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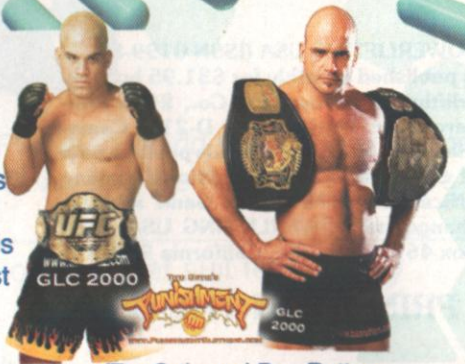
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## MUSCLE MENU

- Volume 26, Number 6 - January 2003 -

IPF MEN'S WORLDS.....	Peter Thorne.....	4
WABDL BENCH WORLDS.....	Gus Rethwisch.....	6
IPF MASTERS WORLDS.....	Johnny A. Graham.....	10
BECCA SWANSON BREAKS 700.....		12
SERIOUS MASS, PT. III.....	Anthony Ricciuto.....	14
FRED HATFIELD INTERVIEW, PT. II.....	Dr. Larry Miller.....	16
SPORTSMANSHIP.....	Dr. Judd Biasiotto.....	18
PRODIGIOUS PUSH-PULLS.....	Herb Glossbrenner.....	20
MAKING THE CONVERSION.....	George Halbert.....	22
FORCE TRAINING Q&A.....	Dave Tate.....	23
INTENSITY ZONE LOADING, PT. I.....	Louie Simmons.....	26
MANAGING MEET WARMUPS.....	Doug Daniels.....	32
WORKOUT OF THE MONTH.....	Ed Morishima.....	33
NASS NORTH AMERICAN STRONGMAN.....	Tony Soucie.....	34
RESEARCH APPLICATIONS.....	Mauro Di Pasquale MD.....	36
HARD CORE GYM #18.....	Rick Brewer.....	38
COMING EVENTS.....	Mike Lambert.....	49
TOP 100 198s.....	Mike Lambert.....	86
UNCLASSIFIED ADS.....		87

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

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The championships were held in the Slovakian town of Trenčin. 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

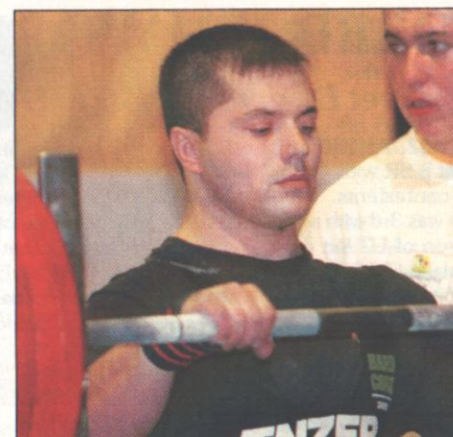
International Category referees on hand to judge the lifting.

**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 Trenčin 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.



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)



TEAM USA ... left to right, James Benemerito, Bettina Altizer, Nolan Crabbe, Gale Gillingham, Tim Taylor, Robert Keller, Ervin Gainer, Brad Cillingham, 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)

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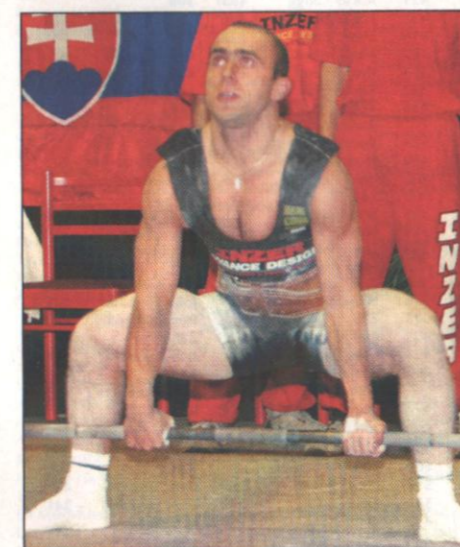
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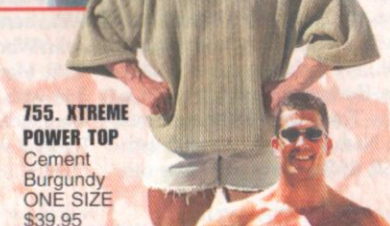
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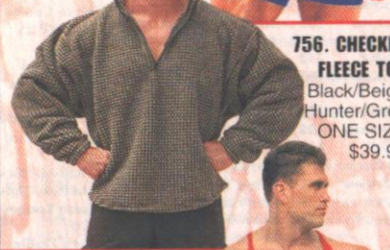
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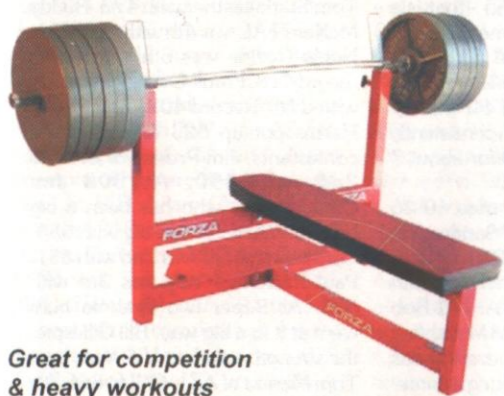


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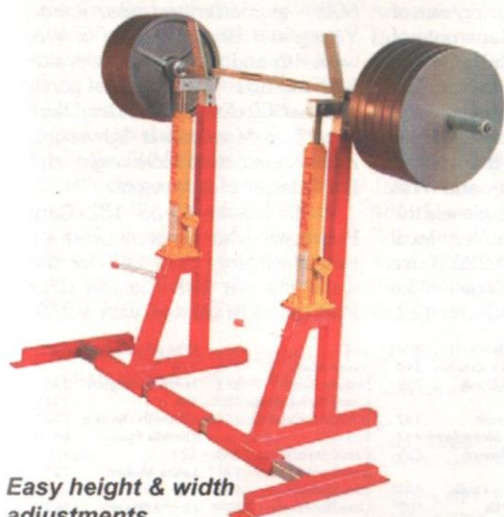


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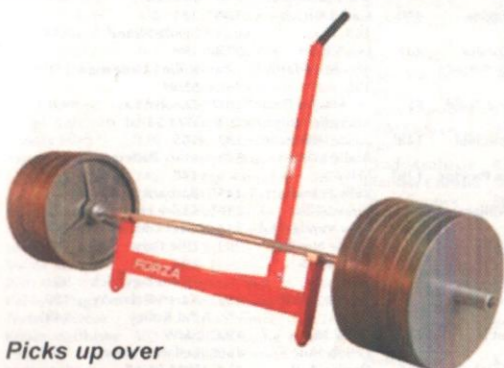
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David Higgins of WA was 2nd with 231. Portugal travelled about 10,000 miles to make to the Worlds and was on a plane for a total of 16 hours. He lives at the southern end of Brazil. At 165 Sheldon Weingust set a WR with 403 - his 3rd WR in a year. 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 Haggemiller 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 Fame 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. Gorzoa)**

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 set 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!

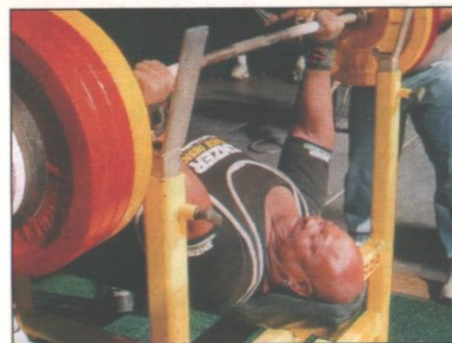
At 68-74 181 Charles Ferrando set a CA SR with 264, breaking his old record by 22 pounds. At 198 Earl Cotton Jr. set an OR Record with 297. At 220, Jack Puccio who has had a heart transplant, benched 319 at age 70! Unbelievable! At 242, Ernie Anderson set a WR with 440 and was named outstanding lifter.

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 Schermerhorn 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



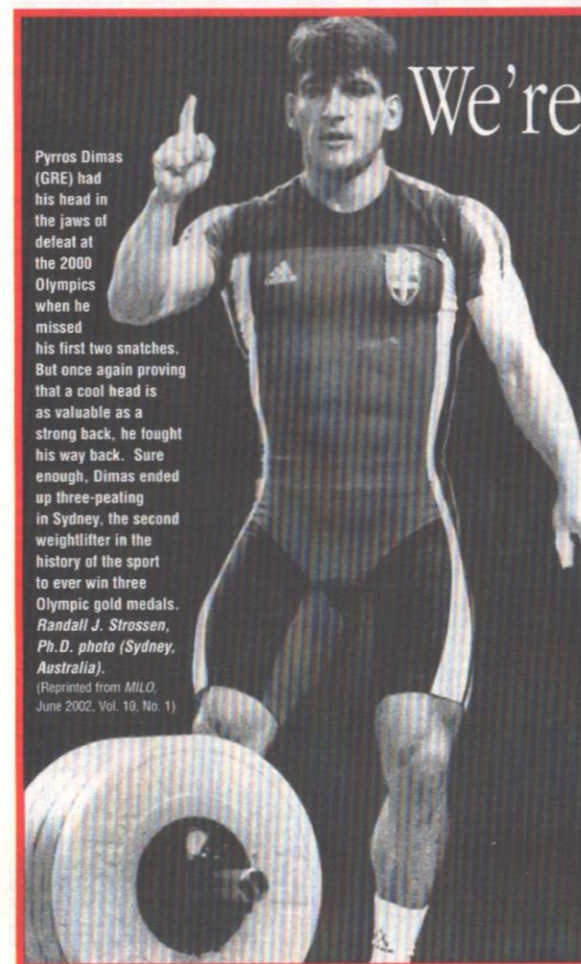
**Marcia Turner with a World Record Bench of 132 lbs. in the 68-74 Women's 148 lb. class.**

(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)



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

## We're Number One . . .

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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 Republik.

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-

# 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

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 in 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 I, 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-



Ruth Welding, Lanette Lopez victor @ 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

had a personal best in the deadlift.

Nobody can stop Ruth Welding. Ruth has been with USA Powerlifting (ADFP) 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)

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 sport.

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



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

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

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

capable of. She did what we needed to win the gold. Congratulations, Deanna.

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.

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

(this article continued on page 74)

IPF World Masters				
9-13 OCT 02 - Cordoba, ARG				
Women Masters I	SQ	BP	DL	TOT
97 lb. class				
Bechar/FRA	231	159	270	661
105 lb. class				
Matsumoto/JPN	253	143	275	672
Villacis/ECU	165	71	203	440
114 lb. class				
Wang/AUT	292	176	330	799
Guinard/FRA	209	104	286	600
123 lb. class				
Kimura/JPN	358	181	352	892
Baron/FRA	253	148	359	760
Nelson/USA	231	99	248	578
132 lb. class				
Kumpuniemi/FIN	220	143	264	628
Montenegro/ARG	176	93	220	490
Vainio/FIN	143	93	225	462
148 lb. class				
Ferre/ARG	341	165	319	826
Bruder/GER	303	176	297	777
Wender/BRA	275	143	286	705
Stapleton/USA	214	104	236	556
152 lb. class				
Ishikawa/JPN	319	203	330	854
Simons/USA	264	220	303	788
Beretta/ITA	275	154	352	782
Dingle/USA	281	170	319	771
Sundell/SWE	225	110	286	622
165 lb. class				
Welding/USA	314	176	358	848
Nabejura/JPN	275	121	303	699
Lopez/USA	242	126	297	666
181 lb. class				
Channey/USA	330	203	330	865
Silva/BRA	176	104	220	501
Montenegro/ARG	181	99	154	435
181 lb. class				
Wass/GB	275	148	286	710
198 lb. class				
Speth/GER	286	242	341	870
SHW class				
Pepper/GB	242	143	242	628
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				
Women Masters II				
97 lb. class				
Bouille/FRA	209	115	264	589

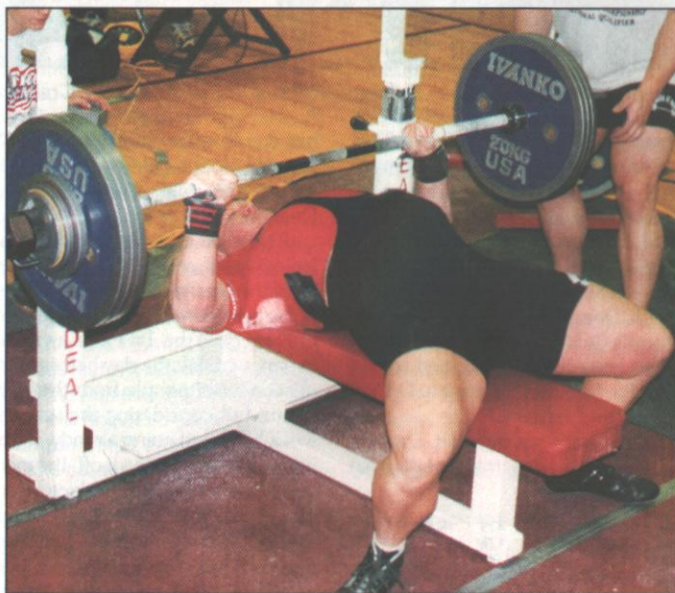
Alimonosa/USA	198	88	253	540
105 lb. class				
Richou/FRA	225	126	271	622
Turunen/FIN	181	132	231	545
114 lb. class				
Wang/AUT	292	176	330	799
Guinard/FRA	209	104	286	600
123 lb. class				
Kimura/JPN	358	181	352	892
Baron/FRA	253	148	359	760
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Silva/BRA	176	104	220	501
Montenegro/ARG	181	99	154	435
181 lb. class				
Wass/GB	275	148	286	710
198 lb. class				
Speth/GER	286	242	341	870
SHW class				
Pepper/GB	242	143	242	628
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				
Mens Masters I				
114 lb. class				
Taiguibao/PHI	369	181	413	964
Anzules/ECU	303	203	330	837
123 lb. class				
Yamakawa/JPN	440	176	485	1102
Dixit/IND	358	192	385	936
132 lb. class				
Sotowa/JPN	429	198	407	1036
Gimenez/ARG	418	187	396	1003
148 lb. class				
Takahashi/JPN	545	391	507	1444

Weinstein/USA	534	292	540	1366
Kilpel_jnen/FIN	485	319	529	1333
Riedel/GER	468	319	440	1229
Cuvellier/FRA	440	286	462	1190
Abitol/FRA	418	264	462	1146
Quatse/RSA	385	187	440	1014
Khandanise/RSA	385	165	407	959
Palombo/URU	286	198	363	848
165 lb. class				
Khosravi/IRN	556	363	584	1504
Hagfors/FIN	562	319	595	1477
Schmidt/RSA	485	363	606	1455
Lewis/USA	595	314	529	1438
Duhem/FRA	529	352	485	1366
Gutierrez/ARG	507	319	529	1355
Rasmussen/DEN	496	374	473	1344
Kawabe/JPN	485	402	440	1328
Ollikainen/FIN	473	253	578	1306
Hernadez/FRA	479	275	540	1295
Konita/JPN	418	292	551	1262
Konita/JPN	440	275	485	1201
Rangrej/IND	418	275	451	1146
Gelhar/GER	358	330	418	1107
181 lb. class				
Beaumaster/USA	633	385	545	1565
Naleikin/RUS	606	374	584	1565
Dio/PHI	578	363	595	1537
Hampel/GER	595	308	611	1515
Sekot/CZE	562	385	540	1488
Fraser/CAN	507	396	578	1482
Scully/USA	534	374	545	1455
Marentette/CAN	512	358	578	1449
Taavitsainen/FIN	551	341	551	1444
Harada/JPN	473	385	529	1388
Carlot/FRA	496	319	573	1388
Dahlgren/FIN	512	297	529	1339
Criscione/ITA	496	264	578	1339
Lemarchand/ARG	440	242	507	1190
198 lb. class				
Mauchosse/FRA	650	418	606	1675
Fersler/USA	622	336	666	1625
Rykov/RUS	617	396	606	1620
Almadra/ARG	606	374	595	1576
Jacob/GER	529	451	562	1543

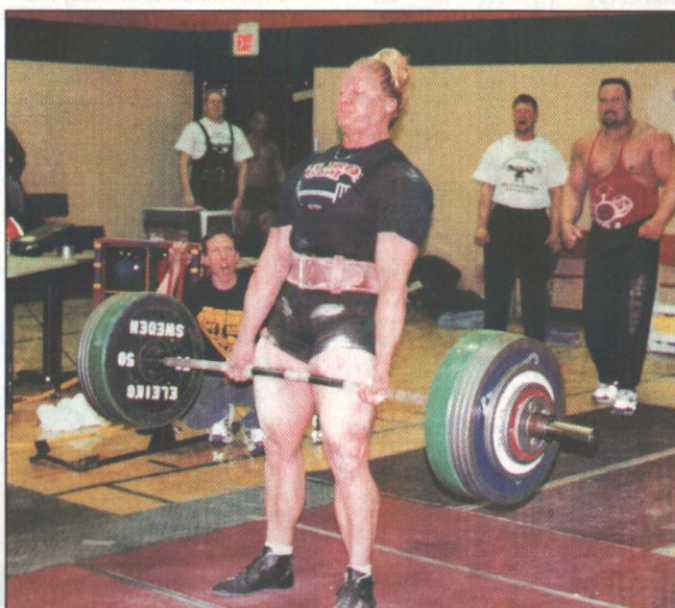
King/NZ	584	319	584	1488
Allan/RSA	529	358	462	1350
Herrmann/GER	496	286	540	1322
Prakash/IND	396	253	396	1047
114 lb. class				
Oshiro/JPN	308	220	352	881
Surati/IND	297	220	341	859
123 lb. class				
Inaba/JPN	485	214	496	1196
132 lb. class				
Rosen/USA	385	214	440	1041
Satoro/BRA				
148 lb. class				
Fraser/GB	363	275	518	1157
Dufour/FRA	402	248	496	1146
Pellegrino/USA	374	292	374	1041
Zapata/ARG	369	198	424	992
165 lb. class				
Lokhov/RUS	507	286	573	1366
Aldeuenda/USA	418	303	496	1218
Dumoulin/FRA	424	319	468	1212
Macrow/GB	407	297	485	1190
Andersson/SWE	418	242	485	1146
Pereyra/ARG	440	264	440	1146
Gntrier/GER	418	176	512	1107
181 lb. class				
Mandmeier/GER	512	396	589	1499
Lincoln/GB	556	358	540	1455
Richard/FRA	556	259	595	1410
Bouchakour/FRA	507	330	551	1388
Kosasa/JPN	529	264	529	1322
Anderson/NZ				



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 as 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*)

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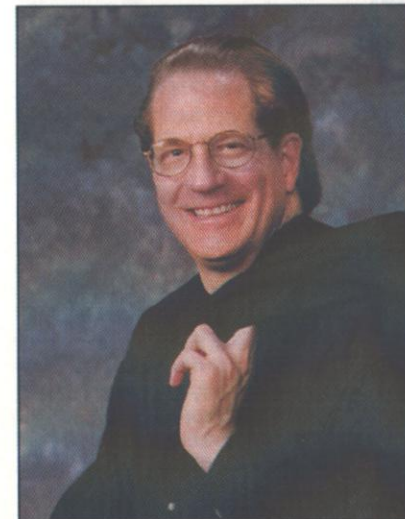
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## Testimony for John M. Pettitt from his daughter, Jessica

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.

I 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 <<http://www.jatecweb.com/johnpettitt/>>, call or email Cindy Olson (972) 208-8087 or [cindy@plano.gov](mailto:cindy@plano.gov). Checks (with JMP in the Memo section) can also be mailed to Carpenter Park Recreation Center, Attn: 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.

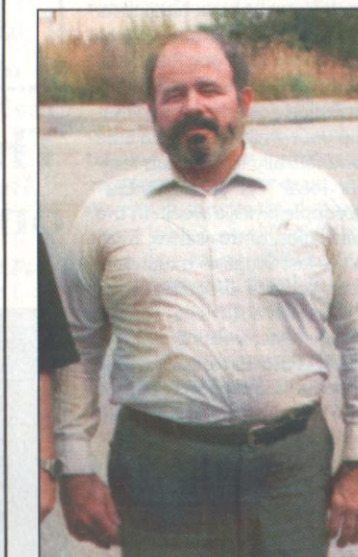


Jonathan and Jessica .... children of John and Jan

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](mailto:pettittjess@hotmail.com). Thank you from my brother and I for your thoughts. You are our family now. Scary, huh!

Young Jessica at one of her Dad's PL meets

## Anton Von Bachhaus



... according to one of his many friends in Germany ... Thomas Klose ... "Anton von Bachhaus passed on Dec. 4th in Bahrain/Arabia. He was 60 years old. He moved from Germany to Bahrain 2 years ago. He was a professor (mathematics) at the Royal University of Bahrain. He and his wife brought PL support equipment to Germany in the early 80s, where he was stationed with the US military. Godula (his wife) ran that business very successfully for close to 20 years. German lifters traveled to his home in Oberursel (Frankfurt) not only to buy equipment, but also to listen religiously to his stories about the history of PL, as he collected photos, magazines and books about the sport. This has influenced, myself included, the whole German PL community. He will be missed over here" [Editor's Note: he will be missed in the States as well ... he was an astonishingly knowledgeable about PL, as well as many other things.] Anton was the first coach of the German Women's Powerlifting team, and he also handled some of the men of the German national team in the early to mid-80s. He leaves his wife Godula, daughter Gundula, (both competitive powerlifters) and his sons Gundolf and Gangolf. (excerpted from the December 16th *POWER HOTLINE*, photograph provided by the courtesy of Heinz Vierthaler)



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. By 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.

