributed to lifters via drawings. There was free coffee and fruit in the morning and sub sandwiches for lunch for staff and lifters from Albertsons Deli. Don Prokey 475 Richard DelGallo 365 380 480 Bill Dempsey 380 Mens Masters (40-44) 565 335 590 1490 535 300 565 1400 450 350 475 1275 Dan MacLeod Dan Wiswell 535 Fred Belanger 450 Mens Masters (45-49) 135 325 600 John Flaherty Mens Police and Fire 225 340 375 940 for lunch for staff and lifters from Albertsons Deli. Thanks to all the helpers and to all the lifters that did show up. Here is our list of sponsors a big thanks to all of them once again! Boston's Pizza, Crains Muscle World, Play it Again Sports, Albertson's, Hookey Jacks, Corwin, Tucker, Kudnra, Eye Care, The Weight Room, TGI Friday's, Smoothie King, Fitness One, Two Wheeler Dealer, Collision Center, Inzer Advance Designs, Steve Howard Strength & Fitness, Oak Creations (Butch Riggerl), Brenda Howard Painting, Victoria's Carden Fiord, Accurpress America, and Denny's Classic Dinner. (Thanks to Steve Howard for providing the results.) Mens Submasters
Andrew Miller S25 485 570 1580
Joe Kilduff 500 330 530 1360
Best Lifters - Ben Bruno, Josh Gotlieb, Albert Stork.
(Thanks to USAPL for providing these meet results) **USAPL Dakota Open** 09 NOV 02 - Rapid City, SD
Open Men 148 SQ BP DL TOT
J. Chapean 479 286 501 1267

395

248 385

407 363

319

529

Master 50-54

**Greg Hunte** 

Master 60+

lerry Ochs

473

551

534

1168

292

336

292

154 259 137 264 159 319

452 242

Anthony Williams 305 260

# J. Chapean Victor Rodriguez **Membership Application**

# AMERICAN POWERLIFTING FEDERATION



PLEASE PRINT CLEARLY . COMPLETE ALL ENTRIES . STREET ADDRESS 11111 STATE ZTP CODE DATE OF BIRTH AREA CODE TELEPHONE NO SEX U.S. CITIZEN DAY YR YES NAME OF CLUB YOU REPRESENT REGISTRATION MASTERS CLUB MEMBER \$30.00 YES | NO

ATHLETES, fill out card completely and mail with fee to

MAKE CHECK PAYABLE TO: A.P.F. Headquarters

62 S. BROADWAY

AURORA, IL 60605 (630) 892-1491 IF UNDER 18 HAVE PARENT

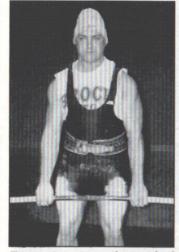
SIGNATURE )

### SLP Fitness One Fall Classic BP/DL 09 NOV 02 - Hamilton, Oh

09 NOV	02 -	Hamilton, Oh	
BENCH PRESS		master men 60-6	4
submaster women	n	198	
97		Wayne Smallwoo	d
Melanie Gibson		master men 70-7	4
teenage men 18-1	9	198	
165		Al Gross	235*
Chad Warvel	325*	4th	240*
Shawn Donohoue		police & fire	
Steven Schwab	250	275	
junior men		Mike Ferguson	365
148		open men	
Jay Zurlinden	225	148	
181		David Kelhoffer	325
Richie McKenzie	330	165	
220		John Allen	275
Josh Doran	400*	165	
submaster men		Michael May	190
220		181	
Jeff Burton	340	Jason Chappell	305
242		198	
Jeff Ritzler	420	A. Ashbrook	350
master men 40-44		4th	360
Steve Watts	440*	198	
242	440	Jason Watson 220	
	440*	Chris Smith	550*
M. Wigglesworth	460*		425
master men 45-49		Dave McQueen 4th	440
198		Chad Dailing	420
Bill Kelble	240	0. J. Mills	400
220	240	Jeff Cole	335
Tom Boyer	400	Tim Baker	335
308	400	242	333
Mike Giese	410*	Stephvan Tanner	500
master men 50-54		Tom Hypes	455
198		Nate Wilson	450
Darris Sparks	345	Jason Webb	440
275	1011	Steve Nagel	7.895
Mike Ferguson	365	275	
DEADLIFT		Alan Hibbard	405
teenage men 16-1	7	Nick Abel	390
165		master men 50-54	1
Ben Bastin	375*	220	
4th	400*	Bob Bean	560*
teenage men 18-1	9	master men 55-59	)
198		165	
Cory Jackson	500*	M. Montgomery	450*
4th	510*	220	
220		Harry Hartman	525*
Matt Couch	500*	open men	
junior men		198	
148		Jason Watson	450
Jay Zurlinden	380*	220	
165		Chad Dailing	610*
Jerad Webb	400	4th	625*
165		220	
Jack Kesterson	340	Bob Bean	560
master men 45-49		242	
198	20**	Steve Nagel	
Bill Kelble	385*	275	
	N. F. July	Nick Abel	570

Best Lifter Bench Press - Chris Smith. \* Son Light Power Ohio state record. Best Lifter Deadlift -CHAD DAILING. The Son Light Power Fitness One Fall Classic was held November 9, 2002 at The Sports Zone in Hamilton, Ohio. Thanks once again to Fitness One owner Wayne Smallwood for host ing this annual competition. In the bench press event Melanie Gibson won the submaster 97 class with 95. Melanie is the current state record holder for that class with 105. Chad Warvel fought off two others at teenage 16-17/165 for the title and a new state record there with 325. Shawn Donohoue was state record there with 325. Shawn Donohoue was second by bodyweight with 250, while past state record holder Steve Schwab was third, also with 250. In the junior men's division Jay Zurlinden won at 148 with just his opener of 225 while Richie McKenzie took the title at 181 with 330. Josh Doran won at junior 220 with a new state reco 400. This was a new personal record for Josh. Jeff Burton took the title at submaster 220 with 340 while Jeff Ritzler won at submaster 242 with just his opener of 420. Steve Watts had a great day, taking the master 40-44/198 class with a new persona and state record of 440. Mike Wiggles did well, winning at 40-44 242 with two new prs and state records with his third attempt of 440, then a fourth of 460. Bill Kelble won at 45-49/198 with 240 while Tom Boyer captured the 220 class with 400. Mike Giese upped his state record to 410 at 308, as he continues to improve with each new outing. Darris Sparks won at 50-54/198 with 345 and Mike Ferguson did the same at 50-54/275 with 365. Mike also captured the title at police & fire/ 275. Wayne Smallwood failed with his first atlempt, then pulled out of the competition, nu der. New lifter, seventy year old A Gross, did great, finishing with a 235 third and 240 fourth attempts, both new Ohio state records! In the open division David Kelhoffer got a new pr of 325 with his win at 148. John Allen was first at 165 with 275 while Michael May finished second with 190. Jason Chappell took the title at 181 with 305 while Anthony Ashbrook won at 198 as lason Watson failed to get a lift in. Tony got a 350 third and a successful fourth of 360. The big lift of the day

came from 220 winner Chris Smith, Chris finished



Fitness One Best Lifter - Chad Dailing with 625 @ 220. (Latch) with a state record 525 pull for the title at 55-59/
220. In the open division Jason Watson captured
with a new personal record of 550 which was also

a new state record for that class. Dave McQueen returned to competition after a year off, taking state record twice with his 610 third and 625 pr second place with 425, followed by a pr 440 fourth

attempt. Chad Dailing was third with 420 while O.

J. Mills finished fourth with 400. Jeff Cole and Tim
Baker finished fifth and sixth respectively, both
with 335. This was Jeff's first competition at strong

This was Jeff's first competition as the second title of the day. Thanks again to Wayne,
with the second title of the day. Thanks again to Wayne, award for the competition. Bob Bean was second at 220 with 560. Steve Nagle pulled out of the deadlift competition, leaving the 242 class open. Then Nick Abel won at 275 with 570, making that Mike Ferguson, my son Joey and others who helped spot and load. See you all next year. (Thanks to Dr. Darrell Latch providing these meet result to PLUSA) "raw" lift of 500! Can you imagine what this guy could do with a good shirt?! Second place at 242 went to Tom Hypes with 455 in a lose one over Nate Wilson, who finished third with 450. Jason Webb was fourth at 242 while Steve Nagel failed with his opener of 445 three times. Alan Hibbard took the open 275 class with 405 while Nick Abel

### Mon Valley Fitness Center BP Classic

09 NO	V 02	- Dunlevy, PA	
BENCH PRESS		Jerry Sciullo	255
Men's Teen		Submasters	
Eric Hahn	265	Larry Bonde	365
198		DEADLIFT	
Mike Wolfley	435	Women	
Craig Wargo	405	Jeri Butler	250
220		Teens	
Ed Moreno	430	Sam Flori	280
242		Men's	
Scott Pollard	520	148	
275		Steve Antoinette	450
Denny Martin	535	220	
Rob Miller	520	Ed Moreno	475
Larry Bonde	365	242	
308		Greg Oliver	635
Fred Mason	375	Adrian Lapagla	500
Masters		275	
Michael Lindsey	480	<b>Bob Fleming</b>	625
Ken Claires	350	308	
Wayne Semple	315	Roger Gaydos	690
Masters		Masters	
Raw		Keith Batyketer	610
arry Shaffer	340	Chester Bednar	430
Thanks to MVFC	for pro	viding these meet n	esults.)

finished second with 390. The best lifter trophy

Inished second with 390. The best litter trophy went to Chris Smith who pr'd 550 @ 220. In the deadlift competition Ben Bastin broke the state record at teenage men 16-17/165 with his 375 third and 400 fourth attempt pull. Cory Jackson did the same at teenage 18-19/198, pulling a great 500 third and 510 fourth. Our final teenager also broke the state record for his class pulling 500 for he

the state record for his class, pulling 500 for his final attempt and the win at 18-19/220. Jay Zurlinden broke his own state record at junior 148, making a 380 final attempt. At junior men, 165 winner Jerad Webb won over Jack Kesterson 400 to

340. Bill Kelble won his second title of the day at master 45-49/198, setting the Ohio state record there with 385. Bob Bean, current record holder at

50-54/198, broke the record at 220 with 560, At 55-

59/165 it was Martin Montgomery with his opener of 450 for another state record pull. Harry Hartman,

another great master deadlifter, finished the day

ELITE FITNESS SYSTEMS carries the complete line of Flex Bands®. Flex Bands® were developed by former football coach Dick Hartzell. These are the only bands endorsed by Louie Simmons of Westside Barbell. Beware of imitators with inferior bands that are moulded or bonded together. They are backed by a full 1-year warranty. These are a must for any serious athlete! Four sizes are available, listed below in order of strength:

Mini	(1/2" wide, assorted colors)	\$10.00
Light	(1-1/8" wide, Purple)	\$18.50
Average	(1-3/4" wide, Green)	\$22.50
Strong	(2-1/2" wide, Blue)	\$28.50
Jump Stre	etch Regular Platform	\$145.00
Jump Stre	etch Sumo Platform	\$245.00

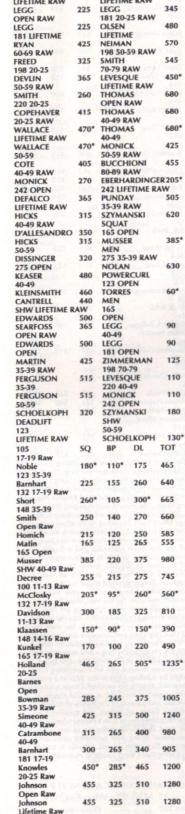
We accept Visa / MC / Discover / AmEx

Checks and money orders may be directed to the address below:



### ELITE FITNESS SYSTEMS

1695 Itawamba Trail London, Ohio 43140 P 888.854.8806 F 740.845.0498 WWW.ELITEFTS.COM



480\* 325 580\* 1385\*

WNPF RAW NATIONALS

13-14 APR 02 - Lancaster, PA

55\* MEN

225 LEGG

14-16 RAW

DECREE

ADAMS

LEGG

10-49 RAW

TORRES

LEGG

132 14-16 RAW

100 11-13 RAW

MCCLOSKY 165 40-49 RAW

OPEN RAW

LIFFTIME RAW

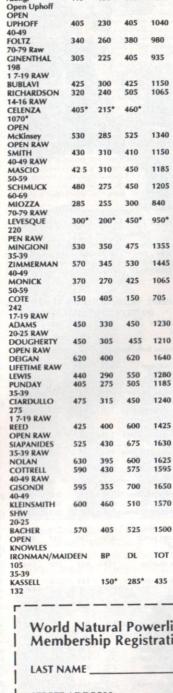
300

135\*

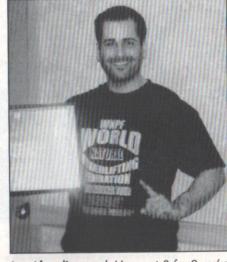
260

345

345



415 400 400 1215



loe Alongi's award. He went 8 for 9 w/a Leone)

14-16 RAW		135*	100	
LEGG	33	133	190	
165 LIFETIME RAW				
	130	205	435	
MEYER	130	303	433	
MEN 148				
OPEN .				
ROMANELLI	285	335	620	
181	203	333	020	
LIFETIME				
ZIMMERMAN	345	465	810	
20-25	David Co.	400	REAL PROPERTY.	
	250	430	680	
50-59	THE REAL PROPERTY.	10000	reducts ad	
	240	530	770	
198	State water			
OPEN				
LEWIS	385	455	840	
50-59 RAW				
SMITH	260	545	705	
242				
50-59				
DISSINGER	320	460	780	
275				
40-49 RAW				
MAZZULO	375	465	840	
40-49				
BROWN		450		
TEAM CHAMPS- LANCASTER, PA.	TEENAGE- I	RED TO	RNADO	,

great judging and spotting and great lifting what more can you ask for. In the 105's Noble, part of Red Tornado power team posted new records in the teen 17-19 division with a 180 squat and 110 bench, Ms. Short, posted a 260 squat and 300 deadlift in the 132's. Sharon Homich and Jocelyn Martin went at it in the open 148 raw division with Sharon coming out on top with a 585 total. Denise Musser, probably the top woman lifter in the WNPF posted a 980 total in the 165's but only weighing 150 pounds. The little big man McClosky set all new American records in the youth 100 pound class with a 205 squat, 95 bench, 260 deadlift and 560 total. Klaassen another youth lifter set four new records in his first con test. In the 165 teen 17-19 raw Mr. Holland put on a show with a 1235 total. Chris Simeone part of the Missing Link team posted a 1240 total. Mr. Knowles from Mascio's Gym set a new squa and bench press record in the 181 teenage class. Nate Kadle from Philadelphia is a top raw lifter in the WNPF he squatted 480, pulled 580 and totaled 1385 in the 181 raw division. Mr. Ginen N.Y. lifted well in the 181's over

70 category with a 935 total, how many men in the over 70 category can do that? Nick Celenza set all new WNPF American records in his. class. Don Levesque from N.H. set four new records in the 198's over 70, what a battle it would be with Ginenthal and Levesque. Ron Zimmerman from Mascio's won best lifter and his class in the 220's. Mr. Deigan from the Missing Link team lifted well in the 242 open raw division with 620 in the comers and a 400 bench. "The Greek" Chris Siapanides, injured his hamstring in the squat and this hurt his performance somewhat. He totaled 1630 in the 275 raw division. Kevin Nolan and Sam Cottrell went at it in the 275 subs with Kevin winning by 30 pounds. Pete Gisondi totaled 1650 in his first WNPF contest. Amber Legg lifting in her first WNPF event lifted well, 55 bench and 135 deadlift. Elizabeth Torres deadlifted 300 in the 123 open raw division she also curled 60 pounds for the win. Erika DeCree benched 215 pounds in the masters SHW class. Mr. Adams Defeated Bob Legg in the ders over 40 bench, 245 to 225, Stan Freed benched 325 in the 181 masters over 60. John Wallace set a new American record with a 470 bench and Perry Thomas pulled 680 in the master bench and Perry Ihomas pulled 680 in the masters over 40 raw 220's. I must mention Paul Eberhardinger, 82 yrs. old and still pulling 205 pounds. Thanks to everyone for attending this event, all the teams; Ephrata, Mascio's and Red Tornado. Big congrads to Russ McDonnell for doing an outstanding job with his kids. Barry Erbs. POWER TEAM, 2ND PLACE- MASCIO'S GYM. \*SWAPF AMERICAN RECORD What a great meet, over 100 lifters from 12 states competed in this event. Great awards, fast and organized contest,

a oong an outstanding job with his kids. Barry Erbs Ephrala team beat Mascio's in this event. This looks like it will be a good rivalry in the future. Two lifters over 100 lifters from 12 states competed in this event. Great awards, fast and organized contest, years. (Thanks to WNPF for providing the results.)

LAST NAME	FIRST NAMEINT
STREET ADDRESS	
CITY, STATE, ZIP	
AREA CODE, TELEPHONE:	DATE OF BIRTH
AGE SEX C	HECK ONE: LIFETIME DRUGFREE 5 YRS. MIN
REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$15.00 HIGH SCHOOL \$30.00 ADULTS	FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO: WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214 (770) 996-3418

SLP Pecatonica Fitness Fall BP/DL 20 OCT 02 - Pecatonica, II

20 001	02 -	recatonica, ii		
BENCH PRESS		242		
teenage women	13-15	Steve Hulbert	370	
181		4th	380	
Lorena Solecki 110		master men 40-44		
4th	120*	220		
teenage women	16-17	Tim Widner	410	
148		master men 55-59	9	
Veronica Solecki	120	242		
teenage men 18- 148	19	Tom Johnston police & fire	370	
Jake Stefanski 165	290*	198 Eric Bruno open men	275	
Tom Moretti	200	148		
181	200	Jake Stefanski	290	
Doug Machak	210	181		
242	210	lason Bever	325	
Rick Weiss	275	275	-	
4th	280	Paul Harris	405	
submaster men		4th	425	
165		police & fire		
Steve Herring	315	198		
DEADLIFT		Eric Bruno	425	
teenage women 1	16-17	4th	435	
148		open men		
Veronica Solecki	255*	181		
4th	260*	Jason Bever	460	
teenage men 18-1	19	2-man		
181		181		
Doug Machak	425	J. Stefanski/		
4th	430	M. Matichak	800	
198		team		
Matt Matichak	500	Big Ma's Power Pi	itt	

Best Lifter Bench Press - TIM WIDNER. \* Son Light Power Illinois state record. Best Lifter Deadlift -MATI MATICHAK. The Son Light Power Pecatonica Fitness Fall Bench Press/Deadlift Championship was held October 20, 2002 in Pecatonica, Illinois Tom Moretti was also competing for the first time, fourth attempts, Jason Bever also pulled a new pr taking the 18-19/165 class with a new personal record of 200. At 18-19/181 it was Doug Machak for the win with 210 while Rick Weiss finished with state record at 181 with 800. Big Ma's Power Pitt state record at 181 with 800. Big Ma's Power Pitt

Send Check or Money order to:

Westside Barbell Club 1417 Demorest Road Columbus, OH 43228

Back View of dog appears on back of

**LOUIE SIMMONS' PRESENTS** 

**Training Secrets of** 

**Westside Barbell Club** 

Now on video!

WESTSIDE BARBELL

1417 DEMOREST RD. COLUMBUS OH 43228

PHONE (614) 801-2060



Jake Stefanski's SLP State Record 290 @ 18-19/148 (photo by Latch

at master men 40-44/220 with a great 410. Tom Johnston set the state record at 55-59/242 with 370 after just missing his final lockout with 380. In the police & fire division Eric Bruno won at 198 with MATT MATICHAK. The Son Light Power Pecatonica Fitness Fall Bench Press/Deadlift Championship was held October 20, 2002 in Pecatonica, Illinois at the fitness center. Thanks to Chad Lender for once again hosting this annual competition. In the bench press event first-time competitor Lorena Solecki set the state record for the teenage women's 13-15/18/1class, making 110 for her third attempt, then 120 for a fourth. Older sister Veronica Solecki, the current state record holder for teenage women's 16-17/148, tied that record with a solid 120 after failing to lock out a personal best 130. Having a great day, Jake Stefanski took both the teenage men's 18-19/148 and open 148 class with a strong 290. This was not only a new personal best for Jake but also a new state record for the teenage class. To mo Moretti was also competing for the first time, found the proposed state of the day in the police & fire division after pulling a personal record 425 thind and 435 form Moretti was also competing for the first time, after pulling a personal record 425 third and 435 fourth attempts. Jason Bever also pulled a new pr of 460 with his win at open 181. In the 2-man pull state record at 181 with 800. Big Ma's Power Pit

> Squat Workout......\$54.95 Bench Press Workout:....\$49.95 Bench Press Secrets.....\$35.95 Squat Secrets.....\$29.95 Dead Lift Secrets.....\$29.95 T-Shirts (m,l,xl,2xl,3xl)...\$14.95 Shipping/handling......\$6.50

a pr 280 for the title at 18-19/242. This was Rick's first competition. Steve Harring, lifting in just his second competition, finished with a personal best 315 and the win at submaster 165. Best lifter of the competition went to Tim Widner, who took the title

# USAPI Michigan State & Great Lak

09 NO	gan / no	- Plain	well	at Lakes
Vomen	SQ	BP	DL.	TOT
7	sų	BP	DL	101
-1				
Aegan Bruischar R	187	94	198	479
rin Crapo 23 -2	225	132	225	584
ndrea Motter D/M-2	303	121	259	683
. Zintsmaster	170	83	225	479
32 tephanie Rantz D/M-7	154	83	220	457
eorgia Johnson	99	77	137	314
lizabeth Carr 48	209	104	242	556
ala McCauley	248	137	308	694
achel Moore	225	121	242	589
manda Coleman		83	225	429
aura Strylund	319	220	374	914
awn Steele 65	319	220	347	887
2 en Majdan	192	115	275	584
ily Martinez 81 2	325	181	264	771
ffany Bayer	275	148	303	727
Ionique Hartle 98+ 2	270	192	270	733
nea Wallus	292	203	292	788
egina Hagen	203	132	253	677
sa Nelson	203	99	259	562
an Chisnell len 23	259	165	330	694
1				
chard Portugal	225	176	314	716
ike Haffenbrack 18 1	363	203	402	970
stin Tuinstra 2	297	198	330	826
an Lepert	429	259	407	1096
son Thomas	336	220	374	931
hn Jacobs	325	154	396	876
e Baker	297	176	347	821
odd Greeinan ian Gallager -4	385 374	286 231	435 380	1107 986
	303	203	352	837
ett Meyers	319	214	424	959
ian Proxmire	407	330	490	1229
att Smith	451	286	440	1179

518 308

**Greg Guthrie** 

567 1394

451 303 540 1295

	Dan Papesh	396	214	462	107
	JR Nick Lewis	501	325	578	140
г	O Josh Decker	595	413	633	164
ı	O/M-2 Bob Fabiano	490	391	501	138
ı	M-6 Mike Flamming 198	275	225	358	859
	T-1 Justin Howard	275	187	325	788
ı	JR Ryan Klein	490	308	600	139
	Craig Terry	672	352	705	173
9	Aaron Brown M-2	485	347	512	136
1	Mark Newman M-3	573	319	600	149
1	Robert Batko M-6	275	198	325	799
)	Gordy Daig 220	440	270	418	112
all eir	T-2 Brandon Clark O	418	308	413	114
lts)	Chris Cadotto	650	413	683	174
,	Don Sierpein	672	435	573	168
	Robert Karacson		330	650	153
es	Jesse Soule O/JR	501	429	589	152
	Josh Smith O	501	385	606	147
	Eric Reid M-1	451	281	501	123
	Tyron Ward M-4	507	341	573	142
	Alfred King 242 T-2	534	319	622	1477
	Nick Rasmussen IR	562	347	589	1499
	Brad Arbic	534	385	600	1521
	Fredrick Tallman Brian Nassar m-3	330 529	512	501	1344
	Stephen Cohle 275	435	137	512	1085
	T-3 Mike Devries				
	O Carl Werda	529	352	540	1482
	Adam Plagans	501	325	540	1405
	Mike Hartle	143	512	143	799
	Thomas Allred 275+				
	Kevin Hilliard M-1	303	225	440	970
	Robert Keyes The 2002 Michiga ship underwent 2 the meet leaving to of Plainwell High S National Champio	chang he Cap School,	es this y ital of La home of	ear. The ensing to f the 200	first wood the g
	ing Team. The sec 3 lift only meet. Th age lifters from at Through out the di along with 5 Ame	ond wa e secon tendin ay 50 Si	nd did no g as 70 tate Reco	ing the othing to lifters co ords we	meet to o disco ompete re brok
	all the way from Junior American R	Nebra	ska and	left wi	th a no
	97 lb. class. In the Strylund combine	e 148,	Dawn !	steele a	nd Lau
	Records. Dawn re	ceived	credit f	or the s	quat a
	deadlift and total.	ra has For the	her na Men, Br	me nov	w on t
	Matt Smith were before Brian out po	even f	ollowing	the fir	st 2 lif
	Decker set a new	total r	mark in	the stat	e for t
	181's. Craig Terry				

137 292 611

198's in the state by winning the class by more then 300 lbs. He missed setting a new American Record in the deadlift by stalling with 784 at his knees. Nick Rasmussen showed why his Powerlifting future is bright by totaling 1499 in the 242s at a young 16 years old. As with any successful meet, a lot of help and support is received. A special thanks to the athletes and parents of the Plainwell Knights Powerlifting Team, all judges and spotters/loader's, and Nick Devenny of 1 on 1 Fitness who sponsored the meet and donated the use of top of the line equipment along with providing some amazing Outstanding Lifter awards. (Thanks to USAPL for providing these meet results to Powerlifting USA.) 198's in the state by winning the class by more then

### **CHAMBERS YMCA BENCH PRESS** 31 AUG 02 - Wheeling, WV

			Towns Control
Men 250		Chase Orum	370
Chester Bednar	360	Andy Hager	365
Men 170		Tony Masciola	350
Thanks to Elm G	rove C	hambers Y for the	results.)