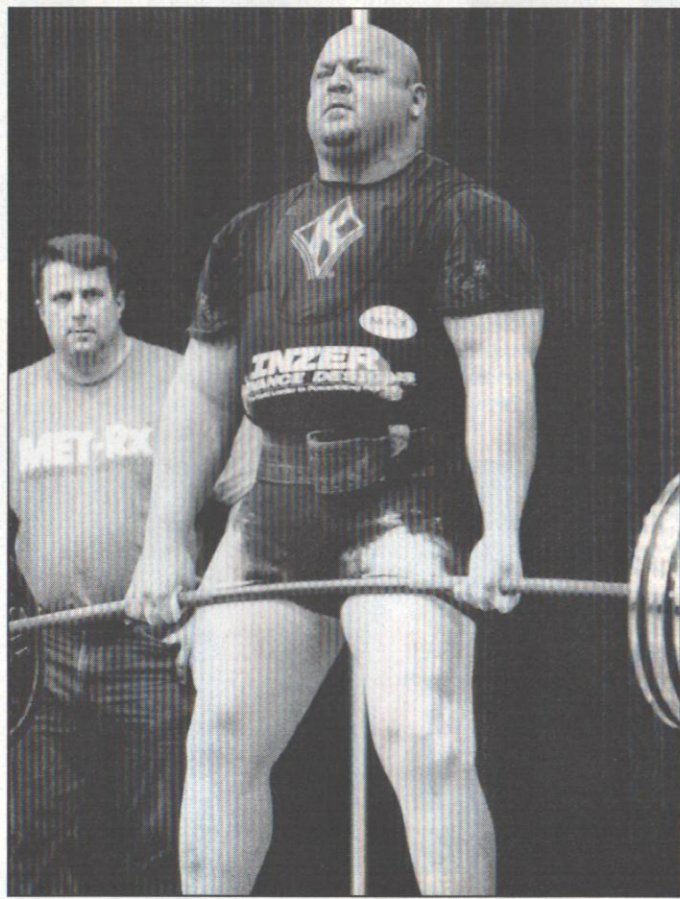
**#17 - Avoid Processed and Junk Foods** - I know I will get a lot of flak for this one, but I had to say it. When I hear most powerlifters discuss that they are going up a weight class it reminds me of children talking about how they are going to Disneyland. It's like they have just won the lottery. 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 layman'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 is 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. Carbohydrates 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 climbing!

**#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 come contest day!

**#21 - Prepare Your Foods Ahead of Time** - You are probably wondering what this has to do with packing on mass. We are in a time when we are working more hours than we like, our family responsibilities are at an all time high, deadlines for 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 advance. A Sunday evening would be perfect for this. Prepare your different foods and put them into

Tupperware containers in the fridge. Now have a separate set of Tupperware containers that you will bring to work in your cooler bag every day. Just bring them to work and nuke them for a few minutes and, voila, you have a ready-to-go nutritious, high protein, carbohydrate rich meal that will keep you fueled all day long. Do the same with your protein drinks. Pick up a few protein shaker bottles which you can get at any GNC store. Put your protein powder in each bottle and throw them in your bag. At work, having a shake will be as simple as 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 consider yourself a serious powerlifter then there is no way that you shouldn't be bringing your cooler bag to work with pre planned nutritious meals. If athletes of other sports can do this then there is no reason why powerlifters can't do it!

**#22 - Watch Your Alcohol Intake** - I know that you didn't want to hear this one. One of the things that seem to increase with a lot of powerlifters when they are trying to put on weight is that they jack up their alcohol intake. I have heard several lifters say things like the following. "Hey it will provide me with some extra calories to help pack the weight on." Yeah, extra weight on your waist and glutes! You will get extra calories, but they will be empty calories with absolutely no nutritional value. From a nutritional point of view we have to take a look at the macronutrient breakdown of different foods and from here we can choose whether they are a good or a bad choice. From here we can decide to include or avoid them in our nutritional plan. Let's take a look at the caloric intake of our macronutrients for a minute. Protein and carbohydrates have 4 calories per gram. Fat has 9 calories per gram. Alcohol on the other hand has 7 calories per gram! Isn't that crazy? Considering alcohol has almost as many calories per gram as pure fat, doesn't it make you wonder what it's going to do to not only the look of your physique but your powerlifting performance as well? Now here is another problem that most of you may not be thinking of. Protein and carbohydrates have a lot of performance benefits for the powerlifter. Protein

will help increase lean muscle tissue, increase your metabolic rate, 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 saying 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 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 setting yourself up for disaster. Each week try to increase your daily caloric intake by 250-750 calories depending on your weight, energy expenditure, metabolic rate, and level of insulin sensitivity. You have to slowly increase your calories as your digestive system will just get

**"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."**

overloaded and will not be able to 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** - Unless you have been living under a rock for the last half century, than 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,

**"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."**

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** - Without 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!

If you have any questions or comments contact me at: [aricciuto@X-tremePower.com](mailto:aricciuto@X-tremePower.com). To view more of my articles go to [www.X-tremePower.com](http://www.X-tremePower.com)

# INTERVIEW

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

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

## Fred Hatfield interviewed for PL USA by Larry Miller

**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 you 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. Research 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 overtraining (cumulative 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-

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

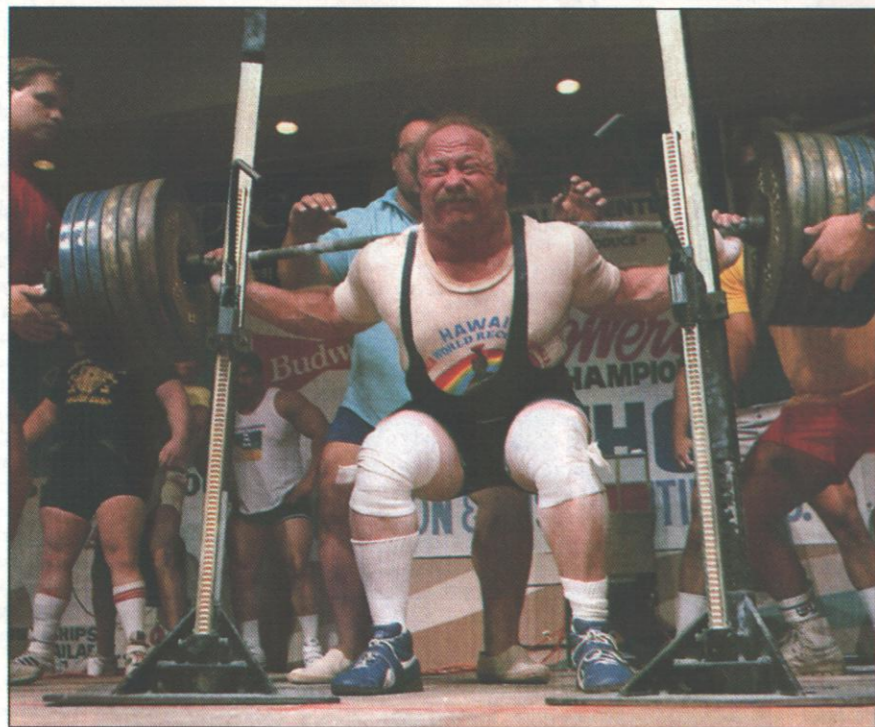
**Special Strength.** Each sport skill requires a specialized type of strength, or "special strength." Shot putters, for example, need explosive strength and starting strength, while wrestlers need anaerobic strength endurance to be able to apply limit strength or speed-strength in their movements throughout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

**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 it is for powerlifters. Indeed, to

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 pre-lengthening (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" cycle 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 pre-competition cycles generally take



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

anywhere from 12 - 16 weeks to garner optimal results. I have actually given you a good "basic" program to start out with at [www.drssquat.com](http://www.drssquat.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 lifts.

**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.drssquat.com](http://www.drssquat.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 nutraceutical 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.drssquat.com](http://www.drssquat.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. Self-interests 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](http://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.

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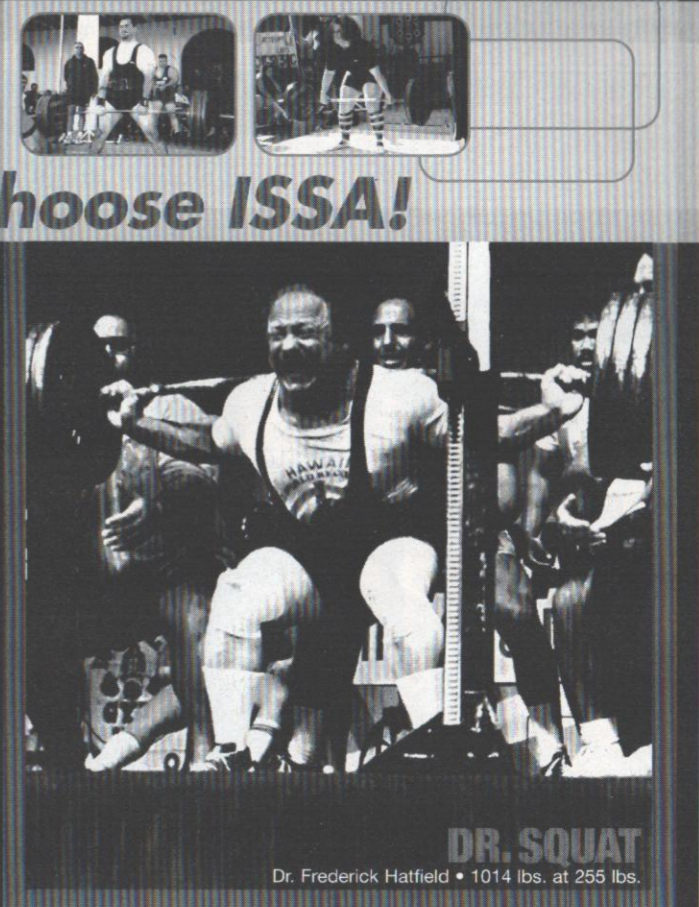
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"When you lose, you have nothing to say. Just accept it; don't make any excuses. And when you win, you say even less" - Virada Nirapathpongorn

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 question 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 youth 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 swelling.

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 down.

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 shoes.

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.

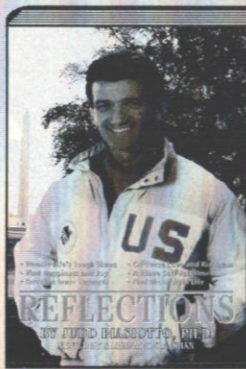


Sportsmen ..... at the IPF Men's World Championships, SHWs Vitaly Papazov (2nd), Vladim Bondarenko (1st), and Brad Gillingham (3rd)

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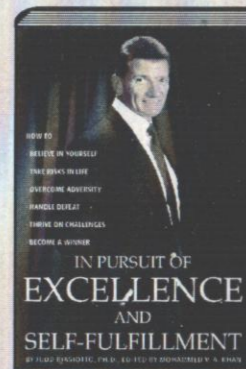
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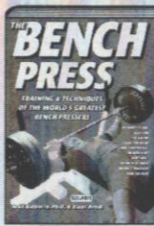
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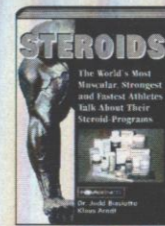
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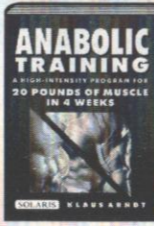
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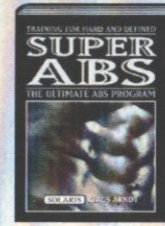
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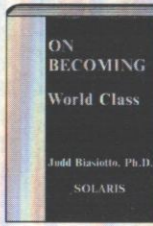
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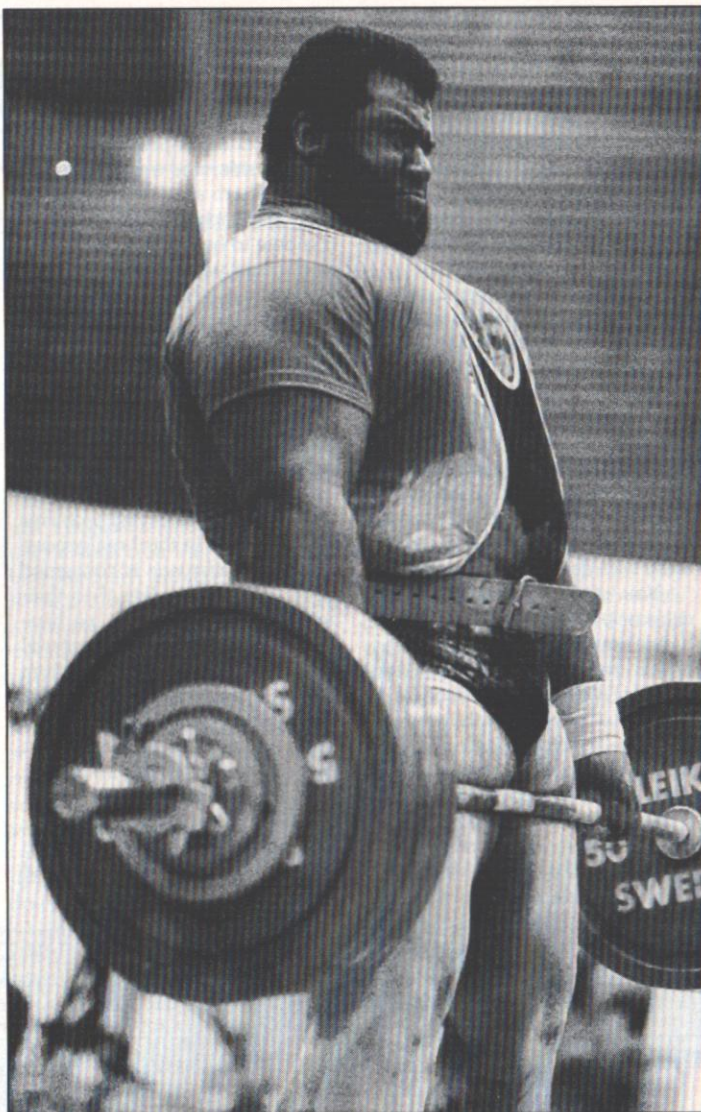
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1	737.50	1625.91	Frank,G	USA	362	722	903	16JUN02
2	688.00	1516.78	Bolton,A	GBR	328	590	926	28JUL02
3	682.65	1505.00	Kovacs,D	USA	319	675	830	19NOV00
4	680.00	1500.23	Kazmaier,B	USA	330	661	837	31JAN81
5	678.12	1495.00	Smith,M	USA	335	670	825	18NOV01
6	674.49	1487.00	Reinhoudt,D	USA	357	601	885	03MAY75
7	663.50	1462.76	Turtlianen,A	FIN	274	601	862	12AUG01
8	663.15	1462.00	Cole,J	USA	282	580	882	28OCT72
9	665.00	1466.00	Gillingham,B	USA	331	611	854	17NOV02
10	662.50	1460.56	Coan,E	USA	239	573	887	17DEC98
11	662.50	1460.56	Papazov,V	UKR	283	622	837	28MAR02
12	660.00	1455.05	Fusner,R	USA	294	689	766	19NOV00
13	660.00	1455.05	Moore,B	USA	337	705	749	12MAY01
14	660.00	1455.05	Barry,L	USA	318	650	804	16JUN02
15	657.70	1450.00	Skiver,T	USA	308	665	785	13OCT01
16	657.70	1450.00	Thompson,D	USA	345	660	790	29MAR02
17	657.50	1449.53	Kenady,D	USA	308	545	904	06APR86
18	657.50	1449.53	Clark,A	USA	330	705	744	09OCT93
19	657.50	1449.53	Tregloan,P	GBR	352	589	859	10NOV96
20	657.50	1449.53	Wesseis,W	USA	239	650	799	07APR97
21	657.50	1449.53	Obradovic,J	USA	275	644	804	22JUN97
22	655.44	1445.00	Kuc,J	USA	322	600	845	11NOV72
23	655.00	1444.02	Noran,L	SWE	307	551	892	15NOV87
24	653.17	1440.00	Ware,J	USA	343	600	840	29JAN89
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27	652.50	1438.51	Wiseman,S	CAN	307	639	799	19MAY01
28	652.50	1438.51	Siders,B	USA	281	650	788	22JUN02
29	652.50	1438.51	Wiers,C	USA	307	644	793	20AUG02
30	650.00	1433.00	Kiri,R	FIN	320	595	837	21JAN89
31	650.00	1433.00	Hamalainen	FIN	306	650	782	24FEB02
32	650.00	1433.00	Bondarenko,V	RUS	320	584	848	17NOV02
33	648.00	1428.59	Wilson,O.D.	USA	380	552	876	16FEB89
34	647.50	1427.49	Pasanella,D	USA	275	573	854	28MAY89
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36	645.00	1422.00	Furnas,D	USA	275	601	821	28JUN87
37	645.00	1422.00	Springer,P	USA	275	617	804	18APR99
38	645.00	1422.00	Fomin,Y	RUS	323	573	848	30SEP00
39	645.00	1422.00	Tokarski,C	USA	275	639	782	12AUG01
40	644.10	1420.00	Hunt,J.R.	USA	400	665	755	01NOV98
41	642.50	1416.47	Goggins,S	USA	258	562	854	24JUN01
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	909	10DEC01
45	639.56	1410.00	Daniels,G	USA	275	600	810	18NOV01
46	637.50	1405.45	Hechter,G	USA	353	584	821	03MAR85
47	637.50	1405.45	Hall,M	USA	410	633	771	26FEB89
48	636.00	1402.10	Meszaros,T	HUN	324	507	895	19NOV01
49	635.03	1400.00	Williams,J	USA	343	675	725	09NOV72
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	15MAY91
54	632.76	1395.00	Pitts,G	USA	356	640	755	27MAR94
55	632.50	1394.42	Coates,R	USA	307	639	755	12DEC98
56	630.50	1390.00	Ruggiera,M	USA	610	780	610	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
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
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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	Gamble,J	USA	275	573	804	24JUL86
70	625.00	1377.88	Rethwisch,G	USA	340	523	854	18DEC84
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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	Baly,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	242	584	788	16JUL95
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78	621.42	1370.00	Mills,M	USA	275	570	800	28FEB99
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80	620.00	1366.86	Wrenn,P	USA	340	540	826	12JUL81
81	620.00	1366.86	Long,T	USA	299	501	865	06MAR83
82	620.00	1366.86	Jonsson,A	ISL	275	529	837	22MAY99
83	620.00	1366.86	Grove,J	USA	301	606	760	12AUG01
84	620.00	1366.86	Muravlyev,V	UKR	269	562	804	19NOV01
85	620.00	1366.86	Ladnier,J	USA	261	661	705	16JUN02
86	620.00	1366.86	Arvai,J	HUN	262	562	804	17NOV02
87	620.00	1366.86	Sedmik,Z	CZE	324	617	749	17NOV02
88	619.15	1365.00	Pharr,T	USA	242	555	810	29FEB87
89	619.15	1365.00	Myers,J	USA		600	765	17NOV02
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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	06NOV71
96	616.88	1360.00	Henderson,T	USA	275	525	835	04MAY85
97	616.88	1360.00	Brodsky,S	USA	320	575	785	07APR91
98	616.88	1360.00	LaVitola,N	USA	242	540	820	20NOV94
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# The BENCH

## Making the Conversion

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

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 latter.

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, February 2001 - 565, March 2002 - 575. As you can see, Mike slowly got back up to his old record and then 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 his gains in the squat.

clear to spectators if his arm was locked or not.

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 bench 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

his problem?

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 emphasis 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 go backwards to go forwards.

Mike's old technique left him with elbows out at the lockout and very little lockout leverage (using today's equipment). His new technique would leave him with elbows in and arms underneath 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 - Mike has a massive and strong back 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 explanation 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 beginning 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 correct form to take the pressure off of his

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 in training.

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 champion.

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# 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 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.



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

left out and can offer a simple solution 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 platform.

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 themselves.

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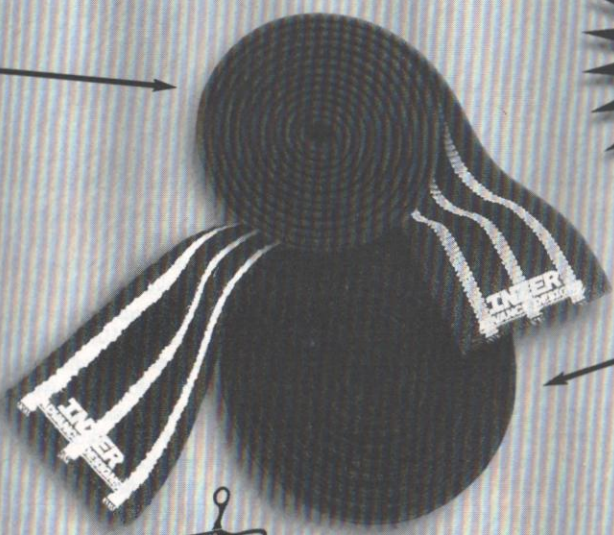
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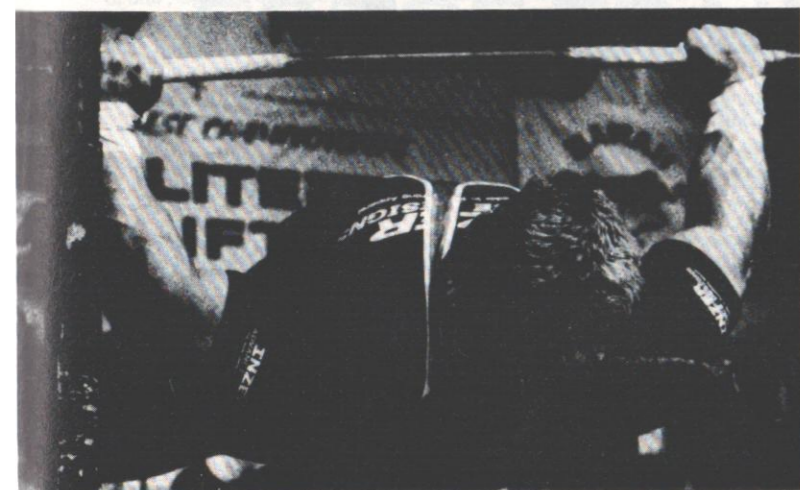
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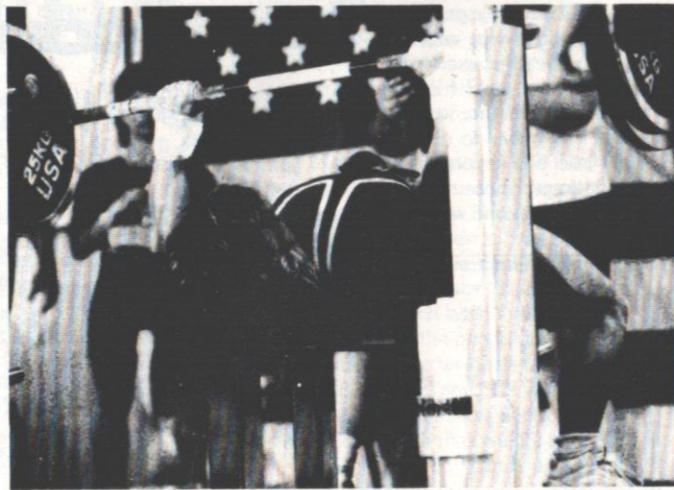
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Most athletic events are preceded by some type of warm-up procedure. Runners stretch their hamstrings and run short bursts to warm-up. Baseball players play catch or shag fly balls. Bowlers roll a few frames to get the feel of the lanes. Most athletes 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. Many are warmed-up too early or too late in preparation for their initial attempt. On top of that, many still do too many warm-up 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 warm-up 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

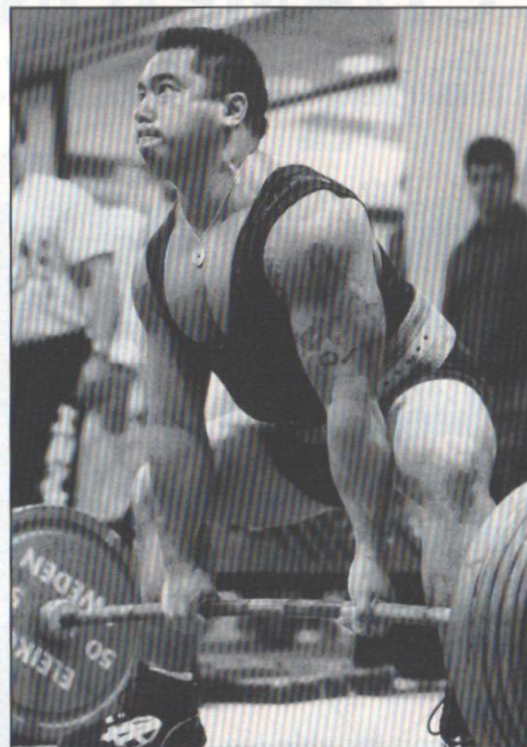
weights and equipment or too little of same to go around. This aspect of the meet is uncontrollable for the participants. In order to make best use of what facilities are available, a lifter must have a plan to warm-up effectively.