WPA World & APA Northwest BP/DL 12-13 OCT 02 - Kennewick, WA

40-49

BENCH

132 Oper

omen 12 Open		J. Morrison 308	473	B
. Kennelly	143\$	RBP		ti
18 Open PanKrantz	121\$	18-19 R. Boyce	336	g fi
PanKrantz 55 Submaster Mahoney	170\$	WBP 40-49		a
rug Tested		P. Ratsch	523	P
. Miner	148	4th Open	551	Ť
ubmasters	303\$	R. Kennelly SHW	710	n
Ryals 0-59	THE PARTY OF	WBP		ı
. Dalleree	225*	Open R. Patterson	578	0
pen . Ryals	303	40-49		s t
IEN 48		B. Rehberg 50-59	462	I
BP		R. Patterson RBP	578	I
3-15 . Dolson	148\$	Drug Tested		(
0-23	209\$	T. Heddle DEADLIFT	374	(
Lamberson Orug Tested		Women		
. Phane Kahm Lamberson	330\$ 209\$	123 RDL		
VBP		50-59 C. Lydon	260	
48 Drug Tested . Phane Kahm	330	WDL	200	
65 VBP		50-59 C. Lydon	260	
8-19	2506	148		
. Sherwood 0-69	359\$	RDL Drug Tested		
. White	220\$	Z. Brooks WDL	320	
VBP		Drug Tested		
Pearson	402\$	Z. Brooks RDL	320	
Pearson 98		Women's 165		
Drug Tested		13-15 K. Buschke	240	
Highnote	479\$ 424	4th WDL	250\$	
. Hauger Open		K. Buschke	240	
3. Highnote 10-49	479	4th RDL	250\$	
). Stephens	347	20-23 D. Buxton	300	
WBP Open		WDL		
B. Highnote M. Miner	479 352	D. Buxton 33-39	300	
40-49		K. Mahoney	280	
D. Piggee 4th	501 523*	Women's 181 RDL		
50-59 . Wolbers	385	40-49 J. Pope	205\$	
220	303	WDL		
WBP 20-23		J. Pope Women's 198	205\$	
J. Linnell	473	RDL 50-59		
RBP Drug Tested		K. Cash	205\$	
B. Mauro WBP	303	WDL K. Cash	205\$	
Open		165 Specail Olyr	npics 185	
T. Scott RBP	418	D. Sullivan 60-69	183	
33-39 M. Weil	429	R. White 181 Brug Tested	270	
40-49		D. Travis	690*	
B. Landon WBP	407	198 50-59		
40-49	407	J. Wolbers		
B. Landon 242	407	Open		
WBP Open		Bob Heck 40-49	6405	•
M. Witmer	501	B. Landon	5205	\$
RBP Open		RDL 220		
S. Mathis	435	Drug Tested C. Radcliff	545	
WBP 20-23		40-49		
J. Balliet RBP	462	B. Landon 242 Open	5209	•
20-23		J. Sandberg	610	
S. Dudley 242	286	WDL 242		
WBP		40-49 J. Robinson	525	
33-39 M. Witmer	501	RDL	-	
B. King RBP	369	242 50-59		
40-49		C. Sandberg	630	
S. Mathis WBP	435	308 33-39		
50-59	500	S.J. Taylor	640 655	
B. Dooley RBP	523	18-19		
J. Robinson 275	374	R. Boyce WDL	475	5
WBP		308 40-49		
Open M. Davis	479	P. Ratsch SHW 40-49	650	*
RBP		B. Rehberg	650	\$

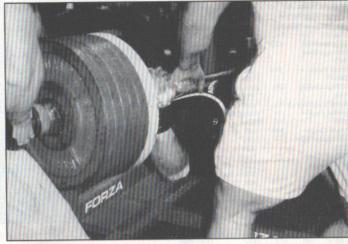
\*-Denotes World Record. \$-Denotes state record. WBP - World Bench Press. RBP - Northwest Regional Bench Press. WDL - World Deadlift. RDL - Northwest Regional Deadlift. The WPA World Bench Press & World Deadlift was held in conjunction with the APA Northwest Regionals. It was a great weekend of spectacular lifting drawing lifters from several area's. I would especially like to thank Kelley Mahoney for all the effort she made with arrangements making this meet the success it was. Kelley Mahoney for all the effort she made win arrangements making this meet the success it was. I would also like to thank Gus for lending his kilo plates and light system the first day of the event. The spotters were extremely good at this event and made some catches that could have been a sever nishap had they not been as attentive as they were cannot sat enough about how good the spotters I cannot sat enough about now good use sporters were. Judging was the superb quality that always characterizes a WPA meet. A breakfast buffet was set out both days for the lifters and spectators and the layout was huge! Also available free for the lifters was a masseuse and many a sore and tired lifters took advantage of the services. The quality was top notch from step A to step Z. Lifting quality was superb. The results speak for themselves. (Thanks to Scott Taylor-APA president for results.)



Duane Travis pulled 690 @ 181 setting a new WPA Drug Tested Junior World Record at the WPA World Deadlift Championships.



Zee Brooks of Oregon deadlifts



Ryan Kennelly won the 308 class title with 710, but missed this attempt at 805 due to his left hand rolling forward. Meet Director Scott Taylor (who provided photos) noted that the spotting was terrific at this meet.

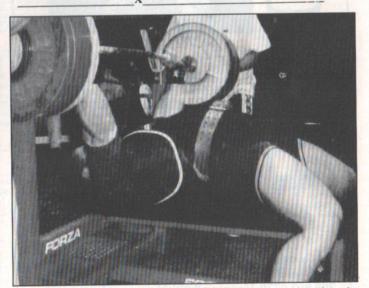
### APPLICATION FOR REGISTRATION American Powerlifting Association

Last Name	First Nan	ne	Initial	Date of App
Street Address	Ci	ty	State or	Province
Country	Zip Coo	le	Telephone	Number
Date of Birth	Age Sex	Mail and	d make chec	cks payable to

APA P.O. BOX 27204 EL JOBEAN, FL 33927 Social Security Number

Registration Fee: \$20 High School Athlete: \$10

I Certify that Parents Initial the above answers If Under 18 yrs. are correct



Ben Dooley, 53 years of age, ended the day with 523 .5 bench and a 320 in the Women's 148 lb. class. near miss with 540 at the WPA World Bench Press Championships.

U.S.A. 'Raw' BP Federation Grand Nat's

	- Tuscola, IL	vats
	master men 40-4	4
125*	Anthony Miller 220	205
290	police & fire/ope	265 n
280	Lee Roy Banks 430*	
355	198 Greg Kolhoff	
305*	4th 330*	
355	Frank Brostrom 220	330
355	4th	330
275 300	open men	
345*	Jason Carson 198	400
	E. Henderson 4th	370 380
355	Joe Mireles	335
370	4th 220	345
285	Robert Coots 220	440
	242	355
265	308	415
	475* 308	
265	308	455
ight to	The state of the s	330
	20 02 n 125* 290 280 355 305* 355 275 300 345* 355 370 285 400 265 360 265	N



USA Raw BP best Lifters - Lee Roy Banks and Robert Coots (Latch)

spotting, my wife Susie and Linda Middleton for judging and Francis Kroenig for taking pictures. Dr. Robert Middleton was also present Irealing every lifter's strained and sore muscles. In the competition itself, Lilia Wensink did well in her first meet, fairbitise with the strain of the strain tion itself, Lilia Wensink did well in her first meet, finishing with a personal best and new national record of 125 for the submaster women's 114 class. In the teenage men's division Dave Hodson took the tille at 165 over Tristan Beauchamp 290 took 280. Dave, also lifting in his first meet, finished with 290 after 300 came short of lockout, while Tristan settled with his second attempt of 280 after 295 etalled on this final attempt. Ryan Stephenitch was at 184 with a strong 355 Mayk Celevatesk terms. Richard Wilson 455
Alex Griffin 265
Alex Griffin 265
Best Lifter-lightweight - ROBERT COOTS \* USA 'RAW' antional record, The USA 'RAW' Bench Press Federation Grand Nationals was held at Son Light Power Gym in Tuscola, Illinois on November 3.

Richard Wilson 455
Wissouri and just about wore himself out making with a series for the win a stem at submaster 220, finishing with a solid to the sport and to others. We appreciate you, Wally. One of Wally's lifters, Alex Griffin, won 355. In the novice men's division Robert Gray took the win over Fred Burnett, who finished with 275, but came back with a successful fourth of 300. This was Fred's first competition. At rowing 242 west and to others. We appreciate you, Wally. One of Wally's lifters, Alex Griffin, won 355. In the novice men's division Robert Gray took the win over Fred Burnett, who finished with 275, but came back with a successful fourth of 300. This was Fred's first competition. At rowing 242 west and to others. We appreciate you, Wally. One of Wally's lifters, Alex Griffin, won at 198 with a strong 355. Mark Geiger took the sure veryone did well. What a great guy, great to the sport and to others. We appreciate you, Wally. One of Wally's lifters, Alex Griffin, won at 198 with a strong 355. In the moving record of 305.

hational record. The USA 'RAW' Bench Press Federation Grand Nationals was held at Son Light Power Gym in Tuscola, Illinois on November 3, 2002. We had a good turnout with lifters from Michigan, Indiana, Kentucky, Illinois, Chio, Mississispip and Missouri along with a great crowd of spectators. A special thanks to those who helped out; my son joey and Rob Mann for loading and

The Videotapes

The Videotapes

the win over Fred Burnett, who finished with 275, but came back with a successful fourth of 300. This Miller set a new national mark at 40-49/181 with 2005. Don Thompson did well at 40-49/210 taking Kathman for the win, getting just his opener in, but division it was Lee Roy Banks for the tille at 181. Chio's own multi-national winner Russ Carney won again at 40-49/198, finishing five pounds less than Bryan Stanton, who also benched behind his own national record with 410. Tom

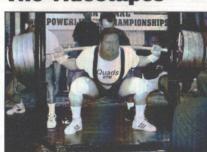
The Videotapes

POWERL

AMPIONSHIPS

The Videotapes

The Videota sonal records for Jose. Robert Cools got a new personal record with his win at 220, finishing with 440. Robert Gray was second with 355. Jesse Garza took the title at 242 with a personal best 415. In the 308 class we had three fine athletes. Finishing first was newlywed Jay Montgomery who settled with 475, which tied the current national record. Won-Spangdahlem Invitational (kg) der why his triceps seems so tired? Oh, well, must have just been an "off" day! Richard Wilson was second with 455 and Kerry Myers third with 330. second with 455 and Kerry Myers third with 350.
The best lifter awards went to Lee Roy Banks (430 @ 178) and Robert Coots (440 @ 218). Thanks



The holder of more than 100 official and unofficial world records shows you how to train with 3 great videos: The Squat, The Deadlift, The Bench Press. Ed's program can help you no matter what your strength level. Gym and actual contest footage, too. Each tape approx. 50 min. Each tape \$39.95, add \$5 Shipping and Handling in U.S. Illinois residents, add 7 1/4% (\$2.90) Outside the U.S. add \$10. PAL or SECAM add \$5 each tape.

### The Book

ED COAN: The Man, The Myth, The Method" by Marty Gallagher. 190 pp, 400 photos - biography. competition chronology, and Ed's training philosophy. \$29.95 + \$5 Shipping (Ill res. + 7 1/4%)

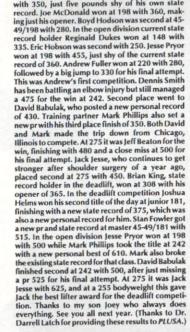
Call for credit card orders or send check/MO to: COAN Quest, 745 North Torrence Ave., Calumet City, IL 60409 USA. Phone: 708-862-9779. Visit us on the Web! www.quadsgym.com

USAPI	Cen	tral US	A (kg	)	
26 OCT 02	- Cap	e Gira	rdeau	, MO	
Men Open 165		Robert David H	lancock		
Shawn Wigert	135	Dana R	osenzw	eig 192.5	
Nick Kannady	147.5	Ed Finn		207.5	
David Hancock		Michae	Porter	192.5	
Pat Dennis		Randy S	tone	150	
Dion Rhodes		Jerry Ple	edger	167.5	
Sabrina Pledger		Steve Le	ews	127.5	
Women Teen		Rogney	Scholz	125	
Lindsay Pledger	62.5	Bruce S	cmidt	130	
Men Teen 14-16		Greg Ch	nrun	23	
James Beck	70	Art Kisr	ow	167.5	
Men Teen 17-19		Mike La		115	
Justin Pender	87.5	Win Sm	ith	105	
Josh Bauer	87.5	Bill Han	ris	122.5	
Bryan Sterlin	55	G. Scho	onmake	r 95	
MENS OPEN	SQ	ВР	DL	тот	
John Hunn 148	142.5	105	182.5	430	
Ross Accardi	190	102.5	215	507.5	
Steve Lewis	185	127.5	172.5	485	
Rick Bertel	150	95	185	427.5	

	1-66 1441				
	Jeff Ward	197.5		220	575
	<b>David Rogers</b>	197.5		207.5	542.5
1	<b>David Watts</b>	175	125	175	475
	G. Schoonmaker	130	95	200	425
	181	200			
	Tom Scagliarini	242.5	152.5	217.5	612
	Randy Stone				
		222.5	150	242.5	595
	Josh Anderson	200	150	210	560
	Peyton Stone				
	198				
	Rodney Wood	277.5	205	242.5	725
	Greg Ludwig	250	167.5	232.5	650
	Jason Hiatt	225	155		
	220	223	133	217.5	597.5
		2000	1 6000		
	Rick Fowler	280	180	272.5	732.5
	Terry Stanley	250	175	227.5	652.5
	John Mueller	205	155	227.5	587.5
	242				
	Rick Roberts	230	155	217.5	602.5
	275	230	133	217.3	002.3
		227 5			
	Patrick Anderson		212.5	257.5	797.5
	Jerry Pledger	250	172.5	250	
	SHW				
	<b>Donovan Garris</b>	295	237.5	295	827.5
	Brad Manion	240	187.5	250	677.5
	Justin Newsome	235	142.5	272.5	650
	Brian Mitchell	215	160	227.5	602.5
	Dion Rhodes	290	100	227.3	002.3
		290			
e	Women Open				
5.	Amber Crumbo	182.5	95	177.5	455
n	Sabrina Pledger	165	70	172.5	407.5
y	Women Teen				
el	Lindsay Pledger	147.5	62.5	142.5	352.5
is	Men Teen 14-16	. 47.15	02.5	174.5	332.3
	Justin Newsome	235	142.5	272 5	600
n				272.5	650
٧,	Vincent Abrego	200	137.5	222.5	560
5	James Beck	92.5	70	105	267.5
II	Men Teen 17-19				
n	Mike Stricklan	142.5	137.5	182.5	462.5
n	Justin Pender	117.5	87.5	117.5	322.5
g	Bryan Sterlin	65	55	85	205
ıt	Robert Schmitt	65	50		
			30	87.5	202.5
lf	Charles Fischer	120			
١,	Novice 114-181				
n	George Heleine	202.5	142.5	182.5	527.5
e	David Adamson	1725	125	202.5	500
	Eric White	112.5	65	182.5	360
y h	Kerry Glueck				-
	Mike Farrell				
g e	Peyton Stone				
e					
,	Novice 198-SHW	1000			
g	Tom Nuzum	190	155	250	595
g	Scott Crosier	190	142.5	227.5	560
k	Nick Kannady	160	147.5	210	517.5
r	Women 40+				
d	Lisa Schoonmaker	60	25	105	190
6	Men 40-49	00	23	103	190
			-		
1	Randy Stone	222.5	150	242.5	595
s	Ed Finnell	225	207.5	225	657.5
S	Gene King	252.5	207.5	225	657.5
	Jim Marchio	150	92.5	210	452.5
-	Steve Lewis	185	127.5	172.5	485
	Bruce Schmidt	182.5	130	245	
					557.5
-	George Heleine	202.5	142.5	182.5	527.5
	Mens 50+	1			
,	G. Schoonmaker	130	95	200	425
1	(Thanks to USAPL1	or prov	iding the	ese meet	results)
1		7		101200000000000000000000000000000000000	,

475 which tied t					12 OCT 02	- Sna	nada	hlam	CEP	
475, which tied t					FEMALE		BP	DL.		
der why his trice; have just been a					Spandahlem	SQ	BP	DL	TOT	
second with 455					Sandra Knoetgen	85	47.5	105	237.5	
The best lifter aw	ards w	ent to Le	e Roy R	anks (430	Mildenhall	03	47.3	103	237.3	
@ 178) and Rob					Leigh Carter	82.5	40	102.5	225	
again everyone,					McCormick, D	110	52.5	115	277.5	
Dr. Darrell Latch					Spandahlem					
				,	Paula, Pierce-R.	120	75	125	320	
					MALE					
USAPI	Cen	tral US	A (ke	1	Robert Hart	125	110	125	360	
26 OCT 02					Richard Brickey	137.5	105	165	407.5	
	- Cap			The state of the s	Cody Hynes	160	110	200	470	
BENCH			Schmitt	50	Les Whitehead	160	120	210	490	
Men Open			lancock		Mildenhall					
165		Men 40			Mark Gettings	152.5	105	177.5	435	
Shawn Wigert	135			eig 192.5	Spandahlem	100	1200	100		
Nick Kannady David Hancock	147.5	Ed Finn Michae		207.5	Cory McGee	190	130	220	540	
Pat Dennis				192.5	Jacob McLain	110		160	270	
Dion Rhodes		Randy S		150 167.5	Mildenhall	240		000		
Sabrina Pledger		Steve L		127.5	Carlyle Perez Ramstein	210	127.5	220	557.5	
Women Teen		Rogney		127.5		220	120	205		
Lindsay Pledger	62.5	Bruce S		130	Horace youson Spandahlem	220	120	205	545	
Men Teen 14-16	02.5	Greg Cl		23	T. Townsend	205	125	240	570	
James Beck	70	Art Kisr		167.5	Mildenhall	203	123	240	3/0	
Men Teen 17-19		Mike La		115	Casey Southern	195	150	225	570	
Justin Pender	87.5	Win Sm		105	Ramstein		130	223	370	
Josh Bauer	87.5	Bill Har	ris	122.5	Davan Forbes	230	152.5	230	612.5	
Bryan Sterlin	55	G. Scho	onmake	r 95	Spandahlem	-			0.2.5	
					Allan CLark	260	160	295	715	
MENS OPEN	SQ	BP	DL	TOT	Mark Rippel	235	170	255	560	
132					Lorenzo	255		280	535	
John Hunn	142.5	105	182.5	430	Robin Riley	250	207.5	305	762.5	
148					Lou Boyles	225	220	235	680	
Ross Accardi	190	102.5	215	507.5	Mildenhall				P\$1972	
Steve Lewis	185	127.5	172.5	485	John Dietle	317.5	172.5	280	770	
Rick Bertel	150	95	185	427.5	(Thanks to Zeke Br	own for	providi	ng these	results )	

P Franklin 10 NC	Healt	h & Fitness B Franklin, In	P/DL	
NCH PRESS	en	198 Joe McDonald	360	
8		198		
bbie Lobdell	100	Boyd Hobson	280	
ster women 4		open men		
8		148		
ri Fields	110*	Reginald Dukes	315	
enage men 16	-17	4th 148	333	
5 e O'Connell nior men	290*	Eric Hobson	250	
1		Jesse Ptyor	455	
shua Helms	175	220		
5		Andrew Fuller	280	
ck Harris	325	4th	330	311
aster men 40-4	14	Dennis Smith	475 430	
11	430	David Babulak Mark Phillips	350	
acy Conner	430	275	330	183
d Lobdell	325	Jeff Beaton	480	
h	350	Jack Jesse	450	
EADLIFT		308		
nior men		Brian King	365	
11		open men		F
shua Hehns	375*		500	
aster men 45-	49	Jesse Pryor 242	300	Beno
lan Fowler	515*	Mark Phillips	610*	Won
aster men 45-		David Babulak	500	114
31		275		Taylo
an Fowler	350	Jack Jesse	625	123
est Lifter Benc	h Press	TRACY CONNER	. * Son	Yam 132
ght Power Indi	ana stat	e record. Best Lifte	r Dead-	Wet
t - JACK JESS	Panel	on Light Power F Press/Deadlift Clas	rankiin	198
ealth & Fitness	10 200	2 at the gym. Th	anks to	Oxfo
wner Damian	Katt for	his continued sup	port of	Teer
werlifting W	e had a	good turnout with	several	132
ew lifters adde	d to the	sport. In the bend	h press	16-1
vent we had to	vo new	lady lifters. At sub-	master/	Wet
48 the winner	was Deb	bie Lobdell, who t	ook the	198
ass with a pen	sonal be	st 100. Lori Fields 110, which match	hed the	Oxfe
aster 40-44/1	cord for	that class. In the	eenage	MEN
en's 16-17 div	ision lo	e O'Connell finish	ed with	Ope
new state reco	ord 290	for his win at 165.	Joshua	123
elms, who was	compe	ting for the first tin	ne, won	Gilp
junior men 1	65, finis	hed with 175. Nic	k Harris	132
ok the junior	275 class	with his opener of	325. In	Rob 148
e master men'	5 40-44 (	division Tracy Cont 430, which also g	ave him	Day
gain at 181 Wil	rs for the	e competition. Ne	wcomer	Ram
ed Lobdell wo	n at 40	-44/275 with his	final at-	165
mpt of 325, bu	it then ca	ame back with a su	ccessful	Mye
ourth of 350. St	an Fowle	er took the 45-49/1	81 class	181
ith 350, just	five pou	nds shy of his ov	vn state	Bake She



USAPL Idaho State/Open & Bill's Bad-Ass BP 16 NOV 02 - Pocatello, ID SO BP 295 615 120 123 225 565 185 345 220 95 120 65



		1			6	-		1	48	4
	Franklin	H&F	Bestlif	ters -	Tracy (	Conner & Ja	ck Jes	se. (L	atch p	ohoto)
	Bench Press		Hernan	dez I	440*	SHW				
	Women		Phipper		365	Haycock S	220	150	260	525
	114		Oulman		275	Teen				
	Taylor F	120	220			123				
	123		Salansk	y M	390	18-19				
	Yamashita J	155	242			Chambers A	95*	65*	185*	345*
	132		Santo A	4	425	132				
	Wettach C	120	Anderse	on S	375	16-17				
	198		275			Wettach C	230	120	300	650
)	Oxford H	225	Watson	A	460	Master				
f	Teen		319			148				
1	132		Barton		425*	60-64				40000
	16-17		Herdt P		345	Compton E	175	160	305	640
1	Wettach C	120	Teen			198				
	Master		132			40-44				
t	198 (40-44)		16-17			Oxford H	345	225	380	950
	Oxford H	225	Roberts	N	180	SHW				
	MEN		Master			65-69		-	Total (grade)	
1	Open		181			Haycock S	220	150	260	525
	123	olysterio	45-49		NOTE STATE	MEN				
1	Gilpin, P	210*	Baker B		345*	Open				
5	132		Sheaha	n D		132				
1	Roberts N	180	198			Myers S	365	265	395	1025
1	148		40-44			Shaffer J				
1	Davis A	250	Hernan	dez J	440*	148		050	400	1035
r	Ramirez F	250	220			Davis A	385	250	400	1035
-	165		40-44		***	Ramirez F	365	250	400	1013
1	Myers H	230	Salansk	y M	425*	165	240	225	400	965
s	181	2455	50-54	6	375	Milam B	340	225	410	960
e	Baker B	345*	Anders	on 5	3/3	Stacy M	325 320	230	380	930
-	Sheahan D		319 Herdt I		345*	Myers H	320	230	300	930
-	198					181 Sanchez L	500	315	565	1380
е	Wettach C	230	120	300	650	Barrett	345	245	475	1065
h	148			205	***		375	325	425	1035
r	Compton E	175	160	305	640	Bourquin J	3/3	343	443	1033
e	Ruland M	235	130	270	635	198 Casey M	560	335	565	1460
,	165			205	700	Mecham S	510	390	530	1430
	Williams K	240	165*	295		Lukens I	435	325	475	1235
h	Cowgill H	255	145	270	670	Scardino A	450	300	475	1225
d	198	24-	225	200	050	Oulman M	375	275	425	1075
0	Oxford H	345	225	380	950	Ouiman M	3/3	2/3	44.5	
d										

555 530 610 485 375 420 625 535 405 460 365 545 475 Watson A 625 1465 425 610 Barton R SHW 132 16-17 148 315 220 375 910 Grover K 165 18-19 Prezlar M Myers H Master 320 230 50-54 Lukens J Scardino 325 300 435 475 475 60-64 380 245 550 540 560 430 Bower B Wettach E 220 40-44 380 285 410 Wellborn B 242 50-54 610\* 375 555\* 1540\* 275 40-44 Schultz S 45-49 680 455 680 1815 **ADAU Raw Broome County BP** 03 AUG 02 - Owego, NY

485 480 445

410 405 425

Riggs M Nielsen R Fisher J

385 315

300 285

1400 1380 1245

Womens		165	
114 Master		John Giannone	265
Jean Blom	115*	198 Open	
132 Open		David Grandnetti	345
Bridget Hyney	135	Junior	
Men		Tim Lynch	275
114 Teen		220 master	
Hunter Claypatch	125*	Leroy Burton	185*
148 Master		242	
Rick Thomas	215*	Zane McCaslin	285
have a beginning. Tourney wasn't la good setting 4 ner tournament will b	The fir irge in w Ame e both	st Annual Broome ( size but the lifter erican records. Nex bench press & dea	county s were t years dlift &
	Jean Blom 132 Open Bridget Hyney Men 114 Teen Hunter Claypatch 148 Master Rick Thomas * ADAU America have a beginning. Tourney wasn't la good setting 4 me	114 Master Jean Blom 115* 132 Open Bridget Hyney 135 Men 114 Teen Hunter Claypatch 125* 148 Master Rick Thomas 215* * ADAU American reco have a beginning. The fir Tourney wasn't large in good setting 4 new Ame tournament will be both	114 Master John Giannone Jean Blom 115* 198 Open David Grandnetti Bridget Hyney 135 Junior Men 114 Teen Hunter Claypatch 125* Leroy Burton 148 Master 242



ASSOCIATION OFFICE COPY

➤ This is a membership application form. Complete all areas and return Part One to the address shown.

For information on registration and program, call 1-800-AAU membership provides each member with an appearable to a specific provides and program.

First	Middle	e Last		and the r	elease and ind	emnity of the	AAU. By pay	ing my annua		
Date of Birth	Age Sex Male		ate Social Security Number	procedure	s and policies, in	ncluding but r	de as well as	ding arbitration		
THE AI	MATEUR ATHLE	TIC UNION OF TH	E UNITED STATES, INC.	ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No						
Lake Buena V	fista, FL 32830	Nº CLEVE	1000	Club No.:	Club Name:		E-Mail			
PO Box 10,00	0			CHECK ONE:		Adult Progra	Added Benefit	YesNo		
	Headquarters Disney World Resi	SPORT C	ODE ASSOCIATION CODE	MEMBERSH		Athlete C	CoachOfficial	Volunteer		
Diving, Fencing, Challenged, Rac	Golf, Jump Rope, P couetball, Rowing, S	ack & Field, and Volle	yball	Chinese Mar Adult Tae Adult Pow	etes in the Follov tial Arts, Judo, Jujitsu Kwon Do Athlet verlifting Athletes	u, and Karate es	20.00 30.00	Not Available 35.00		
Volunteer or Adult Athlete	official s in the Followin	ng Sports: 10.		Field Hockey Rugby, Soco	Flag Football, Hock er, Water Polo and W	/restling.	Not Available	25.00		
Youth Athlete Coach		10.12.0	00 14.00	(Decathlon, I Surfing, Tran Adult Athl	Pentathlon), Physique apoline & Tumbling, 1 etes in the Follow	e, Softball, Friathlon, and Wei wing Sports:	ightlifting 20.00	25.00		
ANNUAL N	IEMBERSHIP	DUES Regula	ar Fee "AB" Fee	Baseball, Bia Kayak, Gymr	etes in the Follow othlon, Basketball, Bro mastics, Modern Penti	comball, Cycling, athlon, Multi-Ever	20.00 its	23.50		
dis	Membership	benefits include	accident insurance (which perly sanctioned AAU ever can be obtained from your	is secondar its and super local AAU A	y and is applicable vised practices of ssociation.	of member clu	Hegular Fee	*AB* Fee		

membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office. NOTE: Parent/Guardian signature required if member under 18 years old.

USPF Cal	iforn	ia Sta	te PL	& BP	148				
20 JUL 03					Open Men				
			arvara	,	Steve Somerman	407	170	402	980
Bench Only Wor 114	nen	220			148				
		Open		***	Natural				
M 40-44 Women			Gerard	440	Steve Somerman	407	170	402	980
Donna Arndt	187	220			148				
132			r 45-49		Master 50-54				
M 45-49 Women			Wondra	347	Steve Somerman	407	170	402	980
Gerrie Shapiro	143	220			165				
Bench Only Men			r 60-64	W. acc	Natural				
148			rd Ciava	relli 264	<b>Brian Pearson</b>	369	319	435	1124
Submaster Men	***	242			181				
Brian Crocker	341	Open			Teen Men				
loe Drake	165		Waldon	462	Aaron Nadal	336	220	358	914
Master 60-64		Joe Gr		407		4th	231		
lim Merlino	292		el Lohr	374	198				
181		242			Teen Men				
Submaster Men			al Men		Adrian Lopez	264	154	319	738
Ken Fasulo	314		Waldon	462	198				
198		242			Open Men				
Teen Men			aster Me		James Lee	540	435	567	1542
losh Mouton	225		Hoekstra	473	Mike Belluscio	490	275	501	1267
198		242			198				1201
Open Men		Maste	r 50-54		Natural Men				
lames Lee	435	Alvin \	Waldon	462	Charles Stocking	518	259	507	1284
Michael Gray	402	242 M	aster 55	-59	Mike Belluscio	490	275	501	1267
198		Daniel	Smith I	II 424	Greg Shaver	292	264	363	920
Submaster Men		275 M	aster 40	144	198	274	204	303	920
Scott Marcinek	446	Daniel	Smith	440	Submaster				
198		Kenne	th Scott	424	Mike Belluscio	490	275	501	1267
Master 55-59		Chuck	McGuir	e	198	490	2/3	301	1267
Eltchie Creevy	314	308		T promised I	Master 40-44				
198		Junior	Men		Tim Deran	457	275		
Master 70-74		Josh B	rvant	606	220	43/	2/3	501	1234
en Sandberg	209	308	,		Junior Men				
lth	214		40-44		Travis Vassallo	473	244	470	****
		Neil Fe		424	220	4/3	341	479	1294
Women PL									
14					Open				
Open Women					Men		204		
tephanie Kubik	225	132	242	600	Patrick McNeil	562	391	540	1493
65				000	Billy Wayne	529	341	562	1432
Open Women					Paul Wondra	297	347		473
isa Denison	385	187	391	964	118				
98	303	107	391	904	220				
pen Women					Master 40-44				
Disa Hatfield		202	2/2		M. Womelsdorf	407	303	407	1117
	451	292	363	1107	Michael Brown	369	281	435	1085
48					220				
45-49 Women					Master 45-49				
asha Meshkov	264	132	308	705	Ruben Arredondo	529	380	479	1388
65					Paul Wondra	297	347	473	1118
45-49 Women					242				
Aary Jacobson	314	231	385	931	Open Men				
ien PL					Steve Silver	661	501	699	1862
10000	1 100	77.00							

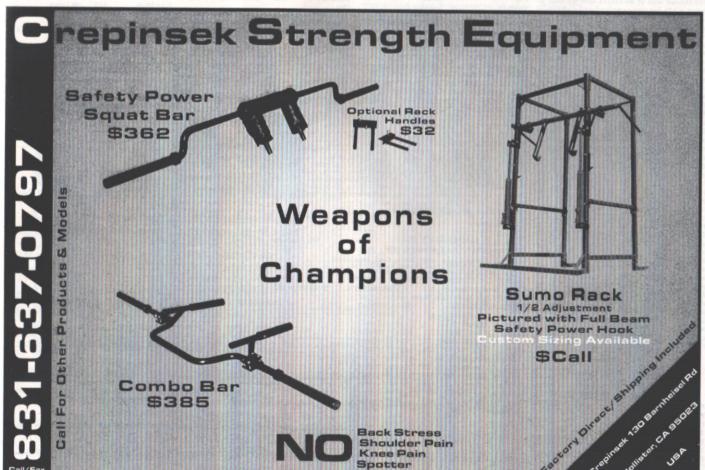


(I-r) Scott Layman, Lisa + Steve Denison, Ken Wheeler (by S. Denison)

	Same to				
Rob Meulenberg	628	418	639	1686	
275					
Teen Men					
Max Higgins	661	396	545	1603	
275					
Open Men					
Riccardo Magni	606	418	595	1620	
Delmer Brown	551	407			
275					
Master 45-49					
Delmer Brown	551	407			
308	700	4666			
Natural Men					
Toby Levers	705	440	722	1868	
Powedifting Rest		Toon M	14-		

Powerlifting Best Lifters Teen Men—Max Higgins Women—Mary Jacobson Master Men—Ruben

record—187 lbs Gerrie Shapiro—132 Master Women 45-49, single lift bench record 143 lbs Brian Crocker—148 Submaster 35-39, single lift bench record—341 Jim Merlino—165 Master 60-64, single lift bench record—292 lbs. Scott Marcinek—198 Submaster 35-39, single lift bench record—446 lbs Len Sandberg—198 Master 70-74, single lift bench record—444 Nin Waldon—242 Master 50-54, single lift bench record—620 Daniel Smith III—242 Master 55-59, single lift bench record—606 We would like to thank the following people for making this meet a success: Meet Director: Kevin Fisher Scoretable: Amy Gorton and Breane Musser. Score-board: Amy Gorton and Breane Musser. Score-board: Shelly Lamb Expeditor: Dan Lee Spotters/Loaders: Women—Mary Jacobson Master Men—Ruben Arrendondo Natural Men—Toby Levers Open Men—Steve Silver Bench only Best Lifter Josh Bryant State Cunningham, Derek Keller, and Dave Dallmeyer Referees: Gordon Santee, Bill Ennis, Sequat 336 lbs, bench 231 lbs, deadlift 358 lbs, total 914 lbs Charles Stocking—198 Junior 20-23, deadlift 722 lbs State Single Lift Bench Records: Donna Arndl—114 Master Women 40-44, single lift bench



# TITAN HI-PERFURMANU

Featuring NXG Fabric!

# THE CENTURION

Patent #5,046,194

Now constructed with NXG fabric! NXG makes every other fabric obsolete! It has the least stretch and the most support of any fabric on the market, and is virtually tear proof and run proof!

Combine NXG with our patented harness support system and you'll see why lifters everywhere are reporting P.R.'s from the local level to the Worlds! We guarantee that Our Centurion or Dual Quad will outperform any other suit on the market

any day of the year, every day of the year!



1 Year Blowout Guarantee and 11/2 Years on Runners! Guaranteed to outperform every suit on the market!

- Colors: Black, Royal Blue and Red. Combination colors available.
- Centurion (stock sizes)

SIGNATURE GOLD WRAPS

■ Custom Tailored Dual Quad

In 1999. Titan does it again.

'Captain" Kirk Karwoski.

1003 Squat & 2309 TTL @275, IPF World Records

Titan Signature Gold Wraps feature FOUR POWER BANDS for maximum power and rebound: two gold power bands on the outside with two black power bands in the center surrounding our distinctive red logo! One pull will confirm that you'll get more power and performance from Titan Signature Gold Wraps than any other wrap Wrist Wraps feature military grade Aplix and thumb loop. Six month guarantee

In 1995 Titan engineered the most radical change in wrap technology ever and forever changed the performance and look of wraps everywhere.

■ Knee Wraps

\$23.95 1 pr. \$22.00 2 pr.

\$13.50 Std. (12") Wrist Wraps \$14.50 ■ 50cm \$15.50 ■ Mid (24") \$17.50 ■ Full (36")



# TITAN ULTRA BELTS

\$85.00

\$99.00

Made in the USA. The heaviest, strongest belt ever! Features: (1) Seamsless roller; (2) Full leather buckle fold over; (3) 2 layers of HD steerhide, 13 mm thickness. Used by Capt. Kirk and other great chamions!

■ Custom Colors. One or two prong

\$99.00

# TITAN SST PRO SERIES

The original and still ultimate power shoes. Features: (1) Custom sizing; (2) Wedge arch Support; (3) Herringbone design sole; (4) Full grain leather; (5) Cambrelle lining; (6) Heel Counter for max stability; (7) Hi-Density molded sockliner; and (8) Velcro lateral strap. 4-6 wks. No COD's. Extra for E+ width.

■ Starting at \$149.95

Call 1-800-627-3145 or 1-361-991-6749, Fax 1-361-991-9470 www.titansupport.com

## OLYMPUS GYM BENCH & DEADLIFT Poli

19 OCT	02 -	Oxon	Hill,	MD
Raw BP Teen Female		4	m Powe	
114			Graves Bench O	pen 36
M. Montgomery	110	198 Iulius	Wilson	24
Jaliesa Baker	70	Percy	Marche	1 35
Males 181		SubM	Marche	-39 II 35
Taron Harris	230	Maste	er 45-49	
Womens Raw O	pen		reasey er 50-54	27
Risa Montgomer	y 140	Julius	Wilson	24
148 Sofya Khaliloua	105	Assist 198	ed BP O	pen
181		Cecil	Murieh	31
Saundra Walker SubMaster 35-39	110		Murieh	31
148		Raw E	BP Open	
Sofya Khaliloua Master 45-49	110	220 Bryan	Redd	
123		Dwig	ht Tingle	
Risa Montgomer Master 50-54	y 140		rt Keller	38
181	***	Roger	Burroug	
Saundra Walker Assisted Bench	110	Gary	Division	29
Womens Open 114		Assist 220	ed BP O	pen
Kathi Muttart	105		t Munn	40
132 Lisa Lilienfield	145	Ronal Keith	d Thoma	s 43 50
Assisted Bench O		SubM	aster 35	
Women 148			t Munn d Thoma	40
Anissa Butler	140	Junior	20-23	
181 S. Washington	130	Kevin		37
SHW		Kevin	Ross	37
Jeni Butler SubMaster 35-39	250		Division Munn	40.
123		Ketih I	Barett	50
Tammy McCabe 132	140	Raw B	P Open	
Beth Johnson	155	David	Cooper	42
Master 40-44			r 40-44 Pollard	41.
Kathi Muttart	105	Maste	r 55-59	
181 Master 45-49		Sy Smi	th d BP Op	320 pen
S. Washington	130	242		
Police Division 148			ackson el Bradle	320 ey 475
Aruissa Butler	140	SubMa	ster 35-	39
SHW Jeri Butler	250	Novice	n Jones	335
Assisted BP Open Men		Chris J	ackson	320
148		Jerome	Division Johnso	
Dwight Moore Raw BP Novice	305	Raw Bi 275	P Open	
165		David	Holmes	420
Issa Haddacd Sub Master 35-39	205	William	n Lewis	440
Edward Tyler	300	BP Op		
Junior 20-23 Issa Haddacd	205	275 Kurtis	Calloway	y 515
Military		Josh W	itt	530
Edward Tyler Raw BP Open	300		ster 35-3 Marcha	
181		Masler		
Alan harris Lamont Maith	350 375	Guy Bl.	ack Division	460
Nick MerCorelli	405		Marcha	
Master 40-44 Johnny McQueen	240	Guy Bl	ack d BP Op	460
Assisted Bench Op		SHW		
181 William Powell	315	James ( Master	Crawford 40-44	d 335
Larry Graves	365	James (	Crawford	d 335
Master 55-59 Jim Shoaf	300	Raw Be Master	45-49	
Police Division		Timoth	y Wilson	
Raw BENCH/DEAI Women Open	DLIFIS	BP	DL	TOT
123			0.75	
Risa Montgomery Assisted		140	275	415
114		105	225	240
Kathi Muttart 132		105	235	340
Lisa Lilienfield		145	270	415
148 Anissa Butler		140	330	470
181				
Susan Washington SHW		130	230	360
Jeri Butler		255	305	805
Raw Masters 45-49 123				
Risa Montgomery		140	275	415
Assisted Master 40-44				
114		105	220	240
Kathi Muttart 181		105	235	340
Master 45-49		120	220	260
Susan Washington		130	230	360

Police Divison				Michael Bradley			
Anissa Butler	140	330	470	Novice Divison	475	590	106
SHW	140	330	4/0	Chris Jackson	320	***	705
Jeri Buther	250	305	805	Master 40-44	320	465	785
RAW MEN OPEN	-	303	003	Michael Bradley	475	590	106
181				Raw	4/3	390	100
Nick Mercorelli	405	525	930	242			
Lamont Maith	375	575	950	David Cooper	420	720	
Assisted	5.0	3,3	330	275	420	/20	114
William Powell	315	505	820	David Holmes	420	630	105
Master 55-59		505	020	Submaster 35-39	420	630	103
Jim Shoaf	300	375	675	David Holmes	420	630	105
198			0,5	Police Division	420	630	105
Cecil Muriel	310	545	885	SHW	420	030	103
Master 40-44			000	James Crawford	335	515	850
Cecil Muriel	310	545	885	Master 40-44	333	313	830
220			000	James Crawford	335	515	850
Robert Munn	405	540	945	Novice	333	313	030
Ronald Thomas	435	590	1025	lames Crawford	335	515	850
Keith Barrett	500	580	1080	The 2002 Bench and			
Junior 20-23				and Assisted was hel	d October	10th at	Ohom
220				Gym in Oxon Hill, M	D Fifty lifts	19th at	noted :
Keivn Ross	370	600	970	150 spectators showe	d un to wa	tch The	comp
Police Divison		In the last		tion started off with a	hig hang fr	rom the	toonac
Gary Lang	290	395	685	Sixteen year old Miki	ela Monta	omory w	vac con
Robert Munn	405	540	945	tional with 110 lb. ben	ch with ple	nty mor	e to sn
					en min pre	my mor	e to sh

405 540 945

370 600 970

320 465 785

Military

Kevin Ross

Chris Jackson

bench press and an easy 275 lb. deadlift. This was Risa's second bench and deadlift meet and I know she is looking forward to a lot more. In the 132's strong lifting by Beth Johnson at 125 lb. body weight benched an easy 155 lbs. on third attempt, after missing her second attempt at 155 lbs. Great lifting Beth see you next year. Auchte see All Lifting Beth see you next year. lifting Beth, see you next year. Another good lifter showed a lot of grit. Lisa Lilienfield, 44 yrs. old, body weight of 127 went after Johnson, benching 145 lbs. on the second attempt. On her third attempt she took 160 lbs. but had trouble locking it out. Lisa pulled a 270 lb. deadlift but could have done more easily. In the 148 lb. class, Anissa Butler in only her second meet, trained only 12 weeks after a year layoff due to 9-11 of last year. Anissa. a police officer at the Library of Congress came to the meet really focused. She benched an easy 140 bs. with a lot more. When it came to the deadlift. Anissa took on her coaches mentality and went to work. Open attempt was 280 lbs. at 147 lb. body-weight, 2nd attempt at 305 lbs. was too easy. Final Gym in Oxon Hill, MD. Firty litters below that the competition started off with a big bang from the teenages. Sixteen year old Mikiela Montgomery was sensational with 110 lb. bench with plenty more to spare She was also best lifter in the teenage girls division. Taron Harris, 17 yrs. old in his first meet. He started benching only two months ago, Taron did a great job, benching 230 lbs. in the teenage boys division. There were 8 women in the Women's division. There were 8 women in the Women's division. Master lifter, 46 years of age, Risa Montgomery, 150 lbs., 500 lbs. squat and 450 lb. deadlift. At that times he was ranked third in the world. Jeri Benched

250 lb. with only 12 weeks of training, she is looking forward to doing a lot more next year. Jeri weighed in at 330 lbs. Men's Division: Things got heated in the 181 lb. wgt. division between Nick Mercorelli and Lamont Maith. At a bodyweight of 170, Mercocrelli and Lamont Maith. At a bodyweight of 170, Mercocrelli benched an easy 405 lb. raw on the third attempt, but wanted a fourth attempt at 425 lbs. but was denied. Maith benched 375 lbs. after missing his first attempt of 330 lbs. In the deadlift Mercorelli opened at 480 lbs., Maith at 525 lbs. Final attempt, Mercorelli 525 lbs., Maith pulled 575 lbs. to take the win. In the 198 lb. class, Cecil Murlet look the win after a nine year layoff. At a body weight of 187 lbs. he benched 310 lbs., but was able to pull 545 lbs. in the deadlift. Cecil is now a 40 year old master lifter. In the 220 lb. class, the battle was on between Robert Munn and Ronald Thomas. Munn, a police officer, Metropolitan Police Dept., Washington DC benched 405 lbs. but wits seed 2nd attempt at 405 lbs. Thomas was strong benching 435 lbs. on the third attempt. In the deadlift Thomas opened at 545 lbs. to Munn's 490 lbs. Thomas ymped to 570 lbs., Munn still trailed. On the third attempt Thomas called for 590 lbs., a perfect call. Munn went for it all at 610, but was to much for him. Thomas got the win for a minute, but Keith Barrett, Maryland State Trooper blew everyone away benching 500 lbs. on second attempt, pulled 580 lbs. on second attempt in the deadlift and barely missing 600 lbs. for his final attempt, pulled 580 lbs. on second attempt in the deadlift and barely missing 600 lbs. for his final attempt, The winner, Keith Barrett, Great Jobi!! In The 242 lb. class, Michael Bradley, master lifter, 44 years of age benched an easy 475 lbs on the third

BENCH		Scott Feese	370
114		Tom Manella	365
FemaleOpen		Dan Barbee	360
SiouzHartwigut	210	Pete Savage	340
Teen		35-39	
Austin Johnson	95	<b>Maurice Williams</b>	370
Bench		40-44	
Austin Johnson	95	Dan Barbee	360
165		45-49	
Female Open		Al Statman	300
TG Powell	150	50-54	
Tina Brook	85	Pat Aulicino	340
Junior		220	
Rory Howell	295	40-44	
Bench Open		John Shifflett	350
Steve Jaffe	320	242	
D. Maoury	300	Open	
John Bourque	270	Christian Johnson	
John Snider	260	Greg Bunch	415
Submasters		Mike Cumbee	410
John Bourque	270	Jeff Herbert	350
Open		40-44	
Alan Harris	360	Greg Bunch	415
George Welsh	315	55-59	
181		Bobby Arnold	380
50-54		McElvin Pope	350
Glen Nichols	260	275	
198+		Open	
Female		Kip Kenyon	520
50-54	-	Bench 35-39	
Christine Braun	165		380
198		40-44	
Open Bench		Al Horne	500

### **USAPL** Wyoming State Open 22 SEP 02 - Cheyenne, WY

525 350 615 1490 John James 525 350 615 1490 (Thanks to USAPL for providing these meet results)

<b>Womens Teenage</b>		165			
114		Jamie S	teichen	347	
Lisa Erickson	83	220			
Men Teen		Kirby W	/ilson	363	
132		242			
Jason Trudell	209	Blake H	lutchison	369	
198		319+			
Michael Douglas	12	Todd K		413	
Women Open		Master	Heavy		
114		198			
Lisa Erickson	83	Jerry Ha	andley	176	
Open		Open			
132		198			
Troy Kibel	214	David E		385	
148		Master			
Pete Prado	275	Pete Pr	ado	275	
Womens	SQ	BP	DL	TOT	
Open	-4				
148					
Kimberly Walford	308	187	396	892	
Women					
Master					
181					
Buellah Bishop	192	110	259	562	
Open					
181					
Jim Miller	440	314	451	1207	
198					
David Barkee	451	385	501	1339	
Scott Medler	512	330	600	1444	
Mark Rodacker	595	341	584	1521	
242					
Brian Briot	440	325	507	1273	
David Wolf	451	352	518	1322	
275				10.40	
Tim Hildreth	385	319	396	1102	
Master Light		A THE REAL PROPERTY.	1 221		
Ken Aragon	380	292	462	1135	
Tom Bishop	236		314	716	
Mark Cueinella	363	248	451	1063	
Steve Hill	363	236	402	1003	
Master Heavy					
David Barkee	451	385	501	1339	
Daivd Wolf	451		518		
Best Lifter: Male	- Mar	k Rodaci	ker. Fema	le - Kir	ľ
berly Walford. Bes	t Ben	ch-Jamie	Steichen	. (Than	k
to Ron Erickson fo	or pro	viding th	nese meet	results	5.