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 warm-up 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

### MANAGING MEET WARM-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.

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 actual

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 why.

**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 you've already taken several attempts.

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 your meet warm-ups like the rest of your training plan and you'll reach your goals more quickly and safely.

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

## WORKOUT of the Month

### 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.

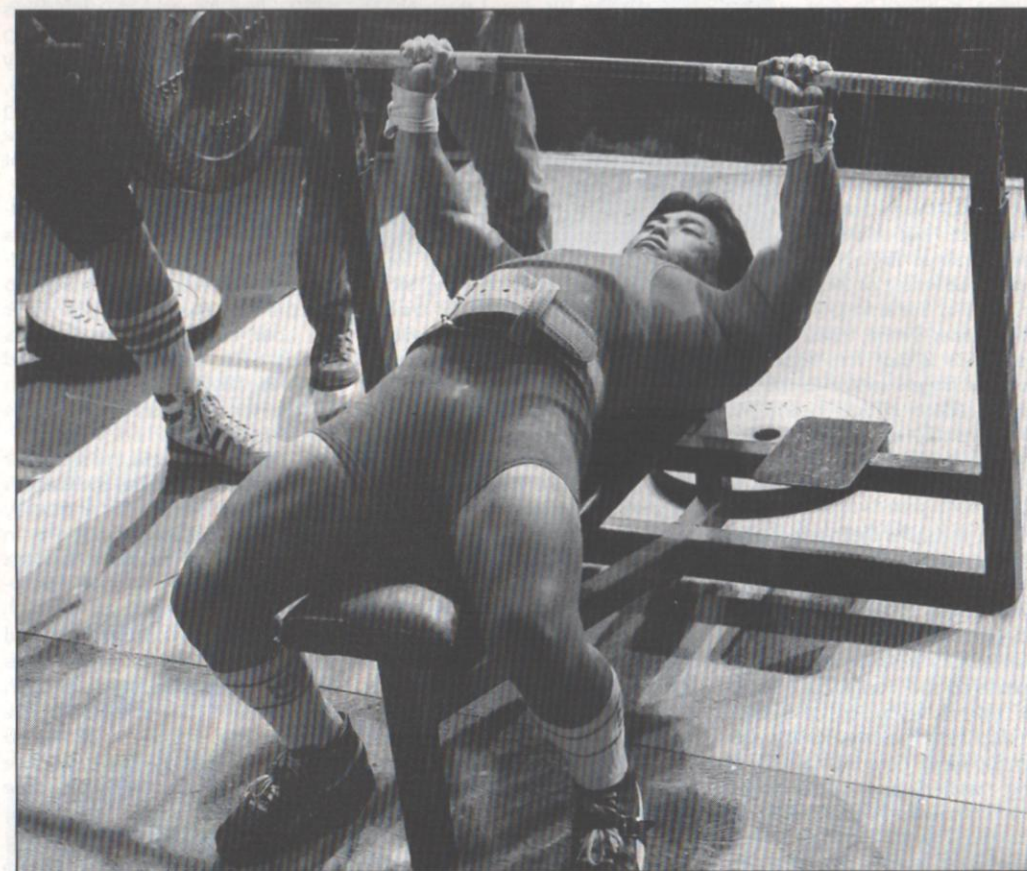
Over the years I've had many people approach me on how to increase their strength on the bench press because they've stopped making gains. I found that the majority of these lifters were not training specific body parts that give the best strength and leverage for the bench press. I believe that the 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 raise.

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 flyes, 3 sets of 5. Tricep extension, 3 sets of 8.

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).

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 light!

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 sheer brutality that causes the rift. Those few wonderful fanatics that look forward 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 easy".

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 yelling, NO powerlifting movements (cept bench, go figure) or olympic lifts, NO and I mean NOOOOOO 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 CHAMPIONSHIPS 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 Bodybuilding, 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.

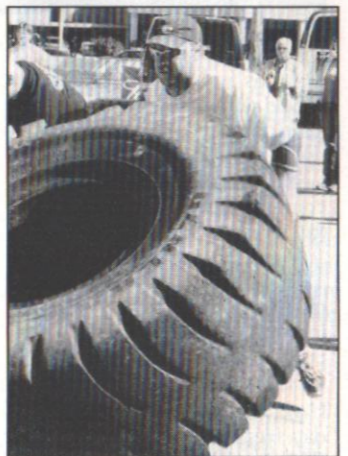
If you have never had a chance to do a Strongman show you are really missing out. And if you plan on doing a Strongman show I suggest

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 (ooooo ... 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 guys '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 by 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, maybe 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



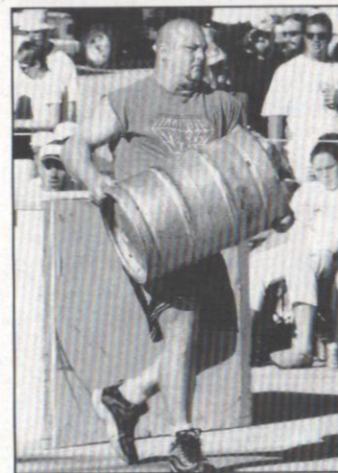
Dan Fagan (LT) Deadlift for reps

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 Plozicka (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.

John Barrett (SHW) of IN must of thought the event was to see how high to toss the barbell. John had such a powerful clean that the Axel went bye-bye from his ten digits and landed into the crook of his arms. Even with this boo-boo he still managed to tie James Sutteer with 12 reps for the SHW win. Out of all the Heavies, Carlos Amantea did the most with 16 reps. Carlos brought his fan club along for the show for they made it known whom they were rooting for.

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 misspelled 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 "Aaaaah!" 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

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 Plozicka.



Craig Richards.. in the Axel Press



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

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 season.

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](http://www.nastrongman.com) for amateur contests across the nation or for the pro shows try Jim Davis's [www.X-TREMESTRONGMAN.com](http://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

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## 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 body-weight 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 mantra - drinking 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.

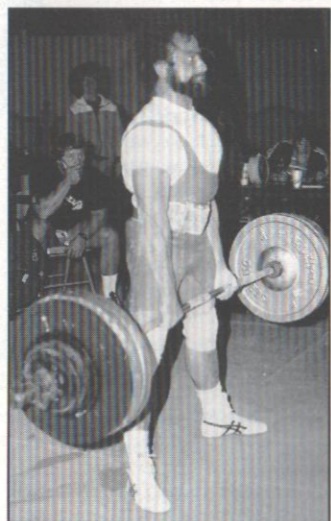
Other water myths that are debunked in this article include:

\* 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 death.

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.

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## IRONWEAR

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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 gym at the time, and Bigs would always talk trash whenever he came to work out. I would make fun of his small/weak legs, 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 gym, 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

## 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 breathe 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 me, the type of bar I use, the type of shoes I wear, or the music on the radio is irrelevant.' Hard core lifters spend their lunch breaks writing workouts, dreaming about that heavy set later in the day. 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 Amendaloro, 75, 'King Joe' 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. **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 job 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 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, Matt, and Bob "The Butcher" D'Angelo.



Kenny and "Big Mack" ... getting ready to do a little cardio. (courtesy of Toth)

who trains hard despite the conditions 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 spending the evening dissecting it for technique and pointers. This old school hard core attitude will break him into elite status in the near future. **HARD CORE.**

James Simerll, 41. James is the six million-dollar man: a martial artist, runner, Olympic lifter, powerlifter - James does it all. He is certainly the fittest man in the gym. James's workout regimen would make most mortal men cry. He instructs in Brazilian Jujitsu, practices his art, runs, and trains in the evening. If this isn't hard core, you can tell him so. **HARD CORE.**

Darlene Toth, 42, (my wife), has been a competitive bodybuilder, a runner (competing in two marathons - NYC 2000) and attaining her 3rd degree black belt in karate. The latter two achievements in the last two years. She has trained in a few commercial

gyms, but has always been disappointed by their plastic 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. Can a 10 year old be hard core? Come and watch Kyle lift in the gym or at a contest. Kyle is an American record holder in the WNPF 66 lbs. class in all three lifts and total. **HARD CORE.**

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

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 generation".

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

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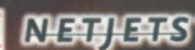
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## PL USA Back Issues

**May/93...** NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s  
**Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
**Sep/93...** ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
**Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest/Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
**Dec/93...** WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s  
**Jan/94...** IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs  
**Feb/94...** Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s  
**Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s  
**Apr/94...** Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNP Worlds, TOP 100 220, ADFPA TOP 20 132s  
**May/94...** USPF/ADFFA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s  
**Jun/94...** NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s  
**Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
**Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s  
**Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s  
**Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s  
**Dec/94...** Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/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 Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s  
**Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s  
**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight

Classes, Joe McAuliffe Squat Workout, TOP 100 275s  
**Jun/95...** Antonio Krastev, USPF Collegiate/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sep/95...** TRIPLE SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s  
**Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
**Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
**Mar/96...** TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice  
**Jun/96...** WPA Worlds, ADFPA Womens, Subtotal Supermen, HMB, KIC, LEUCINE, Homeopathic Testosterone, All Time Records, Lifting Belts, TOP 100 SHWs  
**Jul/96...** AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s  
**Aug/96...** ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest/Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s  
**Sep/96...** USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s  
**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glosbrenner "Responds to the Response", TOP 100 148s  
**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribosin, Wade Hooper Squat Workout,

Paul Wrenn profile, TOP 100 165s  
**Jan/97...** IPF Men's Worlds, WPC Worlds, Step by Step Trainng by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s  
**Feb/97...** Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s  
**Apr/97...** Clark Benches 800 - Waterman 600@181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s  
**May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s  
**Jun/97...** J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
**Jul/97...** Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s  
**Aug/97...** Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s  
**Sep/97...** USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s  
**Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, TOP 100 181s  
**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 - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s  
**Feb/98...** WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

**Mar/98...** Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage  
**Apr/98...** Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s  
**Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUCP/WDFPF Split, TOP 100 SHWs  
**Jul/98...** Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.  
**Aug/98...** USAPL Men's Nationals, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF Worlds, 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, WNP Worlds, Jerry Tancil, TOP 100 198s  
**Feb/99...** WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
**Apr/99...** The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s  
**May/99...** LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s  
**Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs  
**Aug/99...** the Rubber Band Man, the "Muscle-ton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
**Sep/99...** USAPL Men's Natls., APF SRs, Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s  
**Oct/99...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
**Nov/99...** Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s  
**Dec/99...** IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by 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 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 Paul 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 Oregia won the 181s at the Allegheny Mountain Championships with 580 310 630 1520 and Joe Oregia 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?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s  
**Jun/00...** Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs  
**Jul/00...** WPO Pro Championships, The 900 lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights  
**Aug/00...** USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s  
**Sep/00...** USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s  
**Oct/00...** Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s  
**Nov/00...** Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie

Simmons, TOP 100 Middleweights  
**Dec/00...** Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lighthteavies  
**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, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP  
**Apr/01...** Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s  
**May/01...** Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275s  
**Jun/01...** Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs  
**Jul/01...** IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double 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 Cycling by Louie S., TOP 100 148s  
**Nov/01...** Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Sr. at Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s  
**Dec/01...** IPF World Masters, WPC Can Am, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s  
**Jan/02...** IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s  
**Feb/02...** WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s  
**Mar/02...** USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"  
**Apr/02...** WPO Finals/Qualifier/Arnold Bench Bash, An Turtaian Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s  
**May/02...** Brent Mikesell's 1074 Squat Plyometrics, Finnish DL Secrets, TOP 100

Benchers (Schwartz/Wilks), Jennifer Maile Workout of the Month, TOP 100 275s.  
**Jun/02...** Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.  
**Jul/02...** Kennelly Bench hes 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.  
**Aug/02...** APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.  
**Sep/02...** Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s  
**Oct/02...** 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s  
**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 ISSUES, POST OFFICE BOX 3238, CAMARILLO, 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 Classic 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 BPs 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 Wonyetye 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.

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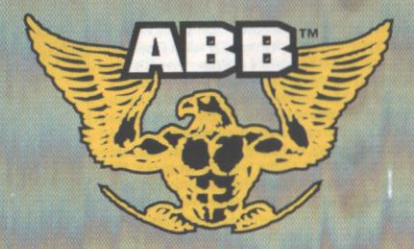
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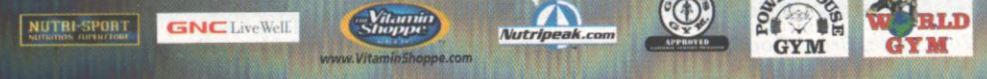


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### Huge Iron Powerlifting Schedule

- 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, Ill.)
- 4-26-03 AAPF Florida State Powerlifting Championship (Tampa, FL.)
- 5-9+10+11-03 APF Masters, Junior + Teenage Nationals (Daytona Beach, FL.)
- 5-30+31+6-1-03 APF Mens+Womens Senior Nationals Powerlifting + Bench Press (location tba)
- 6-14-03 APF Florida State Powerlifting Championship (Daytona Beach, FL.)
- 7-12-03 APF Florida Push/Pull (Daytona Beach, FL.)
- 8-15-17-03 AWPC Worlds Powerlifting + Bench Press (Saco, Maine)
- 9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, FL.)
- 10-25-03 AAPF Southern States Powerlifting Championship (Daytona Beach, FL.)
- 12-6+7-03 APF Southern States Powerlifting Championship (Daytona, FL.)

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

**18 JAN (NEW DATE), APF Deal With The Steel BP/DL (Elizabeth, PA) Jamie Harris, Keith McNeish 412-384-5051, oatzje@aol.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, johnnysix@aol.com**

**18 JAN, USAPL Central California Push/Pull, Bakersfield, CA, Steve and Lisa Denison, PWRLFRS@POWERLIFTINGCA.COM, http://www.powerliftingca.com/, 661-664-7724**

**18 JAN, SLP Broad Ripple Winter BP/DL Classic (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**18 JAN, USAPL Icebreaker Bash, Tommy Peterman, SCI Rockview, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874, Ext. 229**

**18 JAN, USAPL Wisconsin State, Jeff Johnson, 19031 Otter Trail, Muscodora 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, WNPFL Delaware State (Newark, DE) WNPFL, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPFL@AOL.COM**

**25 JAN, Iron Boy Push/Pull Championships, Winston-Salem, North Carolina, Keith Payne 336-766-3347, keith@ironboyenterprises.com**

**25 JAN, White's Truck Stop/YMCA Winter Bench Press and Deadlift, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com**

**JAN, PPL Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM**

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

**8 FEB, USAPL Minnesota State Open, Brad Madutg, 2713 Louisiana Ave S, St. Louis Park, MN 55426, 612-619-5178**

**8 FEB, NASA East Texas Open, Longview, 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@apa-wpa.com**

**8 FEB, SLP Chain O' Lakes BP/DL Championships (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**8 FEB, APF West Coast Push Pull (San Mateo, CA - Stark's Gym) John Ford, 650-757-9506**

**9 FEB, WNPFL Ohio State, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670**

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

**16 FEB, USPF Can-Am Bench Press & Region 1 BP, Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, SQ700@aol.com**

**16 FEB, USA 'RAW' BENCH PRESS FEDERATION WINTER NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

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

**22 FEB, APF BENCH BASHER + DL, 1825 S. Franklin Rd, Indianapolis, IN 46239, APF State Chairman: Rocky 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, 704-484-1998**

**22 FEB (new date), IPA Beast of Bench, Mike Miller 610-746-700, nazbar@enter.net**

**22 FEB, SLP Mason-Dixon Open BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**22 FEB, NASS Strongman Contest - St. Louis, MO (AM), Rick King - 314-423-2525, Willie Wessels - 314-609-6031, dwes370162@msn.com or www.nastrongman.com**

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

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dws370162@msn.com or

[www.nastrongman.com](http://www.nastrongman.com)

**22 FEB**, Saratoga YMCA Bench Press, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, (518) 587-3000, [www.geocities.com/muscleworkspowerteam](http://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, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto: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](mailto:rcrain@charter.net) or Hugh Dunagan 918-492-3717

**28 FEB - 1,2 MAR**, Arnold Classic Bench Press Challenge & WPO Finals, Classic Productions, Inc., 1456 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, FAX 614-431-3493, [www.arnoldfitnessexpo.com](http://www.arnoldfitnessexpo.com)

**1 MAR**, SLP Southern Illinois Open BP/DL Championships (Effingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**1 MAR**, WNPFL Natural Northeastern (Edison, NJ) 770-996-3418, [WNPF@AOL.COM](mailto:WNPF@AOL.COM), P.O. Box 142347, Fayetteville, GA 30214

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

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

**1 MAR**, IPF North American Cup (Philadelphia) Robert Keller, Box 829 Ambler, PA 19002, [rhk@verizon.net](mailto:rhk@verizon.net)

**1 MAR (NEW DATE)**, USAPL Virginia Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, [valifting@aol.com](mailto:valifting@aol.com), [www.virginiausapl.com](http://www.virginiausapl.com)

**1 MAR**, NASA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Nats Qualifier), Rich Peters SQBPDL@aol.com or 405-527-8513

**1 MAR**, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

**1 MAR**, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

**1,2 MAR**, USAPL Pennsylvania State, (Philadelphia - Open, Teen, Junior, Collegiate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, [rhk@verizon.net](mailto:rhk@verizon.net)

**1,2 MAR**, APF California State Meet (Red Lion Inn, Sacramento) Al Garcia, 916-482-2868

**2 MAR**, WNPFL New York Championships, Waterloo, New York, Ron DeAmicis, 6531 New Rd, Youngstown, Ohio 44575

**2 MAR**, SLP Missouri State 'Raw' Powerlifting/BP/DL Championships (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**2 MAR**, WNPFL Pennsylvania State (Lancaster, PA) 770-996-3418, [WNPF@AOL.COM](mailto: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, 518-436-6773

**8 MAR**, WABDL Drug Tested House of Pain World Cup Bench Press and Deadlift Championships, Holiday Inn Hotel and Suites, Meso, AZ (Phoenix), Gus Rethwitsch, 503-762-5066, Mike Desrochers, 480-218-1487

**8 MAR**, APA Midwest Powerlifting Open, P, BP, P/P, DL competitions (Blue Springs, MO) Roger Broeg, 319-753-0676, [louaapachair@apa-wpa.com](mailto:louaapachair@apa-wpa.com)

**8 MAR**, USPF Oregon PL, Terry Wilson, 541-774-6829, [TeamJCSO@yahoo.com](mailto: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](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**8 MAR**, WNPFL South Carolina State (Greenville, SC) 770-996-3418, [WNPF@AOL.COM](mailto:WNPF@AOL.COM), P.O. Box 142347, Fayetteville, GA 30214

**8 MAR**, USAPL 5th Annual Michiana PL meet, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186

**8 MAR**, USAPL Michigan State Collegiate/Jr. PL & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186

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

**8 MAR**, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 113S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, [pamerman@worldnet.att.net](mailto: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, 989-224-2441

**9 MAR**, 4th Annual West Lafayette Classic, Muscle Bound Fitness Center, 102 East Main Street, West Lafayette, OH 43845, John or Kayleen 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](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto: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) USAPL Battle of the Great Lakes VI PL/BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, [bigkanaga@aol.com](mailto:bigkanaga@aol.com)

**15 MAR**, Great Northern Bench Press & Deadlift Championships (with powerlifting), 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, 304-744-2475

**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 Louisiana Ave S, St. Louis Park, MN 55426, 612-619-5178

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

**15 MAR**, USAPL Georgia State and Southern State Championships, Sherman Ledford, 3000 Mattison St. NW, Duluth, GA 30096, 770-623-1504, [shermanl@quest-nutrition.com](mailto:shermanl@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 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**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 or email

[hugeiron@logicalcity.com](mailto:hugeiron@logicalcity.com), 904-378-1551 (gym), 904-219-6754 (cell)

**15-16 MAR**, APF Massachusetts State (Open to all APF lifters, all Divisions) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-277-6696

**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 Hlggins, 208-523-0600, [snakeriverp@yahoo.com](mailto: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](http://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](mailto:Scott@apa-wpa.com)

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

**22 MAR**, WNPFL Alabama State (Montgomery, AL) 770-996-3418, [WNPF@AOL.COM](mailto:WNPF@AOL.COM), P.O. Box 142347, Fayetteville, GA 30214

**22 MAR**, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Oreglia, 4468 W. 26th st., Erie, PA 16506 814-833-3727, [www.pikilup.com](http://www.pikilup.com)

**22,23 MAR**, WABDL Drug Tested Pepsi Northwest Regional Bench Press and Deadlift Championships, Double Tree Hotel, Springfield - Eugene Hotel, Springfield, OR, Gus Rethwitsch, 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](http://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](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto: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, [uspf-ri@cox.net](mailto: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 662-841-0297

**29 MAR**, WABDL Drug Tested Oklahoma State Bench Press and Deadlift Championships, Springfield - Eugene Hotel Springfield, OR 503-762-5066

**29 MAR**, NASA Missouri State, Carthage, MO, NASA, PO Box 735, Noble, OK 73068, [www.nasa-sports.com](http://www.nasa-sports.com)

**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, [www.troudawg.com](http://www.troudawg.com)

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

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

**29 MAR**, WNPFL USA vs Bahamas (Freeport, Bahamas) WNPFL, Box 142347, Fayetteville, GA 30214, [wnpf@aol.com](mailto:wnpf@aol.com), 770-996-3418

**29 MAR**, 4 Seasons Spring Bench Press, Kevin Deming, Four Season Association, 904 Four Seasons Rd.,

Bloomington, IL 61701, 309-663-2022 ext. 34, [Kevin@4Seasons-club.com](mailto:Kevin@4Seasons-club.com)

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

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

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

**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](http://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](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

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

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

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

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

**5,6 APR**, APF Maine State Powerlifting Championships (open contest), Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

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

**11 APR**, AAU Spring Break Bench Press Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or [aausports.org](mailto:aausports.org)

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

**12 APR**, Downton 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](mailto:Scott@apa-wpa.com)

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

**12 APR (NEW DATE)**, WNPFL Dayton Open (Dayton, OH) 770-996-3418, [WNPF@AOL.COM](mailto:WNPF@AOL.COM), P.O. Box 142347, Fayetteville, GA 30214

**12 APR**, NASA Ohio State PL, BP, Power Sport, (Springfield, 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 Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, [valifting@aol.com](mailto:valifting@aol.com), [www.virginiausapl.com](http://www.virginiausapl.com)

**12,13 APR**, IPA Powerlifting Competition/Iron House Classic, Newark, OH, [www.ironhousezanesville.com](http://www.ironhousezanesville.com) or Mike Maxwell [mmaxwell@columbus.rr.com](mailto:mmaxwell@columbus.rr.com) or 740-704-4747

**12,13 APR**, WPA World Championships, Burlington, Iowa, APA, PO Box 27204, El Jobean, Florida 33927-7204, [apapresident@yahoo.com](mailto:apapresident@yahoo.com)

**12,13 APR**, AAU Triple Crown Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or [aausports.org](mailto:aausports.org)

**12,13 APR**, AAU Fire and Law Nationals (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or [aausports.org](mailto:aausports.org)

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

**12,13 APR**, USAPL Collegiate Nationals, Michael Cissell, 15 Lakeside Drive, Lake St. Louis, MO 63367, 636-561-1242, [mcis904082@aol.com](mailto: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



## Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Bench Press and Deadlift Championships, Marriott, Fullerton, CA, Jody Woods, 916-485-3808

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

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

26 APR, 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 Datsy St., Clearfield, PA 16830, 814-765-3214, al@pikittup.com

26 APR, USAPL Zumbro Valley Open, Steve Johnson, 405 5th ST NW, Kasson, MN 55944, 507-634-4730

26 APR, SLP NATIONAL BP/DL CHAMPIONSHIPS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 APR, Azalea Festival Strongman Challenge, Norfolk, VA. Gayle Schroeder, strength@exis.net, 757-481-6963, info: http://www.powerandstrength.com (Online Entry Soon)

26 APR (REVISED DATE), WNPFF PAN-AM Championships - Stuart, FL (30 miles north of Palm Beach), 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

26 APR, Chickahominy YMCA BP Classic

(Teen 15, 16-17, 18-19, Junior 20-23, Open 24 and Over, Masters 40+): Five year increments Chickahominy Family YMCA, 5401 Whiteside Rd, Sanston, VA, 804-737-9622

26 APR, AAPP Florida State (Tampa, FL) 386-252-8193 or email hugeiron@logicalcity.com

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

26 APR, 27th APF National Championships, PL & Power Sports, (OKC, OK) Rich Peters SQBPD@aol.com or 405-527-8513

26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@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, IPA IL State Powerlifting Championships (Chicago, IL), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

APR, 100% Raw Battle of the Benches, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

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

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

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

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

3 MAY, NASA KY State Championships, PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, 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, 503-762-5066

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

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

10 MAY, WABDL Drug Tested Oregon Best Bench Contest, Timber Hotel, Coas Bay, OR, Byron Beebe, 541-751-9505

10 MAY, IPA Ohio Inlational Full Power & Bench Press, Competitive Edge, 33501 -A Lake Rd, Avon Lake, OH 44012, Drew Lindsley 440-930-2272

10 MAY, APA Western USA Powerlifting, www.sonlightpower.com, sonlight@netcare-il.com

Bench Press, and Deadlift Championships (Kennewick, WA), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

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

18 MAY, WNPFF Police Nationals (Edison, NJ) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, 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 E-mail JDuree7086@aol.com

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

31 MAY, WABDL Drug Tested Capitol City Bench Press and Deadlift Championships, Marriott Hotel, Rancho Cordova, CA (Near Sacramento), Jody Woods, 916-485-3808

31 MAY, SLP Harrodsburg Open BP/DL Championships (Harrodsburg, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

MAY, 100% Raw Elizabeth City Open PL, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

MAY, NASA MD State High School BP (Keymar, MD) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, 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 Morrales, 350 RT 46, Rockaway, NJ 07866, 973-627-9156

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

6-8 JUN, WABDL 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 + DL (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com

7 JUN, 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.virginiasapl.com

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

7,8 JUN, WNPFF Mens USA PL/BP/DL/SQ Nationals (Atlanta, GA) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

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

14 JUN, NASA USA Championships & Unlimited Bench Press, Springfield, OH, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

14 JUN, USPF California State Powerlifting - Bench Press & Deadlift Championship - Norwalk, Entry Form at www.powerliftingca.com, Chuck LaMantia 714-994-5198, 714-944-5198, CKCLAMA@aol.com

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

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

21 JUN, 4th Annual Blackberry Barbell Barbender BP + DL Classic, Bruce Swanson, 902 Village Dr, Brewster, NY 10509, 845-279-2346, http://www.geocities.com/brucewan500/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 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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, ntrlpur@pe.net

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

22 JUN (NEW DATE), WNPFF Women's Nationals & Men's Elite Nationals (Philadelphia, PA) 770-996-3418, WNPFF@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, Iowa/Midwest Open Touch and Go Bench Press (teen, novice, open, submasters, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

5 JUL, 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, PO Box 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, www.nasa-sports.com

12 JUL, Body Factory Full Power Challenge / Bench, Jim Parrish, 436 Blue Valley Dr, Bangor, PA 18013, 610-863-1090

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

Allowed" Squat - Bench - Deadlift Championships (No total - single lift national qualifier - open + all age groups - men + women) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikittup.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, WNPFF Police Nationals (Edison, NJ) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, 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 E-mail JDuree7086@aol.com

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

31 MAY, WABDL Drug Tested Capitol City Bench Press and Deadlift Championships, Marriott Hotel, Rancho Cordova, CA (Near Sacramento), Jody Woods, 916-485-3808

31 MAY, SLP Harrodsburg Open BP/DL Championships (Harrodsburg, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

MAY, 100% Raw Elizabeth City Open PL, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

MAY, NASA MD State High School BP (Keymar, MD) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, 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 Morrales, 350 RT 46, Rockaway, NJ 07866, 973-627-9156

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

6-8 JUN, WABDL 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 + DL (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com

7 JUN, 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.virginiasapl.com

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

7,8 JUN, WNPFF Mens USA PL/BP/DL/SQ Nationals (Atlanta, GA) 770-996-3418, WNPFF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

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

14 JUN, NASA USA Championships & Unlimited Bench Press, Springfield, OH, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

14 JUN, USPF California State Powerlifting - Bench Press & Deadlift Championship - Norwalk, Entry Form at www.powerliftingca.com, Chuck LaMantia 714-994-5198, 714-944-5198, CKCLAMA@aol.com

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

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

21 JUN, 4th Annual Blackberry Barbell Barbender BP + DL Classic, Bruce Swanson, 902 Village Dr, Brewster, NY 10509, 845-279-2346, http://www.geocities.com/brucewan500/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 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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, ntrlpur@pe.net

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

22 JUN (NEW DATE), WNPFF Women's Nationals & Men's Elite Nationals (Philadelphia, PA) 770-996-3418, WNPFF@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, Iowa/Midwest Open Touch and Go Bench Press (teen, novice, open, submasters, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

5 JUL, 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, PO Box 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, www.nasa-sports.com

12 JUL, Body Factory Full Power Challenge / Bench, Jim Parrish, 436 Blue Valley Dr, Bangor, PA 18013, 610-863-1090

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



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**12 JUL, NASA WV Open / High School State BP & DL** (Buckhannon, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com  
**12 JUL, APF Florida Push/Pull** (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com  
**12 JUL, Independence BP & Curl**, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com  
**13 JUL, SLP Heart of Illinois Open BP/DL Classic** (Peoria, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**18-20 JUL, USAPL Men's Nationals, Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039**  
**19 JUL, GA Games Powerlifting and Bench Press Championships** (Marietta, GA), Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltel.net  
**19 JUL, ANPPC WORLD CUP, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**  
**19 JUL, Raw ADAU Single Lift Nationals (men & women of any age, in all wt. classes - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.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-sports.com**  
**20 JUL, SLP Mid-Summer Open BP/DL Championships** (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**20 JUL, WNPF Newark Open BP/DL** (Newark, DE) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214  
**26 JUL, WABDL Drug Tested Midwest Regional (Holiday Inn Minneapolis West, St. Louis Park) Gus Rethwisch, 503-762-5066**  
**26 JUL, NASA High School Summer Championships**, Okla. City, OK, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com  
**26 JUL, WNPF Submaster & Masters Nationals & Gulf Coast (PL/BP/DL/SQ - Biloxi, MS) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418**  
**26 JUL, USAPL NJ Bench Press Open**, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156  
**JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest**, to be held at the Boys Club in Bedford, Indiana, (866) push-pull, (770) 739-0184, or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117  
**JUL, PPL Southeastern "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906, (706) 790-3806, Pythongym@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 Chaillet: 717-495-0024, Chailfit@NFDC.net or Ellen Chaillet: 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, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**9 AUG, Blue Ridge Strongman/Woman**, John Shifflett, Box 941, Stanardsville, 22973, (434)985-3932, valifting@aol.com, www.virginiausapl.com  
**10 AUG, SLP Missouri State Fair BP/DL Championships** (Sedalia, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**15,16,17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070**  
**16 AUG, Drug Tested WABDL Southern Regional Bench Press and Deadlift Championships**, New Orleans, LA, Arrid Hansell, 504-491-5061  
**16 AUG, USAPL Mid Atlantic Open PL & BP**, John Shifflett, Box 941, Stanardsville, 22973, (434)985-3932, valifting@aol.com, www.virginiausapl.com  
**16,17 AUG, North American Powerlifting Championships, Capri Center, Red Deer, Alta, Bruce Greig, Box 4, Okotoks, Alta-T1S1A4, Can, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com**  
**17 AUG, SLP Illinois State Fair BP/DL Championships** (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**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 C u m m e r r o w, david\_cummerow@yahoo.com**  
**23 AUG, 7th Annual WABDL Drug Tested Aiki 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 Championships** (Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 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 Power, 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, sonlight@netcare-il.com  
**6 SEP, APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans** (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com  
**6,7 SEP, WABDL Drug Tested West Coast Bench Press and Deadlift Championships, Marriott Hotel, Rancho Cordova, CA, (near Sacramento), Jody Woods, 916-485-3808**  
**13 SEP, USPF Eastern Regional Open; Div(s): Bench, Ironman/Ironwoman, AAA Armwrestling, & USPC Power Curl; Brian Washington, PO Box 20042; Baltimore, MD 21284-0042; 410-265-8264, Brian@usbf.net**  
**13 SEP, 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 Hawaii 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, sonlight@netcare-il.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-il.com**  
**5 OCT, 18th Semi-Annual APF Olympic Fitness BP (St. Charles, IL) Terry Dangerfield, 630-377-7527**  
**5 OCT, SLP Iowa State BP/DL Championships** (Coraville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**5 OCT, 19th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 00174, 630-377-7527**  
**11 OCT, APF Northern California Open PL & BP (San Francisco, CA) John Ford 650-757-9506**  
**11 OCT, USPF Central California Powerlifting, Bench Press & Deadlift Championship - Bakersfield, Entry Form - www.powerliftingca.com, Lisa Denison, 661-644-7724, PWRLFTRS@msn.com**  
**11 OCT, SLP Arkansas State BP/DL Championships** (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**11 or 18 OCT, US Navy Fleet Week, East Coast Strongman Championship, Va Beach, VA. NAS Oceana, Gayle Schroeder, strength@exis.net, 757-481-6963, info: http://www.powerandstrength.com (Online Entry Soon)**  
**18 OCT, SLP Wisconsin State BP/DL Championships** (Kaukauno, WI) Son Light

Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**25 OCT, 21st Raw ADAU Central PA Open (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitung.com**  
**25 OCT, ANPPC NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**  
**25 OCT, AAPF Southern States Powerlifting Championship** (Daytona Beach FL) 386-252-8193 or email hugeiron@logicalcity.com  
**26 OCT, SLP Midwest Open BP/DL Championships** (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**OCT, PPL USA "Drug Free" Powerlifting Championships, Full Power, Bench Only, Deadlift only & Iron Man, Python Power League, Attn: Tee "Skinny Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906, 706-790-3806, Pythongym@aol.com**  
**1 NOV, USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**  
**1,2 NOV, NASA North Carolina Regional, Hickory, NC, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com**  
**2 NOV, SLP Eflingham Open BP/DL Classic** (Eflingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**7 NOV, RAW Blue Ridge Bench Press Classic, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com**  
**8 NOV, SLP Fitness One Fall BP/DL Championships** (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**8-9 NOV, USAPL NJ State PL, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156**  
**9 NOV, SLP Franklin Health & Fitness BP/DL Classic** (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**15 NOV, SLP Kentucky State BP/DL Championships** (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**16 NOV, SLP National "RAW" POWERLIFTING/BP/DL NATIONALS (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**  
**22 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, Breuster, 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, www.virginiausapl.com**  
**14 DEC, SLP Little Rock Open II BP/DL Classic** (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**26-28 MAR 04, USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210**  
**27 DEC, SLP The Last One! BP/DL Championships**, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**(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, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117**  
**13 DEC, Christmas BP Classic/Curl**, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com  
**14 DEC, SLP Little Rock Open II BP/DL Classic** (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
**26-28 MAR 04, USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210**  
**27 DEC, SLP The Last One! BP/DL Championships**, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.**  
**P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.**

**MEET DIRECTORS... there are HUNDREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We even do the typesetting for you - FREE!!**



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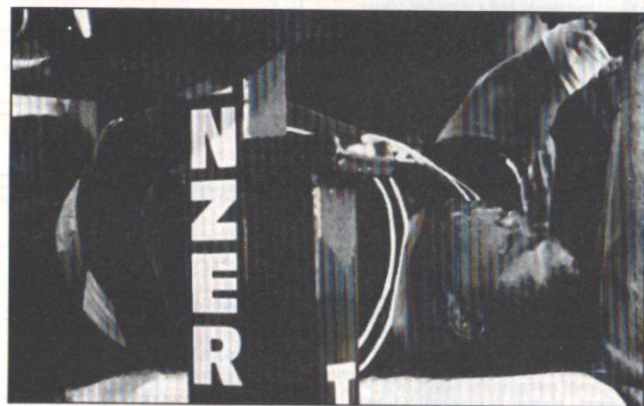
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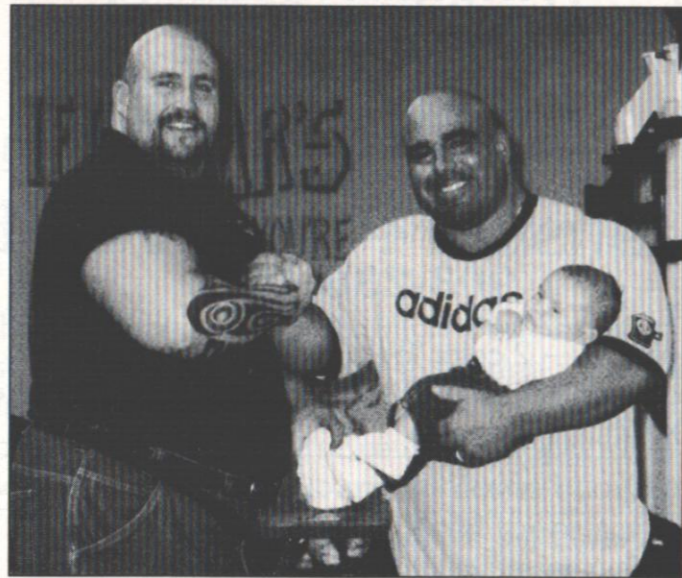
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All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

**IPA Nazareth Barbell BP/DL Bash**  
26 OCT 02 - Nazareth, PA

Women	SQ	BP	DL	TOT
123 AM				
Jenny Burkey	400	225	275	500
165 Pro				
Cassie Seymour	230	140	280	420
132 AM Teen				
Mike Kuhns		310		310
198 Am Teen				
Brett Tacoli		370		370
J 20-23				
Daniel Wowak	215	410	625	
165 M50				
Bob Legg	225	305	530	
181				
AM MO				
Craig Schmaltz	460		460	
Pro MO				
Jose Cabrera	385		385	
Dave Kershner	415		415	
198 Pro MO				
Mike Walz		455	455	
Luis Aguiera	375	440	815	
220 Pro MO				
Johnathan Ramsey	415		415	
Pro M 40-44/MO				
Gerald Schultz	475		475	
242Pro MO				
Bobby Fields	665		665	
Am MO				
Ryan Delfalco				
SM 33-39/ MO				
Todd Willow	440		440	
275				
Kyle Pighini	655		655	
Am SM 33-39				
Brian Riley	640		640	
308				
AM MO				
Brian Ernst	425		425	
Pro MO				
Dave Barno		725	725	
Joel Tornzino	720		720	
Wayne Aman	655		655	
SHW				
Pro MO				
Stan Martin	605		605	
AM MO				
Bill Brauner	525		525	
SM33-39				
AM				
Stephen Hartlaub	435		435	
Pro				
James Howell	430	575	1005	
Johnathan Ramsey	415		415	
Am				
Brian Riley	640		640	
Pro				
Jamie Robinson	175	105	235	515
Brad McGriff	155	105	220	480
123				
Zach Byerly	270	175	320	765
M. Resendez	255	175	325	755
Ryan Rogers	245	145	280	670
Wesley Phenix	215	155	295	665
D. Dispennefte	170	120	240	530
132				
C. Goodman	300	165	355	820
Jon Fumeaux	240	180	320	740



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
Best Lifter Awards: Best Bench - Joel Toranzo - 720				Israel Huante	350	240	425	1015
Bench, Best Deadlift - Dave Barno - 725 Deadlift.				Thomas Matthew	315	190	425	930
Best Bench/Deadlift - James Howell - 1005 combined				Garrett Burkhart	310	205	395	910
total. Awards won but not given out: Dave Kershner				Nick Tensley	300	185	420	905
- 1st Bench MO 181 Pro, Jonathan Ramsey				J.C. Sanders	270	195	325	790
- 2nd Bench MO 220 Pro, 2nd Bench SM 33-39 220 Pro.				Justin Johnson	260	175	350	785
(Thanks to Mike Miller for results.)				Clay Matthews	255	145	315	715
				Sage Pruett	175	150	235	560
				Bradley Traniham	150	133	255	538
				Scott Terrell	135	135	235	505
				165				
				John Jackson	330	240	355	925
				Mitchell Cole	310	225	380	915
				Justin Byrd	310	150	395	855
				Cory Biggs	305	180	330	815
				Bobby Lepitre	220	200	370	790
				Louis Mace	270	185	315	770
				Justin Cortright	250	130	375	755
				Jon Halford	250	140	310	700
				Mike Johnson	230	165	285	680
				Brandon Strobbe	220	160	280	660
				Stuart Thomas	205	145	300	650
				Tyler McCarty	225	130	260	615
				181				
				Andy Echlin	475	250	520	1245
				Craig Brandon	335	225	440	1000
				Levi Bynum	325	200	465	990

**International Powerlifting Association**

"Lifting for Lifters"

**Application for Registration**

Last Name	First	Initial	New	Renewal
Street Address		City		
State or Province		Zip Code	Country	
Telephone	Date of Birth	Age	Sex	Pro _____ Am _____ Elite Am _____

Sign if above answers are correct. Parents sign if under 18 years. Date \_\_\_\_\_  
 Registration Fee: Adult \$25 ~ High School and Special Olympics \$15  
 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

Kendrick Watson	340	185	420	945
Shawn Gilliam	315	170	425	910
Dentwone Gipson	290	190	405	885
J.J. Pacheco	250	165	335	750
198				
Charles Hall	365	255	475	1095
Jake Pruett	320	235	400	955
Justin Bradley	315	220	380	915
R. Curington	315	185	365	865
Brian Key	250	185	300	735
Bryant Rochell	245	150	325	720
220				
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	215	155	375	745
242				
Bradley Pellow	425	255	440	1120
Aaron Madan	380	230	405	1015
Justin Bass	375	250	380	1005
Jeremy Shirey	345	200	375	920
David Key	280	190	370	840
275				
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. Hernandez	315	220	400	935
319				
Larry Kilchens	315	215	350	880
Antonio Nihart	325	210	300	835
Robert Morrison	290	190	350	830
SHW				
Jonathan Vick	630	330	580	1540
Female				
123				
Shea Purcell	165	95	235	495
114				
Emily Hartmeier	190	115	240	545
165				
Lauren Smith	220	130	250	600
148				
Open/Master's				
198				
Rusty Stopp		380		380
High School				
220				
Daniel Stidham		260		260
Open 148				
Justin Tumej		245		245
High School				
148				
Anthony Sipes		180		180
Master's 165				
Harold Hager		195		195
198				
Leon McLean		350		350
220				
Ken Counts		290		290
High School				
242				
Jason Stephens		242		242
Open 319				
Kris Shinn		435		435
Master 220				
Ken Jordan	325	225	400	950
Master/Bench				
Lyndie Taylor	365	260	480	1105
Female Open 165				
Aiga Porter	300	165	335	800
Male 220				
Jose Muro	405	235	455	1095
Submaster 275				
Larry Jordan	450	430	405	1285
198				
Kurt Mattison	455	320	475	1250

**BCF Columbus Day Meet**  
12 OCT 02 - Tell City, IN

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	280	225	410	915
181				
Demetrese Graves	460	355	540	1355
198				
Scott Simmons	370	240	485	1095
Ben Jones	330	300	405	1035
Danny Alexander	315	270	405	990
220				
Robert Howard	450	365	490	1305
Michael Hooper	410	355	500	1265
D. Thompson	400	280	490	1170
242				
Jeffrey Williams	370	255	440	1065
Super Heavyweight				
Alphonso Graves	550	410	600	1560

Best Total - Alphonso Graves - 1560 lbs. Best Lifter - Demetrese Graves. All competitors lifted w/o equipment (RAW) with strict judging because of IN DOC guidelines. Ex. A 2 second place in the bench press. Meet results were compiled by Mr. Craig George. (Thanks to Glenn Buechli results)

**SLP ILLINOIS STATE BP/DL**  
02 NOV 02 - Tuscola, IL

BENCH PRESS	181	470*
junior women	Nick Jahnke	470*
114	submaster men	
Jennifer Wallace	150*	220
teenage men 18-19	Terry Smalley	320
148	master men 50-54	
Kelly Galster	215	181
165	Richard Carlson	275
Aaron Armstrong	375*	police & fire
4th	390*	181
198	Lee Roy Banks	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	Brian Schoenman	425*
181	198	
Nick Young	425	Stephen Webb
DEADLIFT	4th	550
198		
114	Jeremy Long	320
Jennifer Wallace	210*	junior men
4th	225*	275
teenage men 16-17	Ryan Stewart	465
123	master men 40-44	
Kellen Craig	330*	198
4th	345*	Mike Raya
teenage men 18-19	242	master men 45-49
165	242	
Aaron Armstrong	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 Gym 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 record for Jennifer. In the men's 18-19 age group Kelly Galster 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 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 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 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 got a pr 530 for his second 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 Jennifer Wallace continued her winning streak with another state record 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 record there with 445. At 181 it was Nick Jahnke, who also tied the state record in his class with 470. Ryan 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 bodyweight. Thanks to my son Joey and Rob Mann 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.)