Book Collection  Collection  If we  Superior Advance  Analogo Lauren  Superior Advance  Superior Advan	Nature's Sports Lucrosey  Nature's Sports Pharmacy Hatfield \$14.95	Ultimate Sports Nutrainto Villande Sports Nutrition / Haffield \$16.95	The Back Resist Book / Webs 319 59	7 Minute Rotator (Robinson / Robinson / 1995	SPEE	D/ GTH	Dinosaur Training / Kubak	Dinosaur Streng Visibility Noteboo
(March, June, September All back issues are	Journal for serious athletes \$12.00 per Issue ser or, December) available Master Strength available	Y Of Hand / Brookfield	PRO	OGRESS DELIVERS DELIV	m Strength (Training it (To Street	AND STATE	4 ISSUES OF erlifting USA flagazine GET 1 FREE is your enformation sealth, meal schadules, tips and complete lone emotified equipment is ALL you need! \$ 5.00 each **g*	Powerifting Magazine Binder \$15.00
Arabolic Musca Machael Musca March Machael Musca March Machael	Boot Suilare Scientific Approach (Highlight \$16.95	Brawn / McRobert \$23.95	Beyound Brawn / McRobert \$24.95	Big Arms /McRobert \$7.95	Big Bench /McRobert \$7.95	Development Of Physical Power / Saxon 15100	STRENGTH  BELLAN BOARN  Eleman Strength  / Dorn  \$18.95	Getting Stronger (Pearl \$19.95
Batch and Berlain / Websiter \$20.00	NEW updated Strength And Speed Ratings- 2000/ Harder \$29.95	NEW Muscletown USA /Hoffman & York \$23.50	PNF - Flexibility Training / Hatfield \$5.00	Poliguin Principles  Poliguin Principles  / Poliguin \$39.95	Power A Scientific Approach / Hatfield \$18.95		SONS OF SAMSON HOLDER PROVIDE SONS OF SAMSON I SECURITION	SONS SAMSON Sons Of Samson \$27.95
Some Street	Sports Againty / Kreis \$18.95	Sports Chute Training Manual- ISSA / Hatrield \$10.00	Of Stones And Strength / Jeck - Martin 51795	IRONMIND  ICOL II STREET YES  IRONNING  Stronger Bodies Stronger Bodies (Stroseer St4 95	On Becoming World Class / Basiotto \$12.95	SUPER SQUATS SUPER SQUARS /SIYOSSEN 314 95	IRONMIND TRAINING TRAINING TABLET NO.1  Iron Mind Training Tablet #1 / Strossen \$13,50	JRON MIN B FRAINER C T ABLE T NO 2 Iron Mind Trainin Tablet #2 / Strossen
Barbin and Beefcake / Westalfing England Strength Training For Footal - 88 Training Footal - 88 Training For Footal - 88 Training Foot	Weight Training Technique Weight Training Technique Weight Training Technique //McRobert	OLYMPIC Style C WEIGHTLITING Ownpic Style Weightlifting / Schmitz	200 Years As I See II / Anderson Sa.00	Father & Son / Anderson \$25.00	Forty And Rising Forty And Rising FAnderson \$25.00	Greater Strength Plad Anderson A Greater Strength / Anderson 37.95	"How It Is"  How It Is / Anderson SR 00	Kook Letters / Anderson 86.00
POWER BY PAUL Proper By Paul Proper By Paul	\$29.95	\$19.95  Weights and Sports  Weights And Sports	Youth Strength	ANDERSON Paul Anderson The Michael Minister	Relax into Stretch	Beyond Stretching	Power To The	AUS Bullet-Proof Ab
2 book set 830.00	/Anderson \$15.00	/Anderson \$25.00	/ Anderson \$25.00	24.95 27	\$34.95	/Tsatsouline \$34.95	/Tsatsouline \$34.95	/Tsatsouline \$34.95

	CR	LE WORL	S. BOOK	S		Or Not To Sq is the Ultimate Book and Vic on Power Squatt When all ed Stails, read to	deo ingl lse he	GUAT TO Squat
	1-80	D-212	BENCH PRESS	Rickey Dale	OMIMG VIDEO  TOTAL FAM FAM  E Crain explains the squat with 6 d  SOLAT AND DEADLET SLITZ TERMINISTERS  TAND DEADLET SLITZ TERMINISTERS  TAND DEADLET SLITZ TERMINISTERS  TAND DEADLET SLITZ TERMINISTERS  TOTAL TO	instructions it ALL! Everyth ifferent complete	ning you ever wa	\$19.95 anted to know and morel
POWERLIFT	Laminated Stretching Profeler 23' x 35' / Pearl \$19.95  THE SQUAT Laminated Poem \$3.00	Ken Lain Add 50 to 75 lbs To Your Bench Phass / Lain \$16.00	The Bench Press - Words Greatest Bench Press ers / Biasioto \$19.55	Bench Assault / O'Bnen \$15.00	Squat and Deedlit Bitz / O'Bnen \$15.00	Kaz Quest #1 Berch Press /Kazmire \$9.95	Kaz Quest #2 The Squat & Deadlit / Kazmine \$9.95	Kaz Quest#3 Bodybulding /Kazmire \$9.95
Bulding The Biggest Bench Gr	Annual Process   John Black Procent Powerbuild   Powerbui	Powerlifting Besics Texas Style	CHAMPION CHAMPIONS Lamphallia Champion Of Crampions	Printer For	Squatting At A	Pat Casey, King Of the Poweristers /	Bench Press	WORKOUT LOG  STEED BENEFITS Muscle World Workout Log \$12.00
SHEAT TO THE SHEAT	SPECIAL VIDEO	Squart Workout 2 tapes \$54.95	Milete ments \$3	Press Rodied	P F F F F F F F F F F F F F F F F F F F	Withelm \$15.95 Reactive Method \$39.95	cD	noN.
The Metabolic Diet	ANABOLIC STEROIDS SPORT EXERCISE	TRAINING	2000 Anabolis 2000	Box The Box	DECEPTION DETECTION	NO DRUG TESTS	NEVER SAY LIE BOY 150 BIST ON THE BOST OF SHIP OF SAY LIE BOY 150 BIST ON THE BOST OF SAY LIE FRONT AND THE BOST OF SAY LIE FR	HILLY OF STREET
Diet-HB /Y	olos Game Angholic Sternals in Sports 3 parces / Yestals in Sports 3 parces / Yestals 1996	Steroids Ste	Anabolics 2000 Alimentyn \$49.95	/ Malashinov 97.95 Briestin & Description	Detection / Cliffon \$20.00	Drugs / Carson \$15.00	/ French and Vanhoulen \$22.95  BLYONU ANAJOUR STENOUS	/Duchane \$39.95
Underground Steroid Handbook II) Ennar Duchaine \$24.95	Typical Vibrid Anabolic Coment with per Hominuk 129 95	Drug Use & Detection in Ameter Sports / ZDPasquale \$15.00	Drug Use & Detection Update #1, 2, 3 \$18.00	Drug Use & Detection Update #4 \$11.00	Drug Use 3 Detection Update #5 \$16.00	HANGES OR RE	Beyond Anabolic Steroids / DPasquale \$16.00 ALES FINAL TURNS ON BOOK UBJECT TO CH	
	MUSCLE WORK  3803 North Bryan ihawnse, Oklahoma 7480  omai rerain@eha web.site www.crainsmus	Road 14-2314 USA rter.net	YOUR O	Cubic US Surface or 40% Armal Calandria Residents Add 8.5% Sales Tai. RDER MAY BE SUB. LK SHIPPING CHARG	Custom	ALL PRICES SI ck / Cash / Credit er Service 1-405-	Card / C. O. D. (\$ 275-3689 Fax 1	25.00 min.) -405-275-3739

### SLP ILLINOIS STATE FAIR BP/DI 18 AUG 02 - Springfield, IL

BENCH PRESS		198	
teenage women	16-17	Mike Maxwell	335
165		220	
Natalie Pfoff	150*	Al Kennedy 242	410
submaster wome	n	Doug Haycraft	510*
Laura McCune	210*	master men 50-54	
police & fire wor	nen	181	
123		Richard Carlson 198	285
Karen Gordon open women	175*	Randy Egli	460*
148		Dave Williams	370
Cathy Vail	245*	275	
165		Barry Blackmon	430*
Buffy Gordon teenage men 13*	310*	police & fire/ master 40-44	
132	-13	220	
Zack Haycraft	70	Al Kennedy	410
198		police & fire	
Vincent Abrego teenage men 18-	290*	165 Marzeek Williams	260
148	19	181	200
Jenny Amsbury	280*	Anton White	320
165		242	535*
Jason Shephard 181	250	Rob Luyando Tommy Harrison	500
Brad Griffin	350	Troy Osbome	405
Derek Ridgnal	280	275	
198		Chris Gholston	525*
Ross Grady	345	open men 148	
220 Eric Powers	300	Otis Anderson	300
275		A. Shanghnessy	260
Ben Myers	420*	Billie Jefflies	260
308 Nick Thompson	2100	165 Brian Schoenman	400
Nick Thompson Junior men	315*	181	400
165		Tommie Gentry	420*
Nick DeLuise	390	Jason Carson	415
181	205	Jim Colyott 198	340
Titan Ritenour 198	305	Mike Houston	460
Nick Young	485	220	The state of
220	8.2.	Jason Black	490
Josh Frink	325*	Mike McCabe Luis Martinez	480
242 Marc Rewerts	430*	Aaron Marshall	405
275	430	242	
Doug Zobrist	340	Rob Luyando	535
submaster men		Steve Parkhurst Todd Furlow	485
181		TOUG TUTION	
Pele Reebe	380	Joe Hubly	400
Pete Beebe 220	380	Joe Hubly 275	
220 Jeff Rodems	380 450	275 Greg Gordon	600*
220 Jeff Rodems 242	450	275 Greg Gordon Ron Brady	
220 Jeff Rodems 242 Scott Dukowitz	450 475	275 Greg Gordon	600*
220 Jeff Rodems 242	450	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood	600* 550
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275	450 475 410 255	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller	600* 550 490 485
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon	450 475 410	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th	600* 550 490 485 500*
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw	450 475 410 255 540	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller	600* 550 490 485
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon	450 475 410 255	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 41h Lee Gaffigan	600* 550 490 485 500*
Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1	450 475 410 255 540 475	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men	600* 550 490 485 500* 425
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132	450 475 410 255 540 475	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165	600* 550 490 485 500* 425 600*
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard	450 475 410 255 540 475 (3-15 200*	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men	600* 550 490 485 500* 425
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132	450 475 410 255 540 475 13-15 200* 16-17	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch	600* 550 490 485 500* 425 600*
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff	450 475 410 255 540 475 (3-15 200* 16-17 305*	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242	600* 550 490 485 500* 425 600* 605*
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won	450 475 410 255 540 475 (3-15 200* 16-17 305*	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts	600* 550 490 485 500* 425 600* 605* 515
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123	450 475 410 255 540 475 (3-15 200* 16-17 305* nen	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242	600* 550 490 485 500* 425 600* 605* 515
Jeff Rodems Jeff R	450 475 410 255 540 475 13-15 200* 16-17 305* nen 330*	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell	600* 550 490 485 500* 425 600* 605* 515
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Cerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 65 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198	450 475 410 255 540 475 13-15 200* 16-17 305* nen 330* 15	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 41h Lee Gaffigan shw Fric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275	600* 550 490 485 500* 425 600* 605* 515
Jeff Rodems Jeff R	450 475 410 255 540 475 13-15 200* 16-17 305* nen 330* 15	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool	600* 550 490 485 500* 425 600* 605* 515
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Cerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 65 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198	450 475 410 255 540 475 13-15 200* 16-17 305* nen 330* 15	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242	600* 550* 490 485 500* 425 600* 665* 515 360 660*
Jeff Rodems Jeff R	450 475 410 255 540 475 (3-15) 200* 6-17 305* 6-17 475 475 475 475 475 475	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley	600* 550 490 485 500* 425 600* 605* 665* 360 660*
Jeff Rodems Jeff R	450 475 410 255 540 475 (3-15) 200* 6-17 305* 6-17 475 475 475 475 475 475	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 55-69	600* 550 490 485 500* 425 600* 605* 665* 360 660*
Jeff Rodems Jeff R	450 475 410 255 540 475 (3-15 200* 16-17 305* 16-17 330* 475 17 405* -19	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181	600* 550 490 485 500* 425 600* 665* 360 660*
Jeff Rodems Jeff R	450 475 410 255 540 475 (3-15 200* 16-17 305* 16-17 330* 475 17 405* -19	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 55-69	600* 550 490 485 500* 425 600* 665* 360 660*
Jeff Rodems Jeff R	450 475 410 255 540 475 (3-15 200* 16-17 305* 16-17 330* 475 17 405* -19	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165	600* 550 490 485 500* 425 600* 605* 515 360 660* 425*
Jeff Rodems Jeff R	450 475 410 540 475 13-15 200* 13-15 200* 15-17 405* 475 17 405* 475 475 475 475 475 475 475 475	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 242 181 John Bressner open men 165 Mike Dykeman	600* 550 490 485 500* 425 600* 665* 360 660*
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Cerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers	450 475 410 255 540 475 13-15 200* 16-17 305* 17 405* 19 430	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 41h Lee Gaffigan shw Fric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Mike Dykeman 165	600* 550 490 485 500* 425 600* 605* 515 360 660* 425*
220 Jeff Rodems 242 Scott Dukowitz Z42 Scott Dukowitz Z42 Scott Dukowitz Z75 Ricardo Dixon Shw Robert Perrine DEADLIFT Ieenage women 1 32 Casie Howard Ieenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon Ieenage men 13-1 198 Vincent Abrego Vincent Abrego Vincent Abrego Ieenage men 16-1 165 Rick Gregory Ieenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers	450 475 410 540 475 13-15 200* 13-15 200* 15-17 405* 475 475 475 475 475 475 475 475	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Andre Spaulding 198	600* 490 485 500* 425 600* 665* 515 360 660* 425* 400 380
220 Jeff Rodems 242 Scott Dukowitz Z42 Scott Dukowitz Z45 Scott Dukowitz Z75 Ricardo Dixon Shw Robert Perrine DEADLIFT Ideenage women 1 Z32 Sare Howard Ideenage women 1 Z34 Karen Gordon IZ3 Kar	450 475 410 255 540 475 33-15 200* 16-17 305* 475 17 405* 410 410 410 410 410 410 410 410	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 41h Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Mike Dykeman 165 Andre Spaulding 198 Leo Welch	600* 550  490 485 500* 425 600* 665* 515 360 660* 425* 400 380 665
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers 308 Nick Thompson	450 475 410 2255 540 475 (3-15 200* (6-17) 305* 475 17 405* -19 430 610* 450	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Mike Dykeman 165 Mike Dykeman 165 Andre Spaulding 198 Leo Welch Chad Taylor	600* 490 485 500* 425 600* 665* 515 360 660* 425* 400 380
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers 308 Nick Thompson iunior men	450 475 410 255 540 475 33-15 200* 16-17 305* 475 17 405* 410 410 410 410 410 410 410 410	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Andre Spaulding 198 Leo Welch Chad Taylor 220	600* 550  490 485 500* 425 600* 665* 515 360 660* 425* 400 380 665
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers 308 Nick Thompson	450 475 410 255 540 475 33-15 200* 16-17 305* 475 17 405* 410 410 410 410 410 410 410 410	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 181 John Bressner open men 165 Andre Spaulding 198 Leo Welch Chad Taylor 220 Jason Black 242	600* 490 485 500* 425* 660* 665* 425* 4400 380 665 585 560
220 Jeff Rodems 242 Scott Dukowitz Z42 Scott Dukowitz Z42 Scott Dukowitz Z45 Scott Dukowitz Z45 Scott Dukowitz Z45 Scott Dukowitz Z46 Scott Dukowitz Z47 Scott Dukowitz Z47 Scott Dukowitz	450 475 410 255 540 475 3315 200* 16-17 305* 15 475 17 405* 410 450 750* 445	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 41h Lee Gaffigan shw Fric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Mike Dykeman 165 Andre Spaulding 198 Leo Welch Chad Taylor 220 Jason Black 242 L. C. Roesch	600* 490 485 500* 425 600* 665* 515 360 660* 425* 400 380 665 585 560 745*
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers 308 Nick Thompson iunior men 181 Titan Ritenour 198 Preston Dunham	450 475 410 255 540 475 3315 200* 16-17 305* 15 475 17 405* 410 450 750* 445	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Mike Dykeman 165 Mike Dykeman 165 Andre Spaulding 198 Leo Welch Chad Taylor 220 Jason Black 242 L. C. Roesch Todd Furlow	600* 490 485 500* 490 485 600* 605* 665* 360 660* 425* 400 380 665 585 560 745*
Jeff Rodems Jeff R	450 475 410 255 540 475 13-15 200* 66-17 305* 405* 475 430 610* 450 750* 540* 445 445	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 John Bressner open men 165 Andre Spaulding 198 Leo Welch Chad Taylor 220 Jason Black 242 T. C. Roesch Todd Furlow Andrew Sanders	600* 490 485 500* 490 485 600* 605* 665* 360 660* 425* 400 380 665 585 560 745*
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers 308 Nick Thompson iunior men 181 Titan Ritenour 198 Preston Dunham	450 475 410 255 540 475 13-15 200* 66-17 330* 15 475 17 405* 415 450*	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Andre Spaulding 198 Leo Welch Chad Taylor 220 Jason Black 242 T. C. Roesch Todd Furlow Andrew Sanders Jacob Faulkner Joe Hubly	600* 490 485 500* 600* 665* 515 360 660* 425* 4400 380 665 585 560 745* 66640
220 Jeff Rodems 242 Scott Dukowitz Z42 Scott Dukowitz Z42 Scott Dukowitz Z75 Ricardo Dixon Shw Robert Perrine DEADLIFT Ieenage women 1 32 Casie Howard Ieenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon Ieenage men 13-1 198 Vincent Abrego Vincent Abrego Vincent Abrego Ieenage men 18* 181 Ross Grady 220 Eric Powers Z75 Sen Myers 308 Nick Thompson iunior men 181 Titan Ritenour 198 Preston Dunham 220 Josh Frink 242 Marc Rewerts	450 475 410 255 540 475 3315 200* 6617 305* 475 17 430 610* 450 750* 445 445 445 445 445 480* 680*	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Leo Welch 242 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Andre Spaulding 198 Leo Welch Chad Taylor 220 Jason Black 242 I. C. Roesch Todd Furlow Andrew Sanders Jacob Faulkner Joe Hubly 275	600* 490 485 500* 490 485 600* 665* 515 360 660* 425* 400 380 665 585 560 745* 665 590 555
220 Jeff Rodems 242 Scott Dukowitz Z42 Scott Dukowitz Z42 Scott Dukowitz Z55 Ricardo Dixon Shw Robert Perrine DEADLIFT teenage women 1 Tag Saise Howard teenage women 1 Scott Fire Saise Howard teenage men 13 Scott Fire Saise Howard teenage men 13 Scott Fire Saise Howard Tag Vincent Abrego teenage men 16 Scott Gregory teenage men 18 Scott Fire Saise Howard Scott Fire Saise Howard Scott Fire Scott Fire Scott Fire Scott Fire Scott Fire Saise Howard Scott Fire Sco	450 475 410 255 540 475 3315 200° 16-17 305° 15 475 17 405° 19 430 610° 450 750° 540° 445 445 445 480° 680°	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Mike Dykeman 165 Mike Dykeman 165 Mike Dykeman 165 Leo Welch Chad Taylor 220 Jason Black 242 I. C. Roesch Todd Furlow Andrew Sanders Jacob Faulkner Joe Hubly 275 Ron Brady	600* 490 485 500* 492 600* 665* 515 360 660* 425* 400 380 665 585 560 745* 665 640 7590
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers 308 Nick Thompson iunior men 181 Titan Ritenour 198 Preston Dunham 220 Josh Frink 242 Marc Rewerts 275 Dennis Francis	450 475 410 255 540 475 13-15 200* 66-17 330* 15 475 17 405* 415 445 450* 445 445 445 445 480* 680* 515	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Andre Spaulding 198 Leo Welch Chad Taylor 220 Jason Black 242 T. C. Roesch Todd Furlow Andrew Sanders Jacob Faulkner Joe Hubly 275 Ron Brady Brian Tribble	600* 490 485 500* 490 485 600* 665* 515 360 660* 425* 400 380 665 585 560 745* 665 590 555
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers 308 Nick Thompson iunior men 181 Titan Ritenour 198 Preston Dunham 220 Josh Frink 242 Marc Rewerts 275 Dennis Francis master men 40-44	450 475 410 255 540 475 13-15 200* 66-17 330* 15 475 17 405* 415 445 450* 445 445 445 445 480* 680* 515	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Mike Dykeman 165 Mike Dykeman 165 Mike Dykeman 165 Leo Welch Chad Taylor 220 Jason Black 242 I. C. Roesch Todd Furlow Andrew Sanders Jacob Faulkner Joe Hubly 275 Ron Brady	600* 490 485 500* 490 485 600* 665* 515 360 660* 425* 400 380 665 585 560 745* 665 590 555
220 Jeff Rodems 242 Scott Dukowitz Tom Oberle Gerald Portz 275 Ricardo Dixon shw Robert Perrine DEADLIFT teenage women 1 132 Casie Howard teenage women 1 165 Natalie Pfoff police & fire won 123 Karen Gordon teenage men 13-1 198 Vincent Abrego teenage men 16-1 165 Rick Gregory teenage men 18* 181 Joey Hannant 198 Ross Grady 220 Eric Powers 275 Ben Myers 308 Nick Thompson iunior men 181 Titan Ritenour 198 Preston Dunham 220 Josh Frink 242 Marc Rewerts 275 Dennis Francis	450 475 410 255 540 475 13-15 200* 6617 330* 15 475 17 405* 410 430 610* 450 750* 445 450* 445 450* 540* 480* 680* 515 480* 680* 515 480* 680*	275 Greg Gordon Ron Brady Eric Maney 308 Jason Underwood Greg Zoeller 4th Lee Gaffigan shw Eric Foggey submaster men 165 Ed Bridges 198 Rick Roberts master men 40-44 198 Mike Maxwell 275 Doug Pool master men 45-49 242 Scott Workley master men 65-69 181 John Bressner open men 165 Mike Dykeman 165 Mike Dykeman 165 Mike Dykeman 165 Leo Welch Chad Taylor 220 Jason Black 242 T. C. Roesch Todd Furlow Andrew Sanders Jacob Faulkner Joe Hubly 275 Ron Brady Brian Tribble 308 Lee Gaffigan	600* 490 485 500* 490 485 600* 665* 515 360 660* 425* 400 380 665 585 560 745* 665 640 590 555 665*



champion at police&fire/123, set the stale record there with 175. In the open division, Cathy Vail there with 175. In the open division, Cathy Vail deformed to competition to reclaim the title at 148, setting the Illinois state record there with 245. At 165 it was a good one! Buffy's 310 broke her old state record of last year by thirty pounds! In the teenage men's division Zack Haycraft was competing for the first time, finishing with 70 and the title at 13-15/132. Vincent Abrego won at 13-15/198 with a 15/132. Vincent Abrego record press of 290. At 18-19. men's division Zack Haycraft was competing for the first time, finishing with 70 and the title at 13-15/132. Vincent Abrego won at 13-15/198 with a very impressive state record press of 290. At 18-19, Jerry Amsbury also got a new state record with his 280 final attempt, Jason Shephard won at 165 with second at 181 with 280. Ross Grady took the 198's with 345 while Frie Power son won at 181 with 305. Nick Young, state record at 181 with 350. In the junior division it was Nick DeLuise tying won at 181 with 305. Nick Young, state record with 315, setting the record tholder at junior 198, won there with 485 after missing at hird attempt with a personal best at 480. Greg then the solve Parkhurst was sector with his great 3.55 press. Steve Parkhurst was sector with sile first fine of the day. Greg Zoeller was sector at 161 at 13-15/198 with a state record with his personal best 510, as Todd Furlow at 18-19/275 while Fire Power 18-15/198 with a personal best 449 to Greg Gordon at 18-19/275 while Fire Power 18-15/198 with a personal best 510, as for fore Gordon for the day. Greg Zoeller was second with 450, be Hubby was attempt of the day. Greg Zoeller was at 250 bench, with 445. Joe Hubby was at 250 opener, as did Brad Griffin at 181 with 350.