**USAPL Maine State**  
27 APR 02 - Union, Maine

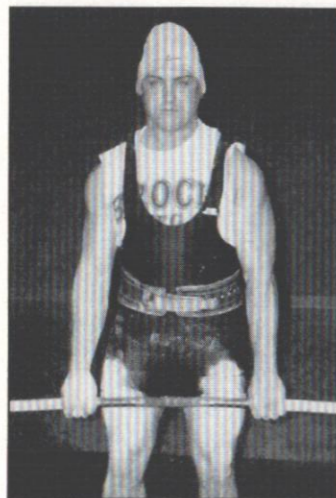
BENCH	198	205
148	James McPhee	205
A. Williams	260	220
181	Jeremy Tyler	215
Louie Morrison	360	Mens Teen BP 16-17
198	181	
Dave Claroni	340	Eric Thibault
220	220	240
Josh Gottlieb	425	Nick Jose
Michael Dube	380	Men Teen BP 18-19
Galen Moddy	370	220
Rob Porter	320	Jeffery Pierce
Dave McKnight	315	Women Teen BP
242	Jennifer Tyler	100
Lynn Altheam	410	Mens Grandmasters BP
Jamie Guay	365	Lynn Altheam
Robert Mealey	350	Don Prokey
275	Bill Dempsey	300
Ben Bruno	470	Shorly Wade
Sam Tyler	420	Bob Ayers
+275	Mens Master 40-44 BP	
Albert Stork	440	Galen Moody
Mens Junior BP	350	Fred Belanger
Louie Morrison	360	Mens Master 45-49 BP
Paul Haney	240	Albert Stork
Mens Teen BP 14-15	Mens Police/Fire BP	340
148	Dave Claroni	225
Justin Freeman	155	Mens Sub Master BP
165	Andrew Miller	485
Darrick Trask		



**SLP Fitness One Fall Classic BP/DL  
09 NOV 02 - Hamilton, Oh**

BENCH PRESS	master men 60-64	198
submaster women	Wayne Smallwood	198
Melanie Gibson 95	master men 70-74	198
teenage men 18-19	Al Gross	235*
165	4th	240*
Chad Warvel 325*	police & fire	275
Shawn Donohoue 250	Mike Ferguson	365
Steven Schwab 250	open men	148
148	David Kelhoffer	325
Jay Zurlinden 225	165	330
181	John Allen	275
Richie McKenzie 330	165	400*
220	Michael May	190
Josh Doran 400*	181	220
submaster men	Jason Chappell	305
220	198	242
Jeff Burton 340	A. Ashbrook	3 5 0
242	4th	360
Jeff Ritzler 420	198	242
master men 40-44	John Watson	550*
198	4th	460*
Steve Watts 440*	Chris Smith	550*
242	4th	425
M. Wigglesworth 440*	Dave McQueen	425
4th	4th	440
master men 45-49	Chad Dailing	420
198	O. J. Mills	400
Bill Kelble 240	Jeff Cole	335
220	Tim Baker	335
Tom Boyer 400	242	308
308	Stephan Tanner	500
Mike Giese 410*	Tom Hypes	455
master men 50-54	Nate Wilson	450
198	Steve Webb	440
Darris Sparks 345	Steve Nagel	440
275	275	365
Mike Ferguson 365	Alan Hibbard	405
DEADLIFT	Nick Abel	390
teenage men 16-17	master men 50-54	220
165	220	560*
Ben Bastin 375*	Bob Bean	560*
4th	4th	560*
teenage men 18-19	165	165
198	M. Montgomery	450*
Cory Jackson 500*	220	510*
4th	220	510*
220	Harry Hartman	525*
Matt Couch 500*	open men	198
148	Jason Watson	450
Jay Zurlinden 380*	220	220
165	Chad Dailing	610*
Jerad Webb 400	4th	625*
165	220	220
Jack Kesterson 340	Bob Bean	560
master men 45-49	242	242
198	Steve Nagel	440
Bill Kelble 385*	275	275
	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 hosting 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 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 record of 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 personal and state record of 440. Mike Wigglesworth also 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 attempt, then pulled out of the competition, nursing a sore shoulder. New lifter, seventy year old Al 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 Jason 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. (Lach)**

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 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 also. Stephan Tanner took the 242 class with a strong "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 finished second with 390. The best lifter 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 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 with a state record 525 pull for the title at 55-59/220. In the open division Jason Watson captured the title at 198 with 450. Chad Dailing had a big day, winning the 220 title and breaking the existing state record twice with his 610 third and 625 pr fourth attempts. This also gave Chad the best lifter

award for the competition. Bob Bean was second at 220 with 560. Steve Nagel pulled out of the deadlift competition, leaving the 242 class open. Then Nick Abel won at 275 with 570, making that his second title of the day. Thanks again to Wayne, Mike Ferguson, my son Joey and others who helped spot and load. See you all next year. (Thanks to Dr. Darrell Lach providing these meet result to PLUSA)

**Mon Valley Fitness Center BP Classic  
09 NOV 02 - Dunlevy, PA**

BENCH PRESS	Jerry Sciuolo	255
Men's Teen	Submasters	365
Eric Hahn 265	Larry Bonde	365
198	DEADLIFT	250
Mike Wolfley 435	Women	250
Craig Wargo 405	Jerri Butler	250
220	Teens	280
Ed Moreno 430	Sam Fiori	280
242	Men's	275
Scott Pollard 520	148	450
275	Steve Antoinette	450
Denny Martin 535	220	475
242	Ed Moreno	475
Rob Miller 520	Larry Bonde	365
308	242	635
Fred Mason 375	Adrian Lapaglia	500
Masters	275	625
Michael Lindsey 480	Bob Fleming	625
Ken Claies 350	308	690
Wayne Semple 315	Roger Gaydos	690
Masters	Masters	610
Raw	Keith Balyketer	430
Larry Shaffer 340	Chester Bednar	430

(Thanks to MVFC for providing these meet results.)

**WNPF RAW NATIONALS  
13-14 APR 02 - Lancaster, PA**

BENCH	TORRES	300	Alongi	415	400	400	1215
132	132 14-16 RAW	LEGG	135*	190	130	305	435
14-16 RAW	LEGG	135*	190	130	305	435	435
LEGG	55*	MEN	135*	190	130	305	435
SHW 40-49	100 11-13 RAW	MCCLOSKEY	260	305	225	405	935
DEGREE	165 40-49 RAW	LEGG	345	425	300	425	1150
40-49 RAW	LEGG	345	425	300	425	1150	1065
ADAMS	OPEN RAW	LEGG	345	320	240	505	1065
LEGG	225	LEGG	345	405*	215*	460*	1340
LIFETIME RAW	LIFETIME RAW	LEGG	345	530	285	525	1340
LEGG	225	LEGG	345	430	310	410	1150
OPEN RAW	181 20-25 RAW	OLSEN	480	42 5	310	450	1185
LEGG	LEGG	480	570	480	275	450	1205
LIFETIME RAW	LIFETIME RAW	NEIMAN	570	285	255	300	840
LEGG	225	NEIMAN	570	300*	200*	450*	950*
OPEN RAW	181 20-25 RAW	LEGG	345	530	350	475	1355
LEGG	LEGG	480	570	370	270	425	1065
LIFETIME RAW	LIFETIME RAW	NEIMAN	570	150	405	150	705
LEGG	225	NEIMAN	570	450	330	450	1230
OPEN RAW	198 50-59 RAW	SMITH	545	450	305	455	1210
LEGG	SMITH	545	450	620	400	620	1640
LIFETIME RAW	70-79 RAW	SMITH	545	440	290	550	1280
LEGG	LEVESQUE	450*	370	405	275	505	1185
OPEN RAW	LIFETIME RAW	450*	370	475	315	450	1240
LEGG	THOMAS	680	242	425	400	600	1425
LIFETIME RAW	THOMAS	680	242	525	430	675	1630
LEGG	THOMAS	680*	242	630	395	600	1625
OPEN RAW	40-49	680*	242	590	430	575	1595
LEGG	40-49	680*	242	595	355	700	1650
LIFETIME RAW	MONICK	425	370	600	460	510	1570
LEGG	50-59 RAW	425	370	570	405	525	1500
OPEN RAW	BUCCIONI	455	370	280	450	730	1240
LEGG	40-49	455	370	280	450	730	1240
LIFETIME RAW	EBERHARDINGER205*	205*	370	280	450	730	1240
LEGG	242 LIFETIME RAW	205*	370	280	450	730	1240
OPEN RAW	PUNDAY	505	370	280	450	730	1240
LEGG	35-39 RAW	620	370	280	450	730	1240
LIFETIME RAW	SZYMANSKI	620	370	280	450	730	1240
LEGG	ADAMS	450	370	280	450	730	1240
LIFETIME RAW	20-25 RAW	450	370	280	450	730	1240
LEGG	DOUGHERTY	450	370	280	450	730	1240
LIFETIME RAW	OPEN RAW	620	370	280	450	730	1240
LEGG	DEIGAN	620	370	280	450	730	1240
LIFETIME RAW	LIFETIME RAW	620	370	280	450	730	1240
LEGG	LEWIS	440	370	280	450	730	1240
LIFETIME RAW	PUNDAY	405	370	280	450	730	1240
LEGG	35-39	475	370	280	450	730	1240
LIFETIME RAW	CIARDULLO	275	370	280	450	730	1240
LEGG	7-19 RAW	425	370	280	450	730	1240
LIFETIME RAW	SIAPANIDES	525	370	280	450	730	1240
LEGG	35-39 RAW	630	370	280	450	730	1240
LIFETIME RAW	SMITH	260	370	280	450	730	1240
LEGG	50-59 RAW	260	370	280	450	730	1240
LIFETIME RAW	SMITH	260	370	280	450	730	1240
LEGG	50-59	240	370	280	450	730	1240
LIFETIME RAW	DENNISON	198	370	280	450	730	1240
LEGG	198	385	370	280	450	730	1240
LIFETIME RAW	LEWIS	385	370	280	450	730	1240
LEGG	50-59 RAW	385	370	280	450	730	1240
LIFETIME RAW	SMITH	260	370	280	450	730	1240
LEGG	242	260	370	280	450	730	1240
LIFETIME RAW	50-59	320	370	280	450	730	1240
LEGG	DISSINGER	320	370	280	450	730	1240
LIFETIME RAW	275	320	370	280	450	730	1240
LEGG	275	320	370	280	450	730	1240
LIFETIME RAW	KEASER	480	370	280	450	730	1240
LEGG	POWER CURL	480	370	280	450	730	1240
LIFETIME RAW	123 OPEN	60*	370	280	450	730	1240
LEGG	TORRES	60*	370	280	450	730	1240
LIFETIME RAW	17-19 RAW	620	370	280	450	730	1240
LEGG	ADAMS	450	370	280	450	730	1240
LIFETIME RAW	20-25 RAW	450	370	280	450	730	1240
LEGG	DOUGHERTY	450	370	280	450	730	1240
LIFETIME RAW	OPEN RAW	620	370	280	450	730	1240
LEGG	DEIGAN	620	370	280	450	730	1240
LIFETIME RAW	LIFETIME RAW	620	370	280	450	730	1240
LEGG	LEWIS	440	370	280	450	730	1240
LIFETIME RAW	PUNDAY	405	370	280	450	730	1240
LEGG	35-39	475	370	280	450	730	1240
LIFETIME RAW	CIARDULLO	275	370	280	450	730	1240
LEGG	7-19 RAW	425	370	280	450	730	1240
LIFETIME RAW	SIAPANIDES	525	370	280	450	730	1240
LEGG	35-39 RAW	630	370	280	450	730	1240
LIFETIME RAW	SMITH	260	370	280	450	730	1240
LEGG	50-59 RAW	260	370	280	450	730	1240
LIFETIME RAW	SMITH	260	370	280	450	730	1240
LEGG	50-59	240	370	280	450	730	1240
LIFETIME RAW	DENNISON	198	370	280	450	730	1240
LEGG	198	385	370	280	450	730	1240
LIFETIME RAW	LEWIS	385	370	280	450	730	1240
LEGG	50-59 RAW	385	370	280	450	730	1240
LIFETIME RAW	SMITH	260	370	280	450	730	1240
LEGG	242	260	370	28			

**SLP Pecatonica Fitness Fall BP/DL  
20 OCT 02 - Pecatonica, IL**

<b>BENCH PRESS</b>		
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	
Veronica Solecki	120	242
teenage men 18-19	Tom Johnston	370*
148	police & fire	
Jake Stefanski	290*	198 Eric Bruno
165	open men	275
Tom Moretti	200	148
181	Jake Stefanski	290
Doug Machak	210	181
242	Jason Bever	325
Rick Weiss	275	275
4th	280	Paul Harris
submaster men	4th	405
165	police & fire	425
Steve Herring	315	198
DEADLIFT	Eric Bruno	425
teenage women 16-17	4th	435
148	open men	
Veronica Solecki	255*	181
4th	260*	Jason Bever
teenage men 18-19	2-man	460
181	181	
Doug Machak	425	J. Stefanski/
4th	430	M. Matichak
198	team	800*
Matt Matichak	500	Big Ma's Power Pitt



**Jake Stefanski's SLP State Record 290 @ 18-19/148 (photo by Latch)**

Best Lifter Bench Press - TIM WIDNER. \* Son Light Power Illinois state record. Best Lifter Deadlift - 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 13-15/181 class, making 110 for her third attempt, then 120 for a fourth. Older sister Veronica Solecki, the current state record holder for teenage women 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. Tom Moretti was also competing for the first time, 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

a pr 280 for the title at 18-19/242. This was Rick's first competition. Steve Herring, 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 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 275, missing a personal best 290 twice. In the open division Jason Bever took the win at 181 with 325 while Paul Harris won his class at 275 with 405, followed by a successful 425 fourth attempt. In the deadlift competition Veronica Solecki set the state record at teenage 16-17/148 with a pr 255 followed by a great 260 fourth attempt. Doug Machak also got a pr with his fourth attempt pull of 430 with his win at 18-19/181. Matt Matichak won both the 18-19/198 class and the best lifter trophy with his 500 second attempt pull. Steve "Putts" Hulbert set the state record at 18-19/242, making all four of his attempts to finish with 380. Eric Bruno won his second title of the day in the police & fire division 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 Jake Stefanski and Matt Matichak pulled a new state record at 181 with 800. Big Ma's Power Pitt

took the team honors. Thanks to my son Joey for all his help and to the teammates of Big Ma's for their help loading and spotting. See you all next year! (Thanks to Dr. Darrell Latch for providing results)

**USAPL Michigan State & Great Lakes  
09 NOV 02 - Plainwell, MI**

<b>Women</b>					
	SQ	BP	DL	TOT	
Megan Bruischart	187	94	198	479	
97					
T-1					
Erin Crapo	225	132	225	584	
123					
T-2					
Andrea Motter	303	121	259	683	
O/M-2					
B. Zintsmaster	170	83	225	479	
T-2					
Stephanie Rantz	154	83	220	457	
O/M-7					
Georgia Johnson	99	77	137	314	
M-1					
Elizabeth Carr	209	104	242	556	
148					
T-1					
Kala McCauley	248	137	308	694	
Rachel Moore	225	121	242	589	
Amanda Coleman	121	83	225	429	
O					
Laura Strylund	319	220	374	914	
Dawn Steele	319	220	347	887	
165					
T-2					
Jen Majdan	192	115	275	584	
O					
Cilly Martinez	325	181	264	771	
181					
T-2					
Tiffany Bayer	275	148	303	727	
O					
Monique Hartle	270	192	270	733	
198+					
T-2					
Shea Wallus	292	203	292	788	
Regina Hagen	203	132	253	677	
Lisa Nelson	203	99	259	562	
M-3					
Jean Chisnell	259	165	330	694	
Men					
123					
T-1					
Richard Portugal	225	176	314	716	
T-3					
Mike Haffenbrack	363	203	402	970	
148					
T-1					
Justin Tuinstra	297	198	330	826	
T-2					
Dan Lepert	429	259	407	1096	
Jason Thomas	336	220	374	931	
John Jacobs	325	154	396	876	
Joe Baker	297	176	347	821	
O					
Todd Greenan	385	286	435	1107	
Brian Gallagher	374	231	380	986	
M-4					
Gary Morrison	303	203	352	837	
165					
T-2					
Brett Meyers	319	214	424	959	
O					
Brian Proxmire	407	330	490	1229	
Matt Smith	451	286	440	1179	
M-1					
Steve Sielawa	518	308	567	1394	
M-2					
Greg Guthrie	451	303	540	1295	

M-6	Don Steele	181	137	292	611
M-7	Ben Creech	198	110	248	556
181 t-2	Dan Papesh	396	214	462	1074
JR	Nick Lewis	501	325	578	1405
O	Josh Decker	595	413	633	1642
O/M-2	Bob Fabiano	490	391	501	1383
M-6	Mike Flamming	275	225	358	859
198	Justin Howard	275	187	325	788
T-1	Ryan Klein	490	308	600	1399
O	Craig Terry	672	352	705	1730
Aaron Brown	485	347	512	1366	
M-2	Mark Newman	573	319	600	1493
M-3	Robert Batko	275	198	325	799
M-6	Gordy Daig	440	270	418	1129
220	T-2				
Brandon Clark	418	308	413	1140	
O	Chris Cadotto	650	413	683	1747
Don Sierpein	672	435	573	1681	
Robert Karacson	551	330	650	1532	
Jesse Soule	501	429	589	1521	
O/JR	Josh Smith	501	385	606	1477
O	Eric Reid	451	281	501	1234
M-1	Tyron Ward	507	341	573	1421
M-4	Alfred King	534	319	622	1477
242	T-2				
Nick Rasmussen	562	347	589	1499	
JR	Brad Arbic	534	385	600	1521
O	Fredrick Tallman	330	512	501	1344
Brian Nassar	529				
M-3	Stephen Cohle	435	137	512	1085
M-1	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	303	225	440	970
M-1	Robert Keyes	606	429	617	1653

The 2002 Michigan State Powerlifting Championship underwent 2 changes this year. The first was the meet leaving the Capital of Lansing to the gym of Plainwell High School, home of the 2002 USAPL National Champions, Plainwell Knights Powerlifting Team. The second was changing the meet to a 3 lift only meet. The second did nothing to discourage lifters from attending as 70 lifters competed. Through out the day 50 State Records were broken along with 5 American Records. Erin Crapo came all the way from Nebraska and left with a new Junior American Record in the bench press for the 97 lb. class. In the 148, Dawn Steele and Laura Strylund combined to establish all new State Records. Dawn received credit for the squat and bench, while Laura has her name now on the deadlift and total. For the Men, Brian Proxmire and Matt Smith were even following the first 2 lifts, before Brian out pulled Matt to take the 165's. Josh Decker set a new total mark in the state for the 181's. Craig Terry continued his dominance of the 198's in the state by winning the class by more than 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/loaders, 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.)

**CHAMBERS YMCA BENCH PRESS  
31 AUG 02 - Wheeling, WV**

Men 250	Chase Orum	370	
Chester Bednar	360	Andy Hager	365
Men 170	Tony Masciola	350	

(Thanks to Elm Grove Chambers Y for the results.)

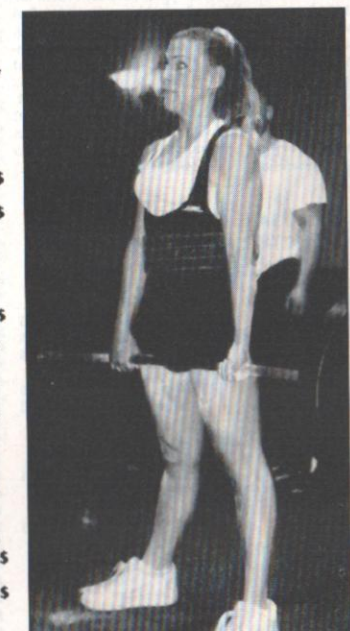
**WPA World & APA Northwest BP/DL  
12-13 OCT 02 - Kennewick, WA**

<b>BENCH</b>		
Women	40-49	
132 Open	J. Morrison	473
M. Kennelly	308	
148 Open	RBP	
K. Pankrantz	143\$	18-19
165 Submaster	121\$	R. Boyce
K. Mahoney	170\$	WBP
Drug Tested	40-49	523
M. Miner	148	P. Ratsch
181	Open	551
Submasters	R. Kennelly	710
C. Ryals	303\$	SHW
50-59	WBP	
D. Dalleree	225*	Open
Open	R. Patterson	578
C. Ryals	303	40-49
MEN	B. Rehberg	462
148	50-59	
RBP	R. Patterson	578
13-15	RBP	
B. Dolson	148\$	Drug Tested
20-23	T. Heddle	374
J. Lamberson	209\$	DEADLIFT
Drug Tested	C. Lydon	260
K. Phane Kahm	330\$	WDL
J. Lamberson	209\$	50-59
WBP	C. Lydon	260
148 Drug Tested	148	
K. Phane Kahm	330	WDL
165	C. Lydon	260
WBP	148	
18-19	RDL	
T. Sherwood	359\$	Drug Tested
60-69	Z. Brooks	320
R. White	220\$	WDL
181	WDL	
WBP	Drug Tested	320
Drug Tested	Z. Brooks	320
J. Pearson	402\$	RDL
198	Women's 165	
RBP	13-15	
Drug Tested	K. Buschke	240
B. Highnote	4th	250\$
S. Hauger	WDL	
Open	K. Buschke	240
B. Highnote	4th	250\$
40-49	RDL	
D. Stephens	20-23	300
WBP	D. Buxton	300
Open	WDL	
B. Highnote	D. Buxton	300
M. Miner	33-39	
40-49	K. Mahoney	280
D. Piggee	Women's 181	
4th	RDL	
50-59	40-49	
J. Wolbers	J. Pope	205\$
220	WDL	
WBP	Women's 198	
20-23	RDL	
J. Linnell	50-59	
RBP	50-59	205\$
Drug Tested	K. Cash	
B. Mauro	WDL	
WBP	K. Cash	205\$
Open	165 Spccal Olympics	
T. Scott	D. Sullivan	185
RBP	60-69	
33-39	R. White	270
M. Weil	181 Brug Tested	690*
40-49	D. Travis	
B. Landon	198	
WBP	50-59	
40-49	J. Wolbers	
B. Landon	220	
242	Open	
WBP	Bob Heck	640\$
Open	40-49	
M. Witmer	B. Landon	520\$
RBP	RDL	
Open	220	
S. Mathis	Drug Tested	
WBP	C. Radcliff	545
20-23	40-49	
J. Balliet	B. Landon	520\$
RBP	242 Open	
20-23	J. Sandberg	610
S. Dudley	WDL	
242	242	
WBP	40-49	
33-39	J. Robinson	525
M. Witmer	RDL	
B. King	242	
RBP	50-59	
40-49	C. Sandberg	630
S. Mathis	308	
WBP	33-39	
50-59	S.J. Taylor	640
B. Dooley	4th	655\$
RBP	18-19	
J. Robinson	R. Boyce	475\$
275	WDL	
WBP	308 40-49	
Open	P. Ratsch	650\$
M. Davis	SHW 40-49	
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 areas. I would especially like to thank Kelley Mahoney for all the effort she made with 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 severe mishap had they not been as attentive as they were. I cannot sat enough about how good the spotters 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 massage and many a sore and tired lifter 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.**



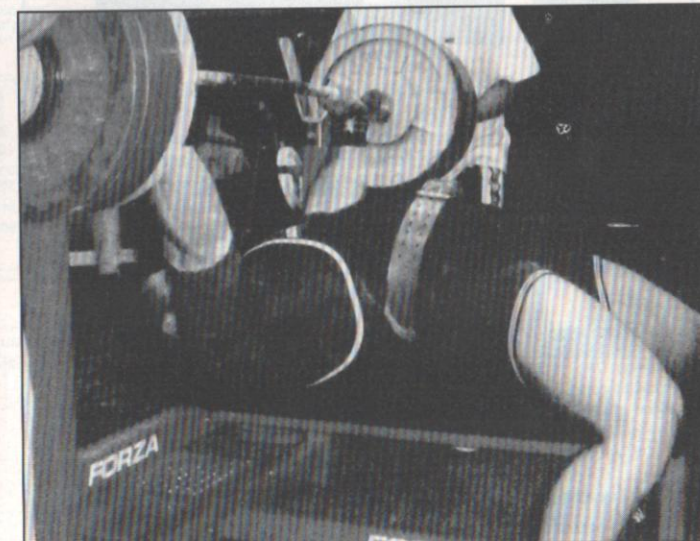
**Zee Brooks of Oregon deadlifts 320 in the Women's 148 lb. class.**



**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 Name	Initial	Date of App.
Street Address	City	State or Province	
Country	Zip Code	Telephone Number	
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Registration Fee: \$20	High School Athlete: \$10		
Parents Initial If Under 18 yrs.	I Certify that the above answers are correct X		



**Ben Dooley, 53 years of age, ended the day with 523 .5 bench and a near miss with 540 at the WPA World Bench Press Championships.**



USPF California State PL & BP  
20 JUL 02 - Santa Barbara, CA

Bench Only Women	220			
114	Open Men			
M 40-44 Women	Ryan Gerard	440		
Donna Arndt	220			
132	Master 45-49			
M 45-49 Women	Paul Wondra	347		
Gerrie Shapiro	220			
Bench Only Men	Master 60-64			
148	Richard Ciavarelli	264		
Submaster Men	242			
Brian Crocker	Open Men			
Joe Drake	Alvin Waldon	462		
Master 60-64	Joe Grissom	407		
Jim Merlino	Michael Lohr	374		
181	242			
Submaster Men	Natural Men			
Ken Fasulo	Alvin Waldon	462		
198	242			
Teen Men	Submaster Men			
Josh Moulton	Scott Hoekstra	473		
198	242			
Open Men	Master 50-54			
James Lee	Alvin Waldon	462		
Michael Gray	242			
198	Master 55-59			
Submaster Men	Daniel Smith III	424		
Scott Marcinek	275			
198	Master 40-44			
Master 55-59	Daniel Smith	440		
Ritchie Creevy	Kenneth Scott	424		
198	Chuck McGuire			
Master 70-74	308			
Len Sandberg	Junior Men			
4th	Josh Bryant	606		
	308			
	Master 40-44			
	Neil Ferone	424		
Women PL				
114				
Open Women				
Stephanie Kubik	225	132	242	600
165				
Open Women				
Lisa Denison	385	187	391	964
198				
Open Women				
Disa Hatfield	451	292	363	1107
148				
M 45-49 Women				
Sasha Meshkov	264	132	308	705
165				
M 45-49 Women				
Mary Jacobson	314	231	385	931
Men PL				
148				
Open Men				
Steve Somerman	407	170	402	980
148				
Natural				
Steve Somerman	407	170	402	980
148				
Master 50-54				
Steve Somerman	407	170	402	980
165				
Natural				
Brian Pearson	369	319	435	1124
181				
Teen Men				
Aaron Nadal	336	220	358	914
4th				
231				
198				
Teen Men				
Adrian Lopez	264	154	319	738
198				
Open Men				
James Lee	540	435	567	1542
Mike Belluscio	490	275	501	1267
198				
Natural Men				
Charles Stocking	518	259	507	1284
Mike Belluscio	490	275	501	1267
Greg Shaver	292	264	363	920
198				
Submaster				
Mike Belluscio	490	275	501	1267
198				
Master 40-44				
Tim Deran	457	275	501	1234
220				
Junior Men				
Travis Vassallo	473	341	479	1294
220				
Open				
Men				
Patrick McNeil	562	391	540	1493
Billy Wayne	529	341	562	1432
Paul Wondra	297	347	473	1118
118				
220				
Master 40-44				
M. Womelsdorf	407	303	407	1117
Michael Brown	369	281	435	1085
220				
Master 45-49				
Ruben Arredondo	529	380	479	1388
Paul Wondra	297	347	473	1118
242				
Open Men				
Steve Silver	661	501	699	1862



(l-r) Scott Layman, Lisa + Steve Denison, Ken Wheeler (by S. Denison)

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  
Natural Men  
Toby Levers 705 440 722 1868  
Powerlifting Best Lifters Teen Men—Max Higgins  
Women—Mary Jacobson Master Men—Ruben  
Arredondo Natural Men—Toby Levers Open Men—  
Steve Silver Bench only Best Lifter Josh Bryant State  
Powerlifting Records: Aaron Nadal—181 Teen 13-  
15, squat 336 lbs, bench 231 lbs, deadlift 358 lbs,  
total 914 lbs Charles Stocking—198 Junior 20-23,  
squat 518 lbs Toby Levers—308 Junior 20-23, dead-  
lift 722 lbs State Single Lift Bench Records: Donna  
Arndt—114 Master Women 40-44, single lift bench

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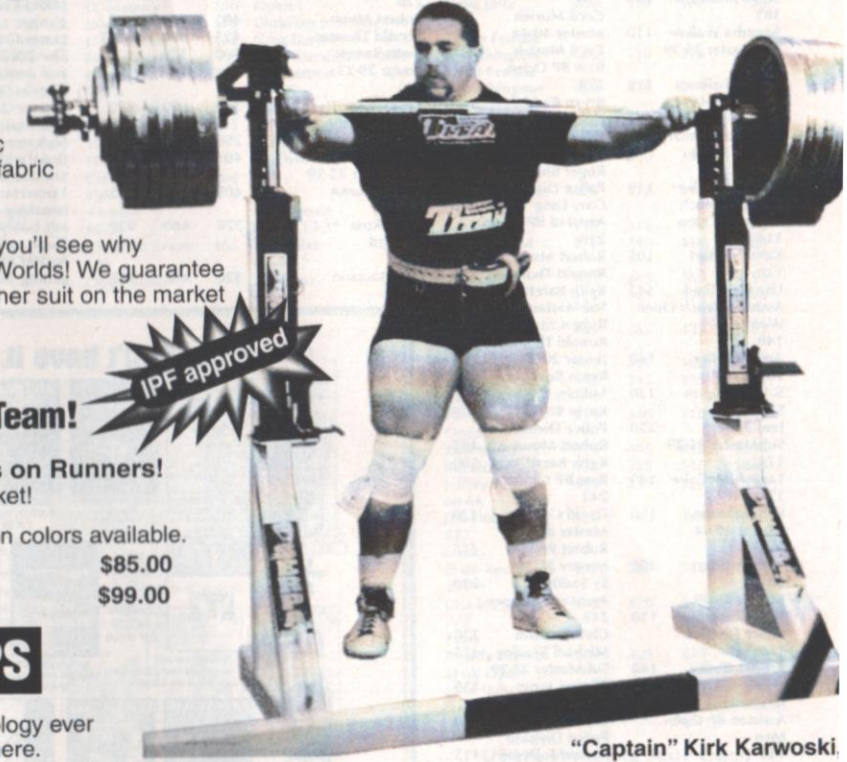
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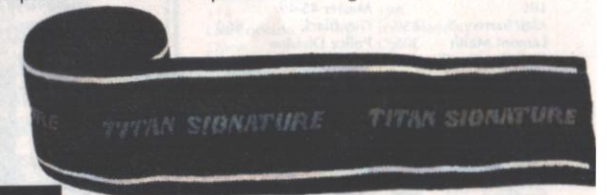
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18 AUG 02 - Springfield, IL

BENCH PRESS	198	
teenage women 16-17	198	Mike Maxwell 335
165	220	Al Kennedy 410
Natalie Ploff	150*	242
submaster women		Doug Haycraft 510*
148		master men 50-54
Laura McCune	210*	181
police & fire women		Richard Carlson 285
123		198
Karen Gordon	175*	Randy Egli 460*
open women		Dave Williams 370
148		275
Cathy Vail	245*	Barry Blackmon 430*
165		police & fire/
Buffy Gordon	310*	master 40-44
teenage men 13*-15		220
132		Al Kennedy 410
Zack Haycraft	70	police & fire
198		165
Vincent Abrego	290*	Marzeek Williams 260
teenage men 18-19		181
148		Anton White 320
Jenny Amsbury	280*	242
165		Rob Luyando 535*
Jason Shephard	250	Tommy Harrison 500
181		Troy Osborne 405
Brad Griffin	350	275
Derek Ridginal	280	Chris Gholston 525*
198		148
Ross Grady	345	Otis Anderson 300
open men		A. Shanhnessy 260
220		Billie Jeffries 260
Eric Powers	300	165
275		Brian Schoenman 400
Ben Myers	420*	181
308		Tommie Gentry 420*
Nick Thompson	315*	Jason Carson 415
Junior men		Jim Colyott 340
165		198
Nick DeLuise	390	Mike Houston 460
181		220
Titan Ritenour	305	Jason Black 490
198		Mike McCabe 480
Nick Young	485	Luis Martinez 430
220		Aaron Marshall 405
Josh Frink	325*	242
242		Rob Luyando 535
Marc Rewerts	430*	Steve Parkhurst 485
275		Todd Furlow 445
Doug Zobrist	340	Joe Hubby 400
submaster men		275
181		Greg Gordon 600*
Pete Beebe	380	Ron Brady 550
220		Eric Maney
Jeff Rodems	450	308
242		Jason Underwood 490
Scott Dukowitz	475	Greg Zoeller 485
Tom Oberle	410	4th 500*
Gerald Portz	255	Lee Gaffigan 425
275		shw
Ricardo Dixon	540	Eric Foggy 600*
shw		submaster men
Robert Perrine	475	165
DEADLIFT		Ed Bridges 605*
teenage women 13-15		198
132		Leo Welch 665*
Casie Howard	200*	242
teenage women 16-17		242
165		Rick Roberts 515
Natalie Ploff	305*	master men 40-44
police & fire women		198
123		Mike Maxwell 360
Karen Gordon	330*	275
teenage men 13-15		Doug Pool 660*
198		master men 45-49
Vincent Abrego	475	242
teenage men 16-17		Scott Workley 650*
165		master men 65-69
Rick Gregory	405*	181
teenage men 18*-19		John Bressner 425*
181		open men
Joey Hannant	430	165
198		Mike Dykeman 400
Ross Grady	610*	165
220		Andre Spaulding 380
Eric Powers	450	198
275		Leo Welch 665
Ben Myers	750*	585
308		Chad Taylor 220
Nick Thompson	540*	Jason Black 560
Junior men		242
181		T. C. Roesch 745*
Titan Ritenour	445	Todd Furlow 665
198		Andrew Sanders 640
Preston Dunham	455*	Jacob Faulkner 590
220		Joe Hubby 555
Josh Frink	480*	275
242		Ron Brady 665*
Marc Rewerts	680*	Brian Tribble 308
275		Lee Gaffigan 700*
Dennis Francis	515	Greg Zoeller 630
master men 40-44		242
148		242 Mike Irwin/Ron Harlow 1050
James Amsbury	290*	BENCH: Best Lifter - lightweight - BRIAN SCHOENMAN. heavyweight - GREG GORDON. DEADLIFT: Best Lifter - lightweight - ED BRIDGES



Greg Gordon gets his first 600 bench press! (Photograph courtesy of Dr. Darrell Latch)

heavyweight - T. C. ROESCH Team Champions - The Gladiators, Chicago, Illinois Roesch's Power Team, Springfield, Illinois Newman's Raiders, Springfield, Illinois \* Son Light Power Illinois state record. The 2002 Son Light Power Illinois State Fair Bench Press/Deadlift Championship was once again a huge success with one hundred and five entries, the largest turnout ever. Thanks to the staff at Special Events for all their efforts and support. The competition was held at the Special Events Tent on the fairgrounds on August 18. Thanks to my wife Susie and my son Joey for all their help and to Dave Newman, who served as head judge. But a very special thanks goes out to Puff Houston, who came and loaded and spotted the whole day and to his friend (I forgot his name) who also helped with the deadlifts. In the bench press competition Natalie Ploff set the Illinois state record for the teenage women 16-17/165 class with 150, making just her opener. In the submaster women's 148 class, current state record holder Laura McCune bettered her old mark by five pounds, finishing with a personal best 210. Karen Gordon, current WABDL champion at police & fire/123, set the state record there with 175. In the open division, Cathy Vail returned to competition to reclaim the title at 148, setting the Illinois state record there with 245. At 165 it was Buffy Gordon, making just one lift, but 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 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 his 250 opener, as did Brad Griffin at 181 with 350. Derek Ridginal was second at 181 with 280. Ross Grady took the 198's with 345 while Eric Powers won at 220 with 300. Ben Myers set the state record at 18-19/275 with a strong 420 and Nick Thompson won at shw with 315, setting the record there also. In the junior division it was Nick DeLuise tying his own record at 165 with 390, while Titan Ritenour won at 181 with 305. Nick Young, state record holder at junior 198, won there with 485 after 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. Ricardo Dixon looked strong at 275 with a personal best 540 while Robert Perrine won at shw with 475. Master 40-44/148 winner James Amsbury set the record there with 290, just missing his final attempt with 300. Mike Maxwell won at 40-44/198 with his opener of 335, as Al Kennedy repeated his victory of last year at 220 with 410. Then at 40-44/242 Doug Haycraft broke his own state record with his 510 pr third attempt. Richard Carlson won at 50-54/181 with 285 while Randy (I'm gona retire one more time) Egli took the 198's with a great 460 state record opener. Dave Williams was second with 370. At 50-54/275 it was Barry Blackmon with a new state record lift of 430 for the win. In the police & fire/master 40-44/220 class it was Al Kennedy again, finishing with 410 198 Dennis Francis. 5150. In the open division of

the police & fire classes it was Marzeek Williams capturing his first state fair title at 165 with a strong 260 while Anton White repeated as champion at 181 with his opener of 320. Rob Luyando set the state record at 242 with a strong 535 final attempt, as Tommy Harrison finished second with 500. Troy Osborne was third with 405. At 275 it was Chris Gholston for the win with a new state record of 525. Moving to the open division, Otis 'Baby Oil' Anderson got his first 300 bench as he slid to victory at 148. Second place went to Aaron Shanhnessy who finished with 260 @ 142 over Billy Jeffries who also got 260 but weighed in at 147. Brian Schoenman got in a big 400 at 165, winning not only the class but the best lifter award for the lighter classes. There was quite a battle at 181 between Tommie Gentry and Jason Carson, with Tommie coming out on top with 420 to tie the existing state record. After missing his final attempt at that same weight, Jason settled with his second attempt of 415. Jim Colyott was third with 340. Mike Houston looked strong at 198, winning there with a strong 460. Another close one at 220 between winner Jason Black, who finished with 490 and Mike McCabe, who just missed his final attempt with 500, settling with 480 and second place. Luis Martinez was third with 430 while Aaron Marshall finished fourth at 405. At 242 it was Rob Luyando with his second victory of the day and his great 535 press. Steve Parkhurst was second with his opener of 485, after missing two attempts with a personal best 510, as Todd Furlow finished in third place with 445. Joe Hubby was fourth with 400. It was a great day for Greg Gordon at 275, as he finished with his first 600 bench, which he got on his second attempt. This was not only a personal best but it also tied the existing state record and gave Greg the best lifter award for the heavier classes. Ron Brady finished second with 550 while Eric Maney suffered through shirt problems at 500 and failed to get in a good lift. At 308 it was Jason Underwood with a personal best 490 over Greg Zoeller, who also finished with a personal best at 480. Greg then came back for the stronger fourth of 500, making that weight for the first time ever! Lee Gaffigan was third with 425. Up next was the Eric Foggy Show. What definitely turned out to be the greatest lift of the meet, big Eric Foggy locked out a successful "raw" lift of 600 at shw! You had to have been there to see what I feel was the most impressive bench press I have ever seen. You have to realize this kid is 6'5" and 350 lbs. with arms that practically drag the floor, making his leverage for the bench almost nonexistent. Add to that the fact that this was just his second meet ever and the fact that he took a solid "press" call with no sign of bouncing or sinking into his chest after the call... amazing! The crowd of over five hundred lifters and spectators simply went WILD! In the deadlift competition Casie Howard set the record at 13-15/132 with solid pulling, finishing with 200. Our other lady teenage lifter was 16-17/165 winner Natalie Ploff, who finished with a personal best and state record 305. Karen Gordon made it two for two on the day with her win at police & fire 123, setting the Illinois state record there with 330. In the teenage men's 13-15 age group 198 winner Vincent Abrego set his second state record of the day with his 475 pull. At 16-17 was 165 winner Rick Gregory with a new state record of 405. Joey Hannant won at 18-19/181 with 430 while Ross Grady pulled a great 610 state record at 198. Eric Powers won his second

title of the day with a solid 450 opener pull at 220. Ben Myers, unquestionably one of the strongest teenage deadlifters in the world, pulled an easy 750 pr state record at 18-19/275. The way he pulled his second attempt 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 junior division Titan Ritenour won at 181 with 445 while Preston Dunham took the 198 class with his opener of 455, another state record. Josh Frink got a state record of 480 with his win at junior 220 while Marc Rewerts pulled a big 680 state record at 242. At junior 275 it was Dennis Francis for the win with 515. Best lifter in the lighter classes, Ed Bridges, won at 165 with 605 for a new state record there. Leo Welch, one of the nation's best drug-free lifters, 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 Maxwell pulled just his opener of 360. Returning to competition was the great Doug Pool, winner of the Illinois State Fair Powerlifting events of years ago! Scott Workley pulled a big 650 state record at 45-49/242 while sixty-five year old John Bressner set the record at 65-69/181 with 425. In the open division Mike Dykeman won at 165 with 400 over second place lifter Andre Spaulding who finished with 380. This was Andre's first competition. Leo Welch repeated as winner of the open 198 class with Chad Taylor finishing second at 585. Great to have Chad back also. Jason Black was alone at 220, making a personal best 560 for the win. At 242 it was best heavyweight lifter, T. C. Roesch who broke his own state record there with 745. Todd Furlow was second with 665 while Andrew Sanders finished third with a personal best 640. Jacob Faulkner was fourth with 590 while Joe Hubby finished fifth with 555. Ron Brady set the state record at 275 with 665 while Brian Tribble failed to get in his opener of 585. The 308's saw a great personal record pull from Lee Gaffigan as he locked out with a state record 700 for his final attempt of the day. Greg Zoeller was second with 630. Team honors were shared by The Gladiators, from Chicago, Illinois, Roesch's Power Team of Springfield, Illinois and Newman's Raiders, also from Springfield, Illinois. Our only two-man team consisted of state record holders Mike Irwin and Ron Harlow, who opened with 1050 but failed to keep their grip with a state record 1230. Thanks again to everyone, see you all next year! (Thanks to Dr. Darrell Latch for providing these meet results.)