Derek Ridgnal was second at 181 with 280. Ross Grady took the 198's with 345 while Fire Power 18-15/198 with 485 after missing at the personal best but it also tied the existing state record holders Mike Irwin and the proposed best but it also tied the existing state record holders Mike Irwin and the proposed best but it also tied the existing state record holders Mike Irwin and the proposed best but it also tied the existing state record holders Mike Irwin and the proposed best but it also tied the existing state record holders Mike Irwin and the proposed with a personal best 400 bench for the metal was pread to proposed with 400 bench for the day. Greg Zoeller was a great of the proposed at 250 bench for the day. Greg Zoeller was a great of the proposed at 250 bench for the d missing a third attempt with a personal best 510. Josh Frink set the state record at 220 with 325 while Marc Rewerts did the same at 242 with a big 430. Our final competitor in the junior division was 275 winner Doug Zobrist who finished with 340. In the submaster division it was Pete Beebe at 181 with 380 while Jeff Rodems won at 220 with 450. At 242 Scott Dukowitz won the crown with a solid 475 over Tom Oberle, who got a pr 410, and third place winner Gerald Portz with 255. This was Gerald's first competition. Rickardo Dixon looked strong at 500 meximum at 250 with 180 meximum at 250 with 180 meximum at 250 with 180 meximum at 250 meximum at 250 with 180 meximum at 250 with 180 meximum at 250 meximum at 250 with 180 meximum at 250 with 180 meximum at 250 with 180 meximum at 250 meximum at 250 with 180 meximum at 250 with 180 meximum at 250 meximum at 250 with 180 meximum at 250 with 180 meximum at 250 meximum at 250 with 180 meximum at 250 meximum at 275 with a personal best 540 while Robert Perrine sinking into his chest after the call ... amazing! The won at shw with 475. Master 40-44/148 winner crowd of over five hundred lifters and spectators James Amsbury set the record there with 290, just simply went WILD! In the deadlift competition missing his final attempt with 300. Mike Maxwell Casie Howard set the record at 13-15/132 with won at 40-44/198 with his opener of 335, as Al solid pulling, finishing with 200. Our other lady teenage lifter was 16-17/165 winner Natalie Pfoff, with 410. Then at 40-44/242 Doug Haycraft broke who finished with a personal best and state record Nils own state record with his 5 10 pr third attempt.

305. Karen Gordon made it two for two on the day with her win at police & fire 123, setting the Illinois Randy (I'm gona retire one more time) Egli took the state record there with 330. In the teenage men's 198's with a great 460 state record opener. Dave Williams was second with 370. At 50-54/275 it was second state record of the day with his 475 pull. At 242 Mike Irwin/Ron Harlow 1050
BENCH: Best Lifter - lightweight - BRIAN SCHOENMAN. heavyweight - GREG GORDON.
DEADLIFT: Best Lifter-lightweight - ED BRIDGES
DEADLIFT: Best Lifter-lightweight - BRIDGES
SCHOENMAN. heavyweight - ED BRIDGES
Backmon with a new state record lift of 430 to 16-17 was 165 winner Rick Gregory with a new State record of 405. Joey Hannant won at 18-19/ class it was Al Kennedy again, finishing with 410 to 198 Dennis Francis. 5150. In the open division of state record at 198. Eric Powers won his second

a solid 450 opener pull at 220. Ben Myers, unquestion ably one of the stron gest teenage dead-lifters in the world, pulled an easy 750 prstate record at 18-19/275. The way he tempt with 720 looked like 800 would go, and I'm sure it soon will! Not bad for a nineteen year old 250 lb. kid

.... triple body-weight! At 308 it was Nick Thompson with a state record 540 for his second title of the day. In the iunior division Titar Ritenour won at 181 with 445 while Preston Dunham took the 198 class with his opener of 455, another state record. Josh Frink iunior 220 while Marc Rev

Best lifter in the lighter classes, Ed Bridges, won at 165 with 605 for a new state record there. Leo broke the state record at 198 by five pounds, to finish with 665. Rick Roberts won at 242 with 515. For the master 40-44/198, class winner Mike Max-



Lee Gaffigan locks out at PR 700!

# If So. We've Got Your Gear!

We have every type of supportive gear, for every single heavy duty lifter. From SQUAT SUITS to BENCH SHIRTS, KNEE WRAPS to POWER BELTS we've got 'em, and we can fit you NOW.

# - Check Out Our New T-Shirt Art! -







Dead Lift 1

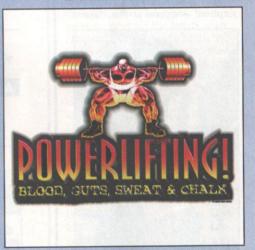
We put so much ATTITUDE into these that people stop and stare! All of these have the HOP logo on the left chest — with these cool designs on the back of a heavyweight/ preshrunk 100% cotton T-Shirt for cool comfort.

## Only \$14 in M-XXL & \$15 in 3X & 4X

Order now, and get a FREE HOP catalog it is full of ways to show everybody at the gym that YOU ARE DIFFERENT!



**Bench Press T** 



**Powerlifting T** 



houseofpainironwear.com

Call 24 hrs a day to order, and get a live operator on every call. 1-888-463-7246 (1-888-H-OF-PAIN) fax: 972-772-5644 mail: House Of Pain, P.O. Box 333 Fate, TX 75132

e-mail: houseofpain@starband.net









(article continued from page 11)

on the platform. Lloud Weinstein, who has overcome some major health problems, continued to show he is one of the best in the world. Lloyd lifted in the 148 lb. class, and finished 2nd. He had an outstanding squat of 242.5 kilos and also a 245 kilo deadlift, which helped him to the gold medal in deadlift. Lloyd is another lifter who has been with USA Powerlifting (ADFPA) for over 20 years and is one of the most loyal and dedicated lifters to this organization. Without a doubt, barring any injuries, he will be back on the platform pretty soon with the gold medal wrapped around his neck.

Carlos Lewis traveled all the way from Ft. Bliss, Texas and was rewarded with 4th Place in the 165 lbs. class. It's not that his trip was so long, but the fact that Carlos is currently a student in the US Army Sergeant Major Academy, and he can only miss 5 days during his 9 month course to graduate. Carlos flew in on Wednesday, lifted on Thursday and flew right back out on Friday, so he wouldn't miss too many days. Despite jet lag, he still did a great job for us by getting the gold medal for his squat. His bench, which has been his sticking point, caused him to not medal in the other events There is no doubt that Carlos will be back in full training soon, and we will see him with lots of gold around his neck in the future.

Pat Beaumaster is a lifter who surprised everyone at the Masters



P. Beaumaster's Gold (Graham)

Nationals. We were wondering where this guy came from. Well, not only did he surprise us at the Masters Nationals, but he also did so at the World Championships. Pat did a outstanding 287.5 kilo squat which got him the gold medal, received a

silver medal in the bench press, and came back to do what was necessary in the deadlift and walked away with the gold medal on bodyweight. A wonderful job.

Bill Scully, who's been around for a while with the masters national team and is also one of our most loyal and dedicated lifters, finished 7th in his class. We were really surprised to even see Bill lifting, as he had to overcome some major injuries before he got to this contest. It was undecided until 2 weeks before the meet whether or not he would be able to lift. Thank you very much Bill for a job well done.

Gary Ferstler, in the 198 lbs. Masters 1, made a promise to me a long time ago. He said "Johnny, I won't make the mistakes that I made in the Czech Republic". Gary, you

kept your promise. He did a great job, winning the gold medal in deadlift, pulling 666 pounds. He also received a silver medal in squat. His sticking point is the bench press, but if you can squat and deadlift the way Gary did, there is no doubt he can win in the medal hunt. He did exactly what he needed, finishing 2nd in the 198 lbs. class, Masters I category.

Defending 2 time IPF Masters World Champion Shawn Cain was in the medal hunt all throughout the meet with an outstanding 694 lb. squat, and a 462 lb. bench press. When the time came for his specialty lift, he blew up an easy 300 kilo (661 pound) deadlift. As I mentioned earlier, this is where the problems began. Just shortly before Shawn attempted his deadlift, a lifter from Finland "blew out" his biceps on the

deadlift with the bar being very slippery. Shawn was on his 2nd attempt with an easy 699 pound pull. He locked it out, holding the bar, when his biceps totally ripped apart, which caused him to lose the bar and the lift. To make matters even worse, not only did Shawn and the lifter from Finland hurt their biceps, but also another lifter blew his biceps out, all of this in the same flight.

With the humidity and the bad equipment, this caused some major problems between the meet director and the lifters involved. No World Championship should be held under these equipment conditions. Many people complained and protested, and without a doubt this is something to be brought up to the IPF.

Knowing Shawn, he will be back after a fast recovery. The good part is that he still had one arm left to make sure he had his drink available. Thank you Shawn for doing a great job and I will see you again in May.

David Gonzalez was scheduled to lift in the 242 lbs class, but because of one lifter not being able to make it, and Dave being "a little bit" overweight, we moved him to the 275 lbs class. This was a great move, not only for the team, but for David also, as he walked away with the 2002 IPF Masters World Championship. David had a clean sweep in his class, receiving gold in the squat, bench press, deadlift, and the overall total. His father and his coach Rob Keller, who did a great job in helping David during this event, accompanied him. Thank you David for an outstanding job.

One thing you don't see very



Gonzales' winning DL. (Lopez)

much is a coach complaining about the officiating a lot, but when it came to the Superheavyweight Class, the officiating was the worst we have ever seen.

Daniel Gaudreau, in the Super heavyweight class, clearly and easily made all three of his squats. He was called on depth on his third squat, when the jury even said the squat was deep enough. With the protest being sent to the table he was given a 4th attempt. On his 4th attempt, he also received two red lights. Needless to say, this was not a happy situation for Daniel, nor was it for the USA team. At the end of the contest, John Stevenson, of the IPF Technical Committee, actually walked up to Daniel to apologize for the bad officiating he received during this contest. This was another situation that was added to the list of things that need to be brought to the attention of the IPF.

We knew the Masters II category was going to be a very tough class against the Japanese, but we were able to handle everything in great fashion.

Ira Rosen, who was a last minute replacement, won the 132 lb. class with an outstanding performance, winning the gold medal in squat, bench press, deadlift and total. Ira, thank you very much for a job well

Jules Pellegrino (to this day I don't understand how he could put up with Bill Scully) finished 3rd in the 148 lb. class in the Masters II category. Jules, known for his bench press, won bronze for an outstanding squat. Needless to say he won the gold medal in bench press, and he walked away with the bronze medal overall.

It doesn't happen very often that you go to a contest and hear a lifter say, I need to go down a weight class because I can't keep up my weight, but this is exactly what happened with Sam Alduenda. Sam, lifting in the 165 lb. class Masters II, did a great job winning 2nd place in this class. Sam is a guy who you really want to be around a lot because he makes everything exciting in all his lifts. Thanks a lot, Sam, without you there would be no team.

Without a doubt, one of the greatest guys in USA Powerlifting is Dave Clark. Dave and his girlfriend Gina Stapleton, have both been a great support for the last 5 years. Dave came out and did what he had to do, going against a Russian powerhouse. Nothing could hold him back in achieving some great records. Dave finished 2nd in the 220 lb class and also received a gold medal in the deadlift with a 292.5 kilo pull. Dave is one person that also makes this sport great. With him and Gina around we expect to have a lot more things coming our way in the future.

Brian Hudyma is a great guy, who lifted in the 242 lb. class for the USA Team along with Ron Burnet. Brian started greatt, squatting 280 kilos and winning gold. He also received a gold medal in the bench press. When the time came for deadlift, a lifter from Great Britain, Arthur White, edged him out by 2.5 kilos pulling 317.5 kilos.

Ron Burnet is probably working harder than the coaches do. Not only does he lift, he wraps, he pulls straps up, he pulls belts tight, he puts bench press shirts on, and he helps with coaching whenever he is not on the platform. Ron finished 6th in his class, but like I said, you couldn't find a better guv to help you out on the platform.

(this article continued on page 78)

DYMETADRINE 750

SPORT DRINKS

RAZOR

Reg. \$45.36 \$28.50

VITAMINS AND

PAKS

SUPER MUTI PAK

\$13.75

CGT

Creatine / Glutamine / Taurin 600 grams / Reg. \$22.99 \$13.75

NUTRI - VITES

MISC.

GLUCOSAMINE plus CSA

\$17.99

CMW PRODUCTS

Multi-Min

\$2.19

C-Complex

100 tablets / Reg. \$11.52 \$5.76

SHIPPING \$6.95

Il Children's Chewables

\$6.25 capsules / Reg. \$22.99 \$11.50

XTREME

### \$17.97 CREATINE / RIBOSE

CREATINE Powder \$27.79

\$37.79

Creatine Power Tabs 1 bottle - 28 day supply / \$29.95

# ANDRO PRODUCTS

ANDRO-STACK 850 \$17.99

19-NOR 3-ANDRO \$42.22

> 5-DIOL 250 FOR POTENT ANABOLIC EFFECT

capsules - Reg. \$38.95 \$23.37 3 ANDRO XTREME

# CRAIN'S MUSCLE WORLD, LTD.

titute a product of equal or better quality or value

CALL FOR COMPLETE LINE OF SUPPLEMENTS

### PROTEIN POWDERS AMINO ACIDS

100% EGG Protein Powder

\$20.79 \$36.59

DEAL 100% WHEY Protein Powder \$26.39

10 lb / Reg. \$79.99 NEW SIZE! MOM AVAILABLE ! \$47.99

OPTI-PRO MEAL

PRO COMPLEX POWDER \$22.79 \$40.79

> MIGHTY ONE 8 b. / Reg. \$29.9 \$17.98

# PROTEIN BARS

COMPLETE PROTEIN DIET BARS 1.8 oz bar/ Reg. \$28.35 \$17.00 21 g Protein 3 g Carbs 4.5 g Fat

OPTI-PRO MEAL BAR

\$17.88

(142g bar)
a high energy oat bar, 100% natural.
May reduce your risk of heart disease.
47g carbs, 3.5g fat, 12.5g protein, 6g fiber, 269 calorior
Reg. \$1.75

ALL PRICES SUBJECT TO CHANGE CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.) Customer Service 1-405-275-3689 Fax 1-405-275







1-800-272-0051

# MASS AND MUSCLE

# Pump up With

SAVE

Get defined.

Streamlined.

Ultra firm.

Build muscles.

Get lean.

Develop stamina.

Increase energy.

Get motivated.

Be inspired.

Subscribe online and SAVE OFF the newsstand price!

OR CALL TOLL FREE 1-800-493-4337\*

\*Refer to code YDBW

FIND US ON THE NET



FLEX, the Voice of Champions, shows hardcore bodybuilders how to add size and symmetry for awesome

One Year (12 issues) \$29.97 Save 58%

### **MUSCLE & FITNESS**

is the fitness trainer for goal-oriented men and women who want to reach peak physical

One Year (12 issues) \$34.97 Save 51%

R. OLYMPIA PREVIEW Wider Shoulde

> www.flexonline.com www.muscle-fitness.com

Rates good in the U.S. only. Outside the U.S., please write to: WEIDER PUBLICATIONS, INC., P.O. Box 37230, Boone, IA 50037-0230

### **PERSONALIZED Powerlifting Training**

Courses Designed by PL USA writer Doug Daniels and WDFPF World Bench Champ Jim Vrabel.

We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference: 1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3) Advice on supplements, lifting gear, save more than the cost of the course itself. 4) Exact exercises and weights used throughout the course,not just sets and reps. 5) Training Tips 6) Designed with an emphasis on drug free training. 7) Questions during the course, just write!

Courses available for bench, squat and deadlift for both competition and off season training modes, please specify. 1 course - \$13.95, 2 courses - \$25.00, 3 courses (BEST DEAL) - \$30.00. Send Check or Money Order. Pavable to:

> STRENGTH INK, INC. DEPT. PL-I Box 1974 Highland, IN 46322

Foreign orders add \$2.00 per order Will mail out questionaire with each

" ... a true iron-game classic." Steve Holman, Editor, IRON MAN

**POWERLIFTING BASICS:** TEXAS-STYLE, The Adventures of Lope Delk. Wild and unique, this "training novel" combines courses, calamities and characters every powerlifter, beginner or veteran, will recognize as true. Includes The Seven Deadly Sins of the weight world, Kelso's Laws, plus 20 Sets or Less training. Join Lope, LaVonda Sue and the Club Hardhead in platform success. 44,000 words.

".. the ultimate blend of hilarity and common sense in strength training." - Mike Lambert, Publisher, POWERLIFTING USA

Order from: Iron Mind Enterprises, Inc. PO Box 1228, Nevada City, CA 95959. By FAX: USA 530-265-4876, or on the Net: www.ironmind.com. \$14.95 plus \$4.00 shipping and handling in the USA, \$7 Canada and \$10 elsewhere

# Aztec Stills And Photography

Digital Event Photography

If you are having a large meet contact us.

We shoot every lift and you can view the photos before you buy. We also provide a custom border for every event!



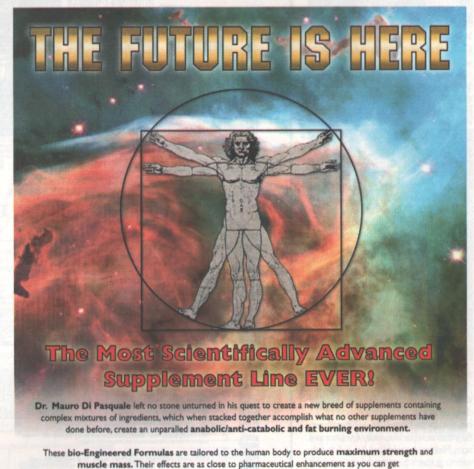
Want to add a nice touch to your event? Provide a photo for every competitor. Contact us for details You see our work in Powerlifting USA!



National Events International Events 1-877-276-2727 (403) 887-4823

aztecdigitalpics.com We take powerful photos!



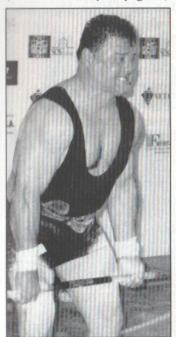


without taking dangerous hormones and drugs.





www.metabolicdiet.com & www.coachsos.com CALL OR WRITE AND MENTION DISCOUNT CODE (PLUSA923) FOR 10% DISCOUNT 20 Strathy Rd Unit 6 Cobourg Ontario K9A-5J7 To Order call 1-905-372-1010 (article continued from page 75)



Will Morris, Hard, Tough, + the Gold Pull (Photograph by Lopez)

One person whom I was really glad to see was Will Morris, who walked on the platform having the National Anthem played for him. Will Morris, who also hosted the Masters National in 2002, took the long journey to make sure he put up his account for the team. Will walked away with the gold medal overall, totaling 697.5 kilos. Will's benching power is unparalleled to anyone in the 125 kilo Masters II category, as he easily made 192.5 kilos. He saved something till the end to pull 250 kilos in the deadlift, securing the gold

Meet Director Oscar Sorio won the Superheavyweight Class in the Masters II. I don't have to say this also caused a lot of controversy, as Oscar's squat was nowhere near the depth required in a contest, but he was able to get away with being in his home town. He walked away with the gold medal in this event.

In the Masters III, the ageless wonder, Robert Cortes continued to defy all odds. At a young age of 71 he competed against a lifter from Argentina who was only 60 years of age. Robert barely lost by 2.5 kilos, winning the silver medal in the 148 lb. class Masters III category. The only reason Rob lost this meet was because he had a bad day on his deadlift, with a weight he has pulled many times before, Without a doubt, Rob who is a 2001 Masters Champion, will be back to take his gold medal

In the 181 lb. class, Ed Wettach finished 4th in his class. Ed is a great and very quiet lifter who just goes out there doing what he must to score

points for the team. He received silver for his deadlift. Thank you very much Ed. We expect to see you again very soon.

The 198 lb. class saw Ron Ringewoid doing some outstanding lifting, where he probably surprised himself more than the coaches. Ron had a great squat, winning silver, then silver for the bench press, silver in deadlift, and he placed 2nd overall. Excellent job for someone who was really worried and making everybody around him just as nervous as he was.

The 220 lb. class saw the always talkative Stan Chatis walk away with the gold medal. Stan had a very bad day in last year's World Championships where he bombed out in the bench press. This year we made sure it didn't happen again. Not only did



Chatis' proud moment(Graham)

Stan win, he also set a World Record in the deadlift, and a World Record in the total, beating the lifter from Argentina by 2.5 kilos. Stan did exactly what he needed in order to win the gold medal and this is a guy we want to have around for a long time to come.

Robert Rood finished up for the USA Team in the Masters III category, with a gold medal 242 lb. class. The most astonishing part of this contest is that Robert competed against a lifter from Brazil, who was also a referee on the platform during Daniel Gaudreau's squat, who lied about his age in order to lift in the older category and set a world record in the bench press. After looking at his passport, it was revealed he was not turning 60 until the day after he lifted. With this news he was reduced



Lifter/Asst Coach Lanete Lopez surrounded by the "older " Playboys - Sam Alduenda and Robert Cortes





don't have

•Buy 4 Get 1 FREE•

1-800-272-0051



to the Masters II category, and Robert Rood walked away with a welldeserved gold medal.

The USA Team did something that no team has ever done before in an IPF Masters World Championship. Not only did we walk away with the team title, but the USA team won every category: the Men Masters I, II and III category and also the Women's I and II. This is a result of the great job all the lifters did to make the system work for us.

So, congratulations on an outstanding job to all the lifters, coaches, family members and to everybody who supported us in this event.

A special "Thanks" goes to all the lifters. You made my job as a coach one of the easiest ever. Without the help of people like you there would be no Coach Graham.

There is no doubt this was by far the best assembly of USA Masters Team members ever. With all the injuries that occurred, the lifters were still joyous and happy for each other. Thank you Shawn, I wish you a speedy recovery. You are a great part of the team.

One lifter whom I must take my hat off to is Rob Grisham. On the flight to Argentina, somehow Rob's back went out and after further diagnosis we found out he had a hemiated disk. Rob was unable to lift, but



Head Coach Johnny Graham the look after long day (This photograph courtesy of G. Stapleton)

despite this, he came to the meet every single day to help us out and cheer us on, doing everything he could. After coming back to the United States we found out he had surgery on his back and he is now on the road to recovery. Thanks a million for your support.

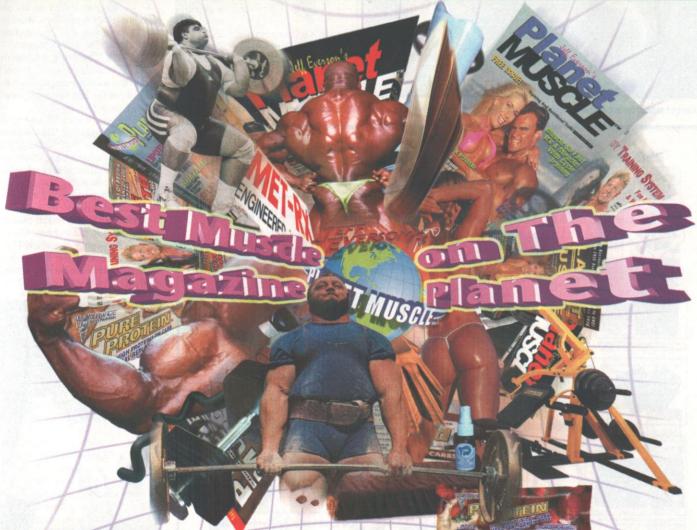
I know I probably forgot someone so please don't take it out on me. To all the lifters: You are the

-800-272-0051

best, and I wish to see you again at the 2003 Masters Nationals in Baton Rouge, Louisiana. JOHNNY A. GRAHAM, USAPL Masters Chairman/Coach

# PESE E

Subscribe Now And Save Up To 60%



Please Print Clearly!

Send to: (U.S. funds only, DO NOT SEND CASH)
PLANET MUSCLE MAGAZINE SUBSCRIPTION,
PO Box 260500, Highlands Ranch, CO 80163

La Joseph		
Total Charles	1 /	
State	Zip	
te trajulari tos	LUCIONE IN	3.5
Exp. [	Date	_
Phone	е	0
	Exp. [	ASSESSED AND A SECOND

1 Year \$17.95 2 Year \$32.34 3 Year \$43.11

Payment Enclosed Bill Me Later

3 Years (eighteen issues) Regular price \$107.82.

Subscribe now for only \$43.11 - Save 60%

2 Years (twelve issues) Regular price \$71.88.

Subscribe now for only \$32.34 - Save 55%

1 Year (six issues) Regular price \$35.94. **Subscribe now for only \$17.95 - Save 50%** 

**Call:** 800-940-5978

Click:
planetmuscle.com
get 3 free issues if you subscribe
online by August 25th 2002

(article continued from page 9)

TX Record with 220 at 181. Andy Munsey was 2nd with an OR SR 214. At 198 Dujuan Calvo won with 220, and at 200 Cameron Gillespie set a WA Record with 264. Outstanding lifters were Steffan Parodi and Cameron Gillespie.

In teen Men 16-19 at 132 Chuckie Snider set a TX Record 253. At 148, Kyle Herzik put up 231 for the World Title. At 165 Robert Gernert set a CA SR with 363 a very good lift for a teen 165. At 181 Bobby Hackett set a CA Record 374 and at 220 Brandon Lee-Faulk set a WR with a huge 485. At 275 Max Higgins blasted 440 and at 308 Terry Corwin put up 402. Outstanding lifters were Robert Gernet - lightweight and Brandon Lee-Faulk - heavyweight.

In Teen Women's 13-15 Kaila Fairchild, both a great bencher and a great deadlifter, set a WR 148 at 132. She has tremendous potential. At 148 Amanda Proctor set a GA Record with 126. At 165 Nikki Williams set a WR 154. Both Williams and Proctor are ably coached by the great George Herring. At 198 Bridggett Brown set a GA Record 115. Bridggett is a fine young lady who has overcome some handicaps to be a good lifter. Outstanding lifter was Kaila Fairchild.

In Teen Women 16-19 Lisa Garcia set a WA Record with 82. She is blind and very courageous and energetic. Kelly Womack set a WR with 231 and was outstanding lifter.

In open Women at 97 Ana Cordova de Merino benched 110 for a WR - she is from Ecuador. At 105 Betty Lafferty won with 126. At 114 Jenny Macy was very impressive with 198 and an ID SR. At 123 Carol Myers won with 192 - Karen Gordon was 2nd with an IL SR 171. At 148 Victoria Reese put up a huge 253 for the World Championship. She is ably coached by Joe Head of Headquarters Fitness. Maguena Aragon de Caballeros of Guatemala set a WR 281 at Women's 198 and Kelly Franklin set a WR at unlimited with 341 with a single ply shirt and drug free. Outstanding lifter for Women's lightweight was Jenny Macy and heavyweight was Maguena Aragon de Caballeros of Guatemala.

In master women 40-46 Donna Arndt tied her WR with 192. Carol Myers set a WR with 192 at 123 to beat out 6 contestants. At 132 Jill Deuser won with 154 CA State with Toni Jones and KC Inlow a close 2nd with 148. At 148 Robin Finnerty won with 159. At 165 Sheri Klocke put up a 181 and at 198 Maguena Aragon de Caballeros of Guatemala set a WR 281 and was best lifter at heavyweight and Donna Arndt was

best lifter at lightweight.

In Master Women 47-53 at 114 Heldi Rodriguez set a WR 154 as well as a Guatemala Record, Lizabeth Darling of CA was 2nd with a USA National Record. At 132 Gerrie Shapiro set a CA Record with 165 and looks very professional as well as glamorous. Many of the women lifters that I have mentioned are very attractive and fit. At 148 Mary Jacobson set a WR 236 pending a drug test. She is also the coach of the Iron Island Gym team of Alameda, CA that came in 3rd. At 165 Julie Orr set a WA Record 181.

At 198 Wilma Lee Cadavona set an ID and WR 176. Outstanding lifters were Gerrie Shapiro and Mary Jacobson.

In Master 54-50 at 148 Barbara Anderson set a WR 143 and at Unlimited Leilah Watson set a WR 209. The Outstanding lifter was Barbara Anderson.

In Master Women 61-67 at 123 Jane Honeycutt set a WR 71. She's from LA. At 132 Nancy Goldstein set a WR 89. She's from MN. In Women's Master 68-74 Marcia turner set a WR at 148 with 132. Malvina Basso of Brazil put up 71 at 123 and Melicent Whinston set a WR 67 at 132. She is 75 and still competes in Track & Field in the 100 meters, Long Jump, and Discuss

As a guest lifter Ryan Kennelly benched 766. He opened with 716. He tried 805 twice and came within a couple inches of lockout both times. Someday soon he and Scott Mendelson will square off and will find out who can put up the most weight.

There were 10 lifters who benched 600 or more, one who did 700 or more, and two others who tried 700. There were 46 lifters who benched 500 or more. Some wore single ply, some wore double. Triples are not allowed and neither is the canvas or split neck, but Ryan can wear what he wants since he is a guest lifter. I saw him do 660 raw and 3 reps with 620 raw. If he lifts at next year's Worlds, which will be Dec. 9-14, I told him to wear either double denim or double poly. Frank Beeler at age 50 did 567 raw and Steve Wong smoked 633 raw at this

The Venue at the Peppermill was superb and Elena Thomas on the computer provided computer scoresheets in the warmup room that would show the correct order after each attempt. No overhead projector or grease pencil required. You don't even need an expeditor with this system. Then the scoresheet was projected on a computerized screen about 15' about the stage.



Kelly Franklin - 341 @ Women's Submasters

The stage was 20 x 45'. The ball-room was 11,500 square feet with seating for 900. A two story escalator led up to the ballroom. Next year's event will be in Las Vegas at the Riviera - the 1st major Powerlifting event held on the Strip (not in a downtown hotel which doesn't even come close to the strip for opulence and excitement). The ballroom will be 19,000 square feet.

I want to thank Elena Thomas

who worked all day Monday and Tuesday, Nov. 11 & 12, stuffing packets along with her husband Gary Thomas, who ran the weigh-in room, and as all of you can attest - ran the lifters through very quickly and efficiently on two scales. The MC was Dr. Don Bell, a chiropractor and a lifter for many years under Jeff Magruder (he has squatted 700, benched 450, and deadlifted 670). He kept the meet running very quickly and smoothly with the help of Chris Erhardt and Beth Mallon, who didn't make one mistake on 3915 attempts spread out over 84 flights over 5 days. The latest day was Saturday which finished at 9:15 P.M. Brant Bishop and Jocelyn Ronolo manned the computer for the warmup room and were more or less the expeditors. The official meet Photographer was Christine Gorozo who did an excellent job. The World Judges were Gordan Santee, Terry Luehrs, Dave Edmondson, Mike Scott, Ken Anderson, Mike Saito and Jim Snodgrass - who were very polite and helpful to the lifters as well as judging a good meet. Also, Donna Delleree, Dave Check and John Ford did a great job. Other Judges were Steve Hoffner, Russ Lewis, Vickie Gruver, Don Frosland Jr., Sam Pecktol, Matt LaMarque, Willis Smith, Jody Woods, Steve Wong and Phil Davi who were either relief judges or judged sparingly, but nevertheless were very capable. There were a few bad calls, but that's human nature - everybody makes mistakes, but on a scale of 1 to 10, the judging was an 8.

I want to thank the weigh-in room staff, Barbara and Patrick Fairchild, Julie Green, Anice

Edmondson, Adam Gruver, Vickie Gruver, Jim Snodgrass, Rick Hagedorn, Dave Edmondson, Chris Erhardt, and Steve Wong and, of course, Gary Thomas, who was the weigh-in room coordinator. Also to Dr. Mark Webber, the drug control officer. I want to thank our sponsors Dave Silver. Scott Miscknich and Angie Robertson of Thermalink - the makers of Hot and Cold Pack therapy the best product ever for sprains, pulls, and tears, Also Rick Brewer of House of

Pain who sells Inzer Products and great t-shirts, duffle bags, leather jackets, etc. He and his father are great people and really know the sport. Also Wes Kampen and Michelle Sheedy of the Powerlifting Superstore and Monster Muscle the Magazine. These 3 sponsors have given tremendous financial assistance to WABDL. The WABDL budget for the year was \$121,000 and they provided a significant amount to that budget. Also Neal Spruce and Jim Starr of Apex and Ergogen who have been the 4th biggest sponsor over the last 5 years. Also Johnny Anderson of Advocare, Mike Lambert of Powerlifting USA who has contributed both financial assistance and tremendous coverage for WABDL meets, Don Buehl of Vital Foods, Don Hauna of Coca Cola, Nye Smolley and Brian Clary of Budweiser, Giorgio Usai of Forza Strength systems who supplied the platform bench and York Barbell who has supplied two kilo sets via Mark Chaillet and Cisco Adler, Also Richard Fossat of Nor-Cal Nutrition, distributors of American Body Building products, Dave and Anice Edmondson and Dave Johnson of Pharmanex, Christine Goroza of Namea Designs and Camille Luprete who is a great female lifter and has a great new line of lifting shoes that can be obtained from Rick Brewer and remember Inzer Products can be purchased from Wes Kampen and Powerlifting Superstore and Rick Brewer of House of Pain.

Now on to drug tests, the following lifters passed ... Colin Bonneau, Frank Beeler, George Nelson, Sheldon Weingust, David Stratton, Richard Cirigliano, Victoria Reese, Kireen Ellis, Josh Bryant, Bill Gillespie, Tony Caprari, Randall Henderson, Jim Cunningham, Bob Levering, Jason Jackson, Taylor Tom, John Stewart, Josh Bryant, four tests are pending further results. Next month I will cover the Deadlift portion of the WABDL World Championships of the biggest meet in history with 610 lifters. (SR - State Record. WR - World Record)

### 2002 APF BEACH BENCH PRESS 20 JUL 02 - Angola, NY

BASES LAFER HE CORES		***********	
WOMEN'S OPEN AMATUER 123		MASTER (45-49) A Stephen Smith	230
Vasilka Smith	90	198	
WOMEN'S TEEN( AMATUER 165	16-17)	Nick Santarone	455
Becky Labushesky	125*	242 Geoffrey Gerow	415
SHW		Marc Gruder	380
Jenna Gane	155*	275	200
MEN'S TEEN (13-1	(3)	Paul Liszka MASTER (50-54)	320
Jordan Weir	300*	AMATUER	
(16-17) AMATUE	R	132	
148 DanSantarone	265*	Steve Gee 148	215
Chris Birdsall	205	Dennis Brochey	280
198		181	
Dan Lopez	310*	Eric Penale 275	370
Ben Schimpf 220	290	Larry Huff Sr	360
Josh Weiss	305	MASTER (50-54)	
Cross Decrees and I	2051	PRO	
Greg Pyszczynski TEEN (16-17) - PR		198 Warren Kelly	365
Aaron Kosek	405*	MASTER (55-59)	
TEEN (18-19) AM	ATUER	220	
220	200	Scott Schales	400
Van ik Aloian 242	280	MASTER (65-69) A Walter Bartlett	230
Marc Furman	480*	MEN'S OPEN	-
275		AMATUER 148	
Brad Myers SUBMASTER AMA	370*	Alexander Dunn	250
181	ATUER	165 Jon Dispenza	315
Scott Fisher	375*	181	3.0
275		Chris VanCheri	435
Joseph Behari Matt Schimpf	435* 345	Scott Fisher 242	375
SUBMASTER - PRO		Larry Huff Jr.	415
Sean Hailey	420	MEN'S OPEN - PR	
Juan Cheverecz	400	198	400
220 Junior Cruz MASTER (40-44)	470*	Juan Cheverez 220	400
AMATUER		Junior Cruz	470
198		242	
Tony Evans	370*	Patrick Dick	530
242		Matt Pydolok	
242 Wayne Carroll	395*	Matt Rydelek 308	510
Wayne Carroll 242	395*	308 Travis Rodgers	670
Wayne Carroll 242 Ron Birdsall	380	308 Travis Rodgers Wayne Aman	670 650
Wayne Carroll 242 Ron Birdsall	380	308 Travis Rodgers Wayne Aman	670 650
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, N	380 - Iron . 2nd NY. BES	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD-	670 650 nter itne
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, N weight - Chris Va	380 - Iron . 2nd NY. BES	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD- i. Heavyweight -	670 650 nter itne: Ligh Trav
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neight - Chris Vi Rodgers. Over the	380 - Iron . 2nd NY. BES anCher past ter	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD- i. Heavyweight - n years, I have seen	670 650 nter itne: Ligh Trav som
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, N weight - Chris Va Rodgers. Over the great, extra-ordina	380 - Iron 2nd NY. BES anCher past ter	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD - i. Heavyweight - n years, I have seen rerlifters and some	670 650 nter itne: Ligh Trav som gre:
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, N weight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I remen	380 - Iron . 2nd NY. BES anCher past ter ry pow he cali ber wh	Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight n years, I have seen eriifters and some ber of competitor nen I first started ru	670 650 nter itne: Ligh Trav som greas s ha
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press C	380 - Iron . 2nd NY. BES anCher past ter ry pow he cali hber wh	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD- i. Heavyweight n years, I have seen reriifters and some ber of competitor ent first started ru monships, the goal w	670 650 nter itner Ligh Trav som greas s hanning
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V: Rodgers. Over the great, extra-ordina increased. I remen the Bench Press Ci lifters to attemnt!	380 - Iron . 2nd NY. BES anCher past tel ry pow he cali hber wh hampic o breal	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD- i. Heavyweight n years, I have seen ber of competitor sen first started ru unships, the goal w the 500 pound bx	670 650 nter itner Ligh Trav som greas s ha nnin
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neight - Chris Va Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I remen the Bench Press C lifters to attempt t Now we have lift attempting to bre	380 - Iron 2nd NY. BES anCher past ter ry pow he cali ber wh hampic o breal ers, like ak the	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD- i. Heavyweight - n years, I have seen erilifters and some ber of competitor ent first started ru somships, the goal w the 500 pound b: Travis Rogers, th 700 pound barrie	670 650 nter itne: Ligh Trav som greas hannin as fo arrie at ar
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I remen the Bench Press C lifters to attempt ! Now we have lifte attempting to be have an incredible	380 - Iron . 2nd NY. BES anCher past ter ry pow he cali hber wh hampic o breal ers, like ak the new br	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD- i. Heavyweight n years, I have seen ber of competitor sen i first started ru unships, the goal w t the 500 pound barrie Travis Rogers, th 700 pound barrie ed of teenage pow	670 650 nter itne: Ligh Trav som greas s ha nnin as fo arrie at au r. W erlif
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, N weight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press C lifters to attempt I Now we have lifte attempting to bre have an incredible ers, that are going	380 - Iron . 2nd NY. BES anCher past ter ry pow he cali he cali hers, like ak the new br to bria	308 Travis Rodgers Wayne Aman Works Fitness Ce Place Darwins F TLIFTER AWARD- i. Heavyweight n years, I have seen erliflers and some ber of competitor ent first started ru onships, the goal w t the 500 pound b Travis Rogers, th. 700 pound barrie eed of teenage pound great excitemen	670 650 nter itne: Ligh Trav som gress ha nnin as fo arrie at ar r. W erlift t an
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I remen the Bench Press C lifters to attempt 1 Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows	380 - Iron . 2nd NY. BES anCher past ter ry pow he cali hber wh hampic o breal ers, like ak the new br t to brid a brigl	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F T LIFTER AWARD- i. Heavyweight n years, I have seen reriifters and some ber of competitor ent I first started ru unships, the goal w t the 500 pound b T Travis Rogers, th. 700 pound barrier eed of teenage pow ng great excitemen th future to the sp	670 650 nter itne: Ligh Trav som greas s ha nnin as fo arrie at ar r. W erlif t an ort o
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neeight - Chris V; Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press Cl lifters to attempt t Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I: competitors of th	380 - Iron 2nd NY. BES anCher past ter ry pow he cali hber wh hampic o breal ers, like ak the new bri to brig to brig et's not is spor	308 Travis Rodgers Wayne Aman Works Fitness Ce Place Darwins F TLIFTER AWARD- i. Heavyweight n years, I have seen erdiffers and some ber of competitor ent first started ru onships, the goal w t the 500 pound b Travis Rogers, th. 700 pound barrie eed of teenage pow ng great excitemen t future to the sp forget about the dit, t, the master and	670 650 nter itne: Ligh Trav som greas s ha nnin as fo errice t an ort o har sul
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I remen the Bench Press C lifters to attempt t Now we have lift attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And competitors of the	380 - Iron 2nd NY. BES anCher past ter ry pow he cali hber wh hampic o breal ers, like ak the new br i to brig a brig et's not is spor rs. The	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight n years, I have seen teriffers and some ber of competitor ten I first started ru mships, the goal w the 500 pound barrie ted of teenage pow g great excitemen t future to the sp forget about the die t, the master and se guys continuall	670 650 nter itnee Ligh Trav som greas s ha nnin nas fo arrie at au r. W erlift t an ort o harris sully ge
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press C lifters to attempt t Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competitor stronger with age a	380 - Iron . 2nd NY. BES anCher past ter ry pow he cali ber wh hampic o breal ers, like a brig a brig et's not is spor rs. The nd con	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ber of competities net first started ru onships, the goal w ic the 500 pound bit Travis Rogers, th 700 pound barrie eed of teenage pow ng great excitemen th future to the sp forget about the die t, the master and se guys continuality inually smash reco	670 650 nter itnee Ligh Trav som greas s ha nnin nas fo ent au entit t an ort o har sul y ge
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press Cl lifters to attempt I Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competito stronger with age a the go. Because of	380 - Iron . 2nd NY. BES anCher past ter inty pow he cali ber wh he cali ber's nike ak the new br i to bri i a brigl et's not is spor rs. The nd con the ca	Travis Rodgers Wayne Aman Works Fitness Ce Place Darwins F TLIFTER AWARD- i. Heavyweight n years, I have seen erliflers and some ber of competitor ent first started ru onships, the goal w to the 500 pound barrie ravis Rogers, th- 700 pound barrie eed of teenage pow g great excitemen t future to the sp forget about the die t, the master and se guys continuall tinually smash reco liber of lifters, our	670 650 nter itnee Light Frav som gres s ha nain as fo arrie at an ort o c har sul y go rds a sho
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press C lifters to attempt t Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competito stronger with age a the go. Because of has been getting b is largely due to Ri	380 - Iron . 2nd NY. BES anCher past ter ry pow he cali hampic o breal ers, like ak the new br i to brii a brig et's not is spor rs. The nd con the ca igger au chie Al	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ber of competities ent first started ru onships, the goal w ic the 500 pound bit Travis Rogers, th 700 pound barrie eed of teenage pow ng great excitemen th future to the sp forget about the die th, the master and se guys continual inually smash reco liber of lifters, our db tigger each year berts and the enlire	670 650 nter itne: Ligh Trav som gres s ha nnin as fo arrie at at r. W erlif t at t at t at t at t sul y ge res s ha t at t at t at t at t at t at t at t
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press Cl lifters to attempt It Now we have lifts attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I- competitors of th master competito stronger with age a the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ca	380 - Iron . 2nd NY. BES an Cher past tei ny pow he cali hampic o breal ers, like ak the new br t to brit a brig et's not is spor the ca igger ar igger ar igger ar igger ar igger ar igger an igger ar i	Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight n years, I have seen erdiffers and some ber of competitor en I first started ru mships, the goal w the 500 pound barrie eed of teenage pow g great excitemen I future to the sy forget about the did t, the master and se guys continual tinually smash reco liber of liffers, our nd bigger each year berts and the entire Kidds Beach Club.	670 650 nter itne: Ligh Trav som gres s ha nnin as fo arrie at ar r. W erlif t ar t or t or t or t or t sha r sull r sull
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, tincreased. I remen the Bench Press C lifters to attempt 1 Now we have lift attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of the master competitors of the statempt of the statempt of the statempt with age at the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ca have supported the	380 - Iron - 2nd - 2	Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ten first started ru unships, the goal w the 500 pound b: Travis Rogers, th: 700 pound barrie- eed of teenage pow ng great excitemen th future to the sporget proget about the die t, the master and se guys continual tinually smash reco liber of lifters, our d bigger each year berts and the entire kidds Beach Club	670 650 nter itnee Ligh Trav som grees s ha nnin as fo errie t an erlif t an erlif t an erlif t an erlif t an erlif t an erlif som som som som som som som som som som
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I rementhe Bench Press Cilifers to attempt ! Now we have lifte attempt ! Now we have lifte attempting to bree have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of the master competito stronger with age a the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ca have supported thing and as a renjoyable atmospi	380 - Iron - 2nd -	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight n years, I have seen teriffers and some ber of competitor ten I first started ru nships, the goal w the 500 pound barrie ted of teenage pow ng great excitemen t future to the sp forget about the die t, the master and se guys continual tinually smash reco liber of lifters, our nd bigger each year berts and the enlir kidds Beach Club. petition from the t ey have created a r the spectators an	670 650 nter itne: Ligh Trav som gress hannin as for urrie at au t t an ort of t an ort ort of t an ort of ort of t an ort of ort o
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, tincreased. I remen the Bench Press C lifters to attempt 1 Now we have lift attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of the master competitors of the statempt of the statempt of the statempt in the statem	380 - Iron - 2nd NY. BES nnCher past tei ry pow he cali bber whampic o breal string st	Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ten of competitor nen first started ru unships, the goal w t the 500 pound b: Travis Rogers, th. 700 pound barrie- eed of teenage pow ng great excitemen ti future to the sey forget about the die t, the master and se guys continual tinually smash reco liber of lifters, our d bigger each yea berts and the entire kidds Beach Club petition from the b ey have created a r the spectators an after the competit	670 650 nter itne: Ligh Trav som gress hannin as for urrie at au t t an ort of a result y 80 rds a shoot t t an ort of a result y 80 rds a shoot of a of a shoot of a of a shoot of a shoot of a shoot of a shoot of a shoot of a shoof
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press Cl lifters to attempt 1 Now we have lift attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competito stronger with age a the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ci at Mickey Rats/Ci experience of the competitor of the go. Because of the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ci experience of the go. Because	380 - Iron - 2nd - 3nd - 3n	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ber of competitor ent first started ru onships, the goal w t the 500 pound b: Travis Rogers, th 700 pound barrie eed of teenage pow ng great excitemen th future to the sp forget about the die th, the master and se guys continuall inually smash reco liber of lifters, our nd bigger each year berts and the enlink idds Beach Club, petition from the te ye have created a r the spectators an after the competit Vlosinski, Paul Chil-	670 650 nter itnee Ligh Frav som greas s hanning as fice ent an erie t an ort of erist t an ort of erist s sha erist as sha erist a erist as sha erist a erist as sha erist as sha erist erist a erist a erist a erist a erist a erist a erist erist a erist a erist a erist a erist a erist erist a erist erist a erist eris
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press Cl lifters to attempt 1 Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competito stronger with age a the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ca have supported hning and as a re enjoyable atmospl ers, before, during would like to thank Tim Jorowitz, and	380 - Iron - 2nd - 2	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ber of competitor ent first started ru onships, the goal w tc the 500 pound barrie eed of teenage pow ng great excitemen tfuture to the sp forget about the die td, the master and se guys continuall inually smash reco liber of lifters, our nd bigger each year berts and the enlink idds Beach Club. petition from the ey have created a r the spectators an after the competit Vlosinski, Paul Chill t of the judges who	670 650 650 650 mort som great som great as for arrie at au r. Weelift t an ort of som som som ort of som som som som som som som som som som
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I remen the Bench Press C lifters to attempt ! Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competito stronger with age a the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ca have supported th ning and as a re enjoyable atmospl ers, before, durin, would like to thank Tim Jorowitz, and out each year. And out each	380 - Iron - 2nd	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight in years, I have seen teriffers and some ber of competitor sen I first started ru unships, the goal w the 500 pound barrie ed of teenage pow g great excitemen t future to the sp forget about the die t, the master and se guys continual tinually smash reco liber of lifters, our nd bigger each year berts and the enlint kidds Beach Club, petition from the t ey have created a r the spectators an after the competit vosinski, Paul Chilt to f the judges who record, "No Mike, I te left!" A social it	670 650 nter itnee Light Frav som gree; s ha nnin as fo arrie at an r. W t an ort o e har s sho o : The e sta The indeed in furt of t an indeed in indeed in indeed in indeed indee
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, tincreased. I remen the Bench Press C lifters to attempt 1 Now we have lift attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of the master competitors of the statempt of the statempt of the statempt in the statem	380 - Iron - Iro	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some the first started ru unships, the goal w the 500 pound be Travis Rogers, th 700 pound barrie eed of teenage pow ng great excitemen th future to the se forget about the die t, the master and se guys continual tinually smash reco liber of lifters, our abigger each year berts and the entir kidds Beach Club petition from the b ey have created a r the spectators an after the competit vlosinski, Paul Chili to of the judges who record, "No Mike, I ts left!!" A special tie s, Tim & George	670 650 nter itnei Light Frav som gress s ha nnin as fo arrie at ar r. W t an ort of t an ort of t an ort of t an ort of t an ort of t an ort of t an ort of t an ort of t of t of t of t of t of t of t of t of
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press C lifters to attempt t Now we have lift attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competito stronger with age a the go. Because of has been getting b is largely due to Ri at Mickey Rats/C have supported th ning and as a re enjoyable atmospl ers, before, during would like to thank Tim Jorowitz, and out each year. And have any more dri for the spotters a mho has supporter	380 - Iron - 2nd anCher past lei ny powhe cali ber whampic o breal ak the new br to brin a bright etchie Al plain is spor the ca gger au the ca gger the ca the the ca the	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ber of competitor ent first started ru onships, the goal w it he 500 pound bit Travis Rogers, th 700 pound barrie eed of teenage pow ng great excitemen t future to the sp forget about the die t, the master and se guys continual tinually smash reco liber of lifters, our db igger each year berts and the entir kidds Beach Club, petition from the t ey have created a r the spectators an after the competit vlosinski, Paul Chilt t of the judges who coron, "No Mike, I ts left!!" A special tl ers, Tim & George competition from	670 650 nteritnes Light Travsommas for sommas for erlift t and ant ant. We erlift t and erlift t
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center - Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, to increased. I remen the Bench Press C lifters to attempt I Now we have lift attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competitors of th master competitors of th master competitors of th as been getting b is largely due to Ri at Mickey Rats/Cā Anve supported th ning and as a re enjoyable atmospi ers, before, durin would like to thank Tim Jorowitz, and out each year. And have any more drir for the spotters an who has support beginning. And I Maryann and siste	380 - Iron - Iro	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some erlifters and some the for competitor nen first started ru unships, the goal w the 500 pound be Travis Rogers, th. 700 pound barrie eed of teenage pow ng great excitemen t future to the sp forget about the die t, the master and se guys continuall tinually smash reco liber of lifters, our d bigger each year berts and the entire Kidds Beach Club. petition from the b ey have created a r the spectators an after the competit Vlosinski, Paul Chili to fthe judges who record, "No Mike, I ts left!!!" A special ti es, Tim & George competition fron ol and Kathy, who	670 650 niter itnes Light Frave syres shanning as for earlie t an rr. Weerlift t an rr. Weerlift t an sull shanning t as shoot shanning shannning shanning shanning shanning s
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, ti increased. I remen the Bench Press Cl iincreased. I remen the Bench Press Cl iincreased. I remen the way to be the service of the attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of th master competito stronger with age a the go. Because of have supported th ning and as a re enjoyable atmosp ers, before, duriny would like to thank Tim Jorowitz, and out each year. And have any more dri for the spotters an who has supports beginning. And I Maryann and siste been helping with	380 - Iron - 2nd anCher past lei ry pow he cali hobbar hampi	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ber of competition ent first started ru onships, the goal w to the 500 pound b: Travis Rogers, th. 700 pound barrie eed of teenage pow ng great excitemen th future to the sp forget about the die that, the master and se guys continuali tinually smash reco liber of lifters, our db igger each year bertis and the enlir kidds Beach Club. petition from the te ey have created a r the spectators an after the competit viosinski, Paul Chilt to f the judges who competition from the te competition from le ters, Tim & George competition from not least, my m ol and Kathy, who ompetition from the	6700 6700 6700 6700 6700 6700 6700 6700
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I remen the Bench Press C lifters to attempt ! Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I: competitors of th master competito stronger with age a the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ca have supported th ning and as a re- enjoyable atmosplers, before, duriny would like to than Tim Jorowitz, and out each year. And have any more dri for the spotters an who has support- beginning. And I: Maryann and siste been helping with day. My personal I	380 - Iron - 2nd	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight n, years, I have seen ber of competitor sen I first started ru unships, the goal w the 500 pound barrie- teed of teenage pow g great excitemen t future to the spe forget about the die t, the master and se guys continual tinually smash reco liber of lifters, our nd bigger each year berts and the entir Kidds Beach Club, petition from the t ey have created a r the spectators an after the competit to fite judges who record, "No Mike, I to fite judges who record, "No Mike, I to selft!" A special ti ers, Tim & George competition from the go out to the special to the judges who mpetition from the go out to the special to the poper to the poper to the special to the special ti ers, Tim & George competition from the go out to the spect	6700 6700 6700 6700 6700 6700 6700 6700
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V. Rodgers. Over the great, extra-ordina lifts. Each year, tincreased. I remen the Bench Press C lifters to attempt it Now we have lift attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I competitors of the master competitors of the statempt of the statempt in the statemp	380 - Iron - 2nd	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight - n years, I have seen erlifters and some ber of competitor nen I first started ru unships, the goal w the 500 pound b: Travis Rogers, the 700 pound barrie eed of teenage pow ng great excitemen th future to the sy- forget about the die t, the master and see guys continual tinually smash reco liber of lifters, our aberts and the entire kidds Beach Club. petition from the tey have created a r the spectators an after the competit vlosinski, Paul Chil to f the judges who record, "No Mike, I ts left!!" A special ti s, Tim & George competition from not least, my m of and Kathy, who mpetition from the go out to the spect ave supported the I	6700 fero fero fero fero fero fero fero fero
Wayne Carroll 242 Ron Birdsall TEAM - 1st Place Niagara Falls, NY Center-Dunkirk, Neeight - Chris V: Rodgers. Over the great, extra-ordina lifts. Each year, t increased. I remen the Bench Press C lifters to attempt ! Now we have lifte attempting to bre have an incredible ers, that are going lifts, which shows powerlifting. And I: competitors of th master competito stronger with age a the go. Because of has been getting b is largely due to Ri at Mickey Rats/Ca have supported th ning and as a re- enjoyable atmosplers, before, duriny would like to than Tim Jorowitz, and out each year. And have any more dri for the spotters an who has support- beginning. And I: Maryann and siste been helping with day. My personal I	380 - Iron - 2nd - 2n	308 Travis Rodgers Wayne Aman Works Fitness Ce Place - Darwins F TLIFTER AWARD- i. Heavyweight n years, I have seen eriffers and some ber of competitor sen first started ru unships, the goal w it he 500 pound be Travis Rogers, th 700 pound barrie- eed of teenage pow g great excitemen f future to the sp forget about the die t, the master and se guys continual tinually smash reco liber of lifters, our d bigger each yea berts and the entire kidds Beach Club. petition from the b ey have created a r the spectators an after the competit Vlosinski, Paul Chili to fthe judges who record, "No Mike, I ts left!!" A special tes, Tim & George competition from not least, my mol and Kathy, who mpetition from the go out to the spect. ave supported the i ps at Mickey Rats, se years. Thanks Yo e year	6700 fero fero fero fero fero fero fero fero