Lee Gaffigan locks out at PR 700!

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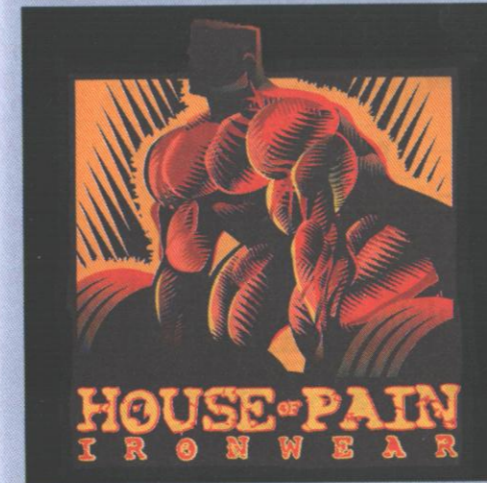
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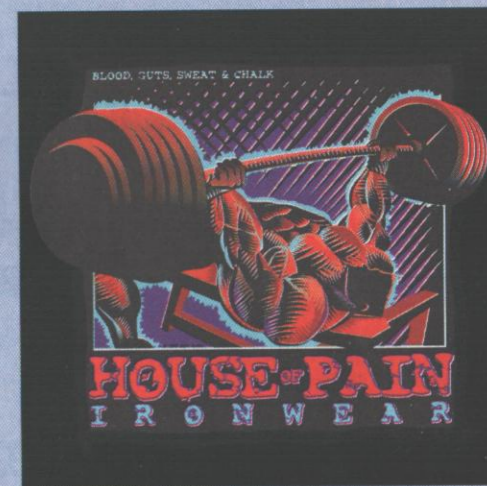
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(article continued from page 11)

on the platform. Lloyd 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 (ADFP) 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 an 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 Superheavyweight 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 done.

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 great, 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 guy to help you out on the platform.

(this article continued on page 78)

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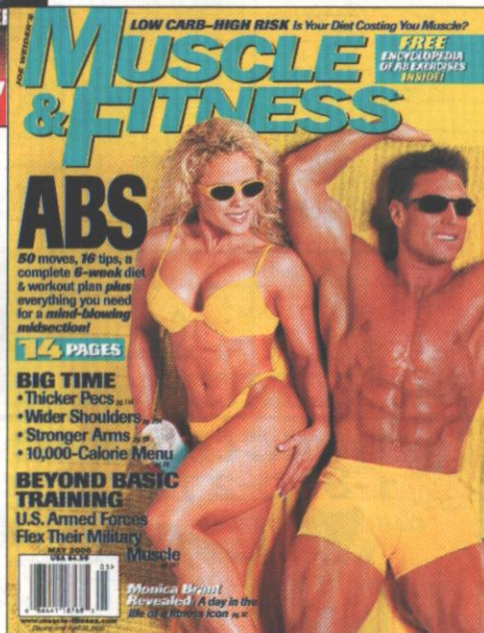


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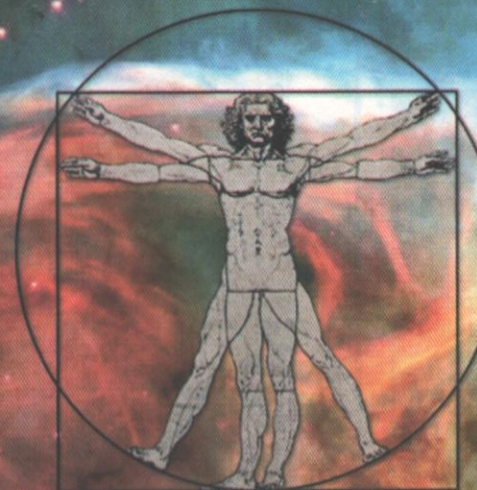
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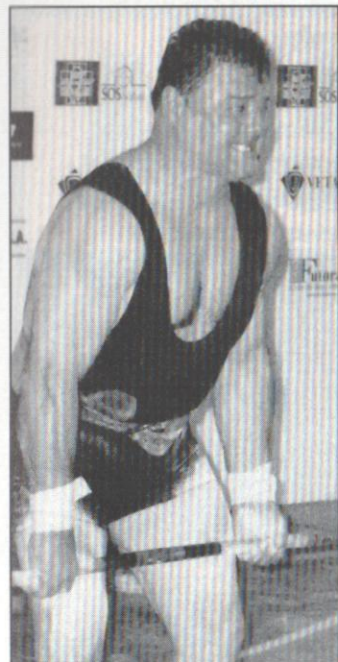
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(article continued from page 75)



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 medal.

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

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to the Masters II category, and Robert Rood walked away with a well-deserved gold medal.

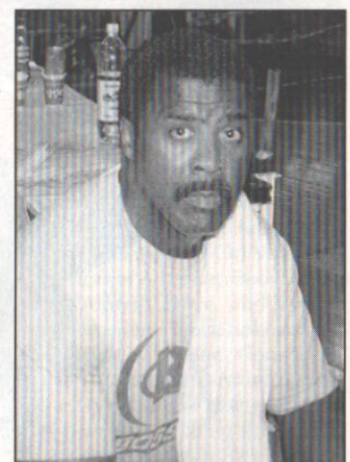
The USA Team did something that no team has ever done before in an IPF Masters World Championship. Not only did we walk away with the team title, but the USA team won every category: the Men Masters I, II and III category and also the Women's I and II. This is a result of the great job all the lifters 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 herniated 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 best, and I wish to see you again at the 2003 Masters Nationals in Baton Rouge, Louisiana. **JOHNNY A. GRAHAM**, USAPL Masters Chairman/Coach

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(article continued from page 9)

TX Record with 220 at 181. Andy Munsey was 2nd with an OR SR 214. At 198 Djuan 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 Gernert - 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 Bridgett Brown set a GA Record 115. Bridgett 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 Helda Rodriguez set a WR 154 as well as a Guatemala Record. Lizbeth 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 Discus.

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 event.

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 ballroom 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 Dellere, 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 Clark 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 Pharnanex, Christine Gorozo 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)

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20 JUL 02 - Angola, NY

<b>WOMEN'S OPEN</b>		<b>MASTER (45-49) AM 181</b>	
AMATUER 123	Stephen Smith	230*	
Vasika Smith	90	198	
<b>WOMEN'S TEEN (16-17) AMATUER 165</b>		<b>Nick Santarone 455*</b>	
Becky Labushesky	125*	Geoffrey Gerow	415*
SHW		Marc Gruder	380
Jenna Gane	155*	275	
<b>MEN'S TEEN (13-15) AMATUER SHW</b>		<b>MASTER (50-54) AMATUER</b>	
Jordan Weir	300*	132	
(16-17) AMATUER		Steve Gee	215*
148		148	
Dan Santarone	265*	Dennis Brochey	280
Chris Birdsall	205	181	
Dan Lopez	310*	Eric Penale	370*
Ben Schimpf	290	275	
Josh Weiss	305	Larry Huff Sr	360*
275		MASTER (50-54) PRO	
Greg Pyszczynski	295*	198	
<b>TEEN (16-17) - PRO 242</b>		<b>Warren Kelly 365*</b>	
Aaron Kosek	405*	MASTER (55-59) AM	
TEEN (18-19) AMATUER		220	
220		Scott Schales	400
Van ik Aloian	280	MASTER (65-69) AM 165	
242		Walter Bartlett	230*
Marc Furman	480*	275	
275		AMATUER 148	
Brad Myers	370*	Alexander Dunn	250
SUBMASTER AMATUER		165	
181		Jon Dispenza	315
Scott Fisher	375*	181	
275		Chris VanCheri	435*
Joseph Behari	435*	Scott Fisher	375
Matt Schimpf	345	242	
SUBMASTER - PRO 198		Larry Huff Jr.	415
Sean Hailey	420	MEN'S OPEN - PRO	
Juan Cheverez	400	198	
220 Junior Cruz	470*	Juan Cheverez	400
MASTER (40-44) AMATUER		220	
198		Junior Cruz	470
242		242	
Wayne Carroll	395*	308	
242		Travis Rodgers	670*
Ron Birdsall	380	Wayne Aman	650
<b>TEAM - 1st Place - Iron Works Fitness Center - Niagara Falls, NY. 2nd Place - Darwins Fitness Center - Dunkirk, NY. BEST LIFTER AWARD - Lightweight - Chris VanCheri. Heavyweight - Travis Rodgers. Over the past ten years, I have seen some great, extra-ordinary powerlifters and some great lifts. Each year, the caliber of competitors has increased. I remember when I first started running the Bench Press Championships, the goal was for lifters to attempt to break the 500 pound barrier. Now we have lifters, like Travis Rodgers, that are attempting to break the 700 pound barrier. We have an incredible new breed of teenage powerlifters, that are going to bring great excitement and lifts, which shows a bright future to the sport of powerlifting. And let's not forget about the die hard competitors of this sport, the master and sub-master competitors. These guys continually get stronger with age and continually smash records as the go. Because of the caliber of lifters, our show has been getting bigger and bigger each year. This is largely due to Richie Alberts and the entire staff at Mickey Rats/Captain Kidds Beach Club. They have supported this competition from the beginning and as a result, they have created a fun, enjoyable atmosphere for the spectators and lifters, before, during, and after the competition. I would like to thank Mike Wlosinski, Paul Childress, Tim Jorowitz, and the rest of the judges who help out each year. And for the record, "No Mike, I don't have any more drink tickets left!" A special thanks for the spotters and loaders, Tim &amp; George Hidy, who has supported this competition from the first day. My personal thanks go out to the spectators, lifters, and sponsors who have supported the Beach Bench Press Championships at Mickey Rats/Captain Kidds through out the years. Thanks You!!!! (Thanks to Butch Murr for providing these results.)</b>			

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 just a few flaws in the judging from one very strict judge. It seems like everyone showed up for the 2002 King of the Squat, but some had their Halloween costumes on a little too early. These lifters found out quickly that squatting the big weight isn't as easy as thought. In executing the squat your form and technique has to be flawless without any error. A lot of lifters found this out early, biting 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. "Lil Twin" leading off with a powerful 275 lbs. opening squat, which was very low and good. His second lift worked him a little, but he Hayes handled it quite well to win the 132 lb. class with 315 lbs., good job brother. The 148 lb. class win was easy for Orocho, who squatted only 225 because his only competition failed to get enough depth with his opening 450 lb. squat. Enjoy your title Orocho, because Jordan will regain it in 2003. In the 181 lb. class D. Thomas sent a early message to his competitors in the 181 lb. class by exploding out of the pocket with 500 lbs. on his first lift. Spencer ate chalk dust with a 405 lb. opener and F. Oliver also bit the chalk dust with his opener of 400 lbs. This didn't stop Thomas from going for it all with a 550 lbs. squat. He handled it well with plenty of room for more. The 198 lb. class wasn't the same because in the past we had lifters like Brown and Wormly, squatting over 600 lbs., but in

2002 M. Ward squatted only 405 lbs. to win first place; second went to Collins with a 300 lb. squat. Train harder guys, next year might be over before the meet begins. F. Thomas wasn't a factor in the 198 lb. class, as he bombed out with a 405 lbs. squat. The 220 lb. class was a good battle between two good friends. C. Hunt A.K.A. C-Rock, A.K.A. 220 Nightmare opened with a huge 615 lb. squat - no problem - down and up. A. Rawls A.K.A. Tupac countered with the same weight, putting pressure on C-Rock. C-Rock answered with a 630 lb. squat, but after the lift his post-lift reaction told the story as he was laying on the floor trying to get himself together, exhausted from the lift. Rawls "Tupac" would not go away. He also squatted 630 lbs. and now the pressure was back on C. Hunt "C-Rock" once again. Rawls went first with 640 lbs., but it was not to be on this day - good effort anyway. So, they settled for a tie between them. Rawls seems to be a little nightmare for his friend. Another lifter by the name of Robinson (B.J.) got some good coaching from the veteran L. Pace "Big Low" to squat a 585 lbs. in his first meet here at Danville. He attempted 615 lbs., but just missed and was turned down by the judges. The other 220 lbs. lifter, L. Cheers, well, you could draw a chalk outline around him because he was dead in the door, bombing out with 315 lbs. The 242 lb. class was dominated by Master Lifter L. Pace A.K.A. "Big Low" but Pace ate a little too good putting on a few pounds so it landed him in the 275 lbs. Class. Two new lifters W. May and G. Ervin "Big Blue" battled for the title this

year. May trained hard in the gym, and so did Ervin, a Master Lifter, putting younger against elder. May got his inspiration through God's strength and through his kids. May opened with a 625 lb. squat - no problem. He watched Ervin go down with 615 lbs. nodding his head that it was a good squat. Without hesitating, he went for it all with 650 lbs., a lift that could make him possibly The King of the Squat in the 242 lbs. Class, but one judge gave him a thumb down. It looked good to everyone else. Now May would be given a chance to become the winner with his attempt at 650 lbs., a personal best. He went down with good form, controlling the weight, but ran out of fuel, needing help back to the rack. His 625 lbs. squat was enough to make him the winner in the 242 lb. class. Both of these brothers are Christians and showed good sportsmanship at the finish of the show meet. Lane "Duck", who I trained with, couldn't come up with his opening lift with 500 lbs. He has done over 500 lbs. in training, so I know we will see him again in 2003. Finally, the weight class everyone has been waiting on for months. The 275 lb. class featured the 44 year old veteran L. Pace A.K.A. "Big Low", a Master Lifter, up against the younger lifter Carroll A.K.A. "LA" to do battle on the floor. "Big Low" being lighter in weight, started conservatively knowing that Carroll would capitalize on any mistake. Pace opened up with a nice 705 lbs. squat, setting it up good, and putting the pressure on the younger lifter. LA Carroll countered with a 710 lb. opening squat, which was good. "Big Low's" second lift at

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 Squat but his knee would not let him, so he listened 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 battles 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. 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 especially Illinois 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 God Bless You All, Stay Strong and Healthy. (Thanks to L. Pace for providing these meet results to PLUSA.)

<b>USAPL "Thunder at the Beach" PL/BP 15 JUN 02 - Little Egg Harbor, NJ</b>		<b>BENCH</b>	
John Velluci	375	John Velluci	375
220		220	
Harry Muller	345	Frank McNeary	242
Mens BP Teen		242	
Sean Taulane	415	Mens BP	227
123		148	
Mike Severin	227	Master	275
148		Mike Felicetta	255
Mens Masters	SQ	BP	DL
198	240	245	250
John Gilly	220	735	
220		1015	
John Fox	365	250	400

Nick Mercurio	410	280	435	1125
Caesar Pascual	340	235	365	940
242				
Frank Defeo	400	355	500	1255
Mike Puglisi	465	255	505	1225
Brian Buckley	415	255	450	1120
Owen Luby	380	275	400	1055
<b>Women's Open</b>				
123				
Lisa McKeogh	220	95	240	555
132				
Jessica Kratz	275	165	320	760
148				
E. Fergusonson	170	85	230	485
E. Fergusonson	198			
Linda Schaefer	275	190	445	910
Women's Teen				
114				
Johnna Andiorio	170	75	250	495
(Thanks to USAPL for providing these meet results)				

**IPA PA State/Northeast Regional 29 SEP 02 - Bangor, PA**

<b>BENCH</b>		<b>John Mitsopoulos 340</b>	
Amateur 220	Pro Men	Open	
Master 50-54	Open		
Joe Biondino	350	242	
Pro Master	Bobby Fields	650	
50-54	275		
Joe Biondino	350	Kyle Pighini	650
Amateur	A. Hicks		
Master 55-59	SHW		
181	Mike Miller	700	
Full Power	SQ	BP	DL
Amateur Teen			
148 (14-19)	250	190	350
181 (14-19)	345	195	365
J.J. Gilly	345	195	365
Amateur Female Teen			
122 (14-19)			
Rachel Landis			
Amateur Women's			
Submaster 33-39	165		
Sandi McCaslin	290*	135	315
Women SHW			
Jean Putnam	235	175	255
Amateur Master 40-44			
198			
John Gilly	260	250	260
220			
Rory King	560	280	540
275			
Joe Wickel	540	400	500
55-59			
181			
John Hopkins	335	225	460
Pro Master			
55-59			
308			
Robert O'Brien	480	340	480
Amateur Juniors			
20-23			
242			
Mark Hoffman	735*	540*	650*
Amateur Men			
Open			
148			
Will Romanelli	350	315	405
165			
Jim Roney	530	320	530
181			
Dave Kirschen	610	435	500
Vinny Cofield	350	350	400
220			
Richard Putnam	610	475	525
242			
Joe Hirsch	610	450	570
Greg Hopkins	610	385	605
Zane McCaslin	500	360	485
* - IPA World Record. The 2002 IPA PA State/ N.E. Regionals was held Sept. 29, 2002 at the Body Factory in Bangor, PA. 27 lifters from 4 states competed. This event saw 6 World Records Fall. Sandi McCaslin from NY broke the Women's Amateur Submaster records in the Squat and Total with 290 lbs. and 740 lbs. respectively. Mark Hoffman of PA went 4 for 4 breaking the Squat, Bench Press, Deadlift, 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 Chaillet 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.)			

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(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 Freydu 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.

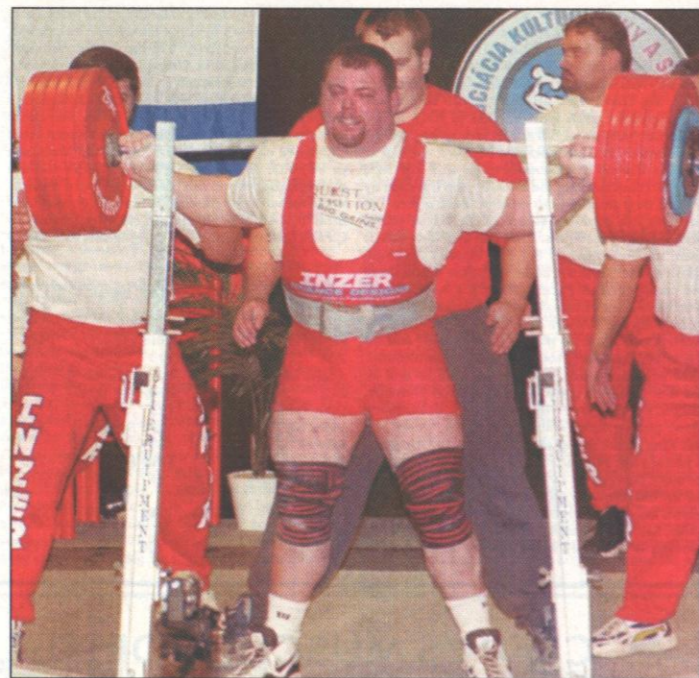
**100 kg. class:** Again it was a junior lifter from the Ukraine that

was the winner. Olkesiy Rokochoy 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 Vyshnytskyy. 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 class.

**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



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

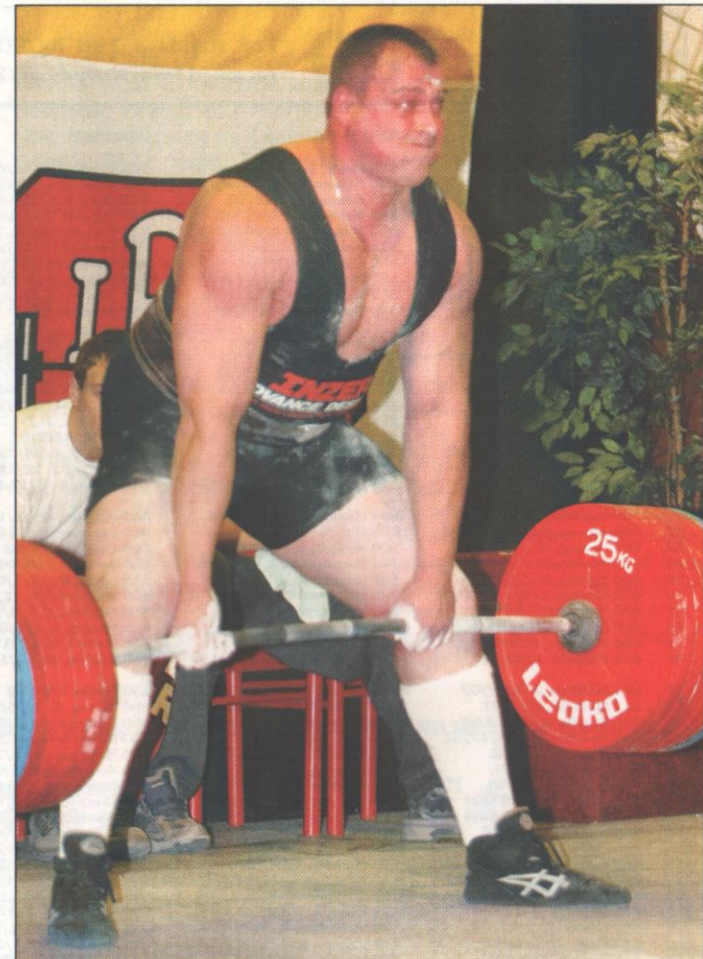


Gillingham PRed despite his bicep surgery.