# KING OF THE SOUAT

1411	001	IIIL SQUAL	
05 C	CT 02	- Danville, IL	
132		220	
Hayes	315	C. Hunt	630
148		A. Rawls	630
Orocho	225	L. Chears	
J. Jordan		242	
181		W. May	625
D. Thomas	550	G. Ervin	615
Spencer		Lane	
F. Oliver		275	
198		L. Pace	715
M. Ward	415	Carrol	720
Collins	300	SHW	
F. Thomas		K. Norris	

First, let's give Thanks to God for keeping all the lifters and spotters safe and free from any type of injuries. We had a very good squat meet, but with 19 just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judging from one very strict just a few flaws in the judge, it seems like everyone showed up for the 2002 King of the Squat, but some had their Hallow-een costumes on a little too early. These lifters foundout quickly that squatting the big weight isn't as easy as thought. In executing the squat your or mand technique has to be flawdess without any error. A lot of lifters found this out early, bitting the chalk dust early in the meet. Depth was the question as some flirted with the parallel line. First, the 132 lb. class had Hayes A.K.A. "Li Twin" leading off with a powerful 275 lbs. opening squat, which was very low and good. His second lift worked him as wery low and good. His second lift worked him over the 132 lb. class with 315 lbs., good job brother. The 132 lb. class with 315 lbs., good job brother. The 132 lb. class with 315 lbs., good job brother. The 132 lb. class with 315 lbs., good job brother. The 132 lb. class with 315 lbs. This diffusion of the pocket with 500 lbs. on his first don't be pressure was back on C. Hunt Y-C.Rock's was laying on the floor on the lift. Rawls "Tupac" was laying on the floor trying to get invested the very layed to the pressure was back on C. Hunt Y-C.Rock's layed the pressure was back on C. Hunt Y-C.Rock's layed the pressure was back on C. Hunt Y-C.Rock's layed the pressure of 400 lbs. This didn't stop Thomas from going for with 315 lbs. The 242 lb. class was dominated by it all with a 550 lbs. squat. He handled it well with Master Lifter L. Pace A.K.A. "Big Low" but Pace ate Pace opened up with a nice 705 lbs. squat, setting or plenty of room for more. The 198 lb. class wasn't the same because in the past we had lifters like landed him in the 275 lbs. Class. Two new lifters W. lifter. LA Carroll countered with a 710 lb. opening Brown and Wormly, squatting over 600 lbs., but in May and G. Ervin "Big Blue" battled for the title this squat, which was good. "Big Low"'s second lift al



715 lbs. worked him because something gave way in his old knee, but he still managed to get it back up to the racks for a good lift, but one judge turned him down. Carroll tried his hand at 720 lbs. -down and up -real smooth - no problem for this younger lifter. Big Low's third attempt at 725 lbs. would have possibly given him the title of King of the Squal but his knee would not let him, so he listened the list head to the still at the state of the still at the state of the still at the state of the state to his inner voice and declined his third attempt at to his inner voice and declined his third attempt at 725 lbs. Carroll had planned to go with 730 lbs., but didn't because he had already won the class by 5 lbs. Congratulations to both of these lifters. I'm sure this will go down as one of the classic battle here at Danville, Illinois. 2003 will probably match them up once again if Big Low doesn't do some "push aways" from the table. Put some ice on them old knees, Brother Pace! L. Pace A.K.A. "Big Low"
Won his Master's Class and will be ranked very high
in 2003, in the Masters Top 20 List. SHW Class - K.

USAPL "Thunder at the Beach" PL/BP
15 JUN 02 - Little Egg Harbor, NJ in 2003, in the Masters Top 20 List. SHW Class - K. Norris once again he was by his "Big Self" and bit the chalk dust early too with a 405 lbs. attempt. Now you remember his name because he will be the first to bench press 600 lbs. here at Danville, Illinois. I would like to thank the staff, LTS Department, and Mr. Greg Watson our coach, for putting this King of the Squat meet together for the guys. If you see Mr. Watson face to face you would think he was a powerlifter by his body size, looking good for an old man. To all the spotters, loaders, and results keeper good job Larry Russell (Cuz), Robbie, Devo, Salt, Mike, and Adrian, for having everything running so smoothly. Hope to see you brothers in

2003 at the Powerlifting Championship meet. Larry Russell, thanks for keeping my equipment, wraps, suit, etc... in order, Cuz. To all the readers out there suit, etc... in order, Cuz. To all the readers out there especially lilinois River, Dixon, Graham, Taylorville, East Moline and whomever, we have our muscles set on you all. For all of you, please let us (Danville) know the month, date, and time of the meet, you know who to call! We haven't forgot about what happened earlier this year in the Postal Meet, see ya in 2003. To brother Ed Coan, I hope you are getting better so you can break some more records. Write me when you find some time, okay. May Cod

15 JUN 02	- Litt	le Egg	Harbo	r, NJ	1
BENCH 220		John V 220	elluci	375	
Frank McNeary 242		Harry Mens I	Muller BP Teen	345	
Sean Taulane Mens BP	415	123 Mike S	everin	227	
Master		148	1000		-
275		Mike F	elicetta	255	
Men's Masters 198	SQ	BP	DL	тот	
John Gilly 220	240	245	250	735	
John Fox	365	250	400	1015	-

CRAIN'S MUSCLE WORLD, LIMITED,

y	+275					
,	Laymen Grant					
e	Men's Open					
,	148					
S	Chris Rodgers	330	230	450	1010	
)	165					
1	M. Ciupimski	390	350	470	1210	-
t	Jerry Hill	480			480	
9	181					
9	Jeremy Phillips	350	275	405	1030	
	220					
ł	Peter Grosso					
)	242					- 5
)	Laryy Thompson 275	555	380	630	1565	
	John Velluci	435	375	575	1385	- 1
•	Men's Raw 181					
	Derrek Altieri Men's Teen	405	265	450	1120	
	123					
	Justin McGrath	250	145	240	635	
	132					
	Jason Nolan	300	175	330	805	
	148					
	Tim Foster					
	165					
	Matt Fuller	355	215	430	1000	
	JJ Gilly	300	205	350	855	

350 200 400

Nick Mercurio	410	280	435	1125
Caezar Pascual 242	340	235	365	940
Frank Defeo	400	355	500	1255
Mike Puglisi	465	255	505	1225
Brian Buckley	415	255	450	1120
Owen Luby	380	275	400	1055
Women's Open 123				
Lisa McKeogh 132	220	95	240	555
Jessica Kratz 148	275	165	320	760
E. Fergusson E. Fergusson 198	170	85	230	485
Linda Schaefer Women's Teen 114	275	190	445	910
Johnna Andiorio (Thanks to USAPL		75 viding t	250 hese me	495 et resul

### IPA PA State/Northeast Regional 29 SEP 02 - Bangor, PA

1000	BENCH Amateur 220		John Mi Pro Mei	tsopoul	os 340
355	Master 50-54		Open		
	Joe Biondino		242		
950	Pro Master		Bobby F	ields	650
	50-54 Joe Biondino		275 Kyle Pig	hini	650
_	Amateur		A. Hicks		030
	Master 55-59		SHW		
10	181		Mike M		700
	Full Power	SQ	BP	DL	TOT
	Amateur Teen 148 (14-19)				
	Matt Mulkeen	250	190	350	790
	181 (14-19)				
	J.J. Gilly		195	365	905
	Amateur Female	Teen			
	122 (14-19) Rachel Landis				
	Amateur Women	'e			
	Submaster 33-39				
	Sandi McCaslin	290*	135	315	740*
	Women SHW			-	
	Jean Putnam	235	175	255	665
	Amateur Master 198	40-44			
	John Gilly	260	250	260	770
	220	200	230	200	,,,
100	Rory King	560	280	540	1380
	275			10001	
	Joe Wickel	540	400	500	1440
	55-59 181				
15.0	John Hopkins	335	225	460	1040
M. I	Pro Master	330		400	1010
	55-59				
	308				
57	Robert O'Brien	480	340	480	1300
	Amateur Juniors				
12X 10	20-23				
	242				
	Mark Hoffman	735*	540*	650*	1925*
	Amateur				
	Men				
	Open				
	148 Will Romanelli	350	315	405	1070
	165	330	3.3	403	1070
	Jim Roney	530	320	530	1380
	181				
	Dave Kirschen	610	435	500	1545
	Vinny Cofield 220	350	350	400	1100
	Richard Putnam	610	475	525	1610
	242	0.0	4,3	525	1010
	Joe Hirsch	610	450	570	1630
	Greg Hopkins	610	385	605	1600
	Zane McCaslin	500	360	485	1345
	*-IPA World Rec	ord. The	1 20 2	002 at	the Port
	Regionals was he Factory in Bange	or PA	27 lifte	rs from	4 states
	competed. This e	vent sa	w 6 W	orld Rec	ords Fall
	Sandi McCaslin fi				
	teur Submaster re	cords in	n the Squ	uat and	Total with
	290 lbs. and 740	lbs. res	pectivel	y. Mark	Hoffman
	of PA went 4 for 4				
	Deadlift, and Tot	ai recor	as in th	e Amate	ur Junior

Deadlitt, and Total records in the Amateur Junior 242 class by going 735-540-650 and 925. In the Bench Press portion of the competition highlights include New Jersey's Bobby Fields weighing in at 240 lbs. body weight pressed 650 lbs. And local lifter, Mike Miller of Nazareth PA pressed 700 lbs. at 410 lbs. body weight to join the 700 club. Special

thanks to: Body Factory owner Rae Lee Fiore for the use of the gym facilities. Jim Parrish and the Body

Factory Powerlifting team for spotting and loading

Maria Bentzoni for a Superb Job running the head table and keeping the meet running smooth. IPA President Mark Challiet and Tom Levering for their

time in officiating. In closing, I would like to thank you all for your support and see you all at the IPA Gary Grosso Dedication Meet Feb 15,16 2003. (Meet Director, Gene Rychlak Jr provided results.)



800 lbs @ 165 lb

Muscle World, Ltd.

ALL PRICES SUBJECT TO CHANGE CHECK / CASH / CREDIT CARD / C.O.D. (\$25 th miles)

1-800-272-0051

(article continued from page 5)



Nolan Crabbe helps Rob Wagner wait his turn on the lifting platform for a bench press attempt

The 90 kg. class: Ivan Freydun of the Ukraine, still a junior lifter, set 2 junior world records, one being his 930 kg. total, on the way to his gold medal. Marozav of Belorussia was 2nd. There was a tie for 3rd place. Peter Theuser, the Czech Republic master lifter, pushed up a 345 kg. squat for a masters world record and an 885 kg, total to tie, but the medal for third went to Fedenko of Russia who was lighter. There were 2 American lifters in this class, the newcomer to IPF competition - Mike Mastrean, and an experienced Ray Benemerito, Mastrean started strong in the squat making 320, 335, and a hard missed attempt at 340 kg., losing it on technical errors. Experience came into play as Ray made his 215 kg. bench opener. He missed 2 tries at 225 kg., but was still in the competition. Mastrean opened up with 215 kg, on the bench and failed three times to lock it out and was out of the competition. Ray ended up with a 312.5 deadlift and an 842.5 total and 6th place.

100 kg. class: Again it was a junior lifter from the Ukraine that

was the winner. Olkesiy Rokochyy hoisted a 385 kg. junior world record squat and posted a 972.5 junior world record total for the win. Federenko of Russia was 2nd with 962.5 kg. Third place, with a 947.5 kg. total, was yet another junior lifter from the Ukraine, Olek Vyshnytzskyy. Even the 4th place lifter Christov of Bulgaria was over 900 kg. (a 910 kg. total). There were no American lifters in this 16 lifter

The 110 kg. class: had 24 lifters to start. There was some concern over the platform stability that appeared to affect some of the lifters. Yet, when the dust settled, 7 of the lifters totaled more than 900 kg. with Russia's Dedulia taking the win with a 395 kg. squat and 990 kg. total. Junior World Champion Nikolay Suslov posted 965 kg., a 2nd place total, to edge out Derek Pomana of New Zealand.

125 kg. class: It was Sunday morning for the 125 kg. class competition. During the night the platform had been stripped down and strengthened. It needed the strengthening, as there were squats, 2 successful, over 400 kg. It took Malanichev a 400 kg. squat and a 1015 kg. total to best Istvan Arvai of Hungary who had a 1010 kg. total. Young Tony Cardella of the USA had a fine day. Tony's surely one of America's promising young lifters was almost flawless with an 8 for 9 day. Tony missed only one bench, squatting 365 kg. and pulling 340 kg. for a fine 950 kg. total and a 5th place in this tough 16 man class. Greg Wagner of the USA also did well, missing only his last Deadlift for a 930 total and 7th place.

The 125 kg. plus class was



Tony Cardella got an 804 pound squat and finished fifth in the 275s.



Brian Siders ... reportedly felt as if he'd had his "butt handed to him'

sure to be a battle with a deep field, including 2 time champ Brad Gillingham. This class lived up to the expectations. When the weights were finally put down for the last time, 6 lifters had totaled 1000 kg. or more. It took a personal best last deadlift of 385 kg. to get a winning 1060 kg. total for Bondarenko of Russia. That final pull put Papazov of the Ukraine in 2nd with a 1057.5 kg. total. USAPL's Big Brad nailed down 3rd place and the bronze medal finishing with a strong 387.5 kg. pull to get a 1045 kg. total. Japan's Midote missed 2 tries at a 425 kg. squat and ended up in 4th place with a 1012.5 total. In 5th place was Tibor Mesaros of Hungary with a 1007.5 kg. American newcomer young Brian Siders got his first taste of international competition. Brian has never traveled before, but came with high expectations. Leaving the platform, having missed his try for 6th place and a 1000 kg. total, Brian was heard to say, "I guess I just got my butt handed to me." Brian is young and strong and holds lots of promise for the future. The excitement remained to the very last lift of the 2002 championships, as Tibor Mesaros gave the crowd a world record 407.5 kg. (898 lb.) deadlift to end the competition.

Sunday evening we were spirited away by busses to a fine banquet. The meet Director Michal Capla was given a plaque by the IPF President Norbert Wallauch and applauded by all for a great IPF Championship. Mr. Wallauch said to Mr. Capla "we usually say it was a great championship. This time it WAS a really great championship". The meet director and his staff presented a special

award to Inzer Advance Designs. Inzer Advance Designs was said to be the major sponsor of this championship. After all the awards and thank yous, and they were mercifully short, came the entertainment. A pair of sleek Slovak champion ballroom dancers treated us to a sexy version of Latin dance and exciting swing dancing. Then it was time to enjoy the local cuisine. Tables were set with a wide variety of great foods. Then the most important event took place; the shared camaraderie between old friends and brand new friends from continents apart. It is truly a wonderful sight to see people, young and old, from far different worlds, lifestyles, and beliefs sharing fellowship. As I watched friends from Iran visit their friends from America, I wondered if we should invite the world leaders to one of our IPF Championship banquets.

Team USA was well staffed. Doc Bernie Miller was on hand to tend to the strains and pains as well as well as to be in charge of drug testing. Head Coach was IPF Vice President Larry Maile. Team Manager and Assistant Coach was Robert Keller. Dr. Patrick Anderson, who is filled with powerlifting statistics, and Nolan Crabbe, who brings tons of energy with him, ably assisted the team members. Quest Nutrition's Sherman Ledford was on hand to provide further assistance. James Benemerito, Jerry Daley, Tony Succarotte and the large Gillingham clan helped out too.

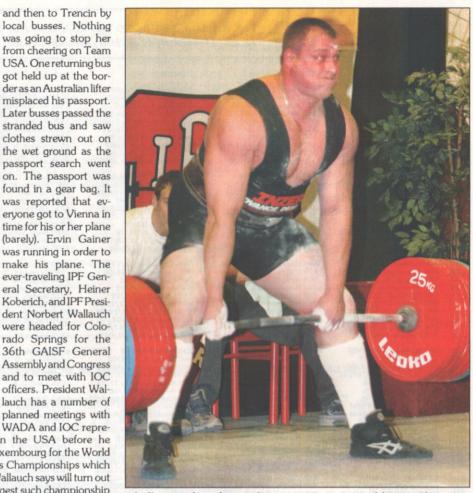
Meet notes: Early Monday morning the busses started leaving for Austria. Most of the attendees at the championships flew into Vienna. The meet directors provided busses



Gillingham PRed despite his bicep surgery.

from Vienna to hotels in Slovakia. The meeters and greeters at the airport did a great job for almost everyone. Mrs. Tony (Nalie) Harris was one who got left. She had an exciting trip on her own to Bratislava local busses. Nothing was going to stop her from cheering on Team USA. One returning bus got held up at the border as an Australian lifter misplaced his passport. Later busses passed the stranded bus and saw clothes strewn out on the wet ground as the passport search went on. The passport was found in a gear bag. It was reported that everyone got to Vienna in time for his or her plane (barely). Ervin Gainer was running in order to make his plane. The ever-traveling IPF General Secretary, Heiner Koberich, and IPF President Norbert Wallauch were headed for Colorado Springs for the 36th GAISF General Assembly and Congress and to meet with IOC officers. President Wallauch has a number of planned meetings with WADA and IOC repre-

sentatives in the USA before he heads to Luxembourg for the World Bench Press Championships which President Wallauch says will turn out to be the largest such championship



Vladim Bondarenko .... the 2002 IPF Men's World SHW Champion

Supplied to					
13-17 NOV		Worl		akia	
114 lb. class	SQ	BP	DL	TOT	
Kazakov RUS	534	336	429	1300	
Stanaszek POL	617	363	297	1278	
Hu TAI	473	264	540	1278	
Gainer USA	435	286	507	1229	
Watanabe IPN	440	297	440	1179	H
123 lb. class	440	231	440	11/3	
Pavlov RUS	562	385	490	1438	
Lu TAI	534	259	573	1366	
Hsieh TAI	462	308	562	1333	
Vatyuk UKR	440	336	473	1251	
Wszola POL	490	308	451	1251	
Rakhmkuly UZB		242	529	1223	ı
Nemeth AUT	440	253	496	1190	
Whigham USA	468	253	451	1173	
Kolsovsky SLO	429	303	352	1085	
Sledz POL	473	303	332	1003	
132	4/3				
Andruchin RUS	584	330	595	1510	
McNamara IRE	540	341	556	1438	
Teteutsa UKR	529	3525	496	1377	
Olech POL	507	297	540	1344	
Bactevanov BUL		319	518	1333	
Chiu TAI	462	292	551	1306	
Taylor USA	440	325	529	1295	
Skirkanic SLO	418	253	440	1113	i
Gomez PHI	220	325	220	766	
Isagawa	440	-			
Tronke GER					
148 lb. class					
Olech POL	727*	363	683	1774	
Sacco ITA	628	319	650	1598	
Nieminen FIN	540	352	650	1543	
Huang TAI	529	385	622	1537	١
Koiwai IPN	528	385	606	1510	i
Richard GB	600	380	518	1499	i
Mihok SLO	562	374	540	1477	
Noppers CAN	485	297	611	1394	١
Lettner AUT	512	330	551	1394	
Lehocky SLO	462	330	518	1311	
Ruso CZE	551	248	496	1295	
Luu AUS	468	248	573	1295	
	200	1 TO 5	10000		
Rheaume CAN	358	308	407	1074	
Rosales PHI	220	363	220	804	

Mitev BUL				
165 lb. class				
Furashkin RUS	724*	473	705	1901
Kutcher UKR	677	424	694	1796
Hooper USA	699	457	573	1730
Spychala POL	628	391	650	1669
Zeilinger AUT	595	418	589	1603
O'Connor IRE	496	363	617	1477
Rasmusen DEN	507	374	507	1388
Vadasz HUN	507	385	462	1355
Muir AUS	485	314	551	1350
Harris AUS	462	358	529	1350
Hopnbrwrs NDL		308	556	1328
Khaild PAK	308	176	286	771
Baranov RUS				
uodgudis LIT				
181 lb. class				
Soloviov UKR	677	507	661	1846
Wegiera POL	705	501	639	1846
Wagner USA	744	429	639	1813
Malinen FIN	628	424	705	1758
Wilk POL	672	418	661	1752
Rick HUN	595	429	705	1730
Andersson SWE	606	446	655	1708
Gandner FRA	650	418	639	1708
Singh GB	628	435	628	1692
Milen BUL	628	363	683	1675
Grossbeck AUT	617	440	617	1675
Nowak GER	639	429	589	1658
Farshid IRN	617	374	622	1614
Ackermann CZE	573	407	617	1598
v.d.Hoek NDL	611	374	606	1592
Sanchez ECU	617	330	584	1532
Thompson NZ	518	374	440	1333
198 lb, class				
Freydun UKR	771	540	738	2050
Marozav BLO	733	507	727	1967
Fedenko RUS	749	462	738	1951
Theuser CZE	760	490	699	1951
Coimbra LUX	720	457	716	1884
Benemerito USA	694	473	688	1857
Silbaum EST	628	424	716	1769
Desachy FRA	672	440	639	1752
Hornik CZE	628	418	661	1708
Varchola SLO	573	429	639	1642
Bettati ITA	595	363	617	1576
		1000		-

Giblin NZ	551	418	551	1521	Pellizzoli ITA	
Butt CAN	562	424	529	1515	Belousov BLO	
King NZ	573	325	573	1471	275 lb. class	
Mastrean US	738				Malanichev RUS 881 551 804 2	237
Burke GB					Arvai HUN 859 562 804 2	226
Ghirardi ITA	683				Muravlyov UKR 859 551 771 2	182
220 lb. class	-					143
Rokochyy UKR	848	529	766	2143	Cardella USA 804 540 749 2	094
Federenko RUS	804	512	804	2121	Henry GB 914 490 683 2	880
Vyshntzsyy UKR		462	788	2088	Wagner USA 821 545 683 2	050
Ivailo BUL	815	496	694	2006	Parschkvov BUL 782 446 766 1	995
Peeters FRA	727	473	705	1906	Hoeyset NOR 755 473 755 1	984
Sohlmann FIN	705	485	705	1895		940
Bilican BEL	749	485	628	1862		940
Jalonen FIN	705	468	661	1835		884
Weaver NZ	672	440	628	1741		868
Kosnar CZE	661	479	600	1741		785
Bettati ITA	661	385	661	1708		681
Rain EST	644	385	672	1703	Andreev BUL	
Gagnon CAN	655	407	589	1653	SHW	
Oszwald AUT	573	341	595	1510	Bondarnko RUS 903 584 848 2	336
Visser NDL	595	363	529	1488		331
Gidney CAN	462	363	534	1361		303
242 lb. class	402	303	334	1301		232
Dedulia RUS	870	529	782	2182		221
Suslov RUS	837	540	749	2127	Sedmik CZE 837 617 749 2	204
Pomana NZ	843	485	782	2110	Siders USA 804 606 760 2	171
Ljungberg SWE	815	507	777	2099	Orobets UKR 859 485 782 2	127
Karpik UKR	837	496	738	2072	Wahlqvist SWE 859 540 705 2	105
Christffrsn NOR		501	683	1995	Martikainen FIN 782 473 771 2	028
Woodside BAH	733	479	777	1989	Staerkjaer DEN 727 617 589 1	934
Sarik CZE	716	518	705	1940		807
Flaminio GER	793	507	639	1940	Wamsteekr NDL 705 440 617 1	763
Kopola FIN	733	457	738	1929	*IPF Men's Open World Record. Team S	Stand-
Nicholls CAN	705	523	683	1912	ings; Russia 72, Ukraine 62, Poland 50	, USA
Taksdal NOR	705	529	672	1906	42, Taipei 37, Hungary 25, Finland 25,	lapan
Sorige DEN	688	468	688	1846	21, Czech Republic 19, Bulgaria 17, Irelad	
Pazstor SLO	705	374	716	1796	New Zealand 14, Austria 14, Sweden 13, F	
Vorup DEN	727	418	644	1791	12, Great Britain 12, Slovakia 12, Ita	
Neele NDL	683	418	661	1763	Belorussia 9, Norway 9, Denmark 8, Can.	
Kwaschny GER	606	479	672	1757	Iceland 7, Luxembourg 6, Netherlan	
Hall CAN	661	429	606	1697	Uzbekistan 5, Estonia 5, Belgium 5, Austr	
Giffin AUS	617	418	600	1636	Bahamas 4, Germany 4, Philippines 3, Ec	
Bontkonng NDL		341	633	1609	1, Pakistan 1, Iran 1. Champion of Cham	
	551	385	617	1554	compeition: Olech 625.16, Furashkin 6	
Molnar HUG Vosvlius LIT	595	496	01/	1334	Freydun 595.75.	,
VUSVIIUS LII	37.3	470			,	

# **TOP 100**

For standard 198 lb./90 kg. USA lifters in results received from November/2001 through October/2002

TOTAL

2132 Zweng, M..2/24/02 2083 Kellum, J..2/24/02 1935 Blankenship, D..3/30/02 1906 Benemerito, R..7/14/02 1901 Palmer, R..5/26/02 1901 Mastrean, M..7/14/02 1895 McCoy, J..11/18/01

1875 Adams, J..3/30/02 1867 Wardell, J..10/26/02

1865 Tracey, B..3/30/02

1860 Hill, M..7/20/02 1857 Wagner, R..11/17/01 1855 Kamand, T..6/23/02 1850 Carnaghi, T..7/13/02 1810 Cuevas, S..11/18/01

1802 Caprari, T..2/23/02 1802 Stokes, M..5/19/02

1779 Mosley, L..6/1/02 1775 McVicar, J..2/17/02

1769 Kegrice, J..2/17/02 1769 Kanemoto, K..2/17/02 1760 Garrett, K..3/2/02

1758 Thompson, J..3/24/02 1755 Jordan..10/5/02

1755 Jordan...10/5/02 1752 Terry, C..7/14/02 1750 Burrows, M..11/18/01 1736 Coe, M..6/16/02 1735 Alessandio, J.3/30/02 1730 Richardson, K..5/26/02

1725 Fanone, M..7/14/02

1710 Garcia, O..11/18/01 1700 Tylutki, N..1/27/02 1700 Wofford..7/20/02

1700 Wofford..7/20/02 1686 Kauf, D..6/1/02 1685 Nuble..1/19/02 1681 Golden, M..12/1/01 1675 McAuliffe, J..11/11/01 1675 Jones, R..12/9/01 1670 McCode..1/19/02

1664 Ferstler, G..12/8/01 1664 McNeish, K..5/26/02

1658 Pena, J..3/3/02 1658 Gibson, T..4/7/02 1655 Ducharme, B..3/17/02 1655 Martucci, R..3/30/02

1655 Rowe, S..7/7/02 1653 Meyers..3/10/02 1653 Geernaert, S..6/16/0 1653 Maslow, L..6/16/02

1653 Haga, A..6/22/02 1650 Dell, R..6/23/02 1642 Traub, L..5/5/02 1640 Kuderick, S..7/13/02 1636 Herrera, S..12/1/01

1625 Vasquez, J..11/3/01 1620 Carroll, D..8/02 1620 Wallace, D..11/18/01 1620 Holston, C..4/7/02

1614 Lewis, R..12/1/01 1614 Kojima, K..12/8/01 1605 Clayman, G..11/18/01 1605 Linn, T..12/9/01 1605 Jefferson.1/6/02 1603 Cohen, L..6/16/02 1600 Burch, P..11/17/01 1600 Clark, R..6/23/02 1598 Callahan, N..12/8/01 1598 Callahan, N..12/8/01

1598 Wood, R..10/26/02 1592 Johnson, A..3/2/02 1592 Rhoades, D..3/24/02 1592 Divine, N..8/24/02 1590 Powell, S..3/24/02 1587 Newkirk, D..4/7/02

1587 Lohman, M..5/5/02 1587 Buffington, G..7/14/02 1581 Matteo, J..4/28/02 1580 Herrera..4/28/02

1576 Parnell, R..5/19/02 1565 McNutt, R..3/30/02 1565 Lorenz..4/20/02 1560 Fortin, E..4/27/02

1560 Fortin, E., 4/27/02 1560 Jester, J., 7/20/02 1559 Casey, R...3/24/02 1559 Wisenbaker, J., 5/11/02 1555 Ascani, J..11/17/01 1550 Merchlewitz, J. 4/27/02 1550 Laube, D..5/18/02

1550 Merz, R..5/23/02 1545 Lindquist, S..11/3/01 1545 Shelton, T..3/9/02 1543 Preston, G..3/23/02

1543 Barber, M., 5/5/02

1543 Lass, D..6/22/02 1543 Lee, J..7/20/02 1540 Markwoski, R..3/30/02 1540 Carthy, M..4/29/02 1540 Murphy, J..7/20/02

1800 Beck.. 10/5/02

### SOLIAT

887 Zweng, M..2/24/02 854 Kellum, J..2/24/02 843 Wardell, J..6/16/02 820 Carnaghi, T..7/13/02 775 Martucci, R..3/30/02 766 Wagner, R..11/17/01 765 Adams, J..3/30/02 760 Kamand, T..6/23/02 755 Blankenship, D..3/30/02 750 Hill, M..7/20/02

1 749 Cuevas, S..2/23/02 2 749 Mastrean, M..7/14/02 3 730 Jordan..1/19/02 4 727 Palmer, R..5/26/02 5 725 Tracey, B..3/30/02 6 711 Kegrice, J..2/17/02 7 705 McCoy, J..11/18/01 8 705 Kanemoto, K..2/17/02 9 705 Coe, M..6/16/02 0 700 Garrett, K..3/2/02

1 700 Kuderick, S...7/13/02 2 690 Alessandio, J..3/30/02 3 683 Stokes, M...5/19/02 4 683 Benemerito, R...7/14/02 6 680 Tyhuth, N...1/27/02 6 672 Mosley, L...6/1/02 6 676 Eesk...10/5/02 8 666 Pena, J..3/3/02 9 666 McNeish, K...5/26/02 0 666 Haga, A...6/22/02

665 McVicar, J..2/17/02 662 Lyon, B..4/27/02 660 Garcia, O..11/18/01 655 Ducharme, B..3/17/02 655 Kauf, D..6/1/02 650 Carroll, D..8/01 650 Nuble..1/19/02 650 Caprari, T..2/23/02 650 Golden, M..4/14/02 650 Herrera..4/28/02

650 Richardson, K..5/26/02 645 Wallace, D..11/18/01 645 McCode..1/19/02 645 Clark, R..6/23/02 645 Hewer, S..7/27/02 644 Flesh, D..5/11/02 644 Terry, C..7/14/02 640 Burrows, M..11/18/01 640 Dell, R..6/23/02 640 Wofford..7/20/02

639 Thompson, J. 3/24/02 639 Maslow, L. 6/16/02 639 Divine, N. 8/24/02 635 Rowe, S. 7/7/02 633 Ferstler, G. 12/8/01 628 Rhoades, D. 3/24/02 628 Matteo, J. 4/28/02 628 Parnell, R. 5/19/02 628 Fanone, M. 7/14/02

1 625 Murphy, J..7/20/02 2 617 Johnson, B..11/3/01 617 Sisa, B..12/1/01 4 617 Holston, C..4/7/02 5 617 Johnson, M..5/5/02 6 615 Jones, R..12/9/01 7 611 Vasquez, J..11/3/01 611 Gibson, T..4/7/02 9 611 Horrighs, R..5/4/02

611 McKay, I..6/29/02 611 Wood, R..10/26/02 610 Burch, P..11/17/01 610 Corsitto, J..11/18/01 610 Corsitto, J..11/18/01 610 Hailey, S..3/30/02 606 Lewis, R..12/1/01 605 Linn, T..12/9/01 605 Gardner. 3/16/02 605 Maldonado, R..3/23/02

605 Moore, D. 4/27/02 605 Garcia, D. 6/23/02 600 Pearlstein, D. 1.2/2/01 600 Rewis. 1.2/9/01 600 Jefferson. 1/6/02 600 Cancel, A. 1/19/02 600 Everett. 3/16/02 600 Preston, G. 3/23/02 600 Powell, S. 3/24/02 600 Fortson, R. 3/30/02

90 600 Fortson, R..3/30/02 91 600 Carthy, M..4/29/02 92 600 Schmidt, B..5/5/02 93 600 Cohen, L..6/16/02 94 600 Jester, J.7/20/02 95 600 Laliberte, M..10/19/02 95 595 Cabness, T..3/23/02 97 595 Williams, R..3/02 98 595 Lass, D..6/22/02 99 595 Rodacker, M..9/22/02 100 590 Meyers..6/23/02

### BENCH

650 Nealy, D..2/9/02 749
620 Kellum, J..5/11/02 7381
570 Adams, J..7/20/02 7331
565 McVicar, J..8/17/02 727
562 Herring, G..4/20/02 727
556 Zweng, M..2/24/02 7051
551 Cleri, D..8/10/02 7053
547 McAuliffe, J..11/11/01 7051
540 Warrington, G..5/4/02
530 Cuevas, S..11/18/01 6951

529 Robbins, D..6/02 525 McCoy, J..11/18/01 523 Piggee, D..10/13/02 520 Celli, R..4/7/02 519 Sim, E..5/4/02 518 Stevens, A..4/28/02 518 Young, R..8/25/02 515 Tracey, B..3/30/02 512 Bell, G..8/25/02 512 Swanson, B..10/19/02

507 Crawford, M..8/25/02 505 Hill, M..7/20/02 500 McNutt, R..5/11/02 496 Benemerito, R..7/14/02 485 Kanemoto, K..2/17/02 485 Blankenship, B..3/30/02 485 Young, N..8/18/02 480 Ruiz, M..12/8/01 480 Knight..3/23/02 480 Dworek, C..4/7/02

480 Ferrell, G..8/3/02 480 Grohoski, P..8/24/02 479 Thompson, J..3/24/02 479 Highnote, B..10/13/02 479 Wardell, J..10/26/02 475 Coggins, R..11/10/01 475 Eurrows, M..11/18/01 475 Cormier, E..6/23/02 475 Lindsay, M..6/29/02 475 Wesley, S..8/3/02

475 Maddox, D..8/24/02 475 Eiting, C..9/22/02 473 Shalkowski, B..8/25/02 472 Reed, A..2/24/02 470 McMellen, R..3/23/02 468 Palmer, R..5/26/02 468 Mastrean, M..7/14/02 465 Tarr, G..2/9/02 462 Jackson, I..4/27/02 462 Lichtenberger, M..8/25/02

462 Alvarado, J..10/5/02 460 McCabe, M..1/26/02 460 Mendoza, J..2/9/02 460 Saber, J..4/14/02 460 Rhoton, H..6/22/02 460 Jester, J..7/20/02 460 Egli, R..8/18/02 460 Coe, M..8/17/02 460 Houston, M..8/18/02 460 Cottor, D..8/24/02

460 Beck..10/5/02 457 Abrams, S..6/16/02 457 Gingg, R..7/27/02 457 Wood, R..8/10/02 457 Penkava, D..8/17/02 457 Ingram, R..8/25/02 455 Kusmack, B..1/02 455 Desrosiers, M..2/9/02 455 Stucke, T..6/23/02

455 Santarone, N..7/20/02 451 Hernandez, J..11/18/01 451 Thomas, P. 4/28/02 451 Mosley, L..6/1/02 451 Moraland, D..6/28/02 451 Moore, B.8/25/02 450 Morsala, J..11/18/01 450 Newman, D..12/30/01 450 Gtevens, B..12/30/01 450 Coduto, T..12/30/01

450 Conte, C..2/10/02 450 Dalzell..3/3/02 450 Alessandio, J..3/30/02 450 Giammacco, B..5/4/02 450 Vining, J..8/3/02 450 Carroll, D..8/02 450 Pyor, J..9/21/02 450 Rodreguez, R..10/12/02 446 Benford, G..4/7/02

446 Harvey, D. 4/28/02 446 Omura, W..5/4/02 446 Marcinek, S..7/20/02 446 Farley, K..8/25/02 445 Morris, C..6/29/02 445 Morris, C..6/29/02 445 Rowe, S..7/7/02 440 Parks, W..11/10/01 440 Turner, C..3/10/02 440 Casuga, N..3/23/02

749 Terry, C..7/14/02
738 Herring, G..7/27/02
733 Meyers. 3/10/02
727 Caprari, T..2/23/02
727 Benemerito, R..7/14/02
705 Ferstler, G..12/8/01
705 Stokes, M..5/19/02
705 Palmer, R..5/26/02
705 Tylutki, N..7/14/02
695 Biankenship, D..3/30/02

688 Zweng, M..2/24/02 685 Kamand, T..6/23/02 683 Mastrean, M..7/14/02 677 Traub, L..5/5/02 675 Decaprio, D..3/2/02 672 Kegrice, J..2/17/02 672 Beck. 4/14/02 665 McCoy, J..11/18/01 665 McCoy, J..11/18/01

661 Wagner, R..11/17/01 661 Fanone, M..7/14/02 660 Celli, R..4/7/02 660 Jordan..10/5/02 655 Lewis, R..12/1/01 655 Danforth, M..12/15/01 655 Geernaert, S..4/28/02 655 Mosley, L..6/1/02 650 Garrett, K..11/17/01 650 Golden, M..12/1/01

650 Nuble...1/19/02 650 Brown, A..3/16/02 650 Fortin, E..4/27/02 650 Richardson, K..5/26/02 650 Rodriguez...8/4/02 650 Rodriguez...8/4/02 650 Rodreguez, R..10/12/02 645 Linn, T..12/9/01 644 Wardell, J...10/26/02 640 Jefferson...1/6/02

640 Everett..3/16/02 640 Moore, E..5/4/02 640 Carnaghi, T..7/13/02 639 Thompson, J.,3/24/02 635 Burrows, M..11/18/01 635 Shelton, T..3/9/02 633 Ray, J..11/18/01 630 Tavares, J..3/17/02 630 Timonen, S..6/1/02

630 Lemarie, S..6/22/02 630 Wolford...7/20/02 630 Soule, J...7/27/02 628 Senegal, H..3/17/02 628 Green, R..5/19/02 628 Bownas, B..7/27/02 622 Vasquez, J..11/3/01 625 Tracey, B..3/30/02 625 Cervero, J...9/28/02 624 Wahlstrom, N..4/14/02

622 McAuliffe, J..11/11/01 622 Kellum, J..2/24/02 622 Fabrizio, C..6/30/02 620 Garcia, O..11/18/01 620 Conklin, T..3/16/02 620 Cruz, Z..6/15/02 620 Morris, C..6/29/02 619 Rhoades, D..3/24/02 617 Meier, C..12/2/01 617 Johnson, A..3/2/02

617 Milford, E. 4/28/02 617 Lohman, M..5/5/02 617 Haga, A. 6/22/02 615 Davis. 3/16/02 615 Hill, M..3/30/02 615 Hill, M..3/30/02 615 Hoak, S. 4/7/02 612 Dahling, C. 6/23/02 611 Epelbaum, G. 4/7/02 611 Burgess, C..5/4/02 611 McNeish, K..5/26/02

611 Pena, J..10/19/02 610 Lindquist, S..11/3/01 610 Clayman, G..11/18/01 610 Darline, C..12/2/01 610 Blackstone, J..1/19/02 610 DiFruscia, E..6/33/02 610 Felts, E..8/3/02 610 Grady, R..8/18/02 610 Coe, M..10/19/02 610 Fla

606 Callahan, N..12/8/01 606 Woods, J..12/8/01 606 Burch, P..3/16/02 606 Newkirk, D..4/7/02 606 Gunn, E..10/26/02 605 Kemna, J..1/27/02 605 McVicar, J..2/17/02 605 Rendon, C..3/23/02 605 Lorenz, 4/20/02

# PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Power-lifting USA, Box 467, Camarillo, CA 93011. (CA residents - add 7% tax).

### NEXT MONTH... TOP 220s

Corrections... . Kelly Bedore should have been listed for a 430 bench presscompleted on March 10, 2002 on the TOP 100 list for the 181s. Some of the lifts reported at the WPO Semis in New Orleans actually had record breaker plates added, which should be noted as follows: Bolton's deadlift was 927lbs., Kellum's bench was 652. and Vogelpohl's squat was 965. Nancy Dangerfield should have been credited for a 501 deadlift on the TOP 100 148 list. Sheldon Weingust actually made his 402 BP on the TOP 100 165 list on June 8, 2002. Kieran Kidder's 1625 subtotal fro mthe WPC Worlds would have placed 6th on the All Time Subtotal list published in the November 2002 issue of PL USA.We recognize the fact that we do make errors in our own compilation of the various ranking lists and meet resultswe publish, however, in some cases we were not able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Post Office Box 467, Camarillo, California 93011.

### **UNCLASSIFIED ADS**

\$3.00 per line per insertion Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere PDA 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

IRON MAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

### Frantz Sports Ctr for all your powerlifting needs. Call 1-630-892-1491

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O.Box 1234, Ft. Laud. Florida 33302

Discount Sports Nutrition www.massmedia-online.

Insane prices – Compete Supplements has them on: ANSI, Betastatin, Biotest, Champion, Cytodyne, E.A.S., FSI, HDT, ISS Research, Muscletech, Nature's Best, next Proteins, Optimum Nutrition, P.A. C. Research, Scitec, Sopharma, Syntrax, Twinlab, VPX, and many more! We willnot be beaten by anyone, anywhere on price or product knowledge. Call 618-233-1080, or visit or website at Completesupplements.com. Be prepared for huge savings!

Ivanko Olympic Plates: Black, Machined Gray, Calibrated Painted, and Calibrated Chromed. Weightlifters Warehouse, 1-800-621-9550

"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA,

P.O. Box 467, Camarillo, Califomia 9301 1, before this book sells out again FOREVER!

BUILT TO SUIT
Racks & Benches
Spoterless Release Hooks
Safety Bars & More
www.HOLLINET.COM/~CREP
see mag add or call
831-637-0797

Texas Power Bar by MAC Barbell \$235.00 plus shipping. Weightlifters Warehouse 1-800-621-9550

Milk and Eggs!!! Do they work? You bet. You can make tremendous strides in strength and bodyweight using the protein nature has in store for you. It can be done and we can help! \$9.95 to Harbren Services, Box 263, Columbus, OH 43216-0263.

The response to our offer of the new book MUSCLETOWN USA by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. (432 pages, 70 illustrations). Paperback edition is \$23.50 plus \$4 shipping and handling per book hardbound books in stock - \$65 plus \$4 s/h). Send orders for MUSCLETOWN USA payable to PL USA, Box 467,

Sarden Strength Equipment Inc. Monolift, glute ham bench, power racks, sleds. Leverage and cable equipment. Custom designs. www.sarden.com toll free 1-888-465-7719

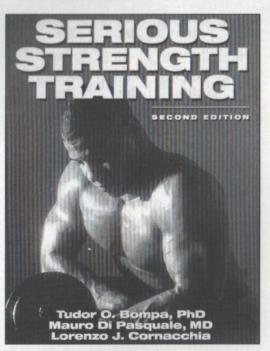
Camarillo, CA 93011.

BENCH PRESS POWER INC. (BPP) Bench press exercise video \$29.99 and dvd \$39.99 + S&H (\$6.00) Info: J.T. Hall @ 1-859-271-2207

National & World Championsip Powerlifting Customized Rings by Josten. C.W. Lee, 147 DaBill Pl., Lima, OH 45805, 239-597-8117

Wanted: 1979 Senior Natl's and 1979 I.P.F. Worlds on video, contact T. Bennett 90 Paul Mann Rd. Columbia, KY 42728, or Tel. 270-384-5596

POWER HOTLINE is the twice a month FLASH bulletin of the Iron Game, sent out via FIRST CLASS MAIL. Recent issues have covered such as what Scot Mendelson plans to open with at the Arnold Class (over 800!) 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



# JUST OUT New Book!

Former IPF World Champion Mauro Di Pasquale MD has provided a major new contribution to this revised 2nd edition of SERIOUS STRENGTH TRAINING with co-authors Tudor Bompa (considered the 'father' of periodization training) and kinesiologist (and former NWA wrestler!) Lorenzo Cornacchia. \$19.95 plus \$4 s/h to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 (plus sales tax for California residents)

What's Inside: ... detailed theory on how muscles work (in layman's terms), what periodization training is really about, training cycle development theory, recovery practices, maximum athletic nutrition (including the Metabolic Diet!), EMG studies on which movements are safe, exercises demonstrated through great photography (including the Safety Squat Bar). The SIX PHASES OF TRAINING are laid out explicitly: Anatomical Adaptation, Hypertrophy (with entry level program specifications), Mixed Training, Maximum Strength, Muscle Definition, and Transition Training. The glossary is great, references extensive, and in the appendices they have that handy chart to figure your max lift based on the reps you do with a given weight, and the reverse ... a chart to figure your max lift based on the reps you can do with a given training weight.

\_\_\_\_\_



# ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEEM MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER

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

Choice of stiff eather for the irmest support or oft leather for mmediate 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.

WE MAKE POWER GEAR A SCIENCE