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

and then to Trencin by 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 in IPF history.



Vladim Bondarenko ... the 2002 IPF Men's World SHW Champion



Tony Cardella got an 804 pound squat and finished fifth in the 275s.

**IPF Men's Worlds**

**13-17 NOV 02 - Trencin, Slovakia**

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 JPN	440	297	440	1179
123 lb. class				
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
Rakhmukly UZB	451	242	529	1223
Nemeth AUT	440	253	496	1190
Whigham USA	468	253	451	1173
Kolsovsky SLO	429	303	352	1085
Sledz POL	473			
132				
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	496	319	518	1333
Chiu TAI	462	292	551	1306
Taylor USA	440	325	529	1295
Skirnic SLO	418	253	440	1113
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
Koiwai JPN	528	385	606	1510
Richard GB	600	380	518	1499
Mihok SLO	562	374	540	1477
Noppers CAN	485	297	611	1394
Letnar AUT	512	330	551	1394
Lehocky SLO	462	330	518	1311
Ruso CZE	551	248	496	1295
Luu AUS	468	242	573	1284
Rheume 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
Rasmussen DEN	507	374	507	1388
Vadasz HUN	507	385	462	1355
Muir AUS	485	314	551	1350
Harris AUS	462	358	529	1350
Hopnrbwrs NDL	462	308	556	1328
Khalid PAK	308	176	286	771
Baranov RUS				
Juodgudis 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
Crossbeck 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	628	440	639	1752
Hornik CZE	672	418	661	1708
Varchola SLO	573	429	639	1642
Bettati ITA	595	363	617	1576

Giblin NZ	551	418	551	1521
Butt CAN	562	424	529	1515
King NZ	573	325	573	1471
Mastrean US	738			
Burke GB				
Chirardi ITA	683			
220 lb. class				
Rokochoy UKR	848	529	766	2143
Federenko RUS	804	512	804	2121
Vyshntzsy UKR	837	462	788	2088
Ivailo BUL	815	496	694	2006
Peeters FRA	727	473	705	1906
Sohlmann FIN	705	485	705	1895
Bilican BEL	749	485	628	1862
Jalonen FIN	705	468	661	1835
Weaver NZ	672	440	628	1741
Kosnar CZE	661	479	600	1741
Bettati ITA	661	385	661	1708
Rain EST	644	385	672	1703
Gagnon CAN	655	407	589	1653
Oswald AUT	573	341	595	1510
Visser NDL	595	363	529	1488
Gidney CAN	462	363	534	1361
242 lb. class				
Dedulia RUS	870	529	782	2182
Suslov RUS	837	540	749	2127
Pomana NZ	843	485	782	2110
Ljungberg SWE	815	507	777	2099
Karpik UKR	837	496	738	2072
Christifrs NOR	810	501	683	1995
Woodside BAH	733	479	777	1989
Sarik CZE	716	518	705	1940
Flaminio GER	793	507	639	1940
Kopola FIN	733	457	738	1929
Nicholls CAN	705	523	683	1912
Taksdal NOR	705	529	672	1906
Sorige DEN	688	468	688	1846
Vorzor SLO	705	374	716	1796
Popur DEN	727	418	644	1791
Neele NDL	683	418	661	1763
Kwaschny GER	606	479	672	1757
Hall CAN	661	429	606	1697
Giffin UKR	617	418	600	1636
Martkonng NDL	633	341	633	1609
Molnar HUG	551	385	617	1554
Vosylus LIT	595	496		

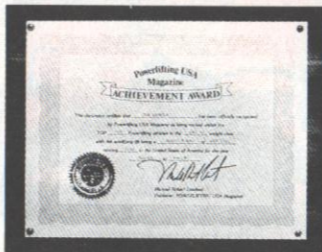
\*IPF Men's Open World Record. Team Standings: Russia 72, Ukraine 62, Poland 50, USA 42, Taipei 37, Hungary 25, Finland 25, Japan 21, Czech Republic 19, Bulgaria 17, Ireland 14, New Zealand 14, Austria 14, Sweden 13, France 12, Great Britain 12, Slovakia 12, Italy 11, Belorussia 9, Norway 9, Denmark 8, Canada 8, Iceland 7, Luxembourg 6, Netherlands 6, Uzbekistan 5, Estonia 5, Belgium 5, Australia 5, Bahamas 4, Germany 4, Philippines 3, Ecuador 1, Pakistan 1, Iran 1. Champion of Champions competition: Olech 625.16, Furashkin 615.73, Freydu 595.75.

# TOP 100

For standard 198 lb./90 kg. USA lifters in results received from November/2001 through October/2002

SQUAT	BENCH	DEADLIFT	TOTAL
1 887 Zweng, M..2/24/02	650 Nealy, D..2/9/02	749 Terry, C..7/14/02	2132 Zweng, M..2/24/02
2 854 Kellum, J..2/24/02	620 Kellum, J..5/11/02	738 Herring, G..7/27/02	2083 Kellum, J..2/24/02
3 843 Wardell, J..6/16/02	570 Adams, J..7/20/02	733 Meyers..3/10/02	1935 Blankenship, D..3/30/02
4 820 Carnaghi, T..7/13/02	565 McVicar, J..8/17/02	727 Caprari, T..2/23/02	1906 Benemerito, R..7/14/02
5 775 Martucci, R..3/30/02	562 Herring, G..4/20/02	727 Benemerito, R..7/14/02	1901 Palmer, R..5/26/02
6 766 Wagner, R..11/17/01	556 Zweng, M..2/24/02	705 Ferstler, G..12/8/01	1895 McCoy, J..11/18/01
7 765 Adams, J..3/30/02	551 Clerf, D..8/10/02	705 Palmer, R..5/26/02	1875 Adams, J..3/30/02
8 760 Kamand, T..6/23/02	547 McAuliffe, J..11/11/01	705 Tylutki, N..7/14/02	1867 Wardell, J..10/26/02
9 755 Blankenship, D..3/30/02	540 Warrington, G..5/4/02	695 Blankenship, D..3/30/02	1865 Tracey, B..3/30/02
10 750 Hill, M..7/20/02	530 Cuevas, S..11/18/01		
11 749 Cuevas, S..2/23/02	529 Robbins, D..6/02	688 Zweng, M..2/24/02	1860 Hill, M..7/20/02
12 749 Mastrean, M..7/14/02	525 McCoy, J..11/18/01	685 Kamand, T..6/23/02	1857 Wagner, R..11/17/01
13 730 Jordan, I..19/02	523 Piggie, D..10/13/02	683 Mastrean, M..7/14/02	1855 Kamand, T..6/23/02
14 727 Palmer, R..5/26/02	520 Celli, R..4/7/02	677 Traub, L..5/5/02	1850 Carnaghi, T..7/13/02
15 725 Tracey, B..3/30/02	519 Sim, E..5/4/02	675 Decaprio, D..3/2/02	1810 Stone, S..11/18/01
16 711 Keprice, J..2/17/02	518 Stevens, A..4/28/02	672 Keprice, J..2/17/02	1802 Caprari, T..2/23/02
17 705 McCoy, J..11/18/01	518 Young, R..8/25/02	672 Beck, A..4/14/02	1802 Stokes, M..5/19/02
18 705 Kanemoto, K..2/17/02	515 Tracey, B..3/30/02	666 Koo, E..4/28/02	1800 Beck..10/5/02
19 705 Coe, M..6/16/02	512 Bell, G..8/25/02	665 McCoy, J..11/18/01	1779 Mosley, L..6/1/02
20 700 Garrett, K..3/2/02	512 Swanson, B..10/19/02	665 Welch, L..8/18/02	1775 McVicar, J..2/17/02
21 700 Kuderick, S..7/13/02	507 Crawford, M..8/25/02	661 Wagner, R..11/17/01	1769 Keprice, J..2/17/02
22 690 Alessandio, J..3/30/02	505 Hill, M..7/20/02	661 Fanone, M..7/14/02	1769 Kanemoto, K..2/17/02
23 683 Stokes, M..5/19/02	500 McNutt, R..5/11/02	660 Celi, R..4/7/02	1760 Garrett, K..3/2/02
24 683 Benemerito, R..7/14/02	496 Benemerito, R..7/14/02	660 Jordan..10/5/02	1758 Thompson, J..3/24/02
25 680 Tylutki, N..1/27/02	485 Kanemoto, K..2/17/02	655 Lewis, R..12/1/01	1755 Jordan..10/5/02
26 672 Mosley, L..6/1/02	485 Blankenship, B..3/30/02	655 Deaforth, M..12/15/01	1752 Terry, C..7/14/02
27 670 Beck..10/5/02	485 Young, N..8/18/02	655 Goernaert, S..4/28/02	1750 Burrows, M..11/18/01
28 666 Pena, J..3/3/02	480 Ruiz, M..12/8/01	655 Mosley, L..6/1/02	1736 Coe, M..6/16/02
29 666 McNeish, K..5/26/02	480 Knight, J..3/23/02	650 Garrett, K..11/17/01	1735 Alessandio, J..3/30/02
30 666 Haga, A..6/22/02	480 Dvoret, C..4/7/02	650 Golden, M..12/1/01	1730 Richardson, K..5/26/02
31 665 McVicar, J..2/17/02	480 Ferrell, G..8/3/02	650 Nuble..1/19/02	1725 Fanone, M..7/14/02
32 662 Lyon, B..4/27/02	480 Grohoski, P..8/24/02	650 Brown, A..3/16/02	1710 Garcia, O..11/18/01
33 660 Garcia, O..11/18/01	479 Thompson, J..3/24/02	650 Fortin, E..4/27/02	1700 Tylutki, N..1/27/02
34 655 Ducharme, B..3/17/02	479 Highnote, B..10/13/02	650 Richardson, K..5/26/02	1700 Wofford..7/20/02
35 655 Kauf, D..6/1/02	479 Wardell, J..10/26/02	650 Matthews, C..7/27/02	1686 Kauf, D..6/1/02
36 650 Carroll, D..8/01	475 Coggins, R..11/10/01	650 Rodriguez, R..4/02	1685 Nuble..1/19/02
37 650 Nuble..1/19/02	475 Burrows, M..11/18/01	650 Rodriguez, R..10/12/02	1681 Golden, M..12/1/01
38 650 Caprari, T..2/23/02	475 Cormier, E..6/23/02	645 Linn, T..12/9/01	1675 McAuliffe, J..11/11/01
39 650 Golden, M..4/14/02	475 Lindsay, M..6/29/02	644 Wardell, J..10/26/02	1675 Jones, R..12/9/01
40 650 Herrera..4/28/02	475 Wesley, S..8/3/02	640 Jefferson..1/6/02	1670 McCode..1/19/02
41 650 Richardson, K..5/26/02	475 Maddox, D..8/24/02	640 Everett..3/16/02	1664 Ferstler, G..12/8/01
42 645 Wallace, D..11/18/01	475 Eiting, C..9/22/02	640 Moore, E..5/4/02	1664 McNeish, K..5/26/02
43 645 McCode..1/19/02	473 Shalkowski, B..8/25/02	640 Carnaghi, T..7/13/02	1658 Pena, J..3/3/02
44 645 Clark, R..6/23/02	472 Reed, A..2/24/02	639 Thompson, J..3/24/02	1658 Gibson, T..4/7/02
45 645 Hewer, S..7/27/02	470 McMellen, R..3/23/02	635 Burrows, M..11/18/01	1655 Ducharme, B..3/17/02
46 644 Flesch, D..5/11/02	468 Palmer, R..5/26/02	635 Jones, R..12/9/01	1655 Martucci, R..3/30/02
47 644 Terry, C..7/14/02	468 Mastrean, M..7/14/02	635 Shelton, T..3/9/02	1655 Rowe, S..7/7/02
48 640 Burrows, M..11/18/01	465 Tarr, G..2/9/02	633 Ray, J..11/18/01	1653 Meyers..3/10/02
49 640 Dell, R..6/23/02	462 Jackson, L..4/27/02	630 Tavarez, J..3/17/02	1653 Goernaert, S..6/16/02
50 640 Wofford..7/20/02	462 Lichtenberger, M..8/25/02	630 Timonen, S..6/1/02	1653 Maslow, L..6/16/02
51 639 Thompson, J..3/24/02	462 Alvarado, J..10/5/02	630 Lemarie, S..6/22/02	1653 Haga, A..6/22/02
52 639 Maslow, L..6/16/02	460 McCabe, M..1/26/02	630 Wofford..7/20/02	1650 Dell, R..6/23/02
53 639 Divine, N..8/24/02	460 Mendoza, J..2/9/02	630 Soule, J..7/27/02	1642 Traub, L..5/5/02
54 635 Rowe, S..7/7/02	460 Saber, J..4/14/02	628 Senegal, H..3/17/02	1640 Kuderick, S..7/13/02
55 633 Ferstler, G..12/8/01	460 Rhoton, H..6/22/02	628 Green, R..5/19/02	1636 Herrera, S..12/1/01
56 628 Herrera, S..12/1/01	460 Jester, J..7/20/02	628 Bowmas, B..7/27/02	1636 Koo, E..4/28/02
57 628 Rhoades, D..3/24/02	460 Egli, R..8/18/02	622 Vasquez, J..11/3/01	1625 Vasquez, J..11/3/01
58 628 Matteo, J..4/28/02	460 Coe, M..8/17/02	625 Tracey, B..3/30/02	1620 Carroll, D..8/02
59 628 Parnell, R..5/19/02	460 Houston, M..8/18/02	625 Cervero, J..9/28/02	1620 Wallace, D..11/18/01
60 628 Fanone, M..7/14/02	460 Cotner, D..8/24/02	624 Wahlstrom, N..4/14/02	1620 Holston, C..4/7/02
61 625 Murphy, J..7/20/02	460 Beck..10/5/02	622 McAuliffe, J..11/11/01	1614 Lewis, R..12/1/01
62 617 Johnson, B..11/3/01	457 Abrams, S..6/16/02	622 Kellum, J..2/24/02	1614 Kojima, K..12/8/01
63 617 Sisa, B..12/1/01	457 Gingg, R..7/27/02	622 Fabrizio, C..6/30/02	1605 Clayman, G..11/18/01
64 617 Holston, C..4/7/02	457 Wood, R..8/10/02	620 Garcia, O..11/18/01	1605 Linn, T..12/9/01
65 617 Lohman, M..5/5/02	457 Penkava, D..8/17/02	620 Conklin, T..3/16/02	1605 Jefferson..1/6/02
66 615 Jones, R..12/9/01	457 Ingram, R..8/25/02	620 Cruz, Z..6/15/02	1603 Cohen, L..6/16/02
67 611 Vasquez, J..11/3/01	455 Kusmack, B..1/02	620 Morris, C..6/29/02	1600 Burch, P..11/17/01
68 611 Kojima, K..12/8/01	455 Drosiers, M..2/9/02	619 Rhoades, D..3/24/02	1600 Clark, R..6/23/02
69 611 Gibson, T..4/7/02	455 Smith, J..6/22/02	617 Meier, C..12/2/01	1598 Callahan, N..12/8/01
70 611 Horrigs, R..5/4/02	455 Stucke, T..6/23/02	617 Johnson, A..3/2/02	1598 Flesch, D..5/11/02
71 611 McKay, L..6/29/02	455 Santarone, N..7/20/02	617 Milford, E..4/28/02	1598 Wood, R..10/26/02
72 611 Wood, R..10/26/02	451 Hernandez, J..11/18/01	617 Lohman, M..5/5/02	1592 Johnson, A..3/2/02
73 610 Burch, P..11/17/01	451 Thomas, P..4/28/02	617 Haga, A..6/22/02	1592 Rhoades, D..3/24/02
74 610 Corsitto, J..11/18/01	451 Mosley, L..6/1/02	615 Davis..3/16/02	1592 Divine, N..8/24/02
75 610 Hailley, S..3/30/02	451 McFarland, D..6/28/02	615 Hill, M..3/30/02	1590 Powell, S..3/24/02
76 606 Lewis, R..12/1/01	451 Moore, B..8/25/02	615 Hoak, S..4/7/02	1587 Newkirk, D..4/7/02
77 605 Linn, T..12/9/01	450 Morsala, J..11/18/01	612 Dahling, C..6/23/02	1587 Lohman, M..5/5/02
78 605 Gardner, J..3/16/02	450 Newman, D..12/30/01	611 Eppelbaum, G..4/7/02	1587 Buffington, G..7/14/02
79 605 Maldonado, R..3/23/02	450 Stevens, B..12/30/01	611 Burgess, C..5/4/02	1581 Matteo, J..4/28/02
80 605 Merchlewitz, J..4/27/02	450 Coduto, T..12/30/01	611 McNeish, K..5/26/02	1580 Herrera..4/28/02
81 605 Moore, D..4/27/02	450 Conte, C..2/10/02	611 Pena, J..10/19/02	1576 Parnell, R..5/19/02
82 605 Garcia, D..6/23/02	450 Dalzell..3/3/02	610 Lindquist, S..11/3/01	1565 McNutt, R..3/30/02
83 600 Pearlstein, D..12/27/01	450 Alessandio, J..3/30/02	610 Clayman, G..11/18/01	1565 Lorenz, A..4/20/02
84 600 Rawls, J..2/9/01	450 Giammacco, B..5/4/02	610 Darline, C..12/2/01	1560 Fortin, E..4/27/02
85 600 Jefferson..1/6/02	450 Vining, J..8/3/02	610 Blackstone, J..1/19/02	1560 Jester, J..7/20/02
86 600 Cancel, A..1/19/02	450 Carroll, D..8/02	610 DiFrancia, E..6/23/02	1559 Casey, R..3/24/02
87 600 Everett..3/16/02	450 Pryor, J..9/21/02	610 Felts, E..8/3/02	1559 Wisenbaker, J..5/11/02
88 600 Preston, G..3/23/02	450 Rodriguez, R..10/12/02	610 Grady, R..8/18/02	1555 Ascani, J..11/17/01
89 600 Powell, S..3/24/02	446 Benford, G..4/7/02	610 Coe, M..10/19/02	1550 Merchlewitz, J..4/27/02
90 600 Fortson, R..3/30/02	446 Gibson, T..4/7/02	610 Flaherty, J..10/19/02	1550 Laube, D..5/18/02
91 600 Carthy, M..4/29/02	446 Harvey, D..4/28/02	606 Callahan, N..12/8/01	1550 Merz, R..5/23/02
92 600 Schmidt, B..5/5/02	446 Omura, W..5/4/02	606 Woods, J..12/8/01	1545 Lindquist, S..11/3/01
93 600 Cohen, L..6/16/02	446 Marclinek, S..7/20/02	606 Burch, P..3/16/02	1545 Shelton, T..3/9/02
94 600 Jester, J..7/20/02	446 Farley, K..8/25/02	606 Newkirk, D..4/7/02	1543 Preston, G..3/23/02
95 600 Laliberte, M..10/19/02	445 Morris, C..6/29/02	606 Manley, S..8/4/02	1543 Barber, M..5/5/02
96 595 Cabness, T..3/23/02	445 Rowe, S..7/7/02	606 Gunn, E..10/26/02	1543 Lass, D..6/22/02
97 595 Williams, R..3/02	440 Parks, W..11/10/01	605 Kenna, J..1/27/02	1543 Lee, J..7/20/02
98 595 Lass, D..6/22/02	440 Turner, C..3/10/02	605 McVicar, J..2/17/02	1540 Markowski, R..3/30/02
99 595 Rodacker, M..9/22/02	440 Duffin, C..3/10/02	605 Rendon, C..3/23/02	1540 Carthy, M..4/29/02
100 590 Meyers..6/23/02	440 Casuga, N..3/23/02	605 Lorenz, A..4/20/02	1540 Murphy, J..7/20/02

## PL USA Top 100 Achievement Awards



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### NEXT MONTH... TOP 220s

**Corrections...** Kelly Bedore should have been listed for a 430 bench press completed 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 Vogel'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 from the 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 results we publish, however, in some cases we were not able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Post Office Box 467, Camarillo, California 93011.

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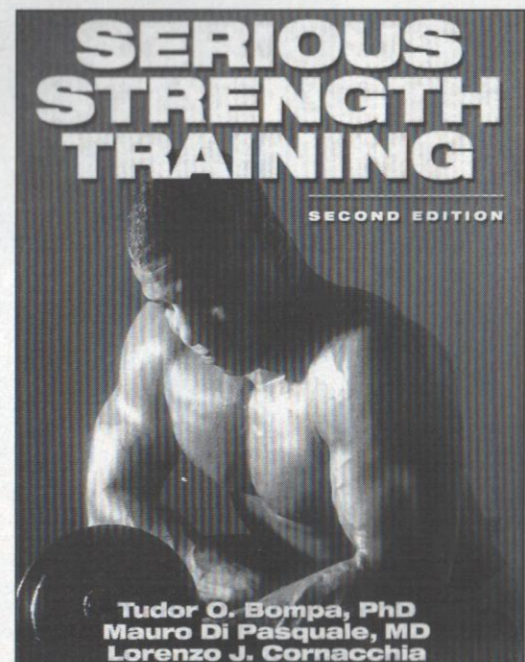
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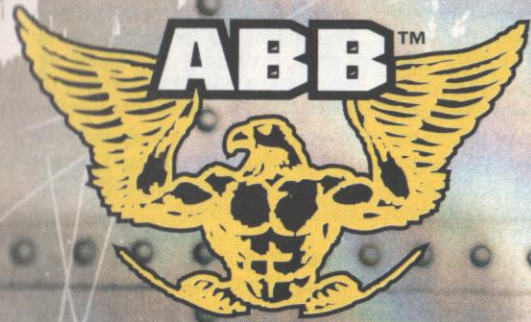
